



Harvest of the Month

BLUEBERRIES

RECIPE: FRESH BLUEBERRY SAUCE

YIELD: 48 - 1/2 cup SERVINGS

INGREDIENTS

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

PREPARATION

1. Place blueberries in kettle or large stockpot.
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 following two stage cooling method: Cool to 70°F within 2 hours and to 41°F within additional 4 hours. Best if made the day before.
6. Recipe makes 3 quarts of filling.

Adapted from: Healthy School Recipes

MEAL PATTERN CONTRIBUTION

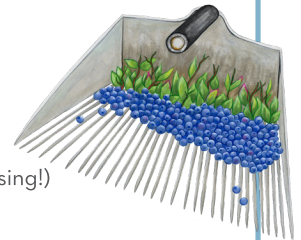
1/4 cup fruit

RECIPE: BERRY CHICKEN SALAD

YIELD: 40 SERVINGS

INGREDIENTS

3 lb 12oz romaine blend
3 qts wild Maine blueberries
1 cup sliced red onion
5 lb sugar snap peas
5 lb sliced cooked chicken
5 cups ranch dressing (or any favorite dressing!)



PREPARATION

1. Portion into an individual serving bowl in the following order:
 - 1 1/4 ounces Romaine blend
 - 1/4 cup wild Maine blueberries
 - 2 slices red onion
 - 2-3 sugar snap peas
 - 2 ounces diced chicken
2. Dress with 2 Tbsp ranch dressing ovetop just prior to serving.

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: 50 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:

2 lbs 5.5 oz unsalted butter
1 qt 2 1/4 cups all purpose flour
3 qts 1/2 cup rolled oats
3-1/8 cups packed light brown sugar

BLUEBERRY LAYER:

1-1/2 gallon 1 cup frozen wild Maine blueberries
1-1/2 cups 1 Tbsp packed light brown sugar
3/4 cup 1/2 Tbsp lemon juice
1/4 cup 1/2 tsp cornstarch

PREPARATION

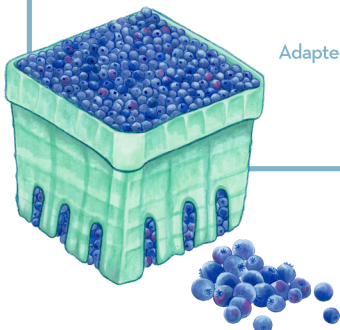
1. Preheat oven to 350° F grease large cake pan with spray or butter. In a mixer, mix flour, oats, sugar and cold butter with a large paddle attachment. Mix until large clumps form. Do not over mix
2. Transfer pan and press down to make the crust.
3. For blueberry layer, in a large sauce pot, mix all 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 50 bars.



Adapted from: Windham Raymond School Department & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1 oz grain
1/4 cup fruit



MAINE