

the 2015 healthy lunchtime challenge
KIDS' "STATE DINNER"
COOKBOOK
Top Recipes from Future Chefs of America





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FIRST LADY MICHELLE OBAMA

I am thrilled to present the 2015 Healthy Lunchtime Challenge Cookbook, and I am so excited for you to try the delicious recipes from our young chefs.

Since we launched this challenge four years ago, kids from across our country have showcased their culinary talents and submitted creative recipes. My team and I always have such fun sampling these scrumptious, healthy meals, and it is never easy to select our favorites. From this year's nearly 1,000 entries, we chose 55 winners – one from each U.S. state, four territories, and the District of Columbia – to highlight in this cookbook and invite to attend the annual Kids' State Dinner at the White House.

One of the best parts about this collection of recipes is that you can make each and every one in your kitchen at home. I encourage you – with the help of your family and friends – to pick out a recipe, find fresh ingredients in your local community, and prepare a tasty dish together.

Congratulations to our amazing kid chefs, and I wish you all the very best.

Michelle Obama

NEWMAN'S OWN

Newman's Own Foundation and Newman's Own believe 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—including salad dressing and pasta sauce—to charities worldwide. Newman's Own congratulates the 2015 Healthy Lunchtime winners and encourages kids and families to keep cooking, reaching, and dreaming!



NEWMAN'S OWN
FOUNDATION

WGBH

Kids Cook...and Learn!

Ingenuity. Enthusiasm. Talent. Those are only some of the ingredients demonstrated by the junior chefs from all across the United States entering the fourth annual Healthy Lunchtime Challenge.

WGBH is pleased to salute the young cooks who share their winning culinary creations in these pages. And we're delighted for WGBH to be at the table in support of kids and their families, and in partnership with First Lady Michelle Obama, the U.S. Department of Education, and the U.S. Department of Agriculture.

We are especially grateful to Newman's Own for providing the support to make this opportunity possible, and to children's healthy eating expert Tanya Steel, who has been involved with the Healthy Lunchtime Challenge since its inception. Our thanks also to Delta Air Lines for providing transportation for the winners; to the Westin Georgetown for hosting the families in D.C.; and to D.C. Central Kitchen for cooking the finalist recipes for the judging event.

Whether it's learning about numbers and letters, how to express feelings, or the keys to healthy eating, in our media-hungry world, WGBH—PBS's leading producer for TV, the Web, and mobile—assures that young people don't fill up on empty calories. As the station that brought Julia Child and her recipes to television, this is a mission dear to our hearts. Bon appétit!

BRIGID SULLIVAN

Vice President, Children's Media
and Educational Programming



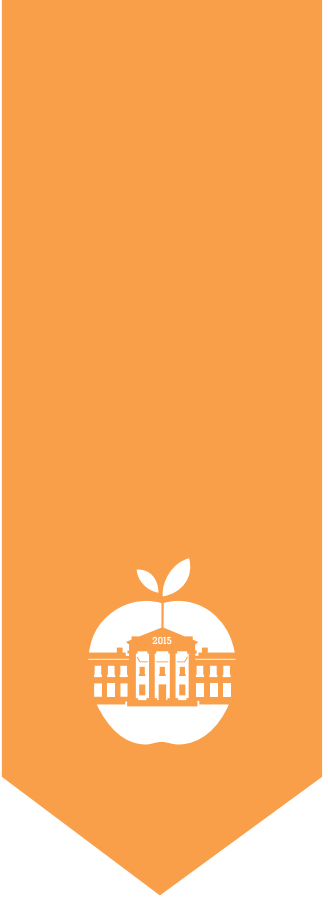


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RECIPES

Alabama Fancy Fish Tacos

Makes 4 Servings • 393 calories • 5g fat • 56g carbohydrates • 33g protein

INGREDIENTS

- 4 fresh or frozen tilapia fillets
- Salt to taste
- 1 cup quinoa, rinsed
- 1 large carrot, peeled and thinly sliced
- 1 large cucumber, thinly sliced
- ½ cup red cabbage
- 1 cup broccoli, chopped
- ¼ cup fresh cilantro
- Juice of 1 lime
- 4 whole-wheat tortillas or wraps

PREPARATION

- 1. Preheat the oven to 350°F.** On a large baking sheet, place the tilapia, and add salt to taste (if frozen, defrost the fish first). Bake for 25 minutes, or until the fish flakes easily with a fork.
- 2. 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.
- 3. In a large bowl,** combine the vegetables and cilantro. When the fish is done, squeeze lime juice over each fillet. Fill each whole-wheat tortilla with fish and about ¼ cup vegetables. Roll up and serve.



*Chef Jay Wolanzyk,
Age 10*

“I wanted to make something healthy that gave me energy to play sports,” says Jay. “I play outside a lot after school or I have a ballgame and I wanted something good to fill me up. I’m kind of a picky eater, but I love fish and I knew I wanted it to be the main ingredient. My mom adds vegetables in food that I may not see, so I like these better because they are different colors and I can tell which ones I’m eating!”

Alabama





*Chef Sable Scotton,
Age 10*

“I really like vegetables. In the summer, I wander through the garden eating peas, carrots, broccoli, and even flowers like nasturtiums,” says Sable. “I also love to fish for wild salmon and other types of whitefish with my family, so this recipe brings together my two favorite worlds. This recipe is for one of my favorite foods because it is so delicious and healthy. It uses wild salmon that we harvest from the Yukon River and then jar ourselves. However, any species of canned salmon can be used.”

Alaska



Deliciousness over Rice

Makes 6 Servings • 341 calories • 13g fat • 35g carbohydrates • 22g protein

INGREDIENTS

2 cups chopped cauliflower
2 cups chopped broccoli
2 carrots, peeled and thinly sliced
1 cup snap peas
2 cups rainbow chard leaves,
cut into 1-inch strips
1 garlic clove, peeled and minced
1 tablespoon avocado or olive oil
1 teaspoon black pepper
½ teaspoon salt
2 tablespoons unsalted butter
¼ cup peeled and diced onion
¼ cup diced celery
2 tablespoons all-purpose flour
2 cups 1% milk
1 (15-ounce) can salmon
3 cups cooked brown rice

PREPARATION

- 1. Preheat the oven to 350°F.** In large bowl, combine cauliflower, broccoli, carrots, snap peas, rainbow chard, garlic, avocado or olive oil, pepper, and salt. Place in a 13- by 9-inch baking pan and bake for about 20 minutes, or until the veggies are just soft.
- 2. In a large saucepan,** melt the butter over medium heat. Add the onion and celery and sauté for 5 minutes, stirring frequently. Add the flour and stir until bubbly. Add the milk, whisking to mix, until the sauce begins to bubble and thicken, about 10 minutes. Add the salmon and roasted vegetables and stir to combine. Divide the rice and salmon-veggie mix among 6 bowls and serve.

Oodles of Zoodles with Avocado Pistachio Pesto

Makes 5 Servings • 310 calories • 31g fat • 8g carbohydrates • 3g protein

INGREDIENTS

For the Pesto:

1 ripe avocado
1 packed cup fresh basil
1 packed cup fresh cilantro
1 jalapeño, ribs and seeds removed
2 garlic cloves, peeled
Juice of 1 lime
½ cup olive oil
1 teaspoon salt, or to taste
½ cup pistachios

For the Zoodles:

4 zucchinis, peeled
2 cups cherry tomatoes, halved
2 cups peeled, shredded carrots
½ medium red onion, peeled
and thinly sliced

PREPARATION

- To make the Pesto:** In a blender or food processor, blend 1 cup water with all the pesto ingredients, except the pistachios, until incorporated. Add the pistachios and blend until mostly smooth. Taste and adjust seasoning if needed. Set aside.
- To make the Zoodles:** Use a grater, peeler, mandoline slicer, or spiralizer to turn the zucchini into zoodles. (I used a spiralizer to get the noodle A.K.A. zoodle shape.) In a large bowl, mix the zoodles with the tomatoes, carrots, and red onion. Arrange the salad in bowls. Top with the pesto and serve.



*Chef Nia Thomas,
Age 10*

“I am not a big fan of cooked zucchini, but when my sister made zucchini noodles one day with a tomato sauce, I loved it,” says Nia. “So, I started experimenting and came up with a very delicious pesto sauce by using lots of flavors that I love, like avocado, spinach, and pistachios. It turned out so delicious and when I made it for dinner for my family, they loved it. It is crunchy fresh, and the sauce is just awesome.”

Arizona



Arkansas Baked Almond Catfish

Makes 6 Servings • 273 calories • 11g fat • 16g carbohydrates • 28g protein

INGREDIENTS

2 pounds catfish fillets
½ cup low-fat milk
1 large egg
1 teaspoon salt
¼ teaspoon black pepper
1 cup breadcrumbs or panko
(Japanese breadcrumbs)
½ cup sliced almonds
¼ onion, peeled and minced
1 tablespoon unsalted butter, melted

PREPARATION

- 1. Preheat the oven to 500°F.** Cut the catfish fillets roughly in half, so you have enough to feed 6 people evenly. Lightly grease a large baking sheet.
- 2. In a medium bowl,** whisk together the milk, egg, salt, and pepper. In a separate bowl, combine the breadcrumbs, almonds, and onion.
- 3. Dip the fish pieces in the milk and egg mixture,** then dredge them in the breadcrumb mixture, making sure they are evenly coated on both sides. Place the fish pieces on the baking sheet, drizzle with the melted butter and bake for 15 minutes, or until the fish flakes easily with a fork.



*Chef Aspen Smith,
Age 11*

“My family loves catfish, especially fried, but my dad and other family members have heart problems,” says Aspen. “I wanted something that was healthier for all of us to enjoy. I love to cook and bake and this is really healthy, good, and easy to prepare. I watch cooking shows all the time and put a few ideas together in this recipe. I love it and hope you do, too!”

Arkansas





*Chef Aria Pelaez,
Age 9*

“I was inspired to make this recipe because my family makes bland tacos,” says Aria. “I took leftover BBQ pineapple, tomatoes, orange peppers, and red onions and made a taco with them. I added grilled fish and I made a guacamole yogurt sauce to give it a strong taste. This dish makes my mouth water. You rock, Mrs. Michelle Obama!

P.S. This is gluten free! My granddad has Celiac so I try to eat gluten free, too, in his honor.”

California



California Rainbow Taco with Mic-kale Obama Slaw and Barack-amole

Makes 4 Servings • 482 calories • 22g fat • 55g carbohydrates • 25g protein

INGREDIENTS

For the Tacos:

1 tablespoon vegetable oil
1 cup fresh pineapple, cut into 1-inch chunks
1 red onion, peeled and cut into 1-inch chunks
1 orange, red, or green bell pepper, seeded
and cut into 1-inch chunks
24 cherry tomatoes
2 fresh tilapia fillets
8 corn tortillas
½ cup low-fat Mexican cheese blend

For the Slaw:

½ cup shredded cabbage
½ cup finely chopped kale
¼ cup peeled shredded carrots
¼ cup fresh cilantro
¼ cup red onion, peeled and diced
1 tablespoon vegetable oil
Juice from 3 limes
Salt and pepper to taste

For the Dip:

2 avocados, pitted
1 cup yogurt
1 garlic clove, peeled and minced
¼ cup chopped fresh cilantro
Juice from 3 limes
Salt and pepper to taste

Equipment:

4 skewers

PREPARATION

- 1. Grill the veggies and fish:** Grease the grill lightly with vegetable oil to prevent sticking and preheat to medium-high. Place the fruit and veggies on 4 skewers, alternating the pineapple, onion, bell pepper, and cherry tomatoes. Cook the veggies and fish, turning once, about 5 minutes per side, or until cooked through and browned on the outside.
- 2. Meanwhile, make the slaw:** In a large bowl, combine all the slaw ingredients and mix thoroughly.
- 3. Make the dip:** In a blender or food processor, combine all the dip ingredients. Blend until just mixed, then season to taste with salt and pepper.
- 4. Warm each tortilla in a frying pan over low heat.** Flip then sprinkle with 1 tablespoon of cheese and heat until the cheese melts. Place each tortilla on a plate and top with ¼ piece of fish and a few grilled vegetables. Top each with 1 big spoonful of cabbage slaw, drizzle with Guacamole-Yogurt dip, roll up, and serve.

Rain’s Turkey Chili

Makes 10 Servings • 288 calories • 6g fat • 40g carbohydrates • 23g protein

INGREDIENTS

- 2 tablespoons olive oil
- 1 pound lean ground turkey
- 1 medium red bell pepper, deseeded and diced
- 1 small zucchini, diced
- 1 white onion, peeled and diced
- 1 cup carrots, peeled and diced
- 3 kale leaves with stems removed, chopped finely
- 2 (14.5-ounce) cans fire-roasted diced tomatoes in juice
- 1 (15-ounce) can dark red kidney beans, drained and rinsed
- 1 (15-ounce) can pinto beans, drained and rinsed
- 4 cups low-sodium chicken broth
- 1 cup old-fashioned rolled oats
- 2 tablespoons of chili powder (or to taste)
- 1 tablespoon honey
- 1 garlic clove, peeled and minced
- 1 teaspoon onion powder
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon salt
- ½ teaspoon pepper

PREPARATION

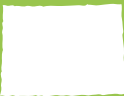
- 1. In a large stockpot,** heat the olive oil over medium heat. Add the turkey and cook, breaking up the meat with a wooden spoon for about 12 minutes, or until light brown and cooked through.
- 2. Add the vegetables to the stockpot,** cover, and cook for 10 minutes. Add the remaining ingredients, reduce the heat to low, and simmer for 40 minutes. Enjoy your delicious chili!



*Chef Rain Adams,
Age 11*

“This chili is a vegetable-packed super food that follows MyPlate guidelines,” says Rain. “Vegetables make up 50% of each serving, the turkey 25%. My secret ingredient, oats, makes up the grain, and completes this great tasting, healthy meal.” Rain recommends that this turkey chili be served with baked tortilla chips and apple slices.

Colorado



Hannah's Eggy Potato Scramble

Makes 2 Servings • 437 calories • 19g fat • 43g carbohydrates • 25g protein

INGREDIENTS

2 sweet potatoes
1 cup Brussels sprouts
1 garlic clove, peeled and crushed
1 tablespoon olive oil
1 teaspoon apple cider vinegar
Pinch of salt
Pinch of pepper
½ cup mushrooms, chopped
4 large eggs
2 tablespoons milk
¼ cup low-fat cheese
¼ cup whole-wheat breadcrumbs
¼ cup ham, shredded

PREPARATION

- 1. Preheat the oven to 400°F.** Wash and dry the sweet potatoes, place on a large baking sheet, and bake for 40 minutes.
- 2. Meanwhile, in a baking dish,** toss the Brussels sprouts with the garlic, olive oil, apple cider vinegar, salt, and pepper. Add to the oven where the sweet potatoes are baking. After 10 minutes, add the mushrooms, and cook for another 10 minutes, or until the veggies are slightly browned.
- 3. In a small bowl,** whisk together the eggs and milk. Cook in a nonstick pan over medium heat for about 2 minutes, or until the eggs are scrambled.
- 4. When the potatoes and veggies are cooked,** remove from the oven (leave the oven on) and carefully cut the sweet potatoes in half lengthwise, being careful not to rip the skin. Scoop out the sweet potato flesh and place in a medium bowl. Add the Brussels sprouts-mushroom mixture and the scrambled eggs, mix together well, and place into the potato skins. Sprinkle the cheese, breadcrumbs, and shredded ham on top of each potato half. Bake for 5 minutes, or until the cheese has melted.



