

THE CULINARY INSTITUTE OF AMERICA

in collaboration with

NATIONAL RESTAURANT ASSOCIATION

presents

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 11-13, 2011

The Culinary Institute of America, San Antonio

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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) – 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 is an invitation 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 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 is being launched with a three-day national leadership summit at the CIA, San Antonio campus, May 11-13, 2011. This invitation-only event is bringing together 200 professionals 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 three-day leadership summit will focus on culinary insights and actions around K-12 school foodservice, but both will also include chain and other restaurant kids' menus, campus dining, and the family food environment.

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

- Highlight 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.
- Explore 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.
- Develop 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.
- Support this platform of action with 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.
- Highlight nutrition science and culinary insights that help expand healthful, flavorful, and appealing food choices for kids that meet the operational and cost constraints of most school foodservice operations and budget-challenged families.
- Consider the special challenges in child nutrition within the U.S. Hispanic community, and shape 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.
- Examine insights from children related to how they think about nutrition and health and healthy food choices.
- Create model programs of food, culinary, and nutrition excellence that can inspire broader action.

Attendees of the May 2011 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 and 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 2011 leadership summit.
- Invited national online, print, and broadcast media representatives

Resources including recipes and PowerPoint presentations from the May 2011 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 2012 National Leadership Summit, which will be held May 9-11, 2012 at the CIA, San Antonio. Keep up with all the latest announcements about this event by visiting www.ciaprochef.com/healthykids/

PROGRAM SCHEDULE

WEDNESDAY, MAY 11

3:00 PM **Registration & Refreshments**
CIA Reception Area (1st floor)

3:30 PM **Welcome & Opening Remarks**
CIA Conference Hall (2nd floor)

Speakers: **David Kellaway, CMC** (CIA, San Antonio)
 Mark Erickson, CMC (CIA)
 Greg Drescher (CIA)
 Scott Defife (National Restaurant Association)

3:45 PM **General Session I**
CIA Conference Hall (2nd floor)

Keynote Presentation #1

Targeting Latino Childhood Obesity through Research & Policy

The obesity rate among U.S. children has tripled over the past three decades, and several age groups of Latino children have higher obesity rates than other ethnic groups. This session will address the issues that may be leading to higher obesity rates among Latino children, and discuss research strategies and policy approaches (based on research being conducted by members of the Robert Wood Johnson Foundation Research Network to Prevent Obesity Among Latino Children) for reversing childhood obesity trends in the U.S.

Introduction: **Mark Erickson, CMC** (CIA)

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

Keynote Presentation #2

Guiding Children to a Healthy Weight: An Integrative, Family-Based Approach to Childhood Obesity

How can healthcare professionals, school foodservice professionals, parents, and other who care about the health of children help guide them to a healthy weight and active, healthy lifestyle? This session will address evidence-based strategies and messages based on studies conducted at Children's Hospital Boston and elsewhere that motivate the entire family to eat better and be more physically active.

Introduction: **Greg Drescher** (CIA)

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

Presentation

What's Hot in 2011? Healthy Kids' Meals

What are the top trends driving menu innovation for children on menus across the country? This session will examine data from the 2011 National Restaurant Association Chef Survey.

Introduction: **Greg Drescher (CIA)**
Opening Remarks: **Joan McGlockton (NRA)**
Presenter: **Joy Dubost, PhD, RD (NRA)**

Presentations

Healthy Flavors, Healthy Kids: The Role of the Chef in School Foodservice

How can chefs use their culinary knowledge, experience, and popularity to improve the quality of foods served in our nation's schools as well as increase participation rates in school breakfast and lunch programs? This session will gain insights from three leaders, all members of the Healthy Flavors, Healthy Kids National Steering Committee.

Introduction: **Amy Myrdal Miller, MS, RD (CIA)**
Video Greeting: **Jorge Collazo (New York City Schools)**
Presenters: **Ann Cooper (Boulder County Schools)**
Timothy Cipriano (New Haven Public Schools)

Culinary Presentation & Demonstration

The Global Palate: How Chefs and Parents Can Inspire Interest in Foods and Flavors from Around the World

During this session, celebrity chef and author Rick Bayless will talk about opportunities to inspire interest in global flavors and create an appetite for healthful, flavorful foods in children and young adults.

Introduction: **Greg Drescher (CIA)**
Presenter: **Rick Bayless (Chef, Restaurateur, Author, TV Personality)**

6:30 PM

Opening Reception

CIA Outdoor Live Fire Pavilion/Patio

Presented in Association with Northarvest Bean Growers Association

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 12

7:15 AM **Light Breakfast**
CIA Teaching Kitchen (1st floor)

8:00 AM **General Session II**
CIA Conference Hall (2nd floor)

Presentation

Healthy, Hunger-Free Kids: A Closer Look at the New USDA Proposed School Meal Standards

The Healthy, Hunger-Free Kids Act of 2010 provided the legislative framework and funding structure to provide students with healthier food in schools. USDA's proposed school meal standards, issued in January 2011, is the next step. The proposed nutrition standards will update meal patterns to include a greater amount and variety of fruits and vegetables as well as increased amounts of whole grains. This session will review the USDA proposed standards and provide insights into the operating challenges and culinary opportunities for meeting the new standards.

Introduction: **Mark Erickson** (CIA)

Presenter: **Janey Thornton, PhD** (USDA)

Presentation

Let's Move! and Chefs Move to Schools

Since the June 4, 2010 kick off at the White House, more than 1,700 schools have signed up and expressed interest in connecting with a chef through Chefs Move to Schools. In addition, the U.S. Department of Agriculture (USDA) has kicked off a national "Recipes for Healthy Kids" Competition that can be used in the National School Lunch Program. This session will focus on the success of the campaign thus far, and highlight the many ways chefs and schools can work together to improve children's nutrition in our nation's schools.

Introduction: **Mark Erickson, CMC** (CIA)

Presenter: **Sam Kass** (White House Chef and Policy Advisor)

Presentation

Increasing Fruit & Vegetable Consumption at School and at Home: The Impact of the USDA Fresh Fruit and Vegetable Snack Program and Let's Move Salad Bars to Schools

Improving the quality and healthfulness of food served in schools as well as the overall school food environment is critical to improving child nutrition. Policy and environmental changes, such as "Let's Move Salad Bars to Schools" and the Fresh Fruit and Vegetable Snack Program, are effective strategies to increase children's access to and consumption of fruits and vegetables at school as well as at home. This session will focus on how salad bars and the Fresh Fruit and Vegetable Snack Program are making the healthy choice the easy choice for students across the country.

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

Presenter: **Lorelei DiSogra, EdD, RD** (United Fresh Produce Association)

Presentation

Setting Up Successful School Salad Bars: The Importance of and Best Practices in Staff Training

Research shows that children significantly increase their consumption of fruits and vegetables when given a variety of choices at school. Schools interested in setting up salad bars need to consider the necessary staff training for handling fresh produce, including purchasing, receiving, washing, cutting, serving, and storing. This session will focus on best practices in staff training to ensure success with school salad bar programs.

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

Presenter: **Ann Cooper (Boulder County Schools)**

Presentation

Engaging Local Communities in Efforts to Reduce Childhood Obesity

Childhood obesity is one of the greatest public health threats that we face today. This presentation will review cutting-edge research focused on multi-level, community-based interventions that show promising results in reducing childhood obesity trends in lower-income communities.

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

Presenter: **Christina Economos, PhD (Tufts University)**

10:15 AM **Healthy Snack & Stretch Break**

CIA Conference Hall (2nd floor)

10:45 AM **General Session III**

CIA Conference Hall (2nd floor)

Culinary Demonstrations

World Flavors: Inspiration for Successful Salad Programs

When you think of salads, what comes to mind? For many Americans, salads are based on lettuce or other leafy greens, but in other parts of the world, salads can be based on beans, whole grains, fruit, or other vegetables. This session will feature salads from Mexico, the Mediterranean, and India that can be featured on school salad bars as well as restaurant menus.

Introduction: **Greg Drescher (CIA)**

Guest Chefs: **Rick Bayless (Chef, Restaurateur, Author, TV Personality)**

Joyce Goldstein (Chef, Author, Consultant)

Suvir Saran (Chef, Restaurateur, Author)

Presentation

What Do Kids Think About Food, Nutrition, and Health?

Kids may not know exactly what kinds of food make up a healthy and balanced diet, but they know what they like. And most kids do not do their own grocery shopping or prepare their own meals, but they have an interest in what they eat and how it affects them.

During this session, results from national surveys of kids ages 8 to 13 will be shared to help shed light on what motivates kids to choose the foods they do in various settings.

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

Presenters: **Tami Cline, PhD, RD, SNS (Y-Pulse)**

Sharon Olson, MBA (Y-Pulse)

Panel Discussion

Increasing Kids' Fruit and Vegetable Consumption: How School Gardens, Classroom Nutrition Education Programs, and "Health Coaches" Can Have Impact

How many ways can we influence children's attitudes and behaviors related to fruit and vegetable consumption? This session will address research-based programs that use school gardens, classroom nutrition education programs, and influential adults to motivate school-age children to consume more fruits and vegetables at school and at home.

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

Moderator: **Diane Harris, MPH, PhD** (Centers for Disease Control & Prevention)

Panelists: **Marilyn Briggs, PhD, RD** (University of California Davis Center for Nutrition in Schools)

Deborah Woehler, MS, RD (Oliver Foundation)

Alicia Moag-Stahlberg, MS, RD (Healthy Kids, Healthy Schools Campaign)

Panel Discussion

Salad Bar Success Stories from Leaders in the Field

What do you need to run a successful school salad bar program? This session will focus on success stories from independent as well as contract school foodservice operators.

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

Moderator: **Lorelei DiSogra, EdD, RD** (United Fresh Produce Association)

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

Ann Cooper (Boulder County Schools)

Roxanne Moore, MS, RD (Sodexo)

Margie Saidel, MPH, RD, LDN (Chartwells)

Cathy Schlosberg (ARAMARK Education)

1:00 PM

Let's Move Salad Bars to Schools Special Announcement

Attendees who have applied for a salad bar through the SaladBars2Schools.org website but who have not yet received funding for a salad bar will be entered into a drawing to win a salad bar donated by Cambro. The winners will be announced at this time. Salad bars will be shipped free of charge to the winners' schools.

1:05 PM

Lunch

Full Goods Building Breezeway

The World Salad Bar Experience

This lunch will feature fruit, vegetable, whole grain, bean, noodle, leafy green, and other salads from around the world to inspire the audience to think about the broad range of salad options for K-12 and college & university salad bar programs.

Presented in Association with National Peanut Board

2:00 PM

Dessert & Coffee Buffet

CIA Conference Hall (2nd floor)

2:15 PM

General Session IV

CIA Conference Hall (2nd floor)

Presentations

Healthy Flavors, Healthy Kids: The View from the Restaurant World

In this session, two operators from the foodservice industry (one chain and one independent operator) will present ways restaurants are meeting the challenge of developing more healthful menu options for the school foodservice market.

Introduction: **Lorna Donatone** (Sodexo)

Moderator: **Joan Rector-McGlockton** (NRA)

Presenters: **Steve Clough** (Director of School Lunch Sales, Domino's)
Paul Boundas (Chef-Owner, Country House, Chicago, IL)

Presentation & Culinary Demonstration

The Future of School Foodservice: Examining Possibilities for Improving Flavor and Nutrition through Technology and Training

In this session, a world-renowned chef will provide insights into the equipment, technology, and training that could reshape school foodservice and provide students access to fresher, more flavorful, and more healthful foods that meet the operational and budget constraints of school foodservice.

Introduction: **Mark Erickson, CMC** (CIA)

Presenter: **Kyle Connaughton** (CIA, Consultant)

Presentation

Share Our Strength: Ending Hunger and Improving Nutrition in Low Income Communities

In this session, the presenter will describe Share Our Strength's Cooking Matters™ (formerly Operation Frontline) program and discuss how chefs play an important role in teaching people how to shop for and prepare healthful foods on limited budgets and with limited kitchen equipment.

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

Presenter: **Janet McLaughlin** (Share Our Strength)

4:00 PM

Healthy Snack & Stretch Break

CIA Conference Hall (2nd floor)

4:30 PM

General Session V

CIA Conference Hall (2nd floor)

Brief Remarks

Acting Boldly to Reduce Obesity: The San Antonio Mayor's Fitness Council

The San Antonio Mayor's Fitness Council is focused on reducing the city's obesity rate and promoting a healthier, more active community. The Council has developed a comprehensive plan to transform the health and fitness of the city. Measures include improving nutrition in schools, improving wellness programs at major employers, and suggesting ways for the city to make it easier for residents of San Antonio to become more physically active.

Introduction: **David Kellaway, CMC** (CIA, San Antonio)

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

Presentation & Panel Discussion

My Food, My Family, My Future

This session will begin with a brief presentation about Por Vida, San Antonio's healthy menus initiative, and then local San Antonio middle and high school students will participate in a panel discussion about food likes, dislikes, and what motivates them to choose more healthful foods at home, at school, and at San Antonio restaurants.

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

Moderator/

Presenter: **Caroline Roffidal-Blanco, MS, RD, LD** (San Antonio Metropolitan Health District)

Panelists: **Local San Antonio Middle & High School Students**

Presentation & Culinary Demonstrations

Promoting Hispanic Health & Preserving Culinary Traditions

This session will reveal what is happening in San Antonio in terms of efforts to promote the health of Hispanic families, and what are chefs doing to preserve Latin culinary traditions and promote appreciation of Latin cuisines.

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

Moderator/

Presenter: **Claudia Zapata, MS, RD** (*San Antonio Express-News*)

Guest Chefs: **James Sanchez** (CIA Alumnus)

Iliana de la Vega (CIA, San Antonio)

Presentation

National Farm to School Network: Nourishing Kids and Community

The National Farm to School Network supports community-based food systems, strengthens family farms, and improves student health by reducing childhood obesity. Farm to School extends beyond farm fresh salad bars and local foods in the cafeteria to include waste management programs like composting, and experiential education opportunities such as planting school gardens, cooking demonstrations and farm tours. In this session, the presenter will talk about how Farm to School brings healthy food from local farms to school children nationwide.

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

Presenter: **Debra Eschmeyer** (National Farm to School Network)

Culinary Demonstration

Practical Ideas for Incorporating Farm Fresh Produce into Seasonal Menu Options

This session will focus on seasonal concepts for using farm fresh produce and whole grains to create simple, delicious, and healthful menu options.

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

Guest Chef: **Dawn Ludwig (Chef, Boston, MA)**

6:30 PM

Reception

CIA Outdoor Live Fire Pavilion/Patio

Presented in Association with Naturipe Farms

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 13

7:45 AM

Light Breakfast

CIA Teaching Kitchen (1st floor)

8:30 AM

General Session VI

CIA Conference Hall (2nd floor)

Presentation

Developing Culinary Intervention Strategies for K-12 School Foodservice: Findings from a Culinary Institute of America Research Project

Through the Chefs Move to Schools initiative, the federal government has called on culinary professionals to work with school feeding programs to develop strategies for providing fresher, more healthful food options. Unfortunately, culinary professionals are often overwhelmed by the diversity and complexity of the school foodservice environment. This session will focus on a CIA research project that was designed to foster dialogue between chefs and school foodservice professionals, and to develop training materials and culinary resources that will result in schools' ability to provide fresh, more healthful, and appealing food options for K-12 students.

Introduction: **Mark Erickson, CMC (CIA)**

Presenters: **Chris Loss, PhD (CIA)**

Rico Griffone (CIA)

Presentation

A Focus on Family Nutrition: Helping Busy Families Eat Better

In a perfect world, all families would sit down each evening to a healthful, balanced meal while enjoying each other's company and engaging in lively conversation. In reality, busy families juggle crazy schedules and tight budgets. During this session, a leading family nutrition expert talks about tips and strategies that help busy families put great-tasting, appealing foods on the table.

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

Presenter: **Janice Newell Bissex, MS, RD (Co-Founder, MealMakeoverMoms.com)**

Presentation

The Bitter Truth about Sugar-Sweetened Foods & Beverages

In this session, a well-known pediatric endocrinologist will discuss the long-term health effects of sugar-sweetened foods and beverages, and present data to support the theory that too much fructose and not enough fiber are the cornerstones of the dual epidemics of obesity and type 2 diabetes in children.

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

Presenter: **Robert Lustig, MD** (UC San Francisco)

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

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

Presentation

Channeling the Power and Passion of the Chef

This session will feature Chef Suvir Saran talking about the incredible power and influence chefs can have in improving children's nutrition in a variety of settings, and the partners chefs need to work with to make sure messages and methods are appropriate for various audiences and settings.

Introduction: **Greg Drescher** (CIA)

Presenter: **Suvir Saran** (Dévi, NYC)

10:45 AM **Final Forum**
CIA Conference Hall (2nd floor)

Group Discussion

Healthy Flavors, Healthy Kids: A National Culinary Action Plan

The 2011 Summit will conclude with a final forum to discuss future CIA initiatives, tools, training materials and programs, and other resources that can be developed to meet the needs of chefs and other professionals working to improve the quality, flavor, and healthfulness of foods and beverages marketed and served to children and youth in the U.S.

Moderators: **Mark Erickson, CMC** (CIA)

Kathryn Kelly, CCP, MPH/MHA (CIA)

Discussion Leaders will be charged with getting input from attendees throughout the summit, and reporting back to the entire group what they have learned from attendees during conversations at meals, breaks, and receptions.

What do schools & chefs need from the produce industry?

Discussion Leader: **Lorna Christie** (Produce Marketing Association)

What do school foodservice leaders need from chefs and the culinary community?

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

What do school foodservice leaders need to connect Farm to School programs with salad bar programs?

Discussion Leader: **Diane Harris, MPH, PhD** (CDC)

How can research organizations better disseminate findings on programs and interventions for childhood obesity to chefs and school foodservice professionals?

Discussion Leader: **Carole Garner, MPH, RD, LD** (Robert Wood Johnson Foundation Center to Prevent Childhood Obesity)

12:15 PM

Closing Remarks

CIA Conference Hall (2nd floor)

Speakers: **Mark Erickson, CMC** (CIA)
Greg Drescher (CIA)

12:30 PM

Lunch

Full Goods Building Breezeway

Presented in Association with Domino's Pizza Smart Slice Pizza

1:30 PM

Lunch & Leadership Summit Conclude

1:35 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 company's supporting the 2011 Healthy Flavors, Healthy Kids leadership symposium for a post-summit discussion focused on follow-up activities related to developing culinary skills training materials and flavor development resources.

3:30 PM

Healthy Flavors, Healthy Kids Program Partners Reception

*La Gloria Ice House Restaurant (located next to the CIA campus at the Pearl)
100 East Grayson Street
San Antonio, TX*

4:30 PM

Reception Concludes

*The Culinary Institute of America gratefully acknowledges
the generous support of its program supporters*

SUPPORTERS

PRESENTING PARTNERS

National Peanut Board
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Domino's Pizza Smart Slice

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ConAgra Mills/UltraGrain
Dole Foodservice
HEB
Kashi/Kellogg's Food Away from Home
Paramount Citrus
Paramount Farms
The Peanut Institute
Pear Bureau Northwest
Rainier Fruit Company
Sodexo
Sunkist Growers
Windsor Foods
USA Dry Pea & Lentil Council

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
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Host of the PBS Series, *Mexico - One Plate at a Time*
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Executive Vice President & Chief Operating Officer
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Timothy Cipriano

Executive Director of Food Services
New Haven Public Schools
New Haven, CT

Jorge Collazo
Executive Chef
New York City Schools
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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 BIOGRAPHIES

RICK BAYLESS is chef-owner of Frontera Grill, Topolobampo, and XOCO in Chicago, IL. His latest restaurant, XOCO, a silver LEED-certified restaurant that opened in September 2009, features Mexican street foods and Mexican hot chocolates made from cocoa beans roasted in the restaurant. His most recent restaurant venture is Red O, a Mexican restaurant in Los Angeles for which Chef Bayless developed the menu and tequila list. Well known for his highly rated PBS series *Mexico – One Plate at a Time*, Chef Bayless is the author of seven cookbooks. His most recent book, published July 2010, is *Fiesta at Rick's: Fabulous Food for Great Times with Friends*. Chef Bayless has received numerous James Beard awards, including National Chef of the Year. In 2009 Chef Bayless won "Top Chef Masters." Chef Bayless is the chair of The Culinary Institute of America's Latin Cuisines Advisory Council Executive Committee. (Chicago, IL)

JANICE NEWELL BISSEX, MS, RD, is on a mission to help busy families eat a healthy and delicious diet. She is co-author of two cookbooks, *No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms* (M3 Press, 2011) and *The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!* (Broadway Books, 2004). Janice champions good nutrition on her website, MealMakeoverMoms.com. She writes the award-winning family food blog, *Meal Makeover Moms' Kitchen* and co-hosts the free weekly radio podcast, *Cooking with the Moms*. Janice writes for several popular magazines including *Kiwi*. She is past president of the Massachusetts Dietetic Association, founding member of the Food & Culinary Professionals Practice Group of the American Dietetic Association, and is a member of the International Association of Culinary Professionals and the American Institute of Wine & Food. Janice formerly served as nutrition consultant to the United States Senate. (Melrose, MA)

PAUL BOUNDAS is the chef-owner of The Country House Restaurant and Country House Kitchen Company in suburban Chicago. The Country House Restaurant is an independent, family-owned and operated restaurant. The Country House Kitchen Company runs five scratch cooking school kitchens serving more than 4,300 students, faculty, and staff daily. Paul received a master's in clinical psychology and worked briefly as a clinical psychologist before deciding to follow his true passion for the culinary arts and the restaurant business. He began working at The Country House Restaurant in 1996. In 2002 the Country House Kitchen Company received their first school foodservice contract. In both businesses Paul stresses the importance of high quality ingredients. He works closely with area farmers and even produces olive oil from his parents' groves in Greece. Paul has started wellness programs with Dr. John Principe for Country House school programs as well as Dr. Principe's WellBeingMD. In 2010 Paul was featured on Jamie Oliver's *Food Revolution* website for his work at Holy Trinity High School in the inner city of Chicago. There he has created a model program to prove that a healthy kitchen can be run profitably within the reimbursement of the National School Lunch Program. Paul's program has created a great resource for the students and creates business opportunities for other skilled foodservice entrepreneurs. (Alsip, IL)

MARILYN BRIGGS, PHD, RD, SNS, is currently Co-Director of the Center for Nutrition in Schools at the University of California, Davis (UCD). Dr. Briggs' research interests include identification of the determinants of children's nutrition knowledge, skills, and eating behaviors in the school environment. Dr. Briggs' career encompasses over forty years in diverse food and nutrition programs. Most recently, she retired from her position as Assistant Superintendent of Public Instruction, California Department of Education, with responsibility for administering all USDA and state child nutrition programs. She was also responsible for coordinating the Department's *Garden in Every School* initiative. Dr. Briggs is immediate Past-President of the California School Nutrition Association, and has also served as President of the Society for Nutrition Education (SNE), the National Association of State NET Coordinators, and the California Nutrition Council. She is active in numerous other committees and task force groups, including: Co-Chair, SNE Advisory Committee for Public Policy, the School Nutrition Association (SNA) Resolution and Bylaws Committee, the National Food Service Management Institute's National Advisory Board, and a USDA task force to update health-related commodity specifications. Honors include the Silver Friend of Child Nutrition Award, sponsored by the National Foodservice Achievement Management Excellence (FAME) Award program; election to membership in the Phi Sigma Biological Sciences Research Honor Society (2008); the Robert Wood Johnson Foundation Healthy School Hero Award; the Outstanding Public Service Award from the California Farm Bureau and California Foundation for Agriculture in the Classroom; Award for Outstanding Contributions, California Conference of Local Health Department Nutritionists; and the California School Nutrition Association Honorary Merit (2008) and Moscone Nutrition Education Awards (in 1998 & 2002). Dr. Briggs' completed a Ph.D. in Nutritional Biology, with a minor in Education, at UCD; B.S. and M.S. degrees in Nutritional Sciences at the University of California, Berkeley, and an R.D. with the U.S. Public Health Service at Staten Island, New York. (Davis, CA)

JULIÁN CASTRO was elected Mayor of San Antonio on May 9, 2009. A 35-year-old San Antonio native, Mayor Castro is the youngest mayor of a Top 50 American city. In 2001, at the age of 26, Castro became the youngest elected city councilman at that point in San Antonio history. Throughout his tenure in public service, Mayor Castro has championed a vision of economic growth and a top-notch quality of life for all San Antonians. Befitting those goals, Mayor Castro has placed an emphasis on education during his first term in office with a goal of positioning the city to attract the jobs of the future. His initiatives include a holistic approach to raising local educational attainment levels by increasing city participation in early childhood education, high school dropout prevention, and comprehensive higher education counseling. Mayor Castro earned his undergraduate degree from Stanford University with honors and distinction in 1996 and a juris doctorate from Harvard Law School in 2000. He is married to Erica Lira Castro, an elementary school teacher, and they are the proud parents of a baby girl, Carina, born in March 2009. (San Antonio, TX)

LORNA CHRISTIE is Executive Vice President & Chief Operating Officer at the Produce Marketing Association. Lorna joined PMA in 2002. As Executive Vice President & Chief Operating Officer, Ms. Christie directs the activities of PMA staff responsible for enhancing member and industry value. This staff team is responsible for membership recruitment and retention, PMA events, product development, government relations, industry technology and standards, public relations, marketing communications, volunteer activities, and business development. Ms. Christie is an accomplished spokesperson and marketing and

public relations strategist, with proven crisis management and mitigation experience ranging from food safety issues to industry wide ethics. Ms. Christie's career experience includes senior management roles in corporate, public and government organizations. Prior to joining PMA she served as chief administrative officer for Image Data, LLC, a high-tech firm specializing in identity theft protection. The majority of her career was spent in Washington, D.C., as vice president, consumer affairs for the Direct Marketing Association. She also served under the George Bush Administration in the Office of the Special Advisor to the President, United States Office of Consumer Affairs, where she held the position of associate director for industry and international affairs. (Newark, DE)

TIMOTHY CIPRIANO is the executive director of food services for New Haven Public Schools (NHPS). Chef Cipriano has more than 16 years of culinary experience. In March 2010, he was one of 10 chefs selected by the White House to coordinate the "Chefs Move to Schools" program for chefs to adopt schools as part of the First Lady's "Let's Move" campaign. The following month, he was one of two school nutrition chefs invited by President Obama to the Childhood Obesity Summit at the White House in April, 2010. In October 2010 Chef Cipriano was named "Foodservice Director of the Month" by *FoodService Director Magazine* and "Advocate of the Year" by Share Our Strength. The NHPS food services program has been featured in numerous local and national publications, including *The New York Times*. Chef Cipriano has developed his own website for school nutrition professionals, www.localfooddude.com. (New Haven, CT)

TAMI CLINE, PHD, RD, SNS, is co-founder of Y-Pulse, LLC. Y-Pulse strives to link foodservice companies to the growing market segment of kids and young adults. Tami has over 20 years of experience in the foodservice industry at the local, state and national levels and is a well known leading voice of school nutrition. As a dietitian and former school foodservice director, she adds a personal connection to Y-Pulse participants dedicated to nutrition in schools. When Tami was named the School Nutrition Association Industry Member of the Year, she was described by one of the nominators as "passionate, committed and positive in every endeavor she undertakes." She holds a PhD in foodservice and lodging management from Iowa State University, a bachelor's of science in food science and nutrition from Colorado State University, and a master's of science in nutrition and communications from Boston University. In addition to Tami's involvement with Y-Pulse, she is the founder and owner of Cline Consulting, LLC. (Kansas City, MO)

STEVE CLOUGH is the director of school lunch programs for Domino's Pizza. Steve led the development and implementation of the Domino's Pizza Smart Slice program. This new initiative was designed to deliver a line of great tasting and nutritious pizzas to schools. These products were developed to meet the recently proposed USDA nutritional guidelines while delivering a taste that kids love. He also led a recent initiative for Domino's to become one of the founding industry partners in the Alliance for a Healthier Generation and has been heavily involved in supporting the Fuel Up to Play 60 campaign. Steve has worked at Domino's since 2002. He obtained his Bachelor of Science degree from Western Michigan University. (Ann Arbor, MI)

JORGE LEON COLLAZO is the executive chef for the New York City Public Schools. Chef Collazo is involved in training, developing culinary concepts, writing standards, reformulating recipes, and collaborating with manufacturers to offer healthful food choices to young students. He's hired seven chefs to help oversee the 860,000 meals served per day

at 1,500 locations throughout the city. As a child, he left Cuba to accompany his family to the United States. He enrolled at The Culinary Institute of America at age 29 and entered the corporate dining world upon graduation. After a number of years working in New York City, he joined the faculty of the New England Culinary Institute, where he started tuning in to the issues at the forefront of the food industry – health and wellness, allergies, and childhood obesity. That’s why he accepted his current position, and why he continues to work to provide healthier menus for school children. (New York, NY)

KYLE CONNAUGHTON is a consultant to the restaurant industry, a former executive chef of the Fat Duck Restaurant, and a chef-instructor at The Culinary Institute of America at Greystone. Born into a family that was heavily involved in the restaurant industry as both chefs and restaurateurs, he was nine when his first visit to a sushi restaurant led him to announce that he was going to become a chef. Chef Connaughton spent two years working in Japan for Michel Bras, and was also able to work his way through the kitchens of Miyama-Sou, Tenkawa, Wakuzen, Daruma, and Toji Sanka, each of which is revered in Japan as the top restaurants in their respective disciplines of kaiseki, sushi, and soba. He then joined the Fat Duck in Bray, England, where he led all of the menu development work, overseeing a team of food scientists, chefs, and stagiaires, and coordinating with scientists, academics, artisans, designers, perfumers, flavorists, and others to create the restaurant’s famous multi-sensory dining experience. In 2004, the Fat Duck was awarded its third *Michelin* star, and in 2005 was ranked first in *Restaurant Magazine’s* “World’s Fifty Best Restaurants Awards.” (Sonoma, CA)

ANN COOPER is the school nutrition director for Boulder Valley School District. A graduate of The Culinary Institute of America, Chef Cooper has been in the kitchen for more than 30 years, holding positions with Holland America Cruises, Radisson Hotels, and Telluride Ski Resort. Chef Cooper is the author of four books: *Lunch Lessons: Changing the Way We Feed Our Children*, *In Mother’s Kitchen: Celebrated Women Chefs Share Beloved Family Recipes*, *Bitter Harvest: A Chef’s Perspective on the Hidden Dangers in the Foods We Eat and What You Can do About It*, and *A Woman’s Place is in the Kitchen: The Evolution of Women Chefs*. 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. 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. (Boulder Valley, 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, Chef de la Vega won worldwide acclaim for her reinterpretation of Oaxacan moles at her restaurant El Naranjo in Oaxaca, Mexico. Born and raised in Mexico City, Chef de la Vega 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 Chef de la Vega develops curriculum and teaches continuing education classes at the CIA, San Antonio; presents at conferences at the CIA at Greystone campus in the Napa Valley; and conducts culinary research throughout Latin America by traveling to interview chefs, home cooks, culinary historians, growers, and producers. 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. Recently she 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. (Austin, TX)

SCOTT DEFIFE is the Executive Vice President, Policy & Government Affairs for the National Restaurant Association (NRA). In this key leadership role, DeFife oversees government affairs, public policy, and advocacy communications for an association representing the nation’s second largest private sector employer, an industry with 13 million jobs, nearly one million restaurant and foodservice locations, and annual sales of more than \$580 billion. Before joining NRA, DeFife was the Senior Managing Director, Government Affairs for the Securities Industry and Financial Markets Association (SIFMA). In that position he managed the federal and state legislative and lobbying efforts for one of the nation's leading financial services trade associations. Prior to SIFMA, DeFife served as senior policy advisor to House Majority Leader Steny Hoyer (D-MD), concentrating on financial services, tax, economic and energy issues. DeFife has deep Capitol Hill experience as legislative director to Congressman Bart Gordon (D-TN), legislative director and then staff director to former Congresswoman Karen McCarthy (D-MO), and policy advisor to former Congressman Mike Andrews, who was co-chairman of the bipartisan Congressional Sunbelt Caucus. Off the Hill, DeFife has extensive experience in advocacy and policy related to state and municipal government affairs, especially in the areas of energy, commerce, budget, tax and pension issues. He represented the American Public Power Association, the National Conference of State Legislatures, and served as Research Director in the State of Texas Office of State-Federal Relations. DeFife received his B.S. from the University of Texas at Austin and a Masters of Public Affairs from the Lyndon B. Johnson School of Public Affairs. (Washington, D.C.)

LORELEI DISOGRA, EDD, RD, is the vice president of nutrition and health at United Fresh Produce Association, headquartered in Washington, DC. Dr. DiSogra, one of the founders of the 5 A Day Program in the U.S., is an advocate for eating a diet rich in fruits and vegetables to promote good health and prevent chronic disease. In her present position she is responsible for nutrition policy, specifically reshaping federal policy to drive environmental changes that increase children’s fruit and vegetable consumption consistent with the Dietary Guidelines for Americans. From 2001 to 2005, Dr. DiSogra served as director of the National 5 A Day Program at the National Cancer Institute (NCI), National Institutes of Health. Prior to joining the NCI, she was vice president of nutrition and health at Dole Food Company. She holds a doctoral degree in nutrition education and masters degrees in public health nutrition and nutrition education from Columbia University. (Washington, DC)

LORNA C. DONATONE, MBA, is chief operating officer and education market president for Sodexo. Donatone leads Sodexo’s business at 600 college and university campuses and nearly 500 public school districts and private schools in the United States, overseeing the work of 64,000 employees. Ms. Donatone is also Sodexo’s worldwide education market champion. She joined Sodexo in 1999, and has held several key leadership roles in the company, including president of school services in 2007 and president of Spirit Cruises in 2002. She serves on the board of directors for the National Restaurant Association, is vice chair of the board of directors of the Women’s Foodservice Forum, director on the board of the Sodexo Foundation, and a member of the board of trustees for The Culinary Institute of

America. Ms. Donatone was honored by Girls, Inc. in 2009 for her work in mentoring and empowering young women. (Gaithersburg, MD)

GREG DRESCHER is the executive director of strategic initiatives at The Culinary Institute of America (CIA), and oversees the college's leadership initiatives for the foodservice industry, including conferences, leadership retreats, menu research and development, new media, and international studies. He is the creator of the college's influential Worlds of Flavor International Conference & Festival (now in its 14th 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, Mr. Drescher 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 in food cultures on location 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. Mr. Drescher travels widely around the world to track flavors, culinary traditions, and inspiration for healthy eating. A recent profile in *Bon Appetit* magazine dubbed him the "Flavor Hunter."
(Sacramento, CA)

JOY DUBOST, PHD, RD, is the director of nutrition and healthy living at the National Restaurant Association. In this position, she provides leadership and expertise on a wide spectrum of health and nutrition issues. She also serves as representative for the Association in order to effectively communicate the industry's position and actions on health related matters. Prior to joining the Association, Dr. Dubost was a principal nutritionist at PepsiCo, where she worked in strategic nutrition communications. Dr. Dubost earned her BS in nutrition and chemistry at Hood College, an MS in food science and technology at University of Georgia and a Ph.D. in food science and nutrition at Penn State University. She is a registered dietitian, and completed her dietetic internship at the University of Michigan Hospitals. In addition, Dr. Dubost is an active member of the American Dietetic Association (ADA), and a professional member and media spokesperson for the Institute of Food Technologists. (Washington, D.C.)

CHRISTINA ECONOMOS, PHD is the Associate Director of the John Hancock Research Center on Physical Activity, Nutrition, and Obesity Prevention, the New Balance Chair in Childhood Nutrition, and an Associate Professor at the Tufts Friedman School of Nutrition and Tufts School of Medicine. Her research efforts have addressed the interaction between physical activity, diet, and the built environment aimed at preventing osteoporosis and obesity, starting in early childhood. She is the principal investigator of multiple large-scale studies examining childhood nutrition and physical activity with the goal of inspiring behavior, policy, and environmental change to improve the health of America's children. She has worked effectively with diverse communities by engaging theory and scientific evidence as vehicles to spark systemic, community-based change. She previously served on the Institute of Medicine's committee to develop an Evidence Framework for Obesity Prevention Decision-Making and currently serves the IOM's Committee on Accelerating Progress in Obesity Prevention. (Boston, MA)

MARK ERICKSON, MBA, CMC, is vice president—dean of culinary education at The Culinary Institute of America (CIA). In this role Chef Erickson is responsible for all aspects

of the college's culinary programs including degree programs, professional development, consulting, intellectual property development and conferences, as well as the college's department dedicated to menu research and development. He also oversees the CIA's branch campuses in St. Helena, CA and San Antonio, TX. Chef Erickson is a frequent presenter at various industry events and conferences, where he shares unique perspectives of the global food industry, drawing from both academic and practical experiences. An honors graduate of the CIA class of 1977, Chef Erickson was director of culinary education at the Hyde Park campus from 1988 to 1990. Prior to that, he held both faculty and department head positions at the CIA. His career also includes serving as chef garde manger of the Palace Hotel in Gstaad, Switzerland; executive sous chef of the Greenbrier Hotel in White Sulphur Springs, WV; sous chef of the Everglades Club in Palm Beach, FL; and executive chef of Cherokee Town and Country Club in Atlanta, GA. Chef Erickson was a member of the gold medal-winning United States Culinary Olympic Teams in 1980, 1984, and 1988, and part of the U.S. team that won the 1985 Culinary World Cup. He earned "Crystal Chef" honors by having the highest score in the ten-day Certified Master Chef examination administered by the American Culinary Federation in 1985. Chef Erickson holds a bachelor of science degree in restaurant and hotel management from the University of New Haven and a masters in business administration (MBA) from Marist College in Poughkeepsie, NY. (Napa Valley, CA, San Antonio, TX, and Hyde Park, NY)

DEBRA ESCHMEYER is Co-Founder and Program Director of FoodCorps and the Communications and Outreach Director of the National Farm to School Network. Debra has 15 years of farming and sustainable food system experience. Working from her organic farm, Harvest Sun, in Ohio, Debra oversees the FoodCorps program development for service members working on school gardens and Farm to School while deciphering policy and building partnerships to strengthen the roots of FoodCorps. While serving as a Kellogg Food and Society Fellow, Debra created One Tray, a campaign that successfully encouraged Congress and USDA to expand Farm to School programs. Ms. Eschmeyer has placed hundreds of Farm to School articles in media outlets around the country including the *Wall Street Journal* and *TIME* magazine. Debra served as an editor for "Food Justice," (Gottlieb & Joshi, MIT Press, October 2010), a contributor to the documentary *Lunch Line*, and has authored several Farm to School publications. She is currently serving on the Center for Ecoliteracy's Rethinking School Lunch Advisory Council; the Agriculture, Food Systems, and Food Access Subcommittee for the CDC Weight of the Nation Conference; and on the Design Team of Live REAL, a new youth led food justice organization for historically excluded communities. (New Knoxville, OH)

CAROLE GARNER, MPH, RD, LD is Team Lead for Field Coordination at the Robert Wood Johnson Foundation Center to Prevent Childhood Obesity in Little Rock, Arkansas. She has worked in the arena of public health nutrition from direct client services, program consultation, state program direction, and academia to her current position. Carole has been president of the Association of State and Territorial Public Health Nutrition Directors as well as the Arkansas Dietetic Association (ArDA). In addition, she is currently on the Section Council of the Food and Nutrition Section of the American Public Health Association (APHA), the Steering Committee of the National Alliance for Nutrition and Activity (NANA), chair of the Arkansas Child Health Advisory Committee, and Public Policy Coordinator of ArDA. Ms. Garner has been recognized with several leadership awards including Excellence in Dietary Guidance from APHA and the Healthy School Hero from Action for Healthy Kids. (Little Rock, AR)

JOYCE GOLDSTEIN is a chef, author, and a consultant to the restaurant and food industries. For 12 years she was chef/owner of the ground-breaking Mediterranean restaurant, **SQUARE ONE**, in San Francisco, which received numerous prestigious industry awards for food, wine and service. Prior to **SQUARE ONE**, she was chef of the café at *Chez Panisse* and a visiting executive chef at the *Wine Spectator Greystone Restaurant* at the CIA in the Napa Valley. Chef Goldstein received the James Beard Award for Best Chef in California for 1993. A very prolific cookbook author, her books include *The Mediterranean Kitchen*, *Back to Square One: Old World Food in a New World Kitchen*, winner of both the Julia Child and James Beard Awards for Best General Cookbook of 1992, and *Kitchen Conversations*, an IACP book award nominee in 1997. Her most recent books include *Cucina Ebraica: Flavors of the Italian Jewish Kitchen*, *Sephardic Flavors: Jewish Cooking of the Mediterranean*, *Enoteca: Simple, Delicious Food from Italian Wine Bars*, *Saffron Shores*, *Jewish Cooking of the Southern Mediterranean*, *Solo Suppers*, *Savoring Spain and Portugal*, *Mediterranean Fresh*, and *Tapas*. She is currently working on a book about the history of the food movement in California. (San Francisco, CA)

RICO GRIFFONE is a consultant for The Culinary Institute of America's "Menu for Healthy Kids" Research Program. The program is designed to combat childhood obesity through school lunch reform. Since September 2009, Rico has been interacting with NY school districts to form partnerships with local schools with the goal of improving the nutritional quality of school meals through school foodservice training programs, recipe development, and information sharing. (Hyde Park, NY)

DIANE HARRIS, PHD, MPH, CHES, is a Visiting Scientist in the Division of Nutrition, Physical Activity, and Obesity at the Centers for Disease Control and Prevention. There she serves on the Guidelines Development and Recommendations team in the Nutrition Branch working in the area of promoting strategies to increase fruit and vegetable intake. She is a subject matter expert in farm to school programs and is the CDC lead for "Let's Move Salad Bars to Schools", a comprehensive public health effort to mobilize and engage stakeholders at the local, state, and national level to support salad bars in schools. She is also an Associate Researcher at the David Geffen School of Medicine at the University of California, Los Angeles, where she oversees a research program studying the activity of plant-derived anticancer compounds in pancreatic cancer. Dr. Harris serves on the Board of Directors of Georgia Organics, a member-supported non-profit organization working to integrate healthy, sustainable, and locally grown food into the lives of all Georgians, and is a member of the Georgia Farm to School Alliance, a coalition of state and federal agencies that promote farm to school programs in Georgia. She is also the mother of two girls in suburban Atlanta public schools. (Atlanta, GA)

SAM KASS is assistant White House chef and Food Initiative coordinator at the White House. A Chicago native, he graduated from the University of Chicago with a degree in U.S. history. During college, he took a job cooking at the restaurant 312 Chicago under chef Dean Zanella; while finishing his final college year in 2003, he was trained by one of Austria's greatest chefs, Christian Domschitz. Chef Kass then continued his culinary education in New Zealand, Italy, and Mexico before moving back to Chicago in 2006 to work at *Avec*, where he continued to learn techniques of seasonal cooking. In 2007, Chef Kass opened the personal chef company *Inevitable Table*, which focused on healthful and nurturing food. In January 2009 he joined the White House kitchen staff as assistant chef. Since then he has also been named coordinator of the White House Food Initiative, and has continued to focus on

sustainable and nutritious ingredients as he helps First Lady Michelle Obama create the first major vegetable garden at the White House in more than a century. (Washington, D.C.)

DAVID KELLAWAY is a Certified Master Chef and a Certified Culinary Educator whose 2010 appointment as Managing Director for The Culinary Institute of America, San Antonio, marks not only a return to the CIA but also a homecoming to his native state of Texas. Twenty years ago he served as Education Department Chairman on the Hyde Park, NY campus before re-entering the industry to provide culinary leadership and operational oversight to many high profile culinary establishments including Station Casinos, Inc. and Mandalay Bay Resort & Casino. Other highlights of Chef Kellaway's 34-year career include appointments as Culinary Director for The Mirage Resort & Casino, Executive Chef of the Salish Lodge at Snoqualmie Falls outside Seattle, Washington; Executive Sous Chef of The Plaza Hotel in New York City; Chef de Cuisine of The Edwardian Room, also at The Plaza Hotel, and numerous positions as Chef and Executive Chef throughout Texas, Colorado, and New York. Chef Kellaway is a veteran of worldwide culinary competitions, both as a competitor and judge, and he has published extensively, including contributing to many top culinary textbooks. (San Antonio, TX)

KATHRYN KELLY, MS, MPH, is the Director of Health and Wellness for The Culinary Institute of America and a chef-instructor for CIA Food Enthusiast classes. Chef Kelly recently returned from four months with Oceania Cruises, opening the first "hands-on" teaching kitchen at sea with Jacque Pepin. Kelly began her career as an officer in the US Public Health Service, where she served as the first Staff Director of the US Preventive Services Task Force and as the Health Policy Analyst for the Presidential Commission on Ethics in Medicine and Biomedical Research. After leaving the public health arena, she was President of the National Health Network for General Health, one of *Inc.*'s 100 Fastest Growing Companies in 1985. At General Health, Kelly developed the first search engine for linking health status outcomes to local resources. Kelly joined Towers Perrin, a management consultancy in 1988 to develop the first employer-focused health care consulting practice in the US and served on their Board of Directors and Leadership Committee. In 2001, Kelly was recognized by the YWCA as a Top Female Global Executive. In 2005, Kelly was President and Chief Executive of ExcellerateHRO, one of the largest global HR outsourcing companies at that time. After retiring from corporate life, Kelly attended the CIA to pursue her lifelong dream of becoming a chef. Kelly holds two master's degrees from the University of Washington and completed her doctoral work in behavioral epidemiology at Johns Hopkins School of Public Health. Chef Kelly's passion is finding ways to synergize the public health and culinary professions to promote health and wellness. (Hyde Park, NY)

CHRIS LOSS, PHD, is Director of the Department of Menu Research & Development at The Culinary Institute of America. He is responsible for fostering applied research amongst chef faculty and developing new curriculum in the culinary arts and sciences. His research focuses on consumer behavior in the food service environment, evaluation of menu designs incorporating nutritional information, and evaluation of seasoning strategies to achieve lower sodium levels in food. Chris serves on the Board of Directors for the Research Chefs Association, and in 2008 he received the RCA's "Pioneer Award", for leadership in integrating culinary arts and food science to advance knowledge in both fields. He earned his Ph.D. in Food Science from Cornell University, and a degree in Culinary Arts from The Culinary Institute of America. (Hyde Park, NY)

DAWN PALLAVI LUDWIG is an experienced chef and natural foods culinary instructor. Her teaching emphasizes making delicious, satisfying food that supports our bodies, minds, emotions, and the goals we set for ourselves. With studies in countryside French cooking as well as 14 years as a professional macrobiotic chef and cooking teacher in the Southwest, Dawn brings a fresh approach to healing and natural foods. Dawn has written on nutrition and health for a variety of publications including *Whole Health Magazine*, *Natural Home*, *Austin Monthly*, *Austin Fit*, and a number of vegetarian journals. She teaches regularly at both the Kushi Institute and the French Meadows Macrobiotic Conferences. Under her guidance, The Natural Epicurean Academy of Culinary Arts, an Austin-based professional culinary school that she owned for 12 years, became known as one of the top “cutting edge cuisine” schools in the US. Dawn sold the school in 2009, and moved to Brookline, Massachusetts, where she now guides clients to better health and awareness through private health consultations, private and small group cooking classes, and personal growth classes. (Brookline, MA)

DAVID S. LUDWIG, MD, PHD, is a pediatrician and researcher at Children’s Hospital Boston. He holds the rank of associate professor of pediatrics at Harvard Medical School and associate professor of nutrition at Harvard School of Public Health. He is founding director of the Optimal Weight for Life (OWL) clinic at Children’s Hospital, a multispecialty program for overweight children and their families. Dr. Ludwig’s research focuses on the effects of diet on hormones, metabolism and body weight. In particular, he has been developing 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. He is author of a critically acclaimed 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*. (Boston, MA)

ROBERT LUSTIG, MD, is Professor of Clinical Pediatrics, in the Division of Endocrinology at the University of California, San Francisco. Dr. Lustig is a neuroendocrinologist whose research focuses on the regulation of energy balance by the central nervous system. He is currently investigating the contribution of nutritional, neural, hormonal, and genetic influences in the expression of the current obesity epidemic, both in children and adults. Dr. Lustig graduated from MIT in 1976, and received his M.D. from Cornell University Medical College in 1980. He completed his pediatric residency at St. Louis Children’s Hospital in 1983, and his clinical fellowship at UCSF in 1984. From there, he spent six years as a research associate in neuroendocrinology at The Rockefeller University. Dr. Lustig is the past Chairman of the Ad hoc Obesity Task Force of the Pediatric Endocrine Society, and is a current member of the Obesity Task Force of The Endocrine Society, and a member of the Board of Directors of the American Heart Association of the Bay Area. He is the author of many articles, chapters, and reviews on childhood obesity. (San Francisco, CA)

JANET McLAUGHLIN is the national director of Cooking Matters, Share Our Strength’s cooking-based nutrition education program for families at risk of hunger. Ms. McLaughlin leads over 20 franchise-style partnership programs; evaluates expansion prospects; oversees

the national office's program development, training, and evaluation efforts; and works with foundations and corporate partners to raise funds. She joined Share Our Strength in 2004 as the senior grants program manager, where she was responsible the distribution of over \$5 million to anti-hunger organizations each year. Prior to joining Share Our Strength, Ms. McLaughlin was the development director at the Women's Bean Project in Denver, a nonprofit enterprise that trains disadvantaged women for the workforce by employing them in food-related businesses. Ms. McLaughlin graduated magna cum laude from Harvard College, and holds a master of public administration degree from the Maxwell School of Citizenship and Public Affairs at Syracuse University, where she served as the John Ben Snow Fellow for Nonprofit Management. (Washington, D.C.)

ALICIA MOAG-STAHMBERG, MS, RD, is co-director of the Healthy Schools, Healthy Kids campaign and principal of Ceres Connections, a consulting firm with expertise in cause-related campaigns. Over the past 10 years, the firm's work has centered around environmental and policy change strategies to prevent childhood obesity. Ms. Moag-Stahlberg began her career in primary prevention working at Northwestern University Medical School, Department of Preventive Medicine, in Chicago, where she worked on diet interventions for lowering cholesterol in children and an international study assessing nutrition and blood pressure. Ms. Moag-Stahlberg worked side-by-side with Dr. David Satcher, the former U.S. Surgeon General, to create a nonprofit dedicated to obesity prevention, Action for Healthy Kids. This became the first national grassroots organization focusing on changes in nutrition and physical activity in youth and schools as outlined in the 2001 Surgeon General report. The national initiative Kids Eat Right, the first joint effort of ADA-ADAF, was developed under the direction of Ms. Moag-Stahlberg and Ceres Connections. (Skokie, IL)

ROXANNE E. MOORE, MS, RD, is the national director of wellness director for Sodexo School Services. In this role, Roxanne supports program development for more than 470 school districts and helps bring together procurement, culinary development, and public policy impacting child health and nutrition science to create innovative and inspiring nutrition programs. Roxanne has more than 18 years of experience in nutrition education and has developed programs for healthcare, government programs, schools, restaurants, and supermarkets. Prior to Sodexo, Roxanne served as a spokesperson for the American Dietetic Association (ADA), administered the USDA Child Nutrition Programs through the Maryland State Department of Education and the Army, taught in the Department of Kinesiology at Towson University, and served as Director of Nutrition Education programs for a cardiac Rehabilitation program. Roxanne's media expertise has afforded her opportunities to educate the community through a variety of venues including live television and publications such as *RedBook*, *Southwest Airlines*, *Men's Health* and *Readers Digest*. In addition Ms. Moore has produced and hosted a weekly radio show entitled "Nutrition Matters." Roxanne earned her bachelor's degree in dietetics from Hood College and a master's degree in health science and administration from Towson University (Maryland). She is certified as a Child and Adolescent Obesity Counselor through both ShapeDown and the American Dietetic Association. She is a member of Sodexo's Women's Network and the American and Maryland Dietetic Associations. She currently serves as an advisory board member to Share Our Strength's Cooking Matters™ programs, as well as Girls Inc. In her spare time, she stays active with her two daughters and enjoys kayaking, biking, and running. (Bel Air, MD)

AMY MYRDAL MILLER, MS, RD, is the program director for strategic initiatives at The Culinary Institute of America (CIA) at Greystone in Napa Valley, CA. Amy leads planning for the college's nutrition, health, and sustainability conferences and leadership retreats. A registered dietitian with a master's degree in nutrition communication, Amy has focused her career on nutrition research, education, and marketing with an emphasis on promoting the nutrition, health, 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 marketing and education programs for Dole Food Company, and worked as a research dietitian at the Rippe Lifestyle Institute in Shrewsbury, Massachusetts. She is the co-author of *The Healthy Heart Cookbook for Dummies* and the executive editor of the *Dole 5 A Day Kids Cookbook*. While working for Dole, Amy received the Produce for Health Foundation's 2004 *Diamond Crystal* award, the Foundation's highest honor for innovative nutrition education programs that promote increased fruit and vegetable consumption. She is a member of the American Dietetic Association, the 2010-2011 chair of the Food & Culinary Professionals Dietetic Practice Group, and a member of the United Fresh Produce Association Retail-Foodservice Market Segment Board. A farmer's daughter from North Dakota, Amy is proud to represent the bean growers of North Dakota and Minnesota (including her three brothers) by serving on the Northharvest Bean Growers Association Nutrition Editorial Board. (Sacramento, CA)

SHARON OLSON, MBA, is co-founder of Y-Pulse LLC. She began her career in foodservice sales with The Carnation Company and joined American Dairy Association when the association was first establishing their foodservice division. During Ms. Olson's career she has helped companies with strong global brand recognition, like Nestle and Quaker Oats, establish positions in the U.S. foodservice marketplace, as well as regional food companies like Hatfield Quality Meats build their business and their reputation within colleges and universities. She is the president of Olson Communications, a company she founded in 1988. Prior to that, she was vice president at two major food agencies, Norton Associates and Arian & Lowe Advertising. Ms. Olson is a 1993 International Foodservice Manufacturers Association (IFMA) Sparkplug Award recipient. She has co-chaired the IFMA Sales & Marketing Conference Committee, served on the IFMA Education and Chain Operator's Exchange (COEX) planning committees, and chairs the Gold & Silver Plate Society celebration committee. She is the current president of Les Dames d'Escoffier Chicago, and writes an award winning marketing column in *Deli Business* magazine. (Chicago, IL)

AMELIE RAMIREZ, DRPH, a cancer and chronic disease health disparities researcher and spokesperson, 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. Over 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 and genetics, clinical trial recruitment and retention, tobacco prevention and cessation, 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) and one on Latino child obesity (Salud America!). 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 chairs the CDC's Breast and

Cervical Cancer Early Detection and Control Advisory Committee and 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 M.P.H. and Dr.P.H. degrees from the University of Texas Health Science Center at Houston School of Public Health. (San Antonio, TX)

JOAN RECTOR-MCGLOCKTON is the Vice President of Industry Affairs and Food Policy for the National Restaurant Association. 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 twelve 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, 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.)

CAROLINE ROFFIDAL-BLANCO, MS, RD, is the registered dietitian for the City of San Antonio Metropolitan Health District's Communities Putting Prevention to Work grant. Mrs. Roffidal-Blanco oversees all of the nutrition initiatives within the \$15.6 million American Recovery & Reinvestment Act stimulus grant. She also serves as the registered dietitian for the Por Vida healthy restaurants program and has helped to coordinate a Food Policy Council. Mrs. Roffidal-Blanco has also facilitated a Healthy Schools Initiative in collaboration with the San Antonio Mayor's Fitness Council and Michelle Obama's Let's Move Salad Bars to Schools initiative. Mrs. Roffidal-Blanco's prior experiences include working at MD Anderson Cancer Center in Houston, Thomas Jefferson University Hospital and Albert Einstein Hospital in Philadelphia. She has extensive experience counseling patients, developing school nutrition programs, and creating various health programs focused on obesity prevention. (San Antonio, TX)

MARGIE SAIDEL, MS, RD, is the vice president of nutrition and sustainability for Chartwells School Dining Services. As the Chartwells VP of nutrition and sustainability, she develops the strategic approach to child nutrition for approximately 600 school districts, integrating program development with public policy, purchasing and product innovation, menu development, nutrition science, and nutrition education. Before joining Chartwells, Ms. Saidel was a school foodservice director for 12 years in a suburb of Boston. During her tenure there, she developed curriculum and taught undergraduate and graduate courses in foodservice management at Framingham State College. She held positions on the advisory boards for Planet Health, by the Harvard School of Public Health and the Massachusetts Department of Education's School Food Allergy Program Standards, which was one of the first of its kind the country. Ms. Saidel has held state board positions for the School Nutrition Association and has promoted her passion for child nutrition and her views on the challenges facing the child nutrition industry as a speaker for the American Dietetic Association, the Boston affiliate news stations of ABC, NBC, Comcast Cable News, and the *Boston Globe*. (Rye Brook, NY)

JAMES SANCHEZ is a restaurant consultant and San Antonio native. The former executive chef at Ácenar restaurant in San Antonio, Chef Sanchez ran the kitchen from its opening on the River Walk in 2005 through mid-2010. His unique menu selections at Ácenar included duck chalupas, crepes de Huitlacoche, savory empanadas filled with chorizo and potato, poblano rajás, and spicy picadillo, alambres drizzled with chimi churri salsa and cabrito en chile ancho, to name a few. A graduate of The Culinary Institute of America in Hyde Park, and a 20-year veteran of the kitchen, Chef Sanchez is a master at melding classical techniques with modern Mexican food concepts, skills he honed under the tutelage of some of San Antonio's best chefs, his work at hotels and Central Market, and as head of Ácenar's kitchen. A passionate chef and mentor to young cooks, Chef Sanchez serves as the education chair for the local American Culinary Federation and is an adjunct faculty garde manger instructor for St. Philip's College culinary program. (San Antonio, TX)

SUVIR SARAN is executive chef of Dévi in New York City. An accomplished chef, cookbook author, educator, and farmer, Suvir views the kitchen as both a culinary and spiritual haven. Born in New Delhi, India, Saran has nurtured a lifelong passion for the traditional flavors of Indian cooking. As Executive Chef of Dévi, Saran shares the authentic flavors of Indian home the heart of New York City. Dévi has consistently received popular and critical acclaim and has earned a three-star rating from New York Magazine and two stars from The New York Times. It is the only Indian restaurant in the U.S. to have earned a Michelin star. A respected culinary authority, Saran is Chairman of Asian Culinary Studies for The Culinary Institute of America (CIA). He has also led classes for culinary centers and schools nationwide including the Institute for Culinary Education, Sur La Table; Williams-Sonoma at Time Warner Center, Central Market, and Apron's Cooking School at Publix. Saran's approachable and informed style has helped to demystify Indian cuisine in America, and ultimately formed American Masala, his culinary philosophy that celebrates the best of Indian and American cooking. He is a contributor to *Food Arts Magazine* and has penned several cookbooks including *Indian Home Cooking: A Fresh Introduction to Indian Food, with More Than 150 Recipes* (Clarkson Potter, 2004) with Stephanie Lyness and *American Masala: 125 New Classics From My Home Kitchen* (Clarkson Potter, 2007) with Raquel Pelzel. Saran is the only U.S.-based contributor to the largest Indian cookbook ever published, *India Cookbook*, featuring 1,000 recipes (Phaidon Press, 2010). Saran and partner Charlie Burd live and care for American Masala Farm, a 19th century farm in upstate New York. Dedicated to the recommendations of the American Livestock Breed Conservancy (ALBC) in choosing the farm's animal population, Saran and Burd exemplify farm-to-table living by providing local restaurants with their heritage breed eggs and goat' milk. (New York, NY)

CATHY SCHLOSBERG, MA, is Vice President of Marketing and Strategic Development for ARAMARK Education and oversees program development, nutrition education, communications, and industry/community relations for nearly 500 school districts. Ms. Schlosberg has more than 25 years of marketing experience specializing in building programs/brands in the food and foodservice industries, and has been with ARAMARK for eight years, focused on the education sector. She has overseen innovative and award winning programs to enhance wellness menus and nutrition education, transform student dining environments, increase meal participation, and improve communications with students, parents, and the extended community. Prior to ARAMARK, she held senior foodservice marketing positions at Kraft General Foods, Campbell's Soup, and Pierre Foods. She served on the board of trustees of the National School Boards Association Foundation

and the New Orleans Food Policy Advisory Committee, is a past member of the American School Foodservice Association (now SNA) Industry Advisory Board, and is an IFMA Sparkplug award winner. Ms. Schlosberg earned her bachelor of arts degree in urban studies from Brown University and a master's from Cornell University's School of Hotel Administration. (Philadelphia, PA)

DANNY SEYMOUR is the Dean of Education for the 52,000 member School Nutrition Association (SNA) where he is responsible for education and professional development, including educational sessions for SNA's annual national conference. Danny is a graduate of The Culinary Institute of America, has a degree in Food Service Management from Widener University, and a degree in Human Resource Management from Geneva College. Danny has been involved in school nutrition programs for more than 33 years in the state of Pennsylvania serving as Director of Food Service for Pittsburgh Public Schools before joining SNA. He has been very active in local, state, and national associations pertaining to school nutrition programs and has held various offices at all levels. His knowledge and experience in the area of operations and human resource management has provided many opportunities for him to present at state, regional, and national conferences. An avid dog lover, Danny raises and shows Pointers, Irish Setters, and Scottish Terriers, and he is approved by the American Kennel Club to judge four sporting breeds and Junior Showmanship competition. (Washington, D.C.)

JANEY THORNTON, PHD, was appointed by President Barack Obama as USDA deputy undersecretary for Food, Nutrition and Consumer Services (FNCS) on April 1, 2009. As deputy undersecretary, Dr. Thornton is responsible for improving the health and well-being of Americans by developing and promoting science-based dietary guidance and administering USDA's 15 nutrition assistance programs. FNCS programs work to end hunger in the United States and provide nutrition assistance, dietary guidance, nutrition policy coordination, and nutrition education. Dr. Thornton previously served as school nutrition director for Hardin County Schools in Elizabethtown, Kentucky, worked with the Kentucky Department of Education and taught vocational home economics. Dr. Thornton has been active in the 55,000-member School Nutrition Association (SNA) and served as president during the 2006-2007 school year. She has also served as President of the School Nutrition Foundation and as an active member of the Global Child Nutrition Foundation. A native of Kentucky, Dr. Thornton received a master of science degree in vocational education and school administration from the University of Kentucky and a doctorate from Iowa State University in 2007. (Washington, D.C.)

DEBORAH WOEHLER, MS, RD, LD is the Executive Director of the Oliver Foundation, a Houston-based non-profit foundation, dedicated to the prevention of childhood obesity. As Executive Director for the Oliver Foundation, she has worked closely with Baylor College of Medicine in conducting numerous successful projects with elementary and high school age students in the prevention of childhood obesity. The programs teach healthy eating habits and physical activity for kids, teens, teachers, parents for a sustainable lifestyle. Programs have been conducted for the past seven years in the Fort Bend ISD elementary schools, Neighborhood Centers, Inc., and YES Preparatory High Schools. Deborah is a registered and licensed dietitian and is certified in both pediatric and adult weight management by the American Dietetic Association. She is a member of the Food & Culinary Professionals and School Nutrition Services Practice Groups of the American Dietetic Association as well as the Houston Chapter of *Les Dames d'Escoffier* International. In 2008 Deborah was inducted

into the Purdue University Nutrition Hall of Fame. Deborah is on the board for Culinary Institute LeNotre (Houston), HEB State Wide Health & Wellness Advisory Council, and she also serves on The Culinary Institute of America's Healthy Flavors, Healthy Kids National Steering Committee. (Houston, TX)

CLAUDIA ZAPATA, MS, RD is a registered dietitian, health columnist for the *San Antonio Express-News*, and community health advocate in San Antonio. An honors graduate of the Edmund A. Walsh School of Foreign Service at Georgetown University in Washington D.C, Zapata received her master's degree in nutrition from the University of Incarnate Word. She has been a health columnist for the *San Antonio Express-News* since 2001, addressing diet and exercise trends, food politics, research, and family health issues. Zapata serves on the San Antonio Mayor's Fitness Council as well as the leadership team for Communities Putting Prevention to Work, an initiative of the Centers for Disease Control that seeks to combat obesity and prevent chronic diseases. (San Antonio, TX)

SUPPORTER PROFILES

The American Bakers Association (ABA) is the Washington D.C.-based voice of the wholesale baking industry. Since 1897, ABA has represented the interests of bakers before the U.S. Congress, federal agencies, and international regulatory authorities. ABA advocates on behalf of more than 700 baking facilities and baking company suppliers. ABA members produce bread, rolls, crackers, bagels, sweet goods, tortillas and many other wholesome, nutritious, baked products for America's families. The baking industry generates more than \$70 billion in economic activity annually and employs close to half a million highly skilled people. For more information, visit: www.americanbakers.org

Avocados from Mexico are a great way to bring more "wow" to any menu. In addition to delicious taste and creamy texture, they contain some 20 vitamins, minerals and phytonutrients. As nutritious as they are versatile, cholesterol-free Hass Avocados from Mexico are a favorite with today's consumers. Discover the great taste and versatility of the amazing Avocado! Visit www.theamazingavocado.com for more information.

Since 1877, **Barilla** has been dedicated to delivering the highest-quality pasta. That's why Barilla – the leading brand of pasta in Italy – is a favorite of foodservice chefs. Whether serving the needs of restaurants, cafeterias, commissaries, or other foodservice operations, our full line of versatile Barilla products - including protein-rich PLUS and Whole Grain pastas - bring excellence to any menu. www.barillaus.com

Birds Eye unlocks the wonder of vegetables and makes them accessible and enjoyable to everyone, everyday. Using vegetables picked and frozen at their peak of freshness, Birds Eye helps Americans make vegetables a meaningful part of every day life. Providing a range of tasty and exciting solutions that make eating vegetables a memorable taste experience, Birds Eye has something for everyone with pure and simple vegetables, Steamfresh vegetables and vegetable rich blends, Birds Eye Voila! frozen meals, and C&W and McKenzie's vegetables. For more information on Birds Eye visit www.birdseye.com or www.facebook.com/BirdsEyeVegetables. Birds Eye is a portfolio brand of Pinnacle Foods Group, LLC.

Bunge Oils is a leading manufacturer of edible oils that are used by everyone from food manufacturers with internationally recognized brands to your favorite corner restaurant. Our research and development team constantly strives to stay ahead of trends, looking for ways to give our customers a competitive advantage in the marketplace, such as offering trans fat free alternatives and low saturated fat frying oil. Bunge product offerings include zero grams trans fat per serving frying oils, baking shortenings, liquid butter alternatives, pan sprays, margarines, salad oil, olive oil and more. Bunge Oils offers the most advanced solutions in healthy and stable cooking oils on the market, which means zero grams trans fat per serving, a longer frylife and lower overall supply and labor costs. Bunge Oils is equipped with a culinary team that works with customers to develop menu items based on the latest foodservice menu development and recipe trends. With nearly 200 years of experience and a reputation you can trust, Bunge is more than an ingredient manufacturer. We are the Oil Experts. For more information please go to www.transfatsolutions.com, call

(800) 828-0800 or visit with a Bunge representative at this great conference.
www.TransFatSolutions.com

Cambro Manufacturing Company is the leading supplier of plastic-based smallwares and equipment for the food service industry. The company is committed to providing high quality, durable products to help operators be more efficient, save time and labor, and serve food safely. This includes trays, table service, versa food bars and accessories, food storage containers, insert pans and shelving, catering and merchandising equipment, warewashing items, and healthcare meal delivery products. www.cambro.com

Central Market is H-E-B Grocery Co.'s specialty foods retailer. With its bounty, variety, best-quality fresh goods and dry staples, value, convenience and full-view European style flow, Central Market defies tradition. Whether customers love to cook and want to discover the newest food innovations or want to take home chef-made, restaurant-quality prepared foods, both the new and familiar are ready to be enjoyed at Central Market.
www.centralmarket.com

Chobani, America's #1 Greek Yogurt, is hand-crafted yogurt and made with only natural ingredients. Plus it's packed with protein, gluten free, and kosher certified. Chobani is available nationwide in 14 palate-pleasing 6-ounce flavors: 0% Black Cherry, Blueberry, Honey, Lemon, Peach, Plain, Pomegranate, Raspberry, Strawberry, Vanilla, as well as 2% Mango, Pineapple, Plain, and Strawberry Banana. www.chobani.com

Dole is the world's largest producer and marketer of fruits and vegetables, operating in 90 countries with fully-integrated sourcing, growing, processing, distribution, and marketing. Dole offers innovative Chef-Ready Cuts frozen fruits and shelf-stable Fruit Bowls in 100% Fruit Juices. Check out Dole resources at www.dolefoodservice.com, including recipes, fruit pairings, cost-savings calculator, demonstration videos, primary research, customizable merchandising, and spec sheets with nutritional information. www.dole.com

Founded in 1960, **Domino's Pizza** is an international pizza delivery chain with 9,351 stores in over 65 countries. In 2009, Domino's launched the Domino's Pizza Smart Slice program and developed a new, nutritionally relevant product to help schools meet the recently proposed federal nutrition guidelines. The resulting *Domino's Smart Slice* is a line of pizzas with a 51% white whole-wheat crust, reduced fat cheese and reduced sodium sauce that are freshly baked and delivered to schools. It's a hot, nutritious pizza that kids love! To learn more, visit SchoolLunch.Dominos.com

The Grain Foods Foundation, a joint venture of members of the milling, baking and allied industries formed in 2004, is dedicated to advancing the public's understanding of the beneficial role grain-based foods play in the human diet. Directed by a board of trustees, funding for the Foundation is provided through voluntary donations from private grain-based food companies and is supplemented by industry associations.
www.gowiththegrain.org

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

Kellogg's Food Away From Home helps customers build business with trusted brands, programs and culinary support. Kellogg's is the leading producer of cereal and a leading producer of cookies, crackers, toaster pastries, cereal bars, frozen waffles and meat alternatives. Brands include Kellogg's®, Keebler®, Pop-Tarts®, Eggo®, Cheez-It®, Nutri-Grain®, Rice Krispies Treats®, Special K®, Chips Deluxe®, Famous Amos®, Carr's®, Bear Naked®, Kashi®, MorningStar Farms® and Gardenburger®. www.fafh.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>

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

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

Paramount Farms is the largest grower and processor of pistachios and almonds in the world. Our majestic orchards thrive in the hot sun of California's San Joaquin Valley - the ideal growing location for almonds and pistachios. Our vast processing and storage facilities span more than 1.3 million square feet. Along with size comes sophistication. We pride ourselves in applying state-of-the-art science and technology to the arts of farming,

harvesting, processing and marketing. We market Wonderful and Everybody's Nuts pistachios, as well as Wonderful Almonds. www.paramountfarms.com

The Peanut Institute (TPI) is a non-profit organization that supports nutrition research and develops educational programs to encourage healthful lifestyles. Since its founding, TPI has developed successful programs and built alliances with all segments of the food industry, the research community, academia, consumer organizations, and government to promote healthy eating for kids and families. Visit www.peanut-institute.org.

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

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

Sunkist Growers is a not-for-profit marketing cooperative entirely owned and operated for the 6,500 California, Arizona, and Texas citrus growers, most of whom are small family farmers. For more than 100 years the Sunkist brand has been the brand most trusted for fresh premium citrus. www.sunkist.com

Ultragrain from ConAgra Mills is the all-natural, patented whole wheat flour with the fiber and nutrition of whole grain and the taste, texture and appeal of refined flour. Find it in Ultragrain Pasta, the kid-approved, speck-free pasta that's already being served in schools nationwide. Learn more about this and other great-tasting school foodservice products made with Ultragrain at Ultragrain.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

Nutritious and delicious **US Grown Pears** from Oregon, Washington, and California are a versatile choice that can be offered not just for healthy snacking, but for any meal of the day. Pears are nutrient dense--they are high in fiber, a good source of vitamin C and provide the important mineral potassium, all for about 100 calories per average sized pear. For more information visit www.usapears.org and www.calpear.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

PEANUT AND OLIVE OIL COOKIE

Yield: 8 cookies, 30 grams each

Ingredients	Amounts
Butter, room temperature	70 g
Olive oil	25 g
Egg	18 g
Confectioner's sugar, sifted	35 g
Vanilla extract	2 g
Salt	2 g
Peanut flour	60 g
All-purpose flour	40 g

Method

1. By hand, mix together butter, oil, egg and confectioner's sugar. Add vanilla extract.
2. Stir in salt, peanut flour, and all-purpose flour; stir until smooth.
3. Pipe into greased brioche tins and bake at 300°F for 30 minutes, or until lightly browned.

SPICY BLACK BEAN CAKES

Yield: 8 portions

Ingredients	Amounts
Olive oil	¼ cup
White onion, peeled and diced	1 ea.
Garlic cloves, crushed and chopped	2 Tbsp.
Jalapeño peppers, stemmed and minced	¼ cup
Cumin, ground and toasted	2 tsp.
Black beans, cooked	3 cups
Kosher salt	1 tea.
Black pepper, freshly ground	to taste
Sweet potato, peeled and grated	2 cups
Egg, lightly beaten	2 ea.
Bread crumbs, toasted, plus extra for coating finished cakes	¾ cup
Mango and Avocado Salsa (recipe follows)	

Method

1. Heat 2 tablespoons of olive oil in a small skillet over medium heat. Cook onions until softened, about 1 minute. Stir in garlic, jalapeños, and toasted cumin; cook until fragrant, about 2 minutes.
2. Transfer contents of skillet to a large bowl. Stir in 2 cups cooked black beans and mash with a fork. Season with salt and pepper to taste. Mix in sweet potatoes, eggs, 1 cup of the cooked black beans, and bread crumbs. Mix again carefully just to combine and chill for 30 minutes.
3. Divide into 16 small balls and flatten into patties with straight sides. Lightly grease baking sheet with 2 tablespoons of olive oil. Dip into bread crumbs to coat and place on oiled sheet pan; chill for 20 minutes.
4. Preheat the oven to 450°F. Place bean cakes in the oven and roast for 10 minutes, or until the cakes start to lightly brown. Serve with mango and avocado salsa.

MANGO AND AVOCADO RELISH

Ingredients	Amounts
Dole Frozen Mango Chunks, partially thawed	8 cups
Avocado, diced	4 ea
Red bell pepper, minced	1¼ cups
Green bell pepper, minced	¾ cup
Jalapeño peppers, minced	2 Tbsp.
Dole green onions, minced	3 tsp.
Lime, juice of	2 ea
Lime zest	2 Tbsp.
Cilantro leaves, minced	2 Tbsp.
Kosher salt	to taste

Method

1. Combine all ingredients to make relish, season to taste, and serve immediately.

Recipe adapted from: Dole Foodservice, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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BLUEBERRY LEMON SODA

Yield: 1 portions

Ingredients	Amounts
<i>For the blueberry-lemon syrup</i>	
Blueberries	1 lb.
Lemon, zest of	1 ea.
Sugar	1½ cups
Water	1½ cups
Lemon, juice of	1 ea
<i>For the drink</i>	
Blueberry-lemon syrup	1 oz.
Club soda	
Blueberries, for garnish	
Lemon wedges, for garnish	

Method

1. *For the syrup:* Combine all the ingredients except the lemon juice in a small saucepan and simmer over low heat for about 30 minutes. Stir gently as to not break up the blueberries. Allow the mixture to cool, add the lemon juice and then, strain through a fine sieve. Do not press the solids as this will make syrup cloudy.
2. In a highball glass filled with ice, add the blueberry lemon syrup and top off with club soda. Stir gently and garnish with fresh blueberries and a lemon wedge.

**THE GLOBAL PALATE: HOW CHEFS AND PARENTS CAN
INSPIRE INTEREST IN FOODS AND FLAVORS
FROM AROUND THE WORLD**

GRILLED CHICKEN SALAD WITH RUSTIC GUACAMOLE, ROMAINE, AND AGED MEXICAN CHEESE

ENSALADA DE POLLO A LA PARILLA CON GUACAMOLE RÚSTICO, LECHUGA OREJONA, Y QUESO AÑEJO

Yield: 4 portions

Ingredients	Amounts
<i>Dressing</i>	
Vegetable, canola, or olive oil	½ cup
Garlic cloves, peeled and halved	4 ea.
Hot green chiles, stemmed and halved	to taste
Lime juice, fresh	½ cup
Cilantro, roughly chopped	¾ cup
Black pepper, ground	¼ tsp.
Salt	to taste
Chicken breast halves, medium, boneless, skinless	4 ea. 1¼ lb.
White onion, medium, cut into ½" slices	1 ea.
Avocados, ripe	2 ea.
Romaine hearts, ½" crosswise slices	8 cups
Queso añejo, grated	1/3 cup

Method

1. Lightly brown garlic and chile, then blend garlic, chile, oil, lime juice, cilantro, 1 teaspoon salt, and ¼ teaspoon black pepper in a food processor or blender.
2. Pour one third of the garlic mixture over the chicken breasts, spreading it evenly over all sides.
3. Brush onion slices with oil and sprinkle with salt.
4. Grill the onion and chicken until chicken is cooked through and onion is well browned, 3 to 4 minutes on each side.
5. Chop the onion into small pieces and scoop into a bowl.
6. Pit and peel the avocados, scooping the flesh into the onion.
7. Add one third of the garlic mixture, and then coarsely mash everything together with a potato masher, large fork, or the back of a spoon.
8. Season to taste with salt.
9. In a large bowl, toss the romaine with the remaining one third of the garlic mixture.
10. Divide between 4 dinner plates. Scoop a portion of the guacamole into the center of each plate. Cut each breast into cubes and arrange over the guacamole. Sprinkle each plate with queso añejo and you're ready to serve.

Recipe credit: Rick Bayless, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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MANGO GUACAMOLE

GUACAMOLE DE MANGO

Yield: about 3 cups or 8 to 10 portions

Ingredients	Amounts
Avocados, ripe	3 ea.
Red onion, small dice	½ ea.
Serrano chile, fresh, stemmed, seeded, and finely chopped	½-1 ea.
Cilantro, fresh	2 Tbsp.
Lime juice, fresh	1 Tbsp.
Mango, large, ripe, flesh cut from the pit, small dice	1 ea.
Salt	to taste

Method

1. Cut around each avocado from stem to blossom end and back up again, then twist the halves apart. Dislodge the pit. Scoop the avocado flesh into a large bowl. Coarsely mash the avocado with a large fork or potato masher.
2. Scoop the onion into a small strainer and rinse under cold water. Shake off the excess water and mix into the avocado.
3. Add the Serrano, cilantro, lime juice, 2/3 of the diced mango, and salt to taste.
4. Cover with plastic wrap pressed directly on the surface of the guacamole and refrigerate if not using immediately.
5. At service time, scoop into a serving bowl and garnish with the remaining diced mango and a few cilantro leaves. Serve with tortilla chips or slices of cucumber or jicama.

Recipe credit: Rick Bayless, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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SUN-DRIED TOMATO GUACAMOLE

GUACAMOLE TOMATE DSHIDRATADO

Yield: about 3 cups or 8 to 10 portions

Ingredients	Amounts
Avocados, ripe	3 ea.
White onion, medium, small dice	½ ea.
Serrano chile, fresh, stemmed, seeded, and finely chopped	½-1 ea.
Sun-dried tomatoes, soft, small dice	¼ cup
Cilantro, fresh, chopped plus more for garnish	¼ cup
Lime juice, fresh	1-2 Tbsp.
Salt	to taste
Queso fresco	as needed

Method

1. Cut around each avocado from stem to blossom end and back up again, and then twist the halves apart. Dislodge the pit. Scoop the avocado flesh into a large bowl. Coarsely mash the avocado with a large fork or potato masher.
2. Scoop the onion into a small strainer and rinse under cold water. Shake off the excess water and mix into the avocado.
3. Add the Serrano, cilantro, lime juice, sun-dried tomato, and salt to taste.
4. Cover with plastic wrap pressed directly on the surface of the guacamole and refrigerate if not using immediately.
5. At service time, scoop into a serving bowl and garnish with queso fresco and a few cilantro leaves.

Recipe credit: Rick Bayless, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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OPENING RECEPTION

Soft Whole Wheat Tortilla Tacos with Grilled Steak,
Spicy Guajillo Sauce, and Refried Beans

Rustic Jicama Appetizer

Grilled Chicken Salad with Rustic Guacamole

Mango Guacamole

Sun-Dried Tomato Guacamole

Baked Tortilla Chips

Barley and Bean Salad with Grilled Shrimp, Mint, Red Onion,
Roasted Peppers, and Harissa Vinaigrette

Grilled Eggplant Salad with Onions and Peppers

Chickpea Flour Flatbread with Hummus, Arugula,
Roast Chicken, and Lemon Vinaigrette

Stir-Fried Carrots with Cumin and Fenugreek

Green Beans with Coconut and Peanuts

Asian Gardenburger Lettuce Wrap with Pistachios

Salmon Burger Sliders with Green Goddess Dressing

Lentil and Yellow Pea Fries

Barilla Plus Penne with Broccoli Sauce

Domino's Smart Slice Pizza

Chilled Avocado and Greek Yogurt Soup

Presented in association with Northarvest Bean Growers

GRILLED STEAK WITH SPICY GUAJILLO SAUCE

CARNE ASADA AL GUAJILLO

Yield: 6 portions

Ingredients	Amounts
<i>Guajillo sauce</i>	
Garlic, unpeeled	6 ea.
Guajillo chiles, stemmed, seeded	4 oz.
Oregano, dried	1 tsp.
Ground black pepper	¼ tsp.
Cumin	1/8 tsp.
Beef broth	3 2/3 cup
Oil	2 ½ Tbsp.
Salt	1½ tsp.
Sugar	1½ tsp.
Cider vinegar	1 Tbsp.
Beef steaks cut from the inside round	6 ea.
Red onion, sliced ½" thick	1 ea.
Cilantro	½ bu.

Method

1. Roast the unpeeled garlic directly on an ungreased griddle or heavy skillet over medium heat, turning occasionally, until soft (they'll blacken in spots), about 15 minutes; cool and peel. While the garlic is roasting, toast the chiles on another side of the griddle or skillet: 1 or 2 at a time, open them flat and press down firmly on the hot surface with a spatula; when they crackle, even send up a wisp of smoke, flip them and press down to toast the other side. In a small bowl, cover the chiles with hot water and let rehydrate 30 minutes, stirring frequently to ensure even soaking. Drain and discard the water.
2. Combine the oregano, black pepper and cumin in a food processor or blender, along with the drained chiles, garlic and 2/3 cup of the broth. Blend to a smooth purée, scraping and stirring every few seconds. (If the mixture just won't go through the blender blades, add a little more liquid.) Press through a medium-mesh strainer into a bowl.
3. Heat 1½ tablespoons of the oil in a heavy, medium-size pot (such as a Dutch oven or Mexican cazuela) over medium-high heat. When the oil is hot enough to make a drop of the purée sizzle sharply, add the purée and stir constantly until it reduces into a thick paste, 5 to 7 minutes. Stir in the remaining 3 cups broth, partially cover and simmer over medium-low, stirring occasionally, about 45 minutes for the flavors to come together. If necessary, stir in a little more broth to bring the sauce to a medium, saucy consistency. Taste and season with about 1 teaspoon of the salt and the sugar.
4. Mix ¼ cup of the sauce with the vinegar and ½ teaspoon of salt in a large bowl. Lay in the steaks and turn to coat evenly with the marinade. Let marinate, covered and refrigerated, while you are getting the fire prepared (best not to let them marinate more than about 4 hours, because it will affect the color and texture of the meat).

5. Light a gas grill or prepare a charcoal fire, letting the coals burn until they are covered with a gray ash and are medium-hot. Position the grill grate about 8 inches above the coals and lightly oil. Lay the steaks on the hottest portion of the grill and let them sear for 4 or 5 minutes on one side, then turn and finish on the other (4 to 5 minutes more for medium-rare).
6. While the steaks are cooking, separate the onion into rings and toss them with the remaining 1 tablespoon of oil. Spread them on the grill around the steaks and cook, stirring and turning with tongs or a spatula, until lightly browned and crisp-tender, 6 to 8 minutes.
7. As the steaks and onions are done, heat the sauce to a simmer. Serve steaks with a generous $\frac{1}{2}$ cup of the heated sauce and a topping of the onions. Garnish with sprigs of cilantro.

Recipe credit: Rick Bayless, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

VEGETARIAN REFRIED BEANS

Yield: 20 portions

Ingredients	Amounts
Pinto beans	1 lb.
Vegetable stock	3 cups
Extra virgin olive oil	1 Tbsp.
Onion, minced	1 ea.
Garlic, minced	1 oz
Cumin, ground	1 tsp.
Coriander, ground	½ tsp.
Lime, juice	1 ea.
Kosher salt	to taste

Method

1. Soak the beans overnight in cold water. Drain the beans.
2. Place the beans and vegetable in a medium stock pot and cook until beans are tender.
3. Strain the stock from the beans and reserve.
4. Sweat the onions and garlic in the olive oil, add the spices, and toast.
5. Add the beans and enough stock to keep the beans from sticking to the pan and simmer.
6. Mash the beans by hand or use an emersion blender to finish.

RUSTIC JICAMA APPETIZER

Yield: 8 portions

Ingredients	Amounts
Jicama, medium	1 ea.
Cucumbers, small	2 ea.
Oranges, seedless	3 ea.
Radishes, thinly sliced	6 ea.
Limes, juice of (about 1/3 cup)	2 ea.
Salt	1/2 tsp.
Powdered, dried hot chile, preferably ancho or guajillo	2 tsp.
Pickled red onions, optional	2/3 cup
Fresh cilantro, roughly chopped plus a few sprigs for garnish	1/3 cup

Method

1. The vegetables and fruit. Peel away the brown skin and fibrous exterior layer of the jicama (a small knife works best for this), then cut in half. Lay each half on its cut side and slice 1/4 inch thick; cut slices in half diagonally. Slice cucumbers lengthwise in half, scoop out the seeds (if there are a lot), and cut each half diagonally into 1/4-inch-thick slices. Cut stem and blossom end off oranges, stand oranges on cutting board and, working close to the flesh, cut away the rind and all white pith. Cut oranges in half, then slice each half crosswise into 1/4-inch-thick slices.
2. Finishing the salad. Mix the jicama, cucumbers, oranges, radishes and lime juice in a large bowl. Let marinate about 20 minutes, then season with salt.
3. Pile the vegetables and fruit onto a serving platter and drizzle with any accumulated juices. Sprinkle liberally with the powdered chile, top with the optional pickled onions and strew with the chopped cilantro. Garnish with the cilantro sprigs and your simple crunchy appetizer is ready to set before your guests.

Advance Preparation - This incredibly fresh, rustic appetizer should really be eaten moments after it's put together.

Shortcuts - Feel free to omit the pickled onions or replace them with thinly sliced red onion (I'd toss them into the mix, rather than strewing them on top).

Variations and Improvisations - This recipe is very flexible: It can be made with just jicama or just cucumber; sliced young raw turnips make an interesting addition, as does sliced raw fennel, apple or Asian pear. Oranges can easily be varied to grapefruit and tangerines, while the powdered chile may be replaced with bottled hot sauce.

Recipe credit: Rick Bayless, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

BARLEY AND BEAN SALAD WITH GRILLED SHRIMP, MINT, RED ONION, ROASTED PEPPERS, AND HARISSA VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Chickpeas, low sodium	1 can
White beans, low sodium	1 can
Barley, cooked	2 cups
Onion, small	1 ea.
Bay leaves	2 ea.
Garlic cloves	2 ea.
Salt	to taste
Shrimp, large, shelled and deveined	1 lb.
Harissa Vinaigrette (recipe follows)	
Red onion, small, finely minced	1 ea.
Red peppers, large, roasted, peeled, and seeded	2 ea.
Fresh mint, chopped	½ cup
Ripe Moroccan olives, black or green	½ cup

Method

1. Drain and rinse the chickpeas and the beans.
2. Cut onion into eighth-inch slices, cutting from root to tip, and rinse under cold water. Drain well and reserve.
3. Cut the red peppers into large dice.
4. Brush shrimp with harissa vinaigrette and grill or sauté.
5. Toss the chickpeas, beans, barley, onion, and peppers with vinaigrette and let marinate for a few hours. Adjust seasoning again. Toss in most of the mint and mix well. Top with shrimp, remaining mint, and drizzle with extra vinaigrette. Garnish with olives.

Recipe credit: Adapted from a recipe by Joyce Goldstein

HARISSA VINAIGRETTE AND MAYONNAISE

Ingredients	Amounts
Small dried ancho or nora chiles, ground, or 1 Tbsp. Aleppo chile powder	2 ea.
Coriander seed	2 tsp.
Caraway seed	1 tsp.
Cayenne or ground hot pepper	½ tsp.
Salt	to taste
Garlic cloves, minced	4-5 ea.
Olive oil	3-4 Tbsp.
Warm water	
Olive oil	
Fresh lemon juice	

Method

1. Combine the whole spices, cayenne, chile, and salt in a spice grinder and grind to a fine powder.
2. Place in a mortar and pestle, and add the garlic with some olive oil and grind to form a paste. This is the finished harissa.
3. *For harissa vinaigrette:* Thin with a bit of warm water and whisk in 1½ cups olive oil and 2/3 cup fresh lemon juice. Adjust to taste with salt.
4. *For harissa mayonnaise:* Fold harissa into ¾ cup mayonnaise. Add lemon juice to taste.

Note: Good on bean salads, pepper, eggplant, potatoes, beets, seafood, hard cooked eggs. Commercial Harissa is readily available and of good quality, a true convenience food.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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GRILLED EGGPLANT SALAD WITH ONIONS AND PEPPERS *ESCALIVADA*

Yield: 6 to 8 portions

Ingredients	Amounts
Onions	2 ea.
Olive oil, plus additional for the onions	1 cup
Eggplants, pricked with a fork	3 ea.
Red bell peppers	2 ea.
Tomatoes	3 ea.
Lemon juice	½ cup
Garlic cloves, minced	3 ea.
Salt	to taste
Black pepper, freshly ground	to taste
Ground cumin, optional	1 tsp.
Fresh parsley, chopped	for garnish

Method

1. Preheat the oven to 400°F.
2. Put the onions in a baking pan and rub them with a little olive oil. Roast until tender, at least 1 hour. Let stand until cool enough to handle, then peel and slice ½ inch thick.
3. Prick the eggplants in several places with a fork and place them in a baking pan. Roast until soft but not mushy, about 45 minutes. Let cool, then peel and tear into large strips. Place in a colander to drain. If you prefer a smoky flavor, you may grill or broil the eggplant instead of roasting it in the oven. Or soften it on a stove-top cast iron griddle, turning often for consistent cooking.
4. Char the peppers over an open flame or under the broiler until blackened on all sides. Transfer to a plastic container or close the bag and let the peppers steam for about 15 minutes. Peel the skins from the peppers; then cut in half, remove the stems, and scrape out the seeds. Cut the flesh into strips.
5. Roast the tomatoes over the flame with the peppers or in a hot oven for about 15 minutes. Peel and cut them into cubes.
6. Combine the onions, eggplants, peppers, and tomatoes in a large mixing bowl. Whisk the olive oil, lemon juice, and garlic together, then season to taste with salt, peppers, and optional cumin. Pour over the eggplant mixture and gently toss to coat. Taste and adjust the seasoning and sprinkle with the parsley.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

CHICKPEA FLOUR FLATBREAD

Ingredients	Amounts
High-gluten flour	7000 g
Pea flour	1150 g
Instant yeast	70 g
Granulated sugar, white	360 g
Vital wheat gluten	210 g
Salt	108 g
Italian seasoning	12.7 g
Water	5970 g
Shortening	140 g

Method

1. Combine all the dry ingredients. Add the water and mix to form a dough. Ferment for 1 hour.
2. Scale into 345 gram rounds. Flour and rest for 15 minutes.
3. Sheet the crust, dock the top, and layer with sauce and toppings. Bake at 390°F for 20 minutes on a sprayed pan.

Recipe credit: USA Dry Peas, Lentils, and Chickpeas, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

HUMMUS

Yield: 8 cups

Ingredients	Amounts
Garbanzos, soaked overnight	3 cups
Lemon juice	½ cup
Olive oil	to taste
Salt and pepper	to taste
Water	as needed
Tahini	2/3 cup
Italian parsley, chopped fine	1 bu.
Jalapeño, seeds removed, chopped fine	1 ea.
Garlic cloves, chopped fine	2 ea.
Extra virgin olive oil	to taste
Salt and pepper	to taste

Method

1. Cook garbanzos slowly in water until very soft. They should be very mushy when one is taken and smashed between the fingers. Drain.
2. In food processor, place all the garbanzos and process with some of the lemon juice, olive oil, salt, pepper, and water.
3. Process until smooth. Scoop the mixture into a bowl. Add the tahini. Stir well and adjust with oil and water for texture, and salt and pepper for taste.
4. Make topping by combining parsley, jalapeño, and garlic in a small bowl. Cover with extra virgin olive oil. Season to taste with salt and pepper.

STIR-FRIED CARROTS WITH CUMIN AND FENUGREEK

GAAJAR KEE SABZI

Yield: 4-6 portions

Ingredients	Amounts
Canola oil	2½ Tbsp.
Black mustard seeds	2 tsp.
Fenugreek seeds	¼ tsp.
Fresh ginger, peeled and cut into a fine julienne	1 1-inch piece
Fresh hot green chile, minced	½ ea.
Dried red chiles, whole	3 ea.
Cumin seeds	1 tsp.
Fresh curry leaves, torn into pieces	8 ea. (12 frozen)
Asafetida	1/8 tsp.
Nigella seeds (kalaunji)	½ tsp.
Carrots, peeled and grated on the large holes of a grater	1½ lb.
Salt	¾ tsp., or to taste
Lemon or lime, juiced	½ ea.

