



Give Every Child A Chance Healthy Cookbook

A Collection of Recipes by
Students, Staff and Volunteers of
Give Every Child A Chance
After School Advantage Program



For a **FREE e-Book copy** of this cookbook's recipes,
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Emanuel Areias
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Carol Davis
Unaiza Furqan
Oscar Munguia

Staff & Students at our ASAP sites:

August Knodt Elementary-Manteca Unified School District-Husain Nasir
Banta Elementary-Banta School District-Heather Craft
El Portal Middle School-Escalon Unified School District-Shawndra Kuffel
French Camp Elementary-Manteca Unified School District- Eloisa Rodriguez
George Komure Elementary-Manteca Unified School District-Veronica Ramos
Golden West Elementary-Manteca Unified School District-Ashlyn Lal
Great Valley Elementary-Manteca Unified School District-Jordan Rasmussen
Lathrop Elementary-Manteca Unified School District-Joseph Rasmussen
Lincoln Elementary-Manteca Unified School District-Mosha LeHouillier
Nile Garden Elementary-Manteca Unified School District-Sara Senft
Ripon Elementary-Ripon Unified School District-Jazmen Delgado
Sequoia Elementary-Manteca Unified School District-Alejandra Torres
Shasta Elementary-Manteca Unified School District-Christine Smith

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Foreword

Since 2007 Give Every Child A Chance (GECAC) has been at the forefront of implementing health education programs for our students who attend our after school program. Health education is just as important to us today as it was when we started on this journey. We have developed this Healthy Cookbook as a way to expand on the health information that makes it back to the families of our students. With this book, families can plan meals, shop and cook together. This will allow them to eat healthier and live healthier lives. This can also be a excellent bonding opportunity that can not only lead to happier and healthier families, but can also inspire a wonderful tasting meal with the entire family. This book was a labor of love that follows our belief that healthy children who live healthy lifestyles are the key to avoiding issues later in life such as obesity, diabetes and other illnesses related to unhealthy habits. As you look through the book to find recipes that you will be using, enjoy the artwork that was submitted by our students. We are very proud of their involvement and the dedication of our staff in the making of this cook book.

Chuck Crutchfield
Director of Community Outreach
Give Every Child A Chance





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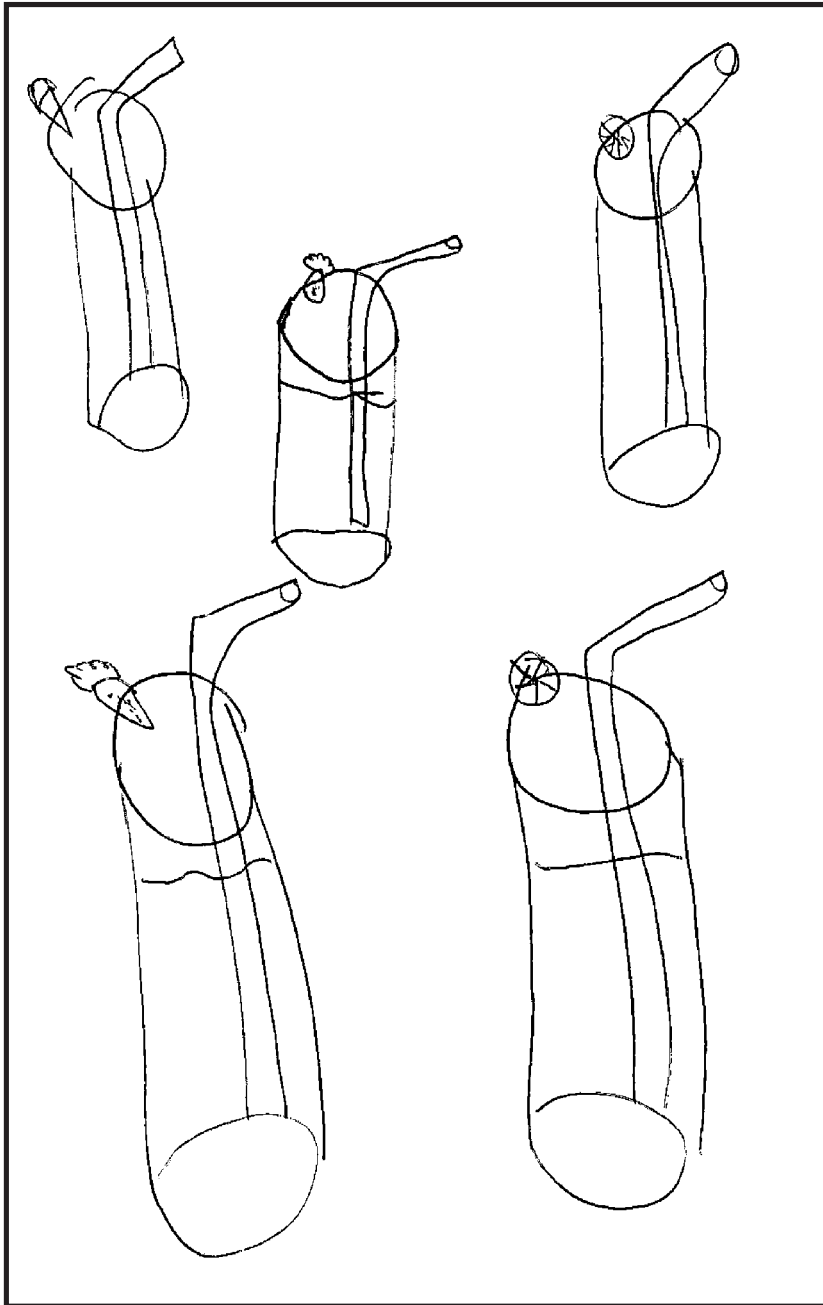


Appetizers, Snacks & Beverages

5/16" Binder allowance



Awesome Applesauce
Kashae & Reese
August Knodt Elementary



Strawberry Banana Smoothies
Rhean
George Komure Elementary

279677-sg-1bk

APPETIZERS, SNACKS & BEVERAGES

BANANA STEEL-CUT OATS

Janeen
4th Grade
George Komure Elementary

2 c. water
2 c. almond milk or soy milk
2 T. honey
2 tsp. vanilla extract
1 tsp. ground cinnamon

¼ tsp. salt
2 ripe bananas, mashed
1 c. steel-cut oats
½ c. fresh blueberries

Stir water, milk, bananas, oats, honey, vanilla, cinnamon and salt in a saucepan together. Cook mixture on low for 30 minutes to an hour or until oats have softened to your liking. Add fresh blueberries before serving. Enjoy!

BANANA SUSHI

Chris
Healthy Lifestyles Coordinator
Give Every Child A Chance

2 large bananas, peeled and ends cut off
½ c. nut butter of your choice (peanut, almond, cashew, etc.)

½ c. preferred toppings (chopped nuts, puffed rice cereal, chia seeds, shredded coconuts, etc.)

First peel your banana and place on a baking sheet that is lined with parchment paper. Evenly spread on nut butter, covering just the top half of your banana. Then, sprinkle on the toppings and press them lightly into the nut butter to ensure they will stick. Using a sharp knife, evenly slice banana. Place banana into the freezer and freeze for about an hour. After an hour, transfer to a plastic storage container (this is so the banana doesn't freeze to the baking sheet). Serve cold. Store banana sushi in freezer.

BANANA, BLUEBERRY, ORANGE SMOOTHIE

Lincoln Students
Lincoln Elementary

¾ c. water
1 medium orange, peeled and halved

1 small frozen banana, peeled
½ c. frozen unsweetened blueberries

Place all ingredients into a blender and blend for 1 minute or until smooth. Serve immediately.

BERRY GREEN SMOOTHIE

Lincoln Students
Lincoln Elementary

2 c. packed spinach
2 c. frozen mixed berries

2 c. coconut water
1 lg. banana

Place all ingredients into blender and blend for 1 minute until smooth. Add ice, if desired, to increase creaminess. Serve immediately.

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BLUEBERRY- POMEGRANATE OATMEAL SMOOTHIE

Sierra
5th Grade
George Komure Elementary

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|---|---|
| 1 c. whole grain rolled oats | ½ c. nonfat or lowfat milk |
| 2 tsp. golden flax seeds | ¼ c. nonfat plain yogurt or nonfat |
| ¾ c. pomegranate juice | plain Greek yogurt |
| 2 c. frozen or fresh blueberries | |

With a clean blender add milk and blueberries and blend until liquid. Add pomegranate juice, oats and flax seeds and blend until smooth. Add yogurt and blend again. Pour entire smoothie into a chilled glass. Enjoy!

CAPRESE SALAD SKEWERS

Maria
4th Grade
Sequoia Elementary

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|--|-----------------------------------|
| 16 small fresh mozzarella balls | 4 T. balsamic vinegar |
| 16 fresh basil leaves | salt & pepper to taste |
| 16 cherry tomatoes | skewers |
| 4 T. extra virgin olive oil | |

Thread mozzarella balls, basil leaves and tomatoes (in order) onto wooden skewers. Place skewers on a plate and drizzle them with olive oil and balsamic vinegar. Sprinkle with salt and pepper. Serve immediately.

CHOCOLATE PROTEIN MILKSHAKE

Chris
Healthy Lifestyles Coordinator
Give Every Child A Chance

- | | |
|--|--|
| 2 T. unsweetened cocoa powder | 2 T. peanut butter or nut butter of |
| 1 c. firm tofu | your choice |
| ½ tsp. vanilla extract | ½ c. ice |
| 2 c. lowfat or nonfat milk | |
| 2 T. granulated sweetener of your | |
| choice | |

Combine all ingredients into blender and blend till smooth. Add frozen fruit like strawberries or bananas for an even healthier shake! Enjoy cold.

CREAMY MUSHROOM TOAST

Lincoln Students
Lincoln Elementary

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|----------------------------------|-------------------------------------|
| 8 oz. mixed mushrooms | 1 garlic clove, minced |
| 2 T. olive oil | 1 T. lemon zest |
| 1 T. butter | Juice of half a lemon |
| 1 tsp. salt | 1 baguette, cut in ¾" slices |
| 2 tsp. fresh thyme leaves | 8 oz. Mascarpone cheese |

Preheat oven to 350°. Arrange bread slices into one layer on a baking sheet. Bake in the oven until lightly toasted, about 5 minutes. Clean the caps of each mushroom then remove any hard stems. Slice any small mushrooms into ¼" slices and dice the large ones (such a Portobello mushrooms). Preheat a large skillet or sauté pan

(continued)

over medium heat. Add a tablespoon of olive oil, and then sauté mushrooms, stirring until golden brown, 5-8 minutes. Sprinkle in a teaspoon of salt, butter, thyme and garlic and sauté, stirring until the butter has absorbed then squeeze lemon juice over the mushrooms. TO assemble, spread Mascarpone cheese onto each bread slice then top with mushrooms mixture.

EASY PEAR PIZZA

Lincoln Students
Lincoln Elementary

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|--|--|
| 1 roll Pillsbury® Artisan Pizza Crust | 1 T. lemon juice |
| with Whole Grain | 1 c. shredded mozzarella cheese |
| 2 T. olive oil | ½ c. pecan halves |
| 1 onion, thinly sliced | ¼ c. balsamic vinegar |
| 1 tsp. fresh thyme, chopped | 2 T. brown sugar |
| ½ tsp. salt | nonstick cooking spray |
| 1 red pear | |

Heat oven to 400°. Then, spray a baking sheet (with sides) with cooking spray. Form pizza dough into a 15" by 10" rectangle. Then, crimp the edges. Place dough onto baking sheet then bake for 8 minutes. Add 1 tablespoon of olive oil to a large frying pan over medium heat. Once the oil is hot, add the sliced onions, the thyme and a ½ teaspoon of salt. Cook, stirring occasionally, 3 to 5 minutes or until the onions are translucent and begin to brown around the edges. Next, core and slice the pear thinly. Evenly spread the remaining tablespoon of olive oil over the baked pizza crust then scatter the onions, mozzarella cheese, pear slices and pecan halves on top. Bake the pizza for 6 to 10 minutes or until cheese has melted and is starting to bubble. While the pizza bakes, add the balsamic vinegar and brown sugar to a small saucepan over medium heat then bring to a simmer. Cook for 2 to 3 minutes until thickened to the consistency of thin syrup. Drizzle the balsamic syrup over the pizza once baked then serve warm.

EGGPLANT AND TOMATO NAPOLEONS

Lincoln Students
Lincoln Elementary

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|---------------------------------------|---------------------------------|
| 2 medium eggplants | 14 basil leaves |
| 3 T. olive oil | 1 T. olive oil |
| 2 vine-ripened tomatoes | balsamic vinegar |
| 8 quarter-inch slices of fresh | salt and pepper to taste |
| mozzarella | |

Preheat a grill to medium-high heat. Slice eggplant into ½" thick rounds then drizzle with 3 tablespoons of olive oil and lightly sprinkle with salt and pepper. Place eggplants onto a preheated grill, grill the eggplant until tender and grill marks appear, about 4 to 5 minutes per side. Slice tomatoes into ½" round slices. To prepare one Napoleon, on a serving plate, start with a slice of tomato, then layer with grilled eggplant, a basil leaf and then another tomato. Lightly drizzle olive oil over the Napoleon and plate in a circular motion. Drizzle balsamic vinegar over Napoleon as well. Sprinkle with salt and pepper.

GREEK YOGURT & ONION DIP

1 T. olive oil
1 c. chopped shallots
1 tsp. balsamic vinegar
1 c. nonfat or lowfat plain Greek yogurt
¼ c. 1% fat milk

¼ c. chopped chives
¼ c. water
cut up vegetables for dipping
1 tsp. salt, divided
pepper

Heat the olive oil in a small skillet over medium heat. Add the shallots and ½ teaspoon of salt and cook, stirring frequently, until translucent and soft, about 5 minutes. Add ¼ cup of water and the balsamic vinegar, reduce the heat to medium and cook, stirring occasionally, until the shallots are browned and caramelized, 12 to 15 minutes. Combine the shallots, yogurt, milk, chives, ½ teaspoon salt and ¼ teaspoon pepper in a medium bowl and stir until blended. Cover and chill for 30 minutes before serving. The dip will keep, refrigerated, overnight. Serve with fresh vegetables.

GREEN SMOOTHIE

1 c. packed spinach
1 banana
½ orange, peeled and quartered
¼ c. nonfat plain Greek yogurt

¼ c. water or nonfat milk
1 or 2 tsp. honey
Ice (optional)

Place all ingredients into a blender and blend until smooth. Add ice if a creamier texture is desired. Blend again. Serve immediately.

GUACAMOLE

5 large Hass avocados, ripe and soft to touch
2 limes, juiced
1 medium white onion, diced
¾ c. loosely packed fresh cilantro, chopped finely

1 large tomato, diced
1 jalapeño pepper, finely chopped
salt to taste

Slice avocados in half, discard seed. Scoop out of shell with spoon and place in a large bowl. Add the juice of one of the fresh limes immediately to prevent browning. Use a fork and mash to desired consistency. Add chopped onions, tomato, and cilantro. Stir gently to mix ingredients. Add the juice of the second lime and then add salt to taste. Stir gently to incorporate all ingredients. Add chopped jalapeño peppers to taste. Serve with your favorite vegetables, tortilla chips or dish.

Quynh
5th Grade
Nile Garden Elementary

Lincoln Students
Lincoln Elementary

Alondra
6th Grade
Golden West Elementary

HEALTHY GRANOLA BITES

1 c. pitted and packed dried dates
¼ c. honey
¼ c. creamy natural nut butter (almond or peanut)

1 c. roasted unsalted almonds or peanuts, chopped
1 ½ c. rolled oats

Process dates in a food processor until small bits remain (about 1 minute) and the consistency is "dough"-like. Process nuts in a food processor until chopped to desired consistency. Place oats, dates and nuts in a large bowl. In a microwave safe bowl, warm honey and nut butter until syrupy. Stir and pour over the oat mixtures and mix, breaking up the dates to disperse throughout. On a wax paper lined baking sheet, roll mixture into round "bites". Cover with plastic wrap and let firm up in fridge or freezer for 10-15 minutes. Store in an airtight container in the freezer.

HEALTHY POPCORN TREAT

3 T. coconut oil
¾ c. popcorn kernels
2 T. honey

½ tsp. ground cinnamon
salt to taste

Heat coconut oil in a large pot over high heat. Add 3 popcorn kernels into the hot oil and place a lid over the pot. Cook until one of the kernels have popped. Remove the lid and pour the remaining kernels into the pot and cook popcorn, shaking the pot back and forth over the burner, until there are 1 to 2 seconds between pops (about 5 minutes). Quickly transfer popcorn into a large bowl. Evenly drizzle honey over popcorn. Add salt and cinnamon. Toss popcorn with your hands to coat evenly. Enjoy!

HONEY-ROASTED PINEAPPLE WITH GREEK YOGURT

½ c. orange juice
¼ c. honey
1 vanilla bean, split & scraped
½ fresh pineapple, peeled, cored and cut into ½" thick slices

8 oz. nonfat or lowfat Greek yogurt
1 c. water

Position an oven rack in the upper third of the oven and preheat to 450°. Combine water, orange juice, honey and vanilla bean pod with seeds in a small saucepan. Bring to a boil, stirring occasionally to loosen the honey. Turn off heat and leave the saucepan on the stove. Arrange pineapple slices in a broiler proof 9"x13" baking dish. Pour orange syrup over the pineapple. Roast pineapple, basting occasionally, until the pineapple is tender and the juices have reduced (approximately 20 minutes). Set the oven to broil and continue to cook the pineapple until deep golden yellow with light brown edges (5 to 10 minutes more). Remove the pineapple slices with a slotted spoon to a medium bowl. Return juices to the saucepan and reduce the juices over medium-high heat until syrupy at about ¼ a cup. Divide the yogurt among four bowls. Top with pineapple slices and drizzle with syrup.

Chris
Healthy Lifestyles Coordinator
Give Every Child A Chance

Jocelin
5th Grade
Lincoln Elementary

Chrisae
5th Grade
George Komure Elementary

ITALIAN ZUCCHINI APPETIZER

Ann
Volunteer
Give Every Child A Chance

- | | |
|---|--------------------------------------|
| 3 c. zucchini, chopped or thinly sliced | 1/2 c. vegetable oil (not olive oil) |
| 1/2 c. onion, chopped | 1/2 tsp. marjoram |
| 1/4 c. parsley, chopped (optional) | 3/4 c. Parmesan cheese, grated |
| 1 or 2 garlic cloves, chopped | 4 lg. eggs, lightly beaten |
| 1 c. Bisquick® or biscuit mix | salt and pepper to taste |

Put all ingredients in a large bowl and combine thoroughly. Pour into a 9" x 13" greased glass baking dish. Bake at 350° for about 30 minutes or until the top is slightly browned. Cool and cut into 1" squares. Serve hot or cold.

LEAN GREEN PITA DIPPERS

Evangelina
5th Grade
August Knodt Elementary

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|----------------------------------|---------------------------|
| 4 whole-wheat pitas | 1/4 of a cucumber, sliced |
| 1 c. fat-free plain Greek yogurt | Pinch of salt |
| 1/2 c. fresh or frozen spinach | 1/2 tsp. black pepper |

Preheat oven to 400° F. Place yogurt, spinach, cucumber, salt, and pepper into food processor or blender. Process until smooth, about 1 minute. Place dip into a bowl and refrigerate until chips are done. Cut pitas into 8 wedges. Arrange pita wedges on a baking sheet in a single layer. Spray with cooking spray and sprinkle lightly with garlic powder. Bake for 5 minutes or until light golden brown and crispy. Use the pita wedges to scoop up the yogurt dip!

LEMON CREAM PIE SMOOTHIE

Isabel
3rd Grade
Golden West Elementary

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|--------------------------|--|
| 1 c. cashew milk | 1 or 2 T. honey or agave nectar |
| 1/4 tsp. vanilla extract | 2 T. fresh lemon juice |
| 1 medium banana | 1 T. graham cracker crumbs for garnish |
| 1/2 c. ice | |
| 1 tsp. lemon zest | |

Blend milk, vanilla, banana, ice, lemon zest, lemon juice, and honey or agave nectar in a blender until smooth. Place smoothie mixture in glass and sprinkle graham cracker crumbs on top. Serve immediately.

MANGO LASSI SHAKE

Chris
Health Lifestyles Coordinator
Give Every Child A Chance

- | | |
|-----------------------------------|--------------------------------|
| 1 c. diced mango, fresh or frozen | 2 c. plain nonfat Greek yogurt |
| 1/2 c. orange juice | 1/2 c. ice |
| 3 T. honey | |

Combine all ingredients into blender and blend until smooth. Be sure to add the ice last. Serve in a chilled glass.

NO-BAKE ENERGY BITES

Ava
2nd Grade
Ripon Elementary

- | | |
|--------------------------------|-------------------------|
| 1 c. rolled oats | 1/3 c. raw honey |
| 1/2 c. almond or peanut butter | 1/4 c. ground flax seed |
| 1/2 c. dark chocolate chips | |

In a large bowl, mix all ingredients together. Roll out or form with hands teaspoon sized balls. Place balls on baking sheet that is lined with parchment paper. Freeze or refrigerate the balls for about an hour. Keep leftovers in a zip top bag and store in freezer.

NUTTY BREADBALLS

Macy
5th Grade
Nile Garden Elementary

- | | |
|---------------------------------------|----------------------|
| whole grain bread | honey |
| nuts (almonds, pecans, peanuts, etc.) | peanut or nut butter |

To make nutty breadballs, first you need to make sure you have clean hands. You get a piece of bread and roll it into a ball. Then you put some nuts into the bread. Next roll bread in peanut or nut butter. Drizzle the ball with honey. Enjoy!

PEACHY GREEN SMOOTHIE

Lincoln Students
Lincoln Elementary

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|---------------------------|-------------------------|
| 2 c. spinach | 1 1/2 c. frozen peaches |
| 1 c. low-fat peach yogurt | 1 banana |

Place all the ingredients into a blender and blend for 1 minute or until smooth. Add ice if desired for creamier texture. Serve immediately.

PIZZADILLAS

Stephen
4th Grade
French Camp Elementary

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|------------------------------------|---------------------------------|
| 1 lg. whole wheat tortilla | 1/2 c. pizza or spaghetti sauce |
| 1 T. olive oil | 2 T. olives |
| 1/4 c. Parmesan cheese | 1/4 c. green peppers |
| 1/2 c. part-skim mozzarella cheese | 1/4 c. fresh tomatoes |
| 1/2 tsp. Italian seasoning | |

Heat a large skillet over medium-high heat. Add olive oil and coat pan. Add tortilla to pan. Sprinkle with Parmesan and mozzarella cheeses. Let cheese melt a little. Then add Italian seasoning, olives, green peppers and tomatoes on top of melted cheese. Lift up one side of tortilla to see if the side has browned. Cook 1-2 more minutes if it has not. Fold tortilla in half and remove from pan. Cut into wedges and serve with tomato sauce for dipping.

POMEGRANATE BERRY SMOOTHIE

Amiyah
4th Grade
Golden West Elementary

2 c. frozen mixed berries
1 c. pomegranate juice
1 medium banana
½ c. nonfat cottage cheese
½ c. water

Combine mixed berries, pomegranate juice, banana cottage cheese and water in a blender. Blend until smooth. Enjoy!

PRETZELS

Jaela
5th Grade
August Knodt Elementary

1 T. yeast
½ c. warm water
1 T. honey
1-½ c. flour
1 tsp. salt

Preheat the oven to 325° F. Put the yeast in a small bowl with the water and honey. Stir a little, then let the mixture sit for 5 minutes. Mix the flour and salt together in a medium bowl. After the 5 minutes is up, check on the yeast mixture. It should be bigger than before and a little bubbly. Add this mixture to the flour and salt mixture. Stir everything together. Use a spoon to start. Finish with your hands. The dough is ready when it's still a little crumbly and flaky. Put the dough on the cutting board and knead it like you are playing with clay. Knead it into one big ball. Break off a piece of dough that's about the size of a big gumball or superball. Use your hands to roll it into a skinny snake. Twist the snake into a medium-size pretzel shape, and put it on the cookie sheet. Do this with all the dough, making 12 pretzels. Bake your pretzels for 10 minutes. Let them cool and take a bite!

ROASTED RED PEPPER HUMMUS

Lincoln Students
Lincoln Elementary

2 whole red peppers or ¾ cups
chopped roasted red peppers
1 (15 oz.) can chickpeas (garbanzo
beans)
¼ c. fresh lemon juice
¼ c. tahini
2 T. olive oil, plus more for serving
½ tsp. ground cumin
1 tsp. salt or less depending on
taste
Half of a large garlic clove, minced
Pinch of cayenne pepper (optional)

Roast peppers if you are starting with fresh ones by turning broiler on. Remove core of peppers then cut into large flat pieces. Arrange pepper pieces, skin-side up, on baking sheet. Broil 5 to 10 minutes or until pepper skin has charred. Add peppers to a bowl then cover with plastic wrap and wait 10 to 15 minutes. Gently peel away the charred skin and discard. Reserve 1 to 2 pieces to use as a garnish when serving, roughly chop the rest. In a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape the sides and bottom of the bowl, then turn on the processor again for 30 seconds. Add olive oil, minced garlic, cumin, cayenne pepper and salt. Process for 30 seconds, scrape sides and process again for 30 seconds. Open chickpeas can, drain and rinse well. Add half the chickpeas to the food processor then process for 1 minute. Scrape sides and add remaining chickpeas and process for 1 to 2 minutes or until smooth. Add peppers to hummus and

(continued)

process until smooth. If the hummus is too thick or still has tiny bits of chickpea in it, with the food processor turned on add 1 to 3 tablespoons of water until the consistency is perfect. Finely chop reserved pepper from earlier and garnish the dish. Store in an airtight container for up to one week in the refrigerator.

SPICY AVOCADO AND PINEAPPLE SALSA

Lincoln Students
Lincoln Elementary

1 c. red onion, finely chopped
2 jalapeños
1 lg. pineapple, peeled, core
removed and cut into ¼" pieces
1 avocado, peeled and cut into ¼" pieces
1 lime, zested and juiced
¼ c. cilantro, roughly chopped
¼ tsp. salt

Add chopped red onion to mesh strainer and run cold water over it for about 20 seconds or add red onion to a small bowl, cover with cold water, stir a few times then drain. Add onions to a large bowl. For a spicy salsa, de-seed one of the jalapeños and leave the other jalapeño with seeds then finely mince. For a milder salsa, remove the seeds and white membrane of both jalapeños then finely mince. Add minced jalapeño to bowl with onions. Add pineapple, avocado, lime zest, lime juice, cilantro and salt to the jalapeños and onions. Stir well.

SRIRACHA DEVILED EGGS

Lincoln Students
Lincoln Elementary

12 eggs
2 T. low-fat mayonnaise
2 T. Sriracha hot chili sauce, or
more to taste
⅛ tsp. dry mustard
1 pinch cayenne pepper
1 pinch paprika
salt to taste
smoked paprika

Place eggs in a saucepan; cover with water. Bring to a boil, remove from heat and let eggs stand in hot water for 15 minutes. Remove eggs from hot water, cool under cold running water, and peel. Cut eggs in half lengthwise; place egg yolks in a small bowl. Mash yolks with a fork; stir in mayonnaise, Sriracha sauce, dry mustard, and cayenne pepper into the yolks until smooth; season with salt. Spoon yolk mixture into a resealable plastic bag; snip a corner of the bag off. Place egg whites cut side up on a serving platter. Pipe the yolk mixture into egg white halves; sprinkle with smoked paprika. Refrigerate eggs, covered, until ready to serve.

STRAWBERRY BANANA SMOOTHIE

Rhean
4th Grade
George Komure Elementary

10 oz. fresh or frozen strawberries
2 ripe bananas
3 T. honey
1 c. ice cubes
¾ c. non-fat or low-fat milk, or
coconut water
vanilla or almond extract (optional)

Wash strawberries and remove banana peels. In a blender, process all ingredients until smooth. For a little extra flavor, try adding a few drops of vanilla or almond extract.

TOMATO BRUSCHETTA

Lincoln Students
Lincoln Elementary

3-4 medium ripe tomatoes, room temperature
2 T. olive oil
6 basil leaves, thinly sliced
6 half-inch thick sliced French or Italian bread

2 garlic cloves, peeled but left whole
salt and pepper to taste

Chop tomatoes into ¼" chunks then add to a medium bowl with a generous pinch of salt, a small pinch of black pepper, 1 tablespoon of olive oil and the basil. Stir and let sit for 10 minutes. Heat a grill pan over medium heat or prepare an outdoor grill. Drizzle bread slices with the remaining oil. Grill each slice for 2 to 3 minutes per side, until warm and grill marks appear. Remove bread then lightly rub one side with garlic. Stir tomatoes once more and taste. Adjust pepper and salt as needed. Then spoon a generous amount of tomato mixture onto each bread slice. Serve immediately.

TZATZIKI DIP

Chris
Healthy Lifestyles Coordinator
Give Every Child A Chance

16 oz. plain nonfat Greek yogurt
2 cucumbers, peeled, seeded and diced
2 T. extra virgin olive oil
2 T. lemon juice

1 T. fresh dill, chopped (or ½ T. dried dill)
3 garlic cloves, minced
salt and pepper to taste

In a food processor or blender, combine cucumbers, olive oil, lemon juice, dill, and garlic. Process until smooth but slightly still chunky. Transfer to a separate dish and chill for an hour, covered. Serve with raw vegetables like peeled carrots, jicama, or with toasted pita bread.

VANILLA ALMOND GRANOLA

Lincoln Students
Lincoln Elementary

2 c. old-fashioned oats
¾ c. sliced almonds
3 T. unsalted butter
3 T. honey

1 T. vanilla extract
1 tsp. ground cinnamon
pinch of salt

Heat oven to 350°. Line a baking sheet with parchment paper or aluminum foil. Combine oats and sliced almonds in a medium bowl. Melt butter either in a microwave or on the stove. Then, combine melted butter, honey, vanilla, cinnamon and salt in a small bowl. Pour honey mixture over the oats then use a spoon to stir until the oats and almonds are well-coated and glistening. Transfer granola to baking sheet then spread into one layer. Bake, stirring granola every 8 to 10 minutes, until golden brown; 20 to 30 minutes. Towards the end of the baking time, check your granola every few minutes to prevent it from over-browning. Transfer baking sheet to a cooling rack and let granola cool completely.

WHOLE WHEAT MEAT PIES

Aaron
6th Grade
Shasta Elementary

Dough Recipe

1 ½ c. whole wheat flour
1 tsp. yeast
1 tsp. salt
1 T. canola oil
½ c. plain Kefir (drinking yogurt)
¾ c. ground turkey, lean

1 onion, chopped
1 tomato, chopped
1 T. canola oil
water to soften dough and brushing
salt & pepper to taste

To make dough, mix dry ingredients then add the Kefir, oil and some water. Knead the mixture until a soft dough is formed. Cover the dough for an hour and leave to rise in a warm place. Meanwhile, prepare the filling by mixing the ground turkey with onions, tomato, salt and pepper. Divide the dough into small balls and roll them into circles. Add a tablespoon of filling into the center of each circle and fold over to cover the filling; seal with water and arrange on a baking tray. Brush pies with water. Bake in a preheated oven at 400° for 15 to 25 minutes or until golden brown.

Soups & Salads

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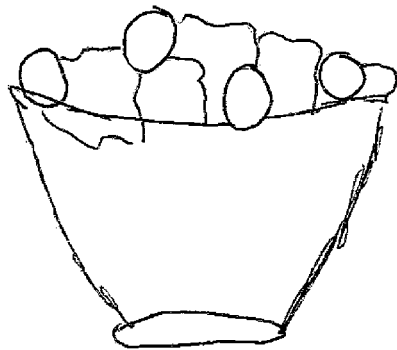
5/16" Binder allowance



Veggie Salad

Aaron

Nile Garden Elementary



Soup & Salad
Cynthia
Shasta Elementary

SOUPS & SALADS

ARMENIAN CUCUMBER SALAD

Lincoln Students
Lincoln Elementary

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|---|---------------------------------|
| 1 lg. Armenian cucumber, roughly chopped | ½ T. olive oil |
| ¼ c. red onion, thinly sliced | ½ T. red wine vinegar |
| ¼ c. feta cheese, crumbled | salt and pepper to taste |

Combine cucumber, onion, feta, oil, and vinegar in a bowl. Season with salt and pepper and serve immediately. Enjoy!

BACON, BROCCOLI, AND CURRANT CRUNCH SALAD

Aiden
4th Grade
Banta Elementary

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|---|--|
| 5 c. broccoli florets | ⅓ c. currants |
| 6 T. canola mayonnaise | ¼ c. finely diced red onion |
| 1 T. apple cider vinegar | 3 center-cut bacon slices (cooked and crumbled) |
| 1 T. agave syrup | |
| ¼ tsp. freshly ground black pepper | |

Steam broccoli, covered for 2 minutes. Plunge the broccoli into ice water to stop the cooking process; drain and pat dry. Mix mayonnaise, vinegar, agave syrup, and ground pepper in a bowl. Add broccoli, currants, onion and bacon to the bowl with the other ingredients and mix well.

BROCCOLI CHEDDAR SOUP

Lynnette
6th Grade
Ripon Elementary

- | | |
|--------------------------------------|------------------------------------|
| 1 head of broccoli | 1 c. sharp cheddar, grated |
| 1 small onion, finely chopped | 1 tsp. worcestershire sauce |
| 1 med. red potato, diced | salt and pepper |
| ¼ c. all-purpose flour | 2 scallions, thinly sliced |
| 3 c. low sodium chicken broth | nonstick cooking spray |
| ¼ T. grated nutmeg | |

Trim and wash broccoli. Separate stems from florets. Spray a large pot with nonstick cooking spray. Add broccoli stems, onions and potatoes. Cook until softened (7-10 minutes), add flour and then cook until lightly toasted (2 minutes). Meanwhile, combine florets and chicken broth in a saucepan and bring to a boil. Cook for 5 minutes. Slowly add liquid and florets to other pot. Stir and combine then remove from heat. Stir in cheese, worcestershire sauce, and nutmeg. Cook until broccoli is soft and cheese is melted. Serve with scallions on top.

CRANBERRY ALMOND CHICKEN SALAD

Erika
Staff
Give Every Child a Chance

- | | |
|---|---|
| 1 lb. boneless, skinless chicken breast (cooked and shredded) | 1/2 tsp. sea salt to taste |
| 1/4 c. dried cranberries | 1/4 tsp. ground pepper |
| 1/4 c. sliced raw almonds | 1/4 tsp. garlic powder |
| 1 large celery stalk, chopped (about 1/2 c.) | 1/4 tsp. onion powder |
| | 1/4 c. plain Greek yogurt (or sour cream) |

Mix all ingredients until combined. Refrigerate at least 30 minutes until cool before serving.

CREAMY VEGETABLE SOUP

Lincoln Students
Lincoln Elementary

- | | |
|---------------------------------|----------------------------|
| 2 T. olive oil | 3 c. chicken stock |
| 1 lb. carrots, peeled and diced | 2 bay leaves |
| 1 lg. onion, diced | 3 sprigs fresh thyme |
| 4 celery sticks, diced | 1/4 c. half-and-half |
| 3 medium potatoes, diced | 1/4 tsp. red pepper flakes |
| 3 garlic cloves, halved | salt to taste |

Heat a large pot over medium-high heat, add oil. Add carrots, onions, celery and 1/2 teaspoon of salt; cook 10 minutes until softened. Add potatoes and garlic halves; cook 5 minutes. Pour in chicken stock then add bay leaves and thyme. Bring soup to a boil, reduce heat to a simmer and cook 15 minutes until potatoes can be pierced with a fork. Remove bay leaves and thyme stems. Then purée soup using a blender. Add half-and-half and red pepper flakes, taste for seasoning, add more salt in necessary.

FRUIT & AVOCADO SALAD

Teresa
7th Grade
George Komure Elementary

- | | |
|--|--|
| 2 oranges, peeled and separated into segments | 2 c. cantaloupe, cubed |
| 1 grapefruit, peeled and separated into segments | 1 medium avocado, peeled and cut into chunks |
| 1 pear, peeled and cut into chunks | 1/4 c. chopped fresh mint |
| 1 apple, peeled and cut into chunks | 2 T. lime juice |

Toss oranges, grapefruit, pear, apple and cantaloupe together in a large bowl. Add avocado chunks and chopped mint. Mix carefully as to not mash the avocado. Drizzle lime juice over top. Cover and chill for 1 hour. Serve immediately.

HEALTHY CARROT- PARSNIP SOUP

Jaden
4th Grade
Nile Garden Elementary

- | | |
|--------------------------------------|-----------------------|
| 1 (14.5 oz.) can of chicken broth | 1 celery rib, sliced |
| 2 medium parsnips, peeled and sliced | 1/3 c. onion, chopped |
| 2 medium carrots, peeled and sliced | 1/4 tsp. salt |
| 1 small potato, peeled and diced | 1 c. lowfat milk |

In a small saucepan, combine the broth, parsnips, carrots, potato, celery, onion and salt. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until vegetables are tender. Using a slotted spoon, remove half of the vegetables to a bowl, cover and keep warm. Cool remaining vegetables for 5 minutes. Transfer to a blender and process for 30 seconds. Add milk and process until well blended. Add reserve vegetables; pulse in the blender until vegetables are chopped. Return all to saucepan and heat through. Serve hot.

HEALTHY GAZPACHO RECIPE

Isaac
5th Grade
George Komure Elementary

- | | |
|---|---------------------------------|
| 6 medium tomatoes, seeded and chopped | 1 tsp. dried oregano |
| 1 medium green pepper, chopped | 1 tsp. dried basil |
| 1 c. cucumber, peeled, seeded and chopped | 1/2 tsp. salt |
| 1 c. red onion, peeled and chopped | 1/2 tsp. garlic, minced |
| 4 c. low-sodium tomato juice | 1/4 tsp. pepper |
| | hot pepper sauce to taste |
| | 3 tsp. minced chives (optional) |

In a blender, combine tomatoes, green pepper, cucumber, garlic and onion. Slowly stir in tomato juice, oregano, basil, salt, pepper and a dash of hot sauce. Pour into a large bowl and cover. Refrigerate overnight. Serve cold. Before serving, sprinkle soup with chives if desired.

ITALIAN TOMATO SOUP

Aisjah
5th Grade
August Knodt Elementary

- | | |
|--|------------------------------------|
| 1 T. virgin olive oil | 1 (28 oz.) can of crushed tomatoes |
| 1 small onion, finely chopped | 1 tsp. of salt |
| 2 carrots, chopped | 1 tsp. black pepper |
| 2 celery stalks, chopped | 1/2 c. basil, chopped |
| 1 clove garlic, chopped | 3/4 c. alphabet shaped soup |
| 1 (16 oz.) box of low-sodium vegetable stock | |

Place olive oil into the large pot over medium heat. Add onion, carrots, celery, and garlic and cook until vegetables begin to soften, about 8 minutes. Stir in vegetable stock and crushed tomatoes. Season with salt and pepper. Reduce heat to low and simmer for 25-30 minutes. Stir in basil and pasta and cook until pasta is tender, about 5 additional minutes. Serve hot.

JICAMA CUCUMBER SALAD

Lincoln Students
Lincoln Elementary

- 1 ½ lbs. jicama, peeled and cut into small cubes
- 2 lg. cucumbers, peeled and cut into small cubes
- 1 ½ fresh limes
- 1 ½ T. chili powder

Combine jicama and cucumbers in a large bowl. Squeeze lime juice over vegetables and mix well. Sprinkle chili powder over salad and mix until coated. Serve immediately.

LOW-FAT TACO SOUP

Kellie
Staff
Give Every Child a Chance

- 1 lb. ground turkey breast
- 1 large onion (chopped)
- 1 (1 ¼ oz.) package of Hidden Valley Ranch Dressing Mix
- 1 (1 1/14 oz.) package low sodium taco seasoning mix
- 1 (15 oz.) can pinto beans
- 1 (15 oz.) can hot chili beans
- 1 (15 oz.) can whole kernel corn
- 1 (15 oz.) can stewed tomatoes (Mexican flavor)

Brown the meat and onions in a pan and drain. Mix ranch dressing mix and taco seasoning mix into the meat once it is browned and drained. Add all other ingredients to the meat mix (do not drain the cans). Simmer for 1 hour.

MANGO AND BABY TOMATO SALAD

Sareena
4th Grade
Great Valley Elementary School

- ¼ c. mango juice
- 3 T. flaxseed oil or extra virgin olive oil
- 1 T. lemon juice
- Pinch of coriander powder
- Pinch of clove powder
- Pinch of salt and freshly ground black pepper
- 2 T. minced mint
- ¼ c. minced red onion
- 1 c. baby tomatoes (cherry or grape) cut in half
- 1 c. ripe mango chunks
- 1 T. chopped fresh cilantro

Whisk together the mango juice, oil, lemon juice, coriander powder, clove powder, and salt and pepper in a separate bowl until well mixed. Allow the dressing to refrigerate for 5 minutes before serving. Add the onion, mint, tomatoes, mango, and cilantro in a serving bowl and mix well. Once it is time to serve drizzle the dressing onto the salad.

MEXICAN STREET CORN SALAD

Angelina
8th Grade
French Camp Elementary

- 4 c. fresh or frozen corn (thawed)
- 2 T. olive oil
- 3 T. fat-free or low-fat mayonnaise
- 3 oz. cotija cheese, crumbled
- 2 T. lime juice
- 1 T. jalapeño peppers, diced
- ⅓ c. fresh cilantro, chopped
- 2 T. red onion, chopped
- 3 cloves garlic, minced
- ½ tsp. chili powder
- salt and pepper to taste

Heat oil over medium heat in a skillet. Add corn and let cook for 7-8 minutes or just when the corn is browning. Meanwhile, mix together the mayonnaise, cheese, lime juice, cilantro, red onion, garlic, chili powder, salt and pepper. In a large bowl, when corn is done, gently fold corn into the mixture. Serve hot.

PICO DE GALLO FRUIT SALAD

Lincoln Students
Lincoln Elementary

- ½ c. fresh mangoes, peeled and cubed
- ½ c. fresh watermelon, cubed
- ½ c. fresh pineapple, cubed
- ½ c. fresh papaya, peeled and cubed
- ½ c. jicama, peeled and cubed
- ½ lime, juiced
- ½ tsp. chili powder

Mix all the fruit together in a large bowl. Drizzle lime juice over fruit and toss gently. Then sprinkle chili powder over fruit. Serve immediately.

QUINOA, BLACK BEAN, CORN & AVOCADO SALAD

Chris
Healthy Lifestyles Coordinator
Give Every Child A Chance

- 1 c. cooked quinoa, cooled
- ½ (15.5 oz.) can of corn, drained
- ½ (15.5 oz.) can of black beans, drained and rinsed
- 1 Hass avocado, diced
- 2 Roma tomatoes, diced and seeded
- ¼ c. red onion, diced
- ¼ tsp. salt
- Pinch of black pepper
- ¼ c. cilantro, roughly chopped
- 2 T. lime juice
- 2 T. olive oil

Prepare the dressing for the salad by whisking together lime juice and olive oil in a medium bowl. Cut tomatoes, onion, cilantro and avocado. Put a half can of corn and a half can of black beans (make sure it is drained and rinsed) into the same bowl. Then add tomatoes, onion, cilantro, salt and pepper and gently fold in. Lastly, add quinoa to the rest of the ingredients. When ready to serve, add the avocado and combine. Serve immediately.

ROMAINE, MANGO & JICAMA SALAD

Mindy & Dulce
3rd & 4th Grade
Nile Garden Elementary

8 c. romaine lettuce or mixed greens
½ c. red onion, finely sliced
1 mango, peeled and cut into 1" cubes
½ c. jicama, cut into thin strips
1 ½ T. cider vinegar

1 clove of garlic, minced
¼ c. fresh cilantro, chopped
1 tsp. honey
¼ tsp. salt
¼ c. olive oil
pepper to taste

Wash, strain and cut/tear lettuce into bite-sized pieces. In a large bowl, add lettuce, mango, onion and jicama. To prepare dressing, in a small bowl, mix cider vinegar, garlic, cilantro, honey salt and pepper. Whisk in the olive oil slowly to this mixture. Blend well. Pour dressing over the lettuce, mango, onion and jicama. Toss salad gently. Serve immediately.

SLOW COOKER TOMATO SOUP

Angel
5th Grade
George Komure Elementary

1 (32 oz.) can tomato juice
1 (8 oz.) can tomato sauce
½ c. water
½ c. onion, chopped
1 celery rib, chopped

2 T. sugar
½ tsp. dried basil
3 to 5 whole cloves
1 bay leaf

In a 3 qt. slow cooker, combine tomato juice, tomato sauce, water, onion, celery, sugar, basil, cloves and bay leaf. Cover and cook on low for 5 to 6 hours. Discard clove and bay leaf before serving.

TURKEY CHILI

Lincoln Students
Lincoln Elementary

1 T. olive oil
1 medium onion, finely chopped
8 oz. mushrooms, finely chopped
1 lbs. lean ground turkey
1 tsp. salt
3 garlic cloves, minced
1 ½ T. Ancho chile pepper powder

1 tsp. ground cumin
⅛ tsp. ground cinnamon
1 (28 oz.) can whole tomatoes
¾ c. water
1 (15 oz.) can black beans, drained and rinsed

Heat the oil in a large, deep skillet over medium heat. Add the onions and mushrooms, and cook, stirring frequently, until they're tender and some of the edges are browned, about 7 minutes. Add the turkey and salt, and cook, breaking up the meat into crumbles, until most of it has browned, about 10 minutes. Stir in garlic, chile powder, cumin and the cinnamon. Cook until the garlic and spices just begin to toast, about 2 minutes. Meanwhile, open the can of tomatoes, pour them into a bowl and use kitchen shears or your hand to break the whole tomatoes apart into smaller pieces. Pour tomatoes into the skillet along with water and rinsed beans. Stir then bring to a simmer. Taste the chili then adjust with additional salt and/or chile powder. Add optional hot sauce, cayenne or chipotle in adobo purée. Reduce

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to a low simmer and cook until the liquid has reduced and chili has thickened, about 20 minutes.

VEGETABLE SALAD WITH TANGY AVOCADO DRESSING

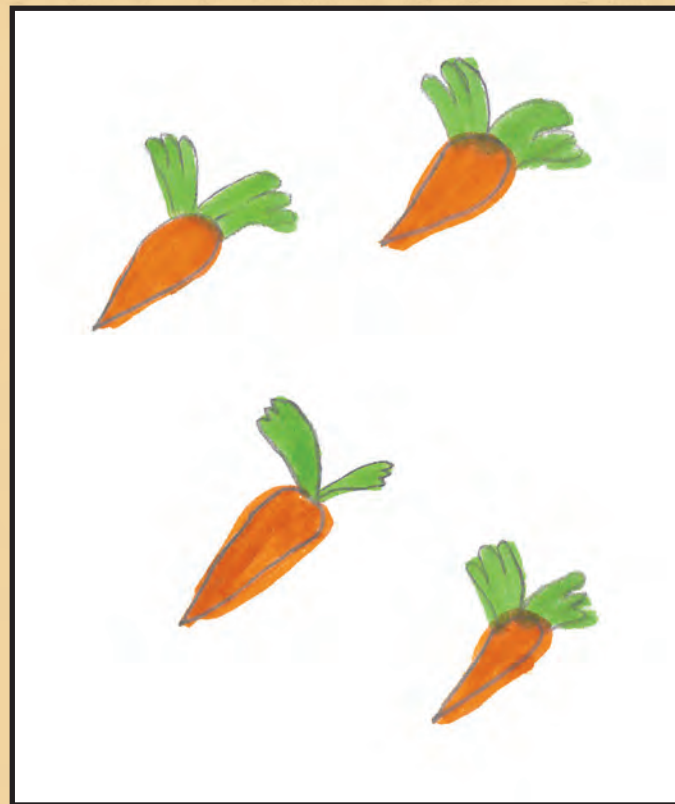
Marissa
4th Grade
Golden West Elementary

8 c. romaine lettuce, shredded
½ c. jicama, peeled and chopped
½ c. cucumber, peeled and chopped
½ c. frozen peas, thawed
¼ c. red onion, finely chopped

1 avocado, peeled and pitted
½ c. orange juice
2 T. lime juice
½ tsp. garlic salt

Toss lettuce, cucumber, jicama, peas and red onion together in a large bowl. In a blender, combine avocado, orange juice, lime juice and garlic salt. Blend until smooth. Add dressing to salad and toss well to coat. Serve immediately.

Vegetables & Side Dishes



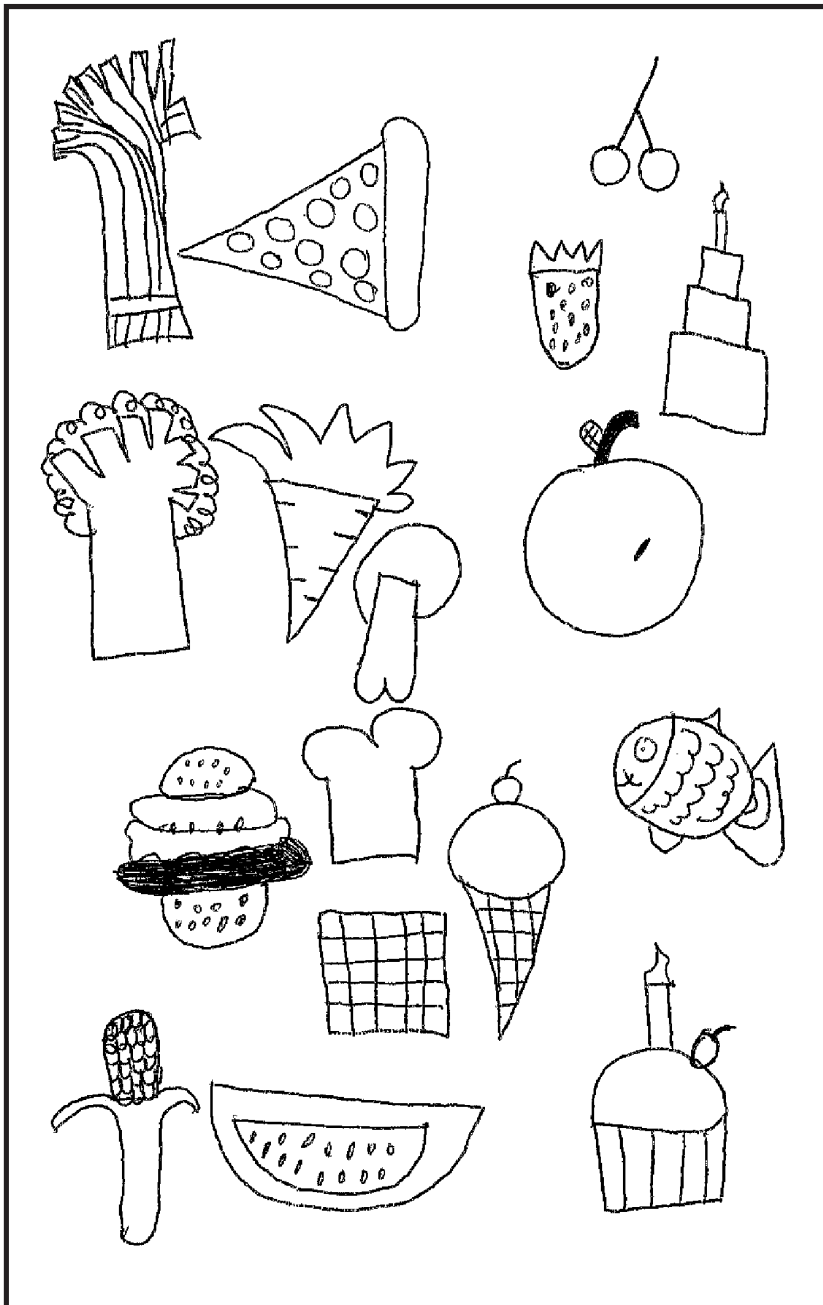
Flying Carrots

Olivia

Nile Garden Elementary

5/16" Binder allowance

FOR PROOFING PURPOSES ONLY
C MORRIS PRESS
CookBOOKS
FOR PROOFING PURPOSES ONLY



Favorite Foods
Jasmin
Shasta Elementary

VEGETABLES & SIDE DISHES

BAKED SWEET POTATO FRIES

*Lincoln Students
Lincoln Elementary*

4 medium sweet potatoes
3 T. olive oil
 $\frac{3}{4}$ tsp. salt

$\frac{1}{2}$ tsp. pepper
extra salt for sprinkling over baked fries (flaky salt is better)

Heat oven to 450°. Line two baking sheets with aluminum foil then slide into the oven until hot. Prepare sweet potatoes by scrubbing them, peeling them, then cutting them into $\frac{1}{2}$ " sticks. In a large bowl, toss sweet potatoes in olive oil, salt and pepper. Tumble sweet potatoes onto hot baking sheets and spread into one layer. Do not crowd them or they will not brown. Bake fries, turning once and rotating pans once, until edges are lightly browned and centers are tender; 15-25 minutes. The fries are done when the surface looks dry and the fries have puffed up a little. Serve fries with a sprinkle of extra salt if desired.

