



Recipes



Recipe book developed by:

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Sloppy Joes for a crowd

Ingredients

- 4 lb fried ground beef, drained
- 1/2 C celery
- 1 C chopped onion
- 1/2 C lemon juice
- 14 oz or 1 3/4 C catsup
- 2 T brown sugar
- 1 C water
- 1 T Worcestershire sauce
- 2 tsp vinegar
- 1 T salt
- 1/2 tsp. dry mustard

Directions

1. Brown and drain beef. Add other ingredients. Simmer 2-3 hours. * can serve with whole wheat burger buns.!

Crediting for 3-5 year olds

42 serving of 1/2 cup provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain / Bread

*serving based on lunch requirements



Chickpea & pasta

Ingredients

- 1 gal+ 1qt or 20 C water
- 1 T Kosher salt
- 5 lbs Whole-wheat spaghetti
- 2 C unsalted butter
- 1 C olive oil
- 5 T crushed garlic cloves
- 1 tsp ground black pepper
- 2 # 10 (106 oz) Chickpeas, canned, rinsed and drained
- 2 lb Diced tomatoes, fresh or canned (drained)
- 1 C Finely chopped fresh basil



Directions

1. bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes, Drain and set aside.
2. Heat butter and oil in a large stockpot over medium heat. Add garlic and pepper and cook, stirring for 1 minute. Add chick peas and cook. Stirring occasionally until heated through, 10 to 15 minutes.
3. Add the drained pasta, tomatoes and basil: toss to combine. Serve hot or cold.

Crediting for 3-5 year olds

50 servings of 1 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Source: Vermont Feed, new school cuisine,

http://www.vtfeed.org/sites/default/files/5_NewSchoolCuisine_Meat-MeatAlt_lores.Revised.PDF

Meat Casserole

Ingredients

- 2 lbs ground beef
- 1 large green pepper
- 1 large onion
- 1/2 C green onions
- 1/2 C celery
- 1 can(10 oz) cream of mushroom soup
- 1/2 C instant rice
- 1 pkg(8 oz) sharp cheese
- 1 pkg(8 oz) mozzarella cheese
- 1 can (14.5 oz) green beans
- 1 Jar pimentos (optional)
- 1 can (2.25 oz) sliced black olives
- 2 T. mayonnaise

Crediting for 3-5 year olds

15 servings of 1 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Directions

1. First cut up celery, onions, green onions and green pepper.
2. Start cooking ground beef until done; put in celery, onions, green beans and green pepper; cook for 10 minutes.
3. Put half of bag of sharp mozzarella cheese into ground beef mixture.
4. Put half of the ground beef mixture in a dish pan.
5. After cooking your instant rice, layer the rice on top of dish pan. Layer green beans, layer pimentos and layer black olives.
6. Mix mushroom soup in bowl; add mayonnaise and stir.
7. Put half of soup layer in dish on top of olives.
8. Add other half of ground beef mixture, rest of soup and rest of sharp and mozzarella cheese on top. Cook for 30 to 45 minutes at 350°

Source: Shalondra Scott. A Collection of Recipes by Little Buns, Inc.

Swiss chard Frittata

Ingredients

- 8 slices bacon
- 1 lb Swiss chard
- 1/4 C Canola oil or vegetable oil
- 2 C chopped onions
- 50 large eggs
- 2 tsp Granulated garlic
- 2 tsp kosher salt
- 2-1/4 C divided shredded reduced-fat cheddar cheese

Directions

1. preheat convection oven to 325 °F or conventional oven to 350 °F. coat bottom and sides of two 2 –inch full hotel pan with cooking spray.
2. Cook bacon, turning occasionally. In a large skillet over medium heat until crispy, about 10 minutes, Drain on paper towel and cut into 1/8 inch pieces
3. Rinse chard but do not dry. Trim tough stem ends and discard. Cut leaves and stems into rough 1-inch pieces. Set aside
4. Heat oil in a 16-inch skillet over low heat. Add the bacon and onions, cook, stirring occasionally, until the onions are translucent, 8 to 10 minutes
5. Stir in the chard. Cook, stirring occasionally, until the chard begins to wilt, 8 to 10 minutes, remove from the heat and set aside.
6. Whisk eggs in a large bowl. Add garlic and salt. Whisk until well combined. Stir in 2 cups cheese
7. Divide the egg mixture evenly between the prepared pans. Evenly distribute half the chard on the top of the egg mixture in each pan. Sprinkle each pan with 2 T cheese.
8. Bake until a knife inserted in the center comes out clean and the top is beginning to brown, 20 to 25 minutes, cut each pan into 24 squares.

Crediting for 3-5 year olds

48 servings of 1 square provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Source: Vermont Feed, new school cuisine,

http://www.vtfeed.org/sites/default/files/6_NewSchoolCuisine_ResourcesIndex.pdf

Lentil Soup

Ingredients

- 2 T vegetable oil
- 2 quarts diced onions(1/4-inch pieces)
- 1/4 C finely chopped garlic
- 2 gal or 32 C low sodium vegetable or chicken broth
- 6 lb 6 oz. or 1 # 10 Can(10oz) crushed tomatoes
- 3 lb 8oz dried brown lentil
- 1, 12 oz. can tomato paste
- 5 T chili powder
- 3 T ground cumin
- 2 T Chopped fresh Thyme or 2 tsp dried leaves
- 2 T Paprika
- 1 quart Diced peeled carrots(1/4 inch pieces)
- 1 quart diced celery (1/4–inch pieces)
- 2 T Kosher salt



Directions

1. Heat oil in a large stockpot over medium heat. Add onions and garlic. Cook, stirring often, until soft, about 6 minutes. Stir in broth, crushed tomatoes, lentils and tomato paste. Add chili powder, cumin, thyme and paprika; stir to combine. Bring to a boil, reduce heat to low, cover and simmer for 30 minutes.
2. Mix in carrots and celery. Cook until lentils and vegetables are tender, about 20 minutes, stir in salt.

Crediting for 3-5 year olds

65 servings of 3/4 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Source: Vermont Feed, new school cuisine,

http://www.vtfeed.org/sites/default/files/5_NewSchoolCuisine_Meat-MeatAlt_lores.Revised.PDF

Sailboats

Ingredients

- 32 oz. chunk-light, water-packed, drained Tuna
- 4 T mayonnaise, light
- 2 T low-fat plain yogurt
- 10 dog whole grain hot dog rolls
- 1 C shredded cheese

Directions

- 1.Heat oven to 350 °F.
- 2.Mix the tuna, mayonnaise, yogurt and honey mustard in a bowl.
- 3.Slice buns in half
- 4.Spread 1/4 C of tuna mixture evenly on each half bun
- 5.Place on a cookie sheet and bake for 8 minutes.
- 6.Top with 2 tsp cheese. Bake 2 more minutes.

Crediting for 3-5 year olds

20 servings of 1/4C+ 1/2 Bun provide

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements



Source: sailboat, West Virginia Department of Education. <http://wvde.state.wv.us/child-nutrition/leap-of-taste/menus-and-recipes/sailboats/>

Fancy Fish

Ingredients

- 2 lbs cod fillets. Frozen(or other white fish)
- 0.25 tsp paprika
- 0.5 tsp onion powder
- 0.25 tsp black pepper
- 0.25 tsp ground oregano
- 0.25 tsp ground thyme
- 2 T lemon juice, fresh or bottled
- 2 T margarine soft, melted (trans fat free)



Directions

1. Preheat oven to 350 °F
2. Place fish on ungreased baking pan
3. In a small bowl ; combine paprika, onion powder, pepper, oregano and thyme

Crediting for 3-5 year olds

14 servings of 1-1/2 oz. provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Source: Fancy Fish, West Virginia Department of Education. <http://wvde.state.wv.us/child-nutrition/leap-of-taste/menus-and-recipes/fancy-fish/>

Spotlight Chicken

Ingredients

- 4lb boneless chicken , finely chopped
- 2 T soy sauce
- 2 C red bell pepper, finely chopped
- 2 C yellow bell pepper, finely chopped
- 2 C green bell pepper, finely chopped
- 3 C mangos(or peaches) canned or fresh, peeled, cut into bite-size pieces
- 2.5 C couscous
- 1/2 C Almonds, silvered
- Cooking spray

Directions

1. Coat large skillet with non-stick cooking spray
2. Sauté chicken over medium-high heat for about 10 minutes .
3. Add bell peppers and soy sauce to skillet.
4. Cook for about 6 to 10 minutes, until peppers are crisp
5. Add mangos(or peaches) and almonds(optional)
6. Cook couscous as directed
7. Serve chicken mixture over 1/2 cup couscous.

Meat/ Meat alternates

Crediting for 3-5 year olds

28 servings of 3/4 C provides

 1 Meat/ Meat alternate

 1 Vegetable/ Fruit

 1 Grain/ Bread

*serving based on lunch requirements

Source: spotlight chicken West Virginia Department of Education. <http://wvde.state.wv.us/child-nutrition/leap-of-taste/menus-and-recipes/stopligh-chicken/>

Sunshine roll-ups

Ingredients

- 4 lb chicken, cooked chopped
- 1.5 C celery, chopped
- 2 C mandarin oranges, canned, drained
- 1/2 C onion, chopped
- 1/4 C mayonnaise
- 0.5 tsp black pepper
- 4 tsp pepper
- 24, 6" Tortilla whole grain
- 2 C lettuce chopped

Crediting for 3-5 year olds

24 servings of 1/2 C and 1 tortilla

■ 1 Meat/ Meat alternate

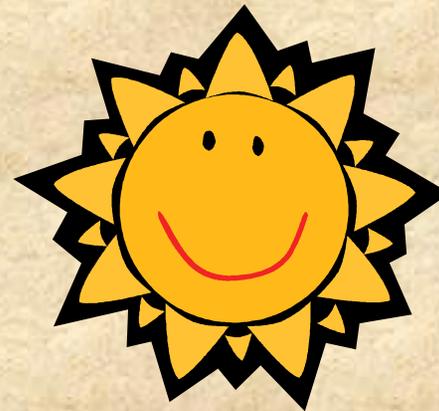
■ 1 Vegetable/ Fruit

■ 1 Grain/ Bread

*serving based on lunch requirements

Directions

1. in a mixing bowl, combine chicken, celery, oranges and onions.
2. Add mayonnaise and pepper. Mix until chicken is coated
3. Place about four teaspoons of lettuce onto tortilla and top with chicken mxi
4. Roll up and enjoy !



Source: sunshine roll-ups, West Virginia Department of Education. <http://wvde.state.wv.us/child-nutrition/leap-of-taste/menus-and-recipes/sunshine-roll-ups/>

Wild Cowboy Stew

Ingredients

- 2 lbs ground turkey breast
- 4 C baked beans, canned, drained
- 2 C kidney beans, canned drained
- 2 C onion chopped
- 1-1/2 C brown sugar
- 2 C Tomato, diced, canned
- 4 T mustard dry.
- 2 C celery, chopped
- 4 tsp Cider vinegar

Directions

1. Brown turkey over medium heat
2. In slow cooker, combine all ingredients, stir to combine
3. Cover and cook for 1 hour on high.

Crediting for 3-5 year olds

24 servings of 3/4 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements



Source: wild cow boy West Virginia Department of Education. <http://wvde.state.wv.us/child-nutrition/leap-of-taste/menus-and-recipes/wild-cowboy-stew/>

Turkey Burger with Lentils

Ingredients

- 4 lb Ground Turkey
- 1 lb Lentils (dry)
- 3/4 C or 12 T oatmeal or bread-crumbs
- 5 Eggs

Directions

1. Lentils: combine water and lentils and simmer for about 30 minutes. 6-8 cups water per pound of lentils
2. Mix all ingredients together
3. Portion out using a 2 oz. Scoop
4. Bake at 350° until the internal temperature is 165°F.(about 25 minutes)

Crediting for 3-5 year olds

50 servings of 1 burger provides

- 1 Meat/ Meat alternate
- 1 Vegetable/Fruit
- 1 Grain/Bread

*serving based on lunch requirements



Source: Turkey Burger with Lentils, contributed by Amanda Hathaway, this recipe either created or adapted as specified b GKB community Head Start.

Sweet Potato Dip

Ingredients

- 10 lbs or 30 medium Sweet Potatoes
- 1 C Lentils (dry)
- 1/2 C Onions (Sauteed)
- 2 C Pears
- 3 T Lemon Juice/ Italian Dressing
- 3 tsp Cinnamon



Directions

1. Cook Sweet potatoes and mash.
2. Combine 3 C water and lentils and simmer for about 30 minutes or cook until lentils is soft,
3. Puree everything together until smooth.

Crediting for 3-5 year olds

75 servings of 1/4 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Source: Sweet Potato Dip, contributed by Amanda Hathaway, this recipe either created or adapted as specified b GKB community Head Start.

Chocolate Chili

Ingredients

- 1 whole red bell pepper (chopped)
- 1 whole onion (chopped)
- 1 tsp garlic powder
- 1 T of canola oil
- 3 T of brown sugar
- 1 T cocoa powder
- 1 T chili powder
- 1 T cumin
- 1/4 tsp chili flakes
- 2 cans (15 oz) of black beans
- 2 cans (15oz) of stewed tomatoes (pureed)
- 1 small canned (6 oz) of tomato paste
- 1 8 oz can of tomato sauce
- 8 oz of water
- 1/2 C of frozen corn

Directions

1. add 1 whole onion(chopped), 1 tsp garlic powder in 1 T of canola oil until the onions are translucent.
2. Add 3 tbs of brown sugar, 1 tbs cocoa powder, 1 tbs chili powder, 1 tbs cumin and 1/4 tsp chili flakes in a large pan .
3. Stir and reduce to simmer
4. Add black beans(drained and rinsed), stewed tomatoes pureed, tomato paste, tomato sauce, water and 1/2 cup of frozen corn , stir and increase heat till chili comes to a boil then reduce to a simmer.

Crediting for 3-5 year olds

48 servings of 1/4 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Source: Chocolate Chili, adapted by “Hearty Southwest Turkey& Black Bean Chili”
Savoritz Original Saltine Crackers, Aldi. This recipe is shared by Margaret McAfee

Lucky Leprechaun Greens

Ingredients

- 4 C pears, canned, chopped
- 6 C spinach leaves
- 2 C red bell pepper, chopped
- 1 C balsamic vinegar

Directions

1. Rinse spinach, pat dry
2. In large bowl, combine spinach, pears and peppers
3. Drizzle with balsamic vinegar
4. Toss to coat

Crediting for 3-5 year olds

48 servings of 1/4 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements



Lucky Leprechaun Greens, West Virginia Department of education <http://wvde.state.wv.us/child-nutrition/leap-of-taste/menus-and-recipes/lucky-leprechaun-greens/>

Zucchini Parmesan

Ingredients

- 6 lb zucchini
- 1 lb onions
- 4 cloves Garlic
- 1/2 gal marinara, spaghetti or tomato sauce
- 1/2 lb shredded part-skim mozzarella cheese
- 2 C grated parmesan cheese

Crediting for 3-5 year olds

50 servings of 1/4 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Directions

1. Preheat convection oven to 350 °F. Coat two 2-inch full hotel pans with cooking spray.
2. Trim zucchini and cut into 3/8-inch slices in a food processor fitted with a 10mm slicing blade (or by hand)
3. Trim, peel and slice onions
4. Trim, peel and thinly slice garlic
5. Dividing ingredients evenly between the two pans, layer half the zucchini, all of the onion and garlic, then the remaining zucchini . Divide sauce between the pans. Cover and bake until just tender, about 20 minutes.
6. Uncover and sprinkle with mozzarella and Parmesan cheeses, Bake, uncovered, until the cheeses is melted and bubbly, 5 to 10 minutes more

Source: Zucchini parmesan, New School Cuisine http://www.vtfeed.org/sites/default/files/3_NewSchoolCuisine_FruitsVeg.pdf

Fresh Spinach with Sesame seed

Ingredients

- 2 pound baby spinach
- 2 clove garlic, minced
- 2 T canola oil
- 4 tsp sesame oil
- 2 T toasted sesame seeds

Directions

1. Heat the canola or peanut oil in a wok or a large sauté pan over medium heat, and sauté the garlic for 20 seconds; do not let it get brown.
2. Add spinach and toss lightly with tongs. So that all pieces cook evenly
3. When spinach is lightly wilted, remove from heat, drizzle with sesame oil and toss.
4. Add sesame seeds and toss again. Serve hot, warm, or at room temperature.

Crediting for 3-5 year olds

24 servings of 1/4 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements



Source: Fresh Spinach with sesame seed, Harvard university Dining Hall

<http://www.hsph.harvard.edu/nutritionsource/fresh-spinach-with-sesame-seeds/>

Corn chowder

Ingredients

- 2T butter
- 2T canola oil
- 0.75 lb onions, Spanish diced.
- 1/2 lb celery, diced
- 3oz. flour, or 1/3 C all purpose
- 3 C water
- 2 bay leaves, dry
- 3/4 tsp poultry seasoning (optional)
- 2 lb potatoes diced
- 1 lb corn kernel, frozen
- 2 C Low fat milk,(1 %)
- 1 tsp salt
- 1/2 tsp white pepper, ground
- 1 T Parsley, dried

Crediting for 3-5 year olds

25 servings of 1/2 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Directions

1. in large stockpot or steam kettle lightly cool onion in olive oil 5 minutes over medium heat until soft. Do not brown
2. Add carrots and broccoli
3. Cook stirring occasionally 5 minutes
4. Add tomatoes (with juice), water and chicken broth, bring to boil.
5. Add beans and pasta. Cool 10 minutes or until pasta is al dente.
6. While pasta is cooking prepare pesto in blender or food processor
7. Add the fresh basil, parsley, garlic. Parmesan cheese and olive oil.
8. Puree until smooth and uniformly blended. If too thick, add a few drops of water
9. Just before serving, remove soup from heat and stir in pesto.

Source: Corn chowder, pg. 5 NH Obesity Prevention program. Department of health and human services division of public health services

<http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf>

Mashed Cauliflower and Potatoes

Ingredients

- 16 oz. bag of frozen cauliflower
- 3 medium potatoes, chopped
- 8 oz. package of low-fat cream cheese, softened

Directions

1. add cauliflower and potatoes to a pot of water at a low boil.
2. Heat until potatoes are soft, and then drain.
3. Add vegetables to a large bowl, and mash to the desired consistency. Mix in softened cream cheese.



Crediting for 3-5 year olds

18 servings of 1/3 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Source: Heather Stinson, CACFP staff.

Eggplant Oregano

Ingredients

- 2 eggplants top removed
- 3/4 C bread crumbs
- 1/4 C grated Parmesan cheese
- 1-1/2 T oil
- 1 tsp garlic powder (optional)
- 1 tsp dried basil (optional)
- 1 tsp dried oregano (optional)
- 2 tomatoes chopped

Crediting for 3-5 year olds

20 servings of 1/3 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Directions

1. Preheat broiler or preheat oven to 450° F.
2. Spray a baking tray with non stick cooking spray.
3. Slice each eggplant into 6 long pieces. Place eggplant on baking tray and spray the slices with non stick cooking spray.
4. Broil until eggplant is browned about 2 minutes. Turn eggplant over and cook the other side until browned, about 2 minutes
5. In a medium bowl. Combine bread crumbs, cheese, oil, garlic powder, basil and oregano.
6. Top eggplant with tomatoes and bread crumb mixture. Broil until the bread crumbs are browned, about 1 minute.
7. Enjoy!
8. Refrigerate leftovers.

Source: egg plant Oregano, Just say yes to Fruit and vegetable <http://www.jsyfruitveggies.org/download.cfm/eggplant.pdf?AssetID=92>

Fruit Crunch Cobbler

Ingredients

- 2 (15 oz) can sliced peaches, drained
- 2 (15 oz.) can pear halves, drained
- 1tsp vanilla extract
- 4 C granola

Directions

1. combine peaches, extract, and ground cinnamon in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or plastic wrap. Be sure to leave a little opening for the steam to get out
3. Microwave on high for 5 minutes. Use pot holder to remove the bowl from the microwave because it might be hot, let cool slightly before serving.

Crediting for 3-5 year olds

12 servings of 1/2 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements



Source: adapted from fruit crunch cobbler, Fast and Fun Recipe, Pg, 4 California department of Public Health.

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-KidsGetCookinPowerPlayRecipes.pdf>

Yellow Rice with Potato and chickpeas

Ingredients

- 4 T canola oil
- 2 medium size onion, diced
- 2 medium size Russet potato, diced
- 6 C water
- 2 C basmati or long– grain rice
- 1-1/2 tsp salt
- 1 tsp cumin seeds
- 1/2 tsp ground turmeric
- 2 C canned chickpeas, rinsed and drained

Directions

1. In a 3 quart saucepan over medium heat, heat oil; add onion and potato, cook 5 minutes, stirring occasionally.
2. Add water rice, salt, cumin seeds, and turmeric; over high heat, heat to boiling,
3. Reduce heat to low: cover and simmer 20 minutes or until rice and potatoes are tender. During the last 5 minutes of cooking stir in chickpeas.



Crediting for 3-5 year olds

24 servings of 1/2 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*serving based on lunch requirements

Source: yellow Rice with Potato and Chickpea,
pg 7 [http://www.cdc.gov/nutrition/downloads/
explore_child_recipes_Tag508.pdf](http://www.cdc.gov/nutrition/downloads/explore_child_recipes_Tag508.pdf)

Saucy Beef Bake

Ingredients

- 4lb ground beef
- 2.5 lbs Cheddar Cheese, shredded
- 1.5 lbs Egg Noodle(Whole Wheat), dry
- 3/4 or 1C of 10 oz can Tomato Sauce
- 40 oz or 5 C Cream cheese, light
- 40 oz or 5 C Sour cream, light
- Sugar 1 tbsp

Crediting for 3-5 year olds

50 servings of 1 C provides

 1 Meat/ Meat alternate

 1 Vegetable/ Fruit

 1 Grain/ Bread

Directions

1. Heat beef crumbles, tomato sauce and sugar. Set aside.
2. Combine the sour cream and cream cheese in a separate bowl.
3. Cook noodles according to package. Drain and place in the bottom of a baking pan
4. Then layer with the beef mixture over the noodles. Then layer the sour cream mixture over the beef. Top with the cheese.
5. Bake at 350 degrees (325 degrees for Convection) for 20-35 minutes or until the center temperature reads 155 degrees.

Source: recipe is either created or adapted as specified by all of Learning Care Group recipes. This recipe is shared by Kasy Wells.

Ground Beef & Spanish Rice

Ingredients

- 5 lb Beef Crumble with CN label or 6.5 lb of fresh ground beef
- 1/2 C Dehydrated Onions
- 3 qts 3 C or 15 C Water
- 1/2 # 10 Can(102oz) Diced Tomatoes
- 2.85 lb or 7-1/4 C Brown Rice
- 1 T salt
- 1 T Brown Sugar
- 2.5 tsp Cumin
- 2 tsp Cilantro

Crediting for 3-5 year olds

50 servings of 3/4 C provides

 1 Meat/ Meat alternate

 1 Vegetable/Fruit

 1 Grain/ Bread

Directions

1. Heat beef crumbles and onions over medium heat. Approximately 15 –20 minutes if frozen(3 –5 minutes, defrosted.)
2. Add water, tomatoes, sugar and seasonings. Bring to boil.
3. Stir in rice. Return to a boil. Reduce heat to medium and cover tightly. Cook for 25-35 min or until rice is tender.



* exact serving size will depend on rice product that is used.

Source: recipe is either created or adapted as specified by all of Learning Care Group recipes. This recipe is shared by Kasy Wells.

Quinoa Primavera

Ingredients

- 1 lb quinoa
- 1 tsp salt
- 1-1/2 quarts or 6 C water
- 3 oz. canola oil
- 3 cloves garlic, peeled and minced
- 9 oz. carrots, peeled, diced
- 7 oz. celery, diced
- 10 oz. red pepper, diced
- 10 oz. green pepper, diced
- 8 oz. edamame
- 2 oz. scallions, sliced thin
- 1 tsp Kosher salt
- 1/2 tsp black pepper
- 1/2 oz. parsley, chopped

Directions

1. rinse quinoa thoroughly and drain. Over medium low heat, add small amount of oil to pan and lightly brown quinoa, stirring constantly for about 5 minutes. Add water, cover and simmer until cooked. About 15 minutes
2. Sauté garlic in oil briefly. Add carrots and sauté 1 minute. Stir in celery, peppers, edamame and scallions and cook until heated through.
3. Add quinoa to sautéed vegetables and season with salt and pepper. Stir in parsley.

Crediting for 3-5 year olds

26 servings of 1/2 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

Source: submitted by Tufts University,
Massachusetts. Whole Grains Council.

Two Grain Pilaf

Ingredients

- 3/4 lb or 1-3/4 C Barley (dry)
- 1 lb or 2-1/2 C Brown Rice (dry)
- 10 C Vegetable stock*
- 2 T butter
- 2 T parsley
- Salt and pepper



Directions

1. Melt butter in large pot.
2. Stir in rice and barley, sauté for 3 minutes
3. Add broth, salt and pepper. Bring to a boil.
4. Reduce heat; cover and simmer for 35-45 minutes or until the barley and rice are tender.

Crediting for 3-5 year olds

48 servings of 1/4 C provides

- 1 Meat/ Meat alternate
- 1 Vegetable/ Fruit
- 1 Grain/ Bread

* recommended low sodium vegetables stock.

Source: recipe is either created or adapted as specified by all of Learning Care Group recipes. This recipe is shared by Kasy Wells.

Toasted Barley Salad

Ingredients

- 1lb or 2-1/3 C barley
- 1/2 C celery
- 1/2 C carrots
- 1/4 C red onion
- 2 C dried cranberries

Dressing

- 1/3 C raspberry vinegar
- 1 T Dijon mustard
- 1 T honey
- 1 C olive oil

Directions

1. Toast barley at 325° F until golden brown.
2. After barley is toasted, boil barley and vegetables together, when finished, transfer to sheet pan to cool.
3. Whisk together vinaigrette, toss barley -vegetable mixture with cranberries and mix in the dressing.

Crediting for 3-5 year olds

42 servings of 1/3 C provides

1 Meat/Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread



Source: submitted by Montclair Kimberly Academy, New Jersey. Whole Grains Council.

Blueberry walnut Granola Bars

Ingredients

- 10 oz. **or 1-1/4 C** dried blueberries
- 8 oz. **or 1 C** roasted sunflower seeds
- 8 oz. **or 1 C** walnuts, chopped and toasted
- 6 oz. **or 1 C** wheat germ
- 2 tsp. ground cinnamon
- 2 C dark molasses
- 2 C light brown sugar
- 2 tsp pure vanilla extract
- 2 lbs **or 12 C** old-fashioned oatmeal
- Non-stick cooking spray

Crediting for 3-5 year olds

36 servings of 1 bar provides

1 Meat/ Meat alternate

1 Vegetable/Fruit

1 Grain/ Bread

Directions

1. preheat oven to 300° F
2. Place rolled oats, chopped walnuts, sunflower seeds and wheat germ on a sheet pan and roast for 15-20 minutes until golden brown.
3. Remove from oven and place into a bowl. Add the blueberries and ground cinnamon. Set aside
4. Place molasses and brown sugar into a pot and bring to a simmer, stirring to melt the sugar.
5. Remove from heat and add vanilla extract, while still hot, pour into the bowl with the oats. Stir until well combined, using a spatula.
6. Coat two 9" x 13" pan with cooking spray and pour the granola mixture into the pan, pressing firmly to smooth out and even the top.(Tip: use a piece of wax paper or parchment paper between your hands and the granola to prevent sticking.)
7. When cooled, turn the granola onto a cutting board and cutting board and cut each pan into 18 bars.

