

twist & sprout

Summer Week One Monday

Happy Flap Jacks

- 1 large Granny Smith apple
- 2 Tbsp. melted butter
- 2 eggs
- 1 1/2 c. milk
- 1 c. all-purpose enriched flour
- 1 c. corn meal, enriched
- 2 tsp. baking powder
- 1 tsp. salt
- 1 Tbsp. sugar

1. Core and cut the apple into 1/2-inch dice.
2. In a medium mixing bowl, beat the butter, eggs and milk together with a fork just until blended.
3. In a small mixing bowl, mix together the flour, cornmeal, baking powder, salt, and sugar.
4. Stir the dry ingredients into the bowl of wet ingredients until just moistened. Stir in the chopped fruit until all ingredients are moist.
5. Coat a skillet with non-stick cooking spray and heat over medium heat. Pour 1/2 cup of the batter onto the griddle. Cook pancakes on both sides.

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

Sloppy Sammie

- 1/4 c. chopped onion
- 1/2 c. grated carrot(s)
- 1/4 c. chopped green pepper
- 1 lb ground turkey
- 1/2 c. tomato sauce
- 3/4 c. crushed tomato(es)
- 1/4 c. barbecue sauce
- 6 whole wheat hamburger bun(s)

1. Spray skillet with cooking spray.
2. Sauté onions, carrots, green pepper and turkey in a pan over medium-high heat for 5 minutes. Add tomato sauce, crushed tomatoes, and barbeque sauce. Bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick. Serve on buns.

Serves 6. 1/2 c. of sammie mix on a bun is a G/B (1.0 oz.) and a MMA (1.5 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper.

Funky Cabbage Salad

- 2 c. shredded green cabbage
- 1 c. mandarin orange(s)
- 8 oz. crushed pineapple
- 1 c. of frozen, thawed mixed berries
- 1 tsp. honey
- 1/4 c. plain yogurt

Combine ingredients, let sit in fridge if possible for an hour before serving.

Serves 8. 1/2 c. of salad is a fruit (1/4 c.) and a vegetable (1/4 c.) for a 3-5 year old at snack.

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Summer Week One Tuesday

Oatmeal Carrot Muffin

- 1 c. whole wheat flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1 c. milk
- 1 egg, beaten
- 1/2 c. packed brown sugar
- 1/4 c. melted butter
- 1 c. quick cooking oats
- 1 c. grated carrots.

1. Preheat oven to 375 degrees.
2. Mix together flour, baking soda, salt, baking powder and cinnamon.
3. In a separate bowl, mix together milk, egg, sugar and butter.
4. Combine the wet and dry ingredients. Then add oats and carrots.
5. Use paper baking cups to line a muffin pan. Spoon mixture into the cups, fill about 2/3 full. Bake for 25 minutes.

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

Green Garden Salad

- 3/4 lb. chicken breast, boneless, skinless
- 1/3 Tbsp. parsley, dried
- 1/3 Tbsp. basil, dried
- 1 Tbsp. olive oil
- 2 c. mixed greens
- 1/2 c. carrots, chopped
- 1/2 c. tomatoes, chunked bite size
- 6 tsp. Italian dressing

1. Toss chicken with olive oil, basil and parsley and bake in preheated 350° F oven for 30 minutes.
2. In large bowl, combine mixed greens carrots, and tomatoes. Scoop 1/2 cup servings onto plates.
3. Cut chicken into bite-size pieces. Top each salad with 2 Tbsp. chicken. Pour dressing over salads.

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

Rosemary Crunchy Chickpeas

- 15 oz. can chickpeas, thoroughly rinsed, drained
- 1 Tbsp. olive oil
- 1/2 tsp. garlic powder
- 2 tsp. rosemary, fresh, minced
- 1/4 tsp. lemon juice
- 1/4 tsp. salt

1. Pre-heat oven to 375. Combine all ingredients together.
2. Place chickpeas on parchment or foil lined sheet pan and cook until chickpeas are golden and crispy, 30-40 minutes.

Makes 1 c. 1/4 c. of chickpeas is a MMA (0.5 oz.) for a 3-5 year old at snack.

Watermelon Pizza

- 4 watermelon slices
- 1 cup cottage cheese
- 1/2 c. blueberries

Top each watermelon slice with cottage cheese, then blueberries.

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

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Summer Week One Wednesday

Parfait Smoothie

- 1 2/3 c. granola
- 2 1/2 c. mixed berries, fresh or frozen
- 1 1/2 c. yogurt plain

1. Place 2/3 c. of granola, all the berries and yogurt in blender. Blend until smooth.
2. Portion smoothies and sprinkle 1/3 c. of granola on each serving.

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

Black Bean, Corn & Blueberry Salad

- 1 c. blueberries
- 1 c. corn
- 1 1/2—15 oz. cans black beans, rinsed
- 2 Tbsp. olive oil
- 1 tsp. balsamic vinegar
- 1/2 tsp. salt
- Juice from 1/2 lime
- 2 Tbsp. chopped cilantro

1. Cook corn according to package directions. Place in bowl with blueberries and beans.
2. Whisk oil, vinegar, salt, lime juice and cilantro.
3. Toss to combine

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

Sweet Potato Chips

- 2 1/2 c. sweet potatoes, thinly sliced
- 1/2 Tbsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. paprika

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1. Preheat oven to 450 degrees.
 2. Line baking sheets with foil and grease lightly with olive oil.
 3. In a large plastic bag or bowl, toss sweet potato with oil and seasonings.
 5. Spread out on baking sheets so chips do not overlap.
 4. Bake until browned and crisp, about 20 minutes. Turn half way through cooking.

