



CHIC' PENNE

USDA TEAM NUTRITION
MINOGRAD K-8 ELEMENTARY
SCHOOL RECIPE

4-6 SERVINGS

INGREDIENTS

- 3 cups dry Penne pasta, whole-wheat
- 1 tsp Granulated garlic
- 2 cups Fresh broccoli florets
- 1 cup Cooked diced chicken, ½" pieces
- 1 ½ cups half and half
- 1 Tbsp all-purpose flour
- ½ cup Low-sodium chicken broth
- ½ cup cheddar cheese, shredded (2 oz)
- ½ cup mozzarella cheese, shredded (2 oz)

DIRECTIONS

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt and pepper to taste, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

RAINBOW PICKLES

Taste@Home



1 PINT

INGREDIENTS

- 1 small onion, halved and sliced
- 2 tsp mixed pickling spices
- ½sp celery seed
- 1 cup sugar
- 1 cup apple cider vinegar
- ½ cup water

DIRECTIONS

1. Trim leaves from Swiss chard; save for another use. Cut stems into 2-in. pieces; place in a large heatproof nonreactive bowl. Add onion, pickling spices, celery seed and mustard seed.
2. In a small saucepan, combine sugar, vinegar and water; bring to a boil. Cook 1 minute, stirring to dissolve sugar; pour carefully over chard mixture. Cool completely. Refrigerate, covered, overnight, stirring occasionally.

● Vegetarian ● Vegan ● Gluten-free ● Dairy-free

Asap SMASHED CUCUMBER SALAD

Cucumbers are in season starting in late May and typically are available throughout the summer and early fall. Cucumbers are great for staying hydrated and cool.

Pai huang gua—or smashed cucumber salad—is a traditional Chinese recipe for a hot day. It can be served on its own or alongside chilled rice or noodles. Smashing and salting the cucumbers helps to draw out excess water and makes the flavors more concentrated.

Don't like tofu? Leave it out! You can also add other veggies, such as edamame, snap peas, or thinly sliced broccoli.

4 SERVINGS

INGREDIENTS

- 2 long, thin-skinned cucumbers (or 6-8 small cucumbers)
- Salt
- 1 garlic clove, minced
- 3 Tbsp rice vinegar
- 1 ½ Tbsp soy sauce (GF if needed)
- 1 tsp mirin or sugar
- 2 tsp sesame oil
- 2-3 scallions, white and light green parts, thinly sliced
- 2 Tbsp cilantro, roughly chopped
- 6 ounces tofu, cubed (optional)
- 1 Tbsp sesame seeds, toasted
- Chili oil or chili crisp (optional)

DIRECTIONS

1. Lay cucumbers on a cutting board. Smash the cucumber with the flat side of a kitchen knife until it starts to split. Repeat with the second cucumber. Break apart or cut the cucumbers into 1-inch pieces.
2. Place cucumber in a colander and sprinkle generously with salt. Let sit over the sink for 15 minutes. Pat dry with a clean kitchen towel.
3. In a large bowl, whisk together minced garlic, vinegar, soy sauce, mirin or sugar, and sesame oil.
4. Add cucumber, cubed tofu, cilantro, and scallions to the bowl and toss with the dressing. Taste and add more vinegar, soy sauce, or sesame oil if desired. Let chill for up to 30 minutes or until ready to eat.
5. To serve, top with toasted sesame seeds and drizzle with chili crisp/chili oil if you'd like.

● Vegetarian ● Vegan ● Gluten-free ● Dairy-free



<https://mountainwise.org/producerx/>

USDA SNAP-ED

SQUASH SALSA

6-12 SERVINGS

INGREDIENTS

- 1 can black beans (rinsed)
- 6 tomatoes, seeded and diced (medium)
- 1/2 green pepper, seeded and diced
- 1 medium red onion (minced)
- 1 summer squash, medium (peeled, seeds removed, diced)
- 2 Tbsp red wine vinegar
- 1 tsp Adobo seasoning (combination of garlic, coriander, salt, and cumin)
- lemon or lime juice (2 Tbsp, optional)
- 4 Tbsp cheese, grated
- Fresh cilantro, parsley, or microgreens (optional)

DIRECTIONS

1. Combine all ingredients except cheese. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated cheese. Serve hot or cold!



● Vegetarian ● Gluten-free