



# Culinary Labs

Presented by Dairy Council® of Arizona & Careers Through Culinary Arts Program





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## Culinary Labs Introduction

Dairy Council® of Arizona partnered with the Careers through Culinary Arts Program (C-CAP) to create the “Dairy Council®/ C-CAP Culinary Labs” program. This series of four classes is an exclusive opportunity for 20 of the top senior culinary students from around Arizona to learn about a variety of aspects of dairy foods and the importance of dairy in a healthy diet.

Three young chefs, Nicole Swartz, Luke Cornelius, and Jelani Port, all alumni of the C-CAP program, run the labs like pros and provide the students with individualized feedback on recipe development, nutrient analysis, recipe costing, kitchen skills, professional soft skills and classroom nutrition presentation modeling.

For each lab session, each student creates a healthy recipe, ensures it meets nutritional standards, then comes to the C-CAP office since they now have a kitchen.

## Franklin Foods Greek Cream Cheese Challenge

Special thanks to Rocco Cardinale, Vice President of Franklin Foods West, a local Arizona company that makes Greek Cream Cheese, for creating and sponsoring the Greek Cream Cheese Challenge awarded to the best Smart Snack recipes in the savory and sweet categories. This was a great way for Franklin Foods to introduce these young chefs to their innovative product, which has more protein and less fat than regular cream cheese. Each of the winning students was featured on Franklin Foods’ blog and social media channels and received a \$100 gift card. *Look for these stamps on the winning recipes!*





## Breakfast Boosts Brain Power

The connection of breakfast and learning is emphasized, along with the importance of dairy foods as part of a healthy breakfast. Students develop breakfast pizza recipes featuring either cheese or yogurt as the main dairy ingredients.



Diana Diaz Mendez | Glendale High School

# Veggie Pizza

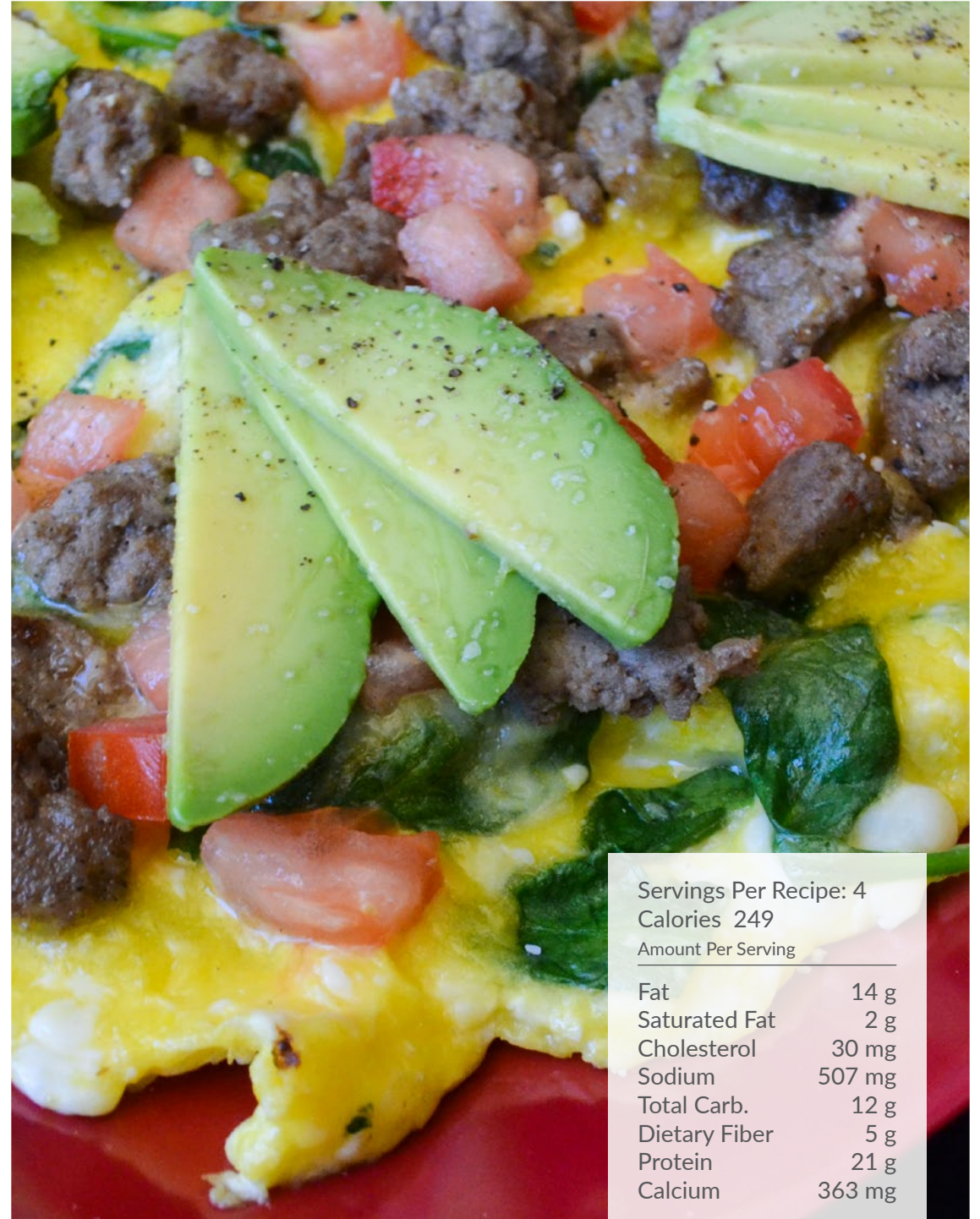
Shawn Morris | Instructor

## Ingredients

<b>1 pack (10 oz)</b> Baby spinach	<b>1 cup</b> Avocado, raw, sliced
<b>4 large</b> Egg whites	<b>1 cup</b> Tomato, small dice
<b>1 cup</b> Mozzarella cheese, nonfat or fat free, shredded	<b>1½ tbsp</b> Vegetable oil
<b>1 cup</b> Turkey sausage, reduced fat	<b>to taste</b> Salt
	<b>to taste</b> Pepper

## Preparation

1. Preheat oven to 350 degrees.
2. Rinse spinach.
3. Cut sausage in small pieces.
4. In a bowl, beat egg whites until blended. Set aside.
5. Place small skillet on stove in low heat.
6. Cook the sausage until done, crumbling as cooking.
7. In a separate skillet, add oil.
8. Once oil starts to cook, add spinach and cook for about 1 minute.
9. Add the egg whites and cheese DO NOT SCRAMBLE.
10. Place sausage on top of the spinach/egg mixture.
11. Place in the oven at 350 degrees for 5 mins.
12. Remove pizza from oven and place on the cutting board.
13. Remove pizza from pan. CAREFULLY start by using the spatula and go around the edges.
14. Add veggies to top of pizza in your own creative way.
15. Cut the pizza into four equal slices and enjoy.



