



# Recipe Book

MONTANA  
*Harvest*  
of the *Month*



# MONTANA Harvest of the Month

The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth).

This project has been funded in part by Federal Funds from U.S. Department of Agriculture, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana Pulse Crop Committee, Montana Specialty Crop Block Grant Program, Dairy MAX. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-9339. Additionally program information may be made available in languages other than English. To file a program complaint or discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form call (866) 632-9992. Submit your completed form or letter to USDA by:

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# Apple Recipes



## Apple 'N Cabbage Slaw

Serve as a tasty side dish or as a colorful addition to sandwiches!

Source: *Picture the Recipe*

### Servings

6

### Ingredients

3 cups red cabbage

1 1/2 cups green cabbage or lettuce

2 apples, *recommended: golden variety*

3 medium carrots

4 green onions

3 Tbsp cilantro



3 Tbsp oil

3 Tbsp honey

3 Tbsp apple cider vinegar

Juice of one lime, *about 1 Tbsp*

Salt & pepper to taste

Optional: Pinch of cayenne

### Preparation

1. Shred the cabbage into fine strips. Measure cabbage or lettuce and add to a large mixing bowl.
2. Grate the carrots using a big holed grater and add to the bowl along with sliced green onions.
3. Finely chop a small handful of cilantro and add it to the salad mix.
4. Lastly, cut the apples into thin match-stick pieces and add it to the salad. Don't cut the apples until you're ready to dress the salad since they will turn brown. Toss everything together well.
5. For the dressing start with the salad oil in a jar or a bowl.
6. Add the honey, apple cider, lime juice, salt, pepper, and a light dusting of cayenne to the oil.
7. Put the lid on and shake the dressing (if you're using a bowl simply whisk it with a fork) until the oil and other liquids are mixed well.
8. Drizzle over the salad and toss well until everything is coated in the dressing.
9. Serve chilled.

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## Cucumber Apple Salad

Source: *Fresh From the Farm: Massachusetts Farm to School Cookbook*

### Servings

6

### Ingredients

1 Tbsp oil

1/2 Tbsp white vinegar

1 tsp honey

1/2 Tbsp apple juice

1/4 tsp salt

Pinch of black pepper

1 apple, *unpeeled, preferably red*

*apples*

### Preparation

1. Combine the dressing ingredients: oil, vinegar, honey, apple juice, salt, and pepper in a bowl. This can be done one day ahead of time. Cover and refrigerate the dressing if done in advance.
2. Wash the apples well, as you will be using the skins. Use an apple sectioner to core and section the apples, or do this by hand. Discard the core and halve the slices.
3. Toss the apples with the lemon juice in a large bowl to prevent them from browning.
4. Add the cucumbers, red pepper, red onion, and dill, if you are using it. Add the dressing, then toss to thoroughly combine. Chill.



1 tsp lemon juice

2 cucumbers, *peeled and sliced into 1/4-inch slices*

3 Tbsp red bell pepper, *diced*

1 1/2 Tbsp red onion, *diced*

Optional: 1 1/2 tsp dill, *chopped*

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## Easy Applesauce

Get kids involved in mashing apples for a fun and easy treat.

*Source: Harvest for Healthy Kids*

### *Servings*

6

### *Ingredients*

4 medium apples

1 cup water

1/4 tsp cinnamon

1/8 tsp nutmeg



### *Preparation*

1. Peel and slice apples, removing the core. Leaving the peel on will result in chunkier applesauce and will retain more nutrients and color.
2. Place in pot.
3. Add water, cinnamon, and nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Let children use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or chilled.

### **Did You Know?**

The Bitterroot Valley and other areas in the western and south-central part of Montana are the largest apple producing areas in the state.

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## Maple Apple French Toast Bake

Source: *New School Cuisine*

### Servings

6

### Ingredients

1/2 lb apples

1/2 loaf of whole grain bread

6 eggs, or 2 cups of liquid eggs

2/3 cup low-fat milk

3 Tbsp maple syrup, or brown sugar

1/2 tsp ground cinnamon

Pinch of ground nutmeg

1/8 tsp salt

### Preparation

1. Coat baking dish with cooking spray.
2. Core apples and cut each into 8 wedges.
3. Cut bread into 1-inch cubes.
4. Lightly beat eggs in a large bowl. Add milk, about 2/3 of the maple syrup (or brown sugar), cinnamon, nutmeg, and salt; whisk to combine. Stir in apple slices, then fold in the bread.
5. Divide mixture evenly between the prepared pans. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6-8 hours or overnight.
6. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F.
7. Bake for 30 minutes. Remove foil and parchment and rotate the pans end to end. Sprinkle remaining brown sugar (or drizzle remaining maple syrup) on top of each pan. Return to oven and bake uncovered for 20 minutes or until set on top and the internal temperature reaches 165°F.



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# Beef Recipes



## Beef & Broccoli Bowl

This recipe can be made with the help of young children. They can take turns measuring the ingredients and reading the steps and will be excited to share the finished product with family members!

Source: *Cooking Light*

### Servings

6

### Ingredients

3 cups cooked rice, soba noodles, or rice noodles

1/3 cup lower-sodium soy sauce

1 1/2 Tbsp cornstarch

1 1/2 Tbsp hoisin sauce, *or substitute with barbeque sauce*

1 lb boneless sirloin steak, *cut into thin strips*

1 Tbsp canola oil

3 cups broccoli florets

1 1/2 cups red onion, *vertically sliced*

1 1/2 cups carrots, *chopped*

3/4 cup water

1 Tbsp dark sesame oil

1/2 cup green onion, *sliced*



### Preparation

1. Cook rice or noodles according to the package directions.
2. Combine soy sauce, cornstarch, hoisin sauce, water, and dark sesame oil in medium bowl to create a marinade. Add beef, toss to coat, and set aside.
3. Heat oil in a large skillet on high heat, swirl to coat.
4. Using a slotted spoon or tongs, move beef to pan, reserving marinade. Cook 2 minutes or until browned, stirring occasionally. Remove beef from pan.
5. Add broccoli, onion, and carrot to pan; cook 4 minutes or until broccoli is crisp-tender, stirring occasionally. Add reserved marinade and bring to a boil. Cook 1 minute.
6. Add beef and cook 1 minute, or until thoroughly heated.
7. Sprinkle with green onions. Serve over rice or noodles.

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## Beef Rock & Roll Wraps

Source: National Cattlemen's Beef Association

### Servings

6

### Ingredients

1 lb ground beef, 80% lean

1 1/2 cups water

1/2 cup uncooked quinoa

1 Tbsp dry ranch dressing mix

1/2 lb packaged cabbage coleslaw or broccoli slaw

3 tortillas large whole wheat or spinach tortillas, 10-13-inch diameter

Optional Toppings: Sliced or chopped red apples, sliced or chopped red bell peppers, sliced or chopped cucumbers, sliced toasted almonds

### Preparation

1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature is 165°F. Remove drippings.
2. Stir in water, quinoa, dry ranch mix, and pepper. Bring to a boil; reduce heat. Cook, covered, until quinoa is tender, stirring occasionally. Not all liquid will be absorbed.
3. Add slaw; increase heat to medium. Cook, uncovered, until slaw is crisp-tender, stirring occasionally.
4. Divide beef mixture onto tortillas. Add toppings, as desired. Fold over sides of tortilla and roll-up to enclose filling. Cut wrap diagonally in half for two servings.



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## Sloppy Joe on a Roll

This recipe incorporates three of Montana's top agriculture products—beef, wheat, and lentils!

Source: *Montana's Healthy School Recipe Roundup, Montana Team Nutrition Program*

### Servings

6

### Ingredients

- |                                     |   |
|-------------------------------------|---|
| 1 lb ground beef                    | 1/2 tsp pepper  |
| 1/4 cup onions, <i>raw, chopped</i> | 1 tsp brown sugar                                     |
| 2 Tbsp tomato paste                 | 1/2 cup lentils, <i>uncooked, no salt</i>             |
| 2 Tbsp catsup                       | 2 oz mild green chili peppers, <i>canned, drained</i> |
| 1 cup + 2 Tbsp water                | 2 tsp garlic, <i>raw, minced</i>                      |
| 1 Tbsp distilled vinegar            | 6 whole wheat buns                                    |
| 1/2 tsp mustard powder              |   |



### Preparation

1. Brown ground beef. Drain.
2. Cook lentils in enough water to cover them. Simmer for about 30-40 minutes. If using red lentils, reduce cook time to 10-15 minutes. Drain excess water. Puree lentils in a food processor.
3. Add onions and minced garlic to ground beef. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies, and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155°F or higher.
4. Portion with 1/3 cup onto bottom half of each roll. Cover with top half of roll.

