

Second Grade

Healthy Food Tastings

Cookbook



*A trip around the world through
culture, climate, and cuisine*



Sponsored by the Beye School PTO Wellness Nutrition Team

Eating the Rainbow

Rainbow Fruit Kabobs with Cinnamon Yogurt Sauce

Pick a rainbow of fruit, such as: strawberries, clementines, pineapple, kiwis, purple grapes etc. Place on a wooden skewer in the order of the rainbow.

Cinnamon Yogurt Dipping Sauce

- 1 c. Vanilla yogurt*
- 1 Tbsp orange juice*
- 1 tsp cinnamon*
- 1 tsp honey*

Combine all ingredients. Makes 1 cup.



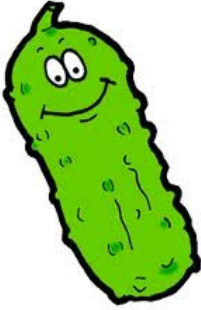
Rainbow Veggie Pita Pockets with Italian Vinaigrette

Pick a rainbow of veggies—tomatoes, carrots, yellow bell peppers, cucumbers, red leaf lettuce, etc.—and place inside a whole wheat pita pocket. Drizzle with vinaigrette (below).

- 1 c. Extra virgin olive oil*
- ½ c. Balsamic vinegar*
- 2 sprigs rosemary (or 1 tsp dried)*
- 2 tsp dried Italian herbs*
- ½ tsp freshly ground pepper*
- 2 sprigs parsley (or 1 tsp dried)*
- ½ tsp salt*

Place all ingredients in the bowl of a food processor with a metal blade, and process for 30 seconds, until well blended. Or mix in a large bowl with a handheld mixer or a wire whisk.

How to Make Homemade Dill Pickles From Your Garden Cucumbers



Ingredients

Cucumbers (smaller are better)

2-3 cloves garlic

6-8 whole peppercorns

3-5 sprigs of dill

2 Tbsp white vinegar

1 Tbsp kosher salt

Rye bread (the good kind from the bakery, not packaged rye bread)

1. Stuff a quart jar (you can use a spaghetti sauce jar you've cleaned out) with cucumber slices. Leave at least $\frac{1}{2}$ inch at the top. Add garlic, peppercorns, dill, and white vinegar.
2. Dissolve salt in a pint of boiling water and pour the mixture into the jar.
3. Place a piece of the rye bread so it fits snugly within the top opening of the jar and pour a little more of the salt water through the bread until the bread is saturated and the jar is full. Let it sit for 3-4 hours, remove the bread, and enjoy the pickles!

If you want a stronger flavor, let it all sit together longer, up to two days, but make certain the bread stays wet (you can use plain water to wet it). The flavor will be stronger, but the pickles will be less crisp...you decide which is more important.

Africa

North African Stew with Couscous

2 c. Whole Wheat Couscous	2 c. Raisins
2 c. Water	1 Onion, chopped
2 c. Tomatoes, diced	1 Green Bell Pepper, chopped
2 c. Chick Peas (Garbanzos)	1 Tbsp Cumin
2 c. Carrots, diced	1 Tbsp Paprika
2 c. Peas	2 Tbsp Cinnamon
2 c. Green Beans	1 Tbsp Extra Virgin Olive Oil
2 c. Sweet Potatoes, diced	

Directions

1. Bring water to a boil. Add the couscous. Stir and let sit, off the heat, for at least 5 minutes.
2. Cook the onions and peppers in oil. Add tomatoes. Add spices.
3. Add the remaining ingredients and simmer for at least 10 minutes.
4. Serve on a bed of couscous.



Australia

Granny Smith Apples With Yogurt Dipping Sauce



Did you know the Granny Smith apple originated in Australia? It was discovered growing on a compost heap on the farm of Maria (pronounced like the singer Mariah Carey) Ann Smith in 1868 and became one of the world's most popular apples for both cooking and eating fresh.

Apples taste great dipped in our yogurt dipping sauce:

Cinnamon Yogurt Dipping Sauce

1 c. Vanilla yogurt

1 Tbsp orange juice

1 tsp cinnamon

1 tsp honey

Combine all ingredients. Makes 1 cup.

