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**food safety tips for bag lunches**  
This icon is in the upper-right-hand corner of those recipes that could be used in a bag lunch. Please see the food safety information for bag lunches on Page 52.
food safety and cleanliness

**do**
- Wash hands often to get rid of germs (bacteria and viruses) so they don’t get into food.
- Make sure all equipment and utensils (cutting boards, knives, dishes) and counters are cleaned with hot soapy water before and after preparing food.
- Use paper towels to clean counters and spills after working with raw meat, fish or poultry.
- Wash kitchen cleaning cloths and towels in the washing machine in hot water and change daily as they can be a major source of bacteria. (Sponges are not recommended for cleaning surfaces of equipment or utensils that touch food as they hold on to moisture and food particles and are not easy to clean.)
- Cook foods to the proper temperatures to kill bacteria.
- Use a food thermometer to make sure foods are cooked to the proper temperature.
- Wash raw fruits and vegetables before eating, cutting or cooking by rubbing briskly with your hands for several minutes under cold running water. Use a vegetable brush for fruits and vegetables with a firm skin or rind such as carrots, squash and melons. — This helps get rid of soil and harmful bacteria that may be present.
- Keep cold foods cold (deli meats, pastries with cream fillings, leftovers) in the refrigerator. — Keep a thermometer in the refrigerator to make sure the temperature is at 40°F or below to stop the growth of harmful germs (bacteria).
- Keep hot foods hot at 140°F or above.
- Clean dishes, cutting boards, counters, pots and pans, and utensils in hot soapy water after use with raw foods such as eggs, meat, fish and poultry.

**do not**
- Cough or sneeze into food. Sneeze or cough into upper arm.
- Wipe mouth or nose with your hands while preparing food.
- Chew gum or eat while preparing food.
- Touch the food-contact surfaces of glassware (rim, inside) and tableware (the end you use) with bare hands.
- Taste food with hands or with a spoon that is used for cooking.
- Wear jewelry when preparing food.

**note:**
- Always wash equipment or utensils used for preparing raw eggs, fish, meat or poultry with hot soapy water before using to prepare ready-to-eat foods (salads, breads, sandwiches).
- Never taste uncooked eggs, fish, meat or poultry or foods made with them before they are cooked to the proper temperature. (This means no eating raw cookie dough!)

**hand washing**
Wash hands often to prevent bacteria and viruses from getting into food.

**how to wash:**
- Use soap and warm water for at least 20 seconds.
- Pay special attention to under fingernails and between fingers.

**when to wash:**
**before**
- preparing food
- eating
**after**
- using the bathroom
- sneezing or coughing
- using a tissue
- drinking or eating
- touching or scratching areas of the body, such as mouth, nose or hair
- cleaning, scraping or washing dirty plates or utensils
- removing trash
- touching raw meat, fish or poultry
- touching pets
- any other activities that might cause hands to become contaminated

**other safety tips**

**do**
- Prepare recipes with an adult when using sharp knives or the stove.
- Use pot holders when removing food from the stove or oven.

**do not**
Wear loose clothing such as scarves or tops with big sleeves when using the stove.

**note:**
- Always wash equipment or utensils used for preparing raw eggs, fish, meat or poultry with hot soapy water before using to prepare ready-to-eat foods (salads, breads, sandwiches).
- Never taste uncooked eggs, fish, meat or poultry or foods made with them before they are cooked to the proper temperature. (This means no eating raw cookie dough!)
cooking terms and definitions
(These are in italics in each recipe.)

**Al Dente**
Cooked enough to be firm but not soft or mushy.

**Dice**
Cut into cubes.

**Kosher salt**
A pure (contains no additives), coarse textured salt preferred for use in cooking as it dissolves more quickly than table salt.

**Julienne**
Cut into matchstick shapes about 1–2 inches long.

**Mince**
Cut into very fine pieces.

**Purée**
To make smooth. Can be done by mashing, pressing through a sieve or in a blender or food processor.

**Sauté**
Cook quickly in a sauté/frying pan with a small amount of oil.

**Simmer**
Cook at just below the boiling point.

**Stir-fry**
Cook in a wok (large pan with sloping sides) or frying pan over high heat with a small amount of oil.

**Sweat**
Cook over low heat in a covered pan to allow the release of moisture.

**Zest**
The colored part of the skin of lemons, limes or oranges.

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conversions
A level household teaspoon can be used in place of a measuring teaspoon.

