

Recipe Prep Sheet

Thomas County Board of Education

11071 - Squash Salad Bake

Recipe HACCP Process: #3 Complex Food Preparation

Source: Thomas Co.

Number of Portions: 6

Portion Size: serving

Ingredient #	Ingredient Name	Measurements	Instructions
011479	SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	10 oz	<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees 2. Wash with vegetable brush the squash, zucchini's, tomatoes thoroughly 3. Using a paring knife, cut squash, zucchini's, and tomatoes into 1/2 inch slices 4. Peel and slice Vidalia onions into small slices 5. Pour oil into skillet. Sauté' onions in oil until tender or slightly brown 6. In a separate bowl, combine USDA mozzarella cheese, Italian breadcrumbs, salt, black pepper, Italian spices, and garlic powder 7. Place sautéed onions in bottom of casserole dish. Place squash, zucchini, and tomatoes on top of onions 8. Sprinkle or spread the cheese and seasoning on top of the vegetables 9. Bake for 30 minutes, allowing vegetables to cook until tender. Topping should be lightly toasted.
011642	SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,WO/SALT	10 oz	
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	2 small whole (2-2/5" dia)	
011282	ONIONS,RAW	1/2 medium (2-1/2" dia)	
990546	OIL, VEGETABLE 100439	2 tsp	
990617	CHEESE, MOZARELLA SHREDDED	2 oz	
018079	BREAD CRUMBS,DRY,GRATED,PLN	1/4 CUP	
002047	SALT,TABLE	1 tsp	
990456	GARLIC POWDER	1 tsp	

*Nutrients are based upon 1 Portion Size (serving)

Calories ¹	86.499 kcal	Total Fat	4.039 g	Total Dietary Fiber	2.138 g	Vitamin C	9.950 mg	42.026% Calories from Total Fat
Saturated Fat ¹	1.504 g	Trans Fat ²	*0.000* g	Protein	4.414 g	Iron	0.768 mg	15.652% Calories from Sat Fat
Sodium ¹	491.726 mg	Cholesterol	5.062 mg	Vitamin A	448.065 IU	Water	*126.152* g	*0.000%* Calories from Trans Fat
Sugars	3.497 g	Carbohydrate	9.841 g	Calcium	42.695 mg	Ash	*N/A* g	45.506% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.412% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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Allergens

Soy (Trace)	Milk							
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.