

10am at School

Chilled Strawberry Soup

Yields: 3 Cups



Ingredients:

- 4 cups fresh strawberries (stems removed)
- 5 juicing oranges or 1 cup of orange juice
- 3 tablespoons chopped fresh mint leaves, divided
- 1 tablespoon grated orange zest
- 2 tbsp honey
- 1/4 cup plain yogurt
- 1 inch fresh ginger

Instructions:

1. In a food processor, purée strawberries. Add orange juice and ginger and process for 1 minute. Add 1 tbsp mint and process for 1 minute. Add 1 tbsp of honey, transfer to jars, dividing equally, and refrigerate for 1 hour.
2. In a bowl, mix remaining mint, orange zest, honey. Add yogurt and mix well. Top each jar with a dollop (1 tbsp) of the mixture, garnish with a mint leaf and serve immediately.

2pm at Home

Fruit Pinwheels

Yields: 12 Pinwheels

Ingredients:

- 8 ounces cream cheese, softened
- 1/4 cup butter, softened
- 1 tsp vanilla extract
- 1/2 cup of honey
- Fresh fruit (strawberries, kiwis and blueberries), thinly sliced
- Granola (no nuts)
- 12 small whole grain flour tortillas



Instructions:

1. Beat cream cheese, butter, vanilla and honey in a large bowl until light and fluffy.
2. Thinly spread 2-3 tablespoons of the cream cheese mixture on each tortilla. Arrange fruit on top, and roll lengthwise into a tight roll. Wrap with plastic wrap and refrigerate 1-2 hours before slicing.
3. Cut each roll into 3-4 servings. Place a toothpick through for easy snacking.

3pm Soccer Game

Apple Smiles with Sweet & Creamy "Nut" Butter Dip

Yields: 8 Apple Smiles

Ingredients:

- 2 red apples, cored and sliced
- 6 ounces plain Greek yogurt
- 3 tablespoons soy nut butter, or any nut butter
- 3 teaspoons honey
- 1 teaspoon cinnamon



Instructions:

1. Combine yogurt, soynut butter, honey and cinnamon in a small bowl.
2. Whisk together until smooth.
3. Spread a thin layer on one slice of apple, and then place another apple on top.
4. Cut in half to make half moon "smile".

6pm Parent Meeting

Edamame Hummus

Yields: 2 Cups

Ingredients:

- 1 1/4 cup, frozen edamame, shelled, cooked and cooled
- 1 1/4 cup, fresh or frozen peas, cooked and cooled
- 1 scallion
- 1/4 cup fresh-squeezed lemon juice
- 1 teaspoons minced garlic
- 1/4 cup extra-virgin olive oil
- 1 tablespoon chopped fresh mint
- 1/4 teaspoon Kosher salt
- Pinch ground black pepper
- Whole wheat pita, cut into triangles
- 2 carrots, cut into 4-inch sticks



Instructions:

1. Working in batches, pulse edamame, peas, and scallions in a food processor until a coarse purée forms.
2. Transfer to a medium bowl, stir in lemon juice, garlic, coriander, cumin, salt, and pepper. Gradually stir in olive oil and mix well. Add to the mint to the mixture.
3. Season with more salt and pepper to taste.
4. Transfer to a serving bowl, drizzle with oil and garnish with more herbs if desired. Serve with carrot sticks and pita triangles for dipping.

8pm Holiday Party

Rainbow Spring Rolls

Yields: 12 Servings

Veggie Spring Rolls Ingredients:

- 2 cucumbers & 2 carrots cut into matchsticks
- 20 green beans, blanched and cut into matchsticks
- 8 ounces vermicelli rice noodles, cooked and cooled
- 1 bunch chives
- 1/2 cup each of basil and mint leaves, torn in half
- 1 head lettuce, leaves torn in half
- 16, 8" spring roll (rice paper) wrappers
- Warm water



***Nutty & Sweet Dipping Sauce**

- 1/3 cup soy nut butter
- 2 teaspoons low-sodium soy sauce
- 1 tablespoon honey
- 2 tablespoons water
- 3 tablespoons fresh-squeezed lime juice

Instructions:

1. For dipping sauce, whisk together all ingredients in a small bowl. Add additional water to reach desired consistency. Set aside.
2. Fill a wide bowl with warm water. Working one at a time, soak rice paper in water until it becomes translucent, 1-2 minutes.
3. Place 2-3 mint and basil leaves on the lower half of wrapper. Top with two or three of each torn mint and basil leaves onto the lower center of the wrapper. Top with julienned vegetables and noodles, being careful not to overfill.
4. Fold the bottom of wrapper over ingredients, pulling tightly to tuck the ingredients underneath. Fold in sides, then continue to roll wrapper until you have a tight roll. Press the end gently to seal.