



Cool School Food Recipes



healthyschoolfood.org

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Acknowledgements

The New York Coalition for Healthy School Food (NYCHSF) *Cool School Food* program is indebted to many individuals, schools, and organizations that helped to create and promote the recipes contained herein.

First, without the Ithaca City School District Child Nutrition Program and the New York City Office of SchoolFood as our program sites, we would not know for sure that children accept, like, and even love our recipes. We are also very grateful to David Stroka, Cook Manager for the Binghamton City School District for his contributions.

The Cool School Food program in Ithaca is a partnership of the Ithaca City School District's Child Nutrition Program, Moosewood Restaurant, Cayuga Pure Organics – growers of organic beans and grains, and New York Coalition for Healthy School Food.

It is a pleasure to work with Denise Agati, Food Service Director of the Ithaca City School District's Child Nutrition Program and her team. Our program in Ithaca is a Farm to School Program using local and organic beans whenever possible. 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. We couldn't have done this without Tina Belden, the school cook who makes our recipes for all the elementary schools with pride and love, Jennifer Doolittle, who is the Child Nutrition Program Manager, or Denise Agati, the Food Service Director of the ICSD Child Nutrition Program who attended virtually every food tasting for every recipe to personally serve samples of the food to every child. The Supervisors at each of the Ithaca elementary schools are all a pleasure to work with including Rosemary Turk, Patricia Potter, Barb Lower, Jenny Lovejoy, Rhonda Connors, Karen Berggren, Tama Melice, Joanne Peer, and Rebecca Kenyon. There are many others at the ICSD child nutrition program who make this all possible, and we appreciate all of their contributions.

Wynnie Stein, co-owner of Moosewood Restaurant, and a chef/consultant, was there with us every step of the way, planning recipes, standardizing them in serving sizes for families, 50 for the official recipes, and hundreds for the reality of preparing them in the schools. She tested the recipes along with the ICSD Child Nutrition Program staff until they got them right, and was there to provide support to the cooking staff as they made the recipes for implementation in the schools the first few times. Her role included training the cooking staff, helping them to expand their culinary horizons!

Erick Smith, founder of Cayuga Pure Organics, grows delicious beans and grains and generously donates them for all the testing, and then provides them at a special price to make them affordable to the schools. For the first year we also partnered with Italian

Carryout, who made homemade pizza crusts using organic local whole grain flour from Cayuga Pure Organics, charging us for ingredients only, not labor. We depended on the volunteer help of many students, parents, and community members at each of the food tastings. They are too numerous to mention – but each of them played a critical role.

Cool School Food in New York City is a partnership with the New York City Office of School Food, the James Beard Foundation, Food and Finance High School, Candle Cafe and Candle 79 Restaurants, Henry's Restaurant, and NYCHSF.

We continue to work with the largest school food service operation in the country – New York Office of SchoolFood. It continues to be a pleasure to work with Tracy Cashin, Regional Operations Director, Stephen O'Brien, Director of Food and Food Support, Executive Chef Jorge Collazo, the first chef ever to be hired by a school district in a major city, Registered Dietitian Herman McKie, Chef's Sid Grabel and Billy Doherty, Regional Directors Cathy Condon of Manhattan, Lisa Mizrahi of the Bronx, Vita Tammaro of Brooklyn, Derek Mitchell of Brooklyn, and Josephina Magsino of Queens. Supervisors Carol Burns, Shawn Chambers, Claire Freire, Mathew Jamison, Rowena Jeffery, Aldith Llewellyn, Larbi Malajati, Yolanda Ogarra, Denise Sorbera-Mueller, Christina Sorrento, Josephine Sullivan, Cherise Tafe, Ann Torsney and managers Irma Gianni, Keith Goldstein, Rose Hyacinthe, Jacqueline Jones, Susan Marroquin, Rowena Moore, Michelle McBean-Palmer, Karla Jean Peterkin, Julie Pena, Louise Raiola, Elaine Sanchez, and Kelly Savidis all helped to make it work. Cooks Larry Crowell, Norman English, Margarita Guerrero, Alzeda Harris, Charles Kelly, Leelamalini Mukunthan, Ralph Pace, Jenny La Paz, Victoria Phillips, Tania Pichardo, Victoria Philips, Angelina Shinaul, and Irene Wong put in extra effort to turn out delicious recipes made from scratch and with love. Candle Cafe and Candle 79 restaurants have been very involved in our New York City program – including Chef's Angel Ramos and Jorge Pineda, owners Joy Pierson and Bart Potenza (who both serve on NYCHSF's Board of Directors), Chief Operating Officer Benay Vynerib, Cafe Manager Mark Doskow, and numerous staff who have volunteered to help our program be successful. The Food and Finance High School, where students go to learn how to become chefs or otherwise learn about food careers, and the business skills required to do it, has helped us by testing recipes submitted for our contest and being involved in other ways. It is a joy to work with budding young chefs who are so professional and skilled. Many students were involved, but two stood out and helped many times, including Lazarus and Victor. The James Beard Foundation played a critical role during our recipe contest, and the finals were held there. Henry's Restaurant provided training to school cooks.

Finally, we are indebted to Kim Kengor, MS, RD, CDE, National School Nutrition Manager from the Alliance for a Healthier Generation. Because of her interest and support, these recipes have been distributed to over 14,000 schools. It truly took a village to create these recipes. We are so grateful to all who helped to create them, and excited that so many children will benefit from them.

Amie Hamlin, Executive Director, NYCHSF



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Apple Pizza Strudel

22 Servings

This new world strudel is comfort food at its best. It's Apple, Spinach, and White Bean Pizza with a Twist. Watch it disappear!

Recipe created by Chef David Stroka, Chef Manager, Binghamton City School District, for the Cool School Food Program of the New York Coalition for Healthy School Food (www.healthyschoolfood.org).

Ingredients:

- 1 teaspoon olive oil + ½ teaspoon for brushing
- 2 tablespoons garlic, chopped (NYS farm product)
- 1 ½ cup yellow onions, diced (NYS farm product)
- 2 pounds apples, small dice, not peeled (NYS farm product)
- 5 ½ cups dry white beans, soaked and cooked until tender (11 cups cooked) (NYS farm product)
- 4 cups chopped kale or spinach (if frozen, thaw and drain) (NYS farm product)
- 3 tablespoons fresh sage (optional) (NYS farm product)
- 2 cups quick rolled oats
- 1 ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon nutmeg (optional)
- 1 Delorio whole wheat 22 ounce pizza dough or 18 x 12 inch rectangular whole grain pre-made crust
- 2 tablespoons sesame seeds



Photo by NYCHSF

Preparation:

1. Sauté garlic in olive oil until golden.
2. Add onions and cook until caramelized.
3. Remove to bowl; add all remaining ingredients except pizza crust and sesame seeds to onion/garlic mixture.
4. Mix well, mixture should resemble stuffing.
5. Roll dough into a 18 x 12 inch rectangular shape, or larger, in order to accommodate all of the filling. Rolling the dough very thin results in a pastry like effect.
6. Arrange filling along 18" side of pizza dough and roll, folding ends under.

7. Place on greased sheet with seam side down.
8. Brush with remaining olive oil and sprinkle with sesame seeds.
9. Bake at 400 F for 20 minutes or until golden.
10. Cool on rack.
11. Slice in 22 equal portions by cutting lengthwise down the middle. Then make 10 crosswise cuts to equal 22 servings.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving:

1 slice, or 1/22th of entire roll

Nutrition Information:

Calories: 143

Total Fat: 1.6g

Saturated Fat: 0.0g

Trans Fat: 0.0g

Protein: 6.8g

Sodium: 135mg

Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ¼ cup Vegetable; 1 Grain/Bread; ¼ cup Fruit

Meets Alliance criteria for whole grains and contributes ¼ cup vegetable to daily fruit/vegetable total.

Beanie Burgers

18 Servings

These yummy, nutrient dense, versatile veggie burgers are great on a whole grain bun with all the fixings, served on top of brown rice with salsa, or as the filling of a great burrito or enchilada!

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients:

9 cups well-cooked black beans (4 ½ cups dry) (NYS farm product)
4 cups sweet potatoes, cooked, cubed or mashed
4 tablespoons tomato paste, low sodium
1/2 cup old fashioned rolled oats
1 1/2 tablespoons soy sauce
1 1/2 tablespoons chili powder
1 1/2 tablespoons cumin
1 tablespoon garlic powder
1 tablespoon salt
1 teaspoon pepper, black
1/2 tablespoon water
Vegetable oil for brushing (optional)



Photo by Lou Manna, www.LouManna.com

Preparation:

1. To prepare beans, do the following: Wash beans in colander. Pour beans into a large pan and fill with water that is twice the height of the beans. Let set overnight to soak. Rinse beans, refill pot with clean water, and bring to a boil. Once beans are boiling, cook for 1 ½ to 2 hours, or until beans are soft, to easily enable mashing of the beans. Note: this recipe does not lend itself well to using canned beans, since the beans need to be cooked until soft.
2. To cook sweet potatoes, wash, poke a hole with a knife, and wrap in aluminum foil and bake until very soft. Alternately, peel, cube, and steam until soft.
3. Mash cooked black beans and cooked sweet potatoes together.
4. Add the rest of the ingredients and mix until well combined.
5. Form 18 burgers.
6. Brush with vegetable oil.
7. Bake at 350 degrees for 20 minutes.

Serving Suggestion: Serve on a whole grain bun with all the fixings, served on top of brown rice with salsa, or as the filling of a burrito or enchilada!

HACCP: Always wash hands and wear disposable gloves prior or handling food. It is critical that you follow proper HACCP defrosting and holding procedures. This is a PROCESS ONE recipe.

For one serving:

1 burger (1/18th of total recipe)

Nutrition Information:

Calories: 386

Total Fat: 1.7g

Saturated Fat: 0.4g

Trans Fat: 0.0g

Protein: 7.24g

Sodium: 477mg

Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA

Meets the Alliance School Meal Criteria for legumes and lean protein. If served with whole grain bun or brown rice, will also meet whole grain criteria.

Black Bean Casserole

50 Servings

For school cooks in New York City, and for the students, this Caribbean recipe is the favorite.

Recipe created by Chefs Angel Ramos, Jorge Pineda, and Joy Pierson of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

- 1 cup vegetable oil
- 3 yellow onions, small diced (NYS farm product)
- ¼ cup minced garlic (NYS farm product)
- 4 #10 cans black beans, drained and rinsed **or** 26 ½ cups cooked beans (13 ¼ cups dry) (NYS farm product)
- 4 cups uncooked brown rice
- 1 six pound bag frozen plantains, defrosted and chopped into small bits
- ½ cup cumin
- ½ cup paprika
- 2 tablespoons salt
- 1 tablespoon black pepper
- 2 quarts water

Suggested Garnish: Salsa, chopped tomatoes or chopped scallions



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Heat oil in a large roasting pan, pot, kettle or skillet. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product.
2. Sauté onions; then add garlic. Cook until soft. Do not brown.
3. Mix in the black beans, rice, plantains, cumin, paprika, salt and pepper.
4. Add water and bring to a boil. Simmer for 25 to 30 minutes or until rice is tender.
5. Transfer to steam table and serve with 6 ounce spoodle.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving:

6 ounces

Nutrition information:

Calories: 444 calories

Total Fat: 6.2g

Saturated Fat: .1g

Trans Fat: 0.0g

Protein: 7.2g

Sodium: 278mg

Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA

Meets the Alliance school meals criteria for legumes, lean protein and low fat entrees.

Black-eyed Peas with Rice

50 Servings

A great rice and beans recipe that's super easy to make, with a southwestern flair.

Recipe created by Chefs Angel Ramos, Jorge Pineda, Joy Pierson, and Michael Marinucci of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

3/4 cup oil

1 onion, diced 1/4 inch (NYS farm product)

1 pepper, green, diced 1/4 inch (NYS farm product)

1 pepper, red, diced 1/4 inch (NYS farm product)

1 #10 can salsa (NYS farm product)

5 cups water

1 teaspoon thyme, dried (NYS farm product)

1 teaspoon oregano, dried (NYS farm product)

2 tablespoons garlic, granulated

1 teaspoon pepper, black

1 teaspoon salt

3 #10 cans black-eyed peas, drained **or** 14 cups dry black eyed peas (28 cups cooked)

8 ounces broccoli, blanched (NYS farm product)

16 cups water

8 cups uncooked brown rice (4 pounds)

Suggested garnish: Chopped scallions, diced fresh tomato, chopped fresh cilantro (NYS farm products)



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Heat oil to medium heat and sauté onions and peppers until soft. Do not brown. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product.
2. Mix in salsa, 5 cups of water and all other dry spices. Add black-eyed peas and broccoli and gently fold together.
3. Cover and simmer over medium heat for 20 to 25 minutes. Stir frequently to prevent sticking.
4. While black-eyed pea mixture is simmering, in a separate pan, bring the 4 cups of water to a boil. Add rice and reduce heat. Simmer, covered, until rice is tender and all the water is absorbed.
5. Serve black-eyed pea mixture on top of or next to rice, or gently fold rice into black-eyed pea mixture. Place in covered 2" deep pans in holding unit for service.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS THREE recipe.

For one serving: $\frac{3}{4}$ cup bean mixture; $\frac{1}{2}$ cup rice

Nutrition information:**Black Eyed Peas:**

Calories: 239
Total fat: 3.9g
Saturated fat: 0.0g
Trans fat: 0.0g
Protein: 6.89g
Sodium: 278mg
Cholesterol: 0 mg

Rice:

Calories: 116
Total fat: 0.1g
Saturated fat: 0.0g
Trans fat: 0.0g
Protein: 1.3g
Sodium: 2mg
Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA, $\frac{1}{4}$ cup Vegetable, $\frac{1}{2}$ cup Grain/Bread

Meets the Alliance school meals criteria for legumes, lean protein and low fat entrees and contributes to the fruit and vegetable goals for the entire school day. If made with whole grain rice, will count as whole grain.

