



# Strawberries & Salad Greens

RECIPE BOOK

2014

District of Columbia  
Office of the State Superintendent of Education

# Table of Contents

## Introduction

Fruits and vegetables are celebrated annually across the District of Columbia and within its public school system on Strawberries and Salad Greens Day. On this special day, students are encouraged to eat local produce and to consume other fruits and vegetables that can be grown right in their own backyards or school gardens.

This cookbook is comprised of recipes from participants of Strawberries & Salad Greens Day 2014 which took place on May 21, 2014. Traditional public schools and public charter schools as well as local chefs from across the District submitted their favorite recipes using local ingredients to create healthy and delicious meals at home and at school. All of the recipes feature our main ingredients - strawberries or salad greens in some way, shape or form!

## APPETIZERS

Fresh and Fit Flatbread | Chartwells  
Spinach and Corn Tortillas | DC Greens  
Traffic Light Snack Special | Langdon Education Campus

## DRINKS

Incredible Hulk Smoothie | Mundo Verde Bilingual PCS  
The National Smoothie | Mundo Verde Bilingual PCS  
Milkshake Greenberry Tastebud Awesome Shake Blaster | Langdon Education Campus

## SALADS

Salad with Strawberries and Chicken Oh My | Simon Elementary School  
Strawberry Salad Delight | Langdon Education Campus  
Fruity Salsa | Langdon Education Campus  
Strawberry Mango Salad | Elsie Whitlow Stokes PCS  
Summery Strawberry Salad | DC Central Kitchen  
Fresh strawberry and cherry tomato vierge arugula and basil salad | Chef JR

## DESSERTS

Strawberry Chia Jam | Alliance for a Healthier Generation



This cookbook was created with the help of teachers, students, parents, school food service professionals, school administration and other personnel. A big thank you to everyone who submitted a recipe and to Sharona Shuster, for organizing and compiling all of the details!



## Fresh & Fit Flatbread

By Avery Beaton, Resident Dietitian for Chartwells

One of the reasons I love the spring is because that's when local berries are in peak season. I always look forward to incorporating them into any number of recipes. I developed this particular recipe from a salad I absolutely love. I chose to use flatbread because it serves as a better base that

allows for a medley of all the flavors in each bite. Flatbreads are a fun and fresh idea that I know my family and friends will enjoy, as I hope you will too. I chose to use local goat cheese from Cherry Glen Farm on the flatbread to incorporate seasonal ingredients in every bite.

### Ingredients:

- 1 cup of balsamic vinegar
- 1 cup of fresh strawberries, diced
- 4 TBSP olive oil
- 2 whole grain flatbreads
- 8 Oz. goat cheese (Local from Cherry Glen Farm)
- 2 cups of arugula
- black pepper

### Directions:

#### Balsamic Reduction

Place balsamic in a small saucepot over medium low heat & simmer until thickened. Remove from heat. It should be syrup-like in consistency. Be careful - once balsamic is heated, it will thicken quickly.

#### Flatbread

Heat the oven to 375 degrees. Wash strawberries and dice. Brush 1 TBSP olive oil on each flatbread and place on sheet pan. Place sheet pan in the oven for 8-10 minutes to toast the bread. Take out of the oven and top with goat cheese, arugula and strawberries. Drizzle the balsamic reduction on top and sprinkle with black pepper. Slice each flatbread into 2 using a pizza cutter. Also try adding slivered almonds or chicken breast for increased protein.

Number of Servings: 4



## Spinach and Corn Tortillas

By DC Greens

This recipe was created for DC Greens' Cooking with Kids program, which brings a kitchen to classrooms across the district. Cooking with Kids is designed to connect students to the sources of their food as well as equip them with the skills to prepare simple, affordable and healthy recipes on their own. This spinach and corn masa tortilla recipe is adapted from hundreds of years of tortilla making since the time of the Aztecs. During cooking demos, students top these tortillas with refried beans, cilantro, lime, and local tomatoes!

We partner with Moutoux Orchards in Loudoun County, VA to source local ingredients for our Cooking with Kids recipes. Each month, Moutoux selects an ingredient that they have in abundance and that becomes the featured ingredient for our recipes!

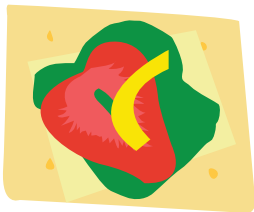
### Ingredients:

- 1 cup blanched or frozen spinach, finely chopped
- 2 cups powdered Masa Harina (Maseca)
- 1 ½ cups hot water from the tap
- 1 teaspoon of salt

### Directions:

1. Squeeze water out of the blanched or frozen spinach. Finely chop into a large bowl.
2. Add powdered Masa Harina and mix well by hand.
3. Add water and salt. Continue kneading until thoroughly combined.
4. Cover and let stand for 15 minutes.
5. Heat griddle or skillet at medium-high heat.
6. Gently squeeze dough. If it is stiff, knead in water (1 or 2 teaspoons at a time) until the dough feels like soft cookie dough—not stiff, but not sticky. Divide evenly into 12 pieces and roll each into a ball.
7. Place one ball at a time between two pieces of wax paper. Press gently or roll out dough until you have a flat, 1/8 inch thick disk.
8. Place the tortilla on the medium-hot pan. After about 30-seconds, the tortilla will begin to dry slightly and release itself from the pan. Flip the tortilla and let it sit on the pan for about 30 seconds on the second side. Continue this process until the tortilla is slightly browned.
9. Top tortilla with salsa, guacamole, beans, lime and/or cilantro!
10. Eat and enjoy!

Number of Servings: 12



## Traffic Light Snack Special

By Mr. Brian Norris's 3rd grade students, Langdon Education Campus: Xavier Contee, Chyler Smith, Sheilaya Diin, Kiara Honemond, Delonte' Freeman, Kwesi Mobley

We worked together as a team and created a recipe that mimics a traffic light which has a red signal,

yellow signal and green signal. We used a strawberry to represent red, a yellow pepper to represent yellow and mixed greens to represent the green color. Our ingredients were purchased at the Eastern Market. At the market, there are farmers from the local area that sell fruits and vegetables.

### Ingredients:

- 4-8 crackers
- 4 strawberry slices
- 4 yellow pepper slices
- 8-12 leaves of spinach
- 8-12 leaves of kale
- 8-12 leaves of Swiss chard

### Directions:

1. Place 4 crackers on a plate.
2. Put 3 mixed green leaves (spinach, kale, Swiss chard) on top of each cracker.
3. Stack a yellow pepper slice on top of the mixed greens on each cracker.
4. Place a strawberry slice on top of the yellow pepper slice on each cracker.
5. **Option #1:** If you prefer an open-faced snack, you are done. Eat and enjoy!
6. **Option #2:** Put a cracker on top of the strawberry slice. Eat and enjoy!

Number of Servings: 2-4

"The recipe is special to me because it tastes good." (Sheilaya)

"It is special to me because I made it." (Chyler)

"It is special to me because it helps me to remember the colors on the traffic light." (Kweisi)

"I think it is special because it has vegetables." (Delonte')

"It is special to me because it has strawberries and yellow peppers." (Kiara)

"The Traffic Light Snack Special is special to me because it is so good." (Xavier)

## The Incredible Hulk Smoothie

By Mrs. Tara Mc Nerney's cooking class at Mundo Verde PCS

The Incredible Hulk smoothie has been a Mundo Verde favorite since we first began our cooking program in 2012. It was one of the first recipes our students ever made themselves. Students love to give themselves green mustaches when they make this smoothie, and always beg to add more and more spinach to the blender to make it "greener"!

### Ingredients:

- 2 bananas
- 8 strawberries
- 1-2 cups spinach
- 1 cup orange juice
- 1 cup yogurt/soy milk
- 7 tbs honey

Number of Servings: 1







## The National Smoothie

By Amari Duran Arias, 2nd grade student at Mundo Verde Bilingual PCS

Cherries are a really healthy fruit. They're one of my favorite types of fruits. One of the reasons I named this the National Smoothie is because it has cherries and DC is known for its cherry blossom trees!

### Ingredients:

5 scoops of strawberries  
1 tbs of honey  
1 scoop of spinach  
fresh cherries  
water

### Directions:

1. Take the pits out of the cherries.
2. Take the stems out of the strawberries
3. Blend all ingredients together.

Number of Servings: 1



## Milkshake Greenberry Tastebud Awesome Shake Blaster

By Mr. Brian Norris's 3rd grade students, Langdon Education Campus: Xavior Contee, Chyler Smith, Sheilaya Diin, Kiara Honemond, Delonte' Freeman, Kwesi Mobley

Our team wanted to create a dessert that children would enjoy and not even realize that it was full of strawberries and greens. We all had different ideas about what the title of our milkshake should be. So, we combined a word from each team member and came up with the wacky name. We hope you like it!

