“This is the most amazing thing I’ve ever tasted! If I could eat it every single day for every meal, I would.”

-6th grader, Forest Charter School
# Table of Contents

## SALADS & MAIN DISHES

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot Raisin Salad</td>
<td>5</td>
</tr>
<tr>
<td>Arugula Salad</td>
<td>6</td>
</tr>
<tr>
<td>Fennel &amp; Persimmon Salad with Pistachio Dressing</td>
<td>7</td>
</tr>
<tr>
<td>Massaged Kale Salad</td>
<td>8</td>
</tr>
<tr>
<td>Shaved Fennel &amp; Persimmon Salad</td>
<td>9</td>
</tr>
<tr>
<td>Veggie Rainbow Roll</td>
<td>10</td>
</tr>
<tr>
<td>Salvadoran Pupusas con Curtido</td>
<td>11</td>
</tr>
<tr>
<td>Veggie Nori Rolls</td>
<td>12</td>
</tr>
<tr>
<td>Fried Rice with Veggies</td>
<td>13</td>
</tr>
<tr>
<td>Yam Sandwich</td>
<td>14</td>
</tr>
<tr>
<td>Salsa Rice Rolls</td>
<td>15</td>
</tr>
</tbody>
</table>

## SIDES, DIPS, SAUCES & DESSERTS

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homemade Tortillas</td>
<td>18</td>
</tr>
<tr>
<td>Kale Guacamole</td>
<td>19</td>
</tr>
<tr>
<td>Cilantro Mint Chutney with Tomato</td>
<td>20</td>
</tr>
<tr>
<td>Pesto &amp; Hummus</td>
<td>21</td>
</tr>
<tr>
<td>Mashed Winter Squash</td>
<td>22</td>
</tr>
<tr>
<td>Butternut Squash &amp; Tahini Spread</td>
<td>23</td>
</tr>
<tr>
<td>Homemade Tater Tots</td>
<td>24</td>
</tr>
<tr>
<td>Winter Squash Toast</td>
<td>25</td>
</tr>
<tr>
<td>Herbed Cream Cheese with Sweet Peppers</td>
<td>26</td>
</tr>
<tr>
<td>Apple Pie Cups</td>
<td>27</td>
</tr>
<tr>
<td>Butternut Pumpkin Pie</td>
<td>28</td>
</tr>
<tr>
<td>Roasted Apple Spread</td>
<td>29</td>
</tr>
</tbody>
</table>
SALADS & MAIN DISHES
4-Ingredient Carrot Raisin Salad

Ingredients
10 oz matchstick carrots
1 fresh apple julienned
1/4 cup raisins
1/2 cup poppy seed dressing

Preparation
Combine carrots, apple, raisins and dressing in large bowl; mix well. Refrigerate until chilled.
Arugula Salad

Ingredients
2 cups arugula
1 fennel bulb - finely sliced or sliced by a mandolin
1/4 cup sliced almonds
2 cups canned white beans - rinsed & drained
2 Tbsp white balsamic vinegar
Salt & pepper to taste

Preparation
In a large bowl, gently toss all of the salad ingredients together, then add salt and pepper to taste.
Fennel and Persimmon Salad

with Pistachio Dressing

Ingredients
4 heads fennel
2 fuyu persimmons
1 cup raw pistachio nuts
2 cloves garlic
1/2 bunch parsley (stemmed and chopped)
10 sprigs thyme (stemmed)
2/3 cup champagne vinegar
1/4 cup honey
1 cup extra virgin olive oil
Salt to taste

Preparation
Toast pistachios for about 8-10 minutes at 375 degrees.

Blend 1/2 cup pistachios with parsley, thyme, champagne vinegar, garlic and honey until smooth. Add a pinch of salt. While blender is running, slowly drizzle in 1 cup of olive oil into dressing. Slowly add about 1/4 cup water to thin. Taste and adjust salt. (This recipe makes extra dressing!)

Thinly slice fennel bulbs, reserving fronds if there are any. Half and stem persimmon and thinly slice. Toss fennel and persimmon in a bowl with dressing, plate, garnish with remaining pistachios and fennel fronds.
Massaged Kale Salad

with Maple Balsamic Vinaigrette

Vinaigrette Ingredients
2 Tbsp balsamic vinegar
1 Tbsp apple cider vinegar
1 tsp salt
4 tsp maple syrup
Pinch fresh pepper
1 Tbsp mustard, optional
1/4 cup extra virgin olive oil

Salad Ingredients
1 bunch of kale
Handful cherry tomatoes
1/4 cup toasted walnuts
Ground pepper to taste

Preparation
Combine above vinaigrette ingredients in blender (except for the olive oil). Turn on blender and SLOWLY add olive oil. Continue blending up to 30 seconds to emulsify.

To make the kale salad, combine one bunch finely chopped kale with enough dressing to moisten, massage firmly until kale is softened. Add a handful of halved cherry tomatoes, 1/4 cup toasted walnuts, and some fresh ground pepper.

Maple Balsamic Marinade Variation
Reduce oil to 2 Tbsp to use as a marinade, braising liquid or baste for finishing tofu, tempeh, mushrooms, and other vegetables.
Shaved Fennel & Persimmon Salad

**Ingredients**
1 Tbsp extra-virgin olive oil  
1 Tbsp lemon juice  
1/2 tsp lemon zest  
1/2 tsp coarse sea salt  
1/4 tsp ground black pepper  
2 Fuyu persimmons peeled, cored and cut into thin wedges  
1 medium bulb fennel cored and thinly sliced  
1 Tbsp coarsely chopped fennel fronds

**Preparation**
In a large bowl, whisk together oil, lemon zest and juice, salt and pepper. Add persimmons, fennel and fennel fronds and toss until evenly coated.
Ingredients & Preparation for the Sauce
(Serves 2)
3 Tbsp tahini, unsalted
2 Tbsp pure maple syrup
2 Tbsp water
1 Tbsp extra virgin olive oil
1 Tbsp rice vinegar or apple cider vinegar
1 Tbsp fresh squeezed lemon juice
1 tsp tamari (or light soy if not gluten free)
1/2 tsp fine sea salt (omit if tahini is salted)
1/2” knob ginger root, grated

Place ingredients into a blender and give it a few whizzes. Pour into dipping bowls. Set aside.

Rainbow Roll Ingredients
(Serves 12)
12 rice papers
2 avocados, sliced lengthwise
1 cucumber, halved & cut 4x lengthwise
3 carrots, peeled & grated
1 bunch kale, spine trimmed off
1 bunch purple cabbage, shredded
Pomegranate arils as needed
Pea shoots or microgreens as needed
14 basil leaves
1 bunch of mint

Preparation
Prepare the veggies you want to use in your rolls. Cut things small and long in shape, or grate it. It makes rolling a lot easier. Very thin & flexible items like the dark green kale for example roll easily if you trim off the spine. Soak rice paper for 25-30 seconds to soften - it should be pliable but not soggy. Place ingredients on rice paper and roll up tucking in the sides first. Remember not to use too much of the veggies for a successful roll.
Salvadoran Pupusas con Curtido

Makes 8 pupusas

Ingredients for the Curtido (makes about 4 cups)
1/2 head cabbage, shredded
1 large carrot, grated
1/2 medium yellow onion, thinly sliced
1/2 cup apple cider vinegar
1/4 cup water
1/2 tsp salt
1/2 tsp brown sugar
1 tsp dried oregano (preferably Mexican)
1/2 to 1 tsp red pepper flakes

Curtido Preparation
Combine the cabbage, carrot, and onion in a large bowl. Combine the remaining ingredients in a separate bowl and then pour over the cabbage mixture and stir. Cover and refrigerate for at least 2 hours and preferably at least a day before serving.