Fiesta Mexican Lasagna

50 Servings

In this south of the border recipe, chips take the place of noodles, and black beans and roasted squash and vegetables dramatically increase the nutrient density. This delicious lasagna was chosen for the USDA cookbook created from the Recipes for Kids Challenge contest. Olé!

Recipe created by the Cool School Food Team for the Recipes for Kids Challenge contest submission from Ithaca, NY. Team members included: Chef Wynnie Stein, co-owner of Moosewood Restaurant; Denise Agati, Food Service Director for the Ithaca City School District Child Nutrition Program; Erick Smith, co-owner of Cayuga Pure Organics; students Alyia C. and Josie W., and Amie Hamlin, Executive Director of the New York Coalition for Healthy School Food (www.healthyschoolfood.org).

Ingredients:

2 cups peppers, sweet green, raw, chopped (NYS farm product)
3 pounds yellow onions, fresh, chopped (NYS farm product)
½ gallon corn, canned, whole-kernel, drained (NYS farm product)
5 tablespoons vegetable oil, canola
1 gallon butternut squash (3 ½ pounds) (NYS farm product)
1 gallon plus 2 quarts plus 2 cups cooked unsalted black beans (9 ½ pounds) (NYS farm product)
5 ½ teaspoons cumin, ground
½ cup plus 4 teaspoons oregano, ground (1 ½ ounces) (NYS farm product)
4 teaspoons garlic, granulated
4 teaspoons chili powder
4 teaspoons paprika
5 pounds tomato sauce (NYS farm product)
3.5 pounds mild salsa, tomato, canned (NYS farm product)
3 pounds tortilla chips, unsalted



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Combine peppers, 1/2 the onions, and corn in 1 tablespoon of oil. Roast at 350 degrees uncovered for 20 minutes.
2. Peel squash, remove seeds, cut in chunks and steam for 15 minutes or until tender.
3. Mash squash and add roasted vegetables. Add 4 teaspoons cumin and ½ cup of oregano (reserving 1 ½ teaspoons cumin and 4 teaspoons oregano for next step).
4. Sauté remaining onions, remaining cumin, granulated garlic, chili powder, remaining oregano, paprika, and salt in remaining oil until soft. Combine with black beans in food processor until smooth.
5. Combine tomato sauce and salsa.
6. Layer sauce, chips, bean mixture, squash/vegetable filling, chips, beans, chips, and then sauce in 2 four inch deep full hotel pans (spray pans to prevent sticking).
7. Bake at 350 degrees for 40 minutes.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving: 1 cup (5 x 5 inch square)

Nutrition Information:

Calories: 299

Total fat: 3g

Saturated fat: 0.5g

Protein: 6g

Sodium: 457mg

Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA, 1 cup Vegetable, 1 Grain/Bread

Meets Alliance school meals criteria for legumes, lean protein and low fat entrée.

Magical Moroccan Beans and Greens

50 Servings

The exotic spices beckon you to a distant land in Northern Africa... get on a magic carpet ride to Morocco, the spice capital of the world! Taste the delicious flavors that will dance on your taste buds as cinnamon mingles with cumin in this slightly spicy, delicious and nutritious dish featuring kidney beans and spinach. Served over brown rice, millet, or quinoa or with whole grain crusty bread, this main dish is sure to please! This recipe was one of the winners of our healthy school food recipe contest.

Recipe created by Bill Sribney for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

1 cup oil
¼ cup garlic; chopped in oil (NYS farm product)
3 Spanish onions; diced small (NYS farm product)
3 tablespoons cumin, ground
2 tablespoons turmeric
4 tablespoons cinnamon, ground
2 tablespoons salt
1 tablespoon black pepper
1 teaspoon red pepper flakes
3 #10 cans red kidney beans **or** 14 cups dry kidney beans (28 cups cooked) (NYS farm product)
1 quart orange juice
Water as needed
5 pounds frozen spinach, thawed and drained overnight (NYS farm product)

Suggested Garnish: Chopped scallions, chopped cilantro, diced pimento, or roasted tomato dices.



Photo by Lou Manna, www.LouManna.com

Preparation:

1. **Prepare seasoning blend one or two days ahead.** If frozen, the blend can be kept up to a month.
2. Heat oil on medium heat; add garlic and onion, and cook until aromatic and soft.
3. Add dry spices and sauté, allowing blend to release aroma.
4. Chill properly and reserve for later use.
5. **On menu day**, combine cooked kidney beans, including liquid from can and orange juice. Add water (or bean cooking liquid if cooking beans from scratch) up to top of beans so they stir easily. Do not have liquid go above bean level.
6. Add seasoning blend, mixing thoroughly.
7. Heat slowly, making sure to stir beans well from the bottom.
8. Heat until beans reach 150 Fahrenheit, simmer for 30 minutes or longer.
9. Add thawed and drained spinach and continue to heat throughout.

Serving Suggestion: Magical Moroccan Beans and Greens can be offered with Spanish or brown rice, millet, quinoa, or seasoned loco bread.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one Serving:

6 ounces Magical Moroccan Beans and Greens (two 3 ounce spoodles)

Nutrition Information:

Calories: 413

Total Fat: 4.4g

Saturated Fat: 0.64 g

Trans Fat: 0.0g

Protein: 5.93g

Sodium: 263mg

Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA, ¼ cup Vegetable

Meets the Alliance School Meals Criteria for legumes, lean protein, and low-fat entrée.

Mrs. Patel's Rajma

Indian Kidney Bean Curry

60 Servings

The children were thrilled to have Indian food at school. The fragrant spices captured their attention. In addition, Mrs. Patel, an assistant teacher and afterschool teacher developed this recipe. At her school, she's a rock star! The dish is as popular as our Pasta Fazool recipe.

Recipe created by Mrs. Patel with the help of Haley Dossinger's Whole Foods Cooking Club of the Academic Plus Program at BJM Elementary, and Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients for Beans:

2 quarts peeled onions (NYS farm product)

½ cup peeled ginger

½ cup minced garlic (NYS farm product)

¼ cup oil

¼ cup ground coriander

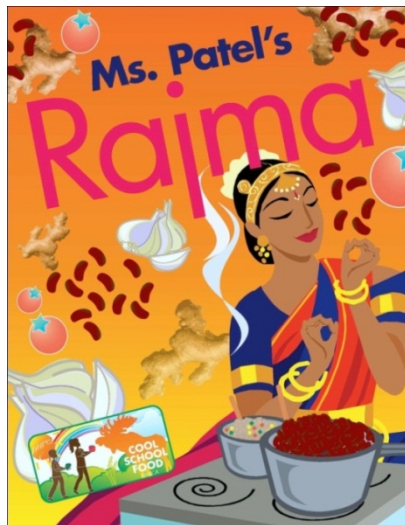
¼ cup ground cumin

2 tablespoons ground turmeric

1 ½ tablespoons salt

1 gallon dry kidney beans, cooked (yields: 2 gallons cooked) (NYS farm product)

1 #10 can tomato sauce (NYS farm product)



Poster by Michelle Bando, www.michellebando.com



Mrs. Patel's Rajma made by the Academic Plus afterschool program

Preparation:

1. Finely chop onion and ginger in buffalo chopper.
2. On sheet pans, mix onion, ginger, and garlic with oil.
3. Add spices and salt and mix until the spices are thoroughly incorporated.

4. Roast in oven at 400 for 5 minutes.
5. In a large pot, mash 1/3 of the kidney beans and combine with the rest of the beans, tomato sauce and roasted vegetable/spice mixture.

Ingredients for Rice:

1 cup oil
½ cup ground coriander
¼ cup ground cumin
2 tablespoons ground turmeric
2 tablespoons salt
1 quart dry brown rice (cooked in 6 cups water = 1 gallon cooked)
2 quarts mixed frozen vegetables (for example corn, peas, carrots) (NYS farm product)

Preparation:

1. Thoroughly mix the oil and spices and warm over medium heat for 3-4 minutes.
2. Mix the spices with the rice and water and cook covered in steam oven for 30 minutes or until rice is tender.
3. Add frozen vegetables and cook until vegetables are hot.
4. Serve Rajma on top of or next to the rice. Children may enjoy mixing them together.

Note: If preparing in a central kitchen or where pans are limited, do not add vegetables to rice as above. Cook rice for 20 minutes. Add Rajma beans to the cooked rice mixture. Combine the rice and beans and heat covered in oven. Steam the vegetables in oven for a few minutes. When the rice and beans are almost at serving temperature, add in the vegetables and finish cook time.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving: ¾ cup

Contributes to NSLP meal pattern (Beans and Rice together)

2 M/MA, ¼ cup Vegetable, ¼ cup Grain/Bread

Meets Alliance School Meals criteria for legumes, whole grains and low fat entrée and contributes to daily vegetable total.

North African Gumbo

60 Servings

Recipes from other cultures are very appealing. Children like to learn about food from around the world and it's a great bonus for multi-cultural curriculums. When introducing foods from around the world, we play music from that culture in the cafeteria. Our recipes are all intended to be a protein component. But they can be served as a vegetable component as a way of introducing them to the students the first few times. Children really love the sweet potatoes and spice combination in North African Gumbo. Dark leafy greens such collards and sweet potatoes are both nutritionally dense foods and offer many health benefits.

Recipe created by Chefs Angel Ramos, Jorge Pineda, Joy Pierson, and Michael Marinucci of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

- ¼ cup oil
- 1 ½ cups onion, yellow, large, diced medium (NYS farm product)
- 3 #10 cans garbanzo beans, drained **or** 16 cups dry garbanzo beans (32 cups cooked)
- 6 pounds collard greens, defrosted, drained, and chopped (NYS farm product)
- 1 #10 can sweet potatoes, reserve liquid OR 2 pounds of sweet potatoes, peeled and small diced (fresh sweet potatoes are preferred)
- ½ #10 can salsa (NYS farm product)
- 1 teaspoon paprika
- 1 teaspoon cinnamon
- 1 teaspoon ginger powder
- 1 teaspoon cumin
- 1 teaspoon thyme
- 1 tablespoon salt
- 1 teaspoon pepper, black
- 2 quarts water

Suggested garnish: Chopped scallions, chopped tomato or cilantro. You may use all three if desired. (NYS farm products)



Photo by Lou Manna, www.LouManna.com



Photo by NYCHSF

Preparation:

1. Sauté onions in oil until soft. Do not brown.
2. Add garbanzo beans, collard greens, sweet potatoes, salsa, dried spices, water and reserved juice from sweet potatoes and combine well. If using fresh sweet potatoes, no additional liquid should be necessary. If the stew is too thick, add 1 cup of water.
3. Simmer covered over medium heat for 30 minutes or until gumbo has thickened. If using fresh sweet potatoes, cook until sweet potatoes are tender.
4. Check frequently to make sure stew is not sticking to the bottom.
5. Adjust seasoning.

Serving Suggestion:

- This is a great item to serve over brown rice
- When you offer rice and a separate vegetable you are providing 3 complete components as well as a vegetarian (vegan) meal. 2 meat/meat alternates, grains, and separate vegetable.
- Collard greens are a perfect choice for this purpose and completes the vegetable component.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one serving:

$\frac{3}{4}$ cup North African gumbo (two 3 ounce spoodles)

Nutritional Information:

Calories: 357

Total Fat: 7.6g
Saturated Fat: .8g
Trans Fat: 0.0g
Protein: 5.34g
Sodium: 289mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ½ cup Vegetable

Meets the Alliance School Meals Criteria for legumes, lean protein, dark green/orange vegetables, and low fat entrées. If served with whole grain brown rice, will count as whole grain.

Pasta Fazool (Fagioli)

48 Servings

This Italian recipe is a huge hit with the students. We have used the Americanized version of the name, because it is easier to know how to pronounce. We put our recipes on the back of the monthly lunch menus, and during the taste testing in elementary schools, many students told us that their parents had already made the recipe at home and they loved it!

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients:

- 1 lb. whole grain pasta, (shells, penne or fusilli), cooked
- 1 lb. pound bite-sized, chopped kale, with stems removed (NYS farm product)
- 1/4 cup olive oil
- 1/4 cup minced garlic (NYS farm product)
- 2 cups chopped onion (NYS farm product)
- 2 cups chopped celery (NYS farm product)
- 2 cups chopped carrots (NYS farm product)
- 2 cups chopped bell peppers (NYS farm product)
- 1-#10 can crushed tomatoes (NYS farm product)
- 1-#10 can commodity tomato sauce (NYS farm product)
- 1 tablespoon crushed red pepper flakes (NYS farm product)
- 1 teaspoon ground black pepper
- 2 tablespoons dried oregano (NYS farm product)
- 2 tablespoons dried basil (NYS farm product)
- 2 teaspoons ground fennel
- 1 cup water
- 2-#10 cans Navy, White Kidney (Cannellini) or Great Northern Beans, un-drained **or** 12 cups dry beans (24 cups cooked) (NYS farm product)



Poster by Michelle Bando, www.michellebando.com



Photo by NYCHSF

Preparation:

1. Cook pasta until al dente and drain. (Note: pasta should not be too soft as it will need to be re-warmed)
2. Steam kale in combi-oven or on stove top for 10 minutes until just soft but still bright green.
3. Toss the vegetables with the oil and garlic; spread on sheet pans and roast at 350 Fahrenheit for 10 minutes.
4. Add the tomatoes, seasonings, water and beans to tilt kettle and bring to a low boil, reduce to a simmer, add the roasted vegetables and cooked kale and simmer for about 15 minutes
5. Combine warm pasta and sauce.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one serving: 8 ounces

Nutrition Information:

Calories: 318
Total fat: 2.6g
Saturated fat: 0g
Trans fat: 0g
Protein: 14.2g
Sodium: 462mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ½ cup Vegetable

Note: Adding 4 ounces of pasta to the recipe will result in total of 1 Grain/Bread

Meets Alliance School Meals criteria for legumes, lean protein and low fat entrée. If whole grain pasta is used, meets whole grain criterion.

