

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

