

# ***Multicultural* Child Care Recipes and More!**

**A Collection of Recipes from Team  
Nutrition CACFP**



**Heartland Child Nutrition, Inc.  
Statewide Sponsor of the  
USDA Child and Adult Care Food Program**

**521 East Main, Civic Square, Suite 420  
PO Box 1218**

**Bismarck, ND 58502-1218**

**701-250-0140 1-800-366-6793**

**Fax 701-250-0144**

**Email: [hcn@heartlandnutrition.org](mailto:hcn@heartlandnutrition.org)**

**Website: [www.heartlandnutrition.org](http://www.heartlandnutrition.org)**



# ***Multicultural Child Care*** **Recipes and More!**

**A Collection of Recipes from Team  
Nutrition CACFP**



**Heartland Child Nutrition, Inc.**  
**Statewide Sponsor of the**  
**USDA Child and Adult Care Food Program**

**521 East Main, Civic Square, Suite 420 PO Box 1218**  
**Bismarck, ND 58502-1218**

**701-250-0140 1-800-366-6793 Fax 701-250-0144**

**Email: [hcn@heartlandnutrition.org](mailto:hcn@heartlandnutrition.org)**

**Website: [www.heartlandnutrition.org](http://www.heartlandnutrition.org)**

**Facebook: [Facebook/heartlandchildnutrition](https://www.facebook.com/heartlandchildnutrition)**

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

# Table of Contents

## Recipes from Africa

- Chicken and Veggie Couscous.....1
- Chickpeas and Tomatoes.....3
- Greens and Beans Soup.....5
- Veggie Mash up.....7

## Recipes from Asia and Pacific Islands

- Baked Egg Rolls.....9
- Curry Vegetables.....11
- Easy Chicken and Egg Noodle soup.....13
- Gingered Carrots.....15
- Noodles with Peanut Butter Sauce.....17
- Pineapple Chicken.....19
- Savory Rice Pilaf.....21
- Stir-Fry Pork.....23

## Recipes from Central and South America

- Arroz Con Pollo.....25
- Baked Batatas and Apples.....27
- Baked Cod Ole'.....29
- Beef Picadillo.....31
- Quick Quesadilla.....33
- Red Beans and Rice.....35
- Red Pozole.....37
- Tropical Bean Salad.....39

## Recipes from Europe

- Beef Goulash.....41
- Chicken Flatbread Pizza.....43
- Chicken Ratatouille.....45

- Easy Zucchini Lasagna.....47
- Mediterranean Tuna Salad.....49
- Spinach Egg Bake.....51
- Turkey Burger with Tzatziki Sauce.....53
- Italian Vegetable Medley.....55

### **Recipes from North America**

- Collard Greens.....57
- Corn, Zucchini and Tomato Pie.....59
- Creamy Wild Rice.....61
- Great Garden Soup.....63
- Mini Salmon Loaves.....65
- Southern Black-Eyed Peas.....67
- Squash Casserole .....69
- Whipped Sweet Potatoes.....71

### **Infant Recipes**

- Homemade baby food.....73
- IFIC pancakes and muffins.....74

### **Air Fryer Recipes**

- Air Fryer Carrot Fries.....75
- Air Fryer Baked Potatoes.....76
- Air Fryer Butternut Squash.....76
- Air Fryer Green Beans.....77
- Air Fryer Crispy Zucchini Chips.....77
- Air Fryer Chickpeas.....78
- Air Fryer Meatballs.....78
- Air Fryer Pork Chops.....79
- Air Fryer Salmon.....79
- Air Fryer Popcorn Chicken.....80

## CACFP Meal Pattern Requirements

Meal	Food Served	Age 1 through 2	Age 3 through 5	Age 6 through 12	
<b>BREAKFAST</b>  Must serve all 3 food groups	Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	
	Grains: Bread (whole grain or enriched) or Ready-to-eat cereal, or Bread product such as biscuit, roll, or muffin	1/2 slice * 1/4 cup * 1/2 serving *	1/2 slice * 1/3 cup 1/2 serving *	1 slice ** 3/4 cup ** 1 serving **	
	Cooked cereal or pasta or grains	1/4 cup *	1/4 cup *	1/2 cup **	
	Crackers: Savory or Snack Sweet (graham or animal)	.2 oz. (6 gr.) .25 oz. (7 gr.)	.4 oz. (11 gr.) .5 oz. (14 gr.)	.8 oz. (22 gr.) 1 oz. (28 gr.)	
	OR Meat or Meat Alternate <small>(option at breakfast only)</small>	1/2 oz.	1/2 oz.	1 oz.	
	Milk	1/2 cup	3/4 cup	1 cup	
	<b>SNACK</b>  Serve 2 of the 5 groups	Fruit	1/2 cup	1/2 cup	3/4 cup
		Vegetable	1/2 cup	1/2 cup	3/4 cup
Grains: Bread (whole grain or enriched) or Bread product such as biscuit, roll, muffin		1/2 slice * 1/2 serving *	1/2 slice * 1/2 serving *	1 slice ** 1 serving **	
Crackers: Savory or Snack Sweet (graham or animal)		.2 oz. (6 gr.) .25 oz. (7 gr.)	.4 oz. (11 gr.) .5 oz. (14 gr.)	.8 oz. (22 gr.) 1 oz. (28 gr.)	
Ready-to-eat cereal, or Cooked cereal or pasta or grains		1/4 cup * 1/4 cup *	1/3 cup * 1/4 cup *	3/4 cup ** 1/2 cup **	
Meat or Poultry or Fish or Cheese or Eggs or Peanut Butter or Cooked Dry Beans or Dry Peas or Nuts and/or Seeds or Yogurt		1/2 oz. 1/2 egg 1 Tbsp. 2 Tbsp. 1/2 oz. 1/4 cup (2 oz.)	1/2 oz. 1/2 egg 1 Tbsp. 2 Tbsp. 1/2 oz. 1/4 cup (2 oz.)	1 oz. 1/2 egg 2 Tbsp. 1/4 cup 1 oz. 1/2 cup (4 oz.)	
Cottage Cheese, Tofu		2 Tbsp.	2 Tbsp.	¼ cup	
Milk		1/2 cup	1/2 cup	1 cup	
<b>LUNCH OR DINNER</b>  Must serve all 5 food groups		Meat or Poultry or Fish or Cheese or Eggs or Peanut Butter or Cooked Dry Beans or Dry Peas or Nuts and/or Seeds or Yogurt	1 oz. 1/2 egg 2 Tbsp. 1/4 cup 1/2 oz. 1/2 cup (4 oz.)	1-1/2 oz. 3/4 egg 3 Tbsp. 3/8 cup 3/4 oz. 3/4 cup (6 oz.)	2 oz. 1 egg 4 Tbsp. 1/2 cup 1 oz. 1 cup (8 oz.)
		Tofu	2.3 oz	3.5 oz	4.6 oz.
		Vegetable	2 Tbsp.	1/4 cup	3/4 cup
		Fruit or Vegetable	2 Tbsp.	1/4 cup	1/4 cup
		Grains: Bread (whole grain or enriched) or Bread product such as biscuit, roll, muffin Crackers Cooked pasta or grains	1/2 slice * 1/2 serving * .2 oz (6 gr.) 1/4 cup *	1/2 slice * 1/2 serving * .4 oz. (11 gr.) 1/4 cup *	1 slice ** 1 serving ** .8 oz. (22 gr.) 1/2 cup **
		Milk	1/2 cup	3/4 cup	1 cup

\* = 1/2 oz. equivalent (8 grams of grain) \*\* = 1 oz. equivalent (16 grams of grain)

Often used abbreviations for infant foods:

IFIF = Iron Fortified Infant Formula

IFIC = Iron Fortified Infant Cereal

BM = Breast Milk

MBF = Mother Breast Fed at your daycare

RTE Cereal = Ready-to-Eat Cereal (example: Cheerios, Kix)



## CACFP Infant Meal Pattern

	Birth - 5 months	6 - 11 months
<p><b>Breakfast Lunch Dinner</b></p> <p><i>Feeding times are flexible for these meals; adjust to the infant's needs.</i></p>	<p>4-6 fluid ounces* breastmilk <u>OR</u> iron fortified infant formula</p>	<ul style="list-style-type: none"> <li>■ 6-8 fluid ounces* breastmilk or iron fortified infant formula</li> </ul> <p><u>AND</u></p> <ul style="list-style-type: none"> <li>■ 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas;</li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>0-2 ounces of cheese; or</li> <li>0-4 ounces (volume) of cottage cheese; or</li> <li>0-4 ounces or ½ cup of yogurt; or</li> <li>a combination of the above;</li> </ul> <p><u>AND</u></p> <ul style="list-style-type: none"> <li>■ 0-2 tablespoons vegetable or fruit or a combination of both</li> </ul>
<p><b>Snack</b></p>	<p>4-6 fluid ounces breastmilk* <u>OR</u> iron fortified infant formula</p>	<ul style="list-style-type: none"> <li>■ 2-4 fluid ounces breastmilk* or iron fortified infant formula;</li> </ul> <p><u>AND</u></p> <ul style="list-style-type: none"> <li>■ 0-½ slice bread; or 0-2 crackers; or</li> <li>0-4 tablespoons iron fortified infant cereal or ready-to-eat breakfast cereal;</li> </ul> <p><u>AND</u></p> <ul style="list-style-type: none"> <li>■ 0-2 tablespoons vegetable or fruit, or a combination of both</li> </ul>

**\* For breastfed infants that regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.**

Solid (pureed, mashed, etc.) foods should be offered as the child is developmentally ready to eat them. Once the infant is ready for these foods, the provider should supply them.

### Mission Statement

To enhance the nutritional well-being of children by providing nutrition education, professional support, and disbursement of USDA funds throughout North Dakota to home child care providers for serving nutritious meals and snacks.



# **MULTICULTURAL RECIPES**





## CHICKEN WITH VEGGIE COUSCOUS

Couscous is a staple food commonly served in North Africa but also growing in popularity in France, Greece, Italy, Portugal, and Spain. It is traditionally steamed. The basket is placed atop the main dish and allowed to absorb the flavors as it cooks, producing a fluffy, flavorful side dish.

**Makes: 6 serv. Prep time: 10 mi**

**Cook time: 50 minutes**

### INGREDIENTS

Nonstick cooking spray

**6** chicken drumsticks, with bone and skin, raw (about 3.7 oz each)

**1 tablespoon** canola oil

**½ teaspoon** cinammon, dried, ground

**1 teaspoon** coriander, dried, ground

**1 teaspoon** cumin, dried, ground

**1 teaspoon** ginger, dried, ground

**1⅓ cups** carrots, fresh, peeled, ½" diced

**1 cup** onion, raw, ¼" diced

**¼ cup** lemon juice, fresh squeezed, seeds removed or bottled

**2 cups** chicken broth, low-sodium

**¼ cup** olives, black, ripe, canned, drained, sliced

**½ cup** couscous, uncooked

**½ tablespoon** mint leaves, fresh, chopped

### CACFP CREDITING INFORMATION

1 drumstick, ⅓ cup vegetable mix, and ¼ cup couscous provides 1 ½ oz equivalent meat, ¼ cup vegetable, ½ oz equivalent grains.

### NUTRITION INFORMATION

For 1 drumstick, ⅓ cup mixed vegetables, and ¼ cup couscous.

Nutrients	Amount
<b>Calories</b>	<b>166</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	39 mg
<b>Sodium</b>	<b>120 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	N/A
Calcium	29 mg
Iron	1 mg
Potassium	N/A

Source: Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

## DIRECTIONS

1. Coat a small skillet with nonstick cooking spray.
2. Heat the skillet on medium–high heat. Brown chicken on all four sides, about 2–3 minutes per side.
3. Remove chicken from skillet and put on a plate; remove skin; cover, and set aside.
4. In the same skillet used to brown the chicken, heat oil on medium. Add cinnamon, coriander, cumin, and ginger to the skillet, and toast them while stirring continuously, about 2 minutes.
5. Add carrots and onion to skillet; continue cooking the vegetables and spices on medium heat for 3–4 minutes or until the onions are tender, but not brown.
6. Add lemon juice, 1 cup chicken broth, and olives to the skillet (reserve remaining chicken broth for step 9). Increase the heat to medium–high. Bring to a boil.
7. Return the chicken legs to the skillet, and return to a boil.
8. Reduce heat to medium–low. Cover and simmer for 20–25 minutes, until internal temperature of chicken reaches 165 °F.
9. Prepare the couscous: In a small saucepan, add 1 cup of chicken broth. Bring to a boil on medium–high heat on the stove. Stir in couscous, and remove from the heat. Cover, and let stand for 10 minutes. When done, couscous will be soft.
10. Fluff couscous with a fork, and gently stir in the mint.
11. Serve one drumstick,  $\frac{1}{3}$  cup mixed vegetables, and  $\frac{1}{4}$  cup couscous.

## CHEF TIPS

### Variations

If chicken is frozen, defrost in the refrigerator. Hold raw chicken at 40 °F or lower.

Add hot chili sauce if desired. The addition of hot chili sauce will increase the amount of sodium in the recipe.

Traditionally couscous is cooked over broth and vegetables or water, but the cooking method was modified for ease of preparation in the CACFP.

When taking temperature of raw chicken, do not touch the bone—as it is hotter than the meat.



## Chickpeas and Tomatoes

Chickpeas, also known as garbanzo beans, are a popular part of vegetarian meals in Northern Africa. In this recipe, chili powder, cumin, and ginger create a wonderful flavor, without too much heat.

**Makes:** 6 servings      **Prep time:** 5 minutes  
**Cook time:** 25 minutes

### INGREDIENTS

- 1 **teaspoon** canola oil
- 1  $\frac{1}{4}$  **cups** onion, fresh, peeled,  $\frac{1}{4}$ " diced
- 2 **cloves** garlic, fresh, minced  
(1 clove is about  $\frac{1}{2}$  teaspoon minced)
- $\frac{1}{2}$  **teaspoon** ginger, fresh, grated  
( $\frac{1}{4}$  tsp ginger, ground)
- 2  $\frac{1}{2}$  **cups** garbanzo beans (chickpeas), canned, drained, and rinsed; or garbanzo beans, dry, cooked
- 3 **cups** tomatoes with juice, canned, low-sodium, diced
- $\frac{1}{4}$  **cup** water
- $\frac{1}{2}$  **teaspoon** chili powder
- 1  $\frac{1}{2}$  **teaspoons** cumin, ground

### DIRECTIONS

1. Heat oil in a small stockpot on medium-high heat. Add onions, and sauté until soft. Do not brown. Add the garlic and ginger; stir until fragrant.
2. Add the garbanzo beans (chickpeas), tomatoes with juice, water, chili powder, and cumin. Continue cooking on medium-high heat, and bring to a boil.
3. Reduce heat to medium, and simmer uncovered for 10 minutes or until there is only enough liquid to cover the bottom of the pan. Heat to 140 °F or higher for at least 15 seconds.
4. Serve  $\frac{1}{2}$  cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

For ½ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>120</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>183 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

## CHEF TIPS

### For Soaking Dry Beans

1 lb dry garbanzo beans (chickpeas) = about 2½ cups dry or 6¼ cups cooked garbanzo beans (chickpeas).

**Overnight Method:** Add 1¼ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**Quick-Soak Method:** Boil 1¼ qt of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### For Cooking Dry Beans

Once the beans have been soaked, add 1¼ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

### Critical Control Point

Hold for hot service at 140 °F or higher, or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

## CACFP CREDITING INFORMATION

½ cup provides legume as meat alternate: 1 ½ oz equivalent meat alternate and ¼ cup vegetable; or legume as vegetable ¾ cup vegetable.



## Greens and Beans Soup

The spice combination of paprika, cumin, cinnamon, ginger, and thyme provides an aromatic blend of scents and introduces children to new flavors. These spices are often combined to be used as rubs for meats or sprinkled on roasted vegetables.

**Makes:** 6 servings      **Prep time:** 20 minutes

**Cook time:** 35 minutes

### INGREDIENTS

- 1 tablespoon** canola oil
- ½ cup** onions, fresh, peeled, ¼" diced
- ¾ cup** sweet potatoes, fresh, peeled, ½" diced
- 2½ cups** garbanzo beans (chickpeas), low-sodium, canned, drained, and rinsed; *or* garbanzo beans, dry, cooked (2½ cups = 14 oz)
- ½ teaspoon** paprika, dried, ground
- ½ teaspoon** cinnamon, dried, ground
- ½ teaspoon** ginger, dried, ground
- ½ teaspoon** cumin, dried, ground
- 1 teaspoon** thyme, dried, ground
- ½ teaspoon** salt, table
- ¼ teaspoon** black pepper, ground
- 5 cups** collard greens, raw, stems removed, chopped into long thick strips (chiffonade), packed
- ¼ cup** salsa, tomato, traditional (not chunky)
- 2 cups** water

### DIRECTIONS

1. Heat oil in a medium stockpot on medium-high. Add onions and sweet potatoes; sauté until onions are soft. Do not brown.
2. Add garbanzo beans (chickpeas) and dried spices. Continue cooking, stirring frequently, for 1 minute or until seasonings have fully coated the vegetables.
3. Add collard greens, and cook for 1 minute, stirring frequently.
4. Add salsa and 1 cup of water. Bring to a boil.
5. Reduce heat to medium, and simmer covered for 25–30 minutes or until soup has thickened and sweet potatoes are tender. Check frequently to make sure stew is not sticking to the bottom of the pot. Add more water if needed. Heat to 140 °F or higher for at least 15 seconds.
6. Serve ¾ cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

For  $\frac{2}{3}$  cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>134</b>

---

<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	0 g

Cholesterol N/A

**Sodium** 375 mg

**Total Carbohydrate** 20 g

    Dietary Fiber 6g

    Total Sugars 4 g

        Added Sugars included N/A

**Protein** 6 g

---

Vitamin D N/A

Calcium 74 mg

Iron 1 mg

Potassium N/A

## CACFP CREDITING INFORMATION

$\frac{2}{3}$  cup provides legume as meat  
alternate:  $1\frac{1}{2}$  oz equivalent meat  
alternate and  $\frac{1}{4}$  cup vegetable; or  
legume as vegetable:  $\frac{2}{3}$  cup vegetable.

## CHEF TIPS

### Tips for Soaking Dry Beans

1 lb dry garbanzo beans (chickpeas) = about  $2\frac{1}{2}$  cups dry or  $6\frac{1}{4}$  cups cooked garbanzo beans (chickpeas).

Overnight Method: Add  $1\frac{3}{4}$  qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil  $1\frac{3}{4}$  qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### Tips for Cooking Dry Beans

Once the beans have been soaked, add  $1\frac{3}{4}$  qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.





## Veggie Mash-Up

Irio, a simple dish of mashed potatoes, corn, and green vegetables is a traditional Kenyan dish. This delicious version of the recipe uses vegetables that are commonly available in the United States.

**Makes:** 6 servings      **Prep time:** 15 minutes  
**Cook time:** 20 minutes

### INGREDIENTS

- 2 cups** water
- 1 ¼ cups** yellow potatoes, fresh, peeled, quartered (about 2 medium potatoes)
- ¾ cup** green peas, low-sodium, canned, drained
- ½ tablespoon** canola oil
- 2 cloves** garlic, fresh, minced (1 clove is about ½ teaspoon minced)
- 1 cup** Swiss chard, raw, chopped into long, thin strips (chiffonade), packed
- ⅓ cup** corn, low-sodium, canned, drained
- ¼ teaspoon** sage, dry, ground
- ¼ teaspoon** onion powder
- ¼ teaspoon** salt, table
- ¼ teaspoon** black pepper, ground

### DIRECTIONS

1. Add the potatoes to a small stockpot, and cover completely with cold water (about 2 cups). Bring to a boil on medium-high heat. Boil for 10 minutes.
2. Add the peas to the pot of boiling potatoes, and continue to boil the vegetables for an additional 5 minutes or until potatoes are tender. Heat to 140 °F or higher for at least 15 seconds.
3. Turn stove off; drain the water from the potatoes and peas, reserving about ½ cup of cooking water.
4. Mash potatoes and peas with a potato masher or mixer. Do not overmix. If mixture is too dry, add reserved water 1 Tbsp at a time until the desired consistency is reached.
5. Heat oil in a medium sauté pan. Sauté garlic, Swiss chard, corn, sage, onion powder, salt, and pepper on medium-high heat until onions are tender and sage is toasted, 5–7 minutes.
6. Stir the sautéed vegetables into the hot potato-pea mash.
7. Serve ¼ cup.

## NUTRITION INFORMATION

For ¼ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>58</b>
<hr/>	
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>150 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
<hr/>	
Vitamin D	N/A
Calcium	15 mg
Iron	0 mg
Potassium	N/A

## CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.



## Baked Egg Rolls

This kid-friendly snack is fun to eat and make. Dough is wrapped around a mixture of lightly seasoned ground turkey, green cabbage, and carrots.

**Makes:** 6 servings      **Prep time:** 20 minutes

**Cook time:** 50 minutes

### INGREDIENTS

Nonstick cooking spray

**13 ounces** turkey, ground, 93% lean, fresh or frozen, raw

**½ teaspoon** salt, table

**½ teaspoon** black pepper, ground

**½ teaspoon** garlic powder

**2½ cups** green cabbage, shredded

**$\frac{2}{3}$  cup** carrots, peeled, shredded

**1** egg, fresh, large

**1 teaspoon** water

**6** wonton wrappers (1 oz each)

### DIRECTIONS

1. Preheat oven to 425 °F.
2. Coat a medium skillet with nonstick cooking spray. Add ground turkey, salt, pepper, and garlic powder. Brown turkey on medium-high heat for about 8–10 minutes. Stir frequently. Heat to 165 °F or higher for at least 15 seconds.
3. Stir in cabbage and carrots. Lightly sauté for 2 minutes, remove from heat, and cover. Let cool for 20 minutes.
4. Make egg wash by whisking together egg and water.
5. Assemble egg rolls: Place  $\frac{1}{2}$  cup turkey vegetable mixture on the center of each wrapper.
6. Carefully roll each filled wrapper.
7. Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with nonstick cooking spray.
8. Brush egg wash over the top and on all the sides of each egg roll.
9. Bake for 20 minutes. Heat to 140 °F for at least 15 seconds.
10. Serve 1 egg roll.

## NUTRITION INFORMATION

## CHEF TIPS

For 1 egg roll.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>191</b>

---

<b>Total Fat</b>	<b>6 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	62 mg
-------------	-------

<b>Sodium</b>	<b>400 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>19 g</b>
---------------------------	-------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	1 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>15 g</b>
----------------	-------------

---

Vitamin D	N/A
-----------	-----

Calcium	47 mg
---------	-------

Iron	2 mg
------	------

Potassium	N/A
-----------	-----

### Variations

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds.

Store raw ground turkey at 40 °F or lower.

## CACFP CREDITING INFORMATION

1 egg roll provides 1½ oz meat, ¼ cup vegetable, and 1 oz equivalent grains.



## Curry Vegetables

Curry, identified by its golden–yellow color, is a mixture of spices, which can include coriander, turmeric, cumin, ginger, and cloves. It is typically used to make a spiced sauce or gravy for vegetables, stews, or meats served in southern India.

**Makes:** 6 servings     **Prep time:** 10 minutes

**Cook time:** 20 minutes

### INGREDIENTS

### DIRECTIONS

Nonstick cooking spray

**1/3 cup** onion, fresh, peeled, 1/2" chopped

**1/2 cup** white potatoes, fresh, peeled, 1/4" cubed

**1/3 cup** tomatoes, canned, diced, drained

**1/4 cup** water

**3/4 cup** green beans, frozen, cut

**1/4 teaspoon** garlic powder

**1/4 teaspoon** curry powder, dry, ground

**1/4 teaspoon** salt, table

1. Spray a small skillet with nonstick cooking spray, and heat on medium.

2. Cook onions and potatoes for 5 minutes or until onions are tender. Stir frequently.

3. Stir in tomatoes and water. Increase heat to medium–high. Cover, and cook for 5 more minutes.

4. Remove lid, and add green beans and seasonings. Cook until liquid is no longer pooling on the bottom of the pan and potatoes are fork tender, 5–7 minutes. Stir frequently. Heat to 140 °F or higher for at least 15 seconds.

5. Serve 1/4 cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

For ¼ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>27</b>
<hr/>	
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>123 mg</b>
<b>Total Carbohydrate</b>	<b>6 g</b>
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
<hr/>	
Vitamin D	N/A
Calcium	17 mg
Iron	0 mg
Potassium	N/A

## CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>



## Easy Chicken and Egg Noodle Soup

Add Asian flavors to a traditional chicken soup using soy sauce, garlic, and ginger.

**Makes:** 6 servings    **Prep time:** 10 minutes

**Cook time:** 15 minutes

### INGREDIENTS

- 2 teaspoons** canola oil
- 1 cup** onions, fresh, peeled,  $\frac{1}{4}$ " diced
- $\frac{1}{2}$  teaspoon** ginger, ground  
(1 teaspoon ginger, fresh, grated)
- 1 clove** garlic, fresh, minced  
(1 clove is about  $\frac{1}{2}$  teaspoon minced)
- $\frac{1}{4}$  teaspoon** salt, table
- $\frac{1}{2}$  teaspoon** black pepper, ground
- $9\frac{1}{4}$  ounces** chicken breast, boneless, skinless, cooked,  $\frac{1}{2}$ " diced  
(if using raw chicken, see chef tips, next page)
- 5 cups** chicken broth, low-sodium
- 2 tablespoons** soy sauce, low-sodium
- 3 ounces** stir-fry/Chinese egg noodles, enriched, uncooked
- $1\frac{1}{2}$  cups** cabbage, fresh, shredded
- 1 quart** spinach, fresh, baby spinach leaves, whole, packed
- $\frac{1}{4}$  cup** green onion with tops, fresh, chopped
- $\frac{1}{2}$  teaspoon** sesame oil

### DIRECTIONS

1. Heat canola oil in a medium pot over medium-high heat.
2. Add onions, and cook for 3 minutes or until onions are soft.
3. Stir in ginger, garlic, salt, and pepper.
4. Cook for 1 minute or until ginger and garlic become fragrant.
5. Add chicken, chicken broth, and soy sauce. Bring to a boil, and continue cooking on medium-high heat, 5–7 minutes. Heat to 165 °F or higher for at least 15 seconds.
6. Stir in noodles and cabbage. Cook for 4 minutes or until noodles are soft. Heat to 140 °F or higher for at least 15 seconds.
7. Stir in spinach, green onions, and sesame oil. Remove from heat.
8. Serve  $1\frac{1}{4}$  cups.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For 1¼ cups.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>194</b>

---

<b>Total Fat</b>	<b>7 g</b>
------------------	------------

Saturated Fat	2 g
---------------	-----

Cholesterol	54 mg
-------------	-------

<b>Sodium</b>	<b>402 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>15 g</b>
---------------------------	-------------

Dietary Fiber	2 g
---------------	-----

Total Sugars	2 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>18 g</b>
----------------	-------------

---

Vitamin D	N/A
-----------	-----

Calcium	55 mg
---------	-------

Iron	2 mg
------	------

Potassium	N/A
-----------	-----

N/A=data not available.

1¼ cups provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.





## Gingered Carrots

Ginger, also known as ginger root, is a popular spice used in traditional Chinese cooking. It can be found in soups, stews, marinades, and stir-fried dishes. If you want to experience the full, bold flavor of ginger, mince or grate it. For a lighter flavor, cut the ginger into long slivers.

**Makes:** 6 servings    **Prep time:** 5 minutes  
**Cook time:** 15 minutes

### INGREDIENTS

- 2 cups water
- 2 cups carrots, fresh, peeled, sliced diagonally
- 1 tablespoon honey
- 1 teaspoon lemon juice, fresh squeezed, seeds removed or lemon juice, bottled
- 1 teaspoon parsley, dried (optional)
- 1 teaspoon margarine, unsalted, trans-fat free
- ½ teaspoon ginger, fresh, grated
- ⅛ teaspoon salt, table

### DIRECTIONS

1. Add 1–2 inches of water to a small stockpot with a steamer basket or a double boiler. Bring water to a rolling boil.
2. Add carrots to the steamer basket or double boiler, and cook until carrots are tender, but not mushy, 9–10 minutes. Heat to 140 °F or higher for at least 15 seconds.
3. Prepare ginger glaze while carrots are cooking by combining the remaining ingredients in a medium mixing bowl. Pour hot steamed carrots into the ginger glaze, and stir until honey and margarine melt.
4. Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

---

For ¼ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>31</b>

---

<b>Total Fat</b>	<b>1 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	N/A
-------------	-----

<b>Sodium</b>	<b>72 mg</b>
---------------	--------------

<b>Total Carbohydrate</b>	<b>6 g</b>
---------------------------	------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	2 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>0 g</b>
----------------	------------

---

Vitamin D	N/A
-----------	-----

Calcium	14 mg
---------	-------

Iron	0 mg
------	------

Potassium	N/A
-----------	-----

N/A=data not available.

## CHEF TIPS

---

### Food Safety Tip

Honey should not be given to or used in foods for children under 1 year old, as it may contain botulism spores, which can cause infant botulism. This is a serious type of food-related illness that can make a baby very sick.

## CACFP CREDITING INFORMATION

---

¼ cup provides ¼ cup vegetable.



## Noodles With Peanut Butter Sauce

Peanut butter sauce, also called satay sauce, is commonly served in China, Indonesia, Malaysia, Thailand, and Vietnam to add flavor to grilled meats and noodles.

**Makes:** 6 servings    **Prep time:** 10 minutes  
**Cook time:** 30 minutes

## INGREDIENTS

- 1 cup water
  - 3 ounces spaghetti noodles, whole grain-rich, uncooked
  - 11 ounces chicken breast, boneless, skinless, fresh or frozen, raw,  $\frac{1}{2}$ " diced
  - 3 cups broccoli, frozen, cut
  - 3 tablespoons peanut butter, smooth
  - 3 tablespoons water
  - 3 tablespoons soy sauce, low-sodium
  - 1 tablespoon cider vinegar
  - 1 tablespoon sugar, granulated
  - $\frac{1}{2}$  teaspoon ginger, fresh, grated
  - 1 clove garlic, fresh, minced  
(1 clove is about  $\frac{1}{2}$  teaspoon minced)
  - $\frac{1}{8}$  teaspoon red pepper flakes
  - 1 teaspoon cornstarch
  - 2 tablespoons onion, green, with tops, fresh, chopped (optional)
  - 2 tablespoons cilantro, fresh, chopped (optional)
  - 6 slices lime wedge, fresh (optional)
- Nonstick cooking spray

## DIRECTIONS

1. Heat water to a rolling boil.
2. Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
3. Coat a medium skillet with nonstick cooking spray.
4. Heat the skillet on medium-high. Brown all sides of diced chicken on medium-high heat for 8–10 minutes.
5. Add broccoli to the skillet, and cook for 10 minutes or until internal temperature of diced chicken reaches 165 °F and broccoli is tender, but not mushy.
6. Prepare sauce: In a small microwavable bowl, combine peanut butter, 2 Tbsp warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
7. Microwave sauce for 30 seconds; remove from the microwave, whisk sauce and microwave for 30 more seconds, whisk again. (Note: sauce will look stringy.)
8. In a small bowl, whisk remaining 1 Tbsp warm water with cornstarch to make a slurry (thin paste). Be sure cornstarch is fully dissolved in the water before adding the slurry to the sauce.
9. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 30 seconds or until thick. Whisk until sauce is a smooth-thick consistency.
10. In a large bowl, toss peanut sauce, chicken, broccoli, and noodles. Garnish each serving with 1 tsp green onions, 1 tsp cilantro, and one lime wedge (optional).
11. Serve  $\frac{3}{4}$  cup. Serve hot or cold.

Critical Control Point: Hold for hot service at 140 °F or higher.

Critical Control Point: Hold for cold service at 40 °F or lower.

## NUTRITION INFORMATION

For  $\frac{3}{4}$  cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>175</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	28 mg
<b>Sodium</b>	<b>320 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	2 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

## CACFP CREDITING INFORMATION

$\frac{3}{4}$  cup provides 1  $\frac{1}{2}$  oz equivalent meat,  $\frac{1}{4}$  cup vegetable, and  $\frac{1}{2}$  oz equivalent grains.

## CHEF TIPS

### Variation

Add a variety of frozen stir-fry vegetables such as snow peas, carrots, and onions.

Large broccoli pieces may be a choking hazard; for younger children, chop broccoli into smaller pieces.

For younger children, squeeze lime juice onto the dish, and serve without the lime wedge.



## Pineapple Chicken

Full of sweet pineapple and succulent bites of chicken, this dish is similar in flavor to Sweet and Sour Pork.

**Makes:** 6 servings    **Prep time:** 1 hour 5 minutes

**Cook time:** 45 minutes

## INGREDIENTS

- 1½ cups water
  - ¼ teaspoon salt, table
  - ¼ teaspoon black pepper, ground
  - 2 tablespoons soy sauce, low-sodium
  - 9 ¼ ounces chicken breast, boneless, skinless, cooked, ½" diced
  - ½ cup rice, brown, long-grain, uncooked
  - 2 tablespoons canola oil
  - 2 cups onions, green, with tops, fresh, thinly sliced
  - 1 cup celery, fresh, ¼" diced
  - 2 cups pineapple with juice, canned, crushed, packed in juice or light syrup
  - 4 teaspoons sugar, granulated (1 Tbsp 1 tsp)
  - 4 teaspoons cornstarch (1 Tbsp 1 tsp)
1. Make marinade: In a plastic bag or medium bowl, stir together 2 Tbsp water, salt, pepper, and soy sauce.
  2. Marinate chicken for 1 hour.
  3. Combine brown rice and 1 cup water in a small pot. Reserve remaining ¼ cup water for step 11.
  4. Heat on medium–high heat to a rolling boil.
  5. Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork.
  6. Heat 1 Tbsp of oil on medium–high in a medium stockpot. Reserve remaining oil.
  7. Sauté green onions and celery for 3–5 minutes or until celery begins to cook, but stays crunchy. Stir frequently.
  8. Remove vegetables, and set aside.
  9. Add remaining oil to the pot.
  10. Add chicken, marinade, and pineapples with juice to pot. Continue cooking on medium–high heat, and bring to a boil, 5–7 minutes. Stir frequently. Heat to 165 °F or higher for at least 15 seconds.
  11. Make cornstarch mixture: In a small bowl, whisk remaining ¼ cup water together with sugar and cornstarch until smooth.
  12. Stir cornstarch mixture into the chicken and pineapple. Bring to a boil. Reduce heat and cook for 3–5 minutes, or until sauce is nectar thick. Stir frequently. Add remaining 2 Tbsp of water if too thick.
  13. Stir celery and green onions into pineapple chicken mixture, and cook for 1 minute.
  14. Serve ⅔ cup pineapple chicken over ¼ cup cooked rice.

## DIRECTIONS

## NUTRITION INFORMATION

For  $\frac{2}{3}$  cup pineapple chicken over  $\frac{1}{4}$  cup cooked rice.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>204</b>

---

<b>Total Fat</b>	<b>8 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	39 mg
-------------	-------

<b>Sodium</b>	<b>354 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>19 g</b>
---------------------------	-------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	5 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>14 g</b>
----------------	-------------

---

Vitamin D	N/A
-----------	-----

Calcium	20 mg
---------	-------

Iron	1 mg
------	------

Potassium	N/A
-----------	-----

N/A=data not available.

## CACFP CREDITING INFORMATION

$\frac{2}{3}$  cup pineapple chicken and  $\frac{1}{4}$  cup cooked rice provides 1  $\frac{1}{2}$  oz equivalent meat,  $\frac{1}{8}$  cup vegetable,  $\frac{1}{4}$  cup fruit, and  $\frac{1}{2}$  oz equivalent grains.

## CHEF TIPS

### Variation

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.



## Savory Rice Pilaf

In India, rice pilaf called pulao is cooked in flavored broth and seasoned with cooked onions and a mix of spices. Rice pilaf is a common dish in the Middle East, East Africa, Central and South Asia, and Latin America. It is often prepared with vegetables, meat, fish, or dried fruit.

**Makes:** 6 servings      **Prep time:** 5 minutes

**Cook time:** 35 minutes

### INGREDIENTS

### DIRECTIONS

- 1 teaspoon** canola oil
- ¼ cup** onions, fresh, peeled, ¼" diced
- ¾ cup** rice, enriched, parboiled, uncooked
- 2 tablespoons** almonds, chopped
- ⅛ teaspoon** salt, table
- ⅛ teaspoon** allspice, dry, ground
- ¼ teaspoon** turmeric, dry, ground
- ¼ teaspoon** curry powder, dry, ground
- ½ teaspoon** pepper, black, ground
- 1 cup** chicken broth, low-sodium
- Nonstick cooking spray

1. Preheat oven to 350 °F.
2. Heat oil on medium–high heat in a medium skillet.
3. Add onions, and sauté until tender, about 3 minutes. Reduce heat to medium.
4. Add uncooked rice, almonds, salt, allspice, turmeric, curry powder, and black pepper. Stir constantly until rice is yellow and almonds and seasoning are lightly toasted, about 1–2 minutes. Do not burn.
5. Stir in chicken broth. Increase heat to medium–high, and bring to a boil. Remove from heat.
6. Lightly coat a small baking dish (9" x 9") with nonstick cooking spray. Spread mixture evenly into baking dish.
7. Cover with foil, and bake for 30 minutes or until liquid is fully absorbed. Fluff the rice gently with a fork. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
8. Serve ¼ cup packed.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For ¼ cup packed.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>87</b>

<b>Total Fat</b>	<b>2 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	1 mg
-------------	------

<b>Sodium</b>	<b>66 mg</b>
---------------	--------------

<b>Total Carbohydrate</b>	<b>14 g</b>
---------------------------	-------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	N/A
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>2 g</b>
----------------	------------

Vitamin D	N/A
-----------	-----

Calcium	13 mg
---------	-------

Iron	0 mg
------	------

Potassium	N/A
-----------	-----

¼ cup provides ½ oz equivalent grains.

## CHEF TIPS

### Variation

To make dish whole grain rich, brown rice may be substituted for enriched rice.





## Stir-Fry Pork

Stir-frying is a popular and efficient cooking technique that involves using a small amount of oil to pan-fry vegetable medleys, meats, and seasonings.

**Makes:** 6 servings    **Prep time:** 25 minutes

**Cook time:** 50 minutes

## INGREDIENTS

- ½ cup** brown rice, long grain, uncooked
  - 17 tablespoons** water (1 cup 1 Tbsp)
  - 1 tablespoon** cornstarch
  - 1 tablespoon** soy sauce, low-sodium
  - 1 cup** chicken broth, low-sodium
  - 1 tablespoon** canola oil
  - 1 cup** broccoli, frozen, chopped
  - 2 cups** carrots, fresh, peeled, shredded
  - ¾ cup** onions, fresh, peeled, ¼" diced
  - 2 teaspoons** garlic powder
  - 2 teaspoons** ginger root, fresh, grated (or 1 tsp ginger, ground)
  - ½ teaspoon** salt, table
  - ¼ teaspoon** black pepper, ground
  - 1 pound** pork, sirloin roast, fresh or frozen, ½" cubed
- Nonstick cooking spray

## DIRECTIONS

1. Combine brown rice and 1 cup water in a small pot. Reserve remaining water for step 4.
2. Heat over medium-high heat to a rolling boil.
3. Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork.
4. Make cornstarch mixture: In a small bowl whisk together cornstarch, remaining water, and soy sauce until smooth.
5. Make sauce: In a small pot, bring chicken broth to a boil over medium-high heat. Stir in cornstarch mixture. Cook and stir frequently until nectar thick, 5–7 minutes. Remove from heat, and set sauce aside.
6. Heat oil in a wok or skillet over medium-high heat.
7. Add broccoli, and sauté for 3–5 minutes or until thawed. Stir frequently.
8. Add carrots, onions, garlic powder, and ginger. Cook for 3 minutes or until vegetables become slightly tender. Remove from skillet, and set aside.
9. Season pork with salt and pepper.
10. Coat skillet with nonstick cooking spray and place over medium-high heat. Add pork, and brown for 10–15 minutes. Stir frequently. Heat to 155 °F or higher for at least 15 seconds.
11. Add vegetables and sauce to skillet. Cook for 2–3 minutes. Stir frequently. Heat to 140 °F or higher for at least 15 seconds.
12. Serve ½ cup stir-fry over ¼ cup rice.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For ½ cup stir-fry over ¼ cup rice.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>180</b>

<b>Total Fat</b>	<b>5 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	36 mg
-------------	-------

<b>Sodium</b>	<b>334 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>17 g</b>
---------------------------	-------------

Dietary Fiber	2 g
---------------	-----

Total Sugars	1 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>16 g</b>
----------------	-------------

Vitamin D	N/A
-----------	-----

Calcium	27 mg
---------	-------

Iron	1 mg
------	------

Potassium	N/A
-----------	-----

½ cup stir-fry over ¼ cup rice provides 1.5 oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

### CHEF TIPS

#### Variation

If pork is frozen, defrost in the refrigerator 1 day for 1–5 pounds. Hold raw pork at 40 °F or lower.

## DIRECTIONS



### Arroz Con Pollo

Arroz Con Pollo (Rice With Chicken) is a classic dish that is enjoyed throughout Spain and Latin America. Each country has its own version, but it remains a family favorite. Try this hearty, flavorful recipe today.

**Makes:** 6 servings      **Prep time:** 10 minutes  
**Cook time:** 1 hour

### INGREDIENTS

- ½ cup** brown rice, long-grain, uncooked
- 1 cup** water
- ½ teaspoon** salt, table
- ½ teaspoon** black pepper, ground
- ½ teaspoon** garlic powder
- 2 teaspoons** cumin, ground
- 12½ ounces** chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 6 tenderloins)
- ¾ cup** onion, fresh, peeled, ¼" diced
- ¾ cup** green bell pepper, fresh, ¼" diced
- 3 cloves** garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)
- 2 teaspoons** oregano, leaves, dried
- ¾ cup** tomatoes with juice, canned, diced  
(¾ cup = about ½ of a 14½ oz can)
- 1 cup** chicken broth, low-sodium

Nonstick cooking spray

1. Preheat oven to 400 °F.
2. Combine brown rice and water in small pot. Stir once.
3. Heat on medium-high heat to a rolling boil.
4. Cover and reduce heat to medium. Cook 10-15 minutes over low heat until water is absorbed. Fluff the rice gently with a fork.
5. In a small bowl, combine seasonings: salt, black pepper, garlic powder, and cumin.
6. Sprinkle chicken tenderloins with ½ of the seasoning mixture. Reserve the remaining seasoning mixture for step 12.
7. Line a baking sheet with parchment paper, and lightly coat with nonstick cooking spray. Place chicken tenderloins evenly spaced on baking sheet.
8. Roast for 12–15 minutes. Chicken tenderloins should reach an internal temperature of 165 °F for at least 15 seconds.
9. While tenderloins are roasting, spray a medium skillet with nonstick cooking spray.
10. Place skillet over medium-high heat.
11. Add onion and peppers, and sauté for about 3 minutes, or until vegetables are tender. Stir frequently.
12. Add fresh garlic, oregano, tomatoes, and the remaining seasoning mixture. Cook for 3 minutes, stirring frequently.
13. Add chicken broth, and bring to boil.
14. Add cooked rice, stir well, and cover.
15. Cook for 7–10 minutes. Stir occasionally.
16. Serve one chicken tenderloin and ½ cup rice and vegetable mixture.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For 1 chicken tenderloin and ½ cup rice and vegetable mixture.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>166</b>

<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	37 mg
<b>Sodium</b>	<b>295 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>16 g</b>

Vitamin D	N/A
Calcium	31 mg
Iron	1 mg
Potassium	N/A

1 chicken tenderloin and ½ cup rice and vegetable mixture provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.



## Baked Batatas and Apples

The batata dulce or sweet potato is a root vegetable native to Central and South America, Mexico, and the West Indies. This combination of apples and batatas dulces creates a sweet, savory dish enjoyed by both kids and adults.

**Makes:** 6 servings    **Prep time:** 7 minutes

**Cook time:** 40 minutes

### INGREDIENTS

- 3 tablespoons** brown sugar, packed
- ½ teaspoon** cinnamon, ground
- ¼ teaspoon** salt, table
- 2 cups** sweet potatoes (batatas dulces), fresh, peeled, ½" cubed
- 3 cups** apples, fresh, peeled, cored, ½" cubed (recommend: Braeburn, gala, honey crisp, jonagold, or jonathans)
- 1 tablespoon** canola oil
- ¼ cup** orange juice
- Nonstick cooking spray

### DIRECTIONS

1. Preheat oven to 350 °F.
2. Prepare cinnamon-sugar mixture: In a medium bowl, combine brown sugar, cinnamon, and salt.
3. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
4. Add sweet potatoes (batatas dulces), apples, oil, and orange juice to the cinnamon-sugar mixture and toss.
5. Place the sweet potato (batata dulce) and apple mixture in the baking dish.
6. Cover with foil and bake for 40 minutes, or until sweet potatoes (batatas dulces) are tender. Heat to 140 °F for at least 15 seconds.
7. Serve ½ cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For ½ cup Baked Batatas and Apples.

Nutrients	Amount
<b>Calories</b>	<b>102</b>

<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>214 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	5 g
Total Sugars	15 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	3 mg
Iron	2 mg
Potassium	N/A

½ cup provides ¼ cup vegetable and ¼ cup fruit.

### CHEF TIPS

Add ½ cup chopped nuts or 1 tablespoon grated orange rind to the cinnamon-sugar mixture for a crunchy texture or citrus flavor.

#### Variations

Yams or butternut squash may be substituted for the sweet potatoes.

Canned apple slices may be substituted for fresh apples.



## Baked Cod Olé

Seafood is popular in Barbados, the Dominican Republic, Puerto Rico, and other parts of the Caribbean. Each island has its own specialty dish, and many include baked fish. Cod is a popular choice due to its versatility. It can be baked, poached, or grilled.

**Makes:** 6 servings    **Prep time:** 10 minutes  
**Cook time:** 15 minutes

### INGREDIENTS

**3 tablespoons** lime juice, fresh squeezed, seeds removed or bottled lime juice  
(2 limes = about 3 Tbsp lime juice)

**½ teaspoon** olive oil

**¼ teaspoon** black pepper, ground

**¼ teaspoon** salt, table

**1 ¼ cups** tomatoes, fresh, ¼" diced

**1 ¼ cups** onions, fresh, peeled, ¼" diced

**2 tablespoons** cilantro, fresh, chopped

**13½ ounces** cod fish fillets, fresh or frozen  
(each piece should be about 2¼ oz)

Nonstick cooking spray

### DIRECTIONS

1. Preheat oven to 400 °F.
2. To make dressing: In a small bowl, whisk together lime juice, olive oil, black pepper, and salt.
3. To make salsa: In a medium bowl, combine tomatoes, onions, and cilantro. Add dressing and toss. Hold at 40 °F or lower.
4. Coat baking sheet with nonstick cooking spray.
5. Place fish portions on a baking sheet with about 1" of space separating each piece.
6. Top each piece of fish with **1⅓** cup (about **2⅓** oz) salsa.
7. Roast for 12–15 minutes. When done, fish will flake easily with a fork. Heat to an internal temperature of 155 °F for at least 15 seconds.
8. Serve 1 fillet topped with **1⅓** cup salsa.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For 1 fish fillet topped with  $\frac{1}{3}$  cup salsa.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>68</b>

---

<b>Total Fat</b>	<b>1 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	25 mg
-------------	-------

<b>Sodium</b>	<b>132 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>4 g</b>
---------------------------	------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	2 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>11 g</b>
----------------	-------------

---

Vitamin D	N/A
-----------	-----

Calcium	44 mg
---------	-------

Iron	0 mg
------	------

Potassium	N/A
-----------	-----

1 fish fillet topped with  $\frac{1}{3}$  cup salsa provides  $1\frac{1}{2}$  oz equivalent meat and  $\frac{1}{4}$  cup vegetable.

## CHEF TIPS

### Variation

Tilapia, halibut, or other white fish can be substituted for cod.





## Beef Picadillo

Picadillo is a delicious stew made with ground beef, tomatoes, and other ingredients. It is a popular dish in South American countries and the Caribbean. Serve it over rice or as a filling in tacos.

**Makes:** 6 servings     **Prep time:** 10 minutes  
**Cook time:** 40 minutes

### INGREDIENTS

- ½ cup** brown rice, long-grain, uncooked
- 1 cup** water
- 12 ounces** beef, ground, 90% lean, fresh or frozen, raw
- 1 ¼ cups** onions, fresh, peeled, ¼" diced
- 1 cup** green bell peppers, fresh, ¼" diced
- 1 clove** garlic, fresh, minced (1 clove is about ½ teaspoon minced)
- ⅓ cup** tomatoes with juice, diced, canned
- 1 cup** tomato sauce, canned
- ½ cup** raisins, seedless, unpacked
- ¼ teaspoon** oregano, dried
- ½ teaspoon** cumin, dried, ground
- 2 tablespoons** cilantro, fresh, chopped (optional)

### DIRECTIONS

1. Combine brown rice and water in a small pot. Stir once.
2. Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, 15–20 minutes. Fluff the rice gently with a fork.
3. Heat a medium skillet on medium-high heat on top of stove.
4. Brown ground beef. Drain. Heat to 165 °F or higher for at least 15 seconds.
5. Add onions, bell peppers, and garlic to ground beef. Sauté on medium–high heat until onions and bell peppers are soft. Stir frequently.
6. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil, and remove from heat.
7. Serve ½ cup picadillo over ¼ cup rice. Garnish with 1 teaspoon cilantro (optional).

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CHEF TIPS

For ½ cup picadillo over ¼ cup rice.

Nutrients	Amount
<b>Calories</b>	<b>202</b>

---

<b>Total Fat</b>	<b>6 g</b>
------------------	------------

Saturated Fat	2 g
---------------	-----

Cholesterol	38 mg
-------------	-------

<b>Sodium</b>	<b>147 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>23 g</b>
---------------------------	-------------

Dietary Fiber	2 g
---------------	-----

Total Sugars	2 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>15 g</b>
----------------	-------------

---

Vitamin D	N/A
-----------	-----

Calcium	34 mg
---------	-------

Iron	2 mg
------	------

Potassium	N/A
-----------	-----

For optimal browning and taste:

- 1) Do not rinse ground beef.
- 2) Do not crowd ground beef.

Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the meat rather than brown it, making it less flavorful.

### Variations

If ground beef is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw beef at 40 °F or lower.

Frozen bell peppers may be substituted for fresh bell peppers.

½ cup picadillo over ¼ cup rice provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.



## Quick Quesadilla

Quesadillas, a popular menu item in Mexico, are made by folding a corn or flour tortilla in half and filling it with a variety of ingredients. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan.

**Makes:** 6 servings    **Prep time:** 20 minutes

**Cook time:** 15 minutes

## INGREDIENTS

**2¼ cups** spinach, frozen, chopped  
(thawed and drained yields 1½ cups)

**1 cup** kidney beans, dark red, canned, no salt added, drained and rinsed; *or* kidney beans, dry, cooked

**1 teaspoon** garlic powder

**½ teaspoon** onion powder

**¼ teaspoon** chili powder

**4** whole-grain tortillas, 8"  
(at least 51 gm each)

**1½ cups** mozzarella cheese, low-fat, shredded

## DIRECTIONS

1. Thaw, drain, and squeeze excess liquid from spinach.
2. Preheat oven to 350 °F.
3. Place kidney beans in a small microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing, using gloved hands (at least 50% of the beans should appear whole). Be careful not to overmash beans.
6. Heat in microwave for 1 minute. Stir with a spoon.
7. Prepare quesadillas:
  - a. Place half of the tortillas on a baking sheet. Spread ¾ cup of spinach on each tortilla. Top each with ¾ cup of bean mixture and ¾ cup of cheese.
  - b. Place remaining tortillas on top.
  - c. Spray outside of filled quesadillas with nonstick cooking spray.
8. Bake for 15 minutes. Heat quesadillas to an internal temperature of 140 °F or higher for at least 15 seconds.
9. Cut each quesadilla into 6 wedges.
10. Serve 2 wedges or ⅓ quesadilla.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

For 2 slices wedges or  $\frac{1}{3}$  quesadilla.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>203</b>
<hr/>	
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	10 mg
<b>Sodium</b>	<b>442 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
<hr/>	
Vitamin D	N/A
Calcium	157 mg
Iron	1 mg
Potassium	N/A

## CACFP CREDITING INFORMATION

2 wedges ( $\frac{1}{3}$  quesadilla) provides legume as meat alternate:  $\frac{1}{2}$  oz equivalent meat alternate,  $\frac{1}{4}$  cup vegetable, and 1 oz equivalent grains; or legume as vegetable: 1 oz equivalent meat alternate,  $\frac{3}{8}$  cup vegetable, and 1 oz equivalent grains.

## CHEF TIPS

### Tips for Soaking Dry Beans

1 lb dry kidney beans = about  $2\frac{1}{2}$  cups dry or  $6\frac{1}{4}$  cups cooked beans.

**Overnight Method:** Add  $1\frac{3}{4}$  qts cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**Quick-Soak Method:** Boil  $1\frac{3}{4}$  qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### Tips for Cooking Dry Beans

Once the beans have been soaked, add  $1\frac{3}{4}$  qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

### Optional

Serve with sliced or mashed avocado, cilantro, or salsa.

*Source:* Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>



## Red Beans and Rice

Rice and beans is a staple dish in many South American countries. The popular duo is sometimes called “casamiento” or “matrimonio,” which means wedding or marriage. Rice and beans is also a popular part of Creole cuisine in Louisiana.

**Makes:** 6 servings    **Prep time:** 10 minutes  
**Cook time:** 20 minutes

### INGREDIENTS

### DIRECTIONS

- 1 **tablespoon** olive oil
- 1½ **cups** onions, fresh, peeled, ¼" diced
- 1½ **cups** green bell peppers, fresh, ¼" diced
- 3 **cloves** garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)
- ¾ **cup** brown rice, instant, uncooked
- 2 **teaspoons** cumin, ground
- 2 **teaspoons** oregano, leaves, dried
- ½ **teaspoon** salt, table
- ½ **teaspoon** black pepper, ground
- 2 **cups** chicken broth, low-sodium
- 3 **cups** kidney beans, dark red, canned, low-sodium, drained and rinsed; or kidney beans, dry, cooked

1. Heat oil on medium–high in a medium skillet.
2. Add onions and peppers, and sauté for about 3 minutes or until onions are soft.
3. Reduce heat to medium.
4. Stir in garlic, brown rice, cumin, oregano, salt, and pepper. Cook for 1 minute or until rice and spices become toasted, stirring constantly.
5. When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium–high, and bring to a boil.
6. Stir in kidney beans. Reduce heat to medium, and simmer for 5 minutes or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
7. Serve ¾ cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For  $\frac{3}{4}$  cup.

Nutrients	Amount
<b>Calories</b>	<b>173</b>
<hr/>	
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>313 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	7 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
<hr/>	
Vitamin D	N/A
Calcium	41 mg
Iron	2 mg
Potassium	N/A

*Source:* Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

$\frac{3}{4}$  cup provides legume as meat alternate: 1  $\frac{1}{2}$  oz equivalent meat alternate,  $\frac{1}{4}$  cup vegetable and  $\frac{1}{2}$  oz equivalent grain; or legume as vegetable: no equivalent meat alternate and  $\frac{5}{8}$  cup vegetable and  $\frac{1}{2}$  oz equivalent grains.

### CHEF TIPS

#### Tips for Soaking Dry Beans

1 lb dry kidney beans = about 2  $\frac{1}{2}$  cups dry or 6  $\frac{1}{4}$  cups cooked beans.

**Overnight Method:** Add 1  $\frac{3}{4}$  qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

**Quick-Soak Method:** Boil 1  $\frac{3}{4}$  qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

#### Tips for Cooking Dry Beans

Once the beans have been soaked, add 1  $\frac{3}{4}$  qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.



## Red Pozole

Pozole, which has hominy as its main ingredient, is a traditional soup or stew from Mexico. Hominy is a food produced from treated, dried corn kernels and can be found in many dishes prepared throughout Mexico and Central America.

**Makes:** 6 servings      **Prep time:** 10 minutes  
**Cook time:** 50 minutes

### INGREDIENTS

- 12½ ounces** chicken breast, boneless, skinless, fresh or frozen, raw
- 1 teaspoon** canola oil
- 1¼ cups** onions, fresh ¼" diced
- 1 clove** garlic, fresh, minced (1 clove is about ½ teaspoon minced)
- ¼ teaspoon** salt, table
- ¼ teaspoon** black pepper, ground
- ¾ cup** tomatoes with juice, canned, diced
- 1 tablespoon** tomato paste, canned
- ¾ cup** hominy, canned, drained
- ½ cup** water
- 2 tablespoons** cilantro, fresh, chopped
- 1 lime**, fresh, cut into eight wedges (optional)
- Nonstick cooking spray

### DIRECTIONS

1. Preheat oven to 400 °F. Spray baking sheet with nonstick cooking spray.
2. Place chicken breasts on a baking sheet. Bake for 15–25 minutes. Bake until internal temperature reaches 165 °F or higher for at least 15 seconds.
3. Remove chicken breasts from oven. Let chicken breast sit for 10 minutes to cool slightly, then dice.
4. Heat oil in a medium stockpot on medium–high heat.
5. Add onions, and sauté until soft.
6. Add garlic, salt, and pepper. Continue cooking on medium–high heat until garlic is fragrant, 1–2 minutes. Stir frequently.
7. Add cooked chicken, diced tomatoes with juice, tomato paste, hominy, and water. Reduce heat to medium–low, and simmer for 15 minutes, stirring occasionally. If too thick, add more water for desired consistency. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
8. Remove pozole from heat, and stir in fresh cilantro.
9. Serve ½ cup. Lime wedge is optional.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CHEF TIPS

For ½ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>121</b>

---

<b>Total Fat</b>	<b>4 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	38 mg
-------------	-------

<b>Sodium</b>	<b>254 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>7 g</b>
---------------------------	------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	1 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>13 g</b>
----------------	-------------

---

Vitamin D	N/A
-----------	-----

Calcium	27 mg
---------	-------

Iron	1 mg
------	------

Potassium	N/A
-----------	-----

### Variations

If chicken is frozen, defrost in the refrigerator for 1 day. Hold raw chicken at 40 °F or lower.

Beef may be substituted for chicken.

For large chicken breasts, cut in half to decrease cooking time.

## CACFP CREDITING INFORMATION

½ cup provides 1½ oz equivalent meat and ¼ cup vegetable.

*Source:* Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>





## Tropical Bean Salad

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

**Makes:** 6 servings

**Prep time:** 10 minutes

### INGREDIENTS

### DIRECTIONS

**3½ cups** black beans, low-sodium, canned, drained, and rinsed; or black beans, dry, cooked

**1½ cups** mango, canned, drained, diced

**¾ cup** tomato, fresh, ¼" diced

**1 tablespoon** canola oil

**2 tablespoons** apple cider vinegar

**½ teaspoon** oregano, dried

**¼ teaspoon** black pepper, ground

**3 cups** lettuce, Romaine, raw, chopped

1. In a medium bowl, mix together black beans, mango, and tomato to make a salad.

2. Prepare dressing: In a small bowl, whisk together canola oil, apple cider vinegar, oregano, and pepper.

3. Toss black bean salad with dressing.

4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.

5. Serve 1 cup black bean salad over ½ cup lettuce.

Critical Control Point: Hold at 40 °F or lower.

## NUTRITION INFORMATION

For 1 cup black bean salad over ½ cup lettuce.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>162</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>153 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	9 g
Total Sugars	9 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	56 mg
Iron	2 mg
Potassium	N/A

## CACFP CREDITING INFORMATION

1 cup bean salad over ½ cup lettuce provides legume as meat alternate: 1½ oz equivalent meat alternate, ¾ cup vegetable, and ¼ cup fruit; or legume as vegetable: ¾ cup vegetable and ¼ cup fruit.

## CHEF TIPS

### For Soaking Dry Beans

1 lb dry black beans = about 2¼ cups dry or 4½ cups cooked beans.

Overnight Method: Add 1¼ qt cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¼ qt of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### For Cooking Dry Beans

Once the beans have been soaked, add 1¼ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.



## Beef Goulash

Goulash is an easy-to-prepare traditional Hungarian stew of vegetables and meat in a savory tomato sauce. Popular in Belgium, the Netherlands, Switzerland, and Scandinavia, it is commonly made with sweet Hungarian paprika, which can be found in specialty supermarkets.

**Makes:** 6 servings     **Prep time:** 10 minutes

**Cook time:** 3 hours 15 minutes

### INGREDIENTS

**15<sup>1</sup>/<sub>3</sub> ounces** beef round, roast or steak, fresh or frozen, lean,  $\frac{1}{2}$ " cubed

**2<sup>1</sup>/<sub>8</sub> cups** onions, fresh,  $\frac{1}{4}$ " diced

**2 cloves** garlic, fresh, minced  
(1 clove is about  $\frac{1}{2}$  teaspoon minced)

**$\frac{1}{4}$  cup** ketchup

**1 tablespoon** Worcestershire sauce

**1 tablespoon** brown sugar, unpacked

**$\frac{1}{2}$  teaspoon** salt, table

**1 teaspoon** paprika

**1 teaspoon** mustard, yellow, prepared

**$\frac{1}{4}$  cup** water, warm

**2 tablespoons** flour, all purpose, enriched, unbleached

**2<sup>1</sup>/<sub>4</sub> cups** whole grain-rich egg noodles, uncooked; or other whole grain-rich pasta

### DIRECTIONS

1. Place beef, onions, minced garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika, and mustard into a slow cooker, and stir well.
2. Cover and cook for 3 hours on high or 6 hours on low (see slow cooker safety tips, next page).
3. Combine warm water and flour; mix well using a whisk or fork to form a thin paste, known as a slurry. Add the slurry to the slow cooker, cover, and cook for 15 minutes or until goulash has thickened. Heat to 165 °F or higher for at least 15 seconds.
4. Fill a large pot with water. Bring water to a rolling boil. Slowly add noodles. Stir constantly, until water returns to a boil. Cook uncovered for about 8 minutes or until tender. Do not overcook. Drain well.
5. Serve  $\frac{1}{2}$  cup goulash over  $\frac{1}{4}$  cup of cooked noodles.

Critical Control Point: Hold at 140 °F or higher.

## CHEF TIPS

### Slow Cooker and Food Safety Tips

Slow cookers cook foods slowly at a low temperature—generally between 170 °F and 280 °F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature.

Always thaw meat or poultry before putting it into a slow cooker.

Make sure the cooker is plugged in and turned on.

Keep the lid in place.

### Variations

If using frozen beef, defrost in the refrigerator 1 day per 1–5 pounds. Store raw beef at 40 °F or lower.

May substitute ¼ cup whole grain–rich cooked noodles with ¼ cup cooked brown rice.

Garnish with fresh, chopped, Italian parsley.

## NUTRITION INFORMATION

For ½ cup goulash over ¼ cup cooked noodles.

Nutrients	Amount
<b>Calories</b>	<b>188</b>

<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	33 mg
<b>Sodium</b>	<b>346 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	N/A
Total Sugars	13 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>

Vitamin D	N/A
Calcium	26 mg
Iron	2 mg
Potassium	N/A

## CACFP CREDITING INFORMATION

½ cup goulash over ¼ cup cooked noodles provides 1 ½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.



## Chicken Flatbread Pizza

Flatbread varieties such as tortillas, pitas, and focaccia are very popular. The newcomer is naan, a thick, double-layered flatbread that can be served plain alongside curries, lentils, and other dishes, stuffed with various fillings, or topped with meats, vegetables, sauces, and more.

**Makes:** 6 servings      **Prep time:** 25 minutes  
**Cook time:** 40 minutes

### INGREDIENTS

Nonstick cooking spray

- ½ teaspoon** turmeric, ground
- ¼ teaspoon** salt, table
- ½ teaspoon** cumin, ground
- ¼ teaspoon** cinnamon, ground
- 10 ½ ounces** chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 5 tenderloins)
- 3 tablespoons** Greek yogurt, plain, non-fat
- 2 teaspoons** canola oil
- ⅔ cup** onion, fresh, peeled, ½" chopped
- 3 cloves** garlic, fresh, minced (1 clove is about ½ teaspoon minced)
- 4 ounces** spinach, fresh, roughly chopped (4 oz = about 4 cups packed)
- 2** whole-wheat flatbread naan (about 126 gm each)
- 1 cup** tomatoes, fresh, ¼" diced
- 1 ½ ounces** mozzarella, low-fat, shredded

### DIRECTIONS

1. Preheat oven to 350 °F.
2. In a small bowl combine turmeric, salt, cumin, and cinnamon. Divide seasoning mixture in half.
3. Coat chicken tenderloins with ½ of the seasoning mixture from step 2.
4. Place chicken tenderloins on a baking sheet lightly coated with nonstick cooking spray.
5. Bake for 12–15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds.
6. Chop chicken into ½" pieces.
7. While chicken is baking, combine the remaining seasoning mixture with the yogurt. Set aside.
8. Heat oil on medium-high heat in a medium skillet.
9. Sauté onions for 3–5 minutes or until onions are tender.
10. Add garlic and spinach, and cook for 3 minutes or until spinach is wilted. Remove from the heat.
11. Slice each flatbread into 3 pieces.
12. Place flatbreads on a baking sheet coated with nonstick cooking spray.
13. Spread ½ Tbsp of seasoned yogurt from step 7 on each piece of flatbread.
14. Top each piece with ¼ cup cooked vegetables, 1 ¼ oz chicken, 2/3 Tbsp tomatoes, and 1 Tbsp cheese.
15. Bake for 15–20 minutes. Heat to 140 °F for at least 15 seconds.
16. Serve 1 piece.

Critical Control Point: Hold for hot service 140 °F or higher.

## NUTRITION INFORMATION

---

For 1 piece of Chicken Flatbread Pizza.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>226</b>

---

<b>Total Fat</b>	<b>9 g</b>
Saturated Fat	3 g
Cholesterol	38 g
<b>Sodium</b>	<b>351 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>

---

Vitamin D	N/A
Calcium	69 mg
Iron	2 mg
Potassium	N/A

## CHEF TIPS

---

### Variation

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.

## CACFP CREDITING INFORMATION

---

1 piece provides 1½ oz equivalent meat, ¼ cup vegetable, and 1½ oz equivalent grains.



## Chicken Ratatouille

This is the perfect one-dish dinner when the garden is in full swing. It is a traditional French stew, originating in an area that is present-day Nice. This delicious dish can be served hot or cold.

**Makes:** 6 servings     **Prep time:** 20 minutes

**Cook time:** 18 minutes

### INGREDIENTS

- ¼ tablespoon** canola oil
- 12½ ounces** chicken breast, boneless, skinless, fresh or frozen, raw, ½" diced
- ¼ cup** zucchini, fresh, unpeeled, ½" diced
- ⅔ cup** eggplant, fresh, unpeeled, ½" diced
- ⅓ cup** onions, fresh, peeled, ¼" diced
- ¼ cup** green peppers, fresh, ¼" diced
- 3 tablespoons** mushrooms, fresh, thinly sliced
- ¼ teaspoon** salt, table
- ¾ cup** tomatoes with juice, canned, diced, garlic, oregano, and basil
- 1 clove** garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)
- ½ tablespoon** basil, dried
- ⅛ tablespoon** black pepper, ground
- ½ teaspoon** balsamic vinegar
- ½ teaspoon** lemon juice, fresh or bottled
- ½ teaspoon** parsley, fresh, minced

### DIRECTIONS

1. Heat oil on medium-high in a medium skillet.
2. Add chicken and sauté on each side for about 3 minutes or until lightly browned.
3. Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook for an additional 5 minutes until onions are tender. Stir often.
4. Add diced canned tomatoes with juice, minced garlic, dried basil, black pepper, and balsamic vinegar. Bring to a boil.
5. Reduce heat to medium, and simmer for 10 minutes or until chicken is tender and juices from the tomatoes and vinegar have reduced. Stir frequently. Chicken should reach an internal temperature of 165 °F for at least 15 seconds.
6. Remove from heat and stir in lemon juice and parsley.
7. Serve ¾ cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For  $\frac{3}{8}$  cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>101</b>

<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g

Cholesterol	38 mg
-------------	-------

<b>Sodium</b>	<b>185 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>3 g</b>
---------------------------	------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	3 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>13 g</b>
----------------	-------------

Vitamin D	N/A
-----------	-----

Calcium	22 mg
---------	-------

Iron	1 mg
------	------

Potassium	N/A
-----------	-----

$\frac{3}{8}$  cup provides  $1\frac{1}{2}$  oz equivalent meat and  $\frac{1}{4}$  cup vegetable.

### CHEF TIPS

#### Variation

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.





## Easy Zucchini Lasagna

This lasagna is a delicious summer version of a popular comfort food that made its debut in Italy during the Middle Ages. Zucchini, also called "green Italian squash," is a highly anticipated spring vegetable in Italy, where it has been incorporated into numerous recipes.

**Makes:** 6 servings

**Prep time:** 20 minutes

**Cook time:** 1 hour

### INGREDIENTS

**2½ ounces** mozzarella cheese, low-fat, shredded  
(2½ oz equals ½ cup plus 2 tablespoons)

**1 cup** cottage cheese, fat-free

**3 tablespoons** tomato paste, canned, low-sodium

**1 cup** tomato sauce, canned

**1 teaspoon** oregano, dried

**1 teaspoon** basil, dried

**2<sup>5</sup>/<sub>8</sub> ounces** onions, fresh, peeled, ¼" diced  
(½ cup plus 1 tablespoon)

**2 cloves** garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)

**¼ teaspoon** black pepper, ground

**1½ cups** zucchini, fresh, unpeeled, thinly sliced

**3<sup>2</sup>/<sub>3</sub> ounces** lasagna noodles, enriched, oven ready  
(6 sheets)

**1 tablespoon** Parmesan cheese, fresh, shredded  
Nonstick cooking spray

### DIRECTIONS

1. Preheat oven to 350 °F.
2. Reserve ⅓ cup of mozzarella cheese, and set aside for later use.
3. Make cheesy tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a small bowl.
4. Divide zucchini evenly into two parts, about ¾ cup.
5. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Assembly:  
*First layer.* Spread ¾ cup of cheesy tomato sauce evenly on the bottom of each steam table pan. Cover sauce with 3 sheets of oven-ready lasagna noodles. Then, cover noodles with ¾ cup of zucchini slices.  
*Second layer.* Repeat first layer.  
*Third layer.* Top layers 1 and 2 with the remaining cheesy tomato sauce (about ¾ cup), and then finish by sprinkling on the reserved shredded mozzarella cheese (⅓ cup) and the Parmesan cheese (1 Tbsp).
7. Cover tightly with foil, and bake until zucchini is tender, about 30 minutes.
8. Remove from oven.
9. Remove foil, and bake uncovered until cheese starts to brown slightly, approximately 15 minutes. Heat to 140 °F for at least 15 seconds.
10. Let lasagna stand 10 minutes before serving.
11. Cut into 6 even pieces, Serve 1 piece.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For 1 piece (2" x 3¾").

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>171</b>
<hr/>	
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	3 g
Cholesterol	14 mg
<b>Sodium</b>	<b>434 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
<hr/>	
Vitamin D	N/A
Calcium	68 mg
Iron	2 mg
Potassium	N/A

1 piece provides 1 oz equivalent meat alternate, ½ cup vegetable, and ½ oz equivalent grains.



## Mediterranean Tuna Salad

Replace mayonnaise with a tangy, Italian salad dressing to create a delicious new twist on tuna salad. Serve it in a pita, on a bun or roll, on top of crackers, or by itself.

**Makes:** 6 servings     **Prep time:** 10 minutes

### INGREDIENTS

**9 ounces** tuna, chunk style, canned in water, drained (about 1 cup plus 2 Tbsp)

**$\frac{3}{4}$  cup** carrots, fresh, peeled, shredded

**$\frac{1}{2}$  cup** cucumber, fresh, unpeeled,  $\frac{1}{4}$ " diced

**$\frac{2}{3}$  cup** peas, frozen

**$\frac{1}{3}$  cup** Italian salad dressing, fat-free

**3** whole-wheat pitas (at least 70 gm each)

### DIRECTIONS

1. Place drained tuna in a medium bowl.
2. Break apart chunks of tuna, using a fork.
3. Add carrots, cucumbers, peas, and salad dressing. Mix well.
4. Cover, and refrigerate for 2 hours, or until salad is chilled and peas are thawed. Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
5. Cut each pita in half.
6. Place  $\frac{1}{2}$  cup of tuna salad into the pocket of each pita half.
7. Serve  $\frac{1}{2}$  a pita pocket.

Critical Control Point: Hold at 40 °F or lower.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For ½ pita.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>178</b>

---

<b>Total Fat</b>	<b>3 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	23
-------------	----

<b>Sodium</b>	<b>533 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>24 g</b>
---------------------------	-------------

Dietary Fiber	3 g
---------------	-----

Total Sugars	3 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>15 g</b>
----------------	-------------

---

Vitamin D	N/A
-----------	-----

Calcium	14 mg
---------	-------

Iron	2 mg
------	------

Potassium	N/A
-----------	-----

½ pita provides 1 ½ oz equivalent meat, ¼ cup vegetable, and 1 ¼ oz equivalent grains.



## Spinach Egg Bake

An egg bake, also known as a frittata, is an easy-to-prepare dish providing a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In Europe, it is rarely served in restaurants but commonly in the home.

**Makes:** 6 servings      **Prep time:** 20 minutes

**Cook time:** 17 minutes

### INGREDIENTS

**2¼ cups** spinach, frozen, chopped, thawed, and drained

**6** eggs, large

**1 tablespoon** feta cheese, crumbled

**1 teaspoon** onions, dehydrated, chopped

**½ teaspoon** black pepper, ground

**½ teaspoon** salt, table

Nonstick cooking spray

### DIRECTIONS

1. Preheat oven to 350 °F.
2. Thaw spinach in the microwave using package direction or by placing under cool running water.
3. Drain excess water from spinach (see chef tip, next page).
4. Whisk eggs in a small mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well (see chef tips, next page).
5. Lightly coat medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Spread spinach evenly on the bottom of the baking dish.
7. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon. Place baking dish into the oven. Bake for 15 minutes at 350 °F to an internal temperature of 160 °F or higher for at least 15 seconds.
8. Broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown color. Remove immediately to prevent burning. Caution: use a hot pad, as dish will be very hot.
9. Cut into 6 even pieces; each piece should be about 2" x 3¼". Serve immediately.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CHEF TIPS

For 1 piece (2" x 3¾").

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>115</b>
<hr/>	
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	171 mg
<b>Sodium</b>	<b>203 mg</b>
<b>Total Carbohydrate</b>	<b>4 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
<hr/>	
Vitamin D	N/A
Calcium	127 mg
Iron	2 mg
Potassium	N/A

Before whisking, puncture each egg yolk with a fork to make whisking faster and easier.

1 ¼ cup of whole liquid eggs can be substituted for fresh eggs.

It is very important to squeeze moisture from the spinach to obtain optimal firmness, texture, and color in your egg bake.

### **Variation**

Swiss, cheddar, or ricotta cheese is a great substitute for the feta.

## CACFP CREDITING INFORMATION

1 piece provides 2 oz equivalent meat alternate and ¼ cup vegetable.



## Turkey Burgers With Tzatziki Sauce

Minted cucumber sauce known as Tzatziki transforms boring burgers into a flavorful exploration of Greek cuisine.

**Makes:** 6 servings    **Prep time:** 15 minutes

**Cook time:** 20 minutes

### INGREDIENTS

#### Tzatziki Sauce

- ¼ cup** Greek yogurt, plain, non-fat
- ¼ cup** cucumber, fresh, peeled, chopped
- 2 teaspoons** mint leaves, fresh, chopped
- 1 teaspoon** lemon juice, fresh squeezed, seeds removed; or lemon juice, bottled

#### Turkey Burgers

- ¼ cups** spinach, frozen, chopped
- 13 ounces** ground turkey, fresh or frozen, at least 93% lean
- 1 teaspoon** oregano, dried
- 1 teaspoon** garlic powder
- ½ teaspoon** salt, table
- ½ teaspoon** black pepper, ground
- 6 slices** tomato, fresh, ⅛" slices (about 2½ oz)
- 3** whole-wheat pitas (at least 70 gm each)

Nonstick cooking spray

### DIRECTIONS

1. Preheat oven to 400 °F.
2. Prepare Tzatziki sauce: In a small bowl, mix 2 Tbsp yogurt, cucumber, mint leaves, and lemon juice. Save remaining Tzatziki sauce for step 11 (makes about ¼ cup 2 Tbsp). Chill sauce. Cool to 40 °F or lower within 4 hours. Hold for cold service at 40 °F or lower.
3. Thaw, drain, and squeeze excess liquid from spinach. Yields about ½ cup.
4. In a medium bowl, mix spinach, ground turkey, remaining yogurt, oregano, garlic powder, salt, and pepper.
5. Shape into 3 oz rectangle patties to fit into pita pockets, about ¼" thick.
6. Coat baking sheet with nonstick cooking spray.
7. Place burgers on baking sheet.
8. Bake for 20 minutes. Heat to 165 °F for at least 15 seconds.
9. Cut pita pocket in half.
10. Place a turkey burger and a tomato into each half.
11. Top each burger with 1 tablespoon Tzatziki sauce.
12. Serve ½ pita.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

---

For ½ pita.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>198</b>

---

<b>Total Fat</b>	<b>6 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	43 mg
-------------	-------

<b>Sodium</b>	<b>436 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>22 g</b>
---------------------------	-------------

Dietary Fiber	3 g
---------------	-----

Total Sugars	2 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>17 g</b>
----------------	-------------

---

Vitamin D	N/A
-----------	-----

Calcium	74 mg
---------	-------

Iron	2 mg
------	------

Potassium	N/A
-----------	-----

## CACFP CREDITING INFORMATION

---

½ pita provides 1½ oz equivalent meat, ¼ cup vegetable, and 1¼ oz equivalent grains.

## CHEF TIPS

---

### Variations

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds.

Store raw ground turkey at 40 °F or lower.

Tzatziki sauce can also be served on the side.





## Italian Vegetable Medley

Italian seasoning, which typically includes rosemary, oregano, thyme, and marjoram, adds extra flavor to this easy veggie recipe.

**Makes:** 6 servings      **Prep time:** 10 minutes  
**Cook time:** 35 minutes

### INGREDIENTS

- Nonstick cooking spray
- ¾ cup** tomatoes with juice, canned, diced
- ½ cup** onion, fresh, peeled, ¼" diced
- ¼ cup** green beans, fresh, cut, ½" pieces
- ⅓ cup** okra, frozen, cut
- ¼ cup** green bell pepper, fresh, ¼" diced
- 2 teaspoons** lemon juice, fresh squeezed, seeds removed; *or* lemon juice, bottled
- ½ teaspoon** Italian seasoning, dried
- ¼ teaspoon** salt, table
- ¼ cup** zucchini, fresh, unpeeled, ¼" diced
- ½ cup** eggplant, fresh, unpeeled, ½" cubed
- 1 tablespoon** Parmesan cheese, grated

### DIRECTIONS

1. Preheat oven to 400 °F.
2. Lightly coat a medium baking pan (8" x 8") with nonstick cooking spray.
3. In a medium bowl, combine tomatoes with juice, onions, green beans, okra, green pepper, lemon juice, Italian seasoning, and salt.
4. Place vegetable mixture in baking pan.
5. Cover with foil, and bake for 15 minutes.
6. Remove from the oven, and stir in zucchini and eggplant.
7. Continue baking uncovered for 20 minutes or until vegetables are tender. Stir occasionally. Heat to 145 °F for at least 15 seconds.
8. Sprinkle top with Parmesan cheese.
9. Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For ¼ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>17</b>

---

<b>Total Fat</b>	<b>0 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	N/A
-------------	-----

<b>Sodium</b>	<b>165 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>3 g</b>
---------------------------	------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	N/A
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>1 g</b>
----------------	------------

---

Vitamin D	N/A
-----------	-----

Calcium	26 mg
---------	-------

Iron	0 mg
------	------

Potassium	N/A
-----------	-----

¼ cup provides ¼ cup vegetable.



## Collard Greens

Collard greens are a popular vegetable in southern cuisine but can also be found in meals elsewhere around the world, such as Brazil, Kashmir, Kenya, Portugal, and Tanzania. They are often cooked with other leafy green vegetables such as turnip greens, kale, or mustard greens.

