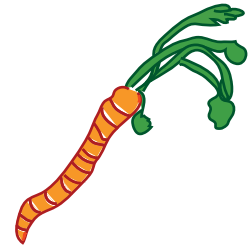
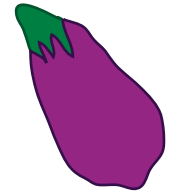
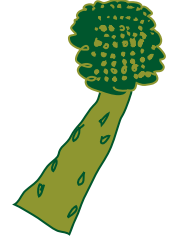
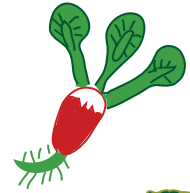
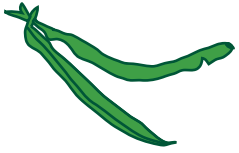


# Tasty Choices

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



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Carol M. White Physical Education for Progress, Growing Healthy,  
Massachusetts Department of Public Health  
and Cambridge Public Schools.



# TASTY CHOICES



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,

*Thomas Fowler-Finn*

Superintendent of Cambridge Public Schools



Prep time:  
15 minutes

Assembly time:  
5 minutes

Serves 4

## 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.**



Prep Time:  
15 min.

Cooking Time:  
40 - 45 min.

## Roasted Butternut Squash

### Ingredients:

- 1 butternut squash (about 2 lbs.)
- $\frac{3}{4}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon grated nutmeg
- $\frac{1}{4}$  cup packed dark brown sugar
- 1 teaspoon salt
- 2 tablespoons canola oil

Preheat oven to 425°. 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

One  $\frac{1}{2}$  cup serving of butternut squash fills  $\frac{1}{3}$  of a 9 - 13 year old's weekly requirement for orange vegetables.

The Cambridge Public Schools buy butternut squash from a local farm.

### Cooking Tip

Cover the cookie sheet with a piece of parchment paper for an easy cleanup.

**Serves 4 - 6**



Serves 10 - 12

## Lentil Soup

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

### Ingredients:

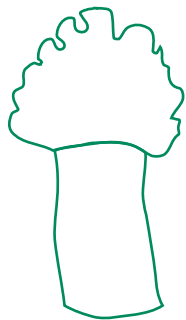
1 tablespoon vegetable oil  
3 cloves garlic, chopped  
1 onion, peeled and diced  
1 tablespoon kosher salt  
3 celery stalks, trimmed and diced

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).



Ounce for ounce  
broccoli has as  
much calcium as  
milk! Broccoli is  
also rich in  
folate, potassium  
and vitamins A  
and C.



## Crunchy Broccoli

Ingredients:

2 stalks of broccoli

2 teaspoons kosher salt

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.



Makes 4  
1/2 cup servings

This technique  
also works well  
with cauliflower  
and green beans.





Prep Time:  
10 min.


Cooking Time:  
30 - 45 min.

## Sweet Potato "Fries"

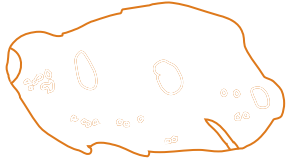
### Ingredients:

- 3 sweet potatoes, scrubbed clean
- 2 tablespoon vegetable oil
- 1 teaspoon chile powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt

1. Preheat oven to 425°.
2. Cut each sweet potato in half across and then lengthwise. Then slice each 1/4 potato into 4 to 6 wedges (most potatoes will yield 16 to 20 wedges).
3. Line 2 cookie sheets with parchment paper.
4. Mix the oil, chile, cumin and salt in a very large bowl. Add the potato wedges and toss to coat with the oil mixture.
5. Spread the wedges in a single layer on the cookie sheets.
6. Roast the sweet potatoes in the oven for 30 to 45 minutes, until they are tender and deep brown in patches. Flip the wedges over once if they are not browning evenly.



With more than twice the vitamin A of carrots, sweet potatoes are terrific for night vision. Don't peel the sweet potatoes for even higher amounts of vitamin A.





# Simple Salads

## Tossed Salad

### Ingredients:

- 1 head red or green leaf lettuce, chopped
- 1/2 pint grape tomatoes, rinsed
- 1 cucumber, peeled, seeded and chopped
- 1/2 can chick peas, drained and rinsed well
- 1 carrot, grated

1. Fill a large pot or bowl with cold water, add the lettuce, swish around and allow to soak for ten minutes.
2. In a salad spinner thoroughly dry the lettuce.
3. Toss the first four ingredients together in a bowl and garnish with the grated carrot.

**Fresh vegetables are packed with nutrients  
necessary for growing children and healthy adults.**

## Vegetable Cups

### Ingredients:

- 1 cucumber, peeled
- 1 red pepper, rinsed
- 1/2 pint grape tomatoes, rinsed

Chop the cucumber and red pepper into large chunks. Put a few pieces of each vegetable into small bowls or arrange on a serving plate.

(Baby carrots and sugar snap peas can be substituted for variety.)

**Put this out before dinner as an  
appetizer and vegetables will  
magically disappear!**

# Tasty Choices at School and at Home



## Vegetables

### At School

Local produce in season  
Veggie Wrap Sandwiches  
Chicken Caesar Salad  
Fajitas with Peppers and Onions  
Tossed Salad with Chick Peas  
Baby Carrots and Celery Sticks  
Fresh Crunchy Broccoli  
Roasted Butternut Squash  
Baked Potatoes  
Baked Sweet Potato "Fries"  
Cucumber, Grape Tomato & Red Pepper Cups

### At Home

Serve vegetables at meals and for snacks  
Choose local vegetables in season  
Include vegetables served at school  
Serve baby carrots, grape tomatoes, sugar snap peas, cut up peppers and/or cucumbers as appetizers before meals  
Show kids vegetables taste good by enjoying them at meals and for snacks

## Fruits

### At School

Fresh local apples  
Fresh local pears, plums and peaches in season  
Oranges  
Bananas  
Applesauce  
Canned peaches, pears and pineapple  
Fresh berries

### At Home

Serve a wide variety of fruits  
Choose local fruits in season  
Serve banana slices over cereal  
Cut apples and oranges into wedges for snacking  
Freeze bananas on popsicle sticks  
Blend fresh or frozen fruit with lowfat yogurt and freeze into popsicles

## Dairy

### At School

Lowfat Milk  
Skim, 1% or 2% Milk  
Lowfat Yogurt  
Lowfat Mozzarella Cheese

### At Home

Serve nonfat and lowfat dairy products  
Blend lowfat yogurt and fresh or frozen fruit into a smoothie

## Grains

### At School

Sandwiches on Whole Wheat Bread  
Veggie Wraps on Whole Wheat  
Whole Wheat Hot Dog and Hamburger Buns  
Breakfast cereals that are lower in sugar and higher in fiber

### At Home

Buy whole grain breads, crackers and pasta  
Look for the word "whole" next to wheat and other grains  
Buy cereals with 2 or more grams of fiber per serving, best choices also have less than 6 - 8 grams of sugar

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 through out 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.