Method

1. Combine the oil, mustard and fenugreek seeds, if using, in a large wok, kadai, or frying pan over medium-high heat. Cover (the mustard seeds pop and splatter) and cook until you hear the mustard seeds crackle, 1 to 2 minutes.
2. Add the ginger, fresh and dried chiles, cumin, curry leaves, asafetida, and nigella, if using, and cook uncovered, stirring, until the ginger crisps a little, about 1 ½ minutes. (Stand back if using curry leaves; they spit when they hit the oil)
3. Add the carrots and cook, stirring, until warmed through, 3 to 4 minutes. Stir in the salt and the lime or lemon juice. Taste for salt and serve hot or cold.

Note: I am not especially fond of carrots but I really do love them in this dish. Perhaps because they are grated they seem to absorb the flavors of the spices better. Their sweetness is accentuated by the taste of the cumin and the bitter fenugreek. Serve this warm, as a vegetable side dish, or chill it and serve it as a salad.

Recipe credit: Suvir Saran, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

STIR-FRIED GREEN BEANS WITH COCONUT *BEAN PORIYAL*

Yield: 4 portions

Ingredients	Amounts
Canola oil	3 Tbsp.
Yellow split peas, (channa dal)	2 tsp.
Black mustard seeds	1 Tbsp.
Black gram beans (urad dal), hulled	1 tsp.
Dried red chiles, whole	3 ea.
Fresh curry leaves, torn into pieces	8 ea. (12 frozen)
Cumin seeds	1 tsp.
Asafetida	1/8 tsp.
Shredded coconut, unsweetened	1/2 cup
Green beans, both ends trimmed, cut on an angle into 1-inch pieces	3/4 lb.
Salt	1 tsp. or to taste
Saambhar or rasam powder	1/2 tsp.
Water	1 cup

Method

1. Combine the oil, yellow split peas, and mustard seeds, if using, in a large wok, kadai, or frying pan over medium-high heat. Cover (the mustard seeds pop and splatter) and cook until you hear the mustard seeds crackle, 1 to 2 minutes.
2. Add the urad dal, chiles, curry leaves, and cumin and cook uncovered, stirring, 1 more minute. (Stand back; the curry leaves spit when they hit the oil.)
3. Add the asafetida and 1/4 cup of the coconut and cook, stirring, 30 seconds.
4. Add the beans and the salt and cook, stirring, 5 minutes.
5. Add the remaining 1/4 cup coconut, the saambhar or rasam powder, if using, and the water. Bring to a simmer, cover and cook until the beans are tender, about 10 minutes. Then uncover and cook, stirring often, until all of the water has evaporated, about 5 more minutes. Taste for salt and serve hot.

Note: All of the Americans for whom I cook most often seem to love coconut; I've realized finally that it's a very easy way to keep them all happy. What I like about this particular dish is that the coconut adds flavor without excessive richness. Serve this as a side dish to a more formal meal or with lentils and rice for a simple dinner at home.

Recipe credit: Suvir Saran, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

ASIAN CURRANT AND GARDENBURGER VEGETABLE LETTUCE WRAPS

Yield: 10-12 portions

Ingredients	Amounts
Canola oil, divided	1 oz.
Fresh ginger, minced	½ oz.
Rice vinegar	1 oz.
Teriyaki sauce	1 oz.
Honey	½ oz.
Gardenburger Veggie Vegan Patties, cooked and cut in ¼" dice	1¼ lb.
Currants	1 lb.
Carrots, shredded	8 oz.
Green onions, chopped	4 oz.
Almonds, toasted and sliced	2 oz.
Lettuce leaves – Bibb, iceberg, or romaine	10 ea.
Chinese rice noodles	1 cup
Bean thread noodles, nests of, cooked	10 ea.

Method

1. Heat ½ ounce of oil in a large skillet over medium high heat. Add the ginger, carrots, and currants and sauté for 3 minutes. Add the rice vinegar, teriyaki, and honey. Bring to a simmer and add the Gardenburger Veggie Vegan pieces.
2. Spoon the desired amount of the veggie/currant mixture onto the center of each lettuce leaf; top with greens, almonds, and rice noodles and serve.

Recipe credit: Kellogg's, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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SALMON BURGERS WITH GREEN GODDESS DRESSING

Yield: 4 portions

Ingredients	Amounts
Salmon, fresh, ¼" dice	8 oz.
Salmon, fresh, very finely chopped	8 oz.
Shrimp, fresh, uncooked, cut into ¼" dice	4 oz.
Egg whites, beaten	2 ea.
Red bell pepper, quickly blanched and drained, finely diced	¼ cup
Green onions, finely chopped	2 Tbsp.
Lemon zest, finely grated	1½ Tbsp.
Jalapeño chile, seeded, minced	1 tsp.
Mayonnaise	1 Tbsp.
Kosher salt and black pepper, freshly ground	to taste
Panko or other coarse dry bread crumbs, plus more for dredging	½ cup
Extra virgin olive oil, for sautéing	as needed
Green Goddess Dressing (recipe follows)	

Method

1. In a medium bowl, combine all of the ingredients for the salmon mixture. It should just hold together and not be too dense and heavy. Add more breadcrumbs or mayonnaise if needed.
2. Divide the mixture and pat into 4 cakes no thicker than 1-inch. The salmon cakes may be prepared in advance to this point. Store them uncovered in the refrigerator for up to 4 hours.
3. Dredge the salmon cakes in the remaining breadcrumbs seasoned with salt and pepper. In a large sauté pan over moderate heat, add oil to just cover the bottom. Sauté the cakes until golden brown, about 3 minutes per side. Serve immediately with a dollop of the Green Goddess Dressing.

Recipe credit: John Ash

GREEN GODDESS DRESSING

Yield: 1 generous cup

Ingredients	Amounts
Mayonnaise	¾ cup
Sour cream or crème fraîche	¼ cup
Anchovy fillets, oil-packed, drained and chopped	4 ea.
Chives, chopped	3 Tbsp.
Parsley, chopped	2 Tbsp.
Capers, drained and chopped	1 Tbsp.
Lemon zest, finely grated	2 tsp.
Sea salt and black pepper, freshly ground	to taste
Fresh lemon juice, drops of	as needed

Method

1. Combine all ingredients except the salt, pepper, and lemon juice in a food processor; pulse a few times to combine. Season to taste with salt, pepper, and lemon juice. Store covered and refrigerated for up to 3 days.

Recipe credit: John Ash

LENTIL AND YELLOW PEA FRIES

Ingredients	Amounts
Lentils, cooked	1450 g
Yellow peas, cooked	1500 g
Dried onion	62 g
Salt seasoning	140 g
Dried parsley	1.8 g
All-purpose flour	600 g
Sugar	100 g
Cornstarch	150 g
Water	80 g

Method

1. In a mixer, combine all the ingredients except the water. Once blended, add the water and mix.
2. Sheet the dough and cut into the desired shapes.
3. Blast freeze the cut fries.
4. Fry at 180°C for 1 minute.

Recipe credit: USA Dry Peas, Lentils, and Chickpeas, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

BROCCOLI SAUCE FOR PASTA

Ingredients	Amounts
Broccoli tops	1 lb.
Garlic cloves	2 ea.
Olive oil	3 Tbsp.
Chicken stock	1/3 cup
Lemon, juice of	1/2 ea.
Ziti or fusilli, preferably whole wheat	1 lb.
Parmesan, freshly grated	1/2 cup

Method

1. First you steam it.
2. Then you sauté it in dark green olive oil with two cloves of garlic until the garlic is soft.
3. Then you toss it all in the blender with pepper, a pinch of salt, the juice of a half lemon, more olive oil and serve it on ziti or fusilli with lots of grated cheese.

Recipe credit: John Ash

CHILLED AVOCADO AND YOGURT SOUP

SOPA FRÍA DE AGUACATE

Yield: 8 portions

Ingredients	Amounts
Avocados, large, ripe	4 ea.
Chicken broth, light	4 cups
Lime juice	4 Tbsp.
Jalapeño chile, minced	1 tsp.
Paprika	½ tsp. + more for garnish
Ground white pepper	to taste
Salt	to taste
Plain low-fat yogurt, cold	½ cup

Method

1. Place half of the avocados and half of the broth in a blender and process until smooth. Transfer to a large stainless steel bowl and repeat the operation with the remaining avocados and broth.
2. Mix in the lime juice, chile, paprika, pepper, and salt, then the cold yogurt. Cover with plastic wrap, touching the surface of the soup to prevent the soup from oxidizing.
3. Just before serving, lightly dust the soup with extra paprika.

THURSDAY

BREAKFAST

Steel-Cut Oatmeal with Dried Fruit and Nuts

Whole Grain Polenta with Poached Egg and Grilled Strawberries

Latin-Inspired Black Bean Frittata with “Chorizo” Diced Avocado and Tomato Salsa

Mango-Banana Smoothie

Blueberry Peanut Smoothie

Chickpea and Lemon Muffin

Apple Carrot Muffins

Kashi Cereal Cup Assortment

Kellogg’s Cereal Cup Wellness Assortment

Kashi Heart to Heart Instant Oatmeal Assortment

Breads: Assorted Whole Grain Breads

Pineapple Banana Butter

Apple Butter

Fresh Berry Preserves

Peanut Butter

Fresh Strawberries, Blueberries, Blackberries, and Raspberries

Rainier Apples and Pears

Green Anjou Pears

Sunkist Smiles Mandarins

Paramount Cuties

Dole Fruit Bowls

Mixed Citrus Salad with Peanuts & Mint

Pistachio and Currant Granola

Chobani Yogurt

LATIN-INSPIRED BLACK BEAN FRITTATA WITH “CHORIZO” AND TOMATO SALSA

Yield: Six portions

Ingredients	Amounts
<i>Chorizo spices</i>	
Paprika sweet	4½ Tbsp.
Cumin, ground	1 tsp.
Garlic powder	1½ tsp.
Oregano, Italian dried	1 tsp.
Cayenne powder	¼ tsp.
Marjoram, dried	2 tsp.
Salt and black pepper	to taste
Eggs, beaten	8 ea.
Morningstar Farms Black Bean Patty, diced	3 ea.
Morningstar Farms Sausage Pizzas Crumble	5 oz
Monterey Jack cheese, grated	1/3 cup
Tomato, small dice	2 ea.
Scallions, minced	3 ea.
Cilantro leaves	10-12 ea.
Avocado, small dice	1 ea.
Canola oil	1/8 cup
Salt and black pepper	as needed
Roasted Tomato Serrano Salsa (recipe follows)	as needed

Method

1. Mix the chorizo spice ingredients.
2. Whip the eggs in a blender until frothy.
3. Heat an 8 inch Teflon pan on low to medium heat with small amount of olive oil.
4. Ladle the egg mixture into the pan and sprinkle with the sausage mix, cheese, a sprinkle of chorizo spices, and cubed black bean patty on top of the egg mixture. Cook to medium-firm texture without overbrowning the bottom of egg mixture.
5. When the flat egg omelet is ready, gently ease onto a warm plate and garnish with tomatoes, green scallions, avocado and cilantro.
6. Garnish with salsa and cilantro leaves.

Recipe credit: Adapted from Rick Bayless

ROASTED TOMATO-SERRANO SALSA

Yield: 2 cups

Ingredients	Amounts
Tomatoes, ripe (round or plum)	1 lb.
Serrano chiles,	2 ea.
Garlic cloves, unpeeled	3 ea.
Salt	½ tsp.
White onion, finely chopped	¼ cup
Cilantro, chopped (loosely packed)	¼ cup
Lime juice	1½ tsp.

Method

1. *Roasting the basic ingredients: The Broiler Method* – Lay the tomatoes on a baking sheet and place about 4" below a very hot broiler. Roast until blistered and blackened on one side, about 6 minutes; with a spoon or a pair of tongs, flip the tomatoes and roast on the other side. Cool, then peel off the skins, collecting all the juices with the tomatoes.
2. While the tomatoes are roasting, roast the chili and unpeeled garlic directly on an ungreased griddle or heavy skillet (you'll already have one set up if you've griddle-roasted the tomatoes). Turn occasionally until blackened in spots and soft, 5 – 10 minutes for the chiles, about 15 minutes for the garlic. Cool, pull off the chili stem and peel the papery skins from the garlic.
3. *Grinding the salsa: The Mortar Method* – In a large mortar, use the pestle to crush and grind the chili, garlic and ¼ teaspoon of the salt to a coarse-textured paste (this will release a wonderfully pungent aroma), paying special attention to breaking up the chili skins. One or two at a time, grind in the roasted tomatoes, transferring the ground mixture to a bowl if the mortar gets unmanageably full. Transfer the salsa to a serving bowl and stir in any reserved tomato juices.
4. *Final seasoning*: In a strainer, rinse the onion under running water, shake off the excess and stir into the salsa, along with the cilantro and optional vinegar. Add water, if necessary, to give the salsa a thickish, but easily spoonable consistency (2 - 4 tablespoons is usual). Taste and season with salt.

Advance preparation – This salsa comes into its own a few hours after it's finished, especially if left at room temperature. It can be made through step 2 a day or two ahead, covered and refrigerated. Add the onion and cilantro shortly before serving.

Recipe credit: Rick Bayless, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

WHOLE GRAIN POLENTA, POACHED EGG, AND GRILLED STRAWBERRIES

Yield: 4 portions

Ingredients	Amounts
<i>Polenta</i>	
Polenta, coarse	5 Tbsp.
Cracked wheat	2 Tbsp.
Cracked barley	1 Tbsp.
Chicken stock	2½ cups
Salt	1 tsp.
White pepper	to taste
<i>Dish components</i>	
Grilled polenta	
Eggs, poached	4 ea.
California strawberries, threaded on skewers (4 to a skewer)	16 ea.
Arugula	
Balsamic vinegar, reduced	

Method

1. Toast the wheat and barley in a convection oven at 300° for 6-8 minutes. Allow to cool.
2. Bring the stock, salt and black pepper to a boil. Slowly add in the grains while stirring. Bring the heat down to a simmer. Cook while stirring almost constantly until the polenta pulls away from the sides of the pot. About 20-30 minutes.
3. Pour into a lightly oiled 6" x 6" container and allow to cool.
4. Cut the polenta into 4 squares. Lightly brush with olive oil and grill on both sides.
5. Brush the skewers of strawberries lightly with olive oil. Grill very quickly on a hot grill on two sides.
6. Cut the square of grilled polenta into triangles. Overlap them on the plate. Place a small bed of arugula on the plate.
7. Place the poached egg next to the polenta and the grilled strawberries on the arugula.
8. Drizzle the balsamic reduction over the skewer of grilled strawberries.

CHICKPEA BREAKFAST MUFFINS

Yield: 40 portions

Ingredients	Amounts
Chickpeas	2 cups
Lemon juice	2 Tbsp.
Orange juice	2 Tbsp.
Vegetable oil	¼ cup
Lemon, zest of	1 ea.
Orange, zest of	1 ea.
Egg yolks	2 ea
All-purpose flour, sifted	2/3 cup
Sugar	¾ cup
Baking powder	2 tsp
Salt	½ tsp
Egg whites	2 ea
Sugar	2 Tbsp.
Lentil Crunch	as needed

Method

1. Rinse chickpeas and remove any loose skins. Purée in a food processor until smooth.
2. Add the lemon and orange juice, vegetable oil and zests. Purée just to incorporate.
3. Blend in the egg yolks. Transfer mixture to a mixing bowl.
4. Sift together the flour, sugar, baking powder and salt. Stir into the chickpea mixture.
5. Whisk egg whites until frothy. Gradually add the remaining sugar and whip to soft peaks. Fold the egg whites into the batter.
6. Pipe or scoop batter into prepared muffin cups. Sprinkle each with a bit of lentil crunch.
7. Bake 10 to 12 minutes at 325°F, or until a toothpick inserted in the center of a muffin comes out clean.

Recipe credit: Adapted from *The Pea and Lentil Cookbook*

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.

APPLE CARROT MUFFINS

Yield: 12 portions

Ingredients	Amounts
Pistachios, slivered	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.
3. Mix with the raisins and coconut
4. Weigh out the dry ingredients and mix lightly with a fork.
5. Separate the yolks and whites and whip the whites until they hold stiff moist peaks.
6. 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.
7. Begin adding the flour/grain mixture, alternately with the buttermilk and apple juice. Alternate between wet and dry ingredients until both are use up.
8. Add the nuts and seeds, carrots, apples and fruits.
9. 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.
10. 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

BRAZILIAN MANGO SMOOTHIE

Ingredients	Amounts
Mango, large, diced and chilled	1 ea.
Banana	1 ea.
Yogurt	½ cup
Orange juice	1 cup
Ice cubes	6 ea.

Method

1. Blend the orange juice, yogurt, and banana until well mixed. Add the ice cubes and mango and continue blending until the mango is well mixed.

BLUEBERRY PEANUT 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, fat-free	2 cups
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 and ice; blend for 30 seconds or until smooth. Pout in a glass and serve.

Note: For a burst of protein, add 3 tablespoons of low-fat peanut flour along with the frozen yogurt.

Recipe credit: National Peanut Board, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

PINEAPPLE AND BANANA BUTTER

CAJETA DE PIÑA Y PLATANO

Yield: 6 portions

Ingredients	Amounts
Brown sugar	1¼ cups
Water	4 cup
Cinnamon stick, 3"	1 ea.
Pineapple, 3½-4 lb., peeled and diced	1 ea.
Bananas, peeled and diced	1½ lb.
Cinnamon sticks, 3"	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 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 in 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.

PISTACHIO-FLAXSEED MAPLE GRANOLA

Yield: 16 portions

Ingredients	Amounts
Whole-grain flakes, mixed, organic (oats, kamut, barley, and wheat)	3 cups
Flaxseed	1 cup
Pistachios, 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.
Golden raisins	½ cup
Currants, dried	½ cup

Method

1. Preheat the oven to 350°F. Combine the whole-grain flakes, flaxseed, with the pistachios 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 raisins and currants.

CITRUS SALAD WITH MINT AND PEANUTS

Yield: 4 portions

Ingredients	Amounts
Ruby grapefruits	1 ea.
White grapefruits	1 ea.
Oranges	2 ea.
Mint, chopped	1 Tbsp.
Peanuts, roasted, chopped	1 Tbsp.

Method

1. With a knife, cut away the peel and white pith of the grapefruit and orange. Cut into segments. Gently toss with the mint and peanuts.

Note: You can cut the peel and pith from the fruit up to 12 hours in advance. Seal tightly in a container and keep in the refrigerator until ready to slice.

BREAK

Root Vegetable Chips

Tzatziki Dip

Brandade of Fennel and Celeriac

YOGURT AND CUCUMBER SAUCE WITH MINT TZATZIKI

Yield: About 2 cups

Ingredients	Amounts
Long English cucumbers or regular cucumbers	2 ea. 4 ea.
Garlic cloves, chopped	4 ea.
White wine vinegar	2 Tbsp.
Extra virgin olive oil	3 Tbsp.
Plain yogurt, nonfat preferred	3 cups
Mint, dried	2 Tbsp.
Fresh mint leaves	for garnish

Method

1. Peel and slice the cucumbers (if they're seedy, cut the cucumbers into quarters lengthwise and cut away the seeds). Place the slices in a bowl and toss with a little salt. Set aside for 15 minutes or longer to draw some of the liquid out of the cucumbers.
2. In a bowl in which you will serve the sauce, use the back of a spoon to mash the garlic to a paste with 1 teaspoon salt. Stir the vinegar into the paste and then stir in the oil. Add the yogurt and dried mint and mix well.
3. Rinse the salt from the cucumber slices in a colander and pat them dry with a kitchen towel. Fold them into the yogurt mixture. Garnish with fresh mint and serve with wedges of pita bread or crackers, or fresh vegetables such as carrots or celery sticks, to dip in the sauce.

Note: When you're buying cucumbers, look for firm fresh ones that are slender for their length and free of soft spots or wilted ends.

Dried mint has a sweeter, less wild taste than fresh mint and it is preferred for this dish, although fresh mint is an appropriate garnish.

BRANDADE OF FENNEL AND CELERIAC

Yield: 8 portions

Ingredients	Amounts
Celeriac, peeled, quartered	3 lb.
Fennel, cored, quartered	3 lb.
Potatoes, russet, peeled, quartered	2 lb.
Garlic cloves, minced	8 ea.
Olive oil	2/3 cup
Cream	1 1/3 cups
Star anise, ground	1/2 tsp.
Salt	to taste
Pepper, black, ground	to taste
Parsley, chopped	1/2 cup
Lemon juice	to taste

Method

1. Steam or boil the celeriac, fennel and potatoes until tender.
2. Sauté the garlic in olive oil. Add the star anise and cream. Bring to a boil.
3. Purée the fennel, celeriac and potatoes in a food processor until smooth. Add the garlic, oil and cream mixture, then salt, pepper, parsley and lemon juice. Place in serving container.

Adapted from *The Natural Cuisine of Georges Blanc*, Stewart, Tabori, and Chang

WORLD FLAVORS: INSPIRATION FOR SUCCESSFUL SALAD BARS

ROASTED NEW POTATO SALAD WITH POBLANO MAYO

ENSALADA DE PAPAS CAMBRAY ROSTIZADAS CON MAYONESA AL POBLANO

Yield: 3 cups, 6 to 8 portions as tapa

Ingredients	Amounts
New potatoes, small	1 ½ lbs.
Olive oil, for coating the vegetables	as needed
Salt	to taste
Black pepper, freshly ground	to taste
Poblano chiles, large, divided use	2 ea.
Garlic cloves, peeled	4 ea.
Green onions, roots and wilted outer leaves removed, cut crosswise into ½-inch pieces	4 ea.
Egg yolk	1 ea.
Vinegar, light, rice vinegar or Spanish cava vinegar is preferred	¼ cup
Olive oil	1 cup
Cilantro, freshly chopped, loosely packed, thick bottom stems cut off, or flat-leaf parsley, freshly chopped	¼ cup

Method

1. *For the roasted vegetables:* Heat the oven to 375°F. If the potatoes are bite size, keep them whole; if not, cut into halves or quarters. Put them into a bowl, drizzle with a little oil, sprinkle with salt and pepper, and toss to coat. Scoop onto one side of a rimmed baking sheet. Roast for 10 minutes. Put the poblano and garlic in the bowl, toss with a little oil to coat and scoop onto the other side of the baking sheet. Toss the green onions with a little oil and scatter over the potatoes. Return to the oven and roast until the potatoes are tender, the poblano is evenly blistered, and the garlic is soft, about 20 minutes. Cool.
2. *To make the mayonnaise:* Peel the blistered skin off the poblano, pull out the stem and seed pod, then quickly rinse to remove any stray seeds. Chop into small pieces and scoop half into a blender jar, along with the roasted garlic. Set the rest of the chile aside. Add the egg yolk, vinegar and ½ teaspoon of salt. Blend until smooth. With the blender running, pour in the olive oil in a thin stream, creating a luscious mayonnaise.
3. *To finish the salad:* Scoop the roasted potatoes and green onion into a medium bowl, along with the reserved chile. Sprinkle on the cilantro or parsley. Add a generous ½ cup of the mayonnaise (cover and refrigerate the remainder for spreading on sandwiches or making incredible salmon salads) and stir to combine. Taste and season with more salt if necessary. Scoop into a serving bowl and the salad is ready. Cover and refrigerate if not serving right away.

Note: Though you could roast the vegetables a day or two ahead, then cool, cover, and refrigerate them, it is not recommended. The texture of freshly roasted potatoes that have

never been refrigerated is beyond compare. However, the roasted poblano mayo can be made several days ahead without suffering. Since your finished salad needs to be refrigerated if not served within two hours – and refrigeration will change the potatoes texture – it is recommended to combine all the ingredients shortly before serving.

Recipe credit: Rick Bayless, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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FARRO SALAD

INSALATA DI FARRO

Ingredients	Amounts
Farro, rinsed or soaked in cold water for about an hour	1 cup
Water	3 cups
Salt	1 tsp.
Red onion, chopped	1/3 cup or more to taste
Celery or fennel, chopped	1/2 cup
Red or yellow bell pepper chopped, optional	1/2 cup
Cucumber, seeded and chopped	1/2 cup
Flat leaf parsley, chopped	4 Tbsp.
Basil or mint	4 Tbsp.
Tomatoes, seeded and chopped if in season, or optional	2 ea.
Salt	to taste
Freshly ground black pepper	to taste
Grilled or canned tuna, optional	
 <i>Classic mint vinaigrette</i>	
Lemon juice	1/4 cup
Mint, chopped	1/4 cup
Olive oil	1 1/4 cups
Lemon juice	1/4 cup
Red wine vinegar	1/4 cup
Mint	1/2 cup
Sugar	to taste
Salt	to taste

Method

1. To cook farro simmer covered in lightly salted water, with a ratio of about 3 cups water to 1 cup grain. It more than doubles in volume after cooking. Start checking for doneness after 25 minutes. When cooked it will be soft but still have some firmness at the center. If not all the water has been absorbed, simply drain the cooked farro in a strainer.
2. *To make the vinaigrette:* In a small pan combine mint and lemon juice and bring to a boil. Let infuse for 10 minutes. Strain. Combine infusion with remaining ingredients.
3. After the grain has been drained and cooled, season with the vinaigrette, salt and pepper. Fold in diced red onion, celery or fennel, bell pepper if using, diced cucumbers, tomatoes if ripe and flavorful, and add chopped parsley, basil or mint.

Note: You may also stretch it by adding cooked lentils. And you may enrich this salad by serving it with tuna or shellfish. In that case double the vinaigrette.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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CANNELLINI BEAN SALAD

Yield: 6 portions

Ingredients	Amounts
<i>For cooking the beans</i>	
Dry cannellini or great Northern beans	2 cups
Water	8 cups
Salt	2 tsp.
<i>For the salad</i>	
Salt and black pepper, freshly ground	to taste
Sun-Dried Tomato Vinaigrette (recipe follows)	1 cup
Red wine vinegar	as needed
Red onions, finely chopped	2/3 cup
Garlic, finely minced	2 Tbsp.
Sun-dried tomatoes, oil packed, chopped	1/2 cup
Shrimp, medium, shelled, deveined, or tuna fillet OR	1 lb.
Tuna, oil packed	14 oz.
Fresh basil, thin slivers	1/4 cup

Method

1. *Traditional:* If you have time, soak the beans in water to cover overnight, then drain.
2. *Quick soak:* If you need the beans in a hurry, you can use the quick-soak method: Place the beans in a saucepan with water to cover and place over high heat. Bring to a boil, boil for 2 minutes, then remove from the heat. Cover and let stand for 1 hour, then drain.
3. In a saucepan, combine the soaked or quick soaked beans with fresh water. Bring to a gentle boil over medium-high heat. Reduce the heat to low, skim off any foam from the surface, cover, and simmer gently, adding 2 teaspoons of salt after 15 minutes of cooking. Cook on low heat until the beans are tender, 40 to 60 minutes; the timing will depend on the age and variety of the beans.
4. If you will be using the beans in another dish, leave them in their cooking liquid until needed. For salad, drain the beans and toss them while still hot with a few tablespoons of olive oil and some salt and pepper. You will have about 4 cups of cooked beans. Transfer beans to a bowl. While they are still warm, toss with 1/2 cup of the dressing, salt, and pepper. Let the beans cool and absorb the flavor of the dressing. When cool, add the onions and more of the remaining dressing, leaving some to drizzle on the seafood of your choice.
5. *If using shrimp:* Warm the remaining 1/2 cup dressing with the garlic and sun-dried tomatoes over low heat for just a minute or two to blend the flavors. Add the shrimp and cook in the dressing until they turn pink, turning once.
6. *If using tuna:* Brush lightly with some of the sun-dried tomato vinaigrette and broil for 4 minutes on each side, or until medium cooked but not dry. Or sauté in dressing and oil. Cool. Break up into pieces.

7. *Canned tuna variation:* Use canned olive-oil packed tuna, drained and broken into good-sized pieces, in place of the shrimp. Top with $\frac{1}{4}$ cup chopped or shaved red onion.
8. Just before serving fold in the basil and top beans with cooked shrimp or tuna and the last of the warmed sun-dried tomato vinaigrette.

Note: You could also use 4 cups canned beans, rinsed well. A similar salad can be prepared with cooked chickpeas.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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SUN-DRIED TOMATO VINAIGRETTE

Yield: 1 cup

Ingredients	Amounts
Extra virgin olive oil	½ cup
Sun-dried tomato infused oil*	¼ cup
Red wine vinegar	3 Tbsp.
Sun-dried tomatoes, oil-packed, chopped	2 Tbsp.
Salt and black pepper, freshly ground	to taste

Method

1. Whisk all ingredients together in a bowl.

Note: Sun-dried tomato infused oil is the oil in which the tomatoes are packed. If you do not have enough for this recipe, warm extra virgin olive oil in a small saucepan over low heat. Add 2 tablespoons chopped sun-dried tomatoes to this oil and allow to steep for a few hours.

When tomatoes are out of season this vinaigrette is a way to get their flavor into a salad without resorting to poor quality produce. For this dressing, I use only oil packed sun-dried tomatoes, not the dried tomatoes that require reconstitution in water. The water soaking leaches most of the flavor out of the tomatoes anyway. Olive oil packed sun-dried tomatoes are intense and fruity in flavor.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

SPICY INDIAN SLAW

Yield: 12 portions

Ingredients	Amounts
Ginger, ½" piece, peeled and grated	1 ea.
Lime juice (from about 1 lime)	2 Tbsp.
Citrus vinegar or white wine vinegar	1 Tbsp.
Sugar	3 Tbsp.
Chaat masala	1½ tsp.
Toasted cumin	½ tsp.
Cayenne pepper	1/8 tsp.
Kosher salt	1 Tbsp. plus 1 tsp.
Cracked peppercorns	½ tsp.
Scallions, thinly sliced	18 ea.
Jalapeño (seeded and veined for less heat), finely chopped (optional)	1 ea.
Cherry or grape tomatoes, halved	1 pt.
Cilantro, fresh, finely chopped	½ cup
Mint leaves, fresh, finely chopped	2 Tbsp.
Green cabbage head, halved, cored and finely sliced	1 ea.
Peanuts, roasted, chopped	½ cup

Method

1. Whisk the ginger, lime juice, vinegar, sugar, chaat masala, toasted cumin, cayenne pepper, salt, and cracked pepper together in a large bowl. Add the scallions, jalapeños, tomatoes, cilantro, and mint leaves and toss to combine. Add the cabbage and toss with your hands, making sure to coat it thoroughly with the other ingredients. Sprinkle with the peanuts and serve immediately, or cover with plastic wrap and refrigerate for up to 4 hours, sprinkling with the peanuts just before serving.

Recipe credit: Suvir Saran, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

INDIAN CHOPPED MIXED SALAD

KACHOOMBAR SALAD

Yield: 8 portions

Ingredients	Amounts
Tomatoes, large, ½" dice	2 ea.
Granny Smith apples, cored, quartered, ½" dice	2 ea.
English cucumber, large, seeded, finely chopped	1 ea.
Red onion, medium, finely chopped	1 ea.
Jalapeño chile, finely diced (seeded and veined, if desired)	1 ea.
Mango, diced	1 cup
Pineapple chunks	1 cup
Cilantro, chopped	½ cup
Mint leaves, finely chopped	¼ cup
Cumin, toasted and ground	1 tsp.
Kosher salt	1½ tsp.
Cayenne pepper	¼ tsp.
Black pepper, cracked	¼ tsp.
Lime, juice of	1 ea. or to taste
Peanuts, skin-on, toasted	1 cup

Method

1. Toss all ingredients together in a large bowl. Taste for seasoning, adjust the salt, lime juice, or cayenne as needed. Finish with peanuts and serve.

Recipe credit: Suvir Saran, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

LUNCH

Roasted Baby Potato Salad with Poblano Mayonnaise

Spicy Jicama Salad with Sunkist Smiles Mandarins,
Apples and Fresh Coriander

Fiesta Black Bean and Grain Salad with Avocado
and Honey-Lime Vinaigrette

Farro Salad with Vegetables and Mint Vinaigrette

Rockin' Whole Grain Pasta and Chickpeas

Moroccan Kidney Beans with Spinach

Leafy Green Salad with Strawberries and Mint Vinaigrette

Indian Coleslaw with Peanuts

Indian Chopped Mixed Salad with Peanuts

Windsor Foods Golden Tiger Whole Grain Orange Chicken Wrap

Barilla Plus Pasta Salad with Vegetables, Asian Dressing, and Peanuts

Mexican Lentil Soup

Farro and Bean Soup

Hibiscus Flower Water

Dark Chocolate-Covered Strawberries

Dark Chocolate Mendiants with Pistachios and Dried Fruit

Chocolate Peanut Tortes

Fresh Fruit

Presented in association with National Peanut Board

SPICY JICAMA SALAD WITH SUNKIST SMILES MANDARINS, APPLES, AND FRESH CORIANDER

Yield: 6 portions

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

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 apple, cantaloupe, tangerines 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.

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: Rick Bayless, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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FIESTA BLACK BEAN AND GRAIN SALAD

Yield: 3 to 4 portions

Ingredients	Amounts
Brown rice, cooked	1 cup
Black beans, cooked and drained	1 cup
Corn kernels	1 cup
Cilantro, finely chopped	½ bu.
Red onion, small, finely minced	¼ ea.
Red or orange bell pepper, small, minced	¼ ea.
Honey Lime Cilantro Dressing (recipe follows)	

Method

1. Rinse black beans. Gently toss beans with rice, corn, cilantro, red onion, and peppers.
2. Top with honey lime cilantro dressing.
3. Refrigerate 1 hour to overnight to allow flavors to fully develop. Serve cold or room temperature.

Note: You can add cubed avocado or other vegetables like minced carrots, zucchini, pickled onions, or any vegetable of your choice.

Recipe credit: Dawn Ludwig, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

HONEY LIME CILANTRO DRESSING

Yield: 3 to 4 portions

Ingredients	Amounts
Cilantro, finely chopped	1 bu.
Lime juice	2-3 Tbsp.
Garlic clove	1 ea.
Ginger, ½" piece, peeled	1 ea.
Sea salt	1/8 tsp.
Apple cider vinegar	2 tsp.
Olive oil	¼ cup
Honey or agave syrup	2 Tbsp.
Cayenne pepper	a dash

Method

1. Blend all ingredients in a food processor. Adjust ingredient amounts to taste. Add water or olive oil to reach desired consistency.

Recipe credit: Dawn Ludwig, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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ROCKIN' WHOLE GRAIN PASTA WITH CHICKPEAS

Yield: 60 portions

Ingredients	Amounts
Whole grain pasta, short	6 lb.
Water	4 gal.
Oil	1 cup
Oil	½ cup
Garlic, chopped, in oil	to taste
Spanish onion, medium, small dice	3 ea.
Tomato, diced, #10 can, drained	1 ea.
Chickpeas, #10 can, 2 cans drained, one in brine	3 ea.
Fresh basil, chopped	3 bu.
Jalapeños, seeded and finely chopped	3 ea.
Salt	to taste
Black pepper	to taste

Method

1. Cook the pasta and drain well; coat with 1 cup of oil and hold hot.
2. Heat ½ cup of oil over to medium-high heat; add the garlic and stir. Do not brown. Add the diced onion, diced tomato, and jalapeños.
3. Add the chickpeas, including the brine from one can. Simmer over medium-low heat for 10 minutes. Stir in the chopped basil and adjust seasonings with salt and black pepper. To serve, offer 6 ounces of the chickpea stew over ½ cup of cooked pasta.

Note: To enhance the flavor of the sauce, drain the diced tomatoes well, coat with oil, and sprinkle with a little salt and garlic; roast in a 350°F oven for 20 minutes. This can be done ahead of time.

Suggested garnish for the pasta includes sautéed kale, pesto sauce, roasted broccoli, or roasted peppers and onions. Offer a “Flavor Station”, which includes grated cheese, hot sauce, red chili flakes, and granulation garlic on the service line.

Recipe credit: Jorge Collazo, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

MOROCCAN KIDNEY BEANS WITH SPINACH

Yield: 60 portions

Ingredients	Amounts
<i>Seasoning blend</i>	
Oil	1 cup
Garlic, chopped, in oil	¼ cup
Spanish onion, small diced	3 ea.
Cumin, ground	3 Tbsp.
Turmeric	2 Tbsp.
Cinnamon, ground	4 Tbsp.
Black pepper	2 Tbsp.
Salt	2 Tbsp.
Red pepper flakes	1 tsp.
Red kidney beans, #10 can, with liquid	3 ea.
Orange juice	1 qt.
Water	as needed
Frozen spinach, thawed and drained overnight	5 lb.
<i>Garnish (if desired)</i>	
Scallions, chopped	as needed
Pimentos, diced	as needed
Roasted tomato, diced	as needed

Method

1. *For the seasoning blend:* A few days prior to preparing the dish, heat the oil to medium heat. Add the garlic and onion; cook until aromatic and soft. Add the dry spices and sauté, allowing the blend to release its aroma. Chill properly and reserve for later use.
2. Combine the kidney beans (with liquid), orange juice, and water as needed. Heat slowly, making sure to stir the beans from the bottom. Add the seasoning blend and mix thoroughly. Heat the beans to 150°F. Add the thawed and drained spinach and continue to heat throughout. Serve with Spanish or brown rice, quinoa, or seasoned loco bread.

Recipe credit: Jorge Collazo, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

BARILLA PLUS PASTA SALAD WITH VEGETABLES, ASIAN DRESSING, AND PEANUTS

Yield: 8 portions

Ingredients	Amounts
<i>For the noodle salad dressing</i>	
Ginger, minced	1 Tbsp.
Shallots, peeled and minced	2 ea.
Garlic clove, minced to a paste with salt	1 ea.
Thai bird (or other fresh) chile, minced	2 ea.
Orange, zest and juice of	1 ea.
Lime, zest and juice of	1 ea.
Light soy sauce	2 Tbsp.
Canola oil	3 Tbsp.
Brown sugar	2 tsp.
Fish sauce (optional)	1 Tbsp.
<i>For the noodle salad</i>	
Barilla Plus angel hair pasta	1 lb.
Carrot, julienne	2 cups
Crimini mushrooms, sliced and sautéed	2 cups
Red pepper, julienne	1 cup
Cucumber, julienne	1 cup
Asparagus, blanched and thinly sliced	1 cup
Teardrop tomatoes, halved	1 cup
Edamame beans, shelled	1 cup
Scallions, thinly sliced	4 ea.
Cilantro leaves, washed and stemmed	1 cup
Thai basil leaves (optional)	½ cup
Roasted peanuts, finely chopped	½ cup
Cilantro sprigs, for garnish	½ cup

Method

1. Whisk all the ingredients together for the dressing and set aside.
2. Plunge the noodles into the boiling water and allow to cook at a rolling boil until done. Pour the noodles into a colander and refresh with cold water. Leave to drain, (preferably refrigerated) while you prepare the final ingredients.
3. Once all the final ingredients are prepared, and using a large mixing bowl, gently toss together the carrot, mushrooms, red pepper, cucumber, asparagus, tomatoes, edamame, scallions, cilantro and basil with the cold noodles.
4. Add just enough of the dressing to coat the above and again, toss gently so as not to bruise any of the ingredients.
5. Divide the salad between eight plates and sprinkle with the chopped peanuts. Divide the salad between eight plates and sprinkle with the chopped peanuts. Garnish with a sprig or two of cilantro.

MEXICAN LENTIL SOUP

Yield: 2 quarts

Ingredients	Amounts
Olive oil	2 Tbsp.
Garlic, peeled, chopped	4 cloves
Yellow onion, large, peeled, chopped	1 ea.
Carrots, washed, chopped	2 ea.
Water or chicken broth	6 cups
Lentils, dried green or brown, picked over, rinsed	1½ cups
Cumin, ground	2 tsp.
Oregano, Mexican preferred	2 tsp.
Salsa or pico de gallo	2 cups
Salt and pepper, freshly ground	to taste

Method

1. Heat the oil in a soup pot over moderately high heat and add the garlic, onion and carrots and cook, stirring until they soften and are just beginning to brown.
2. Add the water, lentils, cumin and salsa to the pot and stir.
3. Bring the soup to a boil and then reduce heat to a simmer and cook partially covered until lentils are tender, about 45 minutes.
4. If lentils are still firm, cook for a few minutes longer.
5. Season to your taste with salt and pepper and serve.

Recipe credit: John Ash

FARRO AND BEAN SOUP

Yield: 6 to 8 portions

Ingredients	Amounts
Chickpeas, canned or cannellini, small white beans, canned, or some of each	4½ cups
Olive oil	3 Tbsp.
Pancetta, chopped, or prosciutto	½ cup
Onion, chopped	1 ea.
Carrots, peeled, chopped	2 ea.
Celery, ribs, chopped	2 ea.
Garlic cloves, minced	4 ea.
Sage, fresh, chopped, or marjoram or thyme or combination of all three	2 tsp.
Tomatoes, plum, ripe, canned, diced	1½ cups
Water or chicken stock	8 cups
Farro, before cooking	¾ cup
Salt and pepper	to taste
Parmesan cheese	
Extra virgin olive oil	
Greens, cooked, optional	

Method

1. Rinse and drain the canned beans.
2. Warm the olive oil over moderate heat and add the chopped pancetta and sauté for 5 minutes, stirring often. Add the chopped vegetables and herbs and sauté for 5 minutes longer. Add the beans, tomatoes, and water or stock and 2 teaspoons salt and bring to a boil. Reduce heat and simmer, covered for about 1 hour, or until the beans are tender. Adjust seasoning with salt and pepper. For a creamer soup, purée 1 cup of the bean mixture and add back to the pot.
3. Cook the faro in a separate pot in a large quantity of boiling salted water. When the faro is al dente, drain it and add to soup. Simmer for additional 15 minutes. Stir often to prevent scorching.
4. Ladle into soup bowls and top with a little swirl of virgin olive oil, some grated Parmesan cheese, and a liberal grinding of black pepper.
5. You may add chopped cooked greens such as kale, escarole, or chard to this soup.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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MEXICAN HIBISCUS FLOWER ICED TEA

AGUA FRESCA DE JAMAICA

Yield: 4 quarts

Ingredients	Amounts
Jamaica flowers, dried	2 cups
Filtered water	6 qt.
Sugar	$\frac{3}{4}$ cup

Method

1. Bring 2 quarts of water to a boil, add the hibiscus flowers and turn off the heat.
2. Let the hibiscus flowers soak for 15 minutes for a light tea and 25 minutes for a stronger flavored tea.
3. Pour through a fine mesh strainer and dissolve the sugar into the warm tea. Cool in an ice bath or in the refrigerator.

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

MENDIANT AU CHOCOLATE

Yield: 100 pieces

Ingredients	Amounts
Semi-sweet chocolate, tempered	1 lb.
Golden raisins	100 ea.
Pistachios, blanched	100 ea.
Dried apricot (in ¼" pieces)	100 ea.
Almonds, blanched	100 ea.
Fleur de sel	100 grains

Method

1. Pipe tempered chocolate through a paper cone into small puddles, about the size of a quarter (25¢ piece).
2. As chocolate starts to set, arrange dried fruit and nut pieces into alternating quadrants. Set a single grain of fleur de sel into the center of each piece.

LITTLE CHOCOLATE PEANUT TORTES

Yield: Twenty-four 2-ounce portions

Ingredients	Amounts
Peanuts	170 g
Confectioners' sugar	170 g
Flour	50 g
Cocoa powder	25 g
Baking powder	1½ tsp.
Salt	½ tsp.
Egg yolks	4 ea.
Canola oil	55 g
Yogurt, nonfat	110 g
Egg whites	4 ea.
Sugar	30 g
Chocolate, grated	40 g
Confectioners' sugar	as needed

Method

1. Grind peanuts and sugar to a fine powder. Press through a sieve, then mix in the flour, cocoa, baking powder and salt.
2. Whisk egg yolks and slowly drizzle in the oil. Once emulsified, stir in the yogurt.
3. Whisk egg whites on medium speed until foamy and opaque. Gradually add the sugar and whip to soft peaks. Fold the whipped egg whites into the nut mixture, then the grated chocolate.
4. Pipe or spoon this batter into 2-ounce baking cups. Bake at 325°F until the cake is set through the center, about 25 minutes.
5. Rest the cakes for 5 minutes before removing from the pan. Cool cakes thoroughly, invert and dust with confectioners' sugar.

BREAK

Fruit and Vegetable Appetizer

FRUIT AND VEGETABLE APPETIZER

PICO DE GALLO

Yield: 6 Portions

Ingredients	Amounts
Cucumber, peeled	1 ea.
Green mango, large, peeled	1 ea.
Carrot, peeled	1 ea
Celery stalks, strings removed	3 ea
Jicama, large, peeled	1 ea.
Orange	2 ea.
Lime juice, freshly squeezed	½ cup
Salt	to taste
Sal de chile (optional)	to taste

Method

1. Remove and discard the cucumber seeds, slice them into thin large sticks (2-3 inches long).
2. Remove the seed of the mango, and slice as the cucumber.
3. Cut the carrot, celery and jicama as the other vegetables
4. Separate the orange in segments.
5. Place all sliced vegetables and fruits in a serving plate, just before serving add the lime juice, and sprinkle with salt or sal de chile to taste.

Recipe credit: Iliana de la Vega, as presented at Healthy Flavors, Healthy Kids conference.
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PROMOTING HISPANIC HEALTH

MINT FRUIT SALAD

Yield: 36 portions

Ingredients	Amounts
<i>Piloncillo mint lime tea</i>	
Water	2 qt.
Piloncillo, 4 oz. cone	1 ea.
Granulated white sugar	½ cup
Honey	½ cup
Mint, fresh, chopped	1 cup
Lime juice	½ cup
Limes, cut in half	3 ea.
<i>Mint fruit salad</i>	
Peaches, medium dice	4 ea.
Watermelon, seedless, cubed	2 cups
Mangoes, peeled, diced	2 ea.
Pears, peeled, diced	4 ea.
Oranges, supremed	2 ea.
Honeydew melon, peeled, diced	½ ea.
Cantaloupe, peeled, diced	½ ea.
Fresh blackberries	1 pt.
Figs, sliced	6 ea.
Mint, fresh, chopped	½ cup
Piloncillo, grated	½ cup

Method

1. *For the tea:* Heat the water in a large pot. Grate the piloncillo into the hot water. Stir in the sugar and honey until dissolved.
2. Mix in the mint and lime juice.
3. Squeeze the whole limes' juice into the water and then toss them into the water too.
4. Boil for a few minutes, and then strain into the bowl with the melons.
5. Cover and refrigerate for at least 2 to 4 hours before serving.
6. *For the salad.* Combine all fruits in a large mixing bowl. Toss with chopped mint leaves and grated piloncillo. Pour the tea over the top and serve.

