



Harvest of the Month

WINTER SQUASH

RECIPE: YOGURT PARFAIT WITH BUTTERNUT SQUASH AND CRANBERRIES

INGREDIENTS

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

PREPARATION

1. Preheat oven to 425° F.
2. Toss squash with olive oil and 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 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

YIELD: 10 parfaits



RECIPE: QUINOA BLACK BEAN VEGGIE BURGER

INGREDIENTS

- 2 cups cooked quinoa
- 2 cups canned black beans, drained and rinsed
- 2 cups peeled, diced, cooked and cooled winter squash
- 1/2 tsp chipotle chili powder
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/2 tsp dried oregano
- 7 whole grain hamburger buns
- 7 slices of American cheese
- 7 slices of fresh tomato
- 7 pieces of lettuce

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 measuring cup 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: 7 burgers



YIELD: 10 - 1/2 cup SERVINGS

RECIPE: SPAGHETTI SQUASH BAKE



INGREDIENTS

- 6 lb spaghetti squash
- 1 small onion
- 2 cloves garlic
- 2 Tbsp olive oil
- 1 - 14.5 oz can drained, diced tomatoes
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp salt
- 1 1/2 cups shredded, part-skim mozzarella cheese

PREPARATION

1. Preheat oven to 425°F.
2. Line a full sheet pan with parchment paper.
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 onion.
7. Trim, peel and chop garlic.
8. Heat oil in a 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. Mash tomatoes in a small bowl with a potato masher or fork, then add to pot with cooked onions and garlic.
11. Add oregano, basil and salt. Bring to a steady simmer and cook to reduce down for about 20 minutes.
12. Reduce oven temperature to 375°F.
13. Top squash with sauce, and sprinkle with 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

