

Child-Friendly Recipe Ideas

Look Inside For:

- **Chicken Alfredo**
- **Eagle Pizza**
- **Ooodles of Noodles**
- **Porcupine Sliders**
- **Rainbow Rice**
- **Squish Squash Lasagna**
- **Sweet Potato Stew**
- **Tasty Tots**



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December 2019



Chicken Alfredo With a Twist

VAN BUREN MIDDLE SCHOOL

Kettering, Ohio

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the *Recipes for Healthy Kids* Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Louise Easterly, LD, SNS

CHEF: Rachel Tilford

COMMUNITY MEMBER: Mary Kozarec (School Nurse)

STUDENTS: Graham B., Jonathan A., Shawnrica W., and Savannah S.

Whole Grains

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.



Chicken Alfredo With a Twist

Ingredients

- 2 ½ cups** Rotini pasta, whole-wheat, dry (10 oz)
- 2 cans** Low-fat, reduced-sodium cream of chicken soup (two 10¾-oz cans)
- 1 ½ cups** Fat-free half and half
- ¼ tsp** Ground white pepper
- ⅛ tsp** Garlic powder
- ⅓ cup** Grated parmesan cheese
- 3 cups** Cooked diced chicken, ½" pieces (12 oz)

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Makes six 1-cup servings

Directions

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

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

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

Eagle Pizza

BYARS ELEMENTARY SCHOOL

Byars, Oklahoma

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Vickie Spray

CHEF: Ruth Burrows, DTR

COMMUNITY MEMBER: Sandra Walck (past School Board Member)

STUDENTS: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

Dry Beans and Peas

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.



Eagle Pizza



Dry Beans and Peas

Ingredients

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

Preparation Time: 25 minutes

Cooking Time: 10 minutes

Makes six Tostada Pizzas

Directions

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

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

Directions for Eagle Pizza (continued)

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

Salt-Free Taco Seasoning Blend

1 tsp dried onion

1 tsp chili powder

½ tsp ground cumin

½ tsp crushed red pepper

½ tsp garlic powder

¼ tsp oregano

½ tsp cornstarch

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

1 tostada pizza provides:

Legume as Meat Alternate: 1 ¼ oz equivalent meat alternate, ⅓ cup red/orange vegetable, ⅓ cup starchy vegetable, ⅓ cup other vegetable, and ½ oz equivalent grains.

OR

Legume as Vegetable: ¼ cup legume vegetable, ⅓ cup red/orange vegetable, ⅓ cup starchy vegetable, ⅓ cup other vegetable, and ½ oz equivalent grains.

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

More Tips to Build a Healthy Meal



Dry Beans and Peas

From 10-Tips Nutrition Education Series

1. Take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

2. Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

choosemyplate.gov/healthy-eating-tips/ten-tips.html



Ooodles of Noodles

LINCOLN JUNIOR HIGH SCHOOL
Skokie, Illinois

Our Story

When the Assistant Principal asks you to work on a recipe challenge project, you roll up your sleeves and get busy! For the recipe challenge team at Lincoln Junior High School, foodservice members, teachers, students, parents, and a chef all came together to cook, taste, and adjust recipes.

They developed a total of five recipes. Thirty students were asked to comment on each recipe and share whether or not they would eat the dish if it were served again. Based on their feedback, the school submitted three recipes as part of the contest and is thrilled that one of their recipes, Ooodles of Noodles, was selected.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Kathy Jones

CHEF: Patsy Bentivegna

COMMUNITY MEMBERS: Joe Cullota (Teacher) and Maggie Nessim (School Board Member and Parent)

STUDENTS: Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

Whole Grains

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic for an ooodles of noodle delight!



Oodles of Noodles

Ingredients

- 2¾ cups** Penne pasta, whole-wheat, dry (11 oz)
 - 1 ½ Tbsp** Extra virgin olive oil
 - 2 ¼ cups** Fresh grape tomatoes, halved
 - 1 ½ tsp** Dried basil
 - ¾ tsp** Sea salt
 - ¼ tsp** Ground black pepper
 - 1 Tbsp** Fresh garlic, minced
 - 3 Tbsp** Whole-wheat flour
 - 2 ½ cups** Low-sodium vegetable broth
 - 4 cups** Fresh Swiss chard, stems removed, chopped
-

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Makes six 1-cup servings

Directions

- 1.** In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.
 - 2.** Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.
 - 3.** Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
 - 4.** Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.
-

1 cup provides ½ cup red/orange vegetable, ⅓ cup other vegetable, and 2 oz equivalent grains.

