



United States Department of Agriculture

What's? Cooking

USDA MIXING BOWL

Cookbook

Fixing Funky Foods Recipes

FCS Lesson 2017

By Robin Eubank, Barber County Extension Agent

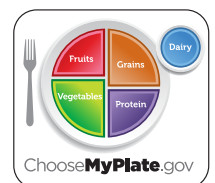


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Apple, Fennel & Chicken Salad with Couscous

Prep time: 30 minutes

Makes: 4 Servings

A refreshing, crunchy, sweet-savory salad featuring a play of fresh chopped apples, fennel and chicken breast blended with whole wheat couscous and spinach, then topped with lemon balsamic vinaigrette.

Ingredients

- 12 ounces** boneless chicken breast (2-3 breasts)
- 3 tablespoons** olive oil (divided)
- 1 cup** whole wheat couscous
- 2** medium red apples
- 1 tablespoon** lemon juice (divided)
- 1** fennel bulb
- 1 tablespoon** balsamic vinegar
- 1 tablespoon** sugar
- 1/4 teaspoon** salt
- 1/8 teaspoon** ground black pepper
- 3 1/2 cups** Fresh Baby Spinach (about 3.5 cups)
- 1/8 cup** walnuts (chopped, may use pecans or almonds)

Directions

1. Slice chicken breasts crosswise into 1/2" strips.
2. Heat 1 tablespoon olive oil in large skillet over medium heat.
3. Add chicken, cook 8-10 minutes until done, stirring occasionally, remove from heat.
4. While chicken is sautéing, cook couscous according to package directions, let cool.
5. Core and chop apples, place in large bowl; toss with 1 tablespoon lemon juice.
6. Chop fennel bulb (discarding stem and fronds) and add to



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	440	
Total Fat	16 g	25%
Protein	25 g	
Carbohydrates	56 g	19%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	260 mg	11%

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	1 cup
Vegetables	1 cup
Grains	3 ounces
Protein Foods	2 1/2 ounces

bowl.

7. In a small bowl, whisk remaining oil and lemon juice with balsamic vinegar, sugar, salt, and pepper.
8. Add chicken, couscous, spinach, and nuts to bowl with apples and fennel.
9. Drizzle with dressing, toss to coat, and serve.
0. Can be made several hours ahead and refrigerated.

Notes

Weekly Menu Planning Tip : When you are planning a dinner with chicken, cook up extra chicken breast and refrigerate for later use with another recipe.

Serve with 8 oz. non-fat milk.

Produce for Better Health Foundation

Asian Mango and Chicken Wraps

Prep time: 30 minutes

Makes: 4 Servings

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Dinner's ready in 30 minutes, or make ahead for a tasty portable lunch.

Ingredients

- 2 ripe mangos (peeled, pitted, and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas (8")

Directions

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	440	
Total Fat	12 g	18%
Protein	29 g	
Carbohydrates	57 g	19%
Dietary Fiber	9 g	36%
Saturated Fat	2.5 g	13%
Sodium	570 mg	24%

MyPlate Food Groups

Fruits	1 cup
Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	2 1/2 ounces

4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; keeps well overnight.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk.

Avocado Breakfast Bruschetta

Prep time: 20 minutes

Makes: 4 Servings

Start your day with a breakfast twist on classic bruschetta: avocados, tomato, hard-boiled egg, and ricotta with basil atop toasted rustic whole-grain bread.

Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup** chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup** ricotta cheese (reduced-fat)
- cracked black pepper to taste

Directions

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil.

Notes

Serving Suggestions: Serve with an 8-oz glass of fat-free

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	315 unknown	
Total Fat	13 g	20%
Protein	15 g	
Carbohydrates	36 g	12%
Dietary Fiber	6 g	24%
Saturated Fat	3 g	15%
Sodium	434 mg	18%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	1 ounce
Dairy	1/4 cup

(skim) milk.