Servings Per Recipe: 4	
Calories 249	
Amount Per Serving	
Fat	14 g
Saturated Fat	2 g
Cholesterol	30 mg
Sodium	507 mg
Total Carb.	12 g
Dietary Fiber	5 g
Protein	21 g
Calcium	363 mg



Liliana Flores | Central High School

# Lily's Breakfast Pizza

Erin Sullivan | Instructor

## Ingredients

- 2 Pita bread, whole wheat
- 1½ cup Milk, fat-free (skim)
- 2 tbsp All-purpose flour
- 3 oz Pork sausage
- 4 Large eggs
- 1 Red bell pepper
- ¾ cup Cheese, low-fat, Cheddar or colby
- ½ tsp Salt
- ½ tsp Pepper
- Cooking spray

## Preparation

- Preheat oven to 350 degrees.
- Small dice bell pepper, set aside.
- Place sausage in medium sauté pan on medium heat. Stir until fully cooked.
- Add flour to sausage, stir until fully combined. Then add milk and stir until it starts to thicken.
- Add salt and pepper for taste.
- Lower heat down, let it simmer and stir occasionally. Once thickened take off heat and set aside.
- Spray cookie sheet with cooking spray. Place both pitas on the cookie sheet, spray top of pita with cooking spray. Place in oven for 3 minutes then flip, spray top of pita and bake for another 3 minutes.
- Take pitas out of oven, and start topping the pizza on the cookie sheet.
- Spread half of gravy on the pita, then add about half of bell pepper, 1/3 cup of cheese.
- Place the pizza in oven, turn to broil to only melt the cheese for about 45 seconds to 1 minute. Cut each pita in half.
- In a medium sauté pan, spray cooking spray in a pan and crack egg in middle of pan. Let egg cook through for 2-3 minutes to have a sunny side up egg. Place 1 egg on top of 1 half pita. Repeat until all 4 pitas have a sunny side up egg on top.
- Serve and enjoy.



Servings Per Recipe: 4	
Calories 299	
Amount Per Serving	
Fat	2 g
Saturated Fat	5 g
Cholesterol	216 mg
Sodium	450 mg
Total Carb.	23 g
Dietary Fiber	2 g
Protein	22 g
Calcium	238 mg

Jessica Lopez | Ironwood Ridge

# Berry-licious Pizza

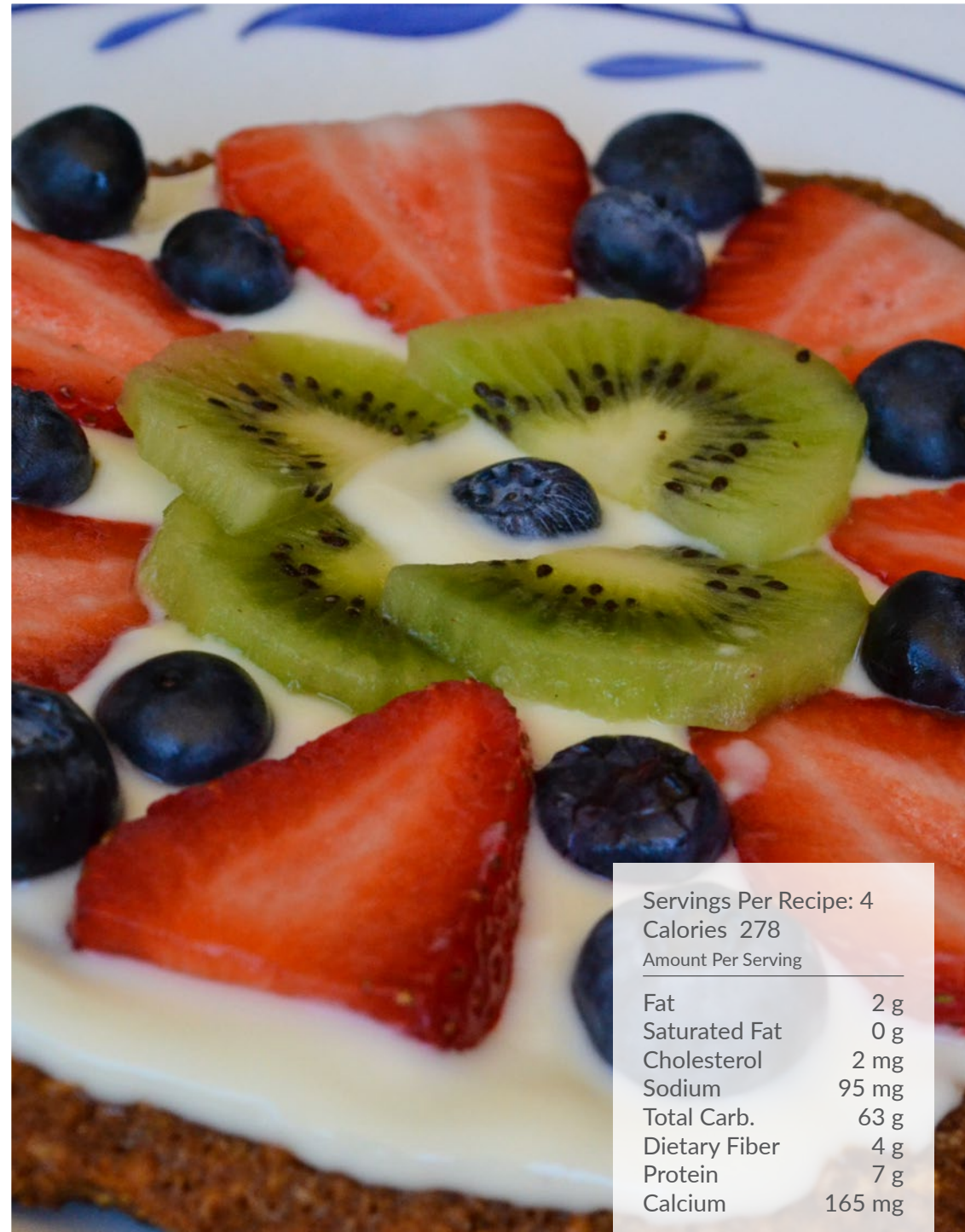
Jean Gowen | Instructor

## Ingredients

<b>1 cup</b> Granola, oats and honey	<b>1 cup</b> Strawberries, fresh sliced
<b>½ cup</b> Honey	<b>¼ cup</b> Blueberries, fresh
<b>10 oz</b> Yogurt, vanilla, fat-free	<b>½ cup</b> Kiwi, sliced

## Preparation

1. Preheat oven to 375 degrees.
2. In a medium bowl mix granola and honey.
3. Place granola mixture into 6-inch springform pan and flatten with a spatula.
4. Bake in oven for 10 minutes or until golden.
5. Place in refrigerator for 10 minutes to chill.
6. Slice strawberries and kiwi.
7. Place yogurt on top of granola crust and smooth out with a spoon.
8. Arrange fruit on top of pizza as desired.
9. Place in refrigerator to chill for 30 minutes.
10. Cut in slices and enjoy!



