



Autumn Week One Monday

Fiesta Egg Puff

1 Tbsp. unsalted butter
1 c. mushrooms, sliced
½ c. tomatoes, diced
2 c. spinach, loosely packed
1 c. red bell peppers, seeded, diced
6 large eggs
1½ c. grated potatoes, cooked
½ c. shredded mozzarella cheese

1. Preheat oven to 400°F.
2. Heat butter in large skillet over medium-high heat; add mushrooms, tomatoes, spinach and peppers. Cook for 5 minutes, or until tender and water evaporates. Remove from heat and set aside to cool.
3. Lightly beat eggs in large mixing bowl. Mix in cooked vegetables, potatoes and cheese. Season with salt and pepper.
4. Line large muffin tin with 8 greased foil cups. Portion ½ cup mixture into each cup.
5. Bake in oven for 10-20 minutes, or until eggs puff and are firm.

Serves 6. One puff is a vegetable (1/2 c.) for a 3-5 year old at breakfast

Beany Power Pita

1 c. black beans, rinsed, drained
½ c. cherry tomatoes, chopped
¼ c. salsa
¼ c. guacamole
2 whole wheat pitas
4 Romaine lettuce leaves
1/2 c. shredded cheddar cheese

1. In a bowl, mix black beans, cherry tomatoes, salsa and guacamole.
2. Cut pita in quarters.
3. Stuff pita with lettuce and black bean mixture. Sprinkle with cheese.

Serves 4. One pita is a G/B (1 oz.) MMA (1.5 oz.) and a 1/4 c. vegetable for a 3-5 year old at lunch/supper.

Cauliflower Popcorn

1 head cauliflower
4 Tbsp. olive oil
1 tsp. salt
1/2 tsp. turmeric

1. Preheat oven to 425°F.
2. Trim the cauliflower into small, even-sized florets
3. Toss cauliflower with oil and spices
4. Spread evenly on a baking sheet and roast until cauliflower is browned and crunchy, about 20 min.

Serves 4. 1/2 c. is a vegetable for a 3-5 year old at snack.



Autumn Week One Tuesday

Banana Rama Breakfast

- 2 slices whole wheat toast
- 1 c. cottage cheese
- 3 med. bananas, sliced
- 1 tsp. cinnamon

1. Spoon cottage cheese onto toast
2. Arrange sliced bananas on top and sprinkle with cinnamon

Serves 4. One serving is a grain/bread (1/2 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Ole Chicken Tostada

- 1 lb. cooked chicken breasts, shredded, sliced or diced
- 2 Tbsp. salsa
- 6–8" whole wheat tortillas
- 1 1/2 c. cheddar cheese, shredded

1. Pre-heat oven at 350 degrees.
2. Mix chicken with salsa, set aside.
3. Lay tortillas out to assemble on cookie sheet pan.
4. Assemble by spreading 1/4 cup cheese on tortilla then 2 ounces chicken, leave unrolled.
5. Place in oven, for about 5-8 minutes or until cheese is melted and very lightly browned.
6. Remove from oven, roll up, portion as desired, serve.

Serves 6. Each tostada is a G/B (1 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper

Roasted Broccoli & Cauliflower Crowns

- 1 head cauliflower
- 1 head broccoli
- 1 tsp. salt
- 2 Tbsp. olive oil

1. Preheat oven to 425°F.
2. Trim the cauliflower and broccoli into small, even-sized florets
3. Toss cauliflower with oil and salt
4. Spread evenly on a baking sheet and roast until cauliflower is browned and crunchy, about 20 min.

Serves 8. 1/2 c. is a vegetable for a 3-5 year old at lunch/supper.



Autumn Week One Wednesday

Apple Snapple Oatmeal

- 1 medium apple or pear(s)
- 1 c. regular oatmeal
- 1/4 tsp. cinnamon
- brown sugar, optional
- 3 c. 100% apple juice
- 1/4 c. raisins

1. Chop apple or pear and place in sauce pan with apple juice, oatmeal, raisins and cinnamon. Stir to mix.
2. Cook at medium-high heat until bubbly. Turn burner to low and simmer uncovered for 5 minutes, stirring now and then.

Serves 6. 3/4 c. of oatmeal is G/B (1/2 oz.) and 1/2 c. fruit for a 3-5 year old at breakfast.

English Muffin Vegetable Pizza

- 2 English Muffins, whole wheat
- 1/2 c. marinara sauce
- 1/8 c. green peppers
- 1/8 c. mushrooms
- 1/8 c. olives
- 1/8 c. tomatoes
- 6 oz. shredded cheese

1. Pre-heat oven at 350 degrees.
2. Toast English muffins
3. Spread each English muffin with tomato sauce and top with vegetables and cheese
4. Bake muffins in the oven until heated through and cheese is melted, about 10 min.

