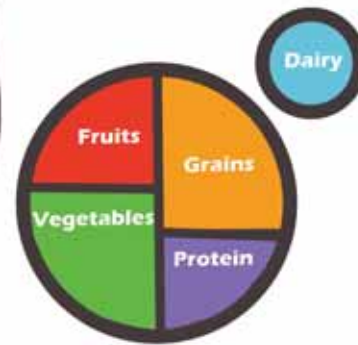


Healthy Living COOKBOOK



Letter from the author...

I am Allison Stanislawski and a member of Girl Scout Troop 41517. I created this cookbook for the UPS for DownS Healthy Living Club. UPS for DownS stands for United Parent Support for Down Syndrome. Participants collaborated to make a fun cookbook that each student and anyone can use. I am also very excited to announce I completed this cookbook for my Girl Scout Gold Award.

The Girl Scout Gold Award is the highest award a Girl Scout can earn. The purpose of my project was to create a sustainable resource that participants with Down Syndrome can use to develop independent healthy living skills. Once the Gold Award is achieved, it demonstrates to colleges, employers, and your community that you're out there changing the world.

Each recipe has a colored Myplate that shows which food group it provides. This can help anyone toward eating a balanced plate from all the food groups. Each recipe includes ingredients, equipment and directions. Some students performed cooking demonstrations for their recipes that can be found on the UPS for DownS website: <https://www.upsfordowns.org>

I want to thank everyone who worked with me to assemble this book. I had a lot of fun and am very grateful. Feel free to taste and try any recipe you want, I hope you enjoy them, they are so delicious!



Table of contents

MyPlate introduction	4-5
Equipment pages	6-7
15 Min Roasted Chicken & Veggies - Protein Foods & Vegetables	9
Build your own Pizza - Dairy, Fruits, Grains, Protein Foods & Vegetables.	10
Chicken Quesadillas - Dairy, Grains, Protein Foods & Vegetables	11
Chicken Rice Broccoli Casserole - Dairy, Grains, Protein Foods & Vegetables	12
Chocolate Peanut Butter Fruit Smoothie - Fruits, Protein Foods & Vegetables	13
Fruit and Yogurt Parfait - Dairy, Fruits & Grains	14
Grilled Veggie Sandwich - Dairy, Grains & Vegetables	15
Italian Zucchini - Vegetables	16
Mexican Street Corn and Bean Salsa - Protein Foods & Vegetables	17
No Meat Sloppy Joes - Grains, Protein Foods & Vegetables	18
Oven-Baked Chicken Tenders - Dairy & Protein Foods	19
Pop-up Pancakes - Dairy, Fruits, Grains & Protein Foods	20
Scrambled Egg Breakfast Muffins - Dairy, Protein Foods & Vegetables	21
Skinny Buffalo Chicken Dip - Dairy & Protein Foods.	22
Spaghetti and Meatballs - Dairy, Grains, Protein Foods & Vegetables	23
Spelt Salad with White Beans & Artichokes - Dairy, Grains, Protein Foods & Vegetables.	24
Sweet Potato, Black Bean & Spinach Quesadillas - Dairy, Grains, Protein Foods & Vegetables	25
The Best Fresh Tomato Salsa - Vegetables	26
Tomato Caprese Salad - Dairy & Vegetables	27
Vanilla Peach Popsicles - Fruits	28
Watermelon Feta Pizza - Dairy & Fruits	29
Miscellaneous photos	30-32

Introduction

Healthy Living Club was started in 2017. It is led by registered dietitians, personal trainers, and parent volunteers from the UPS for DownS organization. We volunteer at the Bob & Doris Lawson Living & Giving Garden located at the Prince of Peace United Methodist Church. The garden donates produce to the local food pantry in Elk Grove Village, Illinois.

UPS for DownS is a parent directed, non-profit organization offering support, education and encouragement for parents, families and others who love and care about persons with Down Syndrome.

The Healthy Living Club teaches nutrition, cooking skills, gardening, fitness, and positive affirmations for a healthy lifestyle. Over the past few years we have learned about the USDA's Myplate Guide. We used the Myplate Guide to eat better balanced meals. In the garden we have grown and tried new vegetables and recipes along with other favorite foods shared here.

