



**BONUS
RECIPE
SECTION**

How to...

Simple, fun recipes to try

From breakfast to lunch, plus snacks and treats, these dishes are easy to make before or after school.



WOW!
The world's largest smoothie—more than 1,064 gallons—was made in the Netherlands in 2017.

TROPICAL FRUIT SMOOTHIE BOWL

Ingredients

- 2 bananas, peeled, chopped, and frozen
- 1 cup chopped fresh pineapple
- ¼ cup unsweetened coconut milk
- ½ cup whole-milk Greek yogurt
- Chopped kiwi and/or mango for topping
- Unsweetened flaked coconut, toasted, for topping

Instructions

1. Combine the banana, pineapple, coconut milk, and yogurt in a blender and purée until smooth.
2. Pour the smoothie mixture into two bowls and top with the kiwi, mango, and toasted coconut. Serves 2.

RASPBERRY OAT YOGURT MUFFINS

Ingredients

- ¾ cup old-fashioned oats
- ½ cup milk
- 1 large egg, beaten
- 1 cup brown sugar
- ½ cup whole-milk Greek yogurt
- ¼ cup vegetable oil
- 1 teaspoon vanilla
- 2 cups flour, plus 1 tablespoon
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 10 ounces raspberries, washed and patted dry

Instructions

1. Heat oven to 375° F. Generously coat a 12-cup muffin pan with nonstick cooking spray or line the pan with paper baking cups.
2. Combine the oats and milk in a medium bowl and let sit 15 minutes to allow the oats to soak



3. In a separate bowl, whisk 2 cups of flour, baking powder, baking soda, cinnamon, and salt. Fold the wet ingredients into the dry ingredients until just combined. Do not overmix.

4. Gently toss the raspberries with the remaining 1 tablespoon flour to coat, then fold into batter.
5. Divide the batter among muffin cups and bake for 20 to 25 minutes, or until puffed and golden brown. Let cool for 15 minutes, then remove to a rack to cool completely. Makes 12 muffins.



EGG AND POTATO POCKETS

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 cup finely chopped red or white baby potatoes
- Salt and freshly ground pepper
- 1 cup baby spinach, roughly chopped
- 4 eggs
- 1 tablespoon cream or milk, plus more for brushing on top of the pastry
- 3 ounces shredded or finely chopped cheddar cheese
- 13-ounce package refrigerated puff pastry dough, such as Jus-Rol

Instructions

1. Heat oven to 375° F. Heat the olive oil in a large nonstick skillet over medium-high. Add the potatoes and season generously with salt and pepper. Cook the potatoes, stirring occasionally, until tender and golden brown, about 8 minutes. Stir in the baby spinach and cook until wilted, about 1 minute.
2. Meanwhile, in a medium bowl, whisk the eggs with the cream until combined. Add the egg mixture to the pan and cook, stirring and breaking up the eggs, until they are just set. Remove from heat and let cool slightly. Season to taste with salt and pepper.
3. Cut the pastry dough into 4 rectangles roughly 5-by-7-inches in size and arrange on a parchment-lined baking sheet.
4. Spoon ¼ of egg and veggie mixture onto half of each pastry rectangle and top with a portion of the cheese. Gently fold the dough over the egg mixture and pinch the seams together with the tines of a fork.
5. Brush the top of each pocket with a bit of cream or milk and use a knife to poke a hole in the center of the dough.
6. Bake pockets for 15 minutes, or until the crust is golden and puffed. Makes 4 pockets.



A BITE OF HISTORY

The first known recipe using puff pastry is from a Spanish cookbook in 1607.

WARNING!

Ask an adult's permission before using a knife, stove, oven, blender, or food processor for any recipes on these pages.



PROTEIN PASTA SALAD

Ingredients

- 1 pound box pasta (cavatappi, or any short pasta shape)
- 1 ripe avocado
- ½ cup mayonnaise
- 2 tablespoons lemon juice
- 2 Persian cucumbers, halved lengthwise and cut into half moons
- 6 to 8 mini sweet peppers, seeded and chopped
- 15.5-ounce can butter beans, drained and rinsed
- 4 hard-boiled eggs, roughly chopped

Instructions

1. Cook pasta according to package directions, then drain and rinse the noodles under cold water to cool.
2. Meanwhile, combine the avocado, mayonnaise, and lemon juice in a food processor or blender and pulse until it is a smooth dressing.
3. Toss the cooled pasta with the cucumbers, peppers, beans, eggs, and avocado dressing. Season to taste with salt and pepper. Serves 6 to 8.



How to...

PROSCIUTTO AND PLUM GRILLED CHEESE

Ingredients

- 4 slices crusty Italian-style bread
- 4 teaspoons mayonnaise
- 2 to 3 slices Havarti cheese
- 4 slices prosciutto
- 1 ripe plum, pitted and thinly sliced
- 2 ounces fresh mozzarella cheese

Instructions

1. Spread one side of each slice of bread with a teaspoon of mayonnaise. Place 2 pieces of the bread, mayonnaise-side down, in a large skillet.
2. Divide the Havarti cheese among the two slices, tearing it to fit on the bread. Place 2 pieces of prosciutto over the cheese, then arrange the plum slices on top. Dot the plums with small torn pieces of fresh mozzarella and top off the sandwiches with the remaining bread, mayonnaise-side up.
3. Set the skillet over medium-low heat and slowly cook the sandwiches, carefully flipping them once when the bottom bread is golden brown.



Tip: You may be tempted to increase the heat to speed things up, but the slower cooking will allow the cheese to melt and bread to toast at the same rate and will result in a superior sandwich. Makes 2 sandwiches.

GLOBAL APPEAL
There are more than 2,000 types of cheese produced around the world.



