

Kid-Friendly Recipes

Taste Test

February 2010

Ingredients

- 2 large broccoli crowns
- 1 head cauliflower
- 2 bunches of radishes (with ~10 radishes each)
- 1 can of diced beets
- 1 large Jicama
- 1 large rutabaga
- 1 large potato
- 1 large turnip
- 1 cup of low-fat Ranch dressing

Directions

1. Wash all vegetables. Discuss with students size, color & texture.
2. Cut vegetables into bite size pieces
3. Have students taste each vegetable and select the one they like best.
4. Discuss how/where the vegetables are grown. (Refer to Tops and Bottoms story to see if they grow on TOP and which grow on the BOTTOM. Ask students to share other ways they can eat the vegetables—cooked, raw, in soup, etc.)
5. Create a graph of their favorites and discuss results.

Makes 20 taste tests

*Developed by: Network for a Healthy California -
Merced County Office of Education*



Jicama Cucumber Salad

Ingredients

- 1 pound Jicama (peeled and cut into ½ inch cubes)
- 2 medium cucumbers (quartered and sliced ¼ inch thick)
- 1 fresh lime
- 3 teaspoons chili powder

Directions

1. Wash all vegetables.
2. Combine Jicama and cucumbers in large bowl.
3. Squeeze lime juice over salad and mix well.
4. Sprinkle seasoning over salad and mix well.
5. Taste immediately.

Makes 24 taste tests (¼ cup each)

*Recipe Adapted From
Harvest of the Month Educator Newsletter (Root Vegetables)*

Jicama Pina Breeze

Ingredients

- 1 cup canned pineapple chunks (packed in 100% juice)
- 1 cup fresh Jicama (peeled and cut into small pieces)
- 1 cup fresh orange (peeled and cut into small pieces)
- 4 cups 100% orange juice

Directions

1. Wash all fruit and prepare. Drain pineapple.
2. Place all ingredients in a blender.
3. Blend until smooth.
4. Pour into cups.
5. Taste!

Makes 24 taste tests (¼ cup each)

*Recipe Adapted From
Harvest of the Month Family Newsletter (Root Vegetables)*



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