

# SWEET POTATO AND BLACK BEAN STEW



This hearty main dish combines the sweetness of orange sweet potatoes and the robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!

SERVES 50 • PREP 25 MINS • COOKING 30 MINS

## INGREDIENTS

6 dried New Mexican chili peppers, whole  
2 qt 3 cups of fresh onions, diced  
1 cup vegetable oil  
3 tbsp ground cumin  
1 gal 1 qt fresh sweet potatoes, peeled, cubed 1/2"  
2 gal 2 2/3 qt (6 No. 10 cans) canned low-sodium black beans, drained, rinsed  
1 qt 2 cups orange juice  
2 qt low-sodium chicken stock  
1/2 cup red wine vinegar  
2 tsp salt  
2 tsp ground black pepper  
2 lb 2 qt 2 cups fresh Swiss chard, no stems, chopped 1/2"

## PREPARATION

1. Sauté chili peppers and onions in oil for 2-3 minutes.
2. Add cumin and sauté for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover.  
*Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.*  
*Critical Control Point: Hold for hot service at 135 °F or higher*
6. Portion with 8 fl oz ladle (1 cup)

Source: [U.S. Department of Agriculture, Recipes for Healthy Kids Cookbook for Schools](#)



# Kale Parmesan Salad

Vermont Harvest of the Month provides ready-to-go materials to promote local food in your classroom, cafeteria and community. Find recipes, lessons, and more online on the [Vermont Harvest of the Month website](#).

SERVES 50

## INGREDIENTS

- 7 lb 4 oz kale, raw
- 1 cup oil, olive, salad or cooking
- 2 cup cheese, parmesan; 5 lb grated
- 1/2 cup lemon juice, raw
- 1/2 oz salt, table
- 1/2 oz pepper, black, ground

## PREPARATION

1. De-stem kale leaves and chop into bite-sized pieces.
2. Cook kale leaves in boiling water until tender, about 3-5 minutes.
3. Drain kale and squeeze dry. Fluff up leaves and transfer to a large bowl. Cool immediately.
4. In small bowl, combine the oil, lemon juice, parmesan, black pepper and salt.
5. Add oil mixture to kale, mix to coat, serve chilled.

NOTE: Refrigerate until served.



Massaged kale salad with red cabbage & grated raw parmesan  
(Phoenix Wolf-Ray Flickr)

# Lemon-herb Roasted Beets



Vermont Harvest of the Month provides ready-to-go materials to promote local food in your classroom, cafeteria and community. Find recipes, lessons, and more online on the [Vermont Harvest of the Month website](#).

**SERVES** 40 1/3 CUP SERVINGS

## INGREDIENTS

- 7 ½ lbs beets
- 20 tsp olive or canola oil
- 10 Tbsp chopped fresh herbs or 10 tsp dried herbs
- 5 tsp grated lemon zest
- 2 ½ tsp salt
- 1 ¼ tsp black pepper
- 5 Tbsp lemon juice

## PREPARATION

1. Preheat oven to 450 degrees (400 for convection).
2. Scrub beets well to clean. Trim and cut into 1-inch pieces.
3. In a large bowl, combine oil, herbs, lemon zest, salt, and pepper. Add beets and toss to coat.
4. Spread beets evenly among baking sheets
5. Roast, stirring occasionally, until beets are tender (~20 minutes). Remove from oven and sprinkle with lemon juice. Serve warm.

NOTE: A home version of this recipe is available on the [Vermont Harvest of the Month Website](#).



Roasted beets and carrots (Skevbo/Flickr)

# Mozzarella Crusted Pollock



Adapted from Idaho Child Nutrition Programs for the [Sea to School Guide](#).

**SERVES** 100 2.6 OZ PORTIONS

## INGREDIENTS

- ¼ lb onions, spring or scallions (including tops & bulb)
- 1 lb mozzarella, shredded low-moisture part-skim
- 2 ½ c reduced calorie mayonnaise
- 1 ¼ Tbsp garlic powder
- 2 Tbsp dried oregano
- 2 Tbsp dried basil
- ½ Tbsp salt
- ½ Tbsp pepper
- 18 lbs pollock

## PREPARATION

1. Preheat ovens Conventional 425°F; Convection 375°F.
2. Chop green onions.
3. Shred mozzarella.
4. Prepare mozzarella topping in a mixer, using the paddle attachment, mix mayonnaise, onions, mozzarella, garlic powder, oregano, basil, salt, and pepper. Tip: Sauce is best if made one day ahead of time.
5. Prepare fish: Spread 1 ¼ Tbsp of mozzarella topping across the top of pollock.
6. Place parchment paper on a shallow, metal baking sheet.
7. Bake fish.
8. Place fish portions on pan, leaving space between pieces.
9. Conventional oven: bake at 425°F for 20-25 mins. Convection oven: bake at 375°F for 15-20 min. Fish is done when it flakes apart easily and internal temperature reaches 155°F.



*Mozzarella Crusted Pollock* (Idaho Child Nutrition Programs and Olli Virtanen /Flickr)