



United States Department of Agriculture

What's? Cooking?

USDA MIXING BOWL

Cookbook

#CACFP50 Happy Birthday Cookbook

Growing Healthy Children ~ Just ADD CACFP

By National CACFP Forum

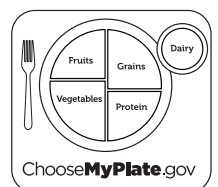


Table of Contents

Beef Picadillo	2
Chicken Flatbread Pizza	5
Chicken with Veggie Couscous	9
Collard Greens	13
Easy Zucchini Lasagna	15
Fruity Fun Chicken Salad Cups	18
Gingered Carrots	20
Mini Salmon Loaves	23
Overnight Oatmeal with Berries	26
Pineapple Chicken	28
Red Beans and Rice	31
Sautéed Tofu and Broccoli	34
Spinach Egg Bake	37
Stir-Fry Pork	40
Tabbouleh	43
Tropical Bean Salad	46
Whipped Sweet Potatoes	49



Beef Picadillo

Prep time: 10 minutes

Cook time: 40 minutes

Makes: 6 Servings

Picadillo is a delicious stew made with ground beef, tomatoes, and other ingredients. It is a popular dish in South American countries and the Caribbean. Serve it over rice or as a filling in tacos.

Ingredients

1/2 cup Brown rice, long-grain, uncooked

1 cup Water

12 ounces Ground beef, 90% lean, raw, fresh or frozen

1 1/4 cups Onions, fresh, 1/4" diced

1 cup Green bell peppers, fresh, 1/4" diced

1 clove Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

1/3 cup Tomatoes with juice, diced, canned

1 cup Tomato sauce, canned

1/2 cup Raisins, seedless, unpacked

1/4 teaspoon Oregano, dry

1/2 teaspoon Cumin, dry, ground

2 tablespoons Cilantro, fresh, chopped (optional)

Directions

1. Combine brown rice and water to a small stockpot.
2. Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 15-20 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork.
3. Heat a medium skillet on medium-high heat on top of stove.
4. Brown ground beef. Drain. Heat to 165 °F or higher for at least 15 seconds.
5. Add onions, bell peppers, and garlic to ground beef. Sauté on medium-high heat until onions and bell peppers are soft. Stir frequently.
6. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.
7. Serve 1/2 cup picadillo over 1/4 cup rice. Garnish with 1 teaspoon cilantro (optional).

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1/2 cup picadillo over 1/4 cup rice provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Chef Tips:

For optimal browning and taste: 1. Do not rinse ground meat. 2. Do not crowd ground meat. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the meat rather than brown it, making it less flavorful.

Variations:

If ground beef is frozen, defrost in the refrigerator for 1 day per 1-5 pounds. Store raw beef at 40 °F or lower.

Frozen bell peppers may be substituted for fresh bell peppers.

For a quantity recipe that yields 25 or 50 servings see: <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/beef-picadillo>.

Source: Team Nutrition: Adapted from recipe by Learning Care Group.



Chicken Flatbread Pizza

Prep time: 25 minutes

Cook time: 40 minutes

Makes: 6 Servings

Flatbread varieties such as tortillas, pitas, and focaccia have been popular for many years. The newcomer is naan, which originated in India but is also very popular in Asian and Middle Eastern cuisine. Naan is a thick, double-layered flatbread that can be served plain alongside curries, lentils, and other dishes, stuffed with various fillings, or topped with meats, vegetables, sauces, and more, as shown in this recipe.

Ingredients

Nonstick cooking spray

1/2 teaspoon Turmeric, ground

1/4 teaspoon Salt, table

1/2 teaspoon Cumin, ground

1/4 teaspoon Cinnamon, ground

10 1/2 ounces Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 1/4 oz per tenderloin)

3 tablespoons Greek yogurt, plain, non-fat

2 teaspoons Canola oil

2/3 cup Onion, fresh, peeled, 1/2" chopped

3 cloves Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

4 ounces Spinach, fresh, roughly chopped (4 oz = about 4 cups packed)

2 Whole-wheat flatbreads (about 126 gm each whole flatbread)

1 cup Tomatoes, fresh, 1/4" diced

1 1/2 ounces Mozzarella, low-fat, shredded

Directions

1. Preheat oven to 350 °F.
2. In a small bowl combine turmeric, salt, cumin, and cinnamon. Divide seasoning mixture in half.
3. Coat chicken tenderloins with 1/2 of the seasoning mixture from step 2.
4. Place chicken tenderloins on a baking sheet lightly coated with nonstick cooking spray.
5. Bake for 12-15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds.
6. Dice chicken into 1/2" pieces.

7. While chicken is baking, combine the remaining seasoning mixture with the yogurt. Set aside.
8. Heat oil on medium-high heat in a medium skillet.
9. Sauté onions for about 3-5 minutes or until onions are tender.
10. Add garlic and spinach and cook for 3 minutes or until spinach is wilted. Remove from the heat.
11. Slice 2 flatbreads into 6 even pieces.
12. Place flatbreads on a baking sheet coated with nonstick cooking spray.
13. Spread 1/2 Tbsp of seasoned yogurt from step 7 on each piece of flatbread.
14. Top each piece with:
 - a. 1/4 cup cooked vegetables
 - b. 1 1/4 oz chicken
 - c. 2 2/3 Tbsp tomatoes
 - d. 1 Tbsp cheese
15. Bake for 15-20 minutes. Heat to 145 °F for at least 15 seconds.
16. Serve 1 piece.

Critical Control Point: Hold for hot service 140 °F or higher.

Notes

CACFP Crediting Information:

1 piece provides 1 1/2 oz. equivalent meat, 1/4 cup vegetable, and 1 1/2 oz. equivalent grains.

Variations:

If chicken is frozen, defrost in the refrigerator for 1 day per 1-5 pounds. Hold raw chicken at 40 °F or lower.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-flatbread-pizza>.

Source: Team Nutrition: Adapted from recipe on mygourmetconnection.



Chicken with Veggie Couscous

Prep time: 10 minutes

Cook time: 50 minutes

Makes: 6 Servings

Couscous is great to use in dishes and meals where you might typically use rice or pasta. It is a staple food commonly served in Morocco and North Africa, but it is also growing in popularity in France, Spain, Portugal, Italy, and Greece. Traditionally couscous is cooked using a steamer. The basket is placed on top of the main dish and it is allowed to absorb the flavors as it cook producing a fluffy flavorful side dish.

Ingredients

Nonstick cooking spray

6 Chicken drumsticks, with bone and skin, raw (about 3.7 oz. each)

1 tablespoon Canola oil

1 teaspoon Coriander, dried, ground

1 teaspoon Cumin, dried, ground

1 teaspoon Ginger, dried, ground

1/2 teaspoon Cinnamon, dried, ground

1 1/8 cups Carrots, fresh, peeled, "1/2" diced

1 cup Onion, raw, "1/4" diced

1/4 cup Lemon juice, fresh squeezed, seeds removed or bottled

2 cups Chicken broth, low-sodium

1/4 cup Olives, black, ripe, canned, drained, sliced

1/2 cup Couscous, uncooked

1/2 tablespoon Mint leaves, fresh, chopped

Directions

1. Coat a small skillet with nonstick cooking spray.
2. Heat the skillet on medium-high heat. Brown chicken on all four sides, about 2-3 minutes per side.
3. Remove chicken from skillet and put on a plate, remove skin, cover, and set aside.
4. In the same skillet used to brown the chicken, heat oil on medium. Add coriander, cumin, ginger, and cinnamon to the skillet and toast them while stirring continuously, about 2 minutes.
5. Add carrots and onion to skillet, continue cooking the

vegetables and spices on medium heat for an additional 3-4 minutes or until the onions are tender, but not brown.

6. Add lemon juice, 1 cup chicken broth, and olives to the skillet (reserve remaining chicken broth for step 9 to cook the couscous). Increase the heat to medium-high. Bring to a boil.

7. Return the chicken legs to the skillet, and return to a boil.

8. Reduce heat to medium-low. Cover and simmer for about 20-25 minutes, until internal temperature of chicken reaches 165 °F. Critical Control Point: Heat to 165 °F or higher for 15 seconds.

9. Prepare the couscous: In a small saucepan, add 1 cup of chicken broth. Bring to a boil on medium-high heat on the stove. Stir in couscous and remove from the heat. Cover and let stand for 10 minutes. When done, couscous will be soft.

10. Fluff couscous with a fork and gently stir in the mint.

11. Serve one drumstick, 1/3 cup mixed vegetables, and 1/4 cup couscous.

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1 Drumstick, 1/3 cup vegetable mix, and 1/4 cup couscous provides: 1 1/2 oz. equivalent meat, 1/4 cup vegetable, 1/2 oz equivalent grains.

Variations:

If chicken is frozen, defrost in the refrigerator. Hold raw chicken at 40 °F or lower.

Add hot chili sauce if desired. The addition of hot chili

sauce will increase the amount of sodium in the recipe.

**Traditionally couscous is cooked over broth and vegetables or water but for ease of preparation in the CACFP the cooking method was modified.

***When taking temperature of raw chicken, do not touch the bone as it is hotter than the meat.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-veggie-couscous>.

Source: Team Nutrition: Adapted from
<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=11&cId=2&rId=11>.



Collard Greens

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 6 Servings

Collard greens are a popular vegetable in southern cuisine, but can also be found in meals around the world, such as Tanzania, Kenya, Brazil, Portugal, and Kashmir. They are often cooked with other leafy green vegetables such as turnip greens, kale, or mustard greens.

Ingredients

2 tablespoons Turkey bacon, cooked, chopped (2 Tbsp = about 1 slice)

1/2 cup Onions, fresh, peeled, 1/4" diced

2 quarts Collard greens, fresh, leaves only, chopped

1 cup Water

1/4 teaspoon Liquid smoke (optional)

Nonstick cooking spray

Directions

1. Coat a medium stockpot with nonstick cooking spray and heat over medium heat.
2. Heat bacon for 3-4 minutes, until lightly brown, stirring frequently.
3. Increase heat to medium-high. Add onions and sauté until soft.
4. Add collard greens and sauté for 1-2 minutes, stirring continuously. Sauté until greens begin to wilt.
5. Add water to stockpot, cover, and bring to a boil. Reduce heat to medium. Simmer for 5-7 minutes, stirring occasionally. Stir in liquid smoke (optional). Remove from heat when greens are tender. Heat to 140 °F or higher for at least 15 seconds.
6. Serve 1/3 cup.

Critical control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1/3 cup provides 1/4 cup vegetable.

For a quantity recipe that yields 25 or 50 servings see:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/collard-greens>.

Source: Team Nutrition: Adapted from <http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cookbook.html>.



Easy Zucchini Lasagna

Prep time: 20 minutes

Cook time: 1 hour

Makes: 6 Servings

This lasagna is a delicious summer version of a popular comfort food that made its debut in Italy during the Middle Ages. Zucchini, also called “green Italian squash,” is a highly anticipated spring vegetable in Italy and they have incorporated it into numerous recipes. It is often chopped or diced and added to pizzas, pasta dishes, soups, and salads.

Ingredients

2 1/2 ounces Mozzarella cheese, low-fat, shredded (2 1/2 oz. equals 1/2 cup plus 2 tablespoons)

1 cup Cottage cheese, fat-free

3 tablespoons Tomato paste, canned, low sodium

1 cup Tomato sauce, canned

1 teaspoon Oregano, dried

1 teaspoon Basil, dried

2 5/8 ounces Onions, fresh, 1/4" diced (2 5/8 oz. equals 1/2 cup plus 1 tablespoon)

2 cloves garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

1/4 teaspoon Black pepper, ground

1 1/2 cups Zucchini, fresh, thinly sliced

3 3/8 ounces Lasagna noodles, enriched, oven ready (6 sheets)

1 tablespoon Parmesan cheese, fresh, shredded

Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Reserve 1/3 cup of mozzarella cheese and set aside for later use.
3. Make cheesy tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a small bowl.
4. Divide zucchini evenly into two parts, about 3/4 cup.
5. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Assembly:

First layer: Spread 3 1/2 cups of cheesy-tomato sauce evenly on the bottom of each steam table pan. Cover sauce with 3 sheets of oven-ready lasagna noodles. Then, cover noodles with 3 1/2 cups of zucchini slices.

Second layer: Repeat first layer.

Third layer: Top layers 1 and 2 with the remaining cheesy-tomato sauce (about 3 1/2 cups) and then finish by sprinkling on the reserved shredded mozzarella cheese (1 1/3 cups) and the parmesan cheese (1/4 cup).

7. Cover tightly with foil and bake until zucchini is tender, about 30 minutes.

8. Remove from oven.

9. Remove foil and bake uncovered until cheese starts to brown slightly, approximately 15 minutes. Heat to 140 °F for at least 15 seconds.

10. Let lasagna stand 10 minutes before serving.

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1 piece provides 1 oz. equivalent meat alternate, 1/2 cup vegetable, and 1/2 oz. equivalent grains.

For a quantity recipe that yields 25 or 50 servings see:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/easy-zucchini-lasagna>.

Source: Team Nutrition: Adapted from

<http://www.nhlbi.nih.gov/health/educational/hearttruth/downloads/html/factsheet-recipes/factsheet-recipes.htm>.



Fruity Fun Chicken Salad Cups

Prep time: 15 minutes

Makes: 6 Servings

This chicken salad, served in cute lettuce cups, helps make summer fruits and vegetables fun to eat.

