

# Ulster County Healthy School Lunch Contest



**Michael P. Hein, County Executive**

**Carol Smith, MD, MPH, Commissioner of Health and Mental Health**



## **The Healthy School Lunch Recipe Collection 2014**

Background: The Healthy School Lunch Recipe Contest was an initiative of the County Executive and the Ulster County Department of Health (UCDOH), in association with Radio Woodstock/WDST, designed to raise awareness of the important role that a healthy and nutritious school lunch plays in helping to prevent chronic disease and in maximizing a child's academic performance. During the contest, WDST listeners, throughout Ulster County, were invited to submit and share healthy school lunch recipes, based on nutritional guidelines provided by UCDOH and <http://www.choosemyplate.gov/>.

Approximately 46 participants entered the Healthy School Lunch Recipe contest. Congratulations to all the winners and a big thank you to all who participated this year.

The contest guidelines and winners are listed in the appendix. The chefs/judges awarded gift certificates to local restaurants and merchants to the winners for their healthy school lunch recipe. In addition to the gift certificates, County Executive Hein provided each participant with a Certificate of Appreciation and all participants received a Yumbox lunchbox. More information about Yumbox lunchbox can be found at: <http://www.yumboxlunch.com/>

### Recipes Disclaimer

The 2014 Ulster County Healthy School Lunch Recipe Collection is a collection that provides recipes and information dealing in the preparation of food and allows submissions by various sources, including private consumers. Ulster County Department of Health and Mental Health in no way provides any warranty, implied or otherwise, towards the content of recipes submitted by any visitor, website, or other entity. As such, it is the reader's responsibility to determine the value and quality of any recipe or instructions provided for food preparation and to determine the nutritional value, if any, and safety of the preparation instructions. Recipes taken from collection and prepared are done so "at your own risk". Ulster County Department of Health and Mental Health is not responsible for any damage, medically or otherwise, resulting in the preparation of food using the instructions or recipes provided in this collection.

Any and all resources or recipes listed here are merely for your information and convenience. They do not replace medical advice. Always check with your personal dietician or medical provider before using any new recipes or ingredients.

# Healthy School Lunch Recipe Collection 2014

## Anna's Turkey Roll-Ups

*Submitted by Erin DuPont, Kingston*

### Description

This easy main course is a different twist on a traditional turkey sandwich. To make a complete meal, Anna likes to take along some whole wheat crackers, a low-fat string cheese, some watermelon, and a bottle of water. Use a vegetable peeler or cut the veggies ahead of time to make prep extra fast!

### Ingredients

3 slices of low-sodium deli turkey,  
1 cucumber,  
1 carrot (or 2-3 baby carrots),  
1 dill pickle (OPTIONAL),  
about 6 leaves baby spinach,  
3 toothpicks  
\*\*  
1 low-fat string cheese snack,  
1/3 cup whole wheat crackers,  
1 cup watermelon,  
reusable water bottle.

### Step-by-Step Preparation Instructions

1. Lay slices of turkey flat on a cutting board and set aside.
2. Slice cucumber, carrots and pickle into very thin, matchstick-size pieces, about 3-4 inches long: about 3-4 pieces each of cucumber and carrot, maybe 1 or 2 pieces of pickle (if using). A vegetable peeler can also be used to shorten prep time.
3. Lay a couple of spinach leaves on a slice of the turkey, about 1/4-inch from the short edge. Then arrange 1/3 of the cut veggies on top.
4. Roll the turkey slice until all the ingredients are secure.
5. Slide a toothpick through the top of the roll-up to hold it together.
6. Repeat steps with remaining slices of turkey.
7. Add string cheese, crackers, watermelon, and water bottle to finish the lunch!

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Avocado and Kale Pesto with Zucchini

*Submitted by Cindy (Cynthia) Andreassen, Hurley*

### Description

Delicious dish that has plenty of nutritional value and room to be tweaked.

### Ingredients

4 medium zucchini,  
1 cup cherry tomatoes (sliced in half),  
3-4 cloves garlic,  
2 avocados,  
1/4 cup cold pressed olive oil,  
1/4 cup nutritional yeast (optional),  
1/2 cup pine nuts,  
1 small bunch kale (de-stemmed and torn into small pieces),  
1 tablespoon lemon juice

### Step-by-Step Preparation Instructions

1. Spiralize the zucchini. Set aside in a colander to drain excess liquid.
2. Start food processor running. Drop cloves of garlic in, one at a time.
3. Add avocado, olive oil, nutritional yeast, pine nuts and lemon juice. Pulse until blended.
4. Add kale and pulse until kale is well chopped and incorporated.
5. Season to taste with salt and pepper, then toss with the zucchini noodles and tomatoes.

### Number of Servings

4

# Healthy School Lunch Recipe Collection 2014

## Bean and Cheese Torta

*Submitted by Alberto Flores, New paltz*

### Description

My kids are all grown up now and getting in and out of college. However, when going to school at home in New Paltz, they often would be sent with a special treat for lunch which is actually a pretty good mix of the different food groups. This was an interpretation of the Mexican "Torta," which is a sandwich made with a bread similar to a portuguese roll, filled with beans and "queso fresco," avocado, and a little (chipotle) hot sauce for a kick (yes, they could handle the heat.) This was a favorite of my son, who would get in addition a big bottle of water and some kind of fruit, or sweet treat that we would have at home. Any kind of berries, sliced oranges, or an apple would do the trick.

### Ingredients

- One Portuguese Style Roll, Mexican bread, or piece of Baguette
- Refried beans (2-3 tablespoons, Black beans are best, pinto beans are pretty good)
- Queso Fresco (available in Latin Markets): 2 ounces. If not available you can substitute with Mozarella, Monterey Cheese, or even (White) Cheddar.
- Ripe Avocado (1/4 in slices is good enough)
- Chipotle Sauce (to taste) - there are many brands available in the supermarket - My preferred sauce brand is usually only available at Latin Markets: "La Morena". It has to be "Chipotle Sauce" - the best.

### Step-by-Step Preparation Instructions

- Refried beans can be purchased in a can ready to cook. There is a wide range of health properties on those: from the organic fat free version, to the traditional made with lard. If your kid is in the football, soccer, or swim team you may want to go with the latter. I prefer to cook my own beans from scratch in a pressure cooker. Then I fry chopped onions in olive oil, add the beans with little liquid, and smash them with a potato puree kitchen tool.
- Cut bread in half and toast lightly on both sides.
- spread beans on bottom side of sandwich.
- spread avocado on top side of sandwich.
- place cheese slices on top of beans.
- add chipotle sauce to taste.
- close sandwich and wrap in foil, shrink-wrap or waxed paper.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Broccoli

*Submitted by Kathleen Moretti, West Hurley*

### Description

1 cup Steamed Broccoli , 1 cup brown rice, 1 piece of grilled chicken breast, bottle of water, apple sliced, cup of 1% milk

### Ingredients

1 cup Steamed Broccoli , 1 cup brown rice, 1 (4 oz.) piece of grilled chicken breast. bottle of water, medium apple sliced, 1 cup of 1% milk.

### Step-by-Step Preparation Instructions

Steam broccoli 15 minutes, boil rice 20 minutes, grill chicken 10 minutes.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Carrot Tofu Scramble

*Submitted by Midori Hills, Saugerties*

### Description

This vegetarian lunch includes a family favorite--carrot tofu scramble--which is delicious, even for kids! No one in my family likes cooked carrots, but we all love this dish. Goes well with either white or brown rice, which I prefer for the nutty flavor and firmer texture.

I'd round it out with an apple or small ziplock of raisins and almonds. To keep it vegan, serve with juice or water.

### Ingredients

1 lb carrots (shredded) [I use a box grater, or the shredder disk on my food processor],  
1 block firm tofu (crumbled) [I mash mine with a potato masher],  
1 Tablespoon vegetable oil [I use canola. olive oil is fine too],  
1/3 cup soy sauce,  
1/3 cup sesame seeds,  
1 teaspoon dark sesame oil,  
cooked rice.

### Step-by-Step Preparation Instructions

In a skillet, heat the oil over medium heat. Add carrots, stirring occasionally, for 10 minutes. Add the crumbled tofu and cook, about 5 minutes until tofu is heated through. Add the soy sauce and cook 1 minute more, stirring everything together. Turn off heat and stir in sesame seeds and sesame oil. Serve over rice.

### Number of Servings

6 servings

# Healthy School Lunch Recipe Collection 2014

## Chicken Salad delight

*Submitted by Jacqueline Post, Accord*

### Description

My 3 year old LOVES chicken salad. I added some veggies and fruit to balance it out and keep it easy to eat. We serve in a pita wrap and slice into easily handled rolls. Garden-picked raspberries or Strawberries in season. Gluten-free, nut-free, lactose-free. All good stuff.

### Ingredients

About 2 cups cooked chicken sliced. 1/4 c celery, 1/4 green pepper, 1/4 onion, 1 apple cut into pieces, and 1-2 ounces of craisins (fruit-juice sweetened) or raisins. 1/4 cup unsweetened Almond-milk or other milk-free yogurt. Mix together, use gluten-free pita wrap, cut into rolls.

### Step-by-Step Preparation Instructions

About 2 cups cooked chicken sliced. 1/4 c celery, 1/4 green pepper, 1/4 onion, 1 apple cut into pieces, and 1-2 ounces of craisins (fruit-juice sweetened) or raisins. 1/4 cup unsweetened Almond-milk or other milk-free yogurt. Mix together, use gluten-free pita wrap, cut into rolls. Takes about 10 minutes.

### Number of Servings

2-3 servings for hungry toddler

# Healthy School Lunch Recipe Collection 2014

## Coconut Chicken Bites

*Submitted by D Myer, Saugerties*

### Description

This recipe uses lean meat, low carbs and healthy ingredients to provide a protein packed lunch. It can be served with applesauce and a carrot sticks. These yummy bites can be heated and packed into a thermos.

### Ingredients

1 pound ground chicken,  
1 egg yolk,  
1 teaspoon onion powder,  
¼ teaspoon garlic powder,  
1/4 teaspoon paprika,  
1/4 teaspoon sea salt,  
1/4 teaspoon fresh ground black pepper,  
1/2 cup + 1/3 cup almond flour,  
½ cup unsweetened shredded coconut,  
½ cup coconut oil,  
Salt & Pepper.

### Step-by-Step Preparation Instructions

Preheat oven to 375 degrees. In a bowl combine ¼ cup almond flour, ½ cup coconut and salt & pepper (about 1/4 teaspoon each). Mix to combine. In a separate bowl, combine the ground chicken, 1/3 cup almond flour, onion powder, garlic powder, paprika, sea salt, pepper, and egg yolk. Mix well until everything is incorporated.

In a sauté pan, melt coconut oil on medium heat. Take about 2 tablespoons worth of the chicken mixture and roll into a ball and then coat with the coconut and almond mixture. Repeat with the remaining chicken. You should make about 15 to 18 chicken nugget/balls. In small batches place nuggets into heated coconut oil and cook on each side for about 3 to 4 minutes. Transfer balls to a parchment lined bake pan and place in oven for 4 to 5 minutes to allow the chicken to cook through. Repeat with the remaining chicken nuggets. Allow nuggets to cool and serve with dipping sauce of your choice such as ketchup or BBQ sauce.

### Number of Servings

4

# Healthy School Lunch Recipe Collection 2014

## Confetti Couscous

*Submitted by David Padilla, Wallkill*

### Description

Serve with fresh fruit (whatever is in season) and soy milk for balanced meal.  
Vegan/lactose-free.

### Ingredients

1 cup whole wheat couscous, cooked,  
1/2 cup peas,  
1/2 cup corn,  
1/2 cup carrots, diced,  
1/2 cup garbanzo beans.

### Step-by-Step Preparation Instructions

Cook whole wheat couscous according to package instructions (boil water with 1 tbsp butter or oil, add couscous, cover, sit 5 min, fluff with fork). Add peas, corn, carrots and beans. Mix well. Serve.

Total time: 10 min

### Number of Servings

4

# Healthy School Lunch Recipe Collection 2014

## Delectable Lentils

*Submitted by Christine Giannelli, Saugerties*

### Description

Got the basic idea from a friend for lentils and improved from there.

Recipe is nut & lactose free.

Would also include a banana for fruit food group, 1/2 cup of plain low-fat greek yogurt for dairy food group & seltzer water w/lime for beverage.

### Ingredients

1/2 cup Dried Green or Brown Lentils,

1/2 cup Basmati or Brown Rice,

1/4 Tsp Dried or Fresh Dill Weed,

1 Bay Leaf,

1/2 Clove of Garlic pressed or finely chopped.

Add desired amount of Chopped Tomato.

Add desired amount of Chopped partially peeled Cucumber.

Add desired amount of Chopped Scallion.

Add desired amount of Fresh Chopped Cilantro.

Juice of half of 1 Lemon,

1/2 teaspoon of Capers drained,

Add Cracked Pepper to taste.

### Step-by-Step Preparation Instructions

Rinse dried lentils under cold water.

Cook lentils in 2 cups water w/garlic & bay leaf over stove top on medium heat until water evaporates and lentils are al dente - stirring occasionally. Drain, remove bay leaf & set aside or cool.

Cook basmati or brown rice w/dill weed in 1 & 1/4 cups water in rice cooker or on stove top. Boil, cover and simmer until water evaporates and rice cooked to desired consistency - set aside or cool.

Dice desired amount of Tomato, Cucumber & Scallion

Mix rice & lentils

Add Tomato, Cucumber & Scallion - toss

Add Chopped Cilantro & Capers - mix

Add Cracked Pepper to taste - mix

Squeeze 1/2 of 1 lemon into & mix thoroughly - eat warm or cool to eat.

### Number of Servings

2 servings

# Healthy School Lunch Recipe Collection 2014

## Easy Chicken Tenders

*Submitted by Michael Hills, Saugerties*

### Description

Finger food is fun and easy. These chicken tenders are a good source of lean protein. I would serve this with mac and cheese and peas or broccoli. If you want to keep the fat content lower, you could serve it with couscous or rice instead of mac and cheese. For something sweet: an apple or small container of raisins and almonds.

### Ingredients

1 lb chicken tenderloins (about 6 pieces),  
1/4 cup to 1/2 cup mayo,  
1/4 cup grated parmesan cheese,  
1/2 cup bread crumbs (we use the Italian seasoned kind).

### Step-by-Step Preparation Instructions

Heat oven to 425. Line a baking sheet with foil and lightly spray with nonstick spray. mix grated cheese with breadcrumbs. Spread mayo evenly over chicken pieces. Coat with breadcrumbs. Lay chicken on prepared baking sheet and bake 20 minutes, flipping pieces over half way through cooking.

