



# Blue Corn Mush with Roasted Squash & Pepitas

Recipe Description: This version of the blue corn mush dish includes ingredients that give it a unique taste and texture. Blue corn meal and juniper ash are Indigenous ingredients featured in this dish, while roasted winter squash and pepitas are added to provide exciting flavor and texture combinations.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Arizona Department of Education*

**Preparation Time:** 20 minutes  
**Cook Time:** 45 minutes

**NSLP/SBP crediting information:**  
 1 cup provides 1/8 cup total vegetable (1/8 cup red/orange vegetable),  
 2.50 oz eq grains

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 350°F.
Squash, Winter, fresh Butternut, Whole	3 lb 9 oz	2 qt 1 cup	6 lb 8 oz	1 gal 2 cups	2. Peel and cube fresh squash to ½” size.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					<b>3.</b> Toss squash, canola oil and black pepper in a large bowl.
					<b>4.</b> Line sheet pan (18" x 26" x 1") with a layer of parchment paper. Spray lightly with pan release spray. Add squash to pan and spread evenly.  For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canola Oil		2 cups 2 Tbsp		1 qt ¼ cup	<b>5.</b> Bake at 350°F for 15 minutes, or until squash is soft and begins to brown.
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	<b>6.</b> Transfer to steam table.
					<b>7.</b> Critical Control Point: Hold for hot service at 135°F or higher.
					<b>8.</b> Set aside for step 12.
Water, cold		3 gal 2 cups		6 gal 1 qt	<b>9.</b> Bring water to a boil.
Salt		2 Tbsp ½ tsp		4 Tbsp 1 tsp	<b>10.</b> Add salt into water.
Blue Corn meal, stone ground*	4 lb 8 oz	3 qt ½ cup	9 lb	1 gal 2 qt 1 cup	<b>11.</b> Mix blue corn meal and juniper ash.
Juniper ash (see notes section)	8 oz	1/2 cup 1 tsp	15 oz	1 cup 2 tsp	
					<b>12.</b> Add blue corn meal mixture to medium heat, stirring with whisk until smooth.
					<b>13.</b> Reduce heat to medium-high and continue to stir until thickens.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					50 servings: approximately 30 – 45 minute cook time. 100 servings: approximately 30 – 45 minute cook time.
					<b>14.</b> Pour about (1 gal) blue corn mush into steam table pan (12" x 20" x 2 1/3"). For 50 servings, use 2 pans. Serve immediately. For 100 servings, use 4 pans. Serve immediately.
					<b>15.</b> Critical Control Point: Hold for hot service at 135°F or higher.
Pepitas, roasted		1 cup 2 tsp		2 cups 1 Tbsp 1 tsp	<b>16.</b> Serve 1 cup (portion with 8 oz spoodle).
					<b>17.</b> Garnish each bowl with 1/8 cup roasted squash and 1 tsp pepitas.



## NUTRITION INFORMATION

For 1 cup (serving size)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>272</b>
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<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>329 mg</b>
<b>Total Carbohydrate</b>	<b>35 g</b>
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	0 g
<b>Protein</b>	<b>5 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	607 mg
Iron	1.6 mg
Potassium	N/A

N/A=data not available.

## MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Squash	4 lb 4 oz	8 lb

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2. Same Day Service.

Juniper ash is necessary to bring out the nutritional value of the corn and creates a creamy, thick texture. It can be purchased from third party companies online.

## YIELD/VOLUME

50 Servings	100 Servings
Cooked Mush: About 24 lb 14 oz (50cups) Squash, EP: 3 lb 4 oz	Cooked Mush: About 49 lb 8 oz (100 cups) Squash, EP: 6 lb 8 oz

## SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant