



Tri-Color Bake

Baked yellow squash, zucchini, tomatoes, and Vidalia onions with an Italian-seasoned breadcrumb topping.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training
 Grant for School Meal Recipe Development
 Georgia Department of Education–School Nutrition Division

Preparation Time: 10 minutes

Cook Time: 30 minutes

NSLP/SBP crediting information:
 ½ cup provides ½ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Zucchini, small, ½" cubes	6 lb	1 gal 2 qt	12 lb	3 gal	<ol style="list-style-type: none"> 1. Preheat oven to 350 °F. 2. Wash zucchini, squash, tomatoes, and onions under cool running water. 3. Halve zucchini, squash, and tomatoes lengthwise. Slice halves into ½" moons.
*Squash, yellow, small, ½" cubes	6 lb	1 gal 2 qt	12 lb	3 gal	
*Tomato, Roma, ½" cubes	2 lb 8 oz	1 qt 3 ½ cups	5 lb	3 qt 3 cups	
*Onion, Vidalia, ½" dice	1 lb 8 oz	1 qt	3 lb	2 qt	<ol style="list-style-type: none"> 4. Peel then cut Vidalia onions into ½" dice.
Salt		2 Tbsp		¼ cup	<ol style="list-style-type: none"> 5. In a separate bowl, mix the salt, garlic powder, black pepper, and Italian seasoning. Then split into two equal



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					portions.
Garlic powder		¼ cup		½ cup	
Pepper, black, ground		¼ cup		½ cup	
Italian spices, dried		¼ cup		½ cup	
USDA mozzarella cheese, shredded	7 oz	2 ¼ cup	14 oz	1 qt ½ cup	6. In a separate bowl, combine mozzarella cheese and Italian breadcrumbs with half of the spice mix.
Breadcrumbs, Italian	6 3/5 oz	2 cups	13 1/5 oz	1 qt	<p>7. Prepare a 2" hotel pan with cooking spray. Mix zucchini, squash, tomatoes, and onions with the other reserved half of the spice mix and place in pan.</p> <p>8. Sprinkle cheese and spice mixture on top of the vegetables.</p> <p>9. Cover with foil and bake for 20 minutes, allowing vegetables to cook until tender.</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</p> <p>10. Remove foil and return to oven for an additional 10 minutes. Topping should be lightly toasted.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>11. Serve ½ cup (4 oz spoodle).</p>



TRI-COLOR BAKE
NUTRITION INFORMATION

For ½ cup (4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	56
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Total Fat	1.6 g
Saturated Fat	<1g
Cholesterol	3.5 mg
Sodium	386 mg
Total Carbohydrate	8.6 g
Dietary Fiber	2 g
Total Sugars	3.4 g
Added Sugars included	N/A
Protein	3 g
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Vitamin A	362 mcg RAE
Vitamin C	17 mg
Vitamin D	N/A
Calcium	34 mg
Iron	<1 mg
Potassium	N/A

N/A=data not available.

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Zucchini squash, small	6 lb	12 lb
Yellow squash, small	6 lb	12 lb
Tomato, Roma	2 lb 8 oz	5 lb
Onion, Vidalia	1 lb 8 oz	3 lb

NOTES

1. Depending on the service quantities and times, you may want to divide into two 2" half-hotels pans and batch cook to ensure quality.

2. Sweet onions may be used when Vidalia onions are not in season.

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

Cooking Process # 2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 17 lb About 1 gal 2 qt 1 cup	About 34 lb About 3 gal 2 cups

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant