

Fourth Edition

HEALTHY CUISINE FOR Kids



Culinary Manual



National Food Service Management Institute
The University of Mississippi

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Healthy Cuisine for Kids **Culinary Manual**

Fourth Edition

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National Food Service Management Institute
The University of Mississippi

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National Food Service Management Institute The University of Mississippi

Building the Future Through Child Nutrition

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PURPOSE

The purpose of the National Food Service Management Institute is to improve the operation of child nutrition programs through research, education and training, and information dissemination.

MISSION

The mission of the National Food Service Management Institute is to provide information and services that promote the continuous improvement of child nutrition programs.

VISION

The vision of the National Food Service Management Institute is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

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OVERVIEW

Can you think of anything that is more fun than getting in the kitchen and trying new recipes? That is what the Culinary Lab is about. It is designed to give you, the participant, an opportunity to learn and practice healthy cooking methods by applying the nutrition principles of the *Dietary Guidelines for Americans* in preparing and serving healthy and appealing recipes that students will enjoy.

During the *Healthy Cuisine for Kids* Seminar you will participate in four Culinary Lab experiences. Each lab involves preparing, scoring, presenting, tasting, and evaluating recipes. You and your team, along with the other teams, will prepare recipes selected from the *Recipes for Healthy Kids Cookbook* and other resources. Each team will be responsible for a recipe in each lab; however, all participants will taste and evaluate all of the finished products.

The Lessons and the Culinary Demonstrations preceding the Culinary Labs provide the framework – nutrition concepts, *Dietary Guidelines for Americans* principles, and culinary techniques – needed to be successful in the lab. The Culinary Manual has valuable information to assist you in recalling nutrition principles, culinary techniques, and healthy cooking methods.

The four Culinary Labs focus on helping you learn healthier ways to prepare and present food at school. These labs feature recipes related to school and child care meal components. The culinary labs are:

- Culinary Basics
- Fruits and Vegetables
- Whole Grain-Rich Foods
- Meat/Meat Alternate

The teaching team will direct, supervise, coach, and assist you in every step of the culinary lab.

PURPOSE OF THE CULINARY LAB

The *Healthy Cuisine for Kids* Seminar is about healthy cooking. These four lab experiences will be fun, fascinating, and full of great ideas for you to practice in your own school or child care food programs.

In each Culinary Lab, you will work with a team of approximately three other participants. Each culinary team will prepare a recipe (found in the Appendix) in each lab to have hands-on experience in practicing healthy cooking techniques.

The Healthy Cuisine team will give you an orientation to the Culinary Lab that includes team responsibilities and team assignments. In addition to learning healthier cooking methods, the four labs will focus on teamwork, planning and organizing lab assignments, garnishing and presenting food, and evaluating food products prepared.

The Culinary Lab experiences are developed to help you

- sharpen your skills in working as a team,
- understand the essential concept of *mise en place* and the benefits of organization,
- learn some new and healthier cooking methods that apply the nutrition principles of the *Dietary Guidelines for Americans*,
- develop some new techniques for presenting and garnishing food,
- learn skills in scoring and evaluating finished products, and
- integrate safety and sanitation principles in preparing and serving food and using equipment.

THE CULINARY MANUAL

The Culinary Manual is your handbook to use in each of the four Culinary Labs of the *Healthy Cuisine for Kids Seminar*. It also contains pages for the notes you make on the Culinary Demonstrations which show you the culinary techniques you will use in the Culinary Labs. The manual

- describes the hands-on activities you will experience in the four Culinary Labs,
- contains the information each team will need for the four labs, such as team assignments, food and equipment needs, and
- contains a Product Evaluation form for all the recipes prepared in each lab. The Product Evaluation form for the specific lab is the last page in each Culinary Lab.

Although *Healthy Cuisine for Kids* is about preparing healthy and safe food, it is much more. It is about working as a team to produce quality food; learning to use tested recipes; developing an understanding of *mise en place* or getting organized for each task; learning and applying culinary techniques of preparing, cooking, presenting, and evaluating healthy and appealing food; and applying the nutrition principles of the *Dietary Guidelines for Americans* in preparing food.

SEMINAR OBJECTIVES

- Discuss how meals support the recommendations of the *Dietary Guidelines for Americans* and follow federal guidance in preparing and serving nutritious, high-quality meals that appeal to the children.
- Identify quality standards for fruits and vegetables, whole grain-rich foods, and meats/ meat alternate prepared in child nutrition programs.
- Demonstrate an understanding of the nutrition principles related to preparing fruits and vegetables, whole grain-rich foods, and meat/meat alternate.
- Demonstrate basic culinary skills required to prepare and serve nutritious, high-quality meals that appeal to the children.

DAILY SCHEDULE**DAY ONE**

| Length | Time | Activity | Presenter |
|---------------|---------------|--|------------------|
| 1 hour | 8:00 – 9:00 | Lesson 1: Culinary Basics Classroom Instruction | Culinary Trainer |
| 1 hour | 9:00 – 10:00 | Culinary Demonstrations | Chef Instructor |
| 2 hours | 10:00 – 12:00 | Culinary Lab Clean-up/Restock | Participants |
| 30 minutes | 12:00 – 12:30 | Lunch | |
| 1 hour | 12:30 – 1:30 | Lesson 2: Fruits and Vegetables Classroom Instruction | Culinary Trainer |
| 1 hour | 1:30 – 2:30 | Culinary Demonstrations | Chef Instructor |
| 2 1/2 hours | 2:30 – 5:00 | Culinary Lab Clean-up/Restock | Participants |

DAY TWO

| Length | Time | Activity | Presenter |
|---------------|---------------|---|------------------|
| 1 hour | 8:00 – 9:00 | Lesson 1: Whole Grain-Rich Foods Classroom Instruction | Culinary Trainer |
| 1 hour | 9:00 – 10:00 | Culinary Demonstrations | Chef Instructor |
| 1 1/2 hours | 10:00 – 11:30 | Culinary Lab Clean-up/Restock | Participants |
| 30 minutes | 11:30 – 12:00 | Lunch | |
| 1 hour | 12:00 – 1:00 | Lesson 2: Meat/Meat Alternate Classroom Instruction | Culinary Trainer |
| 1 hour | 1:00 – 2:00 | Culinary Demonstrations | Chef Instructor |
| 2 hours | 2:00 – 4:00 | Culinary Lab Clean-up/Restock | Participants |
| 30 minutes | 4:00 – 4:30 | Certificates and Evaluation | |

Healthy Cuisine for Kids Culinary Manual

Lesson 1 Culinary Basics

TEAMWORK

Just as you work with a team in your school or child care program, you will work as a part of a 4-5 member team in the Culinary Lab. The teams are designated by number in the Culinary Manual. The culinary teams may give themselves names. Each member of the team will have specific responsibilities related to the recipes and the lab.

It is essential to work as a team to complete the assignments on time. Team members support each other to help out where needed. Getting the tasks completed on time is essential, just as getting the food prepared in your program to meet the meal schedule is essential. You will work with the same culinary team in all the labs.

The two-day *Healthy Cuisine for Kids* Seminar includes four labs. Each member of the four-member culinary team should be team leader for at least one lab. As a team, you may designate other responsibilities on the team to rotate. For example, you may want to rotate the leadership responsibility for garnishing the recipes or overseeing the clean-up. Each lab involves many details. Developing teamwork and organization will help get the work done easier and faster.

MISE EN PLACE AND ORGANIZATION

Mise en place is about having everything in place for the task. It begins with the organization of your team, making sure each member understands his/her assignment for the lab. The team should read the recipes before beginning any preparation and make a time and task schedule for each part of the task – including how the products will be evaluated, garnished, and presented. Don't forget the clean-up task that takes place during the lab and after the products are prepared, presented, and tasted. After the team is organized, assemble all ingredients and supplies before beginning the preparation. This is *mise en place* – getting it all together.

PREPARATION

Preparation begins with an understanding of the recipe or procedure to be followed. It involves assembling all ingredients and supplies, determining the large and small equipment to be used in preparing the recipe, understanding the cooking method to be used, preheating equipment if required, and weighing and measuring ingredients. The recipe or procedure should be followed exactly unless the training team suggests a modification. Preparation also includes a plan for garnishing the recipe and how it will be presented on the service line, including how it will be portioned and served.

EVALUATION

The recipe is presented to the entire group of participants, the training team, and perhaps others who have been invited to participate in the taste test. This group evaluates the product using the Product Evaluation form. A discussion about each product will follow the taste test. All teams use the same Product Evaluation form. The product is evaluated in four categories: appearance, taste, texture, and eating quality. What are some criteria you would use to evaluate in each of these four areas?

TASTING AND PRODUCT EVALUATION

Each team prepares its products for presentation on the service line. The product should be appropriately garnished for presentation. Each team should provide an appropriate serving utensil for the product prepared.

One of the training team members will set up the serving area with drinks, disposable plates, napkins, cups, and eating utensils. The training team will have copies of the Product Evaluation form for that lab available for guests participating in the tasting and evaluation.

The leader of each culinary team will describe the products prepared by that team and discuss any unique aspects of the preparation. The leader should also identify a nutrition principle involved in the preparation, the cooking method used, flavor enhancing techniques, and special culinary techniques used.

DISCUSSION OF EVALUATION

The Chef Instructor or another member of the training team will lead the discussion of the evaluation using the descriptors on the Product Evaluation form.

CLEAN-UP

Each culinary team is responsible for cleaning the workspace and utensils used in preparing and garnishing the recipes. The training team and all culinary teams will share in the overall clean-up of the service area and getting the food preparation area in order and ready for the next Culinary Lab.

LAB RESPONSIBILITIES

The lab can be a fun and rewarding experience if we **ALL** work together as a team. To help you get the most out of the lab experience:

- Go into the lab with a positive attitude determined to contribute, to work, to follow directions from your team leader, and to have fun.
- Read the recipe twice. Ask questions if something is not clear.

Team Leader

- Select a team leader for each lab. Rotate among team members.
- The team leader will keep everyone on task and keep track of time much like a manager in a school would.
- The team leader will note in the upper left corner of the recipe
 - o oven temperature if needed,
 - o the time of presentation of the food,
 - o the time required for cooking, and
 - o the time the food must begin cooking.
- The team leader will assign responsibilities to each team member. Example: One team member may be assigned to gather the dry ingredients, another assigned to get the pans needed, another to get refrigerated ingredients, etc. After the ingredients are gathered, one team member can be assigned to weigh the dry ingredients, another one or two to chop and weigh the vegetables, etc.

