

# POWER PACK

FAMILY MAGAZINE

power<sup>UP</sup>

POWER CHEF  
STARTER SKILLS

CHEF MAGIC  
**VOILA!**

FROM FARM  
TO STORE  
TO PLATE

CHEF SCIENCE  
EXPERIMENTING  
IN THE KITCHEN

POWER CHEF  
RECIPE BOOK



AMERY HOSPITAL & CLINIC  
HUDSON HOSPITAL & CLINIC  
LAKEVIEW HOSPITAL  
STILLWATER MEDICAL GROUP  
WESTFIELDS HOSPITAL & CLINIC



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#### POWER CHEF SAFETY

Whenever you see this symbol be sure to ask an adult for help and permission before trying out the activity, recipe or chef skill. A Power Chef puts safety first! The activities, skills and recipes throughout this Power Pack may use heat and sharp knives.

# HOLD ON TO YOUR CHEF'S HAT. IT'S TIME TO TRY FOR FIVE!

Welcome all kids and families too,  
This awesome Power Pack is just for you!

It's full of fun ways to try for five,  
Fruits and veggies all the time!

From farm, to plate, no matter where they're found,  
Pick produce on trees, plants or even underground.

So tune up your taste buds and sharpen your skills,  
To earn the title of Power Chef can be quite a thrill!

Look inside for details and get to the kitchen,  
Start stirring, chopping, tasting and mixin'.

Try out all 10 skills, plus some recipes if you dare,  
And you'll earn the title of Power Chef extraordinaire!

# power<sup>UP</sup>

## Find all the ways to Try for Five at [PowerUp4Kids.org](http://PowerUp4Kids.org).



## POWER CHEF CHALLENGE

Don't turn the page until you master these first two Power Chef starter skills. Once you master a skill, flip to the insert and find your own Power Chef Challenge activity and a poster. It's a fun way to keep track as you master each Power Chef skill. The whole family can join the fun as you try for five fruits and veggies!

### CHEF SKILL #1



## SCRUB YOUR HANDS

Before the real cooking begins, Power Chefs know dirt and germs need to get washed away.

1. Wet your hands and add soap.
2. Scrub front and back, under your fingernails and between your fingers.
3. Scrub for 20 seconds (that's the time it takes to sing the ABC song).
4. Dry your hands with a clean towel or paper towels.



### CHEF SKILL #2



## WASHING FRUITS AND VEGGIES

For clean cooking, all fruits and veggies need to be washed. Here's how a Power Chef does it:

1. Wash them under running water.
2. Scrub them with a soft brush (even a clean toothbrush or cloth works).
3. Now they're ready to cut, cook or eat.

*Hint: Wash fruits and veggies right before you prep or eat them to keep them fresh longer.*



from Farm  
to Store  
to Plate

# TREES



APPLES ARE ALWAYS  
CRISP AND YUMMY PICKED  
RIGHT FROM THE TREE  
AND AN EASY WAY TO  
HELP YOU TRY FOR FIVE.



### CHEF SKILL #3



### SLICE SAFELY

Trees are full of fruits galore,  
Apples, cherries, mangoes and more.  
Bananas, oranges and pears are all fruity,  
Coconuts, dates and figs are all chewy.  
Try all of these flavors that grow on trees,  
Wash them and slice them or give them a squeeze.  
It's nature's sweet treat, and we call it fruit,  
A Power Chef picks it, and gives candy the boot!

Start Power Chefs off safely by slicing soft fruits like bananas, pears and peaches. Place the fruit on a clean cutting board and start slicing with a plastic knife or table knife. Practice keeping fingers out of the way and mastering this skill before advancing to slicing harder fruits like apples, mangoes, oranges, lemons and limes.

Speaking of oranges, lemons and limes – have you ever tried squeezing them to make your own fresh juice? That's the next Power Chef skill to master on page 6!



### CHEF SECRET

*Keep avocados from turning brown – store the half with the pit still intact with an onion slice in a closed container in the fridge.*



*Keep apples, bananas or pears from turning brown once cut or peeled – give it a squeeze of citrus – like lemon or orange.*



## CHEF SCIENCE

Ever heard the saying, “One bad apple spoils the whole bunch”? It’s true. If one piece of fruit is spoiled, the whole bunch goes bad. Why? Because as some fruits and vegetables ripen, they release a gas called ethylene (eth-UH-leen). This gas helps fruit and vegetables ripen, but too much makes them rot or spoil, and some make a lot of gas!

### YOU’LL NEED:



3 unripe (green) bananas

+



2 brown paper bags

+



1 apple

### STEPS:

- 1 **Banana #1:** Leave it on the counter.
- 2 **Banana #2:** Put it in a brown paper bag.
- 3 **Banana #3:** Put it in a brown paper bag with an apple.
- 4 Leave them overnight, and in the morning observe.

### WHAT HAPPENED?

Bananas	#1	#2	#3
What color is each one?			
How does each one feel?			
How does each one taste?			



## CHEF MAGIC: SHRINKING FRUIT

Did you know raisins are just dried grapes? Actually, all dried fruit is just the original fruit, with water removed. So how does the water disappear?

Answer: It disappears through drying or dehydrating, a process that uses heat and air to remove all the water.



## CHEF SKILL #4



## CITRUS SQUEEZE

1. Wash oranges, lemons or limes.
2. Parents: Cut the fruit in half.
3. Kids: Then squeeze by hand, letting the juice go into a glass or cup. If you have a hand juicer, that works too.
4. Citrus juice tastes great on a salad or in recipes.



## TIME TO TRY:

- How do they look?  
 How do they feel?  
 Which is sweeter?

## GRAPE

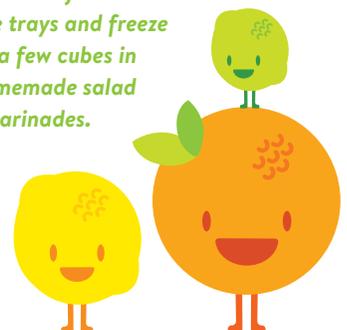


## RAISIN

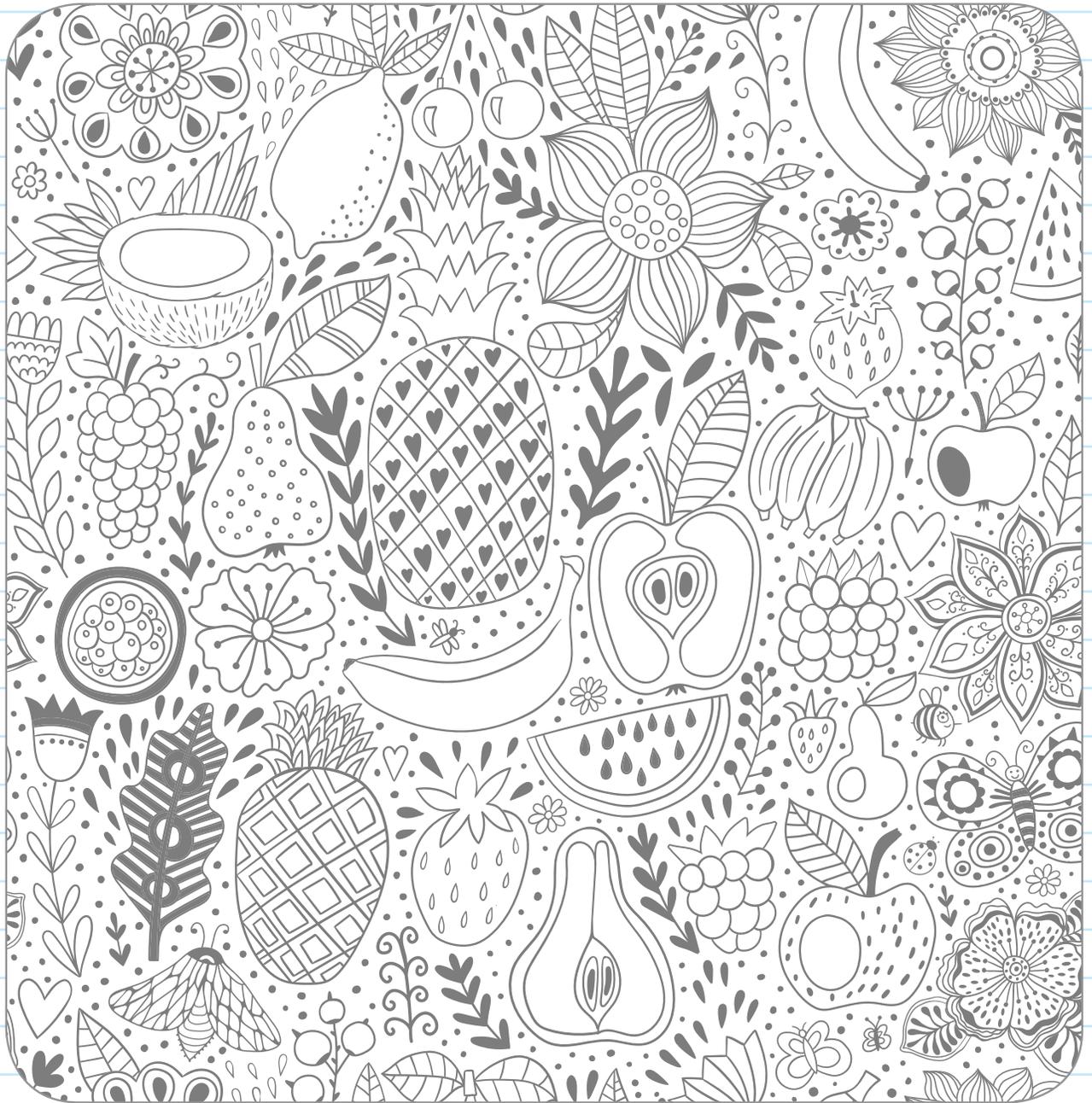


Have extra squeezed juice? Pour it into ice cube trays and freeze for later. Add a few cubes in smoothies, homemade salad dressings or marinades.



# TIME TO PLAY

How many fruits can you find hidden in the picture?



1 pair of cherries

1 bunch of bananas

3 apples

1 lemon

2 single bananas

3 pears

1 bunch of grapes

2 watermelon slices

3 strawberries

1 coconut

2 pineapples

1 bowl of blueberries

2 raspberries

Answer key on page 24.



from Farm  
to Store  
to Plate

# LEAVES + HERBS





KALE IS A HEARTY DARK GREEN LEAF THAT TASTES LIKE A CHIP WHEN DRIED AND A FUN WAY TO HELP YOU TRY FOR FIVE.



Leaves and greens are just the best,  
 Power Chefs like them 'cause they're tasty and fresh.  
 Lettuce and spinach, herbs and Swiss chard,  
 Making a salad is really not hard.  
 Whisk up a dressing to give greens a zing,  
 And soon a ballad to salad you'll sing.  
 Now cook up some greens ... collard, or mustard or even bok choy,  
 They're so full of flavor they bring your taste buds great joy.



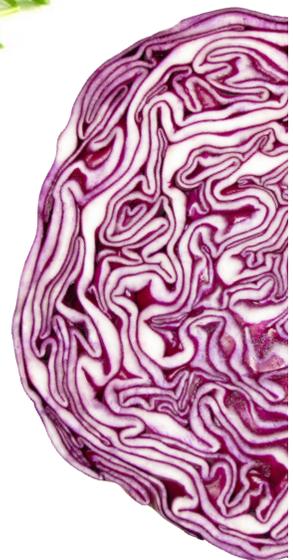
### CHEF SECRETS

Think outside the salad bowl,  
 other ways to eat leaves:

- Sauté bok choy
- Toss into soup and stews
- Roast kale and eat it like a chip



Leafy greens coming to the end of their life? Toss them in a freezer bag to use in smoothies, eggs, lasagna, soups or stews.



Get 2 veggies for 1. Buy beets, carrots, turnips and radishes with their leafy greens attached. Cook them quickly just like spinach with a drizzle of oil and garlic.

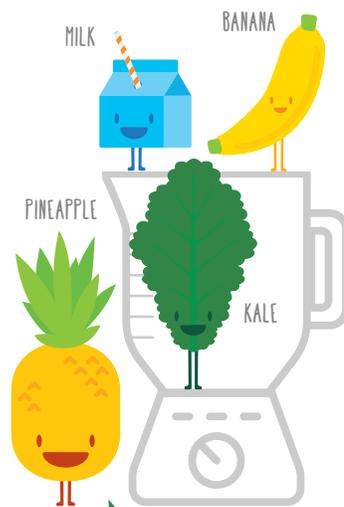
## CHEF SKILL #5



### TEARING LEAVES

Tearing leaves is fun to do and it's as easy as 1-2-3 for any Power Chef.

1. Wash them.
2. Tear them into bite-size pieces.
3. Toss them into a salad, on a sandwich or into a soup.



WHY DID IT TURN SO GREEN?

## CHEF MAGIC: GREEN SMOOTHIE MAGIC

Why do some fruits and veggies turn invisible when blended into smoothies, like banana and pineapple, but leaves, turn the whole batch green? Those fruits may look like they've disappeared, but their sweet taste sure did not. And why did it turn so green? Because the deep dark green of kale acts like food coloring and turns the smoothie green. Give it a try!

Find the Green Pineapple Smoothie recipe on page 35.



## CHEF SKILL #6



### WHISK IT

What is whisking? A whisk is a cooking utensil used to blend ingredients smooth, or to add air into a mixture.

Whisk up your own homemade dressing for your leafy greens.

Find the Creamy Vinaigrette recipe on page 33.



3 parts oil  
(olive or canola)



1 part acid  
(lemon or lime juice or vinegar)



flavor  
(herbs, onion, garlic, your favorite spices)



olive oil



balsamic vinegar



basil



fresh squeezed orange juice



minced onion



## GREENS. REUSE. RECYCLE.

Have you ever tried re-growing romaine lettuce at home?

Steps to grow your garden greens:

1. Place bottom of romaine heart in a bowl with water.
2. Change water every day.
3. Keep bowl in a sunny place.
4. Once lettuce sprouts, plant the heart in the garden (or a bigger pot with soil).

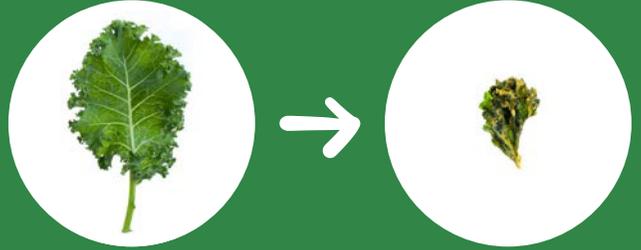
# TIME TO TRY

All hail to king kale! Try kale raw, steamed and roasted into kale chips.



## CHEF SCIENCE:

Why do leafy greens shrink when heated? Leaves shrink because they have a lot of water in them which escapes (or evaporates) when cooked.



What happened when you steamed and roasted kale?

Did it shrink in size or stay the same as the raw kale?

## TIME TO TRY KALE:

How do each of them smell?

How do each of them taste?

Which one did you like better?

	RAW	STEAMED	ROASTED
How do each of them smell?	<input type="text"/>	<input type="text"/>	<input type="text"/>
How do each of them taste?	<input type="text"/>	<input type="text"/>	<input type="text"/>
Which one did you like better?	<input type="text"/>	<input type="text"/>	<input type="text"/>



## TIME TO PLAY

Decode the Secret Power Chef Message!

A	D	E	F	G	H	I	N	O	R	S	T	U	V	Y



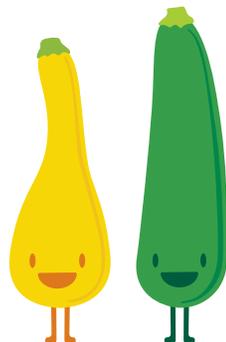
from Farm  
to Store  
to Plate

# PLANTS **BUSHES + VINES**





ZUCCHINI CAN BE GREEN OR YELLOW, TRY IT GRILLED, ROASTED, RAW OR EVEN AS NOODLES FOR A FUN WAY TO TRY FOR FIVE.



**CHEF SKILL #7**

**SHARPEN YOUR KNIFE SKILLS**

Produce can grow on a plant, bush or vine,  
 Berries and peppers and squash ... oh my!  
 Don't miss those pods full of colorful beans,  
 They power you up whether black, red or green.  
 Tomatoes taste great in a sauce or fresh sliced,  
 Dice them with peppers for a salsa that's spiced.  
 Power Chefs chop and they slice and they know what to do,  
 To fill up their plates with these colorful hues.

Knives are a very important tool for Power Chef's and come with safety rules.

Before you begin, you always need:

- An adult to supervise
- A clean cutting board
- A sharp knife  
*(Note: a dull knife makes cutting more difficult and less safe)*

**Safe steps to cutting:**



Your hand should be in the shape of a claw and holding the fruit or veggie.



**POWER PACKED PODS**  
*You probably know peas grow in a pod, but did you also know beans – like black beans, kidney beans and edamame (soy beans) do too? These power pods are packed with protein and are perfectly awesome in soups, chili, salsa or on their own.*



**WHAT'S THE DIFFERENCE BETWEEN CHOP, DICE AND MINCE?**

- Chop = larger pieces
- Dice = small cubed pieces
- Mince = very small pieces



## CHEF MAGIC: TOMATO TRICKS

Some people say they don't like tomatoes, but they like salsa or tomato sauce. By just adding a few more ingredients, tomatoes turn into a whole new food.

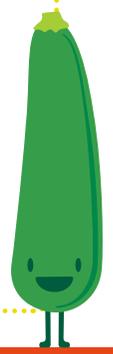
tomatoes + onion + basil + garlic = Spaghetti Sauce

tomatoes + onion + peppers + lime + herbs and spices = Salsa

Find the Summer Salsa recipe on page 39.



**ZOODLES:** Have you ever tried a veggie in the shape of a noodle? All you need is a veggie peeler to start peeling zucchini, carrots or sweet potatoes into silly zoodles. **Cooking zoodles:** Cook them in boiling water or sauté in a little oil until tender. Then they're ready for your family's favorite pasta sauce.



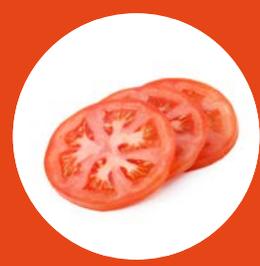
*Spaghetti squash – is another silly squash noodle. Just cut it in half, scoop out the seeds, and brush it with a little oil. Roast it, scrape the strands of squash from the inside of the skin and toss with your favorite pasta sauce. Voila! Dinner is served.*



## CHEF SCIENCE: SOLVE THE MYSTERY



Chop, slice or dice veggies – does it change how they smell and taste? Let's experiment and find out! Kids, grab an adult to help and supervise this experiment.



### WHAT YOU NEED: TWO TOMATOES

- 1 Slice one and lay the slices out on a plate.
- 2 Cut a second tomato into wedges or dice it up on a plate.
- 3 Give them each a smell and try, then compare.

How do they smell?  
How do they taste?

<b>SAME</b>	<b>OR</b>	<b>DIFFERENT</b>

# TIME TO TRY

Strawberry sprinkled with pepper! What? Did you say pepper?

Yep. Give it a try and then we'll tell you why.

Taste test:

- 1 Wash and take the stems off of two strawberries.
  - 2 Sprinkle a little bit of ground black pepper on one.
  - 3 Taste both strawberries.
  - 4 Do you notice a difference?  YES  NO
- If yes, what?

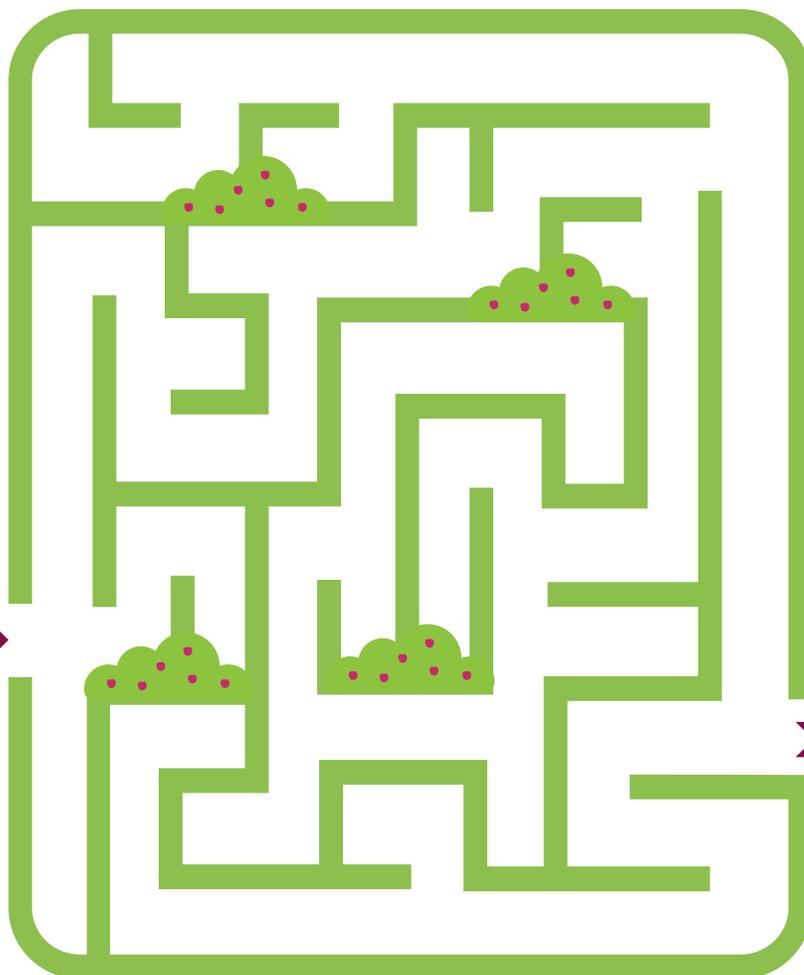
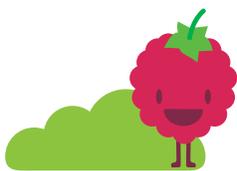


*Answer: The pepper tames the slight tart taste of strawberries so your tongue can taste the sweet berry flavor even better.*

## TIME TO PLAY

### BERRIES ARE AHHH-MAZE-ING

Find your way from the  
raspberry bush to the  
raspberry smoothie.



Answer key on page 24.



from Farm  
to Store  
to Plate

# FLOWERS



TRY BROCCOLI RIGHT OFF THE STALK, ROASTED OR STIR FRIED FOR TASTY WAYS TO TRY FOR FIVE!



Broccoli florets are actually baby flowers that haven't opened yet. This is the best time to pick and eat it, because once those little yellow flowers open, the broccoli will taste bitter!

If you're looking for ways to get veggie powers, Look no further than these fun food flowers.

Broccoli and cauliflower are flowers on a stalk.

Artichokes too ... these food flowers rock!

And here's a fun fact about squash blossoms,

It may seem weird to eat them, but to chefs they're really awesome.

So now you know flowers aren't just for bouquets,

And Power Chefs eat them in fun and yummy ways.



## CHEF SKILL #8



### CRUMBLED CAULIFLOWER



This unique skill turns cauliflower into a yummy new way to try for five.

1. Break a head of cauliflower down into large florets.
2. Grate with a hand grater or a food processor into small crumbles, the size of rice.
3. Put the crumbles onto a paper towel. Press or squeeze out any remaining water, to keep it from getting soggy.
4. Now sauté! See Chef Skill #9.

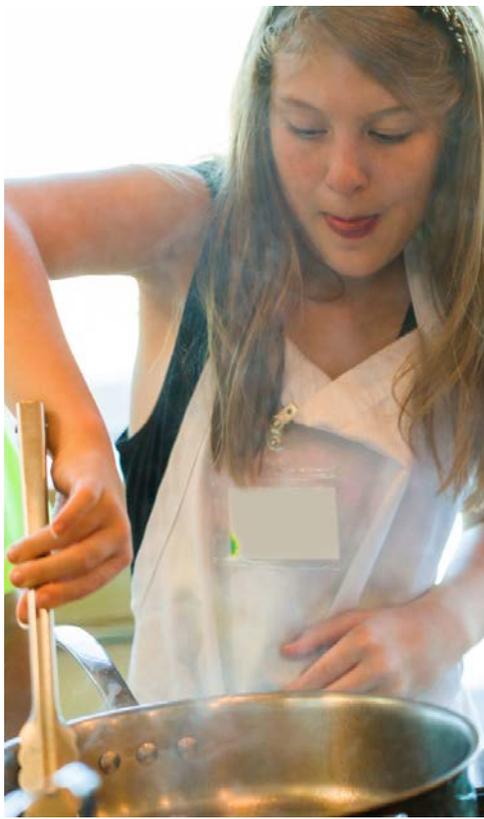


Don't toss the stalks. Chop or grate broccoli or cauliflower stalks into salad or slaw. You can eat the leaves too!



You can pick squash blossoms right out of your own garden. It makes a pretty fancy vegetable tossed into a salad or served on your plate.





## CHEF SKILL #9



## SIMPLE SAUTÉ



*Kids, this skill requires supervision from an adult.*

Sauté means to cook quickly in hot oil. It's easy and quick.

1. Heat oil in a skillet over medium heat.
2. Add crumbled cauliflower to a skillet. Be careful of hot spatter!
3. Cook uncovered for about 5 minutes. Stir often.
4. Season with your favorite spices like garlic, basil, salt and pepper.
5. Serve like rice with stir fry or on its own. Yum!

## ALL ABOUT ARTICHOKES

### HOW DO YOU EAT AN ARTICHOKE? PETALS FIRST!

- *Snip off the tips of the petals (be careful they have thorns).*
- *Remove each petal and enjoy them hot or cold.*

### GETTING TO THE HEART OF AN ARTICHOKE

*Once all the petals are removed, scoop out the fuzzy center and that's where you'll find the heart of an artichoke. This is the part of the vegetable that we use to make artichoke dip.*



*Artichokes are one of the oldest foods known to human.*



## CHEF MAGIC: INVISIBLE VEGGIES

Where did they go? Artichokes are the heart of this recipe, but once they get blended together they seem to disappear.

Find the Artichoke Spinach Yogurt Dip recipe on [page 42](#).



artichoke hearts

+



spinach

+



herbs & spices

+



greek yogurt



# TIME TO TRY

Raw broccoli and steamed broccoli smell and taste different.  
Or do they? Give it a try and find out.

Try both kinds, then vote. Use a thumbs up or thumbs down to tell whether you like it or not.



## CHEF SCIENCE

**Did you know...** that when broccoli, cauliflower, cabbage and Brussels sprouts (all part of the cabbage and cruciferous [kroo-sif-er-us] family) are cut and cooked, they kick start a chemical reaction that changes the way they smell. To lessen the smell, just cut them less and cook them less.

BROCCOLI	Raw	Cooked
SMELL	👍 or 👎	👍 or 👎
TASTE	👍 or 👎	👍 or 👎

## TIME TO PLAY

### Super Power Veggie Flowers and Friends

Once upon a time there was a groovy ..... , named ..... , with the special  
*flower veggie* *your name*  
 power of ..... also had a friend, ..... , who was  
*a super power* *your name* *a friend's name*  
 a cool ..... and could ..... They were veggie flowers with super powers!  
*veggie flower* *a super power*

One day while on an adventure, they met a ..... and  
*super power* *tree fruit*  
 ..... How cool! They had unique super powers too.  
*super power* *leaf veggie*

These new friends joined together to become the Try for Five .....  
*team name*



from Farm  
to Store  
to Plate

# ROOTS

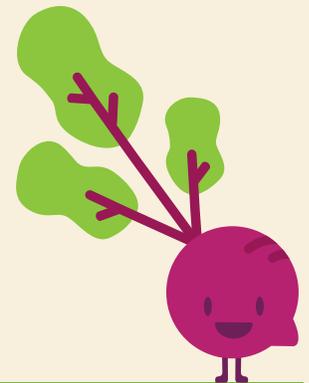


JICAMA IS CRUNCHY AND SWEET. SLICE INTO STICKS AND EAT IT RAW, OR TOSS IT INTO A SALAD TO HELP YOU TRY FOR FIVE!



Ever heard of a root cellar? Root cellars were like underground closets for storing and keeping food fresh for a long time, like root vegetables. Today, we can store these veggies in any cool, dry, dark place, like a pantry for up to six months.

Root veggies hide as they grow underground. We dig them up, then store them year round. You may have tried carrots, potatoes or yams. Rutabaga? Turnips? Ginger? You might become a fan. And don't forget parsnips, onions or beets. Did you know when you roast them they turn super sweet? Whether you peel them, mash them or toss them in stew, Become a Power Chef and you'll know just what to do!



## CHEF SKILL #10



## CHEF SECRETS

- Don't store onions and potatoes together. They spoil faster!
- Dice rutabagas into soups or stews, in place of potatoes.
- Peel and grate ginger into stir fry, soups, sauces, curries or stews.



## ROASTING ROOTS

Roasted roots are sweet because heat turns their starch into sugar – this is called caramelization! You can roast almost any root.

When roasting beets, to get the best flavor and less mess:

1. Wash whole, with peel
2. Layer in dish, cover with foil
3. Roast in oven
4. Peel, slice and enjoy!

Find this beet recipe, plus one for Roasted Root Vegetables on pages 45-46.



## CHEF MAGIC: FLAVOR CHANGERS

Spices are flavor changers that give fruits and veggies a whole new taste! Power Chefs know how to take these three simple, yummy veggies – mix them together and sprinkle with curry – to make a delicious new flavor in a hurry.

Find the Sweet Potato and Chickpea Curry recipe on [page 47](#).



sweet potatoes

+



chick peas

+



green peas

+



ginger or curry



## CHEF SCIENCE: SPROUTING SWEET POTATOES

Sweet potatoes don't grow from seeds like most plants. They start from the green shoots of a fully grown sweet potato, and you can even grow them at home!



### WHAT YOU NEED:



clear container

+



water

+



4 toothpicks

+



knife

+



small sweet potato



### STEPS:

- 1 Cut a sweet potato in half.
- 2 Place 4 toothpicks into the potato.
- 3 Fill a clear container about  $\frac{3}{4}$  full with water. Place the potato so the cut end rests in the water. Add more water until water covers the potato's cut end.
- 4 Potatoes will sprout best in dark, humid conditions (like a laundry room) or a sunny window. Try one in each place to see which one grows fastest!
- 5 Watch every day and add water as needed to keep the cut end in water.
- 6 It takes about 4 weeks for the green sprouts to be ready. Once they are, they can be planted into the ground to grow more sweet potatoes!

# TIME TO TRY

Taste the sweet difference: roasted vs. boiled sweet potatoes



- 1 Take one sweet potato – wash, dice into cubes, drizzle with oil and roast in the oven. Roast until golden brown.
- 2 Take a second potato – wash it, peel it, boil it whole.
- 3 Taste them both.



## TIME TO TRY:

### ROASTED

### BOILED

How do they each look?



Which one tastes sweeter?



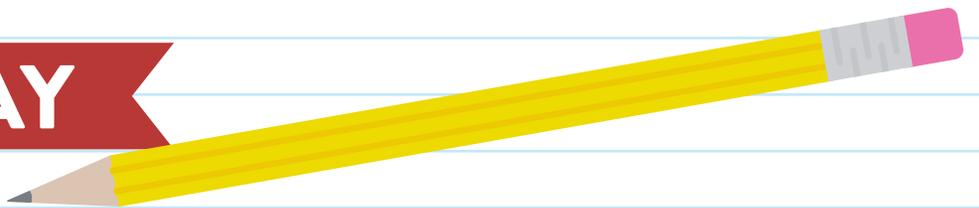
How does each of them smell?



Which one did you like better?



## TIME TO PLAY



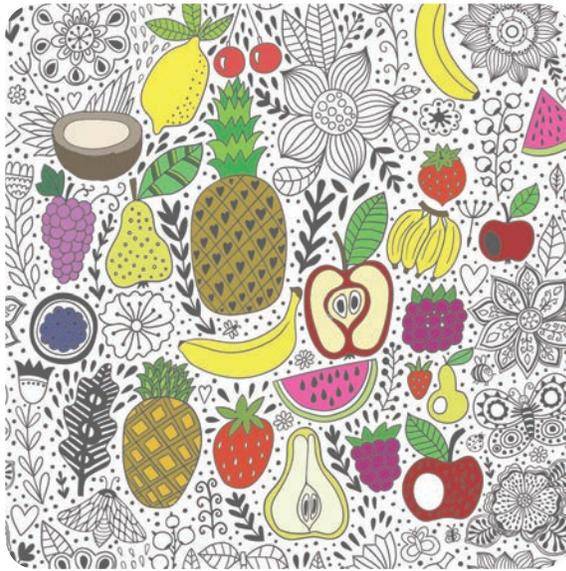
C J Q E K R O O T G  
 Y W T U G U F B D U  
 F N C R O V R L H S  
 L E A V E S U S N X  
 A I M P S A I T G F  
 B O R E S B T E Z L  
 U S J E Q T C M M O  
 D L E L N N A Y E W  
 J M U E M A V L O E  
 E L L O D X N Y K R

Can you find all of these plant parts?

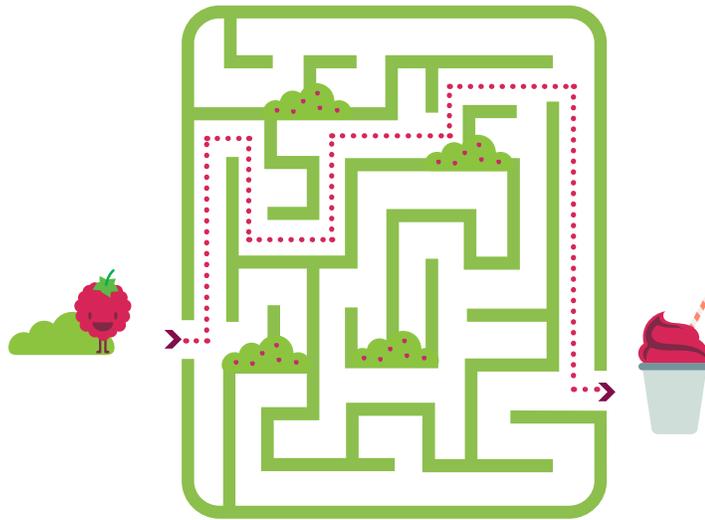
- BUD
- FLOWER
- FRUIT
- LEAVES
- PEEL
- ROOT
- SEED
- STALK
- STEM

# ANSWER KEY

**PAGE 7:**  
HIDDEN FRUIT

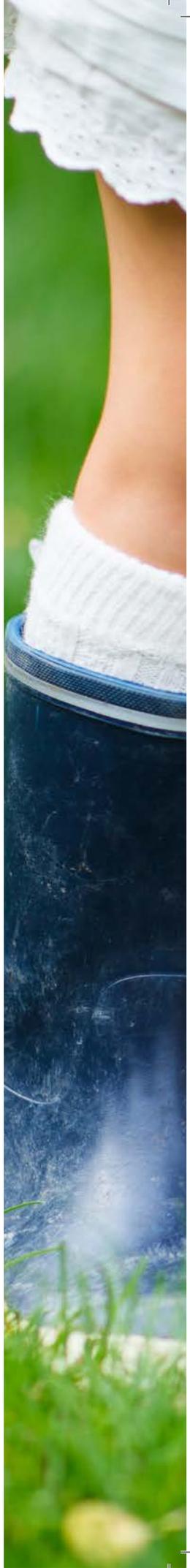


**PAGE 15:**  
BERRIES ARE  
AHHH-MAZE-ING



**PAGE 23:**  
PLANT PARTS  
WORD SEARCH

C	J	Q	E	K	R	O	O	T	G
Y	W	T	U	G	U	F	B	D	U
F	N	C	R	O	V	R	L	H	S
L	E	A	V	E	S	U	S	N	X
A	I	M	P	S	A	I	T	G	F
B	O	R	E	S	B	T	E	Z	L
U	S	J	E	Q	T	C	M	M	O
D	L	E	L	N	N	A	Y	E	W
J	M	U	E	M	A	V	L	O	E
E	L	L	O	D	X	N	Y	K	R





THE POWER CHEF

# RECIPE BOOK

[ from Farm  
to Store  
to Plate ]





# FOOD ALLERGY AND GLUTEN-FREE RECIPE SUBSTITUTIONS

Allergies and food sensitivities don't need to get in the way of becoming a Power Chef. These substitutions can be used to modify many recipes into a yummy and safe treat.

## PEANUT AND TREE NUT SUBSTITUTIONS:

- Seeds – like pepitas (pumpkin seeds) or sunflower seeds or butter are great for granola, trail mix, in yogurt or on toast.
- Legumes (beans) – roasted beans like garbanzo beans make a great crunchy, protein- and fiber-packed snack.

**Note:** Some kids with peanut allergies are allergic to the whole legume family, including beans, peas and soy.

## EGG SUBSTITUTIONS:

Children with egg allergies must avoid egg in all forms. In a typical recipe for baked goods, egg plays one of two roles: either as a binder (to hold the recipe together) or as a leavening agent (to help it rise).

### Egg as a binder. One egg is often equal to:

- ½ medium banana, mashed
- ¼ cup apple sauce
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water, let stand for 1 minute before using
- Commercial egg substitutes are also available.

### Egg as a leavening agent. One egg is equal to:

- 1 ½ tablespoons vegetable oil (like canola) + 1 ½ tablespoons water + 1 teaspoon baking powder

**Note:** Commercial egg substitutes – general rule of thumb, if recipe calls for 3 or more eggs, the egg substitute doesn't work.

## MILK AND MILK PRODUCT (DAIRY) SUBSTITUTIONS:

All of these milks can be replaced in recipes one-for-one:

- Soy milk
- Oat milk
- Rice milk
- Almond milk
- Coconut milk
- Cashew milk
- Hemp milk

Replacement for yogurt:

- Soy-based
- Coconut-based
- Pea-based

**Note:** Read the ingredients carefully, even if it says “nondairy,” because it may still have casein in it, which is a milk protein. Goat milk is not considered a safe alternative for those allergic to milk.

## WHEAT FLOUR (GLUTEN) SUBSTITUTIONS:

- Ground rolled oats
- Rice flour
- Garbanzo bean (chickpea) flour
- Potato starch
- Tapioca starch
- Barley flour
- Rye flour
- Coconut flour

**Note:** Measurement when replacing wheat flour with other flours may not be one-to-one, so be sure to read instructions on the package for how to accurately replace one with the other.



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### POWER CHEF SAFETY

Remember, Power Chefs put safety first. Be sure to ask an adult for help on any recipes that use heat and sharp knives.



THE POWER CHEF

# TREES

from Farm  
to Store  
to Plate





## Fruit + Nut Energy Bars

*These bars are super-easy to make and adapt to your own tastes. Keep trying these bars with different ingredients. We're not sure why, but every now and then these don't turn out quite right—they're crumbly instead of firm. If this happens, use it as a fruit or yogurt topping, and call it "granola!"*

Serves: 16

### INGREDIENTS

- ½ cup lightly toasted nuts (one kind or a combination of almonds, walnuts, and pecans). To toast nuts, put them on a small baking sheet in a 350°F oven until they are fragrant and look a shade darker, around 5 minutes.
- ¾ cups dried fruit (one kind or a combination of raisins, currants, dried cranberries or chopped dates, prunes, apricots, and peaches)
- ¾ cups quick-cooking oats
- ¾ cups crispy-rice cereal
- 2 tablespoons unsweetened coconut (if you like)
- ½ cup almond or peanut butter
- ¼ cup honey or maple syrup
- ½ teaspoon vanilla extract

### INSTRUCTIONS

1. Line the pan with parchment paper and leave enough hanging so that you can use it to cover the bars later. (You will need a piece a little more than twice the size of the bottom of the pan.)
2. Put the nuts or seeds, dried fruit, oats, rice cereal, and coconut in the bowl and toss well.
3. Put the nut or sunflower seed butter and honey in the small bowl and microwave until it is softened, about 30 seconds (depending on your microwave). Stir until smooth. Add the vanilla and stir again.
4. Pour the nut butter mixture into the large bowl and mix with a spoon until well combined.
5. Dump the mixture into the prepared pan and pat down as hard as you can. You want to make the bars solid (rather than airy). Using the overhanging parchment paper, cover the bars completely. Cover with plastic wrap and refrigerate at least 4 hours.
6. Using a knife, cut into 16 pieces.

Recipe reprinted with permission from Chop Chop® magazine.



# Mango Lassi

This sweet-tart treat from India and Pakistan is the perfect way to cool off in the summer heat.

Serves: 2

## INGREDIENTS

- ½ cup mango puree or chopped fresh or frozen mango
- ½ cup low-fat plain yogurt
- ½ cup cold water
- 1 teaspoon fresh lime juice

## INSTRUCTIONS

1. Put all the ingredients into the blender or food processor. Put the top on tightly.
2. With the help of your adult, turn the blender or processor to medium and blend or process until the mixture is smooth and frothy.

Recipe reprinted with permission from Chop Chop® magazine.



# Try for Five Guacamole

Guacamole (*gwak-ah-MO-lee*) is a Mexican dip made from avocados. The trick to making great guacamole is good ripe on the package for how to accurately replace one with the other. It's yummy on everything! Try it on tacos, omelets, salads or with veggies like cucumbers, carrots and bell peppers.

