



power

up

eating better,
moving more.

SM

POWER CHEF

RECIPE CONTEST



Kids tuned up their taste buds, sharpened their chef skills and submitted their most delicious fruit or veggie inspired recipes. Here are the 5 finalists.



EASY PEASY BLUEBERRY SQUEEZY

Serves: 6

Recipe from the kitchen of Jada M. – Bloomington, MN

INGREDIENTS

- 1/3 cup plain non-fat Greek yogurt
- 1 teaspoon dill weed
- 1/8 - 1/4 teaspoon garlic powder to taste
- 1 orange bell pepper, diced
- 1 medium tomato, diced
- 1/2 cup blueberries, lightly mashed
- 1/2 cup shredded carrots
- Pita chips

PREPARATION

Wash your hands, get a clean cutting board, and ask permission or for adult help to use a knife to dice your pepper and tomato.

Combine yogurt, dill, onion powder and garlic powder in a small bowl and set aside.

Lightly mash blueberries in a big bowl.

Combine the diced bell pepper, tomato and carrots with the blueberries.

Add homemade dill dip and mix well.

Move to a serving bowl and serve with pita chips.



OVERACHIEVERS RAINBOW SALAD

Serves: 4

Recipe from the kitchen of Paul & Rita K. – Vadnais Heights, MN

INGREDIENTS

1/2 cup chopped purple carrot, orange carrot, and yellow carrot

1/2 cup chopped celery

3/4 cup chopped cauliflower (or broccoli)

1 cup chopped red cabbage (or other cabbage or greens like lettuce, kale, or chard)

3/4 cup chopped cucumber (or zucchini or summer squash)

1 apple chopped (or pear)

20 cherry tomatoes, cut in half

1/3 cup chopped cilantro (or other fresh herbs like basil or mint)

Dressing: 1 tablespoon of olive oil and a couple shakes of balsamic vinegar with a pinch of salt and pepper

PREPARATION

Choose 10 fruits or vegetables.

You can use fruits and vegetables that you already have at your house or buy your favorite ones at the store or the farmers market.

Wash all the fruits and vegetables. Chop or rip the fruits and vegetables into bite size pieces.

Fill your own bowl with your selection of 10 vegetable and fruit ingredients.

Add 1-2 tablespoons of the dressing.

Mix the ingredients with a spoon.

Combine salad with a whole grain, like wild rice, brown rice, quinoa, barley, or farro for a tasty meal!



RAINBOW ROLL UPS

Serves: 4-6

Recipe from the kitchen of Lila S. – Amery, WI

INGREDIENTS

- 9-ounce package fresh spinach
- 3/4 cup raspberry vinaigrette salad dressing (more or less to taste)
- 1 cup RED strawberries, chopped
- 1 cup ORANGE cantaloupe or oranges, chopped
- 1 cup YELLOW pineapple or bananas, chopped
- 1 cup GREEN grapes
- 1 cup BLUEberries
- 1 cup PURPLE grapes

PREPARATION

Wash your hands.

Wash and chop the RED, ORANGE, and YELLOW fruit into bite sized pieces. Wash the GREEN, BLUE and PURPLE fruit.

Arrange the fruit onto a plate or platter in the shape of a rainbow.

Rinse, then place the spinach in the center of the rainbow.

Drizzle the raspberry vinaigrette dressing over the top of the fruit.

This colorful snack is served by taking a large spinach leaf into your hand, and using a toothpick to select the fruit of your choice to place inside the spinach leaf. Then roll it up and enjoy!



TEMPEH OF LOVE

Serves: 4-6

Recipe from the kitchen of Freya K. - St. Paul, MN

INGREDIENTS

- 1 1/2 cups corn kernels, fresh off the cob or frozen
- 3/4 cup diced red bell pepper
- 6 ounces of black bean tempeh
or 1/2 cup black beans, rinsed
- 1/2 cup green onion
- 1/2 cup brown rice
- Salsa, to taste
- Mixed greens, to taste

PREPARATION

Bake tempeh (if using): cut tempeh block into 1 inch squares, bake on sheet sprayed with cooking spray at 350°F for 20 minutes, let cool.

Combine corn, red bell pepper, green onion and brown rice in a medium sized bowl.

Add cooled tempeh (or black beans) to bowl.

Mix in salsa to taste.

Serve on bed of mixed greens.

Enjoy!



UNROLLED EGG ROLL

Serves: 4

Recipe from the kitchen of Paul J. – Amery, WI

INGREDIENTS

- 2 tablespoons olive oil
- 1 pound lean ground pork
- 6 green onions, sliced, white and green part separated
- 6 garlic cloves, minced
- 1 tablespoon fresh grated ginger
- 14-ounce bag coleslaw mix
- 3 tablespoons soy sauce or coconut aminos
- 1 tablespoon white vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 tablespoon toasted sesame seed oil

PREPARATION

Heat olive oil in a large skillet. Add pork and cook until browned.

Add white parts of green onions, garlic and ginger and sauté until fragrant, about 3 minutes.

Add coleslaw mix, soy sauce/coconut aminos, vinegar, and salt and pepper. Cook, stirring frequently, until cabbage is tender, about 5 minutes.

Drizzle with sesame seed oil and toss to coat. Serve topped with green parts of green onions.