

# Banana Oatmeal Cookies

Ingredients	Quantities	Shopping List
Bananas	2 large, very ripe	2 whole
Oats (raw)	1 ¾ cups	1 container
Dark chocolate chips	1/3 cup	1 bag
Cinnamon	To taste	1 container

Tools
Baking Sheet
Forks
Bowl



Staff	1
Servings	12
Prep Time	10 min
Cook Time	15 min
Total Time	25 min

## Instructions:

1. Preheat oven to 350 degrees F and grease a cookie sheet.
2. Mash bananas with clean hands or a fork and add the oats, mixing well to combine. Fold in the chocolate chips and add cinnamon if desired.
3. Scoop 2 Tbsp of the mixture onto the cookie sheet and shape into a ball. Place balls 1 inch apart.
4. If cookies seem too runny, add oats. Bake for 15-20 minutes until cookies are golden on top.

## Talking Points:

Since we did NOT use eggs in these cookies, the cookie dough is safe to eat raw.

Always remember to wash your hands before and after food preparation. We all carry germs and when we don't wash our hands, we transfer those germs onto the food. This can lead to people getting sick!

Bananas provide a wide variety of vitamins and minerals, as well as fiber. Fun facts:

- Did you know that bananas float in water?
- Bananas are a great pre-workout snack because they are high in carbohydrates, which give us quick energy, and potassium, which helps our nerves and muscles during exercise.
- Humans share about 50% of our DNA with bananas.
- Bananas are scientifically considered berries.
- India is the world's leading producer of bananas.

# Black Bean and Corn Salad

Ingredients	Quantities	Shopping List
Corn, canned, no salt added	3 ¾ cup	2 cans
Cucumber	1 ½ cup, chopped	1 large or 2 small
Basil	½ cup, chopped	1 container
Chives	¼ cup, chopped	1 bunch
Black beans , no salt added	1 ½ cup, rinsed and drained	1 can
Corn tortillas (NOT chips)	20	1 bag
Cumin	½ tsp	1 container
Salt	½ tsp	-

<b>Staff</b>	2
<b>Servings</b>	10
<b>Prep Time</b>	10 min
<b>Cook Time</b>	0 min
<b>Total Time</b>	10 min



Tools
Knife
Cutting board
Bowl
Spoon

## Instructions:

1. Mix corn, cucumber, basil, chives and black beans in a bowl. Add cumin and salt and mix. Serve with or without corn tortillas.

## Talking Points:

Cucumbers: Cucumbers contain a high amount of vitamin K, which the body needs to be able to heal after an injury. Vitamin K is also good for bone and heart health, which can affect every aspect of daily life. Cucumbers are also low in calories and can be dipped in hummus, ranch, yogurt, or any other type of dip.

Black Beans: Black beans are a great, affordable source of protein. Protein helps make up our bones, muscles, skin and blood, so it is important to get enough of it in your diet. Black beans also contain a high amount of fiber. Eating a lot of fiber helps prevent heart disease, diabetes, weight gain, and even some cancers.

# Black Bean Quesadillas



<b>Servings</b>	12
<b>Staff</b>	2
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Total Time</b>	20 min

<b>Tools</b>
Can opener
Measuring cups
Cutting board
Knife
Skillet (2)
Spatula
Bowl
Spoon

<b>Ingredients</b>	<b>Quantity</b>	<b>Shopping List</b>
Black beans	3 15-ounce cans	3 cans
Green bell pepper	3 diced	3 whole
Red bell pepper	3 diced	3 whole
White onion	3 diced	3 whole
Shredded cheese, low-fat	1 ½ cups	1 bag
Whole-wheat tortillas	12 8-inch tortillas	1 bag
Olive oil	4 teaspoons (divided)	1 jar
Fajita Seasoning	6 teaspoons	1 container
Tomatoes	6 diced	6 whole
Non-fat or low-fat plain yogurt	12 tablespoons (divided)	1 tub

## Instructions:

1. Combine rinsed and drained beans and cheese in a medium bowl.
2. Add 2 teaspoons olive oil to a large skillet over medium to high heat.
3. Add the peppers, onions, and fajita seasoning and sauté until tender and starting to brown.
4. Combine the peppers and onions with the bean and cheese mixture.
5. Put 2 teaspoons olive oil in another skillet and heat over medium heat.
6. Place tortillas in skillet and add even portions of the mixture to each tortilla. Fold the tortillas in half.
7. Cook the quesadillas in the skillet, turning once, until the tortillas are golden on both sides.
8. Remove from heat and top with diced tomatoes and a tablespoon of plain yogurt on each quesadilla.

