



LIFT Enrichment

Healthy Cookbook 101



Lessons

1. Pasta Primavera with Spring Vegetables
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4. Crispy Chicken Tenders AND Mixed Green Salad with Vinaigrette
5. Black Bean Veggie Sliders AND Cabbage Slaw
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7. Cauliflower Veggie Fried Rice
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9. Mexican Crispy Tortilla Salad with Beans, Corn & Honey-Lime Vinaigrette
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Students Learn To Cook: Zucchini, Spinach, Broccoli, Chicken Breast, Cabbage, Asparagus, Cauliflower, Lean Ground Beef

Pasta Primavera with Spring Vegetables



“Primavera” means “spring” and this pasta highlights any produce in season. Also, it’s loaded with vitamin-rich vegetables...and did we mention that it tastes absolutely delicious?

Active Time: 40 min | **Start to Finish:** 40 min | **Serves** 4

Ingredients:

1 lb farfalle (bowtie) pasta
1/2 onion, chopped
4 zucchini chopped into bite-size pieces
1 red bell peppers, chopped into bite-size pieces
1 cup frozen peas, defrosted
¼ cup Italian parsley, chopped
1 cup Parmesan, grated + extra for serving
1.5 cups vegetable stock
Extra-virgin olive oil
All-Purpose Flour
Kosher salt and ground pepper

Directions:

Bring a large pot of water to a boil and add 2 Tbs of salt. Cook your pasta until it’s al dente in the boiling water and remove to a bowl.

In a large pan over medium-high heat add 2 Tbs olive oil, bell peppers and onion and cook for 3-4 minutes. Add zucchini and peas and cook for 4-5 minutes, stirring occasionally so all the vegetables are softened.

Make an open space in the middle of your pan. Add 2 Tbs oil and 2 Tbs flour and move it around for 1 minute. Add the vegetable stock and mix all the vegetables together for 1-2 minutes, until the sauce has slightly thickened.

Add pasta, half the parsley, half the Parmesan, pinch of salt and mix well. Taste and adjust seasoning as needed. Serve immediately and toss with remaining Parsley and Parmesan! It also tastes great for lunch the next day as a pasta salad.

Black Bean & Spinach Quesadilla with Pico De Gallo



You can make a healthy quesadilla with spinach and, black beans and serve it with a fresh pico de gallo for a quick dinner that's loaded with vitamins, fiber and protein

Active Time: 30 min **Start to Finish:** 50 minutes **Serves:** 4

Ingredients

- 1 15-oz can black beans, drained
- 2 cups fresh spinach (1 large bag)
- 4 large tortillas
- 2 cups cheddar cheese, freshly grated
- Extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 Roma tomatoes, chopped
- ½ cup red onion, chopped
- 3 Tbs fresh cilantro, chopped
- 1-2 limes

Directions

In a pan add 2 Tbs oil to a pan over medium-high heat and add the spinach, salt and pepper and sauté until wilted, about 3-4 minutes. Add to a bowl lined with paper towels. Carefully squeeze the water out of the spinach. Place spinach on a cutting board and give it a rough chop.

In a tortilla, add cheese on half the tortilla, then top with an even layer of spinach and black beans, then top with cheese and close. Repeat with remaining tortillas. In a pan over medium heat, add 1 Tbs oil and sear 2-3 quesadillas at a time for about 4-5 minutes, flipping once. Season with a pinch of salt. Chop into triangles and serve with Pico de gallo

Pico De Gallo: Add the tomatoes, red onion, cilantro, lime and 1 Tbs oil in a bowl and season with salt and pepper to taste.

Whole Wheat Grilled Cheese and Broccoli Slaw



Grilled cheese made with whole wheat bread pairs perfectly with a healthy slaw made out of broccoli and a fantastic Greek yogurt dressing!

Active time:10 mins | **Start to finish:** 15 mins | **Serves:** 4-6

Grilled Cheese

Ingredients:

8 whole wheat bread slices
6-8 slices of cheddar cheese (about 1.5 – 2 slices per sandwich)
4 Tbs unsalted butter, at room temperature
2 large bunches broccoli
½ cup finely chopped red onion
½ cup Greek yogurt
¼ cup mayonnaise
1 lemon
Red wine vinegar
Sugar
Kosher salt and black pepper

Directions – Grilled Cheese

Generously butter one side of each slice of bread. Place a bread slice butter-side down, add 1.5-2 slices of cheddar cheese, top with a slice of bread butter-side up. Repeat to make 4 sandwiches

Add sandwich to a hot pan over medium-high heat and cook until lightly browned, about 2-3 minutes per side. In a 12" frying pan you can cook about 2-3 at a time. Remove from pan, cut in half diagonally and serve warm. You can keep sandwiches warm by putting them on a tray in an oven at 200F.

Directions – Broccoli Slaw

Cut the broccoli into florets, then chop the floret into smaller, bite-size pieces. For the stem, you can cut it into thin slices, about ¼" thick. In a small bowl, whisk together yogurt, mayo, lemon juice, 2 Tbs vinegar, 1 tsp sugar, 1 tsp salt and pepper. In a large bowl, add broccoli, red onion and toss with dressing to coat. Taste and adjust seasoning as needed. Cover with plastic wrap and chill for 20-30 minutes for all the flavors to come together. Serve chilled or at room temperature.

Crispy Chicken (and Eggplant) with Mixed Green Salad



This is one of our most popular recipes of all time because it's delicious and fresh! Using chicken breast is healthier than chicken thighs because they have less fat. We also "par-fry" the chicken in a little bit of oil than "deep fry" in a lot of oil like most restaurants so it's a lighter dish, but still crispy. The real surprise of this dish is how DELICIOUS crispy eggplant can be!

Active Time: 20 min **Start to Finish:** 20 min **Serves:** Family of Four

Ingredients

1.5 lb boneless, skinless chicken breasts
½ an eggplant, chopped into bite-size pieces
4 large eggs, beaten
2 Tbs Italian parsley, chopped,
2 cup Bread Crumbs
1 cup All-Purpose Flour

1 large container of Mixed greens
3 Roma tomatoes, chopped
1 cucumber, chopped
Extra-virgin olive oil
Red-wine vinegar
Sugar
Kosher salt and freshly ground pepper

Directions – Crispy Chicken / Eggplant

Season each piece of eggplant with salt. Setup three large, shallow plates or dishes next to each other. In the first one, add 1 cup flour. In the second one add the eggs, beaten. In the third one, add 2 cups bread crumbs, 1 tsp salt and Italian parsley. Dip the eggplant into the flour and shake off any excess. Next, dip it into the eggs until it's completely coated, allowing any excess to drain. Finally, dip the eggplant into the bread crumb mixture, shaking off any excess, and place on a large plate as you continue breading. Don't stack the pieces on top of each other, which will moisten and ruin the bread coating.

Repeat the same process above with the chicken and place these on a separate plate.

In a large pan, add 3 Tbs oil over medium-high heat. Test the oil by flicking a little bit of flour into the oil and if it sizzles, you're ready. Carefully place the eggplant in the oil and cook for 5-6 minutes, flipping halfway through, until golden brown on both sides and cooked thoroughly. Remove to a paper-towel lined plate and season with a pinch of salt. Continue with remaining eggplant.

Repeat the same process with the chicken, but keep these in a separate plate.

Directions - Mixed Green Salad

For the dressing, whisk together 2 Tbs vinegar, 4 Tbs olive oil, 1 tsp salt, a bit of black pepper and a small pinch of sugar. Taste with a lettuce leaf and add more salt or sugar if necessary. Place the lettuce, tomato and cucumber in a bowl and dress salad with a spoonfuls of dressing right before serving and enjoy! Serve in a bowl topped with some crispy eggplant and crispy chicken.

Black Bean Veggie Sliders with Cabbage Slaw



Sliders are an American diner classic, but can you get kids to eat mini-burgers that are vegetarian? You bet!

Active Time: 15 min | **Start to Finish:** 40 min | **Serves:** 4

Ingredients

- 1 14-oz can chickpeas
- 1 14-oz can black beans
- 1 cup bread crumbs
- 2 carrots, grated
- 1 egg
- 1 large packet of Hawaiian sweet rolls
- ½ head green cabbage
- 3 Tbs cilantro, chopped
- 3 green onions
- Extra-virgin olive oil
- Red wine vinegar
- Sugar
- Kosher salt and black pepper

Directions

Let's make the patties! In a bowl the chickpeas and black beans and smash them with the back of a fork until it's a rough paste. Next add bread crumbs, egg, half the cilantro (keep some extra for the slaw), carrot, 1 tsp salt, pepper and mix well. Wet your hands with water and form into small patties.

Make the slaw: Combine the cabbage, green onion, cilantro, 4 Tbs olive oil, 2 Tbs red wine vinegar, 1 tsp salt, a bit of sugar and black pepper and mix. Taste and adjust seasoning as needed.

In a large pan heat up 3 Tbs olive oil and cook the patties 6-8 minutes, flipping halfway, until nicely browned. Remove to a plate and continue with remaining patties.

To serve: In each roll add 1 patty, top with slaw and enjoy!

Cauliflower Veggie Fried Rice



What's better than regular Fried rice? One that has cauliflower in it!

Active time: 20 minutes **Start to Finish:** 40 min **Serves:** 4

Ingredients

2 cups Jasmine rice
1 large cauliflower (see below)
2 carrots, peeled and chopped
1 red bell pepper, chopped
3 garlic cloves, minced
4 green onions, separated and chopped
6 large eggs, beaten
1 cup frozen peas
Olive or Vegetable Oil
Red Wine Vinegar
Soy sauce
Sugar

Directions

Thoroughly clean the rice by adding it to a pot, rinsing it with water, and then drain off the water while using your hand to keep the rice in the pot. Repeat another time. Add 4 cups water to the rice, cover, bring to a boil and then let simmer for 15-20 minutes. Turn off heat and let rest for 5 minutes. Fluff rice with a fork and remove to a bowl.

In a large frying pan over medium heat, add 1-2 Tbs oil. Add the eggs and cook, while scrambling, for about 2-4 minutes. Remove to a plate and use a metal butter knife to slice it into small pieces. Clean the pan with a paper towel.

Grate the cauliflower on the largest setting. In the same pan, add 2 Tbs oil over medium-high heat and add the cauliflower. Cook for about 5-6 minutes, until the cauliflower is softened. Season with a pinch of salt and remove to a bowl. Add 1 Tbs oil over medium-high heat and the carrot and bell pepper and cook for 4-5 minute until softened. Add the garlic and cook for 30 seconds. Remove the veggies to a bowl.

Add 2 Tbs oil and the garlic and white parts of the green onions. Cook for 30 seconds, then add the cooked Jasmine rice and saute for 3-4 minutes. Add the cooked vegetables, peas and scrambled eggs. Season with 2 Tbs soy sauce, 1 Tbs vinegar, a bit of sugar and taste and adjust seasoning as needed. Remove to a bowl, garnish with green onions and enjoy!

Healthy Fettuccine Alfredo with Asparagus



This is an "Italian-American" dish, meaning you'll only find it in America. Fettuccine Alfredo is a comforting plate of fettuccine pasta covered in a homemade cream sauce, but our version is healthier as we substitute heavy cream and lots of butter with low-fat milk, vegetable broth and Extra-virgin olive oil. Plus we add some freshly sautéed asparagus for extra fiber and micronutrients.

