in collaboration with
SCHOOL17 x M.K. GANDHI INSTITUTE x CORNELL COOPERATIVE EXTENSION

THE FAMILY COOKBOOK
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Let’s eat our way to better health.

introduction

Cooking can be a chore. Coming home from work exhausted, the last thing you might want to do is think of what to cook, especially if you have little picky eaters to feed. Why not enlist their help with cooking?

Take inspiration from this healthy cookbook when you get tired of repeating the same dishes and let it help you navigate how children can assist in the kitchen. Cooking with kids has a multitude of benefits: not only does it serve as a family bonding opportunity, but also encourages multisensory learning experiences, strengthens reading and math skills through following recipes, exercises motor skills and hand-eye coordination, and more. Perhaps most importantly, it shows children how much labor and time goes into preparing a meal, making them more likely to appreciate and savor it.

The cookbook is divided into seasons to encourage seasonal eating for maximum health benefits, sustainability, and cost efficiency. Most, if not all, ingredients can be found at the Rochester Public Market!

Food is a love language -- enjoying cooking time as a family will feed more than the stomach.

Collaborators:  Yoenia Kroko, School 17  
ykroko@ccsi.org

Mitch Klein, M. K. Gandhi Institute for Nonviolence  
mitch@gandhiinstitute.org

Illuminada Vilca, Cornell Cooperative Extensions  
iv55@cornell.edu
cornell cooperative extension

Since 1913, Cornell Cooperative Extension of Monroe County (CCE-Monroe) has responded to the needs of local residents with unbiased, research-based information, tools and education that people have come to depend on and trust. The mission of Cooperative Extension is to enable people to improve their lives and communities through partnerships that put experience and research knowledge to work.

The Cornell Cooperative Extension Nutrition Program offers several varieties of cooking and nutrition education workshops that are available to the residents of Monroe County. CCE-Monroe and School 17 have been partners since 2016, not only teaching the importance of the food groups (my plate) in the daily diet and how to cook healthy meals using locally grown products, but also delivering classes to students and their parents.

enrico fermi school 17

School 17 is a community school at the heart of the JOSANA neighborhood, working in collaboration with community partners and parents to ensure holistic care for the students and their families. The school is a place of support and understanding, aiming to educate the whole child and maintaining a high academic standard with respect for all learners. As a school community, School 17 values a safe environment in which to teach and learn.

In partnership with Coordinated Care Services Inc. (CCSI), there are multiple groups focusing on improvement in concentrated areas. This cookbook is an outcome of collaboration between the Green Initiatives and Health & Wellness groups.

m.k. gandhi institute for nonviolence

The M.K. Gandhi Institute for Nonviolence is a nonprofit located in the PLEX neighborhood of Rochester, NY, with the mission of giving people the tools of nonviolence to help build a just world. The Institute works in the Rochester City School District to teach conflict resolution and restorative justice, offers workshops to people in the Rochester Community, and opens its house and garden as a safe community space.

In 2019 our staff member, Bianca, started our Beloved Community dinners series, where the Gandhi Institute hosts a pay-as-you-can dinner for the community. The Institute offers vegetarian dishes for all to share, along with a sense of belonging, great conversations, and laughs all around. We hope that the recipes in this book will help spread some of the love we feel at our community dinners!
beet burgers

INGREDIENTS (6 servings):
- 1 tbsp oil (olive or canola)
- 1/2 cup onion, diced
- 1 egg
- 1 cup beet, peeled and grated
- 1/2 grated Parmesan cheese
- 1/2 cup brown rice, cooked
- 1/2 cup unsalted sunflower seeds
- 1/4 cup sesame seeds
- 3 tbsp flour
- 1 tsp soy sauce
- 3/4 tsp salt

INSTRUCTIONS:
1. Preheat oven to 375 degrees F and line baking sheet with parchment paper (TIP: if you don’t have oven, frying is an option).
2. Heat oil in a pan over medium-high heat. Add onion and cook until soft and golden ~ 3 minutes.
3. Whisk egg in a large bowl. Stir in beet, carrot, Parmesan, rice, sunflower seeds, sesame seeds, flour, soy sauce, salt, and onion.
4. Shape the mixture into 6 patties, about 2 1/2 inches wide and place on prepared sheet. (Or begin frying on a heated and oiled pan.)
5. Bake until browned and heated through ~ 30 minutes. Serve on buns as ordinary burger, over a salad, or with sides.

beets facts:
- You can use beet greens raw in salads or cooked as a side dish. Remove leaves from beets, if still attached, and store separately in an open bag. Use within 2-3 days.
- Beetroot juice stains easily — since the 16th century, it has been used as hair dye and natural fabric dye!
- Beetroot contains betaine, which helps ease the mind and is used to treat depression.

replacements:
Sunflower seeds: pumpkin seeds, pine nuts, crushed almonds or peanuts
Sesame seeds: poppy seeds, flax seeds
Beets: canned beets instead of fresh

Adapted from: eatingwell.com/recipe/279080/beet-burgers/
vegan mac & cheese

INGREDIENTS (4 servings):
- 8oz elbow or shell pasta
- 1 medium potato
- 1 medium carrot
- 2 cloves garlic
- 1 small onion or shallot
- 4 tbsp nutritional yeast
- 2 tsp apple cider vinegar
- 1 tsp soy sauce
- salt and pepper to taste

INSTRUCTIONS:
1. Boil water in large pot. Peel and chop carrot and potato and cook in boiling water until soft, ~15 minutes.
2. Transfer to a bowl and let cool slightly -- keep at least 1/4 cup of boiled water!
3. Refill the pot with water and cook pasta according to package directions.
4. In a blender, add cooked potatoes, carrots, 1/4 cup of cooking liquid, and all remaining ingredients: garlic, onion, nutritional yeast, soy sauce, salt and pepper. Blend until smooth and creamy.
5. Strain the cooked pasta and mix with sauce.

adapted from: fromthecomfortofmybowl.com/vegan-mac-and-cheese/

potatoes facts:
- Store in cool area, but not colder than 42°F! Temperature colder than 42°F encourages transformation of starch to sugar, which changes the taste and cooking properties.
- Most vegetables are rich in fiber and phytochemicals, but provide negligible amounts of saturated fat, trans fat, cholesterol, and sodium and are gluten-free. Potatoes are a good source of potassium, Vitamin C, Vitamin B6 and magnesium with 54 calories per half-cup serving.
- Being high in fiber, potatoes help keep you full longer.

replacements:
Nutritional yeast: if not vegan, add grated parmesan cheese
Soy sauce: tamari,
Worcestershire sauce, fish sauce

good additions:
For more cheesy taste, add olive/capers brine or lactic acid, if available.

How Kids Can Help:
Children can help measure the ingredients and add them into the blender, or stir pasta with sauce! Stirring is suitable for children as young as 3 years old.
chickpea & spinach sauté

INGREDIENTS (4 servings):
- 1 tbsp oil
- 1 onion, peeled and chopped
- 1 clove garlic, minced
- 2 celery stalks, chopped
- 1 carrot, chopped
- 1 can (14.5oz) diced tomatoes
- 1 can (16oz) chickpeas
- 1 package (10oz) frozen spinach
- 1 tsp lemon juice
- 1/4 tsp red pepper flakes

INSTRUCTIONS:
1. Heat oil in a pan or skillet on medium high heat.
2. Add onion, garlic, celery, and carrot and cook until soft and onions are slightly brown, ~15 minutes.
3. Raise heat to high and add tomatoes and drained and rinsed chickpeas. Add 1/4 cup of water and bring to boil, then bring heat to low. Add the frozen spinach and cook until spinach has thawed, ~5 minutes.
4. Add lemon juice and red pepper flakes. Stir thoroughly.
5. Serve with rice, quinoa, couscous, or any other available grain.

spinach facts:
- One cup serving of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C. it is also a good source of calcium.
- For those who do not eat meat, chickpeas are a great source of plant-based protein.
- Fresh vegetables and fruits are thought of as healthier, but frozen produce packs almost the same amount of nutrients!

replacements:

Chickpeas: any legumes, such as beans and lentils, will do
Red pepper flakes: replace with black pepper if sensitive to spice
Water: vegetable stock

Adapted from: myplate.gov/recipes/myplate-cnpp/chickpeas-and-spinach-saute
**vegetable soup**

**INGREDIENTS (5-6 servings):**
- 1 tbsp olive oil
- 1 yellow onion, chopped
- 2-4 garlic cloves, minced
- 3 carrots, chopped
- 3 celery stalks, chopped
- 2 zucchini, chopped
- 3 russet potatoes, chopped
- 1 can (8oz) diced tomatoes
- 1 can (8oz) cannellini beans
- 1 can (8oz) chickpeas
- 2 bay leaves
- 1 tsp dried basil, 1 tsp dried oregano, 1 tsp paprika or other spices
- salt and pepper to taste
- 6 cups vegetable broth

**INSTRUCTIONS:**

1. Add onions, garlic, carrots, and celery to heated olive oil on medium heat in a large pot. Salt, and cover until the vegetables are soft, ~7-10 minutes. Stir occasionally.

2. Add zucchini and potatoes in the pot. Add all spices except bay leaves, and stir until fragrant.

3. Add canned tomatoes, veggie broth, and bay leaves. Bring to boil, then simmer until potatoes are tender, ~15 minutes.

4. Add beans and stir until warmed.

5. Remove bay leaves and serve.

**onion facts:**

- Onions are nutrient-dense, which means that they pack a lot of nutritional benefits in few calories.
- Onions are a great year-round staple, because they can be stored for winter.
- The sulfuric compounds in onions cause us to cry when we chop them. To reduce the irritation, chill the onion and cut into the root end of the onion last.

**replacements:**

The wonderful thing about this recipe is that you can adapt it to your liking. Don’t like celery? Leave it out! This is a great recipe to use any soon-to-expire produce to avoid food waste.

**How Kids Can Help:**

Children 8 years old and over can handle a small knife with supervision. If possible, let them cut some of the softer vegetables, like celery.
**Glazed Carrots**

**INGREDIENTS (5-6 servings):**
- 6 carrots (or a bag of carrots)
- 1/2 cup of water
- 1 tsp pepper
- 1-3 tsp chili powder
- 1/2 tsp cinnamon
- 2 tbsp sweetener, like honey, maple syrup, agave, or sugar
- salt to taste

**INSTRUCTIONS:**
1. Cut carrots in half lengthwise, then repeat. Place them in a pan large enough so that the carrots fit in one layer.
2. Add water to the pan to reach about halfway up carrots. (TIP: you can add a splash of soda or juice to bolden the flavor of glazing.) Add spices and salt and stir.
3. Bring to boil, then let simmer.
4. When carrots are almost cooked through, add sweetener.
5. With heat on medium high, stir carrots until water has evaporated and the leftover liquid is thick like a glaze.
6. If desired, serve with fresh parsley on top as a side.

**Carrot Facts:**
- Carrots are fat-free, cholesterol-free, low in sodium, and an excellent source of vitamin A, which is an important vitamin for eye health. A medium carrot contains about 30 calories.
- We think of carrots as orange, but they can also be white, yellow, red, and purple.
- Baby carrots are not its own type of carrots -- they are simply bigger carrots cut into smaller chunks. As a part of an advertising campaign, farmers successfully pushed baby carrots as an alternative snack food.

**Replacements:**
If you prefer, you can leave out the water and stir in 1-2 tbsp of oil to bake the carrots instead.
You can substitute any spices that you desire.

