

Child Nutrition & Wellness
Kansas State Department of Education
Presents

Team Up for Smart Snacks



Power Up After School Recipe Booklet

A Culinary Champions Class
Child Nutrition Management Academy
New May 2016

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Recipe Booklet
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Asian Chicken Salad

Main Dish:

Recipe Source: KSDE

Ingredients	5 servings				Directions
	Weight	Measure	Weight	Measure	
Oil, canola Ginger, ground Carrots, fresh, grated	- - Approx. 3 oz.	1 T. ½ tsp 1 cup			1. Heat oil in a skillet. 2. Add ginger and grated carrots. Sautee about 2-3 minutes
Vinegar, cider Vinegar, rice Teriyaki sauce Honey	- - - -	1 T 1 T 1 T 2 T			
Chicken, cooked, diced, IQF Pineapple, can, tidbits, drained	10 oz. 8 oz.	- 1 cup			4. Add cooked diced chicken and drained pineapple tidbits to the skillet. 5. Remove from heat. Transfer to a holding pan and chill until ready for service.
Lettuce, romaine, shredded Onions, scallions, chopped Almonds, sliced, toasted	8 oz. Approx. 3 oz. -	5 cups ¾ cup 2 T			
					6. Portion 1 cup of lettuce onto dish or clam shell. Top lettuce with ½ cup of chilled chicken/pineapple mixture. Sprinkle with chopped green onions and toasted almond slices. Hold cold for service.

Serving Size	1 Serving Provides	Yield
	2 oz. eq. Meat/Meat Alternate .125 cup Fruit 1.25 cup Vegetable	5 servings

Nutrients Per Serving

Calories	193	Vitamin A	7984.28 IU	Iron	1.87 mg
Protein	19.31 gm	Vitamin C	10.12 mg	Calcium	50.74 mg
Carbohydrate	15.66 gm	Fiber	2.82 gm	Cholesterol	52 mg
Fat	7.25 gm	% Fat	33.75 %	Sodium	101.84 mg
Saturated Fat	1.06 gm	% Saturated Fat	4.92 %	Sugars	2.8 g

Chicken Veggie Pocket

Main Dish:

Recipe Source: Adapted from Healthy Flavors Healthy Kids, CIA

Ingredients	6 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, shredded	1 ½ oz.	½ cup			1. Combine shredded carrots, chopped romaine, and chopped spinach to make vegetable mixture.
Lettuce, romaine, chopped	5 oz.	2 cups			
Spinach, fresh, chopped	-	¾ cup			
Pocket thins, whole wheat (Arnold Pocket Thins Flatbread)	-	3 each			2. Cut whole wheat pocket thins in half to make 6 pockets. Fill each pocket half with ½ cup vegetable mixture.
Chicken, cooked, diced, IQF	9 oz.	-			3. Portion 1 ½ oz. chicken and ½ oz. cheese into each pocket half.
Cheese, mozzarella, lite, shred.	3 oz.	-			
Ranch dressing, (use HFFK recipe)	-	1 T			4. Portion 1 T Healthy Flavorful Food for Kids Ranch Dressing on each pocket sandwich. (see separate recipe)
					5. Serve cold.

Serving Size	1 Serving Provides	Yield
1 pocket half	2 oz. eq. Meat/Meat Alternate 1.5 oz. eq. Grain .5 cup Vegetable	6

Nutrients Per Serving

Calories	213	Vitamin A	3361.81 IU	Iron	1.65 mg
Protein	21.59 gm	Vitamin C	2.23 mg	Calcium	153.72 mg
Carbohydrate	22.13 gm	Fiber	5.69 gm	Cholesterol	47.03 mg
Fat	5.68 gm	% Fat	23.99 %	Sodium	246.56 mg
Saturated Fat	2.05 gm	% Saturated Fat	8.66 %	Sugars	2.08 g

Fiesta Wrap

Main Dish

Recipe Source: Recipes for Healthy Kids Cookbook

Ingredients	6 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, uncooked Water		¼ cup ¾ cup			1. Rinse quinoa in a fine mesh strainer under tap water until water runs clear, not cloudy. 2. Combine quinoa and water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out on the kernel. Fluff with a fork and set aside.
Beans, black, canned, no salt added	Purchase 2 -15 oz. cans	2 ¼ cups			3. Place beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands. Do not over mash (about half the beans should remain intact).
Peppers, green sweet, diced Onion, red, diced Carrots, grated Cheese, cheddar, red. fat, shred. Chili powder Cumin, ground Lime, fresh juice	1 ¼ oz. 2 oz. 1 ½ oz. 2 oz. - - (1 lime)	¼ cup ¼ cup ½ cup - 1 tsp 1 ¼ tsp 1 ¼ tsp			4. Combine diced peppers, diced onions, shredded carrots, quinoa, spices, beans, juice from the fresh lime, and grated cheese together to make the filling. 5. For each wrap, place ½ cup of filling on bottom half of tortilla and fold in half like a taco.
Parchment paper Pan spray, garlic flavored		1 each Light spray			6. Place wraps on a lined sheet pan. Spray wraps with garlic flavored pan spray. Bake 10 minutes at 325°F until lightly browned. Serve hot.

