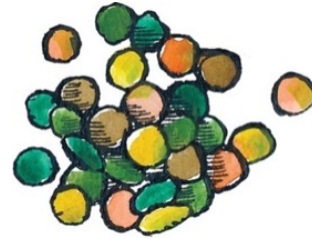


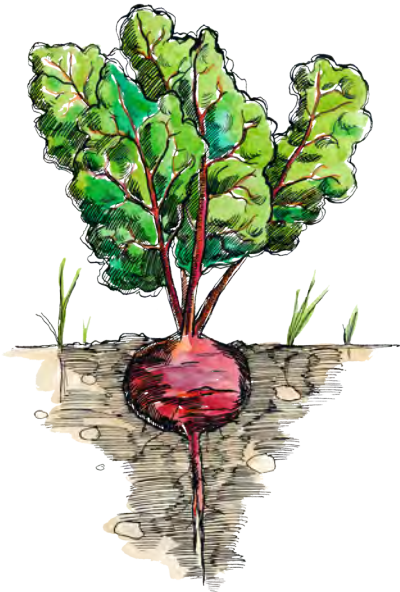
MONTANA

Harvest of the Month



Harvesting Montana Recipes

Developed by Montana Team Nutrition, Montana State University and
Montana Office of Public Instruction School Nutrition Programs



Developed September 2022

Montana Team Nutrition Program and Montana Office of Public Instruction School Nutrition Programs are pleased to share six recipes for school nutrition programs as part of the Harvesting Montana Recipes project featuring Montana grown foods—barley, beets, bison, lentils, and sweet cherries. The recipes were selected as winners of the Harvesting Montana Recipe Contest in January 2021. Six recipe test schools—Belfry, Phillipsburg, Gardiner, Somers, Monforton, and Belgrade—tested the recipes with their students, conducted nutrition education, and provided serving suggestions to help create the final recipes.

These awesome recipes featuring Montana grown foods are provided in 6, 50, and 100 servings.

Bison and Barley Soup - This recipe, featuring local bison and barley, was submitted by Marsha Wartick from Ronan School District.

Bison and Lentil Chili - This recipe, featuring local bison and lentils, was submitted by Lindsie Hurlbut at Big Sky School District.

Cherry Berry Sunrise - This recipe, featuring local Flathead cherries, was submitted by Louise Chandler from Noxon School District.

Luscious Lentil Hummus - This recipe, featuring local Montana lentils, was submitted by Kori LaLiberty, Kyle Morlan, and staff at Shodair Children's Hospital.

Purple Pirate Potatoes - This recipe, featuring local beets, was submitted by Laura Toeckes from Powers School District.

Sweet Cherry and Chocolate Overnight Oats - This recipe, featuring local Flathead cherries, was submitted by Shelli Boggess at Deer Lodge School District.

Thank you to the six exceptional and talented School Food Service Directors and their staff at the Recipe Test Schools that made this project possible:

- Belfry School District, School Food Service Director Tura Gruel
- Belgrade School District, School Food Service Director Brittany Moats
- Gardiner School District, School Food Service Director Anna Holloway
- Monforton School District, School Food Service Director Ashley Darling
- Phillipsburg School District, School Food Service Director Erin Moore
- Somers School District, School Food Service Director Robin Vogler

Sponsors of the Harvesting Montana Recipe Contest:

- Dr. Jane Gillette
- Montana School Nutrition Association
- Montana Team Nutrition
- Northern Pulse Growers Association
- Sprout Oral Health

A special thank you to Chef Leah Smutko and the Fork and Spoon Kitchen for verifying and standardizing the recipes.

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Montana Harvest of the Month
mtharvestofthemonth.org

