Pappardelle with Pancetta, broccoli rabe and pine nuts

Ingredients:
4 tbsp extra-virgin olive oil, divided
3 garlic cloves, peeled, flattened
1 medium onion chopped
3 ounces thinly sliced pancetta,chopped
1 tsp fennel seeds, crushed
1/4 tsp dried crushed red pepper
1 large bunch broccoli rabe (also called rapini,
1 pound, stems sliced 1/2 inch thick, tops cut into 2 inch pieces)
1 cup water
1 8.8 ounce package dried pappardelle pasta
1 cup freshly grated Pecorino Romano cheese, plus additional for serving
1/2 cup pine nuts, toasted

Directions:
Heat 2 tablespoons oil in heavy large skillet over med high heat. Add garlic and cook until golden brown, stirring frequently, about 3 min. Discard garlic. Add onion, pancetta and fennel seeds to skillet, saute until onion is tender and pancetta begins to brown, about 8 min. Add dried crushed red pepper, then broccoli rabe stems and cook 4 min to soften slightly, stirring occasionally. Stir in broccoli rabe tops, sprinkle with salt and add 1 cup water. Cover and cook until stems and tops are tender, about 5 minutes. Season to taste with salt and pepper. Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain pasta reserving 1 cup liquid.
Add pasta to skillet with broccoli rabe and stir over low heat to combine, adding reserved cooking liquid by tablespoonful to moisten if necessary. Stir in remaining 2 tbsp oil and 1 cup cheese. Season to taste with salt and generous amount of pepper. Transfer to a shallow bowl. Sprinkle with pine nuts and serve.

*Submitted by the Hertlein Family (Siena, 4th grader)

Roasted Chicken Legs with Potatoes and Kale

Ingredients:
1 ½ pounds tender, young kale, stems and inner ribs removed
1 ½ pounds medium Yukon Gold potatoes, sliced ¼ inch thick
1 medium onion, thinly sliced
¼ cup extra-virgin olive oil
Salt and freshly ground pepper
8 whole chicken legs (about 10 ounces each)
1 teaspoon paprika
Lemon wedges, for serving

Directions:
1. Preheat the oven to 450F. In a very large roasting pan, toss the kale, potatoes and onion with the olive oil. Season with salt and pepper and spread in an even layer.

2. Set the chicken on a cutting board, skin side down. Slice halfway through the joint between the drumsticks and thighs. Season with salt and pepper, sprinkle with salt and pepper, sprinkle with the paprika and set on top of the vegetables.

3. Cover the pan with foil. Roast the chicken in the upper third of the oven for 20 minutes. Remove the foil and roast for 30 minutes longer, until the chicken is cooked through and the vegetables are tender. Transfer the chicken to plates and spoon the vegetables alongside. Serve with lemon wedges.

*Most popular dish of our family. Requires just one pan! We roast chicken on a bed of potatoes and kale so the meaty juices keep the vegetables moist. Enjoy!

*Submitted by the Manabe Family (Nyna, 4th grader)

Chicken Broccoli Divan

Ingredients:
4 cups cooked broccoli florets
2 cups cubed cooked chicken
1 can (10 1/2 ounces) condensed cream of Broccoli soup
1/3 cup milk
1/2 cup shredded cheddar cheese (about 2 ounces)
2 tablespoons plain or Italian dry bread crumbs
1 tablespoon butter, melted

Directions:
1. Preheat oven to 450°F.
2. In a medium pot, steam or boil broccoli for 5-6 minutes or until tender. Drain and place on the bottom of a deep 9 inch pie pan (I have a large family so I double the recipe and use a 13x9 pan).
3. Place cooked chicken on top of broccoli.
4. In a bowl, mix the soup and milk and pour over the chicken.
5. Sprinkle 1/2 cup of cheddar cheese over soup mixture.
6. Mix melted butter and breadcrumbs and sprinkle over cheese.
7. Bake at 450°F. for 20 minutes or until the chicken mixture is hot and bubbling.

*Submitted by the Medrano Family (Morgan, 4th grader)

Mushroom Spinach Pasta

Serves 4

Our favorite vegetarian pasta recipe, easy to make and delicious! This pasta dish is super versatile because you can use any of your favorite veggies in place of mushrooms and spinach I have chosen. This dish gets big flavor from garlic cloves and delicious roasted vegetables. I like to add a few vegetables to every dinner meal to make it nutritionally balanced. I use whole-wheat pasta since it has got way more fiber and protein. Pasta can be served with a side of salad for a complete dinner meal. Bon Apetite!

Ingredients:

3 ½ cups dried whole wheat or white pasta of your choice
2 tablespoons olive oil
3 ½ cups sliced white mushrooms
1 teaspoon dried oregano
5 garlic cloves, grated
1 cup vegetable stock
1 tablespoon lemon juice
2/3 cup vegan cream cheese
7 ounces (1 ½ cup) spinach leaves, thawed
salt and pepper
fresh parsley, chopped for garnish

Cook the pasta in a large saucepan of lightly salted boiling water. Drain and set aside reserving ¾ of the cooking liquid.

Meanwhile, heat the oil in a large skillet, add the mushrooms and garlic, and cook stirring for 8 about minutes. Stir in the oregano, stock, and lemon juice and cook for 10-12 minutes.

