

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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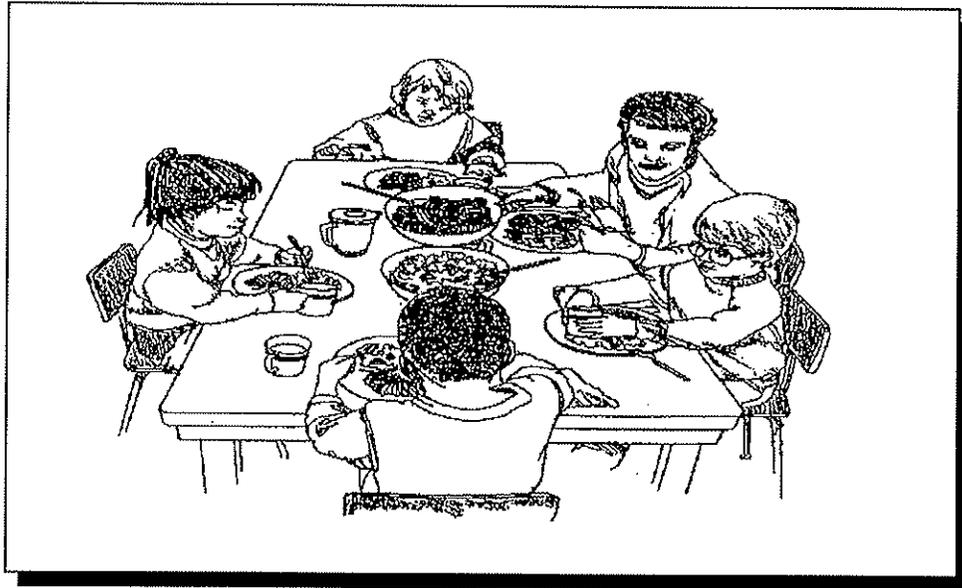
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Introduction



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 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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.



Main Dishes

Mrs. Thomas, Toni, Leia, and Jon invite you to use the recipes and menu suggestions in this book. The recipes are creditable and the portion sizes meet the minimum food requirements for 3-5 year old children. Portion size adjustments will need to be made when you serve older or younger children.

These children are going to have Shepherd's Pie (recipe on page 67), apricots, a small biscuit and lowfat milk for lunch. It is one of their favorite meals.

Main Dishes

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Notes:

Cream Soup Mix

This mix is a great nonfat substitute for condensed cream soups in your favorite recipes. You can also use it as a soup and add vegetables and/or meats of your choice. Ingredients are listed for the equivalent of eight "cans" and for one "can". When making the larger amount, it may be stored in an air tight container for up to 2 months. Stir well before using.

1 "Can"	Ingredients	8 "Cans"
¼ cup	Nonfat dry milk	2 cups
1 ½ Tbsp.	Cornstarch	¾ cup
¾ tsp.	Dried onion flakes	2 Tbsp.
Dash	Pepper	½ tsp.
⅛ tsp.	Dried basil	1 tsp.
⅛ tsp.	Dried thyme	1 tsp.
½ Tbsp.	Instant bouillon granules	¼ cup

1. Combine all ingredients and mix well.
2. Store in an air tight container.
3. Use in recipes in place of condensed cream of chicken soup.
4. Be sure to follow directions below to reconstitute.

Methods for making the equivalent of one "can" of condensed soup:

Stove-top Method: In saucepan, combine ⅓ cup dry mix with 1 ¼ cups cold water. Stir over low heat until thickened.

Microwave Method: In a microwave-safe bowl, combine ⅓ cup dry soup mix with 1 ¼ cups cold water. Heat on **high** for **4-5 minutes**, stirring several times until mixture thickens.

Note: This recipe for cream soup mix can be substituted for canned condensed cream of chicken soup. Mushrooms or celery may be added to make cream of mushroom or cream of celery soup. The following is a comparison of the commercial condensed soup to the homemade substitute:

<i>Cream of Mushroom Soup - 10¾ ounce can:</i>	<i>330 calories</i>
	<i>23.9 grams of fat</i>
	<i>2,370 milligrams of sodium</i>
 <i>Cream Soup Mix:</i>	 <i>95 calories</i>
	<i>0.2 gram of fat</i>
	<i>710 milligrams of sodium</i>

Iowa Cooperative Extension

Homemade Breading

Use Homemade Breading for making oven fried chicken, oven fried fish and chicken nuggets.

Yield: 4 cups
 Serving size: 1 tablespoon
 Calories per serving = 25

4 Cups	Ingredients	
4 cups	Cornflake crumbs*	
4 tsp.	Instant chicken bouillon	
4 tsp.	Paprika	
2 tsp.	Poultry seasoning	
1 Tbsp.	Italian herb seasoning	
½ tsp.	Pepper	
1 tsp.	Garlic powder	
1 tsp.	Onion powder	

1. Combine all ingredients and mix well.
2. Store in an air tight container.
3. Mix well before using.
4. Plan on ½-1 Tbsp. of breading for each chicken part or fish fillet.

*To make your own cornflake crumbs, put flakes in a sealed plastic storage bag. Use rolling pin to crush flakes into crumbs. However, compare cost; it may be less expensive to use packaged or commercial cornflake crumbs.

FOOD SAFETY NOTE:

Discard all breading from recipe preparation rather than returning it to the container of unused breading mixture.

Spicy Coating Mix

A recipe for homemade coating for poultry, meat and fish that is similar to commercial products, such as Shake and Bake™.

2 ½ Cups	Ingredients	
2 cups	Fine bread crumbs	
¼ cup	All-purpose flour	
3 Tbsp.	Paprika	
1 Tbsp.	Salt	
2 tsp.	Granulated sugar	
2 tsp.	Onion powder	
2 tsp.	Oregano	
½ tsp.	Garlic powder	
1 tsp.	Cayenne pepper	

1. Combine all ingredients and mix well.
2. Store in an air tight container; use within two months.
3. When preparing meat items, transfer the amount of crumb mixture needed to a pie plate or sealed plastic bag.

FOOD SAFETY NOTE:

Discard all coating mix remaining from recipe preparation rather than returning it to the container of unused coating mixture.

Baked Beans with Weiners

(Microwave)

This is an excellent EMERGENCY MEAL. Keep a can of beans in the cupboard and a pack of hot dogs in the freezer.

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Fruit/Vegetable (¼ cup)

Yield: 10 servings

Serving size: ⅔ cup

10 Servings	Ingredients	Servings
1 (28 oz.) can	Baked beans (label says seasoned with bacon, baked with brown sugar)	
1 lb. pkg. (10 per pkg.)	Frankfurters (all meat)	

CAUTION: Whole hot dogs can be a choking hazard for young children. It is recommended they be cut lengthwise so a round piece does not get caught in the throat.

1. Empty can of beans into microwave-safe casserole .
2. Cut hot dogs in half lengthwise; cut halves again to make quarters. Cut into 1" strips.
3. Add hot dog pieces to beans.
4. Cover and microwave on **high** for **2 minutes**; stir; microwave **1 minute** more.

Conventional Method:

Empty beans into a saucepan. Add cut hot dogs as described in step #2. Heat to simmer, stirring occasionally. **DO NOT OVER COOK.**

Menu Suggestion:	Baked Beans with Weiners (1 serving), canned fruit (¼ cup), saltine crackers (4), lowfat milk (¾ cup)
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Althea Jones - Omaha

Charlotte Kern - Omaha

Western Beans

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
4	Bacon strips, diced	
1 large	Onion, chopped	
1 (15 oz.) can	Whole tomatoes with liquid, chopped	
1 (15 oz.) can	Pinto beans, drained	
1 (15 oz.) can	Kidney beans, drained	
⅓ cup	Uncooked lentils	
1⅓ cups	Water	
2 Tbsp.	Catsup	
1 tsp.	Garlic powder	
¾ tsp.	Chili powder	
½ tsp.	Ground cumin	

1. Lightly fry bacon in heavy 3-quart saucepan.
2. Add onion. Cook until transparent.
3. Add tomatoes, pinto beans, kidney beans, lentils, water, catsup, garlic powder, chili powder and ground cumin. Cook over **medium heat** for **45 minutes**.

Menu Suggestion: Western Beans (1 serving), mashed sweet potatoes (¼ cup) recipe on page 105, sliced bananas (¼ cup) in strawberry gelatin, bread (½ slice), lowfat milk (¾ cup)

Barbecue Beef Cups

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Yield: 10 servings

Serving size: 1 barbecue cup

10 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 tsp.	Onion powder	
½ cup	Barbecue sauce	
1 tsp.	Sugar	
1 tube (10 count)	Refrigerated biscuits	
1 cup (4 oz.)	Shredded American cheese	

1. Brown beef until done. Drain fat.
2. Add onion powder, barbecue sauce and sugar. The sugar improves the taste of the sauce.
3. Press the biscuits into lightly greased muffin cups.
4. Fill biscuit cups with meat mixture.
5. Sprinkle grated cheese on top of meat.
6. Bake at **400°F** for **8-10 minutes**.

Menu Suggestion: Barbecue Beef Cup (1 serving), confetti coleslaw (¼ cup) recipe on page 95, grapes cut in fourths (¼ cup), lowfat milk (¾ cup)

Connie Karre - Grand Island
Celeste Casuntilo - Bellevue

Janice Budd - Grand Island
Rita Johnson - Omaha

Beef and Cabbage

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 8 servings
 Serving size: 1 wedge

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 small (1 ¼ lbs.)	Head of cabbage	
1 tsp.	Onion powder	
1 (15 oz.) can	Seasoned tomato sauce or stewed tomatoes	
¾ cup (3 oz.)	Grated mozzarella cheese	

1. In a large oven-proof skillet, brown beef until done. Drain fat. Set aside.
2. Wash cabbage under running water; drain.
3. Cut cabbage into eight wedges.
4. Arrange cabbage on top of meat in skillet.
5. Add onion powder to tomato sauce.
6. Pour seasoned tomato sauce or stewed tomatoes over cabbage.
7. Cover tightly and bake at **350°F** for **45 minutes** or until cabbage is tender.
8. Sprinkle with cheese.
9. Return to oven for **5 minutes** to melt cheese.
10. Cut into eight pie-shaped wedges.

Menu Suggestion: Beef and Cabbage (1 serving), baked sweet potato (¼ cup), pear slices (½ cup), multi-grain bread (½ slice), lowfat milk (¾ cup)

Beef in Gravy on Rice

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: ½ cup beef in gravy
 ¼ cup rice

8 Servings	Ingredients	Servings
2 cups 1 ¼ lbs. 1 pkg.	Cooked rice Lean ground beef Brown gravy mix	

1. Prepare 2 cups of rice according to package directions.
2. Brown beef until done. Drain fat.
3. Prepare brown gravy mix according to package directions.
4. Add to cooked meat. Season to taste.
5. Serve meat mixture over rice.
6. Garnish with tomato cube, orange slice or slice of pimiento.

Variation:

- Cooked pasta (2 cups) or toasted bread (4 slices) may be used in place of rice.

Menu Suggestion: Beef in Gravy on Rice (1 serving), green peas (¼ cup), pineapple tidbits (¼ cup), lowfat milk (¼ cup)

Beef Noodle Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
2¾ cups (3½ oz.) 1½ lbs. 1 (10¾ oz.) can ¾ cup ¾ cup 2 Tbsp. 1 (2½ oz.) jar 1 tsp. 1 tsp. ¼ cup 1 Tbsp.	Enriched wide egg noodles Lean ground beef Undiluted cheddar cheese soup Lowfat milk Lite sour cream or small curd lowfat cottage cheese Chopped pimiento Sliced mushrooms, drained Dried parsley flakes Onion powder Fine bread crumbs (optional) Margarine, melted (optional)	

1. Cook noodles according to package directions for casseroles. **DO NOT OVERCOOK.** Drain. Set aside.
2. Brown beef until done. Drain fat.
3. Combine soup, milk and sour cream or cottage cheese.
4. Stir in pimiento, mushrooms, parsley flakes and onion powder.
5. Stir in cooked noodles and meat.
6. Put into a lightly greased 2½-quart casserole dish.
7. Optional: combine bread crumbs and margarine; sprinkle over top of casserole.
8. Bake at **375°F** for **35 minutes** or until heated through.

Variations:

- Substitute homemade noodles for packaged noodles; recipe on page 137.
- Substitute 3 cups (16 ounces) diced cooked ham for beef.
- Substitute a flavored tomato soup for cheddar cheese soup.

Menu Suggestion: Beef Noodle Casserole (1 serving), fresh tomatoes, cubed (¼ cup), cinnamon applesauce (¼ cup), lowfat milk (¾ cup)

Beef and Potatoes

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
1 ½ lbs. 5 medium 1 (10¾ oz.) can 1 (10¾ oz.) can	Lean ground beef Potatoes Beef vegetable soup Undiluted reduced fat cream of mushroom soup*	

1. Brown beef until done. Drain fat. Set aside.
2. Wash and peel potatoes.
3. Slice potatoes into lightly greased 2-quart casserole dish.
4. Put cooked beef over potatoes.
5. Mix undiluted canned soups.
6. Pour over meat and potatoes.
7. Bake at **350°F** for **1 hour** or until potatoes are done.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Beef and Potatoes (1 serving), cooked carrots (¼ cup), pumpkin muffin (½) recipe on page 134, lowfat milk (¼ cup)

Karen Schmode - Battle Creek

Beef and Potato Gem Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 piece (2¾" x 3½")

8 Servings	Ingredients	Servings
1 ¼ lbs.	Lean ground beef	
1 tsp.	Onion powder	
1 (15 oz.) can	Peas (or 1 lb. frozen)	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 (12 oz.) pkg.	Frozen potato gems	

1. Brown ground beef until done. Drain fat.
2. Spray a 7" x 11" baking pan with non-stick cooking spray.
3. Spread cooked meat in bottom of pan.
4. Sprinkle onion powder on top of meat.
5. Add layer of peas.
6. Spread undiluted soup over peas.
7. Place potato gems on top.
8. Bake at **350°F** for **45 minutes**.

Variations:

- Substitute other frozen vegetables (carrots, corn, mixed, etc.) for peas.
- Substitute cheddar cheese or reduced fat broccoli and cheese soup for the cream of chicken soup.

*Substitute 1"can" cream soup mix; recipe on page 3.

Menu Suggestion: Beef and Potato Gem Casserole (1 serving), cornmeal muffin (½) recipe on page 127, fresh fruit cup (¼ cup), lowfat milk (¾ cup)

Beef and Rice Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ½ cup

10 Servings	Ingredients	Servings
2½ cups	Cooked rice	
1 lb.	Lean ground beef	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 (8 oz.) can	Stewed tomatoes, undrained, chopped	
1 tsp.	Onion powder	
½ tsp.	Garlic powder	
½ tsp.	Chili powder	
1 cup (4 oz.)	Shredded cheddar or American cheese	

1. Cook rice according to package directions. Set aside.
2. Brown beef until done. Drain fat.
3. Stir in rice, soup, tomatoes, onion powder, garlic powder and chili powder.
4. Pour mixture into lightly greased 2½-quart baking dish.
5. Bake at **350°F** for **20 minutes**.
6. Top with cheese; bake an additional **5 to 10 minutes** to melt cheese.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion:	Beef and Rice Casserole (1 serving), cooked broccoli (¼ cup), pineapple cubes (¼ cup), lowfat milk (¾ cup)
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Karen Arends - Albion Margaret Fisher - Omaha Fae Morgan - Grand Island

Beef Taco

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: 1 taco

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 (8 oz.) can	Tomato sauce	
1 tsp.	Onion powder	
¼ tsp.	Garlic powder	
½ tsp.	Chili powder	
¼ tsp.	Pepper	
8	Taco shells*	
2 medium	Tomatoes, chopped	
¼ head	Lettuce, shredded	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Brown meat until done. Drain fat.
2. Stir in tomato sauce, onion powder, garlic powder, chili powder and pepper.
3. Simmer, uncovered, for **15 minutes**.
4. While the sauce simmers, heat the taco shells if desired.
5. Fill taco shells with meat mixture.
6. Top each with tomato and lettuce mixture.
7. Sprinkle 2 tablespoons cheese on top.

*Substitute soft tortillas if young children have difficulty eating hard taco shells.

Menu Suggestion: Beef Taco (1 serving), refried beans (¼ cup), apple slices (¼ cup), lowfat milk (¼ cup)

Cheesy Beef and Macaroni

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
1 cup	Uncooked elbow macaroni	
1 lb.	Lean ground beef	
½ cup (1 med.)	Chopped onion	
1 (10¾ oz.) can	Flavored tomato soup	
½ soup can	Water	
¾ cup (3 oz.)	Cheddar cheese, chunked or shredded	
⅛ tsp.	Garlic powder	
Pinch	Ground oregano	
¼ tsp.	Pepper	
1 (4 oz.) can	Mushrooms, drained (optional)	

1. Cook macaroni as directed on package for *al dente* (tender but firm). Drain. Set aside.
2. In large skillet, brown beef with onion until done. Drain fat.
3. Add tomato soup, water, cheese, garlic powder, oregano and pepper to beef.
4. Simmer **5 minutes** until cheese melts and mixture is bubbly.
5. Optional: add drained mushrooms.
6. Add cooked macaroni. Combine mixture.
7. Cover, remove from heat and let stand for **5 minutes** before serving.

Menu Suggestion:	Cheesy Beef and Macaroni (1 serving), green peas (¼ cup), orange sections (¼ cup), lowfat milk (¾ cup)
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Tamarah Bloyd - Omaha
 Sandra Denton - Omaha

Heather Lamb - Kearney
 Allie Shivers - Omaha

Beefburger Surprise

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (½ cup)

Yield: 8 servings

Serving size: ⅔ cup meat mixture

¼ cup rice/pasta

8 Servings	Ingredients	Servings
1 ¼ lbs.	Lean ground beef	
1 (15 oz.) can	Stewed tomatoes	
1 (15 oz.) can	Green beans, drained	
1 (8 oz.) can	Tomato sauce	
1 tsp.	Sugar	
⅛ tsp.	Pepper	
2 cups	Cooked couscous*, rice, noodles or pasta	

1. Brown beef until done. Drain fat.
2. Add stewed tomatoes, green beans and tomato sauce.
3. Add sugar and pepper.
4. Heat mixture.
5. Serve over cooked couscous, rice, noodles or pasta.

*Couscous, a pasta made from semolina wheat, is a staple food of North Africa. Look for this pasta in the grain section of your local supermarket.

Menu Suggestion: Beefburger Surprise (1 serving), carrot strips (3), lowfat milk (¼ cup)

Beef Bengotti

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 (12 oz.) pkg.	Egg noodles	
½ tsp.	Onion powder	
1 (15 oz.) can	Cream-style corn	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 (10¾ oz.) can	Undiluted reduced fat cream of tomato soup	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Brown beef until done. Drain fat.
2. Cook noodles according to package directions for *al dente* (tender but firm). Drain.
3. Combine meat, noodles, corn, mushroom soup and tomato soup.
4. Place in lightly greased 8" x 12" baking pan.
5. Sprinkle with cheese.
6. Bake at **350°F** for **30 minutes**.
7. Let stand **10 minutes** before serving.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Beef Bengotti (1 serving), lettuce salad (½ cup), peaches (¼ cup), lowfat milk (¾ cup)

Leora Wiedman - Valentine

Cheddar Burgers

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 cheddar burger

8 Servings	Ingredients	Servings
1 lb. ½ cup (2 oz.) ½ cup ¼ cup 3 Tbsp. 8 small	Lean ground beef Shredded cheddar cheese Bread crumbs Minced onion Heinz 57™ sauce Hamburger buns	

1. Mix beef, cheese, bread crumbs, onion and "57" sauce.
2. Form into 8 patties.
3. Grill or broil hamburgers until pink is gone and juices run clear (**160°F on meat thermometer inserted in center**).
4. Toast buns. Place cooked burger on bun.
5. Garnish with catsup, mustard and pickles as desired.

Menu Suggestion: Cheddar Burger (1 serving), fruity coleslaw (¼ cup) recipe on page 94, oven fried sweet potatoes (¼ cup) recipe on page 103, lowfat milk (¾ cup)

Cheeseburger Bake

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: 1 piece (2 ½" x 4 ½")

10 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 tsp.	Onion powder	
1 (10¾ oz.) can	Undiluted cheddar cheese soup	
1 lb.	Frozen mixed vegetables	
¼ cup	Lowfat milk	
2 cups	Reduced fat Bisquick™ baking mix	
¾ cup	Water	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Brown beef until done. Drain fat.
2. Add onion powder, cheddar cheese soup, frozen vegetables and milk to meat. Mix. Set aside.
3. Preheat oven to **400°F**.
4. Spray a 9" x 13" pan with non-stick cooking spray.
5. Put Bisquick™ in the pan. Add water and stir until baking mix is moistened. Spread evenly on bottom of pan.
6. Spread beef mixture over batter.
7. Sprinkle with shredded cheese.
8. Bake at **400°F** for **30 minutes**.

Variation:

- Spray 9" x 13" pan with non-stick cooking spray. Put meat mixture in bottom of pan. Sprinkle with cheese. Place 10 refrigerated biscuits on top. Bake at **400°F** for **12 minutes** until biscuits are brown.

Menu Suggestion: Cheeseburger Bake (1 serving), orange and banana slices (¼ cup), lowfat milk (¾ cup)

Chili Beef Potato Pie

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 2¾" x 3½"

8 Servings	Ingredients	Servings
12 oz.	Frozen hash brown potatoes, thawed	
1 lb.	Lean ground beef	
½ (1¼ oz.) pkg.	Mild chili seasoning mix	
1 (8 oz.) can	Tomato sauce	
½ cup	Water	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Spray a 7" x 11" baking pan with non-stick vegetable spray.
2. Form a crust by pressing the thawed hash browns on bottom and sides of pan.
3. Bake at **350°F** for **12 minutes** or until "crusty".
4. While potatoes are baking, begin browning ground beef in skillet. Cook until done. Drain fat.
5. Add chili seasoning mix, tomato sauce and water to browned meat. Simmer **5 minutes**.
6. Add cheese to hot meat mixture.
7. Pour meat mixture over baked hash brown crust.
8. Return to **350°F** oven and heat until cheese melts.
9. Let stand for **10 minutes** before cutting into 8 portions.

Menu Suggestion: Chili Beef Potato Pie (1 serving), biscuit (1), strawberry applesauce (¼ cup), lowfat milk (¾ cup)
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Cowboy Delight - Beef

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 8 servings
 Serving size: 1 packet

8 Servings	Ingredients	Servings
1 ¼ lbs. 1 lb. (about 3) 1 lb. (about 6) 1 medium 1 medium To taste	Lean ground beef Potatoes, peeled and sliced Carrots, peeled and sliced Onion, cut into 8 slices Green pepper, sliced into 8 rings Salt and pepper	

1. Shape ground beef into 8 patties.
2. Tear 8 pieces of aluminum foil. Each piece should measure 12" x 12".
3. Place ¼ cup potatoes, ¼ cup carrots, 1 onion slice and 1 green pepper ring on each square of foil.
4. Top with beef patty.
5. Season with salt and pepper if desired.
6. Wrap foil using drugstore wrap* method to seal package. Place on a 9" x 13" baking pan.
7. Bake in **350°F** oven for **45 minutes** or until vegetables are tender and meat is cooked.
8. Remove packets from oven, cool slightly and eat out of the packet.

*The directions for drugstore wrap are found on page 199.

SAFETY NOTE:

Remove contents from foil package and serve on plate to small children.

Menu Suggestion: Cowboy Delight (1 serving), strawberries (½ cup), Italian bread (½ slice), lowfat milk (¼ cup)

Egg Burrito

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 burritos
 Serving size: 1 burrito

10 Servings	Ingredients	Servings
1 lb. 10 (6-inch) 10 large 1 ½ cups (6 oz.) ½ cup	Ground pork sausage Flour tortillas Eggs Shredded cheddar cheese Salsa, extra-mild	

1. Brown sausage until done. Drain fat.
2. Place tortillas in cast-iron skillet and warm over **low heat**, or heat tortillas in aluminum foil for **10 minutes** at **325°F**.
3. In separate skillet, prepare scrambled eggs.
4. Allow children to fill their own tortilla with sausage, eggs, cheese and salsa.

Breakfast Menu Suggestion: Egg Burrito (1 serving), tator tots (¼ cup), purple plums (¼ cup), lowfat milk (¾ cup)

Robin Timmerman - Geneva

Egg and Cheese Strata

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 12 servings
 Serving size: 1 piece (3" x 3 ¼")

12 Servings	Ingredients	Servings
12 slices 3 cups (12 oz.) 6 large 3 cups 1 tsp. ½ tsp. As needed	Bread (slices can be cubed) Shredded cheddar cheese Eggs Lowfat milk Dry mustard Pepper Paprika for garnish	

1. Lightly grease a 9" x 13" baking dish.
2. Layer dish with half of bread slices or cubes.
3. Sprinkle 1 ½ cups of the cheese over bread.
4. Repeat steps #2 and #3.
5. Combine eggs, milk, dry mustard and pepper.
6. Pour over bread and cheese layers.
7. Sprinkle with paprika.
8. Cover with aluminum foil.
9. Chill in the refrigerator for at least **8 hours** or overnight.
10. Bake, covered lightly with foil in a **325°F** oven for **45 minutes**. Remove foil, bake **15 minutes** longer or until lightly browned and knife inserted comes out clean.
11. Let stand for **10 minutes** before serving.

Variations:

- Vegetable Cheese Strata: prepare as above, except layer 1 cup chopped cooked broccoli or carrots atop cheese.
- Meat Cheese Strata: prepare as above, except layer 1 cup diced cooked ham, cooked chicken or turkey atop cheese.

Menu Suggestion: Egg and Cheese Strata (1 serving), scalloped tomatoes (¼ cup) recipe on page 113, orange slices (¼ cup), lowfat milk (¾ cup)

Roni Grieslmer - Papillion
 Angela Holthus - Johnson

Sheri Gillotte - Plattsouth
 Kimberly Wheeler - Auburn

Egg Salad Sandwich

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: ½ sandwich

8 Servings	Ingredients	Servings
8 large 3 Tbsp. 2 Tbsp. 1 Tbsp. ¼ tsp. To taste 8 slices	Eggs Lite mayonnaise or lite salad dressing Sweet pickle relish Prepared mustard Onion powder Salt and pepper Bread *	

- To hard cook eggs, place eggs in saucepan. Cover eggs with water. Bring eggs to boil. Reduce heat so water is below simmering. Cover. Cook for 15 minutes. Transfer to sink. Drain hot water. Fill the saucepan with cold water and let stand 2 minutes. To quickly cool, add a few ice cubes. Drain. Gently tap each egg on counter top. Roll eggs between palm of hands. Peel off egg shells, starting at the large end. Rinse egg under water if necessary.
- Chop eggs finely. Use a sieved potato masher to make a smooth egg salad.
- Add mayonnaise, pickle relish, mustard, onion powder, salt and pepper. Mix.
- Divide egg salad into four equal portions. Spread evenly over slice of bread. Cover with second slice of bread. Cut sandwiches in half.

***Bread Suggestions:**

Whole wheat, pumpernickel, wheat hamburger buns, pita bread or lightly toasted enriched bread may be used.

Menu Suggestion:	Egg Salad Sandwich (1 serving), green peas (¼ cup), sliced banana (¼ cup) in cherry gelatin, lowfat milk (¼ cup)
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Enchilada Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 piece (2" x 4")

8 Servings	Ingredients	Servings
1 lb. 1 tsp. ⅛ tsp. ¼ cup 3 Tbsp. 2 Tbsp. 1 (4 oz.) can 4 (9-inch) ¾ cup (3 oz.)	Lean ground beef Onion powder Garlic powder Undiluted reduced fat cream of mushroom soup* Tomato sauce Tomato paste Diced green chilies, mild Tortillas, corn or flour Shredded longhorn or mild cheddar cheese	

1. Spray an 8" x 8" baking dish with non-stick cooking spray.
2. In skillet, brown beef until done. Drain fat.
3. Stir in mushroom soup, onion and garlic powder, tomato sauce, tomato paste and chilies.
4. Cook until mixture begins to boil. Remove from heat.
5. Tear tortillas into bite-size pieces.
6. Place half of tortilla pieces in bottom of 8" x 8" baking dish.
7. Pour meat mixture over tortilla pieces.
8. Top with remaining tortilla pieces and shredded cheese.
9. Bake at **375°F** for **20-25 minutes**.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Enchilada Casserole (1 serving), refried beans (¼ cup), tangerine sections (¼ cup), lowfat milk (¾ cup)

Lori Singleton - Beatrice

Fish in Foil

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 packet

8 Servings	Ingredients	Servings
1 ¼ lbs.	Frozen fish fillets (cod, flounder, haddock, halibut, sole, whitefish)	
¼ tsp.	Garlic powder	
2 Tbsp. + 2 tsp.	Lite margarine	
8 sprigs	Parsley	
1 (16 oz.) pkg.	Frozen mixed vegetables, thawed	

1. Thaw fish in refrigerator.
2. Cut thawed fish into 2 ounce portions.
3. Mix garlic powder with soft margarine.
4. Tear 8 pieces of aluminum foil. Each piece should measure 12" x 12".
5. Place one portion of fish in center of each foil square.
6. Put 1 teaspoon of garlic margarine on top of each piece of fish; add sprig of parsley.
7. Place ¼ cup of thawed vegetables beside fish.
8. Wrap foil using drug store wrap* method to seal package. Place on 9" x 13" baking pan.
9. Bake at **350°F** for **15 minutes**.
10. Remove packets from oven, cool slightly and eat out of the packet.

*The directions for drugstore wrap are found on page 199.

SAFETY NOTE:

Remove contents from foil package and serve on plate to small children.

Menu Suggestion: Fish in Foil (1 package), strawberry salad (¼ cup) recipe on page 111, whole wheat bread (½ slice), lowfat milk (¾ cup)

Hamburger Quiche

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: 1 piece

8 Servings	Ingredients	Servings
1 (9 inch)	Prepared deep dish pie crust	
¾ lb.	Lean ground beef	
1 lb.	Frozen broccoli cuts, cooked and drained	
¾ cup	Lowfat milk	
4 large	Eggs, beaten	
¼ tsp.	Salt	
¼ tsp.	Pepper	
¼ tsp.	Dry mustard	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Pre-bake the prepared pie crust according to directions.
2. Brown beef until done. Drain fat.
3. Cook broccoli according to package directions. Drain.
4. Mix beef and broccoli and place in pie shell.
5. Measure milk into a quick shake container, add beaten eggs, salt, pepper, dry mustard; shake to blend.
6. Pour evenly into pie shell. Sprinkle cheese over the top.
7. Bake at **325°F** for **35-40 minutes**. Quiche is done when an inserted knife comes out clean.
8. Let stand for **10 minutes** before cutting into eight pieces.

Note: Cover crust with foil to prevent over-browning when baking quiche.

Variations:

- Substitute 1 cup diced cooked chicken, turkey or ham for ground beef.
- Omit the meat and serve a vegetarian quiche. It will still meet the meat/meat alternate requirement.

Menu Suggestion: Hamburger Quiche (1 serving), peach cubes (¼ cup), lowfat milk (¾ cup)

Irene Bruckner - Omaha

Meat Balls

(Slow Cooker)

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 2 meat balls

8 Servings	Ingredients	Servings
1 large	Egg	
½ cup	Dry bread crumbs	
1 tsp.	Onion powder	
½ (10¾ oz.) can	Chicken rice soup	
¼ tsp.	Pepper	
1 lb.	Lean ground beef	
½ cup	Crushed cornflakes	
1 Tbsp.	Vegetable oil	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
⅔ cup	Water	

1. In a mixing bowl, beat egg.
2. Add bread crumbs, onion powder, chicken rice soup and pepper.
3. Add ground beef. Mix well.
4. Form 16 meat balls. Use a tablespoon or a #40 dipper to assure uniform size.
5. Roll in crushed cornflakes.
6. Lightly brown meatballs in a skillet with oil.
7. Arrange meatballs in slow cooker.
8. Combine cream of mushroom soup and water.
9. Pour over meatballs.
10. Cook **1 hour** on **high temperature (300°F)**. *IMPORTANT: This high temperature is required to kill bacteria in the meat.*
11. Lower temperature to **200°F** and cook for 3 more hours.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Note: Read page 184 for slow cooker hints.

<p>Menu Suggestion: Meat Balls (1 serving), rice (¼ cup), green lima beans (¼ cup), strawberry-applesauce (¼ cup), lowfat milk (¾ cup)</p>
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Meatloaf Patties

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 1 pattie

8 Servings	Ingredients	Servings
1 large	Egg	
¼ cup	Cracker or dry bread crumbs	
2 Tbsp.	Dried onion flakes	
½ cup	Catsup	
¼ cup	Barbeque sauce	
1 lb.	Lean ground beef or turkey	

1. In a mixing bowl, beat egg.
2. Stir in cracker crumbs, onion flakes, catsup and barbeque sauce.
3. Add meat; mix well.
4. Divide into eight equal portions.
5. Shape into patties.
6. Use an electric skillet set at **350°F**. Fry until pink is gone and juices run clear (**160°F on meat thermometer inserted in center**).

