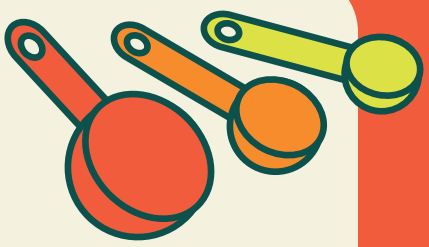
FoodCorps Recipe Book



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Acknowledgments

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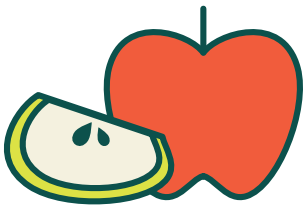
Introduction



About FoodCorps

OUR MISSION

FoodCorps advances children's health, education, and well-being through food in school.

OUR VISION

Every child, in every school, experiences the joy and power of food.

Why Schools?

School is where kids grow and learn, building knowledge and life skills that will last through their childhood years into adulthood. But too many kids go through the school day without the nutritious food they need to do and feel their best. FoodCorps works with schools to set students up for success by helping to provide nourishing meals, nutrition education, and community engagement through food. We partner with schools to get kids excited about eating fruits and veggies, support school nutrition staff in getting nourishing meals on the lunch tray, and work with families to create positive school food environments for all kids. FoodCorps reaches more than 500,000 students each year, helping to support kids' health, academic success, and connection to their community through food in school.

FOOD AS A CONNECTOR

We hope this resource will support anyone who is interested in cooking with kids—whether you are a FoodCorps member, parent, community member, or classroom teacher. Food holds personal and communal value. It comforts us, nurtures us, and connects us. Gathering around a table to share a meal—whether at home or at school—can heal individuals and communities.

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About This Book

This book includes 55 recipes that have been developed for FoodCorps members to use while leading hands-on cooking activities with students in schools. Some recipes in this book can be found in the *FoodCorps Taste Test Guide* or the *FoodCorps Lessons Book*. We have gathered them here in one place for convenient reference!

These recipes are adaptable and can easily be led in a home or school setting. Cooking with kids is fun! We hope recipes in this book inspire you to explore how to build nourishing eating habits with kids, no matter the setting. See the Recipe Conversion Chart (p. 12) to learn about how to scale each recipe to meet your needs.



Two Yield Sizes

Recipes from the *FoodCorps Taste Test Guide* are geared toward schoolwide taste tests and have a 50-yield serving size. We pulled recipes with a 25-yield serving size from the *FoodCorps Lessons Book*, and we developed them for leading hands-on cooking activities with students in a classroom or garden setting. We designed these recipes for students to be doing much of the work of preparing and cooking food. However, we have written them as if one person were preparing the dish from start to finish. Please see the *FoodCorps Taste Test Guide* and *FoodCorps Lessons Book* to understand more context about how these recipes can be used in a schoolwide setting, through taste tests and engaging kids in hands-on cooking! The Recipe Yield Chart (p. 21-22) breaks down which recipes have which yield.

Recipe Design

WE DEVELOPED THESE RECIPES WITH KIDS IN MIND
While developing and choosing these recipes, we considered incorporating flavors that are accessible to young people with developing palettes, while also providing an opportunity to try something new, including fruits and vegetables!

WE WROTE THESE RECIPES WITH ACCESSIBILITY AND ADAPTABILITY IN MIND
Our goal is that ingredients are easy to find or easy to substitute. We work with a variety of communities with rich food traditions, varied access to fresh and local foods, and different growing seasons. Please choose recipes that highlight local seasonal produce and reflect food traditions that hold value for students, families, and the community. Consider these recipes inspiration, and adapt them by using the Recipe Conversion Chart (p. 12).

Considerations during recipe development:

- Reference FoodCorps member input about recipes—what is needed and general feedback about what has worked and been challenging in the past.

- Feature seasonal products available across the country during the school year (fall to spring). We considered national growing and harvest timing for produce featured in each recipe. We also considered what would be available to purchase from local farmers and/or grown in school gardens.

- Determine whether the recipe can be incorporated into a cafeteria menu and is accessible for Nutrition Services staff who follow the national dietary guidelines for public schools. We surveyed school Nutrition Services staff from several districts across the country to learn about the most frequently used fruits and vegetables in school food. This information primarily guided the *FoodCorps Taste Test Guide* recipes (50-yield serving size).

- Feature produce that is affordable and accessible for families and corps members, if purchased.

- Consider recipes that a FoodCorps member, teacher, or families can prepare without many cooking resources (e.g., limited kitchen space or cooking items).

- Develop recipes that are fun and accessible to kids.

- Choose recipes that reflect a variety of regions across the country.

Recipe Testing

We professionally recipe tested all the recipes included in this book. Considerations in the Recipe Design section were included during this process, in addition to the following factors:

- Taste
- Ease of interpreting the recipe
- Accessibility of cooking the recipe
- Faithful serving-size yields

Many of our recipes, particularly for the classroom, are written to be a formula with charts of possible ingredients. In these instances we've tested a couple combinations of ingredients and included the tested recipe lists as part of the recipe, but that shouldn't by any means restrict you to cooking the same Rainbow Grain Salad, Veggie Sauté, or Spring Rolls we've listed.

We referenced and adapted recipes from the following organizations' websites (acknowledged within the recipe):

THE LUNCH BOX (www.thelunchbox.org)
A resource that the Chef Ann Foundation developed for Nutrition Services directors to access resources for healthy recipes for school meals made from scratch

NEW SCHOOL CUISINE
(www.vermontfarmtoschool.org)
A resource of kid-tested recipes developed by school food professionals for their peers that focuses on healthy local products and serving sizes for school cafeterias

THE NEW YORK TIMES COOKING SECTION
(www.nytimes.com/recipe)
A digital resource that includes the thousands of recipes that have been published in the newspaper as well as extensive how-tos on a particular subject

SERIOUS EATS (www.seriouseats.com)
A food website that takes a scientific approach to cooking, meticulously testing various methods and recipes and explaining the reasoning behind the final outcome

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Using These Recipes

Reading Recipes

READ THE RECIPE ALL THE WAY THROUGH BEFORE GETTING STARTED
A recipe is like a road map—use it to know where you're headed and avoid any surprises.

SET EVERYTHING IN PLACE
A mantra for all chefs that's worth adopting, even if you're not a professional, is the French term *mise en place*. This means gathering all your tools and prepping and measuring all your ingredients before you start cooking. That way, once you're cooking, you can stay in the zone. This is a great skill to teach students because it can be applied to so many tasks beyond cooking.

"SEASON TO TASTE" OR "TASTE AND ADJUST SEASONING"
So much of cooking is relying on your own palette and what you like. "Seasoning" likely refers to salt, pepper, or perhaps lemon juice or spice. If you're cooking with students, be sure to get their opinion too. You can call up a taster for a whole-class cooking project, or have each group decide who their taster will be when working in smaller groups.

USE VISUAL CUES AS READINESS INDICATORS (IN ADDITION TO TIME)
Cooking is about trusting your instincts and using all your senses. As much as possible, we've tried to include other cues beyond time to let you know when something is ready. That means don't stop roasting potato wedges at 20 minutes because that's how long they should take. If they're still pale, keep roasting, checking on them every couple minutes. Look for the visual cue of a gold–brown color.

USE SWAPS, VARIATIONS, AND CHARTS OF POSSIBLE INGREDIENTS
We've said it before, and we'll say it again—these recipes were designed to be adaptable and flexible given your unique setting, circumstances, and the people you serve. The suggestions are meant as a starting place and to help you build confidence and spark ideas.

Key takeaway? Use your senses, and trust your instincts!



Choosing and Adapting Recipes

When you're choosing a recipe to cook with and to engage students, whether it's from this book or another source, consider the following:

- **Seasonal:** Is your recipe appropriate for the time of year?
- **Connection to cafeteria:** Could the recipe be incorporated into the cafeteria menu, and is it accessible for school nutrition staff?
- **Local:** Are you able to source ingredients from local farmers or your school garden?

- **Accessibility and affordability:** Does the recipe include ingredients that are budget-friendly; available at most stores; and that your students and their caregivers can access within a short walk, bus ride, or drive? Can you provide more common substitutions for expensive or hard-to-find ingredients?

- **Feasibility:** Although a recipe might seem fun and exciting, is it something you can feasibly manage given your monetary, equipment, or time constraints?

- **Rooted in Community:** Have you considered the backgrounds and food traditions of your student group? What are the tastes and cooking practices of their families? Some families do not eat specific meats or have a high number of community members who are lactose intolerant. Although it is important to introduce students to new, healthy foods, remember to consider how their context informs what foods are selected.

- **Student choice and voice:** Have you asked students what they're interested in trying? Engage students to discover what some of their favorite flavors and dishes are and what they're curious to try.

INCLUSION OF "BRIDGE" FOODS

Is there a familiar element to a new dish you're introducing to students? "Bridge" foods are foods that are already familiar to someone and thus help them enjoy new foods alongside the comfort of old foods.

CONSIDERING STUDENTS' ACCESS TO FOOD

Before introducing a new food to your students, consider the following questions:

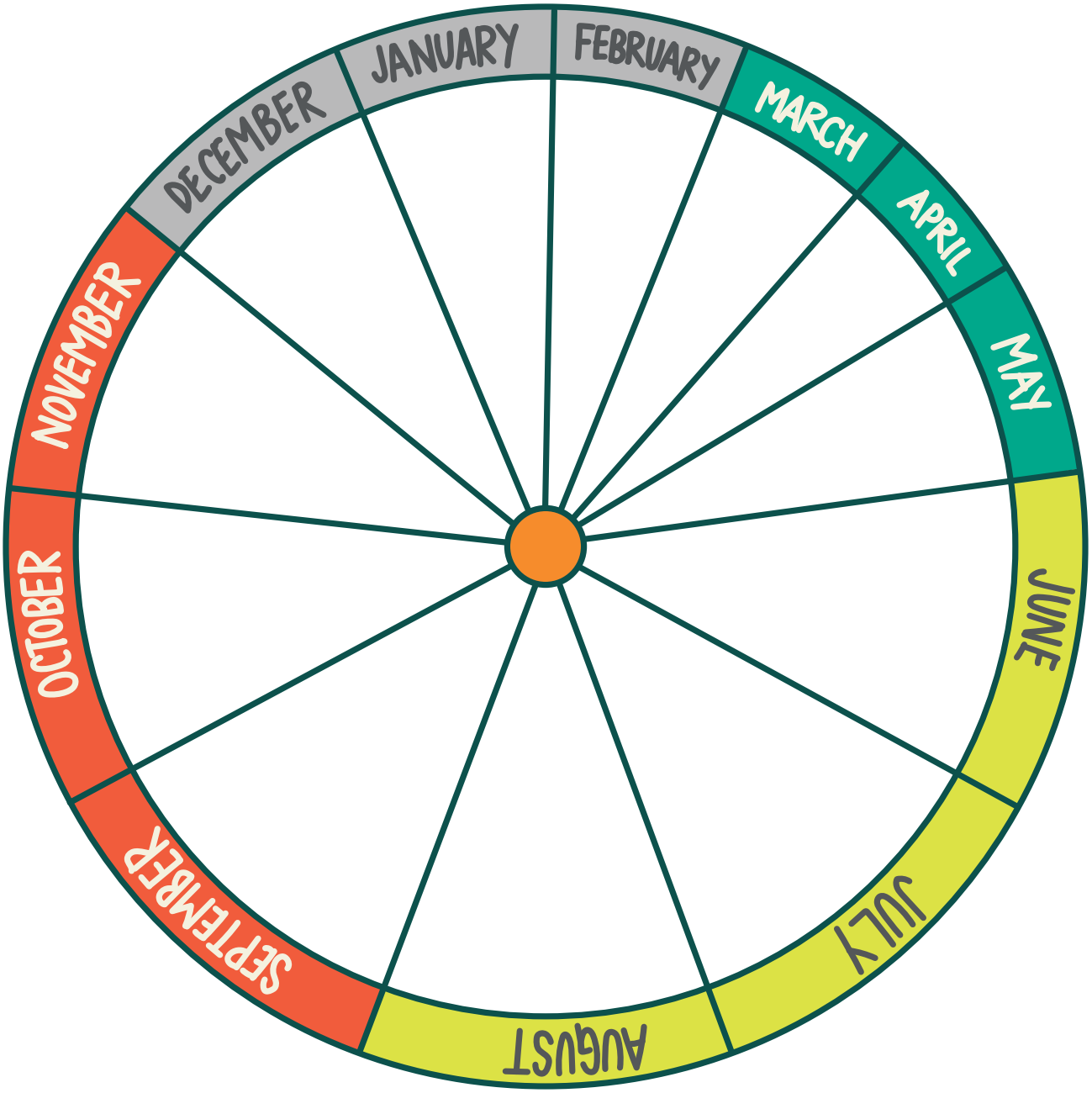
- Can students and caregivers access the food fairly easily on foot, by public transportation, or with a short car ride?
- Can students and caregivers adapt the food into existing recipes and meals they create at home?
- How will recipes you share with students be shared with caregivers?
- Is the food accessible in canned or frozen form? Both of these options can be considerably more affordable.
- Can the food round out a meal and provide dense nutrition for an affordable cost?

MAKING YOUR OWN ADAPTATIONS

- It's best practice to taste the food you're preparing as you go (with tester spoons that you use once!), ensuring the seasoning or dressing is adequate and balanced. This is especially important if this is your first time making the recipe!
- Be sure to record substitutions, adaptations, and scaling-up notes as you're creating the dish; that way, if it's successful, it's reproducible.

SEASONALITY

Understanding "seasonality" is a great way to know what ingredients will taste best and be easiest to access. This information will help you determine which recipes make the most sense during any given season in your location. In the FoodCorps lesson Seasonal Food Wheels, students research which crops are ready to harvest during which months in their region and create a seasonal food wheel. The image below is a template, but students are encouraged to be creative, using magazine clippings of fruits and vegetables or drawing their own. Consider doing this activity yourself to learn more about seasonality in your area!



Converting Recipe Yields

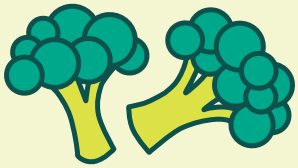
The recipes included in this book consider a serving size approximately ¼ cup, 2 ounces, or 2 tablespoons. For example, ¼ cup of salad, 2 ounces of soup, or 2 tablespoons of dip.

Many recipes you encounter in cookbooks or on the internet will consider a serving size well above a "tasting" or what would fit in a 2-ounce serving cup. To avoid food waste, but also have enough for each student, you'll have to do some calculations. The chart below should help whether you're scaling up a recipe included here or found through your own research.

Recipe Conversion Chart

1. Divide the desired new yield by the existing recipe yield:

$$\frac{\text{New yield}}{\text{Old yield}} = \text{conversion factor}$$



2. Multiply each ingredient quantity by the conversion factor:
   old quantity X conversion factor = new quantity

EXAMPLE

You have a recipe for 10 portions of broccoli casserole with cheese sauce, requiring 3 pounds of broccoli and 2.5 cups of cheese sauce. You want to convert to 15 portions.

$$\frac{\text{New yield} = 15}{\text{Old yield} = 10} = 1.5 \text{ conversion factor}$$



Broccoli: 3 lbs. X 1.5 = 4.5 lbs.
Sauce: 2.5 cups X 1.5 = 3.75

NOTE

Spices, salt, and pepper do not necessarily follow the same rule for converting. Use common sense when multiplying the amount of these.

Adapted with permission from VT FEED Guide to Tasting Local Foods in Schools www.vtfeed.org

Recipe Card Template

Provide students the recipe cards below when you're cooking together, so they can practice literacy skills and take the recipe home!

RECIPE:



INGREDIENTS:

STEPS:

RECIPE:



INGREDIENTS:

STEPS:

Try New Things (without a Recipe)



We encourage any and all opportunities to try something new! Although the following aren't full-on recipes, we wanted to give some ideas for other ways for kids to have positive experiences with a novel way to have a familiar food, tasty garden harvests, or simple formulas for reinforcing key FoodCorps concepts.

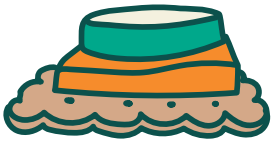


Straight from the Garden

Radishes, like all root veggies, are fun to harvest and offer quick gratification with such a fast germination rate. Have students try a simple tasting of garden radishes with and without salt to see how it affects spiciness.

Lettuces are another great quick-growing plant that students can harvest (and wash) themselves and then eat plain or perhaps dip into a simple dressing you've prepared—like eating a salad but no plates or forks needed!

Herbal tea is a fun way to introduce students to the concept of plants as medicine if you have an abundant herb garden at your site. Have a thermos of hot water handy—a cup for each student. Give a thorough overview of plants that are available and permitted to be harvested from, and let students make their own custom blend.



Simple Snacks for Reinforcing Concepts

GO, GROW, GLOW CRACKERS

You can make Go, Grow, Glow Quesadillas (p. 34) if you have the time or resources, or you could have kids eat a snack of a cracker or piece of bread with cheese or a bean dip and a piece of a fruit or vegetable. See the lesson Go, Grow, Glow in the *FoodCorps Lessons Book* for more details.

VEGGIE WRAPS

Have students cut up whatever colorful variety of fruit or vegetable you have on hand; wrap it in a tortilla; and then add cream cheese, a bean spread (p. 29), or a kid-friendly dressing (p. 54). This dish can then reinforce the concepts of Eat a Rainbow, Plant Parts, or Go, Grow, Glow.

A New Spin on an Old Favorite

FoodCorps Lessons All in for Applesauce and The World Travels of Food both center around the beloved apple. Instead of applesauce (p. 57), try the techniques below for a tasting. If you don't have a heat source, tasting two or more varieties of apples alongside each other can be a fun and super easy way to have students enjoy a fruit and tune into their senses as in the lesson Mindful Tasting. This technique can also showcase different places to get fresh produce in the community, as in the lesson Neighborhood Food Maps.

APPLE CHIPS

- Preheat the oven to 200˚F.
- Wash and thinly slice apples crosswise, about ⅛ of an inch thick.
- Lay apples in one layer on a baking sheet, and bake for one hour or more, depending on thickness, until apples are golden brown and crisp. Store in an airtight container.

BAKED APPLES

- Preheat oven to 350˚F.
- Slice apples in half, and remove the core with a small paring knife. Make sure the base of the apple stays intact to hold any filling you might add.
- Place apple halves in a baking dish greased with butter or vegetable oil.
- Sprinkle with cinnamon or other warming spices and a little brown sugar if you'd like. You can add other ingredients to the cavity where the core was, such as raisins, nuts, or honey.



Know Your Produce

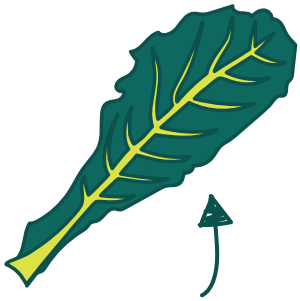
Teaching about Variety

Teaching kids about varieties is a great way to highlight choices we make in selecting produce, new discoveries to make, and how different plants have evolved. The following images show different varieties of produce that are featured in this resource.

