Our Favorite School Food Recipes

Family Portions (4-6 servings)

As part of the International Flavors series, these recipes were sourced from members of our Cambridge community, adapted for use in school cafeterias, and taste-tested with students across the district! This project is part of a longstanding collaboration between the Cambridge Public Health Department (Cambridge in Motion team) and the CPSD Food and Nutrition Services Department.

Want to share a family recipe? Email Rachael Cross, Public Health Nutritionist at rcross@challiance.org

Recipes Sourced From
CPSD Food & Nutrition Services

Updated July 2022
Bangladeshi Chicken Biryani

**Servings: 4**

**INGREDIENTS**
- 2 TBSP Vegetable oil
- 1/2 cup spanish onions, peeled & diced
- 2 cloves garlic, chopped
- 1 TBSP ginger, finely diced
- 1/2 tsp salt
- 1 TBSP Biryani spice mix*
- 2 cups crushed tomatoes
- 2 cups potatoes, cooked and cubed
- 6 oz plain, unsweetened yogurt
- 1 lb chicken, cooked & diced

**INSTRUCTIONS**
1. In a large skillet, warm the vegetable oil over medium high heat.
2. Add the onions and ginger and cook until onions are translucent, stirring often.
3. Add the garlic and salt, cook for 1 minute.
4. Stir in the Biryani spice mix* (see below) and cook for 2 minutes.
5. Add crushed tomatoes and bring to a boil, then reduce heat and simmer for 8-10 minutes.
6. Stir in the cooked chicken and yogurt, and simmer on very low heat for 10 minutes.
7. Stir in cooked potatoes, simmer for 5 more minutes, stirring gently.
8. Serve over rice and enjoy!

*Biryani Spice Mix: 1/2 tsp Chili Powder, 1/2 tsp Black Pepper, 1 tsp Turmeric, 1/2 tsp Cardamom, 1 tsp Salt.

Ethiopian Doro Wat

**Servings: 4**

**INGREDIENTS**
- 1 TBSP Vegetable oil
- 1 cup yellow onions, diced
- 2 cloves garlic, minced
- 1 tsp ginger, chopped
- 2 TBSP Berbere spice mix*
- 15 oz crushed tomatoes
- 15 oz diced tomatoes
- 2 cups water
- 1 lb chicken, cooked & diced
- 1/4 cup scallions, thinly sliced

**INSTRUCTIONS**
1. In a large skillet, warm the vegetable oil over medium-high heat.
2. Reduce the heat to low and add the onions, stirring occasionally, cook for 10 minutes until soft.
3. Add garlic and ginger, cook for 5 minutes.
4. Add Berbere spice mix, cook for 3 minutes, stirring frequently.
5. Stir in tomatoes and water, turn up heat to high and bring to a boil. Once boiling, reduce to a simmer for 30 minutes.
6. Add cooked chicken and simmer for 10 minutes.
7. Serve with brown rice and injera, and garnish with scallions.

*Berbere Spice Mix: 3/4 cup Pure Chili Powder, 1/2 cup Sweet Paprika, 1/4 cup Salt, 4 tsp Coriander, 2 tsp Ginger, 1 1/2 tsp Cardamom, 1 1/3 tsp Fenugreek, 1 tsp Nutmeg, 1 tsp Allspice, 1/2 tsp Cloves (all spices are ground)
Haitian Legume (Legim)

**SERVINGS:** 4 - 6

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>INSTRUCTIONS</th>
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<tbody>
<tr>
<td>2 TBSP vegetable oil</td>
<td>1. In a large skillet, warm the vegetable oil over medium high heat.</td>
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<tr>
<td>1/2 cup onion, diced</td>
<td>2. Add the onions and garlic, cook until onions are translucent and garlic is golden.</td>
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<tr>
<td>2 cloves garlic, minced</td>
<td>3. Add bell peppers and cook for 5 minutes, stirring often.</td>
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<td>1 green bell pepper, diced</td>
<td>4. Add summer squash, zucchini and carrots, cook for 5 minutes, stirring often.</td>
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<td>1 red bell pepper, diced</td>
<td>5. Add eggplant, cabbage and seasonings and cook for 5 minutes, stirring often.</td>
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<td>1 summer squash, diced</td>
<td>6. Stir in broth and tomato paste. Once mixed well, stir in spinach and bring to a simmer.</td>
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<td>1 zucchini, diced</td>
<td>7. Add cooked chicken and simmer for 60 minutes, stirring every 15 minutes.</td>
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<td>1 large eggplant, diced</td>
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<td>1/2 cup carrots, sliced</td>
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<td>1 cup cabbage, shredded</td>
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<td>1 TBSP adobo seasoning</td>
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<td>1/4 tsp red pepper flakes</td>
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<tr>
<td>1 1/2 cup chicken broth</td>
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<td>2 TBSP tomato paste</td>
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<td>2 cups spinach</td>
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<td>1 lb chicken, cooked and diced</td>
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Notes: for a richer flavor, continue to simmer for up to 3 hours.

Chinese Tofu & Tomatoes

**SERVINGS:** 4

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<tr>
<td>2 TBSP vegetable oil</td>
<td>1. In a large skillet, warm the vegetable oil over medium-high heat.</td>
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<tr>
<td>2 cloves garlic, minced</td>
<td>2. Add garlic and cook until golden, 1 minute</td>
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<tr>
<td>6 Roma tomatoes, chopped</td>
<td>3. Add tomatoes, seasoning and soy sauce and cook until the tomatoes release their juices start to cook down.</td>
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<td>1/2 tsp salt</td>
<td>4. Add tofu and simmer for 10-15 minutes.</td>
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<td>1/4 tsp black pepper</td>
<td>5. Turn off heat and stir in the sesame oil.</td>
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<tr>
<td>1/2 tsp ground ginger</td>
<td>6. Serve warm over the rice and sprinkle with fresh scallions.</td>
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<tr>
<td>1/4 tsp crushed red pepper flakes</td>
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<tr>
<td>1 TBSP low-sodium soy sauce</td>
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<tr>
<td>14 oz extra firm tofu</td>
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<tr>
<td>1 TBSP sesame oil</td>
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<tr>
<td>1/4 cup scallions, thinly sliced</td>
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<tr>
<td>2 cups brown rice, cooked</td>
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Notes: Use 1 TBSP fresh ginger (minced) instead of the ground ginger for a bolder flavor.
Adapted from eatright.org

**10-12 years old**
- Help prevent heat and cut risk
- Follow a single recipe
- Choose clean and wash vegetables
- Blend soups and use a vegetable peeler
- Crack eggs into a bowl
- Make vegetables
- Use a rolling pin

**8-9 years old**
- Help in the kitchen, but be sure to supervise them closely
- Use cookie cutters
- Clean the kitchen
- Make a simple salad
- Use a vegetable peeler
- Chop food with a cutter
- Add a variety of fruits

**6-7 years old**
- Help prevent heat and cut risk
- Use a rolling pin
- Make a simple salad
- Use a vegetable peeler
- Chop food with a cutter

**3-5 years old**
- Adapted from eatright.org

**Kitchen Tasks Age-Appropriate**
- Adapted from eatright.org