



*the 2016 healthy lunchtime challenge*  
**KIDS' "STATE DINNER"**  
**COOKBOOK**

*Top Recipes from Future Chefs of America*





*the 2016 healthy lunchtime challenge*  
**KIDS' "STATE DINNER"**  
**COOKBOOK**  
*Top Recipes from Future Chefs of America*





## FIRST LADY MICHELLE OBAMA

It is my pleasure to present the 2016 Healthy Lunchtime Challenge Cookbook!

For the past five years, amazing kid chefs from around the country have participated in this challenge, not only highlighting their favorite healthy ingredients but also their culinary prowess. This year, more than 1,200 students cooked dishes following the MyPlate nutrition guidance, and many incorporated local ingredients grown in their state, territory, or community. A team of experts tasted and tested these savory meals and selected 56 winners—one from each U.S. state, five territories, and the District of Columbia—to feature in this cookbook and invite to the annual Kids’ “State Dinner” at the White House.

Preparing a meal is a healthy, fun way for families and friends to spend time together, and the Healthy Lunchtime Challenge Cookbook is filled with scrumptious recipes to try. So put on your chef’s apron, find a new recipe, and get cooking!

*Michelle Obama*





WGBH

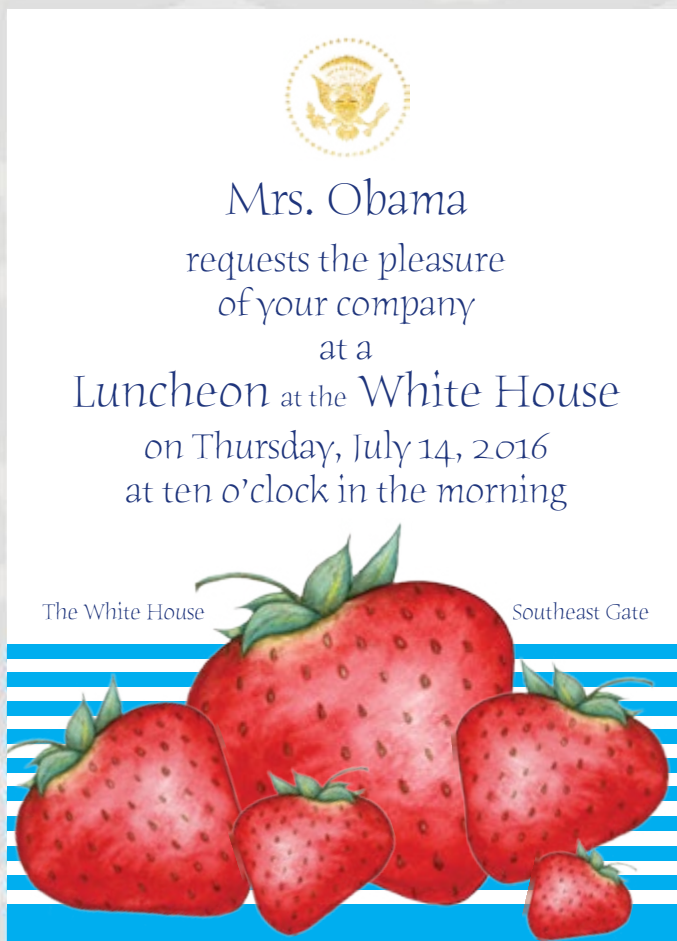
Health skills are life skills, and the kids who participated in this Healthy Lunchtime Challenge are now on their way to making healthy choices for a lifetime. We applaud First Lady Michelle Obama for empowering kids in this critically important way.

WGBH is proud to partner with the White House, the U.S. Department of Education, and the U.S. Department of Agriculture in helping children build skills and develop self-esteem. And we are grateful to Tanya Steel, Editorial Director of Clean Plates, who has been involved with the Healthy Lunchtime Challenge since its inception, and to United Airlines for their support of our efforts.

When we encourage kids to invest in themselves, the investment benefits us all.

*Brigid Sullivan*

**BRIGID SULLIVAN**







## RACHAEL RAY

Congratulations to the kid chefs representing their states and territories as Healthy Lunchtime Challenge winners at the 2016 Kids' "State Dinner." The work these kids are doing in the kitchen, both the winners and all who participated in the Challenge, benefits our country as a whole. Inspiring families to cook and eat meals together sets a foundation for happier and healthier lives in the long run. A positive relationship with food not only builds our brains and our bodies, but also our minds and self-esteem.

Thank you to the coolest First Lady ever for inspiring us all to lead healthier lives through her *Let's Move!* initiative, and of course for planting the seeds that have sown the White House Kitchen Garden. Through my Yum-o! organization, I have been proud to work for years to educate kids and their families about food and cooking, as well as feed hungry Americans, and to provide scholarships for kids who want to make a career in the restaurant and foodservice industry.

The power of one is greater than you think. Every kid and grown-up matters and can do something in their own community, from building a garden box in the classroom to teaching someone how to cook. Get in there, get your hands dirty and keep playing with your food.



RACH



## NEWMAN'S OWN

Newman's Own Foundation believes in the importance of healthy eating and cooking. We are proud to continue the tradition started by our founder, the late actor Paul Newman, of donating all profits and royalties from the sale of Newman's Own products to charities worldwide. Newman's Own Foundation congratulates the 2016 Healthy Lunchtime winners and encourages kids and families to keep cooking, reaching, and dreaming!

**NEWMAN'S OWN**  
FOUNDATION



## 2016 WINNERS



## TABLE OF CONTENTS



# TABLE OF CONTENTS

<b>ALABAMA</b> Green Chicken Wrap and Fruit-tacular Salad ..... 14	<b>ILLINOIS</b> West Wing Chicken with Secret Service Noodles.....42	<b>NEVADA</b> Veggie-Packed Indian Lentils .....72	<b>SOUTH CAROLINA</b> Carolina Shrimp Tacos with Pineapple Salsa .....100
<b>ALASKA</b> Wrapped Alaska Denali Style and Spinach Smoothie ..... 16	<b>INDIANA</b> Chicken Tikka Pita with Cucumber Raita .....44	<b>NEW HAMPSHIRE</b> Teeny Zucchini Triangular Panini ..... 74	<b>SOUTH DAKOTA</b> Catch of the Day Fish Tacos .....102
<b>AMERICAN SAMOA</b> Breadfruit, Taro, and Garlic Chicken Trio ..... 18	<b>IOWA</b> American Gothic Calzones .....46	<b>NEW JERSEY</b> Gianna’s Salmon Paradise .....76	<b>TENNESSEE</b> Awesome Baked Falafel with Mango Salsa .....104
<b>ARIZONA</b> Scarlet’s Southwest Barack-A-Bowl.....20	<b>KANSAS</b> Lentil Tacos with Cilantro-Avocado Drizzle .....48	<b>NEW MEXICO</b> Green Chili Cheese Roll and Lime Jicama Fries ..... 78	<b>TEXAS</b> Tex-Mex Veg-Head Lasagna.....106
<b>ARKANSAS</b> Asian in Arkansas ..... 22	<b>KENTUCKY</b> One Bag Bluegrass Bake! .....50	<b>NEW YORK</b> Chicken Cheeseball Kabobs on Veggie Spaghetti.....80	<b>U.S. VIRGIN ISLANDS</b> Healthy Chicken .....108
<b>CALIFORNIA</b> Cannon’s California Rolls ..... 24	<b>LOUISIANA</b> Sweet Savory Dip-tastic Louisiana Power Lunch...52	<b>NORTH CAROLINA</b> Korean Lentil Patties.....82	<b>UTAH</b> American Flag Ravioli in Creamy Garden Sauce ..... 110
<b>COLORADO</b> Hannah’s Sweet and Savory Chicken and Peaches .....26	<b>MAINE</b> Quinoa Chickpea Salmon Rolls with Salad .....54	<b>NORTH DAKOTA</b> Red Potato Boat with 3 Bean Bison Chili .....84	<b>VERMONT</b> Go Local Lunch! ..... 112
<b>CONNECTICUT</b> Springtime Lunchtime ..... 28	<b>MARYLAND</b> Maryland Crab Lettuce Cups.....56	<b>NORTHERN MARIANA ISLANDS</b> Chicken Kebab Lettuce Wraps .....86	<b>VIRGINIA</b> Victory at Yorktown..... 114
<b>DELAWARE</b> Caribbean Fiesta! .....30	<b>MASSACHUSETTS</b> Fit to Run Boston Marathon Cod-Potato Cake.....58	<b>OHIO</b> Chicken Sausage Cauliflower Crust Pizza .....88	<b>WASHINGTON</b> Salish Sea Kedgeree ..... 116
<b>FLORIDA</b> Bountiful Florida Fish “BFF” Cakes ..... 32	<b>MICHIGAN</b> Super Stuffed Squash .....60	<b>OKLAHOMA</b> Okie Pride Brown Rice with Chicken and Vegetables .....90	<b>WASHINGTON D.C.</b> D.I.Y. Sushi ..... 118
<b>GEORGIA</b> Spaghetti Squash and Turkey Bolognese ..... 34	<b>MINNESOTA</b> Alexandra’s Refreshing Watermelon Salad .....62	<b>OREGON</b> All Kale Caesar! .....92	<b>WEST VIRGINIA</b> Grace’s Supermeal: Cool Couscous and Berry Healthy Dessert .....120
<b>GUAM</b> Quinoa-Crusted Katsu Curry with Cauliflower Rice .....36	<b>MISSISSIPPI</b> Kickin’ Cauliflower Shrimp and Grits .....64	<b>PENNSYLVANIA</b> Sunny’s Omelette and Bo’s Patriotic Parfait .....94	<b>WISCONSIN</b> Wisconsin Cranberry Chickpea Salad ..... 122
<b>HAWAII</b> Poke Me Ke Aloha ..... 38	<b>MISSOURI</b> Tropical Vacation with Catfish and Quinoa.....66	<b>PUERTO RICO</b> Oat! My Tropical Pizza .....96	<b>WYOMING</b> Chicken and Veggie Salad ..... 124
<b>IDAHO</b> Super Stars and Stripes Salmon Patty .....40	<b>MONTANA</b> Bison in a Field.....68	<b>RHODE ISLAND</b> Peace in the Middle East Soup and Salad .....98	
	<b>NEBRASKA</b> Tasty Veggie Tacos.....70		





# RECIPES



# Green Chicken Wrap and Fruit-tacular Salad

Makes 6 servings • 452 calories • 15g fat • 59g carbohydrates • 22g protein

## INGREDIENTS

### For the Green Chicken Wraps:

- 2 cups shredded chicken
- 1 large avocado, peeled, pitted, and thinly sliced
- ¼ cup fresh spinach, chopped
- ⅓ cup cilantro, chopped
- ⅓ cup chopped onion
- ¼ cup low-fat mayonnaise
- ½ teaspoon garlic powder
- Salt and pepper (optional)
- 6 10-inch whole-grain tortillas

### For the Fruit-tacular Salad (not pictured):

- 2 apples, peeled, cored, and diced
- 1 banana, peeled and diced
- 1 kiwi, peeled and diced
- 2 tangerines, peeled and separated
- ½ cup diced strawberries
- 2 tablespoons honey
- 2 tablespoons fresh lemon juice

## PREPARATION

- To make the Green Chicken Wrap:** In a large salad bowl, combine all of the ingredients together except the wraps. Place in the refrigerator for 15 minutes to chill. Once the mixture is chilled, serve with the whole-grain tortillas.
- To make the Fruit-tacular Salad:** In a large salad bowl, combine all of the fruit, stir in the honey and lemon juice, and combine thoroughly.



CHEF  
*Lael Jefferson*  
AGE 11

“I love cooking and I love my vegetables. Avocado and spinach are two of my favorites and they are also good for your body,” says Lael. “I have been making this recipe for a while but made it a bit more green. Some of the veggies and fruits were purchased at my local farmers market, along with the honey. I am the daughter of an Air Force member and Air Force veteran. Cooking is one of my many passions.”

*Alabama*







CHEF  
*Denali Schijvens*  
AGE 9

“I thought of this dish because it has a lot of Alaska elements in it, like the blueberries I eat off the bush in summer while hiking, and the halibut we catch while boating,” says Denali. “The rest of the components seemed to blend in perfectly with the dish. The tartness of the blueberries goes amazing with the halibut and crunch of the lettuce. I decided to pair this dish with a smoothie, because I’ve seen school lunches served with chocolate milk with so much sugar, and I thought a nice refreshing healthy smoothie made with fruits and a vegetable would be the perfect thing to wash down this meal.”

*Alaska*



# Wrapped Alaska Denali Style and Spinach Smoothie

Makes 6 servings • 404 calories • 12g fat • 46g carbohydrates • 31g protein

## INGREDIENTS

### For the Whole-Wheat Crepes:

1 ¼ cups low-fat milk  
2 tablespoons unsalted melted butter  
½ cup whole-wheat flour  
½ cup all-purpose flour  
Butter, oil, or nonstick cooking spray  
3 eggs  
Dash of sea salt

### For the Blueberry Sauce:

1 pound blueberries  
Dash of sea salt  
Juice of ¼ fresh lemon

### For the Halibut:

1 tablespoon butter  
12 (2-ounce) halibut fillets  
(you can substitute with cod)  
1 tablespoon low-sodium soy sauce  
Juice of ½ lemon  
Sea salt

### Garnish:

3 tablespoons low-fat sour cream  
6 lettuce leaves

### For the Spinach Smoothie (*not pictured*):

¾ peeled banana  
15 pieces diced fresh or frozen mango  
6 pineapple chunks  
5 peach slices  
½ cup orange juice  
¾ cup low-fat plain yogurt  
1 ½ cups fresh spinach

## PREPARATION

- 1. For the Whole-Wheat Crepes:** In a medium bowl, beat together milk, eggs, and butter. Add the flours and salt and whisk until smooth. In a nonstick pan over medium heat, melt a small amount of butter, oil, or nonstick cooking spray. Pour approximately ¼-cup batter into pan. Cook for 1 to 2 minutes, gently flip over with a spatula and cook for 1 more minute. Transfer to plate and continue making the rest of the crepes.
- 2. For the Blueberry Sauce:** In a small saucepan, warm the blueberries, covered, over medium heat until the berries are boiling. Remove the cover, reduce the heat to low, add sea salt to taste and lemon juice, and stir. Let blueberries slowly reduce until the rest of the meal is ready, stirring occasionally.
- 3. For the Halibut:** In a large nonstick pan, melt the butter over medium heat. Cook the halibut for 2 minutes, sprinkle with sea salt, soy sauce, and lemon juice, and cook for 4 more minutes, or until golden brown.
- 4. For the Smoothie:** Combine all ingredients in a blender. Blend together until smooth.
- 5. To Assemble the Crepes:** Put a crepe on each plate, smear ½ tablespoon of low-fat sour cream on top, add lettuce, 2 halibut pieces, and top with a generous spoonful of blueberry sauce. Eat unwrapped, with a fork, or wrap up and eat with your hands.



# Breadfruit, Taro, and Garlic Chicken Trio

Makes 2 servings • 363 calories • 6g fat • 44g carbohydrates • 35g protein

## INGREDIENTS

### For the Garlic Chicken:

- 1 skinless boneless chicken breast, halved
- 1 tablespoon minced garlic
- ¼ teaspoon sugar
- Salt

### For the Breadfruit and Taro:

- 6 ounces taro  
(you can substitute with parsnip or sweet potato)
- 5 ounces breadfruit  
(you can use canned or substitute with plantains)
- 6 ounces broccoli
- ¼ cup lite coconut cream
- 2 tablespoons water
- 1 tomato, quartered
- Salt and freshly ground black pepper

## PREPARATION

- To make the Garlic Chicken:** In a small bowl, combine the chicken, garlic, sugar, and salt to taste, and marinate for ½ hour in the refrigerator. In a medium nonstick pan, cook the chicken breast on medium heat for 3 minutes on each side or until golden brown.
- To make the Breadfruit and Taro:** In a large stockpot, fill with water, taro, and breadfruit and bring to a boil over high heat. Boil for 6 minutes, add the broccoli, and boil another 4 minutes. Drain the water from the pot, moving the broccoli to a plate, but leaving the taro and breadfruit in the pot. Add in the coconut cream, water, tomato, salt, and pepper to taste, and stir. Cook 2 minutes more.
- To Assemble:** Divide all of the food onto two plates. Pour any leftover coconut cream sauce onto taro and breadfruit and serve.



CHEF  
*Amelie Chen*  
AGE 9

“In American Samoa, we eat taro and breadfruit as our starch,” says Amelie. “We eat it with coconut cream and other food. My recipe has taro and breadfruit, two local foods found in the Pacific. We also have lots of coconut trees and coconut cream. It tastes great together.”

*American Samoa*





# Scarlet’s Southwest Barack-A-Bowl

Makes 4 servings • 365 calories • 16g fat • 33g carbohydrates • 26g protein

## INGREDIENTS

- ½ pound chicken tenders
- ¾ of 7-ounce can chipotles in adobo sauce
- 4 teaspoons extra-virgin olive oil
- 2 ears of corn or 1 cup frozen corn
- ½ cup quinoa
- ¼ head of cauliflower
- ¼ red onion, peeled and finely chopped
- 2 garlic cloves, peeled and minced
- ½ cup canned black beans, rinsed and drained
- ¼ cup finely chopped cilantro
- 1 avocado, peeled, pitted, and thinly sliced
- ¼ cup Cotija cheese, grated  
(Parmesan can be substituted)
- ¼ cup roasted, salted pumpkin seeds
- Juice of ½ fresh lime

## PREPARATION

- 1. Place chicken and chipotles** in 1-gallon freezer bag, refrigerate, and marinate for at least 1 hour, but preferably overnight.
- 2. Preheat the grill.** When it’s hot, sprinkle ½ teaspoon olive oil on each ear of corn, wrap in foil, place on the side of the grill, and cover. (You can also boil the corn; place in cold water and bring to a boil over medium heat. Drain and remove the kernels.) Cook for 10 minutes, turn the corn over; remove the chicken from the plastic bag and place onto the grill. Cook for 6 minutes on each side. Turn the grill off. Remove the chicken and corn, then unwrap the corn and place back on the grill for a few minutes to get grill marks. After corn has cooled, cut the kernels off the ears by holding cobs vertically and slicing downwards. Cut chicken into bite-size pieces.
- 3. Meanwhile, cook quinoa** according to package instructions in a large saucepan. In a food processor, add cauliflower and process until it’s a rice-like consistency.
- 4. In a large nonstick pan,** warm 1 tablespoon olive oil over medium heat, then add the onions and garlic and cook for 3 minutes, or until softened.
- 5. Into the quinoa pan,** add cauliflower, chicken, corn, onion, garlic, black beans, and cilantro. Warm over medium heat for about 4 minutes. Remove from heat and add Cotija cheese. Garnish with avocado slices, pumpkin seeds, and lime juice and serve!