*Chef Hannah Betts,
Age 10*

“I came up with my recipe, because I wanted a meal that was filling and healthy, and also included sweet potatoes as I really love them,” says Hannah. “I do gymnastics and swimming, so I need food that is going to fill me up and give me lots of energy. I love to cook and I help my mom out in the kitchen all the time. Even my little brother Daniel (who wants to be president one day) says it is delicious. I hope you enjoy it, too.”

Connecticut



Spinach Power Salad with Mandarin Vinaigrette

Makes 4 Servings • 362 calories • 22g fat • 27g carbohydrates • 16g protein

INGREDIENTS

For the Dressing:

Juice from 1 snack-size cup
of mandarin oranges in natural juice
(reserve the oranges)
2 tablespoons apple cider vinegar
¼ cup olive oil
¼ cup pure cane sugar
½ small onion, peeled and chopped
1 tablespoon spicy brown mustard
1 tablespoon yellow mustard
½ teaspoon salt
½ teaspoon pepper

For the Salad:

8 ounces skinless, boneless chicken breast
5 ounces baby spinach
1 large carrot, peeled and shredded
24 red seedless grapes
Reserved mandarin oranges (from above)
1 ½ ounces shelled walnuts, chopped coarsely
Salt and pepper to taste

PREPARATION

- To make the Dressing:** In a blender, combine all of the dressing ingredients. Pour into a decorative bottle with a lid.
- Preheat the grill to medium-high.** Grill the chicken, flipping once, for about 10 minutes total, or until cooked through. Chop into bite-sized pieces.
- To make the Salad:** Divide the spinach among 4 bowls. Top each bowl with shredded carrots, grapes, chicken, mandarin oranges, and walnuts. Season with salt and pepper. Shake the dressing to ensure it's mixed well and drizzle desired amount on top of salad.



*Chef Emilie Monnig,
Age 12*

“I was inspired to make this salad because a couple weeks ago my dad made a spinach salad that was really good,” says Emilie. “I decided that I wanted to make my own spinach salad with homemade dressing. I chose spinach because it is a high source of iron, fiber, and vitamin C. I also think kids would like to eat this salad because of its fun colors.”

Delaware





*Chef Bobby Sena,
Age 12*

“Last year I wanted to surprise my mom with a gift on Mother's Day, but I didn't have money to buy her anything and my sister didn't want to sing a song with me, so I decided that making something that she would like to eat and that was healthy for her, would be the ideal gift,” says Bobby. “She is from the Dominican Republic and we live in Florida, so I thought why not prepare a dish that is Caribbean and Floridian! She also has high cholesterol, so I had to research the best foods to help reduce cholesterol levels. I thought what better way to honor her culture, our agriculture in Florida, and her good health!”

Florida



Caribbean Delight

Makes 4 Servings • 484 calories • 13g fat • 68g carbohydrates • 30g protein

INGREDIENTS

1 sweet plantain, peeled and sliced
¾ pound fresh tilapia fillets
½ lemon
1 garlic clove, peeled and minced
1 teaspoon balsamic vinegar
¼ teaspoon adobo
1 medium kiwi, peeled and diced
2 cups fresh pineapple, diced
1 avocado, pitted and diced
1 mango, pitted and diced
1 tomatillo, peeled and diced
1 red tomato, diced
½ red onion, peeled and diced
4 whole-wheat flour tortillas
1 cup shredded low-fat mozzarella,
or smoked provolone, Asiago,
or Romano cheese
1 bunch fresh cilantro
8 strawberries, sliced

PREPARATION

- 1. Preheat the oven to 350°F.** Place the sweet plantain on a foil-lined baking sheet and bake for 30 minutes. Let cool, then slice and set aside.
- 2. Meanwhile, place the tilapia in a large bowl** and squeeze ½ lemon over the fillets. Add the garlic, balsamic vinegar, and adobo and stir to combine. Let sit for 10 minutes while you prepare the salsa.
- 3. In a large bowl,** combine ½ the kiwi with the pineapple, avocado, mango, tomatillo, tomato, and red onion. Cover and chill in the refrigerator.
- 4. Place the tilapia fillets** on a parchment-lined baking sheet, and bake for 20 minutes, or until a fork can easily flake the fish. Ten minutes into baking, wrap the tortillas in foil and bake on the same baking sheet for 10 minutes.
- 5. Let the fish cool for 2 minutes** then flake the tilapia into pieces. Place some tilapia in the middle of each tortilla and top with cheese, salsa, and cilantro. Place on a dish with the plantains, sliced strawberries, and the remaining kiwi. Serve with milk and enjoy!



*Chef Corey Jackson Jr.,
Age 10*

“Corey and I began creating great gluten-free recipes about five years ago,” says Corey’s mom, Dora. “After Corey was diagnosed with Autism, he was placed on a gluten-free diet. In the early years, we tried every gluten-free recipe we could find. But most were not kid-friendly. So, Corey ate his favorite two foods, chicken and rice, often. As with many autistic people, he was skeptical about any changes, including when it came to his meals. We slowly introduced variations to his two favorite foods, by adding coconut milk and mangoes.”

Georgia



Mango-Cango Chicken

Makes 4 Servings • 744 calories • 36g fat • 83g carbohydrates • 38g protein

INGREDIENTS

1 (14-ounce) package classic slaw
1 (13.5-ounce) can lite coconut milk
¼ cup mayonnaise
2 tablespoons brown sugar
1 teaspoon lime juice
1 teaspoon vanilla extract
1 cup jasmine rice
2 large skinless, boneless chicken breasts
½ teaspoon salt
1 (15-ounce) can pear halves
1 (15-ounce) can diced mangoes
4 red leaf lettuce leaves

PREPARATION

- 1. In a medium bowl,** thoroughly mix the slaw with 1 cup coconut milk, the mayonnaise, 1 tablespoon brown sugar, and the lime juice. Chill for 20 minutes.
- 2. In a medium saucepan,** combine 1 ½ cups water with the remaining ⅔ cup coconut milk and bring to a gentle boil over low heat. Add the vanilla and jasmine rice. Cover, turn off the heat, and let stand for 25 minutes.
- 3. Preheat the grill to medium-high.** Grill the chicken, flipping once, for about 10 minutes total, or until it’s cooked through. Sprinkle with salt.
- 4. Meanwhile, in a medium saucepan,** combine the pears and mangoes with their juices and the remaining 1 tablespoon brown sugar and cook over medium heat for about 8 minutes.
- 5. Arrange a lettuce leaf on each plate,** and top with slaw. Add some coconut rice and chicken. Top with the fruit sauce and serve.

Y'obama Yakisoba

Makes 4 Servings • 243 calories • 3g fat • 46g carbohydrates • 13g protein

INGREDIENTS

7 ounces whole-wheat or multi-grain thin spaghetti
1 garlic clove, peeled and minced
2 ½ teaspoons low-sodium soy sauce
½ teaspoon sugar-free grape jelly
½ cup vegetable broth
1 cup shredded or chopped cabbage
1 cup shelled edamame
1 cup peeled shredded carrots
Optional: ½ cup chopped cashews

PREPARATION

1. **Fill a large pasta pot with water** and bring to a boil. Add the spaghetti and boil for about 7 minutes, or until al dente. Drain and set aside.
2. **Meanwhile, in a small bowl**, whisk together the garlic, soy sauce, and grape jelly. Set aside.
3. **In a large stockpot**, bring the broth to a boil. Add the cabbage, edamame, and carrots and boil for 3 minutes, or until tender. Add the drained noodles and sauce, and stir until evenly distributed; top with cashews (optional). Eat and enjoy!



*Chef Gracie Giles,
Age 9*

“The dish I created is about two things I love very much. I love noodles and I love my dad,” says Gracie. “My dad is Japanese. I wanted to create a dish that represented my Japanese heritage and love for all noodles. I remember how much fun I had as a little child, slurping up noodles and popping edamame out of their shells. This dish is about having fun eating the food I love and spending time with my dad. Both of these things are very special to me!”

Guam



East Meets West! Chinese Pot Stickers and Tuscan Salad with Aloha Sorbet

Makes 8 servings • 292 calories • 10g fat • 35g carbohydrates • 18g protein

INGREDIENTS

For the Pot Stickers:

1 tablespoon sesame oil
1 large onion, peeled and chopped
1 pound ground chicken breast
1 pound chopped frozen spinach
3 tablespoons ground flaxseed
1 large egg
48 pot sticker wrappers
1 tablespoon olive oil
2 tablespoons low-sodium soy sauce

For the Kale Salad:

1 bunch Tuscan kale,
stems removed, leaves torn
into bite-sized pieces
3 garlic cloves, peeled and minced
Juice of 1 large lemon
¼ cup olive oil
¼ cup grated Parmesan cheese
Salt and pepper to taste

For the Sorbet:

½ pineapple, peeled and cut,
plus 1 slice cut into quarters for garnish
1 papaya, chopped,
plus ½ papaya for serving
Juice of ½ large lemon
¼ cup honey

PREPARATION

- To make the pot stickers:** In a large sauté pan heat the sesame oil over medium-high heat. Add the onion and sauté for 3-4 minutes, or until softened. Add the chicken and cook, breaking the meat up with a wooden spoon, for about 10 minutes, or until cooked through. Squeeze out the excess water in the spinach then add to the pan. Add the flaxseed and egg and cook for another 5 minutes.
- Place a tablespoon of the mixture** on each pot sticker wrapper, fold in half, and seal the edges with water. Gently pleat the sides of the dough round to create a crescent shape.
- In a nonstick frying pan,** heat the olive oil over medium heat. Place a layer of pot stickers in the pan and cook, allowing the bottoms to crisp, for 3 minutes. Add ½ cup of water and steam for another 7 minutes. Repeat with the remaining pot stickers. Serve with a small dish of soy sauce for dipping.
- To make the Kale Salad:** Place the kale in a large bowl. In a small bowl, combine the garlic and lemon juice. Gradually add the olive oil, whisking until combined. Drizzle the dressing on the kale, add the Parmesan cheese, season to taste with salt and pepper, and toss to combine. Serve with the pot stickers.
- To make the Sorbet:** In a juicer or blender, process the ½ pineapple and the papaya (you will net about 2 cups of juice). Add the lemon juice and honey and blend. Add the mixture to an ice cream machine and process according to the manufacturer's instructions (or scoop into muffin tins, cover with plastic wrap, and freeze for 1 hour). Scoop out the soft mixture and freeze until firm, at least 1 hour. Serve a large scoop of sorbet in a papaya half. Garnish with quartered slices of pineapple.



*Chef Luca Casano,
Age 11*

“The recipe I made is a family recipe. It represents my ethnic heritage, both the Italian and Chinese sides,” says Luca. “It also represents my home state of Hawai’i. I have made this recipe with my mom ever since I was in preschool. My mom says this is my favorite way of eating lots of spinach! The Tuscan Kale Salad is really yummy because of the garlic and the Parmesan cheese.”

Hawaii





*Chef Josie Roll,
Age 8*

“I first made this recipe with my great aunt Maria. My favorite part was pounding out the chicken, because it was fun and it made the chicken tender and juicy,” says Josie. “My baby brother likes the carrot noodles best. I decided to use veggies for the noodles so the meal would be healthier. I would serve this meal with a glass of low-fat milk and a spinach salad to complete my plate.”

Idaho



Scrumptious Veggie Noodles with Sun-Dried Tomato Sauce and Chicken

Makes 8 to 10 servings • 465 calories • 18g fat • 39g carbohydrates • 39g protein

INGREDIENTS

For the Sauce:

- 1 tablespoon olive oil
- 5 garlic cloves, peeled and minced
- ¼ cup finely chopped fresh basil
- 1 teaspoon dried oregano
- 1 ¾ pounds chopped heirloom and cherry tomatoes
- 1 cup low-sodium chicken broth
- ½ cup sun-dried tomatoes
- ½ teaspoon salt
- ½ teaspoon pepper

For the Chicken:

- 4 skinless, boneless chicken breasts, quartered
- ½ cup brown rice flour or whole-wheat flour
- Salt and pepper to taste
- 2 tablespoons olive oil

For the Noodles:

- 3 carrots, peeled
- 4 zucchini, ends cut off
- 3 summer squash, ends cut off
- Salt and pepper to taste
- 1 tablespoon olive oil

For the Bread:

- ¼ cup olive oil
- 8 garlic cloves, peeled and minced
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- Salt and pepper to taste
- 1 loaf multigrain bread, cut into 1-inch slices

PREPARATION

- To make the Sauce:** In a medium sauté pan heat the olive oil over medium heat. Add the garlic, basil, and oregano and sauté for about 3 minutes, or until fragrant. Add 1 pound of the chopped tomatoes and the broth and bring to a boil. Reduce the heat to a simmer, add the sun-dried tomatoes, salt, and pepper and cook about 20 minutes. About 10 minutes before serving, add the remaining tomatoes and cook until softened.
- To make the Chicken:** One at a time, lay the chicken breasts between wax paper and pound out to ¼-inch thickness. On a plate, combine the brown rice flour, salt, and pepper. Lightly dredge the chicken in the flour mixture. In a nonstick sauté pan, heat the olive oil over medium heat. Add the chicken and sauté, flipping, until cooked through and light brown.
- To make the Noodles:** Using a mandoline fitted with the appropriate blade attachment, slice the veggies into long thin strips. Season with salt and pepper. In a large nonstick pan, heat the olive oil over medium heat. Add the carrots and sauté for about 4 minutes, or until they start to soften. Add the remaining veggies and sauté 4 minutes more, or until they are all al dente.
- To make the Bread:** Preheat the oven to 350°F. In a small bowl, combine the olive oil, garlic, oregano, basil, salt, and pepper. Place the bread slices on a large baking sheet and brush lightly with the olive oil mixture. Toast in the oven for 15 minutes, or until golden.
- To serve:** Create a bed of noodles on each plate, top with chicken, and drizzle with sauce. Serve with the garlic bread.

Garam Masala Quinoa Burger with Raita

Makes 4 Servings • 379 calories • 11g fat • 58g carbohydrates • 15g protein

INGREDIENTS

1 cup cooked garbanzo beans
½ cup cooked quinoa
¼ cup chopped kale
¼ cup peeled and chopped onion
1 small boiled potato
½ teaspoon garam masala
½ teaspoon ground cumin
¼ teaspoon peeled and grated fresh ginger
1 garlic clove, peeled and minced
¼ teaspoon grated serrano chile pepper
¼ cup panko breadcrumbs
Salt and pepper to taste
2 tablespoons olive oil
½ cup Greek yogurt
¼ cup grated cucumber
4 whole-wheat buns
Sliced tomatoes
Baby spinach leaves

PREPARATION

- 1. Coarsely chop the garbanzo beans** in a food processor or by hand. In a large bowl, combine the chopped garbanzo beans with the quinoa, kale, onion, potato, garam masala, cumin, ginger, garlic, serrano chile pepper, and breadcrumbs. Season to taste with salt and pepper. Stir the mixture thoroughly and form into 4 round patties.
- 2. In a large sauté pan**, heat the olive oil over medium heat. Add the patties and cook, flipping once, 5 minutes per side, or until brown and crispy.
- 3. Meanwhile, in a small bowl**, combine the yogurt and cucumber. Season to taste with salt and pepper.
- 4. To assemble the sandwiches**, place the patties on the whole-wheat buns, and top with the raita, tomato, and spinach leaves.