Serves 4. Each pizza is a G/B (1/2 oz.), MMA (1.5 oz.) and 1/4 c. veg for a 3-5 year old at lunch/supper.

Warm You Up Cider

- 6 c. 100% apple juice or cider
- 1 1/2 c. 100% cranberry juice
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- 1 thinly sliced orange(s)

1. Combine all the ingredients and simmer.
2. Let cool, serve warm.

Serves 6. 1/2 c. of cider is a 1/2 c. fruit for a 3-5 year old at snack.



Autumn Week One Thursday

Sugar & Spice Quesadilla

- 2 whole wheat tortillas
- 2 Tbsp. cream cheese
- 2 c. sliced strawberries
- 1 Tbsp. sugar
- 1 dash cinnamon

1. Spread cream cheese over tortilla.
2. Top with strawberries and sugar on one side.
3. Sprinkle with cinnamon, fold in half and cut into two pieces.

Serves 4. Each 1/2 of a tortilla is a G/B (1 oz.) and 1/2 c. fruit for a 3-5 year old at breakfast.

Hummus

- 1—15 oz. can chickpeas
- 1/2 tsp. ground cumin
- 2 Tbsp. lemon juice
- 3 cloves garlic, minced

1. Place all ingredients in a food processor and process until smooth.

Serves 6. 2 Tbsp. is a meat/meat alternate (0.5 oz.) for a 3-5 year old at snack.

Scrumptious Chicken Drumsticks

- 6 chicken drumsticks
- 1/4 tsp. paprika
- 1 tsp. oregano, dried, leaves
- 1/2 tsp. black pepper, ground coarse
- 1 tsp. thyme, dried, leaves
- 1/4 tsp. garlic powder
- 2 Tbsp. lemon juice
- 1 Tbsp. honey or sugar

1. Preheat oven to 350°F. Wash chicken and pat dry.
2. In large bowl, combine all dry ingredients and lemon juice (and honey if using) to make seasoning.
3. Rub seasoning over chicken and marinate in refrigerator for at least 5 hours (overnight is fine).
4. Place chicken, evenly spaced, on parchment or foil lined baking sheet pan.
5. Uncovered, bake until golden browned about 30 minutes.
6. Turn over and bake until golden browned and internal temperature is 160, about 30 minutes.

Serves 6. Each drumstick is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.



Autumn Week One Friday

Hocus Pocus Griddlecakes

- 1 c. whole wheat flour
- 1/2 c. quick oats
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 c. milk
- 1 egg
- 3 Tbsp. butter
- 3/4 tsp. cinnamon
- 1/4 tsp. ginger
- 1/8 tsp. nutmeg
- 2 Tbsp. honey

1. Place all ingredients in a blender or food processor and puree until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Scoop the batter onto the griddle, using about 1/4 c. for each pancake.
3. Brown on both sides and serve.

Makes 10 pancakes. Each pancake is a G/B (1 oz.) for a 3-5 year old at breakfast.

Lavish Lasagna

- 2 Tbsp. olive oil
- 2 c. mushrooms, chopped
- 1 c. green bell pepper, seeded, chopped
- 1 c. yellow onion, finely chopped
- 3 c. spinach, loosely packed, chopped
- 1 lb. 2% cottage cheese
- 2 1/2 c. shredded mozzarella cheese, divided
- 1/4 tsp. salt
- 26 oz. jarred low sodium pasta sauce
- 2 large zucchini, sliced, 1/4-inch thick rounds
- 8 oz. no-boil lasagna noodles

1. Heat oil in large skillet over medium-heat; add mushrooms, peppers, onions and spinach. Cook 5 min, or until water evaporates.
2. In mixing bowl, mix cottage cheese, 2 cups mozzarella cheese and salt.
3. Grease slow cooker. Cover bottom with 1/3 of sauce and layer with half of the noodles, cooked vegetable, zucchini and cottage cheese. Repeat layering.
3. Top with remaining sauce and sprinkle 1/2 cup mozzarella cheese on top.
4. Cook on low for 5 hours or until noodles and zucchini are tender.

Makes 16 servings. 3/4 c. serving is a G/B (1/2 oz.) MMA (1.5 oz.) and 1/2 c. veg for a 3-5 year old at lunch/supper.



Autumn Week Two Monday

Get Up & Go French Toast

4 slices whole wheat bread
6 eggs
1 c. milk
1 tsp. cinnamon
1 Tbsp. sugar
Pinch of salt

1. Preheat oven to 350°F.
2. Prepare a 9×13 glass dish with non-stick spray.
3. Lay bread slices in glass dish, pack together as needed.
3. Beat eggs well, then add milk, cinnamon, and sugar and a pinch of salt.
4. Pour over bread and let sit for at least an hour or over night.
5. Bake in pre-heated 350 degrees for about 30 minutes or until golden brown. Poke for doneness with tooth pick, it should pull come out clean.

Serves 8. One thick slice is a G/B (1/2 oz.) for a 3-5 year old at breakfast.

Oven Sloppy Joes

2 lbs. hamburger
15 oz. tomato sauce
3 Tbsp. ketchup
1 Tbsp. brown sugar
1 1/2 c. chopped onion
dash of Tabasco or hot sauce
1 tsp. mustard
1 tsp. vinegar
dash soy sauce
dash of Worcestershire sauce
dash of pepper

1. Mix all ingredients together in a roaster pan. It's not necessary to brown the hamburger first.
2. Bake for 1 hour in a 350 degree oven. Stir occasionally.

Serves 12. Each serving is a MMA (1.5 oz.) and 1/8 c. veg for a 3-5 year old at lunch/supper

Spunky Spinach

1/4 c. tomato sauce
1/2 tsp. Italian seasoning
1 lb. spinach, frozen, thawed, water squeezed out
1 c. kidney beans, rinsed, drained
2 pinches salt
1 pinch pepper

1. Heat medium sauce pan on medium heat.
2. Add tomato sauce and Italian seasoning, stir.
3. Then add spinach, beans, salt and pepper.
4. Simmer for 10 minutes.

Serves 6. 1/4 c. is a vegetable for a 3-5 year old at lunch/supper.

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Autumn Week Two Tuesday

Super Fruity Smoothie

- 4 c. pineapple, frozen (canned tidbits work fine)
- 2 c. strawberries
- 1 pear, chopped
- 1/2 c. milk
- 1 c. plain yogurt

Place all ingredients in blender and blend until smooth.

Serves 4. 3/4 c. of smoothie is a 1/2 c. fruit for a 3-5 year old at breakfast.

Roasted Chickpeas

- 2 (15-ounce) cans chickpeas
- 2 Tbsp. olive oil
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1/2 tsp. cayenne pepper
- 1/2 tsp. sea salt

1. Heat the oven to 400°F and arrange a rack in the middle.
2. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated.
3. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.

Serves 4. 1/4 c. is a vegetable for a 3-5 year old at snack.

Little Bo Peep Pot Pie

- 2 c. diced cooked chicken
- 1 c. chopped potatoes
- 1 c. frozen mixed vegetables
- 2 Tbsp. enriched flour
- 1/4 c. shredded Cheddar cheese
- 1—10 oz. pkg. thawed spinach
- 1—14.5 oz. can chicken broth
- 1/4 c. chopped onion
- 1 Tbsp. vegetable oil
- 1/4 tsp. garlic powder
- 1 c. whole wheat flour
- 4 Tbsp. very cold butter

1. Preheat oven to 350 degrees F.
2. In large skillet over medium heat sauté onion in oil for 5 - 8 minutes.
3. Add the spinach and mixed vegetables, cook for 5 minutes. Add flour and broth and bring to a boil, simmer until thickened. Add potatoes, cheese, chicken and seasonings. Pour mixture into a 9 inch pie plate.
4. Cut the butter into the flour and roll into a crust. Cover the pie, cutting several slits in top. Bake for 45 min or until crust is golden brown.

Serves 8. One slice is a G/B (1 oz.), MMA (1.5 oz.) and 1/4 c. veg for a 3-5 year old at lunch/supper

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Autumn Week Two Wednesday

Long Live Lemon Chicken

16 oz. boneless skinless chicken breasts
1 Tbsp. Italian seasoning
1 c. cherry tomatoes, cut in half
¼ c. Parmesan cheese, grated
2 Tbsp. lemon juice
1 Tbsp. olive oil

1. Preheat oven at 350 degrees.
2. Mix Italian seasoning, cherry tomatoes, parmesan cheese, lemon juice and olive oil in a large mixing bowl. Then add chicken and let marinate for 10-15 minutes.
3. Using a shallow baking dish or cookie sheet, lay chicken single layer and bake until lightly golden and firm to the touch about 30 minutes.

Serves 8. Each serving is a MMA (1.5 oz.) and 1/8 c. veg for a 3-5 year old at lunch/supper.

Big League Black Bean Salsa

1—15 oz. can black beans, drained and rinsed
1 c. chopped tomato
1/4 c. chopped onion
1/4 c. chopped green bell pepper
1 Tbsp. lime juice
1/4 tsp. cumin
1/4 tsp. chili powder
salt, to taste

Mix all ingredients.

Makes 4 servings. 1/2 c. of salsa is a vegetable for a 3-5 year old at snack..

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Autumn Week Two Thursday

Hungry Bunny Muffin

2 c. whole wheat flour
1/2 c. brown sugar
1 Tbsp. baking powder
4 eggs
1/2 c. applesauce
2 Tbsp. vegetable oil
2 Tbsp. lemon juice
1—16 oz. pkg. matchstick grated carrots

1. Preheat oven to 375 degrees.
2. In a large bowl, mix together the dry ingredients. Make a well in the center. Add the remaining ingredients.
3. Stir just until moistened. Spoon into lined muffin tins.
4. Bake for 20-25 minutes.

Makes 12 muffins. 1/2 of a muffin is a G/B (1/2 oz.) for a 3-5 year old at breakfast.

Rainbow Turkey Wrap

6—8" whole wheat tortillas
6 oz. sliced low-sodium turkey
6—1 oz. slices cheese
6 tsp. light Ranch dressing
1 large tomato, sliced
1 c. shredded carrot
1/2 c. frozen corn, thawed
1/2 c. cucumbers, thinly sliced
1 avocado, scooped out sliced
1 c. shredded purple cabbage

1. Lay tortillas flat on cutting board. 2. Separate turkey slices into 6 2 oz. portions and place on tortillas. Place slice of cheese on top of each portion. Spread 1 tsp. dressing on cheese.
2. Add tomatoes, carrot, corn, cucumbers, avocado and cabbage.
3. Roll up and slice diagonal.

Serves 6. Each wrap is a G/B (1 oz.), MMA (2 oz) and 1/2 c. veg for a 3-5 year old at lunch/supper.

Pumpkin Pie Dip

6 oz. low fat cream cheese
1/2 c. yogurt
1—15 oz. can pumpkin
2 1/2 tsp. cinnamon
1 tsp. allspice
1 tsp. cloves
1/2 tsp. nutmeg,
5 Tbsp. brown sugar
1/2 tsp. salt

1. In a food processor, place cream cheese and yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving.

Makes 3 servings. 1/2 c. of dip is a vegetable for a 3-5 year old at snack.

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Autumn Week Two Friday

Gorgeous Granola

5 cups rolled oats (use regular, not instant)
1 1/4 c. coconut, shredded
1 tsp. cinnamon, ground
1/4 tsp. ginger, ground, dried
1/2 c. butter melted
1/2 c. brown sugar
1/4 tsp. salt

1. Preheat oven to 350 degrees.
2. Combine all ingredients. Spread mixture on parchment or foiled baking sheet pan.
3. Bake for 30 minutes or longer. Stir occasionally, the longer granola bakes, the crunchier it will get. Do not burn.
4. Remove from oven, Elevate above counter via cooling rack or whatever is available.
5. Once completely cooled place granola in air tight container, will hold for a long time, months.

Makes 6 c. of granola. 1/3 c. of granola is a G/B for a 3-5 year old at breakfast.

Sweet Salmon

6—2 oz. salmon filets
2 Tbsp. honey
2 Tbsp. olive oil
1/2 tsp. lemon juice

1. Pre-heat oven at 375 degrees.
2. In small bowl, mix honey, olive oil and lemon juice, set aside.
3. Place filets on cookie sheet pan, lined with parchment paper. Spoon mixture over salmon filets, then cook on middle top rack until fish is firm about 7- 10 minutes.

Serves 6. Each filet is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Clementine Pumpkins

4 clementines
4 celery sticks

1. Peel clementines and place celery stick in the center to make a stem.

Serves 4. Each "pumpkin" is 1/2 c. fruit for a 3-5 year old at lunch/supper.

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Autumn Week Three Monday

Peachy Parfait

- 3 c. peaches, chopped (if canned, drained)
- 3 c. plain yogurt
- 3 c. granola

1. Put 1/2 C fruit in bottom of glass as a layer. Then layer 1/2 C yogurt on top of fruit. Then layer 1/2 C granola on top of yogurt.

Serves 6. One parfait is a G/B (2 oz.) and 1/2 c. fruit for a 3-5 year old at breakfast.