Serves: 4

## INGREDIENTS

- 2 ripe avocados
- ½ cup diced tomato (from fresh or canned, drained)
- 1 small onion, chopped
- 1 heaping tablespoon fresh cilantro leaves, minced into little pieces
- ½ fresh lime, squeezed
- Hot sauce (optional)
- Pinch of salt

## INSTRUCTIONS

1. With the help of your adult, slice each avocado in half. Remove the pit and scoop out the insides. Put the avocado in a bowl and using a fork, mash it until it is still chunky, not smooth.
2. Add the diced tomato, chopped onion and minced cilantro leaves. Squeeze the lime and add the juice.
3. Stir it all together, but not too much. Add hot sauce, if you like.
4. Move the guacamole to a serving bowl and try it with slices of cucumber, radishes, carrots or bell peppers.

**NOTE:** Put the avocado pits in the guacamole to prevent it from turning brown from the air. Cover tightly with plastic wrap and refrigerate no more than four hours.



# Tarragon Chicken Salad with Apples

Tarragon was used by the Greeks as early as 500 BC. They used it as a cure for toothaches! This salad is great as a sandwich or on top of a green salad.

Makes: 6 cups

## INGREDIENTS

- 4 ½ cups cooked chicken, shredded
- ¼ cup low-fat plain yogurt
- ¼ cup mayonnaise
- 1 tablespoon dijon mustard
- 1 teaspoon white vinegar or fresh lemon juice
- 1 crisp apple, diced
- 1 celery rib, diced
- 1 tablespoon fresh or 1 teaspoon dried tarragon

## INSTRUCTIONS

1. Put the cooked chicken into the large mixing bowl.
2. Put the yogurt and mayonnaise into the small mixing bowl and mix them together with the spoon or fork.
3. Add the mustard and vinegar to the small bowl and mix together well.
4. Pour the ingredients from the small bowl into the large bowl and stir, stir, stir!
5. Add the apple, celery and fresh or dried tarragon and stir for about 10 seconds until mixed.
6. Serve right away or cover and refrigerate overnight.

**NOTE:** Add raisins, dried apricots, toasted walnuts, pecans or almonds. If you don't like or don't have tarragon, substitute basil, cilantro, parsley, or half the amount of dill or leave the herbs out entirely.

Recipe reprinted with permission from Chop Chop® magazine.



THE POWER CHEF

# LEAVES & HERBS

from Farm  
to Store  
to Plate





# Kale Salad

*This simple, delicious salad is one of those recipes you throw everything in a bowl, toss and it's ready to eat. Some people like to massage the kale salad with their clean hands to soften it up a bit. Feel free! Or just let it sit for a while, and the dressing will tenderize it.*

Serves: 4

## INGREDIENTS

- 5 - 6 large kale leaves, washed, the excess water shaken off (enough to make 4 cups chopped)
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- ½ apple, cored and shredded or chopped
- ¼ cup coarsely chopped toasted almonds or walnuts
- ¼ cup shredded cheddar cheese

## INSTRUCTIONS

1. Strip the ruffly leaves off of the kale's stems by grasping the bottom of each stem and pulling your hand up along it forcefully.
2. Tear the leaves into small bite size pieces or stack and bunch the leaves together on the cutting board and use a knife to cut across the stack so that you end up with skinny slivers of kale.
3. Put the kale in the bowl with the rest of the ingredients and toss ("toss" means to mix together lightly) using tongs or salad servers. Taste the salad and add a pinch more salt or a squeeze of lemon if you think it needs it.
4. Serve right away.

*Recipe reprinted with permission from Chop Chop® magazine.*



# Creamy Vinaigrette

*The yogurt in this nearly instant salad dressing adds a tart flavor and rich creaminess too.*

Makes: 1 cup

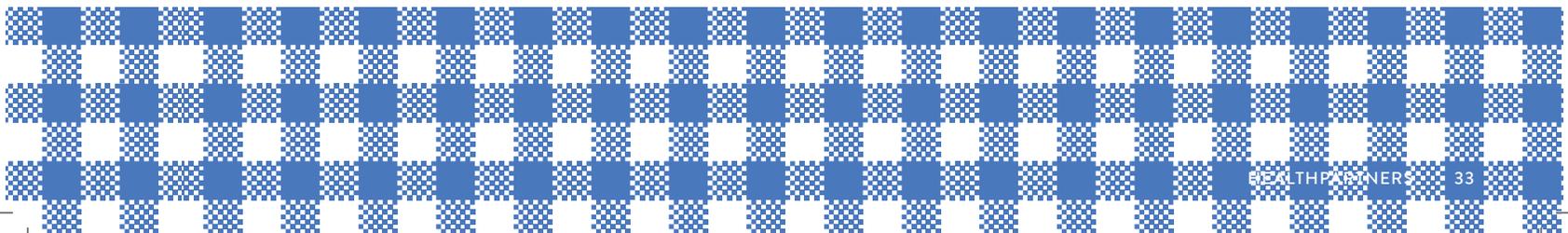
## INGREDIENTS

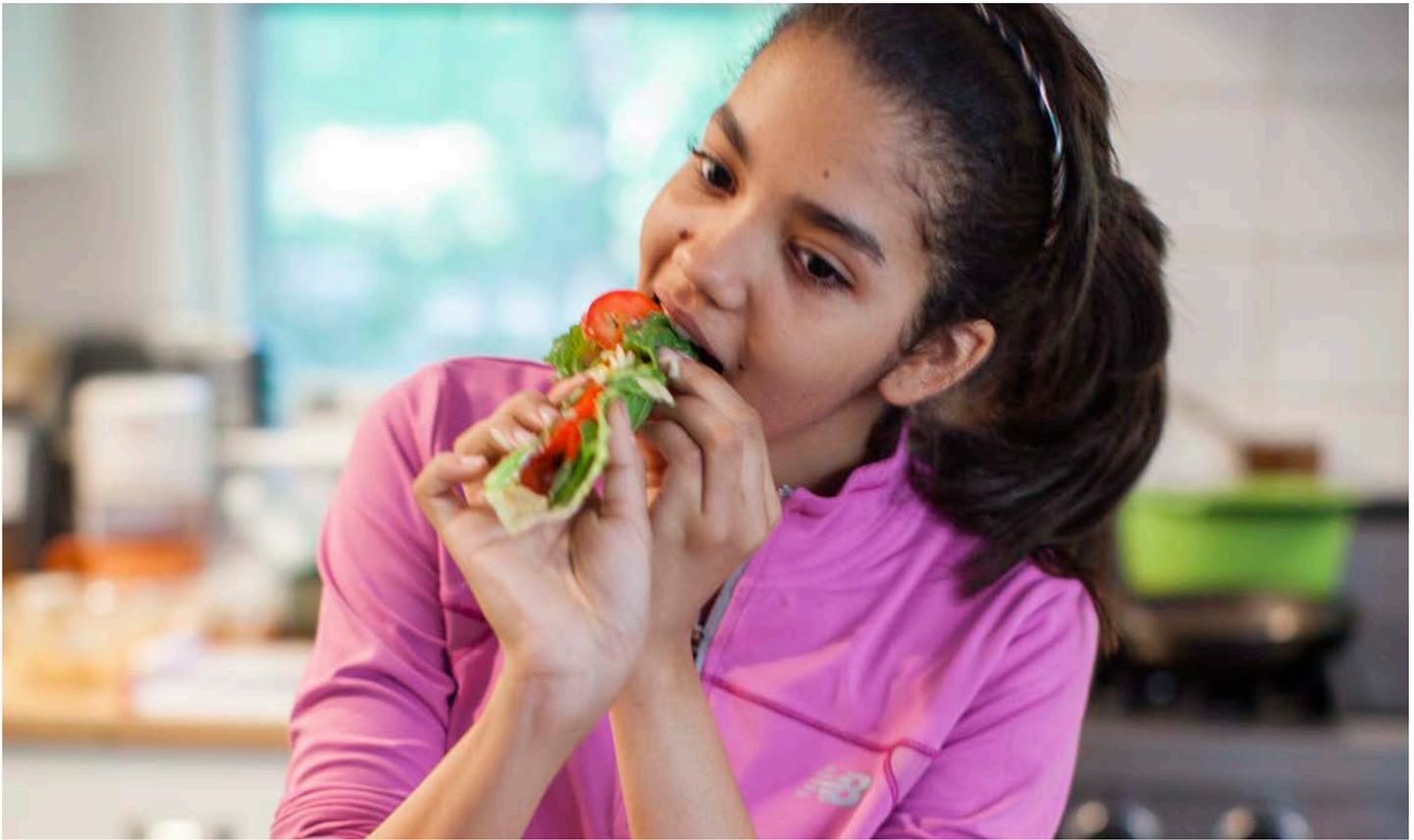
- ½ cup olive oil
- ¼ cup vinegar (any kind is fine) or fresh lemon juice
- 2 tablespoons plain yogurt
- ¼ teaspoon salt

## INSTRUCTIONS

1. Put all the ingredients in the bowl and whisk, whisk, whisk (or put them in a jar, put the lid on tightly and shake, shake, shake.)
2. Taste the dressing on a small piece of salad. Does it need more of anything? If so, add it and taste again.
3. Use right away or cover and refrigerate up to 1 week.

*Recipe reprinted with permission from Chop Chop® magazine.*





## Romaine Lettuce Roll-ups

*If you're low on energy, use hummus to make one of these salad-y roll-ups and you'll be ready to rock.*

Serves: 1

### INGREDIENTS

- 1 large romaine lettuce leaf, washed and dried
- 1 tablespoon hummus
- 4 spinach leaves, washed and dried
- 1 tablespoon plain low-fat Greek yogurt
- 2 teaspoons lightly toasted sunflower or pumpkin seeds
- 2 thin tomato slices
- 1 tablespoon avocado or guacamole
- 1 tablespoon cooked and cooled (or leftover) brown rice or quinoa

### INSTRUCTIONS

1. Put the romaine leaf on the cutting board. Use the teaspoon to spread the hummus on the leaf.
2. Put the spinach on top of the hummus.
3. Use the teaspoon to spread the yogurt over the spinach, then sprinkle with the seeds.
4. Add the tomato slices, then top with the avocado or guacamole.
5. Sprinkle the brown rice on top of the avocado.
6. Roll up the romaine leaf as tightly as possible. Serve right away.