Some Australian slang words to try out:

Arvo - afternoon

Bloke - male

Chook - chicken

Runners - gym shoes

Aussie - Australian

Avos - avocados

Hooroo - good-bye

Barbies - barbecue

Oldie - parents

Mate - friend

Ta - thank you

Sheila - female

Brekkie - breakfast

Sangers - sandwiches

Tucker - food

Rellies - family

Bonzer - fabulous

Vedgies - vegetables

Outback - interior of OZ

Uni - university

No worries - no problem

ANTARCTICA

Dried Fruits & Soy Nuts

Raisins (purple)

Dried Blueberries (blue)

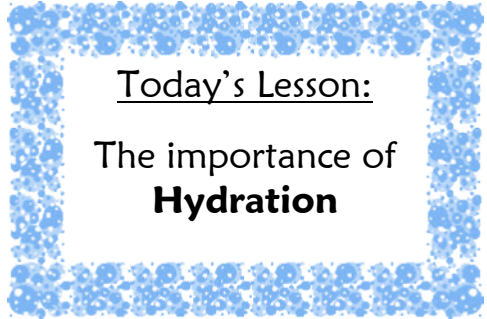
Pumpkin Seeds (green)

Banana Chips (yellow)

Dried Papaya (orange)

Dried Cranberries (red)

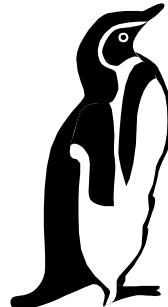
Soy Nuts (for protein)



Scientists who visit Antarctica to do research must bring **EVERYTHING** with them, including all their food, as there are no towns, stores, etc. So, much of the food they bring is dehydrated, in order that it weigh less.

Learning about the process of dehydrating foods leads to the idea of how important hydration is to the brain. A large percentage of our body is composed of water, which is essential to its proper function.

Have your child compare hydrated fruit (say, a grape) to its dehydrated relative (a raisin) and imagine the similar effect on a person of dehydration in the body.



ASIA

CHINA: Special Stir-Fried Rice

1 pkg tofu (can substitute meat) ¼ c vegetable oil
½ c. green peas 1 Tbsp light, low sodium soy sauce
½ c. Carrots, diced 1 Tbsp Chinese rice vinegar or dry sherry
3 eggs 1 lb cooked brown rice
½ tsp salt
2 scallions, finely chopped

Directions

1. Cut the tofu (or meat) into bite-sized pieces.

Optional step: you can begin by adding a Tbsp of oil to your pan or wok and saute the tofu with a dash of salt until lightly browned if you prefer a more browned tofu. Remove from pan.

2. Blanch the diced carrots (cook in boiling water for about 1 minute, then drain).

3. In a bowl, lightly beat the eggs with a pinch of salt and a few pieces of the scallions.

4. Heat about half the oil in a pre-heated wok, stir-fry the peas, carrots, and tofu (or meat) for 1 minute, then add the soy sauce and rice vinegar or sherry (for about 30 seconds to 1 minute). Remove and keep warm.

5. Heat the remaining oil in the wok and lightly scramble the eggs. Add the rice and stir to make sure that the rice grains are separated. Add the remaining salt and scallions and the tofu, carrots, and peas. Mix well. Can be served either hot or cold.

*Note: stir-fry dishes are generally cooked over medium-high to high heat.

THAILAND: Thai Cucumber Salad

*1 Cucumber, peeled and sliced
on the diagonal*

¼ of a red onion, sliced thin or diced

*1 red chili (or ½ c minced sweet red
pepper, for a milder version)*

1 Tbsp vinegar

2 Tbsp sugar

¼ tsp salt

Directions

Arrange cucumber, onion, and pepper in layers in serving dish. Mix vinegar, sugar, salt, and hot water until sugar is dissolved. Pour liquid over cucumbers. Chill (approximately 20-30 minutes) and serve.



