

# FoodCorps Recipe Book



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# Acknowledgments

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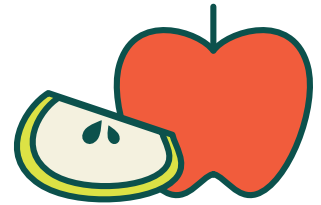


The FoodCorps community, including service members, alumni, staff, partners, and content experts, has made this resource possible. We truly appreciate the input, guidance, and feedback from our network, which ensures we provide high-quality, relevant resources for connecting kids to healthy food in school. We would like to thank the following contributors: Sarah Nealon, FoodCorps alumna and lead lesson and recipe writer; Paige Carlson, recipe

tester; the Sweetgreen culinary team with Katelyn Shannon, chef; and Erica Curry, Lucy Flores, and Arely Garcia of the FoodCorps Program Design team. We also want to express deep gratitude to all our funding partners for supporting our mission, supporting hands-on education, and helping us create teaching materials like this. We want to give special thanks to *EatingWell* magazine for supporting the design and printing of this resource.

# Introduction

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## About FoodCorps

### OUR MISSION

Together with communities, FoodCorps serves to connect kids to healthy food in school.

### OUR VISION

We are creating a future in which all our nation's children—regardless of class, race, or geography—know what healthy food is, care where it comes from, and eat it every day.

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## Why Schools?

We know that healthy food is essential for kids. Good nutrition positively affects children's physical, social, and emotional health; their attendance at school; and their academic achievement. But millions of kids in the United States—especially children of color and children from low-income communities—face ongoing barriers to getting the nourishment they need:

- **9 out of 10 children** don't eat enough vegetables.
- **6 out of 10 children** don't eat enough fruit (Centers for Disease Control and Prevention 2014).
- **1 out of 3 children**—and 1 out of 2 children of color—are on track to develop diabetes in their lifetime (Narayan et al. 2003).

Schools have an opportunity to help close that nutrition gap. Today, over 50 million kids go to school in the United States. More than 30 million of those students eat school lunch, and more than 14 million eat school breakfast (United States Department of Agriculture 2018). By creating healthy food environments, schools can start all students on a healthy path to success.

### WHAT IS A HEALTHY SCHOOL FOOD ENVIRONMENT?

We believe a healthy school food environment has three things: hands-on learning, healthy school meals, and a schoolwide culture of health.

### FOOD AS A CONNECTOR

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

### BARRIERS TO HEALTHY FOOD

Because at FoodCorps we believe healthy food is essential for kids, we seek to understand the barriers that prevent many children from accessing healthy food. Please see more about our commitment to equity, diversity, and inclusion below to gain a better understanding of our organizational approach to breaking down these barriers.

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# Our Commitment to Equity, Diversity, and Inclusion

In pursuing our mission of connecting all children to healthy food, FoodCorps embraces equity, diversity, and inclusion as strategic and moral imperatives in our work. As an organization, we seek to overcome health disparities that take an unfair toll on children of color and children growing up in low-income households. We recognize and help our stakeholders name and understand the structural inequalities and the cycles of discrimination based on place, race, and class that both reinforce and are reinforced by the problem we are trying to solve. And we are convinced that for FoodCorps to be effective, we must not replicate the inequality we see in society at large, but to the extent our resources allow, we must become a model for the change we seek. That's why we are committed to the following tenets:

## **WE SET STRATEGY THROUGH AN EQUITY LENS**

FoodCorps does its work within the context of a food system in which people of color and low-income families are more likely to experience diet-related disease and have limited access to healthy foods. Our understanding of the correlation between race, socioeconomic status, and health outcomes for America's children guides our strategy as it relates to where we serve, who we select as service members, what partners we work with, and how we train and communicate with all members of the FoodCorps community. This perspective has shaped the FoodCorps program and will continue to inform how we grow and evolve, putting equity at the center of the change we seek and the path we take to achieve it.

## **WE FOSTER DIVERSITY ON OUR TEAM AND ACROSS OUR NETWORK**

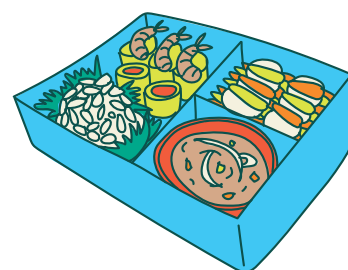
We are more innovative and responsive when our staff, board, service members, and partners represent a diversity of perspectives and life experiences and feel empowered to raise their voices, offer opinions, and be engaged. We invite individuals from diverse races, ethnicities, viewpoints, experiences, economic backgrounds,

genders, and sexual identities and orientations to participate in and shape our program. By so doing, we ensure that our approach is relevant to and supported by the varied communities we serve. Further, we attract and maintain talented individuals in our network, creating alignment of understanding and purpose at all levels of FoodCorps.

## **WE ENSURE SUSTAINED IMPACT THROUGH THE INCLUSION AND LEADERSHIP OF LOCAL VOICES**

FoodCorps strives to make lasting change that endures beyond an individual service member's time with FoodCorps. To do that, we recognize that ownership of this important work must live not with our service members or our national organization but with the school communities we partner with and serve. Accordingly, we invest time, resources, and focus in building partner and stakeholder networks and including the voices of those we serve in our decision-making process; we build and harness volunteer, parent, and neighborhood investment in our cause; we encourage local recruitment of service members; and we train leaders so that they remain engaged in this work post-FoodCorps, often in the same communities they served.

As a national network of partners and individuals, we are positioned well to create a platform for ongoing opportunities for dialogue and reflection on this topic. We take this seriously and are privileged to learn from the experiences of our peers and partners who have created a foundation for this conversation to take place. We acknowledge that this work is not easy, and our process will evolve as we continue to learn the best ways to create a more inclusive organization and to build an equitable school food system for all children.



# Learning Models to Inform Cooking with Kids

FoodCorps' approach to hands-on education can be paired with many learning models. Culturally responsive teaching (CRT), social and emotional learning (SEL), and place-based education (PBE) are models that provide ideas and structures to support a thoughtful, student-centered approach

to teaching that promotes experiential learning, whole-child development, and community engagement in a variety of settings. Here is a brief overview of considerations to make while choosing recipes and cooking with kids.



## Culturally Responsive Teaching

Students receive implicit and explicit messages about their identities daily. In practice, CRT builds in opportunities for students to share stories of their lived experiences or cultural background. It also includes learning about people who share their social identity markers (ability, age, ethnicity, gender, nationality, race, religion, or sexuality). Culturally responsive educators do not pit academic success and cultural affiliation against each other. Rather, academic success and cultural consciousness are developed simultaneously. Educators encourage students to be proud of their ethnic identities and cultural backgrounds instead of being apologetic or ashamed of them (Holliday 1985). **Culturally responsive educators seek to validate, affirm, and empower students to advocate for themselves, their families, and their communities.**

### Consider the following:

- How can you **validate and affirm the identity** of students?
- How does a recipe **reflect the cultural identities** of your students?

- How can you connect with your community to **adapt a recipe** to incorporate local food traditions?
- Are the ingredients included in the recipe **accessible and familiar** to families in your community?
- Does this recipe give students the ability to **learn about other people's viewpoints, values, customs, or beliefs?**
- Does making the recipe with students invite an opportunity to **promote oral traditions?** (Oral traditions are when communities transfer cultural knowledge through song, speech, chants, or oral literature without a writing system.)
- Is it a recipe that was passed down from generation to generation? **Can you incorporate storytelling** as part of making this recipe with students?



- How can you engage students to share similar foods that **represent their cultural background and personal experiences**?
- How can students **work collaboratively** while cooking this recipe together?
- Can you **engage families** (in parents' first language) while learning about or cooking this recipe?

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## Social and Emotional Learning

“Our emotions and relationships affect how and what we learn and how we use what we learn in work, family, and community contexts. On the one hand, emotions can enable us to generate an active interest in learning and sustain our engagement in it. On the other hand, unmanaged stress and poor regulation of impulses interfere with attention and memory and contribute to behaviors disruptive to learning. Moreover, learning is an intrinsically social and interactive process” (Collaborative for Academic, Social, and Emotional Learning [CASEL] 2013). Social and emotional learning is a framework that helps students identify and manage their emotions, understand and empathize with others, and therefore build positive relationships and make responsible decisions. According to CASEL, research shows that children who participate in programs that support SEL have significantly better school attendance records and less disruptive classroom behavior, like school more, and perform better in school.

Cooking with kids provides wonderful opportunities to support SEL!

### Consider the following:

- How can students practice group **decision-making, cooperation, and teamwork** while cooking? Can they set group agreements and define their roles?
- Is there an opportunity for **cross-age mentoring**? For example, can older students help younger students measure ingredients?
- How can you provide an opportunity for **students to reflect** on their role during and after cooking? Can you ask open-ended questions to prompt reflection?

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## Place-Based Education

Food education is inherently place-based. Climate and seasonal differences and local community and food traditions all affect growing food and what and how we eat food. Across the United States, communities also have differing socioeconomic pressures, histories, and values. Despite these

differences, it is possible for all students to feel pride in their community and value what makes their place and favorite foods special.

The Center for Place-Based Learning and Community Engagement defines PBE as an immersive

learning experience that “places students in local heritage, cultures, landscapes, opportunities and experiences, and uses these as a foundation for the study of . . . subjects across the curriculum” (Promise of Place, n.d.). According to the Learning and The Power of Place project, outcomes of PBE include increased student engagement, improved learning outcomes, social and emotional learning, improved motivation and persistence, and a positive community impact.

See the tips below to consider how cooking with kids can provide a wonderful opportunity to engage students in their place.

### Consider the following:

- How can you use the **local community to inform your recipe selection**, ingredients you select, and

how you teach about food? Consider community history, economics, social dynamics, growing seasons, and ecology.

- Are there **local food experts (chefs, elders, growers)** who you can **engage and collaborate** with in your recipe adaptations and cooking experiences?
- Will my students have a **sense of pride about their community** as a result of this lesson?
- How can you highlight a **local-to-global context** of your recipe? What was the origin of this food? How do cultures and traditions around the world and in the local context inform this recipe?

Please see the *FoodCorps Program Guide* (available on our website) for more information about how we integrate the models into our approach.

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## REFERENCES FROM THIS SECTION

Gay, Geneva. *Culturally Responsive Teaching: Theory, Research, and Practice Second Edition*. New York, NY: Teachers College Press, 2010, 36. Quoted in Holliday, *Beginnings: The Social and Affective Development of Black Children*. Hillsdale, NJ: Erlbaum, 1985, 117–30.

Promise of Place. Accessed May 15, 2018. <https://www.promiseofplace.org/>

The Collaborative for Academic, Social, and Emotional Learning. 2013. “CASEL Guide: Effective Social and Emotional Learning Programs—Preschool and Elementary School Edition.” Last modified 2018. <https://casel.org/preschool-and-elementary-edition-casel-guide/>

# About This Book

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

Although the primary audience is our service corps, these recipes are also adaptable and can easily be led in a home or school setting. Cooking with kids is fun! We hope recipes in this book inspire you to explore how to build healthy eating habits with kids, no matter the setting. See the Recipe Conversion Chart (p. 17) to learn about how to scale each recipe to meet your needs and the Basics of Cooking with Kids section (p. 18) for tips to ensure you follow safe practices while having fun!



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## Two Yield Sizes

Recipes from the *FoodCorps Taste Test Guide* are geared toward schoolwide taste tests and have a 50-serve serving size. We pulled recipes with a 25-serve serving size from the *FoodCorps Lessons Book*, and we developed them for leading hands-on cooking activities with students in a classroom or garden setting. We designed these recipes for students to be doing much of the work of preparing and cooking food. However, we have

written them as if one person were preparing the dish from start to finish. Please see the *FoodCorps Taste Test Guide* and *FoodCorps Lessons Book* to understand more context about how these recipes can be used in a schoolwide setting, through taste tests and engaging kids in hands-on cooking! The Recipe Yield Chart (p. 32) breaks down which recipes have which yield.

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## Recipe Design

### **WE DEVELOPED THESE RECIPES WITH KIDS IN MIND**

While developing and choosing these recipes, we considered incorporating flavors that are accessible to young people with developing palettes, while also providing an opportunity to try something new, including fruits and vegetables!

### **WE WROTE THESE RECIPES WITH ACCESSIBILITY AND ADAPTABILITY IN MIND**

Our goal is that ingredients are easy to find or easy

to substitute. FoodCorps service members are located across the country and serve in a variety of communities with rich food traditions, varied access to fresh and local foods, and different growing seasons. We aim to prepare our service members to successfully choose recipes that highlight local seasonal produce and to adapt recipes to reflect food traditions that hold value for students, families, and the community. Please consider how these recipes can be used for inspiration, and adapt them by using the Recipe Conversion Chart (p. 17).

### Considerations during recipe development:

- Reference service member input about recipes— what is needed and general feedback about what has worked and been challenging in the past.
- Feature seasonal products available across the country during the school year (fall to spring). We considered national growing and harvest timing for produce featured in each recipe. We also considered what would be available to purchase from local farmers and/or grown in school gardens.
- Determine whether the recipe can be incorporated into a cafeteria menu and is accessible for Nutrition Services staff who follow the national dietary guidelines for public schools. We surveyed school

Nutrition Services staff from several districts across the country to learn about the most frequently used fruits and vegetables in school food. This information primarily guided the *FoodCorps Taste Test Guide* recipes (50-*yield serving size*).

- Feature produce that is affordable and accessible for families and service members, if purchased.
- Consider recipes that a service member, teacher, or families can prepare without many cooking resources (e.g., limited kitchen space or cooking items).
- Develop recipes that are fun and accessible to kids.
- Choose recipes that reflect a variety of cultures and regions across the country.

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## Recipe Testing

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

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

Many of our recipes, particularly for the classroom, are written to be a formula with charts of possible ingredients. In these instances we've tested a couple combinations of ingredients and included the tested recipe lists as part of the recipe, but that shouldn't by any means restrict you to cooking the same Rainbow Grain Salad (p. 58), Veggie Sauté (p. 51), or Spring Rolls (p. 48) we've listed.

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

### **THE LUNCH BOX** ([www.thelunchbox.org](http://www.thelunchbox.org))

A resource that the Chef Ann Foundation developed for Nutrition Services directors to access resources for healthy recipes for school meals made from scratch

### **NEW SCHOOL CUISINE**

([www.vermontfarmtoschool.org](http://www.vermontfarmtoschool.org))

A resource of kid-tested recipes developed by school food professionals for their peers that focuses on healthy local products and serving sizes for school cafeterias

### **THE NEW YORK TIMES COOKING SECTION**

([www.nytimes.com/recipe](http://www.nytimes.com/recipe))

A digital resource that includes the thousands of recipes that have been published in the newspaper as well as extensive how-tos on a particular subject

### **SERIOUS EATS** ([www.serious-eats.com](http://www.serious-eats.com))

A food website that takes a scientific approach to cooking, meticulously testing various methods and recipes and explaining the reasoning behind the final outcome

# Using These Recipes

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## Reading Recipes

### READ THE RECIPE ALL THE WAY THROUGH BEFORE GETTING STARTED

A recipe is like a road map—use it to know where you’re headed and avoid any surprises.

### SET EVERYTHING IN PLACE

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

### “SEASON TO TASTE” OR “TASTE AND ADJUST SEASONING”

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

### USE VISUAL CUES AS READINESS INDICATORS (IN ADDITION TO TIME)

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

### USE SWAPS, VARIATIONS, AND CHARTS OF POSSIBLE INGREDIENTS

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

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



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## Choosing and Adapting Recipes

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

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

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

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

• **Culturally relevant:** Have you considered the cultural backgrounds and food traditions

of your student group? What are the tastes and cooking practices of their home cultures? Some cultures do not eat specific meats or have a high number of community members who are lactose intolerant. Although it is important to introduce students to new, healthy foods, remember to consider how the cultural context informs what foods are selected.

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

### **INCLUSION OF “BRIDGE” FOODS**

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

### **CONSIDERING STUDENTS' ACCESS TO FOOD**

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

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

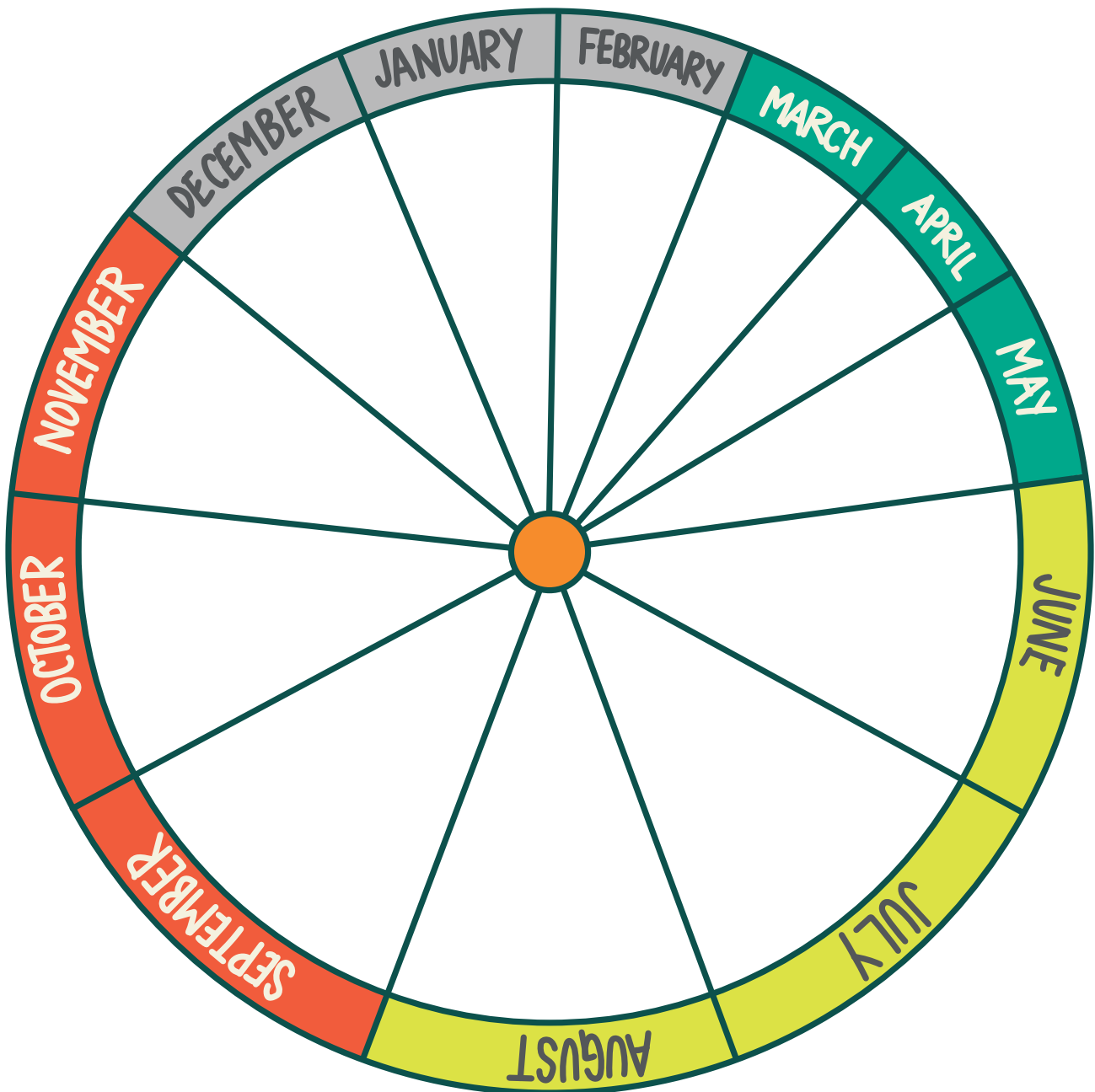
### **MAKING YOUR OWN ADAPTATIONS**

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

## SEASONALITY

Understanding “seasonality” is a great way to know what ingredients will taste best and be easiest to access. This information will help you determine which recipes make the most sense during any given season in your location. In the FoodCorps lesson Seasonal Food Wheels, students research which crops are ready to harvest during which months in

their region and create a seasonal food wheel. The image below is a template, but students are encouraged to be creative, using magazine clippings of fruits and vegetables or drawing their own. Consider doing this activity yourself to learn more about seasonality in your area!





## What's a Tasty Challenge?

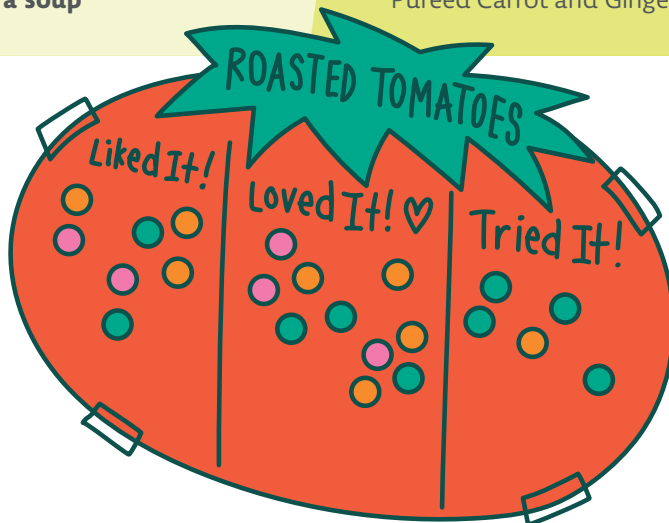
A “Tasty Challenge” is mentioned throughout the recipes that have a yield of 50 servings. The FoodCorps Tasty Challenge is a highly engaging taste test in which a fruit or vegetable is prepared in two different ways (roasted carrots versus raw carrots with dip) to have students vote for which is their favorite. The goal is to reach every student, which we know can be a tall order. The idea is to have students choose between two preparations of a food they're

perhaps hesitant to try because by expressing a preference for one, they're more likely to enjoy that food overall. Instead of saying “I don't like carrots,” they can say, “I prefer roasted carrots over the raw carrots and dip.”

See the *FoodCorps Taste Test Guide* for much more about leading a schoolwide taste test and specifically how to implement a Tasty Challenge.

## Sample Tasty Challenge Pairings

Style	Preparation 1	Preparation 2
Raw vs. roasted	Shredded Carrot Salad	Roasted carrots
Testing varieties of one product	Granny Smith apple slices	Honeycrisp apple slices
Veggie vs. veggie	Roasted Potato Wedges	Roasted Sweet Potato Wedges
Texture variation	Broccoli Salad	Raw broccoli (with hummus)
Testing a dip, sauce, or seasoning	Red Pepper Bean Dip	Sweet Potato Hummus
Testing a soup	Puréed Carrot and Ginger Soup	Shredded Carrot Salad





## Converting Recipe Yields

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

Many recipes you encounter in cookbooks or on the internet will consider a serving size well above

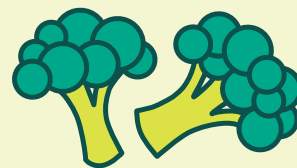
a “tasting” or what would fit in a 2-ounce serving cup. To avoid food waste, but also have enough for each student, you’ll have to do some calculations. The chart below should help whether you’re scaling up a recipe included here or found through your own research.

## Recipe Conversion Chart

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

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

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



### EXAMPLE

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

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

Broccoli: 3 lbs. X 1.5 = 4.5 lbs.

Sauce: 2.5 cups X 1.5 = 3.75



### NOTE

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

Adapted with permission from VT FEED Guide to Tasting Local Foods in Schools [www.vtfeed.org](http://www.vtfeed.org)

# The Basics of Cooking with Kids

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## Cooking in the Garden

When cooking at school, you'll often find yourself with a more limited set of equipment, but fear not, there are ways to make it work, and particularly out in the garden, that's part of the fun.

The following are some tips:

### HAVE A PLAN AND STAY ORGANIZED

This goes for leading any activity regardless of location, but it's of paramount importance in an outdoor space where there are distractions and places to roam.

- Make sure you have a detailed plan for how to keep students engaged at all times.
- Have a checklist of supplies you'll need, and double-check you have everything beforehand. Speaking of supplies . . .

### BUS TUBS AND TRAYS ARE YOUR FRIENDS!

- Clean bus tubs and trays can help you transport items out to the garden (get ahold of a rolling cart, too, if you're able).

- Trays can help you organize and give sets of materials to groups.
- Set up a three-bus-tub cleaning system in the garden for students to wash dishes themselves: the first filled with hot, soapy water, the second with clean hot water, and the third with cold water with a half capful of bleach for sanitizing.

### KEEP IT SIMPLE

- In the garden you'll likely have no electric source or heating element, but we've included plenty of recipes that don't require either. See our Search Charts (p. 32) and the Salads section (p. 52), and look for the associated icons for more ideas. Remember that any chance to try something new, especially something students have grown or harvested themselves, is exciting and a win.
- See the section Try New Things ([Without a Recipe] p. 25) for more ideas.



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## Minimizing Mess

- Do the math for your specific group size, and pass out exact amounts of food and ingredients. This will help prevent excess ingredients and food waste, which can sometimes happen when cooking with a large class.
- Have students share tools. Not everyone in the class needs to be doing the same task (i.e., not everyone needs to use knives; different tools can be allocated to different groups).

- Keep reusable dish towels or paper towels on hand to immediately clean up spills.
- Train students to be like any skilled chef, and “clean as you go.”
- With a large group of students, assign “materials management” roles—these students will be the only ones who pass out materials and help clean up as you go (great for the wiggly ones who can’t stay in their seats!).

- When preparing activities with small tastings, always try to scale down materials (i.e., use napkins or wax-paper pieces instead of plates and paper sample cups for a utensil-free bite of food).



## Managing a Group

- Adjust your plan based on group size—the expectations for a large group of students are different from those of a small group of 10 to 15.
- Help students understand they will not do every task; instead, divide and conquer.
- Split students into teams or pairs to learn new skills or execute multiple parts of a recipe.
- When planning for a larger group, think of a recipe that will provide enough roles for

everyone, and each role should take about the same amount of time.

- At the beginning of class, introduce a clear signal for getting everyone’s attention—ringing a bell or a call and response—so that voice-raising is minimal.
- Address misbehaviors immediately and with appropriate consequences, ideally based on existing classroom expectations. Positively reinforce excellent behavior often.

## Making Cleanup Easy

- Make cleanup easy by breaking your class into rotations and assigning each group age-appropriate tasks that emphasize cleanup as a fun group activity!
  - The “sweepers” can sweep the floor; the “washers” can wash dishes; the “dryers” can dry dishes; and the “trash crew” can collect compost, dispose of waste, or recycle.

- Make sure to build enough time into your lesson plan to allow for cleanup to be part of the activity.



# Cooking Safety

## Handwashing

Handwashing is the most important thing you can teach and enforce to cook and eat safely with your students. Demonstrate handwashing, emphasizing the importance of removing all food from hands, washing every surface with hand soap for at least 15 seconds, and rinsing thoroughly. A fun way to make sure students wash their hands long enough is to use a song: Scrub your hands with soap while singing “Twinkle, Twinkle Little Star” or “Happy

Birthday” twice through. Then you’re ready to rinse! Demonstrate to students how to maintain clean hands while preparing food, such as “sandwich hands” (once clean, students must clasp their hands together until the directions for the lesson are delivered). For young students, explain that we do not touch the holes in our head—eye holes, nose holes, mouth hole, and ear holes.

## Allergies

### MOST COMMON FOOD ALLERGIES IN CHILDREN\*

- Cow milk
- Eggs
- Peanuts
- Soy
- Wheat
- Nuts from trees (such as walnuts, pistachios, pecans, cashews)
- Fish (such as tuna, salmon, cod)
- Shellfish (such as shrimp, lobster)

\*According to the American Academy of Pediatrics



## FOLLOW THESE TIPS TO ENSURE SAFETY

- Check in with lunch monitors, the school nurse, and classroom teachers at the start of the year to identify any students with life-threatening food allergies.
- Ensure that other adults who will be assisting you are aware of these allergies.
- When choosing recipes, avoid inclusion of common allergens such as peanuts and tree nuts.
- Practice safe food handling, and be sure not to cross-contaminate utensils and cutting boards during preparation.
- Ask your cafeteria staff about student allergies and related school policies and procedures—they can help answer your questions.

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## Dietary Needs Icons

The following icons will help you navigate your students' particular dietary needs and restrictions:



### CONTAINS DAIRY OR EGGS

These are recipes that contain milk products or milk ingredients.



### CONTAINS GLUTEN

These are recipes that use ingredients that contain gluten.



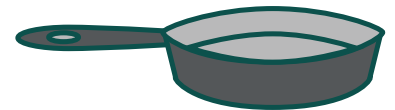
### CONTAINS NUTS

These are recipes that include optional nuts.

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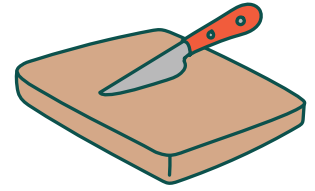
## Cooking with Heat

- Be sure to take precautions when cooking with heat, including setting up the burner in a safe space.
- Keep an eye out for cords that students may trip on.
- Turn pot handles inward as you cook so that students don't bump the handle and spill a hot pot of food.
- Consider age-appropriateness when involving students. It may be a good idea for you to remove the pot from the burner and transfer it to a cooler container before serving from a hot pot. Always make the transfer of hot foods an adult responsibility instead of having a student do this task.



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# Knife Safety



## KNIFE SAFETY RULES

1. Keep the tip of the knife on the cutting board.
2. Go slow and stay low.
3. Make a bear claw with the hand holding the food.
4. Stay focused with your eyes on the job!
5. When you are finished using a knife, place it in a Dirty-Knife Bucket, or lay it on your cutting board, aiming the tip away from yourself.
6. To give a knife to someone else, put it down and ask them to pick it up.

## KNIFE SAFETY DEMO

Show students the chart of rules and go over each one. Create a gesture for each rule that students can mimic. For example, have them growl like a bear when they make their bear claw, or bug out their eyes when you talk about staying focused. Unless you are working with round-tipped knives, dull knives are more dangerous than sharp knives. Consider if the knife type and sharpness are proper for the lesson.

## KNIFE DEMONSTRATION

Model how to cut each vegetable students will be working with. Ideally the cutting surface is waist high. Students should be able to clearly see what they are cutting. Be sure to go slowly and exaggerate and highlight the proper techniques you wish to see from them. Emphasize a solid hold on whatever is being cut, consider the thickness of the food, and demonstrate the appropriate size piece that you are aiming for. Say things like, *See how I keep the tip on*

*the cutting board the whole time, and I just rock the knife back and forth. And, See where my other hand is when I'm cutting.* If your classroom has a document camera, project your demonstration so all students can easily see. Put your finished samples into small bowls, and give them to students for comparison when they're cutting.

## SAFETY MONITORS

Distribute trays to groups of students. Assign students partners, and explain that each pair will have a chopper and a safety monitor, and they will be trading off halfway through. Say, *It is the job of the safety monitor to make sure that knife safety guidelines we discussed are being followed.* Then pass around knives individually. If you have other adults present, designate each to supervise one or two groups. Circulate through the room, guiding students to be safe and use proper technique. Give students a two-minute warning; when time is up, collect all knives, and have students clean their spaces.

## TIP

Keep knives in a container apart from other kitchen tools with a lid that snaps shut. It's also good practice to count your knives before and after a lesson as an extra safety precaution.

# Materials Checklist

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Below are all the materials you'll need to successfully make any of the recipes included in this book. But note that there are plenty of recipes for which you'll need minimal tools and equipment. (See the Don't Require Heat or Electric Search Chart on p. 35)

## For Cooking

- Blender or food processor
- Compost bucket
- Cutting boards or flexible cutting mats
- Extension cord
- Grater
- Induction burner
- Ladle
- Large colander
- Liquid measuring cup
- Long-handled spoon
- Measuring cups
- Measuring spoons
- Multiple large mixing bowls
- Paring knife
- Peeler
- Potato masher
- Salad spinner
- Sauté pan
- Sharp knife
- Stock pot with lid
- Blender or food processor
- Tongs

## For Tasting

- Forks or spoons, if needed
- Gloves (for serving)
- Napkins
- Tasting cups or boats

## For Cleanup

- Cleaning spray
- Dish soap
- Rags
- Sponge

## Helpful to Have

- Bus tubs
- Rolling cart
- Serving trays

# Recipe Card Template

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

<b>RECIPE:</b> _____ _____		
<b>INGREDIENTS:</b> _____ _____ _____ _____ _____ _____ _____	<b>STEPS:</b> _____ _____ _____ _____ _____ _____ _____	

<b>RECIPE:</b> _____ _____		
<b>INGREDIENTS:</b> _____ _____ _____ _____ _____ _____ _____	<b>STEPS:</b> _____ _____ _____ _____ _____ _____ _____	



# Try New Things (without a Recipe)



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

## Straight from the Garden



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

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

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

## Simple Snacks for Reinforcing Concepts



### GO, GROW, GLOW CRACKERS

You can make Go, Grow, Glow Quesadillas (p. 45) if you have the time or resources, or you could have kids eat a snack of a cracker or piece of bread with cheese or a bean dip and a piece of a fruit or vegetable. See the lesson Go, Grow, Glow in the *FoodCorps Lessons Book* for more details.

### VEGGIE WRAPS

Have students cut up whatever colorful variety of fruit or vegetable you have on hand; wrap it in a tortilla; and then add cream cheese, a bean spread (p. 40), or a kid-friendly dressing (p. 65). This dish can then reinforce the concepts of Eat a Rainbow, Plant Parts, or Go, Grow, Glow. See the lesson Veggie Wraps in the *FoodCorps Lessons Book* for more details.

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## A New Spin on an Old Favorite

FoodCorps Lessons All in for Applesauce and The World Travels of Food both center around the beloved apple. Instead of applesauce (p. 68), try the techniques below for a tasting. If you don't have a heat source, tasting two or more varieties of apples alongside each other can be a fun and super easy way to have students enjoy a fruit and tune into their senses as in the lesson Mindful Tasting. This technique can also showcase different places to get fresh produce in the community, as in the lesson Neighborhood Food Maps.

### APPLE CHIPS

- Preheat the oven to 200°F.
- Wash and thinly slice apples crosswise, about  $\frac{1}{8}$  of an inch thick.
- Lay apples in one layer on a baking sheet, and bake for one hour or more, depending on thickness, until apples are golden brown and crisp. Store in an airtight container.

### BAKED APPLES

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



# Know Your Produce

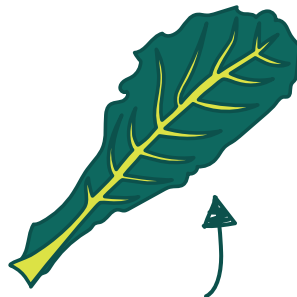
## Teaching about Variety

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

## Kale Varieties

### Red Russian Kale

Ruffled leaves but with red or purple stems



### Lacinato (Dinosaur or Tuscan) Kale

Dark green tender leaves that are long and narrow; a popular variety to use for raw preparations

### Curly Kale

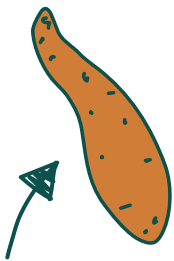
The most common variety; bright curly leaves that crisp nicely when sautéed



### Siberian Kale

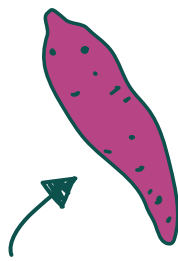
Ruffled green leaves; is best when cooked

## Sweet Potato Varieties



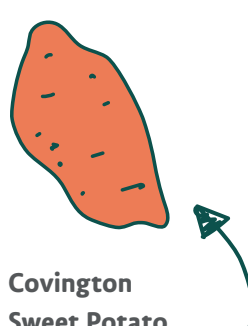
### Jewel Sweet Potato

Found in many grocery stores; has deep orange flesh



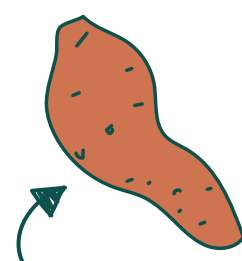
### Garnet Sweet Potato

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



### Covington Sweet Potato

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

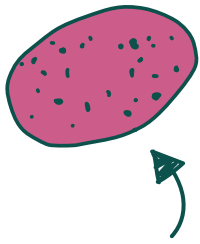


### Beauregard Sweet Potato

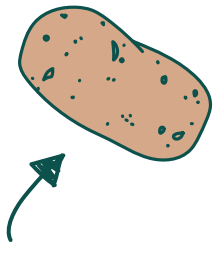
The most widely grown commercial variety; highly versatile

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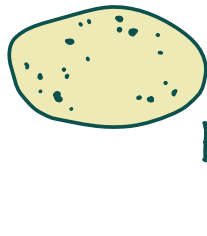
## Potato Varieties



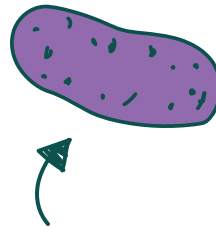
**Red Bliss Potato**  
A red-skinned waxy variety with a creamy white flesh



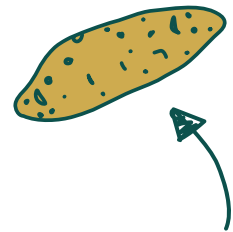
**Russet (Idaho) Potato**  
Also known as an Idaho potato; a high-starch variety commonly used for mashed and baked potato dishes



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



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

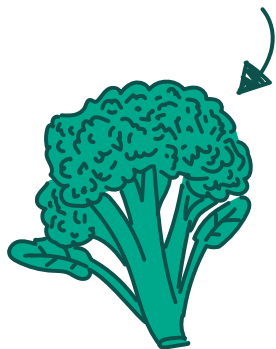


**Fingerling Potato**  
A long, skinny, waxy variety great for potato salad

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## Broccoli Varieties

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



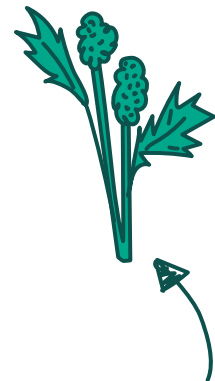
**Romanesco Broccoli**  
Has a beautiful chartreuse color and mesmerizing fractal-like pattern; said to have a nutty flavor

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

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



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



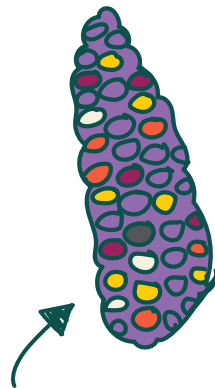
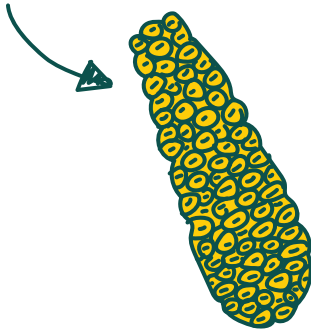
**Broccoli Raab (Rapini)**  
A cousin of broccoli in the brassica family; more closely related to turnips! Leafy, with small flower clusters; presents a more bitter taste than broccoli

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## Corn Varieties

### Dent or Field Corn

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

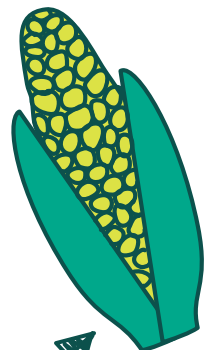
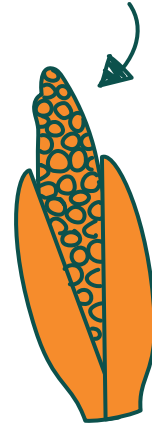


### Flint (Flour) Corn

Has a soft kernel, making it easy to grind into flour used for making bread

### Popcorn

A special type of corn that pops when exposed to heat



### Sweet Corn

The corn we eat on the cob

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## Carrot Varieties

### Thumbelina (Ball or Mini) Carrot

True baby carrot; these are round, including the variety Thumbelina!



### Red-Cored Chantenay Carrot

Short and broad varieties, including Red-Cored Chantenay



### Imperator Carrot

Most common commercially produced; higher sugar content than other types



### Nantes Carrot

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



### Danvers Carrot

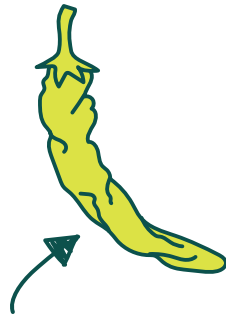
Classic tapered varieties, including Yellowstone

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## Pepper Varieties

### Red & Green Bell Peppers

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

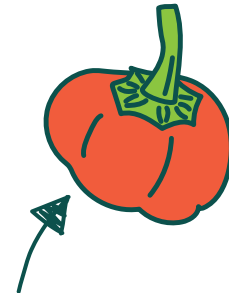
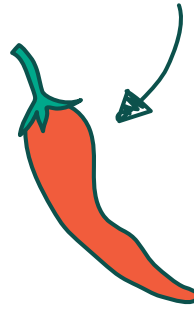


### Italian Frying Peppers

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

### Pimentóns

Best for roasting, which concentrates their sweet flavor

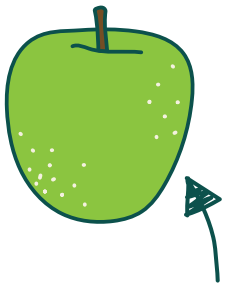


### Cherry Peppers

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

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## Apple Varieties



### Granny Smith Apple

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



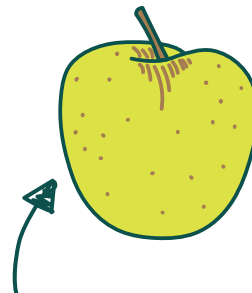
### Fuji Apple

Sweet Japanese variety; great eaten fresh or in applesauce



### Honeycrisp Apple

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



### Golden Delicious Apple

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

### Gala Apple

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

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# FoodCorps Lessons to Teach about Variety

These lessons pair well with the concept of variety:

## **ALL IN FOR APPLESAUCE**

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

## **BUDDING TASTES**

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

## **MINDFUL TASTING**

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

## **PLANT FAMILIES**

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

## **POETIC PRODUCE**

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



# Search Charts

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

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

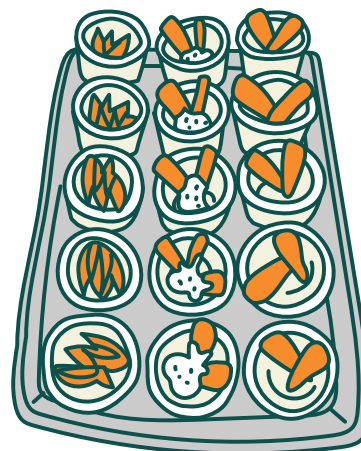


50

## Yields for Taste Tests

These recipes were designed for schoolwide taste tests. They each have a yield of **50 servings** of approximately ¼ cup, or 2 tablespoons for sauces and dips, meant to fit in a 2-ounce tasting cup. The number 50 was determined to be an easy number to double or triple, as needed. See the Recipe Yield Conversion Chart (p. 17) for increasing or reducing the yield.

Bean and Yogurt “Ranch” Dip .....	p. 40	Roasted Carrots .....	p. 80
Classic Hummus .....	p. 41	Steamed Corn .....	p. 80
Roasted Red Pepper Bean Dip .....	p. 42	No-Cream Creamed Corn .....	p. 81
Sweet Potato Hummus .....	p. 42	Roasted Broccoli .....	p. 81
Sliced Apples with Yogurt Honey Dip .....	p. 43	Mashed Potatoes .....	p. 82
Puréed Carrot and Ginger Soup .....	p. 47	Roasted Potato Wedges .....	p. 82
Sweet Potato Soup .....	p. 50	Roasted Sweet Potato Wedges .....	p. 83
Apple Slaw .....	p. 53	Sautéed Sweet Peppers and Onion .....	p. 83
Broccoli Salad .....	p. 53		
Esquites (Mexican Corn Salad) .....	p. 56		
Kale Salad .....	p. 57		
Potato Salad .....	p. 57		
Shredded Carrot Salad .....	p. 60		
Kale Pesto .....	p. 62		
Roasted Red Pepper Sauce .....	p. 65		
Applesauce (for Schoolwide Taste Test) .....	p. 68		
Kale Chips (for Schoolwide Taste Test) .....	p. 72		





## Yields for Classroom Cooking

These recipes were designed to be prepared with students as part of the action! See the *FoodCorps Lessons Book* for the lesson associated with each of the recipes in this list. There you'll find all the guidance for how to have kids involved. Each of these recipes has a yield of **25 servings** of a tasting amount such as  $\frac{1}{4}$  cup of a salad; 2 tablespoons of a dip; 2 ounces of a drink; or a small portion of one's own snack, a popsicle, for example. See the Recipe Yield Conversion Chart (p. 17) for increasing or reducing the yield.

Bean Dip Formula .....	p. 40	Thai Green Curry .....	p. 64
Salsa (Pico de Gallo) .....	p. 41	Sofrito .....	p. 64
Yogurt Herb Dip .....	p. 43	Applesauce .....	p. 68
Go, Grow, Glow Quesadillas .....	p. 45	Popcorn .....	p. 70
Plant Part Wraps .....	p. 46	Berry-and-Mint-Infused Water .....	p. 71
Spring Rolls .....	p. 48	Honey Seed Snacks .....	p. 71
Stone Soup .....	p. 49	Spicy Kale Chips .....	p. 72
Veggie Sauté .....	p. 51	Quick Refrigerator Pickles .....	p. 73
Create-Your-Own-Dressing Salad .....	p. 54	Rainbow Smoothie .....	p. 74
Fruit Salad .....	p. 56	Chia Strawberry Raw Jam .....	p. 75
Rainbow Grain Salad .....	p. 58	Tops and Bottoms Popsicles .....	p. 75
Root Fruit Slaw .....	p. 60	Tortillas .....	p. 77
Basil Pesto .....	p. 62	Flatbread Crackers .....	p. 77
Chermoula .....	p. 63	Yogurt Parfait .....	p. 78
Chimichurri .....	p. 63		





## Require Heat

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

\*Optional \*\*Prior to the activity/day of

Classic Hummus*	p. 41	Kale Chips (for Schoolwide Taste Test)	p. 72
Sweet Potato Hummus**	p. 42	Quick Refrigerator Pickles**	p. 73
Go, Grow, Glow Quesadillas	p. 45	Chia Strawberry Raw Jam*	p. 75
Puréed Carrot and Ginger Soup	p. 47	Tortillas	p. 77
Stone Soup	p. 49	Flatbread Crackers	p. 77
Sweet Potato Soup	p. 50	Roasted Carrots	p. 80
Veggie Sauté	p. 51	Steamed Corn	p. 80
Esquites (Mexican Corn Salad)	p. 56	No-Cream Creamed Corn	p. 81
Potato Salad	p. 57	Roasted Broccoli	p. 81
Rainbow Grain Salad**	p. 58	Mashed Potatoes	p. 82
Applesauce	p. 68	Roasted Potato Wedges	p. 82
Applesauce (for Schoolwide Taste Test)	p. 68	Roasted Sweet Potato Wedges	p. 83
Popcorn	p. 70	Sautéed Sweet Peppers and Onions	p. 83
Spicy Kale Chips	p. 72		



## Require Blender or Food Processor

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

\*Can be made with simpler tools

Bean and Yogurt "Ranch" Dip	p. 40	Chermoula*	p. 63
Bean Dip Formula*	p. 40	Chimichurri*	p. 63
Classic Hummus	p. 41	Thai Green Curry*	p. 64
Roasted Red Pepper Bean Dip	p. 42	Sofrito*	p. 64
Sweet Potato Hummus	p. 42	Roasted Red Pepper Sauce	p. 65
Puréed Carrot and Ginger Soup	p. 47	Applesauce (for Schoolwide Taste Test)*	p. 68
Sweet Potato Soup	p. 50	Rainbow Smoothie	p. 74
Kale Pesto*	p. 62	Tops and Bottoms Popsicles	p. 75
Basil Pesto*	p. 62		



## Don't Require Heat or Electric

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

\*Require heat or electric prior to activity/day of

\*\*Heat or electric not required but better results are achieved

Salsa (Pico de Gallo) .....	p. 41	Kale Pesto** .....	p. 62
Yogurt Herb Dip .....	p. 43	Basil Pesto** .....	p. 62
Sliced Apples with Yogurt Honey Dip .....	p. 43	Chermoula** .....	p. 63
Plant Part Wraps .....	p. 46	Chimichurri** .....	p. 63
Spring Rolls* .....	p. 48	Thai Green Curry** .....	p. 64
Apple Slaw .....	p. 53	Sofrito** .....	p. 64
Broccoli Salad .....	p. 53	Simple Kid-Friendly Dressing .....	p. 65
Create-Your-Own-Dressing Salad .....	p. 54	Berry-and-Mint-Infused Water .....	p. 71
Fruit Salad .....	p. 56	Honey Seed Snacks .....	p. 71
Kale Salad .....	p. 57	Quick Refrigerator Pickles* .....	p. 73
Root Fruit Slaw .....	p. 60	Chia Strawberry Raw Jam** .....	p. 75
Shredded Carrot Salad .....	p. 60	Yogurt Parfait .....	p. 78



## Contain Dairy or Eggs

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

\*Optional butter

\*\*These recipes contain eggs in the form of mayonnaise.

Bean and Yogurt "Ranch" Dip .....	p. 40	Esquites (Mexican Corn Salad) .....	p. 56
Yogurt Herb Dip .....	p. 43	Potato Salad** .....	p. 57
Sliced Apples with Yogurt Honey Dip .....	p. 43	Kale Pesto .....	p. 62
Go, Grow, Glow Quesadillas .....	p. 45	Basil Pesto .....	p. 62
Puréed Carrot and Ginger Soup* .....	p. 47	Rainbow Smoothie .....	p. 74
Sweet Potato Soup* .....	p. 50	Yogurt Parfait .....	p. 78
Apple Slaw** .....	p. 53	No-Cream Creamed Corn .....	p. 81
Broccoli Salad** .....	p. 53	Mashed Potatoes .....	p. 82



## Contain Gluten

These recipes contain gluten. Gluten is a protein found in barley; rye; and wheat, including bulgar, durum, farro, kamut, and spelt. Gluten can cause adverse reactions in people with celiac disease or gluten sensitivity. See Allergies section (p. 21 ) for more information.

Go, Grow, Glow Quesadillas* *The flour tortillas can be swapped with corn- or rice-flour tortillas, but note that the texture will be different, and these alternatives may be prone to breaking. ....	Flatbread Crackers .....	p. 45	p. 77
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## Check Ingredients for Gluten

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

Spring Rolls .....	Yogurt Parfait .....	p. 48	p. 78
Check the ingredients on your spring roll wrappers to ensure they are gluten free. Tapioca and rice flours are both gluten free.	Honey Seed Snacks .....		p. 71
	These recipes contain oats, which are gluten free, but could've been processed in a facility with wheat products. Be sure your package of oats specifies that it was processed in a gluten-free facility.		
Rainbow Grain Salad .....	Tortillas .....	p. 58	p. 77
This recipe gives you freedom to choose the featured grain. Quinoa, brown rice, millet, and teff are all gluten-free options.	Be sure your masa harina contains no wheat and is certified gluten free.		



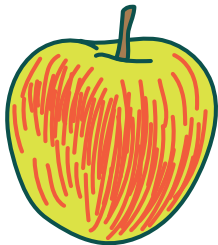
## Include Optional Nuts or Meat

These recipes include mention of optional nuts or meat. Nuts are one of the most common allergens; therefore, take great care and consideration when considering these lessons. See Allergies section (p. 21) for more information.

Basil Pesto .....	Create-Your-Own-Dressing Salad (option to use fish sauce) .....	p. 62	p. 54
Honey Seed Snacks .....		p. 71	
Veggie Sauté .....		p. 51	

# Recipes by Product

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



## Apples

Applesauce .....	p. 68
Sliced Apples with Yogurt Honey Dip .....	p. 43
Apple Slaw .....	p. 53
Root Fruit Slaw .....	p. 60
Kale Salad .....	p. 57
Fruit Salad .....	p. 56

## Beets

Root Fruit Slaw .....	p. 60
Tops and Bottoms Popsicles .....	p. 75
Plant Part Wraps .....	p. 46
Stone Soup .....	p. 49
Rainbow Grain Salad .....	p. 58
Quick Refrigerator Pickles .....	p. 73



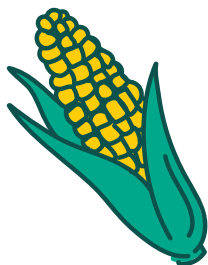
## Broccoli

Broccoli Salad .....	p. 53
Roasted Broccoli .....	p. 81
Raw Broccoli with Bean and Yogurt “Ranch” Dip .....	p. 40
Plant Part Wraps .....	p. 46
Veggie Sauté .....	p. 51



## Carrots

Puréed Carrot and Ginger Soup .....	p. 47
Roasted Carrots .....	p. 80
Shredded Carrot Salad .....	p. 60
Tops and Bottoms Popsicles .....	p. 75



## Corn

Esquites (Mexican Corn Salad) .....	p. 56
Steamed Corn .....	p. 81
No-Cream Corn .....	p. 80
Tortillas .....	p. 77

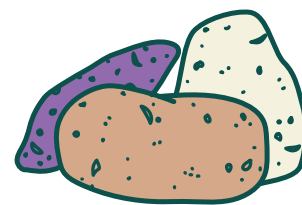
## Kale

Kale Pesto .....	p. 62
Kale Chips .....	p. 72
Kale Salad .....	p. 57
Create-Your-Own-Dressing Salad .....	p. 54



### Potatoes

Mashed Potatoes .....	p. 82
Roasted Potato Wedges .....	p. 82
Potato Salad .....	p. 57
Stone Soup .....	p. 49



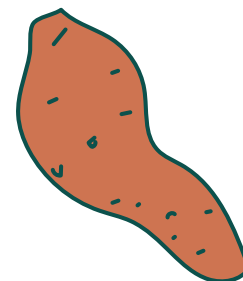
### Sweet Peppers

Roasted Red Pepper Bean Dip .....	p. 42
Sautéed Sweet Pepper and Onion .....	p. 83
Raw Red Peppers with Hummus .....	p. 41
Sofrito .....	p. 64
Rainbow Grain Salad .....	p. 58
Spring Rolls .....	p. 48
Veggie Sauté .....	p. 51
Plant Part Wraps .....	p. 46



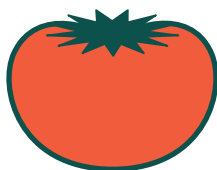
### Sweet Potatoes

Sweet Potato Soup .....	p. 50
Roasted Sweet Potato Wedges .....	p. 83
Sweet Potato Hummus .....	p. 42



### Tomatoes

Salsa (Pico de Gallo) .....	p. 41
Stone Soup .....	p. 49
Sofrito .....	p. 64



## Most Adaptable All-Stars

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

Plant Part Wraps .....	p. 46	Spring Rolls .....	p. 48
Rainbow Grain Salad .....	p. 58	Stone Soup .....	p. 49
Quick Refrigerator Pickles .....	p. 73		
Veggie Sauté .....	p. 51		

# Recipes

## Dips

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





# Bean and Yogurt “Ranch” Dip

**YIELD: 50 SERVINGS, 2 TABLESPOONS**

This recipe was adapted from one developed by Lisa Feldman for Sodexo’s schools program. Knowing students are often enthusiastic about ranch dip, she wanted to provide a fresh alternative to the bottled stuff. Serve this with raw broccoli as part of a Tasty Challenge taste test (p. 16), alongside Roasted Broccoli (p. 81) or Broccoli Salad (p. 53). Try adding  $\frac{1}{4}$  cup minced tarragon and dill.

## INGREDIENTS

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

## STEPS

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



# Bean Dip Formula

**YIELD: 20 SERVINGS, 2 TABLESPOONS**

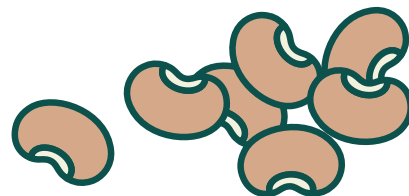
We designed this recipe for the FoodCorps lesson From Beautiful Beans to Delicious Dip! It’s a basic formula to give you freedom to explore different flavor profiles—make a dip like the Classic Hummus (p. 41) with garbanzo beans, lemon, and tahini; a black bean dip with cilantro and lime; or a white-bean dip with parsley, rosemary, and thyme.

## INGREDIENTS

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

## STEPS

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







# Classic Hummus

**YIELD: 50 SERVINGS, 2 TABLESPOONS**

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

## INGREDIENTS

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



## STEPS

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



# Salsa (Pico de Gallo)

**YIELD: 30 SERVINGS, 4 TABLESPOONS**

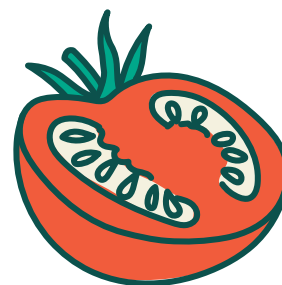
We designed this recipe for the FoodCorps lesson What's in My Salsa? as a way to showcase warm-weather crops grown over the summer.

## INGREDIENTS

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

## STEPS

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





# Roasted Red Pepper Bean Dip

**YIELD: 50 SERVINGS, 2 TABLESPOONS**

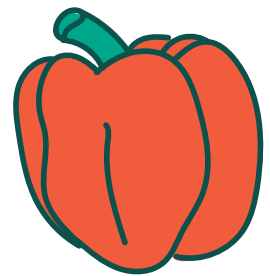
We developed this recipe to be a part of a Tasty Challenge (p. 16) taste test alongside Sautéed Peppers and Onions (p. 83) or raw bell pepper with Classic Hummus (p. 41).

## INGREDIENTS

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

## STEPS

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



# Sweet Potato Hummus

**YIELD: 50 SERVINGS, ¼ CUP**

Adapted from the *New School Cuisine Cookbook*, this recipe is meant to be part of a Tasty Challenge taste test (p. 16), alongside Roasted Sweet Potato Wedges (p. 83) or Sweet Potato Soup (p. 50).

## INGREDIENTS

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

## STEPS

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



# Yogurt Herb Dip

**YIELD: 4 CUPS, 25 SERVINGS OF 2 TABLESPOONS**

As part of the FoodCorps lesson Celebrating the Autumn Harvest, we designed this recipe to be an easy way to enjoy freshly harvested vegetables when you're with students in the garden.

## INGREDIENTS

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

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

## STEPS

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



# Sliced Apples with Yogurt Honey Dip

**YIELD: 50 SERVINGS, ¼ CUP**

We designed this recipe to be part of a Tasty Challenge taste test (p. 16), alongside Applesauce (p. 68) or Apple Slaw (p. 53). This dip would work well with other fruits, such as strawberries or pears.

## INGREDIENTS

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

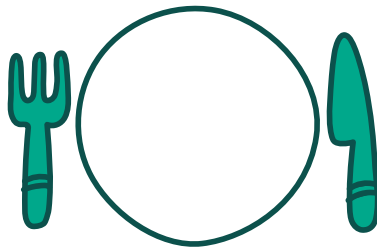
## STEPS

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



# Dishes and Soups

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



# Go, Grow, Glow Quesadillas

YIELD: 25 SERVINGS, 1/6 OF A QUESADILLA

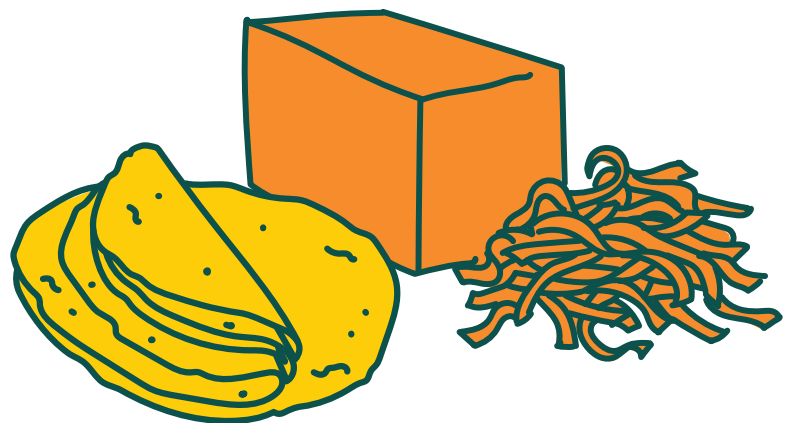
We developed this recipe for the FoodCorps Lesson Go, Grow, Glow Quesadillas as a cooking activity to reinforce the concept of eating go foods (carbohydrates), grow foods (protein), and glow foods (fruits and vegetables).

## INGREDIENTS

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

## STEPS

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



# Plant Part Wraps

**YIELD: 30 SERVINGS, 1 WRAP PER STUDENT**

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

## Simple Kid-Friendly Dressing

### INGREDIENTS

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

### STEPS

Shake ingredients in a lidded jar until emulsified.

## Sample Plant Part Wrap Ingredients

### INGREDIENTS

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

### STEPS

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

## Possible Plant Part Ingredients

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



# Puréed Carrot and Ginger Soup

**YIELD: 60 SERVINGS, ¼ CUP**

We designed this recipe to be part of a Tasty Challenge taste test (p. 16) alongside Roasted Carrots (p. 80) or Carrot Salad (p. 60). Substitute part of the liquid content with coconut milk, and add spices such as cumin, curry powder, or chili flakes. Garnish with chopped herbs, such as cilantro, or nuts such as chopped peanuts.

## INGREDIENTS

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

## STEPS

1. Melt butter in a stockpot over medium heat. Cook onion, garlic, and ginger, stirring until translucent; about 4–6 minutes.
2. Add carrots along with just enough water or stock to cover the vegetables, reserving the rest. Season with salt and pepper, and bring to a boil, then reduce heat and simmer until carrots are tender, about 20 minutes.
3. Purée the soup in a blender, food processor, or food mill, working in batches to not overfill machine.
4. Return to the pot set over low heat, and add enough reserved liquid to thin the soup to your desired consistency. Taste and adjust seasoning.



# Spring Rolls

**YIELD: 25 SERVINGS, 1 ROLL PER PERSON**

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

## SAUCE INGREDIENTS

(makes 1 1/2 cups)

- 3/4 cup soy sauce or tamari
- 3/4 cup lime juice
- 1/2 cup toasted sesame oil
- 2 teaspoons honey
- 2 teaspoons garlic, minced (optional)
- 2 teaspoons chili paste (optional)

## EXAMPLE OF SPRING ROLL INGREDIENTS

(about 9 cups of vegetables total; about 1/3 cup mixture per roll)

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

## STEPS

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



## Possible Spring Roll Ingredients

### Fruit and Veggies

- Bell peppers
- Cabbage
- Carrots
- Cucumbers
- Lettuce
- Mango
- Radishes
- Turnip

### Herbs

- Chives
- Cilantro
- Mint
- Scallions
- Thai basil



# Stone Soup

**YIELD: ABOUT 25 SERVINGS, ½ CUP**

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

## SAUCE INGREDIENTS

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

## EXAMPLE OF POSSIBLE INGREDIENTS

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

## STEPS

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

## Possible Ingredients

### FIRST ROUND

#### Hard Vegetables

- Beets
- Carrots
- Parsnips
- Potatoes
- Winter squash

### SECOND ROUND

#### Soft Vegetables

- Cans of beans
- Cans of tomatoes
- Chard
- Collards
- Frozen corn
- Kale
- Peppers

### THIRD ROUND

#### Herbs and Seasoning

- Lemon juice
- Parsley
- Salt and pepper



# Sweet Potato Soup

**YIELD: 50 SERVINGS, ¼ CUP**

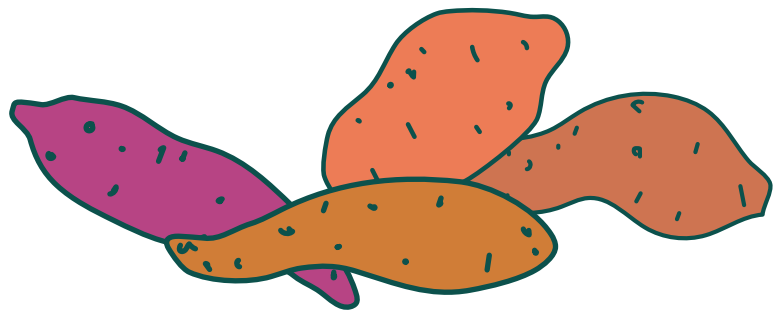
We developed this recipe to be part of a Tasty Challenge taste test (p. 16), alongside Roasted Sweet Potato Wedges (p. 83) or Sweet Potato Hummus (p. 42). For added richness, add a tablespoon or two of butter at the end. Consider swapping out some of the onion for leeks, if you have them available.

## INGREDIENTS

- 1/3 cup olive oil
- 1 large onion, peeled and coarsely chopped (about 4 cups)
- 5 medium sweet potatoes, peeled and diced (about 8 cups)
- 6 cups water
- 2 cups low-sodium vegetable stock
- 1 bay leaf
- 2 1/2 teaspoons salt, more to taste
- 1 teaspoon pepper
- 2 tablespoons unsalted butter (optional)

## STEPS

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



# Veggie Sauté

**YIELD: ABOUT 25 SERVINGS, ¼ CUP**

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

## SAUCE INGREDIENTS

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

## EXAMPLE OF POSSIBLE INGREDIENTS

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

## STEPS

1. Combine sauce ingredients and adjust flavors as needed. Set aside.
2. Wash and prepare the vegetables, chopping into roughly the same size.
3. Begin by cooking the aromatics with oil on medium

high heat, stirring often. Add additional oil as needed. After one to two minutes, when the aromatics begin to soften and release their aroma, add prepared vegetables, starting with the vegetables that will take the longest to cook. Cook, stirring often, until all the vegetables are tender but retain a crunch.

4. Add sauce and stir just to incorporate, then promptly remove from heat, stirring to further incorporate sauce if needed. Top with toppings of your choice and serve immediately.

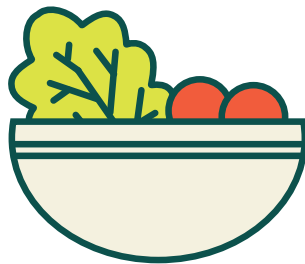


## Possible Ingredients

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

# Salads

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





# Apple Slaw

**YIELD: 50 SERVINGS, ¼ CUP**

Adapted from the *New School Cuisine Cookbook*, this recipe is meant to be part of a Tasty Challenge taste test (p. 16), alongside Applesauce (p. 68) or Apples with Yogurt Honey Dip (p. 43). Mix it up, and replace diced celery for celeriac or beets for carrots.

## INGREDIENTS

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

## STEPS

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



# Broccoli Salad

**YIELD: 50 SERVINGS, ¼ CUP**

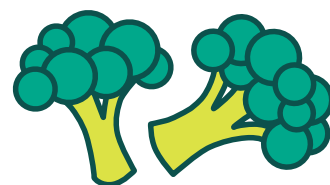
Adapted from the *New School Cuisine Cookbook*, this recipe is meant to be part of a Tasty Challenge taste test (p. 16) alongside Roasted Broccoli (p. 81) or raw broccoli with “Ranch” Bean Dip (p. 40). Add one small red onion cut into small dice. Swap lemon juice for apple cider vinegar. Swap yogurt for mayonnaise.

## INGREDIENTS

- 3 pounds broccoli (about 4 large heads)
- 2 cups mayonnaise (reduced fat)
- $\frac{1}{4}$  cup apple cider vinegar
- 2 tablespoons honey (or sugar)
- $\frac{1}{2}$  teaspoon salt, more to taste
- $\frac{1}{4}$  teaspoon pepper, more to taste
- 2  $\frac{1}{4}$  cup raisins

## STEPS

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



# Create-Your-Own-Dressing Salad

**YIELD: 6 SERVINGS, ½ CUP**

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

## INGREDIENTS

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

## STEPS

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

## Dressing Examples

### EXAMPLE 1

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

### EXAMPLE 2

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

## Possible Ingredients

### Fat

- Avocado
- Olive oil
- Sesame oil
- Tahini
- Yogurt

### Sour

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

### Salty

- Fish sauce
- Kosher salt
- Sea salt
- Soy sauce

### Sweet

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

# SALAD DRESSING CHALLENGE GROUP INSTRUCTIONS

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



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



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



4. Decide what your dressing still needs.



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



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





# Esquites (Mexican Corn Salad)

YIELD: 60 SERVINGS, ¼ CUP

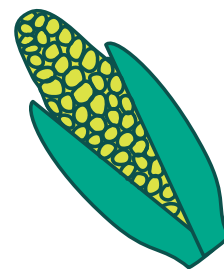
This recipe, adapted from *Serious Eats*, can be part of a Tasty Challenge taste test with Steamed Corn (p. 80) or No-Cream Creamed Corn (p. 81). If you're using frozen corn kernels, you don't need to defrost before charring in the skillet. Add a large red onion diced for more color and flavor if desired.

## INGREDIENTS

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

## STEPS

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



# Fruit Salad

YIELD: 30 SERVINGS, ¼ CUP

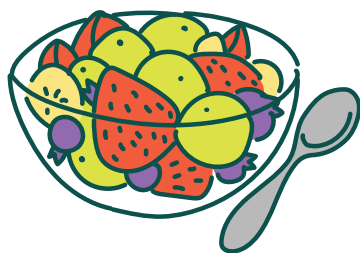
This is a recipe developed for the FoodCorps lesson Fun With Fruit Salad, in which students practice counting by twos as they add ingredients to the fruit salad.

## INGREDIENTS

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

## STEPS

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





# Kale Salad

**YIELD: 70 SERVINGS, ¼ CUP**

This recipe, adapted from The Lunch Box, can be part of a Tasty Challenge taste test (p. 16) alongside Kale Chips (p. 72) or Kale Pesto (p. 62). Add toasted seeds or cheese for a savory addition.

## INGREDIENTS

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



## STEPS

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

# Potato Salad

**YIELD: 50 SERVINGS, ¼ CUP**

We developed this potato salad recipe to be part of a Tasty Challenge taste test alongside Roasted Potato Wedges (p. 82) or Mashed Potatoes (p. 82). Add fresh herbs such as dill, chives, parsley, or basil. Add curry blend. Substitute olive oil for the mayonnaise for a vegan dressing. Substitute Greek yogurt for half the mayonnaise for a tangier dressing and more protein.

