

Plant Powered Recipes

Inspired by

Foods from Around the World

Family Sized Recipes



The Coalition for Healthy School Food (CHSF) is a 501 (c) (3) nonprofit that introduces plant-based foods and nutrition education in schools to educate the whole school community about the health, environmental, and social justice issues of our food choices.

www.healthyschoolfood.org



Dear Families,

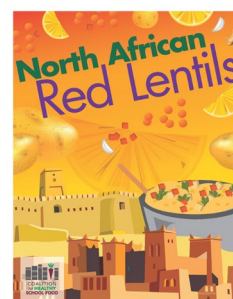
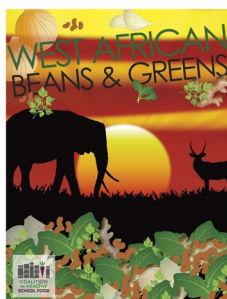
As we become more aware of the impact that animal products (meat, dairy, eggs) and processed foods have on our health, immunity, environment and climate change, food workers, and animals, people are moving toward a more whole food plant-based diet. According to the Centers for Disease Control, 75% of new infectious diseases come from animals. The World Health Organization warns us that the main risk factor for pandemics is demand for animal protein (<https://nutritionfacts.org/video/how-to-prevent-the-next-pandemic/>).

This demand for animal protein is hurting our health. This can happen in the short term with colds, flus, reduced immunity, and pandemics, and in the long term with cardiovascular disease (heart disease, high cholesterol, high blood pressure, stroke), type 2 diabetes (including pre-diabetes), certain cancers, auto-immune illnesses, dementia, overweight and obesity. (<https://nutritionfacts.org/video/how-not-to-die/>). In addition, food is connected to mood. Many people who switch to a healthy whole food plant-based diet find that their depression and/or anxiety resolves or at least improves (<https://nutritionfacts.org/video/flashback-friday-plant-based-diets-for-improved-mood-and-productivity/>).

The diet that hurts our health also hurts our environment. Raising animals for food is one of the biggest causes of climate change, and reducing or eliminating animal product consumption (meat/dairy/eggs/fish/seafood) has been identified as the biggest action an individual can take to address climate change. (<https://www.independent.co.uk/life-style/health-and-families/veganism-environmental-impact-planet-reduced-plant-based-diet-humans-study-a8378631.html>)

As a result, healthy cooking from scratch is gaining in popularity, and it's a great way to spend quality time with our child(ren) and create memories, while also teaching a very important life skill.

In schools, children love these recipes so much that they wanted to have them at home, and that is why we are sharing the family size versions of our recipes with you!



Quantity versions of a number of these recipes have been shared with more than 36,000 schools nationwide. The development of these recipes was truly a labor of love. Special thanks go to the many people who made the development and serving of these recipes possible.

- Moosewood Restaurant (Ithaca, NY): Chefs Wynnne Stein and Nancy Lazarus for developing many of the recipes. Nancy also volunteered numerous hours to help modify and update the recipes for this new release.
- Other recipe developers, including: Candle Café (no longer in business), Chef Roy Despaigne, Allison Memmo, Ms. Patel, William Sribney, and Chef David Stroka
- Ithaca City School District for initial and continued testing, and frequent menuing
- The Park Foundation for early funding
- New York State Dry Bean Farmers for ongoing support
- The late Eric Smith, founder of Cayuga Pure Organics (no longer in business)
- Wood's Earth Living Classroom, now merged with Youth Farm Project
- Audrey Baker, Former Cool School Food Program Manager
- Family sized recipe testers Jim Allen and Theresa "Sam" Houghton
- Food Photographer Lou Manna
- New York City Office of Food & Nutrition Services
- Olivia Zinno, for her work reformatting and updating the recipes

Many of these recipes, when served in schools, are part of a farm to school program using local beans and/or vegetables.

If you would like to learn more about how to get these recipes in your school, please take a look at our website and let us know if we can help. www.healthyschoolfood.org/wp/create-change/in-my-school/

We already have some of these recipes available in quantity size, at www.healthyschoolfood.org/wp/create-change/recipes/. We are in the process of creating a new quantity size compilation of all the recipes in this document.

If you are inspired by our work, please show your support by donating. Go to www.healthyschoolfood.org and click DONATE. We encourage recurring monthly donations and one-time donations. Can you donate \$5 a month, or more?

If you have any questions/feedback, find errors, or if we can help you create change in your school district, please let us know!

In good health,
Amie Hamlin, Executive Director
Coalition for Healthy School Food
amie@healthyschoolfood.org

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COOL SCHOOL FOOD: PLANT POWERED ENTREES FROM AROUND THE WORLD

These recipes were created for the school meal program and are healthy, sustainable, and delicious. They are inspired by flavors from around the world. The USDA Dietary Guidelines recommend 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. Eating fewer animal products is being called the most important thing any individual can do to address climate change. Use local ingredients when possible, for a farm to table experience.

Awesome Bean Burgers

Serves 6

Kids love mixing the ingredients together with their hands and forming the patties. It is easy to double or triple the recipe so that you can freeze extra burgers for later.

Ingredients

- 3 cups cooked black beans, drained (1 29-oz. or 2 15-oz. cans, or 1½ cups dried)
- 1 medium sweet potato, steamed or baked until soft
- 1 tablespoon tomato paste
- ½ cup quick-cooking oats (or rolled oats briefly whirled in a blender)
- 2 teaspoons soy sauce (*wheat-free and low-sodium are fine*)
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon Dijon-style mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Procedure

Preheat the oven to 350° F. Line a baking sheet with parchment paper or lightly oil it.

In a food processor, pulse the black beans, cooked sweet potato (removed from the skin), tomato paste, and oats until well combined. Mix the remaining ingredients in a small bowl, and then add to the food processor and pulse again until combined.

Alternatively, mash the beans with a potato masher or your hands, and then mash in the sweet potato and oats. Add the rest of the ingredients and stir well.

Form the mixture into 6 patties. Place the patties on the prepared baking sheet and bake until brown on one side, 8 to 10 minutes. Flip and bake for 10 more minutes.

Serve while hot, in a bun or not. Don't forget to add your favorite toppings. Leftovers also make a great snack served cold or reheated.

~ Recipe developed by Chef Wynnie Stein of Moosewood Restaurant for Coalition for Healthy School Food.



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Ayi Atadi West African Bean Stew

Serves 4 to 6

A delicious velvety slightly sweet and sour topping for rice: beans, sweet potatoes, and cabbage flavored with ginger, cilantro, and pineapple. Put the rice on to cook, and then make the stew; it will be done about the same time as the rice.

Ingredients

3½ cups cooked brown rice, for serving with the stew

1½ cups chopped onions

½ teaspoon minced garlic

1 teaspoon salt

2 tablespoons water, or more as needed (or 2 teaspoons olive oil)

1 tablespoon grated fresh ginger

2 cups chopped cabbage

½ cup water

½ cup chopped fresh cilantro (optional)

3 cups cooked pinto beans, drained (1 29-oz. or 2 15-oz. cans, or 1½ cups dried)

1 cup mashed sweet potatoes (see note)

1 cup canned crushed pineapple in its own juice

1 cup unsweetened peanut butter or sunflower butter

3 tablespoons white vinegar or apple cider vinegar

Procedure

Use your favorite method to cook the rice, or follow the package directions. (For 1 cup raw brown rice, use 2 cups water, and toward the end of cooking check that the bottom of the pan isn't too dry and sticking; if so, add a little hot water.)

For the stew, in a covered saucepan on medium-low heat, cook the onions, garlic, and salt in the water (or oil) until soft but not browned, 5 to 7 minutes. Stir in the ginger, cabbage, and water. Cover and cook, stirring occasionally, until the cabbage is just tender, 5 to 10 minutes.

Add the cilantro, beans, mashed sweet potatoes, and pineapple and return to a simmer. Stir in the sunflower butter and vinegar. If too thick, add some hot water.

Serve the stew on brown rice.

Recipe Note

One medium-sized sweet potato (about 9 ounces) will give you about a cup mashed. Cut in half lengthwise and bake or microwave. Scoop the flesh out of the skins and mash well with a fork or potato masher. Or, peel the sweet potato, cut it into chunks, and boil until tender, then drain and mash.

~ Recipe developed by Nancy Lazarus of Moosewood Restaurant for Coalition for Healthy School Food.



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Baked Tofu

Serves 3 to 4

This recipe is very versatile and can be used in so many ways - as a snack on its own, as a sandwich filling, or cubed and used in a stir-fry or as a topping for a main-dish salad.

Ingredients

- 1 15-ounce block of firm or extra-firm tofu
- 3 tablespoons soy sauce or tamari (*optionally wheat-free and/or low-sodium*)
- 1 tablespoon pure maple syrup or 2 teaspoons brown sugar
- 1 cup hot water

Procedure

Drain water from tofu and slice horizontally to create two slabs. To do this, put tofu on its side and slice from top to bottom. Place tofu on a folded lint-free dish towel and then place another folded towel on top of it (or use a few folded paper towels underneath and again on top). Place something heavy on top such as a frying pan or cutting board, weight it down further with a couple cans, then allow the tofu to press for 30 minutes.

Stir together the soy sauce, sweetener, and water (together this is called a marinade).

Place the tofu in an 8 x 8 or 9 x 9 square (ideally glass) baking pan. Pour the marinade over the tofu.

Bake at 350° F until all liquid has been absorbed, about 1 ½ to 2 hours. Set the oven timer for 30 minutes. Every 30 minutes turn the slabs over and spoon some marinade on top of the slabs. Then set the timer for 30 minutes again. At some point after one hour, you will think the liquid is never going to absorb, but it will! Watch carefully toward the end so you can remove the tofu from the oven just as there is no more liquid to absorb.

Cool the tofu at room temperature; it will firm up as it cools. Store in a sealed container in the refrigerator for up to a week.

Place cooled off baking pan in sink and fill with water (don't fill with water while it is still very hot). It will easily clean after it soaks for a short time.

~ Recipe developed by Chef Nancy Lazarus of Moosewood Restaurant, inspired by Ithaca Soy's Tofu Kan.



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Best Beet Hummus

Serves 6 to 8

Ingredients

- 3 cups skinned and chopped cooked beets (buy about 1 pound)*
- ½ cup tahini
- ½ teaspoon chopped garlic (roasted garlic gives great flavor)
- ½ cup fresh lemon juice
- 2 teaspoons salt
- ½ teaspoon ground black pepper
- 3 cups cooked chickpeas, drained (1 29-oz. can or 2 15-oz. cans, or 1 cup dried)
- 2 - 3 tablespoons aquafaba (chickpea cooking liquid)

Procedures

Whirl all the ingredients except the chickpeas in a food processor for 2 or 3 minutes, until very smooth. Add the chickpeas and process until smooth. Add aquafaba as needed until a good consistency is reached.

Recipe Note

*Instead of beets, alternatively, you could use cooked sweet potato. It's fun to use different colors of well-cooked sweet potato, including orange, yellow, and purple. The exact amount of sweet potato you use doesn't really matter, variations will influence color and taste, so you can experiment, but we recommend at least one to two cups for a whole recipe. You can even divide the mixture up and make two or more different colors using orange, yellow, or purple sweet potato, or beets. These make a beautiful presentation on a main dish salad with mixed lettuces, multi-colored shredded carrots, sliced cucumbers, microgreens, and walnuts, drizzled with flavored balsamic vinegar.

~ Recipe developed by Tim Mooney and further developed by Nancy Lazarus of Moosewood Restaurant for Coalition for Healthy School Food.



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Black Beans and Plantains on Rice

Serves 6

This is our version of this hearty traditional Latin American dish. Plantains sweeten as they ripen. You can use either green or yellow plantains. Unripe plantains will be chewier; ripe plantains will be sweeter and softer. If you're new to plantains, you don't peel them the same way you peel a banana, so read the recipe notes for tips.

Ingredients

6 cups cooked brown rice, for serving

4 tablespoons water, or more as needed (or 2 tablespoons oil)

1 medium yellow onion, diced

2 teaspoons minced garlic

3 plantains (see Recipe Note)

2 tablespoons ground cumin

2 tablespoons paprika

½ teaspoon ground black pepper

3 cups cooked black beans, drained (1 29-oz. or 2 15-oz. cans black beans, or 1½ cups dried)

1 cup water

salt to taste

Optional Toppings

16-oz. jar of your favorite salsa, or make some from scratch (pineapple is especially delicious)

chopped tomatoes

chopped scallions

Procedure

Use your favorite method to cook the rice, or follow the package directions. (For 2 cups raw brown rice, use 4 cups water, and toward the end of cooking check that the bottom of the pot isn't too dry and sticking; if so, add a little hot water.)

In a saucepan on medium heat, cook the onions in water or oil until softened, about 4 minutes. Stir in the garlic, chopped plantains, and spices and cook, stirring, for about 3 minutes. Add the beans and water, cover, and bring to a simmer. With ripe plantains, simmer for 15 to 20 minutes. With green plantains, simmer up to 40 minutes and add more water if needed, until the plantain pieces are cooked through. Add salt to taste.

Serve on a bed of rice and top with salsa and chopped tomatoes and scallions if you like.

Recipe Note

To prep plantains: Squeeze half a lemon or lime into a small mixing bowl of water and keep it next to the cutting board. After you cut the plantains, you will put them in this water so they do not turn brown. Cut off both ends of a plantain. With a sharp paring knife, cut the peel lengthwise along each ridge, just deep enough that the tip of the knife cuts through the peel, but does not cut into the plantain. Using a blunt knife or your fingers, work along a cut from one end to the other, separating the skin from the plantain, and then pull off that strip of skin. When all the skin is off, use the paring knife to lightly scrape off any inner skin and brown spots. Chop ripe plantains into ½-inch pieces, smaller pieces if the plantain is green, and place in the water.

~ Recipe developed by Chefs Angel Ramos, Jorge Pineda, and Joy Pierson of Candle Cafe for Coalition for Healthy School Food.



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Carolina Black-Eyed Peas on Rice

Serves 4 to 6

This is a nourishing and delicious meal. Dried black-eyed peas don't need to be soaked, they cook in 45 to 60 minutes, and can be cooked ahead. With already cooked or canned black-eyed peas, the recipe can be made in the time it takes to cook some rice. Also delicious served on grits or polenta.

Ingredients

3½ cups cooked brown rice, for serving

3 cups cooked black-eyed peas, drained (1 29-oz. can or 2 15-oz. cans, or 1 cup dried)

¼ cup water, or more as needed (or 2 teaspoons olive oil)

1 cup diced onions

1 cup diced bell peppers

1 generous cup of your favorite salsa or a 10-ounce can diced tomatoes with green chilis

½ cup water

salt and black pepper to taste

Optional Toppings

chopped tomatoes

chopped fresh cilantro

chopped scallions or chives

Procedure

Use your favorite method to cook the rice, or follow the package directions. (For 1 cup raw brown rice, use 2 cups water, and toward the end of cooking check that the bottom of the pan isn't too dry and sticking; if so, add a little hot water.)

If you're using dried black-eyed peas, there is no need to soak, just rinse them and place in a saucepan with water to cover plus a couple of inches. Bring to a boil, then lower the heat and simmer for 45 minutes to an hour, adding water if needed, until tender. Lightly drain and set aside. If using canned black-eyed peas, drain in a colander and set aside.

In a saucepan, sauté the onions and bell peppers in the water (or oil) until soft. Stir in the drained cooked black-eyed peas along with the salsa and water and bring to a simmer on medium heat. Add salt and pepper to taste.

Serve on rice. Top each serving with chopped tomatoes, cilantro, and/or scallions or chives.

Recipe Notes

Optional additional flavor ideas:

- Add some greens: Stir in 2 to 3 cups of stemmed and chopped collards or kale when you add the salsa and simmer for at least 10 minutes.
- Add a cup of corn kernels.
- If you like garlic, either add a couple of garlic cloves to the simmering dried black-eyed peas, or add crushed or minced garlic to the sautéing onions.
- If you like it hotter than your salsa, add cayenne or a minced hot pepper to the sautéing onions.

Make a double batch: leftovers can be inspiration for a great soup or stew, just add some stock and more vegetables, such as summer or winter squash cubes, green beans, corn, or chopped kale or collards, and maybe some pasta.

~ Recipe developed by Nancy Lazarus, of Moosewood Restaurant, for Coalition for Healthy School Food.



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Chili Power Bowl

Serves 6

Chili Ingredients

- 2 tablespoons water, or more as needed (or 1 tablespoon oil)
- 1 large yellow onion, diced
- 2 stalks celery, diced
- 4 cloves garlic, minced
- 1 tablespoon unsweetened natural cocoa powder
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 tablespoon light or dark molasses
- 1 cup dried red lentils
- 3 cups low-sodium vegetable broth
- 1 28-oz. can fire-roasted diced tomatoes
- 1 15-oz. can black beans, drained and rinsed
- 1 15-oz. can kidney beans, drained and rinsed

For the Bowl:

- 3 cups steamed broccoli
- 3 cups cooked brown rice
- 3 baked sweet potatoes, cut into chunks
- cornbread on the side (optional) (see recipe on page 13)

Optional Toppings

2 medium avocados, diced

4 medium scallions, thinly sliced

2 tablespoons cilantro, chopped

Procedure

Heat the water or oil in a large saucepan on medium heat. Add the onions, celery, and garlic, and cook until soft, 6 to 8 minutes. Add the cocoa powder, chili powder, cumin, paprika, salt, and pepper, and stir to combine. Cook for 2 minutes, stirring frequently to ensure the spices don't burn. Stir in the molasses, lentils, and broth. Bring to a boil and then simmer, covered, for 15 to 30 minutes, until the lentils are soft.

Stir in the tomatoes and beans. Simmer for 20 minutes, stirring occasionally to prevent the chili from sticking to the bottom of the pot.

Serve the chili in individual bowls with broccoli, rice, and sweet potato chunks. Cornbread on the side is nice. Sprinkle on avocado, scallions, or cilantro, if you like.

Recipe Notes

Storage: Leftovers will keep for up to 4 days stored in an airtight container in the refrigerator or up to 3 months in the freezer.

~ Recipe concept developed by Coalition for Healthy School Food. Chili recipe modified from The Kitchn.

Cornbread

Serves 9

Ingredients

1 cup unsweetened oat, almond, or soy milk
1 tablespoon white or cider vinegar
6 tablespoons applesauce
1⅓ cup frozen corn, defrosted
3 tablespoons pure maple syrup or your favorite sweetener of choice (optional)
1 cup cornmeal
1 cup whole wheat pastry, whole wheat, or gluten-free flour
4 teaspoons baking powder

Procedure

Preheat the oven to 350° F. Line with parchment paper or oil a 9x9-inch baking pan.

In a mixing bowl, whisk together the milk, vinegar, applesauce, and maple syrup if using. If using soy milk, set aside for 10 minutes or more. (see Note)

Whirl defrosted corn in a food processor until mostly pureed. Add to the bowl of liquid ingredients and stir well.

In a separate mixing bowl, combine all of the dry ingredients: cornmeal, flour, baking powder, and sugar if using. Mix in the wet ingredients and stir well.

Pour batter into the pan, and bake for 35 to 40 minutes (20 minutes for muffins).

Recipe Note

Adding vinegar to soy milk will make the equivalent of buttermilk, and this results in a moister and more tender cornbread, because it breaks down strands of gluten in the flour. This process takes at least 10 minutes.

