

Winter Warming Pizza with Butternut Squash Sauce

Recipe: Jacalyn Dryland MHS, RD. Founder of The Family Table Project

INGREDIENTS

Butternut Squash Sauce - Creamy,

buttery, savoury-sweet and bright orange!

1 **butternut squash** peeled and cubed

2 cloves of **garlic**, peeled and crushed

4 tbsp olive oil (divided)

1 pinch Kosher salt

1 tbsp **honey**

Pizza

Beets scrubbed and diced

Pizza dough, follow kit instructions

6 oz of goat cheese

1/4 tsp dried oregano

Pea sprouts for garnish

How to make your own oat flour:

In a blender or food processor, blend 1/2 cup of oats until you have a fine flour.

DIRECTIONS

1. Preheat oven to 400 F.
2. Line two baking sheets with parchment paper.
3. Crush 2 garlic cloves. Place cubed squash and garlic on a baking sheet, toss in 2 tbsp of olive oil and salt and pepper.
4. Repeat the same with the beets (no garlic).
5. Put both baking sheets in the oven and roast approximately 20 minutes or until fork tender.
6. Prepare the pizza dough according to package instructions.
7. Transfer about 1 1/2 cups of the squash and garlic to a blender or food processor with 1 tbsp of oil and honey. Add small amounts of water gradually if too thick. Consistency should be spreadable (not pourable).
8. Increase oven heat to 425 F.
9. Roll out pizza dough evenly and transfer to a pizza stone or baking tray.
10. Top first by spreading approximately 1 cup of sauce, then desired amount of roasted beets and clumps of goat cheese. Sprinkle with dried oregano.
11. Bake for 12-18 minutes or until crust edges are golden brown.
12. Remove from oven and drizzle over honey and top with pea sprouts. Cut into pieces and enjoy!



APPLE OAT COOKIES!

1/2 c unsalted butter, softened

1/2 c of brown sugar

1 large egg

1 tsp vanilla extract

1 1/2 c oats

1/3 c oat flour (made with remaining 1/2 cup of oats)

1/3 whole wheat flour *

1/2 tsp baking soda

1/4 tsp baking powder

1/4 salt

1 tsp ground cinnamon

1 c very finely chopped apple

2 tsp fresh squeeze lemon juice

1. Preheat the oven to 325F. Line cookie sheets with parchment paper.
2. In a medium mixing bowl, combine butter and sugar with an electric mixer or by hand, beat them together until they are light in colour.
3. Add eggs and vanilla and beat well, until mixture is light and fluffy.
4. In a mixing bowl mix together flour, oat flour, cinnamon, baking soda, baking powder and salt, set aside.
5. *For gluten free families - substitute whole wheat flour with another 1/3 cup oat flour.
6. Toss very finely chopped apples and lemon juice in a small bowl
7. Add the flour mixture to the wet ingredients and blend until combined, then mix in the apples.
8. Scoop dough, about 1 tbsp at a time onto a preparing baking sheets, leaving 2 inches of space around each cookie.
9. Bake one sheet at a time until cookies are light brown with slightly darker edges, about 16-18 minutes.
10. Remove from oven, place on a cooling rack and let the cookies cool completely before handling (very delicate when warm).

We are all food teachers.

Your Winter 2020 recipe comes to us courtesy of Jacalyn Dryland, MHSc RD. We thank her for creating this LFC recipe just for us and for sharing her knowledge. Jacalyn is a Registered Dietitian and founder of The Family Table Project. She has a child & family nutrition practice in Orangeville. Follow her on Instagram or Facebook for practical feeding tips. @familytableproject or email: jacalyn@familytableproject.ca.

Your Winter LFC started by brainstorming with Jacalyn what food items we could source locally in the dead of winter and she took it from there, developing this AMAZING pizza recipe. We also couldn't help but also share a great cookie recipe, easily adaptable for gluten free families! Below you will see what food was sourced from which Headwaters farm or food producer. We hope you find the tips useful and enjoy the process of making and eating this local meal!



Tips from Jacalyn at the Family Table Project:

Getting children to TRY new foods can be a struggle. As parents we can feel desperate and resort to bribery, coercing and rewarding. "Just one more bite and you can have dessert", "You're four so have four more bites!" Sound familiar? This tactic may work in the short-term but doesn't lead to a long-term healthy relationship with food. As parents, knowing our feeding responsibility helps takes away this pressure. Parents responsibility is to decide WHEN, WHERE and WHAT to feed and the child's responsibility is to decide HOW MUCH and WHETHER they eat it.

Here is some practical information about how we can help our children learn about food and possibly come closer to trying it:

1. Repeated **EXPOSURE** to a food (can take up to 10 times or more!). If you know your children has not learned to like squash but you never expose it (e.g. put it on their plate) then they will never learn to like it.
2. **EXPLORE** food together by using the **five senses**. You are TEACHING them about their food by exploring it together not trying to convince them that it is healthy (which is a concept too complicated for them to understand yet).
3. **PATIENCE**: It takes time to learn about a new food. If they say "yuck" or "I don't like that", your response could be: "You are learning to like it" or "when you are older you might like it".
4. **Make it FUN!** Can you make your tongue red with these roasted beets? Can you help me build a face on this pizza? Can we make a tower with these squash cubes?

EXPLORE butternut squash together with your Five Senses:

Sight - What shape is it? What colour do you think it is inside?

Touch - Is the squash heavy? Is the surface smooth? How high can you stack the squash cubes?

Hear - What do you hear when you knock on the squash? Is the squash crunchy or soft when you bite into it?

Smell - Does the raw squash smell different than the cooked?

Taste - What does it taste like? Earthy? Sweet? How does the taste make you feel?

TIP: Offer the same food in different ways! If the pureed squash is not so appealing, offer it in cubes as a side dish. Let them build a plainer version of this pizza. Offer different toppings and let them build their own. Your half of the pizza may look a lot different!

Your fresh local food is from...

Pizza dough kit

Amanda's Country Bakery

amandascountrybakery.ca

Apples

Giffens giffens.ca

Honey

Ontario Honey Creations

myhoneycreations.com

Gluten Free pizza crust

Shine Baking Co. facebook/shinebakingco

Garlic

Fiddle Foot Farm

fiddlefootfarm.com

Sprouts, beets & squash

Am Braigh ambraighfarm.com

Oats

K2 Milling

k2milling.com

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action.

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hffa.ca/farmtoschool



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