

GN – Let's Get Cooking! Food Demo and Tasting

Recipe and Fun Facts: Pasta Primavera

This tool is designed to be used by WIC staff during the session. Staff can share cooking skills and terminology, fun facts and jokes with clients.

Ingredients – Serves 8 or more taste-testers

3 cups broccoli florets
2 cups sliced carrots
1 cup sliced zucchini
16 oz. whole wheat pasta (like macaroni, spiral, or penne)
Small plates and forks for serving



For the Sauce:

1/4 cup flour
1/4 cup butter
4 cups skim milk
1 teaspoon dried basil
1/2 teaspoon black pepper
1/2 cup parmesan cheese

Preparation

1. Cook pasta according to package directions.
2. Rinse broccoli florets with cold water and place with carrots in a steamer basket.
3. Put the steamer basket in a saucepan filled with 1-2 inches of water.
4. Bring to a boil; cover and steam for 2-5 minutes. Add zucchini and steam for another 2-3 minutes until vegetables are tender.
5. Take vegetables out of steamer and place in large mixing bowl.
6. In a small saucepan melt butter; whisk in flour.
7. Gradually add in milk, basil, and pepper. Cook over medium heat, stirring constantly, until sauce thickens.
8. Remove sauce from the heat and stir in parmesan cheese.
9. Pour sauce over the vegetables, add in cooked pasta and mix gently until combined.

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WIC Foods: broccoli, carrots, zucchini, pasta, milk

Cooking Skills and Terminology

- **Steaming:** a method of cooking that works by boiling water that turns into steam. The food being steamed is kept separate from the boiling water using a basket or insert. The food is cooked with the hot steam until tender and bright in color. Steaming helps keep more nutrients in vegetables than boiling.
- **Roux:** a roux (pronounced "ru") is flour and fat cooked together to make a smooth paste that makes sauces thick, smooth and rich. There are many kinds of roux. The flour and butter are the roux that help to make this recipe's delicious creamy white sauce. The white sauce is also known as Béchamel sauce (pronounced "bay-shah-mel").
- **Whisking:** a method used to blend ingredients into a smooth consistency using a whisk utensil. A whisk has several wires or loops that help to break up and blend ingredients.

Nutrition and Fun Facts

- **Broccoli:** Good source of Vitamins A and C, fiber and calcium plus more. The name "broccoli" comes for the Latin word brachium, which means "branch" – which is quite fitting as broccoli looks like baby trees!
- **Carrots:** More Vitamin A than any other vegetable and a powerhouse nutrient for healthy eyes. There are over 100 species of edible carrots today.
- **Zucchini:** Full of vitamins, minerals and fiber. Zucchini are a summer squash and a member of the gourd family. One zucchini is a "zucchina."
- **Whole Wheat Pasta:** Packed with fiber, protein and minerals. A versatile food that can be mixed with different vegetables, sauces, and in casseroles for a crowd-pleasing meal. There are over 600 types of pasta!
- **Pasta Primavera:** While most people think pasta dishes come from Italy, this one became famous right here in the U.S. when a famous New York restaurateur added it to his menu in the 1970's. Pasta primavera can include a variety of vegetables, making it a great way to incorporate your family's favorites. Try adding tomatoes, peas, onions or bell peppers!

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Jokes

Q: What do you call a fake noodle? A: An impasta.

Q: What kind of vegetable is sold at the zoo? A: Zoo-chini.

Q: What's a vegetable's favorite martial art? A: Carrotee!

Resources

- Recipe Card Stock # [13-06-14458-4](#) (English/Spanish)
- Link to online recipe with video: <https://texaswic.org/recipes/pasta-primavera>

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Recipe and Fun Facts: Mango Parfait

This tool is designed to be used by WIC staff during the session. Staff can share cooking skills and terminology, fun facts and jokes with clients.

Ingredients – Serves 8 or more taste-testers

4-5 mangoes, diced
2 cups WIC approved cereal
32oz. WIC approved non-fat vanilla yogurt
Small disposable plastic cups and spoons for serving



Tip: Mix it up with different fruits, yogurts, and cereals.

Preparation

1. Place 1-2 tablespoons of diced mango at the bottom of each cup.
2. Cover mango with 1/4 cup yogurt.
3. Sprinkle cereal on top of the yogurt.