Servings Per Recipe: 4

Calories 278

Amount Per Serving

Fat	2 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	95 mg
Total Carb.	63 g
Dietary Fiber	4 g
Protein	7 g
Calcium	165 mg



Mario Solorzano | Ironwood Ridge

# Egg White Pita Pizza

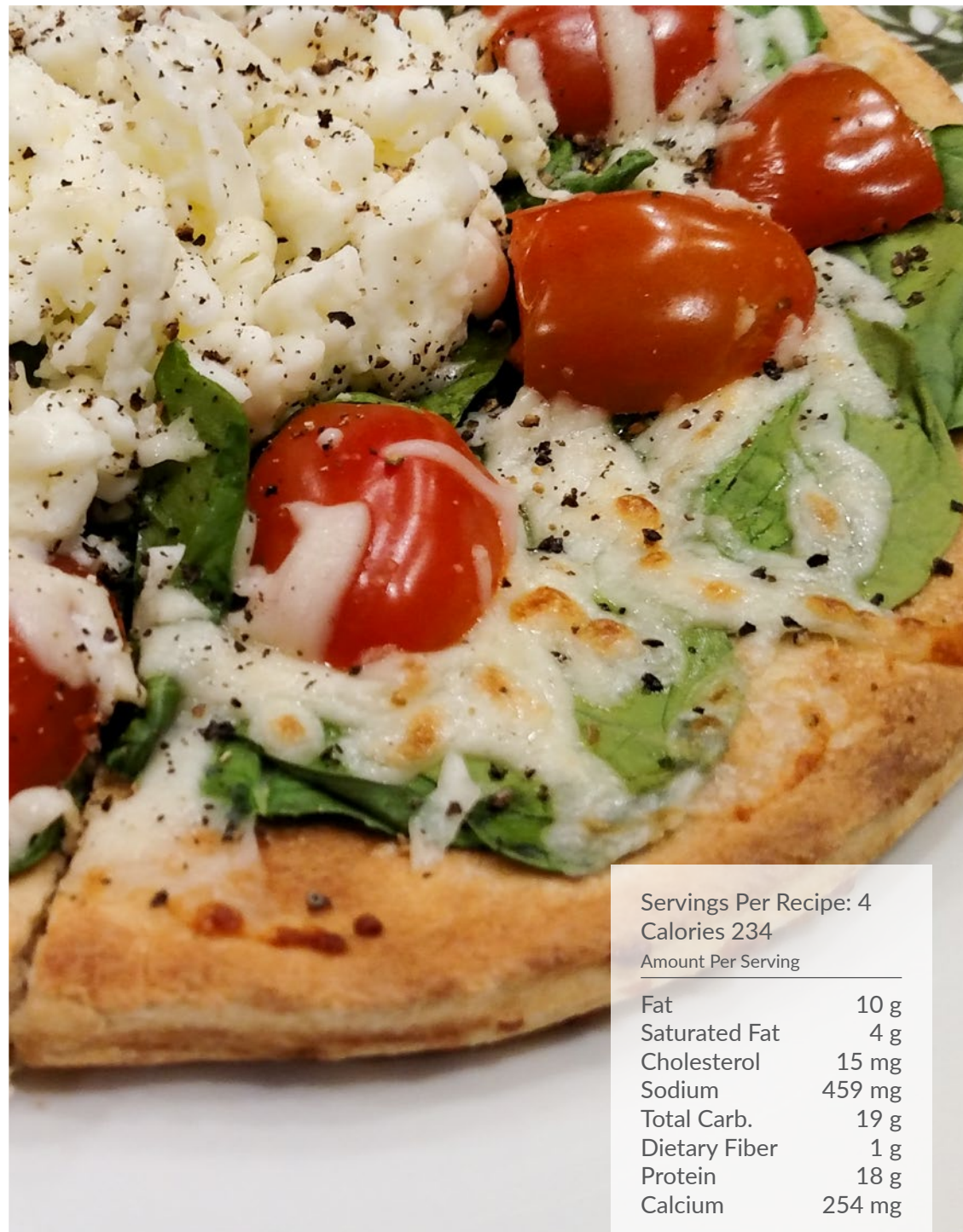
Jean Gowen | Instructor

## Ingredients

- 4 Pita rounds, small 4" each
- 1 cup Mozzarella, part skim, shredded
- 2 cup Spinach
- 16 Cherry tomatoes
- 8 Egg whites
- 1 tbsp Olive oil

## Preparation

1. Preheat oven to 500 degrees.
2. Add oil to saute pan. Add egg whites and scramble on medium heat until done.
3. Toast pitas.
4. Half the cherry tomatoes.
5. Add ¼ egg whites, spinach, halved cherry tomatoes onto each pita. Top each with ¼ cup cheese.
6. Place pitas directly on rack in oven and heat just until cheese is melted.
7. Add salt a pepper to taste.



Servings Per Recipe: 4

Calories 234

Amount Per Serving

Fat	10 g
Saturated Fat	4 g
Cholesterol	15 mg
Sodium	459 mg
Total Carb.	19 g
Dietary Fiber	1 g
Protein	18 g
Calcium	254 mg



Eli Stockwell | Pinnacle High School

# Eli’s Breakfast Pizza

Preston Thomas | Instructor

## Ingredients

### Dough

- 1 cup Water
- 1 tbsp Active dry yeast
- 2¼ cup All-purpose white flour
- 1 tsp Sugar
- ½ tsp Salt

### Sauce & Toppings

- 28 oz Canned diced tomatoes
- 3 Garlic cloves
- 1 tbsp + 3 tsp Vegetable oil (plus extra for coating dough)
- 2 tsp Dried oregano
- 1 Onion, chopped
- 1 tsp Cumin
- 1 tsp Chili powder
- ½ tsp Red pepper flakes
- ½ tsp Cayenne pepper
- 2 Eggs
- 1 cup Mozzarella, part skim

## Preparation

### Dough

- Place a pizza stone in oven and preheat to 500 degrees.
- Heat water in measuring cup until warm to touch.
- Stir yeast into water to dissolve.
- In a large bowl combine flour, 1/4 tsp salt and 1/2 tsp sugar.
- Add yeast mixture and mix until dough forms.
- Knead dough a few times then cover with a towel and let dough rise.

### Sauce & Toppings

- Press 2 cloves of the garlic into a medium bowl.
- Add tomatoes, 3 tsp vegetable oil, ½ tsp sugar, ¼ tsp salt and oregano.
- In medium pot, heat 1 tbsp of vegetable oil.
- Add chopped onions, then 1 clove of minced garlic and continue to cook until garlic loses bite.
- Add in cumin, chili powder, red pepper flakes and cayenne and continue to cook until spices are fragrant.
- Add salt to taste and let simmer for 10 minutes.
- Turn out dough onto lightly floured surface.
- Roll out dough, carefully place onto hot pizza stone and bake for 5 minutes.
- Remove dough from oven and lightly coat with vegetable oil.
- Spread sauce onto pizza dough.
- Crack eggs into sauce on the pizza and top with mozzarella.
- Bake for 3 minutes then broil for 2 minutes.
- Let pizza cool, slice into quarters and enjoy.



Servings Per Recipe: 4	
Calories 456	
Amount Per Serving	
Fat	14 g
Saturated Fat	2 g
Cholesterol	87 mg
Sodium	497 mg
Total Carb.	63 g
Dietary Fiber	6 g
Protein	22 g
Calcium	380 mg



