

Farmer in the Kitchen

# Recipe Book

Chef: \_\_\_\_\_

After-School Cooking Class  
Grades 2-4  
Winter 2020

# Kale Salad

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Source: <http://cityblossoms.org/>

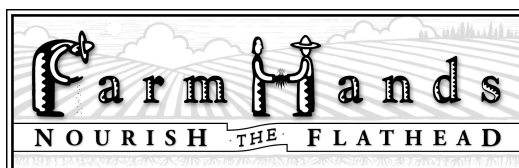
## **Ingredients:**

- 3 cups kale
- 2-3 Tbs olive oil
- 2-3 Tbs lemon juice (1 lemon)
- salt
- 1 carrot
- ¼ cup sunflower seeds (optional)

## **Directions:**

1. Rinse kale and lemon
2. Strip leaves from kale stems (save stems to use as dog treats, to sauté with garlic and onions, or compost)
3. Juice lemon
4. Add oil, lemon juice, and kale to a large zip-locking bag, remove air, and seal bag. Massage kale in bag for 5 minutes until it darkens in color. Taste kale and add salt and adjust lemon juice and olive oil to taste.
5. Grate carrot and serve salad with grated carrot and sunflower seeds.

## **Notes:**



## Root Veggie Salad

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*Adapted from: <https://www.forkintheroad.co/honey-citrus-carrot-salad/>*

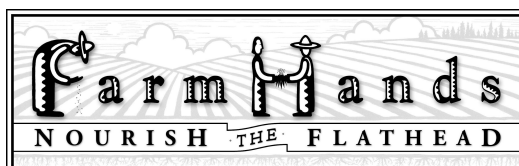
### **Ingredients:**

- ½ cup olive oil
- 1 orange, juice and zest
- 1 lemon, juice and zest
- ¼ cup honey
- 1 parsnip
- 6 large carrots
- 2 medium beets, any variety
- 1 Tbs ground mustard (optional)
- pinch salt and pepper

### **Directions:**

1. Rinse and grate carrots, beets, and parsnips using a grater or food processor and add to large bowl.
2. Rinse, zest and juice lemon and orange. Create dressing by adding juice and zest to a small bowl with olive oil, honey, salt and pepper, and ground mustard (optional). Whisk together with a fork or whisk.
3. Add dressing to grated vegetables and mix well to combine. Taste and season as necessary. Let marinate in the fridge before serving.

### **Notes:**



# Spring Rolls

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Source: FoodCorps "Rolling Into Spring"

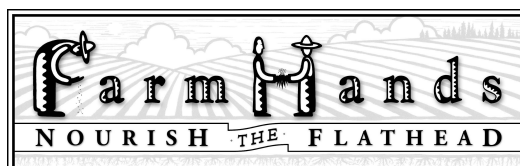
## **Ingredients:**

- 1 package rice paper wrappers
- ¼ cup soy sauce or tamari
- ¼ cup lime juice
- ⅛ cup toasted sesame oil
- 1 tsp honey
- 1 tsp garlic, minced
- 1 tsp chili paste (optional)
- fruits and vegetables for filling: apples, beets, bell peppers, broccoli, cabbage, carrots, cauliflower, cucumbers, lettuce, mango, radishes, spinach, turnips, etc
- herbs for filling: cilantro, mint, chives, scallions, parsley

## **Directions:**

1. Prep all vegetable and herb ingredients by slicing, shredding, grating, or chopping into small enough pieces to work well inside the spring roll. Arrange all ingredients in small bowls or on a cutting board so they will be easy to access when making the rolls.
2. Create the dipping sauce by combining in a small bowl soy sauce, lime juice, toasted sesame oil, honey, garlic, and chili paste if desired. Whisk ingredients together with a fork or small whisk. Taste and adjust seasoning as desired.
3. Fill a shallow bowl or plate with raised edges with warm water. Have a plate (not paper) ready, and dip a rice paper wrapper into the water and wait for 5 seconds. Remove it gently and place it on your plate.
4. Add a small pinch of any fruits/vegetables/herbs that you would like being careful to not add too much and leave at least an inch of rice paper on all sides. Fold in the sides tightly, then roll from the bottom up, gently pressing the ingredients together as you go.
5. Dip roll in sauce or drizzle roll with sauce and enjoy! Try different combinations to see what you like the most!
6. If you make these ahead of time, beware of the papers sticking to each other. Waxed paper may help with this.

## **Notes:**



# Applesauce

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*Source: FoodCorps.org*

## **Ingredients:**

- 10 apples, any variety or mixed
- 1 Tbs cinnamon
- 1 cup water, if needed
- 1 lemon, juiced
- pinch of salt

## **Directions:**

1. Rinse all apples
2. Core and roughly chop all apples (no need to peel)
3. Juice lemon.
4. Combine all ingredients in a large saucepot and cook over medium heat, stirring frequently, until fully softened. Smash apples with a potato masher or wooden spoon.

## **Notes:**



# Whole Wheat Pancakes

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Source: <https://cookieandkate.com/whole-wheat-pancakes-recipe/>

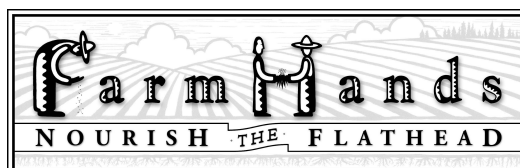
## **Ingredients:**

- 1 cup milk of choice
- 1 cup whole wheat flour
- 2 Tbs maple syrup or honey or sugar
- ¼ tsp ground cinnamon
- 1 Tbs melted butter or neutral oil
- 1 Tbs vinegar
- 1 ½ tsp baking powder
- ¼ tsp salt
- 1 egg
- ½ tsp baking soda
- 1 tsp vanilla extract

## **Directions:**

1. If you won't be serving the pancakes immediately, place a baking sheet in the oven and turn it to 200°.
2. Combine the milk and vinegar in a small bowl to create a buttermilk substitute and let sit for at least 5 minutes before using.
3. In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, and salt.
4. Add the egg, butter, vanilla, and maple syrup to the buttermilk mixture and whisk until thoroughly blended. Pour this liquid mixture into the flour mixture and stir until just combined. A few lumps are okay. Let the batter rest for 5 minutes for fluffier pancakes.
5. Heat a nonstick or cast iron pan or griddle over medium-low heat, Add oil or butter to the pan to prevent sticking. The pan is hot enough if a drop of water sizzles when it makes contact with the pan.
6. Using a ¼ cup measure, add the batter to the pan, leaving enough space for the pancakes to expand. After 2-3 minutes, you will see the edges of the pancakes bubbling and beginning to firm up, flip the pancakes and cook for another 1-2 minutes until golden brown on both sides.
5. Keep pancakes in the warm oven until ready to serve!

## **Notes:**



# Fruit Compote

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Source: <https://cookieandkate.com/simple-fruit-compote-recipe/>

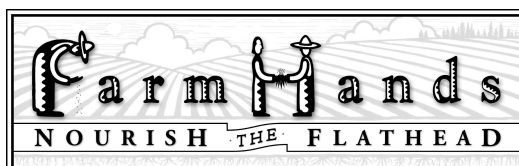
## **Ingredients:**

- 1 pound fresh or frozen fruit, any kind or a mixture
- 2 Tbs honey or maple syrup or sugar
- dash of salt

## **Directions:**

1. If using large fresh fruit, slice the fruit into smaller pieces. You can leave berries or frozen fruit whole.
2. Add the berries, sweetener, and a touch of salt to a saucepan.
3. Bring to a boil and then reduce the heat to medium, letting the fruit cook until it reduces by half and reaches your desired consistency. If you would like, mash the fruit with a potato masher or a serving fork. Serve with pancakes!
4. Keep in the fridge for up to 10 days.