Active Time: 30 min | **Start to Finish:** 40 min | **Serves Family of Four**

Ingredients

1 lb fettuccine pasta
3 garlic cloves, chopped
1 shallot, chopped
1 cup low-fat milk
1 cup vegetable broth (Better than Bouillon is good!)
1 cup Parmesan cheese, freshly grated
½ cup Italian parsley, chopped
1 bunch asparagus (about 1-1.5 lb)
Extra-virgin olive oil
All-purpose flour
Kosher salt and freshly ground pepper

Directions

Bring a large pot of water to a boil and add a small handful of salt. Cook the pasta for 9-11 minutes until al dente. Remove to a colander, season with salt and a bit of olive oil.

Trim the tough ends off of the asparagus and chop into 1" pieces.

In a large frying pan add 2 Tbs oil and half the garlic over medium-high heat and cook for 30 seconds. Add the asparagus to the pan with 1 tsp salt and a pinch of pepper and cook until softened, about 4-5 minutes. Remove to a bowl.

Add 3 Tbs oil to the skillet and add shallots, remaining garlic and cook for 1-2 minute, until softened. Add 4 Tbs flour and cook for 1 minute. Add the stock and cook for 2 minutes, while stirring constantly. Add the milk, season with 1 tsp salt, pinch of pepper and cook while stirring until the sauce has thickened, about 4-6 minutes. Add ½ cup of Parmesan, ¼ cup Italian parsley, asparagus and stir together. Add pasta and mix thoroughly, adding the pasta water to help thicken the sauce. Taste and adjust seasoning as needed.

Serve fettuccine alfredo topped with remaining Parmesan and parsley.

Healthy Taco Bell Crunchwrap with Lean Beef



A “crunchwrap” is a cool burrito-like item from Taco Bell that’s typically loaded with a lot of unhealthy (but tasty ingredients) like nacho cheese sauce and sour cream. Here, we can make them at home but a lot lighter and healthier with some unique substitutions that still pack a lot of flavor.

Active time: 25 min. | **Start to Finish:** 50 min | **Serves:** 4

Ingredients

1.5 lb lean ground beef (93% or 90%)
4 large “burrito” tortillas
1 cup reduced-fat mozzarella, freshly grated
3 roma tomatoes, chopped
½ cup white onion, chopped
¼ cup cilantro, chopped
1 lime
1 Tbs chili powder
1 Tbs cumin
Extra-Virgin olive oil
Kosher salt and freshly ground pepper
Optional topping: Hot sauce of choice
Vegetarians: Can substitute the beef for 1 14-oz can black-beans

Directions

In a l bowl combine cumin, chili powder, 1 tsp salt and pepper in a small bowl. Season beef

In a large pan over medium-high heat, add 2 Tbs oil and sear beef. Add the cumin, chili powder, 1 tsp salt, pepper and a squeeze of lime and cook for 5-7 minutes until browned and in small pieces.

In a bowl, add the chopped tomatoes, cilantro and onion, and then season with 1 tsp salt, pepper and juice of 1 lime and mix.

In a dry pan over low heat, add each tortilla for about 30 seconds on each side to soften them up.

Place a spoonful of beef in the center of each tortilla, top with 2 spoonfuls of pico de gallo, and top with the cheese. Carefully fold in each side of the tortilla to form a hexagon, like in the picture above. Flip the crunchwraps upside down as you continue with the other wraps.

In a large pan over medium-high heat, add 1 tsp oil and carefully add 2 or 3 (depending how many can fit) with the seam-side down so it becomes sealed in about 2 minutes. Flip and cook for 2 minutes. Remove to a bowl and continue with the remaining crunch wraps. Enjoy the crunchwarps with your favorite hot sauce!

Storage and Reheating: Make these in bulk! Then wrap each in aluminum foil and place in a container or plastic bag in the fridge. You can reheat them within 5 days by placing one on a microwave safe plate with the foil removed and heating for 1-1.5 minutes. Then heat a medium-size pan over medium-heat and crisp up each side of the crunchwrap on the pan, about 1-2 minutes per side. They’re delicious!

