



Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Cheesy Roasted Vegetable Hash with Buttered Toast
Category:	Breakfast Entree
Portion Size(s):	½ cup hash with 1-piece toast
Meal Components:	K-12: 1 oz eq meat/meat alternate; 1 oz eq grains, ½ cup vegetable (1/8 cup red/orange, ¼ cup starchy, 1/8 cup additional)

Directions:

1. Preheat oven to 350 °F.
2. Prepare Vegetables: In a large bowl or steamtable pans, toss vegetables with vegetable oil and garlic and herb seasoning.
3. Roast Vegetables: Spread evenly and in a single layer on sheet pans lined with parchment paper. Roast in the oven for 40-45 minutes or until golden brown. Remove from the oven and store in steamtable pans. CCP: Heat to 145 °F for at least 15 seconds.
4. Toast Bread: Place bread on sheet pans and place in the oven for 3 minutes. Remove bread from the oven and turn. Place back in the oven for 3-4 minutes. Remove from the oven and lightly brush 1 tsp butter on each piece of toast.
5. Serve: Serve ½ cup (4 oz ladle) of vegetables, top with 1 oz cheese. CCP: Hold at 140 °F or higher. Serve 1 piece of buttered toast.

Note: To soften butternut squash to peel and cut, place in the oven for 10 minute or the microwave for 5 minutes. Remove and let cool. Peel and dice.

Ingredients:	100 Portions	
	Weight	Measure
Butternut squash, fresh, ½" cubed	9 lbs	2 gal 1 1/3 cups
Parsnips, fresh, ½" diced	8 lbs 4 oz	2 gal 1 1/3 cups
Russet potatoes, fresh, ½" diced	10 lbs 5 oz	2 gal 1 1/3 cups
Onions, fresh, ½" diced	3 lbs 3 oz	3 qts ½ cup

Vegetable oil		¾ cup
Garlic and herb seasoning, salt free		¼ cup 2 Tbsp
Mozzarella cheese, low moisture part skim, shredded	6 lbs 4 oz	
Whole wheat or whole grain rich toast (at least 1 oz eq grain)		100 slices
Butter, salted, melted		2 cups 1 Tbsp

Nutrients Per One Serving (K-12):

Calories	295	kcal	Total Fat	14	g	Total Dietary Fiber	6	g	Vitamin C	19	mg
Saturated Fat	8	g	Trans Fat	0	g	Protein	11	g	Iron	<1	mg
Sodium	316	mg	Cholesterol	35	mg	Vitamin A	4457	IU			
Sugars	7	g	Carbohydrate	36	g	Calcium	44	mg			

Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz. eq.	1 oz. eq.	1/2 cups(s)	0 cup(s)	0 cup(s)

Vegetable Subgroups:

Dark Green	Red/Orange	Legumes	Starchy	Other/Additional
0 oz. eq.	1/8 oz. eq.	0 cups(s)	1/4 cup(s)	1/8 cup

Serving Size:

Serving Size: ½ cup vegetables and 1 piece of toast	Yield: 3 gallons 2 cups with 100 pieces of toast
NSLP/SBP Crediting Information:	

K-8:	1 oz eq meat/meat alternate; 1 oz eq grains, ½ cup vegetable (1/8 cup red/orange, ¼ cup starchy, 1/8 cup additional)
9-12:	1 oz eq meat/meat alternate; 1 oz eq grains, ½ cup vegetable (1/8 cup red/orange, ¼ cup starchy, 1/8 cup additional)