



# Teaching Kitchen Outreach

## Banana Oatmeal Cookies

Ingredients	Quantity	Shopping List
Bananas	2 medium bananas	2 whole
Oats (raw)	1/2 cup	1 container
Cinnamon	To taste	1 box

### Instructions:

1. Preheat oven to 350°F.
2. Mash bananas with clean hands or a fork and make a small ball out of banana and oatmeal.
3. Top with cinnamon if desired.
4. If cookies seem too runny, add oatmeal.
5. Flatten and place cookies on greased cookie sheet and bake at 350°F for 10-15 minutes.

Servings	6
Prep Time	10 min
Cook Time	15 min
Total Time	25 min



Tools
Cookie Sheet
Forks
Bowl



# Teaching Kitchen Outreach

## Black Bean & Corn Salad

Ingredients	Quantities	Shopping List
Corn, canned, no salt added	1 3/4 cup, chopped	2 cans
Cucumber	3/4 cup, chopped	1 large or 2 small
Basil	1/4 cup, chopped	1 container
Chives	2 Tbsp, chopped	1 bunch
Black beans , no salt added	3/4 cup, rinsed and drained	1 can
Corn tortillas (NOT chips)	10	1 bag
Cumin	1/4 tsp	1 container
Salt	1/4 tsp	1 container

### 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.

<b>Servings</b>	5
<b>Total Time</b>	10 min

Tools
Knife
Cutting board
Bowl
Spoon





# Teaching Kitchen Outreach

## Black Bean Quesadillas

Ingredients	Quantity	Shopping List
Black beans	1 15-ounce can	1 can
Green bell pepper	1 diced	1 whole
Red bell pepper	1 diced	1 whole
White onion	1 diced	1 whole
Shredded cheese	½ cups	1 bag
Whole-wheat tortillas	4 8-inch tortillas	1 bag
Olive oil	4 teaspoons (divided)	1 jar
Fajita Seasoning	2 teaspoons	1 container
Tomatoes	2 diced	2 whole
Non-fat or low-fat plain yogurt	4 tablespoons (divided)	1 tub

<b>Servings</b>	4
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Total Time</b>	20 min



### Instructions:

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

### Tools

Can opener
Measuring cups
Cutting board
Knife
Skillet (2)
Spatula
Bowl
Spoon



# Teaching Kitchen Outreach

## Blueberry Peach Oatmeal

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

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

### 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.

<b>Servings</b>	4
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Total Time</b>	10 min

### Tools

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





## Build-Your-Own Banana Splits

Ingredients	Quantities	Shopping List
Bananas	1 large	1 large
Greek yogurt, plain, nonfat	1/2 cup	1 large container
Blueberries or Blackberries	1 container	1 container
Raspberries	1 container	1 container
Strawberries	1 container	1 container

### Instructions:

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

<b>Servings</b>	5
<b>Total Time</b>	5 min

Tools
Knife
Plates
Spoons
Cutting board
Measuring cup







# Teaching Kitchen Outreach

## Carrot Fries

Ingredients	Quantities	Shopping List
Carrots	3 cups	1 bag
Olive oil	2 Tablespoons	1 jar
Salt and Pepper	1 teaspoon each	1 box

Servings	6
Prep Time	5
Cook Time	25
Total Time	30

### 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.



Tools	
Knife	Spoon
Baking sheet	Measuring spoons
Bowl	



# Teaching Kitchen Outreach

## Chicken Taco Burger

Ingredients	Quantities	Shopping List
Ground chicken (lean)	3 lbs	3 packs (1 lb each)
Jalapeno	1, chopped	1 whole
Cilantro	1/2 cup, chopped	1 bunch
Olive oil	-	1 jar
Lime	2 large, juiced	2 whole
Scallions	3, chopped	1 bunch
Garlic	3 teaspoons, minced	1 jar
Red onion	1, chopped	1 whole
Whole wheat buns	6	1 packages
Lettuce	1/2 head, sliced	1 head
Tomatoes	1 large, sliced	1 large

### 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.

<b>Staff</b>	2
<b>Servings</b>	6
<b>Prep Time</b>	15 min
<b>Cook Time</b>	25 min
<b>Total Time</b>	40 min

Tools
Spatula
Baking sheet
Knife
Cutting Board
Spoon
Bowl
Measuring spoons





## Cinnamon-Roasted Sweet Potatoes

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

<b>Servings</b>	4
<b>Prep Time</b>	10 min
<b>Cook Time</b>	30 min
<b>Total Time</b>	40 min

### Instructions:

1. Preheat oven to 375°F.
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.



Tools
Knife
Cutting board
Measuring spoons
Baking sheet
Bowl
Spoon





# Teaching Kitchen Outreach

## English Muffin Veggie Pizzas

Ingredients	Quantities	Shopping List
Whole grain English muffins	4 whole	1 package
Mozzarella cheese, skim, shredded	1/2 cup	1 bag
Tomato sauce, no added salt	1/2 can	1 can
Roma tomatoes	1 whole	1 whole
Spinach, baby leaves	1 container	1 container
Bell peppers, red or green	1 large	1 large
Italian seasoning	To taste	1 container
Black olives, canned, sliced	1 can	1 can

<b>Servings</b>	4
<b>Total Time</b>	20 min

Tools
Toaster
Microwave
Knife
Cutting board
Can opener
Plates
Measuring spoons

### 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.





# Teaching Kitchen Outreach

## Fruit Kabobs

Ingredients	Quantities	Shopping List
Pineapple	¼ whole	1 whole
Orange	1 whole	1 whole
Grapes	¼ bag	1 bag
Strawberries	½ carton	1 carton



Tools
Knife
Cutting board
Kabob sticks

<b>Servings</b>	4
<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.



