



Harvest of the Month

PROTEINS

RECIPE: CLASSIC MEATBALLS

YIELD: 50 MEATBALLS

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

INGREDIENTS

1 cup chopped kale, swiss chard, or spinach	1/2 cup grated parmesan cheese
1 1/2 cups rolled oats	1/4 cup tomato paste
2 eggs	1/4 cup onion powder
5 lb lean ground beef	2 Tbsp poultry seasoning
1 cup low-fat milk	2 Tbsp Worcestershire sauce
1/2 cup ketchup	2 tsp salt
	1 tsp ground black pepper

PREPARATION

1. Preheat convection oven to 400°F or conventional oven to 425°F. Line 2 baking sheets with parchment paper.
2. Cook kale (or chard or spinach) in a medium saucepan of boiling water until just tender, 1 to 3 minutes. Drain well.
3. Process oats in a food processor fitted with a steel blade until they resemble coarse crumbs, about 10 seconds
4. Beat eggs in a large bowl. Add the ground oats, beef, the greens, milk, ketchup, cheese, tomato paste, onion powder, poultry seasoning, Worcestershire sauce, salt and pepper. 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: Vermont Feed

MEAL PATTERN CONTRIBUTION

1 oz meat/meat alternate



RECIPE: HONEY GARLIC TOFU

YIELD: 40 - 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

7 lb tofu	1 1/2 cups soy sauce
1 1/2 cups cornstarch	1/2 cup minced fresh garlic
1 cup vegetable oil	1/4 cup minced fresh ginger
3 cups honey	1 cup chopped fresh green onion

PREPARATION

1. Preheat oven to 375° F.
2. Slice each 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: 50 - 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

9 lb local flakey white fish (haddock, pollock, hake, or cod)	6 Tbsp garlic powder	8 cups whole wheat breadcrumbs
6 cups vegetable oil	4 cups finely grated parmesan cheese	1 cup dried parsley
6 Tbsp onion powder		

BREADING STATION PREPARATION

1. Mix oil with onion and garlic powder
2. Mix dry ingredients - breadcrumbs, parmesan cheese and parsley
3. Separate oil into two equal containers - purpose is to control coating quality, during production of breading fish
4. Separate crumbs into two equal containers - purpose is to control coating quality, during production of breading fish

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

FISH BREADING STEPS

1. Divide fish into 3 oz portions
2. Dip fish portion in oil, suspend to let drain
3. Coat ("firm pack") in crumbs
4. Place fish on sheet pan = 30 pieces per full size sheet pan
5. Wrap pan and freeze for future use, or cook immediately
6. Cook (frozen or fresh) at 400°F for approximately 30 minutes - until internal temperature reads 145 degrees minimum. Cook longer if needed.

MEAL PATTERN CONTRIBUTION

2 oz meat/meat alternate



MAINE