Roasted Squash & Root Vegetable
Cook Times
Wash all vegetables and remove necessary skins, rinds, etc. Cut squash and/or root vegetables of choice into ½-inch to ¾-inch cubes. Place each type on a separate sheet tray (i.e., squash on one sheet pan, beets on a separate pan).

Bake in preheated 325°F oven according to the following times:

- Squash: 20–25 minutes
- Beets: 45–50 minutes
- Turnips: 35–40 minutes
- Rutabaga: 40–45 minutes
- Parsnips: 40–45 minutes

Roasted Squash and Beets
Makes 100 1-cup servings. Fulfills yellow vegetable requirement for National School Nutrition Standards.

75 cups (18–20 lbs.) winter squash cut into ½- to ¾-inch cubes
25 cups (6–7 lbs.) beets cut into ½- to ¾-inch cubes
About 4 cups olive oil
3–4 tablespoons salt
1–2 tablespoons black pepper

Preheat oven to 325°F.

Evenly distribute beets one layer deep on sheet pans. Drizzle generously with olive oil (about 1¼ cups). Sprinkle with salt (about 1 tablespoon) and pepper. Toss lightly. Roast for 45–50 minutes, stirring occasionally.

Roasted Squash with Parmesan Cheese
Makes 100 1-cup servings. Fulfills yellow vegetable requirement for National School Nutrition Standards.

75 cups (18–20 lbs.) winter squash cut into ½- to ¾-inch cubes
25 pounds root vegetable of choice (see list above)
4 cups canola or olive oil
10 cups reduced-fat Parmesan cheese
2 tablespoons black pepper
1 tablespoon garlic powder

Preheat oven to 325°F.

Evenly distribute root vegetables one layer deep on sheet pans. Drizzle generously with canola or olive oil (about 1 cup). Sprinkle with Parmesan cheese (2 cups), pepper and garlic. Toss lightly. Roast according to cooking times above. Stir occasionally.

Place ¾ cup squash and ¼ cup root vegetable per tray and gently toss together.