

# YUMMY & HEALTHY RECIPES FOR KIDS

Created by Slow Food USA  
in support of World Food Day 2019

## THE RECIPES

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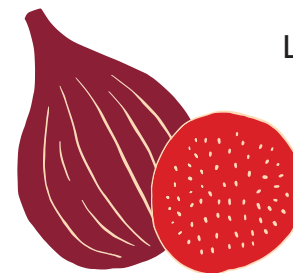
Indian Raita  
Pumpkin Hummus  
Summer Plant Parts Salsa  
Favorite Leaf Pesto  
Citrus Slaw  
Parsley Tabbouleh  
Fennel Apple Salad  
Corn & Bean Salad  
Cauliflower & Tomato Stew  
Sesame Chard  
Caramelized Onions & Carrots  
Seasonal Berry Lemonade



### TIPS FOR THE MOST DELICIOUS DISHES!

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Pick recipes that use in-season ingredients. If you're not sure what's in season, just take a look around the farmers' market or ask a gardener!



Local and climate-friendly ingredients will have the most flavor. Starting with flavorful ingredients is the best way to make a flavorful dish!

Follow your gut! Be creative, make substitutions, leave out flavors you don't love, add flavors you do love. That's the magic of cooking in your own kitchen!



Hi There!

Every year on October 16, World Food Day celebrates healthy eating and reminds us to lead an active life. We take this opportunity each year to focus on the nutrition in our food and where it comes from, as well as those who do not have enough of it.

Join us, the Food and Agriculture Organization of the United Nations (FAO) and Slow Food USA, to take action to promote healthy diets for a healthy planet in your own kitchen.

Our aim is to achieve Zero Hunger. That means bringing the number of people who are over- or underweight to zero while ensuring that no one goes to bed hungry. The good news is that healthy food is also super delicious. When we eat in season and cook with our families and friends, being healthy means laughing and learning together, and experiencing fresh and delicious flavors.

In this recipe book, you'll find a variety of fun, simple and healthy dishes using seasonal and locally sourced ingredients that are good for you and our planet too. You are the judge here—so tell us which dishes are your favorite and share them with your friends!

Now, time to wash up, get your apron on and change the world one dish at a time.

Have fun!

**Vimlendra Sharan**

*Director, Liaison Office for North America*  
Food and Agriculture Organization of the  
United Nations (FAO)

**Anna Mulé**

*Executive Director*  
Slow Food USA



# HEALTHY DIETS



FOR A  
**#ZEROHUNGER**  
WORLD

DESIGN  
GISELLE KENNEDY LORD

MADE WITH THE SUPPORT FROM  
FAO NORTH AMERICA  

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FAO.ORG/NORTH-AMERICA

ILLUSTRATION  
RED HERRING DESIGN



**[slowfoodusa.org/world-food-day](https://slowfoodusa.org/world-food-day)**

# INDIAN RAITA



*This fresh and simple mix can brighten up just about any dish as a dip or topping!*

RECIPE BY  
NEHA SHAH

## INGREDIENTS

1/2 cup plain locally grown yogurt  
1 cucumber, chopped and seeded  
1 carrot (any color!), shredded  
6 stems fresh cilantro, chopped  
1 scallion, chopped  
1/4 tsp ground coriander  
1/4 tsp ground cumin

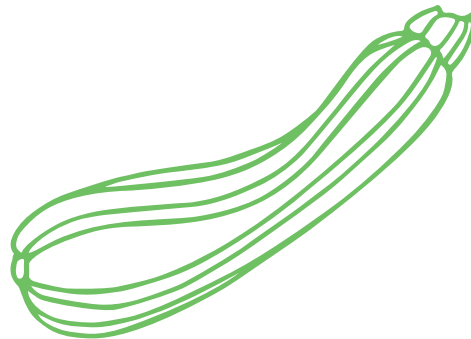
## PREPARATION

Chop all your veggies. Mix all ingredients in a medium-sized bowl. Cover and chill until ready to serve.

Enjoy!

## TOOLS

medium-sized bowl  
a good knife  
measuring spoons



*This is a fun and tasty take on hummus—a very common and beloved food in the Middle East. Use it to dip your favorite veggie or cracker in as your next after-school snack or to spread it on a sandwich!*

# PUMPKIN HUMMUS

RECIPE BY KIM AMAN

## INGREDIENTS

2 cups pumpkin puree  
2 Tbsp tahini  
1 garlic clove  
1 tsp olive oil  
1/2 tsp cumin  
1/2 tsp salt

## TOOLS

small bowl  
food processor or blender  
measuring spoons

**To make your own pumpkin puree:** set your oven to 450°, cut one small pumpkin or squash in half, drizzle a little olive oil on it and roast until it's soft enough to stick a fork in it.

## PREPARATION

Begin by adding your pumpkin puree to blender or food processor and blend until smooth. Add the rest of your ingredients and continue blending until everything is mixed together and smooth. If the mixture is too thick, add a tiny bit of very cold water. Taste a small spoonful and add a pinch of salt until it's just right!

Serve with toasted pita bread.



# SUMMER PLANT PARTS SALSA

Stems, roots, leaves,  
flowers, fruits & seeds!

RECIPE BY  
BRENDA RUIZ

## TOOLS

mixing bowl  
a good knife  
citrus squeezer  
measuring spoons

## INGREDIENTS

3 green onions, sliced thin  
4 radishes (or other root), diced  
10 sprigs cilantro, chopped  
1/2 small red or green cabbage  
1 corn cob  
3 medium tomatoes, diced  
small (roma tomatoes work  
great!)  
3 Tbsp lime juice  
1 tsp olive oil  
1 tsp salt

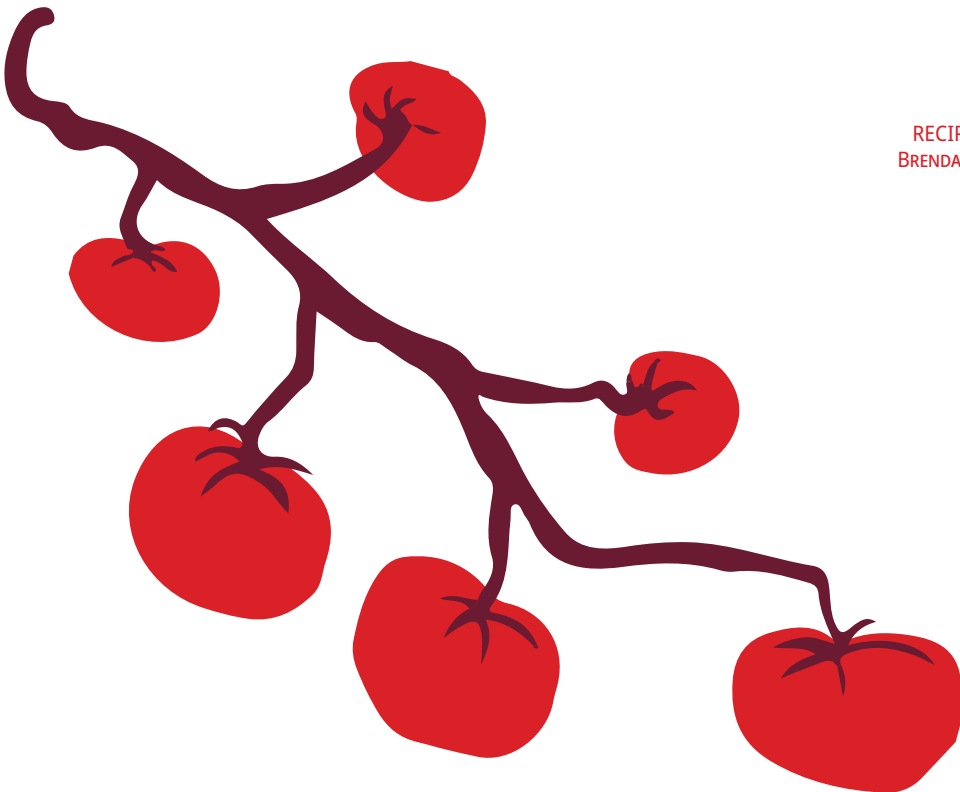
## PREPARATION

Prepare all the plant parts by slicing, dicing, chopping, or squeezing. Add ingredients one by one to a medium bowl.

Next, add the salt and olive oil. Taste as you go and add more as you need!