CHEF  
*Scarlet Summers*  
AGE 10

“Much of the food we eat is inspired by southwest flavors, which is why I chose to create a healthy southwest dish loaded with power foods for energy,” says Scarlet. “Due to the beautiful weather in Arizona, we grill outdoors year round, so I wanted to include grilled chicken and corn. Our family is trying to be healthier in our food choices, so I suggested to my mom that we substitute white rice with cauliflower ‘rice,’ and when we mixed it with the quinoa, I couldn’t even tell it wasn’t white rice!” Scarlet likes to serve this with a prickly pear smoothie.

*Arizona*





# Asian in Arkansas

Makes 4 servings • 523 calories • 16g fat • 70g carbohydrates • 28g protein

## INGREDIENTS

### For the Spring Rolls:

- 4 ounces vermicelli rice noodles
- 1 tablespoon olive oil
- ½ pound shrimp, peeled, tails removed, and de-veined
- 8 brown-rice wrappers
- 8 basil leaves, whole
- 1 cup shredded carrots
- 1 cucumber, peeled and cut into thin strips
- 8 sprigs of mint, leaves chopped
- Ponzu sauce, for dipping (optional)

### For the Edamame Salad:

- 1 pound frozen shelled edamame, thawed
- ½ red onion, peeled and diced
- 1 tomato, diced
- 2 garlic cloves, peeled and minced
- 1 tablespoon olive oil
- 2 teaspoons low-sodium soy sauce
- 2 tablespoons rice wine vinegar
- 1 teaspoon grated fresh ginger

### For the Watermelon Skewers (not pictured):

- 1 cup watermelon cubes
- 16 sprig mint leaves, halved
- 8 bamboo skewers

## PREPARATION

- To make the Spring Rolls:** In a medium saucepan, cook vermicelli noodles according to package instructions; rinse, drain, and cool. Meanwhile, in a large nonstick pan, warm the olive oil over medium heat. Add the shrimp and sauté until pink and cooked through, about 6 minutes. Let cool and then coarsely chop.
- To Assemble:** Place a rice wrapper in a bowl of warm water until softened, then lay on a flat surface. Place one basil leaf first. Then add vermicelli noodles, ⅓ of shrimp, carrots, cucumber, and mint. Fold in the sides of the wrapper and then roll. Continue with remaining 7 wrappers. Serve with Ponzu sauce for dipping.
- To make the Edamame Salad:** In a large stockpot of boiling water, cook the edamame over medium-high heat, until just softened; drain. Into a large bowl, add the onion, tomato, edamame, and garlic. In a separate small bowl, whisk thoroughly the olive oil, soy sauce, rice wine vinegar, and ginger. Pour the dressing over the salad and let sit in the refrigerator for 15 minutes, or until the dressing is absorbed.
- To make the Watermelon Skewers:** Alternate watermelon and 2 whole mint leaves on skewers. Serve 2 skewers with 2 Spring Rolls and Edamame Salad.



CHEF  
*Lily Radtke*  
AGE 11

“Lily is small in stature, but big in heart, and cooking is a place where she feels especially skilled,” says Lily’s mom, Catherine. “She loves southern cuisine, but enjoys experimenting with recipes from around the world. Lily and I are able to bike to a farmers market every Saturday. Rice and soybeans are huge crops in Arkansas, so Lily decided to showcase these two things in her recipe. She also wanted to feature watermelon in her dish. Lily makes this recipe on the weekends so she can take it to school for lunch.”

Arkansas







CHEF  
*Cannon Meiers*  
AGE 8

“Cannon created this recipe because he loves eating fruits, vegetables, lean protein, and whole grains,” says Cannon’s mom, Amanda. “He couldn’t always eat whole grains because of a rare food allergy that he’s since outgrown. Cannon also has a very rare genetic disorder called Mosaic Trisomy 14 and Uniparental Disomy 14, so eating healthy and exercising is a top priority for us! Cannon has been making this recipe for a little over a year, changing things along the way. Living in California, we are so lucky to have a variety of fruits and veggies that are easily accessible.”

*California*



# Cannon’s California Rolls

Makes 6 to 8 servings • 389 calories • 16g fat • 31g carbohydrates • 31g protein

## INGREDIENTS

1 teaspoon salt  
Juice of 2 fresh lemons  
1 ½ pounds chicken tenders  
1 avocado, peeled, pitted,  
and thinly sliced  
½ cup low-fat Greek yogurt  
½ cup toasted sliced almonds  
¼ cup raisins  
1 apple, peeled, cored,  
and chopped  
2 teaspoons chia seeds  
1 celery stalk, finely chopped  
2 green onions, peeled  
and thinly sliced  
8 whole-wheat tortillas or thin,  
wide slices of cucumber

## PREPARATION

- 1. In a large stockpot,** combine 4 cups of water with ½ teaspoon salt and the juice from 1½ lemons. Bring to a boil over medium-high heat and add the chicken. Cover with a lid, reduce heat, and simmer for 10 minutes or until the chicken is cooked through. Drain the water and shred the chicken.
- 2. Meanwhile, in a large bowl,** combine the avocado with the Greek yogurt. Add the almonds, raisins, apple, chia seeds, celery, green onions, and remaining lemon juice and salt. Add the chicken and mix well.
- 3. Dividing evenly,** spread the chicken mixture on a tortilla or in the cucumber slices and roll up. Slice the tortilla into bite-sized pieces or secure the cucumbers with a toothpick. Serve with grapes or your favorite fruit or veggie!



# Hannah’s Sweet and Savory Chicken and Peaches

Makes 4 servings • 594 calories • 10g fat • 55g carbohydrates • 71g protein

## INGREDIENTS

4 boneless, skinless chicken breasts  
1 tablespoon curry powder  
Salt and freshly ground black pepper  
2 peaches, pitted and halved  
2 tablespoons honey  
1 tablespoon olive oil  
½ onion, peeled and finely chopped  
1 8-ounce package sliced mushrooms  
1 garlic clove, peeled and minced  
1 cup reduced-sodium chicken broth  
½ teaspoon cinnamon  
1 Gala apple, peeled, cored, and chopped  
1 cup low-fat milk  
2 ½ tablespoons all-purpose flour  
½ teaspoon oregano  
2 cups cooked basmati, white, or brown rice  
½ cucumber, sliced  
Optional toppings:  
Raisins, cashews, peanuts, sliced bell pepper

## PREPARATION

- 1. Preheat the grill to medium-high heat.** Season chicken breasts each with ½ teaspoon curry powder, salt, and pepper, and add to the grill. Cook for 6 minutes on each side, or until golden brown. Remove chicken then add peach halves, cut side down, and cover. Grill until peaches are soft and tender, about 4 minutes. Remove from the grill, plate, and drizzle with honey.
- 2. In a large nonstick pan,** warm oil over medium heat. Add onion, mushrooms, and garlic and cook for about 5 minutes, stirring occasionally, until vegetables are tender. Add ¾ cup broth, cinnamon, and apple to pan and warm through.
- 3. In a blender,** combine milk, flour, remaining 1 teaspoon curry powder, ¼ cup broth, oregano, salt, and pepper to taste. Blend until smooth and creamy. Transfer to a small saucepan, heat over medium heat, continuously stirring with a whisk, until slightly thickened.
- 4. Divide** the cooked rice and chicken amongst 4 plates. Top chicken with vegetables and sauce. Arrange cucumbers along rim. Serve with grilled peaches.



CHEF  
*Hannah Skalicky*  
AGE 10

“Every year since I was 4 years old, I have helped my dad at the Rotary Peach Festival,” says Hannah. “We help sell Palisade peaches, which grow in the foothills of the Rockies. I learned how to make grilled peaches from my Dad, who grills a lot. The curried chicken recipe was created because I wanted to make an Indian dish. My friend’s mom is Indian and teaches cooking classes that include lots of curry and cumin, which are native to India. She has inspired me to experiment while cooking. These two foods complement each other and make for a delicious summer lunch.”

Colorado





# Springtime Lunchtime

Makes 4 servings • 200 calories • 8g fat • 16g carbohydrates • 16g protein

## INGREDIENTS

### For the Egg Bird's Nests:

- 4 eggs
- ½ cup cooked chicken
- ½ cup shredded carrots
- ⅔ cup alfalfa sprouts
- 8 sprigs cilantro
- 8 yellow cherry tomatoes, halved

### For the French Toast Flowers:

- 1 egg
- 1 tablespoon milk
- ¼ teaspoon cinnamon
- ¼ tablespoon butter
- 2 slices whole-wheat bread
- 1 cherry tomato, halved
- 2 blueberries

### For the Apple Bird's Nest:

- 1 medium apple, peeled and cored
- Handful of blueberries

## PREPARATION

- To make the Egg Bird's Nest:** Preheat the oven to 350°F. Oil 4 muffin cups and place in a muffin tin pan. In a small bowl, mix one egg with a fork. Pour the egg into a muffin cup. Repeat with the next three muffin cups. Place muffin pan in the oven for 4 minutes. Remove from the oven and add ¼ of chicken, carrots, sprouts, cilantro, and tomatoes into each egg. Then place muffin pan back into oven and cook for another 15 minutes. Take out and let cool for 3 minutes; cover to keep warm.
- To make French Toast Flowers:** Meanwhile, mix the egg in a bowl with milk and cinnamon. In a large nonstick skillet, melt the butter on low heat. Use a flower-shaped cookie cutter to cut 2 flower shapes out of each slice of bread. Dip and cover the bread flowers in the egg mixture. Add to the pan and cook for 2 minutes on each side or until golden brown. Transfer to plates. Add a halved cherry red tomato in the center of 2 of the French toast flowers and a blueberry in the center of the other 2 French toast flowers.
- To make the Apple Bird's Nest:** Cut the apple into spirals or cut around as if peeling to make the bird's nests out of the apple. It will make four small bird's nests. Top each bird's nest with blueberries. Serve 1 Egg Bird's Nest, 1 French Toast, and 1 Apple Bird's Nest on each plate.



CHEF  
*Kalaya Moody*  
AGE 10

“Thinking of the word spring made Kalaya think of Connecticut’s state bird, the Robin, which tries to make a nest on top of our front door wreath every spring,” says Kalaya’s mom, Beverly. “One year we allowed the Robin to nest there and we enjoyed the upbringing of three baby Robins. It also brought to mind her grandmother’s backyard vegetable garden. Kalaya helps her grandmother to pick the many different types of tomatoes during the summer. While most of Kalaya’s free time for the past three-and-a-half years has been devoted to gymnastics, entering the Healthy Lunchtime Challenge is Kalaya’s way of making her dream of becoming a chef a reality.” Kalaya serves this meal with a fruit smoothie.

*Connecticut*





# Caribbean Fiesta!

Makes 1 serving • 371 calories • 21g fat • 22g carbohydrates • 24g protein

## INGREDIENTS

1 tablespoon olive oil  
1 chicken tender, cut into bite-sized pieces  
Dash of seasonings like curry, allspice,  
and scotch bonnet pepper sauce (optional)  
8 blue or yellow corn tortilla chips  
¼ cup pinto and/or black beans,  
rinsed and drained  
4 grape tomatoes, chopped  
½ orange bell pepper, seeded and diced  
⅓ green onion, peeled and chopped  
1 ounce low-fat shredded cheddar jack cheese

## PREPARATION

1. **In a nonstick skillet**, warm the olive oil over medium heat. Add the chicken, season with optional spices, and cook for about 5 minutes, or until cooked through.
2. **Evenly spread** the tortilla chips on a plate and evenly distribute chicken, beans, tomatoes, bell peppers, and green onions. Top with cheese and microwave for 1 minute or until cheese is melted.



CHEF  
*Jamal Bin-Yusif*  
AGE 11

“Jamal’s maternal grandparents are Jamaican and the Caribbean flavors are a normal part of our food,” says Jamal’s mom, Kathy. “He also loves tacos, but the shells can be high in sodium. Jamal found a way to significantly lower the sodium of his favorite dish by using the blue corn tortilla chips and because the dish is open, he adds even more vegetables and beans. Jamal already had a high blood pressure reading and we have a very strong family history of high blood pressure and diabetes on both sides. Jamal is very aware of the health concerns of his family and ethnicity. If he can make his food healthier, then he believes he’ll live a more active life where he can keep doing all the fun things he loves to do.” Jamal likes to serve this dish with a fruit salad.

*Delaware*







CHEF  
*Olivia LaRochelle*  
AGE 12

“My mom and I created this healthy seafood recipe, giving it a Latin twist since my grandparents are from Cuba,” says Olivia. “We decided to use tropical fruits and vegetables to make the salsa. The avocado and mango grow right in my grandparents’ backyard. We also added orange and lime because fish goes great with citrus. Living in Florida, it is very easy to find the most delicious, sweet oranges. I love oranges and it really helps to brighten the flavors in this dish! My grandparents said the fish cakes were so delicious.”

*Florida*



# Bountiful Florida Fish “BFF” Cakes

Makes 4 servings • 341 calories • 8g fat • 45g carbohydrates • 24g protein

## INGREDIENTS

### For the Fish Cake:

- ¾ pound skinless large-mouth bass, or any white meat fish such as cod, cut into small pieces
- 1 egg white
- 1 cup cooked brown rice
- ½ cup black beans, rinsed and drained
- 1 teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon kosher salt or to taste
- ½ cup whole-wheat panko breadcrumbs

### For the Salsa:

- 1 ¼ cups diced mango
- 1 ¼ cups diced strawberries
- 1 cup diced avocado
- ¾ cup diced cucumber
- ¼ cup chopped cilantro
- 2 tablespoons fresh lime juice

### For the Orange-You-Glad Yogurt Sauce (not pictured):

- ½ cup low-fat plain yogurt
- 3 tablespoons orange juice
- ½ teaspoon orange zest
- Orange wedges, for garnishing

## PREPARATION

- To make the Fish Cakes:** Preheat oven to 375°F. In a large bowl, combine all ingredients except breadcrumbs. Form mixture into 4 patties, pressing each patty together so it holds its shape. Line a medium baking sheet with parchment paper. Put breadcrumbs on a plate and roll the patties in the breadcrumbs. Place each patty on baking sheet and bake for 20 minutes or until light golden brown and fish is cooked through.
- To make the Salsa:** In medium bowl, toss salsa ingredients until well combined.
- To make Orange-You-Glad Yogurt Sauce:** In a small bowl, stir together all ingredients.
- To Assemble:** Top each fish cake with Salsa and drizzle with Orange-You-Glad Yogurt sauce. Sprinkle with additional cilantro if you wish. Serve with orange wedges and a glass of low-fat milk.





CHEF  
*Jackson Kelly*  
AGE 8

“Jackson heard that a classmate cooks once a week for her family and wanted to try cooking for us,” says Jackson’s mom, Nour. “He loves his dad’s traditional spaghetti with sausage but wanted to try to make his own with more of a meat sauce. Since we try not to eat pasta often, we decided to make this with spaghetti squash instead. He added his favorite veggies, which include mushrooms, carrots, and our local staple, Vidalia onions, to a basic Bolognese sauce and substituted ground turkey for beef.” Jackson serves this with whole-wheat toast drizzled with olive oil, and mango for dessert.

*Georgia*



# Spaghetti Squash and Turkey Bolognese

Makes 6 servings • 306 calories • 17g fat • 26g carbohydrates • 18g protein

## INGREDIENTS

2 medium spaghetti squash,  
halved and seeded  
Dash of sea salt  
1 teaspoon Herbes de Provence (optional)  
3 tablespoons olive oil  
1 Vidalia onion, peeled and chopped  
2 carrots, peeled and finely chopped  
8 ounces sliced mushrooms  
1 garlic clove, peeled and minced  
1 pound ground turkey  
1 28-ounce can crushed tomatoes  
1 8-ounce can tomato paste  
8 ounces water  
1 tablespoon dried basil  
1 teaspoon dried oregano  
1 teaspoon salt  
1 teaspoon freshly ground black pepper  
1 teaspoon garlic powder  
Freshly grated Parmesan cheese

## PREPARATION

- 1. Preheat the oven to 425°F.** Sprinkle spaghetti squash with sea salt and Herbes de Provence, if using, and drizzle with 1 tablespoon olive oil. Place on a baking sheet or pan, cut side up, and cover tightly with foil. Bake for 25 minutes, uncover and continue baking for 45 minutes or until the flesh can be scooped out with a fork.
- 2. Meanwhile, in a large nonstick pan,** warm the remaining 2 tablespoons olive oil over medium heat and add the onions and carrots. Sauté over medium heat until softened, about 6 minutes. Add the mushrooms and garlic and sauté for 3 minutes or until lightly brown. Add the turkey and cook about 8 minutes, or until no longer pink. Add the tomatoes, tomato paste, water, basil, oregano, salt, pepper, and garlic powder. Bring to a boil, reduce heat to low, then simmer for about 30 minutes.
- 3. To Assemble:** Scoop out the flesh of the spaghetti squash, divide amongst the plates, and top with the sauce and Parmesan (if desired). Serve with a slice of garlic whole-wheat toast.