## INGREDIENTS

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

## STEPS

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

# Rainbow Grain Salad

**YIELD: ABOUT 25 SERVINGS, ¼ CUP**

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

## Dressing

### INGREDIENTS

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

### STEPS

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

## Grain Salad

### INGREDIENTS

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

### STEPS

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

See next page for examples.



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## Salad Examples

### EXAMPLE 1

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

### MAKING QUINOA

- 1 cup quinoa
- ½ teaspoon salt

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

### EXAMPLE 2

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

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

### MAKING MILLET

- 1 cup millet
- ½ teaspoon salt

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

---

## Fruits and Veggies from the Rainbow

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

# Root Fruit Slaw

**YIELD: 6 CUPS, 24 SERVINGS OF ¼ CUP**

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

## INGREDIENTS

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

## APPLE CIDER VINAIGRETTE

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

## STEPS

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



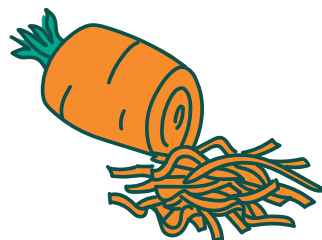
# Shredded Carrot Salad

**YIELD: 50 SERVINGS, ⅓ CUP**

We developed this recipe to be part of a Tasty Challenge taste test (p. 16), alongside Roasted Carrots (p. 80) or Puréed Carrot Ginger Soup (p. 47). Add coarsely chopped flat-leaf parsley for flavor and color. Or add garlic, Dijon mustard, or honey to the dressing.

## INGREDIENTS

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



## STEPS

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

# Sauces & Dressings

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





# Kale Pesto

**YIELD: 50 SERVINGS, 2 TABLESPOONS**

We developed this recipe to be part of a Tasty Challenge, alongside Kale Chips (p. 72) or Kale Salad (p. 57). This nut-free version can also be made dairy free by substituting sunflower or pumpkin seeds for the cheese. Serve on a cracker, small slice of bread, or piece of penne pasta.

## INGREDIENTS

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

## STEPS

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



# Basil Pesto

**YIELD: 1 ¼ CUP**

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

## INGREDIENTS

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

## STEPS

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



# Chermoula

**YIELD: 1 CUP**

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

## INGREDIENTS

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

## STEPS

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



# Chimichurri

**YIELD: 1 ½ CUPS**

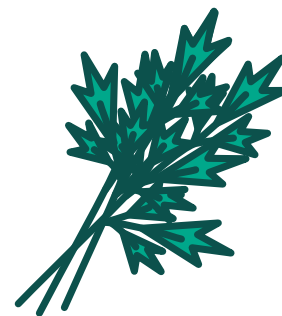
This Argentinian sauce is featured in the FoodCorps lesson Green Sauce around the World. In Argentina, it is usually accompanied by much-beloved grilled meats eaten as part of an asado. For tasting, try it with a piece of bread.

## INGREDIENTS

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

## STEPS

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





# Thai Green Curry

YIELD: 1 CUP

We adapted this recipe from ThaiTable.com for the FoodCorps lesson Green Sauce around the World. The curry is not meant to be eaten raw but diluted with coconut milk and cooked with meat or seafood and served with rice or noodles.

## INGREDIENTS

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

## STEPS

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



# Sofrito

YIELD: 2 CUPS

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

## INGREDIENTS

- 1/2 bunch cilantro leaves (about 1 cup)
- 1/2 medium green pepper, seeds removed
- 1/2 small tomato, diced
- 1/2 medium sweet onion, peeled
- 1/4 red sweet pepper, seeds removed
- 3–4 garlic cloves, peeled

## STEPS

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







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# Roasted Red Pepper Sauce

**YIELD: 50 SERVINGS, 2 TABLESPOONS**

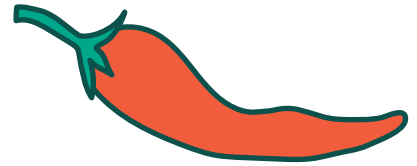
We developed this recipe to be part of a Tasty Challenge taste test (p. 16) alongside raw bell peppers with Classic Hummus (p. 41) or Sautéed Peppers and Onion (p. 83). Serve with a piece of bread or on a cracker.

## INGREDIENTS

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

## STEPS

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



---

# Simple Kid-Friendly Dressing

**YIELD: 25 SERVINGS, 1.5 TABLESPOONS**

This is a mild-tasting salad dressing that can be used to jazz up a tasting of greens from the garden or drizzled onto Plant Part Wraps (p. 46).

## INGREDIENTS

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

## STEPS

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

# Salad Dressing Formula

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



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

# Snacks & Drinks

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



# Applesauce

YIELD: 34 SERVINGS, ¼ CUP

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

## INGREDIENTS

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

## STEPS

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



# Applesauce (for Schoolwide Taste Test)

YIELD: 50 SERVINGS, ¼ CUP

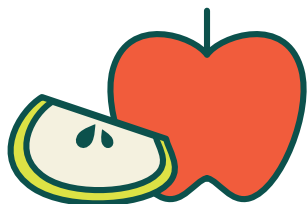
We developed this applesauce recipe to be part of a Tasty Challenge taste test (p. 16) alongside Apple Slaw (p. 53) or Sliced Apples with Yogurt Honey Dip (p. 43).

## INGREDIENTS

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

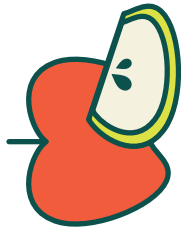
## STEPS

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



# ALL IN FOR APPLESAUCE

Recipe Yield: About 8 cups



10 apples



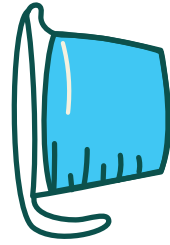
Juice of 1 lemon



1 teaspoon cinnamon



Pinch of salt



Cup of water

## WORD BANK:

ingredients

mash

stir

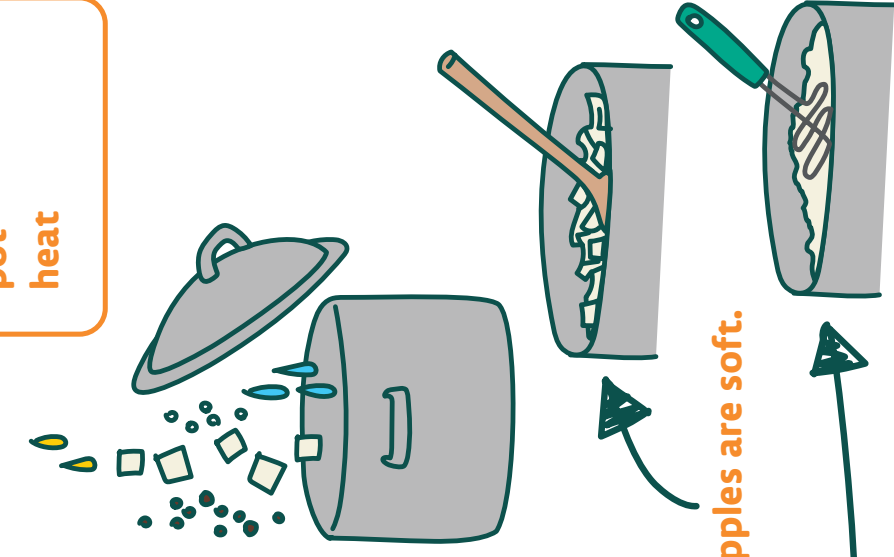
chop

pot

heat

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

1. Core and \_\_\_\_\_ apples.
2. Add all \_\_\_\_\_ into a large \_\_\_\_\_.
3. Simmer at low \_\_\_\_\_ and \_\_\_\_\_ until apples are soft.
4. Let cool and then \_\_\_\_\_ apples.



# Popcorn

**YIELD: ABOUT 30 SERVINGS, 1/2 CUP**

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

## INGREDIENTS

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

## STEPS

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



## Example Flavor Combinations

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

# 5 FLAVOR PROFILES

<p><b>SALTY/UMAMI</b></p> <ul style="list-style-type: none"> <li>Sea salt</li> <li>Soy sauce</li> <li>Dried seaweed</li> <li>Nutritional yeast</li> <li>Parmesan cheese</li> </ul> 	<p><b>BITTER</b></p> <ul style="list-style-type: none"> <li>Rosemary</li> <li>Thyme</li> <li>Peppermint</li> <li>Grapefruit zest</li> <li>Cocoa powder</li> </ul> 	<p><b>SPICY</b></p> <ul style="list-style-type: none"> <li>Chili powder</li> <li>Hot sauce</li> <li>Cinnamon</li> <li>Cumin</li> <li>Curry powder</li> </ul> 
<p><b>SWEET</b></p> <ul style="list-style-type: none"> <li>Honey</li> <li>Maple syrup</li> <li>Brown sugar</li> </ul> 		<p><b>SOUR</b></p> <ul style="list-style-type: none"> <li>Lemon or lime juice</li> <li>Vinegar</li> </ul> 



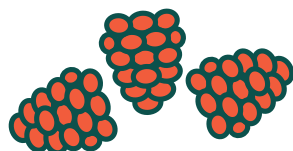
# Berry-and-Mint-Infused Water

**YIELD: 32 SERVINGS, ¼ CUP**

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

## INGREDIENTS

- Handful mint leaves, muddled
- 1 cup berries, slightly crushed



## STEPS

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



# Honey Seed Snacks

**YIELD: 30 SERVINGS, 1-INCH BALLS**

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

## INGREDIENTS

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

## STEPS

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



# Spicy Kale Chips

**YIELD: ABOUT 25 SERVINGS, 4 CHIPS**

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

## INGREDIENTS

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

## STEPS

1. Preheat oven to 325°F. (This temperature is tested in a regular oven. Temperatures will vary based on your toaster oven.)
2. Strip the leaves from the stem and wash and dry

well, using a salad spinner or rolling in dish towels. Tear large leaves into 2- to 3-inch bites.

3. Toss kale by hand with olive oil, salt, and any spices and additional seasoning you're using in a large bowl, being sure each leaf is evenly coated.
4. Spread kale leaves evenly in a single layer on rimmed baking sheets, being sure not to crowd leaves so they don't steam.
5. Bake for 10 minutes then check. If the chips aren't dark green and crisp, continue baking in 2-minute increments. They'll brown quickly. Look at the underside when checking for doneness.
6. Let cool for 2 minutes, and then transfer to a serving dish (or cool pan). If making ahead of time, re-crisp chips in the oven for 1 minute before serving.

# Kale Chips (for Schoolwide Taste Test)

**YIELD: 65 SERVINGS, 2–3 CHIPS**

We developed this recipe to be part of a Tasty Challenge taste test (p. 16), alongside Kale Pesto (p. 62) or Kale Salad (p. 57). Punch it up with nutritional yeast for a cheesy taste or spice such as cayenne.

## INGREDIENTS

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

## STEPS

1. Preheat oven to 325°F.
2. Strip the leaves from the stem and wash and dry well, using a salad spinner or rolling in dish towels. Tear large leaves into 2 to 3-inch bites.
3. Toss kale by hand with olive oil, salt, and any spices you're using in a large bowl, being sure

each leaf is evenly coated.

4. Spread kale leaves evenly in a single layer on rimmed baking sheets, being sure not to crowd leaves they don't steam.
5. Bake for 10 minutes then check. If the chips aren't dark green and crisp, continue baking in 2-minute increments. They'll turn brown quickly. Look at the underside when checking for doneness.
6. Let cool for 2 minutes and then transfer to a serving dish (or cool pan). If making ahead of time, re-crisp chips in the oven for one minute before serving.



# Quick Refrigerator Pickles

**YIELD: ABOUT 10 SERVINGS PER JAR**

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

## PICKLING BRINE RATIO

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



## STEPS

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

## Examples

### EXAMPLE OF A SAVORY PICKLE

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

### EXAMPLE OF A SWEET PICKLE

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

## STEPS

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

See next page for flavor variations.