*Recipe reprinted with permission from Chop Chop® magazine.*



# Green Pineapple Smoothie

*You may not always like to eat your spinach or kale, but how about drinking it? When you blend it with pineapple and banana it turns this green smoothie into a power-packed sweet treat.*

Serves: 2

## INGREDIENTS

- 1 cup pineapple, diced (frozen, fresh or canned in 100% juice)
- ½ cup pineapple juice
- 1 banana
- 1 cup kale or spinach
- 1 cup unsweetened almond milk or plain milk
- ½ cube ice cubes (skip if using frozen fruit)

## INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Put all the ingredients in the blender. Put the top on tightly.
2. Turn the blender to medium and blend until the mixture is smooth and liquid enough to move freely in the blender jar, increasing the speed to medium-high if necessary, about 40 seconds. (You might have to stop the blender, remove the top, and stir the contents if they get stuck and don't start to move around in there. If you have to do this, make sure that the blender blade has stopped turning first.)
3. Serve right away or pour into ice pop molds for a cool treat later.



# Minty-lemon Lentils with Spinach

*This recipe is a tasty way to try out lentils with lots of fresh flavors.*

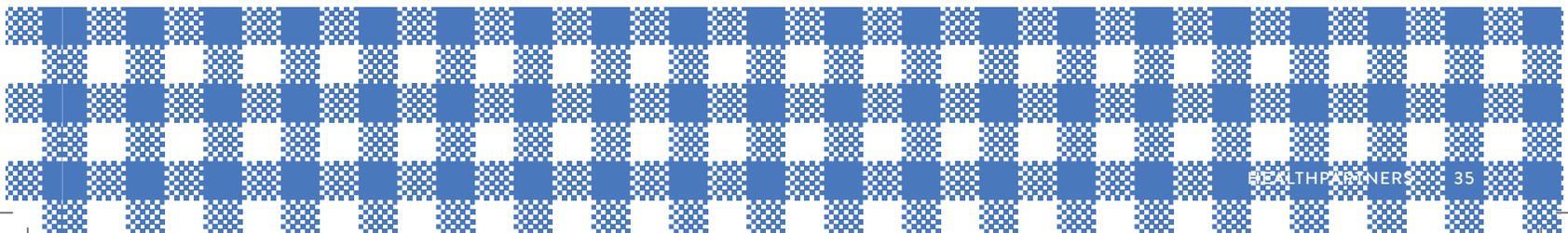
Serves: 2 - 4

## INGREDIENTS

- 2 cloves garlic chopped
- 3 cups vegetable broth
- 1 cup red lentils
- 6 - 12 ounces baby spinach leaves
- 1 large sweet potato cut into small cubes
- Zest of 1 lemon or lime
- 3 tablespoons lemon or lime juice
- ½ teaspoon cayenne pepper (optional)
- ¼ cup fresh mint, chopped
- Black pepper, to taste

## INSTRUCTIONS

1. Cook garlic 1 minute in saucepan over medium heat with a little vegetable broth.
2. Add vegetable broth, lentils and potatoes and bring to boil. Reduce heat, cover and simmer for 10 - 15 minutes until lentils are tender.
3. Add spinach, lemon or lime zest and juice and cayenne.
4. Cover and simmer until spinach wilts.
5. Stir in mint and add black pepper to taste.





THE POWER CHEF

# PLANTS BUSHES & VINES

from Farm  
to Store  
to Plate





# Quinoa Berry Yogurt Bowl

*This berry delicious recipe will give you a morning boost that will keep you energized all morning long.*

Serves: 1

## INGREDIENTS

- ½ cup cooked quinoa (or buy it already prepared)
- ½ cup plain or vanilla yogurt (regular or Greek)
- Raspberries (or your favorite berries)
- 1 tablespoon sunflower seeds
- 1 tablespoon sliced almonds
- Mint, chopped
- Drizzle of honey or maple syrup (optional)

## INSTRUCTIONS

1. Cook quinoa according to instructions on package or use the following steps.

How to cook quinoa (1 cup uncooked quinoa makes 3 cups cooked):

- Combine 1 cup (rinsed) quinoa with 2 cups water in a medium saucepan. Bring to a boil.
- Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes.  
Quinoa holds lots of water, so make sure to drain it thoroughly after it's cooked.

2. Mix quinoa, yogurt and berries in a bowl.
3. Sprinkle with sunflower seeds, almonds and mint. Drizzle with honey or maple syrup on top.



# Philly Stuffed Peppers

*Any meat and veggies will work for these colorful peppers. It's a great recipe to use up leftovers. It's so easy and so good.*

Serves: 6

## INGREDIENTS

- 6 colorful bell peppers
- 1 cup mushrooms, diced
- 1 small onion, diced
- 2 cloves garlic, chopped
- 1 ½ - 2 pounds lean cut of steak (or whatever meat you have on hand)

## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Wash peppers, cut tops off, clean out the inside of each and place into a pan.
3. Over medium heat toss onions, mushrooms, garlic, thinly sliced steak and salt and pepper to taste.
4. Fill peppers with meat mixture.
5. Top each pepper with a slice of provolone cheese.
6. Bake for 20 minutes until cheese is golden brown.

*From the kitchen of Lisa Rambo.*



## Any Vegetable Minestrone Soup

What looked good at the market? Kale, squash? Great! Use them. Cabbage, beans? Great! Use those instead – or also. As long as the vegetables are good, the soup will be great.

Makes: 12 cups

### INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 teaspoon salt
- 2 carrots, scrubbed and diced
- 2 celery stalks, diced, with a handful of celery leaves, finely chopped
- 2 garlic cloves, minced
- 4 cups diced or shredded vegetables – any combination of potatoes, cabbage, chard, kale, spinach, squash, green beans, and parsnips
- ½ cup barley or brown rice (or 1-2 cups cooked, leftover grains or pasta)
- 4 cups low-sodium chicken or vegetable broth
- 4 cups water
- 2 cups cooked beans (garbanzo, pinto, black, red, or white) or 1 15-ounce can beans, drained
- Olive oil and freshly grated Parmesan cheese for garnishing

### INSTRUCTIONS

1. Put the pot onto the stove and turn the heat to medium.
2. When the pot is hot, add the oil.
3. Add the onion, salt, carrots, and celery and cook for about 10 - 15 minutes or until they are tender.
4. Add the garlic and remaining vegetables and cook, stirring until tender, about 10 minutes.
5. Add the barley or rice, broth, and water. Then cover and simmer until all the vegetables are cooked and the barley or rice is tender, about 45 minutes.
6. Add the beans, simmer another 15 minutes, then carefully taste the soup. Does it need more salt? Add a pinch if it does.
7. Serve garnished with a drizzle of olive oil and sprinkle of Parmesan cheese.

#### NOTE:

- Use frozen corn and/or peas for some of the vegetables, and add them when you add the beans.
- Don't throw the celery leaves out, chop them up as a free bonus herb and add them to this dish or whatever dish you're using celery in. They add tons of flavor.

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## Three-bean Roasted Garlic Hummus

*This makes a lot – enough to share, or for a potluck or party. Serve it with whole grain crackers or cut raw veggies like carrots, red, green, or yellow bell peppers, or zucchini.*

Makes 4 ½ Cups

### INGREDIENTS

- 2 tablespoons olive oil
- 2 cloves garlic, peeled
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 15-ounce can chickpeas, drained and rinsed
- 1 15-ounce can red beans, drained and rinsed
- Pinch of salt
- Pinch of black pepper

### INSTRUCTIONS

1. Put the pan on the stove and turn the heat to low. Add 1 teaspoon of the olive oil and the garlic cloves. Let them cook slowly until they are dark brown all over, about 10 minutes. Remove the pan from the heat and set it aside.
2. Put the beans, garlic cloves and the oil they were cooked in, plus the remaining oil, salt, and pepper in the bowl of a food processor fitted with a steel blade (or a blender) and put the top on tightly. Process the mixture until smooth, about 1 minute. Add a little water (about 1 tablespoon at a time) if the mixture is too thick. Taste the hummus. Does it need more salt? If so, then add it and taste again.
3. Scrape the hummus into a bowl using the rubber spatula and serve with veggie sticks, whole grain crackers.

*Recipe reprinted with permission from Chop Chop® magazine.*



## Summer Salsa

*Salsa is delicious, easy to make, and it tastes great on many foods. Salsa isn't just for chips: use it to top omelets, burgers, tacos, chili, the list is endless. Don't like spicy salsa? Don't worry – when you make your own, you control the flavor.*

Serves: 3 - 4

### INGREDIENTS

- 5 tomatoes, cored and diced
- 1 small red onion, peeled and finely chopped
- 2 cloves garlic, peeled and minced
- 1 bell pepper of any color, seeded and chopped
- 1 jalapeño chili, seeded and finely chopped (if you like spicy) (be very careful NOT to touch your eyes)
- ¼ cup finely chopped fresh cilantro leaves
- ¼ teaspoon cayenne (if you like spicy)
- ¼ teaspoon salt
- 1 tablespoon fresh lime juice

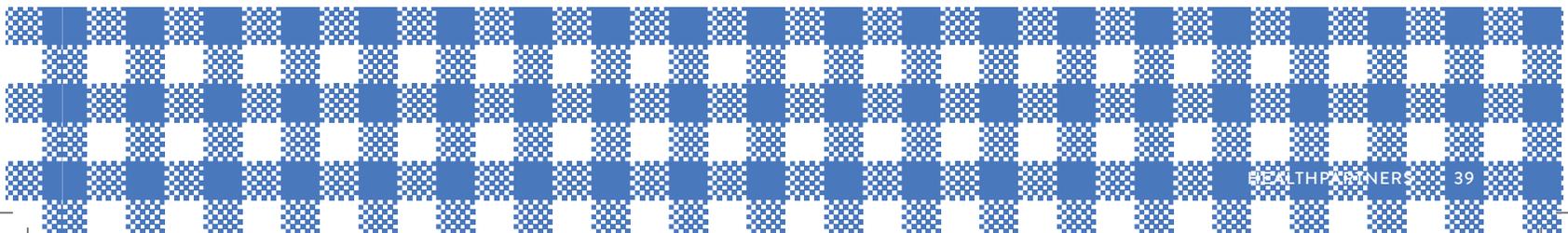
### INSTRUCTIONS

1. Put all the ingredients into the mixing bowl and mix well.
2. Cover and refrigerate at least 1 hour and up to overnight.

