

Wingspan Arts at BSI and TAOTS
Fall/Winter 2011-2012

Cooking Up a Healthy Story

- with Marie Cuccurullo

Class Recipe Book



About our class



Cooking Up a Healthy Story is a fun, interactive class that teaches children how to prepare delicious foods for a healthy, well-rounded diet. Each class featured a read aloud by acclaimed children's authors, and every story related to a new recipe.

Throughout the course of our class, the children practiced measuring, pouring, mixing, and baking. They also learned how to be safe in the kitchen. Most importantly, they worked in collaboration while practicing the Tribes Agreements: Mutual Respect; Attentive Listening; Appreciations - No Put Downs; Personal Best; Right to Pass; and Safety With Your Body and Heart.

From the first day of class to the last, the children were engaged in a multitude of positive sensory experiences.

Meet the Chefs!



Anastasia



Ariel



Benjamin



Elizabeth

Meet the Chefs!



Freddy



Isabelle



Jamie

Meet the Chefs!



Jason



Joyce



Maggie

Meet the Chefs!



Melanie



Nicole



Sam



Vince

Tasty Tortillas

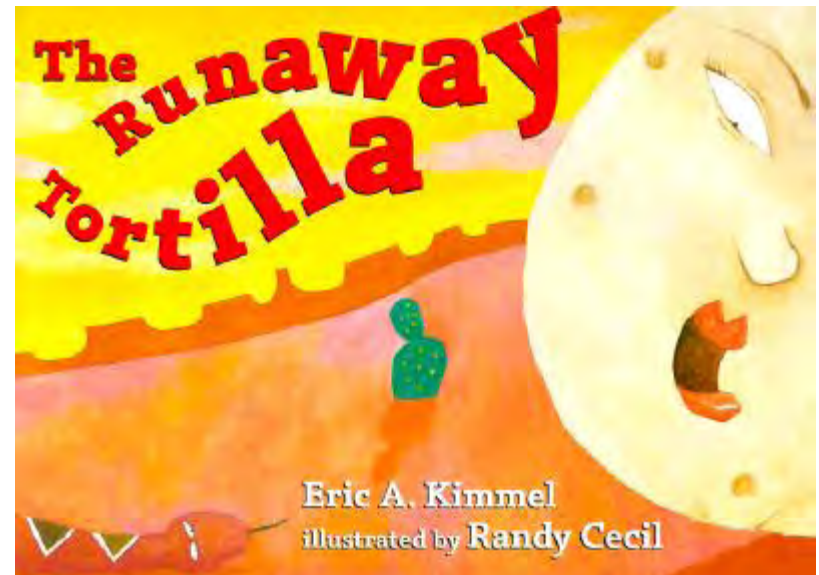
Ingredients (serves 4)

- 4 whole grain 8-inch tortillas
- 4 oz. fat-free cream cheese
- 2 tablespoon fat-free sour cream
- 1 tablespoon non-fat milk
- 1/4 cup chopped sun-dried tomatoes
- 1/8 tsp salt
- 1 cup sliced red tomatoes (1 large)
- 1 cup peeled, thinly sliced cucumber (1/2 large)
- 1 cup shredded romaine lettuce
- 1/2 of a medium avocado, sliced into 8 slices
- 1/4 cup thinly sliced red onion

Directions

- Lay each tortilla face-up on a flat surface.
- In a medium-sized bowl, mix together the cream cheese, sour cream, milk, sun-dried tomatoes, and salt.
- Spread 1 tablespoon of the mixture over each tortilla.
- Top each tortilla with 1/4 cup each of the tomatoes, cucumber, and lettuce. Then top with 2 slices of avocado, and about a tablespoon of the red onion.
- Tuck in each end of the tortilla and wrap tightly.

Featured Read Aloud:
The Runaway Tortilla
by Eric A. Kimmel



Berr-i-licious Smoothies

Ingredients

- 1 banana
- 1 handful of raspberries
- 1 handful of blueberries
- 1 cup milk
- 1 cup yogurt - optional

Directions

Add the banana, raspberries, blueberries, milk, and yogurt to a blender. Blend and enjoy!

Featured Read Aloud:
Blueberries for Sal,
by Robert McCloskey



Berr-i-licious Smoothies



Benjamin enjoys his smoothie

Smoothies



Vince

Rainbow Rotini

Ingredients (serves 8)

- 1 (16 ounce) package colored rotini pasta
- 2 tomatoes, chopped
- 1 green bell pepper, chopped
- 1 onion, chopped
- 1 large cucumber, chopped
- 1 cup broccoli
- 1 cup fresh sliced mushrooms
- 1 (8 ounce) bottle Italian-style salad light dressing
- 1 cup black olives, pitted and sliced

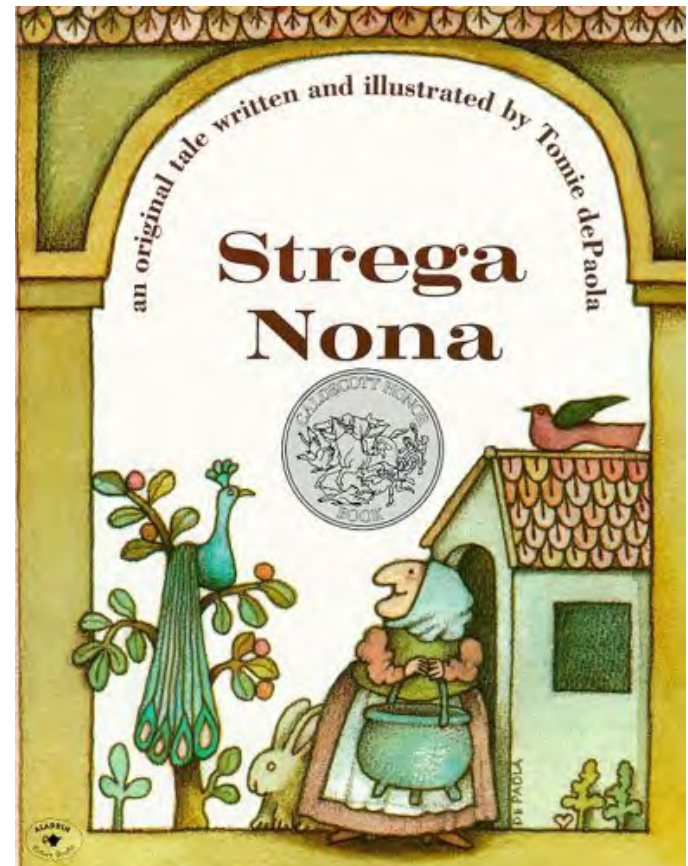
Directions

- Bring 4 quarts of water to a rapid boil (2 teaspoons of salt can be added, optional). Add rotini. Return water to rapid boil and cook uncovered, stirring frequently, for about 10 to 12 minutes. Drain. Rinse in cold water.
- Combine cooked pasta with tomatoes, green bell pepper, onion, cucumber, broccoli, mushrooms, olives and Italian salad dressing. Cover and chill.
- Toss before serving.

Featured Read Aloud:

Strega Nona,

by Tomie DePaola



Rainbow Rotini



Chefs prepare the vegetables



Isabelle takes a taste test!

I Will Never Not Eat Grilled Tomatoes

Ingredients (serves 2-4)

- 2 firm, ripe tomatoes cut in half around the middle
- Olive oil
- Kosher salt
- Freshly ground black pepper
- 4 basil leaves, thinly sliced

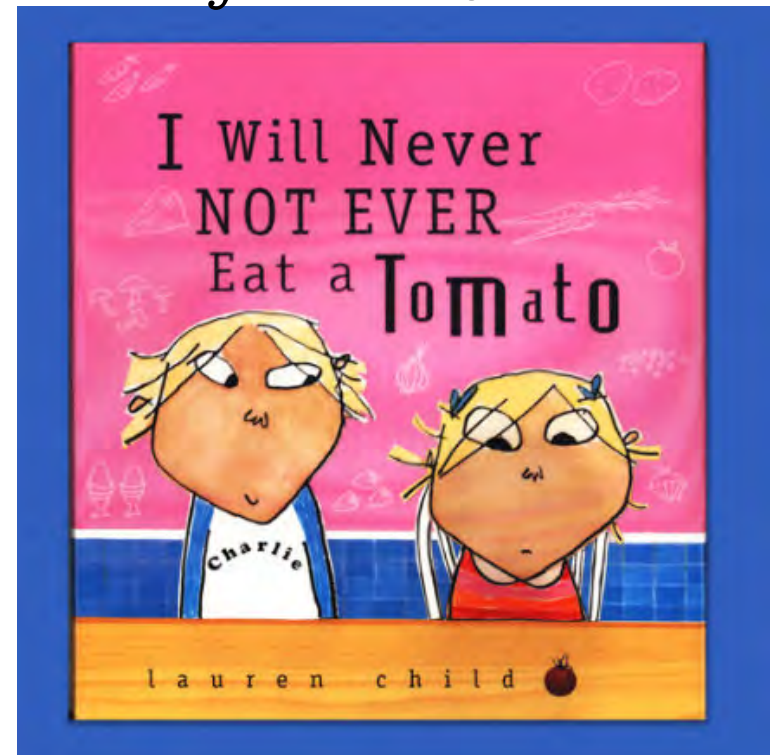
Directions

- Use fingers to remove watery pulp and seeds from tomatoes. Preheat your grill on high heat for direct grilling.
- Season the tomatoes with salt and pepper.
- Brush the cut side of the tomatoes with olive oil. Brush the grill grate or grill pan with olive oil.
- Place the tomatoes, cut side down on the grill surface. Cover the grill and let cook for about 4 minutes. (Check after 2 minutes.)
- Use a metal spatula to lift tomatoes off of the grill for serving.
- Place on a serving dish, cut side up. Drizzle a little more olive oil on the tomatoes. Sprinkle with just a little more salt and pepper, and thinly sliced basil.

Featured Read Aloud:

I Will Never Not Eat a Tomato

by Lauren Child



Confetti Rice

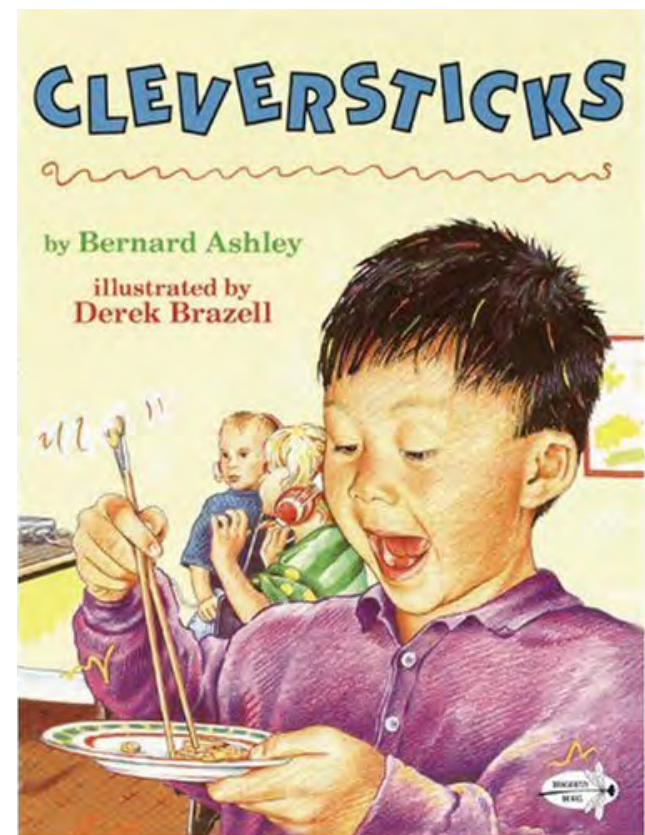
Ingredients

- 1 cup uncooked brown rice
- 1/2 cup onions, finely chopped
- 1 garlic clove, minced
- 1/2 cup red bell pepper, diced
- 1 tablespoon roasted sesame oil (and teaspoon for dressing)
- 1/4 cup water
- 1 tablespoon soy sauce (and another for dressing)
- 1 cup corn, frozen
- 2 shitake mushrooms, finely chopped
- 1 teaspoon lemon juice
- 1/4 teaspoon ginger, powdered

Directions

- Rinse 1 cup uncooked rice. Add rinsed rice to 2 1/4 cups water, bring to a boil. Turn heat to low and let simmer for 45 minutes until water is absorbed.
- In skillet, saute onions, garlic, bell peppers, and sesame oil on medium-low heat for 5 minutes or until tender. Add in water, soy sauce, corn, and mushroom, and cook till tender.
- To make dressing, in a separate bowl mix soy sauce, sesame oil, lemon juice, and ginger. Remove vegetables from the heat. Toss in rice and mix well. Add dressing to the rice and vegetables. Mix together.

Featured Read Aloud:
Cleversticks,
by Bernard Ashley



Confetti Rice



ISA





Pumpkin Pudding

Melanie

Ingredients (serves 8)

- 1 (3.4 ounce) package instant vanilla pudding mix
- 1 (12 fluid ounce) can evaporated milk
- 1 (15 ounce) can pure pumpkin
- 1 tablespoon pumpkin pie spice
- Fat free whipped cream

Directions

- Beat pudding mix and evaporated milk according to package directions in large bowl.
- Refrigerate for 5 minutes.
- Add pumpkin and pumpkin pie spice; mix well.
- Spoon into dessert dishes.
- Refrigerate for 10 minutes or until ready to serve.
- Top with whipped cream.

Featured Read Aloud:

Pumpkins,

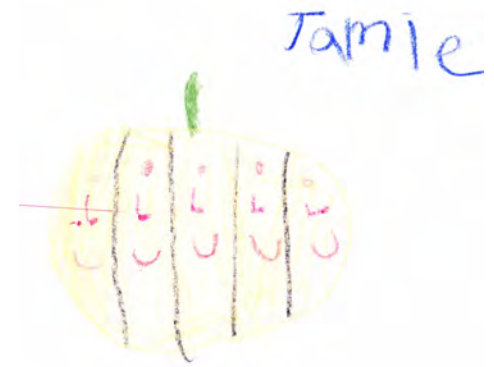
by Jacqueline Farmer

Jacqueline Farmer

Pumpkins
Illustrated by
Phyllis Limbacher Tildes



Pumpkin Pudding



Ariel and Jamie mix the ingredients!



English Muffin Pizza

Featured Read Aloud:

Pete's a Pizza,

by William Steig

Ingredients

- 1 Whole Wheat English muffin
- A handful (about 1/3 cup) of part-skim shredded mozzarella cheese
- 1/2 sliced tomato or 2 tablespoons of pizza sauce
- Vegetable toppings (allow child to select favorites)

Directions:

- Slice the English muffin and place the tomatoes or sauce on each half. Sprinkle with mozzarella cheese.
- Top 'pizza' with your favorite vegetable toppings.
- Place your completed 'pizza' on an aluminum foil-lined baking sheet in an oven preheated to 350 F or in a toaster oven. Bake for 5 to 10 minutes.



English Muffin Pizza



Joyce tries the first "slice!"



FREDERICK

Awesome Applesauce

Ingredients (serves 2)

- 2 small red apples
- 2 tablespoon lemon juice
- 2 teaspoon sugar
- 2 pinches of cinnamon

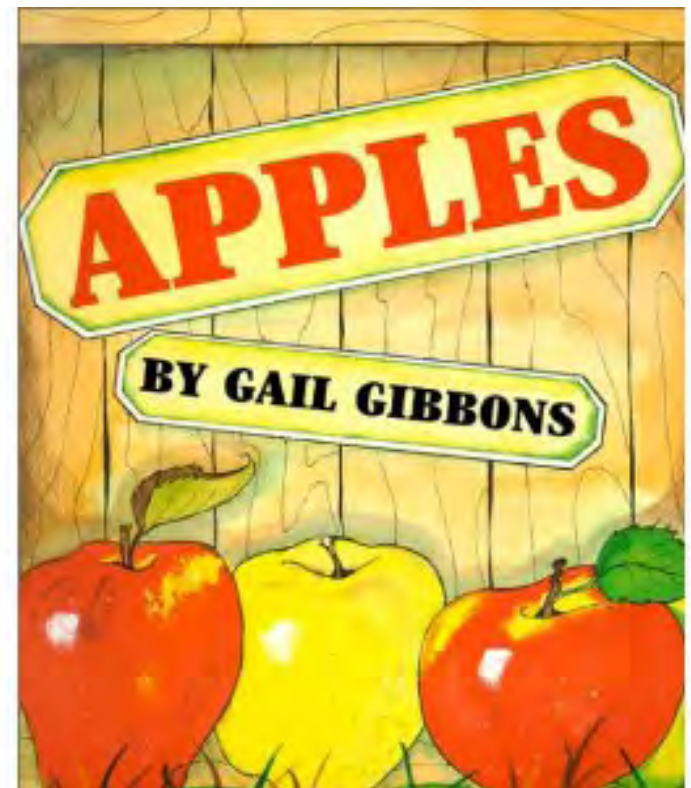
Directions

- Peel the apples and cut them into small pieces. Throw out the core.
- Put the apple pieces and lemon juice into a blender or food processor. Blend until the mixture is very smooth.
- Pour the mixture into two small bowls and stir in the sugar and cinnamon.
- Enjoy your awesome applesauce!

Featured Read Aloud:

Apples,

by Gail Gibbons



Joyce



Winter Fruit Salad

Featured Read Aloud:

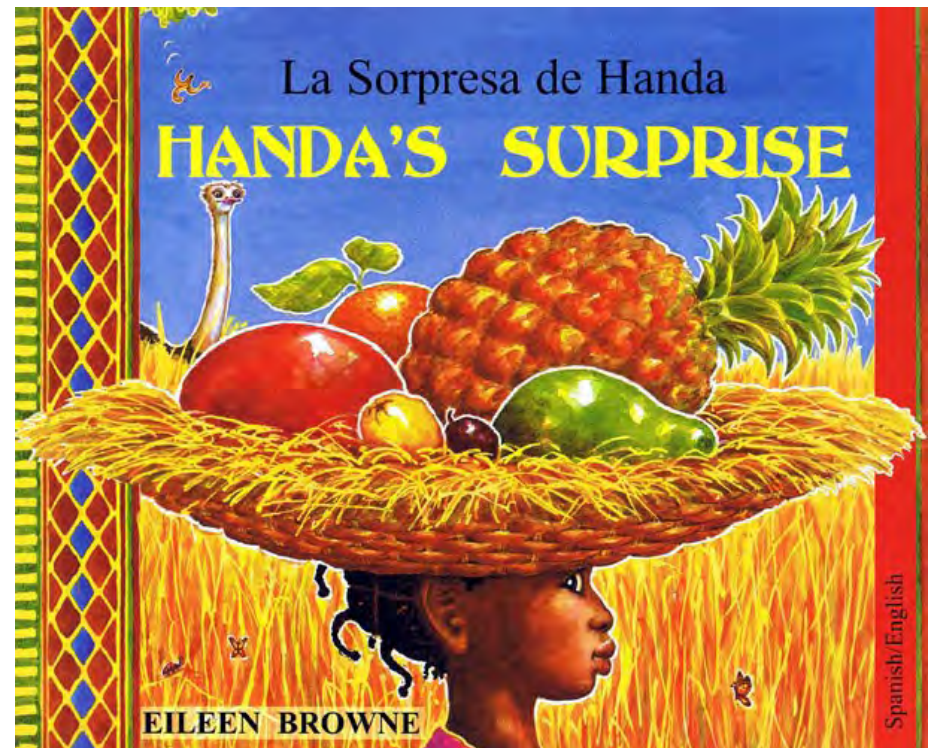
Handa's Surprise,
by Eileen Browne

Ingredients

- 1 (20 ounce) can pineapple juice
- 1/4 cup sugar
- 2 tablespoons cornstarch
- 1/3 cup orange juice
- 1 tablespoon lemon juice
- 1 (11 ounce) can mandarin oranges (drained)
- 3-4 unpeeled apples, chopped (green and red)
- 2-3 bananas (sliced)

Directions

- Drain pineapple, reserving 3/4 cup juice.
- In a saucepan, combine sugar and cornstarch. Add pineapple juice, orange juice, and lemon juice.
- Cook and stir over medium heat until thickened and bubbly; cook and stir 1 minute longer.
- Remove from the heat; set aside.
- In a bowl, combine pineapple chunks, oranges, apples, and bananas.
- Pour warm sauce over the fruit; stir gently to coat.
- Cover and refrigerate.



Winter Fruit Salad



Maggie and Benjamin: chefs at work!



Winter Fruit Salad



We're proud of our healthy and delicious creation!

Veggie Omelets

Ingredients

- 2 tablespoons butter
- 1 small onion, chopped
- 1 green bell pepper, chopped
- 4 eggs
- 2 tablespoons milk
- 3/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 ounces shredded (low-fat) Swiss cheese

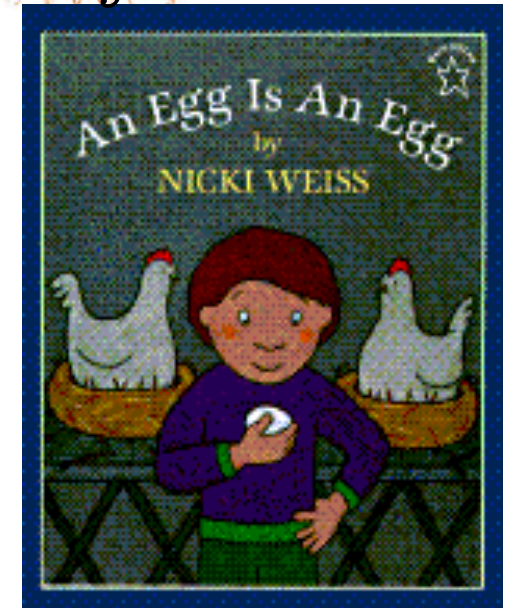
Directions

- Melt 1 tablespoon butter in a skillet over medium heat. Place onion and bell pepper inside of the skillet. Cook for 5 minutes while stirring.
- While vegetables cook, beat eggs with the milk, 1/2 tsp. salt and pepper.
- Remove vegetables from heat, transfer to a bowl and sprinkle with 1/4 tsp. salt.
- Melt the remaining 1 tablespoon of butter (in the skillet) over medium heat. Coat the skillet with the butter. Add the egg mixture and cook for 2 minutes. Gently lift the edges of the omelet with a spatula to let the uncooked part of the eggs flow toward the edges and cook. Continue cooking for 2 to 3 minutes.
- Sprinkle the cheese over the omelet and spoon the vegetable mixture into the center. Using a spatula, gently fold one edge of the omelet over the vegetables. Let the omelet cook for another two minutes. Slide the omelet out of the skillet and onto a plate. Cut in half and serve.



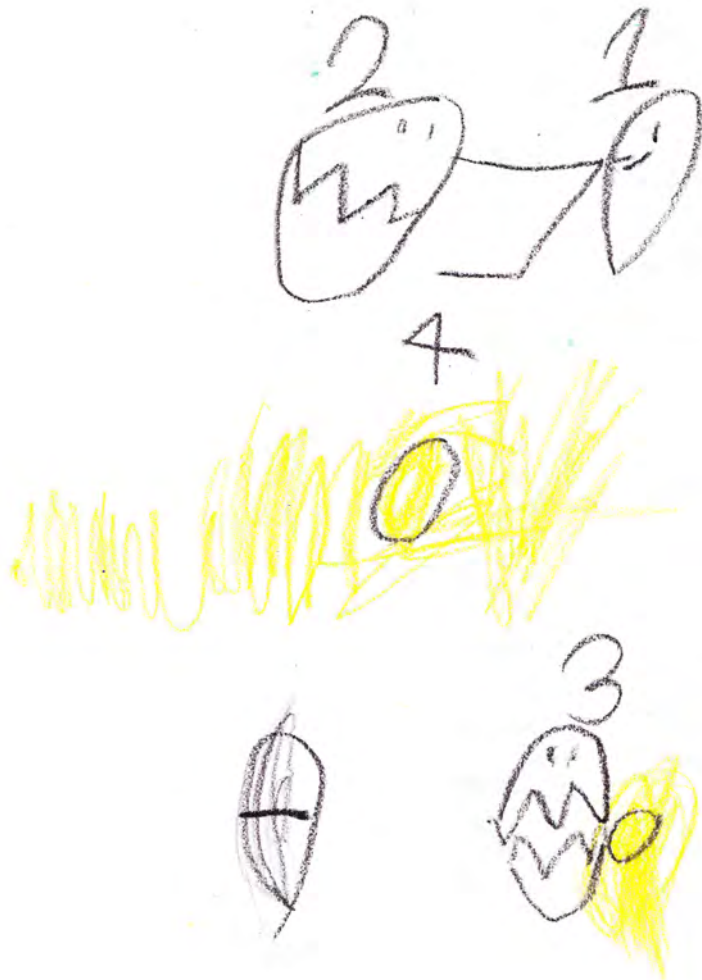
Featured Read Aloud:

An Egg is an Egg,
by Nicki Weiss



How to break an egg

by Freddy:



Sam follows Freddy's instructions

Whole Wheat Blueberry Pancakes

Ingredients

- 1 1/4 cups whole wheat flour
- 2 teaspoons baking powder
- 1 egg
- 1 cup milk, plus more if necessary
- 1/2 teaspoon salt
- 1 tablespoon sugar or artificial sweetener
- 1/2 cup blueberries

Directions

- Sift together flour and baking powder, set aside. Beat together the egg, milk, salt, and artificial sweetener in a bowl. Stir in flour until just moistened. Add blueberries and stir to incorporate.
- Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray. Pour approximately 1/4 cup of the batter into the pan for each pancake. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.

Featured Read Aloud:
Pancakes, Pancakes!,

by Eric Carle





Anastasia and Maggie stir the pancake mix!



Gingerbread Snaps

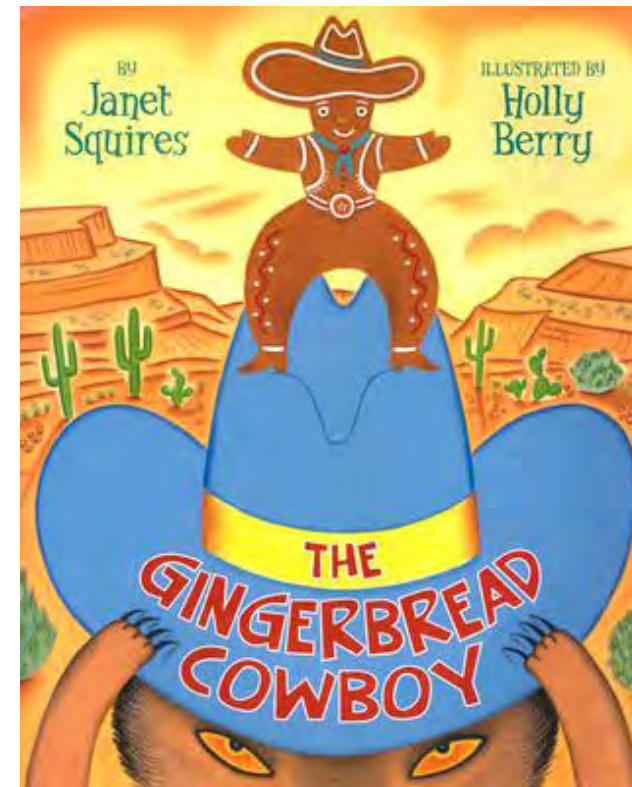
Featured Read Aloud:
The Gingerbread Cowboy,
by Janet Squires

Ingredients

- 1 cup packed brown sugar
- 3/4 cup vegetable oil
- 1/4 cup molasses
- 1 egg
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/3 cup white sugar for decoration

Directions

- Preheat oven to 375 degrees
- In a large bowl, mix together the brown sugar, oil, molasses, and egg. Combine the flour, baking soda, salt, cloves, cinnamon, and ginger; stir into the molasses mixture.
- Roll dough into 1 1/4 inch balls. Roll each ball in white sugar before placing 2 inches apart on cookie sheets.
- Bake for 10 to 12 minutes in preheated oven.





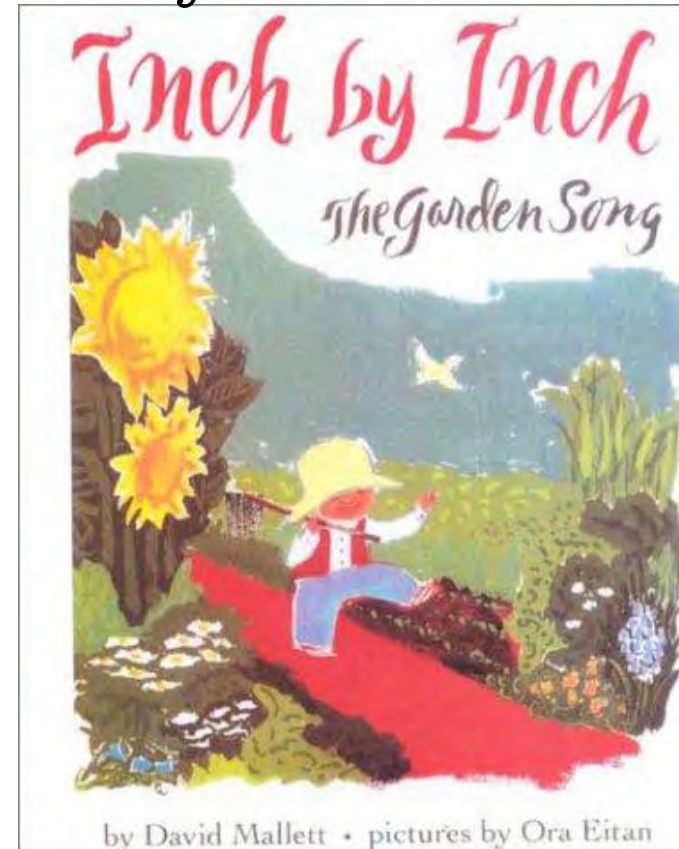
Elizabeth and Sam say “Who needs chocolate chips? These cookies are tasty!”