Nutrients Per Serving: Calories **235**, Protein **9 g**, Carbohydrate **43 g**, Dietary Fiber **5 g**, Total Fat **4 g**, Saturated Fat **1 g**, Cholesterol **0 mg**, Vitamin A **1519 IU (76 RAE)**, Vitamin C **15 mg**, Iron **5 mg**, Calcium **50 mg**, Sodium **323 mg**

Porcupine Sliders

SOUTH EDUCATION CENTER ALTERNATIVE SCHOOL
Richfield, Minnesota

Our Story

The South Education Center Alternative (SECA) School recipe challenge team put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend and created the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? They are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name.

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a quick menu idea that kids will enjoy!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Wanda Nickolai

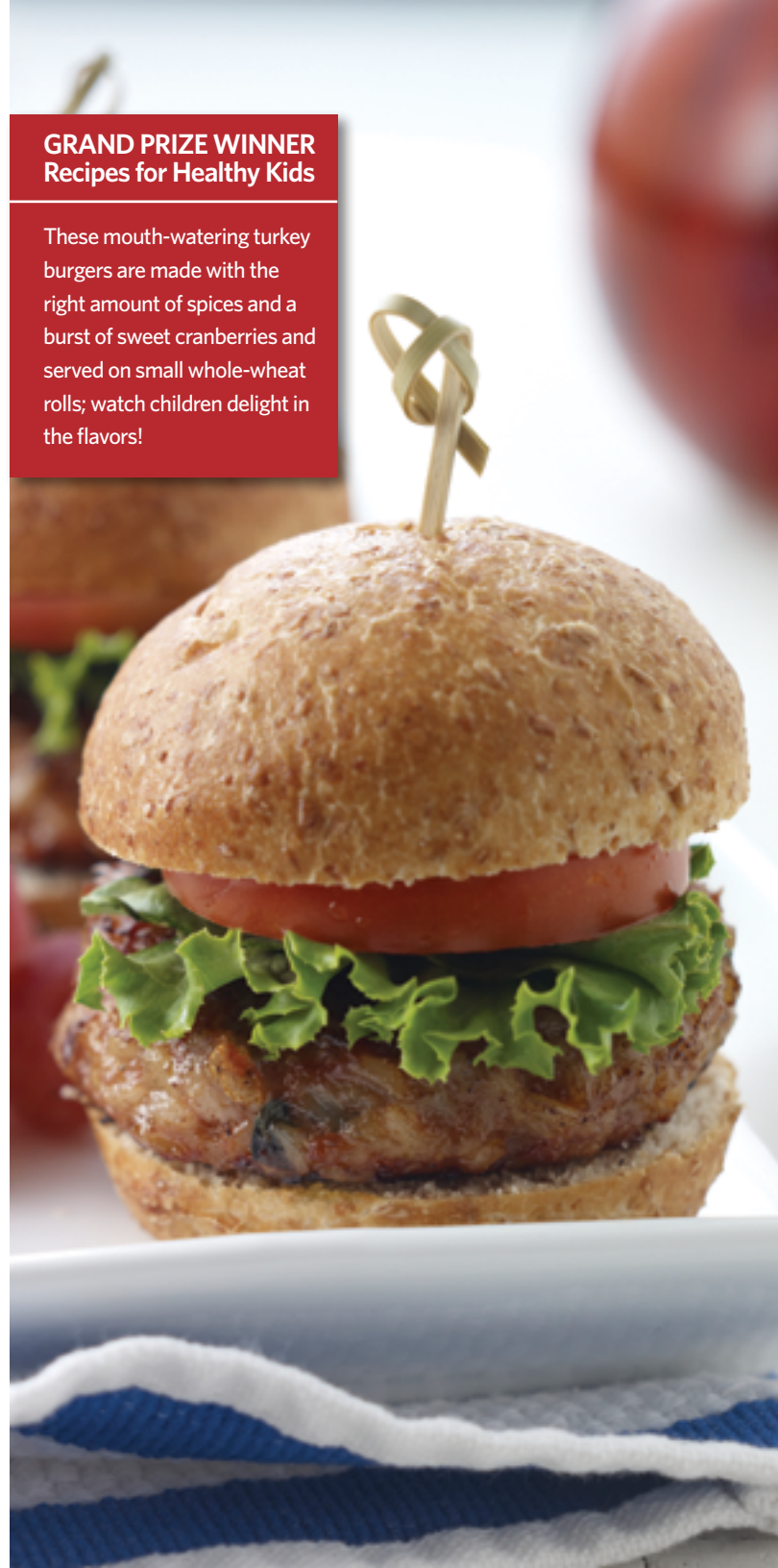
CHEF: Todd Bolton (Parasole Restaurant Holdings, Inc.)

