



## Recipe Production

**Recipe Number:** PF010

**Recipe Name:** ZUCCHINI BOATS

**Hot:** Yes

**Recipe Source:** Plant Forward

**HACCP Process Category:**

Complex

**Serving Description:** 7.8 OZ WEIGHT OR 1 "BOAT"

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	7.8 OUNCES				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2596	SQUASH GREEN ZUCC 20 LB	30	Pound			(Unassigned)
9018	CHEESE MOZZ FRESH SHRED 20 LB	6	Pound	8	Ounce	(Unassigned)
1531	CHEESE RICOTTA 4/5 LB	6	Pound			(Unassigned)
1011	SALT KOSHER 12/3 LB	3	Tbsp			(Unassigned)
1112	SPICE GARLIC GRANULATED 25 LB	1/4	cup			(Unassigned)
2597	BASIL FRESH 12 CT/1 LB	14 1/8	Gram			(Unassigned)
1017	SPICE CHILI POW 20OZ	14 1/8	Gram			(Unassigned)
7603	TOMATO SAUCE, MUIR GLEN 12/15	1	Gal.			(Unassigned)
1509	CHEESE PARM 6/5 LB	3	Pound			(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Recipe Souce: Chef Ann Foundation Plant Forward  
Zucchini yields 96%

**Preparation Instructions**

1. Preheat oven to 350 degrees.
2. Cut zucchini in half down the middle lengthwise.
3. Scoop out seeds and insides with a spoon, leaving about 1/2" rim. Discard the insides.
4. Roast zucchini face up for 15 minutes.
5. Mix together mozzarella, ricotta, salt, garlic, basil, and chili.
6. Stuff each zucchini boat with 2 oz. of the cheese and spice mixture.
7. Roast zucchini for another 10 - 15 minutes until cheese begins to melt.
8. Heat sauce while zucchini is roasting.
9. After roasting, top with 1.5 ounces of sauce and 0.5 ounce of parmesan cheese.

**Serving Instructions**

1 serving is 1 boat (1/2 of a zucchini stuffed with cheese and topped with sauce) or approximately 7.8 ounces total weight.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	22,209.8070	92.0834	222.0981		
Saturated Fat	g	756.4273	3.1362	7.5643	30.65	
Sodium	mg	62,535.3989	259.2761	625.3540		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,255.2371	5.2043	12.5524	50.87	
Cholesterol	mg	3,601.1940	14.9308	36.0119		
Carbohydrate	g	1,027.4792	4.2600	10.2748	18.50	
Total Dietary Fiber	g	193.8221	0.8036	1.9382		
Protein	g	1,816.9016	7.5330	18.1690	32.72	
Vitamin A (RE)	RE	16,601.7484	68.8320	166.0175		
Vitamin A (IU)	IU	99,858.9184	414.0220	998.5892		
Vitamin C	mg	3,189.8646	13.2254	31.8986		
Calcium	mg	46,610.4361	193.2501	466.1044		
Iron	mg	111.2861	0.4614	1.1129		
Moisture	g	18,186.5989	75.4029	181.8660		*
Ash	g	355.3969	1.4735	3.5540		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2596	SQUASH GREEN ZUCC 20 LB	1.00	(Unassigned)	30	0.00	LB	/
9018	CHEESE MOZZ FRESH SHRED 20 LB	1.00	(Unassigned)	6	0.50	LB	/
1531	CHEESE RICOTTA 4/5 LB	1.00	(Unassigned)	6	0.00	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.04	BOX (3 LB)	/
1112	SPICE GARLIC GRANULATED 25 LB	1.00	(Unassigned)	0	0.08		/
2597	BASIL FRESH 12 CT/1 LB	1.00	(Unassigned)	0	0.33	BUNCH	/
1017	SPICE CHILI POW 20OZ	1.00	(Unassigned)	0	0.50	OZ	/
7603	TOMATO SAUCE, MUIR GLEN 12/	1.00	(Unassigned)	9	0.19	JAR	/
1509	CHEESE PARM 6/5 LB	1.00	(Unassigned)	3	0.00	LB	/

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