## **Notes:**



# Lentil Brownies

Source: <https://www.lentils.org/recipe/lentil-brownies/>

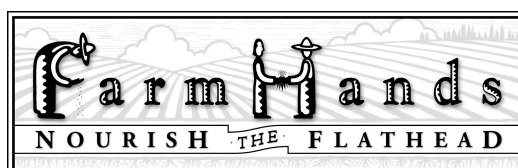
## **Ingredients:**

- ¼ cup butter or neutral oil
- ¼ cup applesauce
- ½ cup cooked lentils
- 1 tsp vanilla
- 1 cup flour
- 1 cup walnuts (optional)
- ¾ cup cocoa powder
- 1 cup sugar
- ¾ tsp salt
- 3 eggs
- 1 cup chocolate chips

## **Directions:**

1. Soak lentils for a few hours or overnight to speed up cooking time. Add lentils and water to a pot and bring to a boil. Simmer covered for about 20 minutes until lentils are soft. Put lentils into a food processor with a few tablespoons of water. Blend until you get a smooth consistency like pureed pumpkin. Add more water as needed.
2. Preheat the oven to 350° grease a 9x13 pan with butter or oil.
3. Melt butter and then mix in lentil puree, cocoa powder, sugar, and salt. Add the eggs one at a time. Mix in vanilla, flour, chocolate chips, and walnuts if using.
4. Add mixture to the greased pan and bake for about 22 minutes or until a toothpick inserted in the center comes out clean.

## **Notes:**





# Make Your Own Oatmeal

Source: Good and Cheap, by Leanne Brown, pg. 28

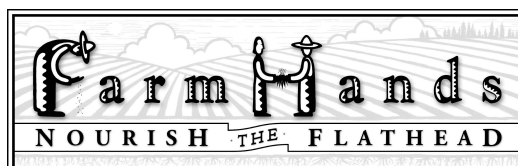
## **Ingredients:**

<ul style="list-style-type: none"><li>• 1 cup rolled oats</li><li>• 2 cups water</li><li>• ¼ tsp salt</li></ul> <p><b>Optional toppings</b></p> <ul style="list-style-type: none"><li>• <u>Baklava Oatmeal</u>: 1 tsp cinnamon, 1 Tbs orange zest, 4 Tbs honey, 2 Tbs chopped nuts</li><li>• <u>Apple Cinnamon Oatmeal</u>: 2 cups apple cider or juice, 1 tsp cinnamon, 1 apple cored and chopped</li></ul>	<ul style="list-style-type: none"><li>• <u>Coconut and Lime Oatmeal</u>: ¼ cup shredded coconut, 2 Tbs sugar, ½ lime</li><li>• <u>Berry Oatmeal</u>: ½ cup berries, 1 tbs sugar</li><li>• <u>Pumpkin Pie Oatmeal</u>: ½ cup canned pumpkin, ¾ cup any kind of milk, 2 Tbs brown sugar, 1 tsp cinnamon, ¼ tsp ginger powder, ¼ tsp clove powder, maple syrup</li><li>• <u>Nut Butter Oatmeal</u>: 2 Tbs nut or seed butter, 1 banana sliced</li></ul>
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## **Directions:**

1. In a small pot, add the oats, water and salt. Place it on medium-high heat until the water boils. Turn the heat down to low and place a lid on the pot. Cook for about 5 minutes until the oats are soft and tender and most of the water has cooked off.
2. Using any of the suggestions above, or your own ideas, make the oatmeal your own! Try replacing have the water with your favorite milk or with apple juice for the apple cinnamon oatmeal. Add spices, sweeteners and pumpkin to the oatmeal mixture from the very beginning, but hold off till it's almost done for the berries, apples, bananas, and nut butters.
3. Serve with milk, sweetener, and your favorite toppings!

## **Notes:**



## Brown Rice

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Source: <https://minimalistbaker.com/how-to-cook-brown-rice-2-ways/>

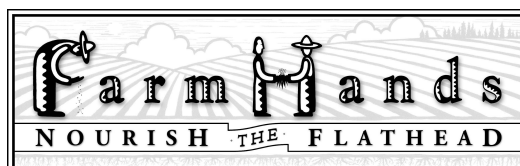
### **Ingredients:**

- 1 cup brown rice
- 1/4 tsp salt
- water

### **Directions:**

- 1. Optional:** Soaking the grains can improve digestibility and speed cooking time. To soak, add rice to a large mixing bowl and cover with 2 cups of lukewarm water. Soak uncovered at room temperature for at least 2 hours or overnight. Then drain and rinse.
2. Add water, rice, and salt to a medium saucepan. If you soaked the rice, add 1.5 cups of water, if the rice has not been soaked, add 2 cups of water. Bring to a boil and once boiling, reduce heat to a simmer and cover.
3. Cook until water is completely absorbed and rice is tender—approximately 15-25 minutes. Drain off any excess water (if there is any). Turn off the heat and remove the lid. Fluff rice with a fork and let sit for 10 minutes. Then recover to keep warm until ready to serve.