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Bison and Barley Soup

Preparation time: 30 minutes | Cook time: 3 hours



HACCP Process: _____ 1 – No Cook _____ 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground bison, raw	8 lb		16 lb		<ol style="list-style-type: none"> 1. Thaw frozen ground bison in refrigerator at or below 41°F. 2. Add bison, oil, and salt to large stock pot or tilt skillet. Cook bison. Cook, breaking up meat until fully browned through. Critical Control Point: Cook to 160°F for at least 15 seconds. 3. Add the barley and the water to the cooked bison in the stock pot. Cook until barley starts to become tender (about 1 hour). 4. Add the rest of the ingredients (except for the cabbage). Keep cooking until the vegetables become tender. Add more water as needed. Continue cooking for 1-2 hours until the barley is tender. 5. Add the cabbage. Cook until the soup reaches 165°F. Critical Control Point: Heat to 165°F for at least 15 seconds. 6. Portion into soup kettles for serving. Critical Control Point: Hold for hot service at 135°F or higher. Serve an 8 fl oz portion. 7. Any remaining soup may be cooled down to 41°F. Follow this 2-step cooling process: Critical Control Point: a. Cool from 135°F to 70°F within 2 hours. b. Cool from 70°F to 41°F or below within 4 hours. Reheat to 165°F for at least 15 seconds prior to serving again.
Vegetable oil		3 Tbsp		6 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Barley	1 lb 8 oz		3 lb		
Water		3 gal		6 gal	
Onion, fresh, diced		1 qt		2 qt	
Green bell pepper, fresh, diced		1 qt		2 qt	
Celery, fresh, diced		1 1/2 cups		3 cups	
Tomatoes, diced, canned, low sodium		1 qt 1 1/4 cups		2 qt 2 1/2 cups	
Tomato sauce, canned, low sodium		1 qt 1 1/4 cups		2 qt 2 1/2 cups	
Green beans, canned, drained		2 1/2 cups		1 qt 1 cup	
Carrots, diced, frozen		3 3/4 cups		1 qt 3 1/2 cups	
Potatoes, diced, frozen		3 1/2 cups		1 qt 3 cups	
Beef base, low sodium (choose one with meat listed as the first ingredient)		1/4 cup		1/2 cup	
Black pepper		1 Tbsp		2 Tbsp	
Onion powder		2 Tbsp		1/4 cup	
Celery seed		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Red pepper flakes, dried		1/2 tsp		1 tsp	
Green cabbage, fresh, raw, shredded		1 qt		2 qt	



Bison and Barley Soup



Serving Size: 1 cup (8 fl oz spoodle)

Yield: 50 servings = 3 gallons, 3 quarts | 100 servings = 7 gallons, 2 quarts

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 1.75 oz meat equivalent, 0.25 oz equivalent grains, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

Nutrition Analysis (Based on Serving Size)	
Calories (cal)	152
Total Fat (g)	4 g
Saturated Fat (g)	1.7 g
Cholesterol (mg)	31 mg
Sodium (mg)	83 mg
Total Carbohydrate (g)	14 g
Dietary Fiber (g)	3.5 g
Total Sugars (g)	2 g
Added Sugars included (g)	2 g
Protein (g)	13 g
Vitamin D	N/A
Calcium (mg)	31 mg
Iron (mg)	2 mg
Potassium (mg)	294 mg

N/A = data not available

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Onion, fresh, diced	1 lb	2 lb
Green pepper, fresh, diced	1 lb	2 lb
Celery, fresh, diced	8 oz	1 lb
Cabbage, fresh, shredded	1 lb	2 lb

Notes



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest

Original Source: Marsha Wartick, Ronan Schools, MT

Standardized by: Brittany Moats and staff, Saddle Peak Elementary School, Belgrade, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT



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Bison Lentil Chili

Preparation time: 30 minutes | Cook time: 2 hours



HACCP Process: _____ 1 – No Cook 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Olive oil		1/4 cup		1/2 cup	<ol style="list-style-type: none"> Heat oil in large stock pot or tilt skillet. Add onions, green peppers (or fajita style vegetables), and garlic. Saute until soft. Add salt and bison and cook until browned, breaking up chunks. Stir in spices and tomato paste, cook, stirring regularly, until bison is fully cooked and fully coated in spices. Critical Control Point: Cook to 160°F for at least 15 seconds. Add lentils, diced tomatoes, broth, kidney beans, and pinto beans. Bring to a boil. Cook until the soup reaches 165°F. Then, lower heat and allow to simmer, stirring occasionally, until chili thickens, and lentils are cooked through (about 35 minutes). Add more water if too thick. Critical Control Point: Heat to 165°F for at least 15 seconds. Stir in the lime juice and cilantro just prior to serving. Serve an 8 fl oz portion. Critical Control Point: Hold for hot service at 135°F or higher. Service options: serve with shredded cheddar cheese and/or hot sauce.
Onions, fresh, diced		5 whole onions		10 whole onions	
Green pepper, fresh, diced (or USDA fajita style peppers, diced)	2 lb 8 oz fajita style vegetables OR	4 whole peppers	5 lb fajita style vegetables OR	8 whole peppers	
Garlic, minced		3/4 cup		1 1/2 cups	
Bison, ground, raw	5 lb		10 lb		
Salt		1 Tbsp		2 Tbsp	
Cumin, ground		1/3 cup		2/3 cup	
Chili powder		1/2 cup		1 cup	
Smoked paprika		1/4 cup		1/2 cup	
Tomato paste, canned		2 cups		1 qt	
Lentils, dried		1 qt		2 qt	
Diced tomatoes, canned, drained, low sodium		1 No. 10 can		2 No. 10 cans	
Beef broth, low sodium		2 qt		1 gal	
Kidney beans, canned, drained		1 No. 10 can		2 No. 10 cans	
Pinto beans, canned, drained		1 No. 10 can		2 No. 10 cans	
Lime juice		1/4 cup		1/2 cup	
Cilantro, fresh, chopped		1 cup		2 cups	



Bison Lentil Chili



Serving Size: 1 cup (8 fl oz spoodle)

Yield: 50 servings = 3 gallons, 2 cups | 100 servings = 6 gallons, 1 quart

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 2.0 oz meat equivalent (1 oz bison + 1 oz lentils), 3/8 cup red/orange vegetable, 3/8 cup legumes (kidney beans + pinto beans), and 1/8 cup other vegetable.

Nutrition Analysis (Based on Serving Size)	
Calories (cal)	203
Total Fat (g)	4.7 g
Saturated Fat (g)	1.4 g
Cholesterol (mg)	23 mg
Sodium (mg)	405 mg
Total Carbohydrate (g)	25 g
Dietary Fiber (g)	8 g
Total Sugars (g)	6 g
Added Sugars included (g)	6 g
Protein (g)	17 g
Vitamin D (mcg)	0.01 mcg
Calcium (mg)	96 mg
Iron (mg)	4 mg
Potassium (mg)	635 mg

N/A = data not available

Source: Montana Team Nutrition - Harvesting Montana Recipes Contest
 Original Source: Lindsie Hurlbut, Big Sky School District, MT
 Standardized by: Anna Holloway and staff, Gardiner School, MT, and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Onion, fresh, diced	1.25 lb	2.5 lb
Green pepper, fresh, diced	1 lb	2 lb
Cilantro, fresh, chopped	3 oz	6 oz

Notes

Spanish brown lentils are the preferred type of lentil to use in this recipe. Any kind of lentil works.



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Cherry Berry Sunrise

Preparation time: 20 minutes | Cook time: 50 minutes



HACCP Process: _____ 1 – No Cook 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Sweet cherries, Montana grown, frozen, pitted	8 lb 8 oz		17 lb		<ol style="list-style-type: none"> In a large bowl, mix sweet cherries, blueberries, strawberries, sugar, and cornstarch. Spray hotel pans (12" x 20" x 2 1/2" size pan) lightly with nonstick cooking spray. Evenly distribute and gently spread the berry mixture into pans. For 50 servings use 2 pans. For 100 servings use 4 pans. Bake berry mixture: Conventional oven: 350°F for 50 minutes. Convection oven: 325°F for 50 minutes. Critical Control Point: Heat to 135°F for higher for at least 15 seconds. Hot hold at 135°F for service. Mix the rolled oats, brown sugar, cinnamon, and olive oil in a bowl. Spread topping evenly across a 2" deep hotel pan. Bake oat mixture: Conventional oven: 350°F for 35 minutes. Convection oven: 325°F for 35 minutes. If using convection oven, turn off blower fan. Stir topping half way through the baking time. The topping should be a light toasted brown color. Serve 1/2 cup (using 4 fl oz spoodle) of warm berry mixture. Sprinkle with 2 Tbsp toasted oat topping. Optional: garnish with 1 Tbsp vanilla yogurt with a dusting of cinnamon.
Blueberries, frozen	5 lb 4 oz		10 lb 8 oz		
Strawberries, frozen, whole or sliced	5 lb 4 oz		10 lb 8 oz		
Cornstarch		1 cup		2 cups	
Sugar, white, granulated		1 2/3 cups		3 1/3 cups	
Topping ingredients:					
Rolled oats, dry, uncooked		4 1/2 cups		2 qt 1 cup	
Brown sugar		1 cup		2 cups	
Cinnamon		1/4 cup		1/2 cup	
Olive oil		3/4 cup		1 1/2 cups	