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



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Chinese Tofu Fried Rice

Serves 6 to 8

Once you start cooking, fried rice is quick to make, so have everything ready before you heat up the pan. We use brown rice because of its chewy texture and nutty flavor and aroma as well as for its better nutritional values. For fried rice, both chilled leftover rice and fresh-made warm rice are fine. Most important is that the rice grains be separate, not mushy.

Baked Tofu Ingredients

- 2 15-ounce blocks of firm or extra firm tofu (see instructions below)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground dried ginger
- 2 tablespoons soy sauce (*optionally wheat-free and/or low-sodium*)
- 1 tablespoon toasted sesame oil (optional)
- 2 tablespoons cornstarch

Fried Rice Ingredients

- 6 cups cooked brown rice (instructions below)
- 2 tablespoons water, or more as needed (or 1 tablespoon vegetable oil)
- 1 cup diced onions
- 1 cup diced carrots*
- 1 cup frozen green peas*
- 1 tablespoons soy sauce (*optionally wheat-free and/or low-sodium*)

* Optionally, you can use 2 cups of frozen carrots, peas, and corn or another similar veggie mix.

Procedure

Press Tofu:

1. Drain tofu.
2. Wrap the block of tofu in a clean kitchen towel (or a few paper towels) then put it on a large plate or cutting board.
3. Put something heavy on top, such as a frying pan or cutting board, weigh it down further with a couple cans, and leave for 20-30 mins.
4. Remove the towels and slice tofu into half-inch cubes.

To make the baked tofu, preheat the oven to 400° F. Line a baking sheet with parchment paper or lightly oil it. In a mixing bowl, sprinkle the tofu cubes with the garlic powder, onion powder, and ground ginger and toss to coat. Drizzle with the soy sauce and optional sesame oil. Toss. Sprinkle the cornstarch over the tofu and toss until evenly coated. Spread the tofu (and liquid) over the baking sheet and arrange the tofu in an even layer. Bake for 25 to 30 minutes, tossing the tofu halfway, until the tofu is deeply golden on the edges.

To cook the rice, in a saucepan with a tight-fitting lid, combine 2 cups dry rice and 3 cups water and bring to a boil on high heat. As soon as it boils, reduce the heat to very low and simmer for 30 to 45 minutes, until the water is absorbed and the rice is firm but tender. Check after 20 minutes and add a little more water if the rice seems too dry. Remove from the heat and let sit covered for 10 minutes. Fluff with a fork.

To stir-fry the rice, have the vegetables, cooked rice, and baked tofu near the stovetop. Heat a couple of tablespoons of water or 1 tablespoon of oil in a wok, large skillet, or wide heavy-bottomed pot on medium-high heat. Add the onions and carrots and stir-fry for about 5 minutes, until the onions are becoming translucent. Add peas, and then sprinkle soy sauce evenly over the rice and vegetable mixture, and stir well. Add the cooked rice and toss until well combined with the vegetables. Cook on medium heat for about 3 minutes without stirring, and then stir well, scraping the bottom. Add ¼ cup water, cover, and cook on low heat until hot. Stir in baked tofu and serve.

~ Recipe developed by Chef Nancy Lazarus of Moosewood Restaurant, www.moosewoodrestaurant.com, for Coalition for Healthy School Food.



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Crispy Tofu Bites

Serves 4 to 6

Make delicious crispy tofu bites at home! Kids will have fun making and eating this recipe.

Ingredients

- 2 15-ounce blocks of firm or extra firm tofu (see instructions below)
- 2 tablespoons soy sauce (*optionally wheat-free and/or low-sodium*)
- 2 tablespoons vegetable oil (optional)
- 2 tablespoons cornstarch

Procedure

Press Tofu:

1. Drain tofu.
2. Wrap the block of tofu in a clean kitchen towel (or a few paper towels) then put it on a large plate or cutting board.
3. Put something heavy on top, such as a frying pan or cutting board, weigh it down further with a couple cans, and leave for 20-30 mins.
4. Remove the towels and slice tofu into half-inch cubes.

Preheat the oven to 400° F. Line a baking sheet with parchment paper or lightly oil it. In a mixing bowl, drizzle tofu cubes with the soy sauce and optional oil. Toss to combine. Sprinkle the cornstarch over the tofu and toss until evenly coated. Spread the tofu over the baking sheet and arrange it in an even layer. Bake for 25 to 30 minutes, tossing the tofu halfway, until the tofu is deeply golden on the edges.

~ Crispy Tofu from cookieandkate.com and modified by Coalition for Healthy School Food.



COOL SCHOOL FOOD: PLANT POWERED ENTREES FROM AROUND THE WORLD

These recipes were created for the school meal program and are healthy, sustainable, and delicious. They are inspired by flavors from around the world. The USDA Dietary Guidelines recommend 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. Eating fewer animal products is being called the most important thing any individual can do to address climate change. Use local ingredients when possible, for a farm to table experience.

Falafel Sandwich with Creamy Cucumber Dressing

Serves 6

Many schools use falafel made by American Bean Products. However, this product is not available in grocery stores, but you can make your own at home, its easy! This simple recipe makes delicious falafels. It may seem like a lot of parsley, but go with it—the parsley makes all the difference in the flavor and texture.

Falafel Ingredients

- 3 cups chopped flat-leaf parsley, leaves and stems (2 bunches)*
- ½ teaspoon minced garlic (optional)
- 1/3 cup lemon juice
- 1 tablespoon ground cumin
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 3 cups chickpeas (1 29-oz. can or 2 15-oz. cans, or 1 cup dried), drained
- 1 cup oat flour**

* Rinse the parsley well to remove sand, shake the bunches vigorously and pat dry with paper towels or a dish towel. Or, the morning of the day you'll make falafels, rinse well, shake, and stand the bunches in a tall glass and set on the counter to air dry. To chop, hold the bunches together and cut through the leaves and stems every 1/8 inch. Then chop the whole pile.

** To make flour from regular or quick-cooking rolled oats, whirl the oats in a blender for 30 seconds. Use a table knife or chop stick to stir up the packed flour below the blades, and whirl again for about 30 seconds.

Creamy Cucumber Dressing

- 1 15-ounce block of firm or extra firm tofu
- 1 cucumber, peeled and cut into pieces

2 tablespoons apple cider vinegar
2 tablespoons orange juice (or pineapple or apple juice)
2 tablespoons vegetable or olive oil
2 tablespoons water
2 tablespoons chopped fresh parsley
1 teaspoon salt
¼ teaspoon ground black pepper

Sandwich Ingredients

1 cucumber, peeled, seeded, and diced
shredded lettuce or other salad greens
2 tomatoes, diced
6 whole wheat pita pockets

Procedure

For the falafels: Put all of the ingredients except the chickpeas and oat flour into a food processor. Process just until minced and combined--the mixture should be crumbly, not a slurry. Add the chickpeas and process just until incorporated, still chunky. Transfer to a bowl, add the oat flour and stir to combine well into a firm dough. Put in the refrigerator or freezer for 15 minutes. Preheat the oven to 375°F.

Line a baking sheet with parchment paper or oil lightly. Divide the dough into 12 equal parts. Shape patties about ½-inch thick and place on the baking sheet. Bake for about 30 minutes, flipping the falafels about halfway.

To make the dressing: In a blender, puree all of the dressing ingredients for five minutes, until very smooth, light, and creamy.

For the sandwiches: Prepare the cucumbers, lettuce, and tomatoes. Just before you are ready to eat, heat the pita bread on a baking sheet in the warm oven for 3 to 5 minutes.

Put the hot falafels, warm pita pockets, and the dressing and vegetables on the table and let everyone construct their own sandwich.

~ Falafel recipe developed by Nancy Lazarus of Moosewood Restaurant for Coalition for Healthy School Food. Creamy Cucumber Dressing recipe developed by Candle Cafe in New York City (now closed), for Coalition for Healthy School Food.



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Fiesta Mexican Lasagna

Serves 6

A main dish filled with comfort food goodness and hearty, healthful ingredients. Golden butternut squash, corn, and peppers are roasted until the sweet, natural flavors caramelize together. The colorful vegetables are layered with crunchy corn chips, smooth black beans, flavorful spices, and lively salsa, all baked in an aromatic, savory casserole.

Ingredients

- ½ green bell pepper, chopped
- 1 medium onion, chopped (about 1 to 2 cups)
- 1 cup corn kernels, fresh, frozen, or canned
- ½ teaspoon oil
- 2 cups peeled and cubed butternut squash
- 3 cups cooked black beans (1 29-oz. can or 2 15-oz. cans, or 1½ cups dried), drained
- 1 tablespoon ground cumin
- 1 tablespoon oregano
- 1 or 2 cloves garlic, chopped
- ½ teaspoon chili powder
- 1 teaspoon paprika
- 1 8- or 10-ounce can tomato sauce or enchilada sauce
- 1 16-ounce jar salsa
- 7 ounces tortilla chips, lightly crushed (about 4 cups)

Procedure

Preheat the oven to 350° F. Lightly oil a baking sheet and an 8 x 12-inch baking pan.

In a bowl, toss the green peppers, half of the onions, and the corn with the oil. Spread the mixture on the prepared baking sheet and roast in the oven, uncovered, for 20 minutes.

Steam the squash for 15 minutes or until tender. Mash the squash. Stir in the roasted vegetables, cumin, and oregano.

In a small saucepan on medium heat, sauté the remaining onions with the garlic, chili powder, and paprika, stirring frequently, until soft. Put these onions and spices and the black beans into the food processor and process until smooth.

Stir together the tomato sauce and salsa.

In the prepared baking pan, layer $\frac{1}{3}$ of the sauce, $\frac{1}{3}$ of the chips, half of the bean mixture, all of the squash-vegetable filling, $\frac{1}{3}$ of the chips, the rest of the beans, the rest of the chips, then the remaining sauce. Cover with foil and bake for 20 minutes, then uncover and return to the oven for 15 minutes.

