SPAGHETTI SQUASH BAKE

Naugatuck Public Schools - 2018

Grades: K-12 **Yield:** 50 portions

INGREDIENTS	50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	
Spaghetti squash	30 lbs		1. Sanitize work area with bleach & water solution.
Onions		6 small	2. Wash hands.
Garlic		8 cloves	3. Put on food service gloves.
Olive oil		2/3 cup	***Cooking Methods:***
Diced tomatoes, canned, drained		1 #10 can	1. Preheat oven to 400°F. Line a sheet pan with parchment paper. Spray two 2 inch full hotel pans with cooking spray.
Dried oregano leaves		2 tsp	2. Cut ends of squash. Stand on one flat end and then cut squash lengthwise. Remove seeds. Place each half cut side down on the lined sheet pan. Bake until very tender when pierced with a fork and skin is beginning to brown slightly, about 45 minutes. Let cool, then use a fork to scrape the squash out into strings. Divide the squash into the 2 prepared hotel pans.
Dried basil leaves		1 Tbsp +1 tsp	
Salt			
Shredded part skim Mozzarella cheese		2 tsp 2 quart	3. Peel & finely dice onions. 4. Chop garlic. 5. Heat oil in a large saucepan. Add onions and cook over low heat until tender but not browned, 10 – 15 minutes. Add garlic and continue to cook for about 5 minutes, do not burn! 6. Put tomatoes in a food processor and pulse for about 30 seconds, or mash tomatoes with a potato masher. Add tomatoes, oregano, basil and salt. Bring to a simmer and cook for about 20 – 30 minutes. 7. Reduce oven temp to 350°F.

			8. Top each hotel pan of squash with cooked tomatoes, spreading evenly. Sprinkle each pan with 1 qt of cheese. Bake until cheese is melted and sauce is bubbling, about 20 minutes.
Serving Size: ½ cup **Meal Pattern Contribution:** ½ cup Red/Orange vegetable **Allergens:** Dairy **Notes:** Recipe and analysis from VT FEED New School Cuisine Cookbook* ***NUTRITION INFORMATION: SERVING SIZE:*** *½ cup* ***Amount per Serving*** *Calories 188 kcal Protein 7.87 g Carbohydrate 27.55 g Total Fat 7.02 g Saturated Fat 2.46 g Cholesterol 9.76 mg Vitamin A 4198.70 IU Vitamin C 39.51 mg Iron 1.95 mg Calcium 224.93 mg Sodium 253.02 mg Dietary Fiber 4.83 g* ***EQUIVALENTS****: ½ cup provides ½ cup red/orange vegetable. Recipe HACCP Process: #2 Same Day Service* **Nutrition information taken from this cookbook.*			***HACCP/Serving Instructions*** 1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.

Recipe and Meal Contribution Review completed by Put Local on Your Tray. SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.