

MACFARLANE PARK ELEMENTARY

HEALTHY RECIPE COOKBOOK - 2013

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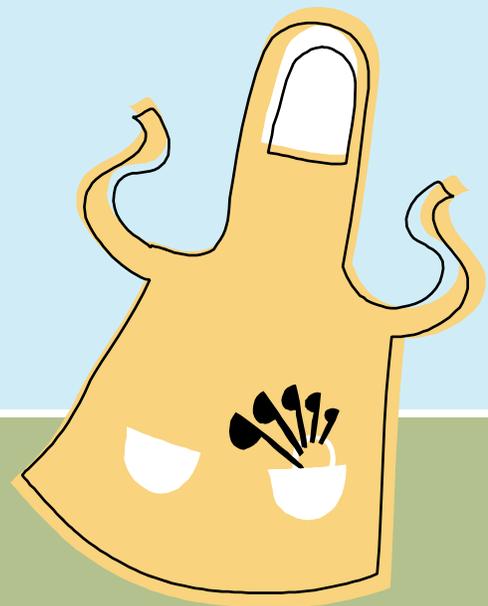
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This is the 1st edition of the MacFarlane Park IB Healthy Recipe Cookbook.

Thank you to all of the students and parents that contributed recipes. This cookbook would not be possible without their involvement.

We hope that our MacFarlane students and families try some of these delicious recipes at home. We challenge you to make healthy food choices.

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AMAZING & SIMPLE GREEN SMOOTHIE

By Madeline and Lucy Frank

Ingredients

- 1 c. filtered water
- 1 c. spinach
- ½ c. frozen apple
- ½ c. frozen mango
- 1 banana

Directions

Blend all ingredients with a powerful blender and enjoy. You can substitute fruit for 1 c. of any high fiber, nutrient filled fruit like berries. You can also substitute the spinach with any other leafy green like kale.

BREAKFAST SMOOTHIE

By Maddox Cowart

Ingredients

- Orange juice
- ½ c. yogurt
- Blackberries
- Cherries
- Frozen bananas

Directions

Mix all of the ingredients in a blender and enjoy.

MANGO, CANTELOUPE & ORANGE SMOOTHIE

By Ella

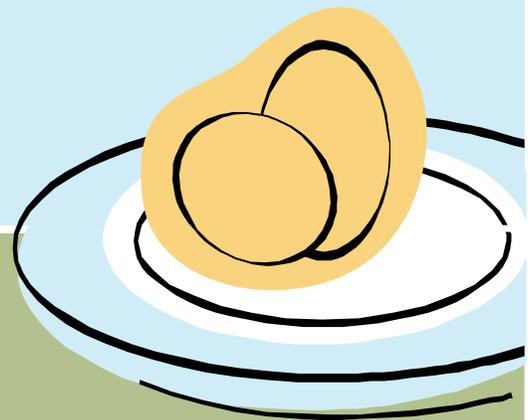
Ingredients

- 1 mango – halved, peeled & seeded
- ½ of a small cantaloupe – peeled, seeded & cut into 2 equal portions
- 5 peeled oranges
- 3 tbsp. natural yogurt

Directions

1. Process mango, cantaloupe and oranges in blender.
2. Pour into large bowl and whisk in yogurt
3. Serve immediately and enjoy

**SMOOTHIES
&
BREAKFAST**



PEACH, STRAWBERRY & BANANA SMOOTHIE

By Sydney Hall

Ingredients

- Ice
- Peaches
- Banana
- Strawberries
- Apple juice

Directions

Put all ingredients in a blender. Blend it until it is smooth. Then pour in a cup and enjoy.

BANANA SHAKE

By Gia Gholson

Ingredients

- 1 frozen banana (slightly thawed)
- ½ c. – ¾ c. milk or almond milk
- ¼ tsp. stevia

Directions

Place banana, milk and stevia in blender. Blend until smooth and creamy. Add more milk if too chunky. Add more frozen banana if too liquidy. Could substitute frozen strawberries for the banana to have a strawberry shake.

CITRUS BERRY BREAKFAST SMOOTHIE

By Hannah Carlson

Ingredients

- 1 ¼ c. fresh berries
- ¾ c. low fat plain yogurt
- ½ c. orange juice
- 2 tbsp. nonfat dry milk
- 1 tsp. toasted wheat germ
- 1 tbsp. honey
- ½ tsp. vanilla extract

Directions

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth. Enjoy.