**Makes:** 6 servings    **Prep time:** 10 minutes  
**Cook time:** 20 minutes

### INGREDIENTS

**2 tablespoons** turkey bacon, cooked, chopped (about 1 slice)

**½ cup** onions, fresh, peeled, ¼" diced

**2 quarts** collard greens, fresh, leaves only, chopped

**1 cup** water

**¼ teaspoon** liquid smoke (optional)

Nonstick cooking spray

### DIRECTIONS

1. Coat a medium stockpot with nonstick cooking spray and heat over medium heat.
2. Heat bacon for 3–4 minutes, until lightly brown, stirring frequently.
3. Increase heat to medium–high. Add onions, and sauté until soft.
4. Add collard greens. Sauté for 1–2 minutes, stirring continuously, until greens begin to wilt.
5. Add water to stockpot, cover, and bring to a boil. Reduce heat to medium. Simmer for 5–7 minutes, stirring occasionally. Stir in liquid smoke (optional). Remove from heat when greens are tender. Heat to 140 °F or higher for at least 15 seconds.
6. Serve ⅓ cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For 1/3 cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>26</b>

<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>54 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>

Vitamin D	N/A
Calcium	67 mg
Iron	1 mg
Potassium	N/A

1/3 cup provides 1/4 cup vegetable.



## Corn, Zucchini, and Tomato Pie

Colorful and hearty, this savory pie is a great way to showcase summer vegetables. Serve it as a side dish or a meatless entrée.

**Makes:** 6 servings      **Prep time:** 5 minutes

**Cook time:** 25 minutes

### INGREDIENTS

### DIRECTIONS

Nonstick cooking spray

**1 cup** zucchini, fresh, unpeeled,  $\frac{1}{8}$ " sliced

**1 cup** tomatoes, fresh,  $\frac{1}{8}$ " sliced

**$\frac{3}{4}$  cup** corn, frozen, whole kernel, thawed

**1 teaspoon** lemon juice, fresh squeezed, seeds removed; or lemon juice bottled

**1 teaspoon** dill weed, fresh, chopped

**$\frac{1}{8}$  teaspoon** salt, table

**$\frac{1}{4}$  teaspoon** black pepper, ground

**3 tablespoons** Parmesan cheese, grated

**$\frac{1}{4}$  cup** whole-wheat bread crumbs

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray.
3. Place zucchini slices in the bottom of the baking dish, cover with tomato slices, and top with corn.
4. Sprinkle lemon juice evenly over vegetables.
5. Make seasoning mixture: In a small bowl, mix together dill, salt, black pepper, Parmesan, and bread crumbs.
6. Sprinkle seasoning mixture evenly over vegetables, and lightly spray with nonstick cooking spray.
7. Cover with foil, and bake for 25 minutes or until zucchini is tender. Heat to 140 °F or higher for at least 15 seconds.
8. Cut into 6 even pieces. Serve 1 piece.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For 1 piece.

1 piece provides  $\frac{1}{4}$  cup vegetable.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>52</b>

---

<b>Total Fat</b>	<b>1 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	2 mg
-------------	------

<b>Sodium</b>	<b>171 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>9 g</b>
---------------------------	------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	1 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>2 g</b>
----------------	------------

---

Vitamin D	N/A
-----------	-----

Calcium	46 mg
---------	-------

Iron	1 mg
------	------

Potassium	N/A
-----------	-----



## Creamy Wild Rice

Wild rice is harvested in northern Minnesota on the Ojibwa lands, where it grows naturally in the waterways. This form of wild rice has been an essential component of the Native American diet for many generations. The prepared product is soft and plump and has a nutty flavor.

**Makes:** 6 servings      **Prep time:** 5 minutes

**Cook time:** 1 hour 15 minutes

### INGREDIENTS

- 1/3 cup** wild rice, uncooked
- 1 cup** brown rice, uncooked
- 1 1/2 cups** water
- 13 ounces** turkey, ground, fresh or frozen
- 1 cup** onions, fresh, 1/4" diced
- 1 cup** celery, fresh, 1/4" diced
- 1 cup** cream of mushroom soup, condensed
- 3/4 cup** milk, non-fat (skim)
- 1 tablespoon** garlic powder
- 1 teaspoon** pepper, black, ground
- Nonstick cooking spray

### DIRECTIONS

1. Preheat oven to 350 °F.
2. Combine wild rice, brown rice, and water in a small stockpot. Stir once.
3. Heat on medium-high heat to a rolling boil. Cover, and reduce heat to medium. Cook until water is absorbed, about 15–20 minutes. Fluff the rice gently with a fork, and set aside.
4. Place a medium skillet on medium-high heat.
5. Brown ground turkey. Add onion and celery. Continue cooking on medium heat until onions and celery are soft, 5–7 minutes, and the internal temperature of the meat reaches 165 °F or higher for at least 15 seconds. Drain.
6. Stir in rice and remaining ingredients. Bring to a boil. Remove from heat.
7. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray.
8. Spread mixture evenly into baking dish. Cover with foil. Bake for 30 minutes or until liquid has absorbed and dish is creamy.
9. Serve 3/4 cup.

## NUTRITION INFORMATION

For  $\frac{3}{4}$  cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>230</b>
<hr/>	
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	3 g
Cholesterol	40 mg
<b>Sodium</b>	<b>289 mg</b>
<b>Total Carbohydrate</b>	<b>23 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>16 g</b>
<hr/>	
Vitamin D	N/A
Calcium	74 mg
Iron	2 mg
Potassium	N/A

## CHEF TIPS

For optimal browning and taste: 1) Do not rinse ground meat. 2) Do not crowd ground meat. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the meat rather than brown it, making it less flavorful.

### Variations

Cook rice the day before, and cool in the refrigerator. Critical Control Point: Cool to 40 °F or lower within 4 hours.

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw ground turkey at 40 °F or lower.

## CACFP CREDITING INFORMATION

$\frac{3}{4}$  cup provides 1  $\frac{1}{2}$  oz equivalent meat,  $\frac{1}{8}$  cup vegetable, and  $\frac{3}{4}$  oz equivalent grains.





## Great Garden Soup

This soup is reminiscent of chili. It is a traditional Native American stew consisting of squash, corn, and beans. Native American stories of the Three Sisters refer to a tradition of planting corn, beans, and squash together in the garden, which was good for the soil and yielded healthy vegetables.

**Makes:** 6 servings    **Prep time:** 20 minutes  
**Cook time:** 30 minutes

### INGREDIENTS

### DIRECTIONS

Nonstick cooking spray

**4 ounces** ground beef, at least 90% lean, raw, fresh or frozen

**¾ cup** onions, fresh, ¼" diced

**2 cloves** garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)

**1 tablespoon** jalapeno pepper, fresh, seeds and veins removed, minced

**¾ cup** butternut squash, fresh, ½" cubed

**¼ cup** green beans, fresh, cut into ½" pieces

**3 tablespoons** corn, frozen

**1 tablespoon** thyme, dried

**¼ cup** summer squash, fresh, unpeeled, ½" diced

**¼ cup** zucchini, fresh, unpeeled, ½" diced

**11 ounces** kidney beans, low-sodium, rinsed, and drained or kidney beans, dry, cooked  
(1½ cups + 2 Tbsp)

**½ cup** tomato sauce, canned

**¾ cup** tomatoes with juice, canned, diced

**¼ cup** water

1. Coat a medium skillet with nonstick cooking spray.

2. Heat the skillet on medium–high heat.

3. Add ground beef, and brown. Heat to 165 °F or higher for at least 15 seconds. Drain.

4. In a medium stockpot, add browned beef, onions, garlic, jalapeno peppers, butternut squash, green beans, corn, and thyme. Cook for 4–6 minutes on medium–high heat. Stir occasionally until onions and peppers are tender. (If using a slow cooker, see instructions in chef tips, next page).

5. Add summer squash, zucchini, kidney beans, tomato sauce, tomatoes with juice, and water. Stir well. Bring to a boil.

6. Reduce heat to medium, and simmer uncovered for 20 minutes or until vegetables are tender. Stir often. Heat to 140 °F or higher for 15 seconds.

7. Serve ¾ cup.

Critical Control Point: Hold at 140 °F or higher.

For 2/3 cup

Nutrients	Amount
<b>Calories</b>	<b>120</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	12 mg
<b>Sodium</b>	<b>214 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	3 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

CACFP CREDITING INFORMATION

2/3 cup provides legume as meat  
 alternate: 1 1/2 oz equivalent meat/meat  
 alternate and 1/4 cup vegetable; or legume  
 as vegetable: 1/4 oz meat and 1/2 cup  
 vegetable.

For optimal browning and taste: 1) do not rinse ground beef; 2) do not crowd ground beef (crowding may cause the juices to pool around the meat).

**Variations**

If ground beef is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw beef at 40 °F or lower. If using a slow cooker, add browned beef and vegetable mixture along with remaining ingredients into a slow cooker. Cook for 3 hours on high or 6 hours on low.

**Slow Cooker and Food Safety Tips**

Slow cookers cook food slowly at a low temperature—generally between 170 °F and 280 °F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less. If you cut up the meat and vegetables in advance, store them separately in the refrigerator. Always thaw meat or poultry before putting it into the slow cooker.

**Tips for Soaking Dry Beans**

1 lb dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked kidney beans.

Overnight Method: Add 1 3/4 qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**Tips for Cooking Dry Beans**

Once the beans have been soaked, add 1 3/4 qts water for each 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.



## Mini Salmon Loaves

Try these salmon loaves on a bun, over a bed of lettuce, with eggs or a side of hash browns, with a dipping sauce on the side, or just by themselves! This dish is inspired by a traditional Alaskan recipe.

**Makes:** 6 servings     **Prep time:** 20 minutes

**Cook time:** 15 minutes

### INGREDIENTS

**1 cup** Alaska salmon, skinless, boneless, canned, drained, flaked

**1** egg, large, slightly beaten

**1 tablespoon** milk, fat-free (skim)

**1 teaspoon** onion, dried, minced

**1 teaspoon** dill weed, fresh, chopped  
(or ½ tsp dill weed, dried)

**½ teaspoon** lemon pepper seasoning

**3 tablespoons** whole-wheat bread crumbs  
(about ¾ slice of bread)

### DIRECTIONS

1. Preheat oven to 350 °F.
2. Place salmon in a medium bowl.
3. Break apart chunks of salmon using a fork.
4. Add egg, milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
5. Divide salmon mixture into 6 even portions (about 1¾ oz each).
6. Shape each portion into a miniature loaf, about 1" x 2" x ½", and place on a baking sheet.
7. Bake for 15 minutes. Heat to 160 °F or higher for at least 15 seconds.
8. Serve one loaf (about 1½ oz cooked).

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

For 1 loaf (about 1½ oz cooked).

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>82</b>
<hr/>	
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	51 mg
<b>Sodium</b>	<b>197 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>11g</b>
<hr/>	
Vitamin D	N/A
Calcium	27 mg
Iron	0 mg
Potassium	N/A

## CACFP CREDITING INFORMATION

1 loaf (about 1½ oz) provides 1½ oz meat and ¼ oz equivalent grains.



## Southern Black-Eyed Peas

This is a flavorful southern dish that can be served as an entrée or as a side dish. Black-eyed peas are sometimes eaten on New Year's Day because they are believed to bring wealth and luck to those who eat them. The leaves of the plant can be harvested and cooked as well.

**Makes:** 6 servings    **Prep time:** 5 minutes

**Cook time:** 15 minutes

### INGREDIENTS

### DIRECTIONS

**2 tablespoons** turkey bacon, cured, chopped (about 1 slice)

**2 cups** black-eyed peas, low sodium, canned, drained, and rinsed; or black-eyed peas, dry, cooked (about 12½ oz)

**½ cup** water

**½ teaspoon** garlic powder

**¼ teaspoon** onion powder

**1 teaspoon** sugar, granulated

**¼ teaspoon** salt, table

**⅛ teaspoon** black pepper, ground

**⅛ teaspoon** liquid smoke, hickory flavor recommended (optional)

1. Heat a small stockpot on medium heat.
2. Add bacon, and cook for 3–4 minutes, until lightly brown.
3. Add the remaining ingredients, and bring to a boil. Reduce heat to medium, and simmer uncovered for 8–10 minutes until black-eyed peas have thickened. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
4. Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

For ¼ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>89</b>

---

<b>Total Fat</b>	<b>1 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	2 mg
-------------	------

<b>Sodium</b>	<b>135 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>15 g</b>
---------------------------	-------------

Dietary Fiber	4 g
---------------	-----

Total Sugars	2 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>6 g</b>
----------------	------------

---

Vitamin D	N/A
-----------	-----

Calcium	15 mg
---------	-------

Iron	1 mg
------	------

Potassium	N/A
-----------	-----

## CACFP CREDITING INFORMATION

¼ cup provides legume as meat alternate; ½ oz equivalent meat alternate; or legume as vegetable: ¼ cup vegetable.

## CHEF TIPS

### Tips for Soaking Dry Beans

1 lb dry black-eyed peas = about 2¾ cups dry or 7 cups cooked black-eyed peas.

Overnight Method: Add 1¾ qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qts of water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.



## Squash Casserole

Looking for ways to vary your vegetables? This easy casserole is a great way to try summer squash.