## Talking Points:

- When we use canned beans, we rinse them to get rid of some of the extra sodium. Too much sodium in our diets can be harmful to our heart health. Rinsing them also makes them less likely to give you gas.
- When using a hot skillet remember to be careful not to touch the skillet. Using a spatula will help you flip the quesadilla without burning your fingers.
- Yogurt is a great replacement for sour cream. It tastes similar but has less fat and more protein. Yogurt is also a great source of calcium. Protein and calcium are both key ingredients to growing strong and healthy!

# Blueberry Peach Oatmeal

Ingredients	Quantities	Shopping List
Oats, old-fashioned	4 cups	1 large container
Water	8 cups	-
Peaches, fresh	4 large, chopped and divided	4 large
Blueberries, fresh	4 cups, divided	2 pints
Vanilla extract	4 tsp	1 container
Cinnamon	2 tsp	1 container

\*If blueberries and peaches are not in season, feel free to buy them frozen and thaw.

Tools
Large microwaveable bowl
Spoons
Serving bowls
Knife
Cutting board
Measuring cups/spoons

<b>Staff</b>	1
<b>Servings</b>	8
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Total Time</b>	10 min



## Instructions:

1. Add oats, water, vanilla, cinnamon, half of the peaches and half of the blueberries to a large microwaveable bowl and stir.
2. Microwave for 2 min and stir. Continue microwaving until oatmeal is the desired consistency.  
\*Be sure to watch the oatmeal in the microwave. It can easily spill over the bowl as it heats.
3. Spoon into serving bowls. Top with remaining peaches and blueberries.

## Talking Points:

**Oats:** Oats are a great choice for breakfast, a snack, or even dessert. Did you know that a serving of oats has roughly the same amount of protein as an egg? Oats also have fiber, which helps your digestion and keeps you feeling full. Try to choose whole oats instead of instant oats. Your body will take longer to digest whole oats, meaning you'll stay full longer, and instant packets are often loaded with sugar. If you do choose instant packets, look for the plain kind, which shouldn't have added sugar. You can add fruit to your oatmeal and it will taste just as sweet, but will be a lot better for you!

**Peaches:** Peaches are a summer fruit filled with fiber, vitamins, minerals and antioxidants. The fresher and riper the peach, the more antioxidants it contains (and the more your body is protected from disease). If you buy canned peaches, try to get peaches that are packed in water instead of syrup. Peaches that are packed in syrup have a lot of added sugar that your body doesn't need. Try adding peaches to yogurt or just eating them on their own!

# Build-Your-Own Banana Splits

Ingredients	Quantities	Shopping List
Bananas	10 large	10 large
Greek yogurt, plain, nonfat	5 cups	1 large container
Blueberries or Blackberries	1 container	1 container
Raspberries	1 container	1 container
Strawberries	1 container	1 container

Tools
Knife
Plates
Spoons
Cutting board
Measuring cup



<b>Staff</b>	1
<b>Servings</b>	10
<b>Prep Time</b>	5 min
<b>Cook Time</b>	0 min
<b>Total Time</b>	5 min

## Instructions:

1. Split bananas in half (lengthwise) carefully with a knife.
2. Add ½ cup Greek yogurt to each.
3. Sprinkle with desired toppings.

## Talking Points:

**Berries:** Berries are high in antioxidants, which protect our bodies, as well as vitamins and minerals. They are also high in fiber, which helps reduce hunger and increase feelings of fullness. Berries can be added to cereal, salads, yogurt, or just eaten on their own.

**Greek yogurt:** Plain non-fat Greek yogurt is a much healthier alternative to ice cream when making banana splits. Greek yogurt is yogurt that has been strained, making it thicker than other yogurts. It's high in protein, which can keep you feeling full longer. It also has calcium, which is good for your bones, and probiotics, which help your gut.

# Carrot Fries



<b>Servings</b>	12
<b>Staff</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	25 min
<b>Total Time</b>	30 min

Ingredients	Quantities	Shopping List
Carrots	6 cups	2 bags
Olive oil	4 Tablespoons	1 jar
Salt and Pepper	1 teaspoon each	1 box

Tools
Knife
Baking sheet
Bowl
Spoon
Measuring spoons

## Instructions:

1. Preheat oven to 425 degrees F.
2. Cut carrots in the shape of French Fries.
3. Mix carrots, olive oil, salt and pepper in a bowl.
4. Spread carrots evenly on a baking sheet and bake for 20-25 minutes.

