Recipes for Families to Fuel Their Body & Mind
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Layered Changes

Baked French Fries

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Apple Tracing

Celery Race Car

Cinnamon Toast

Apple Cinnamon Bars

Fruit Kabobs

Banana Sushi

Quick Dates With Peanut Butter

Popcorn 5 Ways

Crunchy Veggies

Broiled Fruits

Frozen Yogurt Bites

Baked Potato and Cheese Balls

Creating with Food Scraps and Waste

Candied Fruit Peels

Experimenting With Acid

Eggshell Mosaic

Food Scrap Dye

Mud-Like Coffee Playdough

Meal-Time Music

Breathing Wand
INTRODUCTION

Life as we know it changed when New York City went on lockdown due to the coronavirus. The inspiration for this project was recognizing all the challenges families are facing with remote schooling; assisting children with social activities; working from home, if possible; and managing the emotional toll of both the COVID-19 pandemic and the social injustices facing our communities. In addition to these stressors, parents and guardians must still plan, grocery shop, prepare, and cook three meals each day for their family.

This situation created a unique opportunity for NYU graduate nutrition and art therapy students to collaborate to create a cookbook that unites the culinary arts with creative exercises. Wholesome and meaningful outcomes for families can result when we use the "ingredients" we have in novel and creative ways. In Creative Kitchen, families will find ideas for mindfulness, restoration, and recovery activities. Both cooking and baking can be an outlet to express creativity and can create an opportunity for families to cook, share meals, and engage in meaningful conversation.

I owe my deepest thanks to my colleagues Marygrace Berberian and Vanessa Rissetto. Their expertise and thoughtful partnership have made this cookbook truly special. Because of their guidance and the talent of the students they mentor, in addition to healthy and delicious recipes that are easy and quick to prepare, this cookbook includes suggestions to support overall social-emotional functioning specific to crisis healing.

As you enter the summer season, Marygrace, Vanessa, and I hope you find this cookbook useful and treasure it for years to come. Stay safe, healthy, and well.

Sincerely,

Lisa Sasson
Associate Dean, Global Affairs and Experiential Learning
THE POWER OF CREATION

Engaging in creative processes can restore the body and mind. In creation, we imagine and play, discovering novel ways to problem solve. In The World’s Largest Lesson, a presentation for the United Nations Global Goals for Sustainable Development, Sir Ken Robinson (2015) described,

*Human beings have a power that other creations don’t. We are the most creative creatures ever. Our heads are full of ideas and we’re great at making things too. With that power, we can change the world over and over and can solve thousands of problems.*

Employing our hands in creative practices results in pleasure and the outcomes provide a sense of accomplishment when the world around us feels unmanageable. Using art in our communication provides a distanced way to explore difficult emotions. The metaphors shared through these activities can support greater self-awareness and offer opportunities for families to dialogue around the stressors of these difficult times. These recipes present opportunities to strengthen connectedness within the family. Cooking together offers valuable interactions with family to accomplish new goals and actively focus on life affirming activities. Often, engaging in activities that offer predictability gives us a greater sense of control.

The NYU Art Therapy in Schools Program is one of the few in the nation to offer art therapy interventions to public school students. Art therapy is a form of psychotherapy that aids students in managing challenges related to family issues, academic challenges, social pressures, global or domestic threats to safety.

The COVID-19 crisis and greater awareness of racial injustice have challenged us to think of new ways to cope in managing needed changes. In these days of isolation and unrest, there may be time to birth new awareness and grow. We hope these suggested activities ignite novel and creative opportunities to support your family.

Marygrace Berberian, LCAT, ATR-BC, LCSW  
Director of the NYU Art Therapy in Schools Program  
Clinical Assistant Professor, Graduate Art Therapy Program
IDEAS FOR MANAGING THESE DIFFICULT DAYS

The unexpected changes to living together can be a time to reinvent some ideas and develop rituals around eating and spending time at home. Try some of these new ideas.
SOLVING THE CHALLENGES OF PICKY EATERS

Children can be picky eaters. Some children might not like the texture, flavor, color, or ways food was prepared in the past. Solicit recommendations about what can be done to improve the food preparation. Engage in this dialogue with empathy. When children are feeling powerless and helpless, they will try to exert power in ways that they can. Sleeping and eating are common activities that children will try to dictate during these days to gain greater control.

Here are some ideas for families to try:

**Rainbow Dishes**
Rainbows have become a source of hope in our communities during this crisis. Try eating a rainbow plate, filled with color. Color can increase appetite! Here are a few suggestions:
- Red: Tomatoes, strawberries, cherries
- Orange: Carrots, kabocha, oranges
- Yellow: Eggs, squash, bananas
- Green: Leafy vegetables, kiwi
- Blue: Blueberries
- Purple: Beetroot, radish, eggplants, plums
- Pink: Watermelon

**Do with Dough**
Puree and incorporate less preferred vegetables into noodle or pasta dough.

**“Secret” Ingredients**
Fold chopped-up less preferred vegetables into omelets, meat/tofu patties, or stuffed peppers. Veggies can also be added to curries, stews, soups or even smoothies.

**A Family that Cooks Together...**
Involve the whole family in cooking. What would your picky eater prefer? Ask about preferences for food preparation. Have your picky eater taste the food at different stages of cooking (providing it is safe). Food will taste different through varied preparation. For example, raw broccoli tastes different than when prepared with seasoning.

**Family Color Challenge**
Write at least 10 colors on small papers or popsicle sticks. Have one person choose a paper/popsicle stick. The challenge is to cook or prepare food ONLY of the chosen color! See if you can try new foods.

**Eat Fresh**
Eat seasonally: Produce that are “in season” are usually the freshest, most nutritious, and cheapest options available.
**Make your Food into Art**

Prepare your food in creative ways. Try out some food art and “decoben” (decorative bento) ideas:

- **Draw with sauces!** Ketchup, mayonnaise and barbeque sauce can be used to paint your food.
- **Use cookie-cutters to cut out cucumber slices, carrot slices, cheese slices and lunch meat.** Sandwiches can also be cut with cookie cutters. Have your picky eater choose the cookie cutter. Or, have your child guess the shape of what was cut. You can also try to cut these foods into numbers or letters that are personalized to your picky eater’s age or name.
- **Cut up dried nori seaweed sheets into fun shapes using scissors.** If you cut the nori into smaller pieces, you can make “confetti” to season food.
- **Rice can be cooked with color.** Have your picky eater choose turmeric for yellow or beetroot for red coloring.
- **“Conquer” your food!** Make miniature flag food picks using toothpicks and masking tape.

**Custom Bento Box**

‘Bento’ is the Japanese word for packed lunch. Bento has become popular outside of Japan because it is a cheap, fun, and beautiful way to prepare a nutritious and balanced meal for children and adults alike! Follow these simple steps to create your own bento:

- **Find a shallow food-safe container:** Plastic take-out containers, emptied and clean hummus containers will work. Look for what you have in your kitchen. Try to find something smaller than your usual serving size plate.
- **Prepare a carbohydrate/starch:** Small sandwiches, rice, and potatoes are popular choices. Fill roughly ⅓ of your container with this.
- **Prepare a vegetable dish:** Ratatouille, raw veggie sticks, salad are some options. Color is important here! Fill roughly ⅓ of your container with this.
- **Prepare a protein dish:** Boiled eggs, fish, meats, beans... This is usually the not-so colorful portion of your bento. Fill roughly ⅓ of your container with this.
- **Try to add RED, YELLOW, and GREEN to your bento to make it colorful and appetizing.** Refer back to RAINBOW DISHES for inspiration!

*Source: Just One Cookbook*
FAMILY COOKBOOK

“No one who cooks, cooks alone. Even at her most solitary, a cook in the kitchen is surrounded by generations of cooks past…” – Laurie Colwin

Creating a family cookbook is a way to explore family ties, history, and culture. It also provides families with a fun activity that can promote bonding.

Materials
A journal, notebook, or sheets of paper that can be secured together
Drawing materials of any kind (pencils, pens, crayons, markers, colored pencils)
Collage material from magazines
Family mementos, photos, handwritten grocery lists, etc.
Steps begin by gathering together as a family and coming up with a list of favorite recipes; consider breakfast, lunch, dinner, dessert, snacks and specialties.
Have children illustrate these meals on individual sheets of paper.
Once all of the drawings are finished, label them.
Next, grown-ups can write down the recipes to these meals and any tips/tricks they wish to include. Ask each other what each recipe makes them think of family members, holiday memories, traditions, or other associations. Work together to write short paragraphs about what the meals mean to them.
If using individual sheets of paper, secure them together with a stapler or a hole punch and some yarn.
Lastly, decorate the cover of the family cookbook and give it a title!

Reflections

- What is your cookbook titled?
- Which family members share favorite meals?
- Did everyone agree on what recipes to include?
- Which meal of the day is the family favorite? Why?
- What was the most challenging part of making your family cookbook?
- What was the easiest part?
- What was it like to work as a team?
- If this cookbook was the inspiration for a restaurant, what would the restaurant be called?
FAMILY MEAL PLAN CALENDAR

Meal planning is the act of planning out all of your meals for the week. Family meal planning can help families become aware of what they are eating and make healthy choices. It also helps reduce the stress of having to plan meals each day. Families can set aside a time each week where they can create a calendar to track what they plan to cook over the next 7 days. In uncertain times, having a set schedule can promote safety, security, and feelings of control.

Some families may only want to plan dinner, while others may wish to plan all 3 main meals.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta with Chicken</td>
<td>Grilled Cheese</td>
<td>Lentil Soup</td>
<td>Tuna Sandwich</td>
<td>Pork Cabbage Wraps</td>
<td>Tofu Scramble</td>
<td>Shrimp Fried Rice</td>
</tr>
</tbody>
</table>

**DINNER TEMPLATE**

**Materials**
- Paper
- Pencil or pen
- Coloring materials such as crayons or markers (optional)

You can also slip a menu template inside a plastic sheet protector! Use a dry erase marker to write your meals on the plastic sheet protector for an instant dry erase board to use repeatedly.

**Steps**
- Following the template example above, create columns on a blank sheet of paper. Label the days of the week.
- As a family, explore the kitchen to see what groceries/ingredients you have. Make a list.
- Read over the list and come up with recipes/meals you can make.
- Decide which meals to have on which days and mark them on the calendar.
- Decorate the calendar with any accessible art materials.
- Hang your calendar!
- Repeat this process every week.

**Reflections**
- How does knowing what is planned make you feel?
- Did everyone get an opportunity to pick the meal?
- Which meal is each family member most excited for?
- Are any of the meals new recipes? What are you willing to try in being adventurous eaters?
FAMILY SCRIBBLE

It can be hard to find the words when we are feeling uncomfortable. Try to change the ways you are communicating with each other by taking a break from talking and use your art to dialogue.

Materials

Large piece of paper
Markers, crayons, or pencils

Steps

1. Lay out the paper and sit side by side.
2. One person begins by only drawing a picture.
3. Another person watches carefully. By noticing details about what was drawn, add your own response to the large paper.
4. Take turns, communicating with only drawing.

Reflections

What did you learn from the drawings created? What did you observe about the way the others used their bodies to communicate without using their voices?
SURPRISE MIXING

Much of how we are living has come as a surprise. How can you find new and fun ways to be surprised by your own creativity? Try mixing paints with some unusual kitchen items! Watercolor paints are made when water is mixed with color pigments. An easy way to make your own watercolor paints is by using foods and spices!

Materials

- Small bowls for mixing
- Measuring cups
- Water
- Spoon
- Food and spices for experimenting
- Paintbrush (a sponge or fingers will also do the trick!)
- Paper

Follow these measurements to make brilliant watercolors in your own kitchen:

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Color Description</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TURMERIC</strong></td>
<td>Bright yellow</td>
<td>1 ½ teaspoon of turmeric powder, 1 tablespoon of water</td>
</tr>
<tr>
<td><strong>INSTANT COFFEE GRINDS</strong></td>
<td>Brown</td>
<td>½ tablespoon of coffee grinds, 1 tablespoon of water</td>
</tr>
<tr>
<td><strong>VANILLA EXTRACT</strong></td>
<td>Light brown</td>
<td>3-4 drops of vanilla extract, ½ tablespoon of water</td>
</tr>
<tr>
<td><strong>PAPRIKA</strong></td>
<td>Deep orange</td>
<td>1 teaspoon of paprika powder, 1 tablespoon of water</td>
</tr>
<tr>
<td><strong>RASPBERRY</strong></td>
<td>Light pink/purple</td>
<td>6-8 frozen raspberries, 1 tablespoon of warm water</td>
</tr>
<tr>
<td><strong>BLACKBERRY</strong></td>
<td>Red/purple</td>
<td>6-8 frozen blackberries, 1 tablespoon of warm water</td>
</tr>
<tr>
<td><strong>ONION SKIN</strong></td>
<td>Golden brown</td>
<td>Place the onion skins (brown layers) into a pot and cover with about enough water to fill ¾ of the pot. Bring it to boil and simmer for 30-45 minutes. When you achieve a favorable color, strain the skins out and discard them.</td>
</tr>
<tr>
<td><strong>SALT PAINTING</strong></td>
<td></td>
<td>Add a sprinkle of salt to your painting! Take a look when it dries. You will be surprised by the changes in the color.</td>
</tr>
</tbody>
</table>
FAMILY FUN NIGHT SURPRISE MIXING

Gather together as a family and create a series of paintings with your newly made pigments. Display your collection of artwork either in the kitchen or in a place in your home where you spend the most time together.

Tips

- The more food material and the less water you use, the stronger the colors will be!
- Don’t worry if your painting smells a bit at first! It will fade as the painting dries.
- Some fruits and spices will leave behind a residue on your painting – wait until the paint dries completely and then rub over it with your fingers!
- Frozen berries seem to work better than regular berries; if you do not have frozen berries, let the fruit and water mixture sit for 30 minutes before using. Mix it often.
- Be careful when using turmeric. Your fingers and kitchen supplies may turn yellow for a bit!
- Other food items to try paint-making with: chili powder, cinnamon, strawberries, teabags.
FAMILY DINNER PROMPTS

Families in quarantine are spending almost all of their time together. Without leaving our homes for school and work, the days seep into each other and we lose track of time. Being together in this way can bring up different emotions. All family members often have their own feelings and worries about what is happening right now.

Asking questions can build connections and create understanding between family members. Here are some conversation starters that can be used at mealtime...

If you had to describe your mood with a color, what color would you choose? Do you feel like happy yellow, or sad blue? Was your day confusing purple, or stinky brown? Did you color change from the time you awoke until now?

- What was the nicest part of your day? What was the hardest part of your day?
- What is one thing you hope tomorrow brings you?
- If you had to describe your day in terms of weather, what would you say? Was it super quiet like sunset? Was it loud and stressful like a thunderstorm?
- What is one thing you felt grateful for today?
- What has been an unexpected pleasant surprise of living in quarantine?
- What are you most excited to do when quarantine is over?
- What animal did you feel like today? Did you feel sleepy like a sloth, or energetic like a monkey? Perhaps you felt feisty like a crocodile or balanced like a flamingo!
- What is something you want to learn how to do during quarantine? How can you learn this? Who can help you?

Make sure every family member answers each question!
CREATE YOUR OWN CHEF HAT

Materials
A piece of tissue paper
Any kind of tape, cut into manageable sized strips
A long piece of poster board, cardstock, or a regular paper cut in half lengthwise and taped together

Steps
Open up the tissue paper carefully
Fold or cut the piece of poster board or paper into a long strip as wide as you want. This will be the band of the hat and must be long enough to wrap around your head.
Place the edge of the tissue paper in line with the edge of the paper band.
Start to bunch up the tissue paper in a row and tape it down. Continue doing this all the way to the end of the tissue paper, with each strip of tape, until the entire edge of the tissue paper is taped down.
Then, close the band to the size of your head and tape it closed.
Then, gently pull the loose end of the tissue paper through the inside of the band and bunch that side up. Tape it to the opposite edge, inside of the band.
There will be two open sides to the hat. Take one side of the tissue paper and gently pull it down into the inside and bunch it (pleat it) and tape it in that inside of the band.
Then do the same on the other open side of the hat.
There you go! You are now a chef!

Tips
• You can use a plain, white plastic bag if you do not have tissue paper. Simply cut off the edge of the bag with handles and tape it into the inside of the band. **For safety reasons, cut holes all around the plastic bag in order to avoid any accidents.
• Try this with colored tissue paper.
• Use markers to write your name on the band.
• Add stickers to decorate your hat.
I AM A CHEF: POSITIVE AFFIRMATIONS

Being a chef requires **creativity** and **patience**. Chefs also have to be **brave** in order to take risks and try new things! Creative, patient, and brave are all positive affirmations.

Positive affirmations are simple sentences and phrases you can say to yourself (Ex: I am creative!) to help challenge negative thoughts and increase self-esteem. What are some qualities about yourself that you are proud of? Don’t be shy, now.....

Think of all of the special aspects of yourself and write them down in the chef hat.

Chefs are constantly inventing new foods as they explore the world around them. Have you created a new idea during your quarantine days with your family? What are some new recipes or inventions you created or would like to create? Think of all of the positive ideas you have brainstormed recently.

Make a list!

1. 
2. 
3. 
4. 
MORNING MINDFULNESS ACTIVITIES

The start of the day brings new opportunities to reset and recharge. Try some of these activities to bring greater attention to your actions and the space around you. By stopping to take a moment to observe, and reflect on emotional reactions to things happening around us, we can better navigate these difficult days.

“Food brings people together on many different levels. It’s nourishment of the soul and body; it’s truly love.”

- Giada De Laurentiis
Giada De Laurentiis is an Italian chef, cookbook author, restauranteur and Food Network television personality.
MORNING MINDFULNESS ACTIVITIES

STATE (OF MIND) CHANGES
When you choose your recipe this morning, try to notice the needed ingredients. Do you need eggs or milk? Maybe both? When you combine all ingredients what is the state of the food? Is it liquid or solid? Notice how the food changes as it is cooked. What started out as liquid may turn to something more solid. For example, pancakes start as a batter and change consistency until they are more stable. Eggs also change from being runny to being more solid when cooked. Make a note of what you see. What will make you feel more stable today?

MAGIC EIGHT BREATHING
Trace the magic eight with your eyes and follow the signs for breathing. As you trace the shape on the blue side breathe in and breathe out when you are tracing on the green side.
5-4-3-2-1

Let’s get grounded in the here and now by noticing things about our surroundings. Start by looking around and list 5 things that you see with your eyes. Next, notice and list 4 things in the space that you can touch. Then, listen and list 3 things you can hear as you cook. Next, list two things you can smell while you are cooking. Lastly, name 1 thing you can taste. This can be done while you are cooking or while you are enjoying your meal. A bonus step is to observe the person who may be cooking with you and list all the attributes you notice about them. It helps to wholly appreciate others sharing your space.

COLOR CHANGING EMOTIONS

As you cook, pay attention to the colors of your food. Some ingredients may change the color of the food completely, some may change it just a bit, and others may not change the color at all. Did the colors of your ingredients change quickly or did the change take more time? This can be a lot like our emotions. We can feel one way and quickly change to another emotion.

Sometimes, changes in emotions happen slowly. Sometimes, things around us affect our feelings. Sometimes, we feel no changes as our environment changes. Just like colors, we can experience emotions on a spectrum. Small changes may occur slowly, and we suddenly sense observable changes all of a sudden. Have you noticed changes in yourself since you began quarantine?
WEATHER AND MOOD FORECASTING

Let’s focus on being connected to our current space. Focusing on where we are in the moment can help alleviate some stress.

We’re going to start by taking a look outside. What do you see from where you are? Now pay attention to the weather. Is it sunny? Which parts of your view outside are receiving the strongest rays of the sun? Is it raining? How fast are the raindrops falling? What shapes are the clouds in the sky? Is there wind blowing? What is being moved by the wind? What’s the temperature? Does it seem warm outside or a bit chilly? Take some time to notice all that you can about the weather outside.

Now, let’s check our internal weather. Let’s take three deep breaths and listen to our bodies. What do we feel right now? Are you feeling sunny and happy and energized this morning? Are you feeling maybe cloudy as you don’t feel so clear? Would you like to change your internal weather? Take a minute to take in your internal weather. Notice how you are feeling and maybe share with a parent or loved one if you feel comfortable. Maybe, you want to share your weather forecast like meteorologists do: “Today, my day started cloudy. I was feeling unsure of things. Then the sun came through when I got to talk to my friend. Tonight, will be clearer skies.”

Now let’s check in with our stomachs. What are we hungry for this morning? Look through the many recipes and find one that fits what you need this morning. Maybe you are feeling scrabbled and want eggs to match. Maybe your breakfast matches your internal weather, maybe it matches the external weather, or maybe you choose something that just feels good for your body and your mood today.
RECIPES FOR BREAKFAST
PERFECTLY PURPLE OVERNIGHT OATS

**Servings:** 04  
**Preparation time:** 5 minutes  
**Cook time:** 5 minutes  
**Total time:** 10 minutes

**Ingredients**

- 2 cups whole rolled oats  
- 1 cup milk (dairy milk or almond, soy, oat, cashew)  
- 1 cup water  
- 1 cup frozen blueberries (You can also use fresh blueberries, or any other fresh or frozen fruit you have on hand, however, it is preferable to use frozen blueberries for this recipe because it turns the oats a beautiful purple color and the flavor profile is stronger.)

**Directions**

- Make the night before you want to eat. Works best made on a Sunday night, then you have a readymade breakfast for the week.
- Mix whole rolled oats with water and milk of choice.
- Mix in frozen blueberries until mixture is purple (or fruit of choice).
- Add cinnamon, yogurt, and dash of sweetener (the berries make it sweet enough to skip) if you like.
- Top up with about ¼ cup of water or until the water comes up above the oat mixture by about ¼ of an inch.
- Store in an airtight container in the fridge. This recipe works well to make a big batch and store in single servings or a large container, so feel free to scale it up for easy breakfast all week long. Will last one week in the refrigerator.

Some things can take a little time to finish, but they are usually worth the wait! What is something you've patiently waited for because you knew it would be worth it?
BISCUITS AND HOMEMADE MIXED BERRY JAM

**Ingredients**

**For mixed berry jam**
- 1lb frozen mixed berries
- 2 cups sugar
- 2 Tbsp lemon juice

**For biscuits**
- 2 cups all-purpose flour
- 1 Tbsp baking powder
- 1 Tbsp granulated sugar
- 1 tsp salt
- 6 Tbsp butter, frozen
- 3/4 cup milk

**Directions**

**For mixed berry jam**
- Place berries, sugar, and lemon juice into medium saucepan and heat over medium heat.
- Bring to a boil and lower heat to a simmer, stirring mixture occasionally. Continue to cook until mixture coats the back of a spoon, about 10 minutes.
- Remove from heat and place in heat proof container. Let set for at least 10 minutes.

**For biscuits**
- Preheat oven to 425°. Line baking sheet with parchment paper and set aside.
- In large mixing bowl, combine flour, baking powder, sugar, and salt.
- Using a cheese grater, grate frozen butter into dry ingredients. Stir until mixture resembles small crumbs. The goal is to keep the butter solid as long as possible.
- Add milk. Stir until combined.
- Turn dough onto work surface flatten the dough to about 1” thick using your hands. Fold the dough and flatten again. Repeat this process 5x. Try to handle the dough as little as possible during this process.
- Using a round cookie cutter or floured glass, cut biscuits out of dough. Place biscuits on prepared baking sheet and bake for 12 minutes, or until golden brown.

*Serve with berry jam, butter, or nut butter of choice.*

Servings: 06
Preparation time: 30 minutes
Cook time: 15 minutes
Total time: 45 minutes
Oven temperature: 425°
HAPPY JAMS

Jam is another word for song, and a happy jam is a song that lifts your mood. What are your happy jams? Can you make a playlist of your happy songs?

How does it make you feel to listen to this music? Pay attention to your mood and thoughts. Do your jams evoke any memories? What about your energy level, how does it change when one of your favorite songs is played?
BAKED OATMEAL CUPS

These baked oatmeal cups taste great with a spoonful of peanut butter or yogurt on top! Leftovers can be stored in an airtight container in the fridge for 3-5 days. You can reheat in the microwave before serving.

Ingredients

- 2.5 cups rolled oats
- 1 tsp cinnamon
- 1 tsp baking powder
- ½ tsp salt
- 2 overripe bananas, mashed
- 1 cup milk or almond milk
- 2 eggs
- 2 tsp vanilla extract
- ¾ cup fresh or frozen blueberries

Directions

- Preheat oven to 375 degrees and grease a muffin tin
- In a large mixing bowl, combine rolled oats, cinnamon, baking powder, and salt.
- Stir in mashed bananas until thoroughly mixed.
- In a smaller bowl combine the milk, vanilla extract, and eggs.
- Add the wet ingredients to the oat mixture and combine well
- Fold in the frozen blueberries.
- Scoop mixture into the muffin tin and bake for 18-22 minutes, until the tops are golden brown.
- Makes 12 oatmeal cups.

Baking powder is introduced in a recipe to make it lighter. Making something lighter is generally associated with positivity. It is helpful in difficult times to not think of negative things you wish you could take away, but instead to focus on positive things you can add. What is something positive you can add to your life?
POLARITY DRAWINGS

When crises happen, our responses are very intense. It can be helpful to reflect on the positive and negative outcomes of this pandemic. Art Therapist Shirley Riley (1999) introduced the idea of “polarity” drawings to help us at different aspects of an issue. Spend time thinking about “What is difficult about being distant from others?” and “What is rewarding about being distant from others?”

Take a piece of paper. Fold it half. Write one question on each side. Use free writing or quick drawings to help organize your responses. Jot down all that comes to mind without censoring your expression.
4-INGREDIENT BAGELS

Tip: these taste even better toasted!

Ingredients

1 cup flour
1 cup nonfat Greek yogurt
2 tsp baking powder
¾ tsp salt
Optional:
1 beaten egg for egg wash
Seasoning of choice--sesame seeds, everything bagel seasoning, salt, etc.

*For cinnamon raisin bagels, add ½ tsp cinnamon and 2 tbsp raisins to the dough.

Directions

• Preheat oven to 350°F.
• Combine bagel ingredients with a fork.
• Form into 4 small bagels. (You can also use a greased donut pan if you’d like to.)
• Brush with egg wash and add any seasonings you like.
• Bake for 16-18 minutes.
• If desired, you can finish under the broiler for 2-3 minutes to make the tops extra golden brown. (Watch carefully to be sure they don’t burn.)

Flour is used to create structure and stability within a batter. Can you think of someone or something that provides structure or a sense of stability in your life?
4-INGREDIENT PANCAKES

Adapted from Tasty. For more recipes, visit their site.

Ingredients

- 2 bananas, mashed
- 4 eggs
- ½ tsp cinnamon
- ¼ tsp baking powder

Directions

- Combine all ingredients in a large mixing bowl.
- Add the butter mixture (about ¼ cup per pancake) to a greased skillet over medium heat.
- Cook about 3-4 minutes per side--flip pancakes when bubbles start to form.
- Serve with fresh fruit, yogurt, and a bit of maple syrup.

Servings: 04
Preparation time: 5 minutes
Cook time: 6-7 minutes
Total time: 12 minutes
SWEET POTATO AND BLUEBERRY PANCAKES

Sweet potato puree can be found in the canned goods section of the store. If you’d like to make your own, bake 2 sweet potatoes at 400 degrees for 45 min - 1 hour. Let the sweet potatoes cool, peel off the skins, and then blend in a food processor or blender until smooth.

Adapted from Delish. For more recipes, visit their site.

Ingredients

- 1 cup whole wheat flour
- ¾ cup all-purpose flour
- 1 tsp cinnamon
- 2 tsp baking powder
- ½ tsp salt
- 1 cup sweet potato puree
- 2 eggs, beaten
- 1 cup milk (or almond, soy, or milk substitute, if desired)
- 1 tsp vanilla extract
- 1 cup blueberries
- Vegetable oil or coconut oil for cooking

Directions

- In a large bowl, mix together flours, cinnamon, baking powder, and salt.
- In a medium bowl, mix potato puree, eggs, milk and vanilla extract.
- Add the wet ingredients to the dry.
- Fold in the blueberries.
- Warm up your griddle or pan on medium heat and prep with butter or oil.
- Add batter to the pan (~⅓ cup per pancake) and let cook until bubbles start to form (about 4 minutes). Flip and cook other side for another 3-4 minutes, until golden brown.
- Serve with more fresh fruit, yogurt, peanut butter, and/or a drizzle of maple syrup.

Sweet potatoes are often symbolling peace. Blueberries can symbolize positivity. Can you name 5 things that make you feel peaceful and happy?
OMELETTTE CUPS

**Ingredients**

- 6 eggs, beaten
- 1 red pepper, diced
- ½ small onion, diced
- ½ tsp salt

**Directions**

- Preheat oven to 350°F and prepare a muffin tin with cooking spray.
- In a large mixing bowl, combine all of the ingredients.
- Pour egg mixture evenly into the muffin tin.
- Bake for 20 minutes, until golden brown.
- Leftovers can be stored in an air-tight container in the fridge for up to 3 days.

*These also taste great with shredded cheddar or feta crumbles.*

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Each of these omelets have their own "space". When have you felt like you needed more personal space?
APPLE CIDER DONUTS

Servings: 06
Preparation time: 10 minutes
Cook time: 20-25 minutes
Total time: 35 minutes
Oven temperature: 350°F

Ingredients

- 1 ¾ cup whole wheat flour
- ¼ tsp nutmeg
- 1 tsp cinnamon
- 1 cup apple cider
- ½ cup milk (or almond, soy, or milk substitute, if desired)
- 2 eggs, beaten
- 2 Tbsp melted coconut oil or butter
- Optional: 2 Tbsp cinnamon sugar for rolling

Directions

- Preheat oven to 350°F and prep a donut pan (or muffin tin) with cooking spray.
- In a medium bowl, mix the flour, nutmeg, and cinnamon.
- In a large bowl, mix the cider, milk, eggs, and oil.
- Slowly add the dry ingredients to the wet.
- Add batter to the donut pan or muffin tin, filling each about ⅔ way up.
- Bake for 20-25 minutes until golden brown.
- While still warm, roll in cinnamon sugar to coat.

Hanson Gregory, an American, claimed to have invented the ring-shaped doughnut in 1847 aboard a lime-trading ship when he was 16 years old. Maybe it was inspired by the lifesavers on board! Who would you identify as being a "life saver" for you during this time?
EGGS IN A HOLE

Servings: 04  
Preparation time: 5 minutes  
Cook time: 10 minutes  
Total time: 15 minutes

Ingredients

- 4 eggs
- 4 slices of whole wheat bread (or any kind you have on hand)
- 1-2 tsp butter or olive oil (enough to spread on both sides of the bread and a little extra to coat the pan)

Directions

- Use a glass to punch out a circle in the middle of each slice of bread
- Heat a pan over medium heat while buttering the bread on both sides.
- When the pan is hot, place one piece of bread in the pan. Crack an egg into the center of the toast and sprinkle with salt and pepper.
- When the top of the egg begins to set, flip the piece of toast/egg over (or keep cooking all the way through if you like your eggs sunny side up).
- When set on both sides and browned to your liking, take off the heat and repeat for all four toasts.
- You can also butter and toast the cut outs of toast on the pan while the egg cooks!
**VEGGIE SCRAMBLE**

Optional add ons: cheese to melt into the scramble, toast or fresh greens to serve on, salsa, Greek yogurt, fresh herbs, hot sauce, avocado; serve with a side of fruit.

### Ingredients

- 1 medium onion, roughly diced
- 1 bell pepper, ¼ inch slices
- 1 zucchini, ½ inch cubes
- 1 cup mushrooms, ¼ inch slices
- A handful of greens
- 6 eggs, whisked together

### Directions

- Rinse and chop veggies.
- Heat a pan to medium heat with a glut of olive oil or butter.
- Add onion, peppers, mushrooms, and zucchini to the pan, season with salt and pepper, and sauté until soft and the onions are translucent, 5-7 minutes.
- While the veggies are cooking, crack eggs into a bowl and whisk together with a small whisk or a fork.
- Once the veggies are soft, stir in the spinach or whatever green you are using, and cook for 30 seconds.
- When the spinach is just wilted, pour in the whisked eggs. Push the eggs and veggies around the pan until the eggs are set and scrambled. If you are opting to add in cheese, stir in here until eggs are cooked and cheese is melted.
- Serve over toast or fresh greens and top with avocado, fresh herbs, salsa or hot sauce.

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When we are stressed, our feelings can sometimes feel like they are all scrambled up inside. What kind of feelings may feel scrambled in you today?
FEELINGS SCRAMBLE

It is okay to feel different emotions as we manage this crisis. Your feelings may change during a single day or from day to day. These can feel like BIG feelings that cannot be managed. But, you can! You will be better able to manage your feelings when you can unscramble them and identify what they are. Here is a list of some.

CONFUSED
SCARED
ANGRY
DISAPPOINTED
HOPEFUL
CURIOUS
WORRIED
EXCITED
ANNOYED
FRUSTRATED
BRAVE

Circle the emotions you are feeling right now and describe what they look like when they are scrambled together inside you.

Which feelings do you feel the most? Which do you feel the least? It is important to know that feelings will not stay the same forever. Can you remember a time when you didn’t feel this way?
TOFU SCRAMBLE

Optional add ons: toast to serve on, salsa, Greek yogurt, fresh herbs, hot sauce, avocado; serve with a side of fruit.

Adapted from Minimalist Baker. For more recipes, visit their site.

Ingredients

1 medium onion, roughly diced
1 bell pepper, ¼ inch slices
1 zucchini, ½ inch cubes
1 cup of mushrooms, ¼ inch slices
Two handfuls of greens (spinach, kale, anything you have on hand)
1 brick of firm tofu (or any kind of tofu, though extra firm will not crumble as easily)
½ tsp each turmeric, cumin, garlic powder, ¼ tsp chili powder

Directions

• Pat tofu dry and squeeze it to remove some excess water but not all. Removing all the liquid from the tofu will create a dry scramble.
• Prep the sauce by mixing dry spices in a small bowl and adding enough water to make a pourable sauce. Set aside.
• Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion, red pepper, zucchini, and mushrooms. Season with a pinch each salt and pepper and stir. Cook until softened – about 5-7 minutes.
• In the meantime, place the tofu in a bowl or on a plate and use a fork (or your hands) to crumble into bite-sized pieces.
• Add spinach to the veggies. Stir until wilted (30 seconds).
• Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir in to evenly distribute the sauce. Stir to combine veggies and tofu and cook for another 5-7 minutes until tofu is slightly browned.
• Serve while hot on toast, over greens, or with a side of fruit. You can also top with salsa, hot sauce, and/or fresh herbs.

Tofu comes in many different forms: silken, soft, firm, and extra firm are a few of them. Do you ever feel like you have different ways of being when sharing time with others?
PLASTIC WRAP PAINTING

It can be hard to wait for our lives to return to the ways they were before the pandemic. During this time, we have been surprised by the new changes that were unexpected. Maybe, you learned a new skill. Maybe, your family started doing something fun that they never did before. Try this new way of painting. With patience and time, you will discover new changes you had not anticipated.

Materials

Heavier paper (preferably watercolor paper or cardstock)
Paint
Brushes
Container filled with water

Steps

Wet your paper by using a brush soaked in water.
Apply paint.
Take the leftover plastic wrap and place it over the paper. Press it down, gently squeezing the plastic so in wrinkles in parts.
Leave the plastic wrap over the paper and allow it to dry for a day.
Remove the plastic. You will see an interesting design!

Reflection

How did this art change in unexpected ways?
You can also think about how you have been surprised by the many unexpected ways living during this pandemic has changed things.
SUNSHINE YOGURT BOWLS

Ingredients

- 2 and ⅔ cups plain, non-fat Greek yogurt (regular or low-fat yogurt also works fine!)
- 1 mango, sliced (or 1 cup frozen mango)
- 1 cup raspberries
- ½ cup coconut flakes
- ½ cup sliced almonds
- ½ cup granola or you can use our recipe below

Directions

- Divide yogurt evenly among 4 bowls.
- Top each bowl with ¼ of the mango, raspberries, coconut flakes, almonds, and granola.

Sunshine is a great source of Vitamin D. Vitamin D helps our bodies grow strong by taking care of our bones. What does strength mean to you? When do you feel the strongest?
EASY BREAKFAST BURRITOS

Tip: You can store burritos in the freezer for three months. Simple wrap individually in a paper towel and then with foil. The wrapped burritos can go into an airtight container. To thaw, you can remove foil, paper towel, and microwave the burrito for 3-5 minutes.

Ingredients

- 1 medium sized bell pepper, chopped
- 1 small onion, chopped
- 1 green onion, chopped
- ½ can of black beans, drained and rinsed
- 1 tsp any oil of choice
- 4 tortillas (10-inch size)
- 6 eggs
- 1 tsp black pepper
- 1 tsp garlic powder
- ½ tsp salt
- ½ cup of salsa

Directions

- Place a pan on medium high with oil.
- Place onion, bell peppers, black beans and green onion into the pan. Cook until onions are translucent. Season with salt, black pepper and garlic powder.
- Whisk eggs in a bowl and pour over the ingredients in the pan.
- Cook until eggs are cooked through.
- Assemble burritos. You can choose to toast your tortillas on a hot skillet for a more rustic taste.
- Place two heaping tablespoons of the egg mixture into the center of the tortilla and spread into a line across the tortilla. Tuck the bottom and top of the tortilla toward the center. Then tuck both sides in toward the center so they overlap. You can choose to use a toothpick to hold the burrito in place or you can place the burrito with the folded side down in a hot skillet. This will help it to hold its shape.
- Dip in salsa and enjoy!
MIXED VEGGIE FRITATA

Ingredients

- 5 medium potatoes of choice, diced into 1” cubes
- 2 Tbsp cooking oil
- 1 medium yellow onion, diced
- 3 cloves fresh garlic, chopped
  OR 2 tsp powdered garlic
- 1 red bell pepper, sliced thin
- 1 green bell pepper, sliced thin
- 6 oz white mushrooms, sliced
- ¼ tsp cumin
- ½ tsp salt
- ½ tsp black pepper
- 6 oz cheddar cheese
- 2 avocados, sliced
- 2 tomatoes, diced
- 12 eggs, prepared to your liking (optional)
- Sour cream (optional)

Directions

- Heat a large skillet over medium heat. When hot, coat with 2 Tbsp cooking oil.
- Add onion and potatoes to hot sauté pan and cook uncovered until onions are translucent. Add chopped or powdered garlic, cumin, salt, and pepper. Cover pan and lower heat.
- Cook potatoes until softened, stirring occasionally.
- Add mushrooms and bell peppers and continue to cook until potatoes and vegetables begin to brown.
- Remove from heat and serve. Top with sliced avocado, chopped tomato, cheese, eggs (optional), and sour cream (optional).
GRATITUDE FAMILY HERBAL OIL

Oils are extracted from nuts, seeds, olives, grains or legumes by extraction and provide our body with essential nutrients. Each person in your family helps to provide an essential role. Make a customized herbal oil to represent your family.

Note: If you are making a larger batch to preserve for later you will need to use a sterilized glass container and strain the ingredients out of the oil.

Materials

Oil (Olive, almond and sunflower will work best)
A variety of spices, fresh herbs, vinegar, mustards, olives and diced peppers
Shallow bowl
Spoon

Steps

Gather together with those in your home.
Fill a shallow bowl with your oil.
Each person chooses a person they would like to represent in the home. Reflect on what you appreciate most about that person and share your gratitude aloud.
Choose an ingredient to flavor the oil to represent that house member and add it to the bowl.
Allow each person to choose another so everyone is represented.
Stir up your new oil. Enjoy together on bread, on crackers, or to accompany a prepared dish.

The Gratitude Family Herbal Oil is best when the “essential ingredients” of each person in the home are included and appreciated.
APPLE PIE FARINA

**Ingredients**

- 2 cups of water
- 3 cups of milk OR dairy substitute (soy, almond, cashew, or rice milk)
- 3 granny smith apples
- 1 Tbsp cooking oil of choice
- 1 ½ cup of farina OR cream of wheat
- ½ teaspoon salt
- 3 cinnamon sticks OR ¾ tsp ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1 pinch ground ginger
- 2 Tbsp butter (optional)
- Honey (optional)
- ⅜ cup chopped nuts of choice (optional)

**Directions**

- Heat a medium saucepan over medium heat. Add cooking oil when hot.
- Dice apples into ½ inch cubes. Place into hot saucepan and cook until tender.
- Add water, milk, and spices to saucepan. Heat over medium heat until just boiling. Remove from heat and add farina or cream of wheat slowly. Return to medium heat.
- Stir constantly until bubbles break through or desired consistency is reached. Add butter (optional). Remove from heat.
- Remove cinnamon sticks. Serve with 1 Tbsp chopped nuts and drizzled honey (optional).