Garden Juice

Select **any** of your favorite fruits and vegetables. Combine them to create your own garden juice recipe! Simply add your ingredients to a juice machine and enjoy!



Featured Song/Read Aloud:
Inch by Inch - The Garden Song,
by David Mallett



Garden Juice



Fresh juice is better than juice in a box.
Freddy, Joyce, and Ariel agree!

Turkey Meatballs

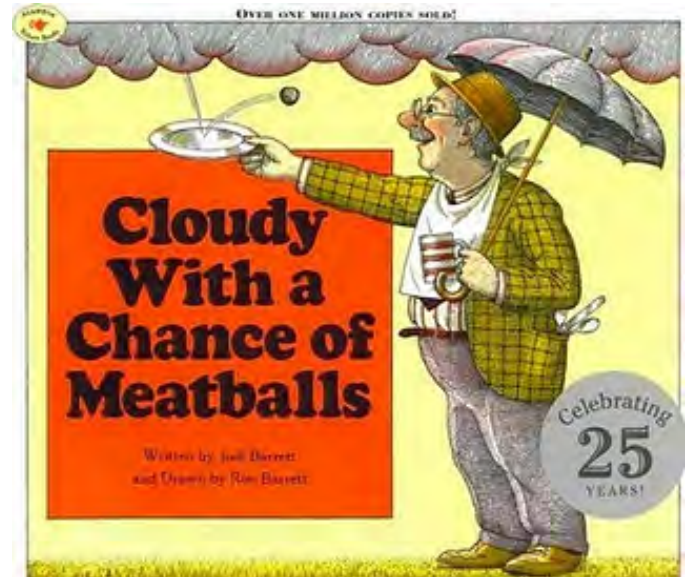
Ingredients (serves 4)

- 1 3-pound package of ground turkey
- 1/4 cup grated onion
- 1 egg
- 1/3 cup breadcrumbs
- 1/4 cup freshly grated parmesan cheese
- 2 cloves garlic, minced
- 1 teaspoon salt / 1/2 teaspoon pepper
- 2 tablespoons chopped, fresh parsley
- 2 tablespoons olive oil
- 2 cups tomato sauce (homemade or jarred)
- 2 pounds greens of your choice (such as broccoli, kale, mustard greens, or a mixture), washed, de-veined, and roughly chopped

Directions

- Combine the turkey, onion, egg, breadcrumbs, cheese, garlic, salt, pepper, and parsley in a large bowl. Mix with your hands until all of the ingredients are evenly distributed.
- Roll portions of the mixture into 1 1/4-inch balls and place on a cookie sheet. You should have between 26 and 30 meatballs.
- Bring a large pot of water to a boil. Salt generously.
- Heat olive oil on moderately high heat in a large, 14-inch skillet. Place the meatballs in the skillet and allow to sit until browned on one side, about 3 to 4 minutes. Using tongs, gently rotate the meatballs so that they brown on the other side, and continue cooking them for about 12 minutes total, rotating them carefully every few minutes so that all sides are brown.
- Reduce the heat to medium, add the tomato sauce, and cover the

Featured Read Aloud:
Cloudy With a Chance of Meatballs,
by Judi Barrett



Enjoy your meal!

Bon Appétit!

食飯

Buen apetito!

Приятного аппетита!

Buon appetito!

どうぞめしあがれ

Poftă bună!

Dobró chuť!

Afiyet olsun!

Smacznego!

Καλή όρεξη!

잘 먹겠습니다