



# JERSEY TASTES!

## RECIPES

### Butternut Squash Curry

## INGREDIENTS

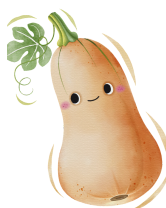
Family Size Serves 4

#PORTION: 4-10 OZ

- 1 ¼ cups rice
- 1 Tbsp olive oil
- 1 butternut squash, diced
- 1 red onion, diced
- 2 Tbsp mild curry powder
- 1 ¼ cups vegetable stock
- 4 large tomatoes, roughly chopped
- 14oz (#1 can) chickpeas, rinsed
- 3 Tbsp fat-free Greek yogurt
- 2oz cilantro chopped

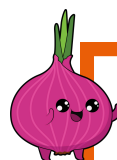
SCHOOL FOOD SERVICE  
SERVES 24 # PORTIONS: 24-10 OZ

- 7½ cups rice
- 6 Tbsp olive oil
- 6 butternut squash, diced
- 6 red onions, diced
- ¾ cup mild curry powder
- 7 ½ cups vegetable stock
- 24 large tomatoes, roughly chopped
- 9¼ chickpeas, rinsed
- 1¼ cup fat-free Greek yogurt
- 2oz cilantro chopped



## DIRECTIONS

- 1 Cook the rice in boiling salted water, as per pack instructions. Meanwhile, heat the oil in a large frying pan and sauté the butternut squash for 2-3 mins until lightly browned. Add the onion and the curry powder and sauté for 3-4 mins more.
- 2 Pour over the stock, then cover and simmer for 15-20 mins, or until the squash is tender. Add the tomatoes and chickpeas, then gently cook for 3-4 mins, until the tomatoes slightly soften.
- 3 Take off the heat & fold the yogurt and coriander. Serve with the rice.



### Fun Facts:

Eating butternut squash can be beneficial for your lung health.

President Washington and President Jefferson both grew squashes in their gardens.



PORTION SIZE: 1 Bowl

1 Bowl= 8 oz. Meat/Meat Alternative; 1/2 Grain Equivalent;  
1 cup Vegetables (1 cup Red/Orange)

RECIPES MADE IN COLLABORATION WITH:

