



# the healthy lunch

**A Cookbook for  
Young Cooks**



Recipes with food safety steps — for kids, by kids!





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Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients. Non-brand ingredients sourced through USDA and FDA. Analyzed using NutritionCalc Plus software (McGraw-Hill).



# Welcome to Safe Recipes!

**The Partnership for Food Safety Education welcomes you to a cookbook like no other!**

All the recipes you'll find here were created by kids and teens across the United States. These lunches are not only delicious but also have lots of healthy ingredients!

You'll also notice each recipe has food safety instructions in four areas: handwashing, temperature, cross-contamination, and handling fresh fruits and vegetables.

We call these "safe recipes." A safe recipe is one that tells you to do things like "wash your hands with soap and water." [Studies show](#) when these instructions are included, people follow them!

Congratulations to every student who entered the Young Cooks Recipe Challenge! Your hard work is appreciated. In fact, so many great dishes were submitted that the book contains 14 tasty lunches. That's enough for two weeks!

Check out our website [fightbac.org/saferecipes](https://fightbac.org/saferecipes) for many more delicious, simple, and safe recipes everyone will love. When you try one, tag us on [Instagram at @safe.recipes!](#)

Enjoy!

**Shelley Feist**

Executive Director

Partnership for Food Safety Education



# How to Develop a Safe Recipe

Whether you're writing your own recipe or helping someone else, the steps are the same to create a delicious, safe recipe.

- **Look for inspiration.** This can come from anywhere but can be as easy as adding a new twist on a favorite dish, or using up ingredients in the fridge or pantry.
- **Do some research.** Read other recipes to get an idea of ingredients, amounts, methods, times, and temperatures.
- **Decide what makes your recipe different.** Whether it's making a dairy-free creamy potato soup or adding vegetables to traditional shrimp and grits, every cook adds their own special twist.
- **Write it down.** Make a list of the cookware, utensils, and ingredients in the order you'll use them and a basic outline of the steps. Instructions should be clear and begin with action words like chop, stir, whisk, bake, etc.
- **Time to cook!** Test and make changes to the steps as you go. Add cooking signals, like "about X minutes" or "check when it starts to smell like..."
- **Make one change at a time.** Don't make too many changes at once. Edit your recipe one step at a time.
- **Get creative.** A strong finish is important. At the end of the recipe, try a bit of lemon juice, vinegar or fresh herbs to add more flavor.
- **Keep trying!** Cooking takes practice. Don't give up if things didn't turn out the way you wanted the first time.
- **Add food safety prompts.** Be sure to double-check the [Safe Recipe Style Guide](#) to make sure you haven't missed anything.
- **Photo finish!** Take a nice photo of your creation so everyone can see your hard work.





# Safe Recipe Style Guide



## TEMPERATURE

Cook until internal temperature reaches XX *(fill in the blank and include chart with specific foods)* on food thermometer.



## HAND WASHING

Wash hands with soap and water. *(Include this at beginning of recipe and after each touch of raw meats, poultry, seafood or eggs).*



## CROSS-CONTAMINATION

Wash *(insert cutting board, counter, utensil, serving plate)* after touching raw meats, poultry, seafood or eggs.

Do not reuse marinades used on raw foods.

Do not rinse raw poultry or meat.



## PRODUCE






Gently rub produce under cold running water.

Scrub firm produce with a clean vegetable brush under running water.



# Healthy Menu Plan

Eating healthy includes eating a variety of foods from all five food groups! Use this menu plan to add up the food groups you eat and drink during the day for breakfast, lunch, dinner, and snacks. This activity will help you to eat from each food group every day!

	FRUITS 	VEGGIES 	GRAINS 	PROTEINS 	DAIRY 
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

Adapted from USDA's MyPlate program at <https://www.myplate.gov/life-stages/kids>





# Meet the Judges

The Young Cooks Recipe Challenge was open for kids and teens to submit healthy lunch recipes with food safety steps using the [Safe Recipe Style Guide](#). Thank you to these esteemed judges who helped to choose the winning recipes for this special cookbook.

## Beau Coffron

### ***President of Lunchbox Dad***

Inspired to create something special, Beau began making his kids' lunches featuring popular characters, from princesses to superheroes. "[Lunchbox Dad](#)" went viral, expanding into national TV appearances on shows such as *Good Morning America*. He's also been featured in *People* magazine, and on websites like *Buzzfeed*, *Yahoo*, *E! Online*, and *Martha Stewart*.

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## Sally Greenberg

### ***Executive Director, National Consumers League***

Sally Greenberg joined the NCL in 2007. The League focuses on the consumer's perspective, including food safety and nutrition. Previously, Sally worked for the Consumers Union, the U.S. Department of Justice Foreign Claims Settlement Commission, and the Eastern States Civil Rights Counsel for the Anti-Defamation League. She served as president of the Women's Bar Association of Massachusetts and the Women's Bar Foundation.

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## Krystal Register, MS, RDN, LDN

### ***Director of Health & Well-being, FMI – The Food Industry Association***

Krystal Register serves as the lead coordinator and issue expert for health and well-being programs and activities, nutrition policy, operations, and communication issues for FMI members. Krystal was a retail dietitian with Wegmans for 12 years and made significant contributions to company-wide wellness programs, health messaging, community events, and local media response in the National Capital Region.



# Emoji Sandwich

## with Poop Emoji Cookie



Recipe and photos from Lunchbox Dad

### Did you know...

- The plural of emoji is emoji?
- There are currently over 3,300 official emoji
- World Emoji Day is on July 17 every year?
- It's pretty easy to make emoji sandwiches and cookie food art for school lunch?

### Keep reading to find out how!

No matter what emoji is your favorite, you can use the instructions here to make it into a sandwich. The poop emoji cookies can be really fun for gatherings with your friends!



## INGREDIENTS

Whole wheat bread  
Deli sliced turkey  
Cheddar cheese  
White cheese  
Strawberries  
Vanilla yogurt  
Cookies

Brown and white fondant  
Dried edible seaweed  
Candy googly eyes

Food container with three compartments





## INSTRUCTIONS



- 1) Wash hands with soap and water.
- 2) For the sandwiches, use a circular cookie cutter on the bread, cheddar cheese, and turkey to make circles.
- 3) Stack the bread and turkey into a sandwich with the cheddar cheese on top (see photo).
- 4) Cut the dried edible seaweed, white cheese, or turkey into the desired face shapes and place them on top of the sandwich (see photo).
- 5) Gently rub strawberries under cold running water. Dry with a clean towel.
- 6) For heart-shaped strawberries, use a small heart-shaped cutter, or cut the strawberry in half and then shape it into a heart by cutting a triangle notch out of the top. Place the strawberry in vanilla yogurt.
- 7) For the poop emoji cookies, roll brown fondant into a long "worm" shape. Swirl together into a cone shape. Make a small mouth out of white fondant, and add the googly eyes. Use a little water to help everything stick together. (see photo)
- 8) Set the poop emoji on top of the cookie. To fit them into the lunchbox, you might have to trim or break the cookie (see photo).
- 9) Serve immediately or refrigerate the lunchbox.





GRAND PRIZE WINNER!

# Chicken, Fruit & Nut Salad Sandwiches



## INGREDIENTS

Makes 2 Servings

Time: 10 minutes

⅓ cup refrigerated grilled chicken breast strips

3 Tablespoons diced apple with skin on

6 medium seedless red grapes

2 Tablespoons dried cranberries (50% less sugar)

2 Tablespoons toasted almonds

Pinch of salt

½ teaspoon apple cider vinegar

3 Tablespoons light salad dressing (mayo-type)

2 multigrain pre-sliced sandwich thins

2 Tablespoons chive and onion cream cheese spread

⅓ cup chopped romaine lettuce

“This creative combination of healthy ingredients (whole grains, lean protein, fruit, and nuts) is easy and delicious!”

