



Harvest of the Month

WINTER SQUASH

RECIPE: YOGURT PARFAIT WITH BUTTERNUT SQUASH AND CRANBERRIES

INGREDIENTS

- 8 medium-sized butternut squash, peeled and cubed into 1/2" pieces
- 3/8 cup olive oil
- 3/8 cup Maine maple syrup
- 2 tsp salt
- 2 Tbsp cinnamon
- 7-1/2 cups dried cranberries
- 15 lb vanilla yogurt
- 4 lb whole grain granola

YIELD: 60 parfaits



PREPARATION

1. Preheat oven to 425° F.
2. Distribute squash evenly onto three baking sheets. Toss each sheet with 2 Tbsp olive oil and 2 Tbsp maple syrup.
3. Sprinkle each sheet evenly with salt and cinnamon. Evenly coat by tossing squash together. Bake for 30 minutes then set aside to cool.
4. In one, 8-fluid ounce cup, add 4 oz, or 1/2 cup, of yogurt.
5. Add 1 oz of granola on top of yogurt.
6. Top granola with 1/2 cup cooled squash and 1/8 cup cranberries

Adapted from: Wisconsin Department of Public Instruction & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

- 1 oz meat/meat alternate
- 1/4 cup red/orange vegetable
- 1/4 cup fruit
- 1 oz grain equivalent

RECIPE: QUINOA BLACK BEAN VEGGIE BURGER

INGREDIENTS

- 3 quarts 1 cup cooked quinoa
- 3 quarts 1 cup canned low-sodium black beans
- 3 quarts 1 cup peeled, diced, cooked and cooled winter squash
- 1-1/4 tsp chipotle chili powder
- 1-1/4 tsp ground cumin
- 1-1/4 tsp salt
- 1-1/4 tsp dried oregano
- 6 pounds 4 ounces hamburger bun
- 3 pounds 2 ounces sliced USDA American cheese
- 50 slices of fresh tomato
- 50 pieces of lettuce

YIELD: 50 burgers



PREPARATION

1. Mix all ingredients in a large mixer until well combined. Season to taste.
2. Preheat an oven to 400° F. Line a sheet pan with parchment paper.
3. Scoop burger with 1/2 cup scoop and form into patties. Lay in a single layer on a sheet pan and bake for 20 minutes.
4. Assemble burger with slice of tomato, lettuce, and cheese. Serve warm.

Adapted from: Windham Raymond School District

MEAL PATTERN CONTRIBUTION

- ONE PATTY WITH CHEESE
- 1 oz meat/meat alternate
- 1/2 oz grain equivalent
- 1/4 cup red/orange vegetable
- 1/4 cup legume

YIELD: 50 - 1/2 cup SERVINGS

RECIPE: SPAGHETTI SQUASH BAKE

INGREDIENTS

- 30 lb spaghetti squash
- 8 cloves garlic
- 1 #10 can drained, diced tomatoes
- 1 Tbsp + 1 tsp dried basil
- 6 small onions
- 2/3 cup olive oil
- 2 tsp dried oregano
- 2 tsp salt
- 2 quarts shredded, part-skim mozzarella cheese

PREPARATION

1. Preheat convection oven to 400°F or conventional oven to 425°F.
2. Line a full sheet pan with parchment paper. Coat two 2-inch full hotel pans with cooking spray.
3. Cut ends off spaghetti squash. Stand on one flat end and then cut spaghetti squash in half lengthwise. Remove seeds by gently scooping them out along with the strings that surround the seeds. (Do not remove the flesh of the squash.)
4. Place each half cut side down on the prepared sheet pan. Bake until very tender when pierced with a fork and skin is beginning to brown slightly, about 45 minutes.
5. Let cool then use a fork to scrape the squash out into strings. Divide between the prepared hotel pans (don't mash it, you want it to remain stringy.)
6. Meanwhile trim, peel and finely dice onions.
7. Trim, peel and chop garlic.
8. Heat oil in a large saucepan. Add the onions and cook over low heat until tender but not browned, 10 to 15 minutes.
9. Add the garlic and continue to cook for 5 minutes more.
10. Put tomatoes in a food processor fitted with a steel blade and pulse for about 30 seconds. (Alternatively, mash tomatoes in a large bowl with a potato masher.)
11. Add the tomatoes to the pot with oregano, basil and salt. Bring to a steady simmer and cook until reduced to 2 qt, 20-30 minutes
12. Reduce oven temperature to 350°F (convection) or 375°F (conventional).
13. Top each pan of squash with 1 qt sauce, spreading evenly over the top. Sprinkle each with 1 qt cheese. Bake until the cheese is melted and the sauce is bubbling, about 20 minutes. Serve hot or warm.

Adapted from: Vermont Feed

MEAL PATTERN CONTRIBUTION

- 1/2 cup red/orange vegetable



FOR SCHOOL USE

