

The background of the cover features three fresh carrots with their green leafy tops, arranged diagonally on a dark wooden surface. The carrots are vibrant orange and appear to be freshly washed. The text is overlaid on this image.

RETHINKING SCHOOL LUNCH

COOKING WITH CALIFORNIA FOOD IN K-12 SCHOOLS

A cookbook
and professional
development guide

Georgeanne Brennan
and Ann M. Evans

CENTER FOR ECOLITERACY

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COOKING WITH CALIFORNIA FOOD

IN K-12 SCHOOLS

A COOKBOOK AND PROFESSIONAL DEVELOPMENT GUIDE

BY GEORGEANNE BRENNAN AND ANN M. EVANS

CENTER FOR ECOLITERACY

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The Center for Ecoliteracy and TomKat Charitable Trust are pleased to present *Cooking with California Food in K-12 Schools*, a cookbook and guide to menu planning organized around six basic dishes, five cultural flavor profiles, and four seasons. We hope that you will be inspired by these recipes and the vision of incorporating fresh, seasonal food in the meals we offer young people.

The nearly 900 million meals served yearly in California schools today present 900 million opportunities to create positive systemic change. After all, what better way is there to build healthy lifelong eating habits, support student well-being, and promote our economy and environment than by offering delicious, appealing meals that celebrate our agricultural abundance and rich cultures?

Healthy students learn better and achieve more. Changing how we grow, process, and prepare food impacts issues from health care costs to climate change, energy and resource conservation, and community vitality. The billions of dollars devoted to providing healthier school meals will boost California agriculture, invigorate local economies, and promote equity.

The Center for Ecoliteracy and TomKat Charitable Trust share an enduring commitment to health, education, and care for the environment. We are heartened by the passion and dedication of everyone in the movement to transform school meals. We applaud you, and offer this book with our best wishes.

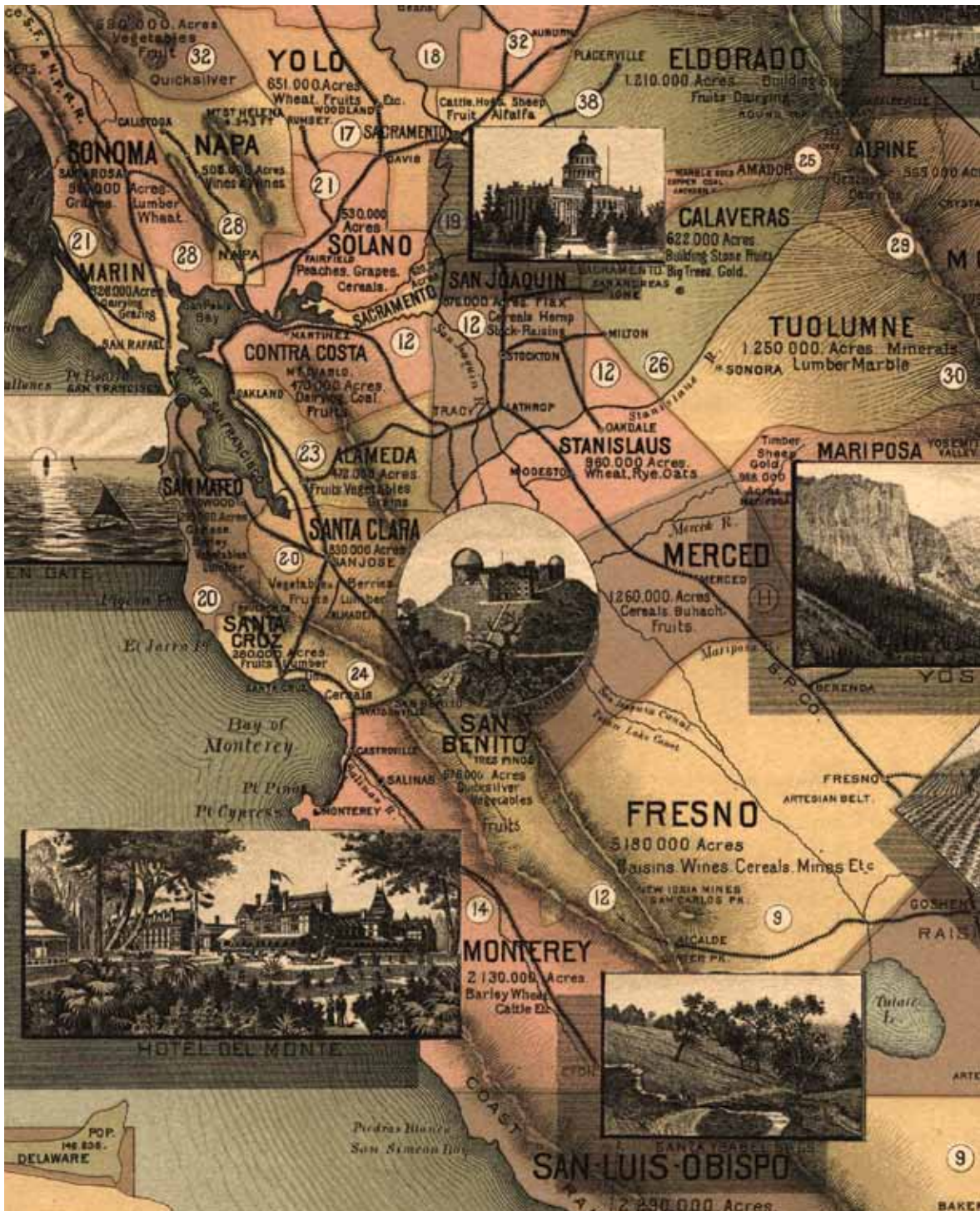
Sincerely,

Zenobia Barlow
Cofounder and Executive Director
Center for Ecoliteracy

Kat Taylor
President
TomKat Charitable Trust



Map of California from 1888, showing cultural landmarks and agricultural areas.



Detail of 1888 map of California, showing the distribution of major crops.

We could not live or prepare meals for school children in a more bountiful land than California, where each season offers a rich profusion of choices for cooking from scratch. We offer this cookbook and manual in hopes that it will be a resource to you as you explore and celebrate this abundance with the young people whom you serve.

Because of the state's Mediterranean climate, a vast number of crops are available fresh even during winter, including citrus, kiwifruit, greens, and root crops such as carrots and radishes. From storage come potatoes, rice, sweet potatoes, parsnips, and turnips. Young leafy greens emerge as winter gives way to spring and our kitchens draw on fresh local asparagus, sugar snap peas, strawberries, cherries, blackberries, and tender young lettuce. As the days grow longer and warmer, California's fields overflow with juicy tomatoes, zucchini, eggplant, beans, sweet peppers, corn, and okra. Summer orchards are sweet with peaches, plums, and nectarines. Summer extends into fall, the "crossover season," when tomatoes, beans, and peppers are found side by side with grapes, apples, pears, and the first winter squashes, persimmons, and pomegranates. Throughout the year California produces onions, herbs, mushrooms, milk, cheese, and more, while its bakers give us fresh breads of every kind.

California's agriculture makes it possible to serve the best, freshest, healthiest food imaginable. We invite you to adapt the concepts developed in this book in order to introduce seasonal fruits and vegetables, sourced locally, into dishes that are popular with children and reflect our state's diverse cultural heritage. As you do, give thanks to the soil, the water, the sun, and those who work the land for the confluence that makes such food available to our children.

Sincerely,

Georgeanne Brennan
Ann M. Evans



INTRODUCTION

ADDING MORE FRESH, LOCAL, HEALTHY CALIFORNIA FOOD TO SCHOOL MEALS

Cooking with California Food in K-12 Schools serves many purposes. It offers ideas for adding more fresh, local, healthy foods to school lunches. It helps meal services devise an appealing variety of menus around dishes that children already love, while honoring California's rich history and cultural heritage. It describes a tested plan for effective professional development which nutrition services staff members enjoy, drawing on their skills and inspiring their creativity.

This book belongs to a suite of publications and projects created by the Center for Ecoliteracy under the title Rethinking School Lunch. These productions include ideas and strategies for improving school food, teaching nutrition, supporting sustainable food systems, and designing education programs focused on understanding the relationships between food, culture, health, and the environment.

Increasing the amount of fresh, locally sourced fruits and vegetables, whole grains, and other nutritious foods in school lunches is a goal of many school districts and of the United States Department of Agriculture's National School Lunch Program. We developed this cookbook and professional development guide to assist school food service personnel in learning more about cooking with fresh, seasonal ingredients and using different flavor profiles.

Cooking with California Food in K-12 Schools introduces the concept of the dynamic 6-5-4 School Lunch Matrix, based on six dishes students know and love, five ethnic flavor profiles, and four seasons. It provides recipes using the matrix and offers a plan and instructions for a creative approach to professional development. Once the matrix concepts are practiced through this approach, they can be adapted and creatively applied to school lunch menus.

The six dishes in the 6-5-4 matrix are salads, soups, pastas, rice bowls, wraps, and pizza toppings. The five flavor profiles broadly represent African, Asian, European/Mediterranean, Latin American, and Middle Eastern/Indian foods. They reflect California's multicultural

history and heritage; many of the plants, spices, herbs, grains, and animals that make up these cuisines were brought to California by immigrant groups over the last two centuries. The flavor profiles also represent foods increasingly offered by restaurants, delicatessens, and retail markets. The four seasons are fall, winter, spring, and summer.

The concept described here was piloted over three years in Davis, California, through professional development for nutrition services personnel, in a hands-on cooking school format using family-size recipes. The classes focused on introducing and increasing local seasonal ingredients in dishes already popular with students. These kinds of dishes served as a platform from which to introduce new flavor profiles (for both variety and palate education), increase the use of in-season fruits and vegetables, expand the inclusion of whole grains, utilize USDA commodity products in as nutritious a way as possible, and introduce California extra virgin olive oil as a healthy fat.

ABOUT THE RECIPES

The recipes are written in test-size quantities that are based on home cooking for families and appropriate for use in the professional development approach described in this book. Most school nutrition services directors have techniques for scaling up recipes to meet the needs of their programs. Each recipe includes a headnote with background information, ingredient amounts, and cooking instructions, as well as suggestions for variations on the basic recipe. The notes sometimes include suggestions that recipes might be altered for students at various grade levels, such as reducing the amount of garlic and jalapeño for elementary students. Other suggestions include adaptation of dishes for other seasons or flavor profiles to expand the repertoire of food service professionals.

TERMS USED IN THIS BOOK

“Local” refers here to the state of California; however, school districts use a variety of definitions. For example, local might be defined as the foods coming from within a 100- or a 300-mile radius. Districts may extend their definition in tiers—first foods from within a short radius (such as the county, or within 50 miles), followed by a radius of 100 miles and then 300 miles. Some form of provenance labeling with vendors is useful so that school food service personnel can track the percentage of local product being ordered.

“Minimally processed” includes such foods as pastas, nuts, nut butters, some dairy products, and whole grains.



Asian Cabbage and Orange Salad with Ginger is a flavorful combination of fresh, local, and seasonal California ingredients. Recipe on page 78.

“Cooking from scratch” refers to preparing a dish from start to finish using only ingredients that are raw and fresh or are minimally processed. Cooking from scratch does not include the use of additional prepared products such as sauces and prepackaged mixes or heat-and-serve items.

Vegetables and fruits are classified according to their usual culinary uses rather than their technical botanical designations. So, for instance, we are treating squash and tomatoes as vegetables for the purposes of this book.

The four seasons are defined as follows:

FALL September, October, November

WINTER December, January, February

SPRING March, April, May

SUMMER June, July, August

RETHINKING SCHOOL LUNCH

In addition to this book, the Center for Ecoliteracy’s Rethinking School Lunch collection of publications and projects includes an extensive online Rethinking School Lunch Guide, workshops and professional development seminars, consulting with schools and districts, essays on the Center for Ecoliteracy website, a conceptual framework for integrating learning in K-12 classrooms (*Big Ideas: Linking Food, Culture, Health, and the Environment*), and discussion guides for films such as *Food, Inc.* and *Nourish: Food + Community*. For further information, see www.ecoliteracy.org.

RETHINKING SCHOOL LUNCH

A planning framework from the Center for Ecoliteracy

SECOND EDITION



CENTER FOR ECOLITERACY

The Rethinking School Lunch Guide by the Center for Ecoliteracy is available free at www.ecoliteracy.org.



1

PROFESSIONAL DEVELOPMENT:

INTRODUCING NEW FOODS AND FLAVOR PROFILES

Classes in professional development for nutrition services staff members are opportunities to facilitate the introduction of new foods and flavor profiles, including those described in this book, into school lunches. These classes are a chance for staff members to try recipes, taste the dishes, experiment with their own variations, and become motivated to introduce them into the meal program.

Cooking is more fun when it is hands-on and value-driven. Cooking class participants discover new flavors and recipes and frequently contribute knowledge from their own experiences and cultural backgrounds, which enriches the class. This chapter provides information about an approach to delivery of professional development based on this premise, and includes specific information on considerations prior to launching classes, selecting the instructor, and preparing for and delivering the classes.

The classes as proposed typically last two to three hours, including initial instruction, cooking, presentation, tasting, and discussion. Participants work in groups of two or three, and cook one or two recipes per group per class. Each class cooks six to eight recipes. The instructor circulates, answering questions and making suggestions. After preparing their dishes, participants serve them to the whole group on platters or in bowls, with attention to attractive presentation, and discuss them together.

GENERAL CONSIDERATIONS PRIOR TO LAUNCHING THE PROGRAM

CLASS PARTICIPANTS The classes are designed for school food service personnel with a variety of backgrounds and abilities. As adults they have all gained some sort of cooking knowledge. Such knowledge is a resource to the class, and this professional development approach is structured to respect and draw upon it.

CLASS SIZE Participants are more receptive in smaller groups where they are more active and receive more individual attention. We suggest group sizes of no more than fifteen people.

APPROVAL PROCESS Approvals and funding for these professional development sessions should be secured in advance. The approval process will vary by school district. There is likely a district protocol for payment of overtime if the class will be offered in addition to pre-approved hours or scheduled in-service time.

LOCATION The facilities should offer enough cooking stations and space for all participants to engage in hands-on cooking, and have functional equipment such as stovetops and ovens needed to prepare the recipes. Review the options for kitchens in which the cooking class could be offered and meet with appropriate kitchen personnel to walk the site in order to check functionality of equipment and the number of stations available.

REQUIRED EQUIPMENT The kitchen may need extra pots, pans, and utensils for home-style cooking. Bowls and platters for family-style serving may need to be acquired. Optional additional equipment includes mortars and pestles for grinding spices and herbs by hand; a spice grinder (an electric coffee grinder works well); zesters, useful for citrus; a citrus reamer, useful for hand juicing of one or two items at a time. Staff members will greatly appreciate having a selection of sharp knives.

FUNDING Extra funding may be required to compensate for school staff members' time, to purchase ingredients or equipment, and/or to compensate an instructor. The school district may have a grant writer available to secure funding for professional development and equipment. Local community groups such as the school district's nutritional advisory committee, health providers, or local service clubs might be sources of funding. The local farmers' market board of directors and manager may also be a source of support and funding.





THE INSTRUCTOR

QUALITIES NEEDED The instructor should be knowledgeable about cooking with fresh, seasonal ingredients; familiar with international flavor profiles and ingredients; and able to work easily with adult students.

WHERE TO FIND AN INSTRUCTOR The local farmers' market manager may know of volunteers or interns, or have access to "cooking farmers" or chefs who would like to lead classes. Many local restaurateurs and chefs are expressing an interest in working with school staff, and can be found through the national program Chefs on the Move to Help Child Nutrition through www.letsmove.gov and in your local community. Other professional culinary organizations such as Les Dames d'Escoffier International, the International Association of Culinary Professionals, and Slow Food USA may be helpful. These organizations have chapters across the nation. Culinary instructors in secondary schools, community colleges, and culinary schools may be a direct source. There may be capable individuals within the school food service who are interested in guiding the professional development of their peers. Although it's not necessary, having the same teacher from class to class provides consistency, which is part of building trust and relationships that will empower those who are taking the class.

PREPARATION

RESPONSIBILITIES OF THE SCHOOL DISTRICT NUTRITION SERVICES DIRECTOR Ensure that you have someone available to wash dishes as the class progresses and after the tasting. Introduce the professional development approach to the staff, perhaps providing each person with this cookbook and professional development guide and discussing changes the staff would like to see. Give staff members advance notification and remind them several days before sessions.

RESPONSIBILITIES OF THE INSTRUCTOR Ensure that the required facilities and equipment are available. Select the recipes and provide them to the food service director to make copies for each participant. Secure all the ingredients necessary and place them in a central location from which participants can access them as needed for the recipes they are cooking.

THE CLASS ITSELF

GETTING STARTED Participants sign in as appropriate, don their hairnets, wash their hands, and gather in the kitchen. The instructor passes out copies of the recipes to each person.

THE PRESENTATION The instructor introduces the recipes and flavor profiles and discusses the ingredients to be used, showing examples of vegetables or herbs as appropriate. The introduction is brief, about five to 10 minutes at most. Participants are eager to begin hands-on learning, and further instruction can be provided as they cook. Some questions about ingredients and techniques are easier to ask one-on-one. Participants divide into groups of two or three; each group volunteers to take one or two recipes. The instructor assigns recipes if all are not taken.

COOKING Hands-on cooking lasts about 45 minutes to an hour. All recipes in this cookbook can be accomplished in that period of time. Participants are instructed to gather ingredients and proceed with the assigned recipes. The instructor circulates among the groups, assisting and guiding as appropriate. The instructor keeps track of timing so that all dishes are finished and plated for presentation at the same time. Some participants will finish on time or early; others will come up late the first few times. The rhythm is best learned through experience over the first few classes. As home cooks do, some participants will improvise and others will follow the recipes exactly. For inclusion in a recipe for school lunch, uniformity of flavor and ingredients is important, so that students know what to expect. For the purpose of the professional development, though, uniformity is not as important as the experience of cooking.

PRESENTATION AND TASTING When dishes are completed, participants place them in bowls or on platters for family-style serving and are encouraged to be creative with garnish. Those who are done early can set out a cloth on the central table and ensure that there are chairs and plates, bowls, utensils, and napkins, so that all can sample. Once the finished and plated dishes are presented on a table for all to view, participants assemble around the table, sitting or standing, and are invited to talk briefly about how they prepared their dishes, describing the ingredients and techniques used. This portion should take no more than 10 minutes.

SAMPLING Sampling the dishes is a high point of the class. Valuable casual conversation occurs during this time, and can be followed by an integrated nutrition education lesson relating to the dishes prepared and a brief guided group discussion of the appropriate grade levels and style of introduction of the dishes into the school lunch menu.

HOSPITALITY TRAINING Using nutrition as an entree, the instructor may encourage participants to think about how they would interact with students about these dishes. Included in the suite of Rethinking School Lunch publications and projects created by the Center for Ecoliteracy are picture cards with suggestions for what to say to students about various fruits and vegetables. These are available free by download on the CEL website at www.ecoliteracy.org/downloads/nutrition-education-cards.

THE ENDING The table is cleared. Dishes are washed and the kitchen is cleaned for the next day's use. The instructor or school district food service director may wish to invite a verbal or written evaluation of the class.

This professional development program is a chance to showcase changes in your school lunch program. Over time, participants will become well acquainted with the cooking-school style of learning and will need less of the instructor's time and encouragement. After one or two classes have been given, consider setting an annual schedule of five to six classes, and invite two or three guests who have a stake in the outcome to observe. This can include the superintendent, associate superintendents in charge of business or curriculum, board members, nutrition advisory committee members, funders and potential funders, community members, or even vendors. Consider in advance whether they will be invited to participate in hands-on cooking or to observe. While the cooking instructor works with the class, the food service director or another appropriate person could invite the visitors to adjourn to a separate room to review the overall goals for changes in school lunch, the funding needed to achieve the goals, and the progress made to date.

2

THE SEASONAL SALAD BAR

The easiest way to increase student consumption of fresh, local, in-season fruits and vegetables is to offer a daily seasonal salad bar. The salad bar is also an opportunity to introduce more whole grains into the diet through serving freshly made whole grain salads.

SEASONAL SALAD BAR COMPONENTS

We propose that seasonal salad bars contain a minimum of six components:

- 1 A base of fresh lettuce and/or greens
- 2 A minimum of two fresh, local, in-season fruits and/or vegetables
- 3 Two made-from-scratch or freshly prepared seasonal salads, such as Whole Wheat Penne and Tuna or Cucumber and Jicama
- 4 One or two proteins such as hard-boiled eggs, beans, chicken, tuna, or cheese (including one vegetarian protein)
- 5 One or two additional products, for instance canned or frozen fruits or vegetables such as peaches, apricots, or beets
- 6 Other items: raisins and other dried fruits, walnuts, almonds, “trail mix,” yogurt, sunflower seeds, pumpkin seeds, pickled jalapeños, croutons

THE GREEN SALAD BASE There are many possibilities for the green salad base. Blends of lettuce, greens, and even raw vegetables can be made to suit students’ age levels. If using a house-made blend, create a recipe specifying the quantity of each item that is used, in order to ensure uniformity.



LETTUCE AND GREENS

+



FRESH, LOCAL, SEASONAL FRUITS AND VEGETABLES

+



FRESHLY PREPARED SEASONAL SALADS

+



PROTEINS, AT LEAST ONE VEGETARIAN

+



FROZEN OR CANNED FRUITS AND VEGETABLES

+



=

RAISINS, NUTS, CROUTONS, AND/OR TRAIL MIX



A NUTRITIOUS, FRESH, LOCAL SEASONAL MEAL



Whole grain salads like Tabbouleh offer exceptional nutrition and are popular salad bar additions. Recipe on page 58.

Some salad base options:

ASIAN GREENS

MIXED FIELD GREENS

CABBAGE

RED LEAF, GREEN LEAF

CHARD

ROMAINE

ICEBERG

SPINACH

KALE

SEASONAL FRUITS AND VEGETABLES The fresh, local, in-season fruits and vegetables offered in a seasonal salad bar change both between and within the seasons, with some items overlapping two seasons.

For example:

FALL Apples, beans, cherry tomatoes, cucumbers, jicama, peaches, pears, persimmons, plums, sliced tomatoes, sweet peppers, zucchini

WINTER Apples, broccoli, cabbage, cauliflower, kiwifruit, mandarins, oranges, red onions, tangerines

SPRING Apricots, asparagus, carrots, cherries, cherry tomatoes, cucumbers, jicama, mandarins, spring onions, strawberries, sugar snap peas, zucchini

SUMMER Apricots, cherries, cherry tomatoes, cucumbers, jicama, melons, nectarines, peaches, plums, sliced tomatoes, snap beans, strawberries, sweet peppers, watermelon, zucchini

MADE-FROM-SCRATCH OR FRESHLY PREPARED SALADS There are many opportunities to prepare salads from scratch for the seasonal salad bar. All of the salads in the recipes section of this book are appropriate for the salad bar. Additionally, some of the recipes for pasta, such as the Asian-inspired Soba Noodles with Eggplant, Tofu, and Thai Basil or the European/Mediterranean-inspired Basil-Walnut Pesto with Whole Wheat Rigatoni, can be served on the salad bar rather than as hot entrées.

WHOLE GRAIN SALADS Salads prepared from whole grains offer exceptional nutrition. Grains are the edible seeds of plants, primarily cereals or legumes. For this book, “whole grains” are cereal seeds that have all their original bran, germ, and endosperm.

To create your own whole grain salads, cook a suggested-for-salad whole grain as listed below or whole grain pasta, draining as needed. Combine the grain with chopped, seasonal vegetables, and add lemon juice, extra virgin olive oil, and salt and pepper to taste. Season with spices, fresh herbs, and other ingredients from one of the flavor profiles in this cookbook.

Some common whole grains:

BARLEY has a sweet, earthy flavor. The texture is chewy to soft, depending on the amount of water used and length of time in cooking. Use in soups, salads, and side dishes.

BROWN RICE has a nutty flavor and a chewy texture. All rice starts out brown; white rice is brown rice with the bran and germ removed—thus it is no longer whole grain. Use in soups, stews, salads, and side dishes.

BULGUR has a nutlike flavor and a firm texture. It is an entire wheat kernel (wheat berry) that has been parboiled, dried, and partially debranned. It is usually ground fine or medium. Use in salads and side dishes.

CORN has a sweet flavor. It is used in a variety of forms such as cornmeal, hominy, and grits. Cornmeal, usually degermed, can be fine or coarsely ground and is commonly used in baking. Hominy (also known as pozole or samp) is dried corn soaked in hydrated lime or lye. It has a smoky, slightly sour flavor and a soft, chewy texture and is commonly used in soups and stews. Grits are hominy, fine or coarsely ground, typically used in baked dishes or as a breakfast cereal.

CRACKED WHEAT has a mild flavor and fluffy texture. It is an entire wheat kernel (wheat berry) that is then cracked or ground into coarse or medium particles. It also known as bulgur wheat. Use in salads, entrées, and pilafs.

MILLET has a bland, slightly nutty flavor and can be used for salads and pilafs, or in any way that rice might be used.

QUINOA has a sesame-like flavor and a delicate texture. Use in salads, side dishes, and any way in which rice might be used.

WHEAT BERRY has a nutty flavor and chewy texture. It is the entire wheat kernel. Use in soups, salads, and side dishes. Ground into flour, it is used for baking and pasta. Use in salads.

SALAD DRESSINGS

Salad dressings are important to the success of the salad bar. House-made salad dressings, prepared from scratch, are an opportunity to increase flavor and remove hidden ingredients such as sweeteners which can increase caloric intake. In the recipes section of this book several recipes are provided for house-made dressings, including Ranch, Thousand Island, Russian, and Soy Sesame.



RANCH DRESSING

MAKES ABOUT 1 CUP

Ranch dressing is a favorite among students, who like it not only for salads but also for dipping raw vegetables of all kinds.

1/2	CUP MAYONNAISE	2	TEASPOONS DIJON MUSTARD
1/2	CUP LOW-FAT SOUR CREAM	1/2	TEASPOON DRIED DILL
1 1/2	TEASPOONS LEMON JUICE	1/2	TEASPOON DRIED PARSLEY
1	TEASPOON ONION POWDER	1/2	TEASPOON SALT
1/2	TEASPOON GARLIC POWDER		

Combine all ingredients and mix well. Will keep refrigerated for about 5 days.



THOUSAND ISLAND DRESSING

MAKES ABOUT 1 1/2 CUPS

This old-time favorite, made with pickles, onions, ketchup, and mayonnaise, is coming back in style. Students like it for its sweet flavor and use it on any kind of salad greens or with cottage cheese and fruits.

1	CUP MAYONNAISE	1	TABLESPOON MINCED FRESH CHIVES, OR 1 TEASPOON DRIED CHIVES
1/4	CUP KETCHUP		
2	TABLESPOONS MINCED SWEET PICKLES OR SWEET PICKLE RELISH	1	TABLESPOON MINCED FRESH PARSLEY, OR 1 TEASPOON DRIED PARSLEY
1	TABLESPOON MINCED ONION, OR 1 TEASPOON ONION POWDER		SALT PEPPER

Combine all ingredients and mix well. Will keep refrigerated for about 1 week.



RUSSIAN DRESSING

MAKES ABOUT 1 1/2 CUPS

This is similar to Thousand Island dressing, but has a bit more tang. You can use it as a sandwich spread or as a salad dressing, or with cottage cheese and fruits.

1	CUP MAYONNAISE	1	TABLESPOON MINCED ONION, OR 1 TEASPOON ONION POWDER
1/4	CUP KETCHUP		
1	TABLESPOON HORSERADISH		SALT
1	TEASPOON WORCESTERSHIRE SAUCE		PEPPER
1	TABLESPOON MINCED FRESH PARSLEY, OR 1 TEASPOON DRIED PARSLEY		

Combine all ingredients and mix well. Will keep refrigerated for about 1 week.



SOY SESAME DRESSING

MAKES ABOUT 2 CUPS

Students like this salad dressing as an alternative to Ranch and other mayonnaise-based dressings, especially for any salads with Asian flavors. You can also use this to accompany Asian-style entrée salads.

1/2	CUP RICE WINE VINEGAR	2	TABLESPOONS FRESH LIME JUICE
1/4	CUP HONEY	1	TEASPOON DRY MUSTARD
1/2	CUP CANOLA OIL	1	TEASPOON GROUND GINGER
2	TEASPOONS TOASTED SESAME OIL		SALT
1/2	CUP LIGHT SOY SAUCE		FRESHLY GROUND BLACK PEPPER TO TASTE

In a large bowl, whisk together the vinegar and honey until the honey dissolves. Whisk in the remaining ingredients. Alternatively, blend in a blender. Taste and adjust with salt and pepper as desired.

Cover and refrigerate until ready to use. Before using, stir or shake the container, because the ingredients will separate if standing. Will keep refrigerated for about 1 week.

3

6-5-4: DISHES, FLAVOR PROFILES, AND SEASONS

This cookbook is based on a matrix of six basic dishes and five cultural flavor profiles that can be easily adapted to the four seasons. Use of this matrix allows food service directors and kitchen staff to diversify their menu offerings; to use fresh, in-season vegetables, fruits, and herbs in dishes that children know and enjoy; and to create multiple versions of those dishes by varying the seasonings.

THE SIX DISHES

We have chosen six dishes that are already familiar to students through school lunches, their homes, retail food establishments, and restaurants. They are salads, soups, pastas, rice bowls, wraps, and pizza toppings. By varying the seasonal ingredients and using different flavor profiles, many dishes that are flavorful, in season, and reflective of California’s ethnic diversity can be created throughout the year.



SALADS Salads are the easiest way to increase student consumption of fresh, local, in-season foods. In particular, the salad bar provides the opportunity for students to eat raw fruits and vegetables, along with whole grains. See Chapter 2, “The Seasonal Salad Bar,” for more information.



SOUPS Every culture, worldwide, makes soup. They can be made from scratch, or freshly prepared using ready-made broth or commodity tomatoes as a base, and can incorporate vegetables as well as whole grains and proteins. A whole grain roll can be served with the soups.



PASTAS Pastas can be made from whole grain flour, whole wheat, or bleached and enriched white flour. They can also be made from rice and other flours. Different cultures use a variety of pasta shapes and sizes in soups, salads, main courses, and even dessert. Virtually all pastas can have vegetables added to them, either as primary components or as finely chopped secondary components.



RICE BOWLS Rice is eaten around the world. The multiple ways to serve rice include with fresh, local, and in-season vegetables, and in some instances fruits.



WRAPS Many dishes using ingredients in different flavor profiles can be wrapped into a tortilla, chapatti, flatbread, or spring roll skin, or tucked into a pita pocket. Adding additional fresh herbs to these wraps increases flavor, texture, and color.



PIZZA TOPPINGS Pizzas are among America's favorite food. This cookbook assumes that school kitchens are purchasing or making their pizza crust and using a basic topping of tomato sauce and cheese. Thus the pizza recipes in the book are for seasonal toppings reflecting the five flavor profiles, not for the pizza crust or sauce.

THE FIVE FLAVOR PROFILES

The broad, general flavor profiles chosen for this cookbook represent the world's major continents and reflect the heritage and ethnic diversity of California's population. They are African, Asian, European/Mediterranean, Latin American, and Middle Eastern/Indian. Within each of these profiles are very significant regional differences; however, it is not the intent of this book to address the differences. Due to trade and globalization, numerous cuisines around the world employ many of the same basic foods, but different cuisines season those foods in distinctive ways. The choice of seasonings, and in some cases ingredients, allows us to talk in broad terms about flavor profiles.

FLAVOR PROFILE: AFRICAN



In this book, “African” refers primarily to the countries of the African continent south of the Sahara plus the islands of Madagascar, Cape Verde, and São Tomé. The cuisine is diverse as well, showing the influence of colonizers, explorers, and traders over the centuries, interwoven with diets based on indigenous foods. Enslaved Africans brought with them to America their cooking traditions with native foods such as okra, black-eyed peas, and yams. The process of interweaving indigenous and imported foods continued, with the incorporation of foods of the Americas such as corn into this evolving cuisine. In the southern United States especially, a strong cultural identity has grown up around the consumption of certain foods that today are deeply associated with the cooking and foodways of African Americans. The following foods are included in the African profile.

BEANS

BLACK-EYED PEAS

COLLARD GREENS

CORN

MILLET

MOLASSES

OKRA

PAPRIKA

PEANUTS

PEPPERS, CHILI

PEPPERS, SWEET

SASSAFRAS

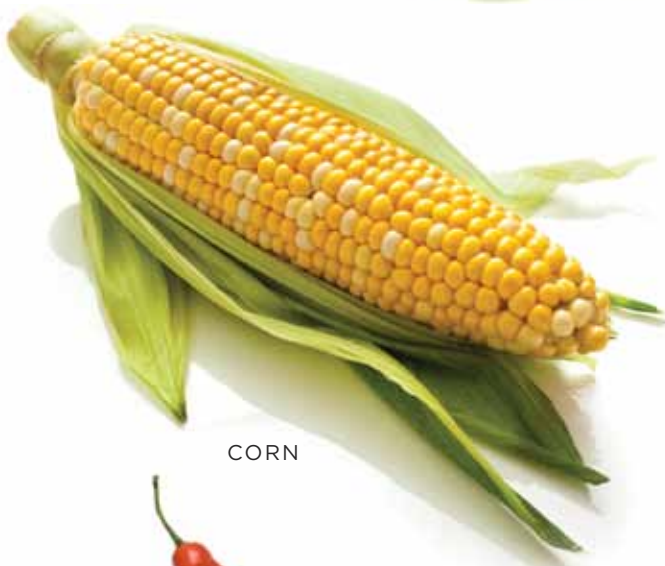
SWEET POTATOES

YAMS

COLLARD GREENS



BLACK-EYED PEAS



CORN



PEANUTS

PAPRIKA



CHILI PEPPERS



OKRA



SWEET POTATOES

FLAVOR PROFILE: ASIAN



The Asian continent includes countries as culturally and culinarily different as China, Japan, the Koreas, Malaysia, Thailand, Cambodia, Laos, Vietnam, and the Indonesian archipelago. Most of them use, in one way or another and to greater or varying degrees, the following spices, herbs, and ingredients.

CORIANDER

COCONUT

CUMIN

CURRY

FISH SAUCE

GINGER

LEMONGRASS

MINT

MUNG BEANS

PEPPERS, CHILI

PEPPERS, SWEET

RICE VINEGAR

SAFFRON

SESAME SEEDS AND SESAME OIL

SOY FLAVORINGS: MISO PASTE, FERMENTED

SOYBEANS, SOY SAUCE

THAI BASIL

TOFU

TURMERIC



TOFU



GINGER



LEMONGRASS



SAFFRON



CHILI PEPPERS



CORIANDER

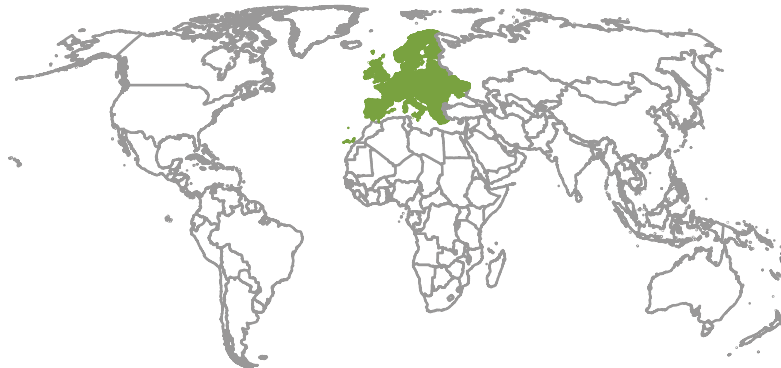


MUNG BEANS



COCONUT

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN



This profile traces its origins to North American settlements in the sixteenth and seventeenth centuries, especially of immigrants from the British Isles, Northern Europe, and Spain. Later immigration brought additional Northern and Eastern Europeans as well as Italians, Portuguese, Greeks, and other Mediterranean peoples through the first part of the twentieth century. California and the Southwest, once a part of Mexico, have always had a strong Spanish influence. These immigrants brought with them the foods of their homelands, which they often combined with indigenous American foods such as tomatoes and peppers.

BARLEY

BASIL

CAPERS

COUSCOUS

DILL

FENNEL

GARLIC

HORSERADISH

MINT

OLIVES

OLIVE OIL

OREGANO

PAPRIKA

PEPPERS, CHILI

PEPPERS, SWEET

ROSEMARY

SAFFRON

THYME

TOMATOES



FENNEL



BARLEY



OLIVES AND
OLIVE OIL

OREGANO



SWEET PEPPERS



GARLIC



COUSCOUS



FLAVOR PROFILE: LATIN AMERICAN



Mexico, the Central American and South American countries, and the islands of the Caribbean have elements of a distinct New World cuisine based on indigenous ingredients, but those cuisines have also been heavily influenced by colonizers from Spain, Portugal, Holland, and France, and by the African traders.

ACHIOTE

BANANAS

BEANS

CHOCOLATE

CINNAMON

CORN

CUMIN

GARLIC

HIBISCUS

MANGOES

NOPALES (CACTUS PADS)

OREGANO

PAPAYA

PEPPERS, CHILI

PEPPERS, SWEET

PLANTAINS

QUINOA

TOMATOES

VANILLA



PLANTAINS



ACHIOTE



QUINOA



BEANS



TOMATOES



VANILLA



CUMIN



HIBISCUS

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN



This profile encompasses cuisine from the Middle East, also known as Western Asia, including Iran, Iraq, Yemen, Turkey, Afghanistan, and Pakistan, as well as countries of North Africa and the Eastern Mediterranean. The Indian subcontinent is sometimes included in geographical references as part of Western Asia, sometimes as part of Southern Asia. Culinarily, India and the Middle East use many of same herbs and spices, as well as such ingredients as yogurt.

ALLSPICE

CARDAMOM

CHICKPEAS (GARBANZO BEANS)

CILANTRO

CINNAMON

CORIANDER

CUMIN

FENNEL

GARLIC

GHEE (CLARIFIED BUTTER)

MINT

NUTMEG

PEPPERS, CHILI

PEPPERS, SWEET

PINE NUTS

POMEGRANATES

ROSE WATER

SESAME OIL

TAMARIND

TURMERIC

YOGURT

MORE SPECIFIC TO INDIA:

CURRY

GARAM MASALA

KAFFIR LIME LEAVES

MANGOES

CILANTRO



CINNAMON



YOGURT



CURRY



PINE NUTS

MANGOES



TAMARIND

POMEGRANATES



CHICKPEAS

THE FOUR SEASONS

These four broad profiles represent the seasons as experienced in California and reflect the crops grown in this part of the Western hemisphere. Within each profile there are very significant regional differences. Due to multiple geographic and weather influences the physical seasons may overlap, and they show the effects of microclimates. However, speaking seasonally allows us to think in a general way about locally grown fruits and vegetables.

FALL: SEPTEMBER, OCTOBER, NOVEMBER Fall is sometimes called the “crossover season” because many summer fruits and vegetables (such as tomatoes, beans, peppers, and grapes) are still available even while hard winter squash, persimmons, and dates are appearing. This is especially true in California with its versatile Mediterranean climate, which is so amenable to a multitude of crops. This means fall is a very abundant season, with multiple choices available for cooking from scratch.

FALL FRUITS

APPLES

ASIAN PEARS

BLACKBERRIES

DATES

FEIJOA (PINEAPPLE GUAVA)

FIGS

GRAPEFRUIT

GRAPES

KUMQUATS

LEMONS

MELONS

ORANGES

PEACHES

PEARS

PERSIMMONS

POMEGRANATES

PLUMS

RASPBERRIES

STRAWBERRIES

QUINCE

FALL VEGETABLES

ARUGULA

ASIAN GREENS

BASIL

BEANS

BEETS

BOK CHOY

BROCCOLI

CABBAGE



Fall Tabbouleh salad with tomatoes, cucumber, parsley, and mint; Middle Eastern/Indian flavor profile. Recipe on page 58.

CACTUS PADS
CARROTS
CAULIFLOWER
CELERY
CHARD
COLLARDS
CORN
CRESS
CUCUMBERS
EGGPLANT
ENDIVE
FENNEL
GARLIC
KALE
KOHLRABI
LEEKs
LETTUCES
MUSHROOMS
MUSTARD
OKRA

FALL HERBS

BASIL
CHIVES
CILANTRO
DILL
MARJORAM
MINT
OREGANO

RAW OLIVES
ONIONS
PEPPERS, CHILI
PEPPERS, SWEET
POTATOES
PUMPKINS AND OTHER WINTER SQUASH
PURSLANE
RADICCHIO
RADISHES
RAPINI
RHUBARB
SHALLOTS
SPINACH
SUMMER SQUASH
SUNCHOKES
TANGERINES
TOMATILLOS
TOMATOES
TURNIPS

PARSLEY
ROSEMARY
SUMMER SAVORY
TARRAGON
THYME
WINTER SAVORY

WINTER: DECEMBER, JANUARY, FEBRUARY During the California winter, a vast number of crops are in season. They include citrus fruits, an extensive variety of greens and root vegetables, and brassicas such as broccoli, cauliflower, and cabbages. Combining these with different proteins, carbohydrates, cheeses, and grains allows for a wide range of items from the 6-5-4 School Lunch Matrix to be prepared and served in school lunches during the cold months.

WINTER FRUITS

AVOCADOS	MANDARINS
APPLES	ORANGES
DATES	POMEGRANATES
GRAPEFRUIT	POMELOS
KIWIFRUIT	TANGERINES
FEJOA (PINEAPPLE GUAVA)	QUINCE
LEMONS	

WINTER VEGETABLES

ASIAN GREENS	GREEN GARLIC (FEB.)
BEETS	GREEN ONIONS
BOK CHOY	KALE
BROCCOLI	KOHLRABI
CABBAGE	LEEKs
CARROTS	LETTUCES
CAULIFLOWER	MUSHROOMS
CELERY	MUSTARD
CHARD	ONIONS
COLLARDS	POTATOES
ESCAROLE	WINTER SQUASH
ENDIVE	RADICCHIO
FENNEL	RADISHES
FRISÉE	SPINACH

WINTER HERBS

CILANTRO

CHIVES

MARJORAM

MINT

OREGANO

TURNIPS

PARSLEY

ROSEMARY

SAGE

THYME

SPRING: MARCH, APRIL, MAY Spring is the season of new growth. During these months plants put forth new shoots, buds, and tender leaves and roots. Asparagus spears poke through the crust of soil, artichokes swell and fill on their bushy plants, and green onions and slender new carrots are ready to pull on California farms. Strawberries, which now grow year-round in California, become plentiful in spring because they are grown in multiple regions as the weather warms and the days lengthen. Many simple dishes can be made to showcase spring in school lunchrooms.

SPRING FRUITS

BLACKBERRIES

EARLY CHERRIES

GRAPEFRUIT

KIWIFRUIT

KUMQUATS

LEMONS

ORANGES

RASPBERRIES

STRAWBERRIES

SPRING VEGETABLES

ARTICHOKES

ASIAN GREENS

ASPARAGUS

BEETS

BOK CHOY

BROCCOLI

CABBAGE

CARROTS

CELERY

CHARD

CRESS

DANDELION CHICORY



Winter Black-eyed Peas with Chard; African flavor profile. Recipe on page 90.



Spring Chinese Chicken Salad with mandarins, cabbage, and spring onions; Asian flavor profile. Recipe on pages 101-102.

SPRING VEGETABLES CONTINUED

ENDIVE	MUSTARD
FAVA BEANS	NETTLES
FENNEL	ONIONS
GREEN GARLIC	POTATOES
KALE	RADICCHIO
LEEKs	RADISHES
LETTUCES	SPINACH
MUSHROOMS	TURNIPS

SPRING HERBS

CILANTRO	ROSEMARY
CHIVES	TARRAGON
MARJORAM	SAGE
MINT	SUMMER SAVORY
OREGANO	THYME
PARSLEY	WINTER SAVORY

SUMMER: JUNE, JULY, AUGUST Summer in California produces just about every imaginable fruit or vegetable, thanks to the state's Mediterranean climate and rich soils. In the hot interior regions, tomatoes, peppers, eggplant, grapes, and stone fruit thrive, while the cooler coastal regions continue to produce leafy greens and tender root crops.

SUMMER FRUITS

APRICOTS	MELONS
APPLES	NECTARINES
ASIAN PEARS	PEACHES
BLACKBERRIES	PEARS
BLUEBERRIES	PLUMS
CHERRIES	PLUOTS
FIGS	RASPBERRIES
GRAPES	STRAWBERRIES

SUMMER VEGETABLES

ARUGULA

ASIAN GREENS

BASIL

BEANS

BEETS

BROCCOLI

CABBAGE

CACTUS PADS

CARROTS

CELERY

CHARD

CORN

CRESS

CUCUMBERS

EGGPLANT

ENDIVE

FAVA BEANS

FENNEL

GARLIC (NEW CROP)

KALE

KOHLRABI

LEEKs

LETTUCES

MUSHROOMS

OKRA

ONIONS

PEPPERS, SWEET

PEPPERS, CHILI

POTATOES

PURSLANE

RADICCHIO

RADISHES

RHUBARB

SHALLOTS

SPINACH

SUMMER SQUASH

TOMATILLOS

TOMATOES, STANDARD

TOMATOES, HEIRLOOM

SUMMER HERBS

CILANTRO

CHIVES

MARJORAM

MINT

OREGANO

PARSLEY

ROSEMARY

TARRAGON

SAGE

SUMMER SAVORY

THYME

WINTER SAVORY



Summer Fresh Corn, Okra, and Sausage pizza; African flavor profile. Recipe on page 138.

4

RECIPES

FALL

Fall cooking with California food could not be easier. Summer crops like tomatoes and peppers are still growing and available, while fall apples, pears, and hard squash are just beginning to come into season. The market fills up with new ingredients to choose from, as the cooling autumn weather brings new crops of leafy greens and freshly harvested walnuts and almonds to the shelf.



Whole Wheat Penne Salad with Tuna and Capers. Recipe on page 122.



TABBOULEH

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

SERVES 6-8

This is a popular Middle Eastern dish made from bulgur, which is wheat that has been cracked and parboiled. With its light, nutty flavor, this versatile whole grain salad can be part of a salad bar, a side dish, or, when accompanied with pita bread and leaf lettuce, a stand-alone entrée.

1	CUP BULGUR	1/3	CUP MINCED FRESH MINT LEAVES
1 1/4	CUPS BOILING WATER	1-1 1/2	CUPS CHOPPED FRESH ITALIAN FLAT LEAF PARSLEY
1 1/2	TEASPOONS KOSHER OR SEA SALT	1/2	CUP CHOPPED GREEN ONIONS, WHITE AND GREEN PARTS INCLUDED
1/2	TEASPOON FRESHLY GROUND BLACK PEPPER	1	CUCUMBER, PEELED AND FINELY CHOPPED
1/4	CUP LEMON JUICE	1	CUP CHOPPED TOMATOES
2-3	GARLIC CLOVES, MINCED		
1/4 - 1/3	CUP EXTRA VIRGIN OLIVE OIL		

In a medium bowl, combine bulgur, boiling water, and salt. Cover and let stand 15–20 minutes, or until bulgur is soft. Add pepper, lemon juice, garlic, olive oil, mint, and parsley and mix well. Let stand at least 15 minutes, then refrigerate for several hours or overnight to let the flavors fully develop. Just before serving, add green onions, cucumber, and tomatoes.

SUGGESTION: Use in a pita pocket, adding leaf lettuce and sliced tomato.



CUCUMBER AND JICAMA SALAD

FLAVOR PROFILE: ASIAN

SERVES 4

Jicama is a mild, crunchy vegetable that readily absorbs flavors. Most students enjoy it straight from the salad bar with lime juice, and the secondary students like it sprinkled with a little chili pepper. It combines well with other vegetables, such as cucumbers, peppers, and tomatoes.

1	SMALL JICAMA, PEELED AND DICED (ABOUT 2 CUPS)		JUICE OF 2 LIMES
		1/2	CUP CHOPPED FRESH CILANTRO
2	CUCUMBERS, PEELED AND DICED, (ABOUT 2 CUPS)		KOSHER OR SEA SALT

Combine all the ingredients together in a medium bowl and mix well.

SUGGESTION: Add slices of red and yellow pepper.



Albondigas. Recipe on pages 61-62.



ALBONDIGAS

FLAVOR PROFILE: LATIN AMERICAN

SERVES 6-8

This is a classic version of the popular Mexican soup. The meatballs provide protein, while rice adds whole grains to this healthful dish. If desired, you can use all beef instead of half beef and half pork.

1/2	CUP RICE	1	TEASPOON GROUND CUMIN
1	CUP BOILING WATER	1	TABLESPOON SALT
4	TABLESPOONS VEGETABLE OIL	1/2	TEASPOON FRESHLY GROUND PEPPER
2	WHITE ONIONS, FINELY CHOPPED	2	STALKS CELERY, CHOPPED
8	OUNCES GROUND PORK	1	CARROT, PEELED AND DICED
8	OUNCES GROUND BEEF	1	GARLIC CLOVE, MINCED
2	EGGS	1	12-OUNCE CAN CRUSHED OR CHOPPED TOMATOES AND THEIR JUICE
1	BUNCH FRESH CILANTRO, LEAVES CHOPPED	1-1 1/2	QUARTS CHICKEN BROTH
1/4	CUP CHOPPED FRESH MINT	1	MEDIUM ZUCCHINI, DICED
1	TABLESPOON DRIED OREGANO		

In a medium bowl, combine the rice and the boiling water. Let it soak for 20 minutes.

Put 2 tablespoons of the vegetable oil in a small frying pan and sauté half of the onions until soft, about 2 to 3 minutes. Remove from heat and let cool.

In a large bowl combine the sautéed onion, pork, and beef. Add the soaked rice, eggs, half the cilantro, half the mint, the oregano, cumin, salt, and pepper. Mix to blend well. Moisten your hands with water and shape the mixture into meatballs about 1 inch in diameter.

In a large pan over medium-high heat, heat the remaining oil and brown the meatballs lightly, about 15 minutes, or bake them at 350°F on an oiled baking sheet for 15 minutes. Remove

and set aside. Add the remaining onions, celery, carrot, and garlic to the pan. Simmer until the celery is soft, about 2 to 3 minutes, then add the tomatoes and the chicken broth. Bring to a simmer, then add the meatballs and the remaining mint. Simmer until the meatballs are firm (but not so long that they fall apart), about 1 hour.

Season with salt and pepper, add the zucchini, and cook another 10 minutes. Garnish with the remaining cilantro.

SUGGESTION: Make the meatballs only, and serve with hot vegetables and beans, wrapped in a warm tortilla.



GUMBO

FLAVOR PROFILE: AFRICAN

SERVES 10

This flavorful soup has to have andouille sausage—nothing can serve as a substitute for the andouille spices that infuse the entire soup. Gumbo is cooked in as many different ways as there are families in Louisiana, its place of origin. Some gumbos are fished-based, others meat-based, though all contain okra, which helps thicken the base of the soup. If possible, make your own chicken broth, since the broth is very important to the depth of flavor. To allow the flavors to fully blend, prepare the gumbo a day ahead.

2	TABLESPOONS CANOLA OR OTHER LIGHT OIL	2	YELLOW ONIONS, CHOPPED COARSELY
1	3- TO 4-POUND CHICKEN, COOKED, WITH MEAT REMOVED, OR 1 POUND CHICKEN MEAT (WHITE OR DARK)	4	GARLIC CLOVES, MINCED
3/4	POUND ANDOUILLE SAUSAGE, SLICED ON THE DIAGONAL ABOUT 1/3 INCH THICK	1	32-OUNCE CAN WHOLE STEWED TOMATOES WITH JUICE, CHOPPED
1/2	POUND HAM, DICED	1	QUART LOW-FAT, LOW-SODIUM, CHICKEN BROTH
1/3	CUP FRESH PARSLEY, CHOPPED	3	STALKS CELERY, SLICED
2	TEASPOONS FRESH THYME OR 1 TEASPOON DRIED BAY LEAVES	1	POUND FRESH OKRA, CHOPPED INTO 1-INCH PIECES
			SCANT 1/8 TEASPOON CAYENNE PEPPER
		1/2	CUP LONG-GRAIN RICE

Heat the oil in a large frying pan over medium-high heat. When it is hot, add the chicken, sausage, ham, parsley, and thyme and sauté, turning the chicken and sausage until they are lightly golden, about 10 minutes. Add the onions and garlic and continue to sauté until the onions are translucent, about 3 minutes more. Add the tomatoes, chicken broth, celery, okra, cayenne, and rice. Stir, reduce the heat to low, and simmer until the rice is tender, about 30 minutes.

SUGGESTION: Add precooked shrimp several minutes prior to serving.



ITALIAN MEATBALLS WITH WHOLE WHEAT PENNE

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

SERVES 4-6

In Italian restaurants across the country, meatballs in tomato sauce are standard fare, so students are already familiar with these flavors. This recipe provides a good opportunity to use commodity beef and tomatoes in combination with fresh kale to prepare a made-from-scratch entrée.

