



United States Department of Agriculture

What's? Cooking

USDA MIXING BOWL

Cookbook

My CACFP Cookbook

Celebrating CACFP

By Child Care Food Program Roundtable

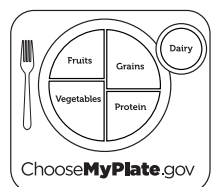


Table of Contents

Arroz Con Pollo	3
Aztec Grain Salad	6
Beef Picadillo	10
Black Bean Bandits	13
Black Bean Salad and Shredded Carrot Lettuce Wrap	16
Black Beans with Plantains	17
Cajun Yam Chips/Cooling Dip	21
Can Can Taco Soup	23
Ch Ch Ch Chili	25
Cheesy Bean Dip	27
Cheesy Chorizo Bean Quesadilla	29
Cheesy Veggie Enchiladas	32
Chic' Penne	34
Chicken Alfredo With a Twist	37
Chicken Curry Casserole	40
Chicken Strips a la Quinoa	43
Chicken with Veggie Couscous	45
Confetti Turkey Pocket	49
Eagle Pizza	51
Fiesta Mexican Lasagna	55
Garden Harvest Pizza	60
Great Garden Soup	62
Hardy Pizza	67
Mac and Cheese	69
Mediterranean Quinoa Salad	71
Mini Salmon Loaves	74

Oodles of Noodles	76
Peanut Butter and Banana Wrap	79
Peppy Quinoa	80
Quick Quesadilla	83
Rainbow Rice	87
Red Beans and Rice	90
Scrumptious Sweet Potato Sheppard's Pie	93
Sock Rockin' Chicken Chili	96
Southwestern Shepherd's Pie	99
Spinach Egg Bake	101
Squish Squash Lasagna	104
Stir-Fry Fajita Chicken, Squash, and Corn	107
Tasty Tots	110
The Charger Wrap	113
Verry Veggie Pizza	115



Arroz Con Pollo

Prep time: 10 minutes

Cook time: 1 hour

Makes: 6 Servings

Arroz Con Pollo (rice with chicken) is a classic dish that is enjoyed throughout Spain and Latin America. Each country has its own version but it remains a family favorite. Try this hearty, flavorful recipe today.

Ingredients

1/2 cup Brown rice, long-grain, uncooked

1 cup Water

1/2 teaspoon Salt, table

1/2 teaspoon Black pepper, ground

1/2 teaspoon Garlic powder

2 teaspoons Cumin, ground

12 1/2 ounces Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 1/4 oz per tenderloin)

3/4 cup Onion, fresh, peeled, 1/4" diced

3/4 cup Green bell pepper, fresh, 1/4" diced

3 cloves Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

2 teaspoons Oregano, leaves, dried

3/4 cup Tomatoes with juice, canned, diced (3/4 cup = about 1/2 of a 14.5 oz can)

1 cup Chicken broth, low-sodium

Nonstick cooking spray

Directions

1. Combine brown rice and water in a small stockpot.
2. Heat on medium-high heat to a rolling boil.
3. Cover and reduce heat to medium. Cook about 10-15 minutes. Stir, cover, and cook an additional 10 minutes over low heat until water is absorbed. Fluff the rice gently with a fork.
4. In a small bowl combine seasonings: Salt, black pepper, garlic powder, and cumin.
5. Sprinkle chicken tenderloins with 1/2 of the seasoning mixture. Reserve the remaining seasoning mixture for step 11.
6. Line a baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place chicken tenderloins evenly spaced on baking sheet.

7. Roast for 12-15 minutes. Chicken tenderloins should reach an internal temperature of 165 °F for at least 15 seconds.
8. While tenderloins are roasting, spray a medium skillet with nonstick cooking spray.
9. Place skillet over medium-high heat.
10. Add onion and peppers and sauté for about 3 minutes, or until vegetables are tender. Stir frequently.
11. Add fresh garlic, oregano, tomatoes, and the remaining seasoning mixture. Cook for 3 minutes, stirring frequently.
12. Add chicken broth and bring to boil.
13. Add cooked rice, stir well, and cover.
14. Cook for 7-10 minutes. Stir occasionally.
15. Serve one chicken tenderloin with 1/2 cup rice and vegetable mixture.

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1 chicken tenderloin and 1/2 cup rice and vegetable mixture (No. 8 scoop) provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/arroz-con-pollo>.

Source: Team Nutrition: Adapted from CNPP Cultural Recipes.



Aztec Grain Salad

Prep time: 15 minutes

Cook time: 30 minutes

Makes: 6 Servings

Aztec Grain Salad combines a South American, high-protein grain called quinoa with aromatic roasted butternut squash, crisp apples, and dried cranberries to make a delicious and colorful side dish.

Ingredients

1 1/2 cups Quinoa, dry

1 3/4 cups Fresh granny smith apples, peeled, cored, cubed 3/4"

1 3/4 cups Fresh butternut squash, peeled, seeded, cubed 1/2"

1 tablespoon canola oil

1/4 teaspoon ground ginger

3/4 teaspoon ground cinnamon

1/4 cup frozen orange juice concentrate

1 1/2 tablespoons olive oil

1 teaspoon honey

1/3 teaspoon Dijon mustard

2 tablespoons red wine vinegar

1/8 teaspoon salt

1 dash ground black pepper

1 dash ground white pepper

1/2 teaspoon Fresh cilantro, chopped (Optional: use additional cilantro as a garnish)

1/3 cup Dried cranberries, finely chopped

1/3 cup Golden raisins, seedless, finely chopped

Directions

1. Preheat oven to 400 °F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3 cups water in a medium pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Cover and refrigerate. A rice cooker may be used with the same quantity of quinoa and water.
3. Combine apples and squash in a large mixing bowl. Add canola oil, 1/8 tsp ginger, and 1/4 tsp cinnamon. Toss well to coat.
4. Pour apples/squash mixture onto a large baking sheet and place in oven at 400 °F. Roast for 15 minutes or until squash is soft and slightly brown on the edges. Do not overcook. Remove and set aside to cool.

5. In a medium mixing bowl, combine orange juice, olive oil, honey, Dijon mustard, red wine vinegar, salt, peppers, cilantro, and remaining ginger and cinnamon. Whisk together to make dressing.

6. In a large mixing bowl, combine quinoa, apples/squash mix, cranberries, raisins, and dressing. Toss well to combine. If desired, garnish with additional cilantro. Cover and refrigerate for about 2 hours. Serve chilled.

Notes

Our Story

Novi Meadows, an upper elementary Blue Ribbon Exemplary School, drew on the talents and hard work of students, staff, parents, and the community to create their unique recipe. The school's School Nutrition Action Committee (SNAC) brainstormed recipe ideas that would not only fulfill the nutritional requirements of the contest, but would also be appealing to the students. The SNAC wanted to come up with something that was different and chose quinoa as the whole grain to feature in the recipe. Quinoa was then paired with traditional American fall produce to create a unique flavor experience. Aztec Grain Salad was named by the students, and it is a fantastic side dish to offer children.

Novi Meadows 6th Grade Upper Elementary School

Novi, Michigan

School Team Members

School Nutrition Professional: JoAnn Clements

Chef: Ina Cheatem (Natural Food Chef, Fresh Delights)

Community Member: Michelle Thompson

Students: Cory G., Bryan T., and Jackie D.

Source: Recipes for Healthy Kids Cookbook for Homes



Beef Picadillo

Prep time: 10 minutes

Cook time: 40 minutes

Makes: 6 Servings

Picadillo is a delicious stew made with ground beef, tomatoes, and other ingredients. It is a popular dish in South American countries and the Caribbean. Serve it over rice or as a filling in tacos.

Ingredients

1/2 cup Brown rice, long-grain, uncooked

1 cup Water

12 ounces Ground beef, 90% lean, raw, fresh or frozen

1 1/4 cups Onions, fresh, 1/4" diced

1 cup Green bell peppers, fresh, 1/4" diced

1 clove Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

1/3 cup Tomatoes with juice, diced, canned

1 cup Tomato sauce, canned

1/2 cup Raisins, seedless, unpacked

1/4 teaspoon Oregano, dry

1/2 teaspoon Cumin, dry, ground

2 tablespoons Cilantro, fresh, chopped (optional)

Directions

1. Combine brown rice and water to a small stockpot.
2. Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 15-20 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork.
3. Heat a medium skillet on medium-high heat on top of stove.
4. Brown ground beef. Drain. Heat to 165 °F or higher for at least 15 seconds.
5. Add onions, bell peppers, and garlic to ground beef. Sauté on medium-high heat until onions and bell peppers are soft. Stir frequently.
6. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.
7. Serve 1/2 cup picadillo over 1/4 cup rice. Garnish with 1 teaspoon cilantro (optional).

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1/2 cup picadillo over 1/4 cup rice provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Chef Tips:

For optimal browning and taste: 1. Do not rinse ground meat. 2. Do not crowd ground meat. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the meat rather than brown it, making it less flavorful.

Variations:

If ground beef is frozen, defrost in the refrigerator for 1 day per 1-5 pounds. Store raw beef at 40 °F or lower.

Frozen bell peppers may be substituted for fresh bell peppers.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/beef-picadillo>.

Source: Team Nutrition: Adapted from recipe by Learning Care Group.



Black Bean Bandits

Makes: 6 Servings

Ingredients

3/4 cup sweet potato

1 1/3 cups canned black beans

1/2 cup Tomatoes, raw

1/2 cup cilantro

1/4 teaspoon Red or Cayenne Pepper

1 1/3 cups + 1 1/2 Tbsp Ortega Mild Enchilada Sauce

7 1/4 6" Corn Tortillas

1 1/4 cups Reduced Fat Cheddar Cheese, shredded

Directions

1. Dice sweet potatoes into 1/4" pieces.
2. Place diced sweet potato in a stockpot of boiling water or a steamer for about 20 minutes or until tender.
3. Drain sweet potato and rinse with cool water.