- 3 teaspoons = 1 tablespoon
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 4 pints = 1 quart
- 4 quarts = 1 gallon
- 1 cup = 8 ounces
- 16 ounces = 1 pound

---

suggested kitchen utensils

| 1 Blender | 9 Food processor | 17 Pastry brush |
| 2 Bowls | 10 Ladle | 18 Pots (1½ qt, 2 qt and 5 qt stock pot) |
| 3 Box grater | 11 Measuring cups (dry) | 19 Peeler |
| 4 Broiling pan | 12 Measuring cup (liquid) | 20 Serrated knife |
| 5 Can opener | 13 Measuring spoons | 21 Skillet (frying pan); non-stick is best |
| 6 Chef’s knife | 14 Mixing spoons | 22 Spatula |
| 7 Colander or strainer | 15 Pot holders or oven mitts | 23 Tongs |
| 8 Cutting boards | 16 Paring knife | 24 Zester |

---

4 5
breakfast

oatmeal wheat pancakes  9

potato vegetable skillet  11
oatmeal wheat pancakes

YIELD: 7 SERVINGS
SERVING SIZE: 2 PANCAKES

INGREDIENTS
- Rolled oats 1 ½ cups
- Buttermilk 2 cups
- Whole wheat flour 1 cup
- Sugar 1 tablespoon
- Baking powder 1 tablespoon
- Baking soda ½ teaspoon
- Salt, kosher ½ teaspoon
- Whole eggs 3
- Oil 2 tablespoons
- Molasses 1 tablespoon
- Vanilla extract 1 teaspoon

PREPARATION
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. In a medium bowl, combine oats and buttermilk. Allow to soak for at least 5 minutes.
4. In another bowl combine all dry ingredients.
5. Mix the eggs, oil, molasses and vanilla into the oat mixture.
6. Mix wet ingredients into dry until the batter is just combined.
7. Ladle ¼ cup of batter into a hot, lightly greased skillet. Cook until golden brown on both sides.

NUTRITIONAL ANALYSIS PER SERVING
- Calories: 248
- Total Carbohydrate: 33 grams
- Protein: 10 grams
- Total Fat: 9 grams
- Sodium: 584 milligrams

FOOD SAFETY TIPS
1. ALWAYS keep your cleaning supplies in a separate location from the food storage areas ... ALWAYS!
2. Do not taste batter containing raw eggs. Eating raw eggs can cause a foodborne illness called salmonellosis.
YIELD: 7 Servings

INGREDIENTS

- Oil 1–2 tablespoons (olive, canola or vegetable)
- Potatoes, sweet 2½ cups (washed, peeled and diced) and/or red bliss — peel on or off (washed and diced)
- Onion 1 cup (peeled and diced)
- Garlic cloves 2 (peeled and minced)
- Green or red bell pepper 1 cup (washed and diced)
- Zucchini or summer squash 1 cup (washed and diced)
- Monterey Jack cheese ½ cup
- Salt, kosher ¼ teaspoon or to taste
- Chili powder 1–2 teaspoons (optional for added flavor)

PREPARATION

1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Heat olive oil in a large non-stick skillet.
4. Add potatoes and stir constantly to avoid sticking.
5. When potatoes are three-quarters of the way cooked, add onions and garlic and cook for another 5 minutes.
6. Add peppers and cook for an additional 5 minutes.
7. Add squash and salt and cook for an additional 5 minutes.
8. Constantly stir the vegetables so they do not burn to the pan.
9. Remove from heat and top with Monterey Jack cheese.

NUTRITIONAL ANALYSIS PER SERVING

- Calories: 133
- Total Carbohydrate: 20 grams
- Protein: 4 grams
- Total Fat: 4.6 grams
- Fiber: 3 grams
- Sodium: 140 milligrams

FOOD SAFETY TIP

Keep hot foods hot … Mama Mia! … above 140°F.
snacks

- bruschetta 15
- hummus boats 17
- salsa 19
- strawberry banana smoothie 21
bruschetta