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



Summer Week One Thursday

Baked Omelet

6 large eggs
1 c. milk
1/2 c. whole wheat flour
1 medium tomato, diced
1 medium green bell pepper, chopped
1/2 c. sliced mushrooms, brown,
1/2 c. salsa
2 oz. cheddar cheese

1. Preheat oven to 450.
2. Blend eggs, milk, and flour in a blender until smooth. Pour in a 13X9 well greased pan.
3. Add diced vegetables. Bake for 20 min.
4. When the eggs are cooked through, top with cheese and salsa
5. Roll up starting with the short end of the pan. Place on platter and slice.

Serves 6. 1/6 of the baked omelet is a vegetable (1/2 c.) for a 3-5 year old at breakfast

BBQ Chicken Wraps

6 8" whole grain Tortillas
1 lb. chicken, boneless, skinless, cut into strips
1/2 c. tomatoes, diced
1/2 c. onions, chopped
1 1/2 cup Romaine lettuce, shredded
1/4 c. barbeque sauce
1 tsp. olive oil

1. Heat oil in large, non-stick skillet on medium heat. Add chicken and cook about 6 minutes then add bbq sauce.
2. Simmer over med heat for 7-9 min.
3. Combine tomatoes, onions and lettuce in bowl.
4. Place 1 1/2 oz chicken and 1/4 c. veg mixture on each tortilla, then roll up.

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

Frozen Yogurt Strawberries

1 quart strawberries
8 oz any flavor greek yogurt

Slice strawberries in half and coat with yogurt. Freeze for at least two hours.

Serves 8. 4 frozen yogurt strawberries is a fruit (1/2 c.) for a 3-5 year old at snack.

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Summer Week One Friday

Breakfast Banana Splits

3 bananas
12 oz. any flavor yogurt
2 c. any flavor granola

1. Cut bananas in half and then lengthwise. 2. Put 1/2 banana in each dish. 3. Put a scoop of yogurt and sprinkle of granola on each banana split.

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

Island Fun Pasta

2 — 14.5 oz can (3 c.) kidney beans, thoroughly drained, rinsed
1 c. pasta, whole grain, spiral
1/2 c. spinach, chopped
1/2 c. peaches, chunks, canned, drained
1/4 c. pineapple, chunks, canned, drained
1/4 c. red cabbage, shredded
1/4 c. green onions, chopped
1/2 c. yogurt, low-fat plain or vanilla
1/4 of a fresh orange

1. Cook pasta as directed on package.
2. In a small bowl, combine yogurt and juice of the orange.
3. Combine lettuce, pasta, pineapple, mango, cabbage, and onion in large bowl.
4. Pour dressing over. Mix until all parts are coated.

Serves 6. One cup of pasta salad is a G/B (1/2 oz.), MMA (1.5 oz.) and a fruit/vegetable (1/4 c.) for a 3-5 year old at lunch/supper

Three Shape Trail Mix

2 c. whole grain "O-shaped" cereal
2 c. hexagon-shaped (ex. Crispix) cereal
2 c. whole grain square (ex. Chex) cereal

Mix all cereal together.

Serves 16. 1/3 c. of trail mix is a G/B (1/2 oz.) for a 3-5 year old at lunch/supper

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Summer Week Two Monday

Sunny Fiesta Wrap

2 — 15 oz. can pinto beans, rinsed, and drained
1 c. yellow onions, chopped small
2 Tbsp. garlic, minced
2 tsp. cumin
1/2 tsp. salt
1 c. salsa
1 c. grated cheese
1 Tbsp. vegetable oil
8 whole wheat tortillas

1. On medium heat in large sauce pan, add beans, onions, garlic, cumin, and salt. Bring to a simmer and cook until onions are tender, about 10 minutes.
2. Add salsa and cheese, mix well. remove from heat.
3. Lay tortillas out, and assemble by equally dividing cooked bean mixture onto tortillas and spread out. Roll up, serve.

Serves 8. One wrap is a G/B (1 oz.) and a vegetable (1/4 c.) for a 3-5 year old at breakfast.

Q Burgers

1 c. dry quinoa
3 — 15 oz. cans drained and rinsed black beans
1/2 c. shredded carrot(s)
4 scallions/green onion
4 minced garlic cloves
1/2 c. bread crumbs
2 large egg(s)
2 Tbsp. cumin
3/4 tsp salt
1 tsp. black pepper
2 Tbsp. olive oil
8 whole wheat hamburger buns

Cook the quinoa according to the package directions. Lightly mash the black beans and then mix all ingredients together. Form into patties and bake in a 350 oven for 30 minutes, or spray a skillet with non-stick spray and cook until heated through and golden brown on the outside. Serve on buns.

Serves 8. One Q burger on a bun is a G/B (1 oz.) and a MMA (1.5 oz.) for a 3-5 year old at lunch/supper

Sweet Strawberry Pudding

1 1/2 c.. strawberries, frozen, thawed, minced
1 1/2 c. Greek style yogurt
3 Tbsp. honey

1. Mix by hand or in blender.
2. Portion and serve.

Serves 3. 3/4 c. of pudding is a fruit (1/2 c.) and meat alternate (1/2 oz.) for a 3-5 year old at snack.

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Summer Week Two Tuesday

Almond Raisin Granola

- 5 c. rolled oats (use regular, not instant)
- 1 c. almond slices
- 1 c. sunflower seeds
- 1 tsp. cinnamon, ground
- 1/2 c. butter melted
- 1/2 c. brown sugar
- 1/4 tsp. salt
- 1 1/4 c. raisins

1. Preheat oven to 350 degrees.
2. Combine all ingredients, except raisins. Spread mixture on parchment or foiled baking sheet pan.
3. Bake for 30 minutes or longer.
4. Stir occasionally, the longer granola bakes, the crunchier it will get. Do not burn.
5. Remove from oven, and cool. Once completely cooled, add raisins, and place granola in air tight container.

Serves 10. 1/2 c. of granola is a G/B (1.2 oz.) for a 3-5 year old at breakfast.

Chinese Pork

- 1 Tbsp. garlic, minced
- 1 Tbsp. fresh ginger
- 1/2 c. green onions, thinly sliced
- 1 lb. pork loin, cut into bite sized pieces
- 1/4 c. soy sauce
- 1/4 tsp. Chinese Five-Spice
- 3 Tbsp. honey

1. In a plastic re-sealable bag or shallow dish, mix garlic, ginger, green onions, soy sauce, Chinese Five-Spice, honey, and pork. Seal bag or cover pan and marinate, refrigerated, 2 hours or overnight. Turn the bag over or mix the pieces up several times while marinating.
2. Pre-heat oven to 450 degrees F.
3. Line a shallow pan with foil, then lay pork on pan and place on top rack.

4 Cook pork in oven until browned and firm, about 20-30 minutes and internal temp is 150 degrees.

Serves 6. 1 1/2 oz. of cooked pork is a MMA for a 3-5 year old at lunch/supper

Cabbage Steaks

- 1 head green cabbage
- 2 Tbsp. olive oil
- salt
- black pepper

Slice the cabbage into 1" round "steaks." Drizzle with olive oil and season with salt and pepper. Roast in a 450 oven until brown and crispy on top, approximately 12 minutes.

Serves 14. 1/4 c. of cabbage steak is a 1/4 c. of vegetable for a 3-5 year old at lunch/supper

Monkey Milk Shake

- 2 c. sliced strawberries
- 2 c. banana
- 2 c. milk
- 3 ice cubes

Combine all ingredients into a blender. Blend until smooth.

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

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Summer Week Two Wednesday

Oh My Oatmeal

- 1/2 c. Old-fashioned rolled oats
- 1 c. water
- 1/2 Tbsp. ground cinnamon
- 2 tsp. honey
- 2 c. raspberries and black berries

1. In a saucepan, combine water, oats, and cinnamon. Bring to a boil.
2. Reduce heat for 5-10 min or until thickened.
4. Mix in berries and keep on heat until berries are warm. Drizzle honey.

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

Herb Bagel Crisps

- 3 (1 oz.) bagels
- 1 Tbsp. melted butter
- 2 Tbsp. olive oil
- 2 minced cloves garlic
- 1 tsp. dried basil

Heat oven to 325 degrees F. Cut bagels into 1/4 -inch slices. Mix oil, butter and garlic; brush on one side of the bagel slices. Sprinkle with basil. Place on ungreased cookie sheet. Bake 10 - 12 minutes or until crisp.

Serves 6. 10 bagel crisps is a G/B (1/2 oz.) for a 3-5 year old at snack

Baked Meatballs

- 1/4 c. minced onion
- 1 Tbsp. vegetable oil
- 2 lbs. lean ground beef
- 2 egg(s)
- 3/4 c. bread crumbs
- 1/2 c. whole milk
- 1/8 tsp. salt
- 1/2 tsp. pepper
- 2 tsp. onion powder
- 1/2 tsp. garlic powder

Preheat oven to 400 degrees. Grease baking sheet lightly with oil. Add 1 tablespoon oil and onions to small skillet. Cook over medium heat, until tender, about 3 minutes. Mix remaining ingredients together in bowl; add onions. Mix until blended, using a large serving spoon. Shape beef mixture into 1 to 2 inch meatballs; place on baking sheet. Bake until thoroughly cooked, about 10-12 minutes.

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

Blooming Bulgur

- 1 Tbsp. canola oil
- 1/2 c. onion, finely chopped
- 3/4 c. green bell pepper, finely chopped
- 1/2 c. mushrooms, finely chopped
- 1 c. bulgur wheat
- 2 c. chicken broth
- 1/2 tsp. ground cumin
- 1/2 c. prepared salsa

1. In large skillet heat oil then add onion, pepper and mushrooms. Cook over medium heat until soft, about 3-5 minutes.
3. Add bulgur and cook for 2 minutes, stirring to coat the **grains**.
4. Add broth, cumin and salsa and bring to a boil. Cover, reduce heat, and simmer slowly for 15 minutes or until the liquid is all absorbed.
5. Remove from heat, let rest for 5 minutes, then serve.

Serves 8. 1/2 c. of blooming bulgur is a G/B (1/2 oz.) and a vegetable (1/4 c.) for a 3-5 year old at lunch/supper



Summer Week Two Thursday

Summertime Rice

- 1 c. brown rice
- 3 — 15 oz. cans garbanzo beans
- 1 c. tomatoes, chopped
- 2 c. spinach, chopped
- 1 c. carrots, chopped
- 1 c. broccoli, chopped
- 1 Tbsp. olive oil
- 1 Tbsp. vinegar, apple cider
- 2 Tbsp. Parmesan cheese, grated

1. Cook rice per package instructions. Allow rice to cool.
2. Mix vegetables together in large bowl.
3. Mix oil and vinegar and coat rice and beans.
4. Combine rice and vegetables. Top with parmesan cheese. Mix.

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

Cool as a Cucumber Dip

- 3 Tbsp. olive oil
- 1 tsp. garlic, minced finely
- 1/4 tsp. salt
- 1/4 tsp. black pepper, ground
- 2 c. plain yogurt
- 1 1/2 c. cucumbers, peeled, seeded and chopped small
- 1/4 tsp. dill, dried

1. Combine olive oil, garlic, salt, pepper and yogurt in mixing bowl.
2. Mix until well combined.
3. Add the cucumber and dill.
4. If possible, chill for at least one hour before serving.

Serves 12. 1/4 c. of dip is a MMA (0.5 oz.) for a 3-5 year old at snack.

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Summer Week Two Friday

Fun Fish Nuggets

1 pound tilapia, cut into 24 bite sized pieces
2 eggs, beaten
1/2 c. bread crumbs
1/8 tsp. pepper
1/8 tsp. paprika
1/4 tsp. parsley dried, rubbed
3 Tbsp. Parmesan cheese

1. Pre-heat oven at 400 degrees.
2. Dip fish chunks into the eggs.
3. In a plastic bag, mix the bread crumbs, pepper, paprika, dried parsley and cheese.
4. Put the fish chunks in the bag and shake to coat all sides.
5. Bake until lightly golden and firm to the touch, about 10-20 minutes.

Serves 6. Four nuggets is a MMA (0.5 oz.) for a 3-5 year old at lunch/supper

Citrus Couscous

1 tsp. orange zest
1/4 c. of fresh orange juice
1 c. water, less 2 tablespoons
1 Tbsp. olive oil or butter
1/2 tsp. salt
1 c. couscous, dry
1 green onion, thinly sliced

1. Using zester, remove zest on orange, and set zest aside.
2. In a medium saucepan, combine water, olive oil or butter, and salt. Bring to a boil. When the water comes to a boil, add fresh orange juice, then remove the pan from heat and stir in couscous until completely mixed.
3. Cover the pot and let stand for 5 minutes. Stir in the reserved zest, fluffing with a fork until couscous is separated.
4. Cover until ready to serve, and fluff again right before serving. Sprinkle green onion to serve.

Serves 8. 1/4 c. of couscous is a G/B (0.5 oz.) for a 3-5 year old at lunch/supper

Bold Black Bean Dip

2 c. black beans, canned, rinsed, drained
1/4 c. red bell pepper, chopped small
1 tsp. cumin
3 Tbsp. lime juice
2 Tbsp. olive oil
1 tsp. garlic, fresh, chopped

Combine all ingredients in food processor and process until smooth, about 1- 2 minutes.

Serves 6. Two tablespoons is a MMA (0.5 oz.) for a 3-5 year old at snack.

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Summer Week Three Monday

Crunchy Fruit Kabobs

- 2 c. canned chunked pineapple
- 2 c. cubed cantaloupe
- 2 c. cubed honeydew
- 1 c. grapes
- 6 large strawberries
- 1 1/2 c. vanilla yogurt
- 2 2/3 c. granola

1. Thread pineapple chunks, cantaloupe and honeydew onto skinny ("cocktail") straws or toothpicks.

2. Roll assembled kabob in yogurt, then roll in granola.

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

Golden Spiced Chicken

- 1 lb. boneless, skinless, chicken breast
- 1 tsp. olive oil
- 1/2 tsp. garlic powder
- 1/2 tsp. cinnamon
- 1/2 tsp. curry powder
- 1/2 tsp. ground cloves
- 1 1/2 c. apple juice
- 1 c. chicken broth
- 1/2 c. raisins

1. Heat oil in skillet on medium heat, then add chicken. Cook chicken just until browned on both sides, about 2 minutes per side.

2. Add garlic powder, cinnamon, curry powder, and cloves. Stir well until chicken is coated.

3. Add broth and apple juice and raisins. Stir. Once liquids starts to simmer, turn down heat to medium/low. Cook chicken, stirring occasionally, until chicken is firm about 5 minutes. Serve by putting chicken on the plate and drizzle with sauce.

Serves 6. One serving of golden spiced chicken is a MMA (1.5 oz.) for a 3-5 year old at lunch/supper

Goopy Towers

- 1/4 c. peanut/nut butter
- 1 c. chopped celery
- 8 whole grain crackers
- 4 Tbsp. raisins

1. Combine chopped celery and nut butter together until mixed well.

2. Assemble Goopy Towers as follows: Lay crackers in a row, evenly portion a small mound of celery mixture on each cracker. Then place raisins on nut butter mound on each cracker.

Serves 4. Two towers is a MMA (0.5 oz.) and a G/B (0.5 oz.) for a 3-5 year old at snack.

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Summer Week Three Tuesday

Pancake Smiles

- 1 1/2 c. whole wheat or enriched flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 2 eggs
- 1 1/2 c. milk
- 2 Tbsp. butter
- 8-10 fresh strawberries
- 1 1/2 c. blueberries

1. Combine flour, baking powder, and salt.
2. In separate bowl, whisk egg and milk until just mixed.
3. Mix wet mixture with dry ingredients, stirring gently; Batter will be thick. Heat large skillet over medium heat.
4. Spoon out the batter 1/3 cup at time.
5. Cook on both sides
6. Assemble Pancake Smiles by outlining pancakes with strawberries, then make two eyes and a smile with the blueberries.

Serves 6. Two pancakes with 1/2 c. fruit is a G/B and a fruit for a 3-5 year old at breakfast.

Turkey Apple Takers

- 1/2 Tbsp. Dijon mustard
- 1/2 Tbsp. honey
- 4 slices whole-wheat bread
- 4 (1-oz.) slices Swiss cheese
- 1 c. Granny Smith apple, sliced thin
- 8 oz. turkey breast, thinly sliced
- 2 Tbsp. butter,

1. Butter one side of each slice of bread.
2. Combine mustard and honey in a small bowl.
3. Spread one side of each of 2 bread slices with 1 1/2 teaspoons mustard mixture.
4. Place one cheese slice on dressed side of bread slices; top each with apple slices and turkey.
5. Top sandwiches with remaining bread slices.
6. Heat a large nonstick skillet over medium-high heat.
7. Add sandwiches to pan. Cook 2 minutes on each side or until bread is browned and cheese melts.

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

Citrus Corn

- 2 c. sweet corn, frozen
- 2 Tbsp. butter
- 1 tsp. about a half, lime zest, fresh grated
- salt to taste

Cook corn in skillet on medium heat in butter for 1-2 minutes. Sprinkle lime zest and salt and stir. Cook 5 minutes.
Serves 8. 1/4 c. of corn is a vegetable for a 3-5 year old at lunch/supper.

Frozen Fun Pops

- 4 oz. any flavor yogurt
- 1 c. canned chunk peaches

1. Combine yogurt and peaches, then pour into 5 oz paper cups.
2. Stretch plastic wrap across the top.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer.

Serves 2. One pop is a fruit for a 3-5 year old at snack.

twist & sprout

Summer Week Three Wednesday

Fruity Quinoa

- 1 c. water
- 1/2 c. dry quinoa
- pinch salt
- 1/2 tsp. brown sugar
- 1 c. frozen, thawed rasp berries
- 1 c. of chunked pears

1. In medium sauce pan, bring water and quinoa to a boil. Add salt and brown sugar, then cover, reduce heat to a simmer.
2. Simmer until water is absorbed, and quinoa is tender, about 12-15 minutes. Once cooked, fold in chopped fruit.

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

Sweet Swirl Wrap

- 3 large or 6 small whole grain tortillas
- 6 oz. ham, deli low sodium, thinly sliced
- 6 oz. Cheddar cheese, sliced
- 6 Tbsp. Honey mustard dressing
- 1 1/2 c. shredded carrots
- 6 Tbsp. raisins,

1. Assemble wraps by placing meat to cover wrap, then cheese.
2. Drizzle wrap with honey mustard.
3. Sprinkle each wrap with shredded carrot and dried fruit.
4. Roll tightly, cut in half, keeping opening side down on plate.

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

Cucumber Canoes

- 2 large cucumbers
- 8 oz. cottage cheese
- 4 baby carrot(s)

Scoop seeds out of cucumbers and fill with cottage cheese. Lay 1/2 of a baby carrot on top to complete the canoe.

Serves 8. Two canoes is a MMA (0.5 oz.) and a vegetable (1/2 c.) for a 3-5 year old at snack.

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Summer Week Three Thursday

Eggs in a Nest

4 slices whole grain bread
4 eggs

1. Toast bread and cut a circle out of the center with the top of a small drinking glass.
2. Lightly spray one side with non-stick cooking spray. Heat skillet to medium-high heat. Place toast in skillet, then crack egg directly into the center of the toast.
3. Cover and cook until egg is completely cooked.

Serves 4. One nest is a G/B (1.0 oz.) for a 3-5 year old at breakfast.