Ingredients for the Pupusas
2 cups masa harina
Pinch of salt
1 1/2 cups warm water
1 cup grated cheese: quesillo, queso fresco, Monterey Jack, or mozzarella
Vegetable oil

Pupusa Preparation
Combine the masa harina, salt, and water in a mixing bowl. Knead to form a smooth, moist dough with a playdough-like consistency. If the mixture is too dry, add more water, one teaspoon at a time. If the mixture is too sticky, add more masa harina, one teaspoon at a time. Cover the bowl with a clean towel and let stand for 10 minutes. With lightly oiled hands, form the dough into 8 balls about 2 inches in diameter. Using your thumb, make an indentation into one of the balls, forming a small cup. Fill the cup with 1 tablespoon of cheese and wrap the dough around the filling to seal it. Making sure that the filling does not leak, pat the dough back and forth between your hands to form a round disk about 1/4-inch thick. Repeat with the remaining balls. Heat a lightly oiled skillet over medium-high heat. Cook the pupusas for 2-3 minutes on each side until golden brown. Serve while still warm with curtido on the side.
Veggie Nori Rolls

Sushi Zu Ingredients
4 Tbsp rice vinegar
1 Tbsp sugar
1/2 tsp sea salt

Rice Ingredients
2 cups sushi rice
3 cups water

Sushi Ingredients
1/2 sheet of seaweed (nori)
Sesame seeds (optional)
1 Tbsp prepared wasabi
Sweet potatoes – cooked and sliced into long thin strips
Zucchini – sliced into long thin strips

Preparation
Wash rice with care, putting rice in a big bowl and washing gently with cold running water for 10 minutes. Drain rice in a big colander and dry for 20-30 minutes. Place washed rice and water into a pot and bring to a boil. Reduce heat and cover. Allow to cook for 15 minutes or until all the water has been absorbed. Turn off the heat and allow to sit for 10 minutes. Place in a large bowl and pour over Sushi Zu mixture.

Sushi Preparation: Place 1/2 sheet of seaweed (nori) lengthwise, shiny side down on a bamboo roller. Place approximately 3 ounces of sushi rice formed into a bar in the center of the seaweed, going lengthwise, spread rice evenly, covering entire nori except for about 1/2 inch at the edge. Spread wasabi thinly in the center, on top of the rice, lengthwise from one end to the other. Sprinkle sesame seeds on top of rice, if desired. Then place a couple of strips of zucchini and sweet potatoes in the center to fill the length of the roll.

Bring seaweed and rice toward you to the edge of the bamboo roller and holding the edge of the bamboo roller with one hand and, holding the veggies in place with the other hand, lift up the edge of the mat closest to you. Begin rolling mat away from you, rolling over the veggies and connecting rice to rice. Then stop to make sure you still have a 1/2 inch strip of just nori left over at the top (this is what seals the roll). Lift the edge of bamboo roller slightly and roll another 1/2 inch away from you connecting the seaweed to seaweed and sealing the roll.
**Fried Rice with Veggies**

Make 4 servings

**Ingredients**
- 2 cups water
- 1 tsp sea salt
- 1 cup brown rice
- 2 Tbsp organic sunflower, safflower, or grapeseed oil
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 3 cups chopped fresh greens like spinach, chard, or kale
- 1 fresh red, yellow, or orange bell pepper, chopped
- 2 Tbsp soy or tamari sauce

*(Add whatever vegetables appeal to you, like mushrooms, garlic, pumpkin or squash, etc.)*

**Preparation**

Place the water, salt and rice in a medium-sized saucepan and bring to a boil. Lower the heat and simmer for about 40 minutes until the rice is tender, but not mushy. Be sure the water is cooked out at the bottom and be careful not to scorch. Allow rice to cool.

Meanwhile, place the oil and onion in a large skillet and warm the onion. Add the carrots and let cook until the carrots are tender crisp, about 10-15 minutes, depending on the size of the carrot pieces. Add the bell pepper and cook about 5 minutes until tender crisp. Add the greens and cook the mixture until the greens are tender and the juice has mostly cooked out. Add the cooked rice to the skillet with the vegetables and then the soy sauce or tamari to taste. At this point you can grind some fresh black pepper if you like. Lightly toss the rice with the vegetables with fork to warm the rice and mix the ingredients. Serve warm.
**Yam Sandwich**

**with Quick Pickled Onions**

**Ingredients**
1 yam (orange flesh)
2 slices sourdough bread
Feta cheese, crumbled
Cilantro, chopped
Pickled onions (see below)
Olive oil (even better if it’s garlic infused)

**Preparation**
Wrap yam in foil and bake in a pre-heated 400-degree oven for one hour. If it gives a little bit when you squeeze it, it’s ready!

