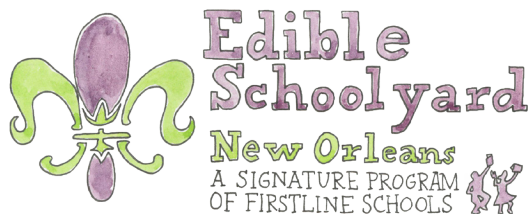


Family Food Night Favorites



A COLLECTION OF RECIPES TO
make with your kids at home!

Recipes adapted by
Chef & Garden Educators
at





Edible Schoolyard New Orleans is a garden and culinary education program that aims to teach children to make healthy connections through food and the natural world. Founded in 2006 as the first replication of chef activist Alice Waters' Edible Schoolyard in Berkeley, CA, ESYNOLA is a signature program of FirstLine Schools, a nonprofit organization that operates five open admissions public charter schools in New Orleans.

Culinary education: We offer experiential, standards-based kitchen classes that encourage children to try new foods, prepare and enjoy fresh produce grown in our gardens, and understand how food affects the human body, communities, and the environment. What follows are recipes from ESYNOLA teaching kitchens, selected and adapted by chef and garden educators for cooking at home with your children. Enjoy!

Family Food Night Favorites

About this Collection

Family Food Nights are some of the most joyful occasions in ESYNOLA programming. During these monthly gatherings, students collaborate with their families, their teachers (both kitchen and academic), and with their friends to create a delicious, family-cooked, three course meal.

There are a few musts for a Family Food Night menu:

1. Most of the cooking is done by families, and each recipe's preparation can be completed by a wide range of ages, with modifications for different grade levels. All recipes provide sensory stimulation and the opportunity to learn something new.
2. There is limited time at the stove, and limited need for chef's knives. Although we fully trust our parents and older students, Family Food Nights are fun—and hectic! The more activities that can be done at the table using hands as tools, the better.
3. Desserts can be made when the night begins, but need to be finished in the 15-20 minutes it takes for families to be served and eat.

We hope you enjoy making these Family Food Night favorites with your family, and maybe we'll see you at a Family Food Night in the future!

Happy cooking!
Chef Megan

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Chef Megan has been to at least thirty Family Food Nights during her years with ESYNOLA! These events are her favorite because the students get to show off their kitchen skills, families share their cooking knowledge, and every participant leaves with a full stomach and a sense of pride and community.

Same-Day Flatbread/Pizza Dough

8-16 Servings, depending on use

Ingredients

- 1 1/2 cups self-rising flour
- 1 cup nonfat plain Greek yogurt
- Pizza toppings, if making pizza (tomato sauce, cheese, veggies, meats, etc.)

Instructions

1. Preheat oven to 425°F.
2. Mix flour and Greek yogurt.
3. Turn dough onto a floured surface and knead for 8-10 minutes. Add flour as needed to keep dough from getting too sticky.
4. For pizza, roll dough to desired size and place on pizza tin; proceed by adding toppings and cooking in a 425 degree oven for 10-12 minutes.
5. For flatbread, divide into 16 equal pieces, flatten each into a disc, and cook on a hot, dry griddle for 2-3 minutes per side, or place on sheet tray and bake just like the pizza, but without toppings.

Make it with your kids!

This recipe is fun for all ages and a Family Food Night favorite, since it is so hands-on and quick!.

Pre-K - 4th grade:

- Students can either measure with help (Pre-K-1st grade), or measure on their own.
- All students can have fun kneading! Make sure you have extra flour in case the dough is too sticky. Also, tell students to use their “penguin hands” (keeping ytheir fingers together), and use the heels of their palms, to prevent the sticky mess that can result from squeezing dough between fingers.

5th - 8th grade:

- Older students can do all of the things that the younger kids do, but use this opportunity to talk about ratios—this recipe can be scaled up or down, you just need a ratio of 1 1/2 flour to 1 yogurt. How would you double or triple the recipe? What about halving it?



IN COOKING CLASS

Ever since we discovered this recipe, the ESY kitchen can't get enough! Any time we can measure, mix, knead, bake and eat in ONE CLASS, we know we've found a winner.