Serving Size: 1/2 cup (4 fl oz spoodle) and 2 Tbsp oat topping

Yield: 50 servings = 12.5 cups | 100 servings = 25 cups

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 1/2 cup fruit

Cherry Berry Sunrise

Nutrition Analysis <i>(Based on Serving Size)</i>	
Calories (cal)	194
Total Fat (g)	4 g
Saturated Fat (g)	0.6 g
Cholesterol (mg)	0 mg
Sodium (mg)	3 mg
Total Carbohydrate (g)	39 g
Dietary Fiber (g)	5 g
Total Sugars (g)	25 g
Added Sugars included (g)	25 g
Protein (g)	2 g
Vitamin D	N/A
Calcium (mg)	34 mg
Iron (mg)	1 mg
Potassium (mg)	274 mg

N/A = data not available



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest
 Original Source: Louise Chandler, Noxon Schools, MT
 Standardized by: Tura Gruel and staff, Belfry School District, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Sweet cherries, frozen, pitted	8 lb 8 oz	17 lb
Blueberries, frozen	5 lb 4 oz	10 lb 8 oz
Strawberries, frozen	5 lb 4 oz	10 lb 8 oz



Notes

- For faster preparation, thaw the berries in the refrigerator overnight before baking. Reduce baking time of berry mixture to 35 minutes.
- If using whole frozen strawberries, increase baking time to 60 minutes.
- This recipe looks nice when portioned into individual bowls.



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Luscious Lentil Hummus

Preparation time: 30 minutes | Cook time: 30 minutes to cook lentils



HACCP Process: _____ 1 – No Cook _____ 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Lentils, raw, dry (red/crimson or yellow lentils recommended)	1 lb 14 oz		3 lb 12 oz		<ol style="list-style-type: none"> Rinse the lentils. Combine lentils and water in a large pan. The dried lentils will expand to double their volume when cooked. Add the first amount of salt specified to the water and lentils. Note: Salt is added twice in this recipe. Bring to boil. Simmer 20-30 minutes until lentils are tender. Drain water from cooked lentils. Transfer lentils in a large shallow pan, no more than 4" deep to cool. Place uncovered in cooler. Follow this 2-step cooling process: Critical Control Point: a. Cool from 135°F to 70°F within 2 hours. (Take corrective action immediately if this is not met.) b. Cool from 70°F to 41°F or below within 4 hours. The total cooling process may not exceed 6 hours. Combine cooked, cooled lentils with the tahini, cumin, curry powder, salt, chili powder, garlic, paprika, lemon juice, and yogurt. Using a food processor or immersion blender, blend until smooth. While blending, slowly add oil (while blending) until all ingredients are combined and smooth in texture. Store in refrigerator at 41°F or lower. The lentil hummus thickens as it cools.
Water		2 qt 2 cups		1 gal 1 qt	
Salt		3/4 tsp		1 1/2 tsp	
Tahini		1/2 cup		1 cup	
Cumin		2 tsp		4 tsp	
Curry powder		1 1/4 tsp		2 1/2 tsp	
Salt		1 Tbsp		2 Tbsp	
Chili powder		3/4 tsp		1 1/2 tsp	
Garlic, minced		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika, smoked		2 1/2 tsp		1 Tbsp 2 tsp	
Lemon juice		1/3 cup		2/3 cup	
Greek yogurt, plain		2/3 cup		1 1/3 cup	
Olive oil		1/2 cup		1 cup	



Serving Size: 1/4 cup (2 fl oz spoodle)

Yield: 50 servings = 12.5 cup | 100 servings = 25 cups

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 1.0 oz equivalent meat alternate or 1/4 cup legume.

Luscious Lentil Hummus



Nutrition Analysis <i>(Based on Serving Size)</i>	
Calories (cal)	105
Total Fat (g)	4.7 g
Saturated Fat (g)	0.67 g
Cholesterol (mg)	0.02 mg
Sodium (mg)	180 mg
Total Carbohydrate (g)	12 g
Dietary Fiber (g)	2 g
Total Sugars (g)	0.4 g
Added Sugars included (g)	0.4 g
Protein (g)	4.7 g
Vitamin D	0 mcg
Calcium (mg)	13 mg
Iron (mg)	1 mg
Potassium (mg)	135 mg

N/A = data not available

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Lentils, raw, dried	1 lb 14 oz	3 lb 12 oz

Notes

Red or yellow lentils will yield the best color. Brown lentils take longer to cook and may need more water while cooking.