Participants

- Taste the product as it is being prepared.
- Each person should prepare Product Evaluation form.
- Each team member will help clean up and keep the station clean and organized.
- Each team will “re-set” their workspace for the next lab.

HEALTHY CUISINE FOR KIDS
TEAM ROSTER

TEAM 1

1

2

3

4

5

TEAM 2

1

2

3

4

5

TEAM 3

1

2

3

4

5

TEAM 4

1

2

3

4

5

LESSON 1: CULINARY INSTRUCTIONS – CULINARY BASICS

A HEALTHY CHILD NUTRITION ENVIRONMENT

Gives children

- clear and consistent messages that reinforce healthy eating and physical activity habits.
- opportunities to learn to make healthy choices.
- opportunities to practice healthy habits.

Dietary Guidelines Key Recommendations

- Increase vegetable and fruit intake.
- Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole grain intake by replacing refined grains with whole grains.
- Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
- Use oils to replace solid fats where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

Source: Dietary Guidelines for Americans, 2010

BASIC CULINARY TECHNIQUES

BASIC KITCHEN SKILLS

- Desirable work habits;
- *Mise en Place* – be organized and manage your time effectively to produce final products for “just-in-time” service;
- Correct use of standardized recipes, weights, and measures;
- Use flavorings and seasonings appropriately;
- Follow the recipe exactly;
- Select the appropriate cooking/preparation methods and equipment;
- Proper use of equipment; and
- Strict adherence to rules of food safety and sanitation.

Five Key Points in Preparing Quality Foods:

Plan food production for just-in-time service.

Since most foods taste their best immediately after they are prepared, the production schedule times food preparation so that foods are prepared as close to the time of service as possible.

Review the Recipe

Child care professionals have quality standards for various menu items just like professionals in other fields. The quality standards for a food are like a target. They are the goal of food preparation. The quality standards for foods can be grouped into those that tell about:

- Appearance (how the food should look when it is prepared according to a recipe)
- Texture or Consistency (how the food should feel in the mouth and how it cuts)
- Flavor (how the food tastes)
- Service Temperature (the ideal temperature for serving the food)

Organize equipment and ingredients.

A well-organized cook saves time and energy by assembling all ingredients and equipment before starting food preparation. This process is called *mise en place* or to *put in place*. Use the recipe or directions to find out what is needed. Then gather the equipment and ingredients. Stay organized during food production by keeping things in order and cleaning as needed.

Use the right culinary technique.

A professional uses the right culinary technique for the food that is to be prepared. A recipe includes a description of the right culinary technique to use for that food. By learning the basic culinary technique and then following the directions for a recipe, the result will be a quality product.

Deliver a quality product.

A professional evaluates each product using the Product Evaluation form before it is placed on the service line.

Safe Way to Taste Test

Taste food the following way:

- Place a small amount of food into a separate container.
- Step away from exposed food and food contact surfaces.
- Use a teaspoon to taste the food. Remove the used teaspoon and container to the dish room. Never reuse a spoon that has already been used for tasting.
- Wash hands immediately.

MISE EN PLACE

“*Mise en place*” is a French phrase that means to “*put in place*.” Food professionals use this phrase to describe the things that have to be done to get ready to prepare a dish or menu item.

Everything you prepare in your kitchen requires a series of steps. Often, these steps are outlined in the form a recipe, and give you the basic information you need to begin thinking about your mise-en-place.

Preparation for Cooking

Yourself

Chefs consider a thorough and complete *mise en place* essential to meal preparation success. *Mise en place* is a collection of good work habits. It takes planning, effort, and practice to develop any habit. Once these good habits are established, you will be more organized and efficient. You’ll be more confident about your work and it will be of better quality.

Plan your work. Select the recipes to be prepared each day. Read over the recipes so that you have a basic idea of what you need to do to complete the recipe. Pay attention to things like how long foods need to cook or cool and whether you need special equipment.

Prioritize your work. More advanced *mise en place* skills include the ability to prioritize work so that you are doing the right things at the right time and the ability to organize your work so that you don’t waste time. As you write your *mise en place* list, certain activities need to take place at certain times and some tasks can be grouped together. Review your lists before you begin to work to be sure that you have properly organized your work.

Ingredients

Collect all ingredients needed for each recipe. Organizing your *mise en place* involves all pre-preparation of all ingredients. This may include:

- Measuring
- Washing, trimming, and cutting ingredients
- Pre-preparation of ingredients, such as stocks or sauces

Equipment

Collect all tools and prepare equipment.

| <i>Small tools that might be needed include:</i> | <i>Equipment preparation may include:</i> |
|--|---|
| Knives Cutting boards Spatulas Spoons Service utensils Steam-table pans Sheet pans | Preheat ovens Assemble mixer Assemble food processor Line sheet pans |

Work Station

The work station is the place where you gather together the tools and ingredients you need to prepare your *mise en place*, cook, or serve foods. When you set up a work station properly, you should not have to leave the area while you work. Use your *mise en place* lists as reminders so that you don't have to make several trips to get what you need or retrieve something you forgot. The way you set up a work station depends upon the type of work you need to do. You need different tools and ingredients while you are preparing your *mise en place* than you will when you are preparing foods to serve. You need holding containers when you are preparing foods, pots and pans while you cook, and plates when you serve. You may also need a variety of hand tools, such as spoons, whisks, spatulas, peelers, or ladles.

Establishing a work flow

Once you have all the ingredients, tools, and equipment you need, take the time to arrange them so that they are easy to reach as you work. You should also try to put them into a logical order. This order is known as a work flow. For example, if you are peeling and chopping onions, you might put all the unpeeled onions in a bucket on the left side of your work station. Next to that bucket, you'll put a cutting board. You might put a container to hold the peels above your cutting board and a container to hold the peeled onions to the right of the board.

Measure Ingredients Carefully**Rules for weighing ingredients**

- Be sure the pointer is on zero when you begin.
- Place the container for the ingredient on the scale's platform.
- If using a scale with a fixed dial, place the container on the platform; record the weight of the container. Add the ingredients until the total weight equals the required weight, plus the weight of the container.
- If using the scale with an adjustable dial, place the container on the platform and turn the pointer to zero. Add the ingredients until the dial reflects the required weight.
- If using an electronic scale, press the tare button after the container is placed on the platform.

Rules for measuring dry ingredients

- Use standard measuring equipment.
- Use the largest appropriate standard measuring container to save time and to reduce error.
- Exception: To measure flour, do not use a container larger than 1 quart because flour packs easily.
- Spoon ingredient lightly into the measuring container. (If lumpy, sift before measuring).
- Exception: Pack brown sugar firmly into the measuring container so it will take the shape of the container when emptied.
- Fill the measuring container to overflowing and level off with a straight-edged spatula.
- Avoid shaking or tapping measuring container.

Rules for measuring liquid ingredients.

- Use the largest appropriate standard measuring container.
- Place liquid measuring container on a flat surface.
- Pour liquid into the container until it reaches the desired level.
- Read at eye level when using a clear container. If a metal container is used, look inside the container as the liquid is filled to the desired level.

Sample Recipes from *Recipes for Healthy Kids Cookbooks*

If you're looking to add to your collection of delicious, kid-approved recipes that are made from healthy ingredients, look no further than the *Recipes for Healthy Kids Cookbooks*! To recognize and share this culinary creativity nationwide, 30 delicious, kid-approved recipes from the R4HK competition have been standardized and compiled into cookbooks for use in homes, child care centers, and schools. These are all available at the Team Nutrition website at http://teamnutrition.usda.gov/Resources/recipes_for_healthy_kids.html

Home Cookbook - Recipes for 6 servings

Child Care Cookbook - Recipes for 25 and 50 servings

School Cookbook - Recipes for 50 and 100 servings

Many ingredients in these recipes are available to schools as USDA Foods. For more information on USDA Foods, such as food safety guidance and nutrient data, you may refer to the USDA website at <http://www.fns.usda.gov/fdd/schfacts/>

CULINARY DEMONSTRATION

LESSON 1: CULINARY BASICS

Mise en Place

- Equipment and ingredients
- Station set-up
- Work flow

Knife Skills

- Sharpening
- Safety
- Knife cuts
 - Slice
 - Dice
 - Julienne and bâtonnet
 - Chiffonade

Weighing and Measuring

- Equipment
- Procedure

Flavor enhancement




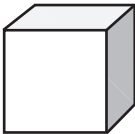


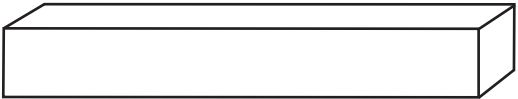
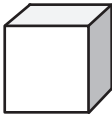

- Herbs and spices
- Flavor layering

Taste Tasting

NOTES

[illegible]

Knife Cuts

| | | |
|--------------------|-----------------------------|---|
| Brunoise | (1/8" x 1/8" x 1/8") |  |
| Small Dice | (1/4" x 1/4" x 1/4") |  |
| Medium Dice | (1/3" x 1/3" x 1/3") |  |
| Large Dice | (3/4" x 3/4" x 3/4") |  |
| Fine Julienne | (1/16" x 1/16" x 1 or 2") |  |
| Julienne/Allumette | (1/8" X 1/8" x 1 or 2") |  |
| Battonet | (1/4" x 1/4" x 2 or 2-1/2") |  |
| Paysanne | (1/2" x 1/2" x 1/8") |  |
| Tornee | 2" length with 7 sides |  |

CULINARY LAB**LESSON 1: CULINARY BASICS****TEAM ASSIGNMENTS****ALL TEAMS**

- Each participant will practice knife sharpening, knife cuts, weighing, and measuring.
- Each participant will sharpen knives.
- Each participant will practice knife cuts.
 - Onion, dice
 - Celery, bâtonnet
 - Carrots, sliced on diagonal
- Each participant will weigh and measure.

| | Weight |
|---------------------------------|--------|
| Weigh one cup of diced onion | |
| Weigh one cup of sliced carrots | |
| Weigh one cup of flour | |

Porcupine Sliders



Ingredients

- ½ cup** Brown rice, long-grain, regular, dry
- 1 tsp** Canola oil
- 1 ½ Tbsp** Fresh onion, peeled, diced
- ¼ cup** Fresh celery, diced
- 1 ½ tsp** Fresh garlic, minced
- 1 lb** Raw ground turkey, lean
- 1** Egg, beaten
- 5 Tbsp** Dried cranberries, chopped
- ¾ cup** Fresh baby spinach, chopped
- 1 tsp** Worcestershire sauce
- ½ tsp** Salt
- ½ tsp** Ground black pepper
- 1 dash** Ground white pepper
- 6 (1 oz each)** Mini whole-wheat rolls (small dinner roll size)

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Makes six sliders

1 slider provides 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.

Directions

1. Preheat oven to 350 °F.
2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Nutrients Per Serving: Calories **247**, Protein **16 g**, Carbohydrate **26 g**, Dietary Fiber **3 g**, Total Fat **9 g**, Saturated Fat **2 g**, Cholesterol **85 mg**, Vitamin A **540 IU** (41 RAE), Vitamin C **2 mg**, Iron **2 mg**, Calcium **65 mg**, Sodium **366 mg**

TeamNutrition.usda.gov

Recipes for Healthy Kids Cookbook for Homes

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains

Sandwiches F-10r

| Ingredients | 25 Servings | | 50 Servings | | Directions Process #2: Same Day Service |
|--------------------------------------|-------------|--------------|--------------|--------------|---|
| | Weight | Measure | Weight | Measure | |
| Water | | 1 ¾ cups | | 3 ½ cups | 1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40 °F Critical Control Point: Cool to 40 °F or lower within 4 hours. |
| Brown rice, long grain, regular, dry | 4 ¾ oz | ¾ cup | 9 ½ oz | 1 ½ cups | |
| Canola oil | | 1 Tbsp | | 2 Tbsp | 2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate. Critical Control Point: Cool to 40 °F or lower within 4 hours. |
| *Fresh onions, diced | 3 oz | ½ cup 2 Tbsp | 6 oz | 1 ¼ cups | |
| *Fresh celery, diced | 7 oz | 1 ½ cups | 14 oz | 3 cups | |
| Fresh garlic, minced | 1 ½ oz | 2 Tbsp | 2 ½ oz | ¼ cup | |
| Raw ground turkey, lean | 3 lb 8 oz | 1 qt 3 cups | 6 lb 15 ½ oz | 3 qt 2 cups | 3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well. |
| Liquid, whole egg | | 1 ¼ cups | | 2 ½ cups | |
| Dried cranberries, chopped | 6 oz | 1 ¼ cups | 12 oz | 2 ½ cups | |
| *Fresh baby spinach, chopped | 5 oz | 1 qt | 10 oz | 2 qt | |
| Worcestershire sauce | | 1 Tbsp | | 2 Tbsp | |
| Salt | | 1 ½ tsp | | 1 Tbsp | |
| Ground black pepper | | 2 tsp | | 1 Tbsp 1 tsp | |

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains

Sandwiches F-10r

| Ingredients | 25 Servings | | 50 Servings | | Directions Process #2: Same Day Service |
|------------------------------------|-------------|---------|-------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Ground white pepper | | ¼ tsp | | ½ tsp | 4. Portion into patties using a No. 8 scoop (½ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Bake: Conventional oven: 350 °F for 18 minutes Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 6. Critical Control Point: Hold for hot service at 135 °F or higher. |
| Mini whole-grain rolls (1 oz each) | | 25 | | 50 | |
| | | | | | 7. Serve on mini whole-grain rolls |
| | | | | | 8. If desired serve with lettuce, sliced tomato, red onions, and condiments. |
| | | | | | 9. Serve 1 slider. |

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

| Serving | Yield | Volume |
|---|----------------------------------|-------------------------|
| 1 slider provides 1 ¾ oz equivalent meat/meat alternate, ½ cup other vegetable, and 1 oz equivalent grains. | 25 Servings: about 5 lb 12 oz | 25 Servings: 25 sliders |
| | 50 Servings: about 11 lb 8 oz | 50 Servings: 50 sliders |

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

| Food as Purchased for | 25 servings | 50 servings |
|-----------------------|-------------|-------------|
| Red onions | 4 oz | 8 oz |
| Celery | 9 oz | 1 lb 2 oz |
| Baby spinach | 12 oz | 1 lb 8 oz |


| Nutrients Per Serving | | | | | |
|-----------------------|---------|---------------|-------------|---------------|-----------|
| Calories | 247.00 | Saturated Fat | 2.22 g | Iron | 2.06 mg |
| Protein | 16.35 g | Cholesterol | 85.29 mg | Calcium | 64.79 mg |
| Carbohydrate | 25.53 g | Vitamin A | 539.83 IU | Sodium | 365.57 mg |
| Total Fat | 9.26 g | | (40.96 RAE) | Dietary Fiber | 3.14 g |
| | | Vitamin C | 1.56 mg | | |

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains

Sandwiches F-10r

| Ingredients | 50 Servings | | 100 Servings | | Directions Process #2: Same Day Service |
|--------------------------------------|--------------|--------------|---------------|--------------|--|
| | Weight | Measure | Weight | Measure | |
| Water | | 3 ½ cups | | 1 qt 3 cups | 1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40 °F. Critical Control Point: Cool to 41 °F or lower within 4 hours. |
| Brown rice, long grain, regular, dry | 9 ½ oz | 1 ½ cups | 1 lb 3 oz | 3 cups | |
| Canola oil | | 2 Tbsp | | ¼ cup | 2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate. Critical Control Point: Cool to 41 °F or lower within 4 hours. |
| *Fresh onions, diced | 6 oz | 1 ¼ cups | 12 oz | 2 ½ cups | |
| *Fresh celery, diced | 14 oz | 3 cups | 1 lb 12 oz | 1 qt 2 cups | |
| Fresh garlic, minced | 2 ½ oz | ¼ cup | 5 oz | ½ cup | |
| Raw ground turkey, lean | 6 lb 15 ½ oz | 3 qt 2 cups | 13 lb 14 ½ oz | 1 gal 3 qt | 3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well. |
| Liquid, whole egg | | 2 ½ cups | | 1 qt 1 cup | |
| Dried cranberries, chopped | 12 oz | 2 ½ cups | 1 lb 8 oz | 1 qt 1 cup | |
| *Fresh baby spinach, chopped | 10 oz | 2 qt | 1 lb 4 oz | 1 gal | |
| Worcestershire sauce | | 2 Tbsp | | ¼ cup | |
| Salt | | 1 Tbsp | | 2 Tbsp | |
| Ground black pepper | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains

Sandwiches F-10r

| Ingredients | 50 Servings | | 100 Servings | | Directions Process #2: Same Day Service |
|------------------------------------|-------------|---------|--------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Ground white pepper | | ½ tsp | | 1 tsp | 4. Portion into patties using a No. 8 scoop (½ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans 5. Bake: Conventional oven: 350 °F for 18 minutes Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 6. Critical Control Point: Hold for hot service at 135 °F or higher. |
| Mini whole-grain rolls (1 oz each) | | 50 | | 100 | |
| | | | | | 7. Serve on mini whole-grain rolls 8. If desired serve with lettuce, sliced tomato, red onions, and condiments. 9. Serve 1 slider. |

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

| Serving | Yield | Volume |
|---|----------------------------------|---------------------------|
| 1 slider provides 1 ¾ oz equivalent meat/meat alternate, ½ cup other vegetable, and 1 oz equivalent grains. | 50 Servings: about 11 lb 8 oz | 50 Servings: 50 sliders |
| | 100 Servings: about 23 lb | 100 Servings: 100 sliders |

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

| Food as Purchased for | 50 servings | 100 servings |
|-----------------------|-------------|--------------|
| Red onions | 8 oz | 1 lb |
| Celery | 1 lb 2 oz | 2 lb 4 oz |
| Baby spinach | 1 lb 8 oz | 3 lb |

| Nutrients Per Serving | | | |
|-----------------------|---------|---------------|-----------|
| Calories | 247.00 | Saturated Fat | 2.22 g |
| Protein | 16.35 g | Cholesterol | 85.29 mg |
| Carbohydrate | 25.53 g | Vitamin A | 539.83 IU |
| Total Fat | 9.26 g | (40.96 RAE) | 1.56 mg |
| | | Vitamin C | 1.56 mg |
| | | Iron | 2.06 mg |
| | | Calcium | 64.79 mg |
| | | Sodium | 365.57 mg |
| | | Dietary Fiber | 3.14 g |

Healthy Cuisine for Kids Culinary Manual

Lesson 2 Fruits and Vegetables

LESSON 2: CULINARY INSTRUCTION – FRUITS AND VEGETABLES

BASIC PRINCIPLES OF PREPARING FRUITS TO MAINTAIN NUTRIENTS

- Use fresh fruits at their peak of ripeness.
- Wash fresh fruits in cool water before they are peeled or stemmed.
- Cut fresh fruits in the largest pieces that are acceptable for serving, considering the age of the student. Avoid crushing fruits since this injures the fruit cells and causes more vitamin loss.
- Follow the recipe or directions for preparing a fruit dish.

BASIC PRINCIPLES OF PREPARING FRUITS TO MEET QUALITY STANDARDS

- Prepare fruits dishes so they have an appealing appearance.
- Prepare fruit dishes so they have appropriate texture.
- Prepare fruit dishes for good flavor typical of the main fruit ingredients.
- Serve fruit dishes at the right temperature.
- Fruit juice should be kept frozen or at 40 °F.

Culinary Techniques for Healthy School Meals, NFSMI

HANDLING FRESH PRODUCE

- Store produce at least 6 inches off the floor, including walk-in refrigerators.
- Store produce in a covered container and above other items that might cause contamination.
- Wash produce just before preparation, not before storage.
- Mark the time when cut produce is displayed without refrigeration. Display cut produce for a maximum of 4 hours if not in a refrigeration unit or containers surrounded by ice. Discard any uneaten produce at the end of 4 hours.

