



School Lunch Recipes

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Chicken Soup

Prep Time: 10 minutes

Cook Time: 25 minutes

To do in advance: Make homemade chicken broth (recipe below).

2 tablespoons butter

1 medium onion, chopped

6 carrots, peeled and chopped

2 parsnips, peeled and chopped

3 stalks of celery, chopped

4 cups green cabbage, cut into long, thin lengths (resembling a noodle)

10 cups homemade chicken broth (or just enough to cover veggies)

2 cups or more cooked cubed chicken

Salt and pepper to taste

Raw Swiss cheese (optional)

1. Melt butter over med-low heat.
2. Add onions, carrots and celery. Cook and stir until slightly softened, about 5 minutes.
3. Add the chicken broth, cabbage, salt and pepper and bring the soup just to boiling. Reduce heat and simmer uncovered, for 20 minutes.
4. Remove from heat.
5. Just before serving, put a little bit of grated Swiss cheese to the bottom of each bowl. Pour in the soup and enjoy.

Yields 6 servings



Chicken Broth

Prep Time: 5 minutes

Cook Time: 16-18 hours

Special Equipment: Slow Cooker

2 whole chicken carcasses (bones, skin and leftover meat)

2 tablespoons apple cider vinegar

Enough water to cover everything in the pot (about 12 cups)

1 carrot, broken in half

Leftover celery heart and leaves



1 onion, cut in half and peeled

1 garlic clove, unpeeled and mashed

1 tablespoon peppercorns

1 inch piece of ginger, peeled

1. Place the chicken carcasses, apple cider vinegar and water in a stockpot and let sit for ½ an hour (this allows vinegar to pull minerals from the bones).
2. Place stockpot over high heat and bring just to a boil. Reduce heat to medium and cook for 20 minutes. Scoop off any scum that appears at the top of the water.
3. Meanwhile, place the remaining ingredients in the slow cooker.
4. Transfer the boiling water and chicken remains to the slow cooker.
5. Cover partially and cook on high for 16-18 hours. The temperature of the water should reach about 205°F and can be tested with instant read meat thermometer or candy thermometer (but you do not need to get this picky). You have the right temperature if there are only occasional bubbles rising to the top. You do not want an active boil.

*A broth of exceptional quality will become gelatinous once refrigerated. This may require the addition of chicken feet, which you may source out through a local farmer, farmers market or health food store.

Nut-Free Trail Mix

Prep Time: 2 minutes

Equal amounts of any of the following:

Coconut flakes or chips

Sunflower seeds

Pumpkin seeds

Sesame seeds

Raisins

Cranberries

chocolate covered cocoa nibs or dark chocolate chips (optional)

1. Mix all ingredients in a bowl and enjoy!



Sweet Onion & Poppyseed Dressing

Prep Time: 5 minutes

½ sweet onion, quartered

1 tablespoon Dijon mustard

1 teaspoon sea salt

¼ to 1/3 cup of raw honey

1/3 cup of raw apple cider vinegar

¾ cup of extra virgin olive oil

1 tablespoon of poppyseeds

1. Add the onion, mustard, honey, salt and apple cider vinegar to a food processor or blender.
2. Blend until smooth.
3. Add the olive oil and blend until combined.
4. Pour into a jar with a lid and stir in the poppyseeds.
5. Close jar and refrigerate.

Keeps up to 2 weeks.

Yield: 1 1/3 cups



Chocolate Avocado Pudding

Prep Time: 5 minutes

Special Equipment: blender or food processor

2 avocados, skin and pit removed

4 ripe bananas, peeled

¼ cup raw cocoa powder

2 heaping tablespoons almond butter (optional)

Splash of vanilla (optional)

1. Place all ingredients in a blender or food processor and mix until smooth.
2. Use a rubber spatula to scoop all of the pudding from the blender into small bowls. Alternatively you can mash the ingredients with a fork or potato masher, it just won't be as smooth.

Serves 4



Ground Turkey Mini Meatloaf

Prep Time: 10 minutes

Cook Time: 25 minutes

Special Equipment: mini meatloaf pan or muffin tin



½ tsp coconut oil

1 tablespoon butter

2 medium onions, chopped

3 Gala apples, chopped into ¼ inch pieces

2 celery ribs, chopped

2 cloves garlic, minced

3 pounds ground turkey

½ cup fresh parsley, minced

2 eggs

2 tablespoons Dijon mustard

1 teaspoon ground savory Salt and pepper

1. Preheat oven to 375°F.
2. Lightly grease mini meatloaf pan or muffin tin with coconut oil. Alternatively, you can line the mini meatloaf pan with parchment paper.
3. In a medium pan melt butter.
4. Add chopped onions, apples and celery and cook until onions are soft, about 5 minutes, stirring occasionally.
5. In the last minute of cooking, add garlic.
6. Meanwhile, in a large bowl, mix together remaining ingredients.
7. Combine apple mixture and turkey mixture.
8. Fill mini meatloaf pan with mixture. You will have enough for 2 batches.
9. Bake for 20-25 minutes, until an instant read thermometer inserted into the center of the mini meatloaves register 165°F.

You can also use a traditional meatloaf pan. Using the whole mixture cook for 50 minutes of until an instant read thermometer inserted into the center of the meatloaf registers 165°F.

Apple Sauce

Prep Time: 15 minutes

Cook Time: 20 minutes

3 pounds apples (mix of sweet & tart such as Gala and Granny Smith)

1 teaspoon cinnamon

1 pinch nutmeg

1 ½ cups water

2 thin lemon slices

¼ teaspoon salt

1. Peel and core apples (you can leave the skin on if you like the texture).
2. Cut apples into approximately 1 inch cubes.
3. Add all ingredients to pot, and turn heat on high. Bring to a boil, then cover and reduce heat to low. Simmer for 20 minutes or until the apples have softened significantly.
4. Stir frequently, making sure that the apples are not sticking to the bottom of the pot. Add more water if necessary. Remove lemon slices.
5. Mash with a potato masher or use a food mill or food processor for a smoother consistency. Serve warm or at room temperature.

Serves 6



B'eggs

Prep Time: 15 minutes

Cook Time: 25 minutes

1 pound bacon

coconut oil

12 eggs



1. Partially cook bacon.
2. Preheat oven to 350°F
3. Grease muffin tin with a small amount of coconut oil.
4. Line bacon in muffin tin.
5. Crack one egg into each muffin cup.
6. Bake for 20-25 minutes.

Serves 6