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest
 Original Source: Kori LaLiberty, Kyle Morlan, and staff, Shodair Children's Hospital, MT
 Standardized by: Robin Vogler and staff, Somers School District, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT



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Purple Pirate Potatoes

Preparation time: 40 minutes | Cook time: 1 hour



HACCP Process: _____ 1 – No Cook 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beets, fresh, peeled, and chopped into 1" cubes	6 lb		12 lb		<ol style="list-style-type: none"> Preheat convection oven to 375°F. Scrub beets and sweet potatoes well under running water. Peeling may not be necessary for either vegetable; especially if the beets are smaller in size and recently harvested. Chop the beets and sweet potatoes. Dice the onion. In a large bowl, toss the beets with 1/3 of the olive oil. In a separate bowl, mix the sweet potatoes and onions. Pour the remaining oil over the items, ensuring they are covered with olive oil. Mix salt, pepper, brown sugar, and cinnamon together. Evenly coat the two bowls of vegetables with spice mixture. Pour vegetables out onto their own parchment paper lined hotel pans. Beets in one pan; sweet potatoes and onions in a separate pan. Spread the vegetables out into an even layer. Bake, stirring every 20 minutes. Conventional oven: 400°F for 60 minutes. Convection oven: 375°F for 45-60 minutes. The beets may take up to 60 minutes to soften fully, while the sweet potatoes will take less time (45 minutes). Check the beets often as the roasted beets tend to overcook (dry out and shrink) very quickly. Mix the beets and sweet potatoes/onions together and serve warm. The texture is the best right out of the oven. Strive to serve right away (avoid prolonged hot holding) by batch cooking. Critical Control Point: Hot hold, if needed at 135°F.
Sweet potatoes, fresh, peeled, and chopped into 1" cubes	8 lb		16 lb		
Onion, sweet, fresh, diced small	1 lb	3 cups	2 lb	6 cups	
Olive oil, divided amongst recipe steps		6 Tbsp		3/4 cup	
Salt		2 1/2 tsp		1 Tbsp 2 tsp	
Black pepper		1 Tbsp		2 Tbsp	
Brown sugar		1/2 cup		1 cup	
Cinnamon		2 Tbsp		1/4 cup	



Serving Size: 1/2 cup (4 fl oz spoodle or #8 scoop)

Yield: 50 servings = 25 cups | 100 servings = 50 cups

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 1/4 cup red/orange vegetable and 1/4 cup other vegetable.

Purple Pirate Potatoes



Nutrition Analysis <i>(Based on Serving Size)</i>	
Calories (cal)	113
Total Fat (g)	1.7 g
Saturated Fat (g)	0.25 g
Cholesterol (mg)	0 mg
Sodium (mg)	199 mg
Total Carbohydrate (g)	23 g
Dietary Fiber (g)	4 g
Total Sugars (g)	9 g
Added Sugars included (g)	9 g
Protein (g)	2 g
Vitamin D (mcg)	0 mcg
Calcium (mg)	38 mg
Iron (mg)	1 mg
Potassium (mg)	441 mg

N/A = data not available

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Beets, fresh	6 lb	12 lb
Sweet potatoes, fresh	8 lb	16 lb
Onions, fresh	1 lb	2 lb

Notes

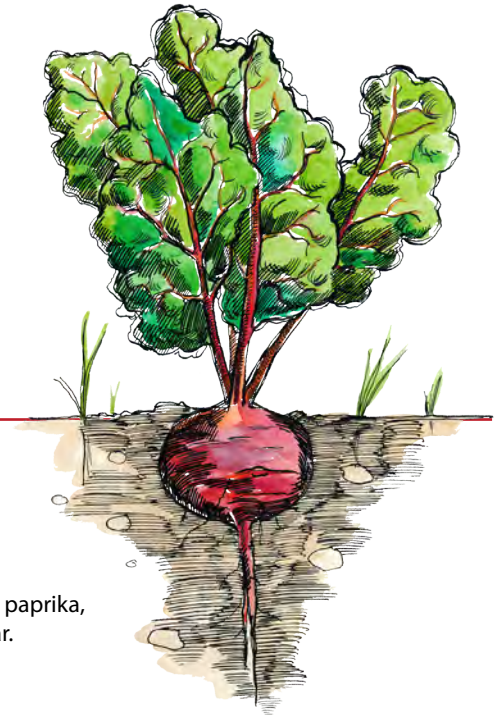
Alternate flavor options:

Option 1. Italian spice blend for 50 servings: add 2 Tbsp dried thyme to current recipe, decrease brown sugar to 1/4 cup, and add 3 1/2 Tbsp garlic powder.

or

Option 2. Spanish spice blend for 50 servings: 1/4 cup ground cumin, 2 Tbsp smoked paprika, 2 Tbsp dried thyme, 1 1/2 tsp cayenne pepper, 2 3/4 tsp salt, and 1/2 cup brown sugar. Omit the cinnamon, garlic powder, and black pepper.

This recipe works well with red or golden beets. Red beets create a more purple color.



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest
 Original Source: Laura Toeckes, Power School District, MT
 Standardized by: Erin Moore and staff, Philipsburg School District, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT



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Sweet Cherry & Chocolate Overnight Oats

Preparation time: 30 minutes | Cook time: 6 hours to cool



HACCP Process: 1 – No Cook 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Montana sweet Flathead cherries, frozen, pitted	8 lb		16 lb		<ol style="list-style-type: none"> Set aside half the cherries. Stir together cereal, yogurt, honey (if using honey), half of the cherries, and cocoa powder. Omit the honey if using sweetened yogurt. Portion out 4 oz (1/2 cup volume scoop) into individual service dishes or hold in bulk quantity until ready to use. If in individual dishes, top each portion with the remaining cherries (approximately 3 cherries each or 1/4 cup). If bulk, spread the remaining cherries over the top. Cover and refrigerate for at least six hours. Critical Control Point: Cool to 41°F or lower within 4 hours. Critical Control Point: Hold at 41°F or below.
Montana's Cream of the West Roasted 7 Grain Cereal, uncooked	54 oz	Three 18 oz boxes	108 oz	Six 18 oz boxes	
Yogurt, plain, vanilla or Greek	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	
Honey, if using plain yogurt		1/2 cup 1 Tbsp		1 cup 2 Tbsp	
Cocoa powder		3/4 cup		1 1/2 cups	

Serving Size: 1/2 cup (4 fl oz spoodle)

Yield: 50 servings = 12.5 lb or 25 cups | 100 servings = 25 lb or 50 cups

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 1 oz meat alternate, 3/8 cup fruit, and 1 oz equivalent grains.



Sweet Cherry & Chocolate Overnight Oats



Nutrition Analysis <i>(Based on Serving Size)</i>	
Calories (cal)	198
Total Fat (g)	1 g
Saturated Fat (g)	0.4 g
Cholesterol (mg)	4 mg
Sodium (mg)	34 mg
Total Carbohydrate (g)	35 g
Dietary Fiber (g)	5 g
Total Sugars (g)	16 g
Added Sugars included (g)	13 g
Protein (g)	13 g
Vitamin D	0 mcg
Calcium (mg)	107 mg
Iron (mg)	5 mg
Potassium (mg)	267 mg

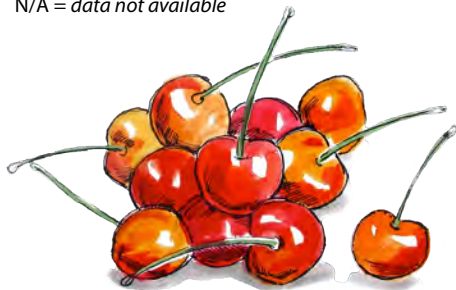
Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Sweet cherries, frozen, pitted	8 lb	16 lb



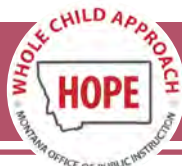
Notes

- Optional garnish: fresh cherries, yogurt, light dusting of cocoa powder.
- This recipe is the most eye appealing when served in individual dishes; this also makes it portable for grab and go.