YIELD: 8 SERVINGS
SERVING SIZE: 2 ROUNDS

INGREDIENTS
Tomatoes, fresh 2 cups (washed and diced)
Basil, fresh ¼ cup (washed and torn into bite-sized pieces)
Salt, kosher ½ teaspoon
Pepper ¼ teaspoon
French bread ¼ of a 22-inch loaf or 16 rounds (sliced into thin rounds)
Olive oil 2 tablespoons
Garlic clove, whole 1 clove
Mozzarella cheese ½ cup (shredded)

PREPARATION
1 Read the entire recipe before beginning.
2 Gather all equipment and ingredients.
3 Combine tomatoes, basil, salt and pepper. Set mixture aside.
4 Lightly brush the bread on both sides with olive oil.
5 Turn on the oven to broil.
6 Place the bread on an aluminum foil-covered broiling pan or a cookie sheet.
7 Toast under the oven broiler for approximately 1 minute.
8 Remove bread from oven.
9 Turn the bread over using tongs and toast the other side under the broiler for 45 seconds to 1 minute.
10 Remove bread from the oven and allow to cool for a few minutes.
11 Lightly rub the garlic clove over the bread.
12 Top each piece of bread with the tomato mixture and cheese.

NUTRITIONAL ANALYSIS PER SERVING
Calories: 246 Total Carbohydrate: 38 grams Fiber: 2 grams
Protein: 9 grams Total Fat: 6.4 grams Sodium: 565 milligrams

FOOD SAFETY TIP
Always wash fresh vegetables under cold running water before cutting them.
hummus boats

YIELD: 10 SERVINGS

INGREDIENTS

HUMMUS
- Chick peas, canned 16 ounces (drained and rinsed)
- Lemon, fresh ½ lemon (washed and juiced)
- Garlic 1 teaspoon (minced)
- Cumin 1 teaspoon
- Olive oil 2 teaspoons
- Tahini paste (sesame paste) 1 teaspoon
- Water as needed
- Salt, kosher ¼ teaspoon or to taste
- Pepper ¼ teaspoon or to taste

SERVING SUGGESTION
HUMMUS BOATS
- Celery 10 medium stalks (washed, trimmed and cut into 2-inch long pieces)
- Baked pita chips as needed

PREPARATION
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Prepare hummus by combining all ingredients in a food processor and blending until smooth.
4. Fill celery with hummus and use pita chips as sails.

NUTRITIONAL ANALYSIS PER SERVING (includes pita chip sails and celery)
- Calories: 113
- Total Carbohydrate: 17 grams
- Fiber: 5 grams
- Protein: 5 grams
- Total Fat: 3 grams
- Sodium: 126 milligrams

FOOD SAFETY TIP
Refrigerate dips and spreads until ready to serve.

TAHINI PASTE (SESAME PASTE): Tahini paste is made from ground sesame seeds. It is often used in Middle Eastern dishes such as hummus.
FOOD SAFETY TIPS
1. Keep cold foods cold … brrrr … below 40°F.
2. Keep a refrigerator thermometer in the refrigerator so you know if your food is cold enough.

INGREDIENTS
- Black beans, canned 1 cup (drained and rinsed)
- Tomatoes, fresh 2 cups (washed and diced)
- Red onion ¼ cup (peeled and diced)
- Orange or red pepper ¼ cup (washed and diced)
- Corn kernels, frozen ½ cup
- Garlic cloves 2 (peeled and minced)
- Cilantro ½ cup (washed and minced)
- Lime, fresh 1 (washed and juiced)
- Salt, kosher ¼ teaspoon
- Pepper ¼ teaspoon

YIELD: 7 SERVINGS

PREPARATION
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Combine all ingredients.
4. Refrigerate until ready to serve.

Serve with pita or multigrain tortilla chips.

NUTRITIONAL ANALYSIS PER SERVING
Calories: 333  Total Carbohydrate: 78 grams  Fiber: 20 grams
Protein: 17 grams  Total Fat: 2 grams  Sodium: 1,026 milligrams

salsa
strawberry banana smoothie

YIELD: 4 SERVINGS

INGREDIENTS

Strawberries, fresh 1 cup (washed and leafy stems removed)
Orange juice 1 cup
Banana 1 medium
Yogurt 1 cup
Ice (optional) ½ cup

PREPARATION

1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Combine all ingredients in a food processor or blender and blend until smooth.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 127  Total Carbohydrate: 28 grams  Fiber: 2 grams
Protein: 3 grams  Total Fat: 1 gram  Sodium: 39 milligrams

FOOD SAFETY TIP

Wash hands with soap and warm water for 20 seconds BEFORE touching fresh fruits and vegetables. Pay special attention to under the fingernails and between the fingers.
salads and sides

- harvest quinoa 25
- middle eastern fruit salad 27
- mango chayote slaw 29
- summer salad with dressing 31
- tabbouleh salad 33
FOOD SAFETY TIPS

1. Wash your hands with soap and warm running water for 20 seconds (sing “Happy Birthday” twice) before you begin working with food.

2. Rinse off tops of canned foods before opening.

Harvest Quinoa

Yield: 6 Servings

Ingredients

- Olive oil 1 tablespoon
- Onions, yellow 1/4 cup (peeled and diced)
- Carrots 1/4 cup (washed, peeled and diced)
- Butternut squash 1/4 cup (washed, peeled and diced)
- Apple cider 2 cups
- Apple, any variety 1/4 cup (washed and diced)
- Garbanzo beans 1 cup (canned; drained and rinsed)
- Quinoa, dry 1 cup (rinsed in cold water and drained)
- Parsley, fresh 1/4 cup (washed and chopped) (optional)
- Salt, kosher 1/4 teaspoon or to taste

Preparation

1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Sauté onions, carrots and butternut squash in oil for 3 to 5 minutes, stirring occasionally.
4. Add apple cider and bring to a simmer.
5. Add apples, garbanzo beans and quinoa. Cover and simmer for about 20 minutes or until liquid is absorbed.
6. When liquid is absorbed, quinoa is done.
7. Sprinkle with fresh chopped parsley and adjust salt to taste.
8. Serve and enjoy.

Nutritional Analysis Per Serving

- Calories: 234
- Total Carbohydrate: 42 grams
- Protein: 6 grams
- Total Fat: 4.6 grams
- Fiber: 5 grams
- Sodium: 219 milligrams

Quinoa ("keen-wah"): Quinoa is a small, bead-shaped grain with white, red or black kernels. It is high in protein and is commonly eaten in South America. It is used in stews, soups, salads, bread and tortillas.
FOOD SAFETY TIP
Did you know that people can cause food-related illness? Don’t prepare food for others when you are sick.

middle eastern fruit salad

YIELD: 6 SERVINGS

INGREDIENTS
- Couscous, Middle Eastern: 2 cups (cooked in fruit juice or water)
- Raisins: ½ cup
- Honey: 2 tablespoons
- Lemons, fresh: 2 (washed and juiced)
- Poppy seeds: 2 teaspoons
- Fresh fruit: honeydew melon, cantaloupe, grapes or fresh apricots: 6 cups (washed and cut into bite-sized pieces)

PREPARATION
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Cook couscous according to package directions.
4. Combine all ingredients, chill and serve.

NUTRITIONAL ANALYSIS PER SERVING
- Calories: 208
- Total Carbohydrate: 50 grams
- Protein: 4 grams
- Total Fat: less than 1 gram
- Sodium: 36 milligrams
- Fiber: 3 grams

COUSCOUS: Couscous is a granular semolina flour with small, creamy yellow pellets or kernels. It is served topped with butter or cheese or mixed with other ingredients and served as a side dish.
mango chayote slaw

YIELD: 7 SERVINGS

INGREDIENTS
- Mango 2 (washed and julienned)
- Chayote or zucchini squash 2 (washed and julienned)
- Cilantro ½ cup (washed and minced)
- Lime, fresh 1 (washed and juiced)
- Salt, kosher ¼ teaspoon or to taste
- Honey as needed (optional — may be used if mango is not ripe)

PREPARATION
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Combine all ingredients, chill and serve.

NUTRITIONAL ANALYSIS PER SERVING
Calories: 51  Total Carbohydrate: 18 grams  Fiber: 2 grams
Protein: Less than 1 gram  Total Fat: Less than 1 gram  Sodium: 72 milligrams

FOOD SAFETY TIPS
1. Leftovers placed in the refrigerator must be covered.
2. Store ready-to-eat foods such as salads, deli meats and desserts above raw meats, fish, poultry and eggs to keep them safe from contamination.

