



December 2021

Dear Cadman scholars and families,

We all want to wish you a wonderful winter break. We hope you enjoy time with family and friends.

Breaks are an opportunity to slow down and take some time for things that do not always fit in the schedule during the school week like sleeping in, going on a hike, taking a long walk, playing with friends, or staying in your pajamas all day long.

We have accomplished so much already this year and now we are getting ready for 2022! It will be here before we know it.

Our garden beds are doing very well and the scholars were able to see how all the planting is starting to pay off. Radishes so far are our best crop. I know we will have even more items growing when we return from break. Many of our scholars have asked about the recipes that Chef Brendan has taught them on their cooking day. I have attached all the recipes we have tried so far this year. You may want to try some with the whole family over the break. When we return we are going to start working on our individual classroom beds in front of the rooms.

We are so grateful to have our scholars back at school. Every day they bring excitement and adventure to our campus. This week has been filled with fun dance routines, rainy day schedules, Grinch Parties, a festive Holiday Parade to view decorated classroom doors, arts and crafts, and decorating gingerbread houses. It has been nice to have some of our traditions happen with all scholars being back on campus.

The campus is closed December 18th to January 2nd. We return to school on Monday January 3, 2022! We will all be well rested and ready to SOAR into the New Year together.

As a staff, we want to wish everyone JOY, LOVE and PEACE.

With Eagle Pride,

The Cadman Staff

THAI LETTUCE WRAPS



Time: 30 min

Yield: 15 wraps

Recommended Tasting Size: 1 wrap

INGREDIENTS

- 1 head butter lettuce
- 1 cup bean sprouts
- 1 cup red cabbage
- 1 cup carrots, or 1 large carrot
- 1 cup cucumber, or 1 cucumber
- 1 cup cooked thin rice noodles

Optional: cilantro, mint and basil for garnish

Thai Dressing

- 1/2 lime
- 1 inch piece ginger, about 1 Tablespoon
- 2 cloves garlic
- 1/3 cup rice wine vinegar
- 1-1/2 teaspoons honey
- 1-1/2 teaspoons chili garlic sauce
- 1/3 cup neutral oil
- pinch of salt and pepper

DIRECTIONS

1. Prep all ingredients: rinse lettuce and bean sprouts, thinly slice red cabbage and cucumbers, grate the carrots. Place into separate bowls.
2. Cook rice noodles according to package directions. Place in a separate bowl.
3. Chop herbs if using. Place in a small bowl.
4. Make dressing: squeeze lime juice into a jar with a tight fitting lid. Mince garlic and ginger and add to jar. Add rice wine vinegar, honey, chili garlic sauce, oil, salt and pepper into jar. Shake until combined.
5. Pass out a butter lettuce leaf to each student.
6. Have them assemble their wraps with the fillings of their choosing and drizzle with dressing.

SUMMER FRUIT SALAD



Time: 12 min

Yield: 6 cups

Recommended Tasting Size: 1/2 cup



INGREDIENTS

4 cups watermelon

2 cups of strawberries, stems removed

1/2 cup feta cheese

2 Tablespoons mint, chopped

Dressing:

3 tablespoons oil

1 Tablespoon balsamic vinegar
salt and pepper, to taste

DIRECTIONS

1. Dice watermelon into 1 inch pieces and place in a large bowl.
2. Slice strawberries in half or quarters and add to watermelon.
3. Make dressing: add oil, balsamic vinegar, salt and pepper into a jar and shake until combined.
4. Drizzle dressing over watermelon and strawberries and toss to mix evenly.
5. Sprinkle mint over salad.
6. Crumble feta on top.
7. Toss again. Serve.



COZY WINTER SALAD



Time: 15 min, plus time to cook grains

Yield: 6 cups **Recommended Tasting Size:** 1/4 - 1/2 cup

INGREDIENTS

Dressing:

3 Tablespoons oil
1 Tablespoon balsamic vinegar
1 teaspoon Dijon mustard
pinch of salt and pepper

Salad:

1 beet, rinsed and roots trimmed
1 carrot, rinsed
1 cup warm cooked grains (*brown rice, quinoa, millet farro barley, etc.*)
6 cups greens (*spinach, lettuce, mixed greens*)
1/4 cup cotija cheese

Optional Toppings:

1 cup canned chickpeas, rinsed
1/3 cup pepitas, toasted

DIRECTIONS

1. Make dressing: add oil, balsamic vinegar, Dijon mustard, salt and pepper into a jar and shake until combined. Set aside.
2. Use a peeler to make thin ribbons with beet. Set aside.
3. Use a box grater to grate the carrots. Set aside.
4. Place greens in a large bowl and add dressing. Toss to combine.
5. Toss salad with carrots and beets.
6. Add grains, crumbled cotija and any other optional toppings. Serve.

TIPS

If students will be part of preparing this salad, consider who will be in charge of grating the carrots. Students should be able to pay close attention to their fingers and hands to avoid accidentally hurting themselves.