4. Drain sweet potato again and place in a large mixing bowl.
5. Drain and rinse black beans.
6. Add drained black beans to the sweet potato in the bowl.
7. Wash tomatoes thoroughly.
8. Remove cores from tomatoes and chop into 1/4" pieces.
9. Add chopped tomatoes to sweet potato and black beans.
0. Wash cilantro thoroughly.
1. Roughly chop cilantro and add to sweet potato, black beans and tomato in bowl.
2. Add cayenne or red pepper to the bowl and stir to combine mixture thoroughly.
3. Coat the bottom of each rectangular 11x 7x 2" cooking dish (6 servings) with 1/3 of enchilada sauce.
4. Cover the bottom of each rectangular 11x 7x 2" dish evenly with 1/3 of tortillas. Set remaining tortillas aside.
5. Cover with 1/3 of the sweet potato and black bean mixture. Set remaining sweet potatoes and black bean mixture aside.
6. Sprinkle 1/3 of the shredded cheddar cheese on the sweet potato and black bean mixture.
7. Cover cheese with another 1/3 of enchilada sauce.
8. Cover sauce with another layer of 1/3 of the corn tortillas.
9. Cover tortillas with another layer of 1/3 of the sweet potato and black bean mixture.
0. Sprinkle another 1/3 of the shredded cheddar cheese on the sweet potato and black bean mixture.
1. Repeat layers one more time-- starting with enchilada sauce ending with shredder cheddar cheese.
2. Bake:
 - o Conventional Oven: 350°F for 30 minutes.
 - o Convection Oven: 325°F for 25 minutes.
3. Cut each cooking dish 2x3 for 6 servings.

Notes

Serving Size: 1 piece

CCP: Heat 165°F or higher for at least 15 seconds

CCP: Hold for hot service at 135°F or higher

Source: Winograd K-8 (Recipes for Healthy Kids Competition)

Black Bean Salad and Shredded Carrot Lettuce Wrap

Makes: 8 Servings

Ingredients

1 cup black beans, drained (15 oz)

1/2 cup Red pepper, diced

1/2 cup onion, diced

1/2 cup Corn, fresh or frozen

1 tablespoon cilantro

2 tablespoons green onion

1/4 cup Southwestern salad dressing

8 Leaves of Bibb lettuce, washed

4 ounces shredded carrots

Directions

1. Combine black beans, red pepper, onion, corn, cilantro, and green onion. Toss with salad dressing.
2. Spoon the black bean salad into lettuce cups. Top with shredded carrots.
3. Serve.

Source: National Food Service Management Institute

Nutrition Information

Nutrients	Amount
Calories	80
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	210 mg
Total Carbohydrate	13 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



Black Beans with Plantains

Prep time: 10 minutes

Cook time: 30 minutes

Makes: 6 Servings

This flavorful dish includes black beans and plantains, two foods that are frequently used in meals prepared in South America and the Caribbean. Plantains are a staple food in many tropical regions. They can be steamed or boiled and used in a manner similar to the way potatoes are used in North America.

Ingredients

1/2 cup Brown rice, long-grain, uncooked

1 1/2 cups Water

1 teaspoon Canola oil

1 1/4 cups Onions, fresh, peeled, 1/4" diced

1 clove Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

1 quart Black beans, low-sodium, canned, drained and rinsed or black beans, dry, cooked

1 cup Water

1 cup Tomato sauce, low-sodium, canned

2/3 cup Plantains, fresh, ripe (yellow), peeled, 1/4" diced

1 tablespoon Cumin, dried, ground

1 teaspoon Paprika

1/2 teaspoon Black pepper, ground

2 tablespoons Salsa, traditional (optional)

2 tablespoons Cilantro, fresh, chopped (optional)

2 tablespoons Green onions with tops, fresh, chopped (optional)

Directions

1. Combine brown rice and 1 cup water in a small stockpot. Reserve remaining water.
2. Heat on medium-high heat to a rolling boil.
3. Cover and reduce heat to medium. Cook until water is absorbed, about 15-20 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork.
4. Heat oil in a medium stockpot on medium-high heat.
5. Add onions and sauté until soft.
6. Add garlic. Continue cooking on medium-high heat until garlic is fragrant, about 1-2 minutes. Stir frequently.

7. Add cooked rice, black beans, 1/2 cup water, tomato sauce, plantains, cumin, paprika, and pepper.
8. Stir well and bring to boil. Stir frequently.
9. Reduce heat to medium-low and simmer for 5 minutes or until liquid is absorbed into the ingredients. Heat to 140 °F for at least 15 seconds.
10. Serve 1 cup.
11. Garnish each serving with 1 teaspoon of salsa, 1 teaspoon of cilantro, and 1 teaspoon of green onions (optional).

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1 cup provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 1/4 cup vegetable, and 1/2 oz. equivalent grains or Legume as Vegetable: 5/8 cup vegetable and 1/2 oz. equivalent grains.

Tips for Soaking Dry Beans

1 lb. dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/black-beans-plantains>

Source: Team Nutrition: Adapted from <http://www.healthyschoolfood.org/docs/NYCHSF-Recipes-for-NYCHSF3.pdf>.



Cajun Yam Chips/Cooling Dip

Makes: 6 Servings

Ingredients

- 5 Medium Yams
- 2 **tablespoons** vegetable oil
- 1 **teaspoon** cajun seasoning (1-2 tsp)
- 1/2 **cup** plain yogurt
- 1/2 **cup** mayonnaise
- 1 **tablespoon** Shallot or Onion Minced
- 1 **teaspoon** Beau Monde Seasoning

Directions

1. Preheat oven to 375°F. Wash and dry yams, leaving skin

on.

2. Brush half sheet pan with 1 Tbsp. vegetable oil.
3. Slice yams into 1/4"-1/3"• slices at a diagonal and place on to pan.
4. Brush the tops of yams with another 1 Tbsp vegetable oil.
5. Sprinkle ½ -3/4 tsp Cajun Seasoning onto yams, evenly
6. Bake at 375°F for fifteen minutes, until tender to the touch
7. Serve hot or cold with the dip on the side
8. Dip Preparation: Mix yogurt, mayonnaise, seasoning, and minced shallot or onion together, well. Refrigerate until use.

Source: Venice High (Recipes for Healthy Kids Competition)

Can Can Taco Soup

Makes: 6 Servings

Ingredients

9 2/3 ounces Turkey, ground, raw

1 Onion, raw

9 2/3 ounces Spinach, frozen

5 2/3 ounces Sweet potato, diced

9 2/3 ounces pinto beans

9 ounces Sweet yellow corn

17 ounces Tomatoes, diced, in juice

2 1/3 ounces Green chilies, diced

2/3 Packet of Italian Seasoning

3 cups water

1 tablespoon cumin

1 tablespoon Pepper, black, ground

2 ounces Cheese, cheddar

1 1/4 ounces Yellow corn tortilla chips

Directions

1. Brown ground turkey and onion in stock pot or braising pan and cook meat to 165°F.
2. To browned meat and onions add the remaining prepared ingredients, spinach, cooked pinto beans, diced cooked sweet potatoes, corn, tomatoes, chilies, italian seasoning, water, pepper, cumin.

3. Let soup simmer for 20 minutes.
4. With immersion blender puree for 1 min to 2 minutes or until large chunks of tomato, beans and spinach are not visible.
5. Serve soup with a 6 oz ladel in a bowl garnish with cheese 1/3 oz of cheese and 2 (whole or boken) tortilla chip.

Notes

Serving Size: 6 oz soup with 1/3 oz cheese and 2 tortilla chips

Serving Tips:

CCP: Cool hot foods to 41° or lower within 4 hours

Cool hot foods to 70° or lower within 2 hours Foods served hot, heat to 165°for at least 15 seconds

No bare hand contact with cooked or ready to eat food

Hold Hot food at 135° or higher

Hold Cold food at 40° or below

Reheat leftovers to 165°

Source: Weddington Mills Elementary School (Recipes for Healthy Kids Competition)



Ch Ch Ch Chili

Makes: 6 Servings

Ingredients

1/2 Carrot, grated

1/2 Celery stalk, sliced

1 clove garlic, minced

1/2 onion, chopped

1/2 Sweet Potato, grated

2 1/2 cups Diced tomato, canned

13 1/2 ounces Kidney beans, canned

4 tablespoons tomato paste

1 1/2 teaspoons chili powder

1/2 teaspoon Cumin, crushed

1/4 teaspoon Crushed Red Pepper, flakes

dash salt

dash black pepper

Directions

1. Heat olive oil in large stockpot over medium heat.
2. Saute carrots & sweet potatoes for about 3 minutes.
3. Add celery & onion, and cook until al dente.
4. Add remaining ingredients & spices & bring to a simmer.
5. Lower heat and cook for one hour.
6. Optional: Add more red pepper and/or hot sauce.
7. Serve

Notes

Serving Size: 1 cup

Source: BFA-Fairfax (Recipes for Healthy Kids Competition)

Cheesy Bean Dip

Makes: 6 Servings

This Cheesy Bean Dip is sure to please everyone. It has wonderful flavors of cumin, garlic and three different beans with just enough cheese to appeal to picky palates.

Ingredients

- 1 cup** black beans, canned (Drained and rinsed)
- 1/2 cup** great northern white beans, canned (Drained and rinsed)
- 1/2 cup** Red kidney beans, canned (Drained and rinsed)
- 1/4 cup** canned diced tomatoes (No salt added, drained)
- 2 tablespoons** lemon juice
- 2 teaspoons** apple cider vinegar
- 1 teaspoon** coriander
- 1 teaspoon** cumin
- 1 teaspoon** onion powder
- 1/2 tablespoon** garlic powder
- 1/2 tablespoon** chili powder
- 6 tablespoons** parmesan cheese, grated

Directions

1. Puree all ingredients, except cheese, in a food processor until smooth and creamy.
2. Add Parmesan cheese. Pulse to combine.
3. Portion into 3 oz cups.
4. Can be served with vegetable sticks or whole wheat pita chips, or a combination of both.

Notes

This Cheesy Bean Dip is sure to please everyone. It is meant as a side and replacement to the currently unhealthy cheese dip served at Holt. It has wonderful flavors of cumin, garlic and three different beans with just enough cheese to appeal to picky palates. This dish was created by the team of student listed in the entry over the course of several weeks and taste tested at the school cafeteria. Each recipe was developed by students with limited guidance by the Chef, Teacher and School Nutrition Professional. The team is submitting multiple recipes and the letter from the school principal is for all recipes being submitted. Over 40 students tested the Cheesy Bean Dip and completed written evaluations. Comments from students were positive with quotes saying: "It's Awesome!!!" and "It has great flavors and I loved the texture"

Source: Holt High School (Recipes for Healthy Kids Challenge)



Cheesy Chorizo Bean Quesadilla

Makes: 6 Servings

Mexican Chorizo (made with low fat ground turkey) gives this quesadilla a spicy Hispanic flair.

