



Harvest of the Month

POTATOES

RECIPE: APPLE PIE POTATOES

YIELD: 6 - 1/2 cup SERVINGS

Delicious potatoes seasoned with cinnamon, nutmeg, and drizzled with an apple juice reduction.

INGREDIENTS

- 1 lb 5 oz fresh potatoes, cut into sticks
- 3 tsp olive oil
- 3 tsp sugar
- 1/4 tsp nutmeg
- 1 tsp cinnamon
- 1/4 tsp clove
- 1 cup 100% apple juice

PREPARATION

1. Toss the potatoes in olive oil.
2. Combine the sugar, nutmeg, cinnamon and clove. Sprinkle the seasoning over the potatoes and toss gently.
3. Place the potatoes on a sheet tray.
4. Bake at 400° F for 20 minutes.
5. Reduce the apple juice to 1/4 cup. Cool. Drizzle over potatoes before serving.

Adapted from: Pittsylvania County Schools & Healthy School Recipes



MEAL PATTERN CONTRIBUTION

1/2 cup red/orange vegetable

RECIPE: CHEESY POTATO HAM SOUP

YIELD: 50 - 1 cup SERVINGS

INGREDIENTS

- 1 Tbsp butter
- 1/3 cup diced celery
- 1/3 cup finely chopped onion
- 3 1/2 cups peeled and diced potatoes
- 1 quart vegetable or chicken broth
- 3/4 cup diced cooked ham
- 1/2 tsp salt
- 1 tsp ground black pepper
- 5 Tbsp butter
- 5 Tbsp all-purpose flour
- 2 cups milk
- 1 cup shredded cheddar cheese

PREPARATION

1. Melt butter. Add celery and cook over medium heat for 5-10 minutes or until celery is tender.
2. Reduce heat to low and add onions to the butter and celery. (Be careful not to burn the onions).
3. Add the small diced potatoes and broth, and bring to a boil.
4. Reduce to a simmer and cook until potatoes are tender, 10-15 minutes.
5. In a separate saucepan, melt butter over medium-low heat.
6. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute.
7. Slowly stir in milk as not to allow lumps to form until all of the milk has been added.
8. Stir in the shredded cheese.
9. Continue stirring over medium-low heat until thick, 4 to 5 minutes.
10. Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

Adapted from: Kansas State Department of Education & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1.95 oz meat/meat alternate
1/4 cup starchy vegetable
1/4 cup other vegetable

RECIPE: CHEDDAR CHEESE POTATO BREAKFAST

YIELD: 5 - 1 cup SERVINGS

This is a protein-packed breakfast that will keep you satiated until lunch!

INGREDIENTS

- 1/2 lb diced or shredded Russet potatoes
- 1/4 lb cooked ground pork
- 1 tsp vegetable oil
- 1/4 cup diced onions
- 3 eggs
- 1 cup low-fat milk
- 1/3 cup whole milk
- 1/2 tsp salt
- 1/2 black pepper
- 5 oz low-fat shredded cheddar cheese
- 1 scallion, white and green chopped

PREPARATION

1. Bake potatoes on parchment paper in 350°F about 20-25 minutes until just cooked through.
2. Remove from oven and sprinkle with pork crumbles.
3. Heat oil in a skillet over medium heat. Add onions, stirring occasionally, until softened but not browned, about 5 minutes.
4. Whisk together the eggs, low-fat and whole milk, salt and pepper.
5. Top with the cheddar and scallions.
6. Cover, with foil, sprayed to prevent sticking, and bake in 375°F about 45-55 minutes.
7. Uncover and continue baking until set and slightly brown, and knife inserted into the middle comes out clean, about 15-25 minutes.

Adapted from: Massachusetts Farm to School & Healthy School Recipes



FOR HOME USE

MEAL PATTERN CONTRIBUTION

2 oz meat/meat alternate
1/2 cup starchy vegetable



MAINE