




# 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

1/8 cup vegetable  
 1/2 oz eq grains 

### SOURCE

Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Wash hands with soap and water for at least 20 seconds.
					<b>2</b> 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 + 1/2 cup	5 lb 10 oz	1 gal + 1 cup	<b>3</b> 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	8 1/2 oz	2 cups	1 lb 1 oz	1 qt	<b>4</b> In a large bowl, combine flour, baking soda, baking powder, and apple pie spice. Stir.
Baking soda		2 tsp		1 Tbsp + 1 1/2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baking powder		2 tsp		1 Tbsp + 1½ tsp	
Apple pie spice		2 tsp		1 Tbsp + 1½ tsp	
Egg, fresh, large, whole		4		8	<b>5</b> 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	<b>6</b> Whisk wet ingredients into flour mixture.
Vanilla extract		2 tsp		1 Tbsp + 1½ tsp	
					<b>7</b> Using a large spatula, fold in roasted shredded squash and stir until combined. Do not over-mix.
Nonstick cooking spray		4 sprays		8 sprays	<b>8</b> Heat a skillet or griddle on medium-low heat. Spray with nonstick cooking spray.
					<b>9</b> Pour about a ¼ cup (slightly under) batter onto the cooking surface.
					<b>10</b> 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.
					<b>11</b> Serve 1 hotcake. Serve immediately, or keep warm at 140 °F or higher.

\*See Marketing Guide




**NUTRITION INFORMATION**

1 Golden Squash Hotcake

Nutrients	Amount
<b>Calories</b>	<b>71</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	27 mg
<b>Sodium</b>	<b>156 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
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Vitamin D	N/A
Calcium	46 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**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 [foodsafety.gov](https://www.foodsafety.gov).
- 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	Weight: 4 lb 14 oz
Yield: 25 hotcakes	Yield: 50 hotcakes

**\*MARKETING GUIDE**

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

