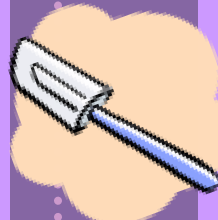
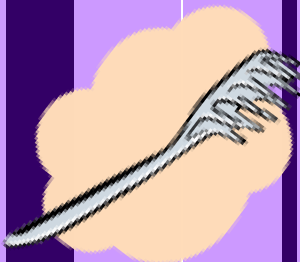


Raising the Bar on Nutrition

For Kids!



Introduction

These recipes are from “Raising the Bar on Nutrition”, a program of the RI Community Food Bank. They have been written so that a grade-school aged child can follow them. The instructions are written so that the reader should be able to make the recipe with little to no adult help. The recipes are made with foods that will help to make you healthier and that can be bought in your grocery store or found in a food pantry. They all contain at least 2 servings of vegetables that are cooked in olive oil. You will be surprised at how delicious the vegetables taste when they are cooked in olive oil!



This booklet was prepared by Kate Rogers, an 8th grade student at LaSalle Academy, for her graduation project. Kate prepared and tested all of the recipes included in this book.

"I learned a number of things putting this project together. Vegetables can taste good and it is a great feeling cooking a meal yourself."

*The prices given for the ingredients in this book were taken from the Peapod Online Grocery and Delivery Service in April 2010.

Helpful Hints

Make sure you get a parent's permission to use the stove, oven, skillet, and/or knives.

Read through each recipe before you start it.

Make sure you have all of your materials before you begin a recipe.

To chop an onion: chop off one chunk of the onion at the end, making sure not to get the core. First cut lengthwise, then sideways, to get small squares.



To drain something, put it inside a colander. Put the colander in the sink until the liquid has drained out.



In the recipes, it will sometimes say that you need a stovetop and skillet. You can use an electric skillet, instead.

Always make sure to clean up your work area after you're done.

To cook pasta, fill a large pot about $\frac{3}{4}$ of the way full with water. Salt the water by putting in 2-3 shakes of salt. Heat the water. When it boils, cook the pasta (check the package to see how long it needs to be cooked). Keep stirring the pasta occasionally, as it will stick if you don't. Drain the pasta in the colander. Whole wheat pasta is healthier than white pasta. People who use whole wheat pasta tend to have less diabetes, heart disease and are less likely to be overweight.

To cook brown rice, put about 3-4 quarts of water in a large pot (about what you would use if you were cooking pasta). You can add 1-2 teaspoons of salt, if you like. Heat the water on high until it boils. Add the dry rice (1-2 cups), cover the pan and return to a boil. As soon as it boils again, reduce the heat to low and slow boil for about 35 minutes. Immediately drain the rice into a colander. One cup of dry rice makes at least 3 cups cooked rice. Brown rice is much more nutritious than white rice. It is "brown" because it has the whole grain kernel on it. There are many important nutrients in the whole grain kernel. White rice is refined and has the outside grain kernel removed. White rice has some vitamins added back to it, but it is not close to brown rice for nutrition content. Brown rice takes longer to cook than white rice so it is often best to make the brown rice before you need it for a meal. You can store the cooked rice in a covered container in the refrigerator. The cooled rice will also mix in to a recipe better as it will not absorb the fat when cooking.

To defrost vegetables, put them in a colander in the sink to catch the liquid. This may take a few minutes. You can also run a little cold water over them to help the process.

Good luck! ☺

Groceries Used in These Recipes:



Extra virgin olive oil
\$8.29



Frozen, defrosted spinach
\$2.00



Cannellini beans
\$1.00



Diced tomatoes
\$1.50



Cooked whole wheat pasta
\$2.69



Any herbs you
will use



Medium potatoes
\$2.99 (5 lb bag)



Red or white onion
\$.69



Salt and pepper



Can of corn
\$1.39



Can of black beans
\$1.59



Tomatoes
\$1.29



Cooked brown rice
\$3.39



Garlic
\$.59



Dried basil
\$2.49



Dried oregano
\$3.49



Broccoli, chopped, frozen,
defrosted
\$2.00



White flour
\$1.69



1% fat milk
\$1.69



Sliced American
cheese
\$3.49



Cooked macaroni (preferably
whole wheat)
\$1.39



Corn flakes
(optional)
\$3.99



Sliced carrots
\$2.99



Spaghetti noodles, preferably
whole wheat
\$2.50



Soy sauce
\$3.69



Cornstarch (or flour)
\$1.69



Can of crushed tomatoes
\$1.69



Kidney beans,
drained, rinsed
\$1.00



Pinto or cannelloni
beans, drained, rinsed
\$1.00



Cumin
\$4.99



Chili
powder
\$3.79

Recipe: Spinach, beans and pasta

Things to find in your kitchen:



Pot



Stovetop



Skillet



Mixing spoon

Spinach, beans and pasta



4 servings per recipe

Approximate price of meal: \$5.48

What you need for this recipe:

- 6 tablespoons of extra virgin olive oil
- 15 oz can of cannellini beans, drained and rinsed well
- 10 oz box spinach, chopped, frozen, defrosted
- 1-28 oz can of tomatoes
- 12 ounces (dry weight) of pasta, preferably whole wheat
- optional: garlic, herbs (1-2 teaspoons of dried rosemary, basil, thyme or oregano)
- salt and pepper for the vegetables

Things to do ahead of time:

- Cook pasta. Please see instructions on page 2.
 - Defrost spinach completely; defrost in a bowl as liquid will leak out of the box. Please see instructions on page 2.
 - Drain the cannellini beans into a colander and rinse with cold water.
1. Heat the olive oil in an electric skillet on 300-350F (if are using a stove-top, put the heat on medium low). It is heated when you can feel some heat when you put your hand over it (don't touch it!). The oil will also ripple slightly.

2. Add any optional ingredients (herbs or garlic) and stir to combine. Heat for 2-3 minutes.
3. Add the drained, rinsed cannellini beans and stir into the oil. The oil should be sizzling but not so hot that the oil is spitting out of the pan. You will need to monitor the temperature of the oil as you add the ingredients. You can turn the temperature up and down. You will mostly stay in the range of about 275-350F.
4. Stir in the defrosted, drained spinach. Season with salt and pepper.
5. Heat on medium/high 8-10 minutes, stirring often.
6. Add the canned tomatoes and heat until the pasta is cooked.

Toss the pasta, spinach and beans together and serve.

Recipe: Vegetable stuffed baked potato

Things to find in your kitchen:



Chopping knife



Stovetop or electric skillet



Electric skillet or stovetop



Fork



Pot

Vegetable stuffed baked potato



4 servings per recipe

Approximate price of meal: \$2.95

This recipe can be made with any vegetables you like or those you have leftover from other meals.

What you need for this recipe:

- 4 medium potatoes
- 6 tablespoons of extra virgin olive oil
- 1 small onion (red or white) chopped into small, square pieces (about 1 cup)
- 2 cups of spinach, chopped, frozen, defrosted
- salt, pepper

Things to do ahead of time:

- Defrost spinach completely. Please see instructions on page 2.
- Scrub skin of potatoes clean.
- Chop onion into small, square pieces.

To bake the potatoes, preheat the oven to 400F. Using a fork, pierce the potato in several places. This will allow the heat to escape while it cooks. Cook the potato about 1 hour. You can test the potato by gently squeezing it. A cooked potato does not feel solid. It will “give” when squeezed. You can gently hit the potato on a counter when it

is cooked. This helps to break up the cooked potato. Bake at 400F for about 1 hour. When the potatoes have been in the oven for about 40 minutes, start the following:

1. Heat the olive oil on medium in a skillet.
2. Stir in the onions. Season with salt and pepper. Cook about 5 minutes or until they are soft. Add the spinach. Heat on low until the potatoes are cooked.

Slice the baked potatoes and fill with the vegetables.

Recipe: Vegetable fried rice

Things to find in your kitchen:



Oven



Stovetop



Fork



Skillet



Chopping knife



Mixing spoon

Vegetable fried rice



4 servings per recipe

Approximate price of meal: \$4.25

What you need for this recipe:

- 1 can of corn, drained
- 1 can of black beans, rinsed, drained
- 1 small can of tomatoes
- 6 tablespoons of extra virgin olive oil
- 4 cups of cooked brown rice
- optional: garlic, dried basil and/or oregano

Things to do ahead of time:

- Cook the brown rice.
 - Drain the corn.
 - Drain the black beans and rinse.
1. Heat the olive oil on medium in a skillet. Stir in the vegetables and cook about 5 minutes. How long you cook will depend on which vegetables you use. Fresh vegetables (carrots, onions) will take longer to cook, canned vegetables (green beans) and frozen vegetables will cook an in-between amount.

2. Add the cooked rice, stir to combine and heat through.

Optional: Scramble 4 eggs in a bowl. Move the vegetable/rice mixture to the side of the pan once they are cooked; pour in the egg. Let the egg cook set (a few minutes) then scramble into the rice and vegetables.

