



Cranberry Granola

This easy-to-make granola is perfect with yogurt, makes a great energy boosting snack and also satisfies a sweet tooth.



By: John Selick, executive chef, Sodexo Healthcare Services, University Hospitals Ahuja Medical Center

Ingredients

- 15 cups (1 canister) oats
- 1 cups brown sugar
- 1 cup honey
- 2 cups Rice Krispies
- 1 cup Light Olive Oil
- 3 cups Almonds
- 3 Tablespoons Cinnamon
- 4 cups Dried Cranberries
- 2 cups White Chocolate Chips

Method of Preparation

1. Combine all ingredients except cranberries and white chocolate chips.
2. Spread onto two unlined full sheet pans.
3. Place into 325 degree oven with low fan for 15 minutes, stir and bake for 15 more minutes.
4. Remove from oven and allow it to cool, and then add cranberries and white chocolate chips.



Cranberry & Apple Chutney



By: Delores Lennox, CEC, Lennox Catering

Ingredients

1 cup dried cranberries
1 orange, peeled (cut out the segments, zest the skin, set both aside)
1 apple, peeled, cut into small chunks
1 tablespoons granulated sugar
1 cup citrus juice
1 cinnamon stick
½ tablespoon butter

Method of Preparation

1. Combine all ingredients except zest and butter.
2. Cook in saucepot on medium heat for about 10 minutes, until the cranberries have become hydrated.
3. Add zest and butter and mix until well blended.
4. Serve with pork, chicken, or even as a side dish. Yum!



Turkey Chili with Cranberries



*By: Ed Colleran, Executive Sous Chef,
Universal Studios*

Serves: 8

Ingredients

- 1 1/2 t Olive Oil
- 1 lb Ground Turkey
- 1 Onion chopped
- 2 cups Water
- 1 28 oz can Crushed Tomatoes
- 1 16 oz can Kidney Beans drained and rinsed
- 1 T Garlic minced
- 2 T Chili Powder
- 1/2 t Paprika
- 1/2 t Oregano
- 1/2t Cayenne Pepper
- 1/2 t Ground Cumin
- 1/2 t Salt
- 1/2 t Black Pepper
- 1 cup Dried Cranberries

Method of Preparation

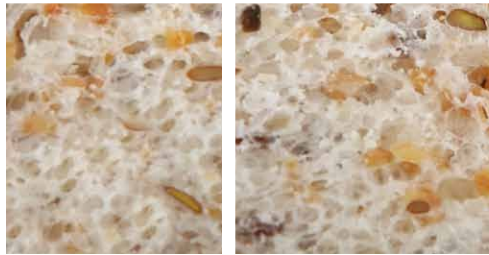
1. Heat olive oil in large skillet over medium-high heat. Add ground turkey and onion, and cook until meat loses its raw color, about three minutes.
2. Add remaining ingredients. Cover and cook, stirring occasionally, until thick, about 10 minutes.

CHEF & CHILD FOUNDATION RECIPE COLLECTION

PUMPKIN-APPLE CRANBERRY BREAD

Vince Blancato
ACF Tampa Bay Culinary
Association, Inc.

SERVINGS: 24
PER RECIPE: 24
SERVING SIZE: 1 slice



Ingredients:

- 2 Granny Smith apples
- ¾ cup vegetable oil
- 2 ½ cups sugar
- 4 eggs
- 1 15-ounce can, pumpkin
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 cup dried cranberries

Directions:

1. Wash, peel, core, and chop apples.
2. In a large mixing bowl, beat oil, sugar, eggs and pumpkin until well blended.
3. Sift flour, baking soda, cinnamon, cloves, ginger, and salt into a separate bowl or onto a sheet of foil. Stir into pumpkin mixture.
4. Stir in apples and cranberries.
5. Pour into a greased or sprayed 9"x5" loaf pan.
6. Bake at 350 degrees for 45 minutes or until a toothpick inserted center comes out clean.
7. Cool on rack before removing from pan and slicing.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (87g)
Servings Per Container
Calories 180
Fat Cal. 10

| Amount/serving | %DV* | Amount/serving | %DV* |
|---|------------|-----------------------|------------|
| Total Fat 1g | 2% | Total Carb 42g | 14% |
| Sat. Fat 0g | 0% | Fiber 2g | 8% |
| Trans Fat 0g | | Sugars 27g | |
| Cholest. 35mg | 12% | Protein 3g | |
| Sodium 120mg | 5% | | |
| *Percent Daily Values (DV) are based on a 2,000 calorie diet. | | | |
| Vitamin A 60% • Vitamin C 2% • Calcium 2% • Iron 6% | | | |



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Porcupine Sliders

SOUTH EDUCATION CENTER ALTERNATIVE SCHOOL
Richfield, Minnesota

Our Story

The South Education Center Alternative (SECA) School recipe challenge team put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend and created the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? They are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name.

