

HOUSTON INDEPENDENT SCHOOL DISTRICT

HAPPY HOLIDAY HARVEST



RECIPE BOOK





From the seed to the plate, the Food and Agriculture Literacy Department educates our students and community on all things food including Agriculture, Nutrition and Culinary. Also known as the FAL Department under Houston ISD Nutrition Service, we encourage our community to learn more about food and to not have just a consumer relationship with your food.

This holiday recipe book focuses on healthy eating with a few fantastic ingredients. If you only could buy a few main ingredients, how many recipes could you make with them?! This year our recipes focus on some of the foods we grew at our own STEAAM farm at Old Mykawa, starchy vegetables (squash, pumpkins and sweet potatoes) and greens (collards and kale). These are some of the healthier and more fulling foods you can eat over the holiday season. You could possibly add these recipes to your favorite holiday meal lineup.

The FAL Department is very happy and excited to present this holiday recipe book to you, our students and community members! Enjoy!

From our kitchens to yours,

Happy Holidays and Happy Healthy Eating!

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BREAKFAST



SWEET POTATO SPICE MUFFINS

This muffin was a favorite of our students. We converted the recipe into an easy-to-follow recipe that can be made at home. If you do not have sweet potatoes, use a winter squash like butternut squash or pumpkin puree.

Servings: 1 ½ dozen Regular Muffins

INGREDIENTS:

- 1 ¾ Cup Brown Sugar
- ¾ Cup Oil
- 3 Large Eggs
- 1 Teaspoon Vanilla Extract
- 2 Cups Sweet Potatoes, cooked and mashed
- 1 Cup Whole Wheat Flour
- 1 Cup All-Purpose Flour
- 1 Tablespoon Baking Powder
- 2 Teaspoons Baking Soda
- ¼ Teaspoon Salt
- 2 Teaspoons Ground Cinnamon
- ½ Cup Water



DIRECTIONS:

1. Preheat oven to 350°F.
2. Mix together sugar, oil, vanilla, and sweet potatoes to a large bowl.
3. Add eggs in (one at a times) to sweet potato mixture and mix well between each egg.
4. In a separate bowl, whisk together wheat flour, all-purpose flour, baking powder, baking soda, salt, and cinnamon.
5. Mix in half of the flour mixture to the sweet potato mixture. Mix well.
6. Mix in water to batter. Mix well.
7. Mix in remaining flour mixture to batter. Mix well.
8. Scoop batter into muffin tins (¾ full).
9. Bake for 23-30 minutes or until a toothpick comes out clean.
10. Allow muffins to cool and enjoy!

PUMPKIN PIE SMOOTHIE



This festive smoothie is sure to delight and get you in the holiday spirit. Start your day off with this tasty drink, with a healthy boost that will help you think! If you do not have pumpkin puree, use cooked sweet potatoes.

Servings: 1 Cup

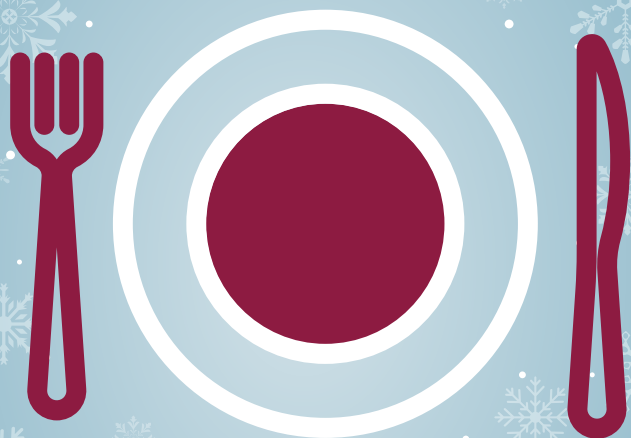
INGREDIENTS:

- 1 Frozen Banana, chopped
- ½ Cup Vanilla Greek Yogurt
- 1 Cup Kale, chopped (or other dark leafy green)
- ¾ Cup Pumpkin Puree (or cooked sweet potatoes)
- ½ Cup Fat-Free Milk (or dairy free milk)
- 1 Tablespoons Maple Syrup (or honey/agave)
- ¼ Teaspoon Ground Cinnamon
- ¼ Teaspoon Ground Nutmeg
- 1 Cup Ice

DIRECTIONS:

1. Gather and prep all ingredients.
2. Combine all ingredients in blender.
3. Blend until all ingredients are smooth and creamy. (Time depends on blender.)
4. Serve and enjoy!





LUNCH & DINNER



RED, WHITE AND GREENS

The FAL Department was able to plant a variety of greens at the STEAAM farm at Old Mykawa and using our hydroponic garden systems. No collard greens? Use another dark green leafy vegetable like kale or spinach.

Servings: 8 – ½ Cup

INGREDIENTS:

- 4** Cups Collard Greens, chopped and packed
- 1** Cup Vegetable Broth
- ½** Each Red Bell Pepper, medium dice
- ¼** Cup Onion, small dice
- 2** Cloves Garlic, minced (or 2 teaspoons)
- 1** Tablespoon Oil
- 1** Teaspoon Salt
- 1** Teaspoon Liquid Smoke (optional)

DIRECTIONS:

1. Wash, prep, and measure all ingredients.
2. In a large pan on medium heat, add in oil and onions. Cook onions until translucent (clear).
3. Add in bell pepper, garlic, salt, and vegetable broth. Cook together for 1 minute. (Add in liquid smoke if using.)
4. Add in collard greens. Mix well.
5. Cook greens for 4-6 minutes or until wilted and bright. Do not overcook.
6. Serve immediately and enjoy!





ZOOPENDOUS ZOODLE SALAD

A fun way to eat more vegetables is to make them into noodles. A spiralizer was used for this recipe to make zucchini noodles (aka zoodles). You can use diced zucchini or store bought zoodles. For more flavor, use the oil from the sun-dried tomato jar.

Servings: 1 ½ Portions

INGREDIENTS:

- 2 Each Large Zucchini, spiralized
- 1 Each Bell Pepper
- ½ Cup Sun-Dried Tomatoes, chopped
- ½ Cup Black Olives, sliced
- ¼ Cup Parmesan Cheese, grated
- ¼ Cup Olive Oil
- ¼ Cup Basil, chopped

DIRECTIONS:

1. Wash and prepare the zucchini and bell pepper.
2. Prepare sun-dried tomatoes, black olives and parmesan cheese.
3. In a large bowl, combine all ingredients and mix well.
4. Serve and enjoy!



HARVEST ENCHILADA

This recipe is warm, filling and wholesome. Use non-dairy cheese to make this dish vegan. The butternut squash can be replaced with another winter squash or sweet potatoes. The kale can be replaced with another dark leafy green; use another variety of bean if needed.

Servings: 8 Portions

INGREDIENTS:

- 3** Cups Butternut Squash, small/medium diced
- 2** Cups (packed) Fresh Kale, chopped
- 1 ½** Cups Black Beans, cooked
- 1** Bunch Fresh Cilantro, chopped
- 2** Tablespoon Oil
- 1** Tablespoon Lime Juice (or the juice of 1 each)
- 1** Teaspoon Garlic Powder
- 1** Teaspoon Ground Cumin
- 1** Teaspoon Chili Powder
- 1** Teaspoon Onion Powder
- ½** Teaspoon Black Pepper
- 1** Teaspoon Salt
- 1** 9 oz. Can Enchilada Sauce
- 14** Each Corn Tortillas
- 1** 8 oz. Bag Mexican Mix Cheese



DIRECTIONS:

1. Gather, wash and prep all ingredients.
2. Preheat oven to 375°F.
3. In a large bowl, mix together squash, kale, beans, cilantro, oil, lime juice, all spices, and salt. Set aside.
4. In a medium/large baking pan, pour ½ cup enchilada evenly in the baking pan. Make sure the sauce covers the bottom of the pan.
5. Place 8 tortillas on top of the enchilada sauce. Make sure the tortillas are evenly spaced out and cover the bottom on the pan.
6. Top tortillas with kale mixture.
7. Top kale mixture with remaining 8 tortillas. Make sure the tortillas are evenly spaced out and cover the kale mixture and pan.
8. Top tortillas with 1 cup enchilada sauce. Set remaining sauce aside.
9. Cover baking pan with foil and bake for 50-60 minutes (or until the butternut squash is fully cooked.)
10. Remove from oven and top with enchiladas with remaining sauce (spread evenly). Then top with cheese evenly.
11. Put enchiladas in oven uncovered to melt the cheese (about 3-5 minutes).



TOMATO BASIL KALE SOUP

This is a thick and hardy soup that will keep you warm and full. For a lighter soup, add in more vegetable broth. For a Southwest Chili style soup, replace oregano/basil with cumin/chili powder, carrots with corn, and lentils with black beans and/or pinto beans.