Source: submitted by Meadowbrook School, Massachusetts. Whole Grains Council.

Whole Wheat Pizza dough

Ingredients

- 1-1/2 C Warm(not hot) water
- 0.25 oz. **or 2 tsp** Dry yeast
- 3 tsp honey
- 3 T Olive oil
- 2-1/2 C whole-wheat flour
- 1 C + 3 T enriched all-purpose flour
- 2 tsp Kosher salt

Crediting for 3-5 year olds

50 servings of 1 piece provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

Source: Vermont Feed, new school cuisine,

http://www.vtfeed.org/sites/default/files/4_NewSchoolCuisine_Grains.pdf

Directions

1. Stir together water and yeast in a large mixing bowl until dissolved .
2. Add oil, whole wheat flour and all purpose flour to the yeast mixture then add salt.
3. Using a dough hook on a standing mixer, knead the dough on the lowest speed for 10 minutes. Watch the dough carefully in the first few minutes to make sure that it comes together in a ball and is soft but not too sticky. It should be stuck just on the bottom of the mixing bowl but pull away from the sides. If it is very sticky then add flour, sa cup at a time, until it's the right consistency.
4. Oil a large bowl and transfer the dough to the bowl. Cover loosely with a plastic wrap and let rise until doubled in bulk, about 1 hour. (Press your finger into the dough– if it leaves an imprint the dough is ready
5. Transfer the dough to a floured surface. Roll dough into 1 ball. Place on a floured surface and cover with plastic wrap, let rise for 30 minutes(press your finger into the dough– if it leaves an imprint the dough is ready.)
6. Preheat convection oven to 450° F or conventional oven to 475° F. coat 1 sheet pan with cooking spray. Sprinkle with cornmeal.
7. Roll and stretch each ball of dough into a rectangle and place on the prepared sheet pans. Top as desired. Bake until crust is light brown. 15 to 18 minutes. Cut each full sheet pan into 50 pieces.

Whole-Grain Cornbread

Ingredients

- 1-1/2 C whole grain cornmeal
- 1-1/2 C whole wheat pastry flour
- 1/2 C sugar, granulated
- 1/2 tsp table salt
- 3 tsp Baking powder
- 2 large eggs
- 1-1/2C milk, skim
- 4 T melted salted butter or olive oil



Directions

1. Preheat convection oven to 325° F or conventional oven to 350° F Grease a 9x 13 sheet pan.
2. Whisk together cornmeal, flour, sugar, salt and baking powder in a large bowl. Whisk together eggs, milk and melted butter(or olive oil) in another large bowl. Add the dry ingredients to the wet ingredients and stir just until combined.
3. Pour into the prepared pan and spread evenly bake until golden brown, 20-25 minutes. Cut into 36 pieces.

Crediting for 3-5 year olds

36 servings of 1 piece provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

Source: Vermont Feed, new school cuisine,

http://www.vtfeed.org/sites/default/files/4_NewSchoolCuisine_Grains.pdf

Carrot & Quinoa Muffins

Ingredients

- 1-1/3 C water
- 2/3 C Quinoa, rinsed and drained
- 1-1/2 C whole wheat flour
- 1-1/2 C enriched all-purpose flour
- 2 T baking powder
- 5 tsp ground cinnamon
- 2 tsp kosher salt
- 4 large Eggs
- 1 C vegetable oil
- 1 C (packed) brown sugar
- 1 C low-fat yogurt, plain or vanilla
- Zest of 1 oranges
- 2-3/4 C Grated carrots

Crediting for 3-5 year olds

48 servings of 1/2 muffin provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

Directions

1. Bring water to boil in a large saucepan. Add quinoa, reduce heat to a simmer and cook until tender, 15 to 20 minutes. Spread on a sheet pan and let cool.
2. Preheat convection oven to 375°F or Conventional oven to 400°F. Line 24 muffin tins with muffin tin liners, coat the muffin tin liner with cooking spray.
3. Sift whole –wheat flour, all-purpose flour, baking soda, cinnamon and salt in a large bowl
4. Whisk eggs in another large bowl. Add oil. Sugar, yogurt and orange zest; whisk until smooth. Fold the dry ingredients into the wet ingredients and stir to just combine(be careful not to overmix the batter.)
5. Stir carrots and the cooked quinoa into the batter until they are just incorporated.
6. Fill the prepared muffin tins with the batter bake until a knife comes out clean when inserted in the center, 20 to 25 minutes.

Source: Vermont Feed, new school cuisine,

http://www.vtfeed.org/sites/default/files/4_NewSchoolCuisine_Grains.pdf

Fruity Toast

Ingredients

- 12 slices Whole grain bread
- 1 C cottage Cheese
- 12 C Pears, sliced
- 1/4 C cinnamon, ground
- 2 tsp Margarine, soft, trans fat free

Crediting for 3-5 year olds

24 servings of 1/2 piece provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

Directions

1. Preheat oven to 375°F.
2. Spread one side of bread with margarine. Put in baking pan with margarine side face down.
3. Spoon cottage cheese on bread. Sprinkle cinnamon on top
4. Bake at 375°F until bread turns brown on bottom(about 10 minutes).
5. Cut toast in half and top each half with 1/2 cup pears

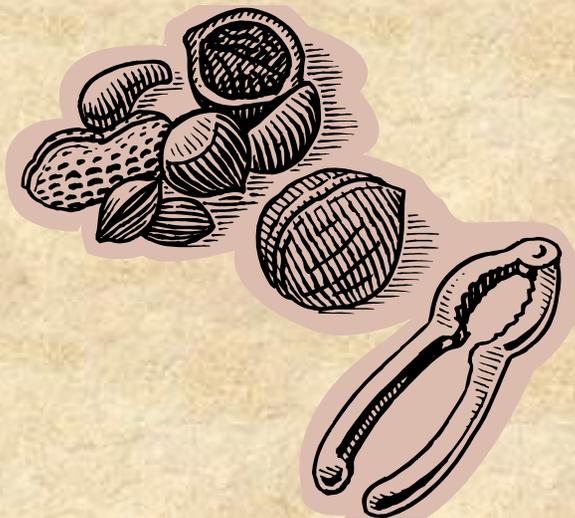


Source: Fruity Toast, pg 14, CACFP Menu planning guide. <http://fns.dpi.wi.gov/files/fns/pdf/menu-planning-guide-web.pdf>

Date Nut Bread

Ingredients

- 1-1/2 C boiling water
- 1-1/2 C dates
- 2 -1/2 C whole wheat flour
- 1 C chopped pecans or walnuts (optional)
- 1/2 C sugar
- 1 egg
- 2 tsp baking soda
- 1 tsp vanilla
- 1 T melted butter



Directions

1. Pour boiling water over dates and let sit for 10 minutes. Then add 2-1/2 C whole wheat flour and 1 C chopped pecans or walnuts
2. In separate bowl; combine the sugar, egg, baking soda, salt, vanilla, and melted butter together.
3. Combine date/flour mixture with sugar mixture and stir just till everything is moistened. don't over mix!
4. Pour batter into 1 well greased loaf pan. Bake at 350°F for 50-60 minutes or until the center is cooked.

Crediting for 3-5 year olds

20 servings of 1 piece provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

Source: Date Nut Bread, Amy Roskelley, Super Healthy Kids. <http://www.superhealthykids.com/healthy-kids-recipes/breakfast-date-bread-on-a-stick.php>

Buttermilk Pancakes

Ingredients

- 1-1/2 C all-purpose flour
- 1-1/2 C whole wheat flour
- 5 tsp baking powder
- 1/2 tsp salt
- 2 T sugar
- 4 large eggs
- 1-1/2 C buttermilk
- 2 tsp vanilla
- 6 T vegetable oil

Directions

1. Mix dry ingredients together.
2. In a separate bowl, combine eggs, milk, vanilla and vegetable oil. Stir to mix.
3. Add the liquid ingredients to dry ingredients. Stir to mix for about 30 seconds. The batter will be lumpy
4. Lightly grease or spray with oil a griddle or heavy frying pan. Heat.
5. Make each pancake with 2 tablespoon of batter. Pour so that pancakes do not touch.
6. Cook until the surface of the pancakes is covered with bubbles and the bottom side is lightly browned. Turn and cook until lightly browned on the other side. Serve immediately.

Crediting for 3-5 year olds

20 servings of 1 pancake provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

Source: Buttermilk Pancake, Whole Grain Recipes. University of Nebraska Lincoln.

<https://food.unl.edu/documents/4089482/4737600/Whole+Grain+Recipes.pdf/d578ff6f-2b26-45a6-9721-89c51a1b4228>

Oatmeal Raisin Cookies

Ingredients

- 1 C whole wheat pastry flour
- 1/2 C rolled oats(not instant or quick oats)
- 1 tsp baking powder
- 1/4 tsp cinnamon
- 1/4 Tsp salt
- 1 T molasses
- 1/2 C packed brown sugar
- 3 T rice milk
- 1 T vegetable oil
- 1 tsp vanilla extract
- 1/4 C chopped walnuts
- 1/4 C raisins
- Cooking spray or oil for baking sheet

Crediting for 3-5 year olds

10 servings of 2 cookies provides

1 Meat/Meat alternate

1 Vegetable/Fruit

1 Grain/ Bread

Directions

1. Preheat oven to 350 °F
2. Combine flour, oats, baking powder, cinnamon, and salt in a small mixing bowl. Stir well and set aside.
3. In another small bowl, combine molasses, brown sugar, rice milk, oil, and vanilla and stir well to combine. Add to dry ingredients and stir until just combined. Add walnuts and raisins. Mix well to combine, but do not over mix the batter.
4. Drop dough using 2 Table spoons onto a sprayed or lightly greased baking sheet. Flatten each cookie with back of spoon, if desired, bake for about 15 minutes(oven may vary)
5. Transfer cookies to a cooling rack using a metal spatula. Cool completely before storing .

Source: oatmeal raisin cookies, the cancer project.

http://support.cancerproject.org/site/MessageViewer?em_id=10101.0&printer_friendly=1

Fresh Fruit Dip

Ingredients

- 1(8 oz) or 1 C vanilla low fat yogurt
- 1/4 C unsweetened applesauce
- 1/8 tsp. ground cinnamon, nutmeg or ginger
- 3 C assorted fresh fruit; pineapple chunks, strawberries, apple slices and/or peach slices



Directions

1. In a small bowl, stir together the yogurt, applesauce and cinnamon.
2. To serve, spear fruit with decorative picks and dip into yogurt mixture.

