

*Cooking with Bridge the Gap at MLK Academy   
 Fall, 2023*

Dear Kids Cooking For Life graduates,

Congratulations!

On behalf of all of us at Kids Cooking For Life, we are elated that you have learned the importance of healthy eating and nutrition through hands-on cooking. We hope you will use these recipes and the glossary in this book to practice and grow as a junior chef.

This book is a compilation of the recipes that were taught in your school or organization this past session. It will help you plan or prepare one of the meals for yourself, your friends, or your family.

The founder of Kids Cooking For Life grew up on a vegetable and fruit farm, saw firsthand the importance of healthy, fresh food, and wanted you - and many other children like you - to lead healthy, happy lives.

Now it's your turn to spread the good news about good food! We know you will continue to cook healthy foods and use your new kitchen skills!

Our best wishes for good cooking and good health,

Lara Rajninger Saeri Yuk

Executive Director President

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Visit us at [www.](http://www.kidscookingfor)kidscookingforlife.org

## Youth Cooking Services, dba Kids Cooking For LIfe, is a 501c3 nonprofit organization.

## Donations are tax deductible to the extent allowed by law. Federal tax ID #87-1229605

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## **Week 1 - 9/13**

# Rainbow Mac & Cheese

[GET THE RECIPE →](https://docs.google.com/document/d/1Lmt6NA-yu5xHGKiGSpjHC6aKndlO4N2ArfxfT5UzlAA/edit)

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## **Week 2 - 9/20**

## Spinach Strawberry Salad

[GET THE RECIPE →](https://docs.google.com/document/d/1ysNpczQHh9CJ54VTWstvv-sZriwXv0A0PFxaYqhZcTg/edit)



## **Week 3 - 9/27**

# White Bean Chicken Chili

[GET THE RECIPE →](https://docs.google.com/document/d/1RZO-CaqZlE-I-Jbv83BhbFpuhtaD_H0qGvppREbe2L4/edit)

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## **Week 4 - 10/4**

# Bruschetta and Tomato

# Salad

[GET THE RECIPE →](https://docs.google.com/document/d/1HFbOARGdIZ17ZseRz5Mls8dFkVm_Lrv02muXU9n-1hI/edit)



## **Week 5 - 10/11**

# Vegetable Tortilla Soup

[GET THE RECIPE →](https://docs.google.com/document/d/1gqoFSLHfZ5XzJEESwquqSRFUxxR-369pLLFePGpG2d0/edit)

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## **Week 6 - 10/18**

# Brazilian Black Bean Bowl

[GET THE RECIPE →](https://www.kidscookingforlife.org/recipes/brazilian-black-bean-bowl)



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## **Week 7 - 10/25**

# Oatmeal Apple Compote

[GET THE RECIPE →](https://docs.google.com/document/d/1E5VoiVmVGuwqNXrWMvxrMdfejn4ogug0FJHWL9oihPE/edit)

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**Rainbow Mac & Cheese**

* 1/2 cup of broccoli chopped in small bite size
* 2 cups, halved or quartered cherry tomatoes
* 1/2 diced red bell pepper
* 3 cups of cooked pasta

**Ranch dressing**

* 1/4 cup mayonnaise
* 1/4 cup sour cream or greek yogurt
* One sprig of chopped scallion
* 2 tablespoons of chopped fresh parsley
* One small clove of chopped garlic
* 1/8 teaspoon salt
* 1/4 teaspoon pepper

Chop broccoli, cherry tomatoes and red peppers. Add cooked pasta last. Put it aside in a bowl.

Combine all ingredients for the dressing in a bowl and whisk together until it’s well combined.

Combine the dressing and pasta mixture and mix carefully.

| **Spinach & Strawberry Pasta Salad**  SERVES 8  **Pillar(s) of Nutrition:** Eat the Rainbow, All in for Whole Grains |
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| **Ingredients** |  | Variations to Try |
| --- | --- | --- |
| * 8 ounces **whole-wheat fusilli** * 6 Tablespoons extra-virgin **olive oil** * 3 Tablespoons **balsamic vinegar** * 2 Tablespoons **shallot**, finely chopped * 2 Tablespoons **basil**, chopped * ¾ teaspoon **salt** * ½ teaspoon **pepper**, ground * 4 cups baby **spinach,** coarsely chopped * 1 cup **strawberries**, sliced * 1 **avocado**, chopped |  | * Try with other greens, such as Romaine lettuce, baby chard or baby kale * Try other shapes of pasta, such as penne |
|  | Something to Chew On |
|  | * What vitamins does spinach have? * Why should you buy organic strawberries? * What is the best way to cut an avocado? |

