

Kids in the Kitchen



2025-2026
Junior Chef Competition



chartwells
serving up happy & healthy

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After-School Morning Hot Dish

Henley Karapostoles

Dutch Hill Elementary | Grade 6

INGREDIENTS

1 container of biscuits
1 pound breakfast sausage
8-10 eggs
Splash of milk
1 ½ cups cheese

DIRECTIONS

- Preheat the oven to 350 degrees.
- Cook the ground sausage.
- Put the biscuits at the bottom of the pan.
- Put the sausage on the biscuits.
- Mix eggs and milk together. Pour over the sausage and biscuits.
- Sprinkle cheese on top.
- Bake at 350 degrees for 45 minutes.



After-School Soft Pretzels

Joey Pendt

Machias Elementary | Grade 4

INGREDIENTS

2 cups bread flour
1 teaspoon instant or rapid
rise yeast
2 teaspoons Kosher salt
1 tablespoon vegetable oil
1 tablespoon brown sugar-
packed
 $\frac{3}{4}$ cup water- room
temperature
Vegetable oil spray

DIRECTIONS

- Use a stand-up mixer, whisk together flour, yeast and 2 tsp kosher salt. Use dough hook in stand mixer to mix together.
- In a 4-cup liquid measuring cup, whisk together oil, brown sugar, and $\frac{3}{4}$ cup water. Mix until brown sugar has dissolved
- Start mixer on slow speed and slowly pour in water mixture. Mix until no dry flour is visible, about 2 minutes. Increase speed to medium and knead dough for 8 minutes. Stop mixer.
- Transfer dough to clean counter and use your hands to knead dough for 30 seconds, then form dough into smooth balls.
- Spray inside of large bowl with vegetable oil spray. Place dough in greased bowl. Cover bowl with plastic wrap and let dough rise until doubled in size. About 1-1.5 hours.
- While dough rises, adjust oven rack to middle position and heat oven to 425 degrees. Line rimmed baking sheet with foil. Set 1 cooling rack in baking sheet and spray well with vegetable oil spray.



After-School Soft Pretzels (continued)

Joey Pendt

Machias Elementary | Grade 4

INGREDIENTS

2 cups bread flour
1 teaspoon instant or rapid
rise yeast
2 teaspoons Kosher salt
1 tablespoon vegetable oil
1 tablespoon brown sugar-
packed
 $\frac{3}{4}$ cup water- room
temperature
Vegetable oil spray

DIRECTIONS

- Combine baking soda and remaining $\frac{1}{2}$ cup water in small microwave safe bowl. Heat in microwave until water looks clear, 1-2 minutes. Remove bowl from microwave. Stir mixture with a spoon until baking soda has dissolved. Set aside to cool.
- When dough is ready, transfer dough to clean counter. Gently press and stretch dough into 6-inch square. Pop any large bubbles. Use bench scraper to cut dough into 6 equal 1-inch-wide strips. Cover dough strips loosely with plastic.
- Use hands to stretch and roll 1 piece of dough into 22-inch-long ropes, then shape into pretzel. Place pretzel on greased cooling rack on baking sheet. Repeat with remaining dough strips, spacing pretzels about 2 inches apart on rack.
- Use pastry brush to paint tops and sides of each pretzel with water and baking soda mixture. Sprinkle tops of pretzels with 1 teaspoon pretzel salt. Place baking sheet in oven. Bake until pretzels are deep golden brown, 10-12 minutes.



After-School Soft Pretzels (continued)

Joey Pendt

Machias Elementary | Grade 4

INGREDIENTS

2 cups bread flour
1 teaspoon instant or rapid
rise yeast
2 teaspoons Kosher salt
1 tablespoon vegetable oil
1 tablespoon brown sugar-
packed
 $\frac{3}{4}$ cup water- room
temperature
Vegetable oil spray

DIRECTIONS

- Remove baking sheet from oven. Place baking sheet on 2nd cooling rack and let pretzels cool for 10 minutes.
- While cooking, melt butter. Use pastry brush to paint pretzels all over with butter. Serve warm.



Almond Milk (Badam Milk)

Abhinav Manikandan

Dutch Hill Elementary | Grade 4

INGREDIENTS

6 cashews- whole

8 pistachios- whole

4-6 cardamom pods (or to taste)

½ cup of one of the following powdered sweeteners:

Option A- granulated sugar- fine

Option B- jaggery powder

Option C- coconut sugar

½ cup dry roasted almond flour

Saffron strands-1 generous pinch

Optional

¼ cup skim milk powder- for creaminess

DIRECTIONS

- Part 1: Roasting and cooling- Heat a dry pan on medium-low and lightly roast the cashews and pistachios for 2-3 minutes until fragrant. Do not burn.
- Add the cardamom pods and roast for 30 seconds to release aroma.
- Transfer everything to a plate and let it cool completely before grinding.
- Part 2: Grinding the mix- Once cooled, add the nuts, cardamom (with skin), and ½ cup sweetener to a dry mixer or spice grinder.
- Pulse in short bursts of 3-5 seconds until a fine powder forms. Do not grind continuously.
- Part 3: Final assembly- Transfer the ground mixture to a mixing bowl.
- Add the roasted almond flour and saffron strands.
- Add skim milk powder if using.
- Mix well until evenly combined and uniform in color.
- Store the premix in an airtight container.



Amish Cookies

Susan Rose Georgy

Seattle Hill Elementary | Grade 5

INGREDIENTS

1 cup butter- softened
1 cup canola oil
1 cup sugar
2 large eggs
1 teaspoon vanilla extract
4 ½ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cream of tartar
1 cup confectioners' sugar

DIRECTIONS

- Preheat oven to 375 degrees. In a large bowl, beat the butter, oil, and sugar. Beat in eggs until well-blended. Beat in vanilla.
- Combine the flour, baking soda and cream of tartar. Mix until creamed.
- Drop by small teaspoons onto an ungreased baking sheet. Bake until lightly browned, 8-9 minutes.
- Remove to a wire rack to cool.
- Optional- add a pinch of coarse sugar once cooled.

Caprese Skewers

Giovanna Robbins

Dutch Hill Elementary | Grade 5

INGREDIENTS

Cherry tomatoes

Mozzarella balls

Fresh basil leaves

Skewers

Optional

Balsamic glaze

DIRECTIONS

- Slide tomato, basil, and mozzarella onto a skewer.
- Repeat until full.
- Drizzle lightly with balsamic glaze.



Cheese & Corn Snack Boats

Aadvik Naveen Kumar

Seattle Hill Elementary | Grade 4

INGREDIENTS

Tortilla scoop chips (boat-shaped)

1 cup sweet corn (canned or cooked)

¼ cup chopped tomatoes

¼ cup shredded cheese

1-2 tablespoons sour cream or yogurt

Pinch of salt

Pinch of pepper

Lemon juice- a few drops

Optional

Coriander

DIRECTIONS

- In a bowl, mix sweet corn, tomatoes, shredded cheese, sour cream, salt, pepper & lemon juice.
- Lay out the tortilla scoop chips on a plate.
- Spoon a small amount of the corn mixture into each chip “boat.”
- Add a little cheese on top.
- Garnish with a small piece of tomato or coriander leaf.
- Serve immediately for the best crunch!
- Tip: Arrange the boats neatly in rows or in a circle for a beautiful presentation!



Cheesy Apple Quesadilla

Giovanna Robbins

Dutch Hill Elementary | Grade 5

INGREDIENTS

Four tortilla

Shredded cheddar or
mozzarella

Thin-sliced apples

Optional

Cinnamon

DIRECTIONS

- Place tortilla on a plate.
- Sprinkle cheese on one half.
- Add apple slices and a pinch of cinnamon.
- Fold tortilla in half.
- Microwave for 30–45 seconds until cheese melts or bake in oven until melted at 350 degrees for 4 minutes.



Chicken Mini Dumplings

Mihey Gorbunov

Cascade View Elementary | Grade 4

INGREDIENTS

Frozen chicken mini dumplings

Water

Optional

Salt

For serving

Sour cream

Black pepper

Lemon wedge

DIRECTIONS

- How to cook- Fill a pot with water and bring it to a boil.
- Add the frozen chicken mini dumplings straight from the freezer.
- Stir gently so they don't stick to the bottom.
- When the dumplings float to the top, cook for 4-6 more minutes until fully done.
- Remove the dumplings with a slotted spoon or drain the pot.
- How to serve- Place the dumplings on a plate or in a bowl. Add 1-2 tablespoons of sour cream. Sprinkle a little black pepper on top.
- Serve with a lemon wedge. Squeeze a few drops for a fresh, bright flavor.