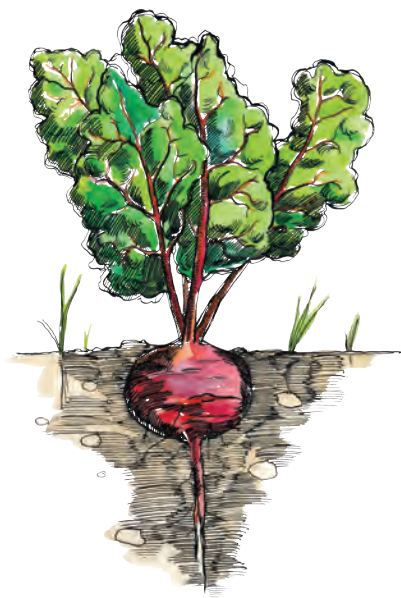
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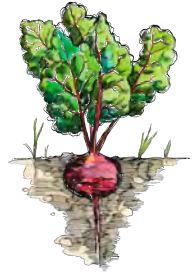
# Beet Recipes





## Beet Cream Cheese Frosting

Source: Heather Nack-Culbreth, Townsend



### Servings

6

### Ingredients

1/4 cup Unsalted butter, *softened*

1/4 cup Cream cheese, *softened*

1/2 cup Powdered sugar, *sifted*

1 1/2 tsp Beet puree, *cooked*

1/4 tsp Vanilla extract

1/4 tsp Milk

1/8 tsp Lemon juice

1 smidgen Salt

### Preparation

1. In the bowl of an electric stand mixer, fitted with a paddle attachment, beat cream cheese for 30 seconds, until pliable and smooth.
2. Add the butter and beat for another 30 seconds, until well combined.
3. Stop the mixer and scrape down the bowl as necessary.
4. Beat in the beets.
5. Add the powdered sugar, vanilla extract, milk, lemon juice and salt.
6. Beat on medium speed until smooth and silky.
7. Refrigerate the frosting for 30 minutes before frosting the cooled cakes.
8. Use frosting for cakes, cookies, or on graham crackers.

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## Beets & Sweets Heart-Shaped Chips

A food dehydrator is an easy way to cook these chips without an oven.

*Source: Adapted from Nourishing Balance*

### **Servings**

6

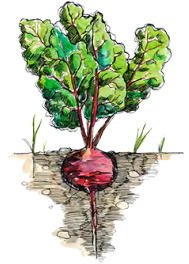
### **Ingredients**

5 beets, *rinsed and scrubbed, do not peel*

2 sweet potatoes, *rinsed and scrubbed, do not peel*

3 Tbsp olive oil

Sea salt to taste



### **Preparation**

1. Preheat oven to 400°F.
2. Slice beets and sweet potato thinly using the slicing blade of a food processor, mandolin, or sharp knife. They should be the thickness of a thick potato chip. Cut them as consistently as possible.
3. Cut sliced rounds with metal heart-shaped (or whatever you prefer) cookie cutter.
4. On cookie sheet, toss chips with olive oil and salt.
5. Spread evenly on cookie sheet.
6. Roast 20-30 minutes turning halfway through, until crisp. Check often to make sure they don't burn.
7. Use toothpicks or small cups to serve samples.

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## Big Red Roasted Beets and Barley

Source: USDA What's Cooking USDA Mixing Bowl Database

### Servings

6

### Ingredients

1/2 cup barley

2 cups butternut squash, *peeled, seeded, diced*

3/4 cup fresh beets, *scrubbed, trimmed, peeled, diced*

1 Tbsp vegetable oil, canola

3/4 tsp ground cinnamon

1/4 cup

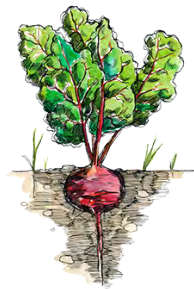
pumpkin seeds, *toasted*

1/2 cup

reduced fat

cheddar cheese, *shredded*

3/4 tsp course or kosher salt



### Preparation

1. Boil barley for approximately 1 hour on medium heat or until tender.
2. Drain, rinse, and coat barley with 1/3 of the oil. If preparing recipe later, chill barley to below 40°F.
3. Peel, seed and dice butternut squash.
4. Preheat oven to 425°F.
5. Scrub, trim, and peel beets, then dice. Do not prepare in advance or beet juice may dry out and recipe may not be as pink in color.
6. Mix oil with cinnamon. Toss half of oil mixture with diced butternut squash and the other half with diced beets. Roast the squash and beets in separate sheet pans (to avoid beets turning the squash pink) in oven at 425°F for 10 minutes, then decrease temperature to 375°F for 25 minutes.
7. Toast pumpkin seed for 15 minutes at 325°F.
8. Mix all ingredients together, except for cheese.
9. Garnish with shredded cheese.

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## Galina's Very Berry Beet Smoothies

This is a great way to incorporate many garden and locally produced items into one tasty snack (carrot, apples, beets, kale)!

Source: *Vitamix*

### *Servings*

6

### *Ingredients*

3 cups blueberries

3 carrots

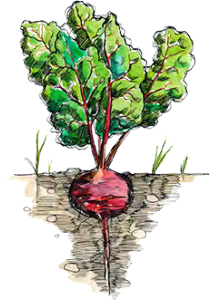
6 apples, *cut into chunks*

3 beets, *peeled and cut into chunks*

9 kale leaves

### *Preparation*

1. Wash and prepare all ingredients.
2. Add all ingredients to blender, preferable a high-powered blender. For a very thick shake, do not add water. Add water to thin or if not using a high-speed blender.
3. Blend 45 seconds.



### **Did You Know?**

Beets are a source of potassium, vitamin A, vitamin C, iron, and magnesium—all great for growing bodies and athletes!

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## Magenta Root Slaw

Source: Vermont FEED New School Cuisine Cookbook

### Servings

6

### Ingredients

- 1 1/2 tsp fresh ginger
- 3/4 cup carrots
- 3/4 cup beets
- 3/4 cup parsnips
- 1 Tbsp honey
- 2 1/2 tsp lemon juice, *fresh or bottled*
- Pinch of kosher salt

### Preparation

1. Peel and chop ginger. Pulse in food processor fitted with steel blade until ground.
2. Trim and peel carrots, beets, and parsnips. Shred in food processor fitted with shredding disk, or by hand with a grater.
3. Whisk together honey, lemon juice, and salt in a large bowl. Add shredded vegetables and toss to combine.



### Did You Know?

Beets have the highest sugar content of any vegetable, but are packed with excellent nutrients.

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# Carrot Recipes



## Carrot Pumpkin Muffins

Source: Edward Christensen, Missoula, Montana County Public Schools

### Servings

6

### Ingredients

1/2 cup all-purpose white flour

2/3 cup whole wheat flour

1 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp baking soda

1/4 tsp salt

1 large egg

2 Tbsp

vegetable oil

1 Tbsp applesauce

1/2 cup canned pumpkin

1/2 cup light brown sugar, *packed*

1 cup raw carrots, *grated*



### Preparation

1. Combine flour, spices, baking soda, and salt in bowl.
2. In mixing bowl with paddle attachment, beat oil, applesauce, pumpkin, sugar, and eggs. Beat for approximately 3 minutes, scraping bowl as necessary.
3. Add flour mixture to the pumpkin applesauce mixture, and continue to blend for 2 minutes. Fold in grated carrots.
4. Spoon into muffin baking papers until about 3/4 full.
5. Bake in preheated 325°F oven for about 35 minutes. Be sure to continually check by inserting a toothpick into the center of a muffin--when it comes out clean, the muffins will be done.

