RECIPES GOALS

Each garden and nutrition lesson presents an opportunity for preparing a healthy snack with students. Many of these recipes draw from those that Garden and Nutrition Instructors developed, as well as Joyful 12 and USDA’s MyPlate. They are measured for a seasonal snack and should be included with relevant garden-based learning lessons.

SCIENCE

Science is essential for understanding our world. Preparing a garden-fresh snack together teaches students how to follow a recipe step by step, measure ingredients, and explore chemistry and life science relationships to food preparation.

ENVIRONMENT

Our natural and urban environments offer many different opportunities to make choices about what we eat and drink. We focus on providing students and their families with educational tools that they can use to make healthy choices. We encourage using ingredients that are growing in the school garden and getting familiar with nutrition information for when shopping at the markets.

HEALTH

We demonstrate how to care for ourselves and our families by eating whole foods, trying new seasonal fruits and vegetables, and learning how to prepare healthy recipes. The recipes encourage healthy eating and drinking water. They offer alternatives for processed foods and sugar sweetened beverages commonly preferred by many young people.

LANGUAGE

Students practice speaking, listening, and building knowledge by engaging with educators, each other, and their environment. The recipes invite students to get comfortable reading and analyzing nutrition labels and content to make informed decisions.

STUDENT ENGAGEMENT

The recipes teach chef vocabulary and skills to empower our families and students to cook. Students that don’t learn best in the classroom are often fully engaged when preparing healthy snacks together. These recipes invite all learners to participate and offer each student an opportunity for making healthy choices.
<table>
<thead>
<tr>
<th>THEME</th>
<th>NAME OF RECIPE</th>
<th>MONTHLY RECIPES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Herbs</td>
<td>Herbal Tea</td>
<td>Mint Cucumber Agua Fresca</td>
</tr>
<tr>
<td></td>
<td>Page 4</td>
<td>Page 5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tahini Dressing</td>
</tr>
<tr>
<td></td>
<td>Pomegranate Pudding</td>
<td>Tahini Dressing</td>
</tr>
<tr>
<td></td>
<td>Page 8</td>
<td>Page 10</td>
</tr>
<tr>
<td>Seeds</td>
<td>Fruity Agua Fresca</td>
<td>Apple Pear Salsa</td>
</tr>
<tr>
<td></td>
<td>Page 12</td>
<td>Page 14</td>
</tr>
<tr>
<td>Fruits</td>
<td>Oatmeal Porridge</td>
<td>Quinoa Medley</td>
</tr>
<tr>
<td></td>
<td>Page 16</td>
<td>Page 17</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>Citrus Salsa</td>
<td>Citrus and Lettuce Salad</td>
</tr>
<tr>
<td></td>
<td>Page 19</td>
<td>Page 20</td>
</tr>
<tr>
<td>Citrus</td>
<td>Crunchy Kohlrabi Dippers</td>
<td>Daikon Radish &amp; Ginger Salad</td>
</tr>
<tr>
<td></td>
<td>Page 22</td>
<td>Page 24</td>
</tr>
<tr>
<td>Brassicas</td>
<td>Crunchy Chickpeas</td>
<td>Green Bean Salad with Mint Dressing</td>
</tr>
<tr>
<td></td>
<td>Page 27</td>
<td>Page 29</td>
</tr>
<tr>
<td>Legumes</td>
<td>Green Smoothies</td>
<td>Crispy Kale Chips</td>
</tr>
<tr>
<td></td>
<td>Page 32</td>
<td>Page 33</td>
</tr>
<tr>
<td>Leafy Greens</td>
<td>Pink Beet Smoothie</td>
<td>Veggie Quesadillas</td>
</tr>
<tr>
<td></td>
<td>Page 36</td>
<td>Page 38</td>
</tr>
<tr>
<td>Roots</td>
<td>Seasonal Parfaits</td>
<td>Neolithic Fruit Salad</td>
</tr>
<tr>
<td></td>
<td>Page 41</td>
<td>Page 42</td>
</tr>
<tr>
<td>Berries</td>
<td>Eat A Rainbow Salad</td>
<td>Roots, Stems, Leaves Bruschetta</td>
</tr>
<tr>
<td></td>
<td>Page 44</td>
<td>Page 45</td>
</tr>
<tr>
<td>6 Part Plants</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Garden Herbal Tea

20 Servings

Materials
- Boiling Water
- Hot Cups
- Juicer

Ingredients
- 2 lemons, juiced
- 4 cups fresh cut herbs from the garden (mint, lavender, rosemary, sage, etc.)
- 2 teaspoon honey
- 1 gallon water

Directions
1. Mix all ingredients in pot with boiling water, taste and add more citrus or honey, if needed.

Nutrition Information (per serving)
Herbs are any plants used for food, flavoring, medicine, or fragrances for their savory or aromatic properties. In general use, herbs do not have many nutrition facts. Culinary use typically distinguishes herbs from spices. Tea is a calming practice with connections to culture and history.
Herbs

Mint Cucumber Agua Fresca

8 servings

Materials

- Cutting board and knives
- Measuring spoons and cups
- Water pitchers
- Blender

Ingredients

- 4 cucumbers peeled and sliced. Adding seasonal fruit increases natural sugars and decreases need for added sugars below.
- 2 limes, juiced
- 2 sprigs of mint or basil, chopped
- 2 pitchers cold water

Directions

2. Combine all ingredients in a large pitcher and fill with cold water.
3. Blend all ingredients together until smooth.
4. Taste with a clean spoon and/or glass before you add the sugar, after 1 teaspoon, and then again after the 2nd teaspoon. Understand your taste for sweet, which may be different then you expected.

Nutrition Facts (per serving)

Calories: 63, Carbohydrates: 16g, Protein: 1g, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 2g, Fiber: 1g

On top of the vegetables list are cucumber and lettuce, consisting of 96 percent water. Zucchini, radish and celery are comprised of 95 percent water. Ninety-four percent of tomato's weight is water, and green cabbage is 93 percent water.
Healthy Dips and Sauces

20 servings

Materials
- Cutting board and knives
- Measuring spoons and cups
- Juicer
- Blender

Lemon Dill Yogurt Sauce

Ingredients
- 7 oz plain (Greek style) full fat yogurt
- 1 clove garlic
- 1 small cucumber
- 1 lemon juiced
- 4 TBS dill
- 3 TBS olive oil
- 1 tsp salt

Directions
1. Put all ingredients for this sauce into a blender and pulse until chunky.

Nutrition Information (per serving)
140 calories, 3 g fat, 0 g saturated fat, 62 mg sodium, 2 g carbs, 0 g fiber, 0 g sugar, 17 g protein

Spinach Pesto Pasta Sauce

Ingredients
- 1/3 cup grated Parmesan cheese
- 1/3 cup walnuts
• 2 cups baby spinach
• 2 cups fresh basil
• 1 tsp salt
• 2/3 cup olive oil

Directions
1. Grind cheese and walnuts together in a food processor.
2. Add basil and spinach gradually, with olive oil, to combine.
3. Add salt, blend and check for overall seasoning.

Nutrition Facts (per serving)
133 calories, 14 g fat, 0 g saturated fat, 141 mg sodium, 1 g carbs, 0 g fiber, 0 g sugar, 2 g protein

Figure 3 Hummus dip and dippers set up with the recipe
Pomegranate Pudding

20 servings

Materials
- Blender
- Juicer
- Strainer
- Zester
- Measuring cups and spoons

Ingredients
- 1 (yields about 1 cup of seeds) pomegranate
- 1 medium orange
- 2 cups (16 oz. yogurt, plain (Greek Style),) - Substitute a plain yogurt made from coconut milk
- 15 oz. organic pureed pumpkin – Substitute with acorn squash.
- 1/4 cup maple syrup (can substitute honey or agave nectar) Always taste before you add sweeteners, and then again after each addition.
- 1/4 tsp Cinnamon
- 1/4 tsp nutmeg (ground)
- 4 TBS chia seeds

Directions
1. Cut pomegranate open and remove seeds over a bowl of water. Drain water out and reserve seeds.
2. Juice and zest orange. Place the juice into the blender. Set the zest aside.
3. Blend 1 cup of the pomegranate seeds and the juice of the orange together. Strain the juice, catching all the seeds.
4. Place pomegranate and orange juice along with the pumpkin puree, cinnamon, nutmeg, yogurt, maple syrup and orange zest into a blender and pulse until smooth.
5. In each serving glass, put one tablespoon of raw chia seeds on the bottom. Fill the cup with the yogurt mixture and stir the chia seeds to incorporate. Cover and chill for at least one hour or overnight to set the pudding, or eat it right away as a parfait.
6. Serve with a sprinkle of pomegranate seeds on top.
Nutrition Facts (0.5 cup arils (seed/juice sacs) in the pomegranate per serving)

72 calories, 205 mg potassium, 16 g carbohydrates, 3.5 dietary fiber, 12 g sugar, 1.5 g protein, 5% Vita B-6, 16% Vita C

The pomegranate, botanical name Punica granatum, is a fruit-bearing deciduous shrub or small tree in the family Lythraceae that grows between 5 and 8 m tall. The tart and juicy arils, the edible seeds that come from the fruit's "shell," contain a big helping of nutrition.

Figure 4 Pomegranate growing at a school garden
Tahini Dressing

20 servings

Materials

- Mason jar
- Juicer
- Whisk
- Measuring spoons and bowls
- Cutting board and knives

Ingredients

- 4 TBS tahini butter
- 1 TBS honey
- 1 tsp salt
- 4-5 cloves garlic
- 2 TBS lemon juice
- 1/2 cup olive oil

Directions

1. Place all ingredients into a mason jar and shake until combined, or use a whisk and combine in a bowl.

Nutrition Facts (1 tbsp. per serving)

89 calories, 62 mg potassium, 3.2 g carbohydrates, 1.4 dietary fiber, 0.1 g sugar, 2.6 g protein, 6% Calcium, 7% Iron

Tahini, also known as Ardeh, is a condiment made from toasted ground hulled sesame seeds. Tahini is served as a dip on its own or as a major component of hummus, baba ghanoush, and halva.
Amaranth Seeds Popped

10 servings

Materials
- Sauté pan
- Mixing bowl

Ingredients
- 1/4 cup (50 g) raw amaranth or popcorn
- 1 TBS olive oil
- Salt and pepper to taste
- Optional: Brewer’s yeast, cheese, or other herbs and spices from the garden

Directions
1. Heat a small, heavy stainless-steel sauté pan over high heat. Add amaranth seeds and cook until they have all popped, no longer than 30 seconds.
2. Shake the pan frequently until they crackle and swell up and are just starting to color, about 2 minutes.
3. Remove to a bowl. Add olive oil, salt and pepper, and other seasonings to taste.

Nutrition Facts (1 c per serving)
252 calories, 3.9 g fat, 332 mg potassium, 46 g carbohydrates, 5 dietary fiber, 9 g protein, 15 mg sodium, 11% Calcium, 28% Iron, 40% magnesium, 15% Vita B-6

Amaranth has been cultivated as a grain for 8,000 years. Amaranth is classified as a pseudo-cereal; it is grown for its edible starchy seeds like cereals, but it is not from the same family as cereals such as wheat and rice.
Fruity Agua Fresca

8 servings

Materials

- Blender
- Juicer
- Cutting board and knife
- Tasting cups
- Measuring cups and spoons

Mango Agua Fresca

Ingredients

- 1 ripe mango, peeled, pitted and cut into chunks
- 1 1/2 cups cold water
- 1/2 teaspoons freshly squeezed lime juice
- mint leaves and lime wedges, for garnish

Directions

1. Blend mango and water until smooth.
2. Use a tasting spoon to taste it.
3. Add the lime juice and blend at high speed until smooth.
4. Strain through a medium strainer or don’t strain so you can have all the yummy fibers.
5. Pour into a large pitcher or bowl.

Nutrition Facts (per serving)

One cup of diced mango contains 100 calories, 1 gram protein, 0.5 grams fat, 25 grams of carbohydrate (23 grams of sugar and 3 grams of fiber), 100% of the daily need for vitamin C, 35% for vitamin A, 20% of folate, 10% of vitamin B-6 and 8% of vitamin K and potassium.

Citrus Mint Agua Fresca

Ingredients
• 5 oranges, peeled and cut into large chunks.
  Adding seasonal fruit increases natural sugars and decreases need for added sugars below.
• 2 sprigs of mint, chopped
• 2 pitchers cold water

**Directions**

1. Combine all ingredients in a large pitcher and fill with cold water.
2. Blend all ingredients together until smooth.
3. Taste with a clean spoon and/or glass before you add the sweetener, after 1 teaspoon, and then again after the 2nd teaspoon. Understand your taste for sweet, which may be different then you expected. Serve and enjoy.

**Nutrition Information (per serving)**

“Citrus fruits have long been valued as part of a nutritious and tasty diet. The flavors provided by citrus are among the most preferred in the world, and it is increasingly evident that citrus not only tastes good, but is also good for people. It is well established that citrus and citrus products are a rich source of vitamins, minerals and dietary fiber (non-starch polysaccharides) that are essential for normal growth and development and overall nutritional well-being. However, it is now beginning to be appreciated that these and other biologically active, non-nutrient compounds found in citrus and other plants (phytochemicals) can also help to reduce the risk of many chronic diseases.”

Figure 6 Spa water available for students

Figure 7 Christine Economos is Assistant Professor, Tufts University School of Nutrition Science and Policy, Medford, Massachusetts, United States. William D. Clay is Chief, Nutrition Programmes Service, Food and Nutrition Division, FAO, Rome
Fruits

Apple Pear Salsa

20 Servings

Materials

- Cutting boards
- Knives
- Mixing bowls and spoons

Ingredients

- 4 apples, cored and diced small
- 4 pears, cored and diced small
- 6-8 tomatoes, diced small
- 2 bell peppers, diced small
- 1 cucumber, diced small
- 1 jalapeno pepper, removed seeds and mince
- 8 mint leaves, cut into very thin strips
- A little cilantro, minced
- Juice from 2 lemons
- 1 ½ teaspoon salt

Directions

1. Mix all ingredients in a medium size bowl, taste and add more salt if needed.

Nutrition Information (per serving)
Calories: 90, Carbohydrate: 23g, Protein: 1g, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 240mg, Fiber: 5g

The water content for apples and pears is 84% water.
Pico de Gallo

6 servings

Materials
- Cutting board and knives
- Juicer
- Measuring spoons and bowls

Ingredients
- ½ bunch cilantro, chopped
- 3 medium tomatoes, chopped
- 1 ½ onion, chopped
- 1 jalapeno, chopped
- ½ lime, juiced

Directions
1. Combine all ingredients in a small bowl and mix well.
2. Add salt and pepper to taste. Enjoy.

Nutrition Information (per serving)
- Calories: 21, Carbohydrates: 5g, Protein: 1g, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0g, Fiber: 1g
Whole Grains

Oatmeal Porridge

4 servings

Materials
- Quart pot
- Stirring and serving spoons
- Measuring cups and spoons

Ingredients
- ¼ cup rolled oats
- ½ cup water
- Additional ingredients for taste: Each student's takes no more than 1 teaspoon of each at a time for taste and may add more after tasting
  - Raisins
  - Sunflower seeds
  - Cinnamon
  - Maple syrup (make sure to talk about sugars, the different levels of sugar in maple syrup (less processed) vs grain sugar (more processed-a sugar that goes straight to your gut)).
  - Ground flax seeds

Directions
1. Place the oats and water in a 1 quart pot
2. Bring the oats and water to a boil
3. Reduce heat and continue cooking while stirring with a wooden spoon until the oats are as tender as you like
4. Add the toppings (additional ingredients) and gently stir to enjoy

Nutrition Information (per serving)
Calories 102, carbohydrates 17g, protein 2g, total fat 3 g, saturated fat 0g, cholesterol 0mg, sodium 4 mg, dietary fiber 2g
Quinoa Medley

20 servings

Materials

- Cutting boards
- Knives
- Mixing bowls and spoons

Ingredients

- 2 c dried quinoa
- 3 c water
- 2 bell peppers, diced small
- 1 cucumber, diced small
- 1 jalapeno pepper, removed seeds and mince
- 8 mint leaves, cut into very thin strips
- A little cilantro or parsley, minced
- Juice from 2 lemons
- 1 ½ teaspoon salt
- Add other crunchy fresh veggies or fruits that are in season.

Directions

1. Add 3 c water to a pot and bring to a boil.
2. Add 2 c quinoa and bring to a boil., Simmer for 5 min, or until all water is absorbed and fibers are coming apart.
3. Remove from heat and let cool.
4. Mix all ingredients in a medium size bowl, taste and add more salt if needed.

Nutrition Information (per serving)

Cooked quinoa consists of water (71.6%), carbohydrates (21.3%), protein (4.4%) and fat (1.92%). One cup of cooked quinoa (185 grams) contains 222 calories.
Polenta

6 Servings at ½ cup polenta

Materials
- Cheese grater
- Cutting board and knives
- Large pot and spoons

Ingredients
- 1 cup polenta (a cornmeal)
- 4 cups water
- ½ teaspoon sea salt
- Seasonal veggies diced
- Cheese grated (optional)

Directions
1. In a medium saucepan bring 4 cups water and ½ teaspoon salt to a boil. Slowly whisk in polenta and cook over low heat until thickened, about two minutes.
2. Cover and simmer on a low flame for 30 minutes or more, adding more water if necessary to prevent burning.
3. Remove from heat and pour polenta into oiled pan and set aside to firm up.
4. Sauté diced veggies in oil and place on top
5. Add optional grated cheese while still hot enough to melt

Nutrition Information (per serving)
Calories: 339, Carbohydrate: 59g, Protein: 19g, Total Fat: 4g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 431mg, Dietary Fiber: 22g
Citrus Salsa

30 servings

Materials

- Mixing bowls
- Chef’s knives
- Juicer
- Cutting boards
- Metal Spoon

Ingredients

- 16 large oranges (or equivalent) segmented and finely chopped
- 4 lemons, juiced
- 2 bunches cilantro, chopped
- 4 cloves garlic, minced
- 2 onions, finely chopped
- 4 jalapenos deseeded, finely chopped
- 2 bags/class tortilla chips (3 ingredient bags)

Directions

1. Segment oranges and finely chop
2. Add the finely chopped onion, cilantro, minced garlic and finely chopped deseeded jalapeno
3. Add lemon juice and salt to taste

Nutrition Information (1 medium orange per serving)

Calories: 60, Carbohydrate: 15g, Protein: 1g, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0mg, Dietary Fiber: 3 g; 120% Vita C, 6% Vita A, 6% Calcium
Citrus and Lettuce Salad

20 servings

Materials
- Cutting board and knives
- Measuring spoons
- Juicer
- Whisk

Ingredients
- 3 small heads of lettuce
- 3 seasonal citrus

Dressing
- 1/4 cup olive oil
- 2 Tablespoons orange juice
- 1 teaspoon honey to taste
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions
1. Wash and dry lettuce
2. Tear lettuce into bite size pieces
3. Peel and section citrus
4. Arrange in a bowl and toss with dressing
5. Whisk all dressing ingredients together

Nutrition Information (per serving)
Green leafy vegetables (GLV) are rich sources of calcium, iron, β-carotene, vitamin C, dietary fiber and many trace minerals. GLV are seasonal and also highly perishable due to their high water content.
Citrus

Fennel and Blood Orange Salad

Materials

- Chopping knives
- Cutting boards
- Sauté pan
- Mixing bowl

Ingredients

- ½ cup hazelnuts
- 1 small head of lettuce, torn into bite-sized pieces
- 1 carrot, grated
- 1 blood orange, peeled and chopped into small pieces
- ½ fennel bulb, chopped into thin pieces

Dressing

- 3 Tbsp. olive oil
- ¼ cup lemon juice
- 1 Tbsp. maple syrup
- ¼ tsp. sea salt

Directions

1. Toast hazelnuts on a frying pan until they smell nutty and are getting a little darker. Let nuts cool for a few minutes and then chop. In a salad bowl, mix lettuce, grated carrot, blood orange, and fennel.
2. Whisk dressing ingredients together in a small bowl and pour over salad.
3. Just before serving salad, sprinkle hazelnuts over the top.

Nutrition Information (per serving)

Calories: 339, Carbohydrate: 59g, Protein: 19g, Total Fat: 4g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 431mg, Dietary Fiber: 22g
Brassicas

Crunchy Kohlrabi Dippers with Hummus

4 servings

Materials
- Cutting board and knives
- Measuring spoons
- Juicer
- Blender

Ingredients
- 2-3 kohlrabi (purple or green) peeled and cut into thin rounds
- 1 TBS olive oil
- 1/4 tsp salt
- ½ lemon
- 1/8 tsp black pepper
- 1/2 cup fresh parsley finely chopped

Hummus
- 15 oz. can garbanzo beans
- 2 cloves garlic cloves
- 1/4 cup olive oil
- 1/4 cup water
- 1 tsp salt
- 1 lemon juiced
- 1 1/2 TBS tahini

Directions
1. Peel kohlrabi and cut into thin rounds and finely chop parsley.
2. Juice the lemon and set aside.
3. In a blender or food processor, put drained and rinsed garbanzo beans, ¾ cup sun dried tomatoes, and the remaining hummus ingredients. Pulse until combined well and a thick but smooth consistency. Taste for seasoning.
4. To serve, drizzle a little olive oil, salt, pepper, lemon juice and chopped parsley over the kohlrabi rounds. Then dollop each one with a spoonful of hummus.
**Nutrition Information (1 tbsp. hummus per serving)**

Calories: 25, Carbohydrate: 2.1g, Protein: 1.2g, Total Fat: 1.4g, Saturated Fat: 0.2g, Cholesterol: 0mg, Sodium: 57mg, Dietary Fiber 0.9g

Hummus is a Levantine dip or spread made from cooked, mashed chickpeas or other beans, blended with tahini, olive oil, lemon juice, salt and garlic. It is popular throughout the Middle East and in Middle Eastern cuisine around the globe.

Kohlrabi is very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Folate, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin C, Vitamin B6, Potassium, Copper and Manganese.
Daikon Radish and Ginger Salad with Collard Greens

12 Servings

Materials
- Cutting board and knives
- Measuring spoons
- Large pot
- Whisk

Ingredients
- 2 thumbs ginger, minced very fine
- 1 teaspoon sesame oil
- 2 teaspoons canola oil
- 1 tablespoon mirin
- 1 tablespoon rice vinegar
- 3 tablespoons soy sauce
- 1 large daikon radish, thinly sliced matchsticks
- 2 medium carrots, thinly sliced matchsticks
- Collard greens, sliced thin
- 1 pot of water

Directions
1. In a large bowl make dressing by whisking together ginger, oils, mirin, rice vinegar and soy sauce.
2. Mix daikon radish and carrot into dressing.
3. Bring a pot of water to a boil.
4. Add sliced greens to boiling water and cook for 3-5 minutes or until greens are tender.
5. Remove from water and toss with a little soy sauce.
6. Serve greens with a little daikon and ginger salad on top.

Nutrition Information (per serving)
Purple daikon radish is an excellent source of fiber and vitamin C, particularly when eaten raw. Additionally they contain flavonoids and the antioxidant sulforaphane. Purple daikon also contains vitamin B6, folate, and minerals such as K, Ca, Mg, and iodine.
Easy Fried Rice

20 servings

Materials
- Measuring cups and spoons
- Wok or sauté pan
- Cutting board and knives
- Whisk
- Spatula and mixing spoon

Ingredients
- 2 eggs, beaten
- ½ block tofu, cubed
- 1 to 2 cups cooked rice, white or brown
- 2 handfuls bok choy, stems and leaves sliced thinly
- ½ cup bok choy, sliced
- ½ cup green beans
- ½ cup carrots, diced
- 4 to 5 spring onions, sliced into thin rounds
- 2 to 3 tablespoons soy sauce
- 1 to 2 tablespoons rice wine vinegar
- 2 cups rice, cooked (optional)
- Optional extras: 1/2-inch freshly grated ginger, 2-3 cloves minced garlic, 1 teaspoon hot sauce, splash of sesame oil

Directions
1. Place a skillet over medium heat and add a teaspoon of oil or butter. Scramble the eggs, breaking them into small curds. When the eggs are just barely cooked, scrape them into a clean dish and set them aside.
2. Increase heat to medium-high and add another teaspoon of oil to the pan. Sear the tofu on all sides, stirring only occasionally and cooking until the tofu is golden-brown on all sides. Remove the tofu from the heat and set it aside in a clean dish.
3. If adding rice: Add another teaspoon of oil to the pan and stir in the rice. Make sure all the grains of rice are coated with a little oil. Spread the rice into a thin layer across the bottom of the pan. Let it cook for a few minutes, then gather it together and spread it out thin again. Continue until the rice is toasted and beginning to brown.

4. Add two tablespoons of soy sauce and one tablespoon of rice wine vinegar (and ginger and garlic, if using), and stir.

5. Add the bok choy and cook until the green parts of the leaves are wilted.

6. Add the peas and carrots, cooking until they are warmed through.

7. Stir in the eggs, tofu, and spring onions.

8. Taste and add more soy sauce and rice wine vinegar if needed. Hot sauce and sesame oil can be added here, or sprinkled in each individual bowl instead.

**Nutrition Information (per 2 servings)**
Calories 233, Fat 0.9 g (1.4%), Saturated 0.2 g (0.9%), Carbs 48.5 g (16.2%), Fiber 3.7 g (14.9%), Sugars 3.5 g, Protein 8.2 g (16.4%), Sodium 1142.6 mg (47.6%)
Crunchy Chickpeas

20 servings

Materials
- Can opener
- Strainer
- Dishtowel or paper towels
- Measuring spoons
- Baking sheet or frying pan

Ingredients
- 2 15oz cans chickpeas/garbanzo beans
- 2 - 4 TBS olive oil
- 1/2 tsp salt
- 2 to 4 teaspoons spices or finely chopped fresh herbs, like chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme, or other favorite spices and herbs (from the school garden if possible)

Directions
1. Preheat oven to 400F or heat the fry on the stovetop
2. Open the cans and pour them into a strainer to rinse them out. Pat the chickpeas very dry with paper towels. They should look matte and feel dry to the touch; if you have time, leave them to air-dry for a few minutes.
3. Toss the chickpeas with olive oil and salt.
4. If baking: Spread the chickpeas out in an even layer on the baking sheet. Drizzle with olive oil and sprinkle with salt. Stir with your hands or a spatula to make sure the chickpeas are evenly coated. Roast the chickpeas in the oven for 20 to 30 minutes
5. If frying: Heat oil in the fry pan. Careful not to add too much oil, otherwise they chickpeas will get soggy instead of crunchy. Add chickpeas to the fry pan and toss every minute till golden brown and crunchy.
6. Stir the chickpeas or shake the pan every 10 minutes. A few chickpeas may pop – that’s normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle.
7. Toss the chickpeas with the spices: Sprinkle the spices over the chickpeas and stir to coat evenly. Serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming addictively chewy.
Nutrition Information (per 4 servings)
Calories 355; Fat 12.6 g; Saturated 1.4; Carbs 47.9 g; Fiber 13.6 g; Sugars 8.5 g; Protein 15 g; Sodium 886.5 mg

A legume is a plant or its fruit or seed in the family Fabaceae. Legumes are grown agriculturally, primarily for their grain seed called pulse, for livestock forage and silage, and as soil-enhancing green manure. Chick Peas originated in the Middle East. They were first cultivated in about 3000 B.C. in the Mediterranean area. They spread to India and to Africa from there. They were very popular with the Egyptians, the Greeks, and the Romans. Explorers spread the beans around the world as they traveled on the oceans.
Green Bean Salad with Mint Dressing

20 servings

Materials

- Chopping board
- Knives
- Bowls and spoons for tasting
- Large pot for boiling water
- Whisk

Ingredients

Salad

- 4 cups green beans cut into 2-inch pieces
- ½ red onion, diced
- ¼ cup toasted and slivered almonds

Dressing

- 4 Tbsp. olive oil
- 2 Tbsp. cider vinegar
- 1 Tbsp. maple syrup
- 1 Tbsp. fresh chopped mint
- 1 clove minced garlic
- ½ tsp. salt
- Dash of pepper

Directions

2. In a small bowl, whisk together all dressing ingredients.
3. Remove beans from water. Add red onion, chopped almonds, and dressing.