~ Recipe developed by the Cool School Food Team for the USDA Recipes for Kids Challenge contest submission from Ithaca, NY. Team members included: Chef Wynnne 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).



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Golden Chinese Croquettes

Serves 4 to 6

Kids will have fun forming the croquettes by hand and watching the sauce thickened as the cornstarch or arrowroot is stirred in.

Croquette Ingredients

- ¼ cup soy sauce (*optionally wheat-free and/or low-sodium*)
- 1 teaspoon sesame oil (optional)
- 1 teaspoon Dijon-style mustard
- 1 tablespoon peeled and grated fresh ginger
- ¼ cup tahini
- 3 scallions, minced
- ½ cup diced water chestnuts
- ⅓ bell pepper, green or red, diced
- 1½ 15-ounce blocks of firm or extra firm tofu (see instructions below)
- 1 cup cooked brown rice

Orange-Ginger Sauce Ingredients

- 1 cup orange or pineapple juice
- 1 teaspoon peeled and grated fresh ginger
- 1 tablespoon soy sauce (*optionally wheat-free and/or low-sodium*)
- 1 tablespoon apple cider vinegar or rice vinegar
- 1 tablespoon brown sugar
- 1 tablespoon cornstarch or arrowroot starch, dissolved in 1 tablespoon of cold water

Procedure

Press Tofu:

1. Drain tofu.
2. Wrap the block of tofu in a clean kitchen towel (or a few paper towels) then put it on a large plate or cutting board.
3. Put something heavy on top, such as a frying pan or cutting board, weigh it down further with a couple cans, and leave for 20-30 mins.
4. Remove the towels and use in recipe.

Preheat oven to 375° F degrees. Line a baking sheet with parchment paper or lightly oil it.

For the croquettes, stir together all croquette ingredients, except the tofu and rice. Mash the tofu then add it to the mixture, along with the cooked rice, and mix together well. Shape into twelve 2-inch croquette balls and place on the baking sheet. Bake for 45 minutes until golden and firm.

While the croquettes are baking, make the sauce. Place the juice, grated ginger, soy sauce, vinegar, and brown sugar in a small pan. Stir and bring to a boil. Add cornstarch-water mixture, stir well, reduce heat, and continue stirring until thick and clear. Cook an additional minute or two, stirring frequently.

To serve, drizzle hot croquettes with warm sauce.

~ Recipe developed by Chef Wynn timer Stein of Moosewood Restaurant for Coalition for Healthy School Food.



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Happy Burgers

Serves 4 to 6

*This is the original recipe from which the Awesome Bean Burger recipe was created.
Kids have a great time forming the patties!*

Ingredients

3 cups cooked black beans (1 29-oz. can or 2 15-oz. cans, or 1½ cup dried), drained
1 large sweet potato
½ cup quick-cooking oats or regular rolled oats, briefly whirled in a blender
½ cup walnuts, finely chopped (optional, these are not used in the school version)
2 tablespoons onion powder
1 tablespoon maple syrup (optional)
1 tablespoon Dijon-style mustard
1 teaspoon garlic powder
½ teaspoon salt

Procedure

To cook the sweet potato, peel and cube and then steam until soft or bake it. To bake the sweet potato, line a baking sheet with parchment paper or lightly oil it. Cut the sweet potato in half lengthwise and place face down on the baking sheet. Bake at 350° F until soft. Let cool until you can handle it, then peel.

Mash the black beans into the sweet potato using a potato masher or fork. Add the rest of the ingredients and mix well. Form into 12 patties using a heaping ¼ cup of the mix for each. Place the patties on a lightly oiled baking sheet. Bake until brown on one side for 8 to 10 minutes. Flip, and bake on the other side for another 8 to 10 minutes, until firm and lightly crusty.

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

~ Recipe developed by Allison Memmo and used with permission by Coalition for Healthy School Food.



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Magical Moroccan Beans & Greens

Serves 6

This simple yet delicious dish is traditionally served on brown rice or couscous.

Ingredients

- 2 tablespoons water, or more as needed (or 1 tablespoon olive oil)
- 1 tablespoon chopped fresh garlic
- 1½ teaspoons ground cumin
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground turmeric
- ½ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes
- 3 cups cooked kidney beans with their cooking liquid*
(1 29-oz. can or 2 15-oz. cans, or 1½ cups dried)
- ½ cup orange juice
- 8 ounces fresh or frozen spinach, chopped (if frozen, do NOT thaw or drain)
- salt to taste

*Two 15-ounce cans kidney beans with the liquid equals 3 cups. 1½ cups of dried kidney beans makes 3 cups cooked beans. If you cook dried, reserve the cooking liquid and after filling a measuring cup with beans, add cooking liquid to fill around the beans.

Procedure

In a 2-quart saucepan on medium heat, briefly cook the garlic and spices in the water (or oil). Add the kidney beans with their liquid and the orange juice. Add some water if needed. Heat gently, stirring frequently. Cook for 30 minutes at a very low simmer.

Ten minutes before serving, stir in the spinach and cook until the spinach is just wilted.

Serve on brown rice or couscous.

~ Recipe developed by Bill Sribney for Coalition for Healthy School Food.



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Moroccan Chickpeas on Rice

Serves 4 to 6

This stew of chick peas (garbanzo beans), kale or collards, and sweet potatoes seasoned with sweet and savory spices is served ladled on a bed of brown rice. Garbanzo bean cooking liquid is called aquafaba, and it is a good egg substitute. It can be whipped to make meringue or mousse or used in baking. In this recipe, it helps to thicken the sauce.

Ingredients

- 1¾ cups raw brown rice
- 1 tablespoon water, or more as needed (or 1 teaspoon olive oil)
- 2 cups chopped onions
- 2 teaspoons grated fresh ginger root
- 2 teaspoons cinnamon
- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 3 cups cooked chickpeas with cooking liquid (1 29-oz. can or 2 15-oz. cans, or 1 cup dried)*
- 2 cups stemmed and chopped kale or collard greens**
- 1 15-ounce can of sweet potato puree or 2 cups mashed sweet potatoes
- ½ cup raisins, chopped
- zest and juice of 1 lemon
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Procedure

Use your favorite method to cook the rice, or follow the package directions. For 1¾ cups brown rice, use 3½ cups of water, and toward the end of cooking check that the rice isn't too dry or sticking; if it is, add a little hot water.

In a soup pot or saucepan (2-quart or larger), cook the onions in the water (or olive oil) on medium-high heat, stirring frequently, until softened but not browned, about 7 minutes.

Stir in the ginger, cinnamon, cumin, and turmeric. Add the chickpeas and stir well, cover, increase the heat and bring to a boil. Stir in the chopped kale or collards, adding by the handful as the greens wilt enough to be incorporated into the stew. Lower the heat and simmer for about 5 minutes until the greens are tender. Stir in the sweet potatoes, raisins, lemon zest, and lemon juice. Cover and heat through. Add salt and black pepper.

To serve, ladle the stew on a bed of brown rice.

Recipe Notes

*Two 15-ounce cans garbanzo beans (chickpeas) with the liquid equals 3 cups. 1 cup of dried chickpeas makes 3 cups cooked chickpeas. If you cook dried, reserve the cooking liquid and after filling a measuring cup with beans, add cooking liquid to fill around the beans.

**An 8-ounce bunch of kale or collards with large stems removed and then leaves chopped will make about 2 cups.

~ Recipe developed by Nancy Lazarus of Moosewood Restaurant for Coalition for Healthy School Food.



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Ms. Patel's Rajma

Serves 4 to 6

Cook beans and rice ahead of time to use in this delicious, easy-to-prepare Indian dish.

Ms. Patel's Rajma Ingredients

- 4 tablespoons water, or more as needed (or 2 tablespoons oil)
- 2 cups finely chopped onions
- 3 garlic cloves, pressed or finely chopped
- 2 tablespoons peeled and grated fresh ginger
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon ground turmeric
- 3 cups cooked kidney beans (1 29-oz. can or 2 15-oz. cans, or 1 ½ cup dried), drained
- ¾ cup canned tomato sauce or crushed tomatoes
- 1 teaspoon salt
- ½ cup water

Ms. Patel's Rice Ingredients

- 6 cups cooked brown basmati or long-grain brown rice
- 3 tablespoons oil (we have reduced the oil in this recipe, you can try reducing it even more)
- 1½ cups mixed frozen vegetables (carrots, peppers, corn, and lima beans is a good mix)
- 1½ teaspoons salt
- 1 teaspoon ground turmeric
- 1 tablespoon ground coriander
- 2 teaspoons ground cumin

Procedure

To make Ms. Patel's Rajma, in a saucepan on medium heat, warm the water (or oil) and cook the onions, garlic, and ginger with the spices until the onions are soft. Stir constantly; add a

splash of water if necessary, so the spices do not burn. Add the kidney beans, tomato sauce, salt, and water and stir thoroughly. Cook over medium-low heat for about 10 minutes.

Remove about a third of the bean mixture and puree in a food processor or blender (or mash a third of the mixture with a potato masher right in the pot.) Return the blended beans to the pot and heat thoroughly.

To make Ms. Patel's Rice, use your favorite method to cook the rice, or follow the package directions. Use 2 cups raw rice and 4 cups of water and toward the end of cooking check that the rice isn't too dry or sticking; if it is, add a little hot water.

In a 3-quart or larger heavy-bottomed pot on medium heat, warm the oil and add the vegetables and spices, stirring until the vegetables are hot and the spices are thoroughly mixed in. Add the rice and continue to stir until the rice is hot and turns yellow from the spices.

Serve Ms. Patel's Rajma on a bed of Ms. Patel's Rice.

~ Recipes developed by Ms. Patel with Haley Dossinger (of the Whole Food Cooking Program in the Academic Plus program in Ithaca, NY) for Coalition for Healthy School Food. Our Moosewood representative – Wynnie Stein and ICSD cook, Tina Belden, further developed the recipes.