Stir well to combine all your summer plant parts.

Salud!



# FAVORITE LEAF PESTO

RECIPE BY  
LAURA NILES

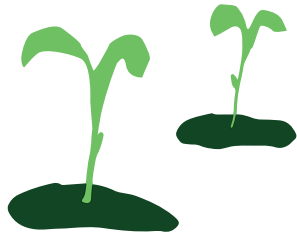
*You can make pesto with just about any tasty green leaf! Small, tender leaves are best—like basil, cilantro, marjoram or parsley. Pick your favorite leaf for this recipe!*

## INGREDIENTS

1 bunch of tender, tasty leaves  
3 Tbsp your choice of oily nut or seed (almond, walnut, pine or pumpkin seed)  
5 Tbsp hard cheese (like parmesan)  
2 cloves of garlic  
4 Tbsp olive oil  
pinch of salt  
1/4 of a lemon

## TOOLS

small bowl  
mortar and pestle or food processor  
cheese grater  
citrus squeezer  
measuring cups & spoons



## PREPARATION

Peel the skins off the garlic cloves. Place peeled cloves in mortar or food processor with a pinch of salt. Crush or grind the garlic until it releases some of its oil.

Roughly chop your leaves and add them to the mix. Crush or grind the leaves with the garlic and salt. Next, roughly chop the nuts and add them to the mix! Blend nuts into the mix using a circular motion. Add cheese. Keep mixing. Add oil, carry on mixing.

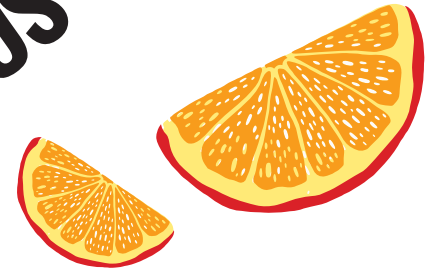


Squeeze the juice of 1/4 of a lemon into your pesto and mix. Fun fact: the lemon prevents the bruised leaves from turning brown!

*Did you know—citrus ripens in the winter? Look for good, sweet citrus in January and make a slaw to freshen up your dinner plate!*

RECIPE BY  
GIGIA KOLOUCH

# CITRUS SLAW



## INGREDIENTS

4 oranges  
1 cabbage  
1 red onion  
1 bunch cilantro, chopped  
1/2 bunch mint or basil, chopped  
2-3 limes, juiced  
1 tsp salt

## TOOLS

a good knife  
small bowl  
medium bowl  
citrus squeezer

## PREPARATION

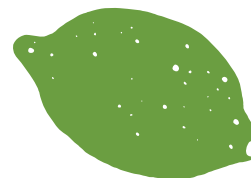
Remove the core from the cabbage and shred it into thin pieces.

Peel and chop the onion. Soak the onion in water while you are preparing the rest of the ingredients.

Peel the oranges and dice them into small pieces.

Chop the cilantro.  
Chop the mint.

Toss all of the ingredients together and enjoy!





*This is a super refreshing salad and has tons of ingredients that are very good for you! Try using an assortment of cherry tomatoes for an extra colorful salad.*

# PARSLEY TABBOULEH

RECIPE BY  
NEHA SHAH

## INGREDIENTS

2 bunches parsley  
1 small cucumber, peeled,  
seeded and diced  
4 scallions, thinly sliced  
2 tomatoes, diced  
2 Tbsp extra virgin olive oil  
10 mint leaves, chopped  
freshly squeezed lemon to taste  
1/4 tsp salt  
Freshly ground pepper

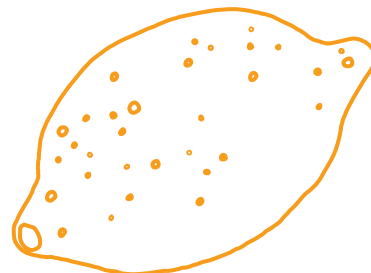
## TOOLS

a good knife  
food processor (optional)  
citrus squeezer  
small mixing bowl

## PREPARATION

De-stem and chop the parsley until very fine. You can also grind your parsley in a food processor, especially if you're using the curly kind!

Combine lemon, olive oil, garlic, salt and pepper in a small bowl. Toss the mixture with your chopped parsley.



Add mint, tomatoes, cucumber and scallions.

Toss everything together with love!

Serve at room temperature or chill in the refrigerator for at least 1 hour to serve cold.

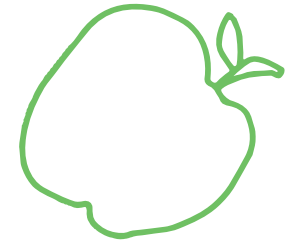
Yum!

*Parsley contains Vitamin K, C and A — all of which help your bones, your heart, your immune system and your eyes!*

# FENNEL APPLE SALAD

## INGREDIENTS

- 1 fennel bulb
- 1 apple
- 1/4 cup walnuts, toasted
- 1 Tbsp freshly grated ginger
- 1 Tbsp lemon juice
- 1/2 teaspoon salt
- 2 Tbsp sunflower or sesame oil
- 1 bunch arugula



RECIPE BY  
GIGIA KOLOUCH

## TOOLS

- 1 good knife
- 1 grater
- measuring spoons
- citrus juicer
- mixing bowl

## PREPARATION

Slice the apples and fennel into thin pieces. Toss with the walnuts, ginger, lemon juice, salt and sunflower oil.

Wash the arugula in cold water and spin it dry. Toss it with 1 teaspoon lemon juice, 1 tablespoon oil and 1/2 teaspoon salt.

Place the arugula on a platter and lay the apple fennel mixture over it.

Serve right away!

# CORN & BEAN SALAD



RECIPE BY  
KIM AMAN

## INGREDIENTS

2 ears fresh corn  
1 15 oz. can beans (your choice!), drained and rinsed  
1 15 oz. can garbanzo beans, drained and rinsed  
1 red bell pepper  
1 mango

### *Vinaigrette:*

2 limes, zested and juiced  
2 Tbsp balsamic vinegar  
1/2 cup chopped fresh basil leaves  
1 tsp ground cumin  
1/3 cup extra-virgin olive oil  
Kosher salt and freshly ground black pepper

## TOOLS

grill (optional)  
a good knife  
medium bowl  
small bowl  
whisk  
measuring spoons

## PREPARATION

Preheat a gas or charcoal grill. Peel back the corn husks. Remove the silks and replace the husks. Soak the corn in cold water for 30 minutes. Drain and place on the grill for 10 to 15 minutes. Cool completely and remove the husks. Using a sharp knife, remove the corn kernels.

Prepare your bell pepper by pulling away the seeds and white parts on the inside, then cut it into thumbnail-size pieces! Peel the mango, take out the big seed and cut it into small cubes.

In a medium bowl, mix together the grilled corn, black beans, garbanzo beans, bell pepper, and mango.

For the vinaigrette: in a small bowl, combine the lime zest, lime juice, balsamic vinegar, basil, and cumin. Slowly add the oil, whisking constantly until the mixture thickens. Season with salt and pepper, to taste.

Pour the vinaigrette over the salad and toss well. Refrigerate for 1 hour and toss again before serving.

*The preparation of this recipe calls for grilling your corn—but fresh, in-season corn is absolutely delicious with no cooking at all and raw ingredients are very nutritious! Think about skipping the grilling and just remove the fresh corn kernels from the cob, then add them to your salad and carry on with the rest of the recipe!*



# CAULIFLOWER & TOMATO STEW



RECIPE BY  
GIGIA KOLOUCH

## INGREDIENTS

1 onion  
3 cloves garlic  
1 head cauliflower  
3 ripe tomatoes or 1 14 oz. can diced tomatoes  
1/4 cup fresh mint leaves  
3 tablespoons olive oil  
2 cans white beans or chickpeas  
1 cup ditalini, cavatelli or other small pasta  
salt and pepper  
1/2 cup grated pecorino cheese



## TOOLS

a good knife  
large pot  
colander  
measuring spoons

*When cauliflower is fresh and in season, it is SO tasty, which is great because it's one of the healthiest veggies you can eat! It's got lots of fiber and Vitamin B and even helps your brain with learning and remembering.*

## PREPARATION

Remove the core from the cauliflower and cut into small pieces. Dice the tomatoes. Dice the onion and the garlic. Coarsely chop the mint.

