Adults' & Children's Alliance

CACFP CREDITED RECIPES AS FOUND IN ACA'S FRESH IDEAS TRAINING

An index of the recipes can be found on the last page of this document.

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Adults' & Children's Alliance

Breakfast Recipes

Sandbox Surprise

4 slices (28 grams each) whole grain bread, toasted, cubed
½ cup applesauce
2 cups apples, chopped
½ egg beaten lightly
1 ½ cups fat free milk
2 Tbsp. vanilla
1 tsp. cinnamon
1 cup raisins
2 egg whites, beaten lightly

Preheat oven to 350 °F. Spray loaf pan with cooking spray, place cubed bread in bottom of baking dish. Mix all other ingredients together and pour over bread, being sure to coat all pieces. Cover with plastic wrap. Refrigerate for 30 minutes. Bake uncovered for 1 hour to 1 hour and 30 minutes. Cut into even squares. Serve alone or with low-fat yogurt and raisins (optional).

Yield: 8 servings **Serving Size**: Each serving provides a whole grain (½ oz. equivalent) and a fruit/vegetable (½ cup) at breakfast for children 3-5 years.

Credit: https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf

Pumpkin Patch Pancakes

½ cup whole wheat flour
¼ tsp. cinnamon
1Tbsp. applesauce, unsweetened
¼ cup pumpkin puree, canned
1 tsp. baking powder
5 fl. oz. (about ⅔ cup) 1% milk
½ egg
¼ cup vanilla yogurt, low-fat

In a large mixing bowl, combine flour, baking powder and cinnamon. In a separate bowl, mix milk, applesauce, egg, pumpkin and yogurt until combined. Add wet ingredients to flour mixture and stir until moist. Batter may still be lumpy. Lightly coat griddle or skillet with cooking spray and heat on medium. Pour batter onto hot griddle (about 2 Tbsp. for each pancake). Cook until bubbles burst, flip and cook until golden on both sides.

Yield: 7 servings (pancakes)
Serving Size: Each pancake provides a whole grain (½ ounce equivalent) at breakfast for children 3-5 years.

Credit: https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf

Fruity Toast

3 slices (28 gm. per slice) whole grain bread
½ tsp. margarine, soft, trans fat free
3 cups pears, sliced
1 Tbsp. cinnamon
¼ cup cottage cheese

Preheat oven to 375 °F. Spread one side of bread with margarine. Put in baking pan with margarine side face down. Spoon cottage cheese on bread. Sprinkle cinnamon on top. Bake until bread turns brown on bottom (about 10 minutes). Cut toast in half and top each half with ½ cup pears.

Yield: 6 servings **Serving Size**: Each serving provides a whole grain (½ oz. equivalent) and a fruit/vegetable (½ cup) at breakfast for children 3-5 years.

Credit: https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf

Golden Porridge

1 cup old-fashioned rolled oats
½ Tbsp. ground cinnamon
2 tsp. brown sugar
2 cups milk, 1% (low-fat)
1 tsp. vanilla
1 cup walnuts (optional)

In a large saucepan, bring milk to a boil. Combine oats and cinnamon. Mix into milk. Return to a boil. Reduce heat and simmer for 5 to 10 minutes or until mixture has thickened. Remove from heat and mix in brown sugar. Vanilla and walnuts (optional).

Yield: 6 servings **Serving Size**: Each serving provides a whole grain (½ ounce equivalent) at breakfast for children 3-5 years.

Credit: https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf

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Lunch Recipes

Whipped Sweet Potatoes

14 ounces sweet potatoes, fresh, peeled, cut into quarters (about 3 ⅛ cups)
1 Tbsp. milk, 1% (low-fat)
1 Tbsp. margarine, trans-fat free
¼ tsp. salt, table
¼ tsp. black pepper, ground

Place sweet potatoes in a pot of water and bring to a boil. Cook until fork tender, about 20 minutes. Drain well. (Heat to 140 °F for at least 15 seconds.) In a medium bowl, immediately combine drained sweet potatoes, milk, margarine, salt, and pepper. Using an electric mixer, mix on medium speed until potatoes are smooth and fluffy.

Yield: 6 ¼ cup servings **Serving Size:** Each serving (¼ cup) provides ¼ cup vegetable at lunch/supper for children 3-5 years.

Credit: https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/whipped-sweet-potatoes

Beef & Hominy Skillet

1 ½ pounds lean ground beef
1 ¾ cups low-sodium hominy (15 ounce can)
2 cups fresh tomatoes, diced or chopped
1 can tomato sauce (15 ounces)
salt and pepper (to taste)

In a large skillet brown ground beef until cooked thoroughly. Drain fat. Mix all ingredients together in the skillet and bring to a boil. Reduce heat to low-medium heat, cover pan, and cook for about 1 hour or until most of liquid is gone.

Yield: 10 servings **Serving Size:** Each serving provides a meat (1.5 oz.) and vegetable (¼ cup) at lunch/supper for children 3-5 years.

Credit: https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/beef-and-hominy-skillet

Baked Meatballs

1 pound ground turkey
½ tsp. dried parsley
½ cup milk, 1% (or non-fat)
1 tsp. onion powder
1 egg
½ cup bread crumbs
¼ tsp. pepper

Mix all ingredients, shape into balls (about 24 meatballs). Arrange on baking sheets that have been sprayed with non-stick cooking spray. Bake at 425°F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness (it should read 165°F for ground turkey).
NOTE: *If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze immediately.*

Yield: 7 Servings (21 meatballs) **Serving Size**: Each 3 meatball serving provides a meat serving (1.5 oz.) at lunch/supper for children 3-5 years.

Credit: https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-meatballs

Tuna Bake

3/4 cup American cheese*, cubed
1-pound macaroni, cooked and drained
1 can low-sodium cream of mushroom soup
1 can evaporated milk (about 12 ounces)
1 cup mixed vegetables, low-sodium, drained
2 cans (12 oz.) chunk style, water packed tuna, drained

Preheat oven to 350 degrees F. Place all ingredients in a 9x13-inch baking dish or casserole dish and stir well. Bake for 45 minutes to 1 hour until bubbling.

Yield: 16 servings **Serving Size**: Each serving provides a meat alternate (1.5 oz.) and a grain (1/4 cup) at lunch/supper for children 3-5 years.

*Be sure you are using American Cheese and not a cheese food or cheese product.

Credit: https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/tuna-bake

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Snack Recipes

All-Star Snack

1 ¼ cup carrots, sliced
1 ½ cups apples, peeled and sliced
1 cup water, divided
½ cup sweet potatoes, slices
1 Tbsp. brown sugar

Bring ¾ the amount of water to boil. Simmer carrots and sweet potatoes until tender. Drain and cool. In baking or casserole dish, alternate sweet potatoes and carrots with apples. Sprinkle brown sugar on top. Add remaining water. Cover and bake at 350°F for 30 minutes or until apples are tender. Remove cover and bake until golden brown on top

Yield: 6-½ cup servings **Serving Size**: Each serving provides a ½ cup vegetable at snack for children 3-5 years

Credit: https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf

Tootie Fruity Chip Dip

3 cups apples, cored, peeled (if desired), diced finely
1 Tbsp. brown sugar
2 cups peaches, canned, chopped finely
½ tsp cinnamon

Combine all ingredients in bowl. Refrigerate until ready to use. Serve with whole grain crackers.

Yield: 6 servings **Serving Size**: Each serving provides a ½ cup fruit at snack for children 3-5 years.

Credit: https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf

Blueberry Sauce

3.5 lb. frozen blueberries
1 cup frozen orange juice concentrate

Place frozen berries and orange juice concentrate into a large stockpot . Over low heat, bring mixture to a simmer, stirring occasionally. Simmer for 35-40 minutes, reducing the liquid to thicken. Using an immersion (stick) blender, blend to the desired consistency. If no immersion blender you can use a food processor or a regular blender and blend in small batches but be careful as the berry mixture is hot. Serve immediately.

Yield: 12 servings Each serving provides a fruit (½ cup) at snack for children 3-5 years.

Credit: https://www.colorado.gov/pacific/sites/default/files/PF_CACFP_HMI-Menus-and-Recipe-Guide.pdf

Monkey Snacks

3 cups bananas, peeled, sliced
1 Tbsp. margarine, soft (trans fat free)
½ Tbsp. cinnamon
½ cup water
1/8 tsp. nutmeg

Preheat oven to 350° F. Bring water to a boil. Remove from heat and stir in margarine, nutmeg and cinnamon. Peel and slice bananas. Place in casserole dish. Drizzle sauce over bananas. Bake in oven 12 minutes. Serve warm with graham crackers.

Yield: 4 servings **Serving Size**: Each serving provides a ½ cup fruit at snack for children 3-5 years

Credit: https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf

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Lunch Recipes

Turkey Meat Loaf

¼ cups plus 2 Tbsp. ketchup
½ small onion (minced)
1.3 lbs. 99% lean ground turkey
½ cup seasoned whole wheat breadcrumbs
1 tsp. kosher salt
2 tsp. Worcestershire sauce
1 tsp. olive oil
1 large egg
1 tsp. marjoram

Preheat oven to 350° F. In a small bowl combine 2 Tbsp. of the ketchup with Worcestershire sauce. In a small skillet, heat olive oil and onion on low until translucent, remove from heat. In a medium bowl combine the turkey, onion, breadcrumbs, egg, ¼ cup ketchup, salt & marjoram. Place mixture into a loaf pan. Spoon sauce on top. Bake uncovered for 55-60 minutes, remove from the oven a let sit for 5 minutes before slicing.

Yield: 9 servings
Serving Size: Each serving provider a meat lunch/supper for children 3-5 years.

Credit: www.skinnytaste.com/turkey-meatloaf-45/

Easy Sloppy Joes

1-pound ground beef or ground turkey
1/8 cup mustard
6 whole grain hamburger buns
(at least .5 ounces per bun)
1/8 cup brown sugar
1/2 cup ketchup

Brown the ground beef or turkey in a skillet. Once browned, drain. Add in brown sugar, mustard and ketchup. Stir to combine. Allow it to simmer on low for about 5 minutes to combine the flavors. Serve on buns

Yield: 6 servings
Serving Size: Each serving provides a meat and a grain (whole grain rich) for children 3-5 years at lunch/supper.

Adapted from: https://www.eatingonadime.com/sloppy-joes-recipe/

Sweet Potato Fries

2 pounds sweet potatoes (about 4 large)
½ tsp. smoked paprika (if desired)
1 Tbsp. olive oil
1 tsp. salt
2 Tbsp. vegetable oil

Preheat oven to 425° F. Scrub sweet potatoes and then cut them into stripes or wedges. Put them into a boiler pan or 1-2 sheet pans. If the sweet potatoes are spread into a single layer they will brown more readily. Sprinkle on ½ tsp. smoked paprika, if desired. Sprinkle with 1 tsp. salt. Drizzle on 2 Tbsp. vegetable oil & 1 Tbsp. olive oil. Use a spatula to toss until the sweet potatoes are coated. Bake for 15 minutes, then turn the sweet potatoes over. Bake another 10-15 minutes until tender. Serve immediately.

Yield: 15 servings (1/4 cup per serving) **Serving Size**: Each serving provides a vegetable (1/4 cup) at lunch/supper for children 3-5 years.

Adapted from: https://www.localharvest.org/newsletter/20121221/2/

Parmesan Baked Potatoes

6 Tbsp. butter, melted
1 ¾ lbs. unpeeled red potatoes
(about 8 medium potatoes)
3 Tbsp. grated Parmesan cheese

Preheat oven to 400° F. Wash potatoes and cut in half lengthwise. Pour butter into a 13x9-inch baking pan. Sprinkle Parmesan cheese over the butter. Place potatoes with cut side down over the cheese. Bake uncovered for 40-45 minutes or until tender.

Yield: 8 servings.
Serving Size: Each serving providers a vegetable (1/4 cup) at lunch/supper for children 3-5 years.

Credit: https://www.tasteofhome.com/recipes/parmesan-baked-potatoes/

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Breakfast Recipes

*Cinnamon-Citrus French Toast Squares

3 slices whole wheat bread (at least 28 g or 1 oz each)
2 Tbsp. maple syrup
1 large egg
2 Tbsp. low-fat milk
2 tsp. melted margarine (trans fat-free)
½ tsp. ground cinnamon
¼ cup orange juice concentrate, thawed

Preheat oven to 375 °F. Spray loaf pan (8 ½ x 4 ½ x 2 ½) with nonstick cooking spray. Tear bread into medium pieces about 1 or 2 inches each. In a medium bowl, use a hand mixer to mix melted and slightly cooled margarine, maple syrup, cinnamon, egg, orange juice concentrate, and milk. Wash hands after touching uncooked eggs. Spread evenly into a loaf pan. Bake for 25 minutes or until golden brown. Cut into 6 even squares.

Yield: 6 servings **Crediting Information**: Each serving provides a grain (½ oz eq) at breakfast for children 3-5 years.

Strawberry Smoothie Bowl

3 cups (1 lb. 8 oz) low-fat Greek yogurt
1 lb. 11 oz (6 cups) frozen strawberries, diced
3 oz Agave syrup
1 ½ tsp. vanilla

Place yogurt in a large bowl. Place yogurt in refrigerator. Pour strawberries into a high-speed blender. Puree strawberries on medium speed until strawberries have a smooth consistency. **Do not overmix**. Pour strawberry puree over yogurt. Stir well. Add agave syrup and vanilla extract. Stir well. Pour smoothie mixture into a serving bowl. Put in refrigerator at 40 °F until served.

Yield: 6 servings (¾ cup per serving)
Crediting Information: Each serving provides a fruit (½ cup) and a meat alternate (1 oz eq) at breakfast for children 3-5 years.

Credit: https://fns-prod.azureedge.us/sites/default/files/resource-files/Strawberry%20Smoothie%20Bowl%206%20Servings.pdf

Blueberry Lemon Parfait

1 cup lemon yogurt (within sugar limits)
2 cups fresh blueberries
4 Tbsp. graham crackers, crushed

In each of 4 glasses, layer ¼ cup yogurt, ½ cup blueberries, and 1 tablespoon gram cracker crumbs. Serve immediately or refrigerate until use.

Yield: 4 servings
Crediting Information: Each serving provides a meat alternate (½ oz eq) and a fruit (½ cup) at breakfast for children 3-5 years.

Adapted from https://harvestillinois.org/henrys-blueberry-lemon-parfait

Rhubarb Muffins

2 ½ cups all-purpose flour
3 tsps. baking powder
¼ cup oil
1 egg, beaten
⅔ cup sugar
1 cup milk
1 tsp. vanilla extract
2 cups rhubarb, finely chopped

Combine flour, sugar, and baking powder. Set aside. Combine milk, oil, vanilla, and egg in a mixing bowl. Add dry ingredients and stir until just mixed. Do not over mix. Fill 18 muffin cups that have been sprayed with cooking spray, ⅔ full. Bake at 400 °F for 20-25 minutes.

Yield: 18 muffins
Crediting Information: ½ muffin provides a grain (½ oz eq) at breakfast for children 1-5 years. One muffin provides a grain (1 oz eq) at breakfast for children 6-12 years.

Adapted from: https://www.food.com/recipe/old-fashioned-rhubarb-muffins-313610

*Credit: https://fns-prod.azureedge.us/sites/default/files/resource-files/USDA-CACFP_BreakfastPlanner.pdf

Note: A meat or meat alternate may be used in place of a grain at breakfast up to 3 times per week.

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Lunch Recipes

Summer Fruit Salad

1 cup strawberries (diced, fresh or frozen)
1 cup watermelon (cubed)
1 cup pineapple chucks, fresh or canned packed in a natural juice (reserve juice)

Stir fruit and juice together in a medium sized bowl. Cover and chill. Serve as soon as possible.

Yield: 12 servings
Crediting Information: Each serving provides a fruit (¼ cup) at lunch/supper for children 3-5 years.

Credit: https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/summer-recipes#recipe-2527

*Easy Meatballs

1 lb. lean ground beef (15% fat)
⅔ cup nonfat or 1% milk
½ cup chopped onion
½ tsp. salt
½ cup uncooked white or brown rice
1 egg lightly beaten
½ cup shredded carrot
¼ tsp pepper

Sauce
1 can (10.5 oz) condensed soup (flavor of your choice)
¾ cup nonfat or 1% milk

Preheat oven to 350° F. Lightly grease a 9x13 inch baking dish. Combine beef, rice, milk, egg, onion, carrots, salt & pepper. Use a spoon to form 24 meatballs and place in baking dish. In a separate bowl, combine soup and milk to make the sauce. Mix well. Pour over meatballs. Cover pan tightly with foil. Bake for 1 hour.

Yield: 8 servings (4 meatballs per serving) **Crediting Information:** Each serving provides a meat (1.5 oz) at lunch/supper for children 3-5 years.

Corn Critter Salad

1 cup cooked corn, drained
2 Tbsp. diced bell peppers
1 Tbsp. cider vinegar
1 cup cooked (or canned) black beans
2 Tbsp. cilantro leaves
1 tsp. olive oil

Drain corn and black beans. Wash and chop pepper and cilantro leaves. Mix all ingredients together in a medium sized bowl Enjoy! Refrigerate leftovers within 2 hours.

Yield: 8 servings (¼ cup per serving)
Crediting Information: Each serving provides a vegetable (¼ cup) at lunch/supper for children 3-5 years.

Adapted from: https://eatgathergo.org/recipe/corn-critter-salad/

**Veggie-Loaded Sloppy Joes

1 lb. extra-lean ground beef (15% fat)
¾ cup red bell pepper, diced
1 Tbsp. white vinegar
2 Tbsp. mustard
¾ cup green bell pepper, diced
¾ cup onion, diced
¾ cup Ketchup
6 whole grain buns (14 g or .5 oz each)

Spray a medium-sized skillet with cooking spray. Combine ground beef, diced peppers, and onion in the skillet. Cook on medium heat until the beef is thoroughly cooked, about 10 minutes. Mix the vinegar, ketchup, and mustard together and add to the beef mixture. Simmer for 10 to 15 minutes. Scoop one portion (¾ c.) onto each sandwich bun. Top with a slice of sweet onion, lettuce leaf and/or tomato slice as desired.

Yield: 6 servings (about ¾ cup per serving) **Crediting Information:** Each serving provides a whole grain (½ oz eq), a meat (1.5 oz), and a vegetable ¼ cup) at lunch/supper for children 3-5 years.

*Adapted from: https://reallifegoodfood.umn.edu/main-dishes/easy-meatballs
**Adapted from: https://www.ndsu.edu/agriculture/extension/recipes/veggie-loaded-sloppy-joes

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Snack Recipes

Black Bean Salsa

1 can (15.5 oz) black beans, (low sodium, drained and rinsed),
1 cup green pepper, diced
2 cloves garlic, diced
2 tsp. ground cumin
2 cups tomatoes, diced
1 cup red bell pepper, diced
½ cup onion, diced
3 Tbsp. apple cider vinegar
1 tsp. dried cilantro

Put drained beans and tomatoes into a large mixing bowl. Add diced peppers, onion, and garlic to mixing bowl. In a separate bowl, mix cumin, cilantro, and vinegar. Pour on top of beans and vegetables. Stir well.

Yield: 11 servings (about ½ cup per serving)
Crediting information: Each serving provides a vegetable (½ cup) at snack for children 3-5 years.

Adapted from: https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-salsa

Cucumber, Yogurt and Herb Dip

2 cups plain yogurt, low-fat
½ cup non-fat sour cream
1 Tbsp. lemon juice
1 garlic clove, chopped
1 cup broccoli florets
2 cucumbers (at least 1 cup vegetable)
1 Tbsp fresh dill
1 cup cherry tomatoes
1 cup baby carrots

Peel, seed and grate one cucumber. Slice the other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Arrange tomatoes, cucumbers, broccoli, and carrots on a platter. Serve with cucumber dip.

Yield: 8 servings **Crediting Information:** Each serving provides a meat alternate (¼ cup), and a vegetable (½ cup at snack) for children 3-5 years.

Adapted from: https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-and-herb-dip

Quesadillas

8 corn tortillas (14 gm or .5 oz each)
1 cup cheddar cheese, shredded

Suggested fillings (if desired): onions, peppers, zucchini, broccoli, refried beans, black beans.

Place 1 tortilla on a hot griddle or frying pan. Sprinkle with ¼ cup of cheese. Add filling (if desired). Cover with another tortilla and heat on each side until cheese melts. Repeat with remaining tortillas.

Yield: 8 servings
Crediting Information: Each serving provides a grain (½ oz eq), and a meat alternate (½ oz) at snack for children 3-5 years.

Adapted from: https://www.health.state.mn.us/people/wic/recipes/snacks.html

*Sweet & Savory Deviled Eggs

12 large eggs
½ cup olive oil mayo
1 tsp. paprika
2 stalks celery, finely chopped
½ cup paling non-fat Greek yogurt
2 tsp. Dijon mustard
1 tsp. dried dill
1 Tbsp. sweet relish.

Fill a large pot with water & bring to a boil. Gently ladle each egg into the pot. Boil 12 minutes & remove from heat. Drain immediately & fill pot with cold water & ice. Let eggs sit in cold water 5 minutes, or until cool. Peel eggs under cold running water. Slice eggs in half lengthwise & carefully remove yolks with a spoon into a medium bowl. Mash yolks with a fork. Add yogurt, mayo & mustard. Mix well. Divide yolk mixture into two bowls. Add sweet ingredients in one & savory in the other. Mix well. Spoon yolk mixture into egg white halves. Serve topped with paprika. **Yield:** 24 Servings (½ egg per serving)
Crediting Information: Each serving provides a meat alternate at snack for children 1-12 years.

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Lunch Recipes

Cauliflower Rice

¼ cup celery, diced
¼ cup diced carrots
3 cups riced cauliflower, thawed, drained
¼ tsp. granulated garlic
¼ cup, diced yellow onion
¼ cup diced red bell pepper
1 ½ tsp. olive oil
¼ tsp. salt
½ oz cilantro minced

Heat large skillet to medium-high heat and spray with a pan-release spray. Combine celery, onion, carrots and peppers. Sauté over medium-high heat for 2 minutes. Remove vegetables and set aside. Add oil to skillet. Add cauliflower and sauté for 2 minutes. Add carrot mixture to the cauliflower. Add salt and granulated garlic, stir well. Continue cooking for 1 minute. Stir in cilantro.
Yield: 12 servings **Crediting Information:** Each serving provides a vegetable (¼ cup) at lunch/supper for children 3-5 years.

Adapted from: https://theicn.org/cnrb/recipes-for-homes/cauliflower-rice-usda-recipe-for-family-child-care-homes/

Black Bean Quesadillas

Vegetable oil spray
¾ cup black beans, cooked or canned
4 corn or whole-wheat tortillas (at least 14 g or 0.5 oz per tortilla)
½ cup bell pepper, finely chopped
1 cup grated cheddar cheese
½ cup salsa
½ cup lettuce, chopped

Heat pan over medium heat. Spray pan with vegetable oil and place one tortilla into the pan. Place ¼ of the bell pepper, black beans, and cheese onto the tortilla. When the cheese begins to melt, fold the melted tortilla in half. Press down slightly to seal the sides together and then flip the quesadilla over to brown both sides. Repeat process with remaining tortillas. Spoon ¼ of the salsa and lettuce on top of each tortilla and enjoy.

Yield: 4 tortillas
Crediting Information: Each tortilla provides a meat alternate (1.5 oz), vegetable (¼ cup) and a grain at lunch/supper for children 3-5 years.

Adapted from: https://texaswic.org/recipes/black-bean-quesadillas

Cheesy Carrot Casserole

1 Tbsp. butter
1 cup milk
1 can (15 oz.) sliced carrots, drained
Fresh chopped parsley (for topping)
1 Tbsp. flour
4 oz. shredded cheddar cheese
¼ cup panko breadcrumbs

Preheat oven to 375°F. Melt butter in saucepan on medium, then add flour. Stir continuously until well mixed and slightly bubbling. Slowly add milk; whisk until combined and milk is steaming hot. Remove from heat, add cheese. Stir until cheese has melted. Add carrots to small baking dish and cover with cheese sauce. Top with breadcrumbs. Bake for 15 minutes until browned and bubbling, then garnish with parsley.

Yield: 5 servings **Crediting information**: each serving provides a vegetable (¼ cup) at lunch/supper for children 5-5 years.

Adapted from: https://www.libbysvegetables.com/recipe/cheesy-carrot-casserole-with-bread-crumb-topping/

Roasted Brussel Sprouts

4 cups brussels sprouts, washed and trimmed
⅛ tsp. salt
1 Tbsp. vegetable oil
⅛ tsp. pepper
1 tsp. lemon juice

Preheat oven to 400° F. Cut large Brussels sprouts in half from top to bottom; leave small Brussels sprouts whole. In a large bowl, toss Brussels sprouts with oil, salt, and pepper. Place Brussels sprouts in a single layer on a large baking sheet. Lining the baking sheet with foil or baking parchment will help with clean-up. Roast for 20 to 30 minutes, stirring once after 10 to 15 minutes. Sprouts should be tender and browned. Remove from oven and drizzle with lemon juice.

Yield: 12 servings (¼ cup servings)
Crediting Information: Each serving provides a vegetable (¼ cup) at lunch/supper for children 5-5 years.

Adapted from: https://www.myplate.gov/recipes/roasted-brussels-sprouts

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Breakfast Recipes

Healthy Hash Browns

1 Tbsp. oil (canola or vegetable)
4 cups baked potatoes (skins on), diced
⅓ cup peeled and chopped carrot
¼ tsp. ground black pepper
1 cup chopped onion
2 cloves garlic, minced (optional)
½ tsp. salt

Heat the oil in a deep 12" skillet over medium heat. Add the potatoes, onion, carrot, and minced garlic (if using) when the oil is hot. Cook for about 5 minutes or until bottom is golden brown. Flip or stir and continue cooking for a few minutes. Season with salt and pepper.

Yield: 3.75 cups hash browns (7 servings)
Crediting Information: Each serving provides a vegetable serving (½ cup) at breakfast for children 3-5 years.

Adapted from: Healthy Hash Browns - WICstrong

Crock Pot Oatmeal

3 cups water
1 ½ cups steel cup oats
1 tsp. cinnamon
2 apples, chopped

Combine all ingredients in the crock pot. Cook on low for 6-8 hours, on high for 3-4 hours, or until oats are tender. Top with fruit and nuts, if you'd like.

Yield: 11 servings
Crediting Information: Each serving provider a whole grain serving (¼ cup) at breakfast for children 3-5 years.

Credit: https://www.snap4ct.org/crock-pot-oatmeal.html

Brown Rice Portage

3 cups long grain brown rice
1 egg
1/2 tsp. ground nutmeg
1 Tbsp. brown sugar
1 1/2 cups 100% apple juice
1 tsp. ground cinnamon
1 tsp. salt

Combine all ingredients in a saucepan or stockpot. Heat over medium heat until simmering. Cover and turn heat to low for 20 minutes. Stir occasionally, until it is thick and creamy. Divide it into bowls.

Yield: 6 cups portage (24 servings)
Crediting Information: Each serving provides a whole grain serving (¼ cup) at breakfast for children 3-5 years.

Hint: Try topping with fresh fruit.

Adapted from: https://ebtshopper.com/brown-rice-porridge/

French Toast Bake

12 slices of whole wheat bread (1 oz eq per slice)
2 tsp. cinnamon
½ cup brown sugar (+ 2 tbsp set aside)
4 eggs
1.5 cups milk
½ cup melted butter
1 Tbsp. vanilla

Preheat oven to 350 °F. Grease a 9 x 13 pan. Combine melted butter and ½ cup brown sugar in a small bowl and spread into the bottom of pan. Beat together eggs, milk, and vanilla. Set aside. Mix 2 Tbsp. brown sugar and 2 tsp. cinnamon in another bowl. Set aside. Put one layer of bread on top of butter & brown sugar mixture covering the bottom of the pan. Pour half of the egg mixture on top of bread layer Sprinkle with half of the brown sugar and cinnamon mixture. Add another layer of bread. Pour remaining egg mixture on top and sprinkle with remaining brown sugar mixture. Bake covered for 30 minutes and then uncovered for 15 minutes more.
Yield: 24 serving (½ slice per serving) **Crediting Information**: Each serving provides a whole grain (½ oz. eq) at breakfast for children 3-5 years.

Credit: https://www.fbd.org/wp-content/uploads/2019/01/WIC-recipes-2019.pdf

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Snack Recipes

Chili Bean Dip with Carrot Sticks

1 cup, cooked and mashed Pinto beans
¼ – ½ tsp. chili powder
1 Tbsp. onion, diced
1 tsp. vinegar or lemon juice
¼ – ½ tsp. cumin
4 cups carrot sticks

Place mashed beans in a bowl. Add lemon juice or vinegar and spices and mix well. Serve 2 tablespoons (⅛ cup) of dip with ½ cup carrot sticks per child

Yield: 8 servings (2 Tbsp. bean mix + ½ cup carrots)
Crediting Information: Each serving provides a meat alternate (⅛ cup) and a vegetable (½ cup) at snack for children 3-5 years.

Credit: https://squaremeals.org/Portals/8/files/CACFP%20Resources/SnacksThatCount.pdf

Baked Carrot Fries

4 cups (1 lb. 1 oz) baby carrots, fresh
⅛ tsp. salt
1 ½ tsp. Canola oil

Wash hands with soap and water for at least 20 seconds. Preheat oven to 400 °F. In a small bowl, combine carrots, salt, and oil. Toss. Place carrots on a baking sheet in a single layer. Bake for 20 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds. Serve ½ cup carrot fries (about 6–10) with Yogurt-Sunflower Seed Butter Dip.

Yield: 6 servings (½ carrots per serving)
Crediting Information: Each serving provides a vegetable (½ cup) at snack for children 3-5 years.

Credit: https://theicn.org/cnrb/ages-3-5/age-3-5-6-servings/baked-carrot-fries-with-yogurt-sunflower-seed-butter-dip-cacfp-snack-menu-planner-family-recipes-ages-3-5/

Yogurt-Sunflower Seed Butter Dip

¾ cup + 1 Tbsp. Greek yogurt, non-fat, plain
3 Tbsp. Sunflower seed butter

In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Keep cold at 40 °F or lower prior to use.

Yield: 6 servings (2 Tbsp. per serving)
Crediting Information: Each 2 Tablespoon serving provides a meal alternate (½ oz eq meat alt) at snack for children 3-5 years.

Hint: Serve with ½ cup Baked Carrot Fries for a complete snack.

Credit: https://theicn.org/cnrb/ages-3-5/age-3-5-6-servings/baked-carrot-fries-with-yogurt-sunflower-seed-butter-dip-cacfp-snack-menu-planner-family-recipes-ages-3-5/

Crunchy Apple Roll-Ups

½ medium apple
2 Tbsp. peanut butter
1 whole wheat tortilla (1 oz or 28 gm)
2-3 Tablespoons crispy rice cereal

Chop the apple into small pieces, slice thinly, or shred with grater. Spread peanut butter in a thin layer over tortilla. Spread apple pieces in an even layer over peanut butter. Sprinkle with cereal. Roll up tightly and cut in half.

Yield: 2 servings (½ tortilla)
Crediting Information: Each serving provides a whole grain (½ oz eq) and a meat alternate (1 Tbsp.) at snack for children 3-5 years.

Adapted from: Crunchy Apple Roll-Ups - WICstrong

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