### Number of Servings

4

# Healthy School Lunch Recipe Collection 2014

## Egg Salad

*Submitted by Susan Walker, Accord*

### Description

Egg salad (hard boiled eggs), mayonnaise, celery, mustard powder, little bit of purple onion, whole wheat bagel, side of grapes and carrots, low fat milk, nut free.

### Ingredients

8 eggs, 1/2 cup mayonnaise, 1/4 cup chopped purple onion, teaspoon yellow mustard powder, 1/4 cup celery.  
Serve with 1/2 cup grapes or whole apple and 1/4 cup sliced carrots

### Step-by-Step Preparation Instructions

Place eggs in water to cover and bring to boil. Once boiling, turn off heat and let set for 10 minutes, put in ice water, then peel and chop. Mix remaining ingredients. Put on whole wheat bagel.

About 15 minutes including chopping times

### Number of Servings

4

# Healthy School Lunch Recipe Collection 2014

## Eggless Salad Sandwich

*Submitted by Catherine Padilla, Wallkill*

### Description

To make this a balanced meal, I would serve the eggless salad on whole wheat bread along with soy milk, fresh fruit such as an apple, a banana and/or a handful of grapes plus a handful of baby carrots. This recipe is vegan/lactose-free.

Fruit - apple, banana, grapes.

Veggie - celery, baby carrots.

Protein - tofu.

Whole grain - wheat bread.

Dairy substitute - soy milk

### Ingredients

Eggless Salad:

1 pkg extra-firm organic tofu, drained,

1/2 cup diced celery,

1/2 cup diced onion,

1/2 tsp turmeric,

1 Tbsp nutritional yeast,

1 Tbsp mustard,

1/2 cup Veganaise,

Salt and pepper to taste

### Step-by-Step Preparation Instructions

In a large bowl, crumble the tofu with a fork. Fold in remaining ingredients. Spread on whole wheat bread. Enjoy!

### Number of Servings

6 Servings

# Healthy School Lunch Recipe Collection 2014

## Elvis Bananas

*Submitted by Julie Griffin, Kingston*

### Description

I came up with this recipe when our family went gluten-free and sugar-free. My children loved peanut butter and honey sandwiches, so I wanted to make something with similar flavors. This is great served with some carrot sticks and an herbed yogurt dipping sauce.

### Ingredients

1 Banana,  
2 Tbsp. Peanut Butter or other Nut Butter,  
1 Tbsp. Honey

### Step-by-Step Preparation Instructions

Peel one banana, slice lengthwise and then cut in half crosswise. Spread 1/2 Tbsp. Peanut Butter on flat side of each section of banana. Place in tupperware container and drizzle with honey.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Fun Kale Salad

*Submitted by Jeff Boos, High Falls*

### Description

I came up with this easy and fun recipe a long time ago and still love it till this very moment.

It includes the organic kale from my garden and organic apples from my apple trees, organic whole grain rice, organic gargonzola cheese and organic black beans.

### Ingredients

Organic kale from my garden, Organic apples from my apple trees, Organic whole grain rice, Organic gargonzola cheese, Organic black beans

### Step-by-Step Preparation Instructions

All organic ingredients (serve all ingredients cold),

chop 4 leaves of kale,

cut up half of an apple into small squares,

half a cup of whole grain rice,

1/4 cup of gargonzola cheese,

1/4 cup of black beans. Put bed of kale down...add apples...sprinkle rice around...sprinkle cheese around, add beans...dress with olive oil and balsamic vinegar.

### Number of Servings

1 serving

# Healthy School Lunch Recipe Collection 2014

## Gluten Free Lunch Dip

*Submitted by Kerri Lenihan, Hillsdale*

### Description

My son is gluten free, so I pack him a creative lunch every night. He loves to dip his foods! First, I make gf chicken nuggets the night before. We add ranch dressing for a dip. He also likes carrots and celery to dip in his ranch. Lately, we have been packing fresh, local fruit like nectarines, apples, plums and pears, too. In order for him to get some grains that are gf and some dairy, I buy gf wraps to make cream cheese/cucumber pinwheels. To keep him hydrated, we always pack a big water bottle.

### Ingredients

Boneless, skinless chicken breast,  
gf bread crumbs,  
ranch dressing,  
carrot and celery sliced,  
pear,  
gf wrap,  
cream cheese,  
cucumber.

### Step-by-Step Preparation Instructions

1. Cut chicken into bite sized pieces,
2. Roll in gf bread crumbs that have been seasoned (I add salt, pepper, garlic powder and parmesan cheese),
3. Place chicken on baking sheet covered in foil and bake for 20 minutes at 425 degrees,
4. Check chicken for an internal temp of 165 degrees.

Mix 1 bar softened cream cheese with 1 small or 1/2 large cucumber peeled, seeded and chopped. Spread mixture on gf wrap and slice into pinwheels.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Healthy Egg Sandwich

*Submitted by Kris Campbell-Defoe, New Paltz*

### Description

I had a similar sandwich in a cute restaurant in uptown Kingston once. It was delicious!!!!

### Ingredients

2 slices whole grain bread,  
1 tbsp. mayo,  
1 tsp. mustard,  
1 hard-boiled egg,  
1 slice of cheese (muenster or cheddar),  
2 leaves of dark-leafy lettuce or lacinato kale,  
1-2 slices of tomato,

### Step-by-Step Preparation Instructions

Start this recipe with one hard-boiled egg (we get them from our chickens), two slices of whole grain bread, mustard, mayonnaise, 2 slices of lettuce or lacinato kale, a tomato and your cheese slice of choice (I recommend cheddar or muenster). Slice the hard-boiled egg into thin slices longways. Add mayo and/or mustard to the slices of whole grain bread. Layer the lettuce or kale (or one leaf of each), tomato, one slice of cheese and slices of egg to form a sandwich. You could easily make this using gluten-free bread.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Heirloom Tomato Sandwich

*Submitted by Kathlees Griffin, Ithaca*

### **Description**

This is my favorite way to use up the fabulous tomatoes the garden is brimming with this time of year!

### **Ingredients**

1/4 inch slices of organic heirloom tomatoes,  
1 tbsp mayonnaise,  
fresh mozzarella,  
A few fresh basil leaves,  
1 kale leaf,  
2 slices spelt sourdough bread

### **Step-by-Step Preparation Instructions**

Spread mayonnaise on bread,  
place kale leaf on one slice of bread and layer tomatoes and cheese,  
top with basil leaves and remaining slice of bread

### **Number of Servings**

1

# Healthy School Lunch Recipe Collection 2014

## Hummus Among Us

*Submitted by John Post, Accord*

### **Description**

Gluten-free, peanut butter free

### **Ingredients**

1/8 cup hummus AND 1/8 cup almond butter in separate containers with gluten-free crackers (rice flour based), along with 2-3 slices of carrots, celery (about 1/4 cup each), and apples(one sliced) for extra dipping fun. Serve with 8 ounces low-fat milk to balance out.

### **Step-by-Step Preparation Instructions**

If purchasing pre-made hummus and almond butter, this meal takes at most five minutes for slicing veggies and apples.

### **Number of Servings**

1 serving for a hungry 7 year old.

# Healthy School Lunch Recipe Collection 2014

## Hummus Chicken Salad

*Submitted by Steve Hoelter, Hurley*

### Description

Healthy wrap

### Ingredients

1/2 cup Sabra Hummus (or your favorite hummus, though I love Sabra!!),  
2 tablespoons finely diced celery,  
1 tablespoon finely chopped green onion,  
1 tablespoon finely chopped red bell pepper,  
1/4 teaspoon salt,  
freshly ground pepper,  
1 cup cubed grilled chicken breast (or any leftover chicken),  
1 tablespoon water (I omitted this, instead used lemon juice),  
Wrap, bread or salad greens, for serving.