Cream of wheat cereal is a good source of iron. Iron keeps our bodies healthy by helping cells carry oxygen to important organs. Aside from eating nutritious foods, what are some things you can do to take care of your body?
OVEN BAKED CHILAQUILES

Ingredients

For tortilla strips*
-18 store bought corn tortillas
-cooking oil for brushing
-salt
*Optional: store bought tortilla chips or strips work well here but are saltier. Use less salt in the sauce to compensate.

For sauce
-1 ½ lb tomatillos, husked
-½ to 2 jalapenos, depending on preferred spice level
-1 medium yellow onion, diced
-1/4 cup chopped cilantro
-1 clove garlic, minced
-salt and pepper
-1 Tbsp fresh lime juice
-water as needed

Toppings:
-12 eggs
-6 oz queso fresco OR crumbly cheese of choice
-Fresh cilantro

Directions

- Place oven rack on highest level. Heat oven to high broil.
- Place tomatillos and jalapenos on roasting tray. Place under broiler. Broil for 4-5 minutes until vegetables begin to char. Flip over and broil 4-5 minutes longer.
- While vegetables are broiling, brush each tortilla with oil and slice into ¼ inch thick strips. Distribute evenly on a baking sheet and toss with ½ tsp salt. Set aside.
- Remove vegetables from oven and lower heat to 400°F.
- Place tortilla strips in oven and bake for 6-8 minutes until golden brown and crispy. Remove from oven.
- While strips are baking, place roasted tomatillos, jalapenos, onions, garlic, cilantro, and lime juice into blender or food processor. Pulse until desired consistency is obtained. You may choose to add water 1 Tbsp at a time to thin the sauce out.
- Heat sauce in medium saucepan over medium heat. Add salt and pepper to taste. If using store bought tortilla strips or chips, use less salt here.
- Prepare eggs to taste (sunny side up, scrambled, etc.)
- To serve, place tortilla strips on a plate and ladle sauce over the top. Let soak for 2-3 minutes, then top with eggs, crumbled cheese, and fresh cilantro.

Chilaquiles are a traditional Mexican dish. The name "chilaquiles" comes from the ancient Aztec Nahuatl language and means "chilis and greens". Does your name have a special meaning? If not, create a meaning of your own!
HOMEMADE GRANOLA

Ingredients

- 3 cups old fashioned rolled oats (not instant)
- ½ cup walnuts, chopped
- ¼ cup almonds, slivered
- ¼ cup sunflower seeds
- ¾ cup dried cranberries or raisins
- ½ cup coconut OR canola oil
- ⅓ cup honey OR real maple syrup
- 1 tsp vanilla extract
- ¼ tsp cinnamon
- ¼ tsp salt
- Plain Greek yogurt and fresh berries (optional, for serving)

Directions

- Preheat oven to 375°F. Line a large baking sheet with parchment paper.
- In a large bowl, mix together oats, nuts and seeds, dried cranberries, and spices. Add the oil, honey, and vanilla extract. Mix well until combined.
- Spread granola evenly on prepared baking sheet. Place in oven and bake for 18-20 minutes, or golden brown.
- Serve on top of Greek yogurt with fresh fruit (optional) or store in an airtight container for up to 1 week at room temperature.
AFTERNOON ENERGIZERS

It is common to feel fatigued during isolation. Try some energizers to reinvigorate your physical and mental energy.
AFTERNOON ENERGIZERS

It can be hard to be stuck inside and not have the space to move our bodies. How about an afternoon yoga break inspired by some of your favorite foods? Take 3 to 5 slow breaths while doing each pose.

Lift your arms high with your legs together. Lift tall and strong just like celery stalks.

Bend your body to the right and then to the left just like the way bananas grow on the trees.

Fold your body over, tilting low like you are pouring milk.

Now, whip up a milkshake by wiggling your arms!

Sit down cross-legged and twist your body like a pretzel. Twist to the left and then back to the right.

Lay flat on your back with your arms to your side and legs out long. Your body is firm and cool like a cucumber.
BREATH OF FIRE
You can stand or be seated. Start with your arms up, as you take a full breath in through your nose, make fists with your hands. Pause for a moment at the top of your breath. Exhale out your mouth in short spurts, as if you’re abruptly shushing someone: Shh. Shh. Shh., while lowering your hands down to your sides. Every time you exhale, pull your belly back to your spine. Repeat 10 to 20 times.

STIR THE POT
Visualize you are standing in front of an enormous cauldron. Inside is an ooey-gooey pot of caramel. Take hold of a large stirrer and plunge it to the bottom of the pot. Slowly begin to stir in a clockwise direction. Use your whole body to help get a full range of motion in your wrists and shoulders. Be sure to use your hips. After a minute or two, reverse and go the other direction.
FREEZE DANCE PARTY

Someone gets to be the DJ. Play music and dance around your space. When the music stops, you need to freeze. The first one out needs to clean up the plates after the meal!

MAKE LEMONADE

Reach high like you are grabbing lemons from the trees. Pretend to grab a lemon in each hand and squeeze as hard as you can. Release. Repeat the actions and pretend you are filling a whole pitcher of lemonade.
FOODS AND MOODS

Often when we are in a certain mood, we feel like eating certain foods. How many foods can you come up with for each mood or feeling you may have? Create a mood chart!

Materials
Paper
Pencil
Markers or crayons (optional)

Steps
First you have to fold your paper. Fold it in half the long way... then fold the long strip in half... then fold it one more time! You should have 8 equal sized rectangles.

At the bottom of each rectangle choose 8 of the following feelings and label them: confused, fearful, excited, sad, happy, angry, envious, peaceful, calm, frustrated. You can even create your own if you choose!

Above each emotion draw a food item that represents that feeling.

With any art materials you have, color in your drawings!

Reflections
Which food gets you excited?
Which food do you like to eat when you are sad? Which food makes you happy?
Is there any food that you are afraid to try?
RECIPES FOR LUNCH
PÃO DE QUEIJO
(BRAZILLIAN CHEESE BREAD)

Servings: 06
Preparation time: 10 minutes
Cook time: 20 minutes
Total time: 30 minutes
Oven temperature: 425°F

Ingredients

- 1 egg, beaten
- ¼ cup olive oil
- ¾ cup milk OR unsweetened dairy substitute
- 1 ½ cup tapioca flour
- 1 tsp salt
- 1 cup shredded cheese of choice + ⅓ cup set aside

Directions

- Combine all ingredients until well mixed.
- Pour batter into well-greased muffin tin. Sprinkle remaining cheese on top of each roll.
- Bake for 15-20 minutes until golden brown.
PITA PIZZAS

The brands Mission, Arnold, and Thomas make great pita, or you can use our Pita recipe on page 74. If you don’t have pita, you can use tortillas, but the cooking time will be much shorter (~3 minutes). Keep an eye on them to make sure they don’t burn.

Feel free to try different toppings--add fresh basil leaves, sliced onions, or any other toppings you like on your pizza.

Ingredients

- 4 whole wheat pita flatbreads
- ½ cup tomato sauce
- 1 cup shredded part-skim mozzarella
- 1 green pepper, sliced
- ¼ cup white mushrooms, sliced

Directions

- Preheat oven to 400 degrees.
- Assemble pizzas on a baking sheet, evenly dividing the sauce, cheese, peppers, and mushrooms among the 4 pitas.
- Transfer baking sheet to the oven and cook for about 8 minutes, until the cheese has melted, and the veggies have slightly wilted.
PITA PIZZA PORTRAITS

Making portraits through sculptures, painting and drawing is a very old art form to show the appearance of someone. Why not use your pizza toppings to create a portrait on your pizza. Think about how you feel and create a face to reflect your mood. What kind of pizza are you making today? What will the eyes look like for an angry face? How does this look different from a face that shows excitement and happy feelings? Maybe look in a mirror to notice how your face changes when you express different feelings.

What happened to the portrait after it was cooked in the oven? Did some of your design melt away? Feelings can be that way as well. Often, our feelings can change over time. Just because you might be feeling lonely at one point, it will likely not stay that way for very long. What can you do to change your mood?
MUSHROOM CHEESE
“STEAKS”

Ingredients

- 4 large portobello mushrooms, with stems removed
- 4 slices provolone cheese (or any sliced cheese)
- ½ small red onion, sliced
- 1 avocado, sliced
- 1 Tbsp olive oil
- 4 whole wheat sandwich rolls

Directions

- Slice mushrooms into strips.
- Heat olive oil in a large sauté pan over medium heat.
- Add mushrooms and sauté for 7 minutes, stirring occasionally.
- Once the mushrooms are golden brown and wilted, turn the heat to low, and place the provolone on top until melted.
- Evenly divide among 4 sandwich rolls.
- Top each sandwich with red onion and avocado slices.
Mushrooms remind us of the beauty of nature. Finding a mushroom in the forest is thought to be a sign of good luck. It can be helpful to think about an object that can give us more hope about what is yet to come.

Think about someone or something that has offered a sense of fortune for you in the past. What was it?

Draw a picture or write about the special object. For the days ahead, it can help to think about all the special fortunes you have collected and hold.
CHICKPEA SALAD WITH FETA CHEESE

Ingredients

- 2 Tbsp extra-virgin olive oil
- ½ cup diced small red onion
- 3 cups cooked or canned chickpeas
- ½ cup crumbled feta cheese
- ⅛ cup sliced basil
- 16 kalamata olives, pitted and halved or chopped
- ¼ cup sliced scallions
- Zest and juice of 1 lemon

Directions

- Heat oil in skillet over medium heat until it shimmers.
- Add onion and garlic, cooking until softened. Remove mixture and let cool slightly.
- Combine chickpeas (½-¾ cup), basil, feta, olives, scallions, lemon zest and juice in a large bowl. Stir in onion mixture and toss to coat.

This recipe can be made ahead of time and chilled. It is served best at room temperature.
SURVIVAL OF THE CHICKPEA

Chickpeas, enjoyed in many areas of the world, are one of the earliest legumes used in meals. What is a tradition that has lived a long time in your family? Interview a loved one about something they have been doing for as long as they can remember. Make a list of the stories you hear.

Did you notice any themes in what was shared? What is the purpose of these traditions? Do they help bring good fortune? Celebrate gratitude? Which was your favorite? Will you adopt any as your own now?
CREAMY TOMATO SOUP WITH GRILLED CHEESE

Servings: 04
Preparation time: 25 minutes
Cook time: 20 minutes
Total time: 25 minutes

**Ingredients**

**Soup**
- 1 14oz can diced or fire roasted tomatoes
- ½ 8 oz can coconut milk or regular dairy milk (Alternative milks like almond/soy may not be as creamy)
- 2 cloves of garlic, minced
- 1 Tbsp of olive oil
- ½ tsp dried basil (can substitute oregano or thyme)
- Pinch of salt and pepper

**Grilled Cheese**
- Whole grain bread (8 slices if you’re serving 4 whole sandwiches, or 4 if you’re serving half sandwiches)
- Sliced cheese (cheddar, or any kind you like) , enough for one layer of cheese per sandwich
- 1 Tbsp of olive oil or butter

**Directions**

- Heat olive oil in a large pot over medium heat. Chop garlic into fine pieces.
- Stir in garlic for 2 - 3 minutes to release flavor, be careful not brown (this can happen quickly so if you do it’s ok).
- Stir in coconut milk. Bring to a boil and simmer until it’s reduced by half, about 5 minutes.
- Stir in the whole can of tomatoes and juices from the can.
- Stir in basil, salt and pepper to taste. Let simmer for 10 minutes, or until your desired texture. You can add water or vegetable stock to thin the soup if desired.
- Make the grilled cheese while the soup simmers.
- Slice bread and spread oil or butter on one side. This will be the outside of the sandwich.
- On the side without butter or oil, top with desired amount of cheese and any additional toppings.
- Put an ungreased skillet over medium heat. Put the sandwiches together and one at a time place the butter/oil side down on the pan. Heat for a few minutes on each side and then flip until bread is browned to your liking and the cheese is melted.
- Serve the half or whole sandwiches with a cup of soup and dip into the soup and enjoy!

Optional add ins for the grilled cheese sandwich: sliced tomato or any leafy green such as kale, spinach or chard.

Family hugs feel so good and so does comfort food like tomato soup with grilled cheese. Even though we can’t all be together during this time, it can be nice to think about all of those who we love and cherish. Let’s reflect on our family. Who is part of your family? Our family can be those who we are related to or people we chose to make part of our inner circle.
SUNSHINE LEMONY RED LENTIL SOUP WITH KALE

Servings: 04
Preparation time: 5 minutes
Cook time: 30-35 minutes
Total time: 35-40 minutes

**Ingredients**

- 1-2 tsp olive oil
- 1 medium yellow onion, coarsely chopped
- 1 carrot, coarsely chopped
- 1 potato (russet or your choice), cut into ½ inch cubes
- 2 cloves of garlic, minced
- 1 ½ tsp coriander
- 1 tsp cumin
- 1 tsp turmeric
- ¼ tsp salt
- 1 cup red lentils; rinsed
- 2 cups veggie stock (aim for low sodium; can substitute any kind of stock or can use a combination of stock and water)
- 1 small lemon, zest and juice
- 1 large handful of kale (spinach or favorite green)

**Directions**

- Wash and chop all fresh ingredients so they are ready to go.
- In a large pot heat oil over medium heat.
- Add onion and sauté for 3 minutes, until begins to soften and turn translucent.
- Add carrot and potato and sauté for about 2 minutes more; give lentils a quick rinse and set aside.
- Add garlic and all spices and sauté until fragrant.
- Add lentils and stock/water combo.
- Let simmer without a lid for about 15-20 minutes; until lentils begin to fall apart. Add water if the soup looks dry.
- If desired and you have access to a blender - purée about half. Feel free to skip this, it is just as delicious left un-pureed!
- Return to a low heat - lentils will thicken - and add in the kale. Mix until kale is wilted.
- Turn off the heat and add lemon zest and juice, mix in, taste, and adjust seasoning.
COMFORT POT

The ingredients of soup are cooked for a long time to create a savory comfort food. What brings comfort to you during tougher days? Add any thoughts to your pot below, with words or pictures of your own.

Which “ingredients” are key to bringing you comfort when you are hurting from emotional or physical pain? Look at the drawing and writing for clues. You can rely on these things to help bring comfort in the future.
BLACK BEAN SALAD

Ingredients

Salad
1 can black beans (or any bean you have)
¾ cup frozen corn
1-2 pieces of celery, sliced
3 bell peppers of various colors (red, green, yellow, or orange), roughly chopped

Dressing
lime juice, from one lime
1 Tbsp olive oil
1 tbsp fresh or dried cilantro
1 tbsp fresh or dried mint
1 tsp cumin
⅛ tsp of salt and pepper

Directions

• Mix together salad ingredients.
• Make dressing by mixing together olive oil and lime juice and adding cilantro, a mint, cumin, and a pinch of salt and pepper.
• Pour over bean mixture, mix, and add a sprig of cilantro for a garnish.
EASY BAKED FALAFEL

Ingredients

1 can (15 oz) chickpeas, drained and rinsed
½ medium white onion, diced
2 cloves garlic, smashed
1 Tbsp dried parsley leaves
1 tsp cumin
½ tsp salt
½ tsp black pepper
1 egg
¼ cup oats (rolled or quick cooking)
4 whole wheat pita breads or wraps

Directions

• Preheat oven to 375 and prepare a baking sheet with cooking spray.
• Add all the ingredients except the egg and oats to a food processor or blender and lightly pulse until a thick paste is formed.
• Transfer mixture to a large mixing bowl and beat in egg and oats.
• Form the mixture into round patties and transfer to the baking sheet.
• Bake for 25-30 minutes, flipping halfway through.
• Let cool for 2 minutes before transferring falafels to pita.
• Top with garnish and sauces of your choice.

Adapted from Eating Bird Food. For more recipes, visit their site.

Falafel tastes great with hummus and/or baba ganoush!
KALE CAESAR SALAD

**Ingredients**

**Salad**
- 2 hearts romaine lettuce, chopped
- 2 cups kale, chopped

**Dressing**
- 3 Tbsp extra-virgin olive oil
- 2 Tbsp fresh lemon juice
- 1 small clove garlic, minced
- 1 slightly rounded tsp. Dijon mustard
- 1/2 tsp finely grated lemon zest
- 1/2 cup shredded parmesan
- Croutons, if desired

**Directions**

- To make the dressing, whisk or beat with a fork the oil, lemon juice, garlic, mustard, and lemon zest in a small bowl.
- Toss romaine, kale, and dressing well in a large bowl.
- Divide among 4 bowls and sprinkle with parmesan and croutons.
HARVEST SALAD

Servings: 04  
Preparation time: 10 minutes  
Total time: 10 minutes

Ingredients

Salad
- 5 oz spring mix
- 5 oz arugula
- ½ chopped walnuts
- ½ cup dried cranberries
- ½ cup goat cheese crumbles
- 1 cup wild rice, cooked

Dressing
- ¼ cup olive oil
- ¼ cup balsamic vinegar

Directions

• To make the dressing, whisk or beat with a fork the olive oil and balsamic vinegar well in a small bowl.
• To make the salad, toss the salad ingredients and dressing well in a large bowl.
• Divide evenly among 4 bowls and serve.
A LOT ON MY PLATE

It can be hard to manage the demands of school, work and family during the pandemic. There is an expression, “I have a lot on my plate.” That may certainly be true for many of us these days. Use a paper plate or use the design below. Think about all the many things that you are trying to manage right now. Which one is taking up the most space in your thinking? How would these stressors be represented? **Draw or write your items on your plate. Share it with someone you love. Let them know you have “a lot on your plate” right now and brainstorm some ways to make things easier.**
SPICY LENTIL SOUP OR DAHL WITH SPINACH

If you have a pressure cooker or instant pot, this would decrease cooking time. Some people make dahl in a pressure cooker and it takes about 30 minutes in total.

Ingredients

- 5 cups of water, more as needed
- 8 oz. dried split peas
- 3 cloves of garlic
- 1 small onion
- 1 tsp dried thyme
- 1 tsp cumin
- 1 tsp salt
- 1 tsp cumin seeds
- 1 Tbsp oil, any oil
- 1 tsp turmeric
- 1 cup of spinach
- Optional: 1 habanero pepper, deseeded

Directions

- Bring water to a boil and wash lentils.
- Chop onion and slice garlic. Reserve a couple of slices of garlic for the end of cooking.
- Place all ingredients in the pot of boiling water and let boil for 30 minutes.
- Once peas are on the softer side, use a potato masher to break them down a bit more. You may need to add more water and let it boil some more. You can also use an immersion blender to make the mixture thicker.
- In a separate frying pan, place the oil. Once oil is hot, place garlic and cumin seeds inside the pan and fry for 20 seconds.
- Use a potholder to pour the oil into the pot of lentil soup. Make sure to quickly cover because it may splash. Stir in spinach.
- Serve soup alongside your favorite sandwiches, pita or enjoy a warm bowl on its own.
PUPUSAS WITH FRESH CURTIDO (PICKLED VEGGIES)

Servings: 06
Preparation time: 30 minutes
Cook time: 15 minutes
Total time: 45 minutes

Ingredients

For Curtido

- 4 cups boiling water
- ¼ green cabbage, shredded
- ½ medium red onion, thinly sliced
- 2 medium carrots, grated
- ½ to 2 jalapeno peppers, seeded and small diced (to taste)
- ½ cup apple cider vinegar

For Pupusas

- 1 can pinto beans
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 green bell pepper, small diced
- 1 tsp cumin
- 1 tsp oregano
- Salt and pepper to taste
- 6oz mozzarella cheese, shredded
- 3 cups corn masa flour
- 3 tsp salt
- 2 ½ cup warm water
- Cooking oil to sauté

Directions

For Curtido

- Place shredded cabbage in a strainer in the sink and pour boiling water onto the cabbage. Drain well.
- Place wilted cabbage, onions, carrots, and jalapeno into medium bowl. Add apple cider vinegar and stir well.
- Cover and store in fridge for at least 1 hour before serving.

For Pupusas

- Heat medium skillet over medium heat. Add 2 Tbsp cooking oil and sauté onion until translucent. Add garlic and continue cooking until onion begins to brown.
- Place onion and garlic mixture into blender along with kidney beans with liquid. Blend until thick paste forms.
- Add 1 Tbsp oil to the pan and sauté green bell pepper over medium heat. Add the blended mixture and spices to the pan. Remove from heat and let cool. Add mozzarella after mixture has cooled.
- Mix the corn masa, 3 tsp salt, and 2 ½ cup warm water in mixing bowl until combined. Let sit for 10-15 minutes.
- Divide dough into 12 balls. Flatten with your hands, and add about 2 Tbsp bean and cheese mixture into center. Fold dough over and pinch edges to seal. Repeat with remaining 12 balls.
- Heat skillet or griddle over medium heat. Add cooking oil. Cook pupusas about 3-4 minutes per side until browned. Serve with curtido.

Pupusas are thick flatbreads - they are a national dish of El Salvador. What country or countries does your family come from? What are some of their famous dishes?
TUNA SUSHI BOWL

**Ingredients**

- 3 cups white or brown rice
- 3 cans chunk light tuna in water
- 3 Hass avocados
- 1 cucumber
- 2 red bell peppers
- Sesame seeds (optional)
- Soy sauce (optional)
- Chili-garlic sauce (optional)

**Directions**

- Cook rice according to package directions.
- While rice is cooking, dice avocado, bell pepper, and cucumber into bite-size pieces.
- Open tuna and drain water well. Flake with fork.
- Once rice is done, divide into bowls. Top with chopped veggies and tuna. Serve with sesame seeds, soy sauce, and chili-garlic sauce (optional).

Adapted from Mealime. For more recipes, visit their site.
CHICKEN SALAD WITH
GRAPES AND APPLES

Servings: 06
Preparation time: 20 minutes
Cook time: 25-30 minutes
Total time: 20 minutes

Ingredients

- 2 grocery store rotisserie chickens
- ½ cup red seedless grapes, halved
- ½ cup granny smith apple, diced into ½” cubes
- 2 stalks celery, chopped
- ½ cup walnuts, chopped
- 3 stalks green onion, thinly sliced
- 1 cup nonfat Greek yogurt
- 1 Tbsp lemon juice
- 2 Tbsp Italian flat leaf parsley (chopped)
- Salt and pepper to taste

Directions

- Remove the skin from the rotisserie chicken. Separate the meat from the bones and roughly chop into bite sized pieces. Place in large mixing bowl.
- Add grapes, apple, celery, and walnuts to bowl. Stir to combine.
- In a separate bowl, mix together Greek yogurt, lemon juice, dill, and salt and pepper.
- Add dressing to chicken salad. Garnish with green onions. Serve in a sandwich, with crackers, or with fresh salad greens.
BLACK BEAN QUESADILLAS WITH GUACAMOLE

Ingredients

For Guacamole
2 Hass avocados
½ red onion, diced
½ bunch cilantro, chopped
½ to 2 jalapenos, seeded and small diced
2 plum tomatoes, small diced
1 clove garlic, minced
2 limes
Salt and pepper to taste

For Quesadillas
1 medium red onion, diced
2 red bell peppers, diced
3 cloves garlic, diced
2 cans black beans, drained and rinsed
1 ½ tsp red chili powder
1 ½ tsp cumin
Salt and pepper to taste

Directions

• Halve the avocados. Dice flesh and scoop into small bowl. Add onion, cilantro, jalapenos, tomatoes, and garlic. Squeeze juice of 2 limes over mixture and stir to combine. Season with salt and pepper. Set aside.

• Heat a skillet over medium heat. Add 1 Tbsp cooking oil when hot.

• Add onion and peppers to the skillet. Cook until onion is translucent. Add garlic. Cook until vegetables begin to brown.

• Add black beans to mix. Season with spices and cook until warm.

• Heat a separate skillet or griddle over medium-high heat. Place tortilla on hot pan. Add ⅙ of cheese and bean mixture to one side of tortilla and fold over. Cook for about 2 minutes per side. Cut in half and serve with guacamole.

Adapted from Mealime. For more recipes, visit their site.
WHOLESOME HEART

Black beans are great for the heart. What are some things that fill your heart? Draw a heart below. Fill it in with drawings or words of what you love the most.

During tougher days, it is helpful to reflect with gratitude about what we love. It helps us shift our thinking to be more positive so we can become more hopeful.
GREEK BULGUR SALAD

**Ingredients**

- 2 cups bulgur wheat
- 1 medium red onion, thinly sliced
- 3 large tomatoes, diced
- 2 cucumbers, diced
- 1 cup olives of choice
- ½ cup feta cheese
- 2 cans chickpeas, drained and rinsed
- 1 cup extra virgin olive oil
- ½ cup balsamic vinegar
- 1 tsp oregano
- 1 bunch Italian leaf parsley, chopped
- Salt and pepper to taste

**Directions**

- Bring a kettle of water to a boil. Place bulgur into large mixing bowl. Pour 2 ½ cups boiling water over bulgur. Cover and let sit for 25-30 minutes, or until water is absorbed.
- In another large bowl, combine onion, tomatoes, cucumbers, olives, cheese, and chickpeas.
- In a small bowl, whisk together olive oil, balsamic vinegar, oregano, parsley, salt, and pepper.
- Mix the salad with the bulgur and dressing. Season with salt and pepper to taste. Serve. Can be eaten cold.
# HEARTY ROOT VEGETABLES AND CORN SOUP

Every Caribbean household has their own way of making this soup. Feel free to add any type of root vegetables. You can also switch out the protein. If using fish, cook in a separate pan and add to soup when the spinach and kale are added. This way the fish does not break apart. This soup can also be frozen and heated up later.

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 cups of water</td>
<td></td>
</tr>
<tr>
<td>Chopped</td>
<td></td>
</tr>
<tr>
<td>• 4 skinless chicken thighs</td>
<td></td>
</tr>
<tr>
<td>• 1 large carrot</td>
<td></td>
</tr>
<tr>
<td>• 1 celery</td>
<td></td>
</tr>
<tr>
<td>• 1 large onion</td>
<td></td>
</tr>
<tr>
<td>• 3 taro</td>
<td></td>
</tr>
<tr>
<td>• 1 plantain</td>
<td></td>
</tr>
<tr>
<td>• 1 small yucca</td>
<td></td>
</tr>
<tr>
<td>• 2 husks of peeled corn</td>
<td></td>
</tr>
<tr>
<td>2 cups of spinach</td>
<td></td>
</tr>
<tr>
<td>1 cup of kale</td>
<td></td>
</tr>
<tr>
<td>1 cup of butternut squash</td>
<td></td>
</tr>
<tr>
<td>2 bay leaves</td>
<td></td>
</tr>
<tr>
<td>1 tsp black pepper</td>
<td></td>
</tr>
<tr>
<td>1 tsp garlic powder</td>
<td></td>
</tr>
<tr>
<td>1 tsp poultry seasoning</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp avocado oil or any oil of choice</td>
<td></td>
</tr>
<tr>
<td>Salt to taste</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

- In a big pot, place oil on medium heat. Place carrots, celery and onion into the pot and stir until onions become translucent. You’re creating a mirepoix* here. Place black pepper, garlic powder, poultry seasoning and bay leaves into the pot and continue to stir.
- Place chicken into mirepoix mixture and cook until the chicken has some brown coloring on both sides.
- Add the water and butternut squash and bring to a boil.
- Place plantain, taro, corn, and yucca into the pot. Turn the heat down to a simmer.
- Allow to simmer until root vegetables have softened. You can stick a fork to see if the yucca falls apart. Once this happens, place spinach and kale and continue to cook for 5 minutes. Salt to taste and enjoy!

*A mirepoix is a combination of three or more vegetables that gives a subtle background flavor to savory foods like soups and stews.
TRACING ROOTS

Humans have eaten root vegetables as early as caveman times. Root vegetables have long been the hero in cold climates where there are shorter growing seasons because they are hardy and can be stored for longer periods of time than other vegetables.

Can you trace your family roots? How far back can you go? Who were the heroes in your family? Think about the struggles they triumphed over. How will you describe the experience of the COVID-19 pandemic to your future family?
JAPANESE KINPIRA-STYLE BRAISED CARROTS

Kinpira is a Japanese cooking style where you stir fry and simmer with sugar and soy sauce.

**Ingredients**

- 1 large carrot
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce
- 1 Tbsp sugar
- 1 Tbsp sesame seeds

**Directions**

- Wash carrot thoroughly.
- Slice carrot into thin, even strips (julienne) to resemble matchsticks.
- Fry carrot in oil on medium heat until limp.
- Add soy sauce and sugar, cover and cook on low heat for 3 minutes.
- Uncover and cook until liquid evaporates, sprinkle sesame seeds and serve.
EASY CHICKPEA, SWEET POTATO, AND CAULIFLOWER CURRY

Ingredients

1 medium onion (red, yellow, or white), finely diced
4 garlic cloves, minced
2 Tbsp curry powder OR 1 tsp each ground turmeric, coriander, cumin, ginger, ¼ tsp chili

**OPTIONAL flavor boosting addition:**
1 Tbsp grated fresh ginger
1 head of cauliflower, chopped into florets (bite sized; can be fresh or frozen)
1 Sweet potato, ⅛ inch cubes (can be fresh or frozen)
1 can of chickpeas
1 can of coconut milk
1 can of diced tomatoes
2 heaping handfuls spinach or kale (or any green - collard, swiss chard, anything you have lying around)
Serve over rice (or any grain) or with bread

Directions

- Get rice cooking according to the directions on the package if using.
- Wash, chop and prep onion, garlic, cauliflower, and sweet potato
- Sauté onion in oil until soft and translucent, about 5 min
- Add garlic and spices and sauté until fragrant, about 30 seconds
- Add chickpeas and sauté for about 5 minutes, crush some with back of spoon (helps to thicken curry, feel free to skip this step)
- Add in cauliflower and sweet potato, toss to coat in spices
- Pour in coconut milk and tomatoes
- Let simmer for 20ish minutes, test if veggies are soft by piercing them with a fork halfway through
- Stir in greens until they wilt or thaw if using frozen
- Season to taste!
- Serve over rice and garnish with fresh herbs or dollop of yogurt if you like

Other Options:
Swap any veggie for cauliflower or add additional veggies sweet potato, squash, peppers, eggplant, and peas are all options that work well! Just be sure to check and see if they are soft periodically while simmering the curry, as some of these veggies may cook more quickly.

This is also a great recipe to use up veggies that are starting to wilt or looking a bit soft!

Frozen veggies work great in this recipe too, cuts down on cooking time so expect to simmer for 10-15 min - be sure to check to see when they are soft by piercing with a fork!
EVENING CALMING EXERCISES

These are long days as we manage the demands of work and family while trying to keep safe. In the evenings, our bodies rest and begin to settle. Getting enough sleep is important to help maintain healthy immunity. Try these exercises inspired by the setting sun to help us prepare our bodies for rest and restoration after dinner.
CALMING EXERCISES

NIGHTLY YOGA FLOW

Try each pose for three to five breaths.

Setting Sun Pose
Inhale while your arms up over your head, exhale your arms back down.

Cloud Pose
Inhale and bend your knees, exhale and straighten your legs, lifting your arms overhead.

Star Pose
While standing, spread your legs wide apart and press down through your feet. Reach your arms out wide.

Half Moon Pose
Inhale and lengthen your spine, exhale and bend to one side, inhale and stand straight, exhale and bend to the other side.

Big Dipper Pose
Bring your hands and knees to the floor, facing downward. Look up letting your spine drop low. Exhale and tuck your chin, lifting your spine high.

Little Dipper Pose
Press back on your heels and rest. For added relaxation, dim the lights.

EVENING JOURNAL

Putting your thoughts on paper and reflecting on your day has calming capabilities. Try reflecting on your day by asking three questions: What went well? What can I improve? What am I grateful for?

Be sure to write it down in your journal. It can be helpful to revisit your thoughts after some time has gone by, as this allows you to see how things may have changed and recognize growth.

PUZZLE-TIME

Working on a puzzle is a great way to wind down in the evenings before starting the bedtime routine.

Sitting down as a family and working on a goal together is great for bonding, but it also helps with communication, fine motor skills, and memory. You can even make your own puzzles by drawing pictures and then cutting them into different shaped pieces.
BODY SCAN MEDITATION

- Start by lying down on your back. Take 2 to 3 slow, deep breaths. Let’s begin to pay attention to your body. Start with your feet. Notice how your feet feel. Are they warm or cold, wet or dry, relaxed or restless? Squeeze your toes and curl your feet. Let them go and try to relax.

- Continue to take gentle, large breaths as you continue to scan your body. Move your attention to your legs. Do they feel heavy or light, warm or cold, restless or wiggly? Tightly squeeze the muscles in your legs, and then let go. Feel your legs heavily resting against the floor.

- After a few more breaths, move your attention to your belly. Notice your belly as you breathe, it rises as you breathe in, and falls when you exhale, like waves on the sea. As you feel your belly, you might feel full or hungry. You might feel emotions in your belly, like happy, sad, or anxious.

- Now, bring your attention to your chest. Notice it rising and falling as you breathe.

- Next, turn your attention to your hands. Spread your fingers out long and wide, then make a tight fist with both hands, then release your fist and gently let your hand rest next to your sides.

- Continue to take gentle, large breaths as you move your attention to your shoulders, move them away from your ears, letting go and relaxing them, feeling the weight on the floor.

- Now, feel your face and head. Turn your head to the right, then left, and back to the center. Wiggle your tongue, and let it relax. Make a big smile, and let it go. Relax your forehead, and soften your eyes.

- Continue to take gentle, large breaths, paying attention to your whole body, remaining still for another minute. When you’re ready, gently roll to your right side, and sit-up for a few moments before opening your eyes.

- Your body scan is complete.

STORY-TIME

The bedtime story is an ideal ending to the day. Children can feel safe and secure while listening to the comforting voice of a loved one, and stress levels start to lower as softer energy fills the space.

Stories are a great way to spur the imagination. Listening to a story requires active participation. Children use their minds to visualize what is happening and consider what choices they would make if they were the character. Young ones can find comfort in relating to a character in a story who is going through a similar challenge.

Here are a few tips to get started:

- Try creating a reading nook or fort with blankets to create a quiet space for reading.

- Find out your child’s favorite books for storytime and then suggest some of your own from when you were a child.

- When reading to children, you don’t have to read an entire book in one night. Reading a few pages at a time will keep your child engaged and looking forward to the next storytime.
• Keep your child engaged in reading by asking questions along the way.
• What would you do in this situation?
• Why do you think the character behaved that way?
• Have you ever encountered a similar situation?
• Who does the character remind you of?
• How do you think the character feels?
• Share in the reading. Ask your child to read a page aloud, and then you read a page.
• Look for creative ways to extend the book.
• Create your own illustrations for the book
• Imagine far-off lands that you can find together on a map
• Research recipes from where the story is located and cook them together.
• Act out the tale or write a sequel

FAMILY TOOTHBRUSH PARTY

Can you believe that once upon a time toothpaste didn’t exist?! People had to brush their teeth with all sorts of different things... lemon juice, charcoal, and even ashes from fires! It sure was a relief when the minty toothpaste we are familiar with was finally invented!

Brushing your teeth after meals is important for many reasons...

• It can help prevent cavities and gum disease
• It keeps your breath nice and fresh
• It keeps your teeth strong to be able to chew all your favorite foods

Sometimes it is easy to forget to brush your teeth. Maybe you’ve had a long day of playing or studying and you fall right asleep. Or maybe you are so comfy in your bed that you just don’t want to get up.

Here are some tips and tricks for families to make toothbrushing a family ritual:

Every day, allow one family member to choose their favorite song. Everyone has to show off their best dance moves while brushing their teeth to the beat of the music!

Pick a time that everyone is generally free and devote this time to toothbrushing. Having a set schedule can help form a consistent habit.

Create a colorful toothbrush check-list for your bathroom using drawing supplies! You can use fun stickers or markers to mark the sheet whenever you brush your teeth.

Turn toothbrush time into story time! Parents can tell a silly 2-minute story while children brush their teeth, and then kids can tell a funny story while their parents brush their teeth! Who had the funniest story?
RECIPES FOR DINNER
VEGETARIAN TACO NIGHT

Ingredients

- 1 small onion (red, yellow, or white), half sliced into ¼ inch rounds, ½ finely diced
- 1 head of cauliflower, cut into small florets (bite sized pieces, about the size of a marble)
- 1 red pepper (or any color), ¼ inch slices
- 1 Tbsp olive oil, plus some for sauté
- 1 tsp cumin, plus some for sauté
- 1 tsp smoked paprika, plus some for sautéing
- 2 cans of blackbeans
- 1 big handful of kale (shredded)
- 1 cup grated cheese
- Corn tortillas (or any kind you like)

Optional toppings:
- 1 avocado / guacamole
- Chopped fresh herbs
- Greek yogurt (substitute with any kind of yogurt, or sour cream)
- Salsa
- Chopped tomatoes
- A squeeze of lime

Directions

• Preheat oven to 400°F degrees
• Chop up the cauliflower into small florets, about the size of a marble
• Slice half of the onion into ¼ inch half rounds, and the other half to a fine dice (put the fine dice aside)
• Slice the red pepper into long ¼ inch thin slices
• Place cauliflower, ¼ half rounds of onion, and red pepper on a baking tray and coat with 1 Tbsp olive oil, spices, and salt and pepper to taste (¼ tsp)
• Place in the oven when it’s preheated. Cook for 20 minutes, checking halfway through (10 minutes) to stir vegetables and make sure they aren’t burning. You want the cauliflower to be a bit charred and the veggies to be soft enough to easily pierce with a fork.
• In the meantime, heat a pan over medium heat with a glug of olive oil (1 tsp)
• Sauté the other half of the onion that is finely diced until soft and translucent, 3-5 minutes
• Add salt and spices and stir until fragrant, 30 seconds
• Add in drained and rinsed black beans
• Add in shredded kale or other green you are using, cook until wilted
• Add the cheese into the beans and stir through until all melted in
• After the veggies are roasted and out of the oven, place the corn tortillas in a single layer on a baking tray and put in the hot oven to warm and crisp up, 5 minutes
• Assemble tacos by putting beans down first and then top with cauliflower, red pepper, and onions.
• Top with avocado, yogurt, salsa and herbs or whatever toppings you like. Garnish with a slice of lime

You see throughout the cookbook that some ingredients are optional. They aren’t necessary for the main recipe, but they add to it. Can you think of anything that doesn’t feel necessary but adds to your life?
BUTTERNUT SQUASH MAC-N CHEESE

Servings: 6-8
Preparation time: 5 minutes
Cook time: 15 minutes
Total time: 20 minutes

Ingredients

1 lb macaroni pasta*
2 cups milk (or vegetable broth, if desired)
1 can butternut squash puree* (can be found in the canned foods aisle)
1.5 cup shredded cheddar cheese
1/2 cup shredded part-skim mozzarella
1/2 tsp salt
1/2 tsp ground black pepper

Directions

• Bring 8 cups water to boil and add pasta, stirring occasionally
• In a separate saucepan, heat the butternut squash puree on low-medium heat for a few minutes to soften
• Add the milk and cheeses to the squash puree until a cohesive cheese mixture forms
• Drain pasta and return to saucepan
• Pour the cheese mixture into the pasta
• Add the salt, pepper, and mustard and stir well
• Let the pasta simmer for a few minutes on low heat before serving

Tips:
Mix 1/2 pound regular pasta and 1/2 pound whole wheat pasta for a heartier texture.
Substitute canned pumpkin or 1.5 cups cauliflower puree for the butternut squash.

Adapted from Gimme Some Oven. For more recipes, visit their site.

Mac n Cheese is often called a "comfort food". Comfort foods remind us of happy times and make us feel relaxed. What is one of your most comforting memories?
TURKEY PUMPKIN CHILI

Servings: 04  
Preparation time: 20 minutes  
Cook time: 30 minutes  
Total time: 50 minutes

**Ingredients**

2 Tbsp vegetable oil  
1 cup chopped onion (small)  
1 cup chopped bell pepper (any color)  
1 minced jalapeno (optional)  
3 cloves garlic, minced  
1 lb ground turkey  
1 (14.5 oz can) can diced tomatoes  
1 (14.5 oz can) pumpkin puree  
1 (14.5 oz can) of white cannellini beans  
1 ½ Tbsp chili powder.  
1 tsp cumin  
½ tsp ground black pepper  
Salt to taste  
Optional: Cayenne (¼ – ½ tsp)  
For garnish  
1/2 c shredded cheese (Cheddar or Colby)  
1/2 c sour cream

**Directions**

- Heat 1 Tbsp oil in a medium sized pot over medium heat, and sauté the onion, bell pepper, and jalapeno until tender. Throw in minced garlic and cook for one minute. Empty pot and reserve mixture.
- Heat 1Tbsp oil in same pot. Stir in the turkey and cook until evenly brown. Drain.
- Return both the onion/pepper mixture, and the turkey to pot and mix in tomatoes, pumpkin, and beans. Season with chili powder, cumin, pepper, and salt, and cayenne if using. Reduce heat to low, cover, and simmer 30 minutes.
- Serve topped with shredded cheese and sour cream.

In the story Cinderella, a pumpkin magically transforms into a beautiful chariot to take Cinderella to the ball. If you had the magic of the Fairy Godmother, what would you magically transform?
PASTA WITH CHICKPEAS, PEPPERS, AND ROSEMARY

Ingredients

- 2 Tbsp extra-virgin olive oil
- 1 Tbsp minced fresh rosemary
- 1/8 tsp crushed red pepper flakes
- 2 medium cloves garlic, smashed and peeled
- 1 medium yellow bell pepper, cut into small dice (3/4 cup)
- 1 medium red bell pepper, cut into small dice (3/4 cup)
- Kosher salt
- 2-1/2 cups chickpeas
- 1/2 cup canned diced tomatoes
- 1 3- to 4-inch piece Parmigiano-Reggiano rind (optional)
- 1 lb. pasta (a serving is ⅓ - ½ cup cooked)
- Parmigiano-Reggiano shavings (optional)

Directions

- Heat 1 Tbsp of the oil with the rosemary and red pepper flakes in a 1-quart saucepan over medium heat until shimmering, 1 to 2 minutes. Cool to room temperature.
- Heat the remaining 1 Tbsp oil and the garlic in a 6-quart pot over medium heat, turning the garlic occasionally, until golden-brown, 2 to 3 minutes; discard the garlic. Add the peppers and 1/2 tsp salt and cook, stirring occasionally, until tender and brown in spots, 6 to 8 minutes.
- Add the chickpeas. Stir in the tomatoes with their juices, cheese rind if using, and 1/2 cup water. Simmer, stirring occasionally, until the flavors have melded, about 15 - 20 minutes. (The sauce should be thin but have body).
- Meanwhile, bring a large pot of well-salted water to a boil. Add the pasta and cook according to package directions. Reserve 2 cups of the pasta water and drain the pasta.
- Add the pasta to the chickpea sauce and cook, tossing gently, until the flavors meld, about 2 minutes. Add pasta water as needed to keep the consistency loose (you may not need all the reserved pasta water).
- Season to taste with salt. Discard the cheese rind, if used. Serve ½ - ¾ cup of pasta drizzled with the rosemary oil and topped with Parmigiano shavings, if you like. Add 1 cup of vegetables for a complete meal.

Rosemary is a traditional symbol of remembrance. What is something you remember about our days before we had to manage COVID-19? What is something you now appreciate more about the time spent at your school, work and with loved ones?
MEMORY BOX

Many things about our daily routines needed to change. What are some memories that you treasure about this school year? What will you remember most about your class, teachers and friends? Although the year didn’t end like you thought it would, you still get to keep all the memories. Which ones do you treasure the most? Draw or write what your memories to be stored safely.

**CHOICE:** You can also find a box to decorate and keep your drawings or writing of memories.
OH SO YUMMY AND GREEN PASTA

**Ingredients**

1 bunch of Tuscan kale (the dark green dinosaur looking kind, but can substitute any kind of green - curly leaf kale, spinach, Swiss chard, collard greens)

12 oz whole wheat spaghetti (or any shape, any kind!)

4 cloves of garlic, whole

1 Tbsp Parmesan cheese (or to taste)

¼ tsp Salt and pepper (or to taste)

1 ½ Tbsp olive oil

Optional: crushed red chili flakes

Optional protein add ins: white beans, chickpeas, ricotta or feta cheese

**Directions**

- Cook pasta according to directions on the box
- Peel the garlic and tear the stems out of the kale (though not necessary)
- Add the kale and the whole garlic cloves to the pan with the pasta cooking and boil with the pasta for 3-5 minutes, until bright green and a bit soft
- Use tongs to carefully remove kale and garlic from the pasta water, and put in a blender with olive oil, grated parmesan cheese, salt and pepper. Blend until smooth, add some pasta water if it's too thick.
- Reserve about a cup of pasta water, then drain the pasta.
- Return the pasta to the pot and toss with the kale sauce and a splash of pasta water to loosen it up if need be.
- Add in your protein if desired (beans can go in straight from the can)
- Divide out on four plates and enjoy!
- Optional: Top with more grated parmesan or red chili flakes

Adapted from Jamie Oliver. For more recipes, visit Jamie’s site.
GREEN GOOEY Oobleck

In Dr. Seuss’ book, Bartholomew and the Oobleck, a green gooey substance falls from the sky. It seems uncontrollable. Try making this recipe.

Materials

1 cup water
1 ½ cups of corn starch (might need ½ more)
Food coloring (any color will do, but green is our favorite!)

Steps

1. Use a shallow baking dish.
2. Add the water in the dish.
3. Slowly add the cornstarch and mix it with your hands. You will notice that the mixture feels hard in some places and gooey in others. You may need to make adjustments by adding a bit more cornstarch or a bit more water.
4. Add the food coloring and mix slowly to achieve the color of your liking.
5. Explore the Oobleck. Hold it in your fist tight and then release your fingers. What did you notice?

Reflection

When we are feeling distressed, everything can feel really hard and uncontrollable to manage. Think about how the Oobleck felt really hard when you made a fist. When you were able to relax and let your fingers open, the material was able to flow more easily. Our days can also work that way. If you can relax, things will usually flow more easily and we feel more able to control the uncontrollable.
SWEET POTATO TOAST WITH CHICKPEAS AND HUMMUS

Ingredients

- 2 sweet potatoes, cut in half and then sliced lengthways into ¼ inch thick “toasts”
- 1 medium onion (red, yellow, or white), diced or 3 shallots, thinly sliced
- 1 tsp olive oil
- 1 can of chickpeas (or any bean)
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp salt
- 1 tsp pepper
- ½ cup hummus (or tahini)

Optional: chopped cilantro or parsley, red pepper flakes

Directions

- Preheat the oven to 400°F
- Slice a sweet potato and arrange on a pan. Coat with olive oil, salt and pepper.
- Roast in the oven for about 20-25 min or until you can pierce with a fork, flipping halfway
- Heat a frying pan over medium heat with 1 tsp (or a glug) of olive oil.
- When hot, add in thinly sliced shallots or diced onion and sauté until translucent, 5 minutes
- Add drained chickpeas, or beans, and season with cumin, coriander, salt, and pepper. Sauté for 5-7 minutes more.
- When the sweet potatoes are ready (easily pierced with a fork), spread some hummus on top and top with chickpea mix. Option to put some fresh parsley and crushed red pepper

Sweet potatoes are very "flexible" food and work well together with other ingredients - they can be prepared both sweet and salty! When have you worked well with others, and how did it feel?
BAKED CHICKEN FINGERS

Servings: 04
Preparation time: 10 minutes
Cook time: 20 minutes
Total time: 30 minutes

Ingredients

1 lb chicken breast tenders
1 egg
¾ cup breadcrumbs*
1 Tbsp olive oil
½ tsp salt
Optional: ¼ tsp dry ground mustard

You can make your own fresh bread crumbs by toasting whole wheat bread (or bread of your choice) and pulsing the toast in a blender until the crumbs are fine.

Directions

• Preheat oven to 400 and prepare a baking sheet with cooking spray.
• In a shallow bowl, beat the egg.
• Transfer breadcrumbs to a shallow bowl, and place next to the egg.
• Dip chicken tenders in egg, then roll in breadcrumbs until well coated and place on baking sheet.
• Repeat until all of your chicken tenders are coated.
• Drizzle the tenders with olive oil and sprinkle with salt (option to add dry ground mustard).
• Bake for 18-20 minutes, until chicken is cooked through and crispy.
• Serve plain or with your preferred dipping sauce.

Adapted from Betty Crocker. For more recipes, visit Betty Crocker’s site.
HANDS OF POWER

Across many cultures, the hands are symbols of strength, power, protection, and stability. Trace your hand. On each finger, write or draw a special power you possess. Think about all the ways you can use your powers right now.

Can you “lend a hand”? Can you help others around you by using your powers?
THAI PEANUT CHICKPEAS WITH RICE

Ingredients

- 1 can (15 oz) chickpeas, rinsed and drained well
- 2 green peppers, diced
- 1 small yellow onion, diced
- 1 jar (16 oz) salsa
- 2 Tbsp peanut butter or sun butter
- ¼ cup low sodium soy sauce
- 1 Tbsp olive oil (for cooking)
- ½ tsp ground coriander
- 1 cup jasmine rice

Optional garnish:
Fresh cilantro

Directions

- Prepare rice according to package directions.
- While rice is cooking, sauté peppers and onions in olive oil until wilted, about 5 minutes.
- Add remaining ingredients to the pan and bring to a simmer. Turn heat to low and let simmer for 10 minutes.
- Scoop rice and Thai peanut chickpeas into a bowl and garnish with cilantro, if desired.
BLACK BEAN SWEET POTATO VEGGIE BURGERS

Ingredients

For burgers:
1 can (15 oz) black beans, rinsed and drained
1 large sweet potato
½ medium onion, diced
1 egg
½ cup rolled oats or cooked brown rice
1 tsp cumin
1 tsp garlic powder
½ tsp salt
6 hamburger rolls (whole wheat, if desired)

For topping:
Avocado slices
Onion Slices
Ketchup

Directions

• Preheat oven to 400 degrees and prepare baking sheet with cooking spray.
• Poke holes in sweet potato and bake for 45 mins-1 hr until soft (alternatively, you could poke holes in the potato and microwave for 5-7 minutes, or use 1 cup canned sweet potato purée.
• Let the potato cool and gently scoop the inside into a large mixing bowl (you do not want the skin).

• Add remaining burger ingredients to the bowl and mix well, mashing some of the black beans (you can also use a food processor or blender, if you don’t want large black bean chunks).
• Form into patties and place on the baking sheet.
• Cook for 25-30 minutes, flipping halfway through.
• Place on hamburger buns and top with avocado, onion, and ketchup.
CAULIFLOWER FRIED RICE

Ingredients

- 2 cloves garlic, minced
- 2 tbsp olive oil (for cooking)
- 1 cup broccoli florets
- 2 10 oz bags of frozen riced cauliflower
- 1 10 oz bag frozen peas and carrots
- 1 cup cooked rice (white or brown)
- 2 eggs, beaten
- ¼ cup soy sauce

Directions

- Sauté garlic in a large pan over medium heat until light brown, about 3 minutes.
- Add broccoli florets and let cook for 2 minutes, stirring occasionally.
- Add frozen cauliflower, peas, and carrots and cook until completely thawed, about 5 minutes.
- Add rice and stir well to incorporate into mixture.
- Create a hole in the center of the pan and pour eggs into the hole. Let them cook and scramble for 2 minutes and then stir well to incorporate them into the rice and vegetable mixture.
- Add soy sauce and stir well.
BLOOMING SELF

Cauliflower is a cluster of small flowers growing together waiting to bloom. Think about who you are waiting to become. Draw a picture of the person you aspire to be. What do you imagine you will look like? What will you be able to do then?

What are the qualities you most admire about your “bloomed” self? How can you begin to adopt these qualities now?
DECONSTRUCTED CHICKEN CORDON BLEU

Servings: 04
Preparation time: 5 minutes
(Does not include marinating)
Cook time: 16 minutes
Total time: 21 minutes
Oven temperature: Broil on high

Ingredients

4 chicken breast halves
½ cup olive oil
1 lemon
1 clove garlic, diced
¼ tsp salt
¼ tsp pepper
5 oz arugula
4 slices deli ham
4 slices swiss cheese

Directions

• Create marinade for chicken: combine ¼ cup of the oil, juice of ½ the lemon, garlic, salt, and pepper. Let chicken marinate for at least 1 hour.
• While it is marinating, combine the remaining oil and lemon juice. Toss arugula in the oil and juice dressing.
• Set oven to broil (high).
• Cook chicken breasts for 7 minutes on each side.
• Add 1 slice of ham to each chicken breast and cook for 1 minute.
• Add 1 slice swiss cheese on top of each breast and cook for another minute.
• Serve chicken with arugula salad on top.

Adapted from the Food Network. For more recipes, visit their site.

To deconstruct something is to reduce it to its simplest parts. Quarantine made us all deconstruct our normal lives and adapt them for social distancing. What are the ways you have deconstructed and adapted ways so you can best learn, work and play? How have your days been simpler and harder to manage?
CHICKEN AND VEGETABLE SLIDERS WITH PINEAPPLE

**Ingredients**

- 1 lb ground chicken
- 1 small onion, chopped fine
- 3 cloves of garlic, mashed
- 1 tsp poultry seasoning
- 1 tsp salt
- 2 tbsp breadcrumbs, more as needed
- 1 cup pureed cauliflower
- 1 cup of pureed mushrooms
- 8 slices of pineapple
- 2 Tbsp oil, any oil
- 8 rolls
- 8 leaves of lettuce
- 8 slices of tomato

**Servings:** 08  
**Preparation time:** 10 minutes  
**Cook time:** 40 minutes  
**Total time:** 50 minutes

**Directions**

- Place ground chicken in a bowl.
- Chop onion and garlic and place into a bowl with chicken.
- Place seasonings and pureed vegetables into the bowl with chicken.
- Slowly add breadcrumbs while combining all of the ingredients in the bowl. You may need to add more breadcrumbs to hold the shape of the patties if the mixture is too moist.
- Shape chicken patties and place on a tray.
- Place oil in a large pan on medium high.
- Carefully place one patty at a time into the pan. Cook for 5-7 minutes on each side.
- Assemble sliders by toasting the rolls, placing one patty on each roll and topping with a lettuce leaf, a slice of tomato and a slice of pineapple.

**Tips/Tricks**

- You can replace the ground chicken with ground turkey or even jackfruit meat for a vegetarian version.
- Swap out the pineapple with avocado for a creamier textured slider. If you don’t have pineapple or avocado on hand, that’s okay. It will still taste wonderful!
- Some people do not like the textured onion in the patty. You can blend it up with garlic and incorporate it into the patty mixture. You may need more breadcrumbs in this case because this will add more moisture to your patty.
YOU ARE A GARDEN

Close your eyes and imagine yourself as a garden.
If you could grow anything you wished, what would you grow? Maybe you would grow strawberries and lemons, or tomatoes and cilantro! As you reflect on what fruits and veggies your garden would grow, begin to think more deeply. What are some of your dreams and hopes for the future? Is there a school you would love to attend, or a job you have always wanted?

Making a hand-garden is one way to reflect on all of the things you want for yourself in the future... all of the things that can grow from you!

Materials
- Brown Paint (can be mixed from red and green paints or red and black paints) or Instant coffee and/or coffee grounds
- Water
- Paintbrush or sponge
- Paper
- Drawing materials (pen, pencil, markers, crayons, paint, etc.)

Steps
1. Begin by creating brown paint out of coffee grinds! (You only have to complete this step if you do not have traditional brown paint. Create coffee paint by mixing 1 tablespoon of water with ½ tablespoon of instant coffee and/or coffee grounds. You can add more coffee to make thicker/darker paint if you choose.)
2. Use your dominant hand to paint your nondominant hand OR ask a family member to paint your hand for you.
3. Once your hand is covered in brown paint, press it down onto a sheet of paper to transfer your palm print. Now your garden has soil!
4. Let the paint dry.
5. Once your palm print is totally dry, begin to draw your garden emerging right from your hand! Remember: Your garden can include anything – food, flowers, objects, wishes, and more. Use your imagination.

Reflections
- Your handprint is unique. You have the power to change your world. You may need to start small. What is something you can start changing today?
- What are some of the things growing from your garden? What do you need to keep those things growing strong?
SAUTÉED SQUASH WITH PITA

This same technique can be done with any vegetable to make what we Guyanese call a “fried” dish. Try it with eggplant, long beans, or spinach. Cooking time will vary. These “fried” dishes are usually eaten with roti, a soft delicious type of flatbread. It takes a while to make and can be a bit tricky so a great alternative is pita bread.

Ingredients

- ¼ calabaza squash, or 1 kabocha squash, or 1 butternut squash
- 1 Tbsp olive oil or oil of choice
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 plum tomato, quartered
- 1 tsp salt
- 1 tsp poultry seasoning

Directions

- Peel, chop and wash squash. Prep onion, garlic and tomato.
- Place oil in a pan on medium heat.
- Place onion, garlic, tomato and poultry seasoning in pan. Sauté for 30 seconds or until onions are translucent.
- Place squash in pan and mix with onions and garlic. Place a cover on the pan and let the squash cook for 20 minutes, stirring occasionally.
- Use a potato masher to mash the squash into a smooth consistency or leave chunky if you prefer. Stir salt and do a taste test.
- Let squash cook for 5-10 minutes more uncovered, until most of the liquid evaporates.
- Serve with pita.
PITA BREAD

Ingredients

- 1 packet of dry yeast
- 2 cups of all-purpose flour, plus more for rolling
- 1 tsp sugar
- 1 tsp salt
- 1 Tbsp and ½ tsp olive oil, plus more for drizzling.
- ⅛ tsp of baking powder

Directions

- Place yeast in ½ cup of warm water. Allow to stand for 10 minutes.
- Sift flour, sugar, baking powder and salt into a bowl.
- Once yeast is frothy, add 1 Tbsp olive oil into the cup and mix.
- Pour the wet mixture into the dry mixture and mix with a spoon. Use your hands to form into a soft and smooth dough ball.
- Use the remaining olive oil to oil down a bowl. Place the dough ball in the bowl and cover with a damp tea towel. Allow dough to rise for 1 ½ hours.
- Separate the dough into 10 small balls. Roll each one out into a circular shape.
- Place a skillet on medium high.
- Place 1 piece of the circular dough onto the hot skillet. Flip and cook until a brown color develops on each side. Repeat with remaining dough.
- Drizzle olive oil on pitas once finished and enjoy with your favorite recipes! Try the hummus and baba ganoush recipes with the pita as well.

Servings: 10
Preparation time: 10 minutes
Cook time: 20 minutes
Total time: 2 hours (including dough rise time)

Pita is a bread pocket. If you had a special pocket, what would you choose to keep safe in it?
TRADITIONAL MEXICAN POZOLE

Ingredients

1 ½ lbs boneless pork shoulder (can sub slow cooked chicken thighs)
2 yellow onions, diced
5 cloves garlic, minced
2 Tbsp chili powder
2 Tbsp oregano
2 Tbsp cumin
2 Tbsp salt
2 Tbsp pepper
4 cups chicken stock
1 can (4 cups) white hominy, drained
Salt and pepper to taste
Chili flakes and oregano (pozole spice blend, optional)
½ green cabbage, shredded (optional)
Sliced lemons and limes (optional)
Corn tortillas (optional)

Directions

• Cook pork: place pork shoulder, ¾ of the onions, garlic, salt, and pepper in your cooker of choice (pressure cooker, slow cooker, large stock pot) and cover with water.
  • For pressure cooker: Set timer for 30 minutes with 10 minutes natural release.
  • For slow cooker: Cook on high for 4-6 hours.
  • For stove top: Cover stock pot and bring to a boil. Lower to a simmer and cook for 1hr. Remove pork and cut into 1” pieces. Return to the pot.

• Reserve pork stock, skimming and foam or fat that floats to the top.