WIC Foods: mangoes, cereal, yogurt

Cooking Skills and Terminology

- **Dicing:** A method of cutting food into very small, evenly sized pieces or cubes. Dicing helps make dishes more uniform and allows for more consistency in flavor. For foods that are cooked, dicing speeds up the cooking time. Diced foods are larger than minced foods but smaller than chopped foods.

Nutrition and Fun Facts

- **Mangoes:** Classified as a stone fruit with a flat oval pit, mangoes can come in many different shapes, sizes and colors including yellow, orange, red and green. Mangoes are packed with Vitamin C and other nutrients that help your immune system stay strong.

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- **Cereal:** The first cereals developed were designed to be health foods and were rather flavorless. Sweetened cereals came to the market in the late 1930s. WIC cereals are full of whole grains, fiber vitamins and minerals with less sugar.
- **Yogurt:** Yogurt is made by the bacterial fermentation of milk using cultures, resulting in a tangy creamy texture. Yogurt has probiotics that can provide health benefits, plus calcium and protein to help maintain bone health. Americans consume more than 300,000 tons of yogurt each year!
- **Parfait:** A French dessert from the adjective *parfait* (pronounced "par-fay") which means "perfect." The American version of this dessert is traditionally made by layering cream, ice cream, syrup and fruit in a clear glass. This recipe has a healthy twist by using yogurt and fresh fruit, which really is perfect!

Jokes

Q: What is a cheerleader's favorite cereal? **A:** Cheerios

Q: Why does yogurt love going to the museum? **A:** Because it's cultured.

Knock knock!

Who's there?

Mango!

Mango who?

Mango to the door and just answer it!

Resources

- Recipe Card Stock # [13-06-14715](#) (English/Spanish)
- Link to online recipe with video: <https://texaswic.org/recipes/mango-parfait>

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Recipe and Fun Facts: Black Bean Quesadillas

This tool is designed to be used by WIC staff during the session. Staff can share cooking skills and terminology, fun facts and jokes with clients.

Ingredients – Serves 8 or more taste-testers

Vegetable oil spray
1-2 bell peppers, finely chopped
1 can of WIC approved black beans, drained and rinsed
16 oz. WIC approved grated cheddar cheese (or block, grated)
16 oz. WIC approved corn or whole-wheat tortillas
Small plates for serving



For topping:

1 jar mild salsa
1 small head of lettuce, chopped

Preparation

1. Heat pan over medium heat.
2. Spray pan with vegetable oil and place one tortilla into the pan.
3. Sprinkle generous amounts of bell pepper, black beans, and cheese onto the tortilla.
4. When the cheese begins to melt, fold the melted tortilla in half.
5. Press down slightly to seal the sides together, and then flip the quesadilla over to brown both sides. Cut in half.
6. Repeat process with remaining tortillas.
7. Spoon a little salsa and lettuce on top and enjoy.

WIC Foods: bell peppers, black beans, cheddar cheese, tortillas

Cooking Skills and Terminology

- **Chopping:** A method of cutting food into bite sized pieces using quick knife movements. Chopping is rougher and less precise than other cuts. Chopped foods are larger than diced foods.

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- **Grating:** The process of transforming whole, firm foods into smaller pieces by using a grating tool. There are different kinds of grating surfaces that can produce different sizes of grated foods.

Nutrition and Fun Facts

- **Black Beans:** A member of the legume family, black beans grow inside of long pods on a bushy plant or vine. Black beans are high in fiber, protein, folate and nutrients that help keep your body healthy.
- **Cheese:** Cheese is made from milk, and it takes 10 pounds of milk to make one pound of cheese! Cheese has protein and calcium and is a versatile food that can be used as a topping, to make sauces, or as a snack by itself.
- **Bell Peppers:** Bell peppers come in a variety of colors (red, yellow, green, orange) and are mostly sweet in flavor, not spicy. Bell peppers are rich in Vitamin C which helps your immune system stay strong.
- **Tortillas:** One of the oldest unleavened flatbreads that is still enjoyed today, the word "tortilla" comes from the Spanish word "torta" which means "round cake." Tortillas are versatile and can be used in quesadillas (like today's recipe!), tacos, tortas, enchiladas and more. Corn and whole wheat tortillas have healthy whole grains and are higher in fiber than flour tortillas.