Servings: 1 – 8 Cups

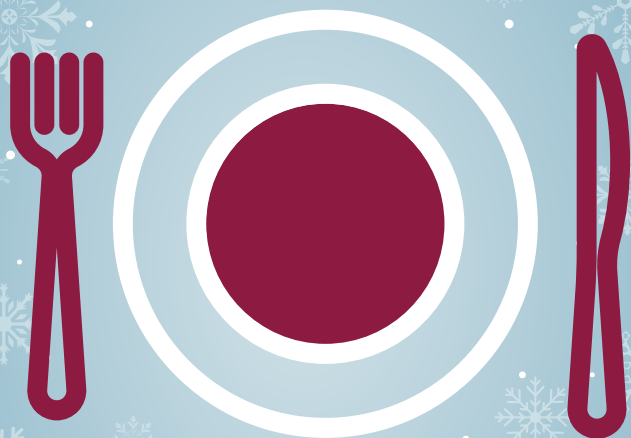
INGREDIENTS:

- 1 Small Onion, small diced
- 2 Medium Carrots, chopped
- 1 Teaspoon Garlic Powder
- 1 Tablespoon Dried Oregano
- 1 Tablespoon Dried Basil
- 1 Cup Dried Lentils
- 8 Cups Vegetable Broth/Stock
- 1 Can (28oz.) Crushed Tomatoes
- 2 Tablespoons Brown Sugar or Sugar
- 1 Teaspoon Salt
- 4 Cups (packed) Fresh Kale, stems removed and chopped

DIRECTIONS:

1. Gather, wash, prep and measure all ingredients.
2. In a large pot, cook diced onions, chopped carrots and ½ cup vegetable broth on medium/high heat until onions are translucent (clear).
3. Mix in garlic powder, dried oregano, and dried basil, cook for 3-5 minutes.
4. Add in lentils and the remaining vegetable broth. Cook for 20-25 minutes or until lentils are tender.
5. Mix in crushed tomatoes, brown sugar, and salt. Bring to a boil for about 5 minutes.
6. Remove from heat then mix in chopped kale. Let kale cook for 3-5 minutes.
7. Serve soup warm. For added flavor, top with fresh basil. Enjoy!





SNACKS



BARBIE-CUED PUMP-KEN SEEDS

Most pumpkins are used in the month of October. When making decorative pumpkins or using fresh pumpkin, do not throw out the seeds. Eat them! Make this Texas-inspired recipe for a healthy, homemade snack.

Servings: ¼ – 4 Cups

INGREDIENTS:

- 1 Pkg of Egg Roll Wrappers
- 1 Cup Pumpkins Seeds (from 1 medium/Large Pumpkin)
- 2 Tablespoons BBQ Sauce
- 2 Teaspoons Brown Sugar
- 1 ½ Teaspoon Paprika
- ½ Teaspoon Chili Powder
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- ½ Teaspoon Salt



DIRECTIONS:

1. After cutting open the pumpkin, reserve/keep pumpkin seeds. Clean the pumpkin seeds thoroughly with warm water after removing all the pumpkin pulp. Let the seeds dry in an evenly layer overnight or until completely dried.
2. Preheat the oven to 325°F and arrange a rack in the middle.
3. In a small bowl, mix the brown sugar and spices together.
4. In a medium bowl, mix dried seeds and BBQ sauce.
5. Evenly coat 1 tablespoon of the spice mixture on the sauced seeds; mix thoroughly.
6. Evenly spread seasoned seeds on a lined sheet pan.
7. Roast the pumpkin seeds for 15-20 minutes; mixing half-way through.
8. Remove seeds from oven. (The BBQ seeds should be crispy and golden brown).
9. Toss seeds in remaining spice mix (optional).
10. Cool and enjoy

SRIRACHA CILANTRO CREAM CHEESE DIP

This a delicious dip that can be served with your favorite vegetables or as a spread for sandwiches/wraps. For a spicy version, add in jalapeño to taste.

Servings: 2 - 8 Tablespoons

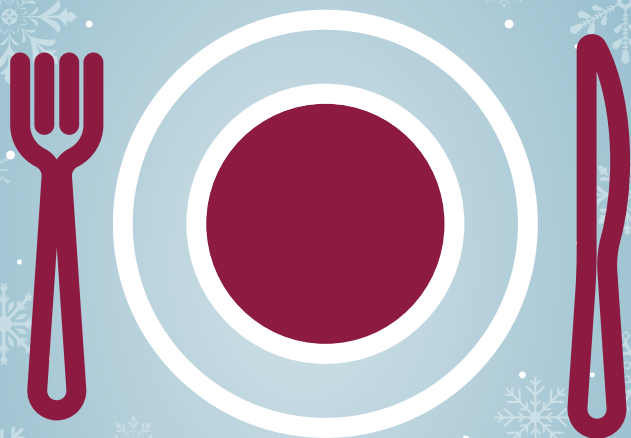
INGREDIENTS:

- 8 oz.** Reduced Fat Cream Cheese, softened
- 2** Tablespoons Sriracha Sauce
- 2** Teaspoons Fresh Cilantro, finely chopped
- 2** Teaspoons Ground Cumin
- ½** Teaspoon Salt

DIRECTIONS:

1. Prep and measure all ingredients.
2. In a medium bowl, mix together all ingredients. Mix well until all ingredients are fully incorporated. (A blender or food processor can be used.)
3. Serve chilled and enjoy!