**How Kids Can Help:**
Kids can add spices and stir with their hands or wooden spoon.
**Mini Pepper Pizzas**

**Ingredients (4 servings):**
- 4 bell peppers, halved and cored
- 1 tbsp oil
- Salt and pepper to taste
- 1/2 cup pizza sauce (or marinara)
- 2 cups shredded mozzarella
- 1/2 cup grated parmesan cheese
- 1/3 cup mini pepperoni (optional)
- 1 tbsp parsley (optional)

**Instructions:**
1. Preheat oven to 350°. On a sheet tray, drizzle peppers with oil and season with salt and pepper.
2. Spoon sauce onto each pepper half. Sprinkle with mozzarella and parmesan and top with pepperoni. For meatless pizzas, replace pepperoni with cherry tomatoes or other toppings.
3. Bake for 10 to 15 minutes, until the peppers are crisp-tender and the cheese is melted.
4. Garnish with parsley and serve! Other good toppings are also basil or spinach.

**Bell Pepper Facts:**
- Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.
- Red/yellow/orange bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.
- The bell pepper is the only member of the pepper family that does not produce capsaicin, a chemical that can cause a strong burning sensation when it comes in contact with your tongue. That’s why they are sometimes called “sweet peppers”!

**How Kids Can Help:**
Assembling and topping these mini pizzas is a fun task for children of any age.

**Replacements:**
- **Pizza sauce:** regular pasta sauce, such as marinara, will do just as well.
- **Mozzarella:** you can pick any cheese that melts well -- popular options are cheddar or provolone.
**Zucchini Ravioli**

**Ingredients (4 servings):**
- 4 medium zucchini
- 2 cups ricotta
- 1/2 cup grated parmesan cheese
- 1 large egg
- 1/4 cup fresh basil, sliced
- 1 clove garlic, minced
- salt and pepper to taste
- 2 cups marinara sauce
- 1/2 cups shredded mozzarella

**Instructions:**

1. Preheat oven to 375° and grease a large baking dish with oil.

2. Make the noodles: Slice each zucchini in half lengthwise. Using a vegetable peeler, slice each zucchini into thin flat strips. These are your “noodles.”

3. Assemble the ravioli: Lay two strips of zucchini noodles so that they overlap lengthwise. Lay two more noodles on top, perpendicular to the first strips, into a “T” shape. Spoon about 1 tbsp of filling in the center of the zucchini. Bring the ends of the strips together to fold over the center, working one side at a time. Turn ravioli over and place in the baking dish seam-side down. Repeat with remaining zucchini and filling. Pour marinara around zucchini and top ravioli with mozzarella.

4. Bake until zucchini noodles are “al dente” and the cheese is melty and golden on top, ~25 to 30 minutes.

5. Top with remaining basil and Parmesan before serving.

*Adapted from: delish.com/cooking/recipe-ideas/zucchini-ravioli-recipe/

**Zucchini Facts:**

- Zucchini, also known as summer squash, is low in calories, containing only 20 calories per cup raw. It contains vitamins A and C and is naturally free of fat, cholesterol, and sodium.

- Zucchini is recent to American history: they were first brought to the United States in the 1920s by Italian immigrants.

- A zucchini has more potassium in one cup serving than a banana.

**Replacements:**

- **Ricotta**: for a low-fat version, substitute with cottage cheese
- **Fresh basil**: you can substitute with dried basil, but you can also find fresh basil in the School 17 garden

**How Kids Can Help:**

Children can help with assembling zucchini into ravioli shape. The result may be messy, but the appearance won’t affect the taste!
veggie pizza rolls

INGREDIENTS (8 servings):
- 1/4 cup spinach
- 1/2 green bell pepper
- 1/4 cup mushrooms, chopped
- 1/2 onion, chopped
- 1 tomato, chopped
- 1 carrot, chopped
- 1 zucchini, chopped
- 1 cup marinara sauce
- store-bought pizza dough*

INSTRUCTIONS:
1. Preheat oven to 400 degrees F.
2. Chop veggies and sauté for 3-4 minutes or until slightly tender. Blend in a blender with marinara sauce. (Or mash with fork/potato masher.)
3. Place dough on a lightly floured work surface. Use a rolling pin to roll the dough into a 1/2-inch thick rectangle, about 12 by 10 inches.
4. Begin by spreading about 1 cup of sauce over the dough, leaving a 1/2-inch border around the edges. If it seems like it needs more, then add 1 or 2 Tbsp at a time. Sprinkle with mozzarella cheese.
5. Roll the dough into one large roll. Slice into 8-12 slices and place in a greased muffin tin.
6. Bake for 15-20 minutes or until rolls are golden brown and cooked through the middle.

*to make your own easy pizza crust:

INGREDIENTS
- 1 packet instant yeast (2 1/4 teaspoon)
- 1 tsp sugar
- 1 cup warm water
- 2 1/2 cups bread flour
- 2 Tbsp olive oil
- 1 tsp salt

1. Preheat oven to 450 degrees F. In a medium bowl, dissolve yeast and sugar in warm water. Let stand, ~ 10 minutes.
2. Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.
3. Turn dough out onto a lightly floured surface and pat or roll into a round.

How Kids Can Help:
Using a rolling pin is suitable for children as young as 3-5 years old, as well as kneading dough! They can also help with the process of adding ingredients on the dough and rolling into one large roll.

replacements:

Vegetables: the veggie choices are up to you and easily interchangeable
Store-bought dough: try to make your own with the easy recipe above

Adapted from: superhealthykids.com/recipes/veggie-packed-pizza-rolls/
pasta salad

INGREDIENTS (8 servings):
- 1 box (12oz) tri-color rotini pasta
- 1 pint grape tomatoes, halved
- 1 1/2 cups cucumber, diced
- 1 1/2 cups broccoli
- 1 cup yellow bell pepper, chopped
- 1 cup olives, sliced
- 2/3 cup carrots, sliced or grated
- 1/3 cup red onion, chopped
- 1/2 cup grated parmesan
- 1 1/3 cups Italian salad dressing

INSTRUCTIONS:
1. Cook pasta according to package instructions to al dente but do not season water with salt. Drain and rinse under cold water.
2. Pour pasta into a bowl, add tomatoes, broccoli, bell pepper, olives, cucumber, carrots, red onion and parmesan.
3. Pour dressing over and toss evenly to coat.
4. Cover and chill at least 30 minutes (or up to 1 day). Add a little more dressing if needed.

