

Golden Squash Hotcakes

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

AGES: 3-5 years PREP TIME: 1 hour COOK TIME: 6 minutes

CACFP CREDITING INFORMATION

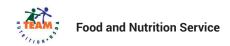
⅓ cup vegetable ⅓ oz eq grains ₩

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS	
	Weight	Measure	Weight	Measure	DIRECTIONS	
					 Wash hands with soap and water for at least 20 seconds. 	
					2 Preheat oven to 400 °F.	
Summer squash, fresh, unpeeled, shredded* (gently wash summer squash under running water before shredding)	2 lb 13 oz	2 qt + ½ cup	5 lb 10 oz	1 gal + 1 cup	3 Place shredded squash on a half sheet pan (18" x 13" x 1") lined with parchment paper. Spread shredded squash into a single layer. Roast for 20 minutes or until ends begin to brown.	
Flour, whole-wheat	8½ oz	2 cups	1 lb 1 oz	1 qt	4 In a large bowl, combine flour, baking soda, baking powder, and apple pie spice. Stir.	
Baking soda		2 tsp		1 Tbsp + 1½ tsp		



	25 SERVINGS		50 SERVINGS			
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Baking powder		2 tsp		1 Tbsp + 1½ tsp		
Apple pie spice		2 tsp		1 Tbsp + 1½ tsp		
Egg, fresh, large, whole		4		8	5 In a medium bowl, combine eggs, oil, sugar, milk, and vanilla extract. Whisk until smooth. Wash hands after touching uncooked eggs.	
Canola oil		2 Tbsp		¼ cup		
Brown sugar		3 Tbsp		¼ cup + 2 Tbsp		
Milk, fat-free (skim)	2 fl oz	¼ cup	4 fl oz	½ cup	6 Whisk wet ingredients into flour mixture.	
Vanilla extract		2 tsp		1 Tbsp + 1½ tsp		
					7 Using a large spatula, fold in roasted shredded squash and stir until combined. Do not over-mix.	
Nonstick cooking spray		4 sprays		8 sprays	8 Heat a skillet or griddle on medium-low heat. Spray with nonstick cooking spray.	
					9 Pour about a ¼ cup (slightly under) batter onto the cooking surface.	
					10 Cook until golden brown and bubbling, about 5–6 minutes. Flip hotcake with a spatula, and cook on the other side until golden brown, about 5–6 minutes. Heat to 165 °F or higher for at least 15 seconds.	
					11 Serve 1 hotcake. Serve immediately, or keep warm at 140 °F or higher.	

^{*}See Marketing Guide



NUTRITION INFORMATION

1 Golden Squash Hotcake

Nutrients Calories	Amount 71
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	3 g 0 g 27 mg 156 mg 1 g 1 g N/A 3 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 46 mg 1 mg N/A

NOTES

- 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 <u>foodsafety.gov</u>.
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

YIELD/VOLUME					
25 Servings	50 Servings				
Weight: 2 lb 6 oz Yield: 25 hotcakes	Weight: 4 lb 14 oz Yield: 50 hotcakes				

*MARKETING GUIDE					
Food as Purchased for:	25 Servings	50 Servings			
Summer squash, fresh	2 lb 14 oz	5 lb 12 oz			