

RESOURCES**TITLE | RECIPES FOR COOKING IN THE OUTDOOR CLASSROOM**

CATEGORY | Program

SUB-CATEGORY | Cooking

OVERVIEW | This resource includes 20 simple recipes that can be prepared with students in the outdoor classroom.

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Introduction:

The recipes in this resource use ingredients that can be grown, harvested, and prepared in a school garden with students. We encourage garden educators to plan their planting in accordance with desired recipes, however, any ingredients not available in the garden can easily be purchased from a grocery store. Most recipes are also very flexible, allowing the educator to change ingredients depending on what is available.

All recipes have been divided into two categories, one that requires heat and one that does not. “Cool” recipes are generally easier to complete with students, while “hot” recipes may require more practice. As written, these recipes contain minimal classroom management techniques and suggested structure for engaging students. They are meant to serve as a backbone on which to build upon. We encourage educators to use the *Best Practices for Cooking Outside* to develop these structures when planning cooking lessons.

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Smoothies

Materials

- Blender
- Dixie cups

Ingredients

- 1 cup frozen fruit (mixed berry blends work well)
- 1 - 1 ½ cups of orange juice
- 2-3 bananas (frozen or not)
- 2 cups of greens, such as kale or spinach

Instructions

1. Place all fruit and 1 cup of orange juice into blender.
2. Blend, adding more orange juice until reaching the desired consistency.
3. Add greens and blend until smooth, adding more juice as needed.
4. Pour into cups and serve. Enjoy!

Radish Salsa

Materials

- Cutting boards
- Knives
- Bowl and spoon
- Chips

Ingredients *(some ingredients can be pre-chopped if needed)*

- 1 radish per student
- Some sweet fruit: 2 apples, 1 can of pineapple, 1 mango, 3 oranges, etc.
- 1 cucumber
- ½ red onion
- ½ bunch cilantro
- 2 lemons
- 2 limes
- Salt and pepper to taste

Instructions

1. Harvest and wash radishes.
2. Chop radishes, sweet fruit of choice, cucumber, onion and cilantro. Combine in bowl.
3. Squeeze lemons and limes and pour the juice into the bowl.
4. Add salt and pepper to taste, stir, and enjoy with chips!

Garden Pesto

Materials

- Mortar and pestle
- Cutting boards
- Measuring spoons
- Serving spoon
- Salad spinner

Ingredients

- ½ cup olive oil
- 1-3 leafy greens per student: chard, parsley, basil, arugula, fava leaves, sorrel
- A pinch of salt and pepper
- *Optional:* ½ cup sunflower seeds, walnuts, etc.
- *Optional:* 1 small clove of garlic (students might have a low tolerance for spice, so add gradually!)
- *Optional:* ½ cup Parmesan cheese
- 2 packages of pita bread or saltine crackers

Instructions

1. Harvest and wash leaves from garden. Tear them into small pieces, discarding any thick stems. Use a salad spinner to dry.
2. Add ingredients to the mortar in small batches, using the pestle to combine. As the pesto comes together, add remaining amounts of each ingredient until all are included.
3. Allow each student to have a turn using the mortar and pestle.
4. Serve with pita bread or saltine crackers.

Fruit Salad

Materials

- Cutting boards
- Knives
- Large bowls
- Optional:* Jars for shaking whipped cream. (It can be helpful to divide the cream into multiple jars so that several students can participate at once.)
- Serving spoons

Ingredients

- Variety of fruits (strawberries, bananas, mango, kiwi, apples, oranges, etc.) *If using large fruits like apples, cut into smaller sections for students.*
- *Optional:* Whipped Cream Materials
 - Heavy cream
 - Powdered sugar
 - Vanilla
 - Salt
 - *Optional:* cocoa powder

Instructions

1. Chop all fruit into bite-sized pieces and add to a bowl.
2. If making whipped cream, add all ingredients into a jar. Shake until thickens.
3. Serve fruit salad with whipped cream. Enjoy!

Black Bean and Corn Salsa

Materials

- Cutting boards
- Knives
- Plates
- Large bowl
- Serving spoon

Ingredients

- 2 ½ cups corn, fresh or canned
- 2 cups black beans, rinsed
- 8 plum tomatoes, diced
- 6 green onions, minced
- ½ cup cilantro, minced
- Juice of 1 to 2 lemons or limes
- Salt and pepper, to taste
- 1-2 bags of corn chips, for dipping

Instructions

1. Wash and cut tomatoes, green onions and cilantro.
2. Squeeze lemons.
3. Combine all ingredients in a large bowl.
4. Stir to mix thoroughly.
5. Serve with chips. Enjoy!

Brassica Slaw

Materials

- Cutting boards
- Knives
- Large bowls
- Salad spinner
- Serving spoon

Ingredients

- 8 cups brassica vegetables, thinly sliced
- 8 green onions, thinly sliced
- 4 apples, grated
- 4 carrots, grated
- salt and pepper

Buttermilk Dressing Ingredients (2 cups)

- 2 cloves of garlic, minced and mashed with a fork
- 2 tablespoons dijon mustard
- 2 lemons, juiced
- 2/3 cup buttermilk
- 4 tablespoons mixed herbs (thyme, dill, chives), finely chopped
- 1 cup extra-virgin olive oil
- Salt and pepper to taste

Miso Dressing Ingredients (2 cups)

- 2 cloves of garlic, minced and mashed with a fork
- 2-inch knob of ginger, minced or grated
- 2 tablespoons miso
- 2 large oranges, juiced
- 2 limes, juiced
- ½ cup rice vinegar
- 1½ cup canola oil
- Salt and pepper to taste

Instructions

1. Harvest, wash, and dry vegetables.
2. Cut brassicas and green onions, and grate carrots and apples.
3. Combine in a large bowl and season with salt and pepper.
4. Make the dressing of choice
5. Combine all ingredients except for oil
6. While whisking, slowly drizzle in the oil until the dressing emulsifies.
7. Add dressing to taste. Toss and serve. The slaw will intensify in flavor upon sitting.
8. Serve and enjoy!

Spring Rolls

Materials

- Large bowl for soaking rice wrappers
- Cutting boards
- Baking sheet/large tray to store spring rolls
- Small bowls to store prepped ingredients
- Tongs for serving noodles
- Grater

Ingredients

This recipe allows for flexibility. Rolls can be as simple as rice noodles, carrots, and a garden herb or as complex as a multi-ingredient fiesta.

- Rice wrappers
- ½ - 1 package rice vermicelli noodles, pre-cooked.
- Carrots, grated
- Cabbage, thinly sliced
- Herbs (mint, cilantro, basil, thai basil, etc.)
- Edible flowers (pineapple sage, borage, calendula, fava bean flowers, etc.)
- Leafy greens (fava leaves, kale, arugula, lettuce, chard, etc.)
- Sliced apple
- Savory dipping sauce (option #1)
 - 1/4 cup rice vinegar
 - 1/4 cup soy sauce
 - 1 tablespoon sesame oil
- Sweet dipping sauce (option #2)
 - 1 cup soy sauce
 - 3 tablespoons honey

Instructions

1. Prepare vegetables (either by grating, cutting, or harvesting ingredients from garden).
2. Soak rice wrapper in water (cold or hot).
3. To roll the spring rolls, place the filling below the middle of each rice wrapper. Fold up from the bottom, then in from the right and the left, then roll from the bottom to the top.
4. Make dipping sauce of choice by whisking all ingredients together.
5. Serve spring rolls with dipping sauce and enjoy!

Herb Butter

Materials

- Jar with secure lid
- Butter knife

Ingredients

- Heavy whipping cream
- ¼ teaspoon salt
- Garden herbs (rosemary, thyme, sage, etc.)
- Bread, cut into small pieces

Instructions

1. Harvest, wash, and mince desired herbs.
2. Fill jar ⅓ full of heavy whipping cream.
3. Add salt and herbs to jar and close the lid tightly.
4. Shake jar vigorously for about 15 minutes, until butter forms, while singing the Butter Boogie song below.
5. Pour the buttermilk into a separate container.
6. Spread butter onto bread and enjoy!

Butter Boogie Song (sing to the tune of the hokey pokey)

*You put the butter in, you put the butter out
You put the butter in and you shake it all about
You do the butter boogie and you turn yourself around
And then pass the butter down!
(pass the butter to the next person in the circle and repeat)*

Plant Part Tacos

Materials

- Grater
- 6 small bowls
- 6 serving spoons
- Scissors

Ingredients

- Roots: carrots, beets, radishes, etc.
- Stems: celery, asparagus, etc.
- Leaves: lettuce, sorrel, kale, etc.
- Flowers: broccoli, nasturtium, borage, or other edible flowers
- Fruit: berries, apples, snap peas, etc.
- Seeds: beans, peas, sunflower seeds, etc.
- Ranch or any other salad dressing

Instructions

1. Harvest, wash, and dry all produce.
2. Grate roots and cut the rest of the produce into small pieces.
3. If making tacos, put each ingredient in a separate bowl and serve using leaves as the tortilla, with the other ingredients stacked on top. If making salad, combine all ingredients in a large bowl.
4. Add dressing and enjoy!

Fava Bean Hummus

Materials

- Pre-heated boiling water in a thermos (to blanch fava beans)
- 3-4 large bowls
- Slotted spoon
- Mortar and pestle
- Spoon for serving

Ingredients

- 2-4 cups of fava beans (If you don't have enough fava beans, you can substitute frozen peas.)
- 1 small clove of garlic
- ¼ teaspoon salt
- Juice from ½ lemon
- ¼ cup tahini
- 1-3 teaspoons olive oil
- Crackers

Instructions

1. Remove fava beans from the pod and blanch in hot water for 2 minutes. Remove with slotted spoon and peel the outer skin off of each bean. Compost the skin and set beans aside in a clean bowl. (If you are using frozen peas, simply defrost.)
2. Peel the garlic clove and mash with salt using a mortar and pestle.
3. Gradually add the beans to mortar and pestle, mashing well between additions.
4. Add lemon juice and tahini and mix well.
5. Add extra salt to taste.
6. If the hummus seems dry, add olive oil as needed.
7. Serve with crackers and enjoy!

Ice Cream

Materials

- 1-2 ice cream makers (*Note: Ice cream makers should be frozen overnight and kept very cold.*)
- Measuring cups
- Ice
- Ice cream salt
- Optional: Fruit*

Ingredients

- 2 cups heavy cream
- 1½ cups half & half
- 1 cup sugar
- 2 teaspoons vanilla
- Fruit and/or herbs (*Optional: Herbs can be used for garnish or can be incorporated into the ice cream mixture ahead of time.*)

Instructions

1. Combine all ingredients in the ice cream maker.
2. Turn the ice cream maker until the ice cream is frozen.
3. Garnish with fresh herbs or fruit.
4. Serve and enjoy!

Garden Water

Materials

- Pitcher
- Cutting boards
- Knives

Ingredients

- Mint
- Edible flowers frozen in ice cubes
- Cucumber
- Lemon

Instructions

1. Cut the cucumber and lemon into small rounds/wedges.
2. Add all ingredients to water.
3. Serve and enjoy!

Plant Life Cycle Salad

Materials

- Cutting boards
- Scissors
- Jar with lid
- Measuring spoons
- Measuring cups
- Salad spinner
- Salad tongs

Ingredients

- Seeds: beans, peas, sunflower seeds, etc.
- Sprouts: alfalfa sprouts
- Leaves: lettuce, kale, etc.
- Flowers: chive, borage, nasturtium, pineapple sage, etc.
- Fruit: berries, apples, snap peas, etc.
- Dressing Ingredients
 - 1 tablespoon honey
 - 1 tablespoon balsamic vinegar (optional)
 - $\frac{3}{4}$ cup olive oil
 - 2 pinches of salt

Instructions

1. Harvest alfalfa sprouts and flowers.
2. Cut leaves and fruit into bite-sized pieces.
3. Add dressing ingredients to jar. Close lid and shake.
4. Toss all ingredients together.
5. Serve and enjoy!