Power Hummus

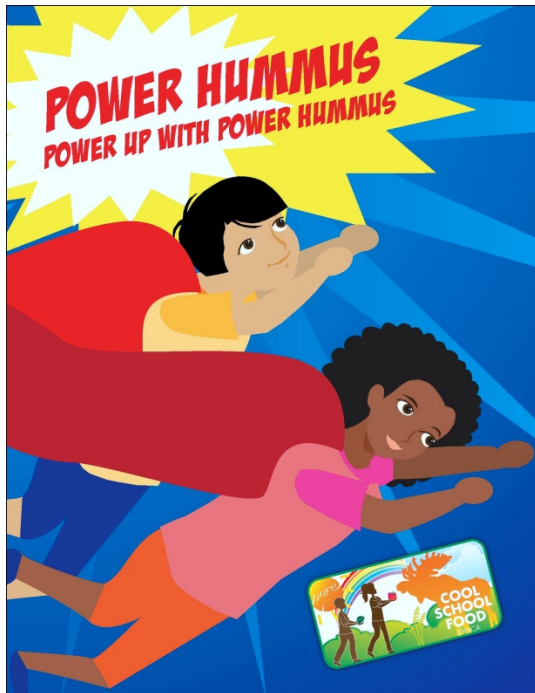
25 Servings

Hummus is a Middle Eastern recipe that is a favorite of children. Children love to dip and hummus is the perfect dip! It can be served many ways. You can't go wrong with hummus!

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients:

6 ¼ cups dry garbanzo beans (12 ½ cups cooked) drain and reserve liquid
4 ½ tablespoons minced garlic (NYS farm product)
1 cup tahini or sunflower seed butter
2 1/3 cups finely chopped fresh parsley (NYS farm product)
1 ¾ cups lemon juice
4 ½ teaspoons salt
1 ¼ teaspoon ground cayenne pepper
2 1/3 teaspoons ground cumin



Poster by Michelle Bando, www.michellebando.com



Photo by www.dreamstime.com

Preparation:

1. Add beans and enough bean liquid to a food processor and process to a smooth consistency. Add all the other ingredients and process until very smooth and evenly colored.
2. Serve $\frac{3}{4}$ cup in whole wheat pita bread lined with lettuce leaf and shredded carrots or with fresh vegetables and whole wheat pita triangles for dipping.

Serving suggestions: Hummus is great as a dip for carrots, celery, cucumber sticks, peppers, zucchini, broccoli, and other vegetables. It can also be served with whole wheat pita bread cut into triangles. For gluten-free children, it could be served with rice crackers. It is also great served in a whole wheat pita, cut in half, with lettuce, shredded carrots, and sliced cucumbers. A scoop makes a great addition to a main dish salad in place of meat, eggs, or cheese.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one serving: #6 scoop

Nutrition information:

Calories: 377
Total fat: 10g
Saturated fat: 1.3g
Trans fat: 0g
Protein: 8.5g
Sodium: 454mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA

Note: Adding $\frac{1}{2}$ cup vegetables will result in 1 vegetable; adding 1 four-inch whole wheat pita bread will result in 1 Grain/Bread.

Meets Alliance School Meals criteria for legumes, lean protein and low fat entrée and contributes to daily fruit/vegetable total.

Rockin' Whole Grain Pasta with Chick Peas

60 Servings

Pasta is always a hit, and children like chickpeas, so this recipe is a winner. In fact, this was one of the winners of our healthy school food recipe contest.

Recipe created by Laurie Gershgor of Healthy Culinary Creations for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

6 pounds whole grain short pasta, cooked al dente

4 gallons water

1 cup oil

½ cup oil

¾ cup garlic, chopped in oil (NYS farm product)

3 Spanish onions, medium, diced small (NYS farm product)

1 #10 can diced tomatoes, drained* or 3 quarts (12 cups) fresh tomatoes, diced (NYS farm product)

½ cup jalapenos, de-seeded and finely chopped (NYS farm product)

3 #10 cans chick peas, drain two cans leaving one can un-drained **or** 16 cups dry garbanzo beans (32 cups cooked) plus 2 cups retained cooking water (or more as needed).

3 bunches basil, fresh (NYS farm product)

½ teaspoon salt

¼ teaspoon black pepper

Suggested garnish for pasta: Sautéed kale, pesto sauce, roasted broccoli or roasted peppers and onions

*For an enhanced flavor drain diced tomatoes well, coat with oil, sprinkle with a little salt and garlic powder, and roast in a 350 Fahrenheit oven for 20 minutes. Follow the rest of the recipe. Can be done the day ahead.



