

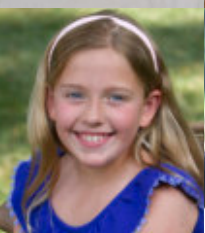
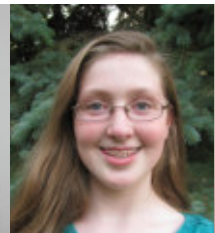


THE 2014 HEALTHY LUNCHTIME CHALLENGE

# COOKBOOK

THE WINNING RECIPES!

*epicurious*



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THE WINNING RECIPES!

**epicurious**

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**“I’m counting down the days  
until the winners join me at the  
White House to celebrate these  
healthy and delicious meals that  
kids everywhere will love.”**

**FIRST LADY MICHELLE OBAMA**



July 2014

With more than 1,500 entries from kids and their parents pouring in from Georgia to Vermont and Guam to the Virgin Islands, the third annual Healthy Lunchtime Challenge has been a rousing success. The recipes add up to a comprehensive food trend report from junior chefs, and showcase what's hot and what's not with the younger set. In: Salmon, ground turkey, tilapia, Greek yogurt, mango, black beans. Out: Anything with gluten, sugar, and butter. Surprisingly, kale, quinoa, and chicken peaked last year and this time around were less ubiquitous (kids, Google that word, and starting using it, well, ubiquitously).

But, as always, it was the stories behind the recipes that were so compelling: One 9-year-old from California wrote movingly of how her family changed their diet after both parents were diagnosed with Type 2 diabetes-related ailments, including heart disease. An 11-year-old spoke of learning how to cook and garden from his grandmother, sharing moments that enabled him to discover and embrace his own heritage. A 10-year-old sent in a recipe that was a favorite not only of the whole family but of the cat—it received two paws up.

It is this enthusiasm and connection with cooking, this understanding of the importance of eating healthily that fostered my desire to create the contest in 2011. It started with my germ of an idea for a national recipe contest that would excite kids to get into the kitchen and cook and eat well. We would choose one winning recipe from each state and territory, and the prize would be priceless—to attend a Kids' "State Dinner" at the White House hosted by First Lady Michelle Obama. Now, three years into this challenge, thousands of kids across the country have participated and hopefully, the results have rippled out across neighborhoods, towns, cities, and states.

None of this could have happened without our partners, the Department of Education and the Department of Agriculture. At the head of the healthy-eating army is Let's Move! Executive Director Sam Kass, who is a passionate, eloquent leader for the cause, so a thank-you to Chef Kass and his hard-working team. The mammoth judging of 112 dishes was once again executed with the help of the amazing D.C. Central Kitchen, as well as Centerplate, and held at the Walter E. Washington Convention Center. I'd like to give a huge thanks to Delta Air Lines for flying in all the winners three years in a row, and to the Westin Georgetown for hosting us in such glamorous digs. A big thank-you to Nilou Motamed, who took the reins at Epicurious from me after eight incredible years and is doing a wonderful job, and Carolyn Kremins, Epicurious' Senior Vice President and General Manager, whose support and encouragement ensured that this year's contest and Kids' "State Dinner" took place. Finally, all this could only happen with the leadership and the vision of the First Lady. Without her, thousands of kids wouldn't have heard the clarion call to (strong) arms, so a healthy glass of water with a slice of lemon in cheers to her, and to all of the winners of, finalists in, and entrants to the 2014 Healthy Lunchtime Challenge. See you in 2015 for the fourth annual contest!

Warm wishes,

Tanya Steel



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# THE WINNING CHEFS!

# VEGGIE SPAGHETTI WITH ALABAMA GULF SHRIMP

## INGREDIENTS

1 large (or 2 small) spaghetti squash  
 1 tablespoon olive oil  
 1 yellow onion, peeled and chopped  
 6 cloves garlic, peeled and finely chopped  
 4 tomatoes, coarsely chopped  
 1 teaspoon sugar  
 1 teaspoon coarse sea or kosher salt  
 12 fresh basil leaves, cut into thin strips  
 8 dried whole chiles de árbol  
 24 large raw Alabama Gulf shrimp, peeled and deveined  
 2 ½ cups kale, chopped

## PREPARATION

Pierce the squash with a large-pronged fork in several spots. Microwave the squash on high for 15 minutes, or until it feels soft to the touch. Let cool for 5 minutes. Cut the squash in half lengthwise; remove and discard seeds. With a fork, scrape spaghetti squash into a bowl and set aside.

In a large sauté pan, warm the oil on medium heat. Add the onion and garlic and sauté until the onions are clear and the garlic is slightly browned, about 6 minutes. Add tomatoes, sugar, and salt. Cover with a lid and cook for 10 minutes. Turn the heat to low, add the basil and chiles, and continue cooking for 8 to 10 minutes. Add shrimp, increase the heat to medium, and cook for 5 minutes. Add kale on top of the sauce mixture, cover the pan, and cook for 5 more minutes. The shrimp should be pink and the kale wilted.

Place 1 ½ cups of the cooked spaghetti squash on the plate and top with the tomato/shrimp sauce.

## Jane Battle, Age 10

"I watch cooking shows on the Food Network. The show *Chopped* is all about how to create a dish out of different ingredients," says 10-year-old Jane. "For this recipe, I tried to think that way about ingredients that I love--tomatoes, kale, and pasta. I basically tried to replace a traditional meat spaghetti dish with vegetables. For the pasta, I used spaghetti squash. It's fun to scrape it into the bowl, and it looks like a science experiment! From there, I knew that fresh flavor plus healthy Alabama Gulf shrimp as a healthy protein would be perfect. My secret ingredient is the dried red pepper."

Makes 4 servings • 167 calories • 5g fat • 24g carbohydrates • 10g protein



## Michael Halpern, Age 10

“Being an Alaskan-born kid, I love salmon! I like the salmon my dad prepares, but decided to break out and take it to the next level,” explains Michael. “So, I decided to combine some of the ingredients from foods I enjoy to create an original recipe. I also have a friend who is gluten-intolerant, so I made this recipe gluten-free. I would include a mandarin orange, steamed asparagus, and a glass of skim milk to complete the meal.”

Makes 6 servings • 357 calories • 15g fat • 34g carbohydrates • 22g protein



CHEF MICHAEL



# MAPLE-PECAN SALMON DELIGHT

## INGREDIENTS

### ♥ For the Salmon:

- 1 pound wild Alaskan salmon
- ½ lemon
- 1 clove garlic, peeled and minced
- 1 inch fresh ginger, peeled and grated
- ¼ cup maple syrup
- 1 tablespoon low-sodium soy sauce
- ¼ cup chopped pecans

### ♥ For the Quinoa:

- 1 cup quinoa
- 1 cup carrots, peeled and chopped
- 1 cup peas

## PREPARATION

**Preheat oven to 400°F.** Place the salmon in a baking dish skin-side down. Squeeze the lemon juice onto the salmon. In a small bowl, mix together garlic, ginger, maple syrup, and soy sauce. Pour the mixture over the salmon. Marinate in the refrigerator for 20 minutes.

**While salmon is marinating, prepare the quinoa:** In a small saucepan, boil 2 cups of water over high heat. Add the quinoa, carrots, and peas and reduce the heat to low, and cover. Cook for 15 minutes or until quinoa and carrots are tender.

**Sprinkle pecans over the salmon** and bake uncovered for 15 to 20 minutes or until its golden and flaky towards the edges.

# SHRIMP TACOS WITH WATERMELON JICAMA SALAD

## INGREDIENTS

### ♥ For the Watermelon Jicama Salad:

1 small seedless watermelon,  
chopped

½ cup jicama, peeled and julienned

¼ cup chopped cilantro

½ fresh jalapeño, de-seeded and  
finely diced

Juice from 1 lime

### ♥ For the Shrimp Tacos:

2 tablespoons finely diced  
pickled jalapeños

1 cup plain Greek yogurt

½ pound shrimp, peeled  
and deveined

Salt and pepper, to taste

Red chili powder, to taste

Ground cumin, to taste

¼ cup extra virgin olive oil

1 dozen 5-inch white corn tortillas

2 cups shredded cabbage

1 avocado, sliced

1 lime, quartered

Salsa, optional

## PREPARATION

In a small bowl, combine the pickled jalapeños with the plain Greek yogurt.

Place in the refrigerator.

To make the Watermelon Jicama Salad: In a large bowl, mix all the ingredients.

In a large bowl, lightly season the shrimp with salt, pepper, red chili powder, and cumin. In a medium sauté pan, warm the olive oil. Add the shrimp and cook until pink and lightly browned, 6 to 8 minutes. Warm the tortillas on a grill, in a pan, or in the microwave.

Place three shrimp in the tortilla and top with a drizzle of your jalapeño yogurt sauce; top with cabbage and avocado and serve with a lime wedge. Feel free to top with your favorite salsa.

## Cody Vasquez, Age 11

“My mom and dad own a small Mexican food restaurant, so I always go in the kitchen and try to make something new with the ingredients we have,” says Cody. “This is a great dish since I live in Arizona, because it is not only delicious and healthy but also very refreshing on warm summer days.”

Makes 4-6 servings • 382 calories • 22g fat • 35g carbohydrates • 15g protein



CHEF CODY



# ARKANSAS MEETS ASIA

## CATFISH SLIDERS

### INGREDIENTS

#### ♥ For the Catfish:

¼ cup low-sodium soy sauce  
2 tablespoons fresh lemon juice  
2 tablespoons minced ginger  
2 teaspoon toasted sesame oil  
½ pound catfish fillets, quartered  
Pepper, to taste

#### ♥ For the Asian Slaw:

2 cups of packaged undressed  
cabbage slaw  
½ Granny Smith apple, peeled  
and thinly sliced

1 tablespoon fresh lemon juice  
1 tablespoon minced ginger  
1 tablespoon honey  
1 tablespoon rice vinegar  
3 tablespoons low-sodium soy sauce  
3 tablespoons light olive oil  
Zest of 1 lemon  
1 tablespoon sesame seeds

### PREPARATION

**Preheat oven to 450°F.** Prepare fish: In a small bowl, mix the soy sauce, lemon juice, ginger, and sesame oil until well combined. Cut four 12-inch aluminum foil squares and place a fillet in each. Spoon the marinade over each and season with pepper. Fold foil to make a sealed packet and bake for 15 minutes, or until fish is tender and flakey.

**In a large bowl, toss the slaw with the apple.** In a separate bowl, combine the lemon juice, ginger, honey, vinegar, soy sauce, and olive oil. Add lemon zest and sesame seeds and whisk until well combined. Toss the slaw ingredients with the mixture. Place the catfish fillet in a whole-wheat bun, top with slaw, and enjoy.

### Hart Irby, Age 10

“I live right outside of Little Rock, and I love going into the city and seeing the Asian Gate and Garden along the Arkansas River,” notes Hart. “I learned that it represents the cultural exchanges between two countries (America and South Korea) and two cities (Little Rock and Hanam City). I was inspired by this, and thought it would be neat to blend two cultures together with food. Arkansas is known for its catfish, and I love Asian food! I like to eat this with fruits and milk for a healthy lunch.”

Makes 4 servings • 254 calories • 17g fat • 16g carbohydrates • 12g protein



## Genene Savall Wedd, Age 10

"I love cooking with my mom. It is fun spending time with her and talking about my day," says Genene. "This is one of my favorite recipes because it reminds me of Ethiopia, my birthplace, and is a very healthy meal for my body. We added our favorite traditional ingredients together to create this comfort food to suit our tastes. When we make this recipe, we love to serve it with *injera*, a type of breadlike sourdough that you can use to pick up the Ethiopian Kik Alitcha with your fingers." *(Please note: Photo was styled differently than the recipe.)*

Makes 4 servings • 253 calories • 4g fat • 38g carbohydrates • 14g protein



CHEF GENENE



# ETHIOPIAN KIK ALITCHA

## INGREDIENTS

1 tablespoon olive oil  
 3 cups onions, peeled and chopped  
 1 cup diced carrots  
 6 cloves of garlic, peeled and finely chopped  
 1 teaspoon minced fresh ginger  
 ½ teaspoon turmeric  
 ½ teaspoon salt  
 ¼ teaspoon ground pepper  
 1 cup dried yellow split peas, washed and soaked overnight  
 Lettuce leaves

## PREPARATION

**In a large pot over medium-low heat, warm the oil.** Add the onions and cook until soft and translucent, about 8 minutes. Add the carrots, garlic, and ginger and cook 2 minutes. Add the turmeric, salt, ground pepper, and 3 ½ cups of water and turn heat to high.

**Bring water to a boil,** add the split peas, and reduce heat to medium-low. Place a lid partially on the pot, but leave a gap for steam to escape. Simmer for 40 to 60 minutes, stirring occasionally, until the yellow split peas are tender. Add more water if the water boils off too quickly.

**When the peas are softened, remove from heat** and mash them gently with a fork. Serve on a bed of lettuce.

# GRILLED SALMON WITH FARRO & WARM SWISS CHARD SALAD

## INGREDIENTS

### ♥ For the Salmon:

1 cup farro  
2 tablespoons olive oil  
4 salmon fillets (about 1 pound)  
2 tablespoons herbes de Provence  
Salt and pepper, to taste  
Pinch garlic powder  
Pinch onion powder  
1 lemon, thinly sliced

### ♥ For the Salad:

½ tablespoon olive oil  
Bunch Swiss chard, roughly chopped  
1 large carrot, julienned

1 large red bell pepper, julienned  
1 tablespoon balsamic vinegar  
Salt and pepper to taste  
Crumbled feta cheese, to taste

### ♥ For the Smoothie:

1 cup orange juice  
1 cup lite coconut milk  
2 cups low-fat vanilla yogurt  
1 teaspoon vanilla extract  
2 frozen bananas  
1 cup frozen cut mango  
½ teaspoon fresh ground nutmeg

## PREPARATION

In a large pot, boil 2 cups of water over high heat. Add the farro and bring back to a boil. Reduce the heat to low, cover, and simmer for 30 minutes, until grains are tender and all water is absorbed.

Preheat the grill. Drizzle the olive oil on salmon. Mix the spices in a small bowl and sprinkle evenly to coat salmon. Grill salmon fillet for up to 5 minutes per side, depending on how thick the salmon is. After flipping the salmon on the grill, lay lemon slices on the fish.

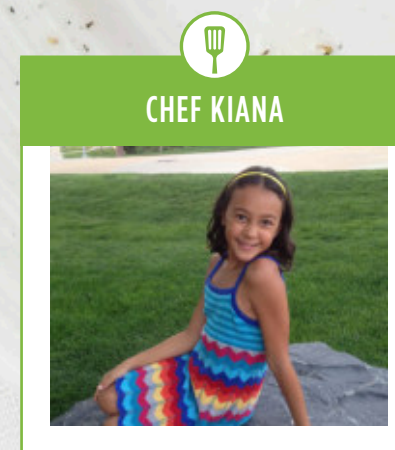
To make the Salad: In a large pan, warm the olive oil over medium heat. Add the Swiss chard and cook for 2 minutes. Add the carrot and red pepper and cook for 2 minutes. When Swiss chard wilts, add balsamic vinegar, salt, and pepper, and feta cheese, if you want.

To make the Smoothie: Add liquid ingredients to the blender first. Add rest of ingredients. Blend and enjoy!

## Kiana Farkash, Age 8

"I made grilled salmon because it is one of my very favorite dishes," says Kiana. "I made the salad because it is very colorful and it reminds me of spring. I like warm, tropical places, so I decided to serve this with a tropical breeze smoothie because it reminds me of our family trip to Florida. I used farro because it's a healthy whole grain and I like the nuttier flavor it has!"

Makes 4 servings • 453 calories • 21g fat • 33g carbohydrates • 30g protein



# QUINOA CHICKEN BURGER WITH KALE & POTATO CHIPS

## INGREDIENTS

4 teaspoons olive oil  
 10 ounces lacinato kale, stemmed and chopped  
 1 yellow potato, sliced thinly  
 ½ pound skinless boneless chicken, chopped  
 ¾ cup cooked quinoa  
 2 teaspoons teriyaki  
 1 tablespoon vegetable oil  
 4 whole-wheat slider buns  
 Salt

## PREPARATION

**Make the Kale and Potato Chips:** Preheat oven to 325°F. In a large bowl, mix 2 teaspoons olive oil with the kale and sprinkle with salt to taste. Spread the leaves out on a baking pan. In another large bowl, toss potato with remaining 2 teaspoons of olive oil and sprinkle with salt to taste. Spread the potato slices on a baking pan. Bake both kale and potatoes for 20 minutes, switching tray positions halfway through, until kale is crispy and potatoes are light golden brown.

**Make the Chicken Quinoa Burgers:** In a food processor or blender, grind the chicken, pulsing until the chicken is finely ground. In a large bowl, combine the chicken with the cooked quinoa, and teriyaki. Combine thoroughly and shape into 4 patties. In a large sauté pan, warm the oil over moderate heat. Add the patties and cook for 5 minutes per side, until the chicken is cooked through and light brown. Place cooked on a bun and serve with kale and potato chips.

## Cecilia Vinas, Age 10

"I came up with my dish by thinking about a food that a lot of Americans enjoy—I came up with a hamburger," says Cecilia. "Next I thought of how I can make this dish healthier but still taste really good. I thought of a quinoa base for grain with chicken for a lean protein, then kale and potato for veggies."

Makes 4 servings • 427 calories • 19g fat • 36g carbohydrates • 20g protein



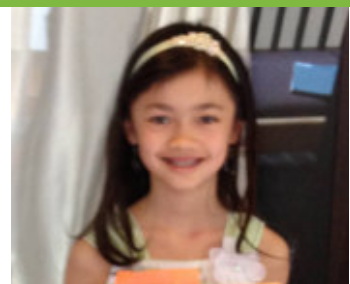
## Roisin Liew, Age 9

“Well, I am both Chinese, from my father’s side, and Irish, from my mother’s side. My mom loves shepherd’s pie, and I love the taste of Chinese food,” says Roisin. “So, one day while eating shepherd’s pie I thought, “What if I used ground turkey instead of beef. I bet it would be delicious! And it was!” Roisin likes this Get Your Goat for dessert.”