• Add cooked pork and stock to stock pot (if using pressure cooker or slow cooker) and add chicken stock. Add hominy and spices and bring to a boil. Lower heat and simmer.

• Taste both and adjust spices as needed.

• To serve, ladle soup into bowls and top with chopped cabbage, remaining yellow onion, pozole spice blend, and lemons and limes. Serve with corn tortillas.

Pozole is a traditional Mexican soup or stew. It is typically made with pork or chicken.
HELLO! GOODBYE!

Pozole is typically served on New Year's Eve to celebrate and bring good luck into the new year. Let’s think about a new start. What would you do to celebrate a new beginning? What would you want to welcome into your life with an optimistic "Hello"? What is something in your life that you would be relieved to send off with a "Goodbye"?

Think about the choices you are able to make. What choices can you make in your life to create better opportunities and reduce stress?
BLACK BEAN SOUP WITH AVOCADO CREMA

**Ingredients**

For black bean soup:
- 2 red bell peppers
- 2 green bell peppers
- 1 red onion
- 3 cloves garlic
- 2 cans black beans
- 2 cups vegetable stock
- Olive oil
- Cumin
- Salt
- Pepper
- Crushed red chili flakes

For avocado crema:
- 1 Hass avocado
- 4 oz canned coconut milk
- 1 Tbsp olive oil
- 1 lime, juiced

**Directions**

- Wash and dice bell peppers. Place in a small bowl.
- Dice red onion and garlic.
- In a large pot, sauté bell peppers, onions, and garlic until vegetables have softened, about 5 minutes.
- Season vegetables with cumin, chili flakes, salt, and pepper to taste.
- Add canned beans with liquid and vegetable stock to the pot with the vegetables. Bring to a boil, then reduce to a simmer until vegetables have softened.
- To make avocado crema, add avocado, coconut milk, olive oil, and limes to a blender or food processor. Blend until smooth.
- Blend soup using an immersion blender or standing blender. Serve with avocado crema.
**BRAISED CHICKEN WITH MUSHROOM GRAVY**

**Ingredients**

- 6 chicken thighs
- Salt and pepper to taste
- 1 cup all-purpose flour
- Cooking oil
- 1 cup wine, beer, or cooking stock/broth
- 3 red bell peppers, sliced into ½” strips
- 1 medium yellow onion, sliced into ½” strips
- 1 lb white mushrooms, quartered
- 1 Tbsp dried rosemary
- 1 Tbsp dried thyme
- ½ Tbsp dried sage
- 1 Tbsp cornstarch

**Directions**

- Season chicken with salt and pepper.
- Coat chicken in flour. Let rest for 10-15 minutes.
- Heat ovenproof skillet over medium heat. If you do not have an ovenproof skillet, use another medium sized skillet and set aside a roasting pan or casserole dish.
- Add 2 Tbsp oil to hot skillet and place chicken skin side down. Sear for 4-5 minutes per side. Remove chicken and place on a plate.
- Deglaze the pan using wine, beer, stock, or water. Scrape up stuck on bits with a wooden spoon. Pour the liquid out of the pan and save for later.
- Add 1 Tbsp oil to the pan. Add onion, peppers, garlic, mushrooms, rosemary, thyme, and sage. Cook for 4-5 minutes until soft.
- Return chicken to the pan skin side up with the vegetables (or prepared pan, if using). Return the cooking liquid. Add more cooking liquid until liquid reaches about ⅓ of the way up the sides of the chicken. Place uncovered in oven for 45-55 minutes, or until chicken is cooked all the way through.
- Remove pan from the oven and place chicken and vegetables on a platter, leaving liquid in pan.
- Prepare a cornstarch slurry by mixing 1 Tbsp cornstarch with cool water. Add slurry to the leftover liquid to make a gravy. Serve on top of chicken and vegetables.
VEGAN RED BEANS AND RICE

Ingredients

1 lb dry red beans
Cooking oil
1 medium yellow onion, diced
1 green bell pepper, diced
4 stalks celery, diced
4 cloves garlic, minced
6 cups vegetable stock
1 tsp oregano
1 tsp cumin
1 tsp chili powder
1 tsp smoked paprika
¼ tsp cayenne pepper
Salt and pepper to taste
2 cups dry parboiled rice
1 8oz can tomato sauce
2 ¾ cup water

Directions

• If using stove top method, place dry beans in a large bowl and cover with cool water. Place in fridge and let soak overnight. Skip this step if using a pressure cooker.

Heat skillet over medium heat. Add 2 Tbsp cooking oil. Sauté onion, pepper, and celery over medium heat until onion is translucent. Add garlic and continue to cook until fragrant, about 2 more minutes.

If cooking on stove top, transfer vegetables to large pot. Drain dry beans and add to the pot. Add vegetable stock and spices. Cover and bring to a boil. Reduce heat to a simmer and continue to cook for 2 hours. Add water to pot if needed. DO NOT EAT BEANS UNTIL COMPLETELY COOKED THROUGH.

If using pressure cooker, transfer vegetables to cooker and add dry beans. Add vegetable stock and set timer for 35 minutes with 10 minutes natural release.

While beans are cooking, set a medium saucepan over medium heat and add 1 Tbsp cooking oil. Sauté rice until golden brown. Add tomato sauce and water and season to taste with salt and pepper. Bring to a boil, cover, and reduce to a simmer for 20 minutes.

Serve beans over rice.
VEGAN CURRY RICE NOODLES

Tofu, shrimp, or chicken can be easily added to this dish. Cube and cook protein prior to cooking vegetables.

**Ingredients**

- 1 lb rice noodles
- 6 cloves garlic, minced
- ½ cup soy sauce
- ¼ cup honey
- 3 limes, juiced
- ½ Tbsp crushed red chili flakes
- ¼ cup toasted sesame oil
- 1 medium yellow onion, thinly sliced
- 2 lbs frozen stir fry vegetables
  OR
- 3 red bell peppers
- ½ lb snap peas
- 3 Tbsp soy sauce
- ¼ cup yellow curry powder

**Directions**

- Boil kettle of water. Place rice noodles in bowl. Cover with boiling water and let cook 5-7 minutes. Drain.
- Mix garlic, soy sauce, honey, limes, and crushed red chili flakes in a bowl. Set aside.
- Heat a medium skillet or wok over medium high heat. Coat with 2 Tbsp sesame oil. Sauté vegetables until bright and colorful.
- Add noodles and remaining sesame oil. Add sauce. Sauté until noodles and vegetables are coated. Add soy sauce and sprinkle in curry powder in waves until evenly distributed.

In many parts of South Asia, families have their own special and unique spice recipes for curry flavoring. What is a special and unique tradition your family shares?
SHRIMP FRIED RICE

This recipe can be done with any protein. Remember to cook the protein separately and season as you’d like. Then add to the veggies.

Ingredients

- 1 ½ cup of Jasmine rice
- 1 onion, diced
- 1 bell pepper, diced
- 2 green onions, chopped
- 1 cup of long beans, chopped
- 2-3 carrots, shredded
- 1 cup of shrimp, deveined
- 2 tsp black pepper
- 2 tsp garlic powder
- 1 tsp paprika
- ½ tsp allspice
- 1 tablespoon low sodium soy sauce
- 3 eggs, whisked
- Salt to taste
- 1 Tbsp oil

Directions

- Boil rice according to directions and place in a large sheet pan to cool.
- Place oil in a pan on medium high.
- Place onions, bell pepper, long beans, carrots, 1 tsp black pepper, 1 tsp garlic powder, all spice and ½ tsp paprika into the pan. Cook until vegetables are soft, stirring occasionally.
- Make a hole in the center of the pan and place shrimp. Season shrimp with remaining seasoning and flip the shrimp. Mix in with vegetables and make another hole in the center.
- Place eggs into the center and scramble. Mix in with shrimp and veggies and add soy sauce.
- Add salt to taste.
- Slowly incorporate cooked rice into the pan and mix in completely with vegetables and shrimp mixture.
- Sprinkle scallions over the top and enjoy!

Tips/Tricks:

You can use leftover refrigerated rice. The texture of the dish will be looser in this case.

Allow the cooked rice to cool down completely before incorporating into the pan. If you don’t, the rice will have a softer texture and can become mushy. I usually cook the rice the night before.
FUTURE FAMILY PORTRAIT

Shrimp (or prawns) is one of the ingredients of osechi, the traditional meal to celebrate the New Year in Japan. Shrimp is seen as “the old man of the sea” because of their bent backs and long whiskers. Because of this, they symbolize hopes of living a long life. Osechi is traditionally eaten with family members in the hopes of bringing good fortune in the upcoming year.

What are some important celebrations you share with your family? What do you think you will look like when you're older? Do you think you will continue to celebrate important events with your family?

Try drawing a future family portrait of your family celebrating an important event with you as an older person. What are you celebrating? Who will be there? Share your finished picture with someone in your family.
It can be helpful to be future oriented when we are feeling discouraged. Thinking about the future gives us more hope about the days to come.

EASY ONE POT CHICKEN AND RICE

You can add okra and the beans can be replaced with any item in your pantry at the moment. There is no cut and dry way to make this dish. This is a one pot convenience!

**Ingredients**

- 1 15 oz can chickpeas
- 1 15 oz can kidney beans
- 2 cups of long grain rice
- 4 chicken thighs, chopped
- 1 tsp poultry seasoning
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 can coconut milk
- 1 cup spinach
- 1 small onion, chopped
- 3 sprigs of thyme
- 1 Tbsp of oil

Optional: 1 can of sardines

**Directions**

- Place a big pot on medium high with oil. Place onions and seasonings (poultry seasoning, black pepper, garlic powder, and thyme) into the pot. Cook until onions are translucent.
- Add chicken thighs and cook until the outside of the chicken is brown.
- Place rice into the pot and cook for 2 minutes. Stir the rice around while cooking.
- Add coconut milk and continue stirring.
- Pour enough water to cover the rice and until the water is 1 inch above the rice.
- Turn down heat to simmer. Check rice occasionally to check if it is cooked.
- Once there is a small amount of grain left in the rice (use your fingers to squish the rice against the back of the spoon. The hard center that is still there before the rice is fully cooked is called the grain), place chickpeas, kidney beans and spinach into the pot. You may need to add more water. This would also be the point where you would add in the can of sardines.
- Cook for 10 minutes more or until the rice no longer has grain.
- Enjoy with your favorite chutneys. This is usually served with mango chutney.

Having everything in one pot can seem overwhelming. It is similar to how our homes have become the place we do everything: school, work, play, and eat. Which ways have been effective to manage having all that you do in one place?
Ratatouille is a traditional French dish that utilizes what you can find in your kitchen. This recipe embraces whatever you have in your fridge. If you have vegetables you should use or you’ll throw them away, throw them into the pan!

**Ingredients**

- 1 Tbsp olive oil
- 1 bell pepper, chopped
- ½ eggplant, chopped and squared
- A few carrots, chopped
- 1 potato, sliced
- A handful of mushrooms, chopped
- 1 clove of garlic, diced
- 1 onion, chopped
- 1 tomato, chopped
- ½ of can/jar pasta sauce or tomato sauce
- Pinch of dried o
- Salt and pepper to taste

**Optional:**
- Dried sausage
- Leftover meat

**Toppings:**
- Feta cheese or parmesan

**Directions**

- Prepare all the ingredients by chopping them up.
- Put the olive oil in a large pan over medium/high heat.
- If using sausage or meat, add that first and let cook for a few minutes.
- Add the eggplant, onions, carrots, and potatoes. (These are the vegetables that take longer to cook).
- Once a fork easily goes through the vegetables, add the pasta sauce and mushrooms.
- Let cook for around 10 minutes, stirring occasionally.
- Add oregano, salt, and pepper.
- Remove from heat and plate to serve.
- Top with feta or parmesan cheese.
THE INGREDIENTS THAT MAKE UP YOU!

Ratatouille is a traditional French dish that utilizes what you can find in your kitchen. It is almost like a food collage of what is available. You, too, are made of lessons learned, lived experiences, current realities and future goals. When you look around, what resonates most with you. Which materials in your surroundings could be brought together to make a collage representing you?

Materials

Images (from magazines, old photographs, packaging, online pictures)
Other materials (fabrics, printed materials, words, natural elements)
Paint
Scissors
Glue or Tape
Paper, cardboard or paper plate

Steps

Assemble the materials to create a collage. You can put all the images together on the paper.

OPTIONAL: You can also draw a large circle. Inside the circle, include all the materials that you feel represent you. Outside the circle, add materials that you work to keep outside your space.

Reflection

Look at the collage you created from a distance. What do you notice? What stands out most about what you see? What would you think about the artist if you were looking at this work? Think about how you chose to represent yourself. Which words come to mind? Now think of words that describe you and see if they are represented in the images. For example, “I’m a hardworking person and I see I put an image of a doctor in my collage!”
NEPALESE MOMO-STYLE DUMPLINGS

Ingredients

Wrappers
2 cups all-purpose flour
½ cup + 1 Tbsp of water (room temperature)

Fillings
15 oz ground meat (or mashed extra firm tofu)
2 large onions
1 Tbsp chili powder (optional)
1 bunch of coriander, finely chopped (optional)
Green onions, finely chopped
Salt to taste
1/2 tsp turmeric (optional)
1/4 cabbage, finely chopped
2 Tbsp oil
1 Tbsp each of garlic and ginger paste
1/4 Tbsp of momo/garam masala (optional)

Directions

Wrappers
• Add flour and water to large bowl.
• Knead dough for 15 minutes till soft.
• Wrap dough and let rest for 20 minutes (make filling during this time).
• Roll out dough into rope and cut into equal pieces and flatten each piece into a circle using a rolling pin OR roll out dough into a thin sheet and cut out circles using a cup. Dusting your surfaces with flour can help any stickiness.
• Wrap with filling of choice!

Fillings
• Heat oil and add turmeric.
• Once warm, add all ingredients to a large bowl and slowly add warm oil.
• Mix with a large spoon or by hand until everything is incorporated.
• Fill with filling of choice.
• Steam or pan-fry dumplings for 20 minutes until thoroughly cooked. Serve with sauce of choice (soy sauce, hot sauce, etc.).
SNACK TIME CHECK-IN

Now let’s take a pause and check in again. How are you feeling right now? When choosing your meal, check in with your body.

Are you tired and in need of a boost? Let snack time be a time to recharge. Focus on the colors of the food you chose. Let the colors energize you. What does your snack smell like? Allow your body to rise and fill with energy as you inhale. Slowly chew your food to sense the textures. Imagine the smell and the colors are filling your body with energy as you eat.

Maybe you have lots of energy and need a chance to catch your breath. Let snack time be a break to slow down. Try to focus on your breath as you eat. Breathe after swallowing each bite allowing your body to calm as you exhale. Imagine the food filling your stomach and grounding you.
RECIPIES FOR SNACKS

Healthy snacks can help you power through the day. Consider choosing a snack that is both delicious and nutritious:

- Cheese and crackers
- Sliced carrots or baby carrots
- Apple slices with peanut butter (or sunbutter)
- Fresh fruit
SIMPLE HUMMUS WITH COLORFUL VEGGIES

If chickpea cannot be used, you can substitute eggplant here to make baba ghanoush, an equally delicious dip for vegetables.

**Ingredients**

**Hummus**
- 1 15 oz can of chickpeas
- ½ cup of tahini
- 2 Tbsp olive oil
- ½ tsp salt
- Juice of 1 lemon
- 2 cloves of garlic
- Cold water as needed

**Vegetable Options**
- Cut up yellow, red, and green bell peppers into slices and keep them in the fridge for healthy snacking. You can also prep carrots, cucumbers and celery and keep them in the fridge as well.

**Directions**

- Place chickpeas, tahini, olive oil, salt, lemon juice and garlic in a blender. Add 1 tbsp of cold water and blend.
- Continue to add cold water until desired consistency is reached.
- When ready to serve, drizzle some olive oil over the top and add desired toppings such as parsley or paprika.
- Place extra hummus in a container for storage up to 3 days.
VEGETABLE PRINTING

When you are living in isolation from those you know and love, it becomes easy to feel down. Sometimes, the lack of connection with others makes us question our strengths. It is hard to feel like you are making a mark in this world when you are feeling alone. Try to playfully make prints with kitchen foods.

Materials Needed
Vegetables (celery, peppers, mushroom, onion)
Forks, spatulas, mashers
Flat tray or plate
Washable Tempera (Poster) or Finger Paint
Brayer roller or paint brush
Paper (any size or color)

Steps
Squeeze paint onto a flat tray. Make sure the paint is evenly coated on the surface. You can use the brayer roller or paint brush.
Cut a fruit or vegetable so it has a flat side for printing.
Press the objects into the paint.
Press the painted object onto paper. Try pressing hard and pressing softer.
Can you see the subtle impressions of each item?
Try to create a new design. You can repeat this printing process in different colored paint or print on different colored paper.
Let the prints dry overnight.
Be sure to wash all utensils and trays well with soap and water.
Discard painted foods or use them to create other ideas (Check Food Waste ideas at the end of the book.)

Reflection
Were you surprised by the shapes you were able to create? Did you think these objects were able to create such interesting impressions? Think about today. How did you make a difference through a conversation or a gesture?
BABA GANOUSH DIP FOR VEGGIES

Some families roast their eggplant on the stovetop wrapped in foil. This gives it a smoky flavor. An alternative (and safer option) is to place the eggplants wrapped in foil onto a grill if you want that same smokiness. We also roast tomatoes this way and add to the eggplant to create a “Choka” that we eat with roti. To make the Choka simply omit the tahini, roast the tomatoes and eggplants the same way, and add fried onions before you do your taste test.

Ingredients

- 2 medium sized American eggplants (the ones that look like globes)
- 2-3 garlic cloves, minced
- Juice of 1 lemon
- ½ cup of extra virgin olive oil
- ½ tsp salt
- ½ tsp ground cumin
- ¼ cup tahini

Vegetable Options

Cut up yellow, red, and green bell peppers into slices and keep them in the fridge for healthy snacking. You can also prep carrots, cucumbers and celery and keep them in the fridge as well.

Directions

- Preheat your oven to 450°F.
- Wash and slice eggplants lengthwise. Place on a baking sheet with the cut side down.
- Brush eggplant with olive oil and roast for 30 minutes.
- Allow the eggplants to cool a bit and then scoop the insides of the eggplant out into a bowl.
- Place garlic, lemon juice, salt, ground cumin and tahini into the same bowl.
- Mix all ingredients together. While mixing, drizzle the olive oil until the mixture becomes pale in color. Do a taste test! Add more salt if needed.
- Serve in a bowl and drizzle with a little bit of olive oil. You can also top with cumin or parsley. Refrigerate extras for up to 4 days.
EASY BANANA ICE CREAM

Servings: 04
Preparation time: 10 minutes
Total time: 2-3 hours (allows for freezing time)

This is a good recipe for when nobody eats those ripe bananas sitting on your countertop. You can freeze large batches and take what you need to make smaller servings.

**Ingredients**

4-5 ripe bananas  
Optional:  
2 Tbsp peanut butter/sunflower butter/almond butter  
Add walnuts, almonds, or any types of nuts that you prefer for added texture.  
Feel free to experiment with a tsp of vanilla extract for a vanilla flavor or 1 tsp of unsweetened cocoa powder for a chocolate flavor.

**Directions**

- Peel the bananas and chop into small pieces. Place in an airtight container and place in the freezer for 2 hours until frozen.  
- Place the frozen bananas in a food processor and pulse until the texture is smooth.  
- You can choose to add the optional ingredients and pulse a couple of times to mix in the peanut butter.  
- Serve cold. Top with nuts if you are using them.

Bananas are harvested when they are green, become yellow when they are ripe to eat, and turn brown when they get old. Do you ever feel like you change colors?
BAKED VEGETABLE CHIPS

Servings: 4-5
Preparation time: 20 minutes
Cook time: 40 minutes
Total time: 1 hour
Oven temperature: 300°F

This recipe can be used with other vegetables such as parsnips, rutabaga, and yucca. If the vegetable used has a high-water content, remember to “sweat” it with a sprinkling of salt before popping it in the oven. This decreases the moisture content, so you end up with crispier chips!

Ingredients

- 1 large carrot
- 2 large plantains
- 1 large zucchini
- 1 large sweet potato
- 1 Tbsp any oil of choice, more as needed
- ½ tsp garlic powder
- ½ paprika
- 1-2 tsp salt to taste

Optional: Feel free to add any seasonings of your choice including chili powder, ginger powder, or herbs of your choice.