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North African Red Lentils

Serves 4 to 6

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.

Lentil/Vegetable Mixture Ingredients

2 tablespoons water, or more as needed (or 1 tablespoon vegetable oil)

1½ cups chopped onions

¼ teaspoon red pepper flakes

2 tablespoons chopped garlic

2 tablespoons peeled and grated fresh ginger

1½ cups diced carrots

2 teaspoons ground cumin

2 teaspoons ground coriander

¼ teaspoon ground black pepper

½ teaspoon ground turmeric

½ teaspoon salt (optional)

1 medium potato, diced (about 1 cup)

1 cup canned diced or crushed tomatoes

1 cup water

1 cup dry red lentils, rinsed

2 to 3 cups water

2 tablespoons fresh lemon juice

⅓ cup chopped fresh cilantro

½ cup almonds, toasted and chopped (optional topping – not used in the school version)

Couscous Ingredients

1½ cups water

1 cup dry whole wheat couscous

½ teaspoon salt (optional)

Optional: for a gluten-free version, use millet or quinoa. You will need to look up measurements and cooking instructions as they are not the same as for couscous.

Procedure

In a large saucepan on medium heat, warm the water (or oil) and cook the onions with the red pepper flakes, stirring frequently, until the onions are soft, about 5 minutes. Add the garlic, ginger, carrots, spices, and salt, if using. Lower the heat and stir to coat the carrots with the spices. Cover and cook for about 5 minutes, until the carrots have softened. Stir in the potatoes, tomatoes, and 1 cup of water. Cover, bring to a boil, then lower the heat and simmer for 15 minutes.

Add the lentils and 2 cups of water. Cover the pan and return to a boil. Reduce the heat and simmer for 10 to 15 minutes, stirring occasionally and adding more water if necessary, until the lentils are mushy and have begun to turn yellow.

Meanwhile, make the 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.

Check the lentils and vegetables for doneness. Stir in the lemon juice and cilantro. Taste and adjust seasonings if necessary.

Serve the lentil-vegetable mixture on a bed of couscous. Garnish with almonds, if you like.

~ Recipe developed by Chef Wynnie Stein of Moosewood Restaurant for Coalition for Healthy School Food.



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North African Vegetable Stew

Serves 6 to 8

Ingredients

2 tablespoons water, or more as needed (or 1 tablespoon oil)
2 cups diced onions
½ teaspoon ground turmeric
1 teaspoon cinnamon
1 teaspoon ground or fresh ginger
½ teaspoon ground cumin
3 cups chopped tomatoes
3 cups peeled and diced sweet potatoes
½ cup water
¼ cup lemon juice
3 cups cooked chickpeas (1 29-oz. can or 2 15-oz. cans, or 1 cup dried), drained
3 cups chopped zucchini
1 cup chopped parsley
½ cup raisins
hot sauce to taste

Procedure

Cook the onions and spices in water (or oil) for 10 minutes, stirring often, until soft. Add the tomatoes, sweet potatoes, water, and lemon juice. Bring to a boil, reduce the heat, cover, and simmer for 30 minutes. Check occasionally and add more water if necessary.

Add the chickpeas, zucchini, parsley, and raisins. Cover and simmer for 10 minutes. Season with hot sauce if you like. Serve over brown rice.

~ Author unknown. There are many North African Vegetable Stew recipes and this one is a favorite of the Coalition for Healthy School Food.



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Pasta Fagioli

Serves 6

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"! This recipe makes 6 generous 2-cup servings.

Ingredients

9 ounces short, chunky whole grain pasta (shells, penne, or fusilli) (about 4½ cups cooked)

4 tablespoons water, or more as needed (or 2 tablespoons olive oil)

2 cups chopped onions

2 or 3 garlic cloves, pressed or minced

1½ cups chopped carrots

½ teaspoon ground black pepper

1 teaspoon dried oregano

2 teaspoons dried basil

1 teaspoon ground fennel seeds

¼ teaspoon crushed red pepper flakes (optional)

1 15-oz. can crushed tomatoes

1 15-oz. can tomato sauce

3 cups cooked white beans such as Cannellini, Navy, White Kidney, or Great Northern
(1 29-oz. can or 2 15-oz. cans, or 1 cup dried), drained

8-ounce bunch of fresh kale, stems removed, leaves coarsely chopped (about 5 cups)

Procedure

In a large saucepan, cook the onions, carrots, and garlic in water (or oil) until the onions have softened. Add all the seasonings and continue to cook until the carrots are tender.

Meanwhile, for cooking the pasta, bring a large covered pot of water to a rapid boil.

When the carrots are tender, add the crushed tomatoes, tomato sauce, and beans and bring to a simmer.

Stir the pasta into the boiling water and cook until al dente.

While the pasta is cooking, stir the kale into the sauce and continue to simmer until the kale is soft but still brightly colored.

When the pasta is done, drain it.

Stir the pasta and sauce together, or serve the sauce ladled over the hot pasta.

~ Recipe created by Wynn timer Stein and further developed by Nancy Lazarus of Moosewood Restaurant for Coalition for Healthy School Food.



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Power Hummus

Serves 6

Hummus is a Middle Eastern recipe that is a favorite of children. Hummus can be served as a dip, in sandwiches, and on salads. You can experiment with the color and flavor of this basic hummus recipe by adding about a cup of cooked vegetables, such as beets, winter squash, or orange, yellow, or purple sweet potatoes.

Ingredients

- 3 cups cooked chickpeas (1 29-oz. can or 2 15-oz. cans, or 1 cup dried), drained with liquid reserved
- 1 cup chickpea cooking liquid or water
- ½ cup lemon juice
- ½ cup tahini
- 3 garlic cloves, chopped
- ½ teaspoon salt
- ⅛ teaspoon ground cayenne pepper (optional)
- ½ teaspoon ground cumin
- ¼ cup chopped fresh parsley

Optional:

- ½ cup peeled and chopped beets, steamed
- ½ cup baked winter squash
- ½ cup baked orange, yellow, or purple sweet potato

Procedure

Add all of the ingredients, except the reserved bean liquid, to a food processor and process to a smooth consistency. If using optional vegetables, add, and continue to process while slowly adding reserved bean liquid, if needed, until smooth and the color is evenly distributed.

Recipe Notes

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 or gluten-free bread. It is also great served in a whole wheat pita pocket, cut in half, with lettuce, shredded carrots, and sliced cucumbers. A ½ cup scoop makes a great addition to a main dish salad in place of meat, eggs, or cheese.

~ Recipe developed by Chef Wynnne Stein of Moosewood Restaurant for Coalition for Healthy School Food.



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Rockin' Pasta with Chickpeas

Serves 4 to 6

Ingredients

1 pound whole grain short pasta
4 tablespoons water, or more as needed (or 2 tablespoons olive oil)
2 cups diced onions
6 cloves of garlic, chopped
1 28-oz. can diced tomatoes
2 jalapenos, seeded and diced
3 cups cooked chickpeas (1 29-oz. can or 2 15-oz. cans, or 1 cup dried), including the liquid
12 leaves fresh basil, chopped or 1 teaspoon dried*
salt and ground black pepper to taste

*If using dried basil, add it with the onions.

Procedure

Heat a large pot of water for cooking the pasta.

Meanwhile, in a saucepan on medium heat, cook the onions in water (or oil) for about five minutes, stirring frequently, until soft but not browned. Add the garlic, diced tomatoes, and jalapenos. Stir the pasta into the pot of boiling water and cook until al dente. While the pasta cooks, add the chickpeas including their cooking liquid to the saucepan and simmer on medium low for 10 minutes. Stir in the fresh basil and adjust seasoning with salt and black pepper to taste.

When the pasta is done, drain it and put it into a large serving bowl. Add the sauce, toss, and serve.

~ Recipe developed by Laurie Gershgorn of Healthy Culinary Creations for the Coalition for Healthy School Food.



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Roy's Cuban Wraps

Serves 6

Bean and Rice Filling

- 2 cups cooked brown rice
- 3 cups cooked black beans (1 29-oz. cans or 2 15-oz. cans, or 1½ cups dried)
- 2 tablespoons water, or more as needed (or 1 tablespoon olive oil)
- 2 cups chopped onions
- 1 green or red bell pepper, chopped (about 2 cups)
- 1 teaspoon minced or crushed garlic
- 2 tablespoons ground cumin
- 1½ tablespoons soy sauce (*wheat-free or low-sodium are fine*)

Additional Filling Ideas

- salsa
- guacamole or avocado slices
- chopped tomatoes
- roasted sweet potato chunks
- shredded lettuce
- chopped cilantro

- 6 12-inch whole wheat tortillas (gluten-free option: brown rice tortillas)

Procedure

If you don't have leftover rice, use your favorite method to cook the rice, or follow the package directions. Drain the beans, reserving the cooking liquid.

In a large saucepan on medium heat, cook the onions in the water (or oil) until soft. Stir in the bell peppers, garlic, cumin, and soy sauce and cook until the peppers are tender. (For an oil-

free option, preheat a heavy pan and cook the onions and peppers in a preheated dry pan, stirring frequently.) Add the cooked and drained black beans.

In the blender, puree about a cup of the bean-vegetable mixture with enough of the reserved bean-cooking liquid to make a smooth paste. Stir the puree back into the beans and simmer for about 10 minutes.

Stir the rice into the beans. Add salt to taste.

To make the wraps, have the stack of tortillas, the rice and beans filling, and the other fillings you've prepared on hand near a dry work surface. If the tortillas are soft and pliable, start wrapping; otherwise, warm each tortilla briefly on a hot dry skillet as you go.

Wrap the filling into the tortillas, burrito-style: Put a generous $\frac{3}{4}$ cup of the rice and beans filling in the center of a tortilla. Arrange the other fillings on and around the beans in a tidy pile. Fold both sides of the tortilla up and over the fillings and then fold the side nearest you up and over the filling. Push the fillings compactly into this folded pocket. Fold in both sides of the bare tortilla so that it's a little narrower than the filled part. Roll the burrito forward over the bare part so that the filling stays wrapped in, ending with the loose edge of tortilla underneath.

