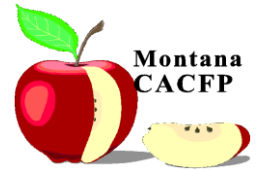


# Snacks

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To be creditable for reimbursement, snacks must include at least two of the following four food components:

- 1 Fruit / Vegetable
- 2 Bread & Grains
- 3 Meat & Beans
- 4 Fluid Milk

## Reminders:

- ✚ Choices must be from two different food components.  
*For example, a snack consisting of fruit and vegetables provides two items from the same food components and therefore it's not a creditable snack. An additional component would have to be added to this snack to make it creditable.*
- ✚ Offer whole grain breads, crackers, and cereals as much as possible.
- ✚ It's always better to eat fruit versus drink juice. Juice is not recommended and should not be offered or limited to once a week.
- ✚ Water is important for hydration and should be offered throughout the day. Always have water available.

## How much food should be served for a snack?

| Food Components               | 1-2 years | 3-5 years | 6-12 years |
|-------------------------------|-----------|-----------|------------|
| <b>Milk</b>                   | 1/2 cup   | 1/2 cup   | 1 cup      |
| <b>Meat &amp; Beans</b>       |           |           |            |
| Meat, Poultry, Fish           | 1/2 oz    | 1/2 oz    | 1 oz       |
| Beans                         | 1/2 oz    | 1/2 oz    | 1 oz       |
| Egg (large)                   | 1/2       | 1/2       | 1/2        |
| Cheese                        | 1/2 oz    | 1/2 oz    | 1 oz       |
| Nuts &/or Seeds               | 1/2 oz    | 1/2 oz    | 1 oz       |
| Peanut Butter                 | 1 Tbsp    | 1 Tbsp    | 2 Tbsp     |
| Yogurt                        | 2 oz      | 2 oz      | 4 oz       |
| <b>Fruit &amp; Vegetables</b> | 1/2 cup   | 1/2 cup   | 3/4 cup    |
| <b>Breads &amp; Grains</b>    |           |           |            |
| Breads                        | 1/2 slice | 1/2 slice | 1 slice    |
| Cooked Pasta/Noodles          | 1/4 cup   | 1/4 cup   | 1/2 cup    |
| Cold Cereal                   | 1/4 cup   | 1/3 cup   | 3/4 cup    |
| Hot Cereal                    | 1/4 cup   | 1/4 cup   | 1/2 cup    |

\* Refer to Meal Pattern Chart for more information on serving sizes for all age groups.

# 99 Snack Ideas

|    |   |    |  |    |  |
|----|---|----|--|----|--|
| 1  | Cucumber coins<br>Whole grain crackers  | 2  | Rice pudding *<br>Cantaloupe (cut in cubes)  | 3  | Fruit parfait<br>(yogurt & mixed fruit)  |
| 4  | Bran muffin*<br>Milk  | 5  | Bagel & cream cheese<br>Pears  | 6  | Mini sandwiches<br>(cut into quarters)   |
| 7  | Bread sticks<br>Pizza sauce   | 8  | Baked tortilla chips<br>Black bean dip*  | 9  | Tuna salad on<br>Whole grain crackers  |
| 10 | Banana<br>Peanut butter   | 11 | Chex mix<br>Yogurt   | 12 | Pita stuffed with<br>Pinto bean pate *   |
| 13 | Cottage cheese<br>Blueberries   | 14 | Oatmeal raisin cookie<br>Milk  | 15 | Egg salad spread on a<br>Multigrain bagel  |
| 16 | Carrot sticks<br>Whole grain crackers<br>Yogurt lemon dill dip*   | 17 | Bran cereal & sliced<br>Strawberries<br>Milk   | 18 | Bread pudding with raisins*<br>Milk  |
| 19 | Oatmeal topped with cut-up<br>Strawberries  | 20 | Chickpea salad*<br>Tomato wedges   | 21 | Sliced baguette<br>Swiss cheese slices   |
| 22 | Oven baked eggplant<br>(cut in round slices and bake with<br>mozzarella cheese and a slice of<br>tomato on top)                 | 23 | Scrambled egg roll-up<br>(roll scrambled egg, shredded<br>cheddar cheese and salsa into a<br>tortilla & cut 1 inch pieces) | 24 | Southwest Rice & Bean Salad<br>(basmati rice mixed with cooked<br>kidney beans, corn, salsa, &<br>cilantro)              |
| 25 | Country cornbread*<br>Milk  | 26 | Rice cakes<br>Apricots   | 27 | Applesauce<br>Whole wheat toast  |
| 28 | Cottage cheese, avocado,<br>and black bean salsa<br>pinwheels *   | 29 | Snap peas & baby carrots<br>Hummus*  | 30 | Tortilla pinwheels<br>(cream cheese, shredded lettuce,<br>grated carrot, & diced red peppers)                            |
| 31 | Cheddar cheese slices<br>Whole grain crackers   | 32 | Banana wheat bread*<br>Applesauce  | 33 | Devilled eggs<br>Baby carrots  |
| 34 | Melon balls<br>Whole grain crackers   | 35 | Bean salsa *<br>Baked pita wedges  | 36 | Mozzarella cheese cubes<br>Cherry tomatoes   |
| 37 | Smoothie (yogurt, milk, &<br>strawberries & banana)   | 38 | Hummus*<br>Baked pita bread  | 39 | Rice pudding*<br>Strawberries  |
| 40 | Banana<br>Raisin toast  | 41 | Hardboiled egg<br>English muffin   | 42 | Fruity pasta swiss salad*<br>Milk  |
| 43 | Tomato soup<br>Crackers   | 44 | Yogurt<br>Banana slices  | 45 | Cheese quesadilla<br>Corn salsa*   |
| 46 | Baked sweet potatoes &<br>Apples (top with brown sugar,<br>ground cinnamon & nutmeg,<br>butter, and water – bake until<br>soft) | 47 | Asparagus roll-up<br>(cooked asparagus, rolled in a<br>crust-less slice of whole wheat<br>bread with light mayo spread)    | 48 | Baked cinnamon apples<br>(chopped apples topped with brown<br>sugar & cinnamon -microwave or<br>bake until soft)<br>Milk |
| 49 | Red pepper slices<br>Baked pita bread<br>Cucumber yogurt dip *  | 50 | Trail mix<br>(mini pretzels, raisins, granola)<br>Milk   | 51 | Broccoli spears<br>Whole grain crackers Honey<br>mustard yogurt dip  |
| 52 | Applesauce wheat<br>blueberry muffin*<br>Cheese strings   | 53 | Nachos (baked tortilla chips with<br>melted cheese)<br>Salsa   | 54 | Peanut butter & banana slices<br>on<br>Whole wheat toast   |

|    |   |    |   |    |  |
|----|---|----|---|----|--|
| 55 | <b>Yogurt topped with Granola</b>                                 | 56 | <b>Melted cheese on Crackers</b>  | 57 | <b>Bean, corn, &amp; tomato salad*</b>   |
| 58 | <b>Tuna &amp; cheese melt on Crackers</b>                         | 59 | <b>Yogurt parfait (pineapple tidbits, granola, vanilla yogurt)</b>  | 60 | <b>Cottage cheese Mandarins</b>  |
| 61 | <b>Roasted garlic &amp; white bean spread *<br/>Bread sticks</b>  | 62 | <b>Whole grain crackers topped with cottage cheese &amp; sliced peaches</b>   | 63 | <b>Mini pizza (English muffin topped with tomato sauce &amp; shredded cheese)</b>                    |
| 64 | <b>Tortilla pinwheels (peanut butter &amp; applesauce)</b>        | 65 | <b>Baked tortilla chips<br/>Guacamole dip *</b>   | 66 | <b>Butternut squash soup<br/>Rye Bread</b>   |
| 67 | <b>Greek salad<br/>Whole grain crackers</b>                       | 68 | <b>French bread, cheese, &amp; olives</b>   | 69 | <b>Raspberry oat muffin*<br/>Milk</b>  |
| 70 | <b>Waffles<br/>Fresh strawberry sauce</b>                         | 71 | <b>Apple slices<br/>Whole grain crackers</b>  | 72 | <b>Blueberry oatmeal scone*<br/>Milk</b>   |
| 73 | <b>Bagel<br/>Coleslaw mixed with diced apples &amp; raisins</b>   | 74 | <b>Apple tart<br/>(pastry shell filled with diced apples stewed with brown sugar and cinnamon)</b>                      | 75 | <b>Cauliflower spears<br/>Baked tortilla chips<br/>Cucumber yogurt dip*</b>                          |
| 76 | <b>Red pepper cut into 1/4s and topped with chicken salad</b>     | 77 | <b>Ants on a log<br/>(celery sticks topped with peanut butter &amp; raisins )</b>                                       | 78 | <b>Fruit &amp; cheese plate<br/>(cut-up fresh fruit and cheese cubes or cottage cheese)</b>          |
| 79 | <b>Green/red peppers<br/>Whole wheat biscuit</b>                  | 80 | <b>Sliced avocado on French bread</b>   | 81 | <b>Spinach &amp; mandarin salad<br/>Swiss cheese cubes</b>   |
| 82 | <b>Rye bread<br/>Fresh fruit salad</b>                            | 83 | <b>Spinach &amp; artichoke dip *<br/>Bread sticks</b>   | 84 | <b>Strawberry &amp; rhubarb crisp*</b>   |
| 85 | <b>Orange wedges<br/>Whole wheat roll</b>                         | 86 | <b>Four bean salad*<br/>Sliced baguette</b>   | 87 | <b>Honeydew wedge<br/>Whole grain crackers</b>   |
| 88 | <b>Cottage cheese<br/>Pears</b>                                   | 89 | <b>Carrot zucchini bread*<br/>Swiss cheese slices</b>   | 90 | <b>Couscous vegetable salad*</b>   |
| 91 | <b>Whole grain crackers topped with cream cheese and cucumber</b> | 92 | <b>Bruschetta (toasted baguette slices topped with stewed diced tomatoes, garlic, basil, with balsamic vinaigrette)</b> | 93 | <b>Strawberry shortcake<br/>(1/2 buttermilk biscuit topped with strawberries and vanilla yogurt)</b> |
| 94 | <b>Ham &amp; cheddar cheese crepes</b>                            | 95 | <b>Chicken salad and spinach pinwheels</b>  | 96 | <b>Black bean quesadillas<br/>Mango salsa*</b>   |
| 97 | <b>Vegetable soup<br/>Whole wheat roll</b>                        | 98 | <b>Potato salad with apples<br/>Rye bread</b>   | 99 | <b>Gingerbread* topped with Yogurt</b>   |

*Note: If there's an asterisk (\*) beside the snack item listed above, a recipe is available below. Recipes are listed in alphabetical order. Salad dressing recipes are available at the end of the handout.*



## **ALLERGY ALERT**

Due to allergies, extra caution must be given when serving peanut butter. Nuts have been intentionally removed from the list of Snack Ideas due to a high risk of allergies and choking hazard for children. Allergies to nuts and peanut butter tend to be very severe and have recently become more prevalent. Children may not have been introduced to foods containing nuts and/or peanut butter and introducing these food items may cause a severe allergic reaction, possibly anaphylaxis. Due to the many unknown factors and severity of the potential allergic reaction, CACFP recommends that peanut butter is served with caution and nuts should not be served in child care institutions.

# Recipes

## Applesauce Wheat Blueberry Muffins

### Ingredients

1 cup all-purpose flour  
1 cup whole wheat flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
1/4 cup milk  
3/4 cup applesauce  
1/4 cup vegetable oil  
1/2 cup fresh/dried blueberries

### Directions

Preheat oven to 375°F. Lightly grease a muffin pan, or use paper liners. In a large bowl, mix together all-purpose flour, whole wheat flour, baking powder and salt. Make a well in the center, and pour in applesauce, milk, and oil. Stir until moistened. Fold in blueberries. Fill muffin cups 3/4 full. Bake for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.

## Banana Wheat Bread

### Ingredients

2 cups whole wheat flour  
1/4 cup wheat germ  
1 teaspoon salt  
1 teaspoon baking soda  
1 1/2 cups mashed bananas  
1/4 cup vegetable oil  
1/2 cup honey  
2 eggs  
1 teaspoon vanilla extract

### Directions

Grease a 9 x 5 inch loaf pan. Preheat oven to 350°F. Combine oil, honey, eggs, vanilla, and mashed bananas in a bowl. In a large bowl, whisk together flour, wheat germ, salt, and baking soda. Make a well in dry ingredients, and add the banana mixture. Mix together until dry ingredients are moistened. Pour batter into prepared pan. Bake 1 hour in preheated oven. Test for doneness, and cool on wire rack.

## Bean, Corn, & Tomato Salad

### Ingredients

1/4 cup lime juice  
1/4 cup olive oil  
1 teaspoon salt  
2 (15 ounce) cans black beans, rinsed and drained  
1 1/2 cups frozen/canned corn kernels  
1 red bell pepper, chopped  
2 tomatoes, chopped  
1 avocado - peeled, pitted and diced (optional)  
1/2 cup chopped fresh cilantro (optional)

### Directions

In a bowl, combine lime juice, olive oil, salt and mix well. In a salad bowl, combine beans, corn, bell pepper, tomatoes, avocado, and cilantro. Pour liquid mixture over the salad. Stir salad to coat vegetables and beans with dressing, and serve.

## Bean Salsa

### Ingredients

1 (15 ounce) can black-eyed peas  
1 (15 ounce) can black beans, rinsed and drained  
1 (15 ounce) can whole kernel corn, drained  
1/2 cup chopped green bell pepper  
1 (14.5 ounce) can diced tomatoes, drained  
1 cup Italian-style salad dressing  
1/2 teaspoon garlic salt

### Directions

In a medium bowl, combine black-eyed peas, black beans, corn, green bell pepper, and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors.

## Black Bean Dip

### Ingredients

4 cups canned black beans  
1 cup tomatoes, chopped  
1/2 cup onions, chopped  
2 cups plain yogurt  
3 tbsp cumin  
2 tsp chili powder Salt

### Directions

Add all ingredients to food processor or blender. Pulse until mixed to desired consistency. Transfer to serving bowl, and cover with plastic wrap. Let chill for 1 to 2 hours before serving.

## Blueberry Oatmeal Scones

### Ingredients

1 1/2 cups rolled oats  
1/2 cup whole wheat flour  
1/2 cup all-purpose flour  
1/3 cup white sugar  
3/4 teaspoon baking soda  
3/4 teaspoon baking powder  
6 tablespoons butter, cubed  
3/4 cup milk  
1 cup fresh blueberries or frozen blueberries, thawed  
2 tablespoons milk

### Directions

Preheat oven to 375°F. Lightly grease a baking sheet. Stir the oatmeal, flours, sugar, baking soda, and baking powder together in a mixing bowl. Use a pastry cutter or two forks and cut in the butter with the flour mixture until crumbly and well blended. Stir the milk into the flour mixture until just combined. Lightly stir in the blueberries. Collect the dough into a ball and pat into a large circle about 1 inch high. Cut into wedges, and place on prepared baking sheet. Brush tops with 2 tablespoons milk. Bake until lightly browned, 20-25 minutes.

## Bran Muffins

### Ingredients

1 cup all-purpose flour  
1 cup whole wheat flour  
1 1/2 cups wheat bran  
1/2 teaspoon salt  
1 1/4 teaspoons baking soda  
6 tablespoons molasses  
2 cups buttermilk  
1 egg, beaten  
3 tablespoons butter, melted

### Directions

Preheat oven to 350°F. Grease muffin pans or line with paper cups. In a large bowl, combine all purpose flour, whole wheat flour, wheat bran, salt and baking soda. Add molasses, buttermilk, egg and butter; stir just to moisten. Scoop batter into prepared muffin pans. Cups should be 2/3 to 3/4 full. Bake for 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

## Bread Pudding with Raisins

### Ingredients

10 slices white bread, cut into cubes  
1/4 cup butter, melted  
1 teaspoon ground cinnamon  
1/2 cup raisins  
6 eggs, beaten  
3/4 cup white sugar  
2 teaspoons vanilla extract  
1/2 teaspoon salt  
3 cups hot milk (160°F)  
1 pinch ground nutmeg

### Directions

Preheat oven to 375°F. Lightly butter one 2 quart baking dish. Combine bread cubes, butter, cinnamon and raisins; mix well and place in baking dish. Beat together the eggs, sugar, vanilla and salt. Add milk, mix well and pour over bread cubes. Sprinkle with nutmeg and bake for 25 minutes.

## Carrot Zucchini Bread

### Ingredients

1 cup all-purpose flour  
1 1/2 cups whole wheat flour  
1 teaspoon baking soda  
1/4 teaspoon baking powder  
1 tablespoon ground cinnamon  
1 teaspoon ground nutmeg  
1/2 teaspoon ground cloves  
1 teaspoon salt  
6 egg whites  
1/2 cup unsweetened applesauce  
1 1/2 cups brown sugar  
1 cup grated unpeeled zucchini  
1 cup grated carrot  
2 teaspoons vanilla extract  
1/2 cup raisins

### Directions

Preheat oven to 325°F. Grease a 9x5 inch loaf pan. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, cinnamon, nutmeg, cloves, and salt in a large bowl until well blended. Beat egg whites with a mixer until light and frothy. Stir in applesauce, brown sugar, zucchini, carrots, vanilla, and raisins until well combined. Add the flour mixture, stirring just until blended. Pour the batter into the prepared pan. Bake until a toothpick inserted in the center comes out clean, about 1 hour 20 minutes. Cool bread in pans for 10 minutes, and transfer to a wire rack.

## Chickpea Salad

### Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained  
1/2 cucumber, sliced  
1 small tomato, chopped  
1/2 cup red wine vinegar  
1/2 cup balsamic vinegar  
1 tbsp parsley

### Directions

In a medium bowl combine chickpeas, cucumber, tomato, parsley, red wine vinegar and balsamic vinegar. Mix well and serve.

## Corn Salsa

### Ingredients

2 cans of sweet corn  
2 medium tomatoes, chopped  
1 finely chopped red pepper  
2 tablespoons minced fresh parsley  
1 tablespoon lime juice

### Directions

Drain corn and place in a bowl. Add tomatoes, parsley, lime juice, and red pepper.

## Cottage Cheese, Avocado, & Black Bean Salsa Pinwheels

### Ingredients

1 can corn, drained  
1 (15 ounce) can reduced sodium black beans  
1 (32 ounce) container 1% fat cottage cheese  
1 avocado - peeled, pitted, and diced  
1 tomato, diced  
2 cups salsa

### Directions

Cook the black beans over medium heat until warm and tender, about 10 minutes. Strain, and rinse under cold water to remove liquid and excess sodium. Set aside. Peel, pit, and dice the avocado into bite size pieces, and place in a mixing bowl with the cottage cheese. Add diced tomato to the cottage cheese along with the corn (drained), black beans, and salsa. Stir until well blended. Cover and refrigerate. When ready to serve, spread on soft tortilla, roll tortilla and slice into 1 inch pinwheels.

## Country Corn Bread

### Ingredients

1 cup yellow cornmeal  
1 cup all-purpose flour  
1/4 cup granulated sugar  
2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
2 eggs  
1 cup buttermilk  
1/4 cup butter, melted and cooled  
3/4 cup corn kernels, canned, drained (or frozen corn)

### Directions

In large bowl, stir together cornmeal, flour, sugar, baking powder, baking soda and salt. In smaller bowl, beat eggs blend in buttermilk and butter. Pour over dry ingredients. Sprinkle with corn and stir together just until evenly moistened. Transfer batter to greased 9-inch square cake pan and bake in 400°F oven for 20-25 minutes or until corn bread is well risen and top springs back when lightly touched. Serve hot, cut in squares.

## Couscous Vegetable Salad

### Ingredients

1 cup chicken broth  
3/4 cup uncooked couscous  
1/2 cup chopped red pepper  
1/2 cup chopped carrot  
1/2 cup chopped unpeeled cucumber  
3 tablespoons balsamic vinegar  
1 tablespoon olive oil  
1 tablespoon Dijon mustard  
salt and pepper to taste

### Directions

In a large saucepan, bring broth to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork; cool. In a bowl, combine the couscous, red pepper, carrot, and cucumber. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss to coat. Serve immediately.

## Cucumber Yogurt Dip

### Ingredients

1 cup plain yogurt  
1 large cucumber  
2 cloves garlic  
1 tbsp lemon juice or apple cider vinegar  
1 tbsp olive oil  
1 tbsp maple syrup or raw honey (optional: if you want it to be a bit sweet)

### Directions

In a blender or food processor, mix all ingredients together (or whisk if other equipment is not available). You can thin this with water to make a dressing.

## Four Bean Salad

### Ingredients

1 (14 ounce) can cut green beans, drained  
1 (14 ounce) can wax beans, drained  
1 (14 ounce) can garbanzo or lima beans, drained  
1 (14 ounce) can kidney beans, drained  
1 medium green pepper, thinly sliced into rings  
1 medium onion, thinly sliced into rings

### Directions

Mix all vegetables in bowl. Drizzle mustard vinaigrette (see recipe below) over vegetables. Cover; marinate several hours or overnight, stirring several times. Before serving, stir and drain.

## Fruity Pasta Swiss Salad

### Ingredients

1 package rotini noodles  
1 cup Swiss cheese, diced  
1/2 cup chopped dried cranberries  
1 unpeeled apple, cubed  
1/4 cup chopped raw baby spinach  
Fresh mint to garnish (optional)

### Directions

In a saucepan, cook pasta according to package directions. Drain and rinse under cold water. Refrigerate for about 10 minutes. Combine pasta, cranberries, apples, spinach and Swiss cheese. Add citrus vinaigrette (see recipe below) to the pasta salad and mix well. Serve garnished with fresh mint if desired.

## Gingerbread

### Ingredients

1/2 cup white sugar  
1/2 cup butter  
1 egg  
1 cup molasses  
2 1/2 cups all-purpose flour  
1 1/2 teaspoons baking soda  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
1/2 teaspoon ground cloves  
1/2 teaspoon salt  
1 cup hot water

### Directions

Preheat oven to 350°F. Grease and flour a 9 inch square pan. In a large bowl, mix the sugar and butter. Beat in the egg, and mix in the molasses. In a bowl, sift together the flour, baking soda, salt, cinnamon, ginger, and cloves. Blend into the sugar/butter mixture. Stir in the hot water. Pour into the prepared pan. Bake for 1 hour, until a knife inserted in the center comes out clean. Cool and serve.

## Guacamole

### Ingredients

2 ripe avocados, peeled and lightly mashed  
1 medium-small ripe or canned tomato, diced  
1 small onion, chopped (2 full tablespoons)  
2 tablespoons lemon or lime juice  
1/4 to 1 teaspoon cilantro  
Dash salt  
1/4 cup salsa

### Directions

In a medium bowl, combine all the ingredients together. Mix well, keeping the guacamole lumpy.

## Hummus

### Ingredients

1 (15 ounce) can garbanzo beans, drained, liquid reserved  
1 clove garlic, crushed  
2 teaspoons ground cumin  
1/2 teaspoon salt  
1 tablespoon olive oil

### Directions

In a blender or food processor combine garbanzo beans, garlic, cumin, salt and olive oil. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.

## Mango Salsa

### Ingredients

2 mangoes - peeled, seeded, and chopped  
1 (8 ounce) can pineapple tidbits, drained  
1/4 cup chopped fresh cilantro leaves  
2 tbsp peeled and finely chopped fresh ginger  
1/2 cup chopped red onion  
1/4 cup rice vinegar

### Directions

Combine all ingredients in a bowl, and stir lightly to mix well.

## Pinto Bean Pate

### Ingredients

1 3/4 cups pinto beans, cooked or canned  
1 teaspoon ground cumin  
1 tablespoon fresh lime juice  
1 teaspoon minced garlic  
1 small scallion, roughly chopped  
1/2 cup fresh parsley, roughly chopped  
1/8 teaspoon salt  
Freshly ground black pepper and cayenne to taste  
1 medium-size ripe tomato, diced

### Directions

Place all ingredients, except the tomato, in a food processor and process until smooth. Transfer to a bowl, cover the mixture and chill for at least 2 hours. When ready to serve, fold in the diced tomato.



## Raspberry Oat Muffins

### Ingredients

1 1/3 cups all-purpose flour  
1 cup rolled oats  
1/4 cup packed brown sugar  
1 tablespoon baking powder  
1/2 teaspoon ground cinnamon  
1 cup milk  
1 egg, beaten  
3 tablespoons vegetable oil  
2 cups fresh raspberries

### Directions

Preheat oven to 425°F. Line a muffin pan with paper or foil muffin liners, or grease with vegetable oil spray. In a medium bowl, stir together the flour, rolled oats, sugar, baking powder and cinnamon. Add the milk, egg and oil, mix until well blended, then fold in fresh berries. Fill muffin cups 2/3 full. Bake for 25-30 minutes, until tops are golden brown and muffins spring back to the touch.

## Rice Pudding

### Ingredients

2 1/2 cups milk (1%, 2%, or whole milk)  
1/3 cup uncooked long or short grain rice  
1/8 teaspoon salt  
1 egg  
1/4 cup dark brown sugar  
1 teaspoon vanilla extract  
1/4 teaspoon ground cinnamon  
1/3 cup raisins

### Directions

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 at this point. Stir in vanilla. Remove from heat and stir in the raisins and cinnamon. Serve warm or cold.

*From Cook's training 2011*

## Roasted Garlic & White Bean Spread

### Ingredients

5 large heads garlic  
1 tbsp + 1 tsp extra-virgin olive oil  
2 15-ounce cans white beans, drained  
2 tbsp lemon juice  
1 tbsp fresh rosemary leaves

### Directions

Preheat oven to 375°F. Cut off the top third of each garlic head so that the cloves are exposed. Place garlic cut-side up on a cookie sheet. Pour the oil over cloves. Roast for 30 minutes or until the garlic softens. Remove from oven and squeeze cloves into food processor. Add beans, lemon juice, and rosemary. Pulse a few times to incorporate all of the ingredients.

## Spinach & Artichoke Dip

### Ingredients

1 tbsp butter  
1 clove garlic, minced  
1 10 oz package thawed, chopped frozen spinach  
1 14 oz can artichoke hearts, chopped  
1 cup cream cheese  
1 cup plain yogurt  
1/4 cup grated Parmesan cheese  
Salt and pepper, to taste

### Directions

Melt the butter in a large saucepan over medium heat. Stir in garlic, spinach, and artichoke hearts. Cook until tender, about five minutes. Mix in cream cheese and yogurt. Add Parmesan, salt, and pepper. Cook until thickened, stirring occasionally, about 10 to 15 minutes.

## Strawberry and Rhubarb Crisp

### Ingredients

4 cups chopped fresh rhubarb  
1 pint strawberries, hulled and sliced  
1 tablespoon honey

1 cup rolled oats  
1/2 cup packed brown sugar  
1/4 cup butter  
1 teaspoon ground cinnamon

### Directions

Preheat the oven to 350°F. In a medium bowl, stir together the rhubarb, strawberries and honey. Transfer to a shallow baking dish. In the same bowl, stir together the oats, brown sugar and cinnamon. Mix in the butter until crumbly, and spread over the top of the fruit. Bake for 40 minutes, until rhubarb is tender and the topping is toasted. Serve warm.

## Yogurt Lemon Dill Dip

### Ingredients

3/4 cup plain yogurt  
4 oz cream cheese  
1 tsp lemon juice  
1 pinch salt  
1+ tsp dill weed

### Directions

Press or mince garlic. Blend yogurt and cream cheese until smooth. Add lemon juice and salt. Blend in dill to taste, chill at least 4 hours, preferably overnight to let flavors steep. Serve cold.

# Salad Dressings

## Basic Vinaigrette

### Ingredients

1/3 cup red or white wine vinegar  
2/3 cup light olive oil  
3/4 tsp salt  
1/4 tsp freshly ground black pepper  
1/4 tsp oregano  
1 garlic clove, peeled

### Directions

Measure all ingredients into an airtight container with lid. Cover and shake. Refrigerate overnight, remove garlic. Shake well before serving.

## Citrus Vinaigrette

### Ingredients

1/3 cup orange juice  
1/3 cup olive oil  
1/4 cup rice vinegar  
1 tsp zest of orange  
1 tbsp liquid honey

### Directions

Stir all ingredients together in small bowl until well blended. Store covered and refrigerated.

## Creamy Bleu Dressing

### Ingredients

1 cup mayonnaise or Miracle Whip  
¾ cup crumbled bleu cheese  
½ cup plain yogurt  
1 garlic clove, minced  
1 tsp Worcestershire sauce  
½ tsp dry mustard  
1/4 tsp ground black pepper

### Directions

Mash crumbled bleu cheese with a fork, and then beat in mayonnaise and yogurt. Add garlic, Worcestershire, and dry mustard. Stir well. Season with ground black pepper to taste. Store covered and refrigerated.

## Green Goddess Dressing

### Ingredients

¾ cup mayonnaise or Miracle Whip  
2 anchovy fillets, minced  
1 tbsp chopped parsley  
1 tbsp chopped chives  
1 tbsp chopped green onion  
1 tbsp tarragon vinegar  
¾ tsp tarragon

### Directions

Combine all ingredients in small bowl until well mixed. Cover and refrigerate.

## Mustard Vinaigrette

### Ingredients

½ cup sugar  
½ cup white wine vinegar  
½ cup salad oil  
1 tsp salt  
½ tsp dry mustard  
½ tsp crumbled dried tarragon leaves  
½ tsp basil  
2 tsp minced parsley

### Directions

Stir all ingredients together in small bowl until well blended. Store covered and refrigerated.

## Poppy Seed Dressing

### Ingredients

1 cup olive oil  
½ cup sugar  
1/3 cup cider vinegar  
1 tbsp poppy seeds  
1 tbsp grated onion  
1 tsp salt  
1 tsp dry mustard

### Directions

Mix all ingredients at medium speed in blender or food processor. Store tightly covered in refrigerator. Stir well before using.

## Sesame-Soy Dressing

### Ingredients

2/3 cup vegetable oil  
1/3 cup vinegar  
1/4 cup soy sauce  
2 tbsp water  
1 tbsp sesame oil  
½ tsp sesame seeds

### Directions

Combine vinegar, soy sauce, water, sesame oil, and seeds in jar or container with lid. Stir together with a fork; add vegetable oil, cover and shake. Chill until ready to serve, shake before dressing salad.

## Thousand Island Dressing

### Ingredients

1 cup mayonnaise or Miracle Whip  
2 Tbsp chili sauce  
2 Tbsp minced green pepper  
1 Tbsp chopped parsley  
1 tsp grated onion

### Directions

Stir all ingredients together in small bowl until well blended. Store covered and refrigerated.

## Yogurt Honey Mustard Dressing

### Ingredients

1 cup plain yogurt  
1/4 cup honey  
2 tbsp Dijon mustard  
1/4 tsp celery seed

### Directions

Whisk together the yogurt, honey, mustard, and celery seed in a small bowl. Refrigerate at least 1 hour before serving.

## Yogurt Lemon Dill

### Ingredients

1 cup plain yogurt  
1 tbsp honey  
1 tbsp dill  
1 tsp lemon juice

### Directions

Whisk together the yogurt, honey, mustard, and celery seed in a small bowl. Refrigerate at least 1 hour before serving.