



Harvest of the Month

PROTEINS

RECIPE: CLASSIC MEATBALLS

YIELD: 16 MEATBALLS

Serve with marinara sauce on whole wheat hot dog buns with melted mozzarella cheese or over pasta.

INGREDIENTS

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|---|-----------------------------|
| 1/2 cup chopped swiss chard,
kale or spinach | 1 Tbsp tomato paste |
| 1/2 cup rolled oats | 1 Tbsp Worcestershire sauce |
| 1 egg | 1/2 tsp salt |
| 1 lb ground beef | 1/4 tsp ground black pepper |
| 1/4 cup tomato sauce | 1/2 tsp garlic powder |
| 2 Tbsp grated parmesan cheese | 1/4 tsp onion powder |

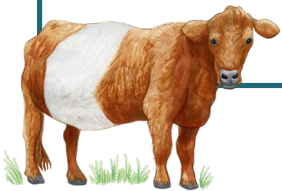
PREPARATION

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Cook greens in a medium saucepan of boiling water until just tender, 1 to 3 minutes. Drain well.
3. Process oats in a food processor until they resemble coarse crumbs, about 10 seconds.
4. Whisk egg in a small bowl. Add the ground oats, beef, the greens, tomato sauce, cheese, tomato paste, Worcestershire sauce, salt, pepper, garlic and onion powders. Mix together with your hands until well incorporated (don't overmix).
5. Portion the meatballs using a 1 oz scoop and place on the prepared baking sheets. Bake until they reach an internal temperature of 165°F, 10 to 12 minutes.

Adapted from: Joy Food Sunshine blog and Vermont Feed

MEAL PATTERN CONTRIBUTION

1 oz meat/meat alternate



RECIPE: HONEY GARLIC TOFU

YIELD: 8 - 4.6 oz SERVINGS

This crispy tofu is the perfect alternative in a meat free dish! Seasoned with honey, soy sauce, ginger, and garlic this will be a tasty choice of protein!

INGREDIENTS

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|----------------------------|----------------------------------|
| 1 lb tofu | 1/4 cup soy sauce |
| 1/4 cup cornstarch | 2 Tbsp minced fresh garlic |
| 2 Tbsp 2 tsp vegetable oil | 1 Tbsp minced fresh ginger |
| 1/3 cup honey | 3 Tbsp chopped fresh green onion |

PREPARATION

1. Preheat oven to 375° F.
2. Slice 1 lb block of tofu into 1" x 1" pieces.
3. Toss with the cornstarch and arrange on parchment-lined sheet pan (or one that has been sprayed with pan spray/brushed with oil) in a single layer.
4. Bake in oven for 10 minutes, then flip. Bake until puffed and golden brown, about 10 minutes more.
5. Meanwhile, in a pot, heat the honey, soy sauce, ginger and garlic until bubbly.
6. When tofu is done baking, remove from oven and toss in sauce.
7. Toss to coat thoroughly.
8. Garnish with chopped green onion.

Adapted from: Santa Clara Unified School District & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

2 oz meat/meat alternate



RECIPE: RSU 12'S BAKED MAINE FISH

YIELD: 8 - 3 oz SERVINGS

This was a district-wide favorite during the Fishermen Feeding Mainers program, when schools across Maine received free, locally-caught fish!

INGREDIENTS

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|--|--|------------------------------------|
| 24 oz local flakey white fish (haddock, pollock, hake, or cod) | 2 tsp garlic powder | 1 1/3 cups whole wheat breadcrumbs |
| 1/2 cup vegetable oil | 2/3 cups finely grated parmesan cheese | 8 Tbsp dried parsley |
| 1 Tbsp onion powder | | |

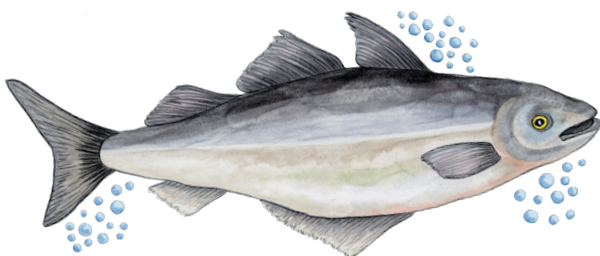
BREADING STATION PREPARATION

1. Mix oil with onion and garlic powder in one container
2. Mix dry ingredients - breadcrumbs, parmesan cheese and parsley, into another container

FISH BREADING STEPS

1. Divide fish into 3 oz portions
2. Dip fish portion in oil, suspend to let drain
3. Coat in crumbs
4. Place fish on sheet pan lined with parchment paper
5. Cook 400°F for approximately 30 minutes - until internal temperature reads 145 degrees minimum. Cook longer if needed.

Adapted from: RSU 12's 2021 Farm to School Cook-Off team, the Whitefield Wildcats



MEAL PATTERN CONTRIBUTION

2 oz meat/meat alternate

