

Baked Crispy Chicken with Green Pea Pesto Salad



*By: Ed Colleran, ACF Central Florida Chapter,
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Ingredients

(exact portions coming soon!)

Chicken

Buttermilk

Spices: mustard, cayenne pepper, paprika,
parsley, salt and pepper

All-purpose flour

Cornflakes

1 ounce fresh chicken tenders

Green Pea Salad

Green peas

Pearl onions

Plain yoghurt

Pesto sauce

Salt and pepper

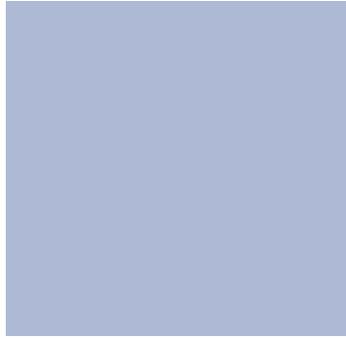
Method of Preparation

1. Mix buttermilk and spices in one pan. Pour flour in another pan. Pour crushed cornflakes in third pan.
2. Rinse chicken, pat dry.
3. Coat chicken in flour; shake off excess.
4. Dip into buttermilk mixture.
5. Cover with crushed corn flakes.
6. Arrange chicken on sheet pan.
7. Bake at 425 degrees Fahrenheit for 5 minutes; then, reduce temperature to 350 degrees Fahrenheit until internal temperature reaches 165 degrees Fahrenheit.

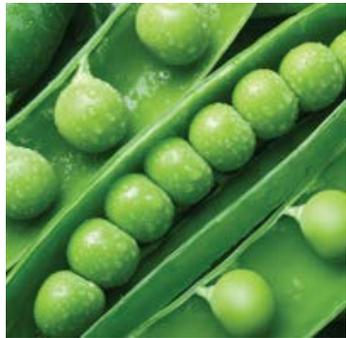
Tip: Pass cornflakes around classroom to crush. Ask for volunteers coat, dip, and cover chicken. Be sure to wash hands and wear gloves. This is a great demo to explain the importance of sanitation.

1. Blanch peas and onions; cool
2. Add yogurt to coat peas and onions.
3. Add pesto; taste for seasoning.

Tip: Ask for volunteers to mix salad. This is a great demo to talk about the nutritional value of peas.



Blueberry Sunrise Smoothie



www.neverhomemaker.com/2010/08/blueberry-sunrise-smoothie.html

Ingredients

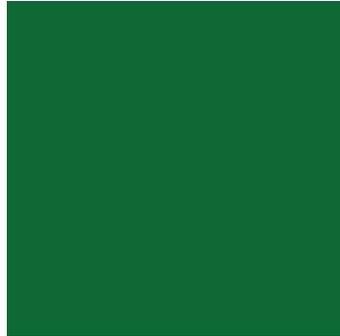
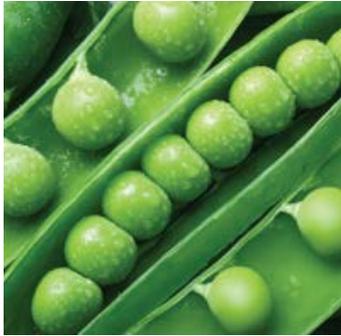
- 1 ½ cups frozen blueberries
- 1 cup frozen peas
- 1 banana
- 1 cup almond milk
- ½ teaspoon cinnamon

Method of Preparation

1. Blend all ingredients together until smooth.
2. Add in more milk to achieve desired consistency
3. Enjoy!

Tips

- Kids make great helpers in preparing this recipe!



Sweet Peas au Gratin



By: Elizabeth Mikesell, CEC, AAC, ACF Chefs Association of Southern Arizona Tucson

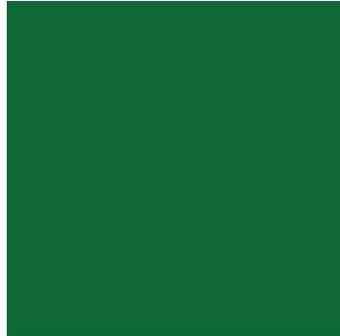
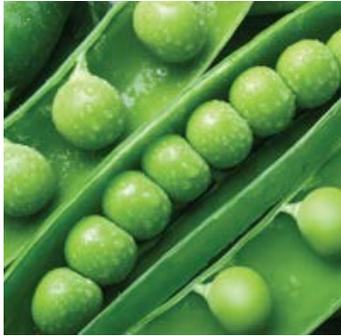
Level: Easy
Servings: 4-6

Ingredients

- 2 tablespoons olive oil
- 1 cup minced onions
- 1 teaspoon minced garlic
- Salt and pepper to taste
- 2 tablespoons all-purpose flour
- 2 cups 2% milk
- 4 cups sweet green peas, blanched
- ½ cup fine whole-wheat bread crumbs
- 1 ounce Parmesan cheese
- 3 ounces sharp cheddar cheese, grated

Method of Preparation

1. Preheat oven to 375 degrees Fahrenheit. Grease an 8-cup gratin dish with 1 teaspoon olive oil.
2. In large saute pan, add remaining olive oil over medium heat.
3. Add onions; season with salt and pepper. Saute for 2 minutes.
4. Add flour; cook for 1 minute, stirring constantly. Stir in milk; bring to simmer. Cook for 4-6 minutes, or until mixture coats back of spoon. Adjust seasoning.
5. Add peas; mix thoroughly.
6. Pour mixture into prepared gratin dish. Sprinkle bread crumbs over peas; top with grated cheese.
7. Bake in oven until peas are bubbly and top is golden, about 10-12 minutes.



Potato and Pea Salad



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Kitchen Gear

Measuring cup
Measuring spoons
Sharp knife (adult needed)
Cutting board
Garlic press (if available)
Medium pot
Colander
Fork
Medium Bowl
Rubber Spatula

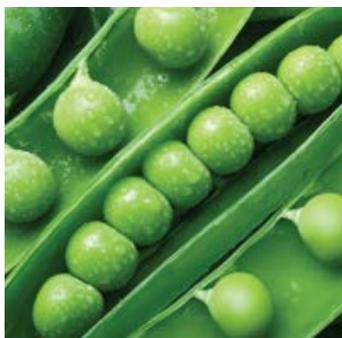
Ingredients

2 pounds small red potatoes (cut into ¼-inch slices with adult supervision)
¼ cup olive or canola oil
3 tablespoons white vinegar
1 teaspoon Dijon mustard
1 garlic clove, minced (finely chopped)
¼ teaspoon salt
1 cup peas, fresh or frozen
¼ teaspoon black pepper (optional)
¼ cup chopped mint and/or basil (optional)
⅓ cup crumbled feta cheese (optional)

Wash hands with soap and water. Gather kitchen gear and ingredients and place on clean counter.

Method of Preparation

1. Put potatoes in medium pot and cover with cold water.
2. Put pot on stove and turn heat to high (with adult supervision)
3. Bring potatoes to a boil, then lower the heat to medium-low and cook until potatoes are firm but slightly tender, about 7 minutes.
4. Pour potatoes into colander and set aside for 10 minutes to cool.
5. Put the oil, vinegar, mustard, garlic, salt and pepper in bowl and mix with fork.
6. Add potatoes to bowl with vinaigrette and gently mix with rubber spatula. Stir in peas, mint and/or basil and feta right before serving.
7. Serve immediately, or cover and refrigerate overnight.



Salmon Caesar Salad



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Level: Medium

Servings: 4

Kitchen Gear

Sharp knife (adult needed)

Measuring cup

Cutting board

Large skillet

Measuring spoons

Heatproof spatula

Tongs or salad servers

Ingredients

1 pounds salmon fillet (fillet means that the bones have been removed)

Salt and pepper

1 head romaine lettuce, washed and chopped into bite-size pieces (adult supervision)

2 tablespoons Caesar Salad Dressing

½ cup peas

¼ cup grated Parmesan cheese

Wash hands with soap and water. Gather kitchen gear and ingredients and place on clean counter.

Method of Preparation

1. Sprinkle fish with salt and pepper.
2. Adult supervision needed. Put skillet on stove and turn heat to high. When skillet is hot, carefully add fish. Cook for 3 minutes, flip and cook for 3 more minutes, or until done (the inside should look pale, with just a little rosiness in the center; if it looks transparent and bright red, it's not done yet.).
3. Put salmon on cutting board and cut into 4 pieces (adult supervision).
4. Put remaining ingredients in a bowl and toss, toss, toss. Taste a piece of lettuce and add more dressing if needed.
5. Divide salad among four plates, top each with a piece of salmon, and serve immediately.



Caesar Salad Dressing



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Kitchen Gear

Measuring spoons

Measuring cup

Blender or food processor (adult supervision)

Rubber scraper

Lidded container

Ingredients

4 garlic cloves, peeled and minced

2 anchovy fillets, drained and rinsed

½ teaspoon Dijon mustard

¼ cup fresh lemon juice (about 2 lemons)

½ teaspoon salt

¼ teaspoon black pepper

½ cup olive oil

Wash hands with soap and water. Gather kitchen gear and ingredients and place on clean counter.

Method of Preparation

1. Place all ingredients except olive oil in blender, or food processor, and put top on tightly. Turn machine on and process until thoroughly combined (occasionally, stop machine and push everything down from sides with rubber scraper).
2. While machine is running, add olive oil through feed tube (or hole in lid) and process until creamy.
3. Pour into container, cover and refrigerate for up to 2 weeks.

Tip

- Don't leave out the anchovies, even if you think you don't like them! Most people never even know they're in there – they just add a little salty-rich flavor.



Stir Fry Vegetables



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Level: Easy

Kitchen Gear

Sharp knife (adult needed)

Measuring spoons

Measuring cup

Large skillet or wok

Cutting board

Mixing bowls, 2

Oven mitts

Ingredients

1 cup cold water or chicken stock

2 tablespoons, low-sodium soy sauce

1 tablespoon corn starch

1 tablespoon unseasoned rice vinegar

½ teaspoon toasted sesame oil

½-1 teaspoon Asian chili paste (optional)

1 tablespoon vegetable or canola oil

1 bell pepper, red or green, cut in 1-inch cubes

4 cups bite-size pieces of broccoli

2-4 mushrooms, sliced

2 garlic cloves, peeled and chopped

Ingredients continued

1 tablespoon fresh ginger root, chopped

1 small head bok choy, chopped (or 2 cups chopped spinach)

1 cup snow peas, trimmed

1 bunch scallions, cut into 1-inch pieces

½ cup bean sprouts

Wash hands with soap and water. Gather kitchen gear and ingredients and place on clean counter.

Method of Preparation

1. Put water, soy sauce, corn starch, rice vinegar, sesame oil and chili paste, if using, in small bowl, mix well and set aside.
2. With the help of an adult, put large skillet, or wok, on stove, add oil and turn heat to high. Let skillet heat for 2 minutes, then, add bell pepper, broccoli and mushrooms. Cook until broccoli is bright green, about 2-4 minutes.
3. Add garlic and ginger; cook for 1 minute. Add bok choy (or spinach) and snow peas; cook until greens are brightly colored but still have some crunch, about 2 minutes.
4. Add sauce and bring to a boil. Add scallions and bean sprouts; cook for 1 minute. Serve immediately.