The Myplate Guide includes a variety of fruits, vegetables, grains, protein foods and dairy or fortified soy alternates. Our recipes note by color which part of the plate each recipe represents. Dairy is blue, Vegetables are green, Fruit is red, Protein foods are purple and Grains are brown. Some of the recipes cover more than one food group. The goal is to try to eat a balance of nutrients from the different food groups for better health.

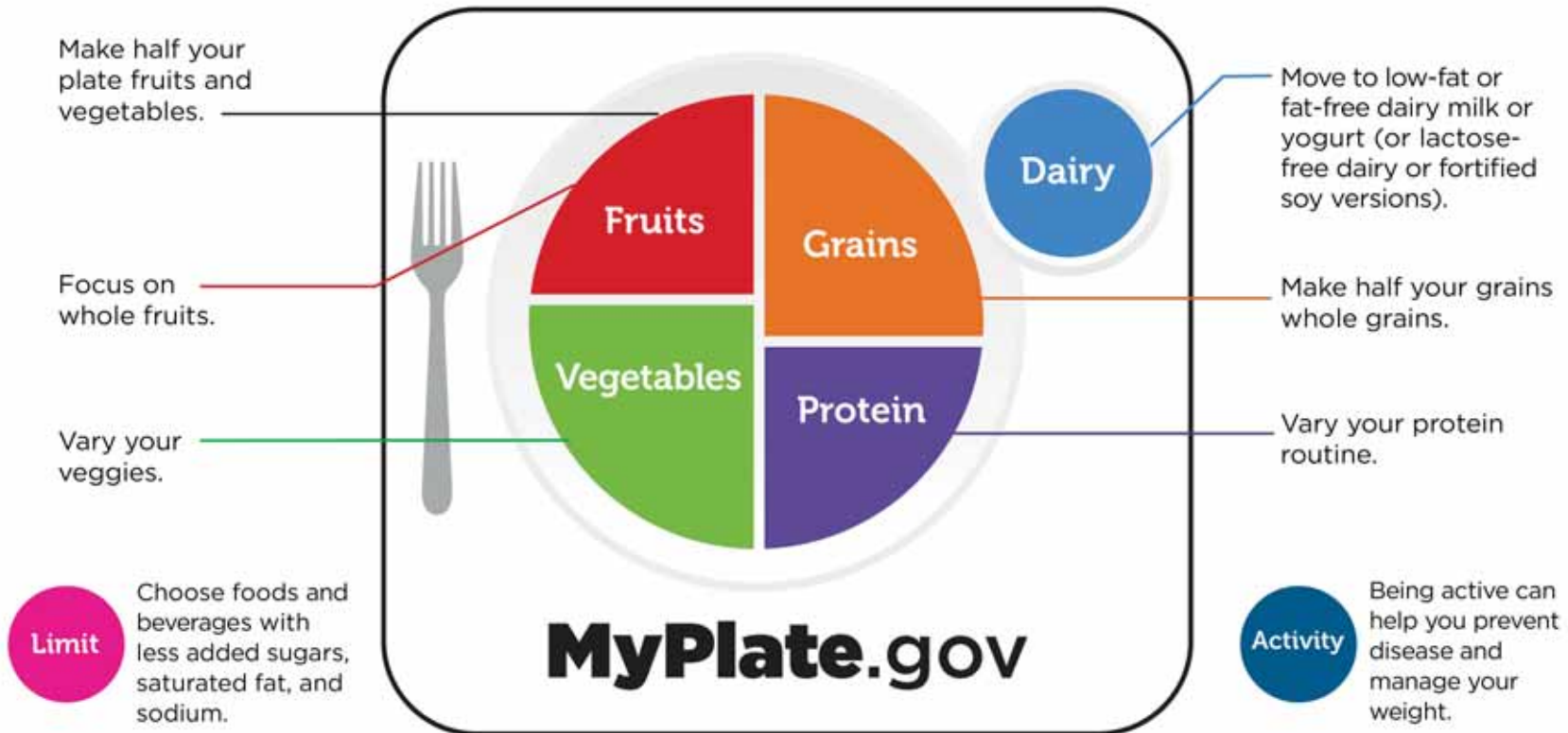
For more MyPlate recipes, cooking videos and resources in English & Spanish go to: www.myplate.gov


Start simple
with **MyPlate**





Start simple with MyPlate

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.