Recipe: Macaroni and Cheese

Things to find in your kitchen:



Measuring cups and spoons



Chopping knife



13x9x2 inch Pyrex pan



Stovetop



Skillet



Mixing spoon

Macaroni and Cheese



4 servings per recipe

Approximate price of meal: \$4.96

What you need for this recipe:

- 6 tablespoons of extra virgin olive oil
- 1 small onion (red or white), chopped (about 1 cup)
- 3 cups of broccoli, chopped, frozen, defrosted
- 4 tablespoons of white flour
- 2 cups of 1% fat milk
- 6 slices of American cheese
- 12 oz of cooked macaroni (preferably whole wheat)
- optional: 1 cup of corn flakes
- salt, pepper

Things to do ahead of time:

- Chop onion.
- Defrost broccoli; defrost in a bowl as liquid will leak out of the box. Please see instructions on page 2.
- Cook macaroni. Please see instruction on page 2.
- Cut cheese into smaller pieces.

While the macaroni is cooking prepare the sauce.

Preheat the oven to 350F. Lightly coat a 13x9x2 inch glass Pyrex pan with olive oil.

1. Heat the olive oil on medium in a large skillet. Add the onion and broccoli. Stir to combine. Cook on medium about 10 minutes or until the vegetables are soft. Stir the mixture while it is cooking.
2. Sprinkle the flour on the vegetables and stir into the vegetables. Make sure there is not any dry flour left or you will have lumps in the sauce. Carefully pour in the milk, stir to mix in. Stir gently and continue to cook until the mixture thickens. This will take 3 to 5 minutes.
3. Cut the cheese into smaller pieces (about 4-6 pieces per slice). Add the cheese to the thickened sauce. Stir to combine and continue stirring until the cheese melts.
4. Add the cooked macaroni and stir to combine. Pour into the prepared pan. Top with the corn flakes (optional).
5. Bake until bubbling, about 20-30 minutes. It will take less time if you use the larger pan.

Recipe: Vegetable lo mein

Things to find in your kitchen:



Pot



Stovetop



Skillet



Mixing spoon

Vegetable lo mein



4 servings per recipe

Approximate price of meal: \$4.41

What you need for this recipe:

- 6 tablespoons of extra virgin olive oil
- 1 can of sliced carrots (cut into smaller pieces)
- 2 cups of broccoli, frozen, defrosted
- 12 oz of spaghetti noodles, preferably whole wheat
- about 1/3 cup of soy sauce
- 4 teaspoons of cornstarch/flour
- optional: sliced/crushed garlic, salt, pepper

Things to do ahead of time:

- Defrost broccoli completely; defrost in a bowl as liquid will leak out of the box. Please see instructions on page 2.
- Slice carrots into 4 pieces per slice
- Slice/crush garlic.
- Cook spaghetti. Please see instructions on page 2.

Heat a large pot of water (3/4 of the way full) for the spaghetti and cook as directed on the box.

1. Heat olive oil in a skillet on medium.
2. Stir in the carrots and broccoli. Season with salt and pepper. Cook 3-5 minutes, or until the texture you would like (the long you cook, the softer and sweeter the vegetables).
3. In a separate bowl, mix $\frac{1}{4}$ to $\frac{1}{3}$ cup of soy sauce and 2 tablespoons of cold water. Add the corn starch and stir until there are no lumps. Pour in to the skillet with the cook vegetables, mix them, and heat until thickened (about 3 minutes).

Mix with cooked spaghetti and serve.

Recipe: Vegetarian Chili

Things to find in your kitchen:



Pan



Stovetop



Mixing spoon

Vegetarian Chili



4 servings per recipe (about 9 cups)

Approximate price of meal: \$7.29

What you need for this recipe:

- ½ cup of extra virgin olive oil
- 1 medium onion (red or white), chopped (about 2 cups)
- 1 can of corn
- 28 oz can of crushed tomatoes
- 1 can of kidney beans, drained, rinsed
- 1 can of black beans, drained, rinsed
- 1 can of pinto or cannelloni beans, drained, rinsed
- salt
- optional spices (you can use all or some of these):
 - 2 teaspoons of ground cumin
 - 1 tablespoons of chili powder
 - 2 teaspoons of dry oregano

Things to do ahead of time:

- Drain and rinse all the canned beans.

- Chop onion into small, square pieces.
- Optional: cook rice or baked potato to put the chili on to eat.

1. Heat the olive oil on medium heat in a large pan on top of the stove or in a slow cooker.
2. Add the onions, stir to combine with the oil and cook for about 10 minutes or until the onions are translucent. Stir in the drained corn and cook for another 5 minutes. You should occasionally stir the vegetables. You can add some salt and black pepper to the vegetables for flavoring, if you like.
3. Sprinkle the cooked vegetables with the spices. Stir to mix in evenly.
4. Add the tomatoes and all the beans. Stir to combine. Reduce heat to medium low and simmer for about 45 minutes or longer, stirring occasionally.

Serve over cooked rice (preferably brown rice) or in a baked potato, or by itself in a bowl.