



Cool School Food Recipes for Home

These recipes are served in the Ithaca City School District as part of the Cool School Food program. Cool School Food is a partnership of the Coalition for Healthy School Food, Ithaca City School District Child Nutrition Program, Moosewood Restaurant, Cayuga Pure Organics, and Wood's Earth Living Classroom. The Cool School Food program is one of the signature programs of the Coalition for Healthy School Food. The Coalition also has a Cool School Food program in New York City with the NYC Department of Education, Office of SchoolFood, the Candle Restaurants (Candle Cafe, Candle 79, Candle Cafe West), and Henry's.

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- Audrey Baker, the Cool School Food Program Manager (yes, the same Audrey Baker, the one and only), for coordinating recipe testing, tastings, volunteers, and more!
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- Food photographer Lou Manna, who has worked for most of the major food companies, and volunteered his time to take pictures of many of our recipes at his studio in New York City which are used to illustrate the quantity recipes. We used a crop of his Fiesta Mexican Lasagna picture.

There are a few recipes not yet here, but they will be added once they are ready. The White Bean Salad recipe is a bonus, it is not served in Ithaca schools, but it is delicious, and we thought you would like it.

Our program in Ithaca is a Farm to School Program using local and organic beans and vegetables whenever possible. It may be the only Farm to School Program in the country using local organic plant-based proteins for the "Meat/Meat Alternate" component of the lunch. If you know of others, let us know!

In addition to our program, the ICSD schools have implemented many impressive initiatives on their own. They have an amazing compost program for the food waste, use compostable trays, and use as many local fruits and vegetables as possible.

If you like our recipes or have any questions, please let us know! You can contact Coalition for Healthy School Food Executive Director Amie Hamlin at amie@healthyschoolfood.org.

We welcome volunteers! If you are interested in getting involved in helping, please contact Amie at the email address above.

If you like what we are doing, please show your support by making a one time or recurring donation at www.healthyschoolfood.org/donate.htm.

www.HealthySchoolFood.org

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Golden Chinese Croquettes

Make delicious, healthy Chinese dumplings at home! Kids will have fun forming the croquettes by hand and watching the sauce thicken as the cornstarch or arrowroot is added. These go great with a big veggie stir fry!

Serves 4 – 6.

Preheat oven to 375°.

Stir together:

3-4 Tablespoons organic soy sauce or tamari sauce (wheat-free and low-sodium can be used) OR 1 Tablespoon Bragg's Liquid Aminos plus 3 Tablespoons water
 1 teaspoon toasted sesame oil (optional; provides a deeper sesame flavor)
 1 teaspoon Dijon mustard
 1 Tablespoon fresh ginger, peeled & grated (use edge of a spoon to scrape off ginger skin easily)
 1/4 cup tahini
 3 scallions, white and green parts, minced
 1/2 cup water chestnuts, diced
 1/3 cup bell pepper, green or red, diced

Then add:

1 1/2 blocks firm organic tofu, pressed, liquid discarded, then mashed
 1 cup brown rice, cooked

1. Shape into 12 uniform dumpling balls and place on a non-stick or parchment-lined baking sheet.
2. Bake for 45 minutes until golden and firm.

Simple Sweet & Sour Sauce

Great color and flavor with minimal effort!

1 cup orange or pineapple juice
 1 teaspoon fresh ginger, peeled & grated
 1 Tablespoon organic soy sauce or tamari sauce OR 1 teaspoon Bragg's Liquid Aminos plus 2 teaspoons water
 1 Tablespoon apple cider vinegar or rice vinegar
 1 Tablespoon organic brown sugar
 1 Tablespoon + 1 teaspoon organic cornstarch or arrowroot, dissolved in 1 Tablespoon of cold water

1. In a small non-aluminum saucepan, combine the orange or pineapple juice, ginger, soy sauce, vinegar, and brown sugar and bring to a boil. Whisk in the dissolved cornstarch.
2. Reduce the heat and stir until the sauce thickens and becomes clear. Serve hot, drizzled over croquettes.

Recipe developed for the Cool School Food program of the Coalition for Healthy School Food by Chef Wynnie Stein of Moosewood Restaurant.



Photo by Jim Allen



Photo by Theresa "Sam" Houghton



Fiesta Mexican Lasagna

A main dish filled with comfort food goodness and hearty, healthful ingredients. Corn, peppers and onions are roasted until the sweet, natural flavors caramelize together. The roasted vegetables are combined with winter squash and are layered with crunchy tortilla chips, smooth black beans, flavorful cumin, oregano and lively salsa, all baked in an aromatic, savory casserole.

Serves 4 – 6

Ingredients

- 1 1/2 teaspoons organic canola oil (optional)
- 1/4 cup peppers, sweet, green, raw, chopped
- 1 1/2 cup onions, chopped, divided (3/4 cup for roasting and 3/4 cup for sauté)
- 1 cup frozen whole-kernel corn, defrosted and drained
- 2 cups winter squash such as acorn or butternut, peeled and cubed
- 3 cups cooked or 2 15.5oz cans black beans, drained and rinsed if canned⁶
- 1 teaspoon ground cumin
- 1/2 teaspoon salt (optional)
- 1/2 Tablespoon + 1/2 teaspoon ground oregano
- 1/4 teaspoon granulated garlic powder
- 1/4 teaspoon chili powder (or more to taste)
- 1/4 teaspoon sweet paprika
- 2 cups mild salsa (look for low-sodium)
- 1 large bag (16 oz.) tortilla chips (look for baked, salt-free varieties)

Directions

- Preheat oven to 350°F.
- Line a baking sheet with parchment paper. Spread the peppers, corn and 3/4 cup of the onions in a single layer on top of the parchment. Roast uncovered for 20 minutes, stirring once halfway through.

This recipe was developed for the Recipes for Healthy Kids Challenge in 2010. It was a team effort involving: Denise Agati (Food Service Director), Wynnne Stein (Chef, Moosewood Restaurant), Amie Hamlin (Executive Director, New York Coalition for Healthy School Food), Erick Smith (Owner, Cayuga Pure Organics), and students Alyia C. and Josie W. (Middle School Students). It was selected to be printed in the Recipes for Healthy Kids Cookbook which was published by the USDA in two versions: School and Home.

⁶ Look for salt-free canned goods. If unavailable, omit added salt.

- Place the squash in a steamer basket inside a small saucepan with a small amount of water at the bottom. Steam, covered, for 15 minutes, or until tender, checking occasionally to see if more water is needed.
- When the vegetables are done roasting, mash the squash, adding a little water if necessary. Stir in the roasted vegetables. Add the oregano and 1/2 teaspoon of the cumin and mix well.
- Heat the oil, if using, in a small sauté pan over medium heat and add the remaining 3/4 cup onions. If not using oil, place the onions in the pan. Sauté until soft, about 5 minutes, then stir in the remaining 1/2 teaspoon of cumin and oregano, the granulated garlic, chili powder, paprika, and salt (if using). Sauté for a few minutes more to toast the spices. Set aside to cool.
- Combine the seasoned onions and the black beans in food processor until smooth, adding water if necessary to achieve a thick, but spreadable, consistency.
- In a 3-quart casserole dish, create layers as follows: salsa, chips, bean mixture, squash/vegetable filling, beans, chips, and salsa. The bean layers will be thin. Divide the mixture in half and then add small dollops over the area of the chip layer. Use a rubber spatula to smooth the layers out and cover the top thoroughly with salsa.
- Bake for 30 minutes, or until the top is browning and the center is hot and bubbly. Serve hot.



Photo by www.LouManna.com



Happy Burgers

In Ithaca, NY schools, a different version is called Beanie Burgers. Kids have a great time forming the patties!