Serving Size: 1 sandwich (156 g)  
Servings Per Recipe: 2  
Total Calories: 288  
Total Fat: 11 g

Saturated Fat: 3 g  
Cholesterol: 16 mg  
Sodium: 638 mg  
Carbohydrates: 40 g

Dietary Fiber: 7 g  
Total Sugars: 15 g  
Added Sugars: 12 g  
Protein: 11 g

Vitamin D: 0 mcg  
Calcium: 88 mg  
Iron: 2 mg  
Potassium: 45 mg



## INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Cut the chicken strips into ½-inch pieces and add them to a medium bowl. Wash cutting board and knife. Wash hands with soap and water.
- 3) Scrub the apple using a clean vegetable brush under running water. Gently rub grapes under cold running water. Dry the apple and grapes with a clean towel.
- 4) Cut the apple and grapes into small pieces and add to the bowl with the chicken. Chop the cranberries and almonds, and add them to the bowl.
- 5) Season with a pinch of salt. Add the dressing and vinegar, and stir to combine.
- 6) Separate sandwich thins and lightly toast to firm; cool for about two minutes.
- 7) While the sandwich thins are toasting, gently rub romaine lettuce under cold running water, then pat dry with clean towels.
- 8) Place sandwich thin bottoms on a clean work surface and spread each with 1 Tablespoon of cream cheese.
- 9) Top sandwich thin bottoms with romaine leaves and then chicken salad in equal portions. Cover with sandwich thin tops.



### Recipe and photo submitted by Cole

Cole has been cooking and baking since he was 5 years old. He likes to look at recipes and change them to make them his own. Cole enjoys cooking for his family with the help of his great-grandmother, Barb.



**NOTES:** Packages of fully-cooked grilled chicken strips can be found refrigerated in the meat department of supermarkets. The chicken salad can be made ahead and chilled in the fridge at 40 °F or below for an hour before making the sandwiches.

# Safe Recipe Activity

The Safe Recipe Activity teaches you how to use the [Safe Recipe Style Guide](#) to create recipes that include simple steps for preparing, handling, and storing food safely so you are less likely to get food poisoning. Test your food safety knowledge by answering the questions below!

#1

**What's the first step you should take to lower your risk of germs while preparing food?**

- a. Wipe down kitchen counters and sweep the floor.
- b. Wash hands with soap and water.
- c. Read through the recipe carefully.
- d. Rinse off any raw meat.

#2

**How can you tell when raw meat or poultry have finished cooking and are safe to eat?**

- a. Pierce the thickest part of the meat and make sure the juices run clear.
- b. Check the color of the meat and make sure there is no pink meat left.
- c. Use a food thermometer to make sure the meat reached a safe internal temperature.
- d. Cut the meat open with a clean knife and make sure it is hot all the way through.

#3

**True or False? To help prevent cross-contamination, you should wash your hands with soap and water every time you touch raw meat, poultry, seafood or eggs.**

- a. True
- b. False

**Want to learn more?**

Check out the entire online [Safe Recipe Activity](#) to learn more about how to turn a basic recipe into a safe recipe!

Answers: 1. b 2. c 3. a

# Safe Minimum Internal Temperatures

as measured with a food thermometer

<b>Beef, pork, veal and lamb</b> ( <i>roasts, steaks, and chops</i> )	<b>145 °F</b> with a three-minute “rest time” after removal from the heat source
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<b>Beef, pork, veal and lamb</b> ( <i>ground</i> )	<b>160 °F</b>
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<b>Poultry</b> ( <i>whole, parts, or ground</i> )	<b>165 °F</b>
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<b>Eggs and egg dishes</b>	<b>160 °F</b> – Cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
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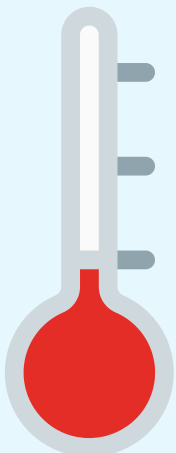
<b>Leftovers</b>	<b>165 °F</b>
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<b>Finfish</b>	<b>145 °F</b>
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<b>Shrimp, lobster and crabs</b>	<b>Flesh pearly and opaque</b>
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<b>Scallops</b>	<b>Milky white, opaque and firm</b>
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<b>Clams, oysters and mussels</b>	<b>Shells open during cooking</b>
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VIDEO: [How to Use a Food Thermometer](#) (USDA)







# Vegetable Pita Pizza

## INGREDIENTS

**Makes 1-2 Servings**

Time: 20 minutes

Cooking spray

1 Tablespoon fresh basil

1 Tablespoon fresh oregano

⅓ green bell pepper

⅓ orange bell pepper

1 whole-wheat pita

¼ cup shredded mozzarella cheese

2 Tablespoons tomato sauce

5 black olives

“

Fun to make with only a little adult supervision. Set up a toppings station, and invite friends and family to make their own!

”

Serving Size: 428 g  
Servings Per Recipe: 4  
Total Calories: 563  
Total Fat: 15 g

Saturated Fat: 2 g  
Cholesterol: 83 mg  
Sodium: 693 mg  
Carbohydrates: 75 g

Dietary Fiber: 5 g  
Total Sugars: 19 g  
Added Sugars: 17 g  
Protein: 33 g

Vitamin D: 0 mcg  
Calcium: 45 mg  
Iron: 2 mg  
Potassium: 784 mg

## Recipe and photo submitted by Lucinda and Lilly

Lucinda was born in China and has lived in the U.S. since she was one year old. She enjoys cooking, baking, dancing, and hanging out with friends. Lucinda participates in Chinese dancing and Chinese Lion Dance.

Lilly enjoys art, music, running, cooking and baking. She likes to try fun, new recipes.



## INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Preheat the oven to 350 °F.
- 3) Cover a baking sheet with aluminum foil and spray lightly with cooking spray.
- 4) Gently rub basil and oregano under cold running water. Dry on a clean towel. Cut the basil into thin strips.
- 5) Scrub bell peppers with a clean vegetable brush under running water. Dry with a clean towel. Cut the bell peppers into ¼-inch strips.
- 6) Cut olives into ¼-inch slices.
- 7) Place pita bread on the baking sheet.
- 8) Spread tomato sauce to the edge of the pita using a spoon.
- 9) Sprinkle oregano over tomato sauce.
- 10) Sprinkle cheese over oregano.
- 11) Add the bell peppers and olives as toppings.
- 12) Bake for about 15 minutes, until the cheese is melted and bubbly.
- 13) Cool for two minutes, and garnish with fresh basil.



**REMEMBER:** Do not use soap or bleach to wash fresh fruits or vegetables.



# Hawaiian BLT



Finalist



**REMEMBER:** Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

“

A twist on a classic sandwich! If pineapple marmalade is difficult to find, try pineapple preserves or peach marmalade.

”

## INGREDIENTS

Makes 4 Servings

Time: 25 minutes

12 slices uncooked bacon  
4 multigrain ciabatta rolls  
4 pineapple slices (fresh or canned)  
¼ cup barbecue sauce  
2 Tablespoons pineapple marmalade  
4 lettuce leaves  
Pinch of black pepper  
Cooking spray

Serving Size: 207 g  
Servings Per Recipe: 4  
Total Calories: 430  
Total Fat: 13 g

Saturated Fat: 4 g  
Cholesterol: 30 mg  
Sodium: 1,060 mg  
Carbohydrates: 62 g

Dietary Fiber: 2 g  
Total Sugars: 22 g  
Added Sugars: 13 g  
Protein: 17 g

Vitamin D: 0 mcg  
Calcium: 48 mg  
Iron: 2 mg  
Potassium: 275 mg



## INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Preheat oven to 350 degrees.
- 3) Line a baking sheet with aluminum foil. Make sure the baking sheet has short sides to keep the bacon grease in the pan.
- 4) Cut the bacon slices in half and lay them in a single layer on the baking sheet.
- 5) Wash hands with soap and water after handling raw bacon.
- 6) Cook bacon in the oven for 12 to 15 minutes until crispy.
- 7) While the bacon cooks, cut the ciabatta rolls in half and spray with cooking spray.
- 8) On a grill pan over medium heat, toast the ciabatta rolls and then set aside.
- 9) If using fresh pineapple, scrub with a clean vegetable brush under running water before cutting into it. Remove the outer skin and slice into rounds.
- 10) Sprinkle the pineapple with a pinch of black pepper and add to the grill pan. Cook over medium heat until grill marks appear and the pineapple is tender. Time will vary if the pineapple is fresh or canned.
- 11) Gently rub the lettuce leaves under cold running water. Set aside on a clean towel to dry.



**Recipe submitted by Aidan**

**Recipe photo by Gayle Patterson**

Aidan is a smart young man who plays cymbals in the marching band. He also enjoys cooking and spending time in the kitchen with family.

- 12) Line a plate with a paper towel. Once the bacon slices are cooked, remove them from the oven, place them on the towel-lined plate, and set them aside.
- 13) In a small bowl, mix  $\frac{1}{4}$  cup barbecue sauce and 2 Tablespoons of pineapple marmalade until well combined. Spread equally inside the top and bottom of grilled ciabatta rolls.
- 14) Build the sandwiches by placing a slice of pineapple on the bottom of each roll. Then top each pineapple with six pieces of bacon. Top the bacon with a lettuce leaf, and then add the ciabatta top.
- 15) Repeat until all four sandwiches are done.

# GonzBanzos Chickpea Burgers



Finalist

“Frozen veggies and canned beans make this an affordable, plant-based burger.”



## Recipe and photo submitted by Marcelo

Marcelo lives with his parents, three older sisters, an elderly Yorkie-poo, two noisy parakeets, and two clever gerbils. He loves to ride his bike and do lots of physical activity. When he’s not cooking, he finds time for drawing and creating things from his imagination.

Serving Size: 2 patties (223 g)	Saturated Fat: 1 g	Dietary Fiber: 6 g	Vitamin D: 0 mcg
Servings Per Recipe: 8	Cholesterol: 47 mg	Total Sugars: 7 g	Calcium: 111 mg
Total Calories: 245	Sodium: 1,142 mg	Added Sugars: 2 g	Iron: 3 mg
Total Fat: 5 g	Carbohydrates: 38 g	Protein: 10 g	Potassium: 206 mg



# INGREDIENTS

## Makes 8 Servings

Time: 25 minutes

2 cups garbanzo beans (chickpeas), rinsed and drained  
2 cups frozen mixed vegetables  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
1 teaspoon dried basil  
1 teaspoon smoked paprika  
1 teaspoon ground black pepper  
1½ teaspoons salt  
¼ teaspoon garlic powder  
¼ teaspoon ground ginger  
¼ teaspoon ground cayenne pepper (optional)  
1 Tablespoon ketchup  
1 Tablespoon grapeseed oil or olive oil plus 1 Tablespoon for pan  
1½ cups water  
2 eggs  
2 cups Italian-style bread crumbs  
4 cups cabbage, shredded



**REMEMBER:** Refrigerate or freeze leftovers in shallow containers. Wrap or cover the food. Leftovers stored in the refrigerator should be consumed within 3 to 4 days.

# INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Place frozen vegetables in a microwave-safe bowl and cook on high for 2 minutes. The vegetables may still be partially frozen. They will be cooked completely in the finished chickpea burgers.
- 3) In a blender or food processor, add vegetables, garbanzo beans, seasonings, ketchup, and oil. Pulse five to six times to mix.
- 4) Add the water and blend until smooth.
- 5) Pour mixture into a large bowl. Add bread crumbs and eggs.
- 6) Wash hands with soap and water after handling raw eggs.
- 7) Stir until thoroughly combined.
- 8) In a large pan over medium heat, add the oil. Drop the mixture by large spoonfuls into the pan and flatten slightly.
- 9) Cook the patties on one side for two minutes.
- 10) Turn patties over and cook until internal temperature reaches 160 °F on a food thermometer.
- 11) If using a whole cabbage, scrub it with a clean vegetable brush under running water before shredding.
- 12) Serve the garbanzo bean burgers over shredded cabbage.
- 13) Suggested toppings: Greek yogurt, light sour cream, or aioli mustard

**ATTENTION**  
Food Safety Inspectors!  
Use this survey to check out  
your food safety practices at home.

# BE A BAC BUSTER!

## HOME FOOD SAFETY SURVEY

Date Started: \_\_\_\_\_



DID YOU . . .

1. Wash hands with warm water and soap for 20 seconds before preparing food?
2. Wash hands with warm water and soap for 20 seconds before eating?
3. Clean countertops before preparing food?
4. Rinse fruits and vegetables with cold running water before preparing them?
5. Rinse fruits and vegetables with cold running water before eating them?



### Family Handwashing Scoreboard:

Date: \_\_\_\_\_

Name: \_\_\_\_\_

When washed: \_\_\_\_\_

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



DID YOU . . .

6. Clean the cutting boards used for raw meat, fish and poultry before using for any other foods?
7. Keep raw meat, fish and poultry wrapped properly in the refrigerator so juices do not drip on other foods?
8. Put cooked meat, fish or poultry on a different platter than the one with the raw juices?



### Cutting Board Critique

Number of cutting boards: \_\_\_\_\_

Type (plastic, wood, etc.): \_\_\_\_\_

_____
_____
_____

Answer questions 1-15:  
Y = Yes N = No

Add the initials of family members in each column head.

A B C D  
ME \_\_\_\_\_

1.

2.

3.

4.

5.

TOTAL



Y	Y	Y	Y
N	N	N	N

A B C D  
ME \_\_\_\_\_

6.

7.

8.

TOTAL



Y	Y	Y	Y
N	N	N	N





## DID YOU . . .



9. Rotate food in the microwave to avoid "cold spots?"

10. Bring sauces, soups and gravy to a boil when reheating?



11. Make sure eggs were cooked properly?



12. Eat cookie dough or cake batter that was made with raw eggs?

### Safe Temperature Summary

Kind of Meat: \_\_\_\_\_ Date Cooked: \_\_\_\_\_ Food thermometer temp: \_\_\_\_\_

Kind of Poultry: \_\_\_\_\_ Date Cooked: \_\_\_\_\_ Food thermometer temp: \_\_\_\_\_

Kind of Fish: \_\_\_\_\_ Date Cooked: \_\_\_\_\_ Food thermometer temp: \_\_\_\_\_

**A B C D**  
**ME** \_\_\_\_\_

9.

10.

11.

12.

**TOTAL**



Y	Y	Y	Y
N	N	N	N



## DID YOU . . .



13. Use a cold pack for packed lunches or picnic foods?

14. Refrigerate leftovers right away?

15. Defrost foods in:  
— the refrigerator  
or  
— cold water  
or  
— the microwave?



### FRIDGE EXAM

The refrigerator is set at \_\_\_\_\_ degrees.

Food storage containers found:

\_\_\_\_\_ tall containers

\_\_\_\_\_ shallow containers



**A B C D**  
**ME** \_\_\_\_\_

13.

14.

15.

**TOTAL**



Y	Y	Y	Y
N	N	N	N

Date Completed: \_\_\_\_\_

Student signature: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

# Chicken Veggie Stir Fry

## INGREDIENTS

Makes 4 Servings

Time: 18 minutes

- 2 Tablespoons olive oil
- 2 cups broccoli florets
- 1 whole carrot or ½ cup baby carrots
- ½ yellow bell pepper
- ½ red bell pepper
- 2 teaspoons fresh ginger
- 2 garlic cloves
- 1 pound boneless, skinless chicken breast
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 cups cooked brown rice

### For the sauce:

- 1 Tablespoon cornstarch
- 2 Tablespoons cold water
- ¼ cup low-sodium chicken broth
- 3 Tablespoons low-sodium soy sauce
- ¼ cup honey
- 1 Tablespoon toasted sesame oil



Runner-Up



“

Change up the vegetables by trying green onions, mushrooms, zucchini or asparagus! Or use whatever you have on hand to eliminate food waste.

