Dinner Tonight: 1. Carrot Raisin Salad

Prep time: 15 minutes

Serves: 12

Serving size: ¼ cup

Utensils Needed:

Peeler

Knife

Cutting board

Large mixing bowl

Measuring spoons

Measuring cup

Spoon

Ingredients:

4 medium carrots, grated
2 medium apples, chopped
1 rib of celery, chopped
1 Tablespoon lemon juice
¾ cup raisins (hydrate over night in refrigerator in 1 cup water)
¾ cup vanilla yogurt
1 teaspoon cinnamon

Directions:

1. Wash your hands and clean your cooking area.
2. Wash carrots, apples, and celery
3. With a knife or peeler, peel the carrots.
4. Chop carrots, apples, and celery and place in large mixing bowl.
5. Add the lemon juice, raisins, yogurt, and cinnamon to the bowl of chopped carrots, apples, and celery.
6. Stir until evenly coated.
7. Chill before serving.

Nutrition Facts

Serving Size 1/4 cup (81g)
Servings Per Container 12

Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 1g	

Vitamin A 70% • Vitamin C 6%
Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted From: allrecipes.com

Kitchen Math Student Page:

1. Carrots are a great source of: vitamin___.
2. What is the number of pounds, on average, that a person eats in carrots each year? _____ *(Hint: Use your Veggie Mania Research chart)*
3. In 5 years, what is the combined total amount of pounds of carrots that a person eats? ____Show your work here:
4. How many cups is 1 stalk of celery, chopped?_____
5. Circle which is greater:
   teaspoon or tablespoon

How children can help: Wash produce; Peel carrots; Measure ingredients; Stir salad.

Dinner Tonight:

2. Easy Cauliflower and Broccoli

Prep time: 15 minutes

Cook time: 10 minutes

Serves: 8

Serving size: ½ cup

Needed Utensils:

Knife

Cutting board

Large skillet with lid

Measuring cup

Measuring spoon

Ingredients:

4 cups cut cauliflower florets
4 cups cut broccoli florets
1/2 cup water
4 oz. Fat-free cream cheese, cubed
1/4 cup skim or 1% milk
1/2 cup low fat plain yogurt
1-1/2 cups reduced fat shredded sharp cheddar cheese
10 crackers, crushed (about 1/3 cup)
3 Tbsp. grated parmesan cheese

Directions:

1. Wash your hands and clean your cooking area.
2. Rinse broccoli and cauliflower. Cut florets into small "bite-sized" pieces.
3. Place vegetables and ½ cup water in skillet. Cover with lid and allow to steam over high heat for 3 minutes or until tender.
4. Add milk to skillet. Reduce to low heat.
5. Cut cream cheese into cubes and add to skillet. Allow cream cheese to melt. Stir occasionally.
6. Add yogurt to skillet. Stir to coat.
7. Sprinkle with shredded cheddar cheese and allow it to melt.
8. Mix cracker crumbs and Parmesan; sprinkle over vegetables.

Nutrition Facts

Serving Size 1/2 cup (152g)
Servings Per Container 8

Amount Per Serving	
Calories 130	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 380mg	**16%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 12g	
Vitamin A 25% • Vitamin C 100%	
Calcium 45% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted From: kraftrecipes.com

Kitchen Math Student Page:

1. What parts of the cauliflower and broccoli are edible?
   circle two: *roots stem leaves seeds flower fruit seeds*
2. Look at the food label for this recipe. If you eat one serving (½ cup), how many calories will you have eaten? _____
3. How many calories would be in two servings? _____
4. What is the first step in this recipe?
   _____
5. Which is more: 3 tbsp or ½ cup?

How children can help: Wash produce; Measure ingredients; Crush crackers; Mix crushed crackers with parmesan; Sprinkle cracker mixture over product.

Dinner Tonight:

3. Red Leaf Lettuce and Strawberry Salad

Prep time: 15 minutes

Serves: 4

Serving size: 1 cup

Utensils Needed:

Colander

Small jar with tight-fitting lid

Measuring spoons

Measuring cup

Knife

Cutting board

Large mixing bowl

Ingredients:

4 cups red leaf lettuce greens
1/4 pound strawberries, sliced (about 1 cup)
1/3 cup vegetable oil
3 tablespoons vinegar
2 tablespoons honey
1 teaspoon mustard
1/8 teaspoon salt
1/8 teaspoon cinnamon

Directions:

1. Wash your hands and clean your cooking area.

2. In a small jar with a tight-fitting lid, combine oil, vinegar, honey, mustard, salt, and cinnamon. Shake well. If no jar is available, blend ingredients with fork. Chill until serving time.