Ingredients

9 ounces ground turkey (97% Lean)

1/4 teaspoon salt

1 tablespoon chili powder (Plus 1 additional teaspoon)

3/4 teaspoon Ground Oregano

2 teaspoons ground cumin

1 1/2 teaspoons ground coriander

1 teaspoon Crushed red pepper flakes

2 1/2 teaspoons cider vinegar

2 teaspoons Garlic, raw, minced

1/4 cup Onions, raw, chopped

1 cup Kale, raw, chopped

8 ounces Beans, Pinto, canned, drained

6 ounces Cheese, low-fat, cheddar

2 tablespoons Cilantro, fresh, chopped

2 1/4 12" Tortilla

Directions

1. Chorizo mixture: Mix the first 9 ingredients in a bowl. Cover with plastic wrap and refrigerate overnight. CCP: Hold at 41 °F or lower.
2. In a skillet heat the oil until hot but not smoking. Add the onions and saute until soft. Add the Chorizo mixture, saute until the turkey is browned and reaches 165°F. CCP: Heat to 165°F for at least 15 seconds
3. Stir in chopped kale and drained beans to the Chorizo mixture until the kale begins to wilt and mixture reaches 155°F. CCP: Heat to 155°F or higher for at least 15 seconds
4. Remove mixture from the heat, fold in shredded cheese and fresh cilantro. Divide mixture evenly (approx 2 cups) over 1-12" tortilla. Place another 12" tortilla on top.
5. Place on sheet pan sprayed with pan spray or lined with parchment paper. Note: For 6 servings you will need to use 1/5 of two 12" tortillas to make the sixth serving.
6. Bake at 400°F in an oven until crisp, approx. 7-10 minutes. Cut the quesadilla into five equal sized wedges. CCP: Heat to 165 degrees or higher for 15 seconds.
7. Optional serve- 1 quesadilla wedge with 1 oz. fresh lettuce and 1oz. fresh diced tomatoes. CCP: Hold at 140 degrees or higher.

Notes

Serving Tips:

We've added pinto beans, "A Fiber All Star" loaded with lots of good vitamins and minerals, and kale, which is a vegetable super power. It also has everyone's favorite: low-fat cheddar cheese. This combination is spread onto a flour tortilla and served piping hot. You won't be disappointed with this healthy version of a quesadilla. It will make your mouth water and your heart sing!

Source: Sartell Middle School (Recipes for Healthy Kids Challenge)



Cheesy Veggie Enchiladas

Makes: 6 Servings

Ingredients

12 ounces Yam, cooked, boiled & drained, or baked (without salt)

12 ounces Spinach, frozen

11 ounces Tomatoes, canned, diced in juice

9 6"-Tortillas (corn)

13 1/2 ounces black beans, canned (no salt added or reduced sodium)

3 ounces Cheddar Cheese, reduced Fat, shredded

3 ounces mozzarella cheese, part skim, shredded

1 1/2 teaspoons cumin, ground

3/8 teaspoon chili powder

Directions

1. Bake yams at 350°F for 45 minutes or until soft. Cool until able to handle. In blender combine canned tomatoes, yams, cumin, chili powder, and salt. Puree.
 2. Set aside some of the grated cheddar for the top. Mix remaining cheddar with the parmesan.
 3. In 8x8 baking dish, pour portion of sauce on bottom of pan. Lay in half of the tortillas. Sprinkle with half of the spinach and half of the cheese. Pour 1/2 of the sauce over the top and smooth.
 4. Repeat this one time. Top with reserved cheddar cheese.
 5. Bake covered at 350°F for 45 minutes. Remove covering for last 15 minutes.
- Source:** Faye Wright Elementary (Recipes for Healthy Kids Competition)



Chic' Penne

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 6 Servings

This whole-wheat pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.

Ingredients

3 cups penne pasta, whole-wheat, dry (12 oz)

1 teaspoon granulated garlic (1/2 tsp Garlic Powder)

2 cups fresh broccoli florets

1 cup cooked diced chicken, 1/2" pieces (4 oz)

1 1/2 cups fat-free half and half

1 tablespoon enriched all-purpose flour

1/8 cup low-sodium chicken broth




1 teaspoon salt

Nutrition Information

Nutrients	Amount
Calories	300
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	26 mg
Sodium	418 mg
Total Carbohydrate	44 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	26 IU
Calcium	231 mg
Iron	2 mg
Potassium	384 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	2 ounces
	Protein Foods	1 ounce

1/2 teaspoon ground black pepper

1/2 cup reduced-fat cheddar cheese, shredded (2 oz)

1/2 cup low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz)

Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

Notes

See how to make this [recipe](#) and more on USDA's [What's Cooking? YouTube](#) site

Our Story

The Winograd K-8 Elementary School team started the recipe creation discussing all the foods eligible for the competition. Then, they wrote down what each team member liked to eat. After a couple of test runs of basic dishes, they ended up with a tasty dish called Chic' Penne. Not found at your local fast food restaurant, Chic' Penne has a little hint of black pepper and is anything but ordinary. By combining the best ingredients, this recipe produces a dish that not only looks good, but tastes good too! This main dish will be an instant hit with your children.

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member: Emily Wigington (AmeriCorps VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani P.

Source: Recipes for Healthy Kids Cookbook for Homes



Chicken Alfredo With a Twist

Prep time: 15 minutes

Cook time: 15 minutes

Makes: 6 Servings

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.

Ingredients

2 1/2 cups Rotini pasta, whole-wheat, dry (10 oz)

2 cans Low-fat reduced-sodium cream of chicken soup
(Two 10 3/4-oz cans)

1 1/3 cups Fat-free half and half

1/4 teaspoon ground white pepper



1/8 teaspoon garlic powder

Nutrition Information

Nutrients	Amount
Calories	345
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	69 mg
Sodium	572 mg
Total Carbohydrate	41 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	30 g
Vitamin D	2 IU
Calcium	174 mg
Iron	2 mg
Potassium	463 mg

N/A - data is not available

MyPlate Food Groups

	Grains	1 1/2 ounces
	Protein Foods	2 1/2 ounces

1/3 cup grated Parmesan cheese

3 cups Cooked diced chicken, 1/2" pieces (12 oz)

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds.
3. Combine noodles and sauce right before serving. Serve hot.

Notes

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the Recipes for Healthy Kids Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

Van Buren Middle School

Kettering, Ohio

School Team Members

School Nutrition Professional: Louise Easterly, LD, SNS

Chef: Rachel Tilford

Community Member: Mary Kozarec (School Nurse)

Students: Graham B., Jonathan A., Shawnrica W., and Savannah S.

Note: Keep noodles and sauce separate until serving time.

Sauce will
thicken upon standing.

Source: Recipes for Healthy Kids Cookbook for Homes



Chicken Curry Casserole

Prep time: 15 minutes

Cook time: 1 hour 5 minutes

Makes: 6 Servings

In this traditional, spiced Indian dish, tender chicken strips, fresh carrots, diced celery, and brown rice are tossed in a creamy curry sauce and baked until golden.

Ingredients

1 cup Brown rice, long-grain, regular, dry

1 tablespoon canola oil

1/4 cup low-sodium chicken broth

3/4 cup Fresh celery

1 cup Fresh onions, peeled, diced




1 1/4 cups Fresh carrots, peeled, shredded

Nutrition Information

Nutrients	Amount
Calories	320
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	51 mg
Sodium	564 mg
Total Carbohydrate	26 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	14 g
Vitamin D	0 IU
Calcium	65 mg
Iron	1 mg
Potassium	200 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	1 ounce
	Protein Foods	1 1/2 ounces

1 1/2 teaspoons curry powder

1 teaspoon garlic powder

1/2 teaspoon ground black pepper

3/4 teaspoon salt

1/2 cup low-fat plain yogurt

1 1/2 cups Cooked fajita chicken strips, diced 1" (12 oz)

Directions

1. Preheat oven to 400 °F.
2. Combine brown rice and 2 ½ cups water in large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of brown rice and water.
3. In a large pan, heat canola oil and chicken broth over medium heat for 2-3 minutes. Add celery, onions, and carrots. Cook an additional 5-7 minutes or until vegetables are tender.
4. In a large mixing bowl, combine curry powder, garlic powder, pepper, salt, and yogurt. Add vegetables, brown rice, and chicken. Mix well.
5. Pour mixture into a 9" x 9" nonstick baking pan. Bake uncovered at 400 °F for 15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Serve hot.

Notes

Our Story

The students of Garfield Elementary School were eager to accept the challenge of the Recipes for Healthy Kids Competition. They met to brainstorm ideas. The recipe challenge team developed three recipes which were prepared for the entire school. Based on the student reviews, the team revised the recipes and submitted

them to the competition. Chicken Curry Casserole was the winner. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

Garfield Elementary School

Washington, District of Columbia

School Team Members

School Nutrition Professional: Danielle Schaub, RD

(Registered Dietitian, Chartwells-Thompson)

Chef: Clay Berry (Executive Chef, Chartwells-Thompson)

Community Member: Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)

Students: Mark K., Carmen J., and Samya C.

Source: Recipes for Healthy Kids Cookbook for Homes

Chicken Strips a la Quinoa

Makes: 6 Servings

Ingredients

- 1 quart** quinoa
- 4 slices** whole wheat bread
- 6** chicken breasts (boneless & skinless)
- 1 tablespoon** garlic powder
- 2 teaspoons** paprika
- 2 teaspoons** paprika
- 2 teaspoons** ground cumin
- 1 tablespoon** Low-sodium vegetable stock

Directions

1. Cook dry quinoa in an equal amount of water with low sodium vegetable stock until the quinoa is done. The grains will be slightly translucent and the tail should be showing.
2. Remove from heat and strain well, add the spices.
3. Spread the quinoa on sheet pans thinly and place into a 325°F oven. Every 5 minutes, stir with a spatula and continue to bake until completely dry. Remove from oven and allow to cool. Place dry quinoa and bread into a food processor and pulse a few times to break down the quinoa to a medium grains. Do not over blend. Store in an airtight container for up to 7 days.
4. Cut the boneless, skinless chicken breast into strips. Try to keep the chicken uniform in size.

5. Dredge the chicken in the quinoa/bread crumb mixture.
Place on lined sheet pans.
6. CCP: Cook at 400°F to an internal temperature of 165°F for 15 seconds. (About 9-12 minutes) Portion 3 slices of the chicken breast on each serving dish.
7. CCP: Hold at 140°F or higher for hot service.
Source: Florence Chapel Middle School (Recipes for Healthy Kids Competition)



Chicken with Veggie Couscous

Prep time: 10 minutes

Cook time: 50 minutes

Makes: 6 Servings

Couscous is great to use in dishes and meals where you might typically use rice or pasta. It is a staple food commonly served in Morocco and North Africa, but it is also growing in popularity in France, Spain, Portugal, Italy, and Greece. Traditionally couscous is cooked using a steamer. The basket is placed on top of the main dish and it is allowed to absorb the flavors as it cook producing a fluffy flavorful side dish.

Ingredients




Nonstick cooking spray

Nutrition Information

Nutrients	Amount
Calories	166
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	120 mg
Total Carbohydrate	14 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	15 g
Vitamin D	N/A
Calcium	29 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	1/2 ounce
	Protein Foods	1 1/2 ounces

6 Chicken drumsticks, with bone and skin, raw (about 3.7 oz. each)

1 tablespoon Canola oil

1 teaspoon Coriander, dried, ground

1 teaspoon Cumin, dried, ground

1 teaspoon Ginger, dried, ground

1/2 teaspoon Cinnamon, dried, ground

1 1/8 cups Carrots, fresh, peeled, "1/2" diced

1 cup Onion, raw, "1/4" diced

1/4 cup Lemon juice, fresh squeezed, seeds removed or bottled

2 cups Chicken broth, low-sodium

1/4 cup Olives, black, ripe, canned, drained, sliced

1/2 cup Couscous, uncooked

1/2 tablespoon Mint leaves, fresh, chopped

Directions

1. Coat a small skillet with nonstick cooking spray.
2. Heat the skillet on medium-high heat. Brown chicken on all four sides, about 2-3 minutes per side.
3. Remove chicken from skillet and put on a plate, remove skin, cover, and set aside.
4. In the same skillet used to brown the chicken, heat oil on medium. Add coriander, cumin, ginger, and cinnamon to the skillet and toast them while stirring continuously, about 2 minutes.
5. Add carrots and onion to skillet, continue cooking the

vegetables and spices on medium heat for an additional 3-4 minutes or until the onions are tender, but not brown.

6. Add lemon juice, 1 cup chicken broth, and olives to the skillet (reserve remaining chicken broth for step 9 to cook the couscous). Increase the heat to medium-high. Bring to a boil.

7. Return the chicken legs to the skillet, and return to a boil.

8. Reduce heat to medium-low. Cover and simmer for about 20-25 minutes, until internal temperature of chicken reaches 165 °F. Critical Control Point: Heat to 165 °F or higher for 15 seconds.

9. Prepare the couscous: In a small saucepan, add 1 cup of chicken broth. Bring to a boil on medium-high heat on the stove. Stir in couscous and remove from the heat. Cover and let stand for 10 minutes. When done, couscous will be soft.

10. Fluff couscous with a fork and gently stir in the mint.

11. Serve one drumstick, 1/3 cup mixed vegetables, and 1/4 cup couscous.

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1 Drumstick, 1/3 cup vegetable mix, and 1/4 cup couscous provides: 1 1/2 oz. equivalent meat, 1/4 cup vegetable, 1/2 oz equivalent grains.

Variations:

If chicken is frozen, defrost in the refrigerator. Hold raw chicken at 40 °F or lower.

Add hot chili sauce if desired. The addition of hot chili

sauce will increase the amount of sodium in the recipe.

******Traditionally couscous is cooked over broth and vegetables or water but for ease of preparation in the CACFP the cooking method was modified.

*******When taking temperature of raw chicken, do not touch the bone as it is hotter than the meat.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-veggie-couscous>.

Source: Team Nutrition: Adapted from
<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=11&cld=2&rld=11>.



Confetti Turkey Pocket

Makes: 6 Servings

Ingredients

3/4 cup White whole wheat flour

7/8 cup All-purpose flour, enriched

5/6 tablespoon Dry milk, instant, nonfat

1 1/2 tablespoons Sugar, Granulated

1 teaspoon Yeast, instant, dry

1 1/3 teaspoons salt

2 2/3 tablespoons Oil, vegetable

1/2 cup water

11 17/20 ounces Turkey roast, cooked, boneless

1/2 cup Carrots, fresh, shredded

1/2 cup Sweet potatoes,diced

2 tablespoons onion, chopped

1/4 cup chicken broth

2 tablespoons + 1 tsp Sugar, brown

Butternut Squash, fresh

Directions

1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add water to dry ingredients. If dough appears too stiff, add additional water. Water is the variable, more or less can be added as needed.
5. Mix for 1 minute on low speed or until all water is mixed with dry ingredients. Knead dough on medium speed for 8-10 minutes until dough is properly developed.
6. Clean and dice all vegetables 3/8".
7. Place vegetables, broth, sugar and salt in tilt skillet. Cook for 10 minutes or until all liquid has evaporated and forms a sticky base.
8. Add cooked turkey. Set aside and let cool.
9. Roll out dough to 1/4" thickness and cut into 6x8 rectangles weighing approximately 3.5 oz each.
10. Add heaping 1/2 cup of meat mixture onto each rectangle, pulling up corners, pinching to seal.
11. Let raise and bake in convection oven at 350 degree Fahrenheit for 12-14 minutes or until bread is golden brown.

Source: St. Peter Catholic School (Recipes for Healthy Kids Competition)



Eagle Pizza

Makes: 6 Tostadas

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese and a stack of colorful vegetables.

Ingredients

1/2 cup fresh spinach, julienne cut "shoestring strips"

1/2 cup fresh romaine lettuce, julienne cut "shoestring strips"

2 1/4 teaspoons salt free chili-lime seasoning blend

1/4 cup canned low-sodium refried beans, fat-free

3/4 cup fresh green pepper, seeded, diced

3/4 cup fresh onions, peeled, diced

canned, low-sodium corn, drained, rinsed

6 whole-grain tostada shells

3/8 cup reduced fat, Mexican cheese blend, shredded

1 cup fresh carrots, peeled, shredded

1/2 cup low-sodium salsa, mild

1/2 cup Fat-free sour cream

Directions

1. Preheat oven to 350 F.
2. Combine spinach and lettuce in bowl and set aside.
3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.
5. For each pizza, place 1/4 cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with 1/3 cup sauteed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.
6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.
7. Remove tostadas from oven. Top each tostada with:

about 1 Tbsp spinach/lettuce mixture; about 2 1/2 Tbsp carrots;

about 1 Tbsp salsa; about 1 Tbsp sour cream.

8. Serve immediately.

*If desired, use 2 1/4 tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

Salt-Free Taco Seasoning Blend

1 tsp dried onion

1 tsp chili powder

1/2 tsp ground cumin

1/2 tsp crushed red pepper

1/2 tsp garlic powder

Notes

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the state. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

Byars Elementary School

Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray

Chef: Ruth Burrows, DTR

Community Member: Sandra Walck (past School Board Member)

Students: Gracie S., Braden P., Shawn T., and Travis W.

Source: Recipes for Healthy Kids Cookbooks for Homes



Fiesta Mexican Lasagna

Prep time: 30 minutes

Cook time: 1 hour

Makes: 6 Servings

This main dish is filled with hearty, healthy ingredients. It's colorful vegetables are layered with crunchy tortilla chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.

Ingredients

66 Low-sodium tortilla chips (about 12 oz)

2 teaspoons canola oil

1/4 cup Fresh green bell pepper, seeded, diced

1 cup Canned low-sodium corn, drained, rinsed

1 cup Fresh onions, peeled, diced




2 cups Fresh butternut squash, peeled, seeded, cubed 1/2"

Nutrition Information

Nutrients	Amount
Calories	264
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	425 mg
Total Carbohydrate	52 g
Dietary Fiber	9 g
Total Sugars	10 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	0 IU
Calcium	120 mg
Iron	2 mg
Potassium	564 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	3/4 cup
	Grains	1 ounce
	Protein Foods	1 ounce

1/2 teaspoon Ground Oregano

1/2 teaspoon ground cumin

1/2 teaspoon Granulated Garlic

1/2 teaspoon chili powder

1/2 teaspoon paprika

1/2 teaspoon salt

2 1/2 cups Canned low-sodium black beans, drained, rinsed

1 1/4 cups Low-sodium meatless spaghetti sauce

1 cup Low-sodium salsa, mild

Directions

1. Preheat oven to 350 °F.
2. Divide chips evenly into three bowls (about 22 chips per bowl). Crumble one bowl of chips and reserve remaining two bowls of whole chips for use during the layering process.
3. In a medium mixing bowl, combine canola oil, green pepper, corn, and ½ cup of onions, reserving other half of onions for step 6. Toss to evenly coat with oil. Transfer vegetables to a large baking sheet. Roast uncovered at 350 °F for 15 minutes or until vegetables are slightly brown around the edges.
4. Steam squash in a steam basket over high heat for 15 minutes or until soft. Place squash in a large mixing bowl and mash until smooth.
5. Add roasted vegetables to squash. Mix well. Add ¼ teaspoon oregano and ¼ teaspoon cumin, reserving remaining spices for step 6. Mix well and set aside.

