Disney Channel's Pass the Plate initiative is proud to support YMCA Healthy Kids' Day 2008 to present healthy recipes from around the world that families can prepare together. These recipes are part of Disney Channel's "Pass the Plate" on-air series that is designed to engage kids and their families in healthy eating. Produced in association with Disney Channel in 10 countries, "Pass the Plate" encourages kids and tweens to lead the way to healthier lifestyles and shares cultural and historical facts about food and cooking, demonstrating how kids just like them around the world enjoy and benefit from healthy foods.

**Cooking Tips:**
- Always wash your hands with soap and water.
- Check with a parent or guardian before you.
- Make sure you have the ingredients and equipment you need.
- Wearing an apron or an old shirt will help keep your clothes clean.
- Make sure you roll up your sleeves and tie back any loose hair.
- Always use potholders to remove anything that's hot.

**Measurements:**
- 1 cup = 1/2 pint
- 2 cups = 1 pint
- 4 cups = 2 pints
- 2 pints = 1 quart
- 4 quarts = 1 gallon
- 8 quarts = 1 peck
- 4 pecks = 1 bushel
- 16 ounces = 1 pound
- 1 tablespoon = 3 teaspoons
- 2 tablespoons = 1/8 cup
- 4 tablespoons = 1/4 cup
- 8 tablespoons = 1/2 cup
- 16 tablespoons = 1 cup
Pass the Plate initiative is proud to support Kids' Day 2008. Healthy recipes from around the world for families can prepare together. These are part of Disney Channel's "Pass the Plate" series. "Pass the Plate" encourages kids and their families in the kitchen, "Pass the Plate" encourages kids and their families to enjoy the way to healthier lifestyles and shares historical facts about food and cooking, showing how kids just like them around the world enjoy and benefit from healthy foods.

Cooking Tips:
- Always wash your hands with soap and water before starting.
- Check with a parent or guardian before you begin any cooking project.
- Make sure you have the ingredients and equipment you need.
- Wearing an apron or an old shirt will help keep your clothes clean.
- Make sure you roll up your sleeves and tie back any long hair.
- Always use potholders to remove anything from the oven or stovetop.

Measurements:
- 1 cup = 1/2 pint
- 2 cups = 1 pint
- 4 cups = 2 pints
- 2 pints = 1 quart
- 4 quarts = 1 gallon
- 8 quarts = 1 peck
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- 2 tablespoons = 1/8 cup
- 4 tablespoons = 1/4 cup
- 8 tablespoons = 1/2 cup
- 16 tablespoons = 1 cup
Bananas on the Barbie

4 firm ripe bananas
2 tablespoons lime juice
1 tablespoon honey
Cooking spray

Preparation:
Peel bananas and halve lengthwise. Place in baking dish and spray lightly with cooking spray. In a small bowl, combine honey and lime juice and set aside.

To Complete:
Preheat grill. When grill is 350°F place bananas cut side down on the grill. Grill for 2 minutes. Brush round side of the bananas with half of the lime-honey sauce and turn over onto grill. Cook for an additional 2 minutes. Remove from grill, brush with remaining lime-honey mixture and serve immediately.

Congee

1/2 cup long grain rice
6 cups water
1 teaspoon salt

Preparation:
Add rice, water and salt to saucepan. Bring to a boil every few minutes. Turn down to a low simmer, stirring every 5 minutes, for 1-1 1/2 hours until done. Congee should be the consistency of oatmeal.

To Complete:
Serve with raisins and/or crushed peanuts.

Serves 8
**Bananas on the Barbie**

4 firm ripe bananas
2 tablespoons lime juice
1 tablespoon honey
Cooking spray

**Preparation:**

Peel and halve lengthwise. Place in a baking dish and spray lightly with cooking spray. In a small bowl, combine honey and lime juice and set aside.

**To Complete:**

Grill. When grill is 350°F place bananas cut side down on the grill. 2 minutes. Brush round side of the bananas with half of honey sauce and turn over onto grill. Cook for an additional 2 minutes. Remove from grill, brush with remaining lime-honey mixture and serve immediately.