Leafy Greens

- Do not rewash packaged produce labeled “ready-to-eat”, “washed”, or “triple washed.”
- Do not use leafy greens with visible signs of decay or damage because there is an increased risk of the presence of harmful bacteria. When in doubt about the use of decayed or damaged product, either remove the unusable portions or do not use the leafy greens.

Tomatoes

- Do not store cut tomatoes in direct contact with ice or water.
- Mark the date on refrigerated cut tomatoes to indicate that they must be consumed or discarded within 7 days.

Melons

- Discard cut melons after 4 hours if maintained at 41 °F or above. If possible, display cut melons in a refrigerated case, not just on top of ice.
- Display cut melons for a maximum of 4 hours without being kept cool with refrigeration or ice and discard uneaten melons at the end of 4 hours.
- Mark the date on refrigerated cut melons to indicate that they must be consumed or discarded within 7 days.

Source: Best Practices Handling Fresh Produce in Schools, NFSMI

BASIC PRINCIPLES OF COOKING VEGETABLES TO MAINTAIN NUTRIENTS

- Cook vegetables in the smallest amount of liquid possible.
- Cook vegetables the shortest amount of time for the desired tenderness.
- For vegetables that have a skin, scrub well and cook with the skin on whenever possible. If the vegetable must be peeled, peel as thinly as possible.
- When vegetables are cut, use a sharp blade and cut in the largest pieces that are desirable for the recipe. Pieces should be uniform to allow for even cooking. Large pieces help preserve the nutrient content of the vegetable.
- Follow the recipe or directions for cooking a vegetable.
- Cook vegetables just-in-time for service on the line.

ROASTING VEGETABLES

1. Preheat the oven to 350 °F.
2. Cut vegetables into uniform shape and size.
3. Toss vegetables with olive oil.
Season with pepper, garlic, spices, or herbs. Use no more than 1 teaspoon of seasoning per 50 portions.
4. Place vegetables in a single layer on a sheet pan.
Do not crowd the vegetables as this will cause them to steam.
5. Bake until vegetables are tender.

Try these vegetables for roasting:

- Asparagus
- Beets
- Brussels sprouts
- Carrots
- Corn
- Eggplant
- Mushrooms
- Onions
- Parsnips
- Peppers
- Potatoes
- Rutabagas
- Summer squash
- Sweet potatoes
- Tomatoes
- Turnips
- Zucchini

BLANCHING

Blanching means dipping a food into boiling water for a very short time. This method briefly and partially cooks a food. Blanching is used to

- prepare vegetables for further cooking (for example, broccoli);
- remove strong or bitter flavors (for example, kale);
- soften firm foods (for example, carrots);
- set colors of vegetables (for example, snow peas); and
- loosen skins for peeling (for example, ripe tomatoes).

Some vegetables can be blanched before they are used in salads, such as broccoli, cauliflower, carrots, and snow peas.

To blanch a vegetable:

1. **Prepare the washed, cut vegetable.**
2. **Use a steam kettle, tilting braising pan, or stockpot.** Bring water to a boil. Place the vegetables in the boiling water and cook for 2-3 minutes or just until the color of the vegetables becomes brighter (green vegetables will become a brighter green).
For small amounts of vegetables to be blanched, the vegetables may be placed in a colander and then the whole colander set in the boiling water.
3. **Immediately drain all hot water.**
4. **Immerse the vegetables into an ice bath** (water with ice).
Be sure all the vegetables are submerged in the water. Leave about 1 minute, to stop the cooking process.
5. **Drain the vegetables well and store covered in the refrigerator until time for use.**

CULINARY DEMONSTRATION

LESSON 2: FRUITS AND VEGETABLES

Fruits and vegetables basics

- Proper techniques for washing and cutting fresh fruit and vegetables
- Proper method to cut and roast vegetables
- *Demo: Roasted Fresh Vegetables*
- *Demo: Spinach with Garlic*

NOTES

[illegible]

Spinach with Garlic

1/4 cup serving

| Ingredients | 10 Servings | | 50 Servings | |
|---|----------------------|----------------|------------------------|-------------------|
| | Weight | Measure | Weight | Measure |
| Olive Oil | | 2 teaspoons | | 3 Tablespoons |
| Garlic, chopped | | 1 teaspoon | | 1 1/2 Tablespoons |
| Spinach | 1 pound, 5 ounces | | 6 pounds, 10 ounces | |
| Salt | | 1/4 teaspoon | | 1 teaspoon |
| Directions | | | | |
| 1. Heat oil in large skillet. Lightly sauté garlic. Do not brown. 2. Add spinach and cover. Cook until wilted. Season with salt. 3. Prepare in small batches. | | | | |

| Nutrients Per Serving | | | | | |
|------------------------------|--------|----------------------|-----------|----------------------|----------|
| Calories | 21 | Saturated Fat | 0.16 g | Iron | 1.43 mg |
| Protein | 1.61 g | Cholesterol | 0 mg | Calcium | 52.70 mg |
| Carbohydrates | 2.04 g | Vitamin A | 3537.4 IU | Sodium | 102 mg |
| Total Fat | 1.13 g | Vitamin C | 9.45 mg | Dietary Fiber | 1.5 g |

CULINARY LAB

LESSON 2: FRUITS AND VEGETABLES

TEAM ASSIGNMENTS

Team 1

- Tasty Tots

Team 2

- Stir-Fry Fajita Chicken, Squash, and Corn

Team 3

- Roasted Fish Crispy Slaw Wrap

Team 4

- Sweet Potato and Black Bean Stew with Brown Rice

PRODUCT EVALUATION FOR FRUITS AND VEGETABLES

Participants evaluate each food product as part of the tasting in this culinary lab. For each food product (row) and each evaluation category (column), circle either **A** (acceptable) or **NA** (not acceptable).

| Food Product | Appearance | Taste | Texture | Eating Quality | Comments |
|--|-------------------|----------------|----------------|-----------------------|-----------------|
| Tasty Tots | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | |
| Stir-Fry Fajita Chicken, Squash, and Corn | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | |
| Roasted Fish Crispy Slaw Wrap | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | |
| Sweet Potato and Black Bean Stew with Brown Rice | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | |

The form shows the recipes/products prepared in this *Healthy Cuisine for Kids* lab.

Healthy Cuisine for Kids Culinary Manual

Lesson 3 Whole Grain-Rich Foods

LESSON 3: CULINARY INSTRUCTION – WHOLE GRAIN-RICH FOODS

BASIC PRINCIPLES OF PREPARING PASTA

- Pasta Shapes
 - o Pasta shapes with holes or ridges, such as wagon wheels or rotini, are perfect for chunkier sauces.
 - o Thin, delicate pastas, such as angel hair or vermicelli, are better served with light, thin sauces.
 - o Thicker pasta shapes, such as fettuccine, work well with heavier sauces.
 - o Very small pasta shapes, such as alphabet shapes and acini di pepe, are good for soups.
- Cooking time depends on the shape of the pasta.
- Pasta gets bigger and heavier when it is cooked.
 - o Generally, pasta doubles or triples in weight when it is cooked. Likewise, the volume increases two to two and one-half times during cooking. So, if 1 gallon of dry pasta is measured, the cooked pasta would measure 2-3 gallons.
- Follow the recipe to cook pasta.
 - o The general rule for cooking pasta in boiling water is for 1 pound of pasta, use 1 gallon of water, 1 teaspoon of salt, and 1 teaspoon of oil.
 - o When pasta is to be used as an ingredient in a recipe that will be cooked more, like macaroni and cheese, it should be slightly under cooked. This would mean reducing the cooking time by about 2 minutes.

BASIC PRINCIPLES OF PREPARING RICE

- Follow the recipe for the correct amount of liquid for the kind of rice and culinary technique to be used.
- The standard ratio for cooking rice is two parts water to one part rice.
- The flavor of rice can be enhanced by using chicken, beef, or vegetable stock as the cooking liquid.
- Added ingredients for good flavor include onions, vegetable and fruit juices, garlic, herbs, and spices.
- Overcooked rice becomes mushy or sticky and the grains cling together.

BASIC PRINCIPLES OF PREPARING GRAINS

Grain dish examples are bulgur or cracked wheat, buckwheat or kasha, and oatmeal. Corn, cornmeal, and grits are also from the grain group.

- Simmering is the most popular culinary technique for cooking grains.
- A grain product should not be stirred too much and should not be overcooked, which will result in a sticky, gummy product.
- Grain products are done when almost all the liquid has been absorbed.

CULINARY DEMONSTRATION

LESSON 3: WHOLE GRAIN-RICH FOODS

NOTES

- Basic technique
 - Grain
 - Liquid
- Equipment
- *Demo: Brown Rice Pilaf*

Pasta

- Various shapes and sizes
- Cooking al dente
- *Demo: Chicken Alfredo*

[illegible]

Brown Rice Pilaf

| Ingredients | 10 Servings | |
|--|-------------|-------------------|
| | Weight | Measure |
| Brown rice | | 2 cups |
| Olive oil | | 1 1/2 Tablespoons |
| Onion, minced | | 1/4 cup |
| Chicken stock | | 4 cups |
| Bay leaves | | 2 each |
| Thyme sprigs | | 2 each |
| Salt | | 1 teaspoon |
| Directions | | |
| <ol style="list-style-type: none"> 1. Toast brown rice over medium high heat, stirring constantly, until it darkens and starts to smell nutty, about 2 to 3 minutes. 2. Heat the oil. Add the onion and sweat, stirring frequently, until translucent, about 5 to 6 minutes. 3. Add the hot stock or water. Bring to a simmer. 4. Add the bay leaves, thyme, and salt. Cover the pot and turn the heat to simmer. 5. Cook for approximately 12 to 15 minutes, until the grain is tender. Uncover and using a fork, separate the grains and release the steam. <p>Variations: Add diced, roasted red and yellow peppers; toasted almonds; sautéed mushrooms; or fresh chopped parsley.</p> | | |

Chicken Alfredo With a Twist



Ingredients

- 2 ½ cups** Rotini pasta, whole-wheat, dry (10 oz)
- 2 cans** Low-fat, reduced-sodium cream of chicken soup (two 10¾-oz cans)
- 1 ½ cups** Fat-free half and half
- ¼ tsp** Ground white pepper
- ½ tsp** Garlic powder
- ½ cup** Grated parmesan cheese
- 3 cups** Cooked diced chicken, ½" pieces (12 oz)

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Makes six 1-cup servings

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds
3. Combine noodles and sauce right before serving. Serve hot.

