



Spring Week One Monday

Oatmeal Squares

- 1½ c. quick oats
- ½ c. whole-wheat flour
- ½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- 1 egg
- 1 c. milk
- 3 Tbsp. apple sauce
- ¼ c. brown sugar

1. Preheat oven to 350° F. Coat 8x8 baking pan with cooking spray.
2. In large mixing bowl, combine all ingredients and mix until just combined.
3. Pour mixture into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
4. Allow to cool for 5 minutes and cut into squares.

Serves 16. One square is a G/B (0.5 oz.) for a 3-5 year old at breakfast.

Turkey Tomato Sauce

- 1 Tbsp. olive oil
- 1 lb. ground turkey
- 1/4 c. onions, chopped small
- 1 1/2 tsp. Italian seasoning
- 1 1/4 c. marinara sauce

1. In skillet or small sauce pan, on medium heat add oil then add onions and turkey.
2. Cook and brown turkey, about 5 minutes, until almost cooked through and then add Italian seasoning.
3. Mix well, then add red sauce, mix well and cook until sauce is hot.

Makes 7 servings. 1/2 c. is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Garden Basil Triangles

- 3 large whole wheat pita breads, each cut into 4 triangles
- 3 oz. mozzarella cheese, cut into bite sized squares
- 1 1/2 c. fresh tomatoes, sliced
- 1/3 c. fresh basil, julienned

1. Arrange triangles on sheet pan, spread a little olive oil with finger or pastry brush on triangles.
2. Toast slightly underneath broiler on high heat.
3. Remove from heat, then assemble with cheese slice, tomato slices and basil.

Makes 6 servings. One serving (2 triangles) is a G/B (0.5 oz.) and a MMA (0.5 oz.) for a 3-5 year old at snack.



Spring Week One Tuesday

Veggie Pancakes

2 c. finely grated zucchini
1 c. grated carrots
1 c. corn kernels, drained
1 large egg
2 Tbsp. low-fat plain yogurt
1/2 tsp. salt
1/8 tsp. pepper
1/2 c. whole wheat flour
1/2 c. yellow cornmeal
2 tsp. baking powder
1/2 c. grated Cheddar
1 to 3 Tbsp. vegetable oil

1. Place the zucchini, carrots and corn in a large bowl. Stir in the egg, yogurt, salt, and pepper.
2. In a small bowl, whisk together the flour, cornmeal, and baking powder. Add the mixture, and the cheese to the vegetables, and stir.
3. Heat oil in a large skillet over medium heat. Make 16 pancakes out of the batter, flattening with a fork on each side.

Serves 8. Two pancakes is a G/B (1.0 oz.) and a vegetable (1/2 c.) for a 3-5 year old at breakfast.

Melty Tomato Cheese Sandwich

4 slices whole grain bread
8 tsp. Dijon mustard
12 (1/4-inch-thick) slices tomatoes
3 oz.. mozzarella cheese

1. Preheat broiler to high.
2. Place bread in a single layer on a baking sheet; broil 1 1/2 minutes on each side or until lightly toasted.
3. Spread 2 teaspoons mustard blend on each bread slice. Top each serving with 3 tomato slices, and 3 tablespoons cheese.
4. Broil 3 minutes or until cheese melts.

Serves 2. One sandwich is a G/B (2.0 oz.) and a MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Peach Crisp

1 1/3 c. granola
2 Tbsp. butter
2 c. peaches, drained if canned
2 Tbsp. brown sugar
1/2 tsp. ground cinnamon

1. Melt butter in a large nonstick skillet over medium heat. Add peaches to pan; cook 3 minutes, stirring occasionally.
2. Add sugar and cinnamon to pan; cook 1 minute or until sugar melts, stirring occasionally.
3. Spoon 1/2 cup peach mixture in each of 4 shallow bowls. Top each serving with 1/3 cup granola.

Serves 4. One serving is a G/B (0.5 oz.) and a fruit (1/2 c.) for a 3-5 year old at snack.

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Spring Week One Wednesday

Sweet Corn Quesadilla

- 12 corn tortillas
- 2 tsp. olive oil
- 1 1/2 c. grated cheese
- 1/2 c. red onion, thinly sliced
- 2 c. corn kernels, frozen and thawed
- 1/2 c. salsa
- 4 Tbsp. sour cream

1. Heat oven or toaster oven to 400°
Brush one side of each tortilla with the oil. Turn the tortillas over and top with the Monterey Jack, onion, and corn. Sandwich with the remaining tortillas, oiled-side up.
2. Working in batches, if necessary, transfer the quesadillas to a foil-lined toaster-oven tray. Bake, turning once, until the cheese melts, 6 to 8 minutes total.
3. Serve with the sour cream and salsa

Serves 6. One quesadilla is a G/B (2.0 oz.) and a vegetable (1/2 c.) for a 3-5 year old at breakfast.