Makes 2 cups.

YOGURT PARFAIT

By Jack Bernstein & Tilden

Ingredients

- 2 c. vanilla yogurt
- ½ c. strawberries
- ¼ c. granola
- ¼ c. blueberries

Directions

Cut strawberries. Place granola, strawberries, blueberries and yogurt into blender and blend until smooth.

SMOOTHIES & BREAKFAST

OATMEAL BANANA BREAKFAST MUFFINS

By Kevin Trujillo

Ingredients

- 2 ½ c. old fashioned oats
- 1 c. plain low fat Greek yogurt
- 2 eggs
- ¾ c. sugar
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- 2 ripe bananas

Directions

Preheat oven to 400 degrees.
 Spray muffin tin with non-stick cooking spray. Line with muffin liners. Place all of the ingredients, including bananas, in a blender or food processor and blend until oats are smooth. Divide batter among muffin liners and bake for 15-20 minutes or until toothpick comes out clean.

SAUSAGE AND CHEESE BREAKFAST CUPS

By Camila Canaver

Ingredients

- 4 oz. turkey sausage or crumbled turkey bacon
- ½ c. chopped colored peppers
- ¼ c. chopped onion
- 5 large eggs
- ½ c. shredded reduced-fat cheddar cheese

Directions

Preheat oven to 350 degrees.
 Coast a 6-cup muffin tin with non-stick cooking spray. In a medium non-stick skillet over medium heat, cook sausage, pepper and onions for 5 minutes or until sausage is no longer pink. Spoon the mixture into a bowl and cool slightly. Stir in the eggs. Evenly divide the mixture among the prepared muffin cups. Sprinkle with cheese. Bake for 20 minutes or until egg is set.

BANANA ZUCCHINI BREAD

By Aden Knowles

Ingredients

- 4 eggs
- 2 c. sugar
- 1 c. vegetable oil (or substitute with applesauce)
- 1 c. mashed banana
- 1 ½ c. whole wheat flour
- 1 ½ c. all-purpose flour
- 1 ¾ tsp. baking powder
- 1 ½ tsp. baking soda
- 1 tsp. ground cinnamon
- 1 tsp. salt
- 1 ½ c. shredded unpeeled zucchini

Directions

Grease 2 9x5" loaf pans and preheat the oven to 350 degrees.

In a bowl, beat eggs. Blend in sugar and applesauce (or oil). Add bananas and mix well. Stir in zucchini until combined.

In a separate bowl, combine flour, baking powder, baking soda, cinnamon, and salt. Then stir dry ingredients into egg mixture. Pour mixture into loaf pans and bake at 50 minutes or until a toothpick comes out clean.

*Can add chocolate chips if you like.

SMOOTHIES & BREAKFAST

MOM'S CHICKEN NUGGETS

By Benjamin Barack

Ingredients

- 2 eggs or egg whites
- 1 lb. boneless, skinless chicken tenderloins
- 1 - 2c. matzo meal
- Canola oil
- Kosher salt to taste

Directions

Dredge chicken in egg and then in matzo meal. Sauté chicken in the canola or other heart healthy oil. Serve with Greek yogurt and lemon juice whisked together. Or serve with ketchup.

CHIPOTLE CHICKEN TOSTADAS

By Xochitl Martinez

Ingredients

- 1 small can chipotle
- 1 minced garlic clove
- 1 chopped onion
- 2 big tomatoes - cubed
- 2 chicken breasts
- 1 package of tostadas

Directions

Cook chicken breast until tender with garlic and salt. Let cool for a few minutes and then shred into pieces. Blend chipotles for 2 minutes. Sauté chopped onion and tomatoes in a pan using heart healthy oil. Add chipotle sauce and additional salt if desired. Cook for 4 minutes. Get a tostada and put chipotle chicken inside and enjoy.

*Chipotle peppers are very hot so only use as much as you want.

QUICK MARINADE FOR CHICKEN OR BEEF

By Petra De Jenzano

Ingredients

- ½ lb. skinless, boneless chicken breast
- 2 tbsp. olive oil
- 1 tbsp. lime juice
- 1-2 minced garlic cloves
- ½ tsp. chile powder
- ½ tsp. cumin
- ½ tsp. black pepper
- ½ tsp. salt
- ½ tsp hot pepper flakes (optional)

Directions

Place all ingredients in a plastic bag, blending all ingredients. Put chicken or meat in marinade and let sit in marinade.

Cook meat as desired.

LUNCH
&
DINNER



CHICKEN SOUP

By Danica DeJenzano

Ingredients

- 6 tbsp. organic better than bouillon chicken base
- 2 ½ q. water
- 3 carrots - sliced
- 3 celery stalks - sliced
- 1 lb. skinless, boneless chicken breast
- 1 c. frozen organic shelled edamame
- 3 tbsp. fresh parsley
- Pasta or egg noodles
- Salt and pepper to taste

Directions

Add chicken base and water to a large pot. Cut chicken breast into small pieces and add to the pot. Bring to a boil and cook for 25 minutes. Check chicken to make sure it is cooked then add all other ingredients. Cook for another 10 minutes. In a separate pot cook pasta or egg noodles according to package directions. Put small amount of pasta in each serving bowl and cover with soup. Sprinkle with parmesan cheese to serve.

You can also add a few cloves of garlic or a ginger root to the broth for added flavor.

MINI VEGGIE PIZZAS

By Amira M. Souik

Ingredients

- English muffins
- Pizza sauce
- Scallions
- Green pepper
- Mushrooms
- Shredded mozzarella cheese
- Non-stick cooking spray

Directions

Spray a cookie sheet with non-stick cooking spray. Put English muffins on the cookie sheet and cook in the oven for 5 minutes until toasted. Then spread a little bit of sauce, cheese and assorted veggies on each English muffin. Cook for 7-10 minutes.

VEGETABLE ENGLISH MUFFIN PIZZAS

By Olivia Beckelheimer

Ingredients

- 4 whole wheat English muffins, split and toasted
- 1/3 c. of pizza sauce
- 1 c. fresh mushroom slices
- ¼ c. chopped green peppers
- 1 c. low fat shredded mozzarella cheese
- 1 tbsp. reduced fat parmesan cheese

Directions

Heat broiler.

Spread muffin halves with pizza sauce and top with remaining ingredients. Broil 6 inches from heat for 3 to 4 minutes or until cheese is melted.

**LUNCH
&
DINNER**

GRILLED APPLE & GORGONZOLA SANDWICH

By Gavin Johnsten

Ingredients

- 1 pkg. reduced fat cream cheese
- 4 oz. gorgonzola cheese
- 1 tbsp. honey
- 1 apple, thinly sliced
- Arugula
- Whole grain bread
- Roasted chopped walnuts (optional)
- Ground pepper

Directions

Combine cream cheese, gorgonzola, and honey in a bowl. Season with pepper. Add walnuts. Spread mixture on bread and then add apple slices with a handful of arugula. Grill on the griddle or pan.

OAT AND VEGETABLE PANCAKES

By Srijan & Nivedan Dharmavaram

Ingredients

- 1 cup Quaker oats
- 1 small onion
- 1 small carrot
- 8 green beans
- 1 green chile (optional)
- ¼ c. fresh cilantro
- 1 tsp canola oil
- Salt and pepper to taste

Directions

1. Soak oats in 2 cups of water for 10-15 minutes.
2. Grate carrots and chop all other vegetables finely.
3. Remove water and coarsely grind soaked oats into a thick batter, adjust water to make desired consistency.
4. Pour batter into bowl then add all chopped vegetables and salt. Mix well.
5. Heat a non-stick griddle on medium heat, once the griddle is heated, spray few drops of oil and pour one ladle full of batter and spread lightly with back of ladle. Cook for 5 minutes on each side.
6. Enjoy hot pancakes with peanut chutney (see below)

PEANUT CHUTNEY

By Srijan & Nivedan Dharmavaram

Ingredients

- 2 c. roasted peanuts
- ½ c. onion - cubed
- ½ tomato - cubed
- 1 or 2 green chiles
- ¼ c. fresh cilantro - chopped
- 1 tsp. canola oil
- Salt and pepper to choice

Directions

1. Heat oil in a pan. Add green chiles and onion and sauté until lightly browned. Remove and transfer to a plate. In the same pan, sauté tomatoes until browned. Transfer to plate and allow all veggies to cool.
2. In a wet grinder combine all of the ingredients along with the veggies and water grind them into a coarse paste. Adjust water to get desired consistency. Transfer to a bowl and keep refrigerated. Consume within 1-2 days.

