

Connected Teens

Cook Book

2023/24

Baked Fish and Veggies (6 servings)

2 pounds cod fish fillet
6 potatoes
6 stalks of celery
3 tomatoes
1 bunch of parsley
Raw Parmesan cheese
block
2 lemons
Thyme
2 cups broth
1 ½ cups sour cream



1. Peel potatoes and cut into thin slices
2. Cut celery into thin slices
3. Place into baking dish
4. Whisk sour cream and broth in a bowl, season with salt/pepper, and pour into baking dish
5. Bake at 400 for 50-60 min until potatoes are soft
6. Rinse lemon, grate zest, and squeeze juice
7. Rinse fish, dry, remove skin, then salt and pepper
8. Rinse parsley, pluck leaves, and mix in zest.
9. Cut tomatoes into thin slices
10. Grate cheese
11. Remove dish from oven and arrange fish on top of veggies
12. Sprinkle with herbs and whatever seasoning you want and cheese
13. Put back in oven for 15 minutes
14. Take out of oven and sprinkle with lemon juice

Chili Verde (6 servings)

2 pounds ground beef
2 red bell peppers
1 large onion
6 cloves of garlic
2 jars of chili verde sauce
1 cup pinto beans (soaked and sprouted)

1. Chop onions, garlic, and peppers. (thin)
2. Cook in coconut oil
3. Add onions and beef and cook until brown
4. Add garlic and spices
5. Stir sauce and bring to simmer
6. In a separate pot cook beans until soft
7. Combine beans
8. Serve with sour cream and corn chips



Paleo Turkey Chili (serves 6)

1 can of fire roasted tomatoes
1 large sweet potato
1 pound of ground turkey
1 onion
3 cloves of garlic
1 green bell pepper
1 jar of tomato sauce
Sour cream (optional topping)
1-2 Avocados (optional toppping)

1. Cook the ground turkey on the stove with chopped onion
2. Add garlic when turkey and onions are almost cooked
3. Put tomato sauce in big pot
4. Add diced sweet potatoes and diced bell peppers
5. Add can of tomatoes to pot
6. Drop avocado on floor (j/k...just cut it in slices for a topping)
7. Cook everything in pot for 20 minutes or until or sweet potatoes are soft
8. Serve



Shepherd's Pie (serves 6)

2 lbs ground lamb
1 tbs avocado oil
1 yellow onion
2 large carrots
3 lbs russet potatoes
4 cloves garlic
4 tbs raw grated Parmesan
cheese
1 ½ cups milk
4 tbs butter
seasonings of choice



1. peel potatoes
2. chop carrots, onions, potatoes, garlic
3. heat oil on skillet med / low heat
4. cook onions and carrots in skillet for 5 min
5. bring big pot of water to a boil, add potatoes
6. add meat to skillet till mostly cooked
7. add garlic to skillet
8. preheat oven to 375
9. when potatoes are soft drain water
10. mash potatoes with masher after adding milk, butter, salt, and pepper
11. put contents of skillet in a baking pan
12. layer mashed potatoes on top, smooth, and sprinkle Parmesan on top
13. bake for 30 min

(Our shepherd's pie made a great birthday cake replacement! It was hard to fit all the letters in with ketchup though...)

Spring Frittata (serves 6)

1 tablespoon avocado oil

¼ drained and finely chopped marinated artichoke hearts

½ fresh or thawed shelled green peas

3 oz basil pesto

10 large eggs

fine sea salt

freshly ground black pepper

crumbled goat cheese

arugula

1. preheat the oven to 350F and position a rack in middle
2. in a skillet, heat the oil until it expands, about 1 min. add artichoke hearts, peas, and pesto. cook for 3 min
3. mix with eggs in a big bowl. Poor into baking pan. Put in oven for 30 min



Chinese Deviled Eggs (serves 5)

20 hard boiled eggs
Chopped pickles
Chinese hot mustard
Mayonnaise
Paprika

Step 1: peel and chop hard boiled eggs in half
Step 2: scoop yolks out of egg halves
Step 3: smash egg yolks and blend with pickles, mayonnaise and hot mustard in bowl
Step 4: blend in food processor
Step 5: put blended egg yolks in the egg halves
Step 6: sprinkle paprika on top



Stuffed Acorn Squash (serves 4)

4 acorn squashes
4 shallots
4 celery stocks
4 apples
Dried cranberries
Shredded cheese
Pack of stuffing

Step 1: cut the squash in half

Step 2: dice apples and celery

Step 3: put squash on baking tray lined with parchment paper

Step 4: cook squash at 400° for 30-45 min until soft

Step 5: heat up avocado oil in pan on low medium and cook all diced stuff until soft
“about 5 min”

Step 6: turn off heat and add cranberries, stuffing and cheese

Step 7: take out squash and stuff with contents

Step 8: put back in oven for 15 min



Chicken Pot Pie (serves 4-6)

1 chicken breast
1 large carrot
1 half onion
2 garlic cloves
sweet corn
green peas
1 egg
2 pie crusts

step 1 chop carrot / onion / garlic / chicken
step 2 heat up 1 tbsp of coconut oil
step 3 cook chicken and onion
step 4 boil chopped carrots until soft
step 5 add carrots to pot pie filling
step 6 add broth
step 7 add corn, peas and garlic
step 8 add flour until desired thickness
step 9 add filling to pie crust
step 10 cover with 2nd crust
step 11 whisk egg and brush on top of crust
step 12 cook at 375 for 30 to 40 min



Sushi Bowls (serves 8)

Part 1: Rice

6 cups sushi rice
6 cups water
1 cup rice vinegar or black vinegar
4 tsp salt
1 half cup ground jaggary/panela (whole cane) sugar

Step 1 add water to a big pot and bring to a boil

Step 2 Rinse rice in cold water in strainer

Step 3 Add rice to pot

Step 4 Boil then reduce to low heat

Step 5 Cover and cook for 15 minutes on low, then remove from heat and let sit for 10 minutes

Step 6 In pan over low heat whisk vinegar, jaggary/panela, and salt until dissolved, then remove from heat

Step 7 Slowly add vinegar mix to rice

Part 2: Cucumber Salad

2 large cucumbers thinly sliced
1 tsp salt
4 tbsp vinegar
4 tsp sugar
1 tsp soy sauce
1 tsp sesame oil

step 1 whisk vinegar and other ingredients (except cucumber) in a pan over low heat until dissolved

step 2 mix cucumbers in bowl

step 3 add vinegar mix

Part 3: Egg and Nori

Ingredients:

4 large eggs
1 tbsp oil
4 nori sheets

step 1 beat eggs in bowl and add salt
step 2 put oil in skillet at medium heat
step 3 add eggs to pan in thin layer
step 4 flip with spatula
step 5 transfer to cutting board
step 6 roll into a log
step 7 slice egg log and cut nori sheets into ribbons
step 8 toss into bowl

Part 4: Assemble Bowl

1 tuna fillet (sushi quality raw)
1-3 Avocados
sesame seeds

1. Chop up tuna and avocado
2. Put all ingredients together in a bowl
3. Serve with sesame seeds, lemon and lime slices, and soy sauce if desired.



Meat Loaf (8+ servings)

2 lb ground meat
2 cups bread crumbs
1 onion chopped
1 cup ketchup (mixed in) and 1 cup for topping
10 minced garlic cloves
2 large eggs, 2 large egg whites
1 cup grated cheese
½ cup basil
2 tsp paprika
avocado oil to coat pan
fresh parsley to garnish
any desired spices and salt

1. Preheat oven to 350 and coat baking pan with oil
2. Mix meat with crumbs, 1 cup ketchup, onions, garlic, eggs and egg whites, basil, and cheese by hand
3. Add spices and salt
4. Shape meat into pan
5. Bake for 30 min
6. Add ½ cup ketchup on top
7. Bake another 30 min
8. Remove, sprinkle with parsley and more ketchup if desired