Nutrition Information (per serving)

Calories 83.6, Fat 3.3 g, Carbs 10.9 g, Sugars 0.7 g, Protein 3.7 g, Sodium 30.9 mg. t
Green beans are a good source of Protein, Thiamin, Riboflavin, Niacin, Vitamin B6, Calcium, Iron, Magnesium, Phosphorus, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate and Manganese
Favas 5 Ways

10 servings

Materi-als
- Cutting board and knives
- Measuring spoons and bowls
- Frying pan
- Juicer
- Blender

Sautéed Quick Fava Bean

Ingredients
- Boiling water
- Ice
- Tap water
- 2 lbs. fresh fava beans, in the pod (yields about 1 1/2 to 2 cups shelled beans)
- 1 tablespoon butter
- 1 teaspoon olive oil
- 2 garlic cloves, minced, to taste
- Salt & freshly ground black pepper, to taste

Directions
1. Heat up oil in a pan
2. Sauté shelled favas with butter
3. Add garlic and salt and pepper to taste

Fava Bean Hummus
- 2 cups fava beans (shelled out of the pods)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon plus 1 teaspoon tahini
- 1 clove garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon fine sea salt.

**Directions**
1. Blend all ingredients in a blender.
2. Slowly add the oil till smooth.
3. Serve with sliced veggies or whole wheat crackers.

**Fava Bean Dip**
- 2-3 pounds fresh fava (broad) beans, shelled (about 2 cups)
- 1 Tbsp salt
- 1/2 cup chopped green garlic (can substitute 4 cloves chopped garlic)
- Olive oil to taste
- 1 tsp lemon zest
- 2 Tbsp. lemon juice
- 1/4 cup or more water
- 5 ounces goat cheese or whole fat yogurt

**Directions**
1. Blend all ingredients in a blender. Slowly add the oil till smooth. Serve with sliced veggies or whole wheat crackers.

**Nutrition Information (per serving)**
Fava beans are dense with nutrition. Also known as broad beans, fava beans have no saturated fat or cholesterol and contain a high concentration of thiamin, vitamin K, vitamin B-6, potassium, copper, selenium, zinc and magnesium. They are also an inexpensive source of lean protein.
Leafy Greens

Green Smoothies

4 serving glasses

Materials

- Blender
- Cutting board and knives

Ingredients

- 1 banana
- 1 apple (could substitute for 1 c berries)
- Hand full of leaves of greens (mustard greens, spinach, kale, or other)
- 1 cup full fat yogurt (can substitute with non-dairy options, including almond or rice milk)
- Add teaspoons of sugar to taste to test your sweetness preferences

Directions

1. Peel and slice banana. Add to blender
2. Wash apples or berries, cube, and add to the blender
3. Wash the greens, chop and add to the blender
4. Add nondairy or dairy milk or yogurt
5. Add sugar or honey to taste (remember to always taste for sweetness before adding the sweeteners)
6. Blend until smooth
7. Portion our tastings and enjoy

Nutrition Information (per serving)

Greens are a good source of vitamins A, C, E and Folate. They also have minerals, potassium, manganese and fiber.

Figure 12 Families enjoy smoothies and frescas
Crispy Kale Chips

10 servings

Materials
- Oven
- Oven pan
- Measuring spoons

Ingredients
- 1 bunch kale
- 2 - 4 TBS olive oil
- 1/2 tsp salt

Directions
1. Preheat oven to 300F.
2. Cut off the tougher bottom part of the stem of the kale and leave the upper stem and leaves intact. This will make a nice big chip. Otherwise, you can pull the leaves off in big chunks on either side of the stem. Be sure to use bigger pieces, as the kale will shrink in the oven.
   **If you have curly kale, the stem is tougher, so we recommend you remove it with a knife and then tear the curly leaves apart into bigger pieces.
3. Wash well in water. Use a salad spinner to dry and then lay them out on paper towels or a clean cloth to get them completely dry.
   *For curly kale you need to get between the creases!
4. Rub kale pieces with 1-2 tablespoons olive oil. This will keep them from burning in the oven and allow them to crisp up.
5. Line two cookie sheets with parchment paper. Do not overlap; ensure they all have space in one layer on the cookie sheet.
6. Bake for 5 minutes and check. You may want to move the cookie sheets around so edges on one part of the tray do not get too hot due to your oven. Cook for about 3 minutes longer or until they just start to turn brown on the edges but not burning! This can happen fast, so remove them and know they’ll keep cooking a little on the hot pan out of the oven.
   *Curly kale can take a little longer to cook.
7. Sprinkle with a pinch of salt and enjoy within the hour.

**Nutrition Information (1 cup per serving)**
33 calories, 25 mg sodium, 329 mg potassium, 2.9 g protein, 133% vita A, 134% vita C, 10% Calcium, 5% Iron, 10% Vita B-6, 7% Magnesium

Kale (/keɪl/) or leaf cabbage refers to certain vegetable cultivars of the plant species Brassica oleracea. A kale plant has green or purple leaves and the central leaves do not form a head (as with headed cabbages). Kales are considered to be closer to wild cabbage than most domesticated forms of Brassica oleracea.

![Figure 13 Kale tree at our school garden](image)
Massaged Kale Salad

10 servings

**Materials**
- Chopping boards
- Knives
- Measuring spoons and cups
- Large bowl
- Bowls and spoons for tasting

**Ingredients**
- 1 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced
- 1 lemon, juiced
- 1/4 cup extra-virgin olive oil, plus extra for drizzling
- Kosher salt
- 2 teaspoons honey
- Freshly ground black pepper
- 1 mango, diced small (about 1 cup)
- Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons

**Directions**
1. In large serving bowl, add the kale, half of the lemon juice, a drizzle of oil, and a little kosher salt.
2. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
3. In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms and you like how it tastes.
4. Pour the dressing over the kale and add the mango and pepitas. Toss and serve.

