

Recipe and Taste Testing Resources

Recipe Resources

New School Cuisine [Cookbook](#) (See pages 15-18 for Tips for Rolling out a New Recipe at School)

Consider trying the following recipes per vegetable subgroup:

Dark Green:

- Broccoli Salad
- Braised Greens and Beans
- Mac and Trees

Red/Orange:

- Sweet Potato and Black Bean Salad
- Cheesy Twice Baked Sweet Potato
- Sweet Potato Hummus

Beans/Peas/Lentils:

- Southwestern White Bean Soup
- Sweet Potato and Black Bean Salad
- Chicken and Bean Enchilada Bake
- Lentil Soup
- Sloppy Lentil Joes

Team Nutrition [Recipes](#) and Cookbook Toolkit

Team Nutrition provides USDA recipes and cookbooks that feature dark green and orange vegetables, dry beans and peas, and whole grains. Try these kid-tested, kid-approved recipes today! Available in home sized, childcare (25-50 servings) and school (50-100 servings) sized amounts.

Consider trying:

- Baked Sweet Potatoes and Apples
- Black Bean Hummus
- Corn and Edamame Medley
- Quick Baked Sweet Potatoes
- Fruit Salsa or Pico de Gallo

[Recipes](#) for Healthy Kids

Dark Green & Orange Vegetables

- Tasty Tots
- Central Valley Harvest Bake
- Stir-Fry Fajita Chicken, Squash, and Corn
- Bok Choy Wrappers
- Crunchy Hawaiian Chicken Wrap
- Harvest Delight
- Roasted Fish Crispy Slaw Wrap
- Squish Squash Lasagna
- Sweet Potato and Black Bean Stew

Dry Beans and Peas

- Tuscan Smoked Turkey and Bean Soup
- Lentils of the Southwest
- Smokin' Powerhouse Chili
- Confetti Soup
- Eagle Pizza
- Fiesta Mexican Lasagna
- Fiesta Wrap
- Harvest Stew
- Purple Power Bean Wrap
- Spanish Chickpea Stew
- Vegetable Chili Boat

Scratch Cooking Recipe [Book](#) from Washington State Schools

<http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/pubdocs/ChildNutritionRecipeBook.pdf>

Consider trying:

- Crispy Roasted Chickpeas w/Moroccan Spice Mix (page 48)
- Crunchy Roasted Lentils (page 49)
- Tunisian Chickpeas (page 62)

Let's Eat Healthy School Meals from Project Bread [Cookbook](#)

This resource offers recipes in these categories; all standardized to 100 servings.

Dark Green vegetables:

Cream of Broccoli Soup
Cumin Roasted Broccoli
Raw Kale Salad
Roasted Cauliflower and Broccoli
Sautéed Collard Greens with Sweet Tomato
Sautéed Kale with Ginger and Soy

Red Orange vegetables:

Brown Rice Pilaf with Carrots and Fresh Dill
Butternut Squash Bisque
Carrot Fries
Cider Glazed Squash
Creamy Pumpkin Brown Rice
Lemon-Roasted Carrots
Mashed Sweet Potatoes
Moroccan Carrot Salad
Roasted Sweet Potato Salad
Southwest Veggie Soup
Tomato Cucumber Parsley Salad
Tomato Soup
Vin's Minestrone Soup

Beans/Peas/Lentils:

Baked Beans with Cilantro
Bean Taco
Black Bean and Corn Salad
Cajun Red Beans and Rice
Curried Chickpeas
Jeanne's Lentil Soup
Mexican Seven Layer Dip
Mexican White Bean and Corn Soup
North African Gumbo
Tomato and Cannellini Bean Soup
Two Bean Salad
Vin's Vegetarian Chili
Yellow Pea Soup

Lentils: Gems in the Treasure State [Booklet](#)

Taste Testing Resources

An effective Smarter Lunchroom strategy is to conduct taste tests with new recipes. It's even better if you involve students in leading the taste tests and sharing the results.

Taste Testing with Kids Fact [Sheet](#) - Montana Team Nutrition Program

Harvest of the Month Taste Testing with Students [Guide](#)- any school can use this guide to learn how to do taste tests. (You do not have to be enrolled in Harvest of the Month to use it).

Let's Eat- Engaging Students in Smarter Lunchrooms

Conduct a Taste Test [lesson plan](#). Does your school have a Family Consumer Science teacher, Health Enhancement teacher or an advisor of a student club interested in leading this lesson?