Stuffed Mushrooms (serving amount to preference)

Crimini mushrooms (de-stemmed)
Butter (grass-fed has the most bio-available vitamins, organic preferred)
Onion, minced
Garlic cloves, minced
Salt
Parsley, chopped
Seasoning
Bread crumbs
Avocado oil
Grated cheese
Pine or walnuts, chopped

1. Preheat oven to 350
2. Heat butter on stove
3. Saute chopped mushroom stems and onions. Add garlic and nuts after 5 minutes
4. Turn off heat. Add parsley, spices, and crumbs
5. Mix in food processor until super fine
6. Toss mushroom caps in avocado oil
7. Fill mushrooms with stuffing and place on parchment lined baking sheet
8. Bake 10-20 min or until cheese browns.



Baked Kebobs

Your choice of veggies and/or fruit (we used peppers, mushrooms, zucchini, onions, and pineapple)

Your choice of meat (chicken, shrimp, steak, lamb, anything that fits on a skewer, though cooking times and temps will be a bit different for each type of meat)

1. Soak wooden skewers in water for 30 min
2. Marinate meat for 30 min (seafood for 10) in your favorite marinating sauce
3. Preheat oven to 375 (for chicken and seafood, 400 for red meat)
4. Line baking sheet with parchment paper
5. Add veggies and marinated meat to skewers in alternating order
6. Cook for 15-20 minutes until browned

Lebanese Rice Pilaf/Hasweh

(serves 6-8)

1 ½ cups white rice
1 onion
3 cloves garlic
½ cup chopped parsley
1 pound lamb
¾ tsp ground cloves
¾ tsp cinnamon
½ cup toasted pine nuts
salt
2 tbsp avocado oil
2 ½ cups water



1. Soak rice in cold water for 15 min or until it's soft
2. Heat 1 tbsp avocado oil at medium high heat and add onions and lamb
3. Season with spices and cook until meat is browned
4. Drain rice, put on top of meat, and season
5. Add 2 ½ cups water and 1 tbsp avocado oil
6. Turn heat to high and bring to boil until liquid has been reduced
7. Turn heat to low and cover. Cook for 20 min or until moisture is absorbed
8. Remove from heat; set aside for 10 minutes
9. Uncover pan and carefully flip over onto platter so meat is on top of the rice
10. Garnish with parsley and pine nuts

Baked Potatoes

(serves 6)

6 large Russet potatoes (skins are high in minerals)

8 oz beef brisket bacon chopped into small pieces after cooking

Chives, chopped

Butter

Artichoke hearts, chopped

1. Preheat oven to 450
2. Wash and put shallow slits in potatoes
3. Line baking sheet with foil and place potatoes on it
4. Cook for 45-60 min until potatoes are soft
5. Let potatoes cool, cut in half, and smash up
6. Top with the rest of the ingredients

Coleslaw

Small head of purple cabbage and small head of green cabbage

2 large carrots

Artichoke hearts, chopped

2 scoops mayonnaise

Pepper and salt

Lemon juice

Avocado oil

1. Shred cabbage and carrots with mandolin or chop thin and place in big bowl
2. Make dressing (stir mayo, lemon juice, salt and pepper, and avocado oil to taste)
3. Pour dressing into bowl and mix
4. Serve cold with potatoes



Shredded Chicken Salad (serves 6)

1 ½ pounds of chicken breast
1 cup avocado oil mayonnaise
¼ cup pistachios, chopped
¼ yellow onion, diced
1 tbsp fresh fennel leaves
Salt and pepper
1 large lemon
1 cup dried strawberries
Butter lettuce leaves

1. Boil chicken for 20 minutes until no pink shows
2. Chop pistachios, lemon zest, onions, fennel, and dried strawberries and put in big bowl
3. Place chicken on cutting board and shred apart with 2 forks. Refrigerate if desired.
4. Add shredded chicken to salad and mix thoroughly
5. Add lemon juice, salt, and pepper
6. Serve on lettuce leaves