”

### REMEMBER: Do not rinse raw chicken.

Rinsing chicken increases the chances of spreading raw juices around your kitchen. Remember, cooking chicken to 165 °F internal temperature is the **ONLY** way to kill bacteria.

Serving Size: 428 g	Saturated Fat: 2 g	Dietary Fiber: 5 g	Vitamin D: 0 mcg
Servings Per Recipe: 4	Cholesterol: 83 mg	Total Sugars: 19 g	Calcium: 45 mg
Total Calories: 563	Sodium: 693 mg	Added Sugars: 17 g	Iron: 2 mg
Total Fat: 15 g	Carbohydrates: 75 g	Protein: 33 g	Potassium: 784 mg

# INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Rinse the broccoli florets and garlic cloves under cold running water. Gently scrub the carrots, yellow and red bell pepper, and fresh ginger with a clean vegetable brush under running water. Dry with a clean towel.
- 3) Thinly slice carrots, red and yellow bell pepper, and set aside. Finely mince the ginger and cloves, and set aside.
- 4) In a small bowl, prepare the sauce by whisking together the cornstarch and water. Add the remaining sauce ingredients and whisk to combine. Set aside.
- 5) On a separate cutting board, cut the chicken into medium-sized chunks. Do not rinse raw chicken.
- 6) Wash hands with soap and water after handling raw chicken.
- 7) In a large skillet or wok over medium-high heat, add 1 Tablespoon olive oil.
- 8) Season the chicken with salt and pepper and add to the skillet. Wash cutting board, counter, and utensils after handling raw chicken. Wash hands with soap and water.
- 9) Cook until the chicken reaches 165 °F on a food thermometer, about 3 to 5 minutes. Using a clean plate, remove the chicken from the pan and set it aside.
- 10) Reduce heat to medium and add the remaining 1 Tablespoon of oil to the skillet.
- 11) Add the broccoli, carrots, yellow bell pepper and red bell pepper. Stir constantly until crisp-tender, about 3 to 5 minutes.
- 12) Add the ginger and garlic. Cook for 1 minute, stirring constantly.
- 13) Add the chicken back into the skillet and mix well.
- 14) Push the ingredients to the side of the pan and whisk in the sauce.
- 15) Mix all the ingredients together until well combined. Bring to a low boil and cook for at least 1 to 2 minutes to allow the sauce to thicken.
- 16) Serve over brown rice.



**Recipe submitted by Reyanna and Braulio**

**Recipe photo by Chef Leslie Owens**

Reyanna has learned to enjoy cooking, and she is experiencing more foods.

Braulio is a laid-back kid who likes to relax with his friends.



# Mexican Chicken Wrap



Runner-Up

## INGREDIENTS

**Makes 1 Serving**

Time: 10 minutes

- 1 medium soft whole wheat tortilla wrap
- ¼ mounded cup diced fully cooked refrigerated Southwest grilled chicken breast strips, diced
- 1 Tablespoon chive and onion cream cheese spread
- ½ avocado
- 2 Tablespoons jarred pineapple salsa
- ¼ cup shredded iceberg lettuce
- 3 Tablespoons shredded Mexican cheese mix

Great for the lunchbox! Prepare the night before and store in the refrigerator. Use a frozen gel pack or frozen juice box to help keep perishable foods cold until lunchtime.

Serving Size: 1 wrap (264 g)  
Servings Per Recipe: 1  
Total Calories: 475  
Total Fat: 27 g

Saturated Fat: 9 g  
Cholesterol: 45 mg  
Sodium: 924 mg  
Carbohydrates: 41 g

Dietary Fiber: 11 g  
Total Sugars: 9 g  
Added Sugars: 3 g  
Protein: 19 g

Vitamin D: 0 mcg  
Calcium: 194 mg  
Iron: 1 mg  
Potassium: 631 mg

## INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Scrub the avocado with a clean vegetable brush under running water.
- 3) Slice the avocado in half. Take the half without the seed, and use a spoon to remove the avocado flesh from the skin. Cut it into 4 long pieces, about  $\frac{1}{4}$ -inch thick.
- 4) To store the unused portion, leave the avocado seed in, and drizzle lemon or lime juice on the exposed avocado flesh. Wrap tightly and refrigerate for up to one day.
- 5) Place the tortilla wrap on a clean cutting board. Spread chive and onion cream cheese spread on the tortilla wrap to within  $\frac{1}{2}$ -inch of edge.
- 6) Mix chicken and salsa together, and spoon the mixture along the center of tortilla wrap.
- 7) Top with lettuce, avocado, and cheese.
- 8) Fold the sides of the tortilla wrap over the filling, then fold up the ends to cover the filling.
- 9) Cut the tortilla wrap in half and serve.

**NOTE:** Southwest grilled chicken breast strips are found in the refrigerated meat sections of supermarkets.



### Recipe and photo submitted by Clayton

Clayton likes creating recipes that both kids and adults will enjoy. He cooks with his older brother Cole and his great-grandmother Barb. Clayton's mom and dad enjoy eating the yummy creations!



**REMEMBER:** Avoid cross-contamination by placing poultry in a plastic bag at the meat counter in the supermarket. Keep poultry in the plastic bag and put it on the bottom shelf in your fridge.



## Smoked Turkey Sandwich with Creamy Veggie Hummus & Fruit Salad

### INGREDIENTS

Makes 4 to 6 Servings

Time: 15 minutes

#### For the Smoked Turkey Sandwich:

- 4 mini whole wheat bagels
- 1 pound smoked turkey
- 12 baby spinach leaves
- 1 tomato
- 1 cucumber
- 4 Tablespoons Creamy Veggie Hummus

#### For the Creamy Veggie Hummus:

- 4 ounces Neufchatel cheese, room temperature
- ¼ cup prepared hummus
- 1 carrot
- 1 small clove garlic
- 1 scallion

#### For the Fruit Salad:

- 1 pound fresh strawberries
- 6 ounces blueberries
- 6 ounces raspberries
- 3 kiwis
- 1 orange
- 1 mango

#### For the Fruit Salad Dressing:

- ¼ cup honey
- ¼ cup freshly squeezed orange juice
- Zest of 1 lemon

“

Blending the veggies into the creamy hummus is a great way to get fresh vegetables into picky eaters!

”

#### Smoked Turkey Sandwich

Serving Size: 1 mini bagel sandwich (291 g)	Saturated Fat: 2	Dietary Fiber: 5 g	Vitamin D: 0 mcg
Servings Per Recipe: 4	Cholesterol: 55 mg	Total Sugars: 7 g	Calcium: 139 mg
Total Calories: 265	Sodium: 1,222 mg	Added Sugars: 5 g	Iron: 2 mg
Total Fat: 5	Carbohydrates: 30 g	Protein: 26 g	Potassium: 205 mg

#### Fruit Salad

Serving Size: 270 g	Saturated Fat: 0 g	Dietary Fiber: 7 g	Vitamin D: 0 mcg
Servings Per Recipe: 6	Cholesterol: 0 mg	Total Sugars: 33 g	Calcium: 51 mg
Total Calories: 168	Sodium: 4 mg	Added Sugars: 12 g	Iron: 1 mg
Total Fat: 1 g	Carbohydrates: 42 g	Protein: 2 g	Potassium: 451 mg



**Recipe submitted by Conner, Victoria & Lydia**

**Recipe photo by Chef Leslie Owens**

Conner is a junior who likes cooking and attending school. Victoria likes to cook and play sports. Lydia enjoys dance, and she loves to cook and hang out with friends.