### DID YOU KNOW?

*Tomatoes are actually a type of fruit because they have seeds, and can be eaten just like an apple!*

*Recipe reprinted with permission from Chop Chop® magazine.*

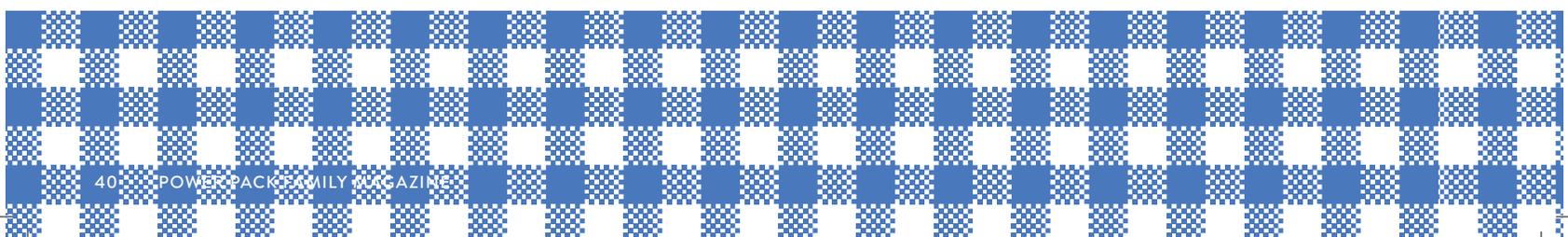




THE POWER CHEF

# FLOWERS

from Farm  
to Store  
to Plate





## Cheesy Cauliflower Crust or Dippers

*This is a fun food to have on its own or with an Italian meal. It's a unique veggie-take on a traditional food. Add some marinara for dipping and "that's amore!"*

Serves: 8 - 10

### INGREDIENTS

- 1 medium head cauliflower
- 1 egg, slightly beaten
- 1 cup part-skim mozzarella, shredded
- ½ cup shredded Parmesan cheese, shredded
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon garlic powder or 1 teaspoon fresh garlic, minced

### INSTRUCTIONS

1. Preheat oven to 425°F.
2. Wash and clean cauliflower, cut into chunks. Make sure to remove its core.
3. Crumble the cauliflower:
  - Place cauliflower in a food processor or blender and pulse it until it is "crumbled" or a "rice" consistency (or can use a hand grater).
  - In a large saucepan, heat 1-inch of water until boiling. Add in the cauliflower, cover, and steam for 4 - 5 minutes. Watch closely so it doesn't boil over.
  - Use a fine mesh strainer to drain the cauliflower. Allow cauliflower to cool for a few minutes, then place in in a clean dish towel or paper towel and squeeze to remove excess water.
4. Once cauliflower crumble is drained well, place in large bowl. Add ½ cup mozzarella cheese, beaten egg, oregano, basil, and garlic powder. Stir in the mixture well.
5. Line a baking sheet with parchment paper and spray it lightly with cooking spray. Spoon cauliflower mixture onto pan. Using your hands, form the mixture into an 8 ½ x 11-inch rectangle.
6. Place in the oven for 30 minutes or until crust is golden brown and firm.
7. Remove it from the oven and top it with remaining mozzarella and Parmesan cheese.
8. Return to oven to bake for another 5-10 minutes or until cheeses are melted.
9. Use as pizza crust or cut into sticks and serve with a warm marinara sauce for dipping.



# Broccoli Makeover

Don't think you like broccoli? This "broc" rocks! Try this tasty recipe and you'll be begging for more!

Serves: 3

## INGREDIENTS

- 1 head broccoli
- 1 tablespoon olive oil
- ½ teaspoon kosher salt
- Parmesan cheese, grated (if you like)
- Lemon, quartered (if you like)

## INSTRUCTIONS

1. With the help of your adult, turn the oven on and set it to 500°F.
2. With the help of your adult, using a sharp knife, separate broccoli into bite-size florets (the curly part) and stems.
3. Using a vegetable peeler, remove the stalks' outer peels and cut the stalks into 2 – 3 inch pieces. Put the florets and peeled stems on a baking sheet.
4. Add olive oil and salt and mix well.
5. With the help of your adult, put the baking sheet in the oven and bake until the broccoli is lightly browned, about 10 minutes.
6. With the help of your adult, take the sheet out of the oven. If you like, sprinkle with Parmesan cheese or lemon juice – or both.

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# Artichoke Spinach Yogurt Dip

Serves: 4 - 6

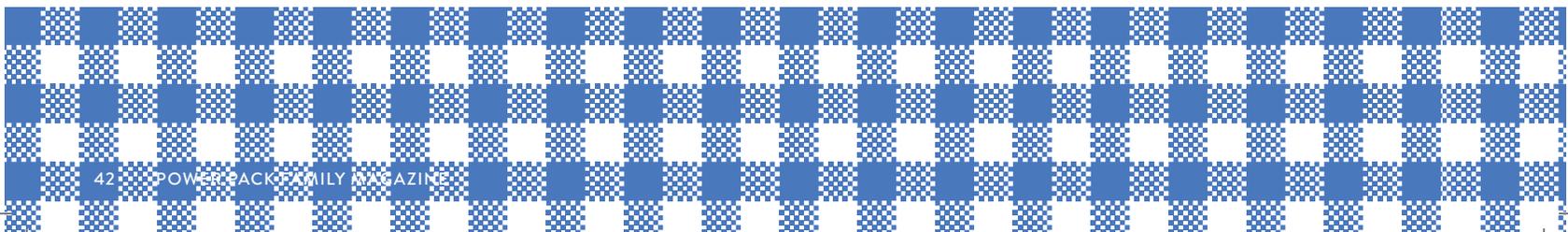
## INGREDIENTS

- 1 14-ounce can quartered artichoke hearts, drained
- 1 10-ounce frozen spinach, thawed and drained (or about 1 cup cooked fresh spinach)
- 1 cup Greek yogurt, plain
- 1 cup mozzarella cheese
- ½ cup Parmesan cheese
- 2 cloves fresh garlic

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Chop artichoke hearts into bite-sized pieces.
3. Mix all ingredients together and season with a pinch of salt (optional)
4. Pour mixture into a small casserole (or 1 quart oven safe dish)
5. Bake for 20 - 22 minutes, or until heated through and the cheese on top is melted.
6. Serve with whole-grain crackers or tortilla chips.

**NOTE:** 1 pound of fresh spinach = 10 - 12 cups of torn leaves, which will cook down to about 1 cup. 1 package (10 ounces) of frozen spinach leaves = about 1 ½ cups after cooking. Therefore, you can substitute 1 package (10 ounces) frozen spinach leaves for 1 ½ pounds of fresh spinach.





## Stir Fry Vegetables

*At first glance, this recipe may seem long. It has lots of ingredients, but it isn't complicated. The trick is to gather all the veggies before you start and cut them to the same size. You'll be surprised how easy this one really is!*

Serves: 4

### INGREDIENTS

- 1 cup cold water or chicken stock
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon corn starch
- 1 tablespoon unseasoned rice vinegar
- ½ teaspoon toasted sesame oil
- ½ - 1 teaspoon Asian chili paste (if you like spicy)
- 1 tablespoon vegetable or canola oil
- 1 bell pepper (red or green), cut in 1-inch cubes
- 4 cups bite-size pieces of broccoli (about half a head)
- 2 - 4 mushrooms
- 2 garlic cloves, peeled and chopped
- 1 tablespoon chopped fresh ginger root
- 1 small head bok choy or 2 - 2 ½ cups chopped fresh or frozen spinach
- 1 cup snow peas, trimmed
- 1 bunch scallions, roots and 1 inch of green part trimmed and thrown away, the rest cut into 1-inch pieces
- ½ cup bean sprouts (optional)

### INSTRUCTIONS

1. Put the water, soy sauce, corn starch, rice vinegar, sesame oil, and chili paste, if using, in a small bowl. Mix well and set aside.
2. With the help of your adult, put a large skillet or a wok on the stove, add the oil, and turn the heat to high.
3. Let the skillet heat for 2 minutes and, with the help of your adult, add the bell pepper, broccoli and mushrooms and cook until the broccoli is bright green, 2 - 4 minutes.
4. Add the garlic and ginger and cook 1 minute.
5. Add the bok choy (or spinach) and snow peas and cook until the greens are brightly colored but still have some crunch, about 2 minutes.
6. Add the sauce and bring to a boil.
7. Add the scallions and bean sprouts and cook 1 minute. Serve right away.

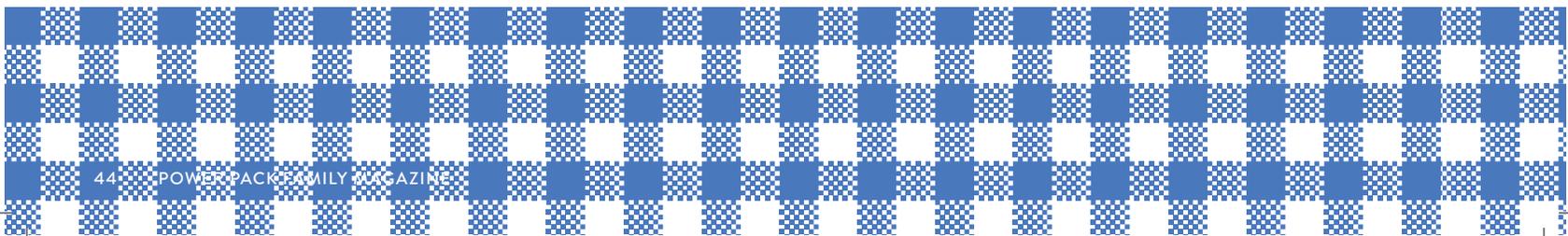
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THE POWER CHEF

# ROOTS

[ from Farm  
to Store  
to Plate ]





# Roasted Root Vegetables

*Roasting turns roots super sweet and will have your family rooting for more roasted roots!*

Serves: 4

## INGREDIENTS

- 1 red onion, diced
- 2 carrots
- 2 russet potatoes or sweet potatoes (or a combination), scrubbed and diced
- 2 parsnips
- 1- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

## INSTRUCTIONS

1. Preheat oven to 425°F.
2. Scrub or wash root vegetable; peeling optional.
3. Chop all vegetables into similar sized pieces (approximately 1-inch cubes).
4. In a bowl, toss cut vegetables with olive oil to coat and add desired seasonings.
5. Spread out vegetables evenly on a sheet pan or roasting pan and cook until tender and golden brown, generally 40 - 50 minutes (radishes only take 15 - 20 minutes), toss or stir with spatula every 10 - 15 minutes.
6. Enjoy hot as a side dish!