Scotch Eggs (serving amount to preference)

1 lb ground pork
Hard boiled eggs
Bread crumbs (optional)
Italian spice seasoning

1. Preheat oven to 375
2. Peel shell off hard boiled eggs and rinse. Put in a bowl
3. Spread parchment paper over baking tray
4. Shape ground pork around eggs until there is a smooth layer that covers entire egg
5. Dip in breadcrumbs and/or seasoning
6. Place on baking tray and cook for 20 minutes or until meat is browned



Pork is one of those foods I recommend eating in extreme moderation since, from my research, pigs are gross and we probably shouldn't eat them, unless maybe we know exactly where and how they are raised. Teens who love pork should at least know about the healthiest ways to cook with it...and I had to include this recipe since it was a favorite among our teens.

✿Chinese Sesame Noodles ✿

✿6 servings ✿

✿Ingredients

✿6 portions of rice or wheat noodles

✿6 cloves minced garlic

✿3 stocks of green onion

✿3 TSP chili flakes

✿3 TSP sesame seeds

✿6 TBSP avocado oil

✿6 TBSP soy sauce

✿.75 TSP sugar

✿3 TBSP black vinegar

✿Fresh bell pepper finely chopped

✿Step 1: put garlic, scallions, sesame seeds and chili flakes into a small bowl.

✿Step 2: heat oil till hot, pour into bowl, mix well.

✿Step 3: put paste in another bowl, stir and add 2 TBSP of water till smooth and thin. Add soy sauce vinegar and sugar mix well.

✿Step 4: cook noodles: bring water to a boil, put the noodles in and turn the heat down, once cooked, transfer to a colander, rinse under cool water, place into serving bowls, top them with parsley sesame seeds and pour sauce over.

✿Root Veggies Curry ✿

✿Ingredients ✿

✿1 sweet potato

✿1 onion

✿1 radish

✿1 cup coconut milk

✿1-2 TSP cumin seeds

✿1 TBSP coconut oil

✿(peel and chop the veggies!)

✿Step 1: heat coconut oil in pan on medium heat

✿Step 2: saute onion ginger and cumin seeds until onion is translucent

✿Step 3: add root veggies and curry powder saute for ten minutes.

✿Step 4: Add $\frac{1}{3}$ cup coconut milk, cook till it evaporates, add more coconut milk and cook until potatoes are soft.

✿Sushi ✿

(15 rolls)

✿Ingredients ✿

- ✿ 2 TBSP Sake
- ✿ $\frac{1}{2}$ TBSP sugar
- ✿ $\frac{1}{4}$ TBSP Salt
- ✿ Sesame seeds
- ✿ 3 cups sushi rice
- ✿ 3 cups water
- ✿ Cucumber avocado
- ✿ Raw salmon



✿ Step 1: measure out rice and rinse it until water runs clear.

✿ Step 2: combine water and rice, bring to a boil, cover, and let simmer for 10 minutes.

✿ Step 3: cut cucumbers and and avocado into thin slices

✿ Step 4: when rice has absorbed most of the water add 2 TBSP sake $\frac{1}{2}$ sugar $\frac{1}{4}$ salt.

✿ Step 5: remove rice from heat and let sit for 5 minutes.

✿ Step 6: cut off the salmon skin into diagonal thin slices.