Note: Keep noodles and sauce separate until serving time. Sauce will thicken upon standing.

1 cup provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.

Nutrients Per Serving: Calories **345**, Protein **30 g**, Carbohydrate **41 g**, Dietary Fiber **3 g**, Total Fat **8 g**, Saturated Fat **4 g**, Cholesterol **69 mg**, Vitamin A **450 IU (29 RAE)**, Vitamin C **<1 mg**, Iron **2 mg**, Calcium **174 mg**, Sodium **572 mg**

TeamNutrition.usda.gov

Recipes for Healthy Kids Cookbook for Homes

CULINARY LAB

LESSON 3: WHOLE GRAIN-RICH FOODS

TEAM ASSIGNMENTS

Team 1

- Chic' Penne

Team 2

- Mediterranean Quinoa Salad

Team 3

- Chicken Curry Casserole

Team 4

- Porcupine Sliders

PRODUCT EVALUATION FOR WHOLE GRAIN-RICH FOODS

Participants evaluate each food product as part of the tasting in this culinary lab. For each food product (row) and each evaluation category (column), circle either **A** (acceptable) or **NA** (not acceptable).

| Food Product | Appearance | Taste | Texture | Eating Quality | Comments |
|----------------------------|-------------------|----------------|----------------|-----------------------|-----------------|
| Chic' Penne | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | |
| Mediterranean Quinoa Salad | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | |
| Chicken Curry Casserole | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | |
| Porcupine Sliders | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | <i>A or NA</i> | |

The form shows the recipes/products prepared in this *Healthy Cuisine for Kids* lab.

Healthy Cuisine for Kids Culinary Manual

Lesson 4 Meat/Meat Alternate

LESSON 4: CULINARY INSTRUCTION – MEATS

- Cooking meat and poultry
 - o Changes its texture,
 - o Changes its flavor,
 - o Changes the way it looks, and
 - o Kills any bacteria that might be in the raw product.
- Overcooking a meat, poultry, or fish dish will cause
 - o the yield to be less than the number of servings planned;
 - o the flavor to be lost;
 - o the meat to be tough because the protein structure has been changed; or
 - o the meat, poultry, or fish product to be dry.
- Suggestions for reducing the fat when cooking meat and poultry
 - o Cook ground beef until done and then drain it well using a colander. Current USDA recommendations state that ground beef should be drained but not rinsed after it is cooked. Rinsing is not recommended because it causes the meat to lose flavor and causes the temperature to drop into the Danger Zone.
 - o Cook ground beef patties in the oven on a rack so the fat can drain off. Another option is to use a pan liner and drain the patties after cooking.
 - o Trim off visible fat on any solid meat product before it is cooked. Because fat carries flavor, reduced fat recipes may need to have added seasonings. Follow the recipe.
 - o Drain off any fat and liquid from cooked meat before it is placed in the warmer or on the serving line. Do not let meat remain in the fat after cooking.
 - o Cool cooking liquids to be used for a sauce in the refrigerator so the fat hardens. Then, remove the fat and reheat the remaining flavored liquid to prepare a sauce, gravy, or serve as is.
 - o Cook chicken without the skin to reduce the fat. Poultry carries a layer of fat just under the skin. It is recommended the skin not be eaten to reduce the fat in a poultry product. This means that either the poultry product should be skinned before cooking or skinned by the customer before eating. When cooking skinless poultry, such as skinless chicken breasts, follow a recipe that includes a way to prevent the skinless pieces from drying out. This may include marinating the breasts before cooking, cooking in a sauce, or using a recipe such as oven-fried chicken.

DRY HEAT - ROASTING OR BAKING

Roasting or baking is cooking meat, poultry, or fish in the oven without liquid and without a cover on the cooking vessel.

1. Remove all visible fat.**2. Season.**

Follow the recipe. Add appropriate seasonings and flavorings to replace flavor lost when fat is removed. If a meat thermometer is used, place it in the thickest part of the meat, away from bone or fat. Since salt penetrates meat only about an inch and retards browning, most recipes suggest adding salt at the end of cooking. Do not add salt unless the recipe calls for it.

3. Place in the cooking utensil.

Do not cover and do not add any liquid. Place meat on a rack when appropriate so fat will drain and hot air can circulate on all sides.

4. Roast or bake in a slow oven until the internal temperature is at least 165 °F (or a higher temperature specified in the recipe).

Follow the recipe for the oven temperature. Some recipes for large pieces of meat or poultry suggest adding a mirepoix to the pan during the last half hour of roasting. A mirepoix is a seasoning mixture of two parts onion, one part celery, and one part carrots, to which herbs and spices can be added.

5. Remove from the oven and serve.

For large pieces of meat, like a turkey or a large roast, allow the meat to sit in a warm place for about 15 minutes before carving or slicing. This makes the meat firmer, juicier, and easier to slice. Meats should be sliced across the grain.

6. Hold cooked meat and poultry the correct way.

If the meat or poultry will not be served immediately, it should be covered and kept in a warmer at the correct temperature or chilled in the refrigerator. Never hold a meat product at room temperature.

DRY HEAT - SAUTÉING

Sautéing is using high heat and a small amount of fat to cook meat, poultry, and fish rapidly. Searing and stir-frying are also sautéing techniques.

1. Prepare the meat or poultry by making sure it is dry.

If a marinade has been used, drain it thoroughly and pat the food dry. Food with a lot of moisture will steam rather than sauté.

2. Add oil to the pan according to recipe.

A tilting braising pan is ideal for this technique. Measure the oil carefully.

3. Heat the oil; add the meat, poultry, or fish.

The meat, poultry, or fish pieces should be added to the pan in a single layer. If the pieces are touching, the product will steam, not sauté.

4. Cook the meat by gently turning until browned on all sides and cooked evenly.

Some recipes suggest that the cooked meat be removed from the pan and the remaining flavored juices be used to make a sauce. Follow the recipe.

5. Hold cooked meat and poultry the correct way.

Sautéed meals should be cooked in batches just-in-time for service. Covering a sautéed food during holding causes it to steam and the advantages of the sauté technique are lost. Serve immediately. Never hold a meat product at room temperature.

MOIST HEAT - BRAISING AND STEWING

Braising and stewing are a combination of dry-heat and moist-heat cooking used for less tender cuts of meat. Braising is used for large cuts of meat. The same technique is called stewing when used for bite-sized pieces of meat, poultry, or fish.

1. Trim fat and prepare meat according to the recipe.**2. Sear the meat on all sides.**

Searing meat before braising or stewing adds color and flavor. Follow the recipe to use a small amount of oil or preferably, no oil. Brown the meat on all sides in a hot pan. For large pieces of meat, use a pan in the oven or a steam-jacketed kettle. For smaller pieces, use a tilting braising pan, a grill, or brown in a hot oven.

3. Remove the meat from the pan and add a mirepoix.

Some recipes call for a mirepoix to be added to the pan and cooked. Follow the recipe.

4. Add the seared meat back to the cooking pan along with the liquid for cooking.

When a steam jacketed kettle is used for braising or stewing, more liquid will be needed than when using a roasting pan in the oven or when using a tilting braising pan. Follow the recipe and avoid using too much liquid, which weakens the flavor of a sauce made with the liquid.

5. Cover tightly and simmer until tender.

Follow the recipe for the temperature and time for the equipment being used. Do not allow the liquid to boil. The size of the cut of meat and the kind of meat will also influence the cooking time. Braised or stewed meats are done when they are tender.

6. Remove the meat from the cooking liquid.

Some recipes suggest the cooking liquid be cooked an additional time to reduce the volume and concentrate the flavor. The cooking liquid may also be thickened with a roux or slurry. How to thicken using a roux or slurry is described in the lesson on Preparing Sauces.

7. Hold cooked meat and poultry the correct way.

If the meat, poultry, or fish will not be served immediately, it should be covered and kept in a warmer at the correct temperature or chilled in the refrigerator. Never hold a meat product at room temperature.

LESSON 4: CULINARY INSTRUCTION – MEAT ALTERNATES**LEGUMES: BEANS, PEAS, AND LENTILS****Bean Math**

- Dry beans will expand 2 ½-3 times their original size after cooking.
- One cup of dry beans will yield 2-3 cups of cooked beans.
- One pound of dry beans measures 2 cups.

The term dry bean refers to the process of allowing bean seeds to dry in their pods until they are fully mature before collecting them at harvest. Dry beans are available in two types of packaging.

- Dry bean packages: need soaking before cooking.
- Canned beans: are soaked, cooked, and recipe ready.

Dry beans are oval or kidney shaped.

Red Beans: used in bean burritos, bean tostados, nachos frijoles, soups, salad bar choice, marinated salads, and main dishes such as vegetarian beans or baked beans.

- Pinto
- Pink beans
- Light red kidney
- Dark red kidney
- Red beans
- Pea beans
- Black beans

White Beans: used in soups, salads, salad bar choice, or served as a vegetable.

- Navy
- Small white
- Great northern
- Cannellini (white kidney bean)
- Garbanzo (chickpeas)

Peas are round.

Peas: used in side dishes, salads, casseroles, and soups.

- Black-eyed peas
- Split peas

Lentils are flat disks.

Lentils: used in soups

- Green
- Red
- Yellow
- Black

EGGS

- Egg Handling
 - o Store shell eggs in their case.
 - o Store away from strong odors (foods such as fish, apples, cabbage, or onions).
 - o Rotate eggs first-in/first-out.
- Functions of Eggs

Eggs can

 - o thicken a food, such as egg custards, quiches, or egg and cheese pies.
 - o add color, in yellow cakes and egg custard.
 - o provide moisture in cookies or brownies.
 - o form an emulsion. An emulsion describes a mixture of substances that do not ordinarily mix, like oil and water. Eggs hold such a mixture together. Mayonnaise is an emulsion.
 - o add nutritive value. Eggs provide protein and important vitamins and minerals.
- General Egg Preparation
 - o Scrambled eggs need to be cooked until firm throughout with no visible liquid egg remaining.
 - o Cook scrambled eggs in small batches no larger than 3 quarts according to rate of service, until firm throughout and until there is no visible liquid egg remaining.
 - o Always cook eggs and egg dishes before placing on steam table.
 - o Do not combine eggs that have been held in a steam table pan with a fresh batch of eggs. Always use a fresh steam table pan.
 - o Do not add raw egg mixture to a batch of cooked scrambled eggs held on a steam table.
 - o Greenish color appears around the yolk when the eggs have been overcooked or allowed to cool slowly in the cooking water. Hard-cooked eggs in the shell should be cooked for the minimum length of time to make them solid and then cooled in cold running water or ice water to prevent the green water.

