1 Carrot, Peeled, fine julienne

1 zucchini, julienne

1 yellow squash, julienne

1 red onion, thinly sliced

1 bell pepper, julienne

1 large tomato, concasse

¼ c. olive oil

Salt & Freshly ground pepper

1 T. dried Italian herbs or herbes de Provence, or fresh herbs

1 lb. pasta

¼ c. grated parmesan

Day 1: \*\*\* USE the digital scale to weigh your produce!!\*\*\*

1. Weigh each produce item individually, and record AP amounts.
2. Prepare produce mise en place. Weigh each item individually, to determine EP amounts and record. Store all produce together, except for tomatoes. Store tomatoes in a separate bag. Properly label everything and store.
3. Mise en place all other ingredients, and store everything for your group together on a tray or pizza pan. Cover with plastic, and label with group member last names.

Day 2:

1. Boil salted water for pasta. Preheat oven to 450°F.
2. On a large baking sheet, toss all of the vegetables (not tomatoes) with the oil, salt, pepper, and herbs to coat. Spread evenly over the baking sheet. Bake until the carrots are tender and the vegetables begin to brown, stirring after the first 10 minutes, about 20 minutes total.
3. Meanwhile, cook pasta in boiling salted water until al dente. Drain, reserving 1 cup of cooking liquid
4. Toss the pasta with the vegetable mixture in a large bowl to combine. Toss with tomatoes and enough reserved cooking liquid to moisten. Season the pasta with salt and pepper, to taste. Sprinkle with parmesan and serve immediately.

Group Members: Manager\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dish \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_

Prep\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Prep\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Prep\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| Product | As Purchased (oz) | Edible Portion | % yield |
| Carrots |  |  |  |
| Zucchini |  |  |  |
| Squash |  |  |  |
| Onion |  |  |  |
| Bell pepper |  |  |  |
| Tomatoes |  |  |  |