

# 2016 RHODE ISLAND KIDS' HEALTHY RECIPE COOKBOOK

Presented By

**Governor Gina M. Raimondo**  
**First Gentleman Andy Moffit**



# 2016 RHODE ISLAND KIDS' HEALTHY RECIPE COOKBOOK

JOIN THE CONVERSATION

#HealthyRI  
#RIHealthyKids



/GinaMRaimondo  
/Andy.Moffit.5



@GinaRaimondo  
@AndyMoffit

## A MESSAGE FROM THE GOVERNOR AND FIRST GENTLEMAN OF RHODE ISLAND

In November 2015, we challenged Rhode Island kids in grades five through eight to create and submit delicious, healthy and affordable recipes to the first-ever, 2016 RI Kids' Healthy Recipe Challenge. We received 126 recipes from kids across the state, and our guest judges had to make some very tough decisions to choose the finalists. From almond cake to tabouli, Rhode Island kids sure can cook!

We were impressed by the creativity of Rhode Island's young chefs, and we are thrilled to share your healthy recipes with the rest of our state in the 2016 RI Kids' Healthy Recipe Challenge Cookbook. This cookbook provides instructions to make 19 healthy recipes for starters, entrees and desserts. We hope you enjoy trying them out in your own kitchen.

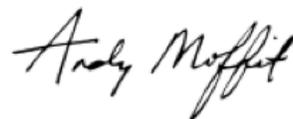
As parents, we care deeply about Rhode Island kids' health. It's important to us that our kids eat a balanced diet, and a lot of that comes from cooking healthy and delicious foods together.

In January 2016, we hosted a luncheon to celebrate the accomplishments of our finalists and underscore the importance of healthy cooking and eating. Thank you to Eat Drink RI and the Rhode Island Community Food Bank, our stellar judges, and the generous contributions of our sponsors for making this event possible.

Congratulations to the finalists, and to everyone who submitted recipes for the 2016 RI Kids' Healthy Recipe Challenge! Healthy kids and families create healthy communities and a stronger economy. Together, we're building a healthier Rhode Island.



**Governor Gina M. Raimondo**  
State of Rhode Island



**First Gentleman Andy Moffit**  
State of Rhode Island

## A MESSAGE FROM THE CEO OF THE RHODE ISLAND COMMUNITY FOOD BANK

The Rhode Island Community Food Bank was pleased to participate in the 2016 RI Kids' Healthy Recipe Challenge, the first of its kind in the state. As a judge of the submissions, I was personally impressed with the efforts of so many young Rhode Islanders to submit healthy, affordable recipes that we're happy to share in this cookbook.

At the Food Bank, we provide food assistance to 60,000 people each month. One-third of them are children under the age of eighteen. It is critically important that we provide these young people with meals that are both nutritious, to help them grow and develop into strong adults, and inexpensive, so that their families can maximize limited resources.

Eating healthy doesn't have to cost a fortune, as the participants in this challenge have proven, and the Food Bank is committed to providing nutritious food to our clients. Eighty-nine percent of the food we distribute is considered "core food" – healthy foods, including vegetables and fruits, grains, protein, beans, and dairy which can be used to prepare a nutritious meal for a family. We also work with farm businesses locally and nationally to increase access to fresh produce.

Being healthy involves more than just having the right food--it's also knowing how to prepare it. Through our Community Cooking program, we work with our member agencies to empower clients to cook and eat well, using food frequently available at food pantries. Our Mission Nutrition series specifically focuses on nutrition education for the children we serve at after school and summer meal program sites.

We still have a long way to go before we're able to provide healthy, nutritious and affordable meals to every child every day. But the creative and thoughtful recipes in this cookbook, contributed by the talented young people of Rhode Island, are a step in the right direction.