Chicken Tikka Masala

Shikar Vinaylal

Cathcart Elementary | Grade 4

INGREDIENTS

1 ½ pounds chicken-
cooked

1 cup yogurt

Lemon juice

1-2 tablespoons
aromatics- ginger/garlic

1 can tomatoes

Ghee/oil (clarified butter)

Onion

Cream/coconut milk

Spices

Garam masala

Cumin

Coriander

Turmeric

Chili powder

DIRECTIONS

- Marinate- Combine chicken with yogurt, ginger, garlic, lemon juice, and spices.
- Refrigerate for 30 mins or overnight.
- Cook chicken: Pan-fry or grill marinated chicken until browned and cooked through; set aside.
- Make Sauce- Sauté onions, then ginger/garlic; add spices and cook briefly.
- Stir in tomatoes and simmer.
- Add cream and sugar; cook until thickened.
- Combine- Add cooked chicken to the sauce and simmer for 5-10 mins to let flavors meld. Garnish with cilantro.



Chocolate Covered Peanut Butter Balls

Dilan Willard

Dutch Hill Elementary | Grade 4

INGREDIENTS

1 cup of PBfit sugar- free powdered peanut butter

1/3 cup of unsweetened applesauce

1/2 chocolate chips

Handful of wooden skewers or toothpicks

DIRECTIONS

- Step 1- Mix PB powder with the apple sauce until smooth and a dough-like mixture.
- Step 2- Roll PB mixture into 2-inch balls. Put a wooden skewer or toothpick in each ball. Place on parchment paper. Set aside.
- Step 3- Melt the chocolate chips in a small pan on the stovetop.
- Step 4- Once melted, take off the heat. Roll each PB ball in chocolate by holding wooden skewers until fully covered. Place back on parchment paper.
- Step 5- Put in fridge for at least 30 mins. Enjoy!! A healthy and delicious snack!

Chocolate Crinkle Cookies

Hazel Cornett

Central Emerson Elementary | Grade 5

INGREDIENTS

1 cup unsweetened cocoa powder (I recommend sifting it if it is very lumpy)
2 cups all-purpose flour
½ teaspoons baking powder
¼ teaspoon salt
⅓ cup butter- softened
1 ½ cups white sugar
2 teaspoons vanilla
4 large eggs
½ cup powdered sugar

DIRECTIONS

- Combine dry ingredients: Combine cocoa powder, flour, baking powder and salt in a medium bowl. Set aside.
- Cream wet ingredients: Place butter, sugar and vanilla in a large mixing bowl and beat with an electric mixer until combined. Add the eggs, one at a time, and mix on medium-low speed just until combined- about 10 seconds each.
- Make cookie dough: Add the dry ingredients to the egg mixture and mix on low speed.
- Chill cookie dough: Cover the bowl and chill the dough for at least 1 hour or up to overnight (the longer you chill, the thicker the cookies will be).
- Roll cookies: When ready to bake, preheat the oven to 350 degrees. Place the powdered sugar in a medium bowl. Roll the dough into tablespoon-sized balls and cover them well with the sugar.
- Bake cookies: Place on a lined baking sheet with enough space between them (bake in batches) and bake for 10-15 minutes, or until spread and crackled. Cookies will still be soft, so let them cool on the baking sheet for 5 minutes before removing them to a cooling rack to cool completely.

Chocolate-Dipped Banana Pops with Sprinkles

Giovanna Robbins

Dutch Hill Elementary | Grade 5

INGREDIENTS

Bananas

Melted chocolate (milk or dark)

Popsicle sticks

Sprinkles, crushed cookies, or nuts

DIRECTIONS

- Peel bananas and cut them in half.
- Insert a popsicle stick into each piece.
- Dip bananas into melted chocolate.
- Roll in sprinkles or toppings.
- Chill until chocolate hardens.

Chocolate Fruit Fun Sticks

Aadvik Naveen Kumar

Seattle Hill Elementary | Grade 4

INGREDIENTS

4 slices sandwich bread
1 banana- sliced
4 to 5 strawberries- sliced
Nutella or chocolate spread
Toothpicks or mini skewers

Optional

Small cookie cutter

DIRECTIONS

- Cut the bread into small squares or use a cookie cutter for fun shapes.
- Spread a thin layer of Nutella on each bread piece.
- Place one banana slice and one strawberry slice on top.
- Add another bread piece to make a mini sandwich.
- Carefully insert a skewer or toothpick through the center.
- Arrange neatly on a plate.
- (Optional) Add powdered sugar or sprinkles for decoration.
- Tip: Use colorful skewers and arrange them in rows for a beautiful presentation!



Chocolate Meringue Stars

Unknown

INGREDIENTS

3 large egg whites
¾ teaspoon vanilla extract
¾ cup sugar
¼ cup baking cocoa

Glaze

3 ounces semisweet
chocolate- chopped
1 tablespoon shortening

DIRECTIONS

- Place egg whites in a large bowl and let it stand at room temperature for 30 minutes.
- Add vanilla and beat on (with standing mixer) at medium speed until soft peaks form. Gradually add sugar, about 2 tablespoons at a time, beating until stiff peaks form and the sugar is dissolved.
- Gently fold in cocoa.
- Line baking sheets with parchment paper.
- Insert a large open star tip into a pastry bag and fill half full with meringue. Pipe stars (about 1 ¼ inch diameter) onto prepared sheet.
- Bake at 300 degrees until lightly browned, 30-35 minutes, then take them out of the pan and cool completely.
- In a microwave melt chocolate and shortening and stir until smooth. Dip cookies halfway into the glaze and allow excess to drip off.
- Place on waxed paper and let it stand until fully set.

Chocolate Pomegranate Clusters

Chuseng Xiong

Cathcart Elementary | Grade 4

INGREDIENTS

Chocolate
Pomegranates

DIRECTIONS

- Melt your chocolate.
- Take a spoonful of your chocolate and plop on parchment paper. Make sure you don't pour all of your chocolate.
- Put your pomegranates on top of the chocolate. Add sprinkles if you want.
- Sprinkle flakey salt on top.
- Put in the freezer for 20 minutes.
- Take it out and you will have a delicious crunchy snack!
- I hope you like it!

Chocolate Protein Muffins

Chloe Jackson

Cathcart Elementary | Grade 4

INGREDIENTS

2 cups Kodiak cake
pancake mix
½ cup monk fruit
¼ cup butter- melted
1 egg
1 cup applesauce
½ cup unsweetened cocoa
powder
½ teaspoon baking powder
½ teaspoon salt
1 teaspoon vanilla extract
¾ cup milk
1 cup mini semi-sweet
chocolate chips

DIRECTIONS

- Preheat the oven to 350 degrees.
- Line 12 muffin cups with liners.
- Mix all ingredients together (add enough milk to have the consistency of pancake batter).
- Scoop into muffin tins and bake for 14-16 minutes (or until a toothpick poked into muffin comes out clean).
- Makes about 12 muffins.

Cinnamon Rolls

Charlie Wright

Little Cedars Elementary | Grade 4

INGREDIENTS

Filling.

$\frac{3}{4}$ cup dark brown sugar

$\frac{1}{4}$ cup granulated sugar

2 teaspoons ground
cinnamon

$\frac{1}{8}$ teaspoon ground cloves

1 tablespoon unsalted
butter- melted

Dough.

2 $\frac{1}{2}$ cups all-purpose flour

2 tablespoons granulated
sugar

1 $\frac{1}{4}$ teaspoon baking
powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon salt

1 $\frac{1}{4}$ cup buttermilk

6 tablespoons unsalted
butter- melted

Icing.

2 tablespoons cream
cheese- softened

2 tablespoons buttermilk

1 cup confectioners' sugar

DIRECTIONS

- Combine ingredients for icing. Set aside.
- Whisk dough ingredients together- dry ingredients first, then with a wooden spoon add wet ingredients.
- Transfer dough to floured surface and knead until smooth.
- Shape into 12x9 rectangle. brush dough with 2 tablespoons melted butter and sprinkle with filling.
- Start on long side and begin rolling. Pinch seam closed when complete.
- Cut 8 equal pieces. Slightly flatten down cut piece and place into a 9-inch round baking pan, spiral side up.
- Bake in a 425-degree oven for 23-25 min. Cool 5 minutes before icing.



Cookie Boogie-Time Chocolate Chip Cookie

Percy Goetze

Cathcart Elementary | Grade 5

INGREDIENTS

2 $\frac{1}{4}$ cups flour
1 teaspoon baking soda
1 teaspoon salt
1 cup butter- softened
 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup packed brown sugar
1 teaspoon maple syrup
2 large eggs
2 cups chocolate chips

DIRECTIONS

- Preheat oven to 375 degrees.
- In a small bowl combine flour, baking soda and salt.
- In a large mixing bowl, beat butter, sugar, brown sugar and maple syrup until creamy. Add eggs one at a time.
- Put the flour mix in slowly. Stir in the chocolate chips.
- Drop onto ungreased baking sheets.
- Bake for 8-10 minutes.
- ENJOY.

Andrew Hanson

Cascade View Elementary | Grade 6

INGREDIENTS

2 large eggs
½ cup milk- plus 2
tablespoons
½ cup water
¼ teaspoon salt
1 cup all-purpose flour
2 tablespoons butter-
melted
Strawberries- sliced
Bananas- sliced
Nutella

DIRECTIONS

- Whisk eggs, milk, water, and salt together in a large mixing bowl. Add flour and melted butter and whisk together until batter is smooth and pourable. (You may also use a blender to blend it smoothly quickly)
- Heat a lightly oiled griddle or frying pan (we prefer a shallow frying pan) over medium-high heat. Pour or scoop the batter onto the pan, using approximately ¼ cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly. (If the batter is too thick to spread easily in the pan, whisk in 1 tablespoon milk at a time until it reaches the proper consistency.)
- Cook until the top of the crepe is no longer wet and the bottom has turned light brown, 1-2 minutes. Run a spatula around the edge of the skillet to loosen the crepe, flip and cook until the other side has turned light brown, about 1 minute more.
- Add your favorite filling! We like sliced strawberries with a few slices of bananas and drizzled with Nutella!

Cucumber Roll-Up

Linnea Petterson

Riverview Elementary | Grade 5

INGREDIENTS

3 large cucumbers
1 avocado
½ cup cream cheese
Salt
Pepper
Smoked salmon

DIRECTIONS

- Slice the cucumbers with a peeler. Then use paper towels to dry them off.
- Lay the cucumbers in a row and spread cream cheese out on the cucumbers.
- Use your fingers to break the smoked salmon into pieces and spread it.
- Cut the avocados into squares and then drop it onto the salmon.
- Sprinkle with a pinch of salt and pepper.
- Roll it all up.
- You're done.



Declan's Dairy-Free Bean Dip with Bell Peppers

Declan Daubert

Riverview Elementary | Grade 4

INGREDIENTS

16 ounce can refried beans
½ cup Violife dairy-free sour cream (+/- to your liking)
½ cup Simple Truth organic restaurant-style medium salsa
½ cup Daiya dairy-free cheddar shreds
¼ cup green onions- thinly sliced
½ cup black olives- sliced
Bell pepper- any color- cut into ½ - ¾ inch strips

DIRECTIONS

- Gather all of your ingredients. Open cans with a can opener and rinse all fresh vegetables.
- Get out a 4-6 cup Pyrex dish. Empty the refried beans into your dish and use a spatula or spoon to spread and flatter into first layer.
- Next, spread ½ cup of your dairy-free sour cream over the refried beans. You'll repeat this step using ½ cup of salsa.
- Sprinkle your ½ cup of dairy-free cheese over the dish. You'll finish preparing the bean dip by sprinkling the sliced green onions and sliced black olives on top.
- Lastly, you'll slice your bell pepper (remove stem and seeds) into strips. You'll use these to dip into the bean dip.
- All measurements can be adjusted to your liking. My version of this recipe will last a couple days. Enjoy!

DJ's Fantastic Bean Soup

Delilah Bailey

Dutch Hill Elementary | Grade 5

INGREDIENTS

1 cup pinto beans (soaked overnight in water)
4 celery stalks- chopped
½ large white onion- diced
3 carrots- chopped
3 cloves garlic
1 red bell pepper
3 cups vegetable broth
1 cup frozen corn
1 cup frozen petite peas
1 tablespoon cumin
2 tablespoons parsley- chopped
1 tablespoon olive oil
Black pepper
Salt

DIRECTIONS

- Prepare celery, onion, carrots, bell pepper and garlic. Save in a bowl
- Put olive oil in cooking pot (pressure cooker is optional).
- Heat oil in cooking pan. Add prepared vegetables and sauté 4-5 minutes.
- Stir drained beans into pot.
- Add vegetable broth to mixture.
- Bring soup to a boil, then reduce heat to a simmer for 35 minutes. (Optional pressure cooker for 17 minutes.)
- Remove heat and add cumin to soup.
- Use a hand blender to puree the soup to a smooth texture.
- Stir in 1 cup each of frozen corn and peas.
- Add salt and pepper for taste.
- ENJOY!!
- Leftovers may be kept in the fridge up to a week and only need a few minutes in the microwave to prepare for serving.

Livia Richards

Central Emerson Elementary | Grade 5

INGREDIENTS

2 cups chocolate- to melt
½ cup pistachio nut butter
3 cups (approximately)
Kadayif shredded phyllo
dough
(depends on how big your
chocolate bar is)
1 tablespoon tahini
3 tablespoons butter

DIRECTIONS

- Get any silicone mold and melt the milk chocolate, dark or white- it doesn't matter which kind. Make a layer in the silicone mold and make sure you cover the sides with the chocolate tool.
- Freeze for 5 minutes.
- Then get the butter into a frying pan on medium heat until it's melted. Once it is all melted, add your Kadayif and mix until golden brown.
- Once mixed to golden brown, take it off and put it into a bowl and add your pistachio paste and also add your tahini.
- Mix well. Once mixed add it to the mold with the chocolate (not melted-frozen).
- Spread it until full.
- Melt until full and then add the last layer of chocolate on top of the Kadayif, pistachio paste, and tahini mixed together.
- Spread it around and then freeze again for 5 minutes until the top layer is frozen.
- Once all the chocolate is hard, carefully remove the Dubai chocolate from the silicone mold.
- Then you have your Dubai chocolate. Then end.

Eggless Almond Lace Cookies

Rishvitha Nemani

Riverview Elementary | Grade 5

INGREDIENTS

- ¼ cup (57g) unsalted butter
- ⅓ cup (57g) brown sugar-
firmly packed
- ½ cup (48g) almond flour-
finely ground almonds
- Pinch of salt
- 1 tablespoon (7.5ml) milk
(or a dairy-free
alternative)
- ¼ teaspoon (1ml) vanilla
extract

DIRECTIONS

- Prepare for baking: Preheat your oven to 350°F (180°C). Line a baking sheet with parchment paper or a silicone baking mat.
- Melt ingredients: In a small, non-stick saucepan, melt the butter over low heat. Do not let it brown.
- Combine wet ingredients: Once the butter has melted, add the brown sugar and mix well until it begins to melt and the mixture is well combined.
- Add dry ingredients: Stir in the almond flour, salt, milk, and vanilla extract. Mix everything well until the batter looks grainy and shiny.
- Cook the batter: Cook the mixture for another 3-4 minutes over low heat, stirring constantly.
- Rest the batter: Take the saucepan off the heat and let the batter rest on the counter for 5-10 minutes. The mixture will thicken as it cools, which is the desired consistency for baking.
- Spoon onto sheet: Drop about a teaspoon of batter for each cookie onto the prepared baking sheet, spacing them at least 3 inches apart, as they will spread significantly.

Eggless Almond Lace Cookies (continued)

Rishvitha Nemani

Riverview Elementary | Grade 5

INGREDIENTS

- ¼ cup (57g) unsalted butter
- ⅓ cup (57g) brown sugar-
firmly packed
- ½ cup (48g) almond flour-
finely ground almonds
- Pinch of salt
- 1 tablespoon (7.5ml) milk
(or a dairy-free
alternative)
- ¼ teaspoon (1ml) vanilla
extract

DIRECTIONS

- **Bake:** Bake for 6-8 minutes, or until the edges turn golden brown and the cookies stop bubbling. Keep a close eye on them as they can burn quickly.
- **Cool completely:** Allow the cookies to cool completely on the baking sheet. They will be delicate when hot and will become crisp as they cool down.



Energy Oatmeal Balls



Willow Walton

Riverview Elementary | Grade 5

INGREDIENTS

3 cups quick oats
1 cup creamy peanut
butter (like JIF or Skippy)
½ cup of mini (or regular)
chocolate chips
½ cup natural honey

DIRECTIONS

- Add all ingredients into large bowl and stir until well combined. You can either do this by hand with a wood spoon or with a hand mixer on low, increase speed if needed until well combined. It is thick so this may take several minutes to mix.
- Roll into balls.
- Using a small cookie scoop or spoon to get even sizes is helpful. These will be about a tablespoon size each. Tip: If you are having difficulty getting the mixture to roll into a ball, try pressing the energy ball dough between your fingers (to loosen it up/warm it up) and then roll into a ball.
- Eat right away or save in a container in the refrigerator for several days.
- Should make about 30 balls

Energy Orbit Balls

Nihara Vineeth Nair

Little Cedars Elementary | Grade 5

INGREDIENTS

- 1 cup rolled oats
- ½ cup peanut butter or almond
- ½ cup honey
- ¼ cup ground flaxseed and chia seeds
- ¼ cup dried cranberry and raisins
- ¼ cup walnuts and almonds

DIRECTIONS

- Heat a pan on low flame.
- Add walnuts and almonds.
- Dry roast for 3- minutes, stirring continuously. This improves taste and makes them easier to digest. Do not burn them.
- In a bowl, mix oats, flax seeds, and chia seeds.
- Add the almond butter and honey.
- Mix well.
- Chill for 15-20 minutes.
- Roll into small balls.
- Store in the fridge.

