



Food Challenge Student Recipes

COCONUT CURRY POPCORN

Makes 3 servings

INGREDIENTS

1 bag plain microwave popcorn
¼ cup sweetened coconut flakes
1 tsp madras curry powder
Fine sea salt (optional)

METHODS

- Spread out coconut flakes on microwavable plate. Microwave on high heat in 15 second bursts, mixing with a fork between each burst. *Be careful, coconut flakes burn very easily!* Cook until golden brown, about 2 minutes. Set aside.
- Pop plain popcorn, as per packet's instructions.
- Put cooled toasted coconut into a plastic bag and crush with the back of a spoon or metal measuring cup to a fine powder.
- Season popcorn to taste with coconut powder, curry powder, and fine sea salt (optional).

NOTE

Use leftover toasted coconut flakes to top your oatmeal with banana slices and chopped pecans.

CREAMY RAMEN

WITH POACHED EGG

Makes 2 servings

INGREDIENTS

- 1 large carrot, finely diced
- 1 stalk of celery, finely diced
- ½ small onion, finely diced
- Canola oil
- 1 packet instant ramen (chicken or vegetable flavor)
- 2 eggs
- 2 slices American cheese
- 1 scallion
- ½ tsp sesame seeds
- Pinch red pepper flakes

METHODS

- Place a few drops of canola oil into a medium-sized microwave-safe bowl and coat bottom of bowl. Place vegetables into bowl and microwave on high until tender, about 1 minute.
- Add two cups of water to bowl and bring to a boil in the microwave, about 3 minutes. Stir in seasoning packet and add noodles. Microwave ramen again for two minutes or until noodles are cooked. Stir in slices of American cheese into broth.
- In a microwave-safe mug, carefully crack the egg, making sure not to break the yolk. Gently pour ½ cup of water over the egg and microwave for 1 minute at 75% power. Cook egg to desired doneness, cooking for additional 15-second bursts until finished. Repeat with other egg.
- Transfer poached eggs (without remaining mug water) on top of the ramen. Garnish with thinly sliced scallions, sesame seeds, and red pepper flakes.



WHOLE GRAIN CARROT MUG CAKE

WITH YOGURT GLAZE

Makes 2 individual cakes

INGREDIENTS

- 3 tbsp canola oil
- 3 tbsp sugar
- 1 egg

- ¼ tsp fine sea salt
- ¼ tsp cinnamon
- 2 pinches ground ginger
- 1 pinch ground clove
- ½ tsp baking soda
- ½ cup whole wheat flour

- ¾ cup peeled, finely grated carrot
- 2 tbsp chopped pecans
- 2 tbsp raisins

- ¼ cup plain nonfat Greek yogurt
- 1 tbsp powdered sugar
- ½ tsp vanilla extract



METHODS

- Beat together canola oil, sugar, and the egg until well combined.
- Mix together dry ingredients (salt, cinnamon, ginger, clove, baking soda, and flour) in separate bowl until combined.
- Stir dry ingredients into wet ingredients until smooth. Fold in grated carrot, pecans, and raisins.
- Divide batter into two oiled microwave-safe mugs. Microwave each mug for approximately 2 minutes or until cake appears fully cooked. If more time is needed, cook for 15-second pulses. Cool and flip out cake.
- Mix together the yogurt, powdered sugar, and vanilla extract until smooth. Drizzle on top of the cakes.



Chef Recipes

MINI AVOCADO TART

Makes 3

INGREDIENTS

- 3 tortilla chip scoops
- ½ ripe avocado, diced
- 1 plum tomato, cored and finely diced
- 1 scallion, thinly sliced (about 1 tbsp), plus additional for garnish
- Juice of ½ a lime
- 1 tbsp sour cream for garnish
- Salt and pepper to taste

METHODS

- Lightly toss diced avocado, tomato and scallions in the lime juice. Season with salt and pepper to taste. Note: remember, the chips will already be salted!
- Fill the scoops with the avocado mixture and top with a small dollop of sour cream and extra scallions.

SOUTHWEST LOADED BAKED SWEET POTATO

Makes 1 baked potato

INGREDIENTS

- 1 medium sweet potato
- ¼ onion diced
- ½ green bell pepper diced
- ½ cup low-sodium canned black beans, drained and rinsed
- ½ tsp paprika
- ¼ tsp garlic powder
- 1 pinch cumin
- Salt and pepper to taste
- 3 tbsp salsa (canned or fresh)
- 1 tbsp shredded cheddar cheese
- 2 tsp sour cream for garnish
- 1 tsp thinly sliced scallion

METHODS

- Wash sweet potato and use a fork to prick sweet potato skin all over. Microwave on high for 8-10 minutes until tender, making sure to flip once about half way through.
- While the potato is cooking, mix the onion, bell pepper, black beans and seasonings in a microwave-safe bowl. Microwave until soft, about 1 minute 30 seconds
- Cut sweet potato in half lengthwise, as you would for a loaded baked potato. Put vegetable filling inside potato and top with the shredded cheese, salsa, sour cream, and scallions.



RASPBERRY LEMON CURD GREEK YOGURT PARFAIT

Makes 1 parfait

INGREDIENTS

- ½ cup plain nonfat Greek yogurt
- 3 tbsp lemon curd (from store or recipe below)
- ½ cup raspberries, blackberries, or any berries (fresh or frozen)
- 1 shortbread cookie (optional, but delicious)

METHODS

- Put a few tablespoons of yogurt in the bottom of a small glass or bowl, spread 1 tbsp of lemon curd on layer of yogurt and top with few berries. Repeat twice more to create a total of three layers.
- Serve with the optional shortbread cookie as garnish or crush and sprinkle in the layer with the berries.



QUICK LEMON CURD

Makes 1 cup of lemon curd

INGREDIENTS

- 1 egg
- ½ cup sugar
- ¼ cup butter, melted and cooled
- ½ cup lemon juice (about 3 large lemons)

METHODS

- Mix ingredients in a large microwave-safe bowl. Note: Curd will bubble and expand when cooking and may boil over.
- Microwave for 3-5 minutes, stirring every minute, until it thickly coats the back of a spoon. Be careful, liquid will be scalding hot!
- Cool mixture in refrigerator until cold and firm.