

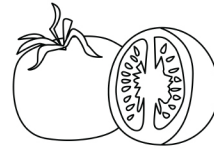


# BLUE JAY PASTA SAUCE



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

Cambridge Elementary First Graders participated in the popular Chef in the Classroom series today! This is the third 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.

## Blue Jay Pasta Sauce



### Ingredients:

- 1 28 ounce can tomatoes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 tablespoon dried oregano
- 1/2 tablespoon dried basil
- 1/2 teaspoon salt
- 1 tablespoon tomato paste
- 1 tablespoon honey



### Directions:

Put all ingredients into the pitcher of a blender (or a pot if using immersion blender)  
Blend until smooth. Pour sauce into pot (if using pitcher blender). Cook over medium heat for 10 minutes. Enjoy!

Variations: add olives, browned beef or sausage, Veggie Crumbles., cooked broccoli, your favorite veggies or Parmesan.

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.