3. Rinse and cut leafy tops off strawberries and slice long ways into fourths.

4. Place red leaf lettuce greens in colander and run water over. Drain and pat dry.

5. In a large mixing bowl, combine the lettuce and sliced strawberries. Toss gently.

Nutrition Facts

Serving Size 1 cup (111g)
Servings Per Container 4

Amount Per Serving

Calories 210	Calories from Fat 160
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 1g	

Vitamin A 40% • Vitamin C 45%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Kitchen Math Student Page:

1. What vitamin leaf lettuce is high in?_____

2. Which is larger?
circle one: tablespoon or teaspoon

3. The recipe calls for 1 teaspoon of honey but what if you only have a ¼ teaspoon. How many ¼ tablespoons is that?_____

4. If you double the recipe, how much strawberry would you need?_____

5. Look at the nutrition label. How much more Vitamin A is there than Vitamin C?_____

How children can help: Wash produce; Measure ingredients; Combine dressing ingredients; Shake dressing; Drizzle dressing over salad.

Dinner Tonight:

4. Spinach Quesadillas

Prep time: 10 minutes

Cook time: 5 minutes

Serves: 4

Serving size: 1

Needed Utensils:

Colander

Knife

Cutting board

Skillet

Spatula

Measuring spoons

Measuring cups

Ingredients:

1½ pounds fresh spinach
1 tablespoon water
8 six-inch whole wheat tortillas
1/4 cup prepared salsa, drained
1 cup shredded reduced-fat Monterey jack cheese

Directions:

1. Wash your hands and clean your cooking area.
2. Place spinach in colander in sink and run water over the greens. Drain and pat dry.
3. Chop the washed spinach.
4. Add one tablespoon of water to skillet and sauté fresh spinach quickly over medium heat until soft. Allow spinach to cool and then press lightly to remove extra liquid.
5. Place 4 tortillas on a work surface. Spread 1/8 cup of cheese on each tortilla. Then top the cheese with 1 tablespoon salsa, followed by 1/4 cup of cooked spinach.
6. Add another 1/8 cup cheese on top of the spinach on each tortilla. Top with remaining tortillas and press firmly.
7. Cook the quesadilla in the skillet over medium heat until cheese melts and tortilla is golden brown and crispy. This will take about 4 minutes for each side. Use a spatula to turn the quesadilla.
8. Transfer to a plate. Cut each into quarters before serving.

Nutrition Facts

Serving Size 1 quesadilla (308g)
Servings Per Container 4

Amount Per Serving	
Calories 400	Calories from Fat 100
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 770mg	**32%**
Total Carbohydrate 53g	**18%**
Dietary Fiber 8g	**32%**
Sugars 3g	
Protein 20g	
Vitamin A 330% • Vitamin C 80%	
Calcium 60% • Iron 40%	

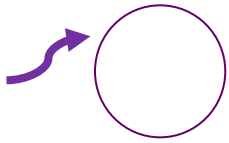
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

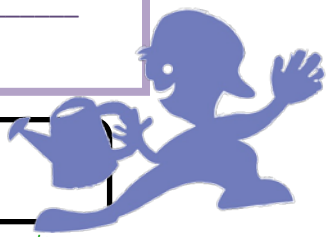
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Kitchen Math Student Page:

1. What vitamin that spinach is high in? _____
2. Draw lines to cut this quesadilla into fourths:



3. How many pieces of the quesadilla above would you and one other family member have if you were splitting the meal evenly? _____
4. If you have two ¼ pieces of quesadilla, what fraction of a whole does this represent?_____
5. How many grams(g) of protein are in one quesadilla? _____
   (Use the nutrition label to find this information.)



How children can help: Wash produce; Measure ingredients; Spread cheese, salsa, and spinach on tortilla; Place second tortillas on top.

Dinner Tonight: 5. Broccoli Carrot Wrap

Prep time: 10 minutes

Cook time: 5 minutes

Serves: 6

Serving Size: 1 tortilla and ½ cup filling

Utensils Needed:

Medium saucepan

Measuring cups

Measuring spoons

Spoon

Knife

Ingredients:

1 can (10 ¾ ounces) low sodium Cream of Chicken Soup
¼ cup water
1 tablespoon lemon juice
¼ teaspoon garlic powder
1/8 teaspoon ground black pepper
2 cups broccoli florets
1 medium carrot, shredded (about ½ cup)
6 eight-inch flour tortillas

Directions:

1. Wash your hands and clean your cooking area.
2. Wash and chop broccoli into florets.
3. Heat all ingredients in a 2-quart saucepan over medium heat until the mixture is hot and bubbling.
4. Remove from heat and let cool.

