

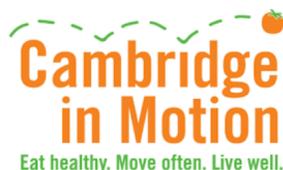


Our Favorite School Food Recipes

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**

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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.

*Berberere 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

INGREDIENTS

- 2 TBSP vegetable oil
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 summer squash, diced
- 1 zucchini, diced
- 1 large eggplant, diced
- 1/2 cup carrots, sliced
- 1 cup cabbage, shredded
- 1 TBSP adobo seasoning
- 1/4 tsp red pepper flakes
- 1 1/2 cup chicken broth
- 2 TBSP tomato paste
- 2 cups spinach
- 1 lb chicken, cooked and diced

INSTRUCTIONS

1. In a large skillet, warm the vegetable oil over medium high heat.
2. Add the onions and garlic, cook until onions are translucent and garlic is golden.
3. Add bell peppers and cook for 5 minutes, stirring often.
4. Add summer squash, zucchini and carrots, cook for 5 minutes, stirring often.
5. Add eggplant, cabbage and seasonings and cook for 5 minutes, stirring often.
6. Stir in broth and tomato paste. Once mixed well, stir in spinach and bring to a simmer.
7. Add cooked chicken and simmer for 60 minutes, stirring every 15 minutes.

Notes: for a richer flavor, continue to simmer for up to 3 hours.

Chinese Tofu & Tomatoes

Servings: 4

INGREDIENTS

- 2 TBSP vegetable oil
- 2 cloves garlic, minced
- 6 Roma tomatoes, chopped
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp ground ginger
- 1/4 tsp crushed red pepper flakes
- 1 TBSP low-sodium soy sauce
- 14 oz extra firm tofu
- 1 TBSP sesame oil
- 1/4 cup scallions, thinly sliced
- 2 cups brown rice, cooked

INSTRUCTIONS

1. In a large skillet, warm the vegetable oil over medium-high heat.
2. Add garlic and cook until golden, 1 minute
3. Add tomatoes, seasoning and soy sauce and cook until the tomatoes release their juices start to cook down.
4. Add tofu and simmer for 10-15 minutes.
5. Turn off heat and stir in the sesame oil.
6. Serve warm over the rice and sprinkle with fresh scallions.

Notes: Use 1 TBSP fresh ginger (minced) instead of the ground ginger for a bolder flavor.

AGE-APPROPRIATE KITCHEN TASKS

Adapted from eatright.org

3-5 YEARS OLD

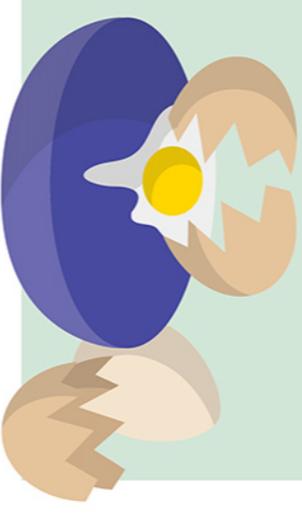
Children at this age love to help in the kitchen, but be sure to supervise them closely.



- Use cookie cutters
- Rinse produce in a large bowl filled with water
- Clear tabletops
- Mix simple ingredients
- Use a pastry brush to oil bread, vegetables and other foods
- Use a plastic knife to cut soft fruit or vegetables on a cutting board
- Use pieces of fruit to craft funny fruit faces

6-7 YEARS OLD

Kids can start to handle more complex kitchen tasks as their fine motor skills further develop around this age range.



- Crack eggs into a bowl
- Use a vegetable peeler
- De-seed peppers and tomatoes
- Shuck and rinse corn
- Use blunt scissors to cut green onions, parsley and other herbs
- Stir and prepare instant pudding
- Prepare lettuce for a salad

8-9 YEARS OLD

Skills and abilities within this age range tend to vary. Tailor cooking tasks to the child's maturity level.



- Rinse and clean vegetables
- Use a can opener
- Beat eggs
- Measure and mix dry ingredients
- Use a food thermometer
- Juice citrus fruits
- Pound chicken on a cutting board

10-12 YEARS OLD

Help preteens feel independent in the kitchen by providing them with more responsibilities (but still keep an eye on them!).



- Boil pasta and vegetables
- Simmer ingredients on the stovetop
- Follow a simple step-by-step recipe
- Slice and chop vegetables
- Bake and microwave foods