## INSTRUCTIONS

### For the Sandwiches and Hummus:

- 1) Wash hands with soap and water.
- 2) Gently rub spinach leaves, tomato, garlic, and scallion under cold running water. Scrub cucumber, carrot, and garlic with a clean vegetable brush under running water. Dry with a clean towel.
- 3) Roughly chop the carrot and scallion.
- 4) In a blender or food processor, prepare the Creamy Veggie Hummus by pulsing the Neufchatel cheese, prepared hummus, carrot, peeled garlic clove, and scallion until fully mixed but somewhat chunky.
- 5) Split the bagels and toast them.
- 6) Spread the Creamy Veggie Hummus on the bottom half of each bagel, then top with the spinach leaves, tomato, turkey, cucumbers, and the other half of the bagel.

**TIP:** Insulated, soft-sided lunch totes are best for keeping perishable foods, like this sandwich and fruit salad, chilled. Prepare the night before and refrigerate.



### For the Fruit Salad and Dressing:

- 1) Wash hands with soap and water.
- 2) Gently rub the strawberries, blueberries, and raspberries under cold running water. Dry with a clean towel. Remove the stem from the strawberries and cut into four pieces.
- 3) Scrub the lemon, kiwis, orange, and mango with a clean vegetable brush under cold running water. Dry with a clean towel.
- 4) Zest the lemon.
- 5) Peel the orange and break into wedges, cutting each wedge in half. Peel and chop the mango.
- 6) In a large bowl, add the strawberries, blueberries, raspberries, kiwi, orange, and mango.
- 7) In a small bowl, whisk together the honey, orange juice, and lemon zest. Pour the dressing over the fruit and toss gently to combine. Chill until ready to serve.



## Runner-Up

# Cauliflower Veggie Pizza

## INGREDIENTS

### Makes 8 Servings

Time: 50 minutes (30 minutes if using riced cauliflower)

1 medium cauliflower (If using riced cauliflower, use 3 cups)  
 1 large egg  
 1 cup Parmesan cheese  
 1 cup mozzarella cheese, divided  
 1 Tablespoon oatmeal  
 ½ teaspoon garlic powder, divided  
 ½ teaspoon onion powder, divided  
 ¼ teaspoon black pepper  
 ½ teaspoon salt to taste

½ cup tomato sauce  
 1 Tablespoon tomato paste  
 ¼ teaspoon dried parsley  
 ½ cup mushrooms, sliced  
 ½ cup spinach, chopped  
 ½ bell pepper, chopped  
 1 medium tomato, sliced

“  
 An easy, low-carb pizza  
 that's full of flavor.  
 You'll definitely make  
 this more than once!

”

Serving Size: 1 slice (161 g)  
 Servings Per Recipe: 8  
 Total Calories: 142  
 Total Fat: 8 g

Saturated Fat: 5 g  
 Cholesterol: 46 mg  
 Sodium: 593 mg  
 Carbohydrates: 8 g

Dietary Fiber: 3 g  
 Total Sugars: 3 g  
 Added Sugars: 0 g  
 Protein: 13 g

Vitamin D: 0 mcg  
 Calcium: 405 mg  
 Iron: 1 mg  
 Potassium: 399 mg



# INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Preheat the oven to 375 °F.
- 3) Gently scrub cauliflower with a clean vegetable brush under cold running water. Dry with a clean towel.
- 4) Grate cauliflower with a box grater or food processor.
- 5) In a large nonstick skillet over medium heat, cook the cauliflower for 10 to 12 minutes until tender and the excess moisture removed. Allow the cauliflower to come to room temperature.
- 6) In a large mixing bowl, combine 2 cups of cauliflower along with egg, Parmesan cheese, ½ cup mozzarella cheese, oatmeal, ¼ teaspoon garlic powder, ¼ teaspoon onion powder, black pepper, and salt. Mix to combine.
- 7) Wash hands with soap and water after handling raw eggs.
- 8) Line pizza pan or baking sheet with parchment paper.
- 9) On the parchment paper, spread the cauliflower dough to form the crust, about 9-inches round and about ¼-inch thick.
- 10) Bake the crust for 15 to 20 minutes until golden brown. Remove from the oven and let cool.
- 11) While the crust bakes, mix to combine the tomato sauce, tomato paste, ¼ teaspoon garlic powder, ¼ teaspoon onion powder, and parsley in a small bowl.
- 12) Gently rub the mushrooms, spinach, bell pepper, and tomato under cold running water. Dry with a clean towel and slice.
- 13) Top the pizza crust with tomato sauce mixture, ½ cup mozzarella cheese, mushrooms, spinach, bell pepper, and tomato slices.
- 14) Bake in the oven an additional 5 to 10 minutes until the cheese is melted.
- 15) Allow the pizza to cool for 2 minutes and cut into 8 slices.



**REMEMBER:** Refrigerate leftovers within 2 hours.



**Recipe submitted by Allison**

**Recipe photo by Chef Leslie Owens**

Allison has a passion for cooking and baking that started at a young age.



# Food Safety Word Search

D C L E A N I V P C  
Y S E M M C C O R E  
J E W O D F O U R W  
Y P J H S A F E T Y  
G A O L H O Z Z A C  
F R J B C C L E A H  
O A H A C O O K K I  
O T R K U B V O C L  
D E E E U S V D J L  
T E I S G E R M S W

## WORD BANK

Chill  
Core  
Four  
Germs

Bake  
Food  
Safety  
Clean

Separate  
Cut  
Home  
Cook



# Adults: Stay Connected with Us!

(click on each icon below)



## Additional Resources

- [Cooking Times](#) – monthly e-newsletter featuring safe recipes and cooking tips
- [Fight BAC! website](#) – free downloadable food safety resources and activities
- [Safe Recipe Style Guide](#) – add food safety steps to your own recipes







# Veggie Garlic Herb Pasta

“The roasted vegetables and tasty butter sauce make it feel grown-up while still being kid-friendly.”

## INGREDIENTS

### Makes 6 Servings

Time: 30 minutes

- 1 pound whole-wheat pasta (bowtie, rotini, or farfalle)
- 1 cup cherry tomatoes, halved
- 1 small zucchini
- 3 Tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 cup Parmesan cheese
- Water to cook the pasta

### For the garlic herb butter:

- 8 Tablespoons softened butter
- 1 Tablespoon lemon zest (zest from 1 lemon)
- 2 cloves garlic, minced
- 2 Tablespoons fresh basil, minced
- 2 Tablespoons fresh parsley, minced
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Serving Size: 184 g	Saturated Fat: 15 g	Dietary Fiber: 8 g	Vitamin D: 0 mcg
Servings Per Recipe: 6	Cholesterol: 61 mg	Total Sugars: 4 g	Calcium: 282 mg
Total Calories: 555	Sodium: 796 mg	Added Sugars: 0 g	Iron: 3 mg
Total Fat: 31 g	Carbohydrates: 58 g	Protein: 19 g	Potassium: 495 mg



# INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Preheat oven to 450 °F. Line two baking sheets with parchment paper.
- 3) Gently rub the zucchini and tomatoes under cold running water. Slice the tomatoes in half, and place them on one baking sheet in a single layer. Cut the zucchini into 2-inch sized pieces, and place them in a single layer on the second baking sheet.
- 4) Drizzle the olive oil over the zucchini and tomatoes. Season with 1 teaspoon salt and ½ teaspoon black pepper, and gently toss to coat the vegetables. Bake the veggies for 20 to 25 minutes, until the tomatoes are beginning to blister and turn brown.
- 5) While the vegetables are roasting, bring a large pot of water to boil. Cook pasta according to the box directions. Drain the pasta once cooked.
- 6) Make the garlic herb butter in a medium bowl by combining the softened butter, lemon zest, garlic, fresh basil, fresh parsley, and the remaining salt and black pepper. Mix well to combine and set aside.
- 7) Once the pasta is drained and the vegetables have been cooked, gently toss the pasta and roasted vegetables together. Stir in the garlic herb butter and Parmesan cheese. Mix until well combined and noodles are coated evenly.

Recipe submitted by  
A.D., M.F., S.G. & M.H.