N/A = data not available



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest
 Original Source: Shelli Boggess, Deer Lodge Schools, MT
 Standardized by: Ashley Darling and staff, Monforton School, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT



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Bison and Barley Soup

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Marsha Wartick, Ronan Schools, MT



Servings

6

Ingredients

- | | |
|---|---|
| 1 lb Ground bison, raw | 1/2 cup Tomato sauce, canned, low sodium |
| 1 tsp Vegetable oil | 1/3 cup Green beans, canned, drained |
| 1/2 tsp Salt | 1/2 cup Carrots, diced, frozen |
| 3 oz Barley | 1/2 cup Potatoes, diced, frozen |
| 5 3/4 cups Water | 1 1/2 tsp Beef base, low sodium |
| 1/2 cup Onion, fresh, diced | 1/2 tsp Black pepper |
| 1/2 cup Green bell pepper, fresh, diced | 1 tsp Onion powder |
| 3 Tbsp Celery, fresh, diced | 1/2 tsp Celery seed |
| 1/2 cup Tomatoes, diced, canned, low sodium | Pinch Red pepper flakes, dried |
| | 1/2 cup Green cabbage, fresh, raw, shredded |

Preparation

1. Combine bison, oil, and salt in large pot. Cook bison until fully browned.
2. Add the barley and the water to the cooked bison in the pot. Cook until barley starts to become tender (about 1 hour).
3. Add the rest of the ingredients (except for the cabbage). Keep cooking until the vegetables become tender. Add more water as needed. Continue cooking for 1-2 hours until the barley is tender.
4. Add the cabbage.
5. Portion into soup bowls for serving.

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Bison Lentil Chili

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Lindsie Hurlbut, Big Sky School District, MT



Servings

6

Ingredients

- | | |
|--------------------------------|--|
| 1/2 Tbsp Olive oil | 1/4 cup Tomato paste, canned |
| 1/2 Onion, fresh, diced | 1/2 cup Lentils, dried |
| 1/2 Green pepper, fresh, diced | 1 1/2 cups Diced tomatoes, canned, drained, low sodium |
| 1 1/2 Tbsp Garlic, minced | 1 cup Beef broth, low sodium |
| 10 oz Bison, ground, raw | 1 1/3 cups Kidney beans, canned, drained |
| 1/2 tsp Salt | 1 1/4 cups Pinto beans, canned, drained |
| 1 1/2 tsp Cumin, ground | 1 1/2 tsp Lime juice |
| 1 Tbsp Chili powder | 2 Tbsp Cilantro, fresh, chopped |
| 1 1/2 tsp Smoked paprika | |

Preparation

1. Heat oil in large pot. Add onions, green peppers, and garlic. Saute until soft. Add salt and bison and cook until browned, breaking up chunks. Stir in spices and tomato paste, cook, stirring regularly, until bison is fully cooked and fully coated in spices.
2. Add lentils, diced tomatoes, broth, kidney beans, and pinto beans.
3. Bring to a boil. Then, lower heat and allow to simmer, stirring occasionally, until chili thickens, and lentils are cooked through (about 35 minutes). Add more water if too thick.
4. Stir in lime juice and cilantro just prior to serving.
Optional: serve with shredded cheddar cheese and/or hot sauce.

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Cherry Berry Sunrise

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Louise Chandler, Noxon Schools, MT

Servings

6

Ingredients

1 1/2 cups Sweet cherries, Montana grown, frozen, pitted
1 1/4 cups Blueberries, frozen
1 1/4 cups Strawberries, frozen, whole or sliced
2 Tbsp Cornstarch
3 Tbsp Sugar, white, granulated

Topping Ingredients:

1/2 cup Rolled oats, dry, uncooked
2 Tbsp Brown sugar
1 1/2 tsp Cinnamon
1 Tbsp 2 tsp Olive oil

Preparation

1. In a large bowl, mix sweet cherries, blueberries, strawberries, sugar, and cornstarch.
2. Spray pan lightly with nonstick cooking spray. Evenly distribute and gently spread the berry mixture into pan.
3. Bake berry mixture at 350°F for 50 minutes.
4. Mix the rolled oats, brown sugar, cinnamon, and olive oil in a bowl.
5. Bake the topping in a separate pan. Spread evenly across a 2" deep pan.
6. Bake oat mixture at 350°F for 35 minutes.
7. Stir topping half way through the baking time. The topping should be a light toasted brown color.
8. Serve 1/2 cup of warm berry mixture. Sprinkle with 2 Tbsp toasted oat topping.
Optional: garnish with 1 Tbsp vanilla yogurt with a dusting of cinnamon.