BAKED ZUCCHINI BITES WITH TOMATO, PARMESAN & GARLIC

*Angelina & Kaitlyn
4th Grade
Nile Garden Elementary*

1 zucchini, peeled and sliced
3 Roma tomatoes, sliced
3 T. Parmesan cheese, grated
5 to 6 cloves of garlic, crushed and chopped

1 T. extra virgin olive oil
1 T. balsamic vinegar
salt & pepper
nonstick cooking spray

Preheat oven to 350°. Spray baking sheet with cooking spray. Lay zucchini slices on baking sheet and sprinkle each slice with Parmesan cheese. Once oven comes to temperature, place baking sheet in and bake for 10 minutes. Meanwhile, heat a medium pan on high and add olive oil. Add garlic, tomatoes, balsamic vinegar, salt and pepper. Cook for approximately 3-5 minutes (flip slices at least once). Take zucchini out of oven and layer tomato slices with garlic onto each zucchini slice. Leave out the garlic if you dislike the garlic flavor. Enjoy!

BAKED ZUCCHINI FRIES

*Anthony
5th Grade
French Camp Elementary*

1 c. panko breadcrumbs
 $\frac{1}{2}$ c. grated Parmesan cheese
1 tsp. Italian seasoning
1 zucchini, quartered lengthwise

$\frac{1}{2}$ c. all-purpose flour
2 large eggs, beaten
2 T. fresh parsley, chopped
nonstick cooking spray

Preheat oven to 425°. Coat baking dish with nonstick cooking spray and set aside. In a mixing bowl combine panko breadcrumbs, Parmesan cheese and Italian seasoning and set aside. Working in batches, dip zucchini into flour, then into eggs, and then into the breadcrumb mixture. Place zucchini on coated baking dish and then into the oven. Bake for 20-22 minutes or until golden brown.

BROWN SUGAR-GLAZED CARROTS

Lincoln Students
Lincoln Elementary

2 lbs. carrots, peeled and cut into sticks
¼ c. butter
¼ c. packed brown sugar
¼ tsp. salt
⅛ tsp. ground white pepper

Place carrots into a large saucepan, pour enough water to reach a depth of 1", and bring to a boil. Reduce heat to low, cover, and simmer carrots until tender, 8 to 10 minutes. Drain and transfer to a bowl. Melt butter in the same saucepan; stir brown sugar, salt, and white pepper into the butter until brown sugar and salt have dissolved. Transfer carrots into brown sugar sauce; cook and stir until carrots are glazed with sauce, about 5 more minutes.

CHEDDAR ROASTED BROCCOLI

Lincoln Students
Lincoln Elementary

1 head broccoli
1 clove garlic, thinly sliced
3 T. olive oil
½ tsp. salt
⅛ tsp. red pepper flakes
3 T. cheddar cheese

Preheat oven to 425°. Prepare the broccoli by cutting the broccoli into florets. Discard the rest of the stalks. Pull larger florets apart, so they are all similar sizes, you should have about 2 cups of florets. Place florets on a baking sheet large enough to hold them in a single layer. Add the garlic and drizzle with 2 tablespoons of olive oil. Sprinkle with the salt and red pepper flakes. Roast for 20-25 minutes, until tender and the tips of some of the florets are slightly crisp brown. Remove the broccoli from the oven and immediately toss with remaining tablespoon of olive oil and cheddar cheese.

CHEESY ROASTED CAULIFLOWER WITH LEMON

Lincoln Students
Lincoln Elementary

1 medium cauliflower cut into florets (about 5 cups)
2 T. olive oil
½ tsp. fresh thyme, chopped or ¼ tsp. dried thyme
½ tsp. salt
¼ tsp. black pepper
½ c. grated Parmesan cheese
1 tsp. lemon zest
Juice from half a lemon

Heat oven to 450°. Then, line a large baking sheet with aluminum foil or parchment paper. Add cauliflower florets to baking sheet and top with olive oil, thyme, salt and pepper. Using tongs or hands, toss until florets are coated well. Spread florets out into a single layer on the baking sheet. Roast cauliflower for about 20 minutes or until the tips and edges have turned golden brown. Halfway through roasting toss the cauliflower so it roasts evenly. Scatter Parmesan cheese over cauliflower and place back in the oven for 5 minutes or until cheese has melted and begins to brown. Remove from oven and then scatter lemon zest and juice on top.

CILANTRO-LIME RICE

Luis
6th Grade
Banta Elementary

½ tsp. canola oil
½ c. chopped onion
1 c. jasmine rice
1 ½ c. fat free, lower sodium chicken broth
2 T. fresh lime juice (divided)
¼ c. coarsely chopped fresh cilantro

Heat a medium saucepan over medium heat. Add oil, swirl to coat. Add onion; cook 5 minutes or until tender, stirring frequently. Stir in rice, chicken broth, and 1 T. lime juice. Bring to a boil; reduce heat, cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Remove from heat. Add remaining 1 T. lime juice and cilantro; fluff with a fork.

CRUNCHY, CREAMY COLESLAW

Tyrone
5th Grade
Banta Elementary

¾ c. reduced fat mayonnaise
2 T. sugar
2 T. white wine vinegar
2 T. reduced fat sour cream
1 tsp. dry mustard
½ tsp. freshly ground black pepper
⅛ tsp. salt
3 c. thinly sliced green cabbage
2 c. shredded carrot (about 2 medium carrots)
½ c. thinly sliced celery

Combine first 7 ingredients in a large bowl, stirring with a whisk until smooth. Add cabbage, carrot, and celery. Toss together and chill 1 hour.

HONEY CINNAMON ROASTED SWEET POTATOES

Noel
4th Grade
French Camp Elementary

2 lg. sweet potatoes, peeled and cut into 1" cubes
2 T. honey
2 T. olive oil
1 tsp. ground cinnamon
½ tsp. salt
½ tsp. pepper
nonstick cooking spray

Preheat the oven to 375°. In a large bowl, combine honey, olive oil, cinnamon, salt and pepper. Add sweet potatoes and toss to coat. Arrange sweet potatoes in a single layer on a large baking sheet that has been lightly sprayed with cooking spray. Roast for 25-30 minutes, stirring halfway through cooking. Serve hot.

RAINBOW ROASTED VEGETABLES

Alexander
8th Grade
French Camp Elementary

1 ⅓ c. red bell peppers, chopped
2 c. carrots, chopped
1 ⅓ c. yellow bell peppers, chopped
1 ⅓ c. zucchini, chopped
1 c. red onions, chopped

1 T. fresh dried thyme
balsamic vinegar to taste
nonstick cooking spray
salt and pepper

Preheat oven to 350°. Coat a large baking sheet with cooking spray. Set aside. Put the chopped vegetables in a large bowl and toss them with thyme, salt, pepper and balsamic vinegar. Then place the vegetables onto the baking sheet in a single layer. Roast vegetables for about 25 minutes or until the vegetables are cooked, stirring once during cooking. Serve hot.

ROASTED ASPARAGUS

Lincoln Students
Lincoln Elementary

1 lb. fresh asparagus
2 tsp. olive oil

¼ tsp. salt
freshly ground black pepper

Heat oven to 400°. Line a baking sheet with aluminum foil. Rinse asparagus and pat dry. Trim about ½" from the stalk ends. Place trimmed asparagus onto the baking sheet and toss with olive oil, salt and pepper. spread into a single layer. Bake until tender, but still crisp and tips begin to brown, about 15 to 25 minutes (depending on the thickness of your asparagus, you may need to increase cooking time).

ROASTED CARROTS AND SNAP PEAS

Banta Student
K-2nd Grade
Banta Elementary

4 c. (¼ in.) diagonally sliced carrots
2 T. olive oil
1 tsp. freshly ground black pepper

½ tsp. kosher salt
1 lb. sugar snap peas (trimmed)
1 T. chopped fresh mint

Preheat oven to 450°. Place carrots in a large bowl. Drizzle with 1 T. olive oil, ½ tsp. of the black pepper, and ¼ tsp. of salt. Mix together and spread the carrots on a large baking pan. Bake carrots in oven for 15 minutes. While carrots are in the oven use the rest of the ingredients to mix with the snap peas. When the carrots are done, place the snap peas in the pan and bake for 10 to 12 minutes. Once snap peas are done, mix both carrots and peas in a bowl and serve.

ROASTED CARROTS WITH PARSLEY BUTTER

Lincoln Students
Lincoln Elementary

**1 ½ lbs. carrots, peeled with the
ends trimmed off**
1 T. olive oil
¼ tsp. salt

1 T. butter
1 garlic clove
⅓ c. packed parsley, finely minced

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Heat oven to 425°. Line a baking sheet with aluminum foil. Cut carrots into 2" to 3" sticks (depending on how wide the thicker ends are, you may need to slice each stick in half, lengthwise). Toss carrots onto baking sheet with olive oil and salt. Make sure carrots are coated and spread out into one layer. Roast carrots, stirring twice, until they are tender and their edges are lightly browned, 25 to 30 minutes. While the carrots roast, melt butter in a small pan over low heat. Use the back of a large knife to gently crush the garlic clove. Remove the skin then add clove to the butter along with the parsley. Wait until the butter bubbles gently then cook for 1 minute. Slide pan away from heat and set aside for 10 to 15 minutes. Remove and discard garlic. Slide the roasted carrots into a bowl with the garlic parsley butter. Toss then season to taste with additional salt.

ROASTED GARLIC LEMON BROCCOLI

Nate, Dylan & Angel
3rd & 4th Grade
Nile Garden Elementary

**2 heads of broccoli, separated into
florets**
2 tsp. extra virgin olive oil
1 tsp. salt

½ tsp. ground black pepper
1 clove garlic, minced
½ tsp. lemon juice
nonstick cooking spray

Preheat oven to 400°. In a large bowl, toss broccoli florets with extra virgin olive oil, salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet. Be sure to spray the sheet with nonstick cooking spray beforehand. Bake in oven until florets are tender enough to pierce the stems with a fork, about 15-20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy, finish.

ROASTED TOMATO SAUCE WITH MINT AND FETA

Lincoln Students
Lincoln Elementary

1 lb. tomatoes
3 garlic cloves, unpeeled
2 T. olive oil
1 (14 oz.) can tomatoes
½ c. red onion, diced
¼ tsp. red pepper flakes

¼ c. mint leaves, torn
**¼ c. feta cheese, crumbled or in
cubes**
angel hair pasta
salt and pepper to taste

Preheat the oven to 400°. Toss the fresh tomatoes and unpeeled garlic cloves in 1 tablespoon of olive oil, salt and pepper (lightly sprinkle) on a baking sheet and place into the oven for 25 minutes. In a saucepan, sauté the red onion and red pepper flakes in the remaining tablespoon of olive oil over medium heat until the onions are translucent. Add the can of tomatoes and cook for 5 minutes. In a food processor, combine the onion mixture, the roasted tomatoes, and garlic cloves (remove garlic from peel). Pulse the food processor a few times so the sauce comes together. Pour the sauce back in the sauté pan to heat through, season with salt and pepper, add the torn mint leaves and feta cheese. Toss the pasta in the sauce, using a little bit of pasta water if the sauce is too thick. Serve hot.

SEASONED DUTCH POTATOES

Melody
2nd Grade
Ripon Elementary

3 lbs. Dutch potatoes, cut into wedges
4 cloves of garlic, minced
2 T. parsley, chopped
salt and pepper to taste

1 pkg. ranch seasoning and salad dressing mix
2 T. olive oil
nonstick cooking spray

Preheat oven to 400°. Lightly coat a baking sheet with cooking spray. In a large bowl, toss potatoes with olive oil, garlic, ranch seasoning, salt and pepper. Place potatoes in a single layer onto the prepared baking sheet. Place in the oven for 24-30 minutes or until potatoes are golden brown. Serve hot with parsley sprinkled on the top.

SOUR CREAM MASHED POTATOES

Caitlyn
8th Grade
Banta Elementary

3 lbs. potatoes (peeled)
2 T. kosher salt
1 ½ c. milk

6 T. unsalted butter or margarine
½ c. fat-free sour cream
½ tsp. freshly ground black pepper

Cut the potatoes into 1 in. cubes and place them in a large pot. Cover the potatoes with cold water and add salt. Bring water to a rolling boil, then lower the heat to a simmer, uncovered for about 10 to 12 minutes, until the potatoes fall apart easily when pierced with a fork. While the potatoes are boiling heat the milk and butter in a small sauce pan, making sure it doesn't boil. Set aside until the potatoes are done. As soon as the potatoes are tender, drain them and place in a large bowl. Pour the butter and milk mixture while mashing the potatoes. Continue mashing potatoes until desired level.

ZESTY BROCCOLI

Austin
3rd Grade
Ripon Elementary

1 head of broccoli, separated into spears
2 T. orange juice
1 ½ T. orange zest

1 T. red wine vinegar
1 T. extra virgin olive oil
½ c. hazelnuts, toasted and chopped

Steam spears until crisp yet tender. In a small bowl, whisk together orange juice, orange zest, red wine vinegar and extra virgin olive oil. In a large bowl, toss broccoli with the vinaigrette. Top with chopped and toasted hazelnuts.

ZUCCHINI PIZZA

Lincoln Students
Lincoln Elementary

1 zucchini
Olive oil
Italian seasoning

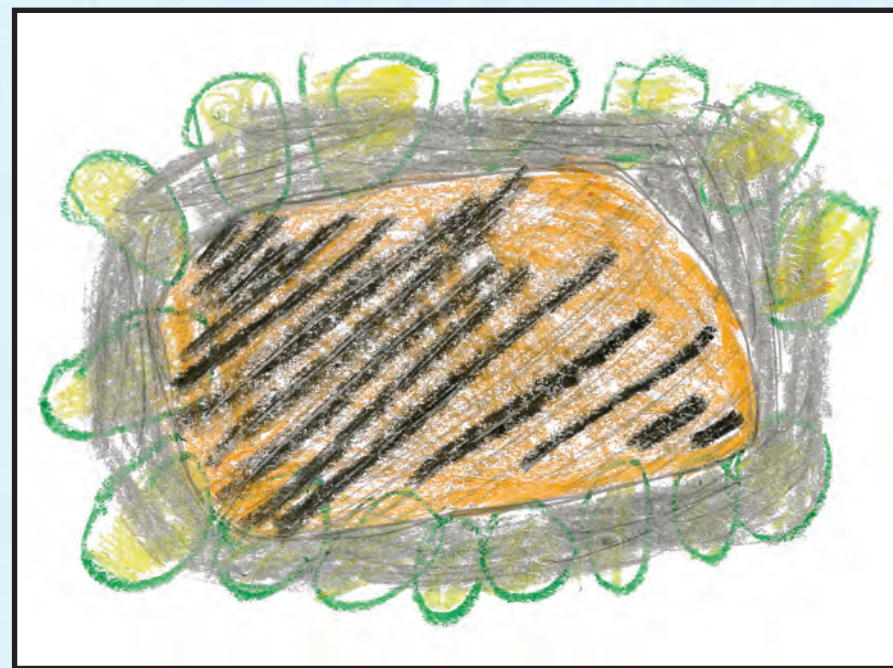
Spinach
Tomatoes
Mozzarella cheese

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Slice zucchini into rounds. Drizzle with olive oil. Lightly sprinkle on Italian seasoning. Place spinach and tomato on rounds of zucchini. Sprinkle with mozzarella cheese. Bake at 350° for 10 to 15 minutes.