Quick Moroccan Chicken

- 1 10-oz. box whole grain couscous
- 1/2 Tbsp. olive oil
- 1 large clove garlic, thinly sliced
- 1 1/2 Tbsp. light brown sugar
- pinch ground nutmeg
- 1 1/2 Tbsp. red wine vinegar
- 1/2 c. orange juice
- 15-oz. can diced peaches, drained
- 1 rotisserie chicken, cut into pieces
- 1/4 c. fresh flat-leaf parsley leaves

1. Cook the couscous according to directions.
2. Meanwhile, heat the oil in a large skillet over medium-low heat. Add the garlic and cook for 1 1/2 minutes. Add the sugar, nutmeg, vinegar, and orange juice and bring to a simmer.
3. Add the peaches and continue to simmer until the liquid has reduced slightly, about 5 minutes.

One serving is a G/B (1.0 oz.), MMA (2.0 oz.) and a fruit (1/4 c.) for a 3-5 year old at lunch/supper.

Honey Glazed Carrots

- 3 c. sliced carrots
- 1/8 c. honey or brown sugar
- 1 Tbsp. butter
- 1/4 c. water
- 1/8 tsp. salt
- 2 pinches black pepper

Cook all ingredients in a saucepan over medium heat. Simmer, partially covered, until carrots are tender, 12-15 min.

Serves 6. 1/2 c. of carrots is a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Butternut Squash Cornbread

- 14.5 oz. honey cornbread mix
- 12 oz. pkg. frozen squash puree, prepared
- 1/3 c. milk
- 2 Tbsp. butter, melted
- 1 egg

Heat oven to 400°F. Put paper liners in muffin tin. In medium bowl, mix all ingredients until blended. Bake 16-18 min.

Makes 12 muffins. One muffin is a G/B (1.0 oz.) for a 3-5 year old at snack.

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Spring Week One Thursday

Southwest Breakfast Wrap

- 1 Tbsp. olive oil
- 1/2 c. rinsed and drained black beans
- 8 lightly beaten eggs
- 1/3 c. salsa
- 1/3 c. shredded cheese, any kind
- ¼ tsp. salt
- 12 corn tortillas

1. Heat olive oil in a medium pan over medium heat. Add black beans and sauté for one minute.
2. Add eggs, salsa, shredded cheese, and salt. Use a heat-resistant spatula to stir the mixture until the eggs are set, about 2 to 3 minutes. Divide the scramble among warm corn tortillas.

Makes 12. One wrap is a G/B (1.0 oz.) for a 3-5 year old at breakfast.

Ham and Cheese Roll-Up

- 8 oz. pkg cream cheese
- 1 oz. grated cheddar cheese, room temp
- 8 oz. shaved deli ham, chopped
- 1/2 c. green onion, thinly sliced
- 1/2 c. cucumbers, thinly sliced
- 6—8-” whole grain tortillas

1. In medium bowl, mix together cream cheese, and cheddar, until well combined.
2. Stir in ham, green onions and cucumber. Spread each tortilla thinly. with ham mixture, leaving a scant 1/2-inch edge on one side.
3. Roll up and keep cold until ready to serve. Cut in half to serve.

Serves 6. One roll-up is a G/B (1.0 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Spiced Garbanzo Beans

- 1 —15 oz. can chick peas, drained and rinsed
- 1 Tbsp. olive oil
- 1/2 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. salt

1. Preheat oven to 400 degrees.
2. Combine all ingredients and toss well.
3. Spread seasoned garbanzo beans on sheet pan and roast in oven until lbrowned, about 20 min.

Makes 1 c. 1/2 c. of beans is a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Tea Time Cucumber Bites

- 4 slices bread, whole grain
- 4 oz. cream cheese
- 2 c. sliced cucumber

Cut each slice of bread into two circles. Spread 1 Tbsp. of cream cheese on each circle and top with 1/4 c. of cucumber slices.

Makes 8. circles. Two circles is a G/B (1.0 oz.) and a vegetable (1/2 c. for a 3-5 year old at snack.



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Blueberry Pancakes

- 1 1/2 c. whole wheat flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 2 Tbsp. butter
- 2 eggs
- 1 1/2 c. milk
- 1 c. blueberries, washed and drained

1. In a large bowl, sift together the flour, baking powder, and salt. Set aside.
2. Melt butter in a small saucepan.
3. Crack the egg into a medium-size bowl, then add the milk and melted butter. Whisk egg mixture until it is well mixed.
4. Add the flour mixture to the egg mixture. Whisk again until both mixtures are blended together.
5. Heat a fry pan sprayed with non-stick cooking spray over medium heat. Portion batter into the pan and put some blueberries on top of each pancake. Cook each side until lightly browned.

Makes 12 large pancakes. One pancake is a G/B (1.0 oz.) for a 3-5 year old at breakfast.