Makes 6 servings • 417 calories • 17g fat • 39g carbohydrates • 22g protein



CHEF ROISIN



# CHI-IRISH SHEPHERD'S PIE & GET YOUR GOAT DESSERT

## INGREDIENTS

♥ <b>For the Salmon:</b>	½ cup frozen green peas
2 tablespoons extra-virgin olive oil	½ cup frozen corn
1 small white onion, peeled and chopped	6 medium potatoes, coarsely chopped
1 tablespoon peeled and finely chopped ginger	¼ cup 1% milk
4 garlic cloves, peeled and finely chopped	3 tablespoons butter
1 pound ground turkey	1 tablespoon fresh thyme, finely chopped
3 tablespoons tamari or low-sodium soy sauce	Pepper and salt to taste
3 tablespoons hoisin sauce	♥ <b>For Get Your Goat Dessert:</b>
3 tablespoons Chinese five-spice powder	4 cups vanilla Greek yogurt
	1 cup blueberries
	¼ cup honey
	¼ cup granola

## PREPARATION

**For Chi-Irish Shepherd's Pie:** In a large pan, warm the olive oil. Add the onion, ginger, and garlic and cook on medium heat for 6 minutes, or until the onions are soft.

**Add the turkey, tamari, hoisin sauce, and Chinese five-spice powder** and stir well, breaking up the turkey with a wooden spoon. Cook until the turkey is cooked through, about 10 minutes. Add in the peas and corn and cook, covered, for 10 minutes.

**Bring a pot of water to a boil over high heat.** Add the potatoes, cover, and cook for about 10 minutes, or until they are tender. Drain. Mash potatoes with milk, butter, thyme, and salt and pepper to taste.

**Preheat oven to 400°F.** Put the turkey into a baking pan and top with mashed potatoes. Smooth over the top with a fork. Bake for 15 minutes, until brown on top.

**For Get Your Goat dessert:** Divide the yogurt among the bowls and top with fruit, honey, and granola.

## Maxwell Wix, Age 10

“My dad makes something like this for dinner a lot, and I love to take the leftovers to school the next day for lunch,” says Maxwell. “I modified his recipe to make it healthier, adding different grains and more and different vegetables. I would serve some plain 2% Greek yogurt drizzled with honey with this dish, because it completes the meal with some dairy. I have also always loved Greek yogurt with honey.”

Makes 6 servings • 335 calories • 14g fat • 36g carbohydrates • 9g protein



CHEF MAXWELL



# HEALTHY GRAINS, SQUASH, APPLES, SAUSAGE, & KALE

## INGREDIENTS

1 large butternut squash, peeled and cut into small cubes	4 ounces spicy Italian sausage, casings removed
1 bunch of lacinato kale, chopped finely	½ cup Israeli couscous
3 tablespoons olive oil	½ cup quinoa, rinsed
Salt and pepper	2 cups vegetable broth or chicken broth
2 Granny Smith apples, peeled and diced	1 tablespoon white wine vinegar

## PREPARATION

**Preheat oven to 450°F.** On a large baking pan, spread the squash and kale. Drizzle with 2 tablespoons of olive oil, and season to taste with salt and pepper. Bake for 15 minutes, then add apples and bake another 15 minutes.

**In a large pan, warm the remaining 1 tablespoon oil** over moderate heat. Add the sausage and cook for 6 minutes, or until cooked through. Transfer to a plate, reserving the pan drippings. Add the couscous and quinoa and cook for 2 minutes. Add broth, bring to a boil, then lower the heat and cover. Cook for about 20 minutes, until broth is absorbed and couscous-quinoa is tender.

**Remove pan from heat** and let sit covered for 5 minutes. Add back in the sausage, squash, apples, and kale. Season with vinegar, salt, pepper and serve.

## Gabriel Medina, Age 10

“I came up with this fish recipe because I love fish,” notes Gabriel. “In this recipe that I invented, I also included other foods that I love, which are tomatoes and mushrooms. When I eat fish, I like it simple with not a lot of stuff, so that is why I decided to make it in a paper bag so it could cook in its juices. While it was cooking in the parchment paper, I also included the side—potatoes. This fish also goes well with brown rice, which is healthier than white rice.”

Makes 1 serving • 372 calories • 14g fat • 29g carbohydrates • 31g protein



CHEF GABRIEL



# FISH CARTUCHO AL GABUSHO

## INGREDIENTS

15-inch sheet of parchment paper  
 ½ lemon, sliced  
 5 ounces mahimahi fillet  
 ½ tablespoon butter  
 ½ tablespoon olive oil  
 Pinch salt and pepper  
 1 small Yukon Gold potato, chopped  
 ¼ cup cherry tomatoes, chopped  
 ¼ cup mushrooms, chopped  
 1 twig parsley  
 1 twig oregano  
 Steamed brown rice (optional)

## PREPARATION

**Preheat oven to 400°F.** Fold the paper in half and trim with scissors to make a heart shape when unfolded.

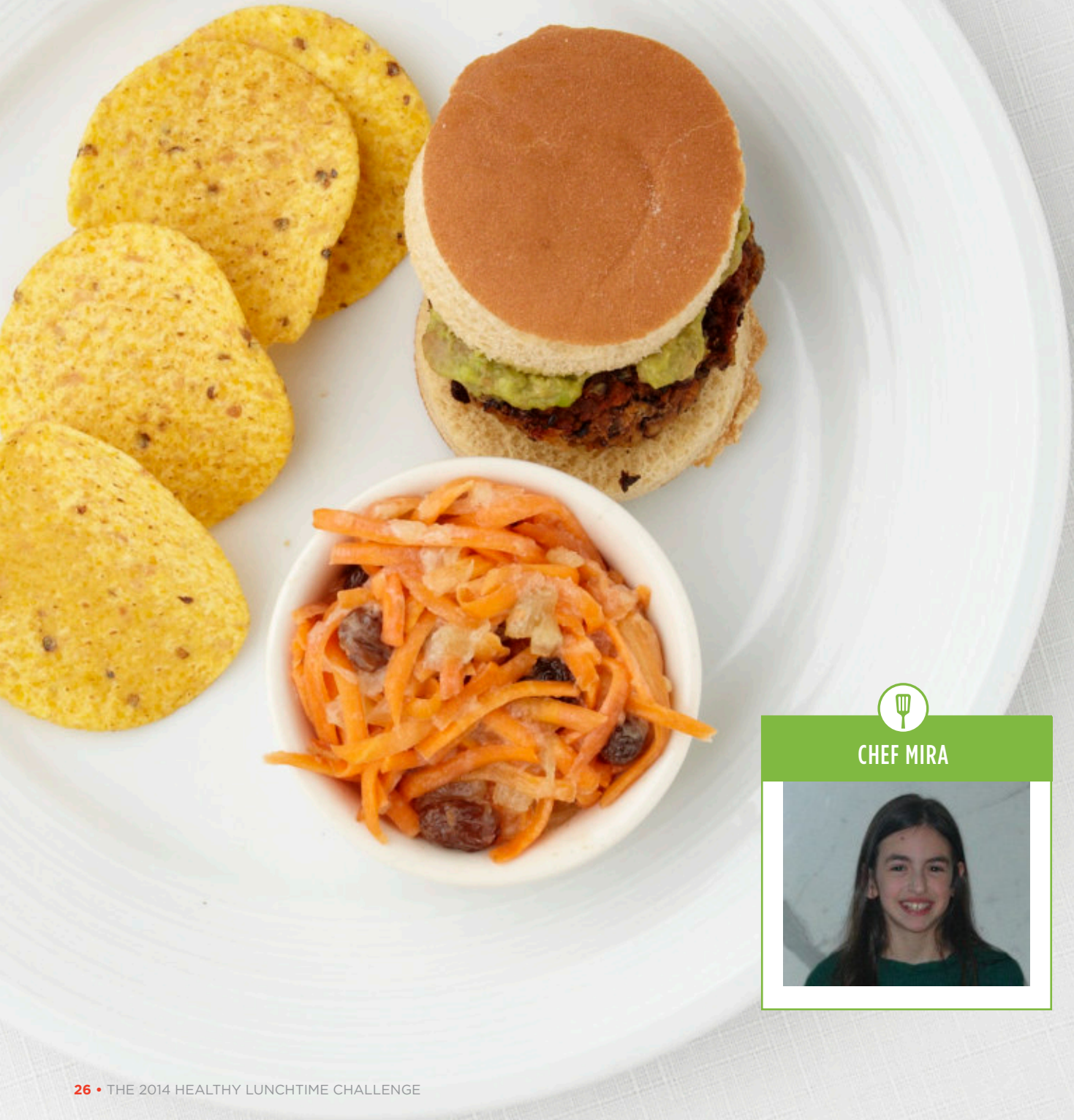
**On one half of the parchment heart** place half the lemon slices, the fish, butter, and olive oil, and season with salt and pepper. Pile on the remaining lemon, potatoes, tomatoes, mushrooms, parsley, and oregano.

**Fold the parchment paper over** and fold in the ends all around, creating a pouch that lies on its side. Place on a baking sheet and bake for 20 minutes or until the fish is flaky and potatoes are tender. Serve with brown rice, if desired.

## Mira Solomon, Age 10

“At my school, I have always enjoyed when we have outdoor grilled lunches. But as a vegetarian, there is not really much for me to eat, as the menu is always hot dogs and hamburgers,” says Mira. “I decided to create a healthy, delicious, and vegetarian grilled lunch. Vegetarians and meat-eaters alike will devour this scrumptious meal!” Mira likes to have this with a spinach and dried-cranberry salad and frozen mango-banana smoothie.

Makes 5 servings • 393 calories • 15g fat • 43g carbohydrates • 15g protein



CHEF MIRA



# GRILLIN’ OUT, VEGGIE STYLE

## INGREDIENTS

♥ For the Black Bean Burgers:

- 2 tablespoons olive oil
- ½ onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1 (15-ounce) can black beans, rinsed and drained
- 1 teaspoon chili powder
- Pinch salt and pepper
- 1/3 cup cilantro
- ½ cup whole-wheat breadcrumbs
- 2 eggs whites
- 5 whole-wheat buns

♥ For the Carrot Salad:

- 2 pounds carrots, peeled and shredded
- 2 cups peeled fresh pineapple chunks, chopped
- ¾ cup raisins
- 1 tablespoon honey
- ¼ cup low-fat plain Greek yogurt

♥ For the Avocado Spread:

- 1 avocado
- 1 lime (zest and juice)
- Pinch of salt

## PREPARATION

**Make the Black Bean Burgers:** In a small sauté pan, warm the olive oil. Add the onions and garlic and cook for 3 minutes, or until the onion is soft. Add the beans, chili powder, salt and pepper, and cilantro. Let cool for 5 minutes, then place in a food processor. Pulse about 5 times, or until coarsely chopped. Pour into a bowl and add the breadcrumbs and egg whites and combine thoroughly. Let sit in the refrigerator for 30 minutes.

**Make the Carrot Salad:** In a large bowl, combine carrots, pineapple, and raisins. In a separate small bowl, stir honey and yogurt until blended. Toss with salad. Let sit for 30 minutes.

**Preheat the grill.** Shape the burger mix into 5 patties and grill on grill topper/basket until cooked through and crispy on each side, about 5 minutes per side.

**Make the Avocado Spread:** Blend avocado and zest and juice of one lime with salt to taste in a food processor until smooth, about 30 seconds. Spread over Black Bean Burgers and serve with Carrot Salad.

# MO-ROCKIN' MONDAY SPECIAL

## INGREDIENTS

1 (10-ounce) box quick couscous	¼ teaspoon ground ginger
1 tablespoon olive oil	¼ teaspoon ground cloves (optional)
½ onion, peeled and minced	2 cups shredded carrots
½ teaspoon minced garlic	1 can chickpeas, drained
1 (12-ounce) package ground veggie soy crumbles	1 cup chopped dried apricots, or dates or golden raisins
½ teaspoon chili powder	1 (5-ounce) bag baby spinach
½ teaspoon salt	About 8 romaine lettuce leaves, for serving
¼ teaspoon cinnamon	
¼ teaspoon cumin	

## PREPARATION

Prepare **couscous** according to directions on box. Fluff with fork, cover, and set aside.

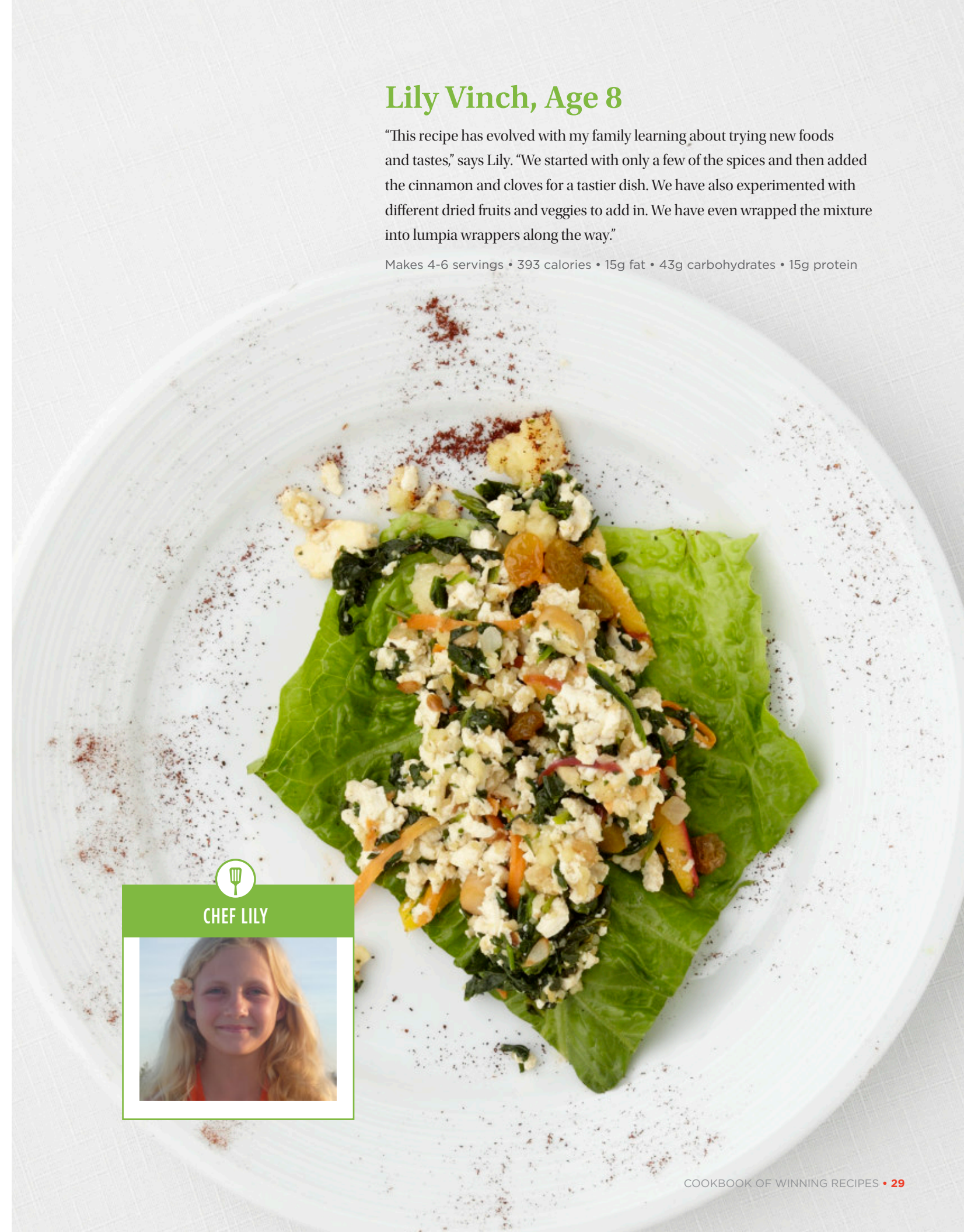
In a large skillet warm the olive oil over moderate heat. Add the onions and garlic and sauté until soft, about 3 minutes. Add veggie crumbles and heat until warmed, about 3 minutes. Add chili powder, salt, cinnamon, cumin, ground ginger, and ground cloves and thoroughly combine. Add carrots, chickpeas, and dried fruit to skillet and stir until warmed through, about 5 minutes.

Put into large bowl and add **couscous and spinach**. Serve with romaine leaves for scooping and eating the Mo-Rockin' meal!

## Lily Vinch, Age 8

"This recipe has evolved with my family learning about trying new foods and tastes," says Lily. "We started with only a few of the spices and then added the cinnamon and cloves for a tastier dish. We have also experimented with different dried fruits and veggies to add in. We have even wrapped the mixture into lumpia wrappers along the way."

Makes 4-6 servings • 393 calories • 15g fat • 43g carbohydrates • 15g protein



# ‘AINA HOLOKA’I (FEAST FOR A SEAFARING VOYAGE)

## INGREDIENTS

### ♥ For the Mahi-Mahi:

6 4-ounce mahi-mahi fillets  
Juice of 2 lemons  
Sea salt and ground pepper, to taste

### ♥ For the Canoe:

6 whole-wheat pita pockets  
1 carrot, peeled and cut into 8 matchsticks

### ♥ For the Tabbouleh:

½ cup bulgur  
Juice of 1 lemon  
1 teaspoon olive oil

Sea salt and ground pepper, to taste  
2 large tomatoes, diced  
1 cucumber, peeled and diced  
1 large bunch parsley, chopped

### ♥ For the Hummus:

1 (15-ounce) can low-sodium garbanzo beans, drained and rinsed  
1 tablespoon sesame tahini  
1 lemon  
½ cup plain nonfat yogurt  
1 teaspoon olive oil  
1 tablespoon minced garlic

### ♥ For the Papaya Boat:

3 papayas, sliced in half and seeds removed  
½ cup blueberries  
6 slices pineapple

### ♥ Tropical Strawberry Banana

#### Secret Smoothie:

2 frozen bananas  
5 fresh strawberries  
1 cup nonfat vanilla yogurt  
1 cup nonfat milk  
1 handful baby spinach

## PREPARATION

**To make the Mahi-Mahi:** In a medium bowl, combine fish with lemon juice, salt, and ground pepper and let sit for 1 hour. Preheat the grill, cook the fish on each side for 3 minutes, or until flaky at the edges and cooked through.

**Cut whole-wheat pita into two pieces,** one larger than the other for the canoe and the outrigger. Toast pita, and slice off the very bottom so canoe will stand.

**To make the Tabbouleh:** In a microwave-proof bowl, combine the bulgur with 1 cup of water and cover. Microwave for 3 minutes. Let cool. In a large bowl, combine the bulgur, lemon juice, olive oil, and salt and pepper to taste, tomatoes, cucumber and parsley.

**To make the Hummus:** Mix all ingredients in a food processor until smooth.

**To make the Papaya Boat:** Place blueberries inside the papaya. Cut a sail shape from the pineapple slices, and position above the papaya boat.

**To make the Canoe:** 1 whole-wheat pita sliced in two, 2 carrot sticks to connect, 1 mahi-mahi fillet and tabbouleh in one half, hummus in the other. Serve all pieces of the scene on 1 plate.

**To make the Smoothie:** Add all ingredients and blend until smooth.

## Grady Garzo, Age 9

“In my third-grade class we study about Hawaiian culture. I thought it would be a great idea to create a recipe that combined local Hawaiian foods with the foods of my family’s ethnic background,” says Grady. “We have been studying about the Hokule’a (a voyaging canoe) as it takes its journey around Polynesia, which is what inspired this delicious meal. So my recipe theme is seafaring navigation, a mahi-mahi, tabbouleh, and hummus outrigger canoe, accompanied by a papaya fruit boat like a Phoenician galloi, driven by a pineapple sail, and a tropical smoothie.” *(Please note: For purposes of judging, recipe pictured was made as a sandwich rather than sailboat.)*

Makes 6 servings • 472 calories • 6g fat • 37g carbohydrates • 40g protein



CHEF GRADY



# K&T'S AMAZING TORTILLA CHICKEN SOUP

## INGREDIENTS

2 tablespoons olive oil  
 1 medium onion, peeled and diced  
 2 tablespoons minced fresh garlic  
 2 tablespoons chili powder  
 1 tablespoon ground cumin  
 1 whole cooked rotisserie chicken,  
 bones and skin removed and meat  
 cubed, or 4 oven-roasted chicken  
 breasts, cubed  
 4 (14.5-ounce) cans diced tomatoes  
 2 (15-ounce) cans black beans,  
 drained and rinsed

1 (15-ounce) can of sweet corn,  
 drained

2 (15-ounce) cans low-sodium  
 chicken broth

Garnish: 2 tomatoes, diced; low-fat  
 shredded cheese; low-fat sour  
 cream or Mexican crema; tortilla  
 chips or whole-wheat rolls;  
 avocado

## PREPARATION

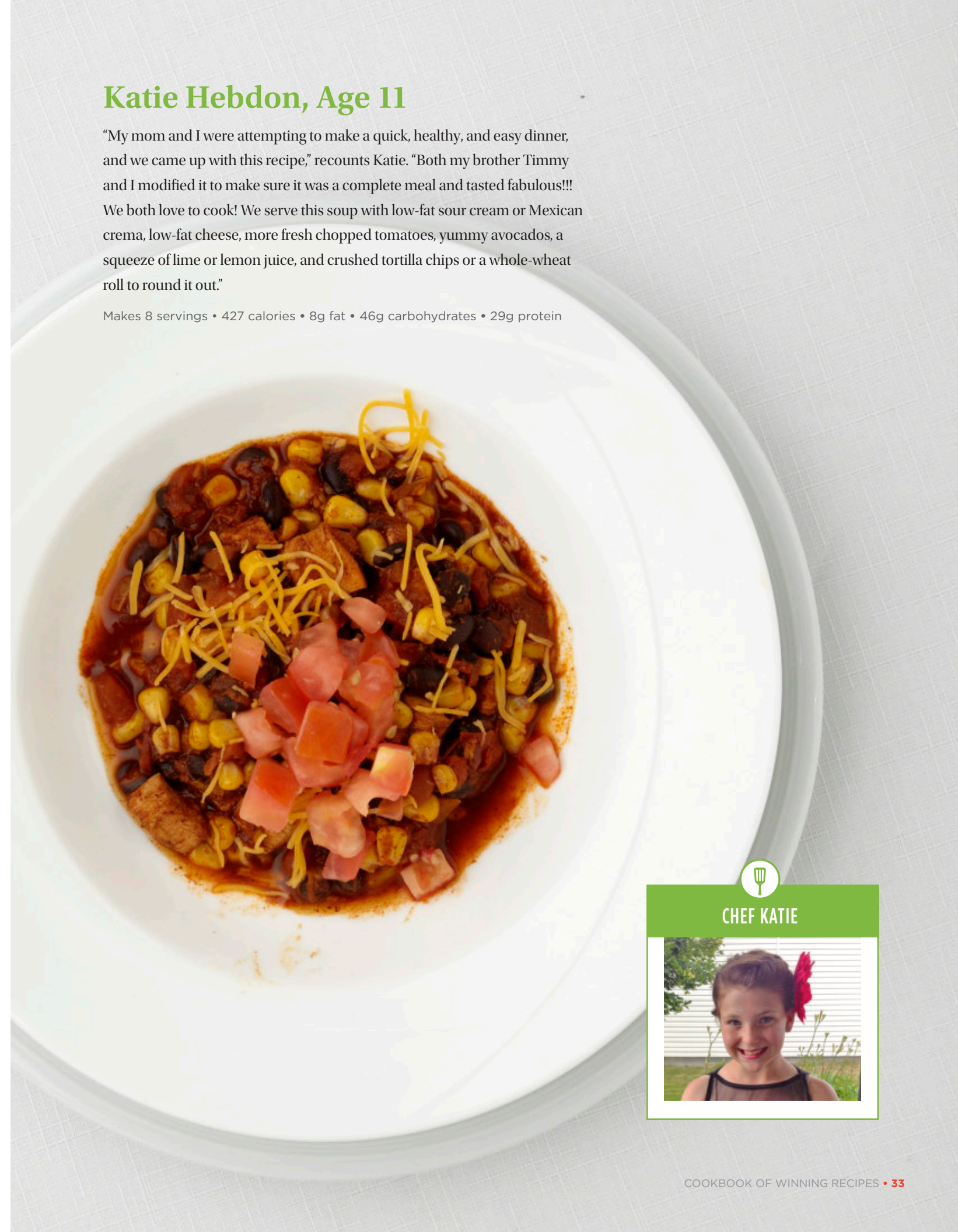
In a heavy stock pot, warm the olive oil. Add the onion and sauté over medium heat until soft, about 3 minutes. Add the garlic and sauté for 1 minute, then add the chili powder, cumin, and chicken to the pot.

Cook for 4 minutes, then add the canned tomatoes, black beans, corn, and chicken stock. Bring to a boil, then turn down the heat to low. Simmer for 30 minutes. Serve in bowls with the garnishes of your choice.

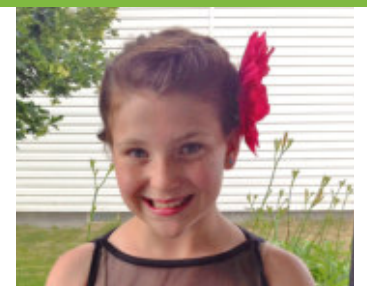
## Katie Hebdon, Age 11

“My mom and I were attempting to make a quick, healthy, and easy dinner, and we came up with this recipe,” recounts Katie. “Both my brother Timmy and I modified it to make sure it was a complete meal and tasted fabulous!!! We both love to cook! We serve this soup with low-fat sour cream or Mexican crema, low-fat cheese, more fresh chopped tomatoes, yummy avocados, a squeeze of lime or lemon juice, and crushed tortilla chips or a whole-wheat roll to round it out.”

Makes 8 servings • 427 calories • 8g fat • 46g carbohydrates • 29g protein



CHEF KATIE



## Tess Boghossian, Age 11

“We chose to make a soup inspired by Abraham Lincoln’s inauguration,” says Tess’s mom, Deborah. “After some research, we learned a brunoise soup was served for dinner. We wanted to pay tribute to Lincoln’s inauguration, but add more nutritional value than the soup originally served by adding whole grains and lean protein. Considering that we are from the Land of Lincoln and Tess is obsessed with Abraham Lincoln, this is the perfect lunch to represent the great state of Illinois.”

Makes 4 servings • 371 calories • 13g fat • 29g carbohydrates • 32g protein



CHEF TESS



# LINCOLN'S INAUGURAL SOUP

## INGREDIENTS

2 tablespoons olive oil	½ cooked rotisserie chicken, skin removed, and chopped or 2 cups skinless boneless cooked chicken, chopped
1 small onion, peeled and diced	
1 small parsnip, peeled and chopped	
½ cup chopped green beans	
1 carrot, peeled and chopped	¼ teaspoon salt
1 quart low-sodium chicken broth	¼ teaspoon pepper
½ cup cooked quinoa	
1 cup chopped asparagus (tough ends discarded)	
8 ounces canned white beans, rinsed	

## PREPARATION

In a large pot, warm the olive oil over medium-high heat. Sauté the onion for 4 minutes or until soft. Add parsnips, green beans, and carrots, and continue to cook for 5 minutes, stirring occasionally. Add chicken broth, bring to a boil and then add quinoa. Cover and simmer for 10 minutes. Add asparagus, white beans, and chicken, season with salt and pepper, and cook for 5 minutes more, or until the chicken is heated through.

# SOPHIE'S HEALTHY COCONUT CHICKEN

## INGREDIENTS

3 cups brown rice, rinsed  
 2 tablespoons olive oil  
 2 tablespoons minced garlic  
 1 teaspoon fresh minced ginger  
 2 (32-ounce) containers of  
 low-sodium chicken stock  
 2 (13.5-ounce) cans lite coconut milk  
 2 pounds boneless skinless  
 chicken breast, finely diced  
 1 pound frozen chopped spinach,  
 thawed and squeezed  
 1 tablespoon cornstarch  
 2 pinches salt

## PREPARATION

In a rice cooker or covered stockpot, combine rice with 3 cups water. Cook for about 45 minutes or until it's done.

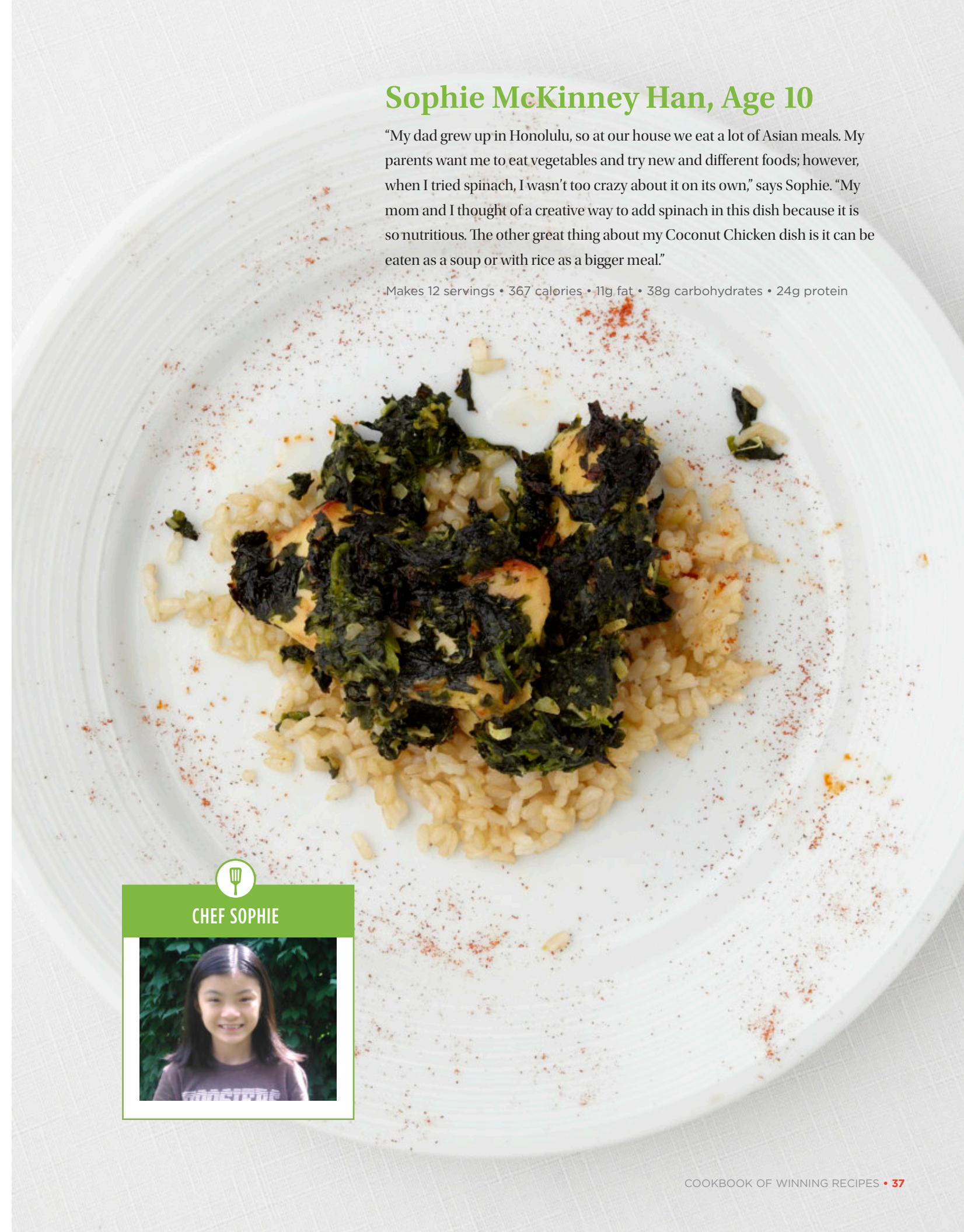
Meanwhile, make the chicken: In a large stockpot, warm the olive oil over medium heat. Add the garlic and ginger and cook for 1 minute. Add the chicken stock and coconut milk, stir and simmer for 5 minutes. Add the chicken and spinach, and simmer for 30 minutes.

In a small bowl, combine the cornstarch with 1 tablespoon water. Add to the chicken and stir well until slightly thickened, season with salt, and serve with the rice.

## Sophie McKinney Han, Age 10

"My dad grew up in Honolulu, so at our house we eat a lot of Asian meals. My parents want me to eat vegetables and try new and different foods; however, when I tried spinach, I wasn't too crazy about it on its own," says Sophie. "My mom and I thought of a creative way to add spinach in this dish because it is so nutritious. The other great thing about my Coconut Chicken dish is it can be eaten as a soup or with rice as a bigger meal."

Makes 12 servings • 367 calories • 11g fat • 38g carbohydrates • 24g protein



## Anabel Bradley, Age 8

“My name is Anabel, and I live on a farm with chickens, turkeys, five acres of asparagus, and two gardens,” says Anabel. “I mixed some of my favorite things from our farm, and voilà! The best thing to have with veggie pancakes is blueberries or grapes so you have all the colors of the rainbow on your plate at once. Almost every weekend you will find me in the kitchen because I love to cook. My family gave it the thumbs-up.”

Makes 6 servings • 135 calories • 10g fat • 9g carbohydrates • 3g protein



CHEF ANABEL



# OVER THE RAINBOW VEGGIE PANCAKES

## INGREDIENTS

$\frac{2}{3}$ cup shredded carrots	1 egg
$\frac{2}{3}$ cup chopped yellow sweet bell pepper	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup diced tomatoes	$\frac{1}{2}$ teaspoon dried basil
$\frac{2}{3}$ cup chopped asparagus (tough ends removed)	$\frac{1}{2}$ teaspoon garlic powder
$\frac{1}{4}$ cup whole-wheat or all-purpose flour	Pepper to taste
	$\frac{1}{4}$ cup olive oil

## PREPARATION

In a large mixing bowl, combine the carrots, yellow pepper, tomatoes, and asparagus. Add flour and stir to coat vegetables. In a small bowl, beat the egg, then add to vegetables. Season with herbs, then mix thoroughly.

In a large skillet, warm the olive oil over medium heat. When it's hot, drop a large serving spoonful of pancake batter into pan in a circle shape. (Depending on the size of your pan, you can probably fit three pancakes at a time.) Cook for 4 minutes on medium heat, flip, and cook until golden brown on each side, about 2 minutes more. Remove from pan with a spatula and set on a plate lined with a paper towel, before serving.

## Jasmy Mavilla, Age 8

"I love to help my dad grow vegetable and fruits in our home garden, and I love to help my mom use those veggies in different ways with our cooking," recounts Jasmy. "My favorite dish is this spaghetti with lots of vegetables and shrimp cooked in lemony sauce. I like to eat this with fresh fruit or a fruit smoothie."

Makes 4-6 servings • 467 calories • 10g fat • 43g carbohydrates • 32g protein



CHEF JASMY



# TANGY VEGGY SPRINGETTY

## INGREDIENTS

### ♥ For the Pasta:

1 pound whole-wheat spaghetti  
or angel hair pasta

3 cups fresh or frozen mixed  
vegetables

Parmesan cheese, for garnish

### ♥ For the Sauce:

2 tablespoons olive oil

1 pound of 20 count shrimp, peeled  
and deveined

1 tablespoon minced garlic

Salt and pepper to taste

½ cup fresh lemon juice (from about  
2 lemons)

½ teaspoon white wine vinegar,  
optional

1 tablespoon lemon zest, optional

1 cup canned garbanzo beans,  
optional

## PREPARATION

Bring a large pot of salted water to a boil. Add the pasta and cook until almost al dente, about 6 minutes. Add in the vegetables and cook about 3 minutes more. Drain, reserving 1 cup of the cooking liquid.

In a large sauté pan, warm the olive oil over medium heat. When the oil is hot add the shrimp and cook until the shrimp are pink, about 4 minutes. Add the garlic and season with salt and pepper. Transfer the shrimp to a separate bowl. Turn the heat to low and add lemon juice, white wine vinegar, and reserved cooking liquid (¼ cup at a time). Whisk until the sauce is well mixed and reduced by one third.

Add the pasta to the pan along with the shrimp, lemon zest, and garbanzos, if using, and mix to combine. Serve with Parmesan.

# AROUND THE WORLD IN ONE BITE

## INGREDIENTS

1 tablespoon vegetable oil	½ cup cooked brown rice
1 scallion, chopped	¼ teaspoon cayenne pepper
½ cup finely diced red bell pepper	½ teaspoon salt
4 cups chopped kale	2 tablespoons chopped cilantro
3 cups shredded or grated sweet potato	1 package 6-inch egg roll wrappers
½ cup crushed pineapple in juice, not drained	½ cup plain yogurt
2 cups shredded cooked chicken	2 tablespoons lime juice
	2 teaspoons honey

## PREPARATION

In a large sauté pan, warm the oil over medium heat. Add the scallions and peppers and cook for about 2 minutes. Add kale and sweet potato and cook for 5 minutes more, stirring often. Add the pineapple and its juice, chicken, rice, cayenne, and salt and cook until vegetables are soft, about 5 minutes. Remove from heat and add cilantro.

Preheat the oven to 400°F. Fill each egg roll wrapper with approximately 3 tablespoons filling in the center of the roll. Fold in both sides and tightly roll closed according to egg roll package instructions. Bake on a cookie sheet for 10 minutes or until lightly golden. While the pockets cook, whisk together the yogurt, lime juice, and honey for a dipping sauce.

## Lucy Fairhead Hickerson, Age 8

“My mom and I went to an event called The Taste of Diversity. I tasted three different kinds of pockets from different places in the world,” says Lucy. “I decided to make a pocket. We talked about different kinds of filling, and we decided to start with some of my favorite vegetables, sweet potatoes and kale. I said that our recipe was like an Indian samosa, a Spanish empanada, and an Asian spring roll all at the same time. It’s like going around the world in one bite.”

Makes 10 servings • 289 calories • 5g fat • 37g carbohydrates • 14g protein



## Moira Doran, Age 10

“My Dad and I came up with this idea. We often have lunch or brunch at friends’ houses or at our house,” says Moira. “They are good for lunch, breakfast, or a snack! I’d serve them with fresh salsa. They fit easily in a lunch box, and travel well. Every time you make a frittata, you can change the ingredients and that will change the flavor. My favorite is when we make it with cooked onions, low-fat feta cheese, and chopped spinach!” *(Please note: Recipe pictured was not cooked in a muffin tin.)*

Makes 12 servings • 81 calories • 4g fat • 3g carbohydrates • 7g protein



CHEF MOIRA



# MUFFIN TIN EGG WHITE FRITTATAS

## INGREDIENTS

1 yellow onion, peeled and chopped  
2 teaspoons olive oil  
1 package frozen chopped spinach,  
thawed  
Cooking oil spray  
6 ounces feta cheese  
1 tomato, chopped  
Salt and pepper  
1 pint of egg whites or whites  
from 8 eggs

## PREPARATION

**Preheat oven to 300°F.** Grease a 12-muffin tin with cooking spray. In a large sauté pan, warm the oil over medium-low heat. Add the onion and cook until soft, about 3 minutes.

**Squeeze the water out of the spinach** and add to the cooked onion. Add the feta cheese and tomatoes, and season with salt and pepper to taste. Using a large spoon, divide this mixture into each muffin cup in the tin. Carefully pour the egg whites into each, leaving a little space, about ¼ inch, for it to rise. Bake for 15 to 20 minutes, or until the frittatas have risen and feel set. Place on a cooling rack for 10 minutes, then remove from the cups.

## Sienna Mazone, Age 12

“Cooking is one of my passions! I like my mom to give me ingredients and time me while I create my own unusual dishes,” says Sienna. “I asked my mom to give me three ingredients to start the process: She gave me a sweet potato, a red Fresno chile pepper, and an avocado. I used these as a starting point and then added other ingredients. I just went to the Boston Museum of Science to see an exhibit about chef Ferran Adrià. I was inspired by his creativity for presenting food and flavors, and tried to think of a clever way to combine colors and textures in a healthy one-dish meal.”

Makes 6 servings • 298 calories • 10g fat • 36g carbohydrates • 9g protein



CHEF SIENNA



# MEXICAN HAYSTACK

## INGREDIENTS

6 whole-grain flour tortillas	1½ teaspoons salt
1 cup cherry tomatoes, sliced thin	1 avocado, seeded and mashed
1 red Fresno chile pepper, seeded and chopped	2½ teaspoons ground cumin
½ red onion, chopped	1 large sweet potato, peeled, baked, and mashed
2 tablespoons chopped fresh cilantro	1 (15-ounce) can of vegetarian refried beans
Juice of one lemon or lime	
2 tablespoons chopped fresh cilantro	

## PREPARATION

**Preheat the oven to 400°F.** Cut the flour tortillas in strips and place them on a baking sheet. Bake for about 10 minutes, or until the strips are crispy and slightly brown.

**To make the salsa:** In a medium bowl, combine the tomatoes, pepper, onion, cilantro, two tablespoons of the lemon or lime juice, and 1 teaspoon of salt.

**In a separate bowl, combine the remaining 2 tablespoons lemon juice** and the avocado along with ½ teaspoon each of cumin and salt. Set aside.

**In a separate bowl, add the remaining 2 teaspoons cumin** to the mashed sweet potato. In the microwave, warm the sweet potato and the beans in two separate bowls for 1 minute.

**To make the haystack:** First place a few tablespoons of refried beans on the plate, then sweet potato, salsa, and avocado. Place the baked tortilla strips around the haystack and use for dipping.

# CHESAPEAKE FISH TACOS

## INGREDIENTS

### ♥ For the Salsas:

1 onion, chopped  
1 jalapeño, chopped  
2 tablespoons chopped cilantro  
1 mango, pitted and chopped  
1 small cucumber, chopped  
1 tomato, chopped  
Juice of 1 lime  
Olive oil

### ♥ For the Tacos:

2 tablespoons all-purpose flour  
Salt and pepper, to taste  
6 ounces rockfish or any firm fish

2 tablespoons olive oil  
8 whole-wheat tortillas  
2 cups shredded cabbage

### ♥ For the Lemon-Basil Sorbet:

Juice from 3 lemons  
24 basil leaves  
 $\frac{3}{4}$  cup sugar  
1 pint raspberries

## PREPARATION

**To make the Salsas:** In one bowl, combine onion, jalapeño, and cilantro. Place half of that into another bowl and add the mango and cucumber. Add the tomato to the other bowl. Squeeze lime and drizzle olive oil over each and stir.

**To make the Tacos:** On a plate, combine the flour with salt and pepper. Lightly roll the fish in the flour. In a medium sauté pan, warm the olive oil over moderate heat. Add the fish and cook until lightly browned and firm, about 3 minutes per side. Remove and flake into small pieces. Warm tortillas in microwave. Put fish on warmed tortillas and top with cabbage and salsas.

**To make the Sorbet:** In a medium bowl, stir together lemon juice, basil, sugar, and 1 cup water. Chill until cold, about 4 hours.

## Esther Matheny, Age 10

“My family believes in making things from scratch and not using canned or preserved food,” says Esther. “It is healthier and tastier to use nutritious ingredients and make it yourself. Plus, it’s much more fun to do! It is also a good idea to use local ingredients, which is why I chose a Maryland fish. This is because it prevents pollution and the great use of fuel. I have tried a variety of fish taco recipes, but this was an opportunity to try making my own recipe.” She serves this with a corn, avocado, and tomato salad and a Lemon-Basil Sorbet.

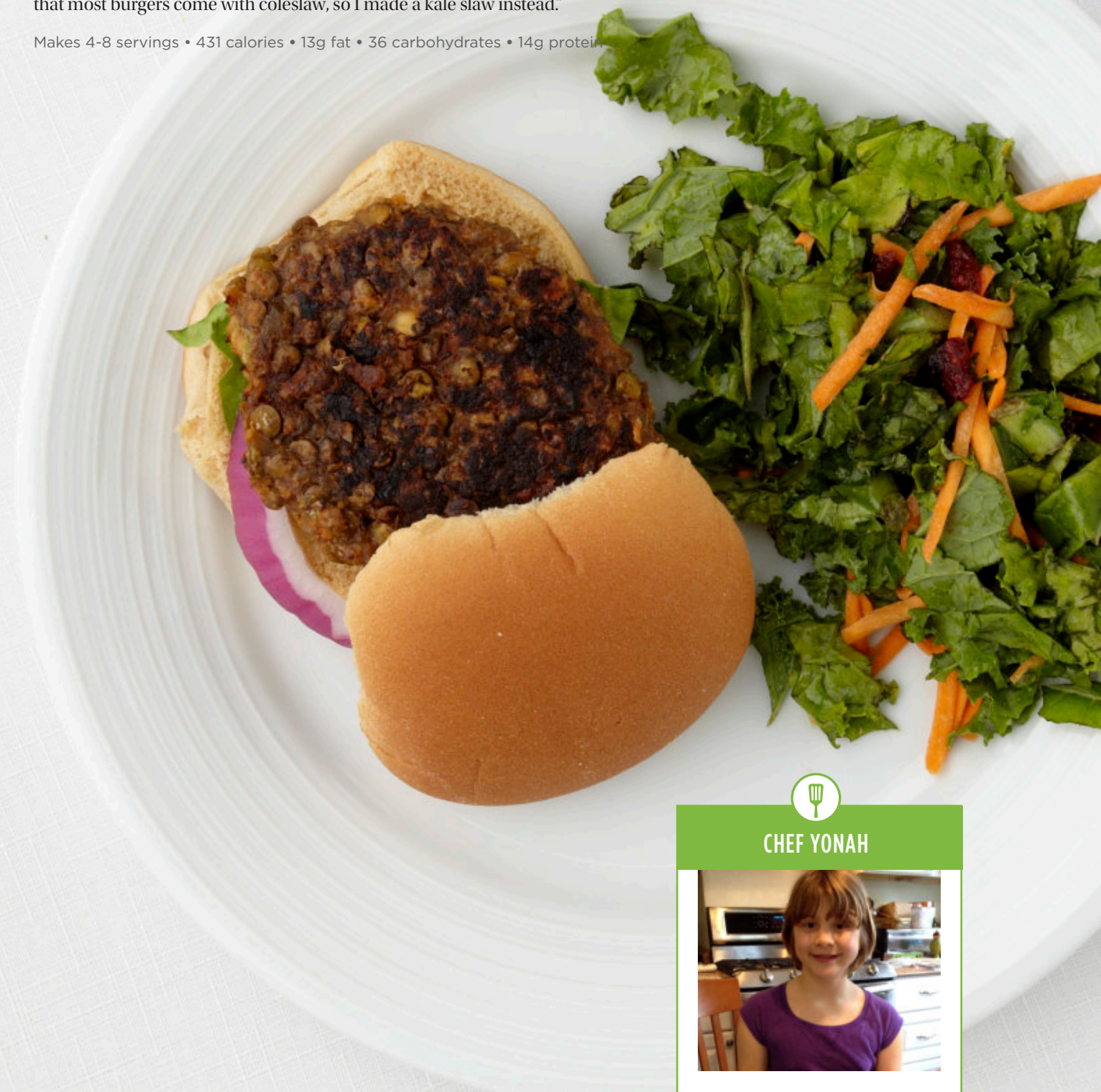
Makes 4 servings • 439 calories • 15g fat • 42g carbohydrates • 19g protein



## Yonah Kalikow, Age 10

“My family and I were cleaning out our house for Passover,” says Yonah, “and I wanted to give myself a challenge. I used ingredients that we needed to get rid of for Passover for the burger. Then I thought, kale is a very big power food, and I have it a lot and enjoy it, so why don’t I make a salad with it? I was thinking that most burgers come with coleslaw, so I made a kale slaw instead.”

Makes 4-8 servings • 431 calories • 13g fat • 36 carbohydrates • 14g protein



CHEF YONAH



# QUINOA LENTIL BURGERS WITH KALE SALAD

## INGREDIENTS

### ♥ For the Burgers:

½ cup quinoa  
1 cup dried green or brown lentils  
3 bay leaves  
¼ cup olive oil  
1 large tomato, finely diced  
1 medium yellow onion, peeled and grated or chopped  
2 tablespoons low-sodium soy sauce  
½ cup BBQ sauce  
1 cup wasabi peas  
Hamburger rolls  
Garnish: Tomato and onion slices, lettuce leaves

### ♥ For the Kale Slaw:

1 bunch kale, chopped

2 carrots, peeled and grated  
¼ cup dried cranberries  
Juice of ½ lemon

### ♥ For the Dressing:

½ lemon  
2 tablespoons mustard  
2 tablespoons raw agave syrup or honey

### ♥ For the Sauce:

2 tablespoons Sriracha  
2 tablespoons mayonnaise  
2 tablespoons mustard  
1 tablespoon raw agave syrup or honey

## PREPARATION

**To cook the quinoa/lentils for the Burgers:** In a large pot, combine quinoa and lentils. Add 3 cups of water and bay leaves, bring to a boil over moderate heat, cover, and cook on low for about 30 minutes, or until quinoa and lentils are tender. Remove from the heat and discard the bay leaves.

**In a wok or sauté pan, warm 2 tablespoons olive oil over moderate heat.** Add the tomato and onion and sauté for 5 minutes or until soft. Add the lentil/quinoa mix, soy sauce and BBQ sauce, and stir for 2 minutes.

**To make the Kale Slaw and Dressing:** In a large bowl, combine the kale, carrots, and cranberries. Squeeze lemon over slaw, add mustard and agave, and stir well to combine.

**Put the wasabi peas into a blender and coarsely grind.** Add two-thirds of the lentil/quinoa mixture and pulse until smooth, then return to pan, mix thoroughly and let cool. Once cool, shape into 4 large patties or 8 small ones.

**In a large sauté pan, warm the remaining olive oil** and cook patties over moderate heat for 3 minutes on each side, or until lightly golden. Meantime, in a small bowl, combine all of the sauce ingredients. Serve on rolls with sauce and slaw.

# BARACK-OLI & MICH-ROOM OBAMA-LET

## INGREDIENTS

1 tablespoon olive oil  
 ½ onion, sliced and carMALIAized  
 2 cloves garlic, peeled and chopped  
 ½ tablespoon sage, chopped  
 ¼ cup butternut SquASHA (squash)  
 peeled, seeded, and chopped  
 ¼ cup BARACKoli (broccoli)  
 ¼ cup MICHrooms (mushrooms)  
 ¼ cup goat cheese, crumbled  
 2-3 egg whites, lightly beaten,  
 or egg substitute

## PREPARATION

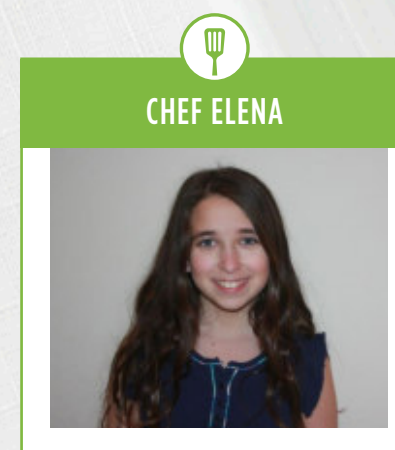
In a large sauté pan, warm the oil over moderate-low heat. Add the onion and cook until soft, about 5 minutes. Add the garlic and sage and sauté until fragrant, 1 minute. Add the butternut squash, broccoli, and mushrooms and cook until tender, about 8 minutes. Lower the heat, sprinkle the goat cheese on top, and let melt slightly.

Pour the egg whites or egg substitute into the pan and let them cook without touching the eggs until they have set, about 3 minutes. Fold over, cut in half, and slide the omelet onto a plate.

## Elena Hirsch, Age 11

“We love to eat omelets, and we love to try new vegetable combinations in our omelets,” says Elena. “We decided to create an omelet for the First Family to enjoy, using veggies to represent each of them—BARACKoli, MICHrooms, CarMALIAized Onions, and Butternut SquASHA. We hope they enjoy this creation as much as we do!”

Makes 2 servings • 157 calories • 12g fat • 6g carbohydrates • 7g protein



# QUINOA & BLACK BEANS

## INGREDIENTS

1 teaspoon olive oil  
 1 cup chopped celery  
 2 teaspoons chopped garlic  
 $\frac{3}{4}$  cup uncooked quinoa  
 1½ cups low-sodium vegetable broth  
 1 teaspoon ground cumin  
 1 teaspoon chili powder  
 1 cup frozen mixed vegetables  
 1 (15-ounce) can of black beans,  
 rinsed and drained  
 $\frac{1}{2}$  cup low-fat cheese, optional  
 Salt and pepper to taste

## PREPARATION

In a medium saucepan, warm the olive oil over medium heat. Stir in the celery and garlic, and sauté until lightly browned, about 3 minutes. Add the quinoa and vegetable broth. Season with cumin, chili powder, and salt and pepper to taste, and bring the mixture to a boil. Cover, reduce heat to low, and simmer 20 minutes.