Liquid Measuring Cup	
Used to measure liquid ingredients like milk, water, oil. Be sure to check accuracy at eye level.	


Whisk	
Used to combine ingredients like thin batters.	


Rolling Pin	
To roll out dough to a desired thickness like pie or cookie dough. Could be used to crush items.	


Dutch Oven	
Largest pot usually used for stews and soups.	


Frying Pan	
Used to cook foods in a small amount of fat, like pan frying, and sautéing.	

Pie Pan	
Used for baking pies.	

Baking Pan 9" x 13"	
Rectangular pan used for cakes, casseroles, and various other dishes	

Cooking Shears	
Used to cut food, meat and herbs.	

Colander	
Used to drain foods or wash fruits and vegetables.	

Dry Measuring Cups	
Used to measure dry ingredients. Most need to be leveled.	

Peeler

Used to remove the outside of fruits and vegetables.



Straight Edge Spatula

Used to level ingredients or to decorate with icing.



Grater

Used to shred or grate foods.



Cookie Sheet

Used to bake cookies. Could be used to prevent spills in the oven.



Cookie Scoop

Used for size consistency and even baking or meatballs.



Rubber Spatula

Used to fold in ingredients, or scrape a bowl. Do not use over direct heat



Sauce Pan

Comes in various sizes and used to make small batches of sauces and other foods.



Jelly Roll Pan

Used for baking anything that may spill over.
(Cookie sheet with four sides)



Tongs

Used to turn larger or odd shaped items while cooking.



Measuring Spoons

Used to measure small amounts of liquid and dry ingredients.





<https://www.upsfordowns.org>

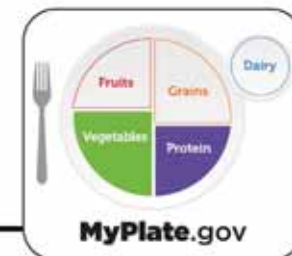


15 Minute Roasted Chicken and Veggies

Lori N.

Protein Foods & Vegetables

Yields 2 - 4 servings



Ingredients:

- 2 medium chicken breasts
- 1 cup bell pepper chopped (any colors you like, I usually use red, yellow)
- ½ onion chopped
- 1 zucchini chopped
- 1 cup broccoli florets
- ½ cup grape or plum tomatoes chopped
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon Italian seasoning

Equipment:

- Roasting Dish/Cookie sheet
- Knife
- Measuring cups
- Measuring spoons
- Cutting board

Directions:

1. Preheat oven to 500 degrees
2. Chop all the veggies into large pieces
3. Chop the chicken into cubes
4. Place the chicken and veggies into a roasting dish or cookie sheet.
5. Add the olive oil, salt and pepper, italian seasoning
6. Toss to combine
7. Bake for 15 minutes or until the veggies are charred and chicken is cooked

Build your own Pizza

Kathy S.

Dairy, Fruits, Grains, Protein Foods & Vegetables

Yields 1 pizza



Ingredients:

- 2 flour tortillas 6inch (preferably whole grain)
*Could also use a english muffin, french bread, or a bagel (all preferably whole grain)
- ½ cup pizza sauce (can be jar or canned) or pasta sauce
- ½ cup fresh/frozen mixed vegetables: mushrooms, green peppers for example.
- ½ Tbsp fresh chopped oregano and/or cilantro
*Could use fresh herbs from your garden such as parsley, basil or thyme.
- ½ cup shredded mozzarella or jack cheese

Optional: pineapple, boiled ham lunch meat, pepperoni

If using ground beef, chicken or sausage - need to cook well prior to assembly of pizza

Equipment:

- Knife
- Cutting board
- Measuring cups
- Kitchen spoon
- Pizza cutter
- Plate, fork, napkins
- Oven
- 1 baking/cookie sheet
- Non-stick cooking spray

Directions:

1. Preheat the oven to 400 degrees.
2. Wash and rinse your favorite vegetables and fresh herbs chosen for the pizza - my favorite are mushrooms and green peppers and cilantro.
3. Use the cutting board and with a small knife cut vegetables into thin slices and set aside
4. Measure out the mozzarella or favorite cheese and set aside
5. Measure out ½ cup of pasta or pizza sauce and set aside
6. If using ground beef or chicken you will need to cook and cut up prior to assembling your pizza.
7. Use a non-stick spray to grease your cookie sheet
8. Place your chosen grain on the cookie sheet
9. Spoon sauce evenly on top of grains
10. Spread vegetables evenly on top of grains
11. Sprinkle with cheese
12. Bake in the oven for 10 minutes or until cheese is melted

Chicken Quesadillas

Allison F.

Dairy, Grains, Protein Foods & Vegetables

Yields 10 Quesadillas



Ingredients:

- 1 pound skinless boneless chicken breasts (to make it easier, you can use frozen or canned chicken)
- 1 packet fajita seasoning
- 1 Tbsp. olive oil
- 2 green bell peppers, chopped
- 2 red bell peppers, chopped
- 1 onion, chopped
- 10 (10 inch) flour or corn tortillas
- 8 ounces shredded Cheddar cheese
- 8 ounces shredded Monterey Jack cheese
- 1Tbsp. bacon bits, other toppings- optional

Equipment:

- 1 or 2 Baking sheets, greased or lined with nonstick foil
- Knife
- Food chopper
- Box Grater for cheese (or purchase shredded)
- Large Sauce Pan

Directions:

1. Preheat the oven to 350 degrees.
2. If chicken is raw, spread onto a baking sheet and cook until chicken pieces are no longer pink in the center. (Time will vary depending upon size of chicken pieces. If chicken is pre-cooked, go to step 3.)
3. Dice chicken and toss in fajita mixture.
4. Heat the oil in a large saucepan over medium heat. Stir in bell peppers and onion. Add diced chicken. Cook and stir until vegetables are softened, about 10 minutes.
5. Layer half of each tortilla with the mixture, then sprinkle with cheese.



Chicken Rice Broccoli Casserole

Alaina V.

Dairy, Grains, Protein Foods & Vegetables

Yields 4-6 servings



Ingredients:

- 2 tsp. of butter
- 2 cups of cubed rotisserie chicken
- 1 tsp. Italian Seasoning
- salt/pepper to taste
- 1 tbsp. olive oil
- 2 1/2 cups chicken broth
- 1 1/4 cup of white long grain rice
- 2 cups fresh broccoli florets
- 10.5 oz condensed cream of chicken soup
- 1/2 cup milk
- 1/2 cup sour cream
- 2 cups cheddar cheese

*Option: use low fat dairy items



Equipment:

- Pot
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- 9x13 casserole dish

Topping:

- 1 cup Ritz crackers
- 2 tbsp. butter

Directions:

1. Add butter to a pot on the stove medium heat. Add chicken broth, olive oil, and rice to the pot and bring to a boil, then reduce heat to a simmer.
3. Cover and cook for 7 minutes
4. Turn off heat and leave the cover on. Let rice stand for 10 minutes, do not stir.
5. Add cooked chicken, soup, milk, sour cream and half of the cheddar cheese to the pot.
6. Add to a lightly greased 9x13 casserole dish and top with remaining cheese.
7. Cover and bake for 15 minutes.



Topping:

- Melt the butter and crumble up the crackers. Combine to form the topping for the casserole.
- Top the casserole with the crumbled cracker topping and bake uncovered for 10 additional minutes.
- Let the casserole sit for 5 minutes prior to serving and enjoy!

Chocolate Peanut Butter Fruit Smoothie

Ali M.