Brussels Sprouts with Mushroom Sauce

Makes: 2 servings

Ingredients

- 2 cups** brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)
- 1/2 cup** chicken broth, low-sodium
- 1 teaspoon** lemon juice
- 1 teaspoon** brown mustard (spicy)
- 1/2 teaspoon** thyme (dried)
- 1/2 cup** mushroom (sliced)

Directions

1. Trim brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	45	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	8 g	3%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	64 mg	3%

MyPlate Food Groups

Vegetables	1 cup
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Bulgur Chickpea Salad

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 1 1/4 cups water
- 1 cup bulgur (coarse, available in bulk from natural foods stores)
- 1 teaspoon dried parsley
- 1 teaspoon minced onion
- 1 teaspoon soy sauce
- 1/2 cup scallions (chopped, green onions)
- 1/2 cup raisins
- 1/2 cup carrot (chopped)
- 3/4 cup canned chickpeas (garbanzo beans, drained and rinsed)
- 2 tablespoons oil
- 2 tablespoons lemon juice
- 1 tablespoon soy sauce
- 1 garlic clove (minced)
- black pepper (to taste)

Directions

1. Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well. Pour over bulgur mixture and mix well.
4. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	33 g	11%
Dietary Fiber	6 g	24%
Saturated Fat	0.5 g	3%
Sodium	320 mg	13%

Cannon's California Rolls

Makes: 7 Servings

“Cannon created this recipe because he loves eating fruits, vegetables, lean protein, and whole grains,” says Cannon’s mom, Amanda. “He couldn’t always eat whole grains because of a rare food allergy that he’s since outgrown. Cannon also has a very rare genetic disorder called Mosaic Trisomy 14 and Uniparental Disomy 14, so eating healthy and exercising is a top priority for us! Cannon has been making this recipe for a little over a year, changing things along the way. Living in California, we are so lucky to have a variety of fruits and veggies that are easily accessible.”

Ingredients

- 1 **teaspoon** salt
- 2 fresh lemons, juiced
- 1 **1/2 pounds** chicken tenders
- 1 avocado, peeled, pitted, and thinly sliced
- 1/2 cup** low-fat Greek yogurt
- 1/2 cup** toasted sliced almonds
- 1/4 cup** raisins
- 1 apple, peeled, cored, and chopped
- 2 **teaspoons** chia seeds
- 1 celery stalk, finely chopped
- 2 green onions, peeled and thinly sliced
- 8 whole-wheat tortillas or thin, wide slices of cucumber

Directions

1. **In a large stockpot**, combine 4 cups of water with ½ teaspoon salt and the juice from 1½ lemons. Bring to a boil over medium-high heat and add the chicken. Cover with a lid, reduce heat, and simmer for 10 minutes or until the chicken is cooked through. Drain the water and shred the chicken.



Nutrition Information

Nutrients	Amount
Calories	389
Total Fat	16 g
Saturated Fat	4 g
Cholesterol	62 mg
Sodium	638 mg
Total Carbohydrate	31 g
Dietary Fiber	8 g
Total Sugars	8 g
Added Sugars included	N/A

2. **Meanwhile, in a large bowl**, combine the avocado with the Greek yogurt. Add the almonds, raisins, apple, chia seeds, celery, green onions, and remaining lemon juice and salt. Add the chicken and mix well.

3. **Dividing evenly**, spread the chicken mixture on a tortilla or in the cucumber slices and roll up. Slice the tortilla into bite--sized pieces or secure the cucumbers with a toothpick. Serve with grapes or your favorite fruit or veggie!