Add the vegetables and black beans into the saucepan and simmer for 5 minutes. Top with cheese, if using, season with salt and pepper to taste, and serve.

## Sophia Webster, Age 12

“My family loves quinoa, and I love black beans, so we mixed the two together and voilà,” notes Sophia. “We serve it with a fresh fruit salad. It is gluten-free and nut-free, and you can make it lactose-free by omitting the cheese.”

Makes 4 servings • 408 calories • 14g fat • 32g carbohydrates • 23g protein



CHEF SOPHIA



## Devlyn Williams, Age 10

"I came up with this because my family and I decided to give up meat for Lent, but we needed protein," says Devlyn. "I studied black beans in health class along with quinoa. My mom had some sweet potatoes left over, so I thought I should experiment. And I love South American food mixed with my heritage, and I channeled that."

Makes 6 servings • 456 calories • 10g fat • 36g carbohydrates • 20g protein



CHEF DEVLYN



# QUINOA SWEET POTATO BOAT

## INGREDIENTS

4 medium sweet potatoes, rinsed and punctured with fork	½ teaspoon ground paprika
1 cup uncooked quinoa	½ teaspoon ground coriander
1¾ cups low-sodium chicken broth	⅛ teaspoon ground cayenne
1 tablespoon extra virgin olive oil	2 tablespoons honey
1 cup chopped yellow onion	Juice of 3 limes
1 minced garlic clove	1/3 cup chopped cilantro
1 (15-ounce) can black beans, drained and rinsed	½ cup shredded low-fat pepper Jack cheese
1½ cups frozen corn	Low-fat sour cream, for serving
½ teaspoon ground cumin	
½ teaspoon ground red pepper	

## PREPARATION

**Preheat oven 400°F.** Place sweet potatoes on a baking sheet and bake for 40 minutes, or until tender.

**While potatoes bake,** in a large stockpot, bring quinoa and chicken broth to a boil over high heat. Reduce heat, cover, and simmer for 15 minutes.

**In a large skillet, warm the oil on medium heat.** Add onion and sauté until tender, about 5 minutes. Add garlic, quinoa, black beans, corn, cumin, red pepper, paprika, coriander, cayenne, honey, lime, and 3 tablespoons of cilantro. Cook, stirring, for about 5 minutes before removing from heat.

**Remove potatoes from oven and let cool.** Cut potatoes in half and scoop out some of the potato in each half to make boats. Divide the quinoa among the boats and sprinkle with cheese. Place boats in oven and broil until cheese melts, about 5 minutes. Remove from oven and serve warm. Garnish with leftover cilantro and sour cream.

# ASIAN CHICKEN MEATBALL & CAULIFLOWER RICE TORTILLA

## INGREDIENTS

### ♥ For the Meatballs:

1 pound ground chicken  
 1 teaspoon sesame oil  
 1 garlic clove, peeled and crushed  
 2 tablespoons almond flour or all-purpose flour  
 3 tablespoons panko breadcrumbs  
 1 egg  
 3 tablespoons finely chopped scallions  
 ½ teaspoon sea salt  
 1 teaspoon Sriracha  
 6 whole-wheat tortillas

### ♥ For the Sauce:

1 teaspoon sesame oil

¼ cup seasoned rice vinegar

2 teaspoons Sriracha

2 tablespoons honey

### ♥ For the Cauliflower Rice:

1 head broccoli, finely chopped and steamed

1 head cauliflower, trimmed

1 tablespoon olive oil

2 tablespoons sesame seeds

Pinch minced garlic

Pinch salt and pepper

½ cup low-fat shredded cheddar cheese

## PREPARATION

**To make the Meatballs:** Turn on the oven to 375°F. In a large bowl mix together all meatball ingredients and form into balls. Bake on a baking sheet for about 20 minutes or until meatballs are browned and cooked through.

**To make the Sauce:** While the meatballs are baking, add all of the sauce ingredients into a saucepan and heat over low heat, stirring often, until warm.

**To make the Cauliflower Rice:** Place the cooked broccoli in a large skillet. Use a cheese grater and grate the head of the cauliflower into the pan with the broccoli and then add the sesame seeds. Put the pan over medium heat and cook, until cauliflower is lightly toasted. Season with garlic, salt and pepper.

**Spoon the broccoli and cauliflower rice onto tortillas,** top with meatballs, sauce, cheese and fold!

## Joshua Murphy, Age 10

“I love Chinese food and tortillas like at Chipotle, so I decided to create my own with two of my favorite types of foods,” says Joshua. “My mom was diagnosed with breast cancer a few years ago, so she is trying to teach me about using healthy ingredients and why it is important to know what I put in my body. She said that vegetables like cauliflower and broccoli have a lot of cancer-fighting power. I think that it is pretty cool that food can be powerful!”

Makes 6 servings • 489 calories • 21g fat • 40g carbohydrates • 30g protein



## Chloe Long, Age 10

“Mealtimes in my house are always a debate. My dad eats meat, and my mom is a vegetarian,” says Chloe. “One day, my mom bought tofu and my dad said, ‘But, I do not like tofu.’ So my mom and I created a tofu meal that he liked. Tofu is very bland when eaten alone, but it absorbs all the flavors that you add to it. We serve it over brown rice to add a whole grain.”

Makes 4 servings • 383 calories • 22g fat • 30g carbohydrates • 24g protein



CHEF CHLOE



# “WHAT! YOU DON’T LIKE TOFU?” STIR-FRY

## INGREDIENTS

### ♥ For the Tofu Marinade:

1 tablespoon low-sodium soy sauce  
1 tablespoon teriyaki sauce  
1 tablespoon rice vinegar  
1 tablespoon cornstarch  
14 ounces extra-firm tofu, drained and cubed

### ♥ For the Sauce:

2 tablespoons oyster sauce  
1 tablespoon low-sodium soy sauce  
1 tablespoon teriyaki sauce  
1 tablespoon rice vinegar  
1 tablespoon cornstarch

### ♥ For the Stir Fry:

½ head of broccoli, florets cut and stalks sliced

1 tablespoon peanut oil or canola oil  
3 scallions, peeled and minced  
1 teaspoon minced garlic  
1 tablespoon minced fresh ginger  
1 red bell pepper, seeded and sliced into sticks  
7 button mushrooms, sliced  
Steamed brown rice, optional  
½ bunch of cilantro, minced  
1 avocado, pitted and sliced into lengths  
1 tablespoon sesame seeds  
1 lime, cut into wedges

## PREPARATION

**To make the Marinade and Sauce:** In a medium bowl, whisk the marinade ingredients together with 2 tablespoons of water. Add the tofu, stir, and refrigerate for one hour, stirring once or twice. In a small bowl, whisk the sauce ingredients together and set aside.

**In a large pot of boiling water, cook the broccoli for 2 minutes.** Rinse under cold water and set aside.

**In a large skillet or wok, warm the oil over moderate heat.** Add the scallions, garlic, and ginger and cook for about 3 minutes, stirring constantly. Add the pepper and mushrooms and cook until slightly soft, about 3 minutes. Add the broccoli, tofu, and sauce and simmer about 7 minutes, so the flavors will blend.

**To serve, put some rice on a plate,** if using, then the tofu stir-fry. Top with cilantro, avocado, sesame seeds, and a squirt of lime juice.

# TERRIFIC TURKEY TACOS

## INGREDIENTS

1 tablespoon vegetable oil  
 1 pound ground turkey  
 2 teaspoons chili powder  
 1½ teaspoons paprika  
 ½ teaspoon sea salt  
 ½ teaspoon ground cumin  
 ½ teaspoon oregano  
 ¼ teaspoon black pepper  
 Pinch cayenne pepper  
 6 whole-wheat soft tortillas  
 Garnish: Shredded low-fat Colby Jack  
 cheese, romaine lettuce, diced  
 tomatoes, and avocados

## PREPARATION

In a large sauté pan, warm the oil over moderate heat. Add the turkey and cook for 5 minutes, breaking up with a wooden spoon until crumbly. In a small bowl, mix all of the seasonings and ½ cup water. Add to the turkey and simmer for 10 minutes, or until the turkey is cooked through.

Warm tortillas in microwave. Serve with turkey and all of the garnishes. Roll up and enjoy!

## Zienna Peterson, Age 10

“We love tacos at our house! We have them once a week, on taco Tuesdays!” says Zienna. “We wanted to find a healthier way to make them. Something we all love, and simple for our fun family of seven! We love to serve them with different fruits on the side.”

Makes 6 servings • 286 calories • 12g fat • 26g carbohydrates • 19g protein



CHEF ZIENNA



## Grace Keating, Age 11

“My grandma started making this recipe for my dad when he was little. My mom and I took the original recipe and made it healthier,” says Grace. “I love to adapt recipes and make them healthy. I would serve the Chicken and Grape Salad Lettuce Wraps with a fresh quinoa salad. When I grow up, I want to be a nutritionist, to make a change in people’s lives, and to go further with helping children and families eat healthy.”

Makes 4-6 servings • 429 calories • 25g fat • 37g carbohydrates • 19g protein



CHEF GRACE



# CHICKEN & GRAPE SALAD LETTUCE WRAPS

## INGREDIENTS

1 pound boneless, skinless chicken breasts  
 1 cup red or green grapes, halved  
 2 tablespoons minced onion  
 2 tablespoons diced red bell pepper  
 ½ cup plain nonfat Greek yogurt  
 ½ cup nonfat sour cream  
 1¼ teaspoons fresh lemon juice  
 ½ teaspoon curry powder  
 Salt and pepper, to taste  
 Whole lettuce leaves  
 Dried cranberries, for garnish

## PREPARATION

**Preheat the grill.** Cook the chicken for about 10 minutes on each side, until cooked through. Let cool then dice into 1-inch cubes. In a large bowl, mix the chicken with grapes, onion, and red pepper.

**In a separate bowl, whisk together** the yogurt, sour cream, lemon juice, curry powder, salt, and pepper. Pour over the chicken-grape salad and mix thoroughly.

**On top of lettuce leaves,** scoop ¼-cup servings of chicken and grape salad. Garnish with dried cranberries. Enjoy!

# PAN-SEARED SALMON WITH VEGETABLES & TRICOLOR SALAD

## INGREDIENTS

### ♥ For the Tricolor Salad:

2 ounces buffalo mozzarella cheese,  
thinly sliced  
1 plum tomato, thinly sliced  
¼ teaspoon oregano  
¼ teaspoon pepper  
½ teaspoon olive oil  
¼ teaspoon balsamic vinegar  
1 small avocado, diced  
1 whole-wheat wrap, warmed and  
cut into rectangles

### ♥ For the Salmon:

1 6-ounce salmon fillet  
¼ teaspoon Greek seasoning  
¼ teaspoon pepper  
1 teaspoon butter

### ♥ For the Cream Sauce:

¼ teaspoon butter  
2 teaspoons half-and-half  
4 ounces broccoli florets  
½ portobello mushroom  
5 sprigs fresh parsley

## PREPARATION

**To make the Tricolor Salad:** Arrange alternating layers of cheese and tomato, season with oregano, black pepper, olive oil, and balsamic vinegar, and top with avocado and warm tortilla rectangles.

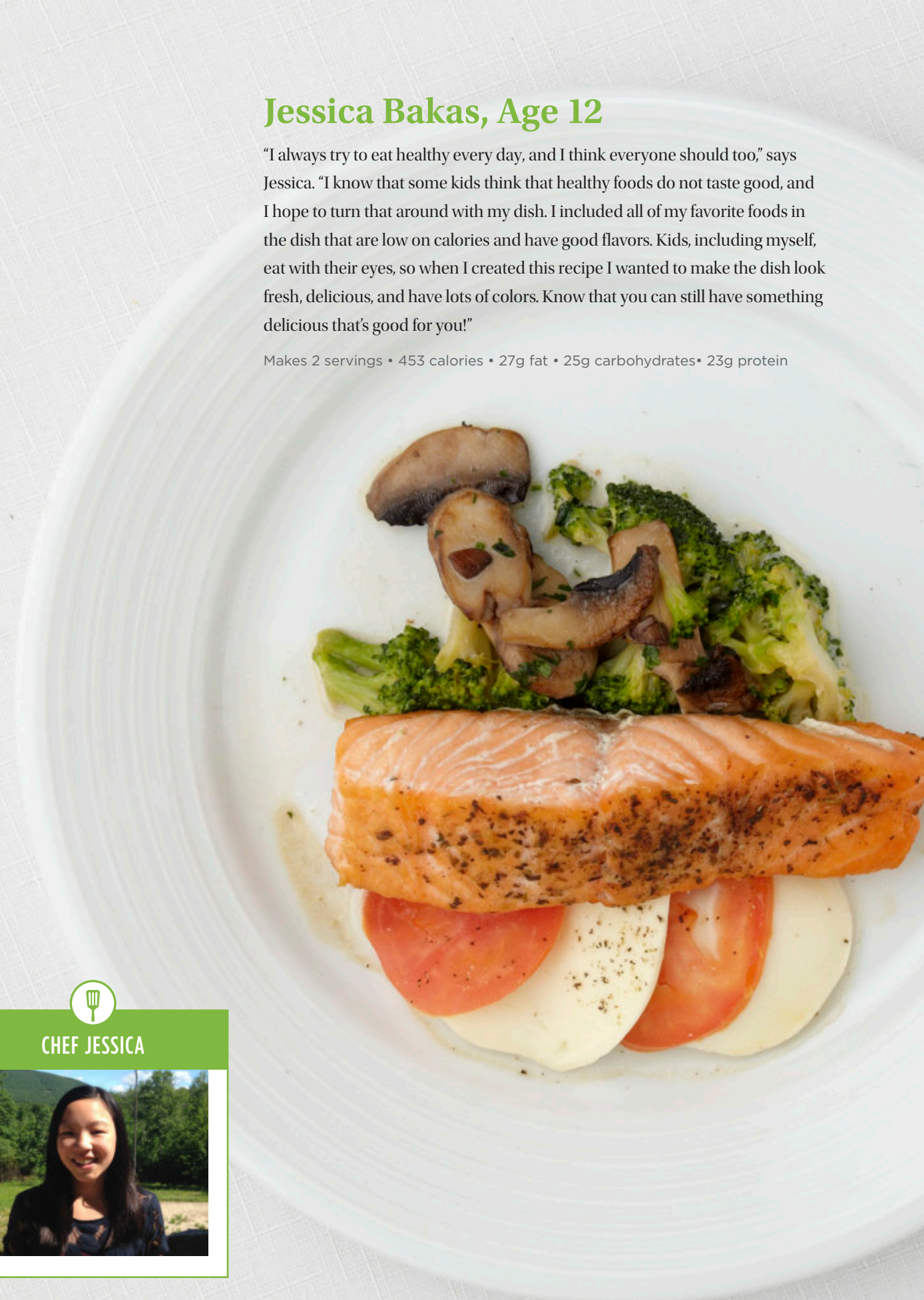
**To make the Salmon:** Rub salmon with Greek seasoning and black pepper. In a large pan, melt the butter over moderate heat. Sear the salmon and cook until firm, about 3 minutes per side. Transfer to a plate.

**To make the Cream Sauce:** In the same saucepan that you used for the salmon, melt the butter over moderate heat. Add half-and-half and ¼ cup water. Cook for 1 minute, then add the broccoli and portobello mushroom and cook for 3 minutes, until vegetables are tender. Pour the sauce and veggies over the salmon, garnish with fresh parsley, and serve.

## Jessica Bakas, Age 12

"I always try to eat healthy every day, and I think everyone should too," says Jessica. "I know that some kids think that healthy foods do not taste good, and I hope to turn that around with my dish. I included all of my favorite foods in the dish that are low on calories and have good flavors. Kids, including myself, eat with their eyes, so when I created this recipe I wanted to make the dish look fresh, delicious, and have lots of colors. Know that you can still have something delicious that's good for you!"

Makes 2 servings • 453 calories • 27g fat • 25g carbohydrates • 23g protein



# SWEET-POTATO-CRUSTED TURKEY & VEGGIE PIZZA

## INGREDIENTS

### ♥ For the Crust:

1½ cups cooked or microwaved sweet potato (1 large sweet potato)  
 1½ cups almond flour or all-purpose flour  
 ¾ cup egg substitute  
 ½ cup low-fat shredded mozzarella cheese  
 1 teaspoon gluten-free baking powder  
 2 teaspoons garlic powder  
 1 teaspoon oregano  
 ¼ teaspoon chipotle chili powder  
 ½ teaspoon sweet paprika  
 ¼ teaspoon cinnamon

### ♥ For the Toppings:

1 tablespoon canola oil  
 2 ounces ground turkey  
 ½ red onion, peeled and sliced  
 ½ small eggplant, peeled and chopped  
 ½ zucchini, chopped  
 3 portobello mushrooms, sliced  
 ½ yellow bell pepper, sliced  
 ½ orange bell pepper, sliced  
 ¾ cup tomato sauce  
 ½ cup low-fat mozzarella cheese

## PREPARATION

**Preheat oven to 375°F.** In a large bowl, combine all of the crust ingredients and mix thoroughly. Spray a 9-inch round springform pan or pizza pan with cooking spray. Spread the dough into a circle, to cover the pan. Bake the dough for 25 minutes or until the center is firm and the edges are browned. Remove from the oven and let cool.

**Meanwhile, in a large sauté pan, warm the oil over moderate heat.** Add the turkey and onion, and cook about 5 minutes, or until turkey is cooked through and onions are tender. Add the eggplant, zucchini, mushrooms, and bell peppers and cook for about 5 minutes, until they are soft. Remove from heat.

**To assemble:** Spread the sauce on the pre-baked crust, top with the turkey-vegetable mix and cheese. Bake for about 10 minutes, or until cheese is melted.

## Jacob Cook, Age 9

“I love pizza! I can eat it every meal and every day!” admits Jacob. “My Mom and I came up with this low-fat option, which lets us enjoy what we like, while it’s healthier for us. It is gluten-free and low-carb, which allows my Mom to eat it too. I would serve this pizza with a berry smoothie, made with fresh berries and yogurt!”