Kale Varieties

Red Russian Kale
Ruffled leaves but with red or purple stems





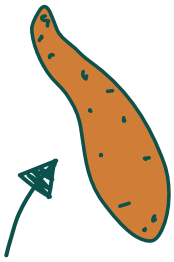
Lacinato (Dinosaur or Tuscan) Kale
Dark green tender leaves that are long and narrow; a popular variety to use for raw preparations

Curly Kale
The most common variety; bright curly leaves that crisp nicely when sautéed

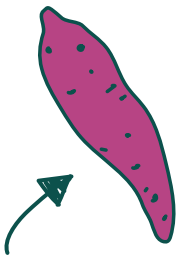


Siberian Kale
Ruffled green leaves; is best when cooked

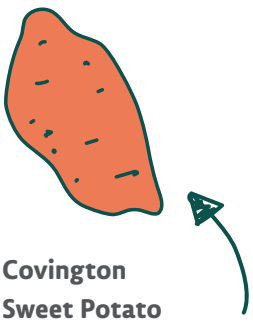
Sweet Potato Varieties



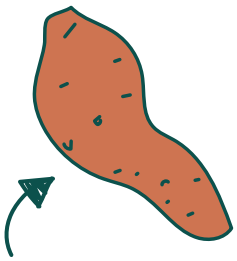
Jewel Sweet Potato
Found in many grocery stores; has deep orange flesh



Garnet Sweet Potato
Named for its reddish skin; tastes similar to pumpkin when baked

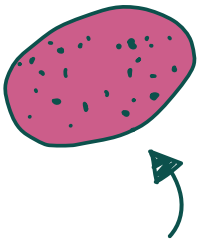


Covington Sweet Potato
A popular variety to grow and eat in southern parts of the US

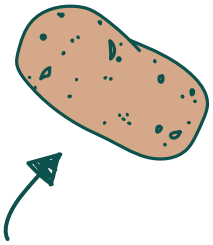


Beauregard Sweet Potato
The most widely grown commercial variety; highly versatile

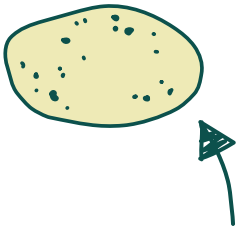
Potato Varieties



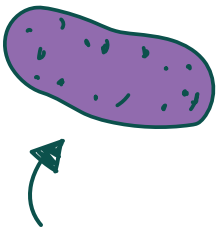
Red Bliss Potato
A red-skinned waxy variety with a creamy white flesh



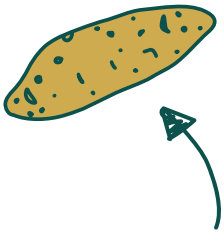
Russet (Idaho) Potato
Also known as an Idaho potato; a high-starch variety commonly used for mashed and baked potato dishes



Yukon Gold Potato
An all-around potato, this variety has a medium amount of starch



Adirondack Blue (Purple) Potato
This variety has blue/violet flesh and skin!



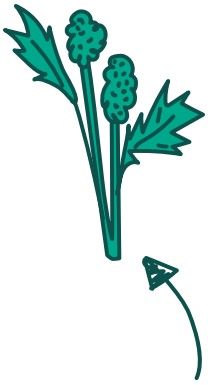
Fingerling Potato
A long, skinny, waxy variety great for potato salad

Broccoli Varieties



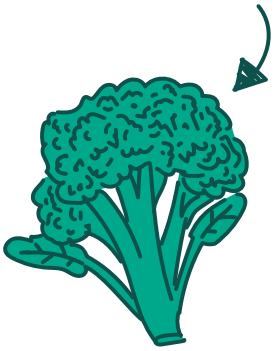
Romanesco Broccoli
Has a beautiful chartreuse color and mesmerizing fractal-like pattern; said to have a nutty flavor

Gai-Lon or Chinese Broccoli
Another cousin of broccoli, gai-lon has thick stems and is mostly leafy with small florets



Broccoli Raab (Rapini)
A cousin of broccoli in the brassica family; more closely related to turnips! Leafy, with small flower clusters; presents a more bitter taste than broccoli

Waltham (Calabrese) Broccoli
The variety we imagine when we think of broccoli



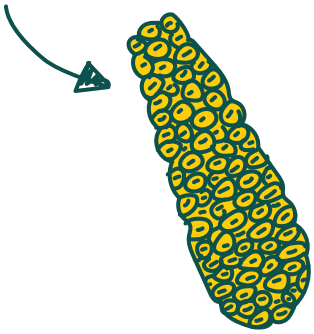


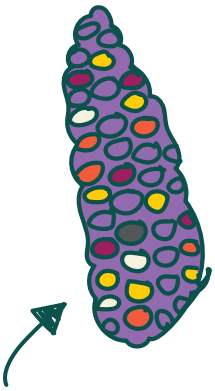
Broccolini
A Japanese cross between gai-lon and broccoli, with thin stems and small florets

Purple Sprouting Broccoli
Produces small purple florets that grow inside shoots instead of a large unified head

Corn Varieties

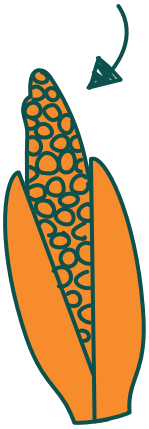
Dent or Field Corn
Fed to livestock and turned into commercial products; some varieties of dent corn are also used for foods such as masa dough for tortillas and hominy

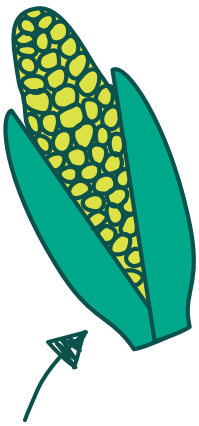




Flint (Flour) Corn
Has a soft kernel, making it easy to grind into flour used for making bread

Popcorn
A special type of corn that pops when exposed to heat





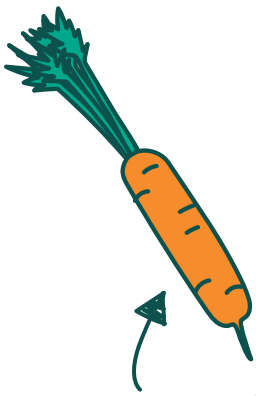
Sweet Corn
The corn we eat on the cob

Carrot Varieties

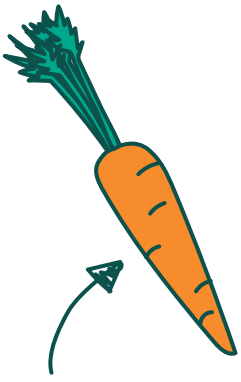
Thumbelina (Ball or Mini) Carrot
True baby carrot; these are round, including the variety Thumbelina!

Red-Cored Chantenay Carrot
Short and broad varieties, including Red-Cored Chantenay









Imperator Carrot
Most common commercially produced; higher sugar content than other types

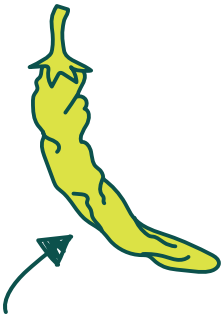
Nantes Carrot
Cylindrical varieties rounded at the bottom, including Napa and White Satin

Danvers Carrot
Classic tapered varieties, including Yellowstone

Pepper Varieties

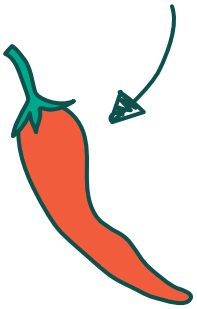
Red & Green Bell Peppers
Ranging in color from green to red to purple; the sweet peppers most commonly found in grocery stores

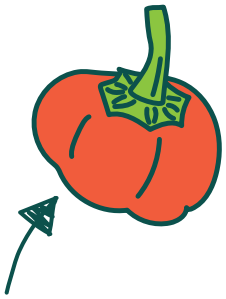




Italian Frying Peppers
Long and slender; includes the beloved variety Jimmy Nardello's

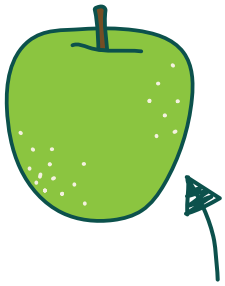
Pimentóns
Best for roasting, which concentrates their sweet flavor





Cherry Peppers
Appear as smaller versions of a red bell pepper and taste similarly; there can be a spicy pepper or two in a bunch, so be warned!

Apple Varieties

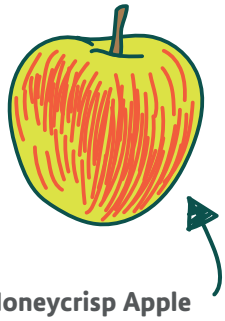


Granny Smith Apple
Green-skinned acidic variety; good for pies and eating out of hand

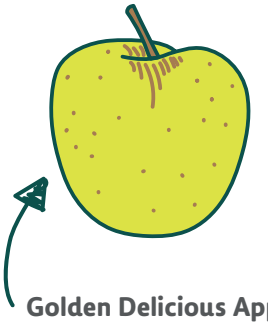


Fuji Apple
Sweet Japanese variety; great eaten fresh or in applesauce

Gala Apple
One of the most popular grocery-store varieties; sweet with red- and yellow-striped skin



Honeycrisp Apple
Sweet and aromatic US variety; great for juicing, baking, or eating out of hand



Golden Delicious Apple
Yellow-skinned US variety; juicy and sweet with semi-firm flesh

FoodCorps Lessons to Teach about Variety

These lessons pair well with the concept of variety:

ALL IN FOR APPLESAUCE
In this lesson for third graders, students use close observation skills to study an apple and then help make an applesauce using several different varieties of apples.

BUDDING TASTES
In this lesson for kindergartners, students consider how people's food preferences change over time. They have a simple tasting at the end to practice stating their food preferences.

MINDFUL TASTING
In this lesson for kindergartners, students practice slowing down and focusing on their senses while they try two different varieties of apples. This lesson can easily be adapted for different age groups and different products.

PLANT FAMILIES
In this lesson for third graders, students learn about plant families in the garden. Although there isn't a tasting in this lesson, a tasting of different produce varieties would be a fun addition.

POETIC PRODUCE
In this lesson for fourth graders, students mindfully taste and describe produce varieties at stations around the room. They then collaborate in groups to develop a poem, song, or skit, incorporating all the descriptive words the class generated about each variety.



Search Charts

The recipes are organized alphabetically within each category, but the following search lists provide alternate ways of finding just the right recipe for your needs.

The following icons are used to easily find recipes. Further explanations of each icon follow.

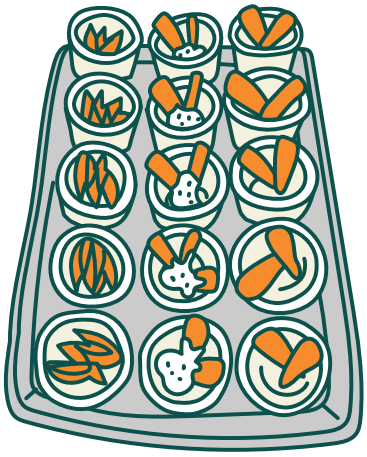




Yields for Taste Tests

These recipes were designed for schoolwide taste tests. They each have a yield of **50 servings** of approximately ¼ cup, or 2 tablespoons for sauces and dips, meant to fit in a 2-ounce tasting cup. The number 50 was determined to be an easy number to double or triple, as needed. See the Recipe Yield Conversion Chart (p. 12) for increasing or reducing the yield.

Bean and Yogurt "Ranch" Dip ..... p. 29
Classic Hummus ..... p. 30
Roasted Red Pepper Bean Dip ..... p. 31
Sweet Potato Hummus ..... p. 31
Sliced Apples with Yogurt Honey Dip ..... p. 32
Puréed Carrot and Ginger Soup ..... p. 36
Sweet Potato Soup ..... p. 39
Apple Slaw ..... p. 42
Broccoli Salad ..... p. 42
Esquites (Mexican Corn Salad) ..... p. 45
Kale Salad ..... p. 46
Potato Salad ..... p. 46
Shredded Carrot Salad ..... p. 49
Kale Pesto ..... p. 51
Roasted Red Pepper Sauce ..... p. 54
Applesauce (for Schoolwide Taste Test) ..... p. 57
Kale Chips (for Schoolwide Taste Test) ..... p. 61
Roasted Carrots ..... p. 69
Steamed Corn ..... p. 69
No-Cream Creamed Corn ..... p. 70
Roasted Broccoli ..... p. 70
Mashed Potatoes ..... p. 71
Roasted Potato Wedges ..... p. 71
Roasted Sweet Potato Wedges ..... p. 72
Sautéed Sweet Peppers and Onion ..... p. 72



Yields for Classroom Cooking

These recipes were designed to be prepared with students as part of the action! See the *FoodCorps Lessons Book* for the lesson associated with each of the recipes in this list. There you'll find all the guidance for how to have kids involved. Each of these recipes has a yield of **25 servings** of a tasting amount such as ¼ cup of a salad; 2 tablespoons of a dip; 2 ounces of a drink; or a small portion of one's own snack, a popsicle, for example. See the Recipe Yield Conversion Chart (p. 12) for increasing or reducing the yield.

Bean Dip Formula p.29
Salsa (Pico de Gallo) ..... p. 30
Yogurt Herb Dip ..... p. 32
Go, Grow, Glow Quesadillas ..... p. 34
Plant Part Wraps ..... p. 35
Spring Rolls ..... p. 37
Stone Soup ..... p. 38
Veggie Sauté ..... p. 40
Create-Your-Own-Dressing Salad ..... p. 43
Fruit Salad ..... p. 45
Rainbow Grain Salad ..... p. 47
Root Fruit Slaw ..... p. 49
Basil Pesto ..... p. 51
Chermoula ..... p. 52
Chimichurri ..... p. 52
Thai Green Curry ..... p. 53
Sofrito ..... p. 53
Applesauce ..... p. 57
Popcorn ..... p. 59
Berry-and-Mint-Infused Water ..... p. 60
Honey Seed Snacks ..... p. 60
Spicy Kale Chips p.61
Quick Refrigerator Pickles ..... p. 62
Rainbow Smoothie ..... p. 63
Chia Strawberry Raw Jam ..... p. 64
Tops and Bottoms Popsicles ..... p. 64
Tortillas ..... p. 66
Flatbread Crackers ..... p. 66
Yogurt Parfait ..... p. 67



Require Heat

These recipes require either a stovetop, induction burner, or oven. See recipes with asterisks beside them for exceptions.

*Optional **Prior to the activity/day of

Classic Hummus* ..... p. 30
Sweet Potato Hummus** ..... p. 31
Go, Grow, Glow Quesadillas ..... p. 34
Puréed Carrot and Ginger Soup ..... p. 36
Stone Soup ..... p. 38
Sweet Potato Soup ..... p. 39
Veggie Sauté ..... p. 40
Esquites (Mexican Corn Salad) ..... p. 45
Potato Salad ..... p. 46
Rainbow Grain Salad** ..... p. 47
Applesauce ..... p. 57
Applesauce (for Schoolwide Taste Test) ..... p. 57
Popcorn ..... p. 59
Spicy Kale Chips ..... p. 61
Kale Chips (for Schoolwide Taste Test) ..... p. 61
Quick Refrigerator Pickles** ..... p. 62
Chia Strawberry Raw Jam* ..... p. 64
Tortillas ..... p. 66
Flatbread Crackers ..... p. 66
Roasted Carrots ..... p. 69
Steamed Corn ..... p. 69
No-Cream Creamed Corn ..... p. 70
Roasted Broccoli ..... p. 70
Mashed Potatoes ..... p. 71
Roasted Potato Wedges ..... p. 71
Roasted Sweet Potato Wedges ..... p. 72
Sautéed Sweet Peppers and Onions ..... p. 72

Require Blender or Food Processor

These recipes benefit from being mixed in a blender or food processor or with an immersion blender to achieve a smooth consistency. If you don't have one of these machines, simpler tools such as a **potato masher** can get the job done with some elbow grease and patience. A **food mill** is great for puréeing soups. A **mortar and pestle** is the ultimate way to achieve from-scratch sauces. Consider your goal and the nature of the task when deciding on your tools. For schoolwide taste tests, it makes sense to use whatever efficient machines are at your disposal. If you have students cooking with you during a hands-on lesson, it's more appropriate to use the labor-intensive tools such as **box graters** because "many hands make light work."

*Can be made with simpler tools

Bean and Yogurt "Ranch" Dip ..... p. 29
Bean Dip Formula* ..... p. 29
Classic Hummus ..... p. 30
Roasted Red Pepper Bean Dip ..... p. 31
Sweet Potato Hummus ..... p. 31
Puréed Carrot and Ginger Soup ..... p. 36
Sweet Potato Soup ..... p. 39
Kale Pesto* ..... p. 51
Basil Pesto* ..... p. 51
Chermoula* ..... p. 52
Chimichurri* ..... p. 52
Thai Green Curry* ..... p. 53
Sofrito* ..... p. 53
Roasted Red Pepper Sauce ..... p. 54
Applesauce (for Schoolwide Taste Test)* ..... p. 57
Rainbow Smoothie ..... p. 63
Tops and Bottoms Popsicles ..... p. 64

Don't Require Heat or Electric

These recipes can be made from start to finish in the great outdoors, otherwise known as your school garden!

*Require heat or electric prior to activity/day of
**Heat or electric not required but better results are achieved

Salsa (Pico de Gallo) ..... p. 30
Yogurt Herb Dip ..... p. 32
Sliced Apples with Yogurt Honey Dip ..... p. 32
Plant Part Wraps ..... p. 35
Spring Rolls* ..... p. 37
Apple Slaw ..... p. 42
Broccoli Salad ..... p. 42
Create-Your-Own-Dressing Salad ..... p. 43
Fruit Salad ..... p. 45
Kale Salad ..... p. 46
Root Fruit Slaw ..... p. 49
Shredded Carrot Salad ..... p. 49
Kale Pesto** ..... p. 51
Basil Pesto** ..... p. 51
Chermoula** ..... p. 52
Chimichurri** ..... p. 52
Thai Green Curry** ..... p. 53
Sofrito** ..... p. 53
Simple Kid-Friendly Dressing ..... p. 54
Berry-and-Mint-Infused Water ..... p. 60
Honey Seed Snacks ..... p. 60
Quick Refrigerator Pickles* ..... p. 62
Chia Strawberry Raw Jam** ..... p. 64
Yogurt Parfait ..... p. 67

Contain Dairy or Eggs

Although these recipes include dairy or eggs, most offer a substitute. For students with an allergy or dietary restriction, consider plant-based yogurts in place of yogurt or mayonnaise. Consider ground seeds or nutritional yeast in place of cheese or butter.

*Optional butter
**These recipes contain eggs in the form of mayonnaise.

Bean and Yogurt "Ranch" Dip ..... p. 29
Yogurt Herb Dip ..... p. 32
Sliced Apples with Yogurt Honey Dip ..... p. 32
Go, Grow, Glow Quesadillas ..... p. 34
Puréed Carrot and Ginger Soup* ..... p. 36
Sweet Potato Soup* ..... p. 39
Apple Slaw** ..... p. 42
Broccoli Salad** ..... p. 42
Esquites (Mexican Corn Salad) ..... p. 45
Potato Salad** ..... p. 46
Kale Pesto ..... p. 51
Basil Pesto ..... p. 51
Rainbow Smoothie ..... p. 63
Yogurt Parfait ..... p. 67
No-Cream Creamed Corn ..... p. 70
Mashed Potatoes ..... p. 71

Contain Gluten

These recipes contain gluten. Gluten is a protein found in barley; rye; and wheat, including bulgar, durum, farro, kamut, and spelt. Gluten can cause adverse reactions in people with celiac disease or gluten sensitivity.

Go, Grow, Glow Quesadillas*
*The flour tortillas can be swapped with corn- or rice-flour tortillas, but note that the texture will be different, and these alternatives may be prone to breaking. ..... p. 34

Flatbread Crackers ..... p. 66

Check Ingredients for Gluten

The following recipes are intended to be gluten free, but if you have a student who has celiac disease or is gluten intolerant, make sure to read labels carefully, and select ingredients and products that are certified gluten free.

Spring Rolls ..... p. 37
Check the ingredients on your spring roll wrappers to ensure they are gluten free. Tapioca and rice flours are both gluten free.

Rainbow Grain Salad ..... p. 47
This recipe gives you freedom to choose the featured grain. Quinoa, brown rice, millet, and teff are all gluten-free options.

Honey Seed Snacks ..... p. 60
Yogurt Parfait ..... p. 67
These recipes contain oats, which are gluten free, but could've been processed in a facility with wheat products. Be sure your package of oats specifies that is was processed in a gluten-free facility.

Tortillas ..... p. 66
Be sure your masa harina contains no wheat and is certified gluten free.

Include Optional Nuts or Meat

These recipes include mention of optional nuts or meat. Nuts are one of the most common allergens; therefore, take great care and consideration when considering these lessons.

Basil Pesto ..... p. 51
Honey Seed Snacks ..... p. 60
Veggie Sauté ..... p. 40

Create-Your-Own-Dressing Salad (option to use fish sauce) ..... p. 43

Recipes by Product

Found yourself with a bunch of one particular fruit or vegetable? This search chart is here to help. Below are recipes to inspire you for how to use it up.



