

Oregon State University

# Let's Go Cook!

A Cookbook of Healthy Recipes for use with the Journey to a Healthy Child  
Care Home Program



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## Introduction

Do you remember favorite foods that you ate when you were a child? Do certain foods trigger fond memories? Do other foods bring back negative images of food battles, pressure to eat and food dislikes? The types of foods served and the way food is presented to young children can have a lasting impression that influences their choices when they become adults.

Child care providers play an important role in helping children have healthy and happy experiences with food. Children are in your care for a large portion of their day. You provide a variety of snacks and meals for children each day and you have a strong influence on the types of food children eat in your care and the experiences that children have around food. Children count on you to create a healthy food environment and help provide them a healthy, balanced diet and learn about healthy eating.

This is an important task because a healthy balanced diet assures normal growth and development, and sets the foundation for healthy eating habits that can last a lifetime. For example, eating healthy foods may help protect children from becoming overweight and developing chronic health conditions associated with poor lifestyle choices such as Type 2 diabetes, high blood pressure and heart disease as they grow older.

The *Let's Go Cookbook* is a resource to help you. It provides a variety of healthful recipes for you to prepare. It also offers suggestions for involving children in food preparation. Many of these recipes are associated with food exploration and preparation activities described in the *Let's Go Eat Healthy* guide. It's also important to remember, that when children are involved in any form of food preparation special food safety guidelines apply.

For additional resources, check out the Food Guide Pyramid that has been especially designed for preschoolers by the United States Department of Agriculture. Information about the MyPyramid for Preschoolers can found at:

<http://www.mypyramid.gov/preschoolers/index.html>.

The website provides interactive tools that can help individualize menu planning for children based on their age, gender and level of physical activity. This information will give you more ideas about menu planning and cooking for children. The MyPyramid for preschoolers encourages serving a variety of foods from each food group and offer strategies for developing healthy habits.



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## Food Safety Guidelines for Cooking with Children

Involving children in food preparation activities is a great way to introduce them to the kitchen. Cooking activities can teach children about different types of foods as well as show them what some familiar foods look like before and after they are prepared. Cooking activities help children experience and learn about food using all their senses. They are looking, touching, smelling, and tasting the foods they help to prepare and because they feel pride in their accomplishment they are more open to trying new foods. Here are some helpful food safety guidelines to follow when conducting food preparation activities with kids.

Licensing regulations, recommendations from dietitians and medical providers, and common sense are some of the sources that guide childcare providers to supervise children for safety when they participate in food preparation activities. Here are just a few reminders of common and important safety practices when cooking with young children.

### Food surfaces and equipment

- Clean and sanitize all food preparation surfaces using a mixture of water and bleach. Clean and sanitize all food preparation surfaces using a mixture of water and bleach. Clean surfaces can be sanitized using a solution of 1 teaspoon bleach to 1 gallon of cool water or about ¼ teaspoon bleach in 1 quart of cool water. See [http://www.dec.state.ak.us/eh/fss/images/Sanitizing\\_Solution.pdf](http://www.dec.state.ak.us/eh/fss/images/Sanitizing_Solution.pdf) for a sticker that can be printed on a mailing label and posted in your kitchen.
- Wash and sanitize cutting boards and utensils used in food preparation before and after each use.
- Serve food and beverages with tableware that is in good condition and not chipped or broken or cracked.
- Provide child-sized mixing and service ware, such as plates, bowls, cups and silverware, to help children participate and eat safely.

### Personal hygiene

- Careful hand washing is important. Children and care givers must wash their hands thoroughly with soap and water before beginning any food preparation activity. Be sure to wash your own hands, and supervise children to wash hands for 20 seconds. Sing the *ABC* song as a guide for the length of time to wash. Remember that after using the restroom, coughing into hands or changing a diaper, hands must be washed in the bathroom, and again in the kitchen before preparing food.
- Avoid wearing jewelry such as rings and bracelets when preparing food. These can harbor germs and pose a food safety risk if gems or beads fall into the food.
- Keep nails cut short and avoid artificial fingernails.
- Control hair with a hat, scarf, or tie in a pony-tail.



## Food storage

- Be sure to transport foods carefully from the store to home.
- Keep cold foods cold.
- Be sure to store raw food separate from cooked and ready-to-eat food. This will help prevent cross contamination. It is especially important to keep raw meat, poultry, fish and eggs separate from ready-to-eat foods such as raw fruits and vegetables.
- Keep storage areas for canned and dried foods clean.

## Food handling

- Fresh fruits and vegetables should always be thoroughly washed with water prior to use. This is important to remove any germs from the farm to store to home process.
- Food safety specialists also advise using one cutting board for preparing raw produce and another to prepare raw meats.
- Use pasteurized egg products such as egg substitutes when children participate in baking activities, such as preparing muffins and pancakes. This will help to avoid food borne illness.
- Hot foods should be held at temperatures above 135 degrees F and cold food should be held at or below 41 degrees F.
- Be sure to cook foods that require heating after the children prepare them to 165 degrees Fahrenheit. Use a clean food thermometer to check the temperature.

## Food safety concerns for young children

- Food allergies, intolerances and special dietary needs. Be sure to ask the children's' parents if their child has *any* food allergies, intolerances or other special dietary needs. Be sure to have parents record the details of the child's special dietary situation, such as listing the foods an child must not eat, and helping you know what foods might contain a particular allergen or restricted food product.
- Choking hazards. Avoid the use of foods that can cause choking in young children. These include food items such as hotdogs, uncut whole grapes and cherry tomatoes, peanuts, nuts, seeds, popcorn, raisins, peanut and other nut butters, chewing gum, hard candy, jelly beans, gummy style candy, raw vegetable pieces like carrots, celery and string beans, pretzels and chips, large chunks of meat and cheese Please see <http://teamnutrition.usda.gov/Resources/feedinginfants-ch9.pdf> for a more complete list of foods that can cause choking in young children.

## Cooking with children

- Children who have a cold, flu or other illness should not participate in food preparation activities.
- The childcare provider should prepare any foods that require the use of a sharp knife before beginning the food activity with children, such as cutting up celery before children are invited to make ants on a log.



## Let's Go Cook!



- When helping to prepare food that will not be cooked, children should each prepare their own portion using their own food preparation equipment such as mixing spoons, plastic knives, forks and plates. This is important to prevent the spread of germs.
- Children should never be in the kitchen unless they are directly supervised by a caregiver and should not be allowed in areas where hot food is being prepared.
- Remember to keep children away from dangerous equipment such as knives, stovetops, ovens, electric skillets, toasters, waffle irons and woks.
- Remember to have children sit down when eating to prevent choking.

### Food Safety Resources

1. Here is a link to a handy food safety poster that you can display in your kitchen:  
[http://healthymeals.nal.usda.gov/hsmrs/Food\\_Safety\\_BAC\\_Poster\\_Childcare.pdf](http://healthymeals.nal.usda.gov/hsmrs/Food_Safety_BAC_Poster_Childcare.pdf)
2. Sorte, Daeschel and Amador, (2011), *Nutrition, Health and Safety for Young Children, Promoting Wellness*. Chapter 8. Pearson Education, Inc. Upper Saddle River, New Jersey.
3. American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education (2002). *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 2nd edition*. Elk Grove Village, IL: American Academy of Pediatrics and Washington, DC: American Public Health Association. Also available online at <http://nrckids.org>.



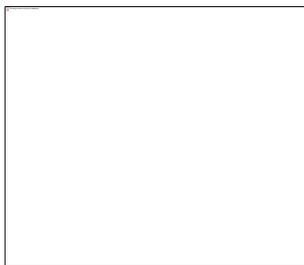
## Apple Crisp

### Ingredients

10 cups all-purpose **apples**, peeled, cored and sliced  
1 cup white **sugar**  
1 tablespoon all-purpose **flour**  
1 teaspoon ground **cinnamon**  
1 teaspoon **nutmeg** (optional)  
 $\frac{1}{2}$  cup **water**  
1 cup quick-cooking **oats**  
1 cup all-purpose **flour**  
1 cup packed **brown sugar**  
 $\frac{1}{4}$  teaspoon **baking powder**  
 $\frac{1}{4}$  teaspoon **baking soda**  
 $\frac{1}{2}$  cup **butter** melted

### Directions

1. Preheat oven to 350 degrees F (175 degree C).
2. Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all.
3. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.
4. Bake at 350 degrees F (175 degrees C) for about 45 minutes.



### Table Time with Tots:

**Age 2-3:** Children can assist with collecting the ingredients and washing and scrubbing the apples. They can place sliced apples into the baking pan.

**Age 4-5:** In addition to the above children can assist with measuring and combining oats, flour and brown sugar and sprinkling sugar and flour over the apples.



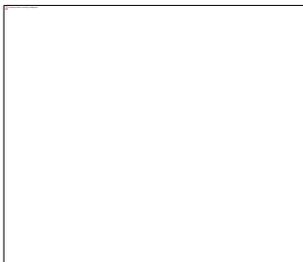
## Asian Rice

### Ingredients

- 1 teaspoon **vegetable oil**
- 2 **eggs**, beaten
- water**
- 1 bag (16-ounce) frozen **Asian style vegetables**,  
or 1 pound fresh vegetables
- 3-4 cups cooked **rice** (Brown rice is a whole grain that adds extra fiber and nutrients)
- 1 cup cooked, diced, **chicken**
- 1 teaspoon powdered **garlic**
- ¼ teaspoon powdered **ginger**
- 2 **green onions**, sliced
- soy sauce** or **hot sauce** to taste

### Directions

1. Heat 1 teaspoon oil in a large skillet over medium-high heat (350 degrees in an electric skillet). Add eggs and scramble. Remove cooked eggs and set aside.
2. Add small amount of water to pan and cook vegetables until tender crisp.
3. Add rice and stir to heat through, breaking up lumps by pressing against pan.
4. Add meat, vegetables, garlic and ginger, and stir fry until heated.
5. Add green onions, reserved egg, and cook to heat through.
6. Serve with soy sauce or hot sauce.
7. Refrigerate leftovers within 2-3 hours.



### Table Time with Tots:

**Note:** This recipe is a suggested menu item and not recommended as a cooking activity for children because chicken and eggs can contain salmonella, a bacteria which can cause food poisoning. In addition, the hot oil is a food safety risk.



## Baked Crispy Chicken

### Ingredients

- 1 ½ lbs. boneless, skinless **chicken breast**  
or 2 ½ lbs.-3 lbs. chicken parts (with bone), skin removed
- 4 tablespoon homemade or store bought **breeding**

### Directions

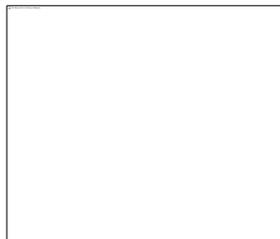
1. Preheat oven to 425 degrees.
2. Place breeding in a plastic bag and shake a few pieces of chicken in the breeding.
3. Arrange chicken pieces so that they are not touching in a 9-inch by 13-inch baking dish that has been sprayed with non-stick coating.
4. Bake boneless chicken breasts for 15-20 minutes and chicken parts for 45 to 60 minutes.

### Homemade Breeding Ingredients

- 4 cups packaged **cornflake** crumbs
- 4 teaspoon instant chicken **bouillon**
- 4 teaspoon **paprika**
- 2 teaspoon poultry **seasoning**
- 1 tablespoon poultry **seasoning**
- 1 tablespoon Italian herb **seasoning**
- ½ teaspoon **pepper**
- 1 teaspoon **garlic** powder
- 1 teaspoon **onion** powder

### Directions

1. Combine all ingredients and mix well.
2. Place in an air-tight container. Mix well before using.
3. Plan on ½ to 1 tbsp. of the breeding for each chicken part or fish fillet.

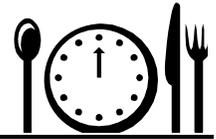


### Table Time with Tots:

**Age 2-3:** Children can crush the cornflake mixture into crumbs inside a zip locking style plastic bag.

**Age 4-5:** With assistance, children can measure cornflakes into a bowl, measure and add spices, portion the mixture into zip locking bags, and crush the mixture into crumbs.

**Note:** Children should not handle raw chicken.



## Baked Fish

### Ingredients

1 lb. **fish fillets** (snapper, sole)  
¼ cup homemade **breeding** or store bought

### Directions

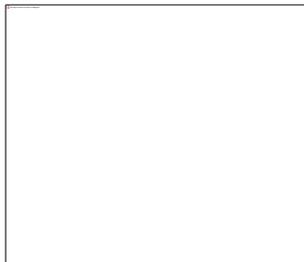
1. Preheat oven to 450 degrees.
2. Spray baking sheet with non-stick coating.
3. Cut fish into serving size pieces.
4. Coat fish with breeding.
5. Bake for 10 minutes, per inch of thickness, or until fish flakes easily.

### Homemade Breeding Ingredients

4 cups packaged **cornflakes crumbs**  
4 teaspoon instant chicken **bouillon**  
4 teaspoon **paprika**  
2 teaspoon **poultry seasoning**  
1 tablespoon Italian **herb seasoning**  
½ teaspoon **pepper**  
1 teaspoon **garlic powder**  
1 teaspoon **onion powder**

### Directions

1. Combine all ingredients and mix well.
2. Place in air-tight container. Mix well before using.  
Use ½ to 1 tablespoon of the breeding for each piece of fish.



### Table Time with Tots:

**Age 2-3:** Children can crush cornflake mixture into crumbs inside a zip locking bag.

**Age 4-5:** With assistance, children can measure cornflakes into a bowl, measure and add spices, portion the mixture into zip locking bags, and crush the mixture into crumbs.

**Note:** Children should not handle raw fish.



## Baked Sweet Potato Fries

### Ingredients

8 medium peeled **sweet potatoes** (5 oz. each)  
2 tablespoon **oil** (canola or olive)  
**salt** to taste (optional)

### Directions

1. Preheat oven to 475 degrees. Wash and peel potatoes.
2. Cut potatoes into half inch slices or strips. Place potato slices in a plastic bag with the oil and shake well to coat potatoes evenly.
3. Spray baking sheet with a non-stick cooking spray. Arrange potatoes in a single layer.
4. Bake for 30 minutes or until golden brown, turning potatoes every 10 minutes.
5. Sprinkle with salt (optional).

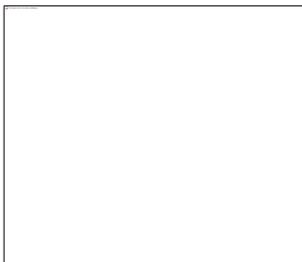
**Tip:** Temperature may be decreased to 450 degrees and baking time increased to 40 minutes.

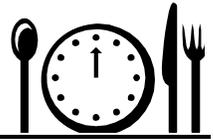


### Table Time with Tots:

**Age 2-3:** Assist children to collect the ingredients and wash the potatoes. Children can place the potato slices into the plastic bag.

**Age 4-5:** Children can also help pour oil into a plastic bag and shake to coat the potato slices. Children can also arrange the potato slices in a single layer on the baking pan.





## Banana Bobs

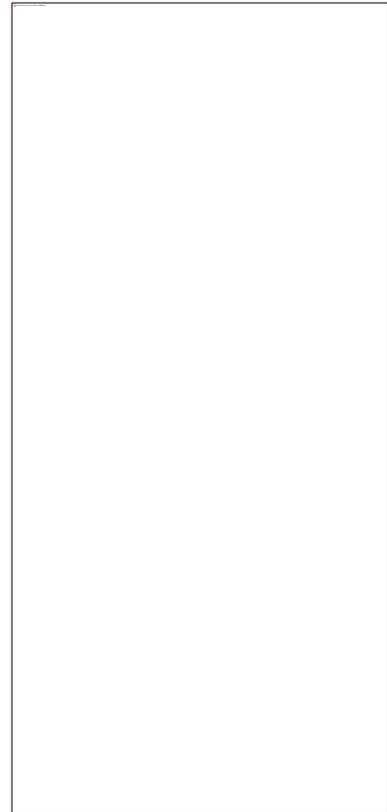
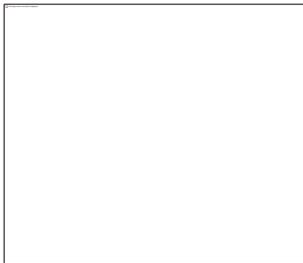
### Ingredients

2 **bananas** cut into ½ inch slices  
1/4 cup **low-fat vanilla yogurt**  
2 tablespoons oat and honey **granola cereal**

### Directions

1. Place the sliced banana pieces on plate.
2. Place 2 tablespoons of yogurt onto the plate.
3. Place tablespoon of granola cereal onto the plate.
4. Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.

**Tip:** Try different flavors of yogurt.



### Table Time with Tots:

**Age 2-3:** Children can help collect the ingredients. Each child can place banana pieces on their own plate and dip banana slices into yogurt and cereal on their own plates.

**Age 4-5:** Children can also peel and slice their own bananas using a plastic knife.



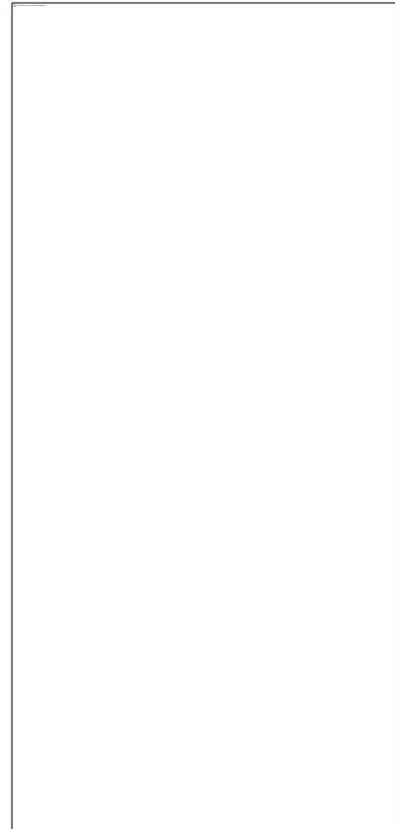
## Banana Bread

### Ingredients

- 2 **eggs**
- 2/3 cups of white **sugar**
- 2 very ripe **bananas**, mashed
- 1/4 cup **applesauce**
- 1/3 cup nonfat **milk**
- 1 tablespoon **vegetable oil**
- 1 tablespoon **vanilla extract**
- 1 3/4 cups all-purpose **flour**
- 2 teaspoons **baking powder**
- 1/2 teaspoon **baking soda**
- 1/3 cup chopped **walnuts**

### Directions

1. Preheat oven to 325 degrees F (165 degrees C). Spray a bread pan with non-stick cooking spray, and lightly dust with flour.
2. In a large bowl, beat eggs and sugar in a large bowl until light and fluffy, about 5 minutes. Beat in bananas, applesauce, milk, oil and vanilla.
3. In a separate bowl, sift together flour, baking powder, baking soda and salt. Stir flour mixture into banana mixture, mixing just until blended. Fold in walnuts. Pour batter into prepared pan.
4. Bake in preheated pan for about 1 hour or until golden and a toothpick inserted into the center of the loaf comes out clean. Turn bread out onto a wire rack and let cool.



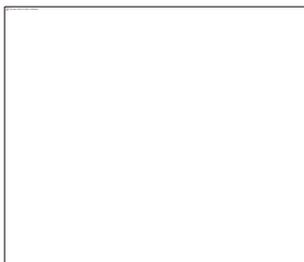
### Table Time with Tots:

**Age 2:** Children can help collect the ingredients, wash and mash the bananas

**Age 3:** Children can stir and mix the bananas, applesauce, milk, oil and vanilla together.

**Age 4-5:** Children can also help peel the bananas and assist with measuring flour, sugar and applesauce.

**Note:** Children should not crack eggs or handle raw batter due to the risk of salmonella. One alternative is to use pasteurized egg substitutes which eliminate this risk.





## Banana Caterpillar

### Ingredients

- 1 **banana**
- 1 ½ tablespoon **peanut butter**
- 1 teaspoon **raisins**
- 10 **pretzel sticks**
- 5 **broccoli** flowerets

### Directions

1. Give children a washed banana and ask them to peel it. For younger children it's helpful to partially slice top of the banana.
2. Direct them to cut the banana into four or five pieces on a paper plate with a plastic knife.
3. Have them spread one side of each piece of banana with peanut butter and then stick the pieces back together to form the body of their caterpillar.
4. Ask children to break pretzel sticks in half. Have them stick them into the sides of the banana to represent legs and into the front piece to represent antennae.
5. Using peanut butter, have children stick two raisins to the front of the banana to represent eyes.
6. Place a piece of broccoli in front of the caterpillar.

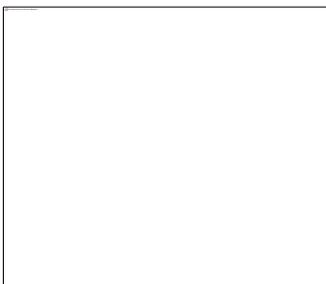


### Table Time with Tots:

**Age 2-3:** Children can help with washing bananas. They will need help peeling bananas and assembling the caterpillar.

**Age 4-5:** Children can help wash the bananas and will be able to assemble the banana caterpillar. It is helpful to have a preassembled caterpillar as an example. Clearly describe each step.

**Note:** This recipe is unacceptable for children with peanut allergies. Please check with families and substitute whipped low fat cream cheese for peanut butter if there are children with peanut allergies.





## Bean and Cheese Tortillas (Quesadillas)

### Ingredients

- 1 tablespoon olive **oil**
- 1 small **onion**, finely chopped
- ½ small **green pepper**, chopped
- 1 can of **black beans**, drained and lightly mashed
- ½ cup of **salsa**
- ½ teaspoon **chili powder**
- 1 package of fajita-size **tortillas**
- 8 ounces of low-fat **cheese**, shredded
- ½ cup of **cilantro** leaves

### Directions

1. Heat oil in large nonstick pan over medium heat.
2. Add onion and green pepper, cook for 5 minutes, while stirring occasionally.
3. Mash beans, salsa and chili powder together.
4. Spread 1/3 cup of the bean mix and 1/3 cup of cheese evenly on tortilla. Add sautéed green peppers and onion. Place a bit of cilantro over the top of it, and put another tortilla on top. Place on a heated skillet and cook for 1 minute.
7. Press gently with a spatula and then flip the tortillas. Cook for another 1 minute.
8. Once tortillas are golden brown, cut them into quarters and serve them with a small side of salsa if you choose.



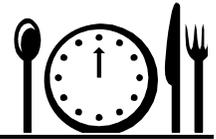
### Table Time with Tots:

**Age 2-3:** Children can help collect the ingredients, wash the green pepper and cilantro, and help mash the beans.

**Age 4-5:** Children can also drain the beans and spread the bean mix and cheese on the tortillas. Adults should add the pepper onion mixture.

**Note:** Children should not be involved in sautéing vegetables or heating tortillas in the skillet. If an electric skillet is used it should be safely out of reach of children and electrical cords should be secured out of children's reach.





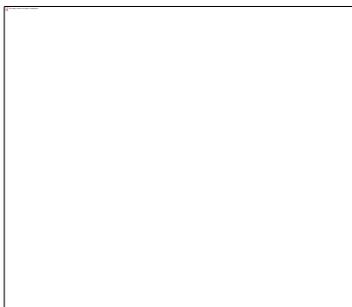
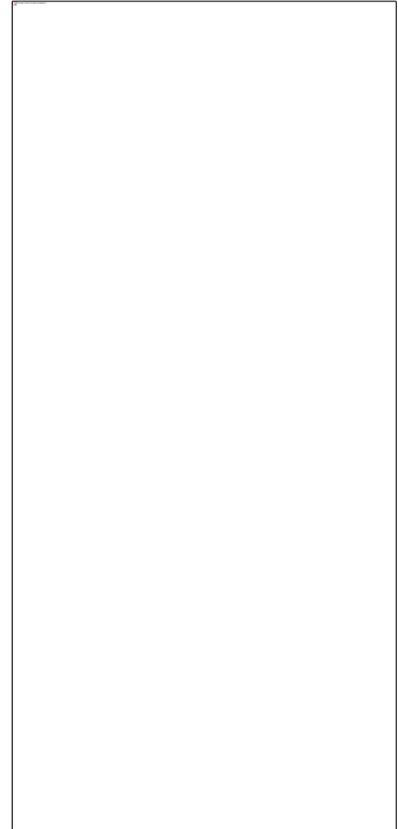
## Biscuits (Whole Wheat)

### Ingredients

- 1 ½ cups **whole wheat flour**
- ½ cup **all-purpose flour**
- 1 tablespoon **baking powder**
- 1 tablespoon **salt**
- 2 tablespoon **trans fat-free margarine**
- ¼ cup vegetable **shortening**
- 1 cup skim **milk**

### Directions

1. Preheat the oven to 375 degrees.
2. In a large mixing bowl, stir together the flour,
3. Baking powder and salt.
4. Add the margarine to the flour mixture, and “cut” the margarine into small pea-sized pieces using a pastry blender or two knives and cutting crosswise against each other.
5. Stir in the milk to make a firm dough.
6. Dump the dough onto a floured surface. Fold and press in additional flour as needed.
7. Pat into a flat disk about ½ inch thick.
8. Use a biscuit or cookie cutter to cut biscuits.
9. Place biscuits on an ungreased cookie sheet.
10. Bake at 375 degrees for about 12 minutes.



### Table Time with Tots:

**Age 2-5:** Children can help collect the ingredients, stir the flour mixture, help cut the biscuits and place them on the cookie sheet.

**Age 4-5:** Children can also help “cut in” the shortening, stir in the milk, pat a portion of the dough to make a flat disk, cut and place the biscuits on the cookie sheet.



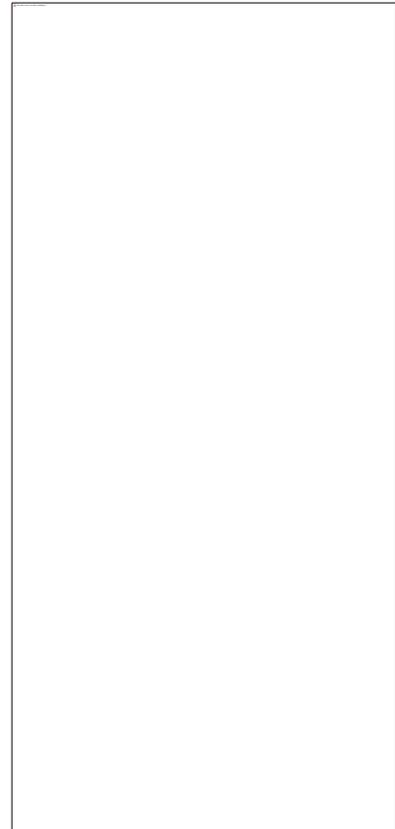
## Blueberry Muffins

### Ingredients

- 1 cup **milk**
- 1 **egg** or ¼ cup **egg substitute**
- 1/3 **vegetable oil**
- 2 cups all-purpose **flour**
- 2 teaspoons **baking powder**
- ½ cup white **sugar**
- ½ cup fresh or frozen **blueberries**

### Directions

1. Preheat oven to 400 degrees F (205 degrees C). Line a 12-cup muffin tin with paper liners.
2. In a large bowl, stir-together milk, egg, and oil. Add flour, baking powder, sugar, and blueberries. Gently mix the batter with only a few strokes. Spoon the batter into the paper muffin cups.
3. Bake for 20 minutes. Serve warm.



### Table Time with Tots:

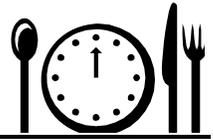
**Age 2:** Children can help with collecting the ingredients except for eggs.

**Age 3:** Children can help measure the flour, baking powder, sugar and blueberries into a large bowl and gently mix the batter.

**Age 4- 5:** Children can spoon batter into the muffin cups.

**Note:** Children should not crack eggs or handle raw batter due to the risk of salmonella. The use of pasteurized egg substitute eliminates this risk.





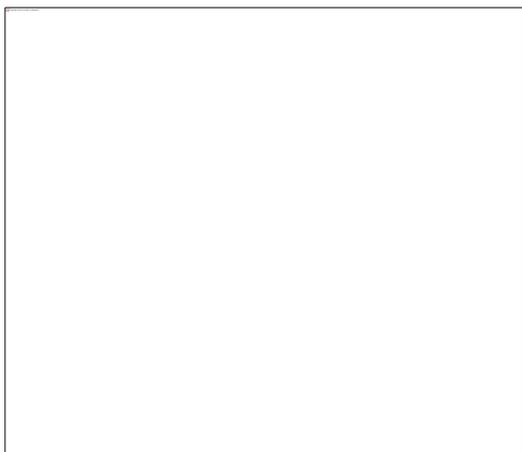
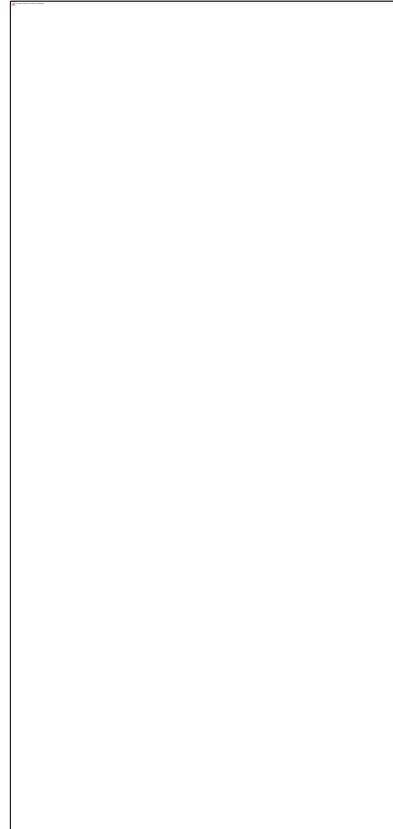
## Bread Boys & Girls

### Ingredients

- 1 loaf of whole wheat freezer **bread dough**
- 2 teaspoons vegetable **oil**
- ¼ cup **flour**

### Directions

1. Thaw the bread dough following the directions on the package.
2. Grease a cookie sheet with the vegetable shortening.
3. Provide a portion of the dough for each child to shape into a bread person.
4. Place the dough person on the cookie sheet
5. and let rise until about double in size.
6. Bake according to the bread dough directions.



### Table Time with Tots:

**Age 2 - 5:** Children can form their bread boy or girl and place them on the cookie sheet to rise and bake.



## Bread in a Bag

In a heavy weight zip-lock style bag, combine:

- 1 cup all purpose **flour**
- 2 ½ tsp. **yeast**
- ¼ cup **brown sugar**
- 1 cup warm **water**

### Directions

1. Press the air out of the bag and close it tightly. Set the bag on a flat surface. Press the bag with your fingers to mix the ingredients until they are well balanced. Let the dough rest for 10 minutes with the bag closed.

**Then add:** 1 ½ cup warm **water**  
2 tbsp. vegetable **oil**  
1 tsp. **salt**

2. Close the bag, press and mix these ingredients together thoroughly.

**Next add:** 1 ½ cup whole wheat flour

3. Close the bag. Press and mix again.

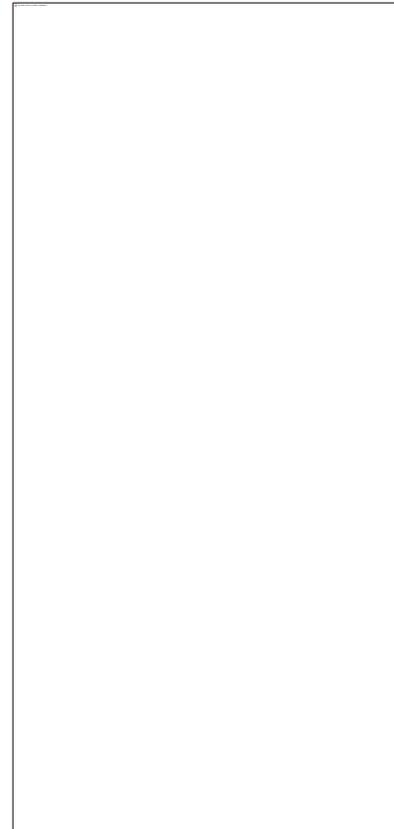
**Now add:** 1 ½ cups all purpose flour

4. Close the bag again. Keep pressing and mixing in the flour. You know you are done when the dough pulls away from the bag and seems smooth. Place the bag upright in a large bowl. Open the top of the bag a crack. (This is important so the bread does not explode the bag as it rises) Let the dough rise 1 hour.

5. Flatten the dough through the bag into a loaf shape. Oil the inside of a large loaf pan. Remove the dough loaf from the bag and place it in the loaf pan. Cover the loaf with a clean towel or plastic wrap.

Let the loaf rise for 45 minutes.

6. Uncover the loaf and **bake at 375 degrees for 30-35 minutes**. When the loaf is fully baked it will look medium to dark brown in color. Turn the loaf out of the pan onto a cooling rack. Tap the sides and bottom of the loaf. If it is fully baked, the loaf will sound "hollow" when you tap. Bake longer if needed. Then cool thoroughly and enjoy!



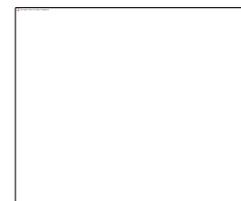
### Table Time with Tots:

**Age 2:** Assist with collecting the ingredients.

**Age 3:** Combine water, oil and salt. Close zip-lock bag.

**Age 4:** Assist with mixing ingredients thoroughly in closed bag.

**Age 5:** Assist with measuring flour, sugar and water.





## Busy Banana Pops

### Ingredients

#### 6 bananas

4-5, 4-sectioned low-fat **graham crackers**, cinnamon or regular

12 ounces low-fat vanilla or fruit **yogurt**

### Recipe Materials

Cookie sheet

Wax paper

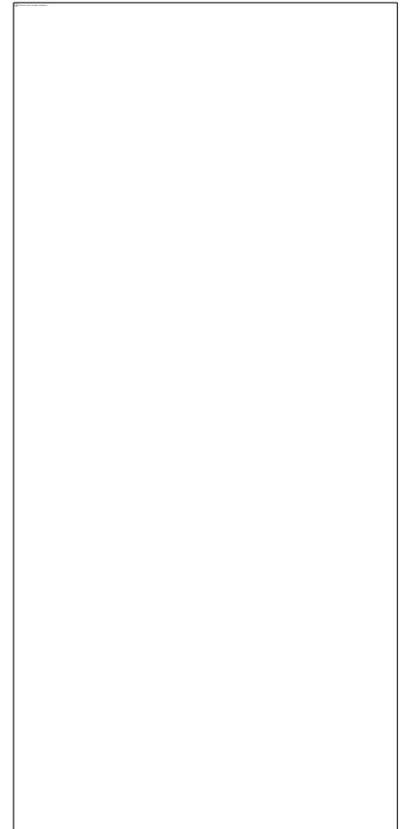
Two plates

1-gallon zip-locking style bag

Rolling pin or wooden spoon

### Directions

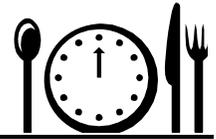
1. Line a cookie sheet with wax paper.
2. Spoon the yogurt onto a plate.
3. Place graham crackers in a zip-locking style bag. Using a rolling pin or  
or  
can, smash crackers into crumbs and pour onto second plate.
4. Push the popsicle stick into the flat, cut end of the banana.
5. Roll the banana on a stick in the yogurt, covering all sides. Then roll  
the yogurt covered banana in the graham cracker crumbs.
6. Place the banana pop on the wax paper-lined cookie sheet for  
freezing.
7. Freeze for 2-3 hours.



### Table Time with Tots:

**Age 2-3:** Children can help collect the ingredients. Each child can roll their banana on a stick in yogurt and graham cracker crumbs. Allow children to take turns smashing the crackers in the zip-lock bag.

**Age 4-5:** Children can assist with washing and peeling the bananas.



## Carrot Cookies

### Ingredients

- 1/2 cup packed **light-brown sugar**
- 1/2 cup **sugar**
- 1/2 cup **oil**
- 1/2 cup **applesauce** or fruit puree
- 2 **eggs** or 1/2 cup **egg substitute**
- 1 teaspoon **vanilla**
- 1 cup **flour**
- 1 cup **whole-wheat flour**
- 1 teaspoon **baking soda**
- 1 teaspoon **baking powder**
- 1/4 teaspoon **salt**
- 1 teaspoon ground **cinnamon**
- 1/2 teaspoon ground **nutmeg**
- 1/2 teaspoon ground **ginger**
- 2 cups old-fashioned **rolled oats**
- 1 1/2 cups finely grated **carrots**  
(about 3 large carrots)
- 1 cup **raisins** or golden raisins

### Directions

1. Heat oven to 350 degrees Fahrenheit.
2. Mix sugars, oil, applesauce, eggs and vanilla thoroughly.
3. Stir dry ingredients together.
4. Blend the dry ingredients into the wet mixture and stir in raisins and carrots.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 12-15 minutes until golden brown.
7. Store in an airtight container.



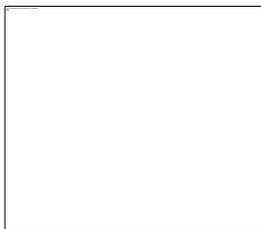
### Table Time with Tots:

**Age 2:** Children can collect the ingredients except eggs.

**Age 3:** Children can combine the dry ingredients in a large bowl.

**Age 4- 5:** Children can also measure the ingredients, mix the dry and wet ingredients together, and spoon a teaspoon of dough onto the cookie sheet.

**Note:** Children should not crack eggs or handle raw dough due to the risk of salmonella. You can use pasteurized egg substitutes to eliminate this risk.





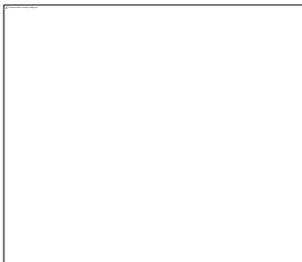
## Cornbread (Mexican)

### Ingredients

- 1 can (17 ounces) **cream style corn**
- ½ cup **egg substitute** (equal to 2 eggs)
- 1 cup yellow **corn meal**
- ¾ cup skim **milk**
- 3 tablespoon canola **oil**
- ½ teaspoon **baking soda**
- ½ teaspoon **salt** (optional)
- 1 can (4 ounces) **diced green chilies**
- 2 ounces reduced-fat **cheddar cheese**, grated

### Directions

1. Preheat oven to 400 degrees.
2. Mix all ingredients and pour into an 8" x 8" pan that has been sprayed with non-stick cooking spray.
3. Bake for 35-45 minutes or until a toothpick inserted in the center comes out clean.



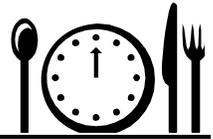
### Table Time with Tots:

**Age 2:** Children can collect the ingredients and rinse the unopened cans of corn and chilies.

**Age 3:** Children can mix the ingredients and pour the mixture into pan.

**Age 4- 5:** Children can also measure the ingredients.

**Note:** Children should not crack eggs or handle raw dough due to the risk of salmonella. You can use pasteurized egg substitutes to eliminate this risk.



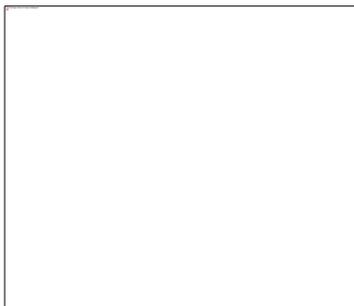
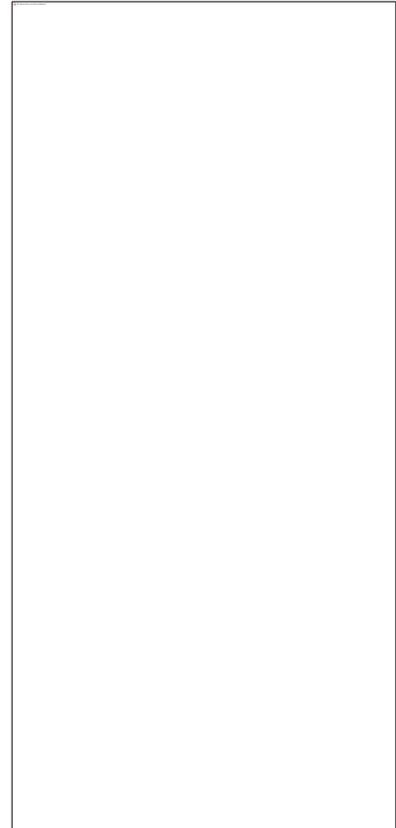
## Fruit Kabobs

### Ingredients

- 1 **apple**
- 1 **banana**
- 2/3 cup **cantaloupe**
- 2/3 cup **pineapple chunks** (canned or fresh)
- Popsicle sticks (or blunt toothpicks)

### Directions

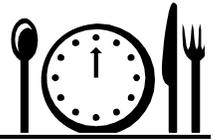
1. Wash the fresh fruit (apples, bananas, and cantaloupe).
2. Cut the fresh fruit into bite-sized chunks.
3. Open the canned pineapple and drain off the juice.
4. Slide pieces of fruit onto the popsicle sticks.
5. If children are making their own kabobs, place the fruits in serving dishes and have each child design and create their own kabob. Cover the stick with fruit from end to end.



### Table Time with Tots:

**Age 2-3:** Children can help collect the ingredients, wash the fresh fruits, and wash the unopened can of pineapple chunks.

**Age 4- 5:** Children can peel and cut their own bananas, and thread their own fruit onto kabob sticks.



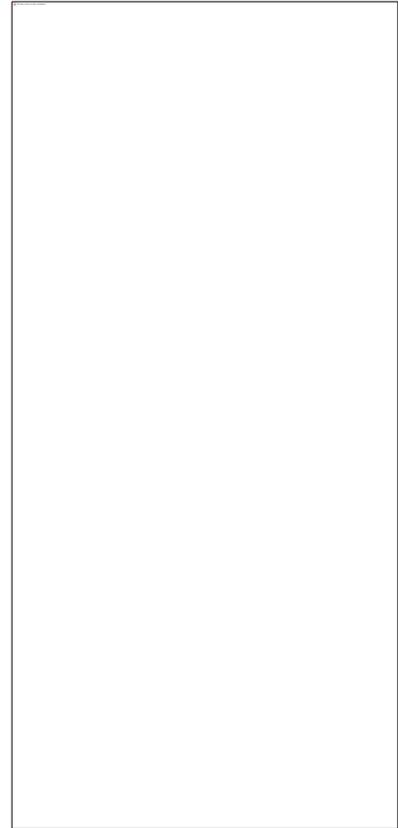
## Fruit Salad

### Ingredients

- 2 cans **mandarin oranges**
- 1 can **pineapple** chunks
- 2 **bananas**, sliced
- 1 cup frozen **berries** or cut up **melon** (honeydew or cantaloupe)

### Directions

1. Wash fresh fruit and unopened cans of fruit.
2. Open cans of mandarin oranges and pineapple chunks; drain off juice.
3. Slice bananas
4. Cut melon into bite-sized pieces.
5. Place all fruits into medium bowl and mix gently.
6. Serve chilled.
7. If children are helping, offer each fruit in a serving bowl. Have children serve the fruit into their individual bowl, mix and enjoy.



### Table Time with Tots:

**Age 2-3:** Children can help collect and wash the fruits and the unopened cans.

**Age 4 5:** Each child can peel and cut their own banana into their individual bowl. Cut the top off each banana to make it easier for children to peel. Each child should make their own fruit salad by mixing additional fruit ingredients into the cut bananas.



## Fruit Smoothie

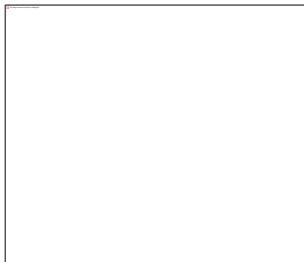
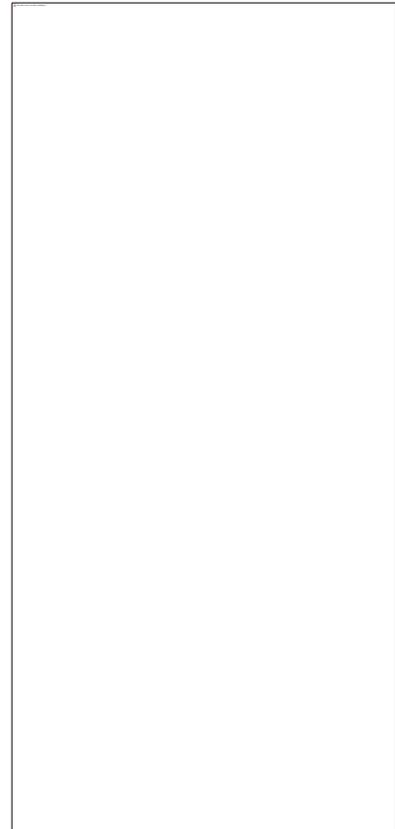
### Ingredients:

2 cups fresh, frozen or canned (drained) **fruit**  
1 cup plain nonfat **yogurt**  
1 cup orange **juice**  
6 **ice** cubes

### Directions:

1. Place all of the ingredients into a blender.
2. Blend until smooth.
3. Refrigerate leftovers within 2-3 hours.

**Note:** Read blender instructions if you are using it for the first time. Crush ice first to prevent small ice lumps.



### Table Time with Tots:

**Age 2-5:** Children can assist with collecting the ingredients, and may enjoy watching the smoothie being mixed in the blender.

**Note:** the adult should prepare this recipe to ensure safety when using the blender and to reduce the risk of spreading germs since these ingredients will not be cooked



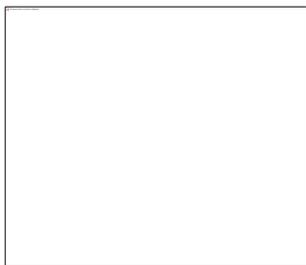
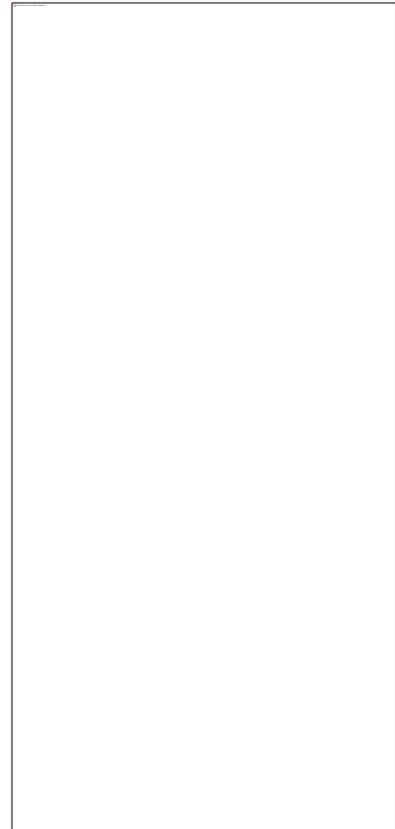
## Healthy Pizza

### Ingredients:

10 ounces preformed 100% whole wheat pizza **crust**  
1/4 cup marinara or tomato **sauce**  
1 cup mozzarella **cheese**  
1/4 cup **pineapple** tidbits  
1/2 teaspoon dried **basil** (or thyme)  
1/2 cup **broccoli**, chopped  
1/4 cup **green pepper**, finely chopped  
1/2 cup **carrot**, finely chopped  
1 cup mozzarella **cheese**, shredded

### Directions:

1. Heat oven to 450 degrees.
2. Place crust on baking sheet. Spread tomato sauce on crust.
3. Sprinkle on cheese and basil.
4. Add pineapple, chopped vegetables and meat.
5. Bake for 8-10 minutes.

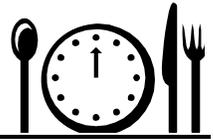


### Table Time with Tots:

**Age 2:** Children can help collect the ingredients and wash the vegetables.

**Age 3-4:** Children can assist with spreading the tomato sauce and sprinkling the toppings on the crust.

**Age 5:** Children can also cut broccoli and cauliflower into topping sized pieces using plastic knives.



## Hearty Chicken Noodle Soup

### Ingredients

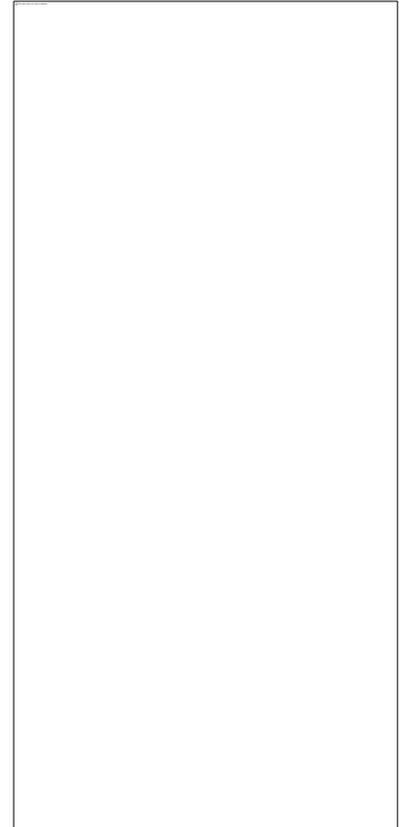
- 1 Tablespoon **vegetable oil**
- 1 small **onion**, chopped
- 2 stalks **celery**, chopped
- 2 **carrots**, chopped
- 8-10 cups **chicken broth** or water
- 2 Tablespoons **chicken bouillon**
- 2 cups cooked, diced **chicken**
- 1 12-ounce bag **noodles**
- 1 or 2 **zucchini**, sliced

### Directions

1. Heat oil in a large pot and sauté onion, celery, and carrots until onions are clear.
2. Add broth or water, and bouillon.
3. Add chicken and simmer until very hot.
4. Add noodles and zucchini.
5. Cook until noodles are done and zucchini is crisp tender, about 15 minutes.
6. Refrigerate leftovers within 2-3 hours.

### Tips:

- Try substituting canned or frozen veggies, like corn or peas.
- Serve this soup with whole wheat toast or crackers.

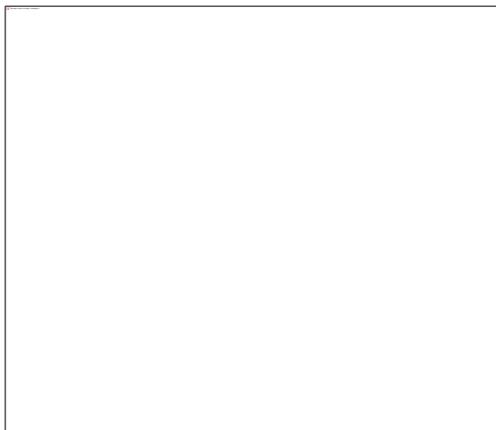


### Table Time with Tots:

**Age 2-3:** Can gather the ingredients and washing the vegetables and unopened cans.

**Age 4-5:** Children can also use a plastic knife to slice softer vegetables such as zucchini, tomatoes and summer squash.

**Note:** Children should not stand near the sautéing vegetables or add any foods to the hot soup to avoid risk for burning.





## Lentil Soup (with lime juice)

### Ingredients:

- 1 tablespoon **vegetable oil**
- 1 medium **onion**, chopped
- 1 pound dried **lentils**, washed and picked over
- 8 cups cold **water**
- 1 teaspoon **salt**
- 1/2 teaspoon each **black pepper** and ground **cumin**
- 1 teaspoon mint flakes or dried **thyme** or oregano, crumbled
- 3 bay leaves**
- 1 can (4 ounces) mild **green chilies**, drained and chopped
- 1 medium **red pepper**, cored, seeded and finely chopped
- 1 medium **carrot**, peeled and finely chopped
- 1/3 cup fresh **lime juice** or to taste (or 1 tablespoon lemon juice)



### Directions:

1. In a large saucepan sauté the onion in 1 tablespoon vegetable oil.
2. Add lentils, water, salt, pepper, cumin, chosen seasonings, and bay leaves then bring to a boil over moderate heat. Reduce the heat, cover and simmer, stirring occasionally for 30 minutes.
3. Add the green chilies, red pepper and carrots; simmer 15 more minutes, or until the lentils are very soft.
4. Before serving remove and discard the bay leaves and stir in the lime juice; adjust the seasoning, if necessary. Serve hot.
5. Refrigerate leftovers within two hours.



### Table Time with Tots:

**Age 2-3:** Children can help collect the ingredients, and wash the carrots, lentils and red peppers.

**Age 4-5:** Children can squeeze juice from the lime using a hand held juicer. Children can also measure the water and dry ingredients.

**Note:** To avoid risk of burning, children should not add ingredients to the hot soup.



## Muffin Pizzas

### Ingredients:

- 1/2 **English muffin**
- 1-2 tablespoons spaghetti or **pizza sauce**
- 1 tablespoon grated **cheese**
- 1-2 tablespoons each **chopped vegetables, fruits, or cooked meat**

### Directions:

1. Preheat oven to 400 degrees.
2. Lightly toast English muffin.
3. Spread with spaghetti or pizza sauce.
4. Add cheese and pizza toppings of your choice.
5. Bake 8-10 minutes until muffin is lightly browned and cheese is melted.
6. Allow to cool slightly before eating.
7. Refrigerate leftovers within 2-3 hours.

### Tips:

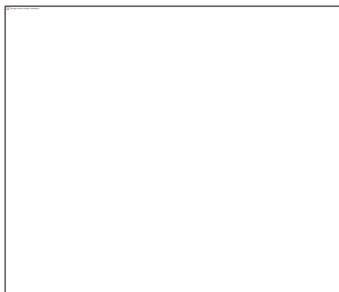
- Try a variety of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple, and tomato.
- Try whole wheat English muffins for added fiber.
- Use lean meats such as Canadian bacon and turkey pepperoni to decrease fat
- Try leftover cooked meats like chicken.
- Substitute barbecue sauce for the spaghetti or pizza sauce.



### Table Time with Tots:

**Age 2-3:** Children can collect the ingredients, wash the vegetables and tops of unopened cans. With assistance children can place toppings on their pizza.

**Age 4-5:** Children can also use a plastic knife to chop vegetables and fruits, such as bell peppers, mushrooms and pineapple chunks.





## Oatmeal Raisin Cookies

### Ingredients

$\frac{3}{4}$  cup trans fat-free **margarine**  
1 cup brown **sugar**  
2 **eggs**, or  $\frac{1}{2}$  cup egg substitute  
3 tablespoons 1% **milk**  
1 teaspoon **vanilla**  
2 cups **flour**  
 $\frac{3}{4}$  teaspoon **baking soda**  
1 teaspoon **salt**  
2 cups **rolled oats**  
1  $\frac{1}{2}$  cups **raisins**

### Directions

1. Beat together the margarine, brown sugar, eggs, milk and vanilla.
2. Mix together the flour, baking soda, and salt, and stir into the sugar mixture.
3. Stir in rolled oats and raisins.
4. Chill dough. Roll into balls, the sizes of large walnuts. Place the balls 3" apart on a slightly greased baking sheet. Flatten with a fork to  $\frac{1}{4}$ ".
5. Bake at 375 degrees for 10-12 minutes or until lightly browned.
6. Cool on a wire rack.



### Table Time with Tots:



**Age 2:** Children can collect the ingredients (except the eggs), and help stir with assistance.

**Age 3-4:** Children can add the flour, oats, and raisins to the bowl, stir with assistance, and help form and flatten the cookie dough balls.

**Age 5:** Children can also measure the brown sugar, oats and raisins.

**Note:** Children should not crack eggs or handle raw dough due to the risk of salmonella. Pasteurized egg substitute can be used to eliminate this risk.



## Pancakes

### Ingredients

- ¾ cup **flour**
- ¼ cup **wheat flour**
- 1 tablespoon **sugar**
- 1 teaspoon **baking powder**
- ½ teaspoon **salt**
- ½ teaspoon **soda**
- 1 cup **buttermilk**
- 1 **egg**
- 2 tablespoons **vegetable oil**

**Optional:** blueberries or strawberry slices

### Directions

1. In a large mixing bowl stir together the flours, sugar, baking powder, salt, and soda.
2. In a separate bowl or large measuring cup, stir together the buttermilk, vegetable oil and egg. Add to the flour mixture stirring only until combined (lumps are ok).
3. Pour a scant ¼ cup of the pancake batter onto a hot greased skillet or frying pan.
4. Sprinkle with berries or banana slices if desired.
5. When the surface of the baking pancake begins to bubble, turn the pancake over and bake until the second side is golden brown.



### Table Time with Tots:

**Age 2 - 3:** Children can help stir the flour mixture, and stir in the buttermilk mixture.

**Age 4 - 5:** Children can also measure the dry ingredients.

**Note:** Children should not crack eggs or handle raw batter due to the risk of salmonella. Pasteurized egg substitute can be used to eliminate this risk.

Children should not fry the pancakes because of the danger of splatters and burns.





## Parmesan Fish Fillets

### Ingredients

- ¼ cup fine **bread crumbs**
- ¼ cup grated parmesan **cheese**
- ½ teaspoon dried **thyme**
- ¼ teaspoon dried **basil**
- 1/8 teaspoon **onion powder**
- 1/8 teaspoon **pepper**
- 1 lbs. white **fish fillets** (such as sole, cod, snapper)
- ¼ cup **egg** substitute (equal to 1 egg)
- 4 **lemon** wedges

### Directions

1. Preheat oven to 400 degrees.
2. Combine bread crumbs with Parmesan cheese and seasonings.
3. Mix well. Dip fish in egg, and then coat with bread crumb mixture.
4. Arrange on a baking sheet that has been sprayed with non-stick cooking spray.
5. Bake for 10 minutes per in of thickness, or until flakes easily with a fork.
6. Serve with lemon wedges.



### Table Time with Tots:

**Note:** This recipe is a suggested menu item and not recommended as a cooking activity for children because of the potential to contact raw eggs and raw fish. Eggs can contain salmonella, a bacteria which can cause food poisoning.



## Pineapple Bread

### Ingredients

- ¾ cup **unbleached flour**
- ¾ cup **whole wheat flour**
- ½ cup **oat bran**
- ½ cup **brown sugar**
- 2 teaspoons **baking powder**
- ½ teaspoon **cinnamon**
- ½ teaspoon **salt** (optional)
- ½ teaspoon **baking soda**
- 1 can (8 ounce) crushed **pineapple** (in juice), not drained
- ½ cup **egg substitute** (equal to 2 eggs)
- ¼ cup unsweetened **applesauce**

### Directions

1. Preheat oven to 350 degrees.
2. Spray an 8" x 8" pan with non-stick cooking spray.
3. Blend flour and other dry ingredients in a mixing bowl.
4. In another bowl, stir together the pineapple, egg substitute and applesauce.
5. Gently stir the pineapple mixture into the flour mixture just until the flour is moistened. Pour into pan.
6. Bake 40-45 minutes, or until toothpick inserted in the center comes out clean.



### Table Time with Tots:

**Age 2-3:** Children can help gather the ingredients and rinse the tops of the pineapple cans. With assistance, children can help blend the ingredients.

**Age 4-5:** Children can also measure the flour and applesauce and pour the mixture slowly into the pan.



## Pita bread Sandwich

### Ingredients

**Pita bread**, whole grain  
1 slice **lean meat** turkey or chicken **or**  
¼ cup **tuna salad** made with low-fat mayo  
¼ cup chopped **lettuce** or **spinach**  
¼ cup chopped **tomatoes**  
Shredded low-fat **cheese**

### Directions

1. Cut pita bread in half crosswise.
2. Stuff with meat, poultry, cheese slices or ¼ cup tuna salad.
3. Add chopped vegetables.
4. Add low-fat shredded cheese.



### Table Time with Tots:

**Age 2:** With assistance children can make their own pita sandwich.

**Age 3-5** Children can also use a plastic knife to chop their own lettuce, spinach and tomatoes, and fill their pita bread sandwich.

**Note:** Because these ingredients will not be cooked children should prepare their own sandwich. This will decrease the risk of spreading germs.



## Potato Bread

### Ingredients

3 medium white **potatoes**, pared and cubed  
2 cups **warm water** or **potato water**  
2 tablespoons **shortening**  
2- ¼ tsp. or 1 package (1/4 ounces) active dry **yeast**  
2 tablespoons **sugar**  
1 tablespoon **salt**  
6- ½ cups bread **flour**  
**egg** white, lightly beaten (optional)

### Directions

1. Place cubed potatoes in a large saucepan with 2-1/2 cups of water. Bring to boil, then reduce heat to a simmer for 15 minutes or until potatoes break apart when stuck with a fork.
2. Drain the potatoes, reserving 2 cups of the potato water. If needed add warm water to make 2 cups potato water. Mash potatoes with a fork and put in large bowl. Pour in potato water. Add shortening and stir until dissolved. Set bowl aside until the potato mix is lukewarm (or 110 degrees).
3. Stir in yeast, sugar, and salt. Mix in enough bread flour to make a thick dough. Turn dough out onto floured surface. Press, fold and knead for 8 minutes, breaking up any large clumps of potato with your fingers. Place the dough in a bowl greased with shortening. Turn the dough over in the bowl so that the dough top is also lightly greased. Cover with clean kitchen towel and let rise for 1 hour in a warm place out of drafts.
4. Punch the dough down. Turn dough out onto lightly floured surface. Press and knead for 5 minutes to work out bubbles. Divide dough in half. Form each half into a loaf. Set each loaf into a greased 5.25 x 9 x 2.75 inch loaf pan. Cover loaves with kitchen towel and let rise in a warm, draft-free place for 30-45 minutes or until dough is double in bulk.
5. Uncover bread and brush on egg white for glossy look. Bake at 375 degrees for 45 minutes or until bread is deep golden brown and sounds hollow when tapped on. Let bread cool on rack.

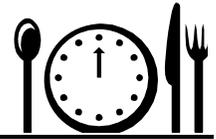


### Table Time with Tots:

**Age 2-3:** Children can collect the ingredients and wash the potatoes. They can place the cubed potatoes into the saucepan of cold water.

**Age 4-5:** Children can also measure the ingredients, mash the potatoes when cooled, knead the dough and grease the bowl.

**Note:** Children should not brush on the egg white because raw eggs may contain salmonella which can cause food poisoning.



## Salsa

### Ingredients:

- 1/2 cup fresh cooked or frozen **corn**
- 1 can (15-ounce) drained and rinsed **black beans**
- 1 cup fresh diced **tomatoes**
- 1/2 cup diced **onion**
- 1/2 cup diced **green pepper**
- 2 tablespoons **lime juice**
- 2 **garlic** cloves, finely chopped
- 1/2 cup **picante sauce**

### Directions:

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain off excess liquid before serving.
3. Refrigerate leftovers within 2-3 hours.

**Tip:** Serve with low-fat baked tortilla chips or fresh vegetables.



### Table Time with Tots:

**Age 2-5:** Assist with collecting the ingredients.

**Note:** Uncooked recipes like this should be prepared by the adult to reduce the risk of spreading germs. Alternatively, the ingredients could be offered for each child to prepare their own individual portion.



## Scrambled Eggs

### Ingredients

4 **eggs**  
4 tablespoons skim or 1% **milk**  
2 teaspoons olive **oil**

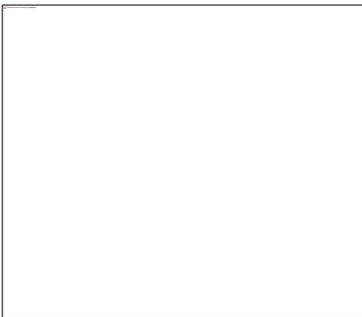
### Optional Additional Ingredients

Chopped onions, red, green, yellow peppers, tomatoes, chives or sliced mushrooms

Sauté about ½ cup of vegetables in olive oil prior to adding egg mixture.

### Directions

1. Mix eggs with milk using fork.
2. Heat the oil in a skillet over medium heat.
3. Add egg and milk mixture and cook until eggs are set.



### Table Time with Tots:

**Age 2-5:** Children can use a plastic knife to chop ingredients to add to their individual portion of eggs.

**Note:** Children should not crack eggs or handle raw batter due to the risk of salmonella food poisoning. It is also important to avoid under cooking the eggs to avoid salmonella risk. A pasteurized egg substitute could be used to avoid these concerns.



## Spaghetti & Meatballs

### Ingredients

- 18 **meatballs**
- 1 jar (28 ounces) spaghetti **sauce**
- 3 cups cooked spaghetti **noodles**

### Directions

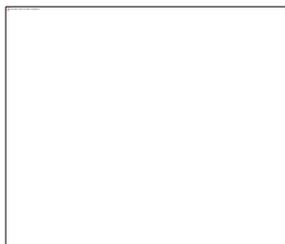
1. Cook noodles according to the package directions.
2. Heat the pre-cooked meatballs in the sauce.
3. Serve over spaghetti noodles.

### Baked Meatballs

- 2 lbs. extra lean **ground beef** or **turkey**
- ½ cup **egg** substitute
- 1 tablespoon dried **parsley**
- 1 cup **oatmeal** or **cracker meal** or **oat bran**
- 1 cup skim **milk**
- 1 teaspoon **salt** (optional)
- ½ teaspoon ground **pepper**
- 2 teaspoon **onion powder**
- ¼ teaspoon **nutmeg**

### Directions

1. Preheat oven to 425 degrees.
2. Place all ingredients in a mixing bowl. Mix well.
3. Shape into 1 ½ inch balls.
4. Arrange the balls on two baking sheets that have been sprayed with non-stick coating.
5. Bake for 12 minutes or until done.



### Table Time with Tots:

**Note:** This recipe is a suggested menu item and not recommended as a cooking activity for children because ground beef and turkey may contain microorganisms that can cause food poisoning.



## Steamed Vegetable Medley

### Ingredients

- 1 cup **broccoli** flowerets
- 1 cup **cauliflower** flowerets
- 1 large **green pepper**, cut into strips
- ½ cup **green onions**, chopped
- 4 **carrots** (peeled, cut into ¼ inch thick)
- 2 tablespoons light Italian dressing (optional)

### Directions

1. Wash, break, cut or chop vegetables.
2. Steam each vegetable separately as described below.
3. Drain off the water and place the steamed vegetables into a dish. Cover.
4. When all vegetables have been cooked, add 2 tablespoons of light Italian dressing (optional). Toss and refrigerate until ready to serve.

#### Directions for Stove Top:

Fill a medium sized pot with ½ to 1 inch of water. Heat and steam until just fork tender.

**Broccoli:** steam for about five minutes (look for dark color change when done).

**Cauliflower:** steam for about six minutes.

**Green pepper:** steam for about four minutes.

**Green onions:** steam for about three minutes.

**Carrots:** steam for about six-eight minutes.

#### Directions for Microwave:

Rise vegetables and place in a microwave-safe bowl. No additional water is needed! Cover the bowl with microwave safe plastic wrap, leaving corner open to vent. Steam as shown below:

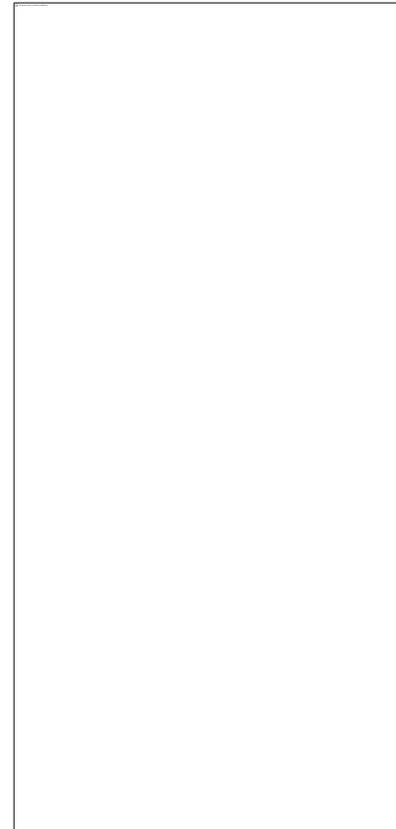
**Broccoli:** steam for about three-five minutes.

**Cauliflower:** steam for about three-four minutes.

**Green pepper:** steam for about two-three minutes.

**Green onions:** steam for about two-three minutes.

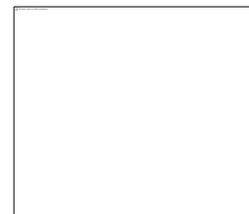
**Carrots:** steam for about five-six minutes.



#### Table Time with Tots:

**Age 2:** Children can gather the ingredients and wash the vegetables.

**Ages 3-5:** children can also break off broccoli and cauliflower flowerets and slice peppers with a plastic knife.





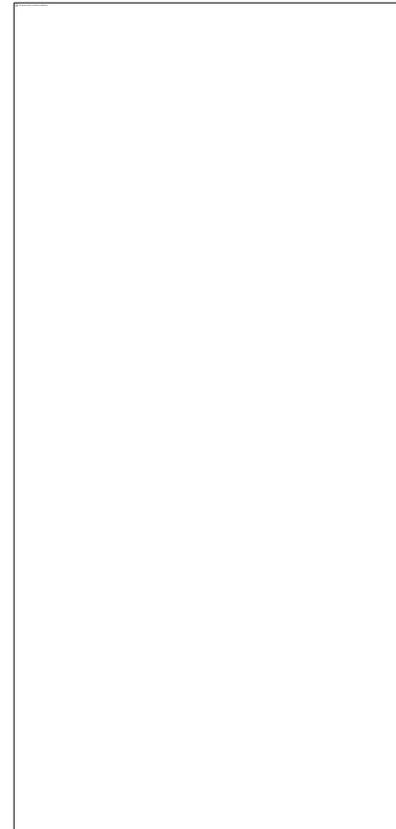
## Stone Soup

### Ingredients

- 1 tablespoon minced **garlic**
- 1 diced medium **onion**
- ½-1 diced **green, red or yellow bell pepper**
- 1 stalk **celery**, diced
- 3 peeled **carrots** sliced into coins
- 1 ½-2 cartons (32 ounces) **vegetable broth** (low sodium)
- 6 **red potatoes** (cut in slices about ¼- ½ thick)
- 1 **zucchini** (sliced)
- 1 **summer squash** (sliced)
- 1 cup **green beans**, diced (fresh is best but canned/frozen works)
- 1-2 large **tomatoes**, chopped
- ½-1 cup **corn** (frozen)
- Salt and pepper**
- 1 ½ tablespoons **oil**
- Shredded **parmesan cheese**

### Directions

1. Place the vegetable oil in a large saucepan. Add and sauté the garlic, onion, green pepper, celery and carrots in the hot oil, until the onion is tender.
2. Add broth, potatoes and squash. Bring the mixture to a boil.
3. Add the tomatoes, corn, salt and pepper. Cook over medium-low heat until the veggies are tender.
4. Add canned beans, and heat thoroughly.
5. Serve with parmesan cheese on top.

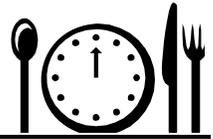


### Table Time with Tots:

**Age 2-3:** Can gather the ingredients and washing the vegetables and unopened cans.

**Age 4-5:** Children can also use a plastic knife to slice softer vegetables such as tomatoes, zucchini and summer squash

**Note:** Children should not stand near the sautéing vegetables or add any foods to the hot soup to avoid risk for burning.



## Tossed Salad

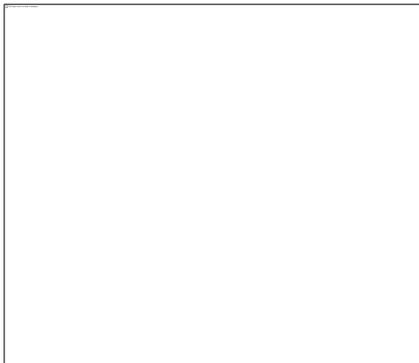
### Ingredients

Romaine **lettuce**  
Red and green leaf **lettuce**  
**Spinach** leaves  
**Bibb** leaves  
Curly **endive**  
Radicchio  
Your choice of light salad dressing

**Alternative:** Purchase a bag of mixed salad greens. For safety, rinse and drain the packaged greens before serving.

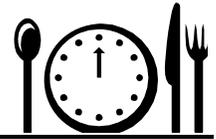
### Directions

1. Wash the lettuces and drain in a colander.
2. Tear the lettuce leaves into bite size pieces making about 6 cups of any combination of lettuces.
3. Toss with light salad dressing and serve.



