

Week 3 Garden Kitchen Recipes

Dippy Spinach and Celery Sticks

Ingredients:

- 1 (10-ounce) package of finely chopped frozen spinach, thawed and excess liquid drained
- 1 cup skim Mozzarella cheese, shredded or grated
- 1 cup reduced fat or reduced sodium Parmesan cheese, grated
- 1 cup plain Greek yogurt
- 1 (.7-ounce) package of Italian seasoning dry dressing mix

Instructions:

1. Wash your hands and clean your cooking area.
2. Drain the spinach well, pressing it between paper towels.
3. Mix with remaining ingredients.
4. Serve with celery sticks and crackers.

Nutrition facts per serving: 40 calories, 2g total fat, 1g saturated fat, 5mg cholesterol, 200mg sodium, 2g total carbohydrate, 0g (0%) dietary fiber, 1g sugars (includes 0g added sugars)*, 3g protein, 8% calcium, and 2% potassium. Percent Daily Values are based on a 2,000-calorie diet.

Red Leaf Lettuce and Strawberry Salad

Ingredients:

- 4 cups red leaf lettuce greens
 - 1/2 cup balsamic vinaigrette salad dressing
 - 1 cup fresh strawberries, sliced OR 1 cup mandarin oranges (canned or fresh), chopped
- (Note: If canned mandarin oranges are used, select oranges that are canned in water or juice and drain the liquid.)*

Instructions:

1. Wash your hands and clean your cooking area.
2. Rinse and cut the leafy tops off the strawberries and slice them lengthwise, into fourths.
3. Place the red leaf lettuce greens in the colander and run water over them. Drain them and pat them dry.
4. In a large mixing bowl, combine the lettuce and sliced strawberries. Toss them gently.
5. Drizzle the dressing over salad. Toss salad gently.

Nutrition facts per serving: 80 calories, 4.5g total fat, 0.5g saturated fat, 360mg sodium, 9g total carbohydrate, 1g (4%) dietary fiber, 6g sugars (includes 0g added sugars)*, 1g protein, 2% calcium, 6% iron, and 2% potassium. Percent Daily Values are based on a 2,000-calorie diet.

Roasted Asparagus

Ingredients:

- 2 pounds asparagus, rinsed and trimmed
- 1 Tablespoon olive oil
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon onion powder
- 1/4 teaspoon paprika

Instructions:

1. Wash your hands and clean your cooking area.
2. Pre-heat oven to 350 degrees.
3. Place asparagus into a large baking dish and drizzle olive oil evenly over asparagus.
4. Roast asparagus for 15 to 20 minutes, or until tender.
5. While the asparagus is roasting, combine paprika, onion powder, and Parmesan cheese.
6. Remove the asparagus from the oven and lightly sprinkle it with the mixture.
7. Return the dish to the oven for 5 more minutes, remove it from the oven, and serve.

Nutrition facts per serving: 60 calories, 2.5g total fat, 0.5g saturated fat, 65mg sodium, 7g total carbohydrate, 3g (11%) dietary fiber, 2g sugars (includes 0g added sugars)*, 3g protein, 4% calcium, 15% iron, and 6% potassium. Percent Daily Values are based on a 2,000-calorie diet.

ASK: Do you want to help make the recipe with me?

SHARE: These recipes were sent home by your teacher. Look, they have stems and leaves in them!

ASK: Which one should we make? Do we have these ingredients in our kitchen? Where can we get the ingredients we don't have?

SHARE: (If ingredients are needed, plan to shop together to get them. Then have him or her help you to make the recipe.) Let's taste our recipe. Tell me what you think about the taste. Yum! I like it!

TABLE TIP: One of the best ways to get your child to want to eat more vegetables is to plan and make the dish together.