### Step-by-Step Preparation Instructions

In a large bowl, stir hummus, celery, green onions, bell pepper, salt and a sprinkling of pepper.  
Add chicken and water (or lemon) and stir until mixed thoroughly.  
Serve with bread or over your favorite salad greens.

### Number of Servings

four

# Healthy School Lunch Recipe Collection 2014

## Kid Tapas

*Submitted by Brian Omalley, Saugerties*

### Description

Kids love snack foods, our favorite lunch is super easy and it only takes about a minute to prepare. It's easy to give kids a bunch of really good stuff that requires relatively no prep.

### Ingredients

I don't know about the units so I have made my own units where applicable.

Chick Peas (oodles of them),  
Good cheddar cheese (2 or U.S. measured slices),  
1/2 green pepper sliced (these are actually a fruit),  
Peas in pod (one U.S. handful),  
Pita crackers (some),  
Mango slices (for desert),  
H2O in reusable container.

### Step-by-Step Preparation Instructions

Take ingredients listed above and separate in containers. We use one with separate compartments and embedded ice pack.  
Easy Kid Tapas.

### Number of Servings

Listed for one

# Healthy School Lunch Recipe Collection 2014

## Kindergarten Lunch

*Submitted by Cathy Kreibich, Kerhonkson*

### Description

This recipe is for my daughter in Kindergarten. She is a picky eater, so I have to make sure she gets enough protein. I did not include dairy in this recipe, because she will have some sort of after school snack with dairy in it. She loves seaweed! It's a good source of nutrition. We purchase local, organic, whole grain, non-gmo and nitrate free foods as much as we can. This is a fast and easy lunch.

### Ingredients

Heidelberg peasant bread ( 1 slice),  
1 slice of applegate hame,  
local organic red leaf lettuce,  
seaweed,  
local apple,  
homeade health fruit tea with honey in reusable bottle,  
rice crackers with seaweed

### Step-by-Step Preparation Instructions

no cooking involved.  
Take ingredients out of package and prepare.  
Boil water for tea bags and steep and when cooler, add honey.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Kindergarten Parfait

*Submitted by Natalie Rider, Kingston*

### Description

My daughter is a snacker and she likes to help out in the kitchen, so her lunch box includes a variety of separate dishes which together completes a meal. I send a container of low-fat yogurt, a container of fresh berries, and a bag of granola. She mixes together herself - parfait. In the same meal, I would also send a bag of carrots and a bowl of hummus to dip in.

### Ingredients

8 oz. yogurt,  
1 cup of granola,  
1 cup of blueberries & raspberries,

6 baby carrots,  
3 tablespoons of hummus.

### Step-by-Step Preparation Instructions

No cooking required... put everything in reusable containers

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Krazy Chicken Salad

*Submitted by Phylis Haring, New Windsor*

### Description

Had this dish at a café and changed it around. I have 7 kids some love it and some just like it plain... it works with the five food groups give or take a grain or two.

### Ingredients

One rotisserie chicken bought cooked from any good supermarket (plain).  
1/4 cup of 2% greek yogurt,  
1/4 cup of mayonaise w/olive oil,  
1/2 cup of dried cranberries,  
2 celery stalks cut into pieces,  
1 small red onion chopped,  
1 cup of baby carrots cut up,  
1 cup of green grapes cut in half,  
one 6 ounce can of water chestnuts drained and cut up (optional),  
iodized sea salt and black pepper

### Step-by-Step Preparation Instructions

Remove all the breast meat from cooked chicken and shred to your liking with a fork, add it to a medium bowl. Then add your onion, waterchestnuts, celery, carrots, cranberries pinch of iodized sea salt and black pepper. Add yogurt and mayo and grapes..with clean hands mix it all together, must use hands to make Krazy chicken... can be served on 12 grain bread, or with rice crackers.

### Number of Servings

2-4

# Healthy School Lunch Recipe Collection 2014

## Lunch Kebabs

*Submitted by Jeff Pollard, New Paltz*

### Description

My son's love snacks, and rather than try to make him eat something else, we came up with a few ways to ensure it was a balanced meal.

You can use most anything for these - just need to be able to put them on a tooth pick, or be able to dip in it.

### Ingredients

1/2 C cubed cheese - my son likes cheddar, farm, and harder cheeses, like parmesan,  
1/2 C grapes - red / green - should be seedless, if not cut in half and deseed.  
1/2 C cubed veggies - red peppers, green peppers, even brocolli can work.  
1/2 C pineapple slices cubed.  
1/2 C ham - we eat meat, so we get ham cut about 1/4 thick and cube it.  
1/2 crackers or hearty bread squares.  
1/2 C dips: hummus, ranch dressing, etc.

### Step-by-Step Preparation Instructions

Cube everything except grapes into consistent sized cubes, maybe 1/3 of an inch  
thread a few things on a toothpick  
place this into a divided box lunch container  
place crackers / bread into another area of container  
spoon some ranch or hummus into another area of container

My son will eat the kabobs with or without crackers, hummus, etc.

### Number of Servings

1-2

# Healthy School Lunch Recipe Collection 2014

## Make Your Own Lunchbox Kabobs

*Submitted by Laura Collins, Poughkeepsie*

### Description

My son isn't a sandwich kind of kid. He enjoys anything that seems different or novel in his lunch box. When he brought these Make Your Own Kabobs for lunch they were a huge hit at his 3rd grade lunch table. I even had the Mom of one of his friends text me to find out how to pack them in her son's lunch. The recipe is great because it is totally customization to your child's likes or dislikes. It is a great opportunity for using leftover meat of chicken and it has the opportunity to be a healthy 100% whole foods recipe. One of the easiest things is that it is a no-cook recipe! I dare you not to make one yourself while packing lunches!

### Ingredients

Mini-pretzel sticks,  
grapes,  
berries,  
cubes of melon,  
cubes of low-fat cheese,  
cubes of cucumber,  
cubes chicken of organic/hormone-free (great way to use leftovers),  
cubes of low fat organic/hormone-free turkey hot dogs,  
small container of low fat salad dressing or yogurt for dipping  
(...or anything else soft enough to be skewered by a mini-pretzel stick. Be creative!)

The measurements to this recipe are easily adjusted to the amount your child would eat.

Organics brand or similar organic/hormone-free milk box or bottled water.

### Step-by-Step Preparation Instructions

Pack separate little portions of three or four of the above listed ingredients. Pack the dip in a small no spill container. Your child simply assembles the Kabobs as they eat them. This recipe is "no-cook" and quick to make. Packing it in a Bento box type lunchbox is perfect!

### Number of Servings

flexible

# Healthy School Lunch Recipe Collection 2014

## Make Your Own Lunchbox Pizzas

*Submitted by Dan Collins, Poughkeepsie*

### Description

This is one of my daughter's all time favorite lunches. She still asks for it and she is in 7th grade! Make Your Own Lunch Box Pizzas are well balanced and a healthy and whole foods meal if you choose the right ingredients. Finish off this savory lunch with sweet fruit and dip and a Kashi cookie.