INGREDIENT SWAP

Don't have any self-rising flour for this recipe? Just combine 2 cups all-purpose flour, 1 Tablespoon baking powder, and 1/2 teaspoon fine salt.

ESY Seasonal Salad

6-8 Servings, about 1 cup Serving Size

Ingredients

- 2 bunches, bags, or heads of greens (in the spring this can be lettuces, in the winter, hearty greens—use whatever is available that appeals to your family)
- 1 handful of fresh herbs like basil, mint or tarragon (optional)
- 1/2 block feta cheese
- 1/2 cup sunflower seeds, pecans, or other nuts/seeds, toasted
- 1/2 cup dried cranberries or raisins
- 1/2 red onion, very thinly sliced
- ESY Easy Vinaigrette (page 4)

Seasonal mix-ins:

- Fall:** diced & roasted sweet potatoes, sliced apples
- Winter:** peeled and sectioned satsumas or oranges
- Spring:** sliced carrots, sliced green beans, sliced fennel, roasted cauliflower
- Summer:** diced and sauteed summer squash, cherry tomatoes, sliced and grilled okra, raw or sauteed corn kernels, blueberries or blackberries

Instructions

1. Tear all greens and herbs, removing the stems, and place them in a large bowl. (If your greens need to be washed beforehand, and you have a salad spinner, kids have a great time using this tool!)
2. Toast nuts or seeds in a skillet over medium heat, stirring frequently, until lightly browned and fragrant. Let cool.
3. Crumble feta and make vinaigrette.
4. Mix greens and herbs with vinaigrette and use tongs to toss together.
5. Add feta (as much as desired), nuts or seeds, dried fruit, red onion, and seasonal ingredients. Toss very lightly (otherwise the feta will break up and make the salad look less appealing), and serve.

Make it with your kids!

Pre-K - 4th grade:

- These ages can tear greens and herbs and crumble feta, and can help with the dressing (see that recipe for more info).
- Young kids can dump all ingredients into the salad bowl and toss the salad together.

5th - 8th grade:

- Middle schoolers can toast the seeds and slice the onions

Seasonal Ingredients:

- Jobs for these ingredients depend on what produce you are using. For example, younger children can section citrus and shuck corn, while middle grades can dice apples or squash that have been cut into sticks. Older children can slice, dice, and saute any vegetables or fruit.



IN COOKING CLASS

This recipe regularly makes an appearance at Family Food Nights, because there are so many jobs for all ages, and because it changes as the seasons do.

IT'S THE GROWING SEASON

Check the website of your local farmer's market to see what's growing, and then plan your salad accordingly!

ESY Easy Vinaigrette

10 Servings, 1 Tbsp Serving Size

Ingredients

1/4 cup olive oil
3 tablespoons vinegar
1 tablespoon honey
1 clove garlic, minced, grated, or smashed
2 tablespoons mustard (Creole or Dijon)
Large pinch of salt
Small pinch of pepper

Instructions

1. Place all dressing ingredients in a jar and shake to mix.
Adjust salt and pepper to taste.

Make it with your kids!

Everyone can have a hand in making this easy dressing.

Pre-K - 1st grade:

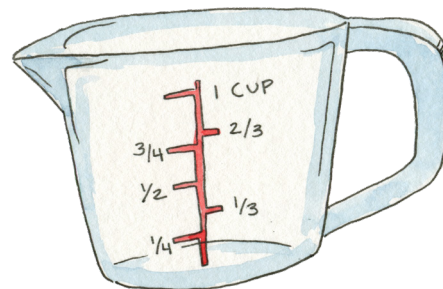
- Can help measure ingredients and then shake, shake, shake the dressing.

2nd - 4th grade:

- This is a great opportunity to practice measuring, and to remember the difference between liquid and dry measuring cups, and measuring spoons

5th - 8th grade:

- Middle schoolers can mince garlic, as well as doing all of the above.