## Fruit Pizzas

Ingredients	Quantities	Shopping List
Tortillas, whole wheat	6 medium	1 bag, medium tortillas
Greek yogurt, plain, nonfat (no added sugar)	1/2 cup	1 large container
Strawberries	1/2 cup	1 box
Grapes	1/2 cup	1 bag
Mandarin oranges	1/2 cup	1 can (canned in juice)
Pineapple	1/2 cup	1 can (canned in water)
Vanilla extract	1/2 tsp	1 container
Honey	Drizzled	1 jar
Orange, whole	2 tsp (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.

<b>Servings</b>	6 (1 pizza each)
<b>Total Time</b>	15 min

### Tools

Knife

Cutting board

Spoon

Bowl

Cookie Cutter





# Teaching Kitchen Outreach

## Hawaiian Chicken with Cilantro Lime Rice

Ingredients	Quantities	Shopping List
Instant brown rice	1 1/2 cups dry	1 box
Garlic, minced	1 1/2 tsp	1 jar
Limes	1/4 cup juice	3-4 limes
Olive oil	1 Tbsp	1 jar
Cilantro	1/2 bunch, chopped	1 bunch
Salt	1/2 tsp	-
Pepper	To taste	-
Chicken tenders (plain, grilled, thawed from frozen)	6	1 bag
Pineapple	1 whole	1 whole
Bell peppers, red	2 whole	2 whole
Zucchini	1 1/2 whole	2 whole
Red onion	1 whole	1 whole

<b>Servings</b>	6
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Total Time</b>	30 min

Tools
Knives
Cutting board
Pot
Skillet
Measuring Spoons/Cups
Plates



### Instructions:

1. Cook rice according to package instructions. While the rice is cooking, add half the garlic, the lime juice and 1/2 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. In a large skillet, heat 1/2 Tbsp olive oil over medium heat. Add the onion and the rest of the garlic and sauté for 2 minutes. Add bell peppers and zucchini and sauté until veggies are soft. Add the chicken and pineapple and heat until warm. Add salt and pepper to taste. Serve.



# Teaching Kitchen Outreach

## Make Your Own Pita Pocket

Ingredients	Quantities	Shopping List
Whole wheat pita pockets	5 pockets	1 bag
Hummus	1 container	1 container
Romaine lettuce	1 head	1 head
Tomatoes	1 large	1 large
Cucumbers	1 large	1 large
Carrots	1 bag, shredded	1 bag, shredded

Servings	5
Total Time	15 min

Tools
Plates
Bowls
Serving spoons
Knife
Cutting board

### 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.







# Teaching Kitchen Outreach

## Quiche

Ingredients	Quantities	Shopping List
Green beans/cauliflower	1/3 cup, chopped	1 bag/1 head
Mushrooms	1/3 cup, sliced	1 container
Low-fat cheese, shredded	2/3 cup	1 bag
Eggs	4 eggs	1 carton
Skim milk	2/3 cup	½ gallon
Salt	1/3 tsp	1 container
Pepper	To taste	1 container
Chicken (boneless, skinless)	1 lb, chopped	1 lb
Tomatoes	1/3 cup, chopped	1 tomato
Pie crust (frozen)	1 crust	1 package

### 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.

<b>Servings</b>	5
<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



# Teaching Kitchen Outreach

## Rainbow Veggie Pinwheels

Ingredients	Quantities	Shopping List
Spinach tortillas	6 large	1 package
Greek yogurt, nonfat, plain	1/2 cup	1 container
Garlic powder	1 tsp	1 container
Onion powder	1/4 tsp	1 container
Lemon juice	1/2 Tbsp	1 large lemon
Salt	1/4 tsp	1 container
Dried dill or fresh chives	1/2 tsp	1 container or 1 bunch
Red bell peppers	3/4 cup sliced	1 large
Yellow bell peppers	3/4 cup sliced	1 large
Baby spinach	3/4 cup	1 bag
Purple cabbage	3/4 cup	1 head
Carrots	3/4 cup sliced	1 bag (large carrots)



<b>Servings</b>	6
<b>Total Time</b>	20 min

Tools	
Knife	
Cutting board	
Plates	
Spoon	
Peeler	
Bowls	

### 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.



# Teaching Kitchen Outreach

## Salad Bar with Dressing

Dressing Ingredients	Quantities	Shopping List
Olive oil	1/3 cup	1 bottle
White wine vinegar	3 Tbsp	1 bottle
Garlic powder	2 tsp	1 box
Thyme	1 tsp	1 box
Oregano	1 tsp	1 box
Basil	1 tsp	1 box
Salt	1 Pinch	1 container