Fruits, Protein Foods & Vegetables

Yields 2 cups



Ingredients:

- 1 banana
- ½ cup of frozen mangos
- ½ cup of frozen strawberries
- ¼ cup peanut butter powder
- ¼ cup chocolate protein powder
- 1 cup of spinach
- ½ cup of Almond Milk

Equipment:

- Electric Blender
- Measuring cups



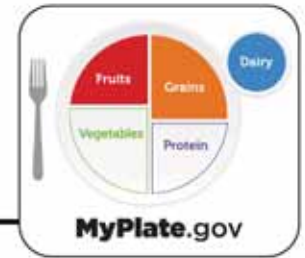
Directions:

1. Pour banana, mango, strawberries, peanut butter powder, chocolate protein powder, and almond milk into blender
2. Add spinach
3. Start blender on medium speed till smooth
4. Pour into cups and serve



Fruit and Yogurt Parfait

Allison S.
Dairy, Fruit & Grains
Yields 1 serving



Ingredients:

- 6 oz light or low fat yogurt
- ¼ cup sliced banana
- ¼ cup berries
- ¼ cup low fat granola

Equipment:

- ¼ measuring cup
- Cup or bowl
- Spoon

Directions:

1. Preferably use a clear glass or plastic cup. Starting with yogurt alternate between ingredients and layer
2. Finish off parfaits by topping with your favorite fruit



Grilled Veggie Sandwich

Allison F.

Dairy, Grains & Vegetables

Yields 8 Sandwiches



Ingredients:

- ¼ cup light soy sauce
- 1 clove garlic
- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 1 Tbsp. honey
- ⅛ tsp cayenne pepper
- 2 medium zucchini, cut into ½ inch thick diagonal slices
- 1 medium red onion, cut into ¼ inch slices
- 2 red bell peppers, cut into 1 inch wide strips
- 8 pieces of focaccia bread (cut in the middle to make top and bottom) or use other bread
- ultra thin sliced provolone cheese (or goat or other cheese)

Equipment:

- Bowl
- Measuring spoons
- Knife and Cutting Glove
- Pan or Sandwich Grill

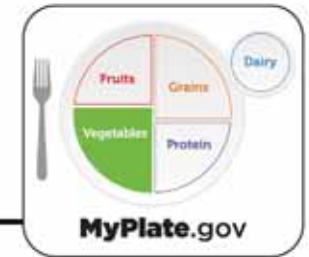
Directions:

1. Mix marinade ingredients together in a large bowl.
2. Add cut vegetables to marinade and toss. Let stand at room temperature for at least 15 minutes.
3. Heat grill or skillet. Grease if necessary.
4. Grill vegetables, uncovered, 6-8 minutes on each side.
5. Toast bread on a grill (or skip this step if you have a sandwich grill).
6. Put a slice of cheese (or spread goat cheese) on each side of bread, then add vegetables.
7. Close the sandwich and serve (or grill and press, then serve).



Italian Zucchini

Susan R.
Vegetables
Yields 4 ½ cup servings



Ingredients:

- 3 small zucchini
- 1 medium onion, diced
- 1 lb of tomatoes, chopped or one 14 oz can diced tomatoes
- Pinch of salt and pepper
- 1 Tbsp. Italian Seasoning
- 1-2 tbsp olive oil

Equipment:

- Cutting board
- Knife
- Large skillet



Directions:

1. Wash all produce
2. Dice onions
3. Slice zucchini into half moons
4. Dice tomatoes
5. Saute garlic in oil for 30 seconds, add in onion and zucchini
6. When soft, add in diced tomatoes, Italian Seasoning, salt and pepper
7. Put into serving dish

Mexican Street Corn & Bean Salsa

Mitchell B.
Protein Foods & Vegetables
Yields 8 servings



Ingredients:

- 2 cans of black beans (rinsed and drained)
- 1 cup corn kernels
- ½ cup diced celery
- ½ cup diced red onion
- ¼ cup diced jalapeño pepper
- ½ cup balsamic vinaigrette
- 2 tbsp minced cilantro
- Pinch of salt and pepper

Equipment:

- Cutting board
- Cut glove
- Measuring spoons
- Dry Measuring cups
- Liquid Measuring cup
- Bowl
- Mincing shears
- Rubber spatula
- Strainer
- Small chopping knife

Directions:

1. Open and drain beans
2. Wash and chop onion, celery, peppers
3. Prep corn (if fresh boil or oven roast)
4. Wash, dry and mince cilantro
5. Combine all veggies with beans and corn
6. Stir lightly to combine
7. Add dressing of choice - add Salt & Pepper if needed
8. Refrigerate and chill for 1 hour minimum



No Meat Sloppy Joes

Allison F.