The 2016 Healthy Lunchtime Challenge Cookbook

Couscous with Peas and Onions

Makes: 4 servings

Ingredients

- 1 cup** onion (finely chopped)
- 1/2 teaspoon** sage (ground)
- 1 teaspoon** olive oil
- 1 1/3 cups** water
- 1 cup** green peas (frozen)
- 1 cup** couscous
- 1/2 teaspoon** salt (optional)

Directions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

Notes

Serve with lemon wedges or balsamic vinegar.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	1.5 g	2%
Protein	7 g	
Carbohydrates	37 g	12%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	45 mg	2%

Easy Mango Salsa

Prep time: 10 minutes

Makes: 4 Servings

Ingredients

- 1 mango (peeled and chopped)
- 1/4 cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1-2 Tablespoons)

Directions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Iowa Department of Public Health. Iowa Nutrition Network.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	0 g	0%
Protein	0 g	
Carbohydrates	11 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	2 mg	0%

MyPlate Food Groups

Fruits	1/4 cup
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Fruit Salad with Jicama

Rating: ★★★★★

Makes: 7 servings

Ingredients

- 3 cups jicama, sliced (small)
- 2 cups watermelon (cut into pieces)
- 1 mango
- 1 papaya (small)
- 1 lime
- 2 kiwi
- 1 teaspoon lime or orange juice
- 1/4 teaspoon salt
- 1/4 teaspoon chili powder

Directions

1. Wash, peel, and cut the jicama into thin slices.
2. Wash, peel, and cut the rest of the fruit into slices or medium sized pieces.
3. On a large plate, arrange the fruit. Sprinkle the lime or orange juice over the fruit.
4. In a small bowl, mix the salt and chili powder. Sprinkle over the fruit and serve.
5. Refrigerate leftovers within 2 hours.

Oregon State University Cooperative Extension Service, Pictorial R Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	77	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	19 g	6%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	91 mg	4%

MyPlate Food Groups

Fruits	3/4 cup
Vegetables	1/2 cup

Grilled Chicken Salad with Garden Green, Arugula, and Baby Spinach & Herb Sherry Vinaigrette

Rating: ★★★★★

Makes: 6 Servings

Straight from the White House kitchen to you! A refreshing vinaigrette completes this crisp garden salad topped with herb-marinated chicken.

Ingredients

- 2 pounds** assorted seasonal garden greens (arugula and baby spinach, about 22 cups)
- 6** chicken breasts (6 ounces each)
- 1 tablespoon** thyme
- 1** lemon zest
- 2 tablespoons** chives, chopped (about 6 sprigs)
- salt and pepper to taste

For the vinaigrette:

- 1 cup** sherry vinegar
- 2** lemons (juiced)
- 1** shallot (finely minced)
- 1 tablespoon** oregano (chopped)
- 1 tablespoon** basil (chopped)
- 1 cup** extra virgin olive oil
- 2 tablespoons** honey



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	551	
Total Fat	40 g	62%
Protein	36 g	
Carbohydrates	11 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	6 g	30%
Sodium	300 mg	13%

MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	4 ounces

Directions

1. Place all ingredients in a bowl except olive oil.
2. Slowly whisk olive oil into mixture until emulsified. Chill.
3. Wash lettuce.
4. Marinate chicken with herbs, lemon zest and olive oil.
5. Season with salt and pepper and grill.

Healthy Recipes from the White House to You

Healthy Vegetable Fried Quinoa

Makes: 4 Servings

"One night at dinner we had leftover quinoa and a garden full of vegetables and came up with this dinner. I liked it so much that I wanted the leftovers in my lunch the next day and even requested it for my birthday dinner," says Joshua. "I would serve orange slices with mango Greek yogurt to have all the food groups represented from ChooseMyPlate."

Ingredients

- 2 cups** quinoa (rinsed)
- 1 tablespoon** safflower oil
- 1 tablespoon** grated fresh ginger
- 1 clove** garlic (minced)
- 1 cup** diced carrots
- 1/3 cup** snow peas (about 6 snow peas)
- 1 cup** baby bok choy
- 2 cups** kale (stems removed, and torn into small pieces)
- 4 tablespoons** minced fresh chives
- 2 large** eggs (or 1/2 cup egg substitute)
- 1 tablespoon** reduced-sodium soy sauce

Directions

1. In a medium saucepan, cook the quinoa according to the package directions.
2. While the quinoa is cooking, in a large sauté pan or wok over moderately high heat, warm the oil. Add the ginger and garlic and sauté, stirring, for 1 minute.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	333	
Total Fat	9 g	14%
Protein	16 g	
Carbohydrates	51 g	17%
Dietary Fiber	9 g	36%
Saturated Fat	1.5 g	8%
Sodium	319 mg	13%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 1/2 ounces
Protein Foods	1/2 ounce

3. Add the carrots, snow peas, bok choy, kale, and chives and continue cooking, stirring occasionally, until tender, about 5 minutes.