Mediterranean Quinoa

- 1 c. quinoa
- 2 c. low-sodium vegetable broth
- 3 Tbsp. lemon juice
- 1 tsp. garlic, minced
- 4 Tbsp. olive oil
- 1 c. red bell pepper, chopped
- 3 Tbsp. fresh parsley, chopped
- 1/2 c. green onion, sliced thin
- 1 c. cherry tomatoes, halved
- 2 c. white beans, rinsed and drained
- 4 oz. feta cheese, crumbled

1. In sauce pan, bring quinoa and broth to a boil. Cover and reduce to a simmer. Cook quinoa for 10-15 minutes or until all liquid is absorbed. Set aside to cool.
2. In a small bowl, combine lemon juice, garlic, oil. Set aside.
3. Once quinoa is cooled, combine all ingredients.

Makes 8 cups. 1 c. is a G/B (1.0 oz.), a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Creamy Fruit Dip

- 1/2 c. ricotta cheese
- 3 tsp. strawberry jam

Mix ricotta cheese and jam together.

Serves 4. 2 Tbsp. is a MMA (0.5 oz.) for a 3-5 year old at snack.

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Spring Week Two Monday

Hammy Scrambled Eggs

- 1 Tbsp. olive oil
- 6 oz. ham, chopped small
- 6 eggs, scrambled
- 1 whole green onion, sliced thin

1. Heat non stick fry pan on medium heat with oil.
2. Once hot, Carefully add chopped ham to hot pan, stir periodically, and cook until ham is lightly browned about 3-5 minutes.
3. Then add eggs and cooked until almost firm to the touch, about 4 minutes. Then add green onions and finish cooking until eggs are firm.

Makes 12 servings. 1/3 c. is a MMA (1.0 oz.) for a 3-5 year old at breakfast.

Toasty Cheesy Beans

- 2 c. cooked pinto beans
- ½ c. barbecue sauce
- 1 ½ c. grated parmesan cheese
- 1 c. green onions, sliced
- 1 c. tomatoes, sliced
- 8 slices whole wheat bread

1. Slice tomatoes ½ inch thick, then lay on parchment lined sheet pan.
2. Broil until tomatoes start to wilt or brown, about 3 to 5 minutes.
3. While tomatoes are broiling, mix beans, barbecue sauce together in a bowl.
4. Remove tomatoes from broiler, set aside. Place bread parchment lined sheet pan, top with beans. Add tomato slices, green onions, and Parmesan cheese.
5. Broil on high for until cheese bubbles and browns, about 3 minutes.

Serves 8. One serving is a G/B (1.0 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Sauteed Parsnips

- 1 tsp. olive oil
- 2 c. parsnips, peeled, sliced thin
- 2 pinches salt
- 2 pinches parsley, dried

1. Heat oil in large skillet on medium heat.
2. Once hot add sliced parsnips, stir. Add salt, cook until almost tender and lightly golden in color, about 3 minutes. Then add dried parsley, and finish cooking until tender, 1-2 more minutes.

Serves 4. 1/2 c. of parsnips is a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.



Spring Week Two Tuesday

Apple Z Muffins

- 2 c. whole wheat flour
- 3/4 c. brown sugar
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1/4 tsp. allspice
- 1/2 tsp. salt
- 2 c. grated zucchini
- 1 1/2 c. apple peeled, cored and grated
- 3 eggs
- 1 1/2 tsp. vanilla
- 1/2 c. unsweetened apple sauce
- 1/2 c. canola oil

1. In large mixing bowl, mix together flour, brown sugar, baking soda, cinnamon, allspice and salt. Stir into the flour mixture grated zucchini, and grated apples.
2. In separate bowl combine eggs, vanilla, apple sauce and oil.
3. Combine the two mixtures until batter is just mixed. Spoon into greased muffin tin.
4. Bake at 350° for 20 minutes.

Makes 16 small muffins. Two muffins is a G/B (1.0 oz.) and a fruit/vegetable (1/2 c.) for a 3-5 year old at breakfast.

Creamy Carrot Soup

- 1 Tbsp. olive oil
- 1/2 c. onion, chopped
- 1 1/2 lb. sliced carrots
- 4 c. low-sodium vegetable broth
- 1 Tbsp. grated ginger
- 1 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1/2 c. milk
- 1 Tbsp. dried dill

1. Heat the oil in a large saucepan over medium-high heat. Add the onions and carrots and cook, 5 to 6 min.
2. Add broth, ginger, half of the salt, and half of the pepper. Bring to a boil. Reduce heat, add milk, dill and simmer until the carrots are soft, 15 to 20 minutes.
3. Using an immersion blender or regular blender, puree the soup in batches until smooth.

Makes 4 c. 1/2 c. of soup is a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Banana Strawberry Hats

- 6 large strawberries, washed, dried, greens and core removed
- 2 bananas

1. Slice strawberries crosswise.
2. Slice bananas crosswise.
3. Stack 4 slices of strawberry and 4 slices of banana alternating.

Makes 8 "hats". Two hats is a fruit (1/2 c.) for a 3-5 year old at snack.

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Spring Week Two Wednesday

Sweetheart Pancakes

- 12 pancakes
- 6 c.. strawberries, washed, hulled & sliced
- ¼ cup sugar
- ¼ cup water
- ½ lemon juice

1. Combine all the ingredients in a small pot over medium heat.
2. Bring to a boil and cook over medium low heat for 20-30 minutes.
3. Serve warm sauce over pancakes.

Serves 12. One pancake with 1/2 c. strawberry sauce is a G/B (1.0 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Tasty Tacos

- 1 Tbsp. oil
- 1 lb. lean ground beef
- 1 c. onions, chopped
- 1 package (3/4 oz.) taco seasoning
- 1/2 c. salsa
- 1/3 c. water
- 10—8" whole grain tortillas
- 2 c. shredded lettuce
- 1 med. avocado, pitted, peeled and chopped
- 1/2 c. salsa
- 3/4 c. finely shredded cheese

1. Heat oil in skillet on medium heat, add onions and ground beef and cook 8 to 10 minutes or until beef is thoroughly cooked.
2. Stir in taco seasoning, salsa and water.
3. Reduce heat to low; simmer 8 to 10 minutes or until most of liquid is absorbed.
4. Serve cooked meat with tortillas and lettuce, avocado, salsa and cheese for toppings.

Serves 10. One taco is a G/B (1.0 oz.), MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Black Bean Dip

- 2 c. black beans, canned, rinsed, drained
- 1 Tbsp. jalapenos, pickled, chopped
- 3 Tbsp. cilantro, fresh, chopped
- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 1 tsp. garlic, fresh, chopped

Combine all ingredients in food processor and process until smooth, about 1- 2 minutes. It will be a thick and creamy dip with a mild spice.

Serves 8. Two tablespoons of dip is a MMA (0.5 oz.) for a 3-5 year old at snack.



Spring Week Two Thursday

Breakfast Sandwich

4 whole grain English muffins, toasted
2 eggs, scrambled
4 Tbsp. cheddar cheese

1. Toast muffin slices lightly in oven broiler, or toast in toaster.
2. Cook eggs on stove top in pan, or in microwave.
3. Assemble sandwich with cooked egg portion and cheese.
4. Warm up sandwich in oven on low temperature, or until cheese is melted.

Serves 4. One sandwich is a G/B (2.0 oz.) and a MMA (1 oz.) for a 3-5 year old at breakfast.

Teriyaki Turkey Burger

1 lb. ground turkey
1/4 tsp. powdered ginger
1/4 tsp. powdered garlic
1/2 tsp. salt
1/4 tsp. pepper
1/4 c. teriyaki sauce
6 whole grain buns
1 c. cucumbers, sliced

1. Heat grill or grill pan to medium-high. In mixing bowl, mix beef with powdered ginger, powdered garlic, salt and pepper.
2. Form the beef into four ½-inch-thick patties.
3. Cook burgers until firm to the touch, 6 to 8 minutes per side for well done.
4. Baste with the teriyaki sauce during the last 2 minutes of cooking.
5. Place burger in bun with cucumber slices.

Serves 6. One burger is a G/B (1.0 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Parmesan Zucchini Crisps

1 large, or 2 medium zucchini
1/3 c. Italian dressing
1 egg, beaten
1 c. breadcrumbs
1/2 tsp. basil
1/2 tsp. oregano
1/2 c. grated Parmesan cheese

1. Preheat oven to 450 degrees F. Slice zucchini into thin rounds.
2. Combine Italian dressing and beaten egg in a wide bowl or dish.
3. In another dish combine breadcrumbs, basil, oregano, and Parmesan cheese. Dredge the zucchini in the dressing and then the crumbs.
4. Place on a baking sheet covered in foil and sprayed with cooking spray.
5. Bake for 20 minutes or until golden brown and crispy.

Serves 3. 1/2 c. of zucchini crisps is a vegetable (1/2 c.) for a 3-5 year old at snack.

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Spring Week Two Friday

Pretty Parfait

- 3 c. pineapple, chopped (if canned, drained)
- 3 c. plain yogurt
- 2 c. granola
- 3 strawberries, washed, dried, sliced

1. Put 1/2 c. fruit in bottom of glass as a layer.
2. Then layer 1/2 c. yogurt on top of fruit.
3. Then layer 1/3 c. granola on top of yogurt.
4. Garnish on top with a few slices of strawberry.

Serves 6. One parfait is a G/B (0.5 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Chicken Stir-Fry

- 1 c. sweet onions, sliced
- 1 1/2 lb. bone-less chicken breast, cut into bite sized pieces
- 1 c. teriyaki marinade, low sodium
- 3 Tbsp. garlic, minced
- 1 1/2 c. broccoli, chopped
- 1 c. bell peppers, chunked

1. Heat 1 Tbsp. oil in large skillet or flattop on medium/high heat. Add onions, chicken, cook 2 minutes, stir often, then add teriyaki marinade, garlic, stir often.
3. Add broccoli and pepper and cook 5-7 minutes. Cover to speed up cooking.
4. Once chicken is cooked through, remove from heat.