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## Carrot Salad

This easy salad is like a cross between a slaw and a pickle. It makes a nice, simple snack or side dish, but it's also great on a sandwich, taco, or burger. This is a versatile recipe – substitute lemon juice and zest for the lime or use vinegar. Also, you can use parsley or cilantro instead of mint.

Source: *Chop Chop*

### Servings

6

### Ingredients

5 large carrots, *scrubbed or peeled*

Juice of 1 1/2 limes and grated zest of 1/2 lime

1 1/2 tsp honey

3/4 cup fresh mint leaves, *chopped*

3/4 tsp salt

Optional: 1/2 cup roasted sunflower seeds or peanuts



### Preparation

1. Grate the carrots on the large holes of a box grater or with a food processor with grater blade.
2. Stir in the lime juice and zest, honey, salt, mint, and peanuts or sunflower seeds. Taste the salad. Do you think it needs more lime? Mint? Honey? Salt? If so, add it, and taste again.
3. Serve right away or store, covered in the refrigerator, up to 3 days.

### Did You Know?

The average person eats 17 pounds of carrots per year. How many pounds of carrots do you eat?

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## Crispy Carrot Fries

In the mood for fries? Instead of the potato kind, try these. Carrots are tasty and quite nutritious!

Source: *Chop Chop*

### Servings

6

### Ingredients

9 medium carrots

1 1/2 tsp olive or canola oil

3/4 tsp salt

### Preparation

1. Preheat oven to 400°F.
2. Cut carrots into thirds. Cut the thinnest end into two spears. Cut the two thicker parts into four spears each so that you get approximately ten carrot spears from each carrot (depending on the size of carrot).
3. Put the spears on the baking sheet, add the oil and salt and, using clean hands, rub the oil and salt on the carrot pieces until they are all lightly coated with oil.
4. Transfer the baking sheet to the oven and bake until the carrots are tender and golden brown, about 30 minutes.
5. Serve immediately.



### Did You Know?

Today carrots come in many colors including purple, black, yellow, orange, red, and white and also range in size from a round 2-inch carrot to a slender 3-foot carrot!

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## Lemon Roasted Carrots

Processing and freezing carrots is a great way to preserve summer bounty for winter months.

*Source: Project Bread*

### *Servings*

6

### *Ingredients*

6 1/2 cups frozen sliced carrots

2 1/2 Tbsp vegetable oil

2 1/2 Tbsp lemon juice

1/2 tsp salt

1/4 tsp black pepper

### *Preparation*

1. Toss frozen carrots with oil, lemon juice, salt, and pepper.
2. Place on sheet pan in a single layer and roast at 400°F for 20 minutes, until tender and golden brown.
3. Serve immediately.



### **Did You Know?**

Baby-cut carrots are made from full-grown, thin carrots by peeling and cutting them to the desired size and shape. True baby carrots are harvested early and actually look like miniature carrots.

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# Cherry Recipes





## Cherry and Yogurt Parfait

Source: *What's Cooking USDA Mixing Bowl, USDA*

### Servings

6



### Ingredients

$\frac{3}{4}$  cup Granola, *whole grain rich*  
3 cups Fresh cherries, *pitted and whole, sliced, or chopped*

3 cups Plain yogurt, *low-fat*  
 $\frac{1}{2}$  tsp Vanilla extract  
1 Tbsp Honey

### Preparation

1. Use whole grain rich granola or follow granola recipe (<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/granola-usda-recipe-cacfp>). Set granola aside.
2. Arrange serving cups (9 oz each) on sheet pans.
3. Place  $\frac{1}{2}$  cup cherries in each cup.
4. Combine yogurt, vanilla, and honey in a large bowl. Stir well.
5. Portion  $\frac{1}{2}$  cup (about 4 oz) yogurt mixture on top of cherries.
6. Sprinkle  $\frac{1}{8}$  cup (about  $\frac{1}{2}$  oz) granola over yogurt.
7. Serve immediately. CCP: Hold at 40 F or colder. If holding for later service, add fruit and yogurt mixture to cups, then refrigerate. Add granola just prior to serving.

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## Red, White, & Blue Salad

Source: Northwest Cherry Growers

### Servings

6



### Ingredients

1 ½ cups Fresh sweet cherries,  
pitted  
1 ½ cups Rainier cherries, pitted  
1 ½ cups White peach, large,  
pitted, and cubed  
1 ½ cups Fresh blueberries

### Minted Honey Lemon Dressing

3 Tbsp Fresh lemon juice  
1 ½ Tbsp Honey  
1 ½ Tbsp Olive oil  
1 Tbsp Fresh mint, chopped  
¼ tsp Salt

### Preparation

1. Toss cherries, peaches, and blueberries in a bowl.
2. In a separate bowl, combine lemon dressing ingredients (lemon, honey, olive oil, mint, salt) and whisk well.
3. Drizzle dressing over fruit and toss gently.
4. Serve Immediately.

## Dig Deeper

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# Chickpea Recipes





## Chickpea Peanut Butter Blondies

Polson School District. Adapted from: Healthy Liv (<https://www.healthy-liv.com/peanut-butter-chickpea-blondies/>)

### Servings

6

### Ingredients

1 can (15 oz) Chickpeas, *cooked, pureed*

1/4 cup Brown sugar

1/2 cup Peanut butter, *use Wow butter to make it peanut free*

1/2 tsp Vanilla

1/4 tsp Baking soda

1/4 tsp Baking powder

1/4 tsp Salt

1/2 cup Chocolate chips



### Preparation

1. Puree chickpeas in food processor.
2. Add chickpeas, peanut butter, sugar, vanilla, baking soda, baking powder, and salt to bowl. Mix well. Taste batter, if chickpea taste is too strong add extra peanut butter and brown sugar as needed.
3. Add chocolate chips and mix.
4. Spread batter evenly into a small cake pan. Batter should cover pan about 1-inch thick. If the bars are too thick, they won't cook through.
5. Bake at 375°F for 20-30 minutes. Check bars at 15 minutes to make sure they are cooking evenly. Rotate pan if needed. Check if toothpick comes out clean. Bars can be baked until they are dark brown if needed.
6. Let bars cool for at least 1 hour. Cut bars and serve.

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## Bistro Chickpea Salad Sandwich

Source: Idaho Grown Legumes Cookbook

### Servings

6

### Ingredients

3/4 cup Celery, *chopped*

1/3 cup Green peppers, *chopped*

1/3 cup Green onions, *chopped*

1 1/2 cups Dried chickpeas

1/3 cup Mayonaisse, *reduced calorie*

1 Tbsp Sweet pickle relish

1/2 Tbsp Dijon mustard

12 slices Whole grain-rich bread

1/4 lb Spinach



### Preparation

1. Cook dried chickpeas: One cup of dried chickpeas is equivalent to two cups (11.6 oz) cooked chickpeas. First, Soak dry chickpeas using one of two methods: A) Overnight soak: cover pot of water and beans. Place in the refrigerator and soak overnight. B) Quick soak: Bring beans to a boil. Reduce heat and simmer for 2-3 minutes. Remove from heat and cover the pot to allow the beans to soak for 1 hour until the beans expand to two to three times their dry size. Second, cook soaked chickpeas: Add soaked chickpeas to water (1 cup chickpeas per 3 cups water). Bring to boil and simmer for 45-60 minutes, or until tender. When chickpeas can be mashed by a fork, they are done. Drain.
2. Chop celery, green peppers, and green onions.
3. In a bowl or mixer, add mayonnaise, relish, and mustard. Stir in celery, green peppers, green onions, and chickpeas. Mix well.
4. Assemble sandwiches by placing 3/4 cup chickpea mixture onto slice of bread, top with 1/4 cup spinach and add second slice of bread. Serve chilled.

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## Roasted Munching Chickpeas

*Developed by: MSU Extension Nutrition Education Program*

### Servings

6

### Ingredients

1 1/4 cups Dry chickpeas

1 tsp Olive oil

1/4 tsp Salt

1/4 tsp Cumin

1/4 tsp Paprika

1/4 tsp Garlic powder



### Preparation

1. To cook chickpea: rinse dry chickpeas. Add chickpeas to a medium-large bowl with 3 1/2 cups of water. Cover bowl and leave chickpeas to soak for about 16 hours. Drain off water and add chickpeas to a large pot with 3 1/2 cups of water. Bring to a boil on the stovetop and reduce to a strong simmer for 2 hours. Taste test a couple chickpeas to check if they are done. Chickpeas should no longer be mealy, but not yet mushy either. Drain chickpeas, shaking off as much water as possible.
2. Preheat oven to 375°F.
3. Line a baking sheet with parchment paper and pour the chickpeas onto the sheet, making sure they are spread out. Pat dry with a paper towel.
4. Bake for 30 minutes total. Halfway through baking time, shake the pan.
5. Mix dry seasonings into a large bowl.
6. When chickpeas are done, pour into large bowl, add olive oil. Shake the bowl so all the chickpeas are coated with oil. Pour chickpeas into the bowl with the seasonings. Shake the bowl so all the chickpeas are coated.
7. Serve immediately at room temperature, or store in a covered container.

## Dig Deeper

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# Dairy Recipes



## Baked Mac and Cheese with Broccoli

Source: *Fresh From the Farm: The Massachusetts Farm to School Cookbook*

### Servings

6

### Ingredients

8 oz Whole grain elbow macaroni

2 tsp Oil

3/4 cup Diced onion

3 tsp Fresh, minced, garlic

1 1/3 cups Milk (skim or low-fat)

2 Tbsp Corn starch

2 Tbsp Milk (skim or low-fat, for thickener)

1 cup Shredded cheddar cheese

3/4 tsp Paprika

1/2 tsp Mustard, dry

1/4 tsp Salt

1 pinch Pepper, black

8 Broccoli crowns



For Bread Crumb Topping:

1 1/4 oz, about 2 slices Whole wheat bread, crusts on

1/4 cup Grated parmesan cheese

### Preparation

1. Boil pasta in 3 quarts water per pound. Be careful to not overcook as pasta will get mushy. Drain well and rinse with cold water. Pour cooked pasta into a baking dish.
2. Heat the oil. Add the onion and garlic and cook over medium heat, stirring occasionally until softened but not brown, about 5-7 minutes.
3. Add the milk and continue cooking, do not bring to a boil. DO NOT add the milk that is dedicated for the "thickener" until step 4.
4. Thoroughly whisk the cornstarch into the remaining cold milk to make the thickener. Add the thickening mixture to the boiling milk, stirring frequently, about 5 minutes.
5. Reduce heat to low and add the cheddar cheese, paprika, mustard, salt, and pepper, stirring constantly until cheese melts, about 1 minute.
6. Chop the broccoli crowns. If you are using the stems, discard the bottom 1-2 inches, peel the stems with a sharp knife, and slice thinly.
7. Steam the broccoli in a steamer or in a large pot with 2 inches of boiling water, covered, over high heat, until bright green and softened but not mushy, 5-7 minutes. Drain broccoli.
8. Combine broccoli, cheese sauce, in the baking dish, adding salt and pepper, as necessary.
9. Blend bread and parmesan in a food processor until the breadcrumbs are fine. Sprinkle on top.
10. Bake until cheese is bubbling and crust browns, covering with aluminum foil if it gets too dark, at 325°F for about 30-35 minutes.

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## Blues Buster Smoothie

Source: Dairy Discovery Zone, Dairy Max

(<https://www.dairydiscoveryzone.com/recipe/blues-buster-smoothie>)

### Servings

6

### Ingredients

4 1/2 cups Blueberry yogurt, *low fat*

3 cups Apple Juice

2 cups Blueberries, *fresh or frozen*

2 cups Peaches, *frozen sliced*

3 cups Ice Cubes



### Preparation

1. Combine all ingredients in blender; blend until smooth.
2. Amount of ice will vary depending on desired consistency.
3. Pour into a glass and serve chilled.

### Did You Know?

In 2015, Montana was home to approximately 13,000 dairy cows on nearly 65 dairy farms. The average herd size was about 210 cows in Montana.

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## Razzle Dazzle Smoothie

*Create-a-Smoothie, New England Dairy and Food Council*

### **Servings**

6

### **Ingredients**

- 1 ½ cups fat-free milk
- 3 cups vanilla yogurt, low-fat
- 1 ½ cups mixed berries, frozen
- 1 banana, frozen

### **Preparation**

1. Collect and measure all ingredients.
2. Add the fruit and yogurt to the blender.
3. Pour the milk into the blender.
4. Blend for about 30-45 seconds until smooth.
5. Refrigerate leftovers immediately. Drink within 2 days\*



Note: \*These can also be made ahead of time and frozen. Thaw overnight in the refrigerator for a quick breakfast.

Be creative! Add any fresh or frozen fruit to the smoothie. If using only fresh fruit, add a few ice cubes before blending. Be sure to wash fresh fruit before using.

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## Sunshine Smoothie

Source: Dairy Discovery Zone, Dairy Max

(<https://www.dairydiscoveryzone.com/recipe/sunshine-smoothie>)

### Servings

6

### Ingredients

3 Banana, *frozen*

1 1/2 cups Mango, *cubed*

1 1/2 cups Pineapple, *cubed*

1 1/2 cups Juice, *orange or pineapple*

1 1/2 cups Vanilla greek yogurt

1 1/2 cups Coconut water

1 1/2 tsp Lime juice, *freshly squeezed*

3 sprigs Fresh mint, *finely chopped* (optional)

Toasted shredded coconut, for garnish (optional)

Lime zest, for garnish



### Preparation

1. Combine all ingredients in blender and blend until smooth.
2. Sprinkle with toasted shredded coconut, if desired.
3. Garnish with lime zest.

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# Grains

# Recipes



## Fluffy Whole Wheat Biscuits

Source: *Montana's Healthy School Recipe Roundup*; Recipe submitted by Lynn White, Bridger School, Bridger, Montana

### Servings

6

### Ingredients

- 1/3 cup all-purpose flour
- 2/3 cup whole wheat flour
- 2 tsp baking powder
- 1 1/2 tsp sugar
- 1/4 tsp salt
- 2 Tbsp margarine
- 1/2 cup milk



### Preparation

1. In a medium bowl, combine flours, baking powder, sugar, and salt; mix well.
2. Cut in butter until mixture resembles coarse crumbs.
3. Stir in milk just until moistened.
4. Turn out onto a light floured surface; knead gently 1-10 times.
5. Roll to 1/4-inch thickness; cut with a 2 1/2-inch biscuit cutter and place on an ungreased baking sheet.
6. Bake at 450°F for 10-12 minutes or until lightly browned. Serve warm.

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## Oatmeal On-The-Go Breakfast Bars

This is a great recipe for grab-and-go breakfasts or a tasty snack!

Source: *Weelicious.com*

### Servings

6

### Ingredients

2/3 cup old fashioned oats

1/3 cup whole wheat flour

1/2 tsp cinnamon

Pinch of salt

1/3 tsp baking powder

1/2 cup milk (*any kind of milk – rice, almond, soy, cow's*) or water

1 Tbsp brown sugar

3 Tbsp applesauce, or *baked squash or pumpkin puree if available*

1 large egg

1/3 tsp vanilla

Optional: 1/2 cup dried fruit, *cranberries, raisins, blueberries, cherries, etc.*

Optional: 3 Tbsp nuts, *walnuts, sunflower seeds, pumpkin seeds, etc.*



### Preparation

1. Preheat oven to 375°F.
2. Place the oats, flour, cinnamon, salt, and baking powder in a bowl. Stir to combine.
3. In separate bowl, mix the milk, applesauce, egg, sugar, and vanilla.
4. Pour the dry ingredients into the wet mixture, stir to combine and then stir in the dried fruits and nuts.
5. Pour the oatmeal mixture into a greased baking dish.
6. Bake for 30 minutes or until thickened and golden.
7. Cool, cut into squares, and serve. Refrigerating: allow to cool, cut into squares, place in an airtight container and refrigerate up to 5 days. Freezing: allow to cool, cut into squares, and place in a plastic bag to freeze up to 4 months. When ready, allow to defrost in fridge for 24-48 hours.

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## Tasty Tabbouleh

Tabbouleh (Tuh-BOO-lee), also spelled tabouli, comes from the word tabboula, which means "Middle Eastern Cookery" in Arabic.