SUNOMONO CUCUMBER SALAD



Time: 7 min **Yield:** 12-15 servings **Recommended Tasting Size:** 3-5 slices

INGREDIENTS

Dressing:

3 Tablespoons oil

1 Tablespoon rice wine vinegar

Pepper, to taste

Salad:

1 large cucumber, preferably Japanese, Persian or English

1/2 teaspoon salt

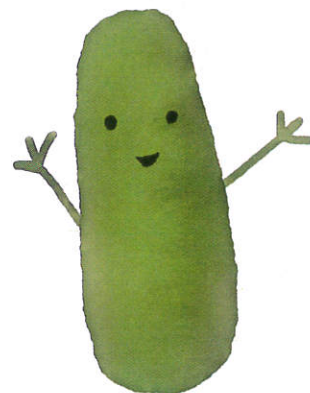
1 Tablespoon soy sauce

1 large sheet of seaweed

1 Tablespoon sesame seeds

DIRECTIONS

1. Make dressing: add oil, rice wine vinegar, and pepper to jar and shake to combine. Set aside.
2. Thinly slice cucumbers and place into bowl. Add salt. Let sit for 5 minutes. Drain liquid.
3. Add dressing to cucumbers and toss to combine.
4. Drizzle soy sauce over cucumber mixture.
5. Crumble seaweed onto cucumber mixture to garnish.
6. Sprinkle with sesame seeds and serve.



TIPS

If you're using a thicker or rough skinned cucumber, you may want to peel first before slicing.

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Dressing:

3 Tablespoons oil

1 Tablespoon rice wine vinegar

Pepper, to taste

Salad:

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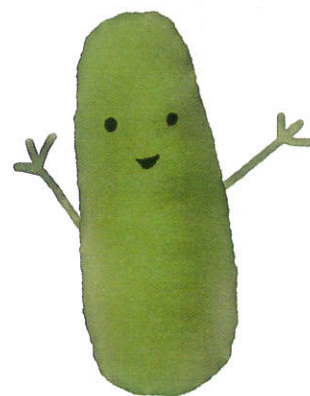
1 Tablespoon soy sauce

1 large sheet of seaweed

1 Tablespoon sesame seeds

DIRECTIONS

1. Make dressing: add oil, rice wine vinegar, and pepper to jar and shake to combine. Set aside.
2. Thinly slice cucumbers and place into bowl. Add salt. Let sit for 5 minutes. Drain liquid.
3. Add dressing to cucumbers and toss to combine.
4. Drizzle soy sauce over cucumber mixture.
5. Crumble seaweed onto cucumber mixture to garnish.
6. Sprinkle with sesame seeds and serve.



TIPS

If you're using a thicker or rough skinned cucumber, you may want to peel first before slicing.

MEDITERRANEAN LETTUCE WRAPS



Time: 20 min **Yield:** 15 wraps **Recommended Tasting Size:** 1 lettuce wrap

INGREDIENTS

1 Tablespoon olive oil
2 cups zucchini, diced
2 cups yellow squash, diced
1 cup cooked couscous
1 cup carrots, or 1 large carrot
2 cups cucumber, or 1 cucumber
15 romaine leaves
1/2 cup feta cheese
pinch salt and pepper

Dressing:

1 lemon
2 garlic cloves
1 teaspoon fresh or 1/2 teaspoon dried dill
1 teaspoon fresh mint
1 Tablespoon red wine vinegar
1 teaspoon sugar (*optional*)
1/2 cup plain, whole milk Greek yogurt
1/3 cup extra virgin olive oil, best quality,
such as Lucini
pinch salt and pepper

DIRECTIONS

1. Cook couscous according to package instructions.
2. Turn your induction cooktop to medium, add oil, and sauté zucchini and squash for 5-7 minutes, until softened.
3. While the vegetables sauté, shred carrots and dice cucumbers.
4. Make dressing: squeeze lemon juice into a jar with a tight fitting lid. Mince garlic and add to jar. Chop dill and mint, if using fresh, and add to jar. Add red wine vinegar, sugar, Greek yogurt, extra virgin olive oil, salt and pepper to jar. Shake until combined.
5. To assemble wraps, divide the couscous, add to each romaine leaf.
6. Top each leaf with sautéed veggies, cucumbers and carrots.
7. Garnish each leaf with feta and then drizzle with dressing.

HERB HUMMUS



Time: 10 min

Yield: 1.5 cups **Recommended Tasting Size:** 2 Tablespoons

INGREDIENTS

15 ounce. can chickpeas, drained
1/3 cup tahini
2 Tablespoons [Herb Infused Oil](#)
2 cloves garlic
1 cup packed cilantro or basil
1 cup packed spinach
1 teaspoon salt
3 Tablespoons water

Garnish:

dried or chopped fresh herbs

DIRECTIONS

1. In a blender or food processor, add all ingredients and blend until smooth and creamy.
2. Top with a drizzle of olive oil and fresh herbs.
3. Serve with sliced veggies.



TIPS

If you do not have any herb infused oil on hand, you can use regular olive oil and add 1 teaspoon of fresh or 1/2 teaspoon dried herbs instead to the mixture.

This pita is excited to be dipped in delicious hummus!

GARDEN CHIMICHURRI

INGREDIENTS

1 shallot, roughly chopped
1/2 fresno chili or jalapeno
roughly chopped
3 large garlic cloves
1 teaspoon Kosher Salt
1/2 cup cilantro chopped
1/4 cup parsley chopped
2 Tablespoons oregano plucked
from stem
3/4 cup [Herb Infused Oil](#)

DIRECTIONS

1. Place shallot, chili and garlic cloves in the food processor base of your hand blender. Pulse until everything is finely chopped.
2. Add in the rest of the ingredients and pulse until the herbs are finely chopped.
3. Serve with chopped veggies or drizzle over grilled garden veggies.