JORDAN: Lentil Soup



<i>2 c. red lentils</i>	<i>1-2 cloves garlic, minced</i>
<i>8 c. water or broth</i>	<i>2 Tbsp olive oil</i>
<i>2 tsp ground cumin</i>	<i>Salt & pepper to taste</i>
<i>1 Tbsp turmeric</i>	<i>1 large bunch spinach</i>
<i>1 large onion, minced</i>	<i>Juice of 1 lemon, optional</i>

Directions

1. Wash lentils well. Add to broth and bring to a boil. Cover for 30 minutes, stirring occasionally.
2. When the lentils are tender, add dry spices and spinach.
3. Saute the onion and garlic in a frying pan with olive oil until golden brown, then add to soup mixture. Season with salt and pepper to taste.
4. Simmer for 5 minutes. Turn off the heat and add the lemon juice to the pot and stir.
5. Garnish with parsley if desired.

Additional notes:

For a smoother texture, you can puree the lentils after boiling them, though this is not necessary.

You can use different types of broth, mix in rice and/or meats as well. Be creative!

EUROPE

ITALY:

White Bean Bruschetta & Caprese Insalate

White Bean Bruschetta

4 cans white beans, drained and rinsed
Sun-dried tomatoes packed in olive oil, to taste
Thinly sliced sage leaves (can substitute basil if desired)
3-4 cloves minced garlic
Extra Virgin Olive oil
Grated parmesan cheese

Heat 2 Tbsp olive oil and saute minced garlic and sage. Pour into bowl and add 1 Tbsp olive oil. Add beans and sun dried tomatoes (thinly sliced). Combine mixture and mash. Serve on toasted baguette slices. Garnish with grated parmesan.



Caprese Insalate

Sliced tomato
Basil
Sliced Mozzarella
Extra Virgin Olive Oil

Place mozzarella on tomato slice. Garnish with basil. Drizzle with olive oil.

SOUTH
AMERICA

Quinoa & Plantain (or banana) Dessert

QUINOA

Follow package directions (usually 2 c. Water to 1 c. Quinoa, simmer until water is absorbed, about 15 mins.).

Additional Ideas:

- Instead of simmering in water, try a chicken or vegetable broth.
- Add corn kernels and diced scallions and a little salt and pepper to taste
- Add tofu or a meat or other veggies—get creative!

RIPE PLANTAIN DESSERT

4 ripe plantains (may substitute bananas)

Brown sugar mixed with cinnamon to taste

Cranberry juice

Butter

1. Peel the plantains or bananas and cut them in half lengthwise, and then cut each half in 3-4 slices.
2. Butter the baking pan. Add a small amount of cranberry juice to bottom of pan, and the plantains. Sprinkle sugar mixture on top.
3. Bake at 350 degrees for 15 minutes.

NORTH
AMERICA

MEXICO: Guacamole

1-2 avocados

1 tomato, diced

1 small onion, diced

1 bunch cilantro, chopped

1 lime

Salt to taste

1. To cut the avocado, slice all the way around the middle.

Twist to open it, and pull out the pit. Scoop out the flesh.

2. Mash the flesh in a bowl, and add onion, tomato, & cilantro to taste. Season with lime juice and salt.

CARIBBEAN: Two-Melon Soup

1 ripe cantaloupe, seeded & diced

2 Tbsp fresh lemon juice

1 ripe honeydew, seeded & diced

2 Tbsp fresh lime juice

1½ tsp minced fresh mint, or to taste

Plain or vanilla yogurt, for garnish (optional)

Mint sprigs, for garnish (optional)

1. Puree cantaloupe with lemon juice until mixture is smooth. Transfer to a storage container and refrigerate, covered, at least three hours.

2. Puree honeydew with lime juice and mint until mixture is smooth. Transfer to a storage container and refrigerate, covered, at least three hours.

3. At serving time, transfer purees to separate measuring cups or pitchers with pouring spouts. With one cup in each hand, simultaneously pour equal amounts of purees into individual serving bowls. The purees will stay separated, with cantaloupe on one side and honey dew on the other!

4. If desired, garnish each bowl with a dollop of yogurt and a sprig of mint.