

2017 Walk On! Kids Cooking Challenge



Zucquinoa

Serves: 4-6

Ingredients:

1 medium zucchini	¼ tsp black pepper
1 cup quinoa	½ tsp salt
1 Roma tomato	¼ cup chopped cilantro
¼ corange bell pepper	¼ cup chopped green onion
¼ yellow bell pepper	3 garlic cloves
¼ onion	2 tbsp olive oil
1 tsp garlic powder	1/3 cup chopped walnuts

Directions:

1. Rinse quinoa and prepare according to instructions on package.
2. Slice zucchini into 1½ inch spears and dice the rest of vegetables.
3. Heat pan to medium heat, add olive oil to pan.
4. Place zucchini, onion, garlic and bell pepper in pan. Stir and watch for 5-10 minutes.
5. Next, add prepared quinoa, tomatoes, walnuts, green onion and cilantro. Stir occasionally until vegetables are cooked.
6. Season with salt and pepper to taste.
7. Take off heat and serve.

Kash Walter, Age 12, Homeschooled

Tomatacado Salad

Serves: 2-4

Ingredients:

3 large on-the-vine tomatoes	Balsamic vinegar to taste
1 large avocado	Flaked finishing salt
Crumbled herb feta to taste	Ground pepper to taste
Extra virgin olive oil to taste	

Directions:

1. Slice tomatoes in approximately ½-inch rounds; lay out on paper towel and pat dry. Set aside.
2. Peel and pit avocado; slice in same thickness as tomatoes.
3. Assemble tomato slices on large serving platter and top with avocado slices.
4. Sprinkle feta on top.
5. Drizzle salad with olive oil and balsamic vinegar, both to taste.
6. Sprinkle with flaked salt and ground pepper, both to taste.
7. Use spatula to serve.

Suzette Jones, Age 10, North Ranch Elementary School

Totally Ave-some

Serves: 4

Ingredients:

2 cups corn kernels (thawed or cut from cob)	1 can black beans, rinsed and drained
2 cloves chopped garlic	3 tbsp lime juice from one or two limes
1 tbsp chopped shallot	3 tbsp chopped cilantro, plus more for garnish
1 tsp ground cumin	Salt and pepper to taste
6 tbsp olive oil, divided	2 avocados, halved, pitted, cored and chopped – set shells aside
1 cup chopped red bell pepper	Feta for topping (optional)
1 cup chopped mango	

Directions:

1. Heat 3 tbsp olive oil in large skillet.
2. Sauté corn, shallots, garlic and cumin over medium-high heat for 10 minutes or until corn begins to brown. Set aside until room temperature.
3. Place red bell pepper, avocado, mango and beans in large bowl.
4. Add remaining 3 tbsp olive oil, lime juice and cilantro.
5. Mix in cooled corn mixture.
6. Add salt and pepper to taste.
7. Fill halved avocado shells with salad and garnish with cilantro.
8. Top with feta if desired.

Katie Cafferelli, Age 11, Saint John XXIII

Swirly Whirly Zucchini Pasta

Serves: 2-4

Ingredients:

3-5 zucchinis, washed	1 pinch each of garlic powder and onion powder
1 cup of grape or cherry tomatoes	1 pinch of oregano
½ tsp of lemon zest	2 garlic cloves, chopped
2 ½ tbsp of lemon juice	2 tbsp of olive oil (divided)
3 tbsp of roasted pine nuts	
1 pinch each of salt and pepper for seasoning	

Directions:

1. First, wash and cut zucchini into pasta-style noodles with a kitchen tool or knife.
2. Next, wash and dry the grape or cherry tomatoes. Put them in a medium saucepan with 1 tbsp of olive oil (enough to coat the bottom of the pan). Add a pinch of oregano, the two cloves of chopped garlic as well as a pinch of salt and pepper. Sauté the tomatoes for 5-8 minutes, pour in a bowl and set aside.
3. Take the zucchini pasta and put it in the saucepan with 1 tbsp of olive oil (just enough to coat the pan and noodles lightly), add the pinches of the garlic powder and onion powder as well as the salt and pepper to the zucchini pasta.
4. Cook the zucchini pasta for 5-7 minutes (less time if you want it crunchy).
5. If there is water from the zucchini pasta, drain the water. Add the lemon juice and lemon zest to the zucchini pasta and toss together.
6. Finally, add the roasted pine nuts and sautéed tomatoes to your swirly whirly zucchini pasta and serve.

Ashlyn Campisi, Age 12, Christ Lutheran School

Tovi's Sweet Potato Parsnip Mash

Serves: 6-8

Ingredients:

2 medium sweet potatoes	1 tsp garlic powder
1 large parsnip (or 2 small)	1 garlic clove, pressed
2 tbsp milk	
1 tbsp butter	Option if you like it spicy!
1 tsp sea salt	½ tsp Tapatio (or other hot sauce)
½ tsp pepper	3 chilepin peppers, crushed

Directions:

1. Peel and cut parsnips and sweet potatoes.
2. Boil together for 10 minutes.
3. Drain water and mash.
4. Add all additional ingredients (to taste).
5. Add more milk if needed.

Tovi Lieberman, Age 9, Lineweaver Elementary School

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