Serves 10. 3/4 c. of stir-fry is a MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Savory Brown Rice

- 1/2 tsp. salt
- 2 c. brown rice
- 4 c. vegetable or chicken broth

1. In medium sauce pan add brown rice and broth, and bring to boil.
2. Once boiling, reduce heat to a simmer, and cover.
3. Simmer until all the water has been absorbed, rice is tender, and there are "eyes" - small holes covering the surface, for about 20 to 30 minutes.
4. Remove from heat, cover and let stand for 5-10 minutes then serve.

Makes 4 c. 1/4 c. of rice is a G/B (0.5 oz.) for a 3-5 year old at lunch/supper.

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Spring Week Three Monday

Green Egg Popper

- 1 Tbsp. unsalted butter
- 1/4 c. green onions, sliced
- 4 c. kale, chopped small, loosely packed
- 6 large eggs
- 2 c. potatoes, diced small, cooked
- 1/2 c. shredded mozzarella cheese

1. Preheat oven to 400°F.
2. Heat butter in large skillet over medium-high heat; add green onions, and kale. 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.
4. Mix in cooked vegetables, potatoes and cheese. Season with salt and pepper.
5. Spray muffin tin with non-stick cooking spray and portion mixture into each cup.
6. Bake in oven for 10-20 minutes, or until eggs puff and are firm.

Serves 12. One popper is a vegetable (1/2 c.) for a 3-5 year old at breakfast.

Black Bean Taco Salad

- 2 1/4 c. canned black beans, drained, rinsed
- 1 1/2 c. chopped tomatoes
- 1/4 c. chopped green onions, chopped
- 1/3 c. shredded cheddar cheese
- 2 Tbsp. lemon juice
- 1 tsp. ground cumin
- 1/4 tsp pepper
- 4 c. chopped fresh spinach

1. Mix beans, tomatoes, onions, and cheese in large bowl.
2. Mix lemon juice, cumin and pepper; toss with bean mixture. Serve on spinach.

Serves 6. One serving is a MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Creamy Zucchini Crackers

- 1 c. zucchini, sliced into circles
- 1 Tbsp. olive oil
- 1 c. hummus
- 20 small whole grain crackers

1. Pre-heat oven at 400 degrees.
2. Toss zucchini with olive oil, then spread on foil or parchment lined sheet pan and cook in oven until lightly browned and tender, about 10 minutes.
3. Assemble crackers as follows - cracker, 1/2 Tbsp. hummus, then 1 Tbsp. zucchini slice.

Serves 4. Five crackers is a G/B (1.0 oz.) and vegetable (1/2 c.) for a 3-5 year old at snack.



Spring Week Three Tuesday

Breakfast Frushi

- 2 large bananas
- 4 Tbsp. peanut butter
- 1 1/3 c. crisp rice cereal

1. Spread each banana with 2 Tbsp. peanut butter
2. Roll each banana in 2/3 c. cereal and slice to serve

Serves 4. One banana half is a G/B (0.5 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Cheesy Chicken Pizza

- 2 whole grain bagels, cut in half
- 1/2 c. low-sodium marinara sauce
- 4 oz. chicken breast, cooked, shredded
- 1 c. mozzarella cheese, grated

1. Preheat broiler.
2. Place bagel halves, cut sides up, on a baking sheet. Broil until lightly toasted about 2 minutes.
3. Spread 2 tablespoons marinara on cut side of each bagel half. Top each half with 1/4 cup chicken, and sprinkle with 1/4 cup cheese.
4. Broil bagel halves until cheese melts, about 2 minutes.

Serves 4. One bagel half is a G/B (1.0 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Blueberry Crisp

- 1/2 c. granola
- 2 Tbsp. butter
- 2 c. blueberries
- 2 tsp. honey

1. Preheat broiler to high.
2. Place granola on a sheet pan, spreading evenly. Broil 2 minutes, stirring after 1 minute.
3. Melt butter in a large nonstick skillet over medium heat. Add blueberries to pan; cook 3 minutes, stirring occasionally. Add honey to pan; cook 1 minute or until honey melts, stirring occasionally.
4. Spoon about 1/3 c. fruit mixture in each of 4 shallow bowls.
5. Top each serving with 2 tablespoons granola.

Serves 4. One serving is a fruit (1/2 c.) for a 3-5 year old at snack.



Spring Week Three Wednesday

Berry Nice Oatmeal

- 1 c. water
- 1/2 c. regular rolled oats
- 1/4 tsp. ground Cinnamon
- 1 c. strawberries, chopped small
- 1 c. blueberries

1. In medium sauce pan, bring water and oats to boil.
2. Add cinnamon.
3. Simmer oats for 10 minutes or until thickened and tender.
4. Portion cooked oatmeal and top with berries.

Serves 4. 1/4 c. oatmeal with 1/2 c. berries is a G/B (0.5 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Broccoli Beef Bowl

- 1 c. brown long grain rice
- 2 c. water
- 1/4 c. lower-sodium soy sauce
- 1 Tbsp. cornstarch
- 2 tsp. olive oil
- 1 1/2 lbs. ground beef
- 1 c. onion, sliced
- 1 c. carrots, chopped small
- 2 c. broccoli florets

1. Cook rice according to package directions.
 2. Combine soy sauce and cornstarch; set aside.
 3. Heat a large skillet over medium heat, add oil. Add beef to pan; cook until browned, stirring regularly, about 2 minutes.
 4. Add onions, carrots and broccoli to pan, and cook until broccoli is crisp-tender, stirring occasionally. Add soy mixture to pan; bring to a boil and simmer until thick, about 2 minutes.
- Serve over rice.