# Quinoa-Crusted Katsu Curry with Cauliflower Rice

Makes 4 servings • 456 calories • 8g fat • 54g carbohydrates • 43g protein

## INGREDIENTS

1 sweet potato  
2 skinless, boneless chicken breasts, halved  
2 egg whites  
½ cup almond or quinoa flour,  
for dredging  
2 cups cooked quinoa  
2 tablespoons olive oil or nonstick cooking  
spray  
1 teaspoon minced, fresh garlic  
3 carrots, peeled and cut into bite-sized pieces  
½ cup grated apple  
2 cups low-sodium vegetable broth  
2 tablespoons curry powder  
1 tablespoon reduced-sodium  
Worcestershire sauce  
1 head cauliflower, stem removed and chopped  
1 teaspoon garam masala  
(or coriander seed)  
1 teaspoon cumin  
1 teaspoon freshly ground black pepper

## PREPARATION

- 1. Preheat the oven to 425°F.** Place sweet potato on a baking sheet, poke holes into the sweet potato with a fork, and bake for 45 minutes or until soft when pierced with a fork.
- 2. Meanwhile, pound chicken flat to tenderize.** Place egg whites in a wide shallow bowl, and flour and cooked quinoa on plates. Dredge chicken in flour, dip in the egg whites, then in the cooked quinoa, coating well. Place on a large baking sheet and bake in the oven, while the sweet potato is cooking, for 25 minutes or until cooked through.
- 3. While chicken and sweet potato are cooking,** in a large nonstick skillet, warm 1 tablespoon olive oil over medium heat, add the garlic and cook for 1 minute. Then add the carrots and apple and cook for another 5 minutes. Add the broth, curry powder, and Worcestershire sauce. Let simmer for 10 minutes. When the sweet potato is cooked, scoop out the sweet potato and add to the vegetable-curry broth.
- 4. Into a food processor,** add the cauliflower and pulse to process into a rice-like consistency. (A hand grater will also work.) In a nonstick skillet, warm the remaining tablespoon oil over medium heat, add the cauliflower rice, and cook for about 5 minutes. Season to taste with garam masala, cumin and pepper.
- 5. To Assemble:** Divide the cauliflower rice, quinoa-crusted chicken, and curry broth among the four plates, placing the broth next to the rice. Enjoy!



CHEF  
*Grayson Giles*  
AGE 8

“I love to eat good food and I love to play soccer,” says Grayson. “It’s important for me to be able to run fast so I can help my team and make lots of goals—my favorite part! When I played with the Guam National Academy, I needed lots of energy to feel good at practice. I am part Japanese and one of my favorite meals is Katsu Curry Rice. I decided to make a healthy version of it so I could eat what I love but still have lots of energy to run! I love eating this meal with my family.”

*Guam*





# Poke Me Ke Aloha

Makes 4 servings • 521 calories • 31g fat • 47g carbohydrates • 20g protein

## INGREDIENTS

### For the Tomato Poke:

9 grape tomatoes, halved  
¼ cup diced sweet onion  
¼ cup sliced green onions  
Dash shoyu or low-sodium soy sauce  
Dash sesame oil  
1 teaspoon sesame seeds  
Sea salt

### For the Tofu Poke:

14 ounces firm tofu, drained  
and cut into ½-inch cubes  
½ teaspoon kosher salt  
½ teaspoon garlic powder  
1 tablespoon cornstarch  
2 tablespoons coconut oil

### For the Edamame Poke:

1 cup cooked, shelled edamame  
Dash shoyu or low-sodium soy sauce  
Dash sesame oil  
2 tablespoons toasted sesame seeds  
Salt, pepper and hot sauce

### For the Ulu Poke:

½ ulu, steamed and cut into ½-inch cubes  
(you can substitute 2 steamed  
sweet potatoes)  
2 tablespoons coconut oil or olive oil  
Sea salt  
1 thinly sliced green onion  
1 tablespoon shoyu or low-sodium soy sauce  
2 teaspoons sesame oil  
2 tablespoons furikake  
Juice and zest from ½ fresh lime  
3 tablespoons ground macadamia nuts

### Quinoa:

2 cups cooked quinoa

## PREPARATION

- To make the Tomato Poke:** In a small bowl, season the tomatoes lightly with salt. Let tomatoes sit at room temperature for 10 minutes, then drain. Add remaining ingredients and gently toss.
- To make the Tofu Poke:** Season each tofu cube with salt and garlic powder, then dust with cornstarch. Heat a nonstick saucepan over medium heat and add the coconut oil. Add the tofu and sear for 2 to 3 minutes on each side, or until golden brown. Drain on paper towels and keep warm.
- To make the Edamame Poke:** In a large bowl, gently mix ingredients together. Season to taste.
- To make the Ulu Poke:** In a large bowl, season the ulu or sweet potato with oil and sea salt. Add the remaining ingredients and stir.
- To Assemble:** Serve quinoa and all the pokes.



CHEF  
*Kaira Grace Pan*  
AGE 9

“Poke means to slice, to cut into pieces, in Hawaiian,” explains Kaira. “Traditional poke is made with raw fish, Hawaiian salt, limu (seaweed), inamona (roasted, ground kukui nut), chiles, and onions. It is a favorite Hawaiian dish and my family loves making and sharing poke at family gatherings. I named my dish Poke Me Ke Aloha (poke with love) because I put all the things I love in it. I serve the poke with quinoa because it is healthier than white rice.” Kaira also serves guacamole and a banana-kale sorbet for dessert with this meal.

*Hawaii*







CHEF  
*Jacob Russell*  
AGE 12

“I wanted to use Idaho potatoes, as well as create a recipe using super foods for the brain that helps kids with focus and memory,” says Jacob. “My mom and I researched the top foods for your brain health. Salmon, found in Idaho’s rivers, is one of the best. I came up with an idea to represent the American flag with star-shaped salmon patties and stripes made from vegetables. My parents call me ‘The Berry Monster’ since I love to pick berries and eat them straight from the vine! Blueberries are also great for the brain. I learned the importance of eating fruits and veggies of all colors.” Jacob likes to serve his salmon patty with brown rice and blueberry smoothies.

*Idaho*



# Super Stars and Stripes Salmon Patty

Makes 4 servings • 374 calories • 16g fat • 28g carbohydrates • 28g protein

## INGREDIENTS

1 Yukon Gold potato, peeled and sliced  
2 tablespoons grapeseed oil or olive oil  
1 garlic clove, peeled and minced  
1 shallot, peeled and minced  
¼ cup diced red bell pepper  
¼ cup diced celery  
2 cups cooked, flaked salmon  
(drained if from a can)  
2 eggs  
¼ cup parsley  
¾ cup whole-grain breadcrumbs  
⅓ cup wheat germ  
¼ cup grated Parmesan cheese  
3 cups fresh spinach  
Cut-up strips of jicama, avocado, and  
red, yellow, and orange bell peppers  
Salad dressing of your choice

## Optional

Tzatziki sauce, parsley and lemon wedge,  
for garnish  
½ teaspoon lemon pepper  
Blackened seasoning  
Brown rice

## PREPARATION

1. **In a saucepan filled with water**, cook the potato over medium heat for about 8 minutes, or until fork-tender.
2. **Meanwhile, in a nonstick saucepan**, warm 1 tablespoon oil over medium heat. Add the garlic, shallot, red pepper, and celery and cook about 6 minutes, or until golden brown. Let cool.
3. **In a food processor**, combine salmon with eggs, parsley, breadcrumbs, wheat germ, Parmesan, and lemon pepper, if using. Mix together and spoon into a bowl. Wet your hands with water and shape the mixture into 6 patties. (You can cut the patties with a star-shaped cookie cutter.) Sprinkle patties with blackened seasoning, if using.
4. **In a large nonstick skillet**, warm the remaining tablespoon of oil over medium heat, and cook patties for 4 minutes on each side, or until golden brown and firm to touch. Serve with brown rice, spinach, strips of fresh veggies, salad dressing, and fresh Tzatziki sauce, parsley or lemon juice, if desired.



# West Wing Chicken with Secret Service Noodles

Makes 8 servings • 426 calories • 15g fat • 37g carbohydrates • 36g protein

## INGREDIENTS

### For the West Wing Chicken:

2 eggs  
1 teaspoon skim milk  
2 cups panko breadcrumbs  
8 4-ounce skinless boneless chicken breasts  
2 tablespoons olive oil

### For the Marinara Sauce:

2 tablespoons olive oil  
3 garlic cloves, peeled and minced  
½ onion, peeled and chopped  
1 carrot, peeled and chopped  
2 28-ounce cans crushed or whole plum tomatoes, diced  
¼ cup fresh basil, cut into strips  
1 bay leaf  
Pinch of sea salt  
Fresh ground pepper

### For the Secret Service Noodles:

6 squash (3 zucchini and 3 yellow squash)  
Sea salt and freshly ground black pepper  
1 large carrot, peeled  
1 bunch asparagus, trimmed and cut into 1-inch pieces  
1 tablespoon olive oil  
2 garlic cloves, peeled and minced  
10 grape tomatoes, halved  
¼ cup grated Parmesan cheese  
Italian parsley

## PREPARATION

- To make the West Wing Chicken:** In a medium bowl, whisk together the eggs and milk. Put the breadcrumbs on a plate. Dip the chicken in the egg mixture and then lightly dredge both sides of the chicken in the breadcrumbs. In a large nonstick skillet, warm the olive oil over medium heat. Add the chicken and, cooking in two batches, cook for 6 minutes per side, or until cooked through and golden brown.
- To make the Marinara Sauce:** In a large stockpot, heat the olive oil over medium heat. Add the garlic, onion, and carrot and cook for 7 minutes, or until golden brown. Add the remaining ingredients and simmer over low heat for 30 minutes.
- To make the Secret Service Noodles:** Spiralize the squash (or you can use a box grater) and put into a colander to drain excess juice. Sprinkle lightly with sea salt and let stand for 15 minutes. Spiralize the carrots. In a large stockpot, bring 8 cups of water to a boil over medium-high heat and add squash, carrots, and asparagus. Cook for 3 minutes, drain into a colander and rinse the vegetables immediately with cold water.
- In a nonstick skillet** warm the olive oil over medium heat. Add the garlic, squash, carrots, and asparagus, season with sea salt and pepper to taste, and cook for 1 minute.
- To Assemble:** Place serving of noodles on a plate and garnish with tomatoes, Parmesan, and parsley. Place 1 West Wing Chicken breast next to the Secret Service Noodles and top with Marinara Sauce.



CHEF  
*Maggie Smith*  
AGE 11

“Last fall, I started to cook different recipes and would change ingredients and measurements to make them healthier and tastier,” says Maggie. “My aunt told me that I should enter the Healthy Lunchtime Challenge because I am so interested in cooking. With this recipe, I cooked it three times in order to get it just right. My family enjoyed the meal and commented how yummy and filling it was. My dish includes all food groups, and ingredients that are grown locally. Enjoy!”

*Illinois*







CHEF  
*Shakthi*  
*Ramachandran*  
AGE 8

“My dad is from India and I like Indian food, especially chicken tikka masala,” says Shakthi. “I asked my dad how I can make chicken tikka masala and make it like a sandwich. I love chicken and I also like to eat a lot of vegetables. This recipe combines all these things and is very tasty and delicious. In the summer most of the vegetables we eat are from our garden. The cucumber raita dressing makes it delicious.”

*Indiana*



# Chicken Tikka Pita with Cucumber Raita

Makes 4 servings • 592 calories • 21g fat • 47g carbohydrates • 56g protein

## INGREDIENTS

### For the Chicken Tikka:

- 1 pound chicken breast, boneless, skinless, cubed
- 1 cup low-fat yogurt
- 1 ½ teaspoon ginger-garlic paste (can use ¾ teaspoon ground ginger and ¾ teaspoon minced garlic)
- 1 ½ teaspoon cumin powder
- 1 teaspoon red chili powder
- 2 teaspoons garam masala (or coriander seed)
- Dash to 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 3 teaspoons tikka masala
- 1 ½ teaspoons fresh lemon juice
- 1 tablespoon olive oil

### For the Cucumber Raita:

- 2 hot house/English cucumbers, quartered
- 3 sprigs mint
- 20 ounces plain Greek yogurt
- 10 ounces low-fat sour cream
- ½ teaspoon roasted ground cumin
- 1 teaspoon salt

### To Assemble:

- 4 pita breads
- 1 onion, peeled and chopped
- 2 carrots, peeled and shredded
- 2 green bell peppers, seeded and cut lengthwise
- 1 cucumber slice
- 1 bunch romaine lettuce, chopped
- 1 bunch fresh spinach, chopped

## PREPARATION

- To make the Chicken Tikka:** In a large bowl, combine the chicken with the remaining ingredients and marinate, covered, in the refrigerator, for a minimum of 4 hours or overnight.
- Preheat the broiler.** Remove the chicken from the marinade, place it in an oven-safe skillet and broil for about 15 minutes, or until cooked through.
- To make the Cucumber Raita:** In a medium bowl, combine the raita ingredients.
- To Assemble:** Layer each pita bread pocket with vegetables, chicken, and cucumber raita.



# American Gothic Calzones

Makes 6 servings • 481 calories • 12g fat • 82g carbohydrates • 19g protein

## INGREDIENTS

### For the Spinach Filling:

½ cup water  
½ cup raw unsalted cashew pieces  
8 ounces firm tofu, crumbled  
Dash to 1 teaspoon salt  
1 teaspoon garlic powder  
1 teaspoon Italian seasoning  
1 teaspoon fresh lemon juice  
5 ounces chopped fresh spinach

### For the Calzones:

1 ¼ cup warm water  
1 package active dry yeast  
2 tablespoons unsweetened applesauce  
2 tablespoons honey  
1 teaspoon salt  
2 ½ cups whole-wheat flour

### For the ‘Food Will Win the War’ Medley:

1 tablespoon olive oil  
1 15-ounce can corn  
1 15-ounce can lima beans  
(you can substitute with chickpeas)  
1 15-ounce can hominy  
¼ cup diced red bell pepper  
½ cup diced green bell pepper

## PREPARATION

- To make the Spinach Filling:** In a blender, combine water and cashew pieces. Blend on high for 1 minute until smooth. Pour into a medium bowl. Add tofu, salt, garlic powder, Italian seasoning, lemon juice, and spinach and mix well.
- To make the Calzones:** Preheat the oven to 425°F. In a large mixing bowl, combine water and yeast. Let sit for 5 minutes. Add applesauce, honey, salt, and flour and stir well to combine. (You can also use a stand mixer or a food processor.) When dough forms a ball, knead it for 2 minutes on a work surface sprinkled with flour. Divide the bread dough into 6 equal pieces and roll into balls. Flatten dough with a rolling pin to 1/8-inch thickness. Divide the filling among the circles. Lift the edge and stretch the dough over to the opposite edge, enclosing filling, and pressing the edge of the dough gently to seal. Arrange calzones seam-side down on a large baking sheet lined with parchment paper, and bake for 15 minutes or until golden brown.
- To make ‘Food Will Win the War’ Medley:** In a medium saucepan, warm the oil over medium heat. Combine all ingredients, heat for about 15 minutes, until heated through. Serve with American Gothic Calzones.



CHEF  
*Lola Shorney*  
AGE 11

“My goal is to be a veterinarian and because I love animals and healthy food, I enjoy inventing recipes that are plant based,” says Lola. “Iowa is known for Grant Wood’s painting *American Gothic*. My calzones include Iowa grown ingredients. During World War I, when Hoover was appointed U.S. Food Administrator, his slogan was ‘Food Will Win the War.’ In order to feed our American army overseas, his food conservation campaign successfully reduced domestic food consumption by 15 percent. With my calzones, I serve a ‘Food Will Win the War’ vegetable medley. Applying Hoover’s ‘Food Will Win the War’ approach to obesity, I vow to be part of the solution.” Lola’s Go Ride Your Bike dessert has cantaloupe, bananas, and other fruits.

*Iowa*





# Lentil Tacos with Cilantro-Avocado Drizzle

Makes 4 servings • 347 calories • 11g fat • 48g carbohydrates • 19g protein

## INGREDIENTS

### For the Lentil Tacos:

1 ¼ cup water  
½ cup green lentils  
1 teaspoon extra-virgin olive oil  
1 garlic clove, peeled and minced  
½ teaspoon salt  
½ teaspoon dried oregano  
1 teaspoon cumin  
1 teaspoon ground ancho chili pepper  
4 whole-grain tortillas  
1 cup shredded purple cabbage  
½ cup canned pineapple, drained  
½ fresh lime, quartered

### For the Cilantro-Avocado Drizzle:

1 small ripe avocado, peeled, pitted, and thinly sliced  
½ cup non-fat plain Greek yogurt  
¼ teaspoon salt  
1 garlic clove, peeled and minced  
¼ cup fresh cilantro, chopped

### For the Mango-Peach Smoothie: (not pictured)

½ cup sliced peaches  
½ cup frozen mango chunks  
½ cup low-fat milk  
½ cup non-fat plain Greek yogurt

## PREPARATION

- 1. To make the Lentil Tacos:** In a large stockpot, bring 1 cup of water to a boil over medium heat. Add lentils, return to boiling, reduce heat, partially cover, and simmer for 25 minutes, or until al dente. Remove from heat and drain. In a small nonstick skillet, warm the olive oil on medium heat and add the garlic. Cook for 1 minute then add the lentils, salt, oregano, cumin, chili pepper, and remaining ¼ cup water. Reduce the heat to low and simmer for about 5 minutes or until most of the water evaporates.
- 2. To make Cilantro-Avocado Drizzle:** In a food processor, combine all ingredients and pulse until smooth. Transfer to a small bowl for serving.
- 3. To Assemble:** Divide lentil mixture amongst the tortillas and top with cabbage, pineapple, fresh lime, and Cilantro-Avocado Drizzle.
- 4. To make Mango-Peach Smoothie:** Combine all ingredients in a blender and blend until smooth.