Apples

Applesauce ..... p. 57
Sliced Apples with Yogurt Honey Dip ..... p. 32
Apple Slaw ..... p. 42
Root Fruit Slaw ..... p. 49
Kale Salad ..... p. 46
Fruit Salad ..... p. 45

Beets

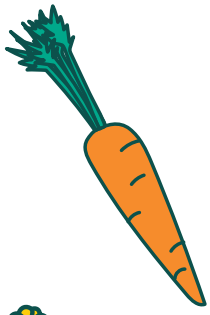


Root Fruit Slaw ..... p. 49
Tops and Bottoms Popsicles ..... p. 64
Plant Part Wraps ..... p. 35
Stone Soup ..... p. 38
Rainbow Grain Salad ..... p. 47
Quick Refrigerator Pickles ..... p. 62

Broccoli

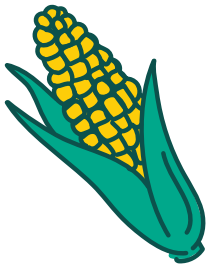


Broccoli Salad ..... p. 42
Roasted Broccoli ..... p. 70
Raw Broccoli with Bean and Yogurt "Ranch" Dip ..... p. 29
Plant Part Wraps ..... p. 35
Veggie Sauté ..... p. 40



Carrots

Puréed Carrot and Ginger Soup ..... p. 36
Roasted Carrots ..... p. 69
Shredded Carrot Salad ..... p. 49
Tops and Bottoms Popsicles ..... p. 64



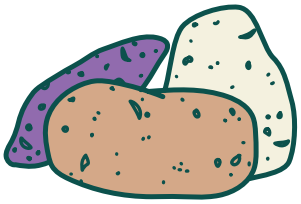
Corn

Esquites (Mexican Corn Salad) ..... p. 45
Steamed Corn ..... p. 69
No-Cream Corn ..... p. 70
Tortillas ..... p. 66

Kale



Kale Pesto ..... p. 51
Kale Chips ..... p. 61
Kale Salad ..... p. 46
Create-Your-Own-Dressing Salad ..... p. 43



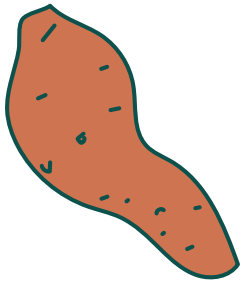
Potatoes

Mashed Potatoes ..... p. 71
Roasted Potato Wedges ..... p. 71
Potato Salad ..... p. 46
Stone Soup ..... p. 38



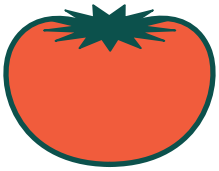
Sweet Peppers

Roasted Red Pepper Bean Dip ..... p. 31
Sautéed Sweet Pepper and Onion ..... p. 72
Raw Red Peppers with Hummus ..... p. 30
Sofrito ..... p. 53
Rainbow Grain Salad ..... p. 47
Spring Rolls ..... p. 37
Veggie Sauté ..... p. 40
Plant Part Wraps ..... p. 35



Sweet Potatoes

Sweet Potato Soup ..... p. 39
Roasted Sweet Potato Wedges ..... p. 72
Sweet Potato Hummus ..... p. 31



Tomatoes

Salsa (Pico de Gallo) ..... p. 30
Stone Soup ..... p. 38
Sofrito ..... p. 53

Most Adaptable All-Stars

The following recipes call for a variety of vegetables but are highly adaptive, so look to this list when you have a random assortment of veggies to put to use.

Plant Part Wraps ..... p. 35
Rainbow Grain Salad ..... p. 47
Quick Refrigerator Pickles ..... p. 62
Veggie Sauté ..... p. 40
Spring Rolls ..... p. 37
Stone Soup ..... p. 38

Recipes

Dips

Dips are a great way to have students try a new-to-them vegetable. We rely heavily on the mighty bean to provide a healthy dose of protein and fiber. Non-bean dips are a great way to highlight veggie-forward options.



Bean and Yogurt "Ranch" Dip

YIELD: 50 SERVINGS, 2 TABLESPOONS

This recipe was adapted from one developed by Lisa Feldman for Sodexo's schools program. Knowing students are often enthusiastic about ranch dip, she wanted to provide a fresh alternative to the bottled stuff. Serve this with raw broccoli, alongside Roasted Broccoli (p. 70) or Broccoli Salad (p. 42). Try adding ¼ cup minced tarragon and dill.

INGREDIENTS

- 12 cloves garlic
- 6 cups white beans (cooked or canned, about 4 [15-ounce] cans)
- 6 cups Greek or regular yogurt
- ½–1 cup lemon juice, to taste
- 2 teaspoons salt, more to taste
- ½ teaspoon pepper, more to taste
- 1 cup olive oil
- ¼ cup chives, minced

STEPS

1. Assemble the dip using a food processor or blender. Add garlic until minced, then add beans and yogurt.
2. While the machine is running, add lemon juice, salt, and pepper, and then olive oil in a thin stream until smooth. Stir in chives by hand.
3. Serve with carrot sticks or broccoli or cauliflower florets.

Bean Dip Formula

YIELD: 20 SERVINGS, 2 TABLESPOONS

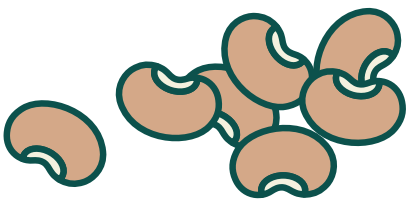
This recipe is a basic formula to give you freedom to explore different flavor profiles—make a dip like the Classic Hummus (p. 30) with garbanzo beans, lemon, and tahini; a black bean dip with cilantro and lime; or a white-bean dip with parsley, rosemary, and thyme.

INGREDIENTS

- 2 (15-ounce) cans of beans (garbanzo, black bean, or white bean), drained and rinsed
- ¼ cup olive oil
- ¼ cup fresh leafy herbs such as parsley, cilantro, or basil
- 2 tablespoons lemon or lime juice, more to taste
- 4 teaspoons herbs such as rosemary or thyme
- 1 teaspoon salt, more to taste

STEPS

Add all ingredients to a blender or food processor fitted with a steel blade and blend until smooth. Taste and adjust seasoning, as needed.



Classic Hummus

YIELD: 50 SERVINGS, 2 TABLESPOONS

Use this recipe as an accompaniment to any raw vegetable you might want to taste test such as bell pepper, carrots, cauliflower, cucumber, or broccoli.

INGREDIENTS

- 3–5 cloves garlic
- 3 (15-ounce) cans chickpeas
- ½ cup olive oil
- 6 tablespoons lemon juice
- ¼ cup tahini
- 1 ½ teaspoons salt (more to taste)
- ¾ cup bean liquid



STEPS

1. Preheat oven to 250˚F. Put peeled garlic cloves and oil in a small baking dish. Roast garlic in oil in the oven for 1 hour, then cool and save oil.
   Note: You can skip this step and use fresh garlic instead, but because roasting mellows the flavor, you'll want to use fewer cloves. Start with three and add more, to taste.
2. Combine all ingredients, including reserved garlic oil, and blend using a food processor, blender, or immersion blender. Blend until smooth, adding more bean liquid if needed. Taste and adjust flavor by adding more lemon juice or salt, then place in a container until ready for use.
3. To serve, put hummus in a piping bag with a medium-sized tip. Serve alongside a raw vegetable such as sliced bell pepper.

Salsa (Pico de Gallo)

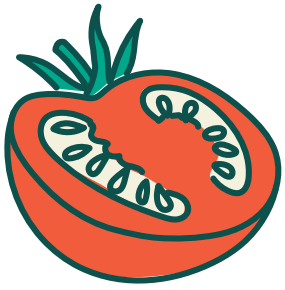
YIELD: 30 SERVINGS, 4 TABLESPOONS

INGREDIENTS

- 6 medium tomatoes, chopped
- 2 small onions, finely diced (about 1 cup)
- ⅔ cup cilantro, finely chopped
- 3 cloves garlic, minced
- 1 small jalapeno, finely chopped (optional)
- Juice of 1–2 limes, to taste
- ½ teaspoon salt, more to taste

STEPS

Mix all ingredients together in a bowl. Taste and adjust seasoning with lime juice and salt. Serve with tortilla chips.





Roasted Red Pepper Bean Dip

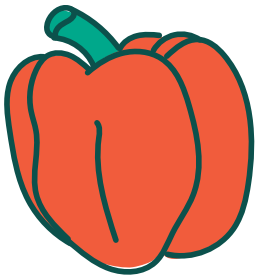
YIELD: 50 SERVINGS, 2 TABLESPOONS

INGREDIENTS

- 3 (15-ounce) cans cannellini beans, drained and rinsed
- 3 (12-ounce) jars roasted red bell peppers, drained
- 6 tablespoons olive oil
- 3 tablespoons lemon juice
- 3 cloves garlic
- 1 ½ teaspoons salt, more to taste
- ¼ teaspoon pepper, more to taste

STEPS

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





Sweet Potato Hummus

YIELD: 50 SERVINGS, ¼ CUP

Adapted from the *New School Cuisine* Cookbook.

INGREDIENTS

- 4 ½ pounds sweet potato
- 5 (15-ounce) cans chickpeas, drained and rinsed (reserving 1 cup bean liquid)
- ¾ cup orange juice or ¼ cup lemon juice
- ⅓ cup tahini
- 1 ½ tablespoons ground cumin
- 1 ½ tablespoons ground ginger
- 1 ½ tablespoons garlic powder
- ½ tablespoon salt, more to taste

STEPS

1. Preheat oven to 425˚F.
2. Cut sweet potatoes in half, placing cut side down. Bake until tender, about 45 minutes. Let cool and peel, then place in a large mixing bowl.
3. Purée chickpeas with cooking liquid in batches in a food processor until a smooth consistency.
4. Add chickpeas to sweet potatoes and add remaining ingredients. Use a handheld mixer or immersion blender (or stand mixer, if you have access to one) to combine ingredients. Mix until smooth and adjust seasoning to taste.
5. To serve, put hummus in a piping bag with a medium-sized tip.

Yogurt Herb Dip

YIELD: 4 CUPS, 25 SERVINGS OF 2 TABLESPOONS

FoodCorps designed this recipe to be an easy way to enjoy freshly harvested vegetables when you're with students in the garden.

INGREDIENTS

- 1 (32-ounce) container Greek yogurt*
- Handful of finely chopped herbs (such as parsley, dill, mint, and basil)
- 2–4 tablespoons lemon juice
- 1–2 garlic cloves, minced
- 1 teaspoon salt, more to taste
- ¼ teaspoon pepper, more to taste

*For dairy-free students, consider dairy-free alternatives such as coconut, almond, or cashew yogurt.

STEPS

Mix all ingredients together in a bowl. Taste and adjust seasoning, as needed.

Sliced Apples with Yogurt Honey Dip

YIELD: 50 SERVINGS, ¼ CUP

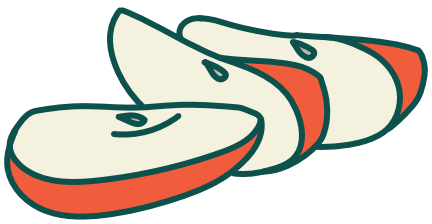
This dip would work well with other fruits, such as strawberries or pears.

INGREDIENTS

- 3 pounds apples
- 2 quarts plain yogurt
- 1 cup honey
- 1 ½ tablespoons cinnamon (or more to taste)

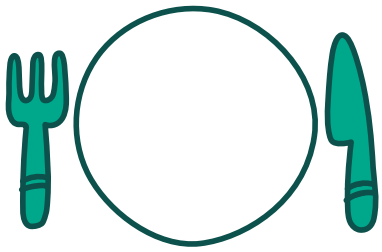
STEPS

1. Wash, core, and slice apples into approximately ¾-inch-wide wedges or sixteenths, if using large apples.
2. Combine yogurt, honey, and cinnamon in a bowl, and stir to blend.
3. Serve one segment of apple with up to 2 tablespoons of dip.



Dishes and Soups

These recipes comprise what could be a central feature of a meal. Although they almost all require a heat source, Plant Part Wraps and Spring Rolls don't.



Go, Grow, Glow Quesadillas

YIELD: 25 SERVINGS, 1/6 OF A QUESADILLA

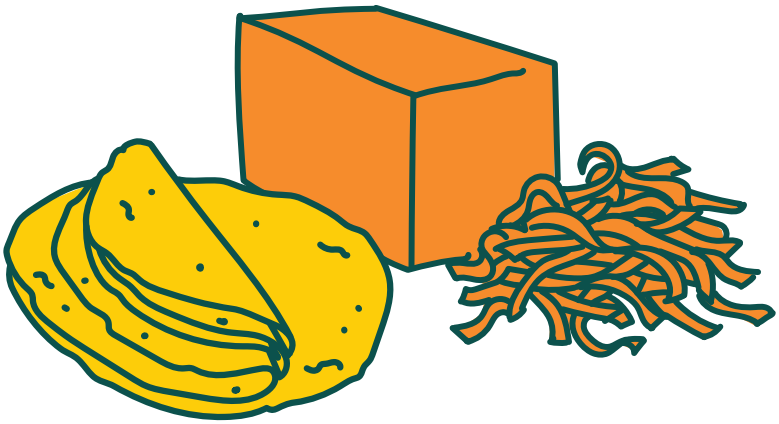
We developed this recipe for the FoodCorps Lesson Go, Grow, Glow Quesadillas as a cooking activity to reinforce the concept of eating go foods (carbohydrates), grow foods (protein), and glow foods (fruits and vegetables).

INGREDIENTS

- 2 cans pinto or black beans
- 4 cups (16 ounces) shredded Monterey Jack or cheddar cheese
- 1 (8-ounce) bag of spinach
- 1–2 packages of flour tortillas
- 1/3 cup pinto or black beans
- 3/4 cup shredded Monterey Jack or cheddar cheese
- 1 cup fresh spinach
- 2 large flour tortillas

STEPS

1. For one quesadilla, mix 1/3 cup beans and 3/4 cup shredded cheese in a bowl. Then tear 1 cup fresh spinach into bite-sized pieces and stir into mixture.
2. Spread about 1 cup of the mixture onto one tortilla, and then put a second tortilla on top.
3. Cook quesadilla on a dry skillet or hot plate on medium heat, until the underside is browned and cheese has started to melt. Flip the quesadilla and continue cooking until the second side is browned, the cheese is fully melted, and the ingredients are warmed through.
4. Slice into six wedges and serve immediately.



Plant Part Wraps

YIELD: 30 SERVINGS, 1 WRAP PER STUDENT

This is a classic garden tasting to reinforce students' learning about the six plant parts. Choose ingredients based on your seasonality, region, and what's most readily available. Below you'll find a sample list of ingredients and a table of ingredients to further spark ideas.

Simple Kid-Friendly Dressing

INGREDIENTS

- 3 parts olive oil
- 1 part rice vinegar
- ½ part honey
- Salt to taste

STEPS

Shake ingredients in a lidded jar until emulsified.

Sample Plant Part Wrap Ingredients

INGREDIENTS

- 2 heads cauliflower, broken into small florets
- 3–4 bunches chard (1 large leaf for each person)
- 3–4 beets, shredded
- Dozen clementines
- 1 bunch celery, thinly chopped
- 1 cup sunflower seeds

STEPS

1. Lay out one large leaf and add small pinches or amounts of each prepared fruit and vegetable, making sure to not add too much (e.g., a couple small florets of cauliflower, a small pinch of shredded beets, a couple clementines, three or four pieces of celery).
2. Sprinkle a small pinch of sunflower seeds on top and a little drizzle of dressing, if desired.
3. Roll up your leaf if using a long leaf, or fold over each side if using a round leaf.

Possible Plant Part Ingredients

Roots	Stems	Leaves	Flowers	Seeds	Fruits
Carrots	Celery	Cabbage	Broccoli	Sunflower	Tomatoes
Parsnips	Asparagus	Kale	Cauliflower	Pumpkin	Apples
Beets	Scallions	Romaine lettuce	Borage	Pomegranate	Grapes
Radishes			Nasturtium		Bell peppers
			Violets		Cucumbers
					Berries
					Clementines

Puréed Carrot and Ginger Soup

YIELD: 60 SERVINGS, ¼ CUP

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

INGREDIENTS

- 2 tablespoons unsalted butter or olive oil
- 1–2 onions, peeled and coarsely chopped (about 4 cups)
- 4 garlic cloves, minced
- 2 (1-inch) pieces fresh ginger, peeled and finely minced (about 1 ½ tablespoons)
- 3 pounds carrots, cut into ½-inch-thick rounds
- 8–10 cups water or low-sodium vegetable stock (or combination of both), more as needed
- 1 ½ teaspoons salt, more to taste
- ½ teaspoon pepper, more to taste

STEPS

1. Melt butter in a stockpot over medium heat. Cook onion, garlic, and ginger, stirring until translucent; about 4–6 minutes.
2. 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 carrots are tender, about 20 minutes.
3. Purée the soup in a blender, food processor, or food mill, working in batches to not overfill machine.
4. Return to the pot set over low heat, and add enough reserved liquid to thin the soup to your desired consistency. Taste and adjust seasoning.



Spring Rolls

YIELD: 25 SERVINGS, 1 ROLL PER PERSON

FoodCorps developed this recipe, and the ingredients are merely suggestions to get a sense of portions. Use the table below for more ideas, and choose ingredients that make sense for your region, students, and season. Tip: A pie dish filled with warm water makes the perfect dipping station for rice paper wrappers.

SAUCE INGREDIENTS

(makes 1 ½ cups)

- ¾ cup soy sauce or tamari
- ¾ cup lime juice
- ½ cup toasted sesame oil
- 2 teaspoons honey
- 2 teaspoons garlic, minced (optional)
- 2 teaspoons chili paste (optional)

EXAMPLE OF SPRING ROLL INGREDIENTS

(about 9 cups of vegetables total; about ⅓ cup mixture per roll)

- 1 package rice paper wrappers
- 1 head of cabbage
- 5 large carrots
- 2 medium cucumbers
- 1 bunch scallions
- 1 bunch cilantro

STEPS

1. Whisk sauce ingredients together and set aside.
2. Chop cabbage into fine shreds. Grate carrots on the largest holes of a box grater. Cut cucumbers in half, lengthwise, and thinly slice into matchsticks. Thinly slice scallions into matchsticks and stem cilantro.
3. To assemble a spring roll, dip rice paper wrapper in warm water and count five seconds, and then gently place the wrapper on your clean plate or wax paper. Place a small amount of vegetables in the center of the wrapper, making sure you leave at least a couple inches on all sides. Fold in the sides tightly, and then roll from the bottom up, gently pressing the ingredients together as you go.



Possible Spring Roll Ingredients

Fruit and Veggies

Bell peppers
Cabbage
Carrots
Cucumbers
Lettuce
Mango
Radishes
Turnip

Herbs

Chives
Cilantro
Mint
Scallions
Thai basil

Stone Soup

YIELD: ABOUT 25 SERVINGS, ½ CUP

We designed this recipe for the FoodCorps lesson Stone Soup. Use the Possible Ingredients table below for ideas of what to include in your soup. Just don't forget the stone!

SAUCE INGREDIENTS

- 1–2 tablespoons olive oil
- 3–4 quarts liquid (water and/or vegetable broth)
- 1–2 teaspoons lemon juice
- 2–4 teaspoons dried herbs
- 2 cups chopped onion (1 large onion)
- 3–5 cloves garlic, minced
- 1 (8-ounce) can of beans, drained and rinsed
- 12–16 cups chopped vegetables (see Possible Ingredients table below)

EXAMPLE OF POSSIBLE INGREDIENTS

- 3 cups carrots (4 carrots)
- 2 cups potatoes (1 potato)
- 6 cups collards
- 3 cups butternut squash (roasted 40 minutes)
- 1 teaspoon dried parsley
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon dried sage
- ½ teaspoon dried rosemary
- 1 bay leaf

STEPS

1. Roast winter squash until partially cooked, if using, beforehand (about 20 minutes at 400˚F).
2. Par boil (boil until soft but not until completely cooked) beets, carrots, or potatoes whole if you need to speed up in-class cooking time.
3. Prep the garlic and onions yourself, sautéing them in oil until translucent, and then add broth and bring to a boil before class begins. Turn heat back down to a simmer until you add the first round of vegetables.
4. Meanwhile, chop the first round of vegetables and add to the pot, turning the heat up to medium to keep at a steady simmer. Add the second round of vegetables once the harder vegetables have sufficiently softened. (If you have parboiled beforehand, the second round can be added soon after first.)
5. Bring the second round of vegetables up to a boil, and turn down to a simmer for about 10 minutes, until beans have softened and/or tomatoes have broken down.
6. Add the third round of herbs and seasonings, stirring well. Taste and adjust.

Possible Ingredients

FIRST ROUND
Hard Vegetables
Beets
Carrots
Parsnips
Potatoes
Winter squash

SECOND ROUND
Soft Vegetables
Cans of beans
Cans of tomatoes
Chard
Collards
Frozen corn
Kale
Peppers

THIRD ROUND
Herbs and Seasoning
Lemon juice
Parsley
Salt and pepper

Sweet Potato Soup

YIELD: 50 SERVINGS, ¼ CUP

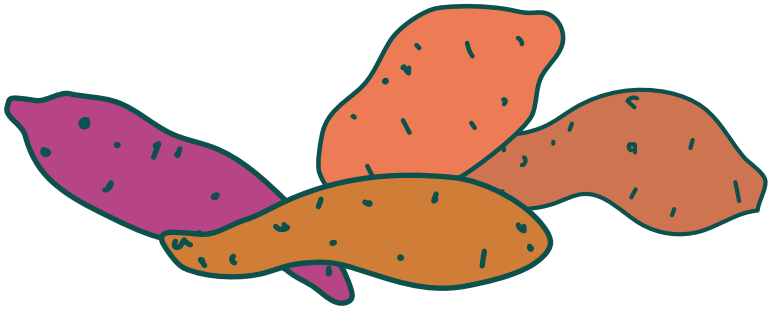
For added richness, add a tablespoon or two of butter at the end. Consider swapping out some of the onion for leeks, if you have them available.

INGREDIENTS

- ⅓ cup olive oil
- 1 large onion, peeled and coarsely chopped (about 4 cups)
- 5 medium sweet potatoes, peeled and diced (about 8 cups)
- 6 cups water
- 2 cups low-sodium vegetable stock
- 1 bay leaf
- 2 ½ teaspoons salt, more to taste
- 1 teaspoon pepper
- 2 tablespoons unsalted butter (optional)

STEPS

1. Heat olive oil in a stockpot over medium heat. Add onion and cook, stirring occasionally, until translucent—about 10 minutes.
2. Add diced sweet potatoes and sauté, stirring for 5–7 minutes. Add the water, stock, and bay leaf, and bring to a boil, then reduce temperature to a steady simmer and cook for about 30 minutes, until sweet potato is completely softened.
3. Remove the bay leaf. Add the rest of the salt, pepper, and butter, if using. Purée the soup in a blender, food processor, or food mill, working in batches to not overfill your machine.
4. Taste the soup and adjust seasoning, adding more salt, pepper, or butter.



Veggie Sauté

YIELD: ABOUT 25 SERVINGS, ¼ CUP

We designed this recipe for the FoodCorps Lesson Sauté. The sauce that follows is inspired by a stir-fry sauce found in Chinese-American cooking. You can sauté just about any vegetables. See the table below for some possibilities, but also feel free to use whatever you have available in your region at the time. It is ideal to have at least one aromatic and as many vegetables as you like.

SAUCE INGREDIENTS

- 4 ½ tablespoons soy sauce
- 1 ½ tablespoons rice vinegar
- 1 ½ tablespoons brown sugar
- ¾ cup vegetable broth or water
- 2 ¼ tablespoons cornstarch

EXAMPLE OF POSSIBLE INGREDIENTS

- 12–15 cups vegetables (see table below)
- 6–7 tablespoons high heat oil (avocado or canola)
- 4–6 tablespoons aromatics (see table below)

STEPS

1. Combine sauce ingredients and adjust flavors as needed. Set aside.
2. Wash and prepare the vegetables, chopping into roughly the same size.
3. Begin by cooking the aromatics with oil on medium high heat, stirring often. Add additional oil as needed. After one to two minutes, when the aromatics begin to soften and release their aroma, add prepared vegetables, starting with the vegetables that will take the longest to cook. Cook, stirring often, until all the vegetables are tender but retain a crunch.
4. Add sauce and stir just to incorporate, then promptly remove from heat, stirring to further incorporate sauce if needed. Top with toppings of your choice and serve immediately.

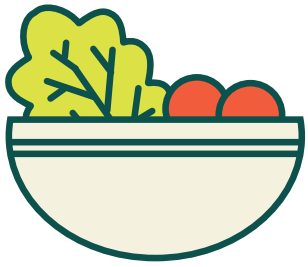


Possible Ingredients

Aromatics (4–6 tablespoons)	Vegetables (8–10 cups)	Toppings (optional)
Garlic	Bok choy	Basil
Ginger	Broccoli	Chopped nuts (check class allergies)
Shallots	Cabbage	Sesame seeds
Scallions	Carrots	Squeeze of lemon or lime
Onions	Cauliflower	Cilantro
	Kale	
	Rainbow chard	
	Spinach	

Salads

These salads are meant to be colorful, flavorful, and with varied texture for a tasty sensory experience.



Apple Slaw

YIELD: 50 SERVINGS, ¼ CUP

Adapted from the *New School Cuisine* Cookbook. Mix it up, and replace diced celery for celeriac or beets for carrots.

INGREDIENTS

- 2 cups mayonnaise
- ¾ cup rice vinegar
- ¼–½ cup sugar or honey, to taste
- Ground black pepper, to taste
- ¼ teaspoon salt, more to taste
- 3 ¾ pounds apples (about 4 apples), cored
- 2 ¼ pounds celeriac, trimmed and peeled
- 1 ½ pounds carrots

STEPS

1. Assemble the dressing, whisking mayonnaise, vinegar, sugar, salt, and pepper in a small bowl and set aside.
2. Using a food processor or box grater, shred apples, celeriac, and carrots. Add to a large bowl.
3. Add the dressing to shredded vegetables, starting out with half and adding more as needed. Mix well and chill before serving.
4. Make dressing and keep refrigerated for up to two days in advance. Refrigerate the dressed slaw for up to a day in advance.

Broccoli Salad

YIELD: 50 SERVINGS, ¼ CUP

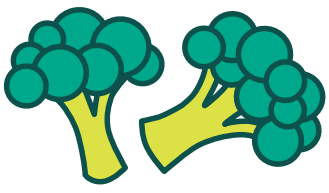
Adapted from the *New School Cuisine* Cookbook. Add one small red onion cut into small dice. Swap lemon juice for apple cider vinegar. Swap yogurt for mayonnaise.

INGREDIENTS

- 3 pounds broccoli (about 4 large heads)
- 2 cups mayonnaise (reduced fat)
- ¼ cup apple cider vinegar
- 2 tablespoons honey (or sugar)
- ½ teaspoon salt, more to taste
- ¼ teaspoon pepper, more to taste
- 2 ¼ cup raisins

STEPS

1. Trim broccoli and cut into small bite-sized pieces.
2. Whisk mayonnaise, vinegar, honey, salt, and pepper in a large bowl.
3. Stir in broccoli and raisins. Taste and adjust seasoning. Keep refrigerated until serving.





Create-Your-Own-Dressing Salad

YIELD: 6 SERVINGS, ½ CUP

This recipe is really more of a formula! It was developed for the FoodCorps lesson Salad Dressing Challenge in which groups of students decide together on a flavor combination for a salad dressing to massage onto kale and then vote on their class favorite. (See the Salad Dressing Challenge Group Instructions below.) This serving size is for one group of 4–6 students, so scale up accordingly.

INGREDIENTS

- 2 tablespoons fat
- 1 tablespoon sour
- ½–1 teaspoon salty
- 1 teaspoon sweet (or ¼ cup dried fruit)
- 1 bunch kale

STEPS

1. Combine dressing ingredients in a mason jar. Seal and shake until incorporated. Taste and adjust seasoning. If using tahini or avocado, a tablespoon or two of water or oil may be needed to achieve a dressing consistency.
2. Tear one bunch of kale into small bite-sized pieces. Put in a zip lock bag, and pour in a couple tablespoons of your custom dressing. Seal the bag, and massage the dressing into the kale through the bag. Taste and add more dressing or salt, if needed.

Dressing Examples

EXAMPLE 1

- 2 tablespoons tahini
- 1 tablespoon water
- 1 tablespoon rice vinegar
- 1 teaspoon soy sauce
- 1 teaspoon honey

EXAMPLE 2

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ cup dried cranberries

Possible Ingredients

Fat
Avocado
Olive oil
Sesame oil
Tahini
Yogurt

Sour
Apple cider vinegar
Balsamic vinegar
Lemon/lime
Mustard
Orange
Rice vinegar

Salty
Fish sauce
Kosher salt
Sea salt
Soy sauce

Sweet
Apple slices or other fresh fruit
Honey
Raisins
Other dried fruit
Sugar

SALAD DRESSING CHALLENGE GROUP INSTRUCTIONS

1. Decide on your dressing flavor profile as a TEAM!



2. Add ingredients to your jar. Put the lid on and shake, shake, shake!



3. Take a leaf and dip it into the dressing to taste test.



4. Decide what your dressing still needs.



5. Pour some of your dressing over the greens in your zip lock bag. Seal the bag shut.



6. Massage the greens through the bag. Add more dressing only if needed.



Esquites (Mexican Corn Salad)

YIELD: 60 SERVINGS, ¼ CUP

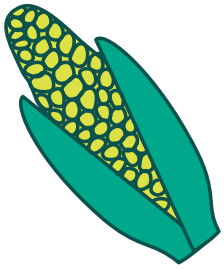
This recipe was adapted from *Serious Eats.* If you're using frozen corn kernels, you don't need to defrost before charring in the skillet. Add a large red onion diced for more color and flavor if desired.

INGREDIENTS

- ¼ cup canola or avocado oil, more as needed
- 5 pounds corn kernels
- 2 cups crumbled Cotija or feta cheese
- 1 ⅓ cup crema (or half sour cream and half mayonnaise)
- 2 bunches cilantro, chopped
- 1 cup lime juice (about 4 large limes)
- 3 teaspoons smoked paprika
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 1 teaspoon pepper
- 1 teaspoon salt, more to taste

STEPS

1. Heat a drizzle of oil in a large skillet on medium high. Once oil is hot, place about a quarter of corn in a skillet, working in batches to not overcrowd the skillet. Stir occasionally until corn starts to char, about 5 minutes, and then remove from heat and place in a large bowl. Repeat until all corn is charred.
2. Add remaining ingredients to the bowl, folding them in until well incorporated.
3. Keep refrigerated until serving.



Fruit Salad

YIELD: 30 SERVINGS, ¼ CUP

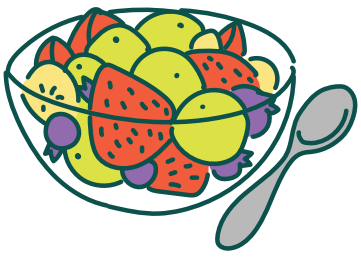
This is a recipe developed for the FoodCorps lesson Fun With Fruit Salad, in which students practice counting by twos as they add ingredients to the fruit salad.

INGREDIENTS

- 1 ½ bunches grapes
- 3 bananas, sliced into ¼-inch rounds
- 2 large apples, cored and cut into ½-inch cubes
- Small handful of fresh mint, torn (about ¼ cup)
- Juice of half a lime (optional)

STEPS

1. Prepare each fruit individually, slicing apples and bananas and leaving small fruit like berries and grapes whole.
2. Add fruits in a more or less even ratio and toss together.
3. Add torn mint leaves and a squeeze of lime juice right before serving, if desired, and toss once more.



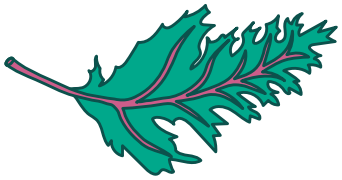
Kale Salad

YIELD: 70 SERVINGS, ¼ CUP

This recipe, adapted from The Lunch. Add toasted seeds or cheese for a savory addition.

INGREDIENTS

- 1 ¼ pounds kale
- ¼ cup lemon juice
- ¼ cup apple cider vinegar
- 2–3 tablespoons honey, to taste
- ¼ teaspoon salt, more to taste
- ⅛ teaspoon pepper, more to taste
- ⅓ cup olive oil
- ⅓ pound apples, diced
- ⅓ cup cranberries



STEPS

1. Wash, destem, and chop kale into fine strips.
2. Assemble the dressing, whisking lemon juice, vinegar, honey, salt, and pepper, and then slowly whisking in olive oil.
3. If making the day before, you can dress the kale and store it in the fridge overnight, but leave adding the apples and cranberries until the day of. If making the salad the day of, wearing gloves, massage the dressing into the kale, then add sliced apples and cranberries, if using. To avoid overdressing, add half the dressing to start, and add more as needed.

Potato Salad

YIELD: 50 SERVINGS, ¼ CUP

Add fresh herbs such as dill, chives, parsley, or basil. Add curry blend. Substitute olive oil for the mayonnaise for a vegan dressing. Substitute Greek yogurt for half the mayonnaise for a tangier dressing and more protein.

INGREDIENTS

- 4 ½ pounds waxy potatoes (red, fingerlings, or Yukon Golds)
- ½ cup onion, chopped
- 1 ½ cups mayonnaise
- 4 tablespoons apple cider vinegar
- 1 tablespoon yellow mustard
- 1 teaspoon salt, more to taste
- ¼ teaspoon pepper, more to taste
- 1 ½ cups celery, chopped (4 stalks)

STEPS

1. Add whole potatoes to a stockpot of cold water and bring to a boil. Boil potatoes until you can pierce a knife through, about 12–15 minutes depending on size. Keep a close eye and be sure not to over boil. Strain and let cool, then dice into roughly 2-inch cubes.
2. Assemble the dressing, whisking mayonnaise, vinegar, mustard, salt, and pepper.
3. Toss the potatoes, celery, and onions in the dressing. Taste and adjust seasoning, adding more vinegar or salt, for example.

Rainbow Grain Salad

YIELD: ABOUT 25 SERVINGS, ¼ CUP

We designed this recipe for the FoodCorps lesson Rainbow Grain Salad, which serves to reinforce the concept of "eat a rainbow!" and have students practice their chopping skills. We've provided a quinoa version and millet version, which are both gluten-free, but encourage you to use whatever grain works best for you. Other gluten-free options include brown rice or teff. Further options include barley, bulgar, or couscous (these are not gluten free). Use the Fruits and Veggies from the Rainbow table below to come up with your own creation.

Dressing

INGREDIENTS

- 2 tablespoons lemon juice (1 lemon)
- 1 teaspoon minced garlic (about 1 clove)
- 1 teaspoon honey
- Salt, to taste
- ¼ cup olive oil
- 1 tablespoon finely chopped herbs (chives and parsley)

STEPS

Whisk lemon juice, garlic, honey, and salt. Slowly drizzle in olive oil and continue whisking until well blended. Stir in herbs.

Grain Salad

INGREDIENTS

- 3 cups cooked grain
- 4 cups of a variety of fruits and vegetables (such as one each from the table below)
- ¼ teaspoon salt, or to taste

STEPS

1. Cook selected grain. Cool grain spread on a baking sheet and set aside.
2. Meanwhile, prepare and chop fruits and vegetables into attractive, bite-sized pieces.
3. Mix grain with assorted fruits and vegetables and toss with dressing. Taste and adjust salt, or add more dressing if needed.

See next page for examples.



Salad Examples

EXAMPLE 1

3 cups cooked quinoa
1 clementine, segments sliced into thirds
1 cup diced yellow bell pepper
1 cup diced cucumber
1 cup shredded beet
6 tablespoons dressing, more to taste

MAKING QUINOA

1 cup quinoa
½ teaspoon salt

1. In a small pot, bring 1 ½ cups water to a boil over medium high heat.
2. Add quinoa and salt, stir, and reduce heat to a simmer.
3. Cover the pan and cook for 12–15 minutes, or until all the water is absorbed.
4. Fluff the quinoa with a fork, and leave the lid off the pan to allow any residual steam to escape.

EXAMPLE 2

3 cups cooked millet
1 cup diced strawberries
1 cup diced carrot
1 cup diced yellow bell pepper
1 cup torn and massaged kale*
6 tablespoons dressing, more to taste

*Coat kale with oil, then squeeze it for a couple minutes until tender

MAKING MILLET

1 cup millet
½ teaspoon salt

1. In a small pot, bring 2 cups water to boil over medium high heat.
2. Add millet and salt. Return to a boil, then reduce heat to a simmer, cover and cook until tender, 15–20 minutes.
3. Drain off any remaining water, and fluff with a fork.

Fruits and Veggies from the Rainbow

Red/Pink	Orange	Yellow/White	Green	More Greens	Blue/Purple
Apple	Bell pepper	Corn	Collards	Cabbage	Blueberries
Beet	Carrot	Daikon radish	Kale	Celery	Purple cabbage
Radish	Clementine	Golden beet	Rainbow chard	Cucumber	Purple cauliflower
Strawberry	Peach	Turnip		Zucchini	Purple kohlrabi
Tomato		Yellow bell pepper			



Root Fruit Slaw

YIELD: 6 CUPS, 24 SERVINGS OF ¼ CUP

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

INGREDIENTS

- 3 medium apples, cored, one large chunk per table group
- 2–3 large carrots
- 2–3 large beets
- Salt, to taste
- Lemon juice, to taste

APPLE CIDER VINAIGRETTE

- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- Juice of ½ lemon (1–2 tablespoons)
- ½ teaspoon salt, more to taste
- ⅓ cup olive oil

STEPS

1. Whisk together vinegar, honey, lemon juice, and salt. Then drizzle in olive oil and whisk until emulsified (or shake in a lidded jar).
2. 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.
3. Mix each shredded ingredient together in a large bowl. Combine with vinaigrette. Taste and adjust with salt or more lemon juice.





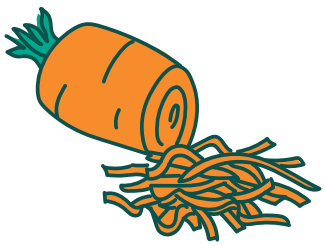
Shredded Carrot Salad

YIELD: 50 SERVINGS, ⅓ CUP

Add coarsely chopped flat-leaf parsley for flavor and color. Or add garlic, Dijon mustard, or honey to the dressing.

INGREDIENTS

- 2 ½ pounds carrots (about 12 cups shredded)
- ½ cup + 2 tablespoons cup lemon juice
- ½ teaspoon salt, more to taste
- ⅛ teaspoon pepper, more to taste
- ½ cup olive oil



STEPS

1. Grate carrots into fine shreds using a food processor or box grater.
2. Assemble the dressing by whisking lemon juice and salt and pepper and slowly whisking in olive oil.
3. Toss the carrots in the dressing just before serving so they don't become mushy. Taste and adjust seasoning, adding more lemon juice or salt, for example. Only add a little dressing at a time, so you don't overdress. The carrots should appear moist but not wet.

Sauces & Dressings

Like dips, sauces and dressings are a way to dress up vegetables and introduce bold flavors.





Kale Pesto

YIELD: 50 SERVINGS, 2 TABLESPOONS

This recipe is a classic Italian version of pesto. To make a nut-free or dairy-free version of this recipe, feel free to swap out nuts or cheese for sunflower or pumpkin seeds.

INGREDIENTS

- 3 pounds kale
- 2 ½ cups olive oil, more as needed
- ¾ cup Parmesan cheese
- 6 tablespoons lemon juice
- 1 ½ tablespoons chopped garlic (about 2 large cloves)
- 1 ½ tablespoons salt

STEPS

1. Remove thick stems from kale, and tear into 2-inch pieces.
2. 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 machine running, until smooth. Use more oil, as needed.
3. During the last batch of kale, add cheese, lemon juice, garlic, and salt.
4. Taste and adjust seasonings. Add more oil for a saucier pesto.



Basil Pesto

YIELD: 1 ¼ CUP

We developed this classic Italian version of pesto for the FoodCorps Lesson Green Sauce Around the World. In the lesson, students compare and contrast various ingredient lists from different regions. For this reason, substitutions haven't been made, but feel free to swap out nuts or cheese for sunflower or pumpkin seeds.

INGREDIENTS

- 3–4 medium garlic cloves
- ½ teaspoon coarse sea salt, more to taste
- 3 ounces basil leaves (from about a 4-ounce bunch)
- 2 tablespoons (30 grams) pine nuts (or other nut such as walnuts)
- 5 tablespoons (2 ounces) grated Parmigiano–Reggiano
- ½ cup plus 2 tablespoons olive oil
- 1 tablespoon lemon juice (optional)

STEPS

Blend ingredients in a blender or food processor until a smooth consistency.