Flavor Flipper

Jolie Read

Riverview Elementary | Grade 4

INGREDIENTS

1 tortilla
3 strawberries
½ banana
1 tablespoon coconut
1 tablespoon Nutella

DIRECTIONS

- Mat a cut to the center of the tortilla.
- Place a different ingredient in each of the four sections.
- Then fold the wrap in fourths.
- Enjoy!

Fruit & Granola Yogurt Parfait (Nut-Free)

Lyle Simons

Central Emerson Elementary | Grade 4

INGREDIENTS

32 oz. Stonyfield vanilla yogurt

1-pound strawberries

½ cup chocolate chips

Granola

4 cups old fashion oats

½ cup sunflower seeds

½ cup of pumpkin pepita seeds

¼ cup chia seeds

1 teaspoon sea salt

½ teaspoon cinnamon

½ cup olive oil

½ cup maple syrup

1 teaspoon vanilla extract

DIRECTIONS

- Preheat the oven to 350 degrees.
- Line a baking sheet with parchment paper.
- In a large mixing bowl, combine oats, seeds, salt, and cinnamon, and stir.
- Pour in oil and maple syrup, and vanilla.
- Mix well until all ingredients are lightly coated.
- Pour granola onto the pan and spread it in an even layer.
- Bake until golden, 25-30 minutes, stirring halfway.
- Let the granola cool completely.

Fruit Salad

Emyrsen Palma

Cathcart Elementary | Grade 4

INGREDIENTS

Melons
Strawberries
Blackberries

DIRECTIONS

- Wash fruit.
- Cut into bite sized pieces.
- Put in salad bowl.

Garlic Grilled Cheese



Elyse Palma

Cathcart Elementary | Grade 4

INGREDIENTS

½ teaspoon salt
2 slices sourdough bread
2 slices cheddar jack
cheese
Butter

DIRECTIONS

- First, take your bread and butter one side on each bread slice. After you do that, set the stove to 4.0 temp then put the buttered side of the bread face down on the pan.
- Second, add a little bit of garlic salt and then put cheddar jack cheese on top of the salted bread.
- After that, put a little more garlic salt over the cheese.
- Next, put the second bread on top of the cheese. Wait for the cheese bread to toast then quickly flip the sandwich over. Toast the second side.
- All done! Sit back and enjoy!



Gourmet Baked Poha Chivda

Abhinav Manikandan

Dutch Hill Elementary | Grade 4

INGREDIENTS

2 cups thin poha (flattened rice)

¼ cup olive oil

¼ cup cashews- chopped

¼ cup almonds- chopped

¼ cup pecans- chopped

¼ cup walnuts- chopped

¼ cup pumpkin seeds

¼ cup peanuts

¼ cup putana dal (roasted gram/dalia)

1 sprig curry leaves
(approx. 15-20 leaves)

1 teaspoon mustard seeds
(rai)

1 teaspoon white sesame seeds

Asafoetida (hing)-a pinch
½ teaspoon turmeric powder

1 teaspoon kashmiri chili powder

1/2 teaspoon red chili powder

Salt- to taste

1 teaspoon powdered sugar

1 teaspoon chaat masala

DIRECTIONS

- Preheat the oven to 300°F. Line a large baking sheet with parchment paper.
- Spread the 2 cups of thin poha evenly on the sheet. Bake for 10 to 12 minutes, stirring once, until completely crisp. Transfer the poha to a very large mixing bowl.
- Spread the cashews, almonds, pecans, walnuts, and pumpkin seeds on the same sheet. Bake for about 5-7 minutes until lightly toasted. Add these warm nuts/seeds to the bowl with the poha.
- Heat the olive oil in a small pan over medium heat.
- Add the mustard seeds and let them splutter. Then add the asafoetida and the white sesame seeds. Fry for a few seconds.
- Add the curry leaves. Fry until they are dark green and crisp (about 1 minute).
- Lower the heat to low. Add the peanuts and putana dal and stir to warm them.
- Add the turmeric powder, kashmiri chili powder, and red chili powder. Stir quickly for 10-15 seconds until the oil turns a bright red-orange color. Do not burn the powders.



Gourmet Baked Poha Chivda (continued)

Abhinav Manikandan

Dutch Hill Elementary | Grade 4

INGREDIENTS

2 cups thin poha (flattened rice)

¼ cup olive oil

¼ cup cashews- chopped

¼ cup almonds- chopped

¼ cup pecans- chopped

¼ cup walnuts- chopped

¼ cup pumpkin seeds

¼ cup peanuts

¼ cup putana dal (roasted gram/dalia)

1 sprig curry leaves
(approx. 15-20 leaves)

1 teaspoon mustard seeds
(rai)

1 teaspoon white sesame seeds

Asafoetida (hing)-a pinch

½ teaspoon turmeric powder

1 teaspoon kashmiri chili powder

1/2 teaspoon red chili powder

Salt- to taste

1 teaspoon powdered sugar

1 teaspoon chaat masala

DIRECTIONS

- Turn off the heat. Immediately add the salt, powdered sugar, and chaat masala to the oil mixture. Stir well. Pour the entire contents of the pan (the hot olive oil mixture) over the large bowl containing the baked poha and nuts/seeds.
- Gently and thoroughly mix all the ingredients using two spoons, ensuring every component is coated in the fragrant, spiced oil.
- Spread the chivda onto a clean tray and let it cool completely before serving or packaging.

Indian Veggie Strips

Adhya Shrivastava

Dutch Hill Elementary | Grade 6

INGREDIENTS

1 carrot
¼ bell pepper
¼ cup cabbage- grated
1 spoonful melted cheese
½ tablespoon chaat masala
Salt- a pinch
1 tablespoon butter
Black pepper- a pinch
4 pieces bread
2 teaspoons white cream

DIRECTIONS

- First grate the cabbage and the carrot. Then finely chop the bell pepper into squares.
- Then mix all the veggies and the cheese with salt, black pepper, chaat masala, and white cream.
- After mixing for about a minute, lather the mixture onto two pieces of bread.
- Then you put a piece of the non-melted butter on top of both the breads, then put another piece of bread on top of them so that the order is like bread, mixture, butter, and bread.
- Then put it in the griller at 400 degrees for 1 and 30 seconds, but if you don't have a griller, then put butter on the pan. Then simmer it on medium heat for 1-2 minutes on both sides.
- When done cut each into four strips, served warm.

Instant Poha Upma Premix Part 1

Abhinav Manikandan

Dutch Hill Elementary | Grade 4

INGREDIENTS

2 cups thin poha
(flattened rice)-
cleaned/sieved to remove
dust

2 tablespoons vegetable
oil

1 teaspoon mustard seeds
(rai)

½ teaspoon cumin seeds
(jeera)

¼ cup raw peanuts

½ teaspoon turmeric
powder (haldi)

Asafetida (hing)- a pinch

10-12 fresh curry leaves

1 teaspoon salt- adjust
later if needed

Optional

1 teaspoon finely chopped
green chilies (or to taste)-
add if heat is desired

DIRECTIONS

- Instructions for the pre-mix (part 1)- Prepare the poha: Sieve or gently wipe the poha to ensure it is clean. Set aside.
- Heat and temper: Heat the oil in a large pan over medium heat. Once hot, add the mustard seeds and wait until they splutter vigorously.
- Add crunch: Immediately add the cumin seeds and the raw peanuts. Fry the peanuts until they turn light brown and crunchy.
- Add seasoning: Reduce the heat to low. Add the turmeric powder, asafetida, curry leaves, and the optional green chilies. Stir constantly for about 30 seconds until the leaves and chilies are crisp.
- Toast the poha: Turn off the stove. Immediately add the cleaned poha and salt to the pan.
- Mix and cool: Gently mix the poha thoroughly with the oil and spice mixture until every flake is coated.
- Store: Spread the mixture on a large plate and allow it to cool completely. Transfer the finished instant poha upma pre-mix to an airtight container.

Instant Poha Upma Premix Part 2

Abhinav Manikandan

Dutch Hill Elementary | Grade 4

INGREDIENTS

4-5 Tablespoons poha upma premix (recipe on previous page)

½ teaspoon fresh lemon juice

Hot water- just enough to barely submerge the mix

Optional

1 teaspoon grated fresh coconut

1 teaspoon cilantro-chopped- for garnish

DIRECTIONS

- Part 2- Cooking and finishing the instant poha upma This is how to use the pre-mix to create the final dish. Serves: 1 Cook Time: 1-2 minutes.
- Instructions for Cooking (Part 2)- Measure the mix. Scoop 4 to 5 tablespoons of the poha upma pre-mix into a microwave-safe bowl.
- Add water. Pour just enough hot water into the bowl to barely submerge the poha mix.
- Microwave. Place the bowl in the microwave and cook on high for 30 seconds.
- Stir and finish cooking. Carefully remove the bowl. Stir the contents and return to the microwave for another 30 seconds to 1 minute if the poha is still too firm.
- Final flavoring: Add the fresh lemon juice to the warm poha upma and mix well.
- Garnish and serve. Garnish generously with grated fresh coconut and chopped cilantro. Mix gently before serving while hot.

Jack's Famous Cookies

Jack Jones

Dutch Hill Elementary | Grade 6

INGREDIENTS

1 cup salted butter
1 cup granulated sugar
1 cup light brown sugar
4 teaspoons pure vanilla extract
2 large eggs
3 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon sea salt
2 cups semi-sweet chocolate chips

DIRECTIONS

- Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius).
- Line three baking sheets with parchment paper and set aside.
- In a medium bowl mix flour, baking soda, baking powder and salt. Set aside.
- Cream together butter and sugars until combined. Beat in eggs and vanilla until light (about 1 minute). Mix in the dry ingredients until combined. Add chocolate chips and mix well.
- Roll 2-3 tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.
- Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just barely starting to turn brown.
- Let them sit on the baking pan for 5 minutes before removing to cooling rack.



Reagan Matsler

Parent Partnership Program | Grade 4

INGREDIENTS

Topping

½ cup (60g) all-purpose flour

⅔ cup (125g) brown sugar-
well packed

¼ teaspoon ground
cinnamon

⅛ teaspoon freshly ground
nutmeg

4 teaspoons (57g) unsalted
butter- room temperature

Muffins

2 cups spoon and sweep
(240g) all-purpose flour

¾ teaspoon baking powder

¼ + ⅛ teaspoon baking soda

¾ teaspoon kosher salt

6 tablespoons (86g)
unsalted butter- room
temperature

¾ cup (150g) sugar

2 tablespoons (30g) brown
sugar

1 lemon- zested

2 teaspoons vanilla extract

1 whole egg- room
temperature

1 yolk- room temperature

½ cup plus 2 tablespoons
(135g) sour cream or Greek
yogurt

1 ½ cups (175g) fresh
blueberries

1 tablespoon all-purpose
flour

DIRECTIONS

- Preheat oven to 375°F. Prepare the topping by mixing all the ingredients in a bowl until it turns into uniform clumps. Refrigerate until ready to sprinkle on muffins.
- Prepare jumbo muffin tins with 6 large liners. (Alternatively, you can bake regular sized muffins by dividing it into 12.)
- Whisk together the flour, baking soda, baking powder and salt in a bowl, set aside.
- Cream the butter, sugars and zest together on medium speed, in a stand mixer with the paddle attachment, until light and fluffy, about 4 minutes. Add vanilla. Add the egg and yolk, one at a time, mixing on low just until combined. It may seem a bit curdled, because it is a lot of liquid to add to that amount of butter. It will all come together in the end.
- Add half the flour and half the sour cream. Mix on low until combined. Add the remaining flour and sour cream.
- Toss the blueberries with flour and fold them into the batter with two or three gentle stirs. If you over mix, the batter will turn purple and then gray. Scoop into the muffin liners.

Jumbo Blueberry Muffins (continued)



Reagan Matsler

Parent Partnership Program | Grade 4

INGREDIENTS

Topping

- ½ cup (60g) all-purpose flour
- ⅔ cup (125g) brown sugar-
well packed
- ¼ teaspoon ground
cinnamon
- ⅛ teaspoon freshly ground
nutmeg
- 4 teaspoons (57g) unsalted
butter- room temperature

Muffins

- 2 cups spoon and sweep
(240g) all-purpose flour
- ¾ teaspoon baking powder
- ¼ + ⅛ teaspoon baking soda
- ¾ teaspoon kosher salt
- 6 tablespoons (86g)
unsalted butter- room
temperature
- ¾ cup (150g) sugar
- 2 tablespoons (30g) brown
sugar
- 1 lemon- zested
- 2 teaspoons vanilla extract
- 1 whole egg- room
temperature
- 1 yolk- room temperature
- ½ cup plus 2 tablespoons
(135g) sour cream or Greek
yogurt
- 1 ½ cups (175g) fresh
blueberries
- 1 tablespoon all-purpose
flour

DIRECTIONS

- Sprinkle the topping over the muffins. Bake for about 35-40 minutes or until golden brown and a tester comes out with moist, but not wet, crumbs. If you are baking smaller muffins, bake for 20-25 minutes.
- Cool slightly and serve warm or at room temperature.

Kinsley's Quick and Easy Brownies

Kinsley Kline

Dutch Hill Elementary | Grade 5

INGREDIENTS

2 squares (2 ounces total)
unsweetened chocolate

1 cup granulated sugar

2 eggs

1 teaspoon vanilla

$\frac{1}{2}$ teaspoon baking powder

$\frac{3}{4}$ cup flour

$\frac{1}{2}$ cup unsalted butter

$\frac{1}{4}$ teaspoon salt

DIRECTIONS

- Preheat oven to 350 degrees.
- Melt chocolate squares (or 2 ounces of chips) and butter together in a double boiler, or in a microwave, on medium.
- Set aside to cool.
- Beat the eggs and gradually add sugar and vanilla. Slowly beat in cooled chocolate mixture into the egg mixture.
- Mix all other dry ingredients in a separate bowl and mix well into the wet mixture until uniform.
- Bake in a greased 9x9-inch pan at 350 degrees for 25-35 minutes.

Kinsley's Chocolate Dream Brownies

Kinsley Probst

Riverview Elementary | Grade 4

INGREDIENTS

2 sticks of butter
 $\frac{3}{4}$ cups of unsweetened
cocoa powder
4 eggs
2 cups of sugar
1 cup of flour
1 teaspoon of vanilla
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt

DIRECTIONS

- Preheat oven to 350F. Spray a 9x13 inch non-stick baking dish with a non-stick cooking spray.
- Put the butter in a microwave-safe bowl and melt the butter in a microwave.
- Mix the cocoa powder with the butter. Whisk the eggs, sugar and vanilla in another large bowl.
- Add the butter and cocoa mixture to the egg and mix so everything is combined.
- Add flour, salt and baking powder to the liquid mixture, and stir until combined (don't overmix).
- Pour the brownie batter into the baking dish, put in the oven on the middle rack and bake for 25 minutes.
- When the brownie cools down, cut it into squares.

Loaded Sweet Potato Rounds

Giovanna Robbins

Dutch Hill Elementary | Grade 5

INGREDIENTS

Cooked sweet potato
slices
Greek yogurt or sour
cream
Cheese or black beans

DIRECTIONS

- Warm potato slices in the microwave or toaster oven, add yogurt or sour cream and desired toppings.

Lola Gonzalez

Cathcart Elementary | Grade 5

INGREDIENTS

- 2 tablespoon vegetable oil/canola oil
- ½ cup popcorn kernels
- 1 tablespoon butter-melted
- ¼ teaspoon salt- or to taste
- 1 tablespoon nutritional yeast

DIRECTIONS

- Add ½ cup popping corn and 2 tablespoons popping oil (vegetable) into Whirly Pop™.
- Place Whirly Pop™ on stove and set heat to medium/medium high. Hold the wooden handle with one hand and slowly turn the crank with the other.
- Continue stirring for about 3 minutes or until you only hear an occasional pop or the crank becomes difficult to turn. (Do not force the crank). Simply remove the popper from the heat and let the last few kernels pop on a side burner.
- Pour popcorn into 6 quarts serving bowl. Slowly drizzle half of the melted butter over the popcorn Add the salt.
- Carefully shake or mix the popcorn thoroughly.
- Add remaining melted butter. Shake mixture again.
- Add 1 tablespoon nutritional yeast, sprinkling everywhere. Shake one last time.
- Enjoy!

Maeley's Berry Smoothie

Maeley Lucke

Riverview Elementary | Grade 4

INGREDIENTS

2 cups of milk
1 cup of ice
½ cup of peanut butter
1 tablespoon honey
1 cup honey vanilla yogurt
1 ½ cups of berries

DIRECTIONS

- Blend all the ingredients together until smooth



Urvil Gathole

Seattle Hill Elementary | Grade 4

INGREDIENTS

1 cup fresh diced
mangoes/frozen mango
1 cup Greek yogurt
2 tablespoon sugar
½ cup milk
Cardamom powder- a
pinch

DIRECTIONS

- Peel the mangoes and dice them.
- Add them to the blender.
- Add Greek yogurt to the blender.
- Add milk, sugar and some ice cubes.
- Blend it and pour it into a glass.
- Add vanilla/mango ice cream on top.
- Add a few chunks of mangoes.
- Serve and enjoy!

Millet Avocado Toast

Harliv Kour

Dutch Hill Elementary | Grade 4

INGREDIENTS

¼ cup grated zucchini
¼ cup grated carrot
¼ cup spinach- chopped
¼ cup grated cauliflower
¼ cup onion- chopped
1 green chili
½ inch ginger- chopped
½ teaspoon cumin seed
pinch of carom seed
1 teaspoon kasuri methi
½ cup millet flour
½ cup gram flour
Salt- to taste
Water- as required
Guacamole
Cheddar cheese

DIRECTIONS

- Take a bowl and add all the vegetables in it.
- Now add millet flour and gram flour in it.
- Mix it well by adding water in it until it becomes slightly runny batter.
- Now pour the batter on the metal cooking pan and cook until it becomes crispy from both sides.
- Now take the millet flat bread and apply guacamole on the upper side and add some cheese.
- Place the flatbread in the oven for 10 minutes at broil.
- After 10 minutes, the millet avocado toast is ready. Serve hot.

Mini Hummus Pizza Toast

Giovanna Robbins

Dutch Hill Elementary | Grade 5

INGREDIENTS

English muffins

Shredded mozzarella

Hummus (plain or garlic)

Toppings

Pepperoni, olives, or sliced vegetable

DIRECTIONS

- Spread hummus, add toppings and cheese, and bake for 5 minutes at 350 degrees or until melted and crispy.

Mini Meatball Subs

Calijah Smith

Machias Elementary | Grade 6

INGREDIENTS

10 store bought frozen meatballs (we like Costco Italian Beef Meatballs)

5 dinner rolls- split

5 slices mozzarella cheese

½ cup marinara sauce

DIRECTIONS

- Bake your meatballs according to package instructions. Set aside.
- Preheat the oven to 350 degrees.
- Heat marinara sauce in saucepan over low heat. Bring to simmer. Once warmed, turn off heat and set aside.
- Open the dinner rolls and lay face up on a sheet pan. Lay 1 slice of mozzarella cheese on every other half. Place in the preheated oven for 3 minutes to melt the cheese and get a good crisp on the bread.
- Assemble your sub by placing 1 tablespoon of marinara on the bottom bun of each roll. Add 2 cooked meatballs. Top with 1 tablespoon of marinara. Place cheesy top bun on top.

Minty Chewy Chocolate Chip Cookies

Dilan Willard

Dutch Hill Elementary | Grade 4

INGREDIENTS

2 cups butter- room temperature
3 cups sugar
4 large eggs
3 teaspoons peppermint extract
6 cups flour
4 teaspoons baking soda
4 teaspoons cream of tarter
 $\frac{1}{2}$ teaspoon salt
24 ounces chocolate chips

DIRECTIONS

- Cream the softened butter and sugar together in a stand mixer until it's light and fluffy.
- Add the eggs one at a time and mix well after each addition. Then mix in the peppermint extract.
- In a separate bowl, mix together the flour, baking soda, baking powder, and salt.
- Slowly add the dry ingredients to the wet mixture and mix until it forms a soft dough.
- Pour in the chocolate chips and gently mix until they're evenly distributed. Scoop the dough onto lined cookie sheets.
- Bake at 350 degrees for 10 to 12 minutes, or until the edges are set and the tops look slightly crackled. Let them cool on the pan for a few minutes before moving to a rack. Soft for days, but we recommend you eat them while they are still warm and gooey.

Moist Banana Bread

Charlie Wright

Little Cedars Elementary | Grade 4

INGREDIENTS

2 cups flour
1 ½ teaspoon baking powder
½ teaspoon salt
½ teaspoon baking soda
¼ teaspoon nutmeg
¼ teaspoon cinnamon
2 eggs
½ cup butter-melted or room temperature
2 tablespoons milk or buttermilk
1 teaspoon vanilla extract
1 teaspoon banana extract
1 cup granulated sugar
3 medium-size bananas

DIRECTIONS

- Mix dry ingredients together.
- Add wet ingredients, (bananas last), but let butter cool a bit (if melted), before adding.
- Once all combined, add mashed bananas. Pour into a loaf pan and bake for about 50 minutes at 350 degrees.

Mozzarella Sticks

Sawyer Whitlock

Cathcart Elementary | Grade 4

INGREDIENTS

1 cup breadcrumbs
7 string cheese sticks
2 eggs
Seasonings
Salt
Basil
Garlic
Pepper

DIRECTIONS

- Dip the string cheese in the egg and then in the breadcrumbs- twice.
- Then put the in the air fryer or the oven.
- Leave them in for 5 minutes.
- Pull them out and let them cool.
- And then you can eat them.

Mug Cake

Edwin Abraham

Little Cedars Elementary | Grade 4

INGREDIENTS

3 tablespoons all- purpose
flour

3 tablespoons sugar

3 tablespoons cocoa
powder

Pinch of salt

3 tablespoons milk

2 ½ tablespoons veggie oil

¼ teaspoon vanilla extract

Optional

2 tablespoons chocolate
chips

DIRECTIONS

- Add flour, sugar, salt and cocoa powder to a mug, then get a fork or small whisk and mix well.
- Add milk, veggie oil and vanilla extract next mix until no flour or cocoa powder is visible.
- Add chocolate chips and mix. Microwave for 1 minute.
- Done!!!

No Bake Cookies

Parker Libs

Seattle Hill Elementary | Grade 6

INGREDIENTS

½ cup butter
2 cups sugar
½ cup milk
4 tablespoons cocoa
3 ½ cup quick cooking oats
2 teaspoons vanilla

DIRECTIONS

- Add the first four ingredients in a saucepan and bring it to a boil for 1 minute.
- Stir in the next 2 ingredients and drop onto either wax paper or aluminum foil.
- Let cool until set.

Olivier Salad (Russian Potato Salad)

Mihey Gorbunov

Cascade View Elementary | Grade 4

INGREDIENTS

Vegetables- cook before cutting

4-5 medium potatoes- boiled

2-3 carrots- boiled

Protein

1½ pounds of bologna (cooked sausage)

Pickles & Fresh Cucumbers

3-4 pickles

1-2 fresh cucumbers

Eggs

5 eggs- hard-boiled

Green Peas

1 can of green peas- drained (14-15 oz can)

Dressing

1 cup of mayonnaise- (8 oz)

Salt- to taste

Black pepper- to taste

½ teaspoon mustard

Optional

2-3 tablespoons chopped green onion

1 tablespoon chopped dill

DIRECTIONS

- How to make the salad- Cut the boiled potatoes, boiled carrots, bologna, eggs, pickles, and fresh cucumbers into small cubes.
- Squeeze the pickles to remove extra liquid.
- Add the green peas.
- Add chopped green onion and dill.
- Add 1 cup (8 oz) of mayonnaise and mix gently.
- Season with salt and pepper.
- Chill the salad for 30-60 minutes before serving.
- Result- A colorful, creamy, kid-friendly Russian potato salad. Easy to prepare and always impressive!

Paneer Pirate Swords



Nihara Vineeth Nair

Little Cedars Elementary | Grade 5

INGREDIENTS

- 1 cup paneer- cubed
- ½ cup yogurt
- 1 tablespoon ginger garlic paste
- 2 tablespoons besan flour
- 1 tablespoon red chili powder (1/2 tablespoon if you want less spicy)
- Salt- to taste
- 1 teaspoon lemon
- ½ tablespoon turmeric
- ½ tablespoon garam masala
- 1 tablespoon kashuri methi
- 1 tablespoon butter
- A few- red bell pepper cubes
- A few- yellow bell pepper cubes
- A few- orange bell pepper cubes
- A few- onions- cubed

DIRECTIONS

- In a large bowl put besan flour, yogurt, and powders (turmeric, red chili powder, garam masala, kashuri methi), lemon, adequate salt, and ginger garlic paste. Mix well.
- Add toasted veggies and paneer cubes to the prepared marinade.
- Toasting veggies and paneer cubes is optional but will be tastier if toasted.
- Put the coated paneer and veggies onto skewers and in a beautiful pattern as there are different colors in it.
- Make sure to keep a little space in between.
- Grill the skewers or put them in the air fryer for cooking it.
- Once it is fully cooked, garnish it with a pinch of chaat masala and fresh cilantro.
- Paneer Pirate Sword is ready to eat.