CHAYOTE SQUASH: Chayote squash, also called vegetable pear, mirliton and christophe, is really a member of the gourd family. The skin is pale green and smooth with lengthwise ridges. The interior is white with one large seed in the middle. It is available in most grocery stores with a peak season from December to March. It can be substituted for summer or zucchini squash in most recipes.
summer salad with dressing

SALAD
YIELD: 5 SERVINGS

INGREDIENTS
Mixed greens 4 cups (washed)
Avocado 1 (washed and sliced)
Grape tomatoes ½ cup (washed and sliced)
Carrot ½ cup (washed, peeled and shredded)
Cucumber 1 (washed and sliced)
Strawberries 1 pint (washed, leafy stems removed, sliced)
Mozzarella cheese ½ cup (cubed)

DRESSING
YIELD: 25 SERVINGS; 1 TABLESPOON PER SERVING

INGREDIENTS
Strawberries, fresh 12 ounces (washed, hulled and puréed)
Honey 2 tablespoons
Olive oil 1 teaspoon
Apple cider vinegar 2 teaspoons
Sesame seeds 2 teaspoons

PREPARATION
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Prepare all the ingredients for the salad and assemble on salad plates.
4. Prepare dressing by blending all ingredients together.
5. Add dressing to salad and serve.

NUTRITIONAL ANALYSIS PER SERVING
Calories: 113 Total Carbohydrate: 16 grams Fiber: 6 grams
Protein: 3 grams Total Fat: 6.5 grams Sodium: 28 milligrams

FOOD SAFETY TIPS
1. Keep prepared salad dressings in the refrigerator until ready to serve.
2. Wash fruits and vegetables under cold running water before preparation. (A colander or strainer is helpful for this.)

AVOCADO: Avocados are a firm oblong fruit with dark green to black skin. They have a large pit and light green, creamy flesh. They are excellent in Mexican dishes and are added to salads, soups, sandwiches or dips.
tabbouleh salad

YIELD: 5 SERVINGS

INGREDIENTS

- Bulgur: 1 cup
- Water (boiling hot): 1 1/2 cups
- Salt, kosher: 1/2 teaspoon or to taste
- Pepper: 1/4 teaspoon or to taste
- Lemon juice, fresh: 1/2 cup (2–3 lemons, wash before squeezing)
- Olive oil: 1/4 cup
- Garlic cloves: 2 (minced)
- Tomato, small: 2 (washed and diced)
- Scallion: 4 stalks (washed and chopped)
- Parsley, flat leaf: 1 cup (washed and minced)
- Mint: 10 leaves (washed and minced)
- Chick peas, canned: 1/2 cup (drained and rinsed)
- Cucumber: 1 cup (washed, peeled, seeded and diced)

PREPARATION

1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. In a bowl combine bulgur, boiling water, salt and pepper. Cover and let stand until liquid is fully absorbed and bulgur is tender.
4. Combine with all of the remaining ingredients. Chill and serve.

NUTRITIONAL ANALYSIS PER SERVING

- Calories: 279
- Total Carbohydrate: 38 grams
- Protein: 6 grams
- Total Fat: 12 grams
- Fiber: 8 grams
- Sodium: 280 milligrams

BULGUR WHEAT: Bulgur wheat is made from crushed wheat kernels. It has a chewy texture that is delicious in pilaf or in meat and vegetable dishes. Bulgur is the primary ingredient in the Middle Eastern salad tabbouleh.

FOOD SAFETY TIPS

1. Refrigerate any leftovers immediately. Use within four days.
2. Use a refrigerator thermometer to make sure your refrigerator is running at 40°F or below.
main dishes

- grilled cheese with yellow squash 37
- vegetable chili 39
- vegetable quesadilla 41
- vegetable stir-fry 43
grilled cheese with yellow squash

YIELD: 2 SERVINGS (2 sandwiches)

INGREDIENTS
- Yellow squash 1 (washed and shredded)
- Salt, kosher ¼ teaspoon or to taste
- Pepper ¼ teaspoon or to taste
- Cheddar cheese, reduced fat 2 ounces (¼ cup, shredded)
- Garlic, fresh ¼ teaspoon (minced)
- Olive oil ¼ teaspoon
- Salt, kosher ¼ teaspoon
- Whole grain bread 4 slices

PREPARATION
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Wash hands thoroughly.
4. Shred squash using the side of a box grater with the largest holes.
5. Squeeze out excess moisture from shredded squash with hands.
6. Wash hands thoroughly.
7. Season squash with ¼ teaspoon salt and ¼ teaspoon pepper.
8. Mix squash with cheese. Set aside.
9. Crush garlic into oil and season with ¼ teaspoon salt.
10. Lightly brush garlic oil on bread.
11. Place two slices of bread in a hot skillet or grill pan, and then evenly spread cheese mixture on each slice.
12. Place the remaining two slices of bread on top.
13. Flip with a spatula when golden brown.
14. When golden brown on the other side, remove from heat and serve.

