



Kid-Friendly Recipes

Taste Test

Ingredients

- 1 large broccoli crown
- 1 head of cauliflower
- 1 bunch of radishes
- 2 cups of low-fat ranch dressing (½ tsp per student)

Directions

1. Wash all vegetables.
2. Place ¼ cup of each vegetable and 1 -2 radishes on a plate.
3. Place 1 tsp. ranch dressing on each plate.
4. Taste!

Makes 20 taste tests

Developed by: Network for a Healthy California - MCOE

Italian Broccoli and Pasta

Ingredients

- 2 cups uncooked fettuccine noodles
- 3 Tbsp chopped green onions
- 2 cups broccoli florets
- ½ tsp dried or 1½ tsp fresh oregano
- ½ tsp ground black pepper
- 1 (14½ oz.) can stewed tomatoes (not drained)
- 2 tsp grated parmesan cheese

Directions

1. Cook fettuccine according to package.
2. Wash all vegetables.
3. Spray a medium skillet with nonstick cooking spray.
4. Stir fry onion and broccoli for 3 minutes over medium heat.
5. Add seasonings and tomatoes. Simmer until heated.
6. Spoon warm vegetable mixture over fettuccine and top with cheese.
7. Taste!

Makes 20 taste tests

Recipe adapted from Harvest of the Month Cycle I Family Newsletter (Broccoli)

Broccoli Salad

Ingredients

- 4 cups broccoli (cut into small pieces)
- 2/3 cup raisins
- 1 small red onion (peeled and diced)
- 2 Tbsp sugar
- 1 Tbsp + 1 tsp lemon juice
- ½ cup low-fat mayonnaise

Directions

1. Wash all vegetables.
2. Combine all ingredients in a medium bowl and mix well.
3. Chill for 1 -2 hours before serving.
4. Taste!

Makes 24 taste tests

Recipe adapted from Harvest of the Month Cycle I Educator Newsletter (Broccoli)

Fruity Cabbage Salad

Ingredients

- 4 cups of shredded green cabbage
- 2 medium red apples (chopped)
- ½ cup raisins
- 1/3 cup low-fat mayonnaise
- ½ cup canned pineapple juice

Directions

1. Wash all fruits and vegetables.
2. Mix cabbage, apples, and raisins in a large bowl.
3. In a separate bowl, whisk mayonnaise and pineapple juice together.
4. Add to salad and toss gently.
5. Taste immediately!

Makes 24 taste tests

Recipe adapted from Harvest of the Month Cycle II Educator Newsletter (Cabbage)



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