FBI Pizza

Materials

- Cutting boards/plates for each student to assemble their pizza
- Small bowls
- Baking sheets
- Traditional or solar oven

Ingredients

- English muffins or bread
- Tomato sauce
- Grated cheese (Bacteria)
- Mushrooms (Fungus)
- Bell peppers, leafy greens, and other vegetables (to shape into invertebrates)
- Herbs (rosemary, thyme, oregano, etc.) from the garden

Instructions

1. Prepare all vegetables and place into small bowls.
2. Remind students to use moderate amounts of ingredients. Encourage them to use the vegetables and herbs to make an “invertebrate” on their pizza.
3. Cover baking sheets with parchment paper and label with student names. Place pizzas on the sheet and heat in oven at 375 °F for about 10 minutes.
4. Serve and enjoy!

Optional extension: Make pizza dough with students. Students can measure, knead, and watch the dough rise. Dough can be frozen and thawed until the next lesson if necessary, when students can roll out the dough. A dough recipe and blog post are available at:

S. Flynn (2014, October 2). “Pizza Dough” [Web log post]. Retrieved May 23, 2019, from <https://miralomagarden.wordpress.com/recipes/pizza-dough/>

Garden Herb and Veggie Pasta

Materials

- Camping stove and fuel
- Large pot with lid
- Large pan to stir-fry vegetables
- Wooden spoon
- Cutting boards
- Knives
- Salad spinner
- Multiple bowls, to hold prepared ingredients

Ingredients

- 1 lb pasta
- 1 yellow onion OR two bunches of green onions
- 2 bell peppers
- Garden greens - fava leaves, kale, collard greens, spinach, chard, etc.
- 3-4 cloves minced garlic
- 2 tablespoons minced rosemary
- 1 tablespoon minced lemon thyme
- 2-3 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper, to taste
- *Optional*: Parmesan cheese

Instructions

1. Pre-cook pasta according to instructions on box. Drain, add olive oil and set aside.
2. Dice yellow onion or cut green onion into small pieces.
3. Cut bell peppers and greens into bite-sized pieces.
4. Heat olive oil in a large pan over medium-high heat. Add onion and sauté until color begins to turn translucent.
5. Add bell peppers, garlic, rosemary, and lemon thyme and sauté for 5 minutes, stirring well.
6. Add garden greens, continuing to cook until greens are softened.
7. Add pasta to pan and stir until evenly heated.
8. Add salt, pepper, and lemon to taste
9. Top with parmesan and enjoy!

Stir-Fry

Materials

- Camping stove and fuel
- Pan to cook stir-fry
- Spatula/spoon to stir and serve
- Knives
- Cutting boards

Ingredients

- 2 tbsp oil
- 1-3 medium leafy greens per student (kale, chard, collards, etc.)
- Other vegetables: garlic, onions, leeks, peas, root vegetables, ginger, pepper, etc.
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- ½ tsp toasted sesame oil
- *Optional*: 2 tbsp sesame seeds
- *Optional*: A pre-cooked grain like rice, noodles, etc. If using, add more soy sauce, vinegar, and oil.

Instructions

1. Wash the vegetables harvested from the garden.
2. Cut the vegetables into bite-sized pieces. Discard any thick stems.
3. Heat the oil in a large skillet over medium-high heat.
4. Add the harder vegetables (i.e. onions, leeks, sugar snap peas, etc.). Cook until vegetables soften.
5. Add the leafy greens and soy sauce, stirring occasionally, until the kale is tender, 4 to 7 minutes.
6. Pour the rice vinegar, sesame oil, and sesame seeds into the stir-fry.
7. Stir until combined.
8. Serve and enjoy!

