

Pineapple Carrot Muffins

Chef Bob Casey • Boston, Mass.

Serves 12, 1 muffin per serving

Prep time: 15 minutes • Cook time: 25 minutes

Ingredients

1 medium carrot
1 cup canned crushed pineapple with juice
5 Tablespoons canola oil
¼ cup cold water
1 Tablespoon white distilled vinegar
1½ cups all-purpose flour
¾ cup light brown sugar, packed
1 teaspoon baking soda
1 teaspoon ground cinnamon
¼ teaspoon salt
Pinch ground nutmeg, pumpkin pie spice, or apple pie spice
Non-stick cooking spray

Optional Ingredients

½ cup chopped walnuts (or ½ cup raisins)

Materials

12-cup muffin pan • Box grater • Can opener • Fork • Large bowl • Measuring cups • Measuring spoons • Medium bowl • Mixing spoon • Vegetable peeler

Nutrition Facts

Serving Size 1 muffin
Servings Per Recipe 12

Amount Per Serving

Calories 180 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 29g **11%**

Dietary Fiber 1g **4%**

Sugars 17g

Protein 2g

Vitamin A 15% • Vitamin C 4%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Preheat oven to 350°F.
2. Rinse and peel carrot. Shred with a grater. Measure out ¾ cup shredded carrot.
3. In a medium bowl, add pineapple with juice, oil, water, vinegar, and shredded carrot. Mix with a fork to combine.
4. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.
5. Add wet ingredients to dry ingredients. Mix until just combined.
6. If using walnuts or raisins, gently stir in now.
7. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about ¾ full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20–25 minutes.

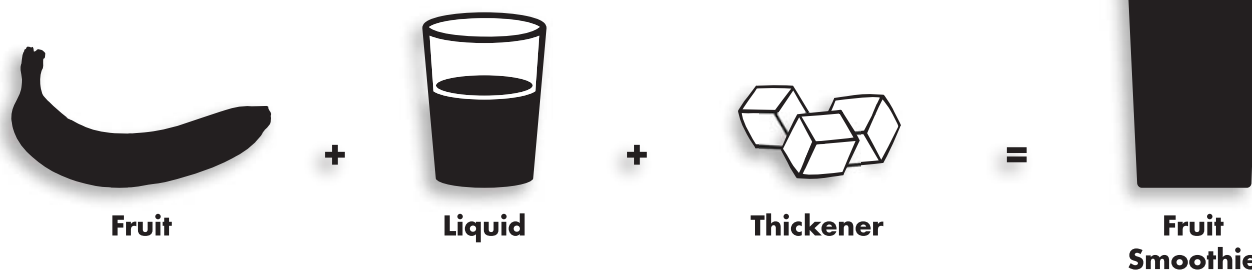
Chef's Notes

- Use whole wