




Healthy Recipes for Kids – by Kids (and Teachers)

Project Before Preschool
2021-2022



Recipes from Students

Here are some recipes made (and taste tested) by our students and their families.



Homemade Waffles

Ingredients:

- 1 cup whole wheat flour
- 2 eggs
- 2 Tb. butter
- ¼ tsp. salt
- 3 Tb. molasses
- 1 tsp. baking powder
- ½ tsp. vanilla extract
- 1 cup milk

Instructions:

1. Mix everything and use a waffle maker to prepare waffles.
2. You can freeze leftover waffles - they are good for 3 weeks!

This recipe makes 4 servings



Banana Nut Smoothie

Ingredients:

- 1 banana
- 3 dates
- 5 almonds/almond butter
- 3 walnuts
- ½ cup milk
- ½ avocado
- ¼ cup oats
- ½ cup water

Instructions:

1. Blend everything together and enjoy!

This recipe makes 2 servings





Created by Jackson- Miss Karen's Class



BBQ Ranch Grilled Chicken and Veggie Bowls

Ingredients

For the chicken and veggies:

- 4 chicken breast halves
- 1 16 ounce bottle Hidden Valley® Honey BBQ Ranch® Dressing*
- 1 zucchini , washed and sliced into 1/4" thick rounds
- 1 red bell pepper washed, seeded and sliced
- 3 ears grilled corn on the cob or substitute 1 1/2 cups cooked corn
- 1 avocado , peeled, seeded and sliced
- fresh cilantro for garnish, if desired

For the rice:

- 2 Tablespoons oil (vegetable or canola oil)
- 1/2 cup onion , chopped
- 1 1/2 cups long grain white rice
- 1 teaspoon ground cumin
- 3 cups low-sodium chicken broth
- 15 ounce can black beans , drained and rinsed

Instructions

For the rice:

1. Add oil to a saucepan over medium heat. Add chopped onion and rice and saute, stirring frequently, for 3-5 minutes or until rice begins to get golden brown.
2. Add cumin, chicken broth and black beans.
3. Bring to a boil, reduce heat to low, cover and cook for 20 minutes.
4. Remove from heat and allow to rest for 5 minutes. Remove lid and fluff gently with a fork. Set aside.

For the chicken and veggies:

1. Meanwhile, place chicken in a shallow dish and baste with 3/4 cup BBQ Ranch Dressing. Refrigerate for at least 20 minutes.
2. To grill the zucchini and bell peppers you can use a grill basket and cook them over medium heat on the grill, or use a grill pan on the stove. You can also cook the ears of corn on the grill or on the grill pan on the stove.
3. After the veggies are cooked, add the marinated chicken to the grill over medium heat.
4. Cook for several minutes, flipping once, until cooked through. Remove to a plate to rest for 5 minutes before cutting.
5. Spoon cooked rice into bowls.
6. Top with chopped, cooked chicken, grilled zucchini, bell peppers, corn and sliced avocado.
7. Drizzle BBQ Ranch Sauce on top. Garnish with fresh cilantro, if desired.



Created by Ryan - Ms. Shannon's Class

Personal Pizza

Ingredients:

- ½ cup self rising flour
- ½ cup plain Greek yogurt
- Pizza sauce of choice
- Low fat mozzarella cheese
- Any toppings of choice!



Instructions:

1. Mix together flour and Greek yogurt to form dough. If dough is very sticky, add a tad more flour.
2. Roll out dough and bake at 450 for 5 minutes.
3. Remove from oven add sauce, cheese and toppings and return to oven for another 7-10 minutes.

Yields 1 personal pizza



Picnic Sandwich

Ingredients:

- 2 pieces of bread
- ½ cup boiled chicken
- 1 spoonful cream cheese
- 3 slices of cucumber
- ½ cup lettuce



Instructions:

1. Boil chicken breast piece in water with salt and pepper. After boiled, let it cool down and shred.
2. Take 2 slices of bread and trim the edges.
3. Spread cream cheese on bread, layer with chicken, lettuce, thinly sliced cucumber.
4. Close it by second slice of bread. Cut bread into the shape of your choice. Enjoy!

Serves 1-2 kids



Created by Hajra - Miss Karen's Class

Chickpea and Bean Salad

Ingredients:

- 19 ounces canned chickpeas, drained and rinsed
- 19 ounces canned red kidney beans, drained and rinsed
- 19 ounces canned mixed bean medley, drained and rinsed
- 1 clove garlic, finely grated
- 2 tablespoons olive oil
- 2 tablespoons rice vinegar
- 1/4 cup parsley, finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon lemon juice



Instructions:

1. In a large mixing or salad bowl, whisk together the garlic, olive oil, vinegar, salt, lemon juice, and black pepper.
2. Add in the beans, chickpeas, and parsley. Toss to coat.
3. Refrigerate for two hours for best results

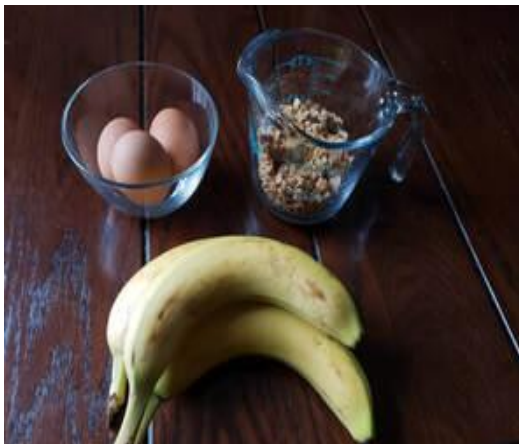


Created by Enzo - Miss Jaime's Class

Healthy 3 Ingredient Banana Pancakes

Ingredients:

- 3 medium bananas, mashed
- 3 eggs
- 1 cup granola



Instructions:

1. Mash the bananas in a bowl..
2. Break 3 eggs into the mashed bananas.
3. Add 1 cup of granola.
4. Stir all the ingredients together.
5. You can add chocolate chips, peanut butter chips, fruits, etc.
6. Use as pancake batter- pouring small quantities onto a frying pan with some heated oil, and flipping once bubbles form.



Corned Beef and Cabbage

Ingredients:

- 4-6 lbs. whole corned beef brisket, uncooked with seasoning packet
- 3 Tb. live oil
- 3 garlic cloves, peeled and chopped
- 1 large onion peeled and cut into wedges
- 16 oz. chicken broth, divided
- 2 lbs. Yukon Gold potatoes, cut into wedges
- 1 lb. carrots, peeled and cut into 2 inch pieces
- 1 head of cabbage, cut into wedges, core removed



Instructions:

1. Place a large pot on a pre-heated medium-high stove burner and add olive oil, garlic, and seasoning packet from the corned beef package.
2. Place corned beef into pan, fat side up and lightly sear the meat for 4 minutes.
3. Add onion wedges and chicken broth. Bring to just a boil.
4. Reduce heat to low, cover and simmer for about 3 hours or until meat reaches a temperature of 165.
5. Add potatoes, carrots, cabbage and remaining chicken broth.
6. Cook for 45 minutes.
7. Enjoy!



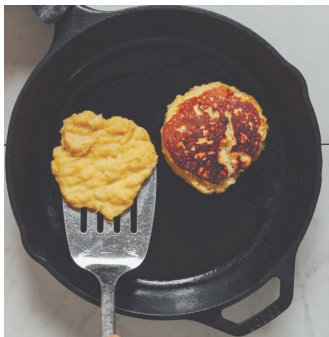
Created by Brendan- Ms. Priyanka's Class

Banana Egg Pancakes

Ingredients:

- 2 large eggs, lightly beaten
- 1 large ripe banana, mashed
- ½ tsp. pure vanilla extract
- 1 dash ground cinnamon
- Olive oil cooking spray
- ⅓ cup reduced fat (2%) plain Greek yogurt
- 2-3 drops liquid stevia (optional)
- ½ cup fresh (or frozen) raspberries

Makes 8 small pancakes



Instructions:

1. Combine eggs, banana, extract, and cinnamon in a medium bowl: whisk to blend. Set aside.
2. Heat medium nonstick skillet, lightly coated with spray, over medium heat.
3. Spoon 2 Tbsp. egg mixture into skillet for each pancake; cook for 1 to 2 minutes, flip, and cook for another 1 to 2 minutes, or until cooked through.
4. While pancakes are cooking, combine yogurt and stevia, if desired, in a small bowl; mix well. Set aside.
5. Top pancakes with yogurt mixture and raspberries.



Created by Skylaar- Ms. Jessica's Class

Banana Oatmeal Pancakes

Ingredients:

- ½ cup almond milk
- 2 eggs & 1 egg white
- 1 banana
- 2 Tb. maple syrup
- 1 ½ cups rolled oats
- 2 tsp. baking powder
- ¼-½ tsp salt
- 1 tsp. vanilla



Instructions:

1. In a blender, pour in milk, eggs, egg white, banana, syrup, vanilla, rolled oats, baking powder and salt. Blend until smooth.
2. Heat skillet over medium heat. Once warm, spray with no stick spray. Pour mix into skillet in round circles.
3. Cook 2-3 minutes on one side. Turn over and cook for another 1-2 minutes.
4. Drizzle with maple syrup and toppings of your choice.



Brazilian Carrot Cake

Ingredients:

Cake:

- 250 gram carrot
- 4 pieces chicken eggs
- 250 gram sugar
- 200 ml vegetable oil
- 260 gram wheat flour
- 1 Tb. baking powder
- 1 pinch salt

Glaze:

- 240 ml milk
- 5 tablespoons sugar
- 5 tablespoons cocoa powder
- 1 Tb. butter
- $\frac{1}{2}$ tsp. cornstarch



Instructions:

1. Peel the carrots and cut them into pieces.
2. In the bowl of a blender or food processor, put the ingredients in the following order: eggs, sugar, butter, carrots.
3. Turn on and beat everything on high speed until smooth.
4. Mix flour with baking powder and salt. Add the flour mixture to the bowl of the food processor and beat again. Put the finished dough in a greased form (the diameter of the form is 22-24 cm).
5. Put the form in the oven, preheated to 180 °C, and bake for 45-50 minutes, until dry toothpick.
6. Allow the cake to cool slightly, then carefully remove it from the mold, transfer to the grill and cool completely.
7. Prepare the glaze: pour cornstarch into a small pot, pour in half a Cup of milk and mix thoroughly. Then add the remaining ingredients, mix and put the pot on low heat.
8. Constantly stirring, bring the glaze to the desired density.
9. Remove from heat.
10. Pour the icing on the cake. I make random swabs on it with a silicone spatula.



Created by Christopher R. - Ms. Brianna's Class

Fruit Dip / Parfait Cream

Ingredients:

- 15 - 18 oz Vanilla Greek Yogurt
- 2 packages Sugar Free, Instant Vanilla Pudding
- 1/3 cup whipping cream
- Assorted fruit or berries



Instructions:

1. Mix all ingredients on high until slightly stiff and fluffy.
2. Dip your fruit and enjoy!



Created by Daphne - Ms. Shannon's Class

Quinoa Burrito Bowl

Ingredients:

- 1 lb. ground chicken
- 1 ½ cup uncooked quinoa
- 1 can black beans, drained and rinsed
- 1 cup frozen corn
- 1 can fire roasted tomatoes
- 2 garlic cloves, minced
- 1 medium onion, chopped
- 1 or 2 jalapeno peppers
- 1 cup water
- 2 cups enchilada sauce
- 2 Tb. Chili powder
- 1 Tb. Cumin
- 2 tsp. Ground coriander
- 1 cup shredded Mexican cheese blend
- 3 green onions, chopped
- ¼ cup fresh cilantro, chopped



Instructions:

1. In a large skillet, cook the ground chicken until no longer pink. Then, place in the slow cooker.
2. Add in the quinoa, black beans, corn, diced tomatoes, garlic, onion, jalapeno pepper(s), water, enchilada sauce, chili powder, cumin, and coriander. Stir to combine. Cover the slow cooker and cook on high for 3 hours or until all the liquid is absorbed into the mixture.
3. Remove the lid and stir again. Stir in half the cheese and sprinkle the other half on top. Cover and let the cheese melt. Top with green onions and cilantro.



Created by Jacob - Miss Karen's Class



Ingredients:

- 6 Tb. olive oil, separated
- 4 garlic cloves, chopped
- 2 anchovy fillets
- Pinch crushed red pepper (optional)
- 3 broccoli stalks, florets & stalk - trimmed and chopped
- 1 lb. cavatelli pasta
- 2-3 cups reserved pasta water
- ½ cup Pecorino cheese, freshly grated
- Salt & pepper to taste

Instructions:

1. Over high heat, bring a large pot of salted water to a rolling boil.
2. While waiting for the water to boil, trim and cut up the stems and head of broccoli. Rinse and set aside.
3. In a large skillet over medium-high heat, heat 6 Tb. of olive oil.
4. Sauté the chopped garlic for 1-2 minutes.
5. Add the anchovies and mash them together with a fork or the back of a spoon into a smooth paste.
6. If using, add red pepper flakes.
7. Add the bite size pieces of broccoli to the pan and sauté for 3-5 minutes.
8. Add the pasta to the boiling water and cook until al dente.
9. Transfer about 1 cup of the pasta water to the skillet to cook the broccoli a little more. Turn heat to medium-high. Add more pasta water if necessary. Do not allow the skillet to get dry. Make sure to taste so you have the right texture.
10. As the cavatelli pasta float to the top, remove with a slotted spoon and add to the skillet with the broccoli.
11. Add another ladle of pasta water, along with ½ cup of pecorino cheese. Turn off the heat and quickly stir to combine.
12. Gently toss the pasta and broccoli together in the pan. Continue to toss for 1-2 minutes. The extra liquid will be absorbed by the pasta. Conversely, add a little pasta water if it looks too dry. Top with extra cheese and a drizzle of olive oil. Serve immediately.

Arroz Con Gandules



Created by Jarienie - Miss Chat's Class

Ingredients:

- 2 cups jasmine white rice
- 3 $\frac{3}{4}$ cups water
- 2 Tb. olive oil
- $\frac{1}{2}$ packet of ham flavoring
- 6 Spanish olives
- 1 Tb. sofrito
- $\frac{1}{8}$ tsp. oregano
- 1 Tb. salt
- 1 can of Goya gandules
- 2 ounces of Goya tomato sauce
- $\frac{1}{4}$ tsp. garlic powder
- 1 packet sazón with annatto



Instructions:

1. Get a medium size pot and put olive oil on medium heat for 4 minutes.
2. Add sofrito and tomato sauce.
3. Next, add the can of gandules beans, garlic powder, oregano, sazón, salt and ham flavoring. Cook about 10 minutes on low heat and stir occasionally.
4. Add the jasmine white rice, water, Spanish Olives and put heat on high for about 15 minutes and stir occasionally.
5. Next, put heat from high to low for about another 15 minutes and stir occasionally.



Created by Nikhilesh - Ms. Shannon's Class

Chana Sprouts

Ingredients:

- Chana
- ½ tsp. mustard seed
- 1 tsp. urad dal
- ½ cup carrot, grated
- ¼ cup onion, chopped
- 2 Tb. Grated coconut
- ½ cup thinly sliced mango
- 1 tsp. salt
- water
- 2 Tb. oil
- ½ tsp. red chili
- A few curry leaves



Instructions:

1. Soak the chana for 8 hours.
2. After 8 hours, drain the water and pour the channa with little water into the pressure cooker.
3. Allow the whistle for 4-5 sounds.
4. Later drain off the water and allow it to cool down.
5. Take a pan pour little oil, once the oil is heated add mustard seeds, urad dal, red chili and curry leaves.
6. Once the mustard splutters add chopped onion, grated carrots and, mango.
7. Saute it for few minutes and add little salt and coconut.
8. Allow it to cook for 5-8 minutes and then you can serve it.

Tomato, Cucumber, Avocado Salad



Created by Giuliana- Ms. Kristie's Class

Ingredients:

- grape tomatoes
- cucumbers
- avocado
- red onion
- olive oil
- apple cider vinegar
- salt & pepper



Instructions:

1. Cut the tomatoes in half.
2. Cut up the cucumbers and avocado.
3. Chop the red onion and add it to the tomatoes, cucumbers, and avocado.
4. Season with salt, pepper and olive oil.
5. Splash in some apple cider vinegar.
6. Mix together and enjoy!





Created by Matthew R. - Miss Karen's Class

Chicken Stir Fry

Ingredients:

- 1 lb. chicken breast
- 1 lb. zucchini
- 1 lb. broccoli
- 2 Tb. butter
- 2 tsp. olive oil
- 1/4 cup soy sauce
- 1 Tb. corn starch
- 1 Tb. sesame seeds
- 1 tsp. grated ginger
- Pepper for taste



Instructions:

1. Cut chicken into thin slices and pound until it is about 1/4 inch thick. Cut chicken into 1/2 inch cubes.
2. Add olive oil to a pan over medium heat. Cook chicken until it is cooked through.
3. Remove chicken and saute zucchini and broccoli. Add butter, and cook the vegetables until they are tender.
4. Mix soy sauce and cornstarch together in a cup and whisk until it is smooth.
5. Add soy sauce mixture and ginger to the vegetables. Add pepper for taste. Cook for 2 more minutes.
6. Add chicken to the vegetables and sauce and let it simmer on low heat for 3-5 minutes. Add sesame seeds and serve over rice.



Created by Sophia D. - Ms. Melissa G.'s Class

Overnight Oats

Ingredients:

- ½ cup organic rolled oats
- 1 cup organic 100% grass fed whole milk
- frozen mixed berries
- organic honey (raw)
- organic maple syrup
- ground cinnamon



Instructions:

1. Mix the oats, milk, berries, a few squeezes of honey, and a splash of syrup.
2. Top with a little cinnamon.
3. Put in refrigerator overnight. Enjoy!

Sofrito (Puerto Rican)



Created by Jaliel - Miss Lauren's Class

Ingredients:

- 1 yellow onion, cut into fourths
- 1 bunch of cilantro
- $\frac{1}{4}$ cup olive oil
- 1 Roma tomato, chopped
- 2 green peppers, sliced
- 8 garlic cloves



Instructions:

1. In a blender put the onion, tomato, peppers, cilantro, and garlic.
2. Then add olive oil.
3. Next, turn on the blender for 2 minutes and stop. Again, turn on blender for another 2 minutes and it's done. This is used as a cooking base ingredient when cooking.



Chicken Quesadilla



Created by Liliana - Miss Brianna's Class

Ingredients:

- 1 pack of flour tortillas
- skinless, boneless chicken breast
- shredded monterey jack cheese
- olive oil
- ½ package of taco seasoning
- 2 avocados



Instructions:

1. Coat a frying pan with olive oil. Turn the stove to medium heat. Thinly slice the chicken breasts and add to the pan.
2. Sprinkle the taco seasoning on the chicken and cook for about 15 minutes or until no longer pink.
3. Shred the chicken and set aside.
4. Put a tortilla in the pan and sprinkle the cheese on one half of the tortilla.
5. Cook on medium heat for 2-3 minutes.
6. Put the chicken on top of the cheese and sprinkle some cheese on top of the chicken.
7. Fold the tortilla over and let the cheese melt for 2-3 minutes. Flip over to toast both sides of the tortilla.
8. Cut the avocados into slices.
9. Remove the chicken quesadilla from the heat and serve with sliced avocados.

Lennon's Favorite Cucumber/ Tomato Salad



Created by Lennon- Miss Brianna's Class

Ingredients:

- 4 Beefsteak tomatoes
- 2 English cucumbers
- fresh basil (about 10 leaves)
- 2 Tb. extra virgin olive oil
- 2 Tb. red wine vinegar
- Pink Himalayan Salt
- freshly ground black pepper



Instructions:

1. Cut the tomatoes and cucumbers into small cubes.
2. Finely chop the basil.
3. Add the basil to the tomatoes and cucumbers.
4. Add salt and pepper to taste.
5. Add the red wine vinegar and the olive oil.
6. Mix altogether and enjoy!



Healthy Spinach Vegetable Soup



Created by Sharon- Miss Karen's Class

Ingredients:

- protein (lean meat or farm raised chicken)
- peppers
- onions
- $\frac{3}{4}$ cup peanut oil
- seasoning of choice
- spinach



Instructions:

1. Boil the protein of choice.
2. Blend peppers with onions.
3. Pour peanut oil in a pot.
4. Add some chopped onions and allow to fry.
5. Add seasoning.
6. Add blended peppers and allow to fry for 5 minutes.
7. Pour protein of choice into the fried peppers.
8. Allow to simmer for 3 minutes.
9. Add the spinach.
10. Mix together.
11. Allow to simmer for about 5 minutes.



Created by Jaxon - Ms. Melissa G.'s Class and Jazelle - Ms. Brianna's Class

Morning Oats

Ingredients:

- 1 cup rolled oats
- 1 cup Almond milk
- ½ cup of Chobani yogurt (Vanilla)
- ½ cup of granola
- 1 Tb. chia seeds
- 1 cup cut strawberries
- 1 sliced banana
- ¼ chocolate chips



Instructions:

1. Layer the ingredients - in the order they are listed - into a mason jar.
2. Leave the jar in the refrigerator overnight and enjoy your breakfast!



Created by Jaxon - Chase - Miss Eileen's Class

Keto Chicken Jalapeno Popper

Ingredients:

- 4 medium chicken breasts
- 8 oz. cream cheese
- 1 tsp. mustard
- 1 tsp. Frank's Red Hot Sauce
- 1/3 cup mayonnaise
- 1/3 cup parmesan cheese
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. Paprika
- 2-4 jalapenos
- 1/2 cup shredded cheddar cheese
- 6 strips of cooked bacon, diced



Ingredients:

1. Combine softened cream cheese, mustard, hot sauce, mayonnaise, and parmesan cheese together in a mixer on medium speed until all ingredients are blended.
2. Place 4 chicken breasts in a casserole dish.
3. Sprinkle the chicken with onion powder, garlic powder and paprika.
4. Spread the cream cheese mixture on top of the chicken covering it fully.
5. Top with jalapenos, cheddar cheese, and bacon.
6. Bake at 350 degrees for 35 to 40 minutes until the chicken is fully cooked.
7. Serve warm and enjoy!



Created by Aura - Miss Mihaela's Class

Blueberry- Banana Muffins



Ingredients:

- 3 ripe bananas
- 2 eggs
- 2 tsp. vanilla
- 1 tsp. baking powder
- pinch of salt
- 1 cup oat flour
- ½ cup milk
- ½ cup blueberries

Instructions:

1. Preheat the oven to 350 degrees.
2. Mash the bananas with a fork in a big bowl.
3. Add the eggs to the bowl and mix well.
4. Add the vanilla and salt to the mixture.
5. Pour the oat flour and baking powder into the bowl.
6. Add the milk and mix.
7. Gently fold the blueberries into the batter.
8. Put 6 muffin liners in a muffin pan and spray gently.
9. Divide the batter evenly between the six muffin liners.
10. Put into the oven and bake for 30 minutes.
11. Let cool and enjoy!



Created by Noah- Ms. Ivy's Class

Turkey & Zucchini Lasagna



Ingredients:

- 8 sheets no boil lasagna noodles
- 8 oz. sweet Italian turkey sausage links
- 1 (10 oz.) bag of spinach
- 1 (28 oz.) can of no salt added tomato sauce
- 1 cup part-skim ricotta cheese
- 1 cup shredded part-skim mozzarella cheese
- 3 small or 2 medium sized zucchini, trimmed and thinly-sliced into long strips
- ½ cup grated parmesan cheese

Instructions:

1. Preheat oven to 375 degrees. In a foil pan or two 8x8 baking dishes, apply cooking spray.
2. Remove and discard sausage casings. Crumble sausage and cook over medium heat in a non-stick skillet. Break up the meat and cook through, about 3 minutes. Remove to a plate.
3. Add spinach to the pan. Cook until it just shrinks. Transfer to a colander to drain. When it is cool, squeeze out any water and then chop spinach.
4. Spread ⅓ cup tomato sauce over the bottom of the pan(s). Top with 2 lasagna sheets and spread with another ⅓ cup of the sauce. Top with 2 Tb. each of ricotta and mozzarella. Then, scatter about 2 Tb. of spinach and 2 Tb. of sausage. Top each with a layer of zucchini slices.
5. Repeat step 4 three more times, starting with the lasagna noodles.
6. Top each lasagna with ¼ parmesan cheese. Cover pan(s) with foil.
7. Bake for about 30 minutes or until bubbling.
8. Uncover foil and continue to bake until cheese is golden brown (about 10-15 minutes). Let stand for 5 minutes before cutting.
9. Enjoy!



Created by Chase - Miss Eileen's Class

Keto Cheesecake

Ingredients:

- 1 package Birch Benders Cake Mix, Keto Chocolate
- ½ cup vegetable oil
- 3 (8 oz.) packages cream cheese
- 1 ½ cups Swerve confectioners sweetener
- 1 cup sour cream
- 1 ½ tsp. vanilla extract
- 4 large eggs



Instructions:

1. Preheat oven to 350 degrees. Generously grease bottom and sides of 10 inch springform pan.
2. Combine cake mix and oil in large bowl. Mix well. Press onto bottom of prepared pan.
3. Bake 22 to 25 minutes or until set. Remove from oven. Increase oven temperature to 450 degrees.
4. While crust is baking place cream cheese in large mixing bowl. Beat at low speed with electric mixer, adding sugar gradually. Add sour cream and vanilla extract, mixing until blended. Add eggs, mixing only until incorporated. Toss 1.2 cup chocolate chips with flour. Fold into cream cheese mixture. Pour filling on crust. Sprinkle with remaining half cup of chocolate chips.
5. Bake 5 to 7 minutes. Reduce oven temperature to 250 degrees. Bake 60 to 65 minutes or until set. Loosen cake from side of pan with knife or spatula. Cool completely in pan on cooling rack. Refrigerate until ready to serve. Remove side of pan.
6. Top with your choice of berries and whipped cream. Enjoy!



Created by Benjamin- Ms. Kim's Class

Banana Blueberry Smoothie

Ingredients:

- 1 medium banana (we love to use frozen banana)
- 3-4 cubes of ice
- ½ cup frozen blueberries
- 1 scoop vanilla protein (we love vegan protein, no whey)
- 9 oz. of almond milk (or any milk)



Instructions:

1. Have the child scoop out the fruit and protein.
2. Count the ice cubes and pour the milk into the blender.
3. With adult supervision, blend everything until a thick creamy smoothie forms.



Created by Noah - Miss Ivy's Class

Mango Salsa



Ingredients:

- 1 whole mango, chopped
- ½ yellow onion, diced
- 1 tsp. chopped cilantro
- Juice of ½ of a lemon
- Salt & pepper to taste

Instructions:

1. Add all the ingredients to a bowl. Mix well. Enjoy!

Ground Turkey Jicama Taco



Ingredients:

- 1 lb. ground turkey
- Package of jicama wraps* from Trader Joe's
- ½ yellow onion, diced
- ½ tsp. chopped garlic
- ½ tbsp. onion salt
- ½ tsp. paprika
- 1 tsp. ground cumin
- ½ tsp. pepper

Instructions:

1. In a medium pan, heat 2 Tb.. extra virgin olive oil. Saute onion for 3 mins.
2. Add chopped garlic and saute for another minute.
3. Add seasonings and combine well. Take off of heat after 1-2 minutes of cooking.
4. Take 1 double layer of jicama wrap, top with ground turkey and mango salsa. Enjoy!

*can be made with crunchy taco shells



Created by Katalina - Miss Vanna's Class

Daddy Parfait

Ingredients:

- toasted waffle
- yogurt
- fresh fruit



Instructions:

1. Toast a waffle and place it in a bowl.
2. Scoop 2 to 3 spoons of yogurt on top of the waffle.
3. Top yogurt with your favorite fresh fruit. We love to use fresh blueberries and raspberries!



Created by Alireza - Miss Eileen's Class

Shirazi Salad

Ingredients:

- 2 plum tomatoes
- 1 red onion
- 3-4 kirby cucumbers
- 2 lemons
- pink himalayan salt
- black pepper
- sumac
- pomegranate



Instructions:

1. Dice red tomatoes.
2. Dice/chop cucumbers finely.
3. Squeeze fresh lemon juice and keep on the side.
4. Finely slice red onion.
5. Cut and gather pomegranate jewels.
6. Put all together in a bowl, add lemon juice, sprinkle with pink salt, pepper, and Sumac seasoning.
7. Serve and enjoy.



Created by Maggie- Miss Lori's Class

Chocolate Banana Muffins

Ingredients:

- 2 bananas (mashed)
- 4 eggs
- 1 tsp. baking soda
- 3 Tb. coconut flour
- 1 scoop Vega Chocolate Protein Powder (or any brand)



Optional Add Ins:

- 1 Tb. almond flour
- dark chocolate chips

Serves 6-8

Instructions:

1. In a bowl, mash bananas and set aside. In another bowl, whisk eggs. Add the mashed bananas and mix.
2. Add baking soda, coconut flour, and chocolate protein powder. Mix well.
3. You can add almond flour at this point if you are a nut friendly home.
4. Preheat oven to 350 degrees. Using a standard or mini muffin tin, coat tin with olive oil or cooking spray. Fill each spot about $\frac{3}{4}$ way up. You can add chocolate chips if you would like.
5. Bake for 12 minutes. Cool and enjoy!



Jollof Rice

Ingredients:

- rice
- tomato paste
- fresh tomatoes
- onions
- oil
- rosemary



Instructions:

1. Wash vegetables and slice them into pieces.
2. Pour oil in a pan and turn on.
3. Add sliced vegetables to the oil.
4. Allow it to saute for 10-20 minutes. Add spices to taste.
5. Pour 1 cup of rice, tomato paste, and $\frac{1}{2}$ cup of water.
6. Lower heat. Allow it to cook for 30-40 minutes while you keep stirring.
7. Jollof Rice is ready!

