

**Attachment W: Research Stimulus: Recipe Review**

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*Providers will be asked to review one of the following recipes that appear in the Educators Guide.*



# Veggie Mash Up

## Background

*Iriro* is a dish from Kenya. It started as a meal eaten by the Kikuyu people. It combines mashed potatoes, corn, and green vegetables. These ingredients are found in the United States. Try this mash up today for a veggie-filled meal.



### Preparation

15 Minutes



### Cooking

20 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 58

**Total Fat:** 1g

**Saturated Fat:** 0g

**Sodium:** 150mg

**Total Carbohydrate:** 10g

**Dietary Fiber:** 2g

**Protein:** 2g

**Calcium:** 15mg

**Iron:** 0mg

## Serving Size

1/4 cup



## CACFP Meal Pattern Information



This recipe provides **Vegetables**. There are 5 types of vegetables: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. **CACFP Crediting:** 1 serving (1/4 cup) provides 1/4 cup vegetable.

# Veggie Mash Up

## Ingredients

- 2 cups water
- 1 1/4 cups (about 2 medium) yellow potatoes, washed, peeled, and quartered
- 2/3 cup green peas, low-sodium canned, drained
- 1/2 tablespoon canola oil
- 2 cloves garlic, peeled and minced (1/2 teaspoon)
- 1 cup Swiss chard, washed, dried, chopped into long, thin strips, and packed
- 1/3 cup corn, low-sodium canned, drained
- 1/4 teaspoon sage, ground
- 1/4 teaspoon onion powder
- 1 teaspoon salt, table
- 1/4 teaspoon black pepper, ground

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Add the potatoes to a small pot. Cover with cold water (about 2 cups). Bring to a boil on medium-high heat. Boil for 10 minutes. 
3. Add the peas to the pot. Boil for another 5 minutes, or until potatoes are tender. Use a food thermometer to check that potatoes have reached a temperature of 140 °F or higher for at least 15 seconds.
4. Turn stove off. Drain the water. Set aside about 1/2 cup of water from pot.
5. Mash potatoes and peas with a potato masher or mixer. Do not over mix. If mixture is too dry, add water 1 tablespoon at a time until it thins. 
6. Heat oil in a medium sauté pan. Sauté garlic, Swiss chard, corn, sage, onion powder, salt, and pepper on medium-high heat. Sauté until onions are tender and sage is toasted, about 5-7 minutes.
7. Stir the sautéed vegetables into the hot potato-pea mash.
8. Serve 1/4 cup (the recommended portion for children ages 3 to 5 years).

## Getting Kids Involved

Teach **kids ages 3 and up** how to cover raw potatoes with cold water in the pot. When boiled potatoes have cooled, show them how boiling has softened the potatoes.

Let **kids ages 4 and up** mash boiled potatoes and peas with a plastic fork or a potato masher. Let them compare the insides of the peas to the outsides.

## Chef's Hints

Fresh or frozen green peas and corn can be used instead of canned in steps 3 and 6.

When choosing canned vegetables, look for low-sodium or no salt added options in undented cans. Wash the outsides of the cans before opening. Rinse vegetables to get rid of excess sodium.

Recipe adapted from Oldways.



# Greens and Beans Soup

## Background

This North African soup uses spices to recreate flavors from faraway places. You can visit countries like Morocco, Egypt, and Tunisia in your own home! This dish is a great chance for the whole family to try vegetables in a flavorful way.



**Preparation**  
20 Minutes



**Cooking**  
35 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 134  
**Total Fat:** 4g  
**Saturated Fat:** 0g

**Sodium:** 375mg  
**Total Carbohydrate:** 20g  
**Dietary Fiber:** 6g

**Protein:** 6g  
**Calcium:** 74mg  
**Iron:** 1mg

## Serving Size

2/3 cup



## CACFP Meal Pattern Information

This recipe provides **Vegetables** and **Protein Foods**. Chickpeas are a plant-based protein food. **CACFP Crediting:** 1 serving (2/3 cup) provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate and 1/4 cup vegetable OR Legume as Vegetable: 5/8 cup vegetable.



