

Goldilocks & The Three Bears

Cooking project: porridge

Ingredients

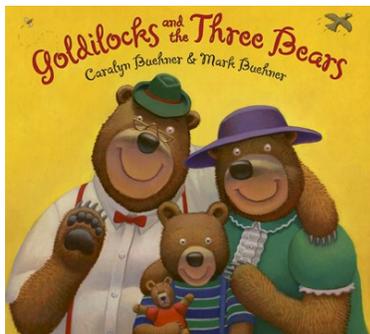
4 cups of water

1 cup of steel-cut Irish Oatmeal

1/4 teaspoon salt

A pinch of brown or white sugar

In a medium sized pan, bring water to boil. Sprinkle oatmeal over water and stir constantly. Add the salt & reduce the heat to low. Put a lid on and let simmer for 30 minutes. Divide porridge into bowls (should make four servings), and sprinkle a pinch of sugar over each one. Feel free to add berries for extra health benefits.



Stone Soup

Cooking project: stone soup

Ingredients

1 stone, big enough that it won't get lost in soup

1 tablespoon butter or vegetable oil

6 cups of vegetables (onion, celery, carrot, potatoes, peppers, zucchini, squash, corn, peas, etc.)

6 cups of water or stock

2 cups of macaroni noodles

A sprinkle of salt & pepper

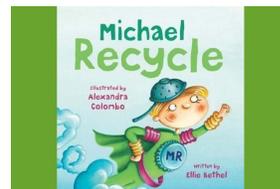
Have students scrub and wash the stone thoroughly. Then drop the stone in a pot of boiling water while you prepare the rest of the ingredients. In a large soup pan, melt butter/oil, and add veggies. Saute them for about five minutes, Using a spoon, fish the stone out of the other pot, and add it to the soup pan. Pour the water into the pot & bring to a boil. Stir in macaroni noodles & let cook for about eight minutes. Season with salt & pepper.



Michael Recycle

Cooking project: do a cupboard cleanout

Look through your cabinets, pantry, fridge, & freezer and see what you can create together.



Green Eggs & Ham

Cooking project: green eggs & ham (the healthy way)

Ingredients

1 tablespoon butter or vegetable oil

4 slices of ham

8 eggs

2 tablespoons of milk

1 cup of pureed spinach

1 tablespoon of butter or vegetable oil

Melt butter in large frying pan over medium heat. Add ham & brown. Remove ham, cover with foil, & set aside. In a mixing bowl, combine eggs, milk, salt, pepper, and spinach. Beat with a whisk or fork until they are bubbly. Heat the other tablespoon of butter/oil in the same frying pan over medium heat until it begins to sizzle. Then add the egg mixture. Stir with a spatula until the eggs are firm, and not too runny. Transfer the eggs to individual plates & add ham. This should make enough for four lunch servings or eight snack servings.



The Grouchy Ladybug

Cooking project: Apple ladybug treats

Ingredients

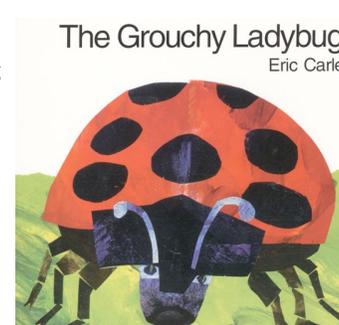
2 red apples

1/4 cup raisins

1 tablespoon peanut butter

8 think pretzel sticks

Slice apples in half from top to bottom & scoop out the cores. Place each half, flat side down, on a small plate. Dab peanut butter on the back of the "lady bug", then stick raisins on for the spots. Use the same method to make eyes. Stick one end of each pretzel into a raisin, then press the other end into the apples to make antennae. This should serve four students for either a snack or a side dish.

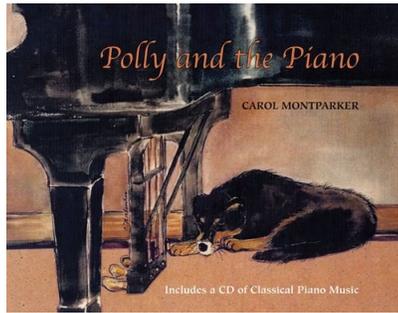


Polly & The Piano

Cooking project: piano sandwiches

Ingredients

- 1/2 cup plain yogurt
- 1 granny smith apple, cored & diced
- 1 tablespoon brown sugar
- 1 teaspoon lemon juice
- One pinch of garlic powder
- 2 tablespoons honey
- 1 cup cooked, shredded chicken
- 4 slices whole wheat bread
- 2 slices dark rye or pumpernickel bread



Combine yogurt, apple, brown sugar, lemon juice, and garlic powder in a bowl. Mix in honey and chicken. Make two sandwiches on the whole wheat bread with the chicken salad & one sandwich on the rye bread. Cut the crusts off, then cut the whole wheat sandwiches (one inch by two and half inches) and cut the rye /pumpernickel into slices (1/3 inch by 1 1/4 inch). Arrange the whole wheat slices side by side on a plate, and the rye/pumpernickel on top to look like a keyboard. Pretend to play the piano before digging in! Should serve six students for a snack, or three for a meal.

