Chapter 5
Recipes
Preheat oven to 350°

1. Oil muffin tins or use paper muffin-cup liners.
2. Whisk eggs, sugar and oil in a medium bowl. Stir in zucchini or carrots.
3. Mix flour, baking powder, baking soda, cinnamon and salt in a large bowl.
4. Add wet ingredients to dry ingredients and stir until combined.
5. Fill muffin tins 2/3 full.
6. Bake until muffins are golden brown and a knife inserted in the center comes out clean, about 20-30 minutes.
7. Cool in pan 10 minutes. Remove muffins from tin and cool.

Options:
• At Step 3, add ½ cup chopped walnuts or ½ cup raisins.
• At Step 3, add additional spices such as ½ teaspoon of ground ginger, nutmeg or cloves.

Zucchini or Carrot Muffins

Yield: 12-15 Muffins

2-3 teaspoons oil, as needed
2 large eggs
⅛ cup brown sugar, packed
⅛ cup vegetable oil
2 cups grated zucchini or carrots (about 2 small zucchini or 4 medium carrots)
2 cups whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon salt

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Skill Levels

Levels are based on the following skills:

Beginning
- Pour
- Measure
- Spread
- Mix
- Tear leafy vegetables
- Open cans (be careful of sharp edges)
- Rinse
- Crumble
- Peel with a vegetable peeler
- Easy slicing and chopping such as bananas, cucumbers, summer squash, celery and potatoes

Intermediate
- Pre-cook basic ingredients such as grains, rice, potatoes, beans
- Perform more difficult slicing and chopping tasks, such as onions, cabbage, tomatoes, grapes and citrus
- Peel with a knife
- Grate
- Roll dough
- Use heat—ovens, microwave, toaster oven, stove top
- Handle hot dishes with potholders
- Use blender or food processor
- Use meat thermometer

Challenge Yourself
- Requires sustained attention
- Stir while adding new ingredients
- Bread-making skills—kneading, tucking, folding
- Making more complicated recipes

Mixing Levels - Working Together

Two cooks of different levels working together make cooking easier, faster, and way more fun.

Steps that are for advanced cooks can be done ahead of time, then beginners can attempt the easier steps by themselves. Supervised beginners can complete many intermediate-level recipes.

Basic ingredients (see pages 54-66) can be precooked and saved in the refrigerator or freezer.

Chopped items needing more advanced knife skills (see page 43) can be prepped and stored in the refrigerator.

And of course, the best way to move a beginning cook up a level is to have a more advanced cook supervise while the beginner tries things never before attempted.

Measurements

Dry
- Dash = \( \frac{1}{8} \) teaspoon or less
- 3 teaspoons = 1 tablespoon
- 2 tablespoons = \( \frac{1}{8} \) cup
- 4 tablespoons = \( \frac{1}{4} \) cup
- 8 tablespoons = \( \frac{1}{2} \) cup
- 5 tablespoons + 1 teaspoon = \( \frac{1}{8} \) cup
- 16 tablespoons = 1 cup
- 16 ounces = 1 pound

Liquids
- 1 fluid ounce = 2 tablespoons liquid
- 8 fluid ounces = 1 cup
- 2 cups = 1 pint
- 2 pints = 1 quart
- 4 quarts = 1 gallon
Reducing Bean Farts

Beans are infamous for their ability to cause our bodies to make gross sounds and smells. Many people aren’t affected, but this information is for those who are.

Yogurt or kefir, which contain active probiotics (beneficial bacteria), aid in digestion when eaten along with the beans.

When using canned beans, rinse them multiple times.

Although pouring off the soaking liquid may help reduce gas, it also gets rid of many nutrients. Longer cooking times may also reduce gas but there are differences of opinion on both of these ideas.

When cooking dry beans:

- Depending on the recipe, add any of the following spices or herbs to the cooking water, as they help reduce gas: cumin, coriander, caraway, turmeric, epazote (found at most Latino supermarkets) and kombu (found at many Asian markets).
- Cook beans slowly over low heat until done. Can take up to 5 hours. Slow cookers are great tools for this.

Options:

- Use beans immediately or let cool before storing. Store cooled beans in an airtight container in the refrigerator up to 5 days.
- Make a double or triple batch. Scoop beans into freezer-safe containers in 1-2 cup portions with enough liquid to cover beans. Store in freezer up to 3 months, after which they will lose flavor and get mushy.

Cooking Beans

Yield: 2-2½ cups

Beans are the cheapest source of healthy, environmentally responsible protein in the world. Cooking dry beans rather than using canned requires planning, but it saves money, reduces sodium intake and reduces waste. All beans except lentils, split peas and mung beans need soaking first.

1 cup dry beans
3-4 cups water for cooking

1. Remove shriveled beans and small stones. Rinse in cold water in a strainer.

2. To soak beans:
   - For overnight soak, put rinsed beans in a large pot, cover with two inches of water, and let sit 8 hours or more.
   - For a shorter soak, cover beans with 1-2 inches of water and boil for one minute. Turn off the heat, cover, and let sit for at least one hour.

3. Drain off the soaking liquid. This liquid contains the starches that give you gas.

4. Add fresh water to about 1 inch above the beans. Do not add salt. Bring to a boil. Reduce heat to medium-low, cover pot, and simmer until the beans are as soft as you want them (up to 3 hours). Check pot occasionally to make sure water has not evaporated. Drain off water. Beware: Undercooked beans are harder for the body to digest and cause flatulence (farts). Beans are fully cooked when you can mash them easily with a fork.

Options:

- Use beans immediately or let cool before storing. Store cooled beans in an airtight container in the refrigerator up to 5 days.
- Make a double or triple batch. Scoop beans into freezer-safe containers in 1-2 cup portions with enough liquid to cover beans. Store in freezer up to 3 months, after which they will lose flavor and get mushy.
Scrambled and Hard-cooked Eggs

For Scrambled Eggs:
1. Crack eggs on side of a bowl, then carefully pull the shell apart over the bowl. Whisk eggs.
   Tip: Eggshell sticks to itself. Use a larger shell piece to remove unwanted shell.
2. Heat butter at medium heat to coat a skillet. When butter is melted, pour in the eggs.
3. Lower the heat and stir the eggs with a wooden spoon until they’re firm but still moist.
   Options:
   • Make eggs fluffier by adding a tablespoon of milk or water per egg.

For Hard-cooked Eggs:
1. Choose eggs that are several days old; they are easier to peel.
2. Place eggs in cold water and bring water to a full boil. Cover pot with lid and cook for 10 minutes.
3. Pour off boiling water. Cover with cold water to cool.
4. Store eggs up to a week with the shell on. Mark “H” on the shell to indicate hard-cooked.

Eggs are a versatile, inexpensive and healthy protein. Scrambled eggs are common to many Asian-inspired lunches, such as Fried Rice. (See page 95.) Whole hard-cooked eggs are great in lunches.

Egg safety: Cook eggs thoroughly, which kills bacteria such as salmonella. Keep eggs refrigerated after cooking.
Rice and Quinoa

Yield: 2 cups cooked rice or quinoa

White rice has been milled; brown rice is the whole rice grain with nothing milled out. Check the bulk bin label or package for specific cooking directions.

Quinoa (pronounced “KEEN-wah”) is a seed from the Andes Mountains. It has a higher protein content than any grain. It is a delicious healthy substitute for rice and other grains in many dishes.

Different varieties of rice have slightly different cooking times and yields. Rice and quinoa are forgiving. If you get to the end of the cooking time and the rice isn’t cooked, add some more water and cook for a few more minutes.

1. Rinse and drain rice or quinoa, to eliminate starch from rice or to remove bitter saponin (outer layer) from quinoa.
2. Add rice or quinoa to a pot with the water. Bring to a rolling boil, reduce heat to low and cover with a tight fitting lid.
4. Check rice or quinoa and continue cooking, if necessary. Remove from heat. Let steam for 10-15 minutes. Fluff with a fork.
5. Use immediately or let cool and place in an airtight container. Store in refrigerator up to 3 days.

Options:
• For richer flavor, substitute broth for water.
• Sauté rice, onions or garlic in oil in the pot before adding liquid.
• Cook rice in the microwave in a covered glass or ceramic dish. Check your microwave instructions for cook time and power level, as microwaves differ.

Brown Rice

Brown rice as a whole food is unmilled or partially milled rice that still has the outer layer on it. This outer layer contains healthy fats and vitamins.

Brown rice is nutty, chewier than white, takes a bit longer to cook and has more nutrients than white.

“Enriched” white rice is rice that has been milled and had some of the nutrients added back.
Noodles and Pasta

Yield: 2 cups cooked noodles

Cooking times vary for different types and shapes of noodles. Check the bulk bin label or package for specific cooking directions.

1 cup small noodles or pasta, or ¼ pound spaghetti
4 cups water (1 quart)

For Pasta:
1. Bring water to a boil.
2. Put pasta into the water carefully. Stir. Cook for the amount of time stated on package or taste test. Cook until tender, but firm. Drain into a colander placed in the sink. Keep your face away from the steam.
3. To save pasta for later, cool immediately with cold water and mix in a teaspoon of cooking oil to keep it from sticking together.

For Rice Noodles:
1. Bring water to a boil and turn off heat.
2. Place noodles in water and let them sit until tender, or for time stated on package.
3. Drain water as above, but rinse immediately with cold water to keep noodles from sticking.

Noodles of the World

Noodles originated in China at least 4,000 years ago. Traders brought them to the Middle East and Europe. Noodles are made out of flour from ground grains or nuts.

“Pasta” is the Italian word for noodles.

Noodles can also be made from:
• wheat - couscous from Northern Africa (see Couscous with Peas, page 98)
• buckwheat - soba from Japan
• rice - rice vermicelli or “sticks” from Southeast Asia
• acorn - dotori guksu from Korea
No-Knead Bread

Yield: 1 Loaf

The easiest homemade bread yet! Must be cooked in a Dutch oven or an enameled cast iron pot.

1. Combine flour, yeast and salt in a medium bowl. Add water and stir.
2. Cover bowl with plastic wrap and let sit at room temperature (about 70°) until dough has doubled in bulk, about 2 hours. Rising time depends on the temperature of the room.
3. Preheat oven to 450°
4. Put Dutch oven or iron pot with lid in oven and heat for 30 minutes.
5. Carefully remove heated pot from oven. Sprinkle the bottom liberally with cornmeal.
6. Wet hands with cold water and scoop sticky dough out of bowl. Plop into hot pot.
7. Replace lid, place pot in oven, and bake 30 minutes.
8. Remove lid and bake another 15 minutes.
9. Remove pot from oven. Remove bread and place on a rack to cool.

Option:
- At Step 1, add up to 1 cup of walnuts, raisins, or grated cheese.

Save Money

Save money by making your own high-quality bread. It'll cost about one-third the price of purchased bread of similar quality. The cost will be about $1.50 per loaf, compared to $4.50.

Buy yeast in the bulk department or in jars. The price of individual yeast packages is high.

Only about 10-15 minutes are required to prepare the dough. The dough needs about 2 hours for rising and 45 minutes for baking.

2 cups whole wheat flour
1 cup all-purpose flour
3 tablespoons instant dry yeast
1 teaspoon salt
1 cup warm water
Cornmeal

1. Combine flour, yeast and salt in a medium bowl. Add water and stir.
2. Cover bowl with plastic wrap and let sit at room temperature (about 70°) until dough has doubled in bulk, about 2 hours. Rising time depends on the temperature of the room.

Preheat oven to 450°

3. Put Dutch oven or iron pot with lid in oven and heat for 30 minutes.
4. Carefully remove heated pot from oven. Sprinkle the bottom liberally with cornmeal.
Wheat flour tortillas are the northern Mexican version of flatbread. They are used in many kinds of wraps, including Burritos (see page 78), Crunchy Creamy Veggie Wrap (see page 77), and even Sushi (see page 80).

Store tortillas in an airtight container in the refrigerator up to a week. They can be frozen, but place wax or parchment paper between tortillas to keep them from sticking together when thawed. For a visual guide to kneading, see Simply Scrumptious Scones (page 151) or Pizza Dough (page 65).

Flour Tortillas

Yield: 8 (7-inch) Tortillas

1. Combine flour, baking powder and salt in a medium bowl.
2. Add oil and water to flour mixture, a little at a time, and stir until the mixture is a workable but sticky dough.
3. Place dough on a lightly floured surface; knead about 2 minutes or until dough holds its shape.
4. Return dough to bowl, cover bowl with a damp cloth, and let rest 15 minutes.
5. Break dough into 8 golf-ball-sized pieces and place on a flat surface, not touching each other. Cover and let rest another 20 minutes.
6. Place dough balls one at a time on a flat lightly floured surface. Leave others covered. Hand-shape them into 6- to 7-inch circles, or use a floured rolling pin to roll dough into 7-inch circles.
7. Cook the tortillas on a hot, dry griddle, cast-iron frying pan or comal for about 30 seconds on each side. Tortillas should blister. (See below.)
Polenta

Yield: 6 squares or 1 crust for Quiche

This recipe can be made into squares or used as an alternative crust for Quiche. (See page 103.) Whatever you choose, polenta is inexpensive, delicious and gluten free. A wooden spoon works well for stirring polenta.

1 cup cornmeal or course ground polenta
1 cup cold water or broth, or ½ cup milk and ½ cup water
½ teaspoon salt
2 cups boiling water
1 tablespoon melted butter or oil
1. Mix the cornmeal and 1 cup cold water or broth in a 2-cup measuring cup—this is called a "slurry." Set aside.

2. Add the salt to the 2 cups boiling water. Pour the slurry into the rapidly boiling water while stirring continuously. This will prevent clumping.

3. Cook at a low boil, stir frequently to avoid sticking, until the polenta pulls away from the edge of the pot (20-25 minutes).

**For Squares:**

1. Pour cooked polenta into greased 8 x 8-inch baking pan and spread evenly. Polenta should be 1-2 inches thick.

2. Cool and invert onto a cutting board by flipping over the pan. Cut into 6 pieces.

**Options:**

- Sprinkle grated cheese over pieces and put in broiler or toaster oven to melt cheese.
- Pour warm tomato sauce over pieces.

**For Quiche Crust:**

**Preheat oven to 350°**

1. Lightly oil an 8-inch pie pan. Spread thickened polenta on bottom and sides of the pan with a spatula or oiled fingers. Cover top with melted butter or olive oil.

2. Bake until crust is crisp but not burned. Check progress at 30 minutes. Cool slightly before adding the quiche filling. Bake according to Quiche recipe. (See page 103.)
Good food that is normally wasted, such as leftover meat juices and bones or vegetable peelings, can be transformed into a delicious base for soups and other dishes. Homemade broth is less expensive than packaged.

The key to homemade broth is saving meat and vegetable scraps in the freezer. Save bones, cuttings, peelings or ends in a freezer-safe container.

Chicken and other meat can be used separately or in combination. Double the vegetable ingredients and leave out meat for a vegetable broth. 

Reminder: Prepare the ingredients that are to be chopped in advance.

1. Put meat, bones, and vegetables into a 10-quart pot.
2. Add cold water. Cover with lid.
3. Bring pot to a rolling boil, then reduce heat and simmer 3 hours; 1 hour for vegetable stock.
4. Drain broth into another container, using a large colander to remove bones and vegetables. Use immediately or cool before storing.

Options:
- Season to taste with salt, pepper, and herbs.

Storing:
- If using within a week, store in refrigerator, leaving the layer of fat that forms on top to keep broth fresh; remove fat layer before using.
- To freeze, pour cooled broth into freezer-safe containers. Leave a 1-inch space at the top. Write date on containers and freeze up to 6 months.

1 chicken carcass, or similar amount of meat odds and ends such as leftover chicken, turkey, pork, or beef, pan drippings, bones, raw meat pieces*
1 medium onion, chopped, or onion skins and scraps*
1-2 carrots, scrubbed and chopped*
1-2 stalks celery or celery tops and scraps,*
1 cup clean vegetable scraps and peelings (about 1 cup)*
Water to cover by 1 inch above ingredients.

*Note: These amounts and ingredients can vary. Use what you have.
Pie Dough

Yield: 2 (9-inch) pie crusts

This is an easy pie dough recipe to make. Be sure to have well-chilled butter sticks before you start. Purchased pie dough is twice as expensive as homemade. Use this dough for Empanadas (see page 86), Quiche (see page 103) and, of course, pie.

2 cups all-purpose flour
½ teaspoon salt
¾ cup butter, chilled (1½ sticks)
4-5 tablespoons cold water

*Note: Humidity and the type of flour used affect the amount of water needed.

1. Mix flour and salt in a medium-sized bowl. Grate the chilled butter into the dry ingredients and combine well.
2. Refrigerate at least 30 minutes.
3. Remove mixture from refrigerator. Sprinkle in cold water, one tablespoon at a time. Toss mixture lightly with a fork until dough has no dry spots and will press together into a ball.
4. Shape dough into a 5-inch-wide disk; wrap in waxed paper and refrigerate at least 30 minutes.
5. Sprinkle clean counter or board with flour. Use more as needed to keep dough from sticking.
6. Divide dough into two equal pieces. Shape each half into a ball and flatten. Working from the center outward, roll dough until it is two inches larger than the diameter of pan. As you work, rotate dough in quarter turns. This makes for even rolling and avoids sticking.

Option:
- Save half the dough. Wrap airtight, then freeze.
Pizza Dough

Yield: 3 dough balls

Homemade pizza not only smells good, it tastes good! You can add whatever toppings you want. See Pizza Formula (page 82) for ingredient ideas and directions on making pizza.

This dough recipe can also be used for Pita Bread (see page 66) or Calzones (see page 84). Freeze extra dough balls for future use.

1 tablespoon instant dry yeast (1 package)
3 cups all-purpose flour
1½ cups warm water (115-120°)
2 tablespoons vegetable or olive oil, divided
½ teaspoon salt
1 tablespoon cornmeal
1. Mix yeast and 1 cup flour in a large bowl; stir in water. Wait 10 minutes to let mixture begin to rise (See page 66, about yeast.)
2. Add the remaining 2 cups of flour, 1 tablespoon oil and salt into mixture. Turn dough onto a floured surface and knead until smooth and elastic, 8-10 minutes.
3. Grease bowl with remaining oil. Place dough in bowl, turning once to grease the top. Cover bowl with plastic wrap or a damp dish towel. Let dough rise in a warm place until doubled in size, 45-60 minutes, depending on how warm an area is available.
4. Punch down dough, divide into three equal balls and let rise, covered, 15-20 minutes. If freezing for later use, see Options.

For Pizza:
Preheat oven to 425°
1. Cover two of the dough balls to keep them from drying out. Roll the third one into a circle 12 to 18 inches in diameter, depending on size of pan. If you’re using a baking sheet, it can also be a rectangle.
2. Use a pastry brush and oil to grease the baking sheet. Sprinkle sheet with cornmeal. Move dough to pan and top with other ingredients. (See Pizza Formula, page 82.)
3. Bake 18-20 minutes or until edge of crust is lightly browned.
4. Use the two remaining dough balls for more pizzas or freeze for later use.

Options:
- Substitute 2 cups all-purpose flour and 1 cup whole wheat flour for 3 cups all-purpose flour.
- To freeze unused balls of dough, dust balls with flour after the second rising, wrap in plastic wrap or place in freezer-safe bag or container.
- Use a pizza stone for a crispier crust.

Simple Tomato Sauce  Yield: 2½ cups
Use for pizza, calzones or with pasta.
1. Sauté onions and garlic in oil for 5 minutes.
2. Add herbs, sauté for 1 minute.
3. Add tomato sauce, simmer for 20 minutes.
Pita Bread from Pizza Dough

Yield: 6 pockets

Pita bread is a Middle Eastern flatbread that uses the same recipe as pizza dough. It puffs up when baked, making little pockets to fill with a main-dish salad, roasted or grilled meats and vegetables, or to serve on the side with a dip like Hummus (see page 167) or the Black or White bean dip (see page 163).

1 Pizza Dough recipe (see page 64)

Preheat oven to 425°

1. Using pizza dough recipe, divide into 6 equal pieces. Flatten the dough into a circle 4-5 inches in diameter and ¼-inch thick.
2. Place on an ungreased baking sheet. Bake 8-10 minutes, until lightly browned. The circles will puff up.
3. Wrap finished pita bread in a dish towel for 10 minutes to keep bread soft until ready to use.
4. To use, cut ½ inch from one side. Separate the sides from each other and leave the edges together.
5. Store unused pita bread in plastic bags.

Options:
- Freeze unused pita bread.
- Use any salad—chopped, vegetable, fruit or main-dish—as a filling. (See Main Dish Salads, pages 106-113.)

Yeast

Yeast is a one-celled organism. It will work for you to make your bread fluff up if you give it a warm, wet place to grow and something sweet to eat.

As it eats, yeast gets gassy. By the process of fermentation, yeast converts sugar into alcohol and carbon dioxide. These gasses get trapped inside the dough, making small bubbles that force the dough to stretch and rise. When the dough is baked, the heat of the oven evaporates the alcohol, leaving behind empty spaces where the alcohol had been. These air pockets are what create the texture we see when we cut into anything that has been made with yeast.

Some people don’t like working with yeast because of its finicky nature. With proper care and an understanding of how yeast works, it will be more than happy to do your bidding.

Use bakers’ yeast. Save money by buying in bulk or in larger packages. Individual packets can be expensive.
The Main Dish often combines MyPlate components and almost always includes protein. Since protein comes in many forms, such as cheese, meat, or nuts, the Main Dish is an adaptable part of lunch. In this section of recipes you'll find:

Sandwiches & Wraps (pages 68-87)  
Grains & Pasta (pages 88-99)  
Egg-Based Dishes (pages 100-105)  
Main-Dish Salads (pages 106-113)  
Soups (pages 114-124)  

No-Prep Main Dishes  
Before you make anything for lunch, think about last night’s dinner leftovers. Check the refrigerator.

Leftovers  
- Pasta dishes  
- Grain or pasta salads  
- Soup  

Low-prep  
- Cottage cheese and fruit  
- Yogurt with fruit  
- Hard-cooked eggs  
- Cubed tofu  
- Garbanzo beans  
- Nuts  

Additions  
- Bread  
- Vegetable chips  
- Crackers  
- Nut butters  
- Rice cakes  
- Spreads  

Online Recipes  
Searching for recipes on the Internet is a great way to find a recipe with the exact combination of ingredients that you have on hand, as well as to get new ideas. Look in your refrigerator and cupboard, then search for the combined items as key words. For example, there is a rapidly aging zucchini, leftover pasta, yogurt and a chunk of cheese in your refrigerator. When searched, many sites show these items will combine to produce creamy baked pasta recipes.

Bookmark your favorite online magazines and cooking blogs.

Some useful sites are:
- Yummly.com - include or exclude specific ingredients in recipe searches for picky eaters or those with allergies.
- Gluten-free recipes: elanaspantry.com or glutenfreegoddess.blogspot.com
Sandwich and Wrap Formula

1. Smear your spread of choice on one side of a piece of bread or a wrapper.

Leave some space around the edge of the wrapper so that the filling doesn’t leak out.

2. Layer or spread your protein filling.

3. Add extras.

4. If using bread, place second piece on top. If using a tortilla, a wrap, or a lettuce leaf, fold it around filling. For folding technique, see Burrito recipe, page 79.
**Ingredient Ideas**

**Wrapper or Bread**
- whole-grain bread
- pita bread
- tortilla
- large lettuce leaf
- flat breads

**Spreads**
- cream cheese spreads
- hummus
- pesto
- mayonnaise
- ketchup
- mustard
- jam/jelly

**Protein Filling**
- sliced meat
- tuna
- cheese
- egg salad
- bean spread
- nut butter

**Extras**
- lettuce
- tomatoes
- sprouts
- avocado
- pickles
- banana
- cucumber
- salsa

= sandwich
**Stackable Sandwiches**

Yield: 12 bite-sized sandwiches

Kids go crazy for stackable food that can be made into sandwiches at school. Make your own healthy, tasty version. Using a cookie cutter and stacking are fun activities that can involve children of any age.

6 slices of bread, cut into quarters
3-4 slices of meat, cut to fit the bread
3-4 slices of cheese, cut to fit the bread

cucumber, green pepper, tomato and/or lettuce leaves

1. Cut each slice of bread into four pieces.
2. To make different shapes, use cookie cutter.
3. Cut the meat and cheese slices to fit on the bread.
4. Slice green pepper, cucumber, tomato and/or lettuce.
5. Stack in container.
6. Assemble when ready to eat

Options:
- Choose home-roasted meats that are soft enough to cut with a cookie cutter or knife but won’t fall apart, such as ham, pork loin and turkey breast.
- Save meat and vegetable scraps for other dishes or Broth (page 62). Save bread scraps for making Strata (page 104).

**Roasting Meat**

To save money on sandwich lunch meat, reduce packaging waste, avoid additives, and take care of other meals at the same time, roast your own.

Beef, ham, turkey, or whole chickens can be cooked and eaten for dinner, then stored in the refrigerator for the next few days.

Slice off thin portions throughout the week for sandwiches.
Tuna Sandwich Filling

Yield: Filling for 2 sandwiches

This is a basic chopped salad recipe. Substitute chopped chicken or turkey or hard-cooked eggs for the tuna.

Reminder: Prepare all the ingredients that are to be chopped in advance.

1. Drain tuna well and place in a bowl.
2. Add green onion, celery and mayonnaise to tuna and mix well.
3. Build your sandwich.
4. Cover and refrigerate any leftover mixture.

Options:
- Substitute 1 tablespoon finely chopped red onion for green onion.
- Add 1 tablespoon sweet pickle.

1 6-ounce can tuna
1 green onion, chopped
1 tablespoon chopped celery
3 tablespoons mayonnaise
1 pinch salt or to taste
Peanut butter is a kid favorite, but most major brands are full of additives like salt, sugar, oil, preservatives and emulsifiers that keep the peanut butter blended. Check the ingredients. The healthiest peanut butters have the fewest ingredients. Some have just one: peanuts. Some stores let you buy and grind your own peanuts. See Chapter 3, page 28, for a comparison of ingredients.

Combining peanut butter with cocoa powder and honey makes plain peanut butter into a sweet treat.

**Chocolate Peanut Butter Spread**

- ½ cup creamy peanut butter
- ¼ cup cocoa powder
- 2 tablespoons warmed honey

1. Mix ingredients together.
2. Use in a sandwich with bananas or as a special dip for fruit and vegetable slices.

**PBJ Pinwheels**

Yield: 8 Pinwheels

- 2 slices of bread
- 4 tablespoons peanut butter
- 2 tablespoons jelly or jam

1. Cut the crusts off the bread. Compress bread slices with a rolling pin, large can, or bottle.
2. Spread peanut butter evenly on bread, then spread jelly or jam on top of the peanut butter.
3. Roll up bread into a tight spiral.
4. Slice roll into four pieces. Use a bread knife to make cutting easier.

**Options:**

- Roll and slice any sandwich that uses squishable ingredients. Replace the jelly with mashed banana slices, or make sandwiches using bean dip (see page 163) and avocado. Spread should be sticky enough to hold the bread together.
- Substitute other nut butters for peanut butter.
- Save bread crusts for making Strata. (See page 104.)
Yield: 1 Meatloaf

Every family probably has their own way of making meatloaf by adding specific herbs or fillings, but this one will certainly fulfill any craving for a good meatloaf sandwich. Use this recipe to make a meatloaf for dinner, then use the leftovers in sandwiches for the next day.

Preheat oven to 350°F

1. Coat an 8-inch loaf pan with the oil.
2. Combine all ingredients, except ketchup, in large bowl.
3. Spread meat mixture into the pan and smooth the top.
4. Bake 50-60 minutes or until the top is browned.
5. Spoon or squeeze ketchup on top of loaf and bake an additional 10 minutes.
6. Remove from oven, let sit 5 minutes, then slice and serve.

Options:

- Grate ½ cup of carrot or zucchini into meat mixture.
- Chop leftover vegetables into meat mixture.
Bean Cakes

Yield: 8 Cakes

Black-eyed peas are a New Year’s tradition for some cultures. These cakes can be mild or spicy. Size the cakes to fit a hamburger bun, and add a slice of tomato, lettuce, and a touch of ketchup or mayonnaise. For bite-size snacks, make them smaller.

Reminder: Prepare all the ingredients that are to be chopped, grated or minced in advance.

- 4 cups cooked black-eyed peas or beans (2 cups dried or two 14.5-ounce cans)
- 4 tablespoons olive oil, divided
- ½ small onion, chopped (about ¼ cup)
- ½ teaspoon grated lemon rind
- 1½ teaspoons chopped fresh thyme (or ½ teaspoon dried)
- 1 clove garlic, minced (about 1 teaspoon)
- 1 egg
- 1 cup bread crumbs
- 1 tablespoon chopped fresh parsley
- 2 teaspoons Dijon-style mustard
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup cornmeal
1. Cook dry peas or beans or rinse and drain canned peas or beans.
2. Heat 2 tablespoon olive oil in a large frying pan over medium heat.
3. Add the onion, lemon rind, thyme and garlic. Sauté for one minute.
4. Place all ingredients except cornmeal in a 2-quart bowl and mash with a potato masher, or place in a food processor and process.
5. Divide the mixture into 8 portions and flatten into ½-inch-thick cakes.
6. Place the cornmeal in a flat dish or pie pan. Coat both sides of cakes in cornmeal.
7. Heat 2 tablespoon olive oil in the frying pan over medium heat and cook cakes about 4 minutes per side or until brown. Repeat with remaining cakes.

Options:
- At Step 4, add 1 cup minced, sautéed mushrooms.
- At Step 4, add ½ cup toasted nuts, chopped fine, and/or hot pepper paste to taste.
- At Step 4, add hot pepper paste to taste.

Cost Comparison:

**Beans**

<table>
<thead>
<tr>
<th>Type</th>
<th>Price per Ounce</th>
<th>Price per Cup, Cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulk, dry</td>
<td>9.1¢</td>
<td>22¢</td>
</tr>
<tr>
<td>14.5-ounce can</td>
<td>11.3¢</td>
<td>79¢</td>
</tr>
<tr>
<td>Precooked beans</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Prices vary. Estimate based on nationwide chain grocery store generic brands, 2012*
Here’s a time-saver! Make a chicken and fruit salad, then use leftovers as filling for a pita sandwich the next day. Lemon juice in the dressing adds a tangy flavor and keeps the fruit from turning brown.

Reminder: Prepare all the ingredients that are to be cut, cored, chopped or warmed in advance.

**Chicken & Fruit Sandwich**

4 servings

1. If using raw chicken, cook it thoroughly in hot oil. Remove from heat and cool.
2. Combine cooled chicken strips, celery, apple and nuts in a bowl.
3. Mix together yogurt, lemon juice and warmed honey or apple juice. Pour over ingredients and toss. Cover and refrigerate.
4. Fill a small container with the chicken and apple mixture. Wrap pitas separately. Spoon filling into pita pockets just before eating. (Include an ice pack in lunch box.)

**Options:**
- Substitute 1 cup chopped fresh fruit or ¼ cup chopped dehydrated fruit (page 137), cranberries, raisins, or dates, for the apple.
- Substitute a can of well drained tuna for the chicken.
- At Step 3, add 1 teaspoon garam masala seasoning or curry powder.

**Salad**

- ½ pound chicken breasts, cut into thin strips, or ½ pound cooked chicken strips
- 1 tablespoon vegetable or olive oil
- 1 medium apple, cored and chopped (about 1 cup)
- ¼ cup chopped walnuts, almonds or pecans
- 2 celery stalks, chopped (about 1 cup)
- 3 pitas, purchased or homemade (see page 66), cut in half

**Dressing**

- 1 cup plain yogurt
- 1 tablespoon lemon juice
- 1 teaspoon warmed honey  (See Step 2, page 132) or 1 tablespoon apple juice
Crunchy Creamy Wrap

1 Serving

This is a wrap. (See Sandwich Formula on page 68.) Substitute or leave out specific fillings, based on availability or your preference.

Reminder: Prepare all the ingredients that are to be chopped or sliced in advance.

1. Bring cream cheese to room temperature. Spread evenly on tortilla.
2. Spread vegetables, olives and nuts over cream cheese.
3. Roll up tortilla, or fold it like a burrito. (See page 79.)

Options:

- Substitute yogurt or bean dip for cream cheese.
- Substitute other crunchy vegetables like cabbage, jicama, or bean sprouts for vegetables.

<table>
<thead>
<tr>
<th>4 tablespoons cream cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 flour tortilla</td>
</tr>
<tr>
<td>1 small tomato, chopped (about ½ cup)</td>
</tr>
<tr>
<td>4 slices cucumber, chopped</td>
</tr>
<tr>
<td>2 slices bell pepper, chopped</td>
</tr>
<tr>
<td>6 Lettuce (or spinach) leaves, chopped</td>
</tr>
<tr>
<td>6 olives, drained and sliced</td>
</tr>
<tr>
<td>½ cup chopped nuts</td>
</tr>
</tbody>
</table>
**Burritos**

*Yield: 4 Burritos*

Burrito is Spanish for “little donkey.” If you pack your “little donkey” just right, it’ll carry a whole, delicious lunch for you. These wraps were developed in Mexico and in Native and Mexican-American communities in the U.S. For your first attempt at rolling, use a little less filling than you think you want. The more stuffing, the trickier it is to roll up.

**Reminder: Prepare all the ingredients that are to be chopped, cooked or grated in advance.**

- 2 tablespoons vegetable oil
- 1 small onion, chopped (about ½ cup)
- 1 clove garlic, finely chopped (about 1 teaspoon)
- 1 cup cooked black, pinto or red beans (½ cup dried or half a 14.5-ounce can)
- 1 small tomato, chopped (about ½ cup)
- 1 tablespoon Mexican Herb Mix (see page 193) or try ¼ teaspoon each of cumin, oregano, chile powder, ½ teaspoon salt and ⅛ teaspoon pepper to start.
- 2 cups cooked rice
- 1 cup grated Jack or Cheddar cheese
- 1 cup lettuce, chopped
- 4 10 to 12-inch flour tortillas (see page 59) Salsa
1. Rinse and drain beans if canned.
2. Sauté onion and garlic over medium-low heat in a 10-inch frying pan until translucent, about 5 minutes.
4. Spread ¼ of the bean mixture down the center of each tortilla, sprinkle with ¼ of the rice, ¼ of the cheese and some lettuce.
5. Roll the burrito up following the pictures below. Tuck sides, pull bottom up and tuck in edges. Roll.
6. Wrap in foil and place in a sealable bag. To microwave, remove.

Options:
- Substitute finely sliced cabbage or other leafy greens for the lettuce.
- At Step 2, add finely sliced or chopped tofu or leftover meat.

About Beans / Legumes

Beans are a central part of diets worldwide. They are the rock stars of inexpensive, healthy eating. Common beans include black, pinto, kidney, red, garbanzo/chickpeas, black-eyed peas, lentils, edamame/soy, lima and fava. Beans are in the same legume family as peas.

For sandwiches and wraps, you can use whole beans, chopped tofu (soybeans), Hummus (see page 167), or Black or White Bean Dip (see page 163).

Cooking dried beans yourself is an inexpensive way to go, and allows you to lessen the bean’s most notorious result: making people fart! (See page 54.)
Sushi

Yield: About 30 pieces

This recipe is fun to play with. Choose any fillings you know you like, or try some new ones.

Reminder: Prepare all the ingredients that are to be cooked or sliced in advance.

- ¼ cup rice vinegar
- 1 teaspoon sugar
- ½ teaspoon salt
- 2 cups cooked rice
- 8-12 thin matchstick-like slices of fillings including avocado, cucumber, carrot, bell pepper, cabbage, kale, cooked sweet potato
- 4 ounces baked tofu (see page 145), smoked salmon, chicken, or tuna
- 4 nori wrappers

Soy sauce or tamari for dipping
Nori Snacks

Nori is dried seaweed used as the wrapper for sushi. It comes in packs of oblong sheets, which can be found at many grocery stores. Other sea vegetables are eaten in many parts of Asia, and are now popular in the U.S. Sea vegetables are high in important vitamins, minerals and oils.

Making nori snacks at home saves money and reduces waste.

Tear or cut up plain nori sheets into smaller pieces or brush large sheets with wasabi or soy sauce. Bake in an oven on low heat until nori is crisp, then break up into pieces for snacks. Keep nori crunchy by storing in an airtight container.

1. Mix vinegar, sugar and salt. Stir into warm rice. Let cool.
2. Lay out vegetables and other fillings.
3. Lay out nori with the short side closest to you. Spread ½ cup cooled rice over ⅔ of the nori.
4. Place 2-4 filling items over the rice. Extend the filling to the edge of the nori.
5. Pull nori up and over the fillings. Roll tightly to the end of the rice. (See photos, below.)
6. Dip your finger in a bit of water and dampen the top edge of the nori. Continue rolling. The dampened nori should stick to the roll, making a tight closure.
7. Using a sharp knife, cut the roll into 1-inch slices. Serve with soy or tamari sauce.

Options:
• Substitute flour tortillas for nori. (See page 59.)
• Serve with peanut sauce, chile dipping sauce, pickled ginger pieces and/or wasabi and put in individual containers. Watch out, wasabi is hot!
• Using a bamboo sushi mat makes rolling easier.
**Pizza Formula**

1. Preheat oven to 425°. Choose a crust on which to build your pizza.

2. Lightly oil a baking sheet or sprinkle it with cornmeal. Place crust on baking sheet.

3. Spread sauce on the pizza crust.

4. Spread grated cheese over the sauce.

5. Spread toppings over all. Some vegetables may need precooking.

6. Bake pizza until cheese is melted and dough is crisp (if using pizza dough).
Ingredient Ideas

**Sauce**
- tomato sauce
- cheese sauce
- pesto

**Toppings**
- bell peppers
- onions
- olives
- pineapple
- tomatoes
- broccoli
- mushrooms

**Crust**
- pizza dough
- English muffin
- bagel
- pita bread
- flat bread

**Cheese**
- mozzarella
- Cheddar
- Monterey Jack
- soft goat cheese
- Parmesan
- feta

**Protein**
- chicken
- sausage
- pepperoni
- ham
- bacon
- seafood
- tofu

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Pizza Formula

= pizza
Calzones are folded pizzas. Fold dough in half and bake ingredients inside, rather than on top of the crust. Make the calzones either family- or single-serving sizes.

Reminder: Prepare all the ingredients that are to be chopped, grated or cooked in advance.

1 recipe Pizza Dough (see page 64)
2 tablespoons flour or cornmeal, for rolling dough
15 ounces tomato (see page 65) or other sauce (about 2 cups). See sauce ideas on page 83
2 cups chopped filling. (See Ingredient Ideas page 83)
6 tablespoons grated Parmesan cheese
Cornmeal for baking sheet
Olive or vegetable oil
Preheat oven to 425°
1. Prepare pizza dough and divide into three equal pieces. Sprinkle flour on a clean counter surface. Roll each piece into a 9-inch circle.
2. Spread the sauce evenly over the dough. Leave a ¼-inch edge all the way around.
3. Place ⅓ of filling along with 2 tablespoons cheese on half of dough circle.
4. Use water to moisten ¼-inch around the edge of each circle of dough. Fold the dough in half to enclose the filling. Crimp the moistened edges together with fingers or by pressing with a fork. Seal edges so the filling doesn’t leak out.
5. Lightly sprinkle a baking sheet or pizza stone with cornmeal and place the calzones on the baking sheet or pizza stone about 2 inches apart.
6. Brush tops lightly with oil and sprinkle with remaining cheese, if desired.
7. Bake until golden brown, 18-20 minutes. Let cool slightly before removing from pan.

**Pockets of the World**

Fillings inside of baked or fried dough are found all over the world.

Calzones are an Italian pocket, and Empanadas (see page 86) are found in Spanish-influenced regions.

Other pockets include:
- **Pierogis** from Eastern European countries and the U.S. Midwest
- **Samosas** from India and Southeast Asia
- **Pasties** from the U.K.
- **Gyoza** from Japan
- **Bao** from China
In Spanish, *empanar* means “to bake in a bread-like cover.” Empanadas are meals wrapped in dough. There are many options for empanadas. You’ll find these flavorful pockets in Spain, across Central and South America and the Caribbean. To prepare them for quick lunches for 1-2 weeks, make a double or triple batch.

**Reminder:** Prepare all the ingredients that are to be chopped or cooked (including pie dough) in advance.

| 1 cup warm water                                      |
| ½ cup raisins                                         |
| 2 tablespoons olive or vegetable oil                  |
| 1 medium onion, chopped (about 1 cup)                 |
| 1 pound ground meat (pork, beef, turkey, chicken)     |
| 1 teaspoon Mexican Herb Mix (see page 193) or try ¼ teaspoon each of cumin, oregano, chile powder, ½ teaspoon salt and ¼ teaspoon pepper to start. |
| 1 egg                                                 |
| 1 cup water                                           |
| 1 recipe pie dough (see page 63)                      |

**For Filling:**

1. Add water to raisins in a small bowl. Let soak while you cook the filling.
2. Add oil or butter to skillet over medium heat. Add onions; sauté until translucent, about 5 minutes.
3. Add the meat to the onions. With a spatula, break meat into smaller pieces. As meat and onions cook, add 2 teaspoons of spice to mixture. Cook until meat is no longer pink. Taste. Add more herb mix as needed. Drain off oil. Let filling cool.
4. Drain raisins, add to filling.
5. Whisk the egg in a small bowl and set aside.
Assemble and Bake the Empanadas:

Preheat oven to 350°
1. Lightly oil baking sheet.
2. For homemade dough, divide dough into four even pieces and roll ¼-inch thick, about 6 inches in diameter. For purchased dough, cut out 6-inch circles. Combine and re-roll excess into another round.
3. Spoon ¼ of filling on one side of a round. Use a brush or your fingers to wet edges of dough.
4. Fold dough in half to cover filling. Crimp moistened edges together with fingers or by pressing with a fork. Poke top of the empanada with fork to make holes for steam to escape.
5. Place empanadas on oiled baking sheet. Brush each lightly with whisked egg.
6. Bake about 25 minutes, or until golden brown.

Options:

- Use packaged rolled pie dough.
- Alternate fillings: Use ½ pound meat and 1 cup cooked beans. Try tuna, black beans, or cooked winter squash, pumpkin, sweet potatoes, yams, potatoes, carrots or corn; try hard-cooked egg, black olives, fruit or small summer squashes, chopped.
- Prepare and freeze for later use: Omit egg glaze and freeze individually wrapped, raw empanadas. Remove from freezer and bake 30-35 minutes, according to Step 6.
- Cook, freeze, and re-heat: Bake and let cool. Wrap individually and put in freezer. Remove empanadas the night before and defrost in the refrigerator.
1. Sauté, steam, grill, or roast raw mix-ins. Set aside.

2. Fill a 4-quart pot halfway with water. Bring to boil, then add pasta. Cook. (See page 57.)

3. Heat prepared sauce while pasta is cooking.

4. Drain pasta in a colander set in the sink. Return pasta to pot.

5. Combine mix-ins and sauce. Add toppings.
**Ingredient Ideas**

- **Pasta**
  - macaroni
  - spaghetti
  - orzo
  - fettucini

- **Mix-Ins**
  - vegetables
  - meat
  - poultry
  - seafood
  - tofu

- **Sauce & Oil**
  - marinara (tomato) sauce
  - pesto
  - cheese sauce

  *Use for cooking:*
  - olive oil
  - vegetable oil

- **Toppings**
  - grated cheese
  - bread crumbs
  - fresh herbs
  - nuts

---

**Italian Pasta**

[Image of pasta ingredients: pasta, zucchini, marinara sauce, parsley]
Mac and cheese from the box sure is easy, but nothing compares to the richness of homemade or to the fun of making it. This version is the favorite of two young experts, the nephews of one of the authors of this book (the boys in the photos). Mix in favorite vegetables as a great way to make this cheesy dish even healthier.

Yield: 6-8 servings

Mac & Cheese

1 tablespoon vegetable oil
2 cups grated sharp Cheddar cheese (10 ounces)
4 quarts water
1 pound macaroni
1 quart milk (4 cups)
1 stick unsalted butter (8 tablespoons), divided
½ cup flour
1½ teaspoons salt
½ teaspoon pepper
½ teaspoon nutmeg
1 cup bread crumbs or panko flakes
Preheat oven to 375°
1. Oil a 3-quart baking dish and grate cheese.
2. Bring water to a boil in large pot. Carefully add macaroni and cook. (See page 57.) Drain.
3. While macaroni is cooking, bring milk to a simmer in small pot or microwave.
4. In 5-quart pan, melt 6 tablespoons butter over low heat. Add flour and whisk until flour and butter are incorporated, about 2 minutes. This is called a roux (See Tomato Soup, page 119 for photos.)
5. Continue whisking and slowly add hot milk. Cook, stirring, until sauce is thick and smooth, 5-7 minutes. Remove from the heat. This is called a white sauce.
6. Add salt, Cheddar cheese, pepper and nutmeg to white sauce. Add cooked macaroni to pan and stir until well coated with sauce.
7. Pour into oiled baking dish.
8. Melt 1½ tablespoons of butter and combine with panko flakes or bread crumbs. Sprinkle over pasta and sauce.
9. Bake 30 minutes or until bubbling and browned on top.

Options:
• At Step 6, substitute multiple kinds of cheese; for instance including 1½ cups Swiss and ½ cup Jack, for the Cheddar. Try different combinations. Mix in vegetables that won’t get mushy, such as frozen peas, carrots, cauliflower or broccoli.
• At Step 8, top with ¼ cup Parmesan cheese.

Bread Crumbs
Making your own bread crumbs from dry bread is far cheaper than purchased versions.

Homemade Bread Crumbs:
1. Save bread odds and ends in a sealed bag in the freezer until needed.
2. Lay out bread on baking sheet and dry it in a 300° oven, 10-15 minutes. Turn bread over after about 6 or 7 minutes.
3. To crumble, place bread in sealable bag and roll with a rolling pin or bottle, or chop in a food processor into course bits.
4. Season with salt, pepper and herbs, or leave plain.
1. Fill pot halfway with water. Bring to boil. Add noodles. Stir. For rice noodles: Turn off heat, let soak until tender. (See page 57.)

2. Steam raw additions or sauté them in oil in large sauté pan.

3. When noodles are cooked, pour into colander set in the sink. Rinse and drain. Pour away from you to avoid being burned by steam. Rinse with cold water until cool.

4. Add noodles and sauce to sautéed mix-ins. Stir occasionally to avoid sticking.
**Ingredient Ideas**

**Noodles**
- udon
- rice noodles
- wide egg noodles
- soba
- ramen

**Additions**
- vegetables
- tofu
- meat
- poultry
- seafood

**Sauce & Oil**
- peanut sauce
- soy sauce

*Use for cooking:*
- sesame oil
- vegetable oil

**Toppings**
- peanuts
- cilantro
- mint
- sprouts
- sesame seeds
- pea shoots

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**Asian Noodle Salad**
**Sesame-Peanut Noodle Salad**

This is a versatile salad that can be made with any kind of Asian noodle.

**Reminder:** Prepare all the ingredients that are to be cut, chopped, sliced or cooked in advance.

**Dressing**
- 1 tablespoon lime juice
- 2 tablespoons vegetable oil (not olive)
- 1 teaspoon Asian sesame oil
- 1 clove garlic, minced (about 1 teaspoon)
- 2 tablespoons soy sauce

**Salad**
- 12 ounces Asian noodles
- 2 cooked chicken breasts, finely sliced, or tofu sticks (see page 145)
- 1 carrot, grated (about \( \frac{1}{2} \) cup)
- 4-6 green onions, sliced (about \( \frac{1}{4} \) cup)
- \( \frac{1}{4} \) cup dry-roasted peanuts
- 1 tablespoon chopped fresh cilantro

1. Stir dressing ingredients together in a small bowl or shake well in a covered jar. Taste and adjust seasonings.
2. Cook noodles. (See page 57.) Drain in colander set in sink. Transfer noodles to a large bowl and allow to cool.
3. Add cooked chicken or tofu, carrot, onions, peanuts and cilantro to noodles. Drizzle dressing over noodle mixture; toss to combine.

**Options:**
- Save some peanuts and cilantro to sprinkle on individual portions as a garnish.
- Substitute peanut sauce for dressing:
  - Combine:
    - \( \frac{1}{4} \) cup peanut butter
    - 2 tablespoons soy sauce
    - 1 tablespoon brown sugar
    - Juice of \( \frac{1}{2} \) lime
- Substitute 2 cups cooked brown rice for noodles
Fried Rice

6 servings

Cut meat and vegetables into small pieces to make a tasty Asian-inspired meal. This is a perfect place to use leftovers.

Reminder: Prepare all the ingredients that are to be diced, beaten or cooked in advance.

3 tablespoons vegetable or olive oil (divided)
2 eggs, lightly beaten
1 small onion, diced (about ½ cup)
4 cups cooked rice (2 cups uncooked, see page 56)
½ cup leftover cooked meat and cooked or raw vegetables, chopped (See suggestions at left.)
2 tablespoons soy or tamari sauce

1. Heat 1 tablespoon oil in large frying pan over low heat. Add eggs and scramble. (See page 55.) Remove cooked eggs and set aside.

2. Add remaining oil and onion to pan. Sauté, at medium heat, until onion is softened, about 3 minutes. If using raw vegetables, add them with onions and cook until softened.

3. Add rice to pan. Stir. If using cooked vegetables, add at this step. Add meat and stir.

4. Add soy or tamari sauce. Scrape the bottom of the pan every two minutes. Cook for a total of six minutes.

5. Chop scrambled eggs and add to rice mixture. Mix and remove from heat.

Suggested meat and vegetables
• Vegetables: any combination of peas, chopped broccoli, sliced mushrooms, corn, grated carrot, quartered Brussels sprouts.
• Meats: chopped ham or tofu, or chopped or finely sliced cooked chicken.

Option:
• At Step 1, chop and cook 2 green onions with the scrambled egg.
Beans and Rice

6 servings

1 tablespoon vegetable oil or bacon fat
1 medium onion, chopped (about 1 cup)
½ bell pepper, seeded and chopped (about ½ cup)
2 celery stalks, chopped (about 1 cup)
1-2 tablespoons Cajun or Mexican seasoning (see Spice Mixes, page 193)
3 cups broth, canned or homemade (see page 62)
4 cups cooked red, black or kidney beans (2 cups dried, or two 14.5-ounce cans)
2 tablespoons tomato paste
4 cups cooked rice (2 cups raw, see page 56)
Salt to taste

1. In oil or bacon drippings, sauté onion, pepper, celery, and 1 tablespoon of seasoning mix. Stir vegetables until brown.
2. Add broth to hot pan. Scrape browned bits off bottom of pan. (This process is called deglazing.)
3. Add drained beans. Add more seasoning to taste and stir.
4. Simmer 15 minutes, uncovered.
5. Mix in tomato paste, and taste and adjust seasonings. Serve with cooked rice.

Options:
- At Step 1, add chopped carrots.
- For a Cajun version, at Step 1, sauté and add 2 sliced Andouille sausages.
- Fry 4 slices of bacon 3-5 minutes. Remove from pan and place on paper towels to drain fat. Let cool. Chop. Drain all but a tablespoon of fat from pan. Add bacon at Step 4.

A kid we know refused to eat anything but red beans and rice for one full year. We advocate for a slightly more varied diet, but you really can’t go wrong with beans and rice. It’s a healthy staple food for much of the world. This version can be made with two different flavor profiles—Mexican or Cajun.

Reminder: Prepare all the ingredients that are to be chopped or cooked in advance.

Grains of the World

Grains are grown all over the world. They are human’s biggest source of energy.

Ground into flour, they are used to make bread, noodles and much more.

Different grains were domesticated and now have spread across the world.

Common grains and where they were domesticated:
- Wheat and barley from the Middle East
- Maize (corn) from North America
- Rice from China
- Oats from Europe
Mexican rice is a great side dish, a filler for burritos or wraps, or an addition to a frittata, quiche or soup.

Reminder: Prepare all the ingredients that are to be chopped or diced in advance.

1 tablespoon vegetable oil
1 medium onion, chopped (about 1 cup)
1½ cups broth (one 14.5-ounce can, or homemade, see page 62)
1 cup uncooked rice
1 medium tomato, chopped (about 1 cup) or (half a 14.5-ounce can)
½ teaspoon chile powder
¼ teaspoon salt
1 cup corn
1 cup peas
1 medium carrot, diced (about ½ cup)

1. Sauté onion in a 2-quart pot over medium heat until onion is soft, about 5 minutes.
3. Stir in vegetables and let stand for 5 minutes before serving.

Options:
• In Step 3, add 1 tablespoon tomato paste for a darker red, more “tomatoey” rice.
• Garnish with olives.
In a hurry? Then couscous is for you. It cooks in 5 minutes—much faster than other pastas and rice. Garbanzo beans will add protein. Make this as a side dish for dinner and use leftovers for lunch.

Reminder: Prepare all the ingredients that are to be diced or crushed in advance.

1. Sauté onion and garlic in a 2-quart saucepan over medium heat until onion is soft, about 5 minutes.
2. Stir in peas, garbanzo beans, dill, salt, pepper and broth and bring to a boil.
3. Stir in couscous, return mixture to simmer, and cover.
4. Remove pan from heat and let mixture sit, covered, for 10 minutes, or until the liquid is absorbed. Fluff with a fork. Taste and adjust salt.

Couscous

Couscous is a staple food throughout the North African cuisines of Morocco, Algeria, Tunisia, Mauritania and Libya. It is tiny granules of wheat and is technically a pasta.
Sugar Snap Peas & Grain Salad

Sugar snap peas give a delightful crunch to this salad and little tomatoes add color and sweetness. This salad holds well in the refrigerator for a couple of days.

Reminder: Prepare all the ingredients that are to be cut chopped or cooked in advance.

1. Mix salad ingredients in medium sized bowl.
2. Mix dressing ingredients together in a small bowl, or shake in a covered jar. Taste and adjust seasonings.
3. Drizzle dressing on salad; mix well.
4. Refrigerate for one hour before serving.

Salad
3 cups cooked pasta, quinoa, or rice (see page 56 and 57)
2 cups sugar snap peas, cut crosswise
1 cup cherry tomatoes, cut in half
¼ cup fresh parsley, chopped
¼ cup fresh red onion, chopped

Dressing
6 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon salt
½ teaspoon pepper
Quiche, Frittata and Strata are all savory egg-custard pies. Quiche has a bottom crust (see page 103), Frittata has no crust at all (see page 102), and Strata is layered cubes of bread (see page 104).

1. Choose appropriate pan. Oil lightly.
2. Precook fillings as necessary. Grate cheese.
3. Whisk together eggs and milk. Add seasoning.
4. Layer ingredients in pan in this order: base, fillings, cheese and custard. Bake until custard is firm.
**Ingredient Ideas**

**Precooked Fillings**
- potatoes
- other vegetables
- meat
- poultry
- tofu
- seafood

**Base***
- cubed leftover bread
- polenta crust
- kale crust
- pastry (pie) crust
- hash browns
- *no base needed for fritatta

**Seasonings**
- herb/spice mixes
- chopped fresh herbs
- garlic
- Worcestershire sauce

**Cheese**
- Cheddar
- Jack/Swiss
- Parmesan
- feta
- ricotta
- soft goat cheese

**Custard**
- eggs
- *and choice of:*
  - milk
  - half-and-half
  - cream
  - soy milk

---

= **strata**
Mini Cheddar Frittatas

Yield: 12 Frittatas

This is perfect finger food to pack for lunch. It’s full of vegetables, with meat as an option.

Reminder: Prepare all the ingredients that are to be grated, sliced or chopped in advance.

Preheat oven to 375°

1. Oil muffin tin.
2. In an 2-quart pot, heat the oil and sauté onion over medium heat until onion is soft, about 5 minutes. Add zucchini. Cook 3 minutes more.
3. Mix together remaining ingredients in bowl, using half a cup of the cheese.
4. Divide zucchini mixture among 12 muffin cups. Pour egg mixture over zucchini. Top each cup with some of the remaining cheese.
5. Bake 20 minutes, or until a knife comes out clean. Tops should be puffed and light brown in color.
6. To remove from muffin cups, run knife around each frittata.
7. Serve immediately. For lunch, cool and wrap individually. Put in refrigerator if using within two days, or freeze for longer storage.
8. To thaw, remove desired amount from freezer the night before and place in refrigerator.

Options:
- Add vegetables such as sautéed leafy greens (kale, chard, spinach), mushrooms, peppers, peas, etc.
- Substitute cheeses such as: Jack, Gruyère or Swiss for Cheddar or use a mixture of Parmesan and another cheese.
- At Step 3, add diced, cooked ham, chicken, or sausage.

3  tablespoon vegetable oil
½ medium onion, thinly sliced (about ½ cup)
1 6-inch long zucchini, grated (about 1 cup)
1 cup grated Cheddar cheese, divided into two equal portions
7 large eggs
½ cup half-and-half or milk
1 teaspoon chopped fresh thyme leaves (or ¼ teaspoon dried)
½ teaspoon salt
Pepper to taste

Options:
- Add vegetables such as sautéed leafy greens (kale, chard, spinach), mushrooms, peppers, peas, etc.
- Substitute cheeses such as: Jack, Gruyère or Swiss for Cheddar or use a mixture of Parmesan and another cheese.
- At Step 3, add diced, cooked ham, chicken, or sausage.

3  tablespoon vegetable oil
½ medium onion, thinly sliced (about ½ cup)
1 6-inch long zucchini, grated (about 1 cup)
1 cup grated Cheddar cheese, divided into two equal portions
7 large eggs
½ cup half-and-half or milk
1 teaspoon chopped fresh thyme leaves (or ¼ teaspoon dried)
½ teaspoon salt
Pepper to taste

Options:
- Add vegetables such as sautéed leafy greens (kale, chard, spinach), mushrooms, peppers, peas, etc.
- Substitute cheeses such as: Jack, Gruyère or Swiss for Cheddar or use a mixture of Parmesan and another cheese.
- At Step 3, add diced, cooked ham, chicken, or sausage.
This quiche makes an almost complete meal, as it contains protein, vegetables, dairy and grain.

Reminder: Prepare all the ingredients that are to be minced, drained, chopped, beaten or grated in advance.

4. Pour onion mixture into a bowl. Mix in peppers, herbs, milk, eggs, cheese, salt and pepper.
5. Pour into crust.
6. Bake 45-60 minutes, until center no longer jiggles or a knife blade inserted near center comes out clean. Cool 20 minutes before cutting.

Options:
- Substitutions for pie crust:
  - For polenta crust, use cooked polenta. (See pages 60-61.)
  - For kale crust, oil the pie pan and line with steamed kale leaves.
- Cut into individual portions, wrap airtight and freeze. Thaw in the refrigerator the night before using.

1 pie dough for 9- or 10-inch pie crust, homemade (see page 63), or purchased
1 tablespoon olive oil
¾ medium onion, minced
(about 2 tablespoons)
1 cup corn, thawed if frozen
1 8-ounce jar roasted red peppers, drained and chopped, or 2 oven-roasted red bell peppers, chopped
2 tablespoons fresh oregano, marjoram, or thyme (or 2 teaspoons dried)
1 cup milk
2 beaten eggs
1 cup grated Jack, Swiss or Cheddar cheese
1 teaspoon salt
½ teaspoon pepper

Preheat oven to 350°
1. If using purchased pie dough, start on step 2. For homemade, roll out pie dough. Place in pie pan; edges will hang over. Trim off excess dough to the pan's rim. Pinch dough together repeatedly along top of rim to create a fluted edge. (See photos below.)
2. Prick dough repeatedly with fork on bottom and sides to prevent shrinkage during baking.
**Strata with Meat**

**Yield: 6-8 servings**

1 tablespoon butter
2 cups cubed bread
1 tablespoon olive oil
2 cloves garlic, minced (about 2 teaspoons)
1 small onion, chopped (about ½ cup)
12 ounces any type ground or link sausage meat, chopped
6 cups chopped green leafy vegetable such as chard, kale, or spinach, stems removed. (See page 128 for photos of removing stems.)
1½ cups grated cheese (Swiss, Jack, Cheddar, Fontina)
8 eggs
2½ cups half-and-half
1 teaspoon salt
¾ teaspoon pepper

This recipe calls for sausage and greens, but after you’ve made it the first time, don’t be afraid to experiment. You can easily eliminate the meat from this dish to make it vegetarian.

**Reminder:** Prepare all the ingredients that are to be minced, chopped or grated in advance.

3. In an large frying pan, heat the oil and sauté the onion and garlic at medium heat until lightly browned, about 5 minutes. Add meat and cook 4-6 minutes, or until cooked through and no longer pink. Remove meat from pan, using a slotted spoon, and set aside. Drain fat as necessary.

4. Add leafy greens to pan. Cook 3-5 minutes, stirring occasionally, until all the leaves are wilted. Turn off heat. Put meat back in. Mix.

5. Distribute mixture over bread cubes in the baking dish.

6. Whisk together eggs, milk, cheese, salt and pepper.

7. Pour over ingredients in baking dish.

8. Bake 45-60 minutes, until center no longer jiggles and a knife blade inserted near center comes out clean. The strata should be a light brown. Cool 10-15 minutes before serving.

**Options:**

- Substitute any meat for sausage.
- Sprinkle top with grated cheese.
- Cut into individual portions, wrap airtight and freeze. The night before using, thaw in the refrigerator. Enjoy hot or cold.
- Letting the bread soak in the custard overnight makes this dish even more delicious. Complete Steps 1-6 the night before, cover, refrigerate and bake for brunch the next morning.

Preheat oven to 350°

1. Butter a 9 x 13-inch baking dish.

2. Spread bread in baking dish. (French bread, Italian bread, No-Knead Bread [see page 58])
Japanese Griddle Cakes

Yield: 4-6 servings

Japanese vegetable griddle cakes (O-konomi-yaki) make a delicious lunch or breakfast. They are just as tasty cold as they are hot. By using a ladle or smaller spoon, they can be made any size, including bite-size cakes perfect for dipping in soy sauce.

Reminder: Prepare all the ingredients that are to be whisked, sliced, minced or grated in advance.

1. Whisk eggs and flour together in medium bowl. Add remaining ingredients to eggs and mix well.
3. Drop a spoonful of mixture into a pan. It should begin to sizzle and cook immediately and not spread out. If the mixture spreads, increase heat.
4. Using a spatula, flip griddle cakes when the bottom is brown, about 2-3 minutes for a large cake or 1 minute for a smaller one. Add more oil as needed. Griddle cakes should be crisp on the outside and moist inside.
5. When both sides are brown, remove cakes to a paper towel to drain. Transfer to plate and cover to keep them warm.

Options:
- Add chopped cooked mushrooms, bean sprouts, bay shrimp, ground or thinly sliced pork.
- Serve with soy sauce, sour cream or yogurt.

4-5 eggs, whisked
¼ cup flour
½ cup Napa cabbage, finely sliced
1-2 green onions, minced
2 cups grated vegetables, such as sweet potato, winter squash, zucchini, summer squash, turnips, and/or carrots
½ teaspoon salt
2 tablespoons vegetable or olive oil
Main Dish Salad Formula

1. Precook all grains, noodles and proteins (meat, egg, beans).

2. Chop fruits, vegetables, and protein items.

3. Toss all ingredients except dressing in a bowl.

4. Stir dressing ingredients together in a small bowl, or shake well in a covered jar. Pour dressing on salad and toss, or serve on the side.

A Main Dish salad has protein in addition to vegetables. Fruit and carbohydrates are optional.
**Ingredient Ideas**

- **Fruits and Vegetables**
  - dried fruit
  - celery/lettuce
  - carrots/onions
  - cucumber
  - bell peppers
  - tomatoes

- **Carbohydrates**
  - grains
  - noodles or pasta
  - diced, cooked potatoes
  - diced, cooked sweet potatoes

- **Protein**
  - nuts and seeds
  - chopped meat
  - beans
  - hard-cooked eggs
  - cheese
  - tofu

- **Seasonings**
  - salt
  - pepper
  - fresh herbs
  - dill
  - herb/spice mixes

- **Dressing**
  - oil
  - citrus juices
  - vinegar
  - mayonnaise
  - mustard
  - sour cream
  - yogurt

**Main-Dish Salad**

- Pasta
- Bell pepper
- Walnuts
- Parsley
- Olive oil
Salad
3 cups cooked pasta
2 (6-7 ounce cans of tuna, well drained
½ can (14.5 ounces) black olives, drained and sliced
3 stalks celery, thinly sliced (about 1 cup)
½ small red onion, chopped (about ¼ cup)
2 tablespoons chopped fresh herbs; such as parsley, dill and basil.

Dressing
2 tablespoons vinaigrette (see page 161)
¼ cup mayonnaise
Salt and pepper to taste

1. In a colander, rinse pasta in cold water until cooled.
2. Combine cooked pasta, tuna, olives, celery, onion and herbs in a large bowl. Mix well.
3. Mix dressing ingredients together. Dress salad. Refrigerate leftovers for up to 3 days.

Options:
• Try different pasta shapes, such as bow ties, shells, rotini, cavitelli, wheels, penne or ziti.
• Substitute yogurt or sour cream for mayonnaise.
• At Step 3, add diced sweet pickles or pickle relish.

Pasta is a simple base for salads. Create innovative recipes with the addition of vegetables, meats, and different dressings. Precook large batches of macaroni to use in other pasta dishes such as Mac and Cheese (see page 90), or other salads.

Reminder: Prepare all the ingredients that are to be cooked, drained, sliced or chopped in advance.
**Corn and Black Bean Salad**

Yield: 6 servings

**Enjoy this dish alone or mix it with cold cooked rice, or stuff it into a pita pocket. The mixture of corn and beans makes a complete protein. Any oil and vinegar dressing works well.**

**Reminder: Prepare all the ingredients that are to be cooked, chopped, or seeded in advance.**

1. Drain and rinse beans.
2. Stir beans, corn, onion, peppers and fresh herbs together.
3. Stir dressing ingredients together in a small bowl, or shake well in a covered jar. Taste and adjust seasonings. Pour on salad and toss.
4. Let salad marinate at least one hour before serving.

**Options:**
- Add 2 cups chopped tomatoes.
- Add 2 minced garlic cloves to the dressing.
- Add ⅛ teaspoon chile powder to dressing.
- Add ¼ teaspoon cumin to dressing.

**Salad**

- 2 cups cooked black beans (see page 54)
  (1 cup dried, or one 14.5-ounce can)
- 2 cups corn, cooked
- 1 small red onion, chopped (about ½ cup)
- 1 bell pepper, seeded and chopped
  (about 1 cup)
- ½ cup chopped fresh cilantro or parsley

**Dressing**

- 2 tablespoons vinegar, lemon or lime juice
- ½ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon ground cumin
- ½ teaspoon pepper
**Chicken or Tofu Cabbage Salad**

Yield: 6-8 servings

A taste of Asia in a crunchy, nutty salad.

**Reminder:** Prepare all the ingredients that are to chopped or cut in advance.

<table>
<thead>
<tr>
<th>Salad</th>
<th>Dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 chicken breast halves (8-12 ounces) or 1 block of firm tofu</td>
<td>¼ cup vegetable or olive oil</td>
</tr>
<tr>
<td>2 tablespoons soy or teriyaki sauce</td>
<td>1-2 teaspoons sesame oil</td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td>1⅓ tablespoons rice vinegar</td>
</tr>
<tr>
<td>2 packages ramen noodles (without flavor packet)</td>
<td>1 tablespoon sugar</td>
</tr>
<tr>
<td>2 tablespoons sesame seeds</td>
<td>2 teaspoons soy sauce or tamari</td>
</tr>
<tr>
<td>1 cup sliced or slivered almonds</td>
<td>¼ teaspoon salt</td>
</tr>
<tr>
<td>4-5 green onions, cut in ½-inch pieces (about 1 cup)</td>
<td>Pepper to taste</td>
</tr>
<tr>
<td>1 small head green cabbage, cored and chopped finely (about 3 cups)</td>
<td></td>
</tr>
</tbody>
</table>

110 Main Dish  Salad Recipes
Preheat oven to 375°
Oil a baking sheet.

For chicken:
1. Rub chicken on both sides with the soy or teriyaki sauce and place on oiled baking sheet.
   
   Note: After handling chicken, wash hands and cutting board well.

2. Bake chicken 45 minutes, or until juices run clear when chicken is pierced with a fork. Halfway through baking, turn chicken over.

3. Remove from oven. Let chicken cool, then cut into bite-size pieces.

For tofu:
1. Cut tofu into ½-inch slices. Rub with soy or teriyaki sauce on both sides and place on oiled baking sheet.

2. Bake 40 minutes or until firm and browned. Halfway through baking, turn slices over.

3. Remove from oven. Let tofu cool, then cut into bite-size pieces.

For either chicken or tofu:
1. While chicken or tofu bakes, heat the oil in frying pan over medium heat. Break up the ramen noodles and add them to oil, along with the sesame seeds and almonds. Brown lightly, stirring, for a few minutes. Remove fried ingredients and place on paper towels to drain and cool.

2. Stir dressing ingredients together in a small bowl, or shake well in a covered jar. Taste and adjust seasonings.

3. Place cabbage, green onions, cooled chicken or tofu and noodle mixture in a large bowl. Toss with dressing and serve.

Options:
- Substitute Napa cabbage for cabbage.
- At Step 3, add other chopped vegetables for color: carrots, red or yellow bell peppers, florets of broccoli.
- Save some of the browned ramen noodle mixture to sprinkle over the salad just before serving.
Potato Salad

Yield: 6-8 servings

Lighten up your potato salad with this version that uses a smaller amount of mayonnaise.

Reminder: Prepare all the ingredients that are to be cooked or chopped in advance.

Salad
4 large boiling potatoes, peeled or unpeeled
(Cut potatoes in half if desired.)
2 hard-cooked eggs, peeled and chopped
1 teaspoon salt
4 celery stalks, chopped (about 2 cups)
½ medium red onion, chopped
(about ½ cup)

Dressing
3 tablespoons vinegar
2 teaspoons salt
½ cup mayonnaise
½ teaspoon pepper

1. Place potatoes in a 4-quart pot and cover with cold water. Bring to boil, reduce heat and simmer 15-20 minutes, or until a sharp fork easily pierces the potato.
2. Pour cooked potatoes into a colander in the sink. Cool completely. Cut into 1-inch cubes and put into large bowl.
3. Add chopped eggs, celery and onion.
4. Stir the vinegar and salt together in a separate small bowl until the salt is dissolved. Add mayonnaise and pepper and mix well. Add dressing to potato mixture. Mix well and refrigerate.

Options:
• Add pickle relish to taste.
• Add four strips bacon, cooked and chopped.
Tabouli

4 servings

This is a classic Mediterranean salad. Bulgur is cracked wheat that has been partially cooked and dried. Quinoa can be substituted. Quinoa, from the Andes Mountains in South America, is not a grain but a seed, and can be substituted for most grains. Quinoa is high in protein as are the garbanzo beans.

Reminder: Prepare all the ingredients that are to be seeded, chopped, diced or minced in advance.

Salad
2 cups water
1 cup bulgur wheat or quinoa
1 cucumber, seeded and coarsely chopped (about 1 cup)
2 small tomatoes, diced (about ¾ cup) or ¾ cup cherry tomatoes cut in half
1 cup cooked garbanzo beans (half a 14.5-ounce can)

Dressing
½ cup minced fresh parsley
1 clove garlic, peeled and minced (about 1 teaspoon)
1½ tablespoon white vinegar or lemon juice
3 tablespoon olive oil
Salt and pepper to taste

1. Prepare grain:
   • If using Bulgur wheat, boil 1½ cups of the water in a small saucepan and add the wheat. Turn off the heat and cover pot. Wheat will absorb the water in about 20 minutes. Stir occasionally. Cool.
   • If using quinoa, rinse and put in a pot with 2 cups of water. Bring water to a boil, reduce heat to medium and cook 15 minutes. (See page 56.)

2. Combine cucumber, tomato, garbanzo beans and grains in a medium bowl.

3. Combine the parsley, garlic, vinegar, oil and salt and pepper together and toss with the grains.

Options:
• At Step 3, add ½ cup red onion, chopped
• At Step 3, add ¼ cup fresh mint, chopped
Soup Formula

1. Chop and add raw vegetables and/or raw/cooked meat to a large pot.

2. Cover ingredients with cold broth or water. Bring to a boil. Reduce heat and simmer until meat is cooked and vegetables are soft.

3. Add precooked items, like rice, pasta, or vegetables and meat leftovers.

4. Season with fresh herbs or spices (see page 193) of your choice. Add salt to taste.

5. Simmer for another 5-10 minutes to blend flavors.

(Note: Add vegetables according to how quickly they cook.)
Ingredient Ideas

Liquid
vegetable broth
chicken broth
meat broth
fish broth
water
juices

Main Ingredients
root vegetables
grains
noodles
beans
vegetables
meats/fish

Additions
yogurt
milk
cream
coconut milk
ground nuts

Seasonings
salt
pepper
bay leaf
dried or fresh herbs
spices
soy sauce

Soup

+ + + = Soup
Sweet Squash Soup

This recipe features one of North America’s native vegetables. Winter squash, such as butternut, acorn, Hubbard, or pie pumpkins, work the best. Note: for kids, baking is the safest way to soften the squash and remove the peel.

Reminder: Prepare all the ingredients that are to be chopped, peeled, minced or crushed in advance.

2 teaspoons vegetable or olive oil
1 2 ½ pound winter squash or pie pumpkin, or one 28-ounce can of pumpkin
2 medium onions, finely chopped (about 2 cups)
4 cloves garlic, peeled and minced or crushed (about 4 teaspoons)
½ teaspoon ground cinnamon
¼ teaspoon nutmeg
1 teaspoon salt
½ teaspoon pepper
1 cup applesauce (see page 136)
1 cup apple juice or cider
3 cups vegetable or chicken broth
keeping soup warm for school

use a thermos to keep soup warm. here's a trick that will make your soup the perfect temperature by the time lunch rolls around:

- in the morning, heat the soup in microwave or on stove.
- meanwhile, preheat the thermos by filling with boiling water.
- pour out the boiling water, then pour in the heated soup.
- stay safe and don't microwave the thermos. microwave only glass or ceramic.

preparing fresh winter squash:

preheat oven to 350°

1. oil a rimmed baking sheet. cut the ends off the squash and sit it on a cut end and cut in half downward. scrape out seeds. (see illustration below.) for pumpkin, remove stem, cut in half, and scrape out seeds. place squash or pumpkin on rimmed baking sheet, cut side down. pour one cup of water on sheet, cover with foil and place in oven. cook until a fork pierces the skin easily, about 1 hour. set aside to cool.

2. when squash is cool, scoop pulp out of peel. mash the squash.

for soup:

3. heat oil over medium heat in a 6- to 8-quart soup pot. add onions; cook until they begin to brown, about 5 minutes.

4. add garlic, cinnamon, nutmeg, salt and pepper to onions. stir until blended, about 30 seconds, remove from heat.

5. when cool, put about \( \frac{1}{3} \) of squash/onion mixture at a time into blender. blend or process until smooth. repeat.

6. pour blended mixture back into the pot. simmer 20 minutes.

options:

- substitute 2 leeks for onions. cut in half lengthwise and rinse thoroughly. use only the white and light green parts.
- garnish soup with sour cream, fresh parsley or chopped roasted walnuts.
- instead of roasting raw squash or pumpkin, cut into several pieces and steam until soft.
Tomato Soup

Yield: 6 servings

Warms your heart, warms your tummy! There’s nothing like a cupful of this tomato soup in your lunch to brighten your day.

Reminder: Prepare the ingredients that are to be chopped in advance.

4-6 tomatoes, chopped (about 4 cups) or two 14.5-ounce cans diced tomatoes
1 medium onion, chopped (about 1 cup)
½ teaspoon ground cloves
2 bay leaves
2 cups vegetable or chicken broth (see page 62)
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon sugar
1 teaspoon salt
¼ teaspoon pepper
1. Combine the tomatoes, onion, cloves, bay leaves and broth in a 4-quart saucepan. Bring to a boil over medium heat. Reduce heat and simmer for about 20 minutes.
2. Remove from heat and remove the bay leaves. Pour soup into a medium mixing bowl.
3. Leave soup as is, with chunks of tomato, or cool the soup and run it through a blender or food processor for a thicker, smoother texture. Process soup in batches, ½ to ⅓ at a time.
4. In the same saucepan, melt the butter over low heat. Using a whisk, slowly mix in the flour until flour and butter are incorporated, about 2 minutes. The mixture should be smooth. This is called a roux.
5. Gradually stir the tomato mixture into the roux so that no lumps form. Season with sugar, salt and pepper.

Options:
- For a creamier version, add a can of coconut milk or two cups of milk, half-and-half, soy milk or other nut milk at the end of Step 2. Heat, but do not boil.
- Serve topped with a dollop of sour cream and chopped dill, grated cheese, cooked rice, or crushed crackers.
- For gluten free soup. Leave out flour, or add a mixture of potato starch and water.

What are Heirloom Tomatoes?

Heirloom tomatoes are older varieties that are sweeter than commercial varieties but do not travel well.

Commercial varieties contain mutations that give them a more even red color and the ability to have a longer shelf life and travel longer distances between field and table.

Heirloom tomatoes are increasingly popular and more available in recent years as they bring back the real tomato taste.
Minestrone Soup

Yield: 12-16 servings

1. In an 8-quart pot, heat the oil and sauté the onion and garlic for 5 minutes or until lightly browned.
2. Add carrots, celery, potatoes, oregano and basil. Cook for 10 minutes.
3. Add broth, the rest of the vegetables and salt. Bring to a boil. Reduce heat and simmer 20-30 minutes, or until all vegetables are tender. Stir occasionally.

Options:
- At Step 3, add ½ pound fresh or frozen green beans, sliced, or one zucchini, diced.
- At Step 3, add 3 cups fresh, chopped chard or spinach or one-half 10-ounce bag frozen spinach.
- At Step 3, add 3 ounces of uncooked pasta
- Garnish with ½ cup grated Parmesan cheese.

Minestrone is an Italian classic. There is no fixed recipe, but most versions include onions, tomatoes, celery, carrots and beans. Like any soup, it tastes better the next day after the flavors have blended.

Reminder: Prepare the ingredients that are to be diced, minced, sliced, chopped or cooked in advance.

2 tablespoons vegetable or olive oil
1 medium onion, diced (about 1 cup)
3 cloves garlic, minced (about 4-5 teaspoons)
2 large carrots, diced (about 2 cups)
2 stalks celery, diced (about 2 cups)
2 medium boiling potatoes, diced (about 2 cups)
2 tablespoons chopped fresh oregano or 2 teaspoons dried oregano
½ cup chopped fresh basil or 2 teaspoons dried
4 cups broth (see page 62), or water
¼ small green cabbage, sliced finely (about 1 cup)
2-3 medium tomatoes, chopped finely (about 2 cups), or one 14.5-ounce can
1½ teaspoons salt
2 cups cooked beans or black-eyed peas (1 cup dried or one 14.5-ounce can)
Bean Soup

Yield: 8-10 servings

This recipe has two versions. Version one uses canned beans, version two uses dried beans. Black beans are tasty and a good place to start creating a bean soup. Experiment with different types of beans and flavorings.

Reminder: Prepare the ingredients that are to be cooked, drained, chopped or minced in advance.*

2 tablespoons vegetable or olive oil
1 medium onion, chopped (about 1 cup)
2 cloves garlic, minced (about 2 teaspoons)
4 cups cooked beans (2 cups dried beans or two 14.5-ounce cans, drained)
1 fresh jalapeño chili, seeded and chopped (about 1 tablespoon)
1 tablespoon chopped fresh oregano (or 1 teaspoon dried)
1 tablespoon chopped fresh thyme (or 1 teaspoon dried)
1½ teaspoons cumin powder
1 teaspoon coriander
2 bay leaves
6 cups water or broth (see page 62)
Salt and pepper, to taste

* Note on preparing fresh jalapeño: Be aware that the oils in hot peppers can burn you. Wear gloves if you have sensitive skin and don’t touch your eyes or face. Wash hands with soap and water after handling hot peppers.

For canned or pre-cooked beans:
1. In an 6-quart pot, heat the oil and sauté the onion and garlic for 5 minutes or until lightly browned. Rinse beans well.
2. Add all the other ingredients to the pot.
3. Bring to a boil, reduce to a simmer, cover and cook 20-30 minutes. Add more liquid, if necessary, to keep the beans from sticking.

For dried beans:
See page 54 for cooking directions for beans.

Option:
• Cool soup and puree in a food processor.
Chicken Noodle Soup

Yield: 12 servings

Whether you’re sick or healthy, chicken noodle soup is comforting and delicious.

Reminder: Prepare the ingredients that are to be cooked, chopped, minced or peeled advance.

- 2 tablespoons vegetable or olive oil
- ½ medium onion, chopped (about ½ cup)
- 1 clove garlic, minced (about 1 teaspoon)
- 3 celery stalks, chopped (about 1½ cups)
- 2 large carrots, peeled and chopped (about 2 cups)
- 2 pounds of chicken parts (breasts, legs, thighs)
- ½ lemon, cut in half
- 3 cups chicken broth (see page 62)
- 2 cups water
- 2 teaspoons dried thyme
- ¼ cup chopped fresh parsley (about 1½ tablespoons parsley dried)
- 1 bay leaves
- 1 teaspoon salt, or to taste
- 1 teaspoon pepper, or to taste
- ½ cup peas
- 1 cups cooked egg noodles or other small pasta

1. Heat oil in large pot. Add onion, garlic and celery. Cook until tender, about 5 minutes.
2. Add carrots, chicken, lemon, broth, water and seasonings to the pot. Bring to a boil over high heat, reduce heat and simmer, covered, for an hour.
3. Remove chicken pieces and lemon from liquid with tongs or a slotted spoon. Cool, then remove meat from the bones and break into small pieces. Return meat to pot.
4. Add peas and pasta to pot and continue to simmer about 6 minutes.

Options:
- Cook a whole chicken, use 4 cups of leftover chicken, or use a deli-cooked chicken.
- Save the chicken bones for making broth. (See page 62.)
Potato Leek Soup

Yield: 4 servings

When ordered in a restaurant, Potato Leek Soup is usually thick, and creamy. This version is more rustic, as it is not finished in a food processor or blender.

Reminder: Prepare the ingredients that are to be sliced, peeled or diced in advance.

2 tablespoons butter
1 large leek, washed carefully and sliced cross-wise, ¼ inch thick (Use white or light-green parts only.)
1 stalk celery, sliced thinly (about 1 cup)
2 cups broth
1½ cups diced potatoes
1½ cups milk
Salt and pepper to taste
2 tablespoons sour cream or mayonnaise
1-2 tablespoons lemon juice

1. Melt butter in a 2-quart saucepan. Add leeks and celery. Sauté for 10 minutes. Stir to keep from sticking.
2. Add 1 cup of the broth and cook at medium heat for another 10 minutes. Continue to stir every 2-3 minutes.
3. Add potatoes, remaining 1 cup broth and cook for 10 minutes.
4. Mix in milk, cover pot, and cook for 10 minutes, or until the potatoes are soft. Remove from the heat. Mash vegetables with a potato masher.
5. Season to taste with salt, pepper, sour cream or mayonnaise and lemon juice.
6. For a smooth soup, cool and process in several batches in a food processor. If the soup is served cold, it’s called Vichyssoise.

Option:
• At Step 5, add a pinch of chili flakes
Vegetarian Peanut Soup

Yield: 4-5 servings

This is both vegetarian and dairy-free. It can be quite thick, so according to your taste, add more broth, tomato juice, or water to thin it.

Reminder: Prepare the ingredients that are to be chopped or peeled in advance.

1. Heat olive oil in a 2-quart sauce pan. Add onions and cook until is soft, about 5 minutes.
2. Add ginger. Cook for 1 minute.
3. Add potato, broth, tomato juice, salt and pepper. Bring to a boil; lower heat and simmer, until the sweet potatoes are soft (about 15-20 minutes). Stir frequently. Cool for 15 minutes.
4. In two batches, add soup to food processor, along with half the peanut butter for each batch. Process until smooth and pour into a clean pot.
5. Return to a simmer.

Options:
- At Step 1, add 2 carrots, peeled and chopped (about 2 cups)
- At Step 2, add dash of cayenne, or ⅓ teaspoon chili pepper flakes
- If you want some texture to the soup, process only half of it.

2 tablespoons olive oil
1 medium onion, chopped (about 1 cup)
1 teaspoon fresh ginger, grated or dash of ground ginger
1 sweet potato, peeled and chopped (about 1-2 cups)
2 cups broth
½ cup tomato juice
½ teaspoon salt
¼ teaspoon pepper
½ cup creamy peanut butter
2 green onions, chopped
¼ cup peanuts, chopped
Kids are more likely to eat vegetables that are sliced into bite-sized portions. Wash and prepare vegetables in big batches. Keep them in the refrigerator for easy snacking and for additions to lunch boxes, with or without a dip or spread. Combine with cottage cheese, nuts (see pages 142 and 143), hard-cooked eggs (see page 55) or Tofu Sticks (see page 145) for protein to create a main-dish item, or serve with a main dish that’s missing vegetables.

**Quick Food Carving**

Kids! You can do some simple food carving to make your fruits and vegetables fun to eat...

- **Cucumbers**: Peel away alternate strips of skin until you have a vertically striped cucumber. Slice into rounds.
- **Bell peppers**: Cut in half, scoop out seeds, and use as a bowl.
- **Carrots**: Peel with a hand grater to create lots of ridges. Slice into rounds.

(See page 138 for more food carving ideas.)

**No-Prep**

- Bean sprouts
- Cherry tomatoes
- Edamame beans
- Olives
- Sugar snap peas
- Pickles
- Small or baby carrots

**Low-Prep**

- Bell pepper, cucumber or zucchini, sliced long or in rounds
- Broccoli and cauliflower, broken into florets
- Big carrots, sliced into sticks
- Celery, sliced in half or into sticks
- Jicama, sliced into sticks
- Nori snacks—seaweed sheets torn into pieces (see page 81)
**Sesame Green Beans**

Yield: 4-6 servings

These are Asian-inspired green beans. The secret to tasty green beans—keep them crisp by not overcooking them.

1. Wash beans. Trim stem end or both ends.
2. If using fresh beans, place 1 inch of water in a pot, place a steamer basket in the pot; place beans in basket. Cover the pot and steam for 5 minutes or until beans are crisp-tender and still bright green. If using frozen beans, steam them lightly.
3. Remove basket from pot, cool beans for 10 minutes.
4. Stir vinegar, soy sauce, oil and sesame seeds together in a medium bowl. Add cooled beans and mix well.
5. Season to taste with salt and pepper.

1 pound green beans, fresh or frozen
2 tablespoons rice vinegar
2 tablespoons soy sauce
2 teaspoons sesame oil
2 teaspoons sesame seeds
Salt and pepper to taste
Three-Color Coleslaw

Yield: 6 servings

This is a colorful cabbage salad that can be expanded and brightened with the suggested options. The salad with its dressing can be refrigerated for a couple of days.

Reminder: Prepare the ingredients that are to be chopped, peeled, sliced or seeded in advance.

1. Toss the green onions, cabbage, carrots and bell peppers in a large bowl.
2. Drizzle on the dressing and toss. Taste and adjust the amount of dressing.

Options:
- At Step 2:
  - Add ½ cup of grated cheese, such as Jack or mozzarella.
  - Add mandarin orange sections or grapes that have been halved, for more sweetness.
  - Add sliced or chopped nuts.

Salad
- 3 green onions, chopped
- ½ medium head red or green cabbage, chopped (about 3 cups)
- 3 medium carrots, peeled and sliced thinly or grated (about 1½-2 cups)
- 2 bell peppers (one red and one yellow), seeded and chopped (about 2 cups total)

Dressing
- ¼ cup Vinaigrette (see page 161) or 3 tablespoons olive oil, 1 tablespoon vinegar and salt and pepper to taste
Fake Grass Salad

Yield: 2 servings

The secret to success is to roll the leaves tightly, then slice as thin as a blade of grass.

Reminder: Prepare the ingredients that are to be sliced, peeled, sectioned, drained, chopped or slivered in advance.

Salad
2 cups thinly sliced collard greens or kale leaves
(about half a bunch)
1-2 mandarin oranges, peeled and sectioned or ½ can mandarin orange slices, drained
2 tablespoons dried cranberries, chopped
2 tablespoons toasted almonds or walnuts, slivered or chopped (See page 142 for toasting nuts.)

Dressing
3 tablespoons olive oil
1 tablespoon vinegar or lemon juice
Salt and pepper to taste

1. Slice center rib from kale or collard greens. Flatten leaves and stack all together. Roll leaves up tightly. Cut very thin slices off the roll. (See photos below.
2. Combine greens, cranberries, orange sections and nuts in a large bowl.
3. Stir dressing ingredients together in a small bowl, or shake well in a covered jar. Taste and adjust seasonings. Drizzle on salad; toss to combine.

Leafy Greens

Dark green vegetables have the greatest concentration of vitamins and minerals of any food. The darker the green, the more powerful the plant!

The nutrients in leafy greens strengthen the eyes, help the blood to clot correctly, reduce inflammation (a contributor to asthma and arthritis), slow down age-related cell degeneration and more.

Spinach, collard greens, chard and kale are available in many grocery stores, but keep your eyes open for mustard greens, bok choy or pak choy, as well as the greens of turnips and beets.
Broccoli & Bacon Salad

Yield: 6 servings

Here is a salad that will appeal to just about anyone. The sweetness in the dressing really transforms the taste of the broccoli.

Salad

- ¼ pound bacon, either turkey or pork
- 1 bunch broccoli (4-5 cups)
- ½ cup unsalted sunflower seeds
- ½ cup raisins or dried cranberries

Dressing

- ½ cup mayonnaise, or use 4 tablespoons mayonnaise and 4 tablespoons plain yogurt
- 3 tablespoons vinegar or citrus juice
- 1 tablespoon sugar

1. Cut bacon into small pieces, then fry until crisp. Remove from pan and place on paper towels to drain fat. Let cool.
2. Wash broccoli and break into florets. Chop stems.
3. Combine all salad ingredients in a medium bowl.
5. Pour dressing over salad and mix well. Cover and refrigerate. Let sit one hour.

Options:

- Substitute cauliflower for broccoli, or use half of each.
- Substitute dried cherries for raisins or cranberries.
- At Step 3, add ½ small red onion, chopped.
Carrot and Raisin Salad

Yield: 6 servings

A classic, simple and tasty sweet salad. This is the perfect recipe for beginning cooks to hone their skills.

5 large carrots (about 4 cups)
1 cup raisins or dried cranberries
1 tablespoon honey

1. Peel and grate carrots.
2. Combine ingredients in a medium bowl and stir. Add more lemon or orange juice to taste.

Options:
- For a creamier salad, add ½ cup plain yogurt, mayonnaise, or sour cream.
- Add ½ cup diced celery or apples.
- Toss in ½ cup chopped nuts.
- If carrots are very fresh, they may not need to be peeled.
Fruits

Kids are more likely to eat fruits that are sliced into bite-sized portions. Wash and prepare fruit in big batches to grab and go throughout the week. Sprinkle cut fruits like apples, pears, and avocados with lemon or pineapple juice to prevent them from becoming brown. Combine cut fruit with cottage cheese, yogurt or nuts.

No-Prep
- Apples
- Bananas
- Apricots, peaches, plums
- Oranges, tangerines or mandarin oranges
- Raisins, dried cranberries
- Dates
- Blueberries, strawberries, blackberries, raspberries
- Banana chips
- Grapes
- Pears
- Figs
- Kumquats
- Cherry tomatoes
- Canned pineapple chunks

Low-Prep
- Apple, sliced
- Pear, sliced
- Avocado, sliced or halved
- Orange, sliced
- Kiwi, peeled and sliced or halved
- Mango, peeled and sliced
- Applesauce (see page 136)
- Melon, cut into chunks or quartered
- Nectarine, papaya, peach, sliced
- Fresh pineapple, peeled and cut into slices or chunks
- Fruit chunks skewered on kebab sticks
Fruit Salad with Honey & Yogurt

Yield: 6-8 servings

This salad is perfect for fall or winter.

Reminder: Prepare the ingredients that are to be chopped, peeled, slivered or toasted in advance.

1-2 apples, cored and chopped
2 oranges, peeled and chopped
2 kiwis, peeled and chopped
2 pears, cored and chopped
1 tablespoon honey
1 cup plain yogurt
¼ cup slivered, toasted nuts, such as walnuts, almonds, pecans

1. Combine fruit in a large bowl.
2. To warm honey on a stove top, place glass container of honey in a small pot containing 2 inches of water. Simmer until honey thins. Or in a microwave, heat in a glass container until honey thins. Start with 5 seconds.
3. Combine yogurt and honey in a small bowl. Stir into the fruit mixture, toss to combine.
4. Sprinkle with nuts

Options:
- Substitute maple syrup for honey.
- Add tropical fruits such as banana, pineapple, mango or flaked coconut.

Buy Seasonally

Buying seasonally keeps salads interesting, flavorful and less expensive.

A summer green or vegetable salad is different from a winter one. During the summer tomatoes, cucumbers, peppers, and peas make salads sweet, bright, and colorful. Summer fruit salads include peaches, strawberries and melons.

Winter green salads are nutritious and hardy. They include leafy greens such as spinach, kale and mustard greens, as well as root vegetables such as carrots and beets. Mix in a variety of citrus fruit. Be creative.

See Chapter 3, page 29, for more about In-Season Food.
Yield: 2 servings

Fruit Smoothie

Smoothies are a sweet and creamy treat made in a blender and are full of fruit, calcium, vitamins and minerals. Experiment with different combinations of fruit.

½ cup favorite fruit, fresh or frozen (peaches, bananas, blueberries, blackberries, raspberries, strawberries, mangos)
1 cup plain yogurt
1 cup milk or other liquids (See Options, below)
4-5 ice cubes

1. If using fresh fruit, peel and chop into small pieces and place in blender. If using frozen fruit, pour it straight into the blender.

2. Put yogurt, ice cubes and milk into blender with fruit. Puree until smooth. Test to see if it is sweet and creamy enough. (See "Options", below.)

3. To keep smoothies cold until lunch, pour into insulated thermos.

Options:

- Substitute calcium-added orange juice, 100% fruit juice, soy or nut milk, or coconut water for the milk.
- Test first, then add 1 tablespoon honey or sugar if desired.
- Add a banana or more yogurt to make smoothie creamier.
- Add peanut butter for more protein.
Fruit Leather

Yield: 8 servings

Capture the flavors of summer in easy-to-make fruit leather. When fruit is abundant and inexpensive, make a large batch to carry you through the winter.

4 cups fresh fruit, any combination
¼ cup water
1-3 teaspoons lemon juice, to taste
1-3 tablespoons honey or sugar, to taste
vegetable oil for pan
1. Wash the fruit. For stone fruit (apricots, peaches, plums), remove pits. For apples and pears, remove cores and stems. De-stem grapes. For berries with tougher seeds, such as blackberries, cook separately and strain out the seeds.

2. Place fruit in a large saucepan and add water. Bring to a simmer, cover, and let cook over low heat 10-15 minutes, or until fruit is cooked through. Uncover and stir.

3. Taste the fruit. If sugar or honey is needed, add a tablespoon at a time, to taste. Add lemon juice, 1 teaspoon at a time, to make the leather a little tangy.

4. Continue to simmer and stir until added sugar is dissolved and the fruit mixture has thickened—10 or more minutes.

5. Cool the mixture and puree in a blender until smooth, or use a potato masher and mash as much as you can—the leather will end up a little lumpier.

6. Lightly oil a 12 x 17-inch rimmed baking sheet or a tray that will fit into your dehydrator. Pour in puree. Spread evenly to about ¼-inch thickness. Tipping the baking sheet will allow the puree to spread.

7. Dehydrate the puree using one of the methods shown to the right under “Dehydrating methods”.

8. Cut the leather into 8 equal pieces and peel them from the baking sheet. Place each portion on a piece of plastic wrap and roll up tightly.


Option:
- After Step 5, add spices, such as cinnamon, nutmeg or ginger.

Dehydrating Methods:

Note: Leather is ready when mixture is no longer wet.

- Dry in the sun: On a hot day you can put the fruit on the tray and leave the tray in the sun all day. Make a tent from cheesecloth to keep the bugs off.

- Dry in an oven: Set temperature to 125°-150° (135°-145° is ideal). Drying time will vary, but 5-8 hours is a good estimate. Check every couple of hours. Warning: Above these temperatures, it’s very easy to burn the leather.

- Dry in a food dehydrator: If you have control of the temperature, dehydrate at 135°-145°. Drying time will vary, but 5-8 hours is a good estimate. Trays for some dehydrators may not need oiling. Check the owner’s manual.

- Make the solar dehydrator described in Chapter 6 (page 174) and use it to dry the leather. Temperatures in the dryer will probably reach from 125°-150° and leather may be ready in about 6-8 hours or more.
When apples are in season, they are plentiful and inexpensive. They can be preserved for the coming months by freezing or canning large batches of applesauce.

To get started canning, visit the National Center for Home Food Preservation, USDA publications, online at http://nchfp.uga.edu/publications/publications_usda.html

Two excellent books for canning recipes are the Ball Blue Book and So Easy to Preserve. The latter book is available from the Cooperative Extension at The University of Georgia.

Options:

- At Step 3, add nutmeg and/or cinnamon to taste.
- At Step 3, add brown or white sugar, or honey, to taste.
- For smoother applesauce, put it through a blender or food processor after cooling.
- Cook with half an unpeeled lemon. Remove lemon before serving or storing.
Dehydrating Fruit

Drying food (dehydrating) is an ancient method of preservation. It concentrates fruit sugars, making the fruit very sweet and a great replacement for processed sugary snacks. Dehydration is one method to save money. Buy fruit in season when it is less expensive and dry it for enjoyment all year.

Use an oven with a low setting (125º-150º; 135º-145º is ideal) or a dehydrator. Make your own solar dehydrator. (See page 174.) Use a cookie sheet for drying in the oven. Use a cooling rack in the solar dehydrator or the dehydration trays that come with the dehydrator. (See page 135, "How to Dehydrate".)

Drying time varies with temperature and thickness of the fruit, between 4-12 hours. Check after 4 hours.

Fruit is completely dehydrated when no moisture comes out when it’s squeezed, or when no condensation forms if it’s sealed in a bag or jar while still warm.

Store fruit in air-tight bags or jars. Keep in a cool, dry place, away from direct light. Dried fruit can last up to a year.

**Easy-to-dehydrate fruit choices:**
- apples
- pears
- peaches
- plums
- strawberries
- figs
- persimmons

To remove peach skin before dehydrating, place peaches in boiling water for 30 seconds, then into ice cold water. Remove the skin using your fingers.

**Dehydrating Peaches and Plums**
1. Wash and cut peaches or plums in half. Remove pit and slice halves into ¼-inch-thick slices.
2. To prevent browning, dip fruit in a solution of ¼ cup lemon, lime or pineapple juice and 1 cup water, or use ascorbic acid (follow directions on package).
3. Dry fruit in an oven or dehydrator.

**Dehydrating Strawberries**
1. Wash and cut leafy crown from strawberries.
2. Slice ¼ inch thick. Place the berries in a single layer on a baking sheet or the dehydrator tray.
3. Dry fruit in an oven or dehydrator.

**Dehydrating Apples, Pears, Figs, and Persimmons**

Firm, crisp apples work best and any variety of semi-ripe pear is suitable.

1. Wash and slice the fruit into ¼- to ½-inch-thick slices. For figs, cut in half and put seeded side down.
2. To prevent browning, dip fruit in a solution of ¼ cup lemon, lime or pineapple juice and 1 cup water, or use ascorbic acid (follow directions on package). Place fruit in a single layer on a baking sheet or the dehydrator tray.
3. Dry fruit in an oven or dehydrator.
Carving Fruits & Vegetables

Enjoy the fun of vegetable carving all through the year. Carving is a fun after-school or birthday party activity. Kids love to use their creations as centerpieces.

Vegetable carving began in the Far East, most particularly in Japan and Thailand. Carving fruits and vegetables is about the concept that the more beautiful food looks, the more delicious it is to eat. Students in both countries are taught food carving from an early age.

Create imaginative shapes, silly critters or fantasy creations with a few fruits, vegetables and cutting tools. Kids can carve fruits and vegetables safely when they follow some basic knife rules and tips. Use a sharp paring knife rather than a dinner knife; it requires less pressure and is safer to use.

Included are some suggested vegetables and fruits to choose for carving. Remember, the sky’s the limit, so be creative and use any vegetable or fruit to turn into an edible masterpiece.

### Tools
- paring knife
- vegetable peeler
- toothpicks or skewers
- metal cookie cutters
- forks

### Carving Ideas
- broccoli - trees
- cauliflower - clouds, huge flowers
- potatoes - strong base
- bell peppers - a bowl, boat, or funny face
- cucumbers - boat or car (sliced in half, seeds scooped out)
- cabbage - strong base when halved
- pineapple - boats, wings, sun or moon
- melons - heads or bowls (sliced in half, seeds scooped out)
- olives and raisins - eyes, noses, ears, car wheels, buttons
- strawberries - flower centers, wings or hearts (when cut in half)
- blueberries - heads, eyes
General Food Carving

1. Read Knife Safety. (See page 43.) Teach younger children how to hold a knife and cut away from their bodies. Adults should supervise carving.

2. Spread newspaper or a tablecloth under all the tools and food. This will make clean up much easier.

3. For creations that might tip over, cut off one rounded end of the fruit or vegetable. This flat base will keep a round item steady on the table.

4. Add smaller pieces to the base, connecting them with toothpicks or skewers.

5. Use a knife to expose different colored layers of fruit or vegetable, as seen in the radish flower photos at the bottom of the page.

6. For cucumbers, peel alternate stripes; run the tines of a fork down the sides of the cucumber just where the skin has been peeled away. Slice into rounds. Try a cucumber, sliced in half lengthwise; scoop out the seeds and use the shells to hold other, smaller, diced or chopped vegetables.

Radish Flower Bouquet

For Flowers:

1. Use a paring knife to slice thin sections of the skin, revealing the white part of the radish. Be careful to leave the sections still attached to the radish—this takes some practice! Repeat around the whole radish to create a flower.

2. Put your finished radish into a bowl of water from 1 hour to overnight and the little flaps you’ve cut will open up.

For Green Onion Stems:

3. Cut off the white end. Cut sections the same length as a toothpick.

4. Lay a section flat on the table and make \frac{1}{8}-inch-long slits at one end.

To Assemble Flower:

5. The onion piece will be the stem of the flower. Put a toothpick inside the onion tube.

6. Now stick a radish on the end of the green onion with the slits.

7. Stick the other end of the toothpick into the larger vegetable that you're using for a base.
Drinks

Drinks are an easy part of the lunch and one that can make a big difference in the health of a child. Sugary drinks are the single biggest source of additional sugar. These extra calories lead to weight gain, which can increase the risk of health problems such as type 2 diabetes and heart disease.

No-Prep
- Water
- Milk
- Soy, rice, almond milk, coconut milk or water
- 100% fruit juice (best diluted 1:1 with water)

Low-Prep
- Unsweetened iced tea
- Water with a squeeze of juice
- Flavored waters (see below)

Kid-Created Flavored Waters
Try these delicious flavored water combinations created by the Culinary Allstar kids in Humboldt County, California:

- Anthony's Tasty H₂O: orange, carrot, lemon
- Berry Minty: strawberries, raspberries, lime, mint
- Red Dream Drink: watermelon, strawberries, basil

Flavored Water

Water can be flavored with sweet fruits and vegetables and delicious herbs—no extra sugar needed! Use fruits such as raspberries, strawberries, watermelon, cantaloupe, peaches, oranges, lemons or limes. Use vegetables such as carrots or cucumbers. Use herbs such as basil or mint.

1. Slice, thickly chop, or grate larger ingredients. Use whole herb leaves.
2. Fill a 1-quart glass jar or bowl with 2 cups of ingredients.
3. Pour very hot water over ingredients until jar is filled, or pour two cups of very hot water over ingredients in the bowl. Place a lid on the jar or cover the bowl with a plate.
4. Cool to room temperature. Add cold water until you have ½ gallon (about 4 more cups of water). Chill for at least two hours.
5. Pour flavored water through strainer or colander to remove fruit or vegetables.
6. Use an insulated thermos to take drink to school.
**Treats and Snacks**

Treats and snacks are lunch items to be eaten occasionally. High-protein snacks can be combined with fruits and vegetables to create a balanced lunch that has all the MyPlate components. Other grain-based snacks can provide a boost of energy for active kids.

Eat sparingly and enjoy to the fullest.

**Bulk Snack Bins**

Bulk bins are generally the cheapest way to buy some foods. (See page 16.) Many stores have bins specifically for snacks. If you make your own snack mix, you know exactly what is going into it.

Check out the bin labels for ingredients of items that are not whole foods. (see Food Labels, page 190.) Be aware of the extra sodium or salt that is added to your diet through snack items.

Make your own trail mixes. Aim for less of the sweet or sugar-coated items and more whole items such as dried fruits or nuts.

Choose a variety of nuts and seeds, such as sunflower or pumpkin.

Do not snack from the bulk bins. Always use the tongs or spoons provided for health and safety reasons.

**No-Prep**

- Walnuts
- Almonds
- Cashews
- Peanuts
- Pistachios
- Pretzels
- Pumpkin seeds (pepitas)
- Sunflower seeds
- Soy nuts
- Raisins
- Dried fruit

**Low-Prep**

- Sliced fruit
- Sliced vegetables
- Sliced cheese
- Popcorn
Go Nuts!

Yield: 2 cups

Nuts, an easy-to-prepare snack, are high in unsaturated fat (that’s a good kind of fat). They are high in protein and they lack cholesterol. Toasting intensifies the flavor and makes them crispy. You can add a variety of flavorings to plain nuts. Always cool nuts completely before storing in an airtight container so they will stay crisp. Nuts store best in the refrigerator for up to 3 months, or longer in the freezer.

**Fast Roasted Nuts**

Check these nuts frequently—it’s very easy to burn them at this temperature.

- almonds, peanuts, walnuts, hazelnuts, pine nuts, cashews

Preheat oven to 325°

1. Place nuts on a rimmed baking sheet.
2. Roast 10-15 minutes. Stir every 5 minutes.
3. Remove, cool and store in airtight containers.

**Crunchy Walnuts or Pecans**

Soaking before roasting makes these nuts easier to digest and releases some of their nutrients.

- 1 teaspoon salt
- 2 cups water
- 2 cups walnut or pecan halves

1. Mix salt and water together and add the nuts. Let sit 3-4 hours.
2. Drain.

Preheat oven to lowest setting (200° maximum)

4. Roast 6-8 hours. Stir occasionally.
5. Remove, cool and store in airtight container.
**Tamari Almonds**

Tamari is a type of soy sauce with a different flavor. Gluten-free tamari is also available.

2 cups whole almonds
¼ cup soy sauce or tamari

Preheat oven to 250°

1. Place almonds and tamari in bowl and mix until almonds are well coated.
2. Spread almonds on a rimmed baking sheet.
3. Roast almonds about 45 minutes. Stir a few times during roasting.
4. Remove, cool and store in airtight container.

**BBQ Peanuts or Pecans**

You’ll be licking your fingers as you make this. Sprinkle some on top of rice or in salads for a tasty, crunchy extra.

3 tablespoons melted butter
2 tablespoons Worcestershire sauce
1 tablespoon ketchup
¼ teaspoon hot pepper sauce
½ teaspoon chile powder
½ teaspoon salt
2 cups raw peanuts or pecan halves

Preheat oven to 200°

1. In a medium-sized bowl, combine all ingredients and mix well. Place on the baking sheet in a single layer.
2. Bake until dry, about 45 minutes. Stir every 10 minutes.
3. Remove nuts from oven and spread on a brown paper bag or a paper towel to absorb extra oil.
4. Cool and store in airtight container.
Popcorn

Yield: 10 cups

Popcorn is simple to make. It’s also a nutritious whole grain. The grains are called kernels. They’re available in bulk food bins. This recipe makes twice as much as purchased microwavable popcorn bags and is much cheaper. Store popped corn in an airtight container up to 2 days for an easy-to-grab snack.

In a Microwave:
1. Put kernels in a brown paper bag. Fold the top of the bag over twice.
2. Cook in the microwave at full power 2½ to 3 minutes, or until you hear a 2-second pause between pops. Open the bag carefully to avoid steam burns. Add salt if desired. Pour popped corn into a container and seal securely to keep fresh.

On the Stove top:
1. Mix oil and kernels in a 5-quart lidded saucepan.
2. Cover pan and heat on high until popping begins. Using a potholder in each hand, hold the lid securely closed, then pick up the pot and shake it. Replace on heat and repeat every 10-20 seconds until you hear a 2-second pause between pops. Remove from heat.
3. Leave lid on until all popping stops (around 30 seconds), and tilt lid away from you to open. Add salt if desired.

Options:
• Stir in extra toppings, like melted butter, garlic salt, Parmesan cheese, and/or 1 tablespoon nutritional yeast (available at natural food stores).

Home-popped vs. Purchased Microwave Popcorn Bags

Be aware: Studies show that the plastic that lines the inside of purchased microwave popcorn bags, as well as some artificial butter flavorings, release cancer-causing chemicals when heated.

When you pop popcorn on the stove or in your own bag in the microwave, you avoid unnecessary danger, save money, and get to choose the toppings. Find kernels in the popcorn aisle or bulk foods section of a grocery store.
Tofu Sticks

Kids adore these snacks. This recipe transforms tofu into something enticingly delicious.

Reminder: Prepare the ingredients that are to be grated or chopped in advance.

1½ tablespoons finely grated onion
½ tablespoon finely chopped garlic
1½ tablespoons dry mustard powder
1½ cups water
½ cup honey
1 cup soy sauce or tamari sauce
2 blocks extra-firm tofu (about 2 pounds)
1 teaspoon oil or as needed for baking sheets

1. Mix all ingredients except tofu in a medium-sized bowl. This is the marinade. Set aside.
2. Drain the tofu and cut into 1 x 4-inch strips.
3. Oil baking dish and pour in enough of the marinade to just cover the dish.
4. Lay the tofu sticks next to each other on top of the marinade, with the sides of the tofu not touching.
5. Pour the remaining marinade on top of the entire dish of tofu sticks. Cover and let sit in the refrigerator for at least 1 hour or overnight.

Preheat oven to 300°

6. Bake in preheated oven 45 minutes. Turn the sticks over and bake another 15 minutes, until all the liquid is absorbed and the sticks are browned. Remove from oven and allow to cool.
7. Store in the refrigerator in a lidded container.
Kale Chips

Kale chips are the best-ever vegetable snack. Your friends will be crowding around to have a taste. Believe us—we’ve seen it happen.

Preheat oven to 250°

1. Stack the prepared kale leaves. Cut across the whole stack, making 2- to 3-inch-wide strips. Place strips in a large bowl.
2. Mix lemon juice, salt and oil in a small bowl or jar. Add this to the kale and thoroughly but gently mix to coat the kale.
3. Place kale in a single layer on a baking sheet and bake in the oven 20 minutes or until it is totally crisp. Remove from the oven and cool.

Options:

• The kale can also be dehydrated. It comes out a beautiful deep green color. Dehydrate 3 hours or until absolutely dry.
• Substitute tamari or soy sauce for salt.

2 bunches of kale, washed, dried, and stems removed (See Fake Grass Salad, page 128, for photo of removing stems.)
1 lemon, juiced
1 tablespoon salt
1-2 tablespoons olive oil
Even very young kids can create this delightfully simple snack.

1. Wash the celery stalks, dry and cut into thirds.
2. Spread peanut butter in the U-shaped part of the celery, from one end to the other.
3. Press the raisins ("ants") into peanut butter.

Options:
- Substitute cream cheese, flavored cream cheese (see page 168) or another type of nut butter (cashew, almond, sunflower seed) for the peanut butter.
- Substitute dried currants, cranberries or blueberries for raisins.

Yield: 15 Logs

- 5 celery stalks
- ½ cup peanut butter
- ¼ cup raisins
Young student chefs think these bars are awesome. Delightful any time of day, the bars are especially tasty still warm, just ten minutes out of the oven.

Reminder: Roast and chop the nuts in advance.

Granola Bars

Yield: 20-24 Bars

1-2 teaspoons oil, as needed, for the pan
3 cups old-fashioned rolled oats
1½ cup all-purpose flour
(gluten-free flour can be substituted)
☐ cup brown sugar, packed
1 teaspoon baking soda
½ teaspoon salt
1 cup raisins or currants
1 cup walnuts, almonds or peanuts, toasted and chopped
☐ cup butter
½ cup honey
1 teaspoon vanilla extract
Granola Cereal

Homemade granola cereal is a great alternative to processed, high-sugar, purchased cereals.

Yield: 5-6 cups

4½ cups old-fashioned rolled oats
1 cup chopped nuts
1 teaspoon ground cinnamon
⅛ cup brown sugar, packed
2 tablespoons oil
1 teaspoon vanilla extract
2 tablespoons honey
1 cup dried fruit

Preheat oven to 300°

1. Oil a rimmed baking sheet.

2. Combine oats and nuts in a medium bowl.

3. Heat cinnamon, sugar, oil, vanilla and honey in a pan. Add to oats and nuts and stir well.

4. Pour onto baking sheet and spread evenly.

5. Bake 1 hour. Stir every 20 minutes. Remove and cool.

6. Mix in dried fruit when cooled. Stores up to one month in an airtight container.

Options:

• At Step 4, add 1 teaspoon ground cinnamon
• At Step 4, add 2 tablespoons flaxseed meal that has first been dissolved in 6 tablespoons water. Flaxseed meal is high in omega-3 fatty acids, fiber and phytochemicals.
• For a vegan bar, substitute coconut oil for the butter.
• Substitute ½ cup sunflower seeds for ½ cup of the nuts.

Preheat oven to 325°

1. Oil and flour a 9 x 13-inch baking pan.

2. In a bowl combine the oats, flour, sugar, baking soda, salt, raisins and nuts.

3. Melt the butter and honey together in a small saucepan or in a glass container in the microwave. (Microwaves vary in time and power. Start with 15 seconds.)

4. Add the vanilla to the honey mixture.

5. Pour the honey mixture over the dry ingredients and mix well.

6. Lightly press mixture into the prepared pan. Bake 18 to 22 minutes, or until golden brown.

7. Cool 10 minutes before cutting into bars. Allow bars to cool completely in pan before removing.

Options:

• At Step 4, add 1 teaspoon ground cinnamon
• At Step 4, add 2 tablespoons flaxseed meal that has first been dissolved in 6 tablespoons water. Flaxseed meal is high in omega-3 fatty acids, fiber and phytochemicals.
• For a vegan bar, substitute coconut oil for the butter.
• Substitute ½ cup sunflower seeds for ½ cup of the nuts.
Simply Scrumptious Scones

This versatile recipe adapts to the addition of dried fruit, nuts, or herbs or substitutions of different types of flour.

Yield: 6 Scones

2½ cups all-purpose flour
1 tablespoon baking powder
½ teaspoon salt
1 cup sugar
1 stick well-chilled butter (8 tablespoons)
1 cup milk
Preheat oven to 375°
1. Mix all of the dry ingredients in large bowl or food processor.

2. If hand mixing, grate the chilled butter into the dry mixture. Mix until you have a texture that resembles cornmeal. If using the food processor, cut butter into 8 pieces by hand, then drop one section at a time into the processor. When mixed, place ingredients in a separate bowl.

3. Add the milk slowly to the dry ingredients. Stir. If mixture seems dry, add milk, a teaspoon at a time, until a soft dough forms.

4. Turn dough out onto a floured surface and knead 10 times. Shape into a ball. (See kneading photos, below.)

5. Flatten the ball into a 6-inch circle, cut in half, then cut each half into 3 or 4 triangles.

6. Place triangles 2 inches apart on an ungreased baking sheet.

7. Bake 15-20 minutes or until slightly brown on top.

Options:
- Whole wheat scones: Replace 1 cup white flour with ¾ cup whole wheat flour.
- Lemon scones: At Step 1, add 1 tablespoon grated lemon peel to mixture. At Step 6, mix 2 teaspoons fresh lemon juice with 2 tablespoons sugar and sprinkle some on top of each scone before baking.
- Parmesan cheese scones: At Step 1, add ½ cup grated Parmesan cheese to mixture. At Step 6, top scones with an additional sprinkle of cheese before baking. Reduce sugar to 2 tablespoons.
- For savory scones, reduce the sugar to 2 tablespoons.
Preheat oven to 375°
1. Oil muffin cups or use paper muffin-cup liners.
2. Melt butter, then allow to cool slightly.
3. In a bowl combine yogurt, egg and melted butter.
4. In a large bowl combine the dry ingredients.
5. Add the yogurt mixture to the dry ingredients and mix until everything is blended.
6. Fill muffin tins 2/3 full.
7. Bake 20 minutes or until tops are golden brown.

Option:
- For a more adventurous flavor, add some □ teaspoon cayenne pepper or chile flakes.
Preheat oven to 350°

1. Oil muffin tins or use paper muffin-cup liners.
2. Whisk eggs, sugar and oil in a medium bowl. Stir in zucchini or carrots.
3. Mix flour, baking powder, baking soda, cinnamon and salt in a large bowl.
4. Add wet ingredients to dry ingredients and stir until combined.
5. Fill muffin tins 2/3 full.
6. Bake until muffins are golden brown and a knife inserted in the center comes out clean, about 20-30 minutes.
7. Cool in pan 10 minutes. Remove muffins from tin and cool.

Options:

- At Step 3, add ½ cup chopped walnuts or ½ cup raisins.
- At Step 3, add additional spices such as ½ teaspoon of ground ginger, nutmeg or cloves.
Banana-Chocolate Muffins

There is always one banana in the bunch that’s been around too long. Here’s a perfect solution.

Reminder: Peel and mash bananas and chop nuts in advance.