Variations:

- Substitute mild salsa for catsup and barbeque sauce.
- Substitute Italian seasoning for onion flakes.
- Substitute quick-cooking oats for cracker or bread crumbs.

Menu Suggestion:	Meatloaf Pattie (1 serving), mashed potatoes (¼ cup), grapes cut in fourths (¼ cup), roll (1 small), lowfat milk (¾ cup)
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Choose a Meatloaf

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 1 piece

8 Servings	Ingredients	Servings
1 large	Egg	
¼ cup	Dry bread or cracker crumbs or oatmeal	
¼ cup	Catsup or chili sauce or barbeque sauce	
¼ cup	Finely chopped onion	
½ tsp.	Dried sage or thyme or basil or oregano	
½ tsp.	Salt	
¼ tsp.	Pepper	
1 lb.	Lean ground beef or turkey (or use ½ of each)	

1. In a mixing bowl, beat egg.
2. Add bread crumbs, catsup, onion, herb, salt and pepper.
3. Add ground meat. Mix well.
4. Form meatloaf into desired shape:
 - a. Pat mixture into a 7" x 3" x 2" greased loaf pan, or
 - b. Pat into greased bundt pan, or
 - c. Divide mixture into 8 greased muffin cups.
5. Bake in **350°F** oven **45-50 minutes** for loaf, **25-30 minutes** for bundt pan or **20-25 minutes** for muffin cups. Bake until no pink remains (**160°F on meat thermometer inserted in center**).
6. Loaf or bundt pan meat loaf should be cut into 8 equal pieces. One muffin cup meat loaf is one serving.

Menu Suggestion: Meatloaf (1 serving), baked potato (½ small), green beans (¾ cup), whole wheat bread (½ slice), lowfat milk (¾ cup)

Herbed Meat Loaves

(Microwave)

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 1 mini loaf

8 Servings	Ingredients	Servings
1 large ½ cup ⅓ cup 1 Tbsp. 6 Tbsp. 1 lb.	Egg Herb-seasoned stuffing mix* Lowfat milk Onion soup mix Catsup or barbeque sauce or chili sauce Lean ground beef	

1. In a mixing bowl, beat egg.
2. Add stuffing mix crumbs, milk, soup mix and 3 tablespoons of the catsup.
3. Add ground beef. Mix well.
4. Divide into 8 equal portions.
5. Shape into mini-meat loaves.
6. Arrange loaves spoke-fashion in a 10" microwave-safe dish. Cover.
7. Microwave on **High 8-10 minutes**, turning dish once. Cook until no longer pink and juices run clear (**160°F on a meat thermometer inserted in center**).
8. Spoon the additional 3 tablespoons of catsup over the eight loaves and serve.

*Substitute homemade bread crumbs for stuffing mix. Use blender or food processor to make crumbs. Store extra in freezer.

Note: Read page 186 for microwave hints.

Menu Suggestion:	Herbed Meat Loaves (1 serving), seasoned noodles (¼ cup), broccoli and corn bake (¼ cup) recipe on page 90, lettuce salad (¼ cup), lowfat milk (¾ cup)
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Lisa Shaefer - Omaha

Meat and Vegetable Pie

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: 1 piece

8 Servings	Ingredients	Servings
2 (9-inch)	Pie crusts	
⅓ cup	Diced onions	
⅓ cup	Thinly sliced celery	
2 Tbsp.	Margarine	
¼ cup	Flour	
¼ tsp.	Dried thyme	
To taste	Salt and pepper	
1⅓ cups	Chicken broth	
⅔ cup	Lowfat milk	
2½ cups	Diced cooked chicken	
1 (10 oz.) pkg.	Frozen peas and carrots, thawed	

1. Place one pie crust in **425°F** preheated oven for **10 minutes**. Set aside remaining pie crust.
2. Saute onions and celery in margarine until tender.
3. Stir in flour and seasoning; cook **5 minutes**.
4. Gradually stir in the chicken broth and milk.
5. Continue to stir until mixture thickens.
6. Stir in chicken, peas and carrots; mix well.
7. Pour into baked pie crust.
8. Cover filling with remaining pie crust; seal edges.
9. Prick the top with a fork to allow steam to escape.
10. Bake at **400°F** for **20 minutes** or until the crust is golden brown.
11. Let stand **10 minutes** before cutting pie into eight pieces.

Variation:

- Diced cooked turkey, beef, or drained water pack tuna may be substituted for chicken.

Menu Suggestion: Meat and Vegetable Pie (1 serving), pear (¼ cup) in lime gelatin, lowfat milk (¾ cup)

Chicken Chop Suey

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
⅓ cup	Thinly sliced celery	
¼ cup	Chopped onion	
2 Tbsp.	Vegetable oil	
1 Tbsp.	Cornstarch	
¾ cup	Water or chicken stock	
1	Chicken bouillon cube	
2 Tbsp.	Low sodium soy sauce	
1 (14 oz.) can	Chop Suey vegetables, drained	
1 (15 oz.) can	Bean sprouts, drained	
3 cups	Diced cooked chicken	

1. Cook celery and onion in hot oil in skillet for **2 minutes**.
2. Blend cornstarch with water (chicken stock, if available) and stir into celery and onions.
3. Add chicken bouillon cube and soy sauce.
4. Cook, stirring constantly, until sauce is thick and clear.
5. Add Chop Suey vegetables to sauce.
6. Rinse bean sprouts and add to mixture.
7. Add diced cooked chicken.
8. Heat thoroughly and serve over rice.

Variations:

- Beef or pork may be substituted for chicken.
- Turn this recipe into chow mein by substituting chow mein noodles for rice.

Menu Suggestion: Chicken Chop Suey (1 serving), rice (¼ cup), apple slices (¼ cup), lowfat milk (¼ cup)

Jody Bergstrom - Ewing Linda Jackson - Waterloo Ellen Olsen - Plattsmouth

Oven Fried Chicken

This is a low fat alternative to traditional fried chicken.

Meal Component:

Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings

Serving size: 1 piece

8 Servings	Ingredients	Servings
4	Boneless, skinless chicken breasts OR 8 chicken legs, skin removed	
8 Tbsp.	Homemade breading (see page 4)	

1. Preheat oven to **400°F**.
2. Cut chicken breasts in half.
3. Place breading in a plastic bag; add a few chicken pieces and shake to coat. Repeat until all chicken is coated.
4. Spray a 9" x 13" baking dish with non-stick cooking spray.
5. Arrange chicken pieces in baking dish so that they are not touching.
6. Bake boneless chicken breasts for **20-30 minutes** and chicken legs for **35-40 minutes**. Chicken is done when it reaches **170°F on a meat thermometer** inserted in the thickest part of the breast.

Menu Suggestion: Oven Fried Chicken (1 serving), glazed sweet potatoes (¼ cup) recipe on page 104, spinach salad (¼ cup) recipe on page 110, lowfat milk (¼ cup)

Nikki Banzhaf - Indianola

Robin Timmerman - Geneva

Skillet Chicken Au Gratin

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: ¾ cup meat mixture
 1 biscuit

8 Servings	Ingredients	Servings
4 slices	Bacon	
2½ cups	Chicken broth	
1 tsp.	Onion powder	
1 (5½ oz.) pkg.	Au gratin potato mix	
1½ cups	Lowfat milk	
⅛ tsp.	Pepper	
2½ cups	Diced cooked chicken	
1 tube (10)	Refrigerated biscuits	

1. In large oven proof skillet, brown bacon until crisp; drain grease.
2. Crumble bacon and return to pan.
3. Add the chicken broth, onion powder, au gratin potato mix including the sauce, milk and pepper to bacon.
4. Bring to a boil, reduce heat, simmer **15 minutes**, stirring often.
5. Stir in diced chicken.
6. Top with refrigerated biscuits.
7. Bake at **450°F** for **8-10 minutes** until biscuits are golden brown.

Menu Suggestion: Skillet Chicken Au Gratin (1 serving), fruity coleslaw (¼ cup) recipe on page 94, lowfat milk (¾ cup)

Kathleen Kush - Columbus

Chicken Broccoli Pie

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 12 servings
 Serving size: 1 piece (2¾" x 3")

12 Servings	Ingredients	Servings
2 (10 oz.) pkgs. 1 ½ cups (6 oz.) 2 cups 1 ½ tsp. 1 ⅓ cups 3 large ¾ cup ¼ tsp. ¼ tsp.	Frozen chopped broccoli Shredded cheddar cheese Diced cooked chicken Onion powder Lowfat milk Eggs Reduced fat Bisquick™ baking mix Salt Pepper	

1. Preheat oven to **400°F**.
2. Lightly grease an 8" x 12" baking dish.
3. Rinse broccoli in cold water to thaw; drain thoroughly.
4. Mix broccoli, 1 cup of the cheese, chicken and onion powder. Spread mixture evenly in pan.
5. Beat milk, eggs, baking mix, salt and pepper for 15 seconds in blender on high speed or until smooth. Pour over chicken mixture.
6. Bake for **30-35 minutes** or until knife inserted in center comes out clean.
7. Top with remaining ½ cup cheese. Return to oven and bake **1-2 minutes** to melt cheese.
8. Let stand **5 minutes** before serving.

Menu Suggestion: Chicken Broccoli Pie (1 serving), purple plums (¼ cup), whole wheat bread (½ slice), lowfat milk (¾ cup)

Chicken Enchilada Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 12 servings
 Serving size: ⅔ cup

12 Servings	Ingredients	Servings
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 soup can	Lowfat milk	
¼ tsp.	Garlic powder	
1 tsp.	Onion powder	
¼ tsp.	Pepper	
1 (4 oz.) can	Diced green chilies	
3 cups	Diced cooked chicken	
8 oz.	Lowfat tortilla chips	
2 cups (8 oz.)	Shredded cheddar cheese	

1. Preheat oven to **350°F**.
2. In a large bowl, combine both soups and milk. Mix.
3. Add garlic powder, onion powder, pepper and chilies. Mix well.
4. Fold in diced chicken. Set aside.
5. Spray 9" x 13" baking pan with non-stick vegetable spray.
6. Lightly crush tortilla chips in bottom of pan.
7. Spread ½ of the chicken mixture over the chips.
8. Layer ½ of the cheese over the chicken mixture.
9. Repeat a second layer of chips, chicken mixture and cheese.
10. Bake for **30 minutes**.
11. Let stand for **5 minutes** before serving.

*Substitute 2 "cans" of cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Enchilada Casserole (1 serving), zucchini medley (¼ cup) recipe on page 116, fresh pear slices (¼ cup), lowfat milk (¼ cup)

Chicken and Homemade Noodles

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 12 servings
 Serving size: ¾ cup

12 Servings	Ingredients	Servings
4 lbs.	Stewing chicken	
1 cup	Chopped celery	
1 cup	Sliced carrots	
1 cup	Diced onions	
1 tsp.	Garlic powder	
1 tsp.	Salt	
½ tsp.	Pepper	
3 cups	Homemade noodles, uncooked (see page 137)	

1. Wash chicken under running water.
2. Place chicken in a large sauce pan.
3. Add 4 quarts of water.
4. Bring to boil, reduce heat; simmer for **1 hour** or until chicken falls off bones.
5. Remove chicken from pot. Save broth.*
6. Remove skin from chicken. Carefully remove chicken from bones. (***Take your time doing this so that no stray bones remain in the meat.***) Dice or shred the chicken. Put in refrigerator.
7. Add vegetables and seasonings to the chicken broth. Simmer **15 minutes**.
8. Add homemade noodles and cook **5-7 minutes** until noodles are tender.
9. Add diced chicken. Heat thoroughly.

*Chicken flavor can be improved by adding chicken bouillon to taste.

Menu Suggestion: Chicken and Noodles (1 serving), mashed potatoes (¼ cup), orange slices (¼ cup), lowfat milk (¼ cup)
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Chicken Potato Combo

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 9 servings
 Serving size: ⅔ cup

9 Servings	Ingredients	Servings
2 Tbsp.	Water	
1 cup	Diced celery	
½ cup	Chopped onion	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 (10¾ oz.) can	Undiluted chicken and rice soup	
⅛ tsp.	Pepper	
½ tsp.	Dry mustard	
3 cups	Diced cooked chicken	
1 lb.	Frozen potato rounds or gems	

1. In medium skillet, saute onion and celery in water. Cook until tender. Drain water.
2. Add undiluted soups, pepper and dry mustard.
3. Fold in chicken and potato rounds.
4. Pour into lightly greased casserole dish.
5. Bake uncovered at **350°F** for **45 minutes**.

*Substitute 1 "can" of cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Potato Combo (1 serving), confetti slaw (¼ cup) recipe on page 95, whole wheat muffin (½) recipe on page 136, lowfat milk (¾ cup)

Kristen Columbus - Holdrege

Chicken Ranch Pita Sandwich

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Yield: 8 servings

Serving size: 1 pita sandwich

8 Servings	Ingredients	Servings
2½ cups	Finely diced cooked chicken breast (no skin)	
½ cup	Shredded mozzarella cheese	
1 tsp.	Onion powder	
½ cup	Fat-free ranch dressing	
½ tsp.	Salt	
⅛ tsp.	Garlic powder	
4 (6-inch)	Pita bread rounds	

1. In a mixing bowl, combine chicken, mozzarella cheese, onion powder, ranch dressing, salt and garlic powder. Mix well.
2. Cut each pita bread round in half.
3. Put ⅛ of the mixture into each pita half.

Variation:

- Finely chopped cooked turkey, ham or beef may be substituted for chicken.

Menu Suggestion:	Chicken Ranch Pita Sandwich (1 serving), oven fried potato sticks (¼ cup) recipe on page 101, sliced peaches (¼ cup), lowfat milk (¼ cup)
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Quick Chicken and Rice

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Yield: 8 servings

Serving size: ¾ cup

8 Servings	Ingredients	Servings
2 cups	Chicken broth*	
¼ tsp.	Garlic powder	
½ tsp.	Onion powder	
⅛ tsp.	Tabasco sauce	
¾ cup	Uncooked regular rice	
2½ cups	Diced cooked chicken	
2 tsp.	Vegetable flakes	

1. In a 2-quart saucepan, combine chicken broth, garlic powder, onion powder and tabasco sauce.
2. Bring to a rolling boil. Turn heat to low.
3. Stir in rice. Cover.
4. Cook **20 minutes** or until rice is tender. Remove from heat; let stand for **5 minutes**.
5. Fold in cooked chicken. Return to stove; heat thoroughly.
6. Stir in vegetable flakes for color.

*Use canned chicken broth or make your own with 2 chicken bouillon cubes dissolved in 2 cups of hot water.

Menu Suggestion: Quick Chicken and Rice (1 serving), spinach with bacon dressing (¼ cup) recipe on page 110, apricots (¼ cup), lowfat milk (¾ cup)

Chicken Roll-ups

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 roll-up

8 Servings	Ingredients	Servings
1 (10¾ oz.) can ½ soup can 1 cup (4 oz.) 2 cups 1 tube (8)	Undiluted reduced fat cream of chicken soup* Lowfat milk Shredded cheddar cheese Diced cooked chicken or turkey Refrigerated reduced fat crescent rolls	

1. Heat the soup, milk and ½ cup of the cheese in a saucepan.
2. Open and unroll crescent roll dough. Separate along perforated lines. There should be 8 triangles.
3. Combine chicken and remaining ½ cup of cheese.
4. Divide mixture evenly on each triangle.
5. Fold two short points over filling.
6. Fold long point over filling and wrap around to form neat package.
7. Pinch corners and edges to seal dough.
8. Place in an 8" x 8" casserole sprayed with non-stick vegetable spray.
9. Pour soup mixture over top.
10. Bake at **375°F** for **20 minutes**.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Roll-ups (1 serving), squash and apple bake (¼ cup) recipe on page 109, canned bing cherries (¼ cup), lowfat milk (¾ cup)

Chicken Spaghetti

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ½ cup

10 Servings	Ingredients	Servings
5 oz.	Uncooked spaghetti	
2 cups	Diced cooked chicken, turkey or ham	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
½ cup	Water	
¼ cup	Diced pimienta	
½ cup	Diced onion	
½ tsp.	Salt	
⅛ tsp.	Pepper	
1 ½ cups (6 oz.)	Shredded cheddar cheese	

1. Preheat oven to **350°F**.
2. Break spaghetti into 2-inch pieces. Cook according to package directions for *al dente* (cooked but firm). Drain water.
3. In a mixing bowl, combine the cooked spaghetti, chicken, soup, water, pimienta, onion, salt, pepper and 1 cup of the cheese.
4. Pour into a lightly greased 2½-quart casserole dish.
5. Bake for **30 minutes**.
6. Remove from oven, sprinkle with the remaining ½ cup cheese.

Variation:

- Substitute any favorite pasta in place of spaghetti.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Spaghetti (1 serving), cooked carrots (¼ cup), purple plums (¼ cup), lowfat milk (¾ cup)

Ellen Olsen - North Platte
 Christine Ienn - Ralston

Ellen Olson - Plattsmouth
 Nancy Dickey - York

Chicken Zucchini Casserole

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: 1 piece (3" x 4")

8 Servings	Ingredients	Servings
2½ cups	Diced cooked chicken or turkey	
2½ cups	Peeled grated zucchini	
1 tsp.	Onion powder	
8 oz.	Lite sour cream	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 (6 oz.) box	Stovetop™ or cornbread stuffing mix	

1. In a large bowl, combine chicken, zucchini, onion powder, sour cream, soup and stuffing mix. Mix well.
2. Pour into a lightly greased 8" x 12" baking dish.
3. Bake at **350°F** for **1 hour**.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Chicken Zucchini Casserole (1 serving), fruit sauce (¼ cup) recipe on page 97, lowfat milk (¾ cup)

Chili

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 12 servings
 Serving size: ¾ cup

12 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 (1.48 oz.) pkg.	Chili seasoning mix	
2 (15 oz.) cans	Kidney, red or pinto beans, drained	
2 (15 oz.) cans	Tomato pieces, crushed	

1. Brown beef until done. Drain fat.
2. Add chili seasoning mix and stir.
3. Drain beans. Mash to break skin.
4. Add lightly mashed beans and tomatoes.
5. Heat to boiling. Reduce heat.
6. Simmer, uncovered for **15 minutes**.

Note: The beans are contributing to the meat/meat alternate component in this recipe.

Menu Suggestion: Chili (1 serving), apple slices (¼ cup), bread stick (1) recipe on page 120, lowfat milk (¾ cup)

Charlotte Kern - Omaha

Ham and Cheese Tortilla

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 tortilla

8 Servings	Ingredients	Servings
8 (8-inch)	Flour tortillas	
8 (¾ oz.) slices	American cheese	
8 (¾ oz.) slices	Deli ham	

Method I:

1. Warm flour tortillas by placing in a cast iron skillet over low heat or wrap them with aluminum foil and warm in a **300°F** oven for **3-5 minutes**.
2. Put each warmed tortilla on a plate.
3. Place 1 slice of cheese and 1 slice of ham on tortilla.
4. Roll it up "burrito style."

Method II:

1. Place one slice of cheese and one slice of ham on tortilla.
2. Fold tortilla in half. Sometimes a toothpick is needed to hold contents together.
3. Toast 3 at a time in a toaster oven.
4. Toast until lightly brown and cheese is melted.

Menu Suggestion: Ham and Cheese Tortilla (1 serving), corn (¼ cup), sliced fresh pear (¼ cup), lowfat milk (¾ cup)

Ham and Egg Skillet

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 wedge

8 Servings	Ingredients	Servings
2 Tbsp. 1 lb. 1 cup 1 tsp. 5 large 1 cup (4 oz.)	Vegetable oil Frozen hash brown potatoes Diced cooked ham Onion powder Eggs, slightly beaten Shredded cheddar cheese	

1. Heat oil in a large skillet.
2. Add the potatoes, ham and onion powder. Mix.
3. Saute over low heat for **15 minutes**, stirring constantly.
4. Pour the eggs evenly over the top of the potato mixture.
5. Cover; cook over low heat for **10 minutes**, or until the eggs set with no liquid remaining.
6. Remove the skillet from heat.
7. Top with cheese, cover skillet until the cheese melts.
8. Cut into 8 wedges. Serve immediately.

Menu Suggestion: Ham and Egg Skillet (1 serving), snow peas (¼ cup), cinnamon roll (1) recipe on page 122, lowfat milk (¾ cup)

Ellen Olson - North Platte

Ham and Potato Casserole

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Fruit/Vegetable (½ cup)

Yield: 8 servings

Serving size: 1 piece (2 ¾" x 3 ½")

8 Servings	Ingredients	Servings
1 pkg.	Hollandaise sauce mix	
2 Tbsp.	Vegetable oil	
4 medium	Peeled potatoes, boiled and sliced	
2 cups	Diced cooked ham	
2 cups	Broccoli florets (raw)	
1 tsp.	Onion powder	
¼ cup	Water	
1 small	Tomato, diced	
½ cup (2 oz.)	Shredded Monterey Jack or mozzarella cheese	

1. Prepare hollandaise sauce according to package directions. Set aside.
2. Heat oil in skillet.
3. Brown potatoes; place in lightly greased 7" x 11" pan.
4. Pour ½ hollandaise sauce over potatoes.
5. In skillet, saute ham, broccoli and onion powder in water.
6. Put sauteed broccoli and ham on top of potatoes.
7. Add diced tomato and pour remaining sauce over top.
8. Cover with shredded cheese. Bake at **350°F** for **20 minutes** or until cheese melts.

<p>Menu Suggestion: Ham and Potato Casserole (1 serving), orange sections (½ cup), dinner roll (½), lowfat milk (¾ cup)</p>

Scalloped Ham and Potatoes

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
2¼ cups	Diced cooked ham	
1 medium	Onion, chopped	
6 medium	Peeled potatoes, sliced thin	
½ tsp.	Salt	
¼ tsp.	Pepper	
2 Tbsp.	Margarine	
3 Tbsp.	Flour	
1 ¼ cups	Lowfat milk	
1 cup	Cubed American cheese	

1. Layer half of the ham, half of the potatoes and half of the onion in a greased 2-quart casserole dish.
2. Repeat step #1 with remaining ham, potatoes and onion.
3. Sprinkle with salt and pepper.
4. Make a white sauce by combining the margarine, flour and milk.
5. Add cheese to the white sauce and stir until melted.
6. Pour over layered ingredients.
7. Bake, covered, at **350°F** for **1 hour**. Uncover and bake **15 minutes** more. Let stand for **10 minutes**.

Variation:

- Omit white sauce. Cover potatoes with 1 (10¾ oz.) can cheddar cheese soup diluted with ½ cup lowfat milk.

Menu Suggestion: Scalloped Ham and Potatoes (1 serving), apricots (½ cup), perfect cornbread (1 piece) recipe on page 127, lowfat milk (¾ cup)

Ham and Rice

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: ⅔ cup

8 Servings	Ingredients	Servings
1 (10¾ oz.) can 2¼ cups 2 cups 2 cups (12 oz.) 1 tsp.	Undiluted reduced fat cream of chicken soup* Diced cooked ham Cooked rice Frozen green beans, thawed Onion powder	

1. Preheat oven to **400°F**.
2. Combine all ingredients in a lightly greased 2½-quart casserole dish.
Cover with lid.
3. Bake for **20 minutes**.

Variations:

- Substitute diced cooked chicken or turkey for ham.
- Substitute green peas, mixed vegetables, green lima beans, etc. for green beans.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion:	Ham and Rice (1 serving), carrot and celery sticks (½ cup), Royal Anne cherries (¼ cup), lowfat milk (¼ cup)
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Macaroni and Cheese Deluxe

(from box)

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 8 servings

Serving size: ¾ cup

8 Servings	Ingredients	Servings
1 (7¼ oz.) box 2¼ cups 1 (10¾ oz.) can 1 (16 oz.) pkg.	Macaroni and cheese Diced cooked chicken, turkey or ham Undiluted reduced fat cream of mushroom soup* Frozen mixed vegetables, thawed	

1. Make one box of macaroni and cheese following directions on the box.
2. Add chicken and soup to macaroni and cheese; mix thoroughly.
3. Carefully fold in mixed vegetables.
4. Heat thoroughly, stirring occasionally.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Macaroni and Cheese Deluxe (1 serving), scalloped tomatoes (¼ cup)
recipe on page 113, lowfat milk (¾ cup)

Jessica Diaz - Omaha

Macaroni and Cheese with Vegetables

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
1 cup (4 oz.)	Uncooked elbow macaroni	
¼ cup	Margarine	
¼ cup	Flour	
2 cups	Lowfat milk	
3 cups (12 oz.)	Shredded cheddar cheese	
1 (16 oz. pkg.)	Frozen mixed vegetable medley	

1. Cook macaroni as directed on package for *al dente* (tender but firm). Drain. Set aside.
2. Melt margarine in medium sauce pan.
3. Stir in flour until smooth.
4. Gradually add milk.
5. Bring to a boil; stirring constantly.
6. Reduce heat and simmer mixture **1 minute**; remove from heat.
7. Stir in 2½ cups cheese; stir until cheese is all melted.
8. Add cooked macaroni.
9. Gently stir in vegetables.
10. Pour into a lightly greased 2½-quart casserole dish.
11. Sprinkle remaining ½ cup of cheese on top.
12. Bake at **350°F** for **30 minutes**, or until bubbly and cheese is golden brown.

Menu Suggestion: Macaroni and Cheese with Vegetables (1 serving), fresh fruit cup (¼ cup), lowfat milk (¾ cup)

New England Beef Dinner

(Slow Cooker)

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Fruit/Vegetable (½ cup)

Yield: 10 servings

Serving size: Beef, carrot, potato and
cabbage (1 of each)

10 Servings	Ingredients	Servings
2 ½ lbs.	Lean chuck or rump roast	
5 medium	Carrots	
5 medium	Potatoes	
1 small head	Cabbage	
1 small	Red onion	
2 ribs	Celery	
2 tsp.	Worcestershire sauce	
½ tsp.	Salt	
¼ tsp.	Pepper	
¾ cup	Water	

1. Cut uncooked beef into 10 pieces.
2. Peel and cut potatoes and carrots in half.
3. Cut cabbage into 10 wedges.
4. Cut onion and celery into small chunks.
5. Place vegetables in the bottom of a 5-quart slow cooker.
6. Place meat atop vegetables.
7. Combine water, Worcestershire sauce, salt and pepper.
8. Pour over meat and vegetables.
9. Cover; cook on **medium heat** setting for **10-12 hours**.

Note: Read page 184 for hints on slow cooker cooking.

SAFETY NOTE:

Carrots may need to be cut into bite-size pieces for smaller children before serving.

Menu Suggestion:	New England Beef Dinner (1 serving), applesauce (½ cup), whole wheat bread (½ slice), lowfat milk (¾ cup)
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Mary Muller - Elkhorn

Easy Omelet

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 8 servings
Serving size: 1 wedge

8 Servings	Ingredients	Servings
8 oz.	Lean ground beef or sausage	
½ tsp.	Onion powder	
⅛ tsp.	Garlic powder	
6 large	Eggs	
⅛ tsp.	Pepper	
2 Tbsp.	Grated Parmesan cheese	

1. In a 10-inch non-stick skillet, brown ground meat until done. Drain fat.
2. Add onion powder and garlic powder to meat.
3. In a bowl, beat eggs and pepper.
4. Pour beaten eggs over meat.
5. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture to allow uncooked portions to flow underneath.
6. Continue working and lifting edges until egg mixture is almost set (surface will be moist).
7. Remove skillet from heat; cover and let stand **3-4 minutes** or until top is set with no liquid remaining.
8. Sprinkle with Parmesan cheese.
9. Cut into 8 wedges.

Variations:

- Substitute 1 cup diced cooked ham, chicken or turkey for beef.
- Substitute shredded American cheese for Parmesan cheese.

Menu Suggestion: Easy Omelet (1 serving), oven fried potato sticks (¼ cup) recipe on page 101, stewed apples (¼ cup), raisin bread (½ slice), lowfat milk (¾ cup)

Pig in a Blanket

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 pig in blanket

8 Servings	Ingredients	Servings
8 (1 ½ oz.) 4 slices 1 tube (8)	Hot dogs, all meat American cheese Refrigerated reduced fat crescent rolls	

CAUTION: Whole hot dogs can be a choking hazard for young children. It is recommended they be cut lengthwise so a round piece does not get caught in the throat.

1. Slice hot dog lengthwise. Insert ½ slice of cheese.
2. Open and unroll crescent dough. Separate along perforated lines. There should be 8 triangles.
3. Place one hot dog with cheese on dough.
4. Roll dough, starting with the longest edge, up to the tip of the triangle.
5. Place wrapped hot dogs onto a greased cookie sheet.
6. Bake in a **350°F** oven for **10-15 minutes** or until crescent roll is golden brown.

Variation:

- Substitute flattened refrigerated biscuits for crescent rolls; wrap around hot dog.

Menu Suggestion: Pig in a Blanket (1 serving), baked beans (¼ cup), gelatin made with 100% pineapple-orange juice (¼ cup), lowfat milk (¾ cup)

Patricia Derr - Omaha
 Theresa Rybinski - Columbus

Linda Jackson - Waterloo
 Valerie Sieburg - Springfield

Individual Pizzas

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 1 pizza

10 Servings	Ingredients	Servings
1 lb. 10 (1 tube) ¾ cup 1 ½ cups (6 oz.)	Lean ground beef Refrigerated biscuits Pizza sauce or spaghetti sauce Shredded mozzarella cheese	

1. Brown beef until done. Drain fat.
2. On a cookie sheet, press biscuits into round flat individual pizza shapes with sides slightly raised.
3. Place 1 tablespoon sauce on each biscuit.
4. Add 2 tablespoons ground beef.
5. Sprinkle cheese on top of each pizza.
6. Bake in **400°F** oven for **10 minutes** or until cheese melts.

Variations: *Reduce temperature to 350°F for 10 minutes to heat any of the variations.*

- 1 ounce pepperoni per pizza may be substituted for ground beef.
- English muffin halves, Italian bread slices or rice cakes may be substituted for biscuits.
- 6-inch pita bread halves may be substituted for biscuits. Spoon 1 tablespoon of pizza sauce into each pita half. Add 2 tablespoons meat and top with shredded cheese.

Menu Suggestion: Individual Pizza (1 serving), lettuce and tomato (¼ cup), cantaloupe cubes (¼ cup), lowfat milk (¾ cup)

Mary Gordon - Omaha
 Deborah Newman- Omaha

Tammy Liebgott - Omaha
 Jolene Brandt - Kearney

Pan Pizza

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 2 pieces
 (Each piece - 2½" x 3")

10 Servings	Ingredients	Servings
1 loaf (1 lb.)	Frozen bread dough, thawed OR	
	1 pkg. pizza crust mix	
1 lb.	Lean ground beef	
2 cups	Pizza or spaghetti sauce	
1 cup (4 oz.)	Shredded Mozzarella cheese	

1. Roll bread out on a 10" x 15" cookie sheet. Let rest **5 minutes**. Bake at **400°F** for **10 minutes** or until lightly browned.
2. If using pizza crust mix, prepare according to package instructions.
3. Brown beef until done. Drain fat. Set aside.
4. Spread pizza sauce on pre-baked crust.
5. Spread cooked beef over sauce.
6. Sprinkle cheese on top.
7. Bake at **400-425°F** for **15-20 minutes**.
8. Cut pizza into 20 equal pieces.

Variations:

- Sausage or pepperoni may be substituted for the ground beef or can be used in combination with the beef.
- Use flour tortillas or flat Syrian bread for the pizza crust.
- Make a rice pizza crust: combine 3 cups cooked rice, 2 beaten eggs, 1 cup shredded Mozzarella cheese. Press firmly in a 10" x 15" lightly greased cookie sheet. Bake at **450°F** for **20 minutes**. Add toppings listed above.

Menu Suggestion: Pan Pizza (1 serving), tossed green salad (¼ cup), sliced peaches (¼ cup), lowfat milk (¼ cup)

Nancy Karnes - Omaha

Lana Urban - Seward

Jean Jones - David City

Pizza Burger

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 1 pizza burger

10 Servings	Ingredients	Servings
1 lb.	Lean ground beef or sausage	
1 (16 oz.) jar	Pizza or spaghetti sauce	
5 (10 halves)	Buns (hamburger, hot dog, hoagie, etc.)	
1 cup (4 oz.)	Shredded mozzarella cheese	

1. Brown meat until done. Drain fat.
2. Add pizza sauce to meat.
3. Lay bun halves on cookie sheet.
4. Divide meat mixture equally between the 10 bun halves.
5. Sprinkle mozzarella cheese on top of each.
6. Bake in a **350°F** oven until cheese is bubbly.

Menu Suggestion: Pizza Burger (1 serving), lemon turnips (¼ cup) recipe on page 114, grapes cut in fourths (¼ cup), lowfat milk (¾ cup)

Upside-Down Pizza

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Yield: 12 servings

Serving size: 1 piece (3" x 3 ¼")

12 Servings	Ingredients	Servings
1 ½ lbs.	Lean ground beef	
½ cup (1 med.)	Chopped onion	
2 cups	Pizza sauce (15-16 oz. jar or can)	
½ tsp.	Ground oregano	
1 ½ cups (6 oz.)	Shredded Mozzarella cheese	
2 large	Eggs, beaten	
1 cup	Lowfat milk	
1 Tbsp.	Vegetable oil	
½ tsp.	Salt	
1 ½ cups	Flour	
½ cup	Grated Parmesan cheese	

1. Brown beef with onion until meat is done. Drain fat.
2. Add pizza sauce and oregano to meat mixture.
3. Place meat mixture in greased 9" x 13" pan.
4. Sprinkle with mozzarella cheese.
5. In a medium bowl, combine eggs, milk, oil, salt, flour and Parmesan cheese.
6. Pour flour mixture over meat mixture.
7. Bake at **350°F** for **30 minutes**.

Variations:

- Add sliced mushrooms or chopped peppers to meat mixture.
- Substitute sausage, Canadian bacon or pepperoni for part of the ground beef.

Menu Suggestion: Upside-Down Pizza (1 serving), broccoli (¼ cup), cherry applesauce (¼ cup), lowfat milk (¼ cup)

Shelly Bower - Franklin

Barbara Holen - Overton

Potato and Cheese Casserole

Meal Components:

Meat/Meat Alternate (½ ounce)

Fruit/Vegetable (¼ cup)

Yield: 15 servings

Serving size: 1 piece (3" x 2½")

15 Servings	Ingredients	Servings
1 (26 oz.) bag	Frozen hash brown potatoes	
2 cups (8 oz.)	Shredded cheddar cheese	
½ cup	Minced onion	
1 (10¾ oz.) can	Undiluted reduced fat cream of chicken soup*	
1 cup	Lite sour cream	
½ cup	Lowfat milk	
1 cup	Crushed corn flakes	

1. In large bowl, thaw potatoes.
2. Add cheese, onion, cream of chicken soup, sour cream and lowfat milk.
3. Mix thoroughly.
4. Place mixture in a 9" x 13" baking pan coated with non-stick cooking spray.
5. Sprinkle crushed corn flakes on top of casserole.
6. Bake at **350°F** for **1 hour**.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Potato and Cheese Casserole (1 serving), meatloaf pattie (1) recipe on page 30, zucchini medley (¼ cup) recipe on page 116, enriched bread (½ slice), lowfat milk (¾ cup)

Anne Dufek - Creighton
Christine Iean - Ralston

Helen McDermott - Omaha
Sandra Preble - Scottsbluff

Pork Chalupa

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ⅔ cup over chips

10 Servings	Ingredients	Servings
½ lb.	Dry pinto beans	
1 lb.	Lean pork roast, raw	
3½ cups	Water	
1 tsp.	Onion powder	
⅛ tsp.	Garlic powder	
1 tsp.	Salt	
1 tsp.	Chili powder	
1 tsp.	Cumin	
½ tsp.	Oregano	
1 (4 oz.) can	Diced green chilies	
1 (12 oz.) bag	Corn chips	

1. Place the first 10 ingredients listed in a big kettle.
2. Cover and **simmer** about **2 hours** or until roast falls apart.
3. Break up roast into bite-size pieces.
4. Leave uncovered and cook until thick, about **30 minutes**.
5. Place ½ cup chips on plate.
6. Scoop meat mixture over top of chips.

Optional:

- a. Avocado, tomato, onion, olives or lettuce may be used as vegetable toppings.
- b. Shredded cheese may be sprinkled over the top.

Menu Suggestion: Pork Chalupa over Corn Chips (1 serving), lettuce and tomato or vegetable toppings (¼ cup), cinnamon apples (¼ cup) recipe on page 91, lowfat milk (¾ cup)

Robin Elzey - Cortland

Pork Loin and Rice Casserole

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
1 cup	Uncooked regular rice	
1 pkg.	Dry onion soup mix	
1 cup	Lowfat milk	
1 (10¾ oz.) can	Undiluted reduced fat cream of celery soup*	
1¾ lbs.	Lean boneless pork loin, raw	
¼ tsp.	Paprika	

1. Lightly grease an 9" x 13" baking pan.
2. Spread uncooked rice on bottom of baking pan.
3. Cover rice with onion soup mix.
4. Cut meat into thin strips. Place on top of rice and soup mix.
5. Mix milk and soup together. Pour over rice and meat.
6. Sprinkle with paprika.
7. Seal pan with aluminum foil.
8. Bake at **375°F** for **2 hours**. **DO NOT PEEK!**

Variation:

- Substitute 10 raw chicken legs for pork.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Hint: To slice raw meat into thin strips, partially freeze meat; remove meat from freezer and it will slice easily.

Menu Suggestion: Pork Loin and Rice Casserole (1 serving), cooked carrots (¼ cup), raspberry applesauce (¼ cup), lowfat milk (¼ cup)

Barbecued Pork Sandwich

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Yield: 24 servings

Serving size: 1 sandwich

24 Servings	Ingredients	Servings
4¼ lbs.	Lean boneless pork roast, raw	
2 medium	Onions, coarsely chopped	
2 Tbsp.	Chili powder	
1 Tbsp.	Dry mustard	
1 Tbsp.	Brown sugar	
1 cup	Water	
2 cups	Catsup	
¼ cup	Vinegar	
12 (24 halves)	Hamburger buns	

1. Cut pork into thin strips.
2. In a Dutch oven, combine pork strips, onions, chili powder, dry mustard, brown sugar, water, catsup and vinegar.
3. Cover and **simmer** for **2 hours** or until the meat falls apart easily.
4. Skim off the excess fat.
5. Remove meat with a slotted spoon, reserving cooking liquid.
6. Shred the meat with two forks or pastry blender.
7. Return meat to the cooking liquid and heat thoroughly.
8. Serve ⅓ cup meat mixture over ½ hamburger bun.

Note: This meat mixture may be frozen.

Hint: To slice raw meat into thin strips, partially freeze meat; remove meat from freezer and it will slice easily.

Menu Suggestion: Barbecued Pork Sandwich (1 serving), oven fried potato sticks (¼ cup) recipe on page 101, orange sections (¼ cup), lowfat milk (¼ cup)

Terry Pfeiffer - Syracuse

Inside-Out Ravioli

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 piece (4 ½" x 3 ¼")

8 Servings	Ingredients	Servings
1 cup	Uncooked shell macaroni	
1 lb.	Lean ground beef	
1 (10 oz.) pkg.	Frozen chopped spinach	
1 tsp.	Onion powder	
¼ tsp.	Garlic powder	
1 (16 oz.) can	Spaghetti sauce	
1 (8 oz.) can	Tomato sauce	
1 (6 oz.) can	Tomato paste	
1 cup (4 oz.)	Shredded sharp American cheese	
½ cup	Soft bread crumbs	
2 large	Eggs, well beaten	

1. Cook shell macaroni according to package directions for *al dente* (tender but firm). Drain. Set aside.
2. Brown beef until done. Drain fat.
3. Cook spinach using package directions.
4. Drain spinach, reserving liquid; add water to make 1 cup. Set spinach aside.
5. Add spinach liquid, onion powder, garlic powder, spaghetti sauce, tomato sauce and tomato paste to meat.
6. **Simmer 10 minutes.** Set aside.
7. Combine cooked spinach and macaroni.
8. Add shredded cheese, bread crumbs and beaten eggs to the macaroni mixture.
9. Spread macaroni mixture in lightly greased 9" x 13" baking dish.
10. Top with meat sauce mixture.
11. Bake at **350°F** for **30 minutes.**
12. Let stand **10 minutes** before serving.

Menu Suggestion: Inside-Out Ravioli (1 serving), fruit soup (¼ cup) recipe on page 98, lowfat milk (¾ cup)

Sausage and Sauerkraut

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: ½ cup

8 Servings	Ingredients	Servings
2½ lbs.	Uncooked sausage links (mild flavor)	
2 medium	Apples, peeled and sliced	
2 cups	Bavarian style sauerkraut, undrained	
¼ cup	Brown sugar	
¼ cup	Water	

1. Cut sausage in half lengthwise; cut halves again to make quarters. Then cut into 1" strips.
2. In a skillet, cook sausage until brown. Drain fat.
2. Stir in apples, sauerkraut, brown sugar and water.
3. Transfer to a 2½-quart baking dish.
4. Cover and bake at **350°F** for **30 minutes** until heated thoroughly.

Note: Bavarian style sauerkraut is sweeter and milder and contains a few caraway seeds. It suits a child's taste.

Menu Suggestion: Sausage and Sauerkraut (1 serving), mashed potatoes (¼ cup), light rye bread (½ slice), lowfat milk (¼ cup)

Annette Froid - Kearney

Shepherd's Pie

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 12 servings
 Serving size: 1 piece (3" x 3¼")

12 Servings	Ingredients	Servings
1 ½ lbs.	Lean ground beef	
½ cup (1 med.)	Chopped onion	
6 medium	Potatoes, washed and peeled	
1 (15 oz.) can	Corn, drained	
1 (15 oz.) can	Green beans, drained	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 tsp.	Worcestershire sauce	
½ cup	Skim milk for mashed potatoes	
To taste	Salt and pepper	
½ cup	Grated Parmesan cheese	

1. Brown beef and onion until meat is done. Drain fat. Set aside.
2. Boil potatoes for making mashed potatoes.
3. Mix ground beef, corn, green beans, undiluted mushroom soup and Worcestershire sauce.
4. Put mixture in a lightly greased 9" x 13" pan.
5. Mash potatoes adding milk, salt and pepper to taste.
6. Spoon 12 mounds of mashed potatoes on top of meat/vegetable mixture.
7. Sprinkle the Parmesan cheese over the mashed potatoes.
8. Bake at **375°F** for **25 minutes** until hot and tops of potatoes get slightly brown.

Variations:

- Frozen vegetables may be substituted for canned vegetables.
- Instant mashed potatoes may be used.
- Spread mashed potatoes over meat mixture instead of making mounds.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Shepherd's Pie (1 serving), apricots (½ cup), biscuit (1), lowfat milk (¾ cup)

Tammie Kleich-Gering
 Betty Angle - Atkinson

Mikey Springer - Omaha
 Debora Thompson - Omaha

Sloppy Joe Squares

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (⅓ cup)

Yield: 10 servings
 Serving size: 1 piece (2 ½" x 4 ½")

10 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
½ tsp.	Onion powder	
½ (1 ¼ oz.) pkg.	Sloppy Joe mix	
1 (16 oz.) can	Seasoned tomato sauce	
1 tube (8)	Refrigerated reduced-fat crescent rolls	
1 cup (4 oz.)	Shredded cheddar cheese	

1. Brown beef until done. Drain fat.
2. Add onion powder, sloppy joe mix and tomato sauce. Mix.
3. **DO NOT SEPARATE CRESCENT ROLLS.** Form a crust using crescent roll dough on a lightly greased 9" x 13" baking pan.
4. Spread meat mixture evenly on dough.
5. Bake at **400°F** for **15 minutes**.
6. Sprinkle top with cheese.
7. Return to oven until cheese melts.
8. Let cool slightly.
9. Cut into 10 pieces.

Variation:

- Use biscuit dough for crust as a substitute for crescent rolls.

Menu Suggestion: Sloppy Joe Squares (1 serving), oven fried sweet potatoes (¼ cup) recipe on page 103, Brussel sprouts (⅓ cup), lowfat milk (¾ cup)

Wanda Phillips - Omaha

Beef Spanish Rice

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ⅔ cup

10 Servings	Ingredients	Servings
1 ½ lbs.	Lean ground beef	
½ cup	Diced green pepper	
1 cup	Uncooked regular rice	
1 tsp.	Onion powder	
½ tsp.	Chili powder	
1 tsp.	Reduced sodium soy sauce	
2 (15 oz.) cans	Seasoned stewed tomatoes	
1 tsp.	Sugar	
½ cup	Water	

1. Cook beef and green pepper in large non-stick skillet over medium heat until done. Drain fat.
2. Stir in rice, onion and chili powder, soy sauce, stewed tomatoes, sugar and water; bring to a boil.
3. Reduce heat to lowest setting, cover and **simmer 20 minutes** or until rice is tender.

Note: As the rice cooks, it will absorb liquid from the tomatoes and water. It will not burn if set at the lowest heat setting.

Menu Suggestion: Beef Spanish Rice (1 serving), pear slices (¼ cup), lowfat milk (¾ cup)

Stromboli

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 1 piece

10 Servings	Ingredients	Servings
1 (16 oz.) loaf	Frozen bread dough, thawed	
2 oz.	Sliced pepperoni	
3 oz.	Sliced ham or Canadian bacon	
3 oz.	Sliced turkey	
2 oz.	Sliced mozzarella cheese	
3 oz.	Sliced American cheese	
3 oz.	Sliced Swiss cheese	
1 (16 oz.) jar	Spaghetti sauce	

1. Roll out thawed bread dough into a rectangle (10" x 16") to ¼-inch thick.
2. On narrow (lengthwise) half of bread dough, layer mixture of meats and cheese.
3. Fold the other half of bread dough over the meat and cheese mixture. Seal edges of dough. Place on a lightly greased cookie sheet.
4. Bake at **400°F** for **20-25 minutes** until the bread is baked.
5. Heat spaghetti sauce.
6. Cut stromboli into 10 pieces.
7. Put sauce on each child's plate and let them dip their piece of Stromboli in it.

Variation:

- Substitute Armenian cracker bread for frozen bread dough. Soften cracker bread according to package directions. Cover round of bread with thin layer of soft lowfat cream cheese. Layer meat and cheese pizza fashion allowing 4" at one end. Beginning with the filling side, roll tightly like a jelly roll. Cut into 1-inch slices. Serve cold. Serving size: 3 slices.

Menu Suggestion: Stromboli (1 serving), asparagus (¼ cup), pineapple tidbits (¼ cup), lowfat milk (¼ cup)

Bean and Cheese Taco

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 taco

8 Servings	Ingredients	Servings
8 (6-inch)	Soft tortillas, flour or corn	
1 (16 oz.) can	Refried beans, mashed lightly	
2 medium	Tomatoes, fresh cubed	
1 ½ cups	Shredded lettuce	
1 ½ cups (6 oz.)	Shredded cheddar cheese	
½ cup	Pineapple tidbits (optional)	
1 (4 oz.) can	Diced green chilies, drained (optional)	
½ cup (1 med.)	Chopped onions (optional)	

1. Place tortillas in cast iron skillet and warm over low heat, or wrap in aluminum foil and warm at **325°F** for **10 minutes**.
2. Spread 2 tablespoons refried beans on tortilla.
3. Add 1 tablespoon chopped tomatoes.
4. Add 3 tablespoons shredded lettuce.
5. Top with 3 tablespoons shredded cheese.
6. Optional: Add 1 teaspoon pineapple, chilies and/or onion according to child's taste.
7. Fold in half and serve.

Variation:

- Pre-formed taco shells may be used but they are more difficult for small children to handle. They can be softened by heating.

Menu Suggestion:	Bean and Cheese Taco (1 serving), tropical fruit salad (¼ cup), lowfat milk (¾ cup)
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Impossible Taco Pie

Meal Component:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 wedge

8 Servings	Ingredients	Servings
1 lb.	Lean ground beef or turkey	
½ cup (1 med.)	Chopped onion	
1 (1 ¼ oz.) pkg.	Taco seasoning mix	
1 (4 oz.) can	Diced green chilies	
1 ¼ cups	Lowfat milk	
2 large	Eggs	
1 cup	Reduced fat Bisquick™	
1 medium	Tomato, chopped	
½ cup (2 oz.)	Shredded Mozzarella cheese	

1. Brown beef and onion until beef is done. Drain fat.
2. Stir taco seasoning mix into meat.
3. Spread meat mixture in a lightly greased 9" pie plate.
4. Spread chilies on top of meat.
5. Beat milk, eggs and baking mix until smooth.
6. Pour over meat mixture.
7. Bake at **400°F** for **25 minutes**.
8. Top with tomato and cheese.
9. Bake **8-10 minutes** longer until knife inserted in center comes out clean.
10. Let stand **5 minutes**. Cut into 8 wedges.

Menu Suggestion: Impossible Taco Pie (1 serving), corn (¼ cup), fruit sauce (¼ cup) recipe on page 97, Italian bread (¼ slice), lowfat milk (¾ cup)

Debbie Lea Mansur - Omaha

Tostadas

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (¼ cup)

Yield: 12 servings

Serving size: 1 tostada

12 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
½ tsp.	Onion powder	
2 (15 oz.) cans	Refried beans	
12 (6-inch)	Tostada shells (fried tortillas)	
2 cups (8 oz.)	Shredded cheddar cheese	
¼ cup	Chopped green pepper	
1 cup	Shredded lettuce	
¼ cup	Diced fresh tomatoes	

1. Brown beef until done. Drain fat.
2. Add onion powder and refried beans to meat. Mix well over low heat.
3. Put tostada shells on cookie sheets.
4. Put ½ cup beef and bean mixture on top of each tostada.
5. Cover each tostada with grated cheese.
6. Place in **350°F** oven until cheese melts.
7. Top with chopped green pepper, shredded lettuce and diced fresh tomatoes.

Variation:

- Mozzarella or Feta cheese can be substituted for the cheddar cheese.

Note: The fruit/vegetable credit for this recipe is based only on the refried beans.

Menu Suggestion:	Tostada (1 serving), vegetable toppings for tostada (¼ cup), apple slices (¼ cup), lowfat milk (¼ cup)
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Barbara Peterson - Lincoln

Tuna-Rice Supreme

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ¾ cup

10 Servings	Ingredients	Servings
1 ¼ cups	Instant rice, uncooked	
1 ¼ cups	Cut broccoli, fresh or frozen	
1 ¼ cups	Cubed carrots, raw	
½ cup	Chopped onion	
3 cups	Water	
1 (10¾ oz.) can	Undiluted reduced fat cream of mushroom soup*	
1 tsp.	Garlic salt	
¼ tsp.	Pepper	
3 (6 oz.) cans	Water packed tuna, drained	
½ cup	Lowfat milk	

1. In a large sauce pan, combine rice, broccoli, carrots, onion and water. Cover with lid.
2. Bring to a boil; reduce heat and **simmer** for **15 minutes** or until rice is cooked.
3. Remove from heat. Drain excess liquid.
4. Add mushroom soup, garlic salt, pepper, drained tuna and milk.
5. Put mixture in a greased 2½-quart casserole dish.
6. Bake at **350°F** for **45 minutes**.

Variations:

- Substitute 1 ½ (16 oz.) cans deboned salmon for tuna.

* Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Tuna-Rice Supreme (1 serving), mandarin oranges (¼ cup) in pineapple gelatin, lowfat milk (¾ cup)

Kathy Hansen - Omaha

Tuna Stuffed Baked Potatoes

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 stuffed potato

8 Servings	Ingredients	Servings
4 medium	Baking potatoes	
1 Tbsp.	Vegetable oil	
½ cup	Lite mayonnaise or plain lowfat yogurt	
¾ cup (3 oz.)	Shredded cheddar cheese	
¼ cup	Chopped green pepper	
1 tsp.	Onion powder	
2 (6 oz.) cans	Water packed tuna, drained	

1. Wash potatoes under running water. Dry. For soft skin, coat with oil. Prick potatoes with fork.
2. Bake potatoes in **400°F** oven for **1 hour**.
3. Cut potato in half lengthwise.
4. Scoop potato from shell and mash.
5. Add mayonnaise, cheese, green pepper, onion powder and drained tuna to potatoes.
6. Spoon potato-tuna mixture back into each potato shell.
7. Bake at **400°F** for **20 minutes**.

Optional: Garnish with grated cheese or sprinkle with paprika.

Menu Suggestion: Tuna-Stuffed Baked Potato (1 serving), carrot and celery strips (¼ cup), bing cherries (¼ cup), bread stick (1) recipe on page 120, lowfat milk (¼ cup)

Tuna or Salmon with Pasta

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: ¾ cup

8 Servings	Ingredients	Servings
2 cups 1 (10¾ oz.) can ½ cup ¾ cup (3 oz.) 2 (6 oz.) cans	Cooked pasta (spaghetti broken into pieces, wagon wheels, mostaccioli, sea shells, etc.) Undiluted reduced fat cream of mushroom soup* Lowfat milk Shredded American cheese Water packed tuna, drained OR 1 (16 oz.) can of salmon, drained and deboned	

1. Cook pasta according to package directions. Drain.
2. In medium saucepan, mix undiluted mushroom soup with milk, stirring until smooth.
3. Add shredded cheese and drained tuna to soup. Mix.
4. Heat on **medium-low** until sauce is hot. Remove from heat.
5. Stir pasta into tuna sauce.
6. Let stand for **5 minutes** to let flavors blend.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion:	Tuna or Salmon with Pasta (1 serving), green beans (¼ cup), orange slices (¼ cup), lowfat milk (¾ cup)
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Caralee Harkins - Sidney

Turkey Divine

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 sandwich

8 Servings	Ingredients	Servings
2 cups 1 (10¾ oz.) can 1 tsp. 8 small 12 oz.	Chopped broccoli Undiluted reduced fat cream of mushroom soup Mustard Croissants Thinly sliced turkey	

1. Microwave or steam broccoli. Drain. Set aside.
2. Mix undiluted soup with mustard.
3. Slice croissants in half lengthwise.
4. Place 8 croissant halves on cookie sheet.
5. Spread ½ tablespoon soup mix on each croissant half.
6. Place 1 ½ ounces of sliced turkey on croissant half.
7. Layer ¼ cup broccoli on top of turkey.
8. Spread ½ tablespoon soup mix on each remaining croissant half.
9. Position croissant top on filled bottom.
10. Heat at **350°F** for **5 minutes**.
11. Cut sandwich in half for easy handling and eating.

*Substitute 1 "can" cream soup mix; recipe on page 3.

Menu Suggestion: Turkey Divine (1 serving), sliced strawberries (¼ cup), lowfat milk (¼ cup)
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Turkey or Chicken Meatballs

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 2 meatballs

8 Servings	Ingredients	Servings
1 ¼ lbs.	Ground turkey or chicken	
1 large	Carrot, grated	
½ tsp.	Onion powder	
1 tsp.	Sugar	
1 Tbsp.	Low sodium soy sauce	
1 Tbsp.	Worcestershire sauce	
1 tsp.	Parsley flakes	
½ tsp.	Oregano	
½ tsp.	Black pepper	
1 tsp.	Garlic powder (optional)	
1 cup	Seasoned bread crumbs	

1. In a mixing bowl, combine all ingredients except the bread crumbs.
2. Form 16 meat balls. Use a tablespoon or a #40 dipper to assure uniform size.
3. Place on lightly greased baking pan.
4. Bake at **350°F** for **20 minutes**.

Menu Suggestion: Turkey or Chicken Meatballs (1 serving),
 cinnamon-glazed acorn squash (¼ cup) recipe on page 107,
 grapes cut in fourths (¼ cup), lowfat milk (¼ cup)

Snow on Turkey Mountain

Meal Components:
 Meat/Meat Alternate (1½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 wedge

8 Servings	Ingredients	Servings
1¼ lbs.	Ground turkey	
1 large	Egg	
¼ cup	Oatmeal	
½ cup	Catsup	
¼ tsp.	Black pepper	
1 tsp.	Onion powder	
2 cups	Seasoned mashed potatoes	

1. Mix first six ingredients and shape into a "mountain" in a round or square cake pan.
2. Bake at **350°F** for **45 minutes**.
3. Meanwhile, prepare mashed potatoes. Use dry flakes as directed on package or use 4 boiled fresh potatoes.
4. Pile mashed potatoes on top and sides of meatloaf and bake **15 additional minutes**, or until meatloaf is done and potatoes begin to brown.
5. **Insert meat thermometer into center of meatloaf; it should register 160°F.**
6. Cut "mountain" into eight wedges.

Variation:

- Gravy may be ladled over meat and potato mixture.

Note: This recipe was designed for children and is easy enough for them to do most of the mixing of the ingredients, shaping the "mountain" and adding the "snow."

Menu Suggestion: Snow on Turkey Mountain (1 serving), Brussel sprouts (¼ cup), bran muffins (1 small) recipe on page 135, lowfat milk (¼ cup)

Hot Turkey Salad

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

Yield: 10 servings
Serving size: 1 piece (2 ½" x 4")

10 Servings	Ingredients	Servings
3 cups	Diced cooked turkey or chicken	
1 cup	Chopped celery	
2	Green onions, finely chopped	
1 Tbsp.	Lemon juice	
½ tsp.	Seasoned salt	
½ cup	Lite mayonnaise	
½ cup (2 oz.)	Shredded cheddar cheese	
1 cup	Crushed reduced fat potato chips	

1. Combine turkey, celery, onion, lemon juice, seasoned salt and mayonnaise. Mix well.
2. Spread mixture in a 8" x 12" baking pan.
3. Top with shredded cheese.
4. Cover with crushed potato chips.
5. Bake at **400°F** for **20 minutes**.

Menu Suggestion: Hot Turkey Salad (1 serving), baked sweet potato (¼ cup), green peas (¼ cup), dinner roll (½), lowfat milk (¾ cup)

Donna Gould - North Platte

Weiner Boats

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 weiner boat

8 Servings	Ingredients	Servings
2 cups	Mashed potatoes	
8 (1 ½ oz.)	Hot dogs	
4 slices	American cheese	

Caution: Whole hot dogs can be a choking hazard for young children. It is recommended they be cut lengthwise so a round piece does not get caught in the throat.

1. Prepare instant or fresh mashed potatoes.
2. Cook hot dogs. Drain.
3. Make a lengthwise slit in each hot dog and fill with ¼ cup mashed potatoes from end to end.
4. Put ½ slice of cheese on top of potatoes.
5. Place on a cookie sheet under the broiler until cheese melts **OR** cut cheese diagonally and it will serve as the "sail" on the "boat."

Variation:

- Shredded cheese may be used in place of cheese slices.

Menu Suggestion: Weiner Boat (1 serving), pineapple tidbits and bananas (¼ cup), garlic bread (½ slice), lowfat milk (¾ cup)

Roman Style Bean Soup

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 10 servings
 Serving size: ¾ cup

10 Servings	Ingredients	Servings
4 slices	Raw bacon, diced	
2	Sliced green onions with tops	
1 (15 oz.) can	Stewed tomatoes	
1 (8 oz.) can	Tomato sauce	
1 lb. (8)	Frankfurters (quartered in 1" strips)	
2 cups	Water	
2 tsp.	Instant chicken bouillon	
½ tsp.	Pepper	
1 (16 oz.) can	Kidney beans	
1 cup	Uncooked shell macaroni	

Caution: Whole hot dogs can be a choking hazard for young children. It is recommended they be cut lengthwise so a round piece does not get caught in the throat.

1. Cook diced bacon and onions in large stock pot over medium heat until bacon is crisp and onions are tender. Drain fat.
2. Stir in tomatoes, tomato sauce, cut frankfurters, water, instant bouillon and pepper.
3. Heat to **boiling**; reduce heat.
4. Cover and **simmer** until bouillon is dissolved, about **5 minutes**.
5. Stir kidney beans and macaroni into tomato mixture.
6. Heat to **boiling**; reduce heat.
7. Cover and **simmer** until macaroni is tender, about **10 minutes**.

Menu Suggestion:	Roman Style Bean Soup (1 serving), sweet potato pie (1 piece) recipe on page 106, oyster crackers (8), lowfat milk (¾ cup)
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Millie Hard - Omaha

Easy Oven Beef Stew

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Fruit/Vegetable (½ cup)

Yield: 10 servings
 Serving size: 1 cup

10 Servings	Ingredients	Servings
2 lbs.	Beef stew meat, cut into bite-size pieces	
½ cup	Flour	
1 tsp.	Salt	
1 tsp.	Pepper	
1 tsp.	Paprika	
2 envelopes	Dry onion soup mix	
3 Tbsp.	Vegetable oil	
5 medium	Carrots, peeled and chunked	
7 medium	Potatoes, peeled and chunked	
1 ½ cups	Water	
1 (28 oz.) can	Tomato pieces	

1. In a bowl, combine all dry ingredients to form flour mixture.
2. Add stew meat to flour mixture and toss to coat all pieces.
3. Put the oil in a roasting pan; add coated meat.
4. Bake uncovered at **400°F** for **30 minutes**.
5. Add carrots, potatoes, water and tomatoes. Stir.
6. Reduce heat to **375°F**; cover and bake **1 hour**.
7. Stir thoroughly and bake for **1 more hour**.

Menu Suggestion: Easy Oven Beef Stew (1 serving), raw turnip sticks (½ cup), biscuit (1 small), lowfat milk (¾ cup)

Hamburger Soup

Meal Components:

Meat/Meat Alternate (1 ½ ounces)

Grains/Breads (½ serving)

Fruit/Vegetable (½ cup)

Yield: 8 or 20 servings

Serving size: ¾ cup

8 Servings	Ingredients	20 Servings
1 ¼ lbs.	Lean ground beef	2 ¾ lbs.
¾ cup	Chopped onions	2 cups
To taste	Salt and pepper	To taste
4 ¾ cups	Boiling water	12 cups
1 ½ cups	Tomato juice	3 ¾ cups
2 medium	Carrots, cut up	1 ¼ lbs.
3 medium	Potatoes, cut up	2 ½ lbs.
1 ½ cups	Chopped celery	4 cups
¾ cup	Uncooked regular rice	2 cups

1. In a large stock pot, brown meat with onions, salt and pepper. Drain fat.
2. Stir in remaining ingredients.
3. **Simmer** slowly for **one hour** or until vegetables are tender.

Note: Hamburger soup comes in many varieties. Other favorite vegetables can be substituted as long as the total amount of vegetable remains the same.

Menu Suggestion: Hamburger Soup (1 serving), saltine crackers (2), cherry crisp (1 piece)
 recipe on page 143, lowfat milk (¾ cup)

Kelly Klug - Columbus
 Margie Meyer - Wayne

Barbara Williams - Omaha
 Janet Votruba - Hemingford

Sherry Liska - Sutton
 Mary Lou Berry - Omaha

Chicken Vegetable Soup

Meal Components:
 Meat/Meat Alternate (1 ½ ounces)
 Grains/Breads (½ serving)
 Fruit/Vegetable (½ cup)

Yield: 10 servings
 Serving size: ¾ cup

10 Servings	Ingredients	Servings
3½-4 lbs.	Chicken, washed and cut-up (need 3 cups diced cooked chicken or turkey)	
5 cups	Water	
2	Celery ribs, diced	
½ cup	Chopped onion	
1 (14½ oz.) can	Chicken broth	
2	Chicken bouillon cubes	
3 medium	Carrots, peeled and diced	
3 medium	Potatoes, peeled and diced	
½ head	Cabbage, cubed	
1 ½ cups	Uncooked bow-tie noodles	

1. In large stock pot, combine chicken pieces, water, celery and onion.
2. **Simmer** for **1½ hours** over medium low heat.
3. Remove chicken from broth. Cool chicken slightly.
4. Strain chicken broth to remove any bones. Return broth to stock pot.
5. Remove skin from chicken. Carefully remove chicken from bones. (*Take your time doing this so that no stray bones remain in the meat.*) Dice or shred the chicken. Put in refrigerator.
6. Add chicken broth and bouillon cubes to the chicken broth in the stock pot.
7. Add carrots and potatoes; bring to boil. **Boil** for **20 minutes**.
8. Add cut-up chicken, cabbage and noodles. Cook **10 minutes** more or until vegetables are tender.

Menu Suggestion: Chicken Vegetable Soup (1 serving), buttermilk buns (1) recipe on page 121, strawberry slices (½ cup), lowfat milk (¾ cup)

Ham and Bean Soup

Meal Component:
Meat/Meat Alternate (1 ½ ounces)

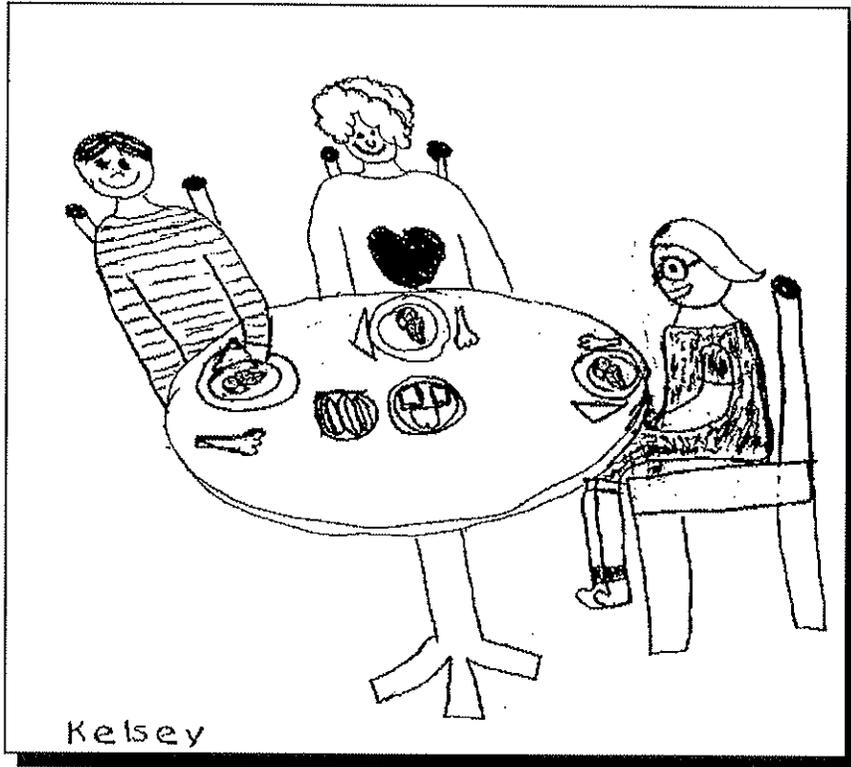
Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
1 cup	Dry navy beans	
5 cups	Water	
1 ½ lbs.	Meaty ham bone (need 1 cup ham)	
½ cup	Chopped onion	
¾ tsp.	Crushed dried thyme	
½ tsp.	Salt	
¼ tsp.	Pepper	

- Sort and wash beans.
- Simmer** in boiling water for **2 minutes**.
- Remove from heat; cover and soak 1 hour or overnight in refrigerator.
- Drain and rinse beans: DO NOT reuse soaking water.
- In stock pot, combine soaked beans, water, ham bone, onion, thyme, salt and pepper.
- Bring to boil; reduce heat. Cover and **simmer** about **1 hour** or until beans are tender.
- Remove ham bone. Cool. Cut meat off bone and chop into small pieces. Discard bone. Add meat to bean stock pot.
- Heat thoroughly before serving.

Menu Suggestion: Ham and Bean Soup (1 serving), scalloped tomatoes (¼ cup) recipe on page 113, apple slices (¼ cup), perfect cornbread (1 piece) recipe on page 127, lowfat milk (¾ cup)

Marla Oseka - Kearney

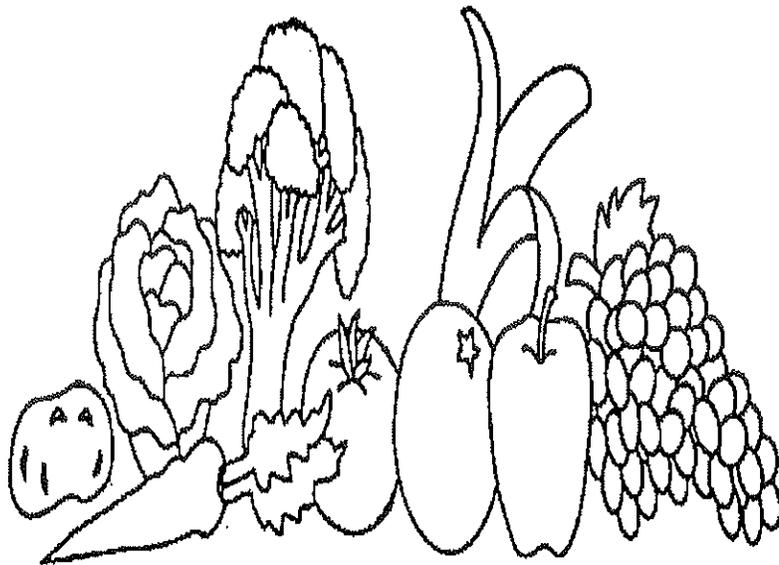


Fruits and Vegetables

Mrs. Blain serves a variety of fruits and vegetables. She often uses snack time as tasting time for new fruits or vegetables. Have you served sweet potatoes or yams lately? They are high in Vitamins A and C and other important nutrients.

Fruits/Vegetables

Recipe	Page	Recipe	Page
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Broccoli and Corn Bake	92	Cinnamon-Glazed Acorn Squash . . .	107
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Notes:

Cheese Sauce for Vegetables

(Microwave)

A creamy cheese sauce that's good on potatoes, broccoli, asparagus or cauliflower.

Yield: 1 cup (16 servings)
Serving size: 1 tablespoon

16 Servings	Ingredients	Servings
1 cup	Lowfat milk, divided	
2 Tbsp.	Flour	
1/8 tsp.	Pepper	
1/2 cup (2 oz.)	Shredded sharp cheddar cheese	

1. Combine 1/2 cup milk with flour in covered container and shake well to avoid lumps.
2. Pour into a 4-cup glass measuring cup along with the rest of the milk and pepper.
3. Cook in the microwave on **high** for **3-4 minutes**, stirring with a wire whisk every **30 seconds** until thickened.
4. Add cheese and stir until melted.

Variation:

- Dill Cheese Sauce - add 1 1/2 tsp. of dried dill weed along with pepper.

Note: Read page 186 for microwave hints.

Mock Sour Cream

Use this on baked potatoes or as a dip for vegetables. This is a good snack choice.

Meal Component:
Meat/Meat Alternate (½ ounce)

Yield: 2 cups (16 servings)
Serving size: 2 tablespoons

16 Servings	Ingredients	Servings
2 cups	Lowfat cottage cheese	
2 Tbsp.	Lemon juice	
2 Tbsp.	Lowfat milk	

Place all ingredients in blender or food processor and mix on high speed until creamy smooth.

Variations:

- For a different texture, use 2 cups fine curd cottage cheese, 2 tablespoons lemon juice and 2 tablespoons plain yogurt and mix well with a wire whip. No blender or food processor needed.
- Dill Dip: to the mock sour cream recipe, add 2 teaspoons parsley flakes, ¼ teaspoon garlic powder and 1 teaspoon chopped dill weed.
- Onion Dip: to the mock sour cream recipe, add 2 tablespoons chopped green onion OR 1 tablespoon dried onion flakes, 2 teaspoons lite soy sauce and a dash of garlic powder.
- Ranch Dip: to the mock sour cream recipe, add ½ package of ranch-style salad dressing mix.

Try serving some of these raw vegetables with the dip:

- tomatoes
- cucumbers
- sugar-snap peas
- green or red peppers
- jicama
- mushrooms
- cauliflower
- asparagus (blanch)
- snow peas (blanch)
- kohlrabi
- turnips
- zucchini
- cabbage
- sprouts
- summer squashes
- broccoli
- radishes

Note: Some children prefer vegetables partially cooked. Vegetables should be cooked only until tender crisp.

Cinnamon Apples

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
6 medium	Cooking apples	
2 Tbsp.	Margarine	
2 Tbsp.	Brown sugar	
¼ tsp.	Cinnamon	
As needed	Water	

1. Wash apples under running water.
2. Peel and slice apples. Set aside.
3. In non-stick fry pan, melt margarine over low heat.
4. Add apples; cook until slightly soft.
5. Add brown sugar and cinnamon; continue cooking until bubbly and has syrup-like consistency. May need to add several tablespoons water.
6. Cover and continue cooking until apples are soft.
7. Serve warm.

Menu Suggestion: Baked beans with weiners (1 serving) recipe on page 6, cinnamon apples (¼ cup), rye bread (½ slice), lowfat milk (¾ cup)

Broccoli and Corn Bake

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ⅓ cup

9 Servings	Ingredients	Servings
1 (10 oz.) pkg.	Frozen chopped broccoli	
1 (15 oz.) can	Creamed corn	
1 large	Egg	
⅓ cup	Cracker crumbs	
½ tsp.	Onion powder	
½ tsp.	Salt	
¼ tsp.	Pepper	
1 Tbsp.	Margarine, melted (optional)	
⅓ cup	Bread crumbs (optional)	

1. Partially cook broccoli in microwave. Broccoli should still be crisp.
2. In a 2-quart casserole dish, combine broccoli, corn, egg, crackers, onion powder, salt and pepper. Mix well.
3. Optional: mix melted margarine with the bread crumbs; sprinkle on top of casserole.
4. Bake at **350°** for **35 minutes**.

Menu Suggestion: Herbed meat loaves (1 serving) recipe on page 32, broccoli and corn bake (⅓ cup), strawberry applesauce (¼ cup), enriched bread (½ slice), lowfat milk (¾ cup)

Katie Olney - Nebraska City

Broccoli and Squash Medley

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
½ cup	Water	
1 Tbsp.	Onion powder	
2 cups	Broccoli flowerets and stems	
2 cups	Summer squash (yellow and zucchini)	
½ tsp.	Salt	
¼ tsp.	Pepper	

1. Wash fresh broccoli and squash under running water.
2. Separate flowerets into bite-size pieces; thinly slice broccoli stems.
3. Thinly slice squash.
4. Bring water mixed with onion powder to a boil.
5. Add all vegetables and steam for **5 minutes** or until tender crisp.
6. Add salt and pepper.

Note: This recipe can be prepared in the microwave.

Menu Suggestion: Turkey meatballs (1 serving) recipe on page 78, broccoli and squash medley (¼ cup), mashed potatoes (¼ cup), Italian bread (½ slice), lowfat milk (¼ cup)

Harriet Kohn - Lincoln

Fruity Coleslaw

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
2 cups (½ small head) ½ cup ½ cup 1 Tbsp. ¼ cup	Cabbage, shredded Carrots, peeled and shredded Crushed pineapple, canned Raisins Lowfat mayonnaise	

1. Drain pineapple.
2. Combine cabbage, carrots, pineapple and raisins.
3. Add mayonnaise, mix well, and serve.

Menu Suggestion: Beef and rice casserole (1 serving) recipe on page 14,
fruity coleslaw (¼ cup), green lima beans (¼ cup), lowfat milk (¼ cup)

Cindy Loechler - Lincoln

Confetti Coleslaw

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 10 servings
Serving size: ¼ cup

10 Servings	Ingredients	Servings
2 cups (½ small head) 1 cup (¼ small head) ½ cup ½ cup ⅛ tsp.	Green cabbage, shredded Red cabbage, shredded Carrots, peeled and shredded Green pepper, diced Salt Dressings - see choices below	

1. In a mixing bowl, combine cabbage, carrots and green pepper.
2. Toss with either oil and vinegar dressing or lemon or orange yogurt.

Dressings:

- Oil and Vinegar dressing: 4 tsp. olive oil mixed with 4 tsp. vinegar
- Orange or Lemon yogurt: one (6 oz.) container

Menu Suggestion: Scalloped ham and potatoes (1 serving) recipe on page 50, confetti coleslaw (¼ cup), whole wheat bread (½ slice), lowfat milk (¾ cup)

Corn Chowder

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
⅔ cup	Chicken broth	
⅔ cup	Lowfat milk	
2 medium	Potatoes, peeled and cubed	
2	Green onions, chopped	
1 (10 oz.) pkg.	Frozen corn	
4 tsp.	Instant nonfat dry milk	
⅛ tsp.	Dry mustard	
⅛ tsp.	Salt	
Dash	Pepper	

1. Combine broth, milk, potatoes, and green onions. Bring to a boil in a large saucepan.
2. Lower heat and simmer until potatoes are tender (about **12 minutes**).
3. Add corn and cook **1 more minute**.
4. Add nonfat dry milk, dry mustard, salt and pepper; blend.
5. Remove 2 cups of chowder and puree in a food processor or blender. This will make the chowder thicker.
6. Return pureed mixture to the large saucepan and reheat until hot.

Menu Suggestion: Turkey divine (1 serving) recipe on page 77, corn chowder (½ cup), lowfat milk (¾ cup)

Karen Jones - Omaha

Fruit Sauce

This is a tasty way to use leftover fruit.

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 16 servings
Serving size: ¼ cup

16 Servings	Ingredients	Servings
4 cups 1 (3 oz.) box	Canned fruit, no juice Fruit flavored gelatin (any flavor)	

1. Freeze a variety of canned fruits until you have 4 cups.
2. Thaw fruit.
3. Put fruit in blender. Blend*.
4. Add gelatin to the fruit.
5. DO NOT ADD ANY WATER.
6. Chill thoroughly before serving.

* Blend until desired consistency; a smooth puree or a chunky sauce.

Menu Suggestion: New England beef dinner (1 serving) recipe on page 54,
fruit sauce (¼ cup), corn meal muffin (1 small) recipe on page 127,
lowfat milk (¾ cup)

Fruit Soup

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 12 servings
Serving size: ⅓ cup

12 Servings	Ingredients	Servings
¼ cup	Minute tapioca	
1 Tbsp.	Sugar	
⅛ tsp.	Salt	
½ cup	Pineapple juice (from canned pineapple)	
1 cup	Water	
1 (6 oz.) can	Orange juice concentrate	
1 (11 oz.) can	Mandarin oranges, drained	
1 (20 oz.) can	Pineapple tidbits (juice pack), drained	
2 medium	Bananas, sliced	

1. Combine tapioca, sugar, salt, pineapple juice and water in saucepan.
2. Place over medium heat and cook until mixture comes to a full boil, stirring constantly.
3. Remove from heat.
4. Add orange juice concentrate. Cool.
5. Add mandarin oranges, pineapple tidbits and sliced bananas.
6. Divide "soup" into individual serving dishes.
7. Keep refrigerated.

Variation:

- Other fruits can be substituted for those listed; use same quantity.

Menu Suggestion: Ham and cheese tortilla (1 serving) recipe on page 47, fruit soup (⅓ cup), green beans (¼ cup), lowfat milk (¾ cup)

Karen Veal - Norfolk

Cheese Topped Potatoes

(Microwave)

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ⅓ cup

9 Servings	Ingredients	Servings
4 medium ⅓ tsp. 2-4 Tbsp. 4 (¼ oz.) slices	Potatoes Salt Lowfat milk American cheese	

1. Scrub potatoes under running water; peel and quarter potatoes.
2. In a microwave-safe dish, microwave potatoes in 2 tablespoons water on **high** for **10-12 minutes**, stirring once.
3. Drain off liquid.
4. Mash potatoes with a potato masher or use electric mixer on low speed.
5. Gradually beat in enough milk to make light and fluffy.
6. Spread mashed potatoes into 8" x 8" microwave-safe dish.
7. Place cheese slices on top of potatoes.
8. Microwave on **medium-high** for **3 minutes** until cheese is melted.

Note: Read page 186 for microwave hints.

Menu Suggestion: Salmon pattie (1½ ounces), cheese topped potatoes (⅓ cup), purple plums (¼ cup), enriched bread (½ slice), lowfat milk (¾ cup)

Oven Fried Parmesan Potatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup

9 Servings	Ingredients	Servings
4 medium	Potatoes	
1 Tbsp.	Vegetable oil	
1 Tbsp.	Grated Parmesan cheese	
½ tsp.	Garlic powder	
½ tsp.	Paprika	
⅛ tsp.	Pepper	
⅛ tsp.	Salt	

1. Scrub potatoes under running water. Peel. *
2. Cut potatoes into ½-inch wedges.
3. Place potato wedges in a plastic bag with the oil and shake well to coat potatoes evenly.
4. In a second plastic bag, mix Parmesan cheese, garlic powder, paprika, pepper and salt. Add potatoes and shake to coat.
5. Arrange potatoes, in a single layer, on a foil-covered baking sheet that has been sprayed with non-stick cooking spray.
6. Bake at **450°** for **30-35 minutes** or until golden brown.

* Potatoes may be served with skin on.

Menu Suggestion: Hamburger (1½ ounces) on bun (½), oven fried Parmesan potatoes (¼ cup), orange slices (¼ cup), lowfat milk (¼ cup)

Oven Fried Potato Sticks

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup
or 8 strips

9 Servings	Ingredients	Servings
4 medium 2 tsp. ¼ tsp. ⅛ tsp.	Russet baking potatoes, washed Vegetable oil Salt Pepper	

1. Line baking sheet with foil. Spray with non-stick cooking spray.
2. Cut each potato in half crosswise. Cut each potato half into 9 uniform strips (approximately 2½" x ½" x ½"). There should be 18 strips per potato.
3. Place potato strips in a plastic bag with vegetable oil, salt and pepper. Shake well to coat potatoes evenly.
4. Arrange strips on cookie sheet.
5. Bake at **450°** for **20-25 minutes** until golden and crisp. Turn potatoes after **12-14 minutes**.

Menu Suggestion: Beef and cabbage (1 serving) recipe on page 9, oven fried potato sticks (¼ cup), spiced apple slice (1), sour dough bread (½ slice), lowfat milk (¾ cup)

Potato Pancake Wedges

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: 1 wedge

8 Servings	Ingredients	Servings
2½ cups	Fresh potatoes, shredded	
¼ cup	Lowfat milk	
2 Tbsp.	Flour	
½ tsp.	Onion powder	
½ tsp.	Salt	
⅛ tsp.	Pepper	
2 large	Beaten eggs	
2 Tbsp.	Margarine	

1. In a mixing bowl, combine potatoes, milk, flour, onion powder, salt, pepper and eggs. Mix well.
2. Heat margarine in a 10-inch skillet until melted.
3. Spread potato mixture evenly in skillet.
4. Cook over **medium heat** about **5 minutes** or until bottom is brown.
5. Place large plate over skillet and carefully invert "pancake" onto plate.
6. Slide "pancake" back into skillet.
7. Cook about **5 minutes** longer or until brown and set.
8. Cut into 8 wedges.

Menu Suggestion: Scrambled eggs (1½ ounces), potato pancake (1 wedge), orange quarters (¼ cup), blueberry muffin (½), lowfat milk (¾ cup)

Sandra Holmes - Grand Island

Oven Fried Sweet Potatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup
or 8 strips

9 Servings	Ingredients	Servings
4 medium 2 tsp. ½ tsp. 1 tsp.	Sweet potatoes or yams, washed Vegetable oil Salt, optional Lemon juice, optional	

1. Peel sweet potatoes or yams.
2. Cut each potato in half crosswise. Cut each potato half into 9 uniform strips (approximately 2½" x ½" x ½"). There should be 18 strips per potato.
3. Place potato strips in a plastic bag with the oil and shake well to coat potatoes evenly.
4. Spread in single layer on baking sheet, lined with foil and sprayed with non-stick cooking spray.
5. Bake at **375°F** for **30 minutes** or until browned and tender. Turn potatoes about every **10 minutes**.
6. Sprinkle with salt and lemon juice, if desired.

Variations:

- Sweet Potato Slices - Slice potatoes about ¼-inch thick; a food processor will make this easier. Spread in single layer on a foil-lined baking sheet that has been brushed with 1 teaspoon vegetable oil. Bake at **400°F** for **15-20 minutes**. Remove when baked to a crisp, golden brown.
Serving size: 10 slices = ¼ cup.
- Russet baking potatoes may be substituted for sweet potatoes.

Menu Suggestion:	Quick chicken and rice (1 serving) recipe on page 42, oven fried sweet potatoes (¼ cup), canned bing cherries (¼ cup), lowfat milk (¾ cup)
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Glazed Sweet Potatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup

9 Servings	Ingredients	Servings
4 medium	Fresh sweet potatoes or yams	
1 tsp.	Cornstarch	
2 Tbsp.	Brown sugar	
¼ tsp.	Cinnamon	
⅔ cup	Orange juice	
2½ tsp.	Lemon juice	

1. Wash potatoes under running water.
2. Peel potatoes and cut into ½-inch cubes.
3. Place potatoes in an 8"x 8" casserole dish coated with vegetable cooking spray.
4. Combine cornstarch, brown sugar and cinnamon in a small bowl and slowly add juices, mixing well.
5. Pour mixture over potatoes.
6. Cover with foil.
7. Bake at **400°F** for **40 minutes** or until potatoes are just tender and glaze is thickened.
8. Divide potatoes into 9 servings and top with glaze.

Menu Suggestion: Ham slice (1½ ounces), glazed sweet potatoes (¼ cup), snow peas (¼ cup), raisin bread (½ slice), lowfat milk (¾ cup)

Pat Kern - Omaha

Mashed Sweet Potatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup

9 Servings	Ingredients	Servings
5 medium ¼ cup 4 tsp.	Fresh sweet potatoes or yams Lowfat milk Soft margarine	

1. Wash potatoes under running water.
2. Peel and cut potatoes into quarters or medium-size chunks.
3. Boil potatoes until tender, about **25 minutes**. Drain.
4. Mash potatoes in mixer on low speed until smooth.
5. Warm milk in microwave. Gradually add enough milk to moisten potatoes.
6. Add margarine while mixing on low speed.
7. Mix on high speed until blended and potatoes are light and fluffy.

Note: A #16 scoop may be used to measure the ¼ cup serving.

Menu Suggestion:	Chicken broccoli pie (1 serving) recipe on page 37, mashed sweet potatoes (¼ cup), dinner roll (1 small), lowfat milk (¾ cup)
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Sweet Potato Pie

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: 1 piece

8 Servings	Ingredients	Servings
1/3 cup	Butter or margarine	
3/4 cup	Sugar	
2 large	Beaten eggs	
2 cups	Mashed sweet potatoes*	
3/4 cup	Evaporated skim milk	
1 tsp.	Vanilla extract	
1/4 tsp.	Salt	
1 (9-inch)	Unbaked pie shell	

1. Preheat oven to **375°F**.
2. Cream butter and sugar together.
3. Add eggs and stir.
4. Add sweet potatoes and mix well.
5. Stir in milk, vanilla and salt making sure all ingredients are thoroughly mixed.
6. Pour into pie shell and bake **40 minutes**. When using a commercially frozen pie shell, use a 9-inch deep dish shell.

Variations:

- For extra flavor you may want to add ½ teaspoon each of cinnamon and nutmeg, OR 1 tablespoon of grated lemon rind and 2 tablespoons of lemon juice.
- This pie can also be made without using a crust. Pour ingredients into a greased 9-inch pie plate and bake **40 minutes** at **375°F** or until knife inserted in center comes out clean.

Note: Butter lends an authentic flavor to sweet potato pie.

* If using canned sweet potatoes, do not use those packed in syrup.

Menu Suggestion: Chicken vegetable soup (1 serving) recipe on page 85, sweet potato pie (1 serving), saltines (4), lowfat milk (¾ cup)
--

Deanna Bartlett - Lincoln

Cinnamon-Glazed Acorn Squash

(Microwave)

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
2 lbs.	Acorn squash	
3 Tbsp.	Brown sugar	
3 Tbsp.	Dark corn syrup	
4 tsp.	Margarine	
½ tsp.	Cinnamon	

1. Wash squash under running water.
2. Cut acorn squash lengthwise into 4 pieces. Remove seeds.
3. Arrange in an 8" x 8" microwave-safe dish.
4. Cover with microwave-safe plastic wrap.
5. Microwave on **high** for **6-9 minutes**, turning the dish once, until squash is tender. Remove from oven and cool slightly.
6. Remove squash from the shell.
7. Mash with potato masher.
8. Add brown sugar, corn syrup, margarine and cinnamon. Mix well.
9. May need to be reheated before serving.

Notes: A #16 scoop may be used to measure the ¼ cup serving.
Read page 186 for microwave hints.

Menu Suggestion: Meat balls (1 serving) recipe on page 29,
cinnamon-glazed acorn squash (¼ cup), fresh fruit cup (¼ cup),
buttermilk bun (1) recipe on page 121, lowfat milk (¼ cup)

Jennifer Cook - Scottsbluff

Spaghetti Squash with Marinara Sauce

Meal Component:
Fruit/Vegetable (½ cup)

Yield: 8 servings
Serving size: squash - ¼ cup
marinara sauce - ¼ cup

8 Servings	Ingredients	Servings
1 (2-2½ lbs.) ¼ cup 2 cloves 1 Tbsp. 1 (15 oz.) can 1 tsp. ¼ tsp. ¼ tsp.	Spaghetti squash Chopped onion Garlic, minced Vegetable oil Tomatoes, cut up Dried Italian seasoning Salt Pepper Grated Parmesan cheese (optional)	

1. Wash squash under running water.
2. Halve squash lengthwise; scoop out seeds.
3. Place squash, cut side down, in a baking dish. With a fork, prick the skin all over.
4. Bake in a **350°F** oven for **30-40 minutes** or until tender.
5. After cooking, scrape the squash from the shells to form spaghetti-like strands. Using a fork, shred the squash pulp into strands.
6. While squash is cooking, prepare marinara sauce.
7. Cook onion and garlic in hot oil until onion is tender but not brown.
8. Stir in undrained tomatoes, Italian seasoning, salt and pepper.
9. Bring to boiling; reduce heat. **Simmer** over medium heat **10-15 minutes** or to desired consistency, stirring often.
10. Serve marinara sauce over squash. If desired, sprinkle with grated Parmesan cheese.

Menu Suggestion: Choose a meatloaf (1 serving) recipe on page 31, spaghetti squash with marinara sauce (1 serving), couscous (¼ cup), lowfat milk (¾ cup)

Yvonne Nickels - Miller

Squash and Apple Bake

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
1 pound	Acorn squash	
2 medium	Baking apples	
2 Tbsp.	Brown sugar	
¼ tsp.	Cinnamon	
1 Tbsp.	Margarine	

1. Wash squash and apples under running water.
2. Cut squash in half and remove seeds. Peel and dice squash.
3. Peel, core and dice apples.
4. Transfer squash and apples to an 8" x 8" baking dish.
5. Sprinkle with brown sugar and cinnamon; add margarine.
6. Cover with aluminum foil.
7. Bake at **350°F** for **45 minutes**.

Menu Suggestion: Hot turkey salad (1 serving) recipe on page 80,
squash and apple bake (¼ cup), baked potato (¼ cup),
biscuit (1 small), lowfat milk (¾ cup)

Linda Johnson - Waterloo

Spinach with Bacon Dressing

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
5½ cups	Fresh spinach	
4 Tbsp.	Vegetable oil	
2 Tbsp.	Lemon juice	
¼ tsp.	Garlic powder	
2 tsp.	Sugar	
2 large	Chopped hard cooked eggs	
4 slices	Cooked and chopped bacon	

1. Wash and drain spinach, pinch off stems, tear into bite-size pieces and place in a salad bowl.
2. To make dressing, combine vegetable oil, lemon juice, garlic powder and sugar in a screw top jar. Cover and shake well.
3. Pour dressing over spinach; toss lightly to coat spinach.
4. Sprinkle bacon and egg on top.

Menu Suggestion: Cheesy beef and macaroni (1 serving) recipe on page 16, spinach with bacon dressing (¼ cup), peaches (¼ cup), lowfat milk (¾ cup)

Robin Timmerman - Geneva

Strawberry Salad

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: 1 piece (3" x 3")

9 Servings	Ingredients	Servings
1 (3 oz.) box	Strawberry gelatin	
1 cup	Boiling water	
1 cup	Frozen strawberry halves, unsweetened	
1 cup	Applesauce	
1 large	Banana, diced	

1. Dissolve gelatin in hot water. Stir until gelatin is dissolved.
2. While gelatin is still hot, add strawberry halves, applesauce and diced banana.
3. Pour mixture into an 8" x 8" pan.
4. Refrigerate until set.

Variation:

- For individual salads: combine fruit together in a bowl and divide evenly into 9 muffin cups. Add liquid gelatin to each cup and stir to mix. Refrigerate until set.

Note: To remove salads from the muffin pan, place in a pan of warm water just until the edges are loosened from the mold. After edges are loosened, invert muffin pan to remove molds.

Menu Suggestion:	Chicken and homemade noodles (1 serving) recipe on page 39, strawberry salad (1 piece), steamed potato cubes (¼ cup), lowfat milk (¾ cup)
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Crumb-Topped Fresh Tomatoes

(Microwave)

Use this recipe in the summer when you have garden fresh tomatoes.

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
4 medium	Fresh tomatoes	
2 Tbsp.	Fine dry bread crumbs	
2 Tbsp.	Grated Parmesan cheese	
1 Tbsp.	Margarine, melted	
½ tsp.	Italian seasoning	
⅛ tsp.	Pepper	
Dash	Garlic or onion salt	

1. Wash tomatoes under running water. Drain.
2. Remove peels, stems and cores from tomatoes; cube tomatoes.
3. Put tomato cubes into a microwave-safe 8" x 8" baking dish.
4. Combine bread crumbs, Parmesan cheese, margarine, Italian seasoning, pepper and garlic salt. Sprinkle over tomatoes.
5. Microwave, uncovered, on **high** for **2-3 minutes** or until heated through, turning the dish once.

Note: Read page 186 for microwave hints.

Menu Suggestion: Chicken roll-ups (1 serving) recipe on page 43, crumb-topped fresh tomatoes (¼ cup), pear slices (¼ cup), lowfat milk (¾ cup)

Pat Goodrich - Omaha

Scalloped Tomatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 7 servings
Serving size: ¼ cup

7 Servings	Ingredients	Servings
3 slices	Toasted bread	
1 Tbsp.	Margarine	
⅓ cup	Chopped celery	
⅓ cup	Chopped onion	
2 Tbsp.	Water	
1 (15 oz.) can	Tomatoes, cut up*	
1 Tbsp.	All-purpose flour	
1 tsp.	Sugar	
½ tsp.	Crushed dried marjoram or basil	
2 Tbsp.	Water	
⅓ tsp.	Pepper	
1 Tbsp.	Parmesan cheese (optional)	

1. Spread toast with margarine. Cut into cubes. Set aside.
2. Cook celery and onion in 2 tablespoons water until tender-crisp. Drain off water.
3. Add undrained, canned tomatoes. Bring to boiling; reduce heat. Cover; simmer **8 minutes**.
4. Combine flour, sugar, marjoram, water and pepper. Stir into tomatoes.
5. Cook and stir until bubbly.
6. Stir two-thirds of the toast cubes into tomato mixture.
7. Pour into a 1½-quart casserole dish.
8. Top tomato mixture with remaining toast cubes.
9. If desired, sprinkle with grated Parmesan cheese.
10. Bake in a **350°F** oven for **20 minutes** or until bubbly.

* Substitute 1 (15 oz.) can seasoned stewed tomatoes for plain tomatoes. Omit celery and onions.

Menu Suggestion: Pork loin and rice casserole (1 serving) recipe on page 63, scalloped tomatoes (¼ cup), cinnamon applesauce (¼ cup), lowfat milk (¾ cup)

Lemon Turnips

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
3 medium 2 Tbsp. 1 2 tsp.	Turnips Margarine Sliced green onion OR 2 Tbsp. snipped parsley Lemon juice	

1. Wash turnips under running water.
2. Peel turnips and cut into ½-inch cubes or 2" x ½" x ½" sticks.
3. Steam in a small amount of boiling water for **9 -10 minutes** or until tender crisp. Drain.
4. Stir in margarine, sliced green onion and lemon juice.

Variations:

- Substitute 1 lb. of any of the following vegetables for turnips: green beans, asparagus, Brussel sprouts, parsnips or rutabagas.

Menu Suggestion: Meatloaf patties (1 serving) recipe on page 30, lemon turnips (¼ cup), mashed potatoes (¼ cup), cinnamon roll (1 serving) recipe on page 122, lowfat milk (¼ cup)

Alice Hennemann - Lincoln

Vegetable Seven Layer Salad

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 12 servings
Serving size: ½ cup

12 Servings	Ingredients	Servings
3 cups	Torn lettuce (iceberg, leaf, bibb or spinach)	
1 cup	Frozen peas, thawed	
1 cup	Shredded carrots	
½ cup	Cubed green peppers	
6 slices	Bacon, cooked, drained and crumbled	
½ cup (2 oz.)	Shredded cheddar or mozzarella cheese	
½ cup	Lowfat mayonnaise	
1 ½ tsp.	Lemon juice	

1. Place lettuce in the bottom of a large bowl.
2. Layer peas on lettuce.
3. Layer carrots on peas.
4. Layer green pepper on carrots.
5. Arrange bacon over vegetables.
6. Top with cheese.
7. For dressing, combine mayonnaise and lemon juice.
8. Spread mayonnaise dressing over top of salad, sealing to the edge of bowl.
9. Cover and chill for **2-24 hours**.
10. Before serving, toss to coat vegetables.

Menu Suggestion: Chicken potato combo (1 serving) recipe on page 40, vegetable seven layer salad (½ cup), cornbread (1 piece) recipe on page 127, lowfat milk (¾ cup)

Faye Callis - Omaha

Zucchini Medley

Meal Component:
Fruit/Vegetable (¼ cup)

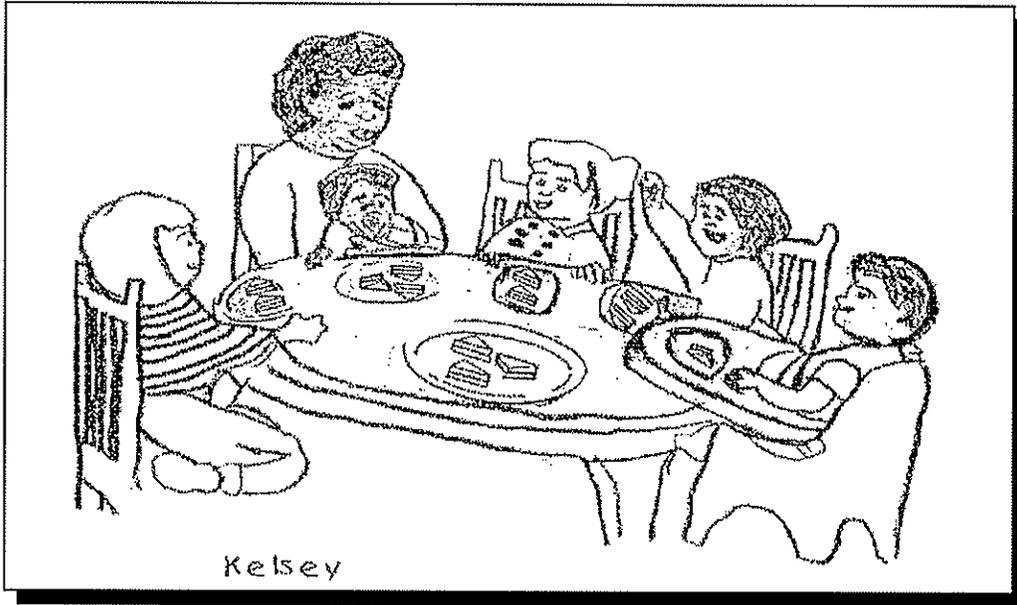
Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
3 small	Zucchini	
1 small	Onion	
1 small	Red or green pepper	
⅛ tsp.	Onion powder	
⅛ tsp.	Garlic powder	
⅛ tsp.	Paprika	
Dash	Pepper	
⅛ tsp.	Salt (optional)	

1. Wash vegetables under running water.
2. Cut zucchini, onion and pepper into bite-size pieces.
3. Mix onion powder, garlic powder, paprika, pepper and salt together.
4. Sprinkle seasoning mix on vegetables and toss to coat evenly.
5. Spray a large skillet with non-stick cooking spray.
6. Place vegetables in hot skillet.
7. Stir-fry about **8-10 minutes** or until vegetables are tender crisp.