CHEESE COOKERY

- Overcooking cheeses: Hard cheese, like cheddar or parmesan, get soft when heated, and then they melt. When heating is continued, the fat in the cheese separates and then a tough, rubbery curd forms in long strings. This rubbery curd is the cheese protein that is overcooked. As the cheese cools, it becomes hard. To prevent this from happening, several things can be done.
 - o Do not overcook the cheese. When cheese melts, it is done. Rubbery, tough cheese is overcooked.
 - o Grate or grind the cheese before it is added to other ingredients. This helps the cheese to melt before it is overheated.
 - o Use process cheese or aged natural cheese for blending in mixtures rather than mild natural cheese.
 - o When cheese is added as a topping to a product that must be cooked for a long time, it should be added during the last 10 minutes.
 - o Cook cheese at 350 °F or less. Cheese melts between 300 °F and 335 °F so it should not be cooked in a hot oven or for a long time.

How to Make a Cheese Sauce

1. Make a roux.

Melt the fat.

Add the flour and seasonings. Stir until the flour and fat are combined.

2. Cook over medium heat, stirring continuously. The recipe will give an estimated time.

A white roux should be cooked only long enough to cook the flour and avoid a pasty taste.

A roux should be cooked at a moderate temperature.

Stir continuously to avoid lumps.

3. Slowly add heated milk to the flour mixture, stirring continuously.

Cook until smooth and thickened.

4. Add grated cheese to the white sauce.

Stir over low heat until cheese melts.

FAVORITE BEANS

| | |
|--------------------------|--|
| Adzuki Beans | Small, oval, burgundy red with white stripes. Light, sweet, nutty flavor with firm texture. Used primarily for bean paste in Asia. |
| Baby or Small Lima Beans | Flat-shaped, creamy white-colored beans. Smooth, fruity, sweet flavor. Less mealy texture. Popular as a vegetable side dish or added to soups and casseroles. |
| Black Beans | Medium black-skinned ovals. Earthy, sweet flavor with a meaty texture. Often used in thick soups or with rice. The black bean is a basic ingredient of many Mexican, Caribbean, and Latin American soups and side dishes. |
| Black-eyed Peas | Medium size, oval shaped, with black dot on creamy skin. Distinct savory flavor and light smooth texture. Can be cooked without pre-soaking because they have thin skins. Popular in Southern cuisine and sometimes used with rice dishes such as Hoppin' John. |
| Cranberry Beans | Medium ovals with a creamy background and burgundy highlights. Full, rich flavor with meaty texture. Most often used in Italian bean dishes and soups. |
| Dark Red Kidney Beans | Large, kidney-shaped bean with a deep reddish-brown color. Robust full-bodied flavor and soft texture. Often used in chili and in salads and with rice. |
| Garbanzo Beans | Medium size, round bean, beige color. Nut-like flavor and firm texture. Also called chickpea. Most often used in soups, salads, and main ingredient in popular Middle Eastern dishes hummus and falafel. |
| Great Northern Beans | Medium size, white color, and oval shape. Mild flavor and powdery texture. Most often used in soups, stews, and casseroles. |
| Large Lima Beans | Flat-shaped, creamy, white-colored beans. Smooth flavor and sweet taste. Popular as a vegetable side dish or added to soups and casseroles. |
| Light Red Kidney Beans | Large, kidney-shaped bean. Robust, full-bodied flavor, and soft texture. Most often used in chili, and are popular in salads and with rice. |
| Navy Beans | Small white ovals. Mild, delicate flavor and refined texture. Used in pork and beans, or baked beans, also used in soups and stews, and are great pureed. |
| Pinto Beans | Medium ovals, mottled beige, and brown color. Earthy flavor and powdery texture. Often used in refried beans, and are great for Tex-Mex and Mexican bean dishes. |

PREPARING DRY BEANS AND PEAS

1. Sort the beans or peas.
Scoop and spread the dry beans in a metal pan, examine, remove foreign matter, then pour that batch in another container. Go through this process until all the beans or peas have been examined scoop by scoop.
2. Wash beans thoroughly in a colander to remove all traces of dirt and discard any damaged seeds or debris.
3. Soak the beans.
All dry beans must be soaked in water to soften the bean and remove tannins, phytic acid, trypsin inhibitors, and flatulence-causing sugars (oligosaccharides).

Soaking Methods:**Quick Hot Soak:**

Cover beans with water and bring to a boil.
Simmer for 2–3 minutes.
Remove from heat.
Cover the pot and soak for 1 hour until beans expand two to three times their dry size.
Drain and discard the liquid.
Proceed with the recipe.

Overnight Cold Soak:

Pour the beans in a stock pot with enough water to cover.
Refrigerate overnight (12 hours).
Drain and discard the liquid.
Proceed with the recipe.

4. Measure the liquid according to the recipe. Add the soaked beans.
5. Bring the liquid to a boil, and then reduce heat to simmer until the beans are done.
Properly stored and soaked beans will be tender and ready to use after simmering for 45–60 minutes.

Beans are done when they can be mashed easily with a fork or spoon.

Add acidic foods, such as tomatoes, to the beans after they are tender because they tend to toughen the skin.

6. Follow the recipe to use the cooked beans and peas.
Remember, canned, cooked dry beans or peas can be used instead of cooking the dry type.

LESSON 4: MEAT

- Why?
 - Flavor
 - Moisture

- How?
- What?
 - **Beef**
 - Turkey
 - Chicken
 - Pork
- Equipment
- *Demo: Dirty Rice*

- *Demo: Fiesta Wrap*
- *Demo: Parts of an Egg*

[illegible]

Simple Dirty Brown Rice

Ingredients for 6 Servings

3 cups cooked brown long grain rice
1 pound lean ground beef
1/2 cup bell pepper, chopped
1/2 teaspoon minced garlic
1/2 teaspoon garlic powder
1/2 teaspoon dried parsley flakes
1 teaspoon low salt Cajun seasoning
1/4 teaspoon black pepper
3 green onions
1/3 cup beef stock, low sodium

Directions

1. Place ground beef into a skillet over medium heat, and cook and stir until almost crispy, golden, and brown.
2. Stir in green pepper and let cook until soft. Drain fat if necessary.
3. Stir in the cooked brown rice, garlic, parsley flakes, Cajun seasoning, black pepper, green onions, and beef stock.
4. Bring mixture to a simmer, and cook until the liquid is absorbed, about 10 minutes. Season to taste with additional Cajun seasoning, if necessary.

Fiesta Wrap



Dry Beans and Peas

Ingredients

- ¾ cup** Quinoa, dry
- 2 ¼ cups** Canned low-sodium black beans, drained, rinsed
- ¼ cup** Fresh red bell pepper, seeded, diced
- ¼ cup** Fresh red onions, peeled, diced
- ½ cup** Fresh carrots, peeled, shredded
- ¼ cup** Reduced-fat white cheddar cheese, shredded (1 oz)
- 1 tsp** Chili powder
- 1 ¼ tsp** Ground cumin
- 1 ¼ tsp** Fresh Lime juice
- 6** Whole-wheat tortillas, 6"
- 1 Tbsp** Vegetable oil

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Makes six wraps

Directions

1. Preheat oven to 325 °F.
 2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and ¾ cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.
 3. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should appear whole). Be careful not to over-mash beans.
 4. To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice.
 5. For each wrap, place ½ cup of filling on the bottom half of tortilla and roll in the form of a burrito.
- The wrap may also be folded in half like a taco.
6. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325 °F. Wraps will be lightly brown. Serve hot.

Nutrients Per Serving: Calories **175**, Protein **7 g**, Carbohydrate **27 g**, Dietary Fiber **5 g**, Total Fat **5 g**, Saturated Fat **< 1 g**, Cholesterol **2 mg**, Vitamin A **1465 IU (77 RAE)**, Vitamin C **12 mg**, Iron **2 mg**, Calcium **62 mg**, Sodium **346 mg**

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CULINARY LAB

LESSON 4: MEAT/MEAT ALTERNATE

TEAM ASSIGNMENTS

Team 1

- Tuscan Smoked Turkey and Bean Soup

Team 2

- Lentils of the Southwest

Team 3

- Eagle Pizza

Team 4

- Vegetable Chili Boat

PRODUCT EVALUATION FOR MEAT/MEAT ALTERNATE

Participants evaluate each food product as part of the tasting in this culinary lab. For each food product (row) and each evaluation category (column), circle either **A** (acceptable) or **NA** (not acceptable).

| Food Product | Appearance | Taste | Texture | Eating Quality | Comments |
|------------------------------------|-------------------|--------------|----------------|-----------------------|-----------------|
| Tuscan Smoked Turkey and Bean Soup | A or NA | A or NA | A or NA | A or NA | |
| Lentils of the Southwest | A or NA | A or NA | A or NA | A or NA | |
| Eagle Pizza | A or NA | A or NA | A or NA | A or NA | |
| Vegetable Chili Boat | A or NA | A or NA | A or NA | A or NA | |

The form shows the recipes/products prepared in this *Healthy Cuisine for Kids* lab.

Healthy Cuisine for Kids Culinary Manual

Appendix

Tasty Tots



Dark Green and Orange Vegetables

Ingredients

- 5 cups** Fresh sweet potatoes, peeled, coarsely shredded
- 2 ½ cups** Canned low-sodium garbanzo beans (chickpeas), with liquid
- ½ cup** Fresh green onions, finely chopped
- 2 Tbsp** Vegetable oil
- ½ tsp** Salt
- ½ tsp** Granulated garlic
- ¼ tsp** Ground black pepper
- ½ tsp** Onion powder
- ½ tsp** Ground cinnamon

Preparation Time: 30 minutes

Cooking Time: 35 minutes

Makes 36 Tots (serving size: 6 tots)

Directions

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

6 tots provide ¾ cup red/orange vegetable and ¾ cup other vegetable.*

*The legumes in this recipe contribute to the *other vegetable* subgroup and not the *meat/meat alternate component* since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the *vegetable component* because of its function as a vegetable in the meal.

Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Nutrients Per Serving: Calories **172**, Protein **4 g**, Carbohydrate **28 g**, Dietary Fiber **5 g**, Total Fat **5 g**, Saturated Fat **0 g**, Cholesterol **0 mg**, Vitamin A **12609 IU (630 RAE)**, Vitamin C **13 mg**, Iron **1 mg**, Calcium **46 mg**, Sodium **377 mg**

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Recipes for Healthy Kids Cookbook for Homes

Stir-Fry Fajita Chicken, Squash, and Corn



Dark Green and Orange Vegetables

Ingredients

- 1 ¾ cups** Brown rice, long-grain, regular, dry
- 1 ½ tsp** Salt-free chili-lime seasoning blend
- ¼ tsp** Granulated garlic
- 1 Tbsp** Fresh cilantro, chopped
- 2 Tbsp** Canola oil
- 1 cup** Fresh onions, peeled, diced
- 4 cups** Cooked fajita chicken strips (16 oz)
- 3 ½ cups** Fresh butternut squash, peeled, seeded, diced ½"
- ½ cup** Fresh red bell peppers, seeded, diced
- 1 cup** Frozen corn, thawed
- ½ cup** Canned diced green chilies
- ½ cup** Canned low-sodium diced tomatoes
- ½ tsp** Ground black pepper
- ¾ tsp** Ground cumin
- ¼ tsp** Garlic powder

Preparation Time: 30 minutes

Cooking Time: 1 hour

Makes six ¾-cup servings stir-fry and six ½-cup servings brown rice

Directions

1. Combine brown rice and 4 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Sprinkle with ½ tsp salt-free seasoning blend, granulated garlic, and cilantro. Mix well. Keep warm. A rice cooker may be used with the same quantity of brown rice and water.
2. Heat canola oil in a large skillet or a wok. Cook onions for 2 minutes or until translucent.
3. Add chicken, squash, and remaining salt-free seasoning blend. Stir-fry over high heat for 10 minutes or until squash is tender.
4. Add red peppers, corn, green chilies, tomatoes, pepper, cumin, and garlic powder. Stir-fry over medium-high heat for no longer than 2 minutes so vegetables will remain crunchy. Do not overcook. Reduce heat to low and let simmer 2 minutes. Serve hot.

¾ cup stir-fry and ½ cup brown rice provides 1 ¼ oz equivalent meat, ¼ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.

Nutrients Per Serving: Calories **396**, Protein **20 g**, Carbohydrate **59 g**, Dietary Fiber **7 g**, Total Fat **10 g**, Saturated Fat **2 g**, Cholesterol **62 mg**, Vitamin A **7347 IU** (359 RAE), Vitamin C **44 mg**, Iron **2 mg**, Calcium **58 mg**, Sodium **574 mg**

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Recipes for Healthy Kids Cookbook for Homes

Roasted Fish Crispy Slaw Wrap



Dark Green and Orange Vegetables

Ingredients

- 2 ½ cups** Fresh red cabbage, shredded
- 2 cups** Fresh white cabbage, shredded
- 1 ½ cups** Fresh carrots, peeled, shredded
- 1 cup** Fresh bok choy, julienne cut “shoestring strips” ⅛”
- 2 Tbsp** Fresh cilantro, chopped
- ¾ cup** Low-fat balsamic vinaigrette dressing
- 1 Tbsp** Salt-free chili-lime seasoning blend
- 1 Tbsp** Extra virgin olive oil
- 6** Tilapia fish filets, raw, 4 oz each
- 1 ½ cup** Fresh romaine lettuce, julienne cut “shoestring strips” ⅛”
- 6** Whole-wheat tortillas, 8”
- 6 slices** Fresh avocado, peeled, pitted, sliced
- 6 quarters** Fresh limes, quartered

Preparation Time: 50 minutes

Cooking Time: 12 minutes

Makes six wraps

Directions

1. Preheat oven to 375 °F.
2. In a large mixing bowl combine red and white cabbages, carrots, bok choy, cilantro, and balsamic dressing to make the slaw. Cover and refrigerate for at least 1 hour.
3. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray. Brush fish with olive oil and sprinkle with salt-free seasoning blend. Roast uncovered at 375 °F for 12 minutes or until internal temperature reaches 145 °F or higher and fish flakes with a fork. Use a food thermometer to check the internal temperature.
4. Remove fish from oven.
5. To assemble wrap: Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

1 wrap (two halves) provides 2 ¾ oz equivalent meat, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, ⅞ cup other vegetable, and 1 ½ oz equivalent grains.

½ wrap (one half) provides 1 ¼ oz equivalent meat, ⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅜ cup other vegetable, and ¾ oz equivalent grains.

Nutrients Per Serving (1 wrap): Calories **342**, Protein **29 g**, Carbohydrate **37 g**, Dietary Fiber **6 g**, Total Fat **10 g**, Saturated Fat **2 g**, Cholesterol **50 mg**, Vitamin A **6406 IU** (350 RAE), Vitamin C **47 mg**, Iron **3 mg**, Calcium **69 mg**, Sodium **541 mg**

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Recipes for Healthy Kids Cookbook for Homes

Sweet Potato and Black Bean Stew



Dark Green and Orange Vegetables

Ingredients

- 2 Tbsp** Vegetable oil
- ½ small pepper** Dried New Mexican chili pepper, whole
- 1 ¼ cups** Fresh onions, peeled, diced
- 1 tsp** Ground cumin
- 1 ½ cups** Fresh sweet potatoes, peeled, cubed ½"
- 6 cups** Canned low-sodium black beans, drained, rinsed
- ¾ cup** Orange juice
- 1 cup** Low-sodium chicken stock
- 1 Tbsp** Red wine vinegar
- ¼ tsp** Salt
- ¼ tsp** Ground black pepper
- 4 cups** Fresh Swiss chard, no stems, chopped

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Makes six 1-cup servings

Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
2. Add cumin and cook for 2 minutes..
3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
4. Remove chili pepper and discard.
5. Add vinegar, salt, and pepper.
6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot.

May serve over brown rice or whole-wheat couscous.

1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, ¼ cup red/orange vegetable, and ¼ cup other vegetable.

OR

Legume as Vegetable: ¾ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories **222**, Protein **10 g**, Carbohydrate **43 g**, Dietary Fiber **12 g**, Total Fat **4 g**, Saturated Fat **<1 g**, Cholesterol **0 mg**, Vitamin A **8848 IU** (442 RAE), Vitamin C **26 mg**, Iron **4 mg**, Calcium **103 mg**, Sodium **536 mg**

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Recipes for Healthy Kids Cookbook for Homes

Chic' Penne



Whole Grains

Ingredients

- 3 cups** Penne pasta, whole-wheat, dry (12 oz)
- 1 tsp** Granulated garlic
- 2 cups** Fresh broccoli florets
- 1 cup** Cooked diced chicken, ½" pieces (4 oz)
- 1 ½ cups** Fat-free half and half
- 1 Tbsp** Enriched all-purpose flour
- ½ cup** Low-sodium chicken broth
- 1 tsp** Salt
- ½ tsp** Ground black pepper
- ½ cup** Reduced-fat cheddar cheese, shredded (2 oz)
- ½ cup** Low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz)

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Makes six 1 ½-cup servings

1 ½ cups provides 1 oz equivalent meat/meat alternate, ½ cup dark green vegetable, and 1 ¾ oz equivalent grains.

Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

Nutrients Per Serving: Calories **300**, Protein **19 g**, Carbohydrate **44 g**, Dietary Fiber **6 g**, Total Fat **6 g**, Saturated Fat **2 g**, Cholesterol **26 mg**, Vitamin A **618 IU (78 RAE)**, Vitamin C **17 mg**, Iron **2 mg**, Calcium **231 mg**, Sodium **418 mg**

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Recipes for Healthy Kids Cookbook for Homes

Mediterranean Quinoa Salad



Ingredients

- 1 cup** Quinoa, dry
- 2 cups** Low-sodium chicken broth
- 2 Tbsp** Lemon juice
- 2 Tbsp** Red wine vinegar
- 1 tsp** Fresh garlic, minced
- 1 ½ Tbsp** Extra virgin olive oil
- ½ tsp** Salt
- ⅛ tsp** Ground white pepper
- ¼ cup** Fresh red bell peppers, seeded, diced
- 2 Tbsp** Fresh green onions, diced
- 2 Tbsp** Fresh red onions, peeled, diced
- ½ cup** Fresh cherry tomatoes, halved
- 2 Tbsp** Black olives, sliced
- 2 Tbsp** Feta cheese, crumbled
- 1 Tbsp** Fresh parsley, chopped

Preparation Time: 1 hour

Cooking Time: 10-15 minutes

Makes six ¾-cup servings

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.
2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
3. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
4. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

¾ cup provides ⅛ cup other vegetable and 1 oz equivalent grains.

Nutrients Per Serving: Calories **166**, Protein **7 g**, Carbohydrate **23 g**, Dietary Fiber **3 g**, Total Fat **6 g**, Saturated Fat **1 g**, Cholesterol **3 mg**, Vitamin A **414 IU (24 RAE)**, Vitamin C **12 mg**, Iron **2 mg**, Calcium **42 mg**, Sodium **278 mg**

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Recipes for Healthy Kids Cookbook for Homes

Chicken Curry Casserole



Ingredients

- 1 cup** Brown rice, long-grain, regular, dry
- 1 Tbsp** Canola oil
- ¼ cup** Low-sodium chicken broth
- ¾ cup** Fresh celery
- 1 cup** Fresh onions, peeled, diced
- 1 ¼ cups** Fresh carrots, peeled, shredded
- 1 ½ tsp** Curry powder
- 1 tsp** Garlic powder
- ½ tsp** Ground black pepper
- ¾ tsp** Salt
- ½ cup** Low-fat plain yogurt
- 2 cups** Cooked fajita chicken strips, diced 1" (12 oz)

Preparation Time: 15 minutes

Cooking Time: 1 hour 5 minutes

Makes six 1-cup servings

Directions

1. Preheat oven to 400 °F.
2. Combine brown rice and 2 ½ cups water in large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of brown rice and water.
3. In a large pan, heat canola oil and chicken broth over medium heat for 2-3 minutes. Add celery, onions, and carrots. Cook an additional 5-7 minutes or until vegetables are tender.
4. In a large mixing bowl, combine curry powder, garlic powder, pepper, salt, and yogurt. Add vegetables, brown rice, and chicken. Mix well.
5. Pour mixture into a 9" x 9" nonstick baking pan. Bake uncovered at 400 °F for 15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Serve hot.

