**Be a Food Explorer**

**Zucchini Boats**

**Ingredients**

- 5 medium zucchini
- 1 large tomato, chopped fine
- 2 green onions, chopped fine
- 1 T chopped parsley
- 2 slices salami, finely chopped
- 1/2 cup shredded cheese

1. Cut each zucchini lengthwise, then crosswise, into three equal pieces.
2. Using a small teaspoon, scoop a small hollow from each of the slices. Cook the zucchini in simmering water for about three minutes. Drain. Run under cold water, and pat them dry with paper towels.
3. Combine remaining ingredients in a small bowl. Spoon the filling evenly into the zucchini boats. Broil the boats 3-4 inches from the heat until the cheese melts.

**Be a Food Explorer**

**Broccoli Grilled Cheese Sandwich**

**Ingredients**

- 1/2 cup olive oil
- 1 small red onion, chopped (optional)
- dried thyme
- 2 cups grated cheese
- 8 slices whole wheat bread
- salt to taste
- 1 medium stalk broccoli, in small florets

1. Heat 2 T olive oil in a frying pan over medium heat, and wait 30 seconds. Add the onions, and cook for two minutes. Add the broccoli. Sprinkle with salt and two pinches of thyme. Cook, stirring for 8-10 minutes. Transfer the vegetables to a bowl, and set aside.
2. Using a pastry brush, paint the bread slices lightly on both sides with the remaining olive oil. Heat the pan on medium low. Add a few bread slices, and cook until golden brown. Flip the bread, and reduce the heat to low. Place a small pile of broccoli florets and chopped onion on the center of each piece of bread. Sprinkle cheese over the vegetables, and cover the pan until the cheese melts. Let the cheese cool a bit before serving. Serves 4
Apple Rings

Ingredients
4 apples 1 T lemon juice 3 T water Sturdy thread or twine

1. Peel, core and slice the apples into rings about 1/8 inch thick. Mix the lemon juice and water in a shallow dish. Dip each ring into the mixture, then pat dry with a paper towel.

2. String the fruit through the center of each ring, and hang in a dry warm place. The rings will take 1-2 weeks to dry.

To expedite the process, dry the apples in a warm oven. Instead of stringing the rings, place them on a wire cooling rack that rests on a baking tray. Put the tray in a 150 degree oven, and allow the rings to dry for about four hours, turning once midway through. When the rings have no moisture left, remove them from the oven and eat, or cool before placing them in small bags.

http://www.agclassroom.org/ok

Be a Food Explorer

Juicy Fruit Salad

Ingredients
1 c shredded apples 1/2 cup diced strawberries 1/3 c diced peaches
1/4 c chopped grapes 3/4 c orange juice 1 T lemon juice
juice of half a grapefruit

Stir the shredded apples, strawberries, peaches and chopped grapes in a medium size bowl. Pour the orange, lemon and grapefruit juice over the fruit and stir well.

http://www.agclassroom.org/ok
Smoothie Pops

**Ingredients**
- 5 strawberries
- 1 medium banana
- 4 ice cubes, crushed
- 1 cup strawberry yogurt
- 1/2 cup milk
- 1/2 cup fruit juice

Mix all the ingredients in a blender until smooth. Pour into 3 ounce paper cups, cover with plastic wrap and insert Popsicle sticks upright through the plastic. Freeze for 5 hours. Makes 9.

Sweet Potato Chips

**Ingredients**
- 3 sweet potatoes, peeled
- 1 T olive oil
- 1 T butter, melted.
- Salt to taste

Preheat the oven to 450 degrees. Thinly slice the sweet potatoes in a processor or with a vegetable grater, and toss with the oil and butter. Spread them out in a thin layer on a jelly roll pan, sprinkle with salt and bake them for about 20 minutes, or until crispy. Flip once during baking to crisp both sides. Serves 6
Veggie Sandwich

Ingredients (per student)

- 1 large eggplant
- 1 medium tomato, thickly sliced
- 1/4 c Parmesan cheese
- 2 T olive oil
- 1/3 cup ricotta cheese
- salt
- shredded fresh basil leaves
- bread crumbs

1. Cut eggplant into 8 slices, about 1/2 inch thick. Arrange in a single layer on a tray or board, and sprinkle generously with salt. Let stand for 20 minutes, rinse under cold water, and pat dry with paper towels.
3. Place another eggplant slice on each stack. Brush lightly with olive oil. Sprinkle with combined parmesan cheese and bread crumbs. Bake for 20 minutes, until eggplant is tender and golden.

Veggie Pizza

Ingredients (serves 4-8)

- 4 oz broccoli, cut into small florets
- carrot cut into matchsticks
- whole wheat pizza crust
- corn kernels
- bean sprouts
- asparagus spears cut into 1 1/4 ich lengths
- pizza sauce
- zucchini cut into match sticks
- chopped tomatoes
- cheddar cheese


Optional: Have students use assorted ingredients to make faces or other designs. (olives for eyes, peppers for mouths.

Use whole grain English muffins, pita or tortillas for mini pizzas.
Veggie Quesadilla

Ingredients

- 2 6-inch flour or corn tortillas
- 2 T grated cheese
- shredded carrot and zucchini or summer squash
- salsa and/or sour cream
- chili powder

1. Saute shredded carrot and zucchini or summer squash and season with chili powder.
2. Place one tortilla on an ungreased skillet over medium heat. Sprinkle lightly with grated cheese and one tablespoon of the veggie mixture. Top with a second tortilla.
3. Cook for about two minutes on each side, or until the cheese melts. Let cool for two minutes, then cut into wedges, pie style. Serve with salsa and sour cream.

http://www.agclassroom.org/ok

Be a Food Explorer

Purple Passion Shake

Ingredients

- 1 cup grape juice
- 1/3 cup vanilla yogurt
- 1 T fresh lemon juice
- 2 ice cubes
- handful of blackberries, fresh or frozen (optional)

Place the grape juice, yogurt, lemon juice, blackberries and ice cubes in a blender. Puree until smooth.

http://www.agclassroom.org/ok
**Be a Food Explorer**

**Spiral Sandwich**

**Ingredients**

- 1 piece of pita bread or 2 flour tortillas
- 1/2 cup softened cream cheese
- 3 basil leaves
- 1 medium size ripe tomato, sliced into thin rounds
- 8 spinach leaves, clean and crisp
- 1 scallion or 6 chives, minced

1. Snip around the edge of the pita bread to make two circles. Place the circles, inside up, on plates.
2. Place the softened cream cheese in a small bowl. Stir in the minced scallion, chives or basil or a combination of the three. Or leave the cream cheese plain.
3. Use a butter knife to spread a thin layer of cream cheese onto each pita half. Place about 3 thin slices of tomato on top of the cream cheese to make a single layer.
4. Spread a little cream cheese onto each spinach leaf. (This helps hold the sandwich together.) Lay the spinach leaves on top of the tomatoes.
5. Roll up the sandwich slowly, pressing tightly as you roll. Cut into 1 1/2 inch pieces to see the spiral.

http://www.agclassroom.org/ok

**Vegetable Skeleton**

**Ingredients**

- 3 c low fat yogurt
- 1 T orange juice
- 1/2 cup peach jam
- 1/2 t to 1 T mild curry powder

Stir all the ingredients in a skull-size bowl or scooped out head of lettuce and refrigerate. Makes 4 1/4 cups.

**Veggies**

- yellow and green squash cut into disks
- green beans
- carrots
- cauliflower
- mushrooms
- celery
- small carrots
- broccoli
- cherry tomatoes
- pepper slices
- peas

Make the skeleton using alternating disks of yellow and green squash for the spine, celery for the ribs, cherry tomatoes for the elbows, green beans for arms, cauliflower for hands, small carrots for fingers, pepper slices for pelvis, carrots for leg bones, mushrooms for knees, broccoli for feet and peas for toes

http://www.agclassroom.org/ok