Peanut Butter Cookies

Kacey Richmond

Dutch Hill Elementary | Grade 4

INGREDIENTS

1 cup granulated sugar
1 cup brown sugar-packed
1 cup peanut butter
1 cup salted butter-
softened
2 eggs
2.5 cups all-purpose flour
1.5 teaspoons baking soda
1 teaspoon baking powder

DIRECTIONS

- Heat oven to 375 degrees.
- Mix sugars, butter, peanut butter, and eggs in a large bowl. Stir in remaining ingredients.
- Shape down to 1.5-inch balls. Place about 3 inches apart on parchment paper lined cookie sheet. Flat in crisscross pattern with fork.
- Bake 9 to 10 minutes or until light golden brown. Cool 5 minutes. Remove from cookie sheet.



Pizza Pockets

Raleigh Opsata

Dutch Hill Elementary | Grade 4

INGREDIENTS

1 pound pizza dough-room temperature

All-purpose flour-for dusting

2 tablespoons tomato sauce

$\frac{1}{4}$ cup shredded mozzarella

2 tablespoons parmesan cheese

1 large egg- beaten

DIRECTIONS

- Step 1- Preheat the oven to 400 degrees. Using a rolling pin, roll out the pizza dough on a lightly floured surface until $\frac{1}{4}$ inch thick. Cut into twelve 3-inch rounds with a cookie cutter or small glass.
- Step 2- Spread small spoonfuls of tomato sauce onto each dough round, leaving a small border. Top with the mozzarella and parmesan. Brush the edges with the beaten egg, fold in half and gently press the edges with your fingers or a fork to seal. Brush with more beaten egg and sprinkle with more parmesan.
- Step 3- Line a baking sheet with parchment paper. Arrange the pockets on the baking sheet and poke a hole in the top of each with a skewer. Bake until golden, about 20 minutes. Let cool slightly.

Pizza Rolls

Ella Tabor

Dutch Hill Elementary | Grade 6

INGREDIENTS

Refrigerated pizza dough
Shredded cheese
Tomato sauce

DIRECTIONS

- Unroll pizza dough on a clean surface.
- Use a rolling pin to roll it about $\frac{1}{4}$ inch (0.6 cm) thick.
- Sprinkle two cups of shredded cheese over the whole thing. Optional- place pepperoni on top.
- Starting with the long edge, roll it all the way up. Then cut it into 1- inch (1.5 cm) slices.
- Line a baking sheet with foil. Bake until golden.
- Put the sauce into a container and enjoy!

Potato Puff Pastry

Urvi Gathole

Seattle Hill Elementary | Grade 4

INGREDIENTS

- 1 sheet puff pastry- (market bought packet)
- 3 medium sized potatoes- boiled
- ½ cup peas
- ¼ cup onion- finely chopped
- 2 green Thai chili- finely chopped
- 2 tablespoons vegetable oil
- ¼ teaspoon cumin seeds
- ¼ teaspoon fennel seeds
- ¼ teaspoon turmeric powder
- ½ teaspoon red chili powder
- ¼ teaspoon garam masala
- ½ teaspoon chaat masala
- ½ teaspoon salt or as per taste
- 1-2 tablespoons cilantro leaves

DIRECTIONS

- For stuffing- Heat the pan on high heat
- Add oil to the pan once it's hot, add cumin, mustard, and fennel seeds then let it splutter.
- Add chili and onions, sauté until onions will be golden brown.
- Add the mashed potatoes and peas.
- Add dry spices (turmeric, chili powder, garam and chaat masala, salt) and mix well.
- Cover and cook for 3-4 minutes.
- Let it cool down.
- Filling pastry: Open the pastry packet and let pastry sheet thaw according to the instructions (approximately 40 minutes).
- After it has thawed, cut the pastry into 4 equal parts.
- Put the stuffing on the pastry pieces like making triangle shape.
- Fold in half with the stuffing inside and apply butter on surface.
- Preheat the oven to 400 degrees.
- Bake pastry for 18-19 minutes or until surface turns golden brown.
- Serve- Open the baked puff pastry and add some finely chopped onion, ketchup and serve hot and enjoy!

Salted Tomatoes

Emyrsen Palma

Cathcart Elementary | Grade 4

INGREDIENTS

Salt
Tomatoes

DIRECTIONS

- Wash the tomatoes and then slice them.
- Sprinkle with salt.

Sky's the Limit Edible Cookie Dough

Skylee Evans

Dutch Hill Elementary | Grade 5

INGREDIENTS

2 tablespoons butter-
softened
4 tablespoons sugar
2 tablespoons milk
6 tablespoons flour
1 ½ tablespoons mini
chocolate chips (or
substitute favorite flavor)

DIRECTIONS

- Add the soft butter and sugar in small bowl then mix thoroughly together.
- Add the milk and mix together thoroughly.
- Add the flour and mix till all combined together.
- Add the chocolate chips then mix together.
- Eat and Enjoy!



Skylee's Triple-Cheese Dream Ravioli

Skylee Evans

Dutch Hill Elementary | Grade 5

INGREDIENTS

2 eggs
1 ¼ cups flour
¾ Tablespoon salt
1 tablespoon olive oil
½ cup whole milk ricotta
¼ cup shredded mozzarella cheese
2 tablespoons grated parmesan
2 cups marinara sauce

DIRECTIONS

- Crack eggs in small bowl. Throw away shell and wash hands.
- Measure 1 ¼ cups flour with accuracy. Spoon into measuring cup, use flat edge to level. Do not over pack.
- Add flour, salt, oil, and eggs to large bowl. Stir with spoon until a shaggy dough forms. Gather into a ball.
- On a lightly floured surface knead dough until smooth and elastic, 8-10 minutes.
- Wrap dough in plastic wrap and rest at room temperature for 30 minutes.
- Meanwhile, make filling. Add ricotta, mozzarella, and parmesan to small bowl. Stir to combine.
- Divide dough into 6 pieces. On a lightly floured surface, roll 2 pieces into very thin rectangles, slightly larger than the mold.
- Set one pieces of dough on top of mold, covering the zigzags. Use fingers to lightly press dough into holes.
- Add 1 level teaspoon cheese filling to each hole.
- Set second piece of dough on top Roll with rolling pin, pressing in all directions until zigzags are visible.



Skylee's Triple-Cheese Dream Ravioli (continued)

Skylee Evans

Dutch Hill Elementary | Grade 5

INGREDIENTS

2 eggs
1 ¼ cups flour
¾ tablespoon salt
1 tablespoon olive oil
⅓ cup whole milk ricotta
¼ cup shredded mozzarella cheese
2 tablespoons grated parmesan
2 cups marinara sauce

DIRECTIONS

- Remove top of mold. Flip upside down and pop out ravioli. Repeat steps 7-11 twice to make 24 raviolis.
- Bring pot of salted water to boil. Cook ravioli 2-3 minutes, until floating.
- Drain in colander and serve with warm marinara.
- Eat, taste, share, and enjoy!

Snickerdoodles

Reagan Matsler

Parent Partnership Program | Grade 4

INGREDIENTS

Dough

1 cup shortening

1 ½ cup sugar

2 eggs

2 ¾ cup all-purpose flour

2 teaspoons cream of tartar

1 teaspoon baking soda

¼ teaspoon salt

Topping

2 tablespoons sugar

2 teaspoons cinnamon

DIRECTIONS

- Preheat oven to 400°F. Prepare a baking sheet with parchment paper.
- In a large bowl, cream shortening, sugar and eggs.
- Mix in flour, cream of tartar, baking soda and salt.
- In a small bowl, mix topping: sugar and cinnamon.
- Scoop 2 tablespoons of dough, roll and shape into a ball, roll in cinnamon-sugar topping. Place on baking sheet. Repeat for 12 cookies per baking sheet and continue until all dough is used.
- Bake for 8 minutes.

SPAM Musubi

Jack Jones

Dutch Hill Elementary | Grade 6

INGREDIENTS

12 ounces SPAM
¼ cup oyster sauce
¼ cup soy sauce
½ cup sugar
1 package of nori
6 cups cooked sushi rice-
without the vinegar
mixture added
3 tablespoons furikake

DIRECTIONS

- Slice the SPAM into about 8-10 slices depending on how thick you like it. Place it in a Ziplock bag.
- Mix oyster sauce, soy sauce and sugar until sugar is dissolved and add to the bag with the Spam.
- Marinate for 15 minutes. Drain off marinade and fry SPAM on each side over medium heat until slightly crispy or until desired doneness.
- Place a strip of nori roasted seaweed on a cutting board (shiny side down). Place your musubi mold across the middle of the nori. Add sushi rice to the mold, pressing down firmly and evenly so there is about 1-1 ½ inches of rice.
- Dip the mold and your fingers in water as you go to prevent sticking. Optional: Add a sprinkling of furikake (a mixture of sesame seeds and little bits of nori) for extra flavor.
- Next, remove the mold from the rice. Now you will have a nice little block of rice right on the nori. Add a slice of cooked SPAM on top of the rice. Wrap up one side of the nori and stick it to the top of the SPAM, then wrap up the other side. Just like you are wrapping a nice little package. Use a little water on your finger to seal if needed. Serve warm.

