



Harvest of the Month

SUMMER SQUASH

RECIPE: SUMMER SQUASH CASSEROLE

YIELD: 50 - 1/2 cup SERVINGS

INGREDIENTS

- 5 lbs diced summer squash
- 1 2/3 cups chopped onions
- 2 tsp salt
- 5 1/2 lb cream of chicken soup
- 1 3/4 lb sour cream
- 1 1/2 cups melted butter
- 3 1/4 cups whole wheat bread crumbs
- 1 1/2 cups shredded mozzarella or cheddar cheese



PREPARATION

1. Steam squash and onions together until tender. Drain.
2. Add other ingredients except bread crumbs. Spread into a 2" pan.
3. Crush bread crumbs and mix melted butter, then put on top of casserole. (May mix a few bread crumbs into mixture to reduce liquids)
4. Bake at 350° F for 40 minutes.

Adapted from: Burke County School Nutrition & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

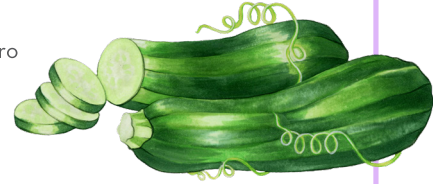
1/4 cup other vegetable

RECIPE: CALABACITAS CON ELOTE (ZUCCHINI WITH CORN)

YIELD: 50 - 1/2 cup SERVINGS

INGREDIENTS

- 1/2 cup olive oil
- 3 Tbsp chopped fresh garlic
- 2 1/2 lb corn kernels (fresh if in season, or frozen and thawed)
- 2 1/2 lb red bell pepper cut into strips
- 5 lb diced summer squash
- 1 1/2 lb diced fresh tomatoes
- 2 1/2 cups chopped fresh cilantro
- 1 Tbsp 2 tsp Italian seasoning
- 2 tsp salt
- 1 1/4 cups vegetable broth



PREPARATION

1. Heat oil in a sauté pan or tilt skillet.
2. Add chopped garlic, just until lightly browned and fragrant.
3. Add corn and sauté until it begins to brown. Add green peppers and zucchini, stirring constantly until zucchini is fork tender.
4. Add tomato and cilantro.
5. Add Italian seasoning, salt, and vegetable broth, and bring to a simmer.

Adapted from: CIA Healthy Kids Collaborative & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1/2 cup vegetable

YIELD: 25 - 1/2 cup SERVINGS

RECIPE: RAINBOW PASTA SALAD

INGREDIENTS

- 1/2 cup olive oil
- 1/2 cup lemon juice
- 2 1/2 tsp sugar
- 2 minced cloves garlic
- 2 tsp salt
- 2 tsp fennel seeds
- 1 1/8 tsp coriander
- 1 tsp chopped fresh oregano
- 1 tsp chopped fresh thyme
- 1 1/8 tsp ground black pepper

PREPARATION

1. Combine the olive oil, lemon juice, sugar, garlic, salt, fennel seeds, coriander, oregano, thyme, and pepper in a pot. Boil for 5 minutes.
2. Add the cauliflower and simmer, covered, until tender but not mushy, 8-10 minutes.
3. Cut the zucchini lengthwise into halves (or fourths if they are large). Slice into 1-inch lengths, straight or on the diagonal.
4. Add the carrots and zucchini to the pot and continue to simmer, covered, until all the vegetables are cooked but still firm, about an additional 5-20 minutes, depending on power of the stove. Do not overcook; the vegetables will continue to cook as they cool in their dressing and will become mushy if overcooked.
5. Cool and chill the vegetables overnight in their dressing.
6. Cook pasta in a steamer or lightly salted boiling water until tender, but still firm, 8-15 minutes, depending on method used.
7. Run pasta under cold water and drain well.
8. Toss pasta with the chilled vegetables and their dressing, adding a little water, if necessary.
9. Serve immediately.

Adapted from: Montana Harvest of the Month

- 1 lb 12 oz cauliflower, cut into bite sized florets
- 1 lbs 12 oz sliced carrots
- 1 lb 14 oz zucchini or summer squash
- 1 lb 14 oz whole grain rich rainbow rotini pasta



MEAL PATTERN CONTRIBUTION

1/2 cup vegetable
1/2 cup grain

FOR SCHOOL USE



MAINE