

WHAT'S COOKIN'!



A collection of recipes
from Nebraska Family Child Care Providers

Nebraska Department of Education
Nutrition Services

WHAT'S COOKIN' II

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In Memory of Charlotte Kern

This edition is dedicated to the memory of Charlotte S. Kern, editor of *What's Cookin'* and *What's Cookin' II*. Charlotte died of cancer in 1999.



Charlotte was a leader in nutrition education and a long time supporter of child care. She was at the forefront of such issues as the certification of nutritionists in Nebraska, breastfeeding as the best nutrition for infants and health-minded meals in both institutional and home settings. She retired from the Douglas County Extension Office in 1996.

Charlotte was president of the Nebraska Dietetic Association and was recognized as the association's Dietitian of the Year in 1979. In 1980, the National Association of Extension Home Economists honored her for distinguished service. Charlotte was honored as Advocate of the Year by the Nebraska Family Child Care Association in 1996. From 1969 to 1996, she directed the Expanded Food and Nutrition Education Program, which served 12,500 low income families in Omaha and Douglas County.

Charlotte was a dedicated professional who truly cared about the nutrition and health of young children. Her work lives on through the pages of *What's Cookin' II*.

Thanks, Charlotte!

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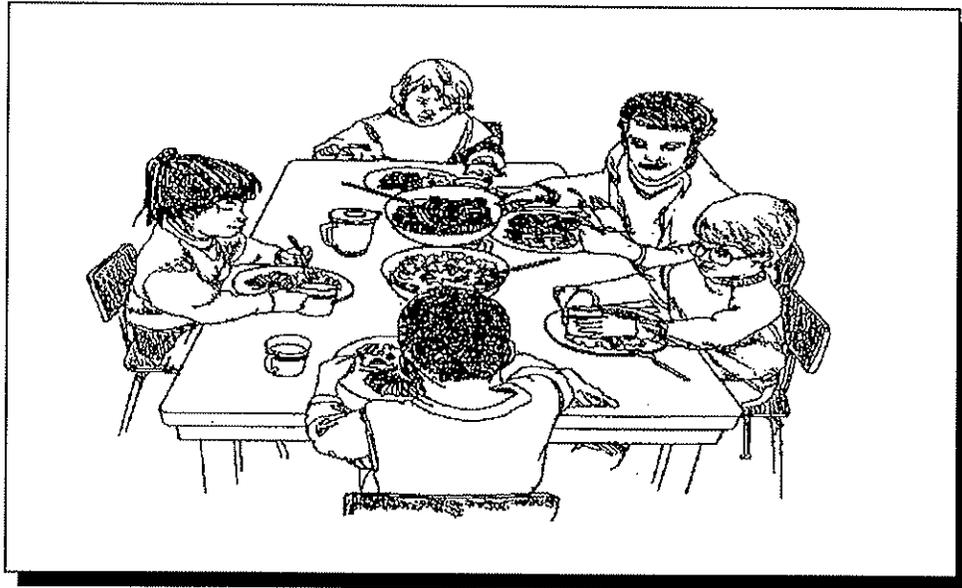
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Introduction



Mrs. Franks ensures that meal time contributes to the development and socialization of the children in her care by eating with them and serving family style.

Meal times are good learning times. Children begin to serve themselves, to eat with a group and to try new foods. At a young age, children begin developing attitudes about food and nutrition.

Introduction

Good nutrition, the development of desirable eating habits and learning about food choices are vital building blocks for young children. Steps must be taken to ensure that these building blocks are in place in order to promote good health throughout life. As a result, the Nebraska Department of Education released the original *What's Cookin'* for child care providers who participate in the Child and Adult Care Food Program (CACFP) in 1991. The response to *What's Cookin'* has been overwhelming. More than 10,000 copies have been distributed throughout the country. In addition, we received numerous requests for yet another resource to be developed. Therefore, we are pleased to provide you with a copy of our latest child care resource, *What's Cookin' II*.

What's Cookin' II is more than just a collection of new recipes. This resource has been designed to help you serve meals that meet U.S. Department of Agriculture (USDA) meal pattern requirements, are appetizing to children and are consistent with the 1995 Dietary Guidelines for Americans. These guidelines, found on page 194, encourage the use of fruits, vegetables and grains while using sugar, fat and salt in moderation.

Health professionals agree that balance, moderation and variety are critical in achieving a healthful diet. No one food gives you all the nutrients you need to stay healthy. Therefore, it is best to eat many different foods every day. Offering a variety of foods, prepared in different ways, makes meals and snacks more interesting and allows children to consume a variety of necessary nutrients.

The Dietary Guidelines recommend goals of 30 percent or less of total calories from fat and less than 10 percent of calories from saturated fat when diets are *averaged* over a period of a week. This goal is for healthy children 2 years of age and older as well as adults. However, children under 2 years of age have different nutritional requirements. Fat and cholesterol from the diet are necessary for normal brain growth and development. Meals prepared for children under 2 years of age should not restrict the intake of fat, saturated fat or cholesterol.

Keep in mind that the Dietary Guideline recommendations for fat and saturated fat do not apply specifically to individual foods, recipes or even a meal. Some of the recipes in this book contain more than 30 percent of calories from fat. However, by serving a higher fat entree with lower fat side dishes, you can easily lower the fat content of the meal. Remember, there is a place in the diet for all foods and with careful menu planning you can still meet the goals of the Dietary Guidelines.

The recipes in this book are divided into 4 sections: main dishes, fruits/ vegetables, grains/breads and snacks. Each recipe states how a serving size contributes to the

meal pattern in terms of both component(s) and quantity. The yield and serving size indicated are based on USDA's minimum requirements for 3-5 year old children. Serving sizes will need to be adjusted accordingly for younger and older children. Additional information regarding meal pattern requirements can be found on page iii. For some recipes, the serving size may seem too large for young children. Serving sizes can certainly be adjusted; however, in order to meet meal pattern requirements, additional meat/meat alternate, fruit/ vegetable or grains/breads will need to be served. A suggested menu also accompanies each main dish, fruit/vegetable and snack recipe. These suggested menus meet meal pattern requirements in terms of components and quantities.

The appendices, at the end of the book, are filled with lots of valuable information. Subjects range from food preparation tips to food safety guidelines. Some topics have been included because they were requested by child care providers. One section features a detailed nutrient analysis per serving for each recipe in the book. You will also find a section that features four 1-week menus that meet CACFP requirements and were developed with the Dietary Guidelines in mind. The sample menus are made up of a number of recipes from the book. While individual days in the menu cycle do not necessarily meet USDA's recommendation for fat, it is important to note that the menus, when *averaged* over a week provide no more than 30 percent of calories from fat. Also included is USDA's most recent list of grains/breads and how to credit them by weight. Please refer to the Table of Contents for a complete list of all appendices.

It has been our pleasure developing this resource for you. However, without the help of CACFP providers submitting their favorite recipes, this book would not have been possible. *What's Cookin' II* has been designed to help you provide nutritious meals and snacks that are quick to prepare, cost effective and appealing to children. We hope you and the children in your care enjoy this new resource.

For additional information on the Child and Adult Care Food Program contact:

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Child and Adult Care Food Program



FOOD CHART

Age: 1-2 3-5 6-12

Breakfast

	1-2	3-5	6-12
Fluid Milk	1/2 cup (c)	3/4 cup (c)	1 cup (c)
Juice or Fruit or Vegetable	1/4 c	1/2 c	1/2 c
Grains/Breads	1/2 slice* (or 1/2 serving)	1/2 slice* or 1/2 serving)	1 slice* (or 1 serving)
or cold dry cereal	1/3 oz. or 1/4 c	1/2 oz. or 1/3 c	1 oz. or 3/4 c
or cooked cereal	1/4 c	1/4 c	1/2 c

Snack (select two different components from the following four **)

	1-2	3-5	6-12
Fluid Milk	1/2 cup (c)	1/2 cup (c)	1 cup (c)
Juice or Fruit or Vegetable	1/2 c	1/2 c	3/4 c
Meat or Meat Alternate	1/2 oz.	1/2 oz.	1 oz.
or yogurt	2 oz. or 1/4 c	2 oz. or 1/4 c	4 oz. 1/2 c
or peanut or other seed or nut butters	1 T.	1 T.	2 T.
or egg (large)	1/2	1/2	1/2
Grains/Breads	1/2 slice* (or 1/2 serving)	1/2 slice* or 1/2 serving)	1 slice* (or 1 serving)

Lunch/Supper

	1-2	3-5	6-12
Fluid Milk	1/2 cup (c)	3/4 cup (c)	1 cup (c)
Meat or Poultry or Fish	1 oz.	1-1/2 oz.	2 oz.
or cheese	1 oz.	1-1/2 oz.	2 oz.
or cottage cheese, cheese food, or cheese spread	2 oz. or 1/4 c	3 oz. or 3/8 c	4 oz. or 1/2 c
or egg (large)	1/2	3/4	1
or cooked dry beans or peas	1/4 c	3/8 c	1/2 c
or peanut or other nut butters or seed butters	2 T.	3 T.	4 T.
or peanuts, soynuts, tree nuts or seeds	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
or yogurt	4 oz. or 1/2 c	6 oz. or 3/4 c	8 oz. or 1 c
Vegetables and/or Fruits (2 or more kinds)	1/4 c Total	1/2 c Total	3/4 c Total
Grains/Breads	1/2 slice* (or 1 serving)	1/2 slice* (or 1 serving)	1 slice* (or 1 serving)

POINTS TO REMEMBER

- Keep menu production records current.
- The requirement amount of each food must be served.
- Use full-strength juice.

* or an equivalent serving of an acceptable grains/breads such as cornbread, biscuits, rolls, muffins, etc., made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain rice or macaroni or other pasta products. Refer to the grains/breads list for correct weights.

** For snack, juice or yogurt: may not be served when milk is served as the only other component.

Menu Planning Pointers

The following are menu-planning pointers which will help ensure that meals served to the children you care for meet U. S. Department of Agriculture (USDA) program requirements.

Meat/Meat Alternate

This category includes lean meat, poultry, fish, cheese, eggs, cooked dry beans and peas, nuts and seeds and their butters (except for acorn, chestnut and coconut), and commercial yogurt or an equivalent quantity of any combination of these foods.

The meat/meat alternate must be served in the main dish or the main dish and one other menu item.

In order to count towards meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of ¼ ounce of cooked lean meat or equivalent.

It is recommended that the same meat/meat alternate not be served more than 3 times per week to ensure variety.

Commercial yogurt is creditable as a meat alternate for all meals and snack. Four ounces or ½ cup of yogurt provides one ounce of meat alternate credit. Yogurt may not be credited as a component for snack if milk is the only other component served.

Cheese foods/spreads may be used to meet the meat/meat alternate requirement; however, twice as much is needed. That is, a 2 ounce serving of cheese spread/food is equivalent to only 1 ounce of meat/meat alternate. This ruling applies to cottage cheese and ricotta cheese as well.

Cooked dry beans or peas may be used to meet the meat/meat alternate requirement or the fruit/vegetable requirement, but not both in the same meal.

Nuts and seeds may fulfill: 1) No more than one half of the meat/meat alternate requirement for lunch/supper; and 2) All of the meat/meat alternate requirement for snack.

Processed meats such as luncheon meat or hot dogs must be labeled "all meat" with no by-products, cereals or extenders added. Due to their high fat/salt content, these items should be served sparingly.

Ground turkey, pork or chicken may be substituted in part or all for ground beef; particularly in those recipes which contain seasoned meat such as tacos, lasagna or meat sauce for spaghetti.

It is recommended that peanut butter sandwiches not be served as a main dish item when planning lunch/supper menus. The large amount required (3 tablespoons = 1½ ounces meat/meat alternate) is not a practical serving size for young children. However, peanut butter sandwiches may be included in the menu as a supplement to main dish items such as casseroles or homemade soups. Peanut butter sandwiches also work well as a snack idea.

Fruit/Vegetable

A breakfast shall contain a serving of vegetables(s) or fruit(s) or full-strength (100%) vegetable or fruit juice, or an equivalent quantity of any combination of these foods.

Lunch and supper shall contain two or more different vegetables or fruits, or a combination of both. Full-strength (100%) vegetable or fruit juice may be counted to meet no more than one-half of the requirement.

In order to count towards meeting any part of the fruit/vegetable requirement, a menu item must provide a minimum of ⅓ cup fruit/vegetable; otherwise, it is considered a garnish.

Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

Potatoes are credited as a vegetable component when planning menus.

Juice may not be credited as one of the components of a snack when milk is served as the only other component.

Vegetables and/or fruits served as a combination item, e.g. fruit cocktail or mixed vegetables, or those vegetables combined in casseroles/stews or soups are credited as meeting one of the two required components for lunch/supper.

Commercial spaghetti/pizza sauce may not be credited towards meeting one of the two required components for lunch/supper. However, if these sauces are prepared from scratch, credit may be given for the tomato products used.

It is recommended that a Vitamin A source at least twice a week and a Vitamin C source at least 2 or 3 times a week be included when planning menus.

Home canned produce is not creditable for health and safety reasons.

Grains/Breads

All items must be whole-grain or enriched or made from whole-grain or enriched meal or flour; or if it is a cereal, the product must be whole-grain, enriched or fortified.

In order to count towards meeting any of the grains/breads requirement, a menu item must provide at least $\frac{1}{4}$ of a serving.

The item must be provided in quantities as specified in the regulations. The Grains/Breads List, Appendix K, on page 204, contains the equivalent minimum serving sizes for a wide variety of items. Within each group, all items have approximately the same nutrient and grain content per serving. The minimum weight of each group is based on the enriched flour and/or whole-grain content of the product. Please note that some food items are credited as a grains/breads component at breakfast/snack only or at snack only.

Snack products such as hard pretzels, hard bread sticks and chips made from whole-grain and/or enriched flour or meal are creditable. Potato chips are not a creditable food item.

Items such as fruit turnovers, doughnuts, sweet rolls, grain fruit bars, toaster pastries, coffee cake and granola bars may be credited as a grains/breads component for **breakfast or snack only**.

Items such as bread pudding, rice pudding, cookies, cakes, brownies and pie crust may be credited as a grains/breads component for **snack only**.

It is recommended that dessert items such as cookies, cakes and bars not be served as a snack more than twice a week.

Milk

Each breakfast, lunch or supper must contain fluid milk. Fluid milk is an option for one of the snack components.

Fluid milk means pasteurized fluid unflavored or flavored skim milk, lowfat milk or whole milk or cultured buttermilk, all of which meet state and local standards for such milk. The milk should contain Vitamins A and D at levels consistent with state and local standards.

In a lunch/supper the fluid milk must be served as a beverage. For a breakfast or a snack, the fluid milk may be served as a beverage, on cereal or both.

Reconstituted nonfat dry milk is not creditable as fluid milk.