Ingredients

1 can all white meat chicken (10 oz)

1/2 cup strawberries (diced)

1/2 cup fresh spinach (chopped)

1/4 cup green onions (thinly sliced)

1/4 cup fat-free sour cream

4 teaspoons yellow mustard

2 teaspoons dry oregano leaves (or dry dill weed)

1/4 teaspoon ground black pepper

12 small Romaine or Bibb lettuce leaves (small)

Directions

1. Drain canned chicken.
2. In a medium bowl, combine chicken, strawberries, spinach, and green onions.
3. In a small bowl mix together the sour cream, yellow mustard, oregano or dill, and black pepper.
4. Gently fold the dressing into the chicken mixture.
5. Measure 1/4 cup of chicken salad into each lettuce leaf.

Notes

- Consider adding blueberries, diced peaches, or halved grapes for a fruitier chicken salad.
- Instead of serving in lettuce cups, serve over 1 1/2 cups of leafy greens like torn or chopped Romaine lettuce and/or spinach to make it a salad.

Food Demonstration Samples: Offer 1/8 cup of chicken salad and 1/4 of a lettuce leaf in small cups. Provide a fork. Makes 24 samples.

Meal Pattern Contribution Statement: 2 lettuce cups provide 1.50 oz eq meat, 1/8 cup dark green vegetable and 1/8 cup other vegetable.

Source: Summer Food, Summer Moves (FNS-607)



Gingered Carrots

Prep time: 5 minutes

Cook time: 15 minutes

Makes: 6 Servings

Ginger, also known as ginger root, is a popular spice used in traditional Chinese cooking. It can be found in soups, stews, marinades, and stir-fried dishes. If you want to experience the full, bold flavor of ginger, mince or grate it. For a lighter flavor, cut the ginger into long slivers.

Ingredients

2 cups Water

2 cups Carrots, fresh, peeled, sliced diagonally

1 tablespoon Honey

1 teaspoon Lemon juice, fresh squeezed, seeds removed or lemon juice, bottled

1 teaspoon Parsley, dried (optional)

1 teaspoon Margarine, unsalted, trans-fat free

1/2 teaspoon Ginger, fresh, grated

1/8 teaspoon Salt, table

Directions

1. Add about 1-2 inches of water to a small stockpot with a steamer basket or a double boiler. Bring water to a rolling boil.
2. Add carrots to the steamer basket or double boiler and cook until carrots are tender, but not mushy, about 9-10 minutes. Heat to 140 °F or higher for at least 15 seconds.
3. Prepare ginger glaze while carrots are cooking by combining the remaining ingredients in a medium mixing bowl. Pour hot steamed carrots into the ginger glaze and stir until honey and margarine melt.
4. Serve 1/4 cup.

Critical Control Point: Hold at 140 °F or higher.

Notes

CACFP Crediting Information:

1/4 cup provides 1/4 cup vegetable.

Food Safety Tip:

Honey should not be given to or used in foods for children under 1 year of age, as it may contain botulism spores which can cause infant botulism. This is a serious type of food-related illness that can make a baby very sick.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/gingered-carrots>.

Source: Team Nutrition: Adapted from a recipe in the Standardized Ethnic Recipes for Child-Care Centers and Family Day Homes Cookbook.



Mini Salmon Loaves

Prep time: 20 minutes

Cook time: 15 minutes

Makes: 6 Servings

Salmon is a popular fish that can be found in North America, including the Alaskan waterways. It can be prepared in many easy and delicious ways. These Alaskan Salmon Loaves can be enjoyed at breakfast, lunch, or dinner. Try them on a bun, over a bed of lettuce, with eggs or a side of hash browns, with a dipping sauce on the side, or just by themselves! Although this particular dish is inspired by a traditional Alaskan recipe, salmon cakes and other fish cakes are also popular in many cultures around the world.

Ingredients

1 cup Alaska salmon, skinless, boneless, canned, drained, flaked

1 Egg, large, slightly beaten

1 tablespoon Milk, fat-free (skim)

1 teaspoon Onion, dried, minced

1 teaspoon Dill weed, fresh, chopped (OR 1/2 tsp Dill weed, dried)

1/2 teaspoon Lemon pepper seasoning

3 tablespoons Whole-wheat bread crumbs (3 Tbsp = about 3/4 slice of bread)

Directions

1. Preheat oven to 350 °F.
2. Place salmon in a medium bowl.
3. Break apart chunks of salmon using a fork.
4. Add egg, milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
5. Divide salmon mixture into 6 even portions (about 1 3/4 oz. each).
6. Shape each portion into a mini-loaf, about 1" x 2" x 1/2" and place on a baking sheet.
7. Bake for 15 minutes. Heat to 160 °F or higher for at least 15 seconds.
8. Serve one loaf (about 1 1/2 oz. cooked).

Critical Control Point: Hold for hot service 140 °F or higher.

Notes

CACFP Crediting Information:

1 loaf (about 1 1/2 oz.) provides 1 1/2 oz. meat and 1/4 oz. equivalent grains.

Optional:

Serve with a lemon mayonnaise.

For a quantity recipe that yields 25 or 50 servings see:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/mini-salmon-loaves>.

Source: Team Nutrition; Adapted from Cooks.com.



Overnight Oatmeal with Berries

Prep time: 15 minutes

Makes: 1 Serving

A mixture of milk, yogurt and raspberries combine with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day.

Ingredients

1/2 cup low-fat milk (or less for thicker oatmeal)

1/4 cup Greek yogurt, fat-free

2 teaspoons honey

1/4 teaspoon cinnamon

1/4 teaspoon vanilla extract

1/2 cup uncooked rolled oats

1/4 cup raspberries, frozen

Directions

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Notes

Frozen blueberries or strawberries may be used in place of raspberries.

Source: USDA Center for Nutrition Policy and Promotion



Pineapple Chicken

Prep time: 1 hour 5 minutes

Cook time: 45 minutes

Makes: 6 Servings

Full of sweet pineapple and succulent bites of chicken, this dish is similar in flavor to Sweet and Sour Pork,

Ingredients

1 1/2 cups Water

1/4 teaspoon Salt, table

1/4 teaspoon Black pepper, ground

2 tablespoons Soy sauce, low-sodium

9 1/4 ounces Chicken breast, boneless, skinless, cooked,
1/2" diced

1/2 cup Brown rice, long-grain, uncooked

2 tablespoons Canola oil

2 cups Green onions with tops, fresh, thinly sliced

1 cup Celery, fresh, 1/4" diced

2 cups Pineapple with juice, canned, crushed, packed in juice or light syrup

4 teaspoons Sugar, granulated (4 teaspoons = 1 Tbsp 1 tsp)

4 teaspoons Cornstarch (4 teaspoons = 1 Tbsp 1 tsp)

Directions

1. Make marinade: In a plastic bag or medium bowl stir together 2 Tbsp. water, salt, pepper, and soy sauce.
2. Marinate chicken for 1 hour.
3. Combine brown rice and 1 cup water in a small pot. Reserve remaining 1/4 cup water for step 11.
4. Heat on medium-high heat to a rolling boil.
5. Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork.
6. Heat 1 tablespoon of oil on medium-high in a medium stockpot. Reserve remaining oil.
7. Sauté green onions and celery for about 3-5 minutes or until celery begins to cook, but stays crunchy, al dente. Stir frequently.
8. Remove vegetables and set aside.
9. Add remaining oil to the pot.
10. Add chicken, marinade and pineapples with juice to pot. Continue cooking on medium-high heat and bring to a boil, about 5-7 minutes. Stir frequently. Heat to 165 °F or higher for at least 15 seconds.

11. Make cornstarch mixture: In a small bowl whisk remaining 1/4 cup water together with sugar and cornstarch until smooth.
12. Stir cornstarch mixture into the chicken and pineapple. Bring to a boil. Reduce heat and cook for 3-5 minutes, or until sauce is nectar thick. Stir frequently. Add remaining 2 Tbsp. of water if too thick.
13. Stir celery and green onions into pineapple chicken mixture and cook for 1 minute.
14. Serve 2/3 cup pineapple chicken over 1/4 cup cooked rice.

Critical Control Point: Hold for hot service 140 °F or higher.

Notes

CACFP Crediting Information:

2/3 cup pineapple chicken and 1/4 cup cooked rice provides 1 1/2 oz. equivalent meat, 1/8 cup vegetable, 1/4 cup fruit, and 1/2 oz equivalent grains.

Variation:

If chicken is frozen, defrost in the refrigerator for 1 day per 1-5 pounds. Hold raw chicken at 40 °F or lower.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/pineapple-chicken>.

Source: Team Nutrition: <http://hawaiifoods.hawaii.edu/recipes.asp?id=165901&sid=0,>



Red Beans and Rice

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 6 Servings

Rice and beans is a staple dish in many South American countries. The popular duo is sometimes called “casamiento” or “matrimonio,” which means wedding or marriage. Rice and beans is also a popular part of Creole cuisine in Louisiana.