LUNCH
&
DINNER

SPAGHETTI

By Alexis Pink

Ingredients

- 1 can of spaghetti sauce
- 1 lb. ground turkey
- 1 package spaghetti

Directions

Brown the turkey in a pan. Add in spaghetti sauce. Let the sauce thicken. Cook spaghetti according to package instructions. Mix spaghetti sauce and spaghetti together.

STEAMED CLAMS WITH WHITE WINE AND TOMATOES

By Grant Benati

Ingredients

- 4 (½" thick) slices of French baguette
- 1 ½ c. dry white wine
- ½ c. fat-free, lower sodium chicken broth
- ¼ tsp. ground black pepper
- 1 14.5 oz can diced tomatoes (undrained)
- 1 tsp. olive oil
- ½ c. chopped onion
- 1 tsp. chopped fresh oregano
- 1 tsp. chopped fresh rosemary
- 1 tsp. chopped fresh thyme
- 48 (3lb.) little neck clams in shells, scrubbed
- 1 tsp. fresh parsley
- Salt and pepper to taste

Directions

Preheat broiler.

Arrange baguette slices on a baking sheet and broil 5 inches from heat about 2 minutes or until toasted.

Combine white wine and next 3 ingredients (through tomatoes) in a microwave-safe bowl. Microwave at HIGH 1 minute. Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion and next 3 ingredients (through thyme); sauté 2 minutes. Add wine mixture to pan; bring to a boil. Stir in clams; cover and cook 5 minutes or until clams open. Discard any unopened shells. Top with parsley, and serve with toasted baguette.

LUNCH
&
DINNER

COWBOY CAVIER

By Aubrey Braum

Ingredients

- 1 can of each of the following: black beans, black-eyed peas and corn. Drained.
- 1 c. chopped celery
- Quartered cherry tomatoes
- Diced - red onion, red/orange/ yellow peppers, cucumber
- 8 oz. Italian dressing

Directions

Place all ingredients in a bowl. Pour dressing in and stir. Chill for 2 hours and serve with whole wheat tortilla chips.

SWIMMING FISH

By Sergio Gironas

Ingredients

- Handful of pretzel-style "goldfish" crackers
- 2 tbsp. peanut butter
- Honey

Directions

Put peanut butter on a plate. Drizzle with honey. Grab goldfish and dip into peanut butter mixture.

FRUITY CIRCLES

By Faith Wiggins

Ingredients

- Orange slices
- Pizza dough
- Raspberry Jam
- Raspberries
- Mint leaves

Directions

Rollout pizza dough then shape it into a circle. Rub the jam on the dough. Place the orange slices and raspberries around the dough. Sprinkle with mint leaves. Put in oven to bake as long as needed to cook dough.

SNACKS & SALADS



CARROT TSIMMES

By Harrison Tannenbaum

Ingredients

- 1 lb. carrots
- 1 8 oz. can crushed pineapple
- ½ c. water
- ½ c. orange juice
- ½ tsp. salt
- ½ tsp. ground ginger
- 6 oz. pitted prunes

Directions

Peel carrots. Cook carrots in boiling salted water for 20 minutes. Slice carrots into round circles. Mix them with crushed pineapple, water, orange juice, ginger, salt and prunes. Simmer covered on top of stove for 15 minutes.

GRANOLA BARS

By Anna Harris

Ingredients

- 2 c. brown rice crisp cereal
- 2 c. whole oats
- 1/3 c wheat germ
- ½ c. sunflower seeds
- ¼ c. flax seed or meal
- 2 c. dried fruit
- ½ c. brown rice syrup
- ¼ c. honey
- 1/8 c. raw sugar
- 2 tsp. vanilla
- ½ tsp. cinnamon
- Pinch of salt

Directions

Mix rice cereal, oats, wheat germ, sunflower seeds and flax then toast on sheet pan at 350 degrees for 20 minutes. Stirring occasionally. Meanwhile, in a saucepan, add brown rice syrup, honey and raw sugar and bring to a boil stirring to dissolve sugar. Remove from heat and add vanilla and cinnamon. Add chopped dried fruit to cereal mixture and then pour cereal/fruit mixture into saucepan and mix well. Coat 9" x 13" pan with cooking spray and spray hands. Spread and press mixture with your hands into pan. Chill until firm, and cut into bars.

FRUIT SALAD

By Abby Pointer

Ingredients

- 1 c. diced oranges
- 1 c. diced pineapple
- 1 c. diced apples
- 1 c. sliced grapes
- 1 c. diced melon
- Fresh squeezed lemon juice

Directions

Combine cut fruit and add ¼ c. lemon juice.