Tabbouleh is originally from the mountains of Syria and Lebanon. Bulgur wheat is whole wheat that has been cracked and partially cooked.

Source: *Chop Chop*

### Servings

6

### Ingredients

3/4 cup bulgur wheat

1 1/2 cups warm water

3 large, ripe tomatoes, *cored and diced*

2 cucumbers, *diced*

3 scallions, *chopped, use both the green and white parts*

1 1/2 bunches of flat leaf parsley leaves, *chopped*

Optional: 1

1/2 small bunches of mint leaves

3 Tbsp olive oil

1 1/2 Tbsp fresh lemon juice, *or red wine vinegar*

Pinch of salt



### Preparation

1. Put the bulgur into the mixing bowl. Pour warm water into the bowl. Cover and let sit until the bulgur is soft, at least 2 hours or refrigerate overnight.
2. After the bulgur is soft, add the tomatoes, cucumber, scallions, parsley, mint if using, olive oil, and lemon juice or red wine vinegar. Mix together.
3. Cover the bowl and refrigerate at least 1 hour, up to overnight.

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## Wheat Berry Salad

Source: *New School Cuisine*

### Servings

6

### Ingredients

1/2 cup soft winter wheat berries

1 cup sweet potatoes, *diced*

1 tsp olive oil

1/4 tsp ground cinnamon

1 Tbsp brown sugar, *packed*

Pinch of ground nutmeg

1/3 cup dried cranberries

1/4 tsp kosher salt

1/4 tsp black pepper



### Preparation

1. Bring large pot of water to boil. Add wheat berries and cook until tender and starting to split, about 40 minutes. Drain and set aside to cool.
2. Meanwhile, peel sweet potatoes and cut into 3/8-inch dice.
3. Preheat convection oven to 350°F or conventional oven to 375°F.
4. Toss the sweet potatoes, oil, cinnamon, brown sugar, and nutmeg in a medium bowl. Spread evenly on a half sheet pan and cook until tender and browned, about 20 minutes. Set aside to cool.
5. Combine the cooled wheat berries, roasted sweet potatoes, cranberries, salt, and pepper in a large bowl and toss to combine.

### Did You Know?

What's in a bushel? One US bushel is approximately 8 gallons of dry crops. One bushel of wheat weighs about 60 pounds.

## Dig Deeper

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# Kale Recipes



## Choose Your Own Adventure Kale Salad

Round up your favorite ingredients and build a delicious kale salad with this recipe framework.

Source: *City Blossoms*

### Servings

6

### Ingredients

6 cups kale

1/3 fat – suggestions: avocado, olive oil, vegetable oil, peanut butter, tahini, sunflower seed butter, almond butter

1/3 cup acid – suggestions: citrus juice (lemon, lime, etc.), vinegar (red wine, balsamic, rice, apple cider, etc.)

Salt to taste – miso and soy sauce are also great salt substitutes

Tasty extras – something sweet, spices, fruits and vegetables (fresh or dried), beans, seeds, grains, herbs, cheese, or nuts

### Preparation

1. Wash kale, trim dried or tough sections, and cut out stems. Cut kale into thin ribbons.
2. Mix fat, acid, and salt in a large bowl.
3. Add kale to bowl, toss with dressing, and massage. Massage the kale by placing the kale-acid-salt mixture in a Ziploc bag and massaging from the outside. The more you massage, the more tender it will be. The dressing should coat the leaves, and the leaves should slightly wilt and turn a more intense green.
4. When the massaging is done, add the pizzazz! Anything you would add to a regular salad can be added to a kale salad. See above for examples of tasty toppings.



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## The Best Kale Chips in the World

Kale chips are the perfect way to try kale! A food dehydrator will also work for these tasty snacks.

*Source: Edward Christensen, Assistant Food Service Manager, Missoula County Public Schools*

### **Servings**

6

### **Ingredients**

1 1/2 cups kale, raw, stemmed, and cut into chip-sized pieces

1 tsp olive oil

1/4 tsp salt

### **Preparation**

1. Preheat oven to 225°F.
2. Remove large stems from leaves leaving kale in “chip-size” pieces.
3. In single layer on sheet tray, place leaves face up, lightly spray with olive oil, and lightly season the kale with salt.
4. Bake for 40-60 minutes, or until the kale is completely dehydrated and will easily release from the pan when you shake the pan back and forth. Using a low oven temperature ensures that you will not burn the chips.



### **Did You Know?**

Kale has been grown for more than 6,000 years and is in the brassica family along with bok choy, collards, and broccoli.

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## Rawesome Kale Salad

Source: *Project Bread*

### Servings

6

### Ingredients

1/2 bunch kale, *any variety, but lacinato (Dinosaur) variety is especially tender*

2 Tbsp lemon juice

1 clove garlic, *minced*

2 Tbsp olive oil

1 1/2 Tbsp tahini *or peanut butters*

1 cup garbanzo beans, *drained and rinsed*

Pinch of cayenne pepper, black pepper, and salt



### Preparation

1. Wash kale and chop into bite-sized pieces, discarding tough center stem.
2. Coat kale with lemon juice, gently massage, and let sit 10 minutes, until leaves begin to tenderize.
3. Peel and mince garlic. Add to kale.
4. Add olive oil and tahini and toss to coat.
5. Add garbanzo beans, cayenne, salt, and pepper.
6. Serve immediately or store in refrigerator.

### Did You Know?

Kale becomes sweeter after experiencing a light frost.

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# Leafy Greens Recipes





## Easy as 1,2,3 Smoothie Recipe

This recipe is great for improvisations. The types of fruits, berries, or greens can be changed to suit your liking!

*Source: Erin Jackson, Gallatin Valley Farm to School*

### *Servings*

6

### *Ingredients*

2 cups fresh greens

4 cups cold water

6 cups fruit

### *Preparation*

1. Add greens, water, ad berries/fruit to blender in that order. If greens are put in last it will be difficult to blend.
2. Blend until smooth, stopping to stir ingredients or scrape sides of blender as needed.



### **Did You Know?**

Salad greens may be one of the oldest known vegetables. There are pictures of wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D.

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## Simply Snazzy Salad

This salad is an easy and fun recipe for students to help prepare for any occasion! Experiment with different types of greens, or mix them for more colors and flavors!

Source: Kristen Gerbatsch, FoodCorps

### Servings

6

### Ingredients

7 cups any type of salad greens *or mixed greens*

1/3 cup carrots, *thinly sliced*

2/3 cup dried cherries *or cranberries*

2/3 cup walnuts, *chopped*

3 Tbsp balsamic vinegar

1/3 cup olive oil

1 Tbsp Dijon mustard

2 tsp honey



### Preparation

1. Place greens, carrots, cranberries, and walnuts into a large mixing bowl.
2. In a small bowl, add balsamic vinegar, olive oil, mustard, and honey. Whisk ingredients together using a fork or whisk until smooth and evenly mixed.
3. Right before serving, pour dressing over the salad in the large mixing bowl. Gently toss the salad to coat all the ingredients.

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## Sweet Potato, Black Bean, & Chard Stew

Source: USDA Recipes for Healthy Kids

### Servings

6

### Ingredients

1/3 of a whole, dried New Mexican chili pepper  
 2/3 cup onion, *diced*  
 1 Tbsp vegetable oil  
 1/2 tsp ground cumin  
 1 1/4 cups sweet potatoes, *peeled, cut into 1/2 -inch cubes*  
 1 1/2 cans or 23 oz canned low-sodium black beans, *drained & rinsed OR dried black beans, cooked*  
 1/3 cup orange juice

1/2 cup low-sodium chicken stock  
 1 1/2 tsp red wine vinegar  
 Pinch of ground black pepper  
 3 cups chard, *stems removed, chopped*



### Preparation

1. Sauté chili peppers and onions in oil for 2-3 minutes.
2. Add cumin and sauté for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
4. Cover and reduce heat to low. Simmer for 20 minutes or until sweet potatoes are tender.
5. Remove chilies and discard. Add vinegar, salt, pepper, and chard. Cover.

