KIDS RECIPE CONTEST



NATIONAL SCHOQL DISTRICT

DEPARTMENT

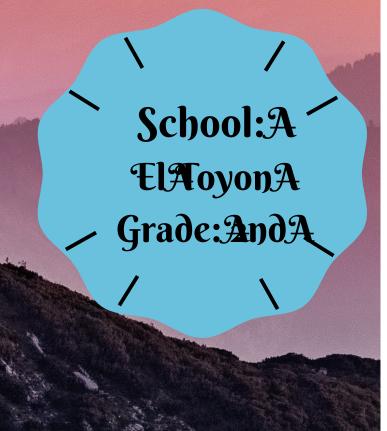
CIRCLE FRUIT SALAD

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.



STRAWBERRY SALAD

INGREDIENTS

4 SERVINGS MIXED
GREENS
½ CUP FETA CHEESE
½ CUP SLICED HOT
HOUSE CUCUMBER
½ CUP SLIDES 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

School: Central Grade:1st 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!

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



BABY SPINACH SALAD

INGREDIENTS

2 CUPS BABY SPINACH
3 CUPS ROMAINE
LETTUCE
1 CUP KALE
14 CUP CARROTS
14 CUP TOMATOES
1 PACKAGE CROUTONS
15 CUP CELERY
15 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.



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.



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

School:

Las
Palmas
Grade:5th

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!

STRAWBERRY/LIME SALAD

INGREDIENTS

2 HEADS OF LETTUCE

1/4 CUP RED ONION

1 CUCUMBER

1 TOMATO

1 LIME

2 CUPS FRESH

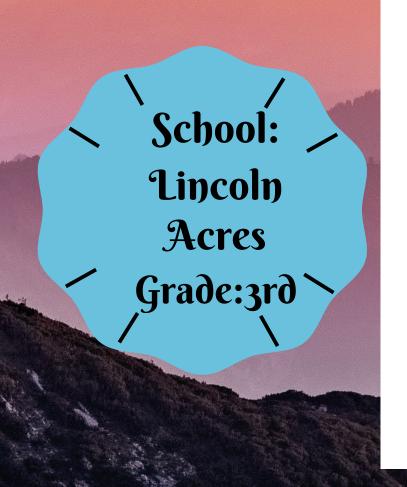
STRAWBERRIES

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.



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

School:
Olivewood
Grade:4th

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
OLIVEOIL 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.

CARROTS AND ZUCCHINI
AND STEAM THEM FOR 45
SECONDS. PLACE ALL
INGREDIENTS INTO
A BOWL AND MIX. ADD
GRATED PARMESAN CHEESE
AS DESIRED. ENJOY!

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

School:
Palmer
Way
Grade:5th

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.

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.