NUTRITIONAL ANALYSIS PER SERVING
- Calories: 248
- Total Carbohydrate: 28 grams
- Protein: 15 grams
- Total Fat: 9.6 grams
- Sodium: 814 milligrams

FOOD SAFETY TIP
Wash hands often during food preparation.
# vegetable chili

**YIELD:** 10 Servings

## INGREDIENTS

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<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Oil</td>
<td>1 tablespoon</td>
<td>(olive, canola or vegetable)</td>
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<tr>
<td>Garlic cloves</td>
<td>5 (peeled and minced)</td>
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<tr>
<td>Onion</td>
<td>1 cup</td>
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<tr>
<td>Green bell pepper</td>
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<td>(washed and diced)</td>
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<tr>
<td>Yellow squash</td>
<td>1 cup</td>
<td>(washed and diced)</td>
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<tr>
<td>Zucchini</td>
<td>1 cup</td>
<td>(washed and diced)</td>
</tr>
<tr>
<td>Carrot</td>
<td>1 cup</td>
<td>(washed, peeled and diced)</td>
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<tr>
<td>Tomato, fresh</td>
<td>1 cup</td>
<td>(washed and diced)</td>
</tr>
<tr>
<td>Kidney beans, canned</td>
<td>2 cups</td>
<td>(drained and rinsed)</td>
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<tr>
<td>Corn kernels, frozen</td>
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<tr>
<td>Diced tomato, canned</td>
<td>1 ¼ quarts</td>
<td>(48 oz.)</td>
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<tr>
<td>Chili powder</td>
<td>2 teaspoons</td>
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<tr>
<td>Salt, kosher</td>
<td>1 teaspoon or to taste</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>½ teaspoon or to taste</td>
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## PREPARATION

1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. In a stock pot, begin by sweating the vegetables in a small amount of oil.
4. Next add kidney beans, corn, diced tomatoes, chili powder, salt and pepper.
5. Bring to a simmer.
6. Let simmer for one hour.

## NUTRITIONAL ANALYSIS PER SERVING

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<th>Value</th>
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<td>Total Fat</td>
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<tr>
<td>Sodium</td>
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## FOOD SAFETY TIPS

1. Always wash vegetables under cold running water before you use them. (A colander or strainer is helpful for this.)
2. Rinse off tops of canned foods before opening.
vegetable quesadilla

YIELD: 2 SERVINGS

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Type</th>
</tr>
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<tbody>
<tr>
<td>Olive oil</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Vegetables: squash, green bell pepper, onion</td>
<td>½ cup (washed and diced)</td>
</tr>
<tr>
<td>Cooking spray</td>
<td>1-second spray</td>
</tr>
<tr>
<td>Whole grain flour tortillas</td>
<td>2</td>
</tr>
<tr>
<td>Salsa</td>
<td>½ cup</td>
</tr>
<tr>
<td>Monterey Jack cheese</td>
<td>¼ cup (shredded)</td>
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</table>

PREPARATION

1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
4. Heat non-stick skillet over low to medium heat.
5. Spray non-stick skillet with cooking spray and place tortilla in the skillet.
6. Spoon salsa evenly over tortilla. (Do not put salsa all the way to the edge of the tortilla as salsa will spread out when the other ingredients are added.)
7. Add sautéed vegetables.
8. Sprinkle with cheese.
9. Place the other tortilla on top.
10. When bottom tortilla is light brown, flip and brown other side.
11. Remove from heat, cut in half and serve.

