



COALITION
for **HEALTHY**
SCHOOL FOOD

Recipe Book

Cool School Food!

Delicious & Easy Recipes
Can Be Used in After School Cooking Programs

Most recipes do not require a kitchen
*Those that require heat can use
an electric burner or a toaster oven*

www.healthyschoolfood.org

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Apple Pie Oatmeal

Makes 4 servings

Oatmeal is full of fiber and protein, but low in fat and calories. This is a perfect recipe for breakfast because it will help keep you full, control cravings, and deliver many nutrients to your body. Adding fruit and nuts enhances the nutrient level of this healthy recipe and brings out the true delicious flavor of the oatmeal.



Image by Meara Hamlin

Get inspired with the flavor of apple pie!

Ingredients:

- 4 ½ cups of water
- 2 cups regular rolled oats
- 1 Tablespoon pure maple syrup
- ½ teaspoon cinnamon
- 2 apples, shredded
- ¼ cup walnuts (optional)

Directions:

Combine water, oats, cinnamon, shredded apples, and maple syrup in a large pot and bring to a boil, stirring frequently. Cook for approximately five to ten minutes (until creamy). Once cooked, put a scoop of oatmeal into a bowl and add nuts if desired.

~ Recipe created by Coalition for Healthy School Food.

Black Bean Brownies

Makes 9 to 12 servings

These brownies are delicious. No one would ever know the magic ingredient – black beans! Each year when we present to the New York State Dry Bean Farmers at their annual meeting, we bring them these brownies. We have been told by some of them that they are the best brownies that they have ever had! We know you'll enjoy them too.

Ingredients:

- 1 ½ cups black beans (15-oz can)
- 2 Tablespoons cocoa powder
- ½ teaspoons baking powder
- ½ cup quick oats
- ½ cup pure maple syrup
- ¼ cup coconut oil (or peanut or almond butter)
- 2 teaspoons pure vanilla extract
- ½ cup mini chocolate chips

Directions:

Preheat the oven to 350 F. Drain beans and rinse extremely well. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Stir in the chocolate chips. Pour into a lightly oiled 9×9 pan. Cook the black bean brownies 20-30 minutes, then let cool for at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up!

~ Recipe from www.chocolatecoveredkatie.com.

Black Bean Tacos

Makes 6 tacos

Ingredients:

- 1 small to medium yellow onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 large (29 oz.) can unsalted black beans, drained/rinsed
- 6 corn tortillas
- Salsa, taste
- 1 avocado, sliced
- 2 limes, cut in wedges, or juiced with a citrus juicer
- 2 Tablespoons fresh cilantro, chopped

Directions:

To prepare the black beans, heat a pan over medium heat and when it is hot, add the onion, garlic, 2 - 3 tablespoons of water, and the cumin. Sauté for about 5 minutes, or until the onion and garlic is soft. Add the beans and a couple more tablespoons of water (not too much, just to prevent sticking) and cook until heated through and water is gone. Use a fork or potato masher to mash some of the beans and continue heating until you reach a desirable consistency for tacos (not too wet, not too dry).

Meanwhile, heat the corn tortillas in a 350 F oven for 2 - 3 minutes, covered by a plate or large bowl, so they stay soft and flexible (or heat, covered, for 20 seconds in a microwave).

To assemble the tacos, place tortillas on plates, then add a scoop of the bean mixture, top with salsa, avocado slices, a squeeze of lime juice, and sprinkle with cilantro, as desired.

~ Recipe from Coalition for Healthy School Food.

Chocolate Chip Cookie Dough Dip

Makes 8 servings

Ingredients:

- 1 ½ cups chickpeas or white beans (15-oz can)
- 2 teaspoons pure vanilla extract
- ¼ cup tahini (or cashew or almond butter)
- ½ cup pure maple or agave syrup
- ¼ cup + 1 Tablespoon quick oats* or flax meal
- scant (a little less than) ¼ teaspoon salt
- just a little more than ⅛ teaspoon baking soda**
- 1 cup chocolate chips (divided in half)
- up to ¼ cup unsweetened non-dairy milk (if needed)
- 2 Bananas & 1 Pint Strawberries (optional)

Directions:

Drain beans, rinse extremely well, and pat dry. Process all ingredients, except the chocolate chips, in a food processor until completely smooth. Then add half the chocolate chips and blend again. Stir in remaining chips. Eat with a spoon, spread on bananas, or dip strawberries in it. Cover leftovers and store in the fridge.

* If you don't have quick oats, you can use ¼ cup + 2 Tablespoons "old-fashioned" rolled oats and whiz them in a food processor to form a flour first.