*Chef Shreya Patel,
Age 9*

“I have watched my mom and grandma make all sorts of delicious food in the kitchen with an Indian twist since I was born,” says Shreya. “I have been helping them cook since I was three. I love to mix, measure, chop, and even clean up afterwards. My grandma and I came up with this recipe together because we both love sandwiches. We make this recipe often to take to school for lunch or even on picnics with friends.”

Illinois





*Chef Abigail Horne,
Age 8*

“My little brother is sensitive to wheat. Whenever we have sandwiches for lunch he always cries for bread, but we are not allowed to give it to him,” says Abigail. “I wanted to come up with a sandwich for him that didn’t have wheat bread and was also affordable. My dad loves fried plantains or tostones. I thought it would be a great idea to use the plantains for bread but bake them instead of frying for a healthier option. I ended up with a turkey burger on plantain buns and a fresh jicama and apple slaw. He loved it!”

Indiana



Little Man Lunch

Makes 8 Servings • 396 calories • 14g fat • 50g carbohydrates • 22g protein

INGREDIENTS

For the Plantain Bread:

- 2 yellow plantains
- 1 teaspoon salt
- 1 cup tapioca flour
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons vegetable oil

For the Slaw:

- 1 large jicama, julienned
- 2 large Red Delicious apples, julienned
- Juice from 2 limes
- 2 tablespoons agave nectar
- 2 tablespoons chopped fresh cilantro

For the Burgers:

- 1 ¼ pounds ground turkey
- 1 large egg
- ½ cup old-fashioned rolled oats
- 2 teaspoons Cajun seasoning
- 1 teaspoon achiote powder
- 1 bay leaf, crushed
- 2 teaspoons dried basil
- 2 teaspoons salt
- 1 teaspoon black pepper
- ½ teaspoon vanilla extract
- 3 tablespoons olive oil
- ¾ cup shredded low-fat cheddar cheese
- 1 large tomato
- 1 small bunch of kale

PREPARATION

- To make the Bread:** Preheat the oven to 375°F. In a food processor or blender, purée the plantains with 2 tablespoons water. In a large bowl, mix the puréed plantains, with the salt, tapioca flour, and cilantro until you have thick smooth dough. Oil a large baking sheet and use a tablespoon to scoop the dough onto the sheet. Use the back of the spoon to flatten the dough into 2-inch-diameter rounds. Bake in the oven for 25 minutes, or until light brown and firm.
- To make the Slaw:** Meanwhile, in a large bowl, combine all of the slaw ingredients. Set in the refrigerator to chill.
- To make the Burgers:** In a large bowl, mix the ground turkey, egg, rolled oats, seasonings, and vanilla. Using a large spoon, form the mixture into 3-inch-diameter rounds and set aside. In a large sauté pan, heat the olive oil over medium heat. Cook the burgers, flipping once, 6 minutes per side, or until the internal temp reaches 165°F. Remove from the heat and top with some cheddar cheese. Let the burgers rest for 2 minutes, while the cheese is melting, to maintain juiciness.
- Top each plantain bun** with a burger, tomato slice, fresh kale leaf, and slaw.

Mary's Garden Farfalle Feast

Makes 4 Servings • 667 calories • 14g fat • 120g carbohydrates • 24g protein

INGREDIENTS

For the Farfalle Feast:

2 cups plain farfalle
or veggie penne pasta
4 ears corn
2 tablespoons olive oil
1 cup cubed extra-firm tofu
½ cup each chopped fresh green beans,
Brussels sprouts, and asparagus

For the Fruit Salad:

2 fresh oranges, peeled
1 banana, sliced
1 cup green or red seedless grapes
1 cup mixed berries

For the Kale-Spinach Smoothies:

1 cup fresh kale and spinach
2 cups orange juice
½ cup nonfat plain yogurt
1 cup frozen blueberries
1 ripe peeled banana

PREPARATION

- 1. In a pasta pot,** bring 2 cups of water to a boil over high heat. Stir in the pasta and cook for about 10 minutes, or until al dente. Meanwhile, fill another pot with water, add the corn, and bring to a boil over high heat. Drain and set aside.
- 2. In a large sauté pan,** heat the olive oil over medium heat. Add the tofu and cook for about 5 minutes. Add the green beans, Brussels sprouts, and asparagus. Cook for about 5 minutes, or until softened. Add the drained pasta and stir to combine.
- 3. Arrange the food on the plates** in a butterfly design, with the corn as the body. Arrange the fruit salad in the shapes of little butterflies, placing a red grape between two slices of orange.
- 4. In a blender,** combine all the smoothie ingredients and process until well combined.



*Chef Mary McFetridge,
Age 11*

“I’m inspired by my sister, who can run as fast as the wind, and my brothers, who taught me basketball. I was also inspired by my coaches on Girls on The Run, who taught me to be the best I can be and much more,” says Mary. “Last but not least, I was inspired by my parents. My mom, because she has taught me to be healthy, and because I run with my dad when we do 5Ks and he encourages me all through the race. I’m eating the Farfalle Feast and following MyPlate, so my bones, brain, and muscles will grow strong. I serve this pasta with with Kale-Spinach Smoothies and Fruit Salad.”

Iowa



Black Bean Burger with Kale Chips and Jasmine’s Freeze Out Smoothie

Makes 6 Servings • 404 calories • 9g fat • 68g carbohydrates • 17g protein

INGREDIENTS

For the Burgers:

2 (15-ounce) cans low-sodium black beans, drained and rinsed
1 ripe banana, mashed
1 cup breadcrumbs
3 tablespoons chopped fresh basil
1 teaspoon dried oregano
1 ½ teaspoons ground cumin
Pinch sea salt and pepper
Nonstick cooking spray
6 whole-wheat hamburger buns
Optional topping: 1 avocado, sliced

For the Kale Chips:

10 ounces kale, chopped
2 teaspoons olive oil
¼ teaspoon sea salt

For Jasmine’s Freeze Out Smoothie:

1 cup organic 1% milk
1 cup frozen mixed berries
1 handful spinach

PREPARATION

- To make the Burger:** In a large bowl, mash the black beans, banana, breadcrumbs, basil, oregano, and cumin. Season to taste with salt and pepper and mix well. Form the mixture into 6 patties.
- Heat a large nonstick skillet over medium heat.** Spray the pan with cooking spray, then add the patties and cook, flipping once, for about 4 minutes per side, or until heated through. Place on whole-wheat buns, and top with avocado, if desired.
- To make the Kale Chips:** Preheat the oven to 400°F. In a large bowl, combine the kale with the olive oil and salt and toss thoroughly to coat the kale. Place on a nonstick baking sheet and bake for about 12 minutes, or until the kale is crispy.
- To make Jasmine’s Freeze Out Smoothie:** In a blender, blend the ingredients together and enjoy!



*Chef Jasmine Dulan,
Age 11*

“First, I really want to be a nutritionist like my mommy when I grow up, and help others eat healthy,” says Jasmine. “I developed my black bean burger recipe for this challenge for a healthier and more affordable option than a regular hamburger. Black beans are so yummy and eating plant-based recipes more often is good for the earth, too. I included my kale recipe as I LOVE kale chips. I also included my favorite smoothie recipe with my secret ingredient—spinach.”

Kansas





*Chef Izzy Washburn,
Age 9*

“I presented to the school board my suggestions to help students identify what makes a lunch healthy. This recipe is one of my favorites,” says Izzy. “I saw in my experiment that pre-packaged food and fruit snacks/chips and other unhealthy foods were in my friends’ lunch boxes. It is important to teach my friends what good choices look like and how what FUEL they choose for their bodies affects how they perform throughout their day.”

Kentucky



Shake It Off with a Turkey Roll

Makes 1 Serving • 501 calories • 22g fat • 39g carbohydrates • 35g protein

INGREDIENTS

Fresh blueberries
Fresh strawberries, sliced
Fresh spinach, torn into
bite-sized pieces
Fresh romaine lettuce, torn into
bite-sized pieces
Carrot slivers
1 tablespoon ranch dressing
1 soft tortilla
¼ teaspoon mayonnaise
2 slices turkey breast
1 slice Colby Jack cheese

PREPARATION

1. **Place the blueberries** and strawberries in a small container together.
2. **Place the spinach**, romaine, and carrots in a small container together. Place the lid on the container and shake.
3. **Place the ranch dressing** in a small container (I like mine separate so my salad isn't soggy by lunchtime).
4. **Place the tortilla** on the cutting board. Spread mayonnaise on the tortilla, add the turkey, veggies, and cheese, roll the tortilla up, and cut it into 1-inch sections.



*Chef Samuel Davis,
Age 11*

“At first, my parents promised to get me a dog if I took care of the garden... so I was excited to be in charge of watering and gathering the harvest each day,” says Samuel. “Since I love science and math, I created this mouthwatering dish which uses every fresh-grown vegetable in my family’s garden, plus my favorite meat, salmon. It has become a family favorite. I’m the new chef in the house! I’m just a southern boy who loves to eat healthy!”

Louisiana



Sam’s Southern Savoring Salmon Supreme (S to the 5th power)

Makes 4 Servings • 443 calories • 20g fat • 46g carbohydrates • 22g protein

INGREDIENTS

1 cup brown rice
2 (6-ounce) salmon fillets
¼ teaspoon salt
¼ teaspoon pepper
¼ cup olive oil
2 cups okra, chopped
½ cup red bell pepper, chopped
½ cup green bell pepper, chopped
1 tablespoon green onion (scallion), chopped
1 teaspoon diced jalapeño
2 cups diced tomatoes
¼ cup feta cheese crumbles
1 lemon, halved

PREPARATION

- 1. In a saucepan,** combine 1 ½ cups water with the rice, and bring to a boil over high heat. Cover, reduce the heat, and simmer for 20 minutes, or until tender. Set aside.
- 2. Sprinkle the salmon with salt and pepper.** In a sauté pan, heat 2 tablespoons of the olive oil over medium-high heat. Add the salmon, and cook, flipping once, for about 5 minutes per side, or until opaque. Transfer the salmon to a plate using a wide spatula. Cut each fillet into 2 pieces and keep warm.
- 3. In the same pan,** heat the remaining 2 tablespoons olive oil over medium-high heat. Add the okra, red and green bell peppers, green onion, and jalapeño, and sauté for about 5 minutes, or until the vegetables are softened. Add the diced tomatoes, stir well, and cook for 10 minutes.
- 4. On each plate,** spoon rice and salmon, and top with vegetables. Sprinkle lightly with feta cheese. Squeeze lemon on top of salmon and serve.



*Chef Leo Koch,
Age 8*

“My name is Leo and I am a Superhero! Well, at least that is what my mama and papa tell me. I have Type 1 Diabetes and Hydrocephalus,” says Leo. “So eating healthy foods helps me to stay as strong as I possibly can. I like to eat this soup the night before one of my 5K races. Beans are already a super food, but we packed a few more secret ingredients into our soup! My parents say that desserts are “sometimes” foods, so I helped them come up with an “everyday” dessert! Now, my brother can’t stop thanking me!”

Maine



Vegan Superhero Soup

Makes 8 Servings • 526 calories • 9g fat • 91g carbohydrates • 23g protein

INGREDIENTS

For the Soup:

- ½ head cauliflower, cut into bite-sized pieces
- 2 tablespoons olive oil
- ¾ cup peeled and diced sweet onion
- 2 carrots, peeled and diced
- 1 red bell pepper, diced
- 2 garlic cloves, peeled and minced
- 2 teaspoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 4 cups vegetable broth
- 2 (29-ounce) cans black beans, drained and rinsed
- 2 cups baby spinach
- 3 tablespoons apple cider vinegar
- 2 cups brown rice
- Bunch of fresh cilantro
- 1 lime, halved
- ½ ripe avocado, diced

PREPARATION

- 1. To make the Soup:** In a large stockpot, steam or boil the cauliflower until very tender. Set aside.
- 2. In a large stockpot,** heat the olive oil over medium heat. Add the onion, carrots, and red bell pepper and sauté for 3-4 minutes, or until the onions are translucent. Add the garlic, chili powder, cumin, and salt and stir for 1 minute. Add 3 cups of the vegetable broth.
- 3. In a blender or food processor,** combine 3 cups of the black beans with the remaining 1 cup broth, the cauliflower, and spinach and blend until smooth. Add the puréed mixture and the remaining beans to the soup. Stir in the apple cider vinegar. Increase the heat to medium high and bring to a boil. Reduce the heat to low, and simmer, stirring frequently, for 40 minutes, or until soup is thick.
- 4. Meanwhile,** combine 5 cups of water with the brown rice. Bring to a boil over medium heat, then reduce the heat to low, and cook, covered, for 30 minutes, or until tender. Serve the soup over the brown rice with cilantro and a squeeze of lime. Top with diced avocado.

Quinoa Crusted Spinach Tofu Pie

Makes 4 Servings • 280 calories • 13g fat • 29g carbohydrates • 12g protein

INGREDIENTS

For the Spinach Pie Filling:

- 1/3 cup tofu, cut into small cubes
- Salt and pepper to taste
- 1 tablespoon coconut oil
- 1/2 white onion, peeled and diced
- 1/2 cup peeled and shredded carrots
- 1 garlic clove, peeled and minced
- 1/2 tablespoon maple syrup
- 8 ounces fresh baby spinach
- 1 teaspoon dried thyme
- 2 large eggs
- 2 tablespoons of your favorite non-dairy milk

For the Crust:

- 3/4 cup cooked red quinoa, drained well
- 2 tablespoons buckwheat flour
- 1 large egg
- 1 tablespoon olive oil
- 1/2 teaspoon baking powder
- 1/4 teaspoon of salt

PREPARATION

- To make the Spinach Pie Filling:** Preheat the oven to 425°F. Place the tofu on a paper towel-lined plate and press with another paper towel to squeeze excess water out of the tofu. Place the tofu on a baking sheet in a single layer and sprinkle with salt. Bake for 10 minutes, or until light brown. Don't turn off the oven.
- Meanwhile, in a medium sauté pan,** heat the coconut oil over medium heat. Add the onion and sauté for 2 minutes. Add the carrots, garlic and maple syrup and sauté for 2 minutes. Add the spinach and sauté until wilted and there is no extra liquid in your pan. Add the thyme and season to taste with salt and pepper. Cook for another 30 seconds and set aside in a bowl to cool. Add the tofu and mix to combine. Cover and let cool in the refrigerator.
- To make the Crust:** In a small bowl, combine the cooked quinoa, buckwheat flour, egg, olive oil, baking powder, and salt and mix well. Press into 4 mini quiche dishes and bake for 10 minutes.
- To finish the Spinach Pie Filling:** Whip the eggs in a small bowl. Remove the spinach filling from refrigerator and add the eggs and non-dairy milk. Stir quickly for another 1 minute.
- Remove the quinoa crusts from oven.** Pour the spinach pie mixture into the four mini crusts. Reduce the oven temperature to 400°F and bake for about 15 minutes, or until golden brown.