Rad Roasted Apples

- 3 c. Granny Smith apples, cored, chunked
- 1/4 tsp. cinnamon, ground
- 1 Tbsp. brown sugar
- 2 Tbsp. Butter, unsalted, melted

1. Preheat oven at 350 degrees.
- 2.)oss all ingredients together, and roast on parchment or foil sheet trays, single layer, for 20 to 25 minutes or until lightly golden, and tender, but not mushy.

Serves 4. 1/2 c. of apples is a fruit for a 3-5 year old at snack.

Tropical Turkey Meatloaf

- 1 lb. ground turkey
- 3 eggs, beaten
- 1 c. pineapple tidbits
- 1/2 c. chopped green bell pepper
- 1/2 c. chopped onion
- 1 1/4 c. bread crumbs
- 1 1/2 tsp. basil, dried, leaves
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. garlic powder
- 1/4 tsp. thyme, dried, leaves

1. Preheat oven to 350°. Spray loaf pan with non-stick cooking spray
2. Place green pepper and onion in a skillet, heat to med/high and cook for 5 min.
3. Stir together eggs, bread crumbs, pineapple, green peppers, onions, and spices.
4. Add ground turkey, and mix by hand until well blended.
5. Spoon turkey mixture into loaf pan, packing loosely but evenly.
6. Bake for 65-90 minutes or until a meat thermometer inserted in center of loaf reads 165°. Remove from oven, and let sit 5 minutes before slicing.

Serves 8. One serving is a MMA (1.5 oz.), 1/8 c. vegetable and 1/8 c. fruit for a 3-5 year old at lunch/supper.



Autumn Week Three Tuesday

Grand Pear Gondolas

3 pears, each cut into 4 wedges (12 wedges total)
6—1 oz. slices Colby cheese, cut in half
12 cherry tomatoes
12 toothpicks

1. Lay pears skin side down, and stack ingredients on each fruit piece as follows: Mozzarella, Colby, cherry tomato, and then pick with tooth pick.

Makes 12 pear gondolas. 2 gondolas is a fruit (1/2 c.) and a MMA (1 oz.) for a 3-5 year old at snack.

Super Italian Pasta

1 lb. cooked chicken, chopped
1 lb. whole grain pasta, spiral shaped, cooked
1 1/4 lbs. yellow onions, diced
1—15 oz. can (1 3/4 cups) garbanzo beans, rinsed, drained
1 Tbsp. garlic, minced
1 Tbsp. olive oil
2 c. zucchini, small chop
2 c. carrots, small chop
4 c. marinara sauce
2 Tbsp. Italian seasoning, dried
1/8 tsp. black pepper, ground
1/2 c. Parmesan cheese

1. Pre-heat oven to 350 degrees.
2. Cook pasta per instructions on package, set aside. This can be done in advance.
3. Combine all ingredients - chicken, pasta, onions, garlic, oil, garbanzo beans, zucchini, carrots, pasta sauce, Italian herbs, black pepper, Parmesan cheese.
4. Portion mixture into large greased casserole dish. Cover casserole dish with lids or parchment paper and foil. Bake at 350 degrees until carrots are tender and mix is hot, about 30 to 45 minutes.

Makes 16 servings. 1 1/4 c. of pasta is a G/B (1 oz.), MMA (1.5 oz.) and 1/2 c. veg for a 3-5 year old at lunch/supper.

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Autumn Week Three Wednesday

Poofy Puffy Pancake

- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- 6 large eggs, beaten until frothy
- 1 c. milk
- 1/2 tsp. vanilla extract
- 1 c. whole wheat flour
- 1/4 tsp. salt

1. Preheat oven to 450 degrees.
2. Put the butter and oil in a skillet, and put the skillet in the oven while it heats.
3. Stir eggs, milk, vanilla, flour, and salt until well blended.
4. When the oven is hot, use the pot holder to remove the skillet and quickly tilt it by the handle to swirl the butter and oil around to coat it. Pour the batter into the hot skillet and return the skillet to the oven.
5. Bake until very puffy and golden-brown around the edge, around 20 to 25 minutes.

Serves 12. One serving is a G/B (0.5 oz.) for a 3-5 year old at breakfast.

Pumped Up Red Pepper

- 2 med. red bell peppers, halved length wise, stem and seeds removed
- 1/4 c. chopped green onion
- 1/2 tsp. garlic, minced
- 1 c. fresh baby spinach, packed
- 1/2 c. tomato sauce
- 6 oz. cooked chicken (1 med. chicken breast) cut into bite-size pieces
- 2 c. hot cooked brown rice
- 2 Tbsp. Parmesan cheese

1. Preheat the oven to 375F.
 2. Place halved peppers in casserole dish.
 3. Heat large sauté pan, cook the scallion, garlic, spinach, and tomato sauce for 5 minutes. Add cooked chicken and rice.
 4. Fill each pepper and sprinkle with cheese.
 5. Place casserole dish in oven, then pour water into dish up to half way on peppers. Bake until the pepper is soft, 30-40 minutes.
- Serves 4. Each stuffed pepper half is a G/B (1 oz.), MMA (1.5 oz.) and 1/2 c. veg for a 3-5 year old at lunch/supper*

Sassy Sweet Potato Fries

- 2 lbs. sweet potatoes, peeled, cut into finger size sticks
- 1/4 c. olive oil
- 1 Tbsp. sugar
- 2 tsp. salt
- 1 Tbsp. cumin
- 1/2 Tbsp. turmeric

1. Preheat oven to 450°F.
2. Put the sweet potatoes into a large bowl and add the oil. Mix well to combine. Sprinkle with salt, sugar spices. Mix thoroughly.
3. Spread the sweet potatoes out on parchment or aluminum foil lined baking sheet. Bake for 25 to 30 minutes. Sitr after 15 minutes, and then continue cooking until they are browned.

Serves 6. 1/2 c. of sweet potato fries is a vegetable for a 3-5 year old at snack.



Autumn Week Three Thursday

Marvelous Hummus Sandwich

- 8 slices whole wheat bread
- 1/2 c. HM or CN hummus
- 4 Tbsp. guacamole
- 4 romaine lettuce leaves
- 8—1 oz. slices mozzarella cheese
- 1 c. cucumbers, sliced
- 1 c. tomato, sliced

1. Toast bread.
2. Spread 2 Tbsp. hummus and guacamole on 1 slice of bread, add 1 romaine lettuce leaf, 2 slices cheese, then add cucumber and tomato slices.
3. Top with second slice of bread.

Serves 8. 1/2 of a sandwich is a G/B (1 oz.), MMA (1.5 oz.) and 1/4 c. veg for a 3-5 year old at lunch/supper.



Autumn Week Three Friday

Awesome Oatmeal

- 1 1/2 c. water
- 1 c. regular rolled oats
- 1/4 tsp. ground cinnamon
- 1 c. strawberries, sliced
- 1 c. mango
- 6 Tbsp. walnuts

1. In medium sauce pan, bring water and oats to boil. Add cinnamon.
2. Simmer oats for 10 minutes or until thick.
3. Top oatmeal with berries, mango, and walnuts.

Serves 8. 1/2 c. is a G/B and 1/4 c. fruit for a 3-5 year old at breakfast.

Curry Yogurt Dip

- 1 1/2 c. low-fat plain yogurt
- 1 tsp. curry powder
- 1/4 tsp. ground cumin
- 1/2 tsp. sugar
- 1/2 tsp. lemon juice

Combine all ingredients and stir to mix.

Serves 6. 1/4 c. of dip is a MMA for a 3-5 year old at snack.

Mighty Meatballs with Rock'n Ragu

Sauce

- 1/4 c. onions, minced
- 1 Tbsp., fresh garlic, minced
- 2 c. marinara sauce

Meatballs

- 1 1/2 lb. lean ground beef
- 2 eggs
- 3 Tbsp. water
- 3/4 c. whole grain bread crumbs
- 1/2 c. onions, minced
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. basil, dried, leaves

1. In small sauce pan, sauté onions and garlic until tender, about 5 minutes. Add sauce, and simmer for 20 minutes. Set aside.
2. Preheat oven to 350. In large bowl combine egg, water, bread crumbs, onion, salt, pepper and basil and combine.
3. Add ground beef, broken into chunks, and mush with your hands to combine. Form into meatballs about 1" in diameter and place on a foil-lined cookie sheet. Bake for 25-30 minutes until meatballs are firm.

Makes 48 small meatballs. 4 meatballs with 1/8 c. sauce is a MMA (1.5 oz.) and 1/8 c. veg for a 3-5 year old at lunch/supper.



Autumn Week Four Monday

Green Machine Smoothie

- 1 c. milk
- 1 banana, frozen (peel then freeze)
- ½ avocado, pitted, peeled
- 1 c. spinach, gently packed
- 1/2 c. green apple, cored, chopped

1. Blend all ingredients in blender until smooth.

Serves 2. 3/4 c. smoothie is 1/4 c. veg and 1/4 c. fruit for a 3-5 year old at breakfast.

