

October 2010 Featured Squash items

Ginger Pumpkin Mousse

Combine instant butterscotch pudding with 2/3 of milk required. Stir in canned pumpkin and add pumpkin pie spice. Fold in whipped topping to create a mousse-like consistency. Refrigerate. Serve ½ cup pudding with one gingersnap cookie (or crumble cookies and sprinkle one generous tablespoon of cookie crumbs over the top.

Zucchini Chocolate Cake

If you were using a standard chocolate cake mix, you would add 1 teaspoon cinnamon, 1 cup shredded zucchini, 3 eggs, 1 ¼ cup water and ½ cup oil to make a 9 x 13 cake. Sorry but that is the best I can do short of giving you a scratch recipe. Zucchini, fcy, fresh 20# 1008598 (medium sized with soft edible skins and seeds)

Butternut Pilaf

Add grated butternut squash to rice pilaf. Since this isn't counted as the vegetable, you will only need approximately 2 cups of grated squash per 20 servings. The squash should contribute to the overall flavor but should not dominate.

5# Butternut squash, fresh, peeled, 1" cubed 9127176 **demand status**

Roasted Squash Medley

Combine sliced zucchini, yellow squash, carrots, bell peppers and onions. Lightly spray with cooking oil, season with herbs and bake.

Yellow squash, fcy, fresh 20# 1008606 (medium sized with soft edible skins and seeds)

Zucchini, fcy, fresh 20# 1008598 (medium sized with soft edible skins and seeds)

Vegetable Faj mix, 5# 2560712 (red, green, yellow pepper strips) **demand status**

Carrot, fresh, peeled, cut biased 1/8", 5# 3264439 **demand status**

Acorn Squash

Serve ¼ squash unless the squash are enormous then go with 6 servings per squash. Use your favorite preparation method without adding too much sugar. Once cleaned, typically, I pierce a couple of times with fork just to allow it to cook faster. I also top with butter, a little pepper and even a small amount of brown sugar or maple syrup. You can prepare it however you feel comfortable and confident.

Acorn Squash, cleaned, quartered, skin-on 5# 8262917 **demand status** (14-22 pieces per 5#)

Acorn Squash, fresh, 40# 1513969 (about 15 acorn squash in 40# or 60 servings)

Zucchini Tomato Bake

You probably already know this but there is a Zucchini/Stewed Tomato product in #10 cans. The Zucchini Tomato Bake I had in mind involves some fresh herbs and Parmesan Cheese.

Zucchini Tomato Mix 6 - #10 cans 5450598

Pumpkin Cookie

If you don't have time to bake from scratch, here is a pumpkin spice cooking dough. 18# tub. Thaw, scoop and bake. 5439169

Other miscellaneous menu details:

Participants have requested that we NOT send the peaches and cottage cheese in the same container.

Penne Ham Skillet

We made this last year in October but not sure if you still have the recipe. Penne pasta... 2-10# 4706422 (white) & 16 -13oz 6760679 (whole grain) I would like to start using a combination of white and whole wheat pastas to increase nutritional value. In addition to the obvious ham ingredient, the casserole includes red pepper, onion, parsley, garlic, fresh or dried basil and oregano, chicken broth, cream of celery soup and parmesan cheese.

Sunny Carrot Salad

Shredded carrots, crushed pineapple, golden raisins, sliced almonds, sunflower kernels, lightly coated with mayonnaise dressing.

Ranch Baked Chicken

Make breading for chicken using cornflake crumbs combined with powdered ranch salad dressing mix.

Cube Steak Parmesan

Lightly bread the cube steaks using an Italian seasoned bread crumb and Parmesan Cheese mixture before baking. Basically same as the chicken parm that everyone loves!!!

Cashew Pear Salad

Dark greens with shredded swiss, sliced pears, cashews and dried cranberries. It's dressed with a poppyseed vinaigrette just like the spinach-strawberry salad. Not sure if you remember this salad but I remember EVERYONE raved about it and then I forgot to put it back on the menu!