



Kids Recipe Contest

Cookbook

2023-2024

WATERMELON CUCUMBER SALAD

INGREDIENTS:

1. EXTRA VIRGIN OLIVE OIL
2. MINT (OPTIONAL)
3. LIME JUICE
4. SEA SALT
5. PEPPER
6. WATERMELON
7. CUCUMBER
8. FETA CHEESE

INSTRUCTIONS:

ADD ALL INGREDIENTS IN A LARGE BOWL AND GENTLY TOSS.

School: Central

Grade: 1

ROMAINE LETTUCE AND STRAWBERRY SALAD

INGREDIENTS:

1. LETTUCE
2. JUMBO CARROT
3. RED ONION
4. RANCH
5. APPLE
6. STRAWBERRIES

INSTRUCTIONS:

CUT THE LETTUCE INTO PIECES. CUT THE CARROTS INTO SMALL PIECES. SIMILARLY, CUT THE RED ONION, APPLE, AND STRAWBERRIES INTO SMALL PIECES. INCORPORATE EVERYTHING INTO A LARGE BOWL AND MIX. ADD RANCH, MIX EVERYTHING REALLY WELL AND ENJOY!

School: El Toyon

Grade: 1

MEDITERRANEAN STYLE SALAD

INGREDIENTS:

1. ROMAINE LETTUCE
2. PARMESAN CHEESE
3. CUCUMBERS
4. LEMON JUICE
5. ANCHOVIES
6. OLIVE OIL
7. AVOCADO
8. BLACK PEPPER
9. CHERRY TOMATOES
10. RED ONION

INSTRUCTIONS:

CHOP THE ROMAINE LETTUCE, THE CUCUMBER, AND AVOCADO. CUT CHERRY TOMATOES IN HALVES, THINLY SLICE THE RED ONION AND GRATE PARMESAN CHEESE. COMBINE OLIVE OIL, LEMON JUICE, PEPPER AND ANCHOVIES IN A BIG BOWL. USING THE BACK OF A FORK, SMASH THE ANCHOVIES UNTIL WELL INCORPORATED. ADD HALF OF THE CHEESE AND SET THE REST ASIDE. PUT ALL THE REMAINING INGREDIENTS TOGETHER IN THE BOWL AND TOSS SLOWLY AND GENTLY, MAKING SURE TO COAT EVERYTHING WITH THE DRESSING. GARNISH WITH THE REMAINING CHEESE. ENJOY!

School: Ira Harbison

Grade: 3

KIRBY SALAD

INGREDIENTS:

1. CHICKEN
2. LETTUCE
3. SPINACH
4. CORN
5. TOMATO
6. BOILED EGG
7. AVOCADO LIME RANCH DRESSING
8. TORTILLA STRIPS

INSTRUCTIONS:

COOK THE CHICKEN AND CUT IT AFTER. CUT THE VEGGIES AND THE BOILED EGG AND MIX WITH THE CHICKEN. ADD THE AVOCADO LIME RANCH DRESSING TO THE MIX. LAY TORTILLA STRIPS ON TOP.

“ROSES ARE RED, VIOLETS ARE BLUE, I LIKE SALAD, SO SHOULD YOU!”

School: John Otis

Grade: KN

FRUITY VEGGIE

INGREDIENTS:

1. LETTUCE
2. BANANA
3. CARROTS
4. CROUTONS
5. BLUEBERRIES
6. CHERRIES
7. WATERMELON
8. DRAGON FRUIT
9. NUTS
10. WALNUTS

INSTRUCTIONS:

PLACE THE LETTUCE IN A BOWL, ADD THE FRUITS AND VEGGIES NEXT, AND LASTLY, TOP IT WITH NUTS, WALNUTS, CROUTONS, AND BLUEBERRIES.

School: Kimball

Grade: 3

VEGGIE SALAD

INGREDIENTS:

1. LETTUCE
2. CROUTONS
3. TOMATO
4. CUCUMBERS
5. ASPARAGUS
6. DICED CHICKEN BREAST
7. RANCH DRESSING

INSTRUCTIONS:

PLACE THE LETTUCE IN A BOWL, ADD THE DICED VEGETABLES WITH CROUTONS. ADD COOKED, DICED CHICKEN BREAST. ADD RANCH DRESSING AND ENJOY!