Buddy Bows & Veggies

- 2 Tbsp. olive oil
- ½ c. sweet onions, sliced
- 2 c. broccoli, chopped small
- 1 c. any color bell peppers, chopped small
- ¼ tsp. Italian herbs
- 1 c. kidney or black beans
- 2 c. bow tie pasta, cooked
- 2 c. cheddar cheese

1. Heat oil in large skillet on medium/high heat.

2. Add onions, broccoli, peppers, Italian herbs, cook for 5 minutes or until broccoli and onions are tender.

3. Add beans and cooked pasta, and cook until beans and pasta is heated through.

4. Add cheese and stir to combine.

Serves 8. 3/4 c. of Buddy Bows is a G/B (0.5 oz.), MMA (1.5 oz.) and 1/4 c. veg for a 3-5 year old at lunch/supper.

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Autumn Week Four Tuesday

Viva La Veggie Scrambler

2 Tbsp. olive oil
4 eggs, beaten
1 c. bell peppers, chopped
1 c. mushrooms, sliced
1/4 c. Parmesan cheese

1. In a medium sauté pan, heat oil on medium heat, add bell peppers, mushrooms, and sauté for about 2 minutes.
2. Add eggs, stir and cook until firm, solid and not clear, 2-3 minutes.

Serves 4. One scrambler is 1/2 c. veg for a 3-5 year old at breakfast.

Hearty Pot Roast

2 lbs. beef chuck roast
2 c. potatoes, quartered
2 c. onions, chopped
6 large garlic cloves, minced
2 large tomatoes, chopped
2 c. carrots, peeled, chopped
1 c. mushrooms, chopped
6 c. chicken broth
1 Tbsp. dried Italian seasoning

1. Season chuck roast with salt and pepper, and brown in heavy skillet with oil.
2. Place browned meat, potatoes, carrots, peppers, mushrooms, onions, garlic, tomatoes, and chicken broth in crock pot.
3. Cook on high for one hour, add Italian seasoning, then reduce heat to low and cook for 6 hours or overnight.

Serves 16. 1 c. of pot roast is a MMA (1 oz.) and 1/2 c. veg for a 3-5 year old at lunch/supper.

Brownie Supreme

1—15 oz. black beans, rinsed and drained
2/3 c. butter, melted
5 oz. dark chocolate, melted
1 c. sugar
4 tsp. vanilla extract
3 eggs
3/4 c. whole wheat
1/4 tsp. baking soda
1/4 c. cocoa powder
1/4 tsp. salt
1 c. chocolate chips

1. Preheat oven to 350 degrees. Grease 8x8 pan.
2. Whisk melted butter and chocolate and add with black beans, eggs, cocoa powder, salt, vanilla extract, and sugar in a blender and process until smooth.
4. Fold in the flour, baking soda and chocolate. Transfer mixture to pan and bake for 30 min.

Serves 12. One brownie is a G/B (0.5 oz.) for a 3-5 year old at snack. Counts as a dessert item.

twist & sprout

Autumn Week Four Wednesday

Perky Pancakes

- 1 c. whole-wheat flour
- 1 1/2 c. cooked oatmeal
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 egg
- 1/2 c. milk
- 1 Tbsp. vegetable oil

1. Combine flour, oats, baking powder, and salt in a large mixing bowl.
2. In a separate bowl, whisk together egg and milk; stir in the cooked oatmeal until just incorporated.
3. Mix oatmeal mixture with dry ingredients, stirring gently; don't over mix.
4. Heat large skillet to medium heat. Spoon out the batter, and cook on both sides.

Makes 24 small pancakes. 2 pancakes is a G/B (0.5 oz.) for a 3-5 year old at breakfast.

Pretzel Chicken

- 1 lb. chicken breasts
- 2 eggs, beaten
- 1 c. crushed pretzels

1. Preheat oven to 350 degrees.
2. Dredge chicken breasts in eggs, then pretzels.
3. Place on a baking sheet and bake for 30 min.

Serves 8. 1.5 oz (about 1/2 a breast) is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Honey Mustard Sauce

- 1/2 c. mayonnaise
- 2 Tbsp. yellow mustard
- 1 Tbsp. Dijon mustard
- 2 Tbsp. honey
- 1/2 Tbsp. lemon juice

Whisk to combine

Bionic Brussels Sprouts

- 1 lb. Brussels sprouts, cut in half
- 2 Tbsp. olive oil
- 1/8 tsp. salt

1. Pre-heat oven to 350 degrees.
2. Toss Brussels sprouts with olive oil and salt in mixing bowl. Place on sheet pan with parchment paper or foil. Roast for 30 minutes, or until Brussels sprouts are tender and outer leaves are browned and crisp.

Serves 6. 1/2 c. Brussels sprouts is a vegetable for a 3-5 year old at lunch/supper.