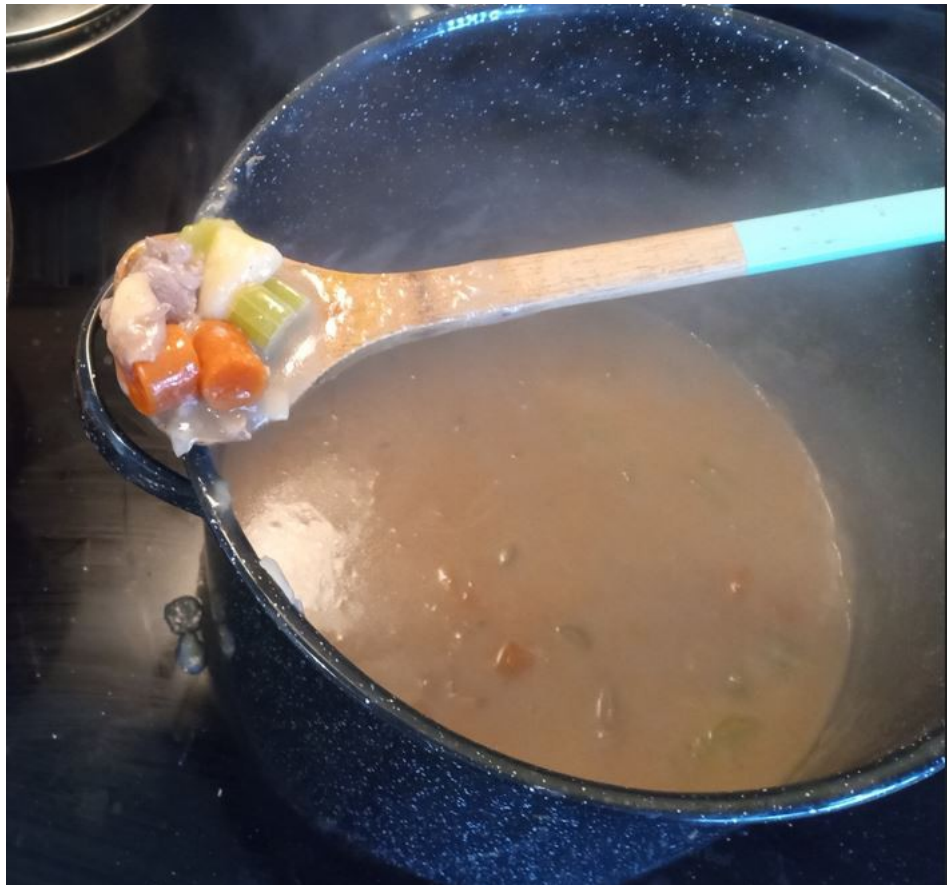
✿ Step 7: spread rice evenly and thinly onto nori, add fish and veggies. Roll it up and compress with a bamboo roller.

✿ Step 8: cut in half make sure both sides are even. Each roll makes 8-10 pieces.

BEEF STEW (serves 8)

3 TBS Avocado oil
2 LBS Beef Stew Meat
1 cup Flour
3-5 Cloves of Garlic
2 32 oz Cartons of Beef Bone Broth
4 Red Potatoes, Chopped
2 Carrots, Chopped
Creole Seasoning to liking

1. Heat avocado oil in pan at medium heat
2. Add meat, onion and garlic
3. Gradually add flour and broth
4. Add potatoes, carrots and celery
5. Stir in seasoning
6. Bring to a simmer
7. Cook uncovered for 1-4 hours.



Part 2: Actually Healthy Desserts!!!!

There are actually alternatives to the chemically-processed, artificially colored and diabetes-threatening sweet foods out there!

Panela AKA Jaggary: This is unprocessed, unrefined, and whole sugar straight from the stalk. We used this instead of conventional sugar because of it's high mineral content and because it doesn't cause the typical sugar crash. Being in it's pure form, this sugar is the healthiest alternative for baking. It's not easy to find, even in health stores, so we ordered it online.

Pumpkin Apple Bread

(serves 6-8; goes well with pureed pumpkin soup)

3 cups flour (all purpose)
2 tsp baking soda
4 eggs
2 ¼ cups panela sugar
2 cups peeled and chopped apples
¾ tsp salt
1 ½ tsp cinnamon
1 ½ tsp nutmeg
¾ cup coconut oil
15 oz canned or fresh pureed pumpkin
¼ tsp ground cloves

Topping: 1 tbsp flour
1 tsp cinnamon

1 tbsp softened butter

5 tbsp panela sugar

1. Preheat oven to 350
2. Whisk flour, salt, baking soda, and spices
3. In separate bigger bowl, combine eggs, oil, sugar, and pumpkin until smooth
4. Add flour mix
5. Fold in apples
6. Pour into loaf pan
7. Sprinkle with topping (after topping ingredients are mixed together in separate bowl)
8. Bake 50-60 minutes. Reduce time if using 2 or more smaller pans.



