

Virtual Matador Kids Culinary Program



Brought to you by:
Marilyn Magaram Center
and
American Culinary Federation Education Foundation



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Week 1

Kitchen Safety

Supply List

In this class, students will learn about kitchen safety and knife skills, and make pico de gallo to practice these new skills. Please have all food ingredients and kitchen tools ready and accessible before class begins.

Ingredients:

- onion, white - ½ large or 1 small
- cilantro - ½ bunch
- tomato, Roma - 6 small or 4 large
- lime - ½ each
- tortilla chips - a serving per family member
- potato, russet - 4 large

Kitchen Tools Needed:

- cutting board
- chef's knife or sharp knife
- fork or spoon
- measuring cups
- measuring spoons

Week 1

Pico De Gallo

Recipe

Recipe by: MMC Staff

Servings: 6

Ingredients:

- 1 small or ½ large white onion
- 1 Tbsp. lime juice
- ¾ tsp. fine sea salt, more to taste
- 6 small or 4 large roma tomatoes
- ½ cup fresh cilantro, finely chopped (about ½ a bunch)

Directions:

1. Core and de-seed tomatoes into small pieces. Dice tomato and onion all about the size and add to a bowl.
2. Finely chop cilantro and add to tomatoes and onions.
3. Juice half of a lime and add to the mixture.
4. Add salt and stir everything together. Taste and add more salt or lime as needed.

Week 2

Fruits and Vegetables

Supply List

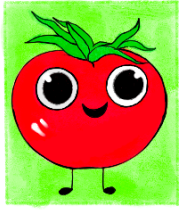
In this class, students will learn about the health benefits of fruits and vegetables and different ways to prepare them. Students will practice previously learned knife skills by slicing fruits and vegetables to prepare Ratatouille and apple turnovers. Please have all food ingredients and kitchen tools ready and accessible before class begins.

Ingredients:

- puff pastry - 1 package (17.3 oz)
- apples - 2 medium
- granulated sugar - ¼ cup
- all-purpose flour - 2 Tbsp.
- cinnamon - ½ tsp.
- egg white - 1 each
- tomato sauce - 2 cups
- garlic - 2 cloves
- olive oil - 2 Tbsp.
- eggplant - 1 each
- yellow squash - 1 each
- zucchini - 1 each
- red bell pepper - 1 each
- potato - 3 medium
- unsalted butter - 1 Tbsp.
- milk - 1 cup
- nutmeg - 1/8 tsp.
- chili flakes - ½ tsp.
- thyme - 3 sprigs
- non-stick cooking spray

Kitchen Tools Needed:

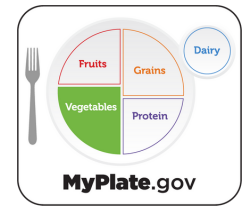
- measuring cups
- measuring spoons
- oven
- knife
- cutting board or surface to cut on
- baking sheet
- parchment paper
- pastry brush (recommended but not necessary)
- spoon
- large pot
- microwave safe container
- sauce pan
- medium baking dish



Vegetables

Ratatouille

Recipe



Recipe by: Savita

Servings: 6

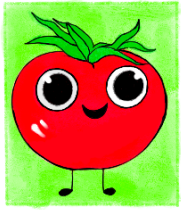
Ingredients:

Ratatouille

- 1-2 cups tomato sauce (good quality tomato basil sauce)
- 2 garlic cloves, minced
- 3-4 thyme sprigs
- 2 Tbsp. olive oil
- 1/2 tsp. chili flakes
- 1 eggplant or brinjal, thinly sliced
- 1 yellow squash, thinly sliced
- 1 zucchini, thinly sliced
- 1 red bell pepper, thinly sliced
- 2-3 potatoes (medium size), thinly sliced
- salt and black pepper, to taste
- oil spray

Béchamel Sauce

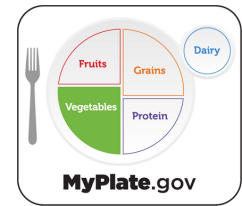
- 1 Tbsp. unsalted butter
- 1 Tbsp. all-purpose flour
- 1 cup milk (2% or whole milk)
- 1/8 tsp. nutmeg



Vegetables

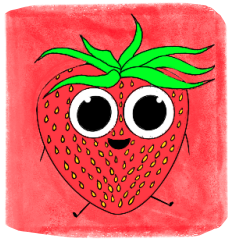
Ratatouille

Recipe Cont.



Directions:

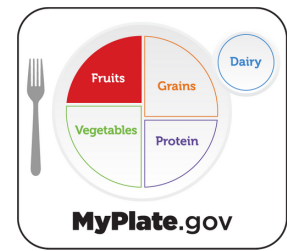
1. Preheat the oven for 375F degrees.
2. Prepare Ratatouille Ingredients: Bring 2 cups of water to a rolling boil. Season with salt. Slice red potatoes then drop in water and boil for 3-4 minutes or until par-cooked. Drain on a paper towel and set aside. While potatoes cook and cool down, slice rest of the vegetables (squash, bell pepper and eggplant).
3. Make Béchamel Sauce: Microwave 1 cup of milk in microwave safe container. Set aside. Heat 1 Tbsp. butter in sauce pan. Add 1 Tbsp. flour and cook until raw flavor of flour goes away, about 1-2 minutes. Don't let the flour turn brown. Add warm milk 1/4 cup at a time and stir well to avoid lumps. Add all of the milk and continue cooking until sauce thickens to coat the back of a spoon. Season with salt, nutmeg, and black pepper. Set aside.
4. Layer Sauce: Spray baking dish with cooking spray. Spread layer of tomato sauce, minced garlic, thyme, red chili flakes, salt and olive oil. Drizzle béchamel sauce on the top, swirling into the tomato sauce.
5. Layer Ratatouille Vegetables: Layer sliced vegetables on top, in a spiral stack for presentation as shown in the movie Ratatouille. Drizzle with olive oil. Sprinkle salt, thyme, and black pepper on top.
6. Bake Ratatouille: Cover with parchment paper. Bake for 55-60 minutes or until all vegetables are tender. You will see tomato sauce bubbling on the sides.
7. Serve: Let it cool for 5 minutes. Serve with side of crusty bread to scoop the sauce. Enjoy!



Fruit

Apple Turnover

Recipe



Recipe by: MMC Staff

Servings: 8

Ingredients:

- 1 (17.3-ounce) package puff pastry, thawed according to package directions
- 2 medium apples peeled, cored, and chopped into small pieces
- 1/4 cup granulated sugar
- 1 Tbsp. all-purpose flour
- 1/2 tsp. ground cinnamon
- 1 egg white, lightly beaten

Directions:

1. Preheat the oven for 400F degrees. Line a large baking sheet with parchment paper and set aside.
2. Unroll both pieces of thawed puff pastry, cut each one into four squares (you'll have eight total pieces).
3. In a medium sized bowl, combine the chopped apple, sugar, flour, and cinnamon and mix until everything is well combined.
4. Spoon the apple filling into one corner of the puff pastry (about 1/4 cup for each piece), fold the other corner over, then crimp with a fork to seal.
5. Brush each turnover with the egg white.
6. Bake for 15-18 minutes or until lightly golden brown.
7. Remove from the oven and set aside to cool.

Week 3

Grains and Dairy

Supply List

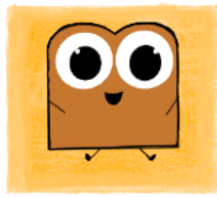
In this class, students will learn about the health benefits of grains and dairy. Students will learn how to cook mushroom risotto and prepare mango lassi. Please have all food ingredients and kitchen tools ready and accessible before class begins.

Ingredients:

- mango - 2 each
- banana - 1 medium
- Greek yogurt, plain - 2/3 cup
- cardamom powder - 1/4 tsp. (optional)
- 2% milk - 1/2 cup
- parmesan cheese - 1/3 cup
- chicken broth - 6 1/2 cups
- olive oil - 3 Tbsp.
- portobello mushroom, fresh - 1 pound
- white mushroom, fresh - 1 pound
- shallot - 2 each
- arborio rice - 1 1/2 cups
- chives, fresh - 3 Tbsp.
- butter - 4 Tbsp.

Kitchen Tools Needed:

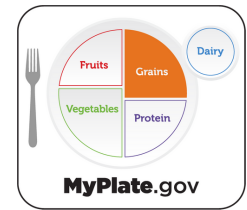
- large saucepan or pot
- heat-proof spatula or spoon
- knife
- measuring cups
- measuring spoons
- blender



Grains

Mushroom Risotto

Recipe



Recipe by Myleen Sagrado Sjödin
Servings: 6

Ingredients:

- $\frac{1}{3}$ cup freshly grated Parmesan cheese
- 6 $\frac{1}{2}$ cups chicken broth, divided
- 3 Tbsp. olive oil, divided
- 1-pound portobello mushrooms, thinly sliced
- 1-pound white mushrooms, thinly sliced
- 2 shallots, diced
- 1 $\frac{1}{2}$ cups Arborio rice
- sea salt, to taste
- freshly ground black pepper, to taste
- 3 Tbsp. chives, finely chopped
- 4 Tbsp. butter

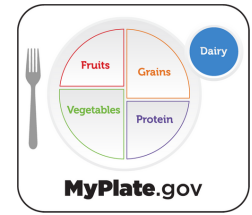
Directions:

1. In a saucepan, warm the broth over low heat.
2. Warm 2 tablespoons olive oil in a large saucepan over medium-high heat. Stir in the mushrooms and cook until soft, about 3 minutes. Remove mushrooms and their liquid, and set aside.
3. Add 1 tablespoon olive oil to skillet and stir in the shallots. Cook 1 minute. Add rice, stirring to coat with oil, about 2 minutes. When the rice has taken on a pale color, add $\frac{1}{2}$ cup broth to the rice, and stir until the broth is absorbed. Continue adding broth $\frac{1}{2}$ cup at a time, stirring continuously, until the liquid is absorbed and the rice is al dente, about 15 to 20 minutes.
4. Remove from heat, and stir in mushrooms with their liquid, butter, chives, and parmesan. Season with salt and pepper, to taste.



Dairy

Mango Lassi



Recipe

Recipe by MMC Staff

Servings: 2

Ingredients:

- 2 fresh mangoes (about 1 cup)
- 1 medium frozen banana, broken into chunks OR use 1.5 ounces of pitted dates OR 2 Tablespoons Honey
- $\frac{2}{3}$ cup Greek yogurt, plain
- $\frac{1}{2}$ cup 2% milk
- $\frac{1}{4}$ tsp. cardamom powder (optional)

Directions:

1. Add all the ingredients to a blender and blend until smooth. Taste the mango lassi to see if the sweetness is to your liking. Add more honey if necessary.
2. Serve the drink in glasses.

Week 4

Creating a Balanced Meal

Supply List

In this class, students will learn about the health benefits protein and how to prepare a balanced meal using all five food groups. Students will select their protein of choice to cook in teriyaki sauce. Then they will prepare vegetables, rice, and a dessert of berries with cream. Please have all food ingredients and kitchen tools ready and accessible before class begins.