Grains, Protein Foods & Vegetables

Yields 6 Servings



Ingredients:

- 1 tsp canola oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- ½ cup shredded carrots
- 3 cups cooked brown rice
- 2 (15-19 oz) cans chili beans with sauce, undrained
- ¾ cup hickory-smoked BBQ sauce

Equipment:

- Knife and/or food chopper
- Food grater for carrots
- Cutting glove
- Dry measuring cups
- Can opener
- Large skillet

Directions:

1. Heat oil in a large nonstick skillet on medium-high. Add onion, green pepper and carrots; cook 3-4 minutes.
2. Add rice, beans, and BBQ sauce. Simmer for 10-15 minutes or until heated through.
3. Serve on whole grain buns with extra BBQ sauce.



Oven-Fried Chicken Tenders

Kathy S.
Dairy & Protein Foods
Yields 12 chicken tenders



Ingredients:

- 1 package of chicken tenders
- ½ cup Progresso plain or seasoned panko crispy bread crumbs or gluten free bread crumbs
- ¼ cup grated Parmesan Cheese
- Favorite dipping sauce or ketchup if desired

Equipment:

- 2 shallow dishes
- Non-stick cooking spray
- Baking pan or cookie sheet
- Tongs

Directions:

1. Heat oven to 425 F. Line cookie sheet with foil, spray with non-stick cooking spray
2. In a shallow dish place washed chicken tenders
3. In the second shallow dish, place bread crumbs and cheese and mix
4. Using tongs coat chicken both sides with bread crumb mixture.
5. Place on a cookie sheet spread evenly apart.
6. Bake for 15-20 minutes, turning once, until the chicken is no longer pink in the center and the coating is golden brown.
7. Serve with dipping sauce if desired.



Pop Up Pancakes

Allison F.

Dairy, Fruits, Grains & Protein Foods

Yields 24 Pancakes



Ingredients:

- 1 cup milk
- 1 cup flour
- 6 eggs (9 ounces)
- ¼ cup melted butter
- Pinch of salt
- Fruit and toppings of your choice

Equipment:

- Greased muffin tins
- Blender
- Liquid measuring cup
- Dry measuring cup

Directions:

1. Grease muffin tins very well.
2. Preheat the oven to 400 degrees.
3. Mix all ingredients in a blender until smooth.
4. Pour into greased muffin tins.
5. Bake for 15 minutes or until puffy and golden on top.
6. Use a knife to pop them out.
(They should pop right out if you grease your tins enough.)
7. As they cool, they will become more like a cup.
8. Add toppings and enjoy.
Examples - fresh fruit, no sugar added fruit jam, honey, peanut butter.

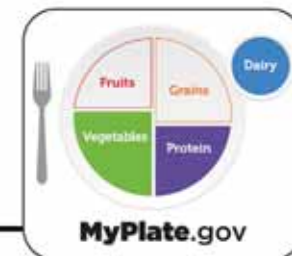


Scrambled Eggs Breakfast Muffins

Lori N.

Dairy, Protein Foods & Vegetables

Yields 12 Muffins



Ingredients:

- 12 Eggs
- ¼ teaspoon seasoned salt
- 2-3 tablespoons onion, diced
- 1 cup ham diced OR omit the meat (can also use cooked bacon or sausage)
- ¼ red bell pepper diced
- ¼ cup fresh broccoli chopped
- ¼ cup grape tomatoes sliced
- ½ cup spinach or kale shredded
- 1 cup shredded cheese of your choice

NOTES: Feel free to change out the veggies to whatever you like

Equipment:

- 12 cup muffin pan
- Measuring Cups
- Knife
- Large Bowl
- Whisk/Fork
- Measuring spoons

Directions:

1. Preheat oven to 350 degrees
2. Spray a 12 cup muffin pan with nonstick cooking spray (the better you spray, the less it will stick)
3. Cut up all of the veggies and meat
4. In a large bowl using a whisk or fork beat eggs then add in all remaining ingredients and mix together
5. Scoop $\frac{1}{3}$ cup mixture into each mix muffin spot
6. Bake for 20-25 minutes or until the center of muffin is completely cooked
7. These muffins freeze really well... this way you will have a healthy to-go breakfast at any time!