Brock Webb | Paradise Valley High School

# Best Berry Breakfast Pizza

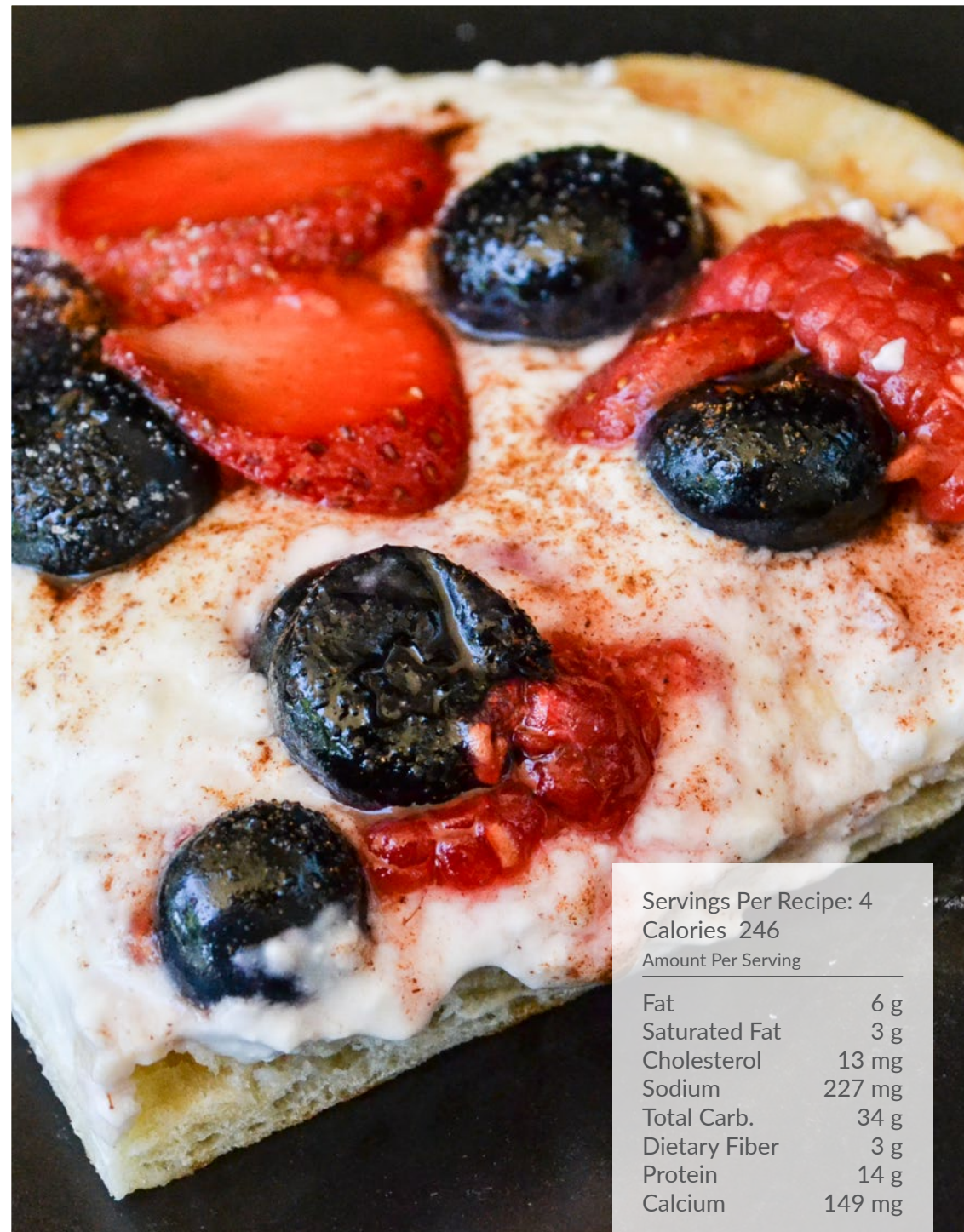
Patty Nadzieja | Instructor

## Ingredients

<b>½ cup</b> Sour cream, fat-free	<b>¼ cup</b> Blueberries
<b>2 oz</b> Cream cheese, low-fat (at room temp)	<b>½ cup</b> Strawberries, sliced
<b>8 oz</b> Cottage cheese, low-fat	<b>¼ cup</b> Raspberries
	<b>1 piece</b> Naan bread

## Preparation

1. Preheat oven to 400 degrees.
2. In a blender mix sour cream, cream cheese and cottage cheese.
3. In a small bowl toss together blueberries, strawberries and raspberries.
4. Put naan bread on a sheet pan and spread the dairy mixture on top of naan bread. Add fruit on top of pizza.
5. Place in oven for two minutes.
6. Take out of oven, let cool and serve!



Servings Per Recipe: 4

Calories 246

Amount Per Serving

Fat	6 g
Saturated Fat	3 g
Cholesterol	13 mg
Sodium	227 mg
Total Carb.	34 g
Dietary Fiber	3 g
Protein	14 g
Calcium	149 mg



## Smart Snacking

Teens need 4 servings of milk, cheese or yogurt each day to meet their calcium needs and snacks can help them reach that goal. Students develop healthy snack recipes using either Greek yogurt or locally produced Franklin Foods Greek cream cheese as the main ingredient.





Sydney Bradley | Metro Tech High School

# Cream Cheese Tzatziki Pita

Dean Wilberscheid | Instructor

## Ingredients

- $\frac{1}{2}$  Cucumber, diced
- 1 tsp** Garlic powder
- 8 oz** Greek cream cheese, softened
- 1 small** Lemon
- 2 tbsp** Chives, chopped
- 2 large** Radishes
- 2 medium** Pita bread, unpocketed
- 2 cups** Tortilla chips
- to taste** Salt and pepper

## Preparation

1. In a medium bowl, stir softened cream cheese until smooth. Add garlic powder.
2. Finely chop chives, zest the lemon and juice half of the lemon. Add to cream cheese mixture.
3. Grate only the red part of only one radish. Add to cream cheese mixture.
4. Dice cucumber into  $\frac{1}{4}$  inch pieces. Add to bowl and mix well.
5. Spread half of cream cheese mixture onto each pita. Cut each pita into 4 quarters. Serving size is two quarters.
6. Grate half of remaining radish and slice other half into thin slices. Garnish each quarter with one radish slice and sprinkle grated radish skin on top.



Servings Per Recipe: 4

Calories 142

Amount Per Serving

Fat	5 g
Saturated Fat	3 g
Cholesterol	17 mg
Sodium	215 mg
Total Carb.	18 g
Dietary Fiber	3 g
Protein	8 g
Calcium	243 mg

Diana Diaz Mendez | Glendale High School

# Crunchy but Sweet

Shawn Morris | Instructor

## Ingredients

- |                                 |                               |
|---------------------------------|-------------------------------|
| <b>4 oz</b> Greek cream cheese  | <b>8</b> Strawberries, sliced |
| <b>1 tbsp</b> Honey             | <b>1</b> Mango, sliced        |
| <b>to taste</b> Salt (optional) | <b>2</b> Kiwis, sliced        |
| <b>1</b> English cucumber       | <b>½ cup</b> Granola          |

## Preparation

1. In medium bowl, mix together Greek cream cheese and honey.
2. Add pinch of salt for flavor if desired.
3. Remove wrap from cucumber and cut the ends off.
4. Use a peeler and peel 8 long slices of cucumber, about 1 inch wide.
5. Slice strawberries, mango and kiwis in thin 1 inch slices.
6. Use a spoon and spread the cream cheese mix onto cucumber slices.
7. Add the fruits in any order you like.
8. Add granola on top of cucumber and fruit.
9. CAREFULLY roll the cucumber with the ingredients in them.
10. Use toothpicks to adjust the cucumber and hold in roll shape.
11. Place on a plate and serve.



Servings Per Recipe: 4

Calories 182

Amount Per Serving

Fat	4 g
Saturated Fat	1 g
Cholesterol	9 mg
Sodium	95 mg
Total Carb.	35 g
Dietary Fiber	4 g
Protein	5 g
Calcium	108 mg



Liliana Flores Hernandez | Central High School

# Creamy Dreamy Deviled Eggs

Erin Sullivan | Instructor

## Ingredients

- 4 Large eggs
- 1 Celery, large stalk
- 1 Green onion, chopped
- 2 Chipotle peppers
- 1 **tsp** Adobo sauce
- 1 **cup** Greek cream cheese
- to taste** Salt
- to taste** White pepper
- 16 Pita chips
- Dash** Paprika

## Preparation

1. In saucepan place eggs, fill up with water half way.
2. Bring water to boil, turn off heat and cover.
3. Let sit for 17 mins.
4. Remove eggs and place in ice bath.
5. Small dice celery more than half of stalk, set aside.
6. Mince green onion, set aside.
7. Small dice, 2 chipotle peppers, set aside.
8. Peel eggs, slice in half length-wise, remove yolks and set aside.
9. In a medium bowl, combine together yolks, Greek cream cheese, celery, green onion, diced chipotle peppers and 1 tsp of adobo sauce, until creamy.
10. Add salt and white pepper as needed.
11. Add mixture to a piping bag and cut tip with scissors.
12. Season each egg with a pinch of salt.
13. Pipe in mixture to each half of egg then place the eggs on a plate to serve.
14. Sprinkle with paprika and add sliced green onions as garnish.
15. Pour leftover mixture in a clean bowl and serve with the pita chips.
16. Enjoy!