Jokes

Q: What is a kayaker's favorite kind of lettuce? **A:** Row-maine!

Q: Why didn't the cheese want to get sliced? **A:** It had grater plans!

Knock Knock!

Who's there?

Bean

Bean who?

Bean a while since I last saw ya!

Resources

- Recipe Card Stock # 13-06-15701(English/Spanish)
- Link to online recipe with video: <https://texaswic.org/recipes/black-bean-quesadillas>

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Recipe and Fun Facts: Vegetable Stir-Fry with Tofu

This tool is designed to be used by WIC staff during the session. Staff can share cooking skills and terminology, fun facts and jokes with clients.

Ingredients – Serves 8 or more tasters

- 1 cup brown rice, uncooked
- 1 tablespoon vegetable oil
- 1 pound extra firm tofu, cut into cubes
- 3 cups mixed vegetables, cut into bite sized pieces (such as 1 cup broccoli, 1 cup bell peppers, 1/2 cup mushrooms, and 1/2 cup green onions)
- 1/4 cup peanuts, chopped (optional)
- 1/2 cup peanut sauce (recipe below)
- Small bowls or plates and forks for serving



*Tip: Press block of tofu for 20-30 min between two paper towels with a heavy can or pan on top to drain out the excess moisture before cutting.

For the Peanut Sauce:

- 2 tablespoons creamy peanut butter
- 1 1/2 tablespoons low-sodium soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon fresh lime juice
- 1 teaspoon fresh garlic and/or ginger, minced
- 1/4 cup water

Preparation

1. Prepare rice according to package directions.
2. Prepare the peanut sauce: Place peanut butter, soy sauce, brown sugar, lime juice, garlic, ginger, and water in small saucepan over medium-low heat. Whisk until combined, then remove and set aside.
3. In a large skillet, heat oil at medium heat.
4. Add tofu and sauté until golden (approximately 10-12 minutes).
5. Add vegetables to pan and sauté an additional 3 to 4 minutes.
6. Add peanut sauce, stir, and cook another 3 to 4 minutes.
7. Serve over prepared rice and top with chopped peanuts, if desired.

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WIC Foods: rice, tofu, broccoli, bell pepper, mushroom, peanut butter, lime, garlic, ginger, green onion

Cooking Skills and Terminology

- **Chopping:** A method of cutting food into bite sized pieces using quick knife movements. Chopping is rougher and less precise than other cuts. Chopped foods are larger than diced foods.
- **Mincing:** A method of cutting food into very fine pieces using a knife or a food processor. Minced foods are the smallest cut, smaller than chopped or diced foods, which allows for even distribution of flavor.
- **Sautéing:** Pronounced "saw-tay", this is a method of cooking that uses a high heat and a small amount of oil or fat in a shallow pan, with continuous movement or stirring of the food for even cooking. This is sometimes called dry cooking. Sautéing browns the surface of the food and helps keep the flavor, texture and nutrition intact.

Nutrition and Fun Facts

- **Tofu:** Tofu is made a lot like cheese, except using soy milk instead of cow's milk. Tofu is versatile and takes on any flavor you cook it with! Tofu is high in protein, iron, calcium, and includes all essential amino acids which makes it a great meat substitute.
- **Bell Peppers:** Bell peppers come in a variety of colors (red, yellow, green, orange) and are mostly sweet in flavor, not spicy. Bell peppers are rich in Vitamin C which helps your immune system stay strong.
- **Broccoli:** Good source of Vitamins A and C, fiber and calcium plus more. The name "broccoli" comes from the Latin word brachium, which means "branch" – which is quite fitting as broccoli looks like baby trees!
- **Brown Rice:** Brown rice is the least processed form of rice, which makes it a tasty whole grain that is full of fiber and minerals. Rice is one of the oldest known foods that is still widely consumed today.

Jokes

Q: Why did the tofu cross the road? **A:** To prove he wasn't chicken.

Q: What do you call a peanut in a space suit? **A:** An astronut.

Q: Why do mushrooms get invited to all the vegetable parties? **A:** Because they are such fungus!

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Resources

- Recipe Card Stock # [13-06-14714](#) (English/Spanish)
- Link to online recipe with video: <https://texaswic.org/recipes/vegetable-stir-fry-tofu-or-chicken>