Beet Pancakes

Materials

- Camping stove and fuel
- Cast iron pan
- Spatula
- Measuring cups
- Graters
- Large Bowl
- Large spoon

Ingredients

- 6 cups coarsely shredded beets (about 6 medium beets)
- 6 tablespoons all purpose flour
- 1½ teaspoons salt
- ¾ teaspoon baking powder
- ¼ teaspoon ground black pepper
- 3 large eggs, beaten
- Canola oil (for frying)
- *Optional:* ½ teaspoon ground cumin
- *Optional:* ¾ teaspoon ground coriander
- *Optional:* Sour cream or applesauce

Instructions

1. Grate the beets and place in a large bowl. Press with paper towels to absorb any moisture.
2. In another large bowl, whisk flour, salt, baking powder, black pepper. Add cumin and coriander, if using. Mix in beets.
3. Beat eggs and add to beet mixture.
4. Pour enough oil into a large skillet to cover the bottom of the pan. Heat over medium heat.
5. Working in batches, drop ¼ cup scoops of the beet mixture into the skillet. Spread to ½ inch thickness.
6. Fry until golden brown, about 3 minutes per side.
7. Serve with sour cream or applesauce, if using, and enjoy!

Fruit Jam/Compote

Materials

- Camping stove and fuel
- Saucepan
- Wooden spoon
- Cutting boards
- Knives

Ingredients

- 3 cups fruit (strawberry, blueberry, apple, etc.)
- 3 tablespoons orange juice
- 3 tablespoons sugar or honey
- Sorbet, toast or yogurt

Instructions

1. Chop fruit into small pieces.
2. Combine ingredients in saucepan over medium heat, stirring continuously.
3. Remove from heat once it reaches the desired consistency.
4. Serve over sorbet, toast, or yogurt. Enjoy!

Fried Rice

Materials

- Camping stove and fuel
- Wok or pan
- Cutting boards
- Knives
- Bowls for holding preparing ingredients
- Wooden spoon

Ingredients

- 2 cloves of garlic
- 1 tbsp ginger
- Vegetables of your choice (i.e. cauliflower, carrots, brussels sprouts, kale, onions, etc.)
- 2 tbsp canola or olive oil
- Sesame oil
- 3-4 tbsp soy sauce
- Scallions or chives
- 2-3 cups of cooked brown or white rice. Rice cooked a day or two before works best.
- *Optional*: 2 eggs and 1 additional tbsp of oil

Instructions

1. Cut the vegetables into small pieces and mince the garlic and ginger.
2. If using eggs, heat 1 tbsp oil and scramble eggs over low-medium heat. Set aside.
3. Heat canola/olive oil over medium heat.
4. Add onions, garlic and ginger. Cook, stirring continuously, for about 2 minutes or until fragrant.
5. Add harder vegetables (cauliflower, carrots, brussel sprouts, etc.), stirring frequently until tender.
6. Add leafy greens, stirring until tender.
7. Add a splash of sesame oil and soy sauce to vegetables.
8. Add eggs and rice. Add additional sesame oil and soy sauce to taste. Stir frequently until heated.
9. When rice is hot, add in scallions or chives.
10. Serve and enjoy!

Black Bean Quinoa Stir-Fry

Materials

- Camping stove and fuel
- Pan
- Spoon for stirring

Ingredients

- ¼ cup oil
- 2 tsp cumin
- 4-5 cloves of garlic
- 1 can black beans, drained and rinsed
- Leafy greens (kale, spinach, chard, tatsoi, etc.)
- ½ cup sunflower seeds
- Salt & Pepper
- 3 cups quinoa, pre-cooked (OR rice or bulgar)
- *Optional:* Other veggies of your choice!

Instructions

1. Mince the garlic.
2. Harvest and wash greens. Rip leaves into small pieces.
3. Heat 2 tbsp oil, cumin and garlic over low-medium heat.
4. Add leaves one handful at a time.
5. Continue cooking leaves, adding oil as needed. When all leaves are tender, add beans, quinoa, and seeds.
6. Season to taste. Serve and enjoy!