Nutrition Facts

Serving Size 1 tortilla and 1/2 cup filling (122g)
Servings Per Container 6

Amount Per Serving	
Calories 130	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	

Vitamin A 50% • Vitamin C 40%
Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted From: campbellskitchen.com

Kitchen Math Student Page:

1. What vitamin are carrots were high in? _____

2. The recipe calls for 2 cups of broccoli. If you only have a ½ cup measuring cup. How many half cups is that? _____

3. In the circles below, add: >, <, or =

one can of soup ◯ ½ cup

one medium carrot, shredded ◯ ½ cup

¼ cup ◯ ½ cup

How children can help: Wash produce; Measure ingredients; Spoon the mixture onto the tortillas.

Dinner Tonight: 6. Bok Choy Salad

Prep time: 10 minutes

Serves: 8

Serving size: ½ cup

Utensils Needed:

Knife

Cutting board

Large mixing bowl

Jar with tight-fitting lid

Measuring cup

Ingredients:

2 medium heads bok choy, sliced thinly
½ cup vegetable oil
¼ cup vinegar
1/3 cup sugar
3 tablespoons low sodium soy sauce
1 green onion, chopped
½ package (6 oz.) chow mein noodles

Directions:

1. Wash your hands and clean your cooking area.
2. Wash and chop bok choy and green onions. Add to large mixing bowl.
3. Break up chow mein noodles and add to mixing bowl.
4. Add vegetable oil, vinegar, sugar, and soy sauce to jar and close lid. Shake well to combine.
5. Drizzle dressing over contents of mixing bowl. Gently toss and serve.

Nutrition Facts

Serving Size 1/2 cup (269g)
Servings Per Container 8

Amount Per Serving	
Calories 300	Calories from Fat 180
	% Daily Value*
Total Fat 21g	**32%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 450mg	**19%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 3g	**12%**
Sugars 11g	
Protein 5g	

Vitamin A 190% • Vitamin C 160%
Calcium 25% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted From: allrecipes.com

Kitchen Math Student Page:

1. The recipe calls for ingredients to serve 8 people. If we needed to feed 16 people, how many tablespoons of soy sauce would you need?_____

   How much sugar would you need?_____

2. What are the three liquid ingredients used in the recipe:

   _____ _____ _____

3. Which vitamin percentage is largest in this recipe?

   _____

4. What is the difference in the amount of Calcium and Iron?_____

How children can help: Wash produce; Measure ingredients; Break chow mien noodles; Combine ingredients for dressing; Shake dressing; Drizzle dressing; Toss salad.

Dinner Tonight: 7. Cheesy, Broccoli Ranch Smashed Potatoes

Prep time: 2 minutes

Cook time: 12 minutes

Serves: 6

Serving size: ½ cup

Utensils Needed

Large plate

Microwave

Large serving bowl

Measuring spoon

Measuring cup

Potato masher

Mixing spoon

Ingredients:
3 medium potatoes
1½ cups frozen broccoli florets
¾ cup low-fat cheddar cheese
6 tablespoons low-fat ranch dressing
¾ cup low-fat milk
salt & pepper to taste

Directions:
1. Wash your hands and clean your cooking area.
2. Scrub potatoes.
3. Place whole potatoes in a large microwave-safe bowl.
4. Add frozen broccoli on top.
5. Completely cover bowl with a microwave-safe plate.
6. Microwave 12 minutes on high (or until potatoes are tender).
7. Use a towel or oven safe gloves to carefully take off plate and remove bowl from microwave. (Use extra caution to avoid steam.)
8. Use potato masher to break up potatoes and broccoli.
9. Stir in cheese, ranch and milk.
10. Taste and then add salt and pepper as needed.
11. As an option you can top the potato mixture with sprinkled cheese.

Kitchen Math Student Page:

1. 8 tablespoons closer to (circle one):

   ¼ cup *½ cup* *1 cup*

2. This recipe can be adapted for as many as you want to cook for. The formula is, for every two people add:

1 medium potato+ ½ cup frozen broccoli+¼ cup cheese+ ¼ cup milk+2 tablespoons ranch

   Using that formula, how much broccoli would you need for 8 people?_____

3. If you add the prep and cook time together, how long would it take to make this recipe? _____

4. Which vitamin has the largest % Daily Value for this recipe? _____

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving	
Calories 170	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 390mg	16%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 8g	

Vitamin A 10% • Vitamin C 70%
Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

How children can help: Scrub potatoes; Measure & pour ingredients; Mash & stir mixture.