Serves 6



Created by Nihan - Miss Jessica's Class

Quinoa Salad

Ingredients:

- 1 cup boiled quinoa
- 1 cup chopped cherry tomatoes
- 1 cup chopped Romaine lettuce
- olives
- ½ cup black beans or ½ cup boiled chickpeas
- 1 chopped cucumber
- salad dressing
- 2 Tb. olive oil
- salt and pepper



Instructions:

1. Add cooked quinoa to a large bowl. Add beans/chickpeas and the chopped vegetables. Mix all ingredients well.
2. Add olive oil and 2-4 tablespoons of salad dressing. Mix everything lightly. Add salt and pepper to taste.

Serves 4



Created by Isabella- Miss Jessica's Class

Chicken Primavera Salad

Ingredients:

- 1 lb. chicken breast
- 1-2 carrots
- ½ lb. string beans
- 1 crown of broccoli
- mayonnaise



Instructions:

1. Boil water. Add salt and chicken breast for about 10-15 minutes.
2. In a different pot, boil vegetables.
3. Shred chicken while it is still warm. Allow shredded chicken to cool to room temperature.
4. Slice/shred the vegetables. Mix together with the cooled chicken.
5. Add salt, pepper, and mayonnaise to mixture.
6. Enjoy!

Serves 2-3

The background is a solid blue color. In the center is a large, irregular yellow shape. Surrounding this shape are various food-related illustrations: a strawberry in the top left, a pea pod to its left, a watermelon slice in the bottom left, a pink mushroom at the bottom center, a yellow bell pepper in the bottom right, a cherry branch on the right, a red leaf on the top right, and a pink leaf on the bottom left. There are also some abstract pink and yellow lines in the top corners.

Recipes from the Staff

Did you ever wonder what your teacher eats?
Well, you are about to find out!



Created by Miss April

Miss April's Apple Pie

Ingredients:

- pastry recipe for 2-crust pie
- 6 cups sliced gala apples
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup flour
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp nutmeg
- cinnamon sugar
- 2 tbsp butter



Makes 8 servings

Instructions:

1. Prepare pastry, rolling $\frac{1}{2}$ of the dough to line a pie pan.
2. Toss together apples, sugar, flour, cinnamon, and nutmeg.
3. Put into a buttered 1 $\frac{1}{2}$ quart pie pan. Sprinkle with water and dot with butter.
4. Roll the other half of the dough to $\frac{1}{8}$ inch thickness. Place on top of the pie pan. Trim, leaving $\frac{1}{2}$ inch overhang. Fold the overhang back and under; flute edges. Cut 2 or 3 steam vents in the top of the pastry. Sprinkle the top with cinnamon sugar.
5. Bake for 15 minutes at 425 degrees; reduce the temperature 350 and bake 30 minutes longer or until the top is nicely browned. Serve warm or with ice cream.



Created by Miss Ana

Overnight Oats

Ingredients:

- ½ cup quick oats
- ½ cup almond milk
- 1 tsp. chia seeds
- 1 tsp. hemp seeds
- dash of salt
- ½ tsp. cacao powder
- fruit of choice

Instructions:

1. Mix all of the ingredients (except for the fruit) in a Mason jar.
2. Refrigerate for at least 4 hours.
3. When ready to eat, add the fruit to the mason jar.
4. Enjoy!





Created by Miss Kathleen

Healthy 3 Ingredient Banana Muffins

Ingredients:

- 2 medium bananas, mashed
- $\frac{2}{3}$ cup vanilla yogurt
- 1 cup gluten free or all purpose flour



Instructions:

1. Preheat the oven to 350 degrees. Spray muffin tin with no stick spray (or use cupcake liners).
2. Combine yogurt and banana in a large bowl. Gradually stir in flour until just combined.
3. Spoon mixture into muffin tin. Bake for 15 minutes or until a skewer inserted into the center comes out clean. Set aside in the pan for 2 minutes to cool slightly before transferring to a wire rack to cool completely.

Cheese Crackers



Created by Miss Shannon G.

Ingredients:

- 8 oz. block of cheddar cheese
- 4 Tb. butter, cut into pieces and kept cold
- ½ tsp. salt
- ⅛ tsp. onion powder
- ⅛ tsp. garlic powder
- 1 cup all-purpose flour
- 6-8 Tb. ice cold water



Instructions:

1. Finely grate the cheese.
2. Combine cheese, butter, salt, onion powder, and garlic powder in a food processor. Pulse to combine.
3. Sprinkle the flour over top and pulse until mixture resembles breadcrumbs.
4. Add 6 tablespoons of water and pulse until the mixture looks like dough. Add more water if necessary.
5. Turn the dough out and press together.
6. Divide into thirds and place in fridge for 30 minutes.
7. Preheat oven to 375 degrees and grease baking sheet (s).
8. Work with one piece of dough at a time and roll out into ¼ inch thickness.
9. Cut dough into 1 inch squares.
10. Put squares onto baking sheet, leaving space in between each square,
11. Bake for 15 minutes until light golden brown.
12. Allow to cool before serving.



