

# Tasty Travels Cookbook



## ABOUT US

iCook After School offers engaging hands-on cooking and nutrition education classes designed to foster life skills, provide an insight into nutrition and wellness and simultaneously nurturing curiosity and a passion for exploration among children. Our classes reinforce math, science and enhance students Executive Function Skills and Social-Emotional Learning, creating a holistic approach that combines the joy of cooking with the reinforcement of essential cognitive and emotional development. Our curated curricula center around themes that emphasize the significance of diversity, creativity, and education, providing a holistic approach to learning for children in an after-school setting.

## HISTORY

iCook was founded in 2014 by two visionary women who saw an opportunity to bring high-quality, engaging after-school programming to children through hands-on cooking experiences. What started as a small initiative quickly grew into a thriving program, reaching schools and communities across the country. From the very beginning, our mission has been to make after-school enrichment accessible and enjoyable for parents, principals, and—most importantly—kids. Over the years, we've built a strong team of dedicated educators and enrichment supervisors who bring our curriculum to life, ensuring seamless class delivery and local program oversight. Through passion, innovation, and a commitment to excellence, iCook continues to inspire young chefs and foster a love of healthy eating in every class.

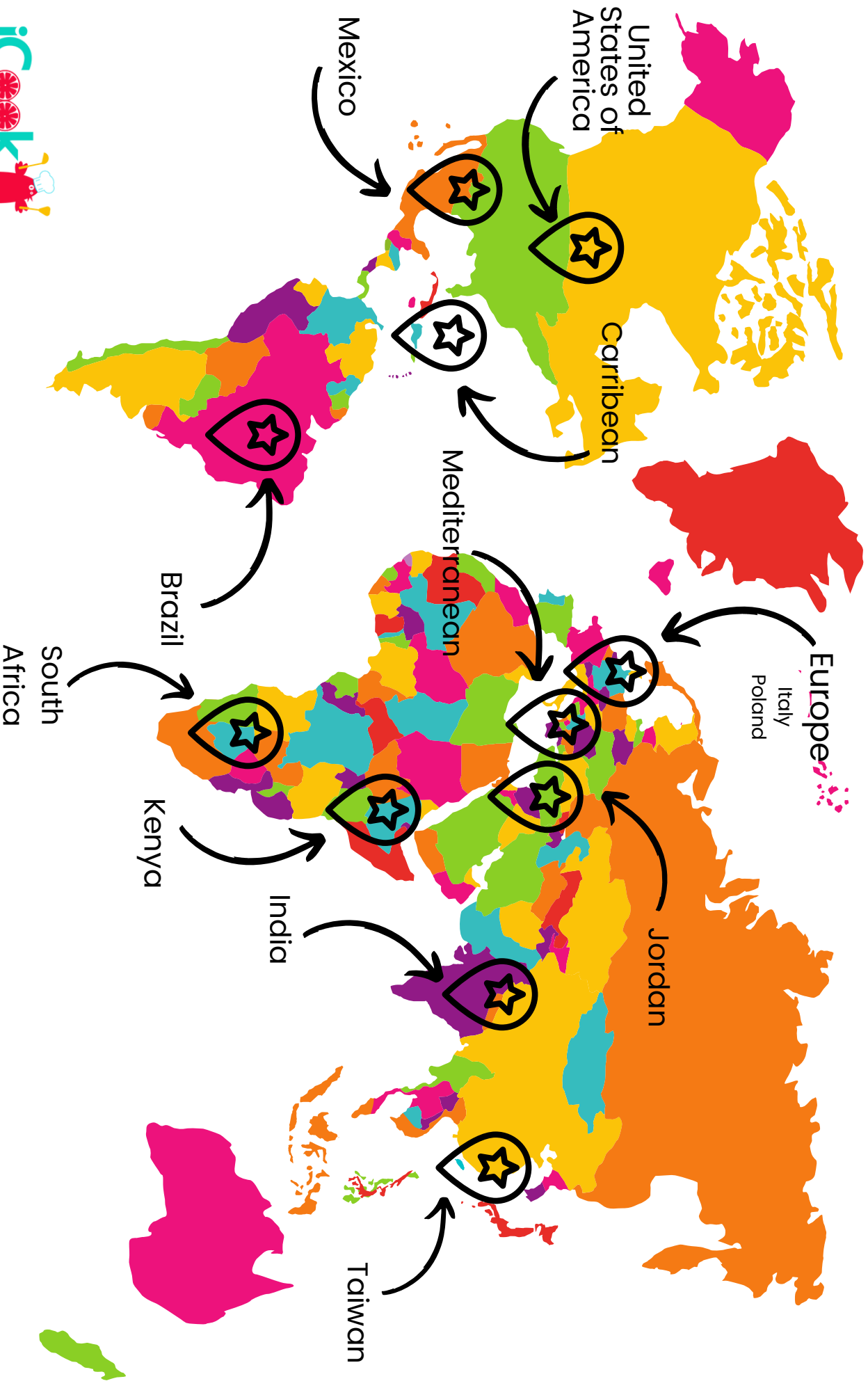
## OUR MISSION

Our mission is to encourage young chefs to enjoy the simple goodness of food and cooking through hands-on classes sprinkled with nutrition, cultural diversity and sustainability for good measure. Our vision is to cultivate a generation of young chefs who delight in the art of cooking while embracing the values of nutrition, cultural diversity, and sustainability. Through hands-on classes, we inspire a love for culinary exploration, nurturing a community that celebrates the simple goodness of food and its power to create positive change in the world.

In essence, iCook After School is more than just a provider of cooking classes – we're catalysts for growth, curiosity, and culinary creativity in the hearts and minds of young learners nationwide.



# TASTY TRAVELS





Use these to help teach students about knife safety and proper knife techniques



## SAFETY HOLDING A KNIFE

Three important rules to teach children:

- **Grip.** Hold the knife properly. Hold the knife with your dominant hand (the hand you write with). Pinch the blade right above the handle and rest the knuckles of your pointer finger on the back of the knife.
- **Do the chef stance.** Stand on a steady surface with feet shoulder width apart. Make sure your hips are at counter height. Wear close toed shoes that are non-slip. Create an X with the tip of the knife and your claw hand. Elbows out.
- **Claw.** The hand that is holding the food should look like a bear claw – fingers curled with thumb in. This protects your fingers in case the knife slips.
- **Eyes.** Keep eyes on the knife at all times. Remind your child that if their eyes wander then they should stop cutting and place the knife carefully on the cutting board.

## PRACTICE KNIFE SKILLS

Before practicing knife skills there are a few tips to discuss with your children. These tips will help them successfully cut a piece of food while remaining safe.

- **The knife is stuck.** Tell children to pretend the tip of the knife is stuck to the cutting board.
- **Rocking the boat technique (aka rock the blade).** When cutting, the blade should move in a rocking motion to saw through the food.
- **Lay food flat.** Round items like cucumbers and bananas should be cut in half lengthwise to lay on their flat side for safe cutting.
- **Move hand to coarsely chop.** Small pieces like garlic or herbs should be chopped by rocking the knife across the food while your hand lays flat on top of the knife.

Now you are ready to work on your recipes and do some chopping and dicing like a pro.



# MEASURING TIPS

Use these to help teach students about measuring different ingredients



**MEASURING DRY INGREDIENTS**



**MEASURING BROWN SUGAR**



**MEASURING LIQUIDS**



**MEASURING YOGURT**



**MEASURING HONEY HACK**

## MEASURING

- Means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- Measuring tools include measuring cups (dry and liquid), measuring spoons, scales.
- Measuring properly ensures that your recipe will taste good and cook correctly!

## MEASURING DRY INGREDIENTS (FLOUR, SUGAR ETC)

- Always use a dry measuring cup for these ingredients!
- Spoon into measuring cup from container.
- Level off any excess with the backside of a butter knife.

## MEASURING BROWN SUGAR

- Spoon the brown sugar into a measuring cup.
- Pack down the top.
- You know you've done it right when you dump the brown sugar out and it keeps the shape of the measuring cup.

## MEASURING BUTTER

- Butter and margarine are solid fats, and need to be measured using a dry measuring cup. Press the fat into the measuring cup and level the top, using a spoon or rubber spatula.
- If you are using stick butter or margarine, explain that one normal size stick equals  $\frac{1}{2}$  cup. The sticks also have handy lines that mark each 1 tablespoon.

## MEASURING LIQUIDS

- Set the liquid measuring cup on the counter.
- Bend down so your eyes are level with the measuring cup. Pour the liquid into the measuring cup until it hits the line that matches the amount you want to measure.

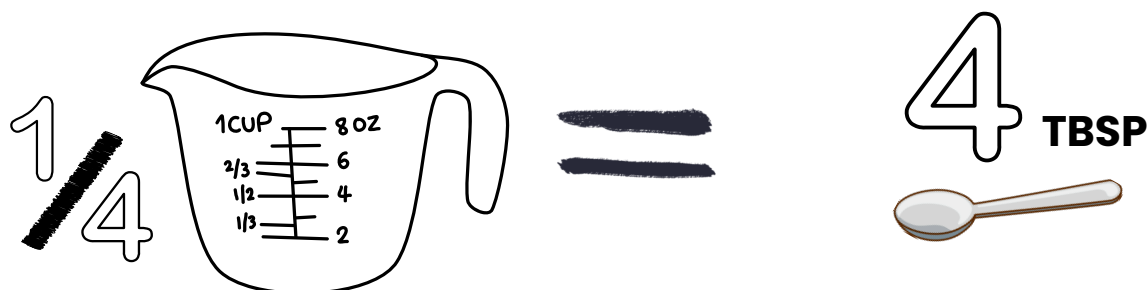
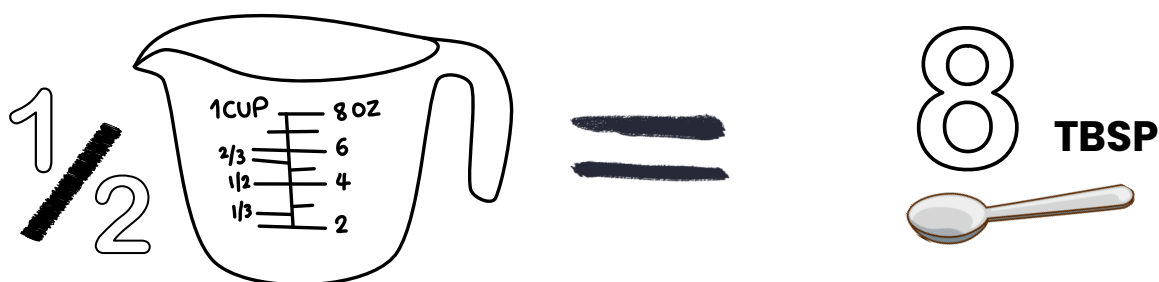
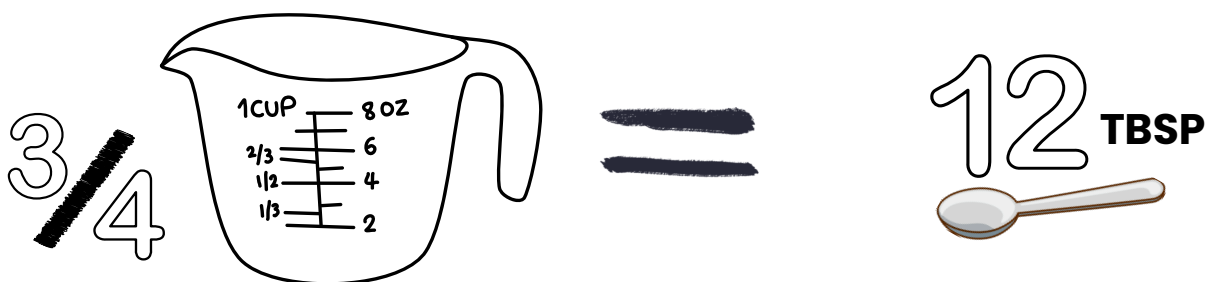
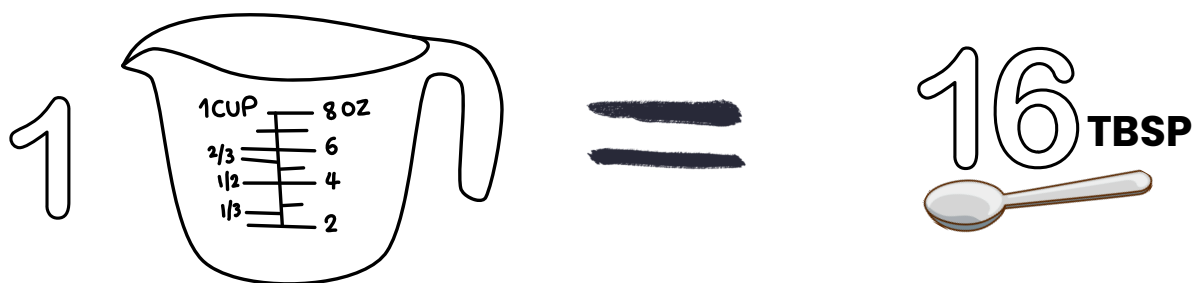
## MEASURING SOUR CREAM, PEANUT BUTTER, YOGURT

- Thick ingredients, such as sour cream, need to be measured in a dry measuring cup.
- Spoon into a dry measuring cup, making sure there aren't any air pockets in the cup.
- Level off with the back of a butter knife.

## MEASURING HONEY HACK

- Oil the utensil before measuring—the honey will slide out cleanly

# UNIT CONVERSION



# iCOOK RULES

1

**Wash hands**  
with soap before  
cooking.



2

Wash **fruits**  
and **vegetables**.



3

**Stay away**  
from oven and blender.  
(Only adults can use  
these.)



4

Keep your  
**station clean**.  
(Clean as you go.)



5

Do **NOT**  
play with knives.



6

**"One bite rule":**  
Taste at least one bite  
of every dish we make.



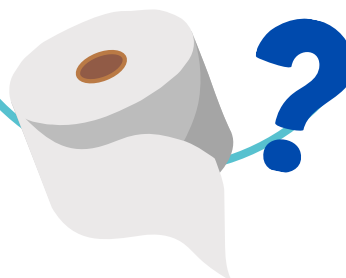
7

**Raise your hand**  
if you want to speak  
up/ask question.



8

**Ask the teacher**  
if you may use the  
restroom.



9

**Have fun!**







## Global Flavors Are Fun

In this global cooking course, we traveled the world through flavors! Each dish taught us how cultures near and far use food to stay energized, strong, and healthy. We explored spices from India that warm the body and wake up our senses, refreshing vegetable dishes from Jordan and Mexico, and plant-powered proteins from Taiwan that build our brains and muscles.

## Healthy Eating is Diverse

Healthy looks different all around the world—some cultures thrive on rice and beans, others on lentils and flatbreads, or fish and seaweed—but no matter where you are, choosing fresh, balanced meals and celebrating your own food traditions makes eating well both fun and powerful!



## Food Unites Us

Every culture has its own delicious way of eating—filled with unique flavors, ingredients, and traditions. But no matter where you are in the world, sharing a meal with loved ones is a powerful way to connect, celebrate history, and pass down stories from one generation to the next. Food may look different on every table, but the joy of coming together is something we all share.



## Star Ingredients Explored:

- Strawberries
- Cucumber
- Avocado
- Pear
- Bell Pepper
- Chickpeas
- Lemon
- Tofu
- Jam
- Lime
- Corn
- Greek Yogurt
- Apple



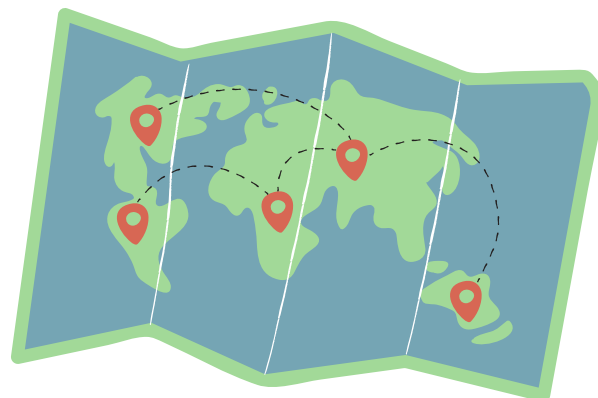
## Star Techniques Learned:

- Folding
- Rolling
- Layering
- Baking
- Dicing
- Mixing
- Blending
- Steeping
- Rolling
- Juicing
- Measuring
- Garnishing
- Peeling



## Cuisines Experienced

At iCook, we take young chefs on a global food adventure! This session, we explored dishes from countries like Mexico, India, Italy, Jordan, South Africa, and the Caribbean. From tostadas to bobotie, samosas to gelato, kids learned about unique ingredients and cooking traditions from around the world—all while building skills and having fun in the kitchen!



## STRAWBERRY CHEESECAKE

Ingredient	10
<b>Crust:</b>	
Graham crackers	1 1/2 sleeve
Unsalted butter	4 tbsp
<b>Filling:</b>	
Cream cheese, 8 oz block	1 1/2
Sugar	1/3 cup
<b>Topping:</b>	
Strawberries	1 cup
Sugar	1 tbsp
<b>Whipped cream:</b>	
Whipping cream	1 1/2 cup
Sugar	1 tbsp

### MAKES 5 SERVINGS

#### Directions:

Crust:

1. Crush the graham crackers in a tightly sealed zip-lock bag.
2. Combine the crushed graham crackers with melted butter in a bowl and mix well. Set aside.

Filling:

3. In a food processor, blend whipping cream, vanilla extract, and sugar until stiff peaks form.
4. In a separate bowl, whisk together cream cheese and sugar.
5. Fold 1/3 of the whipped cream into the cream cheese mixture.

Reserve the rest for garnish.

Topping:

6. Quarter the strawberries and place them in a bowl. Add sugar and mash slightly to release the juice.

Assembly:

7. Press the graham cracker mixture into plastic cups to form the crust.
8. Spoon the cream cheese mixture on top of the crust.
9. Add the strawberry mixture and top with the remaining whipped cream.
10. Garnish with extra graham cracker crumbs. Enjoy!

#### DID YOU KNOW?



Strawberries are the only fruit that has its seeds on the outside. So when you bite into one, you're actually eating tiny little seeds!





## FLATBREAD

Ingredient	
All purpose flour	3 1/4 cups
Salt	1 tsp
Olive oil	1/4 cup
Warm water	1 cup
Cornmeal	1 tbsp

**MAKES 5 SERVINGS**

### Directions:

1. Preheat the oven to 450 degrees F.
2. In a bowl, combine the flour and salt. Add water and olive oil, and mix with a fork until the dough comes together.
3. Place the dough on a lightly floured surface and knead by hand until smooth.
4. Divide the dough into 5 portions and roll each flat.
5. Lightly dust a baking sheet with coarse cornmeal and place the dough portions on it.
6. Bake for 10 minutes, then remove from the oven. Brush with olive oil using the back of a spoon.
7. Return to the oven and bake for another 10 minutes.

### DID YOU KNOW?

Flatbreads are likely the 1st type of processed food made by man! Dating as far back as 6000 years ago.



### DID YOU KNOW?

Cucumbers can help keep your breath fresh. They contain compounds that can fight bad breath!



## CHAKALAKA

Ingredient	
Large cucumber	1
Large Bell Pepper	1
Lemon	1/2
Dill Pickles	1/2 cup
Vegetarian Baked Beans	1 can
Siracha	1 tbsp
Salt	1/2 tsp

**MAKES 5 SERVINGS**

### Directions:

1. Dice cucumber and bell pepper in 1/2 inch cubes.
2. Dice pickle slices and add to bowl. Add baked beans.
3. Measure the Siracha sauce and salt, and add to the bowl.
4. Squeeze the lemon juice into a separate bowl. and remove any seeds. Add to the large bowl.
5. Mix until everything is evenly combined.
6. Enjoy!

# BLACK BEAN QUESADILLAS & PICO DE GALLO

## BLACK BEAN AND VEGGIE QUESADILLA

Ingredient	
Red bell pepper	1
Zucchini or yellow squash	1
Black beans, 15 oz can	1
Whole wheat tortillas	5
Monterey jack cheese, shredded	1 cup
Olive oil	1 tbsp

**MAKES 5 SERVINGS**

### PREP

Preheat the oven to 350°F.

### Directions:

1. Cut the bell pepper and zucchini (or squash) into small pieces.
2. Dice the vegetables and place them in a large bowl.
3. Add olive oil, black beans, salt, and pepper, and mix well.
4. Assemble the quesadillas by placing the veggie mixture inside a tortilla, topping with shredded cheese, and folding in half.
5. Arrange the quesadillas on a baking sheet in a single layer and roast for 8–12 minutes, watching closely to prevent burning.
6. Let cool for 2 minutes and enjoy!



### DID YOU KNOW?

"Pico de gallo" means "rooster's beak" in Spanish!



## FRESH PICO DE GALLO

Ingredient	
Garlic cloves	2
Bunch cilantro	1/2 bunch
Large tomatoes	3
Green onions	3/4 bunch
Avocado	1
Salt	3/4 tbsp
Tortilla Chips	½ bag

**MAKES 5 SERVINGS**

### Directions:

1. Dice the onion, tomato, garlic, avocado, and cilantro into small pieces. Make sure pieces are small enough to stay on a chip.
2. Combine the ingredients on a plate and season with salt.
3. Enjoy with chips!

# SPINACH ARTICHOKE DIP

## SPINACH & ARTICHOKE DIP

Ingredient	
Fresh spinach	1/2 cup
Full-fat cream cheese	6 oz
Full-fat sour cream	3/4 cup
Artichoke hearts	1 cup
Garlic cloves	2
Shredded mozzarella	1 cup
Shredded parmesan cheese	1/2 cup
Other: Foil baking cups. Salt and Pepper to taste. Pita chips to serve.	

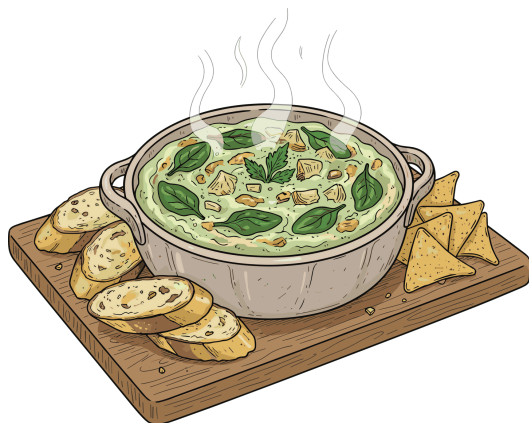
### MAKES 5 SERVINGS

#### PREP:

Preheat oven to 350°F

#### Directions:

1. Chop the spinach, artichoke hearts, and garlic cloves.
2. Measure out the cream cheese and sour cream and add them to a mixing bowl.
3. Add the parmesan cheese, 3/4 of the shredded mozzarella, salt, pepper, chopped spinach, artichoke, and garlic. Mix to combine well.
4. Spoon portions of the mixture into individual foil baking cups and place them on a lined baking sheet.
5. Sprinkle the remaining mozzarella cheese on top.
6. Bake for 25–30 minutes.
7. Serve with pita chips and enjoy!





# PEAR CAPRESE SALAD



## DID YOU KNOW?

Pears are picked while still they are firm because they ripen better off the tree, becoming sweet and juicy!

## PEAR CAPRESE SALAD

Ingredient	
Pears	2
Mozzarella cheese	16 oz.
Basil leaves	1 cup
Balsamic glaze	1/4 cup
Olive oil	2 tbsp
Salt and Pepper	To taste

## MAKES 5 SERVINGS

### Directions:

1. Slice pears into fine slices
2. Slice mozzarella cheese into thin slices.
3. Arrange the pear and mozzarella slices in alternating layers on the plate
4. Drizzle olive oil and balsamic glaze.
5. Top with salt and pepper to taste.
6. Enjoy!

## APPLE PIE CUPS

Ingredient	
Graham crackers	1/2 box
Medium apples	3
Applesauce	1 cup
Cinnamon	1/2 tsp
Heavy whipping cream	1 cup
Sugar or honey	2 tbsp
Small cups	5 cups

### MAKES 5 SERVINGS

#### Directions:

1. Crumble the graham cracker into the bottom of the cup you are building the pie inside of.
2. Dice the apple into small (1/4-1/2 inch) pieces.
3. Layer the apples on top of crumbled graham crackers.
4. Measure cinnamon and applesauce in a small bowl. Mix.
5. Make whipped cream by add whipped cream and sugar to the blender.
6. Whip until it has reached the consistency of whipped cream. Add vanilla, blend very briefly.
7. Top applesauce cups with one tablespoon of applesauce and a dollop of whipped cream. Enjoy!



#### DIDYOU KNOW?

Cinnamon comes from the bark of the cinnamon tree.

## BAKED PANEER TIKKA

Ingredient	
Paneer	1 block
Bell peppers	2
Greek yogurt	2/3 cup
Ginger garlic paste	1 tbsp
Olive oil	2 tbsp
Curry Powder	1 tsp
Chili powder	1 tsp
Salt	1/2 tsp
Lemon juice	1 tbsp

**MAKES 5 SERVINGS**

### PREP:

Pre-heat oven to 425°F.

### Directions:

1. Cut the bell peppers into square pieces.
2. Cut the paneer into 1-inch cubes.
3. In a separate bowl, add yogurt, olive oil, lemon juice, spices, and a pinch of salt.
4. Combine the vegetables, paneer, and sauce, then arrange them on a baking sheet.
5. Bake for 15–20 minutes.
6. Serve and enjoy!



### DID YOU KNOW?

The oldest chickpea was discovered in a cave in L'Abeurador, France dating back to 6790 BC.



## CHANA SALAD

Ingredient	
Chickpeas	1 can
Cucumbers	2 cups
Tomatoes	1 cup
Onion	1/2 cup
Curry powder	1 1/2 tbsp
Chopped cilantro	1 cup
Olive oil	2 tbsp
Salt	1 tsp

**MAKES 5 SERVINGS**

### Directions:

1. Dice the tomato, onion, cilantro, and cucumber into small cubes.
2. Add all the diced vegetables to a mixing bowl along with the canned chickpeas and cilantro.
3. Drizzle with olive oil and add salt and curry powder.
4. Mix the salad well to combine.
5. Enjoy!



# 5 SPICE POPCORN TOFU

## DID YOU KNOW?

The 5 spices in the mix each represents one of the five elements in traditional Chinese medicine: wood, fire, earth, metal, and water.

## 5 SPICE POPCORN TOFU

Ingredient	
Extra firm tofu	1 block
Olive oil	2 tbsp
Cornstarch	2 tbsp
Chinese 5 spice	1 tbsp
Black pepper	1/4 tbsp
Garlic powder	1/4 tbsp
Fresh Basil	1 cup
Salt	1 tsp

### PREP:

Preheat toaster oven to 450°F.

### MAKES 5 SERVINGS

### Directions:

1. Cut the tofu into small cubes, about 1/2 inch thick.
2. In a bowl, combine the cubed tofu with olive oil, cornstarch, Chinese 5-spice seasoning, pepper, and a pinch of salt. Toss until the tofu is evenly coated.
3. Arrange the tofu on a greased, foil-lined baking sheet.
4. Bake for 20–25 minutes at 450°F.
5. While the tofu is baking, tear the basil into small pieces and place them in a mixing bowl.
6. When the tofu is done, add it to the bowl with the basil. Add garlic powder and salt, and mix until combined.
7. Top with an extra sprinkle of Chinese 5-spice seasoning.
8. Enjoy!



# MILK TEA



## BROWN SUGAR MILK TEA

Ingredient	
Decaffeinated black teabags	5
Milk	2 cups
Brown sugar	1/4 cup
Water	4 cups

### MAKES 5 SERVINGS

#### Directions:

1. Add 5 decaffeinated tea bags to 4 cups of water in a large pitcher. Allow to steep for as long as possible, at least 15 minutes.
2. Whisk  $\frac{1}{4}$  cup brown sugar with 3 tbsp water to make a syrup.
3. Remove teabags from the pitcher. Add milk and brown sugar syrup.
4. Stir until all ingredients are well mixed.
5. Enjoy!

#### DID YOU KNOW?

Tea was originally only used only as a medicine. It took almost 3,000 years for it to become an everyday drink.

## TZATZIKI

Ingredient	10
Plain Greek yogurt	1 cup
Garlic clove	1
Cucumber	1/2
Dried dill	1/2 tbsp
Lemon	1
Olive oil	1 tbsp

### MAKES 5 SERVINGS

#### Directions:

1. Squeeze the lemon into a bowl and remove any seeds. Add the yogurt to the bowl.
2. Peel and finely dice the garlic clove, then add it to the bowl.
3. Grate the cucumber and add it to the yogurt mixture.
4. Measure and add the remaining ingredients.
5. Stir well to combine. Enjoy!



#### DID YOU KNOW?

Olive Oil is high in healthy unsaturated fats.

## MEDITERRANEAN VEGGIE WRAP

Ingredient	10
Cucumbers	2
Tomatoes	2
Chopped parsley	1/4 cup
Olive oil	3 tbsp
Lemons	1/2
Tortillas	10

### MAKES 5 SERVINGS

#### Directions:

1. Chop the cucumber, tomato, olives, and parsley into small pieces, removing the parsley stems.
2. Add all the chopped ingredients to a mixing bowl.
3. In a separate bowl, squeeze the lemon and remove any seeds. Add olive oil, salt, and pepper, then whisk together to make the dressing.
4. Pour the dressing over the chopped vegetables and stir to combine well.
5. Spread tzatziki (from the Simple Tzatziki Recipe) evenly over one tortilla.
6. Add the chopped vegetables to the tortilla, fold in the edges, and roll to form a wrap.
7. Enjoy!

# BLACK BEAN SLIDERS

## BLACK BEAN SLIDERS

Ingredient	
Black beans, can	1
Bread crumbs	1/2 cup
Pre-cooked quinoa*	1/2 cup
Carrot, medium	1
Chili powder	1 tsp
Cumin	1 tsp
Paprika	1 tsp
Onion powder	1/2 tsp
Salt	1/8 tsp
Black pepper	1/2 tsp
Garlic clove	1
Olive oil	1 tbsp
Lime juice	1 tbsp
Romaine Lettuce leaf	10
Shredded cheese	1/2 cup
Ranch dressing	2/3 cup

### DID YOU KNOW?

Black beans and Greek yogurt are great sources of vegetarian protein!

### MAKES 5 SERVINGS

#### PREP:

Preheat oven to 350F and grease a foil lined cookie sheet.

#### Directions

1. Chop the carrot and garlic finely in a food processor.
2. In a large bowl, mash the black beans with lime juice, seasoning, and a little reserved bean liquid until mostly smooth but slightly chunky.
3. Stir in quinoa (or breadcrumbs), carrot, and garlic until the mixture sticks together.
4. Shape into small patties (1-2 inches) and place on a greased cookie sheet.
5. Bake for 10 minutes, flip, and bake another 10 minutes.
6. In the last 2 minutes, top with shredded cheese and bake until melted.
7. Let cool slightly, then serve in romaine leaves with ranch.



*Thank you &  
Happy Cooking!*