Dressing Tip: Instead of store-bought Italian dressing, try to create your own! Common ingredients are: oil, lemon juice, red wine vinegar, garlic, Dijon mustard, salt, pepper, etc...

broccoli facts:
- Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have excellent health benefits.
- Italian immigrants first introduced broccoli to the United States in the 1800s, but it did not become popular until the 1920s.
- Broccoli is more of a cool weather vegetable, available most in the spring or fall -- you can leave it out of this salad, if you’d prefer a more seasonal dish!

replacements:
- Parmesan: replace with nutritional yeast for a vegan dish
- Olives: if you don’t like olives, capers provide a similar taste

For a satisfying crunch, you can add sunflower seeds or walnuts.

Adapted from: cookingclassy.com/pasta-salad/#jump-to-recipe
meatless bolognese

INGREDIENTS (4 servings):
- 2 cups pasta sauce
- 1 1/2 cups mushrooms, chopped
- 1/2 sweet onion, chopped
- 1/2 red bell pepper, chopped
- 1 garlic clove, minced
- 1/4 cup walnuts, chopped
- 1 Tbsp tomato paste
- 1 Tbsp Italian seasoning
- 1 Tbsp garlic powder
- 1 Tbsp oil

INSTRUCTIONS:
1. If desired, toast the chopped walnuts in a pan over medium heat until fragrant. Set aside.

2. Add oil in a pan over medium heat. Add chopped onion and cook until tender, ~5 minutes.

3. Add the mushrooms and red bell pepper to the saucepan. Cook and stir until the water from the mushroom has been cooked off, ~8 minutes.

4. Add tomato paste, pasta sauce, Italian seasonings, walnuts, fennel seeds, and garlic powder. Mix well. Reduce heat to low and allow the sauce to simmer, ~5-8 minutes.

5. Taste, add a pinch of sugar if the sauce is too acidic (optional). Serve with your choice of pasta.

mushroom facts:
- Mushrooms are the leading source of the antioxidant nutrient selenium in the produce aisle. Antioxidants, like selenium, protect body cells from damage that might lead to chronic diseases and help to strengthen the immune system.
- A mushroom is a fungus: something between a vegetable and an animal.
- The mushroom is used in many cuisines throughout the world and it is known as the "meat" of the vegetable world.

replacements:
Walnuts: if allergic to nuts, replace with sunflower seeds for a similar crunch
Italian seasoning: if you don’t have this handy, don’t fret! You can use herbs you might have in your pantry, like basil, oregano, rosemary and thyme.

Adapted from: plantbasedandbroke.com/meatless-bolognese-sauce/
cauliflower tater tots

INGREDIENTS (6 servings):
- 1 head of cauliflower, in florets
- 5 tbsp flour
- 1/4 cup grated parmesan
- 3/4 tsp ground pepper
- 1/2 tsp salt
- 2 egg whites, whisked
- 3/4 cups breadcrumbs
- cooking oil spray

INSTRUCTIONS:
1. Boil cauliflower until tender, ~10-12 minutes. Drain completely, then return to the bowl and dry over medium heat, ~3 mins. Remove from heat and mash with masher or fork until it resembles clumpy rice.
2. Stir flour and cheese into cooled cauliflower. Season with salt and pepper. Stir in frothy egg whites.
3. Line a baking dish with plastic wrap and spread mixture into the pan, compacting into an even layer. Cover with wrap and chill in the freezer for ~1-2 hours.
4. Preheat oven to 400 degrees F. Coat a baking sheet with cooking spray.
5. Remove plastic wrap and cut up cauliflower mixture into even pieces (approximately 36). Roll pieces in breadcrumbs until all sides are covered. Place on baking sheet, leaving space in between.
6. Coat the pieces with cooking spray. Bake, turning once halfway through, until browned, ~35-45 minutes.

Adapted from: eatingwell.com/recipe/252185/parmesan-cauliflower-tater-tots/

cauliflower facts:
- Cauliflower is a rich source of vitamin C and a good source of potassium. Remember that the phytochemical activity of these vegetables is increased when they are combined with other vegetables.
- Cauliflower leaves are edible! They are somewhat similar to collard greens, making them good for stir fries and veggie stock.
- There are many types of cauliflower. Orange cauliflower is a bit sweeter for those who don’t like the white variety.

replacements:
Parmesan: for a dairy-free option, use nutritional yeast instead
Egg whites: aquafaba, the water from canned chickpeas, can act the same as egg whites! 1 tbsp of aquafaba = 1 egg white

How Kids Can Help:
Coating the cauliflower bits in breadcrumbs is a fun way to engage children! They can also break up cauliflower pieces and form the mixture before freezing.
**stuffed mushrooms**

**INGREDIENTS (4 servings):**
- 8 large mushrooms
- 4 cloves garlic, chopped
- 3/4 cup white onion, chopped
- 3 tsp olive oil
- 1/2 tsp dried parsley
- 1/2 tsp dried rosemary
- 1/2 tsp dried thyme
- 1/4 cup bread crumbs
- 1/4 cup tomatoes, chopped
- 1 tsp lemon juice
- cooking spray
- 3/4 cup canned chickpeas

**INSTRUCTIONS:**
1. Preheat oven to 375 degrees F.
2. While oven is warming, put mushroom caps open side down in the oven on a baking sheet.
4. In a large bowl, mash mushroom stems and chickpeas with fork. Add all other ingredients and mix thoroughly.
5. Spray baking sheet and mushroom caps with cooking oil. Stuff mushrooms with mixture and place on a baking sheet.
6. Bake, ~15-18 minutes or until stuffing is golden brown.
7. Serve as an appetizer or a side.