Healthy Turkey Chili

Ingredients:

- 2 tsp. olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey
- 4 Tb. chili powder
- 2 tsp. ground cumin
- 1 tsp. ground oregano
- ¼ tsp. cayenne pepper
- ½ tsp. Salt
- 28 ounce can diced tomatoes
- 1 ¼ cup chicken broth
- 1 can black beans, rinsed
- 1 can sweet corn, rinsed
- Toppings: cheese, avocado, tortilla chips, cilantro, sour cream



Instructions:

1. Place oil in large pot over medium heat. Add in onion, garlic, red pepper, and saute for 5-7 minutes, stirring frequently. Next add in ground turkey (breaking up meat), cooking until no longer pink. Add chili powder, cumin, oregano, cayenne pepper, and salt; stir for 20 seconds.
2. Next add in tomatoes, chicken broth, beans, and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with toppings of your choice.

Makes 6 servings. This can be served over cooked rice.



Italian Chicken

Ingredients:

- 3-4 lbs. boneless chicken
- 12 oz. creamy italian salad dressing
- 2 medium tomatoes sliced thin
- 4-5 Tb. flour
- salt and pepper to taste
- parsley



Instructions:

1. Clean and trim chicken.
2. Roll chicken in flour.
3. Put the chicken into a baking dish.
4. Smother the chicken with salad dressing and top with tomatoes.
5. Sprinkle with salt, pepper, and parsley.
6. Bake at 325 degrees for 25-30 minutes or until chicken is cooked through.
7. Stir and baste occasionally.
8. Serve over rice or pasta.



Mini Frittatas with Ham & Cheese

Ingredients:

- cooking spray
- ½ cup finely chopped onion
- ⅔ cup chopped ham
- ⅓ cup shredded cheese
- 2 Tb. chopped chives
- ⅛ tsp. dried thyme
- ⅛ tsp. black pepper
- 4 large egg whites
- 1 large egg



Instructions:

1. Preheat oven to 350.
2. Heat oil in large skillet over medium-high heat. Add onion; saute 2 minutes or until crisp tender.
3. Add ham; saute 3 minutes. Remove from heat; cool for 5 minutes.
4. Combine remaining ingredients in a large bowl; stir with a whisk.
5. Spoon mixture into 24 mini muffin cups coated with cooking spray.
6. Bake at 350 for 20 minutes or until set.



Created by Miss JoAnn

Banana Bread

Ingredients:

- 3 very ripe bananas
- ½ cup vegetable oil
- ½ cup chopped walnuts or chocolate chips (or a mix of both)
- 1 cup sugar
- 2 eggs
- ½ cup flour
- 1 tsp. baking soda
- 1 tsp. vanilla



Instructions:

1. Mash bananas.
2. Add all of the remaining ingredients to the mashed bananas.
3. Mix well with a hand held mixer.
4. Bake 1 hour and 25 minutes at 325 degrees in a loaf pan.
5. Let cool for 15 minutes in pan.
6. Remove from pan to finish cooling.
7. Cut into slices and enjoy!



Created by Miss JoAnn

Zucchini Bread

Ingredients:

- 2 cups loosely grated zucchini *
- 1 tsp. cinnamon
- 1 cup chopped walnuts
- 1 cup sugar
- 3 eggs
- 2 cups flour
- 2 tsp. baking soda
- ¼ tsp. baking powder
- 1 Tb. vanilla
- 2 cups sugar

*You can replace the zucchini with carrots, pumpkin, or bananas.



Instructions:

1. Beat eggs until frothy.
2. Add sugar and vanilla. Beat together until frothy.
3. Add zucchini.
4. Mix together flour, cinnamon, baking soda, and baking powder. Mix into the egg/sugar mixture.
5. Fold in walnuts.
6. Bake at 350 degrees for 1 hour in two greased loaf pans.



Created by Miss Kim and Logan

Meat Sauce with Spinach



Ingredients:

- ground turkey (or beef)
- seasonings of choice
- 1 jar of tomato sauce
- 1 bag of frozen spinach

Instructions:

1. Cook ground turkey, and season as you like. We use adobo, pepper, italian seasoning, minced onion and garlic.
2. When meat is cooked through, add frozen spinach and the whole jar of sauce.
3. Simmer on medium heat for 10-15 minutes.
4. Serve over spaghetti or pasta.



Created by Miss Shannon G.

Fruit Salsa



Ingredients:

- 2 apples, peeled, cored and diced
- 8 ounces raspberries
- 1lb. strawberries, diced
- 2 Tb. white sugar
- 1 Tb. brown sugar
- 3 Tb. fruit preserves, any flavor

Instructions:

1. In a large bowl, mix apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves.
2. Cover and chill for at least 15 minutes.
3. Serve with cinnamon chips.

Cinnamon Chips



Ingredients:

- 10 (10 inch) flour tortillas
- Butter flavored cooking spray
- 2 tbsp. Cinnamon sugar

Instructions:

1. Preheat oven to 350 degrees.
2. Coat one side of each tortilla with cooking spray. Cut into wedges and arrange in a single layer on a baking sheet.
3. Sprinkle with desired amount of cinnamon sugar.
4. Spray again with cooking spray.
5. Bake for 8-10 minutes. Allow to cool for 15 minutes.
6. Serve with chilled fruit salsa.