**Andrew Schiff**  
Chief Executive Officer



# TABLE OF CONTENTS

## STARTERS

100 Carrot Ginger Soup.....	6
Fish Cocktail with Curry Dip.....	7
Healthy Baked Eggplant Crisps with Tomato Dipping Sauce.....	8
Homemade Hummus.....	9
Oven-Baked Carrot Fries.....	10
Pumpkin Soup.....	11
Tabouli.....	12

## ENTREES

Broccoli and Chicken Rice.....	14
Cod Fish Tacos.....	15
Fish and Veggies in Aluminum Foil.....	16
Ground Turkey Gyros.....	17
Healthy Hash.....	18
Kale and Butternut Squash over Orzo or Rice.....	19

## DESSERTS

Almond Cake.....	21
Apple Roses.....	22
Blueberry Whoopie Pie.....	23
Chocolate Chip Zucchini Bread.....	24
Grasshopper Pie.....	25
Rice Pudding.....	26



# STARTERS

# 100 CARROT GINGER SOUP

**Chef Chase Petrucci, Grade 6**

Makes 5 to 6 servings • Estimated Cost \$6.25

*Chase has always enjoyed cooking and creating in the kitchen. Each week, he chooses a recipe and goes to the market with his PASS worker, Sharon, to purchase the ingredients with his allowance, or gathers the ingredients from his garden.*

*He then cooks a healthy dinner for his family every Tuesday night. Chase picked the carrots from his garden to use in this recipe.*



## INGREDIENTS

100 baby carrots or 10 large carrots (1 ½ pounds), trimmed and peeled  
4 cups water  
1 ½ teaspoons salt  
1 (4-inch piece) fresh ginger, peeled and grated on the large holes of a box grater  
1 loaf Italian bread  
½ cup heavy cream  
Salt and pepper

## PREPARATION

1. **Cut carrots** into 1-inch pieces (if using large carrots). Fill a saucepan with 4 cups of water and 1 ½ teaspoons of salt and add carrots. Bring to a boil, lower the heat and cover the pot. Cook for 30 minutes, or until the carrots are very soft.
2. **With a slotted spoon**, transfer the carrots to the bowl of a food processor. Begin to process, slowly adding the cooking water as you go until all water has been added. Put the grated ginger in the center of a paper towel and gather the corners to make a pouch. Squeeze the ginger over a small bowl to extract the ginger juice. Add the ginger juice to the processor with 6 tablespoons of the cream. Process briefly, adding salt and pepper to taste.
3. **Transfer to a saucepan** and heat until hot. Pour into soup bowls and drizzle with the remaining cream.

---

# FISH COCKTAIL WITH CURRY DIP

**Chef Haider Amad, Grade 5**

Makes 2 servings · Estimated Cost \$13.00

*Haider suggests serving this dish with steamed peas and carrots. Yum!*



## INGREDIENTS

For the Fish Cocktail:

- 260 grams boneless white fish fillet
- 1 egg, beaten
- 3 tablespoons unsweetened cornflakes crumbs
- 2 tablespoons wholemeal flour in a bowl
- Salt

For the Curry Dip:

- ¼ cup low-fat mayonnaise
- ½ teaspoon curry powder

## PREPARATION

- To make the Fish Cocktail:** Preheat oven to 350°F. Cut fish fillet into bite-sized chunks. Dip the pieces into flour, then egg, and finally in cornflakes crumbs.
- Place the fillet** in an oven-safe dish coated with olive oil, and put it in oven.
- Cook for 10 minutes.** Flip the fillet over and cook for another 10 minutes, then take out of oven.
- To make the Curry Dip:** In a small bowl, mix the low-fat mayonnaise and curry powder.
- Remove the fish cocktail from oven.**
- Serve hot with curry dip.**

.....

# HEALTHY BAKED EGGPLANT CRISPS WITH TOMATO DIPPING SAUCE

**Chef Pamela Peters, Grade 6**

Makes 4 to 8 servings • Estimated Cost \$8.00

*Pamela loves to cook and bake! She started by helping her dad around the kitchen when she was 5 years old. Pamela thought up this recipe, as her dad would make eggplant Parmesan and she preferred to eat the eggplant crisps before he would layer them in sauce and cheese. "This is a pretty easy and inexpensive recipe," she says. "I hope you like it!"*



## INGREDIENTS

1 eggplant, skinned and sliced into thin circles  
3 eggs, whisked  
4 cups bread crumbs  
1 cup Parmesan cheese  
3 tablespoons salt

Pepper to taste  
Parsley to taste  
Oregano to taste  
Garlic to taste  
Salt and pepper to taste  
Tomato sauce

## PREPARATION

1. **Preheat oven to 350°F.** Place the sliced eggplant flat on a clean towel. Sprinkle salt on eggplant slices and leave for 10 minutes. Flip eggplant and repeat step five (this step causes the eggplant to sweat so it softens). Dab off excess water on the eggplant slices, and set aside.
2. **Mix the bread crumbs** with the Parmesan cheese and seasoning. Dip one slice of eggplant into the eggs, giving it a thick coating. Immediately dip the same slice with the egg coating into the bread crumb mixture. Lay each slice on a baking sheet, covered in cooking spray. Repeat steps 8-10 with remaining eggplant.
3. **Bake in the oven for 30 minutes,** then flip. Continue to bake for 20 more minutes until both sides are crispy. In the meantime, heat up your favorite tomato sauce.
4. **Serve eggplant crisps** with tomato dipping sauce on the side. Enjoy!

---

# HOMEMADE HUMMUS

**Chef Kaya West, Grade 5**

Makes 4 servings • Estimated Cost \$3.68



## INGREDIENTS

1 can garbanzo beans  
(chickpeas or dried chickpeas  
can be substituted)  
1 garlic clove, chopped  
3 tablespoons lemon juice (1  
lemon)  
¼ - ½ cup olive oil

## PREPARATION

1. **Drain and rinse chickpeas.** Put the chickpeas into your food processor.
2. **Add chopped garlic** and lemon juice. Slowly add olive oil until desired consistency.
3. **You can serve the hummus with vegetables,** pita chips, or Oven-Baked Carrot Fries (page 10).

---

# OVEN-BAKED CARROT FRIES

**Chef Nicholas Soccio, Grade 5**

Makes 4 to 6 servings • Estimated Cost \$7.50

*“These oven-baked carrot fries are a healthy alternative to french fries, which most people like to eat,” says Nick. Carrots are a great source of vitamin A, C, calcium, and iron. Instead of ketchup, you can dip the carrots into hummus (page 9), which is a good source of protein.*

## INGREDIENTS

1½ pounds carrots, peeled and cut into French fry size pieces  
2 tablespoons olive oil  
2 tablespoons fresh rosemary, finely chopped  
½ teaspoons salt  
1 pinch pepper

## PREPARATION

1. **Preheat oven to 425°F.**
2. **Toss carrots with 2 tablespoons of oil**, adding salt and pepper to taste. Arrange in a single layer on a baking sheet.
3. **Bake for 10 minutes on one side**, then flip over and bake for another 10 minutes until crispy.
4. **Enjoy!**

---

# PUMPKIN SOUP

**Chef Eliza Vecchiarelli, Grade 8**

Makes 6 to 8 servings · Estimated Cost \$18.00



## INGREDIENTS

1 small pumpkin, seeded  
8 russet potatoes (about 2 pounds), washed and peeled  
5 carrots (about 1 pound), washed and peeled  
1 cup milk  
1 teaspoon garlic powder  
¼ teaspoon pepper  
¼ teaspoon of salt

## PREPARATION

1. **Cut all vegetables** into cubes and place them in a stockpot. Fill the pot with water until the water is just covering the vegetables. Cook between medium and high until the vegetables are very soft.
2. **Ladle the vegetables** with the water from the pot into a food processor and blend until smooth (no chunks or bits). Pour all the processed vegetables into a bowl. Add in 1 cup of milk and stir until mixed.
3. **Sprinkle salt**, pepper, and garlic adjusted to taste.
4. **Serve hot and enjoy!**

---

# TABOULI

**Chef Sofia Sweet, Grade 5**

Makes 3 to 4 servings · Estimated Cost \$12.00

*This recipe represents a special connection that Sofia shared with her Grandmother, and she chose it in remembrance of her. Before she passed away, her Grandmother made tabouli for Sofia's birthday every year.*



## INGREDIENTS

3 tomatoes, diced  
4 bunches fresh parsley leaves, finely chopped  
1 cup finely chopped scallion  
1 cup finely cracked wheat  
1 cup water  
½ cup minced fresh mint leaves  
3 tablespoons olive oil  
3 tablespoons freshly squeezed lemon juice, or to taste  
Small sprinkle of Allspice

## PREPARATION

1. **In a large mixing bowl**, pour the water over the cracked wheat and cover, let stand until wheat is tender and water is absorbed. Add the chopped herbs and vegetables and toss with the wheat mixture.
2. **Mix the olive oil**, lemon juice, and salt in a separate bowl. Pour into wheat mixture and mix well.
3. **Chill.** Continue to add lemon juice and salt to taste.