Our ingredients were purchased at the Eastern Market. At the market, there are farmers from the local area that sell fruits and vegetables. The frozen yogurt and almonds were purchased at the grocery store.

### Ingredients:

3 gigantic scoops of vanilla frozen yogurt  
10 strawberries (medium to large)  
A handful of almonds (approximately 20, ground up)  
A handful of mixed greens (Swiss chard, kale and spinach)  
1/3 cup of water  
1 strawberry for garnish  
1 mixed green leaf of choice for garnish

### Directions:

1. Using a blender or food processor, grind almonds until they form a powder.
2. In a blender, add the following ingredients in order: frozen yogurt, strawberries, greens, ground almonds and water.
3. Blend well until all ingredients are mixed.
4. Pour into a cup. Garnish with a strawberry and green leaf. Enjoy!

Number of Servings: 2-4

**"The Milkshake recipe is special to me because it is nutritious and delicious."** (Xavior)

**"I think the Milkshake is special to me because it has frozen yogurt and a lot of stuff that I like in it. For example, it has strawberries and almonds."** (Delonte')

**"The Milkshake is special to me because there are healthy ingredients combined to taste delicious. You really don't know that it is really vegetables."** (Sheilaya)

**"The Milkshake is special to me because it has all types of things that I like. It has frozen yogurt, strawberries, mixed greens and almonds. Yummy!"** (Kwesi)

**"The Milkshake is special to me because I made it with my friends."** (Chyler)

**"The Milkshake is special to me because it's so delicious."** (Kiara)



## Salad with Strawberries and Chicken, Oh My!

By Elaina Mixon, Special Education Teacher at Simon Elementary

Our school has an extended day program and our students remain at school until 4:45 PM. We have

afternoon snack daily and the salads are extremely popular with the students. I thought that this salad would be a welcome addition to our afternoon snack rotation. All the ingredients can be found at a local grocery store.

### Ingredients:

#### Salad

- 6 cups mixed salad greens
- 1 cup sliced strawberries
- 2 cups cooked chicken
- 4 tablespoons crunchy onions

#### Dressing

- ½ cup balsamic vinegar
- ¼ cup apple cider vinegar
- 2 tablespoons olive oil
- ¼ tsp black pepper

### Directions:

1. Combine the mixed salad greens, strawberries and chicken in a large bowl.
2. Combine balsamic vinegar, apple cider vinegar, olive oil and black pepper in a screw top jar. Shake to combine. Pour the dressing on the large bowl with the salad greens, strawberries, and chicken. Toss lightly to combine. Top with crunchy onions and serve.

Number of Servings: 4



## Strawberry Salad Delight

Mrs. Norton's Kindergarten Class at Langdon Education Campus, courtesy of Chef Herb Holden

The inspiration behind this recipe is to get children in the kitchen fixing fun healthy foods. This is a perfect recipe that families can do together. It's a fun activity for kids of all ages, and it's just the right serving. I wanted to share my love for salads with fruit with my class in a fun way that wasn't too messy. After discussing this with Chef Holden, our visiting chef from University of the District of Columbia, he shared this recipe with us. This recipe is special because it is quick and easy and something my class can do at home with their families. It is bite sized and a fun way to have some fruits and vegetables.

I purchased my strawberries & greens from the FRESHFARM Farmer's Market in Dupont Circle.

### Ingredients:

- 15 large strawberries
- 4 oz crumbled feta cheese
- 1/2 pound fresh spinach
- 4 oz purple onion

### Directions:

1. Wash and cap your strawberries
2. Carefully hollow out the strawberries, making a bowl with the strawberries. Make sure you keep the pieces that you scooped out since you are going to use them.
3. Finely chop up your onion, feta cheese, strawberries, and fresh spinach and mix them together. Don't forget to wash and dry your spinach.
4. Stuff the strawberry bowls with the finely chopped onion, feta, strawberries and spinach.
5. For the dressing, mix together 2 tablespoons of honey and 4 tablespoons of water.
6. Drizzle the dressing over each strawberry just before serving.