## Talking Points:

- Remember to handle hot items in the kitchen with a potholder or towel. Do not try to move a hot item without protecting your skin. If in doubt ask an adult for help.
- Carrots are a great way to add more color to your meals. Did you know not all carrots are orange? There are also purple, yellow, red and white carrots.
- Carrots are also a great source of fiber and vitamins A and C, which give you healthy vision and a strong immune system.



# Chicken Taco Burger

Ingredients	Quantities	Shopping List
Ground chicken (lean)	6 lbs	5 packs (1.3 lbs each)
Jalapeno	2, chopped	2 whole
Cilantro	1 cup, chopped	1 bunch
Olive oil	-	1 jar
Lime	4 large, juiced	4 whole
Scallions	6, chopped	1 bunch
Garlic	6 teaspoons, minced	1 jar
Red onion	2, chopped	2 whole
Whole wheat buns	12	1-2 packages
Lettuce	1 head, sliced	1 head
Tomatoes	2 large, sliced	2 large

<b>Staff</b>	2
<b>Servings</b>	12
<b>Prep Time</b>	15 min
<b>Cook Time</b>	25 min
<b>Total Time</b>	40 min



Tools
Spatula
Baking sheets
Knife
Spoon
Bowl
Measuring spoons

## Instructions:

1. Preheat oven to 375 degrees F.
2. Place chicken, cilantro, jalapeno, scallions, lime and garlic in a bowl.
3. Mix all and form into patties.
4. Rub olive oil on baking sheets and place patties on baking sheets.
5. Bake in oven for 15 minutes.
6. Flip patties and bake for an additional 7 minutes.
7. Build your burger with veggies and whole wheat buns.

## Talking Points:

Ground chicken: Ground chicken is a good source of protein, and replacing ground beef with ground chicken reduces saturated fat, which increases bad cholesterol and risk of heart disease.

Jalapenos: Jalapenos are a good source of vitamins and fiber. They also contain antioxidants, which can help prevent cancer. Jalapenos can vary in spiciness depending on when they were picked and how they are prepared. If you don't like a lot of spice, try adding just a little bit of jalapeno to your meals.

# Cinnamon-Roasted Sweet Potatoes

Ingredients	Quantities (for 8)	Shopping List
Sweet potatoes	4 whole	4 whole
Olive oil	4 Tbsp	1 container
Cinnamon	2 tsp	1 container

<b>Staff</b>	1
<b>Servings</b>	8
<b>Prep Time</b>	10 min
<b>Cook Time</b>	30 min
<b>Total Time</b>	40 min

Tools
Knife
Cutting board
Measuring spoons
Baking sheet
Bowl
Spoon

## Instructions:

1. Preheat oven to 375 degrees.
2. Wash, peel and cut the sweet potatoes into 1-inch cubes.
3. In a large bowl, combine the olive oil and cinnamon. Add the sweet potatoes and toss to coat.
4. Dump the potatoes onto a baking sheet. Roast for 25-30 minutes, stirring halfway through.

## Talking Points:

Sweet potatoes are high in fiber, as well as Vitamin A, Vitamin C and potassium. Because they are so full of fiber, they help you stay full longer, which can prevent overeating. They also can be used in various dishes (whether they are eaten alone or added to a side dish).

Did you know that you can eat the skin of the sweet potato? Just make sure you wash it first!





# English Muffin Veggie Pizzas

Ingredients	Quantities	Shopping List
Whole grain English muffins	8 whole	1 package
Mozzarella cheese, skim, shredded	1 cup	1 bag
Tomato sauce, no added salt	1 can	1 can
Roma tomatoes	2 whole	2 whole
Spinach, baby leaves	1 container	1 container
Bell peppers, red or green	2 large	2 large
Italian seasoning	To taste	1 container
Black olives, canned, sliced	1 can	1 can

Tools
Toaster
Microwave
Knife
Cutting board
Can opener
Plates
Measuring spoons

<b>Staff</b>	1
<b>Servings</b>	8
<b>Prep Time</b>	20 min
<b>Cook Time</b>	0 min
<b>Total Time</b>	20 min



## Instructions:

1. Chop bell peppers and slice tomatoes. Open cans and drain the can of olives.
2. Split English muffins in half and toast them (2 halves per child).
3. Spoon tomato sauce over each English muffin half.
4. Sprinkle 1 Tablespoon shredded mozzarella on each half.
5. Top with desired veggies and season with Italian seasoning.
6. Microwave until cheese is melted and serve.

## Talking Points:

**Spinach:** Spinach is one of the healthiest foods you can eat. It's low in calories and high in fiber, vitamins, and minerals. It can help boost your immune system so you don't get sick as much, and reduce the risk of cancer and high blood pressure. Can you think of other foods you can add spinach to?