Adapted from: myplate.gov/recipes/myplate-cnpp/daves-herb-stuffed-mushrooms

**garlic facts:**
- Garlic contains Vitamin B, to help our cells grow and stay healthy, Vitamin C, to keep our immune system strong, and Manganese to keep our bones and nervous system healthy.
- Garlic naturally helps with reducing inflammation in our bodies. It was used to treat acne and cold sores!
- The myth that garlic could stop vampires comes from garlic's many health properties. It doesn't keep JUST vampires away, but also bacteria and illness.

**replacements:**
**Herbs:** use any herbs you like, fresh or dried
**Tomatoes:** use sundried tomatoes if you can for a

**How Kids Can Help:**
Stuffing the mushrooms with the mixture is a simple task for very small children that challenges their motor skills.
citrus vegetables

INGREDIENTS (4 servings):
- 4 cups mixed vegetables
  ex. zucchini, corn, tomato, eggplant
- 1/2 tbsp oil (olive)
- 2 tbsp lime juice
- 1/2 tsp oregano
- optional spices

INSTRUCTIONS:
1. Slice vegetables and steam in water on the stove.
2. Drain and place in a bowl to cool.
3. Mix lime juice with oil, oregano, and other spices, if you’d like.
4. Pour lime mixture over vegetables and mix well.
5. If you prefer, you can bake the vegetables with the mixture in an oven safe dish.

corn facts:
- Corn is very low in fat; a diet low in fat is linked to decreasing chances of cancer.
- Another word for corn, maize, is a Taino word meaning “sacred mother.” Corn is an essential Indigenous American and Meso-American crop!
- Corn is both a vegetable and a cereal grain. Sweet corn is usually classified as a vegetable, while the dry seeds used for popcorn are classified as whole grains.

replacements:
Vegetables: if you don’t have some of the vegetables on the list, you can substitute with any others that you like
Lime: fresh lemon will produce a different, but equally delicious taste

Adapted from: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/citrus-vegetables

How Kids Can Help:
Children can prepare the lime juice/oil/oregano mixture and pour & mix with the vegetables.
**Potato Kibbeh**

**Ingredients (6 servings):**
- 6 potatoes (2 lbs)
- 1 cup wholegrain bulgur wheat
- 5 onions, chopped
- 1 1/2 cups walnuts, chopped
- 2 tbsp oil
- 2 tbsp lemon or lime juice
- 1/2 tsp salt
- pepper to taste

**Instructions:**

For Kibbeh dough:
1. Peel potatoes. Boil potatoes in water until you can poke them with a fork. Drain water and mash them in a large bowl.
2. Wash and rinse the bulgur. Add the bulgur into bowl with potatoes. Add salt and pepper and mix well for dough-like consistency.

For filling:
1. While potatoes are boiling, add oil into a large frying pan and sauté chopped onions over low heat, ~5 minutes. Add walnuts, lemon juice, a dash of salt, and sauté for a couple minutes. Remove from heat.

Final preparation:
1. Preheat oven to 300 degrees F.
2. Grease a baking tray. Divide dough in two parts. Knead first half, spreading it evenly on baking tray. Add filling on top, then add second layer of dough and flatten with spoon.
3. Use a knife to cut squares into kibbeh surface. Bake, ~25-30 minutes.

Adapted from: tastymediterraneo.com/potato-kibbeh/

**Walnut Facts:**
- Walnuts contain ALA (alpha-linolenic acid), which is the best plant-based omega 3 acid, good for brain function.
- Walnuts have the highest level of antioxidants among all nuts.
- Native to Persia, walnuts are the oldest tree food that we know of.

**Replacements:**
- **Bulgur:** couscous, quinoa, farro, shredded cauliflower, brown rice
- **Lemon juice:** originally, the recipe calls for pomegranate molasses

**How Kids Can Help:**
Letting children handle the dough stimulates creativity, improves motor skills, can be calming, and countless other benefits.
**roasted vegetables**

*Why this guide?*
Roasted vegetables are versatile and delicious. You can add them into salads, eat them as sides, roll them into wraps, and more. If you don’t always know the right time and temperature for best results, follow the tips below!

**GENERAL TIPS**
1. Cut up vegetables into similarly sized pieces. The smaller the pieces, the faster the veggies will get cooked.
2. Find “vegetable friends” if you are roasting several types of veggies at the same time. Which vegetables cook for similar times, have similar texture?
3. Alternatively, use separate sheets for different types of veggies.

**ROASTING TIMES @ 425 DEGREES F**
- Root vegetables (beets, potatoes, carrots): 30-45 minutes
- Winter squash (acorn, butternut): 20-60 minutes, depending on size
- Crucifers (broccoli, cauliflower, Brussels sprouts): 15-25 minutes
- Soft veggies (zucchini, bell peppers, mushrooms): 10-20 minutes
- Thin veggies (asparagus, green beans): 10-20 minutes
- Onions: 30-45 minutes, depending on desired crispiness
- Tomatoes: 15-20 minutes

roasted veggies facts:
- Certain vegetables become more nutritious after being cooked, like tomatoes, carrots, spinach, kale, mushrooms, asparagus, and more!
- Roasting adds a deep flavor to vegetables, making them more appetizing to children.
- There are plenty of ways to ensure great flavor: toss vegetables in oil, spices, lemon/lime juice, balsamic, and other types of glazes. There are no limits to experimentation.