NUTRITIONAL ANALYSIS PER SERVING

<table>
<thead>
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<tbody>
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<tr>
<td>Protein</td>
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<tr>
<td>Total Fat</td>
<td>7.4 grams</td>
</tr>
<tr>
<td>Sodium</td>
<td>476 milligrams</td>
</tr>
</tbody>
</table>

FOOD SAFETY TIP

Avoid touching any body parts, such as your nose, when cooking or working with food.
vegetable stir-fry

YIELD: 7 SERVINGS

INGREDIENTS

SAUCE

- Olive oil
- Garlic
- Lite (reduced sodium) soy sauce
- Water
- Ginger, fresh
- Brown sugar
- Orange zest
- Chili pepper, jalapeño

1 teaspoon
1 teaspoon
1/2 cup
1 teaspoon
2 tablespoons
1 teaspoon
1 teaspoon

MIXED VEGETABLES

Fresh packaged mix can be used (broccoli, carrots, snow peas) to which other vegetables (water chestnuts, peppers, baby corn, bean sprouts) may be added.

Sesame oil
Cornstarch
Cold water
4 cups
1 teaspoon
1 tablespoon
2 tablespoons

PREPARATION

1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Prepare sauce by sautéing garlic in oil until golden brown. (Do not burn.)
4. Wash hands thoroughly after mincing chili. (DO NOT touch face, especially eyes, when handling chili as it may cause burning sensation.)
5. Add remaining sauce ingredients. Simmer for 2 minutes.
6. In a sauté pan or non-stick frying pan, stir-fry vegetables in sesame oil until al dente.
7. Toss lightly with prepared sauce.
8. Add water to cornstarch and stir until smooth.
9. Stir cornstarch mixture into vegetables.

Serve with brown rice or whole grain noodles.

NUTRITIONAL ANALYSIS PER SERVING

- Calories: 57
- Total Carbohydrate: 8 grams
- Protein: 2 grams
- Total Fat: 1.6 grams
- Sodium: 535 milligrams
- Fiber: Less than 1 gram

FOOD SAFETY TIPS

1. Do not use vegetables that show signs of spoilage (bruised, discolored or mushy).
2. No funky vegetables in the stir-fry!
grilled peaches with yogurt and granola  47

no-bake apple crisp  49

tofu chocolate mousse and graham crackers  51
grilled peaches with yogurt and granola

YIELD: 7 SERVINGS

INGREDIENTS
Peaches, fresh 3 (washed, cut in half, pit removed)*
Vanilla yogurt, low fat 1 cup
Granola ½ cup

PREPARATION
1 Read the entire recipe before beginning.
2 Gather all equipment and ingredients.
3 Grill peaches in a skillet on the stove until tender and warm.
4 Slice grilled peaches very thin and top with yogurt and granola.

*Drained canned peaches may be substituted for the fresh grilled peaches.

NUTRITIONAL ANALYSIS PER SERVING
Calories: 90 Total Carbohydrate: 19 grams Fiber: 41 grams
Protein: 2 grams Total Fat: 1 gram Sodium: 41 milligrams

FOOD SAFETY TIP
Whenever possible, use clean utensils rather than your hands when preparing food.
no-bake apple crisp

YIELD: 4 SERVINGS

INGREDIENTS
- Butter, salted 1 tablespoon
- Apples, Granny Smith or Gala 4 medium (washed, peeled and sliced)
- Brown sugar 1 tablespoon
- Cinnamon 1 teaspoon
- Nutmeg 1 teaspoon
- Granola 1 cup
- Vanilla yogurt, low fat (optional) ½ cup

PREPARATION
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. In a pan, melt butter and begin to cook the apples.
4. Add brown sugar, cinnamon and nutmeg.
5. Cook until apples are soft.
6. Remove from heat and add granola.
7. Optional: top with some crushed nuts and yogurt.

NUTRITIONAL ANALYSIS PER SERVING
- Calories: 207
- Total Carbohydrate: 42 grams
- Protein: 3 grams
- Total Fat: 4.6 grams
- Sodium: 88 milligrams

FOOD SAFETY TIP
Never taste test any recipe with your fingers … YUCK! Use a spoon or fork!
**tofu chocolate mousse and graham crackers**

**YIELD:** 8 SERVINGS

**INGREDIENTS**
- Silken tofu 1 pound
- Vanilla extract 1 teaspoon
- Semi-sweet chocolate chips 12 ounces (1 1/2 cups)
- Honey graham crackers, crushed 8 squares

**PREPARATION**
1. Read the entire recipe before beginning.
2. Gather all equipment and ingredients.
3. Drain water from tofu and blend until smooth.
4. Add vanilla extract.
5. Melt the chocolate chips in a double boiler on top of the stove or in a microwave oven.
6. Combine melted chocolate and tofu.
7. Let cool and set in the refrigerator.
8. In a serving cup, alternate layers of mousse and crushed graham crackers.