Serves 8. 1/4 c. rice with 3/4 c. beef mix is a G/B (0.5 oz.), a MMA (1.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Yummy Yams

- 2 lbs. yams peeled, cut into sticks
- 1/4 c. olive oil
- 1 Tbsp. brown sugar
- 1/2 tsp. salt
- 2 Tbsp. Parmesan cheese, grated

1. Preheat oven to 450°F.
2. Toss yams with oil in large mixing bowl. Then coat with salt, sugar parmesan cheese. Mix thoroughly.
3. Spread yams on parchment or foil lined baking sheet pan.
4. Bake for 20 to 30 minutes. Sitr after 15 minutes, and then continue cooking until they are browned.
5. Cool 5 minutes before serving.

Serves 6. 1/2 c. of yummy yams is a vegetable (1/2 c.) for a 3-5 year old at snack.

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Spring Week Three Thursday

Good Morning Sunshine

- 2 c. fresh orange slices
- 1 c. any flavor yogurt
- 1 1/3 c. any flavor granola

1. Arrange 1/2 c. orange slices in a circle to make a sunshine for each serving.
2. Top each serving with 1/4 c. yogurt and 1/3 c. granola

Serves 4. One sunshine is a G/B (0.5 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Crazy Quinoa

- 1 c. quinoa
- 2 c. low-sodium vegetable broth
- 1 lb. chicken, cooked, bite size pieces
- 4 Tbsp. olive oil
- 1/2 c. green onion, chopped
- 1 1/2 c. cherry tomatoes, halved
- 1/2 c. parmesan cheese, grated

1. In sauce pan, bring quinoa and broth to a boil. Cover and reduce to a simmer. Cook quinoa for 10-15 minutes or until all liquid is absorbed.
2. Combine cooked quinoa with cooked chicken, olive oil, green onion, cherry tomatoes and parmesan cheese.

Serve hot.

Serves 6. 3/4 c. of quinoa is a G/B (0.5 oz.), MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Edamame Dip

- 2 c. frozen shelled soy beans
- 1/4 tsp. granulated garlic
- 1/2 c. plain yogurt
- 2 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1/8 tsp. salt
- 1/8 tsp. pepper

1. Prepare soy beans according to package directions.
2. Place all ingredients in a food processor and pulse until smooth.

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



Spring Week Three Friday

Easy Blueberry Crepes

- 1 c. whole wheat flour
- Pinch salt
- 1 1/4 c. milk
- 2 eggs, room temperature
- 1 1/2 Tbsp. butter, melted
- 1 c. blueberries

1. Put all ingredients, except blueberries, in blender and mix well. Let stand for at least 5 minutes and then blend again for about 5 seconds.
2. Pre-heat non-stick skillet on medium heat until hot. Add a little butter or oil, if desired, to barely coat the pan.
3. Pour 1/2 c. into pan and quickly swirl batter around to cover the bottom of the pan in a thin layer. Cook crepe until the top of the crepe looks dry and the edges look cooked and are firm, about 3 minutes.
4. Once crepe is firm but pliable, remove from heat.
5. Top with blueberries then roll up.

Serves 2. One serving is a G/B (1.0 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Spicy Shredded Beef

- 2 1/2 lbs. boned beef chuck
- 1 —14 1/2 oz. chopped tomatoes
- 1 c. salsa
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 Tbsp. chili powder
- 1 Tbsp. honey
- 2 1/2 tsp. salt
- 1 tsp. ground cumin
- 2 c. beef broth

1. Put beef in a slow-cooker (at least 5 qt.).
2. Add the rest of the ingredients.
3. Cover and cook on low until beef is very tender when pierced, 8 hours. If desired, remove lid for last 30 minutes to allow sauce to reduce and thicken.

4. With a heavy fork, transfer meat to a rimmed board or plate. Shred with two forks.

Serves 12. 1.5 oz. of cooked beef is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Diced Cinnamon Apples

- 2 c. apples, cored, diced
- 1/4 tsp. cinnamon
- 1 tsp. lemon juice
- 2 c. water

1. Combine water and lemon juice and hold diced apples in lemon water until all apples are diced, then remove from water, then drain and pat dry.
2. Sprinkle cinnamon over diced apples, mix well until cinnamon is evenly distributed on apples.

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



Spring Week Four Monday

PBJ Roll-Up

- 4 Tbsp. natural nut butter
- 3 Tbsp. natural jam or preserves
- 4 slices whole grain bread

1. Remove crusts from bread. Use rolling pin or can or bottle to flatten out bread.
2. Spread nut butter and jam/preserves on each flattened slice of bread.
3. Roll up each slice into a tight spiral.
4. Cut each spiral into 4 pieces.

