



# MORE FRUITS & VEGGIES, PLEASE!

Recipes for Cooking with Kids

PRESENTED BY

FOODCORPS x sweetgreen®

**NO FRESH VEGGIES ON HAND?**  
No worries! Canned or frozen vegetables are a healthy, convenient alternative you can feel good about feeding your family.

## CHIA STRAWBERRY RAW JAM

YIELD: 1 ½ CUPS. SERVES 4 PEOPLE.

This recipe was developed for the **FoodCorps Lesson Let's Jam!** in which students act out the steps in the food system to create this jam. This recipe is for a raw jam, with the chia seeds acting as a thickener. While there is no need to apply heat, if you have access to a burner, cooking the jam will soften the chia seeds quicker.

2 cups strawberries (frozen if not in season)  
1-2 tablespoons lemon juice, to taste  
1-2 tablespoons honey, agave, maple syrup or sugar, to taste  
2 tablespoons chia seeds, plus more if needed

- Wash, hull, and slice strawberries into small pieces.
- If you have time and access to a burner, cook down fruit on medium heat, stirring occasionally, until it becomes sauce-like and loses some water—about 10 minutes. If using frozen fruit, some cooking down is necessary.
- Add lemon juice and honey and stir together. For a smoother texture, use a potato masher or immersion blender to achieve desired consistency. Stir in chia seeds.
- Let jam stand for at least 5 minutes to thicken. If possible, refrigerate it for 30 minutes to set further.



## ROASTED SWEET POTATO WEDGES

SERVES 5 PEOPLE.

Starting with same-sized sweet potatoes and/or ensuring your wedges are more or less the same size will achieve the most even browning. Warming spices, such as cinnamon and nutmeg, go well with sweet potato (sprinkle to taste).

1 pound sweet potatoes  
2 tablespoons olive oil, plus more if needed  
¼ teaspoon salt, or to taste  
Pinch of black pepper, or to taste

- Preheat oven to 450F°
- Scrub sweet potatoes well but keep skin intact. If potatoes are long, cut in half crosswise. Cut lengthwise into eighths, or smaller depending on thickness. Make sure the wedges are uniform in size to ensure even cooking. Toss wedges on a lined rimmed baking sheet with olive oil, salt, and pepper, and arrange in a single layer. Roast at 450° until tender and golden brown, for about 20 minutes, rotating the pans and flipping the wedges halfway through cooking.

## ROASTED RED PEPPER BEAN DIP

YIELD: 2 CUPS. SERVES 4-6 PEOPLE.

Dips are a great way to have students try a new-to-them vegetable. Use this recipe as an accompaniment to any raw vegetable, such as carrots, cauliflower, cucumber or broccoli. Also, consider serving on a tortilla chips or piece of bread or crackers.

1 15-ounce can cannellini beans, drained and rinsed  
1 12-ounce jar roasted red bell peppers, drained  
2 tablespoons olive oil  
1 tablespoons lemon juice  
1 cloves garlic  
½ teaspoon salt, or more to taste  
¼ teaspoon pepper, or more to taste

- Add all ingredients to a food processor or blender and blend until completely smooth. Taste and adjust seasoning.

## HONEY SEED SNACKS

YIELD: TEN 1-INCH BALLS.

This recipe accompanies the lesson **Sunny Honey Seed Snacks**, which has students explore seeds and then help to make these tasty raw energy bites. Note: This recipe can be made with either carob or cacao powder. If substituting (carob) with cocoa powder, dough will be stickier and more difficult to work with. It will also result in a very rich, deep chocolate flavor. The carob version coheres and forms into a ball much more easily, has a fruitier flavor, and tastes more like the other ingredients.

$\frac{1}{2}$  cup rolled oats  
 $\frac{1}{3}$  cup sesame seeds, divided  
(plus more for coating)  
 $\frac{1}{3}$  cup sunflower seeds  
 $\frac{1}{3}$  cup honey  
 $\frac{1}{3}$  cup sunflower butter  
 $\frac{1}{3}$  cup carob or cacao powder

- Mix oats, half of the sesame seeds, sunflower seeds, honey, sunflower butter and carob (or cacao powder) until it's all incorporated and comes together as a ball. The powder should be completely hydrated.
- Scoop one level tablespoon of dough and form into a ball, approximately 1 inch or smaller. Then roll in the remaining sesame seeds. Repeat with the remaining dough.

