



Golden Squash Hotcakes

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

Ages: 6–18 years

Prep time: 20 minutes

Makes: 6 servings

Cook time: 6 minutes

the INGREDIENTS

3²/₃ 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

the 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.
7. Heat a skillet or griddle on medium-low heat. Spray with nonstick cooking spray.
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.

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NUTRITION INFORMATION

1 Golden Squash Hotcake

Nutrients	Amount
Calories	142
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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
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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

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CACFP CREDITING INFORMATION

¼ cup vegetable
1 oz eq grains

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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.