1ST PLACE WINNER
Dark Green and Orange Vegetables

A succulent side dish that provides a striking contrast of flavors and textures.

Central Valley Harvest Bake

JOSHUA COWELL ELEMENTARY SCHOOL
Manteca, California

Our Story

The rich agricultural region of Manteca, California, grows many crops annually, including winter squash, pumpkin, corn, watermelon, and almonds. Therefore, the recipe challenge team's goal was to develop a dish that featured a locally grown, dark green or orange vegetable. The team selected butternut squash because of its flavor and colorful eye appeal and the fact that it was grown in the school district's garden. This squash is a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin. The team discovered that even though a large quantity of butternut squash is grown in their area, many students had never tasted it. It was important to the team to develop a recipe that would introduce students to a delicious, healthy vegetable.

This succulent side dish combines the sweetness of butternut squash with the spicy kick of jalapenos and red peppers and is baked together with black beans, red quinoa, and granola for an absolutely delightful mouthful. It complements a variety of entrées, including grilled chicken or roast turkey.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Sandy Helsel

CHEF
Bryan Ehrenholm (Owner, Pure Joy Bakery and The Lunch Pail Restaurant)

COMMUNITY MEMBERS
Bonnie Bennett (School Principal) and Mary Tolan-Davi, RD (Community Registered Dietitian)

STUDENTS
Cameron H., Genesis M., Andrew R., Matthew M., and Elizabeth B.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Vegetables I-20r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	5 lb 4 oz	1 gal ¼ qt	1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher.
Extra virgin olive oil		2 ½ Tbsp	
*Fresh red onions, diced	4 oz	¾ cup	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced		3 Tbsp	
*Fresh red bell peppers, diced	4 ¼ oz	¾ cup	4. Line a sheet pan (9"x 13"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan. 5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven. Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	1 oz	⅛ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		⅜ cup	7. Combine quinoa and water in a covered saucepan and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Vegetables I-20r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	8 ½ oz OR 8 ½ oz	1 cup (⅛ No. 10 can) OR 1 cup	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		¼ cup 1 Tbsp	
Sweetened applesauce	12 ½ oz	1 ⅓ cups	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		1 tsp	
Fresh lime juice (optional)		⅛ cup	
			10. Fold in onion and pepper mixture.
			11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 25 servings, use 1 pan.
Low-fat granola, no fruit	8 oz	2 ¼ cups	12. Sprinkle granola evenly over the top. 13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Heat for 140 °F or higher for at least 15 seconds.
			14. Critical Control Point: Hold for hot service at 135 °F or higher. 15. Portion with No. 8 scoop (½ cup).

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Vegetables I-20r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ⅜ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains.	25 Servings: about 7 lb 8 oz	25 Servings: 1 steam table pan

Marketing Guide

Food as Purchased for	25 servings
Butternut squash	6 lb 4 oz
Red onions	5 oz
Jalapeno peppers	1 oz
Red bell peppers	5 ½ oz
Dry black beans	4 ¼ oz

Nutrients Per Serving

Calories	97.43	Saturated Fat	0.32 g	Iron	1.01 mg
Protein	2.03 g	Cholesterol	0 mg	Calcium	43.98 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)	Sodium	114.57 mg
Total Fat	1.92 g	Vitamin C	18.56 mg	Dietary Fiber	3.65 g

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Vegetables I-20r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	10 lb 8 oz	2 gal ½ qt	1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher.
Extra virgin olive oil		¼ cup 1 Tbsp	
*Fresh red onions, diced	8 oz	1 ½ cups	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced	1 ¾ oz	⅓ cup	
*Fresh red bell peppers, diced	8 ½ oz	1 ½ cups	4. Line a sheet pan (9"x 13"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan. 5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven. Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	2 oz	¼ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		¾ cup	7. Combine quinoa and water in a covered saucepan and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Vegetables I-20r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	1 lb 1 oz OR 1 lb 1 oz	2 cups (¼ No. 10 can) OR 2 cups	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		½ cup 2 Tbsp	
Sweetened applesauce	1 lb 9 oz	2 ⅔ cups (¼ No. 10 can)	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		2 tsp	
Fresh lime juice (optional)		¼ cup	
			10. Fold in onion and pepper mixture.
			11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 50 servings, use 2 pans.
Low-fat granola, no fruit	1 lb	1 qt ½ cup	12. Sprinkle granola evenly over the top. 13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Heat for 140 °F or higher for at least 15 seconds.
			14. Critical Control Point: Hold for hot service at 135 °F or higher. 15. Portion with No. 8 scoop (½ cup).

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Notes

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Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ⅜ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains.	50 Servings: about 14 lb	50 Servings: 2 steam table pans

Marketing Guide

Food as Purchased for	50 servings
Butternut squash	12 lb 8 oz
Red onions	10 oz
Jalapeno peppers	2 oz
Red bell peppers	11 oz
Dry black beans	8 ½ oz

Nutrients Per Serving

Calories	97.43	Saturated Fat	0.32 g	Iron	1.01 mg
Protein	2.03 g	Cholesterol	0 mg	Calcium	43.98 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)	Sodium	114.57 mg
Total Fat	1.92 g	Vitamin C	18.56 mg	Dietary Fiber	3.65 g

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Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Vegetables I-20r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	21 lb	4 gal 1 qt	1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. For 100 servings, use 4 pans. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher.
Extra virgin olive oil		½ cup 2 Tbsp	
*Fresh red onions, diced	1 lb ½ oz	3 cups	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced	3 oz	¾ cup	
*Fresh red bell peppers, diced	1 lb 1 oz	3 cups	4. Line a sheet pan (18"x 26"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan. 5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven. Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	4 oz	½ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 ½ cup	7. Combine quinoa and water in a covered saucepan and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.

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Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	2 lb 2 oz OR 2 lb 2 oz	1 qt (½ No. 10 can) OR 1 qt	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		1 ¼ cups	
Sweetened applesauce	3 lb 2 oz	1 qt 1 ⅓ cups (½ No. 10 can)	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		1 Tbsp 1 tsp	
Fresh lime juice (optional)		½ cup	
			10. Fold in onion and pepper mixture.
			11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 100 servings, use 4 pans.
Low-fat granola, no fruit	2 lb	2 qt 1 cup	12. Sprinkle granola evenly over the top. 13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Heat for 135 °F or higher for at least 15 seconds.
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1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ⅜ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains.	100 Servings: about 28 lb 8 oz	100 Servings: 4 steam table pans

Marketing Guide

Food as Purchased for	100 servings
Butternut squash	25 lb
Red onions	1 lb 4 oz
Jalapeno peppers	4 oz
Red bell peppers	1 lb 6 oz
Dry black beans	1 lb 1 oz

Nutrients Per Serving

Calories	97.43	Saturated Fat	0.32 g	Iron	1.01 mg
Protein	2.03 g	Cholesterol	0 mg	Calcium	43.98 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)	Sodium	114.57 mg
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