



# Cultural Snack Recipes

Use snack time to take a trip around the world and explore the food groups with these cultural recipes.

## Recipe *Mangú (Dominican)*

8 Servings



½ cup



### Ingredients

- 8 unripe, green plantains (4 lbs)
- 1 tsp salt
- ⅓ cup + 2 tbsp oil
- 2 cups onion, thinly sliced
- 2 tbsp apple cider vinegar

### Directions

Cut the ends off the plantains and make 3 shallow slits down each length. Microwave for 1-2 minutes at a time until you can peel the plantains and cut lengthwise, then boil until soft. Add salt to the water. After the plantains are soft, reserve 2 cups of water. In a large bowl, mash plantains and add ⅓ cup oil and gradually add reserved water until smooth. On medium-high heat, cook onions in remaining oil until translucent. Turn off the heat and add vinegar. Serve ⅓ cup mashed plantains with 2 tbsp onions.

## Recipe *Quick Pide Bites (Turkish)*

10 Servings



½ ounce



½ ounce



### Ingredients

- 1 (13.8 oz) package enriched pizza dough
- 1 ½ cups spinach, finely chopped
- 1 ¼ cups shredded mozzarella
- ⅓ cup feta cheese, crumbled

### Directions

Preheat oven to 450° F and lightly grease a baking sheet. Separate the pizza dough into 5 round balls. On a floured surface, roll each ball out into long, flat oval shapes. Spread ¼ cup chopped spinach in the center of each dough, leaving about 1" on all sides. Repeat with ¼ cup of cheese and 1 tbsp of feta for each dough. Fold the edges about ½" and pinch the sides to make it look like a boat. Bake for 12-15 minutes until edges are golden brown. Serve ½ pide bite while warm.

## Recipe *Bola-Bola (Filipino)*

14 Servings



½ ounce



### Ingredients

- 1 lb lean ground pork
- 3 tbsp corn starch
- ½ cups carrots, finely chopped
- 1 tsp salt
- ½ cup red onion, finely chopped
- ⅛ tsp black pepper
- 2 stalks green onion, finely chopped
- 2 tsp low sodium soy sauce
- 2 garlic cloves, minced
- 1 egg

### Directions

Preheat oven to 350° F. In a medium bowl, add all ingredients together and mix well. Scoop 1 tablespoon of mixture and place on a non-stick baking sheet. Repeat until you have 28 bola-bolas. Bake for 20 minutes or until internal temperature is 165° F. Serve 2 warm bola-bolas.

## Recipe *Fresh Carrot Salad (Polish)*

4 Servings



½ cup



½ cup



### Ingredients

- ½ cup raisins
- 1 ½ cups green apple, cored, peeled and grated
- 2 cups carrots, peeled and grated
- 1 tsp olive or canola oil
- ½ lemon, juiced

### Directions

Soak raisins in warm water for 15 minutes, then drain. Combine all ingredients into a medium bowl, mixing together until all vegetable and fruit pieces are evenly distributed. Serve one cup.