



Recipe Packet

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Cooking with Children

This recipe packet contains fun, healthy, and inexpensive recipes that are quick to prepare for both snack and dinner time. Each recipe contains serving size and price information as well as total preparation and cooking time. They are kid-tested and meet United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy meals.



Before selecting a recipe, consider your storage options, equipment, and shopping patterns. For instance, some recipes require equipment such as a blender, electric griddle or hotplate or stove.

Print out the 5"x7" cards and store them in a recipe box. Keeping a recipe box is a great way to get the whole family excited about looking for and trying new recipes! Check out your local newspaper or grocery bulletins for more recipe ideas!

Tips for cooking with kids:

All of the recipes in this packet are designed so that kids can help with the preparation. Making and trying new foods with children is a great way to get them excited and interested in healthy foods. Children who help with meal or snack preparation are more likely to try their own creations!

Let children do as much as possible! All recipes are designed to involve children (measuring, mixing, etc), but adults may need to do some advance preparation, such as chopping vegetables. Children can be involved with slicing soft items with a dull knife or grating vegetables. Whenever you prepare food with children, whether it is a simple snack or a more involved recipe, be sure to keep safety and sanitation in mind. Always wash hands and work surfaces before you start. Although recipes list specific ingredients, be flexible and creative! Most fruits can be part of the Fruit Kabob, just as different vegetables can be used for dipping. Purchase produce in season, and allow the children to choose what to add to their own creations!

Serve each meal with water or low-fat milk!

For more information, visit www.foodandfun.org

Snack Recipes

AWESOME GRANOLA

Serve with low-fat yogurt or milk as a healthy breakfast!

INGREDIENTS

3 cups	Oatmeal, uncooked
½ cup	Shredded or flaked coconut
1 cup	Chopped pecans, walnuts or peanuts
¼ cup	Honey
¼ cup	Canola oil
1 tsp	Cinnamon
1 cup	Raisins

DIRECTIONS

1. Combine all ingredients in a large bowl, except raisins, mix well.
2. *For oven:* Heat oven to 350° F. Bake in baking dish for 25-30 minutes or until golden brown. Stir once every 15 minutes.
For microwave: Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 mins.
3. Stir in raisins. Cool thoroughly. Top ¼ cup of yogurt with Awesome Granola and serve! Store extra granola in a tightly covered container.

Serving Size: ½ cup
Total Servings: 10
Prep time: 30 minutes
Price per serving: 72¢



BERRY BLAST FRUIT SHAKE

A delicious way to get in a whole serving of fruit!

INGREDIENTS

2 cups	Frozen berries (like strawberries, blueberries or mixed berries)
1 cup	Other mixed frozen fruit (like cantaloupe, honeydew, grapes, peaches or bananas)
1 ½ cup	Low-fat milk
1 Tbsp	Vanilla extract (optional)

DIRECTIONS

1. In a blender, combine the 2 cups frozen berries, 1 cup frozen mixed fruit, 1½ cups low-fat milk, and 2 tsp vanilla extract.
2. Puree until thick and smooth. If the mixture is too thick, thin out with a more milk.
3. Pour into glasses and serve.

Serving Size: ½ cup
Total Servings: 3
Prep time: 20 minutes
Price per serving: 45¢



Snack Recipes

BUGS ON A LOG

Serving Size: 3 "logs"
Total Servings: 2
Prep time: 5 minutes
Price per serving: 33¢

INGREDIENTS

- 2 stalks Celery, cut into 3 pieces
- 6 Tbsp Peanut Butter or cream cheese
- 1 ½ cup Raisins or Craisins®

DIRECTIONS

1. Spread about 1 Tbsp of peanut butter or cream cheese on each piece of celery.
2. Top with a row of raisins.



BUTTERFLY BITES

Not only is this snack fun to make but it contains a healthy dose of protein, whole grains and fruit/veggies! Kids of all ages will enjoy putting together this yummy snack.

Serving Size: 1 butterfly
Total Servings: 6
Prep time: 7 minutes
Price per serving: 35¢

INGREDIENTS

- 3 stalks Celery
- 12 Large twist pretzels
- 6 Tbsp Creamy peanut butter or cream cheese
- 3 Tbsp Raisins

DIRECTIONS

1. Cut celery in half cross wise.
2. Fill center of each celery stick with about 1½ Tbsp of peanut butter (or cream cheese). This is the body of the butterfly
3. Add two pretzels to form the butterfly's wings.
4. Use extra pretzel pieces for antenna and raisins for decoration.