Menu Suggestion: Barbecue beef cup (1 serving) recipe on page 8,
zucchini medley (¼ cup), orange slices (¼ cup), lowfat milk (¾ cup)

Darlene Martin

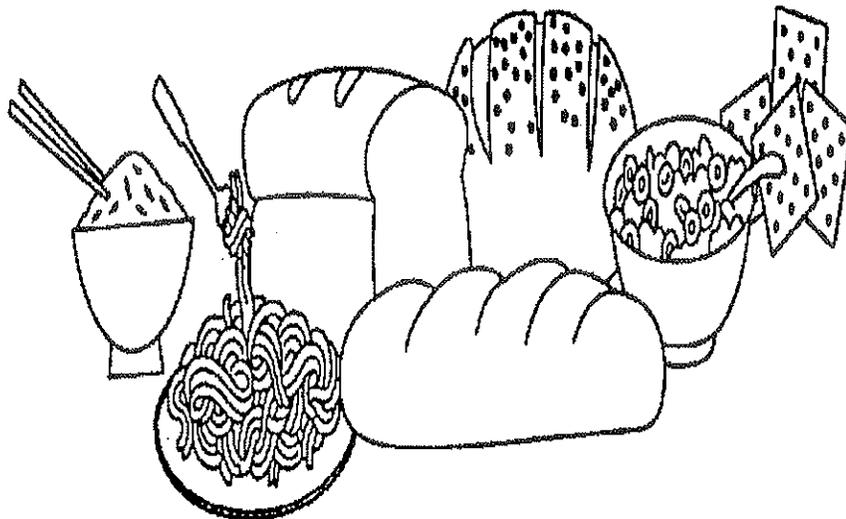


Grains/Breads

Children like foods made from grains. There are so many different recipes to use. Some grains and breads contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

Grains/Breads

Recipe	Page	Recipe	Page
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Bread Sticks	120	Oatmeal Pumpkin Muffins	130
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Notes:

Pizza Crust

Meal Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: 1 - 5" crust

16 Servings	Ingredients	Servings
½ cup	Warm water (120°-130°F)	
2 tsp.	Honey	
2 pkgs.	Yeast (quick rise)	
⅔ cup	Warm water	
2 Tbsp.	Olive oil	
2 tsp.	Salt	
4 cups	Enriched all-purpose flour	

1. In a large mixing bowl, mix ½ cup warm water, honey and yeast. Let set for 2 minutes; stir and let set for 5 minutes more.
2. Add water, olive oil, salt and flour. Mix well. Knead until dough is elastic.
3. Cover and let rise in warm area for 1 hour.
4. Punch down dough.
5. Divide dough into 16 portions.
6. Roll each portion into a 5-inch circle.
7. Place on baking sheets that have been sprinkled with cornmeal. Cornmeal aids in browning.
8. Spread crust with favorite pizza sauce.
9. Add favorite toppings.
10. Bake at **425°F** for **12-15 minutes**.

Quick Pizza Sauce: In a medium saucepan, combine 1 (15 oz.) can tomato sauce, 1 (6 oz.) can tomato paste, 2 teaspoons Italian seasoning mix, ½ teaspoon garlic powder and ¼ teaspoon pepper. Heat to boiling; reduce heat and simmer for 10 minutes.

Note: More pizza ideas are given on pages 57, 58, 59 of the Main Dish section of this book.

FOOD SAFETY NOTE:

Do not feed honey to children under one year of age.

Bread Sticks

Meal Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: 1 bread stick

16 Servings	Ingredients	Servings
1 loaf (1 lb.)	Frozen enriched bread dough, thawed according to package directions	
¼ cup	Pasturized egg substitute	

1. Preheat oven to **375°F**.
2. Lightly coat a baking sheet with non-stick cooking spray.
3. Cut bread dough into 16 equal pieces.
4. With your hands, stretch and form each piece into a 6-inch rope.
5. Place on baking sheets.
6. Brush with egg substitute.
7. Sprinkle with any of the variations listed below, if desired.
8. Set bread sticks aside to rise in a warm, draft-free location until doubled in size, about 1 hour.
9. Bake at **375°F** for **10 minutes** or until golden brown.
10. Remove bread sticks immediately from baking sheet.

Variations:

- Substitute whole wheat bread dough for white bread dough.
- Brush with water or milk instead of egg substitute.
- Before baking, sprinkle with sesame seed.
- Before baking, sprinkle with grated Parmesan cheese.
- Before baking, sprinkle with garlic salt.

FOOD SAFETY NOTE:

Do not use fresh eggs for "bread wash" because of possible salmonella contamination.

Buttermilk Buns

Meal Component:
Grains/Breads (½ serving)

Yield: 36 servings
Serving size: 1 bun - 2" in diameter

36 Servings	Ingredients	Servings
1 pkg.	Active dry yeast	
¼ cup	Luke warm water	
1 ¼ cups	Buttermilk, room temperature	
¼ cup	Sugar	
¼ cup	Margarine, melted	
1 large	Egg, beaten	
1 tsp.	Baking soda	
1 tsp.	Salt	
4 cups	Enriched all-purpose flour	

1. In a large mixing bowl, add dry yeast to warm water (120°-130°F). Stir until dissolved.
2. Add buttermilk and sugar to yeast mixture; let stand 15 minutes.
3. Add melted margarine and beaten egg. Beat until batter is smooth.
4. Add baking soda, salt and flour; stir with spoon until no longer sticky.
5. Knead until elastic.
6. Cover dough and let stand until doubled in size, about 1 hour.
7. Punch down; shape into buns, rolls, pretzels, or roll the dough out to make cinnamon rolls.
8. Place on lightly greased baking sheet.
9. Bake at **375°F** for **15-20 minutes**.

Cinnamon Rolls

Meal Component:
Grains/Breads (½ serving)

Yield: 36 servings
Serving size: 1 roll

36 Servings	Ingredients	Servings
4 - 4½ cups 1 pkg. 1 cup ⅓ cup ⅓ cup ½ tsp. 2 large	Dough Recipe: All-purpose flour Active dry yeast Lowfat milk Sugar Margarine Salt Eggs	
3 Tbsp. ½ cup 2 tsp. ¾ cup	Cinnamon Filling: Margarine, melted Brown sugar Cinnamon Raisins (optional)	

1. Combine 2 cups of the flour and yeast.
2. Heat and stir milk, sugar, margarine and salt until warm (120-130°F) and margarine almost melts. Add to flour mixture along with eggs.
3. Mix with an electric mixer on low speed **30 seconds**, scraping bowl. Beat on high speed **3 minutes**.
4. Using a spoon, stir in as much of the remaining flour as you can.
5. Turn out onto a lightly floured surface.
6. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (**6-8 minutes total**).
7. Shape into a ball. Place in a lightly greased bowl; turn once.
8. Cover dough; let rise in a warm place until doubled in size (about **1 hour**).
9. Punch dough down. Divide in half. Cover dough; let rest **10 minutes**.
10. To make cinnamon rolls: take half of the dough and roll into a 12" x 8" rectangle.
11. Melt margarine; brush half of margarine over dough.
12. Combine brown sugar and cinnamon; sprinkle half of mixture over dough.
13. Optional: Sprinkle half of raisins over dough.
14. Roll up from one of the long sides. Seal seams.
15. Slice dough into 18 pieces. Repeat process with remaining dough.
16. Place rolls in two greased 9" x 13" baking pans.
17. Cover; let rise until nearly doubled (about **30 minutes**).
18. Bake in a **375°F** oven for **20-25 minutes**. Cool slightly; remove from pans.

Clinta Samuelson - Milford

Quick Cinnamon Rolls

Meal Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: 1 roll

8 Servings	Ingredients	Servings
1 pkg. (8) ¼ cup 2 Tbsp. 1 tsp. ¼ cup	Refrigerated reduced-fat crescent rolls Margarine, softened Sugar Cinnamon Raisins (optional)	

1. Preheat oven to **375°F**.
2. Unroll crescent rolls into large rectangle. Do not separate.
3. Lightly press perforations to avoid tearing.
4. Spread with margarine.
5. Combine sugar, cinnamon and raisins.
6. Sprinkle mixture over rectangle.
7. Roll up from one of the narrow ends. Seal seam.
8. Cut roll into 8 slices.
9. Arrange slices in ungreased round baking pan.
10. Bake at **375°F** for **10-15 minutes** or until golden brown.

Applesauce Bread

Meal Component:
Grains/Breads (½ serving)

Yield: 22 servings
(22 slices per loaf - ¾" thick)
Serving size: 1 slice

22 Servings	Ingredients	Servings
1 cup	Unsweetened applesauce	
½ cup	Sugar	
⅓ cup	Vegetable oil	
2 large	Eggs	
3 Tbsp.	Lowfat milk	
2¼ cups	Enriched all-purpose flour	
1 tsp.	Baking soda	
½ tsp.	Baking powder	
½ tsp.	Cinnamon	
¼ tsp.	Nutmeg	
¼ tsp.	Salt	
	Topping:	
⅓ cup	Brown sugar	
¼ tsp.	Cinnamon	

1. In a large bowl, mix applesauce, sugar, oil, eggs and milk. Set aside.
2. In a separate bowl, sift together flour, soda, baking powder, cinnamon, nutmeg and salt.
3. Add flour mixture to applesauce mixture and combine well.
4. Turn into greased and floured 9" x 5" x 3" loaf pan.
5. Combine brown sugar and cinnamon to make a topping for the bread.
6. Sprinkle evenly over batter.
7. Bake at **350°F** for **1 hour**. Cover pan loosely with foil for the first 30 minutes of baking; then remove foil.
8. Remove from pan and cool on rack.

Variation:

1 ¾ cups finely diced, peeled fresh apples may be substituted for applesauce.

Apple-Cheese Biscuits

Meal Component:
Grains/Breads (½ serving)

Yield: 24 servings
Serving size: 1 biscuit

24 Servings	Ingredients	Servings
⅓ cup	Sugar	
½ tsp.	Cinnamon	
1 ¾ cups	Reduced fat Bisquick™	
½ cup	Shredded cheddar cheese	
1 medium	Apple, peeled, cored and finely chopped	
⅓ cup	Water	
¼ cup	Margarine, melted	

1. Combine sugar and cinnamon. Set aside.
2. In a mixing bowl, combine biscuit mix, cheese and apple. Make a well in the center of this mixture.
3. Add water all at once. Stir just until mixture forms a ball.
4. Divide into 24 pieces. Shape each piece into a ball.
5. Roll each ball in melted margarine, then in the sugar mixture.
6. Arrange in a single layer in two greased 9" round baking pans.
7. Bake in a **400°F** oven for **25-30** minutes or until golden brown. Cool for **5 minutes**.
8. Remove from the pan; serve warm.

Breakfast Bran Bread

Meal Component:
Grains/Breads (½ serving)

Yield: 22 servings
(22 slices per loaf - ¾" thick)
Serving size: 1 slice

22 Servings	Ingredients	Servings
1 cup	Whole wheat flour	
1 cup	Enriched all-purpose flour	
¼ cup	Sugar	
2 tsp.	Baking powder	
1 cup	Lowfat milk	
½ cup	Orange juice	
2 large	Eggs, beaten	
¼ cup	Honey	
2 Tbsp.	Orange rind	
3 Tbsp.	Vegetable oil	
2 cups	Bran flakes cereal	

1. Heat oven to **350°F**.
2. In large mixing bowl, mix both kinds of flour, sugar and baking powder together. Set aside.
3. In a separate bowl, combine milk, orange juice, eggs, honey, orange rind and vegetable oil; mix well. Stir into flour mixture.
4. Fold in cereal. Pour into greased 9" x 5" x 3" loaf pan.
5. Bake at **350°F** for **1 hour and 5 minutes** or until toothpick inserted in center comes out clean.
6. Remove from pan and cool on rack.
7. For easy slicing, wrap and store bread overnight.

FOOD SAFETY NOTE:

Do not feed honey to children under one year of age.

Perfect Cornbread

Meal Component:

Grains/Breads (½ serving)

Yield: 20 servings

Serving size: 1 piece (2¼" x 1¼")

20 Servings	Ingredients	Servings
1 cup	Enriched all-purpose flour	
1 cup	Yellow corn meal	
4 tsp.	Baking powder	
¾ tsp.	Salt	
2 large	Eggs	
1 cup	Lowfat milk	
¼ cup	Vegetable oil	

1. Measure all ingredients into mixing bowl in the order given above.
2. Beat with wooden spoon or wire whip until smooth, about 1 minute.
Do not overbeat.
3. Pour batter into greased 9" x 9" pan.
4. Bake at **425°F** for **20 minutes**.

Variation:

This recipe will make 10 corn muffins; ½ muffin meets the grains/breads requirement.

Lemon Bread

Meal Component:
Grains/Breads (½ serving)

Yield: 22 servings
(22 slices per loaf - ¾" thick)
Serving size: 1 slice

22 Servings	Ingredients	Servings
¾ cup	Margarine	
1 cup	Sugar	
3 large	Eggs	
2¼ cups	Enriched all-purpose flour	
¼ tsp.	Salt	
¼ tsp.	Baking soda	
¾ cup	Buttermilk	
2 medium	Lemons (grated rind of 1 lemon - juice of 2 lemons)	
¾ cup	Powdered sugar	

1. In large mixing bowl, cream margarine and sugar. Beat in eggs one at a time.
2. In a separate bowl, combine flour, salt and soda. Gradually add flour mixture, alternating with buttermilk, to the creamed egg mixture.
3. Stir in lemon rind; save lemon juice for glaze.
4. Pour batter into greased and floured 9" x 5" x 3" loaf pan.
5. Bake at **325°F** for **1 hour and 20 minutes** or until toothpick inserted in center comes out clean.
6. While loaf is baking, prepare glaze by combining powdered sugar and lemon juice. Let stand to dissolve sugar.
7. Cool bread 15 minutes in pan.
8. Remove bread from pan; use a toothpick to poke holes across the top of the loaf.
9. Spoon glaze over the loaf.

Note: This bread freezes well.

Annette Froid - Kearney

Oatmeal Blueberry Muffins

Meal Component:
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)
Serving size: ½ muffin

20 Servings	Ingredients	Servings
½ cup	Oatmeal	
½ cup	Orange juice	
1 ½ cups	Enriched all-purpose flour	
½ cup	Sugar	
1 Tbsp.	Baking powder	
½ tsp.	Salt	
3 Tbsp.	Vegetable oil	
1 large	Egg, slightly beaten	
1 cup	Fresh blueberries	
2 Tbsp.	Sugar	
¼ tsp.	Cinnamon	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In large bowl, combine oatmeal and orange juice. Stir well.
4. Add flour, sugar, baking powder, salt, vegetable oil and egg. Mix just until dry ingredients are moist.
5. Gently stir in blueberries.
6. Fill muffin cups $\frac{2}{3}$ full.
7. Blend sugar and cinnamon. Sprinkle over batter.
8. Bake at **400°F** for **18-20 minutes**. Let cool 10 minutes in pan.

Variation:

Substitute 1 cup frozen blueberries, thawed and drained.

Oatmeal Pumpkin Muffins

Meal Component:
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)
Serving size: ½ muffin

20 Servings	Ingredients	Servings
1 cup	Quick oatmeal	
¾ cup	Enriched all-purpose flour	
½ cup	Whole wheat flour	
½ cup	Brown sugar, packed	
1 tsp.	Baking powder	
½ tsp.	Baking soda	
1 tsp.	Pumpkin pie spice	
¼ tsp.	Salt	
½ cup	Lowfat milk	
1 cup	Cooked or canned pumpkin	
3 Tbsp.	Vegetable oil	
1 large	Egg, beaten	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In large bowl, combine oatmeal, flour, whole wheat flour, brown sugar, baking powder, soda, pumpkin pie spice and salt. Set aside.
4. In a separate bowl, combine milk, pumpkin, vegetable oil and egg and stir into the flour mixture.
5. Mix just until dry ingredients are moistened.
6. Fill muffin cups ¾ full.
7. Bake in **400°F** oven for **18-20 minutes** or until golden brown.

Variation:

To make apple cinnamon muffins, substitute applesauce for pumpkin and cinnamon for pumpkin pie spice.

Oatmeal-Raisin Scones

Meal Component:
Grains/Breads (½ serving)

Yield: 12 servings
Serving size: 1 wedge

12 Servings	Ingredients	Servings
1 cup	Enriched all-purpose flour	
3 Tbsp.	Brown sugar	
1½ tsp.	Baking powder	
½ tsp.	Cinnamon	
⅓ cup	Margarine	
1 cup	Quick-cooking oatmeal	
½ cup	Raisins, coarsely chopped	
1 large	Egg, beaten	
¼ cup	Lowfat milk	
As needed	Lowfat milk	

1. In a large mixing bowl, combine flour, brown sugar, baking powder and cinnamon.
2. Cut in margarine until mixture resembles coarse crumbs.
3. Stir in oatmeal and raisins.
4. Combine egg and ¼ cup milk; add to flour mixture.
5. Stir until just moistened; the dough will be sticky.
6. On a lightly floured surface, pat dough into a 7-inch circle.
7. Cut into 12 wedges.
8. Space wedges on an 11" x 14" baking sheet so they are not touching.
9. Brush tops with milk.
10. Bake in a **400°F** oven for **10-12 minutes** or until light brown. Serve warm.

Quick Fruit Muffins

Meal Component:
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)
Serving size: ½ muffin

20 Servings	Ingredients	Servings
1 large	Egg	
2 cups	Reduced-fat Bisquick™	
2 medium	Ripe bananas, mashed	
¼ cup	Sugar	
½ cup	Lowfat milk	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In mixing bowl, beat egg slightly.
4. Stir in remaining ingredients just until moistened.
5. Fill muffin cups $\frac{2}{3}$ full.
6. Bake at **400°F** for **15 minutes** or until golden brown.
7. Serve warm.

Variation:

Substitute $\frac{3}{4}$ cup of any favorite fruit in place of bananas. If using canned fruit, drain the juice.

Peanut Butter Muffins

Meal Component:

Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)

Serving size: ½ muffin

20 Servings	Ingredients	Servings
¼ cup	Lowfat milk	
2 large	Eggs, slightly beaten	
2 Tbsp.	Vegetable oil	
2 cups	Enriched all-purpose flour	
1 Tbsp.	Baking powder	
1 tsp.	Salt	
¼ cup	Sugar	
½ cup	Peanut butter, smooth	

1. Preheat oven to **400°F**.
2. Grease bottoms of 10 muffin cups.
3. In a large mixing bowl, blend milk into egg and add vegetable oil. Set aside.
4. In separate bowl, combine dry ingredients.
5. Cut peanut butter into the dry ingredients until mixture is crumbly.
6. Add liquid mixture to dry ingredients and mix slightly, leaving batter lumpy.
7. Fill muffin cups $\frac{2}{3}$ full.
8. Bake at **400°F** for **18-20 minutes** or until golden brown.
9. Remove muffins from the pan to cool.

Pumpkin Muffins

Meal Component:
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)
Serving size: ½ muffin

20 Servings	Ingredients	Servings
1 ½ cups ½ cup 2 tsp. 1 tsp. ½ tsp. ½ cup ½ cup 3 Tbsp. 1 large ½ cup	Enriched all-purpose flour Sugar Baking powder Cinnamon Nutmeg Lowfat milk Pumpkin Vegetable oil Egg Raisins (optional)	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In a large bowl, mix all ingredients together until just moistened; the batter will be lumpy.
4. Fill muffin cups $\frac{2}{3}$ full.
5. Bake at **400°F** for **18-20 minutes**.
6. Remove muffins from the pan to cool.

Bran Muffins

Meal Component:
Grains/Breads (½ serving)

Yield: 60 muffins (120 servings)
Serving size: ½ muffin

120 Servings	Ingredients	Servings
1 (15 oz.) box	Bran cereal	
5 cups	Enriched all-purpose flour	
3 cups	Sugar	
5 tsp.	Baking soda	
1 tsp.	Salt	
4 tsp.	Cinnamon	
4 large	Eggs, beaten	
1 cup	Vegetable oil	
1 quart	Buttermilk	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of muffin cups.
3. In a very large bowl, mix the cereal, flour, sugar, baking soda, salt and cinnamon together.
4. Add the eggs, oil and buttermilk; mix thoroughly. Stir until dry ingredients are moistened.
5. Fill muffin cups $\frac{2}{3}$ full.
6. Bake at **400°F** for **15-20 minutes**.

FOOD SAFETY NOTE:

The traditional bran muffin recipe suggests storing the batter in the refrigerator for up to 6 weeks. There is now some question concerning the safety of this practice. It is recommended that the muffins be baked and frozen for later use.

Whole Wheat Muffins

Meal Component:
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)
Serving size: ½ muffin

20 Servings	Ingredients	Servings
1 cup	Whole wheat flour	
1 cup	Enriched all-purpose flour	
½ tsp.	Salt	
2½ tsp.	Baking powder	
3 Tbsp.	Sugar	
1 large	Egg	
1 cup	Lowfat milk	
½ cup	Vegetable oil	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In a large mixing bowl, sift together both kinds of flour, salt, baking powder and sugar.
4. Add egg, milk and oil. Stir until dry ingredients are moistened.
5. Fill muffin cups $\frac{2}{3}$ full.
6. Bake at **400°F** for **18-20 minutes**.

Variations:

Put 1 teaspoon jam or jelly in the bottom of each muffin cup before adding batter.

Put 1 teaspoon jam or jelly in the center of the batter.

Put 1 teaspoon jam or jelly on top of the batter.

Homemade Noodles

Meal Component:

Grains/Breads (½ serving)

Yield: 30 servings

Serving size: ¼ cup cooked noodles

30 Servings	Ingredients	Servings
2 cups	Bread flour	
1 ½ tsp.	Salt	
2 large	Eggs	
2 Tbsp.	Vegetable oil	
6 Tbsp.	Water	
As needed	Bread flour for rolling and dusting	

1. Place flour in a large mixing bowl.
2. Make a well in the center; add the rest of the ingredients.
3. With a fork, stir to combine until a ball of dough forms.
4. Turn out onto a lightly floured board or cloth and knead until a smooth dough is achieved, about **5 minutes**. Add more water if necessary, a teaspoon at a time; however, the noodles will be better if you do not.
5. Cover dough with a tea towel and allow to rest for **45 minutes**.
6. Divide the dough into four sections. Roll out each section to an approximate 14" x 8" rectangle. The dough will almost be paper thin.
7. Sprinkle dough surface lightly with a bit more flour, flip over, and sprinkle more flour on the other side.
8. Transfer to a tea towel and repeat steps #6 and #7 with remaining 3 sections of dough.
9. Allow the rolled-out dough to stand **20-30 minutes**.
10. Roll dough up like a jelly roll, starting from the short side.
11. Using a sharp knife, cut noodles to preferred width. Unroll each slice onto the tea towel, sprinkle with a bit more flour, and allow to stand until noodles are completely dry. This may take several hours, depending on the humidity in the air or the amount of moisture in the flour.
12. To cook: Simmer noodles in salt water or broth for **5-7 minutes** or until tender.
13. The cooking time will vary considerably depending on the flour and humidity, so taste to check for doneness.
14. Store dried noodles in an air tight container; use within 2 months.

Rice and Noodles

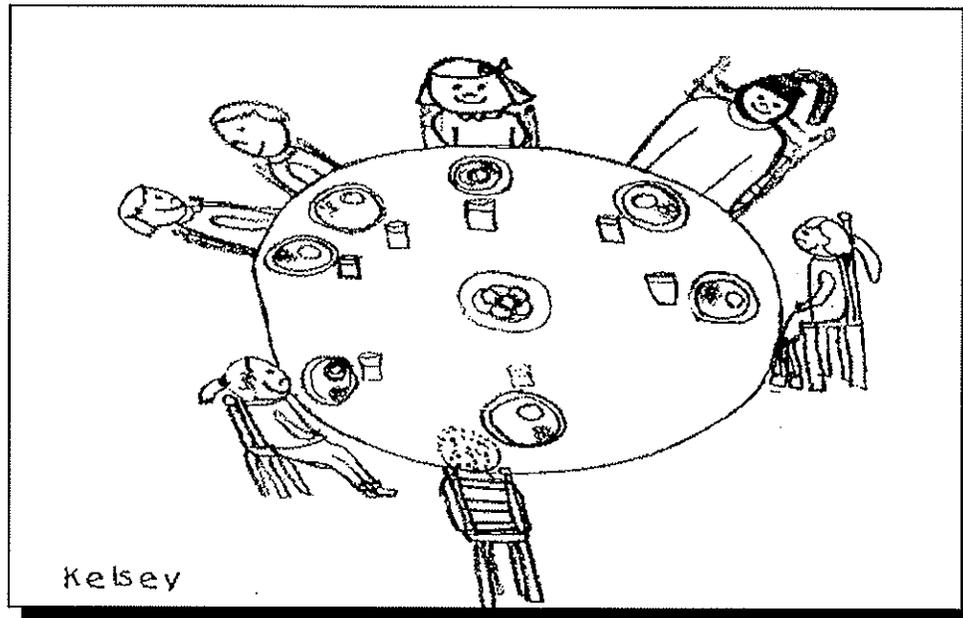
Meal Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: ¼ cup

16 Servings	Ingredients	Servings
1 cup	Uncooked regular rice	
4 Tbsp.	Margarine	
½ cup (1 med.)	Minced onion	
½ cup	Sliced mushrooms, fresh or canned	
1 (14½ oz.) can	Chicken broth	
¼ cup	Water	
½ tsp.	Salt	
1 cup	Uncooked noodles, medium or wide	

1. For flavor, brown rice in skillet without oil. Stir frequently.
Note: rice tastes bitter if too brown.
2. Transfer browned rice to a 2½-quart casserole dish.
3. In skillet used to brown rice, melt margarine; add onions and mushrooms.
Cook until tender.
4. Stir in broth, water and salt. Heat until boiling.
5. Add broth to casserole dish with browned rice.
6. Add uncooked noodles to rice mixture. Stir.
7. Cover and bake at **350°F** for **30 minutes**.
8. Fluff before serving.

Menu Suggestion: Baked pork chop (1½ ounces), rice and noodles (¼ cup),
cooked carrots (¼ cup), cinnamon apples (¼ cup) recipe on page 91,
milk (¼ cup)

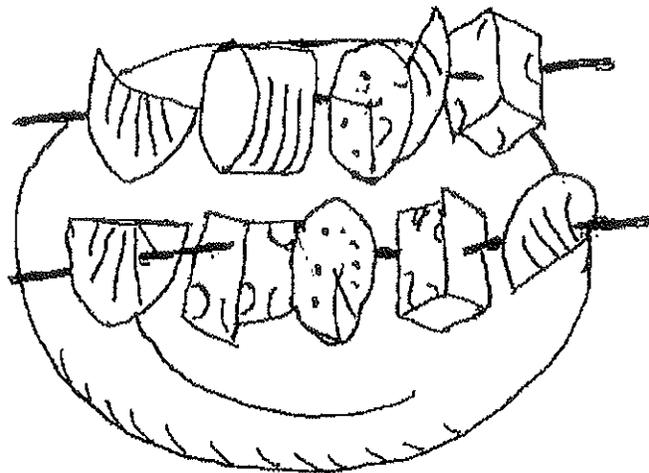


Snacks

The children at the Happy Heart's Family Child Care are having Orange Glazed Biscuits (recipe on page 166) and orange juice for their afternoon snack. They like the snacks in our book because they are different. The children like to help make the snacks. They remind us that we should scrub our hands with soap and water before we cook and before we eat.

Snacks

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Notes:

Apple Merry-Go-Rounds

Snack Components:
 Meat/Meat Alternate (½ ounce)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 2 apple rings with
 peanut butter & crackers

8 Servings	Ingredients	Servings
4 medium 8 Tbsp. 48	Apples* (½ per child) Peanut butter (1 Tbsp. per child) Animal crackers (6 per child)	

1. Wash apples under running water.
2. Core whole apples with apple corer.
3. Slice each apple into 4 rings.
4. Spread ½ tablespoon of peanut butter on each apple ring.
5. Stand 3 animal crackers around the edge of each apple slice.

Note: Some children prefer their apples peeled.

*Soak apples in orange juice, salt water or citrus-flavored soda so apples do not turn brown.

Snack Suggestion: Apple Merry-Go-Rounds (1 serving), water

Banana Shakes

(Made with Coffee Can Ice Cream)

Snack Components:

Milk (½ cup)

Fruit/Vegetable (½ cup)

Yield: 6 servings

Serving size: 1 cup

6 Servings	Ingredients	Servings
3 cups	Lowfat milk	
1 cup	Half & half	
½ cup	Sugar	
1 tsp.	Vanilla	
½ - 1 cup	Rock salt	
4 cups	Crushed ice	
3 cups	Mashed bananas	

1. Mix 1 cup of the milk, half & half, sugar and vanilla in a 13-ounce coffee can.
2. Place plastic lid on the can, secure with masking tape.
3. Put the smaller can into a 39-ounce coffee can; pack crushed ice in between the two cans.
4. Pour at least ½ cup rock salt evenly over the ice.
5. Place lid on the larger can.
6. Roll the can back and forth between two children for about 10 minutes. For best results, roll on a concrete surface.
7. Have an adult remove the small can and stir the ingredients.
8. Repack ice and salt between the two cans and roll 5 minutes more.
9. Remove smaller can and put ice cream in a large mixing bowl with remaining 2 cups milk.
10. Add mashed bananas to mixture.
11. Serve in cups or glasses.

Variation: Other fresh, frozen (thaw before using) or drained canned fruits may be substituted for the bananas. Fruits can be pureed or cut into small pieces according to milk shake texture desired.

Snack Suggestion: Banana Milk Shake (1 cup), ginger snaps (2)

Melanie Riblett - Central City

Fruit Crisp

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 9 servings
Serving size: 1 piece

9 Servings	Ingredients	Servings
5 cups	Sliced, peeled apples, pears, peaches or apricots	
4 Tbsp.	Sugar	
½ cup	Oatmeal	
½ cup	Packed brown sugar	
¼ cup	Enriched all-purpose flour	
¼ tsp.	Nutmeg, ginger, or cinnamon	
¼ cup	Margarine	

1. Place fruit in an 8" x 8" square baking dish.
2. Stir in sugar. Set aside.
3. For topping, combine oatmeal, brown sugar, flour and spice (nutmeg, ginger or cinnamon) in a mixing bowl.
4. Cut in margarine until mixture resembles coarse crumbs.
5. Sprinkle topping over filling.
6. Bake in a **375°F** oven for **30-35 minutes** or until fruit is tender and topping is golden. Divide into 9 equal pieces.

Variations:

- **Blueberry Crisp:** Prepare as above, except for the filling: Combine 4 tablespoons sugar and 3 tablespoons all-purpose flour. Toss with 5 cups fresh or frozen* blueberries.
- **Cherry Crisp:** Prepare as above, except for the filling: Combine ½ cup sugar and 3 tablespoons all-purpose flour. Toss with 5 cups fresh or frozen* unsweetened pitted tart red cherries.
- **Rhubarb Crisp:** Prepare as above, except for the filling: Combine 1 cup sugar and 3 tablespoons all-purpose flour. Toss with 5 cups fresh or frozen* unsweetened sliced rhubarb.

*Thaw frozen fruit, but do not drain. Drain juice from canned fruit.

Snack Suggestion: Fruit Crisp (1 piece), string cheese (½ ounce), water

Fruit Kabobs

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 8 servings
Serving size: 1 skewer

8 Servings	Ingredients	Servings
1 ½ tsp.	Cornstarch	
⅛ tsp.	Cinnamon	
2 Tbsp.	Lemon juice	
2 Tbsp.	Orange juice	
1 ½ Tbsp.	Honey	
2 small	Apples, cored and cut into ½" - 1" cubes	
1 (20 oz.) can	Pineapple chunks, drained	
2 medium	Oranges, peeled, sliced and cut into fourths	
2 medium	Bananas, cut into ½" slices	
8	Skewers	

1. In measuring cup, mix cornstarch, cinnamon, lemon juice, orange juice and honey to make glaze.
2. Microwave at **full power 1-2 minutes**, or until thick, stirring once or twice.
3. Alternate apple, pineapple, orange and banana pieces on skewers to fill each skewer.
4. Brush with glaze.
5. Refrigerate until ready to serve.

SAFETY NOTE: Supervise carefully while using skewers.
Plastic drinking straws make good fruit skewers.

FOOD SAFETY NOTE:
Do not feed honey to children under one year of age.

Snack Suggestion: Fruit Kabob (1 skewer), thin wheat crackers (6), water

Theresa Rybinski - Columbus

Fruit Salad

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 9 servings
Serving size: ⅔ cup

9 Servings	Ingredients	Servings
1 (21 oz.) can 3 medium 2 cups 1 cup	Peach pie filling Firm bananas, sliced Fresh strawberries Seedless grapes	

1. Wash strawberries and grapes under running water.
2. Cut strawberries and grapes in fourths to prevent choking.
3. Combine all ingredients in a bowl.
4. Refrigerate until ready to serve.

Snack Suggestion: Fruit Salad (⅔ cup), oyster crackers (15), water

Fruit Shakes

Snack Components:

Milk (½ cup)

Fruit/Vegetable (½ cup)

Yield: 4 servings

Serving size: 1 cup

4 Servings	Ingredients	Servings
2 cups 3 medium 3 Tbsp.	<p style="text-align: center;">Peanut Butter Banana</p> Lowfat milk OR lowfat vanilla yogurt Bananas Peanut butter	
2 cups 1 cup 3 medium ½ tsp.	<p style="text-align: center;">Liquid Sunshine</p> Lowfat milk OR lowfat vanilla yogurt Crushed pineapple Bananas, frozen Vanilla	
2 cups 3 medium 1 cup ½ tsp.	<p style="text-align: center;">Bananaberry</p> Lowfat milk OR lowfat vanilla yogurt Bananas, frozen Strawberries or blueberries (may be frozen) Vanilla	
2 cups 2 cups ½ tsp. ½ cup	<p style="text-align: center;">Spicy Apple</p> Lowfat vanilla yogurt Chunky applesauce Cinnamon Ice cubes or crushed ice	

1. Combine ingredients in blender and blend until smooth.
2. Serve immediately.

Note: When yogurt is substituted for milk in these recipes, the snack components are meat/meat alternate (½ ounce) and fruit (½ cup).

Snack Suggestion: Fruit Shake (1 cup), Melba toast (1 slice), water

Source: Adapted from *Meals Without Squeals* with permission.

Quick Fruit Toast

Snack Components:
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 slice with
 ¼ cup fruit topping

8 Servings	Ingredients	Servings
8 slices 4 ounces 2 cups	Bread, white or whole wheat Lowfat whipped cream cheese Sliced fresh fruit (choice of bananas, strawberries, peaches, kiwi etc.)	

1. Toast bread.
2. Spread with 1 tablespoon of cream cheese.
3. Arrange fresh fruit on top.

Variation:

- 2 cups of fresh vegetables may be substituted for fresh fruit; choose from chopped broccoli, cauliflower, green and red pepper, shredded carrots, peas and sliced cherry tomatoes.

Note: To make this a creditable snack: an additional ¼ cup of fruit/vegetable must be served or another component, e.g., meat/meat alternate or milk must be served.

Children may prefer vegetables partially cooked. Vegetables should be cooked only until tender crisp.

Snack Suggestion: Quick Fruit Toast (1 serving), orange juice (¼ cup)

Orange Julius™

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 6 servings
Serving size: ¾ cup

6 Servings	Ingredients	Servings
1 (6 oz.) can 2 cups 2 cups ¼ cup 1 tsp.	Orange juice concentrate, thawed Lowfat milk Water Sugar Vanilla	

1. Combine all ingredients together in a blender.
2. Blend the ingredients until mixed thoroughly.
3. Serve immediately.

Snack Suggestion: Orange Julius™ (¾ cup), soft pretzel (1) recipe on page 173

Grand Fruit Sorbet

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 12 servings
Serving size: ½ cup

12 Servings	Ingredients	Servings
5 cups 1 cup ½ cup	Ripe fresh fruit, diced Frozen fruit juice concentrate (any flavor) Sugar	

1. Combine fruit and fruit juice concentrate with an electric blender or a food processor. Mix until smooth.
2. Add sugar. Mix again.
3. Churn-freeze the fruit mixture in an ice cream maker following the instructions.
4. Transfer fruit mixture from ice cream maker to sealed container and store in freezer until serving.
5. To make the sorbet extra smooth, allow sorbet to stand out of the freezer for at least 30 minutes before serving.

Snack Suggestion: Fruit Sorbet (½ cup), rolled sugar cookie (1) recipe on page 164, water

Witch's Brew

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
	Witch's Brew #1	
4 cups	Grape juice	
2	Cloves, whole	
1	Cinnamon stick	
¼ tsp.	Allspice	

1. Heat all ingredients in a medium-sized saucepan for **5 minutes**.
2. Remove cloves and cinnamon stick.
3. Serve hot or cold. To serve chilled, pour over ice.

8 Servings	Ingredients	Servings
	Witch's Brew #2	
3 cups	Apple cider	
1 cup	Orange juice	

1. Combine juices.
2. To serve chilled, pour over ice.

Snack Suggestion: Witch's Brew (½ cup), smiling pumpkin cookie (1) recipe on page 63

Robin Timmerman - Geneva

Cereal Snack

Snack Component:
Grains/Breads (½ serving)

Yield: 12 servings
Serving size: ⅔ cup

12 Servings	Ingredients	Servings
7 cups	O-shaped cereal or other crisp low sugar cereal	
1 cup	Raisins	
¼ cup	Margarine	
¼ cup	Light corn syrup	
½ cup	Brown sugar	
½ t sp.	Baking soda	

1. Put cereal and raisins into a large greased bowl. Set aside.
2. Combine margarine, syrup and sugar in a small saucepan.
3. Bring to a boil and cook **2 minutes**. Remove from heat.
4. Add soda. Stir well.
5. Pour over cereal mix. Mix.
6. When cereal mix is coated, pour onto a greased baking sheet.
7. Bake at **350°F** for **15 minutes**.
8. Remove from heat. Let stand **10 minutes**.
9. Separate with fork. Store in an air tight container.

Snack Suggestion: Cereal Snack (⅔ cup), apple juice (½ cup)

Cereal Slices

Make a double recipe of hot cereal. Pour half into a loaf pan for a future snack.

Snack Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: 1 slice

1. Prepare favorite hot cereal according to package directions for **4 servings**.
2. Rinse a 9" x 5" x 3" loaf pan with cold water to prevent the cereal from sticking to the pan.
3. Pour cooked cereal into loaf pan.
4. Cool slightly; cover and refrigerate overnight.
5. Cut into 1-inch thick slices.
6. Pan-fry in small amount of margarine until golden brown, about **10 minutes** per side.
7. Serve hot with syrup or molasses.

Note: A variety of hot cereals may be used: oatmeal, cream of wheat, grits, malt-o-meal, farina, or cornmeal mush.

Snack Suggestion: Cereal Slice (1 serving), lowfat milk (½ cup)

Rosanne Sexton - Omaha

Snack Mix

Snack Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: ⅔ cup

16 Servings	Ingredients	Servings
1 (12.3 oz.) box	Crispix Cereal™	
2 cups	Cheez-it Crackers™	
2 cups	Pretzels (small)	
½ cup	Margarine	
1 Tbsp.	Worcestershire sauce	
4 tsp.	Lemon juice	

1. Mix cereal, crackers and pretzels in large roasting pan.
2. In a small pan, melt margarine; add seasonings. Mix well.
3. Pour seasoning mixture over cereal mixture and stir until well coated.
4. Bake at **250°F** for **45 minutes**. Stir mixture every **15 minutes**.
5. Cool on absorbent paper towel; store in an air tight container.

Microwave: In a large microwave-safe bowl, melt margarine. Add seasonings, cereal, crackers and pretzels. Microwave on **high** for **6 minutes**. Stir every **2 minutes**.

Note: Read page 186 for microwave hints.

Snack Suggestion: Snack Mix (⅔ cup), apple cider (½ cup)

Bread Pudding

Snack Component:
Grains/Breads (½ serving)

Yield: 9 servings
Serving size: 1 piece (2½" x 2½")

9 Servings	Ingredients	Servings
5 slices 2 large 2 cups ½ cup 1 tsp. ½ tsp.	Day-old white enriched bread Eggs Lowfat milk Sugar Vanilla Cinnamon	

1. Lightly toast bread if it is not day-old.
2. Remove bread crusts and cut bread into 1-inch cubes.
3. In a mixing bowl, beat eggs.
4. Add milk, sugar and vanilla to eggs. Stir.
5. Add cubed bread to egg mixture. Stir slightly and soak for **5 minutes**.
6. Pour mixture into a lightly greased 8" x 8" baking dish.
7. Sprinkle cinnamon over mixture.
8. Bake in a **325°F** oven for **45-50 minutes** or until a knife inserted near the center comes out clean.
9. Cut into 9 equal pieces.
10. Cool slightly and serve warm or may be served cold.

Variations:

- Whole wheat, raisin or cinnamon bread may be substituted for the white bread.

Note: Bread pudding may be credited as a grains/breads component for snack only.

Snack Suggestion: Bread Pudding (1 piece), orange-pineapple juice (½ cup)

Peanut Butter Pie

Snack Component:
 Meat/Meat Alternate (½ ounce)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 1 piece

8 Servings	Ingredients	Servings
1 cup 1 quart 1 (8-9 inch)	Peanut butter (crunchy or creamy) Softened vanilla ice cream Prepared graham cracker pie crust	

1. Mix peanut butter and softened vanilla ice cream.
2. Pour into graham cracker crust. Freeze.
3. Cut into 8 servings.

Snack Suggestion: Peanut Butter Pie (1 piece), lowfat milk (½ cup)

Quick Rice Pudding

Snack Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
4 cups	Lowfat milk	
1 large	Egg, well beaten	
1 (3 oz.) pkg.	Vanilla pudding mix (not instant)	
1 cup	Uncooked instant rice	
¼ cup	Raisins	
¼ tsp.	Cinnamon	
⅛ tsp.	Nutmeg	

1. In heavy saucepan, gradually stir milk and egg into pudding mix.
2. Add rice and raisins.
3. Stir over medium heat until mixture just comes to a boil.
4. Cool 5 minutes, stirring twice.
5. Pour equal amounts of pudding into 8 serving dishes.
6. Sprinkle with cinnamon and nutmeg.
7. Serve warm or cover with plastic wrap and refrigerate.

Note: Rice pudding may be credited as a grains/breads component for snack only.

Snack Suggestion: Quick Rice Pudding (½ cup), grape juice (½ cup)

Banana Bars

Snack Component:
Grains/Breads (½ serving)

Yield: 24 servings
Serving size: 1 piece (2¼" x 2¼")

24 Servings	Ingredients	Servings
¾ cup	Margarine	
¾ cup	Sugar	
1 large	Egg	
1 ½ cups	Enriched all-purpose flour	
1 tsp.	Baking soda	
1 ½ cups	Oatmeal	
1 cup	Raisins	
1 ½ cups	Mashed ripe banana	

1. Cream margarine and sugar; add egg.
2. Sift flour and baking soda together. Add to cream mixture.
3. Add oatmeal, raisins and mashed bananas. Blend.
4. Spread into a greased 9" x 13" pan.
5. Bake at **350°F** for **20-25 minutes**.
6. Cut into 24 pieces.

Snack Suggestion: Banana Bar (1 piece), lowfat milk (½ cup)

Best Brownies

Snack Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: 1 piece (2¾" x 1¾")

16 Servings	Ingredients	Servings
½ cup	Vegetable oil	
¾ cup	Sugar	
2 tsp.	Vanilla	
2 large	Eggs	
⅓ cup	Chocolate syrup	
2 cups + 1 Tbsp.	Enriched all-purpose flour	
⅓ cup	Cocoa	
½ tsp.	Baking powder	
¼ tsp.	Salt	

1. Blend oil, sugar and vanilla in large mixing bowl.
2. Add eggs and chocolate syrup; beat well using spoon.
3. Combine flour, cocoa, baking powder and salt.
4. Gradually add to egg mixture.
5. Spread into a greased 7" x 11" pan.
6. Bake at **350°F** for **20-25 minutes** or until brownie begins to pull away from edges of pan.
7. Cool in pan.
8. Cut into 16 pieces.

Snack Suggestion: Brownie (1 piece), lowfat milk (½ cup)

Betty Rhine - Hershey, PA

Molding Dough Cookies

This recipe is high in fat but may be used occasionally for a children's cooking activity since it molds well.

Snack Component:
Grains/Breads (½ serving)

Yield: 48 servings
Serving size: 1 cookie (medium size)

48 Servings	Ingredients	Servings
1 (6 oz.) pkg.	Regular cream cheese, softened	
1 cup	Margarine	
1 cup	Brown sugar	
3½ cups	Enriched all-purpose flour	
1 tsp.	Salt	
2 tsp.	Vanilla	

1. Blend cream cheese and margarine together.
2. Add brown sugar, flour, salt and vanilla. Mix well.
3. Chill dough.
4. Roll out dough on floured surface until dough is ⅛" - ¼" thick.
5. Cut with cookie cutters.
6. Decorate.
7. Bake at **350°F** for **10-12 minutes**.

Variations:

- Using the above recipe, cut out circles. Place raisins, miniature M & M's™, etc. on one circle; then place another circle on top and seal edges.
- These cookies may be tinted with food coloring for the holidays. For example, orange circles with raisins or chocolate chip faces for Halloween; or color dough red and green for Christmas shapes.

Snack Suggestion: Molding Dough Cookie (1), banana shake (1 cup) recipe on page 142

Oatmeal Cookies Deluxe

Snack Component:
Grains/Breads (½ serving)

Yield: 48 cookies
Serving size: 1 cookie

48 Servings	Ingredients	Servings
1 cup	Margarine	
½ cup	Sugar	
1 cup	Brown sugar	
2 large	Eggs	
1 tsp.	Vanilla	
½ cup	Peanut butter	
1 ½ cups	Enriched all-purpose flour	
1 tsp.	Baking soda	
3 cups	Quick cooking oatmeal (not instant)	
1 cup	Raisins	

1. Cream margarine, sugar and brown sugar together.
2. Add eggs, vanilla and peanut butter. Beat well.
3. Add flour and soda; mix well.
4. Add oatmeal and raisins; mix well.
5. Drop dough by rounded teaspoonfuls 2" apart on baking sheet.
6. Bake at **350°F** for **10-12 minutes**.
7. Cool 1 minute on baking sheet; remove to wire rack.

Snack Suggestion: Oatmeal Cookie Deluxe (1), lowfat milk (½ cup)

Easy Oatmeal Cookies

Snack Component:
Grains/Breads (½ serving)

Yield: 30 servings
Serving size: 1 bar

30 Servings	Ingredients	Servings
¾ cup	Sugar	
1 Tbsp.	Brown sugar	
3 cups	Oatmeal	
2 cups	Enriched all-purpose flour	
2 tsp.	Salt	
1 tsp.	Baking soda	
1¼ cups	Margarine	
¼ cup	Cold water	

1. Mix sugar, brown sugar, oatmeal, flour, salt and baking soda together.
2. Cut in margarine.
3. Add water.
4. Chill dough for one hour.
5. Put dough on greased 15" x 10" baking sheet. Press dough out towards corners of baking sheet; then roll with rolling pin to even out the dough.
6. Cut into 2" x 2½" bars before baking.
7. Bake at **375°F** for **12-15 minutes** until light brown.
8. Let cool. Snap cookies apart along seam line.

Snack Suggestion: Easy Oatmeal Cookie (1), chocolate milk (½ cup)

Peanut Butter Balls (No-Bake)

Snack Component:
Meat/Meat Alternate (½ ounce)

Yield: 20 servings
Serving size: 3 balls

20 Servings	Ingredients	Servings
3 cups	Dry cereal, flakes or crispies	
½ cup	Instant nonfat dry milk	
1 ¼ cups	Peanut butter	
⅓ cup	Honey	

1. Crush 1 cup of the cereal; set aside.
2. Stir dry milk, peanut butter, honey and remaining cereal together.
3. Use a rounded teaspoonful of mixture to form peanut butter balls.
4. Roll in crushed cereal to coat.
5. Store in an air tight container in the refrigerator.

Note: There are many recipes for No-Bake Peanut Butter Balls. In order to credit the recipe as a meat alternate at snack, check to see that the recipe provides 1 tablespoon of peanut butter per serving. Do not use margarine, butter or oils in peanut butter ball recipes.

FOOD SAFETY NOTE:

Do not feed honey to children under one year of age.

Snack Suggestion: Peanut Butter Balls (3), apple slices (½ cup), water

Valerie Sieburg - Springfield Theresa Rybinski - Columbus Willie DuLaney - Omaha

Smiling Pumpkin Cookies

Snack Component:
Grains/Breads (½ serving)

Yield: 30 cookies
Serving size: 1 cookie

30 Servings	Ingredients	Servings
2 cups	Enriched all-purpose flour	
1 Tbsp.	Baking powder	
1 tsp.	Cinnamon	
1 tsp.	Nutmeg	
½ tsp.	Ginger	
1 cup	Margarine	
1 cup	Brown sugar	
2 large	Eggs	
1 cup	Pumpkin	
1 tsp.	Vanilla	
1 cup	Raisins	

1. Lightly coat 2 baking sheets with non-stick spray.
2. In medium bowl, sift together flour, baking powder, cinnamon, nutmeg and ginger; set aside.
3. In a large mixing bowl, cream margarine and brown sugar together.
4. Beat in eggs.
5. Add the pumpkin and vanilla. Beat well.
6. Add flour mixture and blend with pumpkin batter for one minute.
7. Drop dough by tablespoonfuls 2" apart on baking sheet.
8. Lightly press in raisins to form a face.
9. Bake at **350°F** for **15 minutes**. Cool.

Variation:

- Substitute currants for raisins to form a face.

Snack Suggestion: Smiling Pumpkin Cookie (1), lowfat milk (½ cup)

Rolled Sugar Cookies

Snack Component:
Grains/Breads (½ serving)

Yield: 32 servings
Serving size: 1 cookie

32 Servings	Ingredients	Servings
¾ cup	Sugar	
3 cups	Enriched all-purpose flour	
2 tsp.	Baking powder	
1 tsp.	Baking soda	
1 tsp.	Salt	
1 cup	Margarine	
2 large	Eggs	
4 Tbsp.	Lowfat milk	
1 tsp.	Vanilla	

1. Sift sugar, flour, baking powder, baking soda and salt together.
2. Cut margarine into flour mixture as if making pie crust.
3. Add eggs, milk and vanilla. Mix well.
4. Divide dough in half.
5. Chill dough for **30 minutes**.
6. Roll out half of dough on floured surface to ⅛" thick.
7. Cut with cookie cutters.
8. Decorate with sprinkles or cinnamon sugar.
9. Roll out remaining dough and repeat steps #7 and #8.
10. Bake at **375°F** for **7-8 minutes**. Cool.

Snack Suggestion: Rolled Sugar Cookie (1), lowfat milk (½ cup)

Zucchini Cookies

Snack Component:
Grains/Breads (½ serving)

Yield: 48 cookies
Serving size: 1 cookie

48 Servings	Ingredients	Servings
¼ cup	Margarine	
½ cup	Sugar	
1 large	Egg	
1 tsp.	Vanilla	
3½ cups	Enriched all-purpose flour	
2 tsp.	Baking powder	
2 tsp.	Baking soda	
1 tsp.	Cinnamon	
1½ cups	Zucchini, shredded	

1. Cream the margarine and sugar together in a large mixing bowl.
2. Add the egg and vanilla; mix well.
3. Combine the dry ingredients in a medium bowl.
4. Add the dry ingredients to the creamed mixture; mix thoroughly.
5. Gradually stir in zucchini.
6. Drop dough by teaspoonfuls 2" apart on ungreased baking sheet.
7. Bake at **350°F** for **12 minutes**. Cool.

Variations:

- Substitute 1½ cups grated carrots or 1 cup applesauce for the zucchini.

Snack Suggestion: Zucchini Cookie (1), cottage cheese (½ cup), water

Orange Glazed Biscuits

Snack Components:
 Grains/Breads (½ serving)
 Fruit/Vegetable (½ cup)

Yield: 10 servings
 Serving size: 1 biscuit

10 Servings	Ingredients	Servings
10 (1 tube)	Refrigerated biscuits	
10	Sugar cubes	
1 (12 oz.) can	Frozen orange juice concentrate	

1. Place biscuits in lightly greased pan.
2. Dip sugar cube in orange juice concentrate and push down in center of biscuit.
3. Bake according to package directions.
4. Add 3 cans of water to remaining orange juice concentrate and serve with biscuits.

Snack Suggestion: Orange Glazed Biscuit (1), orange juice (½ cup)

Anita Sprinel - Omaha

Cheese Puffs

Snack Components:
 Meat/Meat Alternate (½ ounce)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 1 cheese puff

10 Servings	Ingredients	Servings
10 (1 tube) 1 tsp. 1 block (5 oz.) ¼ cup	Refrigerated buttermilk biscuits Dried oregano Mozzarella cheese Pizza sauce	

1. Make an indentation in the center of each biscuit; sprinkle with oregano.
2. Cut the block of mozzarella into 10 cubes.
3. Place cheese cube in the center of each biscuit.
4. Wrap dough around cheese to seal.
5. Place seam side down on an ungreased baking sheet.
6. Spread pizza sauce over tops.
7. Bake at **375°F** for **10-12 minutes** or until golden brown.

Snack Suggestion: Cheese Puff (1), water

Crunchy Bread Sticks

Snack Component:
Grains/Breads (½ serving)

Yield: 10 servings
Serving size: 2 sticks

10 Servings	Ingredients	Servings
1 cup 1 Tbsp. ½ tsp. 10 (1 tube)	Crispy rice cereal, crushed Dill weed Salt Refrigerated biscuits	

1. Mix cereal, dill weed and salt in shallow pan.
2. Cut biscuits in half.
3. Roll biscuit half back and forth until it is the size of a pencil.
4. Dip in water and then roll in cereal mixture.
5. Bake at **400°F** for **8-10 minutes** or until done.

Snack Suggestion: Crunchy Bread Sticks (2), lowfat flavored yogurt (¼ cup)

Lee Ann Greenough - Valentine

Funnel Cakes

Snack Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: 1 funnel cake

8 Servings	Ingredients	Servings
1 cup	Enriched all-purpose flour	
2 tsp.	Sugar	
1 tsp.	Baking powder	
½ tsp.	Salt	
1 large	Egg, lightly beaten	
¾ cup	Lowfat milk	
As needed	Vegetable oil for frying	
As needed	Powdered sugar	

1. In a large bowl, combine the flour, sugar, baking powder and salt.
2. Gradually add the beaten egg and milk until well blended.
3. Let the mixture stand for **15 minutes**.
4. Heat ½" of vegetable oil in a deep skillet to **390°F**.
5. When the oil is hot, pour the batter into a funnel, drizzling a thin stream of batter into the hot oil.
6. Start in the center of the skillet, circling continuously until the funnel cake is the desired size and shape.
7. Fry on each side until golden brown.
8. Drain cakes on paper towels.
9. Sprinkle lightly with powdered sugar and serve warm.

Note: Vegetable oil needs to be heated to 390°F before adding funnel cakes. This will prevent batter from absorbing excess oil.

SAFETY NOTE: Must use a clean funnel. Keep for this purpose only. The Pennsylvania Dutch use a funnel with a long handle to help prevent burns.

Snack Suggestion: Funnel Cake (1), lowfat milk (¾ cup)

Hush Puppies

Snack Component:
Grains/Breads (½ serving)

Yield: 12 servings
Serving size: 2 hush puppies

12 Servings	Ingredients	Servings
1 cup	Yellow cornmeal	
1 ½ tsp.	Baking powder	
½ cup	Enriched all-purpose flour	
¾ tsp.	Salt	
2 Tbsp.	Chopped onion	
⅔ cup	Lowfat milk	
1 large	Egg	
As needed	Vegetable oil for frying	
As needed	Honey for dipping	

1. Mix cornmeal, baking powder, flour and salt together.
2. Mix in onion, milk and egg.
3. Drop batter by tablespoonfuls into hot oil at **375°F** for **2-3 minutes**, turning once.
4. Drain on paper towels. Serve warm.

Note: Vegetable oil needs to be heated to 375°F before adding hush puppies. This will prevent dough from absorbing excess oil.

FOOD SAFETY NOTE:

Do not feed honey to children under one year of age.

Snack Suggestion: Hush Puppies (2), lowfat milk (½ cup)

Valerie Sieburg - Springfield

Kringlers

Snack Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: 1 tortilla

8 Servings	Ingredients	Servings
8 (6-inch) 2 Tbsp. 5 tsp. 3 Tbsp.	Flour tortillas Melted margarine Cinnamon Sugar	

1. Preheat oven to **350°F**.
2. Combine the cinnamon and sugar in a small bowl.
3. Spread out tortillas on a flat surface; lightly brush each with melted margarine to the edge.
4. Sprinkle the cinnamon sugar mixture over each tortilla.
5. Roll up the tortilla in jelly roll fashion; place on a greased cookie sheet seam side down.
6. Bake at **350°F** for **4-5 minutes**.
7. Cool. Cut in half for easy eating.

Snack Suggestion: Kringlers (1 serving), grape juice (½ cup)

Finger Pancakes

Snack Component:
Grains/Breads (½ serving)

Yield: 15 servings
Serving size: 2 pancakes

15 Servings	Ingredients	Servings
2 large	Eggs	
3 cups	Lowfat milk	
2 cups	Enriched all-purpose flour	
½ tsp.	Salt	
1 tsp.	Sugar	
1 tsp.	Baking powder	
As needed	Powdered sugar	

1. Beat eggs; add milk.
2. Combine the dry ingredients and sift into egg and milk mixture; mix well.
3. Pour ⅛ cup batter quickly on hot, greased griddle; spread evenly.
4. When golden brown, turn and brown other side.
5. When pancake is cooked, sprinkle lightly with powdered sugar. Roll up in jelly roll fashion and eat with fingers. The batter is very thin so the pancakes roll easily.

Variation:

- Pancakes may be spread with fruit spreads, jam, jelly, preserves or peanut butter. Children could choose their own filling.

Snack Suggestion: Finger Pancakes (2), apple slices (½ cup), water

Soft Pretzels

Snack Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: 1 pretzel

16 Servings	Ingredients	Servings
2 cups 1 Tbsp. 1 Tbsp. ¾ cup 1 large ¼ tsp.	Enriched all-purpose flour Vegetable oil Dry active yeast Apple or white grape juice, lukewarm Egg, beaten Salt, coarse	

1. In a large mixing bowl, combine half of the flour, oil, yeast and fruit juice.
2. Beat with an electric mixer for **2-3 minutes**.
3. Stir in remaining 1 cup of flour.
4. Knead on floured board for **10 minutes** or until dough is smooth and elastic. Add more flour if dough is sticky.
5. Pinch off pieces of dough and roll to form 16 long strips.
6. Twist into desired shapes and place on lightly greased baking sheets.
7. Let rise in a warm place for **30 minutes**.
8. Brush with egg and sprinkle with salt.
9. Bake at **450°F** for **15 minutes** or until brown.

Note: This is a recipe the children could help with; give them the bread strip and let them design their own pretzel shape.

Snack Suggestion: Soft Pretzel (1), witches brew (½ cup) recipe on page 150

Sopaipillas

Snack Component:
Grains/Breads (½ serving)

Yield: 10 servings
Serving size: 2 sopaipillas

10 Servings	Ingredients	Servings
1 cup	Enriched all-purpose flour	
1 ½ tsp.	Baking powder	
1 Tbsp.	Margarine	
⅓ cup	Warm water	
As needed	Vegetable Cooking oil for deep-fat frying	
As needed	Powdered sugar	

1. Combine flour and baking powder in a bowl.
2. Cut in margarine until mixture resembles fine crumbs.
3. Gradually add ⅓ cup warm water (110°-115°F), stirring with a fork. The dough will be crumbly.
4. On a lightly-floured surface, knead dough for **3-5 minutes** or until smooth.
5. Cover; let dough rest **10 minutes**.
6. Roll dough into a 12½" x 10" rectangle.
7. Using a fluted pastry wheel or knife, cut into 2½-inch squares. Do not re-roll or patch dough.
8. Fry two or three squares at a time in hot oil at **425°F** for **30 seconds** on each side or until golden brown. Drain on paper towels.
9. Keep warm in a **300°F** oven while frying remaining squares. Sprinkle with powdered sugar.

Note: Vegetable oil needs to be heated to 425°F before adding squares. This will prevent dough from absorbing excess oil.

Snack Suggestion: Sopaipillas (2), lowfat milk (½ cup)

Taco Dip

Snack Component:
Meat/Meat Alternate (½ ounce)

Yield: 16 servings
Serving size: ¼ cup

16 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 lb.	Processed cheese food	
1 (16 oz.) can	Chili with beans	
1 (16 oz.) jar	Thick and chunky salsa (mild)	

1. Brown ground beef in a skillet until done. Drain.
2. Transfer cooked meat to a microwave-safe bowl.
3. Cut cheese in chunks. Add to beef.
4. Add chili with beans and salsa.
5. Stir well.
6. Microwave on **medium-high**, stirring every **2 minutes** until cheese is melted.
7. Serve warm.

Snack Suggestion: Taco Dip (¼ cup), tortilla rounds (6), water

Quick Snack Ideas

Hot or Cold Cereal Milk	Soft Tortilla Refried Beans	Chex Mix Apple Juice
Pumpernickel Bread Tangerine	Soft Tortilla Peanut Butter	String Cheese Fresh Fruit
English Muffin Grape Juice	French Bread Fruit Cup	Italian Bread Fruit Yogurt
Whole Wheat Bagel Tomato Juice	Graham Crackers Fruit Yogurt	Bagel Milk
Banana Peanut Butter	Bagel Orange	English Muffin Peanut Butter
Cheese Sandwich (Enriched Bread)	Boston Brown Bread Fruit Cocktail	Fresh Fruit Vanilla Wafers
Soft Tortilla Pineapple Chunks	Gingersnaps Applesauce	Tomato Slices Saltines
Fruit Cup Cheese Slices	Cheese Cubes Apple Slices	Whole Wheat Toast Lowfat Chocolate Milk
Granola Bar Orange Juice	Pretzels String Cheese	Bagel with Cream Cheese Pineapple Juice
Cinnamon Toast Pineapple Juice	Mandarin Oranges Wheat Crackers	Assorted Fresh Vegetables Cottage Cheese Dip Apple Juice
Raisin Bread Orange Juice	Rice Cakes Peanut Butter & Jelly	Italian Bread Cherry Tomatoes (cut in fourths)

Helpful Hints, Appendices, Index, etc.

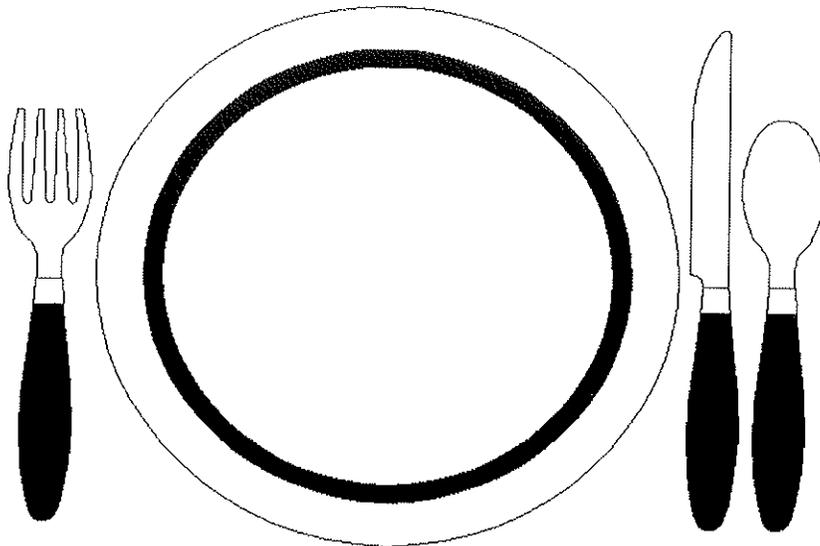


Mrs. Bartlett grabs a cookie and sits down to read the rest of the book.

It includes food preparation tips, food safety guidelines, sample menus and much more.

Appendices

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Notes:

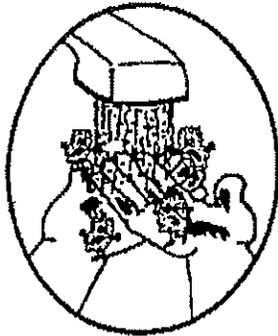
Appendix A: Handwashing

The single most effective thing you can do to prevent the spread of disease is to correctly wash your hands and the children's hands thoroughly and often.

This applies to child care providers and children:

HOW	WHEN
<ol style="list-style-type: none">1. Remove jewelry; push up sleeves. Wet hands with warm, running water (110° ± 10°F).2. Apply liquid soap.3. Wash hands for 20 seconds: include palms, backs, between fingers, thumbs, fingernails and wrists.4. Use nail brush after contact with stool or diaper.5. Rinse well with fingertips pointed down.6. Dry hands with a paper towel.7. Throw paper towels into a plastic-lined waste container.	<p>Before and after eating; before preparing or serving food or setting the table.</p> <p>Before preparing or giving medication.</p> <p>After using the toilet; before and after diaper changes.</p> <p>After handling items or children soiled with body fluids or wastes (blood, vomit, stool, urine, drool, eye matter).</p> <p>After coughing, sneezing or blowing the nose.</p> <p>After playing with or caring for pets.</p> <p>After playing outside.</p> <p>Before and after using water tables or moist items such as clay.</p> <p>Whenever hands look, feel or smell unclean.</p>

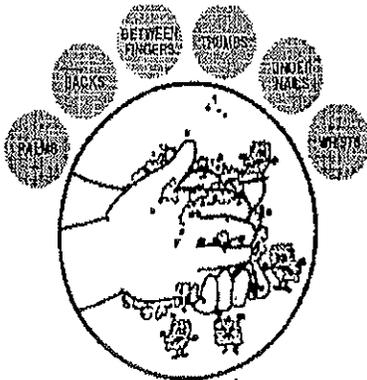
Handwashing Technique



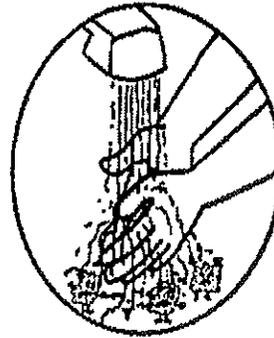
1. WET



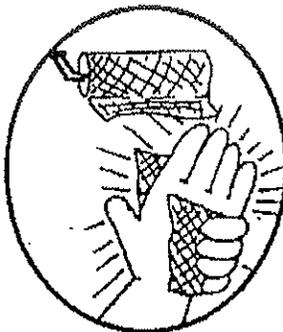
2. SOAP



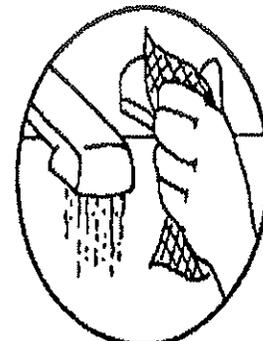
3. WASH



4. RINSE



5. DRY



6. TURN OFF WATER
WITH PAPER TOWEL

Appendix B: Food Safety

Critical Point 1: → Purchasing

- Purchase meat and poultry products last and keep packages of raw meat and poultry separate from other foods, particularly foods that will be eaten without further cooking. Consider using plastic bags to enclose individual packages of raw meat and poultry.
- Canned goods should be free of dents, cracks or bulging lids.
- Take food straight home to the refrigerator. If travel time will exceed one hour, pack perishable foods in a cooler with ice and keep groceries and cooler in the passenger area of the car during warm weather.

Critical Point 2: → Home Storage

- Verify the temperature of your refrigerator and freezer with an appliance thermometer -- refrigerators should run at 40°F or below; freezers at 0° F.
- At home, refrigerate or freeze meat and poultry immediately.
- To prevent raw juices from dripping on other foods in the refrigerator, use plastic bags or place meat and poultry on a plate.
- Wash hands with soap and water for 20 seconds before and after handling any raw meat, poultry or seafood products.
- Store raw, fresh foods below cooked foods in the refrigerator.
- Store canned goods in a cool, clean, dry place. Avoid extreme heat or cold which can be harmful to canned goods.
- Store foods up off the floor.
- Never store any foods directly under a sink and always keep foods separate from cleaning supplies.

Critical Point 3: → Pre-preparation

- Wash hands with soap and water for 20 seconds before beginning meal preparation; after handling raw meat, poultry, seafood or eggs; after touching animals; after using the bathroom; after changing diapers; or after blowing the nose.

- Do not let juices from raw meat, poultry or seafood come in contact with cooked foods or foods that will be eaten raw, such as fruits or salad ingredients.
- Wash hands, counters, equipment, utensils and cutting boards with soap and hot water immediately after use. Counters, equipment, utensils and cutting boards can be sanitized with a chlorine solution -- follow the instructions on sanitizing products.
- Thaw foods in the refrigerator, NEVER ON THE COUNTER. It is also safe to thaw in cold water in an air tight plastic wrapper or bag, changing the water every 30 minutes until thawed. Or, thaw in the microwave and cook the product immediately.
- Marinate foods in the refrigerator, NEVER ON THE COUNTER.

Critical Point 4: → Cooking

- Always cook thoroughly. If harmful bacteria are present, only thorough cooking will destroy them.
- Use a meat thermometer to determine if your meat or poultry or casserole has reached a safe internal temperature. Check the product in several spots to assure that a safe temperature has been reached. Temperatures are listed on page 200.
- Avoid interrupted cooking. Never refrigerate partially cooked products to later finish cooking on the grill or in the oven. Meat and poultry products must be cooked thoroughly the first time and then they may be refrigerated and safely reheated later.
- When microwaving foods, carefully follow manufacturers' instructions. Use microwave-safe containers, cover, rotate, and allow for the standing time, which contributes to thorough cooking.

Critical Point 5: → Serving

- Wash hands with soap and water before serving or eating food.
- Serve cooked products on clean plates with clean utensils and clean hands. Never put cooked foods on a dish that has held raw products unless the dish is washed with soap and hot water.
- Hold hot foods above 140° F and cold foods below 40° F.
- Never leave foods, raw or cooked, at room temperature for more than 2 hours. On a hot day with temperatures at 90° F. or warmer, this decreases to 1 hour.

Critical Point 6: → Handling Leftovers

- Wash hands before and after handling leftovers. Use clean utensils and surfaces.
- Divide leftovers into small units and store in shallow containers for quick cooling. Refrigerate within 2 hours of cooking. Discard anything left out too long.
- Never taste a food to determine if it is safe.
- When reheating leftovers, reheat thoroughly to a temperature of 165°F or until hot and steamy. Bring soups, sauces and gravies to a rolling boil.
- Store leftovers in covered containers in the refrigerator at or below 40°F for three days or less.
- Always store leftovers above fresh foods in the refrigerator.
- Dispose of garbage frequently.

Use a chlorine bleach solution to sanitize dishes after washing. Use a stronger solution to wipe down and sanitize food contact surfaces.

**Sanitizing solution for dishes or food contact surfaces:
¼ cup of chlorine bleach to 1 gallon of warm water.**

Because the chlorine solutions breaks down easily and loses effectiveness, mix it fresh daily. Do not mix chlorine bleach with such liquids as vinegar or ammonia. This will produce harmful gases.

No matter what types of cleaners you use, store them and all chemicals (insecticides and other household cleaners) away from food.

This information was adapted from *The National Health and Safety Performance Standards for Child Care*.

Slow Cooker Safety

Is A Slow Cooker Safe?

Yes, the slow cooker, or crock pot, cooks foods slowly at a low temperature generally between 170°F and 280°F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

The direct heat from the pot, lengthy cooking time and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

Safe Beginnings

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.

Keep perishable foods refrigerated until preparation time. 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. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, will not get a "head start" during the first few hours of cooking.

Thaw and Cut Up Ingredients

Always defrost meat or poultry before putting it into a slow cooker. Choose to prepare foods with a high moisture content such as chili, soup, stew, or spaghetti sauce.

Cut food into chunks or small pieces to ensure thorough cooking. Do not use the slow cooker for large pieces of meat like a roast or whole chicken because the food will cook so slowly it could remain in the bacterial "danger zone" too long.

Use the Right Amount of Food

Fill cooker no less than half full and no more than two-thirds full. Vegetables cook slower than meat and poultry in a slow cooker so if using them, put vegetables in first, at the bottom and around the sides of the utensil. Then add meat and cover the food with liquid such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or to check for doneness.

Settings

Most cookers have two or more settings. Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting.

If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it is safe to cook foods on low the entire time if you are leaving for work, for example, and preparation time is limited.

While food is cooking and once it is done, food will stay safe as long as the cooker is operating.

Power Outage

If you are not at home during the entire slow-cooking process and the power goes out, throw away the food even if it looks done.

If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on.

When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.

Handling Leftovers

Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. However, cooked food can be steamed on the stove top or in a microwave oven and then put into a preheated slow cooker to keep hot for serving.

Microwave Safety

There are traits, unique to microwave cooking, that affect how completely food is cooked. "Cold spots" can occur because of the irregular way the microwaves enter the oven and are absorbed by the food. It is important to ensure even cooking.

Defrosting

When using the microwave to defrost foods, plan to finish the cooking immediately. Some areas of larger food items may begin to cook during the defrost cycle, raising the temperature to a point where bacteria can flourish.

Remove food from store wrap prior to thawing. Foam insulated trays and plastic wraps are not heat stable at high temperatures. They can melt or warp from the food's heat, possibly causing chemicals to migrate into the food.

Do not defrost or hold food at room temperature for more than 2 hours. It is easy to forget all about a food item thawing in the microwave oven. Set a timer to sound an alert when the thawing time is up.

Cooking

Debone large pieces of meat. Bone can shield the meat around it from thorough cooking.

Arrange food items uniformly in a covered dish and add a little liquid. Under the cover, steam helps kill bacteria and ensure uniform heating. Either microwave-safe plastic wrap or a glass cover works well. Many recipes suggest venting a small area, allowing some steam to escape. Plastic wrap SHOULD NOT touch the food.

Cook large pieces of meat at 50% power for longer periods of time. This allows the heat to reach deeper portions without overcooking outer areas. Commercial oven cooking bags can also help even out cooking and provide a tender product.

Move the food inside the dish several times during cooking. Stir soups or stews. If you do not have a turntable, turn the entire dish during cooking.

Do not cook whole, stuffed poultry in the microwave. The bones and density of the stuffing inside the bird do not allow for even cooking.

Never partially cook food. If combining microwave cooking with conventional roasting, broiling or grilling, transfer the microwaved foods to conventional heat immediately.

Use a temperature probe or meat thermometer to verify the food has reached a safe temperature. Check the temperature in several places, avoiding fat and bone. It should reach 160°F for red meat; 180°F for poultry.

Make allowances for oven wattage variations. Because ovens vary in power and operating efficiency, make sure food is done. Use a meat thermometer and visual signs to check for doneness. Juices should run clear, and meat should not be pink.

Observe the standing time in a recipe. It is necessary to complete cooking.

Warming Precooked Foods

Cover precooked foods with microwave-safe plastic, waxed paper or a glass lid. This will keep moisture in and provide even cooking.

Heat leftovers and precooked food to at least 165°F to ensure that bacteria is destroyed.

Use caution when warming baby food. Stir foods thoroughly and taste-test them yourself for child-safe temperatures. **DO NOT MICROWAVE BREAST MILK OR FORMULA.**

What Utensils, Wraps and Cookware Should Be Used in the Microwave?

Glass and glass ceramic cookware are safe for microwave cooking. What about other materials?

Use only containers and products that have been approved for microwave use.

Avoid the use of cold storage containers. Margarine tubs, whipped topping bowls and cottage cheese cartons, for example, have not been approved for microwaving. High heat could cause chemicals to transfer into the food.

Waxed paper and white paper towels are safe. Other paper goods such plates and napkins have not been tested for use in microwave cooking.

Never use brown grocery bags and newspapers.

Avoid letting plastic wrap touch foods during microwaving. It is fine to cover utensils with plastic wrap, but unless the wrap is a heavy-duty microwave-safe type, it could melt in contact with hot foods.

Oven cooking bags are safe for use in the microwave. They are made from a very tough nylon material. Oven bags also promote even cooking.

Follow package directions when heating microwaveable foods with special browning or crisping devices in the package. Never try to reuse these special browning devices. Do not eat from a package that becomes "charred" in cooking. Handle carefully, they become very hot to the touch.

Do not re-use trays and containers provided with microwave convenience products. They have been designed for one-time use with that specific food only.

Cutting Board Safety

Avoid Cross-Contamination

The USDA Meat and Poultry Hotline recommends that consumers use plastic or glass surfaces for cutting raw meat and poultry. However, wooden cutting boards used exclusively for raw meat and poultry are acceptable. Use a different board for cutting other foods such as produce and bread. This will prevent bacteria from a meat or poultry product from contaminating another food.

Wash All Cutting Boards Thoroughly

To keep all cutting boards clean, USDA recommends washing them with hot, soapy water after each use, then rinse and air dry or pat dry with fresh paper towels. Nonporous acrylic, plastic or glass boards and solid wood boards can be washed in an automatic dishwasher (laminated boards may crack and split).

Sanitize Cutting Boards Occasionally

Both wooden and plastic cutting boards can be sanitized with a solution of one tablespoon liquid chlorine bleach per quart of water. Flood the surface with the bleach solution and allow it to stand for several minutes, then rinse and air dry or pat dry with fresh paper towels.

Replace Battered Cutting Boards

Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, they should be discarded.

The food safety information in this book has been adapted from materials provided by the USDA Food Safety and Inspection Service. Call the USDA Meat and Poultry Hotline for answers to food safety questions at 1-800-535-4555.

Appendix C: Help Prevent Choking

Young children are at the highest risk of choking on food and remain at high risk until they can chew better. Choking kills more young children than any other home accident. How can you make eating safer for young children?

Watch children during meals and snacks to make sure they:

- Sit quietly.
- Eat slowly.
- Chew food well before swallowing.
- Eat small portions at one time.

Fix table foods so they are easy to chew:

- Grind up tough foods.
- Cut food into small pieces or thin slices.
- Cut round foods, like hot dogs, into short strips rather than round pieces.
- Take out all bones from fish, chicken, and meat.
- Cook food until it is soft.
- Take out seeds and pits from fruit.

Some foods which are popular with young children are often the ones which have caused choking.

Foods that may cause choking:

Firm, smooth or slippery foods that slide down the throat before chewing, like:

- hot dogs
- peanuts
- hard candy
- grapes

Small, dry or hard foods that are difficult to chew and easy to swallow whole, like:

- popcorn
- nuts and seeds
- potato and corn chips
- small pieces of raw vegetables

Sticky or tough foods that do not break apart easily and are hard to remove from the airway like:

- peanut butter
- raisins and other dried fruit
- tough meat

Appendix D: Make Mealtime a Happy Time

Planning Mealtimes

Pleasant eating experiences are as important as nutritious foods. They provide a positive association with food and eating. Food habits and attitudes that form during the preschool years remain with most people throughout their life.

Feeding young children is a rewarding experience when you know:

- ☺ What foods children should have.



- ☺ How to bring children and foods together happily.
- ☺ Try to understand each child's personality and their reaction to foods.
- ☺ Children need to do as much for themselves as they are able to do. First efforts may be awkward, but encourage them. These efforts are a step toward growth.
- ☺ Children may be in no hurry to eat once the first edge is taken off their hunger. They do not have an adult's sense of time. Urging them to hurry may spoil their pleasure in eating.

- ☺ Most 1-year-old children can handle bite-sized pieces of food with their fingers. Later they can handle a spoon by themselves. Since they are growing slower than infants, they may be less hungry. They may be choosy and refuse certain foods. Do not worry or force them to eat. Keep on offering different foods.
- ☺ Sometimes children 3 through 5 years of age go on food "jags." They may want two or three servings of one food at one meal. Given time they will settle down and eat a normal meal. The overall pattern from week to week and month to month is more important.

Introducing New Foods

- ☺ Introduce only one new food at a time. Offer a very small amount at first, at the beginning of the meal, so that children may become used to new flavors and textures. Allow plenty of time for children to look at and examine the foods.
- ☺ Do not try to introduce a new food when children do not feel well or are cross and irritable. If you offer a new food and children turn it down, do not make a fuss. Offer the food again a few days later. If children do accept a new food, let them try it again soon so they can become familiar with it.



Encouraging Favorable Food Attitudes and Good Eating Habits

- ☺ Use a bright, attractive, well-ventilated and comfortable room for serving meals.
- ☺ Have a physical setting of tables, chairs, dishes, glasses, silverware and serving utensils that suits young children.
- ☺ Provide a quiet time just before meals so that the atmosphere can be friendly and relaxed at mealtime.
- ☺ Encourage children to participate in the food service by setting the table, by helping to bring the food to the table or by cleaning their own space after eating.

- ☺ Avoid delays in food service so the children will not have to sit and wait.
- ☺ Set a good example. Young children sense adult attitudes toward food.
- ☺ At the table, create an atmosphere of acceptance and respect for each child so that the meal will be both nutritionally and emotionally satisfying.
- ☺ Serve foods family style. An adult should eat at the table with the children.
- ☺ Arrange food on the plate to make the meal interesting and attractive. Consider the color, texture, flavor and temperature of the foods.
- ☺ Give small servings and allow second servings if desired.
- ☺ Permit children to make some food choices and recognize when their food needs have been satisfied.
- ☺ Use new foods frequently, but introduce them one at a time with familiar foods. Serve only "taste-size" portions until the children accept the food. Snack time is a good time to taste-test new foods.
- ☺ Temperature extremes are unpleasant to most young children. Usually a child does not object to lukewarm food. Beverages are often more pleasing to a child when served at room temperature rather than ice cold or piping hot.
- ☺ Clean plates are out! Children may rebel if you force them to eat unwanted food. Children may learn to overeat if they are told too often to finish their meals.
- ☺ Do not let children use food to gain attention; for example, if they refuse to eat or make special demands.

Appendix E: Save Time and Money

- ☉ Plan your meals ahead of time. Review the menus in this book. A sample four-week cycle menu using many recipes from *What's Cookin'!!* starts on page 208. Additional menu suggestions are found with each main dish, fruit/vegetable and snack recipe. You can mix and match the menu ideas to fit your needs. Recycle well-balanced favorite menus.
- ☉ Make and keep a current shopping list that corresponds to your menu cycle.
- ☉ Check supplies on hand before shopping.
- ☉ Check advertised specials. Money can be saved when you buy favorite meats on sale. Take advantage of fresh fruit and vegetable sales. Stock up on staples such as flour, sugar and spices when they are on sale.
- ☉ Compare unit prices on the shelves for the same type of foods.
- ☉ Compare food labels for nutrient content.
- ☉ Use store brands that provide good nutrition and help stretch your shopping dollars.
- ☉ Prepare meals from scratch, when possible, to save money and nutrients.
- ☉ Purchase foods with the minimum amount of processing and the maximum amount of nutrients.
- ☉ Make it a habit before you begin cooking to read the recipe. Start at the beginning and read every word; do not assume anything. Calculate adjustments on the recipe for number of servings needed.
- ☉ Do not waste energy, time and food by overcooking foods.
- ☉ Allow the children to help with food preparation when possible.
- ☉ Prepare a double or triple recipe of an item. You can freeze the extra servings and use at a later time. It is helpful to have a main dish in the freezer that can be served on a "crisis" day.

Appendix F: Plan and Prepare Healthy Foods

Nutrition Guidelines for Children

- ▲ Offer a variety of foods
- ▲ Serve meals that help maintain a healthy body and weight
- ▲ Offer meals low in fat, saturated fat, and cholesterol
- ▲ Serve plenty of vegetables, fruits, and grain products
- ▲ Offer and use sugars only in moderation
- ▲ Offer and use salt and sodium only in moderation
- ▲ Promote an alcohol-and drug-free lifestyle

Because providers care for children of various ages, it may be necessary at times to make changes in some of the recipes found in *What's Cookin' II*. You may want to modify the shape, texture or portion sizes of the foods or eliminate ingredients for the preferences and developmental abilities of the children in your care.

The Food Guide Pyramid identifies how easy it is to make good food choices in menus and recipes. By following the Pyramid, you will use:

- ▲ Whole-grain breads and cereals
- ▲ Fresh fruits and vegetables
- ▲ Lowfat milk and dairy products
- ▲ Beans, peas and legumes
- ▲ Lean meat, poultry and fish
- ▲ Fats, sugars and salts in moderation

In addition, you can reduce extra fat, cholesterol, sugar and salt from your recipes and menus with the following tips:

Lower fat by substituting:

- ♡ Reduced fat cheeses for regular cheeses
- ♡ Lowfat milk for whole milk (Young children between ages one and two should drink only whole milk.)

- ♡ Lowfat plain yogurt for sour cream or cream cheese
- ♡ Nonfat sour cream for lite sour cream
- ♡ Blenderized nonfat cottage cheese with lemon juice for sour cream
- ♡ Nonfat mayonnaise or salad dressing for lite mayonnaise or salad dressing
- ♡ Chicken or beef broth thickened with cornstarch for creamed soups
- ♡ Equal amounts of applesauce for the oil, butter or margarine in cakes, brownies or fruit breads
- ♡ Two egg whites for one whole egg

Lower fat by:

- ♡ Trimming fat off meats and removing skin and fat from poultry
- ♡ Using tuna canned in water instead of oil
- ♡ Baking, grilling, roasting or broiling meats and vegetables instead of frying them
- ♡ Draining fat from cooked meats
- ♡ Seasoning cooked vegetables with herbs, lemon juice or broth

Lower cholesterol by:

- ♡ Using two egg whites instead of a whole egg
- ♡ Using vegetable margarine or oil instead of butter
- ♡ Using beans, peas and legumes in place of some meats

Reduce sugars by:

- ♡ Using fresh fruits or fruits packed in juice
- ♡ Using fruit purees instead of syrup or jam
- ♡ Using dried fruits, fresh fruits or canned fruits in juice to top hot or cold cereals

Reduce sodium (salts) by:

- ♡ Adding spices and herbs for extra flavor
- ♡ Limiting salty foods such as chips and condiments
- ♡ Replacing canned vegetables with fresh or frozen varieties

Some of the recipes in this book contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them. Consider variety, balance and moderation when planning healthy menus.

CAUTION! The American Academy of Pediatrics recommends that dietary restrictions, including restriction of fats, should not be made in the diets of children under age two.

Appendix G: Food Preparation Tips

Serving acceptable and nutritious foods depends not only on good planning, selection, and storage of food, but also on how you prepare and cook it. The key to good food preparation is to carefully follow standardized recipes, such as those in this book. A standardized recipe specifically describes the amount of ingredients and the method of preparation you need to follow in order to consistently produce a high-quality product. You will need to make sure that your personal recipes meet CACFP meal pattern requirements.

The following food preparation hints apply to recipes in *What's Cookin' II* and other recipes you prepare:

- ☞ When using a glass baking dish, reduce oven heat by 25°.
- ☞ A #16 ice cream scoop is equal to ¼ cup. Use for dipping mashed potatoes and semi-formed foods.
- ☞ Warm tortillas, pancakes or waffles in a slow cooker or bun warmer. They will stay warm without burning.
- ☞ Use a pizza cutter to cut waffles, pancakes and French toast for children.
- ☞ Have several sets of measuring spoons and cups. It will save you time.
- ☞ Non-stick cooking spray is flammable. Do not spray near an open flame or heated surface.
- ☞ Spray non-stick cooking spray onto pans while holding them over the sink. The spray can make floors slippery.
- ☞ Do not partially cook food one day and then complete cooking the next day.
- ☞ Prepare sandwiches and salads with a minimum amount of handling.
- ☞ Remember USDA's Two-Hour Rule: Never leave food out at room temperature for more than 2 hours.
- ☞ Promptly refrigerate or freeze leftovers. Divide large quantities into small containers or use shallow pans for quick reheating.
- ☞ Foods can be placed in the refrigerator hot. Do not leave at room temperature "to cool"; this invites bacteria and is an unsafe practice.
- ☞ Reheat leftovers to at least 165°F.

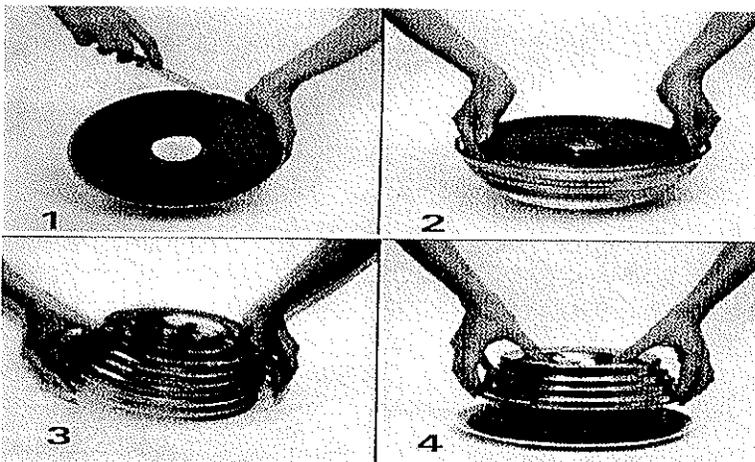
Trim fresh fruits and vegetables carefully to conserve nutritive value. Remove damaged leaves, bruised spots, skins and inedible parts. Nutrients are lost when tissues are bruised. To avoid bruising, use a sharp blade when trimming, cutting or shredding.

Vegetables:

- ☞ Trim fruits and vegetables sparingly to conserve nutritive value.
- ☞ Cook vegetables until just tender and serve immediately.
- ☞ Boil vegetables in as little water as possible.
- ☞ Microwave vegetables until tender crisp. They will taste like fresh vegetables.
- ☞ Cook vegetables by placing in a vegetable steamer over boiling water.
- ☞ Stir-fry vegetables by cooking in a small amount of oil.

Fruits:

- ☞ Wash fresh fruits under cold, running water whether served raw or cooked.
- ☞ Wash berries in a colander under gently running water.
- ☞ When you pare or peel apples or pears, make parings as thin as possible.
- ☞ To loosen the peels of peaches, apricots and tomatoes dip the fruit into boiling water for about 45 seconds, then dip into cold water. You can then grasp the loosened skin of the fruit. Peel gently, using the dull edge of a knife.
- ☞ Some fruits such as apples, peaches, pears and bananas turn brown if allowed to stand after they have been cut or peeled. To minimize discoloration, dip these fruits into citrus fruit juice (lemon, lime, orange or grapefruit) or pineapple juice.
- ☞ Fruit molds - Use muffin cups as a mold to make fruited gelatin. Add $\frac{1}{4}$ cup diced or sliced fruit to each muffin cup. Pour $\frac{1}{4}$ to $\frac{1}{3}$ cup prepared flavored gelatin over fruit. Refrigerate to set.



1. Before unmolding, run small moist knife around edge of gelatin.
2. Dip molds in warm water, just to the rim, for 10 seconds.
3. Invert molds onto plate and shake slightly to loosen gelatin.
4. Gently remove molds and center on plate.

Milk:

- ☞ Heat milk at a low temperature. Do not let it boil.
- ☞ Stir constantly when heating milk mixtures thickened with flour or cornstarch.
- ☞ Bake casseroles containing milk at a low oven temperature (about 325°F.)
- ☞ Prevent tomato soup from curdling by thickening the milk first and then adding tomato juice shortly before serving. Or, make a thickened tomato sauce and add it to hot milk just before serving.

Eggs:

- ☞ Cook eggs on low to moderate heat.
- ☞ Cook eggs until firm.
- ☞ Hard cooked eggs need refrigeration.

Cereals and Grains:

- ☞ Cook cereals according to the directions on the package.
- ☞ Do not rinse rice; this removes valuable nutrients.

Meat, Poultry and Fish:

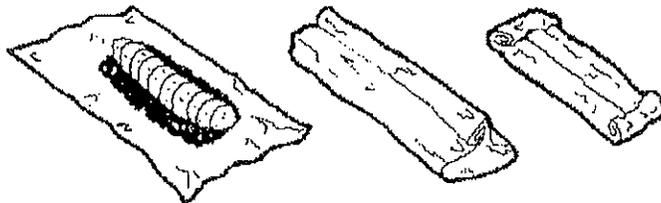
Thaw meat, poultry and fish in a refrigerator. Use thawed roasts, steaks and chops within 3-5 days. Use thawed ground beef and poultry within 1-2 days. Use hot dogs, ham slices and luncheon meats within 3-5 days. Refreeze only if ice crystals are still present.

- ☞ Cook red meats until gray or brown throughout. There should be no pink color.
- ☞ Cook poultry until the juices run clear.
- ☞ Cook fish until it flakes with a fork.
- ☞ Cook meat at 325° - 350°F to keep it tender, juicy and flavorful. Using this temperature range also helps prevent shrinkage.
- ☞ Frozen meat need not be thawed before cooking; however, extra cooking time may be required.
- ☞ Cut visible fat from meat before cooking.
- ☞ Stir ground meat frequently when browning. The meat will crumble into small pieces and be more appetizing in a recipe. Cook until meat is no longer pink. Drain off fat immediately after browning. Use a colander for easy drainage.

- ☞ Cook meat, poultry and fish according to the cut or type purchased. The less expensive cuts and grades of lean meat contain as much food value as higher priced ones. The cheaper cuts require greater skill in cooking and seasoning to be acceptable.
- ☞ When you roast meat and poultry, skim fat from drippings before making gravies. When you stew meat, skim the fat from the broth and use the broth in soups. The broth will contain some nutrients that otherwise would be lost.

Drug Store Wrap

Place the food in the center of a rectangular piece of heavy duty aluminum foil. Bring the two opposite long ends together above the food. Fold, leaving a $\frac{1}{2}$ to $\frac{3}{4}$ inch margin. Continue folding but leave enough room for air to circulate between the food and the wrap. Fold ends up and over again; crimp to seal.



The food is now ready to cook. Remember that HOT foil packets, when ready for serving, should be opened very carefully. This method of wrapping is referred to on pages 22 and 27.

Appendix H: Terms and Temperatures

Terms and Abbreviations

Measurements

tsp.	=	teaspoon(s)
Tbsp.	=	tablespoon(s)
lb.	=	pound(s)
oz.	=	ounce(s)
pt.	=	pint(s)
qt.	=	quart(s)

Conversions

3 tsp.	=	1 Tbsp.
4 Tbsp.	=	¼ cup or 2 oz.
16 Tbsp.	=	1 cup or 8 oz.
2 cups	=	1 pt.
2 pt.	=	1 qt.
4 qt.	=	1 gal.

Scoops

Scoop Number:

No. 8	=	½ cup
No. 16	=	¼ cup
No. 30	=	2 Tbsp.

Use scoops for portioning such foods as drop cookies, muffins, meat patties and some vegetables and salads.

Ladles

Ladle Size:

2 ounces	=	¼ cup
4 ounces	=	½ cup
6 ounces	=	¾ cup

Use ladles to serve soups, stews, sauces and other similar products.

Cooking Temperatures

<u>Product</u>	<u>Fahrenheit</u>
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Eggs and Egg Dishes

Eggs	Cook until firm
Egg dishes	160°

Ground Meat and Meat Mixtures

Turkey, chicken	165°
Veal, beef, lamb, pork	160°

Fresh Beef

Medium	160°
Well Done	170°

Fresh Pork

Medium	160°
Well Done	170°

Poultry

Chicken, whole	180°
Turkey, whole	180°
Poultry breasts, roasts	170°
Poultry thighs, wings	180°
Cook until juices run clear	
Stuffing (alone or in bird)	165°
Duck, goose	180°

Ham

Fresh (raw)	160°
Pre-cooked (to reheat)	140°

Seafood

Fin fish (filets)	145°
Minced fish, sticks, patties	155°

Hold prepared hot food at 140°.
Keep refrigerator set at 40°.

Appendix I: Increasing or Decreasing Yield

A recipe that yields a specific number of servings for children who are three through five years of age may not be right for every child care home or center. Providers may choose to prepare larger or smaller quantities depending on the number and ages of children in their care. It is always a good idea to first test any significant changes made in a recipe. Use the following steps whenever you need to increase or decrease the yield of a recipe:

1. Decide how many servings you are going to need.
Example: 12 servings
2. Find the yield of the selected recipe.
Example: 8 servings
3. Divide the number of servings needed by the stated yield.
Example: 12 divided by 8
4. This number is known as the factor.
Example: 1.5
5. Multiply the quantity of each ingredient by the factor.
6. Change any fraction or decimal part to the nearest whole number.
For example: 1 ¾ eggs to 2 eggs

Example: Meatloaf Patties on page 30

Ingredient	Quantity needed for 8 servings	X Factor	Quantity needed for 12 servings
Lean ground meat	1 lb. (16 oz.)	1.5	1 ½ lbs. (24 oz.)
Egg, 1 large	1	1.5	2
Cracker or bread crumbs	¼ cup (4 Tbsp.)	1.5	6 Tbsp.
Onion flakes	2 Tbsp.	1.5	3 Tbsp.
Catsup	½ cup	1.5	¾ cup
Barbeque sauce	¼ cup (4 Tbsp.)	1.5	6 Tbsp.

Appendix J: Food Weights and Equivalents for Commonly Used Foods

Frequently Used Foods	Approximate Measure	Weight
Flour	4 cups	1 pound
Chocolate chips	3 cups	1 pound
Eggs	8 large	1 pound
Margarine	2 cups	1 pound
Milk, fluid	2 cups	1 pound
Oatmeal	6 cups	1 pound
Peanut butter	1 $\frac{3}{4}$ cups	1 pound
Sugar, granulated	2 cups	1 pound
Sugar, brown, light pack	3 cups	1 pound
Vegetable oil	2 cups	1 pound
Fruits/Vegetables	Approximate Measure	Weight
Applesauce	2 cups	1 pound
Apples, diced	3 $\frac{1}{2}$ cups	1 pound
Bananas	3 medium	1 pound
Peaches, canned, sliced	2 cups	1 pound
Peaches, fresh	4 medium	1 pound
Pineapple, crushed	1 $\frac{3}{4}$ cups	1 pound
Pineapple, tidbits	2 cups	1 pound
Pumpkin	2 $\frac{1}{2}$ cups	1 pound
Raisins	3 cups	1 pound
Canned fruits/vegetables	7 - $\frac{1}{4}$ cup servings per 15-16 ounce can	
Frozen vegetables, small pieces	10 - $\frac{1}{4}$ cup servings per pound	
Potato rounds or french fries	13 - $\frac{1}{4}$ cup servings per pound	
Frozen vegetables, all others	9 - $\frac{1}{4}$ cup servings per pound	

Food Weights and Equivalents for Commonly Used Foods

Meat/Meat Alternate	Approximate Measure	Weight
Cheese, shredded, cheddar, mozzarella, American	4 cups	1 pound
Chicken, turkey or ham (cooked and diced)	3 cups	1 pound
Raw chicken	3 pounds raw = 1 pound cooked	
Ground beef	11.5 - 1 ounce servings per pound	
Ground pork	11.5 - 1 ounce servings per pound	
Ground turkey	10.7 - 1 ounce servings per pound	
Tuna, 6 ounce can	5 - 1 ounce servings per can	
Beans (dry)	1 lb. = 2½ cups dry = 5½ cups cooked	

Pasta	Approximate Measure	Weight
Macaroni	2 cups uncooked	= 4 cups cooked
Noodles	4 cups uncooked	= 4-5 cups cooked
Rice, regular white	1 cup uncooked	= 3 cups cooked
Rice, wild	1 cup uncooked	= 3 cups cooked
Rice, brown	1 cup uncooked	= 4 cups cooked
Rice, instant	1 cup uncooked	= 2 cups cooked
Spaghetti	4 ounces uncooked	= 2 cups cooked

Yeast (active dry)	1 packet = 1 tablespoon	
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Appendix K: USDA's Grains/Breads List

Some of the following foods, or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

Group A	Minimum Serving Size for Group A
Breeding Type Coating Bread Sticks - hard Chow Mein Noodles Crackers - saltines and snack crackers Croutons Pretzels - hard Stuffing - dry (weights apply to bread in stuffing)	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Minimum Serving Size for Group B
Bagels Batter Type Coating Biscuits Breads - white, wheat, whole wheat, French, Italian Buns - hamburger, hotdog Crackers - graham (all shapes), animal crackers Egg Roll Skins English Muffins Pita Bread - white, wheat, whole wheat Pizza Crust Pretzels - soft Rolls - white, wheat, whole wheat, potato Tortillas - wheat or corn Tortilla Chips - wheat or corn Taco Shells	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Minimum Serving Size for Group C
Cookies - plain* Cornbread Corn Muffins Croissants Pancakes - purchased Pie Crust - dessert pies*, fruit turnovers*, meat/meat alternate Waffles - purchased	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

Group D	Minimum Serving Size for Group D
Doughnuts - cake and yeast, raised, unfrosted** Granola Bars - plain** Muffins - all except corn Sweet Rolls - unfrosted** Toaster Pastry - unfrosted**	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	Minimum Serving Size for Group E
Cookies - with nuts, raisins, chocolate pieces and/or fruit purees* Doughnuts - cake and yeast, raised, frosted or glazed** French Toast Grain Fruit Bars** Granola Bars - with nuts, raisins, chocolate pieces and/or fruit** Sweet Rolls - frosted** Toaster Pastry - frosted**	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Minimum Serving Size for Group F
Cake - plain, unfrosted* Coffee Cake**	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Minimum Serving Size for Group G
Brownies - plain* Cake - all varieties, frosted* Cereal Bars*	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Minimum Serving Size for Group H
Barley Breakfast Cereals - cooked*** Bulgur or Cracked Wheat Macaroni - all shapes Noodles - all varieties Pasta - all shapes Ravioli - noodles only Rice - enriched white or brown	1 serving = 1/2 cup cooked or 25 gm dry (0.9 oz) 1/2 serving = 1/4 cup cooked or 13 gm dry (0.5 oz)
Group I	Minimum Serving Size for Group I
Breakfast Cereal - dry***	1 serving = 3/4 cup or 1 oz, whichever is less

* Snack only

** Breakfast or Snack only

*** Refer to the CACFP Food Chart for appropriate serving sizes for children ages 1 through 5.

Appendix L: Quick Breakfast Ideas

Children provided the following list of favorite breakfast combinations:

Blender Breakfast: Blend lowfat milk with favorite fruit and lowfat yogurt. Serve with whole grain toast or muffins.

Breakfast Pizza: Top English muffins or bagel halves with cheese, turkey sausage and tomato sauce. Bake in the oven. Serve with lowfat milk and fresh fruit.

Breakfast Soft Taco: Microwave mozzarella cheese and salsa on a corn tortilla. Serve with hot chocolate and melon slices.

Cereal Sundaes: Serve favorite low sugar cereals layered with diced fresh fruit and lowfat yogurt. Serve with lowfat milk to drink.

Floating Barge: Microwave two large shredded wheat biscuits in milk and cinnamon. Top with bananas and serve with lowfat milk.

Fruited Waffles and French Toast: Top waffles or French toast with fruit and strawberry yogurt. Serve with lowfat milk.

Peanut Butter and Jam Biscuits: Spread peanut butter and jam between two refrigerator biscuits and bake. Serve with lowfat milk and fruit.

Pita Egg Pocket: Stuff shredded cheese and scrambled eggs (or egg salad) into a pita bread pocket. Serve with lowfat milk and fresh fruit.

Terrific Turkey Melt: Microwave turkey and mozzarella cheese slices on whole-grain bread. Serve with lowfat milk and fruit.

Tortilla Roll-ups: Choose any favorite filling such as peanut butter and bananas and roll it up in a whole wheat tortilla. Serve with fruit and lowfat milk to complete the meal.

A Variety of Grain Products May be Served at Breakfast:

- ✧ assorted cold and hot cereals
- ✧ tortillas
- ✧ muffins, quick breads
- ✧ pancakes, waffles, french toast
- ✧ sandwiches
- ✧ pizza
- ✧ rice cakes, graham crackers
- ✧ bagels, pita bread, cornbread
- ✧ noodle kugel

Appendix M: Nutrient Analysis

The recipes in this book along with the sample menus found on pages 208-211 were analyzed for a variety of nutrients that are considered essential to the health of children. Diets that provide adequate amounts of these nutrients can provide sufficient amounts of most other nutrients. The function of these nutrients is as follows:

- Carbohydrates, proteins, and fats provide energy.
- Iron carries oxygen through the body and is a constituent of hemoglobin in blood.
- Calcium strengthens the structure of bones and teeth and promotes the clotting of blood.
- Vitamin A strengthens the body's resistance to infection and promotes the formation of bones and tissue.
- Vitamin C assists in the formation of bones and tissue and promotes the absorption of iron.

It is well known that too much fat, cholesterol, sodium and sugar in the diet can contribute to the risk of certain chronic diseases. The menu suggestions which accompany each recipe and the four weeks of sample menus provide a well-balanced intake of nutrients. The fat, sugar and salt content of individual recipes and meals vary.

With careful planning you can serve a weekly menu that provides approximately 28-30% of calories from fat, 18-20% of calories from protein and 50-52% of calories from carbohydrate.

Some recipes are included that exceed 30 percent of calories from fat. However, it is believed that with careful planning any of the recipes in this book may be incorporated into an overall diet.

Nutrient variations may occur due to the choices and sources of data available. *NUTRIKIDS* software by Lunchbyte Systems was used for all nutrient calculations. Recipe analysis which shows nutrients per serving are found on pages 212-222.

<u>Nutrients</u>		<u>Abbreviations</u>	
Kilocalorie	=	Cal	Gram = G
Protein	=	PRO	Milligram = mg
Carbohydrate	=	CHO	Retinol Equivalent = RE
Cholesterol	=	Chol	
Iron	=	Fe	
Calcium	=	Ca	
Sodium	=	Na	

Sample Menus: Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Apple Juice w/ Vit C - ½ cup Oatmeal, cooked - ¼ cup Sugar - ½ tsp. Lowfat Milk - ¾ cup	Orange Slices - ½ cup PEANUT BUTTER MUFFIN Lowfat Milk - ¾ cup	Banana - ½ medium Cheerios - ½ cup Lowfat Milk - ¾ cup	Orange Juice - ½ cup Pancake - 1 small 3" diam OR - ½ medium pancake Pancake Syrup - 2 Tbsp. Lowfat Milk - ¾ cup	Blended Juice - ½ cup Flour Tortilla - ½ of 9" Peanut Butter - 1 Tbsp. Lowfat Milk - ¾ cup
LUNCH	CHOOSE A MEATLOAF MASHED SWEET POTATO Green Peas - ¼ cup Whole Wheat Bread- ½ slice Lowfat Milk - ¾ cup	HAM AND POTATO CASSEROLE SCALLOPED TOMATOES Enriched Bread - ½ slice Lowfat Milk - ¾ cup	CHICKEN ROLL-UPS OVEN-FRIED POTATO STICKS Pineapple Tidbits - ¼ cup Lowfat Milk - ¾ cup	OVEN BEEF STEW Apple Slices - ½ cup PERFECT CORNBREAD Lowfat Milk - ¾ cup	Fish Sticks - 3 oz. CONFETTI COLESLAW Broccoli - ¼ cup CHEESE SAUCE RICE AND NOODLES Lowfat Milk - ¾ cup
SNACK	Monkey Bread (1 biscuit) Lowfat Milk - ½ cup	Pumpkin Custard - ½ cup Graham Cracker - 1 2 ½" X 5" Water to drink	FRUIT SOUP Lowfat Yogurt - 2 oz Water to drink	Fresh Grapes - ¼ cup (Cut in fourths) OATMEAL RAISIN SCONE Water to drink	BANANA BAR Lowfat Milk - ½ cup

Recipes printed in **BOLD FACE TYPE** are found in this cookbook. The serving size is given with the recipe.

Daily Nutrient Average of Meals for Week 1

PRO %	CHO %	FAT %	CAL	Fat (g)	Chol (mg)	Fe (mg)	Ca (mg)	Na (mg)	Vit A (RE)	Vit C (mg)
20%	50%	30%	383	12.9	49	2.3	382	548	501	36

Nutrient analysis for recipes may be found on pages 212-222.

Sample Menus: Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Banana-Pineapple Juice - ½ cup WHOLE WHEAT MUFFIN Lowfat Milk - ¾ cup	FRUIT SAUCE - ½ cup Rice Krispies - ⅓ cup Sugar - ½ tsp. Lowfat Milk - ¾ cup	Grape Juice - ½ cup QUICK CINNAMON ROLL Lowfat Milk - ¾ cup	Orange Juice - ½ cup Cream of Wheat - ¼ cup Sugar - ½ tsp. Lowfat Milk - ¾ cup	Banana Slices - ½ cup APPLE CHEESE BISCUIT Honey - 1 tsp. Lowfat Milk - ¾ cup
LUNCH	SKILLET CHICKEN AUGRATIN Green Beans - ¼ cup Lowfat Milk - ¾ cup	EGG SALAD SANDWICH CHEESE TOPPED POTATO Brussel Sprouts - ¼ cup Lowfat Milk - ¾ cup	FISH IN FOIL Applesauce - ¼ cup BREAD STICK Lowfat Milk - ¾ cup	PORK CHALUPA Mashed Potatoes - ¼ cup Green Lima Beans - ¼ cup Lowfat Milk - ¾ cup	HAMBURGER QUICHE Fresh Apple Slices - ¼ cup Lowfat Milk - ¾ cup
SNACK	ORANGE GLAZED BISCUIT Orange Juice - ½ cup	INDIVIDUAL PIZZA Lowfat Milk - ½ cup	Veggies for Dipping Cottage Cheese Dip - 2 Tbsp. SOPAIPILLAS Water to drink	FRUIT SHAKE # 2 SOFT PRETZEL Water to drink	CREAM OF WHEAT CEREAL SLICES Pancake Syrup - 1 Tbsp. Lowfat Milk - ½ cup

Recipes printed in **BOLD FACE TYPE** are found in this cookbook. The serving size is given with the recipe.

Daily Nutrient Average of Meals for Week 2

PRO %	CHO %	FAT %	CAL	Fat (g)	Chol (mg)	Fe (mg)	Ca (mg)	Na (mg)	Vit A (RE)	Vit C (mg)
17%	55%	28%	442	14	73	2.28	406	574	373	63

Nutrient analysis for recipes may be found on pages 212-222.

Sample Menus: Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Grapefruit Sections - ½ cup OATMEAL PUMPKIN MUFFIN Lowfat Milk - ¾ cup	ORANGE JULIUS™ Cinnamon Toast - ½ slice Lowfat Milk - ¾ cup	Apple Juice w/ Vit C - ½ cup Bagel - ½ Peanut Butter - 1 tsp Lowfat Milk - ¾ cup	Orange Juice - ½ cup Malt-O-Meal - ¼ cup Sugar - ½ tsp. Lowfat Milk - ¾ cup	Diced Peaches - ½ cup Wheat Chex - ½ cup Lowfat Milk - ¾ cup
LUNCH	UPSIDE DOWN PIZZA BROCCOLI-CORN BAKE Fruit Cocktail - ¼ cup in Flavored Gelatin - ¼ cup Lowfat Milk - ¾ cup	TURKEY DIVINE Pears - ¼ cup Lowfat Milk - ¾ cup	BEEF NOODLE CASSEROLE Green Beans - ¼ cup Apricots - ¼ cup French Bread - ½ slice Lowfat Milk - ¾ cup	OVEN FRIED CHICKEN LEMON TURNIPS - ¼ cup Cooked Carrots - ¼ cup Couscous - ¼ cup Gravy - 2 Tbsps. Lowfat Milk - ¾ cup	BARBEQUED PORK SANDWICH Baked Potato - ¼ cup Fresh Grapes - ¼ cup (Cut in fourths) Lowfat Milk - ¾ cup
SNACK	APPLE CRISP Lowfat Milk - ½ cup	CEREAL SNACK Lowfat Milk - ½ cup	BREAD PUDDING Pineapple Juice - ½ cup	ZUCCHINI COOKIE Chocolate Milk - ½ cup	FINGER PANCAKES BANANA SHAKE

Recipes printed in **BOLD FACE TYPE** are found in this cookbook. The serving size is given with the recipe.

Daily Nutrient Average of Meals for Week 3

PRO %	CHO %	FAT %	CAL	Fat (g)	Chol (mg)	Fe (mg)	Ca (mg)	Na (mg)	Vit A (RE)	Vit C (mg)
22	54	24	309	8	42	2.4	299	479	299	28

Nutrient analysis for recipes may be found on pages 212-222.

Sample Menus: Week 4

Day	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	CHICKEN RANCH PITA Lowfat Milk - ¾ cup	EGG BURRITO Lowfat Milk - ¾ cup	Applesauce - ½ cup Pancake - 1 med. Lowfat Milk - ¾ cup	Banana Slices - ½ cup Kix Cereal - ½ cup Lowfat Milk - ¾ cup	Orange Wedges - ½ cup Bagel - ½ Lowfat Cream Cheese 1 tsp. Grape Jelly - ½ tsp. Lowfat Milk - ¾ cup
LUNCH	STROMBOLI CORN CHOWDER Strawberry Applesauce ¼ cup Lowfat Milk - ¾ cup	TURKEY MEATBALLS CINNAMON GLAZED ACORN SQUASH Purple Plums - ¼ cup Lowfat Milk - ¾ cup	HAMBURGER SOUP FRUIT CRISP Saltines - 4 Lowfat Milk - ¾ cup	CHICKEN ENCHILADA CASSEROLE Green Beans - ¼ cup Baked Apple - ¼ cup Lowfat Milk - ¾ cup	TUNA STUFFED BAKED POTATO Fresh Fruit Cup - ¼ cup Enriched Bread - ½ slice Lowfat Milk - ¾ cup
SNACK	FRUIT TOAST Lowfat Milk - ½ cup	BRAN MUFFINS Lowfat Milk - ½ cup	OVEN FRIED SWEET POTATOES - ½ cup Cottage Cheese - ¼ cup Water to drink	FRUIT KABOB Lemon Yogurt - 2 oz. Water to drink	OATMEAL COOKIE DELUXE Lowfat Milk - ½ cup

Recipes printed in **BOLD FACE TYPE** are found in this cookbook. The serving size is given with the recipe.

Daily Nutrient Average of Meals for Week 1

PRO %	CHO %	FAT %	CAL	Fat (g)	Chol (mg)	Fe (mg)	Ca (mg)	Na (mg)	Vit A (RE)	Vit C (mg)
21	50	29	396	13	60	2.5	355	729	359	23

Nutrient analysis for recipes may be found on pages 212-222.

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Baked Beans with Weiners	233	9	18	14	28	1.83	53	774	8	2.3	4.0
Western Beans	210	15	24	6	22	3.36	65	618	58	11.4	7.0
Barbecue Beef Cups	200	14	15	9	39	1.78	92	951	34	0	.4
Beef and Cabbage	163	14	9	8	40	1.84	112	372	69	29.6	2.4
Beef in Gravy on Rice	162	14	9	7	42	1.52	8	60	0	0	.3
Beef Noodle Casserole	228	16	13	12	61	2.08	79	245	62	2.4	.7
Beef and Potatoes	191	15	14	7	42	1.88	15	248	23	12.7	1.1
Beef and Potato Gem Casserole	271	17	21	13	44	2.52	33	625	50	7.8	3.6
Beef and Rice Casserole	207	13	16	10	39	1.83	99	263	51	3.2	.6
Beef Taco	235	16	13	14	49	1.91	136	344	105	10.4	2.0
Cheesy Beef and Macaroni	223	16	17	10	45	2.30	91	369	53	21.0	1.0
Beefburger Surprise	156	14	8	8	42	2.35	39	477	75	13.0	2.2
Beef Bengotti	337	19	30	16	69	2.68	174	765	83	23.3	2.0
Cheddar Burgers	283	17	29	11	41	2.91	134	404	26	2.0	1.6
Cheeseburger Bake	258	16	20	13	46	1.88	180	676	292	5.0	2.4
Chili Beef Potato Pie	268	16	17	16	49	2.59	127	348	225	9.2	2.8

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Cowboy Delight - Beef	191	15	18	7	44	2.03	26	70	1600	25.5	3.0
Egg Burrito	458	23	22	30	280	2.69	231	1071	184	3.6	1.2
Egg and Cheese Strata	256	15	17	14	143	1.39	329	430	188	.7	.6
Egg Salad Sandwich	170	9	15	8	212	1.59	47	321	84	0	2.0
Enchilada Casserole	180	14	8	10	45	1.63	110	236	52	7.3	1.2
Fish in Foil	263	13	25	13	79	1.12	31	483	361	7.2	2.3
Hamburger Quiche	307	19	15	19	153	2.04	196	443	226	23	2.0
Meat Balls	102	7	5	6	31	.95	19	252	17	.6	.2
Meatloaf Patties	147	12	8	7	62	1.49	22	323	37	3.4	.5
Choose a Meatloaf	129	12	5	7	60	1.39	17	301	19	1.4	.3
Herbed Meat Loaves	149	13	9	7	61	1.41	28	381	29	1.8	.5
Meat and Vegetable Pie	367	17	25	23	38	2.02	56	497	441	5.0	1.9
Chicken Chop Suey	204	18	9	12	37	1.22	56	325	483	7.6	1.7
Oven Fried Chicken	172	28	5	4	75	1.33	28	123	5	0	.2
Skillet Chicken Au Gratin	301	21	30	11	56	1.89	157	1168	67	4.7	1.4
Chicken Broccoli Pie	229	20	14	11	102	1.52	213	347	191	27.5	1.9

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Chicken Enchilada Casserole	304	19	18	18	56	1.26	223	684	107	3.7	1.6
Chicken and Homemade Noodles	175	17	10	7	57	1.33	21	251	434	2.9	1.2
Chicken Potato Combo	235	16	19	11	44	1.66	39	826	39	4.6	2.0
Chicken Ranch Pita Sandwich	175	15	11	7	47	.99	66	415	21	0	.5
Quick Chicken and Rice	149	15	13	4	38	1.35	10	228	7	0	.2
Chicken Roll-ups	258	19	18	12	51	1.70	173	561	94	.2	.9
Chicken Spaghetti	213	15	14	10	45	1.26	142	463	69	4.8	.7
Chicken Zucchini Casserole	266	18	24	11	56	1.60	124	648	77	4.9	3.6
Chili	151	13	6	5	22	2.21	53	386	77	10.8	4.5
Ham and Cheese Tortilla	264	16	20	13	42	1.56	220	743	85	0	1.0
Ham and Egg Skillet	254	12	12	18	155	1.27	126	452	114	2.4	.8
Ham and Potato Casserole	195	11	16	10	28	.82	72	804	56	24.5	2.0
Scalloped Ham and Potatoes	210	12	23	8	28	1.19	178	620	109	19.7	1.8
Ham and Rice	163	11	20	4	21	1.40	35	1060	30	1.4	1.3
Macaroni & Cheese Deluxe	212	17	19	8	41	1.59	71	511	298	6.2	2.8
Macaroni and Cheese with Vegetables	341	17	24	20	45	1.53	400	388	523	6.5	2.7

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
New England Beef Dinner	304	28	21	12	74	3.79	67	221	1025	45.8	4.4
Easy Omelet	110	10	10	7	177	1.07	37	85	73	0	0
Pig in a Blanket	268	11	14	19	40	1.71	160	620	43	0	1.0
Individual Pizzas	208	15	15	10	36	1.61	135	510	55	2.0	1.0
Pan Pizza	284	16	31	11	33	2.53	147	574	82	5.5	2.7
Pizza Burger	217	14	18	10	33	1.80	118	422	75	5.0	2.0
Upside-Down Pizza	285	20	21	13	80	2.23	197	490	112	5.3	2.0
Potato and Cheese Casserole	215	7	18	13	22	1.07	144	297	81	4.4	1.2
Pork Chalupa	359	20	34	16	35	2.43	85	523	15	4.5	7.4
Pork Loin and Rice Casserole	221	18	19	8	61	1.71	47	1245	25	18.8	.6
Barbecued Pork Sandwich	182	15	18	6	34	1.35	45	392	44	4.3	1.2
Inside-Out Ravioli	341	21	31	15	102	4.11	197	685	492	27.8	4.8
Sausage and Sauerkraut	543	21	14	44	107	2.38	44	1273	2	10.0	1.8
Shepherd's Pie	229	15	23	9	37	2.28	88	500	29	17.4	2.6
Sloppy Joe Squares	254	18	21	11	43	2.62	146	592	86	8.3	3.7
Beef Spanish Rice	213	15	22	7	41	2.74	35	271	56	18.1	1.7

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Stromboli	320	15	33	14	32	2.07	248	949	113	6.7	2.7
Bean and Cheese Taco	214	11	26	9	26	1.74	225	511	108	22.1	5.3
Impossible Taco Pie	219	17	15	10	92	1.98	136	712	109	16.3	1.1
Tostadas	265	17	23	12	48	2.38	208	389	68	7.9	5.2
Tuna Rice Supreme	199	16	26	3	15	2.22	46	574	724	9.3	1.7
Tuna Stuffed Baked Potatoes	204	15	13	10	23	1.22	86	314	42	16.5	1.0
Tuna or Salmon with Pasta	185	16	14	7	24	1.37	112	481	48	.4	.7
Turkey Divine	262	14	23	12	49	1.36	45	307	103	12.7	1.9
Turkey or Chicken Meatballs	144	18	13	2	29	1.46	45	307	388	1.7	.9
Snow on Turkey Mountain	223	24	18	6	82	2.41	62	407	38	8.0	2.8
Hot Turkey Salad	167	15	6	9	34	.78	59	307	18	3.0	.8
Weiner Boats	250	10	9	20	48	.82	136	698	54	5.0	1.2
Roman Style Bean Soup	215	12	21	10	50	2.34	85	1166	46	11.4	3.1
Easy Oven Beef Stew	372	23	34	17	54	3.87	62	1186	1103	31.5	4.8
Hamburger Soup	261	16	32	8	42	3.03	35	99	826	24.7	3.0
Chicken Vegetable Soup	213	23	17	6	66	1.90	52	445	627	24.9	2.8
Ham and Bean Soup	204	22	18	5	39	3.11	62	1369	2	1.7	6.8

**Fruit/Vegetable
Nutrients per Serving for Preschool Children**

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Cheese Sauce for Vegetables	23	1.5	1.5	1.2	3	.08	44	29	20	.1	0
Mock Sour Cream	21	3.6	1.0	.3	1	.04	19	116	4	.4	0
Cinnamon Apples	99	.2	19.0	3.2	0	.28	12	34	40	6.0	2.0
Broccoli and Corn Bake (no topping)	66	3.0	13.0	1.2	23	.70	25	312	75	20.0	1.7
Broccoli and Squash Medley	18	1.0	3.8	0	0	.39	25	152	46	23.0	1.4
Fruity Coleslaw	41	.4	5.0	2.4	0	.21	12	56	196	7.3	2.0
Confetti Coleslaw (no dressing)	9	.4	2.0	0	0	.17	12	34	61	15.4	.76
Corn Chowder	80	3.7	17.0	.7	0	.50	43	117	21	10.0	2.0
Fruit Sauce	52	.7	13.0	0	0	.17	4	16	18	1.0	.9
Fruit Soup	106	1.0	6.8	0	0	.42	18	27	41	35.0	1.5
Cheese Topped Potatoes	96	4.5	10.4	4.2	13	.51	101	116	41	11.0	1.0
Oven Fried Parmesan Potatoes	61	1.4	10.0	2.0	0	.46	12	46	8	11.0	1.0
Oven Fried Potato Sticks	53	1.0	10.0	1.0	0	.43	4	67	0	11.0	.9
Potato Pancake Wedges	91	3.0	10.6	4.0	53	.64	20	201	63	9.3	1.0
Oven Fried Sweet Potatoes	69	1.0	14.0	1.2	0	.34	12	136	1159	13.0	1.7
Glazed Sweet Potatoes	81	1.1	19.0	0	0	.45	18	9	1160	19.5	1.8

**Fruit/Vegetable
Nutrients per Serving for Preschool Children**

RECIPE	Cal	PRO G	CHO G	Fat G	Chol G	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Mashed Sweet Potatoes	93	1.4	18.0	2.0	0	.4	2	32	1473	16.4	2.5
Sweet Potato Pie	347	5.5	49.5	14.0	74	1.0	98	230	1521	14.3	1.6
Cinnamon-Glazed Acorn Squash	108	1.7	21.0	3.0	0	.8	43	51	495	14.0	1.8
Spaghetti Squash-Marinara Sauce (with Parmesan cheese)	63	2.5	10.5	2.0	0	1.0	52	66	80	29.0	2.4
Squash and Apple Bake	77	.9	16.0	1.8	0	.5	25	20	250	10.0	2.6
Spinach with Bacon Dressing	109	3.0	2.2	10.0	55	.76	27	83	159	7.8	.6
Strawberry Salad	74	5.5	13.9	.2	0	.22	5	16	2	12.0	1.1
Crumb-Topped Fresh Tomatoes	38	1.3	4.0	2.0	0	.43	26	86	58	12.0	.8
Scalloped Tomatoes (with Parmesan cheese)	69	2.0	10.4	2.0	0	.84	43	195	58	10.0	1.1
Lemon Turnips	41	.6	4.0	2.9	0	.16	16	63	35	8.0	1.4
Vegetable Seven Layer Salad	87	3.0	4.6	6.3	7	.46	43	163	293	15.0	1.4
Zucchini Medley	18	1.1	4.0	0	0	.41	14	39	36	20.4	1.3

Grains/Breads
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Pizza Crust	133	3.5	25	2.0	0	1.6	5	292	0	0	1.0
Bread Sticks	81	2.7	14	1.0	0	.93	33	160	5	0	.65
Buttermilk Buns	72	2.0	12	1.6	6	.69	13	125	18	0	.4
Cinnamon Rolls (no raisins)	99	2.1	16	3.0	11	.82	17	71	41	0	.5
Quick Cinnamon Rolls (no raisins)	126	1.7	15	6.8	0	.76	9	371	70	0	.5
Applesauce Bread	106	2.0	16	4.0	19	.70	13	102	10	2.2	.5
Apple-Cheese Biscuits	70	1.3	8	4.0	2	.23	35	127	33	0	.3
Breakfast Bran Bread	101	2.8	18	2.6	19	2.8	46	83	44	3.6	1.4
Perfect Cornbread	70	1.9	9	3.0	17	.62	60	164	16	0	.6
Lemon Bread	168	2.6	24	7.0	29	.76	23	131	90	7.6	.8
Oatmeal Blueberry Muffins	108	2.0	19	2.7	10	.79	47	134	6	3.2	.9
Oatmeal Pumpkin Muffins	100	2.9	16	3.0	10	1.02	34	96	2.75	.5	1.7
Oatmeal Raisin Scones	175	4.2	26	6.5	17	1.46	60	130	73	.3	2.0
Quick Fruit Muffins	64	1.5	11	1.6	11	.30	30	114	12	1.1	.5
Peanut Butter Muffins	116	3.8	14	5.3	21	.84	58	230	15	0	.7
Pumpkin Muffins (no raisins)	79	1.5	13	2.5	10	.6	39	55	15	0	.4

Grains/Breads

Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Bran Muffins	72	1.5	12	2.2	7	2.55	13	110	32	0	.7
Whole Wheat Muffins	108	2.2	12	6.0	10	.62	53	128	12	0	.9
Homemade Noodles	46	1.5	7	1.4	14	.45	3	120	6	0	.2
Rice and Noodles	86	1.9	12	3.2	2	.79	5	188	35	1	.4

Snacks

Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Apple Merry-Go-Rounds	202	5.0	24	10.0	0	.83	17	133	3	4	3.0
Banana Shakes (with skim milk)	265	6.5	51	5.0	16	.43	200	80	126	12	2.7
Fruit Crisp	218	2.0	39	6.6	0	.95	22	72	72	3	2.5
Fruit Kabobs	118	1.0	31	0	0	.38	27	2	14	31	2.7
Fruit Salad	127	1.0	32	.4	0	.43	15	6	19	25	2.1
Fruit Shake: (with skim milk) Peanut Butter/Banana	192	8.0	28	6.7	2	.53	160	65	81	9	2.7
Fruit Shake: (with skim milk) Pineapple/Banana	152	5.3	33	.7	2	.53	163	64	82	13	2.7
Fruit Shake: (with skim milk) Banaberry	172	5.4	39	.7	2	.61	163	64	83	35	3.3
Fruit Shake: (with lowfat yogurt) Spicy Apple	202	6.3	43	1.8	6	.64	218	84	17	3	1.7
Fruit Toast	136	3.0	22	4.5	11	1.0	37	166	46	3	1.5

Snacks Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Orange Julius™ (with skim milk)	108	3.5	23	0	1	.14	111	45	57	40	.2
Grand Fruit Sorbet	104	1.0	26	0	0	.24	13	1	16	42	1.5
Witch's Brew #1	63	0	16	0	0	.13	4	1	0	20	0
Witch's Brew #2	100	1.0	24	0	0	.46	17	3	9	50	.4
Cereal Snack	159	2.0	25	6.5	0	3.8	31	247	232	7	1.2
Fried Cereal Slices: Cream of Wheat (no fat added)	14	.2	2	0	0	.37	1	0	0	0	0
Fried Cereal Slices: Oatmeal (no fat added)	18	.8	3	0	0	.23	2	0	0	0	.5
Snack Mix	182	2.8	28	6.5	1	6.7	18	461	65	12	.7
Bread Pudding	117	4.4	21	1.7	48	.65	89	116	54	0	.4
Peanut Butter Pie	468	11.0	42	31.0	29	1.31	103	229	137	0	2.6
Quick Rice Pudding	122	6.6	22	1.0	29	.77	171	89	92	1	.4
Banana Bars	175	3.0	27	8.0	8	1.02	13	122	75	1	1.8
Brownies	194	3.0	27	9.0	27	1.16	23	69	13	0	1.1
Molding Dough Cookies	89	1.0	10	5.1	3	.5	8	104	62	0	.2
Oatmeal Cookies Deluxe	134	3.0	18	6.0	8	.9	13	75	50	0	1.4
Easy Oat Cookies	178	3.5	22	9.0	0	1.13	12	286	93	0	1.9

Snacks Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Peanut Butter Balls (No Bake)	132	5.0	12	8.0	0	.55	26	50	41	2	1.0
Smiling Pumpkin Cookies	125	1.6	16	6.5	14	.82	41	127	261	.5	.7
Rolled Sugar Cookies	117	1.7	14	6.0	13	.62	24	244	77	0	.3
Zucchini Cookies	68	1.0	9	3.0	4	.49	15	107	38	0	.3
Orange Glazed Biscuits	111	2.0	17	4.0	0	.71	7	324	0	7	.4
Cheese Puffs	105	4.5	12	4.0	11	.78	80	390	40	1	.6
Hot Crunch Sticks	74	2.0	14	1.0	0	.96	9	454	23	2	.5
Funnel Cakes (without frying oil)	78	3.0	14	1.0	26	.88	67	226	26	0	.4
Hush Puppies	72	2.5	14	1.0	17	.84	54	219	20	0	1.0
Kringles	161	3.0	25	5.0	0	1.70	62	200	35	0	2.0
Finger Pan Cakes (no added salt)	88	4.0	15	1.0	29	.91	84	66	42	0	.4
Soft Pretzels	76	2.0	13	1.4	13	.93	5	41	6	5	.6
Sopaipillas (without frying oil)	70	1.0	10	2.6	0	.65	42	86	14	0	.3
Taco Dip	173	12.0	8	10.0	35	1.27	176	689	70	3	2.0

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