DESSERTS



“MY HEART BEETS FOR YOU” CHOCOLATE CUPCAKES

Delicious yet nutritious! These cupcakes have both a fruit and vegetable in them. These cupcakes are a perfect treat to make for someone special.

Servings: 2 Dozen

CAKE INGREDIENTS:

- 2** Medium Beets, boiled and peeled
- 1** Cup Butter, melted
- 1** Cup Unsweetened Applesauce
- 1 ½** Cups Brown Sugar, packed
- 2** Large Eggs
- 1** Tablespoon Vanilla Extract
- 2** Cups Whole Wheat Flour
- ¾** Cup Cocoa Powder
- ¼** Teaspoon Salt
- 1 ½** Teaspoon Baking Powder
- 1** Cup Semi-Sweet Chocolate Chips (optional)



ICING INGREDIENTS:

- 8 oz.** Fat-Free Cream Cheese, softened
- ½** Cup Unsalted Butter, softened
- 3 ½** Cups Icing (Powdered) Sugar
- 2** Tablespoons Beet Puree
- 1** Teaspoon Vanilla Extract
- 1** Teaspoon Fat-Free Milk (more to taste/texture)

CAKE DIRECTIONS:

1. Preheat the oven to 350 °F. Place cupcakes liners in muffin pans.
2. Place the boiled beet and 2 tablespoons of water into a food processor and puree. Set aside. (Reserve 2 tablespoons of beet puree for icing.)
3. In a large bowl, cream together the butter and sugar. Beat in the eggs and vanilla. Slowly beat in applesauce and beet puree.
4. In a second bowl, whisk together the flour, cocoa powder, salt, baking soda, and baking powder.
5. Add the flour mixture to the beet mixture in 2 parts, beating well between each.
6. Fold in the chocolate chips. Scoop cake batter in cupcake liner ¾ full.
7. Bake cupcakes for 18-20 minutes, or until a toothpick inserted into the middle comes out clean.
8. Remove the cupcakes from the oven and let them cool for 10 minutes in the pans. Remove cupcakes from the pan and let the cupcakes cool completely before icing.



ICING DIRECTIONS:

1. In a large bowl, beat together the softened cream cheese and butter. There should be no lumps.
2. Whisk in powdered sugar in 3 parts, beating well between each.
3. Whisk in reserved beet puree, vanilla and milk. Beat icing well for 1 minute.
4. Decorate cupcakes and enjoy!



OATMEAL CHOCOLATE CHIP SURPRISE COOKIES

These chewy oatmeal chocolate chip cookies have a tropical twist with a nutritional kick to boot. Gather your family and friends to make a batch of these scrumptious cookies.

Servings: 2 Dozen

INGREDIENTS:

- ½ Cup All Purpose Flour
- ½ Cup Whole Wheat Flour
- 1 Teaspoon Baking Soda
- 1½ Teaspoon Salt
- ¼ Cup Olive Oil
- ¾ Cup Dark Brown Sugar
- 1 Each Egg
- 1 Teaspoon Vanilla Extract
- 1 Cup Zucchini, shredded (or Yellow Summer Squash)
- 2 Cups Old-Fashioned Oats
- ½ Cup Sweetened Coconut Flakes (optional)
- ¾ Cup Semisweet Chocolate Chips



DIRECTIONS:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together flours, baking soda, and salt. Set aside.
3. In a large mixing bowl, combine olive oil and sugar, mixing until smooth.
4. Add egg and vanilla extract and mix. Add zucchini and mix until combined.
5. Slowly add flour mixture to zucchini mixture until just combined. Stir in oats, coconut, and chocolate chips.
6. Drop a heaping tablespoonful of cookie dough 2-inches apart onto prepared baking sheet.
7. Bake for 10-12 minutes or until cookies are slightly golden around edges and set.
8. Remove cookies from pans and cool completely on wire racks before serving.
9. Serve and enjoy!



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