Serves 4 – 6

Ingredients

3 cups cooked black beans (just about two 15.5 oz cans)
 1 large sweet potato, peeled
 1/2 cup quick-cooking oats
 1/2 cup walnuts, finely chopped (optional, these are not used in the school version)
 2 Tablespoon onion powder
 1 Tablespoon maple syrup
 1 Tablespoon Dijon mustard
 1 teaspoon garlic powder
 1/2 teaspoon iodized salt



Photo by Jim Allen

Directions

1. Bake or steam sweet potato until soft

To bake: Scrub the sweet potato, pat dry, and poke holes in it with a fork. Wrap in aluminum foil and place in a 400F oven for 45-60 minutes, or until a knife can easily be poked through.

To steam: Peel the sweet potato and cut into 1/2-inch cubes. Place in a steamer basket inside a medium pot with about 1 inch of water in the bottom. Cover, bring to a boil and steam until tender, about 15 minutes, checking occasionally to see if more water is needed.

2. Preheat oven to 350 F.

3. Mash black beans into sweet potatoes using a potato masher or fork. Add all of the rest of ingredients and mix well. Form into 12 patties using a heaping 1/4 cup of the mix for each.

4. Place patties on a lightly oiled baking sheet. Bake until brown on one side (8-10 minutes). Flip, and bake on the other side for another 8 – 10 minutes.

5. Serve plain or with your favorite burger toppings! These also make great snacks and can be tossed on top of a salad for a healthy lunch.



Ms. Patel's Rajma

Rajma means kidney beans in India. This recipe was developed by Ms. Patel who teaches in the Ithaca City School District. The students love Ms. Patel and her cooking!

Serves 4 – 6

Ingredients

- 1 Tablespoon organic vegetable oil (optional)
- 2 cups onions, finely chopped
- 3 garlic cloves, pressed or minced
- 2 Tablespoons fresh ginger or more to taste, peeled and grated (you can peel ginger by scraping it with the tip of a spoon)¹
- 1 Tablespoon ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon ground turmeric
- 3 cups cooked or 2 15.5oz cans kidney beans, drained and rinsed if canned²
- ¾ cup canned tomato sauce or crushed tomatoes
- 1 teaspoon salt (optional)
- ½ cup water, plus more as needed

Directions

1. If using oil, warm it in a large saucepan over medium heat before adding the onions, garlic, ginger and spices. If not, place these ingredients directly in the pot. Stir to coat the onions with the spices, and then cover and cook until the onions are soft, stirring occasionally, 5-7 minutes. Add a splash of water if necessary to keep things from sticking.
2. Add the kidney beans, tomato sauce, salt (if using) and water and stir to combine. Cover and cook over medium-low heat for about 10 minutes, adding more water if necessary.
3. Using a potato masher, a strong fork or a hand-held immersion blender, mash about a third of the bean mixture in the pot, then stir to make a thick sauce. Heat through.

Recipe developed for the Cool School Food program of the Coalition for Healthy School Food by Mrs. Patel and modified for quantity cooking in schools by Chef Wynnie Stein of Moosewood Restaurant.

¹ You can buy jarred grated ginger at an ethnic market or health food store if fresh ginger is not available in your area.

² Look for salt-free canned goods. If unavailable, omit added salt.



Ms. Patel's Rice

Great served with Ms. Patel's Rajma.