A close-up, high-angle shot of a pile of golden-brown french fries. The fries are scattered across the frame, with some in sharp focus and others blurred in the background. The lighting is warm, highlighting the texture of the fries.

# ENTREES

# BROCCOLI AND CHICKEN RICE

Chef Shivani Mehta, Grade 5

Makes 3 to 4 servings · Estimated Cost \$5.25



## INGREDIENTS

1 large chicken breast,  
cooked and cut into bite-sized  
pieces  
1 tablespoon vegetable oil  
1 cup broccoli florets  
1 large carrot, chopped  
2 green onions, white and  
green parts, chopped  
1 garlic clove, minced  
1 tablespoon fresh ginger,  
grated or minced  
1 package rice (or about 2  
cups precooked rice)  
Fresh cilantro, chopped  
Yogurt, for serving (optional)

## PREPARATION

1. **In a wok or large nonstick skillet**, heat 1 tablespoon of vegetable oil. Add broccoli and carrots, then sauté for 1-2 minutes. Add several tablespoons of water and cover the wok to steam the vegetables for 1 minute.
2. **Uncover the wok** and add the green onions, garlic, and ginger. Stir-fry until fragrant. Make a well in the center of the wok.
3. **Add the rice and the chicken.** Mix everything together until hot.
4. **Sprinkle with cilantro** and serve with plain yogurt (optional)

---

# COD FISH TACOS

**Chef Cameron Belisle, Grade 5**

Makes 4 servings · Estimated Cost \$18.00

*Cameron and his family love to cook healthy food together. Cod fish tacos are one of his favorite meals to prepare. Along with eating healthy, Cameron stays healthy by doing karate and he recently completed his first 5k race with his family!*



## INGREDIENTS

For Tacos:

3-4 garlic cloves, minced  
2 cod fish fillets  
Pepper

For Serving:

1 package taco shells  
1 package tortilla wraps  
Lettuce, shredded  
Salsa  
Shredded cheese  
Tomatoes, chopped

## PREPARATION

- 1. Preheat oven to 350°F.** Place cod into baking dish lined with aluminum foil. Sprinkle garlic and pepper.
- 2. Cook for 20 minutes.**
- 3. Warm taco shells and tortilla wraps** (2-3 minutes before fish is ready).
- 4. Start with lettuce,** and then add fish, tomatoes salsa and cheese. Enjoy!

.....

# FISH AND VEGGIES IN ALUMINUM FOIL

**Chef Aiko Kobiyama, Grade 5**

Makes 1 serving • Estimated Cost \$3.50

*"This recipe is delicious and easy to make," Aiko says. Aiko worked with her family to create it. She suggests serving this recipe with ajipon, a Japanese sauce.*

## INGREDIENTS

Olive oil  
¼ of an onion, sliced  
1 serving of fish (Chef's choice!)  
2-3 mushrooms, sliced  
1-2 lemons, sliced

## PREPARATION

- 1. Preheat oven to 400°F.** Lightly spread olive oil on half of 1 rectangular piece of aluminum foil. Lay sliced onions on top of the oil. Set the fish on top of the onions. Drape mushrooms on top of the fish. Top the mushrooms with lemon slices.
- 2. Fold the aluminum foil** in half and wrap the foil around the fish, folding all sides tightly.
- 3. Bake for 25 minutes.** When you see the foil make a dome-like shape, your meal is ready!

.....

# GROUND TURKEY GYROS

**Chef Nicole Dioh, Grade 7**

Makes 4 servings • Estimated Cost \$18.00

*Nicole suggests making homemade pita bread for the gyros. Tasty!*

## INGREDIENTS

For Gyros:

1 lb. lean ground turkey  
½ cup oatmeal  
1 egg  
½ teaspoon paprika  
½ teaspoon black pepper  
1 teaspoon salt  
1 teaspoon dried parsley  
1 ½ teaspoons dried oregano  
1 ½ teaspoons garlic powder  
1 ½ teaspoons onion powder  
¼ teaspoon cumin  
A pinch of cinnamon  
Pita bread, for serving

For Tzatziki Sauce:

1 cup sour cream  
1 medium cucumber, skinned, shredded  
and drained on paper towel to remove the  
water  
½ teaspoon salt  
¼ teaspoon fresh dill, chopped  
½ tablespoon fresh parsley, chopped  
1 teaspoon garlic, minced