Ingredients

1 tablespoon Olive oil

1 1/2 cups Onions, fresh, peeled, 1/4" diced

1 1/2 cups Green bell peppers, fresh, 1/4" diced

3 cloves Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

3/4 cup Brown rice, instant, uncooked

2 teaspoons Cumin, ground

2 teaspoons Oregano, leaves, dried

1/2 teaspoon Salt, table

1/2 teaspoon Black pepper, ground

2 cups Chicken broth, low-sodium

3 cups Dark red kidney beans, canned, low-sodium, drained and rinsed or kidney beans, dry, cooked

Directions

1. Heat oil on medium-high in a medium skillet.
2. Add onions and peppers and sauté for about 3 minutes or until onions are soft.
3. Reduce heat to medium.
4. Stir in garlic, brown rice, cumin, oregano, salt, and pepper. Cook for 1 minute or until rice and spices become toasted, stirring constantly.
5. When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium-high, and bring to a boil.
6. Stir in kidney beans. Reduce heat to medium and simmer for 5 minutes or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
7. Serve 3/4 cup.

Critical Control Point: Hold at 140 °F.

Notes

CACFP Crediting Information:

3/4 cup provides Legume as Meat Alternate: 1 1/2 oz.
equivalent meat alternate, 1/4 cup vegetable and 1/2 oz.
equivalent grain OR Legume as Vegetable: No equivalent
meat alternate and 5/8 cup vegetable and 1/2 oz.
equivalent grains.

Tips for Soaking Dry Beans

1 lb. dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups
cooked beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of
dry beans. Cover and refrigerate overnight. Discard the
water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of
dry beans. Add beans and boil for 2 minutes. Remove from
heat and allow to soak for 1 hour. Discard the water.
Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qt. water for
every lb. of dry beans. Boil gently with lid tilted until tender,
about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or
higher or chill for later use. To chill, cool to 70 °F within 2
hours and to 40 °F or lower within an additional 4 hours.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/red-beans-and-rice>.

Source: Team Nutrition: Adapted from CNPP Cultural Recipes.



Sautéed Tofu and Broccoli

Prep time: 10 minutes

Cook time: 16 minutes

Makes: 6 Servings

Tofu takes on a savory and sweet blend of flavors in this Asian-inspired recipe.

Ingredients

1 cup Water

3 ounces Spaghetti noodles, whole-wheat, uncooked

20 ounces Tofu, firm, drained, cubed 1/2"

1/4 cup Soy sauce, low-sodium

1 teaspoon Sesame oil

1 tablespoon Brown sugar, packed

4 cloves Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

1 tablespoon Ginger root, shredded

1/8 teaspoon Red pepper flakes

2 teaspoons Canola oil

1 quart Broccoli, fresh, chopped (1 qt = about 8 oz)

1 1/2 teaspoons Sesame seeds

Directions

1. Heat water to a rolling boil.
2. Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
3. Place tofu between two plates or between the bottom, flat surface of two pans. Apply slight pressure to squeeze out some of the liquid from the tofu.
4. Cut tofu into 1/2" cubes.
5. Make sauce: In a small bowl, combine soy sauce, sesame oil, brown sugar, garlic, ginger root, and red pepper flakes.
6. Place tofu in a large bowl. Pour sauce over tofu. Carefully turn tofu several times to coat well. Set aside.
7. Heat canola oil in a large nonstick skillet.
8. Add broccoli and sauté for about 3 minutes, or until broccoli turns bright green and becomes tender and crispy. (Note: Large broccoli pieces may be a choking hazard, for younger children, chop broccoli into smaller pieces.)
9. Remove broccoli from the pan and set aside.

10. Place tofu and marinade in skillet on medium-high heat and cook for 5 minutes on each side or until browned, turn gently.

11. Gently stir in broccoli and continue cooking. Heat to 145 °F for at least 15 seconds.

12. Remove from heat, add sesame seeds, and stir gently.

13. Serve 1 cup.

Critical Control Point: Hold for hot service 140 °F or higher.

Notes

CACFP Crediting Statement:

1 cup provides 1 1/2 oz. equivalent meat alternate, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

For a quantity recipe that yields 25 or 50 servings see:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/saut-ed-tofu-and-broccoli>.

Source: Team Nutrition; Adapted from http://www.nhlbi.nih.gov/files/docs/public/heart/Dinners_Cookbook_508-compliant.pdf.



Spinach Egg Bake

Prep time: 20 minutes

Cook time: 17 minutes

Makes: 6 servings

An egg bake, also known as a frittata, is an easy-to-prepare dish that provides a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In some parts of Europe, it is rarely served in restaurants but commonly prepared in the home.

Ingredients

2 1/4 cups Spinach, frozen, chopped, thawed, and drained

6 Eggs, large (1 1/4 cup of whole liquid eggs can be substituted for fresh eggs)

1 tablespoon Feta cheese, crumbled

1 teaspoon Onions, dehydrated, chopped

1/8 teaspoon Black pepper, ground

1/8 teaspoon Salt, table

Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Thaw spinach in the microwave using package direction or by placing under cool running water.
3. Drain excess water from spinach (see chef tip below).
4. Whisk eggs in a small mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well (see chef tips below).
5. Lightly coat medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Spread spinach evenly on the bottom of the baking dish.
7. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon. Place baking dish in the oven. Bake for 15 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds.
8. Then, broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown color. Remove immediately to prevent burning. Caution: use a hot pad as dish will be very hot.
9. Cut into 6 even pieces; each piece should be about 2" x 3 3/4". Serve immediately.

Critical Control Point: Hold at 140° F or higher.

Notes

CACFP Crediting Information:

1 piece provides 2 oz. equivalent meat alternate and 1/4 cup vegetable.

Variations:

Swiss, cheddar, or ricotta cheese are great substitutes for the feta.

Chef Tips:

Before whisking, puncture each egg yolk with a fork to make whisking faster and easier.

It is very important to squeeze moisture from the spinach to obtain optimal firmness, texture, and color in your egg bake.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/spinach-egg-bake>.

Source: Team Nutrition: Adapted from CNPP Cultural Recipes.



Stir-Fry Pork

Prep time: 25 minutes

Cook time: 50 minutes

Makes: 6 Servings

Stir-frying is a popular and efficient cooking technique that involves using a small amount of oil to pan fry vegetable medleys, meats, and seasonings.

Ingredients

1/2 cup Brown rice, long-grain, uncooked

17 tablespoons Water (17 Tbsp = 1 cup 1 Tbsp)

1 tablespoon Cornstarch

1 tablespoon Soy sauce, low-sodium

1 cup Chicken broth, low-sodium

1 tablespoon Canola oil

1 cup Broccoli, frozen, chopped

2 cups Carrots, fresh, peeled, shredded

3/4 cup Onions, fresh, peeled, 1/4" diced

2 teaspoons Garlic powder

2 teaspoons Ginger root, fresh, grated (OR 1 tsp Ginger, ground)

1/2 teaspoon Salt, table

1/4 teaspoon Black pepper, ground

1 pound Pork, sirloin roast, fresh or frozen, 1/2" cubed

Nonstick cooking spray

Directions

1. Combine brown rice and 1 cup water in a small pot. Reserve remaining water for step 4.
2. Heat over medium-high heat to a rolling boil.
3. Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork.
4. Make cornstarch mixture: In a small bowl whisk together cornstarch, remaining water, and soy sauce until smooth.
5. Make sauce: In a small pot, bring chicken broth to a boil over medium-high heat. Stir in cornstarch mixture. Cook and stir frequently until nectar thick, about 5-7 minutes. Remove from heat and set sauce aside.
6. Heat oil in a wok or skillet over medium-high heat.
7. Add broccoli and sauté for about 3-5 minutes, or until thawed. Stir frequently.

8. Add carrots, onions, garlic powder, and ginger. Cook for 3 minutes or until vegetables become slightly tender. Remove from skillet and set aside.

9. Season pork with salt and pepper.

10. Coat skillet with nonstick cooking spray and place over medium-high heat. Add pork and brown for about 10-15 minutes. Stir frequently. Heat to 155 °F or higher for at least 15 seconds.

11. Add vegetables and sauce to skillet. Cook for 2-3 minutes. Stir frequently. Heat to 145 °F or higher for at least 15 seconds.

12. Serve 1/2 cup stir-fry over 1/4 cup rice.

Critical Control Point: Hold for hot service 140 °F or higher.

Notes

CACFP Crediting Information:

1/2 cup stir-fry over 1/4 cup rice provides 1.5 oz. equivalent meat, 1/4 cup vegetable, and 1/2 oz. equivalent grains.

Variation:

If pork is frozen, defrost in the refrigerator 1 day for 1-5 pounds. Hold raw pork at 40 °F or lower.

For a quantity recipe that yields 25 or 50 servings see:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/stir-fry-pork>.

Source: Team Nutrition: Adapted

http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/pdf/Menus_and_Recipes.pdf.