TOMATO SAUCE

- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1/2 ONION, CHOPPED
- 2 GARLIC CLOVES, MINCED
- 1 CARROT, MINCED
- 1 CUP MINCED KALE
- 3 CUPS CRUSHED OR CHOPPED CANNED TOMATOES
- 1 TEASPOON DRIED OREGANO
- 1/2 TEASPOON KOSHER OR SEA SALT
- 1/2 TEASPOON FRESHLY GROUND PEPPER

MEATBALLS

- 1 POUND GROUND PORK OR BEEF
- 2 LARGE EGGS, SLIGHTLY BEATEN
- 1/2 CUP MINCED YELLOW ONION
- 1/2 CUP FINE DRIED BREAD CRUMBS
- 1 CUP GRATED PECORINO ROMANO CHEESE
- 1 TEASPOON KOSHER OR SEA SALT
- 1/2 TEASPOON FRESHLY GROUND PEPPER
- 2-3 TABLESPOONS EXTRA VIRGIN OLIVE OIL

PASTA

- 12 OUNCES WHOLE WHEAT PENNE
-
-

In a large saucepan, heat the olive oil over medium-high heat. Add the onion, garlic, and carrot and sauté until the onion is nearly translucent, about 1 minute. Add the kale, tomatoes, oregano, salt, and pepper. Reduce the heat to low, cover, and simmer until the vegetables are tender, about 30 minutes.

Preheat an oven to 400°F.

Meanwhile, make the meatballs. In a large bowl, combine the pork, eggs, onion, bread crumbs, 1/2 cup of the cheese, 1 teaspoon salt, and some pepper. Mix well. Moisten your hands with water, and shape the mixture into small, bite-size balls. Place on a plate.

Place the meatballs on a baking sheet and drizzle them with the olive oil. Turn to coat well. Place in the oven and cook, turning once or twice until opaque throughout, about 15 to 20 minutes. Add these to the tomato sauce and simmer over low heat.

Bring a large pot of salted water to a boil over high heat. Add the penne and cook until tender to the bite, about 12 minutes. Drain. Serve the penne topped with sauce and the remaining 1/2 cup cheese.

SUGGESTION: Instead of pasta, serve the meatballs and sauce in a sandwich using a sourdough or ciabatta roll.



RICE NOODLES WITH BOK CHOY

FLAVOR PROFILE: ASIAN

SERVES 4-6

Thin noodles made with rice are a staple of the Thai kitchen and are used in multiple ways with vegetables, meats, and tofu. Bok choy, a member of the cabbage family, is abundant in fall, and adds a bright green component to the dish. Sweet red or orange peppers could add a nice kick of color and flavor.

1	6-OUNCE PACKAGE OF RICE NOODLES	4-5	SHIITAKE MUSHROOMS, SLICED
1/4	CUP LIGHT SOY SAUCE	8	OUNCES FIRM TOFU, CUBED
2	TABLESPOONS RICE VINEGAR	3	GARLIC CLOVES, MINCED
1	TEASPOON SUGAR OR HONEY	6	GREEN ONIONS, CHOPPED, WHITE AND GREEN PARTS
1	TEASPOON SESAME OIL	3	TABLESPOON CHOPPED FRESH CILANTRO
1	TABLESPOON CANOLA OR OTHER LIGHT VEGETABLE OIL		
1	LARGE HEAD BOK CHOY, OR 3 TO 4 SMALL ONES, CHOPPED (ABOUT 5 CUPS)		

Over high heat, bring a large pot of water to a boil and add the noodles. Cook for 5 to 6 minutes, then drain and set aside.

In a small bowl, combine the soy sauce, vinegar, sugar, and sesame oil. Set aside.

In a large wok or skillet over medium-high heat, heat the canola oil. When it is hot, add the bok choy and sauté about 1 minute. Add the mushrooms and sauté another minute. Add the tofu and garlic, and sauté another 1 to 2 minutes. Gently stir in the noodles and the soy sauce mixture, turning to coat. Cook about 2 minutes until thoroughly heated.

To serve, sprinkle with the green onions and cilantro.

SUGGESTION: Serve chilled or at room temperature as an entrée salad or part of a salad bar.



VEGETABLE BIRYANI

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

SERVES 6-8

Biryani is fried rice, usually served with meat, fish, or easily available vegetables, and aromatic spices. Fragrant basmati rice is often used, as is ghee (clarified butter), and spices can include cardamom, cinnamon, cloves, nutmeg, fennel, star anise, pepper, cumin, chili powder, turmeric, and saffron. These give the rice its characteristic yellow color. Raita is always served with biryani.

2	CUPS LONG-GRAIN, BASMATI, BROWN, OR OTHER RICE VARIETAL	1	CUP PEELED AND CHOPPED CARROTS
		1	CUP FRESH CORN KERNELS
3	TABLESPOONS BUTTER OR GHEE (INDIAN CLARIFIED BUTTER)	1	CUP CHOPPED EGGPLANT
2	TEASPOONS FINELY CHOPPED GARLIC	1	ONION, PEELED AND CHOPPED
2	TEASPOONS FINELY CHOPPED FRESH GINGER	4	CUPS WATER
1 1/2	TEASPOONS GROUND CORIANDER	1/2	TEASPOON KOSHER OR SEA SALT
1 1/2	TEASPOONS ALLSPICE	3	SPRIGS FRESH CILANTRO, CHOPPED
2	MEDIUM POTATOES, PEELED AND CHOPPED	2	GREEN ONIONS, WHITE AND GREEN PARTS, CHOPPED

Wash the rice and drain it well. In a medium sauce pan over medium heat, combine the rice and 1 tablespoon of the butter and sauté for 3 to 5 minutes, stirring frequently so that the bottom layer of rice does not burn and the rice is evenly coated with butter. Set aside. In another pan, melt the remaining butter and sauté the garlic, ginger, coriander, and allspice for 1 to 2 minutes, stirring frequently to coat them with the butter. Add the potatoes, carrots, corn, eggplant, and onion and stirring for another few minutes. Add the rice and mix well. Add 3 cups of water, and the salt, and bring to a boil. Reduce the heat to low, cover, and cook until the rice is tender and most of the moisture absorbed, 15 to 20 minutes. Check the rice periodically to make sure the bottom layer is not burning. Add a small amount of additional water if the water gets absorbed before the rice is cooked.

Sprinkle with the cilantro and green onion and serve with Cucumber Raita, page 70.

SUGGESTION: In winter, try vegetables such as cauliflower and broccoli.



Eggplant and Sweet Red Peppers. Recipe on page 69.



EGGPLANT AND SWEET RED PEPPERS

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

SERVES 4

This tasty vegetarian entrée can be varied to suit the season: for example, try replacing the eggplant with broccoli in winter and asparagus in spring.

4	TABLESPOONS EXTRA VIRGIN OLIVE OIL	1	LARGE, JUICY TOMATO, CHOPPED, OR 1 CUP CANNED TOMATOES, CHOPPED WITH JUICE.
1/4	CUP CHOPPED ONION		
2	GARLIC CLOVES, MINCED	1/4	CUP CHOPPED FRESH ITALIAN FLAT LEAF PARSLEY
2	SWEET RED PEPPERS, SEEDED AND CUT INTO 1-INCH PIECES		
3-4	ASIAN OR 1 LARGE GLOBE EGGPLANT (ABOUT 1 POUND), CUT INTO 1-INCH PIECES		

In a medium frying pan over medium-high heat, heat the olive oil. When the oil is hot, add the onion and garlic and sauté until the onion is limp, about 1 minute. Add the peppers and eggplant, stirring often until the eggplant has softened and browned a bit, 10 to 12 minutes.

Stir in the tomato, scraping up any clinging bits. Cover, reduce the heat to low, and cook until the eggplant is cooked through and the tomatoes have thickened slightly, 2 to 3 minutes. To serve, spoon over rice and garnish with the parsley.

SUGGESTION: Change to an Asian flavor profile by omitting the tomatoes and replace with a mixture of soy sauce, ginger, and a little sesame oil, plus water. Garnish with toasted sesame seeds and cilantro, omitting the parsley.



CUCUMBER RAITA

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

MAKES ABOUT 3 CUPS

Raita, a dip or salad with a yogurt base, requires no cooking. There are many ways to make raita, including using fruits and vegetables such as banana, cabbage, carrot, radish, and cucumber. It is a cool and refreshing accompaniment to spicier dishes.

2	CUPS PLAIN YOGURT	1	TOMATO, FINELY CHOPPED
1/2	TEASPOON SALT	2	GREEN ONIONS, WHITE AND GREEN PARTS, FINELY CHOPPED
1	LARGE CUCUMBER, PEELED, GRATED OR CHOPPED		FEW PINCHES CAYENNE (OPTIONAL)
1	TABLESPOON FINELY CHOPPED FRESH CORIANDER LEAVES		

In a bowl, combine the yogurt, salt, cucumber, coriander, tomato, onions, and cayenne (if using) and stir to mix well. Serve with the rice.

SUGGESTION: In the spring, try radish raita, with none of the above vegetables, using instead one cup of grated radish, plus two teaspoons salt and a little ground cumin.



CHICKEN FAJITA

FLAVOR PROFILE: LATIN AMERICAN

MAKES 10 WRAPS

In the fall, the market is filled with the red, green, and yellow peppers, as well as plenty of chilis, that give this wrap its heat. Here, jalapeño pepper is used, though the seeds are removed so as not to make the spice too intense. Experiment to find what chili fits your taste.

1 1/2	POUNDS BONELESS, SKINLESS CHICKEN BREAST	1	RED PEPPER, SEEDED AND CUT INTO STRIPS
1	CUP CHOPPED FRESH CILANTRO	1	YELLOW PEPPER, SEEDED AND CUT INTO STRIPS
2	TABLESPOONS EXTRA VIRGIN OLIVE OIL	1	GREEN PEPPER, SEEDED AND CUT INTO STRIPS
2	TABLESPOONS LIME JUICE	1	YELLOW ONION, PEELED AND SLICED VERTICALLY
2	GARLIC CLOVES, MINCED	10	WHOLE WHEAT FLOUR TORTILLAS
1/2	JALAPEÑO PEPPER, SEEDED AND FINELY CHOPPED		
1	TEASPOON SALT		

Place the chicken in sealable plastic bag or a container with a lid. In a small bowl, whisk together the cilantro, oil, lime juice, garlic, jalapeño, and salt, or blend in a food processor. Add this marinade to the chicken and refrigerate for 30 minutes. On a hot grill, or in a frying pan lightly coated with olive oil, grill the chicken for 5 minutes, turning it once or twice. Let cool, then cut into strips.

Grill the red, yellow, and green pepper strips and the yellow onion slices. In a medium bowl, combine the chicken with grilled peppers and onion. Warm whole wheat tortillas in the oven, or toast each one separately on a hot dry pan for 30 seconds per side. Place a portion of the chicken and vegetable mixture on each tortilla. Fold each side over partway so that the body of the wrap is about 3 inches in diameter. Starting from the bottom, fold the end up about 3 inches, and then turn, or wrap, it over and over until you are at the other edge.

SUGGESTION: Replace chicken with beef or pork for a different flavor. For a vegetarian option, replace chicken with shredded cheese.



CURRIED CHICKEN SALAD PITA

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

MAKES 4 PITA POCKET HALVES

Here, curry spices add flavor to the mayonnaise before it is mixed with the chicken and vegetables and tucked into pita pocket halves.

1/2	TEASPOON GROUND CUMIN	1/2	CUP FINELY CHOPPED CELERY
1/2	TEASPOON CUMIN SEED	1	TABLESPOON FINELY CHOPPED RED ONION
1	TABLESPOON CURRY POWDER	2	WHOLE WHEAT PITA POCKETS, CUT IN HALF
1/4	TEASPOON MUSTARD SEED	12-16	SPRIGS FRESH CILANTRO
1/2-2/3	CUP MAYONNAISE	4	SPRIGS FRESH MINT
2	CUPS CHOPPED COOKED CHICKEN		

In a small, dry, ungreased frying pan over medium heat, toast the ground cumin and seed, curry powder, and mustard seed, stirring until fragrant, about 1 minute. Put the mayonnaise in a medium mixing bowl, add the fragrant spices, and mix well. Stir in the chicken, celery, and red onion. Mix well.

Spoon about 1/4 of the mixture into a pita pocket half. Tuck in 3 to 4 sprigs of cilantro and one of mint. Repeat with the remaining salad.

SUGGESTION: Create an entrée salad by making a bed of green leaf or other lettuce and topping it with the salad, garnishing with the herbs and toasted pita chips.



OLIVE, CAPER, RED PEPPER, AND FRESH TOMATO PIZZA

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

MAKES ENOUGH TO TOP TWO 14-INCH PIZZAS

Olives, capers, red peppers, and tomatoes are a popular combination throughout Southern France and Italy, where they are often used in pastas and on pizzas.

24-36	PITTED WHOLE BLACK OLIVES, OR $\frac{3}{4}$ CUP SLICED	2	LARGE, JUICY TOMATOES, THINLY SLICED
3	TABLESPOONS CAPERS, RINSED AND DRAINED	2	TEASPOONS EXTRA VIRGIN OLIVE OIL
1	LARGE RED PEPPER, SEEDED AND CHOPPED		

Sprinkle two ready-to-bake pizza crusts with the olives, capers, and pepper. Top with the sliced tomatoes and drizzle with the olive oil. Bake, following the instructions for the pizza crust.



Ham and Yam Pizza. Recipe on page 75.



HAM AND YAM PIZZA

FLAVOR PROFILE: AFRICAN

MAKES ENOUGH TO TOP TWO 14-INCH PIZZAS

Ham and yams are a classic combination in southern cooking, and make an excellent pizza topping, similar to a Hawaiian pizza, where sweet pineapple is combined with the ham.

3 YAMS (ABOUT 1 1/4 POUNDS)

1/2–3/4 POUNDS HAM, CUT INTO 1/2 -INCH CUBES

Preheat an oven to 350°F. Prick the yams with the tines of a fork, wrap in foil, place on a baking sheet, and bake until soft, about 50 minutes. Let cool, peel, and cut into approximately 1-inch pieces. Arrange the cooked yams and the ham on two ready-to-bake pizza crusts and bake, following the instructions for the pizza crust.

WINTER

California, because of its Mediterranean climate, produces a vast number of crops during the winter months, including many different varieties of citrus as well as kiwifruit. The warmer desert regions of the state provide not only some of the citrus, but much of the lettuce and other greens available during the winter, as well as root crops like radishes and carrots.



Asian Cabbage and Orange Salad with Ginger. Recipe on page 78.



ASIAN CABBAGE AND ORANGE SALAD WITH GINGER

FLAVOR PROFILE: ASIAN

SERVES 4

Give this simple cabbage salad an Asian twist by using Napa cabbage, plus Asian flavors such as ginger, sesame, and soy. Green, red, or savoy cabbage could be used as well.

1/2	CUP SEASONED RICE VINEGAR	1/2	HEAD NAPA CABBAGE, THINLY SHREDDED
1	TABLESPOON TOASTED SESAME OIL	1	NAVEL ORANGE, SEGMENTED, AND EACH SEGMENT HALVED
1	TEASPOON GRATED FRESH GINGER	1/2	CUP FRESH CILANTRO LEAVES
1	TEASPOON HONEY OR BROWN SUGAR	1/4-1/2	TEASPOON KOSHER SALT,
1	TEASPOON SOY SAUCE		

In a bowl, mix together the vinegar, sesame oil, ginger, honey, and soy sauce. Put the cabbage, orange segments, and cilantro in a bowl, pour the sauce over them, and toss well. Season with salt.

SUGGESTION: Add chicken and crispy wontons or noodles for an entrée salad.



BROCCOLI, RAISIN, AND WALNUT SALAD

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

SERVES 4-6

Broccoli is popular in both Asian and Western cuisines, and it can take on different flavor profiles depending on the ingredients with which it's prepared. This is a good use for USDA commodity raisins and walnuts, but dried cranberries or cherries could be used as well. Toasting the walnuts deepens the flavor and aroma of the nuts.

4	CUPS BROCCOLI FLORETS (ABOUT 4 CROWNS OF BROCCOLI)	1/2-2/3	CUP MAYONNAISE
1 1/2	CUPS RAISINS	1/4-1/3	CUP 2% OR NONFAT MILK
1	CUP WALNUTS, TOASTED AND COARSELY CHOPPED	2-3	TEASPOONS SUGAR
		2-3	TEASPOONS RED WINE VINEGAR

Cut the broccoli florets in half or, if large, in quarters. Combine them in a bowl with the raisins and walnuts.

In another bowl, mix together the mayonnaise, milk, sugar, and vinegar to make a dressing. Taste. It should be a combination of sweet and tart. Pour this over the broccoli mixture in the bowl and turn to coat well.

SUGGESTION: To create an Asian flavor profile, use water chestnuts and sweet red peppers and dress with a soy-ginger vinaigrette instead of using the raisins and mayonnaise.



COCONUT MANDARIN SOUP

FLAVOR PROFILE: ASIAN

SERVES 6

When this Thai-style soup was piloted in the Davis school district, it proved to be popular with students and staff alike. For a spicier version for secondary students, add more serrano chilis or substitute jalapeño chilis. Be sure to wear gloves when handling chilis of any kind.