Serves 4 – 6

Ingredients

2 teaspoons organic vegetable oil (optional)
 1 ½ cups mixed frozen vegetables (corn, peas, green beans and carrots are common)
 OR 1 ½ cups chopped fresh vegetables (try red bell peppers, carrots, onions and/or zucchini)
 1 ½ teaspoons salt (optional)
 1 teaspoon ground turmeric
 1 Tablespoon ground coriander
 2 teaspoons ground cumin
 6 cups cooked long grain brown rice or brown basmati rice (about 2 cups dry)³

Directions

1. If using oil, warm it in a large sauté pan over medium heat and add the vegetable and spices. If not, place the vegetables and spices directly in the pan. Cook, stirring occasionally, until the vegetables are hot and the spices are well-incorporated. If using fresh vegetables, cover the pan and cook them for about 5 minutes, stirring occasionally, until soft.
2. Add the rice and continue to stir-fry until the rice is hot and turns yellow from the spices. If not using oil, you may need to add a splash of water to pick up all the spices and mix them into the rice.
3. Divide the cooked rice among servings and top with an equal amount of beans.



Photo by Theresa "Sam" Houghton

³ Bagged dry brown rice is available at most grocery stores. Co-ops and stores such as Whole Foods Market often sell it loose in bulk where it may be cheaper. Bulkfoods.com is a good online source for bulk dry goods.



North African Red Lentils

This incredibly delicious recipe comes together quickly with lentils and vegetables simmering together in a fragrant, spicy sauce.

Couscous is tiny pasta, not a grain. For a gluten-free version, use quinoa or millet instead of couscous and note you will need to follow different cooking directions for the different grains.

Serves 4 – 6

Ingredients

Lentil/Vegetable Mixture:

- 1 Tablespoon vegetable oil (optional)
- 1 ½ cups onions, chopped
- ¼ teaspoon red pepper flakes
- 2 Tablespoons garlic, chopped (about 2 average-sized cloves)
- 2 Tablespoons peeled and grated fresh ginger (*remove peel by scraping along the length with the edge of a teaspoon*)
- 1 ½ cups carrots, diced
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- 1 cup potatoes, diced small (about one medium potato)
- 1 cup canned tomatoes, diced or crushed⁵
- 1 cup dry red lentils, rinsed
- 3 – 4 cups water
- 2 Tablespoons fresh lemon juice
- 1/3 cup fresh cilantro, chopped
- 1/2 cup almonds, toasted & chopped (optional – not used in the school version)

Couscous:

- 1 cup water
- 1 cup dry whole wheat couscous
- ½ teaspoon salt (optional)

Directions

1. In a large sauté pan, warm the oil (if using) and sauté the onions with the red pepper flakes until the onions are soft, about 5 minutes. If not using

Recipe developed for the Cool School Food program of the Coalition for Healthy School Food by Chef Wynn Steen of Moosewood Restaurant.

⁵ Look for salt-free canned goods. If unavailable, omit added salt.

oil, you may need to add a splash of water to keep the onions from sticking.

2. Add the garlic, ginger, carrots, spices and salt, if using. Stir to coat the vegetables with the spices. Cover and cook for about 5 minutes, until the carrots are softened.
3. Stir in the potatoes, tomatoes and 1 cup of water. Cover, bring to a boil, lower heat and simmer for 15 minutes.
4. Add the lentils and 2 more cups of water. Cover the pan and return to a boil. Reduce the heat and simmer for 10-15 minutes, stirring occasionally and adding more water if necessary, until the lentils are mushy and have begun to turn yellow.
5. Meanwhile, make your couscous. In a small saucepan, bring the water to a boil. Add the couscous and salt, if using, and cover. Let stand for 5 minutes, then fluff with a fork.
6. Check the lentils and vegetables for doneness. Stir in the lemon juice and cilantro. Taste and adjust seasonings if necessary, then serve about one cup of the lentil-vegetables on ½ cup bed of couscous. Garnish with almonds, if desired.



Photo by Theresa "Sam" Houghton



Pasta Fazool (Fagioli)

What began as an Italian peasant dish is now a tasty staple in many restaurants and can be put together at home in no time. The name "pasta fagioli" means "pasta and beans!"