Lightly toast sourdough bread. Brush both slices of bread with olive oil. Spread baked yam on one slice of bread. Sprinkle with feta cheese, pickled onions, and cilantro to taste. Place second slice on top and EAT!

Gluten-free variation: Cube raw yams, toss with olive oil and garlic salt, bake at 425 degrees for 25 minutes; toss with other ingredients for a yam salad.

**Quick Pickled Onions**
(from the book *Run Fast, Cook Fast, Eat Slow* by Shalane Flanagan and Elyse Kopecky)

1 red onion, thinly sliced
1/2 cup apple cider vinegar
2 Tbsp honey
2 tsp fennel seeds
1 tsp fine sea salt
Olive oil
(You can also use this recipe to quick pickle radishes, cucumbers, green beans, roasted beets and carrots)
Salsa Rice Rolls

Ingredients
Black beans  
Rice  
Tomatoes  
Cucumber  
Onions  
Cilantro  
Lime  
Garlic  
Jalapeño  
Salt  
Rice paper wraps

Preparation
Dip rice papers in a bowl of warm water. Let it soak for 10-20 seconds. Lay it gently on your plate. Put in your ingredients (make sure to have a small enough amount that it won’t spill out of your wrap). Tuck and roll your wrap. Eat and enjoy!
"I’ll add the bell peppers I bought at the garden cart."

-3rd grader, Grizzly Hill School
SIDES, DIPS, SAUCES & DESSERTS
Ingredients
1 1/2 cups masa harina
1/4 tsp salt
2 Tbsp vegetable oil or lard
About 1 cup hot water, or more as needed
Flour for kneading

Preparation
Mix the masa and salt in a bowl; stir in the oil or lard. Slowly pour in the water while mixing with your hands until the dough comes together in a ball.

Place the dough onto a lightly floured surface, kneading it until it is smooth and elastic — about a minute or two.

Pinch off parts of the dough (about one ounce each) and lightly flour them. Put them between 2 sheets of parchment and press them in a tortilla press to a diameter of 4-6 inches. Begin to cook the tortillas as you finish pressing them.

Put a large cast iron skillet over medium-high heat for 4-5 minutes before cooking the tortillas, then cook until brown spots appear (about a minute). Flip and repeat. To keep them warm, wrap the cooked tortillas in a towel; serve immediately, or cool and store tightly wrapped in the fridge for a few days.
Kale Guacamole

Ingredients
3-4 leaves of curly green kale (or Tuscan/lacinato variety)
4 medium ripe avocados, halved and pitted
3-4 Tbsp lime juice (1 1/2 medium limes), divided, to taste
3/4 tsp kosher salt, to taste
1/3 cup roughly chopped red onion
1/4 cup roughly chopped fresh cilantro, lightly packed

Preparation
To prepare the kale, first remove the tough ribs with a chef’s knife and discard them. Chop the kale into small, bite-sized pieces. Sprinkle it lightly with salt, followed by a squeeze of lime juice (about 1 teaspoon). Massage the kale by scrunching it up in your hands, repeating until the kale is darker green and fragrant (this step softens the kale and makes it less bitter). You’ll need 1 cup (packed) kale for the guacamole, so measure it out and set it aside.

Just chop the kale, onion and cilantro very finely. Massage the kale as directed, then scoop the avocado into a small serving bowl. Add the lime juice and salt, and mash the mixture with a pastry cutter, potato masher or fork until it is as smooth as you like your guacamole to be. Stir in the chopped ingredients and season to taste with additional salt and/or lime juice, as necessary.
Cilantro Mint Chutney with Tomato

Use this sauce over a tomato and cucumber or as a dipping sauce for chicken, veggies or samosas!