## PREPARATION

1. **Preheat oven to 350°F.** Add all of the ingredients (except the turkey) into a bowl, and spend a few minutes kneading the mixture with your hands so that everything is combined very well.
2. **Once everything is mixed,** add in the ground turkey, kneading for a few more minutes. Put the mixture into a pan, lined with non-stick foil and then lightly oiled. Smash the meat mixture down with your hands a bit until it looks like a very large hamburger patty.
3. **Cook for 35 minutes.**
4. **For the Tzatziki Sauce:** Mix all ingredients together in a medium bowl or container with a lid and refrigerate for at least an hour. Remove from oven, then cut the meat into thin slices.
5. **Layer the meat** on fresh pita bread then garnish with lettuce, tomato and cucumber.

# HEALTHY HASH

**Chef Avery Bernier, Grade 7**

Makes 4 to 5 servings · Estimated Cost \$15.00

*As an athlete, Avery tries to maintain a healthy lifestyle. This is Avery's favorite recipe to make and eat. This recipe is healthy (full of vegetables and protein), quick, and super easy. It cooks in one pan, and it's perfect for eating on the go, too!*



*"This recipe is easily changed up," says Avery. "If you don't like paprika, no problem - use another spice. Add other veggies too, like mushrooms." Avery likes to top her bowl of hash with a little spicy ketchup - but that's optional. She also notes, "Don't be afraid of tofu, it's great in this recipe!" Regardless of how you make it, you'll be able to "Hash' tag YUM!" Avery says.*

## INGREDIENTS

2 packages of cubed firm tofu, drained and pressed dry	1 bag of baby spinach
2 sweet potatoes, chopped into small pieces	Salt
1 Spanish onion, chopped	Black pepper
2 colorful bell peppers, chopped	2 teaspoons Smoked Paprika
	1 thick slice of Maple ham (optional)

## PREPARATION

- 1. In a large skillet**, cook tofu in 1 tablespoon of olive oil until brown on the edges. If you're using ham, cook it with the tofu. Season tofu with salt, pepper and 2 teaspoons of smoked paprika.
- 2. Once cooked**, spoon tofu into a bowl for later. Next, add a little more olive oil to the pan and cook the chopped onion for 3 minutes, then add peppers and cook for another 3 minutes, and then add potatoes and cover. Season again with salt, pepper and paprika.
- 3. Let the mixture cook** for about 10 minutes (check it and toss it every few minutes so the bottom doesn't burn). Once cooked (take a potato out and test it), add a full bag of baby spinach. Cover and let cook for about 3 minutes until wilted.
- 4. Add the tofu mixture** back to the skillet and toss. Season to taste.

# KALE, BUTTERNUT SQUASH AND ORZO OR BROWN RICE DINNER

**Chef Daniela Harkness, Grade 5**

Makes 1 to 3 servings • Estimated Cost \$8.00

## INGREDIENTS

2 tablespoons olive oil  
1 small butternut squash cut into small pieces  
1 medium bunch of kale, torn into bite size pieces, stems removed  
1 cup chicken broth  
1 tablespoon Dijon mustard  
1 cup orzo (cooked) or 1 cup brown rice (cooked)

## PREPARATION

1. **Heat 2 tablespoons of oil** in a pan over medium heat. Cook the squash in the pan, stirring every now and then for about ten minutes until it softens.
2. **Add in kale**, broth, mustard, and a sprinkle of salt and pepper into the pan. Cover and cook until everything is tender.
3. **Mix with cooked orzo or brown rice.**





# DESSERTS

---

# ALMOND CAKE

**Chef Elisabeth Halkidis, Grade 5**

Makes 6 to 8 servings • Estimated Cost \$16.00

## INGREDIENTS

2 eggs  
½ cup olive oil  
½ cup Greek or plain yogurt  
2 tablespoons honey  
½ cup sugar  
2 tablespoons baking powder  
¾ cup whole-wheat flour  
¾ cup ground almonds  
2 tablespoons slivered almonds