Chermoula

YIELD: 1 CUP

This recipe was adapted from *Serious Eats*. Although it's typically used to flavor fish and other seafood in Morocco and Tunisia, it can also be used as a marinade for vegetables such as roasted cauliflower or a dressing for a shredded carrot salad. For testing, try dipping a piece of bread or a raw vegetable such as cucumber or carrot. Note: If you're substituting with turmeric, this "green" sauce may have a more orange color.

INGREDIENTS

- 1 cup packed cilantro leaves
- ½ cup packed parsley leaves
- ½ cup olive oil
- ¼ cup preserved lemon juice, or ⅓ cup of regular lemon juice
- 4 medium cloves garlic, peeled
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- ½ teaspoon cayenne
- ½ teaspoon Kosher salt, to taste
- ⅛ teaspoon crushed saffron (or substitute turmeric)

STEPS

Blend ingredients in a blender or food processor until a smooth consistency.

Chimichurri

YIELD: 1 ½ CUPS

In Argentina, this sauce is usually accompanied by much-beloved grilled meats eaten as part of an asado. For tasting, try it with a piece of bread.

INGREDIENTS

- ¾ cup chopped parsley
- 6 tablespoons red wine vinegar
- 8 large garlic cloves, minced
- ¼ cup oregano leaves
- 2–4 teaspoons crushed red pepper, to taste
- 1 teaspoon kosher salt, to taste
- ¼ teaspoon freshly ground pepper, to taste
- 1 cup extra-virgin olive oil

STEPS

Blend ingredients in a blender or food processor until a smooth consistency.





Thai Green Curry

YIELD: 1 CUP

This recipe is adapted from ThaiTable.com. The curry is not meant to be eaten raw but diluted with coconut milk and cooked with meat or seafood and served with rice or noodles.

INGREDIENTS

- ½ cup sliced shallots
- ¼ cup garlic
- 2–3 green Thai chili peppers or 2–3 jalapenos (or other spicy pepper)
- 3–4 tablespoons sliced lemongrass
- 1 ½ tablespoons fresh galangal (or fresh ginger)
- 1 tablespoon salt
- 1 tablespoon sliced cilantro roots (or handful of cilantro)
- 1 tablespoon ground coriander
- ½ tablespoon cumin
- 1 kaffir lime, zested (or regular lime)
- ½ teaspoon peppercorns
- ¼ cup chili leaf (optional)

STEPS

1. Blend ingredients in a blender or food processor until a smooth consistency.
2. Combine 1 tablespoon of paste with 1 cup coconut milk in a saucepan on medium heat until simmering and warmed through. Serve on rice or noodles.





Sofrito

YIELD: 2 CUPS

This sauce is a staple for cooking in Caribbean countries, such as the Dominican Republic or Puerto Rico. It is meant to be cooked with foods (and because of the raw garlic and onion, is particularly potent if it's not). For tasting, try cooking garbanzo or black beans with sofrito.

INGREDIENTS

- ½ bunch cilantro leaves (about 1 cup)
- ½ medium green pepper, seeds removed
- ½ small tomato, diced
- ½ medium sweet onion, peeled
- ¼ red sweet pepper, seeds removed
- 3–4 garlic cloves, peeled

STEPS

Blend ingredients in a blender or food processor until a smooth consistency.



Roasted Red Pepper Sauce

YIELD: 50 SERVINGS, 2 TABLESPOONS

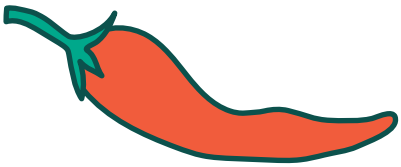
Serve with a piece of bread or on a cracker.

INGREDIENTS

- 3 (16-ounce) jars roasted red bell peppers, drained
- 1 ½ cups parsley, packed
- 1 ½ cups raw pumpkin seeds (pepitas) or sunflower seeds
- 1 ½ cups olive oil
- ⅓ cup lemon juice
- 3 small cloves garlic
- 1 ½ teaspoon salt, more to taste

STEPS

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



Simple Kid-Friendly Dressing

YIELD: 25 SERVINGS, 1.5 TABLESPOONS

This is a mild-tasting salad dressing that can be used to jazz up a tasting of greens from the garden or drizzled onto Plant Part Wraps (p. 35).

INGREDIENTS

- 1 ½ parts olive oil
- ½ part rice vinegar
- ¼ part honey
- Salt to taste

STEPS

Shake ingredients in a lidded jar until emulsified. Taste and adjust seasoning.

Salad Dressing Formula

Below is a formula for making your own salad dressing. See the recipe Create-Your-Own-Dressing Salad (p. 54) for more details.



2 tablespoons Fat + 1 tablespoon Sour + Small pinch of Salty + Small amount of Sweet = DRESSING!

Snacks & Drinks

This section consists of recipes that are downright fun and exploratory.



Applesauce

YIELD: 34 SERVINGS, ¼ CUP

This recipe, designed for the FoodCorps lesson All in for Applesauce, suggests the use of a variety of apples for better flavor.

INGREDIENTS

- 10 apples of assorted varieties
- Juice of 1 lemon (about 2 tablespoons; optional)
- 1 teaspoon–1 tablespoon cinnamon, to taste
- Pinch of salt
- 1 cup of water, if needed

STEPS

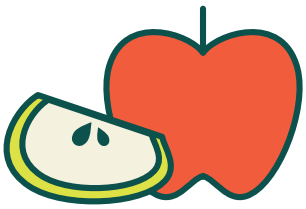
1. Core and chop apples into large chunks (you don't need to peel them).
2. Add all ingredients into a large stockpot and bring to a boil. Once boiling, reduce to a low simmer, cover the pot, and stir occasionally until apples are very soft, approximately 40–50 minutes.
3. Let cool slightly and then use a potato masher, or immersion blender if you have one, to achieve desired consistency.

Applesauce (for Schoolwide Taste Test)

YIELD: 50 SERVINGS, ¼ CUP

INGREDIENTS

- 8 pounds apples (a mix of varieties is good for flavor; about 16 apples)
- 2 cups water
- Juice of one lemon
- ½ teaspoon ground cinnamon or 2 cinnamon sticks, more to taste

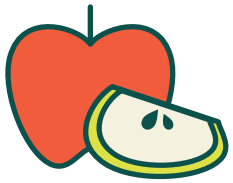


STEPS

1. Core and chop apples into large chunks. (You don't need to peel them.)
2. Add all ingredients into a large stockpot and bring to a boil. Once boiling, reduce to a low simmer, cover the pot, and stir occasionally until apples are very soft, approximately 40-50 minutes.
3. Let cool, remove cinnamon sticks, if using, then purée applesauce with an immersion blender or food mill or in a blender or food processor, working in batches to not overfill your machine.

ALL IN FOR APPLESAUCE

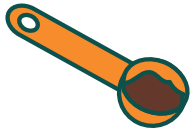
Recipe Yield: About 8 cups



10 apples



Juice of 1 lemon



1 teaspoon cinnamon

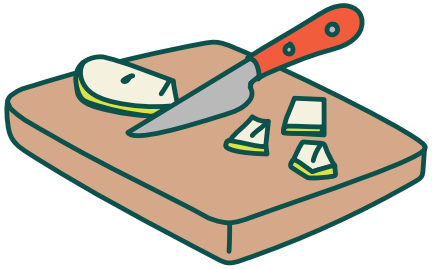


Pinch of salt



Cup of water

WORD BANK:
ingredients
mash
stir
chop
pot
heat





STEPS: Use the word bank to fill in the blank spaces in the recipe.

1. Core and _____ apples.

2. Add all _____ into a large _____.



3. Simmer at low _____ and _____ until apples are soft.

4. Let cool and then _____ apples.



Popcorn

YIELD: ABOUT 30 SERVINGS, ½ CUP

We developed this recipe for the FoodCorps lesson Choose-Your-Own-Flavor Popcorn as a way for students to consider flavor profiles and create their own popcorn seasonings tailored to their taste buds! The chart below has some ideas for ingredients to combine.

INGREDIENTS

- 2 tablespoons high-heat oil such as canola or avocado
- ½ cup popcorn kernels
- 1–2 teaspoons salt, to taste
- 2 tablespoons olive oil for drizzling (optional)

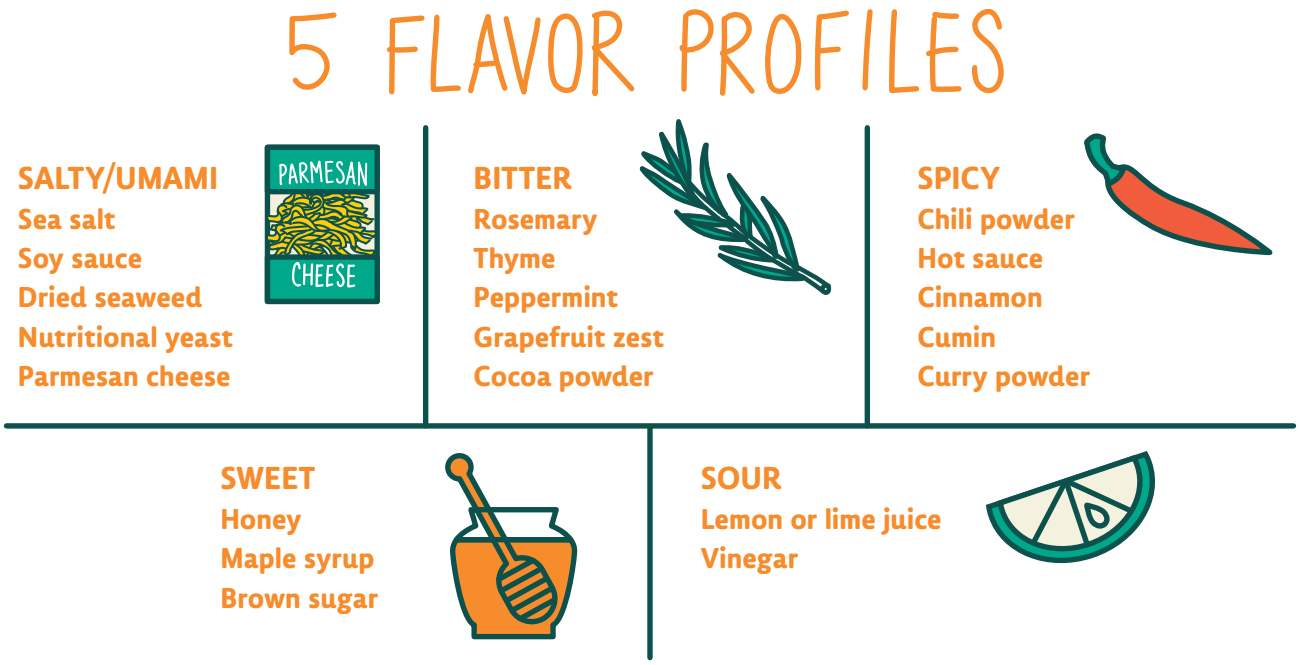
STEPS

1. Heat oil in a large stockpot over medium high heat, adding 1–2 kernels right away.
2. Once the couple kernels pop, add 1 cup of kernels or enough to evenly coat the bottom of the pot. Immediately cover the pot with a lid, gently shaking over the burner.
3. Once the sound of kernels popping slows, remove the pot from the heat. As soon as popping stops, transfer into a bowl and add salt and seasonings of choice.



Example Flavor Combinations

Salt, lime juice, and chili powder
Cocoa powder, honey, and chili powder
Salt, rosemary, and nutritional yeast



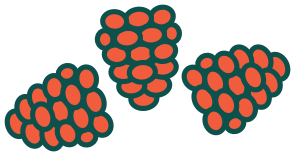
Berry-and-Mint-Infused Water

YIELD: 32 SERVINGS, ¼ CUP

We developed this recipe for the FoodCorps Lesson Nourishing Alternatives to demonstrate alternatives to sugary drinks straight from the garden.

INGREDIENTS

Handful mint leaves, muddled
1 cup berries, slightly crushed



STEPS

1. Place mint leaves in a ½-gallon jar and muddle (gently bruise with a wooden spoon).
2. Add the crushed berries, and fill the jar with water.
3. Allow the jar to sit in the fridge for four hours or up to overnight before serving.

Honey Seed Snacks

YIELD: 30 SERVINGS, 1-INCH BALLS

This recipe accompanies the lesson Sunny Honey Seed Snacks, which has students explore seeds and then help make these tasty raw energy bites. Note: If substituting with cocoa powder, dough will be stickier and more difficult to work with. It will also result in a 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.

INGREDIENTS

1 cup rolled oats
1 cup sunflower seeds
1 cup carob powder
1 cup honey
1 cup sunflower butter (can use a nut butter like almond butter, but be sure to check the class's allergy list and school nut policy beforehand)
1 cup sesame seeds, divided (plus more for coating)

STEPS

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





Spicy Kale Chips

YIELD: ABOUT 25 SERVINGS, 4 CHIPS

We developed this recipe for the FoodCorps lesson Reimagined Snacks as a way for students to think through the flavors and textures of their favorite snacks and reimagine them as veggie-forward. These should be reminiscent of everyone's favorite spicy corn chip!

INGREDIENTS

- 1 pound kale
- 1 tablespoon olive oil
- 1 tablespoon nutritional yeast
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½–1 teaspoon cayenne pepper, to taste
- Juice of 1 lime

STEPS

1. Preheat oven to 325˚F. (This temperature is tested in a regular oven. Temperatures will vary based on your toaster oven.)
2. Strip the leaves from the stem and wash and dry well, using a salad spinner or rolling in dish towels. Tear large leaves into 2- to 3-inch bites.
3. Toss kale by hand with olive oil, salt, and any spices and additional seasoning you're using in a large bowl, being sure each leaf is evenly coated.
4. Spread kale leaves evenly in a single layer on rimmed baking sheets, being sure not to crowd leaves so they don't steam.
5. Bake for 10 minutes then check. If the chips aren't dark green and crisp, continue baking in 2-minute increments. They'll brown quickly. Look at the underside when checking for doneness.
6. Let cool for 2 minutes, and then transfer to a serving dish (or cool pan). If making ahead of time, re-crisp chips in the oven for 1 minute before serving.



Kale Chips (for Schoolwide Taste Test)

YIELD: 65 SERVINGS, 2–3 CHIPS

Add nutritional yeast for a cheesy taste or spice such as cayenne.

INGREDIENTS

- 2 pounds kale
- ⅔ cup olive oil
- ¾ teaspoon salt

STEPS

1. Preheat oven to 325˚F.
2. Strip the leaves from the stem and wash and dry well, using a salad spinner or rolling in dish towels. Tear large leaves into 2 to 3-inch bites.
3. Toss kale by hand with olive oil, salt, and any spices you're using in a large bowl, being sure each leaf is evenly coated.
4. Spread kale leaves evenly in a single layer on rimmed baking sheets, being sure not to crowd leaves they don't steam.
5. Bake for 10 minutes then check. If the chips aren't dark green and crisp, continue baking in 2-minute increments. They'll turn brown quickly. Look at the underside when checking for doneness.
6. Let cool for 2 minutes and then transfer to a serving dish (or cool pan). If making ahead of time, re-crisp chips in the oven for one minute before serving.

Quick Refrigerator Pickles

YIELD: ABOUT 10 SERVINGS PER JAR

We developed this recipe for the FoodCorps lesson, Quick, Pickle That!. Use the delicious sweet and savory examples below, or refer to the table to explore even more possibilities. Note: You'll need approximately 5 cups of produce (1 cup for each group). Consider having two produce options, so half the groups can work on a different main ingredient.

PICKLING BRINE RATIO

- 2 cups vinegar
- 2 cups water
- 2 tablespoons salt



STEPS

1. Adjust the brine amounts assuming each half-pint jar will need approximately a ½ cup of brine. Combine ingredients in a saucepan over high heat and bring to a boil.
2. Stir liquid so the salt dissolves, then remove from heat.
3. Let cool and then store in an airtight container until ready for use.

Examples

EXAMPLE OF A SAVORY PICKLE

- 1 cup carrots (about 1 ½ medium carrots)
- ½ tablespoon coriander seeds
- 1 garlic clove
- ½–1 cup of rice vinegar brine, enough to submerge fruit/veg in jar (an extra ¼ cup)

EXAMPLE OF A SWEET PICKLE

- ¾–1 cup strawberries
- ½ tablespoon honey
- ½–1 cup of apple cider vinegar brine, enough to submerge fruit/veg in jar

STEPS

1. Prepare fruit and/or vegetables—enough to fit in one ½-pint jar, approximately 1 cup.
2. If making a sweet brine, stir honey or sweetener of choice into brine until it dissolves.
3. Place half of herbs and seasoning at the bottom of the jar. Fill halfway with the vegetable, add the rest of herbs and seasoning, then add the rest of the vegetable. Pour the prepared brine over ingredients, leaving ½ inch of headroom at the top.
4. Wipe down jar rim, and screw on metal top. Refrigerate immediately.
5. Remember to eat the pickles within three weeks after making them. Children who are at high risk for food-borne illnesses (those with compromised immune systems) should eat refrigerator pickles within the fresh food guideline time frame of three days.

See next page for flavor variations.

Possible Pickle Ingredients

Produce	Vinegar (1-to-1 ratio with water)	Herbs and Seasoning
Carrots	Apple cider vinegar	Basil
Cucumbers	Rice vinegar	Coriander seeds
Green beans	White vinegar	Dill flower heads and seeds
Radishes		Garlic cloves
Rhubarb		Honey
Strawberries		Mint
Summer squash		Paprika
Sweet peppers		Rosemary
Turnips		Thyme
Zucchini		Turmeric



Rainbow Smoothie

YIELD: 4 ½ CUPS (24 SERVINGS OF 3 TABLESPOONS)

We designed this recipe for the FoodCorps Lesson Rainbow Smoothie to reinforce the concept of "eat a rainbow." Include at least one frozen ingredient, so you don't have to include ice cubes.

INGREDIENTS

- 1 cup liquid (water, juice, rice milk, soy milk, etc.)
- ½ cup leafy greens (kale, collards, chard, or spinach, etc.)
- 1 cup yogurt (full-fat plain or vanilla)
- 1 cup berries (fresh or frozen)
- 1 cup fruit
- 1 banana (fresh or frozen)

STEPS

1. In a blender, add liquid ingredients and greens first, and blend until greens are just small flecks.
2. Then add fresh and frozen fruits, and blend until the texture is smooth, adding additional liquid as needed.

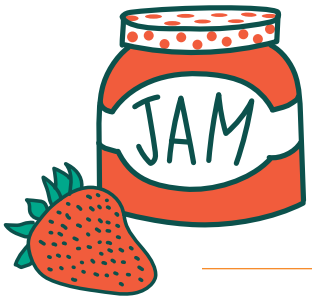
Chia Strawberry Raw Jam

YIELD: 2–2 ½ CUPS, ABOUT 35 SERVINGS OF 1 TABLESPOON

We adapted this recipe from The Kitchn for the FoodCorps Lesson Let's Jam!, in which students act out the steps in the food system to create this jam. This recipe can be made as a raw jam, with the chia seeds acting as the thickener. But note that although there is no need to apply heat, cooking the jam softens chia seeds quickly, so this is a good option if you have access to a burner but less time to let the jam set.

INGREDIENTS

- 4 cups strawberries (frozen if not in season)
- 2–4 tablespoons lemon juice, to taste
- 2–4 tablespoons honey (or agave, maple syrup, or sugar) to taste
- 3–4 tablespoons chia seeds, plus more if needed



STEPS

1. Wash, hull, and slice strawberries into small pieces.
2. 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.
3. 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.
4. Let jam stand for at least 5 minutes to thicken. If possible, refrigerate it for ½ hour to further set.

Tops and Bottoms Popsicles

YIELD: 25 SERVINGS, ¼ CUP

We developed these recipes in honor of the children's book *Tops and Bottoms*, by Janet Stevens, featured in the FoodCorps lessons Tops and Bottoms Popsicles as well as Plant Part Scavenger Hunt. Each recipe yields 25 ¼-cup popsicles. Use popsicle sticks and small paper cups if you don't have molds. Insert the popsicle sticks once the liquid is half-set to keep them upright. Feel free to increase the "tops" with 1 cup of spinach or kale.

