

# Child and Adult Care Food Program 2012 Summer Nutrition and Wellness Training

Active Early Healthy Bites



## 'Maximize Your Menu' Recipes with Monique Hooker

### Easy Hummus Dip

(Makes 3 ½ cups)

**2 (15 1/2 oz.) cans chick peas (garbanzo beans) with liquid**  
**¼ cup fresh lemon juice**  
**2 Tablespoons olive oil**  
**1/8 teaspoon garlic powder**  
**1/8 teaspoon ground black pepper**  
**2 Tablespoons fresh chopped parsley**  
**¼ teaspoon paprika to sprinkle on at serving time**  
**Olive oil to cover**



1. Puree all ingredients in blender or processor.
2. Can be prepared one day ahead.
3. Cover and refrigerate.
4. Transfer to bowl. Drizzle olive oil over top and blend.

#### Serving options

Serve with whole wheat pita bread (cut into eighths), fresh vegetables or as a sandwich spread.

#### CACFP Crediting

¼ cup serving provides ¼ cup of Vegetable or Meat Alternate.

Source: [www.cooks.com](http://www.cooks.com) with Monique's additions



# 'Maximize Your Menu' recipes continued...

## Improving Nutrition



### Cowboy Quinoa ("keen-wah")

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Quinoa	3/4 cup	1-1/2 cups	3 cups	6 cups
Water	1-1/2 cups	3 cups	6 cups	12 cups
Cider vinegar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Olive oil	2 Tbsp	1/4 cup	1/2 cup	1 cup
Black beans, canned, rinsed	2 - 15 oz cans	4 - 15 oz cans	8 - 15 oz cans	16 - 15 oz cans
Corn, frozen	1 cup	2 cups	4 cups	8 cups
Cherry tomatoes, halved	1/2 cup	1 cup	2 cups	4 cups
Onions, sliced	1/4 cup	1/2 cup	1 cup	2 cups

#### Directions:

1. Combine water and quinoa in small pan and bring to boil. Cover and let simmer, about 12 to 15 minutes (until quinoa is tender).
2. Whisk together oil and vinegar. Pour over quinoa
3. Add beans, corn, tomatoes and onion.
4. Stir.

**Food For Thought** Quinoa is a small round grain, similar to couscous. It has a nutty flavor when cooked and can be used as a main dish or as a side.

**CACFP Crediting** For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

### Nutrition Facts

Serving size: 1 cup (271g)  
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	241	Cal. from Fat	17
<b>Total Fat</b>	2g		4%
Saturated Fat	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	552mg		25%
<b>Total Carbohydrate</b>	46g		15%
Dietary Fiber	12g		50%
Sugars	2g		
<b>Protein</b>	12g		
Vitamin A	4%	Vitamin C	15%
Calcium	8%	Iron	25%

Recipe adapted from Nickjr. Website.  
<http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.jhtml>  
Accessed May 24, 2010.

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## Improving Nutrition



### Polka Dot Pasta

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pasta, whole wheat bowtie, dry	1 cup	2 cups	4 cups	8 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Spinach, chopped	1/2 cup	1 cup	2 cups	4 cups
Carrots, chopped	1 cup	2 cups	4 cups	8 cups
Broccoli, chopped	1/2 cup	1 cup	2 cups	4 cups
Pepper, black	1/2 tsp	1 tsp	2 tsp	4 tsp
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Vinegar, distilled	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Parmesan cheese, grated	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

#### Directions:

1. Cook pasta as directed on box.
2. Allow pasta to cool.
3. Chop vegetables. Mix together in large bowl.
4. Mix oil and vinegar and coat pasta.
5. Combine pasta and vegetable mix.
6. Top with pepper and parmesan cheese. Mix.

**Food For Thought** Pasta salad can be made any time of year using frozen instead of fresh vegetables.

**CACFP Crediting** For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

### Nutrition Facts

Serving size: 1/2 cup (88g)  
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	69	Cal. from Fat	25
<b>Total Fat</b>	3g		4%
Saturated Fat	0g		2%
<b>Cholesterol</b>	1mg		0%
<b>Sodium</b>	34mg		0%
<b>Total Carbohydrate</b>	10g		4%
Dietary Fiber	2g		8%
Sugars	2g		
<b>Protein</b>	2g		
Vitamin A	55%	Vitamin C	20%
Calcium	4%	Iron	4%

Recipe adapted from Little Caboose Child Care and Learning Center.

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Source: CACFP Menu Planning Guide at <http://dpi.wi.gov/fns/pdf/menu-planning-guide-web.pdf> .