

Garden Kitchen Recipe Student Pages

Students are more likely to eat more vegetables if they have more opportunities to taste and experience them. As a part of a full *Learn, Grow, Eat & Go!* unit of study, your students will evaluate a fresh sample of a vegetable and, soon after that, take part in a recipe demonstration that includes that vegetable as an ingredient.

In this section are 10 Garden Kitchen recipes that use the 12 nutrient-dense vegetables featured in this curriculum. Ideally, these recipes would be a part of two food exposures planned for your students and led by partners (such as your local county Extension staff, volunteers or campus food service staff) or school volunteers (such as room parents or the PTO/PTA).

See "Food Tastings and Recipe Demos with Your Kids" (pages 132–137) for more information on how to use partners and volunteers to lead suc-

cessful food sampling and recipe demos with students.

These student pages include both the recipe and questions that gauge the students' comprehension, understanding of measurement, and ability to make basic calculations and find data from tables/charts. Give the students a copy of the *Veggie Research Data* chart on pages 50–53 to complete their work.

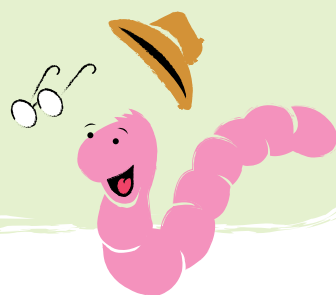
These pages can be used during or after the recipe demonstration and could be graded (see the answer key at the Teacher Resources section of www.jmgkids.us/LGEG). Soon after the recipe demonstrations, send these pages home with the students. They will enable the students to easily share their Garden Kitchen experiences and potentially help prepare the recipe at home.

Garden Kitchen Recipe

- A. Cinnamon Carrot Crunch
- B. Red Leaf Lettuce and Strawberry Salad
- C. Spinach Quesadillas
- D. Bok Choy Noodle Crisp
- E. Garden Skillet Sizzle
- F. Mint Sugar Snap Peas
- G. Grape Tomato and Cilantro Salad
- H. Easy Cauliflower and Broccoli
- I. Sunflower Spinach Chard Power Salad
- J. Cheesy Broccoli & Ranch Smashed Potatoes

Featured vegetable ingredient(s)

- Carrots
- Red leaf lettuce
- Spinach
- Bok choy
- Bell peppers, squash
- Sugar snap peas
- Tomatoes
- Broccoli, cauliflower
- Spinach, swiss chard
- Broccoli, potatoes



A. Cinnamon Carrot Crunch



Prep time: 15 minutes
Serves: 12
Serving Size: 1/4 cup

Utensils needed
 Peeler
 Knife
 Cutting board
 Large mixing bowl
 Measuring spoons
 Measuring cup
 Mixing spoon

Ingredients

- 4 medium carrots, grated
- 2 medium apples, chopped
- 1 celery rib, chopped
- 1 tablespoon of lemon juice
- 3/4 cup of raisins (soak them overnight in 1 cup of water in the refrigerator)
- 3/4 cup of vanilla yogurt
- 1 teaspoon of cinnamon

Directions

1. Wash your hands and clean your cooking area.
2. Wash the carrots, apples, and celery.
3. With a knife or peeler, peel the carrots.
4. Chop the carrots, apples, and celery, and place them in large mixing bowl.
5. Add the lemon juice, raisins, yogurt, and cinnamon to the bowl of chopped carrots, apples, and celery.
6. Stir them until they are coated evenly.
7. Chill the salad before serving it.

Nutrition Facts

Serving Size 1/4 cup
 Servings Per Container 12

Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 1g	
Vitamin A 70%	• Vitamin C 6%
Calcium 4%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

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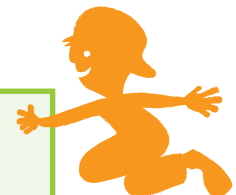
Kitchen math and Science

1. Carrots are a great source of what vitamin? Vitamin _____
2. On average, how many pounds of carrots does a person eat each year? _____ (Hint: Use your *Veggie Mania Research Chart*)
3. In 5 years, how many pounds of carrots does the average person eat? _____

Show your work here:

4. How many cups does 1 stalk of chopped celery fit into? _____
5. Circle the bigger measure:
 teaspoon tablespoon

How the children can help: Wash the produce, peel the carrots, measure the ingredients, and stir the salad



A. Crocante de Canela y Zanahoria



Tiempo de preparación: 15 minutos

Raciones: 12

Tamaño de la ración:
1/4 taza

Utensilios necesarios

Pelador de verduras

Cuchillo

Tabla de cortar

Tazón grande para mezclar

Cucharas medidoras

Taza medidora

Cuchara de mezclar

Ingredientes

4 zanahorias medianas, ralladas

2 manzanas medianas, picadas

1 tallo de apio, picado

1 cucharada de jugo de limón

3/4 taza de pasas (dejar en remojo durante la noche en 1 taza de agua en el refrigerador)

3/4 taza de yogur de vainilla

1 cucharadita de canela

Directions

1. Lave sus manos y limpie su área de cocina.
2. Lave las zanahorias, las manzanas y el apio.
3. Con un cuchillo o pelador, pele las zanahorias.
4. Corte las zanahorias, manzanas y apio, y colóquelos en un tazón grande de mezclar.
5. Agregue el jugo de limón, las pasas, el yogurt y la canela a la taza de zanahorias picadas, las manzanas y el apio.
6. Revuelva hasta que estén bañados uniformemente.
7. Enfríe la ensalada antes de servir.

Datos de Nutrición

Tamaño de Ración 1/4 taza
Raciones por Envase 12

Cantidad por Ración

Calorías 70 Calorías de Grasa 0

% Valor Diario*

Grasa Total 0g 0%

Grasa Saturada 0g 0%

Grasa Trans 0g

Colesterol 0mg 0%

Sodio 30mg 1%

Carbohidrato Total 17g 6%

Fibra Dietética 2g 8%

Azúcares 14g

Proteína 1g

Vitamina A 70% • Vitamina C 6%

Calcio 4% • Hierro 2%

*Los porcentajes de valor diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

	Calorías :	2,000	2,500
Grasa Total	Menos de	65g	80g
Grasa Saturada	Menos de	20g	25g
Colesterol	Menos de	300mg	300mg
Sodio	Menos de	2,400mg	2,400mg
Carbohidrato Total		300g	375g
Fibra Dietética		25g	30g

Calorías por gramo:

Grasa 9 • Carbohidrato 4 • Proteína 4

Matemáticas en la Cocina y ciencia

1. ¿Las zanahorias son una gran fuente de cuál vitamina?

2. En promedio, ¿cuántas libras de zanahorias come una persona cada año? _____ (Sugerencia: Use su Gráfico de Verdura-Manía)
3. En 5 años, ¿cuántas libras de zanahorias come la persona promedio? ? _____

Muestre su trabajo aquí:

4. ¿En cuántas tazas cabe 1 tallo de apio picado? _____

5. Circule la medida más grande: :

cucharadita

cucharada

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Cómo los niños pueden ayudar: Lavar el producto, pelar las zanahorias, medir los ingredientes y revolver la ensalada

