



Winter Squash and Quinoa Salad



By: Rajeev Patgaonkar, CEC, AAC, executive sous chef, Kellogg Hotel & Conference Center and Chef & Child Central regional director

Serves: 8

Ingredients

Winter Squash and Quinoa Salad

2 lbs. med. Butternut squash, peeled, cubed
3 tablespoons olive oil, divided
 $\frac{3}{4}$ teaspoon sea salt, divided
1 cup quinoa, rinsed and drained
16 ounces baby spinach, rinsed well
Freshly ground pepper
8 ounces cilantro lime dressing
1 cup fresh cilantro, chopped
1 cup hulled pumpkin seeds

Cilantro Lime Dressing

1 bunch cilantro, rinsed and stems trimmed
1 cup baby spinach, rinsed well
 $\frac{1}{2}$ cup fresh lime juice
 $\frac{1}{4}$ cup olive oil
1 jalapeno, seeded, chopped
2-3 tablespoons honey, to taste
Salt and pepper, to taste

Method of Preparation

Winter Squash and Quinoa Salad

1. Preheat oven to 450 degrees Fahrenheit. Place cubed squash on baking sheet and toss with 1 tablespoon olive oil and $\frac{1}{4}$ teaspoon salt. Spread in single layer. Roast for 10-15 minutes, until tender and slightly browned. Set aside to cool slightly.
2. Place quinoa in 4-quart pot over medium-high heat. Stir until lightly toasted, about 2 minutes. Add 2 cups water; bring to boil over high heat. Simmer, uncovered, until quinoa turns translucent and water is almost absorbed, about 10 minutes. Remove from heat, place lid on pot and let it rest. Cool on sheet pan until ready to use.
3. In a large bowl, place roasted squash, quinoa, spinach, cilantro and pumpkin seeds. Drizzle with dressing and toss gently to coat. Serve in bowl or place and top with a few more pumpkin seeds and cilantro.

Cilantro Lime Dressing

1. Process cilantro in food processor until finely minced. Add lime juice and process for a few seconds. Slowly pour olive oil and process until dressing emulsifies. Add honey, salt, pepper and process to combine.



Squashy Chili



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Kitchen Gear

Measuring spoons
Measuring cup
Cutting board
Sharp knife (adult needed)
Strainer or colander
Large heavy-bottomed soup pot with lid
Large spoon
Oven mitts

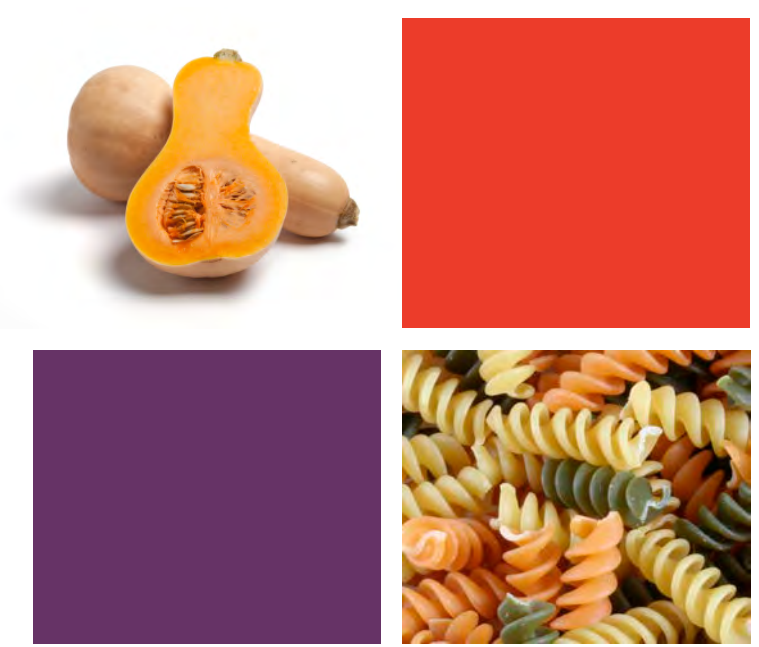
Ingredients

2 teaspoons olive or vegetable oil
1 large yellow onion, peeled and chopped
3 garlic cloves, peeled and finely chopped
3 cans diced butternut squash
2-4 tablespoons chili powder
1-1 ½ teaspoons dried oregano
1-2 teaspoons ground cumin
1 teaspoon crushed red pepper (optional)
¼ - ½ teaspoon cayenne (optional)
¼ cup cold water
2 16-ounce cans dark red kidney beans, drained and rinsed well
1 16-ounce can black beans, drained and rinsed well
1 28-ounce can diced tomatoes, including juice
2 small zucchini, diced

Wash hands with soap and water. Gather kitchen gear and ingredients and place on clean counter.