** Baking soda gives a cookie dough flavor.

~ Recipe from www.chocolatecoveredkatie.com and modified by Coalition for Healthy School Food.

Chocolate Hummus

Makes 8 servings

This is a surprisingly delicious protein-rich dessert that goes well with any kind of sliced fruit: strawberries, pears, apples, peaches, bananas. Traditional pita bread can also be dipped into chocolate hummus.

Ingredients:

- 1 can chickpeas (15.5 oz.)
- ¼ cup raw cocoa powder
- 4 Tablespoons maple syrup or 4 Medjool dates
- 2 teaspoons vanilla flavoring
- ¼ cup soymilk
- ¼ cup tahini
- **For serving:** 4 pears, sliced; 4 apples, sliced; 1-pint strawberries; and pita bread, cut into quarters or eighths

Directions:

Place all ingredients in a food processor and process until smooth. Scrape down the sides with a rubber spatula. If the mixture is too thick, add more soy milk, 1 teaspoon at a time, and process more. Serve with fruit and pita bread on the side.

~ Recipe from www.avirtualvegan.com and modified by Coalition for Healthy School Food.

“No-Tuna” Sandwiches

Makes 4 sandwiches

Ingredients:

- 1 (15-ounce) can chickpeas, rinsed and drained
- 3 Tablespoons tahini
- 1 teaspoon Dijon mustard
- 1 Tablespoon maple syrup or agave nectar
- ¼ cup diced red onion
- ¼ cup diced celery
- ¼ cup diced pickle
- 1 teaspoon capers, drained and chopped
- Salt and pepper
- 1 Tablespoon roasted unsalted sunflower seeds (optional)
- 8 slices whole wheat bread
- Dijon mustard
- Romaine lettuce
- Tomato, sliced
- Red onion, sliced



Directions:

Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole. Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, and sunflower seeds (if using) to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed. Toast bread if desired. Scoop chickpea mixture (about ½ cup) onto bread, add desired toppings and top with second slice of bread.

~ Recipe from www.minimalistbaker.com.

Fruit Kabobs

Makes 10 kabobs

Ingredients:

- 1 Pineapple (or can chunks)
- 1 pint of strawberries
- ½ cup red grapes
- ½ cup green grapes
- 5 - 6 bananas
- 1 cup unsweetened non-dairy yogurt
- 2 Tablespoons maple syrup
- Wooden Skewers
- Flower-shaped cookie cutter (optional)

Directions:

Thoroughly wash fruit. Slice pineapple and cut into flower shape using a cookie cutter, or use a small knife to make your own. Cut bananas into shapes and place them onto the pointy end of the skewers, pushing down as you add other ingredients (grapes and strawberries). The final ingredient could be the pineapple flower that gets topped with half of a grape in the center to protect the point.

To make a dipping sauce - if using fresh pineapple - simply combine the non-dairy yogurt, some chunks of pineapple, and maple syrup in a blender and puree until smooth. If using canned pineapple, just combine nondairy yogurt, some pineapple juice, and maple syrup in a bowl.

Guacamole

Makes 4 servings

Ingredients:

- 2 avocados, cut in half
- ½ red onion, chopped
- ½ lime, juiced
- 1 Tablespoon cilantro, chopped
- 1 Tablespoon cumin
- 1 package corn tortillas



Directions:

Cut avocados in half and carefully take out the seed. Using a spoon, scoop out the avocado and discard the skin. Mash the avocado until smooth. Gently stir in red onions, lime juice, cilantro, and cumin. Enjoy with tortilla chips!

To make baked tortilla chips, cut the stack of corn tortillas into eight triangles and lay out flat on a parchment lined baking sheet. Bake at 350 F for about 15 minutes, or until they are lightly golden. Alternatively, you can use store-bought baked corn tortilla chips.

Hummus Wraps

Makes 2 wraps

Ingredients:

- One 15 oz. can garbanzo beans (save liquid)
- 2 Tablespoons tahini
- ¼ cup lemon juice
- 2 cloves garlic, chopped
- 1 teaspoon ground cumin
- ½ teaspoon black pepper
- ½ cup hummus
- ½ cup carrots, grated
- ½ cup fresh spinach leaves
- 2 whole wheat tortillas



Directions:

To make the hummus, drain the can of garbanzo beans, reserving liquid. Place garbanzo beans, tahini, lemon juice, garlic, cumin, and pepper in blender and blend until smooth. Add reserved liquid if needed for a smoother consistency.

