

IT'S NOT EASY BEING GREEN

introducing **GREENS**

Eating greens is a great way to add vegetables to your plate. The following activity will allow the kids to sample three different greens in new, easy to make recipes.

MyPlate **GUIDELINES**

Kids should make half of their plate fruits and vegetables and should eat approximately 2 to 2½ cups of vegetables each day.

approximate time **INVOLVED**

Mise en place \ \ 2 hours

Demonstration time \ \ 35 minutes

make it **EASY**

- Buy low-fat raspberry vinaigrette dressing and pre washed baby spinach
- Buy low-sodium vegetable soup

approximate activity **COSTS**

Approximately \$1.50 per child including supplies

chef **SUPPLIES**

- Recipe ingredients
- 2 Induction Burners
- Sauté pan
- Stock pot
- Ladle
- Serving spoons
- 3 oz. portion cups (2 per person)
- Small paper plates with forks
- Small bowls with spoons

mise en **PLACE**

1

DOUBLE check with location to see if power supply is adequate for an induction burner

2

SET aside a whole spinach, bok choy and red Swiss chard to show as an example

3

CLEAN and wash spinach prior to arrival at location

4

MAKE autumn salad and store in appropriate container at proper temperature

5

MAKE vegetable soup and store in appropriate container at proper temperature

6

PREPARE mise en place of bok choy recipe

7

ROUGH chop Swiss chard, store in container at proper temperature

8

BEFORE start of demo reheat soup

9

ORGANIZE sample cups of spinach and cups filled with raspberry vinaigrette



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ACTIVITY

- 1 INSTRUCT** kids to wash hands with soap and warm water.
- 2 EXPLAIN** the importance of eating vegetables each day. Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut up or mashed. Add vegetables to every meal throughout the day:
 - >> Add vegetables to your sandwich (½ cup)
 - >> Drink a glass of tomato juice (1 cup)
 - >> Pack carrots with your lunch (½ cup)
 - >> Make a salad with your dinner (1 cup)
- 3 INTRODUCE** the greens the kids will taste today. Show an example of an uncut whole version of each green.
 - >> Spinach
 - >> Bok choy
 - >> Red Swiss chard
- 4 EXPLAIN** how each green has a different taste and texture. The taste and texture change depending on the age of the plant with younger plants tasting milder. The flavor and texture also change when the greens are cooked. Ask the kids for a few examples of how to cook greens.
- 5 SET** out spinach in sample cups for the kids with another cup filled with autumn salad. Encourage the kids to try both and describe the shape, size, texture and taste of the spinach.
- 6 BEGIN** making the bok choy recipe. Explain the cooking techniques used during the preparation of the dish. Ask for volunteers from the class to add the ingredients to the pan. Show how the structure of the bok choy changes as it is cooked. Serve a small sample for each kid. Ask the kids to describe the shape, size, texture and taste of the bok choy.
- 7 ASK** for a volunteer from the class to come up and add the Swiss chard to the heated vegetable soup. Show the kids the change in the Swiss chard as it cooks. Serve small samples to the kids making sure each serving has Swiss chard for the kids to try. Ask the kids to describe the shape, size, texture and taste of the vegetable.
- 8 AT** the end of the demonstration show the kids the amount of vegetables they consumed during the activity compared to the amount of vegetables that should be eaten during the day.

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— recipes —

autumn SALAD

Servings per recipe: 6

Ingredients:

2 lbs **chicken breast**, boneless, raw
1 cup **Hidden Valley® Original Ranch®**
Light Dressing
¼ cup dried **cranberries**
1 tsp ground **cinnamon**
3 tsp **onion powder**
4 cups **McIntosh apples**, sliced
4 tsp **Mrs. Dash® seasonings**, original
6 tbsp **walnuts**, chopped
10 cups **spinach**
8 oz whole wheat elbow **pasta**

Directions:

Cook pasta according to package directions. Drain and cool. Preheat oven to 350°F. Season chicken with onion powder and Mrs. Dash® seasoning. Place in oven-proof baking dish. Roast for 25-30 minutes. Blend dressing and cinnamon together in a small bowl. In a large salad bowl, mix spinach, pasta and apple slices with dressing mixture. Set aside a portion of the spinach for tasting. Slice chicken breasts into half-inch strips and add to salad mixture. Mix walnuts and dried cranberries together into small bowl and sprinkle on top.

asian BOK CHOY

Servings per recipe: 6

Ingredients:

2 medium heads **bok choy**
1 tsp **sesame oil**
2 tsp **canola** or **safflower oil**
2 tsp low sodium **soy sauce**
1 tsp ground **ginger**
1 clove **garlic**, minced
1 tbsp **almonds**, sliced or slivered
1 large **carrot**, thinly sliced
¼ cup cold **water**
⅛ tsp **corn starch**
½ tsp **black pepper**, ground
Pinch of **salt**

Directions:

Combine cold water and corn starch to make corn starch slurry. Set aside.

Heat sesame oil and canola oil in a sauté pan. Add garlic and carrots. Cook until garlic begins to cook but do not brown. Add corn starch slurry and soy sauce. Reduce heat to low. Simmer until carrots are slightly tender

Add bok choy that has been cut into 1 to 2 inch pieces and ground black pepper. Toss well in sauté pan until Bok Choy is well coated. Taste test, season if necessary. Add almonds and serve.

vegetable SOUP

Servings per recipe: 6

Ingredients:

1 tbsp **olive oil**
3 large **onions**, finely chopped
3 cloves **garlic**, finely chopped
2 quarts **vegetable broth**
2 **carrots**, finely diced
2 **celery stalks**, thinly sliced
¼ tsp **celery seed**
¼ tsp **thyme**
1 28 ounce **can tomatoes**, pureed
1 cup fresh or frozen **peas**
1 cup fresh or frozen **lima beans**
2 cups **red Swiss chard**, set aside
(added during demonstration)
1 cup **barley**, cooked (*optional*)
¼ cup fresh **parsley**, finely chopped
½ Tbsp **black pepper**, ground
Pinch of **salt**
Parmesan cheese, grated

Directions:

Sauté onions and garlic in olive oil until lightly brown. Stir in vegetable broth, carrots, and celery. Add celery seed and thyme. Simmer for 30 minutes or until vegetables are tender.

Stir in pureed tomatoes, peas, and lima beans. If using quick-cooking barley, it can be added now. If using regular dry barley, cook it separately until tender. Simmer for another 15-20 minutes before serving. Add salt and pepper to taste. Serve with grated Parmesan cheese.