Recipe photo by Chef Leslie Owens



**REMEMBER:** Refrigerate or freeze leftovers in shallow containers. Wrap or cover the food. Leftovers stored in the refrigerator should be consumed within 3 to 4 days.

# Caprese Chicken Salad with Quinoa



**REMEMBER:** Rinsing chicken is not a safety step. Cooking chicken to 165 °F internal temperature is the ONLY way to kill harmful bacteria that could make you sick.

## INGREDIENTS

Makes 2 Servings

Time: 35 minutes

2 boneless, skinless chicken breasts  
½ teaspoon salt  
⅛ teaspoon black pepper  
¼ cup uncooked quinoa  
1 Tablespoon olive oil  
1 clove garlic  
1 small red onion  
1 pint grape tomatoes  
⅓ cup balsamic vinegar  
2 slices fresh mozzarella  
4 to 6 fresh basil leaves  
4 cups spring mix greens

### Honorable Mention

“

No more boring salads!  
This one is healthy, with  
chicken and cheese!

”

Serving Size: 511 g  
Servings Per Recipe: 2  
Total Calories: 440  
Total Fat: 18 g

Saturated Fat: 5 g  
Cholesterol: 109 mg  
Sodium: 915 mg  
Carbohydrates: 41 g

Dietary Fiber: 6 g  
Total Sugars: 10 g  
Added Sugars: 0 g  
Protein: 40 g

Vitamin D: 0 mcg  
Calcium: 233 mg  
Iron: 5 mg  
Potassium: 598 mg

# INSTRUCTIONS

- 1)** In the oven, raise the oven rack so it's approximately 5 to 6 inches from the broiler, usually the second-highest position. Preheat oven broiler.
- 2)** Wash hands with soap and water.
- 3)** Do not rinse raw chicken. Arrange chicken on a parchment-lined baking pan. Season with salt and pepper.
- 4)** Wash hands with soap and water after handling raw chicken. Wash counters after handling raw chicken.
- 5)** Broil the chicken for 6 to 8 minutes on each side until internal temperature reaches 165 °F on a food thermometer. Remove from oven and set aside to keep warm.
- 6)** While the chicken is in the oven, cook quinoa according to package directions.
- 7)** Scrub the garlic and red onion with a clean vegetable brush under running water. Peel and mince the garlic, and thinly slice the red onion.
- 8)** Gently rub the grape tomatoes and basil leaves under cold running water. Cut the grape tomatoes, and slice the basil.
- 9)** If the spring mix greens weren't prewashed, gently rub them under cold running water. Dry well on a clean towel.
- 10)** In a large skillet over medium heat, add the oil. Then add the onions in the oil for and cook about 5 minutes, stirring occasionally. Stir in the garlic and cook for 1 minute.
- 11)** Stir in tomatoes and balsamic vinegar. Cook until vinegar is reduced by half.
- 12)** Add the chicken to the skillet and top with sliced mozzarella. Cover and cook until mozzarella is melted, about 4 to 5 minutes.
- 13)** Stir in basil and spoon over chicken breasts.
- 14)** To make the salad, toss spring mix greens and quinoa together. Arrange mixture on a plate, then top with chicken breast, tomatoes, onions, and balsamic reduction.



## Recipe and photo submitted by Elayna & Adaya

Elayna is an adventurous eater who likes to try new foods and new things in the kitchen. Her favorite foods are seafood and anything sweet.

Adaya is also an adventurous eater. She enjoys helping in the kitchen and has mastered making cookies. Her favorite food changes with the season.



# Yogurt Hummus

## with Fresh Veggies

### INGREDIENTS

**Makes 2 cups of yogurt hummus**

Time: 10 minutes

#### For the yogurt hummus:

2 cans garbanzo beans  
(chickpeas), rinsed and drained  
3 cloves garlic  
 $\frac{1}{4}$  onion  
 $\frac{1}{2}$  cup plain yogurt  
 $\frac{1}{4}$  cup olive oil  
Juice of 1 lemon  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon black pepper

#### For the vegetables:

1 cup broccoli florets  
1 cup baby carrots  
2 stalks celery  
1 red bell pepper

“ This recipe uses easy-to-find yogurt, instead of Tahini paste. Use non-dairy yogurt for a fully vegan option. Great for lunch or a snack!

”



# INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) If not prewashed, gently rub broccoli and carrots under cold running water. Dry with a clean towel.
- 3) Scrub garlic, onion, lemon, celery, and red bell pepper with a clean vegetable brush under running water. Dry with a clean towel.
- 4) In a food processor or blender, add the chickpeas, garlic, and onion. Puree until smooth.
- 5) Add the yogurt, olive oil, lemon juice, salt, and pepper, and continue to puree until well combined.
- 6) Transfer hummus to a serving bowl and set aside.
- 7) Cut the celery sticks in half lengthwise, then cut them into 3-inch long strips. Remove the stem and seeds from the red bell pepper and cut into 2-inch long strips.
- 8) Arrange the broccoli, carrots, celery, and bell pepper on a serving tray. Serve with the yogurt hummus.

Serving Size: 252 g  
Servings Per Recipe: 6  
Total Calories: 257  
Total Fat: 12 g  
Saturated Fat: 1 g  
Cholesterol: 1 mg  
Sodium: 991 mg  
Carbohydrates: 30 g

Dietary Fiber: 6 g  
Total Sugars: 8 g  
Added Sugars: 0 g  
Protein: 9 g  
Vitamin D: 0 mcg  
Calcium: 85 mg  
Iron: 2 mg  
Potassium: 503 mg



## Recipe and photo submitted by Mick & Veronica

Mick is a senior. His favorite things to cook are hummus with fresh vegetables and pita chips, as well as hand-tossed pizza.

Vermonica is a junior. Her favorite things to cook are pasta salad, chef's salad, and meatloaf.



**REMEMBER:** Separate raw meat, poultry, seafood, and eggs from fresh fruit and vegetables in your refrigerator.



# Peanut Butter Bananawich

## INGREDIENTS

**Makes 1 Serving**

Time: 15 minutes

- 1 banana
- 1 Tablespoon lemon juice
- 4 Tablespoons peanut butter
- 2 whole-grain crackers
- 2 Tablespoons dried cranberries
- 1 maraschino cherry

“

This lunch is super easy and fun for small kids to make on their own. The maraschino cherry is the perfect finishing touch!

”

## Honorable Mention



Serving Size: 1  
bananawich (226 g)  
Servings Per Recipe: 1  
Total Calories: 582  
Total Fat: 34 g  
Saturated Fat: 7 g  
Cholesterol: 0 mg  
Sodium: 303 mg  
Carbohydrates: 64 g  
Dietary Fiber: 8 g  
Total Sugars: 38 g  
Added Sugars: 13 g  
Protein: 16 g  
Vitamin D: 0 mcg  
Calcium: 43 mg  
Iron: 2 mg  
Potassium: 818 mg





## Recipe and photo submitted by Caitlin

Caitlin is a graduating senior who enjoys all types of art. She has had some of her works displayed at the local art museum. Caitlin has enjoyed her cooking classes at school, and she spends her free time playing with her dog, Beethoven, and listening to 80's music.

### INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Gently rub the banana under cold running water. Scrub lemon with a clean vegetable brush under running water. Dry with a clean towel.
- 3) Peel the banana and cut it in half lengthwise. These are the 'bread' part of the bananawich (see photo).
- 4) Add the lemon juice to a shallow bowl. Roll the banana slices in lemon juice to prevent browning. Pat the banana slices dry with a clean towel to remove excess lemon juice.
- 5) Spread 2 Tablespoons of peanut butter on the bottom half of the banana. Top with remaining banana.
- 6) Place the bananawich near the lower part of a plate to form a smile.
- 7) Next, place the crackers near the top of the plate. Top each cracker with a dried cranberry so they look like eyes.
- 8) Add a maraschino cherry for the nose.
- 9) Use dried cranberries above the eyes to create eyebrows.
- 10) Serve immediately.



