Thank you for your support of Sierra Harvest this year!

2017 Tasting Week
98 Classrooms
2,800 Students
22 Guest Chefs

Thank you for giving students lifelong tasting experiences!
Butternut Pumpkin Pie

Makes 2 pies

Ingredients
1 and 1/2 cups cooked butternut
3 or 4 eggs
1 and 1/2 cups milk or coconut milk (better with milk)
1 tsp sea salt
2 big Tbsps cinnamon
1/3 tsp cloves
1/2 tsp ginger and/or nutmeg
1 tsp vanilla
Just under one cup honey - to taste

Preparation
Put ingredients in a blender. Pour into a pie pan with or without crust. Bake at 350° for about 1 hour. Cool & top with whipped cream. May be frozen!
Mini Fruit Pizza

Ingredients
Apples, non-squishy (slightly unripe) pears, any firm, not too juicy fruit will work great
Cream cheese, coconut butter, or nut butter
Local honey
Dried coconut, dried fruit, seeds (pumpkin seeds, sesame seeds, Poppy seeds, flax seeds, chia seeds, etc.)

Preparation
Slice fruit into thin circular pieces to become the ‘crust’ of the fruit pizza. Mix a small amount of local honey with cream cheese, coconut butter, or nut butter to make the pizza “sauce”. Spread the mixture on the fruit slices. Use toppings such as coconut flakes, dried fruit, seeds, etc. to make a beautiful fruit “pizza” - a great after school snack or dessert!

Recipe by Victoria LaFont
**Pear Apple Sauce**

Makes about 1 quart (4-6 servings)

**Ingredients**
1 lb pears
1 lb apples
Water as needed
A pinch of Celtic sea salt
Maple syrup or honey to taste, if desired

**Preparation**
Quarter apples and pears – no need to remove skins or cores. Place in saucepan and add water to come about half way up the fruit. Add salt. Bring to a boil, lower heat and simmer until the fruit is soft. Allow to cool a bit, then spoon into a food mill and process the sauce to remove the skins and cores. Taste and add sweetener, if desired. Serve chilled (or warm) in small bowls with cream, whipped cream or crème fraiche and a dash of cinnamon. A sprinkle of chopped nuts: pecans, walnuts or almonds adds a nice touch.

---

**Twice Baked Curried Squash**

Serves 4 people

**First Bake Ingredients**
2 small round squash (delicata, acorn or other firm winter squash)
2 Tbsps olive oil
Salt and pepper to taste

**Second Bake Ingredients**
2 hands full of chopped greens, washed with stems removed (dinosaur kale/spinach)
1 onion, thinly sliced
1 clove garlic
2 Tbsp olive oil
Salt to taste
1/4 cup coconut milk
1 Tbsp mild curry powder
Lime for juice
4 Tbsp roasted pumpkin seeds

**Preparation for First Bake**
Pre-heat oven to 375°F. Cut squash in half around the equator. Scoop out the seeds and stringy fibers to create a shallow bowl. Rub squash with olive oil on all sides and season with salt and pepper. Place on pan lined with foil, cut side down, and roast in oven for 20-30 minutes or until fork tender. When cool enough to handle, use a spoon to scoop out the flesh and reserve separately.

**Preparation for Second Bake**
Over medium heat, sweat the onions and garlic in olive oil. Add the greens and sauté until tender. Remove from heat and place in a medium mixing bowl to combine with the roasted squash flesh, coconut milk and curry powder. Season with salt and lime juice to taste. Scoop mixture into a piping bag and pipe filling into prepared squash bowls. Bake at 450 (F) for 10 minutes or until hot and GBD (golden brown delicious). Garnish with roasted pumpkin seeds and enjoy!
**Fruit & Veggie Fresh Spring Rolls**

**Ingredients**
- Rice paper
- Noodles or rice
- Lettuce, carrot, radishes, squash etc...
- Bananas, apples, tomatoes etc...
- Cilantro, basil, dill etc...
- Soy sauce, fish sauce, sesame oil etc...

**Preparation**
Place the rice paper in warm water until it begins to soften, then very carefully lay it on a clean wet surface. Place the above ingredients on the rice paper and gingerly roll it up. That’s it!

Note, for a successful and pretty roll, you'll need to “tuck and roll” and also refrain from using too many ingredients. For a great taste, you’ll need to pay attention to the ingredients you choose - in Chinese cooking there are 5 Principles to pay attention to: Sweet, Sour, Salt, Spicy, Bitter.

---

**Live Carrot**

**Ingredients**
- 10 medium size carrots
- 2-3 oranges
- 1 tbs of maple syrup
- 1 cup raisins
- 1 cup walnuts or shaved almonds or cashew or a mix or a seed you like (optional)

**Preparation**
Grade carrot on a grater (coarse)
Squeeze juice from oranges and add to the grated carrots
Add maple syrup and raisins
Mix
Let stand for at least one hour
Right before serving mix in nuts. ENJOY!
Sweet Potato Gnocchi

with Maple Cinnamon Sage Brown Butter

Makes 6-8 Servings

Ingredients for the Gnocchi

- 2 lbs sweet potatoes
- 2/3 cup whole milk ricotta cheese
- 1 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/4 tsp ground black pepper
- 1 1/4 cups all-purpose flour, plus 1/3 cup for the work surface

Gnocchi Preparation

Pre-heat oven to 425°.

Pierce sweet potato with fork. Bake sweet potatoes until tender and fully cooked, between 40-55 minutes. Cool slightly. Cut in half and scoop the flesh into a large bowl. Mash sweet potatoes. Measure out 2 cups of sweet potatoes and keep those in the large bowl. Add ricotta cheese, salt, cinnamon, and pepper and blend until well mixed. Add the flour, 1/2 cup at a time until a soft dough forms. Lightly flour a work surface and place the dough in a ball on the work surface. Divide the dough into 6 equal balls. Roll out each ball into a 1-inch wide rope. Cut each rope into 1-inch pieces. Roll gnocchi over the tines of a fork. Transfer the formed gnocchi to a large baking sheet. Continue with remaining gnocchi.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the gnocchi in 3 batches and cook until tender but still firm to the bite, stirring occasionally, about 5 to 6 minutes. Drain gnocchi using a slotted spoon onto a baking sheet. Tent with foil to keep warm and continue with remaining gnocchi.

Brown Butter Sauce

While the gnocchi are cooking, melt butter in a large saute pan over medium heat. When butter has melted add the sage leaves. Continue to cook, swirling the butter occasionally, until foam subsides and milk solids begin to brown. Remove the pan from the heat. Stir in the cinnamon, maple syrup, salt, and pepper. Careful, the mixture will bubble up. Gently stir the mixture. When the bubbles subside, toss the cooked gnocchi in brown butter. Transfer gnocchi to a serving dish and serve immediately.

Recipe by Chef Matthew Willoughby
**Tostadas**

with Mashed Sweet Potatoes and Black Bean Salsa

**Ingredients**
1 package small corn tortillas (such as Mi Rancho Taco Sliders)
Cooking spray
1 large sweet potato or yam, cut into large cubes
1 tsp garlic powder
1 tsp cumin
1 tsp chili powder or smoked paprika
1/2 tsp salt
15-ounce can black beans, drained and rinsed
1 cup chopped tomatoes
1 small cucumber, seeded and chopped
1/2 small red bell pepper, chopped
2 green onions, sliced
1/2 bunch cilantro, chopped (about 1 cup)
1 jalapeno, seeded and chopped (optional)
1 lime, juiced
Salt and pepper to taste

**Preparation**
Preheat oven to 450°. Place tortillas on a baking sheet and spray with cooking spray. Cook until browned and crispy, about 5-10 minutes. Set aside when done. Meanwhile, bring a medium pot of water to a boil, add sweet potatoes and cook until tender, about 7-10 minutes. Drain, place in a medium bowl and allow to slightly cool. Add garlic powder, cumin, chili powder and salt. Mash until combined, leaving a few bigger pieces for texture. In another bowl, combine beans with lime juice. Taste for salt and pepper. Spread sweet potato mixture on each tortilla and top with black bean salsa. Enjoy!

---

**Super Tuber Potato Latkes**

**Ingredients**

1 lb potatoes – purple is fun!
(5 lbs of potatoes to 1 lb of onions)
1/2 cup finely chopped onion
1 large egg, lightly beaten
1/2 tsp salt
1/2 to 3/4 cup coconut, sunflower or peanut oil
Accompaniments: sour cream and applesauce

**Preparation**

Preheat oven to 250°F. Grate or shred potatoes, transferring to a large bowl of cold water as grated. Soak potatoes 1 to 2 minutes after last batch is added to water, then drain well in a colander. Spread grated potatoes and onion on a kitchen towel and roll up jelly-roll style. Twist towel tightly to wring out as much liquid as possible. Transfer potato mixture to a bowl and stir in egg and salt. Heat 1/4 cup oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Working in batches of 4 latkes, spoon 2 Tbsp potato mixture per latke into skillet, spreading into 3-inch rounds with a fork. Reduce heat to moderate and cook until undersides are browned, about 5 minutes. Turn latkes over and cook until browned, about 5 minutes more. Transfer to paper towels to drain and season with salt. Add more oil to skillet as needed. Keep latkes warm on a wire rack set in a shallow baking pan in oven. Top with apple sauce or sour cream – devour!
Squacamole Mash

**Equipment**
- 1 sandwich-sized sealable plastic bag
- Garlic press
- Pair of scissors
- Grater
- 1 plastic spoon or fork for spreading

**Ingredients for Squacamole**
- 1/4 cup winter squash, roasted, cubed
- 1/4 carrot, roasted
- Small lime wedge
- 1-2 cherry tomatoes, roasted
- 1 sliver of fresh garlic clove, pressed
- Pinch of salt
- 1 slice red bell pepper, snipped into dice
- 1 basil leaf, snipped into shreds
- Dusting of fresh grated nutmeg

**Ingredients for the Squacamonster Sandwich**
- 1 rice cake
- A rainbow variety of fresh shredded and diced vegetables and fruits (red bell pepper, carrots, squash, arugula or other salad greens, kale chips, grapes), herbs and cheeses

**To prepare Squacamole in a bag**
Open the plastic bag wide. Add the squash and carrot, then squeeze the lime over the veggies. Add all other ingredients. Close the bag tight, first letting out all the air. Mash and smash everything together.

**To finish off the dish**
Cut off a corner of the bag and squeeze the squacamole onto a rice cake, then spread it evenly around. Use the toppings to create your very own squacamonster!

---

Pasta Primavera

**Ingredients**
- 3 Tbsp olive oil
- 2 Tbsp butter
- 2 carrots, peeled & sliced diagonally
- 1 cup broccoli, roughly chopped into bite sized pieces
- 4 ounces mushrooms, sliced
- 1 summer squash, sliced diagonally
- 2 zucchini, cut in half lengthwise then sliced
- 12 basil leaves, sliced
- 1 lb pasta of your choice

**Ingredients for the Sauce**
- 4 cloves garlic, minced
- 1/2 large onion, diced
- 1/2 cup chicken broth, plus more as needed
- 1/4 cup white wine (or broth)
- 1/2 cup heavy cream or half-and-half
- 1/2 cup grated Parmesan, plus more for serving
- 1/2 cup peas (fresh if in season or frozen)

**Preparation**
Bring a large pot of salted water to a boil and reduce heat to maintain temperature.

**For the vegetables:** Heat 2 Tbsp of oil in a large skillet over medium-high heat. Add carrots and cook for 1 minute. Then add broccoli; cook for another minute. Remove vegetables from skillet and set aside. To the skillet, add butter and the remaining 1 Tbsp oil; allow to heat up. Add mushrooms and cook for 1 minute and then add zucchini and squash and cook until starting to soften, another 1 to 2 minutes. Remove vegetables from skillet and add to the other vegetables. Set aside.

**For the sauce:** Add garlic and onions to skillet, and cook until starting to turn translucent, about 2 minutes. Add pasta to water and cook for 3-4 minutes for fresh pasta. Next, pour in the chicken broth and wine; stir, scraping the bottom of the pan to loosen all the flavorful bits. Cook for 3 to 4 minutes, until reduced by about half. Stir in the cream and Parmesan, and allow the cheese to melt. Add salt and black pepper to taste. Add the cooked vegetables to the sauce, along with the peas and basil; stir to combine. If the sauce needs a little more liquid, splash in a small amount of broth.

Place the cooked pasta in a large serving bowl and pour all contents of the skillet over the pasta; toss to combine. Sprinkle with extra basil, and serve with extra Parmesan.
**Fresh Veggie Spring Rolls**

**Ingredients**
- Rice paper
- Cooked white rice
- Lettuce
- Cucumbers sliced into small slender pieces
- Carrots sliced into small slender pieces
- Kholrabi - peeled and sliced into small slender pieces
- Jicama - peeled and sliced into small slender pieces
- Basil or parsley
- Sour sauce: rice vinegar and soy sauce
- Sweet sauce: peach and ginger

**Preparation**
Place rice paper in warm water to soften, then lay it on a clean wet surface. Place ingredients on rice paper and roll up tucking in the sides first. Remember not to use too much of the veggies for a successful roll. Choose sauce and enjoy!

---

**Butternut Squash Apple Soup**

**Ingredients**
- 2 celery stalks, chopped
- 1 carrot, chopped
- 1 medium onion, chopped
- 2 1/2 cups water
- 2 Granny Smith apples (about 3/4 lb)
- 6 slices of bacon, cut into 1/2 inch pieces
- 1 1/2 lbs butternut squash, peeled, seeded and cut into 1/2 inch pieces
- 2 cups organic chicken broth
- 1/4 tsp cinnamon
- 3/4 lb boiling potatoes
- Sea salt and pepper

**Preparation**
Cook bacon in a large heavy pot until crisp. Remove from pan and save 2 Tbsp fat. Cook celery, carrot and onion over low heat until soft but not brown (10-12 minutes). Add cinnamon and cook 1 minute uncovered, stirring well. While vegetables are cooking, peel potatoes and chop coarsely. Peel, core and chop apples. Add squash, potatoes and one apple to the pan. Stir well. Add stock, 1.5 cups water, 1.5 tsp sea salt, and 1 tsp pepper. Cook until vegetables are very tender (15-20 minutes). Let cool for 20 minutes. Puree’ soup in batches, filling the blender only half full each time. Use extra water to thin if needed. Reheat soup in clean pot over medium low heat, stirring occasionally. Garnish with the extra chopped apple and/or crème fraiche as desired!
**Butternut Squash Soup**

**Ingredients**
- 3-3.5 lbs butternut squash (approx. 2), seeded and quartered
- Unsalted butter, melted, for brushing
- 1 Tbsp kosher salt, plus 1 tsp
- 1 tsp freshly ground white pepper, plus 1/2 tsp
- 3 cups chicken or vegetable broth
- 1/4 cup honey
- 1 tsp minced fresh ginger
- 1/2 cup heavy cream
- 1/4 tsp freshly grated nutmeg

**Preparation**
Heat oven to 400°. Place quartered squash onto a half sheet pan, brush the flesh of squash with a little butter and season with 1 Tbsp of salt and 1 tsp of white pepper. Place in the oven and roast for 30 to 35 minutes or until the flesh is soft and tender. Scoop the flesh from the skin into a 6-quart pot. Add the broth, honey and ginger. Place over medium heat and bring to a simmer, approximately 7 to 8 minutes. Using a stick blender, puree the mixture until smooth*. Stir in the heavy cream and return to a low simmer. Season with the remaining salt, pepper, and nutmeg.

*When blending hot liquids: Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Recipe by Maria Unger
**Fabulous Fall Salad**

**Ingredients**
- Salad carrots
- Grated red cabbage thinly sliced
- Radishes thinly sliced
- Spinach
- Red, yellow and green bell peppers
- Cherry tomatoes sliced in half
- Strawberries sliced
- Kale torn into small pieces
- Sunflower seeds

**Dressing**
- 1/4 cup canola oil
- 2 Tbsps of rice vinegar
- 2 Tbsps of lemon juice
- 1 Tbsp of honey
- 1 Tbsp dijon mustard
- 1 clove of garlic finely chopped

**Preparation**
Combine ingredients for the dressing and shake well. Combine ingredients for the salad, add dressing, toss and serve.

---

**Pumpkin Soup & Fall Slaw**

**Pumpkin Soup Ingredients**
- 2 medium onions, chopped
- 2 Tbsp oil or butter
- 2 quarts chicken/veggie broth
- 2 1/2 cups water
- 2 lbs pumpkin/butternut squash, peeled and cut into cubes
- 1 tsp salt
- 1/4 tsp black pepper
- 1 cup milk or cream or nut milk

**Preparation**
In a deep pot, sauté the chopped onion in butter or oil over medium heat until golden in color. Add the broth, water, pumpkin cubes, salt and pepper. Bring to a boil and simmer 20 minutes, or until pumpkin cubes are soft. Remove from heat and puree in a blender or food processor or immersion blender, then return to pot. Add milk/cream and bring to boil over medium heat. Adjust seasonings and serve.

