



PICK YOUR PLATE!

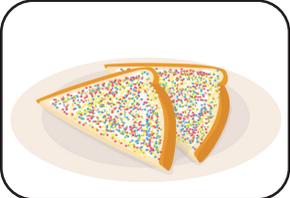
Worldwide Recipe Booklet

Recipes inspired by the countries in Pick Your Plate!





Butter Noodles



Fairy Bread

Country
United States of America

Time to Make
20 minutes

- Cooking Tools
- Large pot
 - Strainer
 - Wooden spoon
 - Whisk

Ingredients

- 1lb pasta ●
- 6 thin butter slices ●
- Salt and pepper ●
- Grated parmesan cheese ●

Steps to Make

1. Fill a large pot with cold water, add salt and boil.
2. Add noodles. Stir occasionally, boil noodles until they are soft.
3. Remove pot. Drain out pasta with strainer. Leave a small amount of water at the bottom of pot.
4. Reduce heat to low. Whisk in butter pieces one at a time until they melt.
5. Add pasta to sauce. Add a pinch of salt and pepper and parmesan cheese. Stir in and remove from heat. Let cool.
6. Food is ready to serve.

Country
Australia

Time to Make
5 minutes

- Cooking Tools
- Knife ●
 - ●
 - ●
 - ●

Ingredients

- 2 slices white bread ●
- Softened butter ●
- Colorful sprinkles ●
- ●

Steps to Make

1. Spread softened butter on slices of untoasted white bread.
2. Add sprinkles to the slices of bread.
3. Food is ready to serve.



Fresh Tomato Salsa



Green Mango Salad

Country

Mexico

Ingredients

- 3 medium tomatoes with stems removed
- 1/2 red onion
- 2 serrano chilies with stem, ribs, and seeds removed (wash hands after handling)
- 1 tablespoon lime juice
- 1/2 cup chopped cilantro
- Salt and pepper
- 1 pinch dried oregano
- 1 pinch ground cumin

Steps to Make

1. Chop tomatoes, chilies, and onions.
 2. Place all of the ingredients in the food processor.
- Set the food processor to pulse for only a few times to dice the ingredients.
3. With wooden spoon, move salsa to a bowl.
 4. Food is ready to serve with tortilla chips!

Cooking Tools

- Food processor
- Wooden spoon
- Cutting knife
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Country

Cambodia

Ingredients

- 2 tablespoons lime juice
- 2 tablespoons fish sauce
- 1 teaspoon brown sugar
- 2 green mangos
- 3 scallions
- 1/4 cup cilantro
- 2 tablespoons peanuts
- 1/2 teaspoon red pepper flakes

Time to Make

15 minutes

Steps to Make

1. Peel and then grate two mangos.
2. Slice scallions into thin strips.
3. In the large bowl, add the lime juice, fish sauce and brown sugar
4. Stir the mixture until the sugar dissolves.
5. Add to the bowl the mango pieces, scallions, cilantro, and peanuts.
6. Mix the ingredients.
7. Food is ready to serve.

Cooking Tools

- Large bowl
- Large grater
- Peeler
- Wooden spoon



Hummus



Millet Porridge

Country
Lebanon

Time to Make
15 minutes

Cooking Tools

- Food processor
- Bowl
- Wooden spoon
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Ingredients

- 1 15-ounce can of chickpeas
- 1 garlic clove
- ¼ cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 1 tablespoon ground cumin
- ¼ teaspoon paprika
- 1 pinch salt

Steps to Make

1. Add ingredients into a food processor.
2. Blend ingredients together until smooth.
3. Add Paprika.
4. Move mixture into a bowl with wooden spoon.
5. Food is ready to serve with crackers or pita bread.

Country
Benin

Time to Make
30 minutes

Cooking Tools

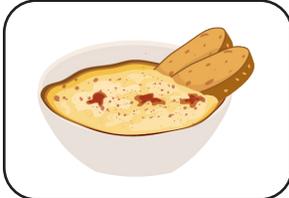
- Medium pot with cover
- Wooden spoon
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Ingredients

- ⅓ cup millet
- ¾ cup water
- ½ cup skim milk
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla
- 1 pinch salt
- ½ cup sliced banana
- 1 tablespoon almond butter

Steps to Make

1. Combine millet, water, milk, cinnamon, vanilla, sliced banana, almond butter, and salt
2. Boil mixture. Reduce heat to low, cover pot, for 30 minutes. Stir occasionally.
3. Remove from heat. Let cool.
4. Food is ready to serve.



Provoleta



Riisipuuro

Country
Argentina

Time to Make
15 minutes

Ingredients

- 2 thick slices provolone cheese (around 9 ounces each)
- 1 pinch chili pepper flakes
- Salt and pepper (to taste)
- 4 tablespoons virgin olive oil
- 1 pinch oregano

Steps to Make

1. Preheat oven to 325°F.
2. Add provolone cheese to casserole dish.
3. Cover both sides of cheese with virgin olive oil.
4. Add in the remaining ingredients.
5. Place casserole dish in the oven. Bake for 3 minutes and then flip cheese slices over.
6. Bake for 3 more minutes. Remove casserole dish from oven. Let cool.
7. Food is ready to serve with bread.

Cooking Tools

- Circular casserole dish
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Country
Finland

Time to Make
20 minutes

Ingredients

- 1 cup white rice
- 1/2 cup sugar
- 2 tablespoons unsalted butter
- 3 teaspoons cinnamon
- 4 1/2 cups whole milk
- 1 cup water
- 1/2 teaspoon salt

Steps to Make

1. Add rice and water to pot and cook over medium-high heat for about 5 minutes
2. Add in butter. Raise temperature to boil.
3. Keep stirring until water is absorbed.
4. Add in two cups of milk. Reduce to medium heat.
5. Keep stirring until milk is absorbed.
6. Add in remaining milk.
7. Stir again until milk is absorbed.
8. Remove from heat. Let cool.
9. Add in salt, cinnamon, and sugar and stir.
10. Food is ready to serve.

Cooking Tools

- Medium pot
- Wooden spoon
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