

KIDS CAN COOK



RECIPES 2011

Snohomish School District Food
Services

sodexo
Making every day a better day

Snohomish 
School District

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ALLEANA'S EGG SANDWICH

ALLEANA GORBUNOV
4TH GRADE, MRS. NELSON
CATHCART ELEMENTARY

Ingredients:

1 slice of bread
1 tsp mayonnaise
1 boiled egg
2 slices of tomato
Dash of salt

Directions:

- Toast or grill bread
- Spread mayonnaise on the bread
- Slice hard boiled egg using an egg slicer and spread on bread
- Add slices of tomato on top of eggs
- Slightly salt and enjoy!

Serves 1



ASPARAGUS BITS
ZACHARY BRIDGMAN
4TH GRADE, MRS. CRAIG
CASCADE VIEW ELEMENTARY

Ingredients:

2 loaves whole wheat white bread
16 ounces cream cheese
4 ounces blue cheese crumbles
2 cans canned asparagus spears
1 stick butter

Directions:

- Preheat oven to 350 degrees
- Cut crusts off bread
- Roll slices flat using a rolling pin
- In bowl, mix together cream cheese and blue cheese
- Spread cheese mixture onto bread
- Lay 1 asparagus spear on each slice and roll up bread
- Butter the top of each roll
- Bake at 350 degrees for 25 minutes
- Cut into bit sized pieces



Feeds approx. 80 people

CHICKEN ENCHILADA

**JARED PEARSON
6TH GRADE, MRS. SPAETIG-PETERSON
DUTCH HILL ELEMENTARY**

Ingredients:

3-10oz cans of chicken
1 can enchilada sauce
1 cup sour cream
1 $\frac{3}{4}$ cup Mexican cheese
10 corn tortillas
1 can green chilies
1/2 large onion
1 tbsp olive oil



CHICKEN ENCHILADAS
(CONTINUED)

Directions:

- Dice onion and sauté in pan with olive oil over medium heat
- In bowl, combine sautéed onion, green chilies, chicken, sour cream, ¼ cup enchilada sauce; mix well
- Pour enchilada sauce in a 9x11 baking dish—just enough to cover the bottom of the dish
- Place layer of tortillas in baking dish
- Evenly spread half of the chicken mixture on top of tortillas
- Place another layer of tortillas in the pan
- Spread remaining chicken mixture on top of tortillas
- Pour remaining enchilada sauce over the top
- Put cheese on top of the enchilada sauce
- Bake at 375 degrees for 30 minutes until cheese is melted and sauce is bubbling



FOLEY MINI FRITTATAS

**EMILY FOLEY
4TH GRADE, MRS. WILKINS
LITTLE CEDARS ELEMENTARY**

Ingredients:

4 eggs
½ cup milk
¼ tsp salt
¼ tsp pepper
¾ cup shredded cheddar or mozzarella
cheese
1 cup diced vegetables (broccoli, spinach,
asparagus, carrots, tomato, zucchini,
bell peppers or mushrooms)



Directions:

- Preheat oven to 350 degrees
- Crack eggs into a mixing bowl
- Add milk, salt and pepper to eggs and mix
- Add cheese and vegetables to eggs
- Spray muffin tin with cooking spray
- Spoon mixture into muffin tin cup until they are about 1/3 full
- Bake for 20 minutes
- Remove from oven and allow to cool for about 5 minutes before serving

Serves 4

FRUITY MOUNTAIN
MORGAN CHEW
5TH GRADE, MRS. HACKLER
SEATTLE HILL ELEMENTARY

Ingredients:

2 cartons strawberries
4 bananas
1 carton blueberries
Whipped cream
1 cherry

Directions:

- Slice bananas and arrange on plate
- Cut and place strawberries on top of bananas
- Place blueberries on top of strawberries
- Top with whipped cream
- Place cherry on top

Enjoy!



HARVEST LOAF
SAMI REYNOLDS
5TH GRADE, MRS. HAMMER
RIVERVIEW ELEMENTARY

Ingredients:

3 ½ cups flour
2 tsp baking soda
2 tsp cinnamon
1 tsp nutmeg
½ tsp ginger
½ tsp ground cloves
1 cup margarine or butter
2 cups sugar
4 eggs
1 ½ cups canned pumpkin
12 ounces semisweet chocolate chips



HARVEST LOAF
(CONTINUED)

Directions:

- Preheat oven to 350 degrees
- Whip together butter, sugar, eggs, and pumpkin
- In separate bowl combine flour, baking soda, cinnamon, nutmeg, ginger and ground cloves
- Add dry ingredients to butter mixture
- Stir in chocolate chips
- Bake at 350 degrees for 55-75 minutes in two 9-inch loaf pans



LEMON BLUEBERRY BREAD

**KENNEDY DURAN
4TH GRADE, MISS JACKSON
MACHIAS ELEMENTARY**

Ingredients:

1/3 cup butter
1 cup sugar
3 tbsp lemon extract
2 eggs
1 ½ cups flour
1 tsp baking powder
1 tsp salt
8 oz lemon yogurt
1 cup fresh or frozen blueberries

Glaze:

Juice of 1 lemon
½ cup sugar



LEMON BLUEBERRY BREAD
(CONTINUED)

Directions:

- Preheat oven to 350 degrees
- Line bottom of greased loaf pan with wax paper
- In large bowl, cream together sugar, butter and lemon extract
- Beat in eggs
- In medium bowl, mix flour, baking powder and salt
- Add dry mixture to creamed mixture alternately with yogurt
- Fold in blueberries
- Pour batter into loaf pan and bake for 55 minutes
- To make glaze, combine lemon juice and sugar
- Remove from pan while still warm, cool on a rack
- Brush glaze over top of loaf



NUTELLA GRAMS

TIA WATSON

5TH GRADE, MRS. VARNER/MRS. SPEARE
EMERSON ELEMENTARY

Ingredients:

Graham crackers

Nutella

Directions:

- Break graham crackers in half
- Spread Nutella on one half of graham cracker
- Put crackers together to make a sandwich

Enjoy!



PEANUT BUTTER DATES

**BETHANY SHADE
5TH GRADE, MRS. MARTIN
CASCADE VIEW ELEMENTARY**

Ingredients:

One box dates
Peanut butter
Powdered sugar

Directions:

- Cut all of the dates in half using butter knife and remove seed inside
- Spoon peanut butter into the dates
- Sprinkle a small amount of powdered sugar on top; don't add too much or else your dates will be overly sweet



PICO DE GALLO
ALEAH STRATTON
5TH GRADE, MRS. MOORE
TOTEM FALLS ELEMENTARY

Ingredients:

8 small tomatoes
1 medium bunch cilantro
½ small red onion
1 cup corn
Juice of 2 limes
¼ tsp salt
Tortilla chips

Directions:

- Dice onion and tomatoes and put into bowl
- Chop cilantro and add to bowl
- Add corn
- Squeeze limes
- Add salt
- Stir well
- Serve with baked tortilla chips



PIZZA-RITOS
JACOB WALKER
6TH GRADE, MISS MARSHALL
CATHCART ELEMENTARY

Ingredients:

6-7 flour tortillas
8 oz pizza sauce
2 cups mozzarella cheese
2 tbsp parmesan cheese
Cooking spray



Directions:

- Preheat oven to 400 degrees
- On each tortilla, spread 1 tbsp pizza sauce leaving ½ inch around the edge
- Sprinkle about 1/3 cup mozzarella cheese on top of pizza sauce
- Tightly roll up and place on parchment paper lined pan
- Lightly spray the roll with cooking spray
- Sprinkle with parmesan cheese
- Bake 6-8 minutes at 400 degrees
- Heat remaining sauce for dipping
- Optional: cut each Pizza-Rito into 4-6 inch pieces

** You can add other ingredients to this recipe if you wish: pepperoni, sausage and mushrooms!

PIZZA ROLL UPS
HANNAH FADDEN
5TH GRADE, MRS. MOORE
TOTEM FALLS ELEMENTARY

Ingredients:

1 refrigerated pizza dough
Low fat turkey salami or pepperoni
Low fat mozzarella
1 egg
Pizza sauce

Directions:

- Unroll pizza dough
- Spread with pizza sauce
- Lay pepperoni over sauce
- Sprinkle with mozzarella
- Roll lengthwise
- Brush rolled up dough with beaten egg
- Bake for 20 minutes at 350 degrees
- Slice into bite sized slices and enjoy!



SCHOOL OF FISH
GLADI-ROSE GOODWIN
4TH GRADE, MR. BARNHILL
RIVERVIEW ELEMENTARY

Ingredients:

Dried apricots

Mini pretzels

Whipped cream cheese

Mini chocolate chips

Directions:

- Slit one end of the apricot and insert the bottom of a mini pretzel
- Pinch apricot around pretzel
- For fish eyes, pipe a small dot of cream cheese (a plastic sandwich bag with a corner snipped off works well for this)
- Press a mini chocolate chip, tip down, into the cream cheese



SECRET SMOOTHIES
AME BRIDGMAN
6TH GRADE, MR. VAULE
CASCADE VIEW ELEMENTARY

Ingredients:

1 pound strawberries
4 tbsp honey
2 pints strawberry yogurt
2 pints blueberries
½ cup milk
½ cup water
1 cup baby carrots
2 bananas
1 medium zucchini
1 cup ice



SECRET SMOOTHIES
(CONTINUED)

Directions:

- Put ice in blender, add milk and water
- Dice strawberries, banana and zucchini and put into blender
- Put blueberries, baby carrots, yogurt and honey into blender
- Blend until smooth

Makes eight 6-oz servings



SHRIMP STUFFED AVOCADO

**SEAN RAIL
6TH GRADE, MR. SNYDER
DUTCH HILL ELEMENTARY**

Ingredients:

2 ripe avocados
1 pound salad shrimp or shrimp meat
2 cups shrimp cocktail sauce
2 tsp extra hot horseradish
1 lemon
Pretty lettuce leaves for presentation

Directions:

- In bowl, mix together shrimp, cocktail sauce, and horseradish and set aside
- Cut avocado in half and remove pit
- Place avocado half on plate on top of lettuce leaf
- Peel other half of avocado and cut into two pieces putting it on either side of centered avocado
- Spoon shrimp mixture on top of avocados, allowing it to cascade over sides
- Wedge lemon and place on plate for garnish



Makes 2 servings

TORTILLA AND TURKEY
MASTERPIECE
BAILY SCHAEFER
& ABIGAIL SCHAEFER
4TH GRADE, MRS. MORGAN
SEATTLE HILL ELEMENTARY

Ingredients:

1 tortilla
2 slices turkey
Mayonnaise
3 slices tomato
2 lettuce leaves
Optional: Mandarin orange

Directions:

- Lay tortilla flat
- Spread a light layer of mayonnaise on the tortilla
- Lay turkey and lettuce on top of tortilla
- Add sliced tomatoes
- Roll up tortilla
- Cut in half
- Optional: add mandarin oranges on the side



TURKEY CHILI
LIAM CARSON
5TH GRADE, MS. MILLER
DUTCH HILL ELEMENTARY

Ingredients:

1 packet taco seasoning
1 pound ground turkey
1 can kidney beans
1 can corn
1 can diced tomatoes
Cheddar or Monterey cheese
Tortilla chips
Optional: diced green peppers



Directions:

- In stockpot, add cans of corn, kidney beans and tomatoes, half of the taco seasoning, and diced green peppers and stir together
- Cook on stovetop over medium-high heat
- Brown ground turkey in skillet over medium-low heat and drain excess fat
- Add cooked turkey to stockpot and boil for 5 minutes
- Serve in bowl with cheese and chips!

VERY BERRY BLUEBERRY **SMOOTHIE**

TAMIA DESCHMIDT
4TH GRADE, MRS. HASLER
LITTLE CEDARS ELEMENTARY

Ingredients:

$\frac{3}{4}$ cup fresh or frozen blueberries
1 chopped banana
1 sliced kiwi
8 oz vanilla yogurt

Directions:

- Put all ingredients in blender
- Blend until smooth





THANK YOU TO THE FOLLOWING:

JUDGES:

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CHILD NUTRITION:

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Nita Lea
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JAMIE MESMAN'S CLASS

For all of their support with
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