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MSNA Nutrition Conference 2018

Skills Camp

with

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Wild Rice Salad with Roasted Delicata Squash, Apple & Maple Mustard Vinaigrette

Yield: 6-8 Servings

Ingredients

For the Salad:

2 ½ cups vegetable stock
1 ½ cups wild rice
5 cups delicata squash, cut in ½ length-wise, seeded, & cut into ½ moons
1 ½ tablespoons olive oil
2 large honey crisp apple, cut into 1/2-inch cubes
¾ cup toasted pumpkin seeds
½ cup dried cranberries
¼ cup finely chopped shallot or red onion
½ cup celery, small dice

For the Dressing:

1/3 cup apple cider vinegar
2 tbsp. pure maple syrup
1 tbsp. Dijon mustard
1-2 garlic cloves, minced
½ tsp salt
½ tsp ground black pepper
2/3 cup olive oil

Directions

For the Salad:

- Place water and rice in a medium saucepan and bring to a boil.
- Cover, reduce heat to a low simmer, and cook for 40 to 45 minutes until water is absorbed.
- Remove from heat and let stand for 10 minutes with the lid still on. Fluff with a fork.
- Meanwhile, preheat oven to 425 degrees F.
- Toss delicata squash with 1 ½ tbsp. of olive oil and place on a parchment lined sheet tray, in one nice even layer. Use multiple sheet trays if needed to prevent from crowding
- Roast for about 18-20 minutes, until fork tender
- Remove the squash from oven and set aside
- Toast the pumpkin seeds by placing them in a medium saute pan over medium heat, and heating them until they begin to turn a golden brownish color. Watch them closely as they can go from toasted to burnt quickly.
- In a large bowl, combine the cooked rice, roasted squash, toasted pumpkin seeds, cut apple, dried cranberries, shallot, and celery.

For the Dressing:

- In a small bowl, combine all the dressing ingredients except for the olive oil.
- Pour the olive oil into the dressing in a slow stream, whisking the entire time. Dressing should begin to thicken and come together
- Adjust seasoning as desired

- Pour dressing over the salad, adding just enough to coat the salad ingredients, and toss gently to combine.

Kale Pesto Pasta with Roasted Broccoli, Tomatoes, & Onion

Yield: 4-6 Servings

Ingredients

For the Pesto:

1 bunch kale, removed from the stem

¼ cup basil leaves

¼ cup parsley leaves

2 cloves garlic

1 lemon, juiced

¼ cup sunflower seeds

¼ grated parmesan cheese

½ tsp. ground black pepper

1 ½ tsp. salt, to taste

⅓ cup olive oil or more if needed

2 cups uncooked rotini or penne pasta + 1 tbsp. olive oil

For the Roasted Veg:

2 heads/stalks broccoli, cut into 2 ½ inch florets

¼ cup red onion

2 cups cherry tomatoes, whole

½ teaspoon red pepper flakes
2 tbsp. olive oil
1 tsp. salt
¼ tsp. fresh ground black pepper
1 tsp. dried Italian herbs of your choosing (rosemary, oregano, basil, parsley, etc.)

Directions

For the Pasta:

- Bring a large pot of salted water to a boil. The water should taste like the ocean because if enough salt is added to the pasta water, less salt will need to be added to the overall dish later on.
- Once boiling, add the pasta noodles and cook until al dente.
- Strain noodles and transfer to a large mixing bowl. Drizzle with a small amount of olive oil to prevent from sticking

For the Roasted Veg.

- Next prepare your roasted vegetables. Preheat oven to 425 degrees F - convection mode
- Add broccoli, red onion, tomatoes, red pepper flakes, and oil into a large bowl.
- Sprinkle with salt and pepper, and desired Italian herbs.
- Toss to coat and spread onto a large baking sheet.
- Roast until the stems are tender-crisp and lightly golden brown, about 12-15 min.
- While the veg is in the oven, make the kale pesto.

For the Pesto:

- Add the kale, basil, parsley, garlic, lemon juice, sunflower seeds, parmesan, pepper and salt to the bowl of a robot coupe food processor or blender.
- Pulse/blend until mixture starts to come together. Keep the robot coupe on a low speed and slowly pour in your olive oil until the pesto begins to smooth out.
- Taste and adjust for flavor, adding more lemon juice or salt as desired.

Assembly:

- Scrape the pesto onto the prepared pasta and use a stirring spoon to coat the noodles evenly with the pesto mixture
- Sprinkle with extra parmesan cheese, as desired