## ROOT FRUIT SLAW

YIELD: 2 CUPS. SERVES 4-6 PEOPLE.

This recipe was developed for the FoodCorps lesson **Root Fruit Slaw** for students to consider the importance of storing root crops during the winter months. Tip: Leave the tops of carrots and beets on as a "grip" for grating.

1 medium apple, cored  
1 large carrot, scrubbed and peeled  
1 large beet, scrubbed and peeled  
Salt to taste  
Lemon juice to taste

Apple Cider Vinaigrette  
1 tablespoon apple cider vinegar  
1 tablespoon honey  
2 teaspoons lemon juice  
 $\frac{1}{2}$  teaspoon salt, plus more to taste  
 $\frac{1}{4}$  cup olive oil

- Whisk together vinegar, honey, lemon juice, and salt in a small bowl. Then drizzle in olive oil and whisk until emulsified (or shake in a jar with a tight-fitting lid).
- Wash and prepare ingredients, then shred each on the largest holes of a box grater, so you have roughly even amounts of each fruit or vegetable.
- Mix the shredded ingredients together in a large bowl. Combine with vinaigrette. Taste and adjust with more salt or lemon juice.

## KALE PESTO

YIELD: 2 CUPS. SERVES 4-6 PEOPLE.

This recipe can also be made dairy-free by substituting sunflower or pumpkin seed vegan parmesan for the cheese. Serve on a crackers, bread or pasta.

1 pound kale  
 $\frac{3}{4}$  cup olive oil, plus more as needed  
 $\frac{1}{4}$  cup Parmesan cheese  
2 tablespoons lemon juice  
 $\frac{1}{2}$  tablespoon chopped garlic  
(about 2 large cloves)  
 $\frac{1}{2}$  tablespoon salt

- Remove thick stems from kale, and tear leaves into 2-inch pieces.
- Use a food processor with a steel blade. Working in batches, fill the food processor half full with kale, and slowly drizzle in oil with the machine running, until smooth. Use more oil as needed.
- During the last batch of kale, add cheese, lemon juice, garlic and salt.
- Taste and adjust seasonings. Add more oil for a saucier pesto.





## PURÉED CARROT AND GINGER SOUP

YIELD: 5 CUPS. SERVES 5 PEOPLE.

Substitute part of the liquid content with coconut milk, if you like, and add spices, such as cumin, curry powder, or chili flakes. Garnish with chopped herbs, such as cilantro, or nuts, such as chopped peanuts.

1 tablespoon unsalted butter or olive oil  
1 ½ coarsely chopped cups yellow onion  
1 clove garlic, minced  
½ tablespoon fresh ginger peeled and finely minced  
1 pound carrots, cut into ½-inch-thick rounds  
3–4 cups water or low-sodium vegetable stock (or combination of both), more as needed  
½ teaspoon salt, more to taste  
Pinch of black pepper more to taste

- Melt butter (or heat oil) in a stockpot over medium heat. Add onion, garlic, and ginger, stirring until translucent; about 4–6 minutes.
- Add carrots along with just enough water (or stock) to cover the vegetables, reserving the rest. Season with salt and pepper, and bring to a boil, then reduce heat and simmer until the carrots are tender, about 20 minutes.
- Purée the soup in a blender, food processor, or food mill, working in batches if necessary.
- Return the soup to the pot set over low heat and add enough reserved liquid to thin the soup to your desired consistency. Taste and adjust seasoning.

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FoodCorps, in partnership with sweetgreen's culinary team, has developed healthy and culturally responsive recipes to be used for food education in the classroom and cafeteria in schools across the country. These family-friendly recipes have been adapted to support healthy eating and food education at home, too. Inviting kids to help with cooking, reading recipes and discussing family food traditions is an effective and fun way to support literacy and inquiry skills and build healthy eating habits together.

Thank you to our partner

# EatingWell

for creating this piece.