# Greens and Beans Soup

## Ingredients

- 1 **tablespoon** canola oil
- 1/2 **cup** onions, yellow, peeled and diced
- 2/3 **cup** sweet potatoes, washed, peeled, and diced (1/2 inch)
- 2 1/2 **cups** (14 ounces) chickpeas (garbanzo beans), dry and cooked, or canned
- 1/2 **teaspoon** paprika, ground
- 1/2 **teaspoon** cinnamon, ground
- 1/2 **teaspoon** ginger, ground
- 1/2 **teaspoon** cumin, ground
- 1 **teaspoon** thyme, dried
- 1/2 **teaspoon** salt, table
- 1/4 **teaspoon** black pepper, ground
- 5 **cups** collard greens, washed, stemmed, and chopped
- 1/4 **cup** salsa, traditional (not chunky)
- 2 **cups** water

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Heat oil in a medium pot on medium-high heat. Add onions and sweet potatoes. Sauté until onions are soft but not browned.
3. Add chickpeas (garbanzo beans) and dried spices. Continue cooking, stirring often, for 1 minute or until spices have coated the vegetables.
4. Add collard greens and cook for 1 minute. Stir often.
5. Add salsa and 1 cup of water. Bring to a boil.
6. Reduce heat to medium. Simmer covered for 25-30 minutes or until soup has thickened and sweet potatoes are tender. Check to make sure stew is not sticking to the bottom of the pot. Add more water if needed. Use a food thermometer to check that stew has reached a temperature of 140 °F or higher for at least 15 seconds.
7. Serve 2/3 cup.

## Getting Kids Involved

Start food safe habits early! Show **kids ages 4 and up** how to wash sweet potatoes and scrub skins under running water. **Kids ages 2 and up** can also wash collard greens and tear the leaves into small pieces.

Let kids smell and taste the spices. Ask them which they like best, and why!

## Chef's Hints

The spice blend used in step 3 can also be used on meats or roasted vegetables. Mix paprika, cinnamon, ginger, cumin, thyme, salt, and pepper. Then, sprinkle it over a vegetable or protein food to add a North African flavor!

Use any kind of leafy green in step 4. Kale, Swiss chard, and spinach are great choices. (You can also swap chickpeas for a different kind of bean in step 3).

Recipe adapted from North African Gumbo recipe by Jorge Collazo, New York City Schools.



# Sautéed Tofu and Broccoli

## Background

Tofu is made from soybeans, which are a type of legume. Soybeans are grown in East Asia and are an important ingredient in many foods eaten there. Soy sauce, edamame, miso, and tempeh are all made from soybeans. In this Asian-inspired recipe, enjoy the savory and sweet flavors of a sautéed tofu with broccoli.



### Preparation

10 Minutes



### Cooking

15 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 226

**Total fat:** 9g

**Saturated fat:** 3g

**Cholesterol:** 38mg

**Sodium:** 351mg

**Total Carbohydrate:** 20g

**Dietary Fiber:** 3g

**Total Sugars:** 3g

**Protein:** 18g

**Calcium:** 69mg

**Iron:** 2mg

## Serving Size

1 cup



## CACFP Meal Pattern Information

This recipe provides **Vegetables**, **Protein Foods**, and **Grains**. Soybeans are a plant-based protein. **CACFP Crediting:** 1 serving (1 cup) provides 1 1/2 oz equivalent meat alternate, 1/4 cup vegetable, and 1/2 oz equivalent grains.

# Sautéed Tofu and Broccoli

## Ingredients

- 1 cup water
- 3 ounces spaghetti noodles, whole-grain
- 1 pound 4 ounces tofu, firm, cubed (1/2 inch)
- 1/4 cup soy sauce, low-sodium
- 1 teaspoon sesame oil
- 4 cloves garlic, peeled and minced
- 1 tablespoon ginger, peeled and minced (2 teaspoons)
- 1/8 teaspoon red pepper flakes
- 2 teaspoons canola oil
- 8 ounces broccoli, washed and chopped
- 1 1/2 teaspoon sesame seeds

## Directions

1. Heat water in a saucepan to a rolling boil.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Break spaghetti noodles in half and slowly add them to the water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
4. Place tofu between two plates or between the bottom, flat surface of two pans. Press lightly to squeeze some of the liquid from the tofu.
5. Put the tofu on a cutting board and cut into 1/2 inch cubes.
6. In a small bowl, combine soy sauce, sesame oil, brown sugar, garlic, ginger root, and red pepper flakes.
7. Place tofu in a large bowl. Pour sauce over tofu. Carefully turn tofu a few times to coat well. Set aside.
8. Heat oil in a large nonstick skillet.
9. Add broccoli and sauté for about 3 minutes, or until broccoli turns bright green and becomes tender and crispy.
10. Remove broccoli from the pan and set aside.
11. Place tofu and marinade in the skillet on medium-high heat. Cook for 5 minutes on each side or until browned, gently turning.
12. Gently stir in broccoli and continue cooking. Use a food thermometer to check that the temperature has reached 140 °F or higher for at least 15 seconds.
13. Serve 1 cup garnished with 1/4 teaspoon sesame seeds.



## Getting Kids Involved

Show **kids ages 3 and up** how to squeeze tofu to help it drain. Let them feel how the texture changes from before to after.

Let kids use a plastic knife to cut up tofu into squares, triangles, circles, or anything they want. This can be fun for young children who are learning about shapes.

## Chef's Hints

The tofu used in step 4 is a popular type of vegetarian protein. Tofu is simple to cook with and easily takes on the flavors of other foods. It can be found in most supermarkets and grocery stores and is usually sold in packaged blocks. Try different kinds to find the firmness your family likes best (firmness ranges from silken or extra soft to super firm).

**Caution!** Tofu is made from soybeans. Soybeans are a common food allergen.

**Be careful!** Large broccoli pieces may cause choking. For younger children, chop the broccoli used in step 9 into smaller pieces that are no more than half an inch.

Recipe adapted from What's Cooking? USDA Mixing Bowl.





# Chicken Flatbread Pizza

## Background

Diwali is India's "festival of lights." It started as a Hindu tradition but is now celebrated by other groups and in other parts of Southeast Asia. Diwali celebrates the triumph of light over darkness, which is a symbol for the triumph of good over evil. The festival lasts five days, during which gifts are given, family is visited, and sweets and flatbreads—like this one—are eaten.



### Preparation

25 Minutes



### Cooking

40 Minutes



### Serves

6



## Nutrition Information:

Calories: 121

Total fat: 4g

Saturated fat: 1g

Sodium: 254mg

Total Carbohydrate: 7g

Dietary Fiber: 1g

Protein: 13g

Calcium: 27mg

Iron: 1mg

## Serving Size

1 piece



## CACFP Meal Pattern Information

This recipe provides **Vegetables, Grains, and Protein Foods**. Grains are an important source of nutrients, vitamins, and fiber. When buying grains, such as cereal, bread, and pasta, look for the word "whole" close to the top of the ingredients list. **CACFP Crediting:** 1 serving (1 piece) provides 1 1/2 oz equivalent meat, 1/4 cup vegetable, and 1 1/2 oz equivalent grains.



# Chicken Flatbread Pizza

## Ingredients

- 1/2 teaspoon turmeric, ground
- 1/4 teaspoon salt, table
- 1/2 teaspoon cumin, ground
- 1/4 teaspoon cinnamon, ground
- 10 1/2 ounces (2 1/4 ounce each) chicken tenderloins, raw, boneless, skinless, fresh or frozen
- 3 tablespoons yogurt, Greek, plain, non-fat
- 2 teaspoons canola oil
- 2/3 cups onion, yellow, fresh and chopped
- 3 cloves garlic (1 1/2 teaspoon minced)
- 4 ounces spinach, fresh, washed, chopped roughly, and packed
- 2 8" flatbreads (126 mg each), whole wheat, quartered
- 1 cup tomatoes, washed and diced
- 1 1/2 ounces mozzarella cheese, low-fat, shredded
- Nonstick Cooking Spray

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. In two small bowls, combine half of each spice in each bowl: salt, cumin, and cinnamon.
4. Sprinkle chicken tenders with one bowl of seasonings.
5. Place chicken on a baking sheet.
6. Bake chicken for 12-15 minutes. Use a food thermometer to check that chicken has reached a temperature of 165°F. or higher for at least 15 seconds
7. Dice chicken into 1/2 inch pieces.
8. Mix the second bowl of seasonings into the yogurt.
9. Heat canola oil on medium-high in a medium skillet.
10. Sauté onions for about 3-5 minutes or until onions are tender.
11. Add garlic and spinach. Cook for 3 more minutes or until spinach is wilted. Remove from the heat.
12. Place quartered flatbreads on a baking sheet lined with parchment paper. Top each with 1/2 tablespoon yogurt, 1 ounce spinach, 1 1/4 ounce chicken, about 3 tablespoons tomatoes, and 1 tablespoon of cheese.
13. Bake for 15-20 minutes. Heat to 140 F or higher for at least 15 seconds.
14. Serve 1 piece, hot.

## Getting Kids Involved

Let **kids ages 4 and up** use measuring spoons to add spices to bowls. Let them taste and smell different spices and guess how they will make foods taste.

Kids can have fun adding toppings onto flatbreads. Let them choose their own toppings as a way to try new vegetables.

## Chef's Hints

In steps 1 to 4, keep raw produce away from chicken until chicken is fully cooked (raw chicken can spread germs to raw produce). Always use a clean cutting board when preparing raw seafood, meat, or poultry.

In step 12, layer on other veggies like bell peppers, broccoli, and zucchini. You can also swap spinach for other (or more) types of leafy greens. (**Note:** Large broccoli pieces may cause choking. If you have a young child in your home, make sure to cut broccoli into small pieces no larger than half an inch.)



# Beef Picadillo with Brown Rice

## Background

Picadillo is a stew that is popular in South America and the Caribbean. It is often made with ground beef and tomatoes. This recipe mixes lean ground beef with vegetables. Serve it over brown rice for a hearty, healthy family meal.



**Preparation**  
10 Minutes



**Cooking**  
40 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 202  
**Total Fat:** 6g  
**Saturated Fat:** 2g

**Sodium:** 174mg  
**Total Carbohydrate:** 23g  
**Dietary Fiber:** 2g

**Protein:** 15g  
**Calcium:** 34mg  
**Iron:** 2mg

## Serving Size

1/2 cup picadillo  
over  
1/4 cup rice



## CACFP Meal Pattern Information

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. When cooking with grains, try to make at least half your grains whole grains. **CACFP Crediting:** 1 serving (1/2 cup picadillo over 1/4 cup rice) provides 1 1/2 oz equivalent meat, 1/4 cup vegetable, and 1/2 oz equivalent grains.

# Beef Picadillo with Brown Rice

## Ingredients

- 1/2 cup brown rice, dry, long-grain, uncooked
- 1 cup water
- 12 ounces ground beef (at least 90% lean), fresh or frozen
- 1 1/4 cups onions, yellow, peeled and diced
- 1 cup green bell peppers, washed and diced
- 1 clove garlic, peeled and minced
- 1/3 cup tomatoes with juice, canned, diced
- 1 cup tomato sauce, canned
- 1/2 cup raisins, seedless, unpacked
- 1/4 teaspoon oregano, dry
- 1/2 teaspoon cumin, ground
- 2 tablespoons cilantro leaves (without stems), washed, dried, and chopped (optional)

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Combine brown rice and water in a small pot.
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. Stir once. Cover and cook for 10 more minutes over low heat. Fluff the rice with a fork.
4. Heat a medium skillet on medium-high heat on top of stove.
5. Brown ground beef (do not rinse), then drain. Use a food thermometer to check that beef has reached a temperature of 165 °F or higher for at least 15 seconds.
6. Add onions, bell peppers, and garlic to ground beef. Sauté on medium-high heat until onions and bell peppers are soft. Stir often.
7. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.
8. Serve 1/2 cup picadillo over 1/4 cup rice. Garnish with 1 teaspoon cilantro (optional).



## Getting Kids Involved

Let **kids ages 3 and up** combine brown rice and water in the pot to see how rice is made.

Let **kids ages 2 and up** peel the garlic cloves or tear cilantro leaves from the stems. They might enjoy the smell and taste! Wash hands and cilantro first.

## Chef's Hints

The brown rice used in step 2 is a whole grain that is rich in fiber. You can try this dish with other whole grains, too. Couscous, barley, bulgur wheat, and quinoa are options.

In step 5, do not rinse or crowd 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.

**Be careful!** Raisins can be a choking hazard. For younger children, chop the raisins used in step 7 into smaller pieces that are no more than 1/2 inch.

Recipe adapted from UMass Extension.







# Baked Batatas and Apples

## Background

*Batata dulce* is a Spanish term for sweet potato. Sweet potatoes come from Central and South America, Mexico, and the West Indies. They are now eaten in Asia, South America, and the United States. Both kids and adults can enjoy this sweet side dish!



## Preparation

7 Minutes



## Cooking

40 Minutes



## Serves

6



## Nutrition Information:

Calories: 102

Total Fat: 3g

Saturated Fat: 0g

Sodium: 104mg

Total Carbohydrate: 21g

Dietary Fiber: 2g

Protein: 1g

Calcium: 19mg

Iron: 0mg

## Serving Size

1/2 cup



## CACFP Meal Pattern Information

This recipe provides **Vegetables and Fruits**. Vegetables and fruits are full of nutrients and vitamins. **CACFP Crediting:** 1 serving (1/2 cup) provides 1/4 cup vegetable and 1/4 cup fruit.






# Baked Batatas and Apples

## Ingredients

- 3 tablespoons** brown sugar, packed
- 1/2 teaspoon** cinnamon, ground
- 1/4 teaspoon** salt, table
- 2 cups** sweet potatoes, washed, peeled, and cubed
- 3 cups** apples, washed, peeled, cored, and cubed (1/2 inch)
- 1 tablespoon** canola oil
- 1/4 cup** orange juice
- Nonstick cooking spray

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
4. In a medium bowl, combine brown sugar, cinnamon, and salt. 
5. Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar. 
6. Place the sweet potato and apple mixture in the baking dish. 
7. Cover with foil and bake for 40 minutes, or until sweet potatoes are tender. Use a food thermometer to check that potatoes have reached an internal temperature of 140 °F or higher for at least 15 seconds.
8. Serve 1/2 cup.

## Getting Kids Involved

Start safe food habits early! Show **kids ages 4 and up** how to wash fruits and veggies under running water. Then, show them how to clean the skins with a vegetable scrub brush.

Kids can have fun tossing the sweet potatoes and apples in the cinnamon-sugar. They can also spread out the cubes in the bottom of the baking dish. Make sure to wash hands first!

## Chef's Hints

In step 4, add 1/2 cup chopped nuts or 1 tablespoon grated orange rind to the cinnamon-sugar mixture to add flavor. (**Note:** Nuts are a common allergen. Leave out nuts if anyone is allergic.)

Use other kinds of apples in step 5 for a fun way for your family to try new flavors.

Recipe adapted from UMass Extension.





# Chicken Ratatouille

## Background

Ratatouille (rat-a-tooy) is a stew from the south of France. The name comes from the French word **touiller**, meaning "to stir up." When you cook this modern version that uses chicken with traditional vegetables, you'll see why!



**Preparation**  
20 Minutes



**Cooking**  
18 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 101  
**Total Fat:** 4g  
**Saturated Fat:** 1g

**Sodium:** 185mg  
**Total Carbohydrate:** 3g  
**Dietary Fiber:** 1g

**Protein:** 13g  
**Calcium:** 22mg  
**Iron:** 1mg

## Serving Size

3/8 cup



## CACFP Meal Pattern Information

This recipe provides **Vegetables** and **Protein Foods**. When making meals, it's important to remember that cooking foods in healthy ways is as important as choosing healthy foods. **CACFP Crediting:** 1 serving (3/8 cup) provides 1 1/2 oz equivalent meat and 1/4 cup vegetable.