**Makes:** 6 servings     **Prep time:** 10 minutes  
**Cook time:** 35 minutes

### INGREDIENTS

- Nonstick cooking spray
- ¾ cup** onions, fresh, peeled, ¼" diced
- 1 cup** zucchini, fresh, unpeeled, grated
- 1 cup** yellow squash, fresh, unpeeled, grated
- ½ teaspoon** parsley, dried
- ½ teaspoon** oregano, dried
- ⅛ teaspoon** salt, table
- ⅛ teaspoon** black pepper, ground
- 1 egg, large, whole
- 2 tablespoons** milk, fat-free (skim)
- 1 ¼ ounces** cheddar cheese, sharp, reduced-fat, shredded

### DIRECTIONS

1. Preheat oven to 400 °F.
2. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray. Set aside.
3. Spray a medium skillet with nonstick cooking spray, and heat over medium-high heat.
4. Sauté onions for 3 minutes or until soft. Stir frequently.
5. Add zucchini and yellow squash. Sauté for 5 minutes. Stir frequently.
6. Add parsley, oregano, salt, and pepper; stir. Continue cooking until zucchini and yellow squash begin to lightly brown, about 5 minutes. Remove from heat.
7. In a small bowl, whisk egg and milk together.
8. Place sautéed vegetables in baking dish. Top with egg and milk mixture, and lightly stir. Be sure to keep vegetables spread evenly on the bottom of the pan. Sprinkle cheese evenly on top of mixture.
9. Bake uncovered for 20 minutes. Heat to 160 °F or higher for at least 15 seconds.
10. Cut pan into 6 pieces. Serve 1 piece.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

## CACFP CREDITING INFORMATION

For 1 piece.

Nutrients	Amount
<b>Calories</b>	<b>45</b>

---

<b>Total Fat</b>	<b>2 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	30 mg
-------------	-------

<b>Sodium</b>	<b>70 mg</b>
---------------	--------------

<b>Total Carbohydrate</b>	<b>3 g</b>
---------------------------	------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	2 g
--------------	-----

Added Sugars included	N/A
-----------------------	-----

<b>Protein</b>	<b>3 g</b>
----------------	------------

---

Vitamin D	N/A
-----------	-----

Calcium	76 mg
---------	-------

Iron	0 mg
------	------

Potassium	N/A
-----------	-----

1 piece provides ½ oz equivalent meat alternate and ¼ cup vegetable.





## Whipped Sweet Potatoes

Brighten your plate with the perfect side dish. This quick and easy-to-prepare sweet potato recipe will become a menu favorite.

**Makes:** 6 servings    **Prep time:** 5 minutes  
**Cook time:** 20 minutes

### INGREDIENTS

### DIRECTIONS

**14 ounces** sweet potatoes, fresh, peeled, cut into quarters (about  $3\frac{1}{4}$  cups)

**1 tablespoon** milk, 1% (low-fat)

**1 tablespoon** margarine, trans-fat free

**$\frac{1}{4}$  teaspoon** salt, table

**$\frac{1}{4}$  teaspoon** black pepper, ground

1. Place sweet potatoes in a pot of water, and bring to a boil. Cook until fork tender, about 20 minutes. Drain well. Heat to 140 °F for at least 15 seconds.
2. In a medium bowl, immediately combine drained sweet potatoes, milk, margarine, salt, and pepper.
3. Using an electric mixer, mix on medium speed until potatoes are smooth and fluffy.
4. Serve  $\frac{1}{4}$  cup.

Critical Control Point: Hold at 140 °F or higher.

## NUTRITION INFORMATION

For ¼ cup.

**Nutrients** **Amount**

**Calories** **80**

---

**Total Fat** **2 g**

Saturated Fat 0 g

Cholesterol N/A

**Sodium** **131 mg**

**Total Carbohydrate** **15 g**

Dietary Fiber 2 g

Total Sugars 5 g

Added Sugars included N/A

**Protein** **1 g**

---

Vitamin D N/A

Calcium 26 mg

Iron 1 mg

Potassium N/A

## CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

# **Infant Feeding**



## **Recipes for Homemade Baby Foods**

### **Baked Apples**

Preheat oven to 350 degrees. Wash and core apples. Wrap each apple in a square foil, and seal tightly. Bake for 30-45 minutes, testing with a fork for desired softness. Remove foil and skin. Mash apples. Count on 2-3 apples to produce 1 cup of mashed apple. You can use the same method for pears, which will reach the desired softness within 15-20 minutes.

### **Sweet Potatoes**

Scrub sweet potatoes and bake at 450 degrees for 40-45 minutes, testing with a fork for desired softness. Allow to cool. Peel, then mash with a fork, adding a bit of apple juice.

### **Squash**

Cut acorn squash in half, remove seeds and place the squash flesh side down in a shallow baking pan in 1" of water. Bake at 400 degrees for 1 hour. Place the cooked squash in a blender or food processor, puree, adding a little of the water from the baking pan. Spoon into containers, allow to completely cool and freeze.

### **Homemade Finger Food Suggestions**

- Soft baked sweet potato cut into very small bits
- Small dices of soft cooked carrots
- Small pieces of cheese if you have introduced cheeses already
- Small bits of cooked apples
- Small bits of ripe bananas (You may want to grind some Cheerios into a fine powder and coat the banana bits for easier pick-up.)

## **Babies Need More Iron, Pound for Pound, Than Adults**

- The consequences of iron deficiency anemia include defects in immune ability, decreased ability to maintain body temperature, learning delays, impaired motor functions and decreased ability in muscular activity.
- Infants are born with a supply of iron that last for about four months. After this time, iron must be supplied by foods in the diet.
- Infants (7-12 months) should have an average of 11 mg. of iron per day. Much of this iron is used for the rapid growth that occurs during this period.
- Here are some recipes that include IFIC:

### **IFIC Pancakes**

1 egg	1 Tbs. sugar
1 cup whole milk	1 tsp. baking powder
$\frac{3}{4}$ cup rice or oatmeal IFIC	$\frac{1}{2}$ tsp. soda
$\frac{1}{4}$ cup enriched flour	Dash of salt

Beat egg. Add remaining ingredients in order listed. Lightly oil griddle. Pour batter onto hot griddle. Turn as soon as pancakes are puffed and are full of bubbles. Cook on other side until golden brown. To freeze extras, freeze in a single layer for several hours; then transfer to an airtight container or plastic bag with a piece of wax paper in between pancakes. Reheat in microwave.

### **IFIC Muffins**

This recipe results in a spongy high-iron muffin. It breaks apart with little crumbs, making it easy for an older infant to eat.

1 cup oatmeal IFIC	$\frac{1}{4}$ cup melted margarine
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup milk
Dash of salt	1 egg, beaten
1 tsp. baking powder	

Preheat oven to 400 degrees. Stir together the dry ingredients. Then add rest of ingredients and stir. Divide batter into 8 well-greased muffin tins. Bake for 20 min. until lightly browned. Each muffin contains 2 Tbs. IFIC. Freezes well.

# **Air Fryer Recipes**





## Air Fryer Recipes

### What's an air fryer?

An air fryer is a compact, counter-top appliance that uses convection heating to circulate air around food. A fan rapidly moves air around the food, surrounding it in a similar way to food submerged in hot oil in a deep fryer.

### How is air frying different from baking in an oven?

Air fryers use rapid air technology to create heat instead of a heating element. That helps them heat up much more quickly than an oven. Their small size circulates the heat more evenly, crisping up food without hot spots and an excess of oil.

## Air Fryer Carrot Fries

### Ingredients

- 1.5 lbs. carrots peeled and sliced into ¼" sticks
- 3 Tbs. olive oil
- ¾ c all-purpose flour
- 1 tsp salt
- 2 tsp garlic powder
- 2 tsp onion powder
- Salt and pepper
- Parmesan cheese

### Instructions

1. Preheat air fryer to 400 degrees.
2. Lay sliced carrots on a paper towel to dry then shake in a bag with oil to coat.
3. Combine flour, salt, garlic powder and onion powder in a dish. Roll one carrot at a time in the mixture and then place in air fryer basket that has been sprayed with a non-stick spray.
4. Fill basket without overlapping the pieces. Spray with non-stick spray.
5. Cook for 6 minutes. Then flip and cook another 6 minutes. Remove, season with salt, pepper and parmesan to taste. Serve.

## **Air Fryer Baked Potatoes**

### **Ingredients**

- 4 medium potatoes, washed, unpeeled
- ½ teaspoon oil
- Salt and pepper

### **Instructions**

1. Lightly prick each potato several times with a fork. Make sure potatoes are dry first, then rub with oil and sprinkle with salt.
2. Place the potatoes in the air fryer basket, with space between them.
3. Cook at 400 degrees for 40-45 minutes, until a knife can be inserted with not much resistance.
4. Remove potato from air fryer and put on a plate. Use a knife to make cut 2 slits, forming an X, in each potato. Press in at the ends of each potato to push the inside up and out. Season with salt and pepper, to taste.
5. Serve with toppings of choice.

## **Air Fryer Butternut Squash**

### **Ingredients**

- 1 Butternut squash with skin remove, cut into equal size cubes
- Olive oil spray
- Salt and pepper
- 2 Tbs. olive oil

### **Instructions**

1. Cut the bulb off the top of the squash, then peel the outside skin. Scoop out the middle and cut squash lengthwise. Cube squash into equal pieces.
2. Preheat air fryer to 350 degrees.
3. Put cubes in a bowl and drizzle on olive oil, toss to coat. Sprinkle with any seasonings you'd like.
4. Pour into air fryer basket and cook for approximately 15 minutes, tossing half way through.
5. Test to see if a fork will insert without much resistance.

## **Air Fryer Green Beans**

### **Ingredients**

- 1 pound fresh trimmed green beans
- 1 ½ Tbs. olive oil or spray
- ½ tsp. garlic powder
- Salt and pepper

### **Instructions**

1. Combine green beans, oil, garlic powder, salt and pepper.
2. Preheat the air fryer to 360 degrees.
3. Place the seasoned green beans in air fryer basket and cook for approximately 10 minutes or longer depending on how you prefer them. Shake about half way through.
4. Season with salt and pepper, to taste.

## **Air Fryer Crispy Zucchini Chips**

### **Ingredients**

- 1 medium zucchini
- 1 Tbs. olive oil or spray
- ½ cup grated parmesan cheese

### **Instructions**

1. Slice the zucchini into coin rounds about a quarter inch thick.
2. Coat the zucchini with olive oil or spray.
3. Place the chips in the air fryer basket or rack preheated to 370 degrees in a single layer.
4. Sprinkle the parmesan and cook for 12 minutes checking half way through to make sure they don't burn.

## Air Fryer Chickpeas

### Ingredients

- 1 15 oz. can chickpeas (garbanzo beans) drained
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- ¼ tsp. cinnamon
- ¼ tsp. smoked paprika

### Instructions

1. Drain garbanzo beans
2. Place a single layer of chickpeas in air fryer and cook at 390 degrees for 5 minutes to dry out the chickpeas
3. Spray chickpeas with non-stick oil
4. Cook an additional 5 minutes
5. Mix together the spices in a small bowl and add the seasoning to the chickpeas
6. Cook for an additional 2 minutes. Serve

## Air Fryer Meatballs

### Ingredients

- 1 lb. ground beef
- ¼ cup panko bread crumbs
- ¼ cup milk
- 1 Tbs. Worcestershire sauce
- 1 tsp. garlic powder
- 3 Tbs. parmesan cheese
- ½ tsp. salt

### Instructions

1. Whisk together bread crumbs, milk, Worcestershire sauce, garlic powder, salt and Parmesan cheese.
2. Add beef to the mixture and mix until combined.
3. Form into about 12 meatballs and place them in preheated 375 degrees' air fryer.
4. Cook for about 14 minutes or to 160 degrees.

## Air Fryer Pork Chops

### Ingredients

- 4 pork chops
- 2 Tbs. olive oil
- ½ cup parmesan cheese
- 2 tsp. smoked paprika
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. mustard powder
- ½ tsp. salt
- ½ tsp. pepper

### Instructions

1. Preheat air fryer to 400 degrees. Coat pork chops with olive oil on all sides.
2. Whisk the parmesan cheese with the rest of the ingredients and dredge each pork chop through the parmesan mixture.
3. Place the pork chops in the air fryer. Cook for 12-15 minutes, flipping halfway through. Be sure the pork chops reach an internal temp. of 145 degrees.
4. Let the pork chops rest for 5 minutes before serving.

## Air Fryer Salmon

### Ingredients

- 4 salmon fillets
- 2 Tbs. olive oil
- 1 tsp. garlic powder
- 1/4 tsp. paprika
- Salt and pepper

### Instructions

1. Preheat the air fryer to 400 degrees.
2. Rub each fillet with olive oil and season with garlic powder, paprika, salt and pepper. Place the salmon in air fryer and air fry for approximately 8 minutes or until done. Time may vary between air fryers.

## Air Fryer Popcorn Chicken

### Ingredients

- 2 lbs. chicken breast tenders, cut into small pieces
- Marinade:
  - 2 cups milk
  - 1 tsp. salt
  - ½ tsp. black pepper
  - ¼ tsp. paprika
- Coating:
  - 1 ¾ cup flour
  - 1 ½ tsp. salt
  - 1 tsp. black pepper
  - ½ tsp. paprika
  - Cooking Spray

### Instructions

1. In a large bowl, place the chicken and marinade ingredients. Marinate in the refrigerator for 2-6 hours.
2. In a plastic bag mix the coating ingredients.
3. Drain the marinade from the chicken but do not throw it away. In small batches shake the chicken chunks with the dry ingredients. Dunk the chicken chunks again briefly into the marinade; coat with the dry ingredients a second time.
4. Spray the air fryer basket with cooking spray. Place breaded chicken in an even layer; set aside the rest of the chicken. Spray the tops of the chicken with oil.
5. Cook in air fryer at 370 degrees for approximately 8 minutes or until done.
6. Record as "HM Chicken Nuggets".