

Nicaraguan Guacamole

Orlando Perry, Age 11
Shaw Montessori

Ingredients:

6 hard boiled eggs
Salt
Lemon juice
1/4 cup cilantro, chopped
4 avocados

Directions:

1. Peel hard boiled eggs and place in large bowl.
2. Add 4 avocados.
3. Add 1/4 cup lemon juice from a bottle (not fresh), more or less to taste.
4. Add salt to taste.
5. Mash it all together, taste and add more lemon juice or salt as needed.
6. Sprinkle with cilantro and serve with tortilla chips.

Serves: 5



**BlueCross
BlueShield
of Arizona**

An Independent Licensee of the Blue Cross and Blue Shield Association

Delightful Spring Rolls

Alessia Vezzosi, Age 11
Entz Elementary School

Ingredients:

1 medium carrot
1 stem of a broccoli head
1/2 large red bell pepper
2 tsp olive oil
Spring roll wrappers
Pinch of salt
1/2 tsp granulated garlic
1/2 tsp granulated onion
1/4 tsp crushed red pepper flakes
1/4 tsp soy sauce

Directions:

1. Preheat oven to 450 degrees.
2. Prepare a large baking sheet with parchment paper.
3. Julienne (thinly slice) carrot, broccoli and red bell pepper. Place cut vegetables in a bowl and add the spices, including soy sauce.
4. Place spring roll wrappers individually in a pie pan of water. Soak each individually in water for 10 seconds. Once they have soaked for 10 seconds, remove them from the water and fill them with seasoned vegetables. Fold the ends of the wrapper and then roll up.
5. Once rolled, place the spring roll seam side down on the prepared baking sheet. Repeat this with remaining wrappers.
6. Bake the spring rolls for 15-20 minutes.
7. Serve warm.

Serves: 4-6



**BlueCross
BlueShield
of Arizona**

An Independent Licensee of the Blue Cross and Blue Shield Association

Protein Muffins

Jackson Tirrito, Age 11
St. Michaels

Ingredients:

- 1 tbsp olive oil
- 1 cup red bell pepper
- 1 cup green bell pepper
- 1 cup yellow onion
- 2 cups baby spinach,
roughly chopped
- 1 cup mushrooms
- 2 cloves garlic, minced
- 4 whole eggs
- 4 egg whites
- Salt for taste

Directions:

1. Preheat oven to 350 degrees.
2. Grease a 12-slot muffin pan with cooking spray.
3. Chop bell peppers, onion and mushrooms.
4. Mince garlic and salt garlic
5. Heat a large skillet over medium heat, and once it's hot, add bell peppers and onions. Saute 5-7 minutes or until tender.
6. Add spinach and mushrooms and cook for 2 minutes.
7. In the last 30 seconds add minced garlic.
8. Season with salt and remove from heat.
9. Crack eggs/egg whites into 4 cup measuring cup and whisk together.
10. Mix cooked veggies and eggs together and divide into the 12 muffin slots.
11. Cook for 15-20 minutes.
12. Serve warm.

Serves: 6



A fresh approach to good health.



**BlueCross
BlueShield
of Arizona**

An Independent Licensee of the Blue Cross and Blue Shield Association

Watermelon and Feta Salad

Amelia Guerin, Age 11
Las Sendas Elementary School

Serves: 4

Ingredients:

4 cups diced watermelon
1/4 cup feta cheese
2 tbsp slivered almonds
1 tbsp fresh chopped mint
2 tbsp olive or avocado oil
1 tsp balsamic vinegar
A pinch of salt
Fresh ground pepper to taste

Directions:

1. Gently toss ingredients together, reserving almonds, feta and mint.
2. Sprinkle with almonds, feta and mint.



**BlueCross
BlueShield
of Arizona**

An Independent Licensee of the Blue Cross and Blue Shield Association

Purple Explosion

Gabe Bandera, Age 11
Mabel Padgett Elementary School

Ingredients:

Vegetables

1 small beet, peeled and shredded
1/2 red pepper, shredded
1 cup purple cabbage, shredded
1 cup green cabbage, shredded
1 large carrot, shredded
1 large parsnip, shredded
1/2 cup sweet onion, shredded
1 cup purple kale
1 tbsp thyme
2 tbsp olive oil
1/4 tsp salt
Black pepper to taste
Chopped fresh herbs such as chives,
basil and parsley
4-5 mandarin oranges, peeled
and chopped in half

Dressing

1/2 cup mandarin juice
1/4 cup lemon juiced
1/4 cup olive oil
1/8 tsp salt
Black pepper to taste
1/2 tsp honey
1 large clove of garlic,
chopped

Directions:

Serves: 8-10

1. Mix all vegetables together in a large bowl and toss with olive oil, thyme, salt and pepper.
2. Spread out evenly on a baking sheet and put under broiler for 3-5 minutes, just until they start to soften.
3. Set aside and let cool.
4. To make dressing, whisk mandarin juice, lemon juice, salt, pepper, garlic and honey. Slowly pour in olive oil while whisking.
5. After cooled, add mandarins and herbs to slaw. Toss with dressing and serve.



A fresh approach to good health.



**BlueCross
BlueShield
of Arizona**

An Independent Licensee of the Blue Cross and Blue Shield Association