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Attachment R: Research Stimulus: Food Explorers- Tasting the World!
Nutrition Education Guide

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Food Explorers: Tasting the World!



Nutrition Education Guide





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I. Introduction



Turn Your Children Into Food Explorers!



As a child care provider, you can help children explore new foods. This guide has ten culturally-inspired recipes and activities from regions around the world. The regions are Central and South America (including the Caribbean and Mexico), North America, Africa, Europe, and Asia and the Pacific Islands. The ideas in this guide can make trying new foods an adventure for the children at your site.

Did you know that letting your kids help you cook can make them more likely to try new foods? Each recipe has ideas for kids to help with meal prep. The recipes have also been kid-tested to make sure children will enjoy eating them.

About this Guide

The world is on your plate! Each section introduces you to a new region of the world. You will find background information for the recipes and activities. The learning goals, get ready tips, and step-by-step instructions make it easy for you to try these ideas at your site.

This guide is flexible. You can explore all of the regions or use the events calendar to plan activities on special days. You can host a Festive Friday or Global Potluck event to get families involved too.



Look for CACFP Meal Pattern Information!

This section tells you about the **MyPlate** food groups in each recipe. You can use the CACFP crediting information to help you create healthy meals that may be counted towards meeting the meal pattern requirement.

More Resources

The *Foods Around the World* poster helps children see where some of the vegetables, fruits, and grains in each recipe come from. Use the poster to complete the Treasure Chest Find activities.

You can find even more resources at **XXXX**, including a family cookbook and cooking videos for five recipes in this guide.

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Keep Exploring

The appendix has **40 culturally-inspired recipes**. The recipes have three different serving yields and are credited for the 3 to 5 years age group of the CACFP meal pattern.



Look for this icon to see where kids can help out for the recipes!



Look for this icon to see where the poster ties in to the activities!



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Regional Activities and Recipes



Africa

Activity 1: Kye Kye Kule

Activity Type: Song and Dance

Recipe: Veggie Mash Up*

Foods Featured on the Poster: Potato, Green Peas, Swiss chard, Corn

Activity 2: Sensing Spices

Activity Type: Art and Sensory

Recipe: Greens and Beans Soup*

Foods Featured on the Poster: Sweet Potato, Chickpeas, Collard Greens



Asia and Pacific Islands (includes India and Middle East)

Activity 1: Lunar New Year Dragon Puppet

Activity Type: Art

Recipe: Sautéed Tofu and Broccoli*

Foods Featured on the Poster: Tofu, Broccoli, Pasta

Activity 2: Diwali Paper Plate Art

Activity Type: Art

Recipe: Chicken Flatbread Pizza*

Foods Featured on the Poster: Spinach, Whole-grain Bread



Central and South America (includes Mexico and Caribbean)

Activity 1: Al Alimón

Activity Type: Game

Recipe: Beef Picadillo*

Foods Featured on the Poster: Brown Rice, Green Peppers, Tomato

Activity 2: Paper Flowers

Activity Type: Art

Recipe: Baked Batatas and Apples*

Foods Featured on the Poster: Sweet Potato, Apple

Regional Activities and Recipes



Europe

(includes Italy, France, Hungary, and Mediterranean)

Activity 1: Escargot Game

Activity Type: Game

Recipe: Chicken Ratatouille*

Foods Featured on the Poster: Eggplant, Green Peppers, Mushrooms

Activity 2: May Day Dancing

Activity Type: Song & Dance

Recipe: Easy Zucchini Lasagna*

Foods Featured on the Poster: Tomato, Zucchini, Pasta Noodles



North America

(includes Native tribes and Southern cuisine)

Activity 1: Three Sisters Storytime

Activity Type: Storytelling

Recipe: Great Garden Soup*

Foods Featured on the Poster: Corn, Squash, Zucchini, Kidney Beans

Activity 2: Animal Life Collage

Activity Type: Art

Recipe: Mini Salmon Loaves*

Foods Featured on the Poster: Salmon, Whole-grain Bread

*Cooking Videos for select recipes at: [XXXXXX](#)

Overview of Regions



There are many regions in the world. This guide is organized around five regions:

1. Africa
2. Asia and the Pacific Islands (includes India and the Middle East)
3. Central and South America (includes the Caribbean and Mexico)
4. Europe (includes France, Hungary, Italy, and Mediterranean)
5. North America (includes Native American tribes and southern cuisine)

Each region has its own cultures and customs. The activities and recipes in this guide celebrate what makes each region both unique and similar to others.



II. Regions





Africa





Activity:

Kye Kye Kule (Chay Chay Koo-Lay)



Africa is a large continent made up of 54 countries. Agriculture is very important in Africa. The foods that are produced vary depending on the climate and geography. Though the cuisines vary throughout the region, generally dishes include a local fruits, grains, and vegetables.



Local Foods of the Region

Many of the vegetables and fruits in Africa are the same as those that grow in Central and South America (corn, tomatoes, and sweet potatoes) and the Caribbean (pineapple, bananas, and plantains). Yams, okra, and black-eyed peas are popular staple foods in West Africa.

In addition to Swiss chard, other leafy, green vegetables eaten in Kenya are kale and spinach.

Learning Goals

- Learn how foods are prepared and how traditional foods fit into the five food groups.
- Increase willingness to try new food.
- Understand why eating a variety of colorful vegetables and fruits is important.



Get Ready

Listen to *Kye Kye Kule (Chay Chay Koo-Lay)* in advance. Be prepared to lead the group. Your enthusiasm will help make this new experience fun for children.



The Activity: Kye Kye Kule (Chay Chay Koo-Lay)



Background

This popular song and dance from Ghana is similar to *Heads, Shoulders, Knees, and Toes* in the United States. *Kye Kye Kule* is a call-and-response song. In a call-and-response song, a leader sings a phrase and then a group sings a response. This song promotes physical activity and can be used to teach how eating a variety of vegetables can help keep the body healthy and strong.



Instructions

Materials:

Space for children to sing and dance.

Step-by-Step Directions:

1. Children form a circle as the leader stands in the middle.
2. Practice saying the words of the song.
3. The leader sings and points to different parts of the body. Then, the children in the circle repeat that movement and the leader's words.
4. Begin with motioning to your head, followed by your shoulders, waist, knees, and ankles.
5. **Ask:** What was the song about?
6. **Explain:** The song is about the different parts of the body. We will learn about foods that helps our body grow healthy and strong.

The Activity: Kye Kye Kule (Chay Chay Koo-Lay)

Lyrics

Leader: Kye Kye Kule

Chorus: Kye Kye Kule

Leader: Kye Kye Kofinsa

Chorus: Kye Kye Kofinsa

Leader: Kofisa Langa

Chorus: Kofisa Langa

Leader: Kaka Shilanga

Chorus: Kaka Shilanga

Leader: Kum Aden Nde

Chorus: Kum Aden Nde

Leader: Kum Aden Nde

Chorus: Kum Aden Nde, HEY!

Phonetic Pronunciation

Chay chay koo-lay

Chay chay koo-lay

Chay chay koh-feen sah

Chay chay koh-feen sah

Koh-fee sah lahn-gah

Koh-fee sah lahn-gah

Kah-kah shee lahn-gah

Kah-kah shee lahn-gah

Koom ah-dehn day

Koom ah-dehn day

Koom ah-dehn day

Koom ah-dehn day, hey

In English:

Hands on your head

Hands on your head

Hands on your shoulders

Hands on your shoulders

Hands on your waist

Hands on your waist

Hands on your knees

Hands on your knees

Hands on your ankles

Hands on your ankles

Hands on your ankles

Hands on your ankles, hey!

*To hear the melody of this song visit: <https://kcls.org/content/kye-kye-kule/>

Ideas for different group sizes & space:

Divide the group in half and have one group sing the leader phrases while the other group sings the response.

Ideas for mixed-age groups:

Play a game similar to Simon Says. Have young children point to a body part and older children respond with the correct phrase from the song.

Treasure Chest Find



Different vegetables provide different nutrients. This recipe includes potatoes and corn (starchy) and swiss chard (dark, leafy) which are different kinds of vegetables. Invite children to find a different colored vegetable from each region on the instructional poster.

To access the *Foods Around the World* poster visit: [XXXXXXX](#)



Veggie Mash Up

Background

Irio 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.



Activity: Sensing Spices

Most people in Africa buy food at open-air markets where merchants sell vegetables and fruits that grow nearby. These markets are usually busy, lively, and colorful places where many foods and spices can be found.



Local Foods of the Region

The spices paprika, cumin, cinnamon, ginger, and thyme are often combined and used as rubs for meats or sprinkled on roasted vegetables in this region.

Learning Goals

- Learn how foods are prepared and how traditional foods fit into the five food groups.
- Increase children's willingness to try new foods.
- Children know the importance of eating a variety of colorful vegetables and fruits.



Get Ready

Have orange, yellow, brown, white, and green crayons available for children to color the handout. Label each spice with the appropriate color and make copies of the handout for each child in advance.

The Activity: Sensing Spices

Background

The Greens and Beans soup contains many spices. Paprika, cumin, cinnamon, ginger, and thyme give the soup an aromatic blend of scents and introduce children to new flavors. Children will use their senses to learn more about spices and the seasoning used in Africa.

Instructions

Materials:

Paprika, cumin, cinnamon, ginger, and thyme, clear containers, and copies of observation sheets*.

Step-by-Step Directions:

1. Set up the paprika, cumin, cinnamon, ginger, and thyme on a table.
2. Invite children to observe the color, texture, and smell of the spices.
3. **Ask:** Where do the spices come from?
4. Explain that these spices come from plants. Spices can come from the seed, fruit, root, bark, or flower and are used to for flavoring, coloring or preserving food.
5. Invite children to complete the See and Smell a Spice handout (Appendix D, p. x) for one spice of their choice.

Ideas for different group sizes & space:

Set up a station for each spice. Divide the children into small groups of 3-5. Have each group complete a group observation. Then, have groups share what they learned with the class.

Ideas for mixed-age groups:

Older children can be paired with younger children to complete their observations. Have older children interview younger children and record their answers. Older children can present what the group observed to the whole group.

Treasure Chest Find



Invite children to match the picture of the Green Beans Soup to the region where it comes from. The chickpea beans in this soup provide proteins to build muscles and grow. Beans are legumes. Can you find other legumes on the poster? (Ex. green beans, kidney beans, green peas, and chickpeas)

To access the *Foods Around the World* poster visit: [XXXXXXXX](#)



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.



Asia and Pacific Islands

(includes India and Middle East)





Activity:

Lunar New Year Dragon Puppet

Asia is the largest geographic region in this list. It accounts for 30 percent of the world's landmass and 60 percent of the world's population. There are many flavors in Asia- from spicy curries in India to savory peanut sauces in Vietnam and Thailand. The Lunar New Year is celebrated in many ways in different parts of Asia. Chinese traditions often involve food. Some foods are thought to bring good fortune- noodles bring happiness and longevity, fish bring prosperity, and fruit brings wealth.



Local Foods of the Region

Many people in the region eat rice. In some parts of Asia, people eat rice with chopsticks and in other parts it is common to eat rice with your hands.

Wheat, corn, sugar cane, mangoes, seaweed, and soybeans are produced in Asia.

Soybeans are used to make tofu and soy sauce.

Learning Goals

- Learn how foods are prepared and how these traditional foods fit into the five food groups.
- Increase children's willingness to try new foods.
- Increase favorable attitudes toward new fruits, vegetables, or whole grains.



Get Ready

Prepare a model of the dragon puppet in advance. The model serves as an example during the activity. Set out extra supplies for children who finish early. They can make other paper crafts like paper lanterns or paper cut-outs.

The Activity:

Lunar New Year Dragon Puppet

Background

Lunar New Year parades are popular in many countries that celebrate the holiday including China, Vietnam, Mongolia, Tibet, and Korea. The dragon is a make-believe creature that has been part of Chinese culture for thousands of years. Children will make simple dragon puppets using construction paper and popsicle sticks.



Instructions

Materials:

Cut outs of dragon heads and tails (one for each child), popsicle sticks, glue, strips of construction paper, and crayons or markers.

Step-by-Step Directions:

1. Providers should cut out the dragon head and tail in advance.
2. Children can do the rest!
3. Color the dragon head and tail.
4. Fold the strip of construction paper accordion style.
5. Glue a popsicle stick at each of the ends of the construction paper.
6. Glue the dragon head and tail to the ends of the construction paper.
7. Providers can demonstrate how to move the puppet, mirroring the movement of dragons in the parade.

The Activity: Lunar New Year Dragon Puppet



Ideas for different group sizes & space:

For larger groups, children can work in pairs to make bigger puppets using multiple sheets of construction paper and creating their own dragon head and tail.

Ideas for mixed-age groups:

Older children can add more decorative elements to their dragons like scales on the body, streamers or tissue paper for the tails. They can assist younger children in cutting different colored construction paper for scales and gluing additional decorations.

Treasure Chest Find



Noodles are often served on the Lunar New Year because they represent longevity and happiness in the New Year. Can you find other whole grains on the poster? (brown rice, pasta, whole grain bread, whole wheat flat bread)

To access the *Foods Around the World* poster visit: [XXXXXXX](#)



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.



Activity: Diwali Paper Plate Art

India is a diverse country with over one billion people. The cultures and religions influence what people cook and eat.

Diwali is India's "festival of lights." Although originally a Hindu tradition, Diwali is now celebrated by other religions and in other parts of Southeast Asia. Diwali celebrates the triumph of light over darkness, which symbolizes the triumph of good over evil. The festival lasts five days. People light candles, exchange gifts, visit relatives, and eat delicious sweets on this holiday.



Local Foods of the Region

You can find any of these three kinds of breads in India- naan, poori, and chapati.

Learning Goals

- Learn how foods are prepared and how these traditional foods fit into the five food groups
- Increase children's willingness to try new cultural or regional foods.
- Increase favorable attitudes toward new fruits, vegetables, or whole grains.

CACFP Crediting Information:

1/2 cup (No. 8 scoop) provides 1 1/2 oz. equivalent meat and 1/4 cup vegetable





The Activity: Diwali Paper Plate Art

Background

Children will trace patterns inspired by *rangoli* on paper plates. *Rangoli* is a kind of art that is popular during Diwali. Colorful designs are drawn on the floor or walls for decoration during festive occasions. It is believed they invite good luck inside. Designs can be simple geometric shapes, flowers, or petal shaped.

Instructions

Materials:

Paper plates, paint, markers, and chart paper.

Step-by-Step Directions:

1. Explain to children that they will be making colorful rangoli inspired decoration for Diwali-India's "festival of lights."
2. Have children fold the paper plate in half and then in half again to create four even panels.
3. Children will draw a flower petal or a geometric shapes, like a circle, square, or star in each panel. You can also prepare stencils in the shape of flower petals as well.
4. Tell children to decorate each panel using the same colors to create a repetitive pattern.
5. Decorate the walls of the center with Diwali inspired artwork.



Ideas for different group sizes & space:

Divide large groups in small groups of 4 to 6 children. Have each child decorate a panel then tape the panels together to create a poster sized group rangoli.

Ideas for mixed-age groups:

Older children can make more intricate patterns. Young children can ask older children to draw outlines around their simple shapes to add more detail to their designs.

Treasure Chest Find



Help children to make half of their grains whole grains by teaching them to identify examples of whole grain foods on the instructional poster.

To access the *Foods Around the World* poster visit: [XXXXXXX](#)



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.)



Central and South America

(includes Mexico and Caribbean)





Activity: Al Alimón

Al Alimón is a circle game that children play in this region. This region includes Central and South America, and the Caribbean. The Caribbean is made up of island groups in the Caribbean Sea. The islands include the Bahamas, Cuba, the Dominican Republic, Jamaica, U.S. Virgin Islands, Puerto Rico, among many others. The main languages spoken in the region are Portuguese, Spanish, English, French, and Dutch.



Local Foods of the Region

Did you know many vegetables and fruits were brought from Central and South America to other parts of the world by explorers and vice versa? This is how tomatoes and potatoes arrived in Italy and Ireland, and peanuts made their way to Africa and Asia.

A popular food in Puerto Rico is plantains. Plantains which are similar to bananas are originally from West Africa. In this region plantains are cooked and eaten by themselves or as part of soups, stews or other combination dishes.

Learning Goals

- Learn how foods are prepared and how foods fit into the five food groups;
- Increase children's willingness to try new foods; and
- Understand why eating a variety of colorful vegetables and fruits is important.



Get Ready

Have fun learning new words in Spanish! Listen to the song in advance and practice pronouncing the words out loud. Your enthusiasm for learning a new language will help children develop an appreciation for different cultures.

The Activity: Al Alimón

Background

Al Alimón is a traditional children's game from Puerto Rico. Children hold hands and sing the song while walking in a circle. This game is a great way to get up children up and moving on the playground or indoors as well.



Instructions

Materials: Space available for children to form a circle.

Step-By-Step Directions:

1. Tell children to form a circle facing each other.
2. Explain that you will play a circle game from Puerto Rico called Al alimón.
3. Teach the children the song.
4. Practice singing the song and invite children to step to the beat as you sing.
5. Sing the song again, and have children hold hands and move in one direction (sideways) in a circle.
6. Sing the song again, this time changing directions and walking the opposite way.

**You can repeat the first verse of the song found below or sing the entire song. The lyrics for the whole song can be found in the appendix.*

The Activity: Al Alimón

Lyrics in Spanish

Al alimón, al alimón,
que se rompió la fuente

Al alimón, al alimón,
mandadla a componer

Hurrí, hurrí, hurrá, la reina
va a pasar (2x)

Phonetic Pronunciation

Ah lah lee-MOHN, ah lah lee-MOHN,
keh seh rohm-peeOH lah fooEHN-teh,

Ah lah lee-MOHN, ah lah lee-MOHN,
mahn-DAD-lah ah kohm-por-NEHR

Oo-RREE, oo-RREE, oo-RRAH, lah reh-
EE-nah vah ah pah-SAHR (2x).

In English

Let's work together (2x),
the fountain broke down,

Let's work together (2x),
have it fixed,

Hip, hip, hooray, the queen
is passing by (2x)

To hear the melody of this song visit:

<https://folkways.si.edu/a-la-limon/caribbean-childrens/music/track/smithsonian>

Ideas for different group sizes & space:

Divide children into small groups of 6-8. Create separate areas for each small group to play.

Ideas for mixed-age groups:

Have older children learn the song and teach it to younger children. Have older children sing the verses and lead the younger children sing the chorus.

Treasure Chest Find



Find the ingredients in Beef Picadillo on the poster (brown rice, green pepper, and tomato). Tell children how this recipe provides the nutrients they need to grow healthy and be active. The brown rice provides energy to play. Green peppers and tomatoes have Vitamin A which is good for your eyes. Green pepper and tomato are eaten in other regions too. Find green pepper and tomato in two other regions on the map.

To access the Foods Around the World poster visit: **XXXXXXX**



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.



Activity: Paper Flowers and Fruits

Carnival is a big celebration that takes place in February in many parts of the region. Carnival in Brazil, Mexico, and Trinidad and Tobago are famous because they attract so many participants and visitors. Carnival celebrations often last many days and include parades, floats, music, and dancing. Flowers and fruits are often used to decorate costumes and floats.



Local Foods of the Region

Pineapple and papaya are fruits originally from this region that are now popular all over the world.

Many floats are decorated with flowers and fruits that are in season. In Ecuador, apples and pears are in season during the month of February. These fruits are seen on floats and costumes at the Festival of Fruit and Flowers.

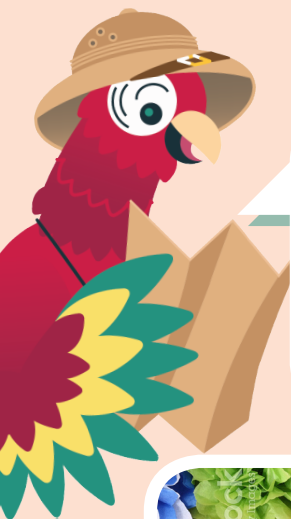
Learning Goals

- Understand where foods come from.
- Increase favorable attitudes toward new fruits, vegetables, or whole grains.
- Increase willingness to try new foods.



Get Ready

Find photos of flowers and fruits to inspire children as they make their tissue paper flowers and paper plate fruits. Prepare models of the flowers and the fruits in advance so children can have an example to follow.



The Activity: Paper Flowers and Fruits

Background

Fruits and flowers add color and flavor to carnival festivities in Central and South America, Mexico, and the Caribbean. Children will make flowers and fruits using tissue paper and paper plates. You can use the activity to teach about the parts of the plant we eat like the fruit, flower, leaves, roots, and stems.



Instructions

Materials: Different colored tissue paper, in pieces around 6" x 6" inches (cut in advance), pipe cleaners, pencils, and scissors

Step-by-Step Directions:

1. Layer 3-4 pieces of tissue paper one on top of the other.
2. Poke two holes in the center of each bunch of tissue paper.
3. Insert a pipe cleaner up one hole, bend it, and then feed it down the other hole.
4. Pull the pipe cleaner so it is even. Then twist the ends to make a stem.
5. Distribute paper plates.
6. Children can paint the paper plates to look like slices of fruit such as the apple, orange, kiwi, or watermelon. (See examples below)
7. Decorate your site with colorful tissue paper flowers and paper plate fruits.

Ideas for different group sizes & space:

Have children work together in small groups of 3 to 5 to make more elaborate flower arrangements, such as a wreath or garland. Use children's artwork to decorate your site.

Ideas for mixed-age groups:

Invite older children to help younger children make their flowers. Older children can assist in helping to make the stem (steps 3 and 4).

Treasure Chest Find



Batata dulce, or sweet potato, is one of the main ingredients in this recipe. It is a root vegetable native to this region. Show children the flower (broccoli), roots (sweet potato), stem (mushrooms), fruit (apple), and leaves (spinach) on the poster.

To access the *Foods Around the World* poster visit: [XXXXXXXX](#)



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.





Europe

(includes Italy, France, Hungary, and Mediterranean)





Activity: Escargot Hopscotch

The region of Europe is surrounded by water on three sides: the Arctic Ocean to the north, the Atlantic Ocean to the west, and the Mediterranean, Black, and Caspian Seas to the south. *Escargot* (ESS-car-go) is a game children play in France. Children in other parts of Europe play games that are similar to Escargot. In Germany, children play a similar game called *Hinkspiel*. The same game is known as *Skola* in Croatia.



Local Foods of the Region

Wheat and potatoes grow in this region. Grapes and olives have been produced in the South of France, Italy, and Greece for thousands of years. Many recipes feature seasonal vegetables and fruits, meaning vegetables and fruits that only grow at certain times of the year.

Learning Goals

- Learn how foods are prepared and how these traditional foods fit into the five food groups.
- Increase children's willingness to try new foods.
- Understand the importance of eating a variety of colorful vegetables and fruits.



Get Ready

Make connections. Draw the course and become familiar with the rules in advance (p. 38). The rules are similar to Hopscotch but in Escargot the course is a different shape. Before beginning the game, ask children if they have played a game like Hopscotch or Escargot before. Games are a playful way to show how people around the world are unique and also similar to each other.



The Activity: Escargot Hopscotch

Background

Escargot (ESS-car-go) is French for snail and is both a popular food and a game. Escargot is like the game of Hopscotch except that the "course" is a spiral rather than a straight line. Children will hop around the spiral "course." This game promotes physical activity. You can use this game and the recipe to teach how eating a variety of vegetables can help keep the body healthy and strong.



Instructions

Materials:

Chalk or masking tape, play chips, bean bags, or tag stickers (for indoor use).

Step-by-Step Directions:

1. Draw the diagram like the image above.
2. You can choose the number of spaces you draw. It can be as small as 10 or as large as you want.
3. Line children up to take turns. As children await their turn, have them count and jump along.
4. Each child begins their turn on square 1. Then they hop on one foot all the way to "home" and back out.
5. If a player steps on a line or outside of the square they lose a turn. If they make it out successfully, they can pick one square for their "house." Then the player puts their initials in that square (or use tag stickers if indoors).
6. The next person then has to skip (hop over) the squares that have initials written in them.
7. The game ends when all the spaces have been filled by the "houses."

The Activity: Escargot Hopscotch

Ideas for different group sizes & space:

Draw multiple Escargot hopscotch diagrams for children to play in small groups of 5-6. If playing indoors, you can make the Escargot diagram with masking tape or blue tape.

Ideas for mixed-age groups:

Allow young children to use both feet to "hop" along. Older children can hop over smaller squares or play more difficult variations of the game.

Treasure Chest Find



To play this game, children must move and be active. Chicken ratatouille is a meal that provides protein needed for strong muscles and a variety of colorful vegetables full of vitamins and minerals that support a healthy body to feel your best. Invite children to find different color vegetables from this region on the poster? (*Region 4 vegetables by color: red- tomato, purple- eggplant, green- zucchini, white-mushrooms*)

To access the *Foods Around the World* poster visit: **XXXXXXX**



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!





Activity: May Day Dance



May Day celebrates the arrival of Spring. Many vegetables and fruits are seasonal in Europe, meaning they grow at different times of the year.



Local Foods of the Region

Did you know there are many different types and shapes of pasta noodles? There is spaghetti, manicotti, fettuccini, linguini, vermicelli, and more. Though pasta is considered an Italian food, it is likely a descendant of noodles. Noodles were prepared and eaten in Asia thousands of years before pasta. Asparagus, cauliflower, and rhubarb are in season in the Spring.

Learning Goals

- Understand where foods come from.
- Increase favorable attitudes toward new fruits, vegetables, or whole grains.
- Increase willingness to try new foods.

Get Ready

Prepare music to play in advance to get the children excited for the dance. If you have access to the internet, find a short video of May Day Dance to show children how people in Europe dance on May Day.





The Activity: May Day Dance

Background

The May Day Dance comes from the May Day celebrations that are popular in parts of Europe. The May Day Dance may have originated around 2,000 years ago in Roman Britain. It is believed soldiers danced around decorated trees to honor the goddess Flora.

Instructions

Materials:

Four to five different color ribbons and a rod or stick (or any rod-like object, i.e. broom).

Step-by-Step Directions:

1. Prepare the maypole by taping four different color ribbons to a pole. Hold the maypole in place.
2. Give each child a ribbon to hold.
3. Practice walking around the maypole.
4. Invite each color to step forward and step back one at a time.
5. Tell all children to walk in one direction. Then, tell children to turn around and walk in the other direction.
6. Explain that this is an example of how people in Europe dance the May Day Dance on this celebration.



Ideas for different group sizes & space:

Divide the group into smaller groups. Have children take turns dancing around the maypole.

Ideas for mixed-age groups:

Adjust the size of rod and group children according to height. Invite older children to choreograph steps for everyone to do around the maypole.

Treasure Chest Find



Why do you think many cultures celebrate Spring? Tell children what vegetables and fruits are in season. For example, in your area, eggplant, tomatoes, and zucchini may be in season in the summer. Then, ask them to find seasonal vegetables and fruits on the poster. For information on seasonal foods, visit: <https://snaped.fns.usda.gov/seasonal-produce-guide>.

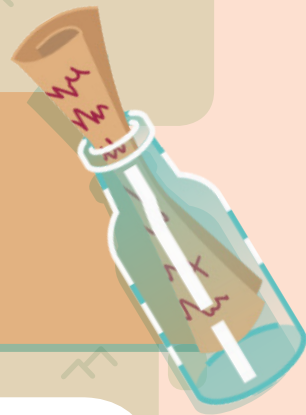
To access the *Foods Around the World* poster visit: XXXXXXXX



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.



North America

(includes Native tribes and Southern cuisine)





Activity: Three Sisters Storytime

North America is made up of the mountains in the west, the Great Plains in the middle, Canadian land from the Great Lakes to the Arctic Ocean, and the eastern region along the Atlantic Coast. North America has a variety of climates too.



Local Foods of the Region

Native Americans grew over three hundred food crops including walnuts, pecans, peanuts, cranberries, tomatoes, sunflowers, wild rice, and peppers.

Today, apples and peaches grow well in places with cooler temperatures and oranges grow well in places with warmer temperatures. Other foods produced in North America are corn, dairy, and wheat.

Learning Goals

- Understand where foods come from.
- Increase children's willingness to try new foods.
- Understand why eating a variety of colorful vegetables and fruits is important.



Planning Tip

Find images of a corn plant, squash plant, and bean plant in advance. Show children what they look like and make connections to the story.

The Activity: Three Sisters Storytime

Background

The environment influences the beliefs and practices of Native Americans. Native Americans in the eastern region harvested corn, squash, and beans. In many traditional stories, the three plants are known as the Three Sisters. Children will enjoy trying a new dish made with veggies from the story.



Instructions

Materials: Markers and paper

Step-By-Step Directions:

1. Tell the children the following story:

*There was once a family with a mother, father, and three sisters. The sisters were different but special in their own way. The eldest sister was tall and had long, shiny hair. The youngest was short and muscular. The middle sister was average height and very kind. They loved one another, but sometimes they argued and forget to do their chores. One day, the parents needed the sisters help in the garden, but again, the sisters argued. As the sisters argued, they turned into three plants. The eldest turned into corn, the youngest turned in squash, and the middle sister turned into a bean plant.**

*Story summary adapted from Northeastern State University Curriculum available at: <https://academics.nsuok.edu/Portals/39/Three%20Sisters%20Legend.pdf>.

The Activity: Three Sisters Storytime

2. Give each child a piece of paper.
3. Have each child fold the paper in half, then fold it in three parts to make 6 sections.
4. Ask children to draw the three sisters in the top row.
5. Then show children the pictures of a corn plant, bean plant, and squash plant.
6. Invite children to draw corn, beans, and squash below the picture.
7. **Ask:** What do plants need to grow? Explain that plants need water, air, and sunlight to grow.
8. **Discuss:** According to Native American traditions, the three sisters- corn, beans, and squash grow best when they are planted together. Why? The corn plant grows tall and helps the bean plant grow taller towards the sunlight. The squash plant has leaves that protect the soil and help retain the water so all three plants can grow.

Ideas for different group sizes & space:

Divide large groups into groups of 3. Teach them the Three Sisters dance. One stands tall, one pretzels themselves around their "corn" sister, and one uses their arms to mimic large squash leaves growing close to the ground.

Ideas for mixed-age groups:

Invite older children to perform the story for the class. Assign five children the roles: mother, father, and three sisters. Have the older children act out the story for the group.

Treasure Chest Find



The Three Sisters are cooked together in many healthy dishes. Ask children to find the three sisters on the poster: corn, squash, and beans. Remind children that the three ingredients when eaten together can help children grow too. Corn provides fuel for your body, beans provide protein and fiber, and squash provides vitamin A which helps your bones grow. Invite children to find a match for corn, beans, and squash to see connections between regions on the poster.

To access the *Foods Around the World* poster visit: **XXXXXXXX**



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.



Activity: Animal Life Collage

The people of North America share a multicultural history. There are hundreds of Indigenous nations across North America. In Alaska, the native population is very diverse. Each Alaska Native group has its own language and culture.



Local Foods of the Region

Fish and seafood are important foods for Native Alaskans. These foods are abundant in the waters in and around Alaska. The region's five species of salmon are an important food source.

Learning Goals

- Understand where foods come from.
- Learn how foods are prepared and how these traditional foods fit into the five food groups.
- Increase children's willingness to try new foods.



Get Ready

Show children images of salmon depicted on totem and other objects. These images can be used to explain the importance of salmon in Native Alaskan culture.

Treasure Chest Find



You can talk about why eating protein foods is important for building muscles and ask, "what other foods are protein foods?" (legumes and tofu)

The Activity: Animal Life Collage



Background

Salmon is an important part of Native Alaskan culture and beliefs. Many native Alaskan stories teach children to respect salmon in order to prevent illness or destruction in the community. Children will make collages to learn about salmon life and caring for the environment.



Instructions

Materials:

Construction paper or paper plates, blue crayons or paint, paper cutouts of salmon (Appendix D, p. X), logs, trees, and gravel.

Prepare in advance: Cut brown rectangles for tree trunks and logs, green triangles or circles for tree tops, and black, white, and gray in different sizes (1"-2" pieces) to make gravel, salmon cutouts.

Step-by-Step Directions:

1. Give each child a sheet of construction paper or a paper plate to serve as the background for their collage.
2. Instruct each child to color or paint the bottom half blue for the stream.
3. Then, paste the brown rectangles and green triangles or circles representing trees and logs along the stream.
4. After, paste gravel to the bottom of the stream.
5. Finally, paste the salmon cutouts and draw food for the salmon in the stream.
6. **Explain:** Salmon need water, food, shelter (home), and swimming space to live.
7. **Ask:** What do you think could happen to salmon if they no longer have clean water or food, or shelter to live? What can we do to protect salmon?
8. **Explain:** Caring for the environment is important to Native Alaskans. Many traditional stories teach children this lesson.

Ideas for different group sizes & space:

Divide children into small groups of 3-4. Have each child present a fact they learned about salmon to the group.

Ideas for mixed-age groups:

Older children can draw the life cycle of salmon- eggs, alevin, fry, smolt, adult and spawners. Then, they can teach the younger children what they learned.



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.

Closing Activities



Global Potluck

Invite older children, parents, and community leaders to bring a dish that represents their culture or family history for a community-wide celebration at the school or site. This cultural event can bring the community together to celebrate diversity and the cultural heritage of the children and families you serve.



Festive Friday

Invite older children, parents, and community leaders to the school or site to teach others how to make a recipe, play a game, or sing a song. This cultural event can help promote healthy eating and physical activity. Festive Fridays can be scheduled to coincide with the major holidays children and their families celebrate throughout the year. This way, providers can organize a festive Friday on different occasions throughout the year.



III. Appendices



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Appendix A: Chicken with Veggie Couscous



Background:

Couscous is great to use in dishes and meals where you might typically use rice or pasta. It is a staple food commonly served in Morocco and North Africa, but it is also growing in popularity in France, Spain, Portugal, Italy, and Greece. Traditionally couscous is cooked using a steamer. The basket is placed on top of the main dish and it is allowed to absorb the flavors as it cooks producing a fluffy flavorful side dish.

Nutrition Information:

Calories: 166
Total fat: 6g
Saturated fat: 1g
Sodium: 120mg
Total Carbohydrate: 14g

Dietary Fiber: 2g
Protein: 15g
Calcium: 29mg
Iron: 1mg

Notes:

- 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 for ease of preparation in the CACFP the cooking method was modified.
- When taking temperature of raw chicken, do not touch the bone as it is hotter than the meat.

CACFP Crediting Information:

1 Drumstick, 1/3 cup vegetable mix, and 1/4 cup couscous provides: 1 1/2 oz. equivalent meat, 1/4 cup vegetable, 1/2 oz equivalent grain.

Appendix A: Chicken with Veggie Couscous

Directions (6 servings)

1. Coat a small skillet with nonstick cooking spray. Heat the skillet on medium-high heat.
2. Brown chicken on all four sides, about 2-3 minutes per side.
3. Remove chicken from skillet, remove skin, cover, and set aside.
4. In the same skillet used to brown the chicken, heat oil on medium. Add coriander, cumin, ginger, and cinnamon 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 an additional 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 to cook the couscous). 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 about 20-25 minutes, until internal temperature of chicken reaches 165 °F for at least 15 seconds.
9. Prepare the couscous: Add chicken broth to saucepan. 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 before serving.
10. Fluff couscous with a fork and gently stir in the mint.
11. Serve one drumstick, 1/3 cup mixed vegetables, and 1/4 cup couscous.

Directions (25-50 servings)

1. Coat a two extra-large skillets with nonstick cooking spray. Heat the skillets on medium-high heat.
2. Brown chicken on all four sides, about 2-3 minutes per side.
3. Remove chicken from heat and place on a sheet pan. Remove skin, cover, and set aside. Preheat oven to 400 °F.
4. Roast vegetables: In a large bowl toss oil, spices, carrots, and onions. Transfer to steam table pan(s) (12" x 20" x 4"). Spread seasoned vegetables in a single layer in the steam table pan(s). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
5. Roast uncovered in the oven until vegetables start to become tender, about 20 minutes. Remove from the oven. Do not turn oven off.
6. For 25 servings, mix lemon juice and 1 qt chicken broth together in a medium stockpot. For 50 servings, mix lemon juice and 2 qts chicken broth together in a large stockpot. Reserve remaining chicken broth to cook the couscous.
7. Bring to a boil on medium-high heat, continue boiling for 5 minutes to reduce a small portion of the liquid. Remove from heat and pour the liquid over the partially roasted carrots and onions. Stir in olives.
8. Place 25 chicken legs in each steam table pan with the vegetables and reduced liquid. Place steam table pan(s) back into the 400 °F oven and bake uncovered for 40-45 minutes. Heat to 165 °F or higher for 15 seconds.
9. Prepare the couscous: Add chicken broth to a saucepan. Bring to a boil on medium-high heat on the stove. Stir in couscous and remove from the heat. Cover and let stand for 15-20 minutes. When done, couscous will be soft.
10. Fluff couscous with a fork and gently stir in the mint.
11. Serve one drumstick, 1/3 cup mixed vegetables, and 1/4 cup couscous.

Appendix A: Chicken with Veggie Couscous

Ingredients

6 servings

Prep Time: 10 minutes

Cook Time: 50 minutes

- 6 drumsticks** Chicken drumsticks, with bone and skin, raw (about 3.7 oz each)
- 1 Tbsp** Canola oil
- 1 tsp** Coriander, dried, ground
- 1 tsp** Cumin, dried, ground
- 1 tsp** Ginger, dried, ground
- 1/2 tsp** Cinnamon, dried, ground
- 1 1/8 cups** Carrots, fresh, peeled, 1/2" diced
- 1 cup** Onion, raw, 1/4" diced
- 1/4 cup** Lemon juice, fresh squeezed, seeds removed or bottled
- 2 cups** Chicken broth, low-sodium
- 1/4 cup** Olives, black, ripe, canned, drained, sliced
- 1/2 cup** Couscous, uncooked
- 1/2 Tbsp** Mint leaves, fresh, chopped
- Nonstick cooking spray

Appendix A: Chicken with Veggie Couscous

Ingredients

25 servings

Prep Time: 20 minutes

Cook Time: 1 hour 15 minutes

- 25 drumsticks (5 lbs 12 1/2 oz)** Chicken drumsticks, with bone and skin, raw (about 3.7 oz each)
- 1/4 cup** Canola oil
- 1 Tbsp 1 tsp** Coriander, dried, ground
- 1 Tbsp 1 tsp** Cumin, dried, ground
- 1 Tbsp 1 tsp** Ginger, dried, ground
- 2 tsp** Cinnamon, dried, ground
- 1 qt 3/4 cup (1 lb 5 oz)** Carrots, fresh, peeled, 1/2" diced
- 1 qt 1/4 cup (1 lb 1 oz)** Onion, raw, 1/4" diced
- 1 cup** Lemon juice, fresh squeezed, seeds removed or bottled
- 2 qts (64 fl oz)** Chicken broth, low-sodium
- 1 cup (4 oz)** Olives, black, ripe, canned, drained, sliced
- 2 cups (12 1/2 oz)** Couscous, uncooked
- 2 Tbsp (25 leaves)** Mint leaves, fresh, chopped
- Nonstick cooking spray

50 servings

Prep Time: 20 minutes

Cook Time: 1 hour 15 minutes

- 50 drumsticks (11 lbs 5 oz)** Chicken drumsticks, with bone and skin, raw (about 3.7 oz each)
- 1/2 cup** Canola oil
- 2 Tbsp 2 tsp** Coriander, dried, ground
- 2 Tbsp 2 tsp** Cumin, dried, ground
- 2 Tbsp 2 tsp** Ginger, dried, ground
- 1 Tbsp 1 tsp** Cinnamon, dried, ground
- 2 qts 1 1/2 cups (2 lbs 10 oz)** Carrots, fresh, peeled, 1/2" diced
- 2 qts 1/2 cups (2 lbs 2 oz)** Onion, raw, 1/4" diced
- 2 cups** Lemon juice, fresh squeezed, seeds removed or bottled
- 4 qts (128 fl oz)** Chicken broth, low-sodium
- 2 cups (8 oz)** Olives, black, ripe, canned, drained, sliced
- 1 qt (1 lb 9 oz)** Couscous, uncooked
- 1/4 cup (50 leaves)** Mint leaves, fresh, chopped
- Nonstick cooking spray

Source: Team Nutrition: Adapted from the National Heart, Lung, and Blood Institute

Appendix A: Chickpeas and Tomatoes



Background:

Chickpeas, a type of legume, are also known as garbanzo beans. They are often used in recipes from North Africa. This side dish is flavorful and fun, but also mild enough for young kids.

Nutrition Information:

Calories: 120	Dietary Fiber: 5g
Total fat: 3g	Protein: 5g
Saturated fat: 0g	Calcium: 44mg
Sodium: 183mg	Iron: 1mg
Total Carbohydrate: 20g	

CACFP Crediting Information:

1/2 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.

Directions:

1. Heat oil in a 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 and 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 for 6 servings or 20 minutes for 25 and 50 servings 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 1/2 cup.

Notes:

- 1 lb. dry garbanzo beans (chickpeas) = about 2 1/2 cups dry or 6 1/4 cups cooked garbanzo beans (chickpeas).
- **Tips for Cooking Dry Beans:** Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.
- Use cooked beans immediately.

Appendix A: Chickpeas and Tomatoes

Ingredients

<p>6 servings</p> <p>Prep Time: 5 minutes Cook Time: 15 minutes</p>	<p>25 servings</p> <p>Prep Time: 5 minutes Cook Time: 25 minutes</p>	<p>50 servings</p> <p>Prep Time: 5 minutes Cook Time: 25 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1 tsp Canola oil <input type="checkbox"/> 1 1/4 cups Onion, fresh, peeled, 1/4" diced <input type="checkbox"/> 2 cloves (1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1/2 tsp (1/4 tsp if using ground ginger) Ginger, fresh, grated <input type="checkbox"/> 2 1/2 cups Garbanzo beans (chickpeas), canned, drained, and rinsed or garbanzo beans, dry, cooked <input type="checkbox"/> 3 cups Tomatoes with juice, canned, low-sodium, diced <input type="checkbox"/> 1/4 cup Water <input type="checkbox"/> 1/2 tsp Chili powder <input type="checkbox"/> 1 1/2 tsp Cumin, ground <input type="checkbox"/> 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 Tbsp 1 tsp Canola oil <input type="checkbox"/> 1 qt 1/4 cups (1 lb 7 oz) Onion, fresh, peeled, 1/4" diced <input type="checkbox"/> 4 cloves (2 tsp) Garlic, fresh, minced <input type="checkbox"/> 2 tsp (1 tsp if using ground ginger) Ginger, fresh, grated <input type="checkbox"/> 2 qts 2 1/2 cups (3 lbs 9 oz) Garbanzo beans (chickpeas), canned, drained, and rinsed or garbanzo beans, dry, cooked <input type="checkbox"/> 3 cups 2 Tbsp (1 lb 10 oz) Tomatoes with juice, canned, low-sodium, diced <input type="checkbox"/> 1 cup Water <input type="checkbox"/> 2 tsp Chili powder <input type="checkbox"/> 2 Tbsp 1 tsp Cumin, ground 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 Tbsp 2 tsp Canola oil <input type="checkbox"/> 2 qts 2 1/2 cups (2 lb 14 oz) Onion, fresh, peeled, 1/4" diced <input type="checkbox"/> 8 cloves (1 Tbsp 1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 Tbs 1 tsp Ginger, fresh, grated <input type="checkbox"/> 1 gallon 1 qt 1 cup (7 lbs 2 oz) Garbanzo beans (chickpeas), canned, drained, and rinsed or garbanzo beans, dry, cooked <input type="checkbox"/> 1 qt 2 1/4 cups (3 lbs 4 oz) Tomatoes with juice, canned, low-sodium, diced <input type="checkbox"/> 2 cups Water <input type="checkbox"/> 1 Tbsp 1 tsp Chili powder <input type="checkbox"/> 1/4 cup 2 tsp Cumin, ground

Source: Team Nutrition: Adapted from recipe provided by Learning Care Group

Appendix A: Greens and Beans Soup



Background:

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

Nutrition Information:

Calories: 134	Dietary Fiber: 6g
Total fat: 4g	Protein: 6g
Saturated fat: 0g	Calcium: 74mg
Sodium: 375mg	Iron: 1mg
Total Carbohydrate: 20g	

CACFP Crediting Information:

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

Directions:

1. Heat oil in a stockpot on medium-high heat. Add onions and sweet potatoes, sauté until onions are soft. Do not brown.
2. Add garbanzo (chickpeas) beans 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, stir 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 2/3 cup.

Notes:

- **Tips for Cooking Dry Beans:** Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Source: Team Nutrition: Adapted from North African Gumbo recipe by Jorge Collazo, New York City Schools

Appendix A: Greens and Beans Soup

Ingredients

6 servings

Prep Time: 20 minutes
Cook Time: 35 minutes

- 1 Tbsp** Canola oil
- 1/2 cup** Onions, fresh, peeled, 1/4" diced
- 2/3 cup** Sweet potatoes, fresh, peeled, 1/2" diced
- 2 1/2 cup (14 oz)** Garbanzo beans (chickpeas), low sodium, canned, drained, and rinsed or dry and cooked
- 1/2 tsp** Paprika, dried, ground
- 1/2 tsp** Cinnamon, dried, ground
- 1/2 tsp** Ginger, dried, ground
- 1/2 tsp** Cumin, dried, ground
- 1 tsp** Thyme, dried, ground
- 1/2 tsp** Salt, table
- 1/4 tsp** Black pepper, ground
- 5 cups** Collard greens, raw, stems removed, chopped into long thick strips (chiffonade), packed
- 1/4 cup** Salsa, tomato, traditional (not chunky)
- 2 cups** Water

25 servings

Prep Time: 20 minutes
Cook Time: 40 minutes

- 1/4 cup** Canola oil
- 2 cups (8 oz)** Onions, fresh, peeled, 1/4" diced
- 2 3/4 cups (12 1/2 oz)** Sweet potatoes, fresh, peeled, 1/2" diced
- 2 qts 1 3/4 cups (3 lbs 9 oz)** Garbanzo beans (chickpeas), low sodium, canned, drained, and rinsed or dry and cooked
- 2 tsp** Paprika, dried, ground
- 2 tsp** Cinnamon, dried, ground
- 2 tsp** Ginger, dried, ground
- 2 tsp** Cumin, dried, ground
- 1 Tbsp 1 tsp** Thyme, dried, ground
- 2 tsp** Salt, table
- 1 tsp** Black pepper, ground
- 1 gallon 1 qt 1 cup (1 lb 2 3/4 oz)** Collard greens, raw, stems removed, chopped into long thick strips (chiffonade), packed
- 1 cup (9 oz)** Salsa, tomato, traditional (not chunky)
- 2 qts 1/3 cup** Water
-

50 servings

Prep Time: 20 minutes
Cook Time: 40 minutes

- 1/2 cup** Canola oil
- 1 qt (1 lb)** Onions, fresh, peeled, 1/4" diced
- 1 qt 1 1/2 cups (1 lb 9 oz)** Sweet potatoes, fresh, peeled, 1/2" diced
- 1 gallon 1 qt 1 cup (7 lbs 2 oz)** Garbanzo beans (chickpeas), low sodium, canned, drained, and rinsed or dry and cooked
- 1 Tbsp 1 tsp** Paprika, dried, ground
- 1 Tbsp 1 tsp** Cinnamon, dried, ground
- 1 Tbsp 1 tsp** Ginger, dried, ground
- 1 Tbsp 1 tsp** Cumin, dried, ground
- 2 Tbsp 2 tsp** Thyme, dried, ground
- 1 Tbsp 1 tsp** Salt, table
- 2 tsp** Black pepper, ground
- 2 gallons 2 qts 2 cups (2 lbs 5 1/2 oz)** Collard greens, raw, stems removed, chopped into long thick strips (chiffonade), packed
- 2 cups (1 lb 2 oz)** Salsa, tomato, traditional (not chunky)
- 1 gallon 2/3 cup** Water
-

Appendix A: Veggie Mash Up



Background:

Irio 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 family meal.

Nutrition Information:

Calories: 58	Dietary Fiber: 2g
Total fat: 1g	Protein: 2g
Saturated fat: 0g	Calcium: 15mg
Sodium: 150mg	Iron: 0mg
Total Carbohydrate: 10g	

CACFP Crediting Information:

1/4 cup (No. 16 scoop) provides 1/4 cup vegetable.

Directions:

1. Add the potatoes to a pot. Cover completely with cold water. Bring to a boil on medium-high heat. Boil for 10 minutes.
2. Add the peas to the pot. Boil for another 5 minutes, or until potatoes are tender. Heat to 140° F for at least 15 seconds.
3. Turn stove off. Drain the water. Set aside about 1/2 cup of water from pot.
4. Mash potatoes and peas with a potato masher or mixer. Do not over mix. If mixture is too dry, add saved water 1 tablespoon at a time until it thins.
5. 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.
6. Stir the sautéed vegetables into the hot potato-pea mash.
7. Serve 1/4 cup.

Appendix A: Veggie Mash Up

Ingredients

<p>6 servings</p> <p>Prep Time: 15 minutes Cook Time: 20 minutes</p>	<p>25 servings</p> <p>Prep Time: 30 minutes Cook Time: 20 minutes</p>	<p>50 servings</p> <p>Prep Time: 30 minutes Cook Time: 20 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 2 cups Water <input type="checkbox"/> 1 1/4 cups (2 medium potatoes) Yellow potatoes, fresh, peeled, quartered <input type="checkbox"/> 2/3 cup Green peas, low-sodium, canned, drained <input type="checkbox"/> 1/2 Tbsp Canola oil <input type="checkbox"/> 2 cloves (1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 cup Swiss chard, raw, chopped into long, thin stripes (chiffonade), packed <input type="checkbox"/> 1/3 cup Corn, low-sodium, canned, drained <input type="checkbox"/> 1/4 tsp Sage, dry, ground <input type="checkbox"/> 1/4 tsp Onion powder <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1/4 tsp Black pepper, ground 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 qts 1/3 cup Water <input type="checkbox"/> 1 qt 1 1/4 cup (1 lb 13 oz) (6-7 medium potatoes) Yellow potatoes, fresh, peeled, quartered <input type="checkbox"/> 2 3/4 cups (1 lb 1 oz) Green peas, low-sodium, canned, drained <input type="checkbox"/> 2 Tbsp Canola oil <input type="checkbox"/> 8 cloves (1 Tbsp 1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 qt (4 oz) Swiss chard, raw, chopped into long, thin stripes (chiffonade), packed <input type="checkbox"/> 1 1/3 cups (8 1/3 oz) Corn, low-sodium, canned, drained <input type="checkbox"/> 1 Tbsp 1 tsp Sage, dry, ground <input type="checkbox"/> 1 tsp Onion powder <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1 tsp Black pepper, ground 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon 2/3 cups Water <input type="checkbox"/> 2 qts 1/2 cups (3 lbs 10 oz) (12-13 medium potatoes) Yellow potatoes, fresh, peeled, quartered <input type="checkbox"/> 1 qt 1 1/2 cups (2 lbs 2 oz) Green peas, low-sodium, canned, drained <input type="checkbox"/> 1/4 cup Canola oil <input type="checkbox"/> 16 cloves (2 Tbsp 2 tsp) Garlic, fresh, minced <input type="checkbox"/> 2 qts (8 oz) Swiss chard, raw, chopped into long, thin stripes (chiffonade), packed <input type="checkbox"/> 2 2/3 cups (1 lb 2/3 oz) Corn, low-sodium, canned, drained <input type="checkbox"/> 2 Tbsp 2 tsp Sage, dry, ground <input type="checkbox"/> 2 tsp Onion powder <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground

Source: Team Nutrition: Adapted from <http://oldwayspt.org/recipes/oldways-kenyan-vegetable-mashed-potatoes>

Appendix A: Baked Egg Rolls



Background:

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.

Nutrition Information:

Calories: 191	Dietary Fiber: 1g
Total fat: 6g	Protein: 15g
Saturated fat: 1g	Calcium: 47mg
Sodium: 400mg	Iron: 2mg
Total Carbohydrate: 19g	

CACFP Crediting Information:

1 egg roll provides 1 1/2 oz. meat, 1/4 cup vegetable, and 1 oz. equivalent grains.

Directions:

1. Preheat oven to 425 °F.
2. Coat a skillet with nonstick cooking spray. Add ground turkey, salt, pepper, and garlic powder. Brown turkey on medium-high heat for about 8-10 minutes for 6 servings or 15-20 minutes for 25 and 50 servings. Stir frequently. Heat to 165 °F or higher for at least 15 seconds. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
3. Stir in cabbage and carrots. Lightly sauté for 2 minutes for 6 servings or 5 minutes for 25 and 50 servings. Remove from heat and cover. Let cool for 20 minutes for 6 servings or 25 minutes for 25 and 50 servings.
4. Make egg wash by whisking together egg and water.
5. Assemble egg rolls: Place 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 each egg roll.
9. Bake for 20 minutes. Heat to 140 °F for at least 15 seconds.
10. Serve 1 egg roll.

Notes:

- If ground turkey is frozen, defrost in the refrigerator. Hold at 40 °F or lower.

Appendix A: Baked Egg Rolls

Ingredients

<p>6 servings</p> <p>Prep Time: 20 minutes Cook Time: 50 minutes</p>	<p>25 servings</p> <p>Prep Time: 35 minutes Cook Time: 1 hour 5 minutes</p>	<p>50 servings</p> <p>Prep Time: 35 minutes Cook Time: 1 hour 5 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 13 oz Ground turkey, 93% lean, fresh or frozen, raw <input type="checkbox"/> 1/2 tsp Salt, table <input type="checkbox"/> 1/2 tsp Black pepper, ground <input type="checkbox"/> 1/2 tsp Garlic powder <input type="checkbox"/> 2 1/2 cups Green cabbage, shredded <input type="checkbox"/> 2/3 cup Carrots, peeled, shredded <input type="checkbox"/> 1 Egg, fresh, large <input type="checkbox"/> 1 tsp Water <input type="checkbox"/> 6 Wonton wrappers (1 oz each) <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 lbs 6 oz Ground turkey, 93% lean, fresh or frozen, raw <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 2 tsp Garlic powder <input type="checkbox"/> 2 qts 2 1/2 cups (1 lb 4 oz) Green cabbage, shredded <input type="checkbox"/> 2 3/4 cups (8 oz) Carrots, peeled, shredded <input type="checkbox"/> 2 Eggs, fresh, large <input type="checkbox"/> 1 Tbsp 1 tsp Water <input type="checkbox"/> 25 Wonton wrappers (1 oz each) <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 6 lbs 12 oz Ground turkey, 93% lean, fresh or frozen, raw <input type="checkbox"/> 1 Tbsp 1 tsp Salt, table <input type="checkbox"/> 1 Tbsp 1 tsp Black pepper, ground <input type="checkbox"/> 1 Tbsp 1 tsp Garlic powder <input type="checkbox"/> 1 gallon 1 qt 1 cup (2 lbs 8 oz) Green cabbage, shredded <input type="checkbox"/> 1 qt 1 1/2 cups (1 lb) Carrots, peeled, shredded <input type="checkbox"/> 4 Eggs, fresh, large <input type="checkbox"/> 2 Tbsp 2 tsp Water <input type="checkbox"/> 50 Wonton wrappers (1 oz each) <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from recipe on Food.com

Appendix A: Chicken Flatbread Pizza



Background:

Flatbread varieties such as tortillas, pitas, and focaccia have been popular for many years. The newcomer is naan, which originated in India but is also very popular in Asian and Middle Eastern cuisine. Naan is 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, as shown in this recipe.

Nutrition Information:

Calories: 226	Dietary Fiber: 3g
Total fat: 9g	Protein: 18g
Saturated fat: 3g	Calcium: 69mg
Sodium: 351mg	Iron: 2mg
Total Carbohydrate: 20g	

CACFP Crediting Information:

1 piece provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1 1/2 oz. equivalent grains.

Notes:

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

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 1/2 of the seasoning mixture from step 2.
4. Place chicken tenderloins on a baking sheet lightly coated with nonstick cooking spray. For 25 servings, use 1 sheet pan (18" x 26" x 1"). For 50 servings, use 2 sheet pans.
5. Bake for 12-15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds.
6. Dice chicken into 1/2" 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 skillet. For 25 servings, use 1 extra-large skillet. For 50 servings, use 2 extra-large skillets.
9. Sauté onions until tender, about 3-5 minutes for 6 servings or 5-7 minutes for 25 and 50 servings.
10. Add garlic and spinach and cook until spinach is wilted, about 3 minutes for 6 servings or 5 minutes for 25 and 50 servings. Remove from the heat.
11. Slice each flatbread into 3 even pieces.
12. Place flatbreads on a baking sheet coated with nonstick cooking spray.
13. Spread 1/2 Tbsp of seasoned yogurt on each piece of flatbread.
14. Top each piece with:
 - a. 1/4 cup cooked vegetables
 - b. 1 1/4 oz chicken
 - c. 2 2/3 Tbsp tomatoes
 - d. 1 Tbsp cheese
15. Bake for 15-20 minutes. Heat to 140 °F for at least 15 seconds.
16. Serve 1 piece.

Appendix A: Chicken Flatbread Pizza

Ingredients

6 servings

Prep Time: 25 minutes
Cook Time: 40 minutes

- 1/2 tsp** Turmeric, ground
- 1/4 tsp** Salt, table
- 1/2 tsp** Cumin, ground
- 1/4 tsp** Cinnamon, ground
- 10 1/2 oz** Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 1/4 oz per tenderloin)
- 3 Tbsp** Greek yogurt, plain, non-fat
- 2 tsp** Canola oil
- 2/3 cup** Onion, fresh, peeled, 1/2" chopped
- 3 cloves (1 1/2 tsp)** Garlic, fresh, minced
- 4 cups (4 oz)** Spinach, fresh, roughly chopped
- 2** Whole-wheat flatbreads
- 1 cup** Tomatoes, fresh, 1/4" diced
- 1 1/2 oz** Mozzarella, low-fat, shredded
- Nonstick cooking spray

25 servings

Prep Time: 45 minutes
Cook Time: 45 minutes

- 2 tsp** Turmeric, ground
- 1 tsp** Salt, table
- 2 tsp** Cumin, ground
- 1 tsp** Cinnamon, ground
- 2 qts 3 cups (2 lb 12 oz)** Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 1/4 oz per tenderloin)
- 3/4 cup 1/2 Tbsp (6 1/4 oz)** Greek yogurt, plain, non-fat
- 2 Tbsp 2 tsp** Canola oil
- 2 3/4 cups (10 oz)** Onion, fresh, peeled, 1/2" chopped
- 6 cloves (1 Tbsp)** Garlic, fresh, minced
- 1 gallon (1 lb)** Spinach, fresh, roughly chopped
- 8 1/3** Whole-wheat flatbreads
- 1 qt (1 lb 9 oz)** Tomatoes, fresh, 1/4" diced
- 6 1/4 oz** Mozzarella, low-fat, shredded
- Nonstick cooking spray

50 servings

Prep Time: 45 minutes
Cook Time: 45 minutes

- 1 Tbsp 1 tsp** Turmeric, ground
- 2 tsp** Salt, table
- 1 Tbsp 1 tsp** Cumin, ground
- 2 tsp** Cinnamon, ground
- 1 gallon 1 qt 2 cups (5 lbs 8 oz)** Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 1/4 oz per tenderloin)
- 1 1/2 cups 1 Tbsp (12 1/2 oz)** Greek yogurt, plain, non-fat
- 1/3 cup** Canola oil
- 5 1/2 cups (1 lb 4 oz)** Onion, fresh, peeled, 1/2" chopped
- 12 cloves (2 Tbsp)** Garlic, fresh, minced
- 2 gallons (2 lbs)** Spinach, fresh, roughly chopped
- 16 2/3** Whole-wheat flatbreads
- 2 qts (3 lbs 2 oz)** Tomatoes, fresh, 1/4" diced
- 12 1/2 oz** Mozzarella, low-fat, shredded
- Nonstick cooking spray

Source: Adapted from recipe on [mygourmetconnection](http://mygourmetconnection.com)

Appendix A: Curry Vegetables



Background:

Curry, which is 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. Try this recipe for a spicy twist on an everyday dish.

Nutrition Information:

Calories: 27
Total fat: 0g
Saturated fat: 0g
Sodium: 123mg
Total Carbohydrate: 6g

Dietary Fiber: 1g
Protein: 1g
Calcium: 17mg
Iron: 0mg

Directions:

1. Spray a skillet with nonstick cooking spray and heat on medium heat.
2. Cook onions and potatoes until onions are tender, about 5 minutes for 6 servings or 8 minutes for 25 and 50 servings. Stir frequently.
3. Stir in tomatoes and water. Increase heat to medium-high. Cover and cook for 5 more minutes for 6 servings or 8-10 minutes for 25 and 50 servings.
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, about 5-7 minutes for 6 servings or 8-10 minutes for 25 and 50 servings. Stir frequently. Heat to 140 °F or higher for at least 15 seconds.
5. Serve 1/4 cup.

CACFP Crediting Information:

1/4 cup (No. 16 scoop) provides 1/4 cup vegetable.

Appendix A: Curry Vegetables

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes Cook Time: 20 minutes</p>	<p>25 servings</p> <p>Prep Time: 20 minutes Cook Time: 30 minutes</p>	<p>50 servings</p> <p>Prep Time: 20 minutes Cook Time: 30 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1/3 cup Onion, fresh, peeled, 1/2" chopped <input type="checkbox"/> 1/2 cup White potatoes, fresh, peeled, 1/4" cubed <input type="checkbox"/> 1/3 cup Tomatoes, canned, diced, drained <input type="checkbox"/> 1/4 cup Water <input type="checkbox"/> 3/4 cup Green beans, frozen, cut <input type="checkbox"/> 1/4 tsp Garlic powder <input type="checkbox"/> 1/4 tsp Curry powder, dry, ground <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 1/3 cups (6 1/4 oz) Onion, fresh, peeled, 1/2" chopped <input type="checkbox"/> 2 cups (12 1/2 oz) White potatoes, fresh, peeled, 1/4" cubed <input type="checkbox"/> 1 1/3 cups (12 1/2 oz) Tomatoes, canned, diced, drained <input type="checkbox"/> 1 cup Water <input type="checkbox"/> 3 cups 2 Tbsp (12 1/2 oz) Green beans, frozen, cut <input type="checkbox"/> 1 tsp Garlic powder <input type="checkbox"/> 1 tsp Curry powder, dry, ground <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 2/3 cups (12 1/2 oz) Onion, fresh, peeled, 1/2" chopped <input type="checkbox"/> 1 qt (1 lb 9 oz) White potatoes, fresh, peeled, 1/4" cubed <input type="checkbox"/> 2 2/3 cups (1 lb 9oz) Tomatoes, canned, diced, drained <input type="checkbox"/> 2 cups Water <input type="checkbox"/> 1 qt 2 1/4 cups (1 lb 9oz) Green beans, frozen, cut <input type="checkbox"/> 2 tsp Garlic powder <input type="checkbox"/> 2 tsp Curry powder, dry, ground <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from Texas CACFP Ethnic Recipes

Appendix A: Easy Chicken and Egg Noodle Soup



Background:

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

Nutrition Information:

Calories: 194	Dietary Fiber: 2g
Total fat: 7g	Protein: 18g
Saturated fat: 2g	Calcium: 55mg
Sodium: 402mg	Iron: 2mg
Total Carbohydrate: 15g	

CACFP Crediting Information:

1 1/4 cups provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Directions:

1. Heat canola oil in a pot over medium-high heat.
 2. Add onions and cook until onions are soft, about 3 minutes for 6 servings or 5 minutes for 25 and 50 servings.
 3. Stir in ginger, garlic, salt, and pepper.
 4. Cook for until ginger and garlic become fragrant, about 1 minute for 6 servings or 3 minutes for 25 and 50 servings.
 5. Add chicken, chicken broth, and soy sauce. Bring to a boil and continue cooking on medium-high heat, about 5-7 minutes for servings or 15-17 minutes for 25 and 50 servings. Heat to 165 °F or higher for at least 15 seconds. Note: if using raw chicken see notes.
 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 1/4 cups.
-

Notes:

- For a lower cost option, cook raw chicken breast to 165 °F and cut into 1/2" diced pieces. For 6 servings use 12 3/4 oz., for 25 servings use 3 lbs. 4 3/4 oz. and for 50 servings use 6 lbs. 9 1/2 oz.
- If chicken is frozen, defrost in the refrigerator. Hold at 40 °F or lower.
- If serving younger children, chop spinach.
- Spaghetti noodles may be substituted for the Asian egg noodles however cooking time will vary.

Appendix A: Easy Chicken and Egg Noodle Soup

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes Cook Time: 15 minutes</p>	<p>25 servings</p> <p>Prep Time: 20 minutes Cook Time: 30 minutes</p>	<p>50 servings</p> <p>Prep Time: 20 minutes Cook Time: 30 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 2 tsp Canola oil <input type="checkbox"/> 1 cup Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 1/2 tsp (or 1 tsp grated) Ginger, fresh, ground <input type="checkbox"/> 1 clove (1/2 tsp) Garlic, fresh, minced <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> 1/2 tsp Black pepper, ground <input type="checkbox"/> 9 1/4 oz Chicken breast, boneless, skinless, cooked, 1/2" diced <input type="checkbox"/> 5 cups Chicken broth, low-sodium <input type="checkbox"/> 2 Tbsp Soy sauce, low-sodium <input type="checkbox"/> 3 oz Stir-fry/Chinese egg noodles, enriched, uncooked <input type="checkbox"/> 1 1/2 cups Cabbage, fresh, shredded <input type="checkbox"/> 1 qt Spinach, fresh, baby spinach leaves, whole, packed <input type="checkbox"/> 1/4 cup Green onion with tops, fresh, chopped <input type="checkbox"/> 1/2 tsp Sesame oil 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 Tbsp 2 tsp Canola oil <input type="checkbox"/> 1 qt 1/4 cup (1 lb 1 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 1 Tbsp 1 tsp (or 2 tsp grated) Ginger, fresh, ground <input type="checkbox"/> 4 cloves (2 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 2 qts 1 2/3 cups (2 lbs 6 1/2 oz) Chicken breast, boneless, skinless, cooked, 1/2" diced <input type="checkbox"/> 1 gallon 1 qt 1 cup (168 fl oz) Chicken broth, low-sodium <input type="checkbox"/> 1/2 cup Soy sauce, low-sodium <input type="checkbox"/> 12 1/2 oz Stir-fry/Chinese egg noodles, enriched, uncooked <input type="checkbox"/> 1 qt 2 1/4 cups (12 1/2 oz) Cabbage, fresh, shredded <input type="checkbox"/> 1 gallon (1 lb 1 oz) Spinach, fresh, baby spinach leaves, whole, packed <input type="checkbox"/> 2/3 cups (2 oz) Green onion with tops, fresh, chopped <input type="checkbox"/> 2 tsp Sesame oil 	<ul style="list-style-type: none"> <input type="checkbox"/> 1/3 cup Canola oil <input type="checkbox"/> 2 qts 1/2 cup (2 lbs 2 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 2 Tbsp 2 tsp (or 1 Tbsp 1 tsp grated) Ginger, fresh, ground <input type="checkbox"/> 8 cloves (1 Tbsp 1 tsp) Garlic, fresh, minced <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 1 Tbsp 1 tsp Black pepper, ground <input type="checkbox"/> 1 gallon 3 1/3 cups (4 lbs 13 oz) Chicken breast, boneless, skinless, cooked, 1/2" diced <input type="checkbox"/> 2 gallons 2 qts 2 cups (336 fl oz) Chicken broth, low-sodium <input type="checkbox"/> 1 cup Soy sauce, low-sodium <input type="checkbox"/> 1 lb 9 oz Stir-fry/Chinese egg noodles, enriched, uncooked <input type="checkbox"/> 3 qts 1/2 cup (1 lb 9 oz) Cabbage, fresh, shredded <input type="checkbox"/> 2 gallons (2 lbs 2 oz) Spinach, fresh, baby spinach leaves, whole, packed <input type="checkbox"/> 1 1/4 cups (4 oz) Green onion with tops, fresh, chopped <input type="checkbox"/> 1 Tbsp 1 tsp Sesame oil

Source: Team Nutrition: Adapted from recipe on Food.com

Link: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/easy-chicken-and-egg-noodle-soup>

Appendix A: Gingered Carrots



Background:

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.

Nutrition Information:

Calories: 23	Dietary Fiber: 1g
Total fat: 1g	Protein: 1g
Saturated fat: 0g	Calcium: 16mg
Sodium: 104mg	Iron: 0mg
Total Carbohydrate: 3g	

CACFP Crediting Information:

1/4 cup provides 1/4 cup vegetable.

Directions:

1. Add about 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, about 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 1/4 cup.

Notes:

- Honey should not be given to or used in foods for children under 1 year of age, 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.

Appendix A: Gingered Carrots

Ingredients

<p>6 servings</p> <p>Prep Time: 5 minutes Cook Time: 7 minutes</p>	<p>25 servings</p> <p>Prep Time: 5 minutes Cook Time: 11 minutes</p>	<p>50 servings</p> <p>Prep Time: 5 minutes Cook Time: 11 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 2 cups Water <input type="checkbox"/> 2 cups Carrots, fresh, peeled, sliced diagonally <input type="checkbox"/> 1 Tbsp Honey <input type="checkbox"/> 1 tsp Lemon juice, fresh squeezed, seeds removed or lemon juice, bottled <input type="checkbox"/> 1 tsp Parsley, dried (optional) <input type="checkbox"/> 1 tsp Margarine, unsalted, trans-fat free <input type="checkbox"/> 1/2 tsp Ginger, fresh, grated <input type="checkbox"/> 1/8 tsp Salt, table 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 cups (32 fl oz) Water <input type="checkbox"/> 2 qts 1 cup (2 lbs 9 1/2 oz) Carrots, fresh, peeled, sliced diagonally <input type="checkbox"/> 1/4 cup Honey <input type="checkbox"/> 1 Tbsp 1 tsp Lemon juice, fresh squeezed, seeds removed or lemon juice, bottled <input type="checkbox"/> 1 Tbsp 1 tsp Parsley, dried (optional) <input type="checkbox"/> 1 Tbsp 1 tsp Margarine, unsalted, trans-fat free <input type="checkbox"/> 2 tsp Ginger, fresh, grated <input type="checkbox"/> 1/2 tsp Salt, table 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 cups (32 fl oz) Water <input type="checkbox"/> 1 gallon 2 cups (5 lbs 3 oz) Carrots, fresh, peeled, sliced diagonally <input type="checkbox"/> 1/2 cup Honey <input type="checkbox"/> 2 Tbsp 2 tsp Lemon juice, fresh squeezed, seeds removed or lemon juice, bottled <input type="checkbox"/> 2 Tbsp 2 tsp Parsley, dried (optional) <input type="checkbox"/> 2 Tbsp 2 tsp Margarine, unsalted, trans-fat free <input type="checkbox"/> 1 Tbsp 1 tsp Ginger, fresh, grated <input type="checkbox"/> 1 tsp Salt, table

Source: Team Nutrition: Adapted from a recipe in the Standardized Ethnic Recipes for Child-Care Centers and Family Day Homes Cookbook.

Appendix A: Pineapple Chicken



Background:

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

Nutrition Information:

Calories: 204
Total fat: 8g
Saturated fat: 1g
Sodium: 354mg
Total Carbohydrate: 19g

Dietary Fiber: 1g
Protein: 14g
Calcium: 20mg
Iron: 1mg

Notes:

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

Directions:

1. Make marinade: In a bowl or plastic bag, stir together water, salt, pepper, and soy sauce. For 6 servings, use 2 Tbsp of water, for 25 servings, use 1/2 cup of water, for 50 servings use 1 cup of water.

2. Marinate chicken for 1 hour.
3. Combine brown rice and water in a pot. For 6 servings, use 1 cup of water. For 25 servings, use 1 qt of water. For 50 servings, use 2 qts of water. Save the remaining water for step 11.
4. Heat on medium-high heat to a rolling boil.
5. Cover and reduce heat to low for 6 servings or medium for 25 and 50 servings. Cook until water is absorbed, about 25 minutes for 6 servings or 30-40 minutes for 25 and 50 servings. Cover and cook for an additional 10 minutes over low heat for 25 and 50 servings. Fluff the rice gently with a fork.
6. Heat half of the oil on medium-high heat in a pot. Save remaining oil.
7. Sauté green onions and celery until celery begins to cook, but stays crunchy, al dente, about 3-5 minutes for 6 servings or 5-7 minutes for 25 and 50 servings. 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, about 5-7 minutes for 6 servings or 7-10 minutes for 25 and 50 servings. Stir frequently. Heat to 165 °F or higher for at least 15 seconds.
11. Make cornstarch mixture: In a small bowl whisk remaining 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 until sauce is nectar thick, about 3-5 minutes for 6 servings or 5 minutes for 25 and 50 servings. Stir frequently. Add water if too thick.
13. Stir celery and green onions into pineapple chicken mixture and cook for 1 minute for 6 servings or 5 minutes for 25 and 50 servings.
14. Serve 2/3 cup pineapple chicken over 1/4 cup cooked rice.

Appendix A: Pineapple Chicken

CACFP Crediting Information:

2/3 cup pineapple chicken and 1/4 cup cooked rice provides 1 1/2 oz. equivalent meat, 1/8 cup vegetable, 1/4 cup fruit, and 1/2 oz equivalent grains.

Ingredients

6 servings	25 servings	50 servings
Prep Time: 1 hour 5 minutes Cook Time: 45 minutes	Prep Time: 1 hour 20 minutes Cook Time: 1 hour 10 minutes	Prep Time: 1 hour 20 minutes Cook Time: 1 hour 10 minutes
<ul style="list-style-type: none"> <input type="checkbox"/> 1 1/2 cups Water <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> 1/4 tsp Black pepper, ground <input type="checkbox"/> 2 Tbsp Soy sauce, low-sodium <input type="checkbox"/> 9 1/4 oz Chicken breast, boneless, skinless, cooked, 1/2" diced <input type="checkbox"/> 1/2 cup Brown rice, long-grain, uncooked <input type="checkbox"/> 2 Tbsp Canola oil <input type="checkbox"/> 2 cups Green onions with tops, fresh, thinly sliced <input type="checkbox"/> 1 cup Celery, fresh, 1/4" diced <input type="checkbox"/> 2 cups Pineapple with juice, canned, crushed, packed in juice or light syrup <input type="checkbox"/> 4 tsp Sugar, granulated <input type="checkbox"/> 4 tsp Cornstarch 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 qt 2 1/2 cups Water <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1 tsp Black pepper, ground <input type="checkbox"/> 1/2 cup Soy sauce, low-sodium <input type="checkbox"/> 2 lbs 6 1/2 oz Chicken breast, boneless, skinless, cooked, 1/2" diced <input type="checkbox"/> 2 cups (12 1/2 oz) Brown rice, long-grain, uncooked <input type="checkbox"/> 1/2 cup Canola oil <input type="checkbox"/> 2 qt 1/3 cups (12 1/2 oz) Green onions with tops, fresh, thinly sliced <input type="checkbox"/> 1 qt (1 lb 2 3/4 oz) Celery, fresh, 1/4" diced <input type="checkbox"/> 2 qts 1/3 cup (4 lbs 11 oz) Pineapple with juice, canned, crushed, packed in juice or light syrup <input type="checkbox"/> 1/3 cup Sugar, granulated <input type="checkbox"/> 1/3 cup Cornstarch 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 qts 1 cup Water <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 1 cup Soy sauce, low-sodium <input type="checkbox"/> 4 lbs 13 oz Chicken breast, boneless, skinless, cooked, 1/2" diced <input type="checkbox"/> 1 qt (1 lb 9 oz) Brown rice, long-grain, uncooked <input type="checkbox"/> 1 cup Canola oil <input type="checkbox"/> 1 gallon 2/3 cup (1 lb 9 oz) Green onions with tops, fresh, thinly sliced <input type="checkbox"/> 2 qts (2 lbs 5 1/2 oz) Celery, fresh, 1/4" diced <input type="checkbox"/> 1 gallon 2/3 cup (9 lbs 6 oz) Pineapple with juice, canned, crushed, packed in juice or light syrup <input type="checkbox"/> 2/3 cup Sugar, granulated <input type="checkbox"/> 2/3 cup Cornstarch

Source: Team Nutrition; Adapted from Cooks.com

Link: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/mini-salmon-loaves>

Appendix A: Noodles with Peanut Butter Sauce



Background:

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

Nutrition Information:

Calories: 175
Total fat: 6g
Saturated fat: 1g
Sodium: 320mg
Total Carbohydrate: 19g

Dietary Fiber: 3g
Protein: 14g
Calcium: 2mg
Iron: 0mg

CACFP Crediting Information:

3/4 cup provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Notes:

- 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

Appendix A: Noodles with Peanut Butter Sauce

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 skillet with nonstick cooking spray. For 6 servings, use a medium skillet. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
4. Heat the skillet on medium-high heat. Brown all sides of diced chicken on medium-high heat for 8-10 minutes for 6 servings or 10-15 minutes for 25 and 50 servings.
5. Add thawed and drained broccoli to the skillet and cook until internal temperature of diced chicken reaches 165 °F and broccoli is tender, but not mushy, about 10 minutes for 6 servings or 15 minutes for 25 and 50 servings.
6. Prepare Sauce: In a microwavable bowl, combine peanut butter, warm water (2 tbsp for 6 servings, 1/2 cup for 25 servings, 1 cup for 50 servings), soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
7. Microwave sauce for 30 seconds for 6 servings, 1 minute for 25 servings, 2 minutes for 50 servings; remove from the microwave, whisk sauce and microwave for 30 more seconds for 6 servings, 1 more minute for 25 servings, 2 more minutes for 50 servings, whisk again. (Note: Sauce will look stringy.)
8. In a small bowl, whisk remaining 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 until thick, about 30 seconds for 6 servings or 2 minutes for 25 and 50 servings. 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 teaspoon of green onions, 1 teaspoon of cilantro, and one lime wedge (optional). (Note: For younger children, squeeze lime juice onto the dish and serve without the lime wedge.)
11. Serve 3/4 cup. Serve hot or cold.



Source: [Team Nutrition](#); Adapted from [Cooks.com](#)

Appendix A: Noodles with Peanut Butter Sauce

Ingredients

6 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

- 1 cup 3 Tbsp Water
- 3 oz Spaghetti noodles, whole grain-rich, uncooked
- 11 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced
- 3 cups Broccoli, frozen, cut
- 3 Tbsp Peanut butter, smooth
- 3 Tbsp Soy sauce, low-sodium
- 1 Tbsp Cider vinegar
- 1 Tbsp Sugar, granulated
- 1/2 tsp Ginger, fresh, grated
- 1 clove (1/2 tsp) Garlic, fresh, minced
- 1/8 tsp Red pepper flakes
- 1 tsp Cornstarch
- 2 Tbsp Green onion with tops, fresh, chopped (optional)
- 2 Tbsp Cilantro, fresh, chopped (optional)
- 6 Lime wedges, fresh (optional)
- Nonstick cooking spray

Appendix A: Noodles with Peanut Butter Sauce

Ingredients

25 servings

Prep Time: 20 minutes
Cook Time: 35 minutes

- 1 qt 3/4 cup (38 fl oz) Water
- 12 1/2 oz (12 1/2 oz) Spaghetti noodles, whole grain-rich, uncooked
- 2 lbs 13 1/2 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced
- 3 qts 1/2 cup (2 lbs 10 oz) Broccoli, frozen, cut
- 3/4 cup (6 1/4 oz) Peanut butter, smooth
- 3/4 cup Soy sauce, low-sodium
- 1/4 cup Cider vinegar
- 1/4 cup Sugar, granulated
- 2 tsp Ginger, fresh, grated
- 4 cloves (2 tsp) Garlic, fresh, minced
- 1/2 tsp Red pepper flakes
- 1 Tbsp 1 tsp Cornstarch
- 1/2 cup (2 oz) Green onion with tops, fresh, chopped (optional)
- 1/2 cup (2 oz) Cilantro, fresh, chopped (optional)
- 25 Lime wedges, fresh (optional)
- Nonstick cooking spray

50 servings

Prep Time: 20 minutes
Cook Time: 35 minutes

- 2 qts 1 1/2 cup (76 fl oz) Water
- 1 lb 9 oz Spaghetti noodles, whole grain-rich, uncooked
- 5 lbs 11 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced
- 1 gallon 2 qts 1 cup (5 lbs 4 oz) Broccoli, frozen, cut
- 1 1/2 cups (12 1/2 oz) Peanut butter, smooth
- 1 1/2 cups Soy sauce, low-sodium
- 1/2 cup Cider vinegar
- 1/2 cup Sugar, granulated
- 1 Tbsp 1 tsp Ginger, fresh, grated
- 8 cloves (1 Tbsp 1 tsp) Garlic, fresh, minced
- 1 tsp Red pepper flakes
- 2 Tbsp 2 tsp Cornstarch
- 1 cup (4 oz) Green onion with tops, fresh, chopped (optional)
- 1 cup (4 oz) Cilantro, fresh, chopped (optional)
- 50 Lime wedges, fresh (optional)
- Nonstick cooking spray

Appendix A: Sautéed Tofu and Broccoli



Background:

Tofu takes on a savory and sweet blend of flavors in this Asian-inspired recipe.

Nutrition Information:

Calories: 190	Dietary Fiber: 4g
Total fat: 7g	Protein: 15g
Saturated fat: 1g	Calcium: 175mg
Sodium: 328mg	Iron: 3mg
Total Carbohydrate: 20g	

CACFP Crediting Information:

1 cup provides 1 1/2 oz. equivalent meat alternate, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Notes:

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

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. Place tofu between two plates or between the bottom, flat surface of two pans. Apply slight pressure to squeeze out some of the liquid from the tofu.
4. Cut tofu into 1/2" cubes.
5. Make sauce: In a bowl, combine soy sauce, sesame oil, brown sugar, garlic, ginger root, and red pepper flakes.
6. Place tofu in a large bowl. Pour sauce over tofu. Carefully turn tofu several times to coat well. Set aside.
7. Heat canola oil in a large nonstick skillet. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
8. Add broccoli and sauté until broccoli turns bright green and becomes tender and crispy, about 3 minutes for 6 servings or 5 minutes for 25 and 50 servings.
9. Remove broccoli from the pan and set aside.
10. Place tofu and sauce in skillet on medium-high heat and cook until browned, about 5 minutes on each side for 6 servings or 10 minutes on each side for 25 and 50 servings. Turn gently.
11. Gently stir in broccoli and continue cooking. Heat to 140 °F for at least 15 seconds.
12. Remove from heat, add sesame seeds, and stir gently.
13. Serve 1 cup.

Appendix A: Sautéed Tofu and Broccoli

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes Cook Time: 16 minutes</p>	<p>25 servings</p> <p>Prep Time: 25 minutes Cook Time: 25 minutes</p>	<p>50 servings</p> <p>Prep Time: 25 minutes Cook Time: 25 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup Water <input type="checkbox"/> 3 oz Spaghetti noodles, whole-wheat, uncooked <input type="checkbox"/> 20 oz Tofu, firm, drained, cubed 1/2" <input type="checkbox"/> 1/4 cup Soy sauce, low-sodium <input type="checkbox"/> 1 tsp Sesame oil <input type="checkbox"/> 1 Tbsp Brown sugar, packed <input type="checkbox"/> 4 cloves (2 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 Tbsp Ginger root, shredded <input type="checkbox"/> 1/8 tsp Red pepper flakes <input type="checkbox"/> 2 tsp Canola oil <input type="checkbox"/> 1 qt (8 oz) Broccoli, fresh, chopped <input type="checkbox"/> 1 1/2 tsp Sesame seeds 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 qt (32 fl oz) Water <input type="checkbox"/> 12 1/2 oz Spaghetti noodles, whole-wheat, uncooked <input type="checkbox"/> 5 lbs 4 oz Tofu, firm, drained, cubed 1/2" <input type="checkbox"/> 1 cup Soy sauce, low-sodium <input type="checkbox"/> 1 Tbsp 1 tsp Sesame oil <input type="checkbox"/> 1/4 cup Brown sugar, packed <input type="checkbox"/> 16 cloves (2 Tbsp) Garlic, fresh, minced <input type="checkbox"/> 1/4 cup Ginger root, shredded <input type="checkbox"/> 1/2 tsp Red pepper flakes <input type="checkbox"/> 2 Tbsp 2 tsp Canola oil <input type="checkbox"/> 1 gallon (2 lbs 1 oz) Broccoli, fresh, chopped <input type="checkbox"/> 2 Tbsp 1/4 tsp Sesame seeds 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 qts (64 fl oz) Water <input type="checkbox"/> 1 lb 9 oz Spaghetti noodles, whole-wheat, uncooked <input type="checkbox"/> 10 lbs 8 oz Tofu, firm, drained, cubed 1/2" <input type="checkbox"/> 2 cups Soy sauce, low-sodium <input type="checkbox"/> 2 Tbsp 2 tsp Sesame oil <input type="checkbox"/> 1/2 cup Brown sugar, packed <input type="checkbox"/> 32 cloves (1/4 cup) Garlic, fresh, minced <input type="checkbox"/> 1/2 cup Ginger root, shredded <input type="checkbox"/> 1 tsp Red pepper flakes <input type="checkbox"/> 1/3 cup Canola oil <input type="checkbox"/> 2 gallons (4 lb 2 oz) Broccoli, fresh, chopped <input type="checkbox"/> 1/4 cup 1/2 tsp Sesame seeds

Source: Team Nutrition; Adapted from http://www.nhlbi.nih.gov/files/docs/public/heart/Dinners_Cookbook_508-compliant.pdf

Appendix A: Savory Rice Pilaf



Background:

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, Central and South Asia, Latin America, and East Africa. In many parts of the world it is prepared with vegetables, meat, fish, or dried fruit.

Nutrition Information:

Calories: 87	Dietary Fiber: 1g
Total fat: 2g	Protein: 2g
Saturated fat: 0g	Calcium: 13mg
Sodium: 66mg	Iron: 0mg
Total Carbohydrate: 14g	

CACFP Crediting Information:

1/4 cup (No. 16 scoop) provides 1/2 oz. equivalent grains.

Directions:

1. Preheat oven to 350 °F.
2. Heat oil on medium-high heat in a skillet. For 6 servings, use a medium skillet. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
3. Add onions and sauté until tender, about 3 minutes for 6 servings or 5 minutes for 25 and 50 servings. Reduce heat to medium. Add uncooked rice, almonds, salt, allspice, turmeric, curry powder, and black pepper.
4. 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 baking dish with nonstick cooking spray. Spread mixture evenly into baking dish. Use a small dish (9" x 9") for 6 servings, or 1 steam table pan (10-3/8" x 12-3/4" x 2") for 25 servings, or 2 steam table pans for 50 servings.
7. Cover with foil and bake until liquid is fully absorbed, about 30 minutes for 6 servings or 45 minutes for 25 and 50 servings. Fluff the rice gently with a fork. Heat to 140 °F or higher for at least 15 seconds.
8. Serve 1/4 cup packed.

Notes:

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

Appendix A: Savory Rice Pilaf

Ingredients

<p>6 servings</p> <p>Prep Time: 5 minutes Cook Time: 35 minutes</p>	<p>25 servings</p> <p>Prep Time: 5 minutes Cook Time: 55 minutes</p>	<p>50 servings</p> <p>Prep Time: 5 minutes Cook Time: 55 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1 tsp Canola oil <input type="checkbox"/> 1/4 cup Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 3/4 cup Enriched rice, parboiled, uncooked <input type="checkbox"/> 2 Tbsp Almonds, chopped <input type="checkbox"/> 1/8 tsp Salt, table <input type="checkbox"/> 1/8 tsp Allspice, dry, ground <input type="checkbox"/> 1/4 tsp Turmeric, dry, ground <input type="checkbox"/> 1/4 tsp Curry powder, dry, ground <input type="checkbox"/> 1/2 tsp Black pepper, ground <input type="checkbox"/> 1 cup Chicken broth, low-sodium <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 Tbsp 1 tsp Canola oil <input type="checkbox"/> 1 cup (4 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 3 cups 2 Tbsp (14 1/2 oz) Enriched rice, parboiled, uncooked <input type="checkbox"/> 1/2 cup (2 oz) Almonds, chopped <input type="checkbox"/> 1/2 tsp Salt, table <input type="checkbox"/> 1/2 tsp Allspice, dry, ground <input type="checkbox"/> 1 tsp Turmeric, dry, ground <input type="checkbox"/> 1 tsp Curry powder, dry, ground <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 1 qt (32 fl oz) Chicken broth, low-sodium <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 Tbsp 2 tsp Canola oil <input type="checkbox"/> 2 cups (8 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 1 qt 2 1/4 cups (1 lb 13 oz) Enriched rice, parboiled, uncooked <input type="checkbox"/> 1 cup (4 oz) Almonds, chopped <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1 tsp Allspice, dry, ground <input type="checkbox"/> 2 tsp Turmeric, dry, ground <input type="checkbox"/> 2 tsp Curry powder, dry, ground <input type="checkbox"/> 1 Tbsp 1 tsp Black pepper, ground <input type="checkbox"/> 2 qts (64 oz) Chicken broth, low-sodium <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from a recipe by Texas CACFP.

Appendix A: Stir-Fry Pork



Background:

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.

Nutrition Information:

Calories: 180
Total fat: 5g
Saturated fat: 1g
Sodium: 334mg
Total Carbohydrate: 17g

Dietary Fiber: 2g
Protein: 16g
Calcium: 27mg
Iron: 1mg

CACFP Crediting Information:

1/2 cup (4 oz spoodle) stir-fry over 1/4 cup (No. 16 scoop) rice provides 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Notes:

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

Directions:

1. Combine brown rice and water in a small pot. For 6 servings, add 1 cup water. For 25 servings, add 1/4 cup water. For 50 servings, add 1/2 cup water. Save 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 for 6 servings or 30-40 minutes for 25 and 50 servings. Fluff the rice gently with a fork or a large slotted spoon.
4. Make cornstarch mixture: In a small bowl whisk together cornstarch, remaining water, and soy sauce until smooth.
5. Make sauce: In a pot, bring chicken broth to a boil over medium-high heat. Stir in cornstarch mixture. Cook and stir frequently until nectar thick, about 5-7 minutes for 6 servings or 10-15 minutes for 25 and 50 servings. Remove from heat and set sauce aside.
6. Heat oil in a wok or skillet over medium-high heat. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
7. Add broccoli and sauté until thawed, about 3-5 minutes for 6 servings or 5-7 minutes for 25 and 50 servings. Stir frequently.
8. Add carrots, onions, garlic powder, and ginger. Cook until vegetables become slightly tender, about 3 minutes for 6 servings or 5 minutes for 25 and 50 servings. 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 about 10-15 minutes for 6 servings or 15-20 minutes for 25 and 50 servings. 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 1/2 cup stir-fry over 1/4 cup rice.

Appendix A: Stir-Fry Pork

Ingredients

<p>6 servings</p> <p>Prep Time: 25 minutes Cook Time: 50 minutes</p>	<p>25 servings</p> <p>Prep Time: 35 minutes Cook Time: 1 hour 27 minutes</p>	<p>50 servings</p> <p>Prep Time: 35 minutes Cook Time: 1 hour 27 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1/2 cup Brown rice, long-grain, uncooked <input type="checkbox"/> 1 cup 1 Tbsp Water <input type="checkbox"/> 1 Tbsp Cornstarch <input type="checkbox"/> 1 Tbsp Soy sauce, low-sodium <input type="checkbox"/> 1 cup Chicken broth, low-sodium <input type="checkbox"/> 1 Tbsp Canola oil <input type="checkbox"/> 1 cup Broccoli, frozen, chopped <input type="checkbox"/> 2 cups Carrots, fresh, peeled, shredded <input type="checkbox"/> 3/4 cup Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 2 tsp Garlic powder <input type="checkbox"/> 2 tsp Ginger root, fresh, grated <input type="checkbox"/> 1/2 tsp Salt, table <input type="checkbox"/> 1/4 tsp Black pepper, ground <input type="checkbox"/> 1 lb Pork, sirloin roast, fresh or frozen, 1/2" cubed <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cups (12 1/2 oz) Brown rice, long-grain, uncooked <input type="checkbox"/> 1 qt 1/4 cup Water <input type="checkbox"/> 1/4 cup Cornstarch <input type="checkbox"/> 1/4 cup Soy sauce, low-sodium <input type="checkbox"/> 1 qt (32 fl oz) Chicken broth, low-sodium <input type="checkbox"/> 1/4 cup Canola oil <input type="checkbox"/> 1 qt (14 1/2 oz) Broccoli, frozen, chopped <input type="checkbox"/> 2 qts (1 lb) Carrots, fresh, peeled, shredded <input type="checkbox"/> 3 cups 2 Tbsp (12 1/2 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 2 Tbsp 2 tsp Garlic powder <input type="checkbox"/> 2 Tbsp 2 tsp Ginger root, fresh, grated <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 1 tsp Black pepper, ground <input type="checkbox"/> 4 lbs 2 oz Pork, sirloin roast, fresh or frozen, 1/2" cubed <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 qt (1 lb 9 oz) Brown rice, long-grain, uncooked <input type="checkbox"/> 2 qt 1/2 cup Water <input type="checkbox"/> 1/2 cup Cornstarch <input type="checkbox"/> 1/2 cup Soy sauce, low-sodium <input type="checkbox"/> 2 qts (64 fl oz) Chicken broth, low-sodium <input type="checkbox"/> 1/2 cup Canola oil <input type="checkbox"/> 2 qt (1 lb 13 oz) Broccoli, frozen, chopped <input type="checkbox"/> 1 gallon (2 lbs) Carrots, fresh, peeled, shredded <input type="checkbox"/> 1 qt 2 1/4 cups (1 lb 9 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 1/3 cup Garlic powder <input type="checkbox"/> 1/3 cup Ginger root, fresh, grated <input type="checkbox"/> 1 Tbsp 1 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 8 lbs 4 oz Pork, sirloin roast, fresh or frozen, 1/2" cubed <input type="checkbox"/> Nonstick cooking spray

Source: Adapted http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/pdf/Menus_and_Recipes.pdf

Appendix A: Tabbouleh



Background:

Tabbouleh is a popular Middle Eastern salad that is served as part of a mezze (assortment of appetizers). A primary ingredient in tabbouleh is bulgur, which is a whole grain.

Nutrition Information:

Calories: 68	Dietary Fiber: 3g
Total fat: 2g	Protein: 2g
Saturated fat: 0g	Calcium: 20mg
Sodium: 99mg	Iron: 1mg
Total Carbohydrate: 11g	

CACFP Crediting Information:

1/2 cup (No. 18 scoop) provides 1/4 cup vegetable and 1/2 oz. equivalent grains.

Directions:

1. In a small stockpot bring water to a rolling boil.
 2. Add bulgur, cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered and let stand for 20 minutes for 6 servings or 30 minutes for 25 and 50 servings. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
 3. In a bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions and garlic.
 4. Prepare dressing: In a bowl, whisk together olive oil, lemon juice, salt, and pepper.
 5. Combine dressing with the other ingredients, mix well.
 6. Refrigerate and let chill for at least 2 hours before serving to allow the flavors to fuse. Cool to 40 °F or lower within 4 hours.
 7. Serve 1/2 cup.
-

Notes:

- Before chopping parsley and mint, wash in a colander under running water. Spin dry in a salad spinner.
- Get more juice from the lemon by rolling it gently on a flat surface before cutting or juicing to loosen the membranes.
- Cook bulgur the day before and cool in the refrigerator. Cool to 40 °F or lower within 4 hours.
- Make sure the chopped vegetables are dry to prevent the salad from getting soggy

Appendix A: Tabbouleh

Ingredients

<p>6 servings</p> <p>Prep Time: 20 minutes Cook Time: 20 minutes</p>	<p>25 servings</p> <p>Prep Time: 30 minutes Cook Time: 30 minutes</p>	<p>50 servings</p> <p>Prep Time: 30 minutes Cook Time: 30 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1/2 cup Bulgur, uncooked <input type="checkbox"/> 1 cup Water <input type="checkbox"/> 3/4 cup Cucumber, fresh, peeled, 1/4" diced <input type="checkbox"/> 3/4 cup Tomatoes, fresh, 1/4" diced <input type="checkbox"/> 2 Tbsp Italian parsley, fresh, chopped <input type="checkbox"/> 2 Tbsp Mint leaves, fresh, chopped <input type="checkbox"/> 2 Tbsp Green onion with tops, fresh, chopped <input type="checkbox"/> 1 clove (1/2 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 Tbsp Olive oil, extra virgin <input type="checkbox"/> 2 Tbsp Lemon juice, fresh squeezed, seeds removed OR Lemon juice, bottled <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> 1/4 tsp Black pepper, ground 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cups (12 1/2 oz) Bulgur, uncooked <input type="checkbox"/> 1 qt (32 fl oz) Water <input type="checkbox"/> 3 cups 2 Tbsp (14 1/2 oz) Cucumber, fresh, peeled, 1/4" diced <input type="checkbox"/> 3 cups 2 Tbsp (1 lb 7 oz) Tomatoes, fresh, 1/4" diced <input type="checkbox"/> 1/2 cup (1 oz) Italian parsley, fresh, chopped <input type="checkbox"/> 1/2 cup (2 oz) Mint leaves, fresh, chopped <input type="checkbox"/> 1/2 cup (2 oz) Green onion with tops, fresh, chopped <input type="checkbox"/> 4 cloves (2 tsp) Garlic, fresh, minced <input type="checkbox"/> 1/4 cup Olive oil, extra virgin <input type="checkbox"/> 1/2 cup Lemon juice, fresh squeezed, seeds removed OR Lemon juice, bottled <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1 tsp Black pepper, ground 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 qt (1 lb 9 oz) Bulgur, uncooked <input type="checkbox"/> 2 qts (64 fl oz) Water <input type="checkbox"/> 1 qt 2 1/4 cups (1 lb 13 oz) Cucumber, fresh, peeled, 1/4" diced <input type="checkbox"/> 1 qt 2 1/4 cups (2 lbs 14 oz) Tomatoes, fresh, 1/4" diced <input type="checkbox"/> 1 cup (2 oz) Italian parsley, fresh, chopped <input type="checkbox"/> 1 cup (4 oz) Mint leaves, fresh, chopped <input type="checkbox"/> 1 cup (4 oz) Green onion with tops, fresh, chopped <input type="checkbox"/> 8 cloves (1 Tbsp 1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1/2 cup Olive oil, extra virgin <input type="checkbox"/> 1 cup Lemon juice, fresh squeezed, seeds removed OR Lemon juice, bottled <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground

Source: Adapted from a recipe by Nebraska Extension

Appendix A: Veggie Stir-Fry with Ginger



Background

The standout ingredient in this flavorful dish is ginger. Ginger is a very aromatic spice that is popular throughout China, particularly in Szechuan and Cantonese inspired recipes. Give your menu new life with this simple side dish.

Nutrition Information:

Calories: 23	Dietary Fiber: 1g
Total fat: 1g	Protein: 1g
Saturated fat: 0g	Calcium: 16mg
Sodium: 104mg	Iron: 0mg
Total Carbohydrate: 3g	

Directions

1. In a small bowl whisk together water, cornstarch, sugar, and salt until smooth. Set aside.
2. Heat oil on medium-high heat in a wok or skillet. For 25 servings, use 1 extra-large skillet. For 50 servings, use 2 extra-large skillets.
3. Add carrots, green beans, and broccoli to the hot skillet. Cook for 3 minutes for 6 servings or 4 minutes for 25 and 50 servings. Stir frequently.
4. Add ginger and cook until vegetables are tender, 2-3 minutes for 6 servings or 4-5 minutes for 25 and 50 servings. Heat to 145 °F for at least 15 seconds.
5. Add mixture from step 1 and cook until vegetables are coated with sauce. Stir constantly.
6. Serve 1/4 cup.

CACFP Crediting Information:

1/4 cup provides 1/4 cup vegetable

Appendix A: Veggie Stir-Fry with Ginger

Ingredients

<p>6 servings</p> <p>Prep Time: 5 minutes Cook Time: 7 minutes</p>	<p>25 servings</p> <p>Prep Time: 5 minutes Cook Time: 11 minutes</p>	<p>50 servings</p> <p>Prep Time: 5 minutes Cook Time: 11 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 2 Tbsp Water <input type="checkbox"/> 1 tsp Cornstarch <input type="checkbox"/> 1/2 tsp Sugar, granulated <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> 1 tsp Canola oil <input type="checkbox"/> 3/4 cup Carrots, frozen, sliced <input type="checkbox"/> 3/4 cup Green beans, frozen, cut <input type="checkbox"/> 1 cup Broccoli, frozen, chopped <input type="checkbox"/> 1 tsp Ginger, fresh, grated 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup (8 fl oz) Water <input type="checkbox"/> 1 Tbsp 1 tsp Cornstarch <input type="checkbox"/> 2 tsp Sugar, granulated <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1 Tbsp 1 tsp Canola oil <input type="checkbox"/> 3 cups (12 1/2 oz) Carrots, frozen, sliced <input type="checkbox"/> 3 cups (12 1/2 oz) Green beans, frozen, cut <input type="checkbox"/> 1 qt (14 1/2 oz) Broccoli, frozen, chopped <input type="checkbox"/> 1 Tbsp 1 tsp Ginger, fresh, grated 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cups (16 fl oz) Water <input type="checkbox"/> 2 Tbsp 2 tsp Cornstarch <input type="checkbox"/> 1 Tbsp 1 tsp Sugar, granulated <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 Tbsp 2 tsp Canola oil <input type="checkbox"/> 1 qt 2 cups (1 lb 9 oz) Carrots, frozen, sliced <input type="checkbox"/> 1 qt 2 cups (1 lb 9 oz) Green beans, frozen, cut <input type="checkbox"/> 2 qts (1 lb 13 oz) Broccoli, frozen, chopped <input type="checkbox"/> 2 Tbsp 2 tsp Ginger, fresh, grated

Source: Team Nutrition: Adapted from Texas CACFP Ethnic Recipes

Appendix A: Arroz con Pollo



Background:

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.

Nutrition Information:

Calories: 166	Dietary Fiber: 2g
Total fat: 4g	Protein: 16g
Saturated fat: 1g	Calcium: 31mg
Sodium: 295mg	Iron: 1mg
Total Carbohydrate: 17g	

CACFP Crediting Information:

1 chicken tenderloin and 1/2 cup rice and vegetable mixture (No. 8 scoop) provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Directions:

1. Combine brown rice and water in a stockpot.
2. Heat on medium-high heat to a rolling boil.
3. Cover and reduce heat to medium. Cook about 10-15 minutes for 6 servings, or 20-30 minutes for 25 and 50 servings. Stir, cover, and cook an additional 10 minutes over low heat until water is absorbed. Fluff the rice gently with a fork.
4. In a small bowl combine seasonings: Salt, black pepper, garlic powder, and cumin.
5. Sprinkle chicken tenderloins with 1/2 of the seasoning mixture. Reserve the remaining seasoning mixture for step 11.
6. Line a baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place chicken tenderloins evenly spaced on baking sheet. For 25 servings, use 1 sheet pan (12" x 20" x 2 1/2"). For 50 servings, use 2 sheet pans.
7. Roast for 12-15 minutes. Chicken tenderloins should reach an internal temperature of 165 °F for at least 15 seconds.
8. While tenderloins are roasting, spray a medium skillet with nonstick cooking spray. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
9. Place skillet over medium-high heat.
10. Add onion and peppers and sauté for about 3 minutes for 6 servings, or 7-10 minutes for 25 and 50 servings, or until vegetables are tender. Stir frequently.
11. Add fresh garlic, oregano, tomatoes, and the remaining seasoning mixture. Cook for 3 minutes for 6 servings, or 15 minutes for 25 and 50 servings, stirring frequently.
12. Add chicken broth and bring to boil.
13. Add cooked rice, stir well, and cover.
14. Cook for 7-10 minutes for 6 servings, or 20-25 minutes for 25 and 50 servings. Stir occasionally. Heat to 140 °F or higher for at least 15 seconds.
15. Serve one chicken tenderloin with 1/2 cup rice and vegetable mixture.

Appendix A: Arroz con Pollo

Ingredients

6 servings

Prep Time: 7 minutes
Cook Time: 40 hours

- 1/2 cup** Brown rice, long-grain, uncooked
- 1 cup** Water
- 1/2 tsp** Salt, table
- 1/2 tsp** Black pepper, ground
- 1/2 tsp** Garlic powder
- 2 tsp** Cumin, ground
- 12 1/2 ounces** Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 1/4 oz. per tenderloin)
- 3/4 cup** Onion, fresh, peeled, 1/4" diced
- 3/4 cup** Green bell pepper, fresh, 1/4" diced
- 3 cloves (1/2 teaspoon minced)** Garlic, fresh, minced
- 2 tsp** Oregano, leaves, dried
- 3/4 cup** Tomatoes with juice, canned, diced
- 1 cup** Chicken broth, low-sodium
- Nonstick cooking spray

25 servings

Prep Time: 15 minutes
Cook Time: 1 hour

- 3/4 cup** Brown sugar, packed
- 2 tsp** Cinnamon, ground
- 1 tsp** Salt, table
- 2 qts 1/4 cup (2 lbs 3 1/2 oz)** Sweet potatoes (batatas dulce), fresh, peeled, 1/2" cubed
- 3 qts 1/2 cup (2 lbs 15 oz)** Apples, fresh, peeled, cored, 1/2" cubed (recommend Braeburn, gala, honey crisp, jonagold, or jonathans)
- 1/4 cup** Canola oil
- 1 cup (8 oz)** Orange juice
- Nonstick cooking spray

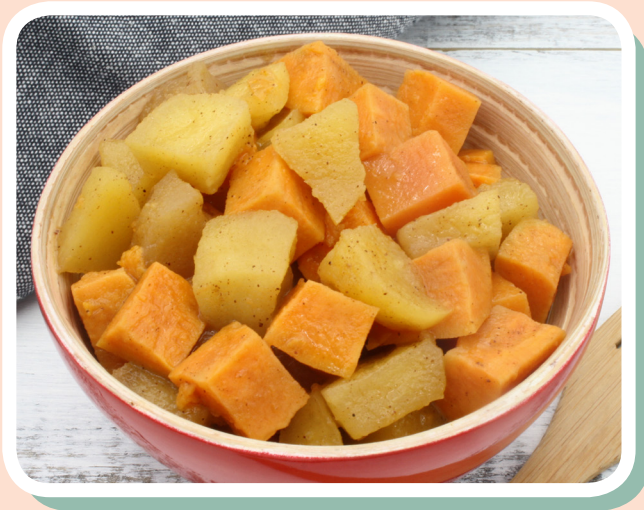
50 servings

Prep Time: 15 minutes
Cook Time: 1 hour

- 1 1/2 cup** Brown sugar, packed
- 1 Tbsp 1 tsp** Cinnamon, ground
- 2 tsp** Salt, table
- 1 gallon 1/2 cup** weet potatoes (batatas dulce), fresh, peeled, 1/2" cubed
- 1 gallon 2 qt 1 cup** Apples, fresh, peeled, cored, 1/2" cubed (recommend Braeburn, gala, honey crisp, jonagold, or jonathans)
- 1/2 cup** Canola oil
- 2 cups** Orange juice
- Nonstick cooking spray

Source: Team Nutrition: Adapted from CNPP Cultural Recipes

Appendix A: 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-savory side dish!

Directions

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray. For 25 servings, use 1 pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans.
3. Combine brown sugar, cinnamon, and salt in a bowl.
4. Toss sweet potatoes (batatas dulces), apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato (batata dulce) and apple mixture in the baking dish.
6. Cover with foil and bake for 40 minutes for 6 servings, or 50-60 minutes for 25 and 50 servings, or until sweet potatoes (batatas dulces) are tender. Heat to 140 °F for at least 15 seconds.
7. Serve 1/2 cup.

Nutrition Information:

Calories: 102
Total fat: 3g
Saturated fat: 0g
Sodium: 104mg
Total Carbohydrate: 21g

Dietary Fiber: 2g
Protein: 1g
Calcium: 19mg
Iron: 0mg

Notes:

- Yams or butternut squash may be substituted for the sweet potatoes
- Canned apple slices may be substituted for fresh apples
- Add 1 tablespoon grated orange rind to the cinnamon-sugar mixture for a citrus flavor

CACFP Crediting Information:

1/2 cup provides 1/4 cup vegetable and 1/4 cup fruit.

Appendix A: Baked Batatas and Apples

Ingredients

<p>6 servings</p> <p>Prep Time: 7 minutes Cook Time: 40 hours</p>	<p>25 servings</p> <p>Prep Time: 15 minutes Cook Time: 1 hour</p>	<p>50 servings</p> <p>Prep Time: 15 minutes Cook Time: 1 hour</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 3 Tbsp Brown sugar, packed <input type="checkbox"/> 1/2 tsp Cinnamon, ground <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> 2 cups Sweet potatoes (batatas dulce), fresh, peeled, 1/2" cubed <input type="checkbox"/> 3 cups Apples, fresh, peeled, cored, 1/2" cubed (recommended: Braeburn, gala, honey crisp, jonagold, or jonathans) <input type="checkbox"/> 1 Tbsp Canola oil <input type="checkbox"/> 1/4 cup Orange juice <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 3/4 cup Brown sugar, packed <input type="checkbox"/> 2 tsp Cinnamon, ground <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 2 qts 1/4 cup (2 lbs 3 1/2 oz) Sweet potatoes (batatas dulce), fresh, peeled, 1/2" cubed <input type="checkbox"/> 3 qts 1/2 cup (2 lbs 15 oz) Apples, fresh, peeled, cored, 1/2" cubed (recommended: Braeburn, gala, honey crisp, jonagold, or jonathans) <input type="checkbox"/> 1/4 cup Canola oil <input type="checkbox"/> 1 cup (8 oz) Orange juice <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 1/2 cup Brown sugar, packed <input type="checkbox"/> 1 Tbsp 1 tsp Cinnamon, ground <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 1 gallon 1/2 cup sweet potatoes (batatas dulce), fresh, peeled, 1/2" cubed <input type="checkbox"/> 1 gallon 2 qt 1 cup Apples, fresh, peeled, cored, 1/2" cubed (recommended: Braeburn, gala, honey crisp, jonagold, or jonathans) <input type="checkbox"/> 1/2 cup Canola oil <input type="checkbox"/> 2 cups (1 lb) Orange juice <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from <http://extension.umass.edu/nutrition/recipes/baked-batatas-and-apples>

Appendix A: Baked Cod Olé



Background:

In Puerto Rico, the Dominican Republic, Barbados, and other parts of the Caribbean seafood is very popular. Each island has its own specialty dish and many include baked fish. Cod is a popular choice; it is versatile and can be baked, poached, or grilled.

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. Prepare salsa: In a medium or large bowl, combine tomatoes, onions, and cilantro. Add dressing and toss.
4. Coat baking sheet with nonstick cooking spray. For 6 and 25 servings, use 1 pan. For 50 servings, use 2 pans.
5. Place fish portions on a baking sheet with about 1" of space between each piece.
6. Top each piece of fish with 1/3 cup (about 2 1/3 oz.) of salsa.
7. Roast for 12-15 minutes. When done, fish will flake easily with a fork. Heat to an internal temperature of 140 °F for at least 15 seconds.
8. Serve 1 fillet topped with 1/3 cup salsa.

Nutrition Information:

Calories: 68	Dietary Fiber: 1g
Total fat: 1g	Protein: 11g
Saturated fat: 0g	Calcium: 44mg
Sodium: 132mg	Iron: 0mg
Total Carbohydrate: 4g	

Notes:

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

CACFP Crediting Information:

1 fish fillet topped with 1/3 cup (No. 12 scoop) salsa provides 1 1/2 oz. equivalent meat and 1/4 cup vegetable.

Appendix A: Baked Cod Olé

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes Cook Time: 15 minutes</p>	<p>25 servings</p> <p>Prep Time: 30 minutes Cook Time: 15 minutes</p>	<p>50 servings</p> <p>Prep Time: 30 minutes Cook Time: 15 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 3 Tbsp Lime juice, fresh squeezed, seeds removed or bottled lime juice <input type="checkbox"/> 1/2 tsp Olive oil <input type="checkbox"/> 1/4 tsp Black pepper, ground <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> 1 1/4 cups Tomatoes, fresh, 1/4" diced <input type="checkbox"/> 1 1/4 cups Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 2 Tbsp Cilantro, fresh, chopped <input type="checkbox"/> 13 1/2 ounces Cod fish fillets, fresh or frozen (2 1/4 oz per piece) <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 3/4 cup Lime juice, fresh squeezed, seeds removed or bottled lime juice <input type="checkbox"/> 2 tsp Olive oil <input type="checkbox"/> 1 tsp Black pepper, ground <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1 qt 1 1/4 cups (1 lb 14 oz) Tomatoes, fresh, 1/4" diced <input type="checkbox"/> 1 qt 1 1/4 cups (1 lb 7 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 1/2 cup (2 oz) Cilantro, fresh, chopped <input type="checkbox"/> 25 pieces (3 lbs 8 1/4 oz) Cod fish fillets, fresh or frozen (2 1/4 oz per piece) <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 1/2 cups Lime juice, fresh squeezed, seeds removed or bottled lime juice <input type="checkbox"/> 1 Tbsp 1 tsp Olive oil <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 qts 2 1/2 cups (3 lbs 12 oz) Tomatoes, fresh, 1/4" diced <input type="checkbox"/> 2 qts 2 1/2 cups (2 lbs 14 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 1 cup (4 oz) Cilantro, fresh, chopped <input type="checkbox"/> 50 pieces (7 lbs 1/2 oz) Cod fish fillets, fresh or frozen (2 1/4 oz per piece) <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=13&cId=3&rId=256>

Appendix A: Beef Picadillo with Brown Rice



Background

Picadillo is a stew. It 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.

Nutrition Information:

Calories: 202	Dietary Fiber: 2g
Total fat: 6g	Protein: 15g
Saturated fat: 2g	Calcium: 34mg
Sodium: 147mg	Iron: 2mg
Total Carbohydrate: 23g	

CACFP Crediting Information:

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.

Directions

1. Combine brown rice and water in a small pot.
2. 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.
3. Heat skillet (1 medium for 6 servings, 2 extra-large for 25 servings, and 4 extra-large for 50 servings) on medium-high heat on top of stove.
4. Brown ground beef, then drain. Heat to a temperature of 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 1/2 cup picadillo over 1/4 cup rice. Garnish with 1 teaspoon cilantro (optional).

Notes:

- 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.
- For optimal browning and taste, do not rinse or crowd the ground meat.

Appendix A: Beef Picadillo with Brown Rice

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes Cook Time: 40 minutes</p>	<p>25 servings</p> <p>Prep Time: 20 minutes Cook Time: 1 hour 20 minutes</p>	<p>50 servings</p> <p>Prep Time: 20 minutes Cook Time: 1 hour 20 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1/2 cup Brown rice, dry, long-grain <input type="checkbox"/> 1 cup Water <input type="checkbox"/> 12 oz Ground beef (at least 90% lean), fresh or frozen <input type="checkbox"/> 1 1/4 cups Onions, yellow, peeled, 1/4" diced <input type="checkbox"/> 1 cup Green bell peppers, washed, 1/4" diced <input type="checkbox"/> 1 clove Garlic, peeled and minced <input type="checkbox"/> 1/3 cup Tomatoes with juice, low-sodium, canned, diced <input type="checkbox"/> 1 cup Tomato sauce, low-sodium <input type="checkbox"/> 1/2 cup Raisins, seedless, unpacked <input type="checkbox"/> 1/4 tsp Oregano, dry <input type="checkbox"/> 1/2 tsp Cumin, ground <input type="checkbox"/> 2 Tbsp. Cilantro, washed, dried, and chopped (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cups (12 1/2 oz) Brown rice, dry, long-grain <input type="checkbox"/> 1 qt. Water <input type="checkbox"/> 3 lbs 2 oz Ground beef (at least 90% lean), fresh or frozen <input type="checkbox"/> 1 qt. 1 1/8 cups (1 lb 4 1/2 oz) Onions, yellow, peeled, 1/4" diced <input type="checkbox"/> 1 qt. 1/4 cup (1 lb 4 1/2 oz) Green bell peppers, washed, 1/4" diced <input type="checkbox"/> 4 cloves (2 tsp) Garlic, peeled and minced <input type="checkbox"/> 1 1/2 cups (12 1/2 oz) Tomatoes with juice, low-sodium, canned, diced <input type="checkbox"/> 1 3/4 cups (14 1/2 oz) Tomato sauce, low-sodium <input type="checkbox"/> 2 cups (8 oz) Raisins, seedless, unpacked <input type="checkbox"/> 1 tsp Oregano, dry <input type="checkbox"/> 2 tsp Cumin, ground <input type="checkbox"/> 1/2 cup 1 tsp (2 oz) Cilantro, washed, dried, and chopped (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 qt. (1 lb 9 oz) Brown rice, dry, long-grain <input type="checkbox"/> 2 qts. Water <input type="checkbox"/> 6 lbs 4 oz Ground beef (at least 90% lean), fresh or frozen <input type="checkbox"/> 2 qts. 2 1/4 cups (2 lbs 9 oz) Onions, yellow, peeled, 1/4" diced <input type="checkbox"/> 2 qts. 2 1/2 cups (2 lbs 9 oz) Green bell peppers, washed, 1/4" diced <input type="checkbox"/> 8 cloves (1 Tbsp. 1 tsp) Garlic, peeled and minced <input type="checkbox"/> 3 cups (1 lb 9 oz) Tomatoes with juice, low-sodium, canned, diced <input type="checkbox"/> 3 1/2 cups (1 lb 13 oz) Tomato sauce, low-sodium <input type="checkbox"/> 1 qt (1 lb) Raisins, seedless, unpacked <input type="checkbox"/> 2 tsp Oregano, dry <input type="checkbox"/> 1 Tbsp 1 tsp Cumin, ground <input type="checkbox"/> 1 cup 2 tsp (4 oz) Cilantro, washed, dried, and chopped (optional)

Source: Team Nutrition: Adapted from recipe by Learning Care Group

Appendix A: Black Beans with Plantains



Background:

This flavorful dish includes black beans and plantains, two foods that are frequently used in meals prepared in South America and the Caribbean. Plantains are a staple food in many tropical regions. They can be steamed or boiled and used in a manner similar to the way potatoes are used in North America.

Nutrition Information:

Calories: 197	Dietary Fiber: 10g
Total fat: 2g	Protein: 9g
Saturated fat: 0g	Calcium: 65mg
Sodium: 193mg	Iron: 4mg
Total Carbohydrate: 38g	

CACFP Crediting Information:

1 cup provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 1/4 cup vegetable, and 1/2 oz. equivalent grains or Legume as Vegetable: 5/8 cup vegetable and 1/2 oz. equivalent grains.

Directions:

1. Combine brown rice and water in a stockpot. Reserve remaining water.
2. Heat on medium-high heat to a rolling boil.
3. Cover and reduce heat to medium. Cook until water is absorbed, (about 15-20 minutes for 6 servings, 30-40 minutes for 25 and 50 servings). Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork.
4. Heat oil in a medium stockpot on medium-high heat.
5. Add onions and sauté until soft.
6. Add garlic. Continue cooking on medium-high heat until garlic is fragrant (about 1-2 minutes for 6 servings, 2-4 minutes for 25 and 50 servings). Stir frequently.
7. Add cooked rice, black beans, remaining water, tomato sauce, plantains, cumin, paprika, and pepper.
8. Stir well and bring to boil. Stir frequently.
9. Reduce heat to medium-low and simmer (5 minutes for 6 servings, 10-15 minutes for 25 and 50 servings, or until liquid is absorbed into the ingredients). Heat to 140 °F for at least 15 seconds.
10. Serve 1 cup
11. Optional: garnish each serving with 1 teaspoon of salsa, 1 teaspoon of cilantro, and 1 teaspoon of green onions.

Source: Team Nutrition: Adapted from <http://www.healthyschoolfood.org/docs/NYCHSF-Recipes-for-NYCHSF3.pdf>.

Appendix A: Black Beans with Plantains

Ingredients

6 servings

Prep Time: 10 minutes
Cook Time: 30 minutes

- 1/2 cup** Brown rice, long-grain, uncooked
- 1 1/2 cups** Water
- 1 tsp** Canola oil
- 1 1/4 cups** Onions, fresh, peeled, 1/4" diced
- 1 clove (1/2 tsp)** Garlic, fresh, minced
- 1 quart** Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked
- 1 cup** Water
- 1 cup** Tomato sauce, low-sodium, canned
- 2/3 cup** Plantains, fresh, ripe (yellow), peeled, 1/4" diced
- 1 Tbsp** Cumin, dried, ground
- 1 tsp** Paprika
- 1/2 tsp** Black pepper, ground
- 2 Tbsp** Salsa, traditional (optional)
- 2 Tbsp** Cilantro, fresh, chopped (optional)
- 2 Tbsp** Green onions with tops, fresh, chopped (optional)

25 servings

Prep Time: 20 minutes
Cook Time: 1 hour

- 2 cups (12 1/2 oz)** Brown rice, long-grain, uncooked
- 1 qt 2 cups** Water
- 1 Tbsp 1 tsp** Canola oil
- 1 qt 1 1/4 cups (1 lb 5 oz)** Onions, fresh, peeled, 1/4" diced
- 4 cloves (2 tsp)** Garlic, fresh, minced
- 1 gallon 2/3 cup (6 lbs)** Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked
- 1 qt** Water
- 1 qt 1/4 cup** Tomato sauce, low-sodium, canned
- 2 3/4 cups** Plantains, fresh, ripe (yellow), peeled, 1/4" diced
- 1/4 cup** Cumin, dried, ground
- 1 Tbsp 1 tsp** Paprika
- 2 tsp** Black pepper, ground
- 1/2 cup 1 tsp (4 oz)** Salsa, traditional (optional)
- 1/2 cup 1 tsp (2 oz)** Cilantro, fresh, chopped (optional)
- 1/2 cup 1 tsp (2 oz)** Green onions with tops, fresh, chopped (optional)

50 servings

Prep Time: 20 minutes
Cook Time: 1 hour

- 1 qt (1 lb 9 oz)** Brown rice, long-grain, uncooked
- 3 qts** Water
- 2 Tbsp 2 tsp** Canola oil
- 2 qts 2 1/2 cups (2 lbs 10 oz)** Onions, fresh, peeled, 1/4" diced
- 8 cloves (1 Tbsp 1 tsp)** Garlic, fresh, minced
- 2 gallons 1 1/3 cups** Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked
- 2 qts** Water
- 2 qts 1/2 cup** Tomato sauce, low-sodium, canned
- 1 qt 1 1/2 cup** Plantains, fresh, ripe (yellow), peeled, 1/4" diced
- 1/2 cup** Cumin, dried, ground
- 2 Tbsp 2 tsp** Paprika
- 1 Tbsp 1 tsp** Black pepper, ground
- 1 cup 2 tsp** Salsa, traditional (optional)
- 1 cup 2 tsp** Cilantro, fresh, chopped (optional)
- 1 cup 2 tsp** Green onions with tops, fresh, chopped (optional)

Appendix A: Quick Quesadilla



Background:

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 such as vegetables, cheese, beans, and meat. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan. This allows you to cook several at one time. Try topping these quesadillas with avocado, cilantro, or salsa.

Nutrition Information:

Calories: 203
Total fat: 6g
Saturated fat: 2g
Sodium: 442mg
Total Carbohydrate: 26g

Dietary Fiber: 6g
Protein: 14g
Calcium: 157mg
Iron: 2mg

CACFP Crediting Information:

2 wedges (1/3 quesadilla) provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 1/4 cup vegetable, and 1 oz. equivalent grains OR Legume as Vegetable: 1 oz. equivalent meat alternate, 3/8 cup vegetable, and 1 oz. equivalent grains.

Directions:

1. Thaw, drain, and squeeze excess liquid from spinach. For 6 servings, yields 1 1/2 cups (7 1/2 oz.); for 25 servings, yields 1 qt. 2 cups (1 lb. 15 1/4 oz.); for 50 servings, yields 3 qts. 1/2 cups (3lbs 14 1/2 oz.).
 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 over-mash beans. For 25 servings, mash to yield about 3 1/8 cups. For 50 servings, mash to yield about 1 qt. 2 1/4 cups.
 6. Heat in microwave: 1 minute for 6 servings; 3 minutes for 25 and 50 servings. Stir with a spoon.
 7. Prepare quesadillas:
 - a. Place half of the tortillas on a baking sheet or sheet pan. Spread 3/4 cup of spinach on each tortilla. Top each with 3/8 cup of bean mixture and 3/4 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 1/3 quesadilla.
- Optional:** Serve with sliced or mashed avocado, cilantro or salsa.

Appendix A: Quick Quesadilla

Ingredients

<p>6 servings</p> <p>Prep Time: 20 minutes Cook Time: 15 minutes</p>	<p>25 servings</p> <p>Prep Time: 30 minutes Cook Time: 20 minutes</p>	<p>50 servings</p> <p>Prep Time: 30 minutes Cook Time: 20 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 2 1/4 cups Spinach, frozen, chopped <input type="checkbox"/> 1 cup Dark red kidney beans, canned, no salt added, drained and rinsed, or kidney beans, dry, cooked <input type="checkbox"/> 1 tsp Garlic powder <input type="checkbox"/> 1/2 tsp Onion powder <input type="checkbox"/> 1/4 tsp Chili powder <input type="checkbox"/> 4 Whole-grain tortillas, 8" (at least 51 gm each) <input type="checkbox"/> 1 1/2 cups Mozzarella cheese, low-fat, shredded <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 qt 1/2 cups (4 lbs 9 oz) Spinach, frozen, chopped <input type="checkbox"/> 1 qt (1 lb 9 oz) Dark red kidney beans, canned, no salt added, drained and rinsed, or kidney beans, dry, cooked <input type="checkbox"/> 1 Tbsp 1 tsp Garlic powder <input type="checkbox"/> 2 tsp Onion powder <input type="checkbox"/> 1 tsp Chili powder <input type="checkbox"/> 17 Whole-grain tortillas, 8" (at least 51 gm each) <input type="checkbox"/> 1 lb 9 oz Mozzarella cheese, low-fat, shredded <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 5 qts 1 cup (9 lbs 2 oz) Spinach, frozen, chopped <input type="checkbox"/> 2 qts Dark red kidney beans, canned, no salt added, drained and rinsed, or kidney beans, dry, cooked <input type="checkbox"/> 2 Tbsp 2 tsp Garlic powder <input type="checkbox"/> 1 Tbsp 1 tsp Onion powder <input type="checkbox"/> 2 tsp Chili powder <input type="checkbox"/> 34 Whole-grain tortillas, 8" (at least 51 gm each) <input type="checkbox"/> 3 lbs 2 oz Mozzarella cheese, low-fat, shredded <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from CNPP Cultural Recipes.

Appendix A: Red Pozole



Background:

Pozole, which means hominy, 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. When served, it often includes add-ins such as radishes, shredded cabbage, cilantro, lime, and avocado.

Nutrition Information:

Calories: 121	Dietary Fiber: 1g
Total fat: 4g	Protein: 13g
Saturated fat: 1g	Calcium: 27mg
Sodium: 254mg	Iron: 1mg
Total Carbohydrate: 7g	

CACFP Crediting Information:

1/2 cup (No. 8 scoop) provides 1 1/2 oz. equivalent meat and 1/4 cup vegetable.

Directions:

1. Preheat oven to 400 °F. Spray baking sheet with nonstick cooking spray. For 6 servings, use 1 half size sheet pan. For 25 servings, use 1 sheet pan or 2 half size sheet pans. For 50 servings, use 2 full sheet pans or 4 half size sheet pans.
2. Place chicken breasts on baking sheet pan(s). Bake for 15-25 minutes (Note: For large chicken breasts, cut in half to decrease cooking time.) 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 or large 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, about 2-3 minutes. Stir frequently.
7. Add cooked chicken, diced tomatoes with juice, tomato paste, hominy, and water. Reduce heat to medium-low and simmer (15 minutes for 6 servings, 20-30 minutes for 25 and 50 servings), 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 1/2 cup. Lime wedge is optional.

Notes:

- Beef may be substituted for the chicken.
- If using frozen chicken, defrost in the refrigerator. Hold at 40 °F or lower.

Appendix A: Red Pozole

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes Cook Time: 50 minutes</p>	<p>25 servings</p> <p>Prep Time: 20 minutes Cook Time: 1 hour 10 minutes</p>	<p>50 servings</p> <p>Prep Time: 20 minutes Cook Time: 1 hour 10 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 12 1/2 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced <input type="checkbox"/> 1 tsp Canola oil <input type="checkbox"/> 1 1/4 cups Onions, raw, 1/4 " diced <input type="checkbox"/> 1 clove (1/2 tsp) Garlic, fresh, minced <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> 1/4 tsp Black pepper, ground <input type="checkbox"/> 3/4 cup Tomatoes with juice, canned, diced <input type="checkbox"/> 1 tbsp Tomato paste, canned <input type="checkbox"/> 3/4 cup Hominy, canned, drained <input type="checkbox"/> 1/2 cup Water <input type="checkbox"/> 2 tbsp Cilantro, fresh, chopped <input type="checkbox"/> 1 Lime, fresh, cut into 8 wedges (optional) <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 lbs 4 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced <input type="checkbox"/> 1 Tbsp 1 tsp Canola oil <input type="checkbox"/> 1 qts 1 1/4 cups (1 lb 5 oz) Onions, raw, 1/4 " diced <input type="checkbox"/> 4 cloves (2 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1 tsp Black pepper, ground <input type="checkbox"/> 3 1/4 cups (1 lb 11 oz) Tomatoes with juice, canned, diced <input type="checkbox"/> 1/4 cup (2 oz) Tomato paste, canned <input type="checkbox"/> 3 1/8 cup (1 lb 3/4 oz) Hominy, canned, drained <input type="checkbox"/> 2 cups Water <input type="checkbox"/> 1/2 cup Cilantro, fresh, chopped <input type="checkbox"/> 3 1/2 limes, fresh, cut into 8 wedges (optional) <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 6 lbs 8 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced <input type="checkbox"/> 2 Tbsp 2 tsp Canola oil <input type="checkbox"/> 2 qts 2 1/2 cups (2 lbs 10 oz) Onions, raw, 1/4 " diced <input type="checkbox"/> 8 cloves (1 Tbsp 1 tsp) Garlic, fresh, minced <input type="checkbox"/> 2 tsps Salt, table <input type="checkbox"/> 2 tsps Black pepper, ground <input type="checkbox"/> 1 qt 2 1/2 cups (3 lbs 6 oz) Tomatoes with juice, canned, diced <input type="checkbox"/> 1/2 cup (4 oz) Tomato paste, canned <input type="checkbox"/> 1 qt 2 1/4 cups (2 lbs 1 1/2 oz) Hominy, canned, drained <input type="checkbox"/> 1 qt Water <input type="checkbox"/> 1 cup Cilantro, fresh, chopped <input type="checkbox"/> 6 1/2 Limes, fresh, cut into 8 wedges (optional) <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from http://www.nhlbi.nih.gov/files/docs/public/heart/sp_recip.pdf.

Appendix A: Tropical Bean Salad



Background:

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.

Nutrition Information:

Calories: 162
Total fat: 3g
Saturated fat: 0g
Sodium: 153mg
Total Carbohydrate: 28g

Dietary Fiber: 9g
Protein: 8g
Calcium: 56mg
Iron: 2mg

Directions:

1. Mix together black beans, mango, and tomato in a bowl 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. Hold at 40 °F or lower.
5. Serve 1 cup black bean salad over a 1/2 cup lettuce.

CACFP Crediting Information:

1 cup bean salad over 1/2 cup lettuce provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 3/8 cup vegetable, and 1/4 cup fruit OR Legume as Vegetable: 7/8 cup vegetable and 1/4 cup fruit.

Appendix A: Tropical Bean Salad

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes</p>	<p>25 servings</p> <p>Prep Time: 20 minutes</p>	<p>50 servings</p> <p>Prep Time: 20 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 3 1/2 cups Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked <input type="checkbox"/> 1 1/2 cups Mango, canned, drained, diced <input type="checkbox"/> 3/4 cup Tomato, fresh, 1/4" diced <input type="checkbox"/> 1 Tbsp Canola oil <input type="checkbox"/> 2 Tbsp Apple cider vinegar <input type="checkbox"/> 1/2 tsp Oregano, dried <input type="checkbox"/> 1/4 tsp Black pepper, ground <input type="checkbox"/> 3 cups Romaine lettuce, raw, chopped 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 qts 2 2/3 cups (6 lbs) Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked <input type="checkbox"/> 1 qt 2 1/4 cups (3 lb 2 oz) Mango, canned, drained, diced <input type="checkbox"/> 3 1/8 cups (1 lb 7 oz) Tomato, fresh, 1/4" diced <input type="checkbox"/> 1/4 cup Canola oil <input type="checkbox"/> 1/2 cup Apple cider vinegar <input type="checkbox"/> 2 tsp Oregano, dried <input type="checkbox"/> 1 tsp Black pepper, ground <input type="checkbox"/> 3 qts 1/2 cup (1 lb) Romaine lettuce, raw, chopped 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon 3 qts 1 1/3 cups (12 lbs) Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked <input type="checkbox"/> 3 qts 1/2 cup (6 lb 4 oz) Mango, canned, drained, diced <input type="checkbox"/> 1 qt 2 1/4 cups (2 lb 14 oz) Tomato, fresh, 1/4" diced <input type="checkbox"/> 1/2 cup Canola oil <input type="checkbox"/> 1 cup Apple cider vinegar <input type="checkbox"/> 1 Tbsp 1 tsp Oregano, dried <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 1 gallon 2 qts 1 cup (2 lbs) Romaine lettuce, raw, chopped

Source: Team Nutrition: Adapted from a recipe by Learning Care Group

Appendix A: Beef Goulash



Background:

Goulash is an easy-to-prepare traditional Hungarian stew consisting of vegetables and meat in a savory tomato sauce. It is a popular dish in many parts of Europe. It is commonly made with sweet Hungarian paprika, which can be found in specialty supermarkets.

Nutrition Information:

Calories: 188	Dietary Fiber: n/a
Total fat: 4g	Protein: 15g
Saturated fat: 1g	Calcium: 26mg
Sodium: 346mg	Iron: 2mg
Total Carbohydrate: 24g	

CACFP Crediting Information:

1/2 cup (No. 8 scoop) goulash over 1/4 cup (No. 16 scoop) cooked noodles provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Notes:

- If using frozen beef, defrost in the refrigerator. Hold at 40 °F or lower.
- May substitute 1/4 cup whole grain-rich cooked noodles with 1/4 cup cooked brown rice
- Garnish with fresh, chopped, Italian parsley

Directions:

1. Place beef, onions, minced garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika, and mustard into a slow cooker and stir well. For 50 servings, use 2 slow cookers.
2. Cover and cook for 3 hours on high or 6 hours on low for 6 servings, or 5 hours on high or 10 hours on low for 25 and 50 servings.
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 until goulash has thickened, approximately 15 minutes for 6 servings or 20 minutes for 25 and 50 servings. 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 1/2 cup goulash over 1/4 cup of cooked noodles.

Slow Cooker Safety Tips:

- Slow cookers cook foods slowly at a low temperature – generally between 170 °F and 280 °F. This 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.

Appendix A: Beef Goulash

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes Cook Time: 3 hours 15 minutes</p>	<p>25 servings</p> <p>Prep Time: 15 minutes Cook Time: 5 hour 20 minutes</p>	<p>50 servings</p> <p>Prep Time: 15 minutes Cook Time: 5 hour 20 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 15 1/3 ounces Beef round, roast or steak, fresh or frozen, lean, 1/2" cubed <input type="checkbox"/> 2 1/8 cups Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 2 cloves (1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1/4 cup Ketchup <input type="checkbox"/> 1 Tbsp Worcestershire sauce <input type="checkbox"/> 1 Tbsp Brown sugar, unpacked <input type="checkbox"/> 1/2 tsp Salt, table <input type="checkbox"/> 1 tsp Paprika <input type="checkbox"/> 1 tsp Mustard, yellow, prepared <input type="checkbox"/> 1/4 cup Warm water <input type="checkbox"/> 2 Tbsp Flour, all purpose, enriched, unbleached <input type="checkbox"/> 2 1/4 cups Whole grain-rich egg noodles, uncooked or other whole grain-rich pasta 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 lbs Beef round, roast or steak, fresh or frozen, lean, 1/2" cubed <input type="checkbox"/> 2 qt 1 cup (2 lbs 13 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 8 cloves (1 Tbsp 1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 cup Ketchup <input type="checkbox"/> 1/4 cup Worcestershire sauce <input type="checkbox"/> 1/4 cup Brown sugar, unpacked <input type="checkbox"/> 2 1/8 tsp Salt, table <input type="checkbox"/> 1 Tbsp 1 tsp Paprika <input type="checkbox"/> 1 Tbsp 1 tsp Mustard, yellow, prepared <input type="checkbox"/> 1 cup Warm water <input type="checkbox"/> 1/2 cup Flour, all purpose, enriched, unbleached <input type="checkbox"/> 2 qt 1 1/3 cups (12 1/2 oz) Whole grain-rich egg noodles, uncooked or other whole grain-rich pasta 	<ul style="list-style-type: none"> <input type="checkbox"/> 8 lbs Beef round, roast or steak, fresh or frozen, lean, 1/2" cubed <input type="checkbox"/> 1 gal 1/2 qt (5 lbs 10 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 16 cloves (2 Tbsp 2 tsp) Garlic, fresh, minced <input type="checkbox"/> 2 cups Ketchup <input type="checkbox"/> 1/2 cup Worcestershire sauce <input type="checkbox"/> 1/2 cup Brown sugar, unpacked <input type="checkbox"/> 1 Tbsp 1 1/4 tsp Salt, table <input type="checkbox"/> 2 Tbsp 2 tsp Paprika <input type="checkbox"/> 2 Tbsp 2 tsp Mustard, yellow, prepared <input type="checkbox"/> 2 cups Warm water <input type="checkbox"/> 1 cup Flour, all purpose, enriched, unbleached <input type="checkbox"/> 1 gallon 2 2/3 cups (1 lb 9 oz) Whole grain-rich egg noodles, uncooked or other whole grain-rich pasta

Source: [Team Nutrition: Adapted from Nutrition.gov](#)

Appendix A: Chicken Ratatouille



Background:

Ratatouille (rat-a-tooeey) 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!

Nutrition Information:

Calories: 101	Dietary Fiber: 1g
Total fat: 4g	Protein: 13g
Saturated fat: 1g	Calcium: 22mg
Sodium: 185mg	Iron: 1mg
Total Carbohydrate: 3g	

CACFP Crediting Information:

3/8 cup (No. 10 scoop) provides 1 1/2 oz. equivalent meat and 1/4 cup vegetable.

Directions:

1. Heat oil on medium-high. For 6 servings, use a medium skillet. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
 2. Add chicken and sauté until lightly browned, 3 minutes for 6 servings or 10-15 minutes for 25 and 50 servings.
 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 3/8 cup.
-

Notes:

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

Source: Team Nutrition: Adapted from CNPP Cultural Recipes.

Appendix A: Chicken Ratatouille

Ingredients

6 servings

Prep Time: 20 minutes

Cook Time: 18 minutes

- 1/4 Tbsp Canola oil
- 12 1/2 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced
- 1/4 cup Zucchini, fresh, unpeeled, 1/2" diced
- 2/3 cup Eggplant, fresh, unpeeled, 1/2" diced
- 1/3 cup Onions, fresh, peeled, 1/4" diced
- 1/4 cup Green peppers, fresh, 1/4" diced
- 3 Tbsp Mushrooms, fresh, thinly sliced
- 1/4 tsp Salt, table
- 3/4 cup Tomatoes, with juice, canned, diced, garlic, oregano, and basil
- 1 clove (1/2 tsp) Garlic, fresh, minced
- 1/2 Tbsp Basil, dried
- 1/8 tsp Black pepper, ground
- 1/2 tsp Balsamic vinegar
- 1/2 tsp Lemon juice, fresh or bottled
- 1/2 tsp Parsley, fresh, minced

25 servings

Prep Time: 30 minutes

Cook Time: 35 minutes

- 1 Tbsp Canola oil
- 3 lbs 4 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced
- 7/8 cup (4 1/4 oz) Zucchini, fresh, unpeeled, 1/2" diced
- 4 1/2 cups (8 1/3 oz) Eggplant, fresh, unpeeled, 1/2" diced
- 1 1/4 cups (6 1/4 oz) Onions, fresh, peeled, 1/4" diced
- 1 cup (5 1/4 oz) Green bell peppers, fresh, 1/4" diced
- 3/4 cup 1/2 Tbsp (2 3/4 oz) Mushrooms, fresh, thinly sliced
- 1 tsp Salt, table
- 3 cups 2 Tbsp (1 lb 10 oz) Tomatoes, with juice, canned, diced, garlic, oregano, and basil
- 4 cloves Garlic, fresh, minced
- 2 tsp Basil, dried
- 1/2 tsp Black pepper, ground
- 2 tsp Balsamic vinegar
- 2 tsp Lemon juice, fresh or bottled
- 2 Tbsp Parsley, fresh, minced

50 servings

Prep Time: 30 minutes

Cook Time: 35 minutes

- 2 Tbsp Canola oil
- 6 lbs 8 oz Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced
- 1 3/4 cups (8 1/2 oz) Zucchini, fresh, unpeeled, 1/2" diced
- 2 qts 1 cup (1 lb 2/3 oz) Eggplant, fresh, unpeeled, 1/2" diced
- 2 1/2 cups (12 1/2 oz) Onions, fresh, peeled, 1/4" diced
- 2 cups (10.5 oz) Green bell peppers, fresh, 1/4" diced
- 1 1/2 cups 1 Tbsp (5 1/2 oz) Mushrooms, fresh, thinly sliced
- 2 tsp Salt, table
- 1 qt 2 1/4 cups (3 lb 4 oz) Tomatoes, with juice, canned, diced, garlic, oregano, and basil
- 8 cloves Garlic, fresh, minced
- 1 Tbsp 1 tsp Basil, dried
- 1 tsp Black pepper, ground
- 1 Tbsp 1 tsp Balsamic vinegar
- 1 Tbsp 1 tsp Lemon juice, fresh or bottled
- 1/4 cup Parsley, fresh, minced

Appendix A: 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.

Nutrition Information:

Calories: 171	Dietary Fiber: 2g
Total fat: 4g	Protein: 11g
Saturated fat: 3g	Calcium: 68mg
Sodium: 434mg	Iron: 2mg
Total Carbohydrate: 24g	

CACFP Crediting Information:

1 piece provides 1 oz. equivalent meat alternate, 1/2 cup vegetable, and 1/2 oz. equivalent grains.

Directions:

1. Preheat oven to 350 °F.
2. Set aside mozzarella cheese for later use. For 6 servings, save 1/3 cup. For 25 servings, save 1 1/3 cups. For 50 servings, save 2 2/3 cups.
3. Make cheesy tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a bowl.
4. Divide zucchini evenly into two parts, about 3/4 cup for 6 servings, 3 1/4 cups for 25 servings, and 6 1/2 cups for 50 servings.
5. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray for 6 servings. For 25 servings, use 1 pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans.
6. First layer: Spread 3 1/2 cups of cheesy-tomato sauce evenly on the bottom of each pan. For 6 servings, cover sauce with 3 sheets of oven-ready lasagna noodles. For 25 and 50 servings, cover sauce with 12 sheets. Then, cover noodles with 3 1/2 cups of zucchini slices.
7. Second layer: Repeat first layer.
8. Third layer: Top layers 1 and 2 with the remaining cheesy-tomato sauce (about 3 1/2 cups) and then finish by sprinkling on the remaining shredded mozzarella cheese and the parmesan cheese.
9. Cover tightly with foil and bake until zucchini is tender, about 30 minutes for 6 servings or 45 minutes for 25 and 50 servings.
10. Remove from oven.
11. Remove foil and bake uncovered until cheese starts to brown slightly, approximately 15 minutes. Heat to 140 °F for at least 15 seconds.
12. Remove from oven. Let lasagna stand 10 minutes before serving.
13. Serve 1 piece (2" x 3 3/4").

Appendix A: Easy Zucchini Lasagna

Ingredients

<p>6 servings</p> <p>Prep Time: 20 minutes Cook Time: 1 hour</p>	<p>25 servings</p> <p>Prep Time: 40 minutes Cook Time: 45 minutes</p>	<p>50 servings</p> <p>Prep Time: 40 minutes Cook Time: 45 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1/2 cup 2 Tbsp (2 1/2 oz) Mozzarella cheese, low-fat, shredded <input type="checkbox"/> 1 cup Cottage cheese, fat-free <input type="checkbox"/> 3 Tbsp Tomato paste, canned, low sodium <input type="checkbox"/> 1 cup Tomato sauce, canned <input type="checkbox"/> 1 tsp Oregano, dried <input type="checkbox"/> 1 tsp Basil, dried <input type="checkbox"/> 2 cup 1 Tbsp (3 5/8 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 2 cloves (1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1/4 tsp Black pepper, ground <input type="checkbox"/> 1 1/2 cups Zucchini, fresh, unpeeled, thinly sliced <input type="checkbox"/> 6 sheets (3 3/8 oz) Lasagna noodles, enriched, oven ready <input type="checkbox"/> 1 Tbsp Parmesan cheese, fresh, shredded Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 1/2 cups 2 Tbsp (10 1/2 oz) Mozzarella cheese, low-fat, shredded <input type="checkbox"/> 1 qt 1/4 cup (2 lbs 2 oz) Cottage cheese, fat-free <input type="checkbox"/> 3/4 cup (7 1/2 oz) Tomato paste, canned, low sodium <input type="checkbox"/> 1 qt 2 Tbsp (2 lbs 4 oz) Tomato sauce, canned <input type="checkbox"/> 1 Tbsp 1 tsp Oregano, dried <input type="checkbox"/> 1 Tbsp 1 tsp Basil, dried <input type="checkbox"/> 2 1/4 cups (11 oz) Onions, fresh, 1/4" diced <input type="checkbox"/> 8 cloves (1 Tbsp 1 tsp) Garlic, fresh, minced <input type="checkbox"/> 1 tsp Black pepper, ground <input type="checkbox"/> 1 qt 2 1/2 cups (1 lb 15 oz) Zucchini, fresh, unpeeled, thinly sliced <input type="checkbox"/> 25 sheets (15 oz) Lasagna noodles, enriched, oven ready <input type="checkbox"/> 1/4 cup (1 oz) Parmesan cheese, fresh, shredded <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 qt 1 1/4 cups (1 lb 5 oz) Mozzarella cheese, low-fat, shredded <input type="checkbox"/> 2 qts 1/2 cup (4 lbs 4 oz) Cottage cheese, fat-free <input type="checkbox"/> 1 1/2 cups (15 oz) Tomato paste, canned, low sodium <input type="checkbox"/> 2 qts 1/4 cup (4 lbs 8 oz) Tomato sauce, canned <input type="checkbox"/> 2 Tbsp 2 tsp Oregano, dried <input type="checkbox"/> 2 Tbsp 2 tsp Basil, dried <input type="checkbox"/> 1 qt 1/2 cup (1 lb 6 oz) Onions, fresh, peeled, 1/4" diced <input type="checkbox"/> 16 cloves (2 Tbsp 2 tsp) Garlic, fresh, minced <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 3 qts 1 cup (3 lbs 14 oz) Zucchini, fresh, unpeeled, thinly sliced <input type="checkbox"/> 50 sheets (1 lb 14 oz) Lasagna noodles, enriched, oven ready <input type="checkbox"/> 1/2 cup (2 oz) Parmesan cheese, fresh, shredded Nonstick cooking spray

Source: Team Nutrition: Adapted from <http://www.nhlbi.nih.gov/health/educational/hearttruth/downloads/html/factsheet-recipes/factsheet-recipes.htm>

Appendix A: Italian Vegetable Medley



Background:

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

Nutrition Information:

Calories: 17	Dietary Fiber: 1g
Total fat: 0g	Protein: 1g
Saturated fat: 0g	Calcium: 26mg
Sodium: 165mg	Iron: 0mg
Total Carbohydrate: 3g	

CACFP Crediting Information:

1/4 (No. 16 scoop) cup provides 1/4 cup vegetable.

Directions:

1. Preheat oven to 400 °F.
2. Lightly coat a medium baking pan (about 8" x 8") with nonstick cooking spray. For larger quantities, use a steam table pan. For 25 servings, use 1 half pan (10 – 3/8" x 12 – 3/4" x 4"). For 50 servings, use 1 full pan (12" x 20" x 4").
3. In a bowl (medium for 6 servings and large for 25 and 50 servings) combine onions, green beans, tomatoes with juice, 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 140 °F for at least 15 seconds.
8. Sprinkle top with Parmesan cheese.
9. Serve 1/4 cup.

Appendix A: Italian Vegetable Medley

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes Cook Time: 35 minutes</p>	<p>25 servings</p> <p>Prep Time: 20 minutes Cook Time: 55 minutes</p>	<p>50 servings</p> <p>Prep Time: 20 minutes Cook Time: 55 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Nonstick cooking spray <input type="checkbox"/> 3/4 cup Tomatoes with juice, canned, diced <input type="checkbox"/> 1/2 cup Onion, fresh, peeled, 1/4" diced <input type="checkbox"/> 1/4 cup Green beans, fresh, cut, 1/2" pieces <input type="checkbox"/> 1/3 cup Okra, frozen, cut <input type="checkbox"/> 1/4 cup Green bell pepper, fresh, 1/4" diced <input type="checkbox"/> 2 teaspoons Lemon juice, fresh squeezed, seeds removed OR bottled <input type="checkbox"/> 1/2 teaspoon Italian seasoning, dried <input type="checkbox"/> 1/4 teaspoon Salt, table <input type="checkbox"/> 1/4 cup Zucchini, fresh, unpeeled, 1/4" diced <input type="checkbox"/> 1/2 cup Eggplant, fresh, unpeeled, 1/2" cubed <input type="checkbox"/> 1 tablespoon Parmesan cheese, grated 	<ul style="list-style-type: none"> <input type="checkbox"/> Nonstick cooking spray <input type="checkbox"/> 3 cups 2 TBsp (1lb 10 oz) Tomatoes with juice, canned, diced <input type="checkbox"/> 2 cups (8 oz) Onion, fresh, peeled, 1/4" diced <input type="checkbox"/> 1 cup (4 oz) Green beans, fresh, cut, 1/2" pieces <input type="checkbox"/> 1 1/3 cup (4 oz) Okra, frozen, cut <input type="checkbox"/> 1 cup (4 oz) Green bell pepper, fresh, 1/4" diced <input type="checkbox"/> 2 Tbsp 2 tsp Lemon juice, fresh squeezed, seeds removed OR bottled <input type="checkbox"/> 2 tsp Italian seasoning, dried <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1 cup (4 oz) Zucchini, fresh, unpeeled, 1/4" diced <input type="checkbox"/> 2 cups (4 oz) Eggplant, fresh, unpeeled, 1/2" cubed <input type="checkbox"/> 1/4 cup Parmesan cheese, grated 	<ul style="list-style-type: none"> <input type="checkbox"/> Nonstick cooking spray <input type="checkbox"/> 1 qt 2 1/4 cups (3 lbs 4 oz) Tomatoes with juice, canned, diced <input type="checkbox"/> 1 qt (1 lb) Onion, fresh, peeled, 1/4" diced <input type="checkbox"/> 2 cups (8 oz) Green beans, fresh, cut, 1/2" pieces <input type="checkbox"/> 2 2/3 cups (8 oz) Okra, frozen, cut <input type="checkbox"/> 2 cups (8 oz) Green bell pepper, fresh, 1/4" diced <input type="checkbox"/> 1/3 cup Lemon juice, fresh squeezed, seeds removed OR bottled <input type="checkbox"/> 1 Tbsp 1 tsp Italian seasoning, dried <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 cups (8 oz) Zucchini, fresh, unpeeled, 1/4" diced <input type="checkbox"/> 1 qt (8 oz) Eggplant, fresh, unpeeled, 1/2" cubed <input type="checkbox"/> 1/2 cup Parmesan cheese, grated

Source: Adapted from <https://www.nhlbi.nih.gov/health/resources/heart/syah-html/itvegbak>

Appendix A: Mediterranean Tuna Salad



Background:

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.

Nutrition Information:

Calories: 178	Dietary Fiber: 3g
Total fat: 3g	Protein: 15g
Saturated fat: 0g	Calcium: 14mg
Sodium: 533mg	Iron: 2mg
Total Carbohydrate: 24g	

Directions:

1. Place drained tuna in a bowl.
2. Break apart chunks of tuna using a fork.
3. Add carrots, cucumbers, peas, and salad dressing. Mix well.
4. Cover and refrigerate until salad is chilled and peas are thawed, about 2 hours for 6 servings or 4 hours for 25 and 50 servings. Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
5. Cut each pita in half. Place 1/2 cup of tuna salad into the pocket of each pita half.
6. Serve 1/2 a pita pocket.

CACFP Crediting Information:

1/2 pita provides 1.5 oz. equivalent meat, 1/4 cup vegetable, and 1.25 oz. equivalent grains.

Appendix A: Mediterranean Tuna Salad

Ingredients

<p>6 servings</p> <p>Prep Time: 10 minutes</p>	<p>25 servings</p> <p>Prep Time: 20 minutes</p>	<p>50 servings</p> <p>Prep Time: 20 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup 2 Tbsp (9 oz) Tuna, chunk style, canned in water, drained <input type="checkbox"/> 3/4 cup Carrots, fresh, peeled, shredded <input type="checkbox"/> 1/2 cup Cucumber, fresh, unpeeled, 1/4" diced <input type="checkbox"/> 2/3 cup Peas, frozen <input type="checkbox"/> 1/3 cup Italian salad dressing, fat-free <input type="checkbox"/> 3 Whole-wheat pitas (at least 70 gm each) 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 1/4 cups 2 Tbsp (2 lbs 5 1/2 oz) Tuna, chunk style, canned in water, drained <input type="checkbox"/> 3 cups 2 Tbsp (10 oz) Carrots, fresh, peeled, shredded <input type="checkbox"/> 2 cups (8 oz) Cucumber, fresh, unpeeled, 1/4" diced <input type="checkbox"/> 2 3/4 cups (12 1/2 oz) Peas, frozen <input type="checkbox"/> 1 1/3 cups Italian salad dressing, fat-free <input type="checkbox"/> 12 1/2 Whole-wheat pitas (at least 70 gm each) 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 1/2 cups 3 Tbsp (4 lbs 11 oz) Tuna, chunk style, canned in water, drained <input type="checkbox"/> 1 qt 2 1/4 cups (1 lb 4 oz) Carrots, fresh, peeled, shredded <input type="checkbox"/> 1 qt (1 lb) Cucumber, fresh, unpeeled, 1/4" diced <input type="checkbox"/> 1 qt 1 1/2 cups (1 lb 9 oz) Peas, frozen <input type="checkbox"/> 2 2/3 cups Italian salad dressing, fat-free <input type="checkbox"/> 25 Whole-wheat pitas (at least 70 gm each)

Source: Team Nutrition: Adapted from <https://foodhero.org/recipes/mediterranean-tuna-salad>

Appendix A: Spinach Egg Bake



Background:

An egg bake is also known as a *frittata*. *Frittata* is from Italy. It can be made with many kinds of ingredients from all over Europe, including feta cheese which comes from Greece. It is a great way to try new vegetables as a family.

Nutrition Information:

Calories: 115	Dietary Fiber: 2g
Total fat: 8g	Protein: 8g
Saturated fat: 2g	Calcium: 127mg
Sodium: 203mg	Iron: 2mg
Total Carbohydrate: 4g	

CACFP Crediting Information:

1 piece provides 2 oz. equivalent meat alternate and 1/4 cup vegetable.

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.
4. Whisk eggs in a mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well.
5. Lightly coat baking dish or pan with nonstick cooking spray. For 6 servings, use 8" x 8" baking pan. For 25 servings, use 1 pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans.
6. Spread spinach evenly on the bottom of the baking dish or pan.
7. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon.
8. Place baking dish in the oven. Bake at 350 °F for 15 minutes for 6 servings or 30 minutes for 25 and 50 servings. Ensure an internal temperature of 165 °F or higher for at least 15 seconds.
9. Then, 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.
10. Cut each baking dish or pans into the proper number of servings (6 pieces per baking dish, 25 per pan).
11. Serve 1 piece (2" x 3 3/4").

Notes:

- Swiss, cheddar, or ricotta cheese are great substitutes for the feta.
- Liquid whole eggs may be substituted for fresh eggs.
- Before whisking, puncture each egg yolk with a fork to make whisking faster and easier.
- It is very important to squeeze moisture from the spinach to obtain optimal firmness, texture, and color in your egg bake.

Appendix A: Spinach Egg Bake

Ingredients

6 servings

Prep Time: 20 minutes
Cook Time: 17 minutes

- 2 1/4 cups** Spinach, frozen, chopped, thawed, and drained
- 6 (or 1 1/4 cups whole liquid eggs)** Eggs, large
- 1 Tbsp** Feta cheese, crumbled
- 1 tsp** Onions, dehydrated, chopped
- 1/8 tsp** Black pepper, ground
- 1/8 tsp** Salt, table
- Nonstick cooking spray

25 servings

Prep Time: 50 minutes
Cook Time: 32 minutes

- 2 qt 2 1/2 cups (4 lbs 9 oz)** Spinach, frozen, chopped, thawed, and drained
- 25 (or 1 qt 1 1/4 cups whole liquid eggs)** Eggs, large
- 1/4 cup (2 oz)** Feta cheese, crumbled
- 1 Tbsp 1 tsp** Onions, dehydrated, chopped
- 1/2 tsp** Black pepper, ground
- 1/2 tsp** Salt, table
- Nonstick cooking spray

50 servings

Prep Time: 50 minutes
Cook Time: 32 minutes

- 5 qts 1 cup (9 lbs 2 oz)** Spinach, frozen, chopped, thawed, and drained
- 50 (or 2 qt 2 1/2 cups whole liquid eggs)** Eggs, large
- 1/2 cup (4 oz)** Feta cheese, crumbled
- 2 Tbsp 2 tsp** Onions, dehydrated, chopped
- 1 tsp** Black pepper, ground
- 1 tsp** Salt, table
- Nonstick cooking spray

Source: Team Nutrition: Adapted from CNPP Cultural Recipes

Appendix A: Turkey Burgers with Tzatziki Sauce



Background:

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

Nutrition Information:

Calories: 198	Dietary Fiber: 3g
Total fat: 6g	Protein: 17g
Saturated fat: 1g	Calcium: 74mg
Sodium: 436mg	Iron: 2mg
Total Carbohydrate: 22g	

CACFP Crediting Information:

1/2 pita provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1 1/4 oz. equivalent grains.

Directions:

1. Preheat oven to 400 °F.
2. Prepare Tzatziki Sauce: In a bowl, mix yogurt (2 Tbsp for 6 servings, 1/2 cup for 25 servings, 1 cup for 50 servings), cucumber, mint leaves, and lemon juice. Save remaining yogurt for step 10. Chill sauce. Cool to 40 °F or lower within 4 hours. Hold for cold service at 40 °F or lower.
3. Prepare Burgers: Thaw, drain, and squeeze excess liquid from spinach.
4. In a 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 1/4" thick.
6. Place burgers on baking sheet coated with nonstick cooking spray. For 25 servings, use 1 sheet pan (18" x 26" x 1"). For 50 servings, use 2 sheet pans.
7. Bake for 20 minutes. Heat to 165 °F for at least 15 seconds.
8. Cut Pita Pocket in half.
9. Place a turkey burger and a tomato into each half.
10. Top each burger with 1 tablespoon Tzatziki sauce.
11. Serve 1/2 pita,

Notes:

- If ground turkey is frozen, defrost in the refrigerator. Hold raw ground turkey at 40 °F or lower.
- Tzatziki Sauce can also be served on the side.

Appendix A: Turkey Burgers with Tzatziki Sauce

Ingredients

<p>6 servings</p> <p>Prep Time: 15 minutes Cook Time: 20 minutes</p>	<p>25 servings</p> <p>Prep Time: 30 minutes Cook Time: 20 minutes</p>	<p>50 servings</p> <p>Prep Time: 30 minutes Cook Time: 20 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1/4 cup Greek yogurt, plain, non-fat <input type="checkbox"/> 1/4 cup Cucumber, fresh, peeled, chopped <input type="checkbox"/> 2 tsp Mint leaves, fresh, chopped <input type="checkbox"/> 1 tsp Lemon juice, fresh squeezed, seeds removed or lemon juice, bottled <input type="checkbox"/> 1 1/4 cups Spinach, frozen, chopped <input type="checkbox"/> 13 oz Ground turkey, fresh or frozen, at least 93% lean <input type="checkbox"/> 1 tsp Oregano, dried <input type="checkbox"/> 1 tsp Garlic powder <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1/2 tsp Black pepper, ground <input type="checkbox"/> 6 slices Tomato, fresh, 1/8" half-slices <input type="checkbox"/> 6 Whole wheat pitas (at least 70 gm each) <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup (8 oz) Greek yogurt, plain, non-fat <input type="checkbox"/> 1 cup (8 oz) Cucumber, fresh, peeled, chopped <input type="checkbox"/> 2 Tbsp 2 tsp Mint leaves, fresh, chopped <input type="checkbox"/> 1 Tbsp 1 tsp Lemon juice, fresh squeezed, seeds removed or lemon juice, bottled <input type="checkbox"/> 1 qt 1 1/4 cups (2 lbs 7 oz) Spinach, frozen, chopped <input type="checkbox"/> 3 lbs 3 oz Ground turkey, fresh or frozen, at least 93% lean <input type="checkbox"/> 1 Tbsp 1 tsp Oregano, dried <input type="checkbox"/> 1 Tbsp 1 tsp Garlic powder <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 12 1/2 (10 oz) Tomato, fresh, 1/8" half-slices <input type="checkbox"/> 12 1/2 Whole wheat pitas (at least 70 gm each) <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cups (1 lb) Greek yogurt, plain, non-fat <input type="checkbox"/> 2 cups (1 lb) Cucumber, fresh, peeled, chopped <input type="checkbox"/> 1/3 cup Mint leaves, fresh, chopped <input type="checkbox"/> 2 Tbsp 2 tsp Lemon juice, fresh squeezed, seeds removed or lemon juice, bottled <input type="checkbox"/> 2 qts 2 1/2 cups (4 lbs 14 oz) Spinach, frozen, chopped <input type="checkbox"/> 6 lbs 6 oz Ground turkey, fresh or frozen, at least 93% lean <input type="checkbox"/> 2 Tbsp 2 tsp Oregano, dried <input type="checkbox"/> 2 Tbsp 2 tsp Garlic powder <input type="checkbox"/> 1 Tbsp 1 tsp Salt, table <input type="checkbox"/> 1 Tbsp 1 tsp Black pepper, ground <input type="checkbox"/> 25 (1 lb 4 oz) Tomato, fresh, 1/8" half-slices <input type="checkbox"/> 25 Whole wheat pitas (at least 70 gm each) <input type="checkbox"/> Nonstick cooking spray

Source: [Team Nutrition: Adapted from Food.com](#)

Appendix A: Collard Greens



Background:

Collard greens are popular in the Southern United States. They can also be found in meals from places like Tanzania, Kenya, Brazil, Portugal, and Kashmir. Collard greens can be made alone or mixed with other leafy greens like spinach, kale, or Swiss chard.

Nutrition Information:

Calories: 26	Dietary Fiber: 2g
Total fat: 1g	Protein: 2g
Saturated fat: 0g	Calcium: 67mg
Sodium: 54mg	Iron: 1mg
Total Carbohydrate: 3g	

CACFP Crediting Information:

1/3 cup provides 1/4 cup vegetable.

Directions:

1. Coat a pot with nonstick cooking spray and heat over medium heat.
2. Heat bacon for 3-4 minutes, until lightly brown. Stir often.
3. Increase heat to medium-high. Add onions and sauté until soft.
4. Add collard greens. Sauté for 1-2 minutes. Stir often. Sauté until greens begin to wilt.
5. Add water to pot. Cover and bring to a boil.
6. Reduce heat to medium. Simmer for 5-7 minutes for 6 servings or 10-12 minutes for 25 and 50 servings, stirring occasionally. Stir in liquid smoke (optional). Remove from heat when greens are tender. Heat to 140 °F or higher for 15 seconds .
7. Serve 1/3 cup.

Appendix A: Collard Greens

Ingredients

6 servings Prep Time: 10 minutes Cook Time: 20 minutes	25 servings Prep Time: 20 minutes Cook Time: 25 minutes	50 servings Prep Time: 20 minutes Cook Time: 25 minutes
<ul style="list-style-type: none"><input type="checkbox"/> 2 Tbsp Turkey bacon, cooked, chopped<input type="checkbox"/> 1/2 cup Onions, fresh, peeled, 1/4" diced<input type="checkbox"/> 2 qts Collard greens, fresh, leaves only, chopped<input type="checkbox"/> 1 cup Water<input type="checkbox"/> 1/4 tsp (Optional) Liquid smoke<input type="checkbox"/> Nonstick cooking spray	<ul style="list-style-type: none"><input type="checkbox"/> 1/2 cup (2 oz, about 4 slices) Turkey bacon, cooked, chopped<input type="checkbox"/> 2 cups (8 oz) Onions, fresh, peeled, 1/4" diced<input type="checkbox"/> 2 gallons 1 1/3 cups (2 lbs 1 oz) Collard greens, fresh, leaves only, chopped<input type="checkbox"/> 1 qt Water<input type="checkbox"/> 1 tsp (Optional) Liquid smoke<input type="checkbox"/> Nonstick cooking spray	<ul style="list-style-type: none"><input type="checkbox"/> 1 cup (4 oz, about 8 slices) Turkey bacon, cooked, chopped<input type="checkbox"/> 1 qt (1 lb) Onions, fresh, peeled, 1/4" diced<input type="checkbox"/> 4 gallons 2 2/3 cups (4 lbs 2 oz) Collard greens, fresh, leaves only, chopped<input type="checkbox"/> 2 qts Water<input type="checkbox"/> 2 tsp (Optional) Liquid smoke<input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from <http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cookbook.html>

Link: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/collard-greens>

Appendix A: Corn, Zucchini, and Tomato Pie



Background:

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

Nutrition Information:

Calories: 52	Dietary Fiber: 1g
Total fat: 1g	Protein: 2g
Saturated fat: 1g	Calcium: 46mg
Sodium: 171mg	Iron: 1mg
Total Carbohydrate: 9g	

CACFP Crediting Information:

1 piece provides 1/4 cup vegetable.

Directions:

1. Preheat oven to 350 °F.
2. Lightly coat a baking dish with nonstick cooking spray. For 6 servings, use an 8" x 8" baking dish. For 25 servings, use 1 full pan (12" x 20" x 2"). For 50 servings, use 2 full pans.
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 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 for 6 servings or 35 minutes for 25 and 50 servings or until zucchini is tender. Heat to 145 °F or higher for at least 15 seconds.
8. Cut into 6 even pieces for 6 servings, or 25 pieces per pan for 25 and 50 servings.
9. Serve 1 piece.

Appendix A: Corn, Zucchini, and Tomato Pie

Ingredients

<p>6 servings</p> <p>Prep Time: 5 minutes Cook Time: 25 minutes</p>	<p>25 servings</p> <p>Prep Time: 15 minutes Cook Time: 35 minutes</p>	<p>50 servings</p> <p>Prep Time: 15 minutes Cook Time: 35 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup Zucchini, fresh, unpeeled, 1/8" sliced <input type="checkbox"/> 1 cup Tomatoes, fresh, 1/8" sliced <input type="checkbox"/> 3/4 cup Corn, frozen, whole kernel, thawed <input type="checkbox"/> 1 tsp Lemon juice, fresh squeezed, seeds removed OR Lemon juice bottled <input type="checkbox"/> 1 tsp Dill weed, fresh, chopped <input type="checkbox"/> 1/8 tsp Salt, table <input type="checkbox"/> 1/4 tsp Black pepper, ground <input type="checkbox"/> 3 Tbsp Parmesan cheese, grated <input type="checkbox"/> 1/4 cup Whole-wheat bread crumbs <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 qt (1 lb) Zucchini, fresh, unpeeled, 1/8" sliced <input type="checkbox"/> 1 qt (1 lb) Tomatoes, fresh, 1/8" sliced <input type="checkbox"/> 3 1/8 cup (1 lb) Corn, frozen, whole kernel, thawed <input type="checkbox"/> 1/4 cup Lemon juice, fresh squeezed, seeds removed OR Lemon juice bottled <input type="checkbox"/> 1/4 cup Dill weed, fresh, chopped <input type="checkbox"/> 1/2 tsp Salt, table <input type="checkbox"/> 1 tsp Black pepper, ground <input type="checkbox"/> 3/4 cup Parmesan cheese, grated <input type="checkbox"/> 1 cup Whole-wheat bread crumbs <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 qts (2 lbs) Zucchini, fresh, unpeeled, 1/8" sliced <input type="checkbox"/> 2 qts (2 lbs) Tomatoes, fresh, 1/8" sliced <input type="checkbox"/> 1 qt 2 1/4 cup (2 lbs) Corn, frozen, whole kernel, thawed <input type="checkbox"/> 1/2 cup Lemon juice, fresh squeezed, seeds removed OR Lemon juice bottled <input type="checkbox"/> 1/2 cup Dill weed, fresh, chopped <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 1 1/2 cups Parmesan cheese, grated <input type="checkbox"/> 2 cups Whole-wheat bread crumbs <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from <http://www.ag.ndsu.edu/pubs/yf/foods/fn1513.pdf>

Appendix A: Creamy Wild Rice



Background:

Wild rice, or *manoomin*, is grown in North America. It is a sacred food for Native Americans, especially the Ojibwe people. Wild rice dishes, like this one, are eaten at special events like picnics, parties, and funerals.

Nutrition Information:

Calories: 214	Dietary Fiber: 2g
Total fat: 7g	Protein: 16g
Saturated fat: 2g	Calcium: 72mg
Sodium: 317mg	Iron: 1mg
Total Carbohydrate: 23g	

CACFP Crediting Information:

3/4 cup provides 1 1/2 oz. equivalent meat, 1/8 cup vegetable, and 3/4 oz. equivalent grains.

Directions:

1. Preheat oven to 350 °F
2. Combine wild rice, brown rice, and water in a 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 for 6 servings or 50-60 minutes for 25 and 50 servings. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork. Set aside.

4. Place a medium skillet on medium-high heat. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
5. Brown ground turkey. Add onion and celery. Continue cooking on medium heat until onions and celery are soft, about 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. Coat a baking dish with nonstick cook spray and spread in mixture evenly in the bottom of the pan. For 6 servings, use a medium baking dish (about 8" x 8"). For 25 servings, use 1 pan (12" x 20" x 4"). For 50 servings, use 2 pans.
8. Cover with foil. Bake for 30 minutes for 6 servings or 45-50 minutes for 25 and 50 servings, or until liquid has absorbed and dish is creamy. Hold at 140 °F or higher.
9. Serve 3/4 cup.

Notes:

- For optimal browning and taste, do not rinse or 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.
- Cook rice the day before and cool in the refrigerator. 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.

Appendix A: Creamy Wild Rice

Ingredients

<p>6 servings</p> <p>Prep Time: 5 minutes Cook Time: 1 hour 15 minutes</p>	<p>25 servings</p> <p>Prep Time: 10 minutes Cook Time: 2 hours 15 minutes</p>	<p>50 servings</p> <p>Prep Time: 10 minutes Cook Time: 2 hours 15 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1/3 cup Wild rice, uncooked <input type="checkbox"/> 1 cup Brown rice, uncooked <input type="checkbox"/> 1 1/2 cups Water <input type="checkbox"/> 13 oz Ground turkey, fresh or frozen <input type="checkbox"/> 1 cup Onions, fresh, 1/4" diced <input type="checkbox"/> 1 cup Celery, fresh, 1/4" diced <input type="checkbox"/> 1 cup Cream of mushroom soup, condensed <input type="checkbox"/> 3/4 cup Milk, non-fat (skim) <input type="checkbox"/> 1 Tbsp Garlic powder <input type="checkbox"/> 1 tsp Black pepper, ground <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 1/2 cups (8 oz) Wild rice, uncooked <input type="checkbox"/> 2 cups (11 oz) Brown rice, uncooked <input type="checkbox"/> 1 qt 3 cups (56 fl oz) Water <input type="checkbox"/> 3 lbs 5 oz Ground turkey, fresh or frozen <input type="checkbox"/> 1 qt (1 lb) Onions, fresh, 1/4" diced <input type="checkbox"/> 1 qt (2 lbs) Celery, fresh, 1/4" diced <input type="checkbox"/> 1 qt Cream of mushroom soup, condensed <input type="checkbox"/> 3 cups Milk, non-fat (skim) <input type="checkbox"/> 1/4 cup Garlic powder <input type="checkbox"/> 1 Tbsp 1 tsp Black pepper, ground <input type="checkbox"/> Nonstick cooking spray 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 cups (1 lb) Wild rice, uncooked <input type="checkbox"/> 1 qt (1 lb 6 oz) Brown rice, uncooked <input type="checkbox"/> 3 qts 2 cups (112 fl oz) Water <input type="checkbox"/> 7 lbs Ground turkey, fresh or frozen <input type="checkbox"/> 2 qts (2 lbs) Onions, fresh, 1/4" diced <input type="checkbox"/> 2 qts (2 lbs) Celery, fresh, 1/4" diced <input type="checkbox"/> 2 qts (4 lbs) Cream of mushroom soup, condensed <input type="checkbox"/> 1 qt 2 cups Milk, non-fat (skim) <input type="checkbox"/> 1/2 cup Garlic powder <input type="checkbox"/> 2 Tbsp 2 tsp Black pepper, ground <input type="checkbox"/> Nonstick cooking spray

Source: Team Nutrition: Adapted from a recipe by Onamia Schools

Appendix A: 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 similar to a chili and is a great way to get many veggies in one meal.

Nutrition Information:

Calories: 120	Dietary Fiber: 5g
Total fat: 2g	Protein: 9g
Saturated fat: 1g	Calcium: 3mg
Sodium: 214mg	Iron: 2mg
Total Carbohydrate: 16g	

CACFP Crediting Information:

2/3 cup (No. 6 scoop) 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.

Directions:

1. Coat a 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 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.
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 2/3 cup

Notes:

- For optimal browning and taste, do not rinse or crowd ground beef. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the beef rather than brown it, making it less flavorful.
- 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.

Source: Team Nutrition: Adapted from Oneida Indian Nation’s Three Sisters Cookbook

Appendix A: Great Garden Soup

Ingredients

6 servings

Prep Time: 20 minutes
Cook Time: 30 minutes

- 4 oz** Ground beef, at least 90% lean, raw, fresh or frozen
- 2/3 cup** Onions, fresh, 1/4" diced
- 2 cloves (1 tsp)** Garlic, fresh, minced
- 1 Tbsp** Jalapeno pepper, fresh, seeds and veins removed, minced
- 2/3 cup** Butternut squash, fresh, 1/2" cubed
- 1/4 cup** Green beans, fresh, cut into 1/2" pieces
- 3 Tbsp** Corn, frozen
- 1 Tbsp** Thyme, dried
- 1/4 cup** Summer squash, fresh, unpeeled, 1/2" diced
- 1/4 cup** Zucchini, fresh, unpeeled, 1/2" diced
- 1 1/2 cups 2 Tbsp (11 oz)** Kidney beans, low sodium, rinsed, and drained or kidney beans, dry, cooked
- 1/3 cup** Tomato sauce, canned
- 3/8 cup** Tomatoes with juice, canned, diced
- 1/4 cup** Water
- Nonstick cooking spray

25 servings

Prep Time: 25 minutes
Cook Time: 40 minutes

- 1 lb** Ground beef, at least 90% lean, raw, fresh or frozen
- 2 1/2 cups (12 1/2 oz)** Onions, fresh, 1/4" diced
- 8 cloves (1 Tbsp 1 tsp)** Garlic, fresh, minced
- 1/4 cup** Jalapeno pepper, fresh, seeds and veins removed, minced
- 2 1/2 cups (12 1/2 oz)** Butternut squash, fresh, 1/2" cubed
- 1 cup (4 oz)** Green beans, fresh, cut into 1/2" pieces
- 3/4 cup (4 oz)** Corn, frozen
- 1/4 cup** Thyme, dried
- 1 cup (4 oz)** Summer squash, fresh, unpeeled, 1/2" diced
- 1 cup (4 oz)** Zucchini, fresh, unpeeled, 1/2" diced
- 1 qt 2 2/3 cups (2 lbs 14 oz)** Kidney beans, low sodium, rinsed, and drained or kidney beans, dry, cooked
- 1 3/8 cups 1 Tbsp (12 1/2 oz)** Tomato sauce, canned
- 1 1/2 cups (12 1/2 oz)** Tomatoes with juice, canned, diced
- 1 cup** Water
- Nonstick cooking spray

50 servings

Prep Time: 25 minutes
Cook Time: 40 minutes

- 2 lbs** Ground beef, at least 90% lean, raw, fresh or frozen
- 5 cups (1 lb 9 oz)** Onions, fresh, 1/4" diced
- 16 cloves (2 Tbsp 2 tsp)** Garlic, fresh, minced
- 1/2 cup** Jalapeno pepper, fresh, seeds and veins removed, minced
- 5 cups (1 lb 9 oz)** Butternut squash, fresh, 1/2" cubed
- 2 cups (8 oz)** Green beans, fresh, cut into 1/2" pieces
- 1 1/2 cups (8 oz)** Corn, frozen
- 1/2 cup** Thyme, dried
- 2 cups (8 oz)** Summer squash, fresh, unpeeled, 1/2" diced
- 2 cups (8 oz)** Zucchini, fresh, unpeeled, 1/2" diced
- 3 qts 1 1/3 cups (5 lbs 12 oz)** Kidney beans, low sodium, rinsed, and drained or kidney beans, dry, cooked
- 2 2/4 cups 3 Tbsp (1 lb 9 oz)** Tomato sauce, canned
- 3 cups (1 lb 9 oz)** Tomatoes with juice, canned, diced
- 2 cups** Water
- Nonstick cooking spray

Appendix A: Mini Salmon Loaves



Background:

Salmon is a popular type of fish found in North America, including Alaskan waterways. 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.

Nutrition Information:

Calories: 82	Dietary Fiber: 0g
Total fat: 3g	Protein: 11g
Saturated fat: 1g	Calcium: 27mg
Sodium: 197mg	Iron: 0mg
Total Carbohydrate: 3g	

CACFP Crediting Information:

1 loaf (about 1 1/2 oz.) provides 1 1/2 oz. meat and 1/4 oz. equivalent grains.

Directions:

1. Preheat oven to 350 °F.
2. Place salmon in a bowl.
3. Break apart chunks of salmon. Use a fork or clean hands.
4. Crack egg into a medium bowl. Then, wash hands. Add milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
5. Divide salmon mixture into 1 3/4 ounce portions.
6. Shape each portion into a mini-loaf, about half an inch thick. Place on a baking sheet.
7. Bake for 15 minutes. Heat to 160 °F or higher for at least 15 seconds.
8. Serve one mini-loaf.

Notes:

- Can be served with a lemon mayonnaise.

Appendix A: Mini Salmon Loaves

Ingredients

<p>6 servings</p> <p>Prep Time: 20 minutes Cook Time: 15 minutes</p>	<p>25 servings</p> <p>Prep Time: 35 minutes Cook Time: 15 minutes</p>	<p>50 servings</p> <p>Prep Time: 35 minutes Cook Time: 15 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup Alaska salmon, skinless, boneless, canned, drained, flaked <input type="checkbox"/> 1 Egg, large, slightly beaten <input type="checkbox"/> 1 Tbsp Milk, fat-free (skim) <input type="checkbox"/> 1 tsp Onion, dried, minced <input type="checkbox"/> 1 tsp Dill weed, fresh, chopped <input type="checkbox"/> 1/2 tsp Lemon pepper seasoning <input type="checkbox"/> 3 Tbsp Whole-wheat bread crumbs 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 3/4 cups 2 1/2 Tbsp (1 lb 15 1/4 oz) Alaska salmon, skinless, boneless, canned, drained, flaked <input type="checkbox"/> 4 Eggs, large, slightly beaten <input type="checkbox"/> 1/4 cup Milk, fat-free (skim) <input type="checkbox"/> 1 Tbsp 1 tsp Onion, dried, minced <input type="checkbox"/> 2 tsp Dill weed, fresh, chopped <input type="checkbox"/> 2 tsp Lemon pepper seasoning <input type="checkbox"/> 3/4 cup (3 1/8 oz) Whole-wheat bread crumbs 	<ul style="list-style-type: none"> <input type="checkbox"/> 7 3/4 cups 1 Tbsp (3 lbs 14 1/2 oz) Alaska salmon, skinless, boneless, canned, drained, flaked <input type="checkbox"/> 8 Eggs, large, slightly beaten <input type="checkbox"/> 1/2 cup Milk, fat-free (skim) <input type="checkbox"/> 2 Tbsp 2 tsp Onion, dried, minced <input type="checkbox"/> 1 Tbsp 1 tsp Dill weed, fresh, chopped <input type="checkbox"/> 1 Tbsp 1 tsp Lemon pepper seasoning <input type="checkbox"/> 1 1/2 cup (6 1/4 oz) Whole-wheat bread crumbs

Source: Team Nutrition; Adapted from Cooks.com

Appendix A: Red Beans and Rice



Background:

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.

Nutrition Information:

Calories: 173	Dietary Fiber: 7g
Total fat: 3g	Protein: 7g
Saturated fat: 0g	Calcium: 41mg
Sodium: 313	Iron: 2mg
Total Carbohydrate: 30g	

CACFP Crediting Information:

3/4 cup provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 1/4 cup vegetable and 1/2 oz. equivalent grain OR Legume as Vegetable: No equivalent meat alternate and 5/8 cup vegetable and 1/2 oz. equivalent grains.

Directions:

1. Heat oil on medium-high in a skillet. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
2. Add onions and peppers and sauté for about 3 minutes for 6 servings or 7-10 minutes for 25 and 50 servings or until onions are soft.
3. Reduce heat to medium. Stir in garlic, brown rice, cumin, oregano, salt, and pepper.
4. Cook for 1-2 minutes 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 for 6 servings or 10 minutes for 25 and 50 servings or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
7. Serve 3/4 cup.

Notes:

- **Tips for Cooking Dry Beans:** Once the beans have been soaked, add 1 3/4 qt. water for every 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.

Appendix A: Red Beans and Rice

Ingredients

6 servings

Prep Time: 10 minutes
Cook Time: 20 minutes

- 1 Tbsp Olive oil
- 1 1/2 cups Onions, fresh, peeled, 1/4" diced
- 1 1/2 cups Green bell peppers, fresh, 1/4" diced
- 3 cloves (1 1/2 tsp) Garlic, fresh, minced
- 3/4 cup Brown rice, instant, uncooked
- 2 tsp Cumin, ground
- 2 tsp Oregano, leaves, dried
- 1/2 tsp Salt, table
- 1/2 tsp Black pepper, ground
- 2 cups Chicken broth, low-sodium
- 3 cups Dark red kidney beans, canned, low-sodium, drained and rinsed or kidney beans, dry, cooked

25 servings

Prep Time: 20 minutes
Cook Time: 30 minutes

- 1/4 cup Olive oil
- 1 qt 2 1/4 cups (1 lb 9 oz) Onions, fresh, peeled, 1/4" diced
- 1 qt 2 1/4 cups (1 lb 9 oz) Green bell peppers, fresh, 1/4" diced
- 6 cloves (1 Tbsp) Garlic, fresh, minced
- 3 cups 2 Tbsp (12 1/2 oz) Brown rice, instant, uncooked
- 2 Tbsp 2 tsp Cumin, ground
- 2 Tbsp 2 tsp Oregano, leaves, dried
- 2 tsp Salt, table
- 2 tsp Black pepper, ground
- 2 qts (64 fl oz) Chicken broth, low-sodium
- 3 qts 1/2 cup (4 lbs 6 oz) Dark red kidney beans, canned, low-sodium, drained and rinsed or kidney beans, dry, cooked

50 servings

Prep Time: 20 minutes
Cook Time: 30 minutes

- 1/2 cup Olive oil
- 3 qts 1/2 cup (3 lbs 2 oz) Onions, fresh, peeled, 1/4" diced
- 3 qts 1/2 cup (3 lbs 2 oz) Green bell peppers, fresh, 1/4" diced
- 12 cloves (2 Tbsp) Garlic, fresh, minced
- 1 qt 2 1/4 cups (1 lb 9 oz) Brown rice, instant, uncooked
- 1/3 cup Cumin, ground
- 1/3 cup Oregano, leaves, dried
- 1 Tbsp 1 tsp Salt, table
- 1 Tbsp 1 tsp Black pepper, ground
- 1 gallon (128 fl oz) Chicken broth, low-sodium
- 1 gallon 2 qts 1 cup (8 lbs 12 oz) Dark red kidney beans, canned, low-sodium, drained and rinsed or kidney beans, dry, cooked

Source: Team Nutrition: Adapted from CNPP Cultural Recipes

Appendix A: Southern Black-Eyed Peas



Background:

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. They are a staple crop in the southeast region of the United States. In addition to providing the peas, the leaves of the plant can be harvested and cooked as well.

Nutrition Information:

Calories: 89	Dietary Fiber: 4g
Total fat: 1g	Protein: 6g
Saturated fat: 0g	Calcium: 15mg
Sodium: 135mg	Iron: 1mg
Total Carbohydrate: 15g	

Directions

1. Heat a 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 until black-eyed peas have thickened. For 6 servings, simmer for 8-10 minutes. For 25 servings, simmer for 20 minutes. For 50 servings, simmer for 30 minutes. Heat to 140 °F or higher for at least 15 seconds.
4. Serve 1/4 cup.

CACFP Crediting Information:

1/4 cup provides Legume as Meat Alternate: 1/2 oz. equivalent meat alternate OR Legume as Vegetable: 1/4 cup vegetable.

Appendix A: Southern Black-Eyed Peas

Ingredients

<p>6 servings</p> <p>Prep Time: 5 minutes Cook Time: 15 minutes</p>	<p>25 servings</p> <p>Prep Time: 8 minutes Cook Time: 15 minutes</p>	<p>50 servings</p> <p>Prep Time: 8 minutes Cook Time: 15 minutes</p>
<ul style="list-style-type: none"> <input type="checkbox"/> 2 Tbsp (about 1 slice) Turkey bacon, cured, chopped <input type="checkbox"/> 2 cups (12 1/2 oz) Black-eyed peas, low-sodium, canned, drained, and rinsed or black-eyed peas, dry, cooked <input type="checkbox"/> 1/2 cup Water <input type="checkbox"/> 1/2 tsp Garlic powder <input type="checkbox"/> 1/4 tsp Onion powder <input type="checkbox"/> 1 tsp Sugar, granulated <input type="checkbox"/> 1/4 tsp Salt, table <input type="checkbox"/> 1/8 tsp Black pepper, ground <input type="checkbox"/> 1/8 tsp (Optional) Liquid smoke, hickory flavor recommended 	<ul style="list-style-type: none"> <input type="checkbox"/> 1/2 cup (2 oz, about 4 slices) Turkey bacon, cured, chopped <input type="checkbox"/> 2 qt 1/2 cups (3 lbs 5 oz) Black-eyed peas, low-sodium, canned, drained, and rinsed or black-eyed peas, dry, cooked <input type="checkbox"/> 2 cups Water <input type="checkbox"/> 2 tsp Garlic powder <input type="checkbox"/> 1 tsp Onion powder <input type="checkbox"/> 1 Tbsp 1 tsp Sugar, granulated <input type="checkbox"/> 1 tsp Salt, table <input type="checkbox"/> 1/2 tsp Black pepper, ground <input type="checkbox"/> 1/2 tsp (Optional) Liquid smoke, hickory flavor recommended 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup (4 oz, about 8 slices) Turkey bacon, cured, chopped <input type="checkbox"/> 1 gallon 1 cup (6 lbs 10 oz) Black-eyed peas, low-sodium, canned, drained, and rinsed or black-eyed peas, dry, cooked <input type="checkbox"/> 1 qt Water <input type="checkbox"/> 1 Tbsp 1 tsp Garlic powder <input type="checkbox"/> 2 tsp Onion powder <input type="checkbox"/> 2 Tbsp 2 tsp Sugar, granulated <input type="checkbox"/> 2 tsp Salt, table <input type="checkbox"/> 2 tsp Black pepper, ground <input type="checkbox"/> 1 tsp (Optional) Liquid smoke, hickory flavor recommended

Source: Team Nutrition: Adapted from recipe by Florida Health.gov.

Appendix A: Squash Casserole



Background:

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

Nutrition Information:

Calories: 45	Dietary Fiber: 1g
Total fat: 2g	Protein: 3g
Saturated fat: 1g	Calcium: 76mg
Sodium: 70mg	Iron: 0mg
Total Carbohydrate: 3g	

CACFP Crediting Information:

1 piece provides 1/2 oz. equivalent meat alternate and 1/4 cup vegetable.

Directions:

1. Preheat oven to 400 °F.
2. Lightly coat a baking dish with nonstick cooking spray. For 6 servings, use an 8" x 8" baking dish. For 25 servings, use 1 half pan (10 3/8" x 12 3/4" x 4"). For 50 servings, use 1 full pan (12" x 20" x 4"). Set aside.
3. Spray a skillet with nonstick cooking spray and heat over medium-high heat.
4. Sauté onions for 3 minutes for 6 servings or 5 minutes for 25 and 50 servings or until soft. Stir frequently.
5. Add zucchini and yellow squash. Sauté for 5 minutes for 6 servings or 10 minutes for 25 and 50 servings. Stir frequently.
6. Add parsley, oregano, salt, and pepper and stir. Continue cooking until zucchini and yellow squash begin to lightly brown, about 5 minutes for 6 servings or 7-10 minutes for 25 and 50 servings. Remove from heat.
7. Whisk egg and milk together in a bowl.
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 for 6 servings or 25 minutes for 25 and 50 servings. Heat to 160 °F or higher for at least 15 seconds.
10. Cut pan into 6 pieces for 6 servings, 25 pieces for 25 servings, or 50 pieces for 50 servings. Hold at 140 °F or higher.
11. Serve 1 piece.

Appendix A: Squash Casserole

Ingredients

6 servings

Prep Time: 10 minutes
Cook Time: 35 minutes

- 3/4 cup** Onions, fresh, peeled, 1/4" diced
- 1 cup** Zucchini, fresh, unpeeled, grated
- 1 cup** Yellow squash, fresh, unpeeled, grated
- 1/2 tsp** Parsley, dried
- 1/2 tsp** Oregano, dried
- 1/8 tsp** Salt, table
- 1/8 tsp** Black pepper, ground
- 1** Egg, large, whole
- 2 Tbsp** Milk, fat-free (skim)
- 1 1/4 oz** Sharp cheddar cheese, reduced-fat, shredded
- Nonstick cooking spray

25 servings

Prep Time: 20 minutes
Cook Time: 50 minutes

- 3 1/8 cups (14 1/2 oz)** Onions, fresh, peeled, 1/4" diced
- 1 qt (14 1/2 oz)** Zucchini, fresh, unpeeled, grated
- 1 qt (14 1/2 oz)** Yellow squash, fresh, unpeeled, grated
- 2 tsp** Parsley, dried
- 2 tsp** Oregano, dried
- 1/2 tsp** Salt, table
- 1/2 tsp** Black pepper, ground
- 4** Eggs, large, whole
- 1/2 cup** Milk, fat-free (skim)
- 5 oz** Sharp cheddar cheese, reduced-fat, shredded
- Nonstick cooking spray

50 servings

Prep Time: 20 minutes
Cook Time: 50 minutes

- 1 qt 2 1/4 cups (1 lb 13 oz)** Onions, fresh, peeled, 1/4" diced
- 2 qts (1 lb 13 oz)** Zucchini, fresh, unpeeled, grated
- 2 qts (1 lb 13 oz)** Yellow squash, fresh, unpeeled, grated
- 1 Tbsp 1 tsp** Parsley, dried
- 1 Tbsp 1 tsp** Oregano, dried
- 1 tsp** Salt, table
- 1 tsp** Black pepper, ground
- 8** Eggs, large, whole
- 1 cup** Milk, fat-free (skim)
- 10 oz** Sharp cheddar cheese, reduced-fat, shredded
- Nonstick cooking spray

Source: Adapted from Manataka American Indian Council Cookin' With Three Sisters

Appendix A: Whipped Sweet Potatoes



Background:

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

Nutrition Information:

Calories: 80	Dietary Fiber: 2g
Total fat: 2g	Protein: 1g
Saturated fat: 0g	Calcium: 26mg
Sodium: 131mg	Iron: 1mg
Total Carbohydrate: 15g	

Directions:

1. Place sweet potatoes in a pot of water and bring to a boil. Cook until fork tender, about 20 minutes for 6 servings or 25-30 minutes for 25 and 50 servings. Heat to 140 °F for at least 15 seconds. Drain well.
2. Immediately combine drained sweet potatoes, milk, margarine, salt, and pepper in a medium bowl or commercial mixer.
3. Mix in commercial mixer on low speed or using an electric mixer on medium speed until potatoes are smooth and fluffy. Hold at 140 °F or higher.
4. Serve 1/4 cup.

CACFP Crediting Information:

1/4 cup provides 1/4 cup vegetable.

Appendix A: Whipped Sweet Potatoes

Ingredients

6 servings

Prep Time: 5 minutes
Cook Time: 20 minutes

- 3 1/8 cups (14 oz)** Sweet potatoes, fresh, peeled, cut into quarters
- 1 Tbsp** Milk, 1% (low-fat)
- 1 Tbsp** Margarine, trans-fat free
- 1/4 tsp** Salt, table
- 1/4 tsp** Black pepper, ground

25 servings

Prep Time: 10 minutes
Cook Time: 30 minutes

- 3 qts 1 cup (3 lbs 10 1/4 oz)** Sweet potatoes, fresh, peeled, cut into quarters
- 1/4 cup** Milk, 1% (low-fat)
- 1/4 cup** Margarine, trans-fat free
- 1 tsp** Salt, table
- 1 tsp** Black pepper, ground

50 servings

Prep Time: 10 minutes
Cook Time: 30 minutes

- 1 gallon 2 qts 2 cups (7 lbs 4 1/2 oz)** Sweet potatoes, fresh, peeled, cut into quarters
- 1/2 cup** Milk, 1% (low-fat)
- 1/2 cup** Margarine, trans-fat free
- 2 tsp** Salt, table
- 2 tsp** Black pepper, ground

Source: Team Nutrition: Adapted from http://www.education.ne.gov/ns/cacfp/WhatsCookin/Whats_Cookin_II_Section_III_Fruits_Vegetables.pdf

Appendix B:

Cultural Events Calendar



A full year calendar of cultural events and observances relevant to the recipes and nutrition education activities. These observances are based on the FNS Popular Events Guide and other national observances.

Events and Observances	Suggested Multicultural Activities
January <ul style="list-style-type: none">• New Year's Day• Lunar New Year (January-February)• Three Kings Day	<ul style="list-style-type: none">• Al Alimón• Lunar New Year Dragon Puppets• Multicultural Children's Book Day
February <ul style="list-style-type: none">• American Heart Month• Black History Month• Carnival Season/ Mardi Gras• National Snack Month• Valentine's Day	<ul style="list-style-type: none">• Al Alimón• Paper Flowers• Three Sisters Storytime• Escargot Game
March <ul style="list-style-type: none">• Dr. Seuss Week (First week in March)• Holi (day after full moon in March)• International Women's Day• National Agriculture Day (typically the Tuesday of Agriculture Week, which occurs during varying weeks in March)• National Nutrition Month• National Reading Month• National School Breakfast Week (First full week in March)• Read Across America Day (on the school day closest to March 2)• St. Patrick's Day	<ul style="list-style-type: none">• Al Alimón• Paper Flowers• Kye Kye Kule• Escargot Game

Appendix B: Cultural Events Calendar

Events and Observances

Suggested Multicultural Activities

April

- Arbor Day (April 27)
- Earth Day (April 22)
- Global Child Nutrition Month
- National Garden Month
- National Park Week (generally the last full week in April)
- National Volunteer Week (generally the third full week in April)
- School Library Month/ National Library Week
- Take Your Daughters and Sons to Work Day (fourth Thursday of April)

- Al Alimón
- Paper Flowers
- Three Sisters Storytime
- Animal Life Collage
- Kye Kye Kule
- Sensing Spices
- Escargot Game

May

- Cinco de Mayo (May 5)
- Fetes de Mere (last Sunday in May)
- May Day (May 1)
- Mother's Day
- National Physical Fitness and Sports Month (May 1-7)
- National Teacher Day (Tuesday of the first full week of May)
- School Nutrition Employee Appreciation Week (generally the first full week in May)

- Al Alimón
- Paper Flowers
- Animal Life Collage
- Kye Kye Kule
- Escargot Game
- May Day Dance

June

- Bastille Day (July 14th)
- Independence Day
- National Berry Month
- National Parents' Day (fourth Sunday of July)
- National Parks and Recreation Month
- National Picnic Month

- Al Alimón
- Paper Flowers
- Three Sisters Storytime
- Animal Life Collage
- Kye Kye Kule
- Sensing Spices
- Escargot Game
- May Day Dance

Appendix B: Cultural Events Calendar

Events and Observances

Suggested Multicultural Activities

July

- Bastille Day (July 14th)
- Independence Day
- National Berry Month
- National Parents' Day (fourth Sunday of July)
- National Parks and Recreation Month
- National Picnic Month

- Al Alimón
- Animal Life Collage
- Escargot Game

August

- Back to school
- Farmers Market Week (first full week in August)
- Family Meals Month

- Paper Flowers
- Three Sisters Storytime
- Sensing Spices

September

- Ethnic Foods Month
- Harvest Moon Festival Day
- National Fruits & Veggies – More Matters Month
- National Hispanic Heritage Month
- National Food Safety Education Month
- National Food Service Employees Day (September 25)
- Ramadan Observance by Muslim
- Rosh Hashanah (Jewish New Year, varies by year, typically September-October,)
- Yom Kippur (Day of Atonement in Judaism)

- Al Alimón
- Paper Flowers
- Three Sisters Storytime
- Animal Life Collage
- Kye Kye Kule
- Sensing Spices
- Escargot Game
- May Day Dance
- Lunar New Year Dragon Puppet
- Diwali Paper Plate Art

Appendix B: Cultural Events Calendar

Events and Observances

Suggested Multicultural Activities

October

- Children's Health Month
- Diwali or Deepavali is the Hindu festival (October-November, 15th day of Katika in Hindu calendar)
- Eat Better, Eat Together Month
- Fall Harvest
- Halloween
- Indigenous Peoples' Day
- National Farm to School Month
- National School Lunch Week (generally the second full week in October)
- Walk to School Day (generally the first Wednesday in October)

- Al Alimón
- Paper Flowers
- Three Sisters Storytime
- Animal Life Collage
- Kye Kye Kule
- Sensing Spices
- Escargot Game
- May Day Dance
- Lunar New Year Dragon Puppet
- Diwali Paper Plate Art

November

- Elections in USA
- Day of the Dead
- Native American Heritage Month
- National Child's Day (November 20)
- Thanksgiving (4th Thursday)

- Paper Flowers
- Three Sisters Storytime
- Animal Life Collage

December

- Christmas
- Hanukkah (Jewish holiday)
- Kwanzaa (Celebration of African American Family, Community and Culture)

- Al Alimón
- Kye Kye Kule
- Sensing Spices
- Lunar New Year Dragon Puppet
- Escargot Game

Appendix C: Evaluation Tool



This evaluation tool can help guide providers in their observation of children's learning (understanding of learning objective), attitudes (willingness to try new foods), and behaviors (amount of food consumed). The evaluation tool includes both simple checklist questions as well as open-ended questions to record observations of individual children, as well as the entire group.

Date:

Learning Goal:

Do the children understand the importance of

_____?
(Write key nutrition message on line above)

Record observations below:

Attitudes:

Did the children like

_____?
(name of recipe)

Yes No Unsure

Record observations below:

Behaviors:

Did the children eat a complete meal?

Most Some None

Record observations below:

Appendix D: Activity Materials



Kye Kye Kule (Chay Chay Koo-Lay) Lyrics

Traditional West African Call and Response Song (Also known as Je Je Kule or Che Che Kule)

Lyrics

Leader: Kye Kye Kule

Chorus: Kye Kye Kule

Leader: Kye Kye Kofinsa

Chorus: Kye Kye Kofinsa

Leader: Kofisa Langa

Chorus: Kofisa Langa

Leader: Kaka Shilanga

Chorus: Kaka Shilanga

Leader: Kum Aden Nde

Chorus: Kum Aden Nde

Leader: Kum Aden Nde

Chorus: Kum Aden Nde, HEY!

Phonetic Pronunciation

Chay chay koo-lay

Chay chay koo-lay

Chay chay koh-feen sah

Chay chay koh-feen sah

Koh-fee sah lahn-gah

Koh-fee sah lahn-gah

Kah-kah shee lahn-gah

Kah-kah shee lahn-gah

Koom ah-dehn day

Koom ah-dehn day

Koom ah-dehn day

Koom ah-dehn day, hey

In English:

Hands on your head

Hands on your head

Hands on your shoulders

Hands on your shoulders

Hands on your waist

Hands on your waist

Hands on your knees

Hands on your knees

Hands on your ankles

Hands on your ankles

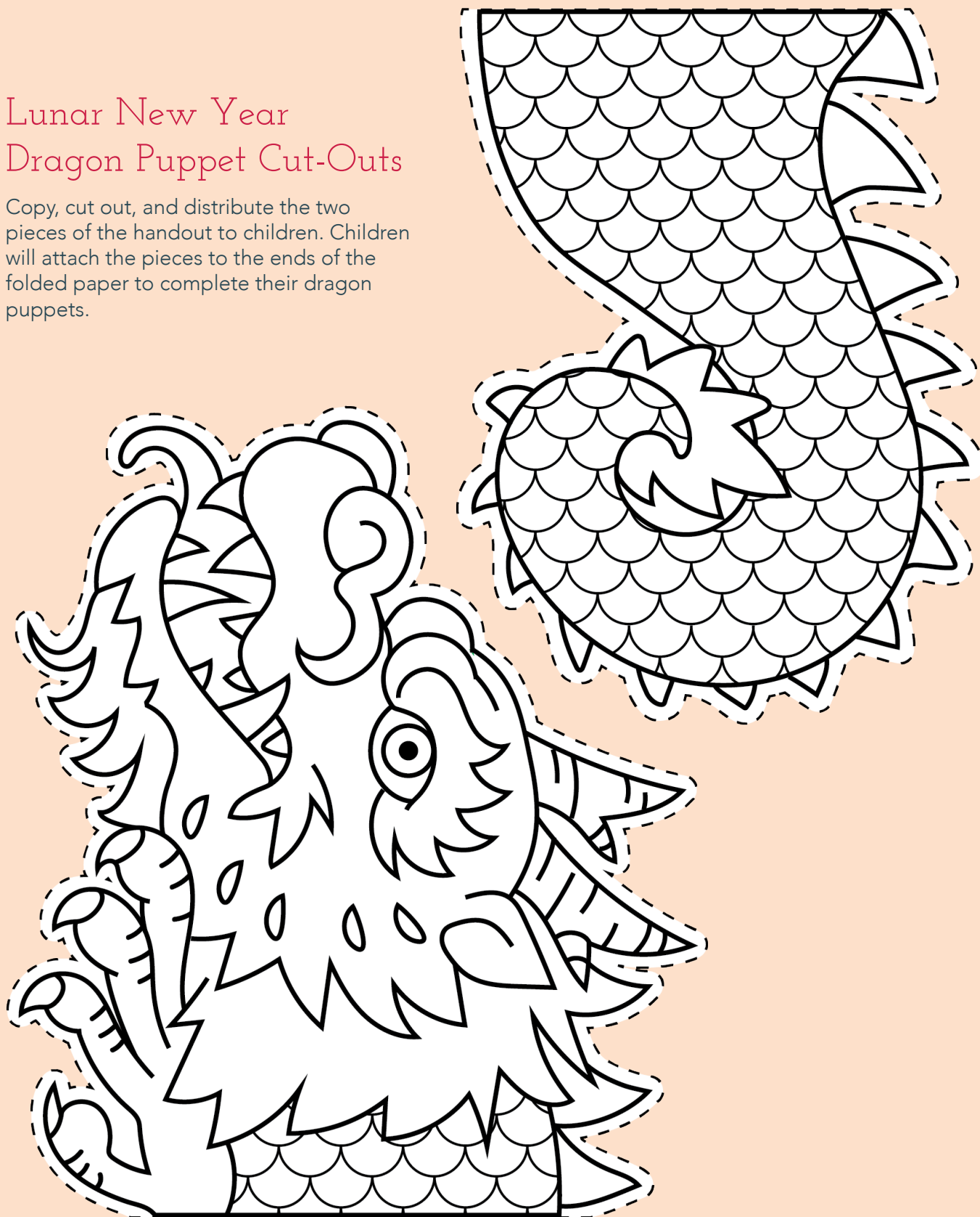
Hands on your ankles

Hands on your ankles, hey!

Appendix D: Activity Materials

Lunar New Year Dragon Puppet Cut-Outs

Copy, cut out, and distribute the two pieces of the handout to children. Children will attach the pieces to the ends of the folded paper to complete their dragon puppets.



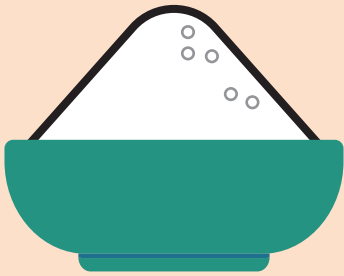
Appendix D: Activity Materials

Sensing Spices Handout

Copy, cut out, and distribute the handout to children so they can share their thoughts on new spices they will try.

See and Smell the Spice:

The color of the spice is:



The spice looks:

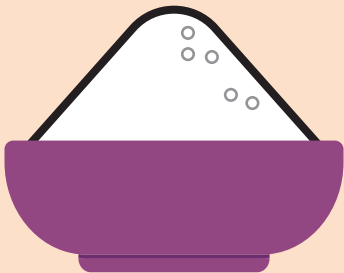


The spice smells:



See and Smell the Spice:

The color of the spice is:



The spice looks:

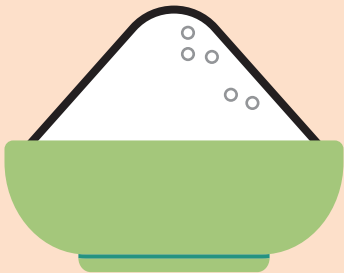


The spice smells:



See and Smell the Spice:

The color of the spice is:



The spice looks:



The spice smells:



Appendix D: Activity Materials

Kye Kye Kule (Chay Chay Koo-Lay) Lyrics

Traditional West African Call and Response Song (Also known as Je Je Kule or Che Che Kule)

Lyrics in Spanish

1. *Al alimón, al alimón, que se rompió la fuente
Al alimón, al alimón,
mandadla a componer
Hurri, hurri, hurrá, la reina
va a pasar (repeat twice)*
2. *Al alimón, a la limón, no tenemos dinero,
Al alimón, al alimón, pues mandadlo a hacer,
Hurri, hurri, hurrá, la reina
va a pasar,
Hurri, hurri, hurrá, la reina
va a pasar.*
3. *Al alimón, al alimón,
de qué se hace el dinero,
Al alimón, al alimón, de cascarón de huevo,
Hurri, hurri, hurrá, la reina
va a pasar,
Hurri, hurri, hurrá, la reina
va a pasar.*

Phonetic Pronunciation

1. *Ah lah lee-MOHN, ah lah lee-MOHN, keh seh rohm-peeOH lah fooEHN-teh,
Ah lah lee-MOHN, ah lah lee-MOHN, mahn-DAD-lah ah kohm-por-NEHR
Oo-RREE, oo-RREE, oo-RRAH, lah reh-EE-nah vah ah pah-SAHR (repeat twice).*
2. *Ah lah lee-MOHN, ah lah lee-MOHN, noh teh-NEH-mohs dee-NEH-roh,
Ah lah lee-MOHN, ah lah lee-MOHN, poo-ehs mahn-DAD-loh ah-CEHR,
Oo-RREE, oo-RREE, oo-RRAH, lah reh-EE-nah vah ah pah-SAHR. (repeated)*
3. *Ah lah lee-MOHN, ah lah lee-MOHN, deh KEH seh AH-ceh ehl dee-NEH-roh,
Ah lah lee-MOHN, ah lah lee-MOHN, de kahs-kah-ROHN deh oo-EH-voh,
Oo-RREE, oo-RREE, oo-RRAH, lah REH-ee-nah vah ah pah-SAHR. (repeated)*

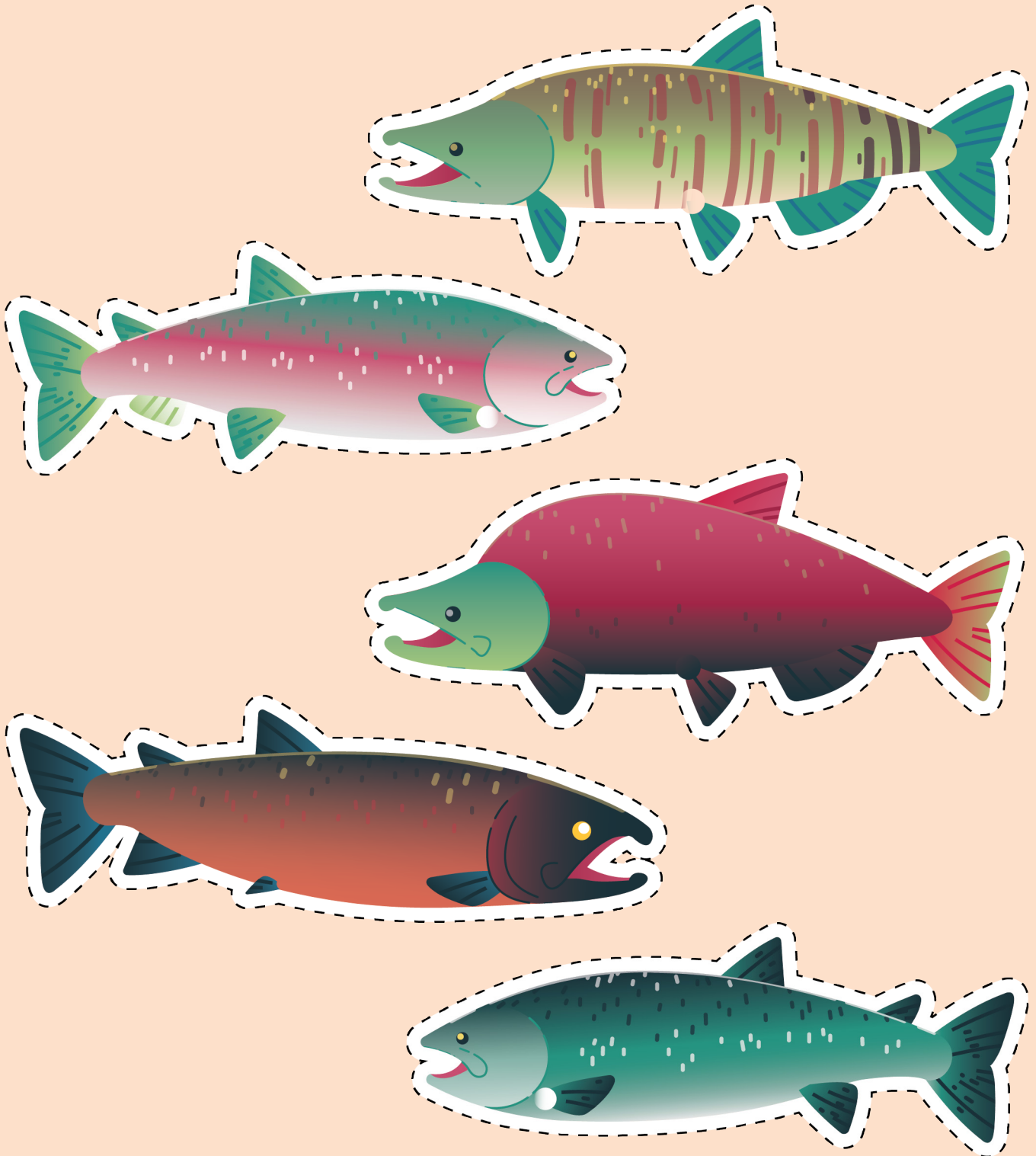
In English:

1. *Let's work together, let's work together,
the fountain broke down,
Let's work together, have it fixed,
Hip, hip, hooray,
the queen is passing by
Hip, hip, hooray,
the queen is passing by)*
2. *Work together, work together, we do not have money,
Work together, work together, then make some,
Hip, hip, hooray,
the queen is passing by,
Hip, hip, hooray,
the queen is passing by.*
3. *Work together, work together, what is money made of,
Work together, work together, of eggshell,
Hip, hip, hooray, the queen is passing by,
Hip, hip, hooray, the queen is passing by.*

Appendix D: Activity Materials

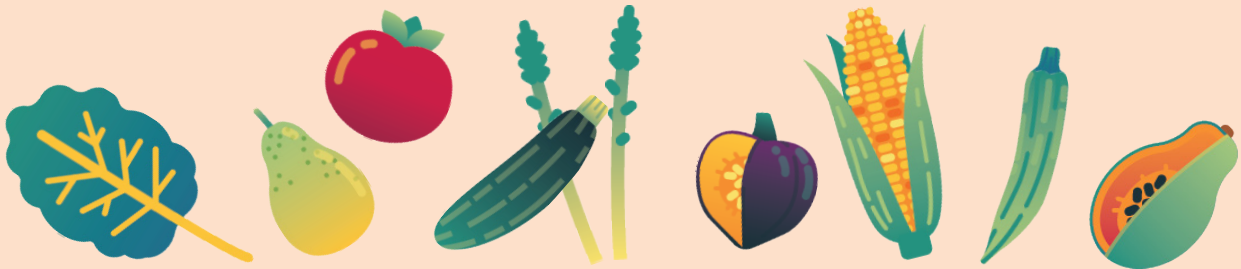
Animal Life Collage Cut-Outs

Copy, cut out, and distribute the handout to children so they can include cut-outs of salmon in their collages.



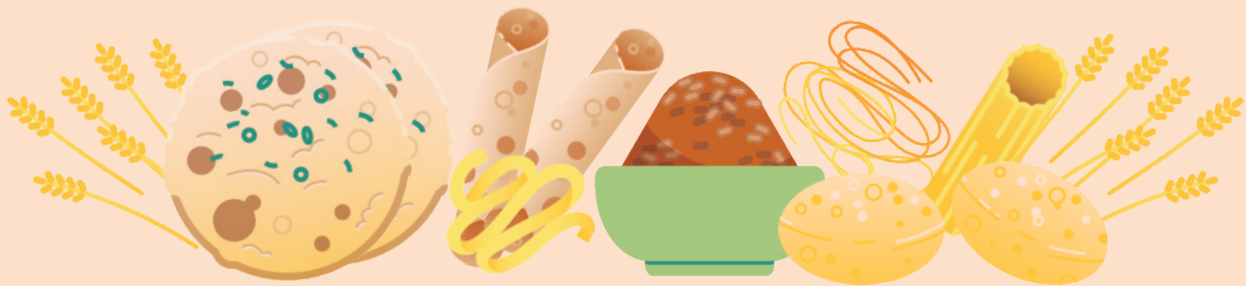
Appendix E:

Key Nutrition Messages



Choose More Vegetables and Fruits

Encourage kids to eat vegetables and fruits during meals and snacks. Introduce them to new vegetables and fruits with food tastings and demonstrations.



Make Half Your Grains Whole Grains

Start children early with whole grains by introducing a variety. There are so many flavors and textures to explore!



Get Active

Kids need at least 60 minutes of physical activity each day. Help kids and their families get moving with active games, dancing, and more.

Appendix F:

Adaptations for Children with Special Needs



Adaptations for Children with Special Needs

Program operators are required to make substitutions to meals for participants with a disability that restricts a participant's diet on a case-by-case basis and only when supported by a written statement from a state licensed healthcare professional who is authorized to write medical prescriptions under state law.

In many cases, disabilities can be managed within the program meal pattern requirements when a well-planned variety of nutritious foods are available to participants.

Adapted Activities for Children Needing Functional Supports

Program operators are required to make reasonable modifications to accommodate participants with disabilities.

Children who need functional supports can benefit greatly from group physical activities. In addition to being good for their bodies, physical activity can promote social interaction, mental stimulation, and self-esteem.

Get Information

If you have kids with special needs at your site, the first step is to speak directly to their parents. Don't be shy! One conversation can change a child's entire experience. Not sure what to say? Here are some tips:

1. Introduce yourself by name, if you have not met the parents.
2. Explain that you want every child at your site to have fun and participate in the activities.
3. Ask, "Could you tell me a little bit about your child's abilities?" Write down the answer!
4. Describe the planned activity and ask how to adapt it so the child can participate.
5. If possible, find out how often the child will be attending and if anyone will be accompanying him or her.

General Ways To Include Everyone

Here are some general ways to include kids with special needs in physical activities:

- Provide visual cues, such as pictures or hand motions.
- Allow for extra time.
- Break the activity into smaller steps.
- Be enthusiastic and friendly!

Appendix G: Safe Food Handling



Important Food Safety Steps

Food tastings, cooking demonstrations, and hands-on food activities are fun ways for kids to learn about healthy eating. It is important that you follow these instructions to keep everyone safe and healthy.

Hand Washing

Everyone must wash hands before and after preparing, handling, or sampling foods. If soap and clean, running water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Hand sanitizers are not as effective when hands are visibly dirty or greasy.

When washing hands with soap and water:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Alphabet" song.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air-dry them.
6. Use the paper towel to turn off the water.

When using hand sanitizer:

1. Apply the product to the palm of one hand (read the label to learn the correct amount).
2. Rub your hands together.
3. Rub the product over all surfaces of your hands and fingers until your hands are dry.

Appendix G: Safe Food Handling

Cleaning Vegetables and Fruits

When preparing any fresh produce, begin with clean hands. See hand-washing instructions.

Rinse all produce well under running water before eating, cutting, or cooking. Washing vegetables and fruits with soap, detergent, or commercial produce washes is not recommended.

Even if you plan to peel the produce before eating, it is still important to rinse it first to prevent the transfer of dirt and bacteria from the peel, via the knife, to the fleshy part of the fruit. This includes melons, oranges, pineapples, and other fruit with a peel or rind.

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

Cut away any damaged or bruised areas on fresh vegetables and fruits before preparing and/or eating. Produce that looks rotten should be thrown away. Many pre-cut, bagged, or packaged produce items like lettuce are pre-washed and ready to eat. If so, it will be stated on the package, and you can use the product without further rinsing.

When Shopping:

Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart. Place these foods in plastic bags to prevent their juices from dripping onto other foods. It is also best to separate these foods from other foods in your shopping cart, at checkout, and in your grocery bags. Also considering bringing insulated bags to help maintain cold temperatures. If you use reusable shopping bags, be sure to wipe them down with soap and water after each use.

When Preparing Food:

Wash hands and surfaces often. Harmful bacteria can spread throughout the food preparation area and get onto cutting boards, utensils, and countertops. To prevent this:

- Use hot, soapy water and paper towels or clean clothes to wipe kitchen surfaces or spills. Wash cloths often in the hot cycle of your washing machine.
- Wash cutting boards, dishes, and countertops with hot, soapy water after preparing each food item and before you go onto the next item.
- A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water may be used to sanitize surfaces and utensils.

Cutting Boards:

Always use a clean cutting board. Properly wash cutting boards in between tasks or use a different cutting board. Once boards become too worn or develop hard-to-clean grooves, they should be replaced. Remember separate, don't contaminate is always a good practice.

Appendix G: Safe Food Handling

When Serving Food:

Always use a clean plate. Never place cooked food back on the same plate or cutting board that previously held raw food.

Refrigerating Food:

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overstuff the refrigerator. Cold air must circulate to help keep foods safe. Always marinate food in the refrigerator, not on the counter. Refrigerators should maintain a temperature no higher than 40 °F. Frozen food will hold its top quality for the longest possible time when the freezer maintains 0 °F or below. For safety, it is important to check the temperature of refrigerators and freezers.

For additional food safety information, go to <http://www.foodsafety.gov>.

Appendix H:

Food Allergy Information



Food Allergies

Each year, millions of Americans have allergic reactions to food.

Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions and may even be life-threatening. Before you begin any tasting or food preparation activity, be sure to find out if any children in your care have food allergies. Encourage children to taste the food but offer an opportunity to gracefully opt out of the activity without making them feel excluded.

Top Eight Food Allergens

There are eight foods that most commonly trigger an allergic reaction. These foods, and any ingredients made from them, are the eight most common food allergens and should be identified as allergens on food labels. These foods include: **fish, shellfish, eggs, milk, wheat, peanuts, tree nuts, and soybeans.** Develop procedures that addresses specific food preparation practices for individuals with allergies.

For additional food allergy management and prevention information, refer to the Centers for Disease Control and Prevention's Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs at <http://www.cdc.gov/healthyyouth/foodallergies/index.htm>.

Know the Symptoms

Symptoms of food allergies typically appear from within a few minutes to a few hours after a person has eaten the food to which he or she is allergic. Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Swelling of the throat and vocal chords
- Dizziness and/or lightheadedness
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Difficulty breathing
- Loss of consciousness

Call for emergency medical help quickly if someone is having a severe allergic reaction (anaphylaxis).

Appendix I:

Preschool and CACFP Child Meal Patterns



Breakfast Meal Pattern

(Select all three components for a reimbursable meal)

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ⁴	¼ cup	½ cup	¼ cup	¼ cup
Grains (oz. eq.) ^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched, or fortified cooked breakfast cereal ⁸	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅓ cup	⅓ cup	¼ cup	¼ cup

Appendix I: Preschool and CACFP Child Meal Patterns

Lunch and Supper Meal Pattern

(Select all five components for a reimbursable meal)

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%

Appendix I: Preschool and CACFP Child Meal Patterns

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹¹ (at-risk afterschool programs and emergency shelters)
Vegetables⁶	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits^{6,7}	1/8 cup	1/4 cup	1/4 cup	1/4 cup
Grains (oz. eq.)^{8,9}				
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup

Snack Meal Pattern

(Select two of the five components for a reimbursable snack)

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Cheese	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Large egg	1/2	1/2	1/2	1/2

Appendix I: Preschool and CACFP Child Meal Patterns

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Vegetables ⁶	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Fruits ⁶	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains (oz. eq.)^{7,8}				
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole grain-rich or enriched, bread product, such as biscuit, roll or muffin	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain-rich, enriched, or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	1/2 cup	1/2 cup	1 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup	1/4 cup

Appendix I: Preschool and CACFP Child Meal Patterns

1. Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
2. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
3. Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
4. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
5. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
6. Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
7. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
9. Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served.
Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children ages 6-12.
10. Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
11. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
12. Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
13. Alternate protein products must meet the requirements in Appendix A to Part 226.
14. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
15. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
16. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
17. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
18. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.
19. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
20. Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
21. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
22. Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
23. Alternate protein products must meet the requirements in Appendix A to Part 226.
24. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
25. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
26. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
27. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
28. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
29. Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served.
Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children ages 6-12.

Appendix J:

Purchasing Foods in the CACFP



The Food Buying Guide for Child Nutrition Programs:

The Food Buying Guide for Child Nutrition Programs is the essential tool for food yield information for all Child Nutrition Programs, helping you: 1) purchase the correct amounts of foods and 2) determine the meal pattern contribution.

The **Web-based Interactive Food Buying Guide** includes a new component, the Recipe Analysis Workbook (RAW). The RAW helps program operators determine the meal pattern contribution for their recipes! You can now easily search for creditable ingredients, calculate the meal pattern contribution, and print a contribution statement.

The Food **Buying Guide Mobile App** is another way to use and access this essential tool.

Buy America Note:

USDA's Food and Nutrition Service developed these new recipes for CACFP in response to a need expressed by program operators for recipes that reflect the diversity of children in their care and that help children learn about different cultures. The recipes were adapted from recipes shared with us by child care centers and day care home operators participating in the CACFP. FNS used the USDA's Food Buying Guide which provides yield and crediting information for the use of food ingredients in the Child Nutrition Programs that can be easily procured and comply with the Buy American provision.

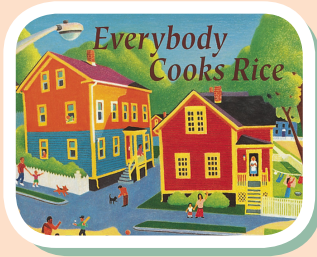
USDA strongly encourages the use of domestic agricultural products within all nutrition assistance programs. However, the Buy American provision does not apply to CACFP providers/sponsors that are not school food authorities (SFAs) operating the National School Lunch Program (NSLP) or School Breakfast Program (SBP). Therefore, it does apply to the NSLP/SBP, and to a CACFP sponsor that is an SFA operating the NSLP/SBP and using nonprofit food service account funds.

While SFAs are required to purchase domestic commodities and products to the maximum extent practicable, limited exceptions are allowed as outlined under Memo SP38-2017. If domestic foods are not available or are prohibitively costly, and alternative domestic foods are not available, an exception to purchase non-domestic foods must be documented by the SFA. The process for documenting exceptions is outlined in SP38-2017.

Appendix K:

Multicultural Children's Books

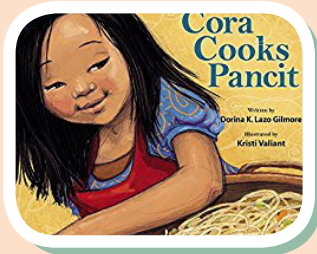
Get books or videos for children. Select ones that send positive messages about food.
Some suggestions:



Everybody Cooks Rice,
Norah Dooley



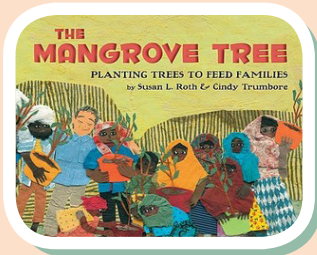
Rainbow Stew,
Cathryn Falwell



Cora Cooks Pancit,
Dorina Lazo Gilmore



Fishing Fun,
Francis McCall



*The Mangrove Tree:
Planting Trees to Feed
Families,*
Susan Roth



*Sopa de frijoles / Bean
Soup,* **Jorge Argueta**



Family Picnic,
Gaylia Taylor



Yum, Apples!,
Tina Farah Aria

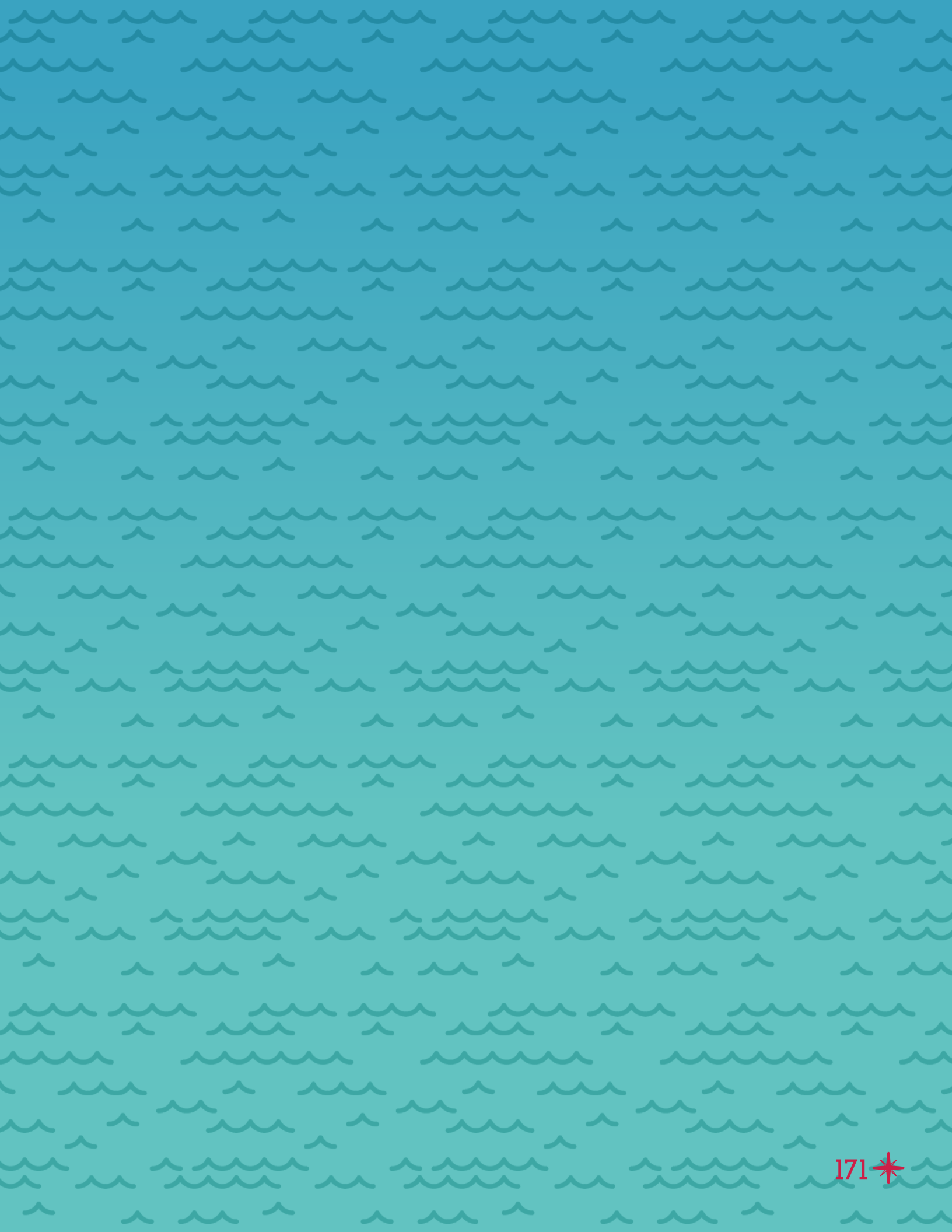


The Two-Bite Club,
**USDA Food and
Nutrition Service**
<https://teamnutrition.usda.gov>



*Discover MyPlate
Emergent Readers,*
**USDA Food and
Nutrition Services**
<https://teamnutrition.usda.gov>

Mention of these books is not an endorsement by the United States Department of Agriculture over other books that may be available on this subject.





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