

RECIPES AND PARTY TIPS FROM



X-RAY VISION CARROT SALAD

Enhance your X-ray vision with vitamin A-rich carrot salad.

INGREDIENTS

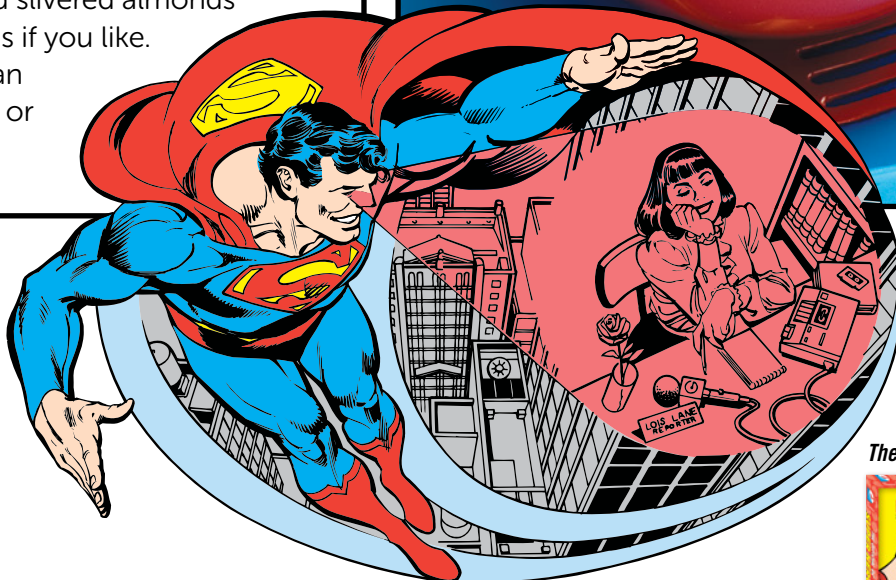
DIFFICULTY
LEVEL:



- * 1 cup shredded carrots
- * ¼ cup prepared coleslaw dressing
- * Salt and pepper
- * 2 tablespoons fresh-squeezed lemon juice
- * Slivered almonds and/or raisins, if desired

HOW TO MAKE IT

Mix the shredded carrots, coleslaw dressing, salt, pepper, and lemon juice together in a bowl. Add slivered almonds and raisins if you like. Serve as an appetizer or side dish.



This recipe is from
The Official DC Super Hero Cookbook.



GUARDIANS OF THE UNIVERSE GREENS

The Green Lantern Corps knows how important it is to have your greens!

DIFFICULTY LEVEL:



Mix up whatever fresh greens you have available: lettuce, green pepper, cucumbers. Toss with your favorite dressing—and be sure to cut some veggie strips into the shape of the Green Lantern Power Battery.



This recipe is from
The Official DC Super Hero Cookbook.



FIRESTORM'S ROASTED CORN SALAD

Naturally, Firestorm likes his corn flame-roasted. You can roast yours on the stove top.

DIFFICULTY
LEVEL:



INGREDIENTS

- * 12- to 14-ounce bag of frozen corn
- * 1 tablespoon butter
- * ½ cup red pepper, diced
- * Salt and pepper
- * 1 yellow pepper, cut into triangles
- * 1 orange pepper, cut into triangles

HOW TO MAKE IT

1. Cook the frozen corn according to package directions. Be careful not to overcook the corn.
2. Drain the cooked corn, then sauté in a pan of melted butter until some of the kernels turn golden brown.
3. Toss with diced red pepper, salt, and pepper.
4. Place in a serving bowl. Spice up the presentation with the triangle pepper shapes.

SERVES 4



This recipe is from
*The Official DC Super
Hero Cookbook.*

NTH QUINOA SALAD

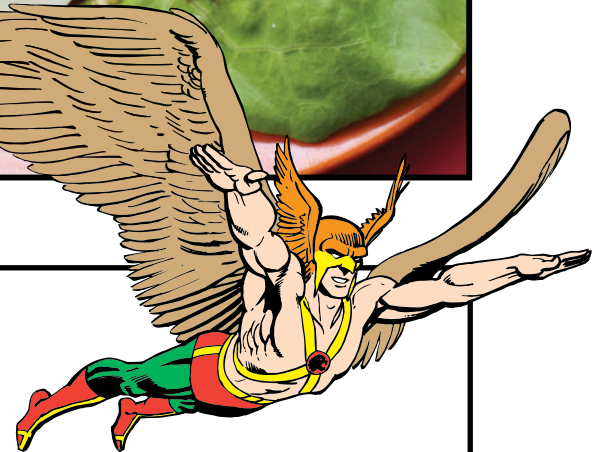
This healthy grain salad is packed with protein—the perfect combination when flying is on the agenda.

DIFFICULTY LEVEL:



INGREDIENTS

- * 1 medium cooked sweet potato
- * 1½ tablespoon olive oil
- * 1 tablespoon minced fresh rosemary
- * ½ cup quinoa, uncooked
- * 1 cup water
- * ¼ cup sunflower seeds
- * 1 tablespoon balsamic vinegar
- * 2 eggs, hard boiled and peeled
- * 5–8 Boston lettuce leaves



HOW TO MAKE IT

1. Cut the cooked sweet potato into small cubes. Set aside.
2. Rinse the quinoa. Pour 1 cup of water and the rinsed quinoa into a sauce pot. Allow the water to come to a boil over a medium flame. Once the water is boiling, reduce the flame to low heat, cover the pot, and allow to continue cooking. After 15 minutes, turn off the stove, but let the quinoa sit in the covered pot for 5 minutes.
3. In a large bowl, combine the quinoa and sweet potatoes. Add the sunflower seeds, 1 tablespoon of olive oil, and the balsamic vinegar. Toss.
4. Cover a plate with Boston lettuce leaves. Pour the quinoa mixture on top. Slice the hard-boiled eggs and place around the edge of the quinoa.



This recipe is adapted from *The Official DC Super Hero Cookbook*.

SPEED-OF-LIGHT SWEET POTATOES

A healthy plate has lots of color on it.

DIFFICULTY
LEVEL:



INGREDIENTS

- * Sweet potato(es)
- * 1 tablespoon butter
- * Salt and pepper
- * Cinnamon



HOW TO MAKE IT

1. Peel and boil a sweet potato (or several) for about 25 minutes—or until tender.
2. Mash or puree with the butter and dash of salt and pepper.
3. Transfer the mash to a serving dish. Place the lightning stencil from *The Official DC Super Hero Cookbook* on top and sprinkle some cinnamon over it for a cool design. If you do not have the book, make your own stencil using wax paper.

This recipe is from
The Official DC Super Hero Cookbook.



HAWKGIRL VEGGIE FRITTERS

Hawkgirl loves things that grow. These healthy fritters combine lots of nutrient-rich vegetables.

INGREDIENTS

- * ½ cup zucchini, cauliflower, broccoli, or other leftover veggies
- * Salt and pepper
- * ¼ cup carrot, grated
- * 1 small potato, boiled and mashed (or ½ cup mashed potato)
- * ¼ cup whole wheat pastry flour
- * ¼ teaspoon baking powder
- * ¼ teaspoon dried thyme (optional)
- * 1–2 tablespoons canola oil
- * Ranch dressing (optional)

DIFFICULTY LEVEL:



HOW TO MAKE IT

- 1.** Using a hand grater, grate the veggies. Put the grated veggies in a bowl. Wash your hands thoroughly, then squeeze the veggies to draw out any moisture. Pat veggies with a paper towel.
- 2.** Add the carrots, mashed potatoes, pastry flour, baking powder, and a dash of salt and pepper. You can add ¼ teaspoon of dried thyme if you'd like. Mix until well combined.
- 3.** Scoop out 1 small ball of the fritter batter at a time and flatten it so it forms a small, ¼-inch thick patty. Continue doing this until all of the batter has been formed into patties.
- 4.** Pour 1–2 tablespoons of canola oil into a large skillet over medium heat. Once the oil is hot (see if a drop of water sizzles), gently place patties in the oil, leaving space between them. After 5–6 minutes, flip the patties so both sides can be a nice golden-brown. Depending on the size of your pan, you may need to make several batches. Serve hot with ranch dressing or your favorite condiment.

MAKES 4–8 PATTIES



This recipe is adapted from *The Official DC Super Hero Cookbook*.

STAR CITY LETTUCE WRAPS

Here's a speedy, satisfying lunch
packed with healthy greens.

INGREDIENTS

- * 1 cup diced cooked turkey
- * 2 tablespoons mayonnaise
- * ½ Granny Smith green apple, cored, peeled, and diced
- * Salt and pepper
- * A few sturdy lettuce leaves (romaine or Boston)
- * ¼ cup green beans (fresh or frozen)
- * 2 tablespoons ranch dressing
- * Green icing gel

HOW TO MAKE IT

1. Mix together the diced turkey, mayonnaise, and diced apple in a bowl. Season to taste with salt and pepper. Scoop the mixture onto lettuce leaves to serve.
2. Steam ¼ cup fresh green beans or defrost frozen green beans according to package instructions.
3. Mix bottled ranch dressing with a drop of green icing gel. Serve alongside green beans for dipping.



MAKE IT EXTRA
SPECIAL

SERVE LIMEADE, OR TINT YOUR BEVERAGE WITH A DROP OF GREEN FOOD DYE, AND EMBELLISH THE GLASS OR BOTTLE WITH A GREEN ARROW DRAWING OR A CUTOUT FROM THE OFFICIAL DC SUPER HERO COOKBOOK. ORANGE JUICE OR LEMONADE WILL TURN A LOVELY SHADE OF GREEN.



This recipe is adapted from *The Official DC Super Hero Cookbook*.

ZATANNA'S MAGIC PINWHEELS

Cast a spell with this healthy, colorful sandwich.

INGREDIENTS

- * 2 slices whole wheat bread
- * 2 tablespoons whipped cream cheese
- * 2 thin slices of turkey (or 4 tablespoons of shredded turkey)
- * 1 cup Cheddar cheese, shredded
- * 6 cherry tomatoes, chopped
- * 1–2 small cucumbers, chopped
- * Mustard (optional)

DIFFICULTY LEVEL:



HOW TO MAKE IT

1. Remove the crust from the slices of whole wheat bread. Lay the bread on a flat surface and flatten with a rolling pin. Spread a tablespoon of cream cheese on each slice.
2. Lay 1 slice of turkey (or 2 tablespoons shredded turkey) on each slice of bread. Add $\frac{1}{2}$ cup of shredded Cheddar cheese, 3 chopped cherry tomatoes, and $\frac{1}{2}$ of the cucumbers on top. Spread ingredients evenly over the bread.

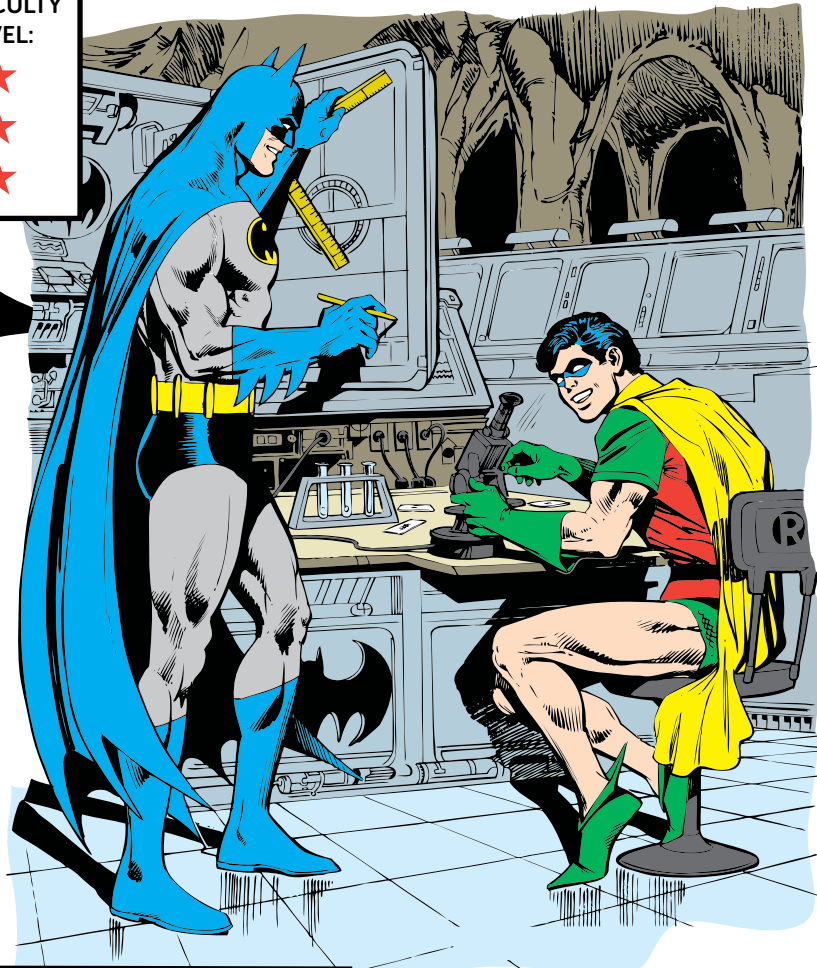


This recipe is adapted from *The Official DC Super Hero Cookbook*.

BATCAVE TURKEY STEW

Alfred likes this one-pot meal because the cleanup is quick (it's not easy keeping Wayne Manor tidy!). And this satisfying dish gives Batman and Robin tons of energy to fight crime all night long.

DIFFICULTY
LEVEL:



INGREDIENTS

- * 1/2 medium yellow onion, diced
- * 3 tablespoons extra-virgin olive oil
- * Salt and pepper
- * 2 cloves of garlic, minced
- * 1 pound cooked turkey, cut into bite-size pieces
- * 1 cup extra long-grain white rice, uncooked
- * 2 1/2 cups low sodium chicken broth
- * 2 1/2 cups broccoli florets, cut into bite-sized pieces
- * 2 cups extra-sharp Cheddar cheese, cubed
- * 1 pumpernickel, sourdough, or other hearty boule
- * 2 slices bread in contrasting color

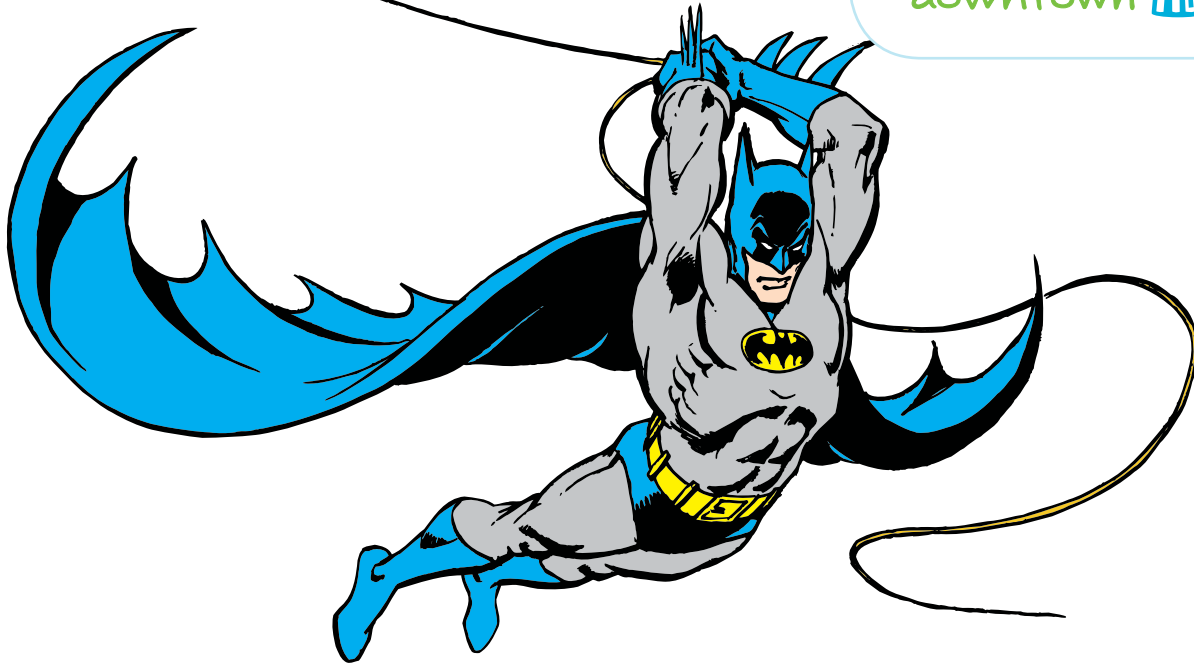
Use leftover veggies in place of—or in addition to—the broccoli in step 5.

HOW TO MAKE IT

SERVES 2-3

1. In a large skillet over medium heat, sauté the onion in 2 tablespoons of extra-virgin olive oil.
2. Once the onion has softened, add the garlic. Saute for about 2 minutes. Add turkey to the skillet.
3. Push the onions, turkey, and garlic to one side of the pan. On the other side, pour the remaining tablespoon of olive oil. Carefully pour the cup of rice over the olive oil. Cook for 2-3 minutes.
4. Add the chicken broth to the skillet and bring to a boil. Once the broth is boiling, turn down the heat to low and let the pot simmer with a lid on for 12 minutes.
5. Remove the lid and add the broccoli; stir to combine. Put the lid back on the skillet and allow to cook for another 8 minutes on low, until the rice and broccoli are tender.

Continued on next page



Continued from previous page

- 6.** Remove the lid and stir in $\frac{3}{4}$ cup of the cheese.
- 7.** Slice off the top of the boule. Carefully hollow out the bottom of the boule, removing most of the inside (of the boule). Place the top of the boule on your counter and, using a bat-shaped cookie cutter, create a bat cutout.
- 8.** Place the 2 slices of bread on your counter. Use a bat-shaped cookie cutter to create 2 bat cutouts. Fit one into the top of the boule and stick a skewer into the other to put in your stew.
- 9.** Scoop the stew into the hollowed-out boule which will serve as an edible bowl. Sprinkle the remaining Cheddar cheese on top.



This recipe is adapted from *The Official DC Super Hero Cookbook*.



ADD A SPLASH OF COLOR

Buy napkins and plastic cutlery in primary colors to match your favorite characters. Use the cutouts from *The Official DC Super Hero Cookbook*, or draw your own symbols.



SHARE LEFTOVERS WITH STYLE

The Official DC Super Hero Cookbook comes with cutouts and stencils, but you can also create your own.

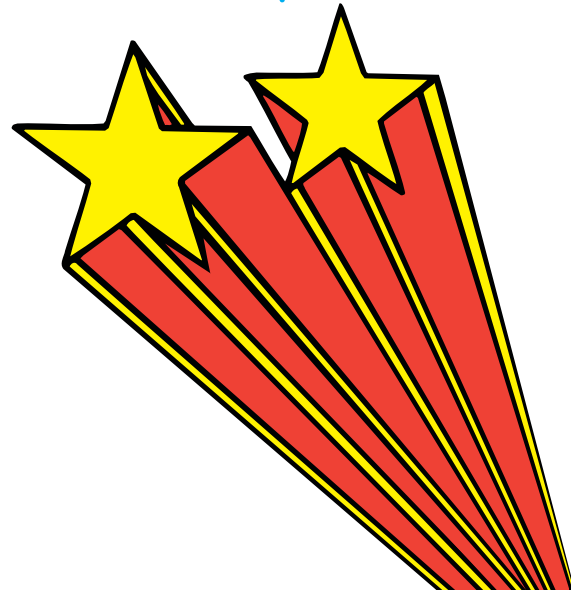
COLORFUL CHIPS

Add some super hero primary colors to your chips.

- * Parsley flakes for green
- * Paprika for red
- * Or sprinkle a few drops of food dye in a paper bag filled with chips and shake to color them.



These food styling tips are from *The Official DC Super Hero Cookbook*.





WONDER WOMAN CRUDITÉ

A Golden Lasso (or any gold cord) comes in handy for tying up pretty bundles of vegetables. Add a bowl of ranch dressing, and you've got a quick and healthy appetizer or side dish.



KRYPTONITE KRUNCH

Mix granola, pistachio nuts, and green candy-coated chocolates (about 1 cup of granola to ¼ cup each of candy and pistachios) for a sweet and salty snack mix.



BATARANG CRACKER

Ham, cheese, and crackers make the perfect nibble. They're even better when the toppings have been cut into bat-symbol shapes.



These food styling tips are from *The Official DC Super Hero Cookbook*.

TAKE YOUR
LEFTOVERS
TO GO

PACK A PUNCH-AT LUNCH!



USE THE STENCILS FROM THE OFFICIAL DC SUPER HERO COOKBOOK TO MAKE EXTRA-SPECIAL LUNCH BAGS. YOU CAN PUT THE STENCIL DIRECTLY ONTO THE BAG AND COLOR OR PAINT OVER IT (AS IN THE GREEN LANTERN DESIGN). OR TRACE THE STENCIL ONTO A PIECE OF COLORED PAPER, THEN CUT OUT THE SHAPE AND ADHERE TO THE BAG (AS WITH THE LIGHTNING AND BAT-SYMBOLS).

IF YOU DO NOT HAVE THE STENCILS, DRAW YOUR OWN SUPER HERO SYMBOLS!



This styling tip is adapted from *The Official DC Super Hero Cookbook*.



ADORN PLASTIC CONTAINERS WITH THE CUTOUTS FROM THE OFFICIAL DC SUPER HERO COOKBOOK (IF YOU DO NOT HAVE THE BOOK, DRAW YOUR OWN SYMBOLS.) USE DOUBLE-STICK TAPE. IF YOU WANT SOMETHING MORE DURABLE, YOU CAN FIRST LAMINATE THE CUTOUTS AND THEN STICK THEM TO FOOD CONTAINERS USING DOUBLE-STICK CARPET TAPE.



This styling tip is adapted from *The Official DC Super Hero Cookbook*.