

BUTTERNUT SQUASH PANCAKES

PRESENTED BY CAMBRIDGE FARM TO SCHOOL
AND CHEF GENE GOWAN, CANELLA CULINARY

Today the Cambridge Elementary Second Graders got to participate in the popular Chef in the Classroom series. This is the fifth event of the CICS series this year. Each grade gets to experience and enjoy one Chef in the Classroom a year.

We hope to help students understand where food comes from, get them to taste new things, and get them comfortable and excited about cooking! Each event features a seasonal ingredient. The students learn a nutritious recipe created by our local chef Gene Gowan; followed up with a yummy tasting and many fun questions.



Butternut Squash Pancakes

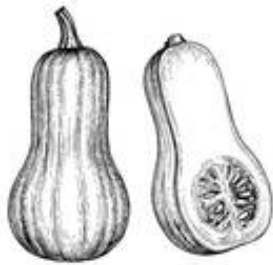
Ingredients:

Dry-

- 2 cups flour
- 2 tsp baking powder
- ½ tsp salt
- ½ tsp baking soda
- ¾ tsp cinnamon
- 2 TBSP sugar
- 1/8 tsp nutmeg

Wet-

- ¼ tsp cider vinegar
- ¾ cup butternut squash, cooked & pureed
- 2 cups milk
- 2 eggs
- (Cooking Spray)



Directions:

- Mix first seven dry ingredients in mixing bowl.
- Mix remaining wet ingredients in a separate bowl.
- Mix wet ingredients into dry ingredients until combined.
- Mix wet ingredients into dry ingredients until well combined. Should pour from a ladle but not runny.
- Heat skillet over medium low heat, spray with cooking spray and ladle batter onto griddle.
- Turn the pancakes when bubbles form around the edges and the top is no longer shiny.
- Cook until bottom is golden brown.
- Serve with jam, jelly, syrup, fruit, nuts or whatever you like with pancakes!

Thanks to our local Chef, Gene Gowan, for his creativity and expertise, as well as, willingness to lead us in this month's Chef in the Classroom!

The Farm to School program mission is to promote healthy nutrition, foster connection to real food through education and practice with a focus on community.