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## Turkey, Spinach and Apple Wraps

Source: *New School Cuisine*

### Servings

6

### Ingredients

3 12-inch, honey wheat wraps

3/4 cup baby spinach leaves, *loosely packed*

12 oz or 24 slices of thinly sliced turkey breast

2 gala (or other seasonal) crisp apples, *sliced very thin*

1/2 cup shredded cheddar cheese



### Preparation

1. Leaving a margin free on the tortilla side closest to you, sprinkle a layer of approximately 1/2 cup greens. Top each layer with 4 slices of turkey.
2. Evenly divide apple slices and lay lengthwise across turkey. Sprinkle shredded cheese onto wrap.
3. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side.
4. When ready to serve, cut each wrap in half, at an angle. Each wrap provides 2 servings.

### Did You Know?

The average American eats about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.

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# Lentil Recipes



## Balsamic Lentil Salad

Source: Polson School District. Adapted from: Destination Delish  
(<http://www.destinationdelish.com/balsamic-lentil-salad/>)

### Servings

6

### Ingredients

- 2 2/3 cups Lentils, *cooked*
- 1 medium Red bell pepper, *finely chopped*
- 1 small Cucumber, *diced*
- 1/4 Red onion, *finely chopped*
- 1/4 cup Fresh parsley, *chopped*



### Dressing

- 1/4 cup Balsamic vinegar
- 1/2 Tbsp Olive oil
- 1 tsp Dijon mustard
- 1 tsp Maple syrup
- 1/2 clove Garlic, *chopped*
- Salt and pepper to taste

### Preparation

1. In a large bowl, combine the lentils, bell pepper, cucumber, onion, and parsley.
2. Combine all the dressing ingredients (vinegar, oil, mustard, maple syrup, garlic, salt, and pepper) in a blender and mix until smooth. Alternatively, whisk the dressing ingredients together in a bowl.
3. Pour the dressing over the salad and toss to combine.
4. Serve immediately or chill before serving.

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## Banana Lentil Muffins

*The Lean Green Bean* (<https://www.theleangreenbean.com/lentil-banana-muffins/>)

### Servings

6

### Ingredients

1 cup Red, yellow, or green lentils, *cooked*

3/4 cup Banana, *mashed*

1/4 cup Applesauce

1/4 cup Honey

1 tsp Vanilla

2/3 cup Oats

2/3 cup Flour, *white whole wheat*

1 tsp Baking soda

1 tsp Cinnamon

1/2 cup Chocolate chips (*or nuts or dried fruit*)

1 Egg



### Preparation

1. Preheat oven to 375°F.
2. Add cooked lentils and applesauce to a food processor until smooth.
3. Add mashed banana, egg, honey, and vanilla and process again.
4. Add oats, flour, baking soda, and cinnamon and process until mixed.
5. Add chocolate chips (or variation) and pulse a couple times to combine.
6. Scoop into greased or lined muffin tins and bake at 375°F for 18-20 minutes or until a toothpick inserted into center comes out clean.

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## Chicken Masala

Source: Gardiner Public School

### Servings

6



### Ingredients

1 cup Brown rice

2 1/2 cups Water

1 Tbsp Butter

1/4 cup Onion, *diced*

13 oz Tomato sauce

1 lb Fajita style chicken strips

6 oz Diced tomato, *canned*

3/4 cup Coconut milk, *canned*

2/3 cup Lentils, *cooked*

1 Tbsp Cumin

1 Tbsp Coriander

2 1/2 tsp Paprika

1 Tbsp Cilantro, *fresh*

Salt and pepper to taste

### Preparation

1. Prepare brown rice: Rinse rice. Add rice and water to saucepan or pot, stir. Bring to rolling boil then reduce heat to simmer. Cover with a tight-fitting lid and simmer for 15 minutes. Remove from heat and allow to stand covered for 5 minutes. Set aside and keep warm.
2. In a large pot, sauté the butter and onions until onions are clear. Add chicken and sauté until chicken is thoroughly cooked.
3. Add the tomato sauce, diced tomatoes, cumin, coriander, and paprika. Cook on medium until reaches a low boil.
4. Stir in coconut milk and lentils. Simmer until heated through.
5. Add salt and pepper to taste.
6. Chop cilantro and stir in right before serving.
7. Serve over brown rice.

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## Jeanne's Lentil Soup

Source: Edward Christensen, Missoula County Public Schools

### Servings

6

### Ingredients

- 1 1/3 cups dry lentils, *rinsed and checked for stones*
- 3 cups chicken stock
- 1 1/2 cups water
- 1 celery stalk, *sliced 1/2 -inch thick*
- 1 carrot, *sliced*
- 1/2 onion, *diced*
- 1 garlic clove, *minced*
- 1 bay leaf
- 3/4 lb ham

### Preparation

1. Bring water to a boil. Cook lentils in twice as much water as lentils. Strain and set aside.
2. Sauté celery, onions, and carrots until tender.
3. Add ham and garlic and sauté for one minute.
4. Add lentils and remaining ingredients to stew pot and cook for 2 hours.



### Did You Know?

Montana is the top producer of lentils in the United States, producing almost 40% of lentils grown in this country!

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## Lentil Barley Soup

Lentils are shaped like flying saucers, and they come in lots of different colors: regular lentils can be green or brown, and then there are small marbled-green French lentils, Black Beluga® lentils, and “red” lentils that are actually orange. For this soup, use any kind but the red ones (they break down too much and make the soup thick and porridge-like).

Source: *Chop Chop*

### Servings

6

### Ingredients

1/2 cup lentils, *rinsed and picked over for ones that don't look good*

2 scallions, *including greens, sliced*

1/2 carrot, *scrubbed or peeled and sliced*

2 celery stalks, *including leaves, sliced*

1/4 tsp dried oregano

1/8 cup raw barley or brown rice

6 cups chicken, beef, or vegetable stock

8 oz whole peeled tomatoes, *coarsely chopped*

Salt and pepper to taste

6 lemon wedges

1/2 Tbsp fresh basil, parsley, or cilantro leaves



### Preparation

1. Put lentils, scallions, carrot, celery, oregano, barley or rice, and stock into a pot.
2. Place the pot on the stove and turn the heat to high. Bring it to a boil. Once the ingredients come to a boil, lower the heat to low and simmer without the lid for about 2 hours to thicken the soup. Stir occasionally to make sure it's not sticking.
3. After about 2 hours the pot should be about 1/4 less full than when you started.
4. Add the tomatoes and continue to cook the soup for 1-2 more hours, stirring occasionally.
5. Once the soup has finished cooking, taste it, and add a little bit of salt and pepper if you like.
6. Serve the soup right away with lemon wedges and basil, parsley, or cilantro, or store the soup in a covered container in the refrigerator for up to 2 days.

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## Lentil Burgers

Farm to School of Park County. Adapted from: Minimalist Baker  
(<https://minimalistbaker.com/easy-lentil-meatballs/>)

### Servings

6

### Ingredients

3/4 cup Red, yellow, or green lentils,  
*uncooked, rinsed*

2 1/4 cups Water

1/4 tsp Salt

1 Tbsp Olive oil

3/4 cup Onion, *diced*

1/4 cup Carrot, *diced*

3/4 tsp Black pepper

1 Tbsp Soy sauce

1/2 cup Rolled oats, *finely ground*

1/2 cup Breadcrumbs

Burger buns and toppings, *if serving as burgers*



### Preparation

1. Boil lentils in the water with the salt in a medium saucepan for around 15-30 minutes. Lentils will be soft and most of the water will be gone.
2. In a skillet, sauté onions and carrot in the oil until soft, about 5 minutes.
3. In a bowl, mix the cooked lentils, onions, and carrot with the pepper, soy sauce, oats and breadcrumbs.
4. While still warm, form mixture into patties or balls.
5. Burgers or balls can then be shallow fried in a skillet for 1-2 minutes on each side or baked on a parchment lined sheet pan at 400°F for 15 minutes.