IN COOKING CLASS

This vinaigrette is good on EVERYTHING—salads, pasta salads, quinoa or rice bowls, chicken, fish—you name it! Also it's easy and fun to make, so the ESY kitchen almost always has some on hand.

Mini Apple Pies

12 Servings, 1 Pie Serving Size

Ingredients

For the crust

2 cups flour
2/3 cup butter (chilled)
1 teaspoon salt
4 tablespoons water

For the filling:

2 medium apples (peeled, if desired,
and chopped up into small
pieces)
3/4 cup sugar

Filling (cont.):

2 teaspoons cinnamon
6 tablespoons flour
2 tablespoons butter (chilled)

Streusel Pie Topping (optional):

1/2 cup unsalted butter, softened
1 cup all-purpose flour
2/3 cup packed brown sugar
1 tablespoon granulated sugar

Instructions

1. Preheat oven to 425°F.
2. In a food processor blend flour, salt, and butter until it looks like little peas. (You can also do this with your fingers.) Add in water and blend just until it looks like it's sticking.
3. Take out and knead dough lightly until well blended.
4. Roll out on lightly floured surface until about 1/4 inch thick.
5. Cut twelve 4-inch circles with a cup, bowl, or cookie cutter. (Save unused dough to decorate the tops of your pies.)
6. Press each circle in muffin tins until all the way up each side, to form little bowls.
7. Mix by hand all filling ingredients and spoon into muffin bowls. Cut up butter for filling into 12 little pieces and place one piece on each pie. Decorate tops with extra crust, leave plain, or top with streusel topping (see below).
8. Bake at 425 degrees for 16-18 minutes., until crust is light brown and apples are bubbling.

Optional Streusel Pie Topping: In medium bowl, use pastry blender or fingers to mix butter, flour and the brown sugar until a crumb forms. Sprinkle evenly over top of pies.

Make it with your kids!

Pre-K- 1st grade:

- For the crust, students can help dump the measured ingredients, and then for the most fun—incorporate the butter into the dry ingredients with their fingers.
- Students can mix together the ingredients for the filling, and can discuss what the scents of cinnamon and apples remind them of.
- If you choose to make the streusel topping, young students can use their hands to mix. If you choose to decorate the top with extra dough, students can use small cookie cutters or roll out the dough and make designs.

2nd - 4th grade:

- All the tips above!
- Cut the apples into slices or sticks before making the recipe, so that these students can use a butter knife to dice them.
- 2nd - 4th grade is a great time to practice measuring (using the correct tool: cups vs. spoons), and discuss fractions while doing so. (For instance, "We need 3/4 cup of sugar... how many times do I have to fill the 1/4 measuring cup?")

5th - 8th grade:

- Middle schoolers can use chef's knives to dice apples.
- Middle schoolers can make this whole recipe themselves (likely with assistance). If you have a food processor, they can use it to make the crust, rather than using their hands.

CUISINE INTERNATIONALE

These apple pies were served a la mode, with cinnamon ice cream at Restaurant Green's Rise Up Diner. A la mode means "stylish" or "in fashion" in French, but today in the United States it means "with ice cream!"

FAMILY AFFAIR

This recipe is lengthy, but surprisingly easy. It would be a great project for a large family or group with kids of varying ages.

Creamy Sweet Potato Soup with Sausage & Kale

6 Servings, 1 cup Serving Size

Ingredients

- | | |
|--|--|
| 4 sweet potatoes | 1 bunch kale, torn or chopped into bite-sized pieces |
| 1 head garlic | 4 cups chicken stock |
| 2 onions, diced | 1 teaspoon paprika |
| 1/2 stick of butter (can substitute 1/4 cup of olive oil!) | 1/2 teaspoon cayenne pepper |
| 2 lbs of smoked sausage, sliced | 1/4 teaspoon cumin |
| | salt and pepper to taste |