Fiesta Wrap, continued

Serving Size	1 Serving Provides	Yield
	1.5 oz. eq. Meat/Meat Alternate 1.25 oz. eq. Grain .125 cup Vegetable	

Nutrients Per Serving

Calories	196	Vitamin A	1766.54 IU	Iron	2.2 mg
Protein	9.59 gm	Vitamin C	7.69 mg	Calcium	204.97 mg
Carbohydrate	29.28 gm	Fiber	5.58 gm	Cholesterol	5.33 mg
Fat	4.75 gm	% Fat	21.77 %	Sodium	321.16 mg
Saturated Fat	2.17 gm	% Saturated Fat	9.97 %	Sugars	.18 g

Ranch Dressing Reduced Sodium

Condiment:

Recipe Source: KSDE

Ingredients	12 Servings		280 servings		Directions
	Weight	Measure	Weight	Measure	
Salad Dressing, Reduced Fat (Use may, light, since it is already part of purchases)	-	1/3 cup		2 qt.	1. Whisk together salad dressing (mayo), milk and vinegar.
Milk, low fat 1%	-	1/3 cup		2 qt.	
Vinegar	-	1 1/2 Tbsp.		1 1/2 cups	
Ranch Seasoning Mix (See HFFFK recipe)	-	2 tsp.		1 cup	2. Stir or shake ranch seasoning to blend dry leafy herbs with spices. 3. Add required amount of dry mix to liquid blend. Blend well.

*Need 1 T for the Chicken Veggie Pocket. Remaining amount can be consumed on the salad made during the chef demonstration.

HFFFK Ranch Seasoning Mix

Ingredients	1/4 cup dry mix	4 cups dry mix	Directions
	Measure	Measure	
Parsley, dried	2 1/4 tsp.	3/4 cup	1. Mix ingredients well. Store in air-tight container.
Dill Weed, dried	2 1/4 tsp.	3/4 cup	
Garlic Powder	2 1/4 tsp.	3/4 cup	
Onion Powder	1 Tbsp.	1 cup	
Pepper, black, ground	1/2 tsp.	2 Tbsp. + 2 tsp.	
Chives, freeze-dried	2 1/4 tsp.	3/4 cup	
Salt, table	3/8 tsp.	2 Tbsp.	
Pepper, Red	1/4 tsp.	4 tsp.	
Paprika	1/4 tsp.	4 tsp.	

Yield:

Use 1 cup dry seasoning mix to make about 1 gallon of ranch dressing (280 servings).

Use 4 cups dry seasoning mix to make about 4 gallons of ranch dressing.

Spicy Bean Dip & Chips

Vegetable:

Recipe Source: Adapted from Recipes for Healthy Kids Cookbook

Ingredients	6 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, pinto, canned, low sodium Or Beans, pinto, can refried, low sodium	15 oz. can	1 ¾ cup			1. Mashed beans to consistency of refried beans and set aside.
Oil, vegetable Peppers, green, sweet, chopped Onion, red, chopped	- 3 ¾ oz. 6 oz.	1 T ¾ cup ¾ cup			2. Heat oil in a non-stick skillet. Add chopped vegetable and saute until tender.
Corn, sweet, yellow, canned Chili powder Cumin, ground Onion powder	6 oz. - - -	1 ¼ cup 1 tsp ½ tsp ¼ tsp			3. Add beans, corn, and spices to the sautéed vegetables. Heat through and hold until ready to serve.
Spinach, fresh, julienne cut Lettuce, romaine, julienne cut Carrots, peeled, shredded Cheese, cheddar, red. fat, shred. Salsa (see HKM Recipe) Sour cream, fat free Tortilla Scoops Baked Chips	- - 3 oz. 2 oz. - 4 oz. 6 oz.	½ cup ½ cup 1 cup - ½ cup ½ cup -			4. Combine julienne cuts of spinach and lettuce. 5. At service, scoop ½ cup of the vegetable blend onto a plate or food boat. 6. Top beans with 2 ½ T lettuce blend, 2 ½ T shredded carrots, 1 T shredded cheese, 1 T salsa, 1 T sour cream 7. Serve with 1 oz. baked tortilla chip scoops.