6. In a medium skillet coated with nonstick cooking spray, cook remaining onions, cumin, and oregano with garlic, chili powder, paprika, and salt over medium heat for 5 minutes or until the onions become translucent and soft.
7. Purée cooked onions and black beans in a food processor or blender until smooth. If needed, add 1-2 tablespoons of water to make the purée smoother
8. To make the sauce, combine spaghetti sauce and salsa in a bowl and set aside.
9. Layer ingredients in a 8" x8" nonstick baking pan sprayed with non-stick spray.
 - a. 1 cup sauce
 - b. Bowl of whole chips (about 22 whole chips)
 - c. 1 ¼ cups bean mixture (a rubber spatula dipped in water helps to spread the mixture evenly)
 - d. 1 1/8 cups squash/vegetable mixture
 - e. Bowl of whole chips (about 22 whole chips)
 - f. 1 ¼ cups bean mixture
 - g. 1 1/8 cups squash/vegetable mixture
 - h. 1 ¼ cups sauce
 - i. Bowl of crumbled chips
10. Cover with aluminum foil and bake at 350 °F for 30 minutes until thoroughly heated.
11. Remove from oven. Uncover and allow to rest for 15 minutes before serving.
12. Cut into six even portions. Serve hot.

Notes

Our Story

At the Ithaca City School District in picturesque Ithaca in upstate New York, their mission is to educate every student to become a life-long learner. The team's chef is a co-owner of a local restaurant which is considered one of the "pioneer" restaurants for preparing and serving healthy, local, plant-based meals.

For its entry in the Recipes for Healthy Kids Competition, the team worked to create Fiesta Mexican Lasagna and conducted numerous taste tests with students. This hearty main dish features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your kids wanting more!

Ithaca City School District

Ithaca, New York

School Team Members

School Nutrition Professional: Denise Agati (Food Service Director)

Chef: Wynnie Stein (Chef, Moosewood Restaurant)

Community Members: Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)

Students: Alyia C. and Josie W. (Middle School Students)
One piece provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, 3/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

OR

Legume as Vegetable: 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Source: Recipes for Healthy Kids Cookbook for Homes



Garden Harvest Pizza

Makes: 6 Servings

Ingredients

- 2 cups** Chicken, precooked, diced
- 1 cup** Sweet onion, thinly sliced
- 2 cups** Butternut squash, peeled and seeded, thinly sliced
- 1 teaspoon** fresh rosemary, finely chopped
- 1 tablespoon** olive oil
- 1** 14 inch pre-made whole grain pizza crust
- 1 tablespoon** cornmeal
- 3 tablespoons** parmesan cheese, grated
- 2 ounces** Mozzarella cheese, reduced fat, shredded

Directions

1. Preheat oven to 400°F. Place sliced onions and squash in roasting pan. Sprinkle with rosemary and 1 tablespoon olive oil; toss to coat evenly.
2. Bake in preheated oven for 20 minutes, or until onions are lightly brown and squash is tender; set aside.

3. Sprinkle pizza pan with cornmeal and then place the pre-made pizza crust on the pan. Distribute the squash mixture and chicken over the crust and sprinkle with parmesan and mozzarella cheese.
4. Bake for 10-15 minutes or until the internal temperature is 160°F. The crust should be light brown and the cheese melted.
5. Cut pizza into twelve slices, serve immediately.

Notes

Serving Size: 2 slices

Source: Great Valley School District, Great Valley Middle School (Recipes for Healthy Kids Competition)



Great Garden Soup

Prep time: 20 minutes

Cook time: 30 minutes

Makes: 6 Servings

This soup is reminiscent of chili. It is a traditional Native American stew consisting of squash, corn, and beans. Native American stories of the Three Sisters refer to a tradition of planting corn, beans, and squash together in the garden. This practice was good for the soil and yielded healthy vegetables.

Ingredients

Nonstick cooking spray

4 ounces Ground beef, at least 90% lean, raw, fresh or frozen

2/3 cup Onions, fresh, 1/4" diced

2 cloves Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

1 tablespoon Jalapeno pepper, fresh, seeds and veins removed, minced

2/3 cup Butternut squash, fresh, 1/2" cubed

1/4 cup Green beans, fresh, cut into 1/2" pieces

3 tablespoons Corn, frozen

1 tablespoon Thyme, dried

1/4 cup Summer squash, fresh, unpeeled, 1/2" diced

1/4 cup Zucchini, fresh, unpeeled, 1/2" diced

11 ounces Kidney beans, low sodium, rinsed, and drained or kidney beans, dry, cooked (1 1/2 cups + 2 tbsp)

1/3 cup Tomato sauce, canned

3/8 cup Tomatoes with juice, canned, diced

1/4 cup Water

Directions

1. Coat a medium skillet with nonstick cooking spray.
2. Heat the skillet on medium-high heat.
3. Add ground beef and brown. Heat to 165 °F or higher for at least 15 seconds. Drain.
4. In a medium stockpot add browned beef, onions, garlic, jalapeno peppers, butternut squash, green beans, corn, and thyme. Cook for 4-6 minutes on medium-high heat. Stir occasionally until onions and peppers are tender. (If using a slow cooker see instructions below in the notes section).
5. Add summer squash, zucchini, kidney beans, tomato sauce, tomatoes with juice, and water. Stir well. Bring to a boil.

6. Reduce heat to medium and simmer uncovered for 20 minutes or until vegetables are tender. Stir often. Heat to 165 °F or higher for 15 seconds. Serve 2/3 cup.

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

2/3 cup provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat/meat alternate and 1/4 cup vegetable OR Legume as Vegetable: 1/4 oz. meat and 1/2 cup vegetable.

Chef Tips:

For optimal browning and taste: 1. Do not rinse ground beef. 2. Do not crowd ground beef. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the beef rather than brown it, making it less flavorful.

Variations:

If ground beef is frozen, defrost in the refrigerator for 1 day per 1-5 pounds. Store raw beef at 40 °F or lower.

If using a slow cooker, add browned beef and vegetable mixture along with remaining ingredients into a slow cooker. Cook for 3 hours on high or 6 hours on low. See Slow Cooker safety tips below.

Slow Cooker and Food Safety Tips

Slow cookers cook food slowly at a low temperature—generally between 170 °F and 280 °F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

If you cut up the meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature.

Always thaw meat or poultry before putting it into the slow cooker.

Make sure the cooker is plugged in and turned on.

Keep the lid in place.

Tips for Soaking Dry Beans:

1 lb. dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked kidney beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans:

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

Critical Control Point:

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/great-garden-soup>.

Source: Team Nutrition: Adapted from Oneida Indian Nation's Three Sisters Cookbook.



Hardy Pizza

Makes: 6 Servings

Ingredients

3/4 cup all-purpose flour

1/2 cup whole-wheat flour

1/2 teaspoon granulated sugar

1/4 teaspoon salt

2 tablespoons olive oil

3/4 teaspoon active-dry yeast

1/2 cup warm water (110°F)

1/2 teaspoon garlic, minced

14 1/2 ounces crushed tomato, canned

1/4 cup butternut squash puree

1/2 teaspoon basil, dried

3 ounces turkey pepperoni, quartered

2 cups mozzarella cheese, nonfat

Directions

1. Dough preparation: Place flours, sugar, salt, and yeast in a mixing bowl. Using a dough hook attachment, blend the ingredients for 3 to 5 minutes. Slowly add 1 T olive oil and warm water to the dry ingredients. Mix on high speed for 8 minutes.
2. Cover the dough with a towel and let the dough rise for 1.5 hours, or until it has doubled in size. Stretch the dough out to fit into a large, rectangular sheet pan (approx 16" x 14"). Let it rise for 15 minutes. Bake at 400°F for about 5 minutes or until the dough partially rises. Let it cool slightly before adding the sauce.
3. Sauce: Pour 1 T olive oil in the sauce pan or stock pot. Saute garlic in olive oil. Add the crushed tomato, squash, dried basil and Italian seasoning to the sauce. Cover and simmer on low for about 30 minutes.
4. Assemble: Add the sauce and mozzarella cheese to the pizza dough. Top with pepperoni.
5. Bake at 400°F for 15 to 20 minutes or until pizza is bubbly and cheese has melted. The internal temperature of the pizza should reach 165°F for 15 seconds.

Notes

Serving Size: 1 slice

Source: R. L. Patton High School (Recipes for Healthy Kids Competition)



Mac and Cheese

Makes: 6 Servings

Ingredients

12 ounces Whole grain macaroni

12 ounces low-fat milk

4 ounces cream cheese

1 small head Cauliflower heads (untrimmed)

3 ounces Heavy cream

4 ounces cheddar cheese

2 1/4 ounces Parmesan cheese

1/2 tablespoon dry mustard

a pinch of Nutmeg

1 1/2 pounds carrots

1 1/2 ounces vegetable oil

2 tablespoons honey

1 head of Broccoli

Directions

1. To make the pasta: Boil 3 quarts of water and add 1 teaspoon of salt. Cook pasta for 5 minutes or al dente, stirring occasionally. Drain well & rinse.
 2. To make cauliflower puree: Trim florets. Bring water to boil, add cauliflower, cover, and cook for 8-10 minutes or until tender. Do not drain. Puree until smooth.
 3. To make cheese sauce & cauliflower puree: In large stock pot on low heat, add milk, cream cheese, and heavy cream; stir until smooth. Add cheddar, parmesan cheese, nutmeg, and dry mustard. Fold in cauliflower puree. Whisk until smooth and add salt and pepper to taste.
 4. To make roasted carrots: Peel and trim carrots and cut into 2-inch pieces. Mix honey into oil. Toss carrots in oil mix; add salt and pepper (1/2 tsp salt, pinch of pepper). Roast in 300° oven for 40 - 50 minutes on a sheet pan.
 5. To make broccoli: Trim broccoli and bring water to a boil. Add broccoli, cover, cook for 8 - 10 minutes, and drain.
 6. Mix pasta, warm cheese sauce, carrots and broccoli - and serve.
- Source:** Cove Elementary School (Recipes for Healthy Kids Competition)



Mediterranean Quinoa Salad

Prep time: 1 hour

Cook time: 15 minutes

Makes: 6 Servings

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.

Ingredients

1 cup Quinoa, dry

2 cups low-sodium chicken broth

2 tablespoons lemon juice

2 tablespoons red wine vinegar

1 teaspoon Fresh garlic, minced

1 1/2 tablespoons extra virgin olive oil

1/2 teaspoon salt

1/8 teaspoon ground white pepper

1/4 cup Fresh red bell peppers, seeded, diced

2 tablespoons Fresh green onions, diced

2 tablespoons Fresh red onions, peeled, diced

1/2 cup Fresh cherry tomatoes, halved

1/8 cup Black olives, sliced

2 tablespoons Feta cheese, crumbled

1 tablespoon Fresh parsley, chopped

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.
2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
3. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
4. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

Notes

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The recipe challenge team held an afterschool cooking class. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students went to work to create a recipe. The end result was a tasty side salad featuring a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red peppers, parsley, and cherry tomatoes. Feta cheese and a light lemon dressing complete the Mediterranean Quinoa Salad. What a party of flavor!