Monkey Ice

- 4 frozen bananas
- 1 tsp. vanilla extract
- 1 tsp. cinnamon

Process bananas and vanilla in a food processor until they are a smooth, ice cream-like consistency. Sprinkle with cinnamon.

Serves 6. 1/2 c. monkey ice is a fruit for a 3-5 year old at snack.

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Autumn Week Four Thursday

Sunshine Muffin

- 1 3/4 c. whole wheat flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. salt
- 2 c. apples, cored, chopped
- 2 tsp. honey
- 1 large egg
- 1/2 c. milk
- 1/4 c. vegetable oil

1. Preheat oven to 400° F. Lightly grease muffin cups or line with paper bake cups.
3. In a large bowl combine flour, baking powder, baking soda, cinnamon, nutmeg, and salt. Make a well in center of flour mixture.
4. In another bowl mix apples, egg, milk, and oil. Add wet mixture all at once to flour mixture. Stir until moistened.
5. Spoon batter into muffin cups. Bake for 18-20 minutes or until golden.

Makes 12 muffins. 1 muffin is a G/B (1 oz.) and 1/8 c. fruit for a 3-5 year old at breakfast.

Tasty Turkey Tomato Bites

- 4 small potatoes, halved
- 2 small tomatoes; each cut into 4 slices
- 8 oz leftover cooked turkey
- 1 c. (4 oz.) mozzarella cheese

1. Preheat oven at 400 F degrees.
2. Cut potatoes in half, season with olive oil, salt and pepper, and roast until tender about 25-35 minutes.
3. Portion two halves per serving and assemble each potato half by stacking a tomato slice, then turkey then 2 Tbsp. cheese.
4. Put back in oven until cheese melts about 3 minutes.

Serve 8. One Turkey Tomato Bite is a MMA (1.5 oz.) and 1/4 c. veg for a 3-5 year old at lunch/supper.

Brown Rice Pilaf

- 1/2 c. long grain brown rice
- 1/2 c. long grain enriched white rice
- 1 1/2 c. chicken broth
- 2 Tbsp. finely diced onion
- 1/8 tsp. black or white pepper

Place all ingredients in a stock pot and bring to a boil. Reduce heat, cover and simmer for 20 min. *Makes 2 cups of rice. 1/4 c. of rice is a G/B (0.5 oz.) for a 3-5 year old at lunch/supper.*

Blast Off Black Bean Dip

- 15-oz. can black beans, rinsed and drained
- 1 small tomato, small chop
- 1 large garlic clove, peeled, minced
- 1 Tbsp. lime juice
- 1 tsp. cumin
- 1/4 tsp. salt

Combine all ingredients in a bowl, mash together.

Makes 1 1/2 c. of dip. 2 Tbsp. of dip is a MMA (0.5 oz.) for a 3-5 year old at snack.

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Autumn Week Four Friday

Breakfast Burrito Swirls

- 3 Tbsp. chopped bell peppers
- 4 eggs (whipped slightly in a bowl)
- 1 Tbsp. water
- 2—8" whole wheat tortillas

1. Cook peppers in a skillet sprayed with cooking spray. Remove peppers from pan.
2. Whisk eggs and water together. Cook egg/water mixture over hot skillet, without scrambling them. Move egg inward to cook although through, and flip, so you have a large "fried egg". Cut in half.
3. Place one egg on each tortilla. Add peppers to the center of your tortilla and roll up.

Makes 4 swirls. One swirl is a G/B (0.5 oz.) for a 3-5 year old at breakfast.

Silly Dilly Chicken Soup

- 1 lb. boneless, skinless, chicken breast
- 2 Tbsp olive oil
- 1 c. diced yellow onion
- 2 1/2 c. peeled, sliced carrots
- 2 c. chopped celery
- 1 c. chopped mushrooms
- 1 qt. reduced sodium chicken broth
- 1 c. packed, chopped baby spinach
- 1 Tbsp. parsley
- 1 1/2 c. brown rice
- 2 tsp. lemon juice

1. Cut chicken in 1/2 inch cubes.
2. Heat soup pan with olive oil on medium heat. Add onions, carrots, celery, and mushrooms and saute about 2 minutes.
3. Move vegetables aside in pan, and add chicken, sautéing about 5 minutes until chicken is lightly golden brown. Add broth and bring to boil. Turn down and simmer about 25 minutes until chicken is cooked through and tender. Add spinach, parsley and rice and cook until rice is heated. Season with lemon juice as desired.

Makes 6 servings. 1 1/2 c. soup is a MMA (1.5 oz.), G/B (0.5 oz.) and 1/2 c. veg for a 3-5 year old at lunch/supper.