



Recipe Production

Recipe Number: RSF001

Recipe Name: CAULIFLOWER SQUASH AND LENTILS

Hot: Yes

Recipe Source: Real School Food Challenge

HACCP Process Category:

Complex

Serving Description: 1 CUP OR 7 OZ WEIGHT

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2528	CAULIFLOWER CS 12 CT	22	Pound	2 1/2	Ounce	(Unassigned)
2593	SQUASH SPAGHETTI 35 LB	18	Pound			(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	12	Tbsp			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1	Cup			(Unassigned)
3554	LENTILS GREEN 20 LB	6	Pound			(Unassigned)
TAP	WATER	2	Quart			(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	1	Cup	8	Tbsp	(Unassigned)
7220	MINT 12 CT	1	Ounce	7 1/8	Gram	(Unassigned)
1205	HONEY 6/5 LB	1	Pound	50 1/2	Gram	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1 1/2	Cup			(Unassigned)
1011	SALT KOSHER 12/3 LB	4	TBSP			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Recipe Source: Real School Food Challenge
 Cauliflower yields 62%
 Spaghetti squash yields 68.8%

Preparation Instructions

- Spaghetti squash:
1. Cut squash in half and scoop out seeds.
 2. Place cut side down on a sheet tray lined with parchment paper.
 3. Roast at 350 degrees for 20 - 25 minutes.
 4. When cool, use a fork to string the meat of the squash away from the rind so it looks like spaghetti. Discard rind.
 5. Thinly slice mint and set aside.
- Cauliflower:
1. Cut cauliflower into individual florets.
 2. Whisk together oil and curry powder.
 3. Toss the cauliflower in the oil mix and let sit (preferably overnight) to absorb flavor.
 4. Roast cauliflower at 350 degrees for 10 - 15 minutes until tender.
- Lentils:
1. Add lentils to pot and cover with water.
 2. Simmer over medium heat for 20 - 30 minutes until lentils are tender, making sure not to salt them until they are at least 3/4



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cooked.

3. Strain and cool.

Lemon Lado:

1. Gather equal parts honey, oil, and lemon juice.

2. Whisk together honey and lemon juice until smooth.

3. Slowly whisk in oil to emulsify.

Assembly:

1. Combine all ingredients in a hotel pan (9.625 lbs. per pan or 25 portions per pan).

2. Season with salt.

Serving Instructions

Serve 1 cup (8 oz spoodle) as vegetable side.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	19,638.7031	108.9251	196.3870		
Saturated Fat	g	86.0009	0.4770	0.8600	3.94	
Sodium	mg	20,996.4723	116.4559	209.9647		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	603.8636	3.3493	6.0386	27.67	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,889.6317	16.0272	28.8963	58.86	
Total Dietary Fiber	g	1,066.6461	5.9161	10.6665		
Protein	g	887.0718	4.9201	8.8707	18.07	
Vitamin A (RE)	RE	23,412.1072	129.8541	234.1211		
Vitamin A (IU)	IU	80,066.5358	444.0851	800.6654		
Vitamin C	mg	3,841.1591	21.3048	38.4116		
Calcium	mg	5,004.0289	27.7546	50.0403		
Iron	mg	292.3491	1.6215	2.9235		
Moisture	g	13,074.3791	72.5164	130.7438		*
Ash	g	207.4660	1.1507	2.0747		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2528	CAULIFLOWER CS 12 CT	1.00	(Unassigned)	17	0.48	HEAD	/
2593	SQUASH SPAGHETTI 35 LB	1.00	(Unassigned)	18	0.00	LB	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	2	0.54	OZ	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (/
3554	LENTILS GREEN 20 LB	1.00	(Unassigned)	6	0.00	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.38	CONT (32 FL (/
7220	MINT 12 CT	1.00	(Unassigned)	0	0.08	LB	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.22	JUG (5 LB)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.04	CONTAINER (/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.04	BOX (3 LB)	/



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