

# Be a Food Explorer



## Zucchini Boats

### Ingredients

5 medium zucchini	1 large tomato, chopped fine	2 green onions, chopped fine
1 T chopped parsley	2 slices salami, finely chopped	1/2 cup shredded cheese

1. Cut each zucchini lengthwise, then crosswise, into three equal pieces.
2. Using a small teaspoon, scoop a small hollow from each of the slices. Cook the zucchini in simmering water for about three minutes. Drain. Run under cold water, and pat them dry with paper towels.
3. Combine remaining ingredients in a small bowl. Spoon the filling evenly into the zucchini boats. Broil the boats 3-4 inches from the heat until the cheese melts.

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## Broccoli Grilled Cheese Sandwich

### Ingredients

1/2 cup olive oil	1 small red onion, chopped (optional)	dried thyme
2 cups grated cheese	8 slices whole wheat bread	salt to taste
	1 medium stalk broccoli, in small florets	

1. Heat 2 T olive oil in a frying pan over medium heat, and wait 30 seconds. Add the onions, and cook for two minutes. Add the broccoli. Sprinkle with salt and two pinches of thyme. Cook, stirring for 8-10 minutes. Transfer the vegetables to a bowl, and set aside.
2. Using a pastry brush, paint the bread slices lightly on both sides with the remaining olive oil. Heat the pan on medium low. Add a few bread slices, and cook until golden brown. Flip the bread, and reduce the heat to low. Place a small pile of broccoli florets and chopped onion on the center of each piece of bread. Sprinkle cheese over the vegetables, and cover the pan until the cheese melts. Let the cheese cool a bit before serving. Serves 4

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## Apple Rings

### Ingredients

4 apples

1 T lemon juice

3 T water

Sturdy thread or twine

1. Peel, core and slice the apples into rings about 1/8 inch thick. Mix the lemon juice and water in a shallow dish. Dip each ring into the mixture, then pat dry with a paper towel.
2. String the fruit through the center of each ring, and hang in a dry warm place. The rings will take 1-2 weeks to dry.

To expedite the process, dry the apples in a warm oven. Instead of stringing the rings, place them on a wire cooling rack that rests on a baking tray. Put the tray in a 150 degree oven, and allow the rings to dry for about four hours, turning once midway through. When the rings have no moisture left, remove them from the oven and eat, or cool before placing them in small bags.

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## Juicy Fruit Salad

### Ingredients

1 c shredded apples

1/2 cup diced strawberries

1/3 c diced peaches

1/4 c chopped grapes

3/4 c orange juice  
juice of half a grapefruit

1 T lemon juice

Stir the shredded apples, strawberries, peaches and chopped grapes in a medium size bowl. Pour the orange, lemon and grapefruit juice over the fruit and stir well.

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## Smoothie Pops



### Ingredients

- 5 strawberries
- 1 medium banana
- 4 ice cubes, crushed
- 1 cup strawberry yogurt
- 1/2 cup milk
- 1/2 cup fruit juice



Mix all the ingredients in a blender until smooth. Pour into 3 ounce paper cups, cover with plastic wrap and insert Popsicle sticks upright through the plastic. Freeze for 5 hours. Makes 9.

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## Sweet Potato Chips

### Ingredients

- 3 sweet potatoes, peeled
- 1 T olive oil
- 1 T butter, melted.
- Salt to taste

Preheat the oven to 450 degrees. Thinly slice the sweet potatoes in a processor or with a vegetable grater, and toss with the oil and butter. Spread them out in a thin layer on a jelly roll pan, sprinkle with salt and bake them for about 20 minutes, or until crispy. Flip once during baking to crisp both sides. Serves 6

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## Veggie Sandwich

### Ingredients (per student)

1 large eggplant	salt	2 T olive oil	1/3 cup ricotta cheese
1 medium tomato, thickly sliced			shredded fresh basil leaves
1/4 c Parmesan cheese			bread crumbs

1. Cut eggplant into 8 slices, about 1/2 inch thick. Arrange in a single layer on a tray or board, and sprinkle generously with salt. Let stand for 20 minutes, rinse under cold water, and pat dry with paper towels.
2. Preheat oven to 425. Brush a shallow baking pan with oil. Lay 4 slices of eggplant on prepared pan. Brush with oil. Spread ricotta cheese on each slice. Top with a slice of tomato and some basil.
3. Place another eggplant slice on each stack. Brush lightly with olive oil. Sprinkle with combined parmesan cheese and bread crumbs. Bake for 20 minutes, until eggplant is tender and golden.

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## Veggie Pizza

### Ingredients (serves 4-8)

4 oz broccoli, cut into small florets	asparagus spears cut into 1 1/4 inch lengths
carrot cut into matchsticks	pizza sauce
whole wheat pizza crust	zucchini cut into match sticks
corn kernels	chopped tomatoes
bean sprouts	cheddar cheese

Preheat oven to 425 degrees F. Place broccoli, asparagus and carrot in a large heatproof bowl. Cover with boiling water, and let stand two minutes. Drain. Plunge into ice water, and drain again. Pat dry with paper towels. Spread pizza sauce onto crust. Arrange broccoli, asparagus, carrot and zucchini over sauce. Sprinkle corn kernels, then bean sprouts. Top with tomatoes. Sprinkle with cheese. Bake for 25 minutes.

Optional: Have students use assorted ingredients to make faces or other designs. (olives for eyes, peppers for mouths.

Use whole grain English muffins, pita or tortillas for mini pizzas.

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## Veggie Quesadilla

### Ingredients

2 6-inch flour or corn tortillas      2 T grated cheese      salsa and/or sour cream  
shredded carrot and zucchini or summer squash      chili powder

1. Saute shredded carrot and zucchini or summer squash and season with chili powder.
2. Place one tortilla on an ungreased skillet over medium heat. Sprinkle lightly with grated cheese and one tablespoon of the veggie mixture. Top with a second tortilla.
3. Cook for about two minutes on each side, or until the cheese melts. Let cool for two minutes, then cut into wedges, pie style. Serve with salsa and sour cream.

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## Purple Passion Shake

### Ingredients

1 cup grape juice  
1/3 cup vanilla yogurt  
1 T fresh lemon juice  
2 ice cubes  
handful of blackberries, fresh or frozen (optional)

Place the grape juice, yogurt, lemon juice, blackberries and ice cubes in a blender. Puree until smooth.

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## Spiral Sandwich

### Ingredients

1 piece of pita bread or 2 flour tortillas  
1/2 cup softened cream cheese  
3 basil leaves

1 medium size ripe tomato, sliced into thin rounds  
8 spinach leaves, clean and crisp  
1 scallion or 6 chives, minced

1. Snip around the edge of the pita bread to make two circles. Place the circles, inside up, on plates.
2. Place the softened cream cheese in a small bowl. Stir in the minced scallion, chives or basil or a combination of the three. Or leave the cream cheese plain.
3. Use a butter knife to spread a thin layer of cream cheese onto each pita half. Place about 3 thin slices of tomato on top of the cream cheese to make a single layer.
4. Spread a little cream cheese onto each spinach leaf. (This helps hold the sandwich together.) Lay the spinach leaves on top of the tomatoes.
5. Roll up the sandwich slowly, pressing tightly as you roll. Cut into 1 1/2 inch pieces to see the spiral.

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## Vegetable Skeleton

### Ingredients

#### Dip for Brains

3 c low fat yogurt	1 c mayonnaise	1/2 cup peach jam
1 T orange juice	1/2 t to 1 T mild curry powder	

Stir all the ingredients in a skull-size bowl or scooped out head of lettuce and refrigerate. Makes 4 1/4 cups.

#### Veggies

yellow and green squash cut into disks	celery	cherry tomatoes
green beans	cauliflower	pepper slices
carrots	mushrooms	peas

Make the skeleton using alternating disks of yellow and green squash for the spine, celery for the ribs, cherry tomatoes for the elbows, green beans for arms, cauliflower for hands, small carrots for fingers, pepper slices for pelvis, carrots for leg bones, mushrooms for knees, broccoli for feet and peas for toes

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