School: Las Palmas

Grade: 3

BROCCOLI AMORE

INGREDIENTS:

1. BROCCOLI CROWNS
2. RED ONION
3. CASHEWS
4. CRANBERRIES (DRIED LIKE RAISINS)
5. MAYONNAISE
6. VANILLA YOGURT
7. APPLE CIDER VINEGAR
8. JANE'S KRAZY MIXED-UP SALT (LOW SODIUM)
9. CELERY SALT
10. BACON OR BACON BITS

INSTRUCTIONS:

CUT BROCCOLI FLORETS OFF OF CROWNS & INTO 1/2 INCH PIECES.

FINELY CHOP THE RED ONION. COMBINE BROCCOLI, RED ONIONS, & CASHEWS INTO A LARGE MIXING BOWL. FINELY CHOP

DRIED CRANBERRIES & ADD TO THE BOWL. WHISK MAYONNAISE, YOGURT, AND THE APPLE CIDER VINEGAR TOGETHER IN A

MEDIUM MIXING BOWL. ADD JANE'S KRAZY SALT & CELERY SALT TO A MEDIUM BOWL AND MIX TOGETHER. POUR THE MIXTURE

INTO THE LARGE MIXING BOWL AND STIR UNTIL COATED. COOK BACON IN A LARGE DEEP SKILLET OVER MEDIUM HEAT UNTIL

BROWN & CRISP. AFTER THE BACON COOLS, BREAK IT INTO PIECES & ADD IT TO THE BOWL OF COMBINED INGREDIENTS. COVER & REFRIGERATE FOR 2 HOURS. SERVE CHILLED.

School: Lincoln Acres

Grade: 5

BERRY SALAD

INGREDIENTS:

1. BABY MIXED GREENS
2. SPINACH
3. BLUEBERRIES
4. STRAWBERRIES
5. FETA/GOAT CHEESE
6. CANDIED WALNUTS, PECANS OR ALMOND SLIVERS
7. BALSAMIC VINAIGRETTE DRESSING

INSTRUCTIONS:

WASH ALL FRUITS AND GREENS. PUT GREENS AND SPINACH IN A BOWL. ADD BLUEBERRIES AND QUARTER STRAWBERRIES ON TOP OF THE GREENS. SPRINKLE CHEESE, SERVE WITH NUTS AND DRESSING ON THE SIDE FOR ALLERGIES AND PREFERENCES. IF CANDIED NUTS ARE NOT AVAILABLE, ALMOND SLIVERS ARE PROBABLY THE BEST CHOICE.

“THIS SALAD PROVIDES ANTIOXIDANTS, VITAMIN C, PROTEIN, CALCIUM, IRON, FIBER, POTASSIUM, B6, WHICH ARE ESSENTIAL FOR ALL CHILDREN’S GROWTH AND DEVELOPMENT OF THE BODY AND BRAIN. ALSO, WITH A TASTE MOST CHILDREN WILL ENJOY!”

School: Olivewood

Grade: 3

BEET SALAD

INGREDIENTS:

1. AVOCADO
2. GRAPES
3. BLUEBERRIES
4. WALNUTS
5. COOKED SLICED RED BEETS
6. SPRING MIX OF BABY LETTUCE AND ARUGULA
7. LOW SODIUM BALSAMIC VINAIGRETTE

INSTRUCTIONS:

ASSEMBLE THE SALAD WITH BEETS, WALNUTS, AVOCADO, BLUEBERRIES AND SPRING MIX OF BABY LETTUCE AND ARUGULA.

DRIZZLE ON THE LOW SODIUM BALSAMIC VINAIGRETTE, AND SERVE!

School: Palmer Way

Grade: 3

APPLE SALAD

INGREDIENTS:

1. RED APPLES
2. YELLOW APPLES
3. SOUR CREAM
4. STRAWBERRIES
5. BUNDLE OF GRAPES

INSTRUCTIONS:

YOU WILL NEED A BOWL FOR THIS RECIPE. POUR THE SOUR CREAM INTO THE BOWL. THEN CUT THE APPLES INTO 6 PARTS. CUT THE STRAWBERRIES INTO HALF AND ADD THE GRAPES WHOLE. THEN MIX EVERYTHING AND YOUR APPLE SALAD IS READY!

School: Rancho de la Nación

Grade: 6