**Italian seasoning:** This seasoning is a blend of dried herbs like basil, oregano, rosemary and thyme. Instead of adding more salt to your food, try to season it with herbs. It will taste just as delicious!

**Black olives:** When shopping for olives, look for the unsalted version. If you can't find that, rinse the olives before you eat them to reduce the amount of sodium you're eating. Be sure not to add additional salt, since olives already have plenty!

# Fruit Kabobs

Ingredients	Quantities	Shopping List
Pineapple	½ whole	1 whole
Orange	3 whole	3 whole
Grapes	½ bag	1 bag
Strawberries	1 carton	1 carton



Tools	
Knife	
Cutting board	
Kabob sticks	

<b>Staff</b>	1
<b>Servings</b>	10
<b>Prep Time</b>	10 min
<b>Cook Time</b>	0 min
<b>Total Time</b>	10 min

## Instructions:

1. Cut fruit.
2. Lay out fruit and let children assemble fruit on their kabob sticks.

## Talking Points:

- Pineapples are high in vitamin C and magnesium. Magnesium is important for many parts of the body including your muscles and bones.
- Oranges are an excellent source of vitamin C which can boost your immune system and keep you from getting sick. They are also a very good source of dietary fiber. Did you know that there are over 600 varieties of oranges in the world?
- Packed with vitamins, fiber, and particularly high levels of antioxidants, strawberries are a fantastic sodium-free, fat-free, low-calorie snack. You can eat them by themselves or add them to salads, muffins, oatmeal, or yogurt.
- Try to eat at least five servings of fruits and vegetables every day. If you eat one of these kabobs, you've already eaten one serving!

# Fruit Pizzas

Tools
Knife
Cutting board
Plates
Spoon
Bowl



<b>Staff</b>	1
<b>Servings</b>	12 (1 pizza each)
<b>Prep Time</b>	15 min
<b>Cook Time</b>	0 min
<b>Total Time</b>	15 min

Ingredients	Quantities	Shopping List
Tortillas, whole wheat	12 medium	1 bag, medium tortillas
Greek yogurt, plain, nonfat (no added sugar)	1 cup	1 large container
Strawberries	1 cup	1 box
Grapes	1 cup	1 bag
Mandarin oranges	1 cup	1 can (canned in juice)
Pineapple	1 cup	1 can (canned in water)
Vanilla extract	1 tsp	1 container
Orange, whole	1 ½ Tbsp (juice)	1 whole

## Instructions:

1. In a bowl, mix yogurt, vanilla and orange juice until fully blended together.
2. Slice strawberries; drain mandarin oranges and pineapple and slice into smaller pieces; cut grapes in half.
3. Spread yogurt mixture onto tortillas and top with fruit.

## Talking Points:

**Greek yogurt:** Plain non-fat Greek yogurt is a healthier alternative to more sugary yogurts. Greek yogurt is yogurt that has been strained, making it thicker than other yogurts. It's high in protein, which can keep you feeling full longer. It also has calcium, which is good for your bones, and probiotics, which help your gut. Mix it with fruit for a healthy snack, or even dessert!

**Vanilla:** Vanilla is used to add a sweet flavor to the yogurt without adding sugar. Vanilla comes from the vanilla bean, which was first used by the Mayans in chocolate drinks as a flavoring agent.

**Whole wheat tortillas:** Don't eat tortillas by themselves. Be sure you have a balance of healthy carbs (from the tortilla and fruit), protein (from yogurt) and vitamins and minerals (from fruit).

## Hawaiian Chicken with Cilantro Lime Rice

Ingredients	Quantities	Shopping List
Instant brown rice	3 cups dry	2 boxes
Garlic, minced	3 tsp	1 jar
Limes	1/3 cup juice	5-6 limes
Olive oil	3 Tbsp	1 jar
Cilantro	1 bunch, chopped	1 bunch
Salt	¾ tsp	-
Pepper	To taste	-
Chicken tenders (plain, grilled, thawed from frozen)	18	1 large bag
Pineapple	1 ½ whole	2 whole
Bell peppers, red	3 whole	3 whole
Zucchini	3 whole	3 whole
Red onion	2 whole	2 whole

Tools
Knives
Cutting board
Pot
Skillet
Measuring Spoons/Cups
Plates



<b>Staff</b>	1
<b>Servings</b>	12
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Total Time</b>	30 min

### Instructions:

1. Cook rice according to package instructions. While the rice is cooking, add 2 tsp garlic, lime juice and 2 Tbsp olive oil to a large bowl and whisk to combine.
2. Add the rice and cilantro to the bowl and mix well. Season with salt and pepper.
3. Slice the bell peppers and zucchini and chop the onion. Cut the pineapple into bite-sized pieces.
4. Cut the thawed chicken into 1-2" pieces.
5. In a large skillet, heat 1 Tbsp olive oil over medium heat. Add the onion and 1 tsp garlic and sauté for 2 minutes. Add bell peppers and zucchini and sauté until veggies are soft.
6. Add the chicken and pineapple and heat until warm. Add salt and pepper to taste. Serve.

### Talking Points:

Brown rice is high in fiber, which can reduce high cholesterol and keep blood sugar under control. It is a whole grain, which helps reduce the risk of heart disease and keeps you feeling full.

Pineapple is a great source of vitamin C and fiber. Did you know that a pineapple can take up to 3 years to grow? Aim to eat 3 different fruits every day!

# Make Your Own Pita Pocket

Ingredients	Quantities	Shopping List
Whole wheat pita pockets	10 pockets	1-2 bags
Hummus	1 container	1 container
Romaine lettuce	1 head	1 head
Tomatoes	2 large	2 large
Cucumbers	2 large	2 large
Carrots	1 bag, shredded	1 bag, shredded

Tools
Plates
Bowls
Serving spoons
Knife
Cutting board



Staff	1
Servings	10
Prep Time	15 min
Cook Time	0 min
Total Time	15 min

## Instructions:

1. Slice tomatoes and cucumbers and chop lettuce. Place tomatoes, cucumbers, lettuce and shredded carrot into separate bowls.
2. Set pita pockets and hummus out.
3. Let each person fill a pita pocket with desired fillings.

## Talking Points:

Whole wheat vs white bread: The difference is in the way the grain is processed. With whole wheat bread, the grain has been less processed and still contains a lot of the fiber and vitamins that are missing from white bread. This means that you'll stay full longer if you choose whole wheat bread, and the same is true for white vs brown rice and whole grain vs plain pasta. Try to make at least half your grains whole grains each day!

Hummus: Hummus is loaded with health benefits. It's made of chickpeas, which are a type of bean, plus olive oil, lemon juice, salt, garlic and tahini (blended sesame seeds). It has a lot of fiber and protein and is easy to add to your diet in place of less healthy foods like mayonnaise or cheese. Add it to sandwiches or just dip veggies in it!

# Quiche

Ingredients	Quantities	Shopping List
Green beans/cauliflower	2/3 cup, chopped	1 bag/1 head
Mushrooms	2/3 cup, sliced	1 container
Low-fat cheese, shredded	1 1/3 cup	1 bag
Eggs	7 eggs	1 carton
Skim milk	1 1/3 cup	½ gallon
Salt	1/3 tsp	1 container
Pepper	To taste	1 container
Chicken (boneless, skinless)	3 lbs, chopped	3 lbs
Tomatoes	2/3 cup, chopped	1 large tomato
Pie crust (frozen)	1 crust	1 package

<b>Staff</b>	2
<b>Servings</b>	10
<b>Prep Time</b>	30 min
<b>Cook Time</b>	45 min
<b>Total Time</b>	1 hr 15 min



Tools
Bowl
Spoon
Knife
Cutting board
Baking sheet

## Instructions:

1. Heat oven to 375 degrees F. If the pie crust is frozen, let it thaw for 15 minutes.
2. Cook chicken according to bag instructions and chop into bite-sized pieces.
3. Boil green beans/cauliflower until cooked, and then chop.
4. Layer the vegetables and cheese in the pie crust.
5. Mix the eggs, cream, milk, salt and pepper. Add chicken and mix thoroughly.
6. Pour the egg mixture over the vegetables and cheese into the pie crust. Fill the crust as much as possible, without letting the egg spill over.
7. Bake for 35-45 minutes, until the center of the quiche has firmed up.

## Talking Points:

**Green beans:** Green beans contain a high amount of fiber, which lowers cholesterol levels and helps control blood sugar levels. They also contain vitamin C, which helps protect the immune system and is important for bone, eye and skin health.

**Cauliflower:** Cauliflower also contains a lot of fiber and vitamin C, as well as potassium, which is essential for controlling blood pressure, and maintaining heart and bone health.

**Eggs:** Eggs are an inexpensive source of protein, which the body needs to be able to make new cells and repair old ones. Eggs also contain vitamin B12, which is important for heart health, hormone balance, and digestive health, among others.