Instructions

1. Preheat oven to 450°F.
2. Slice sweet potatoes in half lengthwise. Coat lightly with olive oil and place face down on a sheet tray.
3. Cut off the top of a head of garlic (the whole pointy end). Pour 1 teaspoon of oil and a pinch of salt and pepper on the garlic head, and wrap in tin foil. Add to the sheet tray.
5. Roast sweet potatoes and garlic in oven until sweet potatoes are very soft and caramelized, and garlic is soft and golden.
6. Wait until sweet potatoes and garlic are cool, then scoop out inside of sweet potatoes into a large bowl and discard skin. Squeeze the garlic out of the bulb and add to bowl. If desired, mash both together with masher.
7. Melt butter in a stock pot. Add onions and cook on low heat until caramelized (about 20 minutes); soft and lightly browned is also good, and will take about 10 minutes. Season with salt and pepper.
8. Add stock to stock pot. Cook with onions for an additional 5 minutes.
9. Add roasted sweet potatoes and roasted garlic cloves to mixture and blend with immersion blender until smooth. If you don't have an immersion blender, skip this step and enjoy the soup as a thick stew.
10. Sear sausage in a pan until brown on both sides. Add to soup, along with kale and seasoning. Adjust seasoning to your liking.

Make it with your kids!

This recipe is great for older kids to practice stove skills & safety. Some pre-work by adults is also recommended.

Pre-K - 2nd grade:

- Students can squeeze the baked and cooled sweet potatoes out of their skin, and can do the same with the garlic. Once they've done this, they can mash both together in a bowl with a masher.
- Students can also tear the kale off of the stem and into bite-size pieces.
- 1st and 2nd grade students can dice onions that have been cut into strips by older students or adults.

3rd - 8th grade:

- These students can do all of the activities on the stove, but will need more supervision as 3rd and 4th graders.
- 5th - 8th grade students can dice the onions and slice the smoked sausage. They can also chop kale instead of tearing it, if desired.

HOT COOKING TIP

Roasted garlic is a delicious addition to almost any dish. Roast a few extra heads while you're making this recipe, so that you can squeeze a delicious clove or two onto scrambled eggs, a turkey sandwich, or pasta.

INGREDIENT SWAP

Any type of greens will work in this recipe, and any type of greens can be included in many soups and stews for added nutrients. Just add toward the end of cooking. Collards and kale will need 5-10 minutes to soften, while chard and spinach need about half that time.

Warm Winter Rice Salad

8 Servings, 1 cup Serving Size

Ingredients

For Rice

- 2 quarts cooked brown rice
- 1 large beet
- 1 sweet potato, diced or 1/2 butternut or other winter squash, diced
- Olive oil
- Large handful of greens, torn or chopped into bite-sized pieces
- 1/2 cup dried cranberries or cherries
- 1/2 cup feta or goat cheese, crumbled
- Salt and pepper to taste

For Sauce:

- 1 1/3 cup tahini
- 1 medium lemon, juiced
- 1 Tbsp maple syrup or honey
- 1 pinch salt
- 1 clove garlic, minced
- Water

Instructions

1. Preheat oven to 400°F.
2. Wrap beet in tin foil and place on a baking sheet.
3. Add diced sweet potato or winter squash to another baking sheet, and drizzle with olive oil. Sprinkle with large pinches of salt and pepper.
4. Place pans in oven. The diced vegetables will take 20-30 minutes (cook until lightly browned and soft); the beet will take 30 minutes to an hour, depending on how large it is. The beet is done when you can easily pierce it with a fork.
5. While vegetables are roasting, remove vegetables from oven and make sauce while they cool (see directions below).
6. Peel the cooled beet by scraping the tin foil against the skin and rubbing the skin off. Cut off the rough top, and then dice.
7. Place rice in a large bowl. Add cooked vegetables, dried fruit, and sauce, and stir to mix. (Add as much or as little sauce as desired.)
8. Add salt and pepper to taste. Sprinkle cheese generously over top and serve.

For sauce:

1. Add tahini, lemon juice, maple syrup, salt, and garlic to a medium-sized mixing bowl. Whisk thoroughly.
2. Slowly add water until the sauce is creamy and pourable. Add water a little at a time, until it's the consistency you desire.
3. Taste and adjust as necessary, adding more lemon juice, maple syrup, or salt.