Crediting for 3-5 year olds

6 servings of 1/2 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*based on snack requirement of 1/2 cup of fruit or vegetable

Source: Aquilla M. James D.T. C, A Collection of Recipes by Little Buns, Inc.

Crunchy African Bananas

Ingredients

- 3 T butter or margarine
- 3T firmly packed brown sugar
- 3/4 tsp ground cinnamon
- 6 large bananas, medium ripe
- 3/4 C chopped unsalted peanuts
- Cooking spray

Crediting for 3-5 year olds

6 servings of 1 banana provides

1 Meat/ 1 Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*based on snack requirement of 1/2 cup of fruit or vegetable

Directions

1. Preheat oven to 350 °F
2. In a small bowl, melt butter in the microwave, about 45 seconds.
3. Stir in brown sugar and cinnamon until well blended.
4. Coat a 9x9 inch baking pan with cooking spray
5. Peel bananas; cut each banana lengthwise in half. Place cut-side down in baking pan. Brush with some brown sugar mixture; sprinkle with chopped peanuts
6. Bake 20 minutes, or until bananas are lightly browned. Serve warm.



Source: Crunchy African Banana, Fruits and Vegetables More Matter http://www.cdc.gov/nutrition/downloads/explore_child_recipes_tag508.pdf

Banana sushi

Ingredients

- 12 slices whole wheat bread, crusts removed
- 6 bananas , peeled and ends trimmed
- 1-1/2 C natural style creamy peanut butter or apple butter, whichever you prefer or have on hand

Crediting for 3-5 year olds

6 servings of 6 pieces provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/ Bread

*based on snack requirement of 1/2 cup of fruit or vegetable

Directions

1. Lay two slices of bread on the counter next to each other, slightly overlapping one over the other to create one big rectangular piece. Press the slices together at the seam and use a rolling pin to gently flatten them.
2. Gently spread your favorite spread evenly over both of the bread pieces and lay a whole banana in the middle. Carefully roll up the bread around the banana.
3. Slice each log into six pieces that are 1-1/2 inches thick
4. Repeat with the remaining bread slices, spread and banana and serve.



Source: Banana sushi, Rachael Ray <http://www.yum-o.org/recipe.php?id=223>

Chunky Applesauce

Ingredients

- 3 lb apples
- 1/2 C water
- 1 cinnamon stick
- 1 T fresh lemon juice
- 2 to 4 T sugar(if desired)

Crediting for 3-5 year olds

10 servings of 1/2 C provides

1 Meat/ Meat alternate

1 Vegetable/ Fruit

1 Grain/Bread

*based on snack requirement of 1/2 cup of fruit or vegetable

Directions

1. peel, core and cut apples into 1/2 inch thick slices.
2. In a large saucepan bring apples and water to a boil. Add cinnamon stick; reduce heat. Cover; simmer, stirring occasionally, until apple are tender, 25 to 30 minutes.
3. Stir in lemon juice and 2 to 4 tablespoons sugar(if desired) until dissolved, about 1 minute. Discard cinnamon stick, serve warm or chilled (refrigerate in an airtight contained up to 1 week)



Source: Chunky apple sauce <http://www.pbs.org/food/recipes/chunky-applesauce/>

USDA Cooking Yield Data for meat and poultry

| Yield Description | Preparation method | Cooking yield % |
|--|--------------------------------------|-----------------|
| Beef, ground, medium fat (12% - 22%), crumbles | Fried in pan, sauteed, or stir-fried | 67 |
| Beef, ground, medium fat (12%-22%), loaf | Baked or Roasted, unspecified | 70 |
| Beef, retail cuts, all, boneless | Braised | 67 |
| Chicken, broiler-fryer, breast | Baked or Roasted, unspecified | 72 |
| Chicken, broiler-fryer, breast | Poached, simmered or stewed | 77 |
| Chicken, broiler-fryer, thigh | Baked or Roasted unspecified | 69 |
| Chicken, broiler-fryer, thigh | Poached, simmered or stewed | 74 |



- **Yield description:** Description of food represented in the yield data.
- **Preparation Method:** Cooking method used, such as braised, broiled, roasted. In some cases, similar cooking methods may be grouped together(i.e., broiled and grilled).
- **Cooking Yield %:** percent change in weight of a product due to cooking. For calculating yield.

Cooking Measurement Equivalents

| | | | | | |
|---------------------|---|-----------------------|------------------|---|------------|
| 1 tablespoon(tbsp) | = | 3 teaspoons (tsp) | 1 tablespoon | = | 15 ml |
| 1 tablespoon | = | 1/16 cup | 1 teaspoon | = | 5 ml |
| 1 cup | = | 16 tablespoons | 1 fluid oz | = | 30 ml |
| 1 cup | = | 8 fluid ounce (fl oz) | 1 cup | = | 237ml |
| 1 pint (pt) | = | 2 cups | 2 cups (1 pint) | = | 473 ml |
| 1 quart (qt) | = | 2 pints | 4 cups (1 quart) | = | .95 liter |
| 1 quart | = | 4 cups | 4 quarts (1 gal) | = | 3.8 liters |
| 1 gallon (gal) | = | 4 quarts | | | |
| 1 pound (lb) | = | 16 ounces (oz) | | | |
| 1 pound | = | 454 grams | | | |
| 1 ounce | = | 28 grams | | | |