Directions

- Preheat your oven to 300°F.
- Scrub vegetables clean and peel.
- Use a food processor, mandolin, or a knife to slice vegetables into thin slices.
- Place the zucchini in a separate bowl and sprinkle with salt. This will take out extra moisture.
- Place sweet potato, plantains, and carrots in a bowl and season with ⅔ of the garlic powder, ⅔ of the paprika and a drizzle of oil. Reserve the remaining seasoning for the zucchini slices.
- Arrange the sweet potato, plantains, and carrots on a baking tray, making sure to keep the layers single. You may need more baking trays, or you can do the baking in cycles.
- Use paper towels to dry the zucchini slices. Season with the remaining garlic and paprika powder. Drizzle with oil and place them on a separate baking tray, also keeping them single layered.
- Place trays in the oven.
- Check after 15 minutes and rotate the trays around the oven.
- Check the chips again after 15 minutes. Take out the ones that are crispy and leave the others for 5-10 minutes more.
- Serve immediately or store in an airtight container for up to 2 days.

If you are pressed for time, you can also fry these chips. However, baking allows for less oil.
CHOCOLATE PEANUT BUTTER YOGURT PARFAITS

Servings: 04  
Preparation time: 5 minutes  
Total time: 5 minutes

Ingredients

- 4 plain nonfat Greek or regular yogurt cups (individual 5.3 oz cups)
- ¼ cup chocolate chips
- ¼ cup peanut butter
- ½ cup raspberries

Directions

- Top each cup with 1 Tbsp peanut butter and 1 tbsp chocolate chips
- Stir peanut butter and chocolate chips into the yogurt
- Top each with raspberries

Parfaits are about layering. Feelings can sometimes be layered on top of each other. Can you think about all the layers of feelings you have experienced while in quarantine?
LAYERED CHANGES

Once you have finished a carton of eggs, you can use this uniquely-shaped container to grow new sprouts. Every living thing grows through many stages or layers. Our experiences of the pandemic have likely gone through many changes. We might have felt shocked at first, then angry and sad. We might be adjusting more successfully now. Think about some of the ways changes have occurred in your home. How did things feel at the start of the pandemic? What changes occurred? How do things feel now?

Materials

Empty egg carton (styrofoam, or paper-pulp kind)
Soil
Seed(s)
Water
Scissors
Non water-soluble art materials: oil pastel, acrylic paint, or permanent markers.

Steps

Use scissors to separate the top half of the carton along the seam and poke one small hole in the bottom of each egg cup.

Paint or draw on the exterior of your new tray set up.

Fill however many egg cups of the carton you’d like with soil about halfway.

In the next layer, place seed(s) on top.

For the final layer add soil, filling the entire egg space.

Place your filled egg carton tray on the window sill or any other sunny area and water at least once a day to keep soil moist.

Sprouted seeds from planters can be transferred to a larger pot or backyard space directly into the ground.

Reflections

How does it feel to wait for the seedling to sprout now that you’ve given it time and care to grow in this container? What does the outside of your decorated tray say about you or what you might be growing? What ideas do you have to help your seedlings thrive during these difficult days?
BAKED FRENCH FRIES

Try these with sweet potatoes for sweet potato fries!

**Ingredients**

- 3 large potatoes*
- 2 Tbsp vegetable oil
- ½ tsp salt
- ½ tsp ground black pepper
- ½ tsp garlic powder

**Directions**

- Preheat oven to 450 and grease a baking sheet with cooking spray.
- Cut potatoes into thin matchsticks (you can also cut into thicker wedges if you prefer, but you may have to cook a bit longer).
- In a large bowl, toss the cut potatoes with vegetable oil until they are thoroughly coated.
- Transfer potatoes to greased baking sheet and cook for 35 minutes, or until golden brown.
- Serve with ketchup.

Adapted from the Food Network.
CINNAMON APPLE SLICES

Ingredients

- 4 large apples (any variety)
- ½ tsp cinnamon
- 2 tsp honey

Directions

- Cut apples into wedges, or thinly slice vertically for donut-shaped pieces
- Sprinkle apple pieces with cinnamon
- Drizzle with honey

We do not always notice what we are seeing. How many ways can you cut an apple? What changes do we see? How differently does an apple look when cut into a wedge or a slice? What have you noticed about your day when you approach it with a new way of seeing?
APPLE TRACING

Sketching makes us notice things we sometimes never appreciated before. It can be helpful to focus your attention on your more immediate surroundings when other aspects of our lives feel burdensome.

Materials

Pencil
Colored pencils or crayons
Paper
Apple cut into half or pieces

Steps

Concentrate on the shape of the cut apple. Sketch the outline of the apple’s shape.
Concentrate on the colors of the apple. See how many colors you can find on the skin of your apple. Color the apple accordingly.
Look inside the cut apple. Try to draw the design you see. You can even try to see what happens when you try to sketch it without looking down at your paper.

Reflections

Compare your drawing with what you see when you look at the apple. Does it come out looking like what you saw? Managing crises presents situations when we might focus really intently or just have to trust the process. Which is an easier way for you to manage these times? Why?
CELEY RACE CAR

**Ingredients**

- 2 sticks of celery, cut into 3-inch pieces
- 2 tbsp sunbutter or peanut butter
- Raisins
- Banana, sliced into coins
- Toothpicks

**Directions**

- Cut celery into 3-inch-long pieces (2-3 per stalk), this will be the car.
- Stick two toothpicks through them about a half inch from either end.
- Spread sunbutter or peanut butter over the top.
- Stick one banana coin (the wheel of the car) on each toothpick (4 per car) and place a raisin (the hubcap) over the sharp end of the toothpick (4 per car.)
- Feel free to add raisins or blueberries on top for the driver and passenger.
CINNAMON TOAST

Servings: 04
Preparation time: 5 minutes
Total time: 5 minutes

Ingredients

- 4 pieces of whole wheat bread
- 1 Tbsp sugar or brown sugar
- 1-2 tsp cinnamon
- 1 Tbsp butter, or enough to spread on one side of each piece of toast

Directions

- Toast bread in the toaster.
- Mix together cinnamon and sugar in a small bowl with a fork.
- When toast is warm, spread butter on it and then sprinkle with cinnamon sugar.
APPLE CINNAMON BARS

Servings: 06
Preparation time: 10 minutes
Cook time: 30 minutes
Total time: 40 minutes
Oven temperature: 350°F

Ingredients

For crust
¾ cup whole wheat flour or oat flour
¾ cup rolled oats
½ cup applesauce
2 Tbsp coconut or vegetable oil
½ tsp baking powder
1 tsp cinnamon
1 tsp vanilla extract

For filling
¾ cup apple butter
½ tsp cinnamon
1 Tbsp cornstarch

Directions

• Preheat oven to 350 and prepare an 8x8 pan with cooking spray
• In a medium bowl, combine all ingredients for the crust until you get a thick dough.
• Press the dough into your pan.
• Warm the apple butter and cinnamon in a saucepan over low heat.
• Once warmed, stir in cornstarch, and let sit over low heat for a few minutes until the mixture starts to gel.
• Pour the filling into crust and bake for 25-30 minutes.
• Let cool for 5-10 minutes before cutting.
FRUIT KABOBS

Ingredients

1 pineapple, cut into 1.5-inch chunks
2 cups seedless grapes
2 cups strawberries, quartered
2 cups watermelon chunks
(8 wooden skewers)

Optional dips and toppings
Greek yogurt
Chocolate chips
Coconut flakes
Chopped nuts

Directions

• Thread fruit onto wooden skewers in any order you want.
• Dip in Greek yogurt and top with any desired toppings.
BANANA SUSHI

Servings: 04
Preparation time: 5 minutes
Total time: 5 minutes

**Ingredients**

- 4 whole wheat wraps
- ½ cup peanut butter or sunbutter
- ¼ cup raisins
- 4 bananas

**Directions**

- Spread peanut butter evenly on each wrap (2 Tbsp per wrap) and sprinkle with raisins
- Place 1 banana about 2 inches from edge of each wrap and roll the wraps up.
- Cut into 1” thick coins.
QUICK DATES WITH PEANUT BUTTER

Servings: 02
Preparation time: 5 minutes
Total time: 5 minutes

Ingredients

10 dates
½ cup of peanut butter

Directions

• Slice open dates, lengthwise.
• Place about 1 tsp of peanut butter into each date and enjoy.
POPCORN 5 WAYS

**Ingredients**

- ⅓ cup yellow popcorn kernels
- 2 Tbsp coconut or canola oil

**Directions**

- Place a medium saucepan over medium heat. Coat the bottom of the pan with the oil and place 1 popcorn kernel in the pot. Cover with a lid.
- Let the oil come up to temperature. The oil is ready when the popcorn kernel pops. When this happens, add the rest of the kernels, cover the pot, and remove from heat.
- Shake the pot to coat the kernels with oil and return to flame. Gently shake the pot while the kernels are popping to prevent burning.
- Dump popcorn into a large mixing bowl or plastic container with a lid.

**Seasoning Variations**

- Classic movie theater popcorn: melt 6 Tbsp butter in microwaveable dish. Pour melted butter over prepared popcorn. Mix well or seal container with a lid and shake. Add salt to taste.
- Vegan “nooch” popcorn: Drizzle 1 Tbsp olive oil over prepared popcorn and mix to coat. Add 3 Tbsp nutritional yeast and ½ Tbsp salt. Mix well or seal container with a lid and shake.
- Taco popcorn: Drizzle 1 Tbsp olive oil over prepared popcorn and mix to coat. Add 1 tsp each of cumin, chili powder, black pepper, and oregano. Add 1 Tbsp nutritional yeast and ½ Tbsp salt. Mix well or seal container with a lid and shake.
- Ranch popcorn: Drizzle 1 Tbsp olive oil over prepared popcorn and mix to coat. Add ½ tsp each of dried dill, dried chives, garlic powder, onion powder, salt, and black pepper. Mix well or seal container with a lid and shake.
- Spiced popcorn: Drizzle 1 Tbsp coconut or canola oil over prepared popcorn and mix to coat. Add 2 Tbsp powdered sugar, 1 tsp ground cinnamon, ¼ tsp each of ground nutmeg, ground ginger, ground cloves, and salt. Mix well or seal container with a lid and shake.
CRUNCHY VEGGIES

Servings: 06  
Cook time: 10 minutes  
Total time: 10 minutes  
Oven temperature: 450°F

Ingredients

- ½ lb. green beans, washed and trimmed
- ½ lb. carrots, washed and cut into green bean sized strips
- 1 cup all-purpose flour
- 3 eggs
- ½ cup milk
- 2 cups cornmeal
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried dill
- ½ tsp dried parsley

Directions

- Preheat oven to 450°F. Prepare a baking sheet with parchment paper.
- Dump flour onto a plate. In a small bowl, combine eggs and milk. Whisk to combine. In a separate bowl, combine cornmeal and seasonings.
- Working one at a time, coat vegetables in flour, then egg mixture, and finally cornmeal mixture. Arrange on baking sheet.
- Bake vegetables for 10-15 minutes until golden brown.

Adapted from Good and Cheap. For more recipes, visit their website.
# BROILED FRUITS

<table>
<thead>
<tr>
<th><strong>Ingredients</strong></th>
<th><strong>Directions</strong></th>
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</thead>
<tbody>
<tr>
<td>3 each or a combination of the following:</td>
<td>• Preheat oven to broil. Move oven rack to highest position.</td>
</tr>
<tr>
<td>• Oranges</td>
<td>• Dump brown sugar onto a plate, spreading evenly.</td>
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<tr>
<td>• Grapefruits</td>
<td>• Cut fruit in half. Remove pits and seeds as needed. Sprinkle a pinch of salt onto the flesh of each fruit.</td>
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<tr>
<td>• Peaches</td>
<td>• Rub the exposed flesh of each fruit with brown sugar by placing the fruit flesh side down onto the plate of brown sugar.</td>
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<tr>
<td>• Nectarines</td>
<td>• Place each fruit flesh side up onto a baking sheet or on a muffin tray.</td>
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<tr>
<td>• Pears</td>
<td>• Place under broil and let the sugar caramelize, about 2-3 minutes. Watch for signs of burning.</td>
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<tr>
<td>6 Tbsp brown sugar</td>
<td>• Remove from the oven and serve. Goes well with Greek yogurt or oatmeal.</td>
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<tr>
<td>Salt</td>
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</tbody>
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Servings: 06  
Preparation time: 5 minutes  
Cook time: 3 minutes  
Total time: 5 minutes  
Oven temperature: Broil, high
FROZEN YOGURT BITES

Ingredients

- 2 cups fresh or frozen fruit of choice
- 2 cups plain nonfat Greek yogurt

Directions

- Place fruit and yogurt into blender or food processor and blend until smooth.
- Pour mixture into 2 ice cube trays.
- Freeze until solid, about 4-6 hours. Enjoy!
BAKED POTATO AND CHEESE BALLS

Servings: 06  
Preparation time: 20 minutes  
Cook time: 10 minutes  
Cook time: 10 minutes  
Total time: 30 minutes  
Oven temperature: 400°F  

Ingredients
- 3 cups leftover mashed potatoes, chilled  
- 1 cup cheddar cheese, shredded  
- ½ cup scallions, green parts only, thinly sliced  
- ½ cup flour  
- 2 eggs  
- 1 ½ cup panko breadcrumbs  
- ½ cup parmesan cheese, shredded

Directions
- Preheat oven to 400°. Line a baking sheet with parchment paper.  
- Mix together potatoes, cheese, and scallions. Roll into 24 2” balls.  
- Dump flour onto plate. Whisk eggs in a small bowl. Combine panko and parmesan in a separate bowl.  
- Coat mashed potato balls in flour, dip in egg wash, and roll in panko/cheese mixture until completely coated. Place on parchment line baking sheet.  
- Bake mashed potato balls for 8-10 minutes until golden brown. Serve.
CREATING WITH FOOD SCRAPS AND WASTE

Food has been as scarce resource in our community. We can devise new ideas about how we can utilize what we have. Try these creative solutions to make the most of all that you consume.
CANDIED FRUIT PEELS

**Ingredients**

- 6 navel or Valencia oranges (can be substituted with lemons)
- 4 ½ cups of granulated sugar (and some extra for rolling!)
- 2 ¼ cups of water

**Directions**

- Rinse the oranges. Cut the top and bottom off each and score the skin into quarters.
- Remove the skin, both the peel and pith (the white part). Cut the skin into strips about ¼" wide. Wrap the center of the oranges in plastic wrap to store for other use.
- Blanch the peels: Place the strips of peel in a medium saucepan and cover with cold water. Set the saucepan on the stove over high heat and bring to a boil. Once boiling, drain the water from the peels. Cover with fresh water and repeat this process at least two more times! Blanching removes the bitterness that orange peel naturally has; you may want to blanch the peels 4-5 times to ensure no bitterness remains.
- After you have finished blanching, drain the water for the last time and transfer the peels to a bowl.
- In the same (now empty) saucepan, whisk together the sugar and water. Return the saucepan to the stove and bring the mixture to a simmer. Let the mixture simmer for 8-9 minutes, adjusting the heat as needed to make sure it does not boil.
- Add the orange peel to the syrup mixture and cook just until the whites (the pith) are translucent, adjusting heat as necessary to maintain a simmer and prevent boiling. This can take 45 minutes to 1 hour on medium-low heat. Since every stove and pan is different, it is a good idea to check on them every 10-15 minutes. If necessary, swirl the pan occasionally to make sure that all of the peels get covered with syrup. Avoid stirring, as this will cause crystallization.
- Drain remaining syrup from the peels, setting aside for another use if desired. Toss the peels in a bowl of sugar to coat (optional), and then transfer to a drying rack to dry. Once dry, store in an airtight container. These keep well for at least a few months in a cool, dry place.

**Reflections**

- How many times did you have to blanch your fruit peels to get rid of bitterness? Was this process enjoyable or did it drag on?
- What was your favorite step in candying your fruit?
- When you eat these sweet treats, what comes to mind?

For added fun, melt chocolate in a bowl & dip your candied fruit peels into the melted sweetness!

Source: Bright-Eyed Baker.
EXPERIMENTING WITH ACID

Sometimes when we are stressed we can find ourselves feeling sort of “sour”. Feeling “sour” can impact our energy and change the way that we see the world. Feeling “sour” can also affect the people that are closest to us. The following experiment can help you understand the effects of feeling sour! By mixing sour acids with red cabbage juice, you can explore different color changes!

Materials
Red cabbage (3 large leaves)
2 cups of water
Sour acids: vinegar, lemon juice, lime juice
Baking soda
3 containers (bowls, glasses)

Steps
Chop up the red cabbage leaves into small chunks.
Boil the cabbage pieces in 2 cups of water until the water turns purple!
Strain the purple water into the 3 different containers. Let the water cool.
In one container, add some baking soda.
In another container, add your acid of choice.
Leave the third container the way it is.
Compare the changes you see among the three containers!

Reflections
What acid(s) did you experiment with and how did it change the purple water?
Which container is your favorite? What do you like best about this color?
Were the changes slow or did they happen fast?

BONUS: Save the cabbage you boiled and add it to a meal!

Sources:
Steve Spangler Science and Do Science
EGGSHELL MOSAIC

Mosaic is the art of joining small pieces together to create an image or a pattern. People have been making mosaic designs since 3000 BC. Try creating your own mosaic by using leftover eggshells!

Materials
Eggshell(s)
Food coloring (4 or more!)
Vinegar
Ziploc bags (4 or more!)
Soup
Water
Glue
A piece of paper or cardboard
A cardboard box

Steps
Collect leftover eggshells after you’ve finished cooking a meal.
Wash the shells carefully with soap and water. Be gentle with the shells! Try to keep the pieces big.
Let the shells dry on paper towels or newspaper.
Separate the eggshells into 4 different Ziploc bags.
Pour 1 tablespoon of vinegar into each bag.
Add 1 teaspoon of food coloring to each bag. The more you add, the more intense the color will be!
Leave the bags open - do not seal them closed - and let them sit overnight. If you are worried about the food coloring leaking out, place the bags on top of a pan.
The next day, drain the coloring out of the bags.
Place the colored eggshells into a cardboard box and let them dry for another day.
When the shells are finally dry, crunch them up into smaller pieces!
Place the different colored eggshells on separate plates or dishes.
Create your own mosaic by applying the eggshell pieces to thick paper or another piece of cardboard with glue!

Reflections
Just like mosaics, people and communities often “join together” during challenging times. When is a time that you remember joining together with others?
Have you heard any stories of people joining together during this time of quarantine and social isolation?
What was your favorite part of making your mosaic?
What will you title your mosaic?
FOOD SCRAP DYE

Quarantine has changed many aspects of our lives!

It can be hard to not have access to all the supplies you once had. Try being inventive by using food scraps to dye materials and create new things! You can create a rich array of dyes with what things you might otherwise be throwing away.

The following food scraps can be used to dye fabric/wool/yarn/cotton:

- **Red cabbage** → purple
- **Beets** → pink
- **Raspberries** → pink
- **Blackberries** → purple
- **Turmeric** → yellow
- **Paprika** → orange
- **Onion skins** → yellow, beige, brown
- **Avocado skins & pit** → pink

It is important to remember that making natural dyes from food scraps is not a perfected science. Colors may vary in shade! Also, certain materials may absorb the color differently.

Materials

- Food scraps of your choice
- Water
- Material of your choice (fabric, wool, yarn, cotton)
- Salt or vinegar (optional)

Steps

- Simmer food scraps in a pot of boiling water for at least an hour; if you want a darker color, allow the scraps to simmer even longer!
- Strain the food scraps out of the water and allow the water to cool.
- Boil your material in a salt or vinegar solution (1:16 parts water) to help fix dye. Be aware that natural materials may shrink during this process! (optional)
- Soak your material in dye and leave it for at least an hour. If you want richer color, you can leave the material to soak overnight.
- Wring out your material to get rid of excess dye.
- Wash your material!

Reflections

- What was this process like for you?
- What sort of material did you choose to dye?
- If you chose to dye a clothing garment, where do you think you will wear this item to?
- Did the dye you created have a certain smell?
- Did you mix food scraps to create your own unique color?

Sources:

MUD-LIKE COFFEE PLAYDOUGH

When we make and manipulate things with our hands, our brains release mood-lifting hormones that can help release stress and make us feel calm. Try mixing some things within your own kitchen - either fresh or used - to let loose and have some fun!

Materials
2 cups of flour (any kind)
½ cup of coffee grounds
1 Tbsp of instant coffee
1 cup of salt
2 tsp of cream of tartar
1 cup of boiling water
2 Tbsp of oil
Vegetable glycerine (optional)
Large mixing bowl

Steps
• Mix the flour, salt, coffee grounds, cream of tartar and oil in a large mixing bowl.
• Add the boiling water to the bowl.
• Stir until the mixture becomes sticky like dough!
• Add the vegetable glycerine if you wish (optional).
• Allow the mixture to cool down. Once it is cool, take it out of the bowl and begin to knead it until the stickiness is gone. This is the most important part of the process, so keep at it until it is the perfect consistency!
• If the mixture stays sticky, add a bit more flour.

Reflections
How did it feel to make clay out of food materials?
How do your hands feel?
What will you do with this dough?
MEAL-TIME MUSIC

“Food is music to the body. Music is food to the heart.” - Gregory David Roberts

After sharing so many meals at home together, it might be time to jazz things up! Creating musical instruments out of food waste is a fun way for parents to teach children how to reuse and repurpose materials. It is also a great way to incorporate music and dance into meal-time!

Materials
2 cups (paper or plastic) per instrument
Tape
Food waste that is hard – seeds or pits from fruit, raw rice or kernels, expired uncooked pasta or rice, coffee beans, etc.
Yarn (optional)
Beads, paint, markers (optional)

Steps
Gather food waste and rinse it with water; pat dry.
Pour a handful of food waste into one cup. Flip the second cup upside down and place it on top of the first so that the rims are touching.
Carefully wrap tape around the rims to secure them together. If yarn is accessible, wrap it around the tape for extra security.
If art materials are accessible, decorate the outside of the instrument. This step is not necessary!
Shake your instrument back and forth and listen to the music you have created!
As a family, come up with a song or dance that can be performed with this instrument around meal-time.

Reflections
What food waste did you put inside your instrument?
What sound does the instrument(s) make?
Will your family use this instrument before meals or after meals?
What did it feel like to create an instrument out of food waste?
Where will the instrument(s) be kept?
BREATHING WAND

Sometimes when we are overwhelmed, our breathing can become very shallow. It is important to keep our breathing regular and take deep breaths in order to fill our bodies with oxygen. This helps us feel calm when we are stressed. A breathing wand is a great tool to use to notice your breath. Whether you are mad or anxious, breathing through a wand can help you to feel better.

Materials
Paper towel tube
Scissors
Things to decorate the tube with (markers, crayons, paint, sequins, gems, etc.)
Sticky tape
Glue
Ribbon, streamers, tinsel, or thin strips of paper

Steps
Cut a 1.5 inch strip off the end of your paper towel tube.
Apply glue to the inside of this small tube.
Press the ribbons (or other) into the glue so that they stream out one end of the tube.
Set it aside to dry.
Decorate the large part of the tube with whatever materials are available to you.
Once everything is dry, attach the small tube to the large tube by using two pieces of sticky tape at the bottom of both sides.
Now you can breathe! Take long, deep inhales with the breathing wand in front of your face.
Exhale through your mouth with enough force to make the ribbons blow.
Continue breathing through the wand until you feel yourself relax.

Reflections
What was the process of creating the wand like for you?
How would you describe your breathing before using the wand?
How would you describe your breathing after using the wand?
When will you use this wand in the future?
**FOOD WRAPPER COLLAGE**

During these times, we find ourselves more appreciative of the resources we have - especially food! Food packaging is made from different materials and can come in all different shapes and sizes. Some materials can be recycled, but not all can be. How can you reuse the wrappers and packaging of the products you consume? How can things that you would normally recycle be used to create something different?

**Materials**
- Food wrappers (candy wrappers, cereal boxes, stickers or labels, plastic baggies, etc.)
- A paper or cardboard base
- Glue or tape

**Steps**
- Gather your wrappers.
- Clean the wrappers to get rid of any food residue, smell, or sugar. A wet napkin or paper towel should do the trick! Dry them before you move on to Step 3.
- Arrange your wrappers any way you like on your paper or cardboard base. Try rolling them and folding them into new shapes.
- Apply glue or tape to the back of each wrapper and create your collage.
- Display your art!

**Reflections**
- What else have you begun to use in a different way that it was intended?
- Which wrapper is your favorite? Why?
- What types of food did these wrappers come from?
- Which of these foods do you eat the most of?
- Did you organize the wrappers in a particular way?
MINDFULNESS BOTTLE

Practicing mindfulness encourages us to be fully attuned to our present moment and space. We focus on our awareness and our feelings and turn down the noise of constant, intruding thoughts.

Materials
Any clear bottle with a tight lid (preferably plastic so it does not break)
Water
Food coloring
Small objects around the home (buttons, paper clips and other shiny materials, beads of all sizes, sequins, broken jewelry)
Cut strands of ribbons, pieces of colored or clear plastic, bubble wrap
Hole puncher and/or scissors
Glitter (optional)

Steps
Rinse your bottle with water to make sure it is clean. As it dries, take a look at what objects and materials you have collected. Make sure that the objects are small enough to fit through the opening of the bottle.
Fill half of the bottle with water.
Add any food coloring you would like to the water. Make sure the water still has a see through quality!
Add the objects you have collected into the bottle. Pause for a moment to make sure you don’t have too many objects. You want to be able for them to float and move around.
Add some glitter! (optional)
Close the bottle cap tightly. Once the bottle is sealed tight, give it a little shake.
Rotate the bottle, turning it upside down and right side up. Try to direct all your attention to the objects moving inside. Tune everything else around you out as you just focus.

Reflections
When will you use this mindfulness bottle?
What is your favorite item that you placed inside?
Were you able to focus on the small objects floating around? Take a deep breath.
What do you notice within your body as you focus on the objects floating in your bottle?
Have you been able to focus on your activities one at a time lately? It can be hard to focus when we are filled with so much uncertainty. Giving ourselves space to just be present in our bodies will aid in stress reduction.
HOLLOWED EGGSHELL VASE

This exercise adapts the tradition of painting eggs and utilizes the eggshell as both a canvass and/or a vase. Eggs are used in so many different recipes, so you can add more to your collection every time you cook with eggs!

Materials
Raw Eggs
Butter Knife
Paint
Small flowers or herbs.
Egg carton

Steps
Use the butter knife to gently break the top of the shell.
Carefully remove the top of the shell.
Empty out the egg in a bowl and use it for your recipe!
Wash the shell and leave it dry.
Once dry you can paint it!
After you paint it you can put the hollow side down in the carton or put it up and fill it with water and flowers or soil and seeds!

Reflections
Would you normally consider the eggshell as a material to do art with? What other everyday objects can you use to create?
How did it feel working with something so fragile?
CREATIVE KITCHEN | 152

CELEBRATION FRUIT GARLANDS

Celebrations during this time can be hard to manage. It can be weird not celebrating special occasions with friends and family. Think about planning your own celebration - for any day! Celebrate the new moon, Fridays or any novel idea. Sometimes fresh produce starts to go bad before we get to use it. One way to reduce waste is by turning these old fruits into celebration garlands! Celebration garlands are a great way to bring some fun into your home and make special occasions during quarantine feel a bit brighter!

Materials
Lemons, oranges, grapefruit, or apples!
Baking sheet
Parchment paper
Twine
An embroidery needle

Steps
Preheat your oven to 200 degrees Fahrenheit.
Cut the fruit into thin slices - about ¼ of an inch thick.
Cover your baking sheet with parchment paper. Line the paper with the fruit slices!
Once the oven is ready, place the baking sheet inside and wait 3 hours. The fruit should no longer be juicy and the edges should have darkened a bit.
Remove the baking sheet from the oven and let it cool.
Thread twine through an embroidery needle and begin to push the needle through the fruit slices.
Tie off the ends when you are finished. Leave enough twine on either end of your garland so that it can be hung!

Reflections
What are you choosing to celebrate today?
Which fruit changed the most in the oven?
Does your garland have a smell?
What will your next celebration be?
How did your mood change when you planned for an unexpected celebration?
GROW-YOUR-OWN!

To plant a garden is to believe in tomorrow! - Audrey Hepburn

Many different herbs and vegetables can be re-grown right in your own kitchen! All you need to grow new life is a sunny window and a small container of water! The following list includes foods that can be re-grown from their scraps: green onions, leeks, romaine lettuce, celery, bok choy, lemongrass, and carrot tops!

The directions below will provide instructions for re-growing celery. Remember: you can follow the same steps with any of the other foods mentioned above!

Materials
A fresh bunch of celery from the supermarket - the root end is the part you will need!
A glass bowl
Potting soil and a pot (not required)

Steps
Cut off the root end of your celery bunch or other vegetable (about 2 inches!)
Place the root end in a shallow glass bowl. Fill with water until 1 inch of the celery is in the water.
Place the bowl where it will get natural sunlight - the root will need several hours of light each day to grow.
Change the water in the bowl every 3-4 days. This will keep it fresh.
Within a week you should start to see small roots growing!

Reflections
What food did you choose to grow? How long did it take for growth to begin?
Do you think you will try this experiment again with another type of food?
What was your favorite part of this process?

OPTIONAL: Once the roots are about an inch long, you can transfer the growing stalk into soil. This will help your vegetables to grow bigger and stronger.
Fill a small pot with potting soil. Place your celery roots in the soil and pat down the soil around it.
Your vegetables should continue to grow! If the days are very hot, be sure to give your growing vegetable some shade and extra water!

Sources:
Buzzfeed and Garden Tech
For a fun - and edible - experiment, try creating your own broth! It’s a delicious way to use up leftover foods in your kitchen. Broths are healthy, hardy and full of nutrients! You can create your own broth with any washed vegetable scraps you have, including: carrot tops, pumpkin “guts”, outside layers of onions, broccoli stalks, and pepper cores!

Steps
Simmer the vegetable scraps in a pot of water over stovetop for 20-30 minutes.
Strain the vegetables.
Salt the broth to taste and then use for noodles, soup or stew!
Meet the Contributors

ART THERAPY STUDENTS

Jessica Goldman* is a mother of three adolescents. She has found that quality family time often revolves around preparing and eating meals together. Thus, we nourish ourselves with more than just food, but also with an emotional connection and exchange of ideas (sometimes heated arguments, too!). Having grown up in Rio de Janeiro, Brazil, and studied in Europe, Jessica appreciates the influence that all cultures bring to the table. And, as a graduate student of art therapy at NYU, she believes in the power of creativity in healing. For these reasons, Jessica is excited to be a part of this project in hopes that it will engage families in the art of cooking, togetherness, and self-care, especially during difficult times.

Amanda Hartwell is currently a first year Art Therapy student. One day Amanda wants to open her own wellness center focusing on the mind-body connection through mindfulness, yoga, and art therapy. Getting involved in this cookbook was a perfect match with her interests. Amanda believes that food nourishes your body in the same way problem solving nourishes your creativity.

Wannha Klinpun is an NYU Graduate Art Therapy student from Thailand who loves to travel and has visited 28 countries (still counting). Her interests lie in art, language, culture, and food. Growing up in Bangkok, Thailand familiarized Wannha with an assortment of spices and spicy foods. While spending some time during high school in a small town in Colorado, she expanded her American food tasting experience. Wannha loves exploring new ways of making food and conducting food experiments in her petite kitchen. “If I want to eat it, I will make it!” is one of her mottos. Wannha hopes this cookbook is a guide and inspiration for anyone who wants to learn about gastronomy in creative ways.

Kyle McKeen is a first-year art therapy student planning to graduate in 2021. After Kyle graduates, he hopes to use his background in film to develop filmmaking in art therapy and start his own private practice. One day, many years from now, he also hopes to open a bakery. For Kyle, art and cooking are intrinsically connected. Kyle has turned to both while quarantined with his family. Kyle picked up his first cookbook (Julia Child, obviously) at the age of 10 and ever since then has had a deep connection to the art of cooking. Kyle hopes this book can connect a new audience to a different side of their creativity and inspire them beyond the recipes!

Kirara Miyahara, MA grew up in Japan and Singapore with a chef/creative father, an herbalist/artistic mother, and a nutritionist/budget-savvy aunt. Creative cooking has always been a part of her life. Kirara strongly believes food is an emotional art form and has the power to heal. Living in the United States for further education in art therapy has highlighted her own unique relationship to food, as her daily packed bento were often met with glances and comments of curiosity from peers. Kirara’s participation in this project is her way of thanking her community for their curiosity and open-mindedness to new food experiences. Now more than ever, curiosity and creativity can be used in the kitchen to make the most of our lives, and it Kirara’s hope that this book will inspire you in surprising ways!
Gabriella Romero**, MA graduated from NYU Steinhardt with a Master of Arts degree in Art Therapy in May 2020. As she enters the field, she has a list of dreams to chase... she would love to work in a psychiatric hospital, write a book, and have her own private practice one day. Working on this cookbook was an opportunity for Gabriella to engage with her biggest inspirations as both an artist and therapist: her mixed heritage, Mother Nature, and the magic of human connection. All of Gabriella’s contributions to this cookbook are dedicated to her Grandma Lily from Puerto Rico and Dziadzi Al from Poland, who filled her childhood with yellow rice and sequins, bacalao and pencil drawings, pierogis and imagination. In these uncertain times, Gabriella prays that this book helps readers reconnect with their bodies and take care of the various facets of themselves – the creative, the curious, and the chef!

Leesa Tabrizi, MA and her family collectively come from various nationalities ranging from Persian to German. Despite the differences in preferences and techniques, cooking and eating has always had its way of uniting Leesa and her family in unexpected ways. The Graduate Art Therapy Program at NYU has taught Leesa how creatively engaging our minds using art materials can improve our wellbeing, and she believes edible ingredients can be used similarly. It is Leesa’s hope that those who use this book can try not just good recipes, but a new perspective on how food relates to wellbeing in a holistic way.

Jennifer Warpool is a rising second-year student in NYU’s Graduate Art Therapy Program. Jennifer believes that the mind, body, and spirit are connected and that creativity, whether through art, cooking, or other mediums, has the power to heal. Jennifer has a deep passion for food and how it relates to our overall health. This cookbook introduces these concepts in an approachable way, and she hope that those who engage with it find a sense of peace and comfort during these trying times.

STUDIO ART STUDENTS

Maya Beverly, BFA obtained her Bachelor of Fine Arts degree in Studio Art in May 2020. As an interdisciplinary visual artist, she primarily concentrates on sculpture, painting, and digital. For Maya it has been an honor to help illustrate the amazing recipes and exciting projects featured in this book. Maya was inspired to take on this project because food has the power to bring people together and is an art form. During these uncertain times, she hopes that this project can instill some comfort and inspire creativity in children and their families.

Anna Fleury, BFA graduated from NYU Steinhardt with a Bachelor of Fine Arts degree in Studio Art in May 2020. Anna was thrilled to be invited to collaborate on the illustrated components in this book. Being able to work with a group of people coming from so many diverse disciplines to be able to pull this together, is really a testament to the power of art, food, and culture to bring people together. Anna’s hope is that this project will bring comfort, inspire joy, and spark some creativity.

Hyunyoung Mia Park*** is a first-year studio art student planning to graduate in 2023. Hyunyoung is interested in various professions such as curator, art therapist, art teacher, and designer. Hyun Young grew up in South Korea and spent time with her grandmother who always cooked Korean traditional dishes. She loves her grandmother’s Kimbab, a Korean dish made from rice and other ingredients - ham, spinach, pickled radish- that are rolled in dried seaweed. When she sees her grandmother making Kimbab, Hyun
Young can feel her endeavor, passion, and happiness. Thus, for Hyun Young, food is more than just filling her stomach. It is the outcome of one’s creativity and effort. Hyun Young’s role in this project is to illustrate our book so our readers can be visually engaged. She hopes that this book will help them to demonstrate their curiosity and creativity in their kitchens!

NUTRITION STUDENTS

Valisha Barclay is currently a graduate student in the Dietetic internship at NYU Steinhardt School of Culture, Education, and Human Development. She grew up in the small country of Guyana and moved with her family to New York in 2001. Valisha enjoys cooking foods from every culture and is always trying new recipes. Collaborating on this book was an easy decision because she enjoys cooking with her toddler and experimenting in her tiny New York kitchen.

Sarah Mandel is a Dietetic Intern and graduate student in Clinical Nutrition at NYU Steinhardt. Before her graduate studies, she worked in communications for multiple non-profit organizations, where she helped promote initiatives on sustainable food practices. She holds a BA in Sociology from Hamilton College. Sarah was thrilled to contribute to this project because she loves experimenting with nutritious, creative recipes and hopes to inspire you to do so as well.

Evangaleena (Vangie) Marino was born and raised in Salt Lake City, UT. She obtained her Bachelor of Arts in Biology with a minor in Chemistry from the University of Utah. After graduation, she moved to New York City to teach middle school science with Teach For America. Now, Vangie is completing a Master of Science in Clinical Dietetics and the Dietetic Internship at New York University. She believes healthy eating is about nourishing the mind and soul as much as it is about nourishing our bodies. Her mission is to provide people with the tools they need to be able to have a full and authentic relationship with food that is relevant to their unique experience.

Lucy Wild is a Dietetic Intern and a Clinical Nutrition MS student at NYU Steinhardt. Lucy comes from a background in dance and the performing arts and is currently performing as a principal character in Third Rail Project’s Then She Fell. Lucy was drawn to this project as it is an intersection of her passions - nutrition and the arts. She could not be more excited to have a part in bringing healthy, wholesome creativity and food to your kitchen.

FACULTY AND STAFF

Marygrace Berberian, LCAT, ATR-BC, LCSW is a Clinical Assistant Professor of Art Therapy in the Department of Art and Art Professions, and Director of NYU Art Therapy in the Schools program. She is also a licensed and registered Art Therapist and Clinical Social Worker. As a native New Yorker, Marygrace has invested most of her 20-year career in establishing school-based art therapy initiatives throughout New York City for underserved children and families. Her co-edited book, Art Therapy Practices for Resilient Youth: A Strengths-Based Approach to At-Promise Children and Adolescents was published in January 2020.
Vivienne Felix, Ph.D. is the Senior Associate Director of Experiential Learning for NYU Steinhardt, where she collaborates with faculty and staff to advance experiential learning initiatives that complement the academic curriculum and foster students’ professional development. In this role, Vivienne manages the development of policies and best practices for internships, student teaching, fieldwork, clinical placements, and community engagement opportunities.

Vanessa Rissetto MS, RD, CDN is the Acting Director of the dietetic internship NYU. She is a registered dietitian/nutritionist who specializes in weight loss, weight management, and medical nutrition therapy as it relates to diabetes, cardiac disease, and gastrointestinal issues. Vanessa received her undergraduate degree at Fordham University and a Master’s degree at NYU where she also completed her nutrition training.

Lisa Sasson is the Associate Dean of Global Affairs and Experiential Learning and a clinical professor at New York University’s Department of Nutrition and Food Studies. She teaches a variety of undergraduate and graduate courses and works with the NYU dental faculty to advance nutrition and oral health in the dental curriculum. Lisa also leads NYU study abroad courses: Tuscany, Italy: Its Cuisine, and the Mediterranean Diet and Tel Aviv: Exploring Israel through Food, Nutrition and Culture. In addition, Lisa counsels private clients in healthy eating and weight management.

Special thanks to:
*Jessica Goldman for editing assistance.
**Gabi Romero for activity development.
***Hyunyoung Mia Park for most of the illustration work.
RECIPE FOR KINDNESS

Fold two hands together
And express a dash of sorrow
Marinate it overnight
And work on it tomorrow
Chop one grudge in tiny pieces
Add several cups of love
Dredge with a large sized smile
And mix the ingredients above
Dissolve the hate within you
By doing a very good deed
Dash in some help for any friend
If they should be in need
Stir in laughter, love and kindness
From the heart it has to come
Mix with genuine forgiveness
And give your neighbor some
The amount of people you can serve
From the recipe above
Is in the quality of its ingredients
And unlimited amounts of love.
This recipe is for the whole wide world
For everyone to make
Just get it all together
And cook for the world’s own sake!

Author Unknown. Excerpted from Klusster.