

CULINARY CORNER

September 2026 Edition



Scranton School District

Educating Students From All Over The World

Butternut Dumpling w/ Brown Butter & Sage

1 1/2 small butternut squash,
halved and seeded

4 medium baking (russet)
potatoes, pierced

1 egg

1.5 tablespoons kosher salt

1 pinch nutmeg

1.5 cups all-purpose flour,
plus additional, for dusting

1 bunch sage, leaves
chiffonade

8 tablespoons unsalted butter

1/2 cup grated Parmesan

BUTTERNUT DUMPLINGS!

Welcome back to the new school year and the return of the Culinary Corner. With this issue, we will be observing another underrated root vegetable known as the butternut squash and one of my favorite ways to enjoy this delicious gourd.

1. Preheat oven to 375 degrees. On a sheet pan, place the squash flesh side down and roast until very tender (about 45 minutes). At the same time, bake potatoes directly on the rack of oven for 1 hour.
2. Split the potatoes and allow to cool slightly, or until you can handle them. Don't let them cool completely. Scoop the flesh of the potatoes and the squash into a bowl and mash with a hand masher. Mix in the egg, salt, and nutmeg. Then add the flour and mix until a soft dough forms. Do not do this in a mixer, it will overwork the dough. Add flour by the spoonful if it's still too moist.
3. Turn out onto a floured board and divide into 8 portions. Roll out into ropes and cut into 1/2-inch pieces. Line the pieces up on a floured sheet pan as you work. At this point you could freeze them on the pan until solid, then transfer to zip top bags and store in the freezer.
4. In a large pot of boiling, salted water gently drop in the dumplings. Don't overcrowd. As they begin to float, remove them with a slotted spoon and toss them into an ice bath.
5. Drain off the water and toss in a little oil. Store loosely in containers until ready to use.

To reheat, in a sauté pan over high heat, add 1 tablespoon of soft butter. Cook until the butter begins to foam and turn brown. Add 2 teaspoons sage leaves and 1 cup of dumplings. Cook for an additional minute until the dumplings are heated through. Repeat until you have desired number of servings. Plate and top with freshly grated Parmesan.

Like other orange-colored fruits and vegetables, butternut squash is full of beta-carotene and alpha-carotene. Your body converts them to vitamin A, which is important for your immune system

COMING SOON!!!



Pesto Chicken Flatbread!

This special will be running from 9/14 to 9/18. A blend of roasted chicken, onions, zucchini, roasted red peppers with mozzarella cheese!

HEALTH BENEFITS OF BUTTERNUT SQUASH

Like other orange-colored fruits and vegetables, butternut squash is full of beta-carotene and alpha-carotene. Your body converts them to vitamin A, which is important for your immune system. Butternut squash has lutein and zeaxanthin, often found in yellow fruits and vegetables as well as eggs. Along with beta-carotene and vitamin A, these protect your eyes from ultraviolet rays.

Keep in mind that your body needs a bit of healthy fat to best absorb these eye-benefitting nutrients, so consider eating butternut squash with a little drizzle of olive oil.

Butternut squash is high in potassium, which can help keep your blood pressure in check. Managing your blood pressure can reduce your risk for stroke and heart disease

Its fiber helps with blood sugar. Butternut squash contains a type of fiber that's not digestible. If you have diabetes, it can help keep your blood sugar from rising after eating. Butternut squash also has a low glycemic index, which means that its carbs are digested more slowly. This also helps keep blood sugar from rising

Safety Corner!

Topic: Proper Butternut Breakdown

Butternut squash is known for its thick, tough skin. Peeling it can be quite an arm workout, but there are a few ways to make it easier:

1. Cut a thin slice off the bottom and top so the butternut squash will stand flat on a cutting board. Then use a knife or peeler to slice the skin off from the top to the bottom. Always cut away from your body.
2. If the skin is too tough to manage, pierce the squash a few times with a fork and put it in the microwave for a minute or two. This will soften the skin and make it easier to peel.
3. Cut it in half and bake the squash with the skin on. It will easily peel away after it's done cooking.