# Chicken Ratatouille

## Ingredients

- 1/4 **tablespoon** canola oil
- 12 1/2 ounces** boneless, skinless chicken breast, fresh or frozen, diced
- 1/4 **cup** zucchini, washed and diced (1/2 inch)
- 2/3 **cup** eggplant, washed and diced (1/2 inch)
- 1/3 **cup** onions, yellow, peeled and diced (1/4 inch)
- 1/4 **cup** green peppers, washed and diced (1/4 inch)
- 3 tablespoons** mushrooms, washed and sliced
- 1/4 **teaspoon** salt, table
- 3/4 **cup** tomatoes, canned with juice, diced
- 1 clove** garlic, peeled and minced (1/2 teaspoon)
- 1/2 **tablespoon** basil, dried
- 1/8 **teaspoon** black pepper, ground
- 1/2 **teaspoon** vinegar, balsamic
- 1/2 **teaspoon** lemon juice, fresh-squeezed or bottled
- 1/2 **tablespoon** parsley, washed, dried, and minced

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Heat oil on medium-high in a medium skillet.
3. Add chicken and sauté on each side for about 3 minutes or until lightly browned.
4. Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook for 5 more minutes until onions are tender. Stir often.
5. Add tomatoes, garlic, basil, black pepper, and balsamic vinegar. Bring to a boil.
6. Reduce heat to medium and simmer for 10 minutes, or until chicken is tender and juices from the tomatoes and vinegar have reduced. Stir often. Use a food thermometer to check that chicken has reached a temperature of 165 °F or higher for at least 15 seconds.
7. Remove from heat. Stir in lemon juice and parsley.
8. Serve hot (140 °F or higher). Or, divide into sealed containers and place in a refrigerator set to 40 °F or below (as indicated by an appliance thermometer). Serve cold.
9. Serve 3/8 cup of stew (the recommended portion for children ages 3 to 5 years).

## Getting Kids Involved

Start food safe habits early! Show **kids ages 4 and up** how to wash vegetables under running water and scrub skins. Kids can also help dice the eggplant using a plastic knife.

Show **kids ages 4 and up** how to juice lemons! Let them roll lemons on a flat surface. Then, have an adult cut the lemons in half. Let kids squeeze out the juice over a bowl. Use a fork or spoon to dig out any seeds that fall into the bowl.

## Chef's Hints

Using lean chicken (like boneless and skinless chicken breasts) in step 3 can help lower saturated fats. Look for skinless options. Cut off any visible fat before cooking.

This recipe can be served hot or cold. Add any seasonal vegetables you and your family would like to try in step 4!







# Easy Zucchini Lasagna

## Background

Zucchini is also called *green Italian squash*. It is found in many Italian foods like pizza, pasta, soups, and salads. Lasagna has been eaten in Italy since the Middle Ages! This modern version is nutritious and delicious.



**Preparation**  
20 Minutes



**Cooking**  
1 Hour



**Serves**  
6



## Nutrition Information:

**Calories:** 101  
**Total Fat:** 4g  
**Saturated Fat:** 1g

**Sodium:** 185mg  
**Total Carbohydrate:** 3g  
**Dietary Fiber:** 1g

**Protein:** 13g  
**Calcium:** 22mg  
**Iron:** 1mg

## Serving Size

1 piece  
(2" x 3 3/4")



## CACFP Meal Pattern Information

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. Frozen vegetables without added sauces, gravies, butter, or creams are as healthy as fresh vegetables. **CACFP Crediting:** 1 serving (1 piece) provides 1 oz equivalent meat alternate, 1/2 cup vegetable, and 1/2 oz equivalent grains.



