PICK YOUR PLATE!

Worldwide Recipe Booklet

Recipes inspired by the countries in Pick Your Plate!
## Butter Noodles

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

### Time to Make
20 minutes

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

### 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.

## Fairy Bread

### Ingredients
- 2 slices white bread
- Softened butter
- Colorful sprinkles

### Time to Make
5 minutes

### Cooking Tools
- Knife

### 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

**Ingredients**
- 3 medium tomatoes with stems removed
- ½ red onion
- 2 serrano chilies with stem, ribs, and seeds removed (wash hands after handling)
- 1 tablespoon lime juice
- ½ cup chopped cilantro
- Salt and pepper
- 1 pinch dried oregano
- 1 pinch ground cumin
- 2 tablespoons lime juice
- 2 tablespoons fish sauce
- ¼ cup cilantro
- ½ teaspoon brown sugar
- 2 tablespoons peanuts
- 1 teaspoon red pepper flakes

**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!

**Country**
- Mexico

**Time to Make**
- 10 minutes

**Cooking Tools**
- Food processor
- Wooden spoon
- Cutting knife

### Green Mango Salad

**Ingredients**
- 2 tablespoons lime juice
- 2 tablespoons fish sauce
- 1 teaspoon brown sugar
- 2 green mangos
- 3 scallions
- ¼ cup cilantro
- 2 tablespoons peanuts
- ½ teaspoon red pepper flakes

**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.

**Country**
- Cambodia

**Time to Make**
- 15 minutes

**Cooking Tools**
- Large bowl
- Large grater
- Peeler
- Wooden spoon
<table>
<thead>
<tr>
<th></th>
<th>Hummus</th>
<th>Millet Porridge</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Country</strong></td>
<td>Lebanon</td>
<td>Benin</td>
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<tr>
<td><strong>Time to Make</strong></td>
<td>15 minutes</td>
<td>30 minutes</td>
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<tr>
<td><strong>Cooking Tools</strong></td>
<td>Food processor, Bowl, Wooden spoon</td>
<td>Medium pot with cover, Wooden spoon</td>
</tr>
<tr>
<td><strong>Ingredients</strong></td>
<td>1 15-ounce can of chickpeas, 1 garlic clove, 1/4 cup olive oil, 2 tablespoons lemon juice</td>
<td>1/2 cup millet, 3/4 cup water, 1/2 cup skim milk, 1/4 teaspoon ground cinnamon, 1 tablespoon almond butter</td>
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<td></td>
<td>2 tablespoons tahini, 1 tablespoon ground cumin, 1/4 teaspoon paprika, 1 pinch salt</td>
<td>1/2 teaspoon vanilla, 1 pinch salt, 1/2 cup sliced banana, 1 tablespoon almond butter</td>
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<tr>
<td><strong>Steps to Make</strong></td>
<td>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.</td>
<td>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.</td>
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</table>
### Provoleta

**Country**
- Argentina

**Time to Make**
- 15 minutes

**Cooking Tools**
- Circular casserole dish

**Ingredients**
- 2 thick slices provolone cheese (around 9 ounces each)
- 4 tablespoons virgin olive oil
- 1 pinch oregano
- 1 pinch chili pepper flakes
- Salt and pepper (to taste)
- 2 tablespoons unsalted butter
- 3 teaspoons cinnamon
- 1 cup white rice
- ½ cup sugar

**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.
7. Food is ready to serve with bread.

### Riisipuuro

**Country**
- Finland

**Time to Make**
- 20 minutes

**Cooking Tools**
- Medium pot
- Wooden spoon

**Ingredients**
- 1 cup white rice
- 2 tablespoons unsalted butter
- 1 cup whole milk
- ½ cup sugar
- 3 teaspoons cinnamon
- 1 cup water
- ½ 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.
5. Keep stirring until milk is absorbed.
6. Add in remaining milk.
7. Stir again until milk is absorbed.
9. Add in salt, cinnamon, and sugar and stir.
10. Food is ready to serve.