




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: 1 hour
COOK TIME: 6 minutes

CACFP CREDITING INFORMATION

¼ cup vegetable
 1 oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 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)	5 lb 10 oz	1 gal 1 cup	11 lb 4 oz	2 gal + 2 cups	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. For 25 servings, use 1 half sheet pan. For 50 servings, use 2 half sheet pans.
Flour, whole-wheat	1 lb 1 oz	1 qt	2 lb 2 oz	2 qt	4 In an extra-large bowl, combine flour, baking soda, baking powder, and apple pie spice.
Baking soda		1 Tbsp + 1½ tsp		3 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baking powder		1 Tbsp + 1½ tsp		3 Tbsp	
Apple pie spice		1 Tbsp + 1½ tsp		3 Tbsp	
Egg, fresh, large, whole		8		16	5 In a large bowl, combine eggs, oil, sugar, milk, and vanilla extract. Whisk until smooth. Wash hands after touching uncooked eggs.
					6 Whisk wet ingredients into dry flour mixture.
					7 Using a large spatula, fold in roasted shredded squash, and stir until combined. Do not over-mix.
Canola oil		¼ cup		½ cup	
Brown sugar		¼ cup + 2 Tbsp		¾ cup	
Milk, fat-free (skim)		½ cup		1 cup	
Vanilla extract		1 Tbsp + 1½ tsp		3 Tbsp	
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 ½ 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	Amount
Calories	142
<hr/>	
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
<hr/>	
Vitamin D	N/A
Calcium	98 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: 4 lb 13 oz	Weight: 9 lb 10 oz
Yield: 25 hotcakes	Yield: 50 hotcakes

***MARKETING GUIDE**

Food as Purchased for:	25 Servings	50 Servings
Summer squash, fresh	5 lb 12 oz	11 lb 8 oz