Makes 6 servings • 429 calories • 25g fat • 33 carbohydrates • 19g protein



CHEF JACOB



## Max Johnson-Jimenez, Age 11

“We eat this meal often because it is a family favorite,” says Max. “My parents made up the recipe before I was born, and we have continued to change the recipe over the years. Now I like to make it, too. We serve this with corn tortillas, brown rice, cucumber salad, and fruit.”

Makes 6 servings • 429 calories • 23g fat • 27g carbohydrates • 19g protein



CHEF MAX



# SOUTHWESTERN CASERA

## INGREDIENTS

1 tablespoon vegetable oil	2 garlic cloves, peeled
1¼ pounds ground turkey	1½ teaspoons salt
4 large tomatoes, quartered	1 teaspoon Mexican oregano
1 (14-ounce) can fire-roasted diced tomatoes	1 teaspoon ground chipotle pepper or chili powder
1 onion, peeled and coarsely chopped	½ cup fresh cilantro sprigs
1 jalapeño pepper, quartered and seeded	1 lime, cut into wedges
2 yellow bell peppers, quartered and seeded	Garnish: Corn tortillas, low-fat sour cream, brown rice, fruits and veggies
1 scallion, trimmed and sliced	

## PREPARATION

In a large sauté pan, warm the oil over moderate heat. Add the turkey and cook for about 10 minutes or until cooked through. Drain any liquid from the pan.

Meanwhile, in a food processor or blender, place ¾ of the tomatoes, the canned tomatoes, ½ the onion, jalapeño, peppers, scallion, garlic, salt, oregano, and chili powder, and blend until ingredients are evenly mixed. Add the rest of the tomato and onion and all the cilantro. Pulse the food processor 5 or 6 times to reach a chunky consistency.

Add the salsa to the turkey and cook on moderate heat for about 5 minutes. Serve with lime wedges and garnishes.

# MIKE'S CHICKEN & VEGETABLE DUMPLING CUPS

## INGREDIENTS

2 tablespoons olive oil  
 2 tablespoons low-sodium soy sauce (or tamari)  
 Juice from 1 fresh tangerine  
 2 cups skinless, boneless chicken breasts, diced  
 ¼ cup diced cilantro  
 1 carrot, peeled and diced  
 ½ cup shredded cabbage  
 2 scallions, diced  
 2 minced garlic cloves  
 24 rice wrappers

## PREPARATION

In a large bowl, mix 1 tablespoon of olive oil, the soy sauce, and the tangerine juice. Add the chicken, cilantro, carrot, cabbage, scallions, and garlic to this bowl. Set aside for 15 minutes to marinate.

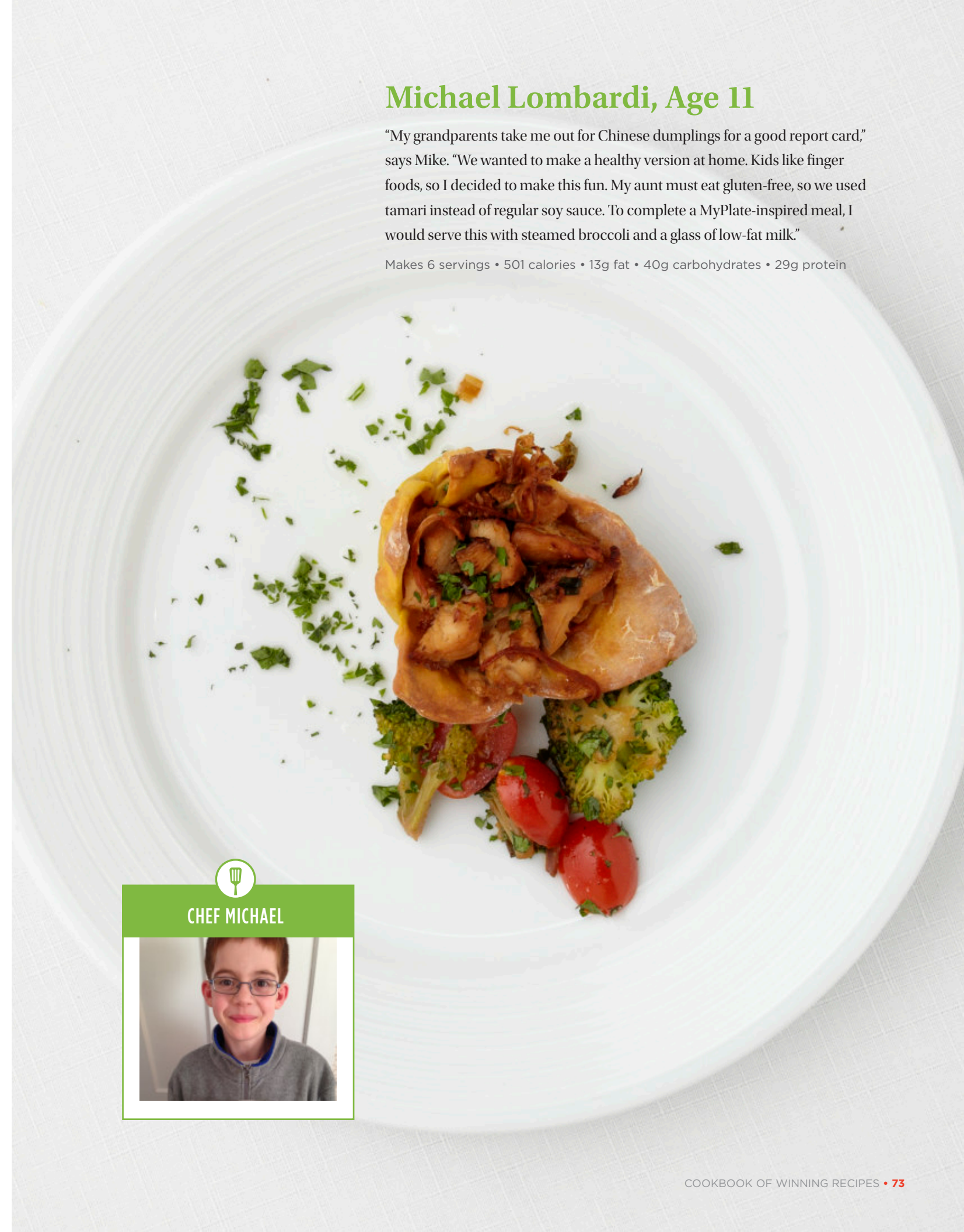
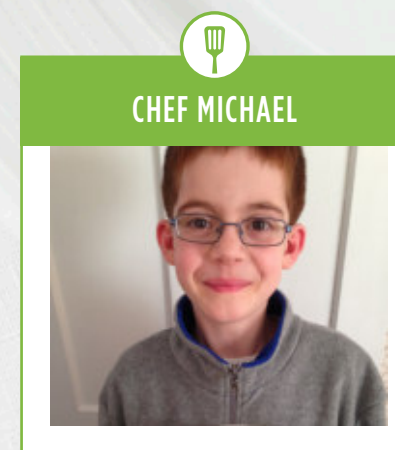
In a large sauté pan over moderate heat, warm the remaining tablespoon of olive oil. Add the chicken and vegetable mixture to the pan and stir occasionally, cooking until the chicken is cooked through, about 10 minutes. Lower the heat to very low to keep warm.

Preheat oven to 350°F. Lightly spray a cupcake pan or muffin tin with olive oil or cooking spray. Dip rice paper wrapper in warm water. Place 2 of these wet wrappers in each cupcake cup and bake in the oven for 15 minutes. Let cool, remove the tin, then scoop chicken and vegetable mixture into the rice paper cup and serve.

## Michael Lombardi, Age 11

"My grandparents take me out for Chinese dumplings for a good report card," says Mike. "We wanted to make a healthy version at home. Kids like finger foods, so I decided to make this fun. My aunt must eat gluten-free, so we used tamari instead of regular soy sauce. To complete a MyPlate-inspired meal, I would serve this with steamed broccoli and a glass of low-fat milk."

Makes 6 servings • 501 calories • 13g fat • 40g carbohydrates • 29g protein



# YUMMY & HEALTHY KATI ROLL

## INGREDIENTS

1 tablespoon vegetable oil	1 pound boneless skinless chicken thighs, cut into small cubes
1 yellow onion, peeled and chopped	4 eggs
1 tablespoon finely chopped fresh ginger	9 whole-wheat tortillas
1 minced garlic clove	½ red onion, peeled and chopped
½ cup chopped tomato	3 carrots, peeled and chopped
4 mushrooms, chopped	½ cucumber, chopped
¼ teaspoon ground turmeric powder	1 bunch cilantro, finely chopped
¼ teaspoon ground garam masala	Juice from 2 limes
¼ teaspoon red chili powder (cayenne)	Salt to taste
¼ teaspoon ground cumin	
½ teaspoon ground coriander	

## PREPARATION

In a large sauté pan or wok, warm oil on moderate heat. Add the onion, ginger, and garlic and cook for 2 minutes. Add tomatoes and mushrooms and cook for 2 minutes. Add turmeric, garam masala, red chili powder, cumin, coriander, and chicken and cook, stirring often, until chicken is cooked, through about 15 minutes. Season with salt to taste and transfer to a bowl.

In a small bowl, whisk the eggs. Using a nonstick pan, cook the eggs over moderate heat. Place a tortilla on top of the egg while it's still cooking. Cook for 1 minute, then flip the eggs over. Cook 1 minute more, and slide the eggs onto a plate.

To make the roll: Diagonally on a tortilla, place a few tablespoons of the chicken mixture and eggs, as well as red onion, carrots, cucumber, and cilantro. Squeeze lime juice over the mixture and roll the tortilla up.

## Rajen Dey, Age 11

“One summer, my family and I went to India. We went to a restaurant and ordered some rolls. When we got them, they were way too spicy. I drank almost a gallon of water! When we came back to the U.S., I was trying to make a roll that was healthy, delicious, and not spicy. When I was finished with experimenting, I cooked it for my family, and they all loved it. But, I wanted it to be even better. So, I added an egg to every roll, and I got the best roll ever made.”

Makes 8 servings • 317 calories • 11g fat • 36g carbohydrates • 20g protein



## Tegan Lancaster, Age 11

“Tegan loves grilled food and she’s a vegetarian, so grilling gets creative at our house,” says Tegan’s mom, Kathryn. “She also loves breakfast, so she decided that she would like to share our grilled veggies egg-white omelet recipe. With the omelet, she likes something sweet so we added a side of fruit and Greek yogurt with our toasted honey/cinnamon tortilla chips.”

Makes 1 serving • 421 calories • 20g fat • 37g carbohydrates • 18g protein



CHEF TEGAN



# GRILLED VEGGIE BRUNCH

## INGREDIENTS

### ♥ For the Omelet:

4 asparagus, chopped  
1 portobello mushroom  
2 teaspoons olive oil  
2 egg whites  
Pinch sea salt and pepper  
1 tablespoon chopped Roma or plum tomato  
1 tablespoon feta cheese

### ♥ For the Fruit & Yogurt:

1 whole-wheat tortilla  
½ tablespoon honey

1 teaspoon cinnamon  
¼ cup sliced banana, raspberries and blackberries  
3 ounces Greek yogurt, preferably lemon

## PREPARATION

**Preheat the grill.** Place the asparagus and portobello mushroom on a grill pan and drizzle with olive oil; sprinkle with sea salt and pepper. Grill for 10 minutes, turning occasionally, and set aside.

**In a nonstick pan over moderate heat, cook the egg whites,** letting the eggs set for 1 minute. Add the asparagus, mushrooms, tomato, and feta cheese, turn the heat off, and cover for 2 minutes.

**To make Fruit & Yogurt dessert:** Preheat the oven to 350°F. Place tortilla on a cookie sheet, spread honey and cinnamon, and bake for 7 minutes then slice. In a bowl, mix the lemon-flavored Greek yogurt with fruit and serve with tortilla chips.

## Abigail Cornwell, Age 9

"I came up with my recipe because I love Italian food, and wanted to share my recipe with everyone!" says Abigail. "I love fresh ingredients, especially in the summertime, going to the farmers' market with my mom to shop. I have included my 'sunshine' in the recipe, and it is a tangerine with fresh strawberries. I also included a lean protein, whole grain pasta, spinach as my vegetable."

Makes 8 servings • 468 calories • 17g fat • 39g carbohydrates • 24g protein



CHEF ABIGAIL



# SUNRISE TUSCAN CHICKEN

## INGREDIENTS

### ♥ For Chicken:

2 tablespoons olive oil  
1 pound skinless, boneless chicken breasts  
Handful fresh basil leaves  
Juice of 1 lemon

### ♥ For Pasta & Sauce:

1 pound whole-wheat penne pasta  
3 tablespoons olive oil  
2 minced garlic cloves  
2½ cups low-sodium chicken broth

1 pint cherry tomatoes, halved  
1 lemon, thinly sliced  
3 cups fresh spinach, stems removed  
½ teaspoon salt  
½ teaspoon pepper  
⅓ cup grated Parmesan cheese

### ♥ For Sunrise:

3 tangelos, halved  
6 large strawberries, sliced

## PREPARATION

Place chicken in a large plastic resealable bag. Add basil, lemon juice, and olive oil. Place in the refrigerator for 20 minutes to marinate.

In a large sauté pan, warm the olive oil over moderate heat. Add the chicken and cook, stirring often, for 10 minutes, or until fully cooked. Set aside, let cool, and then slice.

In the meantime, bring a large pot of water to a boil, and cook pasta until al dente, about 8 minutes. Drain and set aside.

In a large sauté pan on medium-low heat, warm the remaining tablespoon of olive oil. Add the garlic and cook for 2 minutes. Add the chicken broth, cherry tomatoes, lemon, spinach, and salt and pepper and cook for 5 minutes or until the broth is reduced by half. Add the pasta and stir. Serve pasta with sliced chicken and a sprinkle of Parmesan cheese. Place the tangelo on the plate, face up, and add strawberry slices around to create the sun!

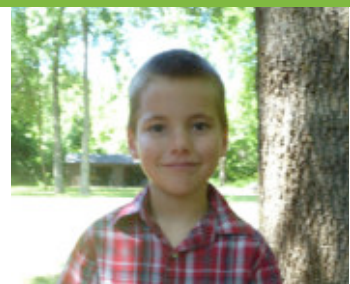
## Ranger Lemaster, Age 8

“My kids love any snacks with dip,” says Ranger’s mom, Ashley. “We came up with this recipe as a healthy alternative to some of the chip-and-dip options out there. It is just as good with baked tortilla chips or whole-grain pita wedges as it is with celery sticks. We would include a side of fresh fruit, as this recipe lacks nothing else. The spices give it the extra kick, and the sunflower seeds give it a salty crunch and a boost of lean protein.”

Makes 8-10 appetizer servings • 314 calories • 8g fat • 41g carbohydrates • 18g protein



CHEF RANGER



# SMOKY SOUTHWESTERN VEGETABLE DIP

## INGREDIENTS

4 whole-grain pitas	½ cup peeled and seeded cucumber, chopped
Baked corn tortilla chips	½ red bell pepper, seeded and chopped
Grape seed oil or olive oil, for drizzling	Juice of 1 lime
Himalayan pink salt or any sea salt or coarse salt to taste	1 teaspoon chili powder
1 (16-ounce) container of low-fat cottage cheese, drained	½ teaspoon smoked paprika
1 (15-ounce) can black beans, rinsed and drained	½ teaspoon ground cumin
1 (15-ounce) can sweet whole kernel corn, rinsed and drained	1 small avocado, cubed
	¼ cup roasted salted sunflower seeds
	Celery Sticks

## PREPARATION

**To make the crisps:** Preheat the oven to 375°F. Cut pita wedges and corn tortillas into bite-size wedges and lightly sprinkle with oil and salt. Bake in oven for 10 minutes, turning over after 5 minutes. Let cool.

**In a large bowl,** mix cottage cheese, black beans, corn, cucumber, and red pepper. Add the lime and spices, stir and refrigerate for about 15 minutes. Add avocado and sunflower seeds just before serving.

# HEALTHY STUFFED RAINBOW PEPPERS

## INGREDIENTS

### ♥ For the Stuffed Bell Peppers:

2 tablespoons coconut oil  
 ½ yellow onion, peeled and chopped  
 4 minced garlic cloves  
 1 pound ground turkey  
 ½ cup fresh basil leaves, chopped  
 4 medium bell peppers, tops removed and seeded  
 Parmesan cheese to sprinkle on top  
 Salt and pepper to taste

### ♥ For the Israeli Couscous:

1 box of Israeli couscous  
 1 (16-ounce) container low-sodium chicken broth  
 1½ cups cannellini beans, rinsed and drained  
 4 grape tomatoes, halved  
 1½ cups spinach, chopped  
 ¼ cup Parmesan cheese

## PREPARATION

**To make the Stuffed Bell Peppers:** Preheat your oven to 350°F. In a large sauté pan, warm the oil over moderate heat. Add the onion and garlic and cook until onions are soft, about 3 minutes. Add the turkey and cook, stirring often, for 10 minutes, until the turkey is cooked. Add in the basil. Stuff the peppers and sprinkle cheese on top. Season with salt and pepper. Place the peppers in a 9-by-9-inch baking pan and bake for 20 minutes.

**To make the Israeli Couscous:** In a large saucepan, cook the couscous with the broth according to the directions. Add the beans and tomatoes and let sit, covered, for 5 minutes. Meantime, put the spinach in a large bowl. Pour the couscous on top of the spinach and stir it in gently. Add in the cheese and stir once more. Serve with the stuffed peppers.

## Grace Wetzler, Age 12

“My lunch is a variety of color, flavor, and fun. Looking down at the plate it is like a rainbow,” says Grace. “I am a strong believer that a meal should look good and taste good. It should please your eyes and your stomach. This was an easy lunch I whipped up in no time.” Grace likes to finish the meal with Greek yogurt with fresh fruit and a drizzle of honey.