**NUTRITIONAL ANALYSIS PER SERVING**
- Calories: 195
- Total Carbohydrate: 23 grams
- Protein: 4 grams
- Total Fat: 11.2 grams
- Sodium: 22 milligrams

**FOOD SAFETY TIPS**
1. Cooking utensils need to be washed in hot soapy water and rinsed before using them to prevent harmful germs (bacteria) from getting into other foods.
2. Remember to clean your microwave with hot soapy water, including the touch panel.

**TOFU:** Tofu is also called soy bean curd. It is a soft cheese-like food made from soy milk. It has a bland taste and easily absorbs the flavors of other ingredients with which it cooks or is prepared.
food safety tips for bag lunches

Wash hands before preparing lunches.

keep hot foods hot
  • Use an insulated container such as a Thermos®.
  • Add boiling water and let sit for a few minutes. Pour out water.
  • Place hot food (food heated to 165ºF) into insulated container.

keep cold foods cold
  • Make the night before and refrigerate.
  • Use reusable ice packs or frozen juice boxes to keep food cold.
  • Use insulated lunch bags.

foods that don’t need temperature control
  bread
  chips
  crackers
  hard cheese
  peanut butter
  unopened canned meats
  whole fruits and vegetables

websites for additional information
  www.foodsafety.gov
  www.fsis.usda.gov
  www.fightbac.gov

In 2009, JWU received a grant from the U.S. Centers for Disease Control and Prevention (CDC) to support the implementation of its Food Safety Initiative, an outreach project that has aimed to educate consumers and children on minimizing their risk of foodborne illness. This book is one of the educational publications produced through this grant.

This publication was supported by award 1 H75 CK000139 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.
Dramatic changes have occurred in the American diet over the last 50 years. In the 1960s, convenience foods and restaurant fare began replacing the simple, wholesome meals prepared in America’s kitchens. Over the last 20 years, food has become a form of entertainment while portion sizes have continued to grow. As a result, there has been an alarming increase in obesity, particularly among children. At the same time, mass production and other related food-handling issues have resulted in a greater awareness of foodborne illness. According to the Centers for Disease Control and Prevention (CDC), incidences of foodborne illness sicken one in six Americans annually. Many of these cases require hospitalization. In response to these issues, consumers are increasingly connecting diet and health and seeking nutritious, safe and sustainable food choices in restaurants and at home.

The CDC has provided the funds to make Johnson & Wales University’s (JWU) Gold Standard for Food Safety program available to food service professionals, consumers and children in order to promote good food safety practices so we can all work together to minimize the risk of foodborne illness.

We are fortunate that there are several national initiatives to promote healthy food choices. To address the childhood obesity epidemic, in 2010 the U.S. Department of Agriculture (USDA) launched its Chefs Move to Schools program to provide healthier school menu options and teach U.S. schoolchildren better eating habits. Chefs from JWU were guests at the White House and joined First Lady Michelle Obama at the launch of this program.

To complement the USDA initiative and show consumers and families how to prepare healthy food safely, chefs and food safety experts at JWU worked together to create this cookbook. It demonstrates that you don’t have to be a professional chef to enjoy delicious, nutritious meals and snacks, and includes tips on how to make good food safety practices a habit.

JWU’s College of Culinary Arts is pleased to present these easy recipes that are tasty, colorful and fun to make. We hope it will inspire families to cook together and encourage people of all ages to make sound choices about food sources, storage, handling and preparation that will help promote good health and a safer environment.

Chef Michael Makuch, a culinary nutrition instructor at JWU, has been teaching elementary school students about nutrition and food safety since 2003 through food demonstrations at Rhode Island schools. Chef Makuch earned a Bachelor of Science Degree in Culinary Nutrition and a Master of Arts in Teaching Degree with a concentration in food service education from JWU.

JWU chef instructor Maureen Rathier with First Lady Michelle Obama

This book is dedicated to the Honorable Patrick J. Kennedy for making this project possible, and for his commitment to raising awareness about difficult issues in order to improve lives.