**glazes:**
- zesty: lemon, oil, salt, pepper
- spicy: oil, sriracha, salt, pepper
- sweet: oil, maple syrup, salt, pepper, cinnamon

Adapted from: thekitchn.com/how-to-roast-any-vegetable-101221

**How Kids Can Help:**
Kids can get creative with glazes and toss the veggies to coat.
chicken ramen soup

INGREDIENTS (4 servings):
- 2 tbsp oil
- 8 garlic cloves, minced
- 4 tbsp ginger, minced
- 12 cups chicken stock
- 6 tbsp soy sauce
- 1 bunch scallions, chopped
- 2 packages (6oz) mushrooms, diced
- 2 cups chicken, cooked and sliced
- 1 tsp salt
- ramen noodles
- 4 eggs, soft or hard boiled

INSTRUCTIONS:
1. Heat oil in medium soup pot. Add garlic and ginger and sauté until fragrant.
2. Add chicken stock, soy sauce, scallions, mushrooms, chicken, and salt and bring to a boil.
3. Add ramen noodles and boil according to package instructions (usually about 3 minutes). Remove from heat.
4. Serve with eggs on top. If desired, add sesame seeds.

Adapted from: https://themodernproper.com/easy-chicken-ramen-soup

ginger facts:
- Ginger is a rhizome, a stem underground, not a root.
- A powerful medicine, ginger has anti-inflammatory properties, aids with gastrointestinal relief, blood sugar regulation, motion-sickness relief, and more.
- Ginger can be grown all year round.

replacements:
Ginger: if you have to use ground ginger, use only 2 tsp
Mushrooms: while shiitake mushrooms are best, any kind will do!
Topping: mix 1/4 cup sesame oil, 1 tbsp chili paste, and 2 tbsp scallions for a tasty topping

How Kids Can Help:
Children can add ingredients to broth, but be mindful of splash! Another fun activity is egg peeling -- make sure to run them under cold water first.
sweet potato grits + kale and eggs

**INGREDIENTS (4 servings):**
- 1 large sweet potato
- 2 cups kale, chopped
- 1 tbsp oil
- 1 1/2 cups water
- 1 cup milk
- 3/4 cup quick-cook grits
- 1/4 tsp salt
- 4 eggs

**INSTRUCTIONS:**
1. Preheat oven to 350 degrees F.
2. Coat a deep over-safe dish in oil.
3. Make a few slits in sweet potatoes; cook in microwave until soft. Peel, cut, and puree in food processor or mash thoroughly.
4. Heat oil in sauce pan and saute kale, ~5 minutes.
5. In a sauce pan, boil water and milk, add grits and sweet potatoes. Cook, ~5 minutes. Remove from heat and stir in cooked kale.
6. Pour in the oven-safe dish and make four holes with back of spon. Break an egg into each hole.
7. Bake, ~30 minutes.

How Kids Can Help:
Let children microwave sweet potatoes, rip the kale, and make divots into the mixture. Older kids can break the egg on top of the mixture.

adapted from: https://www.myplate.gov/recipes/myplate-cnpp/eggs-over-kale-and-sweet-potato-grits

**sweet potato facts:**
- Sweet potatoes contain significant beta carotene, vitamins A and C, iron, potassium and a variety of other great nutrition, making them one of the most nutritional vegetables.
- A sweet potato is a root, whereas white potatoes are tubers -- the two are unrelated.
- Do not refrigerate sweet potatoes! Refrigerations hardens and vegetable and compromises the taste.

replacements:
- Grits: polenta, another sweet potato
- Milk: use reduced fat coconut milk for a dairy-free, rich version
- Kale: spinach or another hardy green will do just as well
chickpea collards

INGREDIENTS (6 servings):
- 2 cans chickpeas, drained
- 1-2 bunches of collard greens, chopped
- 1 onion, diced
- 5 cloves garlic
- 1 can coconut milk
- 1 cup walnuts
- 3/4 cup golden raisins
- 3 tsp curry powder
- salt and pepper to taste
- 1 tbsp oil
- 3 cups cooked brown rice

INSTRUCTIONS:
1. Heat oil in a deep pan. Add onion and garlic and cook until fragrant.
2. Add collard greens in small batches and cook thoroughly, ~5 minutes until vibrant green.
3. Add chickpeas, spices, and coconut milk and stir thoroughly. Bring to a simmer and cover, ~3 minutes.
4. Remove from heat and stir in walnuts and golden raisins. Serve over rice.

collard green facts:
- Collard greens contain Vitamin A, C, and calcium, while being low in calories.
- Studies indicate that eating collard greens can help prevent cancer.
- Collards can be frozen for later use, but should be first blanched, then drained and frozen.

How Kids Can Help:
Kids can rinse out chickpeas, add spices, stir in walnuts and golden raisins!

replacements:
Golden raisins: you can either fully forego them or use regular raisins/craisins
Coconut milk: use 1 1/2 cup of regular milk
Brown rice: white rice or other grain
**easy veggie curry**

**INGREDIENTS (4 servings):**
- 2 lb potato, cubed
- 1 tbsp oil
- 1 onion, diced
- 4 cloves garlic, minced
- 2 tsp cumin
- 1 tsp cayenne
- 4 tsp curry powder
- 3 tsp salt (2 tsp for water)
- 1 tsp pepper
- 1 can (14 oz) diced tomato
- 1 can (15 oz) chickpeas, drained
- 1 can (15 oz) peas, drained
- 1 can (14 oz) coconut milk

**INSTRUCTIONS:**
1. Boil potatoes in salted water, ~12 minutes. Drain and set aside.
2. Heat oil in a pot. Add onion and garlic until fragrant and tender.
3. Add spices and stir to combine. Add tomatoes, chickpeas, and peas.
4. Increase heat to medium-high and stir in coconut milk. Bring to a simmer, then add potatoes into the pot. Reduce heat to low and cook, ~4 minutes.
5. Serve with rice.

Adapted from: https://tasty.co/recipe/simple-veggie-curry

**peas facts:**
- Peas are a goof sources of vitamin A and C, folate, thiamine (B1), iron, and phosphorus, while also being high in protein, carbohydrates, and fiber.
- The less water you use when cooking peas, the less vitamin C is lost.
- While peas have originated in Middle Asia and Ethiopia, the world’s first sweet tasting pea was bred in the 18th century in England.