Make it with your kids!

This recipe has a lot of ingredients -- which means the whole family can get involved!

Adults:

- Adults will need to dice the sweet potato or winter squash, since both are tough jobs and require adept use of a knife and/or peeler.

Pre-K - 1st grade:

- These students can crumble feta or goat cheese, juice lemons, tear kale, and pinch salt & pepper.

2nd - 4th grade:

- A butter knife can be used to chop the roasted beet (also it should be cut in half or planked first).
- These students can measure all ingredients for the rice and dressing, and combine.

Middle school:

- Middle schoolers can complete most of this recipe, once the vegetables are diced and roasted.

CUISINE INTERNATIONALE

Tahini is like peanut butter, but made with sesame seeds instead of peanuts. It is commonly used in Mediterranean and Middle Eastern cuisines—and is perhaps best known as an ingredient in hummus.

INGREDIENT SWAP

If you can't find tahini in the grocery store, you can order it online. Or, substitute your favorite dressing or sauce recipe.

Citrus Sugar Cookies

5 dozen servings, One cookie Serving Size

Ingredients

- 3/4 cup unsalted butter, softened
- 1 1/2 cups granulated sugar, divided
- 1 egg
- 2 cup all purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 orange, blood orange, or satsuma, zested
- 1 lemon, zested
- 1 lime, zested

Instructions

1. Preheat oven to 350°F.
2. In a small bowl, zest all of the citrus using a microplane or the small hole side of a box grater. Place about 2 teaspoons of zest in a small bowl, and add 1/2 cup granulated sugar. Stir with a fork to combine, and set aside.
3. In a mixing bowl, add softened butter and remaining 1 cup sugar. Stir with a spatula until combined, or squish together with your fingers. Add egg and stir until incorporated. (Do not use your hands once egg has been added!)
4. In a separate bowl whisk together flour, baking powder, baking soda, and remaining zest.
5. Add dry ingredients to wet ingredients and stir until combined.
6. Line a baking sheet with parchment paper. Roll about a tablespoon of dough into a 3/4 - 1 inch ball, then roll in the sugar/zest mixture, coating generously. Place ball on cookie sheet and repeat. Using a flat bottom of a cup, press each ball slightly to form a disc.
7. Bake for 10-12 minutes. Remove from oven and cool on a wire rack.

Make it with your kids!

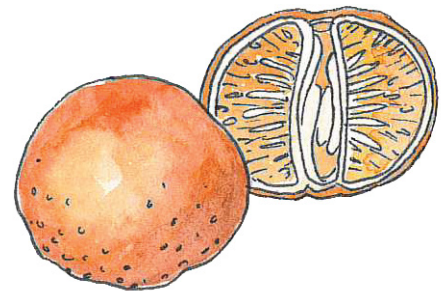
This recipe is easy for all ages, but is a good opportunity for older students to practice using a microplane or grater.

Pre-K - 2nd grade:

- Young students can help squish sugar into the butter and stir, as well as helping to measure dry ingredients.
- Once dough is ready, these students can help roll dough into balls, cover them in the citrus sugar, and even press down on the cookies with a plastic cup (with assistance).

3rd - 8th grade:

- Older students can make this recipe themselves, with supervision/coaching on using a microplane or grater.
- Oven use is up to your discretion. (Students do not touch ovens in ESYNOLA Teaching Kitchens.)



EDIBLE EXPERIENCE

Every year Edible Schoolyard students celebrate Citrus Day—a joyful occasion where every child gets to try AT LEAST four different types of citrus from a local farm. The usual favorite? Blood oranges! Farmers Lester and Linda L'Hoste have been farming citrus in Louisiana for 24 years. Lester recently transitioned from his day job as a chemist to full-time farming.

TASTE THE DIFFERENCE

Did you know? Meyer lemons are sweeter and larger than regular lemons—and thought to be a cross between a regular lemon and a Mandarin orange.

Chicken Salad

4-6 Servings, 1/2 cup Serving Size

Ingredients

- 1 1/4 cup mayonnaise
- 1 1/2 Tablespoons fresh tarragon (or other fresh herb), chopped
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 2 cups chopped roasted chicken breast (canned chicken breast works just as well!)
- 2-3 celery stalks, diced
- 1 red onion, diced (substitute 1/2 white onion, diced)
- 1/2 cup diced apples or 1/2 cup red grapes, sliced in halves or quarters (or 1/4 cup of each)
- 2 tablespoons toasted seeds or nuts, if desired

Instructions

1. In a medium bowl, stir together the mayonnaise, herbs, pepper, and salt.
2. Add the chicken, celery, and onion, plus any fruit, seeds or nuts you have chosen. Toss to combine completely. Season with additional salt and pepper as desired.
3. Cover and chill until ready to serve. Serve with crackers, bread, or with salad greens.

Make it with your kids!

This recipe is great for 1st - 4th grades. With some adult prework they can practice their knife skills using butter or plastic knives.

Pre-K & Kindergarten:

- The youngest students can mix, and add pinches of salt, pepper or other spices (not cayenne or other hot spices).
- If you have access to fresh herbs, kids love tearing, smelling, and tasting them! (This even helps kids focus.)

1st - 4th grade:

- Cut down celery, onions, and apples into sticks so that kids can use a butter knife to cut into dices.
- If you bake the chicken, let it cool, and then slice it into strips, they can also chop chicken, if you're comfortable with them cutting meat.

5th - 8th grade:

- Middle schoolers can practice their slicing, dicing, and mincing with this recipe!

TASTE THE DIFFERENCE

The flavors of this chicken salad can change considerably depending on what herbs your family uses. Try mixing everything except for the herbs, separating the salad into two bowls, and trying two different herbs. Describe what you taste!

RECIPE ADVENTURE

In the ESYNOLA teaching kitchen, we love to make this salad and then eat it wrapped in collard greens. Students are huge fans—especially when they've grown the collards themselves!

Mediterranean Coleslaw

6-8 Servings, 1 cup Serving Size

Ingredients

For Coleslaw:

- 1/3 green cabbage, thinly sliced
- 1/3 red cabbage, thinly sliced
- 2 carrots, grated
- 6 radishes, thinly sliced into sticks
- 2 celery stalks, diced
- 3 green onions, thinly sliced (both green and white parts)
- 2 cups fresh parsley, chopped or minced
- 2 cups fresh mint, chopped or minced
- 2 Tablespoons fresh ginger, peeled and minced
- 1 can (14 oz) chickpeas, drained

For Dressing:

- 1 large lemon, juiced
- 2 Tablespoons white wine vinegar
- 1/2 cup olive oil
- 4 cloves garlic, minced
- 1 1/2 teaspoon salt
- 1 teaspoon pepper
- 1 Tablespoons ground sumac
- 1 Tablespoon dried oregano
- 1 teaspoon red pepper flakes

Instructions

1. For the dressing, mix all ingredients in a small bowl. Season with additional salt and pepper to taste. Set aside.
2. Mix all of the coleslaw ingredients, except for chickpeas, in a large bowl. Drizzle dressing on top and toss to combine. Add chickpeas and serve immediately.

Make it with your kids!

This recipe is ideal for middle schoolers who want to practice their knife skills!

Pre-K - 1st grade:

- Young students can tear greens and herbs, and will happily juice lemons!
- They can also whisk the dressing in a bowl, or shake it in a jar.

2nd - 4th grade:

- All the tips above.
- Students can dice cabbage that is in small chunks, as well as carrots and celery that have been cut into sticks. They can also cut green onions with kids' scissors.

5th - 8th grade:

- This is an excellent opportunity for middle schoolers to practice their knife skills: slice, dice, and mince.
- Older students can also practice peeling and grating carrots, as well as peeling ginger (with a spoon or peeler).



CUISINE INTERNATIONALE

The Mediterranean diet is thought to be the healthiest diet in the world, based on the health outcomes in that region. The diet consists primarily of vegetables, fruits, herbs, nuts, beans, and whole grains, with small amounts of dairy, eggs, poultry, and fish.

IT'S THE GROWING SEASON

Mint and other fresh herbs add a bright flavor to any dish. Mint is a perennial herb, but it can also take over a garden—try planting some in a pot for year-round enjoyment!

Strawberry Lemon Scones

16 servings, 1 mini-scone Serving Size

Ingredients

For scones:

2 cups all-purpose flour (spoon & leveled),
plus more for hands and work surface
1/2 cup granulated sugar
1 Tablespoon fresh lemon zest (from about 1
lemon)
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup (1 stick) unsalted butter, frozen
1/2 cup heavy cream (plus 2 Tbsp for
brushing)
1 large egg
1/2 Tablespoon pure vanilla extract
2 cups chopped strawberries

For glaze:

1 cup (120g) confectioners'
sugar
2 Tablespoons fresh lemon
juice (from about 1
lemon)
2 Tablespoons heavy cream
or milk

Instructions

1. Whisk flour, sugar, lemon zest, baking powder, and salt together in a large bowl. Grate the frozen butter into the dry ingredients, using a box grater. Use your fingers to incorporate the dry ingredients and the butter, until the mixture comes together in pea-sized crumbs.
2. Whisk 1/2 cup heavy cream, the egg, and vanilla extract together in a small bowl. Drizzle over the flour mixture, add strawberries, then mix together with a wooden spoon or spatula until everything appears moistened.
3. Carefully dump mixture onto a lightly floured surface, and, with floured hands, work dough into a ball as best you can. Dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1-2 more Tablespoons heavy cream. Press into a square about an inch thick. With a knife or bench scraper, cut each square into 16 wedges.
4. Brush scones with remaining heavy cream.
5. Place scones on a plate or lined baking sheet and refrigerate for at least 15 minutes (or freeze for 5-10 minutes).
6. Meanwhile, preheat oven to 400°F.
7. Line a large baking sheet with parchment paper or silicone baking mat. After refrigerating, arrange scones 2-3 inches apart on the prepared baking sheet(s).
8. Bake for 15-18 minutes or until golden brown around the edges and lightly browned on top. Remove from the oven and cool for a few minutes as you prepare the icing.
9. Make the icing: Whisk the icing ingredients together. Drizzle over warm scones.

Make it with your kids!

Pre-K - 4th grade:

- Younger students will especially enjoy squishing the butter into the dry ingredients and juicing lemons for the glaze.
- Kids of all ages love cracking eggs!
- Small kids can also stir at any point during the recipe and help measure and dump ingredients.

5th - 8th grade:

- Middle schoolers can zest lemons, grate the butter, and chop strawberries, in addition to all of the jobs listed above.

EDIBLE EXPERIENCE

Every year Edible Schoolyard students celebrate strawberries at Strawberry Day! Students shake cream into whipped cream, make strawberry art projects, and of course, sample strawberries—many students' favorite fruit.

INGREDIENT SWAP

This recipe can be made with blueberries instead of strawberries, or the fruit can be omitted. Poppy seeds are also a great addition!

SAFETY RULES

from the ESYNOLA Teaching Kitchen

STOVE RULES

1. Only adults adjust the flame.
2. Keep arm lifted and stir slowly.
3. Sleeves up, hair pulled back.

KNIFE RULES

1. Use bear claw and bridge.
2. Focus!
3. Knife on the cutting board, always.

RECIPE ATTRIBUTIONS & REFERENCES

Same-Day Flatbread / Pizza Dough

Recipe adapted from allrecipes.com

Mini Apple Pies

Recipe adapted from geniuskitchen.com

Citrus Sugar Cookies

Recipe adapted from shugarysweets.com

Chicken Salad

Recipe adapted from *Cooking Light Magazine*

Mediterranean Coleslaw

Recipe adapted from *The Mediterranean Dish* (blog)

Strawberry Lemon Scones

Recipe adapted from sallysbakingaddiction.com

Bon Appétit!

YOU
MAY
EAT.

Edible Schoolyard New Orleans

signature program of FirstLine Schools

www.esynola.org