1 cup provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains.

Nutrients Per Serving: Calories **220**, Protein **14 g**, Carbohydrate **26 g**, Dietary Fiber **3 g**, Total Fat **6 g**, Saturated Fat **1 g**, Cholesterol **51 mg**, Vitamin A **3162 IU (158 RAE)**, Vitamin C **3 mg**, Iron **1 mg**, Calcium **65 mg**, Sodium **564 mg**

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Recipes for Healthy Kids Cookbook for Homes

Porcupine Sliders



Ingredients

½ cup Brown rice, long-grain, regular, dry
1 tsp Canola oil
1 ½ Tbsp Fresh onion, peeled, diced
¼ cup Fresh celery, diced
1 ½ tsp Fresh garlic, minced
1 lb Raw ground turkey, lean
1 Egg, beaten
5 Tbsp Dried cranberries, chopped
¾ cup Fresh baby spinach, chopped
1 tsp Worcestershire sauce
½ tsp Salt
½ tsp Ground black pepper
1 dash Ground white pepper
6 (1 oz each) Mini whole-wheat rolls (small dinner roll size)

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Makes six sliders

1 slider provides 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.

Directions

1. Preheat oven to 350 °F.
2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Nutrients Per Serving: Calories **247**, Protein **16 g**, Carbohydrate **26 g**, Dietary Fiber **3 g**, Total Fat **9 g**, Saturated Fat **2 g**, Cholesterol **85 mg**, Vitamin A **540 IU** (41 RAE), Vitamin C **2 mg**, Iron **2 mg**, Calcium **65 mg**, Sodium **366 mg**

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Recipes for Healthy Kids Cookbook for Homes

Tuscan Smoked Turkey and Bean Soup



Dry Beans and Peas

Ingredients

- ½ cup** Fresh onions, peeled, diced ½"
- ½ cup** Fresh celery, diced
- ½ cup** Fresh carrots, peeled, diced
- 1 ½ cups** Fresh kale, no stems, chopped
- 2 ¼ tsp** Canned low-sodium tomato paste
- 1 Tbsp** Fresh garlic, minced
- 4 ¼ cups** Low-sodium chicken stock
- 1 ¾ cups** Canned low-sodium Navy beans, drained, rinsed
- ½ tsp** Salt
- ½ tsp** Ground black pepper
- 1 cup** Smoked turkey breast, ¼" pieces (5 oz)
- 2 tsp** Fresh thyme, chopped
- 2 tsp** Fresh basil, chopped
- 2 tsp** Fresh parsley, chopped

Preparation Time: 30 minutes

Cooking Time: 50 minutes

Makes six 1-cup servings

Directions

1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large pot coated with nonstick cooking spray. Cook over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
2. Add chicken stock, beans, salt, and pepper.
3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
4. Add turkey, thyme, basil, and parsley. Stir well. Simmer a minimum of 10 minutes. Serve hot.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, ½ cup red/orange vegetable, and ½ cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, ½ cup red/orange vegetable, and ½ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories **135**, Protein **15 g**, Carbohydrate **14 g**, Dietary Fiber **4 g**, Total Fat **3 g**, Saturated Fat **< 1 g**, Cholesterol **21 mg**, Vitamin A **3058 IU** (153 RAE), Vitamin C **7 mg**, Iron **2 mg**, Calcium **62 mg**, Sodium **525 mg**

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Recipes for Healthy Kids Cookbook for Homes

Lentils of the Southwest



Ingredients

- ½ cup** Lentils, green or brown, dry
- 1 tsp** Extra virgin olive oil
- 2 Tbsp** Fresh onions, peeled, diced
- 1 tsp** Fresh garlic, minced
- 1 tsp** Ground cumin
- 1 tsp** Ground red chili pepper
- ½ tsp** Chili powder
- ½ cup** Canned low-sodium diced tomatoes
- ½ tsp** Salt
- 2 Tbsp** Fresh cilantro, chopped

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Makes six ¼-cup servings

Directions

1. In a small pot, combine the lentils and 1 ¼ cups water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 minutes.
2. Heat olive oil in a medium skillet. Add onions and garlic. Cook for 3-5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 minutes.
3. Add onion/garlic mixture to cooked lentils. Add ¼ cup plus 2 tablespoons water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for 20 minutes.
4. Just before serving stir in cilantro. Serve hot.

1 cup provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate.

OR

Legume as Vegetable: ¼ cup legume vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories **69**, Protein **5 g**, Carbohydrate **11 g**, Dietary Fiber **4 g**, Total Fat **<1 g**, Saturated Fat **<1 g**, Cholesterol **0 mg**, Vitamin A **251 IU (10 RAE)**, Vitamin C **3 mg**, Iron **2 mg**, Calcium **15 mg**, Sodium **142 mg**

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Recipes for Healthy Kids Cookbook for Homes

Eagle Pizza



Dry Beans and Peas

Ingredients

- ½ cup** Fresh spinach, julienne cut “shoestring strips”
- ½ cup** Fresh romaine lettuce, julienne cut “shoestring strips”
- 2 ¼ tsp** Salt-free chili-lime seasoning blend*
- 1 ¾ cups** Canned low-sodium refried beans, fat-free
- ¾ cup** Fresh green bell pepper, seeded, diced
- ¾ cup** Fresh onions, peeled, diced
- 1 ¼ cups** Canned low-sodium corn, drained, rinsed
- 6** Whole-grain tostada shells
- 6 Tbsp** Reduced-fat Mexican cheese blend, shredded (1 ½ oz)
- 1 cup** Fresh carrots, peeled, shredded
- ½ cup** Low-sodium salsa, mild
- ½ cup** Fat-free sour cream

Preparation Time: 25 minutes

Cooking Time: 10 minutes

Makes six Tostada Pizzas

Directions

1. Preheat oven to 350 °F.
 2. Combine spinach and lettuce in bowl and set aside.
 3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
 4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.
 5. For each pizza, place ¼ cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with ⅓ cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.
 6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.
 7. Remove tostadas from oven. Top each tostada with:
 - About 1 Tbsp spinach/lettuce mixture
 - About 2 ½ Tbsp carrots
 - About 1 Tbsp salsa
 - About 1 Tbsp sour cream
- Serve immediately.

Nutrients Per Serving: Calories **206**, Protein **9 g**, Carbohydrate **32 g**, Dietary Fiber **6 g**, Total Fat **6 g**, Saturated Fat **2 g**, Cholesterol **7 mg**, Vitamin A **3227 IU** (177 RAE), Vitamin C **20 mg**, Iron **2 mg**, Calcium **173 mg**, Sodium **290 mg**

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Directions for Eagle Pizza (continued)

*If desired, use 2 ¼ tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

Salt-Free Taco Seasoning Blend

1 tsp dried onion

1 tsp chili powder

½ tsp ground cumin

½ tsp crushed red pepper

½ tsp garlic powder

¼ tsp oregano

½ tsp cornstarch

Combine all ingredients. If using immediately do not add cornstarch. Store in an airtight container.

1 tostada pizza provides:

Legume as Meat Alternate: 1 ¼ oz equivalent meat alternate, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ cup other vegetable, and ½ oz equivalent grains.

OR

Legume as Vegetable: ¼ oz equivalent meat alternate, ⅛ cup legume vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ cup other vegetable, and ½ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Vegetable Chili Boat



Dry Beans and Peas

Ingredients

- 2 ½ tsp** Canola oil
- ½ cup** Fresh onion, peeled, diced
- ½ cup** Fresh green bell pepper, seeded, diced
- ½ cup** Canned low-sodium pinto beans, drained, rinsed
- ½ cup** Canned low-sodium kidney beans, drained, rinsed
- 1 cup** Canned low-sodium black beans, drained, rinsed
- 1 ½ Tbsp** Chili powder
- 1 ½ cups** Canned low-sodium diced tomatoes
- 1 cup** Low-sodium chicken stock
- 1 dash** Hot sauce
- ¼ cup** Canned low-sodium tomato paste
- 18 chips** Low-sodium tortilla chips (about 3 oz)
- ¼ cup** Reduced-fat cheddar cheese, shredded (1 oz)
- ¼ cup** Low-fat mozzarella cheese, low moisture, part skim, shredded (1 oz)

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Makes six ¾-cup servings

Directions

1. Heat canola oil in a large pot over medium-high heat. Add onions and green peppers. Cook for 2-3 minutes or until tender. Add beans and stir to coat. Add chili powder. Stir. Cook for 1 minute for flavors to blend.
2. Add tomatoes, chicken stock, and hot sauce. Bring to a boil. Simmer uncovered for 10 minutes. Add tomato paste and mix well. Cook uncovered for an additional 10 minutes. Bring to a rolling boil for at least 15 seconds. Reduce heat to low and simmer to keep warm.
3. Combine cheddar and mozzarella cheeses (the cheese is a garnish).
4. Place ¾ cup chili in a bowl. Top with 3 chips and sprinkle with about 1 tablespoon of cheese blend. Serve hot.

¾ cup provides:

Legume as Meat Alternate: ¾ oz equivalent meat alternate, ¼ cup red/orange vegetable, ⅓ cup other vegetable, and ¼ cup oz equivalent grains.

OR

Legume as Vegetable: ¼ oz meat alternate, ⅓ cup legume vegetable, ¼ cup red/orange vegetable, ⅓ cup other vegetable, and ¼ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories **141**, Protein **7 g**, Carbohydrate **21 g**, Dietary Fiber **5 g**, Total Fat **4 g**, Saturated Fat **1 g**, Cholesterol **4 mg**, Vitamin A **1226 IU (64 RAE)**, Vitamin C **14 mg**, Iron **2 mg**, Calcium **118 mg**, Sodium **159 mg**

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