Number of Servings: 5



## Fruity Salsa

By Mr. Brian Norris' 3rd grade students, Langdon Education  
Campus: Xavier Contee, Chyler Smith, Sheilaya Diin, Kiara  
Honemond, Delonte' Freeman, Kwesi Mobley

We worked as a team and thought we should make a salsa. We figured that most people would not expect to have strawberries, kiwi fruit and

greens in their salsa. Our team member Delonte had the bright idea to add red peppers after we did our first taste test. That made it even better.

Our ingredients were purchased at the Eastern Market. At the market there are farmers from the local area that sell fruits and vegetables.

### Ingredients:

- 10 strawberries (medium to large)
- 2 kiwi fruit
- 5 – 10 mixed greens (Swiss Chard, spinach, kale)
- 2 miniature red peppers
- 2 tablespoons of honey
- 2 tablespoons of fresh lemon juice
- 2 tablespoons of fresh lime juice
- Pinch of salt
- Pinch of ground black pepper
- Tortilla chips

### Directions:

1. Dice the strawberries, kiwi fruit and red peppers.
2. Chop the mixed greens into shredded pieces.
3. Mix the fruits and vegetables inside of a bowl. Set aside.
4. In another bowl, make honey sauce by mixing honey, lemon juice and lime juice.
5. Pour honey sauce into fruit and vegetable mixture.
6. Add a pinch of salt and a pinch of pepper. Gently mix.
7. Enjoy by dipping salsa with a tortilla chip!

Number of Servings: 4-6

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“The Fruity Salsa is special to me because I made it with my classmates.” (Chyler)

“The Fruity Salsa is special to me because it is healthy.” (Xavior)

“The Fruity Salsa is special to me because it has kiwi fruit in it and I like kiwi fruit.” (Kiara)

“I think the Fruity Salsa is special because it has a lot of fruit and vegetables in it.” (Delonte’)

“The Fruity Salsa is special to me because I made it with my friends and we are entering it into a contest. I hope we win.” (Kweisi)

“The Fruity Salsa is special to me because it is always good to try new things.” (Sheilaya)



## Strawberry Mango Salad

By Elsie Whitlow Stokes PCS

### Ingredients:

- 1 cup diced strawberries
- 1 cup diced mango
- 1 jalapeño, seeded and minced, but leave some seeds in if you want it spicier
- 2 tablespoons diced red onion
- 2 tablespoons chopped fresh cilantro leaves
- 2 tablespoons Thai basil (the smaller leaves, not chopped), or mint
- 2 teaspoons raw sugar, or honey, or more to taste
- Juice of 2 limes, or more if the limes are not very juicy
- 2 tablespoons of grated lime zest

### Directions:

Throw everything together in a non-reactive bowl except the lime juice and the sugar/honey. You have to mix the lime juice with the sugar/honey in order to dissolve the sugar/honey, and then mix this thoroughly with all of the ingredients in the bowl.

**Local Ingredients:** Our strawberries and greens are from our own school garden and local farmers markets in Washington, D.C.

Number of servings: 6



## Summery Strawberry Salad

By DC Central Kitchen Chefs Edward Kwitowski & Katie Nash

This recipe evokes memories of strawberry picking with my grandmother in upstate New York. We would pick strawberries at a local farm during the

early summer days and then dip them in farm stand lemonade they sold near the check out. What great times!

The local ingredients will include strawberries from Kilmer Farms in Inwood, West Virginia. Our salad greens will be coming from Baywater Farms in Salisbury, Maryland.

### Ingredients:

- 1 pound mixed greens
- 3 tablespoons sunflower seeds
- 1 ½ cups local strawberries, hulled and quartered
- 3 ounces strawberry lemonade vinaigrette (see below)

#### Strawberry Lemonade Dressing:

- ¼ cup strawberry puree/mashed
- ¼ teaspoon mustard powder
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- ½ cup Canola olive oil blend
- 1 teaspoon honey
- ¼ teaspoon Salt

### Directions:

1. Wash and rinse mixed greens, strawberries
2. Hull strawberries and slice into quarters
3. In a medium mixing bowl, add mixed greens, sunflower seeds, and strawberries
4. Add strawberry lemonade vinaigrette and toss to coat

Number of Servings: 8



## Fresh strawberry and deconstructed cherry tomato vierge arugula and basil salad with pickled cucumbers and a house made strawberry vinaigrette

By Chef JR

I came up with this dish because it reminded me of love. I would serve this as a first course for Valentine's Day. It's special to me because it's my masterpiece, my art work, my passion and love. I used the FreshFarm Markets in DC because they have the freshest local produce. I also know the arch in DC garden is an excellent source too.

