Harvest Delight

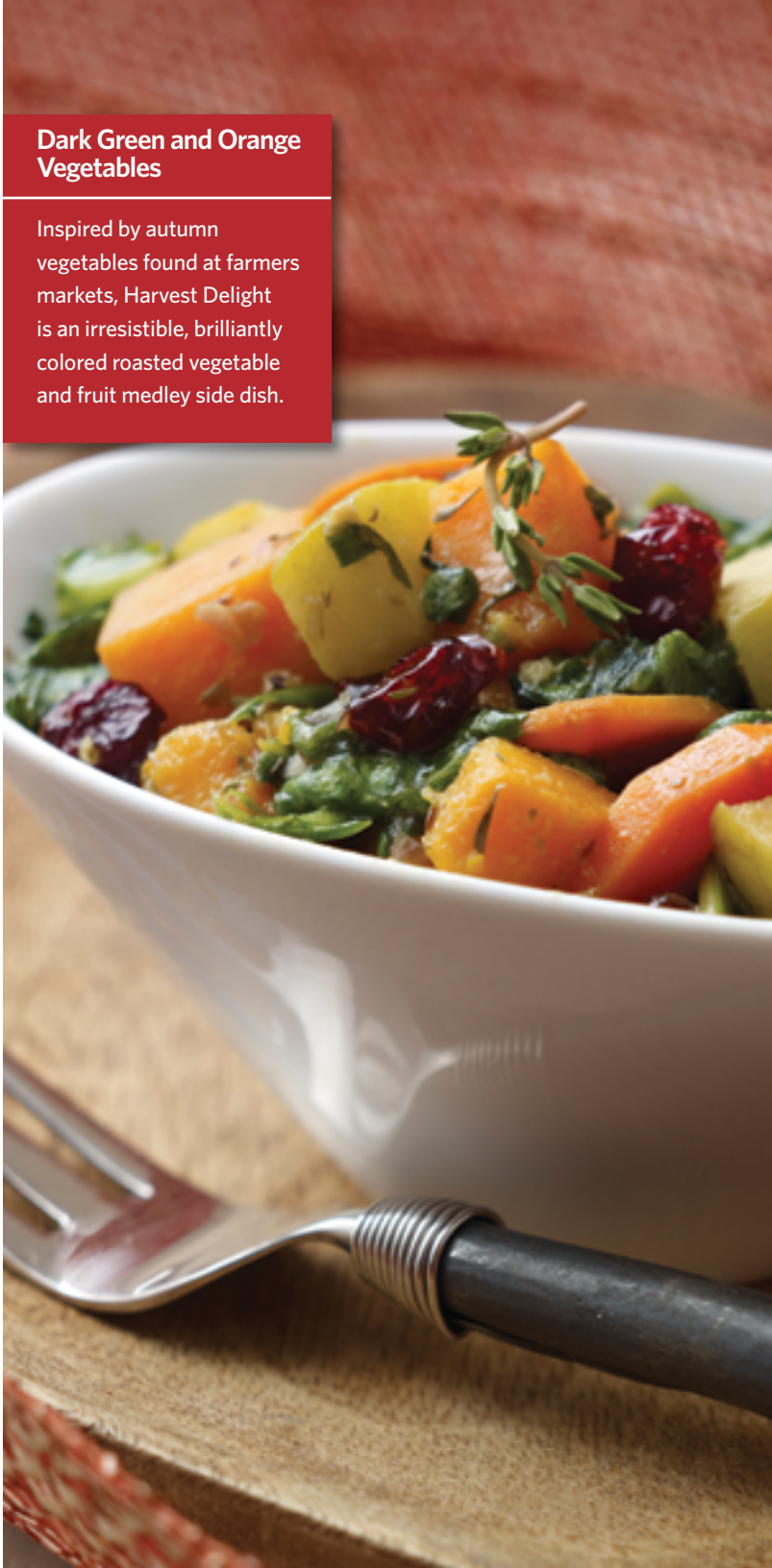
THE PROTESTANT GUILD FOR HUMAN SERVICES, INC.
Waltham, Massachusetts

Our Story

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest Delight dish was created. It features locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. It was served to the entire student body who were requested to complete an evaluation form. Over 90 percent of the students who evaluated the recipe rated it "very good" to "excellent." The team was overjoyed with the recipe's positive feedback. Who knew that sweet potatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? Your kids will be happy too when they taste this colorful and delicious blend of vegetables, fruits, and herbs.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Doreen Mangini, PhD
CHEF: Chef Florentine
COMMUNITY MEMBER: Erin Ridge (Special Education Teacher)
STUDENT: Samantha I.



Dark Green and Orange Vegetables

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.

Harvest Delight

Ingredients

1 ⅓ cups Fresh green apples, peeled, cored, diced ½"
⅓ cup Fresh carrots, peeled, sliced ¼"
1 cup Fresh sweet potatoes, peeled, cubed 1"
1 cup Fresh butternut squash, peeled, seeded, cubed ½"
⅓ cup Fresh red onions, peeled, diced
2 Tbsp Extra virgin olive oil
¼ tsp Sea salt
1 tsp Fresh thyme, chopped
1 tsp Fresh oregano, chopped
1 tsp Fresh sage, chopped
1 tsp Fresh rosemary, chopped
1 tsp Fresh garlic, minced
2 ½ tsp Maple syrup
1 cup Fresh baby spinach, chopped
⅛ cup Dried cranberries, finely chopped

Preparation Time: 30-40 minutes
Cooking Time: 1 hour
Makes six ½-cup servings

Directions

1. Preheat oven to 425 °F.

2. You may place diced apples in a small bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.

3. Steam carrots in a steam basket over high heat for 10 minutes or until soft.

4. Toss potatoes, squash, carrots, and red onions in a large mixing bowl with olive oil and salt.

5. Line a large baking pan with parchment paper and spray with nonstick cooking spray. Spread vegetables evenly on baking pan. Roast vegetables in oven at 425 °F for 25 minutes or until tender and slightly browned. Turn vegetables once midway through roasting.

6. In a large mixing bowl, combine apples, thyme, oregano, sage, rosemary, and garlic.

7. Remove vegetables from oven, lower heat to 400 °F. Add apple mixture to vegetables. Spread evenly. Return to the oven and roast for 15 minutes or until slightly tender.

8. Remove from oven. Drizzle with maple syrup and mix well. Return to oven. Roast for 8 additional minutes at 400 °F until vegetables are fork-tender.

Nutrients Per Serving: Calories **93,** Protein **1 g,** Carbohydrate **16 g,** Dietary Fiber **3 g,** Total Fat **3 g,** Saturated Fat **0 g,** Cholesterol **0 mg,** Vitamin A **11204 IU (560 RAE),** Vitamin C **11 mg,** Iron **2 mg,** Calcium **38 mg,** Sodium **103 mg**

Directions for Harvest Delight (continued)

9. Remove vegetables from the oven and gently toss in spinach. Mix in cranberries. Serve hot.

½ cup provides ⅜ cup red/orange vegetable, ⅛ cup other vegetable, and ⅛ cup fruit.