Serves 8. 2 pieces (1/2 slice of bread) is a G/B for a 3-5 year old at breakfast.

Summertime Carrots

- 2 1/2 c. carrots, peeled, chopped chunked
- 2 pinches thyme, dried
- 2 pinches dill, dried
- 1/4 tsp. salt
- 1 Tbsp. Olive oil

1. Preheat oven at 350 degrees.
Mix all ingredients together.
2. Roast on a sheet tray, single layer, with parchment or foil, for 20 to 30 minutes, until lightly golden, and tender, not mushy.

Serves 4. 1/2 c. of carrots is a vegetable (1/2 c.) for a 3-5 year old at lunch/supper.

Inside Out Roast Beef Sandwich

- 4 slices whole grain whole wheat bread
- 4 tsp. prepared mustard
- 8 oz. deli roast beef, low sodium
- 4 slices cheddar cheese
- 1 c. fresh spinach
- 1 c. tomato, sliced
- 8 slices cucumber

1. Spread mustard on one side of each slice of bread and fold in half.
2. Lay roast beef flat on plate with cheese slice on top.
3. Place folded bread on top and wrap roast beef around bread.
4. Place spinach, tomato and cucumber on top. Secure with toothpick.

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

Zucchini Chips

- 1/4 c. breadcrumbs
- 1/4 tsp. salt
- 1/4 tsp. basil dried
- 1/4 tsp. thyme dried
- 1/2 tsp. garlic powder
- 1/8 tsp. freshly ground black pepper
- 3 Tbsp. milk
- 2 1/2 c. (1/4-inch-thick) slices zucchini

1. Preheat oven to 450 degrees.
2. Combine breadcrumbs, salt, basil, thyme, garlic powder and black pepper in a mixing bowl, stirring with a whisk. Place milk in a separate shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture.
3. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on foil lined baking sheet pan.
4. Bake until browned and crisp about 20 to 30 minutes.

Serves 4. 1/2 c. of zucchini chips is a vegetable (1/2 c.) for a 3-5 year old at snack.



Spring Week Four Tuesday

Slow Cooker Oatmeal

- 1 tsp. butter to great crock pot
- 8 c. water
- 4 c. unsweetened applesauce
- 1 1/2 c. steel cut oats
- 2 sweet and tart apples, cored, and diced
- 3 Tbsp. cinnamon, ground

1. Lightly grease a 5-quart or larger slow cooker crock with cooking spray.
2. Combine water, applesauce, oats, diced apples, cinnamon, in slow cooker.
3. Cook on Low for 6 hours.

Serves 8. 3/4 c. of oatmeal is a G/B (0.5 oz.) and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Chicken Pizza Puffs

- 1 c. whole wheat flour
- 3/4 tsp. baking powder
- 1 c. milk
- 1 egg, lightly beaten
- 1 c. shredded mozzarella cheese
- 1 c. broccoli, frozen, thawed, chopped small
- 12 oz. chicken, cooked, chopped small
- 24 oz. marinara sauce, hot

1. Preheat the oven to 375 degrees and grease a 12-cup standard muffin tin.
2. In a large bowl, whisk together the flour and baking powder; whisk in the milk and egg.
3. Stir in mozzarella, broccoli and chicken. Mix batter, then portion into muffin tin.
4. Bake until puffed and golden, and firm to the touch, about 20 to 25 minutes.
5. Serve marinara with pizza puffs.

Serves 12. One puff is a G/B (0.5 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Pineapple Crisp

- 1/2 c. granola
- 2 Tbsp. butter
- 2 c. pineapple, drained if canned
- 2 Tbsp. brown sugar
- 1/2 tsp. ground cinnamon

1. Preheat broiler to high.
2. Place granola on a jelly-roll pan, spreading evenly. Broil 2 minutes, stirring after 1 minute.
3. Melt butter in a large nonstick skillet over medium heat. Add pineapple to pan; cook 3 minutes, stirring occasionally.
4. Add sugar and cinnamon to pan; cook 1 minute or until sugar melts, stirring occasionally.
5. Spoon about 2/3 cup pineapple mixture in each of 4 shallow bowls.
6. Top each serving with 2 tablespoons granola.

Serves 4. One serving is a fruit (1/2 c.) for a 3-5 year old at snack.

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Spring Week Four Wednesday

Sweet Quinoa

- 1 c. water
- 1/2 c. quinoa
- 1/4 tsp. ground cinnamon
- 2 c strawberries, washed, dried, sliced
- 4 Tbsp. walnuts , chopped
- Honey or brown sugar to taste

1. In medium sauce pan, bring water and quinoa to a boil. Add cinnamon, then cover, reduce heat to a simmer.
2. Simmer until water is absorbed, and quinoa is tender, about 12-15 minutes.
3. Portion cooked quinoa and top with sliced strawberries, walnuts and honey or brown sugar.

Serves 4. 1/4 c. quinoa with 1/2 c. berries is a G/B and a fruit (1/2 c.) for a 3-5 year old at breakfast.