Tabbouleh

Prep time: 20 minutes

Makes: 6 Servings

Tabbouleh is a popular Middle Eastern salad that is served as part of a mezze (assortment of appetizers). A primary ingredient in tabbouleh is bulgur, which is a whole grain.

Ingredients

1/2 cup Bulgur, uncooked

1 cup Water

3/4 cup Cucumber, fresh, peeled, 1/4" diced

3/4 cup Tomatoes, fresh, 1/4" diced

2 tablespoons Italian parsley, fresh, chopped

2 tablespoons Mint leaves, fresh, chopped

2 tablespoons Green onion with tops, fresh, chopped

1 clove Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)

1 tablespoon Olive oil, extra virgin

2 tablespoons Lemon juice, fresh squeezed, seeds removed OR Lemon juice, bottled

1/4 teaspoon Salt, table

1/4 teaspoon Black pepper, ground

Directions

1. In a small stockpot bring water to a rolling boil.
2. Add bulgur, cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
3. In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
4. Prepare dressing: In a small bowl whisk together olive oil, lemon juice, salt, and pepper.
5. Combine dressing with the other ingredients, mix well.
6. Refrigerate and let chill for at least 2 hours before serving to allow the flavors to fuse. Critical Control Point: Cool to 40 °F or lower within 4 hours.
7. Serve 1/2 cup.

Critical Control Point: Hold at 40 °F or lower.

Notes

CACFP Crediting Information:

1/2 cup provides 1/4 cup vegetable and 1/2 oz. equivalent grains.

Chef Tips:

Before chopping parsley and mint, wash in a colander under running water. Spin dry in a salad spinner.

Get more juice from the lemon by rolling it gently on a flat surface before cutting or juicing to loosen the membranes.

Cook bulgur the day before and cool in the refrigerator.
Critical Control Point: Cool to 40 °F or lower within 4 hours.

Make sure the chopped vegetables are dry to prevent the salad from getting soggy.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/tabbouleh>.

Source: Team Nutrition: Adapted from a recipe by Nebraska Extension.



Tropical Bean Salad

Prep time: 10 minutes

Makes: 6 Servings

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

Ingredients

3 1/2 cups Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked

1 1/2 cups Mango, canned, drained, diced

3/4 cup Tomato, fresh, 1/4" diced

1 tablespoon Canola oil

2 tablespoons Apple cider vinegar

1/2 teaspoon Oregano, dried

1/4 teaspoon Black pepper, ground

3 cups Romaine lettuce, raw, chopped

Directions

1. In a medium bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl whisk together canola oil, apple cider vinegar, oregano, and pepper.
3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup black bean salad over a 1/2 cup lettuce.

Critical Control Point: Hold at 40 °F or lower.

Notes

CACFP Crediting Information:

1 cup bean salad over 1/2 cup lettuce provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 3/8 cup vegetable, and 1/4 cup fruit OR Legume as Vegetable: 7/8 cup vegetable and 1/4 cup fruit.

Tips for Soaking Dry Beans

1 lb. dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a quantity recipe that yields 25 or 50 servings see:
<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/tropical-bean-salad>.

Source: Team Nutrition: Adapted from a recipe by Learning Care Group.



Whipped Sweet Potatoes

Prep time: 5 minutes

Cook time: 20 minutes

Makes: 6 Servings

Brighten your plate with the perfect side dish. This quick and easy-to-prepare sweet potato recipe will become a menu favorite.

Ingredients

14 ounces Sweet potatoes, fresh, peeled, cut into quarters (about 3 1/8 cups)

1 tablespoon Milk, 1% (low-fat)

1 tablespoon Margarine, trans-fat free

1/4 teaspoon Salt, table

1/4 teaspoon Black pepper, ground

Directions

1. Place sweet potatoes in a pot of water and bring to a boil. Cook until fork tender, about 20 minutes. Drain well. Heat to 145 °F for at least 15 seconds.

2. In a medium bowl, immediately combine drained sweet potatoes, milk, margarine, salt, and pepper.

3. Using an electric mixer, mix on medium speed until potatoes are smooth and fluffy.

4. Serve 1/4 cup.

Critical Control Point: Hold for hot service 140 °F or higher.

Notes

CACFP Crediting Information:

1/4 cup provides 1/4 cup vegetable.

For a quantity recipe that yields 25 or 50 servings see:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/whipped-sweet-potatoes>.

Source: Team Nutrition: Adapted from

http://www.education.ne.gov/ns/cacfp/WhatsCookin/Whats_Cookin_II_Section_III_Fruits_Vegetables.pdf