

Butternut Rice Pilaf – adapted from “A Guide for Using Local Foods in Schools” by Vermont FEED (Jan 2007)

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butternut squash, fresh §, peeled and diced	4 lb		8 lb		2 lb	<ol style="list-style-type: none"> 1. In a saucepan, combine squash, brown rice, broth, water, and curry powder and bring to a boil over high heat. Reduce to low, cover, and simmer 25 min. 2. Add green beans, stir to combine, and cook over low heat 5 min or until rice is just tender. 3. Stir in basil and serve. <p>❖ Serve ½ cup (4 ounces).</p>
Green beans, fresh §, cut into small pieces	1 lb		2 lb		½ lb	
Brown rice, basmati		4 cup		8 cup	2 cup	
Vegetable broth dissolved in water (3 Tb powder to 8 oz of water)		64 oz (1 ½ cup)		128 oz (3 cup)	32 oz (¾ cup)	
Curry powder		3 Tb		6 Tb	1 ½ Tb	
Basil, fresh, finely chopped		½ cup		1 cup	4 Tb	

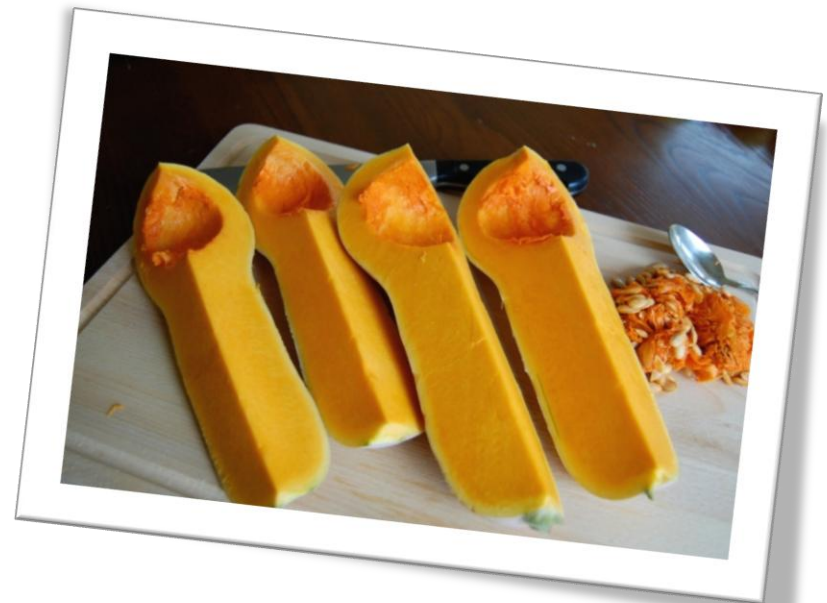
§WA product available

Approximate preparation time: 60 min.

Butternut squash and brown rice take the same amount of time to cook, so this curried pilaf is a one-pot wonder ☺

Tips & Variations:

- One large butternut squash is roughly 2 lbs. and 1 lb. trimmed squash equals 2 cups cooked squash.
- New to using butternut squash? [Here's a nice instruction for how to peel and cut butternut squash.](#)
- You can add **chickpeas**§, finely chopped red onion and/or currant etc.
- Winter squash will store at room temperature for at least a month. Store for several months in a dry and cool (50-55 degrees) but not cold location.



>> See information on local veggies in this dish on the back <<

Butternut Rice Pilaf

Child Nutrition Program Food Components:

- ✓ ¼ cup grain/bread
- ✓ ¼ cup vegetable

Nutrients Per Serving:

Calories	78 kcal
% Calories from Fat	6 %
Total Fat	1.0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	91 mg
Total Carbohydrates	17 g
Dietary Fiber	2 g
Sugars	1 g
Protein	2 g
Vitamin A (2,890 IU)	58 %
Vitamin C (9 mg)	15 %
Calcium	28 mg
Iron	1 mg

👉 **Butternut squash** is a good source of fiber, potassium and magnesium, and excellent source of vitamin A & C. [Click here to find more ways to enjoy butternut squash.](#)

👉 In Washington, the peak harvest season of **butternut squash** is October to December, but is usually available September to March. [Check out the Washington Grown Vegetable Seasonality Chart.](#)

👉 Did you know that winter squash is from South America? It became a staple product by the early to mid-1800s after introduction to North America through European colonization. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)*]

notes