Superpower Spinach (Creamed Spinach)

Ingredients

- 4 cups spinach (fresh or frozen)
- 3 cups low fat cottage cheese
- 2 tablespoons butter



Combine ingredients in food processor (or bowl if you're using an immersion blender). Process until smooth, then reheat on stovetop for five minutes.

Substitute for common food restrictions

- 1 teaspoon ground flax seed + 1/4 cup water = 1 egg
- 3 tablespoons meringue powder + 6 tablespoons water = 3 egg whites
- 1/2 tablespoon cornstarch, potato starch, rice starch, arrowroot starch; or 1 tablespoon of tapioca = 1 tablespoon of flour
- Dairy milk = rice & nut milk can be substituted; fruit juice can be used, but note that it will bring sweetness to whatever you're making
- Peanut butter = tahini or sesame butter
- Butter = avocado
- Butter = olive oil
- Cream cheese = avocado
- Applesauce = oil

Frozen Yogurt Letter

Put yogurt in a ziplock baggie & cut off one of the corners. On a cookie sheet lined with wax paper. Squeeze the yogurt onto the wax paper, making each letter of the alphabet. Freeze overnight & serve the next day!

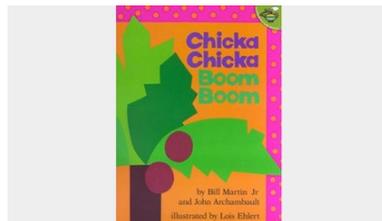


Chicka Chicka Boom Boom

Cooking project: palm tree delight

Ingredients

- 2 teaspoons lime juice
- 1 teaspoon honey
- Pinch of garlic powder
- 2 cups skinless chicken breasts (the trunk of the palm tree)
- 1 cup water
- 1 can sliced pineapple (base of the palm tree)
- 1/4 cup cream cheese
- 1/4 cup packed spinach leaves (palm tree's leaves)



Preheat oven to 400 degrees. Combine lime juice, honey, garlic powder, salt, and pepper into a bowl. Place the chicken in a small baking dish, and pour mixture over it. Bake for 18 to 20 minutes, until chicken is cooked through. Slice the chicken into four long pieces & push a skewer or toothpick, lengthwise, into each piece (this will be the trunk). Stick two chicken skewers into each pineapple slice. Use the cream cheese to stick the leaves onto the chicken tree trunks. This will make enough for four, meal-sized servings for your students.

Mix & Match Sandwich Faces

Ingredients

Two kinds of bread (wheat, rye, sourdough, etc.)

Choice of sandwich fillings (egg salad, tuna salad, cheese, deli meat, etc.)

Food for additional decorating (raisins, celery slices, seeds, cheese shapes, parsley leaves, ketchup, carrot pieces, egg slices, olives, radish slices, lettuce, green pepper pieces, almonds, mushroom slices, apple pieces, mustard)

Choose two pieces of bread for each sandwich. Cut out circle from each slice with a cookie cutter, or leave as is.

Slice each piece in half, making a rectangle or semi-circle. Spread a sandwich filling on the bread & top with matching type & shape of bread. Select from the decorating foods to design eyes & nose on the top half of the sandwich by pressing foods into the bread. In the same way, design a mouth on the other half of the sandwich for the lower part of the face.

Next place all the eye & nose sandwich halves on a serving tray in a line. Place the mouth sandwich halves beneath each eye & nose, but do not match the bread types. Place mismatched halves together so the faces will be all mixed up. Everyone chooses a top half and a bottom half that they like that matches or does not match & places it on their sandwich plate.

Stoplight Snack

Ingredients

Graham cracker sheets

Cream cheese, avocado, nutella, or peanut butter

Sliced strawberries

Peaches, halved

Kiwi, sliced

Spread "schmear" over a graham cracker sheet. Then top with fruit slices & serve!

Apple/Tomato/Pear High-Rise Sandwiches

Ingredients

2-4 apples, tomatoes, or pears

Sliced cheeses

Sliced deli meats

Cut a thin slice from the tops & bottoms of each apple/tomato/pear with a knife. Set aside. Core the remaining portion of the fruit, and cut into eight horizontal slices, about 1/3-inch thick. Stack the cheese & cut into four equal pieces, and do the same with the deli meat. Place the bottom of each fruit on the plate, and create a pattern by stacking the meat, cheese, and fruit slices—have fun playing with other patterns, too! Set the stem slices on top of the stacks.

Cornstarch Paint

Ingredients

3 tablespoons sugar

1/2 cup cornstarch

2 cups cold water

Food coloring

Mix sugar & cornstarch in a saucepan; add the water & mix well. Cook over medium-low heat, stirring constantly for about five minutes. Remove from heat, cool, & pour into containers (muffin tins work great). Add coloring & mix well. This can be stored in the fridge.

Deviled Egg Boats

Ingredients

12 hardboiled eggs

2 teaspoons Dijon mustard

2 teaspoons vinegar

1/4 cup mayonnaise or greek yogurt

2 red, orange, yellow, or green bell peppers

Slice hardboiled eggs in half—this will be the "boat". Place the yolks in a bowl & mash with fork, then add mustard & vinegar, followed by the mayo. Cut each pepper into 1 inch wide strips, then cut the strips into squares, and the squares into triangles. Fill the egg white with the yolk mixture, then stick the sail upright into the filling. This will make 24 boats.