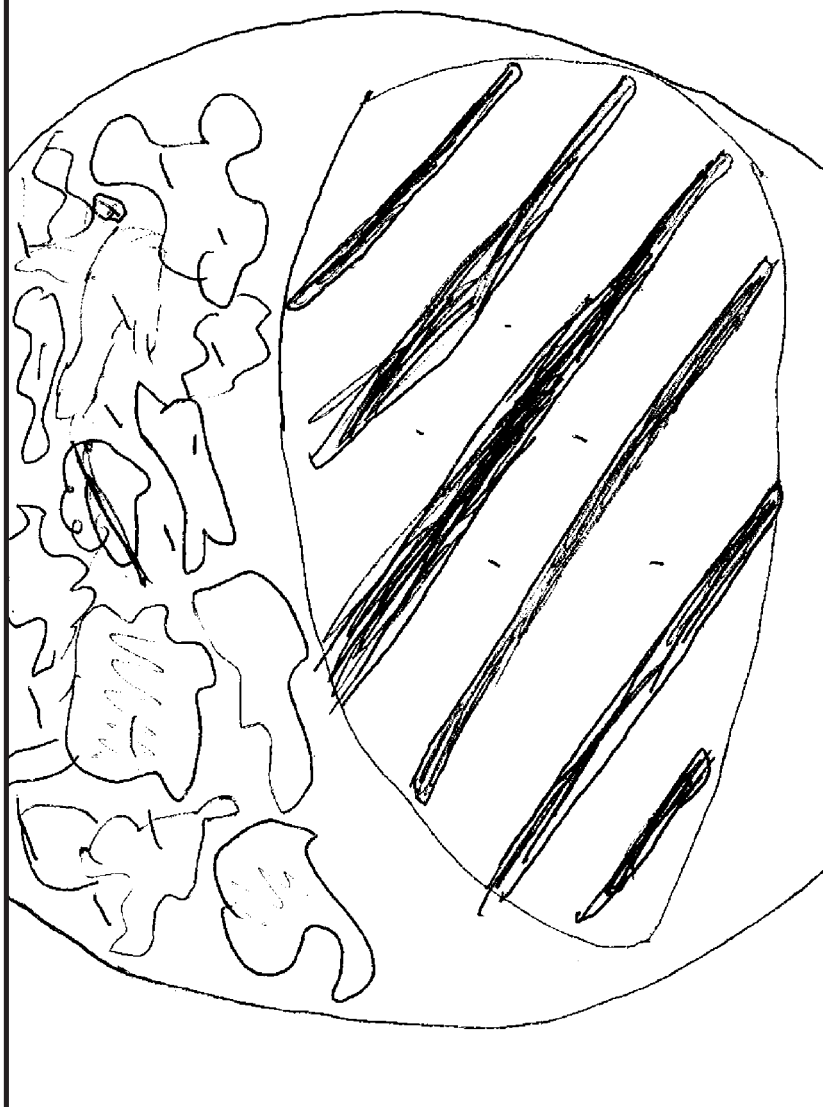
Main Dishes

5/16" Binder allowance



Teriyaki Salmon & Zucchini
Angelo
Great Valley Elementary

Grilled chicken with Roasted kale



Grilled Chicken with Roasted Kale
Vanessa
George Komure Elementary

MAIN DISHES

APPLE HOTCAKES

Melanie, Taylor & Julia
7th & 8th Grade
El Portal Middle School

- 1 egg, beaten
- 1 T. butter or margarine
- 1 1/4 c. lowfat milk
- 1 c. whole grain self-rising flour
- 1 T. sugar
- 1 medium apple, peeled, cored and grated

- 1/2 tsp. vegetable oil
- 1 banana sliced or 1/2 c. mixed berries
- 1/2 T. maple syrup (optional)
- 1/2 c. crushed nuts (optional)

In a large bowl, combine eggs, butter or margarine, and milk. In a separate bowl, mix flour and sugar together. Gradually stir wet mixture into dry mixture until smooth. Fold in the grated apple into the mixture. Heat oil in a nonstick pan over medium heat. Add 2 to 3 tablespoons of mixture onto pan. Cook each side 1-3 minutes or until both sides are golden brown. Serve with banana or mixed berries. Top with maple syrup and nuts if desired.

BLUEBERRY-LEMON WHOLE WHEAT PANCAKES

Natalie
6th Grade
Shasta Elementary

- 1 1/3 c. whole wheat flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 T. vegetable or canola oil
- 1 lg. egg
- 1 c. nonfat or lowfat milk

- 1 T. honey
- 1 T. fresh lemon juice
- 1 tsp. lemon zest
- 1 c. fresh or frozen blueberries, thawed
- nonstick cooking spray

In a large bowl, whisk together flour, baking powder, baking soda, and salt. In a medium bowl, whisk together the oil, egg, milk, honey, lemon juice, and lemon zest. Combine dry ingredients into the wet ingredients (it's okay if it's a little lumpy). Heat a large pan or griddle over medium heat and spray with cooking spray. Pour about a tablespoon of the pancake batter onto the griddle and top with 2-3 blueberries. Cook the pancakes for 2-3 minutes per side. Serve hot with more fresh fruit.

CHICKEN FLATTENED UNDER BRICK

Ann
Volunteer
Give Every Child A Chance

- 1 whole chicken, cut into 2 halves lengthwise
- 1/4 tsp. ground sage (divided between chicken and potatoes)
- 1/4 tsp. thyme (divided between chicken and potatoes)

- 1 T. olive oil
- 4 to 5 potatoes, skilled and cut into chunks
- salt and pepper to taste

(continued)

Season the chicken on both sides with half of the sage, half of the thyme and salt and pepper. Season potatoes with the other half of the sage, half of the thyme and salt and pepper. In a large frying pan, add oil and heat. Fry the 2 half pieces of chicken, skin side down, when oil is hot. Cover the chicken with a dish that will fit over the chicken and just inside the pan. Place a heavy object like an aluminum foil covered brick over the dish. Low the heat to medium-low and cook for 15 minutes. Remove dish and brick and turn chicken over. Repeat the cooking with dish and brick on the other side. Cook chicken for another 15 minutes. Remove chicken and add the seasoned potatoes to a baking pan. Lay chicken over the potatoes with the skin side up. Put in oven and cook for 15 minutes at 350°. Remove the chicken and cook potatoes only for another 15 to 20 minutes longer. Serve chicken and potatoes together hot.

CHICKEN LETTUCE WRAPS

Natalie
4th Grade
Ripon Elementary

2 T. sesame oil, divided	1 tsp. rice wine vinegar
1 c. mushrooms, chopped	1 tsp. ground ginger
1 lb. ground chicken	1 tsp. cornstarch
2 cloves garlic, minced	1 tsp. sriracha sauce
6 basil leaves, finely chopped	1 head of lettuce, washed with leaves whole but separated
2 tsp. hoisin sauce	2 small green onions, chopped
2 tsp. teriyaki sauce	
1 tsp. soy sauce	

Heat up one tablespoon of sesame oil in a medium skillet. Add mushrooms, and cook, stirring occasionally until they are golden brown. Transfer to a plate and set aside. Add one tablespoon of sesame oil into the skillet and add chicken. Cook chicken for 4-5 minutes, crumbling meat as it cooks. Add minced garlic at the last minute. Add mushrooms and sprinkle in basil leaves. Mean while, in a small bowl, mix hoisin sauce, teriyaki sauce, soy sauce, rice wine vinegar, ground ginger, cornstarch and sriracha sauce together; whisk to combine. Pour sauce over chicken and stir; cook for another minute. Place lettuce leaves on plate and spoon chicken mixture into each leaf. Top with green onions and eat like a taco. Enjoy!

CHICKEN THIGHS PICCATA STYLE

Daniella
5th Grade
George Komure

4 chicken thighs, skinned	½ c. fat-free, low-sodium, chicken broth
1 T. whole wheat flour	½ c. white wine
¼ tsp. salt	2 T. fresh lemon juice
¼ tsp. pepper	2 garlic cloves, minced
1 large egg white, lightly beaten	2 T. flat-leaf parsley, chopped
1 tsp. water	1 T. capers, drained
½ c. Italian-seasoned breadcrumbs	grated lemon rind (optional)
2 tsp. olive oil	

Place chicken in a heavy-duty zip-top plastic bag; add flour, salt and pepper. Seal bag and shake to coat chicken. Combine egg white and water in a shallow dish. Remove chicken from bag. Dip each piece in the egg white mixture and dredge in (continued)

the breadcrumbs. Heat oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 3 to 4 minutes per side or until brown. Add broth, wine, lemon juice and garlic to pan; bring to a boil. Cover, reduce heat, and simmer for 8 minutes. Add parsley and capers and simmer, uncovered, for 5 minutes or until chicken is cooked thoroughly. Sprinkle with grated lemon rind before serving, if desired.

EASY & HEALTHY BANANA OAT PANCAKES

Kaitlyn & Yoselin
3rd Grade
Lathrop Elementary

2 ripe bananas, mashed	½ c. rolled oats
2 eggs	pinch of salt
½ tsp. baking powder	nonstick cooking spray

In a blender, combine bananas, eggs, baking powder and oats. Blend until smooth. Allow the batter to sit undisturbed for 10-15 minutes after blending. This will allow for the batter to thicken. Heat a frying pan and coat with cooking spray. Pour a spoonful of batter into pan and cook 1-2 minutes per side or until golden brown. Serve with maple syrup and fresh fruit.

EASY GARLIC AND ROSEMARY CHICKEN

Ayana
5th Grade
Nile Garden Elementary

2 skinless, boneless, chicken breasts	2 T. dried rosemary
2 cloves of garlic, chopped	1 T. lemon juices
	salt & pepper to taste

Preheat oven to 375°. Cover chicken breasts with garlic. Sprinkle with rosemary, lemon juice, salt and pepper. Place chicken in a 9"x13" baking dish and bake for 25 minutes or until juices run clear. Serve hot with vegetables.

FLUFFY PUMPKIN PANCAKES

Lincoln Students
Lincoln Elementary

2 c. whole wheat flour	¾ tsp. salt
3 T. sugar	1 ½ c. nonfat or lowfat milk
1 T. baking powder	3 T. butter
1 tsp. ground cinnamon	1 lg. egg
½ tsp. ground ginger	1 tsp. vanilla extract
¼ tsp. nutmeg	1 c. pumpkin purée
¼ tsp. ground cloves	

Whisk flour, sugar, baking powder, cinnamon, ginger, nutmeg, cloves and salt in a medium bowl, set aside. Warm milk until lukewarm, not hot. Whisk milk, butter, egg and vanilla together until blended. Pour milk mixture in the center of the flour mixture and stir with a fork until you no longer see large streaks of flour. Stir in pumpkin purée until only small clumps of flour remain. Do not over mix the batter. To cook pancakes, heat a large skillet over medium heat. Brush skillet with melted butter. Spoon ¼ cup of the batter onto the skillet and gently spread into a 4" circle. When edges look dry and bubbles start to appear and pop on the top surfaces of the pancake, turn over; about 2 minutes. Once flipped, cook 1 to 2 minutes or until lightly browned and cooked in the middle.

FRESH KALE PESTO PASTA

Lincoln Students
Lincoln Elementary

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| 1 lg. bunch of kale, washed with stems and ribs removed | ½ tsp. salt |
| ½ c. almonds, blanched | 1 tsp. red pepper flakes |
| 2 garlic cloves, roughly minced | ⅔ c. olive oil |
| | ½ c. Parmigiano-Reggiano Cheese |

Bring a large pot of salted water to a boil. Add kale and cook for 10 minutes. Drain and squeeze dry. In the meantime, preheat oven to 350°, then add almonds to a baking sheet and bake in the oven for 5 to 10 minutes or until lightly toasted. Add kale, almonds, garlic, salt and red pepper flakes to food processor. Pulse 3 times then slowly pour olive oil into the bowl while the processor is running. Stop to scrape the sides a few times. Add the pesto to a bowl with the cheese, mix well. Taste for seasoning and add salt if necessary. To store, top with a thin layer of olive oil and cover with plastic wrap. Store in the refrigerator for up to 3 days.

GRILLED BUTTERMILK DIPPED CHICKEN

Lania
5th Grade
George Komure Elementary

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|---|--------------------------------|
| 2 c. nonfat buttermilk | 1 ½ tsp. paprika |
| 2 T. Dijon mustard | 1 T. dried thyme |
| 4 cloves garlic, minced | ¼ tsp. salt |
| 2 T. hot sauce | freshly ground pepper |
| 2 lb. whole chicken leg, skin removed and cut into thighs and drumsticks | olive oil cooking spray |

In a large bowl, combine buttermilk, mustard, garlic, hot sauce, salt, pepper, thyme, and paprika; add chicken, turning to coat. Cover and refrigerate at least 4 hours but up to 24 hours; turning occasionally. Remove chicken from refrigerator at least 30 minutes before grilling. Spray grill with olive oil spray and place grill over medium-high heat. Grill chicken for 30-40 minutes or until the meat thermometer reads 165°. Turn chicken as needed. Be careful as not to let chicken char.

GRILLED CHICKEN WITH ROASTED KALE

Vanessa
5th Grade
George Komure Elementary

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| ½ lb. small red-skinned potatoes, cut into ½" pieces | 3 cloves garlic, thinly sliced |
| 2 T. extra virgin olive oil, plus more for brushing | salt & pepper |
| 1 large bunch kale, stems removed and leaves torn | 2 skinless and boneless chicken breasts |
| | ⅓ c. Parmesan cheese |
| | 1 T. fresh lemon juice |

Preheat oven to 425°. Toss the potatoes with ½ tablespoon olive oil. On a rimmed baking sheet, spread potatoes in a single layer and roast for 5 minutes. Toss kale in a large bowl with garlic, ½ teaspoon of olive oil, ¼ teaspoon salt and pepper to taste. Add to the baking sheet with potatoes and toss. Roast kale and potatoes until kale is crisp and potatoes are tender, stirring once (approximately 15-20 minutes). Meanwhile, preheat grill pan to medium heat and brush with olive oil.

(continued)

Slice chicken breasts in half horizontally to make 4 cutlets. Coat chicken evenly with ½ tablespoon of olive oil and season with salt and pepper to taste. Grill chicken until well-marked and cooked thoroughly (2-4 minutes per side). Transfer chicken to a plate. Toss kale, potatoes, the remaining ½ tablespoon olive oil, Parmesan cheese, lemon juice, salt and pepper to taste in a large bowl. Divide chicken among plates and top with any collected juices. Serve with kale and potato mixture.

GRILLED VEGGIE PITA

Aisjah and Bella
5th Grade
August Knodt Elementary

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| ½ c. low-fat cream cheese or any other low-fat spreadable cheese | 1 tsp. parsley |
| 1 tsp. chives, chopped | 3-4 c. grilled veggies |
| | 4 whole-wheat pitas |

Place cream cheese and herbs into a food processor. Pulse until herbs are evenly distributed throughout cheese. Spread 1-2 tablespoons of herbed cream cheese onto the inside of each pita. Stuff each pita evenly with grilled veggies.

HAMBURGER HEAVEN

Ann
Volunteer
Give Every Child A Chance

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|------------------------------|--|
| 1 T. olive oil | 1 ½ tsp. salt |
| 1 lb. hamburger | ¼ tsp. pepper |
| 1 c. chopped celery | 1 - 15 oz. can stewed tomatoes |
| ¾ c. chopped onions | 1 can sliced olives |
| 2 c. uncooked noodles | 1 c. diced sharp cheddar cheese |

Brown hamburger in olive oil in a large pot. Add celery and onions and cook for 5 minutes. Add the uncooked noodles, tomatoes, sliced olives, cheese, salt and pepper and stir gently and thoroughly. Cover and simmer for 20 minutes. Serve with a salad.

HEALTHY PIZZA

Macen
4th Grade
George Komure Elementary

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| 1 medium zucchini, sliced thin | 1 c. shredded part-skim mozzarella cheese |
| ¼ tsp. salt | 1 pt. cherry tomatoes (halved) |
| cooking spray | 8 pitted Kalamata olives |
| 1 lb. 100% whole wheat pizza dough | ¼ c. crumbled feta cheese |
| 1 c. 100% whole wheat flour | 2 tsp. extra virgin olive oil |

Set a pizza stone or baking sheet on the bottom rack of the oven and preheat oven to 500°. Toss zucchini with ¼ teaspoon of salt in a medium bowl and let sit. Roll out pizza dough using extra flour on an extra baking sheet. Take pizza stone or hot baking sheet out of the oven and spray with cooking spray. Place rolled out dough on top of the hot stone or sheet. Drizzle dough with olive oil. Then add mozzarella cheese, tomatoes, olives and feta cheese to dough as toppings. Lastly, top the pizza with zucchini. Turn the oven down to 350° and place pizza into oven for 20-30 minutes or until pizza dough is cooked through. Enjoy!

HOMEMADE CHICKEN NUGGETS

Pedro
5th Grade
French Camp Elementary

3 c. corn flakes
1/3 c. grated Parmesan cheese
1/2 tsp. salt
1/4 tsp. onion powder
1/4 tsp. garlic powder
pinch of pepper

1 lb. boneless, skinless, chicken breasts
1/4 c. flour
2 lg. eggs, beaten
nonstick cooking spray

Cut chicken breasts into nugget-sized pieces. Preheat oven to 425°. Grease a cookie sheet with nonstick cooking spray. Put corn flakes in a large zip top plastic bag and crush into a fine texture. Pour flakes into a medium-sized bowl and add Parmesan cheese, salt, onion powder, garlic powder and pepper. Place eggs in a separate small bowl. Place flour in a separate small bowl. To bread chicken, coat each chicken piece with flour then shake off excess. Then dip the piece into egg and then coat with corn flake mixture. Arrange chicken on prepared baking sheet. Bake for 12-15 minutes or until chicken is cooked thoroughly.

ITALIAN OVEN FRIED CHICKEN

Ann
Volunteer
Give Every Child A Chance

4 boneless skinless chicken breasts
1/3 c. olive oil
3/4 c. breadcrumbs
2 cloves minced garlic
1 tsp. oregano
1 tsp. dried basil
1/2 c. grated Parmesan cheese

Preheat oven to 350 degrees. In a large bowl mix together bread crumbs, garlic, oregano, basil, and the grated cheese. Brush chicken evenly on both sides with olive oil. Coat chicken thoroughly with breadcrumb mixture. Place in a shallow roasting pan, and bake for 30 to 40 minutes, until fork tender.

LASAGNE ROLL UPS

Ann
Volunteer
Give Every Child A Chance

3 c. spaghetti sauce
12 uncooked lasagna noodles
2 c. chopped cooked meat (pork, chicken, or beef)
1 package frozen chopped spinach (cooked and well drained)
1 onion (chopped and sautéed for about 5 minutes)
1/2 c. Parmesan cheese
2 slices of bread, soaked in chicken broth, drained
1 egg
1/4 c. bread crumbs
salt and pepper to taste

Mix the cooked meat, cooked spinach, sautéed onions, Parmesan cheese, soaked bread, egg, bread crumbs, and salt and pepper together, set aside. Cook noodles as instructed on packaging, drain. Cover noodles with cold water, for about 15 minutes and drain again. Lay noodles out on a board. Spread the meat lengthwise in the middle of the noodles (do not put on too thick). Roll the noodle up carefully, cut the roll in half. Repeat with the remaining noodles. Put 1 1/2 c. of spaghetti (continued)

sauce on the bottom of a 13 x 13 inch Pyrex pan. Place the noodles in the pan next to each other with the fluted side up (cut side down). Cover the noodles with the remaining spaghetti sauce. Sprinkle with Parmesan cheese. Cover and bake for about 30 minutes, until hot and bubbly.

LEMONY ARTICHOKE AND PEA PASTA

Lincoln Students
Lincoln Elementary

1 lb. pasta
2 T. butter
1/2 c. onion, chopped
1/4 tsp. red pepper flakes
1 c. jarred or canned artichokes, quartered
1 c. frozen peas, thawed
3 T. water
1/4 c. cream or half-and-half
4 oz. goat cheese
1 lemon, zested and juiced
1/2 c. arugula
salt and pepper to taste

Bring a large pot of salted water to a boil and then cook pasta according to directions. Drain pasta, reserving 1/4 c. of pasta water. Melt butter in a large skillet over medium heat, add onions and red pepper flakes and cook until onions are translucent; about 3 minutes. Add artichokes, peas and water and cook 2 minutes. Reduce heat, add goat cheese and cream (half-and-half), then cook over low heat until cheese has melted. Add drained pasta to artichokes and peas then toss a coat. Use some or all of the reserved pasta water to help thin out the sauce so that pasta is well-coated with sauce. Remove from heat, add lemon zest, juice and arugula. Toss and season to taste with salt and pepper; serve immediately.

LENTILS OF THE SOUTHWEST

Ana
5th Grade
August Knodt Elementary

1/2 c. lentils (any color)
2 c. water
3/4 tsp. olive oil
2 T. chopped onion
3/4 tsp. minced garlic
1/2 tsp. ground cumin
3/4 tsp. mild ground red chili
1/3 c. diced tomatoes, canned or fresh
1/2 tsp. salt
2 T. chopped, fresh cilantro

Combine the lentils and water in a saucepan. Bring to a boil over high heat. Reduce the heat to medium and cook the lentils until tender, about an hour. If needed, add more water. Heat olive oil in a skillet. Sauté the onion and garlic in the olive oil for 2-3 minutes, until softened. Stir in the cumin, ground red chili (optional), and chili powder. Add onion-garlic-spice mixture to the cooked lentils. Stir in the tomatoes and salt. Bring to a boil. Reduce heat to low. Simmer uncovered for 10 minutes. Just before serving, stir in the chopped cilantro.

LIGHT TOMATO SAUCE

Ann
Volunteer
Give Every Child A Chance

2 T. olive oil
1 T. garlic, minced (2 to 3 cloves)
6 T. tomato sauce
¼ tsp. ground sage
¼ tsp. thyme
4 T. water
salt and pepper to taste

In a large frying pan, heat oil and add minced garlic. Lower the heat to medium-low and sauté for about 5 minutes. Add the tomato sauce along with sage, thyme, salt and pepper. Stir continuously. Add water and let simmer for another 15 minutes. Measurements are according to how much sauce you will need. This sauce can be used for many dishes.

LUCKY LETTUCE CUPS

Cassidy
5th Grade
August Knodt Elementary

2 T. safflower oil
¾ lb. boneless, skinless chicken breasts, cut into 1 inch cubes
4 scallions thinly sliced, plus 2 scallions sliced diagonally for garnish
1 (2 inch) piece fresh ginger, peeled and grated
2 large cloves garlic, minced
1 c. zucchini, cut into 1 inch cubes
1 c. red bell pepper, cut into 1 inch dice
1 c. yellow bell pepper, cut into 1 inch dice
1 c. lightly salted roasted peanuts
1 c. cooked short-grain brown rice
1 T. brown sugar
1 T. soy sauce
1 ½ tsp. rice wine vinegar
½ tsp. salt
¼ tsp. hot chile sauce (optional)
1 head butter lettuce, washed and separated

In a large sauté pan over moderate heat, warm 1 tablespoon oil. Add the chicken and sauté, stirring occasionally, until cooked through and brown, 5 to 7 minutes. Transfer to a plate and set aside. Do not wash the pan. In the same pan, warm the remaining 1 tablespoon oil over medium heat. Add the 4 thinly sliced scallions, ginger, and garlic and sauté, stirring occasionally, for 1 minute. Add the zucchini, red and yellow bell peppers, peanuts, and rice, and cook, stirring occasionally, for 3 minutes. Add the brown sugar and cook, stirring occasionally, for 3 minutes. Add the cooked chicken, along with the soy sauce, vinegar, salt, and hot chile sauce, if using. Mound the rice and vegetable mixture in the middle of a large serving plate and garnish with diagonally sliced scallions. Surround the rice with lettuce cups. To serve, let everyone spoon the rice and vegetable mixture into lettuce cups and eat with their fingers, taco-style.

MEATLESS SPAGHETTI SAUCE

Ann
Volunteer
Give Every Child A Chance

3 T. olive oil
1 c. onions, chopped
2 carrots, chopped fine
1 T. garlic, chopped
2 (15.5 oz.) cans Italian plum or whole packed tomatoes, puréed
1 (6 oz.) can tomato paste
1 T. oregano, dried and crumbled
1 T. fresh basil, finely cut (or 1 tsp. dried basil, crumbled)
1 bay leaf
salt and pepper to taste

Heat olive oil in a large pot. Add onions and sauté until limp. Add garlic and cook another 2 minutes. Stir the rest of the ingredients and bring to a boil. Simmer at least for 1 hour and a half or until the sauce thickens, stirring often. Take the bay leaf out before serving.

PENNE WITH ROASTED CHICKEN AND RADICCHIO

Fernando
5th Grade
George Komure Elementary

1 lb. whole wheat penne
1 head radicchio, chopped into 1" pieces
½ c. grated Parmesan cheese, divided
2 tsp. extra virgin olive oil
1 (4 lbs.) roasted chicken, skin discarded and meat shredded
¼ c. balsamic vinegar
¼ c. chopped walnuts
salt and pepper to taste

Cook pasta in a large pot of salted water until just tender, 8-10 minutes or according to package directions. Drain pasta, reserving ¼ cup of the cooking liquid. Place radicchio and reserve liquid into the pot and cook over medium heat, stirring constantly, until radicchio is wilted or 2-3 minutes. Stir in pasta, 2 tablespoons Parmesan cheese, oil, chicken, vinegar, salt and pepper. Continue to cook until cheese melts, 1-2 minutes. Serve pasta garnished with walnuts and remaining cheese.

PESTO PASTA WITH CHICKEN AND SUN-DRIED TOMATOES

Sofia
5th Grade
Shasta Elementary

Pesto Sauce

2 c. packed fresh basil leaves, (2-3 bunches)
¼ c. walnut pieces, toasted
¼ c. grated Parmigiano-Reggiano cheese
3 T. extra-virgin olive oil
2 T. water
1 large clove garlic, quartered
salt and pepper to taste

Place basil, walnuts, Parmigiano-Reggiano, oil, water, garlic, salt and pepper in a food processor; pulse a few times, then process until fairly smooth, or to the desired consistency, scraping down the sides occasionally.

(continued)

Chicken and Pasta

1 (16 oz.) package of whole wheat pasta (penne or your choice)
1 tsp. olive oil
2 cloves garlic, minced
2 boneless, skinless, chicken breasts, cut into bite-sized pieces

crushed red pepper flakes to taste
1/3 c. oil-packed sun-dried tomatoes, drained and cut into strips
1/2 c. pesto sauce, prepared

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8-10 minutes or until al dente. Drain pasta. Heat oil in a large skillet over medium heat. Sauté garlic until tender then stir in chicken. Season with red pepper flakes. Cook until chicken is golden and thoroughly done. In a large bowl, combine pasta, chicken sun-dried tomatoes and pesto sauce. Toss to coat evenly. Serve immediately.

PUMPKIN PANCAKES

1 1/2 c. fat free milk
1 c. pumpkin purée
1 lg. egg
2 T. vegetable oil
2 T. vinegar
2 c. whole wheat flour
3 T. brown sugar

2 tsp. baking powder
1 tsp. baking soda
1 tsp. ground allspice
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/2 tsp. salt

In a bowl combine milk, pumpkin, egg, oil and vinegar. Mix the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Then stir the pumpkin mixture into the dry ingredients and combine gently. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook on both sides until the pancake is golden brown. Serve hot.

QUICK CHICKEN STROGANOFF

2 half chicken breasts (about 1/2 lb.)
3 T. oil
2 medium onions, thinly sliced
1 c. thinly sliced celery
4 large, thinly sliced mushrooms
1 clove minced garlic

1/2 c. white wine or water
1 chicken flavored bullion cube
1 container (8 oz.) low fat yogurt or sour cream
1 T. cornstarch
1/8 tsp. pepper

Cut the chicken into strips and then set aside. Heat 2 T. of oil in a Dutch oven. Add the onions and celery and cook for 3 minutes. Add the mushrooms and cook for 2 more minutes. Remove from the Dutch oven and set aside. Heat the remaining oil and add chicken and garlic. Cook for 5 minutes or until the chicken is tender. Add the vegetables, wine, and the bullion cube to the chicken. Cook until the bullion cube is dissolved. In a small bowl mix together, the cornstarch, yogurt, and pepper. Add it to the chicken mixture and boil for 1 minute. Serve with noodles.

ROASTED SWEET POTATO AND CHIPOTLE TACOS

2 medium sweet potatoes, peeled, cut into 1/2" pieces
2 T. olive oil
1 tsp. ground cumin
1/4 tsp. salt
1/3 lowfat sour cream
1-3 T. chiles in adobo sauce, finely chopped

2 T. lime juice
2 c. red cabbage, shredded
1 (12 oz.) can black beans, drained and rinsed
2 cloves garlic, finely chopped
8 (6-inch) flour or corn tortillas
1/4 c. fresh cilantro leaves

Preheat oven to 400°. Line a large baking sheet with foil or parchment paper. Add sweet potatoes to baking sheet then top with 1 tablespoon of oil, the cumin and salt. Use a spoon or your hands to toss until all the sweet potatoes have been coated. Arrange the sweet potatoes in one layer on the baking sheet. Bake for about 30 minutes, turning once, or until edges are golden brown. Meanwhile, in a medium bowl, mix sour cream, 1 tablespoon of lime juice, and 1 tablespoon of chipotle chiles. Test for spice. Add more chiles if desired. Stir in the shredded cabbage and toss to coat. Heat 1 tablespoon of oil in a large frying pan over medium heat. Add the garlic and let cook, while stirring, for 30 seconds or until it just begins to toast. Add black beans and cook, stirring occasionally, until thoroughly heated. Remove from heat and add the second tablespoon of lime juice. To assemble your tacos, heat the tortillas in the microwave for 30 seconds to a minute until warm. Then spoon the sweet potatoes and black beans into each tortilla. Top with chipotle slaw and fresh cilantro. Serve with lime wedges.

SEASONED FROZEN CHICKEN BREASTS

4 or 5 boneless, skinless chicken breasts
1 tsp. water
4 T. olive oil

1 T. garlic, minced
1/2 tsp. salt
1/2 tsp. pepper
lemon zest

Combine all the ingredients in a bowl, except the chicken breasts and water. Mix the ingredients thoroughly and let it set for a couple hours. Wash and dry each chicken breast. Slice the breast through the center, starting at the thick side and cut to the thin side, but do not cut all the way through. Open the breast up, so it looks like a heart. Flatten each breast in a plastic bag with a little water (the bottom of a cast iron pan works well). When flattened, lay each breast out on a cutting board. Brush each one with oil mixture, on both sides. But each breast between two pieces of waxed paper. Put another piece of wax paper in between each set so they can be separated easily when you are ready to cook them. Stack them on top of each other and then put them all in a plastic bag and freeze them. Now you have seasoned chicken breasts that can be cooked how you like (i.e., grill, bake, etc.).

Lincoln Students
Lincoln Elementary

Krystal
GECAC Site Staff
Shasta Elementary

Ann
Volunteer
Give Every Child A Chance

Ann
Volunteer
Give Every Child A Chance

SHRIMP TACOS

Molly, Andrea, Jilleen & Natalia
6th & 7th Grade
El Portal Middle School

1 small onion
1 jalapeño pepper, seeded
1 garlic clove
8 oz. fresh tomatoes (about 2-3 medium tomatoes)
1 avocado, peeled and cut into chunks

1 tsp. salt (divided)
¼ c. cilantro, chopped coarsely
2 T. olive oil
½ tsp. chili powder
4 small corn tortillas
lime wedges (optional)

Put onion, jalapeño pepper and garlic in a food processor and finely chop. Add tomatoes, avocado and ½ teaspoon salt and pulse until mixture is chopped but still chunky. Transfer to a bowl and stir in cilantro. Heat a stove top grill or outdoor grill to medium-high heat. Mix olive oil, chili powder and ½ teaspoon of salt in large bowl. Add the shrimp to the mixture and toss to coat. Place shrimp on the grill and cook shrimp until translucent, about 1-2 minutes per side. Heat tortillas on the grill until slightly charred. Alternatively, wrap tortillas in a damp paper towel and heat in the microwave. Spoon sauce mixture into each tortilla. Top with 2 or 3 grilled shrimp. If desired, serve with lime wedges.

SIMPLY BANANA PANCAKES

Chris
Healthy Lifestyles Coordinator
Give Every Child A Chance

2 lg. eggs
½ tsp. vanilla extract
1 ½ lg. ripe bananas
¼ c. whole wheat flour

⅛ tsp. baking powder
½ tsp. ground cinnamon
Nonstick cooking spray

In a large mixing bowl, mash the ripe large bananas until there are little to no lumps. Add eggs into banana mixture and whisk well until the eggs and the bananas are combined. Add baking powder, whole wheat flour, cinnamon and vanilla extract and mix again. Spray griddle with nonstick cooking spray. Cook pancakes over medium-low heat. A ¼ to a ½ cup of batter for each pancake. Cook for approximately 1 minute on each side. Serve hot.

SKINNY SHRIMP SCAMPI WITH ZUCCHINI NOODLES

Leticia
GECAC Site Staff
Shasta Elementary

2 T. olive oil
1 lb. jumbo shrimp, peeled and deveined
1 T. garlic, minced
¼ tsp. red pepper flakes

¼ c. white wine
2 T. lemon juice
2 medium zucchini
salt & pepper to taste

Place a large sauté pan over medium-low heat. Add olive oil and heat for 1 minute. Add garlic and red pepper flakes and cook for 1 minute while stirring constantly. Add shrimp to the pan and cook them, stirring as needed, until they are cooked through and pink on all sides, about 3 minutes. Season shrimp with salt and pepper and then use a slotted spoon to transfer them to a different bowl, leaving any liquid (continued)

in the pan. Increase to medium heat and add white wine and lemon juice to the pan. Using a wooden spoon, scrape any brown bits from the bottom of the pan, cooking the lemon juice and wine for 2 minutes. Next grate or julienne or spiral julienne your zucchini into noodles. Add them to the pan and sauté. Right before the noodles are tender add shrimp and combine. Serve immediately.

SLOW-COOKER HONEY ORANGE CHICKEN DRUMSTICKS

Courtney
GECAC Site Staff
Shasta Elementary

⅓ c. honey
2 tsp. orange zest
2 T. orange juice
3 T. low-sodium soy sauce
3 garlic cloves, minced
1 ½ T. fresh ginger, minced
1 T. crushed red pepper

3 ½ lbs. medium drumsticks, skin removed
2 T. fresh cilantro
2 tsp. toasted sesame seeds
1 T. rice vinegar
nonstick cooking spray

Combine honey, zest, juice, soy sauce, garlic, ginger, vinegar and pepper in a small bowl. Coat slow-cooker with cooking spray. Add drumsticks and pour mixture over them and combine. Cook for 2 to 3 hours on high or 4 hours on low. Put drumsticks on a serving platter and reserve liquid. On a medium skillet, reduce liquid over high heat until syrupy (about 10 to 15 minutes of boiling). Pour the sauce over the drumsticks and combine to coat them. Sprinkle cilantro and sesame seeds on drumsticks. Serve hot.

SPAGHETTI SAUCE WITH MEAT

Ann
Volunteer
Give Every Child A Chance

1 lb. hamburger or ground turkey
1 c. onions, chopped
3 garlic cloves, chopped finely
1 c. celery, chopped
1 c. carrots, chopped
½ c. parsley, chopped

2 (15 oz.) cans of tomato sauce
1 (15 oz.) can of stewed tomatoes, puréed
2 (15 oz.) cans of water
¼ c. wine (red, white or rose)
3 T. olive oil

Lightly salt and pepper the meat and brown a large pot (8 quarts) with a little oil. Pour wine over meat and remove meat from the pot. Set aside. Add the onions to the pot with a little more oil and sauté them on medium heat until limp. Add the garlic and cook about 2 more minutes. Add parsley celery and carrots and cook for about 5 minutes, add salt and pepper and mix lightly. Return meat to the mixture and stir well. Add the puréed stewed tomatoes, the tomato sauce and water. Stir well and bring to a boil. Cover the pot, but leave a little air and simmer for 3 hours. Stir often. Taste the sauce to see if it needs more salt and pepper. Serve with your favorite pasta!