# Easy Zucchini Lasagna

## Ingredients

- 2 1/2 ounces** (1/2 cup plus 2 tablespoons) mozzarella cheese, low-fat, shredded
- 1 cup** cottage cheese, fat-free
- 3 tablespoons** tomato paste, low-sodium
- 1 cup** tomato sauce, canned, low-sodium
- 1 teaspoon** oregano, dried
- 1 teaspoon** basil, dried
- 2 5/8 ounces** (1/2 cup plus 1 tablespoon) onions, yellow, peeled and diced
- 2 cloves** garlic, peeled and minced (1 teaspoon)
- 1/4 teaspoon** ground black pepper
- 1 1/2 cups** zucchini, washed and thinly sliced
- 3 3/8 ounces** (6 sheets) lasagna noodles, dry
- 1 tablespoon** parmesan cheese, shredded
- Nonstick cooking spray

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Set 1/3 cup of mozzarella cheese aside.
4. Combine the rest of the mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a small bowl to make cheesy-tomato sauce.
5. Divide zucchini into two even parts (about 3/4 cup each).
6. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
7. Spread 3 1/2 cups of cheesy-tomato sauce evenly on bottom of the pan. Cover sauce with 3 sheets of oven-ready lasagna noodles. Then, cover noodles with 3 1/2 cups of zucchini slices. Then, repeat.
8. Top layers 1 and 2 with the rest of the cheesy-tomato sauce (about 3 1/2 cups). Sprinkle on the rest of the mozzarella cheese and parmesan cheese.
9. Cover tightly with foil. Bake until zucchini is tender, about 30 minutes.
10. Remove foil. Bake uncovered until cheese starts to brown, about 15 minutes. Use a food thermometer to check that lasagna has reached a temperature of 140 °F or higher for at least 15 seconds.
11. Let lasagna stand 10 minutes before serving. Cut into 6 even pieces and serve.

## Getting Kids Involved

Let **kids ages 3 and up** mix the cheesy-tomato sauce. (Using a large bowl can help keep the sauce from getting on the counter.)

**Kids ages 3 and up** can have fun layering lasagna noodles, cheesy tomato sauce, and zucchini slices. Sprinkling the cheese on top is another great task to get kids involved. Make sure everyone washes their hands first!

## Chef's Hints

In step 4, try adding other vegetables like broccoli and spinach to this recipe. The greener the better. (Note: Large broccoli pieces may cause choking. If you have a young child in your home, make sure to cut broccoli into small pieces no larger than half an inch.)

When choosing canned tomato sauce, look for low-sodium or no-salt added options. Wash the outside of the can before opening.

Recipe adapted from National Institute of Health.



# Great Garden Soup



## Background

Some Native American groups like the Haudenosaunee (Iroquois) grew corn, beans, and winter squash next to each other. These vegetables helped each other grow. They became known as the "Three Sisters." This recipe is great way to get many veggies in one meal.



### Preparation

20 Minutes



### Cooking

30 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 120

**Total Fat:** 2g

**Saturated Fat:** 1g

**Sodium:** 214mg

**Total Carbohydrate:** 16g

**Dietary Fiber:** 5g

**Protein:** 9g

**Calcium:** 3mg

**Iron:** 2mg

## Serving Size

2/3 cup



## CACFP Meal Pattern Information

This recipe provides **Vegetables** and **Protein Foods**. Vary your protein routine by serving plant-based protein foods: nuts, seeds, peas, and beans, like the kidney beans in this recipe. **CACFP Crediting:** 1 serving (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.

# Great Garden Soup

## Ingredients

- 4 ounces** beef (at least 90% lean), ground, fresh or frozen
- 2/3 cup** onions, yellow, peeled and diced (1/4 inch)
- 2 cloves** garlic, peeled and minced (1/2 teaspoon)
- 1 tablespoon** jalapeno pepper, washed, seeded, and minced
- 2/3 cup** butternut squash, washed, peeled, and cubed (1/2 inch)
- 1/4 cup** green beans, washed and cut into 1/2" pieces
- 3 tablespoons** corn, frozen
- 1 tablespoon** thyme, dried
- 1/4 cup** summer squash, washed, peeled, and diced (1/2 inch)
- 1/4 cup** zucchini, washed, peeled, and diced (1/2 inch)
- 11 ounces** kidney beans, dry and cooked or low-sodium canned
- 1/3 cup** tomato sauce, canned
- 3/8 cup** tomatoes with juice, canned, diced
- 1/4 cup** water
- Nonstick cooking spray