# Rainbow Veggie Pinwheels

Ingredients	Quantities	Shopping List
Spinach tortillas	12 large	1 package
Greek yogurt, nonfat, plain	1 cup	1 container
Garlic powder	2 tsp	1 container
Onion powder	½ tsp	1 container
Lemon juice	1 Tbsp	1 large lemon
Salt	½ tsp	1 container
Dried dill or fresh chives	1 tsp	1 container or 1 bunch
Red bell peppers	1 ½ cups sliced	1 large
Yellow bell peppers	1 ½ cups sliced	2 large
Baby spinach	1 ½ cups	1 bag
Purple cabbage	1 ½ cups	1 head
Carrots	1 ½ cups sliced	1 bag (large carrots)

Tools
Knife
Cutting board
Plates
Spoon
Peeler
Bowls

<b>Staff</b>	1
<b>Servings</b>	12
<b>Prep Time</b>	20 min
<b>Cook Time</b>	0 min
<b>Total Time</b>	20 min



## Instructions:

1. For ranch dressing: In a large bowl, mix together Greek yogurt, garlic powder, onion powder, lemon juice, salt, and dried dill (or fresh chopped chives, if using). Add water if mixture is too thick.
2. Thinly slice bell peppers. Peel and cut carrots into strips. Chop the purple cabbage. Put in bowls.
3. Leaving a 1-inch border on all sides, lay out 2 Tablespoons of each vegetables in rows across the tortillas.
4. Roll up each tortilla tightly. Cut crosswise into pinwheels and serve.

## Talking Points:

Spinach is an excellent source of many vitamins and minerals, and can help your body fight off disease and illness. It's low in calories and high in fiber, so adding it to meals and snacks will help you stay feeling full. It can be eaten raw or cooked, so be creative with ways to add it to your food!

Purple cabbage contains a lot of vitamins and minerals, one of which is vitamin C. Vitamin C boosts our immune systems, and in fact, one cup of chopped purple cabbage has the same amount of vitamin C as a small orange! The reason this cabbage is purple is because it contains *anthocyanins*, which are very good for your body and reduce your risk of heart disease. Try to see how many different colors you can get on your plate this week!

# Salad Bar with Dressing



<b>Servings</b>	10
<b>Staff</b>	2
<b>Prep Time</b>	15 min
<b>Cook Time</b>	0 min
<b>Total Time</b>	15 min

<b>Dressing Ingredients: (for 2 cups)</b>	<b>Quantities</b>	<b>Shopping List</b>
Olive oil	2/3 cup	1 bottle
White wine vinegar	2/3 cup	1 bottle
Garlic powder	2 tsp	1 box
Thyme	1 tsp	1 box
Oregano	1 tsp	1 box
Basil	2 tsp	1 box
Salt	Pinch	1 shaker

<b>Tools</b>
Can opener
Knife
Cutting board
Whisk
Bowls
Spoons/Measuring spoons

<b>Salad Ingredients</b>	<b>Quantities</b>	<b>Shopping List</b>
Spinach	-	2 bags
Romaine lettuce	-	2 bags
Baby kale	-	1 bag
Cucumbers	-	2 cucumbers
Cherry tomatoes	-	1 box
Bell peppers	-	2 whole
Red onions	-	2 onions
Shredded carrots	-	1 bag
Low-fat cheese	-	1 bag
Black beans	-	1 can
Apples	-	2 apples
Berries	-	1 box

**Instructions for dressing:**  
1. Mix all the wet ingredients in a bowl. Then, mix all the dry ingredients in a separate bowl.

2. Add the wet ingredients to the dry ingredients and whisk until combined.

**Instructions for salad bar:**

1. Wash and chop all vegetables and apples. Put all ingredients out on a table.

2. Let children create their own salad, explaining base ingredients (spinach, lettuce, kale), protein (cheese and black beans) and fruit and vegetables.

**Talking Points:**

- The best way to know if you are eating a healthy meal is to pay attention to your plate. If half of your plate is full of colorful fruits and vegetables and you are eating those first, then you are eating a healthy meal!
- Dark leafy greens can be the base of any salad. They are very nutritious and help you grow strong and healthy, they are very rich in fiber, iron, and plenty of vitamins and minerals that help us grow strong and healthy!
- Remember to wash your leafy greens well if they are not already labeled pre-washed or ready-to-eat. Washing only requires water, do not use soap!