SPICY CHICKEN CASSEROLE

Alessandra
4th Grade
Golden West Elementary

- | | |
|-------------------------------------|--|
| 1 (12 oz.) can salsa | 1 (12 oz.) can low-sodium pinto beans |
| 1 (8 oz.) can tomato sauce | |
| 1 chipotle chile in adobo | 5 tortillas, corn or flour |
| 2 tsp. adobo sauce | 1 ½ c. shredded lowfat cheese |
| 2 c. shredded cooked chicken | 1 c. cilantro, chopped |

Preheat oven to 425°. Grease a shallow 2 quart baking dish. Purée in a blender, salsa, tomato sauce, chipotle chile in adobo, and adobo sauce until smooth. Transfer to a large bowl. Stir in shredded chicken and pinto beans. Arrange 2 tortillas on the bottom of the baking dish. Top tortillas with half of the chicken and bean mixture. ½ cup shredded cheese, and ½ cup cilantro. Repeat layering with 2 tortillas, remaining chicken and bean mixture, ½ c. cheese and ½ cup cilantro. Top with last tortilla and remaining ½ cup cheese. Bake for 15 to 20 minutes or until cheese is bubbling. Serve hot.

TERIYAKI SALMON WITH ZUCCHINI

Angelo
6th Grade
Great Valley Elementary School

- | | |
|----------------------------------|--|
| low-sodium teriyaki sauce | 2 small zucchini, thinly sliced |
| 2 (6 oz.) salmon fillets | 4 scallions, chopped |
| Sesame seeds | Canola oil |

Combine 5 tablespoons teriyaki sauce and fish in a zip-top plastic bag. Seal and marinate 20 minutes. Toast sesame seeds in a large nonstick skillet over medium heat, and set aside. Drain fish, discarding marinade. Add fish to skillet, and cook 5 minutes. Turn and cook for 5 more minutes over medium-low heat. Remove from skillet, and keep warm. Add the zucchini, scallions, and 2 teaspoons oil to skillet. Sauté 4 minutes, or until lightly browned. Stir in 2 tablespoons teriyaki sauce. Sprinkle with sesame seeds, and serve with salmon.

TUNA BURGERS

Chris
Healthy Lifestyles Coordinator
Give Every Child A Chance

- | | |
|--|--|
| ½ tsp. low-salt seasoning | 1 lg. egg |
| ¼ tsp. minced garlic or 1 minced garlic clove | ¼ c. breadcrumbs |
| 2 tsp. lemon juice | 1 (5-7 oz.) can of tuna, flaked |
| ¼ c. celery, minced | 1 T. olive oil |
| ¼ c. onion, minced | pepper to taste |
| | Nonstick cooking spray |

Beat egg in mixing bowl and drain and flake the tuna. Mix eggs (beaten), tuna (drained) and breadcrumbs into bowl. Stir lightly. Add onion, celery, lemon juice, garlic and seasoning. Stir lightly. Form mixture into 2 or 3 patties, about the size of your palm. Place on plate. Heat grill or pan. Spray cooking surface with nonstick cooking spray. Cook the patty for 5 minutes on each side over medium-high heat. Serve warm on bun with your favorite condiments!

TURKEY TACO LETTUCE WRAPS

Isabell, Kaylee & Jesus
6th & 8th Grade
El Portal Middle School

- | | |
|-------------------------------------|--|
| 1 lb. 99% lean ground turkey | ¼ c. bell pepper, minced |
| 1 tsp. garlic powder | ¾ c. water |
| 1 tsp. cumin | 4 oz. tomato sauce |
| 1 tsp. salt | lettuce leaves, washed, separated and dried |
| 1 tsp. chili powder | ½ c. shredded reduced-fat cheddar cheese (optional) |
| 1 tsp. paprika | |
| ½ tsp. oregano | |
| ½ small onion, minced | |

Brown turkey in large skillet over medium-high heat, breaking meat into smaller pieces as it cooks. When no longer pink, add garlic powder, cumin, salt, chili powder, paprika, and oregano to turkey and mix well. Then add onion, bell pepper, water and tomato sauce. Mix and cover on low heat. Let simmer for about 20 minutes or when liquid has reduced by half. Spoon turkey into individual lettuce leaves and serve with shredded cheese on top, if desired.

VEGETARIAN PASTA

Haley
5th Grade
Sequoia Elementary

- | | |
|---|-------------------------------------|
| 1 (16 oz.) package dry penne pasta | ½ c. Italian dressing |
| 6 qt. of water | ¼ cut red onions |
| ¼ c. finely chopped fresh basil | ¼ c. Italian Parmesan cheese |
| 8 Roma (plum) tomatoes, diced | |

Bring water (salted as desired) to a boil. Place the pasta in the pot, cook 10 minutes until al dente, then drain and let cool. In a large bowl, toss the diced tomatoes, Italian dressing, basil, red onion and Parmesan cheese. Once cooled mix the pasta with the rest of the ingredients and serve.

ZUCCHINI BREAD BREAKFAST PIZZA

Savannah
4th Grade
George Komure Elementary

- | | |
|-------------------------------------|-------------------------------------|
| 2 T. coconut flour | ½ tsp. vanilla extract |
| ⅛ tsp. ground cinnamon | 2 fresh strawberries, sliced |
| ½ c. shredded zucchini | 4 grapes, halved |
| 1 egg, beaten | ½ banana, sliced |
| ¼ c. nonfat Greek yogurt | ¼ tsp. orange zest |
| 1 tsp. maple syrup (divided) | |

Preheat oven to 350°. Line a baking sheet with parchment paper. Combine coconut flour and cinnamon in a bowl. Add zucchini, egg, ½ teaspoon of maple syrup, and vanilla extract. Mix well. Spread zucchini mixture into the form of a pizza crust on the prepared baking sheet. Bake in the preheated oven until "crust" is golden brown and cooked through, about 15 minutes. Cool "crust" and then spread yogurt onto the "crust" like pizza sauce. Top pizza with strawberries, grapes, banana slices, orange zest, and drizzle entire pizza with the remaining maple syrup.

ZUCCHINI LASAGNA WITH LEMON RICOTTA

Lincoln Students
Lincoln Elementary

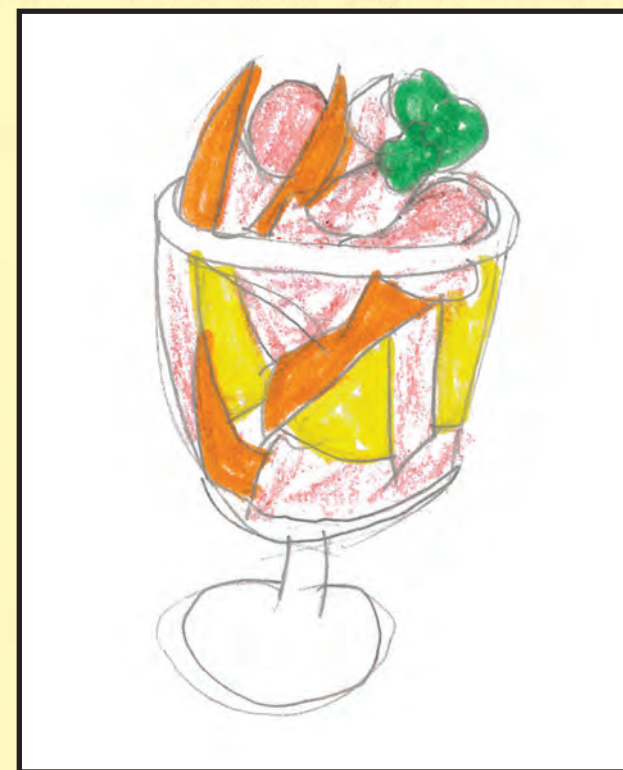
2 zucchini squash, cut into 1/4" rounds
2 summer/yellow squash, cut into 1/4" rounds
1 shallot or small onion, thinly sliced
1 T. olive oil

1/2 tsp. Italian seasoning
8 dry lasagna noodles, unbroken
1 c. part-skim ricotta cheese
Zest of one lemon
salt and pepper to taste
Fresh basil leaves, chopped

Heat oven to 425°. Line a baking sheet with parchment paper or aluminum foil. Add squash to the pan and use your fingers to separate the shallot slices into rings and add to baking sheet. Add olive oil, Italian seasoning, and a 1/4 teaspoon of salt. Toss until everything is well coated. Separate squash into one layer and roast them in the oven until lightly browned, but not mushy, turning once; about 15 minutes. In the meantime, bring a large pot of salted water to a boil then cook lasagna noodles according to package directions. A couple of minutes before the noodles are fully cooked, add ricotta cheese to a microwave-safe bowl and heat 1 minute until warm. Add lemon zest and 1/4 cup of water from the pasta pot. Then stir until a sauce forms. Taste and season with salt and pepper. Drain pasta noodles then cut each noodle in half. Place one half noodle down on a serving plate, top with a spoonful of ricotta, some of the roasted squash, and a second noodle. Repeat with two more noodle halves then sprinkle fresh chopped basil leaves on top. Serve immediately.

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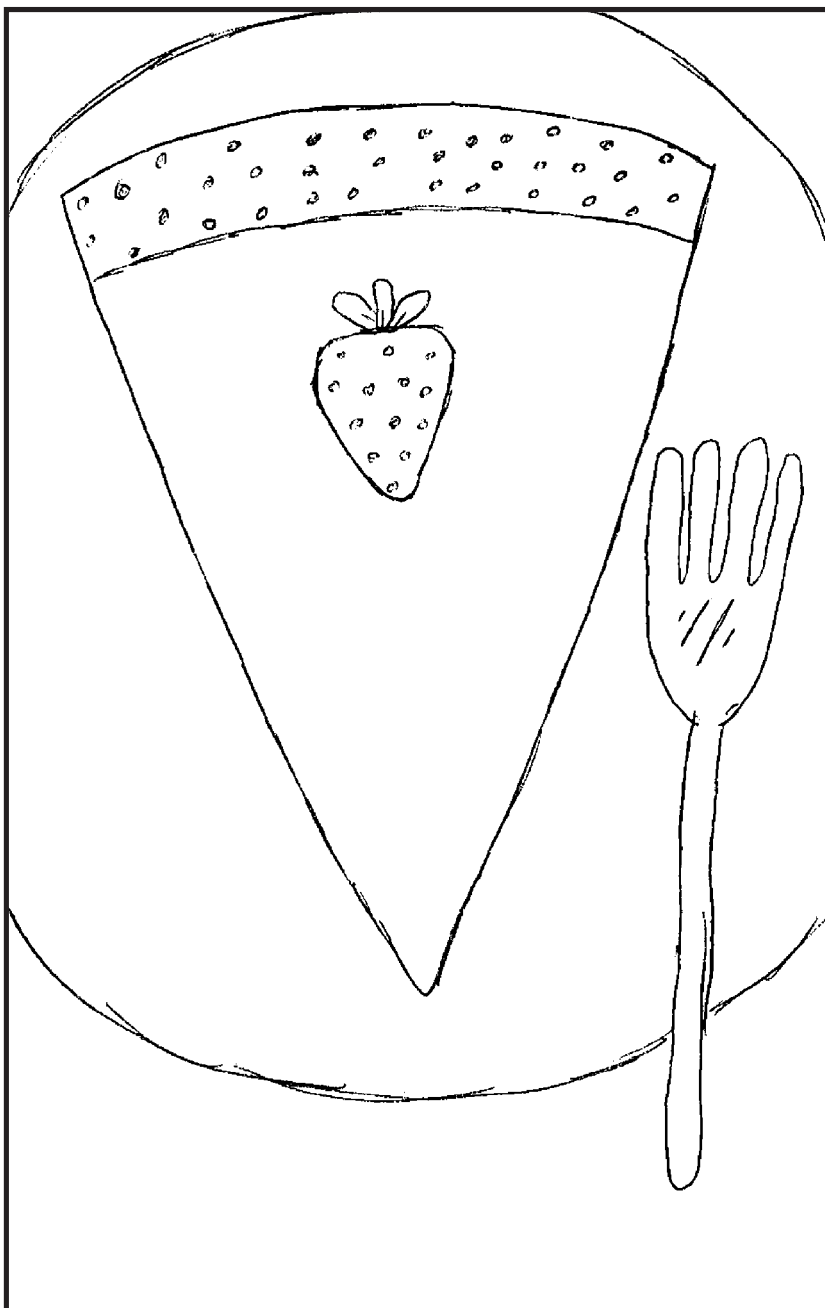
Fruit & Desserts



Mango & Baby Tomato Salad

Sureena
Great Valley Elementary

5/16" Binder allowance



Strawberry Rhubarb Pie
Alexia
George Komure Elementary

FRUIT & DESSERTS

APPLE COOKIES (1 SERVING)

Nevaeh
6th Grade

French Camp Elementary

1 apple
2 T. peanut or almond butter
2 T. pecans, chopped

2 T. coconut shreds
2 T. chocolate chips

Core and slice apple into thin rings. Spread peanut or almond butter over one side of the apple ring. Top with pecans, coconut shreds and chocolate chips. Serve immediately.

AWESOME APPLESAUCE

Kashae
3rd Grade

August Knodt Elementary

2 small red apples
2 T. lemon juice

2 tsp. sugar
2 pinches of cinnamon

Peel the apples and cut them into small pieces. Throw out the core. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth. Pour the mixture into two small bowls and stir in the sugar and cinnamon. Enjoy!

BANANA OAT GREEK YOGURT MUFFINS

Leticia
GECAC Site Staff
Shasta Elementary

1 c. plain nonfat Greek yogurt
2 ripe bananas
2 lg. eggs
1/4 c. brown sugar
2 c. rolled oats (quick or old-fashioned)

1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 c. semi-sweet chocolate chips

Preheat the oven to 400°. Prepare a muffin pan by spraying it with nonstick cooking spray or lining it with cupcake liners. Set aside. Add all ingredients except for chocolate chips to a blender or food processor. Blend on high until oats are broken down and the batter is smooth and creamy. Stir in chocolate chips by hand. Pour the batter into prepared muffin pan, filling each cup until it is about 3/4 full. Bake for 15 to 20 minutes or until the tops are golden brown and when a toothpick comes out clean. Allow to cool for 10 minutes. Enjoy warm!

BANANA SOFT SERVE

Goretti
6th Grade
El Portal Middle School

1 ½ c. frozen and sliced bananas
2 tsp. maple syrup
½ tsp. vanilla extract
pinch of ground cinnamon
pinch of sea salt

Purée bananas, maple syrup, vanilla, cinnamon and salt in a food processor or high-powered blender for 3 minutes or more. You may need to scrape down the sides a few times or break up large chunks as you go. When completely smooth scoop banana 'soft serve' into small bowls. Serve immediately.

BANANA SPLIT BITES

Arianna
4th Grade
French Camp Elementary

3 bananas, sliced into 1" slices
¼ lb. pineapple chunks
6 strawberries, halved
1 c. low-fat dipping chocolate
¼ c. peanuts, chopped
12 wooden skewers or Popsicle sticks

Skewer bananas, pineapple and strawberries in order and then place on a plate. Place the skewers in the freezer for 10 minutes. Prepare a baking tray lined with wax paper. Put chopped nuts in a small plate and set aside. Melt chocolate either in a small bowl in the microwave or on the stove. Retrieve fruit from the freezer and dip each skewer in the chocolate. Then roll chocolate-covered skewers in the nuts. Place on baking tray. Serve immediately.

BANANA, OATMEAL & RAISIN COOKIES

Luis, Heather, Tommy & Jessica
6th and 7th Grade
El Portal Middle School

1 c. whole oat or wheat flour
¾ c. rolled oats
½ tsp. baking powder
⅓ tsp. baking soda
½ tsp. salt
⅓ c. light brown sugar or raw sugar
⅓ c. canola oil
⅓ c. soy milk
1 tsp. vanilla extract
1 ripe bananas, sliced
⅓ c. walnuts or other nut, chopped
⅓ c. raisins

Preheat oven to 350°. Combine flour, oats, baking powder, baking soda, salt and sugar in a large bowl. Whisk together oil, soy milk and vanilla in a separate bowl. Add wet mixture to dry ingredients, stir to combine. Fold in banana, walnuts or nuts, and raisins. Line a baking sheet with parchment paper. Scoop dough onto the sheet with a small ice cream scooper or spoon. Bake dough for 25 minutes or until cookies are golden brown, turning baking sheet half way through baking. Let cook on a wire rack before serving.

BERRY BOWL

Chris
Healthy Lifestyles Coordinator
Give Every Child A Chance

1 c. frozen mixed berries
1 frozen banana, peeled and sliced
1 c. lowfat or nonfat milk
2 T. old-fashioned oats
1 c. lowfat granola or muesli
1 T. honey

Combine berries, banana, milk, honey and oatmeal in the blender until the mixture is of a thick but smooth consistency. Pour granola or muesli in a bowl. Top it with the berry mixture. Serve immediately. The berry mixture should be frosty.

BERRY LETTUCE SMOOTHIE

Heather
GECAC Site Staff
Give Every Child a Chance

1 c. water
2 c. lettuce, chopped
2 fresh or frozen medium banana
1 ½ c. fresh or frozen mixed berries
(or berries of your choice)
1 apple chopped
1 pear chopped

Place all the ingredients into a blender and blend for around 30-45 seconds or until nice and smooth.

