

Add all ingredients in the order suggested by your bread machine manual and process according to the manufacturer's directions. [To make as a no-knead loaf, mix the first 4 ingredients till dissolved in a large bowl. Stir in remaining ingredients and mix until well combined. Cover the bowl loosely with plastic wrap and let rise in a warm place till approximately doubled. When ready to bake, spoon into a large greased casserole dish and bake at 325 for approximately 1 hour. If browning too quickly, cover loosely with foil after the first 30 minutes.] Let the loaf cool before slicing. Makes a 1 1/2 pound loaf.

Greek Peasant Salad

Thianda Manzara, Ph.D.

- 1 lb. green beans
- 4 tomatoes
- 2 cucumbers
- 1/2 red onion or other sweet onion
- 2-3 sweet bell peppers (green, red, yellow)
- 2 Tbs. red wine vinegar
- 1 Tbs. dried Greek oregano
- 1/4 lb. feta cheese
- 1/4 lb. Kalamata olives
- Salt & pepper to taste



Thoroughly wash all vegetables. Clean and cook the green beans: steam until tender (about 6 minutes after water boils; plunge beans into ice water to stop the cooking process, then drain well. Cut tomatoes into wedges, and place in a large bowl. Peel the cucumber, if necessary, and slice or chop into about 1-inch chunks. Slice red onions lengthwise to create strips 2-3 inches long. Break apart onion layers as you add the onion to the bowl. Cut bell peppers in half and remove seeds and stem. Cut into long strips about 1/4 inch wide, and add to bowl. Pour olive oil and vinegar over the vegetables in the bowl. Sprinkle with oregano and pepper, and salt if desired, then mix well. (Feta and olives are usually quite salty, so it may not be necessary to add salt to the salad. It's a good idea to taste a little bit of the feta and olives before deciding.) Crumble feta over top of the salad and arrange olives over the top. Makes 8 servings.

All-Star Veggie Burger

Vanessa Kieg

- 1 15.5 oz. can garbanzo beans, drained and mashed
- 8 fresh basil leaves, chopped
- 1/4 c. oat bran
- 1/4 c. quick cooking oats
- 1 c. cooked brown rice
- 1 14 oz. package firm tofu
- 5 Tbs. Korean barbecue sauce
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 3/4 tsp. garlic powder
- 3/4 tsp. dried sage
- 2 tsp. vegetable oil



In a large bowl, stir together the mashed garbanzo beans and basil. Mix in the oat bran, quick oats and rice; the mixture should seem a little dry. In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible. Drain off the water, and repeat the process until there is hardly any water to pour off. (It is unnecessary to remove all of the water.) Pour the barbecue sauce over the tofu and stir to coat. Stir the tofu into the garbanzo beans and oats. Season with salt, pepper, garlic powder and sage; mix until well blended. Heat the oil in a large skillet over medium-high heat. Form patties out of the bean mixture and fry them in hot oil for about 5 minutes per side. Serve as you would burgers. Serves 8.

Easy Baked Eggplant Parmesan

Leigh A. Kiernan, Ph.D.

- 1 large eggplant
- 1/4 c. extra virgin olive oil
- 1 15-20 oz. jar of favorite marinara or spaghetti sauce
- 3 c. mozzarella cheese
- 1/4 c. grated Parmesan cheese
- 1 tsp. dried basil, or to taste
- 1 tsp. dried garlic powder, or to taste
- salt and pepper to taste



Cut off stem and ends of eggplant; leave skin on. Cut eggplant into slices, less than 1/2 inch thick. Place slices on baking sheet. Brush with olive oil. Apply salt and pepper to taste. Bake slices at 425 degrees for about 20 minutes or until eggplant is browned and soft. Pour some sauce into a 9-inch square casserole dish; add eggplant slices; sprinkle with basil, garlic and seasoning as desired; then sprinkle with cheese. Repeat layers and end with cheese for a minimum of two layers. Bake in a 350-degree oven until cheese is bubbly and dish is well heated, about 20 minutes. Let sit a few minutes before removing portions from pan. Sprinkle individual portions with grated Parmesan cheese and garnish with basil leaves if desired. Serves 5 to 7.

Crustless Quiche

Jessica Perelli

- 1/4 c. diced onion
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/2 c. chopped mushrooms
- 1 c. fresh spinach
- Salt and pepper
- 2 eggs or 1/2 c. egg substitute
- 2 large egg whites
- 1/4 c. skim milk
- 2 Tbs. fat-free half & half
- 1 medium tomato
- 1 oz. fat-free cream cheese



Preheat oven to 350 degrees. Coat small frying pan with cooking spray. Add onion to pan, and sauté with basil and oregano over medium heat until soft, about 5 minutes. Add the mushrooms, spinach, salt and pepper to taste, and cook an additional 3 to 5 minutes or until soft. In a medium bowl, whisk together the egg substitute and egg whites, milk and half-and-half. Slice four thin round slices from the tomato; set the slices aside. Chop the remaining tomato into small cubes. Add the cooked vegetable mixture and the chopped tomatoes to beaten egg mixture. Coat a 9-inch pie pan with cooking spray and pour in the quiche mixture. Drop small pieces of the cream cheese throughout the quiche mixture. Lay the tomato slices on top. Bake in a 350-degree oven for 30 to 40 minutes. Before removing from oven, gently shake the pie dish; if the quiche is done, the center will appear firm. Serves 2.

Pumpkin Pancakes

Ande Solge

- 2 c. all-purpose flour
- 3 Tbs. brown sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground allspice
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. salt
- 1 1/2 c. milk
- 1 c. pumpkin puree
- 1 egg
- 2 Tbs. vegetable oil
- 2 Tbs. vinegar



In a large bowl, mix together the milk, pumpkin puree, egg, oil and vinegar. In a separate bowl, combine the flour, brown sugar, baking powder, baking soda, salt and spices. Stir into the pumpkin mixture, just enough to combine. Heat a lightly oiled griddle or frying pan over medium heat. Pour or scoop the

batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. Makes 12 pancakes.

2010 Delaware State Fair Sunshine Smoothie

Mary Trotter, RD, Nemours Health & Prevention Service

Blending vegetables with fruit is a great way to get your kids to eat them. Cold drinks are a great treat on a hot day. Try any combination of fruits and vegetables to add variety to your snacks.

- 1 1/2 c. pineapple, canned in juice
- 1/2 c. chopped carrots
- 1/2 banana
- 1 c. crushed ice
- 1 c. vanilla low fat yogurt

Cut carrots. Place carrots in blender and chop for a few seconds by pulsing. Add some pineapple with juice and blend a few more seconds until carrots are smooth. Add remainder of pineapple juice, banana, and crushed ice (and yogurt if desired) and blend until smooth. Serves 6.



Popeye's Soup

Nancy J. Littleton

- 3/4 c. minced ham
- 2 cloves garlic, minced
- 3 Tbs. oil
- 1 c. tomatoes, peeled and cubed
- 2 c. chopped spinach
- 1/2 tsp. nutmeg
- 4 c. chicken broth
- 1/2 c. uncooked macaroni

Sauté ham and garlic in large saucepan with oil. Add tomatoes, spinach, nutmeg and chicken broth; cover and simmer for 20 minutes. Add macaroni and continue cooking for 15 minutes until macaroni is tender. Serves 4-6.



E-Z Black Bean Brownies

Barbara Boyce, DHSc., R.D.

- 1/2 c. cooked black beans (drained and rinsed, if from a can)
- 2 large eggs
- 1/4 c. water
- 1/2 c. vegetable oil
- 1 19 1/2 oz. package chocolate fudge brownie mix
- 1/2 c. mini chocolate chips, divided

Preheat the oven to 350 degrees. Spray a 9 x 9 inch baking pan with nonstick cooking spray and set aside. Place the black beans in the bowl of a food processor; process until smooth and creamy. Add the eggs, water, oil, and brownie mix; process until just smooth. Stir in 1/4 c. of the chips. Pour the batter into the prepared baking dish and sprinkle the top with the remaining chocolate chips. Bake 30-35 minutes, or until the edges start to pull away from the sides and a toothpick inserted in the center comes out clean. Cool in the pan before slicing. Makes 16 servings.



Sweet Potato Pie

Jill Simonds

- 1 lb. sweet potatoes, boiled, peeled and mashed
- 1/2 c. butter, softened
- 1 c. granulated sugar
- 1/2 c. milk
- 2 eggs
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground cinnamon
- 1 tsp. vanilla extract
- 1 9 inch unbaked pie crust

Boil sweet potatoes whole in skin for 40-50 minutes, or until done. Run cold water over sweet potatoes and remove skin. Break apart sweet potatoes in large bowl. Add butter and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust and bake at 350 degrees for 55-60 minutes or until knife inserted in center comes out clean. Pie will puff up like a soufflé and then sink as it cools. Makes approximately 8 servings.



Pumpkin Chocolate Chip Cookies

Jenna Banning and Lori Banning

1/2 c. butter (1 stick), softened
1 1/2 c. sugar
1 egg
1 can (15 oz.) pumpkin
1 tsp. baking powder
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. vanilla extract
2 1/2 c. all-purpose flour
1 c. chocolate chips

Preheat oven to 350 degrees. Mix all ingredients up to flour together; then stir in chocolate chips. Drop by teaspoons-ful onto baking sheet. Bake for 15-20 minutes. Try not to eat them all in one sitting.



“Googley Eyes”

Kathy Hoy, Ed.D., R.D.

12 cherry tomatoes
1/4 c. low-fat cottage cheese
Sliced black olives (optional)

Cut stem-end off tomatoes. Scoop out tomato pulp. (A grapefruit knife works well.) Save the pulp. Fill each tomato with 1 teaspoon cottage cheese. Top with a piece of tomato, a black bean, or a sliced black olive. Experiment with other fillings: hummus, corn, beans, etc. TIP: Add the extra pulp to a soup, casserole, salad or salsa. Makes 12.



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[Healthy Foods for Healthy Kids](http://www.healthyfoodsforhealthykids.org) (HFHK) is an outreach program that helps Delaware schools integrate vegetable gardening programs into their science curricula.

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