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HARVEST DELIGHT

SERVINGS: 100 SERVINGS CALORIES: 92.61 KCAL

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.

INGREDIENTS

6 pounds Carrots, fresh, ¼ inch slices
 6 pounds Sweetpotatoes, fresh, peeled, cubed, 1 inch
 6 pounds Butternut squash, fresh, peeled, cubed ½ inch
 2 pound Red onions, fresh, diced
 1.33 cups Olive oil, extra virgin
 4 teaspoons Sea salt
 8 pounds Green apples, fresh, peeled, cubed ½ inch Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.
 6 tablespoons Thyme, fresh, finely chopped
 6 tablespoons Oregano, fresh, finely chopped
 6 tablespoons Sage, fresh, finely chopped
 4 tablespoons Rosemary, fresh, finely chopped
 4.66 tablespoons Garlic, minced (2 tablespoons, 1 teaspoon)
 0.63 cup Maple Syrup (¼ cup, 1 tablespoon)
 22 ounces Spinach, fresh, coarsely chopped
 4 ounces Cranberries, dried, finely chopped

INSTRUCTIONS

- Place carrots in a perforated steam table pan (12" x 20" x 2 ½"). Cover and steam for 10 minutes or until tender.
- Toss carrots, sweetpotatoes, squash, and onions with the oil and salt.
 Line sheet pan (18" x 26" x 1") with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan.
 For 50 servings, use 4 pans. For 100 servings, use 8 pans
 Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking:
 Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes
- Combine apples, thyme, oregano, sage, rosemary, and garlic.
- Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender:
 Conventional oven: 400 °F for 15 minutes Convection oven: 400 °F for 10 minutes
- Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray.
 For 50 servings use 2 pans. For 100 servings, use 4 pans.
- Drizzle with maple syrup and toss to coat. Roast until tender:
 Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes
 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
- Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
- Critical Control Point: Hold for hot service at 135 °F or higher.
- Portion with 4 fl oz spoodle or No. 8 scoop (½ cup).

RECIPE NOTES

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest Delight dish was created featuring locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. In existence since 1940, The Guild is a residential school for students ages 6 to 22 years. The school serves students with mental health issues, autism, developmental disabilities, and emotional and behavioral challenges.

The Harvest Delight recipe was initially served in the school's residence hall for a small group of students. The students enjoyed the dish and gave it high ratings.

Harvest Delight was then served to the entire student body. Over 90 percent of the students who evaluated the recipe rated it "very good" to "excellent." The team was overjoyed with the recipe's positive feedback and was happy to find a fresh vegetable dish that is popular with the students. Who knew that sweetpotatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? The colorful and delicious blend of vegetables, fruits, and herbs of Harvest Delight is sure to please any student!

Crediting: ½ cup (4 fl oz spoodle or No. 8 scoop) provides 3/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/8 cup fruit.

Calories: 92.61 kcal | Fat: 3.14 g | Saturated fat: 0.43 g | Sodium: 102.64 mg | Carbohydrates: 16.16 g | Fiber: 3.13 g | Protein: 1.2 g

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 13661