BRIGHTEN-YOUR-DAY BEET DIP

Ingredients

- ½ cup walnuts
- 1 clove garlic
- 3 small raw beets, peeled and roughly chopped
- ½ cup whole-milk Greek yogurt
- 1 tablespoon lemon juice
- 2 tablespoons extra-virgin olive oil
- Fresh chopped mint, for topping
- Pita bread, for serving

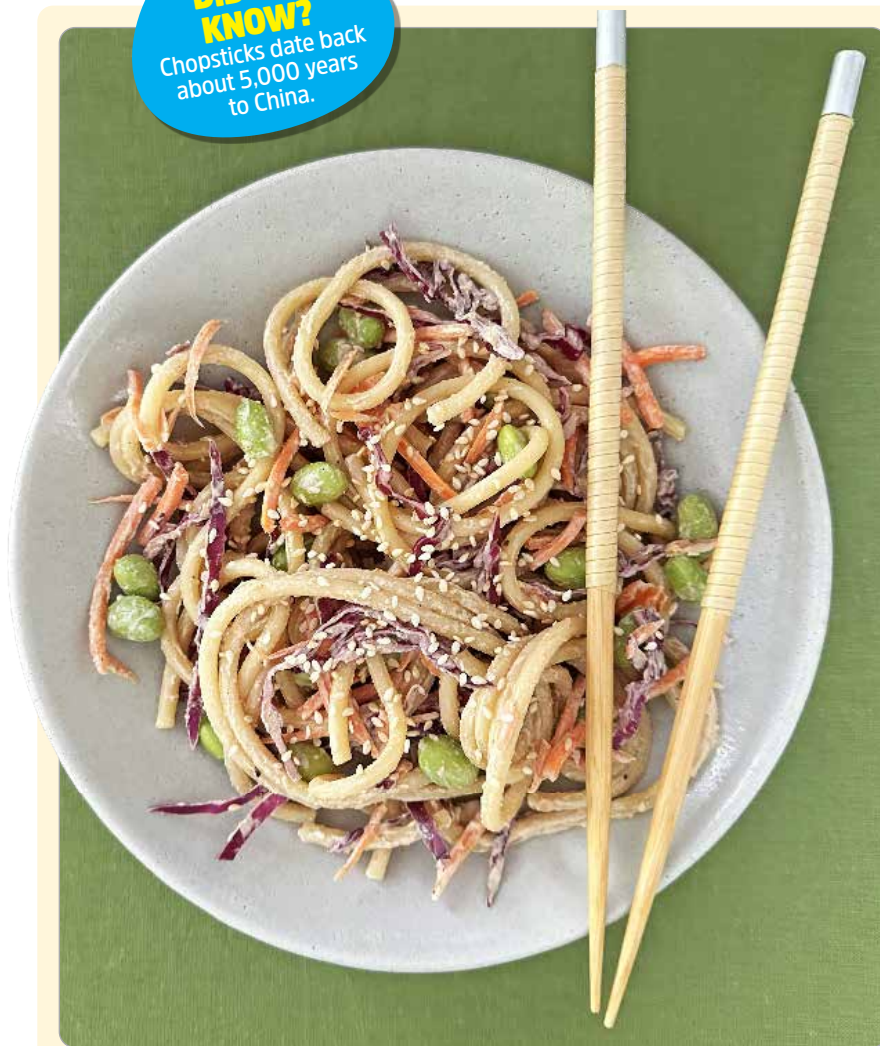
Instructions

1. Toast the walnuts in a dry skillet until fragrant, watching them carefully and stirring often to avoid burning. Remove toasted walnuts from the pan and let cool 5 minutes.
2. Finely chop a few of the toasted walnuts. Set aside for topping.
3. Combine the cooled toasted walnuts and garlic clove in the bowl of a food processor and pulse to finely chop. Add the beets and pulse until the beets are the consistency of coarse sand. Add the yogurt and lemon juice and puree until mostly smooth. With the machine running, pour the olive oil through the feed tube. Season the beet dip with salt and pepper, to taste.
4. Transfer to a serving bowl and top with chopped mint and the reserved chopped walnuts. Serve with sliced pita bread for dipping. Makes about 1 cup.



DID YOU KNOW?

Chopsticks date back about 5,000 years to China.



COLD SESAME NOODLES

Ingredients

FOR THE SAUCE:

- 1 clove garlic
- ½ cup tahini
- 1 tablespoon creamy peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons toasted sesame oil
- ½ cup hot water

FOR THE NOODLES:

- 8 ounces bucatini or spaghetti pasta
- 1 cup shredded purple cabbage
- 1 cup shredded carrots
- 1 cup cooked edamame
- Toasted sesame seeds, for topping

Instructions

1. Prepare the sauce: Combine the garlic, tahini, peanut butter, soy sauce, rice vinegar, and sesame oil in a food processor or blender and pulse until mostly smooth. With the machine running, add the hot water a little at a time through the feed tube and process until smooth. The sauce may look seized (grainy) for a moment, but keep adding the water and it will turn creamy again.
2. Cook noodles according to package directions. Rinse under cold water and drain. Toss noodles with cabbage, carrots, edamame, and prepared sesame sauce until coated. Divide among bowls and sprinkle with sesame seeds. Makes 4 servings.

PARFAIT POPS

Ingredients

- 1 cup whole-milk vanilla yogurt
- ½ cup assorted fresh berries, gently mashed
- Ice pop molds (six 3-ounce molds)
- 2 tablespoons granola

Instructions

1. Layer the yogurt and berries into molds.
2. Sprinkle with granola, insert ice-pop sticks, and freeze 4–6 hours. Makes 6 pops.