| **Directions**   1. Cook pasta in a large pot of boiling water according to package directions. 2. Drain and rinse with cold water. 3. Prep the vegetables while the pasta is cooking. Chop the **shallot**, **basil** and **spinach**. Slice the **strawberries**. Peel the **avocado**, remove the pit and chop 4. Whisk the **oil**, **vinegar**, **shallot**, **basil**, **salt** and **pepper** in a large bowl. 5. Add the cooked **pasta**, **spinach**, **strawberries** and **avocado** to the oil mixture in the bowl, and toss to coat. |
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| White Bean Chicken Chili  Servings: 4  Calories: 379 kcal  Author: Immaculate Bites  **Ingredients**   * 1 tablespoon (15 ml) vegetable oil * 2-3 pounds (0.90 kilo to 1.4 kilo) boneless, skinless chicken thighs ,cut into 1 1/2-inch pieces * 1 large yellow onion , diced * 1 tablespoon minced garlic * 1 poblano pepper , seeded and diced * 1 Jalapeno pepper , diced * 2 teaspoons (5.2 grams) cumin * 1 teaspoon (2.60 grams) oregano * 1 teaspoon (2.60 grams) smoked paprika * 1 teaspoon (2.60 grams) ancho chili powder * 2 (14.5-ounce) cans white beans , rinsed and drained * 4 cups (950 ml) chicken broth , divided * Salt * 1 cup (165 grams) frozen sweet corn * 1/4 cup (15 grams) fresh chopped cilantro   **Directions**   1. Heat oil in a skillet, stir in the chicken , cook the chicken for 3 to 5 minutes. 2. Add minced garlic ,onions, poblano , jalapeno pepper , cumin,and oregano 3. Saute ingredients for about 3 -5 minutes until onions are wilted. 4. Add chicken broth , followed by white beans , Chili , paprika and sweet corn. 5. Bring to a boil, let it simmer for about 30 minutes or until chili has thicken. 6. Serve warm with cornbread.   \*White Bean Chicken Chili- comforting, hearty chicken chili stew with white beans - great balance of creaminess from the beans and warmth from the spices. It is super quick and easy to whip up. Dinner ready in just 30 minutes!     | **Bruschetta & Caprese Salad (serves 4)** | | --- |  | **Bruschetta**   * One **baguette**, cut into ½ inch slices * **olive oil** * A few cloves **garlic**, peeled and cut in half * 5-6 roma **tomatoes**, diced * ¼ cup **basil**, thinly sliced into ribbons * ¼ cup **onion**, finely diced (optional) * ¼ teaspoon **salt** * ½ teaspoon **black pepper**   **Caprese Salad**   * 2-4 ripe **roma tomatoes**, sliced * 4 ounces. **mozzarella cheese ball** * 2 sprigs **basil** leaves, torn in pieces * **Extra virgin olive oil** and **balsamic vinegar,** to taste * **Salt** and **Pepper** |  | Variations to Try   * Drizzle 1 Tablespoon of balsamic vinegar for “American” bruschetta on top of caprese salad. * Substitute ¼ teaspoon of table salt to 1 teaspoon of kosher salt for better taste   Something to Chew On   * If you substitute basil with cilantro, would this be similar to Pico de Gallo? * What is the difference between table salt and kosher salt? * Do you know how to pronounce “bruschetta”? (The correct way is “broo-SKET-ta”) | | --- | --- | --- |   Instructions For Bruschetta   1. Turn your oven broiler to high. Line a baking sheet with foil and place the sliced **baguette** pieces on the pan. Brush the **baguette** slices with olive oil. Toast for a minute or two, until golden. Remove from oven, flip bread over and repeat the oiling and toasting steps. You can also grill the bread in a grill pan on the stove. 2. Rub the toasted bread with the cut edges of the half **garlic** cloves. 3. Combine diced **tomatoes**, **onion** (if using), **basil**, **salt** and **pepper**. Gently stir to combine. Serve on top of the toasted baguette slices.   Instructions For Caprese Salad   1. Slice **tomatoes** and arrange on a plate in a single layer 2. Tear or slice **mozzarella** and place on each slice of **tomato**; sprinkle pinches of **salt** & **pepper**. 3. Drizzle some **olive oil** evenly over the **mozzarella** cheese and sliced **tomatoes**. 4. Splash 1 Tablespoon of **balsamic vinegar**, if using. 5. Tear leaves or roughly chop **basil**, distribute all over the dish. 6. Let sit for a few minutes to meld, then serve by itself with toasted baguette bread.      | **Vegetable Tortilla Soup**  SERVES: Hearty tasting portion for 6  **Pillar/s of Nutrition:** Lean on Protein | | --- |  | **Ingredients** |  | Variations to Try | | --- | --- | --- | | * 2 Tablespoons **olive oil** * 1 large **yellow onion**, chopped * 1 **red bell pepper**, seeded and chopped * 4 cloves **garlic**, peeled and finely chopped * 2 teaspoons ground **cumin** * 1 teaspoon dried **oregano** * 1 (28 ounce) can **fire-roasted tomatoes** * 4 cups **vegetable broth** * 2 (15 ounce) cans **black beans**, drained * 1 **avocado**, diced * 2 Tablespoons **cilantro**, chopped * 1 Tablespoon fresh **lime juice**   **Tortilla Chips**   * 6 corn **tortillas,** cut into 6 wedges * 2 Tablespoons **olive oil** * ¼ teaspoon **salt** or (½ teaspoon sea salt) |  | * Try using different kinds of beans * Add diced jalapeño for extra spice * To save time, use pre-made   tortilla chips | |  | Something to Chew On | |  | * Tortilla Soup was born in the state of Tlaxcala near Mexico City. In fact, Tlaxcala in Nahuatl means “the land of the corn” or “ the place where tortillas abound”. * Beans fall into a class of vegetables called legumes and are among the most versatile and nutritious foods available * How can you tell if an oiled pan is “shimmering”? |  | **Directions**   1. Chop the **onion**, **red bell pepper**, and **garlic**. 2. Dice the **avocado** and chop the **cilantro**. 3. Heat **olive oil** in a large pot over medium heat. When shimmering, add the **onion** and sauté until translucent, about 5-6 minutes. Add the **red** **bell pepper**, **garlic,** **jalapeño** (if using), **cumin**, and **oregano**. Cook for another 3-4 minutes, until fragrant. 4. Add the **fire-roasted tomatoes**, **black beans**, and **vegetable broth** to the pot and bring to a boil. Reduce the heat to low and simmer uncovered for 10 minutes. 5. While the soup is simmering, make the tortilla chips. Cut each **tortilla** into 6 wedges. Heat the **olive oil** in a large skillet, then cook the **tortilla wedges** in batches, until golden brown. Sprinkle chips with salt. 6. To serve, divide the soup among bowls and top with **tortilla chips**, **avocado**, **cilantro**, and a squeeze of **lime juice**. Enjoy! | | --- | | | **Fluffy Pumpkin Pancakes with Apple Compote**  SERVES: Hearty tasting portion for 6 | | --- |  | Apple Compote   * 3 medium **apples,** diced * 2Tablespoons **olive oil** * ¼ cup **water** * 1 Tablespoon **flour** * ¾ teaspoon **cinnamon** * 3 Tablespoons **apple juice** * ¼ cup **raisins**   Pancakes   * 1 ½ cups **flour** * 1 Tablespoon **baking powder** * ¾ teaspoon **baking soda** * ½ teaspoon **salt** * 1 teaspoon **ground cinnamon** * 2 **eggs** * 1 ½ cups **buttermilk** (see substitution suggestion on the side) * ¾ cup canned **pumpkin purée** * 3 Tablespoons **olive oil** * 1 teaspoon **vanilla extract** * 1 Tablespoon **butter** |  | Variations to Try   * Substitution for buttermilk is one cup of milk and one tablespoon of white vinegar and let it sit for 10 mins. * For a sweeter compote, add a mashed overripe banana   during the last 2-3 minutes of cooking   * Try with whole wheat flour and increase buttermilk to 2   cups. If the batter is still too thick, add ⅛ cup of water to the  batter, as needed.   * Spice it up by adding Pumpkin Pie Spice:   (ground cinnamon, nutmeg, clove, and ginger)  Something to Chew On   * How are pumpkin pancakes more nutritious than plain? * How can you tell when a pancake is ready to be flipped? * Is a pumpkin a fruit or a vegetable? How can you tell? * How does stirring a pancake batter make it fluffy or not? | | --- | --- | --- |   Apple Compote:   1. Dice the **apples** into ½ inch cubes. 2. Warm **oil** in a medium skillet on low heat, then add the **water, apples, flour, cinnamon, apple juice** and **raisins,** and stir. 3. Cover and cook until the **apples** are soft (about 5 minutes). 4. Uncover and cook for an additional 2-3 minutes until the liquid thickens.   Pancakes:   1. Mix the **flour, baking powder, baking soda, salt** and **cinnamon** together in a large bowl. 2. Crack the **eggs** into a medium bowl and whisk until the whites and yolks are combined. Add the **buttermilk, pumpkin purée, oil** and **vanilla extract**. 3. Add the wet ingredients to the dry ingredients and gently stir with a spoon until just combined. DO NOT OVERSTIR, OR THE PANCAKES WILL NOT BE FLUFFY. 4. Add **butter** tothe pan/skillet. Spoon batter into pan in small, sand dollar-sized pancakes. Cook the first side until the pancake can easily be flipped. Flip and then cook until golden brown on both sides. 5. Serve topped with the **apple compote**. | |
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### **Brazilian Black Bean Bowl**

