



Harvest of the Month

# BLUEBERRIES

## RECIPE: FRESH BLUEBERRY SAUCE

YIELD: 12 - 1/2 cup SERVINGS

"This sweet sauce is versatile and can be used in yogurt parfaits, on pancakes, or as a dip with sliced apples."

### INGREDIENTS

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 3 pounds wild Maine blueberries      | 1 Tbsp lemon zest              |
| 1/4 cup sugar, honey, or maple syrup | 1 tsp cinnamon                 |
| 1 cup water                          | Optional 1 tsp vanilla extract |
| 1/4 cup cornstarch                   |                                |

### PREPARATION

1. Place blueberries in a pot.
2. Add sweetener of choice, water, and cornstarch.
3. Heat blueberries until boiling. Turn to simmer and cook for 8 to 10 minutes. Stir constantly with a heat resistant spatula to prevent berry damage. Do not overcook blueberries; they should remain whole and maintain shape.
4. Stir in zest, cinnamon, and optional vanilla extract.
5. Cool completely to 41°F. Best if made the day before.

Adapted from: Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1/4 cup fruit

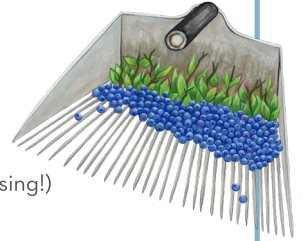
## RECIPE: BERRY CHICKEN SALAD

YIELD: 4 SERVINGS

"This refreshing salad comes together fast by combining a romaine blend with mixed berries, onion, snap peas, and diced chicken. Dress with a razy ranch dressing for a colorful dish."

### INGREDIENTS

- 6 oz romaine blend
- 1 1/4 cups wild Maine blueberries
- 2 Tbsp sliced red onion
- 1/2 lb sugar snap peas
- 1/2 lb sliced cooked chicken
- 1/2 cup ranch dressing (or any favorite dressing!)



### PREPARATION

1. Lightly toss all ingredients together and serve with ranch dressing, or your favorite kind!

Adapted from: Minneapolis Public Schools & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

2 oz meat/meat alternate  
1/4 cup dark green vegetables  
1/4 cup other vegetables  
1/4 cup fruit

## RECIPE: CHEF SAM'S BLUEBERRY OAT BARS

YIELD: 5 BARS

"Great for breakfast or dessert! These bars are bursting with sweet blueberries, and the crunchy oat topping makes this a kid favorite."

### INGREDIENTS

#### CRUMB LAYER:

- 1/2 cup unsalted butter
- 1/2 cup all purpose flour
- 1 cup rolled oats
- 1/3 cup packed light brown sugar

#### BLUEBERRY LAYER:

- 2 1/2 cups frozen wild Maine blueberries
- 2 Tbsp 2 tsp packed light brown sugar
- 3 1/2 tsp lemon juice
- 2 1/2 tsp cornstarch

### PREPARATION

1. Preheat oven to 350° F grease large cake pan with spray or butter. In a mixer, mix flour, oats, sugar and cold butter with a large paddle attachment. Mix until large clumps form. Do not over mix.
2. Transfer 1/2 the mixture to a prepared pan and press down to make the crust.
3. For blueberry layer, in a small sauce pot, mix all the ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
4. Sprinkle remaining crumb mixture on top of blueberry and crust. Bake in oven for 35-45 minutes (checking at 20 mins). Let cool completely before cutting into bars. Cut into 5 bars.



Adapted from: Windham Raymond School Department & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1 oz grain  
1/4 cup fruit