CHEF  
*Joey Heidari*  
AGE 12

“This recipe includes a number of colorful ingredients such as corn, lentils, peaches, cabbage, cilantro, and garlic, all of which are grown in Kansas,” says Joey. “My recipe has many healthy ingredients from each food group on MyPlate, such as whole grains in the tortillas; vegetables like purple cabbage and garlic; fruits like pineapple tidbits and avocado; lentils, for protein; and dairy from the Greek yogurt. I also made a Mango-Peach Smoothie to add more fruit and dairy. My family enjoyed eating this meal, so I hope you enjoy it, too.”

*Kansas*







CHEF  
*Will Bingham*  
AGE 10

“My family likes to go camping and hiking a lot,” says Will. “My mom and I were trying to think of some healthy choices for lunch instead of hotdogs and hamburgers on the grill. So we came up with this one-bag bake that included seasonal veggies and local fish. We used an aluminum foil pouch and placed it in our campfire. It was a hit with our whole family! All we needed was our one bag and a fork! Now we make it at home all the time! Super yummy!!!”

*Kentucky*



# One Bag Bluegrass Bake!

Makes 1 serving • 459 calories • 26g fat • 28g carbohydrates • 30g protein

## INGREDIENTS

4 ounces trout fillets  
or any local flaky fish, like salmon  
1 tablespoon grated lemon zest  
½ lemon, thinly sliced  
1 tablespoon lemon juice  
1 tablespoon extra-virgin olive oil  
Kosher salt and freshly grated pepper  
½ red or yellow bell pepper, julienned  
½ cup zucchini, peeled and julienned  
1 garlic clove, peeled and minced  
2 sprigs thyme  
½ cup navy or white beans,  
rinsed and drained  
Plain Greek yogurt as topping (optional)  
Cooked brown rice (optional)

## PREPARATION

**1. Preheat oven to 400°F.** In a large mixing bowl, gently toss all ingredients except navy beans, yogurt, and rice. On a large piece of parchment paper or aluminum foil, add the fish and beans. Fold the parchment or foil over and crimp and fold so it's sealed. Bake in the oven for 25 minutes. Let bag sit for 5 minutes before opening. Serve with yogurt and cooked brown rice.





CHEF  
*Owen Osborne*  
AGE 8

“Owen’s severe food allergies mean that he will never be able to eat from his school cafeteria menu, or from most prepackaged lunch meals,” says Owen’s mom, Jeanae. “He, like most kids, loves fun lunches, with loads of colors, and ways to dip them. He picked his favorite foods and created this meal to rival all prepackaged and cafeteria offerings. The ingredients are all locally sourced, and the dessert was inspired by the Louisiana Peach Festival.”

*Louisiana*



# Sweet Savory Dip-tastic Louisiana Power Lunch

Makes 6 servings • 656 calories • 15g fat • 77g carbohydrates • 53g protein

## INGREDIENTS

### For the Chicken:

- 1  $\frac{3}{4}$  cup vegetable broth
- 1 cup brown rice
- 2 medium sweet potatoes, peeled and chopped
- 2 tablespoons extra-virgin olive oil, plus more as needed
- Dried basil, oregano, thyme, Creole seasoning, salt, and freshly ground black pepper (optional)
- 1 pound fresh broccoli florets
- 1 tablespoon fresh lemon juice
- 4 skinless, boneless chicken breasts, cut into bite-sized pieces
- Barbecue sauce, soy sauce, or salsa, for dipping

### For the Fruit Salsa & Cinnamon Tortilla Crisps:

- 1 apple, peeled, cored, and coarsely chopped
- 2 tablespoons fresh lemon juice
- 2 cups strawberries, stemmed and chopped
- 2 cups peaches, peeled, pitted, and chopped
- 4 large whole-wheat tortillas
- 1 tablespoon cinnamon
- 1 tablespoon brown sugar

## PREPARATION

- 1. Preheat the oven to 375°F.** In a large stockpot, bring broth to a boil over medium heat. Add in the rice, stir and cover, reduce heat to low. Cook for 25 minutes, or until tender.
- 2. Meanwhile, on a large baking sheet,** coat sweet potatoes lightly with 1 tablespoon olive oil, sprinkle with any seasoning you like, and bake for 30 minutes, or until tender. On a second large baking sheet, lightly season broccoli with lemon juice, salt, pepper, thyme, or any other seasonings you like. Bake on the other oven shelf for 30 minutes, alongside the sweet potatoes.
- 3. In a large nonstick skillet,** warm remaining tablespoon olive oil over medium heat. Add the chicken and cook 6 minutes on each side, or until golden brown.
- 4. To make the Fruit Salsa & Cinnamon Tortilla Chips:** In a large bowl, toss apples with lemon juice. Add remainder of fruit and stir. Place tortillas on nonstick baking tray, sprinkle with cinnamon and brown sugar, and place in the warm oven until slightly crisp. Remove from oven and cut into triangles or strips.
- 5. To Assemble:** Divide the rice, broccoli, sweet potatoes, and chicken amongst the plates. Serve with the Fruit Salsa and Cinnamon Tortilla Crisps.





CHEF  
*Scout Bookham*  
AGE 8

“Scout began her brainstorming session by listing ingredients native to Maine,” says Scout’s mom, Jessie. “Her list included lobster, blueberries and potatoes. Given the health and affordability requirements of the challenge, she chose to highlight our delicious Maine blueberries in her side salad! We had so much fun collaborating on this project, and it was great to see how enthusiastic she was while fine-tuning her recipe, especially as she worked to get the salad dressing’s oil-to-vinegar ratio.”

*Maine*



# Quinoa Chickpea Salmon Rolls with Salad

Makes 4 servings • 377 calories • 15g fat • 38g carbohydrates • 22g protein

## INGREDIENTS

### For the Quinoa Chickpea Salmon Rolls:

1 cup vegetable broth  
½ cup quinoa  
½ pound salmon fillets  
Salt and freshly ground black pepper  
1 15-ounce can chickpeas,  
rinsed and drained  
Juice from ½ fresh lemon  
½ teaspoon garlic powder  
½ teaspoon paprika  
4 sheets nori or seaweed paper  
½ cucumber, thinly sliced  
Ponzu, for sprinkling (optional)

### For the Salad:

1 tablespoon blueberry jam  
1 tablespoon extra-virgin olive oil  
Dash champagne vinegar, or any vinegar  
2 cups baby spinach, chopped  
4 ounces blueberries  
3 tablespoons goat cheese, crumbled

## PREPARATION

- 1. To make the Quinoa Chickpea Salmon Rolls:** In a large stockpot, bring the broth to a boil over medium heat, then add quinoa, cover, reduce heat to low, and simmer for 15 minutes, or until tender.
- 2. Meanwhile, preheat oven to 450°F.** Line large baking sheet with parchment paper, place salmon fillets skin side down, and sprinkle with salt and pepper, to taste. Bake for about 10 minutes, depending on thickness, or until it flakes easily with a fork.
- 3. In a medium mixing bowl,** combine chickpeas, lemon juice, salt, pepper, garlic powder, and paprika, and mash until chunky. Add in quinoa and stir to combine.
- 4. To Assemble:** On a nori sheet, spread ¼ of the chickpea-quinoa mash, sprinkle with ponzu if using, then add cucumber and salmon pieces to the edge closest to you. Tightly roll nori sheet away from you. With warm water, moisten top edge like an envelope to seal the roll. (The rolling action can be done freestyle, or with the help of a bamboo rolling mat and clean dish towel.) Cut each maki roll into six pieces with a serrated knife.
- 5. To make Salad:** In a large salad bowl, combine blueberry jam, oil, and vinegar and whisk. Add spinach and toss. Portion dressed spinach equally onto 4 plates and top with fresh blueberries and crumbled goat cheese.



# Maryland Crab Lettuce Cups

Makes 8 servings • 143 calories • 8g fat • 11g carbohydrates • 8g protein

## INGREDIENTS

- 2 tablespoons unsalted butter
- ½ pound Maryland blue crabmeat (lump or backfin)
- 3 fresh limes, zested and juiced
- 1 cup frozen corn
- ½ red bell pepper, seeded and chopped
- ¼ teaspoon smoked paprika
- ¼ teaspoon cumin
- Sea salt and freshly ground black pepper
- 1 tablespoon grapeseed oil or olive oil
- 2 fresh oranges, juiced
- 1 head of Bibb lettuce
- ½ cup micro greens or salad greens
- 1 avocado, pitted, peeled, and cut into thin slices
- ½ cup low-fat Jack cheese, shredded

## PREPARATION

- 1. In a large nonstick skillet,** melt 1 tablespoon butter over medium heat. Add the crabmeat and zest of 1 lime and cook for 3 minutes, or until crab turns light brown. Remove crab to separate bowl and set aside.
- 2. In the same pan,** melt remaining tablespoon butter over medium heat, add the corn, red pepper, smoked paprika, cumin, and 1 tablespoon lime juice. Cook until kernels start to turn golden-brown, about 5 minutes. Season with salt and pepper, to taste. Set aside.
- 3. To make citrus dressing,** in a small bowl, whisk together oil, remaining lime juice and zest, and all of the orange juice. Add salt and pepper to taste.
- 4. To Assemble:** Set out 8 plates and place two Bibb lettuce leaves on each plate, so that each leaf forms a cup shape. To each lettuce cup, add: 1 tablespoon micro greens, 2 tablespoons corn mixture, 2 tablespoons crab meat, and 1 tablespoon Jack cheese. Drizzle 2 teaspoons citrus dressing over each lettuce cup. Serve with avocado slices (not shown).



CHEF  
*Colby Trenor*  
AGE 9

“Feeling blue or crabby? This tasty pick-me-up highlights Maryland blue crab meat, which is with other ingredients in a Bibb lettuce cup that can be rolled up for fun eating,” says Colby. “Working with my mom, we nixed some ingredients and reduced others. We also reworked proportions and used fresh-frozen foods in place of some items not in season right now, to save money. I then presented two options to three tough critics: my preschool siblings, including a very picky eater. This dish got smiles and clean plates all around, so it’s a hands-down winner.” Colby serves this treat with Delmarva Chips—baked whole-wheat tortillas dusted with seasonings and sea salt—and an Apple-Tomatillo Green Salsa.

Maryland





# Fit to Run Boston Marathon Cod-Potato Cake

Makes 6 servings • 410 calories • 15g fat • 44g carbohydrates • 28g protein

## INGREDIENTS

### For the Cod-Potato Cakes:

2 large russet potatoes,  
peeled and sliced  
1 tablespoon olive oil  
1 ½ pounds fresh cod,  
or any flaky white fish  
¼ cup rolled oats  
2 eggs  
¼ cup low-fat milk  
Salt and freshly ground black pepper  
2 tablespoons canola oil

### For the Salad:

4 cups fresh spinach, chopped  
2 apples, peeled, cored, and chopped  
½ cup strawberries, stemmed and sliced  
2 clementines, peeled and sectioned  
¼ cup dried cranberries  
3 tablespoons toasted almonds

### For the Vinaigrette:

¼ cup fresh strawberries  
1 tablespoon olive oil  
2 teaspoons local honey  
2 teaspoons mustard  
Juice from ½ large lemon  
Salt and freshly ground black pepper

## PREPARATION

- To make the Cod-Potato Cakes:** In a large stockpot, boil water over high heat. Add the potatoes and cook for 10 minutes, or until potatoes are tender. Mash with a masher or fork. Let cool. Meantime, in a large nonstick skillet, warm the olive oil over medium heat. Add the cod and cook for 4 minutes per side, or until flaky and cooked through. Let cool. In a large mixing bowl, combine mashed potatoes, oats, cod fish, eggs, milk, salt, and pepper. Mix well. In a large cast iron skillet or nonstick skillet, warm the oil on medium heat and cook 4 cod cakes at a time, turning over after 4 minutes or until crisp on both sides and hot throughout.
- To make the Salad:** In a large salad bowl, combine all of the ingredients together. In a small bowl, whisk together the vinaigrette ingredients.
- To Assemble:** Divide the Salad and Cod-Potato Cakes amongst the plates, drizzle with the Vinaigrette, and garnish with toasted almonds.



CHEF  
*Abby Newman*  
AGE 10

“We live at the start of the Boston Marathon. Our school and community become one soul during marathon season as we are a runners’ town,” says Abby. “We used local ingredients in our recipe plus what our state is known for. We created a healthy and balanced dish packed with protein and fresh ingredients that will bring the marathon spirit to the schools during lunch time. Our town is still healing after the Boston Marathon bombing, and this project gave us an opportunity to see the goodness and unity of our town. Eating healthy helps us stay alert and participate in school activities and extracurricular events as well.”

*Massachusetts*







CHEF  
*Ethan Yodzeviciis*  
AGE 10

“Ethan created this recipe specifically for this contest,” says Ethan’s mom, Shannon. “Since Ethan recently discovered he liked acorn squash and is not a big fan of the purple carrots, he decided to make the squash the star of his dish. He also knew he wanted to use one of his favorite seasonings, smoked paprika. He thought about how his ingredients would go together, brainstormed ideas with his mom and grandma, and shopped for ideas and locally available ingredients that would go with the squash and pork.” He serves his Squash with a Maple-Granola Yogurt Parfait on the side.

*Michigan*



# Super Stuffed Squash

Makes 4 servings • 631 calories • 30g fat • 66g carbohydrates • 26g protein

## INGREDIENTS

2 acorn squash  
2 ½ cups water  
1 cup brown rice  
1 pound ground pork  
1 medium onion,  
peeled and chopped  
3 garlic cloves,  
peeled and minced  
1 medium sweet apple,  
peeled, cored, and diced  
1 teaspoon smoked paprika  
Dash of cayenne, salt  
and freshly ground pepper  
4 teaspoons olive oil  
Chopped fresh parsley

## PREPARATION

- 1. Preheat the oven to 350°F.** On a large baking sheet, place the squash in the oven for 30 minutes, remove, cut in half and remove and discard the seeds. (Cooking it whole makes it much easier and safer to cut in half.) Put squash, cut-side down, back on the baking sheet with ¼ cup water, for another 20 minutes or until soft.
- 2. Meanwhile, in a large stockpot,** bring the water and the rice to a boil on medium-high heat, about 4 minutes. Cover, reduce the heat to low, and simmer for about 40 minutes, or until tender and liquid has been absorbed.
- 3. In a large nonstick skillet,** warm 3 teaspoons of olive oil over medium heat and add the pork. Cook until lightly browned, about 6 minutes, then add onions, garlic, apples, smoked paprika, cayenne, salt, and pepper. Cook another 6 minutes, or until onion is soft. Add the brown rice, mix well.
- 4. When squash is done,** turn cut-side up in the baking dish. Add a teaspoon of olive oil to the center of each squash half and season with salt and pepper, to taste. Divide the meat and rice mixture amongst the four squashes and fill the centers. Return to the oven for 10 minutes. Garnish with fresh chopped parsley and serve. (If your squashes are big, you may want to cut into quarters to serve.)



# Alexandra's Refreshing Watermelon Salad

Makes 4 servings • 215 calories • 11g fat • 27g carbohydrates • 6g protein

## INGREDIENTS

1 cup fresh spring greens  
1 cup fresh cilantro  
1 cup fresh watermelon, cubed  
½ cup red grapes, halved  
¼ cup walnuts, chopped  
¼ cup Feta cheese  
4 whole-grain dinner rolls  
2 teaspoons butter

## PREPARATION

1. **In a large salad bowl**, mix all ingredients together. Arrange the salad mixture on a platter and serve with whole-grain dinner rolls spread with grass-fed butter, if possible. Enjoy!!!



CHEF

*Alexandra Steele*

AGE 9

“Alexandra was given a gift of a cast iron skillet,” says Alexandra’s mom, Brianna. “Upon the realization that anything is possible with cooking and understanding the limitless potential of creating healthy foods that are fulfilling to the senses and the soul, she has expanded her cooking talents to include the artistic, nutritious creation of salads! Alexandra’s salad was created the day that her grandmother gave her a fresh watermelon. She quickly got busy creating this tantalizing salad that got rave reviews from her family!”

*Minnesota*







CHEF

*Aniya Madkin*

AGE 10

“I was inspired to make Kickin’ Cauliflower Shrimp and Grits, because a lot of the people in Mississippi love shrimp and grits,” says Aniya. “Sadly, some of my fellow Mississippians add pounds of butter and salt to their shrimp and grits. So this is my version of healthy shrimp and grits, dedicated to the state of Mississippi.”

*Mississippi*



# Kickin’ Cauliflower Shrimp and Grits

Makes 4 servings • 232 calories • 14g fat • 16g carbohydrates • 14g protein

## INGREDIENTS

3 tablespoons olive oil  
¼ onion, peeled and chopped  
2 garlic cloves, peeled and minced  
1 bunch collard greens, chopped  
½ cup water  
Dash of balsamic vinegar  
Salt and freshly ground pepper  
1 head cauliflower,  
stem removed and chopped  
Zest and juice of 1 fresh lemon  
½ cup lite coconut milk  
10 ounces fresh shrimp,  
peeled, tails removed, deveined  
1 ear corn, kernels removed (or ½ cup kernels)  
1 teaspoon fresh chives  
1 teaspoon chili powder  
Red pepper flakes (optional)

## PREPARATION

- 1. In a large stockpot,** warm 1 tablespoon of oil over medium heat, add the onion and garlic and cook for 1 minute. Add the collard greens, water, balsamic, salt, and pepper. Cook for 25 minutes on low heat, or until greens are tender.
- 2. Meanwhile, in a food processor,** add cauliflower and pulse until it’s rice-like in consistency. In a large saucepan, cook the cauliflower over medium heat until it releases some water, about 3 minutes. Add ¾ of the zest and juice of lemon, the coconut milk, and 1 tablespoon of olive oil. Reduce heat to low, add the corn, and cook for 5 minutes, or until cauliflower and corn are cooked through.
- 3. In a large nonstick skillet,** warm remaining tablespoon of olive oil on medium heat. Add the shrimp, chives, salt, pepper, chili powder, and red pepper flakes, if using, and cook about 5 minutes or until shrimp are pink and cooked through.
- 4. To Assemble:** Plate the cauliflower grits topped with greens and shrimp and squeeze a little lemon juice on top before serving.