*Recipe reprinted with permission from Chop Chop® magazine.*

## NOTE:

- *Have leftovers? Try adding to scrambled eggs or omelets, mixed into a stew or soup, or as a topping for salad or even pizza.*
- *Cooked roasted veggies will stay fresh for about 3 - 5 days in a sealed container in the refrigerator.*



# Can't Beat Roasted Beets

Roasting beets whole, with their peel on keeps them juicy and more flavorful, they're easier to peel, too!

Serves: 8 - 10

## INGREDIENTS

- 2 pounds, whole beets (approximately 10 medium beets)
- Seasoning, to taste

## INSTRUCTIONS

1. Preheat to 450°F. Line a 9 x 13 baking dish with aluminum foil.
2. Prepare the Beets. Cut off the greens and upper stems of the beets, leaving about 2 inches. Gently scrub the beets clean and pat dry to remove the dirt, but not the peel.
3. Place the beets in a single layer in the bottom of the baking dish. Cover the dish tightly with foil.
4. Roast the beets for 45 minutes to 2 hours. Roasting time varies; smaller beets will take less time.
5. Flip the beets every 30 minutes using tongs so they roast evenly.
6. Check beets at 45 minutes by poking the largest beet with a fork. If the fork goes in easily they are ready. If not, roast another 10 minutes and test again.
7. Once removed from oven, uncover allow to cool for 5 - 10 minutes until they can be handled, but still warm. Cut off the rest of beet stems and the tail of the beet.
8. Peel the beets with your fingers under cold running water. The skin should slide off easily.
9. Slice or dice, season and enjoy!

**NOTE:** Beets red color will stain clothing and skin. Wash your hands right after handling with soap and water and wear an apron to protect your clothes.



# Slow-cooker Vegetable Beef Stew

There's nothing better than coming home after a long busy day and having a home-cooked meal like this await you and your family. With just a little bit of prep work in the morning or the night before, then let the slow cooker do the rest.

Serves: 8 - 10

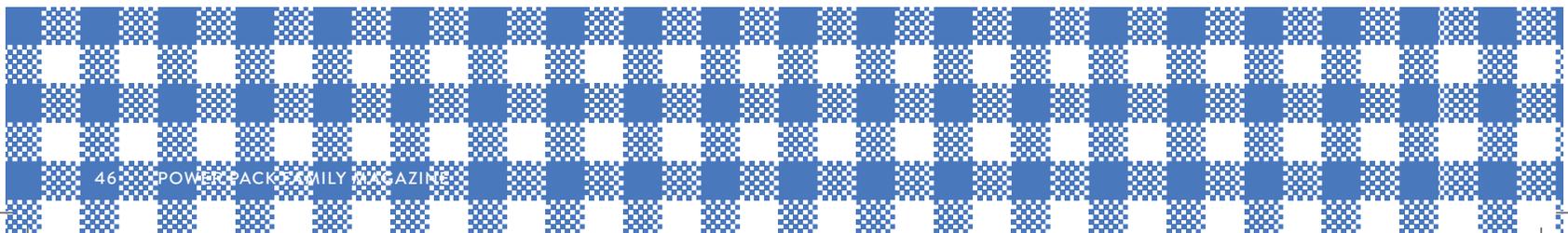
## INGREDIENTS

- 3 tablespoons olive oil
- 2 pounds venison roast or beef chuck roast
- 1 tablespoon garlic powder
- Salt, to taste
- Pepper, to taste
- 3 - 4 carrots, peeled and chopped
- 2 medium peppers, chopped
- 1 medium onion, chopped
- 2 sweet potatoes, cut into chunks
- 1 - 2 white potatoes, cut into chunks
- 1 28-ounce can stewed tomatoes
- 1 14-ounce can coconut milk

## INSTRUCTIONS

1. Heat oil in frying pan over medium-high heat.
2. Season roast with garlic, and salt and pepper to taste.
3. Brown roast on both sides in frying pan.
4. Remove roast from pan; put in slow cooker with remaining ingredients.
5. Cover and cook on low about 8 hours.

*From the kitchen of Lisa Rambo.*





## Sweet Potato and Chickpea Curry

Serve this fragrant and colorful Indian stew over rice. Curry powder is actually a Western invention, but it's a mix of traditional Indian spices that might include coriander, turmeric, chiles, cumin, fennel, black pepper, garlic, ginger, fenugreek, cardamom, cinnamon, cloves, and mustard.

Serves: 8 - 10

### INGREDIENTS

- 2 tablespoons vegetable oil
- 1 garlic clove, peeled and minced
- 1 1-inch piece fresh ginger, peeled and minced
- 1 tablespoon curry powder
- 1 14-ounce can unsweetened coconut milk
- 1 tablespoon tomato paste
- ½ cup water
- ½ teaspoon salt
- 2 sweet potatoes, peeled and diced
- 1 14-ounce can chickpeas, rinsed and drained
- 1 cup green peas (frozen is fine)
- Salt
- Cilantro, chopped (optional)
- Yogurt, plain or Greek (optional)

### INSTRUCTIONS

1. Put the skillet on the stove and turn the heat to medium-low. When the skillet is hot, add the oil. Add the garlic and ginger and cook, stirring, just until you can smell them, about 30 seconds. Stir in the curry powder.
2. Add the coconut milk, tomato paste, water, and salt, and turn the heat up to medium. When the mixture is boiling (you'll see bubbles at the surface), add the sweet potatoes and chickpeas and stir.
3. Turn the heat down to low, cover the skillet, and cook at a gentle simmer, until the sweet potatoes are tender, about 15 minutes.
4. Uncover the skillet, add the peas, and cook for 5 minutes to blend the flavors, cook the peas, and thicken the sauce. Taste the curry and add a pinch of salt and/or another sprinkle of curry powder if the flavor needs a boost.
5. Serve right away, or cover and refrigerate up to 2 days.
6. Top this curry with chopped cilantro or a dollop of plain yogurt.

*Recipe reprinted with permission from Chop Chop® magazine.*



# power<sup>UP</sup>

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## Kids and families, do you want to learn how to cook up some fun and earn the title of Power Chef? It's as easy as 1–2–3:

- 1 Flip to the back page of this insert and you'll find the Power Chef Challenge game. The goal is to master all 10 PowerChef skills and cross out each one as you complete it.
- 2 Get started on page 3 with chef skills 1 and 2 then cross off those two skills.
- 3 Now keep learning skills 3-10 as you slice, squeeze, tear, whisk, cut, crumble, sauté and roast your way to the title of Power Chef!



**Cross off all 10 skills and you'll earn the title of Power Chef!**



### BONUS SKILL

Whip up the Try for Five Guacamole recipe found on the reverse side of this insert (or on page 30).

A Power Chef loves to keep mastering new skills, trying new tastes and having family fun. How many of the other Power Chef Challenge skills can you cross off?

### POWER CHEF CLUB

Complete the Power Chef Challenge and you can become a member of the Power Chef Club. Just visit us online at [powerup4kids.org/chefclub](http://powerup4kids.org/chefclub) and fill out a brief form.

You'll receive a personalized Power Chef Club certificate (by email) to proudly display, PLUS a chance to win a Power Chef Gift Pack (see complete details online).



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power<sup>UP</sup>

Try for Five Gua

AVOCADO  
MASH!



TOMATO  
DICE!



MIX ALL INGREDIENTS

LIME  
SQUEEZE



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### INGREDIENTS

- 2 ripe avocados
- 1/2 cup tomato, dice (from fresh or canned, drained)
- 1 small onion, chopped
- 1 tablespoon fresh cilantro, minced
- 1/2 fresh lime, squeezed
- Hot sauce (optional)
- Pinch of salt (optional)

### INSTRUCTIONS

1. Wash your hands with soap and water.
2. With the help of your hands, remove the pit and mash the avocado in a bowl or mortar and pestle. The avocado should be still chunky, not smooth.

# Guacamole!



INGREDIENTS IN A BOWL

TIME TO SQUEEZE!



CILANTRO MINCE!



ONION CHOP!



SERVE WITH RADISHES, CUCUMBERS, CARROTS AND BELL PEPPERS FOR DIPPING!

Wash the avocados with soap and all of the veggies. If you're a kid, ask an adult to help. If you're an adult, slice each avocado in half. Remove the pits and scoop out the insides. Put the avocados in a mortar and pestle and using a fork, mash it until it is smooth.

3. Add the diced tomato, chopped onion and minced cilantro leaves. Squeeze the lime and add the juice.
4. Stir it all together, but not too much. Add hot sauce and salt, if you like.
5. Move the guacamole to a serving bowl and try it with slices of cucumber, radishes, carrots or bell peppers.

*NOTE: Put the avocado pits in the guacamole to prevent it from turning brown from the air. Cover tightly with plastic wrap and refrigerate no more than four hours.*

# Power Chef Challenge!

Cross off the 10 Power Chef Skills while trying for five in the kitchen.



Talk about the best part of your day at mealtime

Help prepare a meal with your family



Blend and drink a smoothie using leafy greens

Drain and rinse a can of beans and make into hummus (page 39)

Go on a family walk

Add thinly sliced radishes to a sandwich or wrap

**Power Chef Skill #5:**  
Tearing leaves (page 10)

**Power Chef Skill #4:**  
Citrus squeeze (page 6)



**Power Chef Skill #3:**  
Slice safely (page 5)

**Power Chef Skill #2:**  
Washing fruits and veggies (page 3)

**Power Chef Skill #1:**  
Scrub your hands (page 3)

Try cooking a fruit or veggie 3 different ways (like green beans)

**Power Chef Skill #6:**  
Whisk it (page 10)

**Bonus Skill:**  
Mash avocados in the Try for five Guacamole recipe (see reverse side of this insert)

**Power Chef Skill #10:**  
Roasting roots (page 21)

Help set the table at mealtime

Slice and clean out the inside of a bell pepper (try the Philly Stuffed Pepper recipe on page 37)

**Power Chef Skill #7:**  
Sharpen your knife skills (page 13)

**Power Chef Skill #8:**  
Crumbled cauliflower (page 17)

**Power Chef Skill #9:**  
Simple sauté (page 18)

Try a new fruit or vegetable (canned, fresh, frozen or dried)

Try getting 4 colors or more (from fruits and veggies) on your plate

Pack a fruit or veggie for a snack 

Make a shopping list with at least 5 fruits and veggies with your family

Peel and slice a cucumber or carrot



Name: \_\_\_\_\_