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Source: Recipes for Healthy Kids Cookbook for Homes



Alaska Salmon Mini-Loaves

Prep time: 20 minutes

Cook time: 15 minutes

Makes: 6 Servings

Ingredients

1 cup Alaska salmon, skinless, boneless, canned, drained, flaked

1 Egg, large, slightly beaten

1 tablespoon Milk, fat-free (skim)

1 teaspoon Onion, dried, minced

1 teaspoon Dill weed, fresh, chopped (OR 1/2 tsp Dill weed, dried)

1/2 teaspoon Lemon pepper seasoning

3 tablespoons Whole-wheat bread crumbs (3 Tbsp = about 3/4 slice of bread)

Directions

1. Preheat oven to 350 °F.
2. Place salmon in a medium bowl.
3. Break apart chunks of salmon, using a fork or gloved hands.
4. In a medium bowl add egg, milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
5. Divide salmon mixture into 6 portions, (about 1 ¾ oz each).
6. Shape each portion into a mini-loaf, about 1" x 2" x ½" and place on a baking sheet.
7. Bake for 15 minutes.
8. Serve one loaf (about 1 ½ oz cooked).

Critical Control Point: Heat to 145°F or higher for 15 seconds. Critical Control Point: Hold for Hot Service 140° F or higher.

Notes

CACFP Crediting Information: 1 loaf (about 1 ½ oz) provides 1 ½ oz meat and ¼ oz equivalent grains.

Optional: Serve with a lemon mayonnaise.

Source: Team Nutrition



Oodles of Noodles

Prep time: 15 minutes

Cook time: 20 minutes

Makes: 6 Servings

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic for an oodles of noodle delight!

Ingredients

2 3/4 cups Penne pasta, whole-wheat, dry (11 oz)

1 1/2 tablespoons Olive Oil, extra virgin

2 1/4 cups Fresh grape tomatoes, halved

1 1/2 teaspoons basil, dried

3/4 teaspoon Sea salt

1/4 teaspoon Black pepper, ground

1 tablespoon Fresh garlic, minced

Nutrition Information

Nutrients	Amount
Calories	235
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	323 mg
Total Carbohydrate	43 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	0 IU
Calcium	50 mg
Iron	5 mg
Potassium	303 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	2 ounces

3 tablespoons flour, whole wheat

2 1/3 cups Low-sodium vegetable broth

4 cups Swiss chard, fresh, stems removed, chopped

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.
2. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.
3. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
4. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.

Notes

Our Story

When the Assistant Principal asks you to work on a recipe challenge project, you roll up your sleeves and get busy! For the recipe challenge team at Lincoln Junior High School, foodservice members, teachers, students, parents, and a chef all came together to cook, taste, and adjust recipes.

They developed a total of five recipes. Thirty students were asked to comment on each recipe and share whether or not they would eat the dish if it were served again. Based on their feedback, the school submitted three recipes as part of the contest and is thrilled that one of their recipes, Oodles of Noodles, was selected.

Lincoln Junior High School

Skokie, Illinois

School Team Members

School Nutrition Professional: Kathy Jones

Chef: Patsy Bentivegna

Community Members: Joe Cullota (Teacher) and Maggie Nessim (School Board Member and Parent)

Students: Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

Source: Recipes for Healthy Kids Cookbook for Homes

Peanut Butter and Banana Wrap

Makes: 1 Servings

Ingredients

- 1** whole wheat tortilla (small)
- 2 tablespoons** peanut butter
- 1 teaspoon** honey
- 1 tablespoon** granola or crunchy cereal
- 1** banana

Directions

1. Lay tortilla on a plate. Mix peanut butter and honey together and spread evenly on the tortilla. Sprinkle cereal over peanut butter.
2. Peel, chop, and place banana on the tortilla and roll the tortilla.

Notes

Serving Size: 1 wrap

Source: National Food Service Management Institute

Nutrition Information

Nutrients	Amount
Calories	460
Total Fat	21 g
Saturated Fat	4 g
Cholesterol	N/A
Sodium	290 mg
Total Carbohydrate	58 g
Dietary Fiber	7 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	14 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



Peppy Quinoa

Prep time: 15 minutes

Cook time: 1 hour 5 minutes

Makes: 6 Servings

This surprisingly peppy side dish combines spicy green chilies, cilantro, and toasted pepitas with the nutty flavor of quinoa, giving this dish a Latino flair that will spice up any menu.

Ingredients

1/8 cup Pepitas/Pumpkin seeds

1 1/4 cups Quinoa, dry

3 teaspoons Low-sodium chicken base

1/2 cup Fresh onion, peeled, diced

1/2 cup Canned diced green chilies

2 1/4 teaspoons Fresh garlic, minced

1/2 cup Fresh cilantro, chopped

Nutrition Information

Nutrients	Amount
Calories	174
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	93 mg
Total Carbohydrate	29 g
Dietary Fiber	N/A
Total Sugars	3 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	0 IU
Calcium	34 mg
Iron	2 mg
Potassium	459 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	1 1/2 ounces

1/2 cup Fresh green onions, diced

Fresh lime juice (2-4 Tbsp, optional)

Directions

1. Preheat oven to 350 °F.
2. Toast pepitas in oven for 10 minutes or until light brown and aromatic. Set aside.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa, 2 ½ cups water, and chicken base in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of quinoa, water, and chicken base.
4. Mix quinoa, onions, green chilies, and garlic in an 8" x 8" nonstick baking pan sprayed with nonstick cooking spray. Cover pan and bake at 350 °F for 40 minutes.
5. Toss in cilantro, green onions, pepitas, and optional lime juice to taste. Serve hot.

Notes

Our Story

The recipe challenge team at Sartell Middle School featured quinoa as its key ingredient. From South America, this versatile whole grain can be prepared in many different ways. As a light and fluffy alternative to rice or couscous, children are sure to enjoy quinoa—a nutty-flavored whole grain.

The team members all had one thing in common: a passion for serving healthy food to students. The recipes they developed were based on the suggestions of the students.

While testing Peppy Quinoa, more than 300 surveys were completed. The results were overwhelmingly positive, and the team realized that they had a winning recipe in their hands. Move over pasta, quinoa is in the house!

Sartell Middle School

Sartell, Minnesota

School Team Members

School Nutrition Professional: Janice Sweeter

Chef: Paul Ruzsat

Community Members: Kelly Radi (Parent) and Lori Domburg (Teacher)

Student: Bryan S.

Source: Recipes for Healthy Kids Cookbook for Homes



Quick Quesadilla

Prep time: 20 minutes

Cook time: 15 minutes

Makes: 6 Servings

Quesadillas, a popular menu item in Mexico, are made by folding a corn or flour tortilla in half and filling it with a variety of ingredients such as vegetables, cheese, beans, and meat. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan. This allows you to cook several at one time. Try topping these quesadillas with avocado, cilantro, or salsa.

Ingredients

2 1/4 cups Spinach, frozen, chopped (2 1/4 cups thawed and drained yields 1 1/2 cups)

1 cup Dark red kidney beans, canned, no salt added, drained and rinsed or kidney beans, dry, cooked

1 teaspoon Garlic powder

1/2 teaspoon Onion powder

1/4 teaspoon Chili powder

4 Whole-grain tortillas, 8" (at least 51 gm each)

1 1/2 cups Mozzarella cheese, low-fat, shredded

Nonstick cooking spray

Directions

1. Thaw, drain, and squeeze excess liquid from spinach.
Yields: 1 1/2 cups (7 1/2 oz.)

2. Preheat oven to 350 °F.

3. Place kidney beans in a small microwavable bowl.

4. Add garlic powder, onion powder, and chili powder.

5. Lightly mash beans by squeezing using gloved hands (at least 50% of the beans should appear whole). Be careful not to over-mash beans.

6. Heat in microwave for 1 minute. Stir with a spoon.

7. Prepare quesadillas:

a. Place half of the tortillas on a baking sheet. Spread 3/4 cup of spinach on each tortilla. Top each with 3/8 cup of bean mixture and 3/4 cup of cheese.

b. Place remaining tortillas on top.

c. Spray outside of filled quesadillas with nonstick cooking spray.

8. Bake for 15 minutes. Heat quesadillas to an internal temperature of 140 °F or higher for at least 15 seconds.

9. Cut each quesadilla into 6 wedges.

10. Serve 2 wedges or 1/3 quesadilla.

Optional: Serve with sliced or mashed avocado, cilantro or salsa.

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

2 wedges (1/3 quesadilla) provides Legume as Meat
Alternate: 1 1/2 oz. equivalent meat alternate, 1/4 cup vegetable, and 1 oz. equivalent grains OR Legume as Vegetable: 1 oz. equivalent meat alternate, 3/8 cup vegetable, and 1 oz. equivalent grains.

Tips for Soaking Dry Beans

1 lb. dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/quick-quesadilla>

Source: Team Nutrition: Adapted from CNPP Cultural Recipes.



Rainbow Rice

Prep time: 15 minutes

Cook time: 1 hour

Makes: 6 Servings

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.