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Cook pasta, drain well, coat with 1 cup of oil and cover to hold hot.
2. Heat ½ cup oil to medium high heat.
3. Add garlic, stir but do not brown.

4. Add diced onion, diced tomato and jalapenos.
5. Add all chick peas, including the liquid from the one can.
6. Simmer on medium low for 10 minutes or until heated through.
7. Stir in freshly chopped basil.
8. Adjust seasoning with salt and black pepper.

HAACP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe

For one serving:

6 ounces whole grain pasta with chick peas for elementary and high school (two 3 ounce spoodles).

Nutrition Information:

Calories: 380

Total fat: 8.2g

Saturated fat: 1.2g

Trans fat: 0.0g

Protein: 6.3g

Sodium: 412mg

Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, $\frac{1}{4}$ cup Vegetable, $\frac{3}{4}$ cup Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein, whole grain, and low fat entrées.

Tuscan Tomato Pie

18 Servings

The topping on this pizza is a white bean hummus. Topped with colorful chopped vegetables, it is beautiful to look at and it tastes great, too! We tell the students that this is a different type of pizza, ask if they know where Tuscany is (Italy), and explain that this is a real Italian pizza. Red, white and green balloons (to represent the colors of the Italian flag) and Italian music are a great way to introduce it.

Recipe created by Chef Wynnne Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food. Recipe inspired by Robin Robertson, from her book *Vegan on the Cheap* (www.healthyschoolfood.org).

Ingredients:

9 cups Great Northern dried beans, soaked overnight
6 tablespoons chopped garlic, raw (NYS farm product)
2 ½ teaspoons salt
1 teaspoon pepper, black
4 tablespoons lemon juice, unsweetened
1 tablespoon oregano, dried (NYS farm product)

Toppings:

2 1/3 cups basil, fresh and chopped (NYS farm product)
3 tablespoons olive oil
5 cups tomatoes, fresh and chopped (NYS farm product)
4 cups spinach, fresh and chopped (NYS farm product)
1 Delorrio whole wheat 22 ounce pizza dough or 18 x 12 inch rectangular whole grain pre-made crust



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Cook the beans in water to cover, until they are soft.
2. Drain and thoroughly mash the beans.
3. Combine the spices and beans together.
4. Brush the pizza crust with oil and precook it for 7-8 minutes.
5. Spread bean mixture over top.
6. Combine all of the toppings together and spread on top of pizza.
7. Bake at 475 Fahrenheit for two minutes or until heated through.
8. Remove from oven; slice in 18 equal pieces and serve hot.

HACCP:

Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS THREE recipe.

For one serving:

1/18th of recipe

Nutrition information:

Calories: 180

Total Fat: 2.4g

Saturated Fat: 0.3g

Trans Fat: 0.0g

Protein: 7.37g

Sodium: 370mg

Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ½ cup Vegetable; 1 Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein and low fat entrées. If made with whole grain dough, meets whole grain criteria.

The Whole Enchilada

24 Servings

Mexican foods are a favorite of children, and this recipe is no exception. If you can get a Mariachi band in your cafeteria, it would be a great introduction to this recipe. Children love balloons and green, white and red balloons would represent the Mexican flag.

Recipe created by Chef David Stroka, Chef Manager, Binghamton City School District, for the Cool School Food Program of the New York Coalition for Healthy School Food (www.healthyschoolfood.org).

Ingredients:

- 1 teaspoon olive oil
- 2 tablespoons garlic, chopped (NYS farm product)
- 2 cups onions, chopped (NYS farm product)
- 2 cups green or red peppers, chopped (NYS farm product)
- ¼ cup jalapeno peppers, seeded and chopped (NYS farm product)
- 3 tablespoons cumin, ground
- ¼ teaspoon pepper
- 2 pounds kidney beans – soaked and cooked until tender (NYS farm product)
- 4 large butternut squashes (about 5 pounds each), peeled, seeded, and shredded (NYS farm product)
- 24 nine inch whole-wheat tortillas
- 1 #10 can mild salsa (NYS farm product)



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Sauté garlic in oil until golden.
2. Add onion and cook until caramelized.
3. Add pepper and spices, sauté for 5 minutes.
4. Add beans and squash and mix thoroughly.
5. Place two #8 scoops of mixture in each tortilla and fold into purse shape.
6. Place salsa in hotel pan to cover bottom, and place enchiladas in pan and cover with remaining salsa.
7. Bake at 300 Fahrenheit for 30 minutes. Serve.

HACCP:

Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving:

1 tortilla with filling

Nutrition information:

Calories: 240

Total fat: 1.8g

Saturated fat: 0.0g

Trans fat: 0.0g

Protein: 8.6g

Sodium: 479mg

Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, 1 cup Vegetable; 2 Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein, whole grain, orange vegetables and low fat entrées.