Salad Ingredients	Shopping List
Spinach	1 bag
Romaine lettuce	1 bag
Baby kale	1 bag
Cucumbers	1 cucumber
Cherry tomatoes	1 box
Bell peppers	1 whole
Red onions	1 onion
Shredded carrots	1 bag
Low-fat cheese	1 bag
Black beans	1 can
Apples	1 apple
Berries	1 box

<b>Servings</b>	5
<b>Total Time</b>	15 min



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

### Instructions for dressing:

1. Whisk all the ingredients in a bowl.

### Instructions for salad bar:

1. Wash and chop all vegetables and apples. Put all ingredients out on a table.
2. Create your own salad, using base ingredients (spinach, lettuce), protein (cheese and black beans) and fruit and vegetables.



# Teaching Kitchen Outreach

## Spinach and White Bean Soup

Ingredients	Quantities	Shopping List
Olive Oil	1 Tbsp	1 jar
Garlic	2 cloves	1 jar or 2 cloves
Onion	3/4 diced	1 whole
Thyme	½ tsp	1 container
Basil	½ tsp	1 container
Veggie Stock	3 cups	1 box
Bay Leaves	2 leaves	1 container
Orzo Pasta (wheat)	2/3 cups	1 box
Spinach	1 ½ cups	1 bag
Cannellini Beans	1 15-oz cans	1 can
Lemon	Juice from 1	1 whole
Carrots	2 cups, chopped	1 bag
Parsley	1 Tbsp chopped	1 container
Salt and Pepper	To taste	-



Tools
Spoon
Large pot
Citrus squeezer
Ladle
Knives
Cutting boards

<b>Servings</b>	4
<b>Prep Time:</b>	10 min
<b>Cook Time:</b>	30 min
<b>Total Time:</b>	40 min

### 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 salt and pepper. Serve hot.





## Spinach Balls

Ingredients	Quantity	Grocery List
Spinach (frozen, cooked)	1 1/4 cups	1 bag
Whole wheat Saltine crackers (crushed)	1 cup	1 box
Parmesan Cheese (grated)	1/3 cup	1 bag
Eggs	1 egg	1 small carton
Olive Oil	3 Tbsp	1 small jar
Garlic	1/2 tsp	1 container

### Instructions:

1. Preheat oven to 350°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.

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

### Tools

1 Large Bowl
Baking sheet
Spoon
Measuring spoons







# Teaching Kitchen Outreach

## Sweet and Savory Grilled Cheese

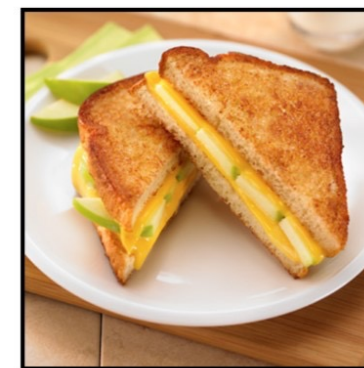
Ingredients	Quantities	Shopping List
Whole grain bread	10 slices	1 loaf
White cheddar, low-fat	5 slices	1 pack
Olive Oil	2 1/2 teaspoons	1 small bottle
Green Apple, sliced	3 whole	3 apples

### Instructions:

1. Toast the slices of bread lightly in a toaster so they are crispier (optional).
2. Lightly spread ½ 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.

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

Tools
Skillet or Toaster
Knives
Cutting boards
Spatula





# Teaching Kitchen Outreach

## Turkey Taco Lettuce Wraps

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

### 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 yourself to 2 Tbsp cheese and focus on other toppings.\*

<b>Servings</b>	6
<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





# Teaching Kitchen Outreach

## Zucchini Pizza Boats with Marinara Sauce

Ingredients for Pizza Boats	Quantities	Shopping List
Zucchini	6	6 whole
Olive oil	1 Tbsp	1 jar
Garlic	1 clove	1 clove
Mozzarella, part skim	1/2 cup	1 bag
Parmesan cheese	1/3 cup	1 bag
Oregano	2 Tbsp	1 container
Ground chicken	1 lb, cooked	1 lb
Ingredients for Marinara Sauce	Quantities	Shopping List
Olive oil	3 Tbsp	-
Garlic	1 clove	1 clove
Tomatoes	3 whole	3 whole
Oregano	1/2 tsp	-
Basil	1 Tbsp	1 container
Salt	1/4 tsp	1 container
Pepper	1/8 tsp	1 container
White grape juice	1/4 cup	1 box/bottle
Lemon juice	1/2 tsp	1 lemon
Tomato paste	3 oz	1 can

<b>Servings</b>	6
<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



### Instructions for Pizza Boats:

1. Preheat oven to 400 degrees F and grease baking sheet. 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. Sprinkle zucchini with salt/pepper and top with 1 Tablespoon of marinara sauce.
5. Sprinkle with mozzarella 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. Add all other ingredients and cook for 30 minutes on low.
4. Puree sauce in blender.