



Our Favorite March Nutrition Month Recipes

Our edible schoolyards are living laboratories and test kitchens that provide students with opportunities for culinary exploration and investigation. Here are three of our team's (and our students') favorite recipes for you to try during March Nutrition Month.

P.S. We think they're delicious any time of the year.

Sneak-a-Snack

Ingredients

- 1 cup oats
- 2/3 toasted coconut flakes
- 1/2 cup sunflower butter
- 1/2 cup flax seed
- 1/2 cup mini dark chocolate chips
- 1/3 cup honey or maple syrup
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Directions

1. Stir all ingredients together in a medium mixing bowl until thoroughly mixed.

*Tip: Put gloves on and use your hands - it is much easier.

2. Cover and let chill in the refrigerator for half an hour.
3. Once chilled, roll into 1" balls.
4. Serve and enjoy!

Garden Salad Tacos

Ingredients

- 3 bunches mixed greens (kale, chard, spinach), chopped
- 2 carrots, peeled and thinly sliced
- 4 radishes, thinly sliced
- 2 leeks, thinly sliced
- 1/2 bunch of cilantro, chopped
- 2 cups Monterey Jack Cheese, shredded
- 15 homemade corn tortillas
- 1 cup pinto beans

For the Vinaigrette

- 1/4 cup red wine vinegar
- 1 clove of garlic, minced
- 1/2 teaspoon cumin seed, ground with mortar and pestle
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup olive oil

Directions

1. Arrange tortillas on a large sheet pan. Sprinkle tortillas with jack cheese and broil in the oven until the cheese is melted (about 1 minute).
2. In a large mixing bowl, toss together greens, carrots, radishes, leeks, and cilantro.
3. Place all vinaigrette ingredients into a small mason jar with a tight fitting lid.
4. Shake, shake, shake until all your ingredients are combined.
5. Drizzle salad with vinaigrette and toss together.
6. Pile the salad on the tortillas and serve.

Creamy Mac and Cheese

Ingredients

- 1 lb. macaroni pasta
- 6 carrots, peeled and chopped
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 onion, chopped
- 1 large head broccoli, chopped
- 1/2 teaspoon salt
- 1 cups sharp cheddar, grated
- 1 tablespoon nutritional yeast
- 1 tablespoon heavy whipping cream
- 2 teaspoons Dijon mustard
- 1/2 teaspoon pepper

Directions

1. In a large pot of salted boiling water, add carrots and boil until very soft. Remove carrots from water and add pasta, cooking according to the package's directions. Drain out all pasta water, reserving 1/4 cup.
2. In a large sauté pan, heat olive oil over medium high heat. Add broccoli, onion, and garlic and sauté for 8 minutes. Add hot pasta and remove the pan from heat.
3. Place carrots in the bowl of the food processor. Add salt, cheese, nutritional yeast, heavy whipping cream, Dijon, pepper and two tablespoons of the reserved pasta water. Blend until very smooth. Add more water if needed to help blend.
4. Pour sauce over the hot pasta and stir until well combined. Taste and adjust seasonings.
5. Cover and let sit for 5 minutes.
6. Serve and enjoy!