### **Notes:**



# Simple Veggie Stir Fry

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Source:

<https://www.washingtonpost.com/recipes/sauteed-greens-with-ginger-garlic-and-soy-sauce/9759/>

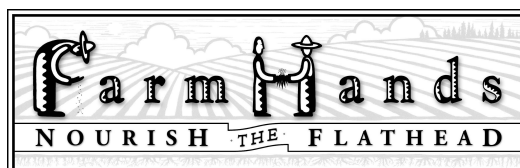
## **Ingredients:**

- 1 medium onion
- salt
- 2 Tbs oil
- ½ cup soy sauce or Tamari
- ½ cup water or broth
- 1 Tbs honey
- 2-inch piece of ginger or 1 Tbs ground ginger
- jalapenos or red pepper flakes, optional
- assorted veggies (broccoli, carrots, mushrooms, cabbage, bell peppers, cauliflower, kale, chard, spinach, celery, green beans, peas, bok choy, etc)
- 1 tsp toasted sesame oil
- 1 tsp rice vinegar
- 2 garlic cloves
- cilantro, optional

## **Directions:**

1. Create your mise en place by slicing your onion and all your vegetables. I like to make the pieces easy to pick up with a fork, so I either do a rough chop or julienne on most of my veggies.
2. Add 2 Tbs of oil to a large sauté pan or wok over medium-high heat. Add onions and cook, stirring occasionally until they begin to turn more translucent. Add the rest of the veggies all at once or add the tougher veggies first (carrots, cabbage, broccoli) and then add the more delicate vegetables after. If needed, add a few tablespoons of water and cover the pan with a lid. This will help the veggies wilt and cook more quickly.
3. While the veggies are cooking create the sauce. Either use a mason jar with a lid or a small bowl and a whisk or a fork. Peel and grate or mince ginger and garlic. Add soy sauce, water, honey, ginger, sesame oil, vinegar, garlic, and red pepper flakes if you'd like to the bowl or jar and shake or whisk until thoroughly combined.
4. Taste the sauce and adjust as necessary.
5. Once the veggies are wilted, add the sauce and stir to combine. Cook until veggies have reached your desired tenderness. Serve with rice or noodles.

## **Notes:**



# Spaghetti with Lentils and Marinara

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Source: <https://cookieandkate.com/hearty-spaghetti-with-lentils-marinara/>

## **Ingredients:**

- ½ cup dry lentils (French green or brown)
- 1 bay leaf
- 1 clove of garlic, peeled
- ¼ tsp salt
- 2 cups vegetable broth or water
- 8 ounces of whole grain pasta
- optional garnish: parmesan and basil
- 1 large can (28 oz) whole peeled tomatoes
- 1 medium onion
- 2 cloves garlic
- 1 tsp dried oregano
- pinch of red pepper flakes (optional)
- 2 Tbs oil

## **Directions:**

1. Roughly chop the canned tomatoes and finely dice the onion and garlic. In a non-reactive sauce pan (like stainless steel), add 2 Tbs oil, onion, garlic, oregano, and red pepper flakes (if using) and put over low heat. Once the onions become translucent, add the tomatoes and bring to a simmer. Simmer until ready to serve.
2. While the sauce is cooking, rinse lentils and pick out any debris. In a small saucepan, combine lentils, bay leaf, garlic, salt, and vegetable broth or water. Bring to a simmer over medium-high heat, then reduce the heat for a gentle simmer. Simmer until the lentils are cooked through and tender, about 20-35 minutes. Drain the lentils and set aside.
3. Bring a large pot of salted water to a boil. Cook the pasta until al dente according to the package directions. Add a few tablespoons of the pasta water to the tomato sauce and then drain the pasta and set aside.
4. Add the lentils to the marinara sauce and warm over medium heat if cool.
5. Serve and enjoy!

## **Notes:**