Ingredients

1/2 cup Brown rice, long-grain, regular, dry

3 tablespoons Brown and wild rice blend, dry

6 tablespoons Barley, quick pearl, dry

2 teaspoons Low-sodium chicken base

2 tablespoons Quinoa, dry

3 tablespoons Bulgur wheat, dry

1 cup Fresh carrots, peeled, diced

1 cup Fresh red bell peppers, seeded, diced

Nutrition Information

Nutrients	Amount
Calories	232
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	159 mg
Total Carbohydrate	28 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	22 g
Vitamin D	0 IU
Calcium	29 mg
Iron	3 mg
Potassium	203 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	1 ounce
	Protein Foods	2 ounces

1 teaspoon extra virgin olive oil

1/4 teaspoon Kosher salt

3 1/2 cups Cooked diced chicken, 1/2" pieces (12 oz)

1 1/2 cups Fresh baby spinach, chopped

Directions

1. Preheat oven to 350 °F.
2. In a medium pot, combine brown rice, wild rice blend, barley, and 1 tsp chicken base with 1 ¼ cups water.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. In a small pot, combine quinoa and bulgur wheat with ¾ cup water and remaining 1 tsp chicken base.
4. Bring both uncovered pots to a rolling boil. Stir occasionally. Turn heat down and simmer over low heat until water is absorbed, about 30 minutes. Cover and cook an additional 10 minutes over low heat. Fluff with a fork.
5. In a large mixing bowl, combine carrots and red peppers. Drizzle with olive oil and sprinkle with salt. Toss lightly. Pour into a large nonstick baking pan. Roast at 350 °F for 20 minutes or until tender.
6. Combine cooked grains, chicken, and spinach with roasted vegetables. Mix well. Return to oven and bake for 15 minutes to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Serve hot.

Notes

Our Story

Highland Elementary School is a dynamic and exciting place to work or to go to school. The recipe challenge team assembled and worked hard to create a recipe that was an instant smash hit. Rainbow Rice received great reviews during taste tests at the school. Rainbow Rice is exactly that – a colorful rainbow of healthy vegetables, wholesome grains, and protein.

Rainbow rice is certainly a wonderful way to introduce children to a variety of grains that they are sure to enjoy: brown rice, wild rice, barley, quinoa, and bulgur wheat. The team believes that once you have tasted “Rainbow Rice”, you will feel like you’ve gone over the rainbow! Packed with whole grains and colorful vegetables, this recipe is a sure winner for those wanting a healthy dish without sacrificing taste.

Highland Elementary School

Cheshire, Connecticut

School Team Members

School Nutrition Professional: Susan Zentek

Chef: Patricia D'Alessio (Personal Chef, LLC)

Community Members: Rebecca Frost (Teacher) and Katie Guerette (Teacher)

Students: Luke E., Randi C., Shane C., Maya G., and Jami P.

Source: Recipes for Healthy Kids Cookbook for Homes



Red Beans and Rice

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 6 Servings

Rice and beans is a staple dish in many South American countries. The popular duo is sometimes called “casamiento” or “matrimonio,” which means wedding or marriage. Rice and beans is also a popular part of Creole cuisine in Louisiana.

Ingredients

1 tablespoon Olive oil

1 1/2 cups Onions, fresh, peeled, 1/4" diced

1 1/2 cups Green bell peppers, fresh, 1/4" diced

3 cloves Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

3/4 cup Brown rice, instant, uncooked

2 teaspoons Cumin, ground

2 teaspoons Oregano, leaves, dried

1/2 teaspoon Salt, table

1/2 teaspoon Black pepper, ground

2 cups Chicken broth, low-sodium

3 cups Dark red kidney beans, canned, low-sodium,
drained and rinsed or kidney beans, dry, cooked

Directions

1. Heat oil on medium-high in a medium skillet.
2. Add onions and peppers and sauté for about 3 minutes or until onions are soft.
3. Reduce heat to medium.
4. Stir in garlic, brown rice, cumin, oregano, salt, and pepper. Cook for 1 minute or until rice and spices become toasted, stirring constantly.
5. When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium-high, and bring to a boil.
6. Stir in kidney beans. Reduce heat to medium and simmer for 5 minutes or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
7. Serve 3/4 cup.

Critical Control Point: Hold at 140 °F.

Notes

CACFP Crediting Information:

3/4 cup provides Legume as Meat Alternate: 1 1/2 oz.
equivalent meat alternate, 1/4 cup vegetable and 1/2 oz.
equivalent grain OR Legume as Vegetable: No equivalent
meat alternate and 5/8 cup vegetable and 1/2 oz.
equivalent grains.

Tips for Soaking Dry Beans

1 lb. dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups
cooked beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of
dry beans. Cover and refrigerate overnight. Discard the
water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of
dry beans. Add beans and boil for 2 minutes. Remove from
heat and allow to soak for 1 hour. Discard the water.
Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qt. water for
every lb. of dry beans. Boil gently with lid tilted until tender,
about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or
higher or chill for later use. To chill, cool to 70 °F within 2
hours and to 40 °F or lower within an additional 4 hours.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/red-beans-and-rice>.

Source: Team Nutrition: Adapted from CNPP Cultural Recipes.



Scrumptious Sweet Potato Sheppard's Pie

Prep time: 30 minutes

Cook time: 30 minutes

Makes: 6 Servings

Ingredients

1 1/2 pounds Ground Beef Crumbles

1/2 cup onions, raw

9 sweet potatoes (cooked)

3 ounces carrots, raw

3/4 cup Celery, Raw

2 1/2 teaspoons cumin, ground

1 3/4 teaspoons Cinnamon, ground

1/2 teaspoon Pepper, black, ground

1 dash Salt, table

2 1/2 teaspoons Oil, canola

Directions

1. Preheat oven to 350 degrees F. Fill medium saucepan half full with water and heat.
 2. Wash the sweet potatoes thoroughly with a brush and place in pot with water. Bring the water to a boil and cook the sweet potatoes until tender. If a steamer is available you may place sweet potatoes in a perforated pan and steam for 22 minutes or until tender. Once cooked remove from boiling water or steamer and set aside to cool. Canned sweet potatoes may be used in place of fresh.
 3. In the meantime, peel and dice carrots and onions into ¼" size pieces. Clean the celery stalks and dice into 1/4" pieces.
 4. Heat oil in large skillet or frying pan. Sauté all the vegetables together. Add salt and pepper. Cook for 5 minutes until the onions are translucent.
 5. Remove the vegetables and combine thoroughly with beef crumbles and add the ground cumin.
 6. Place the meat mixture in a large baking dish, making sure the meat is layered evenly, about 2 in.
 7. Once the sweet potatoes are cooled down, peel skins off carefully using gloves. Place the peeled potatoes in a mixing bowl and mash into a smooth consistency. If a mixture is available use the whisk attachment and start on the low speed and increase speed until potatoes become smooth. Season with cinnamon. If needed, add oil to the potatoes to make the puree smoother.
 8. Top the ground beef mixture with the mashed sweet potato mixture and spread evenly. The layer of the mashed sweet potatoes should be as thick as the meat mixture layer, 2 inches
 9. Cover with aluminum foil or lid and bake for 30 minutes. Internal temperature should be 145 degrees if using precooked beef crumble.
 0. Cut in squares, 6 per pan, and serve hot.
- Source:** Blue Valley School District Food & Nutrition Services (Recipe for Healthy Kids Competition)



Sock Rockin' Chicken Chili

Prep time: 15 minutes

Cook time: 45 minutes

Makes: 6 Servings

Ingredients

1 tablespoon olive oil

1 cup Onions, raw, chopped

1 cup Peppers, green bell, chopped

1 cup celery, raw, chopped

1 tablespoon garlic powder

2 teaspoons cumin, ground

1 tablespoon chili powder

1 tablespoon Oregano leaves, dried, ground

2 cups Zucchini, raw, sliced

3 cups Chicken breast, cooked, diced

1 can Black beans, canned, drained (15 oz can)

30 ounces Kidney beans, red mature, drained

2 cups tomato sauce

30 ounces Diced tomatoes and juice

2 cups chicken broth

Directions

1. Heat olive oil in large saucepan or stock pot. Add onions, celery and peppers and cook approximately 5 minutes or until soft.
2. Add garlic, cumin, oregano, and chili powder.
3. Add zucchini, chicken broth, diced tomatoes and tomato sauce.
4. Cook for approximately 15 minutes on medium to high heat, until zucchini is softened.
5. Add chicken and beans, cook another 20 minutes. Ensure that temperature reaches 165 degrees F.
6. Serving suggestions: Serve chili with brown rice or quinoa. Chili can be topped with shredded low fat cheddar cheese or fresh cilantro leaves.

Notes

Serving Tips:

Sock Rockin' Chicken Chili is a light textured chili with a very fresh taste and just enough spicy kick to knock your socks off! Made with chicken breast, kidney and black beans, our chili contains lots of lean protein from alternate protein sources. It also utilizes commodities such as canned tomatoes to ensure this recipe is cost effective for schools looking to add this spicy entree to their lunch menu!

Source: Clinton Township Middle School (Recipes for Healthy Kids Challenge)



Southwestern Shepherd's Pie

Prep time: 30 minutes

Cook time: 30 minutes

Makes: 6 Servings

Ingredients

1/4 cup chicken stock

2 tablespoons cornstarch

1 cup corn

3 cups Spinach, cooked, drained, chopped

3 cups Cauliflower, cooked & pureered

12 ounces tomato sauce

1 ounce shredded cheddar cheese

12 ounces ground turkey

1 tablespoon Cumin seeds

8 ounces water

Directions

1. Pre-heat oven to 375 degrees F.
2. Peel, chop, and steam squash until tender, then puree.
3. Cook turkey until thoroughly done, crumble and drain well. Toast cumin seeds lightly in frying pan for about 1 minute.
4. Combine chicken stock, water, and cornstarch in a saucepan and make a slurry (thick mixture).
5. Steam frozen spinach until heated thoroughly. Drain WELL. Then chop into bite size pieces
6. Peel and finely chop onion and combine with chopped spinach.
7. Spoon just enough tomato sauce into bottom of a large deep dish baking pan to cover the bottom, 1/4 to 1/2 cup.
8. Pour turkey over tomato sauce in pan. Sprinkle with toasted cumin seeds.
9. Next layer corn and beans over the turkey, top with small amount of tomato sauce.
10. Make a layer of squash, then a layer of spinach, and lastly a layer of cauliflower, cover with aluminum foil.
11. Bake for 20 to 30 minutes until thoroughly heated and internal temperature reached 165 degrees F.
12. Sprinkle lightly with cheddar cheese and place back in oven for 5 to 10 minutes or until cheese is melted.
13. Portion and serve.

Source: Columbiana Middle School (Recipes for Healthy Kids Competition)



Spinach Egg Bake

Prep time: 20 minutes

Cook time: 17 minutes

Makes: 6 servings

An egg bake, also known as a frittata, is an easy-to-prepare dish that provides a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In some parts of Europe, it is rarely served in restaurants but commonly prepared in the home.

