

# Cider-Glazed Squash

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"Sure to win students over, this apple-sweetened, roasted butternut squash recipe can sit next to many an entrée such as Sloppy Joe, meatloaf, chicken pot pie, or Chicken Piccata."

—*Chef Nick, Project Bread's School Food Chef*

2½ gallons apple cider  
1 cup apple cider vinegar  
1½ cups brown sugar  
23 quarts butternut squash  
(28 pounds)  
¼ cup salt  
2 tablespoons ground  
white pepper  
¾ cup vegetable oil

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: ½ CUP**

In a large pot, bring the apple cider, vinegar and brown sugar to a boil. Reduce the heat to simmer the liquid until it thickens to a maple syrup consistency.

Peel squash and cut into ¾-inch cubes. Mix squash with the salt, pepper, and vegetable oil.

Divide the squash onto four sheet pans and roast it in a 400°F oven. Roast until the squash caramelizes lightly, about 15 minutes. Toss the syrup with the roasted squash and pop back into the oven for 5 minutes more in order to get an evenly browned color.

**NOTE:** Reducing the cider will take an hour or more, depending on the size of the pan. The wider the pot, the faster this will happen. You may choose to do this a day in advance, and reheat it as needed. This can also be made in larger batches, reserved, and used as needed. It will have the consistency of jelly when cold and will hold for a month under refrigeration.

## NUTRITIONAL INFORMATION

CALORIES: 117; SODIUM: 293.05 MG; SATURATED FAT: 2.11%

## USDA REQUIREMENTS MET

½ CUP RED OR ORANGE VEGETABLE