# Tropical Vacation with Catfish and Quinoa

Makes 4 servings • 443 calories • 12g fat • 65g carbohydrate • 21g protein

## INGREDIENTS

### For the Catfish:

8 ounces boneless, skinless catfish,  
cut into small chunks  
¼ teaspoon turmeric  
½ teaspoon paprika  
½ teaspoon fennel  
½ teaspoon fresh lemon juice  
Salt and freshly ground black pepper

### For the Veggies:

1 red bell pepper, seeded and chopped  
1 yellow bell pepper, seeded and chopped  
1 red onion, peeled and chopped  
1 small zucchini, chopped  
½ green papaya, seeded and chopped  
1 tablespoon olive oil  
Salt and freshly ground black pepper

### For Quinoa:

1 ½ cups quinoa  
1 tablespoon olive oil  
1 ounce raisins  
4 cloves  
½ teaspoon chopped fresh ginger  
1 bay leaf  
1 garlic clove, peeled and minced  
1 small cinnamon stick  
Salt to taste  
4 cardamom pods  
¼ red onion, peeled and sliced  
¼ cauliflower, chopped  
1 tablespoon cilantro, chopped

### For the Sauce:

½ cup fat-free plain yogurt  
1 tomato, chopped  
1 teaspoon cilantro, chopped  
Salt

## PREPARATION

- To make the Catfish:** In a bowl, combine the fish with the remaining ingredients and refrigerate for 20 minutes. Preheat oven to 375°F; bake fish for 25 minutes, or until flaky and cooked through.
- To make the Veggies:** Meanwhile, in a large bowl, combine the vegetables and seasonings and mix well. Bake in the oven at the same time as the fish, for 25 minutes, or until tender and golden.
- To make the Quinoa:** In a medium saucepan, cook the quinoa according to package instructions. In a nonstick skillet, warm the olive oil over medium heat. Add all of the ingredients and cook for 7 minutes, or until cauliflower and onions are golden brown and tender. Add cooked quinoa, catfish and stir gently to combine.
- To make the Sauce:** In a medium mixing bowl, combine all ingredients together.
- To Assemble:** Pack Catfish into a small bowl. Flip bowl over onto plate to make quinoa dome. Place Veggies on side and serve with Sauce in separate bowl.



CHEF  
*Abhijith Jenkins*  
AGE 11

“I was inspired to make this dish because I love the beach!” Abhijith says. “I used mangoes, pineapple, and home-grown papaya to make it feel tropical. I wanted to keep the recipe simple and healthy, so I chose the quinoa, something my mom likes, especially since she is a cardiac patient. Lastly, I used fresh, local farm-raised catfish because you don't always have to be at the beach to feel like you're there!” Abhijith likes to serve this dish with a Pineapple-Banana-Spinach Smoothie.

*Missouri*





# Bison in a Field

Makes 4 servings • 592 calories • 30g fat • 42g carbohydrates • 38g protein

## INGREDIENTS

### For the Mini Meat Loaves:

- 1 tablespoon olive oil
- ½ cup sweet onion, peeled and diced
- 1 pound ground bison  
(you can substitute with ground turkey)
- 1 cup seasoned breadcrumbs  
(you can substitute with plain breadcrumbs and 1 tablespoon Italian seasoning)
- 1 garlic clove, peeled and minced
- ½ cup grated Parmesan
- ½ cup nonfat milk
- 1 egg, beaten
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- Dash of ground sage (optional)

### For the Salad:

- 8 ounces mixed greens and spinach
- 4 ounces crumbled goat cheese
- ¼ cup dried cherries or dried cranberries
- 11 ounces mandarin orange segments,  
packed in juice
- Raspberry vinaigrette salad dressing  
or balsamic vinaigrette

## PREPARATION

- To make the Mini Meat Loaves:** In a medium nonstick skillet, warm the olive oil over medium heat, add the onion and cook for 2 minutes, or until soft. Set aside.
- Preheat the oven to 375°F.** In a large bowl, mix all the remaining Mini Meat Loaf ingredients, including the sautéed onions. Combine well using your hands. Line a 9 x 11-inch glass baking dish with parchment paper, or grease with oil or nonstick cooking spray. Place cookie cutter on paper or pan and fill with meat loaf mixture. Remove cookie cutter and repeat. Bake meat loaves for 30 minutes, or until cooked through.
- To make the Salad:** In a large bowl, combine all of the ingredients and toss well.
- To Assemble:** On each serving plate, arrange salad and place the Mini Meat Loaf in “the field” (on the salad).



CHEF  
*Brooke DuCharme*  
AGE 8

“I love to go hunting with my dad. One of my favorite meals to help make is mini meat loaves with ground venison,” says Brooke. “For this recipe, we decided to use ground bison, which is raised here in Montana, and is healthy. I had an image of a mini bison in a field of green. If you don’t have a bison cookie cutter like we do, you can use any shape—we also like to use heart shapes. I also used cherries, goat cheese, sage, and whole wheat, which are all ingredients from Montana.” Brooke serves this with salad and toasty dinner rolls.

*Montana*







CHEF  
*Lauren Hinrichs*  
AGE 10

“In Nebraska we are fortunate to have access to delicious fresh and garden-raised vegetables,” says Lauren. “It hit me that we can make foods that we already love, into healthier but yummy foods. That inspired me to whip up something that utilized vegetables for more than just the toppings. Cauliflower creates a twist on taco shells and is the foundation of a new take on tacos. I hope you enjoy this new take on tacos!”

*Nebraska*



# Tasty Veggie Tacos

Makes 4 servings • 435 calories • 15g fat • 56g carbohydrates • 24g protein

## INGREDIENTS

### For the Cauliflower Tortillas:

1 head cauliflower, chopped  
2 large eggs  
¼ cup chopped fresh cilantro  
Juice of ½ fresh lime  
Salt and freshly ground black pepper

### For the Corn Salad:

2 ears of corn, kernels removed  
(about 1 cup fresh corn kernels)  
¼ cup chopped cilantro  
1 teaspoon zest and juice of ½ fresh lime  
1 tablespoon olive oil  
¼ teaspoon sea salt  
½ cup crumbled queso fresco

### For the Black Beans:

1 tablespoon olive oil  
1 yellow onion, peeled and chopped  
Salt and freshly ground black pepper  
1 tablespoon ground cumin  
2 15-ounce cans black beans,  
rinsed and drained  
¼ cup water

### Garnish:

1 large avocado, sliced into thin strips  
Pickled jalapeños  
Salsa and/or fresh tomatoes

## PREPARATION

- To make the Cauliflower Tortillas:** Preheat the oven to 375°F. Line a large baking sheet with parchment paper or grease with oil or nonstick cooking spray. In a food processor, add cauliflower and pulse until it becomes rice-like consistency. Place in a microwave-safe bowl and microwave for 2 minutes, then stir and microwave again for another 2 minutes. Place in a thin dish towel, let cool for several minutes and then squeeze out as much liquid as possible. In a medium bowl, whisk the eggs. Add in cauliflower, cilantro, lime, salt, and pepper and mix until well combined. Use your hands to shape 4 “tortillas” on the parchment paper. Bake for 10 minutes, carefully flip each tortilla, and return to the oven for an additional 7 minutes, or until completely set and light golden. Place tortillas on a wire rack to cool slightly.
- To make the Corn Salad:** In a microwave-safe bowl, cook the corn for 2 minutes. In a medium-sized mixing bowl, combine the corn with the remaining ingredients and set aside to marinate.
- To make the Black Beans:** In a large nonstick skillet, warm the olive oil over medium heat, add the onions and salt, to taste. Cook, stirring occasionally, about 5 minutes, or until the onions have softened. Add the cumin and cook for about 30 seconds, add the beans and water. Stir, cover, reduce heat to low, and simmer for 5 minutes. Mash half of the beans with the back of a fork or a masher. Remove from heat, season with salt and pepper to taste.
- To Assemble:** Place 2 tablespoons of the bean mixture into each cauliflower taco shell, top with corn salad, and enjoy with optional garnish.



# Veggie-Packed Indian Lentils

Makes 6 servings • 325 calories • 5g fat • 58g carbohydrates • 16g protein

## INGREDIENTS

### For the Veggie-Packed Indian Lentils:

1 tablespoon canola oil  
¼ cup yellow onion, peeled and chopped  
3 garlic cloves, peeled and minced  
4 cups vegetable broth, plus 2 cups water  
2 cups peeled and diced carrots  
2 cups chopped cauliflower  
2 cup lentils, rinsed and drained  
1 15-ounce can kidney beans, rinsed and drained  
1 6-ounce can tomato paste  
1 bay leaf  
1 tablespoon fresh ginger, grated  
2 tablespoons curry powder  
1 teaspoon cumin  
1 teaspoon salt  
½ teaspoon freshly ground black pepper  
¼ teaspoon cinnamon  
⅛ teaspoon ground cloves  
½ teaspoon coriander  
1 tablespoon chili powder  
½ cup lite coconut milk  
4 cups fresh spinach, chopped  
Cooked brown rice (optional)

### For the Mango Lassi (*not pictured*):

1 cup frozen mango chunks  
1 cup nonfat plain yogurt  
¼ cup milk (or soy, almond or coconut milk)  
¼ teaspoon cardamom powder  
¼ cup maple syrup

## PREPARATION

- 1. In a large stockpot**, warm oil over medium heat, add onion and cook about 4 minutes, or until slightly tender. Add garlic and cook 1 minute, then add all of the other ingredients except the spinach and rice, and bring to a boil. Reduce the heat to low and simmer for 40 minutes, or until lentils are tender. Add spinach and simmer for 5 minutes more, or until heated through. Serve with brown rice.
- 2. To make Mango Lassi:** In a blender, thoroughly blend all the ingredients. Serve chilled.



CHEF

*Skylar McGough*

AGE 8

“My mom inspires me to eat healthy. She encourages me to eat fresh fruits and vegetables,” says Skylar. “Our family recently became vegan. For this recipe we recreated my favorite store-bought boxed Indian lentils, and made it full of veggies. Vegan food can be healthy and full of flavor. I love this recipe served with brown rice and a Mango Lassi. I hope you enjoy.”

*Nevada*







CHEF

*Jude VanderHooven*

AGE 8

“Here in New Hampshire, there is a big push to support local farmers and to urge our community to buy local,” says Jude. “My family likes to grow food in our backyard garden. In August we usually get lots and lots of zucchini. My grandpa says ‘you need to have a lot of friends and neighbors if you grow zucchini so you can give it away to them.’ I like to pick the zucchini (and other yummy vegetables) and fill a few boxes and bring it to our local food pantry and soup kitchen. I enjoyed creating and eating this recipe with my mom and it is part of our monthly menu rotation.”

*New Hampshire*



# Teeny Zucchini Triangular Panini

Makes 6 servings • 342 calories • 16g fat • 40g carbohydrates • 12g protein

## INGREDIENTS

2 cups grated zucchini  
2 eggs, lightly beaten  
½ cup crumbled low-fat feta cheese  
¼ cup diced sweet peppers  
(red, orange, yellow or green)  
¼ cup mashed chickpeas  
(from ½ cup whole chickpeas)  
¼ cup diced green onions  
1 garlic clove, peeled and minced  
Salt and freshly ground black pepper  
½ cup breadcrumbs  
¼ cup chopped fresh parsley  
or 1 teaspoon dried parsley  
¼ cup olive oil  
6 whole-wheat pitas  
Heirloom or beefsteak tomato slices  
Baby Lettuce  
1 cup hot marinara sauce

## PREPARATION

- 1. Place the zucchini** into a clean dish towel, and tightly squeeze the water out into the sink. In a large mixing bowl, add all of the ingredients up to the olive oil. and mix together well. Using your hands, create 6 patties about the size of the pita bread.
- 2. In a large nonstick skillet**, warm the olive oil over medium heat and cook the patties, about 4 minutes per side, or until golden brown on each side and heated through. Place the patties on the pita bread and top with tomato slices and lettuce. Then grill the sandwich on a panini press, indoor electric grill, or even a waffle maker until the bread is crispy. Cut into small triangles on a cutting board. Enjoy with marinara sauce for dipping, a glass of milk and, if in season, a McIntosh apple.



# Gianna’s Salmon Paradise

Makes 4 servings • 433 calories • 24g fat • 23g carbohydrates • 30g protein

## INGREDIENTS

### For the Salmon Marinade:

- 1 cup fresh orange juice
- ¼ cup fresh lemon juice
- 1 tablespoon low-sodium soy sauce
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons minced garlic
- 1 teaspoon chopped parsley
- 1 pound salmon fillet, skin removed

### For the Salmon Cakes:

- ½ cup whole-grain seasoned breadcrumbs
- 2 medium eggs
- 1 ½ tablespoons Pecorino Romano or Parmesan grated cheese
- 6 basil leaves, finely chopped
- 1 tablespoon fresh lemon juice
- ½ teaspoon lemon zest
- ¼ cup chopped fresh spinach
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 teaspoon Dijon mustard
- 1 teaspoon minced garlic
- ¼ cup shredded carrots

### For the Pickle Sauce:

- 2 tablespoons dill pickle, diced
- 1 tablespoon pickle juice
- 1 tablespoon low-fat mayonnaise
- ¼ cup low-fat plain Greek yogurt
- ½ tablespoon fresh lemon juice

## PREPARATION

- To make the Marinade:** In a large bowl, whisk together all of the ingredients and add the salmon last. Marinate up to 1 hour in the refrigerator.
- To make the Salmon Cakes:** Preheat the oven to 400°F. In a nonstick skillet over medium heat, cook salmon with ¼ cup of marinade, about 6 minutes per side or until both sides are slightly opaque. Let cool. On a large nonstick baking sheet, or one lined with parchment or greased with oil or nonstick cooking spray, pull apart cooled salmon using 2 forks. Add in all ingredients and mix with your hands, forming 4 cakes. Bake about 10 minutes, or until golden brown on the bottom, and then carefully flip to cook the other side, about 10 minutes.
- To make Pickle Sauce:** In a medium mixing bowl, combine all the ingredients. Top cooked Salmon Cakes with 2 teaspoons Pickle Sauce and serve with salad.



CHEF  
*Gianna Malecki*  
AGE 8

“At dinner one night, my mom made salmon cakes with leftover salmon,” says Gianna. “They were crispy and yummy. After I met with a worker from my town’s farm and learned all about New Jersey’s state fruits and vegetables, I decided to make my own recipe, but with healthier foods. Many of the fruits and vegetables in my recipe are from my state, and some were even from my own garden. I substituted frying the cakes with baking as a healthier choice. The pickle sauce is like my mom’s tartar sauce but healthier with yogurt. It tastes great now with all the healthy changes and I love it even more!” Gianna always serves this with a fresh green salad.

*New Jersey*





# Green Chili Cheese Roll and Lime Jicama Fries

Makes 6 servings • 425 calories • 22g fat • 33g carbohydrates • 26g protein

## INGREDIENTS

### For Green Chili Cheese Roll:

- 1 tablespoon olive oil
- 1 pound ground turkey
- ½ onion, peeled and chopped
- 1 tube canned thick crust pizza dough, whole-wheat if available
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- 1 tablespoon red chili powder, or to taste
- 2 tomatoes, chopped
- 1 cup shredded low-fat sharp cheddar
- ½ cup Hatch green chili, or more to taste
- ¼ cup diced pickles

### For Jicama Fries:

- 1 large jicama, peeled and thinly sliced
- 2 avocados, peeled, pitted, and cut into cubes
- ½ cup cilantro, stems removed, coarsely chopped
- ¼ cup olive oil
- ½ cup fresh lime juice
- Salt and freshly ground black pepper to taste

## PREPARATION

- 1. For Green Chili Cheese Roll:** In a large nonstick skillet, warm the olive oil over medium heat. Add the ground turkey and onions and cook for 10 minutes, or until turkey is cooked through and onions are softened. Drain well, add remaining ingredients, and mix well. Cook for 2 minutes more.
- 2. Preheat the oven to 425°F.** Roll out the pizza dough on a large nonstick baking sheet and stretch to make a rectangle. Spread the meat mixture on the dough. On the long side, carefully fold over the dough and roll it similar to a jelly roll. Pinch seam closed and gently put seam side down onto the sheet. Pinch ends closed. Bake for 15 to 20 minutes or until golden brown. Cut into six slices.
- 3. To make the Jicama Fries:** In a large bowl, combine the jicama, avocado, and cilantro. In small bowl, whisk the olive oil, lime juice, salt, and pepper. Add to jicama mixture and stir gently. Serve with the Green Chili Cheese Roll.



CHEF  
*McLean Knight*  
AGE 10

“McLean loves to make salsa, and this recipe combines his love of salsa making with the famous green chili cheeseburger New Mexico is known for,” says McLean’s mom, Kristin. “This recipe kept the feel of a green chili cheeseburger, but easier for lunch and healthier. Jicama is a great vegetable that is light and crisp but takes on other flavors, providing a healthy crunch to replace the greasy fries. The salsa is found in the form of a deconstructed guacamole. Our state question is ‘red or green?’ Every New Mexican knows that question refers to your green or red chili preference. This burger has both!”

*New Mexico*







CHEF

*Danielle Mazlish*

AGE 10

“In school, I did a report on Michelle Obama’s *Let’s Move!* program and now I try to eat based on the MyPlate picture,” says Danielle. “I used chicken instead of beef for the meatballs, and I stuffed them with fresh mozzarella, because I love cheese! I put the meatballs on a stick, because I think it is fun to eat foods on a stick. I added carrots and yellow squash to make it colorful and taste even better. It looked like spaghetti, so I named it Veggie Spaghetti, and topped it with basil, which we grow. Everyone in my family loves it, even my brother, who is a picky eater. I hope you like it too!”