# Spinach and White Bean Soup



<b>Staff</b>	3
<b>Servings</b>	12
<b>Prep Time:</b>	20 min
<b>Cook Time:</b>	45 min
<b>Total Time:</b>	1 hr 5 min

Ingredients	Quantities	Shopping List
Olive Oil	2 Tbsp	1 jar
Garlic	6 cloves	1 jar
Onion	2 diced	2 whole
Thyme	1 tsp	1 container
Basil	1 tsp	1 container
Veggie Stock	8 cups	2 boxes
Bay Leaves	4 leaves	1 container
Orzo Pasta (wheat)	2 cups	1 box
Spinach	4 cups	1 bag
Cannellini Beans, rinsed and drained	2 15-oz cans	2 cans
Lemon	Juice from 2	2 whole
Carrots	6 cups, chopped	1 bag
Parsley	4 Tbsp chopped	1 container
Pepper	To taste	-

Tools
Spoon
Large pot
Citrus squeezer
Ladle
Knives
Cutting boards

## Instructions:

1. Heat olive oil in a large pot over medium heat.
2. Add garlic and onion and cook, stirring frequently, until onions have become translucent (2-3 min).
3. Stir in thyme and basil until fragrant (1 min).
4. Whisk in vegetable stock, bay leaves and 1 cup water; bring to a boil.
5. Stir in orzo; reduce heat and simmer until orzo is tender (10-12 min).
6. Stir in spinach and cannellini beans until the spinach has wilted (2 min).
7. Stir in lemon juice and parsley; season with pepper. Serve hot.

## Talking Points:

**Carrots:** Many people know that carrots are good for eyesight, but they also protect against cardiovascular disease. Carrots taste significantly different if they are boiled, baked or steamed, so try cooking carrots different ways.

**Garlic:** Garlic is a great way to flavor foods without adding fat, salt, or sugar. It also helps reduce cholesterol and triglycerides and can help increase the body's ability to absorb iron.

**Spinach:** Spinach, along with other dark green leafy veggies, is a good source of iron. It is abundant in Vitamin K and A, along with other vitamins and minerals that are harder to find elsewhere.

# Spinach Balls



Tools
1 Large Bowl
Baking sheets
Spoon
Measuring spoons

<b>Staff</b>	1
<b>Servings</b>	10 (4-5 balls each)
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Total Time</b>	25 min

Ingredients	Quantity	Grocery List
Spinach (frozen, cooked)	2.5 cups	1 bag
Whole wheat Saltine crackers (crushed)	2 cups	1 box
Parmesan Cheese (grated)	$\frac{3}{4}$ cups	1 bag
Eggs	2 eggs	1 small carton
Olive Oil	$\frac{1}{4}$ cup	1 small jar
Garlic	1 tsp	1 container

## Instructions:

1. Preheat oven to 350 degrees F.
2. In a large bowl combine spinach, crackers, Parmesan cheese, eggs, olive oil and garlic.
3. Form mixture into heaping tablespoon-sized balls.
4. Place onto a baking sheet, and bake for 10-15 minutes until lightly browned.
5. Serve hot.

## Talking Points:

- Low in fat and even lower in cholesterol, **spinach** is high in niacin and zinc, as well as vitamins, minerals, protein and fiber. In other words, it's loaded with good things for every part of your body!
- Parmesan cheese is lower in fat than many other cheeses, but be sure to limit the amount of cheese you eat. It's high in calories, fat and salt and should be eaten only every once in a while.

# Sweet and Savory Grilled Cheese



<b>Prep time</b>	10 min
<b>Cook time</b>	5 min
<b>Total time</b>	15 min
<b>Staff:</b>	2
<b>Servings</b>	10

<b>Ingredients</b>	<b>Quantities</b>	<b>Shopping List</b>
Whole grain bread	20 slices	1 loaf
White cheddar, low-fat	10 slices	1 pack
Olive Oil	5 teaspoons	1 small bottle
Green Apple, sliced	5 whole	5 apples

<b>Tools</b>
Skillet or Toaster
Knives
Cutting boards
Spatula

## **Instructions:**

1. Toast the slices of bread lightly in a toaster so they are crispier (optional).
2. Lightly spread  $\frac{1}{2}$  tsp olive oil on one side of each slice.
3. With the skillet on medium heat, add two slices of bread (oil side down) and top each with one slice of cheese.
4. Top with a sliced green apple and then top with the other slice of bread - oil side up.
5. Cook on each side until golden brown and crisp (2-3 minutes), being careful not to burn.
6. Slice in half and serve warm. Reheats well the next day under the broiler.

## **Talking Points:**

A sandwich is a great way to have a balanced meal all in one. The cheese will give you calcium and some protein, the whole grain bread will give you fiber, and the apple will give you fiber and vitamins!

Remember to wash your apple before you slice it and watch your fingers as you slice. Ask an adult to help if you do not feel comfortable slicing the apples.



