

# Healthy Salad

Marion Colum, Age 10  
Paseo Pointe Elementary School

Serves: 8

## Ingredients:

- 1 cup cauliflower, chopped
- 1 cup broccoli, chopped
- 1/2 cup onions, chopped
- 1 can whole black olives
- 1 cup cherry tomatoes
- 1 cup carrots, julienne
- 1 cup diced provolone cheese
- 1/2 cup olive oil
- 1 tsp fresh lemon juice
- 1 tbsp Italian seasoning
- 1 tsp salt
- 1 tsp black pepper
- 1 cup hard salami, diced (optional)

## Directions:

1. Combine ingredients through provolone cheese in a large bowl.
2. Combine seasonings with olive oil and fresh lemon juice in a small bowl, adding more lemon juice and/or seasoning to your liking.
3. Pour dressing over vegetables and enjoy!



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# Carrots Galore

Nate Walker, Age 10  
Imagine Rosefield

Serves: 4

## Ingredients:

3 cups carrots, chopped  
1 tbsp green onions, minced  
1/2 cup parmesan cheese,  
shredded  
1 tsp olive oil  
1 tbsp butter, unsalted, grass-fed  
1/4 tsp sea salt  
1/2 tsp fresh dill  
1/2 tsp French thyme, dried

## Directions:

1. In a sauté pan over medium-high heat, melt the butter.
2. When butter is fully melted, add all of the carrots and onions and sauté until onions are transparent, about 7-10 minutes.
3. When the carrots and onions are done, remove pan from stove and sprinkle with the parmesan cheese and mix.
4. When the cheese is gooey, pour in the olive oil and salt and stir.
5. Mix in the dill and thyme and serve.



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# Portobello Pizza

Katherine Tirrito, Age 10  
St. Michael's School

Serves: 6

## Ingredients:

6 large portobello mushrooms  
6 tsps olive oil  
12 slices fresh mozzarella  
1 cup cherry tomatoes, halved  
3-4 garlic cloves, minced  
1/2 cup fresh basil, chopped  
Pinch of salt  
Balsamic vinegar

## Directions:

1. Preheat oven to 400 degrees.
2. Place mushrooms bottom side up on baking sheet and brush each mushroom with 1 teaspoon of olive oil.
3. Evenly sprinkle minced garlic cloves on each mushroom.
4. Place two fresh mozzarella slices on each mushroom.
5. Evenly distribute cherry tomatoes between mushrooms and add a pinch of salt to each.
6. Drizzle balsamic on each mushroom.
7. Bake 10-12 minutes, until cheese is melted.
8. Remove from oven and sprinkle mushrooms evenly with basil and serve.



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# Broccoli Pasta

David Hummert, Age 9  
Sonoran Sky Elementary School

Serves: 4

## Ingredients:

- 12 ozs spaghetti
- 1 tbsp olive oil
- 2 small heads broccolini,  
the tree part cut into large  
pieces and the stems diced
- 1/2 onion diced
- 1 zucchini diced
- 4 ozs sundried tomatoes in  
olive oil
- 4 tbsps shredded parmesan  
cheese

## Directions:

1. Prepare spaghetti following instructions on package. Add a little olive oil so that the pasta doesn't stick and salt the water a little.
2. When the pasta is ready, drain in a colander and cover with a paper towel to keep warm.
3. While the pasta is cooking, saute the zucchini, onion and broccolini stems on medium-low heat in a large pan.
4. Stir while they brown for about 5-7 minutes.
5. Then, add the broccolini "trees" and saute for 4 minutes until cooked, then add the sundried tomatoes to the large saute pan. Stir all together.
6. Add the pasta into the large saute pan and stir together with the vegetable mixture.
7. Top with parmesan cheese, and season with salt and pepper to taste.



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# Hannah's Deviled-guac Eggs

Hannah White, Age 12  
Abeka Academy

Serves: 12

## Ingredients:

12 hard-boiled cage free eggs  
2 organic avocados, halved, pitted and peeled  
1/4 cup fresh cilantro, chopped  
1/4 cup organic green hot peppers, chopped  
1/2 cup organic green onion, chopped  
1/2 cup organic tomatoes, diced  
1 tsp cumin  
2 tsps Himalayan pink salt  
1 tbsp fresh lime juice  
1/4 cup organic sour cream  
Chopped bacon (as much as you want)  
1/2 tsp hot sauce such as Tabasco (to your taste)



## Directions:

1. Starting with 12 hard-boiled eggs, cut them in half and separate the yolk and the whites, putting the yolks in a bowl and the whites on a plate or tray.
2. Prepare the rest of the ingredients above while you're waiting for the eggs
3. Mix all of the ingredients above including the yolk from the eggs.
4. Put the mixture in a Ziploc bag or a piping bag and squeeze it into the egg white halves.
5. Top with cilantro leaves. Enjoy!



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