*This recipe always gets “wows”. Seasoned rice and beans with loads of seasonal vegetables and mango make for a healthy sweet and savory hit.*

### **INGREDIENTS**

* 1 large **onion**, chopped
* 2 medium cloves **garlic**, minced
* 1 Tablespoon **olive oil**
* 2 medium **sweet potatoes,** diced
* 1 large **red bell pepper**, diced
* 1 14 oz. can diced **tomatoes**
* 1 ½ cups **water**
* 2 14-ounce. can **black beans**, drained and rinsed
* 1 ripe **mango**, pitted, peeled, and diced
* ¼ cup **cilantro**, chopped
* ¼ - ½ teaspoon **salt**
* **Whole grain tortillas,** warmed

### **DIRECTIONS**

1. Prep the vegetables. Chop the **onion** and mince the **garlic.** Dice the **sweet potatoes** and **bell pepper**.
2. Heat **olive oil** in a large pot over medium heat. Add the **onion** and cook, stirring often, until golden, about 8 minutes. Stir in the **garlic** and heat until fragrant, about 1 minute.
3. Stir in the **sweet potatoes**, **bell pepper**, **tomatoes** (with their liquid), and 1½ cups **water.**
4. Bring to a boil. Reduce the heat to low, cover and simmer until **sweet** **potatoes** are tender but still firm, about 10 - 15 minutes.
5. Prepare **mango** by cutting the sides around the pit; score slices in the flesh; cut out the slices from the peel, then dice.
6. Chop the **cilantro.**
7. Stir the **beans** into the pot and simmer gently, uncovered, until heated through, about 5 minutes.
8. Stir in **mango a**nd cook until heated through, about 1 minute.
9. Stir in **cilantro** and **salt.**
10. Warm the **tortillas** in a non-stick pan and serve alongside the sweet potato and bean mixture.

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## **8 Tips to make a good junior chef**

**1.** **Read the recipe and read it again.**

Go through the recipe a few times to make sure you understand the steps and have what is needed to prepare the recipe including food, spices, measuring equipment, and cookware.

**2. Stay organized:**

Keep track of all your items, this will bring success in the kitchen. Have a

designated place for what you use, that way you will have a better and easier

cooking experience.

**3. Prep your ingredients:**

Before cooking, measure and chop your ingredients and keep them at your

workstation. This will save time and energy and you can focus more on cooking.

**4. Clean as you cook:**

Wiping down counters and properly disposing of waste material will help keep

your workspace clean and help reduce accidents. Also, once your meal is done you

do not have to worry about cleaning.

**5. Taste**

While cooking and adding ingredients it is necessary to taste as you cook. Flavors

can always change as the cooking process goes along.

**6. Be patient**

Never rush. Take your time. Enjoy the moment of cooking. Not every dish will

come out the way you want the first time. Learn from it and try again another

time.

**7. Pay attention**

Use your senses while cooking. What does it sound like, smell like, and look like?

Paying attention to the food will minimize burning or overcooking and other

accidents in the kitchen.

**8. Watch others** If you have a favorite chef to watch or even watching your family cook can help

you become a better chef by observing their techniques.

**Well-balanced diet**

Eating a balanced diet consisting of the main food groups can help keep you healthy and happy. The main food groups are:

**Protein**

This helps you grow and repair itself after injury. The body also uses it for energy. The main sources of protein are found in meat, poultry, fish, dairy products, eggs soy, nuts, and grains.

**Carbohydrates**

Carbohydrates are the body's first source of energy. Eating complex carbohydrates - vegetables, whole grain bread, brown rice, legumes, and oatmeal, are good for your body. Minimize simple carbs such as candy, cake, white bread, white pasta, many refined cereals, soda, and table sugar.

**Fiber**

Fiber helps make us feel full and keeps things moving smoothly in our digestive system so we don’t get constipated. A high-fiber diet may help reduce the risk of heart disease, certain types of cancer, and obesity. Fiber is found in all plant foods, including grains, fruits, vegetables, nuts, seeds, and legumes.

**Healthy Fats**

These fats in the diet can be used to help absorb vitamins and provide energy. Good fats are called polyunsaturated and monounsaturated and are found in tuna, salmon, avocados, nuts, seeds, and vegetable-based oils.

**Vitamins and minerals**

These help your body grow and are good for your skin, teeth, eye, and immune system. If you have a well-balanced diet and eat a variety of colors of food, you should get all the vitamins and minerals you need.