SNACKS & SALADS

INDONESIA FRUIT SALAD

By Pearlyana

Ingredients

- Sliced fruit – pineapple, green mangos, red apple, starfruit
- Fried tofu slices
- ½ c. roasted peanuts
- 1 c. coconut sugar – warmed to soften
- 3 tbsp. roasted garlic
- Tamarind juice
- Pinch of salt

Directions

In a mortar, place salt, tamarind juice, coconut sugar and add a small amount of water at a time and continue until you reach desired consistency. Add garlic and peanuts to mortar and pound/grind until done. Serve sauce with sliced fruits.

*If you do not have a mortar, you can use a food processor.

KALE CHIPS

By Mia Daniels

Ingredients

- 1 bunch curly kale
 - Extra virgin olive oil
 - 1 or 2 tsp. seasoned salt
- Seasoned Salt can be made by mixing ½ c. salt, ¼ c. black pepper and ¼ c. garlic powder.

Directions

Remove the hard stems from the kale. Tear the kale into bite sized pieces. Wash and dry the kale. Drizzle with olive oil and season with salt. Bake until the edges are brown and feel crispy – approx. 15 to 20 minutes.

**SNACKS
&
SALADS**

FRUIT CONFETTI

By Shree Sanghani

Ingredients

- 1 pint of strawberries
- ½ c. pineapple
- 2 sliced bananas
- 1 pint of berries
- ½ diced cantaloupe
- Whipped cream, hot fudge and sprinkles

Directions

Mix all of the fruit together into a large bowl. Top with whipped cream, hot fudge and sprinkles and you enjoy your fruit confetti.

NO BAKE COOKIES

By Alin Gupta

Ingredients

- 2 c. sugar
- 4 tbsp. cocoa
- 1 stick of butter
- ½ c. milk
- 1 c. peanut butter
- 1 tbsp. vanilla
- 3 c. oatmeal

Directions

In a saucepan bring sugar, cocoa, butter and milk to a boil. Let mixture boil for 1 minute, then add peanut butter, vanilla and oatmeal. Remove from heat then drop by spoonfuls onto waxed paper. Cool and then enjoy.

DESSERT SMOOTHIE

By Siya Sanghani

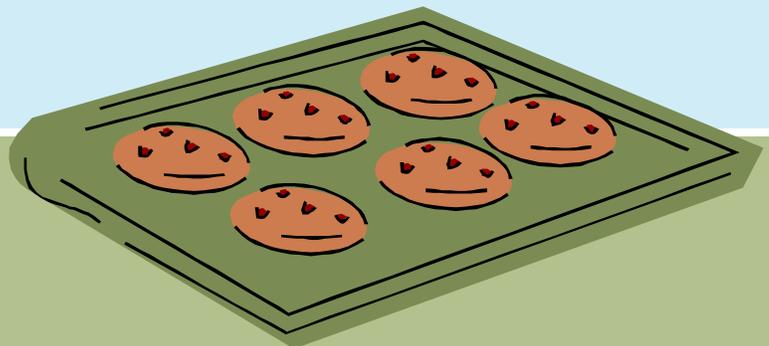
Ingredients

- Sugar
- Blueberries
- Strawberries
- Milk
- Vanilla ice-cream
- M&Ms
- Chocolate syrup
-

Directions

In a blender, mix strawberries, blueberries, milk, vanilla, ice-cream and m&ms. Pour in 1 tsp. of chocolate syrup. Pour and enjoy.

DESSERTS



ITSY BITSY WILD BANANA BITES

By Mrs. Hutchinson	
Ingredients - cupcakes	Directions
<ul style="list-style-type: none">• 1 box yellow cake mix• 2 small bananas• 2 tbsp. sour cream	Take a mini-cupcake pan and line with cupcake liners. Prepare cake mix based on the box instructions. Take the two bananas and sour cream and mash up in food processor. Add the mixture to the cake batter. Place batter in cupcake cups then bake according to instructions on cake box. For the frosting, combine the cream cheese, milk, confectioners' sugar, and dash of vanilla flavoring in a food processor. Then gently fold in the creamed bananas. Allow cupcakes to cool, and then frost.
Ingredients - frosting	
<ul style="list-style-type: none">• 1 8 oz. pkg. cream cheese• 3 c. confectioners' sugar• 5 to 6 tbsp. milk• ½ c. creamed bananas• Dash of vanilla flavoring	

DESSERTS

