(DBCFSN) Jollof Rice Casserole


Total Time: 1 hr 5 min
Prep: 5 min
Cook: 1 hr

Yield: 5 to 8 cups

Ingredients
1 pound parboiled rice
1 can tomato puree-400 grams or fresh tomato puréed in blender or food processor.
1 onion, sliced
3 cloves garlic
3 teaspoons olive oil or palm oil
6 small or 3 large red bell peppers, seeded and sliced
1 bunch thyme, leaves picked
1 teaspoon white pepper
salt to taste
8 chicken bouillon cubes (recommended: Maggi or Goya) or chicken stock

Directions
With blender, blend tomatoes, onions, red pepper, and garlic until smooth. Add bouillon cubes, thyme and white pepper.

Add olive oil to the blended paste, and set the mixture aside. Add 4 cups of water into a pot.

Wash the rice in hot water until the water is clear. Drain through a fine sieve.

Pour the rice and blended mixture into the pot of water and stir with wooden spoon. Set the stove to medium heat and place pot on stove, then let it cook for 45 minutes while stirring every 15 minutes.
(DBCFSN) Millet Patties

Makes 4 patties.

Ingredients
1 cup of millet, pearl millet
2 cups of water
¾ cup of tahini
½ onions, finely diced
2 teaspoons of celery seeds
2 tablespoons of soy sauce (shoyu)

Instructions

Rinse the millet and soak in water at room temperature for 6 hours or overnight.

Bring the water and millet to a boil, quickly turn down the heat to low and cover. Simmer for 20
minutes or until the water is absorbed. Remove from heat, fluff with a fork, and let it sit uncovered
for a few minutes to cool down.

Add all the other ingredients and mix well. Form into patties and shallow fry over medium heat in a
lightly oiled pan for a few minutes on each side until brown.
(DBCFSN) Yams


Ingredients:
white yam tuber
salt

For this you’d need either an oven or a pit grill (the type that uses charcoal).

Instructions:
Step 1: Slice the yam tuber into thick round circles, do not peel the skin. This gives a distinct flavor to it while preventing the sides from burning.

Step 2: Wash the sliced yam pieces thoroughly and place on a rack to drain. Sprinkle some salt over the yam slices

Step 3: Place the yam slices on the oven rack in a pre-heated oven and set to grill at about 160°C till the top side turns slightly brown. Flip over and leave the underside to roast till it turns brown all over. Your yam slices are done when the outer part is crunchy and the inner part has a soft moist feel.

Step 4: Leave to cool a little, then peel the skin with a sharp knife. Serve with your favorite Palm oil Sauce or Ukpaka sauce
(DBCFSN) FuFu (Pounded Yams)

From: http://www.pbs.org/food/recipes/pounded-yam-fufu/

Supplies Needed
4 qt pot
Table cooktop or stove
Wooden spoon
Paper bowls and plastic spoons for sampling
1 cup measurement = 2 students

Ingredients
2 cups yam flour
2 cups of water

Directions
Bring 2 cups of water to a boil on a stove top. Use a 2 Qt pot or larger.
Add the yam powder and continue to stir over heat using a wooden spoon.
The pounded yam is ready when it smoothens and thickens into a dough.

This process takes about 5 minutes.
(EMEAC)

Tuna-Egg Macaroni Salad
(Recipe from Linda Henderson)

Ingredients:
- 1 –16 oz. pkg. of elbow macaroni
- 1 - 6 oz. can of tuna – drained and flaked
- 2 cups of mayonnaise or Miracle Whip
- 2 stalks of celery hearts chopped
- 1/2 bell pepper chopped
- 1 onion chopped
- 1/4 cup sweet relish
- 1 tablespoon mustard
- 3 hard boiled eggs chopped
- salt and pepper to taste

Before the workshop (depending on time and available facilities):

Hard boil the eggs
- Fill a small pot with water. Place 3 fresh eggs in the pot and leave for 5 min. Turn on heat and bring to boil. Let boil for 12 minutes.
- Pour off water and fill pot with cold water and let sit until cooled off. This should make the eggs easier to peel.
- When fully cooled, peel and then chop the eggs.

Prepare macaroni according to package directions, or:
- Fill a large pot with lightly salted water and bring to boil.
- Stir in macaroni and return to boil.
- Stir occasionally until pasta has cooked through but is still firm to the bite (about 8 minutes).
- Place colander in sink and pour pasta into colander to drain.
- Transfer the macaroni to bowl and set in refrigerator.
**Tuna-Egg Macaroni Salad**

**Step by Step instructions**

- Make sure everyone washes their hands.

**Hint:** Assign age-appropriate tasks. Have older children do tasks such as cutting vegetables. Younger children can mix ingredients and peel eggs.