### Ingredients

2 sliced whole wheat mini bagels,  
2 to 3 Tablespoons of organic or homemade pizza sauce,  
1/4 cup of low-fat/organic/hormone-free mozzarella cheese or a cheese of your child's choice,  
Choose any of the following to customize the pizzas to your child's liking or come up with your own:  
Approx 6 slices of antibiotic/hormone-free turkey pepperoni,  
1 sliced antibiotic/hormone free turkey meatball,  
1 Tablespoon slices olives.  
Antibiotic/hormone-free turkey bacon crumbles,  
chopped peppers or onion,  
fresh organic fruit salad or mixed berries with yogurt dipping sauce,  
1 dark chocolate almond butter Kashi cookie,  
Organics milk box or bottled water

### Step-by-Step Preparation Instructions

Good news! This is a no-cook recipe. The bagel, sauce and toppings should be packed separately so that your child can assemble fresh pizzas themselves. The fruit and yogurt dip should also be packed separately. A Bento box style container is perfect for this type of lunch.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Mexican Pinwheels

*Submitted by Kat Giles, Staatsburg*

### Description

Whole wheat tortilla fajita size,  
Half of an avacado smashed,  
1/4 can of black beans,  
1 tbsp of low fat sour cream,  
Roll and cut into bite size pieces.

Serve with horizons low fat organic chocolate or vanilla milk and a piece of fruit

### Ingredients

Whole wheat tortilla fajita size.  
Half of an avacado smashed.  
1/4 can of black beans.  
1 tbsp of low fat sour cream.

Horizons low fat organic chocolate or vanilla milk and a piece of fruit

### Step-by-Step Preparation Instructions

Start with a whole wheat tortilla fajita size.  
Add all of the following to the tortilla:  
Avacado smashed  
1/4 can of black beans  
1 tbsp of low fat sour cream  
Roll and cut into bite size pieces.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## New Take on a Classic PB & J

*Submitted by DeHoyos Smith, Saugerties*

### Description

I wanted a healthier alternative to regular PB & J. Whole grain bread and fresh fruit take the place of the traditional jelly and white bread. Almond or cashew butter make a nice alternative to peanut butter.

### Ingredients

2 Tbsp almond or cashew butter  
1/2 cup fresh blueberries,  
2 slices 100% whole wheat bread,

1 green pepper or cucumber sliced into snack sized pieces.

1 Horizon organic 1% milk aseptic carton (doesn't require refrigeration until after you open it)

### Step-by-Step Preparation Instructions

Spread half almond butter on each slice of bread. Stick the blueberries in the almond butter on one slice and then cover with the other slice of bread. Put the sandwich in a small sandwich bag or wrap it in paper.

Put the sliced veggies in a small sandwich bag.

Find your favorite lunch tote (Like a vintage Dukes of Hazzard lunchbox if you can find one!) and put your sandwich, veggies and milk in it. Remember not to sit on it on the bus!

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## **PB & Fruit**

*Submitted by Matthew Medenbach, Connelly*

### **Description**

I love the Peanut Principle booth at the Kingston farmers market and have begun eating peanut butter much more frequently since discovering their delicious concoctions! All these ingredients are available at the farmer's market. Serve with a vegetable on the side: crunchy green beans, carrot sticks, or cucumber. Also include a serving of milk, cheese, or yogurt to make it balanced.

### **Ingredients**

Two Slices High fiber bread,  
Two Tablespoons of your favorite peanut butter,  
One teaspoon of local honey,  
Half cup of your favorite fruit: Sliced apple, banana, blueberries, etc.

### **Step-by-Step Preparation Instructions**

Lightly toast bread to keep it from getting soggy. Spread peanut butter onto one slice and press in fruit to keep it from falling off the sandwich. Drizzle with honey and top with remaining slice of bread.

### **Number of Servings**

1

# Healthy School Lunch Recipe Collection 2014

## Pink Quinoa

*Submitted by KayCee Wimbish, Kingston*

### Description

Cooked beets make everything else a beautiful color of pink. My son loves eating this because of the color. This recipe is gluten free.

Serve with water and apple slices.

### Ingredients

Half cup cooked quinoa,  
half cup cooked beets,  
2 tablespoons of crumbled feta cheese  
salt to taste

### Step-by-Step Preparation Instructions

Cook quinoa according to directions.

Chop beets into small, bite size pieces. Steam until fork tender, about 15 minutes.

Mix beets into quinoa and stir until well mixed and the quinoa turns pink. When cool, add crumbled feta and salt to taste.

### Number of Servings

1 or 2

# Healthy School Lunch Recipe Collection 2014

## Power Plus!

*Submitted by Mary Lou Giuliano, Olivebridge*

### Description

I discovered the Power Bar originally on the internet. I made it many, many times and came up with some changes...It tastes great and can be adapted.

This Power Plus lunch would include a hard boiled egg and carrot sticks- all things that can be prepared the night before and tucked in a lunch bag in a minute or two in the morning. It should be served with a carton of low fat milk.

### Ingredients

1 cup quick oats,  
1/2 cup whole wheat flour,  
1/2 cup wheat and barley cereal (ex. Grape Nuts),  
1 tsp. cinnamon,  
1 beaten egg,  
1/4 cup applesauce or peachesauce,  
1/4 c. maple syrup or honey,  
3T brown sugar (or less),  
2T vegetable oil,  
1/4 cup sunflower seeds or walnuts or almonds,  
1 7 oz pkg. dried mixed fruit, chopped.

### Step-by-Step Preparation Instructions

Preheat oven to 325 degrees. Mix all ingredients. Put in a foil lined baking pan 9inch x 7 inch. Bake for about 30 min, (maybe less- check them).

Cut into ten bars. This will give you one bar/day for two weeks of school lunches. The bars keep well in the freezer.

### Number of Servings

10 servings.

# Healthy School Lunch Recipe Collection 2014

## Quick Turkey Wrap

*Submitted by Jenna West, Connelly*

### Description

I often make bacon with breakfast on Sunday and typically make a few extra slices to keep in the refrigerator for sandwiches. Serve with tzatziki or yogurt, carrots, and your child's favorite fruit.

### Ingredients

1 high fiber wrap,  
Avocado, 1/4 of Fruit, Sliced,  
Pesto, 1 Tablespoon,  
Turkey Breast, 2 Slices,  
Cheddar cheese, 1 slice,  
Cooked Bacon, 2 Slices,  
Spinach leaves, half cup.

### Step-by-Step Preparation Instructions

If necessary, warm wrap briefly in a frying pan to make it flexible for folding. Slice avocado and spread it into the center of the wrap. Spread pesto (your child's favorite condiment may be substituted) over avocado and layer on turkey, cheddar, and bacon. Add spinach leaves. Wrap by folding opposite ends and rolling. Wrap in plastic to keep shape.

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Salmon Vegetable Boxy

*Submitted by Regina Williams, Beacon*

### Description

Boxty is what my mother always made with leftover mashed potatoes- it's an Irish potato pancake. My kids love them and I use them as a base for vegetable pancakes! I've turned simple traditional boxty into a complete meal by adding shredded salmon and shredded vegetables into the kids we serve it with applesauce and sour cream.

### Ingredients

1 1/2 cup shredded vegetables (carrots, zucchini, spinach, broccoli are all favorites for this),  
1 1/2 cup mashed potatoes (white potatoes or sweet both work well!),  
2 cups shredded cooked salmon (or one can salmon if using canned fish- tuna also works but not as tasty),  
2 cups flour (all purpose or whole wheat),  
3 beaten eggs,  
Pinch of salt,  
Up to 3 tbs milk,  
3/4 cup or less Olive oil for pan frying.