4. Add the cooked quinoa and stir to combine. Add the eggs and continue to cook, stirring, until scrambled, about 3 minutes.

5. Add the soy sauce and continue to cook, stirring, for 1 minute. Serve hot.

Notes

State: Montana

Child's Name: Joshua Garrigues, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

Hummus

Prep time: 20 minutes

Makes: 6 Servings

Ingredients

- 2 cups** garbanzo beans ((chickpeas) cooked)
- 2 cloves** garlic (minced)
- 1/4 cup** lemon juice
- 1 tablespoon** sesame tahini ((sesame paste) or substitute peanut butter for a sweet taste)
- 2 tablespoons** olive oil

Directions

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

Notes

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

Simple Healthy Recipes ONIE Project - Oklahoma Nutrition Information and Education

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	157	
Total Fat	8 g	12%
Protein	6 g	
Carbohydrates	18 g	6%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	138 mg	6%

MyPlate Food Groups

Vegetables	1/4 cup
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Kale with Nuts and Raisins

Makes: 5 Servings

Ingredients

1/4 cup nuts, chopped
2 tablespoons vegetable oil
2 cloves garlic, chopped
1 bunch kale, stems removed and chopped
1/2 cup raisins
salt (optional, to taste)

Directions

1. Heat oven to 350°F.
2. On a baking sheet, toast nuts for 5 minutes.
3. Heat oil in frying pan on medium heat.
4. Add garlic and kale to frying pan and cook for 4 minutes.
5. Add raisins and nuts and cook for 1 minute more.
6. Add salt to taste (optional)

Notes

Walnuts used for costing and nutrition analysis.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	10 g	15%
Protein	4 g	
Carbohydrates	20 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	30 mg	1%

Lentils of the Southwest

Makes: 6 Servings

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a “salsa flavor” that kids are sure to love.

Ingredients

- 1/2 cup** Lentils, green or brown, dry
- 1 teaspoon** extra virgin olive oil
- 2 tablespoons** Fresh onions, peeled, diced
- 1 teaspoon** Fresh garlic, minced
- 1 teaspoon** ground cumin
- 1 teaspoon** Ground red chili pepper
- 1/2 teaspoon** chili powder
- 1/2 cup** Canned low-sodium diced tomatoes
- 1/2 teaspoon** salt
- 2 tablespoons** Fresh cilantro, chopped

Directions

1. In a small pot, combine the lentils and 1 ¼ cups water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 minutes.
2. Heat olive oil in a medium skillet. Add onions and garlic. Cook for 3-5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 minutes.
3. Add onion/garlic mixture to cooked lentils. Add ¼ cup plus 2 tablespoons water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for 20 minutes.
4. Just before serving stir in cilantro. Serve hot.

Notes

Our Story

With the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	69	
Total Fat	0.92 g	
Protein	5 g	
Carbohydrates	11 g	
Dietary Fiber	4 g	
Saturated Fat	0.11 g	
Sodium	142 mg	

MyPlate Food Groups

Vegetables	1/4 cup
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education each year to elementary school students in public schools, the Sweeney Elementary School recipe challenge team came together to create this delicious dish.

Lentils have so much potential for meals. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty main dish. The team is very happy that their recipe was chosen as a winner to be represented in the cookbook.

Sweeney Elementary School

Santa Fe, New Mexico

School Team Members

School Nutrition Professional: Judi Jacquez (Director, Student Nutrition Services)

Chef: Rocky Durham

Community Members: Jane Stacey (Program Director, Cooking with Kids) and Anna Farrier (Community Liaison, Cooking with Kids)

Students: Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

1 cup provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate.

OR

Legume as Vegetable: ¼ cup legume vegetable.
Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Mediterranean Quinoa Salad

Rating: ★★★★★

Prep time: 1 hour, 0 minutes

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



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	166	
Total Fat	6 g	
Protein	7 g	
Carbohydrates	23 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	278 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce

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.

Recipes for Healthy Kids Cookbook for Homes

Pan Roasted Tilapia with Tomatillo Salsa

Cook time: 40 minutes

Makes: 4 Servings

Tilapia fillets are pan-fried until golden brown and served with a fresh salsa made from roasted tomatillos, serrano peppers, lime, and cilantro.

Ingredients

- 1 pound** tomatillos
- 1/2 cup** yellow onion (peeled and finely chopped)
- 2** serrano or other chiles (finely chopped)
- 3 cloves** garlic (peeled and minced)
- 3 teaspoons** vegetable oil
- 1/4 teaspoon** Kosher salt
- 1 tablespoon** Fresh lime juice (about 1/2 lime)
- 1/4 cup** fresh cilantro leaves (chopped)
- 4** tilapia fillets (patted dry with a paper towel, any inexpensive white fish can be used)

Directions

1. Preheat the oven to 450 degrees
2. To make the tomatillo salsa: (Canned tomatillo salsa can be used instead of fresh)
3. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	181	
Total Fat	6 g	9%
Protein	23 g	
Carbohydrates	9 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	196 mg	8%

MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	2 1/2 ounces

4. Place the husked tomatillos, onion, chilies, garlic, and 1 teaspoon oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
5. Transfer the mixture to the blender; add the salt, lime juice, and cilantro and puree.

To cook the tilapia:

1. Place the skillet on the stove over high heat and when it is hot, carefully add 2 teaspoons oil.
2. Put the tilapia fillets in the pan, waiting about 30 seconds between additions. Cook about 5–6 minutes, until golden brown on both sides.
3. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.

USDA Center for Nutrition Policy and Promotion

Roasted Root Vegetables

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrot (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese

Directions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	260	
Total Fat	15 g	23%
Protein	5 g	
Carbohydrates	30 g	10%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	150 mg	6%

Simple Green Smoothie

Makes: 2 Servings

Ingredients

- 1 cup kale or spinach
- 1 banana, medium
- 1 cup low fat milk (or optional coconut milk or almond milk)
- 1 cup plain yogurt
- 1 apple, medium (cored and sliced)
- 1 cup frozen fruit (all one fruit or a combination of mixed frozen fruit)
 - flax seeds, 1 Tablespoon (optional)
 - chia seeds, 1 Tablespoon (optional)

Directions

1. In a blender, blend the kale or spinach and the liquid of your choice.
2. Add in the rest of the ingredients, blending after each item.
3. Serve and enjoy, cold.
4. Reserve the leftover smoothie in the refrigerator for later in the day or the next day.

Notes

Consume within 24 hours.

Northern Valley Catholic Social Service

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	278	
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Total Fat	6 g	
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Protein	11 g	
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Carbohydrates	50 g	
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Dietary Fiber	7 g	
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Saturated Fat	3 g	
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Sodium	120 mg	
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*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	1 3/4 cups
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Vegetables	1/4 cup
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Dairy	1 cup
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Skinny Pizza

Prep time: 30 minutes

Makes: 4 Servings

Next time they ask for pizza, you can feel good about saying "yes!" Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese, and lots of fresh veggies.