Method of Preparation

1. With the help of an adult, put pot on stove and turn heat to medium.
2. Let pot heat for 1 minute and when it is hot, with the help of an adult, add oil.
3. Add onion, garlic, butternut squash, chili powder, oregano and cumin (and red pepper flakes and cayenne for spicy version). Cook on low heat until onion is very soft, about 20 minutes. Stir from time to time. If it looks dry, add water.
4. Add beans and tomatoes; cook, covered, stirring occasionally, for 30 minutes.
5. Add zucchini; cook, uncovered for 30 more minutes. Serve or set aside to cool and store.
6. Chili can be refrigerated up to 5 days or stored in freezer for up to 2 months.



Creamy Mac N Cheese

featuring Butternut Squash

- 1 Butternut squash, peeled, seeded, cut into ½ inch cubes
- 1 cup Vegetable broth, low sodium
- 1½ cups Skim milk
- 1/8 tsp. Ground nutmeg
- 1/8 tsp. Cayenne pepper
- 1 pkg. Elbow macaroni, whole wheat
- 1 cup Cheddar cheese, shredded
- 4 tbsp. Parmesan cheese, grated
- 2 tbsp. Panko bread crumbs
- 1 tsp. Olive oil
- Olive oil cooking spray

Preheat oven to 375 degrees F. Bring large pot of water to boil. Combine squash, stock and milk in medium saucepan; bring to boil. Reduce heat to medium; simmer until squash is tender when pierced with fork, about 10 min.

Remove from heat.

Add noodles to boiling water; cook according to package instructions. Mash contents of saucepan; stir in nutmeg, cayenne, and season with black pepper. Stir to combine.

Drain pasta, and transfer to large bowl; stir in squash mixture, cheddar, and 2 tbsp. parmesan.

Coat a 9x9 inch casserole with cooking spray and pour in noodle mixture.

In small bowl, combine breadcrumbs, remaining parmesan, and oil; sprinkle evenly over noodles.

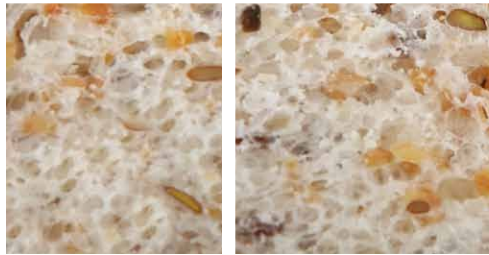
Cover with foil, and bake for 20 min. Remove foil, and continue baking until lightly browned and crisp on top, 20 to 40 min. more.

CHEF & CHILD FOUNDATION RECIPE COLLECTION

PUMPKIN-APPLE CRANBERRY BREAD

Vince Blancato
ACF Tampa Bay Culinary
Association, Inc.

SERVINGS: 24
PER RECIPE: 24
SERVING SIZE: 1 slice



Ingredients:

- 2 Granny Smith apples
- ¾ cup vegetable oil
- 2 ½ cups sugar
- 4 eggs
- 1 15-ounce can, pumpkin
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 cup dried cranberries

Directions:

1. Wash, peel, core, and chop apples.
2. In a large mixing bowl, beat oil, sugar, eggs and pumpkin until well blended.
3. Sift flour, baking soda, cinnamon, cloves, ginger, and salt into a separate bowl or onto a sheet of foil. Stir into pumpkin mixture.
4. Stir in apples and cranberries.
5. Pour into a greased or sprayed 9"x5" loaf pan.
6. Bake at 350 degrees for 45 minutes or until a toothpick inserted center comes out clean.
7. Cool on rack before removing from pan and slicing.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (87g)
Servings Per Container
Calories 180
Fat Cal. 10

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 1g	2%	Total Carb 42g	14%
Sat. Fat 0g	0%	Fiber 2g	8%
Trans Fat 0g		Sugars 27g	
Cholest. 35mg	12%	Protein 3g	
Sodium 120mg	5%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 60% • Vitamin C 2% • Calcium 2% • Iron 6%			



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