Taste tests expose consumers to something new. The something new can be a food item, but a taste can also share a new method of preparation or flavoring. To make the most of your tasting event, use the opportunity to also talk to students about how the item will appear on the menu. Here are a few ideas – pick one item or create your own samples.

Encourage students to try seasonal fruits and vegetables. Most students eat a limited range of fruits and vegetables. Fresh seasonal items are colorful, and flavorful – a great way to expand their pallet.

- Blueberries & Cantaloupe
- Kiwi & Grapes
- Red/Orange Bell Peppers & Broccoli
- Cherry Tomatoes & Cucumbers

Introduce slaws and salsa as a way to add flavor and crunch to sandwiches, deli-wraps, fish tacos, and other entrée items.

- Pineapple slaw
- Cucumber Relish
- Black Bean and Corn Salsa
- Broccoli, Chickpea Filling
- Oriental Sesame Slaw

Offer healthy, flavorful dips and spreads to add zip to fruit slices and vegetable cups.

- Go Bananas Orange Dip
- Strawberry Yogurt Dip
- Lemon Garlic Hummus

Spices are a hot trend with older students. Teach students how to use spices to enhance the flavor of vegetables, salads, and entrées.

- Crushed red pepper on vegetables
- Italian blend on salads and greens
- Butter buds on steamed vegetables
- Maple-roasted garbanzo beans

For more information regarding Taste Test Events and Recipe ideas, Go to www.OHIOsmarterlunchrooms.com
Recipes

Oriental Sesame Slaw - Yields 50 (1/2 c.) portions

- 10 c. shredded green cabbage
- 10 c. grated carrot
- 5 c. grated jicama
- 1/3 c. c. and 1 tbsp. black sesame seeds

Place the cabbage, carrot, jicama, and sesame seeds in a large bowl. Whisk together the mayonnaise, vinegar, sesame oil, and honey in a small bowl. Drizzle the dressing over the salad; toss until evenly coated. Cool at least 4 hours.

Cucumber Relish - Yields 50 (1/2 c.) portions

- 6 c. chopped tomatoes
- 15 c. cucumbers, seeded and chopped
- 2 c. chopped green pepper
- 2 c. chopped red onion

In a large bowl, stir together all ingredients.

Pineapple Slaw - Yields 50 (1/2 c.) portions

- 16 c. chopped broccoli
- 8 c. diced pineapple
- 1 c. finely chopped green onion
- 1-1/2 c. half-and-half cream
- 3/4 c. mayonnaise

Mix cabbage and pineapple in a bowl. Mix cream, mayonnaise, sugar and vinegar in a separate bowl. Add the cream dressing mixture, salt, and pepper to the cabbage and pineapple mixture. Store covered in the refrigerator for 1-2 hours before serving.

Corn and Bean Salsa with Orange/Lime – Yields 50 (1/2 c.) portions

- 8 c. yellow frozen corn, thawed
- 8 c. canned black beans, drained and rinsed
- 4 c. diced roma tomatoes
- 1 c. finely chopped cilantro
- 1 c. finely sliced green onions
- 1 c. finely chopped small red onion
- 1 c. red bell pepper, seeded and chopped

Stir the corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper, salt, pepper, and garlic in a large bowl. Gently mix in the lime and orange juice. Drizzle with olive oil to serve.

For more information regarding Taste Test Events and Recipe Ideas, go to www.OHIOsmarterlunchrooms.com
Recipes

Broccoli Chickpea Filling - Yields 50 (1/2 c.) portions
11 c. chopped broccoli crowns
6 c. shredded cabbage
8 c. garbanzo beans, drained/rinsed
2 c. low fat mayo
4 tbsp. honey dijon mustard
.25 c. apple cider vinegar

Combine mayo, vinegar, mustard, cumin, garlic, onion powder, lemon pepper and salt and mix until smooth. Toss over remaining ingredients, store chilled until service.

Lemon Garlic Hummus – Yields 50 (1/4 c.) portions
One # 10 can + 2.5 c. garbanzo beans
1.5 c. fresh lemon juice
1.5 c. olive oil
2 c. juice from beans
.5 c. tahini
25 cloves of garlic
1.5 tbsp. salt

Combine garbanzo beans, lemon juice, olive oil, tahini, garlic, and salt in a food processor and pulse several times to mix. Process until hummus is smooth, about 1 minute.

Strawberry Yogurt Dip - Yields 50 (1/2 c.) portions
3 1/2 qt. strawberries, halved
3 1/2 qt. lowfat, plain yogurt
50 apples, sliced

In a blender or food processor, mix strawberries and yogurt and blend on a low speed. Place dip into a serving bowl or individual 1/2 c. portions. Chill until ready to serve with sliced apples.

Go Bananas Orange Dip - Yields 50 (1/2 c.) portions
25 peeled bananas
3 1/2 qt. lowfat, vanilla yogurt
50 oranges peeled, sectioned

In a blender or food processor, mix bananas and yogurt and blend on a low speed. Place dip into a serving bowl, or individual 1/2 c. portions. Chill until ready to serve with sectioned orange slices.

For more information regarding Taste Test Events and Recipe Ideas, go to www.OHIOsmarterlunchrooms.com