*Chef Braxton Young,
Age 8*

“I created this recipe for kids like me who are allergic to dairy, nuts, and gluten. But, even if you don’t have an allergy, you’ll love it too,” says Braxton. “I started cooking with my mom when I was two. But, then I stopped cooking, because food started to make my stomach hurt. I used to have seizures and bad asthma, but now that I’m not eating gluten, my seizures and asthma are gone. Now I love to cook and eat healthy food. A lot of other kids don’t eat very healthy lunches in my school and unless I have smelly eggs in my lunchbox, they want my healthy food.”

Maryland



Melting Pot Soup

Makes 6 Servings • 421 calories • 9g fat • 53g carbohydrates • 37g protein

INGREDIENTS

For the Turkey Meatballs:

- 1 pound ground turkey
- ¼ cup grated Parmesan cheese
- ½ cup cooked quinoa
- 1 large egg
- 4 teaspoons dried parsley
or ¼ cup fresh parsley

For the Soup:

- 1 cup whole-wheat pasta, such as rotini or farfalle
- 1 tablespoon olive oil
- 1 medium onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 medium sweet potato, peeled and cut into small cubes
- 1 cup green beans, cut or broken into 1-inch pieces
- Salt and pepper to taste
- 6 cups low-sodium chicken broth
- 1 (14.5-ounce) can diced tomatoes
- 1 box frozen spinach (or 16 ounces fresh spinach)
- 1 (15-ounce) can red kidney beans
- Parmesan cheese

PREPARATION

- To make the Turkey Meatballs:** In a large mixing bowl, combine all of the meatball ingredients. Mix well, form into 1-inch balls, and refrigerate until ready to use.
- Fill a large pasta pot with water** and bring water to a boil. Add the pasta and cook about 8 minutes, or until al dente. Drain and set aside.
- In a large stockpot,** heat the olive oil over medium heat. Add the onions and sauté for 2 minutes, then add the garlic and sauté for 2 minutes. Add the carrots and celery and sauté for about 7 minutes, or until the vegetables are soft. Add the sweet potatoes and green beans, season to taste with salt and pepper, and stir. Add the broth and tomatoes, cover, and bring to a boil. Add the meatballs and return to a boil. Reduce the heat to low, then simmer for 20 minutes, stirring occasionally. Add spinach and kidney beans, cover, and simmer for 10 minutes.
- To serve,** spoon ⅓ cup cooked pasta into each bowl, then ladle the soup over the pasta. Sprinkle with Parmesan cheese and serve.



*Chef Aster Toole,
Age 10*

“I lived in Ethiopia until my sister and I were adopted by my mother. In Ethiopia many families do not have enough food to eat,” says Aster. “I like to cook and have learned to make healthy and delicious foods. I now live in New England and when the weather is cold our family makes soup together. We first made this soup on a cold snowy Sunday. We chopped many different vegetables, made turkey meatballs, and added beans and pasta. All of the flavors go really well together. This soup has many different ingredients mixed together so I call it Melting Pot Soup.”

Massachusetts





*Chef Eva Paschke,
Age 12*

“I first encountered stir-fry in my seventh grade foods and nutrition class during our Asian unit. I loved it right away,” says Eva. “Therefore, I decided to create my own stir-fry recipe. I did loads of research and found out some pretty cool stuff. This has been a great experience for me. Who knew eating healthy could taste so good...or be so fun!”

Michigan



Fizzle Sizzle Stir Fry

Makes 6 Servings • 540 calories • 19g fat • 51g carbohydrates • 41g protein

INGREDIENTS

- 1 cup dry brown rice
- 3 tablespoons canola oil
- 1 ½ pounds boneless, skinless chicken breast, cut into bite-sized pieces
- 3 cups kale, stems removed and leaves torn into bite-sized pieces
- 1 cup edamame, shelled
- 2 cups frozen California medley or any frozen mixed veggies
- ½ cup peas
- 1 can sliced water chestnuts
- ½ red bell pepper, sliced into bite-sized pieces
- 1 (2-inch) piece fresh ginger, peeled and minced
- 4 garlic cloves, peeled and minced
- 6 green onions (scallions), chopped into ½-inch lengths
- Pinch crushed red pepper flakes
- ½ cup tamari
- ¼ cup sweet Asian chile sauce
- ½ cup chopped peanuts (optional)

PREPARATION

- 1. In a medium stockpot,** combine 1 ½ cups water with the rice and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for 20 to 30 minutes, or until tender. Set aside.
- 2. Meanwhile, in a wok or large sauté pan,** heat the canola oil over medium-high heat. Add the chicken, and sauté, turning, for about 6 minutes, or until cooked through. Add the kale and cook for about 2 minutes, or until the kale is cooked down. Add the edamame, California medley, peas, water chestnuts, bell pepper, ginger, garlic, and green onions, and cook for 3 minutes. Add the cooked rice, red pepper flakes, tamari, and chile sauce and mix thoroughly. Sprinkle on chopped peanuts as a garnish (optional). Serve with a smile.

Secret Service Pizza Delight

Makes 4 Servings • 393 calories • 19g fat • 45g carbohydrates • 12g protein

INGREDIENTS

For the Crust:

- 1 ½ cups almond flour
- ¼ cup tapioca flour
- ¼ teaspoon baking soda
- ½ teaspoon cream of tartar
- ⅛ teaspoon salt
- ⅓ cup flax seed meal
- ½ cup warm water
- ½ tablespoon butter or grapeseed oil

For the Sauce:

- ¾ cup tomato sauce
- 1 tablespoon basil pesto or grapeseed oil
- 1 tablespoon hot sauce
- 1 tablespoon pizza seasoning

For the Toppings:

- ¼ cup diced red bell peppers
- 1 cup spinach
- ½ cup diced zucchini
- ¼ cup dairy-free cheese, or regular cheese if you can have dairy
- Drizzle of hot sauce (shhh, that's the secret ingredient)

PREPARATION

- To make the Crust:** Preheat the oven to 375°F. In a large mixer bowl, thoroughly combine the crust ingredients with a mixer paddle or a wooden spoon. Line a large baking sheet with a piece of parchment paper, and place the dough on top. Place another piece of parchment paper on top and roll the dough out with a rolling pin until it's a thin even circular crust. Take off the top piece of parchment paper and bake the crust for 20 minutes. Meanwhile, mix the sauce ingredients in a small bowl.
- Once the pizza crust is light brown,** remove it from the oven and raise the oven temperature to 400°F. Remove the bottom piece of parchment paper, and place the crust back on the baking sheet. Evenly spread the sauce on the pizza crust, and put the diced red bell peppers on top of the sauce. Place the spinach on next and then sprinkle the cheese over the spinach. Finally, evenly place the zucchini on top of the pizza and drizzle some hot sauce on top if you like spicy food. Put the pizza back in the oven for 10 to 12 minutes, or until the cheese has melted. Remove from oven, and enjoy! I hope you liked the secret ingredient.



*Chef Ava Nebben,
Age 9*

“Recently, I have had to change my diet because of tummy troubles. So, for the last month, we have been eating ‘clean’ and gluten, dairy, and corn free,” says Ava. “My favorite foods are veggies and pizza, so we decided to make a pizza I could eat. It’s really yummy and healthy, and I hope you love it as much as my mom and I do...and I really hope you love the secret ingredient as much as we do, too!”

Minnesota





*Chef Bre Donald,
Age 11*

“I was inspired to create something that was healthy, creative, and attractive,” says Bre. “There are too many people in my state who are overweight. I want my school to start making meals that children like to eat and that are healthy so that we will not grow up to be overweight and unhealthy.”

Mississippi



Ground Turkey Flower

Makes 6 servings • 157 calories • 5g fat • 9g carbohydrates • 20g protein

INGREDIENTS

1 pound ground turkey
1 small onion, peeled and finely chopped
1 garlic clove, peeled and minced
½ cup red bell pepper,
seeded and finely chopped
½ cup yellow bell pepper,
seeded and finely chopped
Pinch chicken seasoning
¼ cup seasoned breadcrumbs
1 tablespoon coconut oil
1 pint cherry tomatoes, halved
1 hard-boiled egg, sliced
1 cup spinach

PREPARATION

- 1. In a large bowl,** thoroughly combine the ground turkey, onion, garlic, red and yellow bell peppers, and chicken seasoning. On a platter, form the turkey mixture into the shape of a flower. Sprinkle breadcrumbs over the sculpture front and back.
- 2. In a large sauté pan,** heat the coconut oil over medium-high heat. Using a large spatula, transfer the turkey flower to the pan, and cook, turning once, for about 12 minutes total, or until done on both sides. Arrange the cooked flower on a platter with cherry tomato halves accenting the petals. Put a slice of hard-boiled egg in the middle. Place spinach as grass at the base of the flower.

Gateway Crescent

Makes 4 Servings • 301 calories • 17g fat • 32g carbohydrates • 8g protein

INGREDIENTS

- ¼ cup quinoa, rinsed
- ½ cup low-sodium chicken broth
- ¼ cup olive oil
- 1 green onion (scallion), chopped
- ¼ orange bell pepper, seeded and chopped
- ½ zucchini, chopped
- 2 tablespoons spinach, chopped
- ¼ jalapeño pepper, minced
- 4 whole-wheat tortillas
- ¼ cup feta cheese
- Red pepper flakes to taste
- ¼ cup plain yogurt
- ½ teaspoon lemon juice
- ½ teaspoon honey

PREPARATION

- 1. Preheat the oven to 350°F.** In a large saucepan, combine the quinoa and chicken broth and bring to a boil over medium-high heat. Reduce the heat to medium and cook for 15 minutes, or until the quinoa is tender.
- 2. In a large sauté pan,** heat 2 tablespoons of the olive oil over medium heat. Add the green onion, bell pepper, zucchini, spinach, and jalapeño, and cook about 5 minutes, or until soft and lightly brown.
- 3. On a large baking sheet,** brush the remaining 2 tablespoons olive oil on 1 side of each tortilla, then flip over the tortillas. Fill each tortilla with 2 tablespoons cooked quinoa, ¼ cup veggies, 1 tablespoon feta, and a sprinkle of red pepper flakes. Brush the edges of each tortilla with water. Fold each tortilla in half and press with a fork to seal the edges. Bake for 10 minutes.
- 4. Meanwhile, in a small bowl,** combine the yogurt, lemon juice, and honey. Serve the tortillas with the sauce. Enjoy!



*Chef Blake Koehr,
Age 12*

“I like to be creative with combinations of ingredients and sauces and try different tastes together to see what goes best,” says Blake. “My first idea for a fun lunch recipe included wontons. My mom and I tried several different combinations and determined we needed a bigger shell. We replaced the wontons with whole-wheat tortillas. I tried various ingredients on the inside and decided on this recipe. Add a side of nectarines or peaches and you have a meal following MyPlate guidelines.”

Missouri



Hungry Brother’s Stew

Makes 8 Servings • 402 calories • 8g fat • 71g carbohydrates • 18g protein

INGREDIENTS

- 1 large butternut squash, peeled
- 3 tablespoons extra-virgin olive oil
- 1 onion, peeled and chopped
- 6 garlic cloves, peeled and minced
- 1 large red bell pepper, seeded and cut into strips
- 1 (28-ounce) can fire roasted diced tomatoes
- 1 (15-ounce) can white beans, drained and rinsed
- 1 (15-ounce) can pinto beans, drained and rinsed
- 2 ½ cups fresh or frozen corn
- 32 ounces low-sodium chicken broth
- 1 (4-ounce) can green chile peppers
- 1 tablespoon ground cumin
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- Pinch crushed red pepper flakes
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup cooked quinoa
- ¼ cup fresh cilantro, for garnish

PREPARATION

- 1. Preheat the oven to 375°F.** Cut the squash in half and remove the seeds. Fill a large shallow baking pan with 2 inches of water. Place squash halves, cut sides up, in the pan and cover with aluminum foil. Bake for 40 minutes, or until the squash is tender when pierced with a fork. Let the squash cool, then cut into cubes.
- 2. In a large stockpot,** heat the olive oil over medium-high heat. Add the onion and cook for 3 minutes. Add remaining ingredients, except the squash, quinoa and cilantro, and bring to simmer. Reduce the heat to medium and cook for 20 minutes. Add the cooked squash and quinoa and cook for 5 minutes more. Spoon into bowls, top with cilantro, and serve.



*Chef Colton Kuka,
Age 9*

“My grandma told me about this contest and I thought it would be fun to create a recipe and to have the opportunity to dine with the First Lady at the Kids’ “State Dinner,” says Colton. “I read a story about the Native American “Three Sisters.” I liked how the boy in the story came and picked the “Three Sisters” and how the corn supports the beans, and the squash helps support and protect the corn and beans, just like a family. We altered this recipe to match My Plate requirements. I first made this recipe with my grandma at my grandparents’ house.”

Montana





*Chef Grace Brown,
Age 8*

“My family loves spending time together outdoors camping and fishing. We have lots of fresh produce in our garden and our dad is a really good fisherman,” says Grace. “The best thing about these fabulous fish tacos is they use all the food groups. We use whole-wheat tortillas as a grain, the fruit and vegetables add lots of nutrients, and the Greek yogurt is a great source of calcium. We’ve tried the recipe many times, adjusting the peppers to suit everyone.”

Nebraska



Fabulous Fish Tacos

Makes 8 servings • 233 calories • 4g fat • 35g carbohydrates • 17g protein

INGREDIENTS

For the Salsa:

- 1 green onion (scallion),
peeled and sliced
- ¼ cup chopped yellow bell pepper
- ¼ cup chopped red bell pepper
- ½ chopped seedless jalapeño
- 1 garlic clove, peeled and minced
- ½ chopped avocado
- ½ cup chopped mango
- ¼ cup chopped fresh cilantro
- ⅛ cup orange juice

For the Garlic-Lime Sauce:

- ¼ cup plain Greek yogurt
- ½ teaspoon lime juice
- 1 garlic clove, peeled and minced

For the Quinoa and Fish:

- ⅓ cup quinoa, rinsed
- ¼ cup lime juice
- ¼ cup chopped red bell pepper
- ¼ cup chopped yellow bell pepper
- 1 garlic clove, peeled and minced
- 1 pound fish fillets
- 1 teaspoon ground cumin
- 1 finely chopped green onion (scallion)
- ½ teaspoon chili powder
- 8 whole-wheat tortillas

PREPARATION

- 1. To make the Salsa and Sauce:** In a medium bowl, combine all the salsa ingredients. Cover and chill. In a small bowl, combine all of the sauce ingredients. Cover and chill.
- 2. In a medium saucepan,** combine ¾ cup water with the quinoa and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is tender. Set aside.
- 3. In a large nonstick sauté pan,** heat 2 tablespoons of the lime juice over medium heat. Add the red and yellow bell peppers and garlic and cook for about 4 minutes. Sprinkle the fish fillets on both sides with cumin and add to the pan with the peppers. Add the remaining 2 tablespoons lime juice and cook, turning once, for 5 minutes per side, or until the fish flakes easily. Gently tear the fish into bite-sized pieces. Add the green onion and chili powder to the quinoa, then gently add the quinoa to the fish, and stir to combine.
- 4. To assemble tacos,** warm the tortillas in the microwave. On a plate, spread 1 tablespoon of the garlic-lime sauce on each warm tortilla, and top with approximately ½ cup spinach. Arrange ¼ cup of the quinoa-fish mixture down the center of each tortilla and top with salsa. Tightly wrap the tortillas and cut in half to serve.