Ingredients

- 4 6" flour tortillas
- 1/2 teaspoon extra virgin olive oil
- 2 cups sliced mushrooms (white button or baby Portobello)
- 1 green bell pepper (thinly sliced, about 1 cup)
- 1 red onion (thinly sliced, about 1 cup)
- 2 teaspoons minced garlic
- 1/2 cup low-sodium tomato sauce
- 1/2 cup shredded fat-free mozzarella cheese
- 2 teaspoons grated reduced-fat Parmesan cheese

Directions

1. Heat oven to 400 degrees Fahrenheit.
2. Place tortillas on 2 large baking sheets.
3. Cook, flipping once, until crisp, about 10 minutes, set aside.
4. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions, and garlic.
5. Cook until all vegetables are soft and tender, about 10 minutes, set aside.
6. Spread tortilla crust with 2 tbsp tomato sauce, 1/4 cup vegetable mixture, 2 tbsp mozzarella cheese and 1/2 tsp of Parmesan cheese; repeat with remaining crusts and

topping ingredients.

7. Transfer pizzas to same baking sheets.
8. Cook until cheese is melted and edges of tortillas are golden brown, about 10 minutes.

Notes

MyPlate Tip: Personalized pizzas. Set up a pizza-making station in the kitchen. Use low-fat cheese and cut up vegetables or fruits for toppings. Let kids choose their own favorites then pop pizzas into the oven to cook.

Serving Suggestions: Serve with Avocado and Grapefruit Salad for a surprisingly refreshing meal.

The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking

Slow Cooker Lentil Soup

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 6 cups** water
- 1/4 cup** parsley (chopped fresh, or 2 Tablespoons dried parsley optional)
- 2 teaspoons** beef bouillon (or 2 cubes beef bouillon)
- 1 1/2 cups** lentils (dry)
- 2** carrot (medium, sliced)
- 1** onion (medium, chopped)
- 2** celery stalk (sliced)

Directions

1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
3. Serve hot with crackers or bread.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	0.5 g	1%
Protein	13 g	
Carbohydrates	34 g	11%
Dietary Fiber	16 g	64%
Saturated Fat	0 g	0%
Sodium	50 mg	2%

Strawberries, White Bean, and Edamame Salad

Prep time: 30 minutes

Makes: 4 Servings

A flavorful, enticing, mix of fresh strawberries, white beans, and edamame in a light vinaigrette, nested on a baby spinach and topped with crumbled feta cheese.

Ingredients

1 1/2 cups strawberries
1 1/2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
1/4 cup apple juice
1/4 teaspoon salt
1/8 teaspoon pepper

1 1/2 cups shelled edamame
15 ounces canned low sodium white beans (drained and rinsed)
1/2 cup red onion (chopped)
2 tablespoons chopped fresh basil
1/2 cup crumbled feta cheese
6 cups baby spinach

Directions

1. Cook edamame according to package directions, while



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	270	
Total Fat	10 g	15%
Protein	14 g	
Carbohydrates	30 g	10%
Dietary Fiber	10 g	40%
Saturated Fat	2 g	10%
Sodium	350 mg	15%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	2 3/4 cups
Dairy	1/4 cup

preparing remaining ingredients.

2. Rinse under cool water and drain.

3. In a small bowl, whisk vinaigrette ingredients.

4. In a medium bowl, toss all ingredients except spinach and vinaigrette.

5. Serve on individual plates by nesting strawberry, white bean and edamame mix atop spinach.

6. Drizzle with dressing.

Tangy Jicama Slaw

Makes: 6 Servings

Ingredients

- 2 cups** jicama, peeled and chopped
- 1 can** mandarin oranges, canned in light syrup (11 ounces)
- 1 1/2 tablespoons** lime juice (juice of one lime)
- salt (to taste, optional)
- cilantro (optional)

Directions

1. Cut the jicama in half so you have a flat side for stability.
2. Peel the jicama using a small sharp knife.
3. Cut the jicama in small strips or grate it using a large hand grater.
4. Stir all the ingredients together in a bowl and enjoy.

Iowa Department of Public Health. Iowa Nutrition Network.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	49	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	12 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	5 mg	0%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/4 cup