COMMUNITY MEMBERS: Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

STUDENTS: Adilene D., Chris D., Dominic L., and Dolores P.

GRAND PRIZE WINNER Recipes for Healthy Kids

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors!



Porcupine Sliders

Ingredients

⅔ cup Brown rice, long-grain, regular, dry
1 tsp Canola oil
1 ½ Tbsp Fresh onion, peeled, diced
¼ cup Fresh celery, diced
1 ½ tsp Fresh garlic, minced
1 lb Raw ground turkey, lean
1 Egg, beaten
5 Tbsp Dried cranberries, chopped
¾ cup Fresh baby spinach, chopped
1 tsp Worcestershire sauce
½ tsp Salt
½ tsp Ground black pepper
1 dash Ground white pepper
6 (1 oz each) Mini whole-wheat rolls (small dinner roll size)

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Makes six sliders

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

Directions

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

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

Rainbow Rice

HIGHLAND ELEMENTARY SCHOOL
Cheshire, Connecticut

Our Story

Highland Elementary School is a dynamic and exciting place to work or to go to school. The recipe challenge team assembled and worked hard to create a recipe that was an instant smash hit. Rainbow Rice received great reviews during taste tests at the school.

Rainbow Rice is exactly that – a colorful rainbow of healthy vegetables, wholesome grains, and protein. Rainbow rice is certainly a wonderful way to introduce children to a variety of grains that they are sure to enjoy: brown rice, wild rice, barley, quinoa, and bulgur wheat. The team believes that once you have tasted “Rainbow Rice”, you will feel like you’ve gone over the rainbow! Packed with whole grains and colorful vegetables, this recipe is a sure winner for those wanting a healthy dish without sacrificing taste.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Susan Zentek

CHEF: Patricia D’Alessio (Personal Chef, LLC)

COMMUNITY MEMBERS: Rebecca Frost (Teacher) and Katie Guerette (Teacher)

STUDENTS: Luke E., Randi C., Shane C., Maya G., and Jami P.

Whole Grains

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.



Rainbow Rice

Ingredients

½ cup Brown rice, long-grain, regular, dry
3 Tbsp Brown and wild rice blend, dry
6 Tbsp Barley, quick pearl, dry
2 tsp Low-sodium chicken base
2 Tbsp Quinoa, dry
3 Tbsp Bulgur wheat, dry
1 cup Fresh carrots, peeled, diced
1 cup Fresh red bell peppers, seeded, diced
1 tsp Extra virgin olive oil
¼ tsp Kosher salt
3 ½ cups Cooked diced chicken, ½" pieces (12 oz)
1 ½ cups Fresh baby spinach, chopped

Preparation Time: 15 minutes

Cooking Time: 1 hour

Makes six 1-cup servings

Directions

1. Preheat oven to 350 °F.
2. In a medium pot, combine brown rice, wild rice blend, barley, and 1 tsp chicken base with 1 ¼ cups water.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. In a small pot, combine quinoa and bulgur wheat with ¾ cup water and remaining 1 tsp chicken base.
4. Bring both uncovered pots to a rolling boil. Stir occasionally. Turn heat down and simmer over low heat until water is absorbed, about 30 minutes. Cover and cook an additional 10 minutes over low heat. Fluff with a fork.
5. In a large mixing bowl, combine carrots and red peppers. Drizzle with olive oil and sprinkle with salt. Toss lightly. Pour into a large nonstick baking pan. Roast at 350 °F for 20 minutes or until tender.
6. Combine cooked grains, chicken, and spinach with roasted vegetables. Mix well. Return to oven and bake for 15 minutes to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Serve hot.

1 cup provides 2 oz equivalent meat, ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and 1 oz equivalent grains.