*New York*



# Chicken Cheeseball Kabobs on Veggie Spaghetti

Makes 6 servings • 351 calories • 16g fat • 27g carbohydrates • 27g protein

## INGREDIENTS

### For the Chicken Cheeseball Kabobs:

- 1 tablespoon olive oil
- 1 pound ground chicken
- 1 cup whole-wheat breadcrumbs
- $\frac{1}{3}$  cup grated Parmesan cheese
- $\frac{1}{4}$  cup parsley, chopped
- 2 tablespoons Italian seasoning, dried
- 2 garlic cloves, peeled and minced
- 1 egg
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon ground black pepper
- $\frac{1}{4}$  pound skim-milk mozzarella, cut into cubes
- 6 wooden skewers
- 1  $\frac{1}{2}$  cups of marinara sauce for dipping (optional)

### For the Veggie Spaghetti:

- 2 tablespoons olive oil
- 6 zucchini
- 3 yellow squash
- 2 garlic cloves, peeled and minced
- 1  $\frac{1}{2}$  cups shredded carrots
- 2 tablespoons basil, finely chopped

## PREPARATION

### 1. To make the Chicken Cheeseball Kabobs:

Preheat oven to 375°F. Cover a large baking sheet with aluminum foil and grease with olive oil. In a large mixing bowl, combine chicken, breadcrumbs, cheese, parsley, seasoning, and garlic. In a small bowl, beat the egg with salt and pepper until well blended. Pour the egg into the chicken mixture and mix with a large spoon until blended. Using a soup spoon or tablespoon as a guide, scoop out the chicken mixture and form balls, about 1½ inches wide. Push two mozzarella cubes into the center of each ball and re-form the chicken over the cheese so they are covered and in a meatball shape. Bake for 15 minutes, or until golden on bottom, then turn over and cook 10 more minutes. When cooked, stick three chicken cheese balls per skewer to serve over the Veggie Spaghetti.

**2. To make the Veggie Spaghetti:** Using a spiral veggie slicer, mandolin or box grater, shred zucchini and yellow squash into thin strips so it looks like spaghetti. In a large nonstick skillet, warm oil on medium heat. Add zucchini, squash, garlic, and carrots, and cook until tender but not mushy, about 5 minutes.

**3. To Assemble:** Divide the Veggie Spaghetti onto 6 plates and sprinkle with chopped basil on top of each plate. Place the Chicken Cheeseball Kabobs on top. Serve marinara sauce on the side, for dipping.



# Korean Lentil Patties

Makes 6 servings • 276 calories • 7g fat • 39g carbohydrates • 15g protein

## INGREDIENTS

### For Korean Lentil Patties:

- ¾ cup brown lentils, rinsed and drained
- 2 cups vegetable broth
- 1 yellow onion, peeled and chopped
- 1 teaspoon minced garlic
- 2 tablespoons Korean hot pepper paste or red chili paste
- ¼ cup dried cranberries
- ¼ cup chopped walnuts
- Juice from ½ fresh lemon
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 cup rolled oats
- 1 egg
- ½ cup panko breadcrumbs
- Olive oil

### For Greek Dill Yogurt:

- 1 cup low-fat Greek yogurt
- 1 tablespoon dill

## PREPARATION

- To make the Korean Lentil Patties:** In a large stockpot, combine lentils with the broth and bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer until tender, about 30 minutes. Once tender, drain the lentils to remove any extra liquid and let cool for 10 minutes. In a large mixing bowl, combine the lentils with the remaining ingredients except the breadcrumbs. Form into 6 balls with your hands. Place breadcrumbs on a plate and roll the balls in the breadcrumbs, flatten into patties, and refrigerate for at least 30 minutes. Meanwhile, preheat the oven to 400°F. Place the patties on a large baking sheet and drizzle olive oil over the top of the patties. Bake for 25 minutes or until golden brown. Serve with Greek Dill Yogurt.
- To make Greek Dill Yogurt:** In a small bowl, whisk together the yogurt and dill and serve with the patties.



CHEF  
*Mena Choi*  
AGE 10

“I created this dish because I like to cook with my mom in the kitchen,” says Mena. “I wanted to make a healthy meal that highlights my Korean background and also learn more about nutrition when I cook. I made this recipe for my dad and he loved the taste. I am very lucky to live in North Carolina because I can choose so many wonderful vegetables to cook with, including sweet potatoes, which are so tasty!” Mena serves this with roasted sweet potatoes.

*North Carolina*







CHEF  
*Stella Halverson*  
AGE 8

“We are potato farmers—Stella is a part of the fifth generation of our family that will farm potatoes,” says Stella’s dad, Eric. “So a potato had to be a big part of the recipe. We made chili to put in the potato to show one example of how a potato can be healthy. We selected bison meat because it is lower in fat and cholesterol than beef. We used dried beans because North Dakota is the largest producer of dried beans in the world. Stella loves to cook—we cook together every chance we get.”

*North Dakota*



# Red Potato Boat with 3 Bean Bison Chili

Makes 6 servings • 557 calories • 11g fat • 86g carbohydrates • 32g protein

## INGREDIENTS

### For Red Potato Boats:

6 red potatoes  
Olive oil

### For 3 Bean Bison Chili:

1 pound ground bison  
3 14-ounce cans diced tomatoes  
1 8-ounce can tomato sauce  
1 green bell pepper,  
seeded and chopped  
1 medium onion,  
peeled and chopped  
1 cup chopped celery  
2 tablespoons minced garlic  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon cayenne pepper  
3 tablespoons chili pepper  
1 15-ounce can pinto beans,  
rinsed and drained  
1 15-ounce can black beans,  
rinsed and drained  
1 15-ounce can red kidney beans,  
rinsed and drained

### Garnishes:

$\frac{1}{2}$  cup shredded low-fat cheese  
 $\frac{1}{4}$  cup chopped green onions  
1 avocado, peeled, pitted, and cubed

## PREPARATION

- To make the Red Potato Boats:** Preheat the oven to 350°F. On a large baking sheet, bake the potatoes for 1 hour, or until soft all the way through. Let cool. Using a spoon, scoop out the center of the potato to create the boat. Drizzle the inside with oil and set aside.
- To make the 3 Bean Bison Chili:** Meanwhile, in a large stockpot, brown the bison meat over medium heat and cook for 10 minutes, or until cooked through. Drain. Add the remaining ingredients, mix to combine, reduce heat to low and simmer for 1 hour.
- To Assemble:** Spoon chili into the scooped-out potato, sprinkle with cheese, green onions, and avocado.





CHEF  
*Fanai Staffler*  
AGE 9

“This recipe was inspired by my mom’s workouts and the diverse cultures that live in our community,” says Fanai. “The coleslaw is like our community—full of different flavors from all of the different cultures that live here.”

*Northern  
Mariana Islands*



# Chicken Kebab Lettuce Wraps

Makes 4 servings • 422 calories • 12g fat • 60g carbohydrates • 19g protein

## INGREDIENTS

### For the Chicken Kebabs:

2 ½ cups water  
1 cup brown rice  
½ pound ground chicken  
½ teaspoon cumin  
½ teaspoon garlic powder  
½ teaspoon salt  
1 tablespoon fresh lemon juice  
3 tablespoons chopped parsley  
1 egg  
¼ cup breadcrumbs

### For the Coleslaw:

¼ cup bell pepper, seeded and thinly sliced  
¼ cup finely chopped celery  
½ green apple, peeled and thinly sliced  
¼ cup sliced grapes  
½ cup peas  
¼ onion, peeled and thinly sliced  
¼ cup carrot, peeled and thinly sliced  
¼ cup raisins  
¼ cup low-fat plain yogurt  
¼ cup low-fat mayonnaise  
Salt and freshly ground black pepper

### To Assemble:

Nonstick spray  
8 romaine lettuce leaves

## PREPARATION

- To make the Chicken Kebabs:** In a large stockpot, boil water with the rice over medium-high heat, cover, reduce heat to low, and simmer for 45 minutes, or until tender and water has been absorbed. Preheat the oven to 350°F. In a large bowl, combine all the kebab ingredients, and using your hands, form into 4 patties and place on a large non-stick baking sheet. Bake for 40 minutes, or until golden brown.
- To make the Coleslaw:** In a large mixing bowl, combine all of the ingredients and mix well.
- To Assemble:** Place patty on top of lettuce leaves and top with coleslaw.





CHEF  
*Wyatt Rosengarten*  
AGE 9

“Wyatt loves pizza, but his grandmother is gluten free and can’t join us for build-your-own-pizza night,” says Wyatt’s mom, Tiffany. “He found a recipe for a cauliflower crust, but decided it needed to taste more like a seasoned flatbread crust. The flavor of the pizza was amazing since he added his own blend of spices into the crust. Serving it with a salad and fruit smoothie is our favorite way to have lunch.”

Ohio



# Chicken Sausage Cauliflower Crust Pizza

Makes 4 servings • 398 calories • 22g fat • 20g carbohydrates • 32g protein

## INGREDIENTS

### For the Crust:

- 1 cauliflower, stemmed and roughly chopped
- 1 tablespoon olive oil, plus more for drizzling
- 1 tablespoon minced onion
- 2 garlic cloves, peeled and minced
- 1 teaspoon dried oregano
- 2 tablespoons Parmesan cheese
- ¼ cup shredded low-fat mozzarella cheese
- 2 egg whites

### For the Sauce:

- 1 15-ounce can tomato sauce
- 2 garlic cloves, peeled and minced
- 2 tablespoons minced fresh onion
- 1 teaspoon dried parsley
- 1 ½ teaspoon dried oregano
- 1 tablespoon grated Parmesan cheese
- ½ teaspoon dried basil

### For the Sausage:

- 1 pound ground chicken
- ½ teaspoon black pepper
- ½ teaspoon dried parsley
- ½ teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ½ teaspoon fennel seed
- ½ teaspoon paprika
- ½ teaspoon onion powder
- 1 teaspoon sea salt
- 1 tablespoon olive oil

### Toppings:

- ½ cup shredded low-fat mozzarella cheese
- Optional Toppings:
  - green pepper slices, mushrooms,
  - olives, onions, tomatoes, spinach

## PREPARATION

### 1. To make the Crust: Preheat the oven to 375°F.

In a food processor, add the cauliflower in sections and pulse 10 times until it has a rice-like consistency. Place into a dry dishcloth, squeeze and wring out any water into the sink. Pour out on a parchment-lined baking sheet and drizzle with olive oil. Bake for 25 minutes, or until dry and lightly golden. Remove and cool. In a large mixing bowl, add cauliflower and remaining crust ingredients. Mix together until dough forms, then press mixture into two 8-inch circles on the parchment-lined baking sheet. Drizzle with olive oil if desired. Turn oven up to 450°F and bake for 20 minutes.

### 2. To make the Sauce: In a large stockpot, combine all ingredients, stir, and cook over medium heat for 20 minutes.

### 3. To make the Sausage: In a large mixing bowl, combine all of the ingredients except the olive oil. In a large nonstick skillet, warm the olive oil over medium heat. Add the chicken mixture and cook, stirring, for 10 minutes, or until cooked through and starting to brown.

### 4. To Assemble: To each crust, add 3 tablespoons sauce, any toppings, sausage, and ¼ cup mozzarella cheese. Return to oven and bake 8 minutes, or until cheese is melted and toppings warm. Cut into 4 slices and enjoy.



# Okie Pride Brown Rice with Chicken and Vegetables

Makes 6 servings • 499 calories • 8g fat • 68g carbohydrates • 37g protein

## INGREDIENTS

4 cups water  
2 cups brown rice  
1 tablespoon canola oil  
¼ cup chopped onion  
1 ½ pounds boneless skinless chicken breast, cut into small pieces  
3 garlic cloves, peeled and minced  
1 teaspoon grated fresh ginger  
¼ teaspoon turmeric  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
½ teaspoon cayenne pepper  
1 teaspoon paprika  
2 cups frozen mixed veggies  
1 cup black-eyed peas, rinsed and drained  
½ cup diced tomatoes  
3 cups fresh spinach  
1 cup garbanzo beans, rinsed and drained  
½ cup diced red or green bell pepper  
1 bunch fresh cilantro  
½ cup chopped pecans (optional)

## PREPARATION

- 1. In a large stockpot**, combine water with the rice and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for 45 minutes or until the rice is tender. Set aside.
- 2. Meanwhile**, in a large nonstick skillet, warm the oil over medium heat. Add the onion and chicken and cook for about 7 minutes, or until chicken is cooked through and onions are softened. Add the garlic, ginger, turmeric, salt, pepper, cayenne pepper, and paprika, and continue cooking for about 10 minutes. Add the mixed vegetables, black-eyed peas, tomatoes, spinach, garbanzo beans, and pepper and cook for an additional 5 minutes. Add the cooked brown rice and mix thoroughly. Sprinkle on pecans and cilantro as a garnish (optional).



CHEF  
*Maya Jacob*  
AGE 10

“I’m a first generation-born American and proud to be born and raised in the great state of Oklahoma,” says Maya. “I wanted to create a recipe that represents my Pakistani heritage and my lovely state’s homegrown products. My inspirations to cook healthy are my precious 14-year-old twin brothers who have cerebral palsy and also a severe seizure disorder. We found out that certain foods or even too many carbs or sugar can trigger seizures. I thought, wow, if we can help reduce their seizures just by what they eat, then I will definitely help prepare recipes for them. I had no idea that food played that big a part in our health. Ever since we decided to start eating healthy we noticed a huge decrease in their seizures and a bonus is I can focus much better at school.”

*Oklahoma*





# All Kale Caesar!

Makes 4 servings • 462 calories • 34g fat • 21g carbohydrates • 20g protein

## INGREDIENTS

4 slices whole-wheat bread,  
cut into ½-inch cubes  
¼ cup olive oil, plus 3 tablespoons  
½ teaspoon salt, truffle flavor or regular  
Freshly ground black pepper  
8 ounces salmon fillets  
1 head kale (about 5 cups),  
stems removed,  
cut into bite-sized pieces  
1 tablespoon Worcestershire sauce  
Juice of ½ fresh lemon  
2 tablespoons grated Parmesan cheese  
¼ cup chopped black olives  
1 egg

## PREPARATION

- 1. Preheat the oven to 275°F.** In a large bowl, combine bread cubes with 2 tablespoons of olive oil, salt, and pepper. Bake for 15 minutes or until golden and dry.
- 2. Meanwhile,** season the salmon with salt and pepper. In a nonstick skillet, warm 1 tablespoon of olive oil over medium heat, add the salmon skin-side down and cook for 5 minutes, turn over and cook 2 minutes more, or until salmon is firm. Remove skin.
- 3. In a large salad bowl,** add the kale. Place the whole uncracked egg into a cup with hot water and let sit for 5 minutes. In a small bowl, whisk together remaining ¼ cup olive oil, Worcestershire sauce, lemon juice, salt, and pepper. Crack the egg into the dressing and whisk until combined. Add the dressing to the kale and massage in so that the kale is well coated. Flake the salmon and add to the kale along with Parmesan, olives, and croutons. Toss well to combine.



CHEF  
*Hannah Conte*  
AGE 12

“This recipe is for hungry kids who like salad and want to make it a meal,” says Hannah. “In this recipe, I’ve added protein (salmon) and a heartier base (kale) to turn one of my favorite dishes into a satisfying meal. Every year my grandma serves Caesar salad as a starter on Christmas Eve. I request Caesar salads for my special meals and as I’ve grown, I make the salad myself. I was inspired to create All Kale Caesar so that my favorite salad wasn’t just a side dish—it’s a satisfying meal. I hope you enjoy this salad as much as I do!”

*Oregon*







CHEF  
*Ava Terosky*  
AGE 9

“My little sister Caitlin was born with a serious heart problem and got a pacemaker at one day old,” says Ava. “My mom, dad, and the doctors were worried, especially because she was a very picky eater, even as a baby! So, my dad and I work hard to create healthy, animal-shaped meals that Caitlin will eat—she loves animals! When my mom told me about this contest, my first thought was making a healthy meal that Caitlin would love, which meant a breakfast-at-lunch theme in the shape of Bo and Sunny Obama. A lot of my ingredients are from Pennsylvania, including the eggs, mushrooms, and fruit. It’s shaped like Portuguese Water Dogs because what kid doesn’t like breakfast for lunch in the shape of adorable dogs?”

*Pennsylvania*



# Sunny’s Omelette and Bo’s Patriotic Parfait

Makes 2 servings • 578 calories • 28g fat • 50g carbohydrates • 35g protein

## INGREDIENTS

### For the Omelettes:

2 teaspoons olive oil  
4 ounces white mushrooms, sliced  
4 ounces baby spinach  
Sprig fresh thyme,  
or pinch dried thyme  
Salt and freshly ground black pepper  
4 large eggs  
2 teaspoons unsalted butter  
Ketchup (optional)

### For the Patriotic Parfait (*not pictured*):

1 cup nonfat plain Greek yogurt  
1 teaspoon honey or maple syrup  
 $\frac{2}{3}$  cup favorite low-sugar granola  
6 strawberries, hulled and sliced  
1 medium apple,  
peeled, cored and sliced  
 $\frac{1}{2}$  cup blueberries

## PREPARATION

- To make the Omelette Filling:** In a large nonstick skillet, warm the olive oil over medium heat, add the mushrooms and thyme to the pan, and cook for 3 minutes. Add the spinach, salt, and pepper to taste, and cook for 2 minutes, or until the spinach is wilted but still bright green. Transfer to a plate.
- To make the Omelettes:** Break 2 eggs into a bowl, add salt and pepper to taste, and whisk with a fork. In the same pan you cooked the veggies in, melt 1 teaspoon of butter over medium heat. Add the eggs to the pan and as they cook, continuously lift and swirl the pan so that the liquid portion of the eggs goes all the way around the edge of the pan to form a circle. Continue cooking about 30 seconds more, then flip using a spatula. You can either add  $\frac{1}{2}$  the veggie filling now and fold the eggs over, or do as we do, and cook 30 seconds on the second side, slide the omelettes from pan onto a plate, and top with the filling. Make the second omelettes with the remaining teaspoon butter and two eggs. Cut omelettes into four dog shapes using a large cookie cutter or use any type of cookie cutter. Top each with half of the filling if you didn’t do the traditional fill-and-fold method.
- To make Patriotic Parfaits:** In two flat bowls, divide the honey and yogurt, and stir to combine. Fill a cookie cutter—we used a dog shape—with granola. Surround with strawberries, apple, and blueberries.





