



Harvest of
the Month

BRASSICAS

RECIPE: BROCCOLI CHEESE RICE CASSEROLE

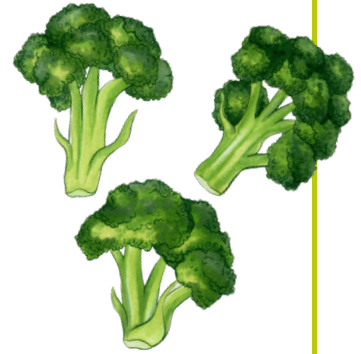
YIELD: 10 - 1/3 cup SERVINGS

This hearty broccoli, cheese, rice casserole is simple to make and tastes delicious!
With green broccoli and creamy cheese sauce this casserole is sure to be a hit!

INGREDIENTS

7 oz cooked enriched white rice
1 lb frozen chopped broccoli, thawed, drained
5.5 oz canned condensed cream of mushroom soup
1/2 cup instant nonfat dry milk, reconstituted
5 oz cheese blend of American and skim milk cheeses, shredded
1.5 oz chopped fresh onions

1/2 tsp granulated garlic
1/4 tsp ground black or white pepper
1/2 tsp dried oregano
1 Tbsp melted butter
1 Tbsp dry bread crumbs



PREPARATION

1. Combine cooked rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano in a bowl and mix together.
2. Pour into baking dish that has been lightly sprayed with oil.
3. Mix together melted butter and bread crumbs.
4. Sprinkle over rice mixture.
5. Bake in 350° F oven for 30 minutes

Adapted from: USDA Standardized Recipes
& Healthy School Recipes



MEAL PATTERN CONTRIBUTION

1/2 oz meat/meat alternate
1/4 cup dark leafy green vegetable
1/4 oz grain

RECIPE: SESAME ASIAN NOODLE CHICKEN SALAD

YIELD: 7 - 1 cup SERVINGS

This salad is made up of whole grain noodles, chicken, edamame, carrots, cabbage and onions.
It is then drizzled in a ginger soy sauce dressing that has a unique hint of orange with it

INGREDIENTS

1 tsp minced fresh ginger
2 Tbsp + 1 tsp rice vinegar
2 Tbsp low-sodium soy sauce
3 1/2 tsp orange juice
0.5 oz honey
2 Tbsp + 1 tsp canola oil
2 Tbsp + 1 tsp sesame oil
1/4 tsp garlic powder
0.5 lb spaghetti noodles, whole-wheat, dry
5.5 oz frozen edamame

3 oz shredded fresh carrots
0.25 lb shredded fresh red cabbage
1 oz thinly sliced fresh red onion
7 oz frozen, cooked diced chicken, thawed, 1/2" pieces
1 Tbsp sesame seeds

PREPARATION

1. To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a bowl and whisk to combine. Set aside in refrigerator.
2. Cook pasta in boiling water until al dente, then drain under cold water. Cover and refrigerate.
3. Bring small pot of water to a boil and add edamame. Cook for 3 minutes, then drain and rinse with cold water. Cover and refrigerate.
4. Combine edamame, carrots, cabbage, onions, and chicken together in a bowl. Add pasta. Mix well. Pour dressing over mixture and toss well.
5. Sprinkle with sesame seeds and enjoy chilled.

Adapted from: USDA Standardized Recipes & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

LEGUME AS MEAT ALTERNATE
1 1/2 oz meat/meat alternate
1/8 cup red/orange vegetable
1/8 cup other vegetable
1 oz grain

LEGUME AS VEGETABLE
1 oz meat/meat alternate
1/8 cup red/orange vegetable
1/8 cup legume vegetable
1 oz grain