Mexican Crispy Tortilla Salad with Beans, Corn & Honey-Lime Vinaigrette



This healthy salad features popular staples: corn and black beans. The honey-lime dressing adds a great kick and the crunch of the tortilla strips make this salad a kid favorite!

Active Time: 20 min | **Start to Finish:** 20 min **Serves:** 4

Ingredients

6 corn tortillas, sliced into strips
2 heads romaine lettuce, chopped
2 limes, juiced
2 red bell peppers, chopped
2 carrots, peeled and chopped
1 cup cherry tomatoes, halved
1 15-oz can whole kernel yellow corn, rinsed and drained
1 15-oz can black beans, rinsed and drained
¼ cup fresh cilantro, chopped
Olive or Vegetable Oil
Honey
Kosher salt and black pepper

Directions

Crispy Tortilla: In a large pan over medium heat, add 2-3 Tbs oil and add the tortilla strips and cook for 2-4 minutes, flipping halfway until nicely browned on both sides. Remove to a paper-towel lined plate and season with a pinch of salt

Dressing: To make the dressing, in a small bowl add freshly squeezed limes, 1-2 Tbs honey, 1/3 cup oil, 1 tsp salt, black pepper and whisk together. Taste with a piece of lettuce and adjust seasoning as needed. If it's too acidic, add honey.

Salad: In a large bowl, combine lettuce, bell peppers, carrots, tomatoes, corn and beans. Add a few spoonfuls of the dressing and toss. Taste and add more dressing as needed. Serve salad in bowls topped with crispy tortilla.

Healthy Panda Express Orange Chicken (& Orange Tofu) with Jasmine Rice



This dish is a Chinese favorite made up of juicy pieces of chicken (and tofu!) coated with a flavorful orange sauce. Our version is lighter because we substitute chicken breast for chicken thighs, and lightly cook the chicken in a bit of oil rather than deep frying. Plus our sauce is super fresh and tasty!

Active Time: 15 min | **Start to Finish:** 40 min | **Serves:** Family of 4-6

Ingredients

½ cup all-purpose flour
2 eggs, whisked
1 cup breadcrumbs
1.5 lb boneless, skinless chicken breast, cut into bite-size pieces
2 garlic cloves, chopped
2 cups orange juice
3 Tbs honey
2 Tbs soy sauce
1 Tbs cornstarch
¼ cup green onion, sliced thin
2 cups of Jasmine rice (cooked in advance)
Vegetable oil, for frying
Kosher salt

Directions

Place the flour, eggs, and breadcrumbs into three separate bowls. Season the tofu with salt on all sides and then add to flour, then eggs and finally into the bread crumbs. Put on a plate.

Repeat the same process with chicken (season it raw with salt FIRST) and remove to another plate.

In a bowl, mix the orange juice, sugar, soy sauce and cornstarch

Heat about 4-6 Tbs oil in a large sauté pan over medium heat. When the oil is hot, add the tofu pieces in 1 or 2 large batches for 6-8 minutes, flipping halfway until golden all over. Remove to a paper-towel lined plate and season with a tiny pinch of salt (this is key!) Do the same with the chicken pieces in small batches and fry until golden brown on both sides, about 6-8 minutes, flipping halfway. Remove to a paper towel-lined plate and repeat until all of the chicken is cooked.

Clean the pan with paper towels and add 2 Tbs oil over medium-high heat. Add the garlic and cook for 30 seconds. Add the orange juice mixture and cook for 3-4 minutes until it is reduced and slightly thickened. In one bowl add the tofu and 1/3 of the sauce, then in another bowl add the chicken and the rest of the sauce and top with green onions. Serve a bit of orange tofu and orange chicken on top of a scoop of Jasmine rice.