# Turkey Taco Lettuce Wraps

Ingredients	Quantities	Shopping List
99% lean ground turkey	4 lbs	4 lbs
Garlic powder and cumin	1 Tbsp each	1 container each
Salt	1 ½ tsp	1 container
Chili powder	3 tsp	1 container
Paprika	3 tsp	1 container
Oregano	1 ½ tsp	1 container
Onion	1 ½ chopped	2 whole
Bell pepper	1 ½ chopped	2 whole
Water	2 ¼ cup	-
Tomato sauce	3 4-oz cans	3 4-oz. cans
Iceberg lettuce	1 head	1 head
Reduced-fat shredded cheddar	1 ½ cup	1 bag
Tomatoes	2 chopped	2 whole
Salsa	-	1 jar
Black beans, no salt added	2 cans, rinsed and drained	2 cans

<b>Staff</b>	2
<b>Servings</b>	12
<b>Prep Time</b>	15 min
<b>Cook Time</b>	30 min
<b>Total Time</b>	45 min



Tools
Knife
Cutting board
Skillet
Bowl
Spoon

## Instructions:

1. Mix together dry seasoning (garlic powder, cumin, salt, chili powder, paprika, oregano)
2. Brown turkey in a large skillet, breaking it into smaller pieces as it cooks. When no longer pink, add dry seasoning and mix well.
3. Add the onion, pepper, water and tomato sauce and cover. Simmer on low for 20 minutes.
4. Wash and dry the lettuce. Divide the meat and place in the center of each leaf, and add desired toppings. \*Limit each child to 2 Tbsp cheese and focus on other toppings.\*

## Talking Points:

Lettuce wraps: Using lettuce instead of tortillas is a great way to save on calories and refined carbohydrates while still getting the taste of a turkey taco. Lettuce is also a good source of Vitamin A, which helps maintain healthy skin and tissue, and Vitamin K, which is good for bone health and blood clotting.

Black beans: Black beans are a great source of protein without the high amount of fat that can come from meat. They also contain a high amount of iron, which is important preventing anemia.

Ground turkey: If you choose to buy ground meats, make sure you choose lean versions to cut down on the fat. For example, try 99% lean instead of 85% lean.



# Zucchini Pizza Boats with Marinara Sauce

Ingredients for Pizza Boats	Quantities	Shopping List
Zucchini	12	12 whole
Olive oil	2 Tbsp	1 jar
Garlic	2 cloves	2 cloves
Mozzarella, part skim	1 cup	1 bag
Parmesan cheese	2/3 cup	1 bag
Oregano	4 Tbsp	1 container
Ground chicken	2 lbs, cooked	2 lbs
Ingredients for Marinara Sauce	Quantities	Shopping List
Olive oil	¼ cup	-
Garlic	2 cloves	2 cloves
Tomatoes	6 whole	6 whole
Oregano	1 tsp	-
Basil	1 Tbsp	1 container
Salt	½ tsp	1 container
Pepper	¼ tsp	1 container
White grape juice	½ cup	1 box/bottle
Lemon juice	¼ Tbsp	1 lemon
Tomato paste	6 oz	1 can

### Instructions for Pizza Boats:

1. Preheat oven to 400 degrees F and grease baking sheets. Cook chicken in skillet until no longer pink.
2. Cut zucchini into halves the long way and pat inside dry with paper towels.
3. In a bowl, mix together olive oil and garlic. Brush zucchini with garlic mix.
4. Sprinkle zucchini with salt and pepper and top with 1 Tablespoon of marinara sauce.
5. Sprinkle with mozzarella cheese and parmesan cheese. Be sure to add NO more than the amounts in the recipe.
6. Add chicken and bake for 12-18 minutes. Top with oregano and serve with marinara sauce.

### Instructions for Marinara Sauce:

1. Stew tomatoes until tender.
2. Heat oil in a large saucepan. Add garlic and onion and cook until tender.
3. Add all other ingredients and cook for 30 minutes on low.
4. Puree sauce in blender.

<b>Staff</b>	2
<b>Servings</b>	12
<b>Prep Time</b>	10 min
<b>Cook Time</b>	45 min
<b>Total Time</b>	55 min



Tools
Baking sheet
Pot
Saucepan
Blender
Bowl
Knife
Measuring cups

### Talking Points:

**Zucchini:** Zucchini contains potassium, which can help control blood pressure. It is also high in manganese, which promotes calcium absorption and helps keep blood sugar levels balanced.

**Oregano:** Using oregano is a good way to add flavor to a dish without adding extra calories, salt or fat. It also contains vitamin K, which the body needs to heal from injuries.