Looking for a new and creative way to serve squash? Try this recipe and dish up some vegetables with breakfast!

Golden Squash Hotcakes

Ages: 6–18 years
Makes: 6 servings

Prep time: 20 minutes
Cook time: 6 minutes

INGREDIENTS

3 cups summer squash, fresh, unpeeled, shredded (gently wash summer squash under running water before shredding)

1 cup flour, whole-wheat
1 tsp baking soda
1 tsp baking powder
1 tsp apple pie spice
2 eggs, fresh, large, whole
1 Tbsp canola oil
1 Tbsp + 1 tsp brown sugar
2 Tbsp milk, fat-free (skim)
1 tsp vanilla extract
Nonstick cooking spray

DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Place shredded squash on a baking sheet lined with parchment paper. Spread shredded squash in a single layer. Roast for 8–10 minutes or until ends begin to brown.
4. In a medium bowl, combine flour, baking soda, baking powder, and apple pie spice. Stir.
5. In a small bowl, combine egg, oil, sugar, milk, and vanilla extract. Whisk until smooth. Wash hands after touching uncooked eggs. Whisk wet ingredients into flour mixture.
6. Using a large spatula, fold in roasted shredded squash and stir until combined. Do not over-mix.
8. Pour a ½ cup (slightly under) batter onto the cooking surface.
9. Cook until golden brown and bubbling, 5–6 minutes. Flip hotcake with a spatula and cook until golden brown, 5–6 minutes. Heat to 165 °F or higher for at least 15 seconds.
10. Serve 1 hotcake. Serve immediately, or keep warm at 140 °F or higher.
NUTRITION INFORMATION

1 Golden Squash Hotcake

**Nutrients** | **Amount**
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Calories | 142

| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 54 mg |

**Sodium** | **347 mg**

| Total Carbohydrate | 20 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |

| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 98 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

CACFP CREDITING INFORMATION

¼ cup vegetable
1 oz eq grains

CHEF TIPS

- Contains milk, eggs, and wheat (flour).
- Hotcakes freeze well. Place parchment paper between cakes and place in a freezer bag. Label and date. Thaw and reheat in the oven at 350 °F for 7–10 minutes. For information on how to safely thaw foods, visit foodsafety.gov.
- The 🌾 symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.