**Simple Fall Slaw Ingredients**
- 2 cups thinly sliced or grated cabbage
- 4 cups grated carrot
- 2/3 cup diced celery
- 1/4 cup chopped fresh dill
- 1 cup raisins

**Dressing**
- 1/3 cup apple cider vinegar
- 1 Tbsp grainy mustard
- 1 Tbsp honey
- 1/4 cup olive oil
- 3 Tbsp toasted sesame oil
- 2 Tbsp sesame seeds
- Salt and pepper to taste

**Preparation**
In a large bowl, toss salad ingredients together. In a separate bowl, whisk the dressing ingredients. Toss with the prepared vegetables. Allow to sit for a few minutes to allow the flavors to marry. Eat within a few hours for crunchiest consistency. Keeps well for a few days refrigerated in an airtight container.
Tomato Salsa Challenge

We challenge you to create your own from these ingredients

Traditional Ingredients
Ingredients
Tomatoes
Bell peppers
Black beans
Corn
Onion
Cilantro
Lime

Non-Traditional Ingredients
Tomatoes – slicing, yellow and red pear
Onions – Walla Walla, red and green
Carrots
Peppers – lunch box
Watermelon
Pineapple
Pomegranates
Lemon

Preparation
Choose the ingredients of your choice and mix together well. Garnish a taco, burrito or dip with a chip to taste the combination of your choice!

Quinoa Cucumber Salad

Ingredients
1 cup quinoa*
1 1/2 – 2 cups chicken broth
1/2 cup golden raisins
1/2 cucumber peeled and sliced
1/2 bunch cilantro, snipped and finely chopped
15 grape or cherry tomatoes, sliced in half
3 tsp red onion, finely chopped
1/4 cup lime juice
1/4 cup white balsamic vinegar
1/4 cup extra virgin olive oil
1/4 tsp pepper
Pinch of salt

Preparation
Put raisins and chicken broth into a medium saucepan and bring to a boil. Add quinoa* into the pan and bring back to a boil stirring just a little to make sure nothing is sticking. Turn down heat to slow simmer and cover pan, cook for 10 minutes. (Don’t lift lid) When done, remove from heat and keep lid on another 5 minutes, then open and fluff with fork. Cool before making the salad. When quinoa is cooled, mix together the remaining ingredients. Whisk together olive oil, balsamic vinegar and pinch of salt. Add this mixture to salad and toss to mix well. Place in refrigerator a few hours before serving.

*Use pre-rinsed quinoa or rinse quinoa with cool running water through a strainer in the sink and let drain.

Recipe by Brianna Abundiz & Lauren Scott
Recipe by Kathie Beckham
Quinoa Salad with Butternut Squash

**Ingredients**
1 cup quinoa
2 cups water
Butternut squash
Parsley - one bunch chopped
2 lemons
Olive oil
Salt + pepper

**Preparation**

*How to Cook Quinoa* Use pre-rinsed quinoa, or if not, you should rinse quinoa with cool running water through a strainer in the sink for 10 minutes and let drain. Run your clean hands through the grain while it is rinsing. Put water into a medium saucepan and bring to a boil. Add rinsed/drained quinoa into pan and bring back to a boil stirring just a little to make sure nothing is sticking. Turn down heat to slow simmer and cover pan, cook for about 10-15 minutes. (Don’t lift lid) When done, remove from heat and keep lid on another 5 minutes, then open and fluff with fork. Cool before making the salad.

*How to Roast Butternut Squash* Heat the oven to 400°F. Scrape/slice off the skin of the butternut squash. Chop squash into small bite size pieces. Toss squash bites in a bowl with a little olive oil, salt and pepper. Place the squash bites onto an oiled pan. Place in the oven and roast for 30 to 35 minutes or until the squash bites are soft and tender.

When quinoa is cooled, mix together with the chopped parsley, butternut squash pieces, juice of 2 lemons, teaspoon of salt and a dash of pepper. Mix well and enjoy!

Recipe by Rene’ Medina Jimenez Medina