Stir in the cream cheese and spinach and cook over low heat for 3-5 minutes. Add the reserved cooking liquid, then the cooked pasta. Stir well, season to taste with salt and pepper, and heat through before serving. Add fresh parsley for garnish. Enjoy!

*Submitted by the Kiznis Family (Erika, 5th grader)

Ryan's Stir Fry (gourmet)

1 Onion
3 Celery (optional)
12 fresh green beans
2 Carrots
3 Garlic Cloves
Salt & Pepper
1 Apple
1 Lemon (juice)
Olive Oil
1 plate & Utensils

First, set the burner to low and cover pan in olive oil about 1mm or ½ mm. Next, chop onions to small pieces and lay in pan. After that, cut carrots into your choice size (small ***RECOMMENED***). Cut 3 Garlic pieces and put in pan. Stir. Cut apple into this as possible slices, cut slices in half. Squeeze lemon onto the pan. Cut celery to 1mm size pieces and place on pan. Stir. Bake for 10-15 minutes. Apply Salt & Pepper Go to mom or dad and put stir fry on plate. Put Utensils on each side and napkins. Give mom/dad a hug and say "I LOVE YOU".

*Submitted by the Skolarus Family (Ryan, 4th grader)

Crock Pot White Chili

4 boneless skinless chicken breast (cut in halves)
1 can of Northern beans
14 oz chicken broth
2 cups white corn
1 cup of salsa verde
1 4.5 can chopped green chilis
1 tomato chopped
¼ c. cilantro
2 green onions
1 tbsp each lemon juice and lime juice

Add ingredients to crock pot and cook for 4-6 hours on high.

*Submitted by the Skolarus Family (Ryan, 4th grader)

Mango Float

Ice cream or yogurt ice cream
Fresh mango
Graham Crackers in a powder form.

Steps:
The ingredient are put in layers:
Ice cream on the base of the pan
Next is Sliced cut mango
Then spray grounded Graham crackers
Repeat the steps.
Keep in the freezer for about 30 minutes to solidify and it is ready to eat as a dessert.

Very delicious!

*Submitted by the Nwoke Family (Tess, 5th grader)

Nutty Rawnola

(1) 8 oz. Package of Cooking Dates (already chopped)
OR
1 1/2 Cups Dates & Chop Until Fine & Sticky

1/2 Cup Coconut Sugar
1/4 Cup Finely Chopped Nuts (we use raw almonds)
1/2 Cup Coconut Shreds
1 Cup Oats
Pinch of Cinnamon or Cocoa Powder

Sprinkle on top of dates.
Chop entire mixture until clumpy like granola.
If too sticky, add more mulberries or oats.
(Some dates are juicier than others.)

Store in airtight container in fridge and sprinkle on oatmeal, yogurt, ice cream, or eat it.

*Submitted by the Shapiro Family (Camden, 4th grader)

Chili Recipe

1 (16 oz) can cannellini beans
1 can pinto beans
1 can navy beans
1 can black beans
1 can kidney beans
Olive oil
4 tbs minced garlic
2 onions
6 tbs cornmeal/masa
3 (10 oz) cans diced tomatoes
1 small bunch cilantro
1 can corn/1 small package frozen corn I carton veggie broth
4 tablespoons chili powder
4 teaspoons salt
3 teaspoons cumin
2 teaspoons dried oregano
1/2 teaspoon paprika
1 bay leaf

Optional:
2 jalapeños, minced
2 (4oz) cans green chiles

Toppings:
Shredded cheese
Sour cream/plain yogurt
Cilantro
Sautée onions and garlic until onions are soft. Add all other veggies and beans. Add spices. Mix masa with veggie broth. Add.

Cook for 30-45 minutes.

*Submitted by the Khoddam Family (Hannah, 4th grader)

Turkey Taco Black Bean Soup

Ingredients

1 Jennie-o Taco Seasoned Turkey

4 cups Low Sodium Chicken Broth

1 Can Diced Tomatoes (14.5 oz)

1/2 Onion, Diced

1 Garlic Clove, Diced

1 Can of Black Beans (15 oz)

1/4 Bunch of Cilantro, Chopped

Notes / Directions

Cook turkey. Add chicken broth, tomatoes, onion, garlic and cilantro. Stir in black beans. Simmer for 25 minutes or until flavored blended. Serve with avocado, sour cream and cheese.

Here's one we love...it is super easy and kid friendly.

*Submitted by the Kingston Family (Seinna, 4th grader)

Chicken Tacos / Burritos

Ingredients

Boneless skinless chicken breast

Mild salsa or Pico de gallo

Tortillas

Lettuces

Tomato

Avocado

Sour cream

Shredded cheese

Notes/Directions

Add chicken and salsa to crock pot. Cook for 6-8 hours. Shred chicken, heat tortillas (med high on stove top grill for tacos or microwave for a few seconds for burritos) and serve with lettuce, tomato, avocado, sour cream and cheese.

Another great option we use instead of the chicken is Jennie-O Taco seasoned ground turkey instead of the chicken. Tons of flavor and the kids love it. It is super easy and kid friendly.

*Submitted by the Kingston Family (Sienna, 4th grader)