

Recipe Selection

Menu Planning in Action STARS Training
Feb. 3, 2018

Instructors: Carrie Parker and Katy Levenhagen

RECIPES:

- Mango Salsa
- Fruit and Vegetable Smoothies (Purple and Green)
- Corn Tortilla and Black Bean Quesadillas
- Asian Noodle Salad
- Sesame Crusted Tofu Bites
- Green Frittata Popovers
- Kale Chips
- Super Hero Salad
- Home Made Ranch Dressing



Child Care Health Outreach Program
3020 Rucker Avenue, Suite 104
Everett, WA 98201
425.339.5250
www.snohd.org



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

To reach the Child Care Nutrition Consultant contact:

klevenhagen@snohd.org, 425-252-5407

Mango Salsa (Makes 4 cups):

INGREDIENTS

- 2 large, ripe mangos, peeled, pitted and diced
- 1 small minced red onion
- 1 medium sized finely chopped red bell pepper
- ¼ c chopped fresh mint and chopped cilantro,
- Juice from 2 limes, 1 teaspoon ground cumin,
- 2 tablespoons extra virgin olive oil

INSTRUCTIONS

1. Finely chop mango, peppers and onion and mix together. Squeeze limes in bowl and mix with spices and olive oil. (Or...add ingredients to a Cuisinart and pulse until desired consistency.)
2. Chop mint and cilantro and add to the mix.
3. Mix all the ingredients together and serve with quesadillas.

Corn Tortilla and Black Bean Quesadillas (makes 12)

INGREDIENTS

- 1 package of 24 corn tortillas
- ¼ cup Canola oil
- 2 cans of Black beans
- 1 tsp cumin and ½ tsp of chili powder
- 8 oz grated cheddar cheese or combination of Cheddar and Monterey Jack Cheese

DIRECTIONS

1. Drain cans of beans and mix with spices. Microwave in a covered glass bowl for 2 minutes.
2. Over medium heat, heat skillet and add 1 tsp oil. Spread it around the entire bottom of the pan.
3. Depending on the size of the skillet add corn tortillas and spoon on 2 TBLS of black beans and spread evenly around the tortilla.
4. Add appr. ½ oz (2 TBSP) of cheese to each and cover with another tortilla.
5. Flip the tortilla sandwich when the bottom starts to slightly brown.
6. Continue to cook until the cheese melts. Cover if needed.
7. Remove tortillas from the pan and cut into quarters.
8. Serve hot with the Mango salsa.

Berry Fruit Smoothies – (About, 6, 6 oz servings)

INGREDIENTS

Purple Smoothie

- 1 pound bag of frozen mixed berries
- 1 banana
- 6 oz container of vanilla flavored yogurt (or plain yogurt for a less sweet version)
- Appr. 1 cup of apple juice (or water if preferred). Add more liquid to make a milkshake like consistency.

Green Smoothie

- pound bag of frozen peaches or mango
- 1 banana
- 2 cups of washed and rinsed fresh spinach
- 6 oz container of vanilla yogurt(or plain yogurt for a less sweet version)
- Appr. 1 cup of orange juice (or water if preferred). Add more liquid to make a milkshake like consistency.

DIRECTIONS

For both

1. Mix all ingredients together in a blender on the puree setting for 20 – 30 seconds. Make sure to have children cover their ears if you are doing this as a project with them.
2. Pour into small cups.
3. Compare and contrast them.

Kale Chips (4 – 6, ½ cup serving, count as a vegetable serving for 3 – 5 year olds)

The familiar salty crunch of these nutrient packed chips will have you hooked. Children love them.

INGREDIENTS

- 1 bunch Kale (Dino Kale is best because of it's sturdy leaves)
- ½ tsp of salt and pepper and other seasoning if desired
- 2 TBLS of high heat oil (Canola, Grape Seed, Sunflower)

INSTRUCTIONS

1. Wash kale leaves and pat dry with a paper towel.
2. Tear into bite sized pieces, about 1 inch. Don't use the center stem.
3. In a large bowl toss the pieces of kale with spices and oil.
4. Place evenly in a single layer on a large sheet pan. Avoid overlapping the pieces.
5. Bake for 8 – 12 minutes checking to make sure they do not overcook.
6. It should get crispy and stay somewhat green.
7. Remove from oven and let cool before eating.

Asian Noodle Salad (with or without) Sesame Tofu Bites (6, ½ cup serv)

A combination of soy, ginger, and sesame, along with crispy fried tofu, give this tasty pasta salad its classic Asian flavors. **This can be made ahead of time and served cold as a salad. The Tofu can be fried and added warm to the salad as well.**

INGREDIENTS

THE SALAD

- 12 ounce bag of Whole Wheat Spaghetti noodles (Soba noodles can be substituted).
- 1 cup sugar snap peas, trimmed and strings removed
- 2 cups of broccoli flowerets
- 3 scallions, chopped
- 1/2 cup fresh cilantro, finely chopped (optional)

Dressing for the salad

- 1/4 cup lite soy sauce
- 2 tablespoons rice vinegar, 1 tablespoon toasted sesame oil
- 1 teaspoon honey
- 2 teaspoons peeled and minced fresh ginger
- 1 garlic clove, minced
- 1/2 teaspoon red pepper flakes (optional)

INSTRUCTIONS

1. Bring a large pot of water to a boil, and cook the noodles according to the package directions. (Soba noodles cook quickly). Rinse the noodles with cold water and drain in a colander and transfer to a large bowl.
2. Make the Dressing for the Salad while the noodles are cooking. Combine all the ingredients and whisk for a minute or so.
3. Steam the vegetables until cooked but slightly crunchy...especially the peas. Add the vegetables to the pasta.
4. Finely chop the scallions, and cilantro
5. Add the chopped cilantro and scallions just before serving and toss

Sesame Crusted Tofu Bites – Appr. 7, 2 oz servings

The sesame seeds add a crunch to the otherwise soft tofu. The marinade adds a salty and tangy flavor to the tofu. Serve this with the Asian Noodle Salad.

INGREDIENTS

- 1 (14-ounce) block extra-firm tofu, drained

Marinade for the Tofu

- 3 tablespoons lite soy sauce,
- 1 tablespoon honey,
- 1 TBLS rice vinegar

Crust for the Tofu

- 1/2 cup sesame seeds
- 1 tablespoon toasted sesame oil, 2 tablespoons canola or peanut oil

INSTRUCTIONS

1. In a large bowl, combine all the ingredients for the marinade and set it aside. Slice the tofu widthwise into quarters. Slice each quarter into four rectangles, then slice each rectangle diagonally into two triangles and each triangle into 2 triangles.
2. Add to the marinade and let sit for at least 15 minutes, drain, then spread tofu on a cookie sheet and pat dry.
3. Place the sesame seeds in a large bowl and toss with the tofu.
4. Heat the sesame and canola oil in a large skillet over medium heat
5. Add pieces of sesame seed – covered tofu, and fry on one side until golden brown and then flip, about 3 minutes per side.
6. Add these to the top of the Asian Salad
7. Toss gently before serving

Green Frittata Popovers – Makes 12 standard muffin cup size frittatas.

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 small onion, finely diced
- 1 clove garlic, minced
- Thawed 10-oz. box of frozen chopped spinach; place in a colander to drain
- 10 large eggs (organic and cage-free, if possible)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons chopped fresh herbs (such as parsley, thyme, rosemary or chives)
- ¾ cup parmesan cheese (optional)

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Coat a 12-cup muffin tin with cooking spray, or use muffin liners.
2. Heat olive oil in a medium skillet over medium-high heat. Saute onion until softened, about 3 to 5 minutes. Add garlic and saute 1 minute longer. Add spinach and stir with onion mixture for about 2 minutes and until spinach is cooked but still green. Remove from heat and cool slightly.
3. Meanwhile; in a large bowl, whisk eggs with salt and pepper until blended.
4. If using cheese, press 1 TBLS into the bottom of each cup
5. Once onion mixture has cooled, whisk onion mixture and herbs into eggs. Divide among the 12 muffin cups and bake until set in center, 25 to 30 minutes.
6. Best if eaten warm.

Super Hero Salad – This salad appeals to children because it has all the colors of the rainbow! Let them know it has all the foods their favorite Super Hero eats!

INGREDIENTS

GREEN

- 1 head green leaf lettuce, torn into small pieces
- **1 head romaine lettuce, torn into small pieces**
- 1 bunch chard, spinach, kale or a combination, torn into small pieces
- 1 bunch baby greens, torn into small pieces
- 1/2 cup steamed broccoli flowerets
- 1/2 cup thinly sliced Granny Smith apple

RED

- 1/2 cup cherry tomatoes or sliced tomatoes
- 1/2 cup chopped red bell peppers
- **1/2 cup thinly sliced red apple**
- 1/4 cup dried cranberries

ORANGE

- 1/2 cup shredded carrots
- **1/2 cup oranges or tangerine (Cuties) pieces or wedges**

YELLOW

- **1/2 cup sliced yellow bell peppers**
- 1/2 cup sliced or grated yellow carrots
- 1/2 cup pineapple chunks

PURPLE

- **1/2 cup shredded purple cabbage**
- 1/4 cup thinly sliced purple onion
- **1/4 cup raisins**
- Pumpkin or sunflower seeds

INSTRUCTIONS

1. Choose 1 or 2 ingredient from each color — think about combining flavors and textures that will match well — and mix together in a bowl.
2. Tear or chop lettuce, leafy greens and cabbage into small, bite sized pieces.
3. Serve with **Homemade Ranch Dressing**

Home Made Ranch Dressing – it tastes just like the store bought version...only better and with fewer ingredients. Makes 2 cups.

- INGREDIENTS1 cup mayonnaise
- 1 cup plain yogurt
- 1 tsp each of garlic and onion powder
- 1 TBLS dried dill
- ½ tsp. of black pepper
- ¼ cup fresh chopped parsley or 2 TBLS of dried parsley
- 1 - 2 TBLS of milk to thin (OR water)

INSTRUCTIONS

1. Mix all ingredients (except for milk or water) together in a bowl using a wire whisk or add it all to a blender or Cuisinart and blend until smooth.
2. Add milk or water to get desired consistency