Serves 6 – 8

Ingredients

- 1 lb. short, chunky whole grain pasta, (shells, penne or fusilli)
- 2 Tablespoons olive oil (optional)
- 2 cups onions, chopped
- 2 cups celery, chopped
- 2-3 garlic cloves, minced or pressed
- 1 1/2 cups carrots, chopped
- 1 1/2 cups bell peppers, chopped
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons salt (optional)
- 1 teaspoon dried oregano
- 2 teaspoons dried basil
- 1 teaspoon ground fennel,
- 3 cups crushed tomatoes (28 oz. can)⁴
- 1 1/2 cups water
- 3 cups cooked OR two 15.5oz cans white beans such as cannellini, navy or Great Northern, drained and rinsed if canned
- 1/2 lb. coarsely chopped fresh kale or spinach, stems removed (about 5 cups)



Photo by Theresa "Sam" Houghton

Directions

1. Bring large covered pot of water to a rapid boil.
2. Meanwhile, heat the oil, if using, in large sauce pan. Add the onions, celery, and garlic. (If not using oil, simply place the veggies in the pan.) Cover and cook until softened, about 5 minutes, stirring occasionally.
3. Add the carrots and peppers and cook, covered, for a few minutes more. Remove the cover, add all the seasonings and 1/2 cup of water and continue to cook until the carrots are tender.
4. At this point, put the pasta on and cook according to package directions until al dente, usually about 8-10 minutes.

Recipe developed for the Cool School Food program of the Coalition for Healthy School Food by Chef Wynn Steen of Moosewood Restaurant.

⁴ Look for salt-free canned goods. If unavailable, omit added salt.

5. Add the tomatoes, beans and 1 cup water to the saucepan and bring to a low boil. Reduce the heat to a simmer and cook for about 10 minutes, stirring occasionally
6. Mix in the kale or spinach and continue to cook until the greens are soft but still brightly colored, 1-4 minutes depending on the type of green. Add more water if necessary
7. Ladle the sauce onto bowls of hot pasta.



Power Hummus

This favorite recipe can be made with many variations. So easy to make, and so delicious!

Serves 6

Ingredients

3 cups cooked chickpeas or 2 (15.5oz) cans, drained and rinsed if canned⁸
1/2 cup water
1/2 cup lemon juice
1/2 cup tahini
3 garlic cloves, chopped
1 teaspoon salt (optional)
1/8 teaspoon cayenne (optional)
1/2 teaspoon ground cumin
1/4 cup chopped fresh parsley

Directions

1. Add beans and 1/4 cup of the water to a food processor and process until smooth. Scrape down sides of bowl. Add the rest of the ingredients and process until you have a creamy consistency. Scrape down sides once more. Add more reserved liquid, if needed.
2. Serve as a dip with raw vegetable sticks or with toasted pita bread triangles. This hummus is also delicious as a filling in pita bread with shredded carrots, sliced cucumbers, mesclun mix or other vegetables.



Photo by Jim Allen

Recipe developed for the Cool School Food program of the Coalition for Healthy School Food by Chef Wynn Steen of Moosewood Restaurant.

⁸ Look for salt-free canned goods. If unavailable, omit added salt.



Tuscan Tomato Pie

*Adapted from **Vegan on the Cheap** by Robin Robertson. In Ithaca, NY schools, instead of slices the tomatoes, spinach, and basil are all chopped and piled high on the pizza.*

Yields one 12-inch pie

Ingredients:

Dough:

2 cups flour (a mixture of whole wheat pastry and white whole wheat)
 2 Tablespoons vital wheat gluten (optional, gives the dough more elasticity)
 2 1/4 teaspoons instant yeast (one envelope packet)
 1Tbsp sugar
 1 teaspoon salt (optional)
 2/3 cup lukewarm water

Alternatively, buy a standard 12 inch crust. Avoid products with unnamed dough conditioners or hydrogenated oils.

Topping:

1 Tablespoon olive oil (optional)
 3 cloves garlic, finely minced
 1 1/2 cups cooked or 1 (15.5 oz.) can cannellini beans, drained and rinsed⁷
 1/4 teaspoon salt (optional)
 1/4 teaspoon black pepper
 1/3 cup water or vegetable stock (look for low-sodium varieties)
 3 Tablespoons chopped fresh basil
 2 large or 3 medium size ripe Roma tomatoes, cut into 1/4 slices (other types of tomatoes work, too)

Tomatoes may also be chopped with additional basil for topping.

Recipe adopted from *Vegan on the Cheap* by Robin Robertson. Recipe further developed for the Cool School Food program of the Coalition for Healthy School Food by Chef Wynnne Stein of Moosewood Restaurant.

⁷ Look for salt-free canned goods. If unavailable, omit added salt.

Directions

Make the dough:

1. Combine the water, sugar and yeast in a measuring cup. Stir vigorously until the yeast is dissolved. Set aside until a layer of foam forms on top, 5-10 minutes. Meanwhile, place the flour, vital wheat gluten (if using) and salt (if using) in a large mixing bowl. Stir to combine.
2. Once the yeast mixture has foamed, add it to the flour and stir until dough begins to form. Using your hands, knead in the rest of the flour, adding more water as necessary until the dough is firm and dry but not crumbling.
3. Transfer the dough to a lightly floured work surface and knead until it is smooth and elastic, 5-10 minutes, adding flour as needed so it doesn't stick. Shape the dough into a smooth ball and place back in the bowl. Cover with a towel and let rise at room temperature in a warm spot until double in volume, about 1 hour.
4. After the dough has risen, transfer it to a lightly floured work surface, punch it down and gently stretch and lift it to make a 12-inch round about 1/4-inch thick. Transfer the round to a floured baking sheet, pizza pan or pizza stone. Let the dough rise in a draft-free place for 20 minutes. Adjust the oven rack to the bottommost position of the oven and preheat to 425°F.

Make the topping:

1. In a large skillet, heat the oil, if using, over medium heat. Add the garlic and cook until softened, about 2 minutes. If not using oil, simply add the garlic to the pan and keep an eye on it as it cooks to avoid burning.
2. Add the beans, salt (if using), and pepper. Mash the beans to break them up, then stir in the water or vegetable stock and simmer, stirring occasionally, until the mixture is creamy, about 8 minutes. Add more liquid if necessary.
3. Stir in the basil and set aside. (Optional: stir in a little lemon juice to taste.)
4. When the oven is preheated, put the dough in and bake for 5 minutes, until puffy. Remove from the oven and spread the bean mixture evenly on top to within 1/2 inch of the edge. Arrange the tomato slices on top and season with salt (if using) and pepper to taste.

5. Bake until the crust is browned, 12 to 15 minutes. Serve hot.
6. Optional: splurge a little by adding sliced pitted Kalamata olives and fresh basil leaves when you add the tomatoes. Enjoy!



Photo by Theresa "Sam" Houghton



West African Beans & Greens

Stuffed sweet potatoes topped with a luscious sauce. The peanut-pineapple sauce is optional, as the recipe is delicious without it. The sauce is also good ladled on cooked vegetables such as squash, carrots, potatoes, broccoli, cabbage, or even on salads. In schools, West African Beans & Greens are served as a stew (not in a sweet potato half) and are served without the peanut pineapple sauce.

Serves 6

Ingredients

Baked Sweet Potatoes

3 sweet potatoes

Gingery Beans

1 1/2 cups chopped onions

1/2 teaspoon minced garlic

1 teaspoon salt

2 teaspoons olive oil

1 tablespoon grated fresh ginger

2 cups chopped kale or cabbage

2 tablespoons chopped fresh cilantro (optional)

3 cups cooked pinto beans, drained (two 15-oz cans, or 1 1/2 cups dried beans (10 oz), cooked)

Peanut-Pineapple Sauce

1/2 cup canned pineapple with juice (crushed, sliced, chunks all ok)

1/2 cup peanut butter

3 tablespoons white or cider vinegar

salt to taste

Directions

If using dried beans, soak and cook ahead of time.