ORANGE CARROT MINT INGREDIENTS

- 4 cups orange juice
- 2 cups carrot juice
- ½ cup mint leaves (packed)

STRAWBERRY BEET BASIL INGREDIENTS

- 4 ½ cups fresh or frozen strawberries
- 1 ½ cups red beets (cooked, cooled, and cut into pieces)
- 2 ¼ cups apple juice
- ¾ cup basil leaves (packed)

STEPS

1. In a blender, add greens and liquid ingredients first, and blend until greens are just small flecks. Then add the rest of the ingredients and blend until smooth.
2. Pour into popsicle molds or cups with popsicle sticks, and freeze for at least 3 hours or until solid.

TOPS AND BOTTOMS POPSICLES

Our fruit is: _____

Our tops ingredient is: _____



Our bottoms ingredient is: _____

STRAWBERRY BEET BASIL

4 ½ cups fresh or frozen strawberries
1 ½ cup red beets (cooked, cooled, and cut into pieces)
2 ¼ cups apple juice
3/4 cup basil leaves (packed)

In a blender, add greens and liquid ingredients first and blend until greens are just small flecks. Then add the rest of ingredients and blend until smooth.

Pour into popsicle molds or cups with popsicle sticks and freeze for at least three hours, or until solid.



Tortillas

YIELD: 28 6-INCH TORTILLAS

This recipe was developed for the FoodCorps lesson Tortilla Time in which students learn about corn as staple grain.

INGREDIENTS

- 3 cups masa harina
- ½ teaspoon salt
- 2 cups hot water or low-sodium veggie broth

STEPS

1. Mix masa harina and salt together in a bowl. Slowly add liquid while mixing with a spoon until dough forms into a ball. The dough should feel similar to playdough. If it's crumbly, add water, a tablespoon at a time, until it comes together. If it's too wet and sticking to your hands, add a tablespoon of masa harina at a time until it's smooth.
2. Knead dough on a lightly floured surface until it is smooth.
3. Wrap the dough, and let it rest for 30 minutes or up to 24 hours.
4. Break off pieces of dough and roll into a small ball. Then between two sheets of plastic wrap, using a tortilla press, a pie plate, your fingers, or a rolling pin, press until the dough is 5–6 inches in diameter.
5. On a hot plate, or large cast-iron skillet, cook a couple tortillas at a time over medium heat until they brown in spots—about 1 minute. Flip and repeat on the second side.



Flatbread Crackers

YIELD: 55 1 ½-INCH CRACKERS

This recipe was developed for the FoodCorps lesson Flatbread Crackers. Instead of adding the optional herbs, consider a blend of seeds such as sesame and poppy.

INGREDIENTS

- 1 cup whole grain flour (whole wheat, spelt, etc.)
- ¼ teaspoon salt
- 2 tablespoons + 2 teaspoons canola oil
- ½ cup water
- Sea salt
- 2 teaspoons minced rosemary, thyme, or other herb from garden (optional)

STEPS

1. Preheat oven to 500°F.
2. Mix flour, salt, and oil with a fork until crumbly and mealy.
3. Add ¼ cup water, stirring while you add.
4. Switch to kneading by hand when dough gets difficult to mix with a fork. Add water as necessary, until dough forms a firm ball. It should not be sticky.
5. Add flour to rolling pin, and roll out dough as thinly as possible. You should be able to see through the dough. Use cookie or biscuit cutters or a sharp knife or pizza cutter to cut crackers into desired shape.
6. Reroll scraps and repeat.
7. Sprinkle with choice of, herbs, seeds, and/or sea salt.
8. Bake crackers for 2 to 3 minutes, until they puff up and brown, and then flip and bake them for 1 to 2 minutes more. They burn quickly and will still be pliable until they cool, so don't worry about underbaking them.

Yogurt Parfait

YIELD: 25 SERVINGS, 1 PARFAIT CUP

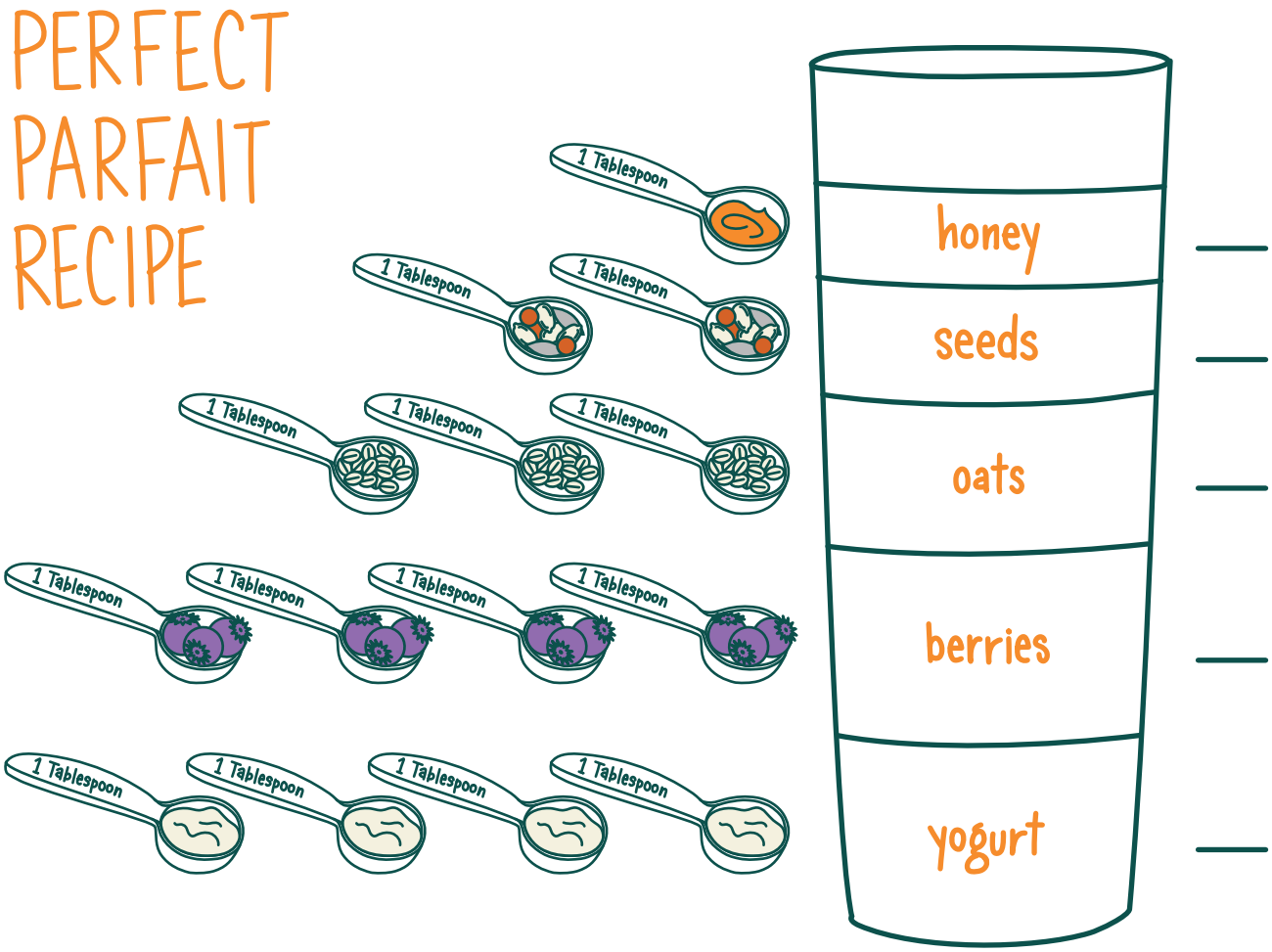
We developed this recipe for the FoodCorps lesson Perfect Parfaits in which students make their own sweet snack. Use clear cups, so you can see the layers.

INGREDIENTS

- 2 quarts plain yogurt
- 2–3 quarts berries
- 8 cups granola (or toasted rolled oats)
- 4 cups seeds, such as pumpkin or sunflower
- ¾ cup honey (in a squeeze bottle)

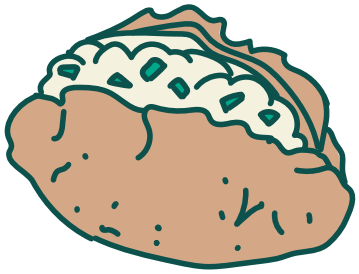
STEPS

1. To assemble each single-serving parfait, add ¼ cup (or 4 tablespoons) plain yogurt to the bottom of a clear cup.
2. Then add a ¼ cup (4 tablespoons) berries, followed by 3 tablespoons granola or toasted, rolled oats and 2 tablespoons seeds.
3. Finish with a drizzle of honey on top.



Veggie Sides

This section comprises simple recipes designed to highlight a singular vegetable and let it shine.



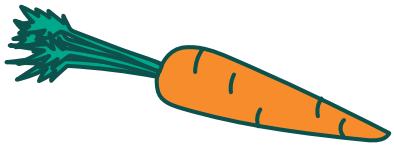
Roasted Carrots

YIELD: 50 SERVINGS, 3 CARROT PIECES

Get creative and add spice when tossing carrots with olive oil, such as cumin, paprika, mild chili powder, or a curry blend.

INGREDIENTS

- 3 pounds carrots (about 5 cups cut)
- ¼ cup olive oil, more as needed
- 1 teaspoon salt, more to taste
- ¼ teaspoon pepper, more to taste



STEPS

1. Preheat oven to 450˚F.
2. Cut carrots lengthwise into halves or quarters, depending on size, and cut into 2-inch segments. If carrots are small, roast them whole. Toss carrots on rimmed baking sheet with olive oil, salt, and pepper, and roast at 450˚F until tender and golden brown, 25 to 35 minutes, flipping halfway through.

Steamed Corn

YIELD: 55 SERVINGS, ¼ CUP

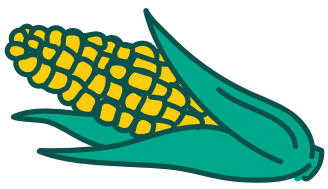
This recipe is a blank canvas, so consider ways to jazz it up, including the following: Slice a stick of butter and mix with corn while still hot for richer flavor. Add in finely chopped basil, cilantro, or rosemary for more flavor. Add in other vegetables for color, such as red bell pepper or cherry tomatoes.

INGREDIENTS

- 4 pounds frozen corn kernels
- 1 cup water
- Salt, to taste

STEPS

1. Preheat oven to 350˚F.
2. In a hotel pan or rimmed baking dish, add 1 cup water to frozen corn, and cover pan with foil. Heat in oven for approximately 15–20 minutes, stirring halfway through. Add salt to taste.



No-Cream Creamed Corn

YIELD: 60 SERVINGS, 2 TABLESPOONS

This recipe, adapted from *NYTimes Cooking*, is a tasty take on creamed corn. It does contain dairy in the form of butter, but skips the cream and still manages to achieve a creamy texture due to selecting the juiciest fresh corn you can get your hands on. Add finely chopped fresh herbs immediately after removing from heat, such as sage, tarragon, chives, thyme, or basil.

INGREDIENTS

- 20 ears of fresh sweet corn, husked
- 10 tablespoons butter
- ¾ cup minced shallot or red onion
- 3 teaspoons salt, more to taste

STEPS

1. Grate corn using large holes on a box grater set over a large bowl.
2. Melt butter in a large skillet over medium heat. Add shallots or red onion to pan and cook, stirring occasionally for 5–8 minutes, until soft and translucent.
3. Add grated corn and juices and salt. Cook, stirring, until mixture is creamy, about 5–10 minutes.

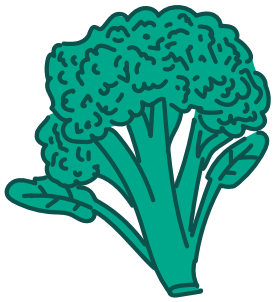
Roasted Broccoli

YIELD: 50 SERVINGS, 2 FLORETS

Get creative and add spice when tossing with olive oil, such as cumin or mild chili powder. Or squeeze fresh lemon juice over broccoli once it's out of the oven. To make cheesy broccoli, add shredded cheddar during the last 5 minutes of cooking.

INGREDIENTS

- 3 pounds broccoli (about 4 large heads)
- ¼ cup olive oil
- 1 teaspoon salt, more to taste
- ¼ teaspoon pepper, more to taste



STEPS

1. Preheat oven to 450˚F.
2. Trim broccoli into roughly the same sized florets, and toss with olive oil, salt, and pepper in a large bowl. Spread out evenly on a baking sheet, making sure florets are not too crowded. Roast for approximately 15–20 minutes, stirring halfway through, until edges are browned.

Mashed Potatoes

YIELD: 50 SERVINGS, ¼ CUP

Note: If making these in advance, mashed potatoes will take considerable time to reheat. Reheat in an oven at a temperature no higher than 325˚F.

INGREDIENTS

- 5 pounds Yukon potatoes, unpeeled (about 14 medium potatoes)
- 1 cup unsalted butter
- 1 ½ cup milk
- 2 teaspoons salt, more to taste
- ¼ teaspoon pepper, more to taste

STEPS

1. Quarter potatoes and add to a stockpot of cold water, bringing to a boil. Reduce to a simmer and cook until potatoes are tender, about 10–15 minutes depending on size, then strain.
2. While potatoes are cooking, heat butter, milk, salt, and pepper in a small saucepan over low heat; be careful not to bring it to a boil.
3. Use a potato masher, or handheld mixer, adding liquid in batches until potatoes are a smooth consistency. Taste and adjust seasoning.

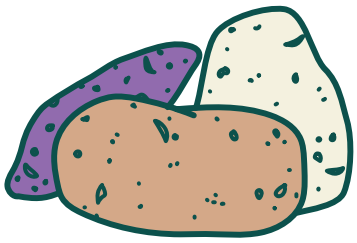
Roasted Potato Wedges

YIELD: 50 SERVINGS, 2 WEDGES

Start with same-sized potatoes; ensuring your wedges are more or less the same size will achieve the most even browning. Add chopped fresh herbs, such as rosemary or thyme, or spice such as paprika or garlic powder.

INGREDIENTS

- 3 pounds waxy potatoes (about 6 medium potatoes)
- 2–4 tablespoons olive oil (enough to coat evenly)
- 1 ½ teaspoons salt, more to taste
- ¼ teaspoon pepper, more to taste



STEPS

1. Preheat oven to 450˚F.
2. Cut potatoes into quarters or eighths, depending on size. Toss potatoes on a rimmed baking sheet with olive oil, salt, pepper, and any other herbs you're using. Roast at 450˚F, stirring occasionally, until browned on edges, and you can pierce with a fork, about 20–25 minutes.



Roasted Sweet Potato Wedges

YIELD: 50 SERVINGS, 2 WEDGES

Start with same-sized potatoes; 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.

INGREDIENTS

- 3 pounds sweet potatoes (roughly 5 medium sweet potatoes)
- ¼ cup olive oil, more if needed
- ½ teaspoon salt, to taste
- ¼ teaspoon pepper, to taste

STEPS

1. Preheat oven to 450˚F.
2. Scrub sweet potatoes well, but keep skin intact. If potatoes are long, cut in half widthwise. 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˚F until tender and golden brown, for about 20 minutes, rotating the pans and flipping the wedges halfway through cooking.



Sautéed Sweet Peppers and Onion

YIELD: 50 SERVINGS, 2 TABLESPOONS

Add herbs such as basil before serving. Consider serving on a tortilla chip or piece of bread or cracker.

INGREDIENTS

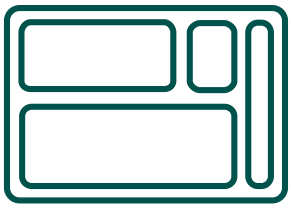
- ⅓ cup olive oil, more as needed
- 3 pounds bell peppers, red, orange, and yellow, if available (roughly 6 medium peppers)
- 2 red or sweet onions sliced lengthwise and halved crosswise
- 1 ½ teaspoons salt
- ½ teaspoon pepper to taste

STEPS

1. Wash peppers and remove stem, ribs, and seeds. Cut peppers lengthwise into ¼ inch strips and then halve crosswise.
2. Heat oil in a large nonstick skillet. Add peppers and onions and season with salt and pepper. You'll likely have to cook in batches to avoid overcrowding. Stir frequently, until peppers are softened, approximately 35 minutes.

Taste Test Product Handouts

The following section includes handouts designed for the following eight products: carrots, corn, broccoli, potatoes, sweet potatoes, kale, apples, and sweet peppers. These products were chosen to represent fruits and vegetables available in multiple regions, in various seasons, that could be grown in a school garden or are fairly affordable if purchased from local farmers. School food staff provided input to confirm that these products are also commonly served as a part of school lunch, increasing the likelihood that taste test results can be informed by and linked to the cafeteria menu.





Cafeteria and home handouts

These handouts are meant to be a bridge from the work you're doing to the cafeteria staff and students' home environments.

Share the Cafeteria handout with your cafeteria manager when you're discussing a taste test schedule and deciding what to prepare.

Share the Home handout with families by making photocopies to include on your tasting table, to put in students' home folders, to pass out at a back-to-school night or a PTO/PTA meeting, or other places where caregivers can access the information.

We referenced and adapted recipes from the following organizations' websites (which are acknowledged within the recipe):

- The Lunch Box (thelunchbox.org)
- New School Cuisine (vermontfarmtoschool.org/resources)
- The New York Times Cooking section (nytimes.com/recipe)
- Serious Eats (seriouseats.com)

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CARROTS

CAFETERIA

Overview

Carrots are crunchy root vegetables that are grown as annual plants but are actually biennials (the plant goes to seed and dies in its second year). There are over 100 varieties, ranging in shape and color.

Benefits

Carrots are rich in vitamin A, biotin, vitamin K, and potassium; they have beta carotene, which is the orange or red plant pigment that gives them their color. Our bodies take beta carotene and turn it into vitamin A, an important vitamin for our eyesight!

Selection

Carrots should be firm. Choose carrots depending on what you'll do with them. Large carrots are great for shredding, whereas smaller carrots with their tops intact may be perfect for roasting whole.

Varieties



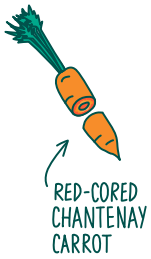
Nantes: Cylindrical varieties rounded at the bottom, including Napa and White Satin



Danvers: Classic tapered varieties, including Yellowstone



Ball or mini: True baby carrots; these are round, including the variety Thumbelina!



Chantenay: Short and broad varieties, including Red-Cored Chanteney

Imperator: Most commonly commercially produced; higher sugar content than other types

Storage tips

Twist off green tops and refrigerate in an airtight plastic bag. Don't store carrots near fruits and vegetables that emit ethylene gas, such as potatoes, pears, and apples, because this will age carrots more quickly.

Cooking tips

- Save time by scrubbing carrots' outer skin under cold water rather than peeling them.
- Save carrot tops to make a pesto.
- Pickle carrots with water and vinegar in a 1:2 ratio (e.g., ½ cup water to 1 cup vinegar; a couple tablespoons sugar; and whatever spices you like, such as mustard seed).

Kid-friendly eating tips

- Add shredded carrots to a green salad or slaw for extra color and crunch!
- Add shredded carrots to muffins or quick breads.
- Raw sliced carrots make a quick and easy snack with ranch dip, peanut butter, or tahini and honey.

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CARROTS

CAFETERIA
Sample Recipes

Roasted Carrots (50 servings, 3 carrot pieces)

Ingredients

3 pounds carrots
(about 5 cups cut)

¼ cup olive oil,
more as needed

1 teaspoon salt,
more to taste

¼ teaspoon pepper,
more to taste

Instructions

1. Preheat oven to 450°.
2. Cut carrots lengthwise into halves or quarters, depending on size, and cut into 2-inch segments. If carrots are very small, roast them whole. Toss carrots on rimmed baking sheet with olive oil, salt, and pepper, and roast at 450° until tender and golden brown, 25 to 35 minutes, flipping halfway through.

Variations:

Get creative and add spices when tossing carrots with olive oil, such as cumin, paprika, mild chili powder, or a curry blend.





CARROTS

HOME

Overview

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Benefits

Carrots are rich in vitamin A, biotin, vitamin K, and potassium; they have beta carotene, which is the orange or red plant pigment that gives them their color. Our bodies take beta carotene and turn it into vitamin A, an important vitamin for our eyesight!

