

SQUASH, SUMMER (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
46 cal	10 g	3 g	0 g	0 mg	76 mg	49 mg

Ingredient

WATER
 SALT
 SQUASH,ZUCCHINI,FROZEN,CHOPPED

Weight

3-1/8 lbs
 5/8 oz
 60 lbs

Measure

1 qts 2 cup
 1 tbsp

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add squash; stir well. Return to a boil; cover.
- 4 Reduce heat; cook squash 7 to 9 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place squash in serving pans. CCP: Hold for service at 140 F. or higher.