**replacements:**

**Spices:** the kind of spices you add are entirely up to you

**Coconut milk:** dairy milk

**How Kids Can Help:**
Kids can rinse out chickpeas and peas or peel onion and garlic.
**almond fish sticks**

**INGREDIENTS (4 servings):**
- 1 cup almonds, crushed
- 1/2 cup crushed bran flakes
- 1 tbsp wheat germ
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp cayenne
- 1/2 tsp oregano
- 2 eggs
- 2 tsp oil
- 1 lb cod, rinsed and sliced
- marinara sauce, for serving

**INSTRUCTIONS:**

1. Preheat oven to 425 degrees F.
2. Mix together almonds, bran flakes, wheat germ, salt, garlic powder, cayenne, and oregano in a medium bowl.
3. In a separate bowl, froth the eggs.
4. Coat a baking pan with oil. Dip fish sticks in eggs, then in almond mixture and place in prepared pan.
5. Bake, ~10-15 minutes or until lightly browned.
6. Serve with marinara as a dip.

Almond facts:

- Almonds are considered a superfood, packed with protein, vitamin E, fiber, calcium, and iron, while also containing 6 grams of protein per ounce.
- Most of the world’s almonds are produced in California, where the warm climate helps the crop thrive.
- Honey from bees who pollinate almond trees is too bitter to be consumed on its own and has to be blended with other types.

**How Kids Can Help:**
Let your children have fun with dipping fish sticks in the egg and almond mixtures.

**replacements:**
- **Bran flakes**: cornflakes
- **Marinara sauce**: ketchup or other sauces -- experiment!
- **Cod**: haddock, pollack, striped bass, black cod

Adapted from: https://www.foodnetwork.com/recipes/oven-baked-almond-fish-sticks-3416301
bean burrito

INGREDIENTS (8 servings):
- 2 cups rice, cooked
- 1 onion, chopped
- 1 can (15 oz) kidney beans, drained
- 8 flour tortillas
- 1/2 cup salsa
- 1/2 cup cheese, shredded

INSTRUCTIONS:
1. Preheat oven to 300 degrees F.
2. Mix rice, onion, and beans in a bowl.
3. Put each tortilla on a flat surface and put an even amount of rice mixture in the middle of each tortilla. Fold tortilla to hold rice and beans and place in a baking pan. Bake, ~15 minutes.
4. Pour salsa and cheese over baked burritos.

How Kids Can Help:
Scooping rice and bean mixture into the tortillas and folding them is a fun and engaging way for little ones to be involved.

Adapted from: https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/bean-and-rice-burritos

rice facts:
- Rice is primarily a carbohydrate and contains no fat or sugar.
- It is the oldest food that is still eaten today, dating back to at least 5,000 BC.
- White rice is basically refined brown rice, which increases its tastiness and cooking quality but reduces its nutritional value.

replacements:
- Kidney beans: black or pinto
- Rice: use leftover rice if you have it for best results
- Spices: add any spices you like into the bean and rice mixture
tuna veggie melt

**INGREDIENTS (6 servings):**
- 1 can (5 oz) tuna, drained
- 1/4 cup celery, chopped
- 1 green onion, sliced
- 1/2 cup carrot, grated or shredded
- 1 tbsp mayonnaise
- 1/4 tsp pepper
- 3 English muffins
- 1/2 cup cheddar cheese, grated

**INSTRUCTIONS:**
1. In a small bowl, mix together tuna, celery, onion, carrot, mayonnaise and pepper.
2. Top each muffin half with tuna mixture and cheese.
3. Broil in the oven until cheese melts, ~3 minutes. Alternatively, place in a greased pan on the stove and cover, cooking ~3 minutes.
4. Serve warm with a side of choice.

**How Kids Can Help:**
Mixing the tuna mixture and scooping it onto the muffins is suitable for the smallest children.

**Celery facts:**
- Celery is full of vitamin C, K, potassium, and antioxidants, but it must be eaten within a week of purchase. It also reduces inflammation and is used as a cure for heartburn.
- Being made up of 95% water, celery is a hydrating vegetable.
- In Europe, celery is the most common allergen. (In the US it is peanuts.)

**Replacements:**
- Tuna: mackerel, or chickpeas for vegetarian version
- English muffins: bread rolls or sliced bread

Adapted from: https://foodhero.org/recipes/tuna-veggie-melt
curried lentil soup

INGREDIENTS (6 servings):
- 1 onion, diced
- 2-4 cloves of garlic, minced
- 1 tbsp oil
- 1 cup dried red lentils
- 2 sweet potatoes
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 tsp garam masala
- 1/4 tsp cayenne
- 2 tsp paprika
- 1 can (8 oz) diced tomatoes
- 6 cups of vegetable broth
- 1 bag of preferred greens
- 2 bay leaves
- 1 tsp ground ginger
- salt and pepper to taste

INSTRUCTIONS:
1. Heat oil in a large pot on medium heat. Add onions and garlic and stir until soft and fragrant.
2. Add sweet potatoes, lentils, and all spices except bay leaf. Stir everything to coat and cook until fragrant, ~2-3 minutes.
3. Stir in canned tomatoes, vegetable stock, and bay leaves. Bring to a boil, the cover and simmer until potatoes and lentils are soft, ~15 minutes.
4. Add in your green of choice (ex. kale, chard, spinach) and stir, leaving to cook a few more minutes until softened. Remove from heat.