## PREPARATION

1. **Preheat the oven to 375°F.** To separate the egg yolks from whites, crack an egg open carefully. Pass the yolk between the halves of the eggshell over a bowl until the white has dripped out into the bowl. Put the yolk into a separate bowl. Repeat for the second egg. Put the olive oil, yogurt, and honey into a large bowl. Add the two egg yolks and beat the mixture until smooth.
2. **Using an electric mixer or a whisk,** whisk the egg whites until they are stiff. Mix the sugar, baking powder, whole-wheat flour, and ground almonds together. Pour the dry mixture into the olive oil mixture.
3. **With a large metal spoon,** gently cut through the mixture to fold in the dry ingredients. Add the egg whites and fold them into the mixture with the metal spoon. Spoon the batter into an 8-inch round cake pan lined with parchment paper. Smooth the top with the back of a spoon. Scatter the slivered almonds over the top.
4. **Bake on the middle rack of the oven for 35 to 45 minutes,** until the cake springs back when lightly pressed in the center. Let the almond cake cool in the pan for 10 minutes, then turn it out onto a wire cooling rack.
5. **Cut into slices, serve, and enjoy!**

---

# APPLE ROSES

Chef Lily Addonizio, Grade 5

Makes 6 servings • Estimated Cost \$6.00



## INGREDIENTS

4 apples, cored and sliced with skin on  
Juice from ½ lemon  
3 tablespoons fruit preserves (Chef's choice on fruit!)  
2 tablespoons water (plus more for apple soak)  
1 sheet puff pastry  
Cinnamon, to taste

## PREPARATION

- 1. Preheat the oven to 375°F.** Put apple slices in a microwave-safe bowl. Fill bowl with water and juice for half a lemon. Use enough water cover apple slices. Microwave for 3 minutes. This will soften the apple slices and make them more pliable for rolling up. Next, grab a sheet of puff pastry. Flour your board and roll out the puff pastry enough to make 6 strips at 3 inches wide.
- 2. In a bowl,** mix your favorite fruit preserves with a couple of tablespoons of water. Then spoon out the preserves in the center of the strip of puff pastry. Next, place the apple slices long-ways halfway on the strip. Keep adding slices until you reach the end. Then, fold the puff pastry over the bottom of the apple slices.
- 3. Roll up the puff pastry** and place in a greased muffin tin.
- 4. Bake for 35 to 45 minutes.**
- 5. Remove from oven and let cool for 5 minutes.**

# BLUEBERRY WHOOPIE PIE

**Chef Lily Neves, Grade 6**

Makes 6 servings • Estimated Cost \$10.00



## INGREDIENTS

1 ½ cups all-purpose flour  
½ teaspoon baking powder  
½ teaspoon fine salt  
¼ teaspoon baking soda  
5 tablespoons unsalted butter,  
softened  
¾ cup granulated sugar  
1 teaspoon vanilla extract  
1 large egg  
⅓ cup milk  
¾ cup blueberries

### For Filling:

4 ounces cream cheese, at  
room temperature  
3 tablespoons unsalted butter,  
softened  
1 teaspoon finely grated  
lemon zest  
1 tablespoon fresh lemon  
juice  
½ teaspoon vanilla extract  
Pinch of salt  
1 ½ cups confectioners'  
sugar

## PREPARATION

- 1. Position oven racks in the center** and lower third of the oven and preheat to 375°F.
- 2. Make the cookies:** Whisk the flour, baking powder, salt and baking soda in a medium bowl. Beat the butter, sugar and vanilla on medium-high speed in a stand mixer fitted with the paddle attachment until light and fluffy, about 5 minutes. Beat in the egg until combined, scraping down the bowl. Reduce the mixer speed to low and beat in the flour mixture and milk in 3 alternating batches. Fold in the blueberries with a rubber spatula.
- 3. On 2 baking sheets,** lined with parchment paper and coated with cooking spray, arrange mounds of batter, about 2 tablespoons each, 2 inches apart; smooth the tops with a damp finger. Chill until firm, 30 minutes. Bake the cookies until lightly golden, rotating the pans halfway through, 10 to 12 minutes.
- 4. Let cool on the pans for 5 minutes,** then transfer to a rack to cool completely.
- 5. Make the Filling:** Beat the cream cheese, butter, lemon zest and juice, vanilla and salt with a mixer on medium speed until smooth. Beat in the confectioners' sugar on low speed until combined.
- 6. Assemble the Whoopie Pies:** Spread 2 tablespoons of filling on the flat side of 6 cookies and sandwich with the remaining cookies. Serve immediately or refrigerate, covered, overnight.

.....