Nutrients Per Serving: Calories **232**, Protein **22 g**, Carbohydrate **28 g**, Dietary Fiber **5 g**, Total Fat **4 g**, Saturated Fat **1 g**, Cholesterol **55 mg**, Vitamin A **5414 IU** (271.09 RAE), Vitamin C **37 mg**, Iron **3 mg**, Calcium **29 mg**, Sodium **159 mg**

Squish Squash Lasagna

LIBERTY ELEMENTARY SCHOOL

Powell, Ohio

Our Story

The team from Liberty Elementary School wanted to create a tasty recipe that would be enjoyed by kids. They started the recipe development process by sending survey questions to students in 4th and 5th grades. With feedback from students, they developed Squish Squash Lasagna. This tantalizing dish features butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin that children are sure to enjoy. After sampling the Squish Squash Lasagna recipe, many students returned for second helpings. That's when the team knew that the Squish Squash Lasagna recipe was a hit. Give your kids some excitement by serving this mouthwatering main dish at mealtime!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Jackie Billman

CHEF: Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

COMMUNITY MEMBERS: Nicole Hancock and Michelle Lounsbury

STUDENTS: Tori L., Alexis H., Leah L., and Buddy F.

Dark Green and Orange Vegetables

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.



Squish Squash Lasagna

Ingredients

- ¼ tsp** Canola oil
- ¾ cup** Fresh onions, peeled, diced
- 2 tsp** Fresh garlic, minced
- 1 ½ cups** Canned low-sodium diced tomatoes
- ¼ tsp** Dried oregano
- ¼ tsp** Dried thyme
- ¼ tsp** Dried basil
- 8** Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets
- 1 ¼ cups** Fresh spinach, julienne cut "shoestring strips" ⅛"
- 22 slices** Fresh butternut squash, peeled, seeded, sliced ¼" (1 medium)
- ¾ cup** Low-fat mozzarella cheese, low moisture, part skim, shredded (3 oz)

Preparation Time: 30 minutes

Cooking Time: 1 hour 35 minutes

Makes six servings

Directions

1. Preheat oven to 350 °F.
2. Heat canola oil in a medium pot over medium-high heat. Add onions, and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally. Add ½ cup water. Mix well.
3. Divide sauce into 3 equal parts (about ¾ cup each) and set aside for step 6.
4. Place pasta sheets in a bowl filled with hot water for 5 minutes. Remove sheets as needed to assemble lasagna.
5. Spray bottom and sides of an 8" x 8" nonstick baking pan with nonstick cooking spray.
6. To Assemble:
 - a. Place 4 lasagna sheets overlapping, covering the bottom of the pan
 - b. Cover evenly with about ¾ cup tomato sauce
 - c. Spread half of the spinach (about ¾ cup) evenly over sauce
 - d. Place 11 slices of squash on top of spinach, slightly overlapping
 - e. Repeat layering steps a-d
 - f. Cover with remaining sauce (about ¾ cup)

Cover tightly with aluminum foil and bake at 350 °F for 50 minutes or until squash is fork-tender.

Nutrients Per Serving: Calories **175**, Protein **8 g**, Carbohydrate **29 g**, Dietary Fiber **5 g**, Total Fat **4 g**, Saturated Fat **2 g**, Cholesterol **8 mg**, Vitamin A **9103 IU (456 RAE)**, Vitamin C **18 mg**, Iron **1 mg**, Calcium **149 mg**, Sodium **83 mg**

Directions for Squish Squash Lasagna (continued)

7. Remove lasagna from oven. Sprinkle cheese evenly over top.

8. Bake uncovered for 5 minutes or until cheese melts and browns slightly.

9. Remove lasagna from oven and allow to rest for 15 minutes before serving.

10. Cut into 6 even pieces. Serve hot.

One piece provides $\frac{1}{2}$ oz equivalent meat alternate, $\frac{5}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{3}{4}$ oz equivalent grains.

