



UPCOMING CLASSES:

- Powerful Protein and Dairy Delights
- Healthy Snacks and Breakfast

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# Kids Up Front

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## Vegetable Day



## From Seeds to Salad

This week DOT chefs put on their chef hats and aprons to create a full meal including whole wheat pasta, sauce, roasted vegetables and salad with homemade dressing! You'll find the recipe on the back is low in fat and salt, but filling and packed with flavor. A half a cup of store bought pasta sauce could contain

400 mg or more of sodium. Instead of using salt, DOT chefs, added garlic, onion, oregano, basil and bay leaves to their pasta sauce for just the right seasoning. While the vegetable medley was cooking, students had the opportunity to plant their very own lettuce seeds. Each week the gardeners will

tend to their seedlings until harvest for another homemade salad. After their hard work, chefs washed their hands and enjoyed their meal. Clean plates assured us that the recipe was a success!

By Becky Adams,  
Nutritionist



### Pasta with Roasted Vegetables (Serves 6)

1 pound bow-tie or other shape whole wheat pasta, boiled in salted water  
 1/2 cup olive oil, canola oil or other vegetable oil  
 4-6 cups bite-size diced vegetables: onion, small red potatoes, green pepper, red pepper, zucchini, eggplant, yellow squash, mushrooms

1. Preheat the oven to 350 degrees.
2. Cut up all the vegetables and toss in a bowl with oil just to coat them. Mix in some salt and pepper.
3. If using potatoes, lay them out on a cookie sheet. Do not overlap the potatoes.
4. Lay out other vegetables on another cookie sheet. Put second cookie sheet in the oven 10 minutes after you put the potatoes in.
5. Season with salt and pepper, and sprinkle on parmesan cheese, if desired.

	Calories	Fat	Carbohydrates	Protein
Amount/ Serving	411 calories	20 grams	49 grams	10 grams
% Daily Value	20%	29%	16%	

### Tomato Sauce (Makes 3 cups-Serves 8)

1 tablespoon oil (olive, canola or vegetable)  
 1 medium onion, chopped  
 2 cloves garlic, chopped  
 1 tablespoon dried oregano  
 1 tablespoon dried basil  
 1 bay leaf or 1/2 teaspoon crushed bay leaves  
 3 tablespoons tomato paste (add up to 3 more tablespoons for a thick sauce)  
 1 28-ounce can (3 1/2 cups) tomatoes, crushed or whole  
 1 teaspoon sugar

1. Heat oil in pan over medium/low heat.
2. Add onion, garlic, and carrots. Cook, stirring frequently, until the onions are translucent or clear (5-10 minutes).
3. Add oregano, basil, and bay leaf. Stir into vegetables.
4. Add tomato paste and mix well.
5. Add tomatoes and sugar. Stir in well. Mash up tomatoes if using whole ones.
6. Bring to a low boil. Reduce heat to medium-low heat and simmer until sauce reaches desired thickness (30-45 minutes).

	Calories	Fat	Carbohydrates	Protein
Amount/ Serving	50 calories	2 grams	8 grams	1 grams
% Daily Value	3%	3%	3%	