



THE  
ELECTRIC KITCHEN  
HAWAIIAN ELECTRIC CO.

## These after-school snacks could teach a class in flavor

Now that school is back in session, start off right by feeding your kids healthful food and incorporating exercise into their daily routine.

This can be a challenge but the YMCA can help. The Y has several programs that focus on healthy living. Call Jaci Agustin at 541-5492 or see [www.ymcahonolulu.org](http://www.ymcahonolulu.org).

Here are some recipes for healthy after-school snacks that will get keiki into the kitchen.

### CHEDDAR JACK CHEESE CRISPS

- 1 cup whole wheat flour
- 1/2 teaspoon salt, or to taste
- 4 tablespoons cold unsalted butter, cut into small pieces
- 4 ounces sharp cheddar cheese, grated
- 3 ounces Monterey jack cheese, grated
- 1 ounce Parmesan cheese, grated
- 3-4 tablespoons cold water

In food processor, pulse flour, salt, butter and cheeses until mixture resembles coarse meal. Pulse in 3 to 4 tablespoons of water, one tablespoon at a time, until the dough forms into a ball, approximately 1 to 2 minutes.

Cover dough with plastic wrap and chill in refrigerator for 1 hour (can be stored up to 24 hours).

Place chilled dough on a clean surface and roll out a rectangle about 1/8-inch thick. Use a pizza cutter or small knife to cut dough into small squares, or use miniature cookie cutters in your kids' favorite shapes.

Place crisps on cookie sheets lined with parchment pa-

per and chill for an hour before baking.

Bake in a 350-degree oven 15-20 minutes or until golden brown. Makes about 40 crisps.

Approximate nutritional information, per crisp (not including salt to taste): 45 calories, 3 g fat, 2 g saturated fat, 10 mg cholesterol, 70 mg sodium, 2 g carbohydrate, 2 g protein, no fiber or sugar

### BROCCOLI AND HAM MAC AND CHEESE

- 4 tablespoons unsalted butter
- 1 small onion, chopped
- 1/4 cup all-purpose flour
- 4 cups 2-percent milk
- 1-1/4 cups shredded yellow cheddar cheese, divided
- 1-1/4 cups shredded white cheddar cheese, divided
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon fresh coarse ground pepper, or to taste
- 1 pound elbow pasta, cooked al dente and drained
- 8 ounces ham, diced into 1/2-inch pieces
- 1 cup broccoli florets, blanched and chopped into small pieces (substitute with spinach)
- 3/4 cup panko flakes

Preheat oven to 375 degrees. In large pot, melt butter over medium heat. Add onion and cook until softened, 3 to 5 minutes. Whisk in flour to coat. In slow, steady stream, whisk in milk until smooth. Cook, whisking often, until mixture is thick and bubbly and coats the back of a wooden spoon, 6 to 8 minutes. Stir in 1 cup each of yellow and white cheeses. Season with salt and pepper.

Toss pasta with cheese mixture; fold in ham and broccoli. Transfer to individual over-safe dishes or a 9-by-13-inch baking dish; set aside.

In small bowl, toss remaining cheese with panko flakes. Top pasta with bread crumb mixture. Bake until top is golden, about 30 minutes. Serve hot or freeze. Makes 15 1-cup servings.

Approximate nutritional information, per serving (not including salt to taste): 300 calories, 12 g fat, 7 g saturated fat, 45 mg cholesterol, 450 mg sodium, 32 g carbohydrate, 2 g fiber, 4 g sugar, 15 g protein

More Hawaiian Electric Co. recipes are available at [www.heco.com](http://www.heco.com).

taste will mellow out.

Nutritional analysis by Joannic Dobbs, Ph.D., C.N.S. Write "By Request," Honolulu Star-Advertiser, 7 Waterfront Plaza, Suite 210, Honolulu 96813; or email requests to [bshhmabukuro@staradvertiser.com](mailto:bshhmabukuro@staradvertiser.com).

## Series to focus on challenges isles face in food development

Get educated about Hawaii's food issues at a new monthly series of films, speakers, panels, exhibits and demonstrations at Fresh Café's "Foodology."

The Hawaii Food Policy Council program, which begins the series today from 6 to 9 p.m., is meant to highlight nonprofit organizations working to create a sustainable food system. The council will present its vision and strategy for addressing challenges in Hawaii's food system, including limited land, water and labor; access to nutritious and culturally appropriate food; and underdeveloped infrastructure for handling waste and energy efficiency.

Visit [www.hawaiifoodpolicycouncil.org](http://www.hawaiifoodpolicycouncil.org).

During the first several events, a pop-up exhibit titled "Lexicon of Sustainability" will be set up to introduce key ideas in creating healthy local food systems. Visit [www.lexiconofsustainability.com](http://www.lexiconofsustainability.com).

Upcoming in the series are presentations by the following groups:

>> Sept. 11: Slow Food Oahu, addressing food consumption

>> Oct. 9: Hawaii Organic Farming Association, focusing on production

>> Nov. 13: Green Wheel Food Hub, highlighting access

>> Dec. 11: School for Examining Essential Questions of Sustainability, spotlight on education  
Fresh Café, at 831 Queen St., serves fresh, locally sourced food. Visit [freshcafehi.com](http://freshcafehi.com).

Star-Advertiser staff