2	CUPS WATER	1	TEASPOON THAI CHILI PASTE
1	CUP SHORT- OR MEDIUM-GRAIN WHITE OR BROWN RICE	1	SERRANO CHILI, SEEDED AND MINCED
1	CUP LOW-FAT CHICKEN STOCK	2	CUPS QUARTERED FRESH BUTTON MUSHROOMS
1	12-OUNCE CAN COCONUT MILK	1/2	CUP CHOPPED FRESH OYSTER MUSHROOMS, OR INCREASE BUTTON MUSHROOMS BY 1/2 CUP
1	TABLESPOON FRESHLY GRATED MANDARIN ZEST	1/2	CUP CHOPPED FRESH BASIL
2-3	MANDARINS, PEELED, JUICED, AND SEEDED TO MAKE 1/2 CUP STRAINED JUICE		KOSHER OR COARSE SALT
1	TABLESPOON FISH SAUCE		COARSELY GROUND PEPPER

In a medium saucepan over medium heat, bring the water to a boil, add the rice, reduce the heat to low, cover, and cook until the rice is tender and the water has been absorbed, about 20 minutes. Set aside.

In a large saucepan over medium-high heat, combine the chicken stock, coconut milk, mandarin zest and juice, fish sauce, chili paste, and chili. Bring to a full boil. Reduce the heat to medium and simmer about 5 minutes. The soup will be slightly foamy and will have turned a golden-orange color. Add the mushrooms and cook until they are tender, 7 to 10 minutes. Remove from heat and stir in the basil. Season with salt and pepper.

Just before serving, stir in the rice.

SUGGESTION: For a meaty soup, add shredded chicken. Alternatively, to make a vegetarian soup, use vegetable broth instead of chicken broth and omit the fish sauce.



SOUP OF WINTER VEGETABLES, TURKEY, AND HOMINY

FLAVOR PROFILE: AFRICAN

SERVES 6-8

This easy-to-make soup is rich with cold season vegetables, and is a good way to use commodity turkey and canned hominy. Hominy, dried corn from which the hull and germ has been removed, is used throughout the southeastern United States and parts of Africa. Ground, it is known as grits or samp. Hominy is also part of Hispanic cooking, where it is known as pozole.

3	SLICES BACON, DICED	2	CUPS FINELY CHOPPED CHARD
1	LARGE YELLOW ONION, CUT INTO 1/2-INCH CUBES	2	CUPS 1/2-INCH CUBES ROAST TURKEY
2	LARGE CELERY STALKS, CUT INTO 1/2-INCH CUBES	2	CUPS CANNED HOMINY, DRAINED AND RINSED
1	POUND RED POTATOES, CUT INTO 1/2-INCH CUBES	2	TABLESPOONS MINCED FRESH ITALIAN FLAT LEAF PARSLEY
1	POUND BUTTERNUT SQUASH, PEELED, HALVED LENGTHWISE, SEEDED, AND CUT INTO 1/2-INCH CUBES	1	TEASPOON FILÉ (GROUND SASSAFRAS) (OPTIONAL)
7	CUPS LOW-FAT CHICKEN BROTH	1/2	TEASPOON CHILI FLAKES
			KOSHER OR COARSE SALT
			FRESHLY GROUND PEPPER

In a heavy-bottomed 6- to 8-quart saucepan, cook the bacon over medium heat, stirring often, until browned, about 7 minutes. Using a slotted spoon, remove and set aside. Pour off all but 2 tablespoons of the bacon fat, and return the pot to medium heat. Add the onion and celery. Sauté until the vegetables are soft, but not browned, 3 to 5 minutes.

Add the potatoes, squash, and broth. Bring to a boil and reduce the heat to a simmer. Partially cover the pot and cook until the potatoes are tender, about 20 minutes. Add the chard, turkey, hominy, parsley, filé (if using), chili flakes, and reserved bacon. Cook 5 minutes longer. Season with salt and pepper.

SUGGESTION: To change the soup to a Latin American flavor profile, substitute dried oregano for the filé, cilantro for the parsley, and a white onion for the yellow.



FIDEO PASTA WITH CHORIZO AND KALE

FLAVOR PROFILE: LATIN AMERICAN

SERVES 3-4

Fideo is a favorite pasta of Mexican cooking. The fine, thin pasta comes in coils, like angel hair pasta. It is typically sautéed in oil for a few minutes, then cooked directly in the sauce, rather than separately in water as is traditional with Italian pasta. However, spaghetti also works with the flavors of chorizo (the spicy Hispanic sausage), and the other sauce elements of this recipe. Finely chopped kale adds some greens without altering the tomato-chili flavors.

2	DRIED ANCHO PEPPERS	1	CUP FINELY CHOPPED, STEMMED KALE
1	CUP HOT WATER		KOSHER OR COARSE SALT
2	TABLESPOONS EXTRA VIRGIN OLIVE OIL		FRESHLY GROUND PEPPER
1/2	ONION, FINELY CHOPPED	4	OUNCES FIDEO OR WHOLE WHEAT SPAGHETTI NOODLES
1	GARLIC CLOVE, FINELY CHOPPED	1/2	POUND CHORIZO, COOKED AND CRUMBLed
1	CUP LOW-FAT CHICKEN BROTH		
1	CUP CANNED WHOLE TOMATOES, COARSELY CHOPPED, WITH THEIR JUICE	2	OUNCES QUESO FRESCO, CRUMBLed
		1/4	CUP FRESH CILANTRO LEAVES

Place the ancho peppers in the hot water and soak until soft, about 20 minutes. When soft, remove the stems and seeds and chop into small pieces. Set aside. Discard the water.

In a medium, heavy-bottomed saucepan, heat the oil over medium-high heat. Add the onion and sauté until soft, about 1 minute. Stir in the garlic and cook 1 more minute. Add the broth, tomatoes, reserved peppers, and kale. Cover and reduce the heat to low. Simmer for 15 minutes. Taste and season with salt and pepper.

Break the fideo coils into 3 or 4 pieces and add directly to the simmering sauce, stirring them in. Cover and cook until the fideo is tender and most of the sauce absorbed, about 10 minutes. Stir in the chorizo. If using spaghetti noodles, cook separately in boiling salted water.

Serve garnished with the cheese and cilantro.

SUGGESTION: To change the flavor profile to Mediterranean, use mild Italian sausage instead of chorizo, a few red pepper flakes instead of the soaked ancho peppers, and garnish with Parmesan cheese and parsley instead of queso fresco and cilantro.



Fideo Pasta with Chorizo and Kale. Recipe on pages 83-84.



SINGAPORE EGG NOODLES WITH CHICKEN AND VEGETABLES

FLAVOR PROFILE: ASIAN

SERVES 4-6

This is typical of one-dish Singapore street food, sold from food stalls. At each stall, the vendors cook up their specialties, and the food is often served on large leaves instead of plates. Choi sum, an Asian relative of broccoli, is used here, but other Asian greens such as Bok Choy or Pak Choy could be used.

2	TEASPOONS KOSHER OR COARSE SALT	2	GREEN ONIONS, THINLY SLICED ON THE DIAGONAL, WHITE AND PALE GREEN PARTS ONLY
1/2	POUND THIN FRESH EGG NOODLES		
1/2	POUND BONELESS, SKINLESS CHICKEN THIGHS	1	1-INCH PIECE OF GINGER, PEELED AND MINCED
3	TABLESPOONS SWEET SOY SAUCE	2	GARLIC CLOVES, MINCED
1 1/2	TABLESPOON FISH SAUCE	2	LARGE EGGS, LIGHTLY BEATEN
1	TABLESPOON FRESH LIME JUICE	4	CUPS LOOSELY PACKED CHOI SUM OR CHARD LEAVES, STEMMED AND CUT INTO 2-INCH STRIPS
	FRESHLY GROUND PEPPER		
1/4	CUP WATER	1	CUP BEAN SPROUTS
2	TABLESPOONS CANOLA OIL	1	LIME, CUT INTO WEDGES

Place a large saucepan of water over high heat, add the salt, and bring to a boil. Add the noodles, reduce to medium heat, and cook until just tender, about 2 minutes. Drain into a colander and rinse with cold running water. Let drain again and set aside.

Fill the same saucepan with water, place over high heat, add 1 teaspoon salt, and bring to a boil. Add the chicken, bring back to a boil, then reduce the heat to medium and cook until the chicken is cooked through, about 15 minutes. Using tongs, transfer the chicken to a plate to cool. Shred the chicken and set aside.

In a medium bowl, stir together the soy sauce, fish sauce, lime juice, 1/4 teaspoon pepper, and 1/4 cup water to make a sauce. Set aside.

In a large frying pan, warm the oil over medium-high heat. Stir in half the onions, ginger, and garlic, and sauté them just until fragrant, about 1 minute. Stir in the eggs and let set for 2 minutes, then toss the mixture with a fork.

Add the choy sum or chard and the sauce and bring to a boil. Separate the strands of the noodles and add to the pan. Toss and stir until most of the sauce has been absorbed and the noodles have plumped, 3 to 4 minutes.

Garnish with the sprouts, remaining green onions, and lime wedges.

SUGGESTION: For a seasonal spring dish, use a mixture of asparagus and sugar snap peas, even carrots, instead of the choy sum.



LEMON CHICKEN WITH FRESH CILANTRO

FLAVOR PROFILE: MIDDLE EAST/INDIAN

SERVES 4-6

Using an abundance of fresh cilantro, lemon juice, and fresh ginger in this Indian-style dish provides a tangy sauce for chicken. When piloted in the Davis School District, it proved to be a popular entrée item at all grade levels as well as with staff. However, for the elementary children, we suggest reducing the amount of garlic and jalapeño pepper.

2	1-INCH PIECES OF FRESH GINGER, PEELED AND COARSELY CHOPPED	1/4	TEASPOON CAYENNE PEPPER
1	CUP WATER	2	TEASPOONS FRESHLY GROUND CUMIN SEEDS
6	TABLESPOONS CANOLA OIL	1	TEASPOON GROUND CORIANDER SEEDS
2 1/2	POUNDS SKINLESS, BONELESS CHICKEN PARTS, CUT INTO SERVING PIECES	1/2	TEASPOON GROUND TURMERIC
5	GARLIC CLOVES, MINCED	1	TEASPOON SALT OR MORE AS NEEDED
3	CUPS TIGHTLY PACKED FRESH CILANTRO LEAVES, FINELY CHOPPED	2	TABLESPOONS FRESHLY SQUEEZED LEMON JUICE
1/2	JALAPEÑO CHILI, SEEDED AND MINCED	1	CUP THINLY SLICED CARROTS

Put the ginger and 4 tablespoons of the water in a blender or food processor and process to a paste. In a medium non-stick pot or frying pan, heat the oil over medium-high heat. When the oil is hot, add the chicken, a few pieces at a time, and brown, turning them, about 5 minutes. Using a slotted spoon, remove the pieces to a bowl.

Put the garlic in the oil and sauté. When it is golden, add the paste from the blender, stirring 1 minute.

Add the cilantro, chili, cayenne, cumin, coriander, turmeric, and salt. Stir 1 minute. Return the chicken pieces and their collected juices to the pan and add $\frac{3}{4}$ cup water, the lemon juice, and the carrots. Stir and bring to a boil.

Reduce heat to low, cover, and cook 15 minutes. Turn the chicken and cook another 10 to 15 minutes, or until the chicken is cooked through. If the sauce is too thin, uncover the pot, increase the heat and boil to thicken. Season with salt.

Serve with rice.

SUGGESTION: To create a seasonal spring dish, replace the carrots with sugar snap peas or green onions.

Adapted from Madhur Jaffrey's Indian Cooking, Madhur Jaffrey, Barron's Books



BLACK-EYED PEAS WITH CHARD

FLAVOR PROFILE: AFRICAN

SERVES 4-6

Black-eyed peas, a type of cowpea, are native to Africa, where they appear in numerous dishes in many countries, but their use has spread throughout the world. The small peas, often served over rice, are a mainstay of cooking in the soups and stews of the southeastern United States. Since cooking dried beans or peas might not be possible in many school food service situations, the recipe here calls for canned black-eyed peas.

4	CUPS WATER	1	TEASPOON FRESHLY GROUND PEPPER
1	SPRIG FRESH ROSEMARY	6	LARGE STALKS OF CHARD, CHOPPED, INCLUDING THE STEMS. COLLARD OR TURNIP GREENS CAN BE SUBSTITUTED BUT THE STEMS SHOULD BE REMOVED.
2	BAY LEAVES		
2	SMALL ONIONS, PEELED		
3	TABLESPOONS EXTRA VIRGIN CALIFORNIA OLIVE OIL	1	24-OUNCE CAN BLACK-EYED PEAS, RINSED AND DRAINED
1	TEASPOON KOSHER OR COARSE SALT		

Put the water in a large pot and add the rosemary, bay leaves, onions, olive oil, salt, and pepper. Bring to a boil, reduce the heat to low, and simmer to produce a flavorful broth, about 40 minutes. Remove the rosemary and bay leaves. Add the chard to the pot, and simmer until tender, about 15 minutes. Strain, reserving 1 cup of the liquid. Return the liquid and the greens to the pot and stir in the black-eyed peas. Canned peas are soft, so be careful not to crush them.

Season with salt and pepper.

Serve over rice.

SUGGESTION: To create a Middle Eastern profile, make a base of finely chopped onion and garlic, sauté in butter or oil, and add a teaspoon each of sugar, cumin seeds, and coriander seeds, and slices of spicy sausage. Add chopped canned tomatoes and cook over medium high heat to blend the flavors, about 20 minutes. Stir in the black-eyed peas as above.



SPICY SAUSAGE WITH BRAISED CABBAGE

FLAVOR PROFILE: AFRICAN

MAKES 4 WRAPS

Braised cabbage with chunks of spicy sausage, such as Louisiana-style hot links, makes a hearty filling for wraps. For an even more substantial wrap, add black-eyed peas and rice.

3	TABLESPOONS EXTRA VIRGIN OLIVE OIL OR BUTTER	1/2	TEASPOON FRESHLY GROUND PEPPER
1	SMALL ONION, FINELY CHOPPED	8	OUNCES SPICY LINK SAUSAGE, CUT IN HALF LENGTHWISE AND SLICED
1	SMALL HEAD OF CABBAGE, CORED AND SHREDDED	4	LARGE WRAPS OR BURRITO-SIZE FLOUR TORTILLAS
1/2	TEASPOON KOSHER OR COARSE SALT		

In a medium heavy-bottomed pan with a lid, heat the olive oil or butter over medium-high heat. When hot, add the onion and stir, cooking until soft, about 1 minute. Add the shredded cabbage, and cook, stirring, until the cabbage is shiny, about 15 minutes. Reduce the heat to low and cover. Cook, stirring from time to time until the cabbage is very soft, about 20 minutes.

In the meantime, in a medium frying pan over medium-high heat, heat the sausage until cooked through and the edges are browned, about 5 minutes. Stir the sausage into the cabbage.

Heat a wrap in the oven or on a hot griddle or in hot, dry frying pan. Remove wrap from heat. Place 1/2 to 3/4 cup of the cabbage mixture in the center of the wrap and spread out into a row. Fold each side over partway so that the body of the wrap is about 3 inches in diameter. Starting from the bottom, fold the end up about 3 inches, and then turn, or wrap, it over and over until you are at the other edge. Place that edge on the bottom. Serve hot or warm.

SUGGESTION: To change the profile to Asian, replace the sausage with mushrooms and shredded chicken or pork, then season with a little lime juice and soy sauce.



CURRIED POTATOES IN CHAPATTI

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

MAKES 3 WRAPS

Curried vegetables are an important part of Indian cooking. They are eaten as side dishes in folded pastry and are baked or folded into flatbreads like chapatti or other wraps. Using fresh green herbs such as cilantro or mint adds both flavor and color. Although ground cumin can be used, cumin seeds provide a stronger flavor.

1/2	POUND BOILING POTATOES, RED, YELLOW OR WHITE, WASHED	1/8	TEASPOON CAYENNE PEPPER
3	TABLESPOONS CANOLA OR OTHER OIL	1/2	TEASPOON GROUND CORIANDER (OR CORIANDER SEEDS GROUND IN MORTAR PESTLE OR SPICE GRINDER)
2	TABLESPOONS CUMIN SEEDS	3	TABLESPOONS FINELY CHOPPED FRESH CILANTRO, PLUS 3 TO 5 WHOLE CILANTRO SPRIGS
1/2	SMALL ONION, DICED		KOSHER OR COARSE SALT
1	SMALL SERRANO CHILI, CUT IN HALF, SEEDS REMOVED AND DISCARDED, THEN MINCED	3	LARGE WHOLE WHEAT WRAPS, BURRITO-SIZE TORTILLAS, OR CHAPATTI
1/2	CUP PLAIN NONFAT YOGURT		
1/2	TEASPOON TURMERIC		

Bring a medium pot of water to a boil over medium heat. Add the potatoes and cook 10 to 15 minutes. They should still be firm. Remove from the water and let cool.

In a medium sauté pan over medium heat, heat the oil. When it is hot, add the cumin, onion, and chili. Sauté for 3 to 5 minutes, then remove from heat. Fold in potato cubes and turn them to coat with the oil and cumin/onion mixture.

In a bowl, mix together the yogurt, turmeric, cayenne, and coriander. Fold the yogurt mixture into the potatoes. Season with cilantro and salt.

Heat a wrap in the oven or on a hot griddle or in hot, dry frying pan. Remove wrap from heat. Place 1/2 cup of the curried potato mixture in the center of the wrap and spread it out into a



Curried Potatoes in Chapatti. Recipe on pages 92, 94.

row. Add several whole cilantro sprigs. Fold two sides over partway so that the body of the wrap is about 3 inches in width. Starting from the bottom, fold the end up about 3 inches, and then turn, or wrap, it over and over until you are at the other edge. Place that edge on the bottom.

SUGGESTION: Substitute cooked sweet potatoes for the boiling potatoes.



GOLDEN CAULIFLOWER PIZZA

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

MAKES ENOUGH TO TOP TWO 14-INCH PIZZAS

In Indian cooking, ingredients such as turmeric and cumin are often used to season cauliflower. They not only provide flavor, but also give the vegetable a golden color. This pizza topping, served on a base of traditional tomato sauce and cheese, was met with a positive reception at Davis High School.

