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## Feta, Leek, and Walnut Orzo

### Ingredients

1 ½ tablespoons olive oil	4 cups chicken or vegetable broth
1 onion, finely chopped	Handful fresh parsley, quite finely chopped
2 leeks, trimmed and finely sliced	¾ cup crumbled feta cheese
½ teaspoon each of salt and ground black pepper	¾ cup chopped walnuts
1 ¼ cup orzo	Juice ½ lemon

### Directions

#### Step One:

Wash and chop leeks and onions.

Place broth in saucepan to heat until warm.

#### Step Two:

Heat oil in a large frying pan over a medium-high heat. Once shimmering, add the onion, salt, and black pepper. Cook for 5-6 minutes. Add the leeks and cook for 5 more minutes or until softened.

Add the orzo and stir to coat in the oil. Turn up the heat, pour in the 1 cup broth, boil until reduced by half.

#### Step Three:

Slowly add more broth, 2 ladles at a time. Once the liquid is almost gone, add more.

Continue to add broth until the orzo begins to soften. If you run out of broth you can add water.

#### Step Four:

Once the orzo is just cooked and the sauce is creamy, stir in walnuts and parsley. Add juice of ½ lemon. Top with feta and stir just until combined. Enjoy!



## Fish Tacos

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### Ingredients

12 6-inch flour or tortillas

Pico de gallo or salsa (see recipe)

¼ cup all-purpose flour

¼ cup corn starch

1½ teaspoons chili powder

2 teaspoons garlic powder

1 teaspoon cumin

½ teaspoon each salt and black pepper

Chipotle cream sauce (see recipe)

½ cup milk

¼ cup canola oil, plus a splash more for greasing pan

1 ½ -pounds cod, tilapia, halibut, or other firm white fish filets

Toppings: hot sauce, sliced radish, shredded cabbage

### Directions

#### Step 1

In a medium bowl, mix the flour, chili powder, garlic powder, cumin, and 1½ teaspoons each of kosher salt and black pepper. Pour the milk into another medium bowl and place the fish into it.

#### Step 2

Remove the fish pieces from the milk bath. Dredge or coat them lightly with the flour mixture, shaking to remove excess.

#### Step 3

Lightly coat a 12-inch frying pan with oil and place over medium-high heat until it shimmers.

#### Step 4

Place some fish pieces in the oil, without crowding them, and cook until deep golden brown on one side, 3 to 4 minutes. Turn carefully and cook for 1 minute more. Remove to a warmed, paper-towel-lined plate. Repeat with the remaining fish.

#### Step 5 Make Your Taco!

Fill each tortilla with 2 pieces of fish, browned side up, followed by tomato salsa and a pinch of cabbage. Drizzle with the cream sauce.



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## Hard Boiled Eggs

Waffles and Mochi

[A Simple Boiled Egg Recipe - Pass the Love \(wafflesandmochi.org\)](https://wafflesandmochi.org)

### Ingredients

4 whole eggs  
Salt  
Cracked black pepper  
Water

### Directions

#### Step 1

Bring a medium-sized pot of water over medium heat to a gentle simmer. You should see steam and medium-sized bubbles rising to the surface of the water. Using a slotted spoon, gently lower the eggs into the pot one at a time.

#### Step 2

How do you want your eggs? It's up to you! Check out the chart below for cooking times, which range from 6 to 15 minutes. Don't forget to set your timer! Listen for it to chime, and once it does, use a slotted spoon to transfer the eggs to a bowl.

#### Step 3

Run the eggs under cold tap water to stop them from cooking. Once cool to the touch, gently crack the shell on all sides by tapping the egg on a hard surface. Peel off the shell (for soft-boiled eggs, use the back of a spoon to gently tap on the shell and remove it).

### EGG-CELLENT VARIETIES

#### THE SOFT-BOILED EGG

Time: 5 minutes

Texture: Soft and runny

Great for: Soup, ramen, pasta, porridge

#### THE BOILED EGG

Time: 9 minutes

Texture: Set enough to slice—firm white and bright yellow yolk

Great for: Toast, salad, on its own, pickling, dying with vegetable-based food dye

#### THE JAMMY EGG

Time: 7 minutes

Texture: Cooked egg white and semi-solid yolk

Great for: Toast, grain salad bowls, on its own

#### THE HARD-BOILED EGG

Time: 11-15 minutes

Texture: Firmly set white and yolk

Great for: Chopping into salad, crushed into dressings





## Pico De Gallo

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### Ingredients

1 lime, halved

½ teaspoon kosher salt

2 medium tomatoes, seeded and finely chopped

1 small red onion, peeled and finely chopped

1 clove garlic, minced

½ cup roughly chopped cilantro

1 jalapeño, halved lengthwise, seeded and thinly sliced (leave seeds in for more heat)

### Directions

#### Step 1

Wash and cut all produce

#### Step 2

Combine all produce in medium bowl. Add ½ teaspoon kosher salt and a squeeze of fresh lime

#### Step 3

Stir to combine.



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**Amazing Avocado Toast  
with  
Super Sweet Roasted Tomatoes**

The secret ingredient in this avocado toast is beans! Beans improve the nutrition by adding a healthy dose of fiber and protein. Prepare all the ingredients and allow kids to assemble their own toasts.

**Ingredients**

- 1-pint cherry or grape tomatoes
- 1 tablespoons olive oil
- ½ teaspoon salt
- 1 whole ripe avocado
- 1 cup cooked cannellini or garbanzo beans
- 1 finely chopped garlic clove
- 2 tablespoons olive oil
- 1 tablespoon lemon or lime juice
- 1 teaspoon salt
- 1 oz goat or feta cheese (optional)
- 1 small baguette or other crusty bread

**Directions**

Preheat oven to 375.

Wash tomatoes and place on rimmed baking sheet, add 1 tablespoon olive oil and ½ teaspoon of salt. Use your hands to thoroughly coat the tomatoes.

Place in the oven for 30 to 45 minutes, until the tomatoes start to shrivel.

Set aside

In a large bowl place ripe avocado, beans, finely chopped garlic, 2 tablespoons olive oil, 1 tablespoon lemon or lime juice and 1 teaspoon salt.


Use a potato masher, fork, or wooden spoon to smash the avocado and beans to make a smooth paste. Keep mixing until all ingredients are combined.


Carefully slice baguette. Place on baking sheet and in oven for 10-15 minutes until just toasty.

Place 1-2 slices of toast on plate, top with avocado mixture, 2 tablespoons roasted tomatoes and 1 tablespoon cheese.

Enjoy!

Set out other ingredients to allow kids to be creative with their toasts. Some things to try – chopped hardboiled egg, a variety of nuts or seeds, thinly sliced green onions, flavored vinegars, salsa, smoked salmon, or chicken.

 **Little helpers:** There are many tasks kids can help with in this recipe. Have them use their hands to mix the tomatoes before putting them in the oven, let older children toast the bread. Kids can practice their math skills measuring out the ingredients for the avocado mix. Kids of all ages will love smashing and mixing the beans and avocado. Prepare all the toppings and allow kids to assemble their own toasts.

 **Health benefits:** Avocado is full of healthy fats that are important for young children's brain development. The beans add fiber and protein to make this a balanced snack. Tomatoes are high in vitamin C, roasting them sweetens them which may make them more acceptable to picky eaters.