Eggplant “Obama”san

Makes 4 Servings • 362 calories • 7g fat • 22g carbohydrates • 30g protein

INGREDIENTS

2 eggplants, peeled and cut lengthwise
1 tablespoon olive oil
1 medium onion, peeled and diced
3 garlic cloves, peeled and minced
1 pound spicy or sweet turkey sausage, casings removed
2 cups crushed tomatoes
½ cup panko breadcrumbs
Salt and pepper to taste
½ cup shredded low-fat mozzarella cheese
¼ cup grated Parmesan cheese
4 fresh basil leaves, thinly sliced

PREPARATION

- 1. Preheat the oven to 400°F.** Using a melon baller, remove the meat of the eggplant. Reserve the hollowed out eggplants. In a large pot of boiling water, cook the eggplant balls for 5 minutes. Remove from the water and set aside on paper towels to drain.
- 2. In a large sauté pan,** heat the olive oil over medium heat. Add the onion, garlic, and eggplant balls and sauté for about 3 minutes. Add the sausage and cook, breaking the meat up with a wooden spoon, for about 7 minutes, or until lightly brown. Add 1 ½ cups of the crushed tomatoes, and the breadcrumbs. Season to taste with salt and pepper, and cook for 5 more minutes.
- 3. In a large baking dish,** spread the remaining ½ cup of crushed tomatoes, and then top with the hollowed out eggplant. Scoop the cooked sausage mixture into the eggplants, and top with the mozzarella and Parmesan cheese. Sprinkle with the basil leaves. Cover the dish with foil and bake about 25 minutes, or until the cheese is melted. Remove from the oven and enjoy!



*Chef Jack Newkirk,
Age 9*

“My dad is my favorite person in the world. This year he is not only my dad but also my 4th grade teacher,” says Jack. “A few years ago my dad was diagnosed with Type II diabetes. Since then we have tried to change our eating habits and embrace a healthier lifestyle. Before his diagnosis, one of his favorite dishes was always Eggplant Parmesan. My mom and I decided to try to make a healthier version of this dish that we all could enjoy without feeling an ounce of guilt.”

Nevada





*Chef Ana Bernazzani,
Age 8*

"When my mom immigrated to the U.S. from Venezuela with her parents, they had little money and making healthy meals for not too much money was hard. So my mom told me that they always ate beans—black beans and lentils were her favorites. And that is why I want to show you how to make our own special lentil soup—it is one of my favorite ones to make with my mom and it has a special meaning to me as well. It reminds me (and my mom) of all we, as a family, have accomplished in the U.S. and it tastes yummy too!"

New Hampshire



Corn and Turkey Meatball Lentil Soup with Whole-Wheat Pita Chips

Makes 6 Servings • 621 calories • 22g fat • 71g carbohydrates • 42g protein

INGREDIENTS

For the Meatballs:

Nonstick cooking spray
2 slices whole-wheat bread
 $\frac{3}{4}$ pound lean ground turkey
2 large eggs
1 tablespoon fresh basil leaves

For the Lentil Soup Base:

2 tablespoons olive oil
8 garlic cloves, peeled and crushed
2 $\frac{1}{2}$ cups sweet kernel corn
1 $\frac{1}{2}$ cups carrots, peeled and diced
into $\frac{1}{4}$ -inch pieces
1 cup celery, chopped
2 $\frac{1}{2}$ cups tomatoes, diced
1 $\frac{1}{2}$ cups lentils, rinsed
11 cups fat-free reduced-sodium chicken broth
1 $\frac{1}{2}$ teaspoons chili powder
1 tablespoon ground cumin
Salt and pepper to taste
Low-fat shredded mozzarella cheese for topping
Whole-wheat pita chips

PREPARATION

- To make the Meatballs:** Preheat the oven to 375°F. Spray a large baking sheet with nonstick cooking spray. In a food processor, make breadcrumbs from the bread. In a large bowl, combine the breadcrumbs with the turkey, eggs, and basil and mix thoroughly. Roll into 1-inch meatballs and place on a baking sheet. Bake, turning the meatballs every 3-5 minutes to prevent them overly browning, for about 25 minutes.
- To make the Lentil Soup Base:** In a large sauté pan, heat the olive oil over medium heat. Add the garlic, corn, carrots, celery, and tomatoes and cook for about 20 minutes, or until the vegetables are soft and the tomatoes are reduced.
- Add the lentils and stir,** then add the chicken broth, chili powder and cumin. Increase the heat to high and bring to a boil. Stir one more time, then reduce the heat to a simmer, cover, and cook for about 45 minutes, or until the lentils are tender. Season to taste with salt and pepper.
- Stir in the turkey meatballs,** being careful not to break them when you stir. For the best-tasting soup and a little more thickness, let it simmer all together for an additional hour. Serve hot with mozzarella on top. Enjoy with a side of pita chips for dipping!

Crispy-Skin Salmon Over Pasta with Garbanzo Bean Sauce

Makes 1 Serving • 519 calories • 21g fat • 51g carbohydrates • 34g protein

INGREDIENTS

2 tablespoons acini di pepe pasta
1 tablespoon olive oil
1 (2 ½-ounce) piece salmon, with skin on
½ cup canned garbanzo beans
(chickpeas), rinsed and drained
1 garlic clove, peeled and minced
3 ounces plain nonfat yogurt
Pinch oregano
Pinch salt
Juice of ½ lime
9 fresh cilantro leaves

PREPARATION

1. **Fill a medium stockpot with water** and bring to a boil. Add the acini di pepe pasta and cook for 7 minutes, or until al dente. Drain and set aside.
2. **In a large sauté pan**, heat ½ tablespoon of the olive oil over medium-high heat. Add the salmon, skin-side down, and cook until the skin is blackened and the salmon is almost cooked through. Flip onto the flesh side and cook approximately 1 minute, or until browned. Remove the salmon from the pan and let it cool enough to be handled. Cut off the skin and cut it into small pieces. Set the salmon and cut up skin aside.
3. **In the same pan**, heat the remaining ½ tablespoon of the olive oil over medium heat. Add the garbanzo beans and garlic and cook for 2-3 minutes, or until the garbanzo beans are slightly browned. Drain. In a small bowl, blend the garbanzo beans, yogurt, oregano, salt, and lime juice until smooth.
4. **Place the cooked pasta** in a square in the center of a plate. Gently place the salmon on top of the pasta. Add the garbanzo bean sauce to the side. Sprinkle the salmon skin and cilantro on top of salmon and serve.



*Chef Emma Schramm,
Age 9*

“I made this recipe because I L-O-V-E, love, pasta, and salmon is my favorite fish,” says Emma. “I made the garbanzo bean sauce because my dad used to make garbanzo beans frequently when I was four. I am always open to trying new things.” Emma serves this with a banana-strawberry smoothie.

New Jersey



New Mexican Style Layered Tostada with Cauliflower Tortilla

Makes 6 Servings • 508 calories • 20g fat • 51g carbohydrates • 35g protein

INGREDIENTS

For the Cauliflower Tortillas:

- 1 head cauliflower, cut up and stems removed
- 2 large eggs
- 1 teaspoon garlic salt
- 1 teaspoon peeled and minced onion
- 1 teaspoon pepper

For the Tostadas:

- 1 (15-ounce) can low-sodium black beans
- 1 cup instant brown rice
- 1 (10-ounce) can diced tomatoes
- 12 ounces lean ground turkey
- 2 tablespoons red chile powder
- 6 large eggs
- Low-fat shredded Mexican-style cheese
- 1 avocado, chopped
- 1 tomato, sliced
- ¼ onion, peeled and sliced
- ¼ head of lettuce, shredded
- 1 cup plain Greek yogurt
- Salsa

PREPARATION

- To make the Tortillas:** Preheat the oven to 375°F. In a blender or a food processor, pulse the cauliflower until you get a texture finer than rice. In a steamer set in a large stockpot filled with boiling water, cook the riced cauliflower for 5 minutes. Let cool. Place the steamed cauliflower in a dishtowel or paper towel and squeeze out as much excess water as you can. Transfer the cauliflower to a large bowl. Add the eggs, garlic salt, onion, and pepper (you can use any spices you like).
- Separate the mixture into 6 balls of equal size,** and spread/smash each ball out on a parchment-lined baking sheet to make 6 small circles, each about the size of corn tortillas. Bake for 8 to 10 minutes, then flip and cook for another 5 minutes. Set aside.
- To make the Tostadas:** In a medium sauté pan, heat the black beans over medium-high heat for 3 minutes. Mash the beans until they reach a refried bean consistency.
- In a medium saucepan,** bring 1 cup of water to a boil. Stir in the brown rice and return to a boil. Reduce the heat to a simmer, add ½ can diced tomatoes, and simmer for 5 minutes.
- In a large nonstick saucepan,** cook the turkey over medium-high heat, breaking up the meat with a wooden spoon, for about 8 minutes, or until no pink is left. Add the remaining ½ can diced tomatoes and the red chile powder. Mix thoroughly, then reduce the heat to low and simmer for 5 minutes.
- Meanwhile, in a large nonstick skillet,** fry the eggs over medium heat.
- To assemble:** Layer each tortilla with 2 tablespoons mashed black beans, ¼ cup rice, 2 tablespoons red chile-turkey sauce, a pinch of cheese, 1 egg, avocado, tomato, onion, lettuce, 1 tablespoon yogurt, and salsa!



*Chef Hannah Torres,
Age 10*

“A tostada is a very popular and versatile dish! Usually served on a corn tortilla, we substituted that for a gluten-free option: a cauliflower tortilla,” says Hannah. “They are easy to make, and everyone can make their own! By replacing the corn tortilla with a cauliflower tortilla, we add more veggies to our plate. For some extra flavor, we included a red chile-turkey sauce for an authentic New Mexico taste.”

New Mexico





*Chef Julia Rissberger,
Age 11*

"I make Cheese Pennies that are a hit with everyone, but are very high in fat," says Julia. "I decided to make a modified version of the recipe, decreasing the amount of fat and including healthy whole grains without sacrificing the delicious taste of the New York extra-sharp cheddar cheese. I love the taste of sharp cheese with fruit, so I paired them with a salad featuring apples and blueberry dressing topped with homemade cinnamon almonds."

New York



Spinach and Apple Salad with Blueberry Vinaigrette and Whole-Grain Cheese Pennies

Makes 6 Servings • 479 calories • 32g fat • 35g carbohydrates • 19g protein

INGREDIENTS

For the Cheese Pennies:

½ stick unsalted butter, softened
8 ounces grated New York extra-sharp low-fat cheddar cheese
⅓ cup all-purpose flour
⅓ cup whole-wheat flour
¼ cup oat bran
1 tablespoon sesame seeds
½ teaspoon salt
1 large egg white

For the Cinnamon Almonds:

2 tablespoons sugar
1 tablespoon water
½ teaspoon cinnamon
¾ cup almonds

For the Blueberry Vinaigrette:

½ cup fresh or frozen (defrosted) blueberries
¼ cup balsamic vinegar
¼ cup olive oil
1 tablespoon maple syrup
1 teaspoon water
Dash of pepper

For the Spinach Salad:

12 cups baby spinach
1 cucumber, peeled and sliced
1 apple, such as Gala or Honeycrisp, cored and thinly sliced

PREPARATION

- To make the Cheese Pennies:** Preheat the oven to 375°F. In a large bowl, combine the butter, cheese, all-purpose and whole-wheat flours, oat bran, sesame seeds, and salt. In a separate bowl, beat the egg white with an electric mixer until soft peaks appear. Fold the egg white into the cheese mixture. Roll into 24 small balls and place on an ungreased baking sheet. Flatten the balls with a fork. Bake for 15 minutes, or until lightly browned. Remove the pennies from the baking sheet, and let cool slightly.
- To make the Cinnamon Almonds:** In a nonstick sauté pan, bring the sugar, water, and cinnamon to a boil over medium heat. Add the almonds and stir continuously until the water evaporates and the sugar starts to harden on the almonds. Pour the nuts on a plate to cool.
- To make the Blueberry Vinaigrette:** In a medium bowl, smash the blueberries with a potato masher or fork. Add the remaining ingredients and mix well.
- To assemble,** divide the spinach, cucumber, and apple among 6 plates. Top each salad with 1 tablespoon lightly chopped cinnamon almonds and drizzle with blueberry vinaigrette. Serve with warm Cheese Pennies.

Curried Chickpeas with Baked Tofu over Cilantro Rice

Makes 8 Servings • 464 calories • 10g fat • 76g carbohydrates • 18g protein

INGREDIENTS

1 (15-ounce) package extra-firm tofu
2 tablespoons whole-wheat flour
2 tablespoons nutritional yeast (optional)
1 garlic clove, peeled and minced
½ teaspoon salt
Nonstick cooking spray
4 cups vegetable broth
3 cups brown rice
¼ cup chopped fresh cilantro
1 teaspoon canola oil
1 large onion, peeled and diced
4 bell peppers, assorted colors, seeded and diced
2 garlic cloves, peeled and minced
2 teaspoons yellow curry powder
1 (14-ounce) can low-fat coconut milk
½ cup low-fat milk
1 can chickpeas, drained and rinsed well
½ teaspoon salt

PREPARATION

- 1. Preheat the oven to 400°F.** Place the tofu on a paper towel-lined plate and press with another paper towel to squeeze excess water out of the tofu. Cut into bite-sized cubes.
- 2. In a medium bowl,** combine the whole-wheat flour, nutritional yeast (optional), garlic, and salt. Add the cubed tofu and toss to coat the pieces in the flour mixture. Spray a baking sheet to prevent sticking and spread the tofu in a single layer. Bake for 30 minutes, gently stirring once during baking so all pieces are evenly browned.
- 3. While the tofu is baking,** in a large stockpot, boil 2 cups of water, the vegetable broth, and rice over medium heat. Reduce the heat to a simmer, cover, and cook for 45 minutes, or until the rice is tender. Remove the rice from the heat and add the chopped cilantro.
- 4. Meanwhile, in a large sauté pan,** heat the canola oil over medium heat. Add the onion and peppers and cook for about 8 minutes, or until softened. Add the garlic, curry powder, coconut milk, low-fat milk, chickpeas, and salt, reduce the heat to low, and simmer for 15 minutes.
- 5. To assemble,** layer brown rice, curry sauce, and finally baked tofu on top.



*Chef
Alexander Tschegg,
Age 8*

“My mom used to make white rice with curry for dinner, but I thought it would be good to make it more healthy, so I used brown rice instead and added chickpeas to the curry,” says Alexander. “I like tofu, so I decided to add baked tofu to the top layer. We usually have a salad with most of our dinners, and I think that is healthy.”

