

HARVEST of the MONTH at home

Stuffed Acorn Squash



INGREDIENTS

- 2 acorn squash
- Olive oil
- Salt & black pepper
- ¼ onion, finely diced
- ¼ lb extra lean ground beef
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- Pinch cayenne pepper
- Pinch cinnamon
- ¾ cup cooked brown rice
- ½ cup black beans
- ¼ cup cherry tomatoes, quartered
- 2 TB fresh cilantro, chopped
- 1 tablespoon sunflower seeds
- ¼ teaspoon orange zest
- ¼ cup shredded cheddar
- 1 green onion, chopped,

DIRECTIONS

1. Preheat oven to 400°F, line baking sheet with foil. Cut squash in half lengthwise, remove seeds. Drizzle olive oil, salt & pepper over squash. Place squash onto baking sheet, open side down. Roast 35 minutes.
2. Heat a pan over medium high heat, add 1 TB olive oil, saute onions for 2 minutes. Add ground beef, once browned add salt & pepper, garlic, cumin, cayenne, cinnamon and stir. Mix in with cooked brown rice, black beans, tomatoes, cilantro, sunflower seeds, and orange zest.
3. Add the mixture to the squash halves, sprinkle cheddar cheese on top, bake for a few minutes until the cheese melts.

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Butternut Squash Mac & Cheese



INGREDIENTS

- 1 lb dried pasta
- 4 Tbsp unsalted butter
- ½ onion, finely chopped
- 3 cloves garlic, finely diced
- 1 tsp dried thyme
- 4 Tbsp flour
- 2 cups milk
- 2 cups grated cheddar
- 2 cups butternut squash puree
- 1 tsp Dijon mustard
- ¼ tsp ground nutmeg
- ¼ tsp black pepper

DIRECTIONS

1. Cook pasta in a large pot of salted, boiling water. Drain 2 minutes shy of package instructions and set aside.
2. Melt butter in a large skillet over medium heat. Add the onion, garlic, and thyme, cooking until onions are soft (~5 minutes). Stir in flour and cook for about 3 minutes, then add milk-stirring until sauce begins to thicken (a few minutes).
3. Remove sauce from heat and stir in cheddar.
4. Add squash, mustard, nutmeg, cayenne, and black pepper and mix in. Season to taste with salt.
5. Pour cheese sauce over pasta until sufficiently coated. Using a spatula, transfer to a 9x13 baking dish.
6. Bake in a 375 degree oven until sauce bubbles around the edges (25-30 minutes).

Source: Green Mountain Farm to School

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Butternut Squash Soup



INGREDIENTS

- 2 tsp. vegetable oil
- 1 small onion, diced
- 1 small carrot, peeled and medium diced
- 1 stalk celery, medium diced
- 5 cups butternut squash, peeled and diced
- 1 cup low-fat milk
- 1 tsp. brown sugar
- 1/4 tsp. granulated garlic
- 1/4 tsp. onion powder
- 1/4 tsp. cinnamon
- 1/4 tsp. salt
- 1/8 tsp. black pepper, ground
- 1/2 tsp. butter
- 1/4 cup + 1 Tbsp. chicken stock
- 1 1/2 Tbsp. chopped chives
- 4 tsp. sour cream

DIRECTIONS

1. In a large soup pot, add the oil and then the onions, carrots, celery and butternut squash. Stir the mixture frequently until all the vegetables are cooked through. (This can take a good 10-20 minutes.)
2. Turn off the heat and mash the vegetable mixture with a potato masher or an immersion blender.
3. Once the mixture is mashed, bring the pot back to medium heat and slowly add the milk, using a whisk to bring together.
4. Add the brown sugar, garlic, onion powder, salt, pepper and butter. Adjust the consistency with the chicken stock and return the soup to a boil.
5. Serve hot with a garnish of chives and 1 tsp. of sour cream per serving.

Source: Project Bread

HARVEST of the MONTH at home

Squash²



INGREDIENTS

- 2 cups butternut squash, peeled and cut into 1 inch pieces
- 2 cups sweet potato (or a different variety of winter squash) peeled and cut into 1 inch pieces
- 2 Tbsp. olive or canola oil
- ½ tsp. onion powder
- 1 tsp. dried basil
- 2 Tbsp. maple syrup
- 1 tsp. each salt and black pepper

DIRECTIONS

1. Preheat oven to 400 °F.
2. Peel winter squash and sweet potato and cut into 1 inch pieces. Make sure they are the same size so they roast evenly.
3. In a large bowl, mix together oil, syrup, onion powder, basil and black pepper.
4. Toss squash in the mixture, then spread in one layer on sheet pans.
5. Roast the squash uncovered, making sure to toss them occasionally so they cook evenly.
6. Roast until soft but not mushy at 400 °F for 30-40 minutes.
7. Toss and continue roasting until just starting to brown, about 20 more minutes.

Source: Mass. Farm to School