Ingredients

2 1/4 cups Spinach, frozen, chopped, thawed, and drained

6 Eggs, large (1 1/4 cup of whole liquid eggs can be substituted for fresh eggs)

1 tablespoon Feta cheese, crumbled

1 teaspoon Onions, dehydrated, chopped

1/8 teaspoon Black pepper, ground

1/8 teaspoon Salt, table

Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Thaw spinach in the microwave using package direction or by placing under cool running water.
3. Drain excess water from spinach (see chef tip below).
4. Whisk eggs in a small mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well (see chef tips below).
5. Lightly coat medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Spread spinach evenly on the bottom of the baking dish.
7. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon. Place baking dish in the oven. Bake for 15 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds.
8. Then, broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown color. Remove immediately to prevent burning. Caution: use a hot pad as dish will be very hot.
9. Cut into 6 even pieces; each piece should be about 2" x 3 3/4". Serve immediately.

Critical Control Point: Hold at 140° F or higher.

Notes

CACFP Crediting Information:

1 piece provides 2 oz. equivalent meat alternate and 1/4 cup vegetable.

Variations:

Swiss, cheddar, or ricotta cheese are great substitutes for the feta.

Chef Tips:

Before whisking, puncture each egg yolk with a fork to make whisking faster and easier.

It is very important to squeeze moisture from the spinach to obtain optimal firmness, texture, and color in your egg bake.

For a quantity recipe that yields 25 or 50 servings see:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/spinach-egg-bake>.

Source: Team Nutrition: Adapted from CNPP Cultural Recipes.



Squish Squash Lasagna

Prep time: 30 minutes

Cook time: 1 hour 35 minutes

Makes: 6 Servings

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

Ingredients

1/4 teaspoon canola oil

3/4 cup Fresh onions, peeled, diced

2 teaspoons Fresh garlic, minced

1 1/2 cups Canned low-sodium diced tomatoes

1/4 teaspoon dried oregano

1/4 teaspoon dried thyme




1/4 teaspoon dried basil

Nutrition Information

Nutrients	Amount
Calories	175
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	8 mg
Sodium	83 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	2 IU
Calcium	148 mg
Iron	1 mg
Potassium	275 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	3/4 cup
	Grains	1 ounce
	Dairy	1/2 cup

8 Whole-wheat lasagna sheets, no boil, 3 1/2" x 7" sheets

1 1/4 cups Fresh spinach, julienne cut "shoestring strips"
1/8"

1 Fresh medium butternut squash, peeled, seeded, sliced
1/4" (1 medium)

3/4 cup Low-fat mozzarella cheese, low moisture, part
skim, shredded (3 oz)

Directions

1. Preheat oven to 350 °F.
2. Heat canola oil in a medium pot over medium-high heat. Add onions, and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally. Add ½ cup water. Mix well.
3. Divide sauce into 3 equal parts (about ¾ cup each) and set aside for step 6.
4. Place pasta sheets in a bowl filled with hot water for 5 minutes. Remove sheets as needed to assemble lasagna.
5. Spray bottom and sides of an 8" x 8" nonstick baking pan with nonstick cooking spray.
6. To Assemble:
 - a. Place 4 lasagna sheets overlapping, covering the bottom of the pan
 - b. Cover evenly with about ¾ cup tomato sauce
 - c. Spread half of the spinach (about ¾ cup) evenly over sauce
 - d. Place 11 slices of squash on top of spinach, slightly overlapping
 - e. Repeat layering steps a-d
 - f. Cover with remaining sauce (about ¾ cup)Cover tightly with aluminum foil and bake at 350 °F for 50 minutes or until squash is fork-tender.
7. Remove lasagna from oven. Sprinkle cheese evenly over top.

8. Bake uncovered for 5 minutes or until cheese melts and browns slightly.
9. Remove lasagna from oven and allow to rest for 15 minutes before serving.
10. Cut into 6 even pieces. Serve hot.

Notes

Our Story

The team from Liberty Elementary School wanted to create a tasty recipe that would be enjoyed by kids. They started the recipe development process by sending survey questions to students in 4th and 5th grades. With feedback from students, they developed Squish Squash Lasagna. This tantalizing dish features butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin that children are sure to enjoy. After sampling the Squish Squash Lasagna recipe, many students returned for second helpings. That's when the team knew that the Squish Squash Lasagna recipe was a hit. Give your kids some excitement by serving this mouthwatering main dish at mealtime!

Liberty Elementary School

Powell, Ohio

School Team Members

School Nutrition Professional: Jackie Billman

Chef: Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

Community Members: Nicole Hancock and Michelle Lounsbury

Students: Tori L., Alexis H., Leah L., and Buddy F.

Source: Recipes for Healthy Kids Cookbook for Homes



Stir-Fry Fajita Chicken, Squash, and Corn

Prep time: 30 minutes

Cook time: 1 hour

Makes: 6 Servings

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

Ingredients

1 3/4 cups Brown rice, long-grain, regular, dry

1 1/2 teaspoons Salt-free chili-lime seasoning blend

1/4 teaspoon Granulated Garlic

1 tablespoon Fresh cilantro, chopped

2 tablespoons canola oil




1 cup Fresh onions, peeled, diced

Nutrition Information

Nutrients	Amount
Calories	396
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	62 mg
Sodium	574 mg
Total Carbohydrate	59 g
Dietary Fiber	7 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	20 g
Vitamin D	0 IU
Calcium	58 mg
Iron	2 mg
Potassium	382 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	1 ounce
	Protein Foods	1 1/2 ounces

4 cups Cooked fajita chicken strips (16 oz)

3 1/2 cups Fresh butternut squash, peeled, seeded, diced
1"2"

1/2 cup Fresh red bell peppers, seeded, diced

1 cup Frozen corn, thawed

1/2 cup Canned diced green chilies

1/2 cup Canned low-sodium diced tomatoes

1/2 teaspoon ground black pepper

3/4 teaspoon ground cumin

1/4 teaspoon garlic powder

Directions

1. Combine brown rice and 4 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Sprinkle with ½ tsp salt-free seasoning blend, granulated garlic, and cilantro. Mix well. Keep warm. A rice cooker may be used with the same quantity of brown rice and water.
 2. Heat canola oil in a large skillet or a wok. Cook onions for 2 minutes or until translucent.
 3. Add chicken, squash, and remaining salt-free seasoning blend. Stir-fry over high heat for 10 minutes or until squash is tender.
 4. Add red peppers, corn, green chilies, tomatoes, pepper, cumin, and garlic powder. Stir-fry over medium-high heat for no longer than 2 minutes so vegetables will remain crunchy. Do not overcook. Reduce heat to low and let simmer 2 minutes.
- Serve hot.

Notes

Our Story

On the Navajo Indian Reservation in Arizona, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes. The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the sweet flavor of butternut squash with onions, corn, red peppers, and diced chilies brought together with a blend of spices and diced tomatoes. Stir-Fry Fajita Chicken, Squash, and Corn uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

Monument Valley High School

Kayenta, Arizona

School Team Members

School Nutrition Professional: Cathy Getz

Chef: Paul Gray (Head Cook, Anasazi Inn)

Community Members: Samantha J. Interpreter, RD, Lieutenant United States Public Health Service RDF-5 and Mike Williams

Students: Kevin B. and Brett B.

Source: Recipes for Healthy Kids Cookbook for Homes



Tasty Tots

Prep time: 30 minutes

Cook time: 35 minutes

Makes: 36 Tots

A healthy, kid-friendly alternative to traditional ‘fried’ potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).

Ingredients

5 cups Fresh sweet potatoes, peeled, coarsely shredded

2 1/3 cups canned low-sodium garbanzo beans (chickpeas), with liquid

1/2 cup Fresh green onions, finely chopped

2 tablespoons vegetable oil

1/2 teaspoon salt

1/2 teaspoon Granulated Garlic


1/4 teaspoon ground black pepper

Nutrition Information

Nutrients	Amount
Calories	172
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	377 mg
Total Carbohydrate	28 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	0 IU
Calcium	46 mg
Iron	1 mg
Potassium	499 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables 3/4 cup

1/2 teaspoon onion powder

1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Source: Recipes for Healthy Kids Cookbook for Homes



The Charger Wrap

Prep time: 30 minutes

Makes: 6 Servings

Ingredients

1 1/2 cups Chicken breast, cooked and chopped

1 teaspoon lemon pepper

6 8" Whole grain flour tortillas

1 1/2 cups Romaine lettuce, chopped

6 tablespoons green peppers, diced

3/4 pound tomatoes, diced

3/4 pound Lowfat mozzarella cheese, shredded

Directions

1. Place chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.

2. Place a whole grain tortilla wrap on working surface.
3. Top each wrap with: 2 oz chicken, .25 cup romaine lettuce, 1 Tbsp green peppers, 3 Tbsp tomatoes. Garnish with .5 Tbsp mozzarella cheese.
4. Roll the "Charger Wrap" and serve.

Notes

Serving Size: 1 wrap

Source: Beavercreek City Schools (Recipes for Healthy Kids Competition)



Verry Veggie Pizza

Prep time: 30 minutes

Cook time: 15 minutes

Makes: 6 Servings

Ingredients

1 1/4 cups Non Fat Yogurt

4 teaspoons All Purpose Herb Seasoning

1 cup Black Beans, Soaked, Drained

1 crust WG-16" Pre-Made Pizza Crust

4 cups Mozzarella cheese, low-fat, shredded

2 cups carrots, shredded

3/4 cup Cucumber, Chopped

8 tablespoons red bell pepper, chopped

1 cup broccoli, chopped

Directions

1. In a bowl, blend the yogurt and herb seasoning. Set aside.
2. In another bowl, smash the black beans, then stir into the yogurt mixture. Set aside.
3. Place the whole grain pizza dough on a parchment paper covered 18"x26" baking sheet. Bake for 15 minutes in a 375 degree F oven until crust is golden brown, cool the crust.
4. Spread 2 1/4 cups of the yogurt/bean mixture on the crust.
5. Evenly distribute the cheese and all vegetables toppings.
6. Cut into 6 slices and serve.

Notes

Serving Size: 1 slice

Source: Beavercreek City Schools (Recipes for Healthy Kids Competition)