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Sweet Cherry & Chocolate Overnight Oats

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Shelli Boggess, Deer Lodge Schools, MT

Servings

6

Ingredients

1 1/2 cups Montana sweet Flathead cherries, frozen, pitted
1 1/2 cups Montana's Cream of the West Roasted 7 Grain Cereal, uncooked

3 cups Yogurt, plain, vanilla or Greek
1 Tbsp Honey, if using plain yogurt
1 Tbsp 2 tsp Cocoa powder

Preparation

1. Set aside half the cherries.
2. Stir together cereal, yogurt, honey (if using honey), half of the cherries, and cocoa powder. Omit the honey if using sweetened yogurt.
3. Portion 1/2 cup of mixture into individual serving dishes.
4. Top each portion with the remaining cherries (approximately 3 cherries each).
5. Cover and refrigerate for at least six hours.
Optional: garnish with 1 Tbsp vanilla yogurt with a dusting of cinnamon.

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Luscious Lentil Hummus

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Kori LaLiberty, Kyle Morlan, and staff, Shodair Children's Hospital, MT

Servings - 6

Ingredients

1/2 cup Lentils, raw, dry (red/crimson or yellow lentils recommended)	1/2 tsp Salt
1 1/4 cups Water	Pinch Chili powder
Pinch Salt	1/2 tsp Garlic, minced
1 Tbsp Tahini	1/2 tsp Paprika, smoked
1/4 tsp Cumin	1 1/2 tsp Lemon juice
Pinch Curry powder	1 Tbsp Greek yogurt, plain
	1 Tbsp Olive oil

Preparation

1. Rinse the lentils and combine with water in a large pan. Dried lentils will expand to double their volume when cooked.
2. Add the first amount of salt specified to the water and lentils. Note: Salt is added twice in this recipe.
3. Bring to boil. Simmer 20-30 minutes until lentils are tender. Then, drain water.
4. Transfer lentils to a large shallow pan to cool. Place uncovered in fridge to cool.
5. Combine cooked, cooled lentils with the tahini, cumin, curry powder, salt, chili powder, garlic, paprika, lemon juice, and yogurt. Using a food processor or blender, blend until smooth.
6. While blending, slowly add oil until all ingredients are combined and smooth in texture.
7. Store in refrigerator. The lentil hummus thickens as it cools.



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Purple Pirate Potatoes

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Laura Toeckes, Power School District, MT

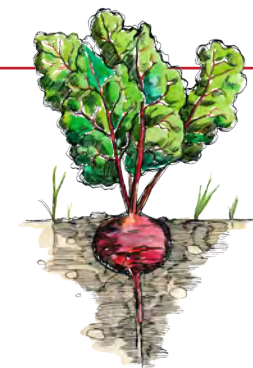
Servings - 6

Ingredients

2 cups Beets, fresh, peeled, and chopped into 1" cubes	1 Tbsp Olive oil, divided amongst recipe steps
2 1/3 cups Sweet potatoes, fresh, peeled, and chopped into 1" cubes	1/4 tsp Salt
1/3 cup Onions, sweet, fresh, diced small	1/2 tsp Black pepper
	1 Tbsp Brown sugar
	3/4 tsp Cinnamon

Preparation

1. Preheat oven to 400°F.
2. Scrub beets and sweet potatoes well under running water. Peeling may not be necessary especially if the beets are smaller and recently harvested.
3. Chop the beets and sweet potatoes. Dice the onion.
4. In a large bowl, toss the beets with 1/3 of the olive oil.
5. In a separate bowl, mix the sweet potatoes and onions. Pour the remaining oil over the items, ensuring they are covered with olive oil.
6. Mix salt, pepper, brown sugar, and cinnamon together. Evenly coat the two bowls of vegetables with spice mixture.
7. Pour vegetables out onto their own parchment paper lined pans in an even layer. Beets in one pan; sweet potatoes and onions in a separate pan.
8. Bake at 400°F for 60 minutes, stirring every 20 minutes.
The beets may take up to 60 minutes to soften fully, while the sweet potatoes will take less time (45 minutes). Check the beets often as they tend to overcook very quickly.
9. Mix the beets and sweet potatoes/onions together and serve warm. The texture is the best right out of the oven. Strive to serve right away.



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Electronic copies of the recipes can be downloaded at
<https://www.montana.edu/teamnutrition/montanarecipes.html>



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