



# Week 1 Garden Kitchen Recipes

## Power Smoothie

### Ingredients:

- 2/3 cup skim milk
- 1/2 cup fresh baby spinach
- 2 cups frozen pineapple chunks (or other fruit of choice), no sugar added
- 1 cup low-fat vanilla yogurt

### Instructions:

1. Wash your hands with soap and water. Gently wash the spinach under cold running water.
2. Add the apple juice and spinach leaves to the blender. Blend first to help make it smooth and avoid leafy chunks.
3. Place the remaining ingredients in the blender.
4. Blend until smooth and serve.

**Nutrition facts per serving:** 230 calories, 1.5g total fat, 1g saturated fat, 10 mg cholesterol, 120mg sodium, 45g total carbohydrate, 3g (11%) dietary fiber, 25g sugars (includes 8g added sugars)\*, 10g protein, 10% Vitamin D, 25% calcium, 6% iron, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.

Cutting and freezing fruit the night before will make the texture of your smoothie even better! Cut fruit into smaller, bite-sized sections, spread the fruit pieces or berries on a tray with space between the pieces, and place the tray in the freezer overnight. Place the frozen fruit in a sealed plastic bag and store in the freezer until it is needed.



**Serves 2**  
(serving size: 1.5 cups)

This recipe provides  
20 student samples  
of 1/8 cup (or  
2 Tablespoons).

## Easy, Homemade Vegetable Soup

### Ingredients:

- |   |                                   |
|---|-----------------------------------|
| 1 (14.5-ounce) can low-sodium chicken broth | 1 small onion, chopped            |
| 1 (8-ounce) can tomato paste                | 2 stalks celery, diced            |
| 1 cup water                                 | 1 (14.5-ounce) can diced tomatoes |
| 3 small red potatoes, diced                 | 1 cup frozen green beans          |
| 2 carrots, sliced                           | 1 cup frozen corn kernels         |
| 1 can black beans, drained and rinsed       | 1/4 teaspoon pepper               |

### Instructions:

1. In a large stock pot, combine broth, tomato paste, water, potatoes, carrots, celery, onion, beans, un-drained diced tomatoes, green beans, and corn.
2. Season with salt and pepper.
3. Bring to a boil, then reduce to a simmer for 30 minutes or until all vegetables are tender.

**Nutrition facts per serving:** 260 calories, 1g total fat, 0g saturated fat, 0 mg cholesterol, 490mg sodium, 52g total carbohydrate, 13g (46%) dietary fiber, 11g sugars (includes 0g added sugars)\*, 12g protein, 0% Vitamin D, 6% calcium, 4% iron, and 30% potassium. Percent Daily Values are based on a 2,000-calorie diet.



**Serves 6**  
(serving size: about  
2 cups)

This recipe provides  
24 student samples  
of 1/2 cup.



To make student serving samples more efficient, consider dividing the recipe samples into small paper cups before passing them out to students. This works especially well with any "wet" recipes (such as smoothies, soups, dips, carrots, salads, etc.).

## Super Quesadillas

### Ingredients:

- |   |                                |
|---|--------------------------------|
| 4 corn tortillas  | 1/2 cup diced tomato           |
| nonstick cooking spray  | 1/2 cup fresh spinach, chopped |
| 3/4 cup reduced fat, shredded cheddar cheese                  | 1/2 cup diced onion            |
| 1/2 cup canned, low-sodium black beans,<br>rinsed and drained |                                |

### Instructions:

1. Wash your hands and clean your cooking area.
2. Coat a large nonstick skillet with nonstick cooking spray and turn heat on medium to high heat.
3. Place one tortilla in the skillet and sprinkle with cheese, black beans, onions, tomatoes, and spinach.
4. Heat for 1 to 2 minutes.
5. Top with another tortilla and flip quesadilla.
6. Heat for an additional 1 to 2 minutes.
7. Remove quesadilla from the skillet and cut into four triangles.
8. Repeat layering process with remaining tortillas to make more quesadillas.



**Serves 4**  
(serving size:  
1/2 of a quesadilla)

This recipe provides 16  
student samples of  
1/8 of a quesadilla.

**Nutrition facts per serving:** 150 calories, 5g total fat, 2.5g saturated fat, 10 mg cholesterol, 200mg sodium, 18g total carbohydrate, 2g (7%) dietary fiber, 2g sugars (includes 0g added sugars)\*, 9g protein, 0% Vitamin D, 15% calcium, 6% iron, and 4% potassium. Percent Daily Values are based on a 2,000-calorie diet.

You can help keep your students safe in the kitchen by ensuring they only have access to age-appropriate tools, such as plastic knives and child-friendly peelers. As you model how to use tools in the correct way, discuss kitchen safety before beginning each Garden Kitchen Recipe.

**How do we keep each other safe and healthy while making our recipes? We keep each other safe and healthy when:**

- We have an adult in the kitchen to help us with our recipes;
- We wash and dry our hands before making a recipe;
- We do not touch hot pots or pans that could burn us;
- We keep our fingers away from sharp objects such as peelers, knife blades, juicers, blenders, etc.; and
- We only use a knife with the help of an adult so we do not accidentally cut ourselves.