Tasty Choices
From the Kitchens of the Cambridge Public Schools
To Your Home Kitchen
A Collection of Recipes by Chef Vin Connelly
A special thank you to
Jim Maloney, Chief Operating Officer of the Cambridge Public Schools,
for his help and support in making Cambridge a healthier school district
and to the Cambridge School Committee:
Mayor Kenneth E. Reeves, Chairman
Alfred B. Fantini
Joseph G. Grassi
Richard Harding Jr.
Patricia M. Nolan
Luc Schuster
Nancy Walser

Tasty Choices has been made possible through funds from
Carol M. White Physical Education for Progress, Growing Healthy,
Massachusetts Department of Public Health
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Dear Friends,

Many of you asked for recipes of the new school menu items. You will find them in this cookbook, brought to you by the Tasty Choices program. Tasty Choices was developed by the School Health staff of the Cambridge Public Health Department, and the Cambridge Public Schools’ Food Service Department. It is supported by the Healthy Children Task Force, the gardening program CitySprouts and the help of many parents and other volunteers.

Tasty Choices brings freshly prepared vegetables and other healthful dishes to Cambridge students to make school food more nutritious and more fun to eat. By holding taste tests and allowing students to vote on the new foods, Tasty Choices includes children in the process of change as we improve the menu.

Tasty Choices is part of a group of programs that promote healthy weight for Cambridge public school children. The yearly health and fitness testing in Cambridge shows that as of 2006, there were about 170 fewer overweight children in the elementary schools than two years earlier.

We hope your family will enjoy cooking and sharing these recipes. At home, let your children help with shopping and cooking fresh vegetables and other healthy foods.

To stay healthy - remember Healthy Living Cambridge’s motto: 5-2-1! Every day eat 5 servings of vegetables and fruit, allow no more than 2 hours of TV/screen time, and get 1 hour of physical activity. Tasty Choices recipes are delicious and can help you meet this goal.

Sincerely,

Superintendent of Cambridge Public Schools
Veggie Wrap Sandwich

Ingredients:

1 large tomato, diced  
1 seedless cucumber, diced  
2 carrots, grated  
4 large leaves of red lettuce  
4 whole wheat tortillas

1 can cannellini beans (19 ounces)  
2/3 cup loosely packed flat leaf parsley  
1 small clove garlic, peeled and chopped  
1 tablespoon (or to taste) balsamic vinegar  
1 teaspoon kosher salt (or 1/2 tsp. table salt)  
1/8 teaspoon black pepper

1. Drain and rinse the beans well. Place the beans, parsley, garlic, vinegar, salt and pepper in a food processor fitted with a metal blade. Process these ingredients until smooth.

2. Spread the pureed beans evenly on each wrap. Across the center of each wrap lay strips of diced tomatoes, diced cucumbers and grated carrot. Place a lettuce leaf on top of the vegetables and roll up the wraps.

Each wrap provides about 1/2 of the daily protein requirement for a 9-13 year old plus a full serving of vegetables and whole grains.
Butterhead Lettuce 

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Prep Time: 15 min.  
Cooking Time: 40 - 45 min.

For the 5-2-1 Challenge:

Lentil Soup

Ingredients:
- 1 tablespoon vegetable oil
- 3 cloves garlic, chopped
- 1 onion, peeled and diced
- 1 tablespoon kosher salt
- 3 celery stalks, trimmed and diced
- 4 carrots, peeled and diced
- 1 gallon water, divided
- 1 pound dried lentils
- 1 14.5 ounce can diced tomatoes
- 1 teaspoon black pepper

1. Heat the oil in a very large heavy pot over medium heat. Add the garlic and cook until golden, stirring often.
2. Add the onion and sprinkle in the salt. Cook the onion until it begins to soften, stirring often (approximately 5 minutes).
3. Add the carrots and celery. Cover the pot and cook the vegetables over low heat for 10 minutes stirring often. (This ‘sweating’ of the vegetables brings out their flavor.)
4. Raise to high heat and add 4 cups of the water. Bring to a boil. Reduce heat and simmer for 10 minutes.
5. Raise heat to high and add the lentils, diced tomatoes and remaining 12 cups of water. Stir in the pepper. Bring the soup to a boil.
6. Reduce the heat and simmer the soup until the lentils are very tender (approximately 45 minutes).
**Veggie Wrap Sandwich**

**Ingredients:**
- 1 large tomato, diced
- 1 seedless cucumber, diced
- 2 carrots, grated
- 4 large leaves of red lettuce
- 4 whole wheat tortillas
- 1 can cannellini beans (19 ounces)
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2. Spread the pureed beans evenly on each wrap. Across the center of each wrap lay strips of diced tomatoes, diced cucumbers and grated carrot. Place a lettuce leaf on top of the vegetables and roll up the wraps.

Serves 4

Each wrap provides about 1/2 of the daily protein requirement for a 9-13 year old plus a full serving of vegetables and whole grains.

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Serves 10 - 12

Prep time: 15 minutes
Cooking time: 1 1/2 hours

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**Roasted Butternut Squash**

**Ingredients:**
- 1 butternut squash (about 2 lbs.)
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon grated nutmeg
- 1/4 cup packed dark brown sugar
- 1 teaspoon salt
- 2 tablespoons canola oil

Preheat oven to 425o. Peel squash and cut into 1-2 inch chunks. In a large bowl mix all ingredients together. Spread in a single layer on a cookie sheet. Roast 40-45 minutes or until brown around the edges and soft.

Butternut squash is good for you...
Crunchy Broccoli

Ingredients:
- 2 stalks of broccoli
- 2 teaspoons kosher salt

Makes 4
1/2 cup servings

This technique also works well with cauliflower and green beans.

1. Separate broccoli into florets. Trim and peel the stems, then slice them into disks.
2. Place 2 inches of water and the salt in a large pot and bring to a boil.
3. Add the broccoli and stir, cover the pot and cook for 3 minutes.
4. Stir the broccoli again. Cover the pot and continue cooking the broccoli until it is bright green and just tender, about more 3 minutes.
5. Drain the broccoli into a colander and run cold water onto it. Make certain all the broccoli comes in contact with the cold water. Serve at room temperature.

Ounce for ounce broccoli has as much calcium as milk! Broccoli is also rich in folate, potassium and vitamins A and C.
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The Tasty Choices Program is coordinated by Dawn Olcott, Nutritionist for School Health at the Cambridge Public Health Department in partnership with the Cambridge Public Schools’ Food Service Department.

This booklet of recipes was edited and designed by Alice Turkel.

The drawings of vegetables throughout this booklet were done by the students of Mrs. Nerich’s 4th grade class and Mrs. O’Sullivan’s Junior Kindergarten in Lolly Lincoln’s art room at the Fletcher/Maynard Academy with the aid of student teacher Meghan Drielak. Below are just a few of their spectacular drawings of carrots:

Thank you to all the parents and staff members who came to the Food Service Advisory Meetings and shared their vision and ideas for improving food in our schools.

A special thank you to all the many students who bravely tried new foods and gave us their honest feedback.

This work could not have been done without the support and hard work of Jack Mingle Director of Food Service, Dan Evans Food Service Manager, all the Heads of Kitchens of the Cambridge Public Schools and all the members of the Kitchen Staffs.