



JERSEY TASTES!

RECIPES

Butternut Squash Bowl

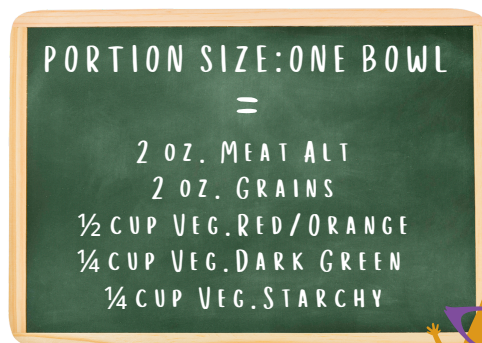
INGREDIENTS

SCHOOL FOOD SERVICE

of PORTIONS: 24

- 6.5 lbs. Butternut Squash fresh or frozen, cubed
- 3.5 lbs. Brown Rice
- Pan Release Spray
- 6 Scallions, finely chopped
- 1.5 each #10 can Black Beans, drained
- 2.25 lbs. Corn, frozen
- 4.5 lbs. Spinach, frozen
- 1 Tbsp Smoked Paprika
- 1 Tbsp Chili Powder
- 1 Tbsp Garlic Powder
- 1 Tbsp Parsley Flakes
- 1 Tbsp Oregano
- 1 tsp Salt

RECIPES MADE IN COLLABORATION WITH:



DIRECTIONS

- 1** Cook butternut squash according to manufacturer's directions
- 2** Mash squash and place in warmer
- 3** Prepare rice according to manufacturer's directions and place in warmer
- 4** Spray pan release onto tilt skillet or steam table pan. Combine scallions, beans, spinach, corn and spices in skillet or steamer. Cook for about 20 minutes
- 5** Place $\frac{1}{2}$ cup mashed squash in bottom of bowls. Top with 1 cup cooked rice
- 6** Top rice with 1 cup of vegetable mixture