



HEALTHY RECIPES
FROM
THE WHITE HOUSE
TO YOU

HealthierUS School
Challenge Celebration

THE WHITE HOUSE
OCTOBER 17, 2011

Welcome to the White House!

I am so encouraged by all you are doing to help improve the health of our Nation's children, and I want to congratulate you on receiving a HealthierUS School Challenge award. Thanks to your hard work and leadership, your students have the tools they need to make healthy choices, and I hope you take pride in all you have accomplished.

Please enjoy the enclosed recipes from the White House kitchen, and congratulations again.

Mitchell Obama



Broccoli Soup

1 large onion, diced
1 stalk celery, diced
3 cloves garlic, minced
1 tablespoon butter
3 heads broccoli
6 cups light chicken stock
salt and pepper to taste
cayenne pepper to taste

Sauté the onion, celery, garlic in butter.

Cook until translucent.

Trim broccoli to 1 inch pieces, blanch in salty water.

Add broccoli to vegetable mixture.

Add chicken stock.

Simmer for 10 minutes.

Puree in blender, then pass in strainer.

Season the soup to taste with salt, pepper and cayenne pepper.

Serve hot.

Serves 6.



Cauliflower Mac and Cheese

- 1 lb. penne (wheat)
- 1 cup milk (2% or skim)
- 1 lb. shredded cheddar cheese
- ½ head cauliflower florets
- ¼ cup parmesan cheese
- 1 tablespoon chopped parsley
- salt and pepper to taste

Bring salted water to a boil and cook the pasta until al dente. In the meantime, cook the cauliflower until soft and transfer in a blender to puree.

In a medium sized pan, transfer the pasta and pour the cauliflower puree in. Add the milk, cheese and season to taste.

Sprinkle chopped parsley.

Serve immediately.

Serves 4 or more.



Grilled Chicken Salad

Garden Green, Arugula, and Baby Spinach

Herb Sherry Vinaigrette

2 pounds of assorted seasonal garden greens,
arugula, and baby spinach
6 chicken breasts, 6 ounces each
1 tablespoon thyme
1 lemon zest
6 sprigs chives, chopped

For the vinaigrette:

1 cup sherry vinegar
2 lemons, juiced
1 shallot, finely minced
1 tablespoon oregano, chopped
1 tablespoon basil, chopped
1 cup extra virgin olive oil
2 tablespoon honey
salt and pepper to taste

Place all ingredients in a bowl except olive oil. Slowly whisk olive oil into mixture until emulsified. Chill.

Wash lettuce.

Marinate chicken with herbs, lemon zest and olive oil.
Season with salt and pepper and grill.

Serves 6.



Warm Baked Apples with Dried Cherries, Raisins and Blueberries

- 6 Golden Delicious or Granny Smith apples
- 3 tablespoons frozen orange juice concentrate
- 1 cup dried cherries, blueberries, and raisins
- ½ cup light brown sugar
- 6 teaspoons honey
- 2 tablespoons safflower or canola oil

Brush 6 cupcake molds with the oil to prevent sticking.

Use melon baller to scoop the stem and the core of each apple, poke a few holes into the top of the apple with a fork to prevent the heat from splitting them, then place into cupcake molds.

Place a half tablespoon of orange juice concentrate each into the center of each apple. Fill with dried fruits and sprinkle brown sugar over the tops.

Drizzle with honey and bake at 300° for 30 minutes or until apple is soft. Serve warm

Serves 6.



Fruit and Oatmeal Bars

6 tablespoons grapeseed oil, or other neutral oil, plus extra for brushing pan

2 cups Quick Oats

½ cup mixed seeds, such as pumpkin, sunflower and sesame

½ cup honey

⅓ cup dark brown sugar

⅓ cup maple syrup

Pinch of salt

1 ½ cups mixed dried fruit, such as raisins, cherries, apricots, papaya, pineapple and cranberries (at least 3 kinds, cut into small dime size pieces if large)

1 teaspoon ground cardamom or cinnamon.

Heat oven to 350°. Line a 9 inch square baking pan with parchment paper or foil, letting a few inches hang over side of pan. Brush with oil.

Spread oats and seeds on another baking pan and toast in oven just until golden and fragrant, 6 to 8 minutes, shaking pan once.

In a saucepan, combine oil, honey, brown sugar, maple syrup and salt. Stir over medium heat until smooth and hot. In a mixing bowl, toss together toasted oats and seeds, dried fruit and cardamom. Pour hot sugar mixture over and stir until well combined.

While mixture is warm, transfer to prepared pan, pressing into pan evenly with an offset spatula.

Bake until brown, 25 to 30 minutes. Transfer pan to a rack and let cool completely. Using the overhanging foil or paper, lift out of pan and place on a work surface. Cut into bars, about 1 ½ inches by 3 inches.

Serves 9.



LET'S
MOVE!

AMERICA'S MOVE TO RAISE A
HEALTHIER GENERATION OF KIDS

USDA