North Carolina





*Chef Carter Cassola,
Age 11*

“This is one of my favorite dishes because there is so much color, and it's also a very healthy dish,” says Carter. “My mom is a licensed registered dietitian and always encourages healthy colorful plates. Also, in this dish you can easily get three servings of fruits and vegetables. These are the reasons and my inspiration for creating this flavorful, delicious dish.”

North Dakota



Stuffed Peppers Delite

Makes 8 Servings • 234 calories • 7g fat • 26g carbohydrates • 19g protein

INGREDIENTS

1 tablespoon canola oil
1 pound ground turkey
¾ cup diced celery
¾ cup diced mushrooms
¾ cup diced yellow bell pepper
½ cup peeled and diced yellow onion
¼ cup chopped kale
8 ounces tomato sauce
8 ounces green chilies
1 cup whole-grain rice
8 assorted bell peppers,
tops and seeds removed
Low-fat mozzarella cheese to taste
1 can pineapple rings
(or you can use fresh pineapple)

PREPARATION

- 1. In a large stockpot,** heat the canola oil over medium heat. Add the turkey and cook, breaking up the meat with a wooden spoon, for about 10 minutes, or until cooked through. Add the celery, mushrooms, yellow bell pepper, onion, and kale and cook for about 7 minutes, or until the vegetables are softened. Add the tomato sauce and chilies and cook for 10 minutes.
- 2. Meanwhile, in a medium saucepan,** combine the rice with 1 ½ cups water and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for 20 to 30 minutes, or until the rice is tender. Add to the turkey-veggie mix and stir to combine.
- 3. Preheat the oven to 350°F.** Place the bell peppers in a 13- x 9-inch baking dish. Scoop about ½ cup of the turkey-veggie mixture into each pepper. Bake, uncovered, for 30 minutes. Remove the peppers from the oven and sprinkle lightly with cheese. Bake an additional 10 minutes. Serve with grilled pineapple slices and enjoy!



*Chef Claire Park,
Age 9*

“My parents grew up in Korea. My father said many Koreans believe eating five colored foods a day is the best way to maintain our general health,” says Claire. “I like colored food also. The best purple food is purple potatoes, especially the ones grown on Rota, one of the Northern Mariana Islands. They are really pretty and yummy. I think I am pretty healthy because of colored foods.”

*Northern
Mariana Islands*



Rota Sweet Potato Salad with Grilled Chicken Breast

Makes 2 Servings • 518 calories • 19g fat • 68g carbohydrates • 24g protein

INGREDIENTS

2 purple or regular sweet potatoes,
peeled and halved lengthwise
¼ cup nuts, crushed
¼ cup dried cranberries
¼ cup cooked corn
¼ cup plain yogurt
2 tablespoons mustard
1 tablespoon honey
1 large skinless, boneless chicken breast
Pinch salt and pepper
1 teaspoon dried basil
1 tablespoon lime juice
1 tablespoon olive oil
1 tablespoon honey
2 teaspoons low-sodium soy sauce

PREPARATION

- 1. In a steamer set** in a large pot of boiling water, steam the sweet potatoes for about 20 minutes, or until tender.
- 2. In a large bowl,** mash the potatoes. Add the nuts, cranberries, corn, yogurt, mustard, and honey.
- 3. Preheat the grill to medium-high.** Sprinkle the chicken with salt, pepper, and basil and grill, turning once, about 5 minutes per side, or until cooked through. Cut the chicken in half.
- 4. Meanwhile, in a small bowl,** whisk together the lime juice, olive oil, honey, and soy sauce.
- 5. Divide** the sweet potato salad and grilled chicken breast between 2 plates. Drizzle the chicken with the lime-soy sauce and serve.



*Chef Sydney Mazik,
Age 12*

“My mom and I created this recipe five years ago while having to live in Florida (my surgeon is there) for five months due to my surgery,” says Sydney. “We were always trying new recipes and cooking a lot because I was in a wheelchair then. We have always eaten spaghetti squash in our house and I had asked my doctors, nurses, and therapists if they had ever tried it, but most of them had not even heard of it. We decided to come up with a dish for them to try and they loved it! It was so popular that I made it at least once a week as well as every surgery since. My nickname is now S.S. Sydney.” (S.S. stands for spaghetti squash.)

Ohio



S.S. Asparagus Pie

Makes 6 to 8 Servings • 151 calories 8g fat • 10g carbohydrates • 11g protein

INGREDIENTS

1 spaghetti squash,
halved and seeds removed
2 teaspoons olive oil
½ cup peeled and diced yellow onion
1 bunch asparagus, ends removed,
cut into 1-inch pieces
3 garlic cloves, peeled and minced
5 large eggs
1 cup low-fat or skim milk
1 cup shredded low-fat cheese
Salt and pepper to taste

PREPARATION

- 1. Preheat the oven to 400°F** and grease a 9-inch cake or pie pan. Place the squash, cut side up, on a large baking sheet, and bake for about 50 minutes, or until tender. Set aside to cool slightly.
- 2. In a large sauté pan,** heat the olive oil over medium heat. Add the onion and sauté for 3 minutes. Add the asparagus and garlic and sauté for about 5 minutes, or until the asparagus is soft and bright green. Remove from the heat and set aside to cool.
- 3. In a large bowl,** whisk together the eggs, milk, cheese, salt, and pepper, then add the cooled onion-asparagus mixture and stir to combine.
- 4. Using a fork,** scrape the strands from the spaghetti squash and transfer to the bottom and sides of the greased cake pan, creating an even crust. Press paper towels onto the crust to remove any excess moisture (or you can wring the squash out ahead of time). Pour the egg mixture onto the “crust” and bake for 40 minutes, or until the pie is firm and not wiggly. Enjoy!

M'eggs'ican Quesadillas with Pineapple Dipping Sauce

Makes 8 Servings • 591 calories • 29g fat • 53g carbohydrates • 33g protein

INGREDIENTS

1 cup plain Greek yogurt
¾ cup crushed pineapple, drained
2 tablespoons olive oil,
plus more as needed
½ cup diced red bell pepper
1 cup chopped fresh spinach
¾ cup diced tomato
½ cup canned black beans,
rinsed and drained
8 large eggs
½ avocado diced
16 whole-wheat flour tortillas
1 (16-ounce) package shredded
low-fat hot pepper jack cheese

PREPARATION

1. **In a medium bowl**, combine the Greek yogurt and crushed pineapple and set aside.
2. **In a large sauté pan**, heat 1 tablespoon of the olive oil over medium heat. Add the red bell pepper and sauté for about 2 minutes. Add the spinach and stir for 1 minute. Add the tomato, beans, and eggs and cook, stirring, until the eggs are scrambled. Turn off the heat, add the avocado, and stir to combine.
3. **In another sauté pan**, heat the remaining 1 tablespoon olive oil over medium heat. Place 1 tortilla in the skillet, spread some egg mixture on the tortilla until it's covered, sprinkle the cheese on top of the egg mixture and place another tortilla on top. Cook until the tortilla is a little crispy, then carefully flip it over. Once the other side is a little crispy, place the quesadilla on a cutting board and let it sit for a minute. Using a pizza cutter, slice it into sixths. Repeat with the remaining ingredients to make more quesadillas, adding more oil as necessary.
4. **Serve the quesadillas with** the Greek yogurt-pineapple sauce and a side of fruit for a well-balanced meal!



*Chef Riley Higgins,
Age 9*

“I tried different recipes out and let my family be my taste testers and decide which one would be best,” says Riley. “My mom and dad like our family to eat healthy most of the time, but I don't always like some of the vegetables, so I hid them in the quesadilla so everyone is happy! This dish uses all of the food groups in one dish, but we added some mini fruit kabobs for extra vitamins. I hope you enjoy it!”

Oklahoma



Phoebe's Phish Tacos with Kale Chips

Makes 4 to 8 servings • 759 calories • 40g fat • 36g carbohydrates • 78g protein

INGREDIENTS

For the Tacos:

1 pound asparagus, tough ends removed
1 tablespoon naval orange juice
¼ cup olive oil
1 pound or 4 fillets salmon
½ teaspoon garlic powder
¼ teaspoon salt
8 corn tortillas
2 avocados, halved and pitted
Juice from ½ lime
¼ teaspoon salt
¼ cup chopped fresh cilantro
4 ounces shredded low-fat mozzarella cheese
Blueberries, optional

For the Kale Chips:

½ pound curly kale, stalks discarded
and leaves torn into bite-sized pieces
1 tablespoon olive oil
Sea salt to taste

PREPARATION

- 1. Preheat the oven to 400°F** and line a baking sheet with parchment paper. Spread the asparagus on the baking sheet, drizzle with the orange juice and 1 tablespoon olive oil, and toss to coat. Roast for 8 to 10 minutes and set aside.
- 2. To make the Kale Chips:** Once the asparagus is done, reduce the oven temperature to 250°F. In a large bowl, combine the kale with 2 tablespoons olive oil and salt and toss to evenly coat. Arrange in single layer on a baking sheet and bake for about 25 minutes, or until crisp.
- 3. To make the Salmon:** Sprinkle the salmon fillets with garlic powder and salt. In a large sauté pan, heat the remaining 1 tablespoon olive oil over medium heat. Add the salmon and cook, flipping once, about 5 minutes per side, or until the fish flakes when touched by a fork. Cut each fillet in half.
- 4. Warm** the tortillas in the microwave.
- 5. In a medium bowl,** mash the avocados with a fork. Add the lime juice and salt and continue to mash until you get the desired texture. Stir in the cilantro.
- 6. To assemble,** place 2 small pieces of salmon, and 2 pieces of asparagus inside each warm tortilla. Sprinkle with cheese then top with homemade guacamole. Arrange on a plate with kale chips and blueberries. Enjoy!



*Chef Phoebe Garrett,
Age 11*

“My inspiration for this is also my favorite story. I was at a barbecue while on vacation and set my eyes on my first suckling pig,” says Phoebe. “The sight convinced me to become a vegetarian. After studying with my parents about vegetarianism and how much protein my body needs, I decided that I would eat fish and chicken, but not mammals. Making this choice has forced us to find creative protein options. Fish is both high in protein and the good types of fats we need.”

Oregon





*Chef Sydney Tyner,
Age 11*

“I’m just a normal kid, so when my stepmom got breast cancer I was scared. When I found out we were going to change our eating habits to be healthier I was mad,” says Sydney. “But once we started eating healthy, I realized it wasn’t a bad thing at all. I love tacos and I came up with this new version so I could still eat healthy and have my favorite food. In the summer we use vegetables out of our own garden. It tastes even better then.”

Pennsylvania



Chicken Taco Tower

Makes 6 Servings • 316 calories • 19g fat • 24g carbohydrates • 17g protein

INGREDIENTS

For the Chicken Taco Meat:

2 tablespoons olive oil
⅓ cup peeled and diced onion
⅓ cup diced green bell pepper
1 garlic clove, peeled and minced
1 pound ground chicken
1 tablespoon chili powder
½ teaspoon ground cumin
½ cup fat-free refried beans
1 tablespoon chopped fresh cilantro
¼ teaspoon lime juice
Pinch of salt
6 (6-inch) corn tortillas
Shredded low-fat cheddar cheese, for serving
Shredded romaine lettuce, for serving

For the Corn and Avocado Salsa:

1 ear of corn, shucked
1 avocado, peeled and diced
½ diced tomato
1 tablespoon peeled and minced onion
1 tablespoon chopped fresh cilantro
¾ tablespoon lime juice
Salt to taste

PREPARATION

- To make the Chicken Taco Meat:** Preheat the oven to 350°F. In a large nonstick skillet, heat 1 tablespoon of the olive oil over medium heat. Add the onion and bell pepper and sauté for about 3 minutes. Add the garlic and cook for 2 minutes, then add the chicken and cook, breaking the meat up with a wooden spoon, for about 10 minutes, or until the chicken is cooked through. Add the chili powder and cumin and cook for 1 minute. Add ¾ cup water and bring to a boil. Reduce the heat to low and simmer until the water is almost gone. Stir in the refried beans and cook for about 3 minutes, or until the beans are incorporated. Add the cilantro, lime juice, and salt.
- Lightly grease** both sides of the tortillas with the remaining 1 tablespoon olive oil and place on a large baking sheet. Bake for 15 minutes, or until crisp.
- To make the Corn and Avocado Salsa:** In a medium bowl, combine all the salsa ingredients.
- To assemble the Taco Tower:** Divide the turkey-refried bean mixture among the baked tortillas. Top with cheddar cheese and romaine lettuce. Finish with a heaping tablespoon of the corn and avocado salsa.



Chef Felix Gonzalez, Age 11

“One day I was very hungry after my soccer practice so I was inspired to create a nutritious chicken meal that was easy to prepare,” says Felix. “I decided to make this dish as a wrap because I was thinking about the fun times when my dad wrapped me up as a burrito with a blanket when I was a small child. This recipe is versatile because I can change the chicken for fish, or just make it a salad not using the tortilla. This plate goes perfectly with a nonfat Greek yogurt with berries.”

Puerto Rico



Wrap It Up

Makes 2 Servings • 427 calories • 17g fat • 44g carbohydrates • 27g protein

INGREDIENTS

For the Chicken:

4 ounces skinless, boneless chicken breast, thinly sliced
Pinch salt and pepper
Pinch garlic powder
Pinch dried cilantro or parsley
1 teaspoon olive oil
¼ cup peeled and minced onions
¼ cup minced red and green bell peppers
2 high-fiber tortillas

For the Salad:

1 cup romaine lettuce
¼ cup minced tomatoes
¼ cup corn
1 tablespoon sliced almonds
1 tablespoon sweetened dried cranberries
1 tablespoon low-fat feta cheese
or low-fat mozzarella-cheddar cheese blend
1 teaspoon of cranberry-almond vinaigrette

PREPARATION

- To make the Chicken:** Place the chicken in a large bowl, and season with salt, pepper, garlic powder, and cilantro. In a large sauté pan, heat the olive oil over medium heat. Add the onions and red and green bell peppers and sauté for about 5 minutes. Add the chicken and sauté for 10 minutes, or until light brown and cooked through.
- To make the Salad:** In a medium bowl, mix the lettuce, tomatoes, corn, almonds, cranberries, cheese, and vinaigrette. Warm the tortillas in the microwave or heat them in a pan. Put half of the salad mix and chicken in each tortilla. “Wrap it up” and enjoy. For a “berry” happy ending, serve a small cup of yogurt with berries!

Mexican–Jewish Barley Pozole

Makes 8 servings • 423 calories • 18g fat • 50g carbohydrates • 20g protein

INGREDIENTS

For the Pozole:

- 1 tablespoon olive oil
- ½ medium onion, peeled and finely chopped
- 2 carrots, peeled and diced
- 1 stalk celery, diced
- 1 small zucchini, diced
- 2 skinless, boneless chicken breasts, diced
- 1 quart chicken broth
- ½ cup pearly barley
- 1 (15.5-ounce) can hominy, drained
- 1 teaspoon dried oregano
- Salt and pepper to taste

For Garnish:

- 1 cup shredded romaine lettuce
- 2 large radishes, sliced very thinly
- 1 lime, cut into 4 wedges
- 1 avocado, cut into cubes
- ¼ onion, peeled and finely chopped
- Hot sauce or ground dried chile peppers

PREPARATION

- In a large stockpot,** heat the olive oil over medium heat. Add the onion, carrots, celery, and zucchini and sauté for about 10 minutes, or until the vegetables are soft. Add the chicken and sauté for about 10 minutes, or until light brown and cooked through. Add the chicken broth, barley, hominy, and oregano, season to taste with salt and pepper, and simmer for about 30 minutes, or until the barley is soft. If the soup is too thick or there isn't enough liquid, add 1 more cup of water or chicken broth.
- To serve, ladle soup into bowls.** Place the garnishes on small serving plates in the middle of the table. Squeeze the juice from one lime wedge into each soup bowl. Each person can sprinkle whatever garnishes they choose onto their soup as desired.



