



Sea Cliff School PCA Nutrition Committee Gazette

February/March 2020 - Volume 6 – Winter Squash, Parsnips and Spring Transition



Winter Squash and Parsnips are plentiful in winter in our area. They can help to build great main dishes or sides. Winter Squash and Parsnips offer nutrients and delicious flavors to winter meals. Spring is around the corner and there are great dishes that combine the last of winter and beginning of spring.

Winter Squash (Butternut, Honeynut, Kabocha, Acorn etc) are delicious in Roasted or mashed with a little salt, pepper, olive oil.

Roasted with other vegetables in a little olive oil with a little salt, honey or maple.

Roasted and served in a warm salad with winter greens and grains.

Roasted and served cold in salads with cheeses such as goat or blue cheese, seeds or nuts, and fruits like pears, apples and oranges.

Grated into hashes, pancakes, or veggie burger patties.

Pureed into Soups.

Cooked, pureed and mixed into hot cereals like oatmeal.

Parsnips are great simply roasted with a little salt, pepper and olive oil.

Roasted with other root vegetables such as carrots.

Mashed alone or with other vegetables like potatoes.

Roasted and added to hot or cold green or grain salads.

Parsnip Gratin.

Roasted along with meats such as chicken, turkey and pork.

Pureed into soups.

Oven fried until crisp "Parsnip Fries."

Fancy Quesadillas with Roasted Broccoli and Butternut Squash

Adeline Phelps, MS, RD, CDN

This is a really simple, flavorful and kid friendly meal. This version is a great winter-spring transition recipe using butternut squash and broccoli. It can be easily altered to your family's needs and tastes!!



INGREDIENTS

- Cooked, Thinly Sliced Steak (Cooked to desired temperature – remember it will cook more when the Quesadillas are finished in the oven). I used about a 1.25 lb NY strip.
- 1 head or bag of cut Fresh Broccoli florets.
- ~ 2 cups Small cubes or Butternut Squash "Noodles" – I used pre-prepped "noodles."
- salt, pepper, olive oil
- 1 can unsalted black beans
- 1 segmented lime
- Cayenne/Chili Powder/Taco Seasoning to taste.
- 1 package of 8 tortillas (type as desired)
- ~1/2 cup of cheese, I used a colby-jack mix.

RECIPE

Preheat the oven to 425 degrees. Lay veggies out on a cookie sheet with enough olive oil to coat, salt and pepper. Roast for about 10 min (can prep the steak while they are cooking). You can omit the steak, or replace it with whatever is appropriate for your family's needs. Chop broccoli into smaller pieces once roasted. Set aside.

Rinse, drain and heat black beans with salt, pepper, cayenne (or other spice mix), thyme (if desired) and a squeeze of lime. set aside.



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Lay 4 tortillas out on a baking sheet. Spread a little cheese on the tortilla.

layer the ingredients with thinly sliced steak (once sliced, add a little lime juice if desired), and top with a little more cheese. Place a tortilla on top of each and bake in the oven for about 7 minutes. Serve with an avocado dressing if desired, and more lime. Enjoy!

See More on this recipe [HERE](#):

<https://seacliffschoolnutritioncommitteerecipes.wordpress.com/2019/02/28/fancy-quesadillas-with-roasted-broccoli-and-butternut-squash/>

Other Great Winter-Spring Transition Ideas:

Fast Food: Kiddie Cheese Board



<https://seacliffschoolnutritioncommitteerecipes.wordpress.com/2019/01/14/fast-food-kiddie-cheese-board/>

Herb Roasted Chicken with Roasted Vegetables and Watercress.



Spring Snow Day Lentil Ragu



<https://seacliffschoolnutritioncommitteerecipes.wordpress.com/2018/04/04/spring-snow-day-lentil-ragu/>

MARCH is "National Nutrition Month," Check out these resources:

<https://www.eatright.org/for-kids>

<https://www.eatright.org/>

<https://www.choosemyplate.gov/>

If you would like to join the PCA Nutrition Committee, or submit an original, family recipe that includes a fresh fruit or vegetable (to be included in the next newsletter) please email Adeline Phelps at phateline@gmail.com. Next month's features will be Carrots and Peas! Look out for Nutrition Committee Events throughout the Spring!



Contributors: Adeline Phelps, MS, RD, CDN (2nd Grade Mom – Nutrition Committee Chair) **Special Thanks** to the "Sea Cliff School PCA Garden Committee" Garden Manager Maria Mosca!