

Healthy Recipes

By
Middle School
Rising Leaders

Part of the
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Expedition

Recipe For Grilled Lime Chicken

Ingredients:

- 2 tablespoons of honey
- 5 limes
- 1 cup lime zest
- 2 teaspoons of pepper
- 1 bushel of cilantro
- 1/2 cup of olive oil

Directions:

1. First, you get chicken cutlets and put each of them one inch apart on the grill. You cook each side until it is golden brown.
2. Next, you need to make the lime sauce. You take a grater and grate all the green part of the lime into a blender. Then you add the honey, pepper, cilantro and olive oil. Blend it up and save the inside of the lime for later.
3. Take the chicken and spread the sauce over it. Squeeze the lime on top and enjoy!

Recipe For Salsa

Ingredients:

- 2-3 medium sized fresh tomatoes (from 1 lb to 1 1/2 lb), stems removed
- 1/2 red onion
- 2 serrano chiles or 1 jalapeño chile, less or more to taste, stems and seeds removed
- Lime juice
- 1/2 cup chopped cilantro
- Salt and pepper to taste

1. Start by chopping up tomatoes, chilies, and onions.
2. Then dice the tomatoes, chilies, and onions. You can easily do this step by using a food processor. If you don't have one you can dice by hand as well.
3. Place in a bowl. Add salt, pepper, and lime juice to make the salsa have more taste. Top it off with cilantro. If your salsa is too hot add chopped tomatoes. If salsa isn't hot enough add a few chili seeds. Enjoy!

Recipe For Cheese Dip

Ingredients:

- 1 1/2 tablespoons of butter
- 1 1/2 tablespoons of canola oil
- 3 tablespoons of flour
- 2 cups of 1% milk
- 1 1/2 cups of reduced fat cheddar cheese
- Salt and pepper for taste

1. Mix the canola oil and flour over medium-high heat for about 30 seconds.
2. Add in the milk slowly and then mix with a whisk.
3. After mixing for about 2 minutes, add in your cheese.
4. Mix the components together until they are creamy, like a cheese dip
5. Pour into another bowl and enjoy with chips, broccoli, etc.

Recipe For Strawberry Smoothies

Ingredients:

- 1 pack of strawberries
- 1 1/2 tablespoons of honey
- 1 1/2 cups of milk

1. Put half of the strawberries and half of your milk (you can eyeball it) into the blender on high
2. After about 30-50 seconds of blending, stop the blender and add the other half of the strawberries and milk
3. Blend all of that together for the same amount of time, 30-50 seconds
4. Add the honey and blend on medium for about 20 seconds
5. Pour your smoothie into small Dixie cups and enjoy

Recipe for Quinoa Salad

Ingredients:

- Kale
- Lemon
- Salt
- Quinoa
- Tomato
- Cucumber
- Oil

Directions:

1. Cut up some kale and put it in a plate
2. Boil the quinoa
3. Cut up some cucumbers and tomatoes
4. After the quinoa is finished boiling add it to the kale, tomatoes, and cucumber
5. Add some salt and lemon and oil
6. Mix it together and enjoy

Recipes for Potato Chips

Ingredients:

- Salt
- Paprika
- Potatoes

Directions:

1. Use a potato maker to cut up the potatoes, if you don't have one you can cut it by hand.
2. Add salt and paprika to give it taste.
3. Put it on a potato maker tray. Once again, if you don't have one you can use a regular tray.
4. Microwave the chips for about 3 minutes to make them taste crispy and enjoy!

Salad

- Salad Mix
- $\frac{3}{4}$ cup of sharp cheddar cheese (in salad)
- Cherry tomatoes
- Onions
- Sweet peppers

1. Put the salad mix in a large bowl
2. Cut cherry tomatoes, onions, and sweet peppers
3. Toss them into the salad
4. Grate the sharp cheddar cheese and put it into the salad

For dressing

- $\frac{1}{4}$ cup of red vinegar
- Tablespoon of grated parmesan cheese
- 1 cup of olive oil
- Fresh garlic clove
- Salt and pepper
- Garlic powder
- Hint of honey

1. Pour the red vinegar into a dressing cup
2. Pour the olive oil with the red vinegar
3. Use a garlic smasher and carefully drop it into the dressing cup
4. Add a teaspoon of salt and a pinch of pepper
5. Add a teaspoon of garlic powder
6. Add a squirt of honey

CHICKEN KABAB

Soak wooden skewers in water

GET:

3 pieces of chicken

2 table spoons of oil (on top of chicken)

1/3 cup of honey on (top of chicken)

1/3 cup of soy sauce (on top of chicken)

3 garlic cloves (top of chicken)

1 teaspoon of pepper (top of chicken)

Refrigerate 1 hour

Kabob part: chicken, red onion, red bell pepper, yellow bell pepper

You may bake or grill meat

Nam Tok (Spicy Beef Waterfall Salad)

Ingredients: Shallots, beef, cilantro, green onions, two limes, 2tbs of fish sauce, garlic, salt, pepper, thai chili peppers, and lettuce.

1. Preheat oven on high.
2. Marinate beef steak with garlic, salt, and pepper.
3. Put in oven for 4 minutes on each side.
4. While the steak is being cooked, squeeze two limes into a container.
5. Add two tablespoons of fish sauce, and then stir.
6. Take the steak out, and slice into thin pieces.
7. Wait one day (optional).
8. Heat up a moderately sized pan.
9. Pour fish sauce/lime combination into the pan.
10. Add considerable amounts of green onions, cilantro, shallots, and thai peppers.
11. Stir up all ingredients.
12. Place a bed of lettuce in a new container.
13. Place the cooked ingredients on top.

Guacamole Recipe

- 3 avocados - peeled, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 tomatoes, diced
- 1 teaspoon minced garlic optional)

Hummus Recipe

1. 2 cups drained well-cooked or canned chickpeas, liquid reserved.
2. 1/2 cup tahini, optional, with some of its oil.
3. 1/4 cup extra-virgin olive oil, plus oil for drizzling.
4. 2 cloves garlic, peeled, or to taste.
5. Salt
6. Chopped peppers (optional)
7. One tablespoon Paprika
8. A little bit of lemon juice

Directions

1. Put everything in the blender and blend until it is smooth. Add water if needed.
2. Put the paprika on the top of the hummus and drizzle it with olive oil.

Mixed Berry Smoothie

- About a cup of mixed dark berries (blueberry, blackberry, raspberry)
- About 1/2 a cup of strawberries
- About a cup and a 1/2 of milk
- About 3/4 of a cup of ice
- One banana
- ~Put all ingredients in blender and mix
- ~Add desired sugar

Strawberry Banana Smoothie

- 2 bottles of greek yogurt
- ½ a bag of strawberries
- 2 spoons of sugar
- 3 Bananas (Cut)
- ¼ gallon of milk

Recipe For Soy Sauce Chicken

Ingredients

5 Cloves Of Garlic (minced)

2 Tablespoons Of Soy Sauce

1 Medium Onion (Chopped up reasonably small)

1/2 Teaspoon Of Ground Pepper

1 Pound Chicken

1 Teaspoon Cooking Oil

1/4 Cup Vinegar

2/3 Cup Water

Directions

1. First Spread Cooking Oil In Pan
2. Once oil is heated up, sautee garlic.
3. Once brown, add onions until cooked brown
4. Add chicken into garlic and onions and stir up
5. Make chicken brown
6. Once browned, add ground pepper, and stir
7. Add soy sauce and stir once more
8. Add water and allow chicken to boil
9. Once on full boil, allow chicken to boil for 5 minutes more
10. After 5 minutes of boiling, add vinegar (Once Vinegar Is Added Do Not Stir)
11. Cover pan, put stove on low heat, and allow ingredients to simmer for approx. 20 minutes
12. Enjoy!

Oatmeal Cookies

Ingredients

1 ½ cup of packed brown sugar
1 cup of butter or margarine, softened
1 teaspoon of vanilla
1 egg
2 ½ cups cooking oats
1 cups of unbleached or all purpose flour
1 teaspoon of baking soda
¼ teaspoon salt
1 cup of chopped nuts if desired
1 cup of raisins if desired

Instructions

- Heat oven to 350°F. In a large bowl, stir brown sugar and butter until blended. Stir in vanilla and egg until light and fluffy. Stir in oats, flour, baking soda and salt; stir in raisins and nuts (if desired).
- Onto ungreased cookie sheet, drop dough by rounded tablespoonful about 2 inches apart.
- Bake 10 to 12 minutes or until golden brown. Cool slightly; remove from cookie sheet to wire rack.

COOKIES

48 cookies recipe

- ½ cup margarine or ½ cup butter, softened
- 1 cup brown sugar, firmly packed
- ½ cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 3 cups Quicker Quaker Oats or 3 cups Old-Fashioned Quaker oats, uncooked

Directions

1. Heat oven to 350°F.
2. Beat together margarine and sugars until creamy.
3. Add eggs and vanilla; beat well.
4. Add combined flour, baking soda, cinnamon and salt; mix well.
5. Stir in oats and raisins; mix well.
6. Drop by rounded tablespoonfuls onto ungreased cookie sheet.
7. Bake 10 to 12 minutes or until golden brown.
8. Cool 1 minute on cookie sheet; remove to wire rack.
9. Makes about 4 dozen.
10. Bar Cookies: Bake 30 to 35 minutes in ungreased 13x9-inch metal baking pan.