### Step-by-Step Preparation Instructions

To reduce cooking time we use leftover mashed potatoes and salmon. If cooking fresh peel and chop your potatoes, boil then mash. Let cool. Bake salmon until opaque. Let cool.

Combine the vegetables and flour and add to mashed potatoes. Mix together. Stir in the salmon.

Mix in the eggs and salt. Mix well. Add milk mixing after each tablespoon- the mix should resemble a slightly runny bread dough.

Heat small amount of oil until sizzling.

Drop potatoe mixture into pan to form pancakes about 2 inches in diameter. Fry for 3-4 minutes per side until golden.

Remove from pan to paper lined plate.

Prep and cook time using leftovers about 30 minutes.

We either serve hot immediately or store in freezer with wax paper in between each pancake to heat and eat later.

Serve with sour cream and applesauce.

### Number of Servings

Makes at least 12 boxy depending on size.

# Healthy School Lunch Recipe Collection 2014

## Sebastian's Fiesta Chicken

*Submitted by Michele Schwerert, Kingston*

### Description

My youngest son is called Sebastian, he is 16 months old now and he is highly allergic to all dairy and egg products. I came up with this recipe while thinking of a way to give him a well balanced-well rounded and flavorful meal. I called it fiesta chicken because of all the fun and bright colors it has. It is nut free and dairy free so as a side/drink I would give him chocolate milk using either almond or rice milk and blueberries or strawberries (his favorite) as a dessert/side.

### Ingredients

2 tbsp Extra virgin Olive oil,  
4 thin-sliced boneless, skinless chicken breast fillets (about 1¼ lbs.),  
½ red onion, finely chopped (about ¾ cup  
3 garlic cloves, finely chopped,  
1/4 red bell pepper, finely chopped,  
1/4 yellow bell pepper, finely chopped,  
1/4 orange bell pepper, finely chopped,  
1 can Low Sodium Black Beans, drained and rinsed,  
½ cup fresh corn kernels,  
salt, pepper, paprika, garlic powder to taste,  
1 avocado, finely chopped (about 1 cup),  
1 tbsp. Lemon Juice,  
2 cups white rice,  
4 cups chicken broth.

### Step-by-Step Preparation Instructions

1. Chop chicken into cubes and season with salt, pepper, paprika and garlic powder mixture.
2. Heat 1 tbsp. olive oil in large skillet over medium-high heat. Cook chicken, flipping once, until golden brown on all sides and cooked through, 5- 7 minutes. Transfer chicken to plate; tent with foil to keep warm.
3. Heat remaining olive oil in skillet. Add onions, garlic and peppers. Cook, stirring, until tender, about 5 minutes. Stir in black beans and corn. Continue cooking until warmed through, about 2 minutes. Remove pan from heat.
4. In separate pan cook 2 cups of rice in 4 cups of chicken broth until tender about 10 minutes.
5. To plate put some rice in a bowl, top with chicken, black bean and vegetable mixture, add chopped avocado and squeeze some lemon juice on top.

ENJOY!!!! and let the FIESTA begin!!!!!!

### Number of Servings

4 plus

# Healthy School Lunch Recipe Collection 2014

## Shea's Goat Cheese Sandwiches

*Submitted by Melissa Montgomery, Poughkeepsie*

### Description

Shea's Goat Cheese sandwiches are served with a side of Shea's Organic trail mix, and apple slices. He also brings a low-fat organic milk box. The goat cheese is made into small sandwiches using organic cheddar crackers.

### Ingredients

1 Tablespoon of Lynnhaven Southwestern Chipotle Goat Cheese,  
12 Organic cheddar crackers,

Trail Mix: Dried Mangos, Almonds, Dried cranberries, banana chips, pecans, coconut flakes, sunflower seeds, dk. chocolate covered cherries, all organic.

1 apple, organic pink lady

### Step-by-Step Preparation Instructions

Make small cracker sandwiches with the goat cheese and cheddar crackers, by spreading cheese on half of the crackers and placing other half on top of cheese. Place sandwiches in reusable container.

Place 1/2 cup of trail mix in small reusable container.

Core and slice one apple and place in a reusable container.

Place all of these in your lunch box with your milk box and have a really good for you lunch!

### Number of Servings

1

# Healthy School Lunch Recipe Collection 2014

## Tasty Quesadillas

*Submitted by Kate Johnson, Highland*

### Description

My kids love quesadillas and there are so many tasty ingredients that you can easily interchange to keep everyone happy. Easy to modify to make it strictly vegetarian, or add a lean meat protein (chicken, beef) for those who want. Serve with a side of fresh fruit salad and low fat milk or lemon water.

Great meal for school lunches, because of common ingredients, popularity of the meal, short cooking time and ease of preparation. They are also easy to keep warm (in the oven covered with foil) and then serve on demand.

### Ingredients

Whole wheat tortilla  
cheese (sharp or monterey jack or combo).

#### Fillings:

vegetarian refried beans,  
seasoned chicken,  
seasoned ground beef,  
seasoned black beans,  
tomato,  
spinach,  
cooked sweet potato,  
brown rice.

### Step-by-Step Preparation Instructions

Place one tortilla on a warm griddle.

Cover with shredded cheese.

Add approx 1/4-1/2 cup filling or combination of fillings.

Cover with second tortilla, and flip until filling is warm and cheese is melted. Approx 3-4 min per quesadilla.

### Number of Servings

A 10 pack of tortillas makes 5 quesadillas, serving 5-10 students.

# Healthy School Lunch Recipe Collection 2014

## Thin Mint Snack Bar

*Submitted by Sean Griffin, Kingston*

### Description

Rather than give my children store bought granola bars that are filled with sugar, we make these snack bars that taste like Girl Scout Cookies, yet are healthy enough to eat for breakfast. I send some rolled up turkey and cheese in a lettuce leaf, and some strawberries alongside.

### Ingredients

16 oz cashews,  
16 oz pitted dates,  
2 Tbsp honey,  
3 Tbsp raw cacao powder,  
1 tsp peppermint extract,  
1/4 tsp Celtic sea salt or Himalayan Pink Salt

### Step-by-Step Preparation Instructions

Grind cashews and salt in a food processor until fine, but not yet turning into butter.

Add dates and process until well blended. Add honey, cacao powder, and extract. Blend until well incorporated. Turn into a parchment lined pan, and press the dough out until it is evenly distributed in the pan. Cut into bars and wrap in wax paper or plastic wrap, I use a 9x13 inch pan, but you can use whatever you have. Square or rectangular will probably work best if you want to cut into bars.

### Number of Servings

12

# Healthy School Lunch Recipe Collection 2014

## Totally Tasty Lunch

*Submitted by Colleen Cody, Accord*

### Description

I send my kids to school with home lunches that I prepare with 2 goals in mind:

1. To raise up a healthy eater who genuinely likes food and is interested in how it is sourced/prepared.
2. To provide the balanced nourishment they need to excel at play, learning and being their personal best.

It is a personal goal of mine to avoid any individually (excessively) wrapped/processed foods even if labeled organic or healthy. I do try to buy organic but it is a financial strain. I do not typically adhere to strict recipes since I use what is available in my home depending on what's good in the market or seasonal. I find that home economy often leads to resourceful and healthful food preparation.

