HOMEMADE

TRIED AND TRUE RECIPES AND IDEAS

FROM THE CHILD CARE NUTRITION PROGRAM PROVIDERS AND STAFF

SPRING 2014

THANK YOU TO EVERYONE WHO SHARED THEIR RECIPES AND IDEAS

***Remember to make sure you have enough of the different components for the number of children you are serving to meet minimum compliance when you use these recipes.!!

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Blueberry French toast (breakfast casserole)
12 slices of bread
1-2pkg of cream cheese
12 eggs
1  1/3 cups milk
1 cup blueberries
1/3 cup maple syrup or honey (optional)

Cut bread and cream cheese into cubes. Place in 9x13 inch baking pan. Sprinkle blueberries over top.
Beat eggs then beat milk and syrup (or honey). Pour over top of ingredients in pan. Cover and refrigerate overnight.
Bake covered at 350 for 30 min. uncover and bake for another 30 min or until golden brown.

Blueberry syrup
1 cup sugar
1 cup water
1 tbsp. butter
2 tbsp. cornstarch
1 cup blueberries

Mix together sugar and corn starch. Add water and cook, stirring constantly over medium heat until boiling. Add blueberries and cook another 3 min or so, until blueberries burst. Add butter and serve.

Oatmeal Pancakes
Combine and let stand for 5 min, cook and eat....
1 1/3 C oatmeal mixture*
1 cup milk (or water)
2 eggs slightly beaten (or just 1)

* Oatmeal mixture:
3 Cups flour
3 1/2 tsp backing powder
1 1/2 tsp salt
1/2 cup granulated sugar
1 cup brown sugar
1 1/2 C shortening
Cut shortening into above ingredients then add 3 cups quick oats.

(FYI Can use rolled oats but will need to let mixture sit longer before cooking to absorb moisture.)
I make the mixture and store it so I can make appropriate size batches for my family quickly.

Pancakes
2 cups whole wheat flour
1 T baking powder
1/2 cup flax seed (can buy at Smith’s marketplace in the bulk section)
Wet ingredients:
2 cups milk
2 eggs
Mix milk and egg and whisk together and then put in microwave about 3 minutes until hot and not boiling. This is the tricky part!!
Then add the coconut oil. Add dry ingredients. Then mix by hand!!!! Makes about 25 ice cream scoop pancakes.
Pumpkin Pancakes:
Original recipe makes 16 pancakes
1 3/4 cup buttermilk          1 1/3 cups cake flour
3/4 cup pumpkin puree         1 3/4 tsp pumpkin pie spice
4 large eggs separated        1 tsp baking soda
3/4 cup white sugar           1 tsp baking powder
3/4 tsp vanilla extract       3/4 tsp salt
3/4 cup unsalted butter, melted

Directions
1. Whisk buttermilk, pumpkin puree, egg yolks, sugar, and vanilla extract together in a bowl until blended. Whisk in melted butter.
2. Whisk cake flour, pumpkin pie spice, baking soda, baking powder, and salt together in a bowl. Add flour mixture to buttermilk mixture and whisk to combine.
3. Beat egg whites in a glass or metal bowl until soft peaks form. Lift your beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak. Fold egg whites into buttermilk-flour mixture to form pancake batter.
4. Heat a lightly oiled griddle or skillet over medium heat. Drop batter by large spoonful's onto the griddle and cook until bubbles form on top, 1 to 2 minutes. Flip and cook until browned on the other side, 1 to 2 minutes. Repeat with remaining batter.

From allrecipes.com

Pumpkin pancakes:
1 3/4 cups flour            1 cup milk
3/4 cup white sugar        3/4 cup pumpkin puree
2 tsp baking powder        1 egg beaten
3/4 tsp ground cinnamon    1 Tbsp. vegetable oil
3/4 tsp ground nutmeg

Directions
1. Sift flour, sugar, baking powder, cinnamon, and nutmeg together in a bowl.
2. Whisk milk, pumpkin, egg, and oil together in a bowl. Pour milk mixture into flour mixture and stir until just moistened. Batter will be slightly lumpy.
3. Heat a lightly oiled griddle over medium-high heat to 350 degrees F (175 degrees C). Drop batter by large spoonful onto the griddle and cook until bubbles form and the edges are dry, 1 to 3 minutes. Flip and cook until browned on the other side, about 1 minute more. Repeat with remaining batter.

From allrecipes.com

Quick and Easy Sweet Rolls
Use Pillsbury Grands- take them apart, melt butter, tear the biscuits into two pieces. Dip one side and then the other side. Usually just sprinkle cinnamon sugar over the top and cook. Follow baking directions on the package. Two cans make a cookie sheet.

Variations: After they are cooked you can put the powdered sugar glaze.

Can also sprinkle garlic salt or garlic powder or parmesan cheese to make them into bread sticks.
Monkey Bread Muffins

**Yield:** 8 muffins  **Prep Time:** 15 minutes  **Cook Time:** 12 minutes

1/4 cup granulated sugar  
1 1/2 teaspoons ground cinnamon  
1 can Pillsbury® Grands!® Flaky Layers refrigerated biscuits or make your own biscuits  
1/4 cup unsalted butter  
2/3 cup packed dark brown sugar  
2 teaspoons water  
1/2 teaspoon pure vanilla extract

**For the Cream Cheese icing**

4 ounces cream cheese, at room temperature  
1 cup confectioners' sugar, sifted  
1/2 teaspoon pure vanilla extract  
2-3 tablespoons milk

**Directions:**

1. Preheat oven to 375° F. Spray 8 muffin wells with nonstick cooking spray or line them with paper liners.

2. In a medium bowl, mix together the sugar and cinnamon until well combined. Separate dough into 8 biscuits; cut each biscuit into 9 pieces. Roll biscuits pieces in sugar-cinnamon mixture. Place 9 biscuit pieces in each muffin well.

3. In a medium saucepan over medium heat, heat butter, brown sugar and water to boiling, stirring constantly. Cook and stir about 2 minutes or until brown sugar is completely dissolved. Remove saucepan from heat and stir in vanilla extract.

4. Carefully spoon the caramel over the biscuit pieces in each muffin well. Bake in preheated oven for 10-12 minutes.

5. Once removed from the oven, carefully use the back of a spoon to gently push the biscuit pieces back into the muffin wells. This will give them a more definitive muffin shape. Allow muffins to cool in the pan for about 10 minutes before removing to a serving plate. While muffins are cooling, prepare the cream cheese icing.

6. In a medium bowl with an electric mixer, beat cream cheese and confectioners' sugar until smooth. Add in vanilla and 1 tablespoon of milk, beating until well combined. Gradually add more milk, one teaspoon at a time until desired consistency is reached. Drizzle icing over warm muffins. Serve immediately.

Original Yummy Zucchini Bread

1 cup finely grated zucchini  
1 cup sugar  
1 egg  
1/2 cup oil  
1% cups flour  
1 tsp cinnamon  
1/2 tsp nutmeg  
1/2 tsp baking soda  
1/2 tsp baking powder  
1/2 tsp finely grated lemon peel  
(Optional) 1/2 cup chopped nuts

Beat together zucchini, sugar, and eggs. Add oil. Combine remaining ingredients and add to zucchini mixture. Grease and flour (wee) an 8 1/2” x 2 1/2” loaf pan. Bake at 325 for 60-65 minutes, or until toothpick comes out clean. Cool 10 minutes then remove from pan. Yield: 1 loaf.
Healthier, Still Yummy Zucchini Bread
1 cup finely grated zucchini
1 cup sugar
1 egg
½ cup oil/nonfat plain yogurt
1 cup flour
¼ cup oatmeal
¼ cup whole wheat flour
1 tsp cinnamon
½ tsp baking soda
½ tsp nutmeg
¼ tsp baking powder
½ tsp finely grated lemon peel
(Optional: ¼ cup chopped nuts, adds fat, but tastes great!)

Beat together zucchini, sugar, and egg. Add oil and yogurt. Combine remaining ingredients and add to zucchini mixture. Cut a piece of parchment paper to fit the bottom of an 8 ½” x 2 ¾” loaf pan. Spray bottom of pan with non-stick spray, line pan with wax paper and spray again. Bake at 325 for 60-65 minutes, or until toothpick comes out clean. Cool 15 minutes then remove from pan and peel off wax paper. Yield: 1 loaf

*I like to freeze the grated zucchini with the lemon peel in the summer when it’s plentiful, then it is easy to make all year.

Nutmeg-scented scones: Yield: 12 scones
2 cups flour
1/3 cup brown sugar
2 tsp baking powder
1 tsp nutmeg
½ tsp baking soda
½ tsp salt
6 T cold butter, cut into pieces
1 cup sour cream
1. Mix together dry ingredients until well combined. Cut butter until pieces are the size of small peas,
2. Add sour cream. Mix with a fork until just combined. Knead to form a ball, about 8 turns, on a lightly floured surface.
3. Roll dough into a circle about ¾” thick. Cut into 12 wedges. Brush with nutmeg egg-white glaze. Place on a lined sheet tray and bake at 425°F for 5 minutes. Turn oven to 375°F and continue cooking until golden, about 15 minutes. Cool on a wire rack

Nutmeg Egg-white Glaze
1 egg white
2 tsp water 2 tsp sugar
¼ tsp nutmeg
1. Beat together egg white and water. Brush on desired product.
2. Mix together sugar and nutmeg. Sprinkle over top of product before baking, but while egg white is still moist.
Chicken Recipes and Ideas

Crock Pot Chicken
Chicken breast, cut up and browned in butter
Italian seasoning
½ c. water
Cream cheese, softened
Cream of Chicken soup
Bow Tie pasta

Put water in the crock pot then the chicken and then sprinkle the seasoning on the Chicken and cook for 6 hours. In the last 45 min. put softened cream cheese, a can of cream of chicken soup and cook in the crockpot. Before serving, stir in cooked bow tie pasta noodles.

Chicken Enchiladas (White sauce)
1 cup Celery diced
½ cup Onions diced
Sauté or cook in microwave w/ a little olive oil till start to soften.
1 1/2 cup Carrots diced
Add to celery and onions cook until Al dente (microwave)
Add together with....
1 Cup shredded cheddar cheese
Chicken cooked and diced (approximately 2 cups)

Add
1 can cream of chicken soup
1 cup of sour cream
(May need to add milk if needed when combining with other ingredients.... mix together)

Take scoop of above, lace in a line through center of a Flour Tortilla
Roll up tight and put them close together in a backing pan.
Sprinkle some cheese on top and cook at 350 for 30 min.
I cover with foil so they don't get dry... sometime you make extra sauce for the top.

Variations: add more veggies; Fat free soup & sour cream are good.
Can sit in fridge to be cooked later
- this is not an exact recipe wing it.
-After cooked, cool and take out each single enchilada, wrap and freeze.... They reheat great!!

Chinese Sundaes/Hawaiian Haystacks
Chicken pieces in cream of chicken soup (mix with milk) -or alt (Ham)
Rice (cooked)
Chinese crispy noodles (chow mien)
Soy sauce
Crushed Pineapple or tidbits
Cheddar Cheese Shredded
Peas steamed
****Other optional items
Tomatoes diced
Slivered Almonds or sunflower seeds
Avocado
Coconut
Green onions
Mushrooms (fresh sliced)
Olives (sliced)
Raisins

Place scoop of rice down, place chicken sauce over and add all other favorite yummies...mmmm!
**Chicken Turn Overs**
Cook and cut up 8 chicken tenderloins
4 oz. cream cheese cubed
1 can cream of mushroom soup
2 cans grand's biscuits.
1 can Italian bread crumbs
1 cube melted butter or margarine

Combine chicken, mushroom soup, and cream cheese in a bowl. Flatten/roll out grand’s biscuits. Put filling to one side of flattened biscuit and fold side over making a half circle shape, seal sides. Dip one side into melted butter/margarine and then dip into bread crumbs. Bake 375 degrees for 15 min or until top and bottom are golden brown.

**Chicken Pot Pies**
2-3 chicken breasts (cubed) Peas
1 quart chicken stock 1 cup flour
2 carrots 12 oz. canned milk
4 ribs celery 1 tsp parsley
1 onion Paprika

Boil veggies and set aside. Mix flour and milk, add to chicken stock. Thicken 5 minutes. Add chicken and veggies. Season with onion, garlic, parsley, paprika, salt, and pepper. Fill pie shells and freeze. Bake 450° 20 minutes; reduce heat to 400° for 20 minutes. Enjoy!

*Or don’t freeze and bake for 25 minutes.

**Chicken Velvet Soup**
6 Tbsp. butter or margarine 1/3 cup flour
½ cup milk* ½ cup cream*
3 cups chicken broth** 1 cup chopped cooked chicken

Melt butter in pan. Blend in flour; add milk, cream, and broth. Cook and stir till mixture thickens and comes to a boil; reduce heat. Stir in chicken and dash of pepper. Heat again just to boiling. Serve with garnish of parsley if desires.

*Substitutions 1 cup of evaporated milk instead of milk and cream.
**Turkey and turkey broth can be used to make soup.

When cooking bones for broth, add 2 Tbsp. vinegar to leach calcium from the bones into broth

**Honey Garlic Chicken**
2 chicken breasts 1 tsp chicken base
¼ cup flour 1/3 cup soy sauce
¼ cup corn starch 1/3 cup honey
1 cup water 2-3 cloves garlic
½ cup water with 3 Tbsp. corn starch

Cut up chicken breasts. Drag in mixed flour and corn starch. Fry in skillet with oil. Add water, chicken base, pressed garlic, honey and soy sauce. Cover and simmer 20 minutes. Add water with corn starch to thicken. Add wedged onion and bell pepper. Serve over cooked rice.

**Hooray for You!**
Shoyu Chicken  (Can be used as a marinade, just add some soda)
1 cup brown sugar  Ginger
1 cup soy sauce  Garlic powder
1 cup water (can add more as needed)  4-6 chicken breasts (or equivalent)

Mix first five ingredients. Let simmer a couple minutes. Add chicken and cook until chicken is done. Serve with rice or noodles.

Baked Chicken Nuggets
Prep: 20 min  Cook: 20 min  Ready in 40 minutes
3 skinless, boneless, chicken breasts
1 cup Italian seasoned bread crumbs
½ cup grated parmesan cheese
1 tsp salt
1 tsp dried thyme
1 Tbsp. dried basil
½ cup butter, melted

1. Preheat oven to 400 degrees F
2. Cut chicken breasts into 1 ½ inch sized pieces. In a medium bowl, mix together bread crumbs, cheese, salt, thyme, and basil. Put melted butter in a bowl or dish for dipping.
3. Dip chicken pieces into melted butter first, then coat with bread crumb mixture. Place on lightly coated cookie sheet in a single layer and bake for 20 minutes.

White Bean Chicken Chili
2-3 boneless, skinless chicken breasts (cooked and diced)
1 Medium Onion (chopped)
3 fresh Garlic Cloves, Minced
4 cans (15 ounces each) Great Northern Beans
2 cans Chicken Broth
1 can diced green chillies
1/2 tsp. oregano
1 tsp. cumin
1 tsp. salt
1 small can green enchilada sauce

Place all ingredients in a large pot and cook on Medium until boiling. Reduce Heat and simmer for 20-30 minutes. Or place all ingredients in Crock Pot and cook on low for 6 hours or high for 4.

Makes about 6 cups. Can serve with the following toppings: Limes, cilantro, sour cream, tortilla chips, shredded cheese, tomatoes, onions, etc

Additional ways to serve chicken:

2. Chicken breast: Cook in cream of chicken soup, water and a packet of ranch dressing in your crock pot
3. Place chicken legs in a crock pot. Add basil and dried onions, salt or herbs. Cook on low until done. Kids love the chicken legs for lunch.
Hamburger ideas

Tater Tot Casserole
Hamburger
Evaporated milk
Cream of mushroom soup
Tater Tots
Cheese

Brown hamburger, and then add evaporated milk and soup and heat until thickened. Pour hamburger mixture over a pan of frozen tater tots, cover with cheese and tinfoil and bake at 350* for 30 min.

A good casserole
1 lb. hamburger
1 big bag mix frozen veggies
1 pkg 8 oz. noodles- cooked
1 can tomato soup
1 small onion diced
1 can cream of mushroom soup
Grated cheese
Cook hamburger and onions then and mix rest together with grated cheese bake at 350 for 30 min.

Tamale Casserole
1 can tamales take out of wrappers and break up in baking dish
Pour on creamed corn 1-2 cans then,
Ground beef browned (optional) (may cook w/chili or taco seasoning)
Add cooked egg noodles, and finish by topping with grated cheddar cheese.
Cook @350 for about 30 min.

