

KIDS RECIPE CONTEST



NATIONAL SCHOOL DISTRICT
CHILD NUTRITION DEPARTMENT

RECIPE

CIRCLE FRUIT SALAD

INGREDIENTS

4 SLICED BANANAS
3 CUPS WATERMELON
2 CUPS SLICED
STRAWBERRIES
2 CUPS BLUEBERRIES

DIRECTIONS

FIRST PUT THE BANANAS IN A CIRCLE, THEN PUT THE WATERMELON IN A SMALLER CIRCLE INSIDE, THEN PUT STRAWBERRIES ON SOME OF THE BANANAS. LAST BUT NOT LEAST, PUT BLUEBERRIES ON SOME OF THE WATERMELON PIECES.

School: A
El Teyon A
Grade: And A

RECIPE

STRAWBERRY SALAD

INGREDIENTS

4 SERVINGS MIXED GREENS
½ CUP FETA CHEESE
½ CUP SLICED HOT HOUSE CUCUMBER
½ CUP SLICES ALMONDS
½ CUP FRESH BASIL
½ CUP FRESH MINT
½ CUP EXTRA VIRGIN OLIVE OIL
1 SMALL CLOVE OF GARLIC
2 TBSP LEMON JUICE
1 PACKAGE FRESH SLICED STRAWBERRIES

PROCEDURE

IN A LARGE BOWL MIX TOGETHER THE MIXED GREENS, FETA CHEESE, CUCUMBER, SLICE ALMONDS, AND STRAWBERRIES. BLEND THE FRESH BASIL, FRESH MINT, OLIVE OIL, GARLIC CLOVE, AND LEMON JUICE IN A BLENDER UNTIL MIXED WELL. POUR DRESSING MIXTURE OVER SALAD, ADD SALT TO TASTE, AND ENJOY!

School:
Central
Grade:1st

RECIPE

COTTAGE CHEESE FRUIT SALAD

INGREDIENTS

1 POUND FRESH
STRAWBERRIES
3 APPLES
3 BANANAS
1 SMALL PAPAYA
2 CUPS LOW FAT
COTTAGE CHEESE

PROCEDURE

CUT FRUITS INTO
EQUAL PIECES AND
STIR IN THE COTTAGE
CHEESE.
TO SERVE MORE
PEOPLE, DOUBLE THE
QUANTITY OF THE
RECIPE. OPTIONAL,
ADD HONEY

School:
Ira
Harbison
Grade:2nd

RECIPE

BABY SPINACH SALAD

INGREDIENTS

2 CUPS BABY SPINACH
3 CUPS ROMAINE
LETTUCE
1 CUP KALE
¼ CUP CARROTS
¼ CUP TOMATOES
1 PACKAGE CROUTONS
½ CUP CELERY
½ CUP PURPLE CABBAGE
TO TASTE, LIGHT RANCH
DRESSING

PROCEDURE

FIRST CLEAN ALL
INGREDIENTS AND
THEN CUT THEM ALL
INTO
PIECES. SECOND, MIX
THE GREENS AND
THEN ADD ALL
EVERYTHING TO THE
SAME BOWL AND
THAT IS IT.

School:
JohnOtis
Grade:5th

RECIPE

CHICKEN & GOAT CHEESE SALAD

INGREDIENTS

10 OZ BABY SPINACH
AND ARUGULA MIX
½ CUP COOKED
CHICKEN
¼ CUP CRISPY ONIONS
¼ CUP PUMPKIN SEEDS
2 OZ GOAT CHEESE
½ TSP SALT

PROCEDURE

FIRST YOU MIX THE
ARUGULA AND BABY
SPINACH AND THEN
ADD THE
CHICKEN. THEN YOU
ADD THE PUMPKIN
SEEDS, CRISPY
ONIONS, GOAT
CHEESE, AND SALT.

School:
Kimball
Grade:5th

RECIPE

PIZZA SALAD

INGREDIENTS

2 CUPS SPRING SALAD MIX
½ CUP HALVED CHERRY TOMATOES
1 CUP MOZZARELLA CHEESE
½ CUP PARMESAN CHEESE
½ CUP SLICED GREEN PEPPERS
½ CUPS SLICED BLACK OLIVES
½ CHOPPED COOKED CHICKEN BREAST
1 THIN CRUST PIZZA CRUST
½ CUP TOMATO SAUCE
¼ CUP YOUR FAVORITE SALAD DRESSING

PROCEDURE

PREHEAT OVEN TO 375°. PUT TOMATO SAUCE AND THE PARMESAN AND MOZZARELLA CHEESE ON THE PIZZA CRUST AND BAKE UNTIL GOLDEN BROWN, ABOUT 5-7 MINUTES. TOP PIZZA WITH SPRING SALAD MIX, CHERRY TOMATOES, GREEN PEPPERS, BLACK OLIVES, CHOPPED CHICKEN, AND YOUR FAVORITE SALAD DRESSING. CUT INTO EIGHT SLICES WITH PIZZA CUTTER AND ENJOY!