Snack Recipes

CUCUMBER YOGURT DIP

This is excellent as a dip for veggies as well as pretzels, crackers or whole wheat pita bread. Serve it as a snack or have it as a side dish for dinner.

INGREDIENTS

2 cups	Plain yogurt
2	Large cucumbers, grated
½ cup	Non-fat sour cream
1 Tbsp	Lemon juice
Assorted dippers	Carrots, cherry tomatoes, broccoli florets, whole-wheat pita

DIRECTIONS

1. Mix yogurt, grated cucumber, sour cream, and lemon juice, in a serving bowl.
Optional: Refrigerate for at least 15 minutes.
2. Chop veggies and other dippers into bite-size pieces and arrange vegetables on a colorful platter. Serve with cucumber dip.

Serving Size: ½ cup
Total Servings: 6
Prep time: 20 minutes
Price per serving: 74¢



FROZEN BANANA POPS

INGREDIENTS

3	Bananas
6	Popsicle sticks
¼ cup	Peanut butter, softened
¼ cup	Chopped peanuts or walnuts, granola, crispy rice cereal or sunflower seeds

DIRECTIONS

1. Peel the bananas
2. Cut them in half, widthwise, and push a Popsicle stick through the cut end of each half.
3. Spread peanut butter on the bananas, and then roll them in the nuts, cereal or seeds.
4. Wrap them in waxed paper and freeze for 3 hours.

Serving Size: ½ banana
Total Servings: 6
Prep time: 3 hours
Price per serving: 31¢



Snack Recipes

FRUIT KEBOBS WITH SPICY YOGURT DIP

Let your kids pick and choose their favorite fruits to skewer!

INGREDIENTS

6	6-inch bamboo skewers
Assorted fruit	Try strawberries, grapes, blueberries, cantaloupe, papaya
1 cup	Vanilla or banilla yogurt
¼ tsp	Nutmeg
¼ tsp	Cinnamon
	Salt to taste (optional)

DIRECTIONS

1. Cut cantaloupe in half and scoop out seeds. Cut cantaloupe into squares or scoop into melon balls.
2. Alternating the fruits, thread them onto bamboo skewers. Place about 5 pieces of fruit per kebob.
3. To make dip, put yogurt in a bowl and mix thoroughly. Mix in spices and salt and serve with kabobs.

Try it warmed up! Microwave the yogurt topping on medium low (50%) power for 1 minute. Stir and check temperature of yogurt. Microwave in 10-second intervals until mixture is warm, but not boiling hot.

Serving Size: 1 kabob + 2 Tbsp yogurt dip
Total Servings: 6
Prep time: 15 minutes
Price per serving: 62 ¢



FRUITY PEANUT BUTTER PITAS

Adapted from: USDA SNAP-Ed Recipes
<http://recipefinder.nal.usda.gov>

INGREDIENTS

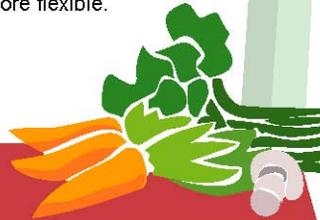
1	Whole wheat pita pocket
1 Tbsp	Chunky peanut butter or other nut butter
1	Large apple, cored and sliced
1	Banana, thinly sliced
1	Peach, thinly sliced (optional)

DIRECTIONS

1. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
2. Fill with a combination of apple, banana, and/or peach slices.
3. Serve at room temperature.

Modification: Warm pitas in the microwave for about 10 seconds to make them more flexible.

Serving Size: ½ pita
Total Servings: 2
Prep time: 10 minutes
Price per serving: 30 ¢



Snack Recipes

SALSA FRESCA

Adapted from: USDA SNAP-Ed Recipes
<http://recipefinder.nal.usda.gov>

Serving Size: ½ cup
Total Servings: 4
Prep time: 20 minutes
Price per serving: 73 ¢

INGREDIENTS

3 Tomatoes, chopped
½ Onion, finely chopped
½ cup Cilantro, chopped
1 Tbsp Lime juice
Salt (to taste)
Corn tortilla chips or whole wheat pita for dipping

DIRECTIONS

1. Chop the tomato, onion, and cilantro.
2. In a large bowl, mix tomatoes, onion, cilantro, lime juice, and salt.
3. Serve ½ cup Salsa Fresca with handful of corn tortilla chips or whole wheat pita bread.