Cabbage Casserole
Cooked cabbage (cut up)
Browned hamburger
Tomato soup
Mix together & serve warm

Meat Loaf
1 egg
1 ½ lbs. lean ground beef
3 slices soft break torn into pieces
1 cup milk
¼ cup minced onion
1 Tbsp. Worcester sauce
1 ¼ tsp salt
Mix together well and place in loaf pan. Bake 1 hour at 350 degrees.
Another option: place individual serving sizes on a cookie sheet covered with aluminum foil, about the size of a cupcake for individual meat loaf. Bake and serve.

Another way to serve meat loaf:
Make little meat loaf balls with feta cheese in the middle. Use a muffin pan or a cookie pan to cook as individual meat loaf.
Easy Green Bean shepherd's pie casserole
Green Beans
Tomato soup
Browned hamburger
(corn optional)
Mix & put in baking dish
Put potatoes on top (mashed or tater tots)
Cook on 350 for 30 min til hot.

Taco Plate
1 lb. hamburger
1 can (16 oz.) pork and beans
1/2 pkg taco seasoning
1/4 to 1/2 onion
2 8oz cans tomato sauce

Brown meat with onion and drain. Add remaining ingredients and simmer for 25 minutes. Serve over regular size tortilla chips/corn chips. Top with grated cheese, chopped olives onions, tomatoes, lettuce. Goes great with the Nacho Cheese dip!

Taco Soup
1 1 lb. pkg hamburger
1/2 onion
1 can kidney beans (drained)
1 can black beans (drained)
1 can pinto beans (drained)
4 8oz cans tomato sauce
2 can diced tomatoes
1 pkg taco seasoning + 1/2 Cup Water
1 can Corn

Brown meat with onion and drain. Add beans, tomato sauce, diced tomatoes, taco seasoning and water. Bring to boil stir occasionally to prevent the soup sticking. Once boiling, add drained corn. Serve in a bowl with grated cheese, sour cream, olives and cilantro. Eat with Fritos corn chips or tortilla chips.

Another version of Taco Soup

Let the kids choose their own ingredients like cheese, chips, beans, sour cream or whatever you have.

Hamburger Soup with noodles

Brown hamburger with onions and set aside.
Peel and cut up 6 potatoes and 6 carrots and put in water. Boil. Add 3-6 bouillon cubes determined by your taste. When vegetables start getting soft add noodles and let them cook. Add canned tomatoes, tomato sauce and browned hamburger.
Cook until done. You can add other vegetables if you want. Or increase or decrease the number of potatoes. Just make sure you have enough vegetables for a minimum serving for each child you are serving.

Additional ways to use hamburger in your meals:
2. Cook hamburger, Add spaghetti sauce, sour cream, cheeses with spiral noodles. Fix it like lasagna.
Miscellaneous Ideas and Tips

Banana (cut a v shape out) fill it with Nutella, put slices on saltine crackers

Fill celery with peanut butter put fishy crackers on top, or put pretzels in the peanut butter to look like butterfly wings

Peanut butter and apples on a tortilla/ cream cheese and apples on tortilla

Fried Rice: green onions, eggs, ham or chicken, frozen peas, rice, and soy sauce

Eggs with picante sauce and cheese in a tortilla wrap = Breakfast Burrito. This could be served at lunch or snack

Farmers breakfast, eggs and lots of veggies in a tortilla and serve for lunch.

Build your own pizza, different toppings (lots of veggies) cheese and sauce

Fruit pizza, cut fruit with a cookie cutter or shape cutters

Serve a Tuna patty instead of a tuna sandwich (tuna patty recipe included under sandwiches section)

If you use raw sugar you can use less sugar

Make fruit muffins with more fruit and less sugar

Layer fruit in a clear cup, with a dollop of whip cream on top. If you make it more colorful, kids will eat it better

Navajo Taco’s

Greek yogurt dip, add either fruit or ranch flavoring and have kids dip fruits or veggies in it

Painted toast, put milk in bowls w/food coloring, have the kids paint the bread and then toast it in the toaster

Soy beans: use a little salt and eat them like peas

Make waffles, and then use them as the bread for a grilled cheese

Make homemade mac. & cheese- uses Colby cheese, milk & butter, with crackers on top

Breadsticks dipped in pizza sauce

Serve different Salads: chef, taco, and fruit

Use different spices instead of salt

Pre-cook meats and freeze. Make sure you label as to how much is in each container you freeze

Freeze the drippings from chicken and use them for soups

Call the meals by a different name for example: instead of taco salad: tell the kids it’s called cowboy salad, and cowboys love this stuff. Another idea is to call sloppy Joes by the child’s name like sloppy Becky or sloppy Paul.

Cook potatoes w/chicken broth & ranch packets

Instead of butter use light sour cream or light cream cheese
Use coconut oil, or olive oil for vegetables.

Bake homemade fries 30-40 min @ 400. Sprinkle with olive oil and salt or other herbs.

Pick a day of the week for ethnic foods like:
- Mon: Hawaiian
- Tues: Mexican
- Wed: Asian
- Thurs: American
- Fri: Greek

Try tuna or salmon on a cracker for snack.

Try tomato soup and bread for a snack.

Cook your Lasagna in the crockpot.

Try using a coffee filter as a plate for snacks. It's less expensive,

**Miscellaneous Recipes**

**Chinese Fried Rice**
4 cups cooked rice
1 cup green onions, chopped
1 cup peas and carrots
Add ham, chicken, or scrambled eggs
Soy sauce to taste

Fry the onions and rice, and then add peas and carrots and your choice of meat/protein. Then add the soy sauce to taste.

**Alfredo Sauce**
2 Tbsp. flour
1 cube butter (or margarine)
2 cups whipping cream (can use half-and-half, canned milk, or milk)
2 cups of real shredded Parmesan cheese (I have used half Parmesan cheese and Mozzarella before)
1 Tbsp. lemon juice

Melt butter, add flour and whisk, and then add cream. Bring to a simmer, stirring frequently. Add cheese and lemon juice. Stir till cheese melts and serve immediately.

**Olive Garden Alfredo Sauce**
1 stick butter
1 clove minced garlic
1 pint heavy cream (I use heavy whipping cream)
1 cup parmesan cheese
2 tbsp. cream cheese
¼ tsp salt
½ tsp white pepper (to your taste)

In a sauce pan over medium heat melt butter and add garlic, cook for two minutes. Add in heavy cream and cream cheese and heat until bubbling. **DO NOT BOIL.** Add in parmesan cheese and mix until the cheese melts. This is what takes forever or at least it feels like it. Sprinkle in salt and pepper to taste. Mix the hot sauce into the noodles and serve. (copycat recipe found at Budget Savvy Diva)
Nacho Cheese Dip: Remember Velveeta is not a credible cheese, so this would not count towards a required component
1 2lb block Velveeta cheese
1 1lb block Mexican Velveeta cheese
2 cans cheddar cheese soup
2 cans evaporated milk

Cube up cheeses in large microwave safe bowl, add soup and milk. Microwave for 2 minutes then stir, microwave at 1-2 minutes intervals stirring at each time until smooth serve immediately. You can also put in crock pot and keep on low so cheese doesn't thicken.

Powdered Sugar Glaze: Yield about 3 oz.
4 oz. powdered sugar
½ tsp vanilla extract
½ tsp lemon juice (use fresh juice from lemons for zest)
1 ½ tsp warm water

Combine all ingredients in a small bowl. Stir to blend thoroughly and dissolve any lumps. Can be stored, covered, at room temperature

Homemade applesauce:
Cut up 6 fresh apples and place in a crockpot. Add ¼ cup water. Cook until tender. Add 2 Tbsp. lemon juice and 1 pinch of cinnamon. Using a fork or potato masher, mash mixture until chunky.

You can also use this same recipe and cook in a heavy medium saucepan on your stove. Bring to boil, stirring occasionally. Reduce heat, cover and simmer until apples are very tender and skins are softened, about 40 minutes. Uncover and simmer until almost all liquid in saucepan has evaporated, about 10 minutes. Remove from heat. Stir in lemon juice and cinnamon. Using a fork or potato masher, mash mixture until chunky.

