



JERSEY TASTES!

RECIPES

Golden Squash Smiles

INGREDIENTS:

FAMILY-SIZE SERVES 4-6



- 1 each Delicata or small Butternut Squash (*approx. 1-1.5 lbs.*)
- Cooking Spray
- 1 tablespoon Vegetable Oil
- 2 tablespoons Honey or Brown Sugar



SCHOOL FOOD SERVICE # PORTIONS: 25

- 7.5 lbs. Delicata or Butternut Squash (*approx. 7 each Delicata or 4 each medium Butternut*)*
- Cooking Spray
- 1/2 cup Vegetable Oil
- 3/4 cup Honey or Brown Sugar

* Substitute with 5.5 lbs. frozen or precut fresh Butternut

**Portion Size: 1/2 cup = 1/2 cup
Veg/Red-Orange**

DIRECTIONS:

- 1 Preheat oven to 425°F.
- 2 Cut off ends of squash. Cut in half lengthwise. Spoon out seeds.
- 3 Place squash cut side down. Cut into 1/4 inch slices ("smiles").
- 4 Coat baking pan with cooking spray.
- 5 Arrange squash smiles on baking pan. Brush with oil & honey or sprinkle with sugar.
- 6 Bake for 20-30 minutes or until squash is slightly browned.



Fun Fact:
Did you know pumpkins are a winter squash!

RECIPES MADE IN COLLABORATION WITH:

