

THE CULINARY INSTITUTE OF AMERICA

HEALTHY FLAVORS, HEALTHY KIDS

*A National Initiative to Improve the Health of Children and Young People Through
Food Education, Culinary Strategy, and Flavor Insight*

May 9-11, 2012

The Culinary Institute of America, San Antonio

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INTRODUCTION AND OVERVIEW

Childhood obesity and other nutrition and lifestyle issues that negatively impact the health of America's children and youth represent some of the most pressing public health challenges of our time. While the dynamics of these challenges are complicated, and many issues depend for their resolution on government action, one significant sub-set of these concerns – the creation and promotion of healthier, more flavorful, and appealing foods and beverages – provides multiple opportunities for immediate and focused attention in our nation's schools as well as in chain restaurants.

The Culinary Institute of America (CIA) – a private, not-for-profit culinary college widely regarded as the world's leading culinary college – has long been committed to advancing healthier food choices in society. Since 2004 The Culinary Institute of America has been working with partners at Harvard School of Public Health to host national conferences that promote healthful eating.

Worlds of Healthy Flavors (www.ciaprochef.com/wohf/) is an invitational leadership retreat for menu-decision makers from the top volume foodservice operations in the country (including chain restaurants, colleges & universities, contract foodservice, and supermarkets). The three-day event held every January at the CIA at Greystone in Napa Valley, California, focuses on our nation's most pressing public health issues, and presents ideas for delicious, healthful menu options.

Healthy Kitchens, Healthy Lives (www.healthykitchens.org) is a continuing medical education (CME) conference that prepares healthcare professionals from a wide range of disciplines to talk with their patients and clients about food, culinary, and lifestyle choices that promote better health. The four-day event, held every spring at the CIA's Napa Valley campus, includes lectures, culinary demonstrations, hands-on kitchen sessions, and workshops that are all designed to make attendees role models for healthy eating and cooking for their families, patients, and colleagues.

In September 2010, the CIA made a commitment to launch a nation-wide initiative aimed at improving the quality of foods made available to children in a variety of settings. The CIA's Healthy Flavors, Healthy Kids initiative launched with a three-day national leadership summit at the CIA, San Antonio campus, in May 2011. This inaugural event brought together nearly 200 leaders to discuss and debate a wide range of issues that are impacting the quality and flavor of foods for children.

The core of this initiative and the annual leadership summits is focusing on culinary insights and actions around K-12 school foodservice as well as restaurant kids' menus, campus dining, and the family food environment.

The CIA Healthy Flavors, Healthy Kids leadership summit and on-going leadership initiative are:

- Highlighting the role of food education, culinary strategy, flavor insight, and school foodservice menu R & D and training in advancing healthier food choices for children and youth.
- Exploring ways to enhance the role of America's chefs as leaders and change agents, principally through better equipping them with the understanding and kinds of tools they will need to be more effective in transforming the food environments of children, youth, and their families.
- Developing and advance a common platform of strategy and communication messages for chefs and culinary educators to become more active in enhancing the nutrition quality of school foodservice, chain restaurant kids' menus, and family-based food choices, complementing other initiatives already in place.
- Developing a national network of culinary R & D and resource development, in part to leverage local successes in culinary strategy and action for leadership across the country.
- Highlighting nutrition science and culinary insights that help expand healthful, flavorful, and appealing food and beverage choices for kids that meet the operational needs and cost constraints of most school foodservice operations and budget-challenged families.
- Considering the special challenges in child nutrition within the U.S. Hispanic community, and shaping food and culinary initiatives that address these imperatives with a goal of bringing greater attention to the healthy food and culinary traditions of Latin America, especially the largely plant-based, "everyday" cooking of regional Mexico.
- Examining insights from children related to how they think about nutrition and health and healthy food choices.
- Creating model programs of food, culinary, and nutrition excellence that can inspire broader action.

Attendees of the May 2012 Healthy Flavors, Healthy Kids National Invitational Leadership Summit include:

- Members of the Healthy Flavors, Healthy Kids National Steering Committee
- Invited foodservice and culinary leaders from K-12 foodservice, college & university foodservice, chain restaurants with kids' menus, contract foodservice, and fine dining chefs
- Invited influencers and leaders from national initiatives designed to improve children's nutrition
- Invited influential leaders from San Antonio who are leading local initiatives related to children's nutrition
- Representatives from the companies and organizations providing financial support for the May 2012 leadership summit.
- Invited national online, print, and broadcast media representatives

Resources including recipes and PowerPoint presentations from the May 2012 leadership summit will be posted at www.ciaprochef.com/healthykids/. We encourage all attendees to share information and resources with colleagues. Together, we can make a difference in the lives of children in the U.S. by working to improve the quality of foods and beverages made available to kids at school, in restaurants, and at home.

Finally, we are already working on plans for the 2013 National Leadership Summit, which will be held May 7-10, 2013 at the CIA, San Antonio. We are adding a fourth day to the event in 2013, a day that will be focused on hands-on kitchen activities. Keep up with all the latest announcements about this event by visiting www.ciaprochef.com/healthykids/

PROGRAM SCHEDULE

WEDNESDAY, MAY 9

4:00 PM **Registration & Refreshments**
CIA Reception Area (1st floor)

4:30 PM **Welcome & Opening Remarks**
CIA Conference Hall (2nd floor)

Speakers: **Greg Drescher (CIA)**
 Amy Myrdal Miller, MS, RD (CIA)

4:45 PM **General Session I**
CIA Conference Hall (2nd floor)

New Approaches to Nutrition in Childhood: Where Should Chefs and Foodservice Leaders Focus Their Attention?

With alarming and increasing rates of overweight, obesity, and Type 2 diabetes in our nation's children, what can chefs and foodservice leaders do to promote improved health for the kids they serve? This session will focus on practical strategies for improving the quality of foods and beverages made available to children in a variety of settings.

Introduction: **Greg Drescher (CIA)**

Presenter: **David Ludwig, MD, PhD (Children's Hospital Boston, Harvard)**

What Role Can Responsible Marketing of Foods and Beverages to Children Play in Improving Children's Health in America?

Although children's food choices are affected by many factors, food marketing plays a key role. Studies show that food marketing attracts children's attention, influences their food choices, and prompts them to request that their parents purchase products. This session will focus on guidelines for responsible marketing of foods and beverages for children.

Introduction: **David Ludwig, MD, PhD (Children's Hospital Boston, Harvard)**

Presenter: **Margo Wootan, D.Sc. (Center for Science in the Public Interest)**

Where Does Our Food Come From? Farm to Fork Inspiration for Kids

When children think milk comes from the supermarket, what can chefs and other influential adults do to give children a better sense of and appreciation for where foods are grown and produced? During this session, a chef who grew up on a farm will discuss ways to help educate kids about our food supply, starting on the farm.

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Presenter: **Chef Steven McHugh (Executive Chef, Lúke, San Antonio)**

6:30 PM **Opening Reception**
CIA Outdoor Live Fire Pavilion/Patio

World Flavors for American Kids

Presented in Association with Paramount Citrus

7:30 PM **Reception Ends/Program Concludes for the Evening**
Participants are on their own for dinner to enjoy San Antonio's great restaurants.

THURSDAY, MAY 10

7:30 AM **Light Breakfast** (available until 8:15 AM)
CIA Teaching Kitchen (1st floor)

8:15 AM **General Session II**
CIA Conference Hall (2nd floor)

Speaker: **Amy Myrdal Miller, MS, RD (CIA)**

The Mayor's Fitness Council: Making Fitness and Healthy Eating Part of Daily Life in San Antonio

Introduction: **Amelie Ramirez, DrPH** (University of Texas Health Sciences Center)

Speaker: **Julián Castro** (Mayor of San Antonio)

Legumes in Latin Kitchens: Inspiration from Mexico

Legumes (including beans, peas, lentils, peanuts) are used extensively in Latin Kitchens. This culinary session will focus on bean-based dishes from Mexico, including Oaxaca-Style Black Bean Soup, Refried Beans, a food that is often included at breakfast, lunch, and dinner, and Spicy Black Bean Cakes, a versatile recipe that can be used for appetizers, a vegetarian burger, or the base for a fresh salad.

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Presenter: **Chef Iliana de la Vega** (CIA, San Antonio)

Improving Children's Health through Advocacy and Public Policy

What can chefs, foodservice leaders, parents, and others do at the local, state, and national level to improve children's health? This session will focus on policies that encourage and support healthful eating and physical activity.

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Presenter: **Amelie Ramirez, DrPH** (University of Texas Health Sciences Center)

Whole Grain Menu Strategies for Kids

There are many wonderful whole grain bread and pasta products on the market today, but what do you do if you want to cook with whole, intact grains as a way to incorporate more whole grains into your menus while also controlling sodium? This session will focus on using intact, whole grains like quinoa, farro, barley, and bulgur.

Introduction: **Catharine Powers, MS, RD** (Culinary Nutrition Associates)

Presenter: **Chef Cheryl Forberg, RD** (Chef, Registered Dietitian, Author, Consultant)

10:00 AM **Healthy Snack & Stretch Break**
CIA Conference Hall (2nd floor)

10:30 AM **General Session III**
CIA Conference Hall (2nd floor)

Healthful Restaurant Menu Options for Kids

What are restaurant operators in the U.S. doing to expand and promote healthful menu options for kids? This session will focus on the leadership of the National Restaurant Association and its Kids LiveWell initiative, which showcases the restaurant industry's commitment to offer a greater variety of healthful, flavorful menu options for children.

Introduction: **Greg Drescher** (CIA)

Presenter: **Joan Rector McGlockton** (National Restaurant Association)

Move Over Baby Spinach! It's Time to Make Room for Other Dark Leafy Greens on Menus for Kids

When it comes to dark green vegetables, most kids will dip broccoli in Ranch dressing or eat a salad made with baby spinach. This session will focus on fun and effective ways to make dark leafy green vegetables like arugula, chard and kale appealing for kids.

Introduction: **Catharine Powers, MS, RD** (Culinary Nutrition Associates)

Presenter: **Chef Scott Samuel** (CIA at Greystone, Napa Valley, CA)

Gen X and Gen Y Moms' Attitudes towards Fruits and Vegetables

How do moms' attitudes, beliefs, buying patterns, and preferences affect their kids' fruit and vegetable intake? This session will focus on findings from the 2011 Produce for Better Health Foundation Moms' Survey.

Introduction: **Amy Myrdal Miller, MS, RD** (CIA)

Presenter: **Elizabeth Pivonka, PhD, RD** (Produce for Better Health Foundation)

The Student Perspective: Health & Wellness in High Schools & Campus Dining

This session will focus on research showing how high school and college students view health and wellness, healthy menu choices, and wellness education. This session will also examine ways that foodservice professionals can present messages and foods to which students will respond positively.

Introduction: **Amy Myrdal Miller, MS, RD** (CIA)

Presenter: **Cathy Schlosberg** (ARAMARK)

12:15 PM

Walk Around Lunch

Full Goods Building Breezeway

A "Make Half Your Plate Fruits & Vegetables" Lunch

Presented in Association with Northarvest Bean Growers Association

1:15 PM

Coffee & Dessert Buffet

CIA Conference Hall (2nd floor)

1:30 PM

General Session IV

CIA Conference Hall (2nd floor)

This Tastes Great! The Power of Culinary Techniques and Flavor Development Strategies

Can healthy foods for kids also be delicious and craveable? This session will focus on ways to improve existing recipes, drawn from the USDA Recipes for Schools database, through culinary techniques (like roasting) and flavor development strategies (like using spices, herbs, and aromatics).

Introduction: **Catharine Powers, MS, RD** (Culinary Nutrition Associates)

Presenter: **Chef Lars Kronmark** (CIA at Greystone, Napa Valley, CA)

Menus for Kids: Trends and Innovation in American Restaurants

What are the most popular menu items for kids in our nation's restaurants, and what can we learn from the innovators who are introducing new menu items to kids? This session will focus on data drawn from the largest restaurant menu database in the U.S.

Introduction: **Amy Myrdal Miller, MS, RD** (CIA)

Presenter: **Maeve Webster** (Datassential, Inc.)

The Power of Positive Food and Nutrition Messages for Kids and Chefs

As we work to introduce new foods and flavors to kids, should we also be working on changing the messages we tell kids (and chefs) about foods and nutrients? This session will focus on the difference between talking about nutrition (or talking about facts) and talking about food (or talking about enjoyment).

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Presenter: **Sanna Delmonico, MS, RD (CIA at Greystone, Napa Valley, CA)**

3:15 PM **Healthy Snack & Stretch Break**

CIA Conference Hall (2nd floor)

3:45 PM **General Session V**

CIA Conference Hall (2nd floor)

A Sense of Place: Creating Regional Menus for Schools

What can schools do to better educate children about where their food comes from and how it is grown? This session will focus on ways to incorporate more regionally grown and produced foods into school menus and the school curriculum, based on lessons learned from a California initiative called "Cooking with California Food."

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Presenter: **Georganne Brennan (School Foods Consultant, Cookbook Author, Journalist)**

Improving School Meals at LA Unified

What does it take to improve the nutrition quality and flavor of school meals in a district that serves more than 650,000 meals a day? And after making improvements, what does it take to get students and the larger community to support these changes? This session will focus on lessons learned in LA, and provide advice for other districts who want to improve the quality and flavor of school meals.

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Presenter: **David Binkle (Los Angeles Unified School District)**

Managing Change

What does it take to manage and motivate people when you're trying to make changes in menus or the school environment? This session will focus on strategies for managing change, including engaging stakeholders and influencers, training to ensure success, and communicating to ensure buy-in.

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Presenter: **Thomas French (Experience Food Project)**

What Does It Take to Do More Scratch Cooking in Schools?

Is scratch cooking a viable option for our nation's schools? This panel discussion will focus on the opportunities and challenges related to doing more scratch cooking in K-12 schools as a strategy for improving the quality and flavor of foods made available to kids.

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Moderator: **Katie Wilson (National Food Service Management Institute)**

Panelists: **Ann Cooper (Boulder Valley Schools)**

Lisa Feldman (Sodexo)

Thomas French (Experience Food Project)

Sarah Elizabeth Ippel (Academy for Global Citizenship)

Adam Simmons (Fayetteville Public Schools)

6:30 PM **Reception**
CIA Outdoor Live Fire Pavilion/Patio
Presented in Association with Naturipe Farms
A Worlds of Healthy Flavors Extravaganza

7:30 PM **Reception Ends/Program Concludes for the Evening**
Participants are on their own for dinner to enjoy San Antonio's great restaurants.

FRIDAY, MAY 11

7:30 AM **Light Breakfast** (available until 8:30 AM)
CIA Teaching Kitchen (1st floor, new building)

8:15 AM **General Session VI**
CIA Conference Hall (2nd floor)

Speaker: **Amy Myrdal Miller, MS, RD (CIA)**

Into the Mouths of Babes: Who's the BAWSS?

This talk will briefly address the toll of poor use of "feet and forks" on the health of children, and describe the obstacles that stand in the way of progress. The case will then be made that the basic functional unit of our society is the family, and that we will need complementary programming for children and adults so that they achieve better diets, and better health, together – as they are unlikely to do so alone. Programs conducive to that goal will be described, including BAWSS: Businesses Applying Wellness Strategies in Schools. Only a compilation of effective programming in diverse settings, reaching children and adults alike, will be sufficient to turn the "obesigenic" tide.

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**

Presenter: **David Katz, MD (Yale University Prevention Research Center)**

9:00 AM **Walk to Location for Round Table Discussions, Round I**

9:10 AM **Round Table Discussions, Round I**

The round table discussions will be designed to provide insights into a wide range of issues affecting the quality and flavor of foods made available to kids in a variety of environments. Group will be formed based on operational focus (e.g., school foodservice, campus dining, chain restaurants, and supermarkets) and the issues affecting those operations. Each group will be asked to address the following five questions:

- 1. What are 5-10 of the "best practices" in this area?**
- 2. What are the three biggest opportunities in this area in terms of "low hanging fruit"?**
- 3. What are the 2-3 biggest challenges in this area?**
- 4. Who needs to know more about this topic and how should this information be communicated or shared?**
- 5. What research needs to be done in this area to advance the cause of healthy, flavorful foods and beverages for children?**

Round Table Discussion Group #1

CIA Conference Hall (2nd floor)

From Culinary Techniques and Flavor Development Strategies to Salad Bars and Menu Descriptors: Making Fruits, Vegetables, and Legumes More Appealing to K-12 and College Students

Discussion Leader: **Timothy Cipriano** (New Haven Public Schools)

Round Table Discussion Group #2

CIA Library

Developing Healthy and Appealing Menu Items for Kids for American Restaurants

Discussion Leader: **Pamela Smith, RD** (Shaping America's Plate)

Round Table Discussion Group #3

CIA Conference Room (3rd Floor)

Participating in Farm to School Programs

Discussion Leader: **Mary Stein** (National Farm to School Network)

Round Table Discussion Group #4

Pearl Studio at the Full Goods Building

Creating Pride, Awareness, and Really Great Food: Regional Menus for Schools

Discussion Leader: **Catharine Powers, MS, RD** (Culinary Nutrition Associates)

9:55 AM

Break/ Time to Walk to Location for Round II Discussions

Healthy snacks will be available in the CIA Conference Hall and bottled water will be available in the meeting rooms for the Round II discussions.

10:10 AM

Round Table Discussions, Round II

Round Table Discussion Group #5

CIA Conference Hall (2nd floor)

Using Fewer Processed Foods in School Foodservice

Discussion Leader: **Katie Wilson, PhD, SNS** (National Food Service Management Institute)

Round Table Discussion Group #6

CIA Library

Moving Beyond Bread: Making Whole Grains Flavorful and Appealing to Students

Discussion Leader: **Margie Saidel, MPH, RD, LDN** (Chartwells)

Round Table Discussion Group #7

CIA Conference Room (3rd Floor)

Using USDA Foods to Create Healthful, Flavorful Foods for School Meals

Discussion Leaders: **Laura Walter** (USDA Food and Nutrition Service)
Mary Beth Flowers (USDA Food and Nutrition Service)

Round Table Discussion Group #8

Pearl Studio at the Full Goods Building

Moving Chefs to Schools...as Volunteers, Consultants, and Full-Time Employees

Discussion Leader: **Danny Seymour** (School Nutrition Association)

10:55 AM **Round II Discussions Conclude/Time to Move Back to Conference Hall**

11:00 AM **General Session VII**

CIA Conference Hall (2nd floor)

Final Forum

Where Do We Go From Here? Best Practice Reports from the Round Table Discussions

Moderators: **Greg Drescher** (CIA)

Amy Myrdal Miller, MS, RD (CIA)

Speakers: **Timothy Cipriano** (New Haven Public Schools)

Pamela Smith, RD (Shaping America's Plate)

Mary Stein (National Farm to School Network)

Catharine Powers, MS, RD (Culinary Nutrition Associates)

Katie Wilson (National Food Service Management Institute)

Margie Saidel, MPH, RD, LDN (Chartwells)

Laura Walter & Mary Beth Flowers (USDA Food and Nutrition Service)

Danny Seymour (School Nutrition Association)

12:25 PM **Closing Remarks**

CIA Conference Hall (2nd floor)

Speakers: **Greg Drescher** (CIA)

Amy Myrdal Miller, MS, RD (CIA)

12:30 PM **Closing Walk Around Lunch**

Full Goods Building Breezeway

1:30 PM **Lunch & Leadership Summit Conclude**

*** The afternoon sessions are for National Steering Committee Members and Program Partner Representatives. ***

1:45 PM **Healthy Flavors, Healthy Kids 2012 Partners Meeting**

Full Goods Studio

All National Steering Committee members are welcome to join representatives from the CIA and the companies and organizations supporting the 2012 Healthy Flavors, Healthy Kids leadership symposium for a post-summit discussion focused on follow-up activities and initiatives focused on improving the flavor and quality of foods made available to children in a variety of settings.

3:30 PM **Healthy Flavors, Healthy Kids Program Partners Reception**
La Gloria Ice House Restaurant, 100 East Grayson Street, San Antonio, TX
(located behind the CIA campus on the River Walk at the Pearl)

4:30 PM **Reception Concludes**

NATIONAL STEERING COMMITTEE

David S. Ludwig, MD, PhD - CO-CHAIRMAN

Director, Optimal Weight for Life (OWL) Clinic, Children's Hospital Boston
The John Crigler, Jr & Mary Crigler Chair in Endocrinology, Children's Hospital Boston
Associate Professor of Pediatrics, Harvard Medical School
Associate Professor of Nutrition, Harvard School of Public Health
Boston, MA

Amelie Ramirez, DrPH - CO-CHAIRMAN

Director of the Institute for Health Promotion Research
University of Texas Health Sciences Center, San Antonio
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Rick Bayless

Chef-Owner, Frontera Grill, Topolobampo, and XOCO
Host of the PBS Series, *Mexico - One Plate at a Time*
Chicago, IL

Barbara Belmont

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Lorna Christie

Executive Vice President & Chief Operating Officer
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Timothy Cipriano

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Ann Cooper
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Joan Rector-McGlockton
Vice President, Industry Affairs and Food Policy
National Restaurant Association
Washington, DC

Caroline Roffidal-Blanco, MS, RD, LD

Registered Dietitian

CDC “Communities Putting Prevention to Work” Grant Director

San Antonio Metropolitan Health District

San Antonio, TX

Margie Saidel, MPH, RD, LDN

Vice President, Nutrition, Sustainability, and Community

Chartwells School Dining Services

Rye Brook, NY

Cathy Schlosberg

Vice President of Marketing and Strategic Development

ARAMARK Education

Philadelphia, PA

Janey Thornton, PhD

Deputy Under Secretary for Food, Nutrition and Consumer Services

United States Department of Agriculture

Washington, D.C.

Deborah L Woehler, MS, RD, LD

Executive Director

Oliver Foundation

Houston, TX

PRESENTER, GUEST CHEF, MODERATOR, DISCUSSION LEADER, AND PANELIST BIOS

DAVID BINKLE was appointed Deputy Director of Food Services for the Los Angeles Unified School District (LAUSD) in December 2007. As a Certified Executive Chef, Certified Culinary Administrator, and Certified Executive Pastry Chef, David brings more than 30 years of experience as a senior food service administrator, corporate chef, culinary arts instructor, and food services director. Prior to joining LAUSD, Binkle was Director of Dining at California State University, Fresno and has worked for the Dallas and Duncanville (Texas) Public Schools, Morrison Restaurants Inc., and the International Culinary School at the Art Institutes. He earned his BSc degree from the Oklahoma Panhandle State University System in Health and he learned his culinary skills both through certificates at The Culinary Institute of America, Hyde Park, NY and self taught experience. David is currently completing a Master of Public Administration (MPA) from California State University, Northridge. A Rotary International Paul Harris Fellow and longtime member of the American Culinary Federation (ACF) Chef Binkle was awarded the 2011 Chef of the Year in Los Angeles and the 2010 Presidents National Medal of Honor. David has appeared on numerous television shows such as the *NBC Nightly News*, *World News Tonight*, *PBS*, *CNN* and *Jamie Oliver's Food Revolution*, as well as in various print media including the *Los Angeles Times* and *New York Times* discussing issues related to school meals. He will appear in the highly anticipated spring release of the documentary series "Food Forward," a TV show about people who are changing how we eat in America. (Los Angeles, CA)

GEORGEANNE BRENNAN is an author, journalist, educator, and consultant. The author of more than 30 cookbooks and garden books, as well as a food memoir, *A Pig in Provence* (Harcourt) she has received both a James Beard Foundation and a Julia Child award. Her articles on food, wine, gardening, travel, and agriculture have been published in multiple publications, and she is a regular feature writer for the *San Francisco Chronicle's* Food and Wine Section. Always an educator, she focuses on the relationship between how and where food is grown and how it is used in the kitchen whether working hands-on with adults or children or in her writing. For a number of years she had a culinary vacation program in Provence, and now has a similar one at her small farm in Northern California. Through her consulting firm, Evans & Brennan, she provides professional development to school food service staff, among other activities. Her most recent publications are *Cooking with California Food in K-12 Schools* (Center for Ecoliteracy) and *The Davis Farmers Market Cookbook* (Mirabelle Press) both co-authored with Ann M. Evans. (Winters, CA)

TIMOTHY CIPRIANO is Executive Director of Food Services for New Haven (CT) Public Schools (NHPS). One of Tim's most valuable achievements to date has been introducing more local produce into the school lunch program – more than 165,000 pounds of Connecticut grown produce in 2011 – and working to educate New Haven's urban students about fresh, healthy and great tasting food choices. NHPS has 45 schools with 45 salad bars and roughly 20,800 students with more than 80 percent of those students qualifying for free and reduced meals. (New Haven, CT)

ANN COOPER is a chef, celebrated author, educator, and enduring advocate for better food for all children. Ann is currently serving as the school nutrition director for Boulder Valley School District. A graduate of The Culinary Institute of America, Hyde Park, NY, Ann has been a chef for more than 30 years including positions with Holland America Cruises, Radisson Hotels, and Telluride Ski Resort. She has been featured in *The New Yorker*, *The New York Times*, *The Washington Post*, *The San Francisco Chronicle*, *The Chicago Tribune*, *Newsweek*, and *Time Magazine* and has appeared on ABC's *Nightline*, the CBS *Morning Show*, and many other media outlets. Ann has shared her knowledge and experience by speaking at the Smithsonian Institute, the National Restaurant Association, the Heifer Foundation, Chefs Collaborative, the International Association of Culinary Professionals, and numerous conferences. She has been honored by SLOW Food USA, selected as a Kellogg Food and Society Policy Fellow, and awarded an honorary doctorate from SUNY Cobleskill for her work on sustainable agriculture. Ann is the author of four books: *Lunch Lessons: Changing the Way We Feed Our Children* (2006), *In Mother's Kitchen: Celebrated Women Chefs Share Beloved Family Recipes* (2005), *Bitter Harvest: A Chef's Perspective on the Hidden Dangers in the Foods We Eat and What You Can do About It* (2000) and *A Woman's Place is in the Kitchen: The Evolution of Women Chefs* (1998). She is past president of The American Culinary Federation of Central Vermont, and past president and board member of Women's Chefs and Restaurateurs. She also served on the U.S. Department of Agriculture National Organic Standards Board (a Congressional appointment) and was an Executive Committee member of Chefs Collaborative – all in an effort to raise awareness about the value of healthful, seasonal, organic, and regional foods. In 2009, Ann founded Food Family Farming Foundation (F3) as a nonprofit focusing on solutions to the school food crisis. F3's pivotal project is The Lunch Box, a web portal that provides free and accessible tools, recipes and community connections to support school food reform. (Boulder, CO)

ILIANA DE LA VEGA is a Mexican/Latin Cuisines Specialist at The Culinary Institute of America, San Antonio and a founding member of the CIA's Latin Cuisines Advisory Council. Prior to joining the CIA in 2007, Iliana won worldwide acclaim for her reinterpretation of Oaxacan moles at her restaurant El Naranjo in Oaxaca, Mexico. Born and raised in Mexico City, Iliana learned to cook from her Oaxacan mother. She has been featured in top U.S. publications including *The New York Times*, *Bon Appétit*, and *Condé Nast Traveler*. Today Iliana develops curricula and teaches classes at the CIA, San Antonio; presents at conferences at the CIA at Greystone campus in the Napa Valley; and conducts culinary research on Latin American cuisines and cultures. She and her team document detailed information about the ingredients, recipes, culinary techniques, and cultural influences that are shaping cuisine within the 27 countries of Latin America. In 2009 Iliana and her husband Ernesto Torrealba opened El Naranjo Mobile, a food trailer that within months of opening was named "The Best Mexican Restaurant in Austin" by a number of Austin area food critics and publications. They will be opening a restaurant, El Naranjo, in Austin in May 2012. (Austin, TX)

SANNA DELMONICO, MS, RD, is a nutrition instructor at The Culinary Institute of America at Greystone. Sanna has worked with families on nutrition and feeding for more than 15 years, always with an emphasis on family meals and simple, seasonal food. She received an MS in human nutrition from Louisiana State University and is a registered dietitian. Sanna conducts nutrition and cooking classes for parents, and for

many years she published a nationally distributed food and nutrition newsletter for parents, called *Tiny Tummys*. Sanna has worked as a Newborn Intensive Care Unit Nutritionist, a pediatric outpatient nutritionist, and in a private practice setting. She is also a nutrition instructor at Santa Rosa Junior College, where she also coordinates the Dietetic Technician program. (Napa, CA)

GREG DRESCHER is vice president of strategic initiatives & industry leadership at The Culinary Institute of America where he oversees the college's leadership initiatives for the foodservice industry, including conferences, leadership retreats, menu research & development, digital media, and international studies. He is the creator of the college's influential Worlds of Flavor® International Conference & Festival (now in its 15th year), the annual Worlds of Healthy Flavors Leadership Retreat presented in partnership with the Harvard School of Public Health, and other CIA "think tank" initiatives. In 2005, Greg was inducted into the James Beard Foundation's *Who's Who of Food & Beverage in America*, in 2006 was honored with *Food Arts* magazine's Silver Spoon Award, and in 2007 and 2009 shared a second and third James Beard Award for his work in developing the CIA's *Savoring the Best of World Flavors* DVD and webcast series, filmed on location in food cultures around the world. In 2008, he was appointed by the President of the National Academy of Sciences' Institute of Medicine to its Committee on Strategies to Reduce Sodium Intake. Greg travels widely around the world to track flavors, culinary traditions, and inspiration for healthy eating. A 2008 profile in *Bon Appetit* magazine dubbed him the "Flavor Hunter." (Napa Valley, CA)

LISA FELDMAN, CRC, is the Director of Culinary Services for Sodexo's Schools Division. She works hand in hand with Sodexo's K-12 accounts and vendor partners to provide menu and recipe solutions for more than 450 school districts. Currently Lisa is working on menus that meet or exceed the Healthier US Schools Challenge requirements. A culinary enthusiast since the ripe old age of 3, Lisa is a 1991 graduate of The Culinary Institute of America, a Certified Research Chef, and a 20-year veteran of the food service industry. (Gaithersburg, MD)

MARY BETH FLOWERS is the Training Coordinator of the Food and Nutrition Service, Food Distribution Division, at USDA. (Alexandria, VA)

TOM FRENCH is a seasoned chef, consultant, and trainer with more than 40 years of professional foodservice experience. For the past seven years, Chef Tom has focused his efforts on school meal programs and their impact on hunger and nutrition. As Founder and Director of Experience Food Project (EFP) he has led comprehensive and integrated school food efforts in Washington State. EFP has successfully piloted system change strategies that have created groundbreaking outcomes. EFP strategies improve the quality and content of school food, offer unique food education opportunities, provide technical support and training, engage families and communities, and support capacity building for local agriculture. Chef Tom currently serves on the Chefs Table for the School Nutrition Association. He has served on the City of Seattle Health Services Advisory Committee for three years and has been the recipient of the U.S. Mayor's anti-hunger award. Chef Tom is active in sustainable agriculture, international hunger projects, homelessness, and social justice issues related to food. He is a founding member of the Cascade Harvest Coalition and a member of the advisory council for

Sustainable Seattle. He recently served on the steering committee for the Farm-to-School Connections Team in conjunction with Washington State University, and he currently serves as the Washington State Policy Liaison for the National Patient Advocacy Foundation. (Langley, WA)

CHERYL FORBERG, RD, is a James Beard award-winning chef, a NYT best-selling author, and the former nutritionist for NBC's *The Biggest Loser* television show. A culinary expert as well as a registered dietitian, she shared cooking and nutrition tips with the show's contestants and viewers for twelve seasons. Forberg received her culinary education at the California Culinary Academy in San Francisco. After graduation, she embarked on a European apprenticeship journey that included stints at top French restaurants from Champagne to Strasbourg. She later was chosen for the opening team of Postrio restaurant, Chef Wolfgang Puck's first venture in Northern California. She also worked as Private Chef for Lucasfilm Ltd. in Northern California. Forberg went on to earn a degree in nutrition and clinical dietetics from the University of California, Berkeley and to work as a research dietitian at Cedars-Sinai Medical Center in Los Angeles. Forberg has written or contributed to 13 books including *Six Weeks to a Healthier You*, which was recently ranked the #1 diet for diabetes by *US News and World Report*. Her latest book is *Flavor First: Cut Calories and Boost Flavor with 75 Delicious, All-Natural Recipes* (Rodale). She has contributed articles and recipes to many culinary and health publications, including *Health* and *Prevention* magazines and *The Washington Post*. Cheryl is a blogger for *The Huffington Post* and just launched a new column for *The Saturday Evening Post*. She lives on a farm in Napa with her boyfriend, one dog, and six chickens. Visit her Facebook page to sign up for recipe/tips newsletter: www.facebook.com/cherylforbergrd (Napa, CA)

SARAH ELIZABETH IPPEL is the Founder and Executive Director of the Academy for Global Citizenship (AGC), a Chicago Public Elementary School that opened in 2008, on the city's underserved Southwest side. AGC's mission is to empower children to become active global citizens by positively impacting their community and the world beyond. AGC was founded with an ardent commitment to environmental sustainability and is internationally recognized for its model green school initiatives, which include daily organic breakfast and lunch, a 5 kW solar learning laboratory, schoolyard habitat and vegetable garden, rain barrels, composting, yoga, nutrition education, a faculty wellness program, walking school bus, and comprehensive sustainability curriculum. Sarah Elizabeth's life mission is education reform. Throughout her career, she has traveled to more than 80 countries across six continents, extensively examining educational philosophies and world languages, as well as creating international alliances that have contributed to the design and culture of the Academy for Global Citizenship. In 2010, Sarah Elizabeth was recognized with *Chicago Magazine's* Green Award and was selected as a United States Delegate to Terra Madre, where she met with representatives from more than 60 nations to discuss the sustainability of local and global food systems. When she is not traveling around the world sharing the Academy for Global Citizenship's vision for systemic change, Sarah Elizabeth enjoys working on her plans to build a net-positive energy home in Chicago. (Chicago, IL)

DAVID S. LUDWIG, MD, PHD, is a practicing pediatrician and researcher at Children's Hospital Boston. He holds the rank of Professor of Pediatrics at Harvard Medical School

and Professor of Nutrition at Harvard School of Public Health. Dr. Ludwig is Founding Director of the Optimal Weight for Life (OWL) program at Children's Hospital, one of the country's oldest and largest multidisciplinary clinics for the care of overweight children. He also directs the New Balance Foundation Obesity Prevention Center at Children's Hospital. His research focuses on the effects of diet on hormones, metabolism and body weight. In particular, he developed a novel "low glycemic" diet (i.e., one that decreases the surge in blood sugar after meals) for the treatment of obesity and prevention of type 2 diabetes and heart disease. This work has been cited as providing a scientific basis for numerous popular diets, including *The South Beach Diet*, *The Zone*, *SugarBusters*, and *The Glucose Revolution*. Described as an "obesity warrior" by *Time Magazine*, Dr. Ludwig has fought for fundamental policy changes to restrict food advertising directed at young children, improve quality of school nutrition programs and increase insurance reimbursement for obesity prevention and treatment programs. Dr. Ludwig is a fellow of The Obesity Society and recipient of the E.V. McCollum Award (2008) of the American Society for Nutrition. He is Principal Investigator on numerous grants from the National Institutes of Health, has published more than 100 scientific articles, and presently serves as Contributing Writer for the *Journal of the American Medical Association*. Dr. Ludwig is author of a book on childhood obesity for parents entitled *Ending the Food Fight: Guide Your Child to a Healthy Weight in a Fast Food/Fake Food World* (Houghton Mifflin, 2007). He appears frequently in national print and broadcast media. (Boston, MA)

STEVEN MCHUGH is the executive chef at Lúke San Antonio, a Chef John Besh Restaurant. Steven grew up in a large farming family – seven boys! – in a small Wisconsin town, far from the rich culinary tradition of New Orleans. McHugh trained at The Culinary Institute of America, Hyde Park, and has worked in some legendary New Orleans kitchens from Metro Bistro to Dickie Brennan's Steak to Bacco. In 2003, McHugh became chef de cuisine at Besh Steak and was later named executive chef at Restaurant August. After Katrina, McHugh worked 20-hour days side by side with Chef John Besh re-opening August and feeding FEMA workers. In 2010 he set his sights on a new challenge as executive chef of Lúke San Antonio, where he pays homage to his family's agricultural roots by using ingredients sourced from local farmers. McHugh also continues the Besh Restaurant Group's tradition of serving the region. Following the destructive fires in Central Texas, McHugh traveled to Bastrop to cook for families displaced from their homes. A lymphoma survivor, McHugh is also active with the South Central Texas Chapter of the Leukemia & Lymphoma Society. (San Antonio, TX)

DAVID L. KATZ MD, MPH, FACPM, FACP, is the founding director of Yale University's Prevention Research Center. He received his BA from Dartmouth College (1984; Magna Cum Laude); his MD from the Albert Einstein College of Medicine (1988); and his MPH from the Yale University School of Public Health (1993). He is a board certified specialist in both Internal Medicine and Preventive Medicine/Public Health. Katz is Director and founder of the Integrative Medicine Center at Griffin Hospital in Derby, CT, and founder and president of the non-profit Turn the Tide Foundation. Known internationally for expertise in nutrition, weight management, and chronic disease prevention, as well as integrative care and patient-centered care models, Dr. Katz is active in patient care, research, teaching, and public health practice. He established and formerly directed one of the nation's first combined residency programs in Internal

Medicine and Preventive Medicine, and he served as Director of Medical Studies in Public Health at the Yale School of Medicine for eight years. Katz has five U.S. patents, several patents pending, and is the principal inventor of the Overall Nutritional Quality Index (patents pending) utilized in the NuVal® nutrition guidance program (www.nuval.com), currently offered in over 1,500 supermarkets throughout the United States, from coast to coast. He has been recognized three times by the *Consumers Research Council of America* as one of the nation's top physicians in Preventive Medicine. He was nominated for the position of US Surgeon General in 2009 by the American College of Physicians, the American College of Preventive Medicine, and the Center for Science in the Public Interest, among others. He was the 2011 recipient of the Katharine Boucote Sturgis award from the American College of Preventive Medicine, the most prestigious award the College confers, awarded for illustrious career contributions to the field of Preventive Medicine. Also in 2011, Dr. Katz received the Lenna Frances Cooper Award from the American Dietetic Association (now known as the Academy of Nutrition and Dietetics) for illustrious contributions to the field of nutrition. Dr. Katz, his wife Catherine, and their five children live in CT. (Derby, CT)

LARS KRONMARK is a chef-instructor at The Culinary Institute of America at Greystone. As part of the start-up “dream team,” Chef Kronmark was hand-picked from the finest culinary educators in the United States to open the school in August of 1995. As a chef-instructor, Chef Kronmark has led leading professionals in custom and catalog programs as well as being involved with the college’s annual Worlds of Flavors® International Conference and Festival since its conception in 1996. As part of his involvement in several international programs, Chef Kronmark has traveled and closely studied the cuisines of several countries including Mexico, Italy, and Spain. Chef Kronmark helped launch the China Educational Project in 2001, for which he spent significant time in Shanghai and Beijing teaching Chinese hotel and restaurant chefs the art of contemporary American cuisine. Chef Kronmark is a Certified Wine Professional. Besides conducting wine-related cooking classes, he also participates in events at local wineries and has been involved with the Napa Valley Wine Auction for the past 20 years. (Napa Valley, CA)

AMY MYRDAL MILLER, MS, RD, is the director of programs and culinary nutrition for The Culinary Institute of America at Greystone. A registered dietitian with a master’s degree in nutrition communications from Tufts University School of Nutrition Science and Policy, Amy has focused her career on nutrition research, education, and communications with a focus on promoting the health, flavor, and culinary benefits of whole foods. Prior to joining the CIA, Amy led domestic marketing and health research efforts for the California Walnut Commission, directed nutrition education and nutrition marketing programs for Dole Food Company, and conducted cardiovascular health research studies at the Rippe Lifestyle Institute in Shrewsbury, Massachusetts. She was the 2003 recipient of the Produce for Better Health Foundation *Diamond Crystal Award* for her leadership in developing an online children’s nutrition education program. Amy is the co-author of *The Healthy Heart Cookbook for Dummies* and the executive editor of the *Dole 5 A Day Kids Cookbook*. She is a member of the Academy of Nutrition and Dietetics (formerly the American Dietetic Association), the immediate past chair of the Food & Culinary Professionals Dietetic Practice Group, and a member of the Academy of

Nutrition and Dietetics Research Committee. A farmer's daughter from North Dakota, today Amy and her husband Scott Miller live in Sacramento. (Sacramento, CA)

ELIZABETH PIVONKA, PHD, RD, is President of the Produce for Better Health Foundation, a nonprofit foundation devoted to increasing consumption of fruits and vegetables. Dr. Pivonka has been integrally involved with the Foundation's efforts since it was incorporated in 1991. She guides the Foundation's efforts to work through industry members and government partners to advance the overall effort of increasing fruit and vegetable consumption. Dr. Pivonka was recognized in 2007 as one of the "Top Women in Grocery" by *Progressive Grocer*. She was recognized as one of the "Top 25" produce industry leaders in 2005 and as the 2001 Marketer of the Year, both by the produce industry's leading publication, *The Packer*. Under Pivonka's leadership, the Foundation has also received a Centers for Disease Control and Prevention 2009 Pioneering Innovation Award and Secretary Tommy Thompson's Health & Human Services 2004 Innovation in Prevention Award. Dr. Pivonka is a Registered Dietitian, and holds a doctorate in food and nutrition science. (Hockessin, DE)

CATHARINE H. POWERS, MS, RD, LD an innovative communicator and engaging trainer, works with food manufacturers, distributors and foodservice operators to leverage nutrition in marketing, menu development, and sales. Inspired by a passion for making healthy foods taste good and good foods healthy, Cathy has extensive experience developing innovative training and curricular materials for chefs, dietitians and others in the foodservice industry. She is co-author of the IACP award-winning textbook, *Essentials of Nutrition for Chefs*. Cathy spent nearly 15 years at The Culinary Institute of America where she was instrumental in developing the Institute's cutting-edge nutrition program, including the award-winning St. Andrew's Café. This program not only sparked national interest in culinary nutrition but also serves as model for culinary schools across the country. Later, as the CIA's associate dean for curriculum and instruction, Cathy worked closely with faculty colleagues to develop resources that set the institute apart from other culinary schools. She was also a major contributor to the CIA's internationally recognized text, *Techniques of Healthy Cooking* (John Wiley), and spearheaded the development of many other educational materials including videos and software. She is an in-demand keynoter at state dietetic association, child nutrition program, and college conferences. She is also a popular presenter at the annual Academy of Nutrition and Dietetics (formerly the American Dietetic Association) Food and Nutrition Conference and Exhibition. Cathy is a founding member and past-chair of the Academy's Food & Culinary Professionals Dietetic Practice Group and is a long-time member of Dietitians in Business and Communications Dietetic Practice Group. In 2004, the Academy honored her with its prestigious Medallion Award. (Medina, OH)

AMELIE G. RAMIREZ, DRPH, is Director of the Institute for Health Promotion Research at The UT Health Science Center at San Antonio. Dr. Ramirez is an internationally recognized cancer and chronic disease health disparities researcher and spokesperson. She is a professor of epidemiology and biostatistics at The University of Texas Health Science Center at San Antonio where she also is founding director of the Institute for Health Promotion Research, which researches health disparities among minorities. During the past 30 years, Dr. Ramirez has directed many research programs focused on human and organizational communication to reduce chronic disease and cancer health

disparities affecting Latinos, including cancer risk factors, clinical trial recruitment, tobacco prevention, obesity prevention, and more. Dr. Ramirez directs two national research networks, one funded by the National Cancer Institute to focus on Latino cancer (*Redes En Acción*, www.redesenaccion.org) and the other funded by the Robert Wood Johnson Foundation to focus on Latino child obesity (*Salud America!*, www.salud-america.org). Dr. Ramirez also mentors Latino undergrad, pre- and post-doctoral students, contributes to the scientific literature, and serves on editorial boards for several journals. She has received many awards for her work to reduce cancer disparities, including 2007 election to the Institute of Medicine of the National Academies. She also is a member of: the Scientific Advisory Board, Susan G. Komen For the Cure; Scientific Advisory Board, Avon Foundation Breast Cancer Crusade; and Board of Directors, Lance Armstrong Foundation. Locally she is a member of the San Antonio Mayor's Fitness Council and the San Antonio Texas Tobacco Prevention & Control Coalition. Dr. Ramirez received a B.S. from The University of Houston and M.P.H. and Dr.P.H. degrees from The University of Texas Health Science Center at Houston School of Public Health. Read her blog at www.saludtoday.com/blog. (San Antonio, TX)

JOAN RECTOR MCGLOCKTON is the Vice President of Industry Affairs and Food Policy for the National Restaurant Association (NRA). In this position, she leads the Association's food regulatory policy and advocacy efforts. Joan has extensive experience working on food service and hospitality issues, most recently serving as Senior Vice President of Corporate Affairs for Sodexo, Inc. where she served for 12 years on the company's senior leadership team. Joan also has extensive experience in building strategic alliances and coalitions, as well as managing regulatory matters. Prior to her work with Sodexo, she served as Corporate Secretary at Marriott International, Inc. Joan has served on several not-for-profit boards including the Sodexo Foundation, the American Dietetic Association Foundation (today known as the Academy of Nutrition and Dietetics Foundation), and the Howard University School of Business Hospitality Management Board of Advisors. Joan received her bachelor's degree from Duke University and law degree from Harvard Law School. (Washington, D.C.)

MARGIE SAIDEL, MS, RD, is a registered dietitian, holds a Masters degree in public health, and has more than 20 years experience in the child nutrition and foodservice industries. As the Chartwells Vice President of Nutrition and Sustainability, she develops Chartwells' strategic approach to child nutrition and corporate social responsibility platforms and designs programs that support health and wellness for more than 550 school districts and 4,000 schools. Before joining Chartwells, Margie was a school foodservice director for 12 years and designed and taught college undergraduate and graduate courses in foodservice management. She is a passionate advocate for healthy and sustainable foods for our nation's school children and leads a team of 20 Registered Dietitians throughout the country who dedicate their time to implementing exceptional nutrition and food sustainability guidelines for Chartwells Schools. (Rye Brook, NY)

SCOTT SAMUEL is a chef-instructor and the conference chef for The Culinary Institute of America at Greystone. Chef Samuel also leads the Greystone Gardens programs, which provides seed-to-table experiences for CIA students at the campus' 2-acre garden. A graduate of Washington State University's hotel and restaurant administration program,

he apprenticed under Christophe DeGouix at Gerard's Relais de Lyon in Seattle and under Thomas Keller at the French Laundry. Chef Samuel worked in a number of kitchens and was the original chef for Seattle's Brie & Bordeaux, a combination wine and cheese shop and open-kitchen, 30-seat bistro. In 2000 he helped open the Waterfront Seafood Grill and later helped re-open the acclaimed Herbfarm in Woodinville, WA. Prior to joining the CIA he taught at the Seattle Culinary Academy and through his own company, which provided private classes in clients' homes. (Napa Valley, CA)

CATHY SCHLOSBERG has more than 25 years of marketing experience specializing in building brands in the food and foodservice industries. She has been with ARAMARK for nine years focused primarily on the Education sector. She is currently Vice President, Marketing for Higher Education, overseeing corporate and regional marketing, strategy, program development, insights, and communications. Previously, she was VP of Marketing and Strategic Development for K-12 Education. She is a leader on the ARAMARK Nutrition and Wellness Council and a steering committee member on ARAMARK's Women's Business Resource Network. Prior to ARAMARK, Cathy held senior foodservice marketing management positions at Kraft General Foods, Campbell's Soup, and Pierre Foods. All three companies do significant business in the education sector. She served on the board of Trustees of the National School Boards Foundation, was a member of the New Orleans Food Policy Advisory Council, and authored the article: "Strategic Partnering: Debunking the Myths," which appeared in *School Business Affairs Magazine*. Cathy earned her Bachelor of Arts degree in Urban Studies from Brown University and a Master's in Professional Studies from Cornell University's School of Hotel Administration. (Philadelphia, PA)

DANNY D. SEYMOUR is currently Dean of Education for the 52,000 member School Nutrition Association located in National Harbor, MD. Danny is responsible for all educational development inclusive of the Annual National Conference, Child Nutrition, and Industry Conference, and on-line education as well as the certification and credentialing program. Danny spent more than 36 years in Pennsylvania directing school nutrition programs, the last with Pittsburgh Board of Education. Danny also has experience in club management as both an Assistant and General Manager of full service country clubs. Danny was very active in various leadership positions in both the state and national School Nutrition Association. Additionally, he has served on numerous industry and association advisory boards as well as several strategic planning committees. In what little spare time he has, Danny is approved by the American Kennel Club to judge several sporting breeds and has traveled throughout the US and Canada, judging dogs. (National Harbor, MD)

ADAM SIMMONS is the Child Nutrition Director for Fayetteville Public Schools. He is a graduate of the University of Arkansas at Fayetteville and The Culinary Institute of America, Hyde Park. His early culinary career included working at Le Cirque in NYC and at Little Nell Hotel, Snowmass Lodge and Club, Lynn Britt Cabin, and the Hotel Jerome, all located in Aspen, Colorado. His school foodservice career began in the Kansas City Public Schools. He also spent time with the Farmington School District before joining Fayetteville Public Schools. Adam is very involved in local, state, and national school foodservice leadership activities, including serving on the School Nutrition Association's Chefs Table and working with the National Food Service

Management Institute. His focus is to bring culinary training to the most dedicated group of nutrition professionals in the world. (Fayetteville, AR)

PAM SMITH, RD, is a nationally known nutritionist and energy coach, culinary consultant, and best-selling author, and the creator of The S.M.A.R.T. Weigh® Strategy through which thousands of people have won back their health and energy. She provides wellness coaching to professional and corporate clients, including executives and culinary development teams at Darden Restaurants, Walt Disney World, Hyatt Hotels and Resorts, and many more. Pam creates menus and recipes for some of America's best restaurants including *Seasons 52* – all with a focus on great food that is great for you. Smith is the author of 12 published books and many articles and columns for magazines, newspapers and websites. Her best-selling books include *Eat Well-Live Well*, *Food for Life*, *The Healthy Living Cookbook*, *The Energy Edge*, *The Smart Weigh* – and her newest, *When Your Hormones Go Haywire*. She is a frequent speaker for top corporations and associations including the American Society for Association Executives, the American Dental Association, the American Orthodontic Association, and The American Cardiology Conference. And, she is the host for all culinary events for the Epcot International Food and Wine Festival. (Orlando, FL)

MARY STEIN, MS, is the Associate Director of the National Farm to School Network (NFSN), an advocacy organization with representation in all 50 states working toward the vision of a nation in which Farm to School programs are an essential component of strong and just local and regional food systems, ensuring the health of all school children, farms, the environment, local economies and communities. Mary began with NFSN in late 2011, bringing 20 years of experience in nutrition education and sustainable food systems work in the higher education setting. She helped to develop and launch a nationally unique Bachelor's degree program at Montana State University, *Sustainable Food and Bioenergy Systems* and served as the Montana Farm to School Coordinator with the Office of Public Instruction/Team Nutrition Program. Mary regularly presents throughout the nation on Farm to School and community-based food system topics. (Bozeman, MT)

LAURA WALTER, MPH, RD, is the Branch Chief of the Food and Nutrition Service, Food Distribution Division, at USDA. Laura started her USDA career in 1991 working with household food distribution programs, and later as a nutritionist and team leader for school programs and USDA foods. Since moving to headquarters in 2007, she has provided technical assistance on child nutrition issues, focusing on nutrition standards for school meals, Dietary Guidelines implementation, and helping schools successfully meet the Healthier US Schools Challenge. In her current position, she oversees the program support branch, which reviews product specifications, and provides nutrition information to help USDA purchase and deliver more than \$2 billion in USDA foods for its nutrition assistance programs. Laura received her bachelor's degree in dietetics from University of California at Davis, and received a master's in Public Health from U.C. Berkeley. (Alexandria, VA)

MAEVE WEBSTER is the director of research and consulting for Datassential. Maeve brings more than 10 years of project management, research, and client service experience to Datassential. Prior to joining the company, Maeve had her own foodservice consultancy, Webster Consulting Services and worked at Technomic. Maeve has

experience developing, presenting, and managing research and consulting projects. She consults on a wide variety of client projects including market opportunity, concept evaluation, opportunity assessments, attitude and usage studies, product and industry trend analysis, and consumer behavior analysis. Maeve holds an MBA in Marketing from University of Illinois and a degree in Le Cordon Bleu Culinary Arts from the Cooking and Hospitality Institute of Chicago. (Arlington, VT)

KATIE WILSON, PHD, SNS, is the executive director of the National Food Service Management Institute (NFSMI). Dr. Wilson was a school nutrition director in Wisconsin for 22 years. She has a B.S. degree in dietetics, a master's degree in food science and nutrition, and a PhD in foodservice and lodging management. Katie is also credentialed as a School Nutrition Specialist and has shared her expertise with school nutrition employees, school administrators, school boards, and allied organizations across the United States and internationally at the United Nations, in Japan and South Africa. She has a passion for school nutrition and has dedicated her career to enhancing school nutrition programs and improving program access to all children. Katie is a past president of the School Nutrition Association, has testified to Congress, chaired the National Task Force for Nutrition Standards in Schools, and has won numerous awards for innovation and marketing school nutrition programs. (Oxford, MS)

MARGO WOOTAN, DSC, is the director of nutrition policy at the Center for Science in the Public Interest (CSPI), one of the country's leading health advocacy organizations that specializes in food, nutrition, and obesity prevention. Dr. Wootan received her B.S. in nutrition from Cornell University and her doctorate in nutrition from Harvard University's School of Public Health. Wootan co-founded and coordinates the activities of the National Alliance for Nutrition and Activity (NANA) and the Food Marketing Workgroup. She has coordinated and led efforts to require calorie labeling at fast food and other chain restaurants, require *trans* fat labeling on packaged foods, improve school foods, reduce junk food marketing aimed at children, and expand nutrition and physical activity programs at the Centers for Disease Control and Prevention. Dr. Wootan has received numerous awards and is quoted regularly in the nation's major media. (Washington, D.C.)

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SUPPORTER PROFILES

AdvancePierre Foods has more than 30 years of combined experience serving schools across the U.S., including 90 of the nation's 100 largest school districts and works closely with schools to ensure that student meals are nutritious while maintaining quality, taste and value. APF is particularly proud of the Smart Picks product line which includes products with reduced sodium, fat and calories; more whole grains and zero grams of trans fat. In addition, APF offers fully cooked and portioned center-of-the-plate beef, chicken, turkey and pork menu options, as well as side dishes, bakery and snack items, helping school foodservice directors keep menus fresh and exciting. www.advancepierre.com

Barilla, originally established in 1877 as a bread and pasta shop in Parma, Italy, has become one of the world's most esteemed food companies. Barilla Foodservice delivers solutions for the unique needs and challenges of K-12 schools. Whether it's increasing student participation, lowering ingredient costs or menuing nutritious products, Barilla can help. For more information, please visit www.barillafoodservicerecipes.com and www.BarillaUS.com

C.H. Guenther/Pioneer offers a wide array of value-added mixes, gravies and sauces along with frozen baking items to the Foodservice industry. A trusted name in baking products since 1851, all Pioneer products are made to the highest standard of quality and provide superior value in performance and versatility. www.chguenther.com

Chartwells School Dining Services provides dining services for over 550 public school districts and private schools, comprising over 6,000 separate elementary, middle and high schools nationwide. We bring fresh ideas and innovative concepts to school dining services all over the US. Our exciting range of education tools help students make wise, informed decisions in school, at home and in the communities in which we serve. For more information about Chartwells School Dining Services, visit www.eatlearnlive.com.

ConAgra Mills® offers the most comprehensive selection of premium multi-use flours in the industry – from hard and soft spring wheat and pastry flours to durum, rye, and custom flour ingredients. It also offers the largest variety of whole grains, including Ultragrain® whole wheat flour, Sustagrain®, the ultra-high fiber whole grain, and a new line of Ancient Grain flours, which are helping to meet growing consumer demand for healthier ingredients. www.conagramills.com

Grimmway Farms is the largest grower, producer, and shipper of carrots in the world. family-owned grower, packer, and shipper of organically grown fruits and vegetables. www.grimmway.com

Indian Harvest has been a supplier of premium multigrain blends, specialty rice and grains, wild rice and heirloom beans to all segments of the foodservice industry since 1978. We provide complete nutritional information as well as flavorful recipes with an emphasis on whole grains for all menu applications including soup, salads, appetizers, side dishes and center of the plate entrees. www.indianharvest.com

McCain Foods USA entered the U.S. market more than 30 years ago and is a leading supplier of frozen potato and snack food products for the foodservice markets (including major national chains). McCain also supplies retail grocery chains with both McCain and private label potato products. Popular McCain frozen snack foods are sold under the Moore's, Anchor and Brew City brands, and the Ellio's frozen pizza brand. Headquartered in Lisle, Illinois, McCain Foods USA employs 4,500 people and operates production facilities in Illinois, Maine, Washington, Wisconsin, Idaho, New Jersey, California and Nebraska. www.mccain.com

The Mexican Hass Avocado Importers Association (MHAIA) is dedicated to supplying consistent high quality avocados throughout the year. A nutritious, delicious addition to any menu item, Avocados from Mexico are a versatile ingredient that work in all types of cuisine. Mexico's rich volcanic soil, abundant sunshine and timely rainfall provide the perfect climate for producing fine avocados. For more information, visit www.theamazingavocado.com.

The **National Peanut Board (NPB)** celebrates the great taste, nutrition and culinary versatility of USA-grown peanuts, peanut butter, peanut flour and all peanut products. Every day, through research and promotion, NPB supports the commitment of America's 10,000 peanut farming families to the sustainable production of quality products for generations to come. That includes helping parents, schools and restaurants leverage peanuts' affordability and Superfood nutritional benefits – from protein, good fats and essential nutrients – to create well-balanced meals and snacks kids love. Visit nationalpeanutboard.org or skinnyonnuts.com.

The **National Restaurant Association** now represents more than 380,000 businesses – from restaurants and suppliers to educators and non-profits – and provides each one with the valuable resources needed to stay ahead in a fast-paced industry. Since 1919 we have been the restaurant industry's leading association and, together with the National Restaurant Association Education Foundation, our goal is to lead America's restaurant industry into a new era of prosperity, prominence and participation, enhancing the quality of life for all we serve. <http://www.restaurant.org/index.cfm>

The **National Watermelon Promotion Board (NWPB)** - Representing the growers, shippers, and importers of watermelon in the United States, Watermelon.Org has showcased watermelon as a healthy, refreshing, versatile fruit. Whether in slices or added to a variety of desserts, drinks, and other recipes, the NWPB strives daily to market the wonderful world of watermelon every day of the year. www.watermelon.org

Naturipe Farms is a farmer-owned producer of berries grown by 700 small and medium working family farmers in North and South America. Number one in blueberries globally, and a top-three marketer of strawberries, Naturipe offers a full line of conventional and organic berries, including blueberries, strawberries, blackberries, raspberries and cranberries. www.naturipefarms.com

The **Northarvest Bean Growers Association** is growers representing growers through the check-off system, as North America's largest supplier of quality dry beans. We work together to better the industry through promotion, research, market development, education of consumers and monitoring of governmental policy. Our future goals are continued market exposure and careful monitoring of new ideas, consumer choices, and producer needs. www.northarvestbean.org

The Northern Canola Growers (based in North Dakota) represent 95% of the canola grown in the US today. Canola oil is the perfect oil for all of your health and culinary needs with it being the lowest in saturated fat of all oils on the market. Canola oil has an excellent fatty acid profile, 11 % omega 3's, high monounsaturated fat, and a high smoke point. With only 7% saturated fat it has half the saturated fat of olive oil! Canola oil is mild and light and lets the flavors of the other ingredients shine through...canola oil is also trans fat and cholesterol free, which makes it very easy and affordable to meet the trans free mandates in the US! To find out more about canola oil, its FDA Qualified Health Claim and fun recipes go to www.northerncanola.com

Paramount Citrus growers own, cultivate and harvest more than 30,000 acres of fresh citrus - Clementine/Mandarins, Navel and Valencia oranges, lemons, minneolas and other citrus varieties - to ensure a year-round supply. We are the largest integrated grower, shipper and packer of fresh citrus in the U.S. Our best practice horticultural and post-harvest processing delivers consistent, fresh and great-tasting citrus our consumers. www.paramountcitrus.com

Rainier Fruit Company, based in Selah, WA, is family owned and operated, growing apples, pears, cherries and blueberries. We control all stages of development from orchard to box, resulting in service, selection and quality that are beyond comparison. One of our priorities is to foster healthy eating and living through Foodservice partnerships targeting schools and those with an interest in children's health. www.rainierfruit.com

Ready Pac Foods, Inc. is proud to have provided healthy, delicious solutions to the foodservice industry for over 40 years. We offer a wide range of value-added fruits, vegetables, complete meals and prepared foods with unsurpassed quality on a national basis. Our expert team of Chefs and Culinary Scientists will work with your team to provide cost saving options in standard, customized ingredient(s) or finished food solutions to help you improve performance and efficiencies essential in today's foodservice environments. Our fresh prepared produce provides safe, premium quality, 100% yield product. Working hand-in-hand with your team to create trend-on menu ideas that fit your needs—that's what Ready Pac does best. www.readypac.com

Sodexo is the leading provider of integrated food and facilities management in the U.S., Canada and Mexico, with \$6.7 billion in annual revenue and 125,000+ employees. Sodexo offers innovative outsourcing solutions to 6,000 corporations, health care, long term care and retirement centers, schools, college campuses, government and remote sites throughout North America. www.sodexoUSA.com

Tyson Foods is one of the world's largest processors and marketers of chicken, beef and pork, and has been a longtime supporter of School Nutrition. Tyson strives to provide commercially inspired products kids love that meet USDA nutritional requirements and that are easy to prepare. Tyson has completely eliminated trans fats in their school products and strives to use lean meats, whole grain ingredients and less sodium.
www.tyson.com

USA Dry Pea & Lentil Council Established in 1965, the Council is a non-profit organization that represents the growers, processors, and exporters of US grown dry peas, lentils, and chickpeas. The Council is responsible for the development of new markets, the planning of activities that promote the health benefits of consuming legumes, the support of crop research, and increasing awareness of USA dry peas, lentils, and chickpeas worldwide. www.pea-lentil.com

Windsor Foods offers flavors of the world! Expand your breakfast and lunch menu choices by serving frozen prepared Posada Mexican, Bernardi Italian and Golden Tiger Asian brands; a la carte available. Our products are fully cooked and CN approved. Serving up the finest ingredients and authentic cuisine, Windsor Foods has been wowing chefs, students, diners and restaurant operators for decades. In addition to being a recognized authority providing healthy and delicious items for the in K-12 segment, Windsor Foods is also the market leader in prepared ethnic foods your students will love. So when you serve your students any of our great-tasting products, you can be assured of exceptional, kid-tested products that can help you meet USDA nutritional requires that will have your students saying "WOW"! For more information, please visit: <http://www.k12wow.com>

WEDNESDAY

REGISTRATION REFRESHMENTS

GRILLED SHIITAKE AND THREE BEAN SALAD IN LETTUCE CUPS

Yield: 12 portions

Ingredients	Amounts
<i>Tuscan bean salad</i>	
Cannellini beans	1 cup
Butter beans	1 cup
Dark kidney beans	1 cup
Onion, peeled and diced	1 ea.
Bay leaf	1 ea.
Kalamata olives, halved	3 oz.
Red peppers, diced	1 cup
Red onions, finely diced	½ cup
Fresh marjoram, minced	2 Tbsp.
Roasted garlic paste	1 Tbsp.
Red pepper, crushed	½ tsp.
Kosher salt	1½ tsp.
Black pepper, ground	½ tsp.
 <i>Bean salad dressing</i>	
Champagne vinegar	3 oz.
Dark balsamic vinegar	1 oz.
Extra virgin olive oil	10 oz.
 <i>Grilled shiitake mushrooms</i>	
Shiitake mushrooms, stemmed	16 ea.
Olive oil	3 Tbsp.
Kosher salt	as needed
 <i>Serving components</i>	
Lettuce cups	12 ea.
Cilantro, chopped	3 Tbsp.

Method

1. *For the bean salad:* Soak the beans in cold water overnight, then drain the beans and place soaked beans in a pot and cover with cold water by 4 inches; add the diced onion, bay leaf, and a pinch of salt. Cook on a simmer until the beans are soft, about 40 minutes. Drain and cool completely. Combine with the remaining bean salad ingredients and toss to incorporate.
2. *For the dressing:* Whisk together the dressing ingredients. Toss with the bean salad.
3. *For the shiitake mushrooms:* Brush the shiitake mushrooms with olive oil and season with salt. Mark the mushrooms on a hot grill and cook thoroughly. Slice thinly, add to the salad, and toss just to combine.
4. For serving, spoon the bean salad in to lettuce cups. Garnish with the cilantro.

CITRUS-SKIM MILK PANNA COTTA WITH FRESH BERRIES

Yield: 1 lb. 13 oz.

Ingredients	Amounts
<i>Cream</i>	
Gelatin	1 oz.
Skim milk	48 oz.
Sugar	1 cup
Lemon zest	1 strip
Lime zest	1 strip
<u>Cinnamon stick</u>	<u>1 ea.</u>
Total amount	1 lb. 13 oz.

Method

1. Add gelatin to the milk and allow to bloom.
2. Combine sugar, soy milk, lemon zest and cinnamon, heat to a simmer and allow to steep 5 minutes.
3. Add milk/gelatin mixture to cream, heat until gelatin dissolves, strain.
4. Pour mixture into molds, refrigerate overnight.
5. Heat molds in hot water for a few seconds, turn over and unmold on a plate.

Serving Suggestion: with fresh berries and/or citrus segments.

WELCOME AND OPENING DEMONSTRATIONS

SUMMER SUCCOTASH

Yield: 6 portions

Ingredients	Amounts
Olive or Canola oil	4 Tbsp.
Red onion, diced	1½ cups
Garlic cloves	2 ea.
Summer beans, cut to bite-size pieces if necessary, and blanched (snap beans, haricot vert, fava, lima, yard long, English peas)	2 cups
Corn kernels, fresh, blanched	2 cups
Grape tomatoes, halved	1 cup
Parsley, chopped	2 Tbsp.
Basil, chopped	2 Tbsp.
Cilantro, chopped	2 Tbsp.
Cider vinegar	2 Tbsp.
Salt and freshly ground black pepper	pinch

Method

1. Heat the olive or canola oil in a large sauté pan over medium heat. Sauté the onion until slightly brown, about 5 minutes. Add the garlic and sauté for an additional 1 minute. Mix in the summer beans and sauté to infuse flavor for 5 minutes.
2. Add the corn and sauté until warmed through, 1-2 minutes. Remove the pan from the heat and add the remaining ingredients. This dish may be served warm or cold.

Recipe credit: Steve McHugh, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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THE BEAUTY OF ROASTED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Turnips, large, peeled	2 ea.
Beets, medium, peeled	4 ea.
Carrots, large, peeled	4 ea.
Parsnips, medium, peeled	3 ea.
New potatoes, small	5 ea.
Shallots, large, peeled and minced	5 ea.
Garlic cloves, minced	4 ea.
Olive oil	½ cup
Fresh thyme	2 Tbsp.
Salt and freshly ground black pepper	to taste

Method

1. Preheat the oven to 350°F. Cut the turnips, beets, carrots, and parsnips into 1-inch cubes. Cut the potatoes into quarters. Toss all of the vegetables in a bowl with the shallots, garlic, olive oil, thyme; then season with salt and pepper. Make sure all the vegetables are evenly coated to prevent sticking.
2. Arrange in a single layer of a baking dish, and cover with foil. Roast the vegetables for about 45 minutes until tender.

Recipe credit: Steve McHugh, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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OPENING RECEPTION

Asian Station

Asian Barilla Whole Grain Thin Spaghetti, Lime Chile Sauce,
Spring Vegetables, and Roasted Peanuts

Coconut Orange Soup with Brown Rice

Asian Cabbage and Orange Salad with Ginger

Mediterranean

Whole Wheat Pizza Crust with Olive oil & Flax Topped
with Olives, Capers, Red Pepper, and Fresh Tomatoes

Ten Vegetable Minestrone with Ultragrain Pasta

Summer Succotash

The Beauty of Roasted Vegetables

Latin American

Jicama and Watermelon Salad with Apples,
Oranges, Fresh Coriander , and Roasted Peanuts

Pinto Bean and Cheese Enchiladas with Avocado and Tomatillo Sauce

Blueberry Lemonade with Mint

Middle Eastern/Indian

Tabbouleh

Curried Lentil Stew

Curried Indian Harvest Black Pearl Medley® Salad

Presented in Association with Paramount Citrus

ASIAN BARILLA WHOLE GRAIN SPAGHETTI WITH LIME-CHILE SAUCE AND SPRING VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Barilla whole grain thin spaghetti, dried	8 oz.
<i>Sauce</i>	
Lime juice	1/3 cup
Vietnamese or thai fish sauce	2 Tbsp.
Soy sauce	1 tsp.
Sugar	2 tsp.
Carrot, peeled, and finely shredded	1/4 cup
Thai-style chile paste	1/2 to 1 tsp.
Cilantro, chopped	1 Tbsp.
Mint, chopped	1 Tbsp.
<i>Vegetables</i>	
Carrots, shredded	1 cup
Sugar snaps or snow peas, thinly sliced	1/2 cup
Spring onions, thinly sliced	1/2 cup
Cilantro, chopped	1/2 cup
Mint, chopped	1/2 cup
Peanuts, roasted chopped, garnish	

Method

1. Combine the sauce ingredients and whisk well.
2. Cook the noodles in boiling water until tender, around 5 minutes. Drain and rinse. Place in a bowl and add the sauce, tossing to coat well. Add the vegetables, and toss again. Serve warm or cold. Garnish with peanuts.

Recipe credit: Georgeanne Brennan, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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ASIAN CABBAGE AND ORANGE SALAD WITH GINGER

Yield: 16 portions

Ingredients	Amounts
Rice vinegar, seasoned	½ cup
Toasted sesame oil	1 Tbsp.
Fresh ginger, grated	1 tsp.
Honey or brown sugar	1 tsp.
Soy sauce	1 tsp.
Napa cabbage head, thinly shredded	½ ea.
Navel orange, segmented then halved	1 ea.
Cilantro	½ cup
Kosher salt	¼ to ½ tsp.

Method

1. In a bowl, mix together the vinegar, sesame oil, ginger, honey, and soy sauce. Put the cabbage, orange segments, and cilantro in a separate bowl. Pour the sauce over them and toss well. Season with salt.

Note: Add chicken and crispy wontons or noodles for an entrée salad.

Recipe credit: Georgeanne Brennan, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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COCONUT ORANGE SOUP

Yield: 16 portions

Ingredients	Amounts
Water	2 cups
Brown rice, short or medium grain	1 cup
Chicken stock, low fat	1 cup
Coconut milk, canned	12 oz.
Orange zest	1 Tbsp.
Oranges, peeled, juiced, and seeded	½ cup
Fish sauce	1 Tbsp.
Thai chili paste	1 tsp.
Serrano chile, seeded and minced	1 ea.
Button mushrooms, quartered	2 cups
Oyster mushrooms, chopped	½ cup
Basil, chopped	½ cup
Salt and pepper	to taste

Method

1. In a medium saucepan over medium heat, bring the water to a boil. Add the rice, reduce the heat to low, cover, and cook until the rice is tender and the water has been absorbed, about 20 minutes. Set aside.
2. In a large saucepan over medium-high heat, combine the chicken stock, coconut milk, zest, juice, fish sauce, chili paste, and chile. Bring to a full boil then reduce the heat to medium and simmer about 5 minutes. The soup will be slightly foamy and will have turned a golden orange color. Add the mushrooms and cook until they are tender, 7 to 10 minutes.
3. Remove from the heat and stir in the basil. Season with salt and pepper, and right before service stir in the rice.

Note: For a meaty soup, add shredded chicken. Alternatively, to make a vegetarian soup, use vegetable broth instead of chicken broth and omit the fish sauce.

Recipe credit: Georgette Brennan, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

PIZZA WITH OLIVES, CAPERS, RED PEPPERS, AND FRESH TOMATOES

Yield: 16 portions

Ingredients	Amounts
Whole black olives, pitted and sliced	¾ cup
Capers, rinsed and drained	3 Tbsp.
Red pepper, seeded and chopped	1 ea.
Tomatoes, sliced	2 ea.
Extra virgin olive oil	2 tsp.
Ready Bake Pizza Crusts	2 ea.

Method

1. Sprinkle two ready-to-bake pizza crusts with the olives, capers, and peppers. Top with the sliced tomatoes and drizzle with the olive oil.
2. Bake, following the instructions for the pizza crust.

Recipe credit: Georgetanne Brennan, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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TEN VEGETABLE MINISTRONE

Yield: 25 portions

Ingredients	Amounts
Canola oil	1½ oz.
Garlic, minced	1 oz.
Yellow onions, chopped	12 oz.
Carrots, small dice	6 oz.
Celery, small dice	6 oz.
Tomato paste	3 oz.
Oregano, dried	1 tsp.
Basil, dried	1 tsp.
Table salt	2 tsp.
Black pepper	½ tsp.
Zucchini, chopped	6 oz.
Savoy cabbage, coarsely chopped	6 oz.
Tomatoes, canned, diced	28 oz.
Cannellini beans, canned, rinsed and drained	6 oz.
Kidney beans, canned, rinsed, and drained	6 oz.
Bay leaves	1 ea.
Water	4 lb.
Ultragrain pasta	6 oz.
Green beans, frozen or canned, drained Rinsed, cut into small pieces	1 cup
Parsley, chopped	¼ cup
Parmesan cheese, grated	¼ cup

Method

1. Heat the oil in a large soup pot over medium heat. Add the garlic and onions to the oil and stir to coat. Cover the pot and cook, stirring occasionally, until very tender, about 12 minutes.
2. Add the carrots and celery and continue to cook, covered, until tender, about 10 minutes. Stir occasionally and reduce the heat if necessary to avoid scorching the vegetables. Add the tomato paste, oregano, basil, salt, and pepper and stir to combine. Cook for 2 to 3 minutes.
3. Add the zucchini, cabbage, tomatoes with their juices, cannellini, kidney beans, bay leaf, water, and the pasta. Stir to combine and bring to a simmer and cook partially covered until the pasta is tender and the soup is thickened, about 20 minutes. Remove and discard the bay leaf.
4. Add the green beans and parsley and continue to simmer just until they are hot, another 3 to 4 minutes. Stir the parmesan into the soup just before serving.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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SUMMER SUCCOTASH

Yield: 6 portions

Ingredients	Amounts
Olive or Canola oil	4 Tbsp.
Red onion, diced	1½ cups
Garlic cloves	2 ea.
Summer beans, cut to bite-size pieces if necessary, and blanched (snap beans, haricot vert, fava, Lima, yard long, English peas)	2 cups
Corn kernels, fresh, blanched	2 cups
Grape tomatoes, halved	1 cup
Parsley, chopped	2 Tbsp.
Basil, chopped	2 Tbsp.
Cilantro, chopped	2 Tbsp.
Cider vinegar	2 Tbsp.
Salt and freshly ground black pepper	pinch

Method

1. Heat the olive or canola oil in a large sauté pan over medium heat. Sauté the onion until slightly brown, about 5 minutes. Add the garlic and sauté for an additional 1 minute. Mix in the summer beans and sauté to infuse flavor for 5 minutes.
2. Add the corn and sauté until warmed through, 1-2 minutes. Remove the pan from the heat and add the remaining ingredients. This dish may be served warm or cold.

Recipe credit: Steve McHugh, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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THE BEAUTY OF ROASTED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Turnips, large, peeled	2 ea.
Beets, medium, peeled	4 ea.
Carrots, large, peeled	4 ea.
Parsnips, medium, peeled	3 ea.
New potatoes, small	5 ea.
Shallots, large, peeled and minced	5 ea.
Garlic cloves, minced	4 ea.
Olive oil	½ cup
Fresh thyme	2 Tbsp.
Salt and freshly ground black pepper	to taste

Method

1. Preheat the oven to 350°F. Cut the turnips, beets, carrots, and parsnips into 1-inch cubes. Cut the potatoes into quarters. Toss all of the vegetables in a bowl with the shallots, garlic, olive oil, thyme; then season with salt and pepper. Make sure all the vegetables are evenly coated to prevent sticking.
2. Arrange in a single layer of a baking dish, and cover with foil. Roast the vegetables for about 45 minutes until tender.

Recipe credit: Steve McHugh, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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JICAMA AND WATERMELON SALAD WITH APPLES, MANDARINS, FRESH CORIANDER, AND ROASTED PEANUTS

Yield: 6 portions

Ingredients	Amounts
Jicama, small, ¾" dice	1 ea. (1 lb.)
Orange juice	½ cup
Salt	¼ tsp.
Watermelon, peeled, seeded, ¾" dice	½ ea.
Red-skinned apple, cored, ¾" dice	1 ea.
Mandarins, broken into sections	3 ea.
Cilantro, roughly chopped	2 Tbsp.
Powdered dried chile	1 tsp.
Romaine lettuce leaves, small	2-3 ea.

Peanuts, chopped, roasted, for garnish

Method

1. Place the jicama in a large non-corrosive bowl; pour in the bitter orange juice and sprinkle with salt. Toss well to cover and let stand at room temperature for an hour.
2. About 15 minutes before serving, add the watermelon, apple, mandarins and cilantro to the bowl and mix thoroughly. Toss the mixture every few minutes until ready to serve. Season with powdered chile, add more salt and cilantro, if desired. Toss one final time and scoop the salad onto a serving dish lined with romaine leaves. Garnish with roasted peanuts.

Note: The jicama is the bulbous root of a leguminous plant indigenous to Mexico and other parts of Central and South America. It has a thin, patchy, light-brown skin and juicy, crisp, white flesh with a radish or potato-like consistency. It is mostly eaten by Mexicans as a snack, peeled, thinly sliced, and seasoned with salt, picante chili powder, and lime juice. In Campeche and Yucatán it is used for salad. It can be found in Mexican markets on the West Coast or in Chinese markets anywhere, where it is called yam bean.

Recipe credit: *Authentic Mexican*, by Rick Bayless (1987)

PINTO BEAN AND CHEESE ENCHILADAS WITH AVOCADOS AND TOMATILLO SAUCE

Yield: 12 enchiladas

Ingredients	Amounts
Monterey Jack cheese, reduced fat, grated	½ lb.
Cheddar cheese, sharp, reduced fat, grated	½ lb.
Sour cream, low fat	2 cups
Milk, 2% or low-fat	¼ cup
Salt, kosher or sea salt	½ tsp.
Pepper, freshly ground	1½ tsp.
Cumin, ground	1½ tsp.
Green onions, white and green parts, finely chopped	1 bu.
Black olives, sliced or chopped, canned	1½ cups
Green chilis, diced, canned	1 cup
Pinto beans, whole, cooked	1½ cups
Corn tortillas	12 ea.

Tomatillo sauce

Tomatillos, husked and rinsed (10-12 ea.)	1 lb.
Serrano chilis, stemmed, seeded and minced (or, 1 ea. Jalapeno)	3 ea.
Canola oil	3 Tbsp.
White onion, sliced, medium	1 ea.
Garlic cloves, peeled and finely chopped	3 ea.
Water	1½ cups
Cilantro, fresh, chopped	½ cup

Hass avocado, sliced, for garnish

Method

1. Preheat oven to 350°F.
2. *For the filling*, in a bowl, combine the cheeses, (reserving about ½ cup of each), sour cream, milk, salt, pepper, cumin, green onions, olives, green chiles, and pinto beans.
3. Take each tortilla, place a third to a half cup of filling in it, and roll it up. Place rolled tortillas next to each other in a 9-inch by 12-inch baking dish.
4. *To make the tomatillo sauce*: Husk the tomatillos; roast the tomatillos and chiles together on a baking sheet four inches below a very hot broiler until darkly roasted, even blackened in spots, about 4 to 5 minutes. Flip them over and roast the other side for 4 to 5 minutes. This will blister the tomatillos.

5. Cool, then transfer to a food processor or blender, including juice that has run out onto the baking sheet.
6. Process until smoothly puréed. In a medium saucepan over medium heat, heat the oil. When it is hot, add the onion and cook, stirring regularly, until golden, about 7 minutes. Stir in the garlic and cook a minute longer. Increase the heat to medium-high, and add the tomatillo purée all at once. Stir until noticeably darker and very thick, about 3 minutes. Add 1 ½ cups of water and the cilantro. Stir thoroughly.
7. Cover filled and rolled tortillas with the tomatillo sauce (or canned green enchilada sauce) and sprinkle remaining cheese on top. Cover with aluminum foil and bake for 30–45 minutes. For the last 10 minutes or so, remove the foil, allowing the cheese to melt. Serve warm, and finish with sliced avocado.

Recipe Note: You can add shredded chicken to the cheese mixture. These enchiladas are a flavorful and filling vegetarian entrée without chicken. One large can of green enchilada sauce may be used as a substitute for making sauce from scratch using tomatillos.

Recipe credit: Adapted from Georgeanne Brennan, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

BLUEBERRY LEMONADE WITH MINT

Yield: 1 ½ gallons

Ingredients	Amounts
Blueberry purée, strained	4 cups
Fresh blueberries	2 cups
Lemon juice	¼ cup
Mint leaves	½ cup
Water	¾ gal.
Ice cubes	1.5 qt.

Method

1. Combine all the ingredients and serve ice cold.

TABBOULEH

Yield: 12 portions

Ingredients	Amounts
Water	1 lb.
Salt	1/3 oz.
Bulgur wheat, dried	10 oz.
Apple cider vinegar	5 Tbsp.
Garlic, minced	2 tsp.
Oregano, dried	1 tsp.
Cumin, ground	1/2 tsp.
Black pepper, ground	1/4 tsp.
Canola oil	2 Tbsp.
Cucumber, peeled, seeded, and diced	2 cups
Tomatoes, fresh, diced	1 cup
Carrots, peeled, grated	2/3 cup
Red onion, diced	2/3 cup
Celery, minced	2/3 cup
Chickpeas, canned, rinsed and drained	1 cup
Parsley, chopped	3 oz.

Method

1. Stir together the boiling water and about 3/4 of the salt in a mixing bowl. Add the dry bulgur, stir until evenly moistened, and cover. Let sit until bulgur absorbs all the water, about 30 minutes. Fluff with a fork to separate the grains.
2. Stir together the vinegar, garlic, oregano, cumin, pepper, and the remaining salt. Blend in the oil and pour the dressing over the bulgur. Add the vegetables, chickpeas, and parsley and toss the salad together gently. Serve cold.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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CURRIED LENTIL STEW

Yield: 12 portions

Ingredients	Amounts
Canola oil	2 Tbsp.
Yellow onions, chopped	1 cup
Carrots, peeled, sliced	½ cup
Celery, chopped	½ cup
Garlic minced	2 Tbsp.
Curry powder	2 tsp.
Cinnamon, ground	½ tsp.
Cumin, ground	½ tsp.
Salt	½ tsp.
Black pepper	¼ tsp.
Tomato paste	2 Tbsp.
Water	3 cups
Applesauce, unsweetened	1 cup
Butternut squash, cubed	2 cups
Lentils, dried, and softened	½ cup
Apple cider vinegar	1 Tbsp.

Method

1. Heat the oil in a soup pot over medium heat. Add the onion, carrots, celery, and garlic. Cook until the onions are tender and translucent, about 8 minutes. Add the curry powder, cinnamon, cumin, salt, pepper, and tomato paste and stir to blend with the vegetables. Cook until the tomato sauce has a sweet aroma and turns deep red, about 2 minutes.
2. Add the water and applesauce and bring to a simmer. Add the squash and lentils and simmer, covered, until the lentils are tender, 45 to 50 minutes. Taste the soup and add cider vinegar to taste. Hold the soup hot for service.

Note: Top each cup of soup with plain low-fat yogurt (1 tbsp), grated apple (1 tbsp), or a few apple slices.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

CURRIED BLACK PEARL MEDLEY® SALAD

Yield: 5 ½ cups (11 portions)

Ingredients	Amounts
Indian Harvest Black Pearl Medley®	1 cup
Lemon juice	2 Tbsp.
Curry powder	1 tsp.
Garlic clove, finely chopped	½ tsp.
Kosher salt	½ tsp.
Honey	1 Tbsp.
Mayonnaise	1/8 cup
Apples, unpeeled, cored and diced	1 cup
Celery, diced	½ cup
Blueberries, dried	½ cup

Method

1. Cook the Indian Harvest Black Pearl Medley® according to package instructions. The grains should be very tender, yet still retain their natural chewy texture.
2. Cool completely on a sheetpan.
3. Whisk together lemon juice, garlic, curry powder, salt, honey and mayonnaise.
4. Combine cooled Black Pearl Medley®, apples, celery and dried blueberries in a large bowl.
5. Pour dressing over the salad and mix well to combine.

Recipe credit: Indian Harvest, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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THURSDAY

BREAKFAST

Mozzarella, Spinach, Tomato and Potato Frittata
Whole Wheat Breakfast Burritos with Scrambled Eggs, Black Beans,
Tyson Black Forest Chicken Ham, and Avocado Salsa Verde
Advance Pierre Mini Turkey Breakfast Sausage on a Whole Grain Bun
Apple Cinnamon Breakfast Quinoa
Whole Wheat Banana Nut Muffin
Whole Wheat Lemon and Dried Blueberry Scone
Apple Carrot Muffin
Assorted Whole Grain Breads
Pineapple Banana Butter
Apple Butter
Fresh Berry Preserves
Peanut Butter
Berries, Sliced Watermelon, Whole Apples, Pears, and Oranges
Greek Yogurt
PB & J Smoothie

MOZZARELLA, SPINACH, TOMATO, AND POTATO FRITTATA

Yield: 25 portions

Ingredients	Amounts
Mozzarella cheese, part skim, shredded	1½ cups
Cheddar cheese, reduced fat, shredded	1½ cups
Parmesan cheese, grated	6 Tbsp.
Eggs, large	14 ea.
Milk, skim or 1%	1 cup
Thyme leaves, dried	2 tsp.
Salt	1½ tsp.
Black pepper, ground	½ tsp.
Canola oil	2 Tbsp.
Garlic, minced	2 Tbsp.
Onions, yellow, chopped	3 cups
Spinach, frozen, chopped, thawed, and squeezed before measuring	2 cups
Tomatoes, canned, diced	1- 1/3 cups
Potatoes, yellow or red, peeled, and diced	5 cups

Method

1. Preheat the oven to 325°F. Lightly oil a 2-inch full size hotel pan.
2. Combine the cheeses in a bowl and set aside.
3. Blend the eggs with the milk, oregano, half of the salt, and the pepper in a bowl with a whisk until smooth. Add half of the combined cheeses and stir to blend. Set this egg mixture aside (Reserve the remaining cheese mixture to top the frittata in Step 7.)
4. Heat the oil in a large skillet over medium high heat. Add the garlic and onions and half of the salt. Cook, stirring frequently, until the onions are tender and the garlic is aromatic, about 10 minutes.
5. Add the spinach and the tomatoes and continue to cook, stirring occasionally, until most of the liquid has cooked away, about 10 minutes (or longer, depending upon the size of the pan and the quantity of vegetables.)
6. Add the diced potatoes and continue to cook, stirring, until the potatoes are hot, another 5 minutes.
7. Transfer the vegetable mixture to the bowl with the egg mixture and stir together. Pour into a lightly oiled baking pan. Top with the remaining cheese mixture.
8. Bake until the eggs are set and a knife inserted near the center of the frittata comes out clean, about 15 minutes (this time will vary depending upon the depth of your pan.) Note: If you wish, you can lightly broil the frittata to brown the cheese.)

9. Remove the frittata from the oven and let it rest for 10 minutes before cutting into portions and serving.

Note: One serving provides $1\frac{3}{4}$ meat/meat alternative and $\frac{3}{8}$ cup vegetables. Cut into pieces approximately 3x4 inches weighing about $5\frac{1}{4}$ ounces each.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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AVOCADO SALSA VERDE

Yield: 2 cups

Ingredients	Amounts
Hass avocado, large, ripe, peeled, , seeded and cut in ½" dice	1 ea.
Tomato, red or yellow, seeded and cut in ¼" dice	1/3 cup
Red onion, sweet, finely chopped	2 Tbsp.
Serrano chile, seeded and minced	½ tsp., or to taste
Garlic, minced	½ tsp., or to taste
Fresh lime or lemon juice	1 Tbsp.
Fresh cilantro leaves, chopped	2 Tbsp.
Sugar	large pinch
Salt and pepper	to taste

Method

1. Carefully combine all ingredients and refrigerate at least one hour before serving to allow the flavors to marry.

Recipe credit: John Ash, as presented at the Healthy Kitchens, Healthy Lives Conference.

APPLE-CINNAMON BREAKFAST QUINOA

Yield: 4 portions

Ingredients	Amounts
Milk, 1% low-fat	2 cups
Quinoa, dry, well-rinsed	1 cup
Apple, medium, diced	1 ea.
Ground cinnamon	1 tsp.
Salt	a pinch
Vanilla extract	½ tsp.
 <i>Garnish</i>	
Blueberries, dried	¼ cup
Nuts, chopped, toasted	¼ cup
Fresh mint leaves, sliced	a few

Method

1. In a 2-quart saucepan, heat the milk over medium-high heat. When the milk is almost boiling, stir in the quinoa, apple, cinnamon, and salt. Reduce the heat, partially cover, and simmer for about 15 minutes or until most of the milk has been absorbed. Remove from the heat.
2. Stir in the vanilla extract, cover tightly, and let rest for 5 minutes.
3. Fluff with a fork before serving. Garnish with dried blueberries, nuts, and mint, if desired.

Note: After measuring, rinse quinoa with cold water in a fine strainer to ensure that any saponins are removed. These plant chemicals can add a bitter taste to your cooked quinoa if not thoroughly rinsed away.

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WHOLE WHEAT BANANA NUT MUFFINS

Yield: 18 muffins

Ingredients	Amounts
Nuts, toasted and chopped	1 ½ cups
Canola oil	5 Tbsp.
Nut oil	1 Tbsp.
Brown sugar	½ cup
Egg	1 ea.
Non-fat plain Greek yogurt	½ cup
Bananas, ripe, mashed	5 ea.
Whole wheat pastry flour	1½ cups
Baking powder	1½ tsp.
Salt	½ tsp.

Method

1. Preheat the oven to 350°F. Line the muffin tins with paper liners.
2. When the oven reaches temperature, place nuts on a baking sheet and toast in the oven for 5 minutes. Remove from oven and chop.
3. In a medium mixing bowl, combine the canola oil, nut oil, brown sugar, egg, and the yogurt. Whisk to combine, and then stir in the mashed banana and the toasted, chopped nuts.
4. Stir in the flour, baking powder, and salt.
5. Use a ¼ cup measuring cup to portion out the batter into the 18 lined muffin cups.
6. Bake for 23 to 25 minutes, or until the tops of the muffins are nicely browned.
7. Cool on a wire rack.

Note: These are 100% whole wheat muffins. The yogurt helps develop the delicate texture and the toasted nuts and nut oil provide an appealing flavor and texture. If you don't have nut oil you can use canola oil.

Calories: 190/Protein: 4g/Carbohydrate: 20g/Fiber: 2.5g/ Sodium: 95mg/Saturated fat: 1g/Polyunsaturated fat: 6g/Monounsaturated fat: 4g/Trans fat: 0g/Cholesterol: 10mg

WHOLE-WHEAT LEMON AND DRIED BLUEBERRY SCONES

Yield: 12 medium or 16 small

Ingredients	Amounts
Old-fashioned rolled oats	½ cup
Whole wheat pastry flour	1½ cups
Sugar	1/3 cup
Baking powder	1 Tbsp.
Baking soda	¼ tsp.
Salt	½ tsp.
Unsalted butter, cold, cut into bits	6 Tbsp. (¾ stick)
Lemons, zest of	1½ ea.
Dried blueberries	½ cup
Egg, large	1 ea.
Buttermilk, well-shaken	½ cup
Buttermilk, well-shaken, for brushing	¼ cup
Sugar, coarse (optional), for decoration	

Method

1. Place a rack in the middle of the oven and preheat the oven to 400°F. Line a baking sheet with parchment and set aside.
2. In a spice grinder, grind enough of the rolled oats to make a scant ½ cup of fine flour. Transfer to a large bowl. Blend in the whole-wheat flour, sugar, baking powder, baking soda and salt.
3. With a pastry blender or two knives, cut the butter into the flour until the mixture resembles uneven pebbles. Stir in the grated lemon zest and dried blueberries.
4. Whisk the egg into the ½ cup of buttermilk in a small bowl. Pour the liquid into the dry ingredients. With a rubber spatula, lightly stir and fold in the wet ingredients just until the dry ingredients are moistened. Do not over mix.
5. Turn the dough out onto a floured surface. Gently knead 4 or 5 times, incorporating any loose dough as you go. The dough should be slightly moist. Work in a little more flour if it feels sticky. Shape the dough into 2 rounds about 6" diameter. Cut each round into 6-8 wedges.
6. Transfer the wedges to the prepared baking sheet, leaving ½ inch between them. Brush with buttermilk on top and, if desired, dust with coarse sugar. Bake until the bottoms are golden, 13 to 15 minutes. Rotate the baking sheet halfway through for even baking. Transfer the scones to a cooling rack. Eat warm or at room temperature.

Credit: Adapted from *Whole Grains, Every Day, Every Way* (Random House, 2006)

APPLE CARROT MUFFINS

Yield: 12 portions

Ingredients	Amounts
Nuts, slivered or chopped	30 g
Sunflower seeds	30 g
Raisins	25 g
Dried coconut	30 g
Dates	40 g
Candied ginger	20 g
Carrot, grated	55 g
Apple, grated	70 g
White whole-wheat flour	65 g
All-purpose flour	40 g
Cracked or rolled oats	15 g
Baking powder	5 g
Baking soda	3 g
Salt	3 g
Eggs, separated	95 g
Buttermilk	100 g
Apple juice	30 g
Butter	30 g
Sugar	36 g

Method

1. Preheat the oven to 375°F. Toast the nuts and seeds. Let them cool to room temperature.
2. Chop the ginger and dates, but not too finely; mix with the raisins and coconut.
3. Weigh out the dry ingredients and mix lightly with a fork.
4. Separate the yolks and whites and whip the whites until they hold stiff moist peaks.
5. Beat the butter in an electric mixer until it gets fluffy. Add the sugar slowly and continue to beat until it becomes light in color and texture. Add the yolks slowly beating after each addition.
6. Begin adding the flour/grain mixture, alternately with the buttermilk and apple juice. Alternate between wet and dry ingredients until both are used up.
7. Add the nuts and seeds, carrots, apples and fruits.
8. Add a third of the beaten egg whites and stir them into the mixture to lighten it. Next add the remainder of the egg whites and fold them in until the color of the mixture is uniform.
9. Scoop into prepared muffin tins (well oiled so that the muffins won't stick.) Bake the muffins in the preheated oven until nicely browned and a toothpick inserted in the middle comes out clean. Allow to cool briefly before serving.

Recipe credit: Mark Furstenberg

PINEAPPLE AND BANANA BUTTER

CAJETA DE PIÑA Y PLATANO

Yield: 6 portions

Ingredients	Amounts
Brown sugar	1¼ cups
Water	4 cups
Cinnamon stick, 3" piece	1 ea.
Pineapple, 3½ - 4 lb., peeled and diced	1 ea.
Bananas, peeled and diced	1½ lb.
Cinnamon stick, 3" pieces	2 ea.
Lime, juice and zest of	½ ea.
California quark or fromage blanc	as needed

Method

1. Preheat oven to 325°F.
2. Bring the sugar, water, and cinnamon stick to a boil and cook until reduced by half. This should take about 10 minutes. Discard the cinnamon stick.
3. Purée the fruit with the syrup from step one in a blender or food processor. Pour this mixture into a shallow non-reactive pot or baking dish along with the cinnamon, lime zest, and lime juice. Set the dish in the oven and cook for about 2 hours (see note below).
4. It is necessary to stir the mixture periodically to prevent sticking and scorching. This is especially true towards the end of cooking.
5. The cajeta is done when it resembles fruit butter. It should be thick and a deep, rich, russet/mahogany color. Allow this mixture to cool and adjust the flavor with fresh lime juice or sugar if necessary. The consistency should be thick but not pasty - If needed you can thin with a little water or thicken with additional cooking.
6. Serve the cajeta atop quark or fromage blanc garnished with shards of cinnamon stick and chopped, toasted nuts – pistachios look and taste very nice.
7. Store any unused cajeta in the refrigerator well covered. It should keep for about two weeks.

Note: Cooking time will vary depending on the depth of the mixture in the baking dish. The deeper it is, the longer it will take to cook and thicken. Your best indicator of doneness is to evaluate the consistency and flavor. This fruit butter makes a nice addition to a breakfast/brunch table in place of jam, jelly and marmalade.

GOLDEN RAISIN-APPLE BUTTER

Yield: 1 quart

Ingredients	Amounts
Fuji apples, washed, cored, and sliced	8 lb.
Granny Smith apples	2 lb.
Ground cinnamon	1 Tbsp.
Cloves, ground	1 tsp.
Allspice	to taste
Sugar	2 cups
Golden raisins, plumped	1 pt.

Method

1. Fill a stainless steel pot with 1-inch of water. Add the sliced apples.
2. Bring to a simmer and cook until soft. Place in a food mill and purée.
3. Pour the mixture into a slow cooker. Add plumped raisin and spices.
4. Cook on low half covered for 6 to 12 hours based on the desired consistency.

PB&J SMOOTHIE

Yield: 3 8-ounce portions

Ingredients	Amounts
Fresh blueberries	2 cups
Peanut butter	3 Tbsp.
Milk, 1% low-fat	½ cup
Frozen yogurt, vanilla	2 cups
Peanut flour	3 Tbsp.
Ice	½ cup

Method

1. Place the blueberries, peanut butter, and milk in a blender container. Cover and blend at high speed for 30 seconds.
2. Add the frozen yogurt, peanut flour, and ice; blend for 30 seconds or until smooth. Pour in a glass and serve.

Recipe credit: National Peanut Board

MORNING DEMONSTRATIONS

BEAN AND CHICKEN TOSTADAS

TOSTADAS DE FRIJOLES CON POLLO

Yield: 12 tostadas

Ingredients	Amounts
Canola oil	½ cup
Corn tortillas	12 ea.
Canola oil	2 Tbsp.
Bacon, chopped	1 oz.
Mexican chorizo	½ oz.
Garlic clove, minced	1 ea.
White onion, finely diced	¼ ea.
Pinto beans, cooked and puréed	1 cup
Chicken breast, cooked and shredded	1 lb.
Iceberg lettuce, chiffonnade	½ ea.
Tomato, seeded, medium dice	1 ea.
Avocado, medium dice	1 ea.
Panela cheese, grated	5 oz.
Crema Mexicana	¾ cup
 <i>Salsa roja cruda</i>	
Roma tomato	2 ea.
Árbol chile	5 ea.
Garlic clove	¼ ea.
White onion, small dice	¼ cup
Salt	to taste
Black pepper	to taste

Method

1. Heat the oil in a small skillet; fry the tortillas one at a time until gold and crisp. Remove with tongs and transfer to paper towels to drain excess of oil. Reserve.
2. Heat the canola oil in a skillet and fry the bacon, chorizo, onion and garlic. Add the puréed beans; cook until heated through and the mixture thickens. Season with salt and pepper to taste.
3. Spread some beans on each tostada; arrange the shredded chicken and lettuce on top.
4. Scatter the tostadas with tomato, avocado, cheese, and drizzle with crema Mexicana.
5. Serve along with the salsa roja cruda.
6. *For the salsa roja cruda:* Place all the ingredients in the blender, add ¼ cup of water, and process until the sauce is smooth. Season with salt and pepper. Cover and refrigerate until serving.

Recipe credit: Juan Ramón Cárdenas Cantú, as presented at the 2011 Latin Flavors, American Kitchens conference.

OAXACA-STYLE BLACK BEAN SOUP

SOPA DE FRIJOL NEGRO A LA OAXAQUEÑA

Yield: 8 portions

Ingredients	Amounts
<i>Soup</i>	
Canola oil	3 Tbsp.
White onion	¼ ea.
Garlic cloves, peeled	2 ea.
Avocado leaves	4 ea.
Pasilla Oaxaqueño chile, seeded	2-4 ea.
Black beans, cooked	4 cups
Salt	to taste
 <i>Garnish</i>	
Corn tortillas	10 ea.
Canola oil	1 cup
Panela cheese, small dice	8 oz.
Avocado, small dice	1 ea.

Method

1. *For the soup:* In a stockpot, heat the oil. Add the onion and garlic; fry until dark golden in color. Discard the garlic and the onion; reserve the oil.
2. In the same hot oil, quickly pass through the avocado leaves and the chiles (about 2 seconds.) Remove immediately and transfer the avocado leaves and 2 chiles to the food processor. Add the cooked beans and process until very smooth, adding water if needed – the paste should be liquid and smooth. Pass through a strainer, if needed.
3. Heat the flavored oil over moderate heat; add the bean and chile purée. Heat thoroughly, tasting for salt and spiciness. Add more puréed chiles to taste, if desired.
4. Cut the tortillas into 1½ -inch slices, then in julienne. Heat the oil in a deep skillet and fry the tortilla strips until slightly golden. Remove with a slotted spoon and drain on paper towels; reserve.
5. Serve the soup garnished with the prepared tortilla strips, cubed cheese, and avocado.

Recipe credit: Chef Ernesto Torrealba, as presented by Iliana de la Vega at the 2011 Flavor, Quality & American Menus retreat.

APPLE-CINNAMON BREAKFAST QUINOA

Yield: 4 portions

Ingredients	Amounts
1% low fat milk or almond milk	2 cups
Quinoa, dry, well rinsed	1 cup
Apple, medium, diced	1 ea.
Ground cinnamon	1 tsp.
Salt	a pinch
Vanilla extract	½ tsp.
 <i>Garnish</i>	
Currants, dried	¼ cup
Nuts, chopped, toasted	¼ cup
Fresh mint leaves, sliced	a few

Method

1. In a 2-quart saucepan, heat the milk over medium-high heat. When the milk is almost boiling, stir in the quinoa, apple, cinnamon, and salt. Reduce the heat, partially cover, and simmer for about 15 minutes or until most of the milk has been absorbed. Remove from the heat.
2. Stir in the vanilla extract, cover tightly, and let rest for 5 minutes.
3. Fluff with a fork before serving. Garnish with currants, nuts, and mint, if desired.

Note: After measuring, rinse quinoa with cold water in a fine strainer to ensure that any saponins are removed. These plant chemicals can add a bitter taste to your cooked quinoa if not thoroughly rinsed away.

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OAT RISOTTO WITH SPINACH AND CHEESE

Yield: 8 portions

Ingredients	Amounts
Olive oil	1 Tbsp.
Yellow onion, finely chopped	1 cup
Carrot, finely chopped	½ cup
Celery, finely chopped	¼ cup
Garlic, chopped	1 Tbsp.
Steel cut oats	1 cup
Broth, fat-free chicken or vegetable	3½-4 cups
Fresh thyme, chopped, or dried thyme	2 tsp. 1 tsp.
Baby spinach leaves or torn leafy greens, such as Swiss chard	4 cups
Salt and ground black pepper	to taste
Parmesan cheese	¼ cup

Method

1. Heat the oil in a shallow 3-quart saucepan over medium-high heat. Add the onion, carrot, and celery. Cook, stirring occasionally, for 5 minutes or until the vegetables are soft. Add the garlic and cook for one minute longer, stirring continuously. Do not allow the garlic to brown. Add the oats and stir well.
2. Carefully pour in 2 cups of the broth and bring to a boil. Reduce the heat to medium-low and simmer until the liquid is absorbed, stirring frequently. This will take about 10 minutes. Add the thyme and 1½ cups broth. Turn up the heat until the broth comes to a boil, and then reduce the heat to low. Simmer for 10 minutes, stirring occasionally, until most of the liquid is absorbed. Stir in the greens.
3. Remove from the heat and let sit for a minute or two until the greens wilt. For a brothier risotto, add the extra ½ cup broth. Stir in the cheese. Season with the salt and pepper to taste. Serve immediately.

Note: If you use Bob's Red Mill Gluten-Free Steel Cut Oats this will be a gluten-free recipe.

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ROASTED BEET SALAD WITH BLUEBERRY VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
<i>Vinaigrette</i>	
Shallot, fine diced	1 Tbsp.
Thyme, finely chopped	1 tsp.
Blueberry vinegar	½ cup
Extra virgin olive oil	1 cup
Lemon, juiced	1 ea.
Sugar	to taste
Salt and pepper	to taste
Celery root, sliced paper-thin	1 ea.
Baby red beets, roasted, peeled, cut in halves or quarters	4 bu.
Baby golden beets, roasted, peeled cut in halves or quarters	4 bu.
Baby chiogga beets, roasted, peeled cut in halves or quarters	4 bu.
Oranges, peeled, segmented	3 ea.
Blueberries	½ cup
Chervil, leaves	½ cup
Orange zest	2 Tbsp.

Method:

1. In a glass bowl, mix the shallots with the blueberry vinegar. Let sit for 10 minutes. Add the thyme and lemon juice. Slowly whisk in the olive oil. Season with salt, pepper and sugar.
2. Toss the sliced celery root with just enough vinaigrette to lightly coat each piece. Season with salt and pepper and let sit for 10 minutes.
3. Combine the golden and chiogga beets, orange segments, blueberries and chervil. Add the red beets at the last minute. Mix with vinaigrette.
4. To serve: place the thinly sliced celery root on a plate. Let each piece overlap over 1" of the previous pieces, until the plate is completely covered in a thin layer.
5. Place a small mound of the beet mixture in the center of the celery root. Drizzle the celery root with a little of the vinaigrette. Garnish with candied orange zest.

STRAWBERRY, AVOCADO, AND ARUGULA SALAD

Yield: 4 to 6 portions

Ingredients	Amounts
<i>Raspberry vinaigrette</i>	
Raspberry vinegar	1 oz.
Extra virgin olive oil or Canola oil	2 oz.
Shallots, brunoise	1 oz.
Salt	to taste
Pepper	to taste
 <i>Salad</i>	
Arugula	6 oz.
Strawberries, fresh, quartered	$\frac{3}{4}$ cup
Pine nuts, toasted	$\frac{1}{3}$ cup
Blueberries, dried	$\frac{1}{4}$ cup
Strawberries, dried	$\frac{1}{4}$ cup
Hass avocado, large, sliced	1 ea.

Method

1. *For raspberry vinaigrette:* Combine raspberry vinegar, shallots and oil, salt, and pepper.
2. *For the salad:* In a medium bowl toss together the arugula, strawberries, pine nuts and dried berries.
3. Top with avocado drizzle lightly with dressing just prior to serving and pass dressing with cold salad.

KALE PESTO

Ingredients	Amounts
Nuts, raw, chopped	½ cup
Garlic clove, smashed	1 ea.
Kale, chopped	3 cups
Parmesan cheese, grated	¼ cup
Extra virgin olive oil or Canola oil	½ to 1 cup
Salt and pepper	to taste

Method

1. Heat a frying pan with oil over medium heat. Add the nuts and stir constantly until toasted, about 2 minutes. Remove from the heat and let the walnuts cool.
2. Pulse garlic cloves until chopped finely, about 30 seconds. Add the kale, toasted walnuts, and Parmesan cheese and pulse until chopped.
3. With the food processor running on low, add oil slowly until it gets to the desired consistency. Season with salt and pepper.

Serving suggestions: Toss with whole grain pasta, or with veggies or whole grain toasts or serve over roasted fish or meat.

DINOSAUR KALE AND FARRO SALAD WITH CUCUMBERS, GOLDEN BEETS, AND CITRUS VINAIGRETTE

Yield: 2 quarts

Ingredients	Amounts
Dinosaur kale, chiffonade, stems cut off	5 oz.
Extra virgin olive oil or Canola oil	3 oz.
Lemon juice	1 oz.
Orange juice	1 oz.
Lime juice	½ oz.
Shallots, minced	½ oz.
Red bell peppers, diced	4 oz.
Cucumber, peeled, seeded, diced	5 oz.
Golden beets, cooked and diced	7 oz.
Parsley, minced	4 Tbsp.
Fennel bulb, diced	5 oz.
Farro, cooked	5 oz.
Honey	1 Tbsp.
Kosher salt	1 tsp.
Pepper	½ tsp.

Method

1. *For the salad:* In a large bowl, combine the chopped kale, olive or canola oil, citrus juices, and ½ teaspoon of kosher salt, ¼ teaspoon of pepper; toss to combine.
2. Add the shallots, red pepper, cucumber, beets, parsley, fennel, and toss to combine.
3. Add the farro and honey, season with the remaining salt and pepper, toss to combine. Chill for one hour before serving.

DINOSAUR KALE AND SWEET POTATO SOUP WITH OLIVE OIL AND TOMATOES

Yield: 2 quarts

Ingredients	Amounts
Extra virgin olive oil or Canola Oil	2 oz.
Onion, diced	10 oz.
Carrot, diced	5 oz.
Celery, diced	5 oz.
Bay leaf	1 ea.
Oregano, dried	½ tsp.
Basil, dried	½ tsp.
Tomato, chopped	10 oz.
Sweet potato, peeled and diced	10 oz.
Vegetable stock	6 cups
Kale, chopped	4 oz.
Farro, cooked	6 oz.
Extra virgin olive oil	2 oz.
Kosher salt	1 ½ tsp.
Black pepper	½ tsp.

Method

1. In a large pot, add the 2 ounces of olive or canola oil and cook the onion, carrot, celery, bay leaf, and dried herbs for 10 minutes over medium heat, or until the vegetables start to color.
2. Add the diced sweet potatoes and cook another 5 minutes, stirring to prevent burning.
3. Add the tomatoes and cook another 4 minutes; then add the broth and kale and bring to a simmer. Cook for 20 minutes.
4. Add the cooked farro and the 2 oz. olive oil, salt, and pepper and taste. Serve.

SWISS CHARD QUICHE WITH WHOLE WHEAT CRUST

Ingredients	Amounts
<i>Crust</i>	
Butter, cut in pieces, frozen for 1 hour	4 oz.
All-purpose flour	1 cup
Whole-wheat flour	½ cup
Salt	½ tsp.
Water, very cold	¼ cup
<i>Filling</i>	
Olive or canola oil	1 Tbsp.
Onion, large, diced	1 ea.
Swiss chard, stemmed and cleaned Cut into strips	1 cup
Eggs	3 ea.
Cheddar cheese, grated	1/3 cup
Swiss cheese, shredded	¼ cup

Method

1. *For the crust:* Place the flour and salt in a food processor; add the butter. Pulse the food processor 4 or 5 times, or until the butter is cut up.
2. While running the food processor, add enough cold water so that the dough comes together. Remove from the bowl and shape into a disk. Wrap in plastic wrap and refrigerate for at least 1 hour.
3. Place the pie crust on a lightly floured counter. Roll into a disc, turning it over from time to time so that it doesn't stick.
4. Fold the crust into quarters and fit it into a pie plate. Unfold it and mold it into the pie plate; shape the edges.
5. *For the quiche filling:* Over medium-low, heat the olive or canola oil in a large saucepan. Add the onions and cook slowly, stirring occasionally, until soft. Add the cut Swiss chard and cook for 10 minutes until most of the liquid evaporates.
6. In a small bowl, beat together the eggs and cheddar cheese. Stir in the Swiss cheese. Spread the onions chard mixture in the bottom of the quiche crust. Pour the egg mixture over the chard and onions.
7. Bake in preheated 375°F oven for 30 minutes, or until the eggs have set.

THURSDAY MORNING BREAK

Peanut and Blueberry Trail Mix

PEANUT AND BLUEBERRY TRAIL MIX

Ingredients	Amounts
Peanuts, toasted	240 g
Blueberries, dried	30 g
Cherries, dried	30 g
Strawberries, dried	30 g
Sunflower seeds	90 g
Chocolate chips	60 g
Blueberries, fresh	150 g

Method

1. Mix all ingredients in a large mixing bowl except blueberries.
2. Once ingredients are fully mixed, gently mix in the blueberries.
3. Chill until served.

Recipe adapted from: Naturipe Farms, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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BUFFET LUNCH

Bean and Chicken Tostadas with Diced Avocado and Salsa Roja Cruda

Strawberry, Arugula, and Avocado Salad with Raspberry Vinaigrette

Kale and Farro Salad with Cucumbers, Beets and Citrus Vinaigrette

Bean and Rice Burritos with Tomato-Lime Salsa

Red Beans, Spinach, and Beef with Steamed Brown Rice

Ratatouille Ultragrain Lasagna

Tyson Hot and Spicy Buffalo Grilled Chicken in a Whole Grain Wrap

Ready-Pac Grand Parisian® Salad with Green Leaf Lettuce, Frisée, Radicchio,
Carrots, Feta Cheese, Almonds, Dried Cranberries,
and White Balsamic Vinaigrette

Windsor Foods Sloppy Tom Turkey on Whole Grain Sliders

McCain's Baked Thin Sweet Potato Fries with Salsa Brava

Soup-Station

Black Bean Soup with Diced Avocado

Kale and Sweet Potato Soup with Farro

Beverage

Watermelon and Lime Agua Fresca

Presented in association with Northarvest Bean Growers Association

BEAN AND CHICKEN TOSTADAS

TOSTADAS DE FRIJOLES CON POLLO

Yield: 12 tostadas

Ingredients	Amounts
Canola oil	½ cup
Corn tortillas	12 ea.
Lard	2 Tbsp.
Bacon, chopped	1 oz.
Mexican chorizo	½ oz.
Garlic clove, minced	1 ea.
White onion, finely diced	¼ ea.
Pinto beans, cooked and puréed	1 cup
Chicken breast, cooked and shredded	1 lb.
Iceberg lettuce, chiffonnade	½ ea.
Tomato, seeded, medium dice	1 ea.
Avocado, medium dice	1 ea.
Panela cheese, grated	5 oz.
Crema Mexicana	¾ cup
 <i>Salsa roja cruda</i>	
Roma tomato	2 ea.
Árbol chile	5 ea.
Garlic clove	¼ ea.
White onion, small diced	¼ cup
Salt	to taste
Black pepper	to taste

Method

1. Heat the oil in a small skillet; fry the tortillas one at a time until gold and crisp. Remove with tongs and transfer to paper towels to drain excess of oil. Reserve.
2. Heat the lard in a skillet and fry the bacon, chorizo, onion and garlic. Add the puréed beans; cook until heated through and the mixture thickens. Season with salt and pepper to taste.
3. Spread some beans on each tostada; arrange the shredded chicken and lettuce on top.
4. Scatter the tostadas with tomato, avocado, cheese, and drizzle with crema Mexicana.
5. Serve along with the salsa roja cruda.
6. *For the salsa roja cruda:* Place all the ingredients in the blender, add ¼ cup of water, and process until the sauce is smooth. Season with salt and pepper. Cover and refrigerate until serving.

Recipe credit: Juan Ramón Cárdenas Cantú, as presented at the 2011 Latin Flavors, American Kitchens conference.

STRAWBERRY, AVOCADO, AND ARUGULA SALAD

Yield: 4 to 6 portions

Ingredients	Amounts
<i>Raspberry vinaigrette</i>	
Raspberry vinegar	1 oz.
Extra virgin olive oil	2 oz.
Shallots, brunoise	1 oz.
Salt	to taste
Pepper	to taste
 <i>Salad</i>	
Arugula	6 oz.
Strawberries, fresh, quartered	$\frac{3}{4}$ cup
Pine nuts, toasted	$\frac{1}{3}$ cup
Blueberries, dried	$\frac{1}{3}$ cup
Hass avocado, large, sliced	1 ea.

Method

1. *For raspberry vinaigrette:* Combine raspberry vinegar, shallots and extra virgin olive oil, salt, and pepper.
2. *For the salad:* In a medium bowl toss together the arugula, strawberries, pine nuts and dried blueberries.
3. Top with avocado drizzle lightly with dressing just prior to serving and pass dressing with cold salad.