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## Lentil Quesadilla with Avocado Crema

Source: Farm to School of Park County

### Servings

6



### Ingredients

1 Tbsp Olive oil	3/4 cup Tomato sauce
1/2 cup Onion, <i>chopped</i>	1 cup Vegetable broth
1 1/2 cloves Garlic, <i>minced</i>	1 pinch Red pepper powder
1 1/2 tsp Chili powder	Salt to taste
3/4 tsp Cumin	1 cup Mexican blend cheese
1/2 tsp Smoked paprika	6 Flour tortillas
1/2 tsp Oregano, <i>dried</i>	
1/2 cup Green lentils, <i>uncooked</i>	

### Avocado crema:

1 Avocado, *peeled and pitted*  
 1/4 cup Cilantro, *fresh*  
 1/4 tsp Kosher salt  
 2 Tbsp Sour cream  
 1 Tbsp Lime, *freshly squeezed*

### Preparation

1. Heat oil in a stockpot over medium heat. Add onions and sauté until translucent.
2. Add garlic, chili powder, cumin, paprika, and oregano to pot and continue to sauté until fragrant about 2 minutes.
3. Add lentils, tomato sauce, and stock to pot and stir to combine. Return to boil, then reduce heat to low and simmer 35-40 minutes or until lentils are tender. Add more stock as needed to prevent lentils from sticking to bottom of pot. Taste and season with salt as needed.
4. When lentils are done, heat a large skillet over medium heat or heat an electric griddle to 350°F.
5. Spread about 3 tablespoons of lentils over one half of tortilla, sprinkle cheese over lentils, fold other half of tortilla over lentils and cheese, brush with a bit of olive oil, and place on skillet or griddle. Cook on each side for 3-4 minutes. Transfer to plate.
6. Serve with avocado crema. To make: add and process crema ingredients in a food processor until smooth and well mixed.

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## Lentil Squash Hummus

With a little prep, this hummus is a quick and healthy snack. Try it with different veggies to find your favorite combination! Peas or cooked beets can be substituted for winter squash.

Source: Jenny and Luca Montague and Jessica Manly, Kalispell Public Schools

### Servings

6

### Ingredients

1 (15 oz) can of garbanzo beans,  
*drained and rinsed*

1 1/2 cups winter squash, *pureed*

1 cup red lentils, *cooked*

2 Tbsp tahini

1 Tbsp olive or vegetable oil

3/4 tsp salt

Pinch of paprika

1 tsp cumin

1-3 cloves of garlic, *roasted*

1 tsp lemon juice



Note: Save some garbanzo juice or cooled lentil cooking water to use as needed for consistency.

### Preparation

1. Pulse lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth.
2. Add garbanzo beans, lentils, and olive oil. Pulse until smooth. Add squash, cumin, and spices. Process until well-blended. If hummus is too thick, add 2 tablespoons of water or an additional tablespoon of olive oil.
3. Refrigerate immediately. Store up to seven days or freeze up to one month.

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## Lentil Walking Taco

Source: Somers/Lakeside School District

### Servings

6

### Ingredients

2 tsp Olive oil

1 small Onion, *chopped finely*

1 small Carrot, *diced*

1/4 tsp Dry marjoram leaves

1/4 tsp Dry thyme leaves

1/4 tsp Ground cumin

1 small Tomato, *finely diced*

1 cup Vegetable broth

1/2 cup Red lentils, *uncooked*

1/8 tsp Salt

Pepper to taste

6 oz Corn chips

Optional: additional toppings such as shredded cheese, avocado, salsa, hot sauce, etc.



### Preparation

1. Wash onion, carrots, and tomatoes. Peel and chop the onion. Dice the carrots, peel if preferred. Dice the tomatoes.
2. Combine spices in a small prep bowl.
3. Pour the olive oil into a large skillet. On medium heat, warm the oil until hot.
4. Add the onion and carrots to the skillet. Sauté for a few minutes until the onions are translucent.
5. Add dry lentils, spice blend, tomatoes, and broth to the skillet. Simmer the lentils until they are soft and the broth is mostly absorbed, about 35-40 minutes. If the lentils are not soft, add a bit more broth. The consistency should be slightly thick, not too wet, and lentils should be thoroughly cooked.
6. Scoop 1/3 cup lentil taco mixture into paper boats or onto plates. Place whole grain corn chips in boats next to lentils. Offer with toppings.

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## Montana Sweet & Savory Kale Salad

Source: Target Range School

### Servings

6

### Ingredients

- 1 1/2 cups Winter squash, cut into 1/2-inch cubes
- 1/4 cup Olive oil
- 1/4 tsp Salt
- 1/4 cup White wine vinegar
- 1 Tbsp Maple syrup or agave nectar
- 1/2 tsp Dijon mustard
- 1 tsp Fresh ginger, minced



- 1 clove Garlic, finely minced
- 6 cups Kale, removed stems, torn into bite size pieces
- 2 Apples, small, McIntosh or any crisp apple
- 1/2 cup Lentils, uncooked, Pardina, black, green or similar variety

### Preparation

1. Prepare squash: wash, peel, cut in half, scoop out seeds, cube.
2. Line sheet pan with parchment. Spread squash and drizzle with a quarter of the oil and sprinkle with half of the salt. Mix well so squash is evenly coated. Spread squash evenly on pan. Bake at 425°F for 10 minutes, then flip squash and continue to roast until tender and brown. Remove and cool.
3. Rinse lentils, place in pot with 3 cups water per 1 cup lentils. Bring to boil, turn down and simmer until done (soft but not mushy), 15-20 minutes. Drain, rinse, and cool.
4. In a small bowl, whisk together remaining olive oil, remaining salt, vinegar, maple syrup, mustard, ginger, garlic.
5. In a large bowl, "massage" kale by squeezing handfuls of kale. This helps to sweeten kale. Add dressing and massage into kale until well coated.
6. Add squash and apples. Stir into kale until salad is evenly coated with dressing.
7. Cover and refrigerate at least 30 minutes before serving.

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## Pulse Pita Pizzas

Ennis School District. Adapted from: Lentils.org (<https://www.lentils.org/recipe/pizza-hummus/>)

### Servings

6

### Ingredients

3 Tbsp Olive oil

3 Tbsp Tomato paste

2 tsp Oregano, *dried*

1 tsp Basil, *dried*

1/2 tsp Onion powder

1/4 tsp Red pepper flakes

2 cups Red lentils, *cooked and warm*

2 cloves Garlic

2 Tbsp Lemon juice

2 Tbsp Water

1/4 cup Parmesan, *grated*

6 Pitas, *quartered for bites or whole for personal pizza*

1 cup Mozzarella, *shredded*

1 cup Pepperoni, *sliced*

Salt and pepper to taste



### Preparation

1. Heat oil in saucepan over medium heat.
2. Add tomato paste, oregano, and basil and cook for 2-3 minutes, stirring continuously.
3. Transfer mixture to a food processor or high-speed blender and add lentils, garlic, lemon juice, and hot water.
4. Puree until smooth and creamy, while adding parmesan.
5. Season with salt and pepper to taste.
6. Top each piece of pita with a spoonful of sauce/lentil mixture, a sprinkle of mozzarella, and slice of pepperoni.
7. Reheat if needed.

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# Summer Squash Recipes



## Baked Zucchini Chips

Go beyond the zucchini bread – this is a fun way to eat summer squash!

Source: *Skinny Mom Blog*

### Servings

6

### Ingredients

3 small zucchinis, *thinly sliced*

2 Tbsp extra virgin olive oil

Salt and pepper to taste



### Preparation

1. Preheat oven to 300°F. Lightly mist one baking sheet with cooking spray.
2. Slice zucchini into 1/8 – 1/4-inch-thick rounds. Toss zucchini with olive oil to coat evenly and spread zucchini on baking sheet in a single layer. Sprinkle on salt and pepper.
3. Bake zucchini rounds until browned and crisp, about 25 to 30 minutes, flipping each over halfway through.
4. Check the chips often as cooking times may vary. Rotate the chips around the baking sheet if needed.
5. Once crisp and browned, let cool and store at room temperature. Enjoy the same day for best crunch!

### Did You Know?

While most squash varieties were brought from America to Europe, zucchini originated in Italy. Zucchini means “small squash” in Italian.

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## Fresh Summer Squash Salad

This no-cook recipe is perfect for using produce from your garden.