Makes 8 servings • 392 calories • 10g fat • 40g carbohydrates • 27g protein



# SEAFOOD TACOS WITH LIME COLESLAW & PEACHY SALSA

## INGREDIENTS

### ♥ For the Fish:

5 fresh tilapia fillets

15 medium (20 count) shrimp,  
shelled and deveined

1 tablespoon olive oil

½ teaspoon garlic powder

¼ teaspoon ground cumin

3 tablespoons low-fat mayonnaise

1 teaspoon fresh lime juice

2 cups shredded cabbage and carrots

5 whole-grain tortilla shells

½ medium red sweet pepper, seeded  
and finely chopped

2 tablespoons thinly sliced scallions

½ jalapeño chile pepper, seeded

and finely chopped

1¼ teaspoons olive oil

¼ teaspoon fresh lime zest

1¼ teaspoons fresh lime juice

1¼ teaspoons vinegar

¼ teaspoon salt

⅛ teaspoon black pepper

### ♥ For the Peach Nectarine Salsa:

½ cup diced fresh peaches

¼ cup diced fresh nectarines

## PREPARATION

**Preheat the oven to 450°F.** Rinse fish and shrimp and pat dry with paper towels. Place fish and shrimp in a greased shallow baking dish. In a small bowl, combine olive oil, garlic powder, and cumin and brush mixture over both sides of fish. Bake for about 6 minutes, turn over, and bake for another 5 minutes or until the fish flakes easily with a fork. With fork, break fillets into smaller pieces and chop shrimp.

**In a small bowl, combine mayonnaise and lime juice.** Add cabbage/carrot mix and toss to coat.

**In a small bowl, combine all salsa ingredients** and mix together.

**To assemble tacos,** warm tortillas, wrapped in damp paper towels, in microwave for 45 seconds, and top each with a fifth of the fish, shrimp, some of the coleslaw and salsa, and grilled asparagus.

## Hannah Foley, Age 10

“I love to cook, and hope to one day be a chef with my own show on the Food Network called *H to the F to the Hannah Foley Chef*,” says Hannah. “Our family really loves seafood, and we try to eat healthy. My recipe includes whole grains with a whole-wheat tortilla; lean protein with tilapia fillets and shrimp; veggies in the coleslaw, salsa, and side of grilled asparagus; and fruit with the peaches and nectarines in the salsa.”

Makes 5 servings • 351 calories • 15g fat • 18g carbohydrates • 39g protein



CHEF HANNAH



# SALMON & SALAD ISLAND DELUXE

## INGREDIENTS

- 1 tablespoon olive oil
- 2 4-ounce salmon fillets
- ½ teaspoon low-sodium salt
- ½ teaspoon white ground pepper
- ½ teaspoon parsley, optional
- 1 head of lettuce, shredded
- ¼ cup diced tomatoes
- ¼ cup shredded carrots
- ¼ cup corn
- ¼ cup tortilla strips
- ¼ cup shredded low-fat mozzarella  
and cheddar mix
- 2 teaspoons lemon-and-herb  
vinaigrette or healthy dressing  
of your choice

## PREPARATION

In a large sauté pan, warm the oil over moderate heat. Season the salmon with salt, pepper, and parsley and cook for 5 minutes, then flip over and cook for 4 more, or until golden and firm.

In a large salad bowl, add the lettuce, tomatoes, carrots, corn, tortilla strips and cheese. Drizzle with the dressing and toss well. When the salmon is ready, put each fillet on a plate with half the salad and serve.

## Karla Gonzalez, Age 10

“At science class, we did an awesome project. We had to keep record for a week of all the food we ate at breakfast, lunch, and dinner, and also the snacks,” says Karla. “That made me more aware of the importance of eating healthy. Since I am a fan of salmon with white rice, I am making a variation and replacing the rice with salad. The salmon is so easy to prepare that I do it myself. For the salad, I help my mom in the preparation to make sure there are no secret ingredients.”

Makes 2 servings • 425 calories • 26g fat • 18g carbohydrates • 31g protein



CHEF KARLA



# MEDITERRANEAN KEBAB WRAP WITH CILANTRO TABBOULEH

## INGREDIENTS

### ♥ For the Kebabs:

1 pound ground turkey  
1 bunch parsley, chopped  
½ bunch cilantro, chopped  
1 medium sweet onion, peeled and finely chopped  
1 teaspoon black pepper  
2 teaspoons allspice  
½ teaspoon cinnamon  
¼ teaspoon ground nutmeg  
¼ teaspoon cloves  
1½ teaspoons salt

1 minced garlic clove  
Olive oil  
Garnish: whole-wheat pita, lettuce, tomato, hummus

### ♥ For the Cilantro Tabbouleh:

½ cup coarse bulgur  
2 bunches cilantro  
5 medium scallions, sliced  
4 tomatoes, seeded and diced  
Juice of 4 fresh lemons  
¼ cup and 1 tablespoon extra-virgin olive oil

1 teaspoon dried mint  
2 tablespoons pine nuts  
Salt and black pepper to taste

### ♥ For the Refreshing

#### Cucumber Salad:

16 ounces low-fat plain Greek yogurt  
1 large cucumber, peeled and seeded  
1 tablespoon dried mint  
4 minced garlic cloves  
Juice of 3 fresh lemons  
Salt to taste

## PREPARATION

**To make the Mediterranean Kebab Wraps:** In a large bowl, mix ground turkey, parsley, cilantro, and onion. In separate bowl, mix the spices and garlic. Add to the turkey and mix well.

**Form the kebabs by hand.** Each should be about 4 inches long and about 1½ to 2 inches wide. Place on lightly greased tray. Lightly brush the kebabs with olive oil. Place in preheated broiler on low (or grill) and cook for 15 minutes, flip them over, and cook an additional 15 minutes. Place in pita-wrap with lettuce, tomatoes, and hummus.

**To make the Cilantro Tabbouleh:** In a large pot bring 1½ cups water and pinch of salt to boil over moderate heat. Add the bulgur, stir, remove from heat, and let cool. Add cilantro, scallions, tomatoes, lemon juice, ¼ cup olive oil, and mint to bulgur and stir.

**In a small sauté pan over moderate heat,** warm the remaining tablespoon of olive oil. Add the pine nuts and toast until lightly brown, about 2 minutes. Let cool, then toss into salad. Season with salt and pepper.

**To make Refreshing Cucumber Salad:** In a large bowl, add all of the ingredients and mix thoroughly. Chill before serving.

## Kinnan Hammond-Dowie, Age 12

"I've always enjoyed learning to cook with my grandmother, who is of Middle Eastern heritage," notes Kinnan. "I like to experiment with our family recipes and try to make them healthier and still delicious. I decided to make the kebabs out of ground turkey rather than the traditional lamb. Since ground turkey can sometimes be bland, I tried adding some healthy herbs to boost the flavor. I serve this meal with a Refreshing Cucumber Salad. Yummy!"

Makes 6 servings • 318 calories • 20g fat • 21g carbohydrates • 19g protein



CHEF KINNAN



## Julia Pascoe, Age 8

“About every two weeks, we go buy a rotisserie chicken from wherever it’s on sale. On that night we eat chicken breast with two veggies and a fruit,” says Julia. “The next afternoon is my favorite, because we make Carolina Chicken Chili, which is a recipe I helped my mom make up. It’s healthy and doesn’t cost much—we make one rotisserie chicken go really far this way, and we’re all eating healthy two or three nights and lunch.”

Makes 8-10 servings • 404 calories • 16g fat • 36g carbohydrates • 24g protein



CHEF JULIA



# CAROLINA CHICKEN CHILI

## INGREDIENTS

- |   |  |
|---|--|
| ¼ cup olive oil   | 2 tablespoons ground cumin   |
| 2 yellow onions, peeled and chopped   | 2 tablespoons red chili powder   |
| 1 minced garlic clove   | 1 teaspoon smoked paprika  |
| 4 (15.2-ounce) cans white kidney beans, rinsed and drained                      | 1 teaspoon salt  |
| 10 ounces rotisserie chicken, shredded (or cooked chicken, shredded)            | 1 teaspoon pepper  |
| 2 (32-ounce) boxes of low-sodium chicken broth                                  | Garnish: whole-wheat chips, low-fat Monterey Jack cheese shredded, chopped avocado, chopped tomato, chopped fresh cilantro |
| 1 (15-ounce) can corn, rinsed and drained                                       |  |
| 1 (4.5-ounce) can chopped green chiles, or less if you don't like spicy flavors |  |

## PREPARATION

In a large stock or pasta pot, warm the oil over moderate heat. Add the onions and sauté until soft, stirring often, about 10 minutes. Add the garlic and cook about 2 minutes more.

Add three cans of the beans, chicken, broth, corn, chiles, cumin, chili powder, paprika, salt, and pepper. Raise heat to medium high and stir. While the chili is cooking, mash up the remaining can of beans in a bowl with a fork. Add to the chili and stir. Reduce heat to low and cook for 10 minutes. Serve with the garnishes.

## Sabrina Swee, Age 12

“A year ago we traveled to Maui for a family vacation and enjoyed many Hawaiian dishes, which inspired us to create this wrap,” says Sabrina. “We wanted to incorporate many ingredients that we can grow locally and/or purchase locally at our small town grocery store. This recipe is very versatile, as you can use a kale leaf or other lettuce for the wrap.”

Makes 5 servings • 404 calories • 17f fat • 39g carbohydrates • 23g protein



CHEF SABRINA



# HAWAIIAN KALE WRAPS

## INGREDIENTS

### ♥ For the Wrap:

1 pound lean ground beef  
1 cup water  
½ cup uncooked quinoa  
½ cup thinly sliced red bell pepper  
¾ cup shredded carrot  
¾ cup canned pineapple, drained and chopped  
2 cups coleslaw mix or broccoli slaw mix  
½ cup chopped scallions  
10 kale leaves

### ♥ For the Sauce:

½ cup pineapple juice  
⅓ cup low-sodium soy sauce  
2 minced garlic cloves  
½ teaspoon dried ginger  
⅛ teaspoon cayenne  
½ teaspoon sesame oil  
1 tablespoon lime juice  
1 tablespoon honey  
1 tablespoon cornstarch

## PREPARATION

In a large sauté pan over moderate heat, cook the ground beef until browned and cooked through, about 10 minutes. Drain any excess fat.

Meanwhile, in a small stockpot, add 1 cup water and the quinoa and bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes until quinoa is cooked. While quinoa is cooking, combine the sauce ingredients in a medium bowl, mix together, and set aside.

When quinoa is done, increase heat to medium-high and add the sauce, red bell pepper, carrots, pineapple, and coleslaw mix. Mix thoroughly and cook for 3 minutes then add the scallions. Place about ¼ or ½ cup (depending on the size of your kale leaf) of the cooked mixture in the middle of a washed kale leaf, wrap, and eat.

# TENNESSEE TABBULEH

## INGREDIENTS

### ♥ For the Couscous:

- 1 teaspoon olive oil
- ¼ teaspoon salt
- 1 cup whole-wheat couscous

### ♥ For the Tabbouleh:

- Juice of 3 lemons
- 2 tablespoons olive oil
- ½ teaspoon salt
- 2 cups cherry tomatoes, halved
- 3 small or 1 large cucumber, chopped
- 2 scallions, sliced thin
- 1 bunch parsley, stems removed  
and chopped
- 1 large dark green leafy lettuce
- 2 boneless skinless chicken breasts,  
cooked and sliced into strips
- ¼ cup low-fat feta cheese

## PREPARATION

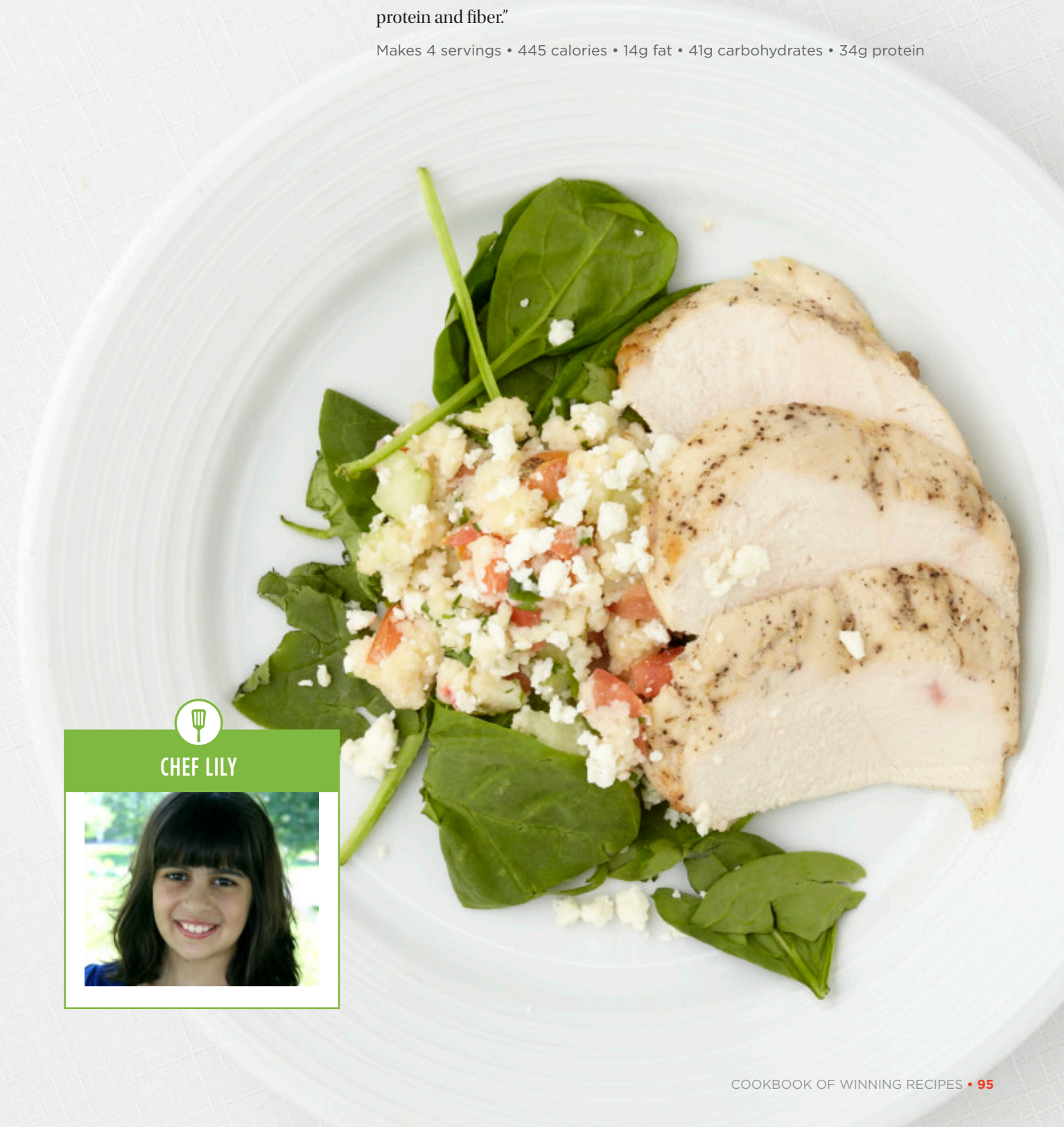
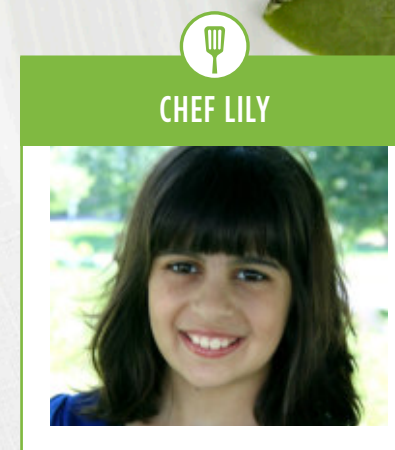
In a **medium pot**, bring 1 cup water, olive oil and salt to a boil on moderate heat. Remove from the heat, stir in the couscous, cover, and let it sit for 5 minutes. Fluff with a fork and pour into a large serving bowl to cool.

In a **medium bowl**, whisk together the lemon juice, olive oil, and salt and set it aside. Add the cherry tomatoes, cucumber, scallions, and parsley to the couscous. Drizzle the dressing on top and toss. Lay a large lettuce leaf or two smaller ones on each plate. Divide the tabbouleh, top with chicken and feta.

## Lily Sahihi, Age 9

“I live in a three-generation home, and I love watching my grandma and mom cook,” says Lily. “I’ve learned so much from them about using fresh ingredients. We grow our own herbs and some fruits and veggies too. I call this dish Tennessee Tabbouleh because it’s a Mediterranean recipe. I added my own twist by using whole-wheat couscous instead of cracked wheat because it’s easier to find in the grocery store and has lots of good-for-you protein and fiber.”

Makes 4 servings • 445 calories • 14g fat • 41g carbohydrates • 34g protein



## Ariel Derby, Age 8

“We chose to make falafel because of our heritage. It is a Mediterranean/Middle Eastern staple,” noted Ariel. “This version is baked and not fried, making it lower in fat. I choose to top it with low-fat Greek yogurt, but you could choose any dairy-free yogurt that you want. I serve it with a Tomato Cucumber Salad on the side, which is very refreshing in the summer.”