Serve the wraps as they're rolled, or pile them on a large plate. If you like, warm each wrap on a hot dry skillet (with the loose edge on the bottom).

Recipe Notes

- The recipe contains soy sauce, which is salty, and canned beans can be very salty, so if you use salted canned beans, you might want to reduce the soy sauce at first and then add more to taste later.
- If cooking dry beans, sort dried black beans to eliminate any pebbles. In a soup pot, soak the beans in about 10 cups of water for at least 6 hours or overnight. Drain the soaked beans, add 8 cups of fresh water, and simmer until tender, about an hour, sometimes longer (until soft).
- During taste testing, a fourth-grade student told us that Roy's Cuban Black Beans are "top of the menu".

~ Recipe developed by Chef Roy Despaigne, Food Service Helper in Ithaca, NY for Coalition for Healthy School Food.



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Savory Apple-Spinach Strudel

Serves 6

This new world strudel is comfort food at its best. With premade pizza dough, this beautiful and substantial pastry is quick and easy to make. Experiment with the filling – try add mushrooms or raisins, or curry powder instead of sage and you might come up with a new family favorite. A lot of our kids like tomato sauce served on the side.

Pastry Dough

22-ounce pre-made store-bought pizza dough, or make your own from scratch.

Homemade Dough

1⅔ cups lukewarm water

2 tablespoons sugar

2¼ teaspoons instant yeast or active dry yeast (one packet)*

4 cups flour**

2 tablespoons vital wheat gluten (optional, gives the dough more elasticity)

½ teaspoon salt

* Instant yeast and active dry yeast are interchangeable, but be aware that dough rising time is longer with active dry yeast.

** Half whole wheat pastry and half white whole wheat, or all whole wheat pastry flour, or 1¼ cups whole wheat and ¾ cup unbleached all-purpose or bread white flour

Filling

2 tablespoons water, more as needed (or 1 teaspoon oil)

2 teaspoons chopped garlic

1 medium onion, diced (about 1 cup)

1 tablespoon minced fresh sage

1½ cups drained cooked cannellini or other white beans (1 15-oz. can)

2 cups chopped fresh spinach (4 ounces) (if frozen, thaw and drain)

2 cups small diced unpeeled apples (2 apples)

⅔ cup oats (quick-cooking, or if regular, whirled briefly in the blender)

½ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon nutmeg (optional)

1 teaspoon olive oil, for brushing

2 teaspoons sesame seeds (optional)

Procedures

For the pastry: If you have a pre-made pizza dough, follow the package directions for thawing, rising, etc. to get it ready to roll out.

If you're making dough from scratch, in a measuring cup, stir the water, sugar, and yeast until the yeast is dissolved. Set aside until a layer of foam forms on top, 5 to 15 minutes.

Meanwhile, place half the flour, the vital wheat gluten (if using), and the salt in a large mixing bowl and stir to combine. When 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.

Transfer the dough to a lightly floured work surface and knead until it is smooth and elastic, 5 to 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. While the dough is rising, make the strudel filling.

To make the filling: In a saucepan on medium heat, cook the onions and garlic in the water or oil, stirring frequently, until soft, about 4 minutes. Stir in the sage and beans, heat until warm, then remove from the heat and coarsely mash with a fork or potato masher (don't worry about mashing every bean, just enough to act as a binder for the filling). Add the spinach, apples, oats, salt, and pepper to the bean mixture and stir well; the mixture should resemble stuffing.

To assemble the strudel: When the dough is ready to roll out, preheat the oven to 400°F and line a baking sheet with parchment paper or oil it. Punch down the dough and on a lightly floured surface, press and roll it into an 11x17 inch rectangle. Spread the filling evenly on the dough leaving 2 to 3 inches bare along all sides. Pull the bare dough along the long sides up and over the filling and pat down so it will stay. Starting at a short end, loosely roll up like a jelly roll. Place the strudel on the baking sheet with the loose end of pastry underneath. Gently pat down to flatten to about 6 inches wide. Brush the top lightly with olive oil and sprinkle with sesame seeds. Let rest at room temperature for 10 to 15 minutes. Bake for 25 to 30 minutes, until golden brown.

~ Recipe created by Chef David Stroka, Chef Manager, Binghamton City School District, and further developed by Nancy Lazarus of Moosewood Restaurant for Coalition for Healthy School Food.



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Sweet & Sour Power Bowl

Serves 4 to 6

Make delicious crispy tofu bites at home! Kids will have fun making and eating this recipe.

Tofu Bites Ingredients

- 2 15-ounce blocks of firm or extra firm tofu (see instructions below)
- 2 tablespoons soy sauce (*optionally wheat-free and/or low-sodium*)
- 2 tablespoons vegetable oil (optional)
- 2 tablespoons cornstarch

Orange Ginger Sauce Ingredients

- 1 cup orange or pineapple juice
- 1½ teaspoons peeled and grated fresh ginger
- 1 tablespoon soy sauce (*optionally wheat-free and/or low-sodium*)
- 1 tablespoon apple cider vinegar or rice vinegar
- 2 tablespoons brown sugar
- 1 tablespoon plus 1 teaspoon cornstarch, dissolved in 1 tablespoon of cold water

For the Bowl

- 3 cups cooked brown rice
- 3 cups steamed broccoli
- 3 baked sweet potatoes, cut into chunks

Procedure

Press Tofu:

1. Drain tofu.
2. Wrap the block of tofu in a clean kitchen towel (or a few paper towels) then put it on a large plate or cutting board.
3. Put something heavy on top, such as a frying pan or cutting board, weigh it down further with a couple cans, and leave for 20-30 mins.
4. Remove the towels and slice tofu into half-inch cubes.

Make the tofu bites: Preheat the oven to 400° F. Line a baking sheet with parchment paper or lightly oil it. In a mixing bowl, drizzle tofu cubes with the soy sauce and optional oil. Toss to combine. Sprinkle the cornstarch over the tofu and toss until evenly coated. Spread the tofu over the baking sheet and arrange it in an even layer. Bake for 25 to 30 minutes, tossing the tofu halfway, until the tofu is deeply golden on the edges.

Make the sauce: Place the juice, grated ginger, soy sauce, vinegar, and brown sugar in a medium saucepan and bring to a boil. Whisk in the dissolved cornstarch. Reduce the heat and stir the sauce until it becomes thick and clear.

Fill the bowls: In each bowl, arrange the rice, broccoli, and sweet potato chunks. Sprinkle baked tofu cubes over all. Drizzle with the sauce.

~ Recipe concept developed by Coalition for Healthy School Food. Crispy Tofu sourced from cookieandkate.com. Orange Ginger Sauce developed by Nancy Lazarus of Moosewood Restaurant.



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The Whole Enchilada

Serves 6

Ingredients

- 1 tablespoon water, or more as needed (or 1 teaspoon olive oil)
- 1 cup chopped onions
- 1 or 2 garlic cloves, pressed or minced
- ½ green or red bell pepper, stemmed, seeded, and diced
- 1 tablespoon ground cumin
- 2 cups shredded peeled sweet potato or winter squash* (see Recipe Notes)
- 3 cups cooked kidney or pinto beans (1 28-oz. can or 2 15-oz. cans, or 1½ cups dried), drained
- 1 28-oz. can of enchilada sauce or tomato sauce** (see Recipe Notes)
- 12 8-inch whole wheat tortillas*** (see Recipe Notes)

Procedure

For the filling, in a 2-quart saucepan on medium heat, cook the onions in water or oil until soft, about 4 minutes. Stir in the garlic, bell peppers, and cumin and cook for 3 or 4 minutes, until the peppers are softening. Add the shredded sweet potatoes or squash and cook, stirring frequently, for about 5 minutes, until hot. Add the beans and stir well.

Preheat the oven to 375°F. Lightly oil two 8x8-inch or 9x9-inch pans.

Cover the bottoms of the baking pans with sauce about ¼-inch deep. Working on a dry surface, place a generous ½ cup of filling a little off center on the first tortilla. Lift the shorter edge up and over the filling and roll up the tortilla with just enough pressure to spread the filling close to the ends (without pushing any out). Place the enchilada up against one side of the baking pan. Continue rolling enchiladas and filling the pans, six to a pan. They should fit snugly. Spread the rest of the sauce evenly over the enchiladas. Cover the pans with foil and bake for about 30 minutes, until thoroughly hot.

To serve, use one or two spatulas to lift a couple of enchiladas out of the pan and onto dinner plates.

Recipe Notes

* To help you shop, a 1½-pound butternut squash, after seeding and peeling, yields about 2 cups shredded, and 2 smallish medium or one large peeled sweet potato yields about 2 cups shredded.

** For the sauce, you could use a 16-ounce jar of salsa, whirled briefly in the blender until fairly smooth. Two 8- or 10-ounce cans of enchilada or tomato sauce will work, but the enchiladas will be less saucy.

*** Usually, tortillas can be rolled around a filling without cracking, but if the first tortilla isn't pliable enough, wrap the stack in a damp towel and place on a pie plate or other oven-proof plate and warm them in the oven for a few minutes. If the plate and towel don't keep the stack warm as you work through the last ones with filling, return them to the oven for a couple of minutes.

~ Recipe developed by Chef David Stroka, Chef Manager, Binghamton City School District, for Coalition for Healthy School Food.



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Tuscan Tomato Pie

Serves 6 to 8

This substantial pizza pie is a real Italian pizza, originating in Tuscany. It is different than the Italian-American pizzas we're used to and just as delicious. 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!

Pizza Crust

one 8x12-inch rectangle or 12-inch round prebaked pizza crust, **or** refrigerated or frozen 12-ounce premade whole wheat pizza dough (*avoid products with dough conditioners or hydrogenated oils*), **or** make your own from scratch.

