

**SQUASH, FALL AND WINTER (FRESH)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
54 cal	12 g	3 g	1 g	0 mg	81 mg	20 mg

**Ingredient**

WATER  
SALT  
SQUASH,HUBBARD,FRESH

**Weight**

9-3/8 lbs  
5/8 oz  
30 lbs

**Measure**

1 gal 1/2 qts  
1 tbsp  
7 gal 1-1/3 qts

**Issue**

33-3/4 lbs

**Method**

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add squash; bring water back to a boil. Cover; cook squash 15 to 30 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place squash in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.