Ingredients
Chilies, green (1/2 for kids)
1 cup coriander, fresh
1/2 inch ginger, fresh
1 cup mint, fresh
1 Tbsp lemon juice
1 tsp salt
1 tsp cumin
3 Tbsp water
Cucumbers and tomatoes

Preparation
Pick mint off the stem. You can pick cilantro off or leave on the stem for extra flavor. Put all the ingredients in a food processor (except cucumbers and tomatoes). Blend until you get the consistency that you like!
Pesto

**Ingredients**
2 cups fresh greens; basil, arugula, baby spinach
2 cloves garlic
1/2 cup olive oil
1 cup fresh grated Parmesan

**Preparation**
Process in food processor or blender. Serve on pasta.

Hummus

**Ingredients**
1/4 cup water
3 Tbsp lemon juice
6 Tbsp tahini
2 Tbsp olive oil
15 oz cooked chick peas
1 clove garlic
1/2 tsp salt
1/4 tsp cumin

**Preparation**
Mix together water, lemon juice and tahini. Add the remaining ingredients to food processor until smooth. Serve with fresh cut carrot sticks, zucchini sticks and cucumber slices.
Mashed Winter Squash

with Roasted Pumpkin Seeds

Ingredients
Winter squashes – kabocha, butternut, acorn
Butter
Roasted pumpkin seeds

Preparation
Pre-heat oven to 425 degrees. Cut squash in half. Scoop out seeds and goop in the center. Put squash into baking dish. Roast squash for about 30-45 minutes or until squash is soft. Let cool and then scoop out squash into a mixing bowl. Mix kabocha, butternut squash, and acorn squash along with melted butter. Top with roasted pumpkin seeds and serve.
Butternut Squash & Tahini Spread

Ingredients
1 large butternut squash, halved and seeded
3 Tbsp olive oil
5 Tbsp tahini paste
1/2 cup Greek yogurt
2 cloves garlic, crushed

Preparation
Preheat oven to 400 degrees. Drizzle the two halves of squash with olive oil, lay face down on a baking sheet and roast for 70 minutes. Remove from oven, let cool and scoop out flesh into a food processor.

Once squash is transferred to food processor, add tahini, garlic, and yogurt. Roughly pulse so that everything is combined into a coarse paste. Transfer to an airtight container and store in the refrigerator. Serve as a starter with bread, pita or crackers.
Homemade Tator Tots

with Ranch Dip

Ingredients
4 cups potatoes, boiled and strained
1 cup cheddar (or other hard cheese), grated
1 cup breadcrumbs, divided
1 cup squash (broccoli or cauliflower), cooked and diced fine
1/4 cup fresh parsley (or dill or chives), chopped fine
1 tsp fresh or dried garlic
Salt & pepper, to taste
1-2 eggs, whisked
Canola oil

Preparation
Peel potatoes (if you prefer) and mash/grate into bowl. Add cheese, 1/2 cup breadcrumbs, additional vegetable, herb and seasonings. Mix in egg to bind. Place the remaining 1/2 cup breadcrumbs in a separate bowl. Heat 1-2 inches of oil in heavy-duty skillet over medium-high heat to an ideal temperature of 375 degrees. Working with a generous-sized tablespoonful of potato mixture at a time, roll each tot into a cylinder, about 1 1/2” long x 1” wide, then gently roll in breadcrumbs to coat. Reserve on parchment-lined cookie sheet. When all tots are formed, begin adding a few at a time to the frying pan, making sure to not overcrowd the pan. Cook 2-3 minutes per side until uniformly browned. Drain on paper-towel lined plate. Serve immediately!