How Kids Can Help:
Children can add ingredients into the soup or cut softer vegetables, if familiar with using a knife.

replacements:
Sweet potatoes: white potatoes
Garam masala: add a bit more curry powder or cumin

turmeric facts:
- Turmeric has many medicinal properties that have been used in India for thousands of years, including anti-inflammatory effects and strong antioxidant property.
- Combining turmeric with black pepper makes the body ingest its properties better.
- Studies indicate that turmeric can help prevent cancer and tumors.
**donut apple**

**INGREDIENTS (7 servings):**
- 12 oz cream cheese, softened
- 2 tsp honey
- 1/2 cup melted chocolate
- 3 apples
- sprinkles for decorating
- optional: food coloring

**INSTRUCTIONS:**
1. Divide cream cheese in three bowls. In one bowl, add 1 tsp honey, in another add melted chocolate, and in the last add remaining honey and food coloring if desired. Stir to combine.
2. Slice apples and hollow out centers with cookie cutter.
3. Spread mixture on apple slices and decorate with sprinkles.

Adapted from: delish.com/cooking/recipe-ideas/recipes/a52053/donut-apples-recipe/

**apple facts:**
- Apples contain beta-carotene, vitamin C, potassium and more.
- Apples may aid with weight loss, lower risk of heart disease, diabetes, promote gut health etc.

**How Kids Can Help:**
Children can handle this recipe almost entirely by themselves, with some help for cutting apples into slices.

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**creamy fruit salad**

**INGREDIENTS (6 servings):**
- 2 apples, cored and cut into chunks
- 1 honeydew melon, cut into chunks
- 1 can (20 oz) pineapple chunks
- 1/2 cup dried cherries
- 1/2 cup plain yogurt
- 1/2 cup cream of coconut

**INSTRUCTIONS:**
1. In a large bowl, combine all ingredients and stir. Add a pinch of salt if desired.

Adapted from: foodnetwork.com/recipes/sunny-anderson/quick-and-creamy-fruit-salad-recipe2-2108754

**honeydew facts:**
- Honeydew is diverse in nutrients and contains 53% of the daily intake of vitamin C.
- Honeydew may reduce blood pressure, is vital to bone health, improves blood sugar control etc.

**How Kids Can Help:**
With pre-cut chunks, let children put together the recipe by themselves!
no bake cookie balls

INGREDIENTS (4 servings):
- 1/2 cup peanut butter
- 3 Tbsp honey
- 1 tsp vanilla extract
- 1/3 cup rolled oats
- 1/4 cup mini chocolate chips
- 1/4 ground flaxseed

INSTRUCTIONS:
1. Mix together the peanut butter, honey, and vanilla in a medium bowl. Add oats, chocolate chips, flaxseed, and mix thoroughly.
2. Roll mixture into small balls and place on a lined sheet. Refrigerate, ~30 minutes.

Adapted from: foodnetwork.com/recipes/sunny-anderson/quick-and-creamy-fruit-salad-recipe2-2108754

flaxseed facts:
- Just a tablespoon of flaxseed contains a fair amount of protein, fiber, omega-3 fatty acids, and vitamins.
- Flaxseeds may reduce risk of cancer, improve cholesterol, and lower blood pressure.

How Kids Can Help:
Again, this snack is a perfect opportunity for children to do some “cooking” on their own, since no heat or cutting is needed.

pb energy bite cones

INGREDIENTS (8 servings):
- 3/4 cup dates, chopped
- 1/2 cup rolled oats
- 1/4 cup peanut butter
- 1/2 cup chocolate chips, melted
- 2 graham crackers, cut into triangles
- 1 tsp rainbow sprinkles

INSTRUCTIONS:
1. Soak dates in hot water, ~5-10 minutes, then drain.
2. Combines dates, oats, peanut butter in food processor and chop finely. Roll mixture into 8 balls and freeze, ~30 minutes.
3. Cut a slit into the top of each ball. Dip bottom of balls in chocolate, insert graham cracker triangles, and top with sprinkles. Allow chocolate to set.

Adapted from: eatingwell.com/recipe/260353/peanut-butter-energy-bite-ice-cream-cones/

oat facts:
- Oats are an excellent source of fiber and has a good amount of protein and vitamins/minerals.
- Oats may lower cholesterol, prevent type 2 diabetes, and boost fullness.

How Kids Can Help:
Kids can roll the balls, dip them in chocolate, and decorate.
**pear almond shot**

**INGREDIENTS (4 servings):**
- 4 Tbsp nut butter
- 1 pear, chopped
- 2 tsp lemon juice
- 1 tsp cinnamon
- 1/2 cup rolled oats
- 1/4 cup coconut flakes
- 4 Tbsp chopped nuts
- 1 Tbsp honey

**INSTRUCTIONS:**
1. For bottom layer: Place 1 Tbsp nut butter in bottom of each shot glass and freeze, ~1 hour.
2. For middle layer: Preheat oven to 375 degrees F. Mix chopped pear, lemon juice, and spices in a small bowl, then distribute evenly among the shot glasses.
3. For topping: Combine the oats, coconut flakes, nuts, honey (and cinnamon), then layer on top of pear mixture evenly.
4. Bake until slightly brown on top, ~20-25 minutes.

**pear facts:**
- Pears contain significant amounts of Vitamin C, and fiber, being one of the most easily digested fruits.
- There are over 3,000 pear varieties around the world.

**How Kids Can Help:**
Let children mix and assemble the shots.

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**banana oat cookies**

**INGREDIENTS (14 servings):**
- 2 ripe bananas
- 1 cup oats
- 1/2 tsp cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 cup raisins

**INSTRUCTIONS:**
1. Preheat oven to 350 degrees F.
2. In a medium bowl, mash bananas well. Add oats, cinnamon, vanilla, and raisins. Mix thoroughly.
3. Line or oil a baking sheet. Drop spoonfuls of dough onto the sheet and flatten slightly.
4. Bake, ~10-15 minutes.

**banana facts:**
- Bananas are an excellent source of fiber, vitamin C, and potassium.
- Bananas are actually classified as a berry. They are one of the most popular fruits in American diet.

**How Kids Can Help:**
Mashing bananas, combining the mixture and shaping cookies are all fun!