Servings Per Recipe: 4	
Calories 237	
Amount Per Serving	
Fat	13 g
Saturated Fat	4 g
Cholesterol	157 mg
Sodium	302 mg
Total Carb.	17 g
Dietary Fiber	1 g
Protein	14 g
Calcium	121 mg





Nicholas Perricone | Ironwood Ridge

# Sweet Fruit Tart

Jean Gowen | Instructor

## Ingredients

- 8 oz Greek cream cheese
- 1/4 cup Milk, 1%
- 1 tsp Vanilla extract
- 4 tsp Powdered sugar
- 1 tsp Cinnamon
- 1 tbsp Honey
- 1 Pie dough Flour
- 1 Kiwi, sliced
- 4 Strawberries, sliced

## Preparation

1. Preheat oven to 350 degrees .
2. Mix cream cheese, milk, vanilla extract, 2 teaspoons of powdered sugar, 1/2 teaspoon of cinnamon, and honey together in bowl. Place in freezer to chill.
3. Using ring mold, cut out 4 circles, 3.5 inches each, from pie dough.
4. Dust muffin pan with flour and place dough circles into muffin pan. Bake for 10 to 12 min.
5. Once crust is browned, remove from pan and let cool.
6. Scoop 1/4 of cream cheese filling into each crust.
7. Place diced strawberries and kiwis on top of cream cheese filling.
8. Finally dust with remaining cinnamon and powdered sugar and enjoy.



Servings Per Recipe: 4  
Calories 215

Amount Per Serving

Fat	9 g
Saturated Fat	3 g
Cholesterol	17 mg
Sodium	197 mg
Total Carb.	258 g
Dietary Fiber	2 g
Protein	7 g
Calcium	112 mg



Mario Solorzano | Ironwood Ridge

# Greek Yogurt Parfait

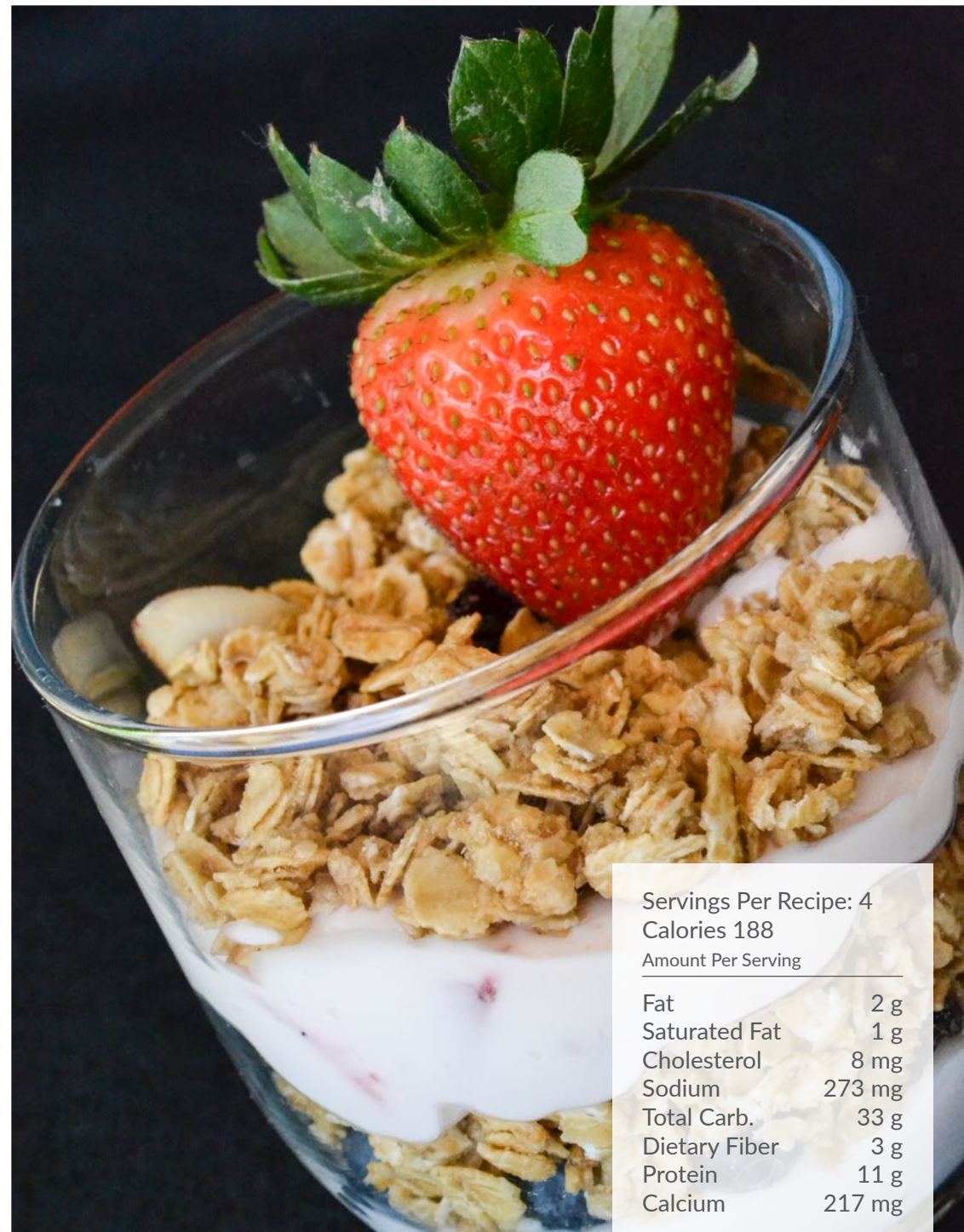
Jean Gowen | Instructor

## Ingredients

8 oz	Greek cream cheese	1 cup	Fresh strawberries
6 oz	Strawberry yogurt, lowfat	1 cup	Fresh blueberries
3 tbsp	Powdered sugar	1 cup	Low fat granola
2 tbsp	Low fat milk		

## Preparation

1. Put Greek cream cheese in bowl with the yogurt, powdered sugar, and milk.
2. Mix all together until smooth and creamy.
3. Next dice strawberries.
4. Layer ingredients into 4 small glass cups: yogurt mixture on bottom, then fruit, then granola. Repeat.
5. Garnish with strawberry if desired.
6. Serve.



Servings Per Recipe: 4

Calories 188

Amount Per Serving

Fat	2 g
Saturated Fat	1 g
Cholesterol	8 mg
Sodium	273 mg
Total Carb.	33 g
Dietary Fiber	3 g
Protein	11 g
Calcium	217 mg



## Ahh, the Power of Cheese

Students learn about the history of cheese, how to make cheese, the nutritional and culinary qualities of cheese and they each develop a dip recipe using ricotta cheese.



Itzel Arroyo | Glendale High School

# Zesty Lemon Ricotta

Shawn Morris | Instructor

## Ingredients

- |  |                                 |
|--|---------------------------------|
| <b>1 cup</b> Ricotta cheese, part skim | <b>1 tbsp</b> Olive oil         |
| <b>1 clove</b> Garlic                  | <b>4 slices</b> French bread    |
| <b>10 leaves</b> Parsley, chopped      | <b>2 tbsp</b> Chives, chopped   |
| <b>1</b> Lemon, fresh. Juice and zest. | <b>to taste</b> Salt and pepper |

## Preparation

1. In a medium bowl, combine ricotta cheese and garlic.
2. Squeeze lemon in a bowl to get all the juice, being careful not to get any seeds.
3. Fold in the parsley, 1.5 tbsp chives, lemon juice and zest. Add salt and pepper to taste. Fold in oil.
4. Transfer to a serving bowl .
5. Top with extra chives, parsley, and oil.
6. Serve with toasted French bread.



Servings Per Recipe: 4

Calories 214

Amount Per Serving

Fat	6 g
Saturated Fat	3 g
Cholesterol	19 mg
Sodium	245 mg
Total Carb.	23 g
Dietary Fiber	1 g
Protein	11 g
Calcium	204 mg

Zane Gaffney | Barry Goldwater High School

# Roasted Eggplant & Ricotta Dip

Ryan Mattheis | Instructor

## Ingredients

- 1 Eggplant, medium
- 4 Garlic cloves
- $\frac{1}{2}$  tsp Liquid from roasted eggplant
- $\frac{1}{2}$  tsp Sesame oil
- to taste Salt
- 2 tsp Lemon juice
- 2 tsp Curry powder
- 1 cup Ricotta, part skim
- $\frac{1}{4}$  cup Parmesan cheese, shredded
- 4 Garlic cloves
- 4 Whole wheat pita rounds, 4"

## Preparation

- Set oven to broil, place whole, washed eggplant on a pan and roast in oven, turning occasionally. (Alternate roasting method: If possible, hold eggplant with metal tongs and hold it over the open flame on a gas stove. Rotate until charred all around. This is quicker and much more fun.)
- When skin of eggplant is blackened and liquid is leaking out, remove the eggplant, place in a bowl.
- Cover with plastic wrap, and let rest until the eggplant is cool enough to handle, but not cold.
- Transfer eggplant from to a clean bowl, reserve liquid left in first bowl for later.
- Using stem as a handle, remove charred skin from eggplant, making sure to remove as much skin as possible.
- Squeeze excess liquid out of eggplant into the second bowl, and place eggplant on a clean cutting board.
- Cut the stem off of the eggplant, then dice flesh into a fine paste. Place in a medium bowl.
- Mince garlic and add to eggplant paste.
- Vigorously stir in  $\frac{1}{2}$  tsp of the liquid from roasted eggplant, sesame oil, salt, lemon juice and curry powder.
- Stir in ricotta cheese, and about half of the parmesan cheese.
- Place eggplant mixture into an oven safe dish, ideally more wide than tall.
- Top with remaining parmesan, and bake at 350 degrees for ten minutes, until golden brown on top.
- Warm pita in oven, slice into even triangles and serve with dip.



Servings Per Recipe: 4  
Calories 212

Amount Per Serving

Fat	10 g
Saturated Fat	4 g
Cholesterol	29 mg
Sodium	307 mg
Total Carb.	17 g
Dietary Fiber	5 g
Protein	14 g
Calcium	359 mg



Jessica Lopez | Ironwood Ridge

# Orange Fruit Dip

Jean Gowen | Instructor

## Ingredients

- |  |  |
|--|--|
| <b>1 cup</b> Ricotta cheese, part skim | <b>1 cup</b> Grapes                      |
| <b>1</b> Orange (juice and zest)       | <b>1 cup</b> Strawberries, stems removed |
| <b>1 tsp</b> Vanilla extract           |  |
| <b>2 tsp</b> Honey                     |  |

## Preparation

1. Combine ricotta cheese, orange juice, orange zest, vanilla extract, and honey into mixer or blender and mix until smooth.
2. Cut grapes and strawberries in half.
3. Place grapes and strawberries onto skewers.
4. Pour dip mixture in bowl or cups. Serve with fruit skewers.
5. Enjoy!!



Servings Per Recipe: 4

Calories 167

Amount Per Serving

Fat	5 g
Saturated Fat	3 g
Cholesterol	19 mg
Sodium	79 mg
Total Carb.	24 g
Dietary Fiber	1 g
Protein	8 g
Calcium	180 mg

Angela Lozano | Glendale High School

# Ricotta Cheese Fruit Dip

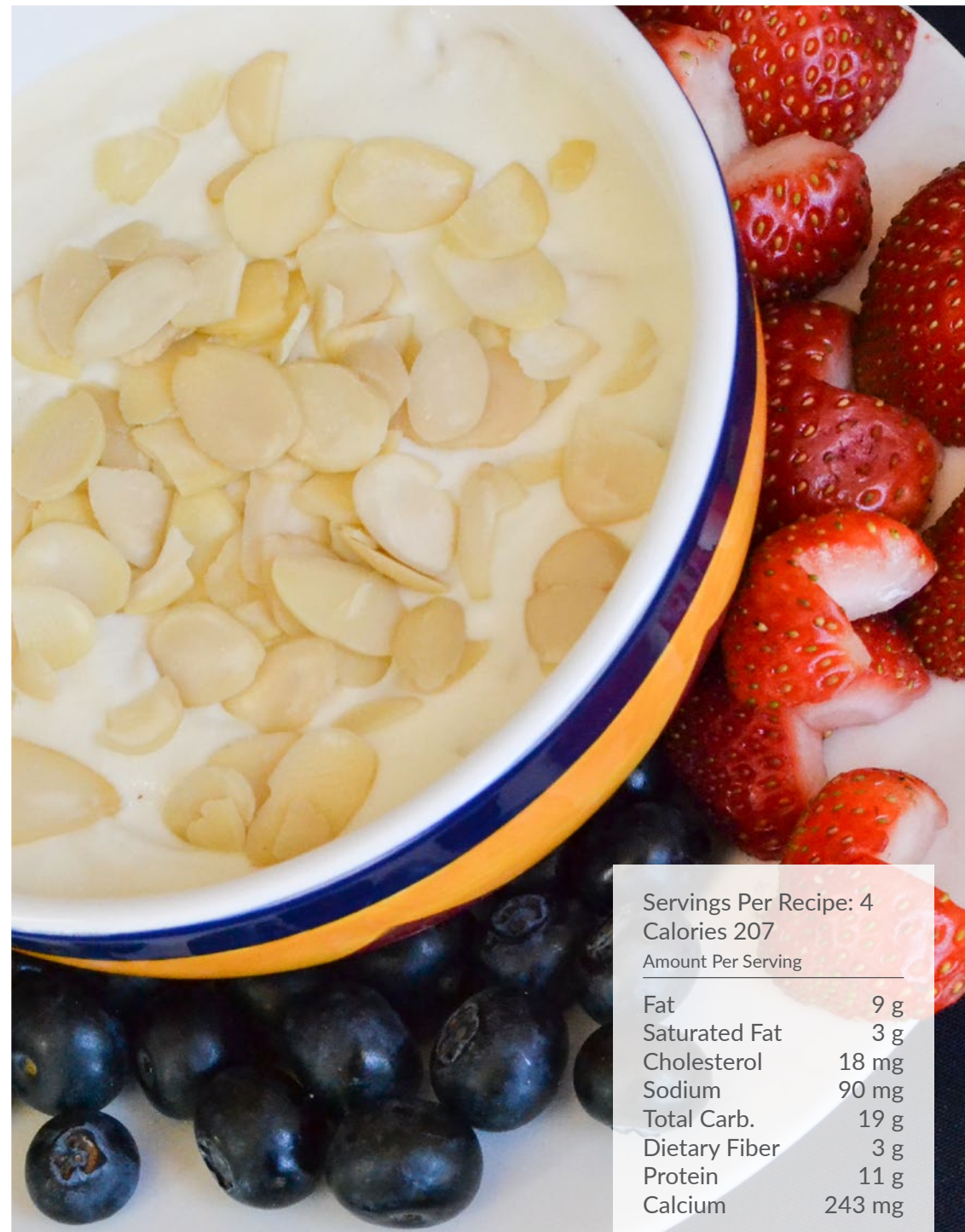
Shawn Morris | Instructor

## Ingredients

8 oz	Ricotta cheese, part skim	½ cup	Strawberries
½ cup	Yogurt, fat-free vanilla	½ cup	Blueberries
2 tsp	Honey	½ cup	Blackberries
½ cup	Almonds, raw, sliced		

## Preparation

1. In a large bowl, whisk together ricotta cheese, yogurt and honey.
2. Add almonds on top of the dip.
3. Serve with strawberries, blueberries, and blackberries.



Servings Per Recipe: 4

Calories 207

Amount Per Serving

Fat	9 g
Saturated Fat	3 g
Cholesterol	18 mg
Sodium	90 mg
Total Carb.	19 g
Dietary Fiber	3 g
Protein	11 g
Calcium	243 mg



Nicholas Perricone | Ironwood Ridge

# Artichoke Dip

Jean Gowen | Instructor

## Ingredients

**2 cups** Spinach

**1 cup** Ricotta cheese, part skim

**½** Medium onion, diced

**1 tsp** Garlic, chopped

**1 can** Artichoke hearts

**12** Pita chips

## Preparation

1. Add all ingredients, except pita chips, to food processor or blender.
2. Blend until smooth. Transfer to serving dish.
3. Use pita chips to dip in and enjoy.



Servings Per Recipe: 4

Calories 167

Amount Per Serving

Fat	7 g
Saturated Fat	3 g
Cholesterol	19 mg
Sodium	206 mg
Total Carb.	18 g
Dietary Fiber	6 g
Protein	10 g
Calcium	199 mg

Brock Webb | Paradise Valley High School

# Three Cheese Pepperocini

Patty Nadzieja | Instructor

## Ingredients

**¼ cup** Ricotta cheese, part skim  
**½ cup** Sour cream, low fat  
**4 oz** Cream cheese, reduced fat  
**¾ cup** Pepperoncini, chopped  
**8 oz** Cottage cheese, fat free

**3 tbsp** Parsley, fresh, chopped  
**1** French roll  
**½ tbsp** Garlic powder  
**to taste** Salt

## Preparation

1. Preheat oven to 350.
2. Cut pepperoncini into small dice and set aside.
3. Chop parsley and set aside.
4. In a blender put ricotta, sour cream, cream cheese and cottage cheese. Blend until mixed.
5. Slice the French roll into small slices. Place on sheet pan and slide in oven until toasted.
6. Add the parsley, garlic powder and pepperoncini. Add salt to taste.
7. Blend for another ten seconds. Transfer dip to a serving bowl.
8. Serve with French roll slices.



Servings Per Recipe: 4

Calories 194

Amount Per Serving

Fat	9 g
Saturated Fat	3 g
Cholesterol	34 mg
Sodium	308 mg
Total Carb.	16 g
Dietary Fiber	1 g
Protein	12 g
Calcium	198 mg





## Sensational Smoothies

Students develop smoothie recipes that feature either milk or yogurt to provide the delicious base of the smoothie along with the unique nutrient package.

Itzel Arroyo | Glendale High School

# Green Smoothie

Shawn Morris | Instructor

## Ingredients

- 1 cup** Milk, low-fat
- 2 oz** Greek yogurt, fat free, plain
- 2** Kiwis
- 1 cup** Pineapple chunks
- 2 tbsp** Agave syrup
- ½** Green apple
- 1 cup** Ice

## Preparation

1. Peel the kiwi and pineapple. Cut into small cubes.
2. Cut the green apple in half.
3. In a blender, add the milk, yogurt, agave syrup and ice blend for 30 seconds.
4. Add in the blender all the fruit and blend until you get a smooth texture.



Servings Per Recipe: 2

Calories 236

Amount Per Serving

Fat	2 g
Saturated Fat	1 g
Cholesterol	18 mg
Sodium	68 mg
Total Carb.	49 g
Dietary Fiber	4 g
Protein	8 g
Calcium	222 mg



Sydney Bradley | Metro Tech High School

# Tropical Green Smoothie

Dean Wilberscheid | Instructor

## Ingredients

**10 oz** Greek yogurt, vanilla, fat free

**½ cup** Spinach, fresh

**½ cup** Milk, low-fat

**1 cup** Mango chunks, frozen

**½ cup** Pineapple chunks, frozen

**1** Banana

## Preparation

1. Place Greek yogurt, spinach and milk in blender. Blend until spinach is in small pieces.
2. Add fruit and blend until there are no chunks and spinach is barely visible.
3. Serve in a cold glass.



Servings Per Recipe: 2

Calories 267

Amount Per Serving

Fat	1 g
Saturated Fat	1 g
Cholesterol	8 mg
Sodium	86 mg
Total Carb.	50 g
Dietary Fiber	4 g
Protein	17 g
Calcium	250 mg

Zane Gaffney | Barry Goldwater High School

# Strawberry Mint Smoothie

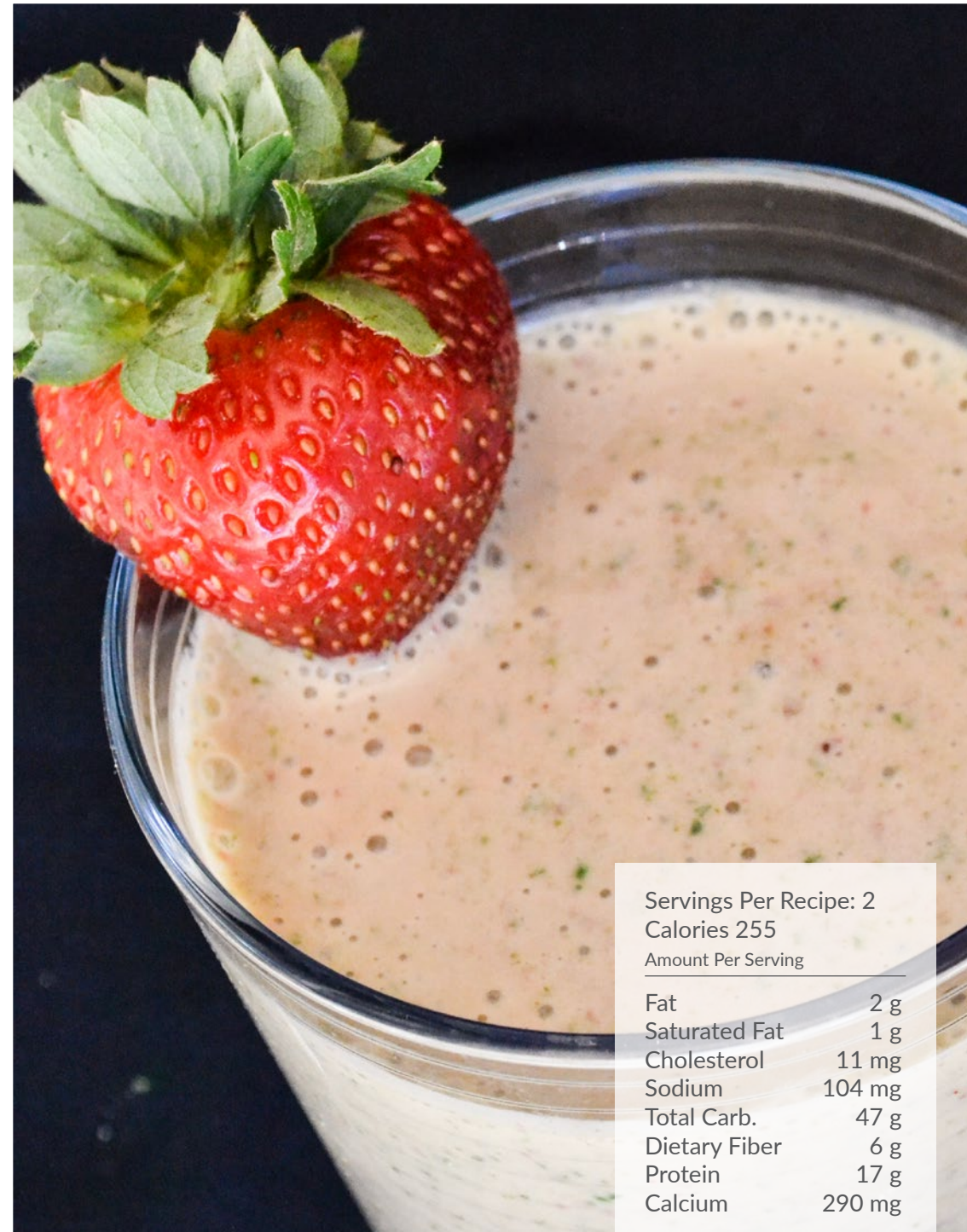
Ryan Mattheis | Instructor

## Ingredients

- 1 cup** Greek yogurt, plain, fat free
- ½ cup** Milk, reduced fat (2%)
- 2 cups** Strawberries, frozen, unsweetened
- 2 cups** Spinach, raw
- ½ cup** Mint, fresh
- 2 tbsp** Honey

## Preparation

1. Place all liquid ingredients into blender, place solid ingredients on top.
2. Blend until smooth, serve immediately.



Servings Per Recipe: 2

Calories 255

Amount Per Serving

Fat	2 g
Saturated Fat	1 g
Cholesterol	11 mg
Sodium	104 mg
Total Carb.	47 g
Dietary Fiber	6 g
Protein	17 g
Calcium	290 mg



Jessica Lopez | Ironwood Ridge

# Carrot Cake Smoothie

Jean Gowen | Instructor

## Ingredients

**¾ cup** Carrot juice

**½ cup** Pineapple chunks

**½ cup** Yogurt, vanilla, low fat

**1 tsp** Honey

**1 tsp** Chia Seeds

## Preparation

1. Combine all ingredients into blender, blend until smooth.
2. Pour into glasses and enjoy!!



Servings Per Recipe: 2

Calories 162

Amount Per Serving

Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	97 mg
Total Carb.	37 g
Dietary Fiber	2 g
Protein	4 g
Calcium	142 mg

Angela Lozano | Glendale High School

# Chia Seed Smoothie

Shawn Morris | Instructor

## Ingredients

- 1 Banana, medium, sliced and frozen
- 1 cup Blueberries, frozen
- 1 cup Strawberries, frozen
- 2 tbsp Chia seeds
- 2 cup Milk, low-fat
- Ice

## Preparation

1. Freeze banana slices and other fruit overnight.
2. In blender, add all ingredients and blend until smooth.
3. Pour into glasses, serve and enjoy.



Servings Per Recipe: 2	
Calories 302	
Amount Per Serving	
Fat	8 g
Saturated Fat	2 g
Cholesterol	12 mg
Sodium	113 mg
Total Carb.	51 g
Dietary Fiber	11 g
Protein	12 g
Calcium	421 mg



Kayley Saunders | Liberty High School

# Peachtarine Mango Smoothie

Jeff Stanhill | Instructor

## Ingredients

- 1 cup Peach slices, frozen
- 1 Whole mango, fresh
- ¾ cup Greek yogurt, fat free, vanilla
- 1 ½ cup Milk, low fat
- 1 tbsp Agave nectar
- 3 leaves Mint, chopped \*adjust to taste
- 2 tsp Sugar
- 1-2 cups Ice

## Preparation

1. Place frozen peaches and peeled mango into blender.
2. Add Greek yogurt, milk, mint, and agave nectar. Blend the mixture.
3. Add ice and blend until smooth.



Servings Per Recipe: 2	
Calories 308	
Amount Per Serving	
Fat	3g
Saturated Fat	1 g
Cholesterol	12 mg
Sodium	113mg
Total Carb.	58 g
Dietary Fiber	4 g
Protein	16 g
Calcium	339 mg

Mario Solorzano | Ironwood Ridge

# Beet Smoothie

Jean Gowen | Instructor

## Ingredients

- 1 Mango
- 1 **cup** Milk, fat free
- 2 Bananas
- 1 Red cabbage leaf
- 1 **tbsp** Ginger, fresh, grated
- 1 Beet, fresh
- 2 **tsp** Agave syrup
- Mint leaves for garnish (optional)

## Preparation

1. Rough chop all fruit and vegetables.
2. Place all ingredients into blender.
3. Blend until smooth.
4. Pour into glasses. Garnish with mint leaves.



Servings Per Recipe: 2  
Calories 249

Amount Per Serving

Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	89 mg
Total Carb.	58 g
Dietary Fiber	6 g
Protein	7 g
Calcium	179 mg



## Careers Through Culinary Arts Program

Careers through Culinary Arts Program (C-CAP) works with public schools across the country to prepare undeserved high school students for college and career opportunities in the restaurant and hospitality industry. C-CAP Arizona is part of this national program supporting culinary arts classes across the state. For more information, visit [www.ccapinc.org](http://www.ccapinc.org)

## Dairy Council® of Arizona

For over 50 years, Dairy Council® of Arizona has been promoting good health and nutrition in the classroom and the community. The Dairy Council® of Arizona's mission is to encourage all Arizonans to get their three daily servings of milk, cheese or yogurt. We do this by promoting school wellness, dietary guidelines, sharing recipes and providing a vast collection of nutritional and educational resources to health, nutrition, culinary and educational professionals. Dairy Council's® foundation is in sound nutrition science and everything we develop and promote is grounded in evidence-based nutrition research. For more information, visit [www.dairycouncilofaz.org](http://www.dairycouncilofaz.org)

## Franklin Foods

Franklin Foods, Inc., corporate offices are located in Delray Beach, FL, with manufacturing facilities in Enosburg Falls, Vermont and Casa Grande, AZ. Franklin Foods is a Safe Quality Foods (SQF) Level 3 Certified manufacturer. Franklin Foods began producing cheese in 1899 using fresh milk and cream from nearby farms. Today, the Franklin Foods tradition of top quality, delicious taste and dairy innovation continues. Franklin Foods is the fastest growing cream cheese producer in the world and continues on its mission to "Re-Invent Cream Cheese® for today's consumers." For more information, visit [www.franklinfoods.com](http://www.franklinfoods.com)

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