



TEEN CHEF

May 2026

NEWSLETTER



LET'S GET COOKIN'!

The next few months we will be discussing dry cooking methods. Dry heat cooking involves cooking food with very little, or without the use of moisture, like water or broth. It relies on the circulation of hot air or direct contact with heat to cook food. Flavorful, crispy and caramelized surfaces are common characteristics of recipes that use dry heat. There are several dry heat cooking methods, yet This month, we're going to learn about sautéing.

To Sauté, you'll need to use a small amount of oil, or fat (like oil or butter) to cook food quickly over medium-high heat in a skillet or pan; allowing food to cook rapidly and become golden and crispy on the outside. This method is often used to cook vegetables, seafood, and small cuts of meat. Sautéing is perfect for dishes like pan-seared meat and fish, stir-fries, or fried rice!

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NUTRITION TIDBITS

For the next few newsletters, we'll be focusing on different concepts that are part of "wholesome nutrition". This month we are discussing the 6 essential nutrients, all of which are related to wholesome nutrition.

6 Essential Nutrients – provide nourishment essential for growth and maintenance of life

Vitamins - A, B, C, D, E, K

Minerals- Calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, chromium, copper, fluoride, molybdenum, manganese, and selenium

Carbohydrates- Breads, Pastas, Starchy vegetables

Fats - olive oil, fish oil, butter, margarine

Protein- meat, fish, eggs, and dairy products

Water -This essential nutrient is often neglected or is an after-thought yet is important for vitality.

Key takeaway

All nutrients are important, and none are more important than others. Wholesome nutrition involves choosing more foods that are nutrient rich such as: whole grains, fruits, vegetables, fish, lean meat, nuts and seeds, and plant-proteins like beans and legumes.



FEATURED RECIPE OF THE MONTH VEGETABLE FRIED RICE

Rice is considered a staple food in many cultures around the World. It is one of the most versatile grains and goes well with many dishes. This recipe will show you how to turn rice into a simple but complete meal using eggs, vegetables, and seasoning.

PARENTS' PRESS

Parents! Did you know there are certain nutrients that your teen likely needs more of to support this phase of rapid growth and development? Swapping out food and drinks high in added sugar for high-fiber whole grain foods.



CALCIUM & VITAMIN D

Both are crucial for bone growth. Dietary guidelines recommend at least 1,300 mg of calcium daily to support bone growth for teens (about 4–6 servings of dairy/other calcium-rich foods (broccoli and leafy greens)).



IRON

Necessary for rapidly growing muscle mass (boys) and menstruation (girls). Good sources include: lean meats, beans, and spinach.



PROTEIN

Essential for growth and repairing tissues; especially important for teen athletes. Good sources include: lean meat, poultry, fish, eggs, nuts, and soy.



FIBER & CARBOHYDRATES

Encourage your teen to eat more whole grains, fruits, and vegetables for sustained energy and satiety instead of food and drinks that are high in added sugars which only provide short bursts of energy.

If your child is vegetarian, vegan, or has seafood, shellfish, or egg allergies, be sure to contact your school to inquire about how this change will affect ingredients of meals provided in the future.

***Important note: Although there are various supported changes released in the New Dietary Guidelines, Nutrition Services understands that making nutrition decisions for yourself and loved ones involves consideration of various life circumstances and health conditions, which can make it challenging to practice nutrition recommendations published for the general public. Therefore, some recommendations may not be suitable for you and your family. If you have nutrition questions or concerns regarding these guidelines, or are interested in meeting with a Dietitian, feel free to contact us by calling 317-221-7024.**

Sources:

<https://cdn.realfood.gov/DGA.pdf>

<https://nutritionsource.hsph.harvard.edu/2026/01/09/dietary-guidelines-for-americans-2025-2030/>

<https://www.npr.org/2026/02/05/nx-s1-5691598/school-lunch-food-pyramid-usda-dietary-guidelines>

LET'S GET COOKIN'! (CONTINUED FROM PAGE 1)

Sautéing Tips

Try these tips while you practice sauteing. If you are just beginning to learn to cook using the stove top, make sure to ask an adult to help you.

- 1.Preheat the skillet or pan:** Always heat the pan before adding oil or butter
- 2. Give your ingredients space:** Adding too much food at once can lower the pan's temperature.
- 3. Use the right fat:** Choose fats are more suited for high heat to prevent burning. Vegetable oil, grapeseed oil, or avocado oil are good choices. Keep in mind that regular butter can burn quickly so pay close attention!
- 4.Control the heat:** Keep the heat at medium-high to ensure quick and even cooking. If your food starts to burn, reduce the heat!
- 5.Stir or toss often:** Moving food around ensures it cooks evenly and develops a crisp, golden texture.

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VEGETABLE FRIED RICE

RECIPE MAKES 5 servings

SERVING SIZE = 1 cup

NUTRITION INFORMATION

Calories: 345

Total Fat: 16 g

Saturated Fat: 2 g

Cholesterol: 81 mg

Sodium: 800 mg

Total Carbohydrate: 42 g

Fiber: 5 g

Sugars: 5 g

Protein: 8 g

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VEGETABLE FRIED RICE

Rice is considered a staple food in many cultures around the World. It is one of the most versatile grains and goes well with many dishes. This recipe will show you how to turn rice into a simple but complete meal using eggs, vegetables, and seasoning.

INGREDIENTS

3 cups of cooked and cooled rice.

Note: 1 cup of uncooked rice, makes about 3 cups of cooked rice.

1 large onion, diced

1 cup of carrots, diced

2 green onions, diced (separate the onion whites and greens)

2 teaspoons minced garlic

1-2 cups of cooked vegetables of your choice
(Optional, see recommendations below)

2 eggs

2 Tbsp vegetable oil

2 Tbsp butter

2 Tbsp soy sauce

2 Tbsp sesame seeds

Salt and pepper to taste

DIRECTIONS

Fried rice is best made with rice that has been cooked and cooled.

Add the vegetable oil to the skillet and heat on medium heat.

Add the carrots and onions to the skillet and sauté until soft (about 5 minutes)

While veggies cook, in a separate bowl, crack and whisk together the eggs.

Push veggies to the side of the skillet and add the eggs to the open space on the skillet. Once they begin to firm up, scramble the eggs.

Add the remaining ingredients: rice, vegetables, whites of the green onion, garlic, butter and soy sauce.

Sauté until all ingredients are heated through.

Top with sesame seeds and the remaining green onions.

RECIPE NOTES

This is a versatile dish, load it up with vegetables you have on hand like green beans, bell peppers, broccoli, zucchini, etc. Feel free to use additional spices or hot sauce to add your own unique twist. For a more complete meal add a good source of protein like shrimp, chicken, or tofu. For best results, use cold rice. Cooled rice grains will be more firm and less likely to clump or break down when stir-fried and give this dish a better texture.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.