CHEF  
*Victor Junniel Rivera*  
AGE 10

“Being raised by my mother, a health teacher, and my father, a disabled veteran, it is not new to me to have a healthy lifestyle,” says Victor. “On a Saturday after a basketball game, the most convenient thing to have is a healthy lunch and I would think of making a pizza in a pan. My recipe includes ingredients we picked from our backyard like oregano and spinach. With my parents I learned to make a healthy pizza with a twist, one in which anyone can add the ingredients of their choice. I like the mix of flavors and the idea of me cooking it. I would like to motivate others to learn or keep up healthy food habits.”

*Puerto Rico*



# Oat! My Tropical Pizza

Makes 2 servings • 275 calories • 6g fat • 37g carbohydrates • 20g protein

## INGREDIENTS

### For the Pizza Crust:

4 egg whites  
1 whole egg  
1 cup rolled oats  
Pinch sea salt  
½ teaspoon garlic powder  
½ teaspoon dried parsley  
1 teaspoon fresh oregano  
or ½ teaspoon dried  
Coconut oil,  
or any nonstick cooking spray

### For the Topping:

½ tomato, chopped or crushed  
1 tablespoon chopped onion  
1 teaspoon garlic powder  
½ teaspoon dried parsley  
Pinch sea salt  
¼ cup nonfat plain Greek yogurt  
½ cup fresh spinach, chopped  
¼ cup fresh pineapple, diced

## PREPARATION

- To make the Crust:** In a blender, mix together the egg whites, whole egg, oats, sea salt, garlic, and parsley for 20 seconds, or until blended. After blending, add the oregano and mix with a whisk. In a large nonstick skillet, grease the pan with coconut oil or any cooking spray and pour the mix in. Cook over medium heat for 6 minutes, flip over, and cook for another 6 minutes, or until it is golden and cooked through.
- To make the Topping:** Meanwhile, in a separate nonstick skillet, cook the tomato over medium heat for 1 minute. Add the onion, garlic, parsley, and sea salt, and cook for 5 minutes. Spread the sauce on the pizza crust still in the pan, reduce the heat to low, and add the yogurt, spinach, and pineapple. Let it warm up for 2 minutes, plate, and cut.



# Peace in the Middle East Soup and Salad

Makes 4 servings • 451 calories • 18g fat • 57g carbohydrates • 22g protein

## INGREDIENTS

### For the Soup:

- 2 tablespoons olive oil
- 2 large carrots, peeled and thinly sliced
- 1 large celery stalk, thinly sliced
- 1 onion, peeled and chopped
- ½ cup dry lentils
- ¾ teaspoon cumin
- ¼ teaspoon coriander powder
- ½ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 8 cups low-sodium chicken broth (or vegetable broth)
- 4 large kale leaves, stemmed and chopped

### For the Salad:

- ⅓ Vidalia onion, peeled and finely chopped
- 1 large cucumber, peeled and cut into ½-inch cubes or slices
- 1 pint grape tomatoes, sliced in half
- 10 fresh mint leaves, finely chopped
- Juice from ½ fresh lemon
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon sugar
- 2 large whole-wheat pita breads, cut in half and lightly warmed

### Optional:

- Nonfat plain Greek yogurt, as topping

## PREPARATION

- To make the Soup:** In a large stockpot, warm the olive oil over medium heat and add the carrots, celery, and onions. Cook for 7 minutes, or until the vegetables are softened and golden brown. Add in the remaining ingredients except for the kale, cover, reduce heat to low, and simmer for 25 minutes. Add the kale and continue to simmer for another 20 minutes, or until lentils are soft. Remove 3 cups of the soup and puree in a blender. Return pureed soup to the main pot and heat through.
- To make the Salad:** In a large salad bowl, combine all of the ingredients. Carefully open the pocket in the pita bread half and add a quarter of the salad inside. Add some yogurt in the soup or salad for extra flavor and serve pita and soup together.



CHEF  
*Pablo Aizenman*  
AGE 10

“I think war causes too much suffering in the world. One problem I see is that people often focus on their differences, rather than things they have in common,” says Pablo. “In the Middle East there have been wars going on for a long time because people often fail to get past their differences. I wanted to create a dish that takes parts of different cultures in the Middle East and shows how they can come together to make a delicious and healthy lunch. The lentil soup brings in many Middle Eastern flavors and is joined by a crunchy Israeli salad stuffed into a pita. My dish highlights things that different regions in the Middle East have in common, and shows that, in the end, everyone is more alike than different.”

*Rhode Island*







CHEF  
*Kiana White*  
AGE 12

“Every fall, shrimp season opens in South Carolina,” says Kiana. “My grandpa and I always go out and watch the shrimpers head into the ocean on their huge shrimp boats. We always buy shrimp fresh from the ocean and go home to think of creative new ways to cook them. This recipe is a combination of spicy flavors my grandpa likes, complimented by the sweet flavors I like.”

*South Carolina*



# Carolina Shrimp Tacos with Pineapple Salsa

Makes 4 servings • 383 calories • 13g fat • 53g carbohydrates • 14g protein

## INGREDIENTS

### For the Salsa:

- ½ chopped seedless jalapeño
- ¼ cup chopped sweet Vidalia onions
- ¼ cup chopped yellow bell pepper
- ½ cup finely chopped red cabbage
- 2 fresh limes, juiced
- 1 garlic clove, peeled and minced
- ½ avocado, peeled, pitted, and diced
- ½ cup chopped pineapple
- ¼ cup chopped fresh cilantro

### For the Shrimp Tacos and Quinoa:

- 1 tablespoon plus 1 teaspoon olive oil
- 1 garlic clove, peeled and minced
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne pepper (optional)
- 20 medium shrimp, peeled and deveined
- 4 whole-wheat tortillas
- 1 cup quinoa rinsed
- ½ cup spinach, chopped

## PREPARATION

- 1. To make the Salsa:** In a medium bowl, combine all the salsa ingredients. Cover and chill.
- 2. In a medium bowl,** whisk together the tablespoon olive oil, garlic, cumin, chili, salt, and cayenne pepper (if using). Add in shrimp and toss to coat completely. Cover and refrigerate for 15 minutes to marinate.
- 3. Meanwhile, in a medium pot,** bring 2 cups of water and the quinoa to a boil over medium heat; reduce heat to low and cook for about 20 minutes, or until tender. Remove from heat and mix in spinach. Set aside.
- 4. In a large nonstick skillet,** warm the remaining teaspoon of oil over medium high heat. Add the shrimp and cook until pink and cooked through, about 5 minutes. Turn off heat and cover to keep warm.
- 5. To Assemble:** Warm the tortillas in the microwave. Arrange ¼ cup of the quinoa-fish mixture down the middle of each tortilla. Add ¼ of cooked shrimp and top with salsa. Tightly wrap the tortillas and cut in half to serve. Repeat with remaining ingredients. Serve with additional salsa, if desired.



# Catch of the Day Fish Tacos

Makes 4 servings • 499 calories • 8g fat • 68g carbohydrates • 37g protein

## INGREDIENTS

### For the Fish:

- 1 pound walleye fillets  
(or any flaky white fish, like cod or haddock)
- ¼ cup nonfat plain Greek yogurt
- 2 cups panko breadcrumbs
- ¼ cup milk
- 2 eggs
- Salt and freshly ground black pepper

### For the Salsa:

- ½ cup peach-pineapple salsa,  
or any flavor salsa
- ¼ cup nonfat plain Greek yogurt

### For the Tacos:

- 3 cups finely shredded green cabbage
- ¼ cup shredded carrots
- ½ cup chopped fresh pineapple
- 6-inch whole-wheat flour tortillas
- Juice of 1 fresh lime

## PREPARATION

- To make the Fish:** Preheat oven to 400°F. Line a large rimmed baking pan with parchment paper or grease with nonstick cooking spray or oil. In a shallow dish combine the eggs, milk and Greek yogurt. Whisk until combined. Place breadcrumbs on another dish. Season the fish with salt and pepper, to taste. Lightly dunk the walleye into the egg mixture, draining any excess, and then place in the breadcrumbs, rolling and pressing to help the breadcrumbs adhere. Place the breaded fish onto the prepared baking pan. Bake for 12 minutes; turn on broiler, place under the broiler for 1 minute, then flip over and brown on the other side. (Or, leave in the oven for 5 more minutes.) Cut into small, bite-sized pieces.
- To make the Salsa:** In a small bowl, combine salsa and Greek yogurt and blend until smooth.
- To make the Tacos:** In a large bowl, toss together cabbage, carrots, and pineapple. On a plate, heat one tortilla in the microwave for 10 seconds or until warm and pliable. Top with ¼ of the cabbage and carrot mixture and fish. Drizzle 2 teaspoons salsa on top, then top with a squirt of lime juice. Repeat with remaining tortillas, veggies, fish, and salsa.



CHEF  
*Josh Weissenberger*  
AGE 11

“Every summer, I go fishing on the Missouri River with my dad and two grandpas,” says Josh. “We spend the week catching and eating lots of fresh walleye, the state fish of South Dakota. When you catch a lot of fish, you have to eat a lot of fish, so we come up with new ways to cook walleye. Since tacos are another favorite food, I thought it’d be fun to make fish tacos. Fish is really healthy; my mom says it’s got lots of protein and is low in fat. Lots of people batter and fry fish, but baking it is great. What’s even better is that I can make it since my mom doesn’t want me to get splattered by hot oil. Cooking is fun! I like to eat these tacos with fruit and milk.”

*South Dakota*







CHEF  
*Leya Alani*  
AGE 9

“Leya was inspired to make this dish by her uncle,” says Leya’s mom, Deena. “As a family of Middle Eastern descent, Leya and her uncle love to create traditional dishes with a twist. Falafel and mango salsa are a favorite in the Middle East, so this was an attempt to make a healthier version. Falafels are usually deep fried, whereas in this recipe they are baked and are just as delicious. The salsa includes tomatoes, which is Tennessee’s state fruit. Tennessee is now home to a large Middle Eastern immigrant population, so there are many falafel places opening their doors in the state.”

*Tennessee*



# Awesome Baked Falafel with Mango Salsa

Makes 6 servings • 494 calories • 14g fat • 75g carbohydrates • 21g protein

## INGREDIENTS

### For the Falafel:

2 15-ounce can chickpeas,  
rinsed and drained  
1 ½ teaspoon cumin  
¼ teaspoon coriander powder  
¼ cup chopped chives  
¼ cup minced onion  
2 garlic cloves, peeled and minced  
¼ cup chopped cilantro  
¼ cup chopped parsley  
¼ teaspoon salt  
2 tablespoons all-purpose flour  
1 teaspoon baking powder  
2 cups water  
2 tablespoons olive oil,  
plus more for coating  
½ cup breadcrumbs  
2 cups instant oats  
Toasted sesame seeds

### For the Yogurt Sauce:

1 cup nonfat plain Greek yogurt  
2 tablespoons fresh lemon juice  
2 garlic cloves, peeled and minced  
Salt

### For the Mango Salsa:

1 mango, peeled, pitted, and diced  
2 green onions, peeled and chopped  
2 red bell peppers, seeded and diced  
2 diced tomatoes  
3 tablespoons fresh lime juice  
2 tablespoons fresh lemon juice  
6 whole-wheat pita breads, halved  
Salt

## PREPARATION

- 1. To make the Falafel:** Preheat the oven to 425°F. In a blender, combine all ingredients except breadcrumbs, oats, and sesame seeds. Puree mixture until well blended. Transfer to a large mixing bowl. Add breadcrumbs and oats to mixture and mix by hand. Let stand for 10 minutes, then shape into balls and place on a greased or nonstick baking sheet. Brush balls with olive oil and sprinkle sesame seeds on top. Bake for 20 minutes, then flip falafel balls over and bake for an additional 20 minutes.
- 2. To make the Yogurt Sauce:** In a medium bowl, combine all ingredients and toss well.
- 3. To make the Mango Salsa:** In a medium bowl, combine all ingredients and toss well.
- 4. To Assemble:** Spread the yogurt sauce on the inside of the halved pita bread, place 2 to 3 falafels inside the bread and top with salsa. You can have 1 or 2 halves, depending on how hungry you are. Enjoy!





CHEF  
*Priya Patel*  
AGE 10

“I was first inspired to make this recipe by my mom. She always tells us to add vegetables to everything we make and to experiment,” says Priya. “I love Tex-Mex food and also lasagna so we thought this was a good way to combine both. My mom also tells us to be flexible so we use canned or frozen vegetables if we’re out of fresh. You can substitute any veggies and fruits you like. The possibilities are endless. My mom says not having or liking one ingredient is not an excuse to not try a recipe or to buy fast food!”

*Texas*



# Tex-Mex Veg-Head Lasagna

Makes 4 servings • 342 calories • 8g fat • 56g carbohydrates • 16g protein

## INGREDIENTS

### For the Lasagna Filling:

- 1 tablespoon olive oil
- ¼ red onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1 15-ounce can black beans, rinsed and drained
- 2 tomatoes, seeded and chopped
- ½ jalapeno, seeded and chopped
- Juice of ½ fresh lime
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon Mexican oregano or regular oregano
- 1 teaspoon freshly ground black pepper
- ½ cup vegetable stock or broth

### For the Tortilla Lasagna:

- 1 8-ounce can tomato sauce
- 6 corn tortillas
- 2 corn cobs, kernels removed or 1 cup frozen corn
- ½ cup low-fat cheddar or jack cheese
- 1 cup fresh spinach
- 1 large red or green bell pepper, seeded and chopped
- Cilantro, for garnish

## PREPARATION

- To make the Lasagna Filling:** Preheat oven to 400°F. In a large nonstick skillet, warm the oil over medium heat, and cook onions for 2 minutes, then add garlic and cook for 1 minute more. Add remaining ingredients and bring to a slow boil, about 4 minutes. Turn off heat and mash beans with back of wooden spoon or masher.
- To make Tortilla Lasagna:** In a round or square oven-safe dish, put 2 tablespoons tomato sauce, followed by a tortilla, 3 tablespoons black bean filling, 1 tablespoon cheese, 5 spinach leaves, ⅓ of the corn, and bell pepper. Repeat with remaining tortillas and ingredients. (You will have a little tomato sauce, cheese, corn, and bell pepper remaining.) On the 6th and last tortilla, top with remaining 3 tablespoons tomato sauce and bake, uncovered, for 20 minutes. Add the remaining cheese on top and bake for another 10 minutes. Remove from oven and let sit for 10 minutes. Slice into wedges and garnish with any remaining peppers, corn, and cilantro.



# Healthy Chicken

Makes 4 servings • 335 calories • 13g fat • 20g carbohydrates • 33g protein

## INGREDIENTS

Juice of 1 fresh lime  
2 boneless, skinless chicken breasts  
1 teaspoon Cajun seasoning  
2 green apples, peeled and minced  
2 celery stalks, thinly sliced  
½ Jerusalem artichoke,  
    peeled and thinly sliced  
2 tablespoons dried cranberries  
2 tablespoons minced walnuts  
½ cup minced red onion  
⅓ cup mayonnaise  
⅓ cup Dijon mustard  
Freshly ground black pepper  
4 lettuce leaves

## PREPARATION

- 1. Preheat the oven to 350°F.** In a medium bowl, combine the lime juice with the chicken and marinate in the refrigerator for 30 minutes. On a large nonstick baking sheet, bake the chicken for 15 minutes on each side. Remove from the oven and cut into ½-inch cubes.
- 2. In a large salad bowl,** combine the chicken with the remaining ingredients and stir thoroughly to combine. Refrigerate before serving on top of the lettuce leaves. Enjoy!



CHEF  
*Orin Hayes*  
AGE 12

“I can eat chicken for breakfast, lunch, and supper, all by itself,” says Orin. “On St. Thomas you can meet chickens everywhere. We have about two dozen of them now around my house. Also, my grandma grows some fruit and vegetables. We kids are helping her to take care of it. My responsibility is to water them early in the morning and right before dusk. The lettuce and lime I used in my recipe is locally grown.”

*U.S. Virgin Islands*







CHEF  
*Daniela Bergantz*  
AGE 10

“I saw a cool way to put designs into pasta and thought I could try to make red stripes for the American Flag,” says Daniela. “My favorite parts of making this were when I made the nest in the flour to hold the ingredients. I loved mixing the beet dough and seeing the red color pop out! I also really liked to turn the pasta crank. My dad grinds all of our flour. We grow a lot of vegetables used to make the garden sauce for the ravioli.”

