

# FRUIT-CHOS

By Jacqueline, 4th Grade at Don Juan Avila Elementary

## Ingredients:

- 1 flour tortilla
- 1 Tbsp. vanilla yogurt
- 2 Tbsp. strawberry cubes
- 1/4 cup grapes
- 2 Tbsp. mango cubes
- 1 tsp. cinnamon

## Directions:

1. Cut tortilla in slices. Season with cinnamon. Bake for 6 minutes at 350°F.
2. Assemble tortilla on a plate. Top it with diced strawberries, diced mangoes, and grapes. Drizzle with vanilla yogurt on top.

Makes 1 serving



# ZUCCHINI CHOCOLATE ENERGY BITES

By: Lyla, 3rd Grade at Truman Benedict Elementary



## Ingredients:

- 1 1/4 cup oats
- 1/2 cup almond butter
- 1/2 cup coarsely shredded zucchini
- 3 Tbsp. honey
- 1/2 tsp. cinnamon
- 1/4 cup mini chocolate chips

## Directions:

1. Mix oats, almond butter, zucchini, chocolate chips, honey and cinnamon in a large bowl until combined.
2. Divide mixture in 18 bite-sized pieces and roll into balls.
3. Refrigerate until set, about 1 hour. Enjoy!

Makes 18 servings



# PITA POCKET

By: Fiona, 3rd Grade at Laguna Niguel Elementary

## Ingredients:

hummus  
cucumber  
pita bread  
carrot shreds  
tomatoes

## Directions:

1. Spread a generous amount of hummus on the pita bread.
2. Add slices of tomato, cucumber, carrots. fold over and enjoy!

To make hummus - drain 15oz can of garbanzo beans. Add 1/4 c lemon juice, 1/2 c tahini, 3 Tbsp. olive oil, 1 tsp. salt, 2 cloves garlic, dash of cayenne, and 1/2 tsp. paprika. Blend until smooth.

Makes 1 servings



# SPINACH BASIL PASTA SALAD

By: Noah, 3rd Grade at Laguna Niguel Elementary

## Ingredients:

16oz bow tie pasta

6oz spinach leaves

2 cups fresh basil leaves

4oz prosciutto, diced

3 cloves of garlic, minced

## Directions:

1. Fill large pot of salted water and bring to a boil. Stir in bow tie pasta, cook uncovered, stir occasionally for 12 minutes. Rinse with cold water and set aside to drain.
2. Toss spinach and basil together in a large bowl.
3. Heat olive oil in a skillet over medium heat, cook and stir garlic into the hot oil for 1 minute. Stir in prosciutto and cook for 2-3 minutes. Remove from heat.
4. Add garlic and prosciutto to the bowl with spinach and basil, toss to combine. Pour in drained pasta and retoss. Season with salt and pepper. Sprinkle with freshly grated parmesan cheese and pine nuts (optional).

Makes 10 servings



# BUDDHA BOWL

By: Regan, 4th Grade at Canyon Vista Elementary

## Ingredients:

1 cup greens  
1/2 cup rice  
1 large beet (cooked or raw), sliced thin or chopped  
1/2 cup shredded carrots  
1/2 cup shredded purple cabbage  
1/2 cup brussel sprouts (seared lightly or raw), sliced in half  
3/4 cup cut firm tofu, cubed  
1 Tbsp. olive oil or avocado oil  
Salt  
Pepper  
Salad dressing of your choice

## Directions:

1. Heat oil in a non-stick skillet and add tofu, season with salt and pepper. Cook, tossing every minute or so, until it is slightly brown and crisp. Set aside on a paper towel lined plate.
2. Optional - in the same pan, add a little more oil and add sprouts. Cook for 2-4 minutes, tossing as you go, until seared.
3. Now it's time to build your bowl! Layer the greens and rice in the bowl. Layer the vegetables on top of the greens and rice base. Add the tofu on top. Top with dressing of your choice.

Makes 1 serving



# LUMPIA

By: Aiden, 5th Grade at Bathgate



## Ingredients:

ground pork  
ground beef  
chopped onion  
grated carrots

spring roll wrapper  
soy sauce  
garlic powder  
black pepper



## Directions:

1. Combine 1 lb ground pork, 1 lb ground beef, 1 medium chopped onion, 1 large grated carrot, 1/4 cup soy sauce, 1 1/2 Tbsp. garlic powder and 1 tsp. black pepper in a bowl. Mix well.
2. Place 2 spoons of mixture in wrapping paper. Moisten edge of wrapper to seal after rolling.
3. Deep fry until wrapper turns brown and crispy.
4. Serve hot!



Makes 30 servings

# WATERMELON DESSERT

By: Bailey, 4th Grade at Marblehead



## Ingredients:

watermelon

fresh berries (strawberries, blackberries, raspberries, etc.)

almonds, chopped up

other healthy toppings (fruits, nuts, etc.)

1 can of whipped cream



## Directions:

1. Cut watermelon into cylinder (cake size).
2. Swirl whipped cream on top (may need to spread with butter knife).
3. Put on berries and other toppings.
4. Slice and enjoy!

Makes 8 servings



# YUMMY APPLE COOKIES

By: Sophia, 3rd Grade at Del Obispo Elementary



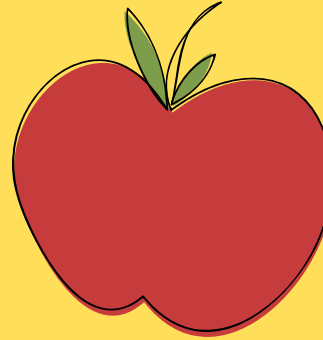
## Ingredients:

yummiest apples in your house

yummiest peanut butter in your house

any color sprinkles (yummiest)

spreading knife



## Directions:

1. Get your apple and cut it to a cookie shape.
2. Get peanut butter and spread it on the apple with a spreading knife.
3. Put sprinkles on top.
4. Enjoy!

Makes 1 servings



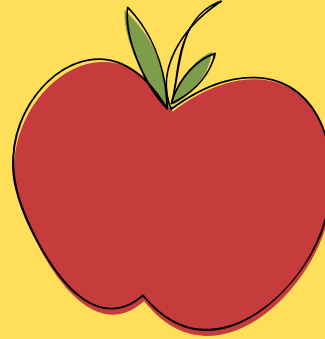
# APPLE SLICE CARS

By: Maya, Kindergarten at Viejo Elementary



## Ingredients:

apple  
peanut butter  
grapes



## Directions:

1. Cut apple into slices.
2. Cut grapes in half.
3. Spread peanut butter on grapes and stick on to apple slices to look like tires on a car.

Makes 2 servings



# OMELET MUFFINS

By: Ellery, 4th Grade at Laguna Niguel Elementary



## Ingredients:

4 eggs

1/4 cup milk

1/2 tsp. baking powder

1/2 tsp. oil

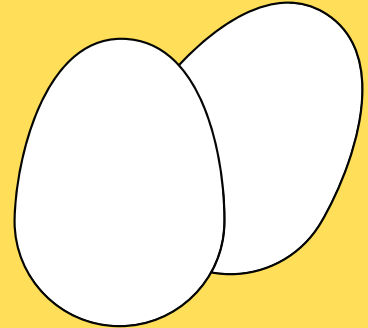
salt and pepper

grated cheese (your choice, I used cheddar)

favorite omelet fillings (your choice, I used onions, bell peppers and diced ham)

## Directions:

1. Preheat oven to 375 degrees.
2. In a frying pan, cook up your favorite omelet ingredients. I chose onions, bell peppers, and diced ham.
3. Grease a 6 spot muffin tin.
4. Fill each muffin cup with cooked omelet ingredients.
5. Top with shredded cheese.
6. Mix egg, milk, baking powder, oil and salt & pepper in a bowl.
7. Pour egg mixture in each muffin cup. You should fill each about 1/5 of the way to the top.
8. Put in oven and bake 20-25 minutes.
9. Take out of the oven and let rest for 5 minutes before serving or storing.



# FIESTA ZUCCHINI BOATS

By: Riley, 3rd Grade at Chaparral



## Ingredients:

1 large zucchini  
15 oz black beans, drained and rinsed  
1 package ground turkey  
1/2 cup corn kernels

3/4 cup water  
1 Tbsp. + 1 tsp. olive oil  
1/4 cup taco seasoning  
1 cup shredded cheddar/monterey jack cheese (more if you prefer it extra cheesy)



## Directions:

1. Preheat oven to 400 degrees.
2. Grease a 9 x 13" casserole dish then set aside. Slice each zucchini in half lengthwise. Using a melon baller or metal tablespoon, hollow out the center of each zucchini. Lightly brush the tops with one teaspoon of olive oil then place them skin side down in the casserole dish.
3. Roast in a preheated oven until nearly tender, about 18-22 minutes.
4. Meanwhile, heat olive oil in a non-stick skillet over medium-high heat, add ground turkey, and brown. Then add corn and beans along with taco seasoning and water. Stir everything together and continue to cook for about 5 minutes.
5. Spoon turkey taco filling into roasted zucchini, sprinkle top with cheese then return to oven and bake until cheese is melted and zucchini are tender, about 5 minutes longer.
6. Sprinkle with tomatoes and remaining 1 Tbsp cilantro then serve immediately.

Makes 4 Servings