TASTY BUG

Adapted from: CaféZOOM <http://pbskids.org/zoom/activities/cafe>

Serving Size: 1 "bug"
Total Servings: 1
Prep time: 7 minutes
Price per serving: 50 ¢

INGREDIENTS

½ Apple
1 Leaf romaine lettuce
1 Tbsp Raisins
1 Grape
1 Tbsp Peanut butter
1 Toothpick

DIRECTIONS

1. Core the apple and cut it in half.
2. Put half of the apple on a piece of lettuce, skin side up - that's the bug's body.
3. Using half a toothpick, put a grape on one end and stick it in the front of the apple -- that's the bug's head.
4. Using 1 Tbsp peanut butter as "glue", stick on raisins for spots and eyes. Let kids have fun doing this any way they want!
5. Have kids break a toothpick in half for the antennae and stick them on either side of the head!



Snack Recipes

TRAIL MIX

INGREDIENTS

- 1 cup Whole wheat mini pretzels, air popped popcorn or trans-fat free microwave popcorn
- 1 cup Whole grain cereal like Cheerios® or Mighty Bites®
- ½ cup Dried fruit like apricots, pineapple, or apples (look for brands with NO added sugar).
- ¼ cup Raisins or raisins
- ¼ cup Granola
- ½ cup Nuts (optional)

Serving Size: ½ cup
Total Servings: 6
Prep time: 7 minutes
Price per serving: 33 ¢

DIRECTIONS

1. Mix all ingredients together in a large bowl.
2. Scoop about ½ cup into small bowls, cups, or plastic snack bags and serve.

Note: Many different ingredients may be added, as long as there is a good mix of whole grains, dried fruit, and nuts if no allergies are present.



YOGURT POPS

INGREDIENTS

- 6-pack Low-fat mini yogurts, vanilla or banana flavor
- 6 Popsicle sticks

Serving Size: 1 pop
Total Servings: 6
Prep time: 3 hours
Price per serving: 67 ¢

DIRECTIONS

1. Open individual yogurts and place a Popsicle stick inside each container.
2. Place yogurt pack in freezer until fully frozen (approximately 3 hours)



Dinner Recipes

CRISPY FISH STICKS

Adapted from Eat, Play and Be Healthy by W. Allan Walker, M.D.

Serving Size: ½ filet
Total Servings: 2
Prep time: 20 minutes
Price per serving: 70¢

INGREDIENTS

1 filet	Tilapia or other white fish
1	Large egg, beaten
¼ tsp	Cumin
¼ tsp	Salt
¼ tsp	Pepper
½ cup	Almond meal (or make your own by grinding almonds)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Rinse and dry chicken breast or fish filet.
Cut into strips.
3. Dip in beaten egg and sprinkle with cumin, salt and pepper. Roll in almond meal and place on pan greased with canola or vegetable oil.
4. Bake 10-15 minutes.



HEARTY VEGETABLE SOUP

A great way to serve up your family's favorite veggies!

Serving Size: 1 cup
Total Servings: 8
Prep time: 1 hour
Price per serving: 76¢

INGREDIENTS

2 Tbsp	Olive oil
½ cup	Diced onions
¼ cup	Diced celery
¼ cup	Diced carrots
3	Garlic cloves
28 oz	Diced tomatoes (can)
32 oz	Low-sodium chicken or vegetable broth
1 cup	Leftover or frozen veggies (peas, corn, green beans)
2	Bay leaves
	Salt and pepper to taste

DIRECTIONS

1. In a large saucepan, heat oil on medium-low heat.
2. Sauté onions, celery, and carrot until soft.
3. Add garlic, sauté for 1 minute.
4. Add tomatoes with juice.
5. Add broth and bring to a boil
6. Add other vegetables, bay leaves, salt and pepper.
7. Reduce heat and simmer uncovered for 30-40 minutes, until carrots and celery are soft.



Dinner Recipes

MAC & CHEESE

Adapted from *Share Our Strength's Operation Frontline* and Chef Julia Shanks

INGREDIENTS

16 oz	Whole wheat elbow macaroni
3 Tbsp	Olive oil
3 Tbsp	Flour
1 $\frac{3}{4}$ cup	Low-fat milk
$\frac{1}{2}$ cup	Onion, chopped
1	Garlic clove, minced
1 cup	Broccoli florets or frozen peas
1 cup	Grated cheddar cheese
	Salt and pepper to taste

DIRECTIONS

1. Boil macaroni for 8 minutes. After 6 minutes add broccoli or peas. Drain and set aside.
2. Heat oil in large saucepan over medium heat.
3. Add onions and garlic and sauté until onions are soft, about 2 minutes.
4. Add flour, cook for 2 minutes.
5. Heat milk (over oven or in microwave) and stir into onion and flour mixture. Whisk until thick, about 2 minutes.
6. Take pan off the heat and add cheese gradually, stirring. Stir in macaroni, salt and pepper.

Serving Size: $\frac{1}{4}$ cup
Total Servings: 4-6
Prep time: 20 minutes
Price per serving: 73¢



MIGAS CRUMBS

Adapted from *USDA SNAP-Ed Recipes*

INGREDIENTS

5	Large corn tortillas
$\frac{1}{4}$ cup	Canola oil
$\frac{1}{2}$	Medium bell pepper
$\frac{1}{2}$	Medium onion
5	Eggs
$\frac{1}{4}$ cup	Shredded cheddar cheese

DIRECTIONS

1. Tear tortillas into small pieces.
2. Chop peppers and onions.
3. Lightly beat eggs in bowl with whisk or fork.
4. Heat oil in pan over medium heat.
5. Add tortillas and stir until they begin to brown.
6. Add chopped peppers and onion to pan.
7. Sauté until soft.
8. Add eggs and stir until cooked.
9. Remove from heat and sprinkle with cheese.

Serving Size: 1 cup
Total Servings: 5
Prep time: 30 minutes
Price per serving: 32¢



Dinner Recipes

ROAST CHICKEN AND GREENS

INGREDIENTS

- 1 (3 lb) Whole chicken
Salt and pepper
Optional: Other seasonings such as thyme, rosemary or onion powder
¼ cup Butter
1 pound Kale or collard greens
Splash Olive oil

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place chicken in a roasting pan, and season generously inside and out with salt and pepper (and other seasonings if desired).
3. Place 2 tablespoons butter in the chicken cavity and small dollops of remaining butter on outside of chicken.
4. Wash greens, remove stems and chop and arrange around the chicken. Sprinkle greens with a dash of olive oil and any desired seasonings.
5. Bake uncovered 1 hour and 15 minutes in the preheated oven. If you have a meat thermometer, make sure the chicken bakes at a minimum of 180 degrees.
6. Cover with aluminum foil, and allow to rest about 30 minutes before serving.

Serving Size: 1/6 of chicken
Total Servings: 6
Prep time: 2 hours
Price per serving: 76¢



TURKEY MEATLOAF

INGREDIENTS

- 1 pound Ground turkey breast
1 Small onion
1 cup Unsweetened apple sauce
¼ cup Bread crumbs
1 Egg, beaten
3 Tbsp Raisins
2 Tbsp Pine nuts (optional)
¼ tsp Cinnamon
1 tsp Salt, pepper and thyme

DIRECTIONS

1. Preheat oven to 400°
2. Grease pan with canola or olive oil.
3. Combine all ingredients in large bowl.
4. Press into loaf pan. Cook at 400° 50-55 minutes until bubbling at edges and brown on top.
5. Let sit for 5 minutes before serving.

Serving Size: ½ cup
Total Servings: 6-8
Prep time: 1 hour
Price per serving: \$1.25

Tip! Leftover meatloaf makes great sandwiches



Dinner Recipes

VEGETABLE QUESADILLAS

Serve them up with black beans for an easy way to add protein!

INGREDIENTS

	Cooking spray
1 Tbsp	Olive oil
6	Whole-wheat or corn tortillas (6")
1 ½ cups	Shredded low-fat cheese
1	Zucchini, grated
1	Carrot, grated
	Salt & pepper to taste
	Salsa or hot sauce, to taste

DIRECTIONS

1. Grate vegetables and add salt & pepper.
2. Add about ½ Tbsp of oil to the skillet and sauté carrots and zucchini until soft, then transfer back to bowl. Set aside.
3. Spray skillet with cooking spray and place 1 tortilla in skillet.
4. On half of one tortilla place about ¼ cup of cheese and 2-3 Tbsp of vegetables, sprinkle with a little more cheese.
5. Fold tortilla in half and press firmly with a spatula
6. Flip and cook over medium heat for about 2 minutes on each side until cheese is melted
7. Repeat spraying skillet each time with cooking spray and repeat with remaining tortillas.
8. Serve with tomato salsa (about 2 Tbsp per quesadilla).