Dinner Tonight: 8. Sautéed Parmesan Vegetables

Prep time: 10 minutes

Cook time: 12 minutes

Serves: 6

Serving size: about ½ cup

Utensils Needed

Knife

Cutting board

Medium skillet

Mixing spoon

Large serving bowl

Measuring spoon

Measuring cup

Ingredients:

1 zucchini, coarsely chopped
1 yellow squash, coarsely chopped
1 red bell pepper, seeded and coarsely chopped
1 green bell pepper, seeded and coarsely chopped
1 yellow bell pepper, seeded and coarsely chopped
1 cup grape tomatoes, halved
2 tablespoons vegetable oil
2 tablespoons reduced-fat Italian dressing
¼ cup grated parmesan cheese

Directions:

1. Wash your hands and clean your cooking area.
2. Wash and chop vegetables as indicated above.
3. Heat skillet to medium; add vegetable oil.
4. Add zucchini, squash, bell peppers and grape tomatoes and sauté until tender, about 10 minutes; turning occasionally.
5. Place sautéed vegetable in large serving bowl; add dressing and parmesan cheese; mix until evenly coated.

Kitchen Math Student Page:

1. In the circle below, add: >, <, or =

   one zucchini, chopped ◯ 1 cup

2. How many total calories are in one serving? _____

3. If you have two servings, how many calories would that be? _____

4. If we needed to double this recipe for a party, how much parmesan cheese would we need? _____

Nutrition Facts

Serving Size 1/2 cup vegetables
Servings Per Container about 8

Amount Per Serving

Calories 80	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 3g	

Vitamin A 20% • Vitamin C 160%
Calcium 6% • Iron 4%

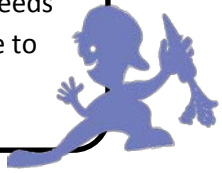
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted From: kraftrecipes.com

How children can help: Wash produce; Remove seeds from peppers; Add dressing and parmesan cheese to sautéed vegetables; mix the vegetables.



Dinner Tonight 9. Mint Sugar Snap Peas

Prep time: 5 minutes

Cook time: 12 minutes

Serves: 4

Serving size: about ½ cup

Utensils Needed:

Medium-sized skillet

Measuring spoon

Mixing spoon

Ingredients:

2 teaspoons olive oil
1 pound fresh sugar snap peas, strings removed
1 tablespoon chopped fresh mint leaves
1 tablespoon fresh lemon juice
Salt and pepper to taste

Directions:

1. Wash your hands and clean your cooking area.
2. Wash sugar snap peas and remove strings.
3. Heat skillet to medium-high heat; add olive oil.
4. Add the snap peas to the skillet and sauté until just tender (about 8-10 minutes).
5. Remove from heat and stir in mint.
6. Drizzle lemon juice on top. Toss lightly.
7. Season to taste with salt and pepper.

Nutrition Facts

Serving Size 1/2 cup sugar snap peas
Servings Per Container about 4

Amount Per Serving	
Calories 80	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 25% • Vitamin C 120%	
Calcium 6% • Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted From: foodnetwork.com

Kitchen Math Student Page:

1. How many cups will a pound of sugar snap peas fill?

   _____

2. The recipe calls for 2 teaspoons olive oil and 1 tablespoon fresh lemon juice. Which is more?

   _____

3. One serving of mint sugar snap peas has 12% of the fiber we need each day. Look closely at the nutrition label. How many grams of fiber is that?

   _____

4. Which vitamin has the largest % Daily Value for this recipe?

   _____

How children can help: Wash produce; Remove strings; Measure ingredients; Stir in mint; Drizzle lemon juice.

Dinner Tonight: 10. Cran-Orange Swiss Chard

Prep time: 5 minutes

Cook time: 15 minutes

Serves: 8

Serving size: ¼ cup

Utensils Needed:

Knife

Cutting board

Large skillet

Mixing spoon

Measuring spoon

Measuring cups

Ingredients:

1 medium onion, chopped
1 tablespoon vegetable oil
2 pounds chopped Swiss chard
¼ cup orange juice
¼ cup dried cranberries
¼ cup mandarin oranges, drained
Salt and pepper to taste

Directions:

1. Wash your hands and clean your cooking area.
2. Wash and chop Swiss chard. Peel and chop onion.
3. Heat 1 tablespoon vegetable oil in a large skillet over medium heat. Sauté onion until tender.
4. Add Swiss chard and sauté for 3-5 minutes or until just wilted.
5. Stir in the orange juice and salt and pepper; cook for 1-2 minutes.
6. Remove from heat. Stir in mandarin oranges and cranberries.