Sweet Potato and Black Bean Stew

SKYLINE HIGH SCHOOL

Oakland, California

Our Story

Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Donnie Barclift

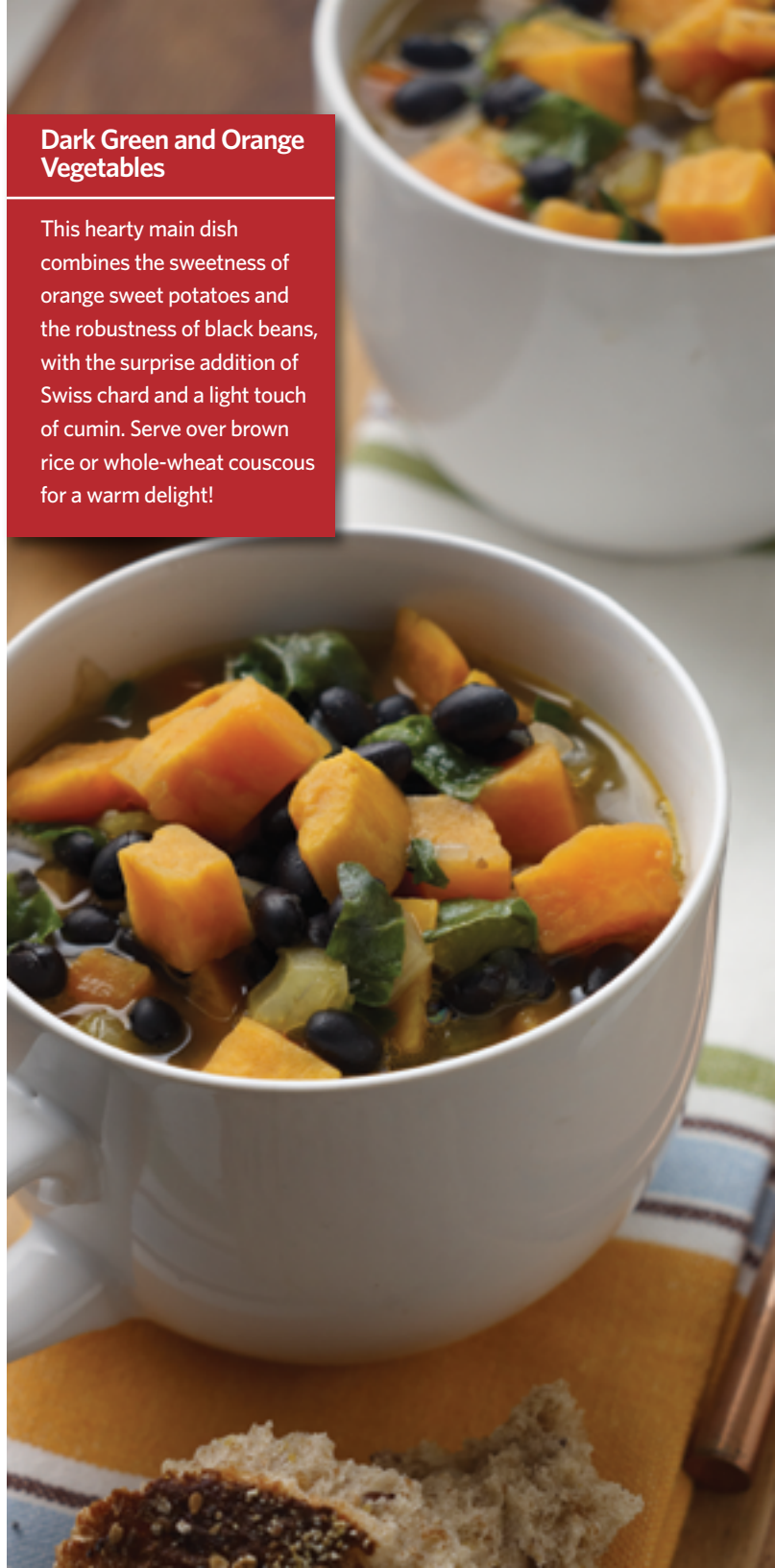
CHEF: Jenny Huston

COMMUNITY MEMBERS: Rusty Hopewell (Health Center Nutritionist) and Sage Moore

STUDENTS: Karen M., Quailyn S., and Rudy R.

Dark Green and Orange Vegetables

This hearty main dish combines the sweetness of orange sweet potatoes and the robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!



Sweet Potato and Black Bean Stew

Ingredients

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

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Makes six 1-cup servings

Directions

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

May serve over brown rice or whole-wheat couscous.

1 cup provides:

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

OR

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

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

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

Tasty Tots

BELLINGHAM MEMORIAL MIDDLE SCHOOL

Bellingham, Massachusetts

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Jeanne Sheridan, SNS

CHEF: Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* chefsmoveetoschools.org)

COMMUNITY MEMBERS: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

STUDENTS: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

POPULAR CHOICE Recipes for Healthy Kids

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).



Tasty Tots

Ingredients

5 cups Fresh sweet potatoes, peeled, coarsely shredded

2 ½ cups Canned low-sodium garbanzo beans (chickpeas), with liquid

½ cup Fresh green onions, finely chopped

2 Tbsp Vegetable oil

½ tsp Salt

½ tsp Granulated garlic

¼ tsp Ground black pepper

½ tsp Onion powder

½ tsp Ground cinnamon

Preparation Time: 30 minutes

Cooking Time: 35 minutes

Makes 36 Tots (serving size: 6 tots)

Directions

1. Preheat oven to 350 °F.

2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.

3. Increase oven temperature to 400 °F.

4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.

5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.

6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

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

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

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

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