Baked Sweet Potatoes

Wash the sweet potatoes. Cut in half lengthwise and place cut side down on a lightly oiled or parchment paper-lined baking tray. Bake at 400° until soft, but not so soft that the skin is separating from the flesh; for medium (12-ounce) sweet potatoes, 30 to 40 minutes. Remove from the oven and turn the sweet potatoes over, cut side up. When cool enough to handle, make shells: use a paring knife to cut around the outside about 1/4 inch in from the skin and about 1/4 inch deep. With a spoon, scoop out the flesh and put it in a bowl. Place the sweet potato shells on a clean lightly oiled baking sheet. Lightly mash the scooped-out flesh.

While the sweet potatoes bake, prepare the bean filling and the sauce.

Gingery Bean Filling

In a covered saucepan on medium-low heat, cook the onions, garlic, and salt in the oil until soft, about 7 minutes. Stir in the ginger and kale or cabbage, cover, and cook, stirring occasionally, until just tender, 5 to 10 minutes. Add the cilantro and beans and remove from the heat.

Peanut Sauce

In a blender, process the pineapple, vinegar, peanut butter, and salt until smooth. If the peanut butter is thick, add water until it whirls smoothly.

Assembly

Stir the mashed sweet potatoes into the beans and kale mixture. Fill the sweet potato shells.

Before serving, reheat the stuffed sweet potatoes in the oven or microwave. Serve topped with Peanut Sauce, or serve the sauce on the side.



White Bean Salad

Recipe by William Sribney for Cool School Food. This recipe has not yet been served as part of the Cool School Food program. However, it is delicious and just waiting for a school to adopt it! Great served on a bed of lettuce, pasta, or rice.

Ingredients

Salad:

- 6 cups cooked white beans (equivalent to 2 1/2 c/1 lb dried)
Navy 1st choice, Great Northern 2nd choice
- 2/3 cup red onion, chopped into 1/4-inch dice
- 1 inch piece Kombu seaweed (optional, for pressure cooking option)

Dressing:

- 3 Tablespoons olive oil (optional)
- 3 Tablespoons red wine vinegar
- 1 clove garlic, minced, grated, or put through a garlic press
- 1 teaspoon organic soy sauce
- 1 teaspoon black pepper
- 1 teaspoon sugar or other sweetener such as agave
- 1 teaspoon finely chopped fresh mint
- 1/4 teaspoon dried thyme (or 1 teaspoon fresh)
- 1/2 teaspoon dried oregano (or 2 teaspoon fresh)
- 1/2 cup packed fresh Italian flat-leaf parsley, chopped (measure before chopping)

Cook the Beans:

Stovetop

1. Soak beans overnight in cold water with 1 Tablespoon salt, or soak 1 hour in water with 1 Tablespoon salt brought to a boil and cooled for 5 minutes. Salt will make the beans' skins tender, but not make the beans salty.
2. Drain soaking water. Cook beans in fresh water over a very low simmer until tender (2-3 hours). Cooking them on a low simmer will keep them intact. Drain beans.

Pressure Cooker

1. Soak the beans overnight in cold water. Drain and rinse. Place in a pressure cooker with a 1-inch piece of kombu seaweed. Add water to

cover the beans by 1 inch, but do not fill the pressure cooker more than 2/3 full.

2. Lock the lid in place and bring to pressure over high heat. Lower the heat enough to maintain pressure and cook 4-7 minutes for navy beans, 5-8 minutes for Great Northern beans. Remove from the heat and let the pressure come down naturally.

Make the salad:

1. Mix together cooked white beans and onion.
2. In a separate bowl, mix together remaining ingredients except the parsley. Drizzle half over beans and toss. Drizzle remaining over beans and toss. Add parsley and toss.
3. Check seasoning and adjust if necessary.



Photo by Jim Allen