Roast Pork with Red Pepper Sauce

3 c. red bell pepper, chopped
1/2 c. chicken broth
1 Tbsp. apple cider vinegar
2 Tbsp. tomato paste
2 tsp. oregano, dried
2 tsp. garlic powder
1 tsp. honey
1/4 tsp. ground black pepper
1/4 tsp. salt
1 lb. pork loin, cut into bite sized pieces

- In blender, combine all ingredients except pork and blend until smooth.
2. In large plastic bag, combine sauce with pork, and marinate for at least 2 hours or overnight.
 3. Pre-heat oven to 400 degrees F.
 4. Line a shallow pan with foil, then lay pork and sauce on pan and place on top rack.
 5. Cook pork in oven until browned and firm, about 25-30 minutes and internal temp is 150 degrees.

Serves 6. 1.5 oz. of cooked pork is a MMA for a 3-5 year old at lunch/supper

Mighty Minty Peas

2 c. sweet peas, frozen
2 Tbsp. butter
2 tsp. fresh mint, chopped small OR 1/2 tsp. dried mint
3 pinches salt

1. Heat skillet on medium heat add butter and cook 2-3 minutes.
2. Sprinkle chopped mint and salt over peas, and stir and cook until aromatic and peas are hot, about 1 minute.

Serves 8. 1/4 c. of peas is a vegetable for a 3-5 year old at lunch/supper

Go Fish Snack

1 Tbsp. peanut butter
1 large pretzel rod
20 goldfish crackers

Place peanut butter, pretzel rod and the goldfish crackers on a large plate. Let the kids dip their pretzel into the peanut butter and then 'fish' for the goldfish.

Serves one as a MMA and a G/B for a 3-5 year old at snack.

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Summer Week Three Friday

Cinnamon Berry Treasures

- 4 whole grain tortillas
- 1 Tbsp. melted butter
- 1/4 tsp. cinnamon
- 1 c. any flavor yogurt
- 2 c. any kind of berries
- 2 tsp. honey

1. Preheat oven to 400°.
2. Combine sugar and cinnamon in a small bowl. Cut each tortilla in half.
3. Arrange tortilla halves in single layer on a parchment or foil lined baking sheet pan, brushed lightly with butter.
4. Sprinkle with cinnamon sugar mixture, then bake until crisp and slightly browned, about 4 minutes.
5. Fill each tortilla half with 2 Tbsp yogurt and 4 Tbsp berries. Top with 1/2 teaspoon honey
6. Fold over to serve. Both halves is one "treasure".

Serves 4. One treasure is a G/B and a fruit for a 3-5 year old at breakfast.

Captain's Zesty Chicken

- 1 lb. boneless, skinless chicken breast, cut into bite-sized pieces
- 1 c. salsa
- 1 Tbsp. brown sugar
- 1 tsp. Dijon mustard
- 1/2 tsp. olive oil for greasing pan

1. Preheat the oven to 375 degrees F.
2. In a medium bowl, mix chicken with salsa, brown sugar, and dijon mustard.
3. Place seasoned chicken in a lightly greased, shallow baking dish, then cover with foil.
4. Cook for 25 minutes, then remove foil and cook uncovered until chicken is firm to the touch, about 15 minutes.

Serves 6. 1.5 oz. of cooked chicken is a MMA for a 3-5 year old at lunch/supper.

Power Penne

- 8 ounces whole grain penne pasta, dry
- 1 1/2 c. garbanzo beans
- 1 1/2 c. black beans
- 1 c. chicken broth
- 1 lb. frozen spinach, thawed and drained
- 8 oz. cold cream cheese, cubed
- 2 c. cherry tomatoes, halved

1. Cook pasta per package instructions.
2. Heat large skillet over medium heat, add broth and beans, and simmer 3 min. Stir in cream cheese and spinach. Return to simmer, stirring occasionally, about 5 min.
3. Add cherry tomatoes, and cook 2 minutes.
4. In a large bowl, mix together pasta and sauce.

Serves 6. 1.5 c. of power penne is two vegetables (1/2 c.) and a G/B (1 oz.) for a 3-5 year old at lunch/supper

Pineapple Cottage Cheese Yummies

- 8 rings of canned pineapple
 - 1 cup cottage cheese
- Pat dry the pineapple rings. Add 1/4 cup cottage cheese to 4 rings, then top with the remaining 4 pineapple rings to make a "sandwich"

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

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Summer Week Four Monday

Bananas Foster Parfait

- 2 ripe banana(s)
- 1 Tbsp brown sugar
- 1 Tbsp apple juice
- 2 Tbsp butter
- 2 pinches salt
- 1 cup any flavor yogurt
- 1 1/3 cup any type granola

1. Peel bananas, and cut each banana in half lengthwise. Cut each half into 2 pieces.
2. Heat nonstick skillet on medium-low, add brown sugar, apple juice, butter and salt to pan, and cook until mixture begins to bubble, about 3 minutes.
3. Add bananas, flat side down, to pan and cook until bananas begin to soften, about 2 minutes.
4. Portion banana into bowls or cups. Top each serving with 1/4 cup yogurt and 1/3 cup granola.

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

Italian Flag Pasta

- 8 oz. whole grain spiral pasta, dry
- 1/2 tsp. oil
- 1/4 c. pesto
- 8 oz. chicken, cooked
- 2 c. cherry tomatoes, quartered
- 4 tsp. Parmesan cheese, shredded

1. Cook pasta per package instructions.
2. Heat large skillet on medium heat with oil, then add pesto, chicken and warm up.
3. Once pesto and chicken are heated up, add pasta and tomatoes and cook until pasta and tomatoes are warmed up, then remove from heat. Garnish with parmesan cheese.