Homemade Pizza Dough:

⅔ cup lukewarm water

1 tablespoon sugar

2¼ teaspoons instant yeast or active dry yeast (one packet)*

2 cups flour**

2 tablespoons vital wheat gluten (optional, gives the dough more elasticity)

½ teaspoon salt

* Instant yeast and active dry yeast are interchangeable, but be aware that dough rising time is longer with active dry yeast.

** half whole wheat pastry and half white whole wheat, or all whole wheat pastry flour, or 1 1/4 cups whole wheat and ¾ cup unbleached all-purpose or bread white flour

White Bean Topping

1 tablespoon water or olive oil

3 cloves garlic, finely minced

1½ cups cooked cannellini or other white beans, drained (1 15-oz. can)

¼ teaspoon salt

¼ teaspoon ground black pepper

½ cup water or vegetable stock (look for low-sodium varieties)

2 tablespoons lemon juice
2 tablespoons chopped fresh basil

Tomato-Spinach Topping

2 tablespoons chopped fresh basil
2 cups chopped tomatoes
1 cup chopped fresh spinach, packed
1 teaspoon olive oil
½ cup sliced black olives (optional)

Procedure

Make the dough: In a measuring cup, stir the water, sugar, and yeast until the yeast is dissolved. Set aside until a layer of foam forms on top, 5 to 15 minutes. Meanwhile, place half the flour, the vital wheat gluten (if using), and the salt in a large mixing bowl and stir to combine. When 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.

Transfer the dough to a lightly floured work surface and knead until it is smooth and elastic, 5 to 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.

When the dough has risen, punch it down. On a lightly floured work surface, roll the dough out to a 12-inch circle or a 9x12-inch rectangle. Transfer the crust 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 the oven to 425°F.

Make the toppings: For the bean topping, in a large skillet, heat the water or oil on medium heat. Add the garlic and cook until softened, about 2 minutes. Add the beans, salt, and pepper. When the beans are warm, mash them with a potato masher or a fork just enough 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. Stir in the lemon juice and basil and set aside.

For the tomato-spinach topping, stir all the ingredients together in a bowl.

Assemble and bake the pie: Bake the crust for 5 minutes, until puffy. Remove from the oven and spread the bean mixture evenly on top to within ½ inch of the edge. Evenly cover the beans with the tomato-spinach mixture. Bake on a rack positioned in the middle of the oven until the toppings are hot and the crust is browned, 12 to 15 minutes. Cut into 8 pieces and serve hot.

~ Recipe adapted from Vegan on the Cheap by Robin Robertson and further developed by Chef Wynnne Stein of Moosewood Restaurant for Coalition for Healthy School Food.



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White Bean Salad

Serves 6

*This simple bean salad can be used to make a delicious main dish salad.
Place a scoop on a bed of lettuce and enjoy!*

Ingredients

3 cups cooked Navy or small white beans (1 29-oz. can or 2 15-oz. cans, or 1¼ cup dried), rinsed and drained

⅓ cup diced red onions

½ cup chopped fresh parsley

Dressing Ingredients

1½ tablespoons olive oil

1½ tablespoons red wine vinegar

1 small clove garlic, pressed or minced

½ teaspoon soy sauce

½ teaspoon salt

½ teaspoon black pepper

½ teaspoon sugar or another sweetener

¼ cup finely chopped fresh mint

⅛ teaspoon dried thyme (or ½ tsp. fresh)

¼ teaspoon dried oregano (or 1 tsp. fresh)

Procedure

In a serving bowl, toss together the beans, onions, and parsley. In a separate bowl, whisk the dressing ingredients. Drizzle the dressing over the beans and toss.

~ Recipe developed by William Sribney and used with permission by Coalition for Healthy School Food.

The information in this appendix will provide guidance to make healthy eating easier.

Most people (90% in the United States) do not eat nearly enough vegetables. The average person should be eating at least five ½ cup servings of a variety of vegetables from the five vegetable subgroups—dark green; red and orange; beans, peas, and lentils; starchy (corn, potatoes, sweet potatoes, and winter squash); and other (cauliflower, celery, cucumbers, and peppers). Most, but not all, vegetables can be eaten raw or cooked. Some vegetables have more nutrient availability if they are cooked. Eat a variety of raw and cooked vegetables. **Appendix A is how to steam vegetables.** Steaming is the healthiest way to cook vegetables.

Although the MyPlate Guide shows half of your plate with vegetables and fruits, people more commonly eat fruit with breakfast and as snacks and dessert. People also don't generally eat vegetables at breakfast, though this would be a habit that would be very healthy to adopt. If you don't eat vegetables at breakfast, make half your plate at lunch and dinner vegetables. It's almost impossible to eat too many vegetables and fruits, and in general, more is better. Some people eat as many as 14 servings of vegetables a day, and this is associated with lower weight, and lower incidence of diet-related diseases.

Potatoes, sweet potatoes, and winter squashes are very healthy starchy vegetables. They make a wonderful addition to your meals and are delicious and filling. The carbohydrates found in starchy vegetables are unrefined carbohydrates and are very healthy for you. **Appendix B is how to cook potatoes, sweet potatoes, and winter squashes.**

Whole grains are much healthier than refined grains. There is a whole world of unrefined grains waiting to be discovered. Grains can contain gluten or be gluten-free. There are so many to choose from, including some that are staples in countries around the world. Have you ever tried millet, quinoa, or the many colors - red, purple, brown, or black - rice? The carbohydrates found in whole grains are unrefined carbohydrates and are very healthy for you. **Appendix C is how to cook whole grains.**

Reference to “carbs” being unhealthy ONLY refers to refined grains and added sweeteners - things made from white or other refined flours and/or added sweeteners such as white bread, white pasta, crackers, cookies, cakes, pastries, and other desserts.

Most Americans eat too many added fats and oils, which contribute to extra weight and many health conditions. One way to reduce fat in our diets, aside from reducing or eliminating animal products, is to reduce or eliminate added fats and oils. We need fats in our diet, but they can be obtained from whole foods. Nuts, seeds, avocados, and olives are examples of whole foods that are very high in fat and should be eaten sparingly. Chickpeas are 13% fat, oatmeal is 18% fat, tofu is 50% fat, and quinoa is 14% fat, all as a percentage of calories – all whole plant foods have some fat in them, though it is true that most have very small, or even trace amounts.

Appendix D explains how to sauté vegetables without oil, which will allow perhaps hundreds of calories to be eliminated from our diets per day.

- Appendix A: How to Steam Vegetables
- Appendix B: How to Cook Potatoes, Sweet Potatoes, and Winter Squashes
- Appendix C: How to Cook Whole Grains
- Appendix D: How to Sauté Vegetables without Oil

Appendix A:

How to Steam Vegetables

When you steam, rather than boil, a vegetable, its color, texture, flavor, and nutritional content are better retained. Steaming also is one of the easiest ways to prepare vegetables and can be done in minutes. Most vegetables don't need to be peeled before cooking. In fact, many peels add extra fiber, flavor, and nutrients. Try to stick to peeling only those vegetables that have extra tough or dirty skins.

Before you cook vegetables, it's important to rinse them to wash away dirt, bacteria, and traces of pesticides. Use a brush to scrub veggies with thick skins, like potatoes or carrots. Some veggies, like cauliflower and cabbage, have lots of nooks and crannies where dirt and bacteria can hide. Soak veggies like these in cool water for a couple of minutes before rinsing. Rinse in clean, cold water, and drain.

All vegetables can be steamed, certain vegetables steam better than others, and all of them steam at different rates. Broccoli, cauliflower, carrots, asparagus, artichokes, and green beans are standard steaming fare, but potatoes and greens can be steamed, too.

Stovetop Steaming

You don't need any special equipment. There are various setups for steaming on the stovetop: a saucepan with a steamer insert or a collapsible steamer basket, a colander or strainer set into a pan, and a bamboo steamer basket. The idea for all is to place vegetables above, not touching, boiling water for the steam to flow through and cook them. Whichever setup you use, the lid should be loose fitting so the steam can flow freely. Fill the bottom of the pot with enough water so that it just barely reaches the bottom of the colander or steamer basket. Once the water comes to a boil, add the vegetables and cover with a loose-fitting lid. For any type of stovetop steaming, be sure to put in enough water so that it does not boil away.

Bamboo steamers are easy to come by, relatively inexpensive, and great for steaming larger quantities and different kinds of vegetables. They're available in a range of diameters and are made of interlocking trays for stacking one on top of another. Place the steamer trays above simmering water in a wok or wide skillet. A time saver is to get the densest, slowest cooking vegetables started in the bottom tray, while you prep the quicker cooking vegetables for the mid and top trays. Place the lid on whatever basket is on top at the time.

When the vegetables you're steaming take different times, it's a good idea to keep them separate when you cook them. That way, you won't end up with some vegetables that are limp and soggy, while others are still crunchy and raw in the middle. You can steam different types together, just arrange them in the steamer so you can use tongs to remove the faster-cooking vegetables as soon as they're done. You can also speed up the cooking time of denser vegetables by cutting them up into smaller pieces.

Vegetables:	Cook Time:
Artichokes, whole	25 to 30 minutes
Asparagus	5 to 13 minutes, less if spear cut into short pieces
Broccoli	8 to 12 minutes for stalks, 5 to 7 minutes for florets
Brussels sprouts	8 to 10 minutes
Carrots	6 to 12 minutes, depending on their size
Cauliflower florets	5 to 10 minutes
Corn on the cob	7 to 10 minutes
Green beans	4 to 7 minutes
Peas	3 minutes
Potatoes, sliced or chopped	8 to 20 minutes, depending on size
Spinach, kale, chard, etc.	3 to 6 minutes
Sweet potatoes, sliced or chopped	5 to 15 minutes, depending on size
Zucchini, sliced	3 to 6 minutes

When you think the vegetables are close to done, open the steamer and test the thickest part of the vegetables with a knife or fork. If it's easy to pierce them, they are probably about done. If not, let them steam for a couple more minutes before you check again. If you're cooking vegetables of multiple types or sizes, remove the ones that are done and let the others continue to steam. Use tongs or a slotted spoon to take the vegetables out of the steamer without burning yourself. Whenever the vegetables are done, move them to a covered dish to keep them warm.