BLUEBERRY ALMOND CRUMBLE

Alexis
5th Grade
Ripon Elementary

6 c. frozen blueberries
2 T. pure maple syrup
¾ c. rolled oats
2 tsp. almond extract
1 tsp. ground cinnamon
3 T. cornstarch
¼ c. whole wheat or millet flour
1 ½ T. unsalted butter
nonstick cooking spray

Preheat oven to 350°. Lightly coat an 8" square baking pan with nonstick cooking spray. To prepare the oat streusel topping, whisk together oats, flour and cinnamon in a small bowl. Add in the maple syrup and butter, stirring until completely incorporated. In a separate large bowl, stir together the blueberries, cornstarch and almond extract. Pour fruit mixture in pan and sprinkle oat streusel on top. Bake at 350° for 50-60 minutes, or until blueberries are bubbling. Cool completely to room temperature before serving.

BLUEBERRY MUFFINS

Lincoln Students
Lincoln Elementary

1 ½ c. whole wheat flour
¾ c. sugar
½ tsp. salt
2 tsp. baking powder
½ c. vegetable oil
1 lg. egg
½ c. 2% milk
1 ½ tsp. vanilla extract
1 c. fresh blueberries

(continued)

Heat oven to 350°. Then, line 8 standard-sized muffin cups with paper liners. Combine flour, sugar, baking powder and salt in a large bowl and whisk. Set aside. Next, in another bowl, add vegetable oil, egg, milk, and vanilla extract and whisk to combine. Add milk mixture to the dry ingredients and use a fork to combine. Do not over mix. The muffin batter will be quite thick. Add blueberries and use a spatula or spoon to gently fold the berries into the muffin batter. Bake for 10 to 15 minutes or until a toothpick comes out clean. Serve warm.

CHOCOLATE SWEETHEART PARFAIT

*Devin and Ricardo
5th Grade
August Knodt Elementary*

½ tsp. cocoa powder
1 tsp. vanilla extract
2 tsp. honey
1 ½ c. low-fat or fat free Greek yogurt

2 c. fresh or frozen raspberries
¼ c. shaved dark chocolate or chocolate chips

In medium bowl, whisk together cocoa powder and vanilla. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses. Top with some raspberries and repeat until all of the yogurt and raspberries are used up. Sprinkle each parfait with chocolate shavings. Serve or refrigerate until ready to serve.

CINNAMON-BAKED GOLDEN APPLES

*Lincoln Students
Lincoln Elementary*

4 large golden delicious apples, cored
¼ c. raisins
½ c. 100% apple juice, unsweetened
2 T. brown sugar
1 T. lemon juice
1 tsp. lemon zest
½ tsp. ground cinnamon
⅛ tsp. nutmeg

Place apples in a microwave-safe baking dish. Fill each apple with an equal amount of raisins. Combine all remaining ingredients in a small bowl and pour over apples. Cover with a plastic wrap and microwave on high for 5 minutes or until apples are tender. Carefully remove apples from dish with a slotted spoon and set aside. Place baking dish back in the microwave and cook on high, uncovered, for 3-5 minutes more or until mixture has thickened to a glaze. Drizzle over apples. Serve hot.

COCONUT N' OAT STRAWBERRY PARFAITS

*Lincoln Students
Lincoln Elementary*

1 c. fresh strawberries, sliced
6 oz. lowfat vanilla yogurt
2 whole graham crackers
¼ c. oats
¼ c. unsweetened shredded coconut

Place sliced strawberries in a bowl. Smash the strawberries lightly with a fork; to create a more sauce-like texture from the juice inside. Place the graham crackers into a plastic bag and smash the contents into tiny crumbs. Sprinkle the crumbs into the bottom of a cup. On top of the crumbs put in half of the yogurt. Put the

(continued)

strawberries over the top half of the yogurt. Pour the last half of the yogurt over the strawberries. Lastly, put the oats and coconut on the top as a topping.

CREAMY FRUIT DESSERT

*Christiana
7th Grade
Ripon Elementary*

1 (10 oz.) can pineapple chunks, drained
1 (11 oz.) can mandarin oranges, drained
1 med. apple, cored and chopped
1 tsp. lemon juice
1 c. grape, halved
½ c. plain nonfat Greek yogurt
½ c. sweetened shredded coconut
1 c. mini marshmallows

Add apple into a large bowl and toss in lemon juice to keep from browning. Add the pineapple, mandarin oranges, grapes, coconut and marshmallows. Toss gently to combine. Stir in Greek yogurt, gently tossing to coat. Refrigerate for at least 4 hours prior to serving to allow flavors to meld together. Serve chilled.

FOUR-INGREDIENT FLOURLESS BROWNIES

*Andrea
GECAC Site Staff
Shasta Elementary*

3 medium over-ripe bananas (approx. 1 cup)
½ c. smooth peanut or almond butter
¼ c. unsweetened cocoa powder
1 to 2 scoops of protein powder

Preheat oven to 350°. Grease a small cake or loaf pan. In a small microwave-safe bowl or on the stove top, melt nut butter. In blender or food processor, combine bananas, cocoa powder, protein powder and nut butter. Process until smooth. Pour mixture into the greased pan and bake for 20 minutes or until a toothpick comes out clean. Remove from oven and let cool completely.

FRUIT SALSA & CINNAMON CHIPS

*Leticia
GECAC Site Staff
Shasta Elementary*

Fruit Salsa

2 Granny Smith apples
2 kiwi
1 lemon
1 lb. strawberries
½ lb. raspberries
1 T. brown sugar
3 T. preserves of your choice

Zest lemon and set aside. Peel and finely chop apples. Squeeze 2 tablespoons of fresh lemon juice over apples and mix well. Finely chop kiwi and strawberries. Gently combine all ingredients, being careful to make sure raspberries don't fall apart. Finish with topping the salsa with lemon zest. Allow to sit at room temperature for at least 15 minutes before serving.

(continued)

Cinnamon Chips

10 flour tortillas

⅓ c. sugar or granulated sweetener of choice

1 tsp. ground cinnamon

nonstick cooking spray

Preheat oven to 350°. Combine cinnamon and sugar and set aside. Working with 3 tortillas at a time, spray both sides of tortilla with cooking spray and lightly sprinkle with cinnamon/sugar mixture. Stacking 3 tortillas at a time, use a pizza cutter to cut into 12 wedges. Arrange in a single layer of wedges and place on baking sheet that has been sprayed as well. Bake for 8 to 11 minutes or until crisp. Enjoy warm.

FUN FRUIT KABOBS

1 apple

1 banana

⅓ c. red seedless grapes

⅓ c. green seedless grapes

⅔ c. pineapple chunks

1 c. nonfat yogurt

¼ c. dried coconut, shredded

Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate. Spread coconut onto another large plate. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut. Repeat these steps with another skewer.

MEXICAN FRUIT PLATTER

2 cucumbers, cut into chunks

½ a watermelon, cut into chunks

½ a cantaloupe, cut into chunks

1 mango, cut into chunks

1 pineapple, cut into chunks

2 lemons, juiced

2 T. Tajin fruit & snack seasoning

Arrange cucumber and fruits on a large platter. Drizzle lemon juice on cucumber and fruits. Place Tajin in a small cup for dipping. Serve Tajin with fruit platter.

NO-BAKE APPLE MUFFIN BITES

½ c. oat flour or whole wheat flour

¼ c. rolled oats

1 scoop of neutral or vanilla protein powder (optional)

pinch of salt

1 T. ground cinnamon

1 T. granulated sweetener of your choice

2 T. agave nectar syrup or molasses

1 small apple, chopped with skin on

¼ c. lowfat or nonfat milk

In a microwave safe bowl or over the stove, heat up the chopped apple until it has softened and caramelized. Allow to cool. In a large mixing bowl, combine the flour, (continued)

rolled oats, protein powder, cinnamon, sea salt, granulated sweetener of choice and mix well. Stir in the molasses or agave nectar syrup-the mixture should be quite crumbly. Add in the cooked apple and mix until fully incorporated. Using a tablespoon, add the milk until a thick, firm dough is formed. Form into bite-sized balls and eat immediately or refrigerate for at least 30 minutes to firm up. Bites can be kept at room temperature or refrigerated/frozen.

PEACHY PEANUT BUTTER PITA POCKETS

2 medium whole wheat pita pockets

⅓ c. reduced-fat chunky peanut butter

½ apple, cored and thinly sliced

½ banana, thinly sliced

½ fresh peach, thinly sliced

Cut pitas in half to make four pockets and warm in the microwave for 10 seconds to make them flexible. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls. Fill with a combination of apple, banana, and sliced peaches. Enjoy!

PEANUT BUTTER OATMEAL COOKIES

2 ripe bananas, mashed

⅓ c. reduced-fat peanut butter

⅔ c. unsweetened applesauce

1 tsp. salt

½ tsp. ground cinnamon

dash of ground nutmeg

dash of ground cloves

½ c. rolled oats

¼ c. chopped nuts

1 c. semi-sweet chocolate chips

1 tsp. vanilla extract

Preheat the oven to 350°. Line a baking sheet with parchment paper and set aside. Mix together the bananas, peanut butter, applesauce, vanilla extract and spices. Add in the oats, nuts and chocolate chips. Stir until well combined. Spoon a rounded 2 tablespoons of the cookie mixture onto the baking sheet. Bake for 20-30 minutes or until golden brown. Allow to cool before serving.

PINEAPPLE RASPBERRY PARFAIT

2 c. nonfat peach yogurt

½ pt. fresh raspberries

1 ½ c. fresh, frozen, or canned

pineapple chunks

In four serving glasses layer bottom of cups with pineapple chunks. Evenly distribute the yogurt between the four cups on top of the pineapple. Top the yogurt with the fresh raspberries and enjoy!

Lincoln Students
Lincoln Elementary

Student
August Knodt Elementary

Xiomara
5th Grade
Lathrop Elementary

Jesse
5th Grade
French Camp Elementary

Anaiya
4th Grade
Great Valley Elementary

QUINOA CHOCOLATE CAKE

Kristina
4th Grade
Golden West Elementary

2 c. quinoa, cooked	½ c. cocoa powder, unsweetened
⅓ c. almond milk, unsweetened	2 T. baking powder
4 large eggs, beaten	½ tsp. baking soda
½ c. unsalted butter	½ tsp. salt
1 tsp. vanilla extract	1 c. heavy whipping cream
1 c. sugar	nonstick cooking spray

Preheat oven to 350° Spray and line a 9" cake pan with a round piece of parchment paper. Melt butter. Put quinoa, milk, eggs, melted butter, and vanilla extract into a food processor and pulse to combine. Process until batter is smooth. Add sugar, cocoa powder, baking powder, baking soda and salt to the food processor and pulse to combine. Pour batter into prepared pan and bake for 40-42 minutes or until a toothpick comes out clean.

STRAWBERRIES & CREAM SANDWICHES

Abigail
6th Grade
French Camp Elementary

½ c. fat-free or sugar-free Cool Whip® topping	6 graham cracker square (3 sheets broken in half)
¼ c. diced fresh strawberries	

Place 6 graham cracker squares on a plate. In a bowl, fold Cool Whip® topping with strawberries until combined. Spoon a even amount of strawberry mixture on three of the squares. Place the empty squares on top of the ones that have the mixture. Put in freezer until Cool Whip® toping sets, about 30 minutes. Enjoy!

WARM CINNAMON APPLES

Lincoln Students
Lincoln Elementary

4 McIntosh apples, peeled and sliced	¼ tsp. ground nutmeg
½ c. brown sugar, firmly packed	2 T. water
1 tsp. ground cinnamon	1 T. butter

Toss the apples, brown sugar, cinnamon and nutmeg in a large zip-top plastic bag, toss to coat apples. Cook apple mixture, 2 tablespoons of water, and 1 tablespoon of butter in a medium saucepan over medium heat, stirring occasionally, 8 to 10 minutes or until apples are tender. Serve warm.

WATERMELON CAKE RECIPE

Alexa
4th Grade
Nile Garden Elementary

2 c. young coconut meat	½ c. sliced almonds
2 T. honey	1 kiwi
1 T. vanilla extract	½ c. blueberries
2 T. coconut oil, melted	honeydew slices
¼ tsp. salt	cantaloupe slices
2 large seedless watermelons	

Blend the coconut meat, honey, vanilla, coconut oil and salt in a food processor until very smooth and creamy. This may take up to 5 minutes or longer. Chill mixture for 20 minutes before using. Slice the top and bottoms of each watermelon, then cut the green rind off the sides. Stack both watermelon pieces on a cake plate. Use a flat knife to frost the entire "cake", covering all the red with creamy white "frosting". Lightly press sliced almonds onto sides of the "cake". Decorate the top with extra fruit. Serve chilled.

WHOLE GRAIN HEALTHY BANANA BREAD

Natasha
3rd Grade
Sequoia Elementary

¾ c. Splenda® sugar blend	2 tsp. egg whites
¾ c. flax seed meal	2 c. whole wheat flour
5 ripe bananas (mashed)	½ tsp. baking soda
¾ c. skim milk	½ tsp. salt
¼ c. low-fat sour cream	non-stick spray

Preheat oven to 350°. Spray a 9x5 in. loaf pan with non-stick spray. In a medium bowl mix together the sugar blend, flax meal, bananas, milk, sour cream, and egg whites until well blended. Combine flour, baking soda, and salt in another bowl. Mix the two mixtures together until moistened. Spoon mixture into loaf pan. Bake for one hour in oven or until a toothpick inserted in the middle of the loaf comes out clean.

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BANANA SUSHI	1
BERRY GREEN SMOOTHIE	1
BLUEBERRY- POMEGRANATE OATMEAL SMOOTHIE	2
CAPRESE SALAD SKEWERS	2
CHOCOLATE PROTEIN MILKSHAKE	2
CREAMY MUSHROOM TOAST	2
EASY PEAR PIZZA	3
EGGPLANT AND TOMATO NAPOLEONS	3
GREEK YOGURT & ONION DIP	4
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GUACAMOLE	4
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ITALIAN ZUCCHINI APPETIZER	6
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ROASTED RED PEPPER HUMMUS	8
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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



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HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS & SPICES

GINGER A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs
if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 $\frac{1}{4}$ teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuitsto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popoversto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
wafflesto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batterto 1 cup liquid use 1 cup flour
drop batterto 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
soft doughto 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff doughto 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES & FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes.....	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima.....	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
broccoli, flowerets	baked	70-90 min.
	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts.....	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down.....	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

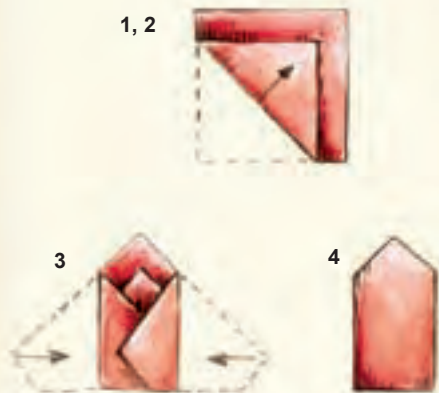
FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

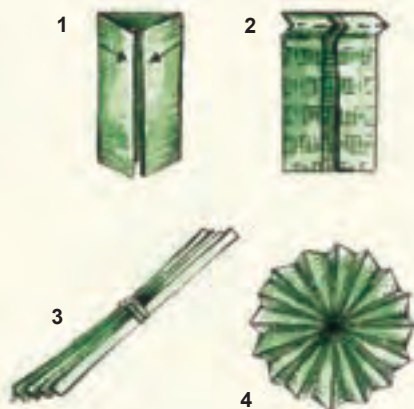


ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



NAPKIN FOLDING

CANDLE

Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

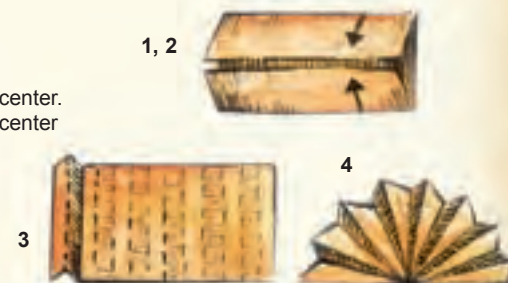


FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

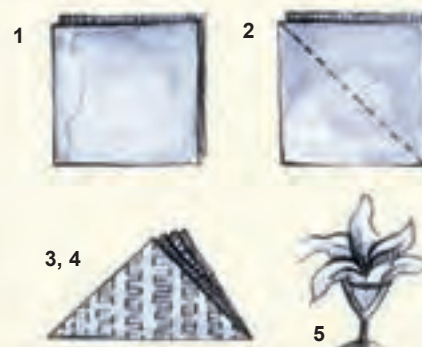


LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

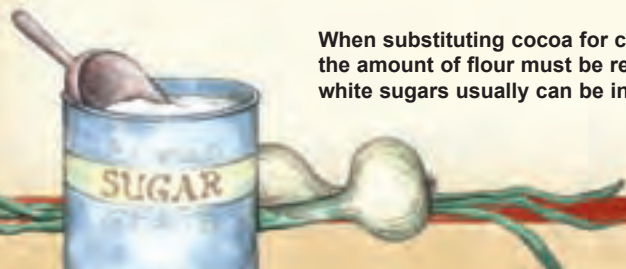
a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and	1 pound and	2 pounds and
	1 1/2 gallons water	3 gallons water	6 gallons water
lemonade	10-15 lemons and	20-30 lemons and	40-60 lemons and
	1 1/2 gallons water	3 gallons water	6 gallons water
tea	1/12 pound and	1/6 pound and	1/3 pound and
	1 1/2 gallons water	3 gallons water	6 gallons water

Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or	9 quarts or
		1 1/4 gallons	2 1/2 gallons

Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or	9 quarts or	18 quarts
	1 12" x 20" pan	2 1/4 gallons	4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

Sandwiches:			
bread	50 slices or	100 slices or	200 slices or
	3 1-pound loaves	6 1-pound loaves	12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn course and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
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SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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