Heat the olive oil in a large pot. Sauté the onion, garlic and cauliflower on medium heat until soft, about 15 minutes. Add the tomatoes and beans or chickpeas, along with 2 cups of water and 1 teaspoon of salt.

Meanwhile, bring a large pot of water to a boil and then cook the pasta according to the directions on the package. Drain, and add to the soup. You can add more water until you have your desired soupiness.

Stir in the mint and the pecorino cheese. Add salt and pepper to taste. Enjoy!



# SESAME CHARD

RECIPE BY GIGIA KOLOUCH

## INGREDIENTS

1 bunch of chard  
3 Tbsp soy sauce  
2 Tbsps sesame oil  
1 Tbsp sesame seed  
1 clove crushed garlic  
1 Tbsp sugar  
1 Tbsp rice wine vinegar

## TOOLS

small bowl  
large bowl  
measuring spoons  
large pot  
strainer

## PREPARATION

Rinse the chard until all of the dirt has been removed. Separate the stems from the leaves with a knife. Bring a large pot of water to a boil. Put each of the leaves in the boiling water for 15 seconds. Remove the chard with a strainer. Let it cool and then squeeze the water out and roughly chop the chard.

In a small bowl, mix soy sauce, sesame oil, sesame seeds, crushed garlic, sugar and rice wine vinegar.

Toss the chard with the dressing you just made. Delicious!



## INGREDIENTS

1 lb small carrots  
8 small pearl or cipollini onions  
Handful of sage leaves  
3 Tbsp butter  
2 Tbsp brown sugar  
2 Tbsp water  
2 Tbsp balsamic vinegar  
Salt and pepper to taste

## TOOLS

small bowl  
measuring spoons  
a good knife  
skillet

# CARAMELIZED CARROTS & ONIONS

RECIPE BY  
GIGIA KOLOUCH

## PREPARATION

Peel the carrots and remove the tops and tips. Cut the tops and bottoms off of the onions and peel them. Cut the sage into thin strips.

Heat the butter on medium in a skillet. Add the carrots and onions. Let them cook on medium heat, stirring a few times until they start to brown. Sprinkle the sugar over them and let them caramelize. Add the 2 tablespoons of water and turn to low. Cook 5 minutes, or until the carrots are just tender.

Remove the lid, add the balsamic vinegar and sage. Cook until the liquid is a thin glaze and then add salt and pepper to taste. Serve at room temperature. The carrots will taste less acidic once they have cooled so take care to season accordingly.

Swiss chard, rainbow chard,  
all the chard. It's delicious!

# SEASONAL BERRY LEMONADE



RECIPE BY  
GISELLE KENNEDY LORD

## INGREDIENTS

6 lemons  
3 Tbsp maple or agave syrup  
1 cup seasonal berries or fruit, like  
strawberries, cherries or mango  
1.5 cups cold water  
ice  
mint or basil (optional)

## TOOLS

citrus squeezer  
pitcher  
large wooden spoon  
food processor or blender  
small knife  
measuring cup

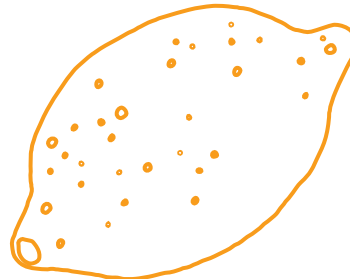
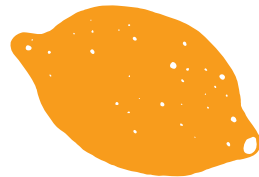
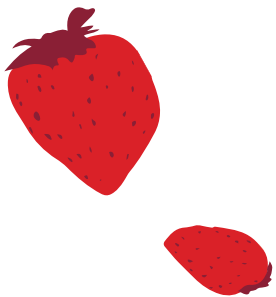
## PREPARATION

Juice all of your lemons!

Add lemon juice, water and maple  
syrup to the pitcher and stir.

Cut your chosen fruit into small pieces  
and smoothie your fruit in a food  
processor or blender. Add fruit to your  
lemon juice mix and stir again.

Add more ice, stir one last time  
and drink up!





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This recipe booklet was created in collaboration with FAO North America for World Food Day.