Microwave Steaming

When steaming in the microwave, the method is generally the same. Place the vegetables in a microwave-safe bowl with no more water than what it takes to rinse them. Cover the bowl with a ceramic plate. Some microwave gourmets recommend simply arranging vegetables out on a plate and covering them with three damp paper towels to provide all the necessary moisture. The cooking time will depend on both the vegetables and the power of your microwave. Heat the vegetables on high for 2 or 3 minutes. If that doesn't do it, continue in 1-minute intervals.

Appendix B:

How to Cook Potatoes, Sweet Potatoes, and Winter Squashes

You can roast, bake, steam, or boil potatoes, sweet potatoes, or winter squashes. There are many different types, colors, and sizes of squash, potatoes, and sweet potatoes.

How to Boil or Steam

Prep potatoes and sweet potatoes in the same way. Wash the potatoes, peel them or don't, cut into pieces. As you prep potatoes and sweet potatoes, keep a bowl or pan of cool water next to the cutting board, and immerse peeled and cut potatoes and pieces in the water while you work, to prevent oxidation and discoloration. To steam, put the drained cut potatoes into an already steaming steamer. To boil, put the potatoes into a pan with cool water to cover and bring to a boil with the lid on and then lower the heat and simmer uncovered until tender. The cooking time for sweet potatoes is less than for potatoes, and for both, depends on the size of the pieces. As soon as tender, drain and use in your recipe, mash, or serve. The procedures for cooking winter squash are similar as for potatoes and sweet potatoes. To peel or not to peel? It depends how you are cooking and using it. Winter squash peels are edible, but most varieties' peel is tough and not so palatable. The exceptions are delicata, acorn, and honey nut, whose skins become tender when cooked. To boil, steam, cook in a soup or stew, or roast, first peel the squash, cut in half and scrape out the seeds, then cut into uniform pieces.

How to Bake

Bake both potatoes and sweet potatoes in a 400° F oven. Wash the potatoes, but keep them whole. Prick the skins in several places with a fork and space them out on a baking sheet or baking pan. Or, cut the potatoes in half lengthwise and place them cut side-down on an oiled or parchment paper-lined baking pan. The cooking time will depend on their size. In general, allow 40 to 50 minutes for halved and small whole potatoes, about an hour for larger potatoes. They're done when you can easily slip a knife into the center. To bake a winter squash, do not peel. Cut in half lengthwise and place halves cut side-down on a parchment lined baking sheet, or use a very light coating of oil. You do not have to remove the seeds before baking, although you can. Because of its "ribs", peeling a raw acorn squash is tedious, if not impossible, so baking is generally the best cooking method for it. After baking the squash, turn it over and let it cool enough to handle. Then, scrape out seeds if you didn't before cooking, and scoop the squash out of the shell if you will not be eating the skin.

How to Roast

Roasting is an easy and delicious way to prepare potatoes, sweet potatoes, or winter squashes. To prepare the potatoes, first wash and peel them. Winter squashes should be peeled too and also deseeded (cut squash in half and scoop out the seeds with a spoon). Cut the potatoes or squash into wedges or chunks, or slices about ½-inch thick. If you like, lightly toss with a sprinkling of salt, pepper, and any other seasoning you desire. Spread in a single layer on a parchment-lined (or lightly oiled) baking pan, and roast at 400° F. Turn them occasionally with a wooden spoon or spatula. They should take about 30 to 40 minutes to cook, depending on their size.

Appendix C:

How to Cook Whole Grains

The basic process for cooking is the same for most grains. The chart below gives guidance for the amount of liquid and simmering time required for different grains, but be aware that both the cooking time and the amount of water needed can vary depending on the variety, maturity at harvest, how stored (an airtight container is best), how long the grain has been on the shelf, the size and weight of the pan and how tightly it's covered, and the heat. The simmering times listed can be your guide for when to start checking to see if the grain is cooked.

Basic Grain Cooking Directions

Put the dry grain (except quinoa, which should be rinsed first), in a pan with water or broth, bring to a boil. Reduce heat, cover, and set to simmer/low (2 or 3 on many dials) according to the time above, until tender.

A grain is done when it's tender and tastes done. If the liquid has been absorbed before the grain is tender, add some more hot or boiling water and continue to simmer. If there's still water in the bottom of the pan when the grain is tender, tilt the pan to drain off the excess, stir the grain and let it sit, uncovered, on low heat for a couple of minutes, then fluff with a fork.

Per 1 cup of grain:	Water or broth:	Simmer Time:	Yield:
Barley, hulled	3 cups	45 to 60 minutes*	3½ cups
Bulgur	2 cups	10 to 15 minutes	3 cups
Cornmeal, medium grind (GF)	3 to 4 cups	25 to 30 minutes	2½ cups
Farro	2½ cups	25 to 40 minutes	3 cups
Kamut	4 cups	45 to 60 minutes*	3 cups
Millet, hulled (GF)	2½ cups	25 to 35 minutes	4 cups
Quinoa (rinse first) (GF)	2 cups	15 to 20 minutes	3 cups
Rice, short grain brown (GF)	1½ to 2 cups	50 minutes	3 cups
Rice, brown basmati (GF)	1½ to 2 cups	50 minutes	3 cups
Rice, brown jasmine (GF)	1½ to 2 cups	45 minutes	3 cups
Spelt berries	3 cups	60 minutes*	3 cups
Wheat berries	3 cups	60 minutes*	2½ cups

Whole Wheat Couscous	1 cup	5 minutes	2 cups
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*The cooking time for wheat berries, spelt berries, hulled barley, and kamut will be shorter if you first soak the grain for a few hours or overnight. The simmering time listed in the chart is for simmering after soaking.

Couscous Cooking Directions

Couscous is finely milled semolina wheat, essentially little pearls of pasta. It cooks very quickly. It makes a delicious bed for stews or base for a salad. Only whole wheat couscous is considered a whole grain. To make couscous, put equal amounts of dry couscous and boiling water into a bowl. Sprinkle it lightly with salt (optional) and cover with a plate. The couscous will soak up the liquid up in 5 minutes or less. Fluff with a fork and taste some couscous; if it's still a little crunchy, add another ¼ to ½ cup of boiling water, stir, cover, and let sit for another 5 minutes, and fluff again.

~ Created by Nancy Lazarus of Moosewood Restaurant for Coalition for Healthy School Food.

Appendix D:

How to Sauté Vegetables without Oil

Sautéing is a stovetop method for quickly cooking vegetables in an uncovered pan at a relatively high heat and with frequent stirring and flipping for even cooking and browning. Traditionally, a small amount of oil is used in sautéing, but if you want to reduce the amount of oil you consume, you can dry sauté with good results.

Sautéing is an effective technique for retaining flavor and texture, and is useful for browning vegetables when making a soup, stew, or sauce, and for quickly cooking a side dish of richly flavorful, crisp-tender vegetables.

The most important things to remember when sautéing without oil:

- Pans with non-stick properties such as seasoned cast-iron skillets or stone-based non-stick pans provide an edge for oil-free cooking. However, you can sauté in almost any type of substantial pan.
- Heat the pan before adding food. One of the most important things in preventing foods from sticking is to preheat the pan. Depending on whether the stove is gas or electric and on the thickness of the bottom of the pan, this might take a several minutes or a few seconds. A good way to gauge the temperature is to put a couple tablespoons of water in the pan as it heats. When the water cooks off completely, let the pan heat for a couple of minutes longer. To test if the pan is ready, splash a few drops of water on the hot pan -- they should sputter rapidly and then disappear in about a second.
- Ingredients cut into small uniform pieces work best to maximize the surface area, and it's crucial that only one layer of food cooks in the pan at a time, so don't overcrowd the pan. Food releases steam when cooking, and if that steam doesn't have enough room to escape, it stays in the pan and the food ends up steaming rather than sautéing, and then it won't brown.
- Stir frequently, but not constantly. Flip or stir food only as many times as needed to brown all sides.
- If the food starts to stick, to help release it, add a tablespoon or two of room temperature water while stirring, scraping the bottom. The water cools the pan for a short time, which helps to unstuck the food. Don't add too much water or do this a lot if your goal is to brown or crisp.
- The amount of time it takes until the food is fully cooked, crisp-tender, and flavorful depends on the pan, the amount of heat, and the size and tenderness of the food. You'll know when it's done!

Tips:

Salt: If a recipe is going to have salt added, add the salt to the dry, preheated pan before adding any other ingredients as this will help to coat the pan.

Dry Ingredients: Ingredients with a dry outside are less prone to sticking and will need less stirring/sautéing action. For wet items such as diced potatoes, sweet potatoes, and

winter squash, pat dry any surface moisture and stir frequently to prevent sticking until the surface dries out a bit and can begin to brown.

For a softer texture: If you're looking for a soft texture and not trying to brown items, cooking in a small amount of water and refreshing the pan with additional water as needed (as the water cooks off) will work.

Patties and Such: For items such as patties or other items with large, flat surfaces, place flat in the preheated pan and allow to brown completely on one side before flipping. Use a thin spatula to separate the browned surface from the pan. Do not move the patty too soon - it needs to brown enough to form a solid layer. Repeat the process for the other side, and then you can finish it off with less chance of sticking.

Did you know? The term “sauté” comes from the French verb “sauter,” which means “to jump.” The technique uses high enough heat to brown the outside of the food while maintaining the internal texture. The fast moving and flipping required to keep the food from burning is where the “jump” comes in.