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## Possible Pickle Ingredients

### Produce

Carrots  
Cucumbers  
Green beans  
Radishes  
Rhubarb  
Strawberries  
Summer squash  
Sweet peppers  
Turnips  
Zucchini

### Vinegar

(1-to-1 ratio with water)

Apple cider vinegar  
Rice vinegar  
White vinegar

### Herbs and Seasoning

Basil  
Coriander seeds  
Dill flower heads and seeds  
Garlic cloves  
Honey  
Mint  
Paprika  
Rosemary  
Thyme  
Turmeric



# Rainbow Smoothie

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

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

## INGREDIENTS

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

## STEPS

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

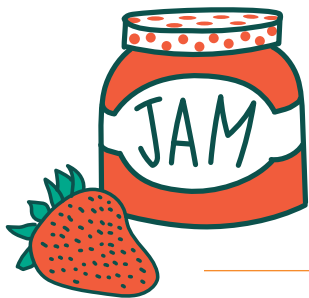
# Chia Strawberry Raw Jam

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

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

## INGREDIENTS

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



## STEPS

1. Wash, hull, and slice strawberries into small pieces.
2. If you have time and access to a burner, cook down fruit on medium heat, stirring occasionally until it becomes sauce-like and loses some water—about 10 minutes. If using frozen fruit, some cooking down is necessary.
3. Add lemon juice and honey and stir together. For a smoother texture, use a potato masher or immersion blender to achieve desired consistency. Stir in chia seeds.
4. Let jam stand for at least 5 minutes to thicken. If possible, refrigerate it for ½ hour to further set.

# Tops and Bottoms Popsicles

**YIELD: 25 SERVINGS, ¼ CUP**

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

## ORANGE CARROT MINT INGREDIENTS

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

## STRAWBERRY BEET BASIL INGREDIENTS

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

## STEPS

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

## TOPS AND BOTTOMS POPSICLES

Our fruit is: \_\_\_\_\_

Our tops ingredient is: \_\_\_\_\_



### STRAWBERRY BEET BASIL

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

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

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

Our bottoms ingredient is: \_\_\_\_\_

# Tortillas

**YIELD: 28 6-INCH TORTILLAS**

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

## INGREDIENTS

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

## STEPS

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

# Flatbread Crackers

**YIELD: 55 1 ½-INCH CRACKERS**

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

## INGREDIENTS

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

## STEPS

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

# Yogurt Parfait

YIELD: 25 SERVINGS, 1 PARFAIT CUP

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

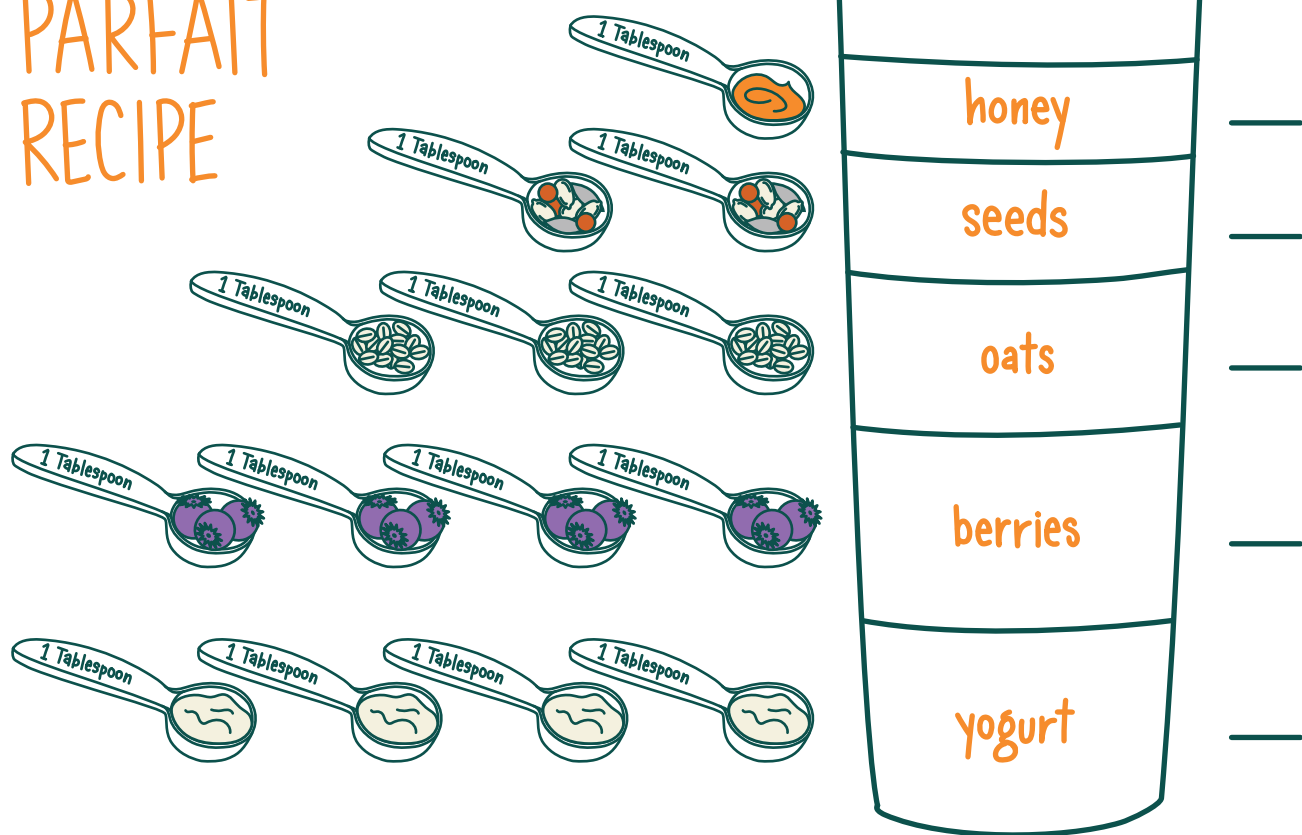
## INGREDIENTS

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

## STEPS

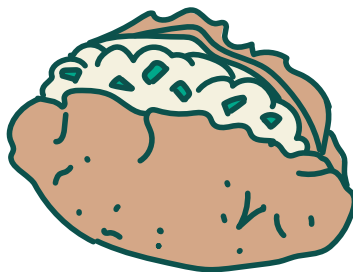
1. To assemble each single-serving parfait, add  $\frac{1}{4}$  cup (or 4 tablespoons) plain yogurt to the bottom of a clear cup.
2. Then add a  $\frac{1}{4}$  cup (4 tablespoons) berries, followed by 3 tablespoons granola or toasted, rolled oats and 2 tablespoons seeds.
3. Finish with a drizzle of honey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

## PERFECT PARFAIT RECIPE



# Veggie Sides

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



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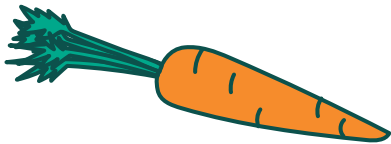
# Roasted Carrots

**YIELD: 50 SERVINGS, 3 CARROT PIECES**

We designed this recipe to be part of a Tasty Challenge taste test alongside Shredded Carrot Salad (p. 60) or Puréed Carrot and Ginger Soup (p. 47). Get creative and add spice when tossing carrots with olive oil, such as cumin, paprika, mild chili powder, or a curry blend.

## INGREDIENTS

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



## STEPS

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

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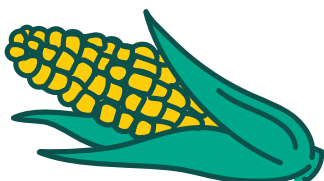
# Steamed Corn

**YIELD: 55 SERVINGS, ¼ CUP**

We designed this recipe to be part of a Tasty Challenge taste test (p. 16) alongside No-Cream Creamed Corn (p. 81) or Esquites ([Mexican Corn Salad] p. 56). It's very much a blank canvas, so consider ways to jazz it up, including the following: Slice a stick of butter and mix with corn while still hot for richer flavor. Add in finely chopped basil, cilantro, or rosemary for more flavor. Add in other vegetables for color, such as red bell pepper or cherry tomatoes.

## INGREDIENTS

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



## STEPS

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



# No-Cream Creamed Corn

**YIELD: 60 SERVINGS, 2 TABLESPOONS**

This recipe, adapted from *NYTimes Cooking*, is a tasty take on creamed corn. It does contain dairy in the form of butter but skips the cream and still manages to achieve a creamy texture due to selecting the juiciest fresh corn you can get your hands on. Developed to be part of a Tasty Challenge taste test (p. 16), pair this recipe alongside Steamed Corn (p. 80) or Esquites ([Mexican Corn Salad] p. 56). Add finely chopped fresh herbs immediately after removing from heat, such as sage, tarragon, chives, thyme, or basil.

## INGREDIENTS

- 20 ears of fresh sweet corn, husked
- 10 tablespoons butter
- $\frac{3}{4}$  cup minced shallot or red onion
- 3 teaspoons salt, more to taste

## STEPS

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

# Roasted Broccoli

**YIELD: 50 SERVINGS, 2 FLORETS**

We developed this recipe to be part of a Tasty Challenge taste test (p. 16), alongside Broccoli Salad (p. 53) or raw broccoli with Bean and Yogurt “Ranch” Dip (p. 40). Get creative and add spice when tossing with olive oil, such as cumin or mild chili powder. Or squeeze fresh lemon juice over broccoli once it’s out of the oven. To make cheesy broccoli, add shredded cheddar during the last 5 minutes of cooking.

## INGREDIENTS

- 3 pounds broccoli (about 4 large heads)
- $\frac{1}{4}$  cup olive oil
- 1 teaspoon salt, more to taste
- $\frac{1}{4}$  teaspoon pepper, more to taste

## STEPS

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





# Mashed Potatoes

**YIELD: 50 SERVINGS, ¼ CUP**

We designed this recipe to be part of a Tasty Challenge taste test (p. 16) alongside Roasted Potato Wedges (p. 82) or Potato Salad (p. 57). Note: If making these in advance, mashed potatoes will take considerable time to reheat. Reheat in an oven at a temperature no higher than 325°F.

## INGREDIENTS

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

## STEPS

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



# Roasted Potato Wedges

**YIELD: 50 SERVINGS, 2 WEDGES**

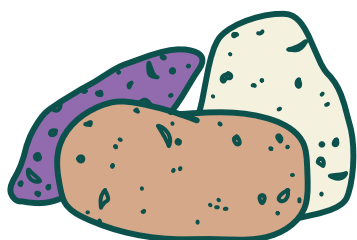
We designed this recipe to be part of a Tasty Challenge taste test, alongside Mashed Potatoes (p. 82) or Potato Salad (p. 57). Start with same-sized potatoes; ensuring your wedges are more or less the same size will achieve the most even browning. Add chopped fresh herbs, such as rosemary or thyme, or spice such as paprika or garlic powder.

## INGREDIENTS

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

## STEPS

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





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# Roasted Sweet Potato Wedges

**YIELD: 50 SERVINGS, 2 WEDGES**

We designed this recipe to be part of a Tasty Challenge taste test (p. 16) alongside Sweet Potato Hummus (p. 42) or Sweet Potato Soup (p. 50). Start with same-sized potatoes; ensuring your wedges are more or less the same size will achieve the most even browning. Warming spices such as cinnamon and nutmeg go well with sweet potato.

## INGREDIENTS

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

## STEPS

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



# Sautéed Sweet Peppers and Onion

**YIELD: 50 SERVINGS, 2 TABLESPOONS**

We designed this recipe to be part of a Tasty Challenge taste test (p. 16), alongside Roasted Red Pepper Bean Dip (p. 42) and raw bell peppers with Classic Hummus (p. 41). Add herbs such as basil before serving. Consider serving on a tortilla chip or piece of bread or cracker.

## INGREDIENTS

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

## STEPS

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