Ranch Dip
Combine 1/2 cup yogurt and 1/4 cup buttermilk with a seasoning blend of 1 tsp fresh or dried garlic, 1 tsp onion powder, 1 tsp fresh or dried chives and salt and pepper to taste!
Winter Squash Toast

with Goat Cheese & Pomegranate

Ingredients
Squash: 3 cups cubed butternut or acorn or delicata squash
2 Tbsp olive oil
Salt & pepper
Toast: 1 baguette sliced into 24 pieces and toasted
8 oz fresh spreadable goat cheese (Chèvre)
Garnish: a few fresh Pomegranate kernels for color and tart sweet flavor

Preparation
Preheat oven to 400 degrees. Stir cubed squash, olive oil, and salt and pepper, and transfer to baking sheet. Roast squash in the oven for 25 minutes, or until you can easily pierce with a fork. Remove from oven and use a potato masher to mash squash. Set aside.

Place toasted bread on a flat surface and spread goat cheese on one side. Add a spoonful of mashed butternut squash and press it into the goat cheese so it sticks. Spoon pomegranate kernels on top. Enjoy!
Herbed Cream Cheese

with Sweet Peppers

**Ingredients**
Sweet peppers  
Cream cheese  
Herbs to taste: parsley, sage, rosemary, thyme, cilantro, chives, basil, oregano, mint

**Preparation**
Soften the cream cheese by taking it out of the fridge and then smash it up in a bowl with fork. Finely chop whatever herbs you want to use or whatever is available in your garden. Mix chosen herbs into the cream cheese. Slice your sweet peppers into halves and scoop out the seeds. Fill your pepper with your herbed cream cheese. This recipe is a great after-school snack. Enjoy your tasty treat!
Serves 4

**Ingredients**
4 apples - peeled, cored and chopped  
1/4 cup sugar  
1/2 tsp cinnamon  
3/4 cup water  
4 graham cracker sheets  
2 apples, diced  
4 spoonfuls of whipped cream

**Preparation**
Make applesauce: In a saucepan, combine apples, water, sugar, and cinnamon. Cover and cook over medium heat for 15-20 minutes, or until apples are soft. Allow to cool, then mash with a potato masher or fork.

Assemble cups: Break graham crackers into coarse crumbs and divide evenly in the bottom of four cups. Next, add diced apples. Spread applesauce on top of the apples and top each cup with a dollop of whipped cream.
Butternut Pumpkin Pie

**Ingredients**
- 1 1/2 cups cooked butternut squash
- 4 eggs
- 1 1/2 cups milk or coconut milk (better with milk)
- Just under 1 cup honey or maple syrup - to taste
- 1 tsp of sea salt
- 2 Tbsp of cinnamon
- 1/3 tsp of cloves
- 1 tsp of grated fresh ginger
- 1/2 tsp nutmeg

**Preparation**
Put all the ingredients into a blender and blend until smooth. Pour into baking dish or pie pans. No crust needed. Makes two pies. Bake at 350 degrees for about 1 hour. One large butternut squash will yield about 4-5 pies.
Roasted Apple Spread

Ingredients
Butter - about 1/2 stick
Apples (8-10)
Pinch (about 1 tsp) salt
2 Tbsp spice mix (2 Tbsp each, cinnamon, nutmeg, powdered ginger)
Optional: you can also add raisins, dried blueberry or cranberries.
Nuts are also a tasty, crunchy addition if you enjoy them.

Preparation
Set the oven to 380 degrees, quarter and core the apples. Butter the roasting pan by rubbing butter on all the sides and bottom. Sprinkle a bit of the spice mix right onto the butter on the bottom on the pan. Add the apples and sprinkle more spice on top of them. Add bits of butter on the top of the apples. If you are using any dried fruits they can be added and mixed in any time. Roast in the pre-heated oven for about 45 minutes or until nice and golden. Remove from oven and let cool. You can at this point blend in a food processor or chop up smaller if you like. Enjoy!
Can I PLEASE have more pickled onions?"

-3rd grader, Grass Valley Charter School
“Tastes way better than it looks!”

-3rd grader, Alta Sierra Elementary School
Thank you for giving students lifelong tasting experiences!

2019 Tasting Week
9th annual event
20 guest chefs
2,500 students
22 Elementary Schools
3 High Schools