

Local Harvest Bake

Local Harvest Bake is a hearty vegetable side, full of fresh butternut squash, fresh beets, and fresh sweet potatoes. It is a perfect side dish year round!

CACFP Home Childcare Crediting Information

½ cup (½ cup measuring cup or 4 oz spoodle) provides ½ cup vegetable (¾ cup red/orange vegetable, ¼ cup other vegetable).



Preparation Time: 20 minutes

Cooking Time: 25 minutes

Makes: 6 servings

Ingredients

2 cups or 8 oz Fresh butternut squash,
peeled, cubed

2 cups or 8 oz Fresh beets,
peeled, cubed

2 cups or 8 oz Fresh sweet potatoes,
peeled, cubed

1 Tbsp Olive oil

¼ tsp Kosher salt or Iodized salt

¾ tsp Fresh garlic, minced

½ tsp Dried parsley (optional)

Directions

- 1 Preheat oven:
Conventional oven: 350 °F
Convection oven: 325 °F
- 2 Toss butternut squash, beets, sweet potatoes, olive oil, salt, and garlic in a medium size mixing bowl.
- 3 Line baking pan (9" x 13" x 2") with a layer of parchment paper.
Spray lightly with pan release spray.
Add vegetables to pan and spread evenly.
- 4 Bake:
Conventional oven: 350 °F for 25 minutes.
Convection oven: 325 °F for 20 minutes.
- 5 Critical Control Point:
Cook to 140 °F for at least 15 seconds.
- 6 Remove vegetables from oven. Garnish with parsley.
- 7 Critical Control Point:
Hold at 140 °F until served.
- 8 Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 73, Protein 1 g, Carbohydrates 12 g, Dietary Fiber 3 g, Total Sugars 5 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 141 mg, Vitamin A 368 mcg RAE, Vitamin C 7 mg, Vitamin D 0 IU, Calcium 28 mg, Iron 1 mg, Potassium 293 mg