Skinny Buffalo Chicken Dip

Kelly L.
Dairy & Protein Foods
Yields 16 servings



Ingredients:

- 2 cups shredded chicken
- 1/2 cup nonfat Greek yogurt
- 8 ounces Neufchatel cheese, softened
- 4 ounces crumbled blue cheese (about 1 cup)
- 1/2 cup of hot sauce

Equipment:

- Bowl
- Wooden spoon

Directions:

1. Preheat oven to 350°F
2. Mix all ingredients together well
3. Bake in preheated oven until hot and bubbly, about 20 minutes
4. Serve and Enjoy



Spaghetti and Meatballs

Alaina V.

Dairy, Grains, Protein Foods & Vegetables

Yields 1 serving



Ingredients:

- 1 package of angel hair pasta
- 1/2 lb. lean ground beef
- 1/2 lb. ground pork and put into a bowl
- 1/2 cup of finely chopped onion
- 1/4 cup of dried Italian bread crumbs
- 2 garlic cloves
- 1 egg
- 1/2 cup of parmesan cheese
- 1 tsp oregano
- Pinch of salt and pepper
- Olive oil
- Spaghetti sauce

Equipment:

- Dry measuring cups
- Measuring spoons
- Cutting board
- Cookie Scooper
- Knife
- Colander
- Bowl
- Parchment paper

Directions:

1. Boil angel hair pasta in salted water
2. Take ground beef, ground pork, onion, bread crumbs, garlic, egg, parmesan cheese, oregano, salt, and pepper and mix all together
3. Use a Cookie scooper and place onto a cookie sheet lined with parchment paper into rows
4. Bake at 400 degrees for about 20 minutes
5. Use your favorite spaghetti sauce
6. Drain pasta using colander into a bowl with olive oil and place meatballs and sauce over it and Enjoy!
7. Parmesan cheese on top if you wish.



Spelt Salad w/White Beans & Artichokes

Allison F.

Dairy, Grains, Protein Foods & Vegetables

Yields 5 Servings



Ingredients:

- 1 ¼ cup uncooked farro or spelt, rinsed and drained
- 2 ½ cups of water to cook the farro.
- 1/3 cup chopped fresh mint
- 1/3 cup chopped fresh parsley
- ¼ cup minced red onion
- 3 Tbsp. fresh lemon juice
- 2 Tbsp. olive oil
- ¼ tsp salt
- 1 tsp freshly ground pepper
- 1 (15 ounce) can cannellini beans (or navy beans)
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 1 cup halved grape tomatoes
- 1 chopped cucumber
- 1 cup chopped red bell peppers
- Feta cheese for topping

Equipment:

- Strainer for the farro, beans and artichoke hearts
- Knife and my cutting glove for the chopping of the onion, artichoke hearts, grape tomatoes and cucumber
- Chopper for the bell peppers
- Measuring cups and spoons
- Pan and stove to cook the farro

Directions:

1. Bring water to a boil and then cover, reduce heat and simmer for 30 minutes until farro is tender and the water is absorbed.
2. Prepare your ingredients.
3. Mix all ingredients thoroughly except feta cheese.



Sweet Potato, Black Bean, & Spinach Quesadillas

Allison F.

Dairy, Grains, Protein Foods & Vegetables

Yields 4 Servings



Ingredients:

- 12 oz small sweet potatoes (about 2), halved lengthwise
- 1 bunch spinach, thick stems discarded, leaves roughly chopped
- 2 Tbsp. olive oil
- 1 15-oz can black beans, rinsed
- 2 cloves garlic, finely chopped
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- ¼ tsp cayenne
- 1/3 c water
- 4 medium tortillas
- 6 oz Monterey Jack cheese
- Lime wedges, salsa, sour cream or Greek yogurt, etc. for serving



Equipment:

- Baking sheet
- Skillet
- Foil
- Microwave plate

Directions:

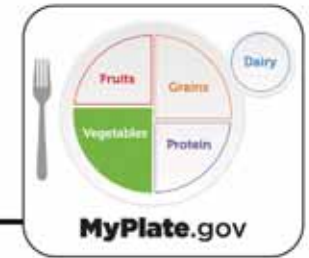
1. Heat oven to 450° (or use broiler).
Line a large broiler-proof baking sheet with foil.
2. Place the sweet potatoes on a plate, cut-side down, and microwave on high until tender, 5-7 minutes.
3. Heat the oil and garlic in a large skillet over medium heat until the garlic just starts to sizzle. Stir in the cumin, cinnamon and cayenne, and cook for 30 seconds.
4. Add the beans and water and cook, tossing occasionally, until heated through, about 2 minutes. Add the spinach and cook, tossing until just beginning to wilt, about 1 minute. Remove from heat.
5. Place the tortillas on the prepared baking sheet. Scoop the sweet potato from the skins and spread on one half of each tortilla. Top with the bean mixture and cheese, then fold over the tortillas to cover the filling (they will look overstuffed).
6. Lightly spray the tops of the tortillas with olive oil cooking spray. Broil or bake until the top is golden brown and the cheese has melted.
7. Serve with lime wedges, salsa, etc.

The Best Fresh Tomato Salsa

UPS For DownS Healthy Living Club

Vegetables

Yields 4 ½ cups



Ingredients:

- 3 cups chopped tomatoes
- ½ cup chopped green bell pepper
- 1 cup diced onion
- ¼ cup minced cilantro
- 2 Tbsp. fresh lime juice
- 4 tsp chopped jalapeno pepper (maybe optional)
- ½ tsp ground cumin
- ½ tsp salt
- ½ tsp black pepper

Equipment:

- Cutting board
- Knife
- Measuring spoons
- Measuring cups

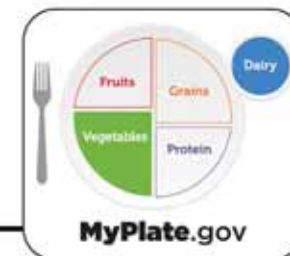
Directions:

1. Wash produce
2. Chop tomatoes, green peppers
3. Dice the onion
4. Mix all ingredients together in a bowl and serve.
Refrigerate any leftovers.



Tomato Caprese Salad

Allie R.
Dairy & Vegetables
Yields 1 serving



Ingredients:

- 1 diced tomato
- ¼ cup of basil
- ½ tsp olive oil
- ½ tsp balsamic vinegar
- Sprinkle of grated pico romano cheese
- Sprinkle of garlic powder

Equipment:

- Measuring spoons
- Cutting board
- Knife
- Grater



Directions:

1. Dice up tomato and put on plate
2. Add basil, olive oil, and balsamic vinegar
3. Grate cheese on top of plate
4. Sprinkle garlic powder on top
5. Serve



Vanilla Peach Popsicles

Nicole P.
Fruits
Yields 10 Popsicles



Ingredients:

- 1 $\frac{3}{4}$ cups Vanilla Almond Milk
- 2 teaspoons (melted) coconut oil
- 1 tablespoon maple syrup
- Tiny pinch of salt
- 4-5 ripe peaches - chopped

Equipment:

- Liquid measuring cup
- Measuring spoons
- Cutting board
- Knife
- Popsicle holder



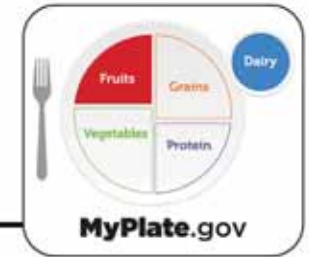
Directions:

1. Bring vanilla almond milk to room temperature (otherwise the melted coconut oil will harden as you add it)
2. Whisk the almond milk together with coconut oil, maple syrup and a pinch of salt
3. Slice the peaches into small pieces and drop them into a popsicle mold
4. Pour the almond milk mixture over the peaches (depending on the size of your peaches you might have extra)
5. Place sticks, then freeze overnight



Watermelon Feta Pizza

Allie R.
Dairy & Fruits
Yields 4 servings



Ingredients:

- 2 cups watermelon slices
- 2 tablespoons of balsamic vinegar
- 4 tablespoons feta cheese crumbles

Equipment:

- Knife
- 1 Tbsp measuring spoon

Directions:

1. A slice watermelon
2. Sprinkle feta on top
3. Drizzle balsamic vinegar over watermelon and cheese
4. Chill and enjoy







