

### SUPERFOOD VEGGIE TOTS

Makes 12 servings

#### Ingredients:

- 2 cups baby carrots
- 2 cups (one head) broccoli
- ½ cup all-purpose flour
- 16 crushed ritz crackers
- ½ cup grated parmesan cheese
- 1-2 tbsp fresh dill
- 4 tbsp. olive oil
- ½ tsp salt
- Ranch dressing OR ketchup for dipping (optional)

#### PREP BEFORE CLASS:

Wash vegetables. Preheat oven to 400F. Grease baking sheet or line with foil.

#### Directions:

1. Pulse vegetables several times in food processor. You may need to pulse carrots and broccoli separately if there is not enough space in the food processor.
2. Place remaining ingredients into a large bowl: flour, crushed crackers or breadcrumbs, parmesan cheese, oil, and salt. Stir until combined.
3. Add blended veggies to bowl. Add fresh dill and mix to combine.
4. Form mixture into individual tots/cylinders or patties (about 1 tablespoon of mixture each) and place on baking sheet. If they do not hold their shape, add 1tbsp additional oil.
5. Bake for 15 minutes at 400F. Flip each tot and bake another 10 minutes. (Total 25 minutes). Cool. Enjoy!



#### DID YOU KNOW?

Each strawberry has about 200 seeds on their surface

### RAINBOW FRUIT SMOOTHIE

Makes 12 student servings, 1/3 cup per student

#### Ingredients:

- 3 bananas
- ½ pound strawberries, whole
- 1 cup of baby spinach
- 1 tbsp. honey
- 1 1/2 cup non-fat plain Greek yogurt
- 2 cups water

#### PREP BEFORE CLASS:

Wash strawberries and remove stem and leaves. Chop banana into small pieces. Prepare blender.

#### Directions:

1. Have student volunteer wash hands and place fruit in blender.
2. Have student measure one cup of baby spinach leaves and add to the blender.
3. Have a student measure the yogurt into the blender. Measure and add honey.
4. Have a student add water to the blender.
5. Cover the blender and blend until smooth. Students may take turns blending.
6. Add additional water to thin if necessary.
7. Serve in cups and enjoy!



#### DID YOU KNOW?

Carrots can have many colors, including white, purple and yellow.

# LESSON 5: SPICING UP SNACKS

## OBJECTIVES

- Give one example of traditional Portuguese dish
- Describe the process of zesting by using today's recipes as an example
- Describe the benefits of applesauce

## SHOPPING LIST

### Ingredients to buy:

- 3 bananas
- ½ pound strawberries
- 1 cup of baby spinach
- 2 cups baby carrots
- 2 cups (one head) broccoli
- ½ cup all-purpose flour
- 1 1/2 cup non-fat plain Greek yogurt
- 16 crushed ritz crackers
- ½ cup grated parmesan cheese
- 1-2 tbsp fresh dill
- Ranch dressing OR ketchup for dipping (optional)

### Ingredients in the bin:

- honey
- olive oil
- salt

## STAR INGREDIENT: DILL

- Dill is an herb that is native to the Mediterranean region and parts of Western Asia.
- Dill has been used for centuries as a medicinal herb, culinary ingredient, and even as an ingredient in perfumes.
- Digestive health: Dill has been traditionally used to soothe digestive issues such as bloating, gas, and indigestion.
- Source of vitamins and minerals: Dill is a good source of vitamins A and C, as well as minerals like calcium and iron, which are important for maintaining overall health.
- Calming properties: Dill has been used as a natural remedy for promoting relaxation and reducing anxiety. Its aroma is believed to have a calming effect on the mind.



## INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies
- Ask the students to identify the ingredients from both recipes, guess what we are making.
- Who likes snacks? What are your favorite type of snacks?
- In America, common snack foods are potato chips, pretzels, popcorn, cookies, and cheese and crackers. And while anything is okay in moderation, these are not foods that should be eaten every day since they are high in saturated and trans fats.
- The good news is there are healthy snack options - and especially when adding herbs and spices, we can turn a boring snack into a delicious treat!

## DEVELOPMENT

🕒 5-7 min

- Healthy snacks need to contain some combination of two of these things things: protein, carb, and fat.
  - Protein - tuna, yogurt, cottage cheese, hummus, hard boiled eggs, jerky, etc...
  - Carb- quinoa, oats, sweet potato, whole grain crackers, apply, baby carrots etc...
  - Fat - avocado (or guacamole), nut or sunflower seed butter, dark chocolate, chia seeds
- You can combine these foods to create a healthy snack that satisfies hunger and leaves you feeling satisfied for longer.

# LESSON 5: SPICING UP SNACKS


## DILL USES

- Culinary applications: Dill is commonly used in culinary dishes, particularly in Scandinavian, Eastern European, and Mediterranean cuisines.
- Pickling: Dill is a key ingredient in pickling recipes, such as pickled cucumbers (dill pickles).
- Fresh salads: Dill leaves can be added to fresh green salads, pasta salads, and potato salads to provide a fresh and aromatic flavor.
- Seasoning: Dill can be used as a seasoning for roasted vegetables, grilled meats, and fish dishes. It adds a mild, herbaceous taste.
- Herb butter and sauces: Dill can be incorporated into herb butter or mixed with yogurt and sour cream to make delicious dips, sauces, and spreads.

## DEVELOPMENT (CONT)

- We can make the snacks more fun by seasoning them to our liking! For example - hummus and carrots can be a lot more yummy when adding garlic, salt, pepper, sesame seeds, and even some fresh herbs. A plain avocado can be made even better with "everything but the bagel" seasoning, or even adding red pepper flakes for a spicy kick!
- What combinations of snack foods and spice would you want to try?
- Can you identify the protein, carb, and fat in our first recipe, Veggie Tots? What about the smoothie? Why is that a healthy snack?
- The veggie tots are great snack because they are easy to make, hand-held and easy to pack on the go, and of course - delicious! They have vegetables, cheese for protein, olive oil for healthy fat, and carbs in carrots.
- Just like the first recipe, the smoothie is packed with healthy ingredients: yogurt for protein, bananas for carbs, and honey to add some sweetness.
- Both of these recipes can be customized with other foods you like; swap strawberries or mangos or dill with basil!

## END OF CLASS CHECKLIST

 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal

## STAR TECHNIQUE: BLENDING

- What is blending? Blending is simply the process of mixing or combining ingredients together!
- What are the benefits of blending? Blending is an excellent way to change the consistency of an ingredient. You can turn a chickpea into hummus, or a fruit into a smoothie!
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees, frozen desserts and more.