**Nutrition Information (1 cup per serving)**
Calories: 140, Carbohydrate: 15g, Protein: 3g, Total Fat: 8g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 140mg, Fiber: 2g, Sugar: 10g
Pink Beet Smoothie

2 servings

Materials
- Blender
- Cutting board and knives
- Measuring cups and spoons

Ingredients
- Yogurt (plain full fat organic), 1 cup
- Water, 1/2 cup
- Strawberries (frozen), 1 cup
- Beet (red), 1
- Apple, 1
- 1 teaspoon honey (optional) Always taste the smoothie to establish your own taste for sweetness.

Directions
1. Wash, peel, and quarter the beets.
2. Wash the apples. Peel the apple skins and cut four quarters (avoiding the seeds).
3. Place all ingredients in a blender and blend until smooth consistency.
4. Taste and add more honey or water as needed for desired taste and consistency.
5. Compare nutrition facts labels below for no honey added, versus 1 T honey added - look at carbohydrates, calories and added sugars).

Nutrition Information (per serving)
Calories: 161, Carbohydrate: 33g, Protein: 8g, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 2mg, Sodium: 129mg, Fiber: 5g
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Veggie Quesadillas

6 servings: 1 quesadilla each

Materials
- Grater
- 2 large bowls for veggies
- Medium skillet
- Spatula
- Cutting board and knives
- Measuring cups and spoons

Ingredients
- Cooking spray
- 1 Tbsp olive oil for sautéing
- 12 whole-wheat 6” tortillas
- 3 cups shredded low fat cheese, like cheddar or Monterey jack
- 1 zucchinis, grated (fruits)
- 1 carrots, grated (roots)
- Cilantro and parsley (leaves and stems)
- Salt & pepper to taste
- 1 12oz jar salsa (or Pico de Gallo recipe)
- Pinch of chili powder or dash of hot sauce (optional)

Directions
1. Chop off zucchini and carrot ends
2. Grate vegetables, place in bowls. Optional: Add seasonings: salt & pepper, chili powder or hot sauce). Tip: Placing vegetables in individual bowls will allow children to select which vegetables they add to their quesadillas.
3. Add about ½ Tbsp. of oil to the skillet. Sauté carrots until soft, then transfer back to bowl. Set aside.
4. Repeat steps 2 and 3 for zucchini.
5. Wipe or rinse skillet and spray with cooking spray. Place 1 tortilla in skillet.
6. On half of one tortilla place about ¼ cup of cheese and 2-3 Tbsp. of vegetables, sprinkle with a little more cheese.
7. Fold tortilla in half and press firmly with a spatula. Flip and cook over medium heat for about 2 minutes on each side until cheese is melted.
8. Repeat spraying skillet each time with cooking spray and repeat with remaining tortillas.
9. Add leafy greens (lettuce or sautéed kale).
10. Serve with Pico de Gallo (diced habanero, onion, cilantro, lime, and tomato).
Nutrition Information (1 quesadilla per serving)
Calories: 158, Carbohydrate: 13g, Protein: 7g, Total Fat: 9g, Saturated Fat: 4g, Cholesterol: 20mg, Sodium: 137mg, Fiber: 2g

Figure 15 Students enjoy the veggie quesadillas they made
Sweet Potato Hummus

6 servings

Materials
- Cutting board and knives
- Measuring cups and spoons
- Blender
- Large pot for boiling

Ingredients
- 1 (small) sweet potato cut into medium chunks
- 1/4 cup olive oil
- 1/4 cup water
- 2 TBS sun butter or tahini, (nuts are not allowed on campus, so seeds will have to substitute here!)
- 1 TBS honey or agave nectar (optional)
- 1/2 tsp cumin
- 1 tsp salt
- 15 oz garbanzo beans (chickpeas)

Directions
1. Peel and cut sweet potatoes into medium sized chunks.
2. Open can of garbanzo beans and rinse under water and drain.
3. Put cut sweet potatoes in a pot and just cover with water. Bring to a boil and then simmer for 5 minutes (until tender when pierced with a fork).
4. Drain potatoes.
5. To your food processor or blender add: water, olive oil, beans, cooked sweet potato, almond butter, honey, cumin and salt. Pulse until smooth.
6. Serve with cut apple slices, carrots, and for a sweet treat, top graham crackers!

Nutrition Information (2 tbsp. per serving)
Calories: 60, Carbohydrate: 7g, Protein: 2g, Total Fat: 3g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 70mg, Dietary Fiber: 1g, Sugars: 3g
Seasonal Parfait

6 servings – 1 cup each

Materials
- Juicer
- Measuring cups and spoons
- Cutting board and knives

Ingredients, per student serving
- 3 C full-fat Greek plain yogurt (sugar free)
- 1 Tbsp fennel bulb, thinly sliced
- 3 C of the four following seasonal fruits:
  - Spring: strawberries, blackberries
  - Fall: persimmons - (Fuyu only)
  - Summer: apricots, peaches, nectarines, plums
  - Winter: apples, citrus
- 1 Tbsp hemp seeds (other seeds, like pumpkin)
- Juice of a lemon for garnish over the fruits

Directions
1. Cut and slice seasonal fruits and add to bowls. Add a squeeze of lemon and toss.
2. Add 1/3 C of yogurt to each bowl.
3. Add 1/3 C of the mix of fruits. Top with a 1 Tbsp. seed-mix.