**REMEMBER:** Wash your hands with soap and water before eating your lunch and snacks. Hum the "Happy Birthday" song from beginning to end twice when washing your hands.

# Turkey Sausage & Egg Burritos



“

Everyone in the family will love these burritos! Double the recipe for extra servings.

”

Honorable Mention

## INGREDIENTS

**Makes 4 Servings**

Time: 20 minutes

- |                              |                                    |
|------------------------------|------------------------------------|
| 4 whole wheat tortilla wraps | ½ cup sharp cheddar cheese, grated |
| ¼ pound turkey sausage       | ¼ teaspoon onion powder            |
| ¼ of an onion                | ¼ teaspoon garlic powder           |
| ¼ of a sweet bell pepper     | ¼ teaspoon salt                    |
| 4 large eggs                 | ¼ teaspoon ground black pepper     |
| ¼ cup low-fat milk           | Mild sauce or hot sauce (optional) |

Serving Size: 177 g  
Servings Per Recipe: 4  
Total Calories: 323  
Total Fat: 12 g  
Saturated Fat: 3 g  
Cholesterol: 221 mg  
Sodium: 843 mg  
Carbohydrates: 28 g  
Dietary Fiber: 2 g  
Total Sugars: 5 g  
Added Sugars: 0 g  
Protein: 19 g  
Vitamin D: 1 mcg  
Calcium: 158 mg  
Iron: 1 mg  
Potassium: 198 mg

# INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Form the turkey sausage into a large patty and add to a large skillet over medium heat.
- 3) Wash hands with soap and water after handling raw turkey sausage.
- 4) While the turkey sausage cooks, scrub the onions and sweet peppers with a clean vegetable brush under running water. Dry with a clean towel.
- 5) Cut the onion and bell pepper into small pieces.
- 6) Cook the turkey sausage until the internal temperature reaches 165 °F on a food thermometer. Break the turkey sausage into small pieces.
- 7) Mix in the onions and sweet peppers, and cook them, stirring occasionally until they soften.
- 8) Adjust the heat to low.
- 9) Crack the eggs into a medium bowl. Wash hands with soap and water after handling raw eggs.
- 10) Whisk the eggs to break up the yolks. Then whisk in the milk, onion powder, garlic powder, salt, and black pepper until well combined.
- 11) Pour the egg mixture into the skillet.
- 12) Cook while stirring occasionally, until mixture temperature reaches 160 °F on a food thermometer.
- 13) Scoop ¼ cup of egg mixture into the middle of each whole wheat tortilla. Spread it out in a long narrow line.
- 14) Add ⅓ cup of grated sharp cheddar cheese to each tortilla. Add 1 Tablespoon of mild sauce or hot sauce (optional).
- 15) Fold the sides of the tortilla wrap over the filling, then fold up the ends to cover the filling. Serve immediately.



**REMEMBER:** Wrap leftovers individually and store them in an airtight container in the freezer. Reheat leftovers to 165 °F on a food thermometer.



## Recipe and photo submitted by Jacob, Jaxon & Taylor

Jacob, Jaxon and Taylor are three brothers that share many memories together. They are homeschooled, live on a farm, and have developed a love for cooking. Each child adds their special touch to a recipe or creates their own masterpiece to satisfy their taste buds. The boys usually cook something every day in the kitchen or over a campfire. They understand the importance of preparing each dish correctly and learning skills they will use forever.



## Honorable Mention



# Ci-ala Salmon

## INGREDIENTS

### Makes 1 Serving

Time: 17 minutes

- 1 (5-ounce) salmon filet
- 2 teaspoons butter
- 2 green onions
- 2 cups fresh green beans
- 3 cloves garlic
- ¼ teaspoon salt
- Fresh lemon
- Fresh parsley

“Simple, affordable,  
and perfect for one!”

Serving Size: 414 g  
Servings Per Recipe: 1  
Total Calories: 336  
Total Fat: 15 g

Saturated Fat: 6 g  
Cholesterol: 86 mg  
Sodium: 708 mg  
Carbohydrates: 20 g

Dietary Fiber: 6 g  
Total Sugars: 8 g  
Added Sugars: 0 g  
Protein: 34 g

Vitamin D: 15 mcg  
Calcium: 122 mg  
Iron: 3 mg  
Potassium: 1,063 mg

# INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Gently rub green beans, green onions, and parsley under cold running water. Dry with a clean towel.
- 3) Scrub lemon with a clean vegetable brush under cold running water. Dry with a clean towel.
- 4) On a clean cutting board, cut the end of the green beans. Slice the green onions. Crush and mince the garlic. Chop the parsley. Set all aside.
- 5) Juice half the lemon into a small bowl and then slice the other half. Set aside.
- 6) Melt the butter in a small pan over medium heat.
- 7) Add the salmon and cover. Cook until the internal temperature reaches 145 °F on a food thermometer, about 10 minutes.
- 8) Add the garlic and cook for 1 to 2 minutes, being careful not to burn it.
- 9) Add the green beans, and pour over the lemon juice. Sprinkle with salt.
- 10) Remove from the pan and garnish with lemon slices, green onions and parsley.
- 11) Serve immediately.



## Recipe and photo submitted by Cianna

Cianna is very talented and likes to educate herself when it comes to her passion. She really enjoys learning new things and being able to put her knowledge into action.



**REMEMBER:** Use one cutting board for fresh produce, and a separate one for raw meat, poultry, and seafood.

# Common Cooking Words

Looking through this book, you might come across some new words. They might be ones you haven't heard before or aren't quite sure what they mean. Lots of them are action words that tell you what to do with ingredients.

Here is a list of common cooking words and what they mean:

**Bake/Roast:** When you turn on your oven and preheat it to a certain temperature, the air inside the oven gets hot. Cooking food in a hot oven is called baking or roasting. Usually, baking refers to bread or dessert, while roasting is used when talking about meat or vegetables.

**Boil:** When water is heated to 212 °F (degrees Fahrenheit), it creates lots of bubbles, and the water moves quickly in the pot. A “rolling boil” means lots of fast, big bubbles. A “low boil” means smaller, slower bubbles.

**Broil:** Similar to baking, but the food is cooked in the oven at very high heat. It's close to the heat source which is usually at the top. Food can burn easily when broiled, so be sure to keep an eye on it in the oven!

**Chop:** In general, this means to cut food into bite-sized pieces that are all about the same shape and ½-inch in size.

**Dice:** To cut food into a square shape. A small dice is 1/8-inch, a medium dice is ¼-inch, and a large dice is ½-inch. A commonly diced ingredient is onions.

**Drizzle:** Pour a liquid, like dressing or melted butter, in a very thin stream.

**Mince:** To cut something into very tiny pieces. Ingredients often minced are garlic, ginger, and fresh herbs.

**Puree:** To grind food until completely smooth, usually in a blender or food processor.

**Slice:** An ingredient like potatoes, onions or tomatoes are cut into large, flat pieces.

**Whisk:** To beat ingredients together very quickly, usually with a whisk or fork, to blend or add air.

**What other cooking words do you know?**





# Food Safety Tips for Parents



**97% of consumers failed to wash their hands properly when preparing a meal.\***

\*According to a 2018 study, U.S. Department of Agriculture



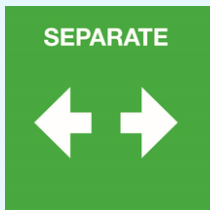
**1 in 6 Americans get a foodborne illness each year.**



**Children represent half of all hospitalizations for foodborne illness in the United States each year.**



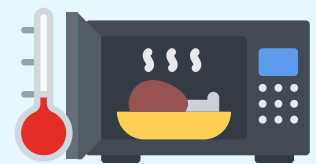
Before preparing lunch, wash your hands with warm water and soap for 20 seconds. Wash your cutting boards, utensils and countertops with hot, soapy water. Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten. Make sure reusable lunch bags and coolers are clean before packing.



Use one cutting board for fresh produce, and a different one for meat and poultry. Don't place cooked food on a plate that previously held raw meat, poultry, seafood or eggs. This will help you avoid cross-contamination or spreading bacteria from one food product to another.



Use a food thermometer that measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature (see page 13). Read and follow food package cooking instructions when using the microwave.



Use an insulated lunch bag or cooler and at least two cold sources, such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food chilled until lunchtime.



Get more food safety tips at [www.fightbac.org](http://www.fightbac.org)!



# Thank You!

The [Partnership for Food Safety Education](#) appreciates all of the participants for helping make the Young Cooks Recipe Challenge a success! Thank you to the kids, teens, parents, teachers, and group leaders for working so hard on creating these safe recipes.

Stay tuned for our next recipe contest. In the meantime, we challenge all of you to continue making delicious, safe meals!

Thank you again to these judges who helped to choose the winning recipes: **Beau Coffron, Sally Greenberg, and Krystal Register.**

A very special thank you to our volunteers who helped with recipe testing and the initial round of judging:

- **Adam Friedlander, MS, CFS**
- **Gayle Patterson**
- **Britanny Saunier**
- **TaQuila Thomas**
- **Kelly Vass, MS, RDN, LDN**
- **Jody Vogelzang, Ph.D, RDN**
- **Katie Weston**

Thank you to our [Contributing Partners](#) whose financial commitment supports our continued food safety education efforts.



The Partnership for Food Safety Education (PFSE) develops and promotes effective education programs to reduce food poisoning risk for families. The Partnership is the creator and steward of the popular Fight BAC!® national food safety education campaign. Download free food safety education information from PFSE's website at [www.fightbac.org](http://www.fightbac.org).

**Shelley Feist**, PFSE Executive Director

**Katie Weston**, PFSE Community Engagement Manager

**Shawnte Loeri**, PFSE Communications Associate/Graphic Designer

**Britanny Saunier**, PFSE Director of Development

**Chef Leslie Owens**, PFSE Recipe Challenge Project Manager

**Jana Greene Hand, MS, RD**, Helping Hand Nutrition

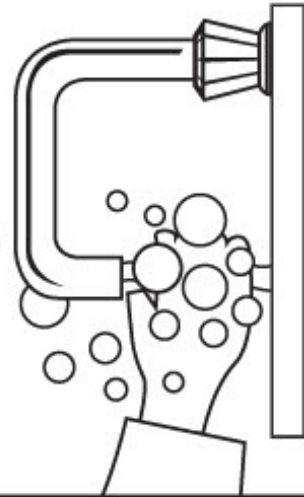


The recipes in this cookbook were developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

Print out this page and decorate your own placemat!



CLEAN



Wash your hands, kitchen surfaces and utensils with hot, soapy water before and after handling food.

# CORE FOUR

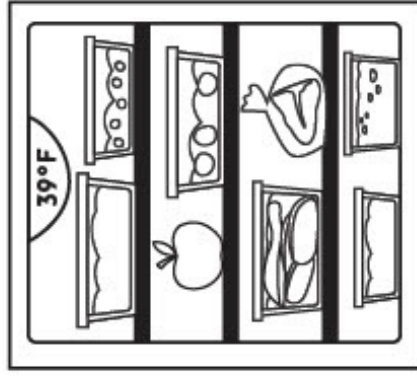
## RULES OF HOME FOOD SAFETY

COLOR THEM!

COOK



Cook food to a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.

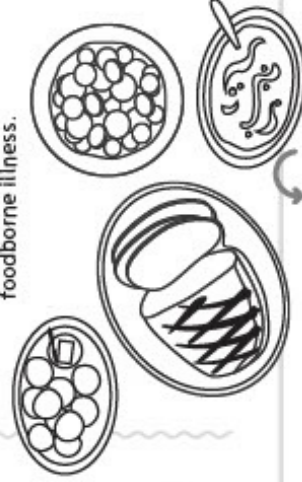
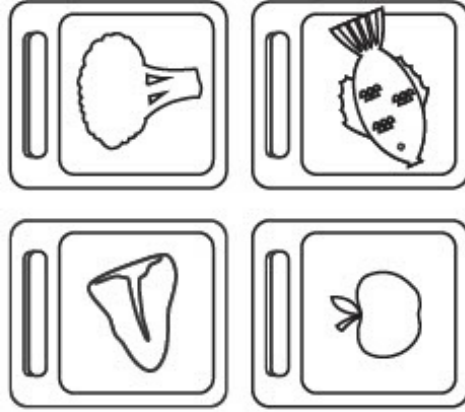


CHILL

Keep your refrigerator at or below 40°F and your freezer at 0°F. Refrigerate or freeze leftovers in shallow containers within two hours.

SEPARATE

Separate produce from raw meat, sea food, poultry, eggs and household chemicals.



PARENT QUIZ! TRUE OR FALSE?

Thawing at room temperature is the best method for defrosting food.

Turn your placemat upside down to learn the answer!

BROUGHT TO YOU BY:



False! There are three safe ways to defrost food in the refrigerator: in cold water and in the microwave. Never defrost food at room temperature.

### CORE FOUR RULES OF HOME FOOD SAFETY



**CLEAN**  
Wash hands and surfaces often.



**SEPARATE**  
Don't cross-contaminate.



**COOK**  
Cook to the safe internal temperature.



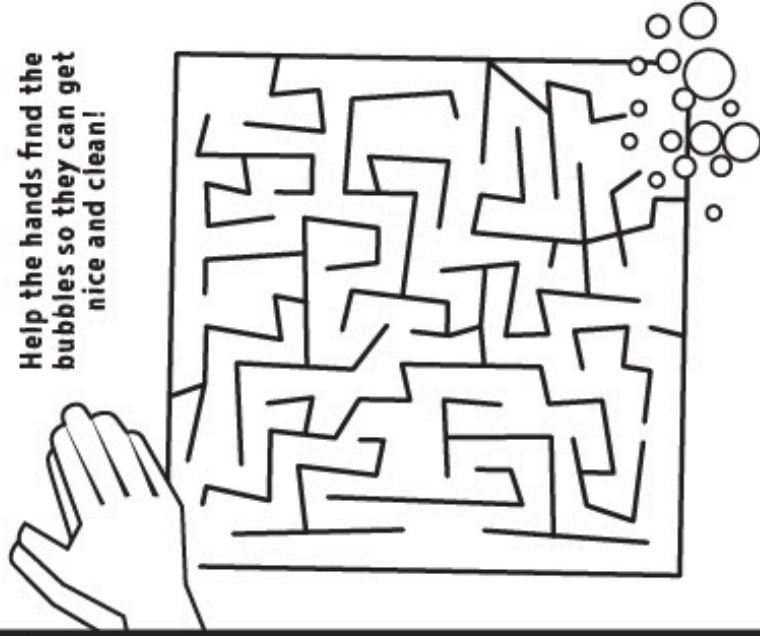
**CHILL**  
Refrigerate or freeze promptly.

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org).



**THE**  
**story**  
**OF YOUR**  
**dinner**

**Help the hands find the bubbles so they can get nice and clean!**



(SING TO THE TUNE OF TWINKLE, TWINKLE LITTLE STAR)



**Just add water, soap, then rub.**

**Make it fun. sing while you scrub.**

**If you want the germs away.**



Model good hand washing for your kids. Wash your hands with warm water and soap **BEFORE** and **AFTER** handling food.



**TWICE while they wash. Use a timer!**

**TWICE while they wash. Use a timer!**

Partnership for  
Food Safety  
Education

## CORE FOUR RULES OF HOME FOOD SAFETY



**CLEAN**  
Wash hands and  
surfaces often.



**SEPARATE**  
Don't cross-  
contaminate.



**COOK**  
Cook to the  
safe internal



**CHILL**  
Refrigerate or  
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