

THREE SISTERS SUCCOTASH

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

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

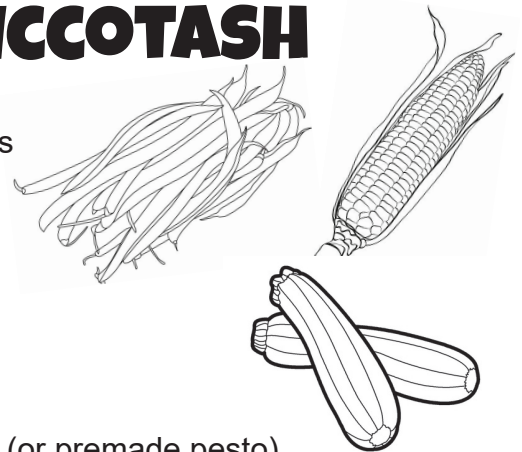
We hope to help students understand where food comes from, get them to taste new things, and get them comfortable and excited about cooking! Each event incorporates what they are learning in their classroom. The students learn a nutritious recipe created by our local chef Gene Gowan; followed up with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



THREE SISTERS SUCCOTASH

Ingredients:

- 3 cups green beans (fresh or frozen), cut into 1 inch pieces
- 3 cups frozen corn, thawed
- 2 small summer squash, diced into 1/2 inch pieces
- 2 tablespoons oil
- 2 scallions, chopped
- 1/4 cup vegetable or chicken broth
- 1 teaspoon salt
- pepper to taste
- 1 tablespoon chopped herbs such as basil, thyme or sage (or premade pesto)



Directions:

Cook beans in water until just tender, about 5 minutes, drain and set aside. Heat oil in large pan, add corn and squash and cook until squash is tender, 5-7 minutes. Add beans, broth, salt and pepper and cook for 5 minutes, until hot through. Add butter, scallions and herbs and serve. If desired, more broth may be added.

Variations: Add diced red peppers, tomatoes or any other vegetable that you like; add diced or chopped cooked chicken; add potato or sweet potato; add more broth and make it a soup.

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 AND THE ENVIRONMENT.

CAMBRIDGEF2S.COM



FACEBOOK.COM/CAMBRIDGEF2S/