Taco-Style Lentils and Rice

- 3/4 c. dry lentils
- 3/4 c. brown rice
- 4 c. beef or chicken broth, low sodium
- 2 tsp. chili powder
- 1 tsp. cumin ground
- 3/4 tsp. onion powder
- 1/2 tsp. garlic powder
- 6 tortillas
- 3/4 c. cheddar cheese, grated
- 1 c. Romaine lettuce, shredded
- 1 c. tomatoes, diced

1. In medium sauce pan, boil broth with lentils, rice, and spices.
2. Once boiling, reduce to simmer and cover. Simmer until lentils and rice are tender, about 30 - 45 minutes.
3. Portion lentil rice mixture in tortilla with cheese, lettuce and tomatoes, or other favorite toppings.

Serves 6. 3/4 c. lentils and rice is a G/B (015 oz.), a MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Carrot Fries

- 4 c. carrots, cut into sticks
- non-stick cooking spray
- 1 tsp. cumin
- 1 tsp. curry powder
- 1/4 tsp. pepper
- 1/4 tsp. salt

1. Preheat your oven to 415. Spray the carrot sticks with the cooking spray and lay them out on a baking sheet.
2. Sprinkle them with the seasonings. Bake for 20-25 min. until tender. You can flip them halfway through if you don't want the char on one side.

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

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Spring Week Four Thursday

Banana Bread

- 2 eggs
- 2 c. whole wheat flour
- 2 tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt
- 1/4 tsp. cinnamon
- 1/2 c. apple sauce
- 1/2 c. brown sugar
- 1 1/4 c. mashed bananas

1. Preheat the oven to 350°F and grease standard bread loaf pan, set aside.
2. Beat eggs well in a small bowl.
3. In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt.
4. In a large bowl, add apple sauce, sugar and banana.
5. Add dry mixture to wet mixture. Pour mixture into the loaf pan. Bake for 50-70 minutes.

Serves 16. One slice is a G/B (1.0 oz.) for a 3-5 year old at breakfast.

Broccoli Cheese Bites

- 4 c. broccoli, chopped, frozen, thawed
- 1 3/4 c. of grated mozzarella cheese
- 3 eggs
- 1/8 tsp. black pepper
- 1 c. breadcrumbs
- 1/2 tsp. Italian seasoning

1. Pre-heat oven at 375 degrees.
2. Mix all the ingredients together in a large bowl.
3. Using hands form in 12 small patties and lay on a parchment lined baking sheet.
4. Bake in oven, turning the patties after the first 15 minutes, then finish cooking until golden, about 20-30 minutes.

Serves 6. Two patties is a MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Easy Lil' Fro Yo Sandwiches

- 8 sheets graham crackers
- 16 oz. any flavor yogurt

1. Break each graham cracker sheet in half.
 2. Portion 2 oz. yogurt between each sheet half to make sandwiches. Freeze until firm.
- Serves 8. One sandwich is a G/B (0.5 oz.) and a MMA (0.5 oz.) for a 3-5 year old at snack.*

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Spring Week Four Friday

Super Strata

2 3/4 c. milk
6 beaten eggs
1/2 tsp. garlic powder
12 slices whole grain bread
8 oz. cooked turkey, chopped small
2 c. broccoli, chopped small
6 oz. shredded cheese

1. Pre-heat oven at 350 degrees.
2. Combine milk, eggs, and garlic powder. Set aside.
3. Tear bread into small pieces. Place 1/2 torn bread at bottom of 9 X 13 baking dish. Reserve 1/2 half for topping.
4. Add cooked turkey, broccoli, shredded cheese to pan on top of torn bread. Pour milk/egg mixture over ingredients in baking dish. Sprinkle remaining torn bread on top of ingredients in dish.
5. Bake until mixture is firm, about 45 minutes. Let cool slightly, then cut into squares.

Serves 12. One serving is a G/B (1.0 oz.) for a 3-5 year old at breakfast.

Mighty Spinach Chicken Quesadillas

8 small whole wheat Tortillas
1 Tbsp. butter
2 c. spinach, chopped
1 c. tomatoes, chopped
8 oz. chicken, cooked
1 1/2 c. mozzarella cheese, shredded
1/2 c. salsa

1. Pre-heat oven to 400° F.
2. Heat skillet with butter on medium heat. Add spinach, tomatoes and chicken and cook until spinach is wilted, tomatoes tender and chicken is heated up.
3. Place 4 tortillas on a foil-lined sheet pan. Top with 1/4 c. cheese, cooked spinach chicken, and 2 Tbsp. salsa; sandwich with remaining 4 tortillas.
4. Bake until the cheese melts, 6 to 8 min.

Serves 8. 1/2 of a quesadilla is a G/B (1.0 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper.

Peanutty Yogurt Dip

1/2 c. creamy peanut butter
1 c. nonfat vanilla yogurt

Stir together peanut butter and yogurt; refrigerate until ready to serve.

2 tablespoons is a MMA (0.5 oz.) for a 3 - 5 year old at snack.