### Ingredients:

- Fresh strawberries
- 3 fresh cherry tomatoes
- 1/2 fresh cucumber sliced
- 3oz fresh arugula
- 2oz extra virgin olive oil
- 1t fresh lemon zest and juice
- 3 leaves fresh basil

### Directions:

1. In a medium mixing bowl, place arugula, strawberries, cucumber and basil.
2. In a blender, place 7 strawberries, olive oil, lemon juice, lemon zest, salt and pepper. Blend for about 1 min until creamy.
3. Drizzle dressing over salad, cherry tomatoes and cucumbers. Line cucumbers around the plate and place salad on top, let the tomatoes and strawberries fall naturally

Number of Servings: 2



## Strawberry Chia Jam

Ava Young, Alliance for a Healthier Generation's Healthy Out-of-School Time Manager for the DC Metro Area

I love making jam at home! It is super easy and cost effective, especially when local berries are available and in season at my DC neighborhood farmers market! I was looking

for a way to incorporate chia seeds into my breakfast routine because of their health benefits, and stumbled upon this recipe for strawberry chia jam. It is special to me because it allows me to make one of my favorite foods at home! I love to include jam on many different foods, like whole wheat toast, fat-free yogurt, and grilled chicken. But unfortunately, some store bought brands are deceptively unhealthy and include lots of added sugar. I am trying to lead a healthier lifestyle, so learning how to make my own healthy jam at home was a great way to push that goal even further! Whenever local strawberries are in season at my DC neighborhood farmer's market, I buy lots and freeze them. It is really easy to store berries in the freezer. Simply wash and put into freezer bag! Then, you can enjoy them throughout the year!

### Ingredients:

- 1 bag (12 ounces) frozen strawberries (with no added sweetener)
- 2 to 3 tablespoons honey, maple syrup or agave nectar
- 1 tablespoon chia seeds

### Directions:

1. In a medium saucepan, combine the frozen berries and sweetener. Cover and bring to a simmer over medium heat, stirring frequently. Once the berries are warmed throughout and saucy (about 5 minutes), lightly mash the berries with a potato masher or fork.
2. Reduce the heat to medium low. Stir in the chia seeds and cook, stirring frequently, until the jam is reduced and looking, for lack of a better term, jammy (15 to 20 minutes). Note that the jam will further thicken up as it cools.
3. Serve over low fat Greek yogurt and sliced almonds for a healthy snack!

Number of Servings: 8 servings (2 TBSP each)

## Shopping List:

### Condiments:

- Balsamic vinegar
- Honey
- Maple syrup
- Agave nectar
- Extra virgin olive oil
- Red wine vinegar
- Canola olive oil blend

### Dry Goods/Cooking:

- Raw sugar
- Black pepper
- Mustard powder
- Salt
- Chia seeds
- Almonds
- Whole grain flatbreads
- Masa harina (Maseca)
- Tortilla chips
- Crackers

### Dairy:

- Yogurt
- Soy milk
- Goat cheese
- Crumbled feta cheese

### Beverages:

- Orange juice

### Fruits & Vegetables:

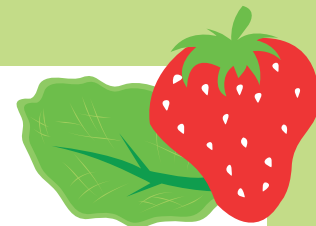
- Arugula
- Cherry tomatoes
- Cucumber
- Lemon
- Lime
- Basil
- Swiss Chard
- Kale
- Spinach
- Miniature red peppers
- Red onion
- Yellow pepper
- Cilantro
- Thai basil
- Mint
- Strawberries
- Bananas
- Kiwi
- Mango
- Cherries

### Frozen Food:

- Vanilla frozen yogurt
- Frozen strawberries

### Poultry:

- Chicken







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