



# 2011 Montana CACFP Cook's Training

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2011 Montana CACFP Cook's Training  
*Supported in part by a USDA Team Nutrition Grant*

Today's Agenda

- 9:00 a.m. Welcome and Introductions
- 9:30 a.m. Cooking Demonstration
- 10:30 a.m. Morning Break
- 10:45 a.m. Work Station Assignments
- 12:00 p.m. Working lunch and Instruction
- 12:30 p.m. Q&A Wrap-up and Evaluations
- 1:00 p.m. Adjourn

Learning Objectives

Cook's Training is approved for four (4) credit hours of training in the Knowledge Base of the Health, Safety, and Nutrition of the Early Childhood Project, MSU Bozeman.

Participants will:

1. Learn how to incorporate foods, consistent with the Dietary Guidelines for Americans into child care menus.
2. Learn food preparation techniques.
3. Learn basic cooking and baking skills.

## *Welcome to Cook's Training!*

Our goal is to teach and demonstrate cooking and baking techniques that improve the nutritional content of child care meals. Throughout the training, techniques will be presented on how to: incorporate whole grains; increase the variety of fruits and vegetables; and increase fiber, as well as how to use legumes, lean protein and low fat dairy products (*for children over 2 years of age*) in meals while striving to decrease fat and sodium. Overall we aim to teach through recipes, consistent with the *Dietary Guidelines for Americans*, which can easily be incorporated into menus. And of course have fun while doing so!

We aim to provide ideas and strategies for recipe development, menu planning, and menu improvements, as menus are always ever changing and built upon.

Not all information covered in the training is in this training packet. We encourage you to take notes. We have included resources in this training packet you may find useful in your daily work.

*Please note: As with all recipes, modifications may need to be made for the age group you are serving to prevent choking or to accommodate allergies.*

*Enjoy,  
CACFP Staff*

Edamame Fried Rice

Vegetarian Times Issue: May 1, 2005

Serves 4

Preparation time: 30 minutes or fewer

Cold precooked rice is best for stir-fried rice dishes. Brown rice is used here, but basmati or jasmine rice are delicious alternatives.

Directions:

1. Heat oil in large wok or skillet over medium-high heat. Add carrots, bell pepper and scallions, and stir-fry until just tender, about 2 minutes.
2. Add tamari, edamame and rice, and stir-fry until combined and heated through, about 5 minutes. Serve.

Ingredients

- 1 tbsp. canola oil
- 2 carrots, shredded
- 1 yellow bell pepper, chopped
- 5 scallions, minced
- 3 to 4 tbsp. tamari or low-sodium soy sauce
- 3 cups cooked shelled edamame
- 4 cups cold cooked long-grain brown rice

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*Notes:*

*Variations:*



Southwestern Rice and Black Bean Salad

Vegetarian Times Issue: July 1, 1999

4 servings

Directions:

1. In large bowl, combine all ingredients; mix gently but thoroughly. Cover and chill for at least 15 minutes to allow flavors to blend. (Can be prepared up to 2 days ahead. Bring to room temperature before serving.) Just before serving, fluff salad with fork.

Ingredients

2 cups cooked long-grain white or brown rice  
1 1/2 cups fresh cooked or canned drained corn kernels  
15-oz. can black beans, rinsed and drained  
4 scallions, chopped  
2 large tomatoes, diced  
1 medium cucumber, diced  
1 large jalapeño pepper, seeded and minced (*optional*)  
2 Tbs. vegetable oil  
Juice of 2 limes  
2 Tbs. chopped fresh cilantro  
2 tsp. dried oregano  
1 tsp. ground cumin  
1/2 tsp. freshly ground pepper  
1/2 tsp. salt

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*Notes:*

*Variations:*



## Berry Cornbread Muffins

Adapted from: Vegetarian Times Issue: September 8, 2008

Serves 12

The cornbread will keep, covered, at room temperature for up to three days.

### Directions

1. To make Cornbread: Preheat oven to 375° F. Coat 12-cup muffin pan with cooking spray. Whisk together cornmeal, flour, sugar, baking powder, and salt in medium bowl. Whisk together milk and egg in separate bowl. Fold milk mixture into flour mixture until moistened. Stir in melted butter until just combined. Fold in corn kernels (optional).
2. Spoon 2 tbsp. batter into each prepared muffin cup. Bake 14 minutes, or until golden. Transfer pans to cooling rack, and cool 10 minutes; then unmold muffins, and cool completely on wire rack.
3. To prepare berries: Toss berries with sugar and pinch of salt in medium bowl; let stand 20 minutes to release juices. Top muffins with berries and serve.

### Ingredients

½ cup yellow cornmeal  
½ cup unbleached white flour  
3 tbsp. sugar  
1 tsp. baking powder  
½ tsp. salt  
½ cup milk  
1 large egg  
2 tbsp. unsalted butter, melted  
½ cup fresh or frozen corn kernels  
(from 1 ear fresh corn) *(optional)*

### Berries

(blackberries, strawberries, raspberries, or blueberries)  
2 6-oz. containers fresh berries  
(frozen berries are an alternative to fresh)  
6 tbsp. sugar

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### *Notes:*

### *Variations:*

Rice Pudding Recipe  
Grandma E's Recipes  
Serves 2-3

2 1/2 cups whole milk  
1/3 cup long or short grain white rice  
1/8 tsp salt  
1 egg  
1/4 cup dark brown sugar  
1 tsp pure vanilla extract  
1/4 tsp ground cinnamon  
1/3 cup raisins

In a medium heavy bottom sauce pan, combine milk, rice and salt, and bring to a boil over high heat. Reduce heat to low, and simmer until the rice is tender, about 20 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan.

In a small mixing bowl, whisk together egg and brown sugar until well mixed. Add a half cup of the rice mixture- a tablespoon at a time- beating to incorporate.

Add egg mixture back into the saucepan of rice and milk and stir, on low heat, for 10 minutes or so, until thickened. Be careful not to have the mixture come to a boil and this point. Stir in vanilla. Remove from heat and stir in the raisins and cinnamon. Serve warm or cold.

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*Notes:*

*Variations:*

Homemade Condensed Soup (by Katie Apple Goble)

Replace store bought soup with this recipe

2 1/2 cup milk  
1/2 cup flour  
2 tbsp butter  
Dash of salt & pepper

Whisk or mix in blender to set and mix until smooth and place into in a pan.  
Season to desired taste.

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*Notes:*

*Variations:*

Make Your Own Condensed Soup Mix

(Source: cooks.com)

The following directions makes 3 cups of mix that will make the equivalent of nine (10 1/2 oz.) cans of condensed cream soup.

**Soup Mix**

2 cups nonfat dry milk powder  
3/4 cup cornstarch  
1/4 cup bouillon crystals (beef or chicken)  
1/2 tsp. pepper  
2 tbsp. dried onion flakes  
1 tsp. dried basil, crushed  
1 tsp. dried thyme, crushed

Combine all ingredients and mix well. Store in airtight containers. To make equivalent of 1 can of condensed soup, combine 1/3 cup dry mix with 1 1/4 cups water in saucepan. Cook and stir until thickened. Variations: cream of mushroom soup-add 1 (4 oz.) can drained mushrooms. Cream of celery-add 1/4 cup chopped celery.

Homemade Pan Coating: (by Katie Apple Goble)

Mix equal parts oil, shorting, flour together with a wire whip or place in a blender. Brush on coating to pans. The coating is shelf stable.

CREAM OF CARROT & RICE SOUP

(Source: cooks.com)

Ingredients

3 tbsp. butter  
1/2 lb. carrots (about 2 lg.), washed & thinly sliced  
1 med. onion, thinly sliced  
1 qt. (4 c.) chicken stock  
1/4 c. long grain rice  
1 tsp. salt  
1/2 tsp. freshly ground white pepper  
1 c. whipping cream  
1 tbsp. minced fresh parsley (garnish)

Directions

Melt butter in heavy 3 quart saucepan over low heat. Add carrot and onion, cover and cook about 15 minutes, stirring occasionally to prevent sticking. Stir in stock, rice, salt and pepper.

Cover and simmer until vegetables are tender, about 30 to 40 minutes. Transfer to processor or blender in batches and puree. Return to saucepan. Stir in cream (if soup is too thick, thin with stock or water). Place over low heat and simmer. Taste and adjust seasoning and serve. 6 to 8 servings.

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*Notes:*

*Variations:*



GARLIC-GINGER SNAP PEAS & CARROTS

(Source: cooks.com)

Ingredients

- 1 tbsp. canola or olive oil
- 2 cloves garlic, chopped
- 1 lb. sugar snap peas
- 1-1/2 cups carrots, diagonally cut into 1/4-inch thick slices
- 1/2 tsp. salt
- 1 (6.1 oz can) mandarin oranges, drained
- 1 tbsp. peeled, grated, fresh ginger
- 1/2 tsp. grated orange zest

Directions

In a large skillet sprayed lightly with cooking spray, heat oil over medium-high heat. Add garlic and cook for 1 minute.

Add snap peas, carrots, and salt. Cook, stirring until vegetables are just tender, 6-7 minutes. Stir in oranges, ginger, and zest. Cook, stirring frequently, until heated through, about 1 minute.

Great served with noodles for a veggies dish, or with pork for a meat dish.

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*Notes:*

*Variations:*

Glazed Carrots (Source:  
([www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org))

Ingredients:

12 medium carrots (2 lbs), peeled  
and ends removed  
½ Tbsp butter  
½ Tbsp canola oil  
2 Tbsp orange juice  
½ tsp salt  
¼ tsp cinnamon  
1/8 tsp cayenne pepper

Directions:

• Slice carrots to create coin-like pieces.  
Heat butter and canola oil in a skillet. Add  
carrots and sauté for 5 minutes.  
Add the rest of the ingredients. Cook until  
carrots are tender and liquid is absorbed, about  
15 minutes.

*Helpful Tip:* Cut carrots into pieces of the same  
size to cook more evenly.

*Variation:* Try this recipe with other vegetables,  
such as squash or cabbage. Use 2 lbs or 4 cups of  
chopped squash or chopped cabbage.

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*Notes:*

*Variations:*



**Orange Glazed Carrots**

(Source: USDA Recipes for Child Care)

50 Servings

<u>Ingredients</u>	<u>Weight</u>	<u>Measure</u>
Canned sliced carrots, drained	5 lb 2 oz	3 qt (1 ¼ No. 10 cans)
OR		
Frozen sliced carrots	4 lb 8 oz	1 gal
Margarine or butter	4 oz	½ cup
Sugar	5 ½ oz	¾ cup 1 Tbsp
Cornstarch		2 Tbsp 2 tsp
Frozen orange juice concentrate	7 oz	¾ cup
Ground nutmeg (optional)		1 tsp
Ground cinnamon		1 tsp
Water		cold 1 cup
Dehydrated plums (prunes), chopped (optional)	5 oz	¾ cup 2 Tbsp
Raisins (optional)	5 oz	1 cup

**Directions:**

1. If using frozen carrots, steam for 4 minutes.
2. Place 5 lb 2 oz (3 qt) carrots into a deep pan (12" x 20" x 2 ½") a steam table pan is ideal.
3. For glaze: Combine margarine or butter, sugar, orange juice concentrate, nutmeg (optional), and cinnamon. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend.
4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).
5. Pour 2 ¾ cups glaze over each pan of carrots.
  - Bake: \*Conventional oven: 375° F for 20-30 minutes
  - \*Convection oven: 325° F for 15-20 minutes
  - Heat to 140° F or higher.
6. Hold for hot service at 135° F or higher.

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***Notes:***

***Variations:***

Baked Eggs Primavera  
(Source: cooks.com)

Ingredients

4 eggs  
4 tbsp. water  
1 tsp. poultry seasoning  
1 tbsp. cooked onion, finely minced  
1 tbsp. cooked celery, finely chopped  
1 tbsp. cooked carrots, shredded  
1 flower of cooked broccoli, chopped  
Cheese, grated- to liking or taste

Directions

Place vegetables in covered dish with 1 tablespoon water and cook in microwave on high for 1 1/2 minutes; set aside.

Briskly whisk eggs, water and seasoning in medium bowl.

Spray individual ramekin (a small dish) with a vegetable spray and divide egg mixture into 4 ramekins. Spoon vegetables evenly into ramekins. Sprinkle with cheese. Bake in preheated oven at 400 degrees for 15 minutes.

Serves 4.

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*Notes:*

*Variations:*



EGG AND CHEESE SOUFFLE

(Source: cooks.com)

Ingredients

14 slices whole wheat bread  
1 lb. sharp Cheddar cheese  
3 c. whole milk  
1/2 c. butter  
10 eggs  
Salt  
Pepper

Directions

1. Trim edges of 14 slices of bread (save and toast to make bread crumbs for another dish), then cube (quarter) each slice.
2. Grate 1 pound of sharp Cheddar cheese on the large side of grater or using the grating disk of a food processor.
3. Put 10 eggs and 3 cups whole milk in blender or food processor with 1 teaspoon of salt (or less, to taste) and 1/4 teaspoon of pepper. Process until smooth.
4. Using a 13-1/2 x 8-3/4 inch casserole dish, layer the bread and cheese evenly along the bottom.
5. Pour milk and eggs mixture over. Melt butter and drizzle over top.
6. May be made in advance (this allows the bread to soak up the egg/milk mixture more).
7. Bake 1 hour and 15 minutes at 350° F.

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*Notes:*

*Variations:*



## Deviled Eggs

Market Basket Recipe 2/17/10 (Billings Training)

### Ingredients

6 eggs, hard boiled, cooled, and peeled  
2 tablespoons mayonnaise  
1-2 teaspoon Italian dressing (to taste)  
1 teaspoon finely chopped parsley  
Garnish with shredded cheese  
Salt and pepper to taste

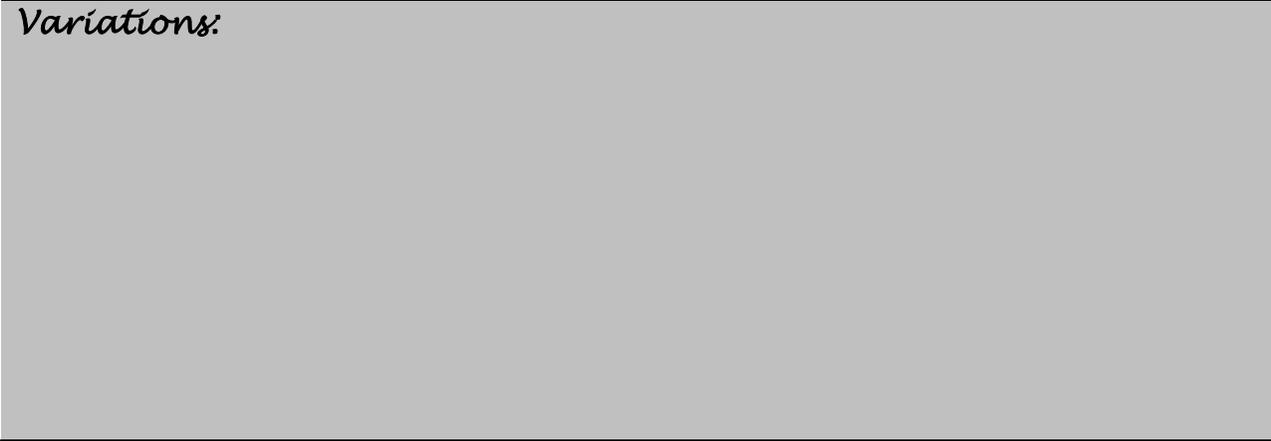
### Directions

Place the cooked egg yolks in a bowl. Using a fork, work the mayonnaise, dressing, parsley, and salt and pepper into the yolks to form a smooth paste. Fill the egg halves with the egg yolk filling. Top with shredded cheese.

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*Notes:*

*Variations:*



## Baked Fish (Source: helpwithcooking.com)

Most types of fish that are baked end with excellent results. When preparing fish, try to use fish that is as fresh as possible for best results. Always check recipes for cooking times, as this will vary depending on the thickness of the fish and on the method of cooking.

Generally, calculate 10 minutes baking time per 1 inch (2.5 cm), measured at the thickest part of the fish. Thin fillets usually take 15 minutes, while small steaks approximately 10 - 15 minutes.

### **Baking white fish**

Lean, white fish such as cod, tilapia, whiting, does not contain as much fat within the flesh. For this reason it is advisable to protect the flesh of lean fish so that it does not dry out during the cooking process. To stop white fish from drying out, cook it by adding some liquid to the tray or cook in a sauce. The liquid could be water, butter, milk, lemon, lime or orange juice, oil or a little stock. Other ingredients can also be added to give extra flavor and aroma such as herbs, tomatoes, onions or chopped vegetables.

Alternatively, the flesh can be protected by either stuffing the fish or by coating it in flour or breadcrumbs before baking.

### **Baking in foil**

This method is very efficient, as it cuts down on oven and utensil cleaning time. By wrapping the fish in a protective covering, it has a similar effect to steaming, as moisture is sealed within the foil rather than escaping into the oven. This is an excellent way to ensure the fish does not dry out and also seals in aroma and flavor.

Preheat the oven to around 400°F (200°C) and grease the base of a large piece of foil with butter. Season the fish fillet. Place the fish onto the foil, add additional seasoning, herbs and lemon juice, fold up the sides of the foil and seal at the top. Place into the preheated oven and cook for the specified time until the flesh is white and firm.

### **Baking in the oven without foil**

Oily fish such as trout or lean fish that is stuffed or coated can be baked in the oven on a baking tray. Even lean types of fish on their own can be baked, although the flesh will tend to be a bit drier.

Several types of fish can be found year round at local grocery stores, cod, tilapia, pollock, and whiting, while some fish are in stock seasonally, rock fish, dover sole and trout. Check the meat department for more information. (Source: Safeway 2\15\2011)

## Baked Fish Variations

### **Asian:** (Food.com)

#### Ingredients

For 4 fish fillets you will need:

- 1 (8 ounce) can crushed pineapple drained
- 2 tbsp soy sauce
- 2 tbsp chopped green onions

#### Directions:

1. Place fish fillets in an 8x8-inch glass baking dish.
2. In a small bowl, combine pineapple, soy sauce and green onion.
3. Pour over fish.
4. Cover fish with saran wrap; venting on one corner of the dish.
5. Microwave on high 6-8 minutes or until fish flakes easily with a fork.

### **Italian:** (cooks.com)

#### Ingredients

For 4 fillets you will need:

- Italian dressing to cover fillets
- 2 tsp. garlic powder
- Dash of pepper
- 2 tablespoons lemon juice
- 1 teaspoon parsley
- 1/2 teaspoon Italian seasonings
- 1 tablespoon pineapple juice (optional),
- fresh carrots cut up into small pieces (optional)

#### Directions:

1. Mix all ingredients together and allow fish to marinate for 1/2 hour.
2. Pour fish and dressing mix into a baking dish.
3. Put cut carrots (as many as you like) around the fish.
4. Bake at 350°F for 20-30 minutes.

### **Ranch:** (cooks.com)

#### Ingredients

- 1/2 cup Ranch dressing
- 1 cup Parmesan cheese
- 2 cups corn flakes
- 1 pinch salt
- 1 pinch black pepper

#### Directions:

1. Preheat oven at 350 degrees.
2. Grind up corn flakes into crumbs. Mix Parmesan cheese, salt, pepper in with the corn flake crumbs. Baste the tilapia fillet (both sides) with Ranch dressing. Coat fish with the crumb mix evenly.
3. Bake for 17 minutes.

### **Breaded:** (cooks.com)

#### Ingredients:

- 1/4 lb. melted butter
- 1/8 tsp. garlic powder
- 1/8 tsp. paprika
- 1/8 tsp. thyme
- 1 tsp. salt
- 1 1/2 c. dry bread crumbs, finely crushed cornflakes or flour

#### Directions:

1. Dip fish in butter, then roll fish in seasoning in remaining dry ingredients.
2. Place fish in a single layer on half sheet pans which have been lightly coated with pan spray.
3. Bake until fish flakes easily with a fork: Bake at 500 degrees for 17 minutes.

### **Breaded:** (USDA Recipes for Child Care)

#### Ingredients:

For 25 fillets you will need:

- 3/4 cup Enriched dry bread crumbs
- 1 1/2 tsp Salt
- 1/2 tsp Pepper
- 1/3 cup Low-fat plain yogurt or dressing or low-fat mayonnaise

#### Directions:

1. In a small bowl, combine bread crumbs, salt and pepper. Reserve for step 3.
2. Pat fish portions dry with paper towels, In a separate bowl, coat fish with yogurt or dressing or mayonnaise.
3. Roll fish portions in bread crumbs to coat.
4. Place fish in a single layer on half sheet pans which have been lightly coated with pan spray.
5. Bake until fish flakes easily with a fork: Bake at 500 degrees for 17 minutes.

### **Marinate**

- Maple syrup
- Soy sauce

#### Directions

Mix ingredients to taste and marinate fillets for 1 hour and bake

TUNA SALAD

(Adapted from: cooks.com)

Ingredients

- 3 tsp classic Caesar Salad dressing
- 1 can of tuna
- 4 baby carrots, chopped
- 1 lettuce leaves
- 6 olives
- 1 roma tomato
- 1 tsp each garlic powder
- 1 tsp basil leaves
- 1 tsp ground black pepper
- 1 tsp salt

Directions

1. In a small bowl, combine tuna, chopped carrot, olives, and tomato. Chop one of the lettuce leaves and add.
2. Sprinkle with remaining spices, salad dressing, and then mix thoroughly.
3. Serve with crackers, on top of a salad, or in a sandwich.

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*Notes:*

*Variations:*



Simple Fish Tacos (Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) )

Ingredients:

½cup nonfat sour cream  
¼cup fat-free mayonnaise  
½cup fresh cilantro, chopped  
½package taco seasoning, divided  
1 lb cod or white fish fillets (4 total) ,  
cut into 1-inch pieces  
1 Tbsp olive oil  
2 Tbsp lemon juice  
2 cups shredded cabbage  
2 cups diced tomato  
12 6-inch warmed corn tortillas, soft  
shell  
Lime wedges for serving (optional)

Directions:

1. Combine sour cream, mayonnaise, cilantro, and 2 Tbsp of taco seasoning mix in a small bowl.
2. Mix cod, vegetable oil, lemon juice, and remaining seasoning in another bowl. Pour mixture into large skillet. Cook over medium high heat for 4 to 5 minutes or until cod flakes easily when tested with a fork.
3. Fill warmed tortillas with fish. Top with cabbage, tomato, and sour cream mixture.

**Helpful Tip:** If using frozen fish, let it completely thaw before cooking. Safely thaw fish in the refrigerator.

**Variation:** Use chicken or pork instead of fish. Look for lean cuts, such as chicken breast or pork tenderloin. Follow the same directions, but cook meat for 10-12 minutes.

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*Notes:*

*Variations:*

POTATO AND KALE SOUP (Source: cooks.com)

Ingredients

- |                                 |                           |
|---------------------------------|---------------------------|
| 1 lb. kale, tough stems removed | 3 cloves garlic, minced   |
| 1 lg. onion, chopped            | 2-3 lg. potatoes          |
| 1 tbsp. butter                  | 5 c. water or stock       |
|                                 | salt and pepper, to taste |

Directions

Sauté onion and garlic in the butter until onion is clear and soft (do not allow garlic to brown). Add 2 cups water (or broth) and the potatoes. Simmer, covered, until potatoes are fork tender. Wash kale and chop into very small pieces; steam kale separately. When potatoes are well done, puree half of them with remaining water.

Combine all ingredients. Season with salt and pepper, to taste. If needed, add more water or milk for desired consistency.

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*Notes:*

*Variations:*

A SHAKER POTATO PIE (Source: adapted from cooks.com)

Ingredients

- |                                |   |
|--------------------------------|---|
| 3 c. mashed potatoes (no milk) | 1/2 tsp. pepper                                 |
| 1 c. non-fat or low-fat milk   | 1 c. cubed cheddar cheese                       |
| 1 tsp. salt                    | 1/4 c. parmesan cheese and 1/4 cup bread crumbs |

Directions

Beat mashed potatoes with cream until very fluffy. Season. Put in buttered ovenproof baking dish. Push little pieces of cheese into potatoes. Cover mixture with bread crumbs. Bake at 350 degrees for 20 minutes.

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*Notes:*

*Variations:*

SHERRY'S POTATO-SWISS CHARD CURRY

(Source: cooks.com)

Ingredients

- 3 medium red-skinned potatoes, unpeeled, cut into 1" pieces
- 1 tbsp. olive oil
- 1 tbsp. sugar
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 1/4 tsp. cayenne pepper
- 3 cups chopped Swiss chard
- 1 (14.5 oz can) diced tomatoes, undrained

Directions

1. Place potatoes in a large pan, cover with water. Bring to boil. Boil 4-6 minutes or until crisp-tender. Drain.
2. Heat oil in a large skillet over medium-high heat. Add potatoes, sugar, cumin, salt and cayenne pepper.
3. Cook for 2-3 minutes. Stir in Swiss chard and tomatoes.
4. Reduce heat to medium-low, cover, simmer 4-6 minutes.

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*Notes:*

*Variations:*



**Oven Roasted Potatoes**

(startcooking.com)

Ingredients

- 6 medium potatoes
- 4 Tbsp of olive oil
- 2 tsp of dried rosemary (optional)
- 1 Tbsp salt
- 1 tsp of pepper
- A sprinkle of garlic powder and onion powder

Directions:

1. Preheat oven to 425 degrees F.
2. Cut potatoes lengthwise and place in zip-lock bag.
3. Add spices to the bag.
4. Pour the olive oil over the potatoes.
5. Mix together in the bag and empty the bag of potatoes onto the baking sheet.
6. Roast for 20-30 minutes turn and roast for an additional 20-30 minutes or until desired crispness.

**Garlic Roasted Potatoes** (food.com)

Ingredients

- 3 lbs potatoes
- 1/3 cup regular olive oil
- 1 head garlic
- Kosher salt

Directions:

1. Preheat the oven to 425 degrees F.
2. Wash and dry the potatoes, but don't bother to peel them, and cut them into about 3/4-inch dice. Toss in a large oven tray and pour over the oil, smulching around with your hands to mix well. Separate the head of garlic into cloves adding them to the tray, and roast for about 1 hour, turning once or twice during that time, until crispy and golden but still soft on the inside. When they're done, remove to a large plate and sprinkle with salt.

**Italian Roasted Potatoes**

Ingredients

- 3lbs. Potatoes
- 1 container of Italian Dressing

Directions:

1. Preheat the oven to 425 degrees F.
2. Wash and dry the potatoes cut them to desired size. Lightly coat with Italian dressing and bake for about 1 hour, turning once or twice during that time, until crispy and golden but still soft on the inside. When they're done, remove to a large plate

**Classic Mashed Potatoes**

Ingredients

- 2 pounds potatoes
- 4 Tbsp butter
- 1 cup half and half, warmed or low-fat milk
- 1 1/2 tsp salt
- Ground pepper

Directions

1. Place potatoes in a saucepan and cover with water. Cover and bring to a boil; cook for 20-25 minutes or until very tender. Drain well. Add milk, butter, salt and pepper; mash until light and fluffy.

**Creamy Garlic Mashed Potatoes**

(food.com)

Ingredients

- 3 1/2 pounds russet potatoes
- 2 tablespoons kosher salt
- 16 fluid ounces (2 cups) half-and-half or substitute with low-fat milk
- 6 cloves garlic, crushed
- 6 ounces grated Parmesan

Directions:

1. Peel and dice potatoes. Place in a large saucepan, add the salt, and cover with water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.
2. Heat the half-and-half and the garlic in a medium saucepan over medium heat until simmering. Remove from heat and set aside.
3. Remove the potatoes from the heat and drain off the water. Mash and add the garlic-cream mixture and Parmesan; stir to combine. Let stand for 5 minutes so that mixture thickens and then serve

**BARLEY AND PEAS CASSEROLE** (Source: cooks.com)

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 2 c. pearl barley                     | 1 med. onion, diced             |
| 1 pkg. frozen peas                    | 1 c. chicken broth (low sodium) |
| 3 tbsp. butter or canola or olive oil | Salt and pepper                 |

Cook barley and peas as directed on packages. In a large skillet, melt butter and lightly brown onion. Add peas, barley and broth, season to taste, heat about 5 minutes and serve. Serves 6 to 8.

*Notes:*

*Variations:*

**BAKED RICE WITH PEAS, CELERY AND SUNFLOWER SEEDS** (Source: cooks.com)  
(Sunflower seeds have been substituted for almonds.)

- |   |  |
|---|--|
| 1 sm. onion, minced                             | 1 c. long grain or converted rice                      |
| 1/2 stick (1/4 c.) unsalted butter              | 2 c. simmering chicken stock (or canned chicken broth) |
| 2 stalks of celery, cut into<br>1/4 inch slices | 1/3 c. sunflower seeds                                 |
|   | 1 c. fresh peas, cooked or thawed frozen peas          |

Cook onion in 3 tablespoons butter over moderately low heat, stirring until it softens. Add celery and rice and cook the mixture, stirring until rice is well coated with butter. Stir in the stock, bring it to a boil and bake the mixture, covered, in a preheated 375 degree oven for 15 minutes.

While rice is baking, sauté the sunflower seeds in the remaining 1 tablespoon butter over moderately high heat, stirring until they are golden. Stir the seeds, peas, salt and pepper to taste into the rice and bake mixture for 5 minutes or until the rice is tender and all liquid is absorbed. Let the rice stand, covered, for 5 minutes. Fluff it with a fork. Serves 6.

*Notes:*

*Variations:*

ABRACADABRA PEA SOUP

(Source: cooks.com)

Less than 15 minutes to create...

2 12oz cans of sweet peas (large or small, your choice)

1 12oz can of chicken broth (or use bouillon cubes)

1 tablespoon of garlic powder

1 tablespoon of onion powder

1 teaspoon of salt (kosher preferred)

1 teaspoon of black pepper

1/4 cup of olive oil

Add for extra seasoning and taste:

Tabasco to your liking

Grated cheese to your liking

Croutons

The soup is prepared using a blender, food processor, chopper or immersible blender.

Place the two cans of peas in bowl and blend to the desired consistency (be sure to utilize the juice; blend only briefly to keep a chunky texture). During the blending process all of the dry ingredients may be added, or this can be added in the sauce pan.

Once the desired consistency is achieved, transfer the soup into a medium saucepan which has been heating with olive oil over medium heat and stir. While stirring, add chicken broth (or any other broth - in pinch even water will work).

Bring mixture to a rapid boil and quickly reduce the heat to a low simmer. Let this simmer for at least 5 minutes (at this juncture you can add liquid if the soup is too thick).

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*Notes:*

*Variations:*



## SUMMER SQUASH AND ZUCCHINI CASSEROLE

(Source: cooks.com)

### Ingredients

2 med. yellow summer squash, diced

1 med. zucchini, diced

1 sm. onion, chopped

3/4 c. grated light Cheddar cheese

1/4 c. grated Parmesan cheese

3/4 c. low fat milk (add tbsp of milk at a time until desired consistency)

1 egg, beaten

2 cups of finished brown rice (follow the direction on the package to prepare finished rice)

1/2 tsp. Italian seasoning

1/4 tsp. salt

1/8 tsp. pepper

*Note: 1 cup original instant rice or instant premium long grain rice can be substituted in this recipe, but if using instant rice double the amount of milk in the recipe.*

### Directions

**CONVENTIONAL OVEN:** Combine all ingredients in large bowl; mix well. Pour into greased 9-inch square baking dish. Bake at 375 degrees for 35 minutes or until liquid is absorbed.

Makes 6 servings.

**MICROWAVE:** Combine all ingredients in large bowl; mix well.

Pour into greased 9-inch square microwavable dish. Cook at high 20 minutes or until liquid is absorbed. Makes 6 servings.

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### *Notes:*

### *Variations:*



SPAGHETTI SQUASH WITH FRESH TOMATOES AND PARMESAN

(Source: cooks.com)

Ingredients

- 1 lg. spaghetti squash (about 3 lb.)
- 4 tbsp. unsalted butter
- 2 tbsp. minced onion
- 3 c. coarsely chopped ripe plum tomatoes
- 1 clove garlic, crushed through press
- Salt to taste
- 1/4 c. freshly grated Parmesan cheese
- 2 tbsp. chopped fresh parsley

Directions

1. Heat oven to 375 degrees.
2. Place spaghetti squash on baking sheet and pierce deeply 5 or 6 times with long tined fork. Bake until squash tests tender when pierced with skewer or fork; about 45 minutes; turn once halfway through cooking.
3. Meanwhile, heat 2 tablespoons butter in medium skillet over low heat. Add onion and cook until softened, about 3 minutes. Stir in tomatoes; cook, stirring occasionally, over medium-low heat until tomatoes are thickened, 10-15 minutes. Stir in garlic and cook 1 minute; season with salt.
4. Let squash cool briefly. Wearing oven mitts, cut squash in half. Remove seeds. Pull squash strands into large bowl with fork. Dot with remaining 2 tablespoons butter, sprinkle with Parmesan and parsley, toss well.
5. Divide squash among serving bowls and spoon tomato sauce over top. Serve hot. Serves 4.

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*Notes:*

*Variations:*

Types of Rice

Source: US Rice Federation [www.usarice.com](http://www.usarice.com)

Long Grain	Long grain rice has a long, slender kernel three to four times longer than its width. Due to its starch composition, cooked grains are more separate, light and fluffy.
Medium Grain	Medium grain rice, when compared to long grain rice, has a shorter, wider kernel that is two to three times longer than its width. Cooked grains are more moist and tender than long grain, and have a greater tendency to cling together.
Short Grain	Short grain rice has a short, plump, almost round kernel. Cooked grains are soft and cling together, yet remain separate and are somewhat chewy, with a slight springiness to the bite.

Choosing the Right U.S.-Grown Rice

There are no hard and fast rules on which type of rice to use in a recipe. It is a matter of personal preference and there are many varieties to choose from. Long grain white and brown rice work well in entrees, side dishes, soups and salads, if you prefer separate, distinct grains. It is perfect for pilafs, stir-fry and Southern favorites like jambalaya and gumbo. Short and medium grain rice are good choices for dishes that have a creamier characteristic — such as risotto, rice puddings, as well as sushi and other Asian dishes.

Tips for Perfect Rice

- Accurately measure rice and liquid.
- Set timer to prevent under or over-cooking.
- Keep lid on pot during cooking to prevent steam from escaping.
- Rice triples in volume. Use cookware appropriate for the amount of rice you are preparing.
- Do not stir. Stirring releases the starch, resulting in rice that is sticky.
- At the end of cooking time, remove lid and test for doneness. If rice is not tender or liquid is not absorbed, cook 2 to 4 minutes longer.
- When rice is cooked, fluff with fork or slotted spoon to allow steam to escape and keep the grains separate.

How to Prepare Rice

American-grown rice is a high-quality product that does not need washing or rinsing before or after cooking. Most U.S. rice is enriched with iron, niacin, thiamin, and folic acid. Rinsing rice, or cooking rice in excess water and draining, results in loss of enrichment and other water-soluble vitamins and minerals. For best results, follow package directions. When directions are not available, use one of these easy methods:

Stovetop Directions	Combine rice, liquid, salt and butter or margarine (see chart) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.
Oven Directions	Cooking rice in the oven is an efficient use of energy when other foods are baking and frees up your stovetop when cooking other dishes. Boiling liquid must be used to start the cooking process. Carefully combine rice, boiling liquid, salt and butter or margarine (see chart) in a baking dish or pan; stir. Cover tightly and bake at 350 degrees for 25 to 30 minutes for long grain white rice (30 to 40 minutes for parboiled; 1 hour for whole grain brown rice). Remove carefully. Fluff with fork.
Microwave Directions	Rice can be cooked in the microwave oven. Microwave ovens vary in size and wattage. The following cooking times are based on preparation in 1200 watt ovens. For best results, follow manufacturer directions for your oven. When directions are not available you may follow these general guidelines. Combine rice, liquid, salt and butter or margarine (see chart) in 2 ½ to 3-quart deep microwave-safe baking dish; cover tightly. For Medium or Long Grain White Rice - microwave on HIGH 5 minutes or until boiling; reduce to MEDIUM (Power level 5 or 50% power) and microwave 15 minutes or until water is absorbed. Let stand 5 minutes.
Microwave Directions	For Parboiled Rice - microwave on HIGH 5 minutes or until boiling; reduce to MEDIUM (Power level 5 or 50% power) and microwave 20 minutes or until water is absorbed. Let stand 5 minutes.
Microwave Directions	For Whole Grain Brown Rice- microwave on HIGH 5 minutes; reduce to MEDIUM (Power level 5 or 50%) and microwave 20 minutes or until water is absorbed. Let stand 5 minutes. <b>USING OVEN MITTS, CAREFULLY REMOVE HOT DISH FROM MICROWAVE OVEN.</b>
Rice Cookers	Rice cookers make cooking both white and whole grain brown rice easy and foolproof, and keep rice warm. There are many brands, styles, sizes and features available. Care should be taken to follow individual manufacturer's directions. In general, all ingredients are combined in the rice cooker. Turn the rice cooker on. It will stop cooking automatically by sensing a rise in temperature and change in moisture content that occurs when rice has absorbed the liquid and is fully cooked. * For firmer rice, reduce water by 1/4 cup. **For parboiled whole grain brown, cook 30 minutes. If desired: add 1 teaspoon salt and 1 tablespoon butter.

## Crediting Recipes in CACFP

Step 1: Using a recipe, identify the meal components from the CACFP Meal Pattern Chart -- (Meat/Meat Alternative, Fruit/Vegetable, and/or Bread/Grain).

Step 2: Calculate how many serving sizes the recipe yields for each meal component for the selected age group on the CACFP meal pattern. *For example, recipe makes 20 - 1-1/2 ounce servings of meat/meat alternate which is the requirement for 3-5 year olds*

Step 3: Determine if the recipe needs to be increased or decreased to meet numbers of children you serve at meal time. This could result in the doubling of a recipe or reduction of a recipe, perhaps cutting the recipe in half.

Step 4. You may also wish to adjust the individual ingredient amounts to meet your need. This may result in adding, reducing or omitting ingredients.

Step 5. Use the Recipe Analysis Worksheet to be sure you are meeting the crediting requirements you desire for the dish.

## RECIPE ANALYSIS WORKSHEET – 3 TO 5 YEAR OLDS

Ingredients ( <i>Creditable Food Components</i> )	Amount	Meat/ Meat Alternate (1.5 OZ)	Fruit/Vegetable (1/4 cup)	Bread/Bread Alternate (½ slice bread or equivalent)
	Total number of servings (round down):			
	Calcula- tions			
	#servings (3-5 yr old)			

\*Please note that milk is always served as a beverage.

**Example:**

**RECIPE ANALYSIS WORKSHEET – 3 TO 5 YEAR OLDS**

Ingredients <i>(Creditable Food Components)</i>	Amount	Meat/ Meat Alternate	Fruit/Vegetable (1/4 cup)	Bread/Bread Alternate (½ slice bread or equivalent)
Cooked chicken or turkey	10 ounces	20- ½ oz serv.		
Celery, diced	4 oz or 1 cup		4 servings	
Carrots, diced	1-¾ lb or 4-1/2 cups		18 servings	
Rice, dry, med. grain, enriched	¾ lb or 1- ¾ cups			20 servings of ¼ cup cooked
	Total:	20 – ½ oz	22	20
	Calculation			
	#servings (3-5 yr old)	20 – ½ oz	22 – ¼ cup	20 – ¼ cup Requirement met
	#servings (6-12 yrs)	10 – ½ oz	11- ¼ cup	10 – ½ cup

## Increasing and Decreasing Yield of a Recipe

Step 1. Decide how many servings are needed.

Step 2. Find the yield of the recipe.

Step 3. Divide the needed yield by the recipe yield to equal a number referred to as a factor.

Step 4. Multiply the quantity of each ingredient by the factor.

Step 5. Round any fraction or decimal to the nearest whole number.

### Examples:

1. Decreasing Yield:

Banana Muffin Recipe Yields: 25 servings

How many servings needed=10

Finding the Factor:

$$\begin{array}{r} 10 \\ \hline 25 \end{array} = .4$$

<i>Ingredient</i>	<i>Amount for 25 servings</i>	<i>Factor</i>	<i>Amount for 10 servings</i>
<i>flour</i>	15 oz	x .40	= 6 oz
<i>salt</i>	1tsp	x .40	= .40 tsp
<i>fresh bananas, peeled</i>	8oz.	x .40	= 3.2 oz

2. Increasing Yield

Banana Muffin Recipe Yields: 25 servings

How many servings needed=50

Finding the Factor:

$$\begin{array}{r} 50 \\ \hline 25 \end{array} = 2$$

<i>Ingredient</i>	<i>Amount for 25 servings</i>	<i>Factor</i>	<i>Amount for 10 servings</i>
<i>flour</i>	15 oz	x 2	= 30 oz
<i>salt</i>	1tsp	x 2	= 2 tsp
<i>fresh bananas, peeled</i>	8oz.	x 2	= 16 oz



**Division of Responsibility in Feeding by Ellyn Satter:**

**Parents provide structure, support and opportunities. Children choose how much and whether to eat from what the parents provide.**

**The Division of Responsibility for Infants:**

- The parent is responsible for what
- The child is responsible for how much (and everything else)

The parent helps the infant to be calm and organized and feeds smoothly, paying attention to information coming from the baby about timing, tempo, frequency and amounts

**The Division of Responsibility For Toddlers through Adolescents:**

- The parent is responsible for what, when, where
- The child is responsible for how much and whether

**Parents' Feeding Jobs:**

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show children what they have to learn about food and mealtime behavior
- Not let children graze for food or beverages between meal and snack times
- Let children grow up to get bodies that are right for them

**Fundamental to parents' jobs is trusting children to decide how much and whether to eat. If parents do their jobs with feeding, children will do their jobs with eating:**

- Children will eat
- They will eat the amount they need
- They will learn to eat the food their parents eat
- They will grow predictably
- They will learn to behave well at the table



We want our children to be "good eaters." But what is a good eater? Children who are good eaters are able to take care of their food needs in a positive and matter-of-fact way. They are able to enjoy many foods, try others, and politely turn down still others. They are able to rely for the most part on their internal cues for regulating the amounts they eat.

But children who are good eaters behave differently from adults. Children have their own ways of behaving with eating.

**Children challenge themselves to eat.**

Children are naturally skeptical about new food and cautious about eating it. *New* can be a food they haven't seen before, a familiar food prepared in a different way, or *someone they don't know doing the cooking*. But life is full

of new situations. Children challenge themselves to meet them. The same holds true for eating. Children will work to master new foods and new eating skills, the same as they work to master other skills.

Children learn to like new foods by having them served repeatedly, by seeing their friends eat them, and by tasting them many times and by having someone they trust eat the same food with them.

**Children need moral support to do a good job with eating.**

Children eat better when there are supportive adults in the eating situation, being friendly, being companionable, but *not* being managing about the child's eating. Children eat better when the environment is pleasant, comfortable and safe for them, and when their provider or someone else they trust sits down with them to eat. Children eat better when parents are interested in the provider's food service and take advantage of opportunities to show their support.

**Children need to feel in control of their eating.**

Children eat better when they can pick and choose from foods that are available and decide whether—and how much—they are going to eat. They need the freedom to turn down food they don't want—or the reassurance that they can choose not to eat something they have taken. They benefit from knowing they can taste a food and decide not to finish it. When children know they have an "out" with food, they can do more and dare more than if they get the feeling they "have" to eat.

**Children are erratic about their eating.**

Children have built into them the ability to eat a variety. At home as well as at their provider's, they may eat a lot one day and a little the next, accept a food enthusiastically one day and turn it down the next. They also know *how much* they need to eat. Their internal sense of hunger, appetite and fullness is stronger than adults', and they eat the right amount to grow properly. They are more likely than adults to stop when they are full rather than when the food is gone.

**Children waste food.**

Household food consumption surveys show that plate waste goes up when there are children in the family. Adults tend to clean their plates and eat the expensive foods (like meat, vegetables, fruits and sweets). Children do not. And they often don't finish their milk. A certain amount of waste is inevitable.



HELPING CHILDREN BE GOOD EATERS  
Ellyn Satter

**Children won't eat food that is unappealing to them.**

Food rejection has as much to do with the *child* as with the *foods*. Adults eat food because they like it, but they also eat food that doesn't taste the best to them because the food is good for them or because they paid for it or to keep from getting hungry later. Children don't. They eat because food *tastes* good. And they eat what hits them right *at the time*. While attractive and well-prepared food that is generally familiar is important in allowing children to eat better, it doesn't do the whole job. Children have bigger appetites some days than others. They grow faster some times than others. Some generally favorite foods don't taste good to them some days.

**Children need limits.**

Children do not benefit from being allowed to say "YUK!" at meal time. They benefit from learning to be respectful of other people's feelings—whether those are grownups' feelings about the food they have prepared or their friends' feelings about what they like. Children benefit from learning to turn down food politely (a simple "no thank you" will do), to be matter-of-fact about choosing not to eat something, and to be subtle about getting something back out of their mouths when they don't feel like swallowing. If children are rude about food, look for ways grownups are putting pressure on their eating. Children may be fighting back.

**Feeding demands a division of responsibility.**

Parents and child care providers can only provide a variety of attractive, wholesome food in pleasant surroundings—and work together to encourage positive approaches to

feeding. After that, it is up to the children to eat. They have their own kinky ways of going about it. Taken on a day-to-day basis, it can *look* like they aren't accepting foods at all well. But over the long term, children *will* eat, and they *will* learn to like a variety of food. Putting pressure on children to increase food acceptance or decrease food waste will backfire. Children eat *less* well, not better, when they are forced, bribed or cajoled to eat.

**For more about feeding children so they can be good eaters, read:**

- *Child of Mine, Feeding with Love and Good Sense*, Bull Publishing, 2002

A warm, supportive and entertaining book that tells how to parent with food and feeding in a wise, loving and tuned-in way. Satter empowers parents to make their own judgments about nutrition and feeding from infancy through preschool.

- *Secrets of Feeding a Healthy Family*, Kelcy Press, 1999

What to feed and how to feed, and how to get an enjoyable and rewarding meal on the table. Satter emphasizes, "when the joy goes out of eating, nutrition suffers." About nutrition education for children, she says: "Expose children to the possibilities, encourage them to explore and allow them to develop their capabilities with eating."

- *Your Child's Weight: Helping Without Harming*, Kelcy Press, 2005 Restricting children's food does more harm than good.

Children become whining food sneaks, siblings become spying tattletales, parents become police officers and children get fatter, not thinner. In *Your Child's Weight*, Satter considers babies through adolescents and shares her evidence-based discoveries about what to do instead.