Serving Size: 1
Total Servings: 6
Prep time: 45 minutes
Price per serving: 74¢



WHOLE WHEAT BANANA PANCAKES

INGREDIENTS

1 cup	Whole-wheat flour
2 Tsp	Baking powder
1 Tbsp	Cinnamon
2	Eggs, beaten
1 cup	Low fat milk
2	Medium bananas, very ripe
	Cooking spray or butter (to coat griddle)
	Fresh or frozen fruit like berries (optional)

DIRECTIONS

1. In a large bowl, mix flour, baking powder, and cinnamon.
2. In another bowl, mash bananas. Mix in the milk and beaten eggs. Add into the flour mixture and mix well. If mixture appears runny, add a little more flour; if too thick, add a little milk.
3. Coat a large, non-stick frying pan or griddle with non-stick spray or butter and heat pan over medium heat for 2 minutes.
4. Spoon ¼ cup of batter onto pan or griddle for each pancake.
5. Cook until the tops are bubbly then flip and cook for 2-3 minutes, or until golden on both sides. Place cooked pancakes on a plate and repeat steps until all of the batter has been used, using more nonstick spray as needed.

Serving Size: 3 pancakes
Total Servings: 4
Prep time: 45 minutes
Price per serving: 10¢



Dinner Recipes

WHOLE WHEAT MINI PIZZAS

Serving Size: 2 pizzas
Total Servings: 6
Prep time: 20 minutes
Price per serving: 43¢

INGREDIENTS

- 6 Whole-wheat English muffins, split and toasted
- 1 cup Chunky vegetable tomato sauce or plain pizza sauce
- 8 oz Shredded mozzarella cheese
- Assorted veggies, like shredded carrots, sliced mushrooms, peppers, onions, etc.

DIRECTIONS

1. Slice vegetables and arrange into bowls.
2. Preheat oven to 400° F
3. Line baking sheet with foil and spray with non-stick cooking spray
4. Place toasted English muffins on baking sheet.
5. Spread each muffin with about 2 Tbsp of tomato sauce.
6. Let the kids add some of their favorite sliced vegetables – encourage children to try at least one topping.
7. Top with some shredded cheese.
8. Bake for 10 minutes or until cheese is melted.



Side Dish Recipes

QUICK CORN ON THE COB

INGREDIENTS

Ears of corn on the cob
Spices: black pepper, lemon pepper, chili powder, taco seasoning

Cooking Timetable:

1 ear = 1 1/2 minutes
2 ears = 3 to 4 minutes
3 ears = 5 to 6 minutes
4 ears = 7 to 8 minutes

DIRECTIONS

1. Place corn on a paper towel and cook in microwave with husks and silk intact. They will cook in their own natural moisture.
2. Turn ears over and rearrange after ½ cooking time.
3. Remove and wrap in foil. Let stand at least 5 minutes to cool off. Remove husks and silk and cut into halves.
4. Serve and top with spices to taste!

Serving Size: ½ ear of corn
Prep time: 5 minutes
Price per serving: 53¢



OVEN BAKED CARROT STRIPS

Adapted from That's My Home: Cooking with Children

Tip: Try swapping out carrots for sweet potatoes & cut the sugar!

INGREDIENTS

1 lb Carrots or sweet potatoes
¼ tsp Sugar
1 Tbsp Olive oil
Pinch Salt & black pepper
Pinch Rosemary

DIRECTIONS

1. Cut carrots in half cross-wise, then cut length-wise, then cut length-wise again.
2. Preheat oven to 425° F.
3. In a mixing bowl, combine the carrot sticks, oil, rosemary, salt and pepper. Stir until carrots are evenly coated.
4. Place carrot sticks in shallow pan lined with aluminum foil, spreading them out as much as possible so they are a single layer.
5. Bake for 20-25 minutes or until carrots are tender. Serve hot or at room temperature.

Serving Size: ~12 strips
Total Servings: 4
Prep time: 30 minutes
Price per serving: 40¢