### Table Time with Tots:

**Age 2-5:** Children can tear lettuce greens into bite size pieces making their own individual salad.



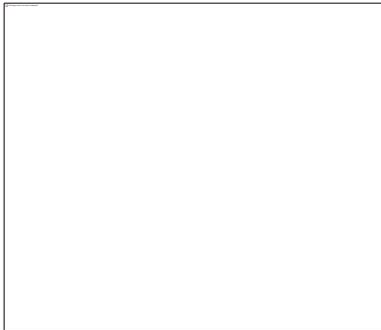
## Vegetable Dip (Hummus)

### Ingredients

15 oz. can **garbanzo beans**, drained, liquid reserved  
2 **garlic** cloves, minced  
1 teaspoon ground **cumin**  
1 teaspoon olive **oil**  
½ teaspoon **black pepper**

### Directions

1. Combine garbanzo beans, garlic, cumin, salt, and olive oil in a food processor (or blender).
2. Blend on low speed, gradually adding the reserved garbanzo bean liquid, until desired consistency is achieved.



### Table Time with Tots:

**Age 2-5:** Assist with collecting the ingredients.

**Note:** Because these ingredients will not be cooked its best if an adult prepares this recipe as sometimes children have colds or put fingers in their mouths, increasing the risk of spreading germs.



## Veggie Stew

### Ingredients:

- 1 tablespoon **vegetable oil**
- 1/2 cup peeled and diced **onion**
- 2 stalks chopped **celery**
- 2 **carrots**, sliced in 2" sticks
- 1 medium **potato**, diced
- 1 can (about 15 ounces) diced **tomatoes**, with juice
- 1 **zucchini**, sliced, 1/4 inch thick
- 2 sprigs **parsley**, minced
- 1 cup **water**
- 1 teaspoon **vegetable broth granules** (or 1 bouillon cube)
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**

### Directions:

1. In a deep pot add 1 tablespoon of vegetable oil.
2. Add onions and celery and sauté until they are soft.
3. Add the rest of the vegetables.
4. Mix 1 cup of water and with vegetable broth granules. Add to the pot.
5. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.
6. Add more water if the stew gets too dry.
7. Season with salt and pepper to taste.

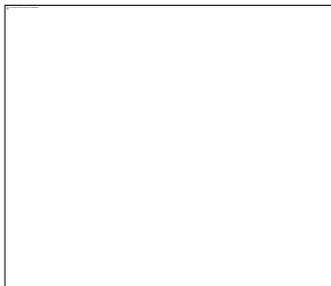


### Table Time with Tots:

**Age 2-3:** Children can help gather the ingredients, rinse the tops of cans and wash the vegetables.

**Age 4-5:** Children can chop softer vegetables, combine the vegetables in a bowl and add the water and seasonings.

**Note:** Children should not be near the sautéing vegetables (which may splatter) and should not add ingredients to the hot stew.





## Vegetable Stir-Fry

### Ingredients

- ½ cup chopped **onion**
- 1 cup chopped green **bell pepper**
- 1 cup diced peeled **eggplant**
- 1 cup sliced **zucchini**
- 1 cup yellow summer **squash**, sliced
- 1 cup chopped **tomatoes**
- 1 teaspoon **Italian seasoning**
- ¼ teaspoon **salt** (optional)
- 12 tablespoons grated parmesan **cheese**

### Directions

1. Spray a large skillet with non-stick cooking spray.
2. Add onion and bell pepper. Stir-fry over medium-high heat for 2 to 3 minutes.
3. Stir in eggplant, zucchini and yellow squash. Stir-fry for 4 to 5 minutes.
4. Stir in tomatoes and seasonings.
5. Heat thoroughly. Sprinkle with Parmesan cheese before serving.

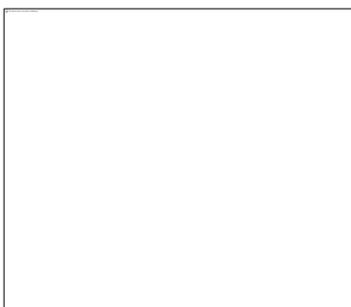


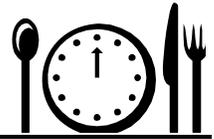
### Table Time for Tots:

**Age 2-3:** Children can help gather the ingredients and wash the vegetables.

**Age 4-5** children can chop softer vegetables, measure the amount of vegetables needed in the recipe and sprinkle parmesan cheese onto their individual serving.

**Note:** Remember to keep children away from the stir-frying to avoid burns from oil splatters.





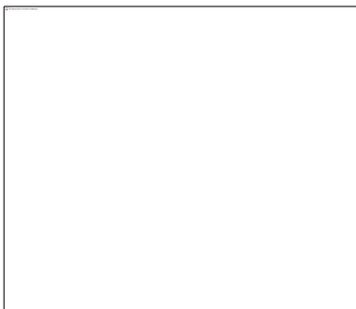
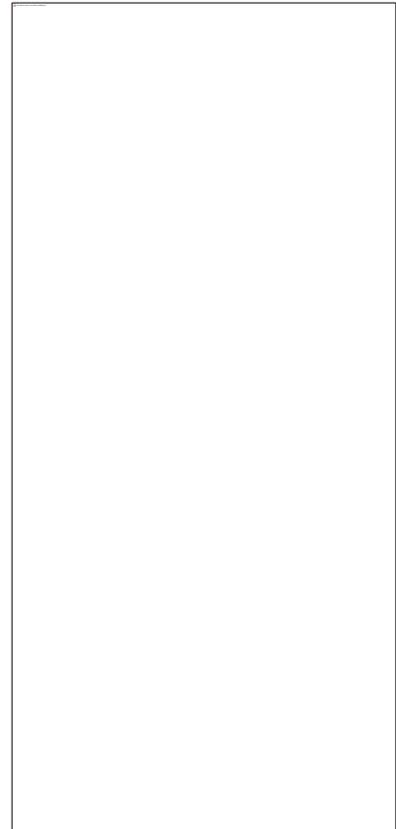
## Veggie & Fruit Smoothie

### Ingredients:

1 cup **orange juice**  
1/2 cup **pineapple juice**  
1/2 cup **plain** or **vanilla yogurt**  
1 **banana**, peeled and sliced  
2 cups fresh **spinach leaves**  
Crushed **ice**

### Directions:

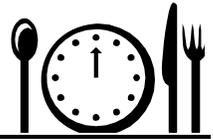
1. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2-3 hours.



### Table Time with Tots:

**Age 2-5:** Children can help gather the ingredients.

**Note:** Because these ingredients will not be cooked its best if the child care provider prepares this recipe to reduce the risk of spreading germs.



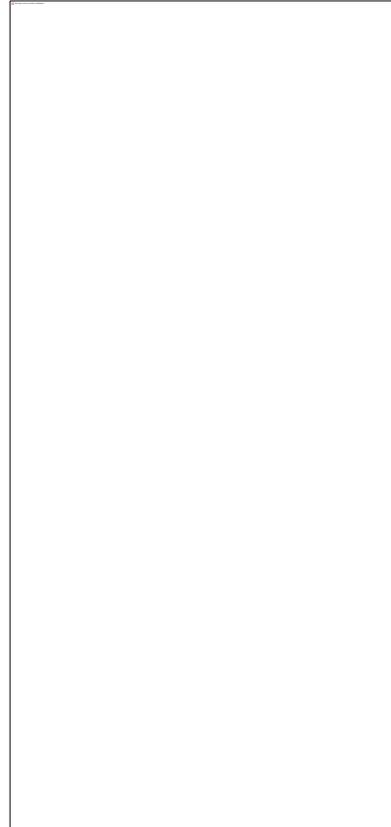
## Yogurt Dip (Low-fat)

### Ingredients

- ¼ cup **ranch dressing**
- ¾ cup plain **yogurt**

### Directions

1. Mix both ranch dressing and plain yogurt in a small bowl.
2. Chill for 2-3 hours.
3. Enjoy!



### Table Time with Tots:

**Age 2-5:** Children can help collect the ingredients. Each child can take turns giving the mixture a couple stirs.



## Yogurt (Yogo) Fruit Pops

### Ingredients

- 1 ¼ cup sliced **strawberries**, blueberries, raspberries or blackberries
- 1 container (8 oz.) vanilla or fruit flavored low-fat **yogurt** (Avoid buying gelatin thickened yogurt)
- 4 small paper cups
- 4 popsicle sticks

### Directions

1. In blender, puree 1 cup of berries with yogurt.
2. Divide the mixture and remaining ¼ cup berries among the 4 paper cups.
3. Insert popsicle sticks into center of each pop.
4. Place cups in the freezer. Freeze for at least 4 hours.

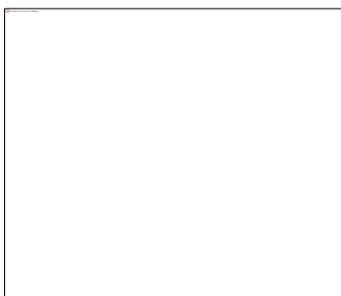


### Table Time for Tots:

**Age 2:** Children can help gather ingredients.

**Age 3-5:** Children can slice strawberries and place strawberries or other berries into their own cup.

The adult should blend the berries and yogurt and pour the mixture into each child's cup. Children can place their popsicle stick into their cups.





## Yogurt Parfait

### Ingredients:

4 **bananas**  
24 ounces low-fat vanilla **yogurt**  
2 cups low-fat **granola**

### Directions:

1. Peel and chop bananas.
2. Place half of the fruit on the bottom of four cups or bowls.
3. Spoon half of the yogurt on top of fruit in each cup or bowl.
4. Sprinkle each cup with  $\frac{1}{4}$  cup granola.
5. Repeat layers.
6. Refrigerate leftovers within 2-3 hours.

### Tips:

- Top with chopped nuts (if children have no nut allergies).
- Try other fruits, such as strawberries, apples, oranges, or peaches. Use 2 cups fruit for the recipe.
- Use different flavor yogurts such as lemon or fruit.



### Table Time with Tots:

**Age 2:** Children can help wash bananas.

**Age 3-5:** Children can also peel and cut their own bananas, and assemble their own individual parfait.

**Note:** Do not use chopped nuts if you have children with nut allergies in your child care home. Children should make their own individual parfaits to limit the chance of spreading germs.