DINOSAUR KALE AND FARRO SALAD WITH CUCUMBERS, GOLDEN BEETS, AND CITRUS VINAIGRETTE

Yield: 2 quarts

Ingredients	Amounts
Dinosaur kale, chiffonade, stems cut off	5 oz.
Extra virgin olive oil	3 oz.
Lemon juice	1 oz.
Orange juice	1 oz.
Lime juice	½ oz.
Shallots, minced	½ oz.
Red bell peppers, diced	4 oz.
Cucumber, peeled, seeded, diced	5 oz.
Golden beets, cooked and diced	7 oz.
Parsley, minced	4 Tbsp.
Fennel bulb, diced	5 oz.
Farro, cooked	5 oz.
Honey	1 Tbsp.
Kosher salt	1 tsp.
Pepper	½ tsp.

Method

1. *For the salad:* In a large bowl, combine the chopped kale, olive oil, citrus juices, and ½ teaspoon of kosher salt, ¼ teaspoon of pepper; toss to combine.
2. Add the shallots, red pepper, cucumber, beets, parsley, fennel, and toss to combine.
3. Add the farro and honey, season with the remaining salt and pepper, toss to combine. Chill for one hour before serving.

BEAN AND RICE BURRITOS WITH TOMATO LIME SALSA

Yield: 12 portions

Ingredients	Amounts
Tortillas, whole wheat, 12"	12 ea.
Bean filling, hot (recipe below)	4½ cups
Brown rice, steamed (recipe follows)	3 cups
Cheddar cheese, reduced fat, and shredded	1½ cups
Tomato-lime salsa (recipe follows)	1½ cups
<i>Bean filling</i>	
Canola oil	4 tsp.
Onions, yellow, chopped	½ cup
Garlic, chopped	1 Tbsp.
Carrots, peeled, grated	½ cup
Green bell pepper, chopped	½ cup
Chili powder	2 tsp.
Cumin, ground	1 tsp.
Salt	¼ tsp.
Pepper, ground	¼ tsp.
Kidney beans, canned, rinsed and drained	1 qt.
Water	½ cup

Method

1. *For the bean filling:* Heat the oil in a saucepan over medium-high heat. Add onions, garlic, carrots, and peppers and sauté until the onions are translucent, about 10 to 12 minutes. Add the chili powder, cumin, and half of the salt and pepper. Stir well to blend the seasoning into the vegetables evenly. Add the beans and sauté, stirring constantly until the ingredients are hot and tender and mash easily, about 20 minutes. Mash the beans and add the reserved juices from the tomato salsa and enough water to keep the beans moist.
2. *For the assembly:* Preheat the oven to 375°F. Wrap the tortillas in foil, and warm them in the oven until soft and pliable, about 5 minutes.
3. Lay tortillas on a work surface and add 3½ ounces of bean filling, top with 2 ounces of rice, and 2 tablespoons of cheddar cheese. Roll tortillas up burrito style to completely enclose the filling. Place the filled burritos seam side down in a baking pan. Heat in the oven at 375°F about 15 minutes and hold hot for service. Serve with 1 ounce of salsa per burrito.

Recipe credit: Menu for Healthy Kids, , as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

STEAMED BROWN RICE

Yield: 50 portions

Ingredients	Amounts
Water	1 gal. plus 2 cups
Brown rice, long grain	2 qt.
Salt	2 tsp.

Method

1. Bring the water to a boil in a large pot. For stovetop cooking, add the rice and salt to the boiling water, and stir a few times to separate the rice grains and cover the pot. Simmer over low heat until the rice is fully cooked and absorbed all of the water, 40 to 50 minutes.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

TOMATO-LIME SALSA

Yield: 50 portions

Ingredients	Amounts
Tomatoes, canned, diced	2¼ lb.
Red onion, minced	9 oz.
Green bell pepper, chopped	9 oz.
Lime juice	3½ oz.
Salt	1 tsp.
Pepper, ground	½ tsp.
Cilantro, chopped	1 oz.

Method

1. Combine the ingredients and refrigerate. Adjust seasoning if necessary.

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RED BEANS, SPINACH, AND BEEF

Yield: 4 portions

Ingredients	Amounts
Extra virgin olive oil	1 Tbsp.
Onions, diced	½ ea.
Ground beef, lean	1 lb.
Spinach, stemmed, and finely chopped	1 bu.
Tomatoes, canned, chopped, and their juice	1½ cups
Salt	1 tsp.
Pepper, ground	1 tsp.
Chili powder	¼ tsp.
Kidney beans, 16 oz. can, drained	2 ea.

Method

1. In a large frying pan, over medium-high heat, heat the olive oil. Add the onions and sauté until translucent, about 2 minutes. Add the beef, and cook until opaque, while stirring to crumble the meat, about 6 minutes.
2. Add the spinach and cook until wilted, about 1 minute. Add 1 cup of tomatoes and their juices with salt, pepper, and chili powder. Reduce the heat to low while covered and simmer to allow the flavors to blend, about 10 minutes. Add the remaining tomatoes and stir in the
3. beans, and cook for another 5 minutes. Serve over steamed brown rice .

Recipe credit: Georgeanne Brennan, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

RATATOUILLE ULTRAGRAIN LASAGNA

Yield: 4 to 6 portions

Ingredients	Amounts
Lasagna noodles, Ultragrain	12 ea.
Salt	2 tsp.
Spinach, frozen, chopped, and thawed before measuring	2 cups.
Tomato sauce	4½ cups
Ratatouille, drained (recipe follows)	3 cups
<i>Ricotta filling</i>	
Ricotta, part skim	1½ cups
Mozzarella, part skim, shredded	2½ cups
Parmesan cheese, grated	½ cup
Eggs, large	2 ea.
Salt	½ tsp.
Pepper, ground	¼ tsp.

Method

1. *For the ricotta filling:* Combine the spinach, ricotta, half of the mozzarella, parmesan, eggs, salt, and pepper. Reserve.
2. *For assembly:* Preheat the oven to 375°F. Bring a large pot of water to a rapid boil and add the salt. Add the lasagna noodles and cook until they are just barely tender, about 8 minutes. Drain the noodles in a colander, rinse to stop the cooking, drain well, and set aside.
3. Spread 1 cup of the tomato sauce in a half-size pan. Top with a layer of lasagna noodles. Spread the ratatouille over the noodles, top with 1 cup of tomato sauce and 1 cup of mozzarella. Add another layer of noodles and top with the spinach-ricotta mixture. Lay down more ratatouille and then spoon the remaining tomato sauce over the ratatouille and top with the remaining cheese mix.
4. Bake, uncovered, until very hot about 35 to 40 minutes. Let the lasagna rest for at least 10 minutes before cutting it into pieces and serving.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

RATATOUILLE

Yield: 50 portions

Ingredients	Amounts
Canola oil	10 oz.
Onion, yellow, chopped	3 ¾ lb.
Garlic cloves, minced	3 ¾ oz.
Salt	2 tsp.
Pepper, ground	1 tsp.
Oregano, dried	2 tsp.
Basil, dried	2 tsp.
Thyme, dried	1 tsp.
Green bell pepper, chopped	1 ¼ lb.
Eggplant, cubed	5 lb.
Zucchini, sliced	3 ¾ lb.
Tomatoes, canned, diced	3 ½ lb.
Parsley, flat leaf, chopped	5 oz.

Method

1. Heat oil in a rondeau or a tilt skillet over medium heat. Add the onions and sauté until translucent, about 4 to 5 minutes. Add the garlic and sauté until soft, about 1 minute. Season with salt, pepper, oregano, basil, and thyme and stir to combine. Turn the heat to medium low and add the vegetables in 3 minute intervals; stir well to coat with the oil and keep them from sticking or scorching. Add them in the sequence of: peppers, eggplant, zucchini, and tomatoes.
2. Bring to a simmer and cook, covered, until all the ingredients are tender and properly cooked, about 30 minutes. Add water if necessary to keep the vegetables moist, but not soupy. Add the fresh parsley right before serving, if using. Hold hot for service.

Notes:

Zucchini: Depending upon the size of your zucchini, you may simply make slices crosswise or halve or quarter it lengthwise

Eggplant: To prepare eggplant for this dish, trim the ends and cut into cubes or slices (bite-size pieces, about ½-inch). Place the cut eggplant in a colander and sprinkle with salt. Let the eggplant sit for at least 1 hour; some of the moisture in the eggplant will be drawn out. This will improve the texture and flavor of the eggplant.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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HOT AND SPICY BUFFALO GRILLED CHICKEN WRAP

Yield: 10 portions

Ingredients	Amounts
Whole grain tortillas	10 ea.
Buffalo-Sweet Chile Glaze (recipe follows)	5 oz.
Pepper-jack cheese, sliced, cut in half	10 half slices
H and S Grilled Chicken Breast Fillets, thawed, cut in half lengthwise	10 ea.
Green leaf lettuce, washed, torn into 3"x6" pieces	10 ea.
Red onion, fresh, peeled, shaved	1½ oz.
Tomato slices, fresh, washed, ¼ " thick	20 slices

Method

1. Place the whole-grain tortillas in a hot holding unit for 30 minutes prior to using so they are pliable. Meanwhile prepare the pepper-jack cheese, shaved red onion, green leaf lettuce and sliced tomatoes for the wrap. Keep each ingredient refrigerated until ready to use.
2. To build the buffalo grilled chicken wraps, lay out the tortillas on a clean working surface. Drizzle ½-ounce of the buffalo-sweet chile glaze down the middle of each tortilla. Next arrange a half slice each of the pepper-jack cheese atop the buffalo glaze.
3. Place the 2 chicken fillet halves atop the pepper-jack cheese, off-setting them so they run down the middle of the tortillas atop the buffalo glaze and cheese Top the chicken with 1 piece each of the green leaf lettuce, .15 ounce each of the shaved red onion and 2 slices each of the sliced tomatoes.
4. Fold the wrap up burrito style, leaving one end open. Transfer the built wraps to a sheet pan lined with baking paper, cover and hold under refrigeration. To serve the buffalo grilled chicken wraps arrange the built wraps on serving plates and serve.

Note: For a more portable option, try serving the wraps enclosed in sandwich wraps.

Recipe credit: Tyson, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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BUFFALO-SWEET CHILE GLAZE

Yield: 5 ounces

Ingredients	Amounts
Sweet and sour sauce, commercially prepared	3.20 oz.
Buffalo wing sauce, commercially prepared	1.60 oz.
Soy sauce, light	.20 oz.
Granulated garlic	¼ tsp.
Crushed red pepper flakes	1/8 tsp.
Black pepper, ground	a pinch

Method

1. Combine all of the ingredients in a mixing bowl and whisk together until thoroughly combined. Transfer the glaze to a food-safe container, cover and refrigerate until ready to use.

Recipe credit: Tyson, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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SALSA BRAVA

Yield: 4 tapa-size portions

Ingredients	Amounts
<i>Salsa brava</i>	
Onion, large	1 ea.
Garlic cloves	4 ea.
Extra virgin olive oil	100 ml
Chile flakes	a pinch
Tomatoes, small, diced	6 ea.
Sugar	a pinch
Black pepper	a pinch

Method

1. Chop the onion and mince the garlic. Sauté the onion in the olive oil until soft, then add the garlic and the chile flakes. Add the diced tomato to the garlic and onion mixture and season with sugar and black pepper. Reduce to very low and simmer for 45 minutes. Once cooked, strain through a chinois for 10 to 15 minutes.

Recipe credit: *Las Tapas de Comerç 24*, by Carles Abellan (Rba Libros, 2005)

OAXACA-STYLE BLACK BEAN SOUP

SOPA DE FRIJOL NEGRO A LA OAXAQUEÑA

Yield: 8 portions

Ingredients	Amounts
<i>Soup</i>	
Canola oil	3 Tbsp.
White onion	¼ ea.
Garlic cloves, peeled	2 ea.
Avocado leaves	4 ea.
Pasilla Oaxaqueño chile, seeded	2-4 ea.
Black beans, cooked	4 cups
Salt	to taste
 <i>Garnish</i>	
Corn tortillas,	10 ea.
Canola oil	1 cup
Panela cheese, small dice	8 oz.
Hass avocado, small dice	1 ea.

Method

1. *For the soup:* In a stockpot, heat the oil. Add the onion and garlic; fry until dark golden in color. Discard the garlic and the onion; reserve the oil.
2. In the same hot oil, quickly pass through the avocado leaves and the chiles (about 2 seconds.) Remove immediately and transfer the avocado leaves and 2 chiles to the food processor. Add the cooked beans and process until very smooth, adding water if needed – the paste should be liquid and smooth. Pass through a strainer, if needed.
3. Heat the flavored oil over moderate heat; add the bean and chile purée. Heat thoroughly, tasting for salt and spiciness. Add more puréed chiles to taste, if desired.
4. Cut the tortillas into 1½ -inch slices, then in julienne. Heat the oil in a deep skillet and fry the tortilla strips until slightly golden. Remove with a slotted spoon and drain on paper towels; reserve
5. Serve the soup garnished with the prepared tortilla strips, cubed cheese, and avocado.

Recipe credit: Chef Ernesto Torrealba, as presented by Iliana de la Vega at the 2011 Flavor, Quality & American Menus retreat

DINOSAUR KALE AND SWEET POTATO SOUP WITH OLIVE OIL AND TOMATOES

Yield: 2 quarts

Ingredients	Amounts
Extra virgin olive oil	2 oz.
Onion, diced	10 oz.
Carrot, diced	5 oz.
Celery, diced	5 oz.
Bay leaf	1 ea.
Oregano, dried	½ tsp.
Basil, dried	½ tsp.
Tomato, chopped	10 oz.
Sweet potato, peeled and diced	10 oz.
Vegetable stock	6 cups
Kale, chopped	4 oz.
Farro, cooked	6 oz.
Extra virgin olive oil	2 oz.
Kosher salt	1 ½ tsp.
Black pepper	½ tsp.

Method

1. In a large pot, add the 2 oz. olive oil and cook the onion, carrot, celery, bay leaf, and dried herbs for 10 minutes over medium heat, or until the vegetables start to color.
2. Add the diced sweet potatoes and cook another 5 minutes, stirring to prevent burning.
3. Add the tomatoes and cook another 4 minutes, then add the broth and kale and bring to a simmer. Cook for 20 minutes.
4. Add the cooked farro and the 2 ounces of olive oil, salt, and pepper and taste. Serve.

WATERMELON-LIME AGUA FRESCA

AGUA FRESCA DE SANDÍA

Yield: 4 quarts

Ingredients	Amounts
Watermelon, skin removed, chopped	4 cups
Filtered water	4 qt.
Lime juice, fresh	1 tsp.
<i>Simple syrup</i>	
Sugar	1 cup
Water	1 cup

Method

1. Bring the water and sugar to a boil for the simple syrup. Cook until the sugar dissolves. Cool completely.
2. Blend together the watermelon, and filtered water. Pass through a fine mesh sieve.
3. Add the simple syrup, lime juice, and stir.
4. Serve cold.

Note: For a sugar-free agua fresca use $\frac{3}{4}$ cup of light agave nectar.

DESSERT BUFFET

Chickpea and Dried Cherry Blondies

Black Bean Brownies

Pumpkin Chocolate Chip Cookies

Fresh Berries with Whipped Greek Yogurt, Lemon Curd, and Toasted Peanuts

Fresh Fruit Cups with Watermelon, Berries, Apples, Pears

CHICKPEA BLONDIES

Yield: 16 portions

Ingredients	Amounts
Oats, old fashioned, or rolled	¾ cup
Brown sugar, light	½ cup
Cinnamon, ground	¼ tsp.
Baking powder	½ tsp.
Salt	1/8 tsp.
Chickpeas, canned, rinsed and drained	1 ½ cups
Eggs, large	3 ea.
Olive oil	3 Tbsp.
Vanilla extract	½ tsp.
Chocolate chips, dark	½ cup
Cherries, dried	½ cup

Method

1. Preheat the oven to 350°F. Lightly oil a baking dish with nonstick cooking spray and set aside.
2. Combine oats, sugar, cinnamon, baking powder, and salt in a bowl. Stir until combined. Rinse and drain the chickpeas thoroughly and place in a food processor and blend all together until it forms a paste.
3. Add the eggs, oil, and vanilla extract and purée until smooth. Add the sugar-oat mixture, chocolate chips, and dried cherries to the batter and pulse a few times, just until incorporated.
4. Transfer the batter to the prepared pan and bake for 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted into the center comes out cleanly. Cool before cutting into 2- inch squares.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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BLACK BEAN BROWNIES

Yield: 16 portions

Ingredients	Amounts
Sugar	½ cup
Cocoa powder, unsweetened	½ cup
Baking powder	½ tsp.
Salt	1/8 tsp.
Black beans, canned, rinsed and drained	1½ cups
Eggs, large	3 ea.
Olive oil	3 Tbsp.
Vanilla extract	½ tsp.
Chocolate chips, dark	½ cup

Method

1. Preheat the oven to 350°F. Lightly oil a baking pan with nonstick spray and set aside.
2. Combine sugar, cocoa powder, baking powder, and salt and stir until the ingredients are evenly combined.
3. Place the black beans in a food processor and add the eggs, oil, and vanilla extract and process until smooth. Add the sugar-cocoa mixture and half the chips and pulse a few times until incorporated.
4. Transfer the batter to the prepared pan and sprinkle with chocolate chips. Bake for 30 to 35 minutes, or until the edges pull away from the sides. Cool in the pan before cutting into squares.

Recipe credit: Menu for Healthy Kids as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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PUMPKIN CHOCOLATE CHIP COOKIES

Yield: 32 portions

Ingredients	Amounts
Flour, whole wheat	1½ cups
Flour, all-purpose	1¼ cups
Baking soda	¾ tsp.
Baking powder	½ tsp.
Salt	½ tsp.
Butter	2/3 cup
Brown sugar, light, packed	1 cup
Pumpkin purée, canned, unsalted	1 cup
Eggs, large	2 ea.
Vanilla extract	1 tsp.
Chocolate chips, miniature, dark	2/3 cup

Method

1. Preheat the oven to 375°F and oil a baking sheet lightly.
2. Combine the flours, baking soda, baking powder, salt, and cinnamon in a bowl and stir with a whisk to combine the ingredients.
3. Blend the butter and brown sugar on medium speed for 3 minutes or until very light and smooth, scraping down the bowl once it's blended evenly. Add the pumpkin, eggs, and vanilla extract and blend until well combined, about 3 minutes on medium speed. Scrape down the bowl once mixed.
4. Then add the dry ingredients and mix on low speed until just blended, about 2 minutes. Add the chocolate chips and continue to mix until evenly distributed in the batter, about 30 seconds. Drop the batter by spoonfuls into mounds on a baking sheet about 2 inches apart.
5. Bake the cookies until they are baked through and the bottoms are golden brown, about 15 minutes. Let the cookies cool completely before serving.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference.
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FRESH BERRIES WITH WHIPPED YOGURT, AND LEMON CURD, TOASTED PEANUTS

Yield: 12 portions

Ingredients	Amounts
Blueberries, rinsed	2 pt.
Strawberries, hulled and cut	2 pt.
Honey	½ cup
Lemon juice	1 Tbsp.
Lemon zest	1 tsp.
Plain Greek yogurt	1 qt.
Vanilla extract	2 tsp.
Lemon curd (recipe follows)	2 cups
Blueberries, for garnish	
Peanuts, toasted and crushed, for garnish	½ cup

Method

1. Combine the berries in a large bowl with the honey, lemon juice, and lemon zest and toss to combine. Let stand for 30 minutes.
2. Combine the yogurt with the vanilla extract and mix until thoroughly incorporated.
3. *To assemble:* Spoon a layer of yogurt into a small parfait glass. Add a thin layer of lemon curd. Add a layer of berries with juice. Continue layering until you have filled the parfait glass about half way. Finish with a layer of yogurt and cover tightly and refrigerate until ready to serve. Serve garnished with fresh berries and toasted crushed peanuts.

LEMON CURD

Yield: 6 portions

Ingredients	Amounts
Lemon juice, fresh	1 cup
Sugar	1 cup
Cornstarch	1 tsp.
Eggs	3 ea.
Egg yolks	3 ea.
Salt	½ tsp.
Unsalted butter, cut in small bits	6 oz.
Lemon zest, finely grated	1 Tbsp.

Method

1. Whisk first six ingredients together and strain. Place the mixture in a stainless steel bowl over simmering water and whisk in butter and zest.
2. Continue whisking until the mixture thickens, about 5 to 7 minutes.
3. Off heat, whisk for a minute more to cook the curd slightly and place in sterilized jars. Curd will keep refrigerated for up to three weeks.

Source: John Ash (2002)

AFTERNOON DEMONSTRATIONS

REGIONAL GREEN VEGETABLES OF THE UNITED STATES

Northeast

Arugula
Asparagus
Peas
Broccoli
Broccoli rabe
Escarole
Chard
Kale
Brussels sprouts
Lettuces
Fava beans

Midwest and West

Lettuces
Spinach
Peas
Green beans
Green bell peppers
Brussels sprouts
Broccoli

South and Southwest

Bok choy
Collard greens
Mustard greens
Okra
Spinach
Kale
Pole beans
Green beans
Peas
Hot peppers
Tomatillos

Pacific Northwest

Asparagus
Arugula
Chard
Fava beans
Green beans
Artichokes
Kale
Nettles
Peas
Pea Greens
Sweet Peppers
Snow peas
Snap peas
Sorrel
Spinach
Watercress

BROCCOLI WITH GARLIC OIL

Yield: 4 portions

Ingredients	Amounts
Broccoli, cut in bite size pieces	4 cups
Garlic clove, finely minced	½ Tbsp.
Olive oil	2 tsp.
Salt	¼ tsp.
Ice water, to chill	as needed

Method

1. In a large 2 quart pot, bring water to a rapid boil. Add the broccoli and let it come back to a simmer; cook then for 2 minutes longer. Drain in colander and let the broccoli cool in the ice water.
2. Heat the olive oil to medium heat and add the garlic; cook for 30 seconds taking care not to brown it.
3. Add the broccoli and toss in the garlic oil; season with salt. Serve at once or keep in heater under moist heat for up to 30 to 45 minutes.

TENDER CARROTS WITH ORANGE MAPLE GLAZE

Yield: 4 portions

Ingredients	Amounts
Carrots, peeled, cut in similar size pieces	3 cups
Orange juice concentrate	1 Tbsp.
Maple syrup	1 Tbsp.
Water	1 Tbsp.
Cornstarch	½ tsp.

Method

1. Steam or boil all the carrots (can be purchased this way). Make sure they are free of ice or water before use.
2. Heat skillet or steam kettle. Combine the orange juice concentrate with the maple syrup, water and cornstarch, and add to the skillet.
3. Let come to a light simmer and add all carrots at once. Heat through; toss once or twice to insure they are heated through. Serve hot.

Note: Sauce can be made up to two days in advance. Mix or shake before using.

SPICY CHICKEN STIR FRY

Yield: 12 portions

Ingredients	Amounts
Soy sauce	3 Tbsp.
Sugar	4 tsp.
Mirin rice wine	2 Tbsp.
Rice vinegar	1 Tbsp.
Sesame oil	2 tsp.
Cornstarch	2 Tbsp.
Dried Thai bird chiles, seeded, and chopped (optional)	1 ea.
Szechwan peppercorns (optional)	½ tsp.
Broccoli florets	1 qt. plus 2½ cups
Carrots, strips	5 cups
Peanut oil	¼ cup
Scallions, white and green parts	2½ cups
Ginger, peeled, minced	2 tsp.
Garlic cloves, minced	2 tsp.
White mushrooms, sliced thin	3½ cups
Chicken meat, cooked, cut into strips	1½ lb.

Method

1. Combine the soy sauce, sugar, mirin, rice wine vinegar, sesame oil, and cornstarch. Add the Thai bird chile and Szechwan peppercorns, if desired. Stir to combine and set aside.
2. Steam the broccoli and carrots or blanch them in salted water until they have a bright color and are tender.
3. Heat the oil in a pan over high heat. Add the scallions, ginger, and garlic; stir fry until aromatic, about 1 minute.
4. Add the mushrooms and stir fry until they are very hot and the liquid has cooked away. Add the broccoli and carrots and stir fry until very hot, about 3 minutes. Add the chicken and the sauce and stir fry until the chicken is very hot and the sauce has thickened, about 4 minutes.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

THURSDAY AFTERNOON BREAK

Apple Pear Crisp

APPLE PEAR CRISP

Yield: 50 portions

Ingredients	Amounts
<i>Filling</i>	
Apples, cored, peeled, and sliced	3½ lb.
Pears, cored, peeled, and sliced	3½ lb.
Brown sugar, light	6 oz.
Cinnamon, ground	1 tsp.
Ginger, ground	1 tsp.
Apple juice or cider, unsweetened	8 oz.
<i>Topping</i>	
All-purpose flour	8 oz.
Flour, whole wheat	6 oz.
Brown sugar, light	14 oz.
Oats, old fashioned or rolled	12 oz.
Salt	1 tsp.
Canola oil	6 oz.

Method

1. Combine the apples and pears with the brown sugar, cinnamon, and ginger in a bowl and toss well to combine. Transfer to half-size steam table pan.
2. Pour the apple juice over the fruit filling ingredients and set aside to marinate at room temperature for ½ hour while preparing the topping.
3. Combine the flour, powdered sugar, brown sugar, oats, and salt in a mixing bowl and blend evenly. Add the oil and blend until the mixture is crumbly. Scatter the topping in an even layer over the fruit. Bake in a 375°F oven until the topping is golden brown, about 30 minutes. Let the crisp rest at least 15 minutes before cutting into 3 oz portions and serve.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

RECEPTION

CHILI AND FRENCH FRY BAR

Vegetarian Chili

Beef Chili

McCain's Baked French Fries

Toppings

Mixed Berry Chipotle Ketchup,
Green Onions, Diced Avocado,
Sour Cream, Roasted Peanuts,
and Grated Cheese

BUILD YOUR OWN PITA AND FLATBREAD PITA STATION

Whole Grain Pitas

Whole Wheat Flatbread with Olive oil & Flax
Flavored Canola Oils for Drizzling & Dipping

Falafel

Sauces and Spreads

Classic Hummus, White Bean Spread,
Tahini Dressing, Yogurt Raita

Mediterranean Fillings & Toppings

Alfalfa Sprouts, Cucumber, Sliced Avocado, Shredded Carrots, Tomatoes

PB&J Fillings & Toppings

Peanut Butter, Sliced Strawberries, Fresh Blueberries, Honey

MAKE YOUR OWN SOFT TACO STATION

C.H. Guenther Fresh Whole Wheat Tortillas

Beef and Veggie Soft Taco Filling

Tyson Chicken Taco Meat

Black Beans and Pinto Beans

Toppings and Salsas

Shredded Reduced-Fat Cheddar Cheese, Shredded Lettuce, Chopped Tomatoes, Diced
Avocado, Light Sour Cream, Avocado Salsa Verde, Peanut Chile de Arbol Salsa,
Smoky Strawberry Salsa, Tomato-Lime Salsa

STIR-FRY STATION

Spicy Chicken Stir-fry

Steamed Brown Rice

Barilla Plus Thin Spaghetti

Toppings

Mung Bean Sprouts, Sliced Red Peppers, Sliced Green Onions, Roasted Peanuts, Sriracha Chile Sauce

DESSERT BAR

Frozen Ricotta and Yogurt Glacé
Brown Rice Pudding topped with Dried Berries
C.H. Guenther Whole Grain Brownies

Toppings

Toasted Peanuts, Fresh Berries, Berry Syrup, Dark Chocolate Syrup, Cinnamon-Apple Topping, Pear-Ginger Topping, Citrus Segments

BEVERAGE STATION

Berry, Apple, and Citrus Sangria
Greystone Cellars Wines

Presented in association with Naturipe Farms

VEGETARIAN CHILI

Yield: 16 portions

Ingredients	Amounts
Chili powder	1 Tbsp.
Cumin, ground	2 tsp.
Onion powder	1 tsp.
Paprika, mild	1 tsp.
Pepper, ground	½ tsp.
Olive oil	2 Tbsp.
Garlic cloves, minced	2 Tbsp.
Onions, yellow, chopped	1 cup, plus 3 Tbsp.
Green bell peppers, chopped	1 cup, plus 2 Tbsp.
Red bell pepper, chopped	1 cup, plus 2 Tbsp.
Tomato paste	2/3 cup
Zucchini, sliced	3¼ cups
Carrots, peeled, shredded	3¾ cups
White mushrooms, chopped or sliced	2 1/3 cups
Tomatoes, canned, and diced	4 ½ cups
Kidney beans, canned, rinsed, and drained	5 cups
Chickpeas, canned, rinsed, and drained	2½ cups
Water	4 cups

Method

1. Combine the chili powder, cumin, onion powder, paprika, and black pepper. Set aside.
2. Heat the oil in a large pot over medium-high heat. Add the garlic and onion and cook until the onions are light golden brown, about 8 minutes. Add the green and red peppers and stir well. Continue to cook, stirring frequently, until the peppers are tender, another 8 minutes.
3. Add the tomato paste and the combined spices from earlier. Stir to combine well and cook for a few minutes. Add the zucchini, carrots, mushrooms, tomatoes, tomato juice, kidney beans, and chickpeas. Bring to a simmer over medium heat. Cover and cook until all the ingredients are very tender, about 40 minutes. Add the water as needed if the chili becomes dry. Serve hot.

Note: The spice blend (step 1) can be doubled, tripled, or more, and then stored in a covered container at room temperature to use as needed. It will keep for up to 4 weeks or more

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

BEEF CHILI

Yield: 12 portions

Ingredients	Amounts
Beef, ground, 90% lean	1 lb.
Onions, yellow, chopped	¼ cup
Garlic cloves, minced	1 Tbsp.
Chili powder	1 tsp.
Cumin, ground	1½ tsp.
Paprika, mild	½ tsp.
Onion powder	½ tsp.
Pepper, ground	½ tsp.
Tomato paste	1/3 cup
Pinto or kidney beans, rinsed, and drained	2 cups
Zucchini, grated	1 cup
Green bell pepper, chopped	1 cup
Tomatoes, canned, diced, and drained	1½ cups
Cheddar cheese, reduced fat, shredded	1½ cups

Method

1. Heat a large skillet over medium heat. Break up the ground beef and add it to the skillet. Cook until browned, about 10 minutes. Transfer the cooked beef to a wire-mesh sieve and drain for 10 minutes to remove excess fat.
2. Return the skillet to the heat while beef drains. Add the onions and garlic and cook until onions are light golden in color, 3 to 4 minutes. Add the chili powder, cumin, paprika, onion powder, and peppers. Stir until combined evenly. Add the tomato paste and cook until it turns a deep red color, about 2 minutes.
3. Add the drained beef, beans, zucchini, peppers, and tomatoes. Stir well and bring to a simmer and cook to a good consistency, about 20 minutes.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

MIXED BERRY CHIPOTLE KETCHUP

Yield: 12 portions

Ingredients	Amounts
Fresh berries, assorted	2 cups
Red wine vinegar	1 cup
Brown sugar	½ cup
Chipotle peppers in adobo sauce	1/3 cup
Coriander seeds, crushed	½ tsp.
Cumin seeds, crushed	½ tsp.
Mustard seeds, crushed	½ tsp.
Clove, crushed	2 ea.
Salt and pepper	to taste

Method

1. In sauce pan, add berries, red wine vinegar, brown sugar, chipotle pepper in adobo sauce, crushed coriander seeds, crushed cumin seeds, crushed mustard seeds, crushed cloves, and cook over medium/low heat for about 1 hour.
2. With a hand blender, puree the ketchup until very smooth, season with salt and pepper to taste. Pass through a strainer, and serve with crispy French fries.

CHICKPEA CROQUETTES

FALAFEL

Yield: 16 portions

Ingredients	Amounts
<i>Falafel</i>	
Chickpeas, partially cooked	2 cups
Bread, rustic, crust removed	1 slice
Flour, plus more for dipper	2 Tbsp.
Baking soda	½ tsp.
Garlic cloves, finely minced	3 ea.
Egg, lightly beaten	1 ea.
Parsley, flat leaf	3 Tbsp.
Black pepper	½ tsp.
Cayenne pepper	½ tsp.
Cumin, ground, toasted	½ tsp.
Turmeric	½ tsp.
Coriander, ground	1 tsp.
Water	as needed
Salt	to taste
 <i>Serving</i>	
Tahini dressing (recipe follows)	1 cup

Method

1. Grind the chickpeas through the coarse blade of a meat grinder or pulse in a food processor. Add the rest of the ingredients and mix well. Form into balls that are 1½ inches in diameter, and then flatten them slightly in your hand.
2. Pour olive oil to the depth of 2 inches in a wok or a deep saucepan and heat the oil to 365°F.
3. Dip falafel into flour and then deep fry in batches until golden brown and crunchy. Drain on paper towels.
4. To serve: Just fry and serve with tahini as dip or serve as a sandwich in pita bread.

Calories: 275/Protein: 7 g/Carbohydrate: 28 g/Fiber: 5 g/Sodium: 280 mg
Saturated fat: 2 g/Polyunsaturated fat: 3 g/Monounsaturated fat: 10 g
Trans fat: 0 g/Cholesterol: 12 mg

Recipe credit: Joyce Goldstein, as presented at the 2012 Worlds of Healthy Flavors Retreat.

SESAME TAHINI DRESSING

TAHINIYEH

Ingredients	Amounts
Tahini, al Wadi preferred	1 cup
Fresh lemon juice	½ cup
Water, cold	1 cup
Garlic cloves, finely minced	2 ea.
Salt	to taste
Freshly ground black pepper or cayenne	a pinch
Cumin, ground	a pinch

Method

1. Combine all in food processor and puree.
2. Thin to spreadable consistency for dip, thinner for salad dressing. Good on cucumbers, tomatoes, beets, greens, cooked eggplant, zucchini, and seafood.

Recipe credit: Joyce Goldstein, as presented at the 2012 Worlds of Healthy Flavors Retreat.

CLASSIC HUMMUS

Yield: 20 portions

Ingredients	Amounts
Chickpeas, canned, rinsed, and drained before measuring	1½ cups
Tahini paste, optional	3 Tbsp.
Lemon juice	3 Tbsp.
Olive oil	2 Tbsp.
Garlic, minced	1 Tbsp.
Cumin, ground	¾ tsp.
Salt	½ tsp.
Water, as needed	1/3 cup

Method

1. Combine the chickpeas, tahini (if using) lemon juice, olive oil, garlic, cumin, and salt in a food processor. Add the water and process until smooth. Adjust the consistency with additional water if necessary. (For large batches, see Note.)
2. Taste the hummus and adjust with additional lemon juice, garlic, cumin, or salt as needed.

Note: To mix large batches in a standing mixer, warm the chickpeas in simmering water until they are hot. Combine the ingredients in the bowl of a mixer and blend with a paddle attachment until smooth and creamy.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

WHITE BEAN SPREAD

Yield: 1 quart

Ingredients	Amounts
White beans, cooked	24 oz.
Garlic cloves	4 ea.
Mayonnaise, reduced fat	½ cup
Dijon mustard	4 Tbsp.
Olive oil	1 cup
Lemon juice	6 Tbsp.
Parsley leaves, chopped	6 Tbsp.
Thyme, chopped	4 Tbsp.
Dried oregano	2 Tbsp.
Salt and pepper	to taste

Method

1. Blend all of the ingredients into a paste thin enough to spread on the bread.

Recipe credit: Mark Furstenberg, as presented at the 2011 Worlds of Flavor Conference.

YOGURT RAITA

Ingredients	Amounts
Yogurt, plain	2 cups
Cucumber, peeled, seeded, and minced	½ ea.
Mint leaves, minced	5 ea.
Kosher salt	½ tsp.
Lemon juice	¼ ea.

Method

1. Mix all ingredients together.

BEEF AND VEGGIE SOFT TACOS

Yield: 16 portions

Ingredients	Amounts
Beef, ground, 90% lean	24 oz.
Onions, yellow, chopped	1/3 cup
Garlic cloves, minced	1 Tbsp.
Chili powder	2 tsp.
Cumin, ground	2 tsp.
Paprika, ground	1 tsp.
Onion, powder	1 tsp.
Pepper, ground	1/2 tsp.
Tomato paste	1/3 cup
Carrots, peeled, and grated	1/4 cup
Zucchini, grated	1/4 cup
Green bell pepper, chopped	1/3 cup
Corn kernels	1/2 cup
Water	1 1/2 cup
Lettuce, romaine or leaf, shredded	3 3/4 cups
Tomatoes, chopped	3/4 cup
Cheddar cheese, reduced fat, shredded	2 cups

Method

1. Heat a large skillet over medium heat. Break the ground beef up and cook in the skillet until browned, about 10 minutes. Transfer the cooked meat to a wire-mesh sieve and let drain for 10 minutes.
2. Return the skillet to low heat and add the onions and garlic until the onions are lightly browned, about 5 minutes. Add the chili powder, cumin, paprika, onion powder, and pepper. Stir to combine evenly.
3. Add the tomato paste and cook, stirring frequently until the paste turns a deep red color, about 2 minutes. Add carrots, zucchini, green pepper, corn, drained beef, and water. Stir well and bring to a simmer and continue to simmer until the mixture is flavorful, about 20 minutes.
4. Serve warm and top with lettuce, tomatoes, and cheese.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

AVOCADO SALSA VERDE

Yield: 2 cups

Ingredients	Amounts
Hass avocado, large, ripe, peeled, seeded, and cut in ½" dice	1 ea.
Tomato, red or yellow, seeded and cut in ¼" dice	1/3 cup
Red onion, sweet, finely chopped	2 Tbsp.
Serrano chile, seeded and minced	½ tsp., or to taste
Garlic, minced	½ tsp., or to taste
Fresh lime or lemon juice	1 Tbsp.
Fresh cilantro leaves, chopped	2 Tbsp.
Sugar	large pinch
Salt and pepper	to taste

Method

1. Carefully combine all ingredients and refrigerate at least one hour before serving to allow the flavors to marry.

Recipe credit: John Ash, as presented at the Healthy Kitchens, Healthy Lives Conference.

PEANUT AND ARBOL CHILE SALSA

SALSA DE CACAHUATES Y CHILE DE ÁRBOL

Yield: 1¾ cups

Ingredients	Amounts
Arbol chiles, wiped clean, whole stems removed	16 ea.
Mexican canela, ½" stick	1 ea.
Cloves, whole	1 ea.
Roma tomatoes, dry roasted	6 ea.
Garlic cloves, skin on, dry roasted	1 ea.
Oregano, dried	½ tsp.
Peanuts, roasted	½ cup
Canola oil	1½ Tbsp.
Salt	to taste

Method

1. Gently toast the chiles on a comal set over low heat, until they change color. Remove and soak the chiles in hot water for 15 minutes.
2. Dry roast the cinnamon and clove in a skillet until fragrant; remove and set aside.
3. Transfer the tomatoes, garlic, chiles, cinnamon, clove, oregano, and peanuts to a blender and add broth as needed.
4. Heat the oil in a small saucepan set over medium heat. Add the peanut chile sauce, fry for 8 minutes, add salt to taste, and add more broth if needed to have a nice textured salsa.

SMOKY STRAWBERRY SALSA

Yield: 1 cup

Ingredients	Amounts
Salsa	$\frac{3}{4}$ cup
Strawberries, diced	$\frac{1}{4}$ cup
Honey	1 Tbsp.
Fresh cilantro, roughly chopped	1 Tbsp.
Chipotle powder	$\frac{1}{2}$ tsp.
Smoked paprika	$\frac{1}{2}$ tsp.

Method

1. Combine all ingredients. Chill to 40°F and store, covered, under refrigeration for up to 3 days.

TOMATO-LIME SALSA

Yield: 50 portions

Ingredients	Amounts
Tomatoes, canned, diced	2¼ lb.
Red onion, minced	9 oz.
Green bell pepper, chopped	9 oz.
Lime juice	3 ½ oz.
Salt	1 tsp.
Pepper, ground	½ tsp.
Cilantro, chopped	1 oz.

Method

1. Combine the ingredients and refrigerate. Adjust seasoning if necessary

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

SPICY CHICKEN STIR FRY

Yield: 12 portions

Ingredients	Amounts
Soy sauce	3 Tbsp.
Sugar	4 tsp.
Mirin rice wine	2 Tbsp.
Rice vinegar	1 Tbsp.
Sesame oil	2 tsp.
Cornstarch	2 Tbsp.
Dried Thai bird chiles, seeded, and chopped (optional)	1 ea.
Szechwan peppercorns (optional)	½ tsp.
Broccoli florets	1 qt. plus 2½ cups
Carrots, strips	5 cups
Peanut oil	¼ cup
Scallions, white and green parts	2½ cups
Ginger, peeled, minced	2 tsp.
Garlic cloves, minced	2 tsp.
White mushrooms, sliced thin	3½ cups
Chicken meat, cooked, cut into strips	1½ lb.

Method

1. Combine the soy sauce, sugar, mirin, rice wine vinegar, sesame oil, and cornstarch. Add the Thai bird chile and Szechwan peppercorns, if desired. Stir to combine and set aside.
2. Steam the broccoli and carrots or blanch them in salted water until they have a bright color and are tender.
3. Heat the oil in a pan over high heat. Add the scallions, ginger, and garlic; stir fry until aromatic, about 1 minute.
4. Add the mushrooms and stir fry until they are very hot and the liquid has cooked away. Add the broccoli and carrots and stir fry until very hot, about 3 minutes. Add the chicken and the sauce and stir fry until the chicken is very hot and the sauce has thickened, about 4 minutes.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

STEAMED BROWN RICE

Yield: 50 portions

Ingredients	Amounts
Water	1 gal. plus 2 cups
Brown rice, long grain	2 qt.
Salt	2 tsp.

Method

1. Bring the water to a boil in a large pot. For stovetop cooking, add the rice and salt to the boiling water, and stir a few times to separate the rice grains and cover the pot. Simmer over low heat until the rice is fully cooked and absorbed all of the water, 40 to 50 minutes.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

FROZEN RICOTTA AND YOGURT GLACÉ

Yield: 14 portions

Ingredients	Amounts
Part-skim ricotta cheese	1½ lb.
Nonfat yogurt	1 pt.
Maple syrup	12 fl. oz.

Method

1. Purée the ricotta in a food processor or blender until smooth. Add the remaining ingredients and process until incorporated. Flavor as desired and freeze in an ice cream machine according to the machine's directions.

Variations

Banana Glacé

Add one part (by weight) puréed ripe banana to 3 parts dairy base.

Fresh Berry Glacé

Add one part (by weight) berries to 3 parts dairy base. The fruit may be whole, sliced, or puréed.

Tropical Fruit Glacé

Add one part (by weight) mango, pineapple, passion fruit, or papaya to 3 parts dairy base.

Liqueur-Flavored Glacé

Add 1½ fluid ounces liqueur, such as amaretto, Kahlua, or Grand Marnier to 1 pound dairy base.

Pumpkin Glacé

Add 1 pound pumpkin purée, 1 teaspoon ground cinnamon, and ¼ teaspoon grated nutmeg to 1 pound dairy base.

Cappuccino Glacé

Simmer 1 cup of evaporated skim milk, 2 ounces of French-roast coffee beans, and 1 cinnamon stick for 30 minutes. Strain the milk and cool. Continue as directed in the dairy base recipe, but use only 1 cup of nonfat yogurt and substitute the coffee-flavored milk for the remainder.

Dried Cherry Glacé

Macerate 1 pound dried cherries in 3 fluid oz. cranberry juice and 1 fluid ounce kirschwasser for about 8 hours. Combine with 3 pounds of the dairy base.

Source: Techniques of Healthy Cooking, by The Culinary Institute of America (John Wiley & Sons, 2008)

BROWN RICE PUDDING

Yield: 10 portions

Ingredients	Amounts
Brown rice, short grain	¾ cup
Water	2 cups
Milk, skim	1½ cups
Sugar	1/3 cup
Salt	¼ tsp.
Vanilla extract	½ tsp.

Method

1. Combine the rice and water in a pot and bring to a boil over medium-high heat. Reduce the heat to low and stir the rice to keep the grains separate. Cover the pot and simmer until the rice is almost completely cooked, about 35 minutes.
2. Add the milk, sugar, and salt to the pot and simmer, stirring until the pudding is creamy and the rice is fully cooked and tender, about 30 minutes. The rice should stay suspended in the pudding. Add more milk if the pudding is too thick.
3. Remove the pudding from the heat and stir in the vanilla extract. Divide the pudding among ramekins or a hotel pan.

Recipe Notes:

Optional Finishing Suggestions

Sprinkle a little ground cinnamon over the pudding just before serving if desired.

Add chopped dried fruits (apricots, apples, bananas, cherries, or raisins) to the pudding, either as it simmers or once it is fully cooked.

Recipe credit: Menu for Healthy Kids, as presented at the 2012 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

GREYSTONE SANGRIA

Yield: 36 portions

Ingredients	Amounts
Strawberries	3 pt.
Blueberries	3 pt.
Raspberries or blackberries	3 pt.
Oranges, lemons, and limes	½ lb.
Pineapple juice	16 oz.
Orange juice	16 oz.
Greystone Cabernet Sauvignon	3 btl.
Greystone Chardonnay	1 btl.
Christian Brothers brandy	4 oz.
Simple syrup	2 oz.
Apples, sliced	2 ea.

Method

1. Slowly simmer fruits (except apples) until soft and syrupy. Remove and cool for 20 minutes. Add juices, wine, brandy, simple syrup, and apples.
2. Let fruit macerate for 6-12 hours, then strain. Serve over ice.

Glass: 11 oz. white wine

Garnish: Orange slice

Tasting Notes: Cocktail History: Traditionally Castilian, drunk casually during the summer months. There are many different versions of this drink.

FRIDAY

BREAKFAST

Blueberry Orange Sunrise Porridge with Toasted Nuts
Whole Wheat Cheddar Biscuit Breakfast Sandwich with Scrambled Eggs,
Tyson Black Forest Chicken Ham and Sliced Avocado
Whole Wheat Flax Apple-Blueberry Pancakes with Fresh Berries and Maple Syrup
Swiss Chard Quiche with Whole Wheat Crust
Strawberry Yogurt Smoothie
Black n 'Blueberry Peanut Muffins
Chickpea Lemon Muffins
Corn and Wheat Muffins
Peanut-Dried Berry Granola Parfait with Vanilla Yogurt and Fresh Berries
Assorted Whole Grain Breads
Pumpkin & Pear Jam
Apple Butter
Fresh Berry Preserves
Peanut Butter
Fresh Berries, Sliced Watermelon, Whole Apples, and Pears
Greek Yogurt

BLUEBERRY ORANGE SUNRISE PORRIDGE WITH TOASTED NUTS

Yield: Approximately 17 cups

Ingredients	Amounts
Indian Harvest Sunrise Blend	1½ lb.
Kosher Salt	1 tsp.
Soy milk	1 quart
Honey	1/3 cup
Blueberries, dried	1½ cups
Orange zest	1 tsp.
Nuts, toasted, sliced, for garnish	1 cup

Method

1. Bring 1½ quarts of water to a boil with 1 teaspoon kosher salt.
2. Stir in Sunrise Blend with Quinoa Flakes.
3. Remove from heat and let rest covered for 20 minutes.
4. Stir in soy milk, honey, cranberries and orange zest. Mix well and adjust sweetness to taste. Garnish with toasted nuts before serving.