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Cooking tips

- Save time by scrubbing carrots' outer skin under cold water rather than peeling them.
- Save carrot tops to make a pesto.
- Pickle carrots with water and vinegar in a 1:2 ratio (for example, ½ cup water to 1 cup vinegar, a couple tablespoons sugar, and whatever spices you like, such as mustard seed).



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CARROTS

Home
Recipe for Home

Puréed Carrot and Ginger Soup (Serves 4–6)

Ingredients

1 tablespoon unsalted butter or olive oil

1 onion, peeled and coarsely chopped

1–2 garlic cloves, minced

1-inch piece fresh ginger, peeled and finely minced

1 ½ pounds carrots, cut into ½ inch thick rounds

3–4 cups water or low-sodium vegetable stock (or combination of both), more as needed

¾ teaspoon salt, more to taste

¼ teaspoon pepper, more to taste

Instructions

1. Melt butter in a stockpot over medium heat. Cook onion, garlic, and ginger, stirring until translucent; about 4–6 minutes.
2. 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 carrots are tender, about 20 minutes.
3. Purée the soup in a blender, food processor, or food mill, working in batches to not overfill machine.
4. Return to the pot set over low heat, and add enough reserved liquid to thin the soup to your desired consistency. Taste and adjust seasoning.

Variations:

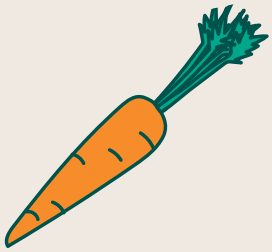
Substitute part of the liquid content with coconut milk, and add spices such as cumin, curry powder, or chili flakes. Garnish with chopped herbs, such as cilantro, or nuts, such as chopped peanuts.

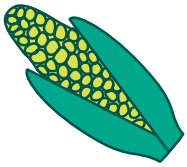
Sharing home recipes

How do you prepare or eat carrots at home?

What are some family recipes that include carrots?

Are there recipes you can share with your FoodCorps member for future taste tests?





CORN

CAFETERIA

Overview

Corn is a versatile vegetable. It can be eaten cooked, on the cob, or shelled. As a grain, it can also be processed to make flour for tortillas and breads.

Benefits

Corn is a source of carbohydrates and fiber. Look for the deepest yellow corn for the highest nutritional value! The yellow pigment in corn has beta-carotene, which our bodies turn into vitamin A during digestion. In fact, yellow corn is the only cereal grain that has vitamin A.

Selection

Corn kernels should be full and juicy—test this by pressing on a kernel with your fingernail. A milky juice should squirt out. Shriveled kernels are an indication that the corn isn't fresh.

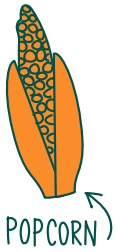
Varieties



Dent or field: Fed to livestock and turned into commercial products; some varieties of dent corn are also used for foods such as masa dough for tortillas and hominy



Flour: Has a soft kernel, making it easy to grind into flour used for making breads



Popcorn: A special type of corn that pops when exposed to heat; includes varieties such as Heirloom Strawberry and Tom Thumb



Sweet: The fresh corn we eat on the cob; includes varieties such as Mountain Pima and Hopi Sweet

Storage tips

Fresh sweet corn on the cob should be eaten as soon as possible because the longer it's stored, the quicker it loses its sweetness. Store corn still in its husk in a plastic bag in the refrigerator. But it also freezes well after blanching ears for 7–11 minutes, depending on size.

Cooking tips

- Corn on the cob can be boiled, steamed, or heated in the oven with or without its husk.
- When boiling corn on the cob, refrain from adding salt because this hardens the kernels.

Kid-friendly eating tips

- Make cornbread, adding fresh kernels in addition to the cornmeal.
- Add fresh kernels to soups, stews, salsas, succotash, and salads.

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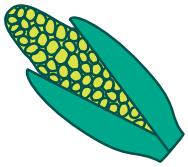

CORN

CAFETERIA
Sample Recipes

Esquites (Mexican Corn Salad) (60 servings, ¼ cup)

Adapted from Serious Eats

Ingredients

¼ cup canola or avocado oil, more if needed

5 pounds corn kernels

2 cups crumbled Cotija or feta cheese

1 ⅓ cup crema (or half sour cream and half mayonnaise)

2 bunches cilantro, chopped

1 cup lime juice (about 4 large limes)

3 teaspoons smoked paprika

2 teaspoons cumin

2 teaspoons chili powder

1 teaspoon pepper

1 teaspoon salt, more to taste

Instructions

1. Heat a drizzle of oil in a large skillet on medium high. Once oil is hot, place about a quarter of corn in a skillet, working in batches to not overcrowd the skillet. Stir occasionally until corn starts to char, about 5 minutes, and then remove from heat and place in a large bowl. Repeat until all corn is charred.
2. Add remaining ingredients to the bowl, folding them in until they're well incorporated.
3. Keep refrigerated until serving.

Notes:
If you're using frozen corn kernels, you don't need to defrost before charring in the skillet.

Variations:
Add a large red onion diced for more color and flavor if desired.



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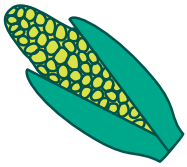

CORN

HOME

Overview

Corn is a versatile vegetable. It can be eaten cooked, on the cob, or shelled. As a grain, it can also be processed to make flour for tortillas and breads.

Benefits

Corn is a source of carbohydrates and fiber. Look for the deepest yellow corn for the highest nutritional value! The yellow pigment in corn has beta-carotene, which our bodies turn into vitamin A during digestion. In fact, yellow corn is the only cereal grain that has vitamin A.

Selection

- Have kids help with shucking the corn!
- Make cornbread, adding fresh kernels in addition to the cornmeal.
- Add fresh kernels to soups, stews, salsas, succotash, and salads.
- Popcorn on the stove top or in an air popper is a great snack alternative.

Storage tips

Fresh sweet corn on the cob should be eaten as soon as possible because the longer it's stored, the quicker it loses its sweetness. Store corn still in its husk in a plastic bag in the refrigerator. But it also freezes well after blanching ears for 7–11 minutes, depending on size.

Cooking tips

- Corn on the cob can be boiled, steamed, or heated in the oven with or without its husk.
- When boiling corn on the cob, refrain from adding salt because this hardens the kernels.



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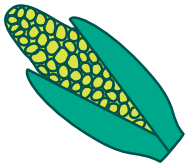

CORN

Home
Recipe for Home

No-Cream Creamed Corn (4–6 servings) **Adapted from NYT Cooking**

Ingredients

4 large ears fresh sweet corn, husked

2 tablespoons butter

2 tablespoons minced shallot or red onion

½ teaspoons salt, more to taste

Instructions

1. Grate corn using large holes on a box grater set over a large bowl.
2. Melt butter in a large skillet over medium heat. Add red onion or shallots to pan and cook, stirring occasionally for 5–8 minutes, until soft and translucent.
3. Add grated corn and juices and salt. Cook, stirring until mixture is creamy, about 5–10 minutes.

Variations:

Immediately after removing from heat, add finely chopped fresh herbs such as sage, tarragon, chives, thyme, or basil.

Sharing home recipes

How do you prepare or eat corn at home?

What are some family recipes that include corn?

Are there recipes you can share with your FoodCorps member for future taste tests?





BROCCOLI

CAFETERIA

Overview

Broccoli is part of the Brassica plant family that includes cauliflower, kale, cabbage, collards, and turnips!

Benefits

Broccoli has nearly as much calcium as milk and other dairy products. It also provides a lot of vitamin C.

Selection

Broccoli should be firm and a deep green color with tightly packed buds. Avoid broccoli with wilting or yellowing leaves or buds.

Varieties



Calabrese: The variety we imagine when we think of broccoli



Gai-lan or Chinese: Another cousin of broccoli, gai-lan has thick stems and is mostly leafy with very small florets



Broccoli raab (Rapini): A cousin of broccoli in the brassica family; more closely related to turnips! Leafy, with small flower clusters; presents a more bitter taste than broccoli



Romanesco: Has a beautiful chartreuse color and mesmerizing fractal-like pattern; said to have a nutty flavor

Purple sprouting: Produces small purple florets that grow inside shoots instead of a large unified head

Broccolini: A Japanese cross between gai-lan and broccoli, with thin stems and small florets

Storage tips

Store broccoli in the refrigerator for up to five days. Blanched and frozen broccoli will keep up to a year.

Cooking tips

- Broccoli can be boiled, steamed, sautéed, or roasted.
- The stems take longer to cook than the florets, so they can be cooked separately or cut into smaller pieces.

Kid-friendly eating tips

- Add to pasta dishes such as mac and cheese or pasta salad.
- Serve raw with a dip such as hummus or ranch as a nourishing snack.
- Bake into egg dishes such as quiche or frittata.
- Bake broccoli with cheese!
- The core of the broccoli can be cooked down and added into a pesto sauce.

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BROCCOLI

CAFETERIA
Sample Recipes

Broccoli Salad (50 servings, ¼ cup) **Adapted from New School Cuisine**

Ingredients

3 pounds Broccoli
(about 4 large heads)

2 cups mayonnaise
(reduced fat)

¼ cup apple cider vinegar

2 tablespoons honey
(or sugar)

2 ¼ cup raisins

½ teaspoon salt,
more to taste

¼ teaspoon pepper,
more to taste

Instructions

1. Trim broccoli and cut into small bite-sized pieces.
2. Whisk mayonnaise, vinegar, honey, and salt and pepper in a large bowl.
3. Stir in broccoli and raisins. Taste and adjust seasoning. Keep refrigerated until serving.

Variations:
Add one small red onion cut into small dice. Swap lemon juice for apple cider vinegar. Swap yogurt for mayonnaise.





BROCCOLI

HOME

Overview

Broccoli is part of the Brassica plant family that includes cauliflower, kale, cabbage, collards, and turnips!

Benefits

Broccoli has nearly as much calcium as milk and other dairy products. It also provides a lot of vitamin C.

Kid-friendly eating tips

- Add to pasta dishes such as mac and cheese or pasta salad.
- Serve raw with a dip such as hummus or ranch as a nourishing snack.
- Bake into egg dishes such as quiche or frittata.
- Bake broccoli with cheese!
- The core of the broccoli can be cooked down and added into a pesto sauce.

Storage tips

Store broccoli in the refrigerator for up to five days. Blanched and frozen broccoli will keep up to a year.

Cooking tips

- Broccoli can be boiled, steamed, stir-fried, or roasted.
- The stems take longer to cook than the florets, so they can be cooked separately or cut into smaller pieces.



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BROCCOLI

Home
Recipe for Home

Roasted Broccoli (4–6 servings)

Ingredients

2 pounds broccoli

⅛ cup olive oil

½ teaspoon salt, more to taste

⅛ teaspoon pepper, more to taste

Instructions

1. Preheat oven to 450°.
2. Trim broccoli into roughly the same sized florets, and toss with olive oil, salt, and pepper in a large bowl. Spread out evenly on a baking sheet, making sure florets are not too crowded. Roast for approximately 15–20 minutes until edges are browned.

Variations:
Get creative and add spices when tossing with olive oil, such as cumin or mild chili powder. Or squeeze fresh lemon juice over broccoli once it's out of the oven. To make cheesy broccoli, add shredded cheddar during the last five minutes of cooking.

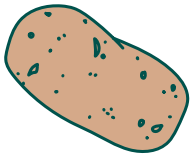
Sharing home recipes

How do you prepare or eat broccoli at home?

What are some family recipes that include broccoli?

Are there recipes you can share with your FoodCorps member for future taste tests?





POTATOES

CAFETERIA

Overview

Potatoes are a versatile staple food all over the world. This starchy vegetable serves as an important source of carbohydrates, similar to rice, pasta, and bread. Potatoes are part of the same family as tomatoes and eggplants, though the part of the potato plant we eat grows underground.

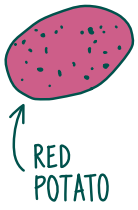
Benefits

Potatoes have more potassium than a banana and are a great source of fiber.

Selection

Potatoes should be firm and be free of green patches or sprouting.

Varieties



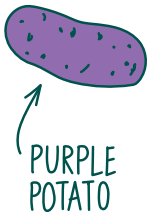
Red Bliss: A red-skinned waxy variety with a creamy white flesh



Russet: Also known as Idaho potatoes; a high-starch variety commonly used for mashed and baked potato dishes



Yukon Gold: An all-around potato, this variety has a medium amount of starch



Adirondack Blue: This variety has blue/violet flesh and skin!



Fingerling: A long, skinny, waxy variety great for potato salad

Storage tips

Store in a cool, dark, well-ventilated place. Storing potatoes in paper is preferable to plastic, so they can breathe. If plastic is used, however, it's best if the bag has holes. If you can, wait until right before cooking to clean potatoes because washing will remove potatoes' natural protective layer. Don't store potatoes next to apples because apples release ethylene gas that will spoil them.

Cooking tips

- When boiling potatoes, be sure to use cold water to start.
- Be sure to pierce the skin of potatoes with a fork before baking to allow steam to escape.
- Parboil diced potatoes, then drain well and roast or sauté to achieve diner-style home fries.

Kid-friendly eating tips

- As an alternative to french fries, serve oven-roasted potatoes with ketchup.
- Try adding other vegetables to your mashed potatoes such as celery root, parsnips, or sweet potatoes.
- Have a baked potato bar! Bake Idaho potatoes, and have various toppings kids can add to their own customized baked potatoes, such as chives, hot sauce, cheese, salsa, sour cream, etc.
- Try smashed potatoes! Roast whole potatoes, then "smash" them with a masher or bottom of a glass. Once they're smashed, toss them in olive oil, salt, pepper, and any seasonings you'd like, and roast them again until edges are golden brown.

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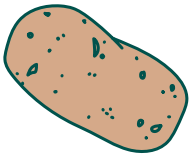


POTATOES

CAFETERIA
Sample Recipes

Mashed Potatoes (50 servings, ¼ cup)

Ingredients

5 pounds Yukon potatoes, unpeeled (about 14 medium potatoes)

1 cup unsalted butter

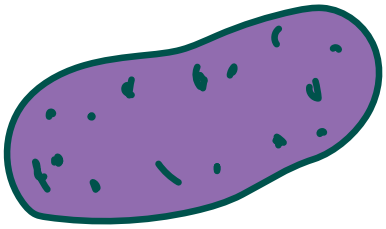
1 ½ cups milk

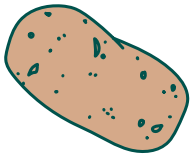
2 teaspoons salt, more to taste

¼ teaspoon pepper, more to taste

1. Quarter potatoes and add to a stockpot of cold water, bringing to a boil. Reduce to a simmer and cook until potatoes are tender, about 10-15 minutes depending on size, then strain.
2. While potatoes are cooking, heat butter, milk, salt and pepper in a small saucepan over low heat; be careful not to bring it to a boil.
3. Use a potato masher, or handheld mixer, adding liquid in batches until potatoes are a smooth consistency. Taste and adjust seasoning.

Note:
Mashed potatoes will take considerable time to reheat. Reheat in an oven no higher than 325°.





POTATOES

HOME

Overview

Potatoes are a versatile staple food all over the world. This starchy vegetable serves as an important source of carbohydrates, similar to rice, pasta, and bread. Potatoes are part of the same family as tomatoes and eggplants, though the part of the potato plant we eat grows underground.

Benefits

Potatoes have more potassium than a banana and are a great source of fiber.

Kid-friendly eating tips

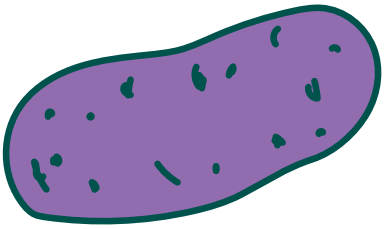
- As an alternative to french fries, serve oven-roasted potatoes with ketchup.
- Try adding other vegetables to your mashed potatoes such as celery root, parsnips, or sweet potatoes.
- Have a baked potato bar! Bake Idaho potatoes, and have various toppings kids can add to their own customized baked potatoes, such as chives, hot sauce, cheese, salsa, sour cream, etc.
- Try smashed potatoes! Roast whole potatoes, then "smash" them with a masher or bottom of a glass. Once they're smashed, toss them in olive oil, salt, pepper, and any seasonings you'd like, and roast them again until edges are golden brown.

Storage tips

Store in a cool, dark, well-ventilated place. Storing potatoes in paper is preferable to plastic, so they can breathe. If plastic is used, however, it's best if the bag has holes. If you can, wait until right before cooking to clean potatoes because washing will remove potatoes' natural protective layer. Don't store potatoes next to apples because apples release ethylene gas that will spoil them.

Cooking tips

- When boiling potatoes, be sure to use cold water to start.
- Be sure to pierce the skin of potatoes with a fork before baking to allow steam to escape.
- Parboil diced potatoes, then drain well and roast or sauté to achieve diner-style home fries.



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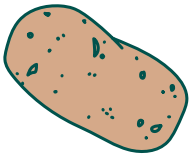


POTATOES

Home
Recipe for Home

Potato Salad (Serves 4–6 people)

Ingredients

1 ½ pounds waxy potatoes (red potatoes, fingerlings, or Yukon Golds)

½ cup celery, chopped

¼ cup onion, chopped

½ cup mayonnaise

1 tablespoon apple cider vinegar

¼ tablespoon yellow mustard

½ teaspoon salt, more to taste

⅛ teaspoon pepper, more to taste

Instructions

1. Add whole potatoes to a stockpot of cold water and bring to a boil. Boil potatoes until you can pierce a knife through, about 12–15 minutes depending on size. Strain and let cool, then dice into roughly 2-inch cubes.
2. Assemble the dressing, whisking mayonnaise, vinegar, mustard, salt, and pepper.
3. Toss the potatoes, chopped celery, and onions in the dressing. Taste and adjust your seasoning, adding more vinegar or salt, for example.

Variations:

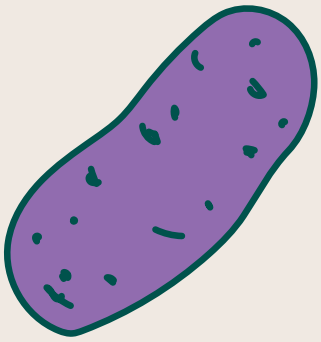
Add fresh herbs such as dill, chives, parsley, or basil. Add curry blend. Substitute olive oil for the mayonnaise for a vegan dressing. Substitute Greek yogurt for half the mayonnaise for a tangier dressing and more protein.

Sharing home recipes

How do you prepare or eat potatoes at home?

What are some family recipes that include potatoes?

Are there recipes you can share with your FoodCorps member for future taste tests?



SWEET POTATOES

CAFETERIA

Overview

Though you wouldn't know it by its name, the sweet potato, a tuber that grows below ground, is a completely different plant family than the potato. It's a staple in many Latin American and Asian countries and is a highly nutrient dense food.

Benefits

Sweet potatoes are considered one of the most nutrient-dense foods, even more than spinach! The deeper the color, the higher amount of vitamin A the sweet potato has.

Selection

Choose sweet potatoes that feel firm and are free of spots or cracks. Avoid sweet potatoes that have been refrigerated.

Varieties



Jewel: Found in many grocery stores; has deep orange flesh



Garnet: Named for its reddish skin; tastes similar to pumpkin when baked



Covington: A popular variety to grow and eat in Southern parts of the US



Beauregard: The most widely grown commercial variety; highly versatile

Storage tips

Store in a cool, dark, well-ventilated place. They are more fragile than potatoes. Don't store raw sweet potatoes in the fridge, but once cooked, they can keep up to a week refrigerated.

Cooking tips

- Only wash sweet potatoes just before use.
- To bake whole in the oven, prick the sweet potato several times with a fork, and bake for 45–60 minutes, until soft.
- Sweet potato can be swapped for winter squash in many recipes.

Kid-friendly eating tips

- Puréed cooked sweet potato can be used in muffins, quick breads, or pancake batter as you would with banana or pumpkin.
- Roast diced sweet potato and add to veggie enchiladas, burritos, or even nachos!
- Sweet potatoes can be grated to make potato pancakes or hash browns.

