Dark Green and Orange Vegetables

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

Harvest Delight

THE PROTESTANT GUILD FOR HUMAN SERVICES, INC.
Waltham, Massachusetts

Our Story

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 sweet potatoes, 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!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Doreen Mangini, PhD

CHEF
Chef Florentine

COMMUNITY MEMBER
Erin Ridge (Special Education Teacher, The Guild School)

STUDENT
Samantha I.

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit **Vegetables I-21r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, ¼″ slices	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	1. Place carrots in a perforated steam table pan (12″ x 20″ x 2 ½″). Cover and steam for 10 minutes or until tender.
*Fresh sweet potatoes, peeled, cubed 1″	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	2. Toss carrots, sweet potatoes, 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 25 servings, use 2 pans. For 50 servings, use 4 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
*Fresh butternut squash, peeled, cubed ½″	1 lb 8 oz	3 ⅓ cups	3 lb	1 qt 2 ⅔ cups	
*Fresh red onions, diced	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
Extra virgin olive oil		⅓ cup		⅔ cup	
Sea salt		1 tsp		2 tsp	
*Fresh green apples, peeled, cubed ½″ Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.	2 lb	1 qt 3 ⅓ cups	4 lb	3 qt 2 ⅔ cups	3. Combine apples, thyme, oregano, sage, rosemary, and garlic.
Fresh thyme, finely chopped		1 ½ Tbsp		3 Tbsp	
Fresh oregano, finely chopped		1 ½ Tbsp		3 Tbsp	
Fresh sage, finely chopped		1 ½ Tbsp		3 Tbsp	
Fresh rosemary, finely chopped		1 Tbsp		2 Tbsp	
Minced garlic		1 Tbsp ½ tsp		2 Tbsp 1 tsp	4. 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 5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12″ x 20″ x 2½″) lightly coated with pan release spray. For 25 servings use 1 pan. For 50 servings use 2 pans.

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit **Vegetables I-21r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Maple syrup		2 ½ Tbsp		¼ cup 1 Tbsp	6. 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 140 °F or higher for at least 15 seconds.
*Fresh spinach, coarsely chopped	5 ½ oz	3 cups	11 oz	1 qt 2 cups	7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
Dried cranberries, finely chopped	1 oz	3 Tbsp	2 oz	⅓ cup	
					8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. Portion with 4 fl oz spoodle or No. 8 scoop (½ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
½ cup (4 fl oz spoodle or No. 8 scoop) provides ⅜ cup red/orange vegetable, ⅛ cup other vegetable, and ⅛ cup fruit.	25 Servings: about 9 lb	25 Servings: about 3 quarts 1 steam table pan
	50 Servings: about 18 lb	50 Servings: about 1 gallon 2 quarts 2 steam table pans

Marketing Guide

Food as Purchased for	25 servings	50 servings
Carrots	2 lb 2 oz	4 lb 4 oz
Sweet potatoes	2 lb	4 lb
Butternut squash	1 lb 12 oz	3 lb 8 oz
Red onions	9 oz	1 lb 2 oz
Green apples	2 lb 9 oz	5 lb 2 oz
Spinach	6 ¼ oz	12 ½ oz

Nutrients Per Serving

Calories	92.61	Saturated Fat	0.43 g	Iron	1.56 mg
Protein	1.20 g	Cholesterol	0 mg	Calcium	37.86 mg
Carbohydrate	16.16 g	Vitamin A	11203.66 IU (560.18 RAE)	Sodium	102.64 mg
Total Fat	3.14 g	Vitamin C	10.94 mg	Dietary Fiber	3.13 g