Baked Pears

(serving amount to preference)

Bartlett Pears

Honey

Oats (quick cook)

Cinnamon

1. Preheat oven to 350
2. Peel pears and cut in half
3. Scrape out the middle of each half to become a small pocket for the oats
4. Fill pear halves with oats
5. Drizzle honey over oats
6. Sprinkle cinnamon over honey
7. Bake on parchment paper covered baking tray for 20-30 min
8. Remove and serve with coconut cream if desired



Lavender-Soaked Blueberry Ice Cream

(serves 7)

2 tbsp fresh or dried lavender flowers

½ cup boiling water

6 cups fresh or frozen blueberries

Honey

2 tbsp butter or coconut butter

7 scoops of vanilla bean ice cream

1. Boil water
2. Place lavender flowers in a pot
3. Pour boiling water over flower and let steep for 10 minutes
4. Strain lavender-infused water over blueberries in large pan
5. Add melted butter and honey
6. Cook over medium-low heat until blueberries release their juices (about 5 minutes)
7. Serve over or under a scoop of ice cream



Nutrient-Dense Carrot Cake

3 cups all purpose flour of choice
¾ tsp baking soda
1 ½ cups jaggary
1 tsp salt
1 ½ cups grated carrots
½ cups chopped pecans
½ cup coconut oil
1/3 cup coconut milk

1 ½ tsp cinnamon
1 ½ tsp ginger
3 eggs
1 tsp vanilla
½ cup coconut flakes
1 can crushed pineapples (with juice)
½ cup raisins

1. Mix dry and wet ingredients separately
2. Combine all ingredients and pour into parchment-lined baking pan
3. Bake 45 min at 350 degrees



Cream Cheese Frosting

2/3 cup heavy whipping cream
8 oz block of cream cheese cut into 6 pieces

½ cup jaggary

1. Blend cream and jaggary in food processor
2. Add pieces of cream cheese after jaggary is dissolved, blend in one after the other
3. Put in fridge until ready to use and it's hardened into a frosting consistency
4. Decorate cake after it's cooled down with frosting, nuts, ginger candy, and coconut flakes

Banana Ice Cream

(serves 6)

3 fresh bananas

3 frozen bananas

2 scoops frozen peaches, pineapples,
and/or strawberries

2 scoops frozen blueberries

optional: pinch of lavender and pinch of
salt

1. Put fresh bananas at the bottom of the blender
2. Add all frozen fruit except bananas and lavender and salt
3. Add the 3 frozen bananas
4. Blend at medium setting until all fruit is creamy
5. Move frozen fruit around with spoon if needed periodically, then resume blending
6. Blend at medium setting until all fruit is creamy



BUT MY TEENS ARE SO PICKY!!!

I get it. That's why I decided to compile most of the recipes we made together in our teen school because they are 1. easy for cooks of all levels to make themselves 2. the teens actually ate (most) of their entire plate-fulls, and 3. these recipes are easy to alter by substituting or eliminating ingredients that could be allergens.

Also, we learned as a class how important it is to use the best quality ingredients, especially when feeding growing youngsters! We want to ensure that their rapidly changing hormones aren't disrupted or bombarded with hard-to-process stuff so that their moods, skin, body development, and brains can function optimally.

Cooking tip we applied often: - The best oils to cook with are avocado or coconut because they don't oxidize/go rancid at high heat.

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Shout out to the 1st class of Connected Teens, a micro-school that is revolutionizing how middle and high school-aged kids are becoming more naturally educated, experienced, and empowered! They all helped create, write, and modify the recipes in this book.