

## Example of school lunch menu 5. Festive dish

# Tsukimi dango (with bean paste)

The moon on the fifteenth night of the eighth month (August 15 in the lunar calendar) is said to be especially beautiful, and it is believed that it is a good omen if you are able to view the moon on both the fifteenth night and the thirteenth night of the ninth month (lunar September 13), when the moon is the second most beautiful after the fifteenth night.

The moon viewing is held in order to "enjoy the moon in the season when it is the most beautiful" and "pray to gods for good harvest and express appreciation for the harvest." Shiratama dango (rice flour dumplings) is likened to the moon.

| [Ingredients]                         | Per person | __ persons |
|---------------------------------------|------------|------------|
| White lupine bean and navy bean paste | 25 g       |            |
| Green soy bean paste                  | 25 g       |            |
| Skimmed milk                          | 5 g        |            |
| Sugar                                 | 5 g        |            |
| Butter                                | 2 g        |            |
| Salt                                  | A little   |            |
| Water                                 | 10 g       |            |
| Rice-flour dumplings                  | 6 pieces   |            |



### [How to cook]

- (1) Thaw the white lupine bean and navy bean paste and green soy bean paste at room temperature or
- (2) Thaw the dumplings at room temperature.
- (3) Put the white lupine bean and navy bean paste in a pan, heat it on a stove burner, add skimmed milk, butter and sugar and mix well until smooth.
- (4) Cook green bean paste in a separate pan in a similar manner.
- (5) Let (3) and (4) cool down for a while and serve the dumplings with the bean pastes.

Nutritive values are described for each recipe.

### [Nutritive values of the dish (per serving)]

|               |     |                 |      |                     |       |
|---------------|-----|-----------------|------|---------------------|-------|
| Energy (kcal) | 219 | Magnesium (mg)  | 48   | Vitamin C (mg)      | 15.00 |
| Protein (g)   | 6.1 | Zinc (mg)       | 0.9  | Dietary fiber (g)   | 5.1   |
| Fat (g)       | 5.1 | Vitamin A (μg)  | 33.0 | Salt equivalent (g) | 0.2   |
| Calcium (mg)  | 117 | Vitamin B1 (mg) | 0.19 |                     |       |
| Iron (mg)     | 1.3 | Vitamin B2 (mg) | 0.16 |                     |       |