Note: When I was a youngster, my grandfather would take me to farmers' markets and farms while visiting many of his former colleagues. While tasting all the fruit, he often would purchase more than we could eat. He would bring enough for neighbors, friends, and family. In his backyard he also attempted to grow nearly every fruit imaginable, from bananas and pears, to citrus and figs. He was pretty successful most of the time. But where he was most talented was with medicinal herbs such as Mexican Oregano, Mint Marigold, Yerba Buena or local mint. Needless to say, he always had an abundance of fruits and herbs around his house. Figs and pears were his favorite. I can recall how he used to make teas using the herbs. He used honey or piloncillo (Mexican unrefined brown sugar) as his sweetener of choice. With an over abundance of fruits and herbs, we were always looking for creative ways to use all of these items. I also recall how he would sometimes freeze his

fruit for later use. When breakfast came around, we always had a healthy serving. He would have to flavor my fruit with lime, sugars, salt or honey to get me to eat the fruit. I, as a youngster, could have done without the added sugar and salt. These days in San Antonio, it is easy to find a fruit cup vendor who will sell you a “healthy” fruit cup bathed in lime juice and dressed in salt, chile powder, and Lucas powdered candy. My version uses all the fruits and flavors my grandfather used when making me breakfast. My idea is a cross between a mint mojito, a tea, fruit salad or drink. The fruit can be fresh, frozen, ripe or under ripe. Very little if any added sugar will be necessary if the fruit you are using is ripe.

Recipe credit: James Sanchez, as presented at Healthy Flavors, Healthy Kids conference.
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SHREDDED BEEF SALAD

SALPICÓN

Yield: 6 portions

Ingredients	Amounts
Skirt steak	1 lb.
Potatoes, diced and cooked	1 ea.
White onion, chopped	½ ea.
Lime juice, freshly squeezed	1/3 cup
White vinegar	1 Tbsp.
Olive oil	1/3 cup
Oregano, dried	1 tsp.
Romaine lettuce	1 ea.
Cilantro, soft stems and leaves finely chopped	1/3 cup
Roma tomatoes, diced	2 ea.
Jalapeño chiles, diced (optional)	2 ea.
Avocado, sliced	1 ea.
Salt	to taste
Corn tortillas	18 ea.

Method

1. Place the meat in a Dutch oven, cover with salted water, and bring to a boil. Cook until the meat is tender, about 1 hour. Remove from the heat and let cool. Shred the meat into 1½- to 2-inch long strips. Reserve.
2. In a bowl mix together the freshly squeezed juice, vinegar, olive oil, oregano and salt to taste.
3. Cut the lettuce in chiffonade.
4. In a bowl mix together the shredded meat, potato, onion, lettuce, cilantro, tomatoes and jalapeños if desired.
5. Mix the vinaigrette and adjust the seasonings; pour over the salpicón and let it sit at room temperature for ½ hour to develop the flavors.
6. Garnish the salpicón with avocado slices. Serve at room temperature with warm tortillas.

Recipe credit: Iliana de la Vega, as presented at Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

CREAMY VEGETABLE SOUP

Yield: 4 to 5 portions

Ingredients	Amounts
Cauliflower head, washed and cut into chunks	1 ea.
Celery stalks, diced	2 ea.
Onion, medium, diced	1 ea.
Spring filtered water	4-5 cups
Sea salt, unrefined	½-1 tsp., or to taste
Scallion, thinly sliced	1 ea.

Method

1. Place all ingredients except scallions into a large soup pot. Bring to a boil. Reduce flame to medium-low, cover, and simmer until vegetables are very soft.
2. Purée with an immersion blender. Adjust seasoning to taste.
3. Garnish with chopped scallions.

Note: You can substitute another vegetable for the cauliflower. Broccoli, carrots, or winter squash all make great cream soups. You can add more flavor with black pepper or ginger juice. Ginger works especially well with the carrot or squash variations.

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

SEASONAL GRAIN SALAD

Yield: 2 to 4 portions

Ingredients	Amounts
Rice, cooked	3 cups
Garbanzo beans, cooked	1 cup
Winter squash, diced	1 cup
Green beans, cut into 1" pieces	1 cup
Leafy greens, chopped	½-1 cup
Carrot, medium, cut into matchsticks	1 ea.
Parsley, fresh, to garnish	¼ cup

Method

1. Steam squash about 15 minutes or until tender.
2. Blanch carrots by adding to boiling water until bright orange and tender, about 1 minute. Blanch leafy greens for 15 to 30 seconds. Remove from heat to cool.
3. Combine grains and vegetables. Dress with simple balsamic vinaigrette or other dressing of your choice.

Note: For variations you could add roasted or steamed beets and goat cheese. Use snap peas or snow peas in place of green beans and mung beans or soybean sprouts in place of chickpeas, and top with sesame ginger vinaigrette for a great Asian rice salad. You can also add roasted nuts like pecans, walnuts, hazelnuts, pine nuts, or pumpkin seeds. Add dried fruit like cranberries or raisins or fresh fruit like pear and apple slices. You can also substitute the grains by using barley or quinoa. To finish you can add seasonal herbs like dill, cilantro, or basil.

Recipe credit: Dawn Ludwig, as presented at the Healthy Flavors, Healthy Kids conference.
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SIMPLE BALSAMIC VINAIGRETTE

Yield: 4 to 6 portions

Ingredients	Amounts
Balsamic vinegar, high quality, aged	¼ cup
Sea salt	1/8 tsp.
Olive oil, high quality	¼ cup

Method

1. Combine all ingredients in a small jar with a lid. Cover and shake until well combined. Adjust ingredient amounts to your taste. Shake. Serve.

Note: You can add a splash of red wine vinegar.

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SESAME GINGER VINAIGRETTE

Yield: 2 to 4 portions

Ingredients	Amounts
Sesame oil, unrefined	1/3 cup
Sesame oil, toasted, unrefined	1 tsp.
Rice vinegar	3 Tbsp.
Ginger, fresh, peeled and finely minced	1 tsp.
Garlic clove, peeled and finely minced	1 ea.
Shoyu, unpasteurized	1/2 tsp. or to taste

Method

1. Combine all ingredients in a jar with a lid. Cover and shake until ingredients are well mixed.

Recipe credit: Dawn Ludwig, as presented at the Healthy Flavors, Healthy Kids Conference.
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RECEPTION

Grilled Chicken Skewers with Blueberry-Thyme Sauce

Chickpea Peanut & Vegetable Burgers
with Tomato Peanut Chutney on Slider Buns

Seasonal Grain Salad with Pears, Pistachios & Balsamic Vinaigrette

Shredded Beef & Potato Salad

Barbacoa Pork and Black Bean Soft Taco
with Salsa Verde and Guacamole

Citrus Shrimp Mini Tostadas

Joyce's Spinach & Ricotta Enlightened Lasagna

Carrot Purée Crostini with Dukkah

Quinoa Crusted Chicken Bites with Honey Mustard Sauce

Roasted Tomato Soup with Brown Rice Cream

Whole Wheat Grilled Cheese Sandwich with Balsamic Onion Jam

Fresh Berries with Lemon Curd & Vanilla Greek Yogurt

Presented in association with Naturipe

BLUEBERRY AND THYME SAUCE

Yield: 3 cups (12 ¼-cup portions)

Ingredients	Amounts
Fresh blueberries	3 cups
Dry red wine	1/3 cup
Fresh thyme leaves, preferably lemon thyme	1 Tbsp.
Vanilla bean, 2" piece, split lengthwise	1 ea.
Lemon zest, grated	1 tsp.

Method

1. In a saucepan, combine the blueberries, wine, thyme, vanilla bean, honey, and lemon zest; simmer for 4 to 5 minutes. Remove from heat and allow to cool to room temperature; remove the vanilla bean. Use this sauce as is or strained through a coarse strainer for a smooth consistency. Store, covered, in the refrigerator for up to 2 weeks. Serve warm or at room temperature.

Recipe credit: John Ash

CHICKPEA, PEANUT, AND VEGETABLE BURGERS

MASALA CUTLETS

Yield: 8 portions

Ingredients	Amounts
Baby red potatoes	1 lb.
Carrot, medium, quartered	1 ea.
Red onion, small, quartered	1 ea.
Serrano chiles, quartered	2 ea.
Chickpeas, 15 oz. can, drained and rinsed	1 ea. 1 ea.
Cilantro, roughly chopped	1 cup
Peanut flour, dark roast	¼ cup
Garam Masala	1 tsp.
Dried mango powder (amchur)	1 tsp.
Toasted cumin powder	1 tsp.
Cayenne pepper	¼ tsp.
Kosher salt	2 tsp.
Black peppercorns, cracked	½ tsp.
Peanut flour, light roast	1 cup
Roasted salted peanuts, coarsely chopped	1 cup
Peanut oil, for greasing grill grates	
Peanut oil	¼ cup
Whole grain slider buns	8 ea.
Tomato, small, quartered	1 ea.

Method

1. Bring a large pot of water to a boil. Add the potatoes and boil until they are knife tender, about 30 to 40 minutes, depending on their size. Drain, cool, peel, quarter and set aside.
2. Place all of the remaining ingredients except for the light roasted peanut flour, chopped peanuts, and peanut oil into the bowl of a food processor and process until fine. Add the potatoes and pulse to incorporate. Transfer the mixture to a bowl, fold in the chopped peanuts, cover with plastic wrap, and refrigerate for at least 2 hours or overnight (chilling makes the mixture easier to handle).
3. Place the light roasted peanut flour in a shallow dish. Form the mixture into 8 equal and thick patties and gently press each in peanut flour, coating the patty on all sides. Place the patties on a plate, cover with plastic wrap and refrigerate for at least 2 hours or overnight (at this point, the patties can be placed on a baking sheet and frozen; after freezing, individually wrap in plastic wrap and place in resealable plastic bags for up to 2 months).
4. Heat your grill to a medium-high heat (you should be able to hold your hand 5 inches above the grate for no more than 3 to 4 seconds). Pour some peanut oil into a small bowl.
5. Wad up a couple paper towels and dip them into the oil. Using tongs, rub the oiled paper towels onto the grill grate to grease it. Brush one side of each patty with some peanut oil and place the oiled side on grill.

6. Brush the top of the patty with more peanut oil. Cook until each side is browned and crisp, about 8 to 12 minutes without moving (if you move the patty, it will lose its crust and may crumble). Serve on buns.

Note: Vegetarians in India aren't interested in replicating the flavor or texture of meat, so when you bite into this burger and encounter its creamy, soft texture, don't be surprised! When my sister's husband, Ajit, makes vegetable cutlets, he creates them in three degrees of spiciness: very mild for Karun, my nephew, spicy for Charlie and myself and incendiary for my sister Seema and himself. It's easy to adjust the amount of heat—just divide the mixture before forming into patties and add more or less jalapeños and cayenne depending on your heat tolerance. These burgers are excellent topped with any kind of chutney, grilled onions and roasted peppers. Or do as I do and eat on a soft bun with lots and lots of ketchup. They are also excellent pan-fried in canola oil.

Recipe credit: Suvir Saran, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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TOMATO AND PEANUT CHUTNEY

Yield: 5 cups

Ingredients	Amounts
Canola oil	1/3 cup
Curry leaves, roughly torn	36 ea.
Mustard seeds	2 tsp.
Cumin seeds	2 tsp.
Dried red chiles	12 ea.
Turmeric	1/2 tsp.
Red onions, medium, halved and thinly sliced	2 ea.
Raw peanuts, skinless	1 cup
Tomatoes, roughly chopped	3 1/2 lb.
Tomato paste, double concentrated, 4.4 oz. tube (or 9 oz. of tomato paste)	1 ea.
Sugar	2 Tbsp.
Cayenne pepper	1/2 tsp.
Kosher salt	1 1/2 tsp.
Sambhaar or rasam powder (or 1/2 tsp. curry powder)	1 tsp.

Method

1. Heat the oil with the curry leaves, mustard seeds, cumin, and chiles in a large pot or skillet over medium-high heat until the cumin is browned, about 2 minutes. Add the turmeric and cook until the chiles darken, about 1 to 2 minutes longer.
2. Add the onions and cook for 5 to 7 minutes until they have wilted and become opaque. Add the peanuts and cook for 3 minutes.
3. Add the remaining ingredients and cook for 10 minutes, stirring occasionally and pressing the tomatoes against the sides of the pot to mash them if they are not breaking apart on their own. Reduce the heat to medium and cook until the chutney is thick and jammy, about an additional 20 to 35 minutes, stirring often. If you are using winter tomatoes, the chutney may cook in less time as there is less juice to reduce. Taste for seasoning, transfer to a covered plastic container and refrigerate for up to 1 week.

Note: If canning the chutney, cook until the mixture is very thick.

Recipe credit: Suvir Saran, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

SUNSHINE CITRUS SHRIMP TOSTADAS

Yield: 1 portion or 3 mini tostadas

Ingredients	Amounts
Corn tortillas, 4-inch, fried and salted	3 ea.
Avocado, lightly mashed, seasoned with salt and pepper	3 Tbsp.
Oranges, tiny-diced	2 Tbsp.
Green cabbage, finely shredded	$\frac{3}{4}$ oz.
Cilantro, coarsely chopped	1 Tbsp.
Habañero citrus splash (below)	2 Tbsp.
Citrus grilled shrimp (below)	$2\frac{1}{2}$ -3 oz.
Queso fresco cheese, crumbled	$\frac{1}{4}$ oz.
Paramount Citrus lime wedge	Garnish
Cilantro sprigs	Garnish

Habañero citrus splash (makes 2 $\frac{1}{2}$ cups)

Kosher salt	$1\frac{1}{2}$ tsp.
Sugar	$1\frac{1}{2}$ tsp.
Xanthan gum	$\frac{1}{8}$ tsp.
Habañero chile, smoked or charred, stem and seeds removed	1 ea.
Cuties, clementines, or Mandarins	6 ea.
Paramount Citrus lime juice, freshly squeezed	$\frac{1}{2}$ cup

Citrus grilled shrimp (makes 1 pound)

Shrimp

Kosher salt	1 tsp.
Coriander, ground	2 tsp.
Chipotle chili powder, ground	$\frac{1}{2}$ tsp.
Shrimp, $2\frac{1}{2}$ 5, peeled, deveined, tail off - drained well	1 pound

Dressing

Paramount Citrus lime juice, fresh squeezed	6 Tbsp.
Coriander, ground	$1\frac{1}{2}$ tsp.
Kosher salt	$\frac{1}{2}$ tsp.
Garlic, minced	1 tsp.
Red onion, small-diced	$\frac{1}{4}$ cup
Red bell pepper, small-diced	$\frac{1}{4}$ cup
Cilantro, chopped	2 Tbsp.
Lime zest, minced	1 tsp.

Method

1. *For habañero citrus splash:* In a small bowl, combine the salt, sugar and xanthan gum. Set aside.
2. Place remaining ingredients in a blender. Blend on high for 30 seconds.
3. Sprinkle in the dry mix and immediately blend again on high for about 1 minute, until smooth.
4. Cover and refrigerate up to 3 days. Stir before using.
5. *For citrus grilled shrimp:* Combine the salt, coriander and chili powder and set aside. In a large bowl, toss shrimp with seasoning blend to coat well. Cover and refrigerate for 15 minutes.
6. Preheat grill to high. When shrimp have marinated in the seasoning, then grill until just cooked. Cool.
7. In a large bowl, combine the dressing ingredients.
8. When shrimp are cool, slice them in half lengthwise, then give them a light chop.
9. Add shrimp to dressing and toss to coat.
10. Refrigerate until ready to serve. Do not toss more than 2 hours ahead of time.
11. Top each tortilla with 1 tbsp. of avocado.
12. Toss orange, cabbage, cilantro and Habañero citrus splash in a small bowl, then top each tostada with slaw.
13. Divide citrus grilled shrimp between tostadas.
14. Scatter tostadas with crumbled queso fresco.
15. Garnish with lime wedge and cilantro.

Recipe credit: Paramount Farms, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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JOYCE'S "ENLIGHTENED" LASAGNA

Yield: 8 portions

Ingredients	Amounts
<i>Turkey bolognese sauce</i>	
Extra virgin olive oil	4 Tbsp.
Celery ribs, chopped	2 ea.
Carrots, peeled and chopped	2 ea.
Onion, large, chopped	1 ea.
Turkey, dark meat, ground	1½ lb.
Porcini mushrooms, dried, soaked in hot water to soften, drained with liquid reserved, and chopped	½ oz.
Tomato purée	1 cup
Red wine, dry	1½ cups
Chicken broth, with no added salt	1½ cups
Kosher salt	½ tsp.
Black pepper	½ tsp.
<i>Salsa besciamella (classic cream sauce)</i>	
Butter, unsalted	3 Tbsp.
All-purpose flour	3 Tbsp.
Low-fat milk, 1%	1½ cups
Kosher salt	¼ tsp.
Black pepper	¼ tsp.
Nutmeg, freshly grated	¼ tsp.
Ricotta cheese, part-skim	1 cup
<i>Assembly</i>	
Globe eggplant, peeled	1 ea.
Extra virgin olive oil	1/3 cup
Parmesan cheese, freshly grated	½ cup
Lasagna noodles	8 oz.
Mozzarella, part-skim	8 oz.

Method

1. *For the bolognese:* Warm the oil in a large sauté pan over medium heat. Sauté the celery, carrot, and onion until the vegetables are soft and lightly golden, about 15 minutes.
2. Add the ground turkey and cook through, stirring with a spoon to break up the meat.
3. Stir in the porcini mushrooms with the liquid, tomato paste, wine, and the broth.
4. Reduce the heat to low and simmer for an hour and a half – the sauce should become thick and condensed. Add more liquid if the sauce becomes too thick. Season with salt and pepper.
5. *For the salsa besciamella:* Melt the butter in a saucepan over low heat. Gradually add the flour and cook until well-incorporated, about 3 minutes. Slowly stir in the hot milk and bring to a boil.

6. Reduce the heat to low and cook while stirring until thick and the flour has lost its raw taste, about 8 minutes. Season with salt, pepper, and nutmeg.
7. Remove from the heat and whisk in the ricotta cheese. Thin out the mixture with more milk so that it can be easily spread using a spatula.
8. *For the eggplant:* Cut the eggplant into twelve 1-inch pieces and place on a baking sheet; brush both sides of the eggplant with olive oil and bake until translucent in a 400°F oven.
9. *To assemble the lasagna:* Cook and drain 1 box of lasagna noodles. Oil a 9 by 12 by 3 inch baking dish and spread a thin layer of Bolognese sauce along the bottom. Add a layer of cooked noodles, overlapping them slightly. Spread another layer of Bolognese sauce, followed by a layer of cream sauce. Sprinkle on some Parmesan cheese and add the eggplant.
10. Top with some Bolognese sauce, cream sauce, Parmesan cheese, and eggplant. Continue to layer until all the lasagna ingredients have been used.
11. Bake in a 400°F oven until the edges are bubbling; about 25 minutes. Remove from the oven and allow it to rest for 10 minutes before cutting the lasagna into 8 to 12 portions.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

SPICY CARROT PURÉE WITH ALMOND DUKKAH

Yield: 8 portions

Ingredients	Amounts
<i>Dukkah</i>	
Almonds, blanched	½ cup
Coriander seeds	3 Tbsp.
Cumin seeds	2 Tbsp.
Sesame seeds	2 Tbsp.
Coconut, shredded, dried, unsweetened	¼ cup
Salt and freshly ground pepper	
<i>Carrot purée</i>	
Carrots, cut into 2" lengths	2 lb.
Extra virgin olive oil,	6 Tbsp.
White wine vinegar	2 Tbsp.
Harissa	4 tsp.
Cumin, ground	1 tsp.
Ginger, ground	½ tsp.
Baguette, crispy, hand torn into chunks, to serve	

Method

1. For the dukkah, in a medium skillet, toast the almonds over moderate heat, stirring until golden, about 4 minutes. Transfer to a work surface to cool and then finely chop.
2. Add the coriander and cumin seeds to the skillet and toast stirring, until fragrant, about 2 minutes. Transfer to a spice grinder and let cool completely and then grind.
3. In a medium bowl, mix the ground almonds with the spices.
4. Add the sesame seeds to the skillet and toast over moderate heat, stirring until golden, about 1 ½ minutes. Add to the spice grinder.
5. Toast the coconut in the skillet over moderate heat, stirring constantly, until golden, about 1 minute. Add to the grinder and let cool completely. Grind the sesame seeds and coconut to a coarse powder. Add to almond mixture and season with ½ teaspoon each of salt and pepper.
6. In a large sauce pan over, cover the carrots with water and bring to a boil. Reduce the heat to moderate and simmer until tender, about 20 minutes. Drain the carrots and return them to the sauce pan. Cook for 30 seconds over medium heat to dry them thoroughly. Remove from the heat and coarsely mash the carrots with a fork or whisk. Stir in the 6 tablespoons of olive oil, vinegar, harissa, ground cumin, and ginger. Season with salt and pepper.
7. Place carrots and spice mix in separate bowls and serve with a bowl of extra virgin olive oil and the chunks of torn crispy baguette. Dunk bread into oil, dredge in spice mix, and smear on carrots.

Recipe credit: Ana Sortun

ROASTED TOMATO SOUP WITH BROWN RICE CREAM

Ingredients	Amounts
<i>Brown rice cream (makes 2L)</i>	
Brown rice	180 g
Vegetable stock	2 L
Tomatoes, vine-ripe	4000 g
Spanish onion, whole	1000 g
Garlic, whole	180 g
Jalapeño	65 g
Extra virgin olive oil	2 Tbsp.
Vegetable stock	6 L
Kosher salt	14 g
Brown rice cream	1 L

Method

1. *For brown rice cream:* Combine the rice and vegetable stock; bring to a boil. Simmer until the rice is overcooked and soft and remove from stove. Place the mixture in a high-speed blender and purée until smooth.
2. In a 450°F oven, roast the tomatoes, onion, garlic, and jalapeño until the skins are charred, but not burnt. Remove from oven and let cool. Remove the skin and seeds from the vegetables.
3. Combine the vegetables in a blender and purée until smooth.
4. In a hot stock pot, add oil.
5. Immediately add 1/3 of the vegetable mixture and fry in the oil, let the color deepen and reduce by 1/2. Add another 1/3 of the vegetable mixture and repeat the process. Add final 1/3 and repeat process.
6. Add the vegetable stock and bring to a simmer; let the soup cook for 45 minutes over low heat.
7. Adjust seasoning with salt. Stir in the rice cream and adjust the seasoning again. Portion and serve.

GRILLED CHEESE SANDWICH WITH BALSAMIC CARAMELIZED ONION

Ingredients	Amounts
<i>Balsamic caramelized onion</i>	
Onion, julienne	850 g
Extra virgin olive oil	2 Tbsp.
Balsamic vinegar	160 g
Whole-wheat sunflower bread	2 slices
Reduced-fat cheddar cheese	2 slices
Balsamic caramelized onion	30 g
Extra virgin olive oil	1 tsp.
Sage leaves	3 ea.

Method

1. *For the balsamic caramelized onion:* Heat a sauté pan. Add oil. Add onion to hot pan. Lower heat and slowly allow onions to caramelize, takes about 20 minutes. If pan gets too hot, add a couple ounces of water and deglaze bottom of pan so it does not burn. When onion is translucent and caramelized, add balsamic vinegar. Let vinegar cook out and reduce to almost dry. Remove from heat and use.
2. Brush bread with extra virgin olive oil. Press the sage leaves onto the oiled side of bread and place sage side down in a hot sauté pan.
3. Top bread with one slice of cheese. Add the hot balsamic caramelized onion and the second slice of cheese. Top with the sliced bread and brush outside with oil.
4. Place in the hot pan and toast until the bottom golden brown, turn and repeat. Remove from the heat, slice in half, and serve.