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a quick menu idea that kids will enjoy!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Wanda Nickolai

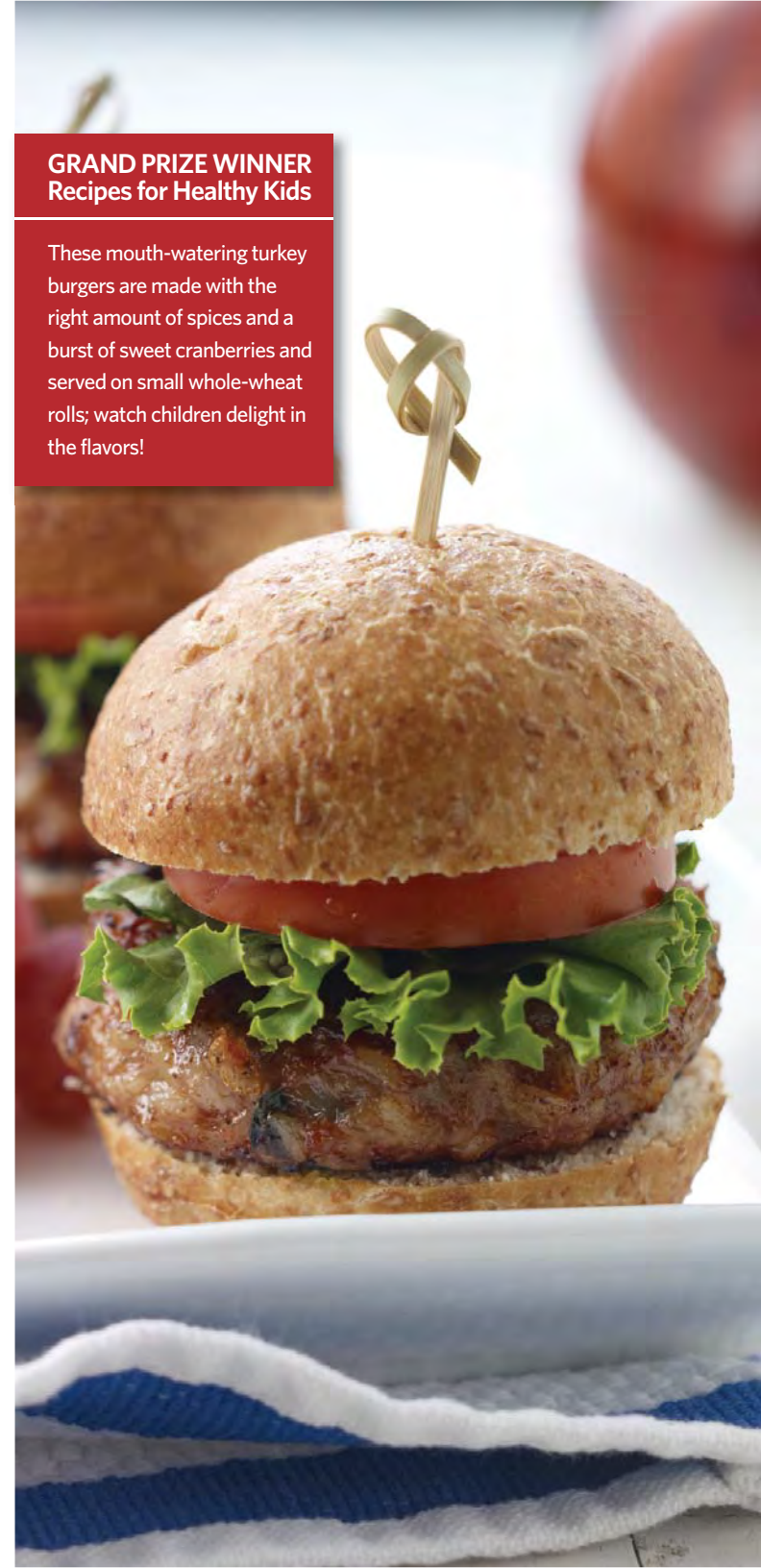
CHEF: Todd Bolton (Parasole Restaurant Holdings, Inc.)

COMMUNITY MEMBERS: Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

STUDENTS: Adilene D., Chris D., Dominic L., and Dolores P.

GRAND PRIZE WINNER Recipes for Healthy Kids

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors!



Porcupine Sliders



Whole Grains

Ingredients

- ½ cup** Brown rice, long-grain, regular, dry
- 1 tsp** Canola oil
- 1 ½ Tbsp** Fresh onion, peeled, diced
- ¼ cup** Fresh celery, diced
- 1 ½ tsp** Fresh garlic, minced
- 1 lb** Raw ground turkey, lean
- 1** Egg, beaten
- 5 Tbsp** Dried cranberries, chopped
- ¾ cup** Fresh baby spinach, chopped
- 1 tsp** Worcestershire sauce
- ½ tsp** Salt
- ½ tsp** Ground black pepper
- 1 dash** Ground white pepper
- 6 (1 oz each)** Mini whole-wheat rolls (small dinner roll size)

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Makes six sliders

1 slider provides 1 ¾ oz equivalent meat/meat alternate, ⅓ cup other vegetable, and 1 oz equivalent grains.

Directions

- 1.** Preheat oven to 350 °F.
- 2.** Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
- 3.** Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
- 4.** In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
- 5.** Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
- 6.** Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
- 7.** May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Nutrients Per Serving: Calories **247**, Protein **16 g**, Carbohydrate **26 g**, Dietary Fiber **3 g**, Total Fat **9 g**, Saturated Fat **2 g**, Cholesterol **85 mg**, Vitamin A **540 IU (41 RAE)**, Vitamin C **2 mg**, Iron **2 mg**, Calcium **65 mg**, Sodium **366 mg**