

## *Recipe*

### **Serf Diet: Roasted Root Vegetables with Garlic**

This makes a nice lunch when served with a green salad.

- Preheat oven to 450 degrees F.

#### Ingredients

- 3 pounds seasonal vegetables (beets, fava beans, cabbage, potatoes, turnips, etc.)
- 1/4-cup olive oil
- 1 cup fresh herbs, chopped (thyme, etc.)
- 4 cloves garlic, peeled and chopped
- Salt and pepper

#### Procedure

- Wash vegetables well, and cut into (roughly), 1-inch cubes
- Place vegetables on a sheet pan.
- Add olive oil, herbs, garlic, salt and pepper.
- Roast in a hot oven (450 degrees F.) until golden brown and tender (about 20 minutes).

## *Recipe*

### **Day of the Dead Bread**

- Preheat oven to 400 degrees.
- Grease a large cookie sheet.

#### Dough

Mix the following ingredients in a large bowl until smooth:

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 1/4-teaspoon salt
- 1 egg
- 2/3-cup milk
- 1/4-cup vegetable oil

With clean hands, either mold the dough into one large round shape with a raised knob in the middle, or break the dough into smaller amounts and make many round shapes. Mold the dough into the shapes of animals, faces, or angels. Place the dough on the cookie sheet.

#### Topping

In a small bowl, combine and mix these ingredients for the toppings:

- 1/4-cup brown sugar
- 1-tablespoon all-purpose flour
- 1-teaspoon ground cinnamon
- 1 tablespoon melted butter
- Sprinkle the topping on the dough.
- Bake for 20 to 25 minutes.

- Serve warm with milk.

### *Recipe*

#### **Whole Grain Cereal**

- Using a mortar and pestle, students grind grains, (such as wheat, bulgur, millet, blue corn, amaranth, oats, and soy nuts) which are used to make hot cereal.
- The standard proportion is 3 times water to grain, with a proportionate dash of salt. Pour the grain into boiling water, reduce heat and simmer the mixture until it is soft. The cereal can be topped with dried fruit and nuts.
- Students are surprised at how difficult it is to grind large quantities of grain. This leads to a discussion of the contrast and difference between fast food and instant food.