FRIDAY

BREAKFAST

Avocado, Mushroom, and Aged Jack Omelet with Verduritas para Guarnicion

Mini Whole Wheat Breakfast Burritos with Scrambled Eggs, Black Beans,
MorningStar Veggie Sausage, and Avocado Salsa Verde

Strawberry Yogurt Smoothie

Dark Chocolate Peanut Smoothie

Black n 'Blueberry Peanut Muffins

Whole Wheat Lemon and Pistachio Scones

Kashi Cereal Cup Assortment

Kellogg's Cereal Cup Wellness Assortment

Kashi Heart to Heart Instant Oatmeal Assortment

Pumpkin and Pear Jam

Apple Butter

Fresh Berry Preserve

Peanut Butter

Fresh Strawberries, Blueberries, Blackberries, and Raspberries

Rainier Apples and Pears

Green Anjou Pears

Sunkist Smiles Mandarins

Paramount Cuties

Dole Fruit Bowls

Chobani Yogurt

Blueberry, Yogurt, and Peanut Granola Parfaits

Fruit Salad with Mint Tea

BLACK N' BLUEBERRY PEANUT MUFFINS

Yield: 12 portions

Ingredients	Amounts
Spelt flour	1 ³ / ₄ cups
Peanut flour	¹ / ₄ cup
Baking powder	1 Tbsp.
Baking soda	¹ / ₂ tsp.
Salt	³ / ₄ tsp.
Eggs, large	2 ea.
Buttermilk	1 cup
Brown sugar	¹ / ₂ cup
Vanilla	1 tsp.
Butter, melted	3 Tbsp.
Peanut oil	3 Tbsp.
Blueberries	³ / ₄ cup
Blackberries	³ / ₄ 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.

AVOCADO, MUSHROOM, AND AGED JACK OMELET WITH VERDURITAS PARA GUARNICION

Yield: 2 portions

Ingredients	Amounts
Extra virgin olive oil, divided	4 tsp.
Eggs, large	4 ea.
Green onions, thinly sliced on the diagonal	1/3 cup
Water	2 tsp.
Kosher salt	1/4 tsp.
Black pepper, freshly ground	1/8 tsp.
Avocado, Hass, sliced	1 ea.
Aged jack cheese, grated	1/2 cup
Verduritas para Guarnicion (recipe follows)	
Cilantro, for garnish	as needed

Method

1. Break the eggs into a mixing bowl and add the green onions, water, salt, and pepper. Beat with a fork until combines.
2. Add remaining 2 teaspoons oil to the pan and swirl to evenly distribute. Gently add the egg mixture to the pan and swirl to distribute evenly. Add the sliced avocado and the grated cheese; cook 5 minutes until the egg is cooked through. Fold one side of the omelet over on the other half.
3. Gently remove from pan and onto the serving plate. Top with the Verduritas para Guarnicion; sprinkle with a few chopped cilantro leaves and serve.

VERDURITAS PARA GUARNICION

Yield: 8 cups

Ingredients	Amounts
Olive oil	2 oz.
White onions, diced ¼", about 3½ cups	1 lb.
Garlic, minced	3 Tbsp.
Carrots, diced ¼"	1 lb.
Bay leaves	4 ea.
Thyme, dry	½ tsp.
Cumin, ground	1 tsp.
Chile de arbol powder	2 tsp.
Zucchini, diced ½"	1½ lb.
Poblano peppers, roasted, peeled, and cut in ¼" strips	3 ea.
Corn kernels, roasted	2 cups
Jalapeño, pickled, drained, and chopped	¼ cup
Lime juice	2 oz.
Salt	to taste

Method

1. Heat the oil in a large sauté pan, not in a deep sauce pan as you want to obtain a pretty dry mixture. Add the onion and garlic and cook for 2 minutes until translucent.
2. Add carrots, bay leaves, thyme, cumin, and chile powder and cook, stirring, for 10 minutes.
3. Add the zucchini, poblano strips, corn kernels, jalapeños, and cook on high heat until all of the liquid in the filling is cooked off.
4. Season with salt and lime juice.

Recipe credit: Roberto Santibañez

SOUS VIDE SCRAMBLED EGGS

Ingredients	Amounts
Whole egg	12.5 oz.
Whole milk	1 oz.
Salt	a pinch

Method

1. Combine the egg, milk, and salt with a hand blender or whisk.
2. Add 135 grams of the mixture per bag and seal under full pressure (the size of portion is dependant on bag size and application; the liquid contents should not be thicker than 1 inch or thinner than ½ inch).
3. Heat at 172°F for approximately 15 minutes, turning the bag and massaging its contents regularly.

Recipe credit: Kyle Connaughton (consultant to the CIA)

AVOCADO SALSA VERDE

Yield: 2 cups

Ingredients	Amounts
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 1 hour before serving to allow the flavors to marry.

Recipe credit: John Ash

SPICED APPLE AND PEAR BUTTER

Ingredients	Amounts
McIntosh apples, peeled and cored (6 large apples)	3 lb.
Granny Smith apples, peeled and cored (4 large apples)	3 lb.
Bartlett pear, ripe, peeled and cored	3 lb.
Apple cider	2 cups
Brown sugar	2 cups
Cinnamon sticks	3 ea.
Cloves	½ tsp.
Allspice	½ tsp.
Orange zest	1 tsp.
Lemon juice	2 Tbsp.

Method

1. Cut apples and pears into 1-inch pieces.
2. Combine apples and cider in a very large stainless steel or enamel saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently for 20 minutes or until mixture is reduced by half.
3. Stir in sugar, spices, zest, and lemon juice. Return to a boil, reduce heat, and simmer gently for about 90 minutes or until mixture is very thick. Scrap down the sides as you go to prevent the sauce from burning. Remove from heat.
4. Cool completely and chill.

WHOLE-WHEAT LEMON AND PISTACHIO SCONES WITH RAISINS

Yield: 12 medium or 16 small scones

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.
Pistachios, toasted and chopped	1 cup
Raisins	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. 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, pistachios, and raisins.
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.

Recipe credit: Adapted from *Whole Grains, Every Day, Every Way*, by Lorna Sass (Clarkson Potter, 2006)

DARK CHOCOLATE PEANUT SMOOTHIE

Yield: 6 portions

Ingredients	Amounts
Banana, ripe	1 ea.
Greek yogurt, low-fat	1 cup
Peanut butter, creamy	2 Tbsp.
Peanut flour, defatted	1 Tbsp.
Cocoa powder	1 Tbsp.
Honey	2 Tbsp.
Milk, 1%	1 cup

Method

1. Place all ingredients in a blender and process just until smooth.
2. Serve immediately.

HEALTHY SNACK AND FITNESS BREAK

Pistachio and Dried Fruit Trail Mix

PISTACHIO AND DRIED FRUIT TRAIL MIX

Yield: 6 cups

Ingredients	Amounts
Golden raisins	1 cup
Black raisins	1 cup
Medjool dates, pitted and chopped	½ cup
Dried apricots, diced	1 cup
Pistachios, lightly toasted	1 cup
Dried mango	½ cup
Dried bananas	½ cup
Kosher salt	1 tsp.
Cayenne pepper	¼ tsp.

Method

1. Combine all the ingredients in a large bowl and toss to incorporate. Season to taste with salt and cayenne and store in a sealed container.

LUNCH

Lentil and Roasted Mushroom Salad with Penne Plus Pasta,
Toasted Pistachios, and Seared Salmon

Cannellini Beans with Shrimp, Caramelized Onions,
and Sun Dried Tomato Vinaigrette

The Ultimate Spring Couscous

Cardamom-Roasted Cauliflower

Broccolini and Sesame Salad with Tahini Dressing

Tunisian Roasted Pepper Salad

Domino's Smart Slice

Chickpea Soup with Greens, Onions, and Pasta

Creamy Carrot Soup

Citrus-Cucumber Agua Fresca

Dark Chocolate Dipped Gluten Free Pistachio Biscotti

Mini Peanut Butter and Dark Chocolate Cookies

Mini Oatmeal Raisin Cookies

Whole Fruit Baskets with Cuties, Apples, Pears

Presented in association with Domino's

LENTIL AND ROASTED MUSHROOM SALAD WITH PENNE PASTA, TOASTED ALMONDS, AND SEARED SALMON

Yield: 12 portions

Ingredients	Amounts
<i>Lentils</i>	
Green De Puy lentils	1½ cups
Spanish onion, halved	1 ea.
Carrot, peeled and halved	1 ea.
Celery rib, halved	1 ea.
<i>Vinaigrette</i>	
Fresh lemon juice	½ cup
Garlic cloves, finely minced	6 ea.
Paprika	1 tsp.
Aleppo pepper	½ tsp.
Ground cumin	1 tsp.
Fresh parsley, chopped	½ cup
Mint, chopped	½ cup
Extra virgin olive oil	1 cup
Kosher salt	½ tsp.
Pepper, freshly ground	½ tsp.
Preserved lemon, finely minced	1 tsp.
Crimini mushrooms, stemmed and quartered	1 lb.
Extra virgin olive oil	3 Tbsp.
Kosher salt	½ tsp.
Penne pasta, whole grain	½ lb.
Red pepper, roasted, peeled and diced	1 ea.
Kalamata olives, pitted and minced	6 ea.
Tomato, ripe, ½" dice	1 ea.
Cucumber, peeled and diced ¼"	1 cup
Sliced almonds, toasted	¾ cup
Mesclun greens	6 cups
Salmon fillets, 2 oz. portions	12 ea.
Olive oil	3 Tbsp.
Kosher salt	¼ tsp.

Method

1. *For the lentils:* Cover the lentils, onion, carrot, and celery with water in a medium saucepan and bring to a boil. Lower the heat and simmer until tender, but still a little firm, about 25 to 30 minutes. Remove from the heat and remove the vegetables.
2. *For the vinaigrette:* Mix the lemon juice, garlic, paprika, aleppo, and cumin in a mixing bowl until smooth. Whisk in the parsley, mint, and olive oil. Taste and add more lemon juice or vinegar if needed. Season with 1 teaspoon of kosher salt and ½ teaspoon pepper.

Add the minced preserved lemon and stir to combine. This makes about 2 cups of dressing; you will only need about $\frac{3}{4}$ cup for this recipe.

3. *For the roasted mushrooms:* Preheat an oven to 400°F. Toss the stemmed and quartered mushrooms in a large mixing bowl with the olive oil and kosher salt. Pour out onto a half sheet pan and roast in the oven for 15 to 25 minutes, stirring once or twice in order to develop a nice color on the mushrooms. Remove from the oven and set aside.
4. *For the pasta:* Bring a large pot of water to a boil; add the whole grain penne and cook until al dente, about 8 minutes. Drain, then rinse with hot water; set aside.
5. *For the salmon:* Sauté the salmon fillets in olive oil on medium heat until you have a nice color on one side; flip the fillets and turn off the heat. The salmon will finish cooking while you assemble the dish.
6. *To assemble the dish:* Drain the lentils and toss them while warm with the roasted mushrooms, penne pasta, roasted peppers, $\frac{1}{2}$ cup vinaigrette, minced olives, diced tomatoes, cucumbers, and $\frac{1}{2}$ cup of the toasted sliced almonds. Let the flavors marry for 1 hour.
7. Toss the mixed greens with $\frac{1}{4}$ cup dressing, and mound a small amount in each of the serving bowls.
8. Mound about $\frac{1}{2}$ cup of the lentils on top of the greens and top with the seared salmon. Drizzle 1 teaspoon of the remaining dressing onto each portion of the seared salmon.
9. Sprinkle with the remaining $\frac{1}{4}$ cup toasted sliced almonds and serve.

THE ULTIMATE COUSCOUS

Yield: 4 portions

Ingredients	Amounts
Carrots, medium, peeled, cut into 2 cm chunks	2 ea.
Parsnips, medium, peeled and cut into 2 cm chunks	2 ea.
Shallots, peeled	8 ea.
Cinnamon, sticks	2 ea.
Star anise	4 ea.
Bay leaves	3 ea.
Extra virgin olive oil	5 Tbsp.
Ginger, dry, ground	½ tsp.
Turmeric, ground	¼ tsp.
Paprika, hot	¼ tsp.
Chile flakes	¼ tsp.
Pumpkin or butternut squash, peeled and cut into 2 cm chunks	300 g
Apricots, dried, roughly chopped	75 g
Chickpeas, canned or freshly cooked	200 g
Chickpea liquid, from cooking and/or water	350 ml
Whole-wheat couscous	170 g
Saffron, threads	a pinch
Vegetable stock, boiling	260 ml
Butter, broken into pieces	20 g
Harissa paste	25 g
Preserved lemon skin, finely chopped	25 g
Coriander, leaves	30 g
Salt	to taste

Method

1. Preheat the oven to 190°C/gas mark 5.
2. Place the carrots, parsnips, and shallots in a large ovenproof dish. Add cinnamon sticks, star anise, bay leaves, 4 tablespoons of oil, ¾ teaspoon salt, and all the other spices; mixing well. Place the dish in the oven and cook for 15 minutes.
3. Remove the dish from the oven and add the pumpkin, stir to incorporate then return to the oven; cooking another 35 minutes or until the vegetables have softened while retaining a slight bite.
4. Add the dried apricots, chickpeas and the cooking liquid from the chickpeas. Return to the oven and cook an additional 10 minutes.
5. Approximately 15 minutes before the vegetables are ready, put the couscous in a large heatproof bowl with the remaining 1 tablespoon of olive oil, saffron, and ½ a teaspoon of salt. Pour the boiling stock over the couscous and cover with cling wrap; allow it to sit 10 minutes. Add butter to the couscous and fluff with a fork, cover again and hold warm.

6. *To serve:* Spoon couscous into a deep plate. Stir the harissa and preserved lemon skin into the vegetables and spoon on top of the couscous. Finish with coriander leaves.

Recipe credit: *Plenty*, by Yotam Ottolenghi (Ebury, 2010)

CARDAMOM-ROASTED CAULIFLOWER

Yield: 8 portions

Ingredients	Amounts
Extra-virgin olive oil plus extra for greasing baking dish	1/3 cup
Cardamom pods	3 ea.
Red chiles, dried (optional)	3 ea.
Coriander seeds	1 Tbsp.
Cumin seeds	1 tsp.
Peppercorns, whole	1/2 tsp.
Cauliflower, 2½ to 3 lb. head, cored and broken into medium florets	1 ea.
Red onion, medium, halved and thinly sliced	1 ea.
Kosher salt for sprinkling	to taste
Lemon, juice of	1 ea.

Method

1. Heat your oven to 425°F. Grease a baking dish with some of the olive oil and set aside.
2. Grind the cardamom, chiles, coriander, cumin and peppercorns in a coffee grinder or small food processor until fine. Mix the spices with the oil in a large bowl.
3. Add the cauliflower and onions and toss to coat. Transfer the vegetables to a baking dish and roast until they're tender, about 1 hour, stirring every 20 minutes. Sprinkle with salt and a squeeze of lemon.

Recipe credit: Suvir Saran, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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BROCCOLINI AND SWEET SESAME SALAD

Yield: 4 portions

Ingredients	Amounts
Broccolini, purple sprouting broccoli, or tenderstem broccoli	300 g
French beans	120 g
Snow peas	180 g
Almond oil	1 Tbsp.
Coriander leaves	20 g
Sesame seeds, toasted	3 Tbsp.
Nigella seeds	1 tsp.
<i>Sauce</i>	
Tahini paste	50 g
Water	40 ml
Garlic clove, small, crushed	1 ea.
Tamari soy sauce	½ tsp.
Honey	½ Tbsp.
Cider vinegar	¾ Tbsp.
Mirin	1 ½ Tbsp.
Salt	a pinch

Method

1. Start with the sauce. Whisk together all the ingredients in a bowl (reduce the amount of honey if you do not like it too rich). The sauce should be smooth and thick but with a pourable consistency, so adjust the amount of water as necessary. Taste and add more salt, if you like.
2. Trim off any leaves from the variety of broccoli you are using. If the stalks are thick cut them lengthways into two or four, so you are left with long and thinner stalks, similar in size to the French beans. Trim off the stalks ends of the beans and snow peas, keeping them separate.
3. Bring a medium pan of unsalted water to the boil, blanch the French beans for 3 to 5 minutes, or until just tender but still crunchy. Lift into a colander and refresh under running cold water; drain and dry well with a tea towel. In the same water blanch the snow peas for 2 minutes; refresh, drain, and dry. Repeat the process with the broccoli, blanching it for 2 to 3 minutes.
4. Mix all the vegetables together in a bowl with the oil. You can now serve the salad in two ways. For one, stir most of the coriander leaves and sesame and nigella seeds in with the vegetables and pile up on a serving dish; pour the sauce on top and finish with the remaining coriander and seeds. Alternatively, pile the vegetables on a serving plate, dotting with coriander leaves and sprinkling with seeds as you go; serve the sauce in a bowl on the side.

Recipe credit: *Plenty*, by Yotam Ottolenghi (Ebury, 2010)

HAOUARI'S ROASTED PEPPER SALAD

Yield: 6 to 8 portions

Ingredients	Amounts
Yellow bell peppers	2 ea.
Red bell peppers	2 ea.
Hot red chile peppers	2 ea.
Lemon juice	1 ea.
Garlic, peeled and chopped	1 hd.
Extra virgin olive oil	7 Tbsp.
Ground caraway	1 tsp.
Ground fennel seeds	1 tsp.
Salt	to taste
Black pepper, freshly ground	to taste
Black oil cured olives	3½ oz.
Preserved lemon, thin strips	
Anchovy strips (optional)	

Method

1. Grill the peppers. Place in a covered container to allow them to steam and so the peel can loosen. Remove the peel by scraping it away with a knife, remove seeds and cut into strips. Season with spices and garlic, toss with oil and lemon juice. Decorate with olives and strips of preserved lemon. Some versions of this salad add chopped tomatoes.

Note: Plates of roasted peppers are often on the appetizer table, but leave it to Haouari to add the Tunisian heat. Of course you may make this without the hot chiles and less garlic, but you'd be missing the touch that distinguishes this salad from pack. As in Italy and France, this pepper salad, sometimes called *feffa*, is garnished with strips of anchovy along with the olives.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference. Published with permission of the author. All rights reserved.

CHICKPEA SOUP WITH GREENS

ZUPPA DI CECI E VERDURE

Yield: 6 portions

Ingredients	Amounts
Chickpeas, canned	6 cups
Onions, large, diced	2 ea.
Garlic, minced	3 cloves
Garlic, whole	2 cloves
Pancetta or prosciutto	¼ lb.
Escarole, or Swiss chard, coarsely chopped into 1" wide pieces, washed well, drained	4 cups
Extra virgin olive oil	¼ cup
Pasta, small shells or macaroni, or farro	½ cup

Method

1. Drain and rinse the canned chickpeas.
2. Set aside about 1½ cups chickpeas. Purée the rest of the chickpeas in a blender along with some liquid. You may purée the pancetta or prosciutto along with the beans.
3. In a large sauce pan, heat olive oil over medium heat. Add the remaining onion and sauté over low heat for about 10 minutes. Add the minced garlic and cook for a minute or two. Add the escarole or chard. Stir until the greens wilt and are some what tender, about 10 to 15 minutes.
4. Combine the cooked greens, the reserved chickpeas, and the puréed soup base. Add water to thin if necessary. Adjust seasoning. The soup should be pretty peppery. You may not need much salt because of the pancetta or prosciutto. When reheating, stir often so the soup does not stick or scorch.
5. If adding pasta, cook it separately in a quart of salted water, until al dente. Drain and then add to the hot soup. Serve immediately.
6. Garnish with grated Parmesan or pecorino cheese and a generous drizzle of oil.

Recipe credit: Joyce Goldstein, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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PISTACHIO BISCOTTI

Yield: 6 dozen 3-inch cookies

Ingredients	Amounts
Pistachios, whole, skin on	2 cups
All-purpose flour, unbleached	20 oz.
Baking powder	1½ tsp.
Kosher salt	½ tsp.
Turbinado sugar	1 cup
Granulated sugar	½ cup
Orange zest, finely grated	¼ cup
Anise seeds, crushed	2 tsp.
Butter, unsalted, cut into pieces, well chilled	8 oz.
Eggs, large	4 ea.
Orange juice, fresh, strained	¼ cup
Vanilla extract, pure	1 tsp.
Almond extract, pure	¼ tsp.
<i>Glaze</i>	
Egg whites, beaten until slightly foamy	2 ea.
Turbinado sugar	6 Tbsp.

Method

1. *For the dough:* Position oven racks in the middle and top of the oven. Heat the oven to 350°F. Toast the pistachios on a baking sheet until the skins just start to crack, about 15 minutes. Spread them on a cutting board to cool. Roughly chop them (each nut should only be cut into two or three pieces; it is easier to chop them evenly if you work in small mounts). With an electric mixer fitted with the paddle attachment, combine the flour, baking powder, and salt. In a separate bowl, whisk together the turbinado sugar, granulated sugar, orange zest, and anise seeds until well combined. Add the mixture to the flour mixture; mix to combine. With the mixer on low speed, add the chilled butter, mixing until the pieces are the size of large peas. In a small bowl, whisk together the eggs, orange juice, vanilla extract, and almond extract, and add to the dough, mixing until just combined and being careful not to over mix. Add the pistachios and mix for a few seconds to blend. The dough will feel sticky. Let it rest for 15 to 30 minutes before shaping.
2. *For shaping the dough and the initial baking:* Line two large baking sheets with parchment. Cut the dough into quarters. Using as little flour as possible on your work surface, roll each quarter into a log that's 13 inches long and 1 ½ inches wide, working out the air pockets as you go. (If you are working ahead, wrap the logs in plastic and refrigerate them overnight.) Set the logs on the lined baking sheets, about 3 inches apart, patting the sides to straighten and smooth. Brush the tops and sides with the beaten egg whites and sprinkle the tops with 2 tablespoons of the turbinado sugar. Bake until golden brown and firm in the center, about 35 minutes, rotating the sheets and switching their positions to ensure even baking. Set the sheets on racks until the logs are cooled enough to handle and so the dough will not compress when you cut it, about 30 minutes.

3. *For baking a second time:* Reduce the oven to 300°F and line the baking sheets with fresh parchment, if needed. With a serrated knife, saw the logs into ½ inch thick slices, cutting crosswise. Lay the slices flat on the baking sheets. Brush the tops with more egg whites and sprinkle with another 2 tablespoons of the turbinado sugar. Bake about 15 minutes, rotating the baking sheets and switching their positions as needed. Turn the biscotti over. Brush again with the egg whites and sprinkle with the remaining 2 tablespoons turbinado sugar. Bake until both sides are a rich golden brown, another 10 to 15 minutes. Set the baking sheets on racks to let the cookies cool and crisp completely on the sheets. If stored airtight, the biscotti will keep for about 2 weeks.

Recipe credit: Kathleen Weber of Della Fattoria

OATMEAL RAISIN COOKIES

Ingredients	Amounts
Brown sugar	10 lb.
"0" trans shortening - EIE 133	8 lb.
Whole eggs	2½ lb.
Baking soda	4 oz.
Salt	3 oz.
Pumpkin pie spice or cinnamon	2 oz.
Milk powder	8 oz.
Oats	6 lb.
Cake flour	10½ lb.
or white whole grain flour	9.2 lb.
Water	3 lb.
Raisins	3 lb.

Method

1. Cream sugar and shortening for 2 minutes.
2. Cream in eggs for 1 minute.
3. Add all ingredients except for raisins.
4. Add raisins and blend in.
5. Bake at 360-370°F for approximately 14 to 15 minutes.

Note: Most formulas should work without adding or subtracting flour or shortening. If white whole grain flour is used, eggs can be increased by a small percentage to increase the moisture. Also, if using white whole grain flour, decrease the amount of flour by .125% or 9.2 lb. If you want to add more spread no the cookie, increase the sugar by a small percentage and/or flatten the cookie before baking. Also for more spread and increased shelf life, replace 5% or a small percentage of sugar with invert sugar.

Recipe credit: Bunge Oils, as presented at the 2011 Healthy Flavors, Healthy Kids conference.
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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 leaves	20 ea.
Water	3/4 gal.
Ice	1/4 gal.

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.

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