Recipes for Healthy Kids Cookbook

Kid-Approved Recipes For Home

If you're looking to add to your collection of delicious, kid-approved recipes that are made from healthy ingredients, look no further than the *Recipes for Healthy Kids Cookbook*. The recipes in this cookbook feature foods that children and adults alike should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar, and sodium. With fun names such as Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, even picky eaters are sure to taste and try these recipes. The featured recipes serve six, include no more than 15 commonly available ingredients, and are easy for families and home child care providers to prepare. These kid-tested, kid-approved recipes are sure to please children and be an instant hit at home or in your home child care program!

This cookbook features a collection of recipes from the *Recipes for Healthy Kids* Competition. The top recipes in each category have been standardized for cookbooks for home, child care centers, and schools. The cookbooks and recipes are also available from the Team Nutrition Web site at TeamNutrition.usda.gov.

The Challenge From the White House

This cookbook contains the top 30 recipes from the *Recipes for Healthy Kids* Competition, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's *Let's Move!* initiative. The USDA collaborated with the American Culinary Federation (ACF) and the School Nutrition Association (SNA) on this nationwide competition. Teams of students (grades 4 to 12), school nutrition professionals, chefs, parents, and other interested community members were challenged to partner

and create tasty and healthy new recipes. The recipe challenge was created to increase students' intake of foods in these under-consumed competition categories: dark green and orange vegetables, dry beans and peas, and whole grains.

Each "Recipe Challenge Team" used the talents of its team members to create recipes that could be a new creation or a twist on a recipe already being enjoyed at the school. Chefs provided food expertise, while school nutrition professionals shared insight as to what can be accomplished in school settings. Together the chef and school nutrition professional assisted kids, parents, and community members to prepare nutritious dishes which students would actually choose. Each team held taste-testing events at its school to help ensure their recipes would be a winner at the competition.

The Recipes for Healthy Kids Competition

After weeks of hard work by the teams, over 340 recipes were submitted to the competition. What followed was an extensive process of reviewing, ranking, and judging. The top three schools with the winning recipe from each category prepared their dish at a national cook-off.

- **Reviewing and ranking:** The 340 eligible recipes were reviewed and ranked within each category by teams of ACF chefs and USDA Food and Nutrition Service (FNS) staff to determine the top 30 recipes, 10 in each of the three recipe categories.
- **Onsite judging:** The top 15 teams were visited by a team of three judges, made up of an FNS staff member, an ACF chef, and a school nutrition professional. The judges were met with a warm welcome and much enthusiasm by the recipe challenge teams at each school. The recipes were served to the students. The judges sampled and scored each recipe and chose the First Place Finalist in each category.
- **National cook-off:** The three First Place Finalists competed in a national cook-off held at the ACF National Convention in July 2011. Competing for the Grand Prize were the teams preparing Porcupine Sliders, Central Valley Harvest Bake, and Tuscan Smoked Turkey and Bean Soup. White House chef Sam Kass acted as Master of Ceremonies for the cook-off. Judges included FNS Administrator Audrey Rowe; President of the School Nutrition Association, Helen Phillips; and two ACF chefs, Rene Marquis and Shawn Hanlin. Porcupine Sliders was the Grand Prize winner of the *Recipes for Healthy Kids* Competition.
- **Public Choice voting:** In addition to the national cook-off, over 16,000 public votes were cast online to determine the Popular Choice winner from the top 15 semi-finalist recipes at the competition's Web site. The winning recipe, Tasty Tots, received over 2,000 community votes.

Winning Recipes

The top recipes in each category were judged on student involvement, nutrition, creativity and originality, ease of use in schools, and recipe presentation. A total of $12,000 in prizes was given to the recipe category winners to benefit their school meals programs.