COALITION for HEALTHY SCHOOL FOOD

COOL SCHOOL FOOD
A Farm to School Partnership of:
Coalition for Healthy School Food
Ithaca City School District * Moosewood Restaurant
Simeon's on the Commons * Youth Farm Project

PLANT POWERED ENTREES FROM AROUND THE WORLD

The Cool School Food team creates recipes for the school meal program that are healthy, sustainable, and delicious. The USDA dietary guidelines recommend that we eat less meat, and recommends a more plant-based diet as a healthy eating pattern. These recipes are 100% plant-based, scratch-made, cholesterol-free, low in total and saturated fat, high fiber, and full of phytonutrients. We use local ingredients when possible, including vegetables, beans, and tofu. Look for the Cool School Food specials on Thursdays and other days of the week!

Awesome Bean Burgers

Serves 6

3 cups cooked black beans (two 15.5-oz cans), drained and rinsed
1 medium sweet potato, peeled, cubed and steamed OR roasted in skin until soft
1 tablespoon tomato paste
½ cup quick cooking oats
2 teaspoons low-sodium soy sauce
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon Dijon mustard
Salt and ground black pepper, to taste

1. In a food processor, pulse cooked black beans, cooked sweet potato (removed from skin), and oats until well combined.
2. Mix remaining ingredients in a measuring cup or small bowl and then add to bean/sweet potato oat mixture, and pulse again until combined. (Alternatively, mash beans with a potato masher or your hands, and then mash in the sweet potato and oats. Mix together the rest of the ingredients and add to bean mixture and combine.)
3. Heat the oven to 350F.
4. Form the mixture into 6 patties.
5. Place the patties on a lightly oiled baking sheet, and lightly brush the tops with oil.
6. Bake until brown on one side, about 8 to 10 minutes. Flip and bake for 10 more minutes.
7. Serve while hot with or without a bun. Refrigerate or freeze leftovers. They taste great cold the next day! Optional: form patties, and freeze, then heat when ready.