*Chef Clara Aizenman,
Age 11*

“I created this soup because it represents my heritage, which is Jewish, Mexican, and Eastern European,” says Clara. “I first made this recipe when my grandmother came to visit from Mexico. She was convinced the ingredients wouldn’t go well together, but the result was delicious. This soup combines vegetable barley soup, common to Jewish cooking, with Mexican pozole. I also really love soup.”

Rhode Island





*Chef Summer LaPress,
Age 9*

“My mom and I first made this recipe after visiting the beach in Charleston, South Carolina,” says Summer. “Every restaurant had the most delicious fresh fish. Before we left, we bought some grouper at a fish shack that had been caught that morning, and we took it home in a cooler. We also ate rice native to South Carolina, and we were able to find it in stores back home in Greenville. So we came up with this recipe to remind us of our trips to the beach!”

South Carolina



Pan-Roasted Grouper with Carolina Gold Rice Salad

Makes 8 Servings • 561 calories • 23g fat • 46g carbohydrates • 33g protein

INGREDIENTS

For the Rice Salad:

- 2 cups Carolina Gold rice or wild rice
- 10 ounces baby spinach, stems trimmed and leaves roughly chopped
- ½ red onion, peeled and diced
- 1 pint multicolor cherry tomatoes, halved
- 3 cups red grapes, halved

For the Vinaigrette:

- ½ cup ruby red grapefruit juice
- ¼ cup balsamic vinegar
- 1 teaspoon yellow miso paste
- 2 teaspoons salt
- 1 teaspoon pepper
- ¾ cup extra-virgin olive oil

For the Grouper:

- 4 (4-ounce) grouper fillets or another firm fish
- Salt and pepper to taste
- 2 tablespoons canola oil
- 1 tablespoon unsalted butter (optional)

PREPARATION

- In a large stockpot,** bring 12 cups of water to a boil over medium heat. Add the rice, bring back to a boil, then reduce the heat to low and simmer, uncovered, for 30 minutes, or until the rice is tender. Drain the rice in a colander and keep warm.
- Meanwhile, make the Vinaigrette:** In a small bowl, whisk together the grapefruit juice, balsamic vinegar, miso paste, salt, and pepper. Add the oil in a thin stream, whisking until emulsified. Reserve ¼ cup of the vinaigrette.
- Pat the fish fillets dry** with a paper towel and place in a plate or in a shallow dish. Sprinkle both sides of the fish with salt and pepper, and then brush both sides with the reserved vinaigrette. Marinate as you make the salad.
- When the rice is done,** fluff with a fork and transfer to a very large bowl. Add the spinach, red onion, tomatoes, grapes and remaining vinaigrette, and toss.
- To cook the fish:** Heat a heavy 10-inch nonstick or cast-iron skillet over high heat. When the pan is hot, add the canola oil. Place the fillets in the pan (skin side down if you're using fish with skin), laying them down away from your body. Reduce the heat to medium and let sizzle 2 to 3 minutes, or until the fish is golden. Carefully flip the fillets and add butter to pan, if using. Continue cooking until golden all over and cooked through, 1 minute more, depending on the thickness of your fish. Serve ½ a fillet with rice salad.

Storm of Deliciousness

BBQ Chicken Soup

Makes 8 Servings • 461 calories • 12g fat • 42g carbohydrates • 48g protein

INGREDIENTS

For the BBQ Sauce:

1 tablespoon olive oil
½ yellow onion, peeled and diced
2 cups tomato sauce
5 tablespoons tomato purée
2 garlic cloves, peeled and minced
5 tablespoons honey
3 tablespoons balsamic vinegar
2 tablespoons Worcestershire sauce

For the Soup:

1 pound skinless, boneless chicken breasts
1 (10.8-ounce) bag frozen corn
1 (15-ounce) can black beans, drained and rinsed
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 cup fresh mushrooms, chopped
¼ red onion, peeled and chopped
2 cups BBQ sauce (see recipe for our homemade BBQ sauce)
3 cups low-sodium chicken broth
1 tablespoon chili powder
½ teaspoon salt
½ teaspoon pepper
Reduced-fat sour cream, for serving
Reduced-fat shredded cheddar cheese, for serving

Equipment:

Slow cooker

PREPARATION

- To make the BBQ Sauce:** In a sauté pan, heat the olive oil over medium heat. Add the onion and sauté for about 5 minutes, or until translucent. Add the remaining ingredients, stir, and sauté for about 10 minutes.
- To make the Chicken Soup:** Place uncooked chicken breasts in a large slow cooker. Add corn, black beans, red and yellow bell peppers, mushrooms, and red onion.
- In a separate bowl,** mix 2 cups BBQ sauce, chicken broth, chili powder, salt, and pepper. Pour the BBQ sauce mixture into the slow cooker, covering the chicken and vegetables completely. Cook, covered, on high heat for 6 hours. About 30 minutes before serving, remove the chicken breasts, and shred the chicken. Place the shredded chicken back into the slow cooker and stir. Keep the lid off for the last 30 minutes of cooking time. Serve topped with sour cream or cheddar cheese.



*Chef Griffin Storm,
Age 8*

“I love BBQ sauce and I also love homemade soups, especially my grandma’s chicken noodle and vegetable,” says Griffin. “When I was thinking about my recipe I thought, why not make a BBQ vegetable soup? I love red and yellow peppers, so I knew I wanted to add them to the recipe. My mom loves slow cooker recipes for our busy family of six. My parents and I worked on the recipe together to come up with what I like to call a Storm of Deliciousness.” This recipe uses a slow cooker. If you don’t have one, slowly simmer the soup ingredients in a pot for 1 hour or more.

South Dakota





*Chef Evie Braude,
Age 9*

“My inspiration for this recipe was a soup my mom makes. My sister and I adore this soup,” says Evie. “So, I decided to make a version of the soup as a salad that would be easier to take to school in a lunchbox. I was also inspired by the local farmer's market here in Knoxville, TN. The farmer's market has food trucks, pastries, vegetables, meat, and more! I love the salad by itself, but it would also be tasty with my dad's grilled salmon.”

Tennessee



Farro with a Tennessee Twist

Makes 6 to 8 Servings • 611 calories • 19g fat • 83g carbohydrates • 31g protein

INGREDIENTS

For the Salad:

- 1 ½ cups farro
- 2 tablespoons olive oil
- 2 garlic cloves, peeled and roughly chopped
- 1 small bunch dinosaur kale
or your favorite variety of kale,
stems removed and leaves
sliced into strips
- 3 stalks celery, chopped
- 5 green onions (scallions), white and
light green parts only, chopped
- 1 pint grape tomatoes, halved
- 2 (15-ounce) cans white beans,
drained and rinsed
- ¾ ounce fresh mint, chopped
- Salt and pepper to taste
- 5 ounces shaved or shredded Parmesan cheese

For the Buttermilk Dressing:

- 1 cup buttermilk
- Juice of 1 lemon
- 6 tablespoons olive oil
- 2 tablespoons honey
- Salt and pepper to taste

PREPARATION

- To make the Salad:** In a medium saucepan, bring 4 cups of water to a boil. Add the farro, reduce the heat to low, cover, and cook until tender, 20 to 30 minutes. Set aside to cool.
- In a large sauté pan,** heat the olive oil over medium heat. Add the garlic and cook for 1 minute. Add the kale and cook for about 5 minutes, or until wilted. Add the celery, green onions, tomatoes, white beans, and mint and cook for about 10 minutes. Season to taste with salt and pepper. Set aside to cool.
- To make the Buttermilk Dressing:** In a small bowl, whisk together all of the ingredients.
- Drizzle the dressing** over the salad and mix well. Top with Parmesan cheese.



*Chef Jianna Garcia,
Age 10*

“I was inspired to make this as I love eating healthy, and I especially love any salad, more than chips and soda,” says Jianna. “Greek food is also one of my very favorites. I love how the flavors of the couscous, parsley, feta, and fresh veggies combine with my Lemon-Honey Vinaigrette. By adding delicious Chicken Skewers and Texas Tzatziki, I turned this already scrumptious salad into a super fresh, healthy, and very tasty meal.”

Texas



Couscous Salad with Chicken, Artichoke, and Lemon Skewers and Tangy Texas Tzatziki

Makes 4 to 6 Servings • 655 calories • 34g fat • 58g carbohydrates • 31g protein

INGREDIENTS

For the Chicken Skewers:

12 chicken tenderloins, halved
Salt and pepper to taste
 $\frac{2}{3}$ cup lemon juice
 $\frac{1}{4}$ cup olive oil
12 canned artichoke hearts, halved
24 grape tomatoes

For the Salad:

2 cups cooked couscous, cooled
1 cup chopped fresh parsley
1 cup peeled, seeded, and diced cucumber
1 cup rinsed and drained canned garbanzo beans
 $\frac{1}{2}$ cup grape tomatoes, halved
 $\frac{1}{3}$ cup crumbled feta cheese
 $\frac{1}{4}$ cup peeled and minced onions

For the Vinaigrette:

$\frac{1}{3}$ cup olive oil
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{4}$ cup white wine vinegar
1 tablespoon honey
Salt and pepper to taste

For the Tzatziki:

1 peeled, seeded cucumber, finely grated
1 cup Greek yogurt
1 garlic clove, peeled and minced
1 teaspoon lemon juice
2 tablespoons chopped fresh dill
2 tablespoon chopped fresh mint
2 teaspoon olive oil
Salt and pepper to taste

Equipment: 12 wooden skewers

PREPARATION

- To make the Chicken Skewers:** Make sure to soak the wooden skewers in water for about 10 minutes before using. Season the chicken tenderloins with salt and pepper and put in a gallon-sized plastic bag with a seal. Add the lemon juice, olive oil, salt, and pepper. Seal the bag and let the chicken marinate in the refrigerator for 30 minutes.
- Preheat the oven to 350°F.** Slide 1 wooden skewer through 1 piece of chicken twice, add 1 artichoke heart and 1 grape tomato then repeat with another piece of chicken, 1 artichoke heart, and 1 tomato. Lay the completed skewer on a foil-lined baking sheet. Repeat the process until all the skewers are filled. Bake for 20 minutes, or until the chicken reaches 165°F.
- To make the Salad:** Mix all ingredients in a large bowl and chill.
- To make the Vinaigrette:** Place all the ingredients in a Mason jar with a lid and shake for 30 seconds. Drizzle over the salad and toss to combine.
- To make the Tzatziki:** Squeeze all the water out of the cucumber and place it in a bowl. Add the remaining ingredients and whisk to combine. Season to taste with salt and pepper as needed. Chill.
- Serve Chicken Skewers** atop a mound of the Parsley Couscous Salad with a side of the Tangy Texas Tzatziki.

Hurricane Salmon and Lentil Patties

Makes 4 Servings • 700 calories • 21g fat • 58g carbohydrates • 72g protein

INGREDIENTS

- 8 ounces lentils
- Pinch dried thyme
- Pinch dried oregano
- Pinch salt
- Pinch pepper
- 2 cans salmon, any bones removed
- 2 large eggs
- 1 onion, peeled and diced
- 2 tablespoons olive oil
- 4 whole-wheat buns
- Sprouts, optional
- 1 mango, sliced

PREPARATION

1. **Place the lentils in a bowl**, cover with cold water, and let sit for 1 hour. Fill a large stockpot with water, add the lentils, and bring to a boil over medium-high heat. Cook for 20 minutes, or until tender. Drain the lentils and place in a large bowl. Add the thyme, oregano, salt, and pepper and toss to combine.
2. **Add the salmon**, egg, and onion to the bowl with the cooked lentils. Shape into 4 patties.
3. **In a large sauté pan**, heat the olive oil over medium-high heat. Cook the patties, flipping once, for 5 minutes per side, or until cooked through and light brown. Place on buns, and serve with sprouts and mango on the side.



*Chef Jalani Phillips Jr.,
Age 10*

“Living on an island can be a task at times, especially during hurricane season. Power is knocked out, grocery stores closed or damaged, and fresh food items are often limited,” says Jalani. “My recipe can be prepared under these circumstances. The salmon doesn’t have to be refrigerated, nor are many supplies needed. If the power is out, I can prepare my meal using our gas stove with mom’s help.”

*U.S. Virgin
Islands*





*Chef Indiana Coyle,
Age 8*

“Sushi is my favorite food. I like making sushi with my mom. She cuts up all the food and then I can pick what goes inside,” says Indiana. “We roll it up together and I eat it. When it was time to pick which sushi I thought was best, I couldn’t choose! So we used the food in all of them for the recipe. We used brown rice because it is healthy and it tastes great. I think it would be healthy for kids to eat sushi.”

Utah



Mix It Up Sushi

Makes 8 sushi rolls • 311 calories • 10g fat • 49g carbohydrates • 11g protein

INGREDIENTS

- 2 cups brown rice
- 1 teaspoon kosher salt
- ¼ cup seasoned rice wine vinegar
- 8 to 10 roasted seaweed papers
- 1 cucumber, peeled, seeded, and cut into long matchsticks
- 1 avocado, peeled, seeded, and cut into thin slices
- 1 large broccoli stem, outer layer peeled and stem cut into small matchsticks
- ¼ small pineapple, peeled, cored, and cut into matchsticks
- ½ small mango, peeled and cut into matchsticks
- 4 ounces softened low-fat cream cheese, cut into large matchsticks
- 8 ounces cooked shrimp, crab, or even imitation crab
- 1 small bundle watercress, washed

Equipment:

Bamboo sushi mat, covered in plastic

PREPARATION

- In a large stockpot,** bring 3 quarts of water to a boil. Add the rice and salt and boil, uncovered, for 35 minutes. Remove from the heat and drain the rice in a strainer set in the sink. Return the rice to the pot, place a kitchen towel over the pot opening, and cover with a lid. Let sit for 10 minutes to allow the remaining water and heat to steam the rice and cook it the rest of the way through.
- Turn the warm rice out into a non-metal bowl.** Drizzle the rice wine vinegar over the rice while gently stirring and folding the rice with a wide spoon. Continue stirring until the rice is no longer warm, about 10 minutes.
- On your plastic-covered bamboo sushi mat,** place one seaweed wrapper with the shiny surface facing down. Wet your hands and gently spread a thin, even layer of rice over the seaweed wrapper. Re-wet your hands as needed. Spread the rice to the edges of the mat.
- On the nearest L of the wrapper,** place a few matchsticks or slices of veggies and fruit horizontally across the rice. Make sure the ingredients reach both edges of the seaweed paper. Add a little cream cheese and shrimp or crab. Top with a few leaves of watercress.
- Lift the bamboo mat with your thumbs,** while gently keeping the filling in place with your fingers. Fold the wrapper over the filling and continue rolling in a jelly roll style. When the edge of bamboo mat has almost been rolled under the sushi, pull out that edge and continue rolling.
- Unroll the bamboo mat** and allow the sushi roll to sit for a few minutes before cutting. Repeat with the remaining ingredients to make more sushi rolls. Cut each roll into 8 equal pieces with a wet knife.