Source: Morgan Kelly, Montana Dietetic Intern

### Servings

6

### Ingredients

5 small zucchinis, *rinsed, thinly sliced into half-moons, can use any type or a variety of summer squash*  
7 radishes, *rinsed, thinly sliced crosswise*  
3 carrots, *rinsed, thinly sliced crosswise*

1 1/2 tsp garlic, *chopped*  
3 Tbsp lemon juice  
3 tsp Dijon mustard  
1 1/2 Tbsp honey  
1 1/2 Tbsp apple cider vinegar  
Salt and pepper to taste



### Preparation

1. Wash and prepare all vegetables.
2. In salad bowl, mix garlic, lemon juice, mustard, honey, vinegar, salt, and pepper.
3. Toss in chopped vegetables; stir until all vegetables are coated in dressing.
4. Allow to rest in refrigerator for at least 30 minutes, serve.

### Did You Know?

Summer squash are members of the Cucurbitaceae (Cucurbit) family, which includes melons, pumpkins, cucumbers, and gourds.

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## Rainbow Pasta Salad

Source: *Fresh from the Farm: Massachusetts Farm to School Cookbook*

### Servings

6

### Ingredients

2 Tbsp olive oil

2 Tbsp lemon juice

1/2 tsp sugar

1/4 clove of garlic, *fresh and minced*

1/2 tsp salt

1/8 tsp fennel seeds

Pinch of coriander

1/4 tsp fresh oregano

1/4 tsp fresh thyme



Pinch of black pepper

2 cups cauliflower, *cut into bite sized florets*

1 1/4 cups carrots, *sliced*

1 2/3 cups zucchini or summer squash

2 1/8 cups whole grain rich rainbow rotini pasta

### 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 chilled vegetables and their dressing. Add a little water, if needed.
9. Serve immediately.

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## Ratatouille

Source: *New School Cuisine Cookbook, Vermont FEED*

### Servings

6

### Ingredients

1 3/4 cups eggplant

1 1/2 cups zucchini, or other summer squash

1/2 cup onions

1/3 cup red bell pepper

1/3 cup green bell pepper

1 tsp salt

1 Tbsp olive oil

3 tsp garlic, *chopped*

1/3 cup diced tomato, *canned, undrained, low-sodium or no-salt added*

Pinch of ground black pepper

1/8 tsp crushed red pepper

1/2 tsp dried basil leaves

Pinch of dried oregano leaves



### Preparation

1. Trim and peel eggplant. Cut into 1-inch cubes. Trim zucchini and cut into 1/2-inch cubes. Trim and peel onion. Cut into 1/4-inch dice.
2. Stem, core, and seed pepper. Cut into 1/8-inch thick strips.
3. Put the eggplant in a colander. Sprinkle with 2/3rd of the salt. Let stand for 30 minutes. Rinse and drain thoroughly.
4. Heat oil in a large skillet or steam kettle. Add the onions, eggplant, and garlic, and cook, stirring occasionally, until tender, 10-12 minutes.
5. Preheat convection oven to 350° or conventional oven to 375°F.
6. Add the zucchini and peppers to the pan. Cook, stirring occasionally, until most of the liquid is evaporated, 5-10 minutes.
7. Stir in tomatoes and their juices, remaining salt, pepper, crushed red pepper, basil, and oregano. Cook for 5 minutes.
8. Put in baking dish.
9. Bake for 20 minutes.

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# Winter Squash Recipes



## Roasted Butternut Squash with Cinnamon and Brown Sugar

Source: *Fresh from the Farm: Massachusetts Farm to School Cookbook*

### Servings

6

### Ingredients

7 3/4 cups butternut squash, *peeled and cut into 2-inch cubes*

1/4 cup butter, *melted*

1/4 cup brown sugar

1/2 tsp salt

1/2 tsp cinnamon

Pinch of black pepper



### Preparation

1. Preheat convection oven to 350°F or conventional oven to 375°F.
2. Add squash to a parchment-covered or oil sprayed sheet pan.
3. Cut any extra-large pieces, so size of squash pieces are similar.
4. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon, and pepper. Mix to combine thoroughly.
5. Equally divide the butter mixture among pans, then stir until squash is well coated.
6. Roast, uncovered, until cooked through and lightly browned, about 20-30 minutes in a convection oven or 30-35 minutes in a conventional oven.

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## Simply Delicious Roasted Butternut Squash

Get creative with the seasonings in this recipe to match your meal. Try cumin and mild chili powder for Mexican flavor, or drizzle with maple syrup for a fall treat.

Source: Emma Fernandez, FoodCorps Service Member

### Servings

6



### Ingredients

1 butternut squash, *peeled, seeded, and cut into cubes*. Can substitute any type of winter squash for butternut, including acorn, buttercup, or carnival.

2 Tbsp olive oil

2 garlic cloves, *minced*

Salt and ground black pepper to taste

Optional: drizzle with honey, or sprinkle with dried rosemary, or create your own flavor combination.

### Preparation

1. Preheat oven to 400°F.
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper (and honey and rosemary of other seasonings if using). Arrange coated squash on baking sheet(s).
3. Roast in the preheated oven until squash is tender and lightly browned, stirring once, 25-30 minutes.

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## Squish Squash Lasagna

Source: *Healthy Kids Cookbook for Schools, USDA*

### Servings

6

### Ingredients

1/2 cup onions, *diced*

1 1/2 tsp garlic, *minced*

1 tsp canola oil

1 1/2 cups tomatoes, *canned low-sodium, diced*

Pinch of dried oregano, dried thyme, and dried basil

2 oz (8 sheets) of whole wheat lasagna sheets, *no boil, 3 1/2 in x 7 in sheets*

3 1/2 cups butternut squash, *peeled, sliced 1/4 in*

2 cups spinach, *fresh, sliced 1/8 in*

3/4 cup low-fat mozzarella cheese, *low-moisture, part-skim, shredded*



### Preparation

- To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
- Place pasta sheets in hot water for 7-10 minutes. Remove sheets when dish is ready to be assembled.
- Assembly: lightly coat baking dish or pan with pan release spray. Spread ingredients evenly across each pan. First layer: lasagna sheets, slightly overlapping approximately 1 inch, 1/3 tomato sauce, 1/2 of spinach, 1/2 of squash slices slightly overlapping. Second layer: repeat first layer. Third layer: rest of tomato sauce (about 1/3).
- Cover with foil and bake until squash is fork tender. Conventional oven: 350°F for 60-75 minutes. Convection oven: 350° for 40-55 minutes.
- Remove from oven. Sprinkle cheese evenly over each pan of lasagna.
- Bake uncovered until cheese starts to brown slightly. Conventional oven: 350°F for 15 minutes. Convection oven: 350°F for 10 minutes.
- Remove from oven and allow to set for 15 minutes before serving.
- Cut lasagna and serve.

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## Winter Squash and Kale Quesadillas

These are a delicious meal, easy for lunch or dinner, and can contain ground beef or shredded chicken for additional protein.

Source: Jessica Manly FoodCorps Service Member

### Servings

6

### Ingredients

1/2 whole winter squash, *peeled, seeded, and diced*  
 2 1/2 Tbsp canola oil  
 1/4 tsp kosher salt  
 Black pepper to taste  
 1/4 tsp chili powder  
 3/4 bunch of kale, *leaves torn, discard stalks*



6 flour or corn tortillas, *small fajita sized, flour tortillas are sturdier*  
 1 1/2 cups Monterey jack or cheddar cheese, *grated*  
 1 Tbsp butter for pan  
 Salsa, avocado, hot sauce, or other toppings for servings

### Preparation

1. Heat oil in a large skillet over high heat.
2. Add squash and sprinkle with salt, pepper, and chili powder. Cook for several minutes, turning gently with a spatula, until squash is deep golden brown and tender (but not falling apart). Move to a plate and set aside.
3. In the same skillet, heat butter or oil over medium-high heat and add in the kale. Toss it around with tongs and cook it for 3-4 minutes. Add in the cooked squash and gently toss together. Set aside.
4. In a separate skillet, heat oil or butter and lightly brown both sides of the 8 tortillas. Build the quesadillas one by one by adding a layer of cheese topped with a layer of squash/kale mixture on half of the tortilla and then folding it over.
5. When the cheese is melted, flip to the other side for 1-2 minutes, remove from skillet, and cut in half or thirds. Serve with salsa, avocado, or any sides you'd like!

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