A daily lunch usually is comprised of small portions of the following 6 flavor profiles:

1. Dairy: Lowfat unsweetened yogurt, usually organic. With honey and/or a spoonful of homemade fruit compote.
2. Veggie: Steamed broccoli, carrot sticks, peas (this is the challenging area).
3. Sammie: Cheese or hummus or a slice or two of turkey with cheese on whole grain local bread, small amount of mayo/mustard, lettuce or baby kale.
4. Salty: Small portion of olives or pickles.
5. Fruity: Any singular whole fruit or a mini salad with different cut fruits that are in the house. I tried to keep it seasonal and local.
6. Sweetie: Small bar of homemade Granola Bars (recipe or guideline below) or a Quick Bread such as Banana

### Ingredients

Great Granola Bars:

- 2 cups old-fashioned oatmeal,
  - 1 cup shredded unsweetened coconut, loosely packed,
  - 1/2 cup wheat germ
  - 1 1/2 teaspoons pure vanilla extract,
  - 1 teaspoon kosher salt,
  - 2/3 cup honey or other sweetener like brown rice syrup, agave.
  - 1/4 cup olive oil, or other healthy oil such as safflower,
  - 3/4 cup chopped unsalted nuts, or a mix, such as walnuts, pecans, almonds, peanuts,
  - 1 1/2 cup dried fruit, or a mix of dried fruit: raisins, cranberries, apricots, cherries
  - 1/3 cup seeds, or a mix: flax, sesame, sunflower, pumpkin seeds.
- Small handful of Chocolate Chips, if desired. Bonus!

### Step-by-Step Preparation Instructions

Preheat your oven to 350°F.

Line with parchment and butter an 8×12-inch or 9×13-inch baking dish (You can use olive oil spray if you prefer). Combine oatmeal, coconut, wheat germ, nuts together on a sheet pan and bake for 10 to 12 minutes to toast, stir occasionally for consistency.

# Healthy School Lunch Recipe Collection 2014

## Totally Tasty Lunch

*Submitted by Colleen Cody, Accord*

Transfer the mixture to a large mixing bowl.

Reduce the oven temperature to 300°F.

While the mixture is still warm, stir in the honey, oil, vanilla and salt until the mixture is well coated, then the dried fruit.

Pour the mixture into your prepared baking dish and really press it in (wet fingers and/or a silicon spatula work great for this) until the mixture is packed as tightly as possible. This is a messy step but press on, it's worth it.

Bake for 30-35 minutes, until light golden brown.

Cool for 2 to 3 hours before cutting into squares — your best serrated knife is great for this .

Store in an airtight container, room temperature or fridge. They're good for about 2 weeks, if they last that long.

My kids LOVE these and they are always different each time I make them.

### **Number of Servings**

12-16 Bars

# Healthy School Lunch Recipe Collection 2014

## Tuna and White Bean Salad Stuffed Pepper

*Submitted by Carla Knauf, New Paltz*

### Description

This recipe is a much healthier alternative to the conventional tuna fish sandwich. It is vegan, gluten free, lactose free, nut free and is a great source of protein and calcium. It incorporates fresh vegetables as well. I would also include fresh made edamame hummus with organic rice crackers on the side. Honey crisp apples wedges sprinkled with cinnamon would also be included in this lunch recipe.

### Ingredients

Tuna Stuffed Pepper: 1 can tuna fish, 1 red pepper, halved and seeded, 1 rib of celery, chopped fine, 2 TBSP parsley, chopped, 1/4 cup white beans, 1/3 avocado, smashed, 2 TBSP lemon juice, salt and pepper to taste. Edamame Hummus- 1 1/2 cups edamame, shelled and lightly steamed, 3TBSP avocado oil or olive oil, 4 TBPS lemon juice, 2 TBSP tahini, 1 tsp Braggs liquid aminos, 1 clove of garlic (minced), salt to taste.

### Step-by-Step Preparation Instructions

Tuna stuffed pepper- In a bowl smash avocado and add lemon juice, salt and pepper. Add tuna to mix and blend together then add parsley, celery and beans. Gently mix together and fill each half of red pepper.

Edamame hummus-

Lightly steam edamame for 4 minutes. Let cool. In a food processor, add edamame, lemon juice, garlic, liquid aminos and avocado oil and salt. Process until smooth. May add more tahini or oil to create desired consistency.

### Number of Servings

1 serving

# Healthy School Lunch Recipe Collection 2014

## Tunamole

*Submitted by Jen Myer, Saugerties*

### Description

I came up with the healthy protein packed gluten free recipe while trying to adapt to a Paleo diet and also I detest mayonnaise. It's high in omega 3's and healthy fat for brain power.

This recipe can be served with whole grain crackers, sweet potato chips, and cut up vegetables. I also serve this with raspberries with a chocolate chip pressed into the center hole and pineapple infused water.

### Ingredients

1 avocado mashed,  
1/2 lime, juiced,  
1 (6 ounce) can tuna, drained,  
1/4 cup diced tomatoes 2 teaspoons capers chopped (optional),  
2 tablespoons sliced scallion,  
salt and ground black pepper to taste

### Step-by-Step Preparation Instructions

Stir mashed avocado with lime juice in a bowl until smooth. Fold tuna, tomatoes, capers, and scallion through the avocado; season with salt and pepper.

### Number of Servings

2

# Healthy School Lunch Recipe Collection 2014

## Turkey and Zucchini Meat Loaf

*Submitted by Stephen Piorkowski, Delmar*

### Description

Healthy recipe that I came up with that my children who don't like vegetables love. The 2 of them can almost finish one in one seating. Carrots can be grated and added to loaf. Can be served with baked, mashed potatoes. Vegetables can be added.

### Ingredients

Ingredients:

- 1 1/4 pounds ground turkey,
- 1 cup coarsely grated zucchini,
- 3/4 cup finely chopped onion,
- 1/2 cup dry seasoned breadcrumbs,
- 1/4 cup chopped fresh parsley,
- 1 large egg,
- 1 teaspoon salt,
- 1/2 teaspoon ground black pepper,
- 1/2 teaspoon garlic powder,

Glaze:

- 1/4 cup peach preserves,
- 4 teaspoons Dijon mustard

### Step-by-Step Preparation Instructions

Preparation:

Preheat oven to 350°F. Combine first 9 ingredients in large bowl and mix well. Shape mixture on rimmed baking sheet into 8 x 4 x 2-inch loaf. Bake meat loaf 45 minutes. Remove from oven. Stir preserves and mustard in small bowl to blend. Spread glaze over top of meat loaf. Return to oven; bake until thermometer inserted into center registers 165°F, about 20 minutes longer.

Transfer meat loaf to platter. Cut crosswise into slices and serve.

### Number of Servings

Serves 8

# Healthy School Lunch Recipe Collection 2014

## Turkey Wraps

*Submitted by Kristy Neal, Kingston*

### Description

Turkey wraps...I love wraps!

Whole grain tortillas, romaine lettuce, sliced turkey breast, tomatoes, Kirby cucumbers, pesto

### Ingredients

1 Whole grain tortillas,  
1 Cup romaine lettuce,  
3 Slices turkey breast,  
1 Tomato,  
1 Kirby cucumbers,  
1/8 cup of pesto

### Step-by-Step Preparation Instructions

Spread pesto on wrap and fill with remaining ingredients.

### Number of Servings

1 wrap

# Healthy School Lunch Recipe Collection 2014

## Vegetable Quinoa Cakes

*Submitted by Steven Shapiro, Kingston*

### Description

I came up with this recipe for a cooking club class geared towards exposing kids to healthier alternatives. These cakes can easily hold up well as sliders topping them with avocado nestled on a whole grain bun. I would complete the meal with a seasonal fruit salad and or a salad bar.

### Ingredients

2 cups Quinoa, rinsed,  
3 cups water,  
2 cups cooked chickpeas, coarsely chopped,  
1/2 cup nutritional yeast (or grated parmesan),  
1/2 cup panko bread crumbs,  
1 cup chopped carrots, small dice,  
1 cup red bell pepper, small dice,  
4 green onions, sliced finely,  
4 garlic cloves, minced,  
4 large eggs, lightly beaten,  
1 teaspoon salt,  
1 teaspoon ground black pepper,  
1/4 cup olive oil

### Step-by-Step Preparation Instructions

Add water to a medium sauce pan over high heat and bring to a boil. Add rinsed quinoa reduce to a simmer and cover, cooking for 15 minutes. Turn off heat and allow quinoa to sit undisturbed for 5 minutes. Remove lid and fluff with a fork and allow quinoa to cool to room temperature. You can do this ahead of time or even the night before (and store in the fridge). In a large bowl add the chickpeas, nutritional yeast, panko breadcrumbs, carrots, bell pepper, green onion and garlic and mix together. Add quinoa to the bowl, the beaten eggs, salt and pepper and mix well. Form into small slider sized cakes( this may take some squeezing to get the cakes smoothed into a round).

When all cakes are formed heat a large skillet over medium high heat and add 2 tablespoons olive oil (add a little more as needed). Once hot add as many cakes as you can 5-6 is what I can fit in my skillet. Cook cakes until deeply golden brown about 4 minutes. Flip and cook 4 minutes more. Remove and continue with remaining cakes and olive oil as needed. Serve with a side salad.

### Number of Servings

12

# Healthy School Lunch Recipe Collection 2014

## Veggie and Grape Wraps

*Submitted by Jason Neal, Kingston*

### Description

For my wraps, I just grab the veggies I had on hand, but anything will work. I used grated carrot, cucumber, tomato, peppers, onion, baby kale and spinach. Oh and hummus, but that's sort of a given.

### Ingredients

#### INGREDIENTS:

2 whole grain tortillas,  
1/2 cup hummus,  
sliced deli pepper turkey {optional},  
1/4 cup grated cheddar cheese,  
Grapes,  
any veggies you like: cucumber, carrot, peppers, onion, baby kale, spinach, tomatoes, etc.

### Step-by-Step Preparation Instructions

#### DIRECTIONS:

Spread each tortilla with 1/4 cup hummus each. Fill with any veggies, wrap and eat.

### Number of Servings

2

# Healthy School Lunch Recipe Collection 2014

## Yummy Turkey Rice Wrap

*Submitted by Donna Ebanks, Modena*

### Description

I wanted to design a very nutritious and packable meal. I wanted to create something that my child could just take from their lunch box and be able to eat without any fuss. These ingredients can be formed into a nutritious, tightly wrapped lunch that will keep together as the lunchbox travels in a backpack to school. My recipe includes lean protein, green and red veggies, and whole grains. To make this a balanced meal I would include some carrot sticks for crunch, an apple for dessert, and a serving of low fat milk.

### Ingredients

(1) 10" whole grain wrap,  
2 teaspoons low fat mayonnaise,  
2 tablespoons cooked brown rice,  
8 baby spinach leaves,  
4 ripe tomato slices,  
3 slices oven roasted low-sodium turkey breast

### Step-by-Step Preparation Instructions

There is no cooking involved in this recipe. Ingredients are purchased at any supermarket.

1. Place the wrap on a plate and evenly spread the lowfat mayonnaise over the entire surface. Spoon the brown rice in the middle of the wrap, then top with spinach, tomato, and turkey.
2. Tightly roll the wrap around the filling, from bottom to top, overlapping one end, burrito style.

### Number of Servings

1

## ***Appendix:***

### **Final Guidelines Published on WDST's Website:**

#### **Enter to Win the Healthy School Lunch Contest!**

#### **Ulster County Department of Health/Radio Woodstock Healthy School Lunch Promotion – 2014 Rules**

##### **Brief Description and Goal:**

Healthy school lunches are an important part of a comprehensive approach to ensuring your child's good health, preventing illness and maximizing his/her academic performance.

Busy parents and caregivers often do not have the time, knowledge or resources necessary to make sure that the school lunches they prepare at home are as nutritious and tasty as possible. This promotion will help by encouraging listeners to share great school lunch ideas and recipes that also meet recommended nutritional guidelines.

##### **Time Frame:**

The Healthy School Lunch Promotion will run from September 3, 2014 to October 8, 2014.

##### **Who's Eligible to Enter?**

- Employees and immediate family members of WDST, Ulster County Department of Health, and the Ulster County Executive's Office, Yumbox Lunch, participating restaurants or any other promotional partners are not eligible to enter or win.
- Only one qualified entry per person, with a maximum of 2 qualified entries per family (defined as members of an immediate family unit). A qualified entry is defined as a Healthy School Lunch recipe that meets all of the criteria outlined in the following section (How to Enter).

##### **How to Enter:**

All submissions must meet the following guidelines/nutritional recommendations:

- A balanced meal should include one food from each food group – vegetables; fruits; whole grains; low-fat dairy products or lactose free alternatives; and proteins such as lean meats or beans. If you can't include one from each group, be creative to achieve the healthiest alternatives possible.
- If a beverage is included substitute water or low or non-fat milk rather than ANY type of sugar-sweetened drink.
- All submissions must include a brief (one paragraph or less) description of the school lunch recipe; including a list all of the ingredients and portion sizes and a description of any side dishes.
- Please list step-by-step preparation instructions, including cooking times.

- A digital photograph of the healthy school lunch may also be submitted, however, it is not required.
- All entries must be received by 5:00 PM on (Wednesday , October 8th, 2014)
- All entries submitted become the property of WDST and Ulster County Department of Health and can be published digitally or otherwise, in any and all media, without the author's permission.

#### **How Winners are Selected and What They Get:**

- The first 100 listeners who submit qualified entries will receive a Yumbox lunch box, valued at \$29.00. A full description is available at [www.YumboxLunch.com](http://www.YumboxLunch.com)
- After the last entry submission date a panel of renowned Hudson Valley area chefs, selected by RADIO WOODSTOCK, will review all qualified entries and select the top 5 winners. Each of the top 5 winners will receive a gift certificate, from participating restaurants/merchant, valued at \$150.
- The decisions of the judges are final and there will be no prize substitutions, cash or otherwise.
- Every person or family who submits a qualified entry will also receive a special signed Certificate of Recognition by Ulster County Executive Mike Hein.
- Entrants and winners will also be showcased (with permission) on Ulster County's and Radio Woodstock's web and social media sites.
- Rules subject to change without notice



The Healthy School Lunch Recipe Contest was sponsored by:

WDST Radio Woodstock 100.1 <http://radiowoodstock.com/>

In addition, the following restaurants provided gift certificates and judges:



New World Home Cooking, 1411 Rt. 212, Saugerties, NY



Duo Bistro, 50 John St., Kingston, NY



Mother Earth's Storehouse, 300 Kings Mall Ct, Kingston, NY



Oriole 9, 17 Tinker St., Woodstock, NY



A NATIONAL HISTORIC LANDMARK

*Tuthill House*  
AT THE MILL  
RESTAURANT & TAVERN

Tuthill House, 20 Gristmill Lane, Gardiner, NY



Yum Yum Noodle Bar, 4 Rock City Rd., Woodstock, NY

**The top winners: The following are the winners per chef picks**

- ❖ Ric Orlando - New World Home Cooking:
  - Jen Myer - Tunamole-(Tuna & avocado wrap) –pg. 41
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