

WAVE Program Recipes
PGHS Culinary -- Chef "Mo" Erickson

The Groovy Smoothie

- 1 cup light coconut milk (or coconut water)
- 1 cup cold water
- 1 ripe banana (the darker, the sweeter)
- 5 ounces vanilla greek yogurt
- 2 cups frozen mango
- 2 cups frozen pineapple
- 1 big handful of spinach or kale
- 4-6 pitted dates

Make sure the blender is turned off before plugging in.

Step 1: Place all ingredients in blender, in the order that they are listed.

Step 2: Start out on a low speed and gradually work your way up to the highest until the smoothie is fully blended.

Step 3: Turn off the blender, then taste. If too thick, add a little water. If not sweet enough, add another date. Not slushy enough? Add more frozen fruit.

Once you have it the way you like it, serve and enjoy!

TIPS:

1. *Trader Joe's has good prices on frozen mango and pineapple. If you don't like those fruits, use something you like.*
2. *If you don't want to use dates, you can use another natural sugar like honey or agave syrup.*
3. *Costco has a big bag of PowerGreens that are perfect for this recipe and for salads too!*
4. *You can amp up the tropical taste of this smoothie by using coconut Greek yogurt.*

Kimbap (Korean Sushi)

- About 1/2 cup seasoned Calrose rice per roll (depends on the size of your roll)
- 1 sheet nori per roll (cut to size*)
- Fillings: Cucumber, blanched carrot, edamame, pickled radish, egg, crab, shrimp, cooked beef, chicken or pork, or whatever you like

For the rice: Prepare Rice (1 cup rice to 1 1/4 cups water simmered, covered for 20 minutes). Cool slightly, then toss with sesame oil and salt to taste. For more rice, just use the same ratio of rice to water.

**For a giant sushi burrito, use the whole nori sheet. For a medium sized roll (three fillings like CA roll) cut off two strips along the dotted lines. For snack size, like we made in class, you can cut a sheet in half*

TIPS:

1. *Keep your extra rice covered while you work so it doesn't dry out.*
2. *Nori should be rough-side-up, which helps the rice stick.*
3. *Don't overload your nori with rice. You only need a thin layer.*
4. *Have a bowl of clean water to keep your hands damp, so the rice won't stick*
5. *Don't overload your roll or it won't close up nicely.*
6. *You can buy small packages of seaweed (Nori) at Lucky and Safeway. You can get the 50-sheet pack for around \$25 at Smart and Final (by Home Depot).*
7. *You can buy sushi mats on Amazon and Wish, but sometimes they have them at Ocean Sushi on David Avenue in PG. You can usually find them at Cost Plus World Market near Panda Express in Seaside.*
8. *Wrap your mat in plastic wrap to make cleanup easier.*
9. *Always keep your seaweed tightly wrapped when you're not working with it. PG's foggy weather will make a crisp piece of nori turn gummy in only about 10 minutes in the open air.*

2-Minute Taco Soup

Serves 4-6

- 2.5 cups **hot** water
 - 1 medium carrot, peeled and broken into four pieces
 - 1/2 an avocado, peeled
 - 2-3 sprigs of cilantro (leaves and stems)
 - 1 teaspoon garlic powder
 - 2 teaspoons kosher salt
 - 1 teaspoon ground cumin
 - 1/4 teaspoon dried oregano
 - 1 teaspoon chili powder
 - 1/2 Tablespoon dried onion flakes
 - 2 medium tomatoes (washed and left intact)
 - 1.5 ounces tortilla chips (plus more for serving)
1. Place water in blender first, then carrots.
 2. Put everything else in the blender except the tortilla chips.
 3. Run blender until soup is smooth. Add tortilla chips. Pulse blender 2-3 times.
 4. Serve! Garnish with fresh lime, sour cream and extra tortilla chips.

Apple “Nachos”

Makes 1 serving

- 1 apple, sliced
- 1/4 cup peanut or almond butter, warmed
- 2 Tablespoon granola
- Mini chocolate chips

Step 1: On a serving plate, arrange apple slices in a fan.

Step 2: Warm the nut butter in a microwave safe bowl.

Step 3: Transfer the warm nut butter to a ziplock bag. Snip the tip with scissors and drizzle over the apple slices.

Sprinkle with granola and mini chips. Serve.

Broc n' Mac n' Cheese

Serves 4-6

- 1/2 pound elbow macaroni (8 oz.)
- 1/2 cup broccoli florets (small pieces of broccoli)
- 4 tablespoons butter, cut into 8 pieces
- 2 large eggs
- 3/4 cup lowfat milk
- 1 teaspoon kosher salt
- pinch of white pepper
- pinch of dry mustard
- pinch of cayenne
- 8 ounces sharp cheddar, shredded
- 2 slices American Cheese

Step 1: Fill a Dutch oven with warm water. Add 2 Tablespoons kosher salt, and bring to a boil.

Step 2: Add macaroni; stir to separate the pasta. Once water is boiling again, set timer for 8 minutes.

Step 3: While pasta is cooking, in a small bowl, whisk together the eggs, milk, cayenne, salt, pepper, and mustard until smooth. Set aside.

Step 4: After the 8 minutes, add broccoli to the pasta water and cook for just 2 more minutes.

Step 5: Drain the cooked pasta in a colander. Shake gently to allow excess water to drain out. Stovetop should be OFF.

Step 6: Return the drained pasta to the pot; add butter pieces. Stir briskly to melt the butter. Stovetop should be OFF.

Step 7: Pour the milk mixture over the pasta. Stir once or twice.

Step: Stir in the cheese. Turn stove back on, medium heat (level 5) and stir for 2-3 minutes (until creamy and slightly thickened). Taste, adjust with salt if necessary, then serve.

Double Chocolate Zucchini Muffins

Makes 1 dozen

- 3/4 cup granulated sugar
- 1/4 cup brown sugar (not packed)
- 1/4 cup vegetable or other neutral oil
- 1/4 cup applesauce
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/4 cups all-purpose flour
- 1/4 cup cocoa powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 1 cup finely grated zucchini (patted dry)
- 1/2 cup semisweet chocolate chips

Preheat oven to 350. Line muffin tin with paper liners.

1. In the bowl of a stand-mixer, beat together the sugars, oil, applesauce, eggs, and vanilla until combined.
2. In a medium bowl, whisk together the flour, cocoa powder, salt, baking soda and cinnamon.
3. Transfer the dry ingredients into the bowl with the wet ingredients. Stir on low power till just combined.
4. Add zucchini and chocolate chips. Stir on medium power until combined.
5. Using a large portion scoop, transfer to prepared pan.

6. Bake for 20-22 minutes, until a toothpick inserted in center of muffin comes out clean. Cool then eat.

While your muffins are baking, clean your kitchen, shut it down, and come back to your seats as soon as possible!