Blender Ice Cream
½ cup half and half or you can use almond or soy milk instead of the cream or you can leave this out entirely. You can add yogurt instead.
3 oz. sweetened condensed milk or honey, guava or stevia
½ tsp vanilla
¼ tsp fresh lemon juice
2 cups frozen skim milk in cubes (about 1 tray)
Blend
Add enough fruit for the number of children you are serving so you serve the minimum required amount of fruit. Mix well.
Suggestions include:
1. Strawberries and a little lemon juice
2. Blueberries
3. Bananas
4. Orange slices with ½ t orange zest
5. Pistachios, frozen avocado and banana
Quinoa Recipes:

Quinoa Cookies

- 2/3 cup water
- 1/3 cup quinoa
- 1 cup shredded coconut
- 1 cup rolled oats
- 1 cup flour
- 3/4 cup brown sugar
- 2 ripe bananas
- 1/2 cup applesauce
- 1/2 cup peanut butter
- 1 tsp vanilla
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup semisweet chocolate chips

Directions:
1. Bring water and quinoa to a boil in a saucepan. Place a cover on the saucepan, reduce heat to medium low, and cook at a simmer until the moisture is absorbed completely, 15-20 minutes.
2. Preheat oven to 350 degrees. Grease 2 baking sheets.
3. Mix quinoa, coconut, oats, flour, brown sugar, mashed bananas, applesauce, peanut butter, vanilla, salt, baking soda, and baking powder together in a large bowl. Fold chocolate chips into mixture; drop by spoonful onto prepared baking sheets.
4. Bake in preheated oven until browned around the edges, 20-25 minutes. Allow cookies to set up a few minutes before transferring to a cooling rack.

From: allrecipes.com

Quinoa Almond Joy Bars

- 1/3 cup dry quinoa
- 2/3 cup water
- 12 whole dates, no sugar added
- 1/2 cup whole almonds with skins
- 1/3 cup grated coconut (unsweetened)
- 2-3 tsp water or coconut oil
- 1/4 cup mini choc chips or use 1/4 cup dark chocolate chips that you will melt and drizzle over bars

Add Quinoa and water to a small sauce pan, cover and bring to a boil, reduce heat to a simmer and cook approximately 15 minutes or until all water has been absorbed. Cool to room temperature and refrigerate at least 2 hours... overnight will work. 1 cup quinoa can be used if already made.

Using a food processor, add dates and pulse until they form a ball. Remove dates and place in a bowl. Add almonds to the food processor and pulse until finely minced. Be careful not to turn the almonds into milk.

Add dates, almonds, coconut and quinoa to the food processor and pulse until ingredients are well combined. Return ingredients to the mixing bowl, add mini chocolate chips if you aren’t going to drizzle with melted chocolate and add one teaspoon water at a time until mixture holds together. Shape into 14 mini balls. Use a cookie scoop. If you don’t want to use water, you can use coconut oil to help hold the mixture together.

To make chocolate drizzle:
In a small saucepan add chocolate chips and melt over low heat or in a double boiler. Drizzle warm chocolate over the top of each bar. Refrigerate and allow chocolate to harden. Bars can be stored in an airtight container for several days or frozen in a freezer safe dish.
Quinoa and Black Beans
1 tsp vegetable oil
1 onion chopped
3 cloves garlic, peeled and chopped
¾ cup uncooked quinoa
1 ½ cups vegetable broth
1 tsp ground cumin
¾ tsp cayenne pepper
salt and pepper to taste
1 cup frozen corn kernels
2 (15 ounce) cans black beans, rinsed and drained
½ cup chopped fresh cilantro

Directions:
1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

From Allrecipes.com 3/1/2013

Quinoa is high in protein. It is a good source of dietary fiber and phosphorus and is high in magnesium and iron. It is also a source of calcium. It is gluten-free and considered easy to digest.
Salads

Easy Macaroni Salad
1-2 pkg of noodles (shells variety is good) --cooked al dente (cooked so as to be still firm to the bite)
Diced cheddar cheese
Peas (can add carrots if mostly cooked I like shredded).
Diced pickles
Olives
Mix together with miracle whip, a little garlic powder and pepper.
(I like to grind or finely shred carrots add to miracle whip- a little dill weed is good to)

Oriental Cabbage Salad
1 lg or 2 small heads of cabbage sliced thin.
1 bunch of green onions (slice)
TOAST:
2 pkg of ramen noodles broken up
2 T sesame seeds
4 T sliced almonds
Dressing:
2 Tbsp. Vinegar ¼ to 1 cup oil
4 Tbsp. sugar
2 Tbsp. soy sauce
2 pkgs ramen seasonings
Combine each section the mix just before serving