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Coat a medium skillet with nonstick cooking spray.
3. Heat the skillet on medium-high heat.
4. Add ground beef and brown. Use a food thermometer to check that beef has reached a temperature of 165 °F or higher for 15 seconds. Drain.
5. In a medium pot 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.
6. Add summer squash, zucchini, kidney beans, tomato sauce, tomatoes with juice, and water. Stir well. Bring to a boil.
7. Reduce heat to medium and simmer uncovered for 20 minutes. Vegetables should be tender. Stir often.
8. Serve 2/3 cup.



## Getting Kids Involved

Let kids see, touch, and taste veggies as they are added. It may make them more likely to eat them later!

Teach **kids ages 4 and up** how to peel the squash and zucchini. They can have fun aiming peels at a bucket or bag on the floor.

## Chef's Hints

Rinsing raw meat can spread germs onto your cooking surfaces. In step 4, cook ground meat without rinsing it. Use a large pan so that it cooks evenly.

If using dry kidney beans in step 6, you can use the "Quick-Soak Method" to save time. Boil 4 cups of water, then add beans and boil for 2 minutes. Remove beans from heat and allow to soak for 1 hour. Then, discard the water and proceed with the rest of the recipe. If using canned beans, clean the can before opening. Then, rinse beans under running water to reduce the amount of sodium in the beans.

Recipe adapted from Oneida Indian Nation's Three Sisters Cookbook.





# Mini Salmon Loaves

## Background

Salmon is a popular type of fish found in North America. Try these mini-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.



**Preparation**  
20 Minutes



**Cooking**  
15 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 80  
**Total Fat:** 3g  
**Saturated Fat:** 1g

**Sodium:** 165mg  
**Total Carbohydrate:** 2g  
**Dietary Fiber:** 0g

**Protein:** 11g  
**Calcium:** 24mg  
**Iron:** 0mg

**Serving Size**  
1 loaf



## CACFP Meal Pattern Information

This recipe provides **Grains and Protein Foods**. Seafood, like salmon, is a protein food that contains key nutrients. **CACFP Crediting:** 1 serving (1 loaf, about 1 1/2 oz) provides 1 1/2 oz meat and 1/4 oz equivalent grains.



# Mini Salmon Loaves

## Ingredients

- 1 cup Alaska salmon, canned, boneless, skinless, drained
- 1 large egg
- 1 tablespoon milk, fat-free
- 1 teaspoon onion, dried, minced
- 1 teaspoon dill weed, fresh, washed, and chopped
- 1/2 teaspoon lemon pepper seasoning
- 3 tablespoons whole-wheat bread crumbs

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Place salmon in a medium bowl.
4. Break apart chunks of salmon. Use a fork or clean hands.
5. Crack egg into a medium bowl. Then, wash hands. Add milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
6. Divide salmon mixture into 6 even portions (1 3/4 ounces each).
7. Shape each portion into a mini-loaf, about 1/2 inch thick. Place on a baking sheet.
8. Bake for 15 minutes. Use a food thermometer to check that salmon loaves have reached a temperature of 160 °F or higher for 15 seconds. Keep at 140 °F or higher until serving.
9. Serve one mini-loaf.



## Getting Kids Involved

**Kids ages 4 and up** can have fun breaking up chunks of salmon with a plastic fork. Make sure they wash hands before and after cooking with raw fish!

Let **kids ages 4 and up** shape salmon into round loaves. Help them place the mini-loaves on a baking sheet with space in between. Kids and adults should wash hands before and after touching salmon.

## Chef's Hints

**Caution!** Salmon is a common food allergen. Do not serve Mini Salmon Loaves if anyone in your care is allergic.

In step 5, dried dill weed can be used in place of fresh. Just divide the called for amount of fresh dill weed in half (1/2 teaspoon).

Recipe adapted from National Institute of Health.