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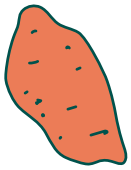


SWEET POTATOES

CAFETERIA
Sample Recipes

Roasted Sweet Potato Wedges (50 servings, 2 wedges)

Ingredients

3 pounds sweet potatoes (roughly 5 medium sweet potatoes)

¼ cup olive oil, more if needed

½ teaspoon salt, to taste

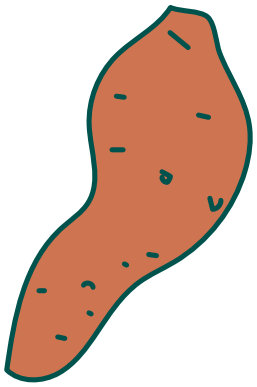
¼ teaspoon pepper, to taste

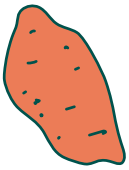
Instructions

1. Preheat oven to 450°.
2. Scrub sweet potatoes well, but keep skin intact. If potatoes are long, cut in half widthwise. 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.

Variations:

Warming spices, such as cinnamon and nutmeg, go well with sweet potato.





SWEET POTATOES

HOME

Overview

Though you wouldn't know it by its name, the sweet potato, a tuber that grows below ground, is a completely different plant family than the potato. It's a staple in many Latin American and Asian countries and is a highly nutrient dense food.

Benefits

Sweet potatoes are considered one of the most nutrient-dense foods, even more than spinach! The deeper the color, the higher amount of vitamin A the sweet potato has.

Kid-friendly eating tips

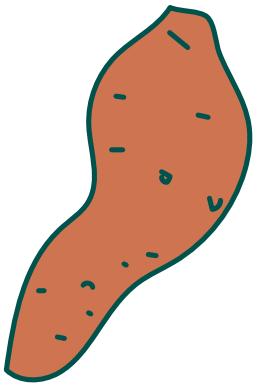
- Puréed cooked sweet potato can be used in muffins, quick breads, or pancake batter as you would with banana or pumpkin.
- Roast diced sweet potato and add to veggie enchiladas, burritos, or even nachos!
- Sweet potatoes can be grated to make potato pancakes or hash browns.

Storage tips

Store in a cool, dark, well-ventilated place. They are more fragile than potatoes. Don't store raw sweet potatoes in the fridge, but once cooked, they can keep up to a week refrigerated.

Cooking tips

- Only wash sweet potatoes just before use.
- To bake whole in the oven, prick the sweet potato several times with a fork, and bake for 45–60 minutes, until soft.
- Sweet potato can be swapped for winter squash in many recipes.



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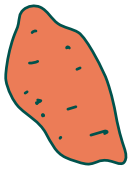


SWEET POTATOES

Home
Recipe for Home

Sweet Potato Soup (Serves 4–6 people)

Ingredients

⅓ cup olive oil

1 onion, peeled and coarsely chopped

2 ½ teaspoons salt, more to taste

5 medium sweet potatoes, peeled and diced

1 bay leaf

6 cups water

2 cups low-sodium vegetable stock

1 teaspoon pepper

2 tablespoons unsalted butter (optional)

Instructions

1. Heat olive oil in a stockpot over medium heat. Add onion and cook, stirring occasionally, until translucent—about 10 minutes.
2. Add diced sweet potatoes and sauté, stirring for 5–7 minutes. Add the water, stock, and bay leaf, and bring to a boil, then reduce temperature to a steady simmer and cook for about 30 minutes, until sweet potato is completely softened.
3. Remove the bay leaf. Add the rest of the salt, pepper, and butter, if using. Purée the soup in a blender, food processor, or food mill, working in batches to not overfill your machine.
4. Taste the soup and adjust seasoning, adding more salt, pepper, or butter.

Variations:

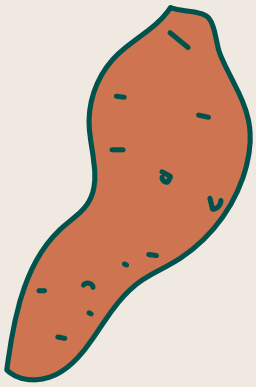
For added richness, add a tablespoon or two of butter at the end. Consider swapping out some of the onion for leeks, if available.

Sharing home recipes

How do you prepare or eat sweet potatoes at home?

What are some family recipes that include sweet potatoes?

Are there recipes you can share with your FoodCorps member for future taste tests?



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KALE

CAFETERIA

Overview

Part of the Brassica plant family that includes collards, kohlrabi, broccoli, collards, and cabbage, kale is a dark leafy green that's become increasingly popular and more mainstream in American diets.

Benefits

Kale is considered a superfood because its dark leaves pack in a lot of vitamins and minerals, such as vitamin A and C.

Selection

Look for brightly colored leaves that aren't wilted and have firm stems.

Varieties



Lacinato (Dinosaur or Tuscan): Dark green tender leaves that are long and narrow; a popular variety to use for raw preparations



Curly: The most common variety; has bright curly leaves that crisp up nicely when sautéed



Red Russian: Ruffled leaves but with red or purple stems

Siberian: Ruffled green leaves; is best when cooked

Storage tips

Store in a refrigerator in a plastic bag for 5–10 days. It's helpful to have a towel in the bag to absorb any moisture.

Cooking tips

- Because it's tough, remove the center rib of kale by gripping the end and pulling downward with your other hand. This strips just the leaf from the stem.
- Massage kale for raw preparations. Drizzle kale with olive oil and a pinch of salt and crunch them between your (clean) hands. This will break down the cells walls, leaving the greens more tender.

Kid-friendly tips

- Raw kale, thinly sliced, can be added to soups, pastas, veggie hashes, and frittatas.

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KALE

CAFETERIA
Sample Recipes

Kale Salad (70 Servings, ¼ cup) **Adapted from The Lunch Box**

Ingredients

1 ¼ pounds kale

⅓ pound apples, diced

⅓ cup cranberries

⅓ cup olive oil

¼ cup lemon juice

¼ cup apple cider vinegar

2–3 tablespoons honey, to taste

¼ teaspoon salt, more to taste

⅛ teaspoon pepper, more to taste

Instructions

1. Wash, destem, and chop kale into fine strips.
2. Assemble the dressing, whisking lemon juice, vinegar, honey, salt, pepper, and then slowly whisking in olive oil.
3. If making the day before, you can dress the kale and store it in the fridge overnight, but leave adding the apples and cranberries until the day of. If making the salad the day of, wearing gloves, massage the dressing into the kale, then add sliced apples and cranberries, if using. To avoid overdressing, add half the dressing to start and add more as needed.

Variations:

For added richness, add a tablespoon or two of butter at the end. Consider swapping out some of the onion for leeks, if available.



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KALE

HOME

Overview

Part of the Brassica plant family that includes collards, kohlrabi, broccoli, collards, and cabbage, kale is a dark leafy green that's become increasingly popular and more mainstream in American diets.

Benefits

Kale is considered a superfood because its dark leaves pack in a lot of vitamins and minerals, such as vitamin A and C.

Kid-friendly eating tips

- Raw kale, thinly sliced, can be added to soups, pastas, veggie hashes, and frittatas.
- Have kids help make a kale salad by putting kale and dressing ingredients in a ziplock bag and massaging and shaking to make leaves more tender.

Storage tips

Store in a refrigerator in a plastic bag for 5–10 days. It's helpful to have a towel in the bag to absorb any moisture.

Cooking tips

- Because it's tough, remove the center rib of kale by gripping the end and pulling downward with your other hand. This strips just the leaf from the stem.
- Massage kale for raw preparations. Drizzle kale with olive oil and a pinch of salt and crunch them between your (clean) hands. This will break down the cells walls, leaving the greens more tender.



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KALE

Home
Recipe for Home

Kale Pesto (Serves 4–6)

Ingredients

2 pounds kale

1 ½ cups olive oil, more as needed

½ cup parmesan cheese

¼ cup lemon juice

1 clove garlic, chopped

1 ½ tablespoons salt, more to taste

Instructions

1. Remove thick stems from kale, and tear into 2-inch pieces.
2. 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 machine running, until smooth. Use more oil, as needed.
3. During the last batch, add cheese, lemon juice, garlic, and salt.
4. Taste and adjust seasonings. Add more oil for a saucier pesto.
5. Store in a jar and keep in the refrigerator for up to a week.

Serving suggestion:
Serve on a cracker, piece of bread, or piece of penne pasta.

Variations:
You can make pesto dairy free by substituting sunflower or pumpkin seeds for the cheese.

Sharing home recipes

How do you prepare or eat kale (or other dark leafy greens) at home?

What are some family recipes that include kale?

Are there recipes you can share with your FoodCorps member for future taste tests?



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APPLES

CAFETERIA

Overview

Apples are a beloved fruit that grows on trees in temperate climates. People in the US eat more apples than any other fruit!

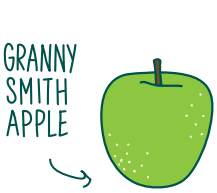
Benefits

Maybe you've heard the expression, "An apple a day keeps the doctor away"? Apples are an excellent source of fiber, and eating raw apples naturally cleans our teeth and massages our gums. Eat your apple with the peel still on to get the most nutritional value.

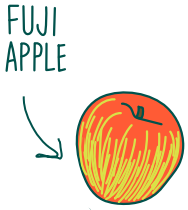
Selection

Choose apples depending on what you'll do with them. Apples eaten sliced or chopped into salad should be firm and free of bruises. However, if you're going to be cooking down apples right away, some imperfections are fine.

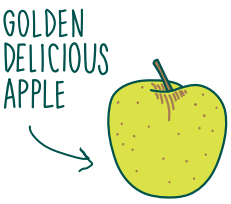
Varieties



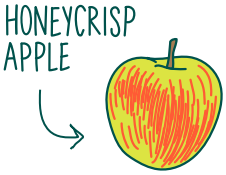
Granny Smith: Green-skinned acidic variety; good for pies and eating out of hand



Fuji: Sweet Japanese variety; great eaten fresh or in applesauce



Golden Delicious: Yellow-skinned US variety; juicy and sweet with semi-firm flesh



Honeycrisp: Sweet and aromatic US variety; great for juicing, baking, or eating out of hand

Gala: One of the most popular grocery-store varieties; sweet with red and yellow striped skin

Storage tips

- Apples will keep for a few weeks in the refrigerator in a perforated plastic bag or crisper drawer.
- For longer term storage, store them in a cool, dark, and humid place.
- Apples freeze well when cooked and puréed.

Cooking tips

- To prevent discoloring after slicing apples, sprinkle them with citrus juice.

Kid-friendly eating tips

- Baked whole apples are a fun healthful dessert.
  - Preheat oven to 350°.
  - Slice apples in half, and remove the core with a small paring knife. Make sure the base of the apple stays intact to hold any filling you add.
  - Place apple halves in a greased baking dish.
  - Sprinkle with cinnamon or other warming spices and a little brown sugar if you'd like. You can add ingredients to the hole where the core was, such as raisins, nuts, or honey.
  - Bake for about 30–45 minutes, until apples are softened but still intact.
- If you have apples that are getting old, make applesauce or apple butter. Chop up the apples, put them in a stockpot, and cover with water. Cook them on low heat for at least an hour, stirring occasionally. This works well in a crock pot or slow cooker. You can use a potato masher to help break down the apples. You'll know the butter is done once it's shiny and shows big slow bubbles. This is great stirred into yogurt or spread on toast.

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APPLES

CAFETERIA
Sample Recipes

Apple Slaw (50 Servings, ¼ cup)

Adapted from New School Cuisine

Ingredients

2 cups mayonnaise

¾ cup rice vinegar

¼–½ cup sugar or honey, to taste

¼ teaspoon salt, more to taste

3 ¾ pounds apples (about 4 apples), cored

2 ¼ pounds celeriac, trimmed and peeled

1 ½ pounds carrots

Instructions

1. Assemble the dressing, whisking mayonnaise, vinegar, sugar, salt, and pepper in a small bowl and set aside.
2. Using a food processor or box grater, shred apples, celeriac, and carrots. Add to a large bowl.
3. Add the dressing to shredded vegetables, starting out with half and adding more as needed. Mix well and chill before serving.
4. Make dressing and keep refrigerated for up to two days in advance. Refrigerate the dressed slaw for up to a day in advance.

Variations:

Replace diced celery for celeriac or beets for carrots.

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APPLES

HOME

Overview

Apples are a beloved fruit that grows on trees in temperate climates. People in the US eat more apples than any other fruit!

Benefits

Maybe you've heard the expression, "An apple a day keeps the doctor away"? Apples are an excellent source of fiber, and eating raw apples naturally cleans our teeth and massages our gums. Eat your apple with the peel still on to get the most nutritional value.

Kid-friendly eating tips

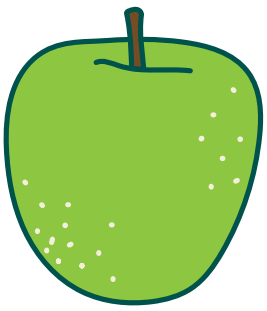
- Baked whole apples are a fun healthful dessert.
  - Preheat oven to 350°.
  - Slice apples in half, and remove the core with a small paring knife. Make sure the base of the apple stays intact to hold any filling you might add.
  - Place apple halves in a greased baking dish.
  - Sprinkle with cinnamon or other warming spices and a little brown sugar if you'd like. You can add ingredients to the hole where the core was, such as raisins, nuts, or honey.
  - Bake for about 30–45 minutes, until apples are softened but still intact.
- If you have apples that are getting old, make applesauce or apple butter. Chop up the apples, put them in a stockpot, and cover with water. Cook them on low heat for at least an hour, stirring occasionally. This works well in a crock pot or slow cooker. You can use a potato masher to help break down the apples. You'll know the butter is done once it's shiny and shows big slow bubbles. This is great stirred into yogurt or spread on toast.
- Apples can lend sweetness to savory dishes. Serve apples with cheese or meats such as pork.

Storage tips

- Apples will keep for a few weeks in the refrigerator in a perforated plastic bag or crisper drawer.
- For longer term storage, store them in a cool, dark, and humid place.
- Apples freeze well when cooked and pureed.

Cooking tips

- To prevent discoloring after slicing apples, sprinkle them with citrus juice.



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APPLES

Home
Recipe for Home

Applesauce (Serves 4–6 people)

Ingredients

5 pounds apples
(a mix of apple varieties is good for flavor)

1 cup water

Juice of ½ a lemon

¼ teaspoon ground cinnamon or 1 cinnamon stick

Instructions

1. Core and chop apples into large chunks. You don't need to peel them.
2. Add all ingredients into a large stockpot and bring to a boil. Once boiling, reduce to a low simmer, cover the pot, and stir occasionally until apples are very soft, approximately 40–50 minutes.
3. Let cool, remove the cinnamon sticks, if using, then purée the applesauce with an immersion blender or food mill or in a blender or food processor, working in batches to not overfill your machine.

Variations:

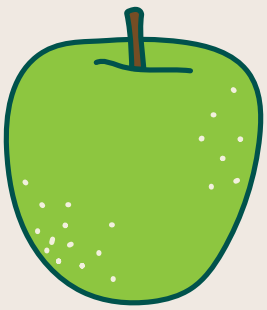
Replace diced celery for celeriac or beets for carrots.

Sharing home recipes

How do you prepare or eat apples at home?

What are some family recipes that include apples?

Are there recipes you can share with your FoodCorps member for future taste tests?



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SWEET PEPPERS

CAFETERIA

Overview

Sweet peppers, otherwise known as bell peppers, are in the same plant family as potatoes, tomatoes, and eggplant. Alongside their spicy counterparts the chili pepper, sweet peppers are a staple of much Latin American cuisine.

Benefits

Peppers are super high in vitamin C and are good for your immune system and skin.

Selection

When choosing peppers, look for clear, shiny intact skin. They should feel firm and heavy. Avoid peppers whose skin appears shriveled.

Storage tips

Sweet peppers can be stored in a perforated bag or crisper drawer in the refrigerator for up to a week. Wash only just before using.

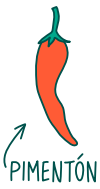
Varieties



Bell peppers: Ranging in color from green to red to purple; the sweet peppers most commonly found in grocery stores



Italian frying pepper: Long and slender; includes the beloved variety Jimmy Nardello's



Pimentóns: Best for roasting, which concentrates their sweet flavor



Cherry Peppers: Appear as smaller versions of a red bell pepper and taste similarly; there can be a spicy pepper or two in a bunch, so be warned!

Cooking tips

Roasted peppers can be added to sandwiches, salads, and other dishes. And roasting concentrates their sweet flavor and color!

- Preheat the oven to 500°, and line a baking sheet or dish with foil.
- Halve or quarter bell peppers, discarding seeds and stem. Place the peppers on the foil and roast in the oven, until the skin turns black.
- Remove from the oven and place a towel over the peppers (or place them in a lidded container). Once they're cooled, the skin should peel off easily, and they're ready to use!

Kid-friendly eating tips

- Raw sliced sweet peppers can serve as a snack.
- Add raw slices to a salad for color and crunch.
- Make enchiladas, tacos, or fajitas that feature sweet peppers.
- Add to soups, stews, and omelets.

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SWEET PEPPERS

CAFETERIA
Sample Recipes

Sautéed Sweet Peppers and Onion (50 servings, ¼ cup)

Ingredients

3 pounds bell peppers; red, orange, and yellow, if available

3–4 red or sweet onions, diced

½ cup olive oil

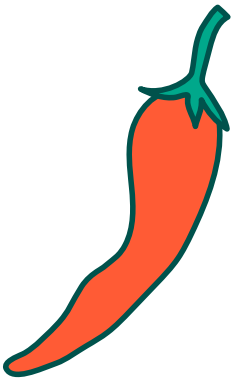
Salt and pepper, to taste

Instructions

1. Wash peppers and remove stem, ribs, and seeds. Cut peppers lengthwise into strips and then halve crosswise.
2. Heat oil in a large nonstick skillet. Add peppers and onions and season with salt and pepper. You'll likely have to cook in batches to avoid overcrowding. Stir occasionally, until peppers are softened, approximately 10 minutes.

Variations:

You can make pesto dairy free by substituting sunflower or pumpkin seeds for the cheese.



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SWEET PEPPERS

HOME

Overview

Sweet peppers, otherwise known as bell peppers, are in the same plant family as potatoes, tomatoes, and eggplant. Alongside their spicy counterparts the chili pepper, sweet peppers are a staple of much Latin American cuisine.

Benefits

Peppers are super high in vitamin C and are good for your immune system and skin.

Kid-friendly eating tips

- Raw sliced sweet peppers can serve as a snack.
- Add raw slices to a salad for color and crunch.
- Make enchiladas, tacos, or fajitas that feature sweet peppers.
- Add to soups, stews, and omelets.

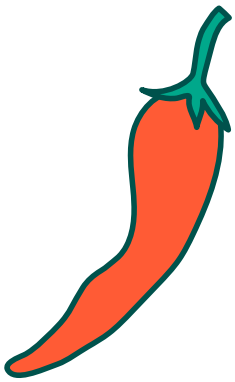
Storage tips

Sweet peppers can be stored in a perforated bag or crisper drawer in the refrigerator for up to a week. Wash only just before using.

Cooking tips

Roasted peppers can be added to sandwiches, salads, and other dishes. And roasting concentrates their sweet flavor and color!

- Preheat the oven to 500°, and line a baking sheet or dish with foil.
- Halve or quarter bell peppers, discarding seeds and stem. Place the peppers on the foil and roast in the oven, until the skin turns black.
- Remove from the oven and place a towel over the peppers (or place them in a lidded container). Once they're cooled, the skin should peel off easily, and they're ready to use!



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SWEET PEPPERS

Home
Recipe for Home

Roasted Red Pepper Bean Dip (Serves 4–6 people)

Ingredients

1 (12 ounce) can cannellini beans, drained and rinsed

1 (ounce) jar roasted red peppers, drained

2 tablespoons olive oil

1 tablespoon lemon juice

1 clove garlic

½ teaspoon salt, more to taste

⅛ teaspoon pepper, more to taste

Instructions

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

Serving suggestion:

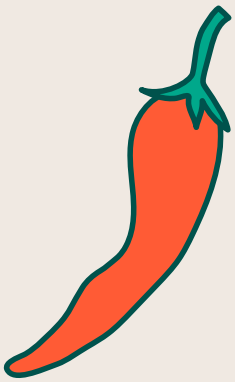
Serve with assorted raw veggies such as carrots and celery, or use as a spread on sandwiches.

Sharing home recipes

How do you prepare or eat sweet peppers at home?

What are some family recipes that include sweet peppers?

Are there recipes you can share with your FoodCorps member for future taste tests?



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