

Recipe Name: Baked Acorn Squash**Recipe Category:** Starchy Side Dish**Portion Size:** ½ cup**Ingredients:** Yields: 8 servings

Ingredients	Notes:
4 acorn squash	Washed, halved and seeded
½ teaspoon salt	
1 teaspoon pepper	
½ cup butter or margarine	
¾ cup firmly packed brown sugar	
1 teaspoon ground cinnamon	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 350 degrees.	
2	Place squash in a shallow baking pan cut side down.	
3	Bake in preheated oven for 30 minutes or until tender.	
4	Turn cut side up; season with salt and pepper, dot with butter and sprinkle with brown sugar and cinnamon.	
5	Bake for 20 minutes more or until tender.	Internal temperature 135 F.

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size after cooking. Moisten with broth as needed. Remove peel.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size after cooking. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: peeling

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: peeling

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: peeling

Therapeutic Modified Diets:

Lowfat: Use margarine.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: Omit brown sugar.

Bland/Anti Reflux: Omit pepper and cinnamon.

Liberal House Renal: Omit salt. Use SF margarine or butter.

No Added Salt: No changes

2 Gram Sodium: Omit salt. Use SF margarine or butter.

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
	X					

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free