Serving Suggestions: Serve with extra soy or skim milk and brown sugar or honey if desired for those who prefer it a bit sweeter.

WHOLE-WHEAT FLAXSEED APPLE AND BLUEBERRY PANCAKES WITH MAPLE SYRUP

Yield: 8 portions

Ingredients	Amounts
All-purpose or bread flour	1 cup
Whole-wheat flour	$\frac{3}{4}$ cup
Baking soda	$1\frac{3}{4}$ tsp
Salt	$\frac{1}{2}$ tsp.
Canola oil	$\frac{1}{4}$ cup
Egg	1 ea.
Buttermilk	$2\frac{1}{4}$ cups
Flaxseeds, lightly ground	$\frac{1}{4}$ cup
Sugar	1 Tbsp.

Pancake fillings (optional)

Apples, diced

Fresh Blueberries

Method

1. Mix together the dry ingredients for pancakes.
2. In a different bowl, mix together the egg, buttermilk, and oil.
3. Add the wet ingredients to the dry ingredients and stir just until moistened; stir in flax. Fold in the diced apples & blueberries if using.
4. Cook on hot griddle at 375°F until golden brown on each side. This pancake will take slightly longer to cook with whole grains and it will be heartier. By letting it sit a moment after griddling, the center becomes airy.
5. Serve with warm maple syrup and additional fresh berries

Recipe credit: Adapted from Sheri Coleman for Ameriflax and Billy Strykowski, as presented at the Healthy Kitchens, Healthy Lives Conference.

SWISS CHARD QUICHE WITH WHOLE WHEAT CRUST

Ingredients	Amounts
<i>Crust</i>	
Butter, cut in pieces, frozen for 1 hour	4 oz.
All-purpose flour	1 cup
Whole-wheat flour	½ cup
Salt	½ tsp.
Water, very cold	¼ cup
Olive oil	1 Tbsp.
Onion, large, diced	1 ea.
Swiss chard, stemmed and cleaned cut into strips	1 cup
Eggs	3 ea.
Cheddar cheese, grated	1/3 cup
Swiss cheese, shredded	¼ cup

Method

1. *For the crust:* Place the flour and salt in a food processor; add the butter. Pulse the food processor 4 or 5 times, or until the butter is cut up.
2. While running the food processor, add enough cold water so that the dough comes together. Remove from the bowl and shape into a disk. Wrap in plastic wrap and refrigerate for at least 1 hour.
3. Fold the crust into quarters and fit it into a pie plate. Unfold it and mold it into the pie plate; shape the edges.
4. *For the quiche filling:* Over medium-low, heat the olive oil in a large saucepan. Add the onions and cook slowly, stirring occasionally, until soft. Add the cut Swiss chard and cook for 10 minutes until most of the liquid evaporates.
5. In a small bowl, beat together the eggs and cheddar cheese. Stir in the Swiss cheese. Spread the onions chard mixture in the bottom of the quiche crust. Pour the egg mixture over the chard and onions.
6. Bake in preheated 375°F oven for 30 minutes, or until the eggs have set.

STRAWBERRY YOGURT SMOOTHIE

Yield: 1 quart

Ingredients	Amounts
Strawberries, cleaned, and chopped	2 cups
Strawberries, juices of	1 cup
Yogurt	2 cups
Ice	1 cup

Method

1. Combine all ingredients in a blender and puree until smooth.

BLACK N' BLUEBERRY PEANUT MUFFINS

Yield: 12 portions

Ingredients	Amounts
Spelt flour	1¾ cups
Peanut flour	¼ cup
Baking powder	1 Tbsp.
Baking soda	½ tsp.
Salt	¾ tsp.
Eggs, large	2 ea.
Buttermilk	1 cup
Brown sugar	½ cup
Vanilla	1 tsp.
Butter, melted	3 Tbsp.
Peanut oil	3 Tbsp.
Blueberries	¾ cup
Blackberries	¾ cup

Method

1. Place the rack in the top third of the oven and preheat the oven to 400°F. Line muffin tins with paper liners or grease with butter.
2. In a large bowl combine the flour, peanut flour, baking powder, baking soda and salt.
3. In a medium bowl lightly beat the eggs, whisk in the buttermilk, brown sugar, lemon juice and vanilla. Don't be concerned if the mixture looks curdled or lumpy.
4. Stir the wet ingredients and berries into the dry ingredients until most of the flour is incorporated. Don't over mix. The mixture can be slightly lumpy. Divide the batter between the prepared muffin cups.
5. Bake until the muffins are golden brown around the edges and a cake tester in the center comes out either clean or with a few crumbs attached, 11 to 13 minutes.
6. Set the muffins on a rack to cool for 1 minute. Twist gently to release the muffins or run a knife around the edges to unmold. Eat warm or cool to room temperature on a wire rack. If not eating the same day, freeze in a zip-topped freezer bag for up to three months. Thaw at room temperature or in the oven.

LEMON CHICKPEA BREAKFAST MUFFINS

Yield: 12 muffins

Ingredients	Amounts
Chickpeas (a 15 oz. can), drained and rinsed	1¾ cup
Lemons, zest	2 ea.
Orange, zest	1 ea.
Fresh lemon juice	2 Tbsp.
Fresh orange juice	2 Tbsp.
Extra virgin olive oil	¼ cup
Granulated sugar	½ cup
Egg yolks	2 ea.
Whole wheat flour, sifted	2/3 cup
Baking powder	2 tsp.
Salt	½ tsp.
Cardamom, ground	½ tsp.
Nuts, ground	1/3 cup
Egg whites	2 ea
Nuts, ground	1 Tbsp.
Granulated sugar	1½ tsp.
Cardamom, ground	¼ tsp.

Method

1. Preheat oven to 325°F. Line muffin tin with paper liners.
2. Puree the chickpeas in a food processor until smooth.
3. Add the lemon and orange zest, juice, olive oil, sugar, and egg yolks. Purée until smooth.
4. Sift together the flour, baking powder, salt, and cardamom. Stir in the chickpea mixture, and then add the ground almonds.
5. Whisk the egg whites until they hold semi-soft peaks. Fold the egg whites into the batter carefully, so not to deflate the egg whites.
6. In a small bowl combine the ground nuts, sugar, and cardamom. Set aside.
7. Scoop batter into muffin tin. You can use a 1/3 cup to do this, but you'll only need to add a generous ¼ cup of batter to each muffin cup. Sprinkle the muffin batter with some of the nut-sugar-cardamom mixture.
8. Bake in the oven 12 to 13 minutes, or until a toothpick inserted in the center of a muffin comes out clean.

Calories: 170/Protein: 4g/Carbohydrate: 23g/Fiber: 3g/Sodium: 230mg/Saturated fat: 1g/Polyunsaturated fat: 1g/Monounsaturated fat: 5g/Trans fat: 0g/Cholesterol: 31mg

CORN AND WHEAT MUFFINS

Yield: 12 portions

Ingredients	Amounts
Cornmeal, yellow, enriched	1 cup
Flour, whole wheat	1 cup
Baking soda	2 tsp.
Salt	½ tsp.
Milk, skim	1 cup
Eggs, large	1 ea.
Honey	¼ cup
Olive oil	2 Tbsp.

Method

1. Preheat the oven to 375°F. Line muffins tins or spray them with cooking spray.
2. Combine the cornmeal, whole wheat flour, baking powder, and salt in a large mixing bowl. In a separate bowl, combine the milk, eggs, honey, and oil. Add this mixture to the cornmeal mixture. Stir together by hand or on low speed in a mixer until evenly moistened.
3. Portion the batter into separate muffin tins. Bake until golden brown, 15 to 20 minutes. Cool in the pans on racks before removing them from the muffin tins. Serve at room temperature.

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PEANUT AND DRIED BERRY GRANOLA

Yield: 16 portions

Ingredients	Amounts
Whole-grain flakes, mixed, organic (oats, kamut, barley, and wheat)	3 cups
Flaxseed	1 cup
Peanuts, toasted	1 cup
Unsalted butter, cold, cut into 6 pieces	2 Tbsp.
All-purpose flour	½ cup
Sugar	2 Tbsp.
Salt	1 pinch
Pure maple syrup	1/3 cup
Vanilla extract, pure	1 tsp.
Almond extract, pure	½ tsp.
Blueberries, dried	1/3 cup
Cherries, dried	1/3 cup
Strawberries, dried	1/3 cup

Method

1. Preheat the oven to 350°F. Combine the whole-grain flakes, flaxseed, with the peanuts on a large rimmed baking sheet. Spread in an even layer and toast for about 10 minutes, stirring once, until light golden. Transfer the grain mixture to a large bowl. Leave the oven on. Coat the warm baking sheet with 1 teaspoon of butter.
2. In a mini processor, combine the remaining 1 tablespoon plus 2 teaspoons of butter with the flour, sugar, and salt and pulse until mixture resembles coarse crumbs. Or, pinch ingredients together with your fingers. Add the crumbs to the grain mixture and toss. In a small pitcher, combine the maple syrup with the vanilla and almond extracts. Pour over the grain mixture and stir until grains are evenly moistened.
3. Spread the granola on the buttered baking sheet in an even layer and toast for 12 to 14 minutes, stirring once, until golden and dry. Let cool completely then stir in the dried berries.

LUNCH

Tender Carrots with Orange Maple Glaze

Broccoli with Garlic Oil

Wheat Berry and Black Bean Salad

BBQ Chicken & Red Grape Pizza

Barilla Whole Grain Penne Pasta with Kale Pesto and Lemon Wedge

Soup/Risotto Station

Tortilla Soup with Black Beans & Diced Avocado

Oat Risotto with Leafy Greens & Parmesan Cheese

Cucumber-Citrus Refresher

Grab and Go Dessert Station

Carrot Cupcake with Cream Cheese Frosting

Lemon Bar with Whole Wheat Crust

Oranges, Apples, Pears, and Blueberry Snack Packs

TENDER CARROTS WITH ORANGE MAPLE GLAZE

Yield: 4 portions

Ingredients	Amounts
Carrots, peeled, cut in similar size pieces	3 cups
Orange juice concentrate	1 Tbsp.
Maple syrup	1 Tbsp.
Water	1 Tbsp.
Cornstarch	½ tsp.

Method

1. Steam or boil all the carrots (can be purchased this way). Make sure they are free of ice or water before use.
2. Heat skillet or steam kettle. Combine the orange juice concentrate with the maple syrup, water and cornstarch, and add to the skillet.
3. Let come to a light simmer and add all carrots at once. Heat through; toss once or twice to insure they are heated through. Serve hot.

Note: Sauce can be made up to two days in advance. Mix or shake before using.

BROCCOLI WITH GARLIC OIL

Yield: 4 portions

Ingredients	Amounts
Broccoli, cut in bite size pieces	4 cups
Garlic clove, finely minced	½ Tbsp.
Olive oil	2 tsp.
Salt	¼ tsp.
Ice water, to chill	as needed

Method

1. In a large 2 quart pot, bring water to a rapid boil. Add the broccoli and let it come back to a simmer; cook then for 2 minutes longer. Drain in colander and let the broccoli cool in the ice water.
2. Heat the olive oil to medium heat and add the garlic; cook for 30 seconds taking care not to brown it.
3. Add the broccoli and toss in the garlic oil; season with salt. Serve at once or keep in heater under moist heat for up to 30 to 45 minutes.

WHEAT BERRY AND BLACK BEAN SALAD

Yield: 5 ½ cups (11 portions)

Ingredients	Amounts
Indian Harvest wheat berries	1 cup
Black beans, cooked	2 cups
Green bell pepper, chopped	1 cup
Red onion, diced	¼ cup
Cumin	2 tsp.
Lime juice	2 ½ Tbsp.
Canola oil	1/8 cup
Kosher salt	1½ tsp.
Black pepper	¼ tsp.

Method

1. Cook the wheat berries according to package instructions. The wheat berries should be very tender, yet still retain their natural chewy texture. Drain well and cool completely on a sheet pan.
2. In a large bowl, combine the wheat berries, black beans, green peppers, onion and cilantro.
3. Whisk together the lime juice, cumin, salt, pepper and oil.
4. Pour over the salad and toss well to combine.
5. Refrigerate salad for at least 2 hours to allow for the flavors to develop and meld. Mix well before serving.

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RED GRAPE AND BARBECUE CHICKEN PIZZA WITH MOZZARELLA AND FRESH BASIL

Yield: Two 9-inch pizzas, 8 portions

Ingredients	Amounts
Prepared whole wheat pizza dough, 6 oz.	2 ea.
Unbleached all-purpose flour, for dusting peel	
Olive oil	¼ cup
Barbecue sauce, divided	¾ cup
Chicken breasts, skinless	12 oz.
Fresh mozzarella cheese, preferably mozzarella di bufala, sliced into thin rounds, coarsely shredded, or cut into small chunks	¼ lb.
Red grapes	2 cups
Basil leaves, fresh, torn a last minute	16 ea.
Pecorino Romano	2 Tbsp.

Method

1. *For the barbecue chicken:* Preheat the oven to 400°F. In a small bowl, toss the chicken breasts with ½ cup of the BBQ sauce. Grill the chicken over medium heat until nicely charred and cooked through, about 10 minutes total. Cool and cut into bite sized pieces.
2. *To cook the pizza:* Place a baking stone on the middle shelf of the oven, unless you know your oven well enough to place it on a different shelf, and preheat to 450°F for at least 30 minutes. Make 1 pizza at a time unless your peel and oven can accommodate both pizzas. Roll the dough ball out on a counter and transfer it to a peel or inverted sheet pan that has been dusted with flour.
3. Mix the olive oil with the remaining ¼ cup BBQ sauce and spread 2 tablespoons or so of the sauce over the surface of the dough, leaving a ¼-inch border uncovered. Arrange half of the mozzarella over the top of the pizza, and then place half of the diced BBQ chicken evenly over the pizza. Top with 1 cup of the red grapes.
4. Carefully slide the pizza from the peel to the baking stone. It should take 10-12 minutes to bake. When it is done, the crust should be puffy and slightly charred on the edge and thinner in the center.
5. Remove from the oven and top with fresh basil leaves and 1 tablespoon grated pecorino. Slice into quarters and serve.
6. Repeat with the remaining ingredients to make the second pizza.

KALE PESTO

Ingredients	Amounts
Nuts, raw, chopped	½ cup
Garlic clove, smashed	1 ea.
Kale, chopped	3 cups
Parmesan cheese, grated	¼ cup
Extra virgin olive oil	½ to 1 cup
Salt and pepper	to taste

Method

1. Heat a frying pan with oil over medium heat. Add nuts and stir constantly until toasted, about 2 minutes. Remove from the heat and let the nuts cool.
2. Pulse garlic cloves until chopped finely, about 30 seconds. Add kale, toasted nuts, and Parmesan cheese and pulse until chopped.
3. With the food processor running on low, add oil slowly until it gets the consistency you want. Season with salt and pepper.

Serving suggestions: Toss with whole grain pasta, or with veggies or whole grain toasts or serve over roasted fish or meat.

TORTILLA SOUP

Yield: 25 portions

Ingredients	Amounts
Corn tortillas, .9 oz.	8 ea.
Canola oil	2 Tbsp.
Onions, yellow, chopped	3 cups
Garlic, minced	3 Tbsp.
Cumin, ground	1 Tbsp.
Chili powder	2 Tbsp.
Oregano, dried	2 Tbsp.
Vegetable stock	1 gal.
Tomatoes, canned, crushed	5-3/4 cups
Zucchini, chopped	3-2/3 cups
Corn kernels, thawed if frozen, drained if canned	2 cups
Sweet potatoes, peeled, cubed, thawed if frozen	2¼ cups
Carrots, sliced, fresh or frozen	2-1/3 cups
Black beans, canned, rinsed and drained before measuring	1-1/3 cups
Green bell pepper, fresh or frozen and thawed, chopped	1¾ cups
Celery, sliced	2¾ cups
Salsa, fresh or canned	1 1/3 cups
Corn tortillas, cut into strips, toasted (for garnish)	5 ea.
Cheddar cheese, reduced fat, shredded, optional	1 cup, 2 Tbsp.

Method

1. Preheat oven to 300°F. Place the tortillas on a baking sheet and bake until they are very dry and lightly toasted, about 15 minutes. Crush the tortillas and reserve.
2. Heat the oil in a soup pot over medium heat. Add the onions and garlic and cook, stirring frequently, until very tender, about 10 minutes.
3. Add the cumin, chili, oregano, and the crushed tortillas. Stir well to combine.
4. Add the stock or water and the tomatoes. Bring the soup to a simmer and cook, partially covered, until very flavorful, about 25 minutes. Remove the pot from the heat and let the broth cool. When the soup has cooled, purée it using an immersion blender or in a food processor or blender. (This tomato-tortilla broth may be cooled and stored at this point.)
5. Return the tomato-tortilla broth to simmer and add the vegetables. Simmer until all of the ingredients are very hot and tender, about 20 minutes. (See Note for additional vegetable suggestions.)
6. Stir the salsa into the soup. Serve with a 6-oz. ladle. Top each serving of soup with some of toasted corn tortilla strips and cheddar cheese if desired.

Note: Other optional vegetables to include:
Cubed or diced yellow squash

Sliced green beans, fresh, canned, or frozen
Diced green chiles (these should be drained and rinsed)
Leafy greens, chopped or cut into strips
Pumpkin or hard squash cubes
Diced or sliced avocado

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OAT RISOTTO WITH SPINACH AND CHEESE

Yield: 8 portions

Ingredients	Amounts
Olive oil	1 Tbsp.
Yellow onion, finely chopped	1 cup
Carrot, finely chopped	½ cup
Celery, finely chopped	¼ cup
Garlic, chopped	1 Tbsp.
Steel cut oats	1 cup
Broth, fat-free chicken or vegetable	3½ - 4 cups
Fresh thyme, chopped, or dried thyme	2 tsp. 1 tsp.
Baby spinach leaves or torn leafy greens, such as Swiss chard	4 cups
Salt and ground black pepper	to taste

Method

1. Heat the oil in a shallow 3-quart saucepan over medium-high heat. Add the onion, carrot, and celery. Cook, stirring occasionally, for 5 minutes or until the vegetables are soft. Add the garlic and cook for one minute longer, stirring continuously. Do not allow the garlic to brown. Add the oats and stir well.
2. Carefully pour in 2 cups of the broth and bring to a boil. Reduce the heat to medium-low and simmer until the liquid is absorbed, stirring frequently. This will take about 10 minutes. Add the thyme and 1½ cups broth. Turn up the heat until the broth comes to a boil, and then reduce the heat to low. Simmer for 10 minutes, stirring occasionally, until most of the liquid is absorbed. Stir in the greens.
3. Remove from the heat and let sit for a minute or two until the greens wilt. For a brothier risotto, add the extra ½ cup broth. Stir in the cheese. Season with the salt and pepper to taste. Serve immediately.

Note: If you use Bob's Red Mill Gluten-Free Steel Cut Oats this will be a gluten-free recipe.

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CUCUMBER CITRUS REFRESHER

Yield: 1 gallon

Ingredients	Amounts
Cucumber, hot house, 1/4" slices	1 ea.
Lemons, 1/4" slices	2 ea.
Orange, 1/4" slices	1 ea.
Limes, 1/4" slices	3 ea.
Mint or lemon verbena	20 leaves

Method

1. In a clear glass gallon container, half filled with ice cubes, add the cucumber and citrus slices and muddle lightly to begin the release of flavor. The slices should not be broken or mashed as the whole slices are an important component of the look of the finished refresher.
2. Bruise the herb leaves lightly and add these to the container and top with still mineral water. Stir all together and allow the water to chill and the flavors to mingle, about 20 minutes. Serve cold.

Note: This water tastes at its best without any added sugar. Although subtle, the flavor is distinctive and to my mind, more refreshing than plain water given the bright zing of citrus, the astringency of cucumber, and the aroma of the fresh herbs.

CARROT CUPCAKE WITH CREAM CHEESE FROSTING

Yield: 15 portions

Ingredients	Amounts
Pineapple, crushed, canned In juice	2/3 cup
Flour, whole wheat	3/4 cup
Flour, all-purpose	1/2 cup
Baking soda	1 tsp.
Baking powder	1 tsp.
Cinnamon, ground	1 tsp.
Olive oil	6 Tbsp.
Sugar	3/4 cup
Eggs, large	3 ea.
Carrots, peeled, grated	1 qt.
Raisins, dark or golden, seedless	1/2 cup

Cream Cheese Frosting (recipe follows)

Method

1. Preheat the oven to 350°F. Oil a baking sheet tray and set aside.
2. Drain the pineapple and reserve the juice to add to the frosting. Combine the flours, baking soda, baking powder, and cinnamon in a bowl. Stir with a whisk to remove lumps and distribute the ingredients evenly.
3. Combine the oil, sugar, eggs, and drained pineapple in a bowl and blend well together. Stir this mixture into the dry ingredients until evenly blended. Add the carrots to the batter and stir by the hand until incorporated. Add the raisins.
4. Transfer the batter to the baking pan or portion into cupcake tins. Bake at 350°F until the cake tester comes out cleanly, about 20 minutes or 40 minutes for a cake dish. Let the cupcakes cool thoroughly on a rack before icing with cream cheese frosting.

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CREAM CHEESE FROSTING

Ingredients

Amounts

Cream cheese, low-fat

1 cup

Honey

3 Tbsp.

Pineapple juice

¼ cup

Method

1. To make the icing, blend the cream cheese, sugar, and vanilla until very smooth. Transfer to a plastic pastry bag and pipe over the surface of the cake or cupcakes (about 1 tablespoon or ½ ounce per cupcake.)
2. Chill the frosted cake before serving to allow the icing to firm. This will make it easier to cut the cake into portions. To cut portions, make squares about 2 inches by 3 inches, weighing about 3 ounces total (including the icing.)

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LEMON BARS WITH WHOLE WHEAT CRUST

Ingredients	Amounts
<i>Crust</i>	
Butter, softened	6¾ oz.
Canola oil	6¾ oz.
Powdered sugar	4½ oz.
Whole wheat flour	1 lb.
Lemons, zest of	2 ea.
<i>Filling</i>	
Sugar	2 lb. 1 oz.
Whole wheat flour	¾ oz.
Lemon juice	9 oz.
Lemon Zest	5 Tbsp.
Eggs	11 ea.
<i>Garnish</i>	
Powdered Sugar, for dusting	

Method

1. Cream the butter, oil and sugar until light & fluffy. Add the flour and lemon zest, and beat until smooth.
2. Line ½ sheet pan with this dough. Pre-bake until golden brown. Do not cool crust.
3. Combine the sugar and flour. Whisk in lemon juice and zest, then eggs. Pour the filling into the hot pre-baked crust.
4. Bake at 300°F until set in the middle. Cool, remove from the pan, dust lightly with powdered sugar, and cut into squares.

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Editor and Designer

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