School:
Las Palmas
Grade:5th

RECIPE

STRAWBERRY/LIME SALAD

INGREDIENTS

2 HEADS OF LETTUCE
¼ CUP RED ONION
1 CUCUMBER
1 TOMATO
1 LIME
2 CUPS FRESH
STRAWBERRIES
1 TBSP OLIVE OIL
1/4 AVOCADO

PROCEDURE

FIRST WASH ALL
VEGETABLES. NEXT,
CUT EVERYTHING WITH
A KNIFE. THEN MIX
ITEMS WITH THE LIME
AND OLIVE OIL
DRESSING AND PUT
THE SALAD ON A
PLATE.

School:
Lincoln
Acres
Grade:3rd

RECIPE

ROTINI PASTA PRIMAVERA

INGREDIENTS

1 POUND WHOLE
WHEAT ROTINI PASTA
1 POUND BONELESS
CHICKEN BITES
1 CAN CORN
3 CHOPPED CARROTS
1 CHOPPED ZUCCHINI
½ CUP QUINOA
PINCH SALT AND
PEPPER
2 OZ OLIVE OIL
GRATED PARMESAN AS
DESIRED

PROCEDURE

PREHEAT OVEN TO 285°
AND BAKE
BONELESS CHICKEN BITES
WITH SALT AND PEPPER
FOR 11 MINUTES. COOK
WHOLE WHEAT
ROTINI BY BOILING FIVE
QUARTS OF WATER FOR
EACH POUND OF DRY
PASTA. ADD THE
OLIVE OIL AND PASTA AND
RETURN TO A BOIL. COOK
APPROXIMATELY 13-15
MINUTES,
REMOVE FROM HEAT, AND
DRAIN. COOK QUINOA BY
COMBINING ½ CUP
UNCOOKED QUINOA AND
1 CUP OF WATER IN A POT,
BRING TO BOIL, AND THEN
SIMMER FOR 15 MINUTES.
CUT
CARROTS AND ZUCCHINI
AND STEAM THEM FOR 45
SECONDS. PLACE ALL
INGREDIENTS INTO
A BOWL AND MIX. ADD
GRATED PARMESAN CHEESE
AS DESIRED. ENJOY!

School:
Olivewood
Grade: 4th

RECIPE

FRUIT & VEGGIE COLOR SPLASH SALAD

INGREDIENTS

2 CUPS SPINACH
¼ CUP MUSHROOMS
½ CUP TOMATOES
1 LEMON
½ APPLE, SLICED
¾ CUP AVOCADO
¾ CUP CUCUMBER
PINCH OF SALT AND
PEPPER
1 OZ OLIVE OIL

PROCEDURE

FIRST YOU ADD THE SPINACH AND THE OLIVE OIL TO MAKE THE SPINACH SOFTER TO CHEW. NEXT, YOU CUT THE MUSHROOMS, TOMATOES, APPLES, AVOCADO, AND CUCUMBERS. AFTER THAT, ADD ALL THE VEGGIES TO THE SPINACH AND SQUEEZE THE LEMON JUICE ONTO THE SALAD. THEN ADD SALT AND PEPPER FOR A SPLASH OF TASTE.

School:
Palmer
Way
Grade:5th

RECIPE

FIVE COLORS FRUIT SALAD

INGREDIENTS

1 CUP BLUEBERRIES
1 CUP GREEN GRAPES
1 LARGE BANANA
2 TBSP SHREDDED
COCONUT
1 CUP PLAIN GREEK
YOGURT
1 TBSP HONEY
8 OZ FRESH MINT

PROCEDURE

CUT THE FRUITS INTO
PIECES. NEXT, ADD
THE HONEY, PLAIN
YOGURT, AND MINT IN
A BIG BOWL WITH THE
FRUIT AND MIX
TOGETHER.

School:
Rancho
Grade: 3rd