Sunny Vegetable Salad
5 cups broccoli floret
2 cups (8 ounces) shredded cheddar cheese
½ cup raisins
½ cup sugar
6 bacon strips, cooked and crumbled
5 cups cauliflower
2/3 cup chopped onion
1 cup mayonnaise
2 Tbsp. cider or red wine vinegar
¾ cup sunflower seeds

In a large salad bowl, toss broccoli, cauliflower, cheese, onion and raisins. In a small bowl, combine mayonnaise, sugar and vinegar. Pour over salad; toss to coat. Cover and refrigerate for 1 hour. Sprinkle with the bacon and sunflower seeds. Yield: 12-16 servings---Depending on the number and ages of your children.

Make salads into gourmet salads:
Add: strawberries, mandarin oranges, cranberries
Use a strawberry vinaigrette dressing
Sandwich ideas

Broiled Sandwiches
2 Cups diced hotdogs        2 C cheese shredded
4 tsp minced onion         8 Tbsp. pickles
8 tsp prepared mustard    8 hard cooked eggs chopped
3/4 C salad dressing       3/4 cups mayonnaise

Bread
(Variation chopped celery or other veggies)
Combine all but bread and spread on bread, cook 2-3 minutes on broil or until cheese melted

Tuna Sandwiches
Can of tuna (or chicken)
Shred pickles
Shred carrots
Mix in miracle whip and dill weed to taste & combine-
Put between bread and eat! (May add slice of cheese)

Tuna gravy over bread
Make tuna gravy, spoon over bread and then shred cheese over the top.

Easy Tuna Patties
2 Eggs
2 tsp Lemon juice
1/4 C grated Parmesan Cheese
3/4 C Italian seasoned bread crumbs
3 (6 ounce) cans tuna, drained
1/4 cup diced onion
1 pinch ground black pepper
3 tablespoons Vegetable oil

Directions:
Beat eggs and lemon juice in a bowl; stir in Parmesan cheese and bread crumbs to make a paste. Fold in tuna and onions until well-mixed. Season with black pepper. Shape tuna mixture into eight 1-inch-thick patties. Heat vegetable oil in a skillet over medium heat; fry patties until golden brown, about 5 minutes per side.
Vegetable Ideas

Impossible Broccoli Brunch Pie

1 pkg [10-16oz] broccoli or asparagus  
1 cup sour cream  
1 cup cottage cheese  
½ cup bisquick  
¼ cup melted butter  
2 eggs  
1 thinly sliced tomato  
¼ c grated parmesan cheese

Spread vegetables in pie plate. Beat cottage cheese, eggs and sour cream together put over veggies. Place tomato slices on and sprinkle parmesan cheese on top. Bake at 350 for 30 min until knife comes out clean. Cool for 5 min then serve.

Impossible Green Bean Pie

8 ounces green beans, cooked and drained  
1 (4 ounce) can mushrooms, drained  
1/2 cup chopped onion  
2 cloves garlic, crushed  
1 cup shredded Cheddar cheese  
1 1/2 cups milk  
3/4 cup Bisquick  
3 eggs  
1 teaspoon salt  
1/4 teaspoon pepper

Heat oven to 400 degrees F. Grease a 10-inch pie plate. Mix beans, mushrooms, onions, garlic and cheese in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high or 1 minute by hand. Pour into pie plate. Bake until knife inserted in center and edge comes out clean, 30 to 35 minutes. Cool 5 minutes.

Serves 6 to 8--- depending on ages of children. This is sooooooo yummy

Potato Broccoli Soup

6 cups boiling water  
6 cut up potatoes  
1 Tbsp. chicken bouillon  
1 Tbsp. minced onion  
Dash pepper  
1 tsp garlic salt  
1 bunch broccoli “flowerettes”  
1 can evaporated milk or 1 ½ cups milk  
½ cup cold water + 4 T cornstarch  
½ cup shredded cheddar cheese

Boil potatoes for 10 minutes. Add seasonings. Add broccoli and boil 5 more minutes. Remove from heat. Add milk and cornstarch mixture. Cook on low. Add cheese.