



# Harvest of the Month

# POTATOES



## RECIPE: APPLE PIE POTATOES

YIELD: 50 - 1/2 cup SERVINGS

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

### INGREDIENTS

- 11 lb fresh potatoes, cut into sticks
- 1/2 cup olive oil
- 3 Tbsp sugar
- 2 tsp nutmeg
- 2 Tbsp cinnamon
- 1 tsp clove
- 2 quarts 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. Bake at 400° F in a convection oven for 20 minutes.
4. Reduce the apple juice to two cups. Cool. Drizzle over sweet potatoes at time of service.

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 lb butter
- 1 lb chopped fresh celery
- 1/2 cup fresh sliced onions
- 1 gallon water
- 1 quart 3/4 cup dry, nonfat milk
- 20 cups diced fresh potatoes
- 1 cup crumbled bacon
- 5 lb diced ham
- 1 tsp salt
- 1 tsp black pepper
- 1/2 cup instant mashed potato flakes
- 2 lb 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. In a separate bowl, combine water and dry milk.
4. Add the milk mixture to the butter mixture.
5. Add the potatoes, bacon and ham and continue to cook over low heat until heated through (15-25 minutes). Do not boil; over cooking may cause curdling.
6. Add salt and pepper. Add instant mashed potatoes to thicken.
7. Top with shredded cheese.

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: 50 - 1 cup SERVINGS

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

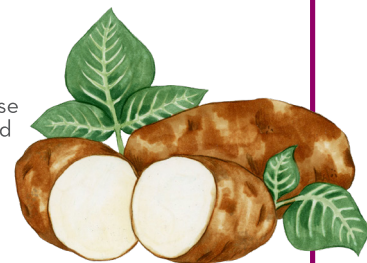
### INGREDIENTS

- 5 lb potatoes, unpeeled russets, 1/2 inch dice or shred
- 2 lb pork crumbles
- 2 Tbsp vegetable oil
- 10 oz diced onions
- 31 eggs
- 2- 1/2 quarts low-fat milk
- 1 quart whole milk
- 4 tsp salt
- 4 tsp black pepper
- 3 lb shredded low-fat cheddar cheese
- 3 scallions, white and green chopped

### PREPARATION

1. Bake potatoes on parchment paper, just cooked through.
  - Convection oven: 325°F about 15-20 minutes
  - Conventional oven: 350°F about 20-25 minutes
2. Divide potatoes equally among 2-1/2 inch deep hotel pans that have been sprayed with vegetable oil. (Each pan will hold 25 servings.)
3. Sprinkle with pork crumbles.
4. Heat oil in a skillet over medium heat. Add onions, stirring occasionally, until softened but not browned, about 5-7 minutes.
5. Divide onions equally among pans.
6. Whisk together the eggs, 2% and whole milk, salt and pepper.
7. Equally divide mixture and top with the cheddar and scallions. (Pans will be about 3/4 full.)
8. Cover, with foil, sprayed to prevent sticking.
  - Convection oven: 325°F about 40-50 minutes
  - Conventional oven: 375°F about 45-55 minutes
9. Uncover and continue baking until set and slightly brown, and knife inserted into the middle comes out clean, about 15-25 minutes.
10. Cut each pan into 5 X 5 pieces

Adapted from: Massachusetts Farm to School & Healthy School Recipes



### MEAL PATTERN CONTRIBUTION

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



MAINE