Nutrition Facts

Serving Size (146g)
Servings Per Container

Amount Per Serving	
Calories 60	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	

Vitamin A 140% • Vitamin C 70%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Kitchen Math Student Page:

1. How many cups will 2 pounds of Swiss chard fill?

   _____

2. In the circle below, add: >, <, or =

   one onion, chopped ◯ ½ cup

3. Swiss chard is an excellent source of Vitamin C which helps heal cuts and wounds, and helps keep gums and teeth healthy. What % daily value of vitamin C is in one serving of this recipe? _____

4. What are the two liquid ingredients used in the recipe:

   _____ _____

How children can help: Wash produce; Peel onion; Measure ingredients.

Texas A&M AgriLife Extension

Dinner Tonight: 11. Summer Squash Medley

Prep time: 10 minutes

Cook time: 12 minutes

Serves: 8

Serving size: ½ cup

Utensils Needed:

Cutting board

Knife

Measuring cup

Measuring spoons

Skillet with lid

Mixing spoon

Ingredients:

1 ½ tablespoons olive oil
3 medium yellow squash
½ medium yellow onion, chopped
2 cloves garlic, peeled and chopped
Dash salt
Dash black pepper
2 medium tomatoes, chopped
1 ½ cups frozen corn
1 jalapeno, seeded and chopped
Juice of 1 lime
½ teaspoon sugar

Directions:

1. Wash your hands and clean your cooking area.
2. Heat olive oil in skillet over medium heat.
3. Wash and chop squash, tomatoes and jalapeno. Peel and chop onion and garlic.
4. Add squash, onion and garlic to skillet and put on lid. Sauté until tender, stirring frequently.
5. Stir in salt, black pepper, corn, tomatoes, jalapeno and sugar. Squeeze lime juice over contents and put on lid.
6. Reduce to low heat and let simmer for 5 minutes, stirring occasionally.

Nutrition Facts

Serving Size 1/2 cup (146g)
Servings Per Container 8

Amount Per Serving	
Calories 70	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 8% •	Vitamin C 35%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted From: The Happy Kitchen, a program of the Sustainable Food

Kitchen Math Student Page:

1. Do you think one chopped squash will be more or less than one cup? _____
2. The recipe calls for 1 ½ tablespoons olive oil. How much would we need if we doubled the recipe? _____
3. What if we tripled it? _____
4. How many grams of fat are in a serving of this recipe? _____
5. How many grams of saturated fat? _____

How children can help: Measure ingredients; Wash produce; Squeeze lime.

Dinner Tonight: 12. Grape Tomato & Cilantro Salad

Prep time: 5 minutes

Cook time: 5 minutes

Serves: 4

Serving Size: ½ cup

Utensils Needed:

Knife

Cutting board

Measuring cup

Medium serving bowl

Measuring spoon

Mixing spoon

Ingredients:

2 cups grape tomatoes
1 tablespoons olive oil
½ green onion, chopped (optional)
Fresh chopped cilantro to taste
Salt and pepper to taste

Directions:

1. Wash your hands and clean your cooking area.
2. Wash the grape tomatoes and cut them in half.
3. Transfer tomatoes to medium serving bowl.
4. Drizzle olive oil over tomatoes; stir to coat.
5. Add the green onion and fresh cilantro; stir.
6. Season with salt and pepper before serving.

Kitchen Math Student Page:

1. Why is the first step in this recipe such an important step?

   _____

2. If you measure the tomatoes before they are cut, there should be about 2 cups. After they are cut, measure them again. Will the new measurement be:*(circle one)* MORE or LESS or SAME ?

3. How many calories are in a serving of this recipe?

4. If you add the prep and cook time together, how long would it take to make this recipe? _____

Nutrition Facts

Serving Size 1/2 cup of salad
Servings Per Container about 4

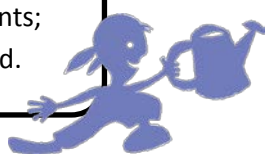
Amount Per Serving	
Calories 70	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 1g	
Vitamin A 15% • Vitamin C 20%	
Calcium 0% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

How children can help: Wash produce; Cut tomatoes with plastic knife; Measure ingredients; Drizzle olive oil; Combine ingredients; Stir salad.



Adapted From: mygourmetconnection.com