Ingredients:

- protein of choice - 1 1/4 pound (chicken, beef, pork, fish, tofu)
- broccoli - 1 head
- red bell pepper - 1 each
- white rice - 2 cups
- olive oil - 1 Tbsp.
- low sodium soy sauce - 1/4 cup
- honey - 2 Tbsp.
- light brown sugar - 1 1/2 Tbsp.
- rice vinegar - 1 Tbsp.
- fresh ginger - 2 tsp.
- garlic - 2 cloves
- cornstarch - 2 tsp.
- sesame oil - 1/4 tsp. (optional)
- sesame seeds - garnish (optional)
- green onion - garnish (optional)
- berries of choice- 3 cups
- vanilla extract- 1 tsp.
- granulated sugar- 1/2 cup
- heavy whipping cream- 1 cup
- orange juice - 1/4 cup (optional)

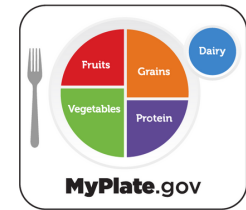
Kitchen Tools Needed:

- knife
- cutting board or surface to cut on
- large pot with lid
- steamer basket
- medium pot with lid
- small saucepan
- large non-stick pan
- heat-proof spatula/tongs
- small bowl
- measuring spoons
- measuring cups

Creating a Balanced Meal

Teriyaki Protein with Steamed Rice and Vegetables

Recipe



Recipe by: MMC Staff
Servings: 4

Ingredients:

- 1 ¼ lb protein, large diced into 1-inch pieces (can use chicken, beef, pork, tofu, etc.)
- 1 head of broccoli, cut into small pieces
- 1 bell pepper, diced
- 2 cups white rice
- 1 Tbsp. olive oil
- ¼ cup low-sodium soy sauce
- ¼ cup water
- 2 Tbsp. honey
- 1 ½ Tbsp. packed light brown sugar
- 1 Tbsp. rice vinegar
- ¼ tsp. sesame oil (optional)
- 2 tsp. peeled and minced fresh ginger
- 2 tsp. peeled and minced fresh garlic (2 cloves)
- 2 tsp. cornstarch
- Sesame seeds and chopped green onions, for serving (optional)

Creating a Balanced Meal

Teriyaki Protein, Steamed Rice and Vegetables

Recipe Cont.

Directions:

Teriyaki Protein:

1. Heat olive oil in a 12-inch non-stick skillet over medium-high heat.
2. Add your chosen protein and let brown on the bottom for about 3 - 4 minutes then flip and continue to cook until just before done, about 3 minutes longer.
3. While the protein is cooking, in a small mixing bowl (or liquid measuring cup) whisk together soy sauce, water, honey, brown sugar, rice vinegar, sesame oil, ginger, garlic, and cornstarch.
4. Stir the sauce in with the cooked protein and continue to cook and toss until sauce has thickened, about 30 - 60 seconds longer.
5. Serve warm garnished with green onions and sesame seeds if desired.

Steamed Vegetables:

1. Boil a pot of water with a steamer basket. Remember to not let the water touch the bottom of the steamer.
2. Add vegetables, cover, and reduce heat to medium.
3. Steam 5-7 minutes until vegetables are tender with still a bit of crunch to them.

Rice:

1. Ratio: 1 cup rice to 2 cups water.
2. Place water in a pot over high heat. Once boiling, add rice and stir. Cover with lid and reduce heat low.
3. Cook for 15 minutes. During this time, do not remove the lid! After 15 minutes, turn the heat off and let rest with the lid on for 5 minutes.

Creating a Balanced Meal

Berries & Cream

Recipe

Recipe by: MMC Staff

Servings: 4

Ingredients:

Macerated Berries:

- 3 cups mixed berries (sliced strawberries, raspberries, blueberries, blackberries)
- ¼ cup sugar (can use more or less per taste)
- ½ tsp. vanilla extract
- ¼ cup orange juice (optional)

Cream:

- 1 cup heavy whipping cream
- ½ tsp. vanilla extract
- 2 Tbsp. sugar

Directions:

1. In a bowl, mix berries, sugar, vanilla extract, and orange juice (if using). Let macerate (marinate) for 30 minutes.
2. For the cream, pour heavy cream into a large bowl. With a whisk (which will take the longest amount of time), hand mixer, or stand mixer, beat on medium speed until stiff peaks begin to form. Then beat in vanilla and sugar and continue until peaks fully form. Beware that overbeating will create a clumpy, butter-like consistency. As an alternative method, you can mix the cream, sugar, and vanilla in a bowl and pour over berries as is.

About Us

THE MARILYN MAGARAM CENTER

for Food Science, Nutrition and Dietetics

is an auxiliary center of the Family and Consumer Sciences department at California State University, Northridge

Marilyn Magaram found joy in family, nutrition, and fitness. A USC trained Physical Therapist, Marilyn developed a passion for nutrition as she and Philip raised their children, Jodi and Justin. To earn her Masters degree, Marilyn came to CSUN and soon met her mentor and friend, Professor Tung Shan (Tom) Chen. Marilyn delved into research of the B-vitamin, folic acid, and its roles in overall health. In 1984, she received her Masters in Nutrition, Dietetics, and Food Science in Home Economics (now Family and Consumer Sciences). She became a Registered Dietitian, began a private practice, taught at CSUN and UCLA and was inducted into the National Human Sciences Honor Society, Kappa Omicron Nu. The motivated, inspired life of Marilyn Magaram ended far too soon. To honor Marilyn, her loving family established the Marilyn Magaram Center for Food Science, Nutrition and Dietetics at CSUN. Through community outreach, student activities and research, the Center is a vibrant reminder of Marilyn's enthusiastic approach to health and life.



Mission

To enhance and promote health and well-being through research, education and services in food science, nutrition, and dietetics

Vision

To be the recognized Center of Excellence in Food Science, Nutrition and Dietetics serving the global community

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Visit us on the web at: www.csun.edu/mmc

Follow Us



WORKING within OUR COMMUNITY

The Marilyn Magaram Center has worked diligently to address nutrition- related health concerns and disparities. Through the use of various federal, state and privately funded grants, the Magaram Center has collaborated with various community partners on several projects that continue to address chronic disease prevention, interventions, wellness and childhood obesity in the greater Los Angeles area. Through these efforts, we are able to incorporate various nutrition and lifestyle intervention techniques at local schools and in the community.

PROVIDING RESOURCES for STUDENTS

Through the Student Internship Program, students are given a chance to work within various projects at the Magaram Center designed to expose the student to a myriad of professional experiences, including the practical application of skills and knowledge, research, evaluation and feedback processes and professional relationships. Opportunities to work on projects and participate in workshops, lecture series, symposiums, and research are also available for professionals, faculty and staff

Programs & Products

Marilyn Magaram Center

MMC PRODUCTS

The MMC offers a variety of products that you can order on our website and the CSUN bookstore: Matador Marmalade, Fit Jam, Spicy Matador, Matador Sol Sauce, Bee A Matador Honey, and Recipe Cookbooks.



WELLNESS CLINIC

Telehealth Nutrition Counseling with secure video calls and messaging, you can meet one-on-one with one of our Registered Dietitian Nutritionists (RDN).

Group Education Classes (Weight Management & Thrive with Diabetes) designed to guide individuals to a healthier and more fulfilling life. You will discover the tools and motivation to incorporate health and wellness in all aspects of your life.

GARDENING PROGRAM

Ask a Master Gardener and Gardening at Home Series

Join us every Thursday at 1:00 pm PST on Instagram LIVE to learn and see what's happening at our wellness garden.



VIRTUAL MATADOR COOKING WITH KIDS SERIES

FREE family-friendly cooking lessons from the comfort of your own home kitchen! The Virtual Matador Kids Culinary Program will provide cooking lessons for families by offering a unique food experience, as well as create valuable cooking skills.



DIET AND RECIPE ANALYSIS

Our **Diet Analysis** consists of tracking your intake of micro and macro nutrients for a 3-day analysis.

Our **Recipe Analysis** analyzes recipes for nutrition facts, including food labels, calories, protein, fat, and carbohydrate. It comes with a nutrition facts label, ingredient list, nutrient analysis, and food safety guidelines.



Scan the QR code to sign up for our weekly email communication and stay up-to-date with important details on future workshops, events, opportunities, and more.

For more information, visit our website
<https://www.csun.edu/marilyn-magaram-center>