SPAM Musubi

Parker Libs

Seattle Hill Elementary | Grade 6

INGREDIENTS

1 can SPAM
1 cup of dried sushi rice
2 sheets of sushi nori
2 tablespoons of teriyaki
sauce

DIRECTIONS

- Cut SPAM into 6 pieces lengthwise.
- Cook SPAM on medium/low heat in a pan.
- Flip until both sides turn from pink to red.
- Add teriyaki sauce to SPAM and coat both sides, then turn off heat.
- Cook sushi rice in a rice cooker and divide into 6 portions.
- Put 1/6 of the rice into a plastic-lined SPAM can.
- Put one piece of cooked SPAM into the can and push down.
- Slam the can on the table to release the SPAM and rice together in the shape of the can.
- Wrap the SPAM and rice patty with seaweed.
- Repeat 6 times.

Steamed Broccoli

Emyrsen Palma

Cathcart Elementary | Grade 4

INGREDIENTS

Broccoli
Salt
Lemon juice

DIRECTIONS

- Steam broccoli then sprinkle with salt and squeeze lemon juice on too.



Sunshine Nutella Toast

Aryaa Tomer

Cascade View Elementary | Grade 5

INGREDIENTS

4-6 slices bread
small box- Nutella
Walnuts- a handful
2-3 bananas
1 teaspoon cinnamon
powder

DIRECTIONS

- Toast bread in toaster.
- Spread Nutella on it and sprinkle small walnut pieces.
- Spread thin banana slices with sprinkle cinnamon dust on top.



Taco Bout a Wonton!



Grayson & Harrison Forbes

Dutch Hill Elementary | Grade 4

INGREDIENTS

2 teaspoons olive oil
1 pound ground beef
2 tablespoons taco seasoning
Salt- to taste
1 -14 ounce can petite diced tomatoes
24 wonton wrappers
1 ¼ cup shredded cheese
½ cup sour cream
¼ cup sliced green onion
¼ cup diced tomato
cooking spray

DIRECTIONS

- Preheat oven to 400 degrees. Heat olive oil in a pan over medium heat.
- Add beef, stir constantly and add the seasoning.
- Cook meat for 4-5 minutes or until cooked through. (Needs to reach 158 degrees.)
- Stir in canned tomatoes (can skip this step if you choose)
- Coat a 12-cup muffin tin with cooking spray. Place one wonton wrapper into the bottom of each muffin cup.
- Spoon approximately 1 tablespoon of meat and cheese into each cup.
- Place a second wonton layer on top of the cheese, then add the remaining meat and cheese across all muffin cups,
- Bake for 10-15 minutes or until edges are brown and cheese is melted.
- Top each taco cup with sour cream, a sprinkle of green onions and tomatoes.
- Enjoy this delicious taco after school snack.

Taco Soup

Avery Calamusa

Seattle Hill Elementary | Grade 6

INGREDIENTS

1 pound ground sirloin (the ground beef with the least amount of fat)

½ cup chopped yellow onion

3 cups of hot water

16 ounce can kidney beans- drained

2- 8-ounce cans of tomato sauce

1 envelop taco seasoning

Toppings

2 small avocados- chopped

¾ pound of grated cheese

1/5 pint of sour cream
crumbled tortilla chips

DIRECTIONS

- In a large frying pan, crumble the ground meat and cook it over medium high heat until it is no longer pink. Drain off any fat in the pan.
- Add chopped onion and cook until the onions appear to be transparent. Do not let the onions get browned.
- Add the water, kidney beans, and tomato sauce. Mix it thoroughly. Sprinkle the taco seasoning mix from the envelope into the pan and mix.
- Bring the soup to a boil. Turn the heat down so it just simmers, cover the pot and cook for 15 minutes.
- Top each serving with some of each of the toppings.

Trey's Personal Protein Pizzas

Trey Marshall

Dutch Hill Elementary | Grade 5

INGREDIENTS

1 ½ cup (180 grams) self-rising flour

1 cup + 2 tablespoons (270 grams) 0% Greek yogurt

1 ¾ cups (180 grams) low fat grated cheese

¾ cup (80 grams) turkey or beef pepperoni

Pizza sauce

1 teaspoon garlic powder

1 teaspoon oregano

½ teaspoon salt

DIRECTIONS

- In a large bowl, combine flour, Greek yogurt, garlic powder, oregano, salt.
- Knead dough and make it into a ball.
- Roll dough into a long cylinder shape and cut into 8 equal sections.
- Roll each section into small circles.
- Take 4 circle pieces of dough and put on a baking sheet lined with parchment paper and pre heat oven to 390 degrees.
- Spread a small amount of sauce on each piece of dough, add pepperoni then cheese.
- Put the remaining 4 dough circles on top of each pizza.
- Repeat step 8.
- Put in oven for 20-25 minutes.

Veggie Sushi Rolls

Nithilan Venkatesan

Little Cedars Elementary | Grade 5

INGREDIENTS

9 loaves of bread
1 green bell pepper
1 red bell pepper
1 onion
1 cup of hung curd
Cucumber salt- as needed
Pepper- as needed
Coriander leaves

Optional

3 tablespoons flax
seed/hemp seed/chia
seed trio mix- if you want it
to be nutrition dense

DIRECTIONS

- Preparation: Chop off the crust of the bread, and then flatten the bread by using a rolling pin.
- Cut each bread into halves.
- Wash all the vegetables and coriander leaves. Cut the cucumber into long, thin strands.
- Slice all other vegetables (onion, red bell peppers, green bell peppers, coriander leaves) into thin slices.
- Assembly: Overlay the cucumber on a flat parchment. Spread the hung curd on the cucumber. Lay the bread down on the hung curd. Spread hung curd down on the bread. Spread the vegetables and coriander leaves on this layer.
- Sprinkle the salt and pepper and all other seasonings.
- Roll them and cut them into even circles
Enjoy!!!

Worst Chocolate Chip Cookies Ever



Ezrael Burrows

Machias Elementary | Grade 4

INGREDIENTS

1 cup (226 grams) unsalted butter- melted then cooled until no longer warm to the touch (see note)

1 ½ cups (300 grams) light brown sugar- firmly packed

½ cup (100 grams) granulated sugar

2 large eggs- room temperature preferred

1 teaspoon vanilla extract

¼ cup (60 milliliter) maple syrup

3 ½ cups (415 grams) all-purpose flour

2 teaspoons cornstarch

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon salt

2 cups (340 grams) chocolate chips (I used half regular semisweet chips and half mini semisweet chips)

DIRECTIONS

- In a large bowl, stir together melted butter and sugars.
- Add eggs, one at a time, stirring until combined.
- Stir in vanilla extract and maple syrup
- In a separate bowl, whisk together flour, cornstarch, baking powder, baking soda, and salt.
- Gradually add flour mixture to wet ingredients, stirring until completely combined.
- Stir in chocolate chips.
- Cover bowl with clear wrap and allow to chill for at least 30 minutes. the cookies look and taste even better after a longer chill.
- Note: The dough will be harder to scoop after a longer chill time, just let it sit at room temperature a bit until it's scoopable.
- While the dough is chilling, preheat oven to 350F (175C) and prepare cookie sheets by lining with parchment paper (if you don't have parchment paper, you can bake directly on an ungreased cookie sheet).



Worst Chocolate Chip Cookies Ever-continued

Ezrael Burrows

Machias Elementary | Grade 4

INGREDIENTS

1 cup (226 grams) unsalted butter- melted then cooled until no longer warm to the touch (see note)

1 ½ cups (300 grams) light brown sugar- firmly packed

½ cup (100 grams) granulated sugar

2 large eggs- room temperature preferred

1 teaspoon vanilla extract

¼ cup (60 milliliter) maple syrup

3 ½ cups (415 grams) all-purpose flour

2 teaspoons cornstarch

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon salt

2 cups (340 grams) chocolate chips (I used half regular semisweet chips and half mini semisweet chips)

DIRECTIONS

- Scoop about 2 tablespoons of cookie dough and roll into balls, making them slightly taller than they are wide. Place them at least 2 inches apart on prepared cookie sheet.
- Bake about 13 minutes (cookies will appear to be a bit underdone, but edges should be just beginning to turn golden brown).

SPECIAL THANKS

A very special thank you to:

- Chartwells Food Services
- Snohomish School District School Board
- Glacier Peak High School
- Snohomish School District Career and Technical Education program
- Snohomish School District students, parents/guardians, staff and community for their support of this program!



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