Makes 4 servings • 325 calories • 14g fat • 42g carbohydrates • 12g protein



CHEF ARIEL



# BAKED FALAFEL & TOMATO CUCUMBER SALAD

## INGREDIENTS

### ♥ For the Falafel:

1 cup dried chickpeas,  
soaked overnight  
2 tablespoons olive oil  
½ cup chopped red onion  
½ cup chopped fresh parsley  
½ cup chopped cilantro  
¼ teaspoon ground cumin  
¼ teaspoon ground turmeric  
¼ teaspoon ground coriander  
Splash of lemon juice

Dash of cayenne, if desired

Garnishes: Lettuce leaves, plain  
low-fat Greek yogurt

### ♥ For the Tomato Cucumber Salad:

3 large tomatoes, chopped  
2 cucumbers, peeled and chopped  
¼ cup cilantro, chopped  
1 tablespoon olive oil  
1 tablespoon lemon juice

## PREPARATION

**To make the Falafel:** Preheat the oven to 425°F. Blend all ingredients in a blender until the texture is like a very fine meal. Transfer to a large bowl. Form 2-inch balls, like meatballs, and place onto a greased cookie sheet. Bake for 15 minutes, turn them over, and bake 10 more minutes, or until lightly browned. Serve wrapped in a lettuce leaf with Greek yogurt and the salad.

**To make the Tomato Cucumber Salad:** In a medium bowl, combine the tomatoes, cucumbers, and cilantro. Drizzle with olive oil and lemon juice and toss.

## Andrew Chardack, Age 9

“This recipe has its origins from Grandma’s Polish heritage,” says Andrew. “It’s a delicious mix of cucumbers, sour cream, lemon juice, and salt. Our recipe eliminates the high-fat sausage and adds protein-rich toasted quinoa and melted Muenster cheese. We added a fresh vegetable mix including the traditional beets, but also added red onion, asparagus, corn, and peas.”

Makes 4 servings • 308 calories • 14g fat • 38g carbohydrates • 10g protein



CHEF ANDREW



# NEW POLISH POTATOES

## INGREDIENTS

### ♥ For the Cucumber Salad:

½ cucumber, peeled and chopped

½ cup Greek kefir sour cream  
(or low-fat sour cream)

Juice of 1 lemon

½ teaspoon salt

### ♥ For the Vegetable Medley:

1 tablespoon olive oil

1 red onion, peeled and diced

6 asparagus stalks, cut

in ¼-inch pieces

½ cup fresh or frozen corn

½ cup fresh or frozen peas

1 beet--peeled, cooked, and cubed

Salt and pepper to taste

### ♥ For the Potato Mixture:

2 medium red-skin potatoes,  
cooked and cubed

½ cup cooked quinoa

2 slices Muenster cheese

## PREPARATION

**Make the Cucumber Salad:** In a medium bowl, mix the cucumber, sour cream, lemon juice, and salt together. Set aside.

**Make the Vegetable Medley:** In a large sauté pan, warm the oil over moderate heat. Add the onion and cook until soft, about 4 minutes. Add the asparagus, corn, and peas and cook for 2 minutes. Add the beet, season with salt and pepper to taste, and set aside.

**Make the Potato Mixture:** In a large microwavable bowl, combine the potatoes and quinoa and top with the cheese. Microwave for 45 seconds on high, until hot and bubbly. Add ½ cup of the cucumber salad, using more to taste, and the vegetables, gently stir, and serve.

# CHINESE VEGETABLE STIR-FRY

## INGREDIENTS

### ♥ For the Sauce:

- ¼ cup scallions chopped fine
- 2 tablespoons low-sodium soy sauce
- 2 minced garlic cloves
- 1 teaspoon peeled grated ginger
- 1 tablespoon sesame oil
- ½ teaspoon honey
- Juice of ½ an orange

### ♥ For the Stir-Fry:

- 2 tablespoons vegetable oil
- 2 cups sliced broccoli
- 1 block of firm tofu, drained and chopped
- 2 cups chopped watercress
- 2 cups sliced baby bok choy
- Garnish: Brown rice, sliced orange

## PREPARATION

**Make the Sauce:** In a medium bowl, combine all the ingredients and mix well.

**Make the Stir-Fry:** In a large sauté pan or wok over moderately high heat, warm the oil. Add broccoli and cook for 2 minutes, then add the tofu, watercress, and bok choy and cook for 2 minutes more. Add the sauce and cook down until sauce is reduced by half, about 2 minutes more. Serve with brown rice and orange slices.

## Iris Hsiang, Age 10

“I have made this because I am half Chinese, so I wanted to make a stir-fry,” says Iris. “We have a family garden, so I appreciate fresh vegetables. My recipe is lactose-free because I am lactose-free. This is one of my favorite dishes!”

Makes 4 servings • 254 calories • 18g fat • 13g carbohydrates • 16g protein



CHEF IRIS



# CHIA CHICKEN PITAS

## INGREDIENTS

1 cup bulgur  
 Pinch of salt  
 2 boneless skinless chicken breast,  
 cooked and diced  
 1 cup fresh or frozen corn  
 1 cup fresh or frozen cooked peas  
 1 cup carrots, peeled and chopped  
 1 teaspoon olive oil  
 2 teaspoons lemon juice  
 Fresh pepper  
 1 tablespoon chia seeds  
 ½ cup cilantro, chopped  
 1 cup cucumbers, peeled  
 and chopped  
 ½ cup feta cheese  
 4 whole-wheat pitas

## PREPARATION

In a large microwavable bowl, combine 1 cup water, bulgur, and salt. Cover with plastic wrap and put a fork through the wrap to vent the steam. Microwave for 3 minutes on high power, then remove from the microwave.

Add the chicken, corn, peas, and carrots, cover back up, and let sit for 10 minutes. Add olive oil, lemon juice, pepper, chia seeds, cilantro, cucumbers, and cheese. Slice pitas in half. Stuff pita shell with mixture until full.

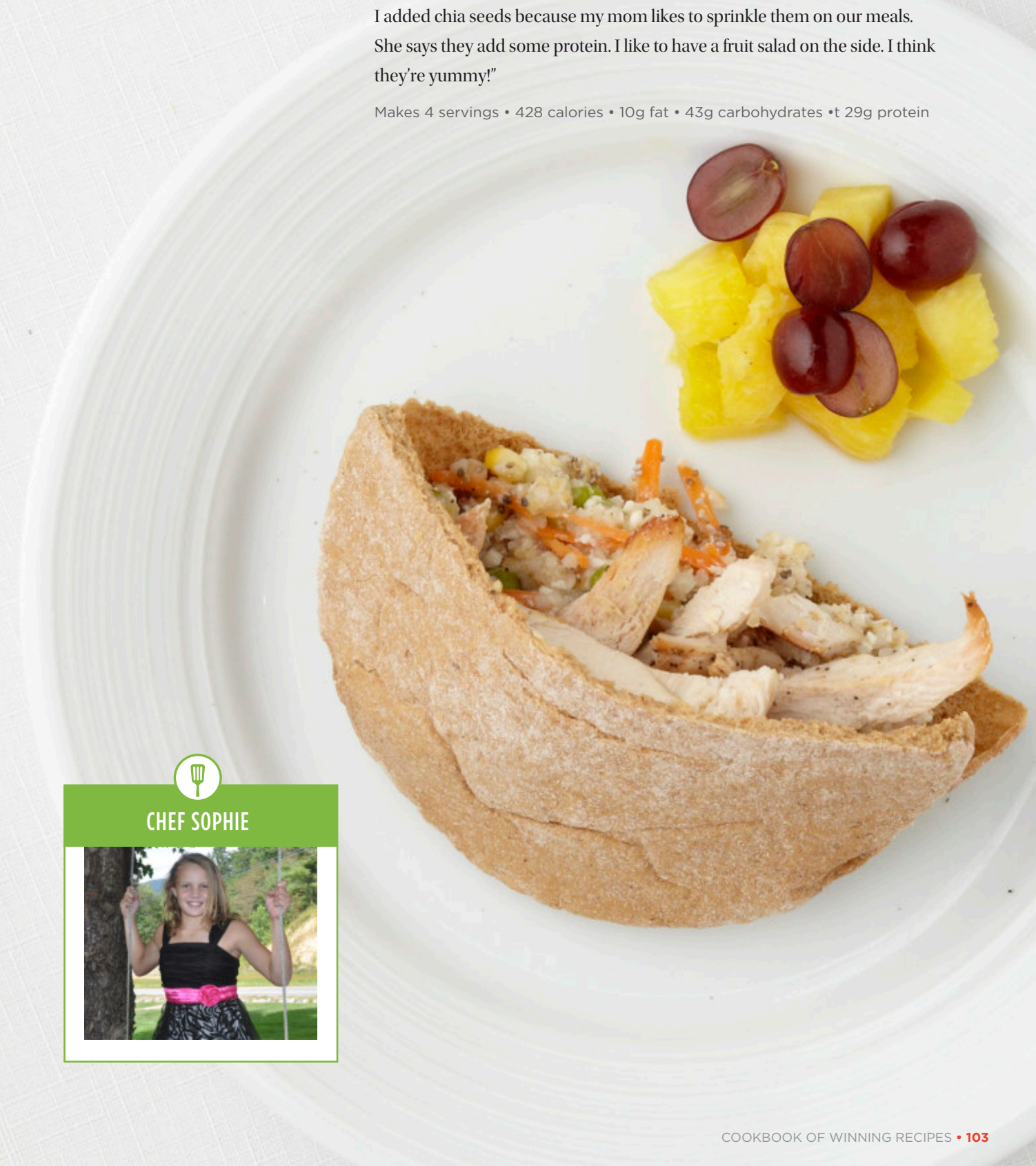
## Sophie Haga, Age 12

“I wanted a food that would last from lunchtime until after a gymnastics practice or a swim team practice,” says Sophie. “I like to experiment with my mom in the kitchen, so I started experimenting with ingredients to come up with something I could eat for lunch to keep me energized all afternoon. I added chia seeds because my mom likes to sprinkle them on our meals. She says they add some protein. I like to have a fruit salad on the side. I think they’re yummy!”

Makes 4 servings • 428 calories • 10g fat • 43g carbohydrates • t 29g protein



CHEF SOPHIE



## Maliha Amarsi, Age 9

"I enjoy salmon and I love maple syrup, so I mixed them together," says Maliha. "And hot soup on a cold day makes me warm and happy inside." Maliha serves this with a Caesar salad and adds, "Crunchy salad is fun to eat."

Makes 4 servings • 479 calories • 13g fat • 48g carbohydrates • 32g protein



CHEF MALIHA



# THIS FISH HAS GONE NUTS!

## INGREDIENTS

### ♥ For the Salmon:

2 6-ounce salmon fillets, halved  
 ¼ cup maple syrup  
 ¼ cup chopped walnuts  
 Fresh lemon juice

### ♥ For the Lentil Soup:

1 cup red lentils  
 1 red onion, peeled and chopped  
 1 medium potato, peeled  
 and chopped  
 2 carrots, peeled and chopped  
 Salt and pepper to taste  
 2 tablespoons dried mint

## PREPARATION

**Preheat the oven to 375°F.** Place the salmon on baking sheets, and drizzle 1 tablespoon of maple syrup on top of each and top with a few walnuts. Bake for 20 minutes or until the fish is firm and lightly golden.

**In a large pot, combine all ingredients** and 2 cups of water and cook over moderately low heat for 45 minutes, or until the lentils and vegetables are soft. Let soup cool then blend with a handheld blender. Add a dash of lemon to taste. Serve with the fish.

## Adrianna Nelson, Age 9

"I love to create healthy recipes because I feel great when I eat healthy. Couscous is my favorite side, and it's very tasty," says Adrianna. "I decided to use couscous in my yummy stuffed peppers that are filled with my favorite veggies. I would serve fresh fruit salad as dessert!"

Makes 4 servings • 476 calories • 17g fat • 42g carbohydrates • 35g protein



CHEF ADRIANNA



# MAGNIFICENT MEDITERRANEAN SPOTLIGHT PEPPERS

## INGREDIENTS

4 assorted colors of bell peppers— red, green, yellow, and orange, halved and seeds removed	¾ cup fresh Roma tomatoes, diced
1 tablespoon extra-virgin olive oil	½ cup roasted red peppers, drained and chopped
1 cup chopped shallots	¾ cup fresh parsley, chopped
1 tablespoon minced garlic	½ teaspoon coarse sea salt
1 pound ground turkey	¼ teaspoon fresh ground black pepper
¼ cup fresh lemon juice	½ cup low-fat shredded mozzarella cheese
1 teaspoon Mediterranean herb seasoning	
¼ teaspoon crushed rosemary	
¼ teaspoon Mediterranean oregano leaves	
1¾ cups vegetable broth	
1½ cups couscous	

## PREPARATION

**Preheat oven to 450°F.** On a large baking pan, place pepper halves, cut side down, and cook in oven for 15 minutes or until peppers are tender when pierced.

**Meanwhile, in a large skillet over moderate heat, warm the oil.** Add the shallots and garlic, and cook for 3 minutes. Add the ground turkey and cook for 7 minutes. Add 2 tablespoons of lemon juice, herb seasoning, rosemary, and oregano and cook for 3 minutes. Add vegetable broth, couscous, and remaining 2 tablespoons lemon juice and bring to a boil, cover, and remove from heat. Let stand until couscous is tender, about 8 minutes. Add tomatoes, roasted red peppers, and parsley. Season with salt and black pepper.

**Turn the pepper halves over** and fill each with turkey mixture. Top with shredded cheese and bake until cheese is melted, about 5 minutes. Transfer peppers to serving platter.

# AMAZING AFRICAN SWEET POTATO STEW

## INGREDIENTS

1 tablespoon olive oil	2 teaspoons ground cumin
2 yellow onions, peeled and chopped	½ teaspoon salt
4 minced garlic cloves	¼ teaspoon black pepper
2 red bell peppers, seeded and chopped	⅛ teaspoon allspice
4 sweet potatoes, peeled, cut into ½-inch squares	1½ teaspoons ground cinnamon
2 (15-ounce) cans Great Northern beans, drained and rinsed	¼ cup peanut butter
1 (15-ounce) can diced tomatoes	1 tablespoon cilantro, chopped, optional
6 cups vegetable broth	Red pepper flakes, optional
1 tablespoon brown sugar	
2 teaspoons fresh grated ginger	

## PREPARATION

In a large sauté pan, warm the olive oil over moderate heat. Add the onions and sauté for 5 minutes. Add the garlic, bell peppers, sweet potatoes, beans, tomatoes, broth, brown sugar, fresh ginger, cumin, salt, pepper, allspice, cinnamon, and peanut butter, and bring to a boil.

Reduce heat to low and simmer until vegetables are soft, about 30 minutes. Serve with cilantro and red pepper flakes, if desired.

## Sarah Ganser, Age 12

“My family loves warm, healthy soup on a cold Wisconsin day. The sweet potatoes, spices, and peanut flavors make this soup one of my all-time favorites,” says Sarah. “The sweet potatoes, vegetables, and beans provide plenty of fiber and plant proteins to keep us going all day. The stew also helps lower our cholesterol and helps prevent cancer, which my family cares a lot about. We serve this amazing soup with warm whole-grain bread and a side of strawberries and grapes.”

Makes 8 servings • 468 calories • 10g fat • 39g carbohydrates • 31g protein



CHEF SARAH



# STUFFED PUMPKIN

## INGREDIENTS

4 small pumpkins  
 1 pound ground turkey  
 ½ teaspoon garlic salt  
 ½ teaspoon pepper  
 1 cup wheat crackers  
 ½ cup diced onion  
 1 cup spinach

## PREPARATION

Preheat the oven to 350°F. Cut the top off the pumpkins, remove seeds and pulp, and wipe clean.

In a large bowl, mix all other ingredients together and divide among the pumpkins. Bake for 1 hour, or until the turkey is cooked through. Serve in the pumpkins.

## KyAnn James, Age 11

“Personally, I really love pumpkins, so one day I thought, Why not?” says KyAnn. “My mom is always making stuffed peppers, and really I don’t like peppers, so I decided to try pumpkins. I would pair it with a side salad or some fresh strawberries from the garden.”

Makes 4 servings • 463 calories • 17g fat • 39g carbohydrates • 31g protein



CHEF KYANN



## Ahlissa Pierce, Age 9

“My mom always said that it was important to eat different-colored vegetables, but it wasn’t until I saw a beautiful rainbow last week that I felt encouraged to add colorful vegetables to my mother’s traditional chicken soup,” says Ahlissa.

“Adding these vegetables to soups is an easy way to try new vegetables. My soup has 13 different vegetables in it. I challenge the nation to eat as many different-colored vegetables as they can!”

Makes 10 servings • 300 calories • 11g fat • 32g carbohydrates • 19g protein



CHEF AHLISSA



# AHLISSA'S RAINBOW CARIBBEAN SOUP

## INGREDIENTS

### ♥ For the Soup:

2 tablespoons vegetable oil  
 1½ yellow onions, peeled and minced  
 4 skinless boneless chicken breasts, chopped  
 6 minced garlic cloves  
 2 tablespoons chopped parsley  
 3 bell peppers—red, orange, and yellow—seeded and chopped  
 3 carrots, peeled and chopped  
 2 red potatoes, chopped  
 1½ cups chopped purple cabbage

1½ cups cubed pumpkin or sweet potato  
 1 zucchini, chopped  
 3 okras, sliced  
 1½ cups chopped baby spinach  
 Sea salt and black pepper to taste

### ♥ For the Wheat Dumplings:

1 cup whole-wheat flour  
 1 tablespoon olive oil  
 1 teaspoon sea salt

## PREPARATION

**Make the Soup:** In a large stockpot, warm the oil over moderate heat. Add the onions and cook until soft, about 5 minutes. Add the chicken, garlic, parsley, peppers, and 1 cup of water and cook for 5 minutes. Add the remaining ingredients and 11 cups of water. Bring to a boil, then reduce the heat to low and simmer for 30 minutes.

**Meanwhile, make the Wheat Dumplings:** In a large bowl, combine the whole-wheat flour, sea salt, and olive oil. Drizzle ¼ cup water in slowly and knead for 2 minutes. Shape into small balls and flatten. Add to soup during its last 10 minutes of cooking and then serve.



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# AUTOGRAPHS

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from family, fellow chefs, and  
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