- Cut celery, onions and bell peppers.
- Peel and cut hard boiled eggs.
- In a large bowl lightly toss the onion, bell pepper and boiled eggs then add 1 cup of mayonnaise until combined. Then add the macaroni, tuna, sweet relish, mustard and remaining mayonnaise. Continue to toss until all the ingredients are mixed well with the mayonnaise.
- Add salt and pepper to taste.
- When the salad is ready to serve place in appropriate bowl or 12 X 20 pan with a serving spoon.
- Wash and wipe tables and cutting surfaces.
- Clean dishes.
- Wash hands.

**Tossed Garden Salad**

**Step by Step instructions**

Make sure everyone washes their hands.

Assign age-appropriate tasks. Have older children do tasks such as cutting vegetables. Younger children can mix ingredients and peel eggs.

- Cut cucumbers and tomatoes.
- Place pickled beets and diced tomatoes and separate bowls.
- Cut romaine lettuce stalks and separate and toss in a large bowl.
- In the large bowl with lettuce lightly toss together the lettuce, greens, carrots, and cucumbers. Refrigerate until ready to serve.
- Salt and pepper to taste.
- Have various bottled or homemade salad dressings. (See PKD Marinades program for recipes for homemade dressings!) Examples: Oil and Vinegar, Balsamic Vinegar, Ranch, or Italian Dressing.
- When the salad is ready to serve place in appropriate bowl or 12 X 20 pan with a serving spoon and large fork.
(EMEAC)  **Sunflower Butter Recipe**


**Homemade Sunflower Seed Butter, Extra Creamy**

Author: Tessa the Domestic Diva  
Prep time: 8 mins  
Total time: 8 mins  
Serves: 2 cups, approx.

Ingredients

- 4 cups roasted, unsalted sunflower seeds (you can roast your own by spreading raw seeds on a cookie sheet and baking in a 325 degree oven for about 15 minutes, until the seeds are turning golden and quite fragrant. Don't shortcut this step. You want them nice a toasty for the lovely flavor!)

- 2-4 tablespoons light tasting oil (I prefer coconut oil or light olive oil). Play this by ear, some batches I add no oil, others I need to add 4 tablespoons, each batch of nuts or seeds and their oil content can be different!

- ¼ teaspoon stevia (optional)

- ½ teaspoon salt (to taste, or omit entirely...depends on your taste buds.)

Instructions

In the bowl of a 14 cup food processor, place the toasted sunflower seeds and process. (If you have a smaller processor, reduce the seeds proportionately. There needs to be enough room for the seeds to move to convert to butter!) As mixture goes from a flour like consistency to clumping together (the oil is starting to be released from the heat of the machine and friction), add in 2 tablespoons of light tasting oil. Be patient, this can take a several minutes.

Continue processing, and as the mixture continues to warm and the oils release, it should turn creamy and smooth and whir happily, easily inside the bowl. If not, it is OK to add a bit more oil until the mixture is runny and whirring smoothly. Continue to process for another 2-3 minutes.

Add in the stevia (or any low water sweetener), and salt to taste, and process to mix. Your sunflower butter should be ready at this point...but....

For an extra creamy punch, if you own a high powered blender, pour the mixture while still warm and liquidy into the blender cup and process one to two full cycles. (I have tried making it in my blender alone before and EVERY TIME it seemed like my blender was working WAY too hard to accomplish this, so I found the food processor/blender combo to be my best bet). If you do not have a high powered blender, it is also OK to process several more minutes in your processor for additional creaminess.
(EMEAC) Chocolate Peanut Butter Smoothie

**Ingredients:**
- 2 cups chocolate almond milk -
- 2 tbsp. organic smooth peanut butter
- 1 cup ice
- ½ of banana
- ½ tsp cinnamon
- 1 tsp. honey

**Instructions:**
Place all ingredients in blender and blend until smooth
Make sure the ice and the peanut butter are blended well.

Strawberry Banana Smoothie

**Ingredients***:

- 5 whole frozen strawberries
- 1 medium banana, broken into chunks
- 6 oz. container strawberry banana yogurt
- 8 oz. vanilla almond milk
- 4 ice cubes

**Instructions:**
Place all ingredients in blender and blend until smooth

* you can substitute or add fruit to this recipe; blueberries, raspberries, kiwi, peaches.
(FFG) Sensational Soul Food Salad

(This activity was originally designed for adults only. If you are not using the Art in the Garden module or the children complete their t-shirts while the adults are still preparing the salads, families can work together with adults supervising children.)

Tools for each participant:
- cutting board
- knife
- hand sanitizer or latex gloves (especially if you do not have facilities to wash hands)
- medium mixing bowl
- tongs
- 1 large compost container/bowl for group

Ingredients: (display on a table)
You may pre-cut larger veggies. Alternatively, provide instruction in proper cutting technique for safety. Suggest that they cut stronger-flavored veggies or those that their children are unfamiliar with into smaller pieces so they do not overpower more subtle flavors. You can select other ingredients based on what’s in season and available in your area at the time of the event.

- baby spinach greens
- kale
- cucumbers
- sweet peppers (red, green, orange or yellow)
- leeks or green onions
- avocado
- lemon
- tomato
- beets
- shelled sunflower seeds, pepitas (shelled pumpkin seeds), slivered almonds or other nuts and seeds for crunch
- homemade/organic Salad Dressings

You may also want to provide a side dish to go along with the salad, such as:
- red beans and rice casserole
- corn bread
- whole grain bread
**(FFG) Strawberry/Lemon Slushee:**

**Ingredients:**
- strawberries- 2 quarts (Use frozen strawberries if you do not have fresh.)
- ice- 4 cups
- lemon juice- fresh squeezed if possible - 2 cups
- Cane sugar or honey to taste

Add strawberries, ice, and fresh squeezed lemon juice to blender. Push”pulse” button until mixture is smooth. Add cane sugar gradually to taste. Pour into disposable cups to serve large group.

**Strawberry/Kale/Banana Smoothie:**

**Ingredients:**
- 1 cup kale chopped
- 5 bananas frozen bananas
- 1 quart strawberries
- 1 carton vanilla almond milk

*Add frozen bananas, kale, strawberries, almond milk to blender. Push pulse button until mixture is smooth. Pour into disposable cups to serve large group.*

Follow the same process to make the plain strawberry smoothies and strawberry-lemon smoothies with the appropriate omissions or substitutions.
(PKD) Turkey Meatballs

Ingredients:
- 1 small onion, minced
- 1-2 garlic scape, minced (or 1-2 garlic cloves, 1 teaspoon garlic powder)
- 1 large egg
- 1 tablespoon tomato paste
- ¼ cup dried bread crumbs
- ¼ cup chopped fresh Italian parsley leaves
- ¼ cup grated Parmesan Cheese
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 pound ground dark turkey meat or beef (from the pantry)

Supplies needed:

- 1 large bowl
- 1 medium bowl
- 1 large plate
- 1 baking sheet
- 1 large skillet
- 2 stove burner or regular kitchen stove
- 1 large slotted spoon
- 1 ice cream scoop
- latex gloves

Directions:
1. Add onion, garlic, egg, tomato paste, dried bread crumbs, parsley, parmesan cheese, salt, and pepper to large bowl. Blend with fork.
2. Add turkey meat and mix.
3. Shape meat mixture into 1 1/2 inch diameter balls using ice cream scoop or soup spoon and place on a large plate or baking sheet.
4. Heat the oil in a large skillet over medium– high heat. Add the meatballs and sauté until the meatballs are brown on all sides, about 5-10 minutes.
5. Transfer the meatballs to a plate with a slotted spoon and pour off any excess oil from the sauté pan into a jar. Make sure to turn the stove off.
6. Add meatballs to the spaghetti sauce!
(PKD) Spaghetti with Garlic Scapes and Kale Pasta

Ingredients:
- 2 Tablespoons olive oil
- 2 garlic scape, minced (or 1-2 garlic cloves, 1 teaspoon garlic powder)
- 1 large onion, diced
- 1 cup baby portabella mushrooms, sliced
- 1 large can diced tomatoes
- 1 can tomato paste
- 1/2 cup fresh basil, diced (or 2-3 tablespoons dried)
- 1/2 - 1 teaspoon sea salt
- 1 bunch of kale, washed, de-stemmed and chopped finely
- 1 pound spaghetti noodles
- 1/4 cup parmesan cheese

Supplies needed:
- 1 cutting board
- 1 cutting knife
- 1 medium bowl
- 1 large skillet
- 1 large pot
- 1 can opener
- stove or cooktop
- 1 large spoon
- latex gloves

Directions:
1. Heat oil in a skillet over medium-low heat.
2. Add the garlic scapes, onions and mushrooms. Sauté until tender.
3. Add the diced tomatoes, tomato paste, basil and salt. Cook until sauce has thickened and heated through. Season to taste.
4. Meanwhile, boil a pot of water for the noodles.
5. Add the package of noodles to the water.
6. About 5 minutes into cooking, add the kale. Continue cooking until noodles are al dente (softened but still firm).
7. Drain pasta.
8. Add drained pasta to the pan with the sauce and toss well.
9. Add turkey meatballs from module 1.
10. Top with parmesan and serve.
(PKD) Mini Veggie Balls Recipe

**Ingredient List**

½ cup water  
1 small yellow or red onion, finely chopped  
1 small carrot, shredded or cut into small pieces  
4 broccoli florets, broken into small pieces  
3 sm/med portabella mushrooms, diced  
½ to 1 clove of garlic, minced  
2 tbs. fresh herbs; cilantro or parsley, chopped  
1 tbs. balsamic vinegar  
1 tbs. olive oil  
1 tsp. soy sauce  
1 cup pre-cooked and chilled chickpeas or rice or quinoa or lentils  
¼ cup ground breadcrumbs (or almonds)  
¼ cup parmesan cheese or other cheese  
1 egg, lightly beaten or flax seed as substitute

**Tools needed:**

Oven  
Large sauté pan  
Large Bowl  
Large Pot with steam colander  
Large spoon  
Baking sheet (s)  
Refrigerator

**For each participant:**

Bowl  
Cutting utensil  
Plastic cutting board

**Facts-Tips and Tricks**

- You can use leftover vegetables  
- Onions should be cut up by adults because they make your eyes water  
- Always show children the compost bucket  
- Scraps turn to Dirt!

**How to substitute Flax seed for eggs**

3 tbsp. ground flax seed + 2 tbsp. of water = egg  
or ¼ flax seed ground = 1 egg

**Process**

**Step 1**  
Cut all the vegetables into very small pieces.  
If the vegetables are too big the veggie balls won't roll well.

**Step 2**  
Adult Only Demonstration  
Grind Nuts with a coffee grinder or food processor.

**Step 3**  
Adult Only Demonstration  
Steam and sautéed vegetables  
Add chopped vegetables, water and garlic to sauté pan.  
Steam until tender and water evaporates.  
Add balsamic vinegar, olive oil and soy sauce to vegetables.  
Continue to sauté until liquids cook off.  
Add fresh herbs; parsley and cilantro. Mix

**Step 4**  
Remove the sautéed vegetables from the heat and transfer to a large bowl.  
Let the vegetables cool to room temperature.  
20 min.

**Step 5**  
In a large bowl mix the flax seed, chick peas, spinach and lentils.  
Add cooled vegetables to this mixture.  
Separate mixture into even portions and distribute to each participant.  
Take a tablespoon to scoop out of mixture to form ball. Roll into a ball and put on baking sheets lined with parchment paper.

**Step 6**  
Heat oven to 350 degrees. Bake for 20-25 minutes or golden brown. Let them cool and then eat!
Garlic & Herb Vinaigrette

This dressing is great on salads, tabbouleh, in spinach pie, or as a marinade for chicken or fish.

2-3 garlic cloves, minced
1/2 cup raw apple cider vinegar
1-2 tablespoons dijon mustard
1-2 teaspoons sea salt
black pepper to taste
3 tablespoons fresh herbs or 3 teaspoons dried (basil, oregano, chives, and thyme are all nice)
1 1/2 cups extra virgin olive oil or sunflower oil

Combine all ingredients except olive oil in a bowl. Stir well with a fork or whisk. Add olive oil and whisk well until combined. You can also use a blender and drizzle the oil in slowly while it is running. Transfer to a jar and label.

Balsamic Vinaigrette

This dressing great on salads and delicious on roasted vegetables any season!

1-2 garlic cloves, minced
1/2 cup balsamic vinegar
3/4 cup dijon mustard
1 teaspoon dried oregano
1 teaspoon dried basil
2-3 tablespoons raw honey or maple syrup
1-2 teaspoons sea salt
1 1/2 cups extra virgin olive oil

Combine all ingredients except olive oil in a bowl. Stir well with a fork or whisk. Add olive oil and whisk well until combined. You can also use a blender and drizzle the oil in slowly while it is running. Transfer to a jar and label.
(PKD)

**Sesame Ginger Miso**

This is a great dressing for the Winter. The ginger provides warmth, and the miso provides beneficial bacteria to our gut. Use it on stir-frys, tofu, fish, or noodle salads.

1 inch piece of ginger, minced (I do this in the bottom of the blender)  
¼ cup rice vinegar, apple cider vinegar or lemon/lime juice  
¼ cup miso or tamari  
1 cup tahini (sesame butter)  
2 tablespoons raw honey  
pinch of red pepper flakes  
¼ cup water as needed  

Combine all ingredients in a bowl. Stir well with a whisk or use a blender. Transfer to a jar and label.

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1/2 cup raw apple cider vinegar  
1-2 tablespoons dijon mustard  
1-2 teaspoons sea salt  
black pepper to taste  
3 tablespoons fresh herbs or 3 teaspoons dried (basil, oregano, chives, and thyme are all nice)  
1 1/2 cups extra virgin olive oil or sunflower oil  

Combine all ingredients except olive oil in a bowl. Stir well with a fork or whisk. Add olive oil and whisk well until combined. You can also use a blender and drizzle the oil in slowly while it is running. Transfer to a jar and label.
Check out the CHIRP313.ORG website for even more delicious and healthy recipes!!