Maya’s Delicious Vegetarian Little Lasagnas

Makes 6 to 8 Servings • 337 calories • 7g fat • 43g carbohydrates • 24g protein

INGREDIENTS

- ½ pound lasagna noodles
- 1 tablespoon olive oil
- 2 cups chopped vegetables, such as onions, zucchini, carrots, and peas
- ½ cup grated Parmesan cheese
- 2 cups low-fat cottage cheese
- 1 large egg, whisked well
- 1 teaspoon pepper
- 3 cups tomato sauce
- 1 cup shredded low-fat mozzarella cheese

PREPARATION

- 1. Preheat the oven to 350°F.** Fill a large pasta pot with water and bring to a boil over medium-high heat. Add the noodles and cook about 8 minutes, or until al dente. Drain the noodles and let cool.
- 2. Meanwhile, in a large sauté pan,** heat the olive oil over medium heat. Add the vegetables and sauté for about 6 minutes, or until soft and lightly golden.
- 3. In a large bowl,** combine ¼ cup of the Parmesan cheese with the cottage cheese, egg, and pepper.
- 4. Cover the bottom of a muffin tin** or individual baking dishes with a small amount of tomato sauce. Cut the noodles to size and place 1 noodle in each cup/dish. Begin layering with vegetables, sauce, the cottage cheese mixture, and then another noodle, veggies, sauce, the cottage cheese mixture, any remaining Parmesan, and the mozzarella cheese. Bake for 30 minutes, or until the cheese is bubbling and brown. Remove from the oven and let sit for 10 minutes. Carefully loosen sides with a knife and remove gently. Serve with salad and fruit. Enjoy and stay healthy!



*Chef Maya Elliott,
Age 10*

“I first made this recipe yesterday,” says Maya. “I was inspired by my family because we all love vegetables, but different vegetables. I decided to make little lasagnas so we could all choose our own vegetables to put in it. I put fruit and salad on the side because of ChooseMyPlate.gov!”

Vermont





*Chef Simone Spalding,
Age 8*

“I love to eat colorful, flavorful food! That’s why I created Rainbow Chili,” says Simone. “It’s an easy way for kids to eat a whole lot of vegetables—one from almost every color of the rainbow. I’ve been helping in the kitchen since I was 3. I like to cook because you get to put all sorts of different foods together and taste it before anyone else. I think we make better food at home than even fancy restaurants. And I think that kids will eat more vegetables if they look beautiful and taste delicious.”

Virginia



Rainbow Chili

Makes 6 to 8 Servings • 562 calories • 18g fat • 57g carbohydrates • 47g protein

INGREDIENTS

1 tablespoon olive oil
1 onion, peeled and diced
4 celery stalks, thinly sliced
2 tablespoons peeled and minced garlic
1 pound lean ground turkey
2 tablespoons chili powder
1 tablespoon ground cumin
2 teaspoons salt
2 (14-ounce) cans fire-roasted diced tomatoes
2 large sweet potatoes,
peeled and diced
1 (16-ounce) bag frozen corn
1 bell pepper, seeded and diced
2 (15-ounce) cans black beans,
drained and rinsed
1 bunch of fresh cilantro, finely chopped

PREPARATION

- 1. In a large stockpot,** heat olive oil over medium-high heat. Add the onions, celery, garlic, turkey, chili powder, cumin, and salt and cook, breaking the meat up with a wooden spoon, for about 10 minutes, or until the turkey is cooked through.
- 2. Add the tomatoes,** reduce the heat to medium-low, and simmer a few minutes before adding all the other ingredients, except the cilantro. Add 8 cups of water, bring to a boil, then reduce the heat to medium-low and simmer for approximately 45 minutes. Add the cilantro right before serving. Enjoy!

Teriyaki Chicken with Cabbage Salad

Makes 4 Servings • 211 calories • 11g fat • 16g carbohydrates • 16g protein

INGREDIENTS

For the Teriyaki Chicken:

¼ cup low-sodium soy sauce
1 garlic clove, peeled and minced
2 tablespoons brown sugar
1 teaspoon honey
½ teaspoon ground ginger
2 skinless, boneless chicken breasts, thinly sliced
1 tablespoon olive oil

For the Cabbage Salad:

½ head green cabbage, shredded
1 peeled and shredded carrot
3 celery stalks, chopped
4 green onions (scallions), chopped
2 tablespoons low-sodium soy sauce
2 tablespoons rice vinegar
1 tablespoon sesame oil
2 tablespoons sesame seeds

PREPARATION

- To make the Teriyaki Chicken:** In a large bowl, mix together the soy sauce, garlic, brown sugar, honey, ginger, and 1 cup cold water. Place the chicken slices into a large plastic bag with a seal, add the marinade, and seal the bag. Set in the refrigerator and marinate for at least 1 hour.
- To make the Cabbage Slaw:** In a large bowl, thoroughly combine the cabbage, carrots, celery, and green onions. In a small bowl, whisk together the soy sauce, rice vinegar, and sesame oil. Drizzle over the slaw and toss thoroughly.
- In a large sauté pan,** heat the olive oil over medium-high heat. Add the chicken and sauté for about 8 minutes, or until cooked through. Serve with the slaw and sprinkle sesame seeds on top.



*Chef Simone Harvey,
Age 10*

“I first made this recipe when I was very little,” says Simone. “My mom and I would always make this dish together, but because my mom is a vegetarian we would make teriyaki tofu instead of teriyaki chicken. A favorite story about this dish is my mom helping me learn the dish at a young age, and saying it was ok if I made mistakes—just try again.”

Washington





*Chef Timothy Burke,
Age 8*

"I like to make my wraps myself. Everyone can put what they like inside, and you can eat a whole meal in just a roll," says Timothy. "I also like spicy food, but I am picky about vegetables. When we chop the veggie mix up into confetti, it looks fancy, but I can't really tell what is there, and then when it is wrapped inside rice paper, I can't even see it! The best part is that I am getting many different veggies in every bite, but when I eat it, I mostly taste the mint and the hoisin sauce!"

*Washington
D.C.*



Vegetable Confetti Spring Rolls

Makes 12 Servings • 133 calories • 7g fat • 14g carbohydrates • 6g protein

INGREDIENTS

1 cup brown rice
¼ cup olive oil plus 2 tablespoons
½ teaspoon lime zest
¼ cup lime juice
½ teaspoon sea salt
2 skinless, boneless chicken breasts
2 cups chopped rainbow chard with stems
½ cup chopped red bell pepper
½ cup chopped orange bell pepper
½ cup chopped yellow bell pepper
½ cup peeled and chopped carrot (purple if possible)
½ cup chopped fresh mint leaves
1 package rice paper
Hoisin sauce
⅓ cup chopped peanuts

PREPARATION

- 1. In a large stockpot**, combine 1 ½ cups water with the brown rice and bring to a boil over medium-high heat. Reduce the heat to a simmer and cook for 20 to 30 minutes, or until the rice is tender.
- 2 In a medium bowl**, mix ¼ cup of the olive oil with the lime zest, lime juice, and sea salt. Add the chicken, cover, and marinate in the refrigerator for 30 minutes.
- 3. In a large sauté pan**, heat the remaining 2 tablespoons olive oil over medium-high heat. Add the chicken and cook for 8 minutes, or until cooked through and golden down. Let cool, then dice into small pieces and place in a small serving bowl. In a large bowl, combine all of the vegetables.
- 4. Soak rice paper in hot water** as directed on package. Lay out on the plate. In the center of each paper, put 1 teaspoon hoisin sauce, 1 tablespoon rice, 1 teaspoon chicken, 3 tablespoons vegetable confetti, and 1 teaspoon peanuts (optional).
- 5. Fold 2 sides into the center**, then roll tightly from one end to the other, being careful not to rip the rice paper.



*Chef Reagan Blasher,
Age 10*

"I'm involved with my local Dairy Council through a nutrition program at my school," says Reagan. "I knew I had to incorporate dairy to make them proud, so I made a list of all of my favorite foods to see what kind of recipe I could come up with. I talked with a local chef at the university in my town and he explained what the new "super foods" were and how important they are to our health. I then created a recipe that I thought would be great. I worked through trial and error until I finalized my recipe that is now delicious and includes my favorite and super foods."

West Virginia



Honey Baked Salmon with Spinach Quinoa, Pineapple Salsa, and Cucumber-Dill Dipping Sauce

Makes 4 Servings • 394 calories • 12g fat • 48g carbohydrates • 27g protein

INGREDIENTS

For the Salmon:

4 (10-inch-square) pieces parchment paper
3 tablespoons honey
1 tablespoon coconut oil
1 garlic clove, peeled and minced
1 teaspoon dried thyme
4 (2-ounce) skinless salmon fillets
Pinch of sea salt and pepper

For the Pineapple Salsa:

½ cup fresh pineapple, diced
¼ cup corn kernels
¼ cup cucumber, peeled and diced
¼ cup red onion, peeled and diced
½ tablespoon fresh cilantro, chopped
½ tablespoon flax seed
½ teaspoon lime zest
1 tablespoon lime juice
1 teaspoon honey
Pinch of sea salt

For the Spinach Quinoa:

1 tablespoon coconut oil
¼ cup onion, peeled and diced
1 garlic clove, peeled and minced
¾ cup quinoa, rinsed
Sea salt to taste
3 cups baby spinach
1 tablespoon lemon zest

For the Sauce:

1 cup Greek yogurt
½ cucumber, diced
2 teaspoons fresh dill
1 teaspoon lemon zest
Pinch of ground cumin
Pinch of sea salt

PREPARATION

- To make the Salmon:** Preheat the oven to 375°F and line a large baking sheet with 4 pieces of parchment paper. In a small bowl, whisk together the honey, coconut oil, garlic, and thyme. Place 1 salmon fillet on each piece of parchment paper. Season with salt and pepper. Drizzle the honey mixture over the salmon. Roll the parchment paper into pouches around each piece of salmon and pinch the sides closed, making sure they are sealed well. Bake for 15 to 20 minutes, or until the fish flakes when touched by a fork.
- To make the Salsa:** In a medium bowl, combine all of the ingredients and toss to combine.
- To make the Quinoa:** In a large saucepan, heat the coconut oil over medium heat. Add the onion and sauté for 4 minutes, or until soft. Add the garlic and quinoa and cook 1 minute. Add 1 ½ cups water and salt and bring to a boil. Reduce the heat, cover, and simmer for 15 to 20 minutes, or until the water is absorbed. Add the spinach, lemon zest, and salt to taste.
- To make the Sauce:** In a medium bowl, combine the yogurt, cucumber, dill, lemon zest, cumin, and salt and mix together well.
- To plate:** Spoon the quinoa onto plates, place the salmon on top, and spoon the salsa onto the salmon. Serve the sauce in a small dish on the side.

Mediterranean Rockin’ Roasted Vegetables in Cool Cucumber Boats

Makes 8 Servings • 294 calories • 8g fat • 44g carbohydrates • 14g protein

INGREDIENTS

½ pound fresh asparagus,
cut into 1-inch pieces
1 cup red bell pepper,
cut into ½-inch pieces
1 cup yellow bell pepper,
cut into ½-inch pieces
1 small red onion, peeled and diced
¼ cup olive oil
8 ounces whole-wheat orzo
½ cup grape tomatoes, quartered
¼ cup Kalamata olives,
pitted and quartered
1 (15-ounce) can great northern beans,
drained and rinsed
1 cup cooked, shelled edamame
3 canned artichoke hearts, diced
¼ cup fresh lemon juice
¼ cup fresh key lime juice
or regular lime juice
2 teaspoons Dijon mustard
1 teaspoon fresh rosemary, chopped
1 garlic clove, peeled and minced
½ teaspoon salt, plus more to taste
½ teaspoon pepper, plus more to taste
4 cucumbers, halved lengthwise and seeded
½ cup crumbled garlic and herb feta cheese

PREPARATION

- 1. Preheat the oven to 425° F.** On a large baking sheet, combine the asparagus, red and yellow bell peppers, and red onion and toss with 2 tablespoons olive oil to coat. Spread the vegetables in a single layer. Sprinkle lightly with salt and pepper to taste. Roast for 20 minutes, or until softened. Let the vegetables cool for 15 minutes.
- 2. Meanwhile, in a medium stockpot,** cook the orzo in boiling water for 7 minutes, or until tender. Drain and transfer to a large bowl.
- 3. Add the roasted vegetables to the orzo.** Add the grape tomatoes, Kalamata olives, great northern beans, edamame, and artichoke hearts.
- 4. In small bowl,** whisk together the remaining 2 tablespoons olive oil, the lemon juice, lime juice, Dijon mustard, rosemary, garlic, ½ teaspoon salt, and ½ teaspoon pepper. Drizzle over the roasted vegetable-orzo mixture. Spoon into the seeded cucumbers and sprinkle with feta cheese. Serve with homemade whole-wheat garlic pita chips. Enjoy!



*Chef Anna Ganser,
Age 10*

“I love to go sailing with my grandpa in Sturgeon Bay, WI, and thought of him with this recipe,” says Anna. “I am using the cucumber as an edible boat filled with flavorful ingredients, such as roasted vegetables, beans, herbs, and spices. My family also cares a lot about eating healthy to prevent heart disease and cancer. This Mediterranean-inspired recipe does just that. We serve my recipe with healthy homemade whole-grain pita chips and a side of berries. Yummy!”

Wisconsin



Indian Tacos

Makes 6 Servings • 311 calories • 6g fat • 35g carbohydrates • 29g protein

INGREDIENTS

- ½ cup tikka masala simmer sauce
- ½ rotisserie chicken, shredded
- ½ can garbanzo beans, rinsed and drained
- ¼ cup fresh cilantro
- ¼ cup peeled and diced sweet onion
- ¼ cup diced bell pepper
- ½ cup diced tomatoes
- ½ lemon
- Dash of salt
- 6 whole-wheat tortillas
- ¼ cup plain Greek yogurt

PREPARATION

- 1. In a large sauté pan,** combine the tikka masala simmer sauce, shredded chicken, and garbanzo beans over medium heat and cook for about 5 minutes, or until warmed through.
- 2. Meanwhile, in a large bowl,** combine the cilantro, onion, bell pepper, and tomatoes. Squeeze the lemon over the mixture and add a dash of salt. Gently mix the vegetables together.
- 3. Top each tortilla with some chicken,** a generous helping of vegetables, and a tablespoon of yogurt. Roll up, serve, and enjoy!



*Chef Dillon Andrews,
Age 12*

“When I was little, I lived in San Francisco, and was exposed to all sorts of culture and food,” says Dillon. “One of my favorites was Indian food, so I decided to make an Indian style dish. I would serve this dish with mango and chai.”

Wyoming





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Collect signatures and messages
from family, fellow chefs, and
new friends from the
White House!



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