Nutrition Information (per serving)
240 calories, 9 g of fat, 15 mg of sodium, 7 g of fiber, 10 g of sugar, 11 g of protein.
Neolithic Fruit Salad

10 servings

Materials
- Paring knives
- Cutting boards
- Mortars and pestles
- Large mixing bowl and serving bowls

Ingredients
- 3 apples
- 1 pear
- 1 pomegranate
- 2 persimmons
- 1 pound grapes
- 2 kiwis
- 4 clementines (or other tangerines or oranges)
- 1 cup fresh cranberries
- 1/2 cup dried cranberries
- 1/2 cup raisins
- 2 tablespoons flax seeds
- 1/4 sunflower seeds
- 4 dates

Directions
1. Core the apples and pears before slicing. Cut fruits in variety of shape.
2. Use the mortar and pestle to prepare a sauce by crushing the fresh cranberries, a few at a time, to break the skins.
3. Add the juice of one orange or clementine as a sweetener for the sour cranberries.
4. Try using a zester and add a little zest to the sauce.

Nutrition Information (per serving)
Neolithic Fruit Salad, named for its use of Stone Age tools, incorporates fresh and dried fruits, seeds, and nuts.
Strawberry and Arugula Salad

6 servings

Materials
- Bowls and spoons for tasting
- Mixing bowls
- Whisk
- Chopping board
- Knives
- Salad tongs

Ingredients

Salad
- 3 bunches arugula
- 1 red onion, chopped
- 1 C strawberries, sliced
- 1 C goat or feta cheese

Dressing
- 1/3 C balsamic vinegar
- 1 Tbsp. honey
- Salt and pepper to taste
- ½ C Olive oil

Directions
1. Whisk together balsamic vinegar, honey, salt, and pepper. Whisk in oil.
2. Place greens, onions, and strawberries in a bowl.
3. Sprinkle in cheese.
4. Mix all ingredients in a bowl with the dressing and serve.

Nutrition Information (1-1/2 C per serving)
204 calories; 16 g fat (3 g sat); 3 g fiber; 11 g carbohydrates; 7 g protein; 52 mcg folate; 7 mg cholesterol; 6 g sugars; 0 g added sugars; 573 IU vitamin A; 45 mg vitamin C; 184 mg calcium; 1 mg iron; 249 mg sodium; 298 mg potassium
Rainbow Salad Recipe

10 servings

Materials
- Cutting board and knives
- Measuring spoons and cups
- Whisk
- Large salad bowls and tongs

Ingredients
- 2 orange carrots, thinly sliced
- 2 red beets, thinly sliced
- 1 purple cabbage, thinly sliced
- 3 blue radish, thinly sliced
- 1 white turnip or cauliflower, thinly sliced
- 3 red tomatoes, cubed
- 2 bunches green lettuce, chopped or torn

Dressing
- ½ C Olive oil
- 1 Tbsp. Sesame seeds
- 1/3 C Rice vinegar
- Salt and pepper to taste
- 1 Tbsp. Honey
- 1 lemon, juiced
- ½ C tahini or tamari sauce (optional)

Directions
1. Slice up ingredients into bite-sized pieces. Place in separate bowls.
2. Mix in salad dressing, add to salad greens and toss.

Nutrition Information (1 C per serving)
Calories: 14, Carbohydrate: 8g, Protein: 2g, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 23mg, Dietary Fiber: 1g, Sugars: 2g
ROOT, STEMS, LEAVES (and seeds!) BRUSCHETTA

10 servings - 1 bruschetta piece

Materials

- Grater
- Cutting boards and knives
- Measuring spoons and bowls

Ingredients

- 2 carrots, grated
- 2 parsnips, grated
- 1 chunk of celery root, grated
- 4 cloves garlic, minced
- 3 leaves of basil, chiffonade
- 2 Tbsp. olive oil
- 1 tsp salt
- 1 loaf of bread, sliced and toasted (optional)
- 1 C seeds (pepita, sunflower), minced
- 1 C cheese, grated

Directions

1. Grate roots and add to bowls.
2. Heat olive oil in pan.
3. Add minced garlic, sauté.
4. Add grated roots, sauté.
5. Season with salt.
6. Slice bread into ½ inch slices
7. Chiffonade the basil and sprinkle it on the toast
8. Add 1 Tbsp. of grated vegetables on each piece of bread
9. Sprinkle with grated cheese. Add the seeds.
10. Bake (if there’s an oven available) for about 5 minutes until cheese starts to melt at 425 degrees.

Nutrition Information (1 toast with toppings per serving)
Calories: 50, Carbohydrate: 8g, Protein: 2g, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 147mg, Dietary Fiber: 2g, Sugars: 0g
Waldorf Salad - roots, stems, leaves, fruits, seeds

20 servings

Materials
- Cutting board and knives
- Grater
- Mixing bowls and tongs

Ingredients
Salad
- 2 apples, cored and diced
- 1 pear, cored and diced
- 2 stalks celery, diced
- 2 carrots, grated
- 4-5 radishes, diced
- ¼ C seeds, toasted and chopped
- 2 -3 heads of lettuce leaves

Dressing
- 4 tablespoons mayonnaise
- ¼ cup lemon juice
- ½ teaspoon salt
- A few turns of pepper

Direction
1. Whisk all dressing ingredients together in a small bowl.
2. Mix all in ingredients, except for lettuce, in a bowl, add dressing and mix again.
3. Serve salad on a lettuce leaf and put on each person's plate.

Nutrition Information (1 C per serving)
Calories: 54, Carbohydrate: 5g, Protein: 2g, Total Fat: 3g, Saturated Fat: 0g, Cholesterol: 6mg, Sodium: 100mg, Dietary Fiber: 1g, Sugars: 4g

The History of Waldorf salad was created at New York's Waldorf-Astoria Hotel in 1896, not by a chef, but by the maître d'hôtel (dining room manager).