To assemble the wraps, spread a couple spoons of hummus in the middle of the tortilla. Add carrots and spinach over the hummus and wrap the tortilla tightly. Store any leftover hummus in the fridge for up to 5 days.

Note: Tahini is made from ground sesame seeds. Make sure there are no allergies to sesame seeds.

Overnight Oats Parfait

Makes 1 parfait

This recipe is made in afterschool classes that meet at least two days in a row. Access to a refrigerator and freezer is needed. Below are the instructions for making this at home.

Ingredients for Overnight Oats:

- 1/3 cup regular oats
- 1 - 2 Tablespoon chia seeds (thickens overnight)
- 1-1/4 cup non-dairy milk
- 1 ½ Tablespoons carob or cacao powder (optional)
- Maple syrup, to taste
- Fruit like blueberries, strawberries, peaches, kiwi, mango, banana
- Unsweetened non-dairy milk



Before bed (or day one): Prep your Overnight Oats in a bowl and place in the fridge - no cooking required. Peel and chop 1 banana and place in baggie or container in the freezer.

In the morning (or day two): Process your frozen banana in the food processor to make creamy banana soft serve. You may need to add a tiny amount (1 Tbsp.) of non-dairy milk to blend. Layer your overnight oats, banana soft serve, and desired toppings in a glass, jar, or bowl to make a parfait.

Topping Ideas: Fruit (berries, peaches, kiwi, mango, banana, etc.), nut butter, raw buckwheat groats (adds a nice crunch), granola, or unsweetened jam.

~ Recipe from www.ohsheglows.com.

Rainbow Salad

Makes 6 servings

This recipe features all of the colors of the rainbow, served with a delicious lemon-tahini dressing!

Dressing Ingredients:

- ½ cup sesame tahini
- 1 Tablespoon fresh squeezed lemon juice
- 1/3 water
- 1 teaspoon onion powder
- 1 half garlic clove, minced
- 1 Tablespoon tamari, natural soy sauce
- 1 Tablespoon pure maple syrup or brown rice syrup

Dressing Directions:

Mix together in bowl or jar. Refrigerate leftovers. Will last one week.

Salad Ingredients:

- 8 to 12 ounces of salad greens
- 1 cup cherry tomatoes, sliced in half
- 2 carrots, thinly sliced
- 6 radishes, thinly sliced
- 1 yellow pepper, sliced or chopped
- 1 avocado, chopped
- 1 cucumber, thinly sliced
- 1 cup shredded purple cabbage
- 1 cup blueberries or blue grapes
- ½ bunch cilantro or parsley, chopped

Directions:

Add salad greens to bowl. Arrange vegetables and fruit in rainbow color order. Serve with dressing.

~ Recipe from *Coalition for Healthy School Food*.

Summer Spinach Salad

Makes 6 servings

This is a fun two-part dish that can be made in less than 30 minutes. It is especially delicious in the warmer months when spinach, strawberries, and raspberries are in season and easily found at local farmers markets. You'll be amazed at how easy it is to make the dressing yourself!

Ingredients:

- 2 bags fresh, rinsed spinach (10 oz.)
- 5 fresh or 3 cans mandarin oranges
- 24 strawberries, quartered
- ½ cup pecan halves (optional)
- ½ pint fresh raspberries (if frozen, thaw first)
- 3 Tablespoons balsamic vinegar
- 2 Tablespoons Dijon mustard
- 1 Tablespoon maple syrup



Directions:

Combine the spinach, oranges, strawberries, pecans, and raspberries in a big bowl and mix together. To make the dressing, place the remaining ingredients in a jar and shake. Add the dressing to the salad and enjoy!

~ Dressing recipe from Prevent and Reverse Heart Disease Cookbook by Ann Crile Esselstyn and Jane Esselstyn.

Superhero Smoothie

Makes 6 servings or 30 sample sizes

This smoothie is delicious. No one would ever know the secret ingredient – kale! We have served thousands of these smoothies to children around New York State. We have them close their eyes, taste the smoothies, and guess the ingredients. If they can't guess, we have them open their eyes, then guess. Often they guess kiwis, and are shocked to find out that it's kale.

Ingredients:

- 2 cups kale*
- 1 ½ cups frozen, fresh, or canned pineapple
- 3 cups chopped apple chunks
- 2 bananas
- 2 cups soymilk



Directions:

Combine all ingredients in blender. Blend for 1 to 2 minutes until smooth and serve.

** If you don't have a high-speed blender, add eight ice cubes to help chop up the kale, or use spinach instead.*

~ Recipe from Coalition for Healthy School Food.