Serving Size	1 Serving Provides	Yield
	1.5 oz. eq. Meat/Meat Alternate 1 oz. eq. Grain .5 cup Vegetable	

Nutrients Per Serving

Calories	311	Vitamin A	4103.57 IU	Iron	2.33 mg
Protein	10.57 gm	Vitamin C	24.18 mg	Calcium	179.12 mg
Carbohydrate	50.49 gm	Fiber	7.56 gm	Cholesterol	8.62 mg
Fat	8.28 gm	% Fat	23.96 %	Sodium	413.17 mg
Saturated Fat	2.03 gm	% Saturated Fat	5.89 %	Sugars	2.38 g

Salsa

Vegetable:

Recipe Source: Healthier Kansas Menus

Ingredients	6 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, crushed, canned	13 to 14 oz.			1 - #10 can	1. Mix all ingredients 2. Refrigerate for at least one hour to blend flavors. Hold cold for service at 41°F or below.
Garlic powder	-	Dash		½ tsp	
Cilantro, dried (coriander leaf)	-	Dash		1 tsp	
Cumin, dried	-	⅜ tsp		2 T	
Lemon, juice	-	⅜ tsp		2 T	
Onion, dehydrated flakes	-	½ T		½ cup	
Peppers, jalapeno, canned, drained, minced, (optional)	-	-	2 oz.		

This recipe, along with many others is available on the www.kn-eat.org website, School Nutrition Programs, Resources, Healthier Kansas Menus.

Tuna Crispy Slaw Pocket

Main Dish:

Recipe Source: Adapted from Recipes for Healthy Kids Cookbook

Ingredients	6 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, red, shredded Cabbage, green, shredded Carrots, shredded Bok Choy, shredded Cilantro, fresh, chopped fine	6 oz. 5 oz. 4 ½ oz. 6 oz. -	2 ½ cups 2 cups 1 ½ cups 1 cup 2 T			1. Combine shredded cabbages, shredded carrots, shredded Bok Choy and cilantro to make the vegetable blend.
Oil, olive Vinegar, balsamic Chili powder Cumin, ground Onion powder Tuna, light, canned in water, drained		⅛ cup ½ cup 1 tsp 1 tsp 2 tsp -			
Lettuce, romaine, leaves, rinsed Lime, fresh, cut into wedges Pocket thins, whole wheat (Arnold Pocket Thins Flatbread)		6 outer leaves 6 wedges 3 each			4. Place lettuce leaf on the plate, clam shell or food boat. Scoop 1 cup of the tuna/vegetable blend onto lettuce leaf. 5. Cut whole wheat pocket thins in half to make 6 halves and place one half onto each portion. 6. Serve with lime wedge.

Serving Size	1 Serving Provides	Yield
	2 oz. eq. Meat/Meat Alternate 1.5 oz. eq. Grain 1.25 cup Vegetable	

Nutrients Per Serving

Calories	262	Vitamin A	8206.35 IU	Iron	3.24 mg
Protein	21.59 gm	Vitamin C	41.14 mg	Calcium	130.98 mg
Carbohydrate	33.42 gm	Fiber	8.46 gm	Cholesterol	27.22 mg
Fat	7.15 gm	% Fat	24.61 %	Sodium	429.23 mg
Saturated Fat	.84 gm	% Saturated Fat	2.89 %	Sugars	4.25 g

Crunchy Hawaiian Chicken Pocket

Main Dish:

Recipe Source: Adapted from Recipes for Healthy Kids Cookbook

Ingredients	6 servings				Directions
	Weight	Measure	Weight	Measure	
Mayonnaise, light	2 oz.	¼ cup			1. Combine mayonnaise, vinegar, sugar, and spices.
Vinegar, white	-	2 T			
Sugar, granulated	2 oz.	¼ cup			
Poppy seed	-	1 tsp.			
Garlic powder	-	1 ½ tsp.			
Onion powder	-	1 ½ tsp.			
Chili powder	-	1 ½ tsp.			
Broccoli, fresh, shredded	6 oz.	2 cups			2. Combine finely chopped or shredded broccoli, shredded carrots, crushed pineapple, and julienne cut spinach.
Carrots, fresh, peeled, shredded	4 ½ oz.	1 ½ cups			
Pineapple, can, crushed, drained	2 oz.	¼ cup			
Spinach, raw, julienne cut	1 oz.	1 cup			
Chicken, cooked, diced, IQF	12 oz.	-			3. Add cooked diced chicken to vegetable mix.
Pocket thins, whole wheat (Arnold Pocket Thins Flatbread)		3 each			4. Cut whole wheat pocket thins in halves to make 6 half pockets. 5. Scoop 1 cup of the chicken/vegetable salad mixture into each pocket half. Serve cold.

Serving Size	1 Serving Provides	Yield
Pocket half sandwich	2 oz. eq. Meat/Meat Alternate 1.5 oz. eq. Grain .75 cup Vegetable	6 servings

Nutrients Per Serving

Calories	325	Vitamin A	5484.99 IU	Iron	2.18 mg
Protein	23.86 gm	Vitamin C	31.03 mg	Calcium	82.72 mg
Carbohydrate	36.18 gm	Fiber	7.24 gm	Cholesterol	52 mg
Fat	12.11 gm	% Fat	33.5 %	Sodium	315.83 mg
Saturated Fat	1.81 gm	% Saturated Fat	5 %	Sugars	10.54 g