2	TABLESPOONS CANOLA OIL OR BUTTER	1/2	TEASPOON KOSHER OR COARSE SALT
1	TEASPOON TURMERIC	2	CUPS CAULIFLOWER FLORETS, BROKEN INTO SMALL FLORETS
1	TEASPOON GROUND CUMIN	1/4-1/2	CUP WATER

In a medium or large saucepan over medium-high heat, heat the oil. Add the turmeric, cumin, and salt and stir. Add the cauliflower florets and stir until they are glistening with the spiced oil, about 2 minutes, turning often. Add 1/4 cup of water, cover, and reduce the heat to low. Cook until the cauliflower is tender to a fork, about 5 minutes, adding more water if needed.

Remove from the pan and either place directly on two prepared pizza crusts and bake following the instructions for the pizza crust, or let cool and refrigerate until ready to use.

SUGGESTION: Combine cauliflower florets with broccoli florets.



Braised Leeks and Feta Cheese Pizza. Recipe on page 97.



BRAISED LEEKS AND FETA CHEESE PIZZA

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

MAKES ENOUGH TO TOP TWO 14-INCH PIZZAS

A layer of braised leeks lends a smooth texture and a sweet, mild onion flavor to the pizza, and goes well with the slightly salty feta cheese favored in Bulgaria, Greece, Israel, and elsewhere in Europe and the Middle East, where leeks are popular.

2	TABLESPOONS BUTTER	1/2	TEASPOON KOSHER OR COARSE SALT
1	TABLESPOON EXTRA VIRGIN OLIVE OIL	6	OUNCES FETA CHEESE, CRUMBLLED
3-4	LARGE LEEKS, WHITE PARTS ONLY, THINLY SLICED		

In a medium frying pan over medium-high heat, melt the butter with the olive oil. When the butter foams, add the leeks and stir. Reduce the heat to low, cover, and cook until the leeks have softened and have reduced in volume, 10 to 15 minutes. Remove the cover and cook, stirring from time to time, until the leeks are quite soft and lightly browned, about 15 to 20 minutes. Remove from heat.

Spread the braised leeks on two prepared pizza crusts and sprinkle with the feta cheese. Follow baking instructions for pizza crust.

SUGGESTION: To create a Turkish flavor, part of the Middle Eastern profile, add a little grated nutmeg to the leeks.

SPRING

As the days lengthen in springtime, young leafy greens become abundant, California asparagus fills the market, and tender sugar snap peas appear along with the season's first strawberries. Mandarins are still in season, along with cabbages and carrots, all of which allows for diverse use of the 6-5-4 School Lunch Matrix.



Curried Carrot Soup. Recipe on page 104.



ZUCCHINI AND FETA

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

SERVES 4-6

This salad is an easy way to use the first of the season's zucchini, and can be served through summer and into fall as well. Be sure to squeeze the grated zucchini very dry so that the salad will not be watery.

2	POUNDS ZUCCHINI	2	TABLESPOONS MINCED FRESH CHIVES
1/4	POUND FETA CHEESE	1/4	CUP EXTRA VIRGIN OLIVE OIL
2	GREEN ONIONS, THINLY SLICED, INCLUDING WHITE PART AND ABOUT ONE-THIRD OF THE GREEN PART	1	TABLESPOON FRESH LEMON JUICE KOSHER OR SEA SALT
1/4	CUP CHOPPED FRESH MINT		FRESHLY GROUND PEPPER

Using the large holes of a grater, grate the zucchini. With your hand, or in a cloth, squeeze the gratings very dry. In a bowl, toss together the zucchini, cheese, onions, mint, chives, olive oil, and lemon juice. Season with salt and pepper.

SUGGESTION: Add a cup of cooked couscous or bulgur wheat to make a whole grain salad. Halved cherry tomatoes could also be added.



CHINESE CHICKEN SALAD

FLAVOR PROFILE: ASIAN

SERVES 6-8

Snow peas, which add a sweet crunch to this recipe, were an early spring crop in ancient China, harvested when snow was still on the ground, hence their name. Napa cabbage has a sweet, mild taste and can be used raw in salads, as it is here. Toasting the walnuts first will bring out their flavor.

4	SKINLESS, BONELESS CHICKEN BREASTS, OR 2 TO 3 CUPS SHREDDED CHICKEN	3	MANDARINS, 2 PEELED AND SECTIONED AND 1 JUICED
1/2	CUP VEGETABLE OIL	1/2	CUP WALNUT MEATS, TOASTED 1 MINUTE IN A DRY FRYING PAN
8-10	WONTON WRAPPERS, CUT INTO 1/3-INCH STRIPS	1/3	CUP WALNUT OIL OR EXTRA VIRGIN OLIVE OIL
1	HEAD NAPA CABBAGE (ABOUT 1 POUND), CORED AND SHREDDED, OR 6 CUPS SHREDDED NAPA CABBAGE	1	TABLESPOON CHINESE SESAME OIL
1/2	POUND SNOW PEAS, STEMS SNAPPED OFF AND PODS CUT THINLY	1	TABLESPOON SOY SAUCE
3	SPRING ONIONS, OR SCALLIONS, CUT THINLY (OPTIONAL)	2	TABLESPOONS MANDARIN JUICE (OR LIME JUICE)
		1/3	CUP RICE VINEGAR
		1	TEASPOON KOSHER OR SEA SALT

Place the chicken breasts in a small saucepan with about 1 inch of water. Cover, and over medium-high heat, bring to a boil. Reduce heat to low, and simmer until the chicken is opaque, about 15 to 20 minutes. Remove the chicken and let it cool. With a fork and knife, pull cooked meat apart into shreds. Save chicken broth for another purpose.

Heat vegetable oil in the same saucepan and add a small amount of the wonton strips, and cook until golden brown and crisp, about 10 seconds. With a slotted spoon, remove to paper towels to drain. Repeat with remaining strips.

Combine shredded cabbage with the snow peas, spring onions (if using), mandarin orange sections, and walnuts in a large bowl to make the base of the salad. In a separate small bowl, add the walnut and sesame oil. Whisk in the soy sauce, the mandarin or lime juice, and the rice vinegar. Add salt and whisk. Add the shredded chicken, won ton strips, and dressing to the salad base. Toss and serve.

SUGGESTION: Add 1 tablespoon minced fresh ginger to add more spice, or, for a vegetarian option, replace chicken with tofu cubes sautéed to a golden brown in Chinese sesame oil.



SPRING VEGETABLE SOUP

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

SERVES 4

This healthy, appealingly bright soup is a good spring menu item that incorporates different vegetables as well as fresh herbs. You can change the main vegetable with the season: for example, try zucchini in summer, butternut squash in fall, and broccoli in winter.

4	CUPS LOW-FAT, LOW-SODIUM VEGETABLE OR CHICKEN BROTH		KOSHER OR SEA SALT
			FRESHLY GROUND PEPPER
1	POUND SUGAR SNAP PEAS, ENDS SNIPPED AND COARSELY CHOPPED	1	TEASPOON FRESH LEMON JUICE
1	LARGE LEEK, WHITE PART ONLY, CHOPPED	2	TABLESPOONS CHOPPED FRESH ITALIAN FLAT LEAF PARSLEY
3	SPRING ONIONS, WHITE PART ONLY, CHOPPED	2	TABLESPOONS CHOPPED FRESH CHIVES

In a medium saucepan over medium-high heat, bring the broth to a boil. Add the sugar snap peas, leek, and onions, reduce the heat to low, cover, and simmer until the peas are tender, 10 to 15 minutes.

Using a food processor or blender, process to a coarse purée. Return to the pan and reheat to serving temperature. Season with salt and pepper and stir in the lemon juice. Ladle the soup into bowls, and garnish with the parsley and chives.

SUGGESTION: Instead of sugar snap peas, use 1 pound thinly sliced asparagus, cooking until tender, about 10 to 15 minutes.



CURRIED CARROT SOUP

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

SERVES 4

Sweet carrots lend themselves to the flavors of the complex spices found in curries. This recipe calls for a commercial curry powder, but it is possible to make your own blend, balancing cumin, turmeric, cayenne, or other chilis. In lieu of ghee, the clarified butter commonly used in Indian cooking, extra virgin olive oil is substituted.

1 1/2	TABLESPOONS EXTRA VIRGIN OLIVE OIL	6	CUPS LOW-SODIUM, LOW-FAT CHICKEN BROTH
1	LARGE SHALLOT, MINCED		
1 1/2	POUNDS CARROTS, PEELED AND COARSELY CHOPPED	2	TABLESPOONS FRESH ORANGE JUICE
			KOSHER OR SEA SALT
1	TEASPOON CURRY POWDER		FRESHLY GROUND PEPPER

In a large saucepan over medium heat, heat the oil. When it is hot, add the shallot and sauté until soft, about 2 minutes. Add the carrots, curry powder, and broth. Increase the heat to medium-high and bring to a boil. Reduce the heat to low, cover, and cook until the carrots are tender, about 20 minutes.

Remove from heat and add the orange juice. Using a food processor or blender, process to a smooth purée. Taste and season with salt and pepper. Drizzle with the remaining olive oil.

SUGGESTION: Butternut squash and sweet potatoes also lend themselves to curried flavors, and could be substituted for the carrots here for a fall version of the soup.



RED BEANS, SPINACH, AND BEEF

FLAVOR PROFILE: AFRICAN

SERVES 4

Red beans over rice are a Southern favorite, and here, some ground beef and spinach are added as well. Finely chopping the spinach adds the extra nutritional value of green vegetables without changing the customary flavor of the dish.

1	TABLESPOON EXTRA VIRGIN OLIVE OIL	1	TEASPOON KOSHER OR SEA SALT
1/2	ONION, DICED	1/2	TEASPOON FRESHLY GROUND PEPPER
1	POUND LEAN GROUND BEEF	1/4	TEASPOON CHILI POWDER
1	BUNCH SPINACH, STEMMED AND FINELY CHOPPED	2	16-OUNCE CANS RED BEANS, DRAINED
1-1/2	CUPS CANNED CHOPPED TOMATOES AND THEIR JUICE		

In a large frying pan, over medium-high heat, heat the olive oil. When the oil is hot, add the onions and sauté until translucent, about 2 minutes. Add the beef, and cook until opaque, about 6 minutes, stirring to crumble the meat. Add the spinach, and cook, turning, until wilted, about 1 minute. Add 1 cup of the tomatoes and their juice, the salt, pepper, and chili powder. Reduce the heat to low and cover. Simmer to allow the flavors to blend, about 10 minutes. Add the remaining tomatoes and stir in the beans, cover, and cook another 5 minutes. Serve with rice.



Red Beans, Spinach, and Beef. Recipe on page 105.



BEEF AND ASPARAGUS

FLAVOR PROFILE: ASIAN

SERVES 4

Fermented black beans, a common Asian ingredient, and fresh ginger are used here to make a sauce for the beef and the fresh spring asparagus.

SAUCE

- 2 TABLESPOONS FERMENTED BLACK BEANS
- 2 GARLIC CLOVES, MINCED
- 1 PIECE FRESH GINGER, 1 1/2 INCHES, PEELED AND MINCED
- 2 TABLESPOONS SHERRY VINEGAR
- 1 TEASPOON LIGHT SOY SAUCE

MAIN DISH

- 2 TEASPOONS LIGHT SOY SAUCE
- 1 TEASPOON SHERRY VINEGAR
- 2 TEASPOONS CORNSTARCH
- 1/2 TEASPOON SUGAR
- 1/2 TEASPOON KOSHER OR SEA SALT
- 1 POUND BEEF SIRLOIN, ABOUT 1 INCH THICK, SLICED PAPER-THIN ACROSS THE GRAIN
- 3 TABLESPOONS CORN OR CANOLA OIL
- 1 POUND ASPARAGUS, TRIMMED AND CUT ON THE DIAGONAL INTO THIN SLICES

To make the sauce, in a small bowl, stir together the black beans, garlic, ginger, vinegar, and soy sauce. Set aside.

In a bowl large enough to hold the beef, combine the soy sauce, vinegar, cornstarch, sugar, and 1/4 teaspoon of the salt. Stir to mix and dissolve the cornstarch. Stir in the beef and coat well. Add 1 tablespoon of the oil and set aside to marinate for 30 minutes.

When the beef is ready, over-medium high heat, heat the remaining oil in a wok or deep frying pan and sauté the asparagus until bright green, about 30 seconds to 1 minute. Remove with a slotted spoon and set aside. Put the beef and its marinade in the hot oil, and stir, cooking until the meat has changed color but is still pink, 2 to 3 minutes. Pour in the black

bean mixture and continue to cook just until the meat is cooked through, another 1 to 2 minutes. Stir in the asparagus to cook another 30 seconds, just to warm the asparagus.

Serve with rice.



CHICKEN YASSA

FLAVOR PROFILE: AFRICAN

SERVES 6-8

This dish is juicy, almost like a French onion soup, which makes sense given the French influence in western African countries like Senegal, where this recipe originates. Chicken Yassa is also reminiscent of another French dish, chicken fricassée. The sweetness of the carrot complements the acid of the lemon. Here, the chicken is served bone-in over large whole wheat pasta shells which can absorb the generous amount of broth.

1/3	CUP FRESHLY SQUEEZED LEMON JUICE	1	FRYING CHICKEN (ABOUT 4 POUNDS), CUT INTO 8 PIECES, OR A COMBINATION OF CHICKEN THIGHS, BREASTS, AND DRUMSTICKS
2	SERRANO CHILIS, SEEDS REMOVED AND MINCED		
4	LARGE ONIONS, THINLY SLICED	1 1/2-2	CUPS CHICKEN BROTH
2	TEASPOONS KOSHER OR SEA SALT	4	CARROTS, CUT INTO ROUNDS ABOUT 1/3 INCH THICK
1	TEASPOON FRESH GROUND PEPPER	1	TABLESPOON DIJON MUSTARD
1/2	TEASPOON CHILI POWDER	10	OUNCES WHOLE WHEAT PASTA SHELLS
6	TABLESPOONS CANOLA OIL		

In a large bowl, prepare the marinade by combining the lemon juice, minced chilis, onions, 1 teaspoon of the salt, pepper, chili powder, and 4 tablespoons of the oil. Place chicken in marinade and let stand for up to 3 hours. (The longer, the better. The onions will begin to wilt and release their liquid into the marinade.)

Remove the chicken. In a large sauté or frying pan, over medium-high heat, heat the remaining 2 tablespoons of oil and sauté the chicken, turning, until golden, about 6 minutes per side. Remove from pan.

Add the onions and their marinade to the pan and cook, stirring often, until the onion is soft and reduced in volume, about 5 to 10 minutes. Add a few tablespoons of the chicken broth if necessary to keep the onions from sticking to the bottom of the pan. Place the chicken pieces in the pan with the onions and add the chicken broth.

Cover, reduce the heat to medium-low, and cook until the chicken is nearly cooked through, about 20 minutes. Add carrots and cook until the carrots are just tender and the onions very soft, about another 15 minutes. Stir in the Dijon mustard.

In the meantime, bring a large pot of water to a boil over high heat. When boiling, add the pasta and the remaining salt.

Reduce the heat to medium and cook until tender to the bite, about 10 to 12 minutes. Drain the pasta and spoon into bowls, topped with a piece of chicken and lots of sauce.

SUGGESTION: Serve over long-grain brown rice to make a rice bowl.



ASIAN NOODLES WITH LIME CHILI SAUCE AND SPRING VEGETABLES

FLAVOR PROFILE: ASIAN

SERVES 6

Plump soba noodles are the choice here, but whole wheat spaghetti could be used as well. Vary the vegetables according to the season.

8	OUNCES DRIED SOBA NOODLES OR WHOLE WHEAT SPAGHETTI NOODLES	1	TABLESPOON CHOPPED FRESH CILANTRO LEAVES
SAUCE		1	TABLESPOON CHOPPED FRESH MINT LEAVES
1/3	CUP FRESH LIME JUICE	VEGETABLES	
2	TABLESPOONS VIETNAMESE OR THAI FISH SAUCE	1	CUP SHREDDED CARROTS
1	TEASPOON SOY SAUCE	1/2	CUP THINLY SLICED SUGAR SNAP OR SNOW PEAS
2	TEASPOONS SUGAR	1/2	CUP THINLY SLICED SPRING ONIONS OR MINCED RED ONION
1/4	CUP FINELY SHREDDED PEELED CARROT	1/2	CUP CHOPPED CILANTRO LEAVES
1/2-1	TEASPOON THAI-STYLE CHILI PASTE	1/2	CUP CHOPPED MINT LEAVES
1/2	TEASPOON DRIED CHILI FLAKES		

Combine the sauce ingredients and whisk well.

Cook the noodles in boiling water until tender, about 5 minutes. Drain and rinse. Place in a bowl and add the sauce, tossing to coat well. Add the vegetables, and toss again.

Serve warm or cold.



Asian Noodles with Lime Chili Sauce and Spring Vegetables. Recipe on page 111.



YUCATAN WRAP

FLAVOR PROFILE: LATIN AMERICAN

MAKES 5 WRAPS

This is a simple mixture of black beans, chicken, and vegetables that combines the fresh tastes of spring with the flavors typical of the Yucatan region of Mexico. In summer, add corn fresh off the cob to the mix.

BLACK BEAN FILLING

- 1 TABLESPOON VEGETABLE OIL
- 1/2 ONION, MINCED
- 1 TEASPOON CUMIN
- 1 TEASPOON CHILI POWDER
- 3 GARLIC CLOVES, MINCED
- 1 TOMATO, CHOPPED
- 1 TABLESPOON RED WINE VINEGAR
- 2 CUPS LOW-SODIUM CHICKEN BROTH
- 2 14 1/2-OUNCE CANS BLACK BEANS,
DRAINED AND RINSED
- KOSHER OR SEA SALT
- FRESHLY GROUND PEPPER

OTHER INGREDIENTS

- 5 WHOLE GRAIN OR OTHER FLOUR
TORTILLAS, BURRITO-SIZE
- 2 CUPS COOKED, SHREDDED, OR DICED
CHICKEN
- 1/2 RED ONION, FINELY CHOPPED
- 2 CARROTS, SHREDDED
- 2 CUPS SHREDDED CABBAGE
- 1/2 CUP CHOPPED SPRING ONIONS,
INCLUDING WHITE PART AND ABOUT
ONE-THIRD OF THE GREEN PART
- 1 1/2-2 CUPS MEXICAN CREMA OR SOUR CREAM,
MIXED WITH 1-2 TEASPOONS SUGAR

To make the black beans, heat the vegetable oil in a large saucepan over medium heat. When it is hot, add the onion and sauté until translucent, about 2 minutes, then stir in the cumin, chili powder, garlic, tomato, and vinegar. Add the broth, beans, and 1/2 teaspoon salt. Simmer to blend the flavors, stirring, about 10 minutes. In a blender or food processor, purée about 1 1/2 cups of the bean mixture and return to the pot. The beans should have a little liquid. Season with salt and pepper.

Spread a tortilla with some of the beans, add the chicken, red onion, carrots, cabbage, and spring onion. Drizzle with the crema or sour cream sauce, and wrap.

SUGGESTION: To make an entrée salad, spoon the bean mixture, along with the chicken and vegetables, on top of leaf lettuce and add tortilla chips. The mixture could also be spooned into crispy tortilla bowls lined with leaf lettuce or layered into a “to-go” cup.



Yucatan Wrap. Recipe on pages 113-114.



RICE AND VERMICELLI WRAP WITH BEEF, SPINACH, AND MUSHROOMS

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

MAKES 6 WRAPS

This is based on a hearty dish popular in Armenian cooking, shehreh yeghintz, which incorporates both pasta and rice, as well as vegetables.

RICE MIXTURE

- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1 CUP FINE, BROKEN VERMICELLI NOODLES
- 1 1/2 CUPS LONG-GRAIN RICE
- 1/4 CUP CHOPPED ONION
- 3 1/2 CUPS LOW-SODIUM, NONFAT CHICKEN BROTH
- 1 TEASPOON KOSHER OR SEA SALT

BEEF AND MUSHROOM FILLING

- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 1 POUND LEAN GROUND BEEF
- 6 OUNCES MUSHROOMS, SLICED
- 2 CUPS STEMMED, CHOPPED SPINACH LEAVES
- 1/2 TEASPOON KOSHER OR SEA SALT
- 1/2 TEASPOON FRESHLY GROUND PEPPER

WRAPS

- 6 WHOLE WHEAT OR OTHER TORTILLAS, BURRITO-SIZE, OR 3 PITA BREADS, CUT IN HALF

In a medium saucepan over medium heat, heat the olive oil. When hot, add the vermicelli, and stir until the noodles are golden brown, about 5 minutes. Add the rice and onions and stir until the rice is opaque and glistening, about 4 minutes. Add the broth and bring to a boil. Add the salt. Cover, reduce the heat to low, and cook until the rice is nearly tender and most of the broth absorbed, about 15 minutes. Remove from heat and let stand, covered, for 5 minutes.

While the rice mixture is cooking, prepare the meat and mushrooms. In a medium frying pan, heat the olive oil over medium-high heat. When it is hot, crumble in the beef and cook until nearly browned, about 5 to 7 minutes. Remove with a slotted spoon and set aside. Put the mushrooms in the pan and sauté until soft and their juices are released, about 2 minutes.

Return the beef to the pan, add the spinach, and season with salt and pepper.

To finish, combine the rice mixture and the beef mixture. Spoon some down the middle of each of the 6 tortillas and wrap, burrito-style. Alternatively, spoon the mixture into pita bread pockets.

SUGGESTION: In summer, instead of spinach, use chopped, sautéed eggplant, a favorite Armenian vegetable, sautéing it before adding the beef.



ASPARAGUS AND MUSHROOM PIZZA

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

MAKES ENOUGH TO TOP TWO 14-INCH PIZZAS

Asparagus is a quintessential spring vegetable, and versatile enough to be used in stir-fries, pastas, soups, salads, and, here, as a pizza topping. Use as many types of mushrooms as you can find. *Herbes de Provence* is a mixture of aromatic dried herbs found in the hills of southern France, and is readily available in most stores here. The mixture typically includes thyme, rosemary, bay, basil, and savory.

5	TABLESPOONS EXTRA VIRGIN OLIVE OIL	1/2	TEASPOON FRESHLY GROUND PEPPER
1	POUND ASPARAGUS, TRIMMED AND CUT INTO 1-INCH PIECES ON THE DIAGONAL	1	TEASPOON DRIED <i>HERBES DE PROVENCE</i> , OR SUBSTITUTE DRIED THYME
1	POUND MUSHROOMS, VARIOUS TYPES, SLICED		
1/2	TEASPOON KOSHER OR SEA SALT		

In a large frying pan, heat the olive oil over medium-high heat. When hot, add the asparagus and sauté until the pieces turn bright green and are just tender to a fork, about 3 minutes. Remove and set aside. Add the mushrooms and cook until the juices have evaporated and they are soft, about 3 minutes. Return the asparagus to the pan, and season with salt, pepper, and herbs. Spread the topping on each of two 14-inch prepared pizza crusts and bake following the instructions for the pizza crust.

SUGGESTION: Add crumbled feta cheese and pitted Kalamata olives for a Middle Eastern flavor.



CHILI BEEF WITH SPINACH PIZZA

FLAVOR PROFILE: LATIN AMERICAN

MAKES ENOUGH TO TOP TWO 14-INCH PIZZAS

Adding a hint of cinnamon and clove to the ground beef, along with chili powder, gives the meat a depth of flavor reminiscent of Mexican mole sauce. Although the spinach can be finely chopped if desired, the wilted whole leaves make a green background for the ground beef that is very appealing.

2	TABLESPOONS EXTRA VIRGIN OLIVE OIL	1/4	TEASPOON GROUND CLOVES
1	POUND LEAN GROUND BEEF	1/8	TEASPOON CAYENNE (OPTIONAL)
1	TEASPOON KOSHER OR SEA SALT	1/4-1/2	TEASPOON CHILI POWDER
1/2	TEASPOON FRESHLY GROUND PEPPER	4	CUPS WATER
1/4	TEASPOON GROUND CINNAMON	2	BUNCHES SPINACH, STEMS REMOVED

In a medium frying pan over medium-high heat, heat the olive oil. When it is hot, add the ground beef, crumbling it in. Sprinkle with the salt, pepper, cinnamon, cloves, cayenne (if using), and chili powder. Cook, stirring, until the meat is lightly browned, about 5 minutes.

In a medium saucepan, bring the water to a boil. Add the spinach and blanch just until wilted and bright green, about 45 seconds to 1 minute. Drain and pat dry. Chop if desired.

On each of two 14-inch prepared pizza crusts, first spread the spinach and then top with the meat. Bake following the instructions for the pizza crust.

SUMMER

Summer cooking in California means cooking with an abundance of juicy tomatoes, zucchini, eggplant, sweet peppers, chilis, corn, beans, cucumbers, and okra. It is the easiest time of year to compose salads, as well as soups that can be served chilled for a change of pace.



Soba Noodles with Eggplant, Tofu, and Thai Basil, shown here with the suggested substitution of whole wheat spaghetti for soba noodles. Recipe on page 129.



WHOLE WHEAT PENNE SALAD WITH TUNA AND CAPERS

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

SERVES 4

The oil-packed tuna adds flavor and texture to this Mediterranean salad, while the abundant fresh herbs and lemon juice provide character and the basil and tomatoes give the taste of local summer produce. Olives could be added as well. This dish has proved to be a favorite of students when piloted in the City of Davis schools.

1	6-OUNCE CAN OLIVE OIL-PACKED TUNA	2	TEASPOONS CAPERS, RINSED AND DRAINED
1 1/2	TEASPOONS KOSHER OR SEA SALT		
1/2	POUND WHOLE WHEAT PENNE	1/4	CUP CHOPPED FRESH PARSLEY
2	TABLESPOONS FRESH LEMON JUICE	1/4	CUP CHOPPED FRESH BASIL
2	TABLESPOONS EXTRA VIRGIN OLIVE OIL	1/4	CUP CHOPPED FRESH CILANTRO
		1	CUP HALVED CHERRY TOMATOES
1/2	TEASPOON FRESHLY GROUND PEPPER		

Drain the tuna. Put in a small bowl, and, using a fork, break into flakes.

Bring a large pot filled with water to a boil. Add 1 teaspoon of the salt and the penne, stir well, and cook until tender to the bite, about 12 minutes. Drain well.

In a large bowl, combine the still-hot penne, lemon juice, olive oil, the remaining 1/2 teaspoon salt, and the pepper and mix well. Add the capers, parsley, basil, cilantro, tomatoes, and tuna, and turn and mix gently. Taste and adjust the seasoning. Cover and refrigerate for 1 hour before serving.

Serve at room temperature.



THAI CUCUMBER SALAD

FLAVOR PROFILE: ASIAN

SERVES 2

This refreshing, cool salad is served to accompany many different dishes in Thai cooking. It can be used as a side salad or a component on the salad bar, omitting the chilis for the elementary level.

2	TABLESPOONS WATER	1	JALAPEÑO OR SERRANO CHILI, SEEDS REMOVED, CHOPPED
6	TABLESPOONS RICE WINE VINEGAR	2	TABLESPOONS CHOPPED FRESH CILANTRO
1/2	TEASPOON KOSHER OR SEA SALT	1/2	YELLOW ONION, THINLY SLICED
1	TABLESPOON SUGAR		
1	CUCUMBER, PEELED, SLICED, AND SEEDED		

In a small bowl, combine the water, vinegar, salt, and sugar and mix. In a medium serving bowl, arrange the cucumber, chili, cilantro, and onion in layers. Pour the vinegar mixture over the salad. Refrigerate 30 minutes before serving.



Chilled Cucumber and Yogurt Soup. Recipe on page 125.



CHILLED CUCUMBER AND YOGURT SOUP

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

SERVES 4

Yogurt and cucumbers are staples of Middle Eastern and Indian meals. Here, the two are combined to make a cooling summer soup.

2 1/2	CUCUMBERS, PEELED, SEEDED AND COARSELY CHOPPED	1/2	YELLOW ONION, CHOPPED
1/2	CUCUMBER, PEELED, SEEDED AND FINELY CHOPPED	1	LARGE SLICE COARSE, SOURDOUGH-TYPE BREAD, CRUST REMOVED
1 1/2	CUPS PLAIN YOGURT	1/2	CUP LOW-FAT, LOW-SODIUM CHICKEN BROTH
2	TABLESPOONS CHOPPED FRESH MINT		KOSHER OR SEA SALT
1	GARLIC CLOVE, MINCED		FRESHLY GROUND PEPPER

In a food processor or blender, combine the coarsely chopped cucumber, yogurt, 1 tablespoon of the mint, garlic, onion, bread, and broth. Process to a smooth puree. Season with salt and pepper.

Chill for two hours or up to overnight. Stir well before serving and garnish with the finely chopped cucumber and the remaining tablespoon of mint.

SUGGESTION: In summer, add 1 cup green grapes and 1/2 cup finely ground almonds to give the soup a Spanish twist similar to that country's white gazpacho.



CORN AND POTATO SOUP

FLAVOR PROFILE: LATIN AMERICAN

SERVES 6

This soup, called Ajiaco in its place of origin, Bogotá, Colombia, is served throughout South America. Its consistency is between a broth and a stew, rich and creamy, and in Colombia, it can feature many kinds of potatoes, the different textures of which contribute to the flavor of the soup. Here, three kinds are used. Ajiaco calls for guasca, a green herb that grows in Colombia and can be found in Latin American grocery stores. Though there is no substitute for guasca, the soup is also delicious without it. The accompaniments are important to the dish—cream, avocado, cilantro, and capers.

8	CUPS WATER OR CHICKEN BROTH (IF NOT USING THE WHOLE CHICKEN)	1 1/2	POUNDS RUSSET POTATOES, DICED VERY SMALL
1	CHICKEN (ABOUT 3 POUNDS), CUT INTO 6 PIECES, OR CHICKEN PIECES: 2 THIGHS, 2 LEGS, 2 BREAST HALVES	1	BUNCH FRESH CILANTRO, CHOPPED
1	ONION (IF MAKING YOUR OWN BROTH)	1	POUND YUKON GOLD YELLOW POTATOES, CUBED
2	GARLIC CLOVES (IF MAKING YOUR OWN BROTH)	1	POUND PURPLE POTATOES, CUBED
1	BAY LEAF (IF MAKING YOUR OWN BROTH)	3	EARS OF CORN, CUT INTO FOUR PIECES EACH
2	TEASPOON KOSHER OR SEA SALT	3	TABLESPOONS DRIED GUASCA, OR 1/2 CUP FRESH (OPTIONAL)
1	TEASPOON FRESHLY GROUND PEPPER	3	AVOCADOS, PEELED AND CUT INTO CHUNKS
1	BUNCH GREEN ONIONS, CHOPPED, INCLUDING ABOUT 2 INCHES OF THE GREEN PART	1	CUP HEAVY CREAM
		3	OUNCES CAPERS

In a Dutch oven, over high heat, bring the water or the broth to a boil. If making your own broth, set aside the drumsticks, thighs, and breast of the whole chicken, and put the remainder of the chicken in the water. Simmer for 1 hour along with an onion, 2 garlic cloves and a bay leaf.

If you've made your own broth, remove the chicken carcass. Add the salt, pepper, green onions, russet potatoes, half the cilantro, and chicken parts to the broth. Reduce the heat to low, cover, and simmer until the chicken is tender and separating slightly from the bones, about 25 minutes.

Remove the chicken parts and set aside. Stir the broth vigorously until creamy, about 1 minute. Add the remaining potatoes and cook over low heat for 10 minutes. Add the corn, and stir it into the soup. Cook for 10 to 15 minutes.

Into each individual bowl, place one piece each of corn and chicken. Ladle some soup over the corn and chicken until each bowl is three-quarters full. Leave room for the avocado, Guasca (if using), cream, capers and the remaining cilantro. Serve with these accompaniments, each in their own dish.

SUGGESTION: Make a vegetarian soup by using a full-flavored vegetable broth and omitting the chicken.



BASIL-WALNUT PESTO WITH WHOLE WHEAT RIGATONI

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

SERVES 6

This is a good way to add walnuts to the diet, introducing them through the rich, robust flavor of basil pesto that is familiar to and well liked by students.

2	CUPS FRESH BASIL LEAVES	7	TABLESPOONS EXTRA VIRGIN OLIVE OIL
6	TABLESPOONS FRESHLY GRATED PARMESAN CHEESE		KOSHER OR SEA SALT
			FRESHLY GROUND PEPPER
1/4	CUP WALNUT MEATS	16	OUNCES WHOLE WHEAT RIGATONI OR OTHER PASTA
1	GARLIC CLOVE, MASHED		

In a blender or food processor, combine the basil, Parmesan, walnuts, and garlic and process until finely chopped. While processing, drizzle in the olive oil to make a paste. Taste and add salt and pepper as desired.

Over high heat, bring a large pot of water to a boil. Add the pasta, reduce the heat to medium-high, and cook until al dente, about 12 minutes. Drain and toss with the walnut paste.

SUGGESTION: This can also be served cold or at room temperature as part of the salad bar, or as an entrée salad with chicken added.



SOBA NOODLES WITH EGGPLANT, TOFU, AND THAI BASIL

FLAVOR PROFILE: ASIAN

SERVES 8

These light brown, nutty-flavored, slightly chewy Japanese soba noodles are made from buckwheat flour. They may be served hot or chilled, used in soups and stir-fry.

14	OUNCES DRIED SOBA NOODLES	1	TEASPOON LEMON JUICE OR RICE VINEGAR
4	TABLESPOONS SESAME OIL		
3-4	TABLESPOONS VEGETABLE OIL	1	GARLIC CLOVE, MINCED
3	JAPANESE EGGPLANTS, UNPEELED AND CUT INTO $\frac{3}{4}$ -INCH CUBES OR ROUNDS (ABOUT 2 CUPS)	$\frac{1}{4}$	TEASPOON MINCED FRESH GINGER DASH OF CAYENNE PEPPER, HOT PEPPER, SESAME OIL, OR CHILI OIL
$\frac{1}{2}$	POUND EXTRA-FIRM TOFU, CUT INTO $\frac{3}{4}$ -INCH CUBES	2	OR MORE TABLESPOONS WATER
$\frac{1}{4}$	CUP SOY SAUCE	8-10	LEAVES FRESH THAI OR OTHER BASIL, THINLY SLICED
$\frac{1}{4}$	CUP ALMOND BUTTER		

In a large pot of boiling water, cook the noodles until soft, yet firm and not soggy, 4-5 minutes or as instructed on the package. Drain the noodles in a colander, then rinse them well under cold water, shaking back and forth to remove the starch. Drain them again and put in a serving bowl. Pour the sesame oil over them and toss to coat well. Set aside.

Heat the vegetable oil in a medium frying pan until hot, and add the eggplant, stirring. Reduce the heat and cook until lightly golden, about 3-4 minutes. Add the tofu and stir until golden brown, about 4 minutes. Set aside to cool.

In a small bowl, combine the soy sauce and the almond butter, mixing well. Add the lemon juice, garlic, ginger, cayenne pepper, and 2 tablespoons of water, stirring well. Pour the sauce over noodles and mix carefully so that all of the soba noodles are coated. Place a serving of

noodles in a bowl, top with eggplant/tofu mixture, and garnish with chiffonade of Thai basil. Serve cold or at room temperature.

SUGGESTION: Add an English cucumber, cut into strips, to introduce a crunchy texture and cool flavor. Replace soba noodles with one 16-ounce package of oriental-style rice noodle sticks (bánh pho my-tho), cooking very quickly in hot water for 2 minutes.

SUGGESTION: Whole wheat spaghetti can be substituted for soba noodles.



SUMMER CHICKEN STEW

FLAVOR PROFILE: AFRICAN

SERVES 8

All over Africa, chicken stews are popular, using whatever vegetables are in season. Chicken stews made with peanuts, or groundnuts as they are called in Africa, are a specialty. This version uses summer's juicy tomatoes and sweet bell peppers.

4	TABLESPOONS CANOLA OR OTHER VEGETABLE OIL	2½	CUPS LOW-FAT, LOW-SODIUM CHICKEN STOCK OR WATER
4	LARGE CHICKEN BREASTS, WITH BONE AND SKIN, CUT IN HALF	3	LARGE POTATOES, DICED
2	YELLOW ONIONS, DICED	¼	TEASPOON CAYENNE PEPPER
2	CUPS FRESH TOMATOES WITH THEIR JUICE, CHOPPED	¼	TEASPOON DRIED CHILI FLAKES
1	GREEN OR RED PEPPER, SEEDED AND DICED	1	TEASPOON KOSHER SALT

In a Dutch oven or other large heavy-bottomed pan with tight-fitting lid, over medium heat, warm the oil. Add the chicken and cook until the skin is golden, about 5 minutes on each side. Add the onions and peppers, continue cooking, stirring frequently, until the onions are translucent, about 5 minutes, and the peppers slightly soft. Add the tomatoes, chicken stock, potatoes, cayenne pepper, chili flakes, and salt.

Reduce the heat to low and simmer until the chicken is tender, about 20 minutes. Taste and adjust seasonings. Spoon over rice to serve.

SUGGESTION: In winter or spring, substitute canned tomatoes for fresh.



CHILI VERDE

FLAVOR PROFILE: LATIN AMERICAN

SERVES 4

This bright green sauce, full of vegetables and herbs, is often added to chicken or pork. The Anaheim chilis used are mild, so the sauce is suitable for all grade levels. For a spicier version for secondary students, add 2 or 3 minced serrano chilis. It is not necessary to toast the tomatillos or roast the chilis, but it does give the sauce a nice, slightly smoky, flavor.

10	FRESH TOMATILLOS	6	SPRIGS FRESH CILANTRO
2	ANAHEIM CHILIS	2	TABLESPOONS VEGETABLE OIL
1	SMALL ONION		KOSHER OR SEA SALT
2	GARLIC CLOVES	2	CUPS COOKED SHREDDED OR CHOPPED PORK OR CHICKEN

Remove dry husks from the tomatillos and toast the fruit in a dry frying pan until soft, about 3-5 minutes, turning several times. Put them in a medium saucepan and cover with water. Bring to a boil over medium-high heat and cook until soft and tender, about 5-7 minutes.

Under a broiler, roast the chilis until charred. Remove the skin and seeds and coarsely chop the flesh. Put in a blender or food processor with the tomatillos, onion, garlic, cilantro, and vegetable oil. Taste and adjust for salt.

Put the sauce in a pan, and over medium-high heat, bring to a simmer. Add the chicken or pork and cook, stirring, until the meat is hot.

To serve, spoon over rice.

SUGGESTION: Change the flavor profile to Mediterranean by using 5 fresh tomatoes, 1 teaspoon chili flakes, 1 sweet red or green pepper, and parsley instead of the tomatillos, chilis, and cilantro.



CHEESE ENCHILADAS WITH TOMATILLO SAUCE

FLAVOR PROFILE: LATIN AMERICAN

MAKES 12 ENCHILADAS

These enchiladas are a flavorful and filling vegetarian entrée. They are a complete meal when served with rice and refried black or pinto beans, and a little guacamole or salsa. One large can of green enchilada sauce may be used as a substitute for making sauce from scratch using tomatillos. Serve warm corn tortillas on the side.

1/2	POUND MONTEREY JACK CHEESE, GRATED	1	CUP CANNED GREEN CHILIS, DICED
1/2	POUND SHARP CHEDDAR CHEESE, GRATED	12	CORN TORTILLAS
2	CUPS LOW-FAT SOUR CREAM	1	POUND (ABOUT 10-12) TOMATILLOS, HUSKED AND RINSED
1/4	CUP 2% OR LOW-FAT MILK	3	SERRANO CHILIS OR 1 JALAPEÑO CHILI, STEMMED, SEEDED, AND MINCED
1/2	TEASPOON KOSHER OR SEA SALT	3	TABLESPOONS VEGETABLE OIL
1/2	TEASPOON FRESHLY GROUND PEPPER	1	MEDIUM WHITE ONION, SLICED
1 1/2	TEASPOONS GROUND CUMIN	3	LARGE GARLIC CLOVES, PEELED AND FINELY CHOPPED
1	BUNCH GREEN ONIONS, WHITE AND GREEN PARTS, FINELY CHOPPED	1 1/2	CUPS WATER
1 1/2	CUPS SLICED OR CHOPPED CANNED BLACK OLIVES	1/2	CUP CHOPPED FRESH CILANTRO

Preheat oven to 350°F.

For the filling, in a bowl, combine the cheeses, reserving about 1/2 cup of each, sour cream, milk, salt, pepper, cumin, green onions, olives, and green chilis.

Take each tortilla, place a third to a half cup of filling in it, and roll it up. Place rolled tortillas next to each other in a 9-inch by 12-inch baking dish.

To make the tomatillo sauce, husk the tomatillos. Roast the tomatillos and chilis together on a baking sheet four inches below a very hot broiler until darkly roasted, even blackened in spots, about 4–5 minutes. Flip them over and roast the other side for 4–5 minutes. This will blister the tomatillos.

Cool, then transfer to a food processor or blender, including juice that has run out onto the baking sheet.

Process until smoothly puréed. In a medium saucepan over medium heat, heat the oil. When it is hot, add the onion and cook, stirring regularly, until golden, about 7 minutes. Stir in the garlic and cook a minute longer. Increase the heat to medium-high, and add the tomatillo purée all at once. Stir until noticeably darker and very thick, about 3 minutes. Add 1 1/2 cups of water and the cilantro. Stir thoroughly.

Cover filled and rolled tortillas with the tomatillo sauce (or canned green enchilada sauce) and sprinkle remaining cheese on top. Cover with aluminum foil and bake for 30–45 minutes. For the last 10 minutes or so, remove the foil, allowing the cheese to melt. Serve warm.

SUGGESTION: Add shredded chicken to the cheese mixture.



FRESH TOMATO AND MOZZARELLA PIZZA

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

MAKES ENOUGH TO TOP ONE 14-INCH PIZZA

This is a simple pizza topping for summertime, when tomatoes are at their peak flavor. Throughout Europe this is called Pizza Margarita.

2	TABLESPOONS EXTRA VIRGIN OLIVE OIL	10	FRESH BASIL LEAVES, COARSELY CHOPPED
1	POUND FRESH PLUM OR OTHER TOMATOES, THINLY SLICED	$\frac{1}{3}$ - $\frac{1}{2}$	POUND MOZZARELLA CHEESE, SLICED OR GRATED

Rub pizza crust with the olive oil. Layer with the tomatoes and basil, then cover with the cheese. Follow baking instructions for pizza crust.

SUGGESTION: Add thinly sliced zucchini to the tomatoes.



GYRO-STYLE PITA WITH GROUND BEEF, TOMATO, MINT, AND ONION

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

MAKES 4 PITA POCKETS

In Middle Eastern neighborhoods, vendors have upright spits of seasoned lamb roasting, from which they cut thin slices of meat that they tuck into a warm pita or other flatbread and season well with onions, tomatoes, and herbs. In this version, ground beef is used.

1	TABLESPOON EXTRA VIRGIN OLIVE OIL	1/2	RED ONION, THINLY SLICED
1	POUND LEAN GROUND BEEF	12	SPRIGS FRESH CILANTRO
1	GARLIC CLOVE, MINCED	4	SPRIGS FRESH MINT
1	TEASPOON KOSHER OR SEA SALT	4	SPRIGS FRESH PARSLEY
1/2	TEASPOON FRESHLY GROUND PEPPER	4	TABLESPOONS SOUR CREAM
2	WHOLE WHEAT PITAS, CUT IN HALF	1	TABLESPOON LEMON JUICE
2	MEDIUM TOMATOES, CHOPPED		

In a medium frying pan, over medium-high heat, heat the olive oil. When hot, crumble in the ground beef and cook, stirring until lightly browned, about 5 minutes. Stir in the garlic and cook until soft, another 1 to 2 minutes. Sprinkle with the salt and pepper.

Warm the pita halves.

Spoon 1/4 of the beef mixture into each pita half, and divide the tomatoes and onions equally among the halves. Add 3 sprigs cilantro and 1 each of mint and parsley to each half. Mix the sour cream and lemon juice together and add one tablespoon to each pita half.



Gyro-Style Pita with Ground Beef, Tomato, Mint, and Onion. Recipe on page 136.



FRESH CORN, OKRA, AND SPICY SAUSAGE PIZZA

FLAVOR PROFILE: AFRICAN













MAKES ENOUGH TO TOP TWO 14-INCH PIZZAS

This flavorful, easy-to-make pizza topping reflects two of summer's colorful vegetables—okra and corn. Any color corn may be used.

2	TABLESPOONS CANOLA OIL	1	CUP SLICED FRESH OKRA, ABOUT 3/4-INCH PIECES
2	ANDOUILLE SAUSAGES, SLICED ON THE DIAGONAL ABOUT 1/3 INCH THICK	1	EAR FRESH CORN, SHUCKED AND KERNELS REMOVED

In a small frying pan over medium-high heat, heat the oil. When it is hot, sauté the sausage and the okra until the sausage is lightly browned and the okra turns golden, about 4 minutes. In a bowl, combine the sausage and okra with the corn and mix. Place the topping on two prepared 14-inch pizza crusts and bake, following the baking instructions for pizza crust.

SUGGESTION: Omit the sausage and add additional vegetables in season, such as a sliced or diced crookneck yellow squash, to make a vegetarian pizza.

<p>SWEET RED PEPPERS</p>  <ul style="list-style-type: none"> • All red peppers start out green, then turn red. • Red peppers have calcium for healthy bones. 	<p>WINTER SQUASH</p>  <ul style="list-style-type: none"> • Squash has Vitamin A for healthy eyes. • Orange vegetables help you have healthy hair. 	<p>CABBAGE</p>  <ul style="list-style-type: none"> • Cabbage is related to broccoli and cauliflower. • Cabbage has lots of Vitamin C.
<p>RETHINKING SCHOOL LUNCH COOKING WITH CALIFORNIA FOOD IN K-12 SCHOOLS</p> <p>NUTRITION EDUCATION CARDS AND HOSPITALITY TRAINING FOR SCHOOL NUTRITION SERVICES STAFF</p>		
<p>APPLES</p>  <ul style="list-style-type: none"> • Apples have healthy natural sugars. • Apples have lots of fiber. 	<p>TOMATOES</p>  <ul style="list-style-type: none"> • California grows most of the tomatoes in the United States. • Tomatoes have lots of Vitamin C. 	<p>STRAWBERRIES</p>  <ul style="list-style-type: none"> • Strawberries have more Vitamin C than oranges. • California grows most of the strawberries in the United States.
<p>CHARD</p>  <ul style="list-style-type: none"> • Chard has iron for a strong body. • Chard has Vitamin A for healthy eyes. 	<p>BEETS</p>  <ul style="list-style-type: none"> • Beets are roots. • Beets have Vitamin B for strong fingernails. 	<p>SPINACH</p>  <ul style="list-style-type: none"> • Spinach has Vitamin A for healthy eyes. • Spinach has Vitamin C for fighting colds.
<p>MANDARINS</p>  <ul style="list-style-type: none"> • Mandarins have Vitamin A for healthy eyes. • Orange fruits help your heart stay healthy. 	<p>SUGAR SNAP PEAS</p>  <ul style="list-style-type: none"> • You can eat sugar snap peas raw or cooked. • Sugar snap peas have iron, for a strong body. 	<p>PLUMS</p>  <ul style="list-style-type: none"> • Plums are related to roses. • Plums have Vitamin C for fighting colds.
<p>KIWIFRUIT</p>  <ul style="list-style-type: none"> • Kiwifruit grows on a vine. • California grows most of the kiwifruit in the United States. 		

To support professional development training, download and free nutrition education cards from the CEL website at www.ecoliteracy.org/downloads/nutrition-education-cards.

RESOURCES

Here are some suggestions for sourcing local, in-season products and resources for additional recipes and flavor profile information.

SOURCES FOR LOCAL, IN-SEASON PRODUCE

SCHOOL DISTRICTS' PRODUCE DISTRIBUTORS

These companies may be able to assist, and normally have a specialist in house who will be familiar with local farmers.

CERTIFIED FARMERS' MARKETS

Local farmers' market managers know the farmers in a wide region. They may assist the farmers who sell at their market with direct marketing opportunities, such as to school districts. To find a local farmers' market and its contact information, go to the California Federation of Certified Farmers' Markets website (www.cafarmersmarkets.com/index.cfm). Certification is given by the California Department of Food and Agriculture through the local county agricultural commissioner's office. Farmers affirm that they have grown the food they are selling.

COMMUNITY ALLIANCE WITH FAMILY FARMERS (CAFF)

This statewide organization advocates for California family farmers and sustainable agriculture. CAFF has developed local food guides as a part of its Buy Fresh Buy Local campaign. The guides cover various regions around California and are searchable online and downloadable from CAFF's website (www.caff.org). Buy Fresh Buy Local also has its own website with a search engine (<http://guide.buylocalca.org/index.html>).

SLOW FOOD USA

Slow Food has a program nationally focused on improving school lunch. To find the closest chapter, go to the Slow Food USA website (www.slowfoodusa.org). They frequently fund-raise to support projects.

FARM-TO-SCHOOL PROGRAMS

These programs connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, and supporting local farmers. Farm-to-school is a nationwide movement that connects school food services with farmers who

can provide fresh, seasonal produce. To learn more, try these websites: Center for Ecoliteracy (www.ecoliteracy.org); California Department of Education (www.cde.ca.gov); California Farm to School (www.cafarmentoschool.org).

RESOURCES FOR FURTHER FLAVOR PROFILE INFORMATION AND SEASONAL RECIPES

COOKBOOKS AND FOOD MAGAZINES

There are many, many cookbooks that reflect the five flavor profiles presented here. Many are specific to cuisines of particular regions, such as Japanese, Southeast Asian, Thai, Vietnamese, Korean, West African, North African, Italian, Greek, Sicilian, Spanish, Armenian, Turkish, French, Irish, Polish, Bulgarian, and numerous others. Many cookbooks are also organized by season. Food magazines offer seasonal recipes in multiple flavor profiles and are a good source of ideas.

ONLINE AND TELEVISION

The World Wide Web offers tens of thousands of recipes in huge diversity, and there are many food/cooking shows on television that can provide seasonal information and recipes.

COMMUNITY MEMBERS AND NUTRITION SERVICES STAFF

The ethnic diversity of California is reflected in community members and nutrition services staff, and they can be excellent resources for authentic ethnic recipes and information to further the culinary education of food service staff.

HARVEST OF THE MONTH (HOM)

Produced by California Department of Public Health, HOM has a toolkit with downloadable teaching resources, including recipes that match seasonal listings of fruits and vegetables. These are available free of charge at the HOM website (www.harvestofthemonth.com).

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The Center for Ecoliteracy is grateful to have been able to call on the wisdom, knowledge, and experience of Georgeanne Brennan and Ann Evans in the creation of this publication and in many of our Rethinking School Lunch projects.

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ABOUT THE CENTER FOR ECOLITERACY

The Center for Ecoliteracy is dedicated to education for sustainable living. Through its initiative Smart by Nature™, the Center offers expertise, inspiration, and resources to the sustainability movement in K-12 education, including its Rethinking School Lunch projects and the book *Smart by Nature: Schooling for Sustainability*, which showcases inspiring stories about school communities across the nation. The Center's services include a publishing imprint, seminars, academic program audits, coaching for teaching and learning, in-depth curriculum development, keynote presentations, technical assistance, and a leadership training academy. Learn more at www.ecoliteracy.org.

“The Center for Ecoliteracy has done it again! The 6-5-4 focus that authors Georgeanne Brennan and Ann Evans take to bringing fresh cooking concepts to school meals is brilliant and long overdue. *Cooking with California Food in K-12 Schools* is a truly wonderful collection of recipes that kids will actually enjoy for years to come. The gold standard has been set yet again, and the bar has been raised to return schools to their roots of cooking and baking from scratch by incorporating fundamental culinary principles with real, fresh ingredients. I can’t wait to try the recipes with our students.”

David G. Binkle

*Deputy Director of Food Services, Los Angeles Unified School District
President of Chefs de Cuisine Association of California*

“It is so important that our young people learn healthy eating practices—and there couldn’t be a better way than offering them an array of delicious choices reflecting the diversity of California’s heritage. Agriculture is a proud partner with our schools in growing future generations of productive, healthy citizens.”

The Honorable Karen Ross

Secretary of the California Department of Food and Agriculture

“The 6-5-4 matrix will be a great resource for menu planners in California schools. School meal programs across our state are attuned to offering more fruits, vegetables, and whole grains to students. This menu design tool will assist schools in our goal of finding ways to please the child palate.”

Denise J. Ohm

President of California School Nutrition Association

“Farmers, educators, nutritionists, school chefs, parents, and kids—rejoice! *Cooking with California Food in K-12 Schools* goes beyond mere instruction to inspire, engage, and tantalize with recipes that celebrate California’s cornucopia of seasonal food in simple, wholesome dishes bound to delight schoolchildren of all cultures and tastes.”

Adrienne Baumann

Executive Director of Marin Organic

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