Batter

1-2 teaspoons oil, as needed
½ pound butter (2 sticks), softened
2 cups sugar
3 eggs
2 very ripe bananas, peeled and mashed
1 teaspoon vanilla extract
2 teaspoons baking powder
2 teaspoons baking soda
⅛ teaspoon salt
3 cups all-purpose flour
1 pint sour cream

Filling

½ cup brown sugar, packed
1 tablespoon ground cinnamon
1 cup walnuts, chopped
2 cups chocolate chips

Yield: 24 Muffins
Preheat oven to 350°
1. Oil muffin tins or use paper muffin-cup liners
2. Mix softened butter, sugar, eggs, bananas and vanilla until light and fluffy.
3. Combine baking powder, baking soda, salt and flour in a separate bowl.
4. Add half of the sour cream to the dry ingredients, then add half of the banana mixture. Mix. Repeat until everything has been added and mixed completely.
5. Mix brown sugar, cinnamon, walnuts, chocolate chips and set aside.
6. Fill each cup ¼ full with the banana batter.
7. Sprinkle half the chocolate chip mixture evenly over the banana batter in the muffin tins.
8. Cover with remaining banana batter, then cover with remaining chocolate chip mixture.
9. Bake 30 minutes or until a knife inserted in the center comes out clean.
10. Remove from the oven and cool.

**Uses for overripe fruit:**
- bananas in banana bread, muffins or smoothies
- apples in applesauce (see page 136) or baked apples

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Overripe Fruit

Bananas are picked while they are still green because they grow in tropical places and have a long journey to get to the United States.

Sometimes they don't get eaten before they become covered with brown spots. Don't worry, the brown spots are the banana's starches turning completely into sugars. This is why ripe bananas are much sweeter than green ones. Overripe bananas and other fruits are a great source of sugar for recipes.

Of course, there is a difference between overripe and rotting, but your nose and taste buds will tell that.
Gingerbread

Yield: 9-12 servings

Delicious during the holiday season or any time of the year, this hearty, not-too-sweet bread tastes great smeared with cream cheese or cream cheese spread (see page 168)

1-2 teaspoons oil, as needed
1½ cups unbleached all-purpose flour
1½ cups whole wheat flour
1½ teaspoons ground ginger
1½ teaspoons ground cinnamon
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup butter
¼ cup brown sugar, packed
½ cup light molasses
½ cup boiling water
1 egg

Preheat oven to 350°
1. Oil and flour a 9-inch loaf pan.
2. Mix flours, ginger, cinnamon, baking powder, baking soda and salt. Set aside.
3. In a large bowl, cream butter and brown sugar until light and fluffy.
4. In a separate bowl, mix molasses, water and egg together.
5. Mix egg mixture into butter/sugar mixture.
6. Add to dry ingredients and mix until smooth.
7. Pour batter into pan and bake 30-35 minutes, or until a knife inserted into cake comes out clean.
8. Cool in the pan 10-15 minutes.
9. Run a knife between loaf and edge. Turn pan over onto a rack and tap firmly on the bottom to loosen loaf from pan. Slice and serve warm or at room temperature.

Option:
• Use all whole wheat flour. Increase other quantities to: 1 cup boiling water, 1 cup molasses, 2 eggs.
These cookies are a burst of energy—dense, sweet, and chewy. They hit the spot when you’ve got a cookie craving. Look for a variety of dried fruit in bulk bins, where it is often cheaper, or dry your own. (See page 137.)

Reminder: Chop dried fruit in advance.

Yield: 24 Cookies

Chewy Fruity Cookies

Preheat oven to 350°

1. Oil two 12 x 17-inch baking sheets.
2. In a small bowl, beat egg and vanilla together.
3. Combine dry ingredients in large bowl.
4. Melt butter in a small pan over low heat or in a dish in the microwave (start with 20 seconds).
5. Add brown sugar to butter. Stir until smooth.
6. Add vanilla and egg mixture to sugar mixture.
7. Add to the flour mixture and mix until well blended.
8. Add fruit and mix just until combined.
9. Drop dough, 1 tablespoon at a time, 2 inches apart onto baking sheets.
10. Bake 12 minutes. Do not overcook. Cool on pans 3 minutes or until almost firm. Remove cookies from pans with a spatula and cool.

1-2 teaspoons oil, as needed
1 large egg
1 teaspoon vanilla extract
cup all-purpose flour
cup whole wheat flour
1½ cups old-fashioned rolled oats
1 teaspoon baking soda
½ teaspoon salt
6 tablespoons butter
¾ cup brown sugar, packed
1 cup dried fruit of your choice, chopped into small pieces
Dips and spreads go great with lunches. Some dips can be served all by themselves as one of the MyPlate components. Hummus (see page 167) or Black or White Bean Dip (see page 163) can be the main protein for lunch, in a sandwich or wrap. Yogurt Dip (see page 164) can provide calcium as a creamy addition to pita sandwiches and salads.

Be careful of the extra fat, salt and sugar added to purchased products. One tablespoon of bottled ranch salad dressing contains approximately 70 calories, most of which is fat. Compare this with homemade oil-and-vinegar salad dressing, at about 20 calories per tablespoon.

No-Prep
- Peanut butter
- Sunflower butter
- Cashew butter
- Almond butter
- Jam and jelly

Low-Prep
- Mashed avocado
- Mashed banana
- Mashed beans
- Hummus (see page 167)
- Bean dip (see page 163)
- Salsa (see page 159)

Beers and Food Processors

Smotherer dips and spreads are made possible by the use of a blender or food processor. Without one of them, many spreads can be made by finely chopping, such as Pesto (page 165) and Salsa (page 159). But to get things creamy and smooth, you really need one of these tools.

Look for them at second-hand or thrift stores, garage sales, estate sales, or on craigslist.org. Make sure to test the appliance before buying, or come to an agreement with the seller that you can return it if it doesn’t work.

A word of warning: The blades of a food processor are extremely sharp! To handle them, hold them carefully. Never put the blade into dirty dishwater so that it’s invisible. Always put the blade in the same place to dry, so you know where it is.
**Fresh Tomato Salsa**

Yield: 2-3 cups

Ripe, in-season tomatoes, bursting with flavor, are perfect candidates for this salsa. You can grow some of the ingredients yourself in a "Yarden". (See page 183.)

Reminder: Prepare the ingredients that are to be chopped, peeled or seeded in advance.

| 2  | large tomatoes, chopped (about 2 cups) |
| 1  | small red onion, chopped (about ½ cup) |
| 3  | cloves garlic, peeled and mashed (about 3 teaspoons) |
| 1½ | teaspoons chopped fresh cilantro |
| 1  | jalapeño, seeded and chopped |
| 1  | tablespoon lime juice |
|    | Salt and pepper to taste |

Note: To prepare jalapeño, remove stem from chile. Cut the chile in half and remove the seeds. Caution: Wear gloves if you have sensitive skin, and keep hands away from face. Wash hands with soap after preparing jalapeño.

1. Mix all ingredients together in a bowl.
2. Adjust taste by adding more lime juice, salt or pepper

**Option:**

- If you want a hotter kick, leave a few seeds in the fresh chile, or add 1/8 teaspoon cayenne or chile pepper flakes.
Sassy Summer Watermelon Salsa

Yield: 3½ - 4 cups

This salsa was created by Arcata Elementary School students under the guidance of Rosa Dixon, owner of Natural Decadence Catering. It was created for the Harvest of the Month North Coast Youth Culinary AllSTARS Salsa Competition, coordinated by the Humboldt County Office of Education.

Reminder: Prepare the ingredients that are to be cut, peeled, diced, chopped or seeded in advance.

2 cups seedless watermelon, cut into ½-inch cubes
1 cup cucumber, peeled and diced (about 1 cup)
½ cup seedless red grapes, quartered
¼ red bell pepper, finely chopped (about 1/4 cup)
½ cup minced cilantro
3 tablespoons minced basil
2 tablespoons minced mint leaves
1½ tablespoons fresh lime juice
1 jalapeño chile pepper, seeded and minced, to taste
Wear gloves if you have sensitive skin, and keep your hands away from your face. Wash hands with soap and water after handling jalapeño.
1 teaspoon champagne vinegar or rice vinegar
½ teaspoon salt

1. Toss all ingredients, except watermelon, in a large bowl. Then gently mix in watermelon.
2. Add jalapeño to taste.
3. Chill for 24 hours.

Option:
- Garnish with lime zest and fresh mint.

Salsa Competition

"On a sunny September morning at the Arcata Farmers’ Market, a joyous community event took place: The Annual North Coast Youth Culinary AllSTARS Salsa Competition was held during peak season for local produce. Kids in grades 4 through 6, dressed in chef jackets and big smiles, served the hordes of food enthusiasts. A panel of judges sampled the students’ salsas they created with the help of local chefs. The kids were extremely proud of their recipes. Ingredients ranged from traditional tomatoes, onion, and cilantro to eclectic combinations such as fennel and oranges, pineapple and ginger.

Prior to the competition, the kids practiced their culinary skills in cooking classes and farm trips. One young girl, who wants to open her own restaurant, made a comment that has really stuck with us: 'I think it was great that we [kids] got to express ourselves through the food we chose.'"

Linda Prescott,
Nutrition Program Director,
and Megan Russin,
Nutrition Educator,
Humboldt County Office of Education

160 Dip and Spread Recipes
Vinaigrette

Yield: 1 cup

Use this basic dressing (oil and vinegar) for almost any salad, including green, potato, pasta, or grain salads, and almost any vegetable dish.

| ¼ cup | vinegar or lemon juice |
| ¼ cup | olive oil |
| 2 | teaspoon salt |
| ½ | teaspoon black pepper |
| ¼ | teaspoon sugar or honey |

Options:
- Add 1 clove crushed garlic or garlic powder.
- Add ¼ teaspoon prepared mustard.
- Add chopped parsley, chives, or other herbs.
- Add 1 teaspoon celery seed.
- Use Kosher or sea salt as they do not have added chemicals.

1. Put all ingredients in a jar. Tighten lid and shake.
Ranch Dressing

Yield: About 3 cups

Ranch dressing is a popular creamy dip for sliced raw vegetables or dressing for a salad. Try this healthier version. Making your own at home means more flavor, fewer additives, less salt and fat, and less waste. However, lots of vegetables, especially when fresh and in season, are sweet and delicious on their own, so make sure to try them plain.

Reminder: Prepare the ingredients that are to be chopped or minced in advance.

1. Combine all ingredients in the food processor or blender and process until well blended, about 2 minutes.

2. Unused portion can be stored in the refrigerator, covered, for about a week.

1/2 pound soft tofu
1/2 cup mayonnaise
1/4 cup lemon juice
1/2 cup sour cream
1 teaspoon soy sauce or tamari sauce
4 tablespoons chopped green onion
1 stalk of celery, chopped (about 1/2 cup)
1 teaspoon minced garlic
1 tablespoon chopped fresh parsley
(or 1 teaspoon dried)
1 tablespoon chopped fresh dill
(or 1 teaspoon dried)
Salt and pepper to taste
Black or White Bean Dip

Yield: 2 cups

This simple bean dip is about as adaptable as you can get. Use it as the protein in sandwiches or wraps, paired with cheese or avocado; inside burritos, served with chips; or as a dip for vegetables.

2 cups cooked white or black beans
(14.5-ounce can)
1 1/2 tablespoons water
2 tablespoons olive or vegetable oil
2 teaspoons lemon or lime juice
1/4 teaspoon salt

1. Rinse and drain canned beans.
2. Add all ingredients to a food processor or blender.
3. Process until smooth. If using a blender, blend for a few seconds. Turn off blender; scrape sides and push dip down with a rubber spatula. Repeat until dip is smooth. Taste and add more seasonings and/or juice, if desired.

Options:

- If you don’t have a food processor or blender, use a potato masher to make a chunky bean dip.
- For a fuller flavor, add 1/4 teaspoon each fresh garlic, garlic powder or onion powder.
- For a spicy Southwest-style black bean dip, use lime juice, add 1/2 teaspoon cumin, 1/4 teaspoon chile powder, and 1 tablespoon chopped cilantro.
Yogurt Dip

**Yield:** 1 cup

**Yogurt Recipes of the World**

Yogurt originally came from Central Asia and the Middle East. The name comes from the Turkish word for "long life."

Yogurt is high in protein and vitamins. It has "active cultures" (called probiotics) or good bacteria your stomach uses to help digest food. Mildly lactose-intolerant people who get an upset stomach from milk can eat yogurt.

**Yogurt around the world:**

- Raita - Indian and Pakistani sauce to cool down spicy foods
- Tzatziki - Greek and Middle Eastern sauce with cucumber used in salads and wraps
- Kefir - originally a fermented, carbonated sheep milk from the Caucasus Mountains. Now made with sheep, cow, or goat milk and widely available.
- Kumis - from Central Asia; a fermented mare's milk drink
- Lassi - Indian yogurt drink blended with fruit.

¾ cup plain yogurt, preferably Greek
¼ cup sour cream
1 tablespoon chopped fresh dill (or 1 teaspoon dried)
⅛ teaspoon garlic salt or 1 clove garlic, minced
Salt and pepper to taste

1. Mix yogurt, sour cream, dill and garlic salt (or garlic) in a bowl. Stir vigorously, or blend in a blender or food processor. Chill one hour.

**Options:**

- Peel, seed and grate one cucumber and add to yogurt mixture.
- For **Greek tzatiki dip:** Add 1 diced cucumber, and ½ teaspoon white vinegar or lemon juice
- For **Indian raita:** Add 1 diced cucumber,

¼ teaspoon cumin, ¼ teaspoon curry powder and 1 teaspoon minced mint leaves.

- To lower the fat content, use non-fat or low-fat yogurt.

Here is a savory yogurt dip that will go well with vegetables, crackers, or as a dressing for salads.
The term “Pesto” comes from an Italian word meaning to pound. You can “pound” or blend together almost any herb or leafy green. This is a classic Italian pesto made with basil leaves. Pesto is super easy to make in a blender or food processor, but if you don’t have either one, you can just chop the basil and nuts very small.

1. Process everything in a blender or food processor. The finished pesto should be smooth.
2. Adjust ingredients to your taste.

Yield: 1 cup

### Classic Italian Pesto

- 3 cups of fresh basil, washed and patted dry
- 1 large garlic clove
- ¼ cup olive oil
- ½ cup walnuts or pine nuts
- 1 teaspoon salt
- ¼ cup Parmesan cheese
Pea Pesto

Yield: 2 cups

1. Combine all ingredients in a medium bowl and stir.
2. Put mixture into a blender or food processor and process until smooth; scrape sides if needed.
3. Taste and add more garlic, salt or pepper as needed.

Options:
- As an alternative, chop the garlic fine and put ingredients in a zippered plastic bag. Push air out of bag, seal, then roll with rolling pin or bottle on flat surface. Kids love to hear the peas pop! Let kids pound the bag with fists instead of using a roller.
- For a vegan version, replace cheese with 2 tablespoons of nutritional yeast (not bakers yeast).
- Add lemon juice or fresh herbs.

The option for creating this pesto without a food processor or blender is a fun task for kids. Squishing the peas in a bag by hand has some amusing sound effects.

Reminder: Prepare the ingredients that are to be grated or chopped in advance.

1 (10-ounce) bag of frozen peas (about 1½ cups), defrosted
½ cup Parmesan or Romano cheese, grated
1-2 cloves garlic, peeled and finely chopped (or 1 teaspoon powdered garlic)
¼ teaspoon salt
¼ cup olive or vegetable oil
Pepper to taste
Hummus

A classic Middle-Eastern favorite that makes an excellent dip for vegetables or crackers, spread on sandwiches and wraps or as a filling for pita pockets. A food processor or blender is necessary.

Yield: 2 cups

1. Rinse and drain canned beans.
2. Place all ingredients in food processor or blender. Blend until the hummus is a smooth paste, about 2 minutes.
3. Adjust the thickness with more olive oil or lemon juice. The consistency should be like smooth peanut butter. Adjust the flavor with more lemon juice or salt.

2 cups cooked garbanzo beans (1 cup dried or one 14.5-ounce can)
3 medium garlic cloves, peeled and chopped
¼ cup olive oil
¼ cup chopped parsley
¼ cup roasted tahini (sesame paste)
2 tablespoons lemon juice
1 teaspoon soy sauce
1 tablespoon paprika
1 teaspoon salt
Cream Cheese Spreads

Yield: About ½ cup for each recipe except fruit spread 1 cup

The following recipes work best with the use of a food processor, but it is possible to hand stir the ingredients together. If you are hand stirring, it’s easier if the cream cheese is softened. You can do so by placing the cream cheese in a small glass bowl in the microwave at a low setting (10 percent power) for 10 to 20 seconds, or leave at room temperature for half an hour.

Cream Cheese Spread Directions

Place everything in the food processor and puree until all ingredients are well incorporated into the cream cheese. There might be some bigger chunks—you can continue to puree if you want it smoother. If mixing by hand, stir everything until very well blended.

Fruit Spread

½ cup plain cream cheese
1 small piece of fresh fruit, finely chopped
or 5 pieces dried fruit, finely chopped
¼ cup chopped walnuts
1 tablespoon honey

Ginger and Preserves

½ cup plain cream cheese
2 tablespoons peach, apricot or strawberry jam
½ teaspoon ground ginger

Pesto

½ cup plain cream cheese
2 tablespoons pesto (see page 165)

Sun-dried Tomato

½ cup plain cream cheese
1 tablespoon sun-dried tomatoes in oil, drained and chopped