

Spaghetti (Squash) Spaghetti



Healthy, low calorie way to enjoy spaghetti and marinara.

Yield	62-1/2 lbs 50(20oz)servings
Serves	50
Preparation time	45 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
349	oz		4-3/4 gallons	Spaghetti squash	cut in half, seeded
16	fl oz		2 cups	Olive oil	
10	oz		1 cup	<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
3	oz		1 cup	Parsley, fresh	chopped
5	lb		1 gallon	Onions	diced, roasted
5	lb		1 gallon	Green Bell Peppers	diced, roasted
5	lb		1 gallon	Crimini mushrooms	quartered, roasted
100	fl oz		3 qts	Vegetable Broth prepared with Minor's® Gluten Free Vegetable Base	
200	oz		1-1/2 gallons	Marinara sauce	
2	oz		1 cup	Parmesan cheese, grated	
2	oz		1/2 cup	Basil, fresh	chiffonade

Preparation Steps

1. Roast squash in a convection oven at 350°F for 30-35 minutes or until it is easily pierced with a knife.
2. Whisk together the olive oil, Roasted Garlic Flavor Concentrate and parsley. Use a fork to shred the interior of the squash. Once all of the squash has been removed from the skin, toss it with the garlic oil. Reserve.
3. Heat olive oil in a sauté pan over medium high heat. Sauté onions, peppers, and mushrooms until hot. Add vegetable stock and marinara to hot vegetables. Reduce until the sauce thickens.
4. Add spaghetti squash to plate and top with vegetables. Garnish with Parmesan cheese and basil.

Chef's tip

1-1/2 cups Squash and 1 cup Sauce and Vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	282.1
Energy (KJ)	1183.9
Protein (g)	6.3
Carbohydrate, total (g)	37.1
Fats, total (g)	13.6
Sugars, total (g)	18.1
Fats, saturated (g)	2.2
Fiber, total dietary (g)	5.5
Sodium (mg)	873.1
Calcium (mg)	118.2
Cholesterol (mg)	1



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Iron (mg)	2.2
Vitamin A (µg_RAE)	62.8
Vitamin C (mg)	49.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

SPAGHETTI SQUASH SPAGHETTI

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Low Sodium Marinara sauce 1.5 gal approx. 2 #10 cans

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Spaghetti squash 22 lbs
€ ☐ Parsley, fresh 8 oz
€ ☐ Basil 8 oz
€ ☐ Local seasonal produce 3 lbs
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€ ☐ Local seasonal produce 3 lbs
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> Frozen

- € €

> Protein

- €

> Dairy

- € ☐ Parmesan cheese 2 oz

> Refrigerated

- ☐ MINOR'S® Roasted Garlic Flavor Concentrate 1 tub
€ ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub

SPAGHETTI SQUASH SPAGHETTI

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
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- € ☐ Split in half, seed, roast spaghetti squash at 350 F° until easily pierced with a knife
- € ☐ Completely cool squash, then shred interior with a fork to make “spaghetti”
- € ☐ Reserve marinara sauce 1.5 gal
- € ☐ Clean, chop 8 oz parsley
- € ☐ Grate Parmesan cheese

> Day of Service

- €€ ☐ Clean, chiffonade basil
- € ☐ Make garlic oil for squash with MINOR'S® Roasted Garlic Flavor Concentrate
- € ☐ Heat squash and toss with garlic oil

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for holding squash hot
- € ☐ Serving spoon
- € ☐ Containers for holding vegetables, basil, cheese (9)
- € ☐ ¼ cup scoops for vegetables (6)
- € ☐ Small tongs for basil
- € ☐ Teaspoon scoop for cheese
- € ☐ Heatproof spatula
- € ☐ Serving spoon
- € ☐ Container for holding marinara cold
- € ☐ Container for holding vegetable stock cold
- € ☐ 4 oz ladle for marinara
- € ☐ 2 oz ladle for vegetable broth