Serves 6. One serving of Italian Flag Pasta is a G/B and a MMA for a 3-5 year old at lunch/supper.

Awesome Asparagus

- 12 asparagus, woody ends removed
- 2 T olive oil
- 3 pinches Salt
- 3 pinches black pepper, ground

1. Preheat oven 400°F Toss with olive oil, and season with salt and pepper.
2. Roast until bright green and tender, with a slight crunch, approximately 5-10 minutes.

Serves 6. 1.5 c. of power penne is two vegetables (1/2 c.) and a G/B (1 oz.) for a 3-5 year old at lunch/supper

Green Pepper Posies

- 8 green pepper rings
- 8 small green pepper strings
- 8 cherry tomatoes

1. Cut cherry tomatoes lengthwise
2. Arrange green pepper rings and strips as the flower blossom and stem.
3. Arrange the tomato slices as leaves

Serves 8. One "posie" is a vegetable for a 3-5 year old at snack.



Summer Week Four Tuesday

Little Boy Blue Muffins

1/2 c. regular rolled oats
1 c. milk
1 1/2 c. whole wheat flour
1 Tbsp. baking powder
1/4 tsp. salt
1/3 c. brown sugar
3 1/2 Tbsp. canola oil
1 egg, lightly beaten
1/2 c. blueberries
1/2 c. blackberries

1. Preheat the oven to 400 degrees. Line a 12-cup muffin pan with paper liners.
2. Combine the oats and milk. Microwave about 3 min.
3. In a large bowl, combine flour, baking powder, and salt. Whisk to blend. Add brown sugar, canola oil, lemon zest, oats mixture and egg. Mix just until moistened but still slightly lumpy. Gently fold in blueberries and blackberries.
4. Spoon the batter into muffin cups, filling each cup 2/3 full. Bake until the tops are golden brown, 15-18 minutes.

Serves 24. 1/2 muffin is a grain/bread for a 3-5 year old at breakfast.

Summertime Tuna Bites

2— 6 oz. cans albacore tuna in water, drained and flaked
2 Tbsp. (1 oz.) cream cheese, softened
2 Tbsp. mayonnaise
1 jar (23.5 oz.) pineapple chunks
2 Tbsp. chopped almonds
24 whole wheat crackers

1. Combine tuna, cream cheese and mayonnaise in medium bowl, mixing well. Chill, if desired, until ready to serve
2. Measure 1 cup drained pineapple chunks; stir into tuna mixture with almonds. Spoon mixture onto crackers; serve.

Serves 8. 3 tuna bites is a grain/bread and a meat/meat alternate for a 3-5 year old at lunch/supper.

Sweet Raspberry Treats

3 c. whole wheat flour
1 1/4 c. brown sugar
1 1/2 c. quick oats
1 c. coconut, flaked
1/2 c. walnuts, chopped small
1/2 c. butter, melted
1/2 c. apple sauce
1 (18 ounce) jar raspberry preserves

1. Preheat oven to 350 degrees F. Prepare a 9x13-inch baking dish with cooking spray.
2. Mix flour, brown sugar, oats, coconut, and walnuts together in a bowl.
3. Mix melted butter and apple sauce together then pour over flour mixture and mix well.
4. Press half the flour mixture on bottom of prepared baking dish; top with a layer of raspberry preserves.
5. Finish by topping with remaining flour mixture, patting lightly to complete the crust.
6. Bake in preheated oven until browned, 20 to 25 minutes.

Serves 24. One treat is a grain/bread for a 3-5 year old at snack.

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Summer Week Four Wednesday

Rise & Shine Cereal

- 4 c. water
- 1/4 tsp. salt
- 3/4 c. whole grain farina
- 1 c. peaches, chopped
- 1 c. blueberries, rough chop

1. Bring water, salt to a boil.
2. Slowly add farina, stirring constantly with whisk until well blended.
3. Return to a boil. Reduce heat to Low; simmer uncovered, 2-1/2 minutes or until thickened, stirring frequently.
4. Fold in most of the fruit into cooked farina. Save a few pieces of each kind for garnishing on top before serving.

Serves 4. One cup of cereal is a grain/bread and a fruit for a 3-5 year old at breakfast.

Picnic Pinwheels

- 1 8-inch whole-wheat flour tortilla
- 2 tablespoons prepared red sauce
- 1/2 c. fresh spinach, washed, dried, chopped
- 1 1/2 oz. shredded mozzarella cheese

1. Pre-heat oven at 450 degrees
2. Place tortillas on foil lined baking sheet pan, and spread sauce over it. Evenly spread spinach over tortilla and sprinkle cheese.
3. Cook in oven, upper top rack, until cheese melts, about 1-2 minutes.
4. Remove from oven, and roll the tortilla up. Let cool for a few minutes before slicing into 1 inch thick pieces.
5. Place pieces on plate with cut side facing up, to show colors, side by side on plate.

Serves 1. One pinwheel is a grain/bread and a meat/meat alternate and a vegetable for a 3-5 year old at lunch/supper.

Mr. Tomato Head

- 4 medium tomato
- 1/2 c. dry couscous
- 2 c. vegetable broth
- 1/4 c. fresh basil, julienned
- 8 black olive slices
- 1 slice provolone cheese

1. Hollow out a tomato, saving the top slice.
2. Bring vegetable broth to a boil in a saucepan. Add couscous, stir, remove from heat and let sit for 5 min covered.
3. Fill tomato with cooked couscous mix, top with shredded basil, and cover partially with reserved tomato top.
4. Rest black-olive slices on tomato ledge for eyes.
5. Cut a piece of provolone cheese in the shape of a mouth and place it right on the tomato.

Serves 4. One tomato head is a grain/bread and a vegetable for a 3-5 year old at snack.

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Summer Week Four Thursday

Farmers Pizza

- 4 whole wheat English muffins
- 1 Tbsp. butter
- 4 large tomato slices
- 2 hard-boiled eggs, sliced
- 4 Tbsp. mozzarella
- 4 pinches oregano, dried leaves, crumbled
- 4 pinches kosher salt

1. Pre-heat oven broiler on high heat
2. Toast English-muffins, then butter each half, then place on foil lined sheet pan.
3. Assemble as follows: a tomato slice, hard-boiled egg slices, (1/4 an egg per serving), cheese, then sprinkle oregano and kosher salt.
4. Broil until cheese melts, about 5 minutes, then serve.

Serves 8. One "pizza" is a grain/bread for a 3-5 year old at breakfast.

Colorful Roll-Up

- 4 - 6 inch celery sticks
- 1/2 c. red bell pepper, cut into strips
- 1/4 c. hummus
- 2 oz. turkey slices, deli style, low sodium
- 2 slices Swiss cheese, deli style, thin

1. Spread hummus on celery sticks and set aside.
2. Take one slice of turkey and layer slice of Swiss on top.
3. Place celery sticks and red pepper strips on top of the turkey/cheese and roll it up.

Serves 2. One roll-up is a vegetable (1/4 c.) and a meat/meat alternate for a 3-5 year old at lunch/supper.

Sunflower Snacks

- 4 oz. cheddar cheese
- 2 c. grapes

1. Cut cheddar cheese into triangles and arrange triangles to make the outer ring of the sunflower

2. Fill center of "flower" with grapes

Serves 4. One "flower" is a meat/meat alternate and a fruit for a 3-5 year old at snack.

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Summer Week Four Friday

Fruit Crumb Cake

- 1 c. whole wheat flour
- 1/2 c. brown sugar
- 1 tsp. cinnamon
- 1/4 tsp. allspice
- 1/4 tsp. nutmeg
- 3/4 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 c. cold unsalted butter, cut into pieces
- 1/2 c. buttermilk
- 1 egg, lightly beaten
- 4 c. fruit of choice to top on cake

1. Preheat oven to 350 degrees. Spray 8" round cake pan with cooking spray.
2. In a food processor, combine flour, brown sugar, spices, baking powder and baking soda. Pulse to combine. Add butter and pulse until mixture resembles coarse meal. Remove 1/3 cup and set aside.
3. Add buttermilk and egg and pulse until mixture is well-combined. Spoon into prepared pan. Sprinkle the reserved crumb mixture over batter and bake for 25 minutes. Serve with sliced fresh fruit.

Serves 16. One slice is a grain/bread for a 3-5 year old at breakfast.

Pocket of Gold

- 2 whole wheat pitas, cut in half
- 4 hardboiled eggs
- 1/8 c. mayonnaise
- 1/2 tsp. mustard
- 1/4 c. shredded carrot
- 1 Tbsp. green onion, sliced thin
- 2 c. romaine lettuce or spinach

1. Peel hardboiled eggs, discard shells and chop up eggs. Put in bowl.
2. Add mayonnaise, mustard and shredded carrot and green onion. Stir until well combined.
3. Toast pita halves, then stuff portion of lettuce greens, and portion of egg mixture.

Serves 4. One pocket is a grain/bread and a meat/meat alternate for a 3-5 year old at lunch/supper.

Roasted Parmesan Potatoes

- 2 lbs. potatoes, chunked
- 1/8 c. olive oil
- 1/2 c. parmesan cheese, grated
- 2 pinches salt
- 2 pinches black pepper ground
- 1/2 Tbsp. parsley, dried

1. Pre-heat oven 375 degrees.
2. Toss potatoes with olive oil, salt and pepper. Place potatoes on single layer on parchment lined sheet pan.
3. Bake potatoes until lightly golden, 25 to 35 minutes.
4. Remove from oven, toss with cheese and parsley

Serves 9. 1/4 cup of roasted potatoes is a vegetable for a 3-5 year old at lunch/supper.

Ants on a Raft

- 1/3 c. peanut butter
- 2 c. bananas, peeled, sliced into wheels
- 2 Tbsp. raisins

Lay bananas on cutting board, evenly portion a small mound of peanut butter on each slice of banana and top with raisins.

Serves 4. Three rafts is a meat/meat alternate and a fruit for a 3-5 year old at snack.