Utah



# American Flag Ravioli in Creamy Garden Sauce

Makes 6 servings or 30 Ravioli • 494 calories • 18g fat • 61g carbohydrates • 26g protein

## INGREDIENTS

### For the Whole-Wheat Dough:

1 cup whole-wheat flour  
1 cup 9-grain flour  
(or you can substitute all-purpose or semolina)  
2 eggs, beaten  
2 teaspoons olive oil  
¼ teaspoon salt  
1 egg, beaten, for sealing

### For the Red Flag-Stripe Dough:

½ beet, peeled, halved, and quartered  
½ cup whole-wheat flour  
½ cup 9-grain flour  
(or you can substitute all-purpose or semolina)  
1 egg, beaten  
1 teaspoon olive oil  
⅓ teaspoon salt  
Water if needed, to form dough

### For the Sauce:

1 tablespoon olive oil  
2 garlic cloves, peeled and minced  
8 tomatoes, seeded and chopped  
1 squash, peeled and chopped  
1 zucchini, peeled and chopped  
Sprig of fresh oregano or ¼ teaspoon dried  
2 sprigs of thyme or ½ teaspoon dried  
Sprig of rosemary or ¼ teaspoon dried  
1 tablespoon agave  
⅓ cup heavy cream

### For the Filling:

1 tablespoon olive oil  
½ onion, peeled and diced  
1 garlic clove, peeled and minced  
2 cups shrimp, peeled,  
tails removed, finely chopped  
1 tablespoon dried parsley  
¼ cup ricotta cheese  
Salt

## PREPARATION

- To make the Whole-Wheat Dough:** In a large mixing bowl, combine the two flours. Form a hole or nest in the flour and add eggs, oil, and salt; stir to mix. Add a bit of flour or water, if needed, to form a dough. Separate the dough into two equal pieces and feed into the pasta maker to form a long, thin sheet of pasta dough. Or, flatten the dough with a rolling pin into a sheet, ¼-inch thick or less.
- To make the Red Flag-Stripe Dough:** In a medium saucepan filled with cold water, boil beets over medium-high heat, about 5 minutes, or until soft. In a blender, combine the beets with ¼ cup of the beet water, and blend into a puree. In a large mixing bowl, combine the flours. Form a hole or nest in the flour and add beet puree, eggs, oil, salt; stir to mix. Add a bit of flour or water, if needed, to form a dough. Separate the dough into two equal pieces and feed into the pasta maker to form long, thin pasta strands, like spaghetti noodles. Or, flatten the dough with a rolling pin into a sheet, ¼-inch thick or less and use a knife to make skinny long strips. Lay the red dough strips on top of the sheets of whole-wheat dough, ½-inch apart in a stripe pattern, and press into pasta. Lay it flat.
- To make the Sauce:** Toss all the sauce ingredients into a crockpot on low heat for 10 hours or more. Or, in a large stockpot, warm olive oil over medium heat, cook the garlic for 2 minutes, then add the remaining ingredients, cover, reduce heat to low, and simmer for 20 minutes until slightly thickened.
- To make the Filling:** In a large nonstick skillet, warm the olive oil over medium heat, add the onions, garlic, and shrimp, and cook for 6 minutes or until the shrimp is pink and cooked through. Add the parsley and ricotta cheese and mix well. Salt to taste.
- To Assemble:** Place ½ tablespoon of filling on the overturned, flat dough sheet about ½-inch apart. Brush beaten egg around the mounds of filling. Place the other flat sheet of dough on top of the mounds, so that the stripes are facing up. Press a very small cup, bowl, or cookie cutter around each mound of dough and filling to create a cut-out ravioli. Use the extra dough to make more raviolis. Seal the dough edges with a fork. In a large stockpot of boiling salted water, drop 10 ravioli in at a time, and cook over medium heat, for 6 minutes, or until they are completely cooked and float up to the top. On each plate, combine 5 ravioli with ¼ cup of tomato sauce and serve.



# Go Local Lunch!

Makes 8 servings • 361 calories • 13g fat • 41g carbohydrates • 21g protein

## INGREDIENTS

### For Maple Veggies:

- 1 tablespoon olive oil
- ¼ teaspoon salt
- 3 cups carrots, peeled and chopped
- 4 cups cubed butternut squash
- 1 tablespoon butter
- 2 tablespoons maple syrup

### For Chicken Salad:

- 1 tablespoon olive oil
- 1 pound skinless, boneless chicken breast
- 3 celery stalks, finely chopped
- 3 green onions, peeled and finely chopped
- 1 Fuji apple, peeled, cored, and cut into thin strips
- ⅓ cup raisins
- ½ cup nonfat plain Greek yogurt
- ¼ cup mayonnaise
- ¼ cup unfiltered apple cider vinegar
- 1 teaspoon curry powder
- Pinch of salt

### For Wraps:

- 8 whole-wheat tortillas
- 2 cups fresh spinach
- ½ cup low-fat sharp cheddar cheese, shredded

## PREPARATION

- To make Maple Veggies:** Preheat the oven to 375°F. Spread all ingredients on large silicone baking mats or a large nonstick baking pan greased with nonstick cooking spray or oil and bake for 30 minutes, stirring occasionally, or until soft.
- To make the Chicken Salad:** In a large nonstick skillet, warm the olive oil over moderate heat and add the chicken. Cook for 6 minutes, turn, and cook for additional 7 minutes or until golden brown. Let cool for 5 minutes, then shred. In a large mixing bowl, combine celery, onions, apple, and raisins. In a small bowl, whisk together remaining ingredients. Add ¾ of dressing to chicken salad, saving the rest for people to add to wraps as desired. Top each wrap with spinach, chicken, and cheese, and fold. Serve Maple Veggies as a yummy side dish!



CHEF  
*Miranda Gallagher*  
AGE 8

“Miranda works hard helping in our garden and raising our chickens,” says Miranda’s mom, Genevieve. “Last summer we would make entire meals using only foods that we grew or raised ourselves. She came up with this recipe because it includes some of her very favorite foods—our own chicken, apples, maple syrup, and veggies that we can usually find in our own garden or the farmer’s market. She’s been making wraps for a while now and cooks often with both me and her grandmother. She even has her own cookbook with all of the recipes she’s learned to make by herself.”

*Vermont*







CHEF  
*Kathryn Duwall*  
AGE 10

“We are a military family who have lived in many states and countries,” says Kathryn’s dad, Elven. “We have a tradition of trying local foods, then making our own versions and giving them memorable names to remind us of our time living there. While stationed at Langley Air Force Base, in Virginia, we visited the Yorktown Battlefield. That hot summer night we were in the mood for something light; this dish was originally made from local ingredients. The best part was brainstorming name ideas and laughing about all the ideas not chosen because they were too silly. Victory at Yorktown came up. Even though it doesn’t really describe the wrap, it does remind of us of the day.” Kathryn serves it with a side of fruit salad.

*Virginia*



# Victory at Yorktown

Makes 1 serving • 378 calories • 12g fat • 47g carbohydrates • 22g protein

## INGREDIENTS

### For Wrap:

- 1 whole-wheat tortilla
- 2 tablespoons hummus
- ½ cooked chicken breast, thinly sliced
- 3 avocado slices
- 1 tablespoon finely sliced carrots
- 2 slices cucumber, diced
- 2 tablespoons diced tomatoes
- Drizzle sweet chili sauce
- 5 cilantro leaves

### For Fruit Salad (*not pictured*):

- 2 sliced strawberries
- 5 raspberries
- 5 banana slices
- 2 tablespoons of vanilla low-fat yogurt

## PREPARATION

- To make Wrap:** On tortilla, spread hummus, then layer on strips of chicken breast and avocado. In a small bowl, combine carrots, cucumbers, and tomatoes, and arrange on top of the avocado. Drizzle with chili sauce just before serving and top with cilantro.
- To make Fruit Salad:** In a bowl, combine all ingredients and stir to combine.



# Salish Sea Kedgerree

Makes 4 servings • 551 calories • 11g fat • 89g carbohydrates • 24g protein

## INGREDIENTS

### For the Kedgerree:

- 6 cups water
- 2 cups basmati rice
- 2 eggs
- 2 teaspoons butter
- ½ yellow onion, peeled and diced
- 3 garlic cloves, peeled and minced
- 1 teaspoon cumin
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon freshly ground black pepper, plus additional
- ¼ teaspoon clove
- ¼ teaspoon nutmeg
- Salt
- 2 teaspoons mustard seeds
- 2 teaspoons curry powder
- 1 bunch asparagus, tough ends removed, cut into bite-sized pieces
- 6 ounces crimini mushrooms, quartered
- 1 bunch kale, stems removed, roughly chopped
- Juice of 1 fresh lemon
- 1 tablespoon olive oil
- 6 ounces smoked wild salmon

### Garnish:

Green onions, chopped (optional)

## PREPARATION

- 1. In a large saucepan,** bring salted water to a boil over medium-high heat. Add rice, cover, reduce heat to low, and simmer for 30 minutes. Meantime, in a medium saucepan, cover the eggs with cold water and bring to a boil. Cook over medium-high heat for 12 minutes, or until cooked through and hard boiled. When cooled, peel eggs and quarter.
- 2. In a nonstick skillet,** melt butter on medium-high heat. Add the onion, cook for 2 minutes, then add garlic. Cook 1 minute more, then add all of the spices. Stir and cook for another 2 minutes. Add the asparagus, mushrooms, and kale. Season with the lemon juice, and cook about 5 minutes more, or until asparagus and kale are tender. Transfer to bowl.
- 3. In the same pan,** warm the olive oil over medium heat and add the salmon. Cook until cooked through, about 3 minutes per side (if there is skin, remove and discard). Flake the salmon into bite-sized pieces, or keep whole. Add the cooked rice and the vegetables, and mix well. Divide into 4 bowls and top each bowl with 2 egg quarters. Garnish with scallions, if desired. Enjoy!



CHEF  
*Lukas Anderson*  
AGE 10

“I first tasted Kedgerree, a classic British dish with Indian roots, at a friend’s house,” says Lukas. “We couldn’t find smoked haddock. My mom thought our local smoked salmon might work. I love kale, which grows like crazy in Washington, so we added it. Washington is also the perfect climate for mushrooms. We added crimini for their woodsy, creamy taste. Instead of the traditional English peas, we used asparagus. I think wonderful and tasty things can happen when cultures mix together. This Northwest take on a British-Indian dish was a hit with my picky 7-year-old sister. My mom was happy to get my little sister to eat more veggies and said the garlic and spices might strengthen our immune systems. I plan to serve this dish with wild blackberries when they are ready to be picked.”

*Washington*







CHEF  
*Elena Sotobashi*  
AGE 8

“My grandfather is Japanese and my family likes to eat sushi,” says Elena. “D.I.Y. Sushi has pretty much the same ingredients but everyone gets to make their own rolls. It is good for school lunches because the seaweed is separate and doesn’t get soggy. I like it because it is easy to make and you can choose what you want. In summer we can get the carrots and cucumbers from our garden. It is fun to make.”

*Washington  
D.C.*



## D.I.Y. Sushi

Makes 4 servings • 427 calories • 11g fat • 66g carbohydrates • 17g protein

### INGREDIENTS

#### For the Rice Balls:

1 ½ cups short grain sushi rice  
(use brown rice if available)  
2 cups water  
⅓ cup seasoned rice vinegar  
Rice press or rice mold (optional)

#### For the Crab Salad:

8 ounces imitation crabmeat, chopped  
3 tablespoons mayonnaise  
Wasabi (optional)

#### For the Vegetable Fillings:

½ cucumber, peeled and thinly sliced  
1 avocado, peeled, pitted, and thinly sliced  
½ cup shredded carrots  
1 bell pepper, seeded and thinly sliced  
Pickled ginger

#### For Wrapping and Dipping:

6 sheets of nori or seaweed paper,  
cut into 2-inch strips  
Low-sodium soy sauce (optional)  
Wasabi (optional)

### PREPARATION

- To make the Rice:** In a large saucepan, combine the rice and water and bring to a boil over medium-high heat. Cover, reduce the heat to low and cook for 20 minutes. Turn off the heat and leave the rice covered for 10 minutes. Fluff the rice and gently stir in the seasoned rice vinegar. Scoop rice into the rice mold, press down with the lid to pack it in, then gently push the rice out of the mold. (It helps to dunk the rice mold in a bowl of cold water in between pressings.) Repeat until you have pressed all the rice. If you do not have a rice press, you can mold the rice with your hands into little balls, dipping your fingers into cold water to keep rice from sticking. You should have about 20 balls or rice cakes.
- To make the Crab Salad:** Meanwhile, in a medium bowl, combine the crab meat with mayonnaise and a dash of wasabi and combine thoroughly.
- To Assemble:** Arrange the rice balls, crab salad, vegetable fillings, and seaweed on a serving platter. Now it's the fun part! Place one rice ball on a seaweed sheet, choose your fillings, wrap it up, and EAT! You can try different combinations on each roll. Serve with dipping sauces.





CHEF  
*Grace Landini*  
AGE 12

“Through our cooking camps and Kids in the Kitchen class, I was inspired to eat well and make healthy food for my own family,” says Grace. “We joined Grow Ohio Valley, a group that turns vacant city lots into gardens. Each week my mom and I would pick out our vegetables. It was great to know we were eating really fresh vegetables and helping our community. As a child I always liked when my mom made couscous and this past summer I found out how easy it was to prepare. Now I have a meal that even my picky 7-year-old sister will eat. The dish can be made in less than 20 minutes and is great packed up for lunch the next day.”

*West Virginia*



# Grace's Supermeal: Cool Couscous and Berry Healthy Dessert

Makes 6 servings • 596 calories • 20g fat • 79g carbohydrates • 31g protein

## INGREDIENTS

### For the Cool Couscous:

- 2 cups low-sodium chicken broth (or water)
- 1 10-ounce box whole-wheat couscous
- 1 tablespoon olive oil
- 1 yellow onion, peeled and diced
- 1 bunch asparagus, white parts removed, chopped into bite-size pieces
- 1 cup shelled edamame
- ½ bunch kale or spinach, stemmed and chopped
- 1 cup peas
- 1 cup green beans, stemmed and halved
- 1 pint grape or cherry tomatoes, halved
- ⅓ cup nonfat plain Greek yogurt
- 1 store-bought medium rotisserie chicken or two cooked chicken breasts, shredded
- Salt and freshly ground black pepper

### For the Berry Healthy Dessert (*not pictured*):

- 3 tablespoons butter, room temperature
- 2 ripe bananas, peeled and sliced
- 1 cup blueberries
- 1 cup oats
- ½ cup walnuts, finely chopped (optional)
- 1 ½ teaspoons cinnamon
- 1 teaspoon sugar

## PREPARATION

- To make the Cool Couscous:** In a medium saucepan, bring the broth to a boil over medium-high heat. Stir in the couscous, cover, remove from heat and let stand 5 minutes. In a nonstick skillet, warm the oil over medium heat, and add the onions, asparagus, edamame, kale, peas, and green beans and cook about 6 minutes or until vegetables are tender and golden brown. Add tomatoes and stir to combine. Stir Greek yogurt into couscous, add vegetables, and season to taste with salt and pepper. Add cooked chicken and stir to combine. Serve.
- To make Berry Healthy Dessert:** Preheat oven to 375°F. Grease an oven-safe ceramic or glass baking dish with 1 tablespoon butter. Layer banana slices on bottom and then a layer of blueberries. In a small bowl, combine oats, walnuts, cinnamon and remaining 2 tablespoons butter, and using your fingers, crumble the butter into the mix thoroughly. Sprinkle on top of the blueberries, add a few additional berries, sprinkle sugar over the top and cook for 30 minutes, or until topping is golden.



# Wisconsin Cranberry Chickpea Salad

Makes 4 servings • 312 calories • 12g fat • 38g carbohydrates • 15g protein

## INGREDIENTS

2 15-ounce cans of chickpeas,  
rinsed and drained  
1 bunch of parsley, finely chopped  
Juice of 1 fresh lemon  
¼ teaspoon salt  
1 tablespoon olive oil  
1 red bell pepper, seeded and thinly sliced  
1 yellow bell pepper, seeded and thinly sliced  
3 ounces feta, cubed  
2 tablespoons dried cranberries

## PREPARATION

- 1. In a large mixing bowl,** combine the chickpeas and parsley. Add the lemon juice, salt and olive oil and stir thoroughly to combine.
- 2. On a large serving platter,** arrange the chickpea salad, and add the red and yellow bell pepper slices around it. Sprinkle the feta and cranberries on top and enjoy with family or friends!!!



CHEF

*Raya El-Hajjar*

AGE 8

“In my family we eat a lot of hummus, and lately I wanted to know where hummus comes from,” says Raya. “I read an article that said that the main ingredient in hummus is chickpeas. I discovered that chickpeas are really a super food and they are so tasty, too! In the summer, my brother and sister and I love to pick fresh vegetables from our backyard and we make different kinds of salads with them. So, for this salad we used our parsley and red and yellow peppers. Wisconsin is famous for cheese and cranberries. This is an easy, delicious salad that has all the nutrients you need!”

*Wisconsin*





# Chicken and Veggie Salad

Makes 4 servings • 443 calories • 28g fat • 12g carbohydrates • 37g protein

## INGREDIENTS

- 1 tablespoon olive oil
- 2 skinless boneless chicken breasts
- 1 head of romaine lettuce, chopped into bite-size pieces
- 1 red onion, peeled and thinly sliced
- ½ cup black olives, pitted and halved
- 2 tomatoes, seeded and chopped
- ⅓ cup sunflower oil
- Dash of vinegar (optional)
- 1 teaspoon garlic salt
- ⅓ cup grated Parmesan cheese

## PREPARATION

1. **In a large nonstick skillet**, warm the oil over moderate heat. Add the chicken and cook for 6 minutes per side, or until cooked through and golden brown. Remove from heat, let cool, then dice or shred the chicken.
2. **In a large salad bowl**, combine the lettuce, chicken, onion, olives, and tomatoes. Add the oil, vinegar if using, and toss. Add the garlic salt and Parmesan cheese, toss well, and serve.



CHEF  
*Hannah Andreen*  
AGE 11

“The recipe I am making is very special to my family,” says Hannah. “When we were kids we would always go to dinner with my Great Grandma and eat this chicken and veggie salad. She has since passed away, so we eat this in remembrance of her. We make this salad for dinner all the time. The reason that I like this salad is because it is a little bit tart. Also, this is healthy because it has sunflower oil and that is healthier than corn oil. It also has a ton of vegetables.”

*Wyoming*





## AUTOGRAPHS



Produced by WGBH Boston  
Recipe Photography: Jeff Elkins for WGBH