Serves 8

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**Congee**

1/2 cup long grain rice
6 cups water
1 teaspoon salt

**Preparation:**

Add rice, water and salt to saucepan. Bring to a boil over medium heat, stirring every few minutes. Turn down to a low simmer, cover and continue cooking, stirring every 5 minutes, for 1-1 1/2 hours until desired consistency is reached. Congee should be the consistency of porridge.

**To Complete:**

Serve with raisins and/or crushed peanuts.

Serves 8
**Mango Lassie**

2 mangos, peeled, cubed and chilled  
1 1/2 cups ice cubes  
3 cups plain low-fat yogurt  
1 tablespoon honey

**Preparation:**
Place mango, ice cubes, yogurt and honey into a blender and blend until smooth.

**To Complete:**
Serve immediately in a tall glass.

Makes 6 8-ounce glasses

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**Insalata Caprese**

3 tablespoons extra-virgin olive oil  
2 tablespoons balsamic vinegar  
1 teaspoon minced garlic  
16 large fresh basil leaves  
2 large vine-ripened tomatoes, cut crosswise into 1/4-inch-thick slices  
1/2 pound fresh mozzarella balls  
Salt and pepper

**Preparation:**
In a small bowl whisk together oil, vinegar, garlic, basil and mozzarella. On a platter arrange tomato slices alternately with mozzarella and basil.

**To Complete:**
Just before serving, drizzle salad with prepared vinaigrette.

Serves 8
Mango Lassie

2 mangos, peeled, cubed and chilled
1 1/2 cups ice cubes
3 cups plain low-fat yogurt
1 tablespoon honey

Preparation:
Place mango, ice cubes, yogurt and honey into a blender and blend until smooth.

To Complete:
Serve immediately in a tall glass.

Makes 6 8-ounce glasses

Insalata Caprese

3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
1 teaspoon minced garlic
2 large vine-ripened tomatoes, cut crosswise into 1/4-inch-thick slices
1/2 pound part-skim mozzarella cheese, cut into 1/4-inch-thick slices
16 large fresh basil leaves, washed and dried
Salt and pepper to taste

Preparation:
In a small bowl whisk together oil, vinegar, garlic and salt and pepper to taste. On a platter arrange tomato slices alternately with mozzarella and basil leaves.

To Complete:
Just before serving, drizzle salad with prepared vinaigrette.

Serves 8
Goma-æ

12 ounces baby spinach, washed well
3 tablespoons sesame seeds, toasted and ground
1 1/2 teaspoons soy sauce
Salt to taste

Preparation:
Bring a large pot of water to a boil. Season lightly with salt. Add spinach and cook for 30 seconds. Strain and wash with cold water to stop the cooking. Wring out the spinach between your hands, removing the excess water.

To Complete:
Chop the spinach into bite-sized pieces. Combine with soy sauce and sprinkle with toasted ground sesame seeds.

Serves 4

Durban Curried Bananas

2 tablespoons extra-virgin olive oil
2 yellow onions, sliced thinly
2 tomatoes, peeled, seeded and diced
4 ounces balsamic vinegar
6 firm, ripe bananas, sliced 1/4-inch on the bias
Salt and pepper

Preparation:
Add olive oil to a frying pan and heat over medium heat. Add tomatoes and cook until translucent. Add onions and cook until soft and saucy. Season to taste with salt.
Combine vinegar, sugar, corn starch and curry powder in a saucepan. Bring to a boil, stirring constantly. Cook for several minutes, continuing to stir. Remove from the heat, add apricot jam and combine with the onion-tomato sauce. Place bananas in the saucepan. Cook over medium heat, adding banana slices to the sauce as they cook. After about 5 minutes more, remove from the heat and reserve until ready to complete salad.

To Complete:
Add cooled onion-tomato-vinegar sauce to the sliced bananas and blend carefully. Serve immediately over a bed of fresh spinach.

Serves 6
Goma-ae

12 ounces baby spinach, washed well
3 tablespoons sesame seeds, toasted and ground
1 1/2 teaspoons soy sauce
Salt to taste

Preparation:

Bring a pot of water to a boil. Season lightly with salt. Add spinach and cook for 30 seconds. Strain and wash with cold water to stop the cooking. Drain the spinach between your hands, removing the excess water.

To Complete:

Chop the spinach into bite-sized pieces. Combine with soy sauce and sprinkle with toasted ground sesame seeds.