# CHOCOLATE CHOCOLATE CHIP ZUCCHINI BREAD

**Chef Jack Pine, Grade 5**

Makes 2 loaves • Estimated Cost \$10.00

## INGREDIENTS

2 cups flour  
1/3 cup unsweetened cocoa powder, sifted  
1 1/2 tsp baking soda  
1/2 teaspoon salt  
1 cup sugar  
1/3 cup canola oil  
3 eggs, beaten  
1 tsp vanilla extract  
1/2 cup sour cream  
3 cups zucchini, peeled and grated  
1 cup semi-sweet chocolate chips



## PREPARATION

- 1. Preheat oven to 350°F.** Grease and flour 2 loaf pans (Cupcake pans may be used instead. Leave pans ungreased and use cupcake paper or foil liners). With 2 tablespoons of the flour, toss in a small bowl with the chocolate chips before adding them into the batter.
- 2. Sift dry ingredients:** flour, cocoa powder, baking soda, and salt in a small bowl.
- 3. In a large mixing bowl,** combine sugar, canola oil, eggs and vanilla until well blended. Add in sour cream and beat to combine. Add dry ingredients to wet ingredients and mix until just combined. Gently fold in zucchini and chocolate chips until lightly combined. Divide batter evenly between two loaf pans.
- 4. Bake for 50-60 minutes.** Let cool before serving.

---

# GRASSHOPPER PIE

**Chef Sam Northrup, Grade 5**

Makes 6 to 8 servings · Estimated Cost \$14.50

*Grasshopper Pie is one of Sam's favorite recipes. Sam enjoys it when it's hot outside and he and his family are in need of a great, cold dessert. "Because, who doesn't?" he asks. In addition to this being his favorite treat, Sam believes this recipe is both healthy and affordable. It's made with low fat mint chocolate chip yogurt instead of ice cream and a regular egg white piecrust instead of an Oreo or chocolate piecrust.*

## INGREDIENTS

For the Homemade Piecrust:

¾ cups sugar

3 egg whites

¼ teaspoons cream of tartar

For the Filling:

2 pints low fat mint chocolate chip frozen yogurt, thawed

1 can sugar-free whipped cream (optional)

## PREPARATION

- 1. Preheat oven to 300°F.**
- 2. Make the Homemade Pie Crust:** Mix ¾ cups of sugar, 3 egg whites and ¼ teaspoons of cream of tartar. Beat until as stiff as whipped cream.
- 3. Spoon the mix into a buttered pie pan.** Bake for 1 hour. Remove piecrust from oven, and let it cool.
- 4. Once cooled,** add in 2 pints of frozen yogurt.
- 5. Put in freezer to allow yogurt to refreeze.** Top with whipped cream, if desired.

# RICE PUDDING

**Chef Alexandra Cowart, Grade 5**

Makes 6 servings · Estimated Cost \$11.00

*"Rice pudding is a good recipe because it is free of gluten, inexpensive and uses ingredients that are left over or common in a home," notes Alexandra. When Alexandra and her family make this dessert, they use the leftover rice from dinner. She knows families will enjoy rice pudding because it is a warm delicious dessert that only takes about 30 minutes to make. And, "It's yummy!" she adds.*



## INGREDIENTS

1 ½ cups brown or white rice, cooked  
2 cups milk  
⅓ cup white sugar  
1 egg, beaten  
⅔ cup of raisins  
¼ tablespoon of salt  
Whipped cream (optional)

## PREPARATION

1. **Mix rice**, 1 ½ cups of milk, ⅓ cup white sugar and ¼ teaspoons of salt. Cook over medium heat until thick and creamy, about 15-20 minutes.
2. **Stir in ½ cup of milk**, one beaten egg and ⅔ cup of raisins. Continue to cook for 2 minutes, stirring constantly.
3. **Remove from heat** and stir in 1 tablespoon butter and ½ teaspoon vanilla.
4. **Serve warm with whipped cream (optional).**

## Special Thanks to our Judges

**Dr. Nicole Alexander-Scott, MPH**

Director of the Rhode Island Department of Health

**David Dadekian**

Eat Drink RI Founder and President

**Michaela Johnson**

Rhode Show Co-Host

**Maria Meza**

Executive Chef at El Rancho Grande

**Andrew Schiff**

CEO of the Rhode Island Community Food Bank