Serves 4

Durban Curried Banana Salad

2 tablespoons extra-virgin olive oil
3 yellow onions, sliced thinly
3 tomatoes, peeled, seeded and diced
4 ounces balsamic vinegar
6 firm, ripe bananas, sliced 1/4-inch on the bias
1 tablespoon corn starch
2 tablespoons granulated sugar
1 tablespoon curry powder
2 ounces apricot jam
Salt and pepper to taste

Preparation:

Add olive oil to a frying pan and heat over medium heat. Add onions and sweat for 8 minutes, until translucent. Add tomatoes and cook until tomatoes are broken down and saucy. Season to taste with salt and pepper.

Combine vinegar, sugar, corn starch and curry powder in a small saucepan and bring to a boil, stirring constantly. Cook for several minutes, continually stirring. Remove from the heat, add apricot jam and combine with the onion-tomato mixture. Simmer for 5 minutes more. Remove from the heat and allow to cool.

Reserve until ready to complete salad.

To Complete:

Add cooled onion-tomato-vinegar sauce to the sliced bananas and blend carefully. Serve immediately over a bed of fresh spinach.

Serves 6
**Boiled Prawns**

1 pound shrimp, peeled
(about 20 per pound)
2 carrots, sliced
1 onion, quartered
1 stalk celery, sliced
10 black peppercorns
1 lemon, quartered
Salt and pepper to taste

**Preparation:**

Fill a large stock pot with 8 quarts of water. Add carrots, onion, celery and peppercorns and bring to a boil. Simmer for 20 minutes.

**To Complete:**

Add shrimp and cook for 2-3 minutes, until pink. Drain shrimp, discarding carrots, celery, onion and peppercorns. Arrange on a platter and season to taste with salt and pepper. Squeeze lemon juice over shrimp for that added zing!

Yields 20 shrimp

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**Baked Spinach**

10 ounces frozen chopped spinach, thawed, drained and squeezed dry
1/4 cup low sodium chicken stock
1/4 cup parmesan cheese, grated
1 teaspoon fresh sage, finely chopped
2 cups
1 onion
2 eggs
2 scallions
Salt and Dijon mustard

**Preparation:**

In a large bowl, combine bread stuffing, onion, cheese and egg. In a separate bowl, combine spinach, stock and egg. Mix the bread mixture and combine well. Cover and refrigerate at least one hour and up to 24 hours.

**To Complete:**

Preheat oven to 375°F. Spray baking sheet with baking spray. Using a soup spoon to portion out the mixture, shape into 24 equal sized balls. Place on a prepared baking sheet. Bake in oven 15-20 minutes until browned evenly. Serve immediately with mustard.

12 servings – 2 baked balls each
Boiled Prawns

pound shrimp, peeled
(about 20 per pound)
carrots, sliced
onion, quartered
1 stalk celery, sliced
10 black peppercorns
1 lemon, quartered
Salt and pepper to taste

Preparation:
stock pot with 8 quarts of water. Add carrots, onion, celery and peppercorns and bring to a boil. Simmer for 20 minutes.

To Complete:
1 shrimp and cook for 2-3 minutes, until pink, in shrimp, discarding carrots, celery, onion and peppercorns. Arrange on a platter and season to taste with salt and pepper. Squeeze lemon juice over shrimp for that added zing!

Yields 20 shrimp

Baked Spinach Balls

10 ounces frozen chopped spinach, thawed, drained and squeezed dry
1/4 cup low sodium chicken stock
1/4 cup parmesan cheese, grated
1 teaspoon fresh sage, finely chopped
2 cups bread stuffing
1 onion, finely diced
2 egg whites, lightly beaten
2 scallions, cleaned and finely cut
Salt and pepper to taste
Dijon mustard for serving

Preparation:
In a large bowl, combine bread stuffing, onion, cheese, sage, scallions, salt and pepper. In a separate bowl, combine spinach, stock and egg whites. Add the egg mixture to the bread mixture and combine well. Cover and refrigerate until ready to bake – at least one hour and up to 3.

To Complete:
Preheat oven to 375°F. Spray baking sheet with baking spray. Using a soup spoon to portion out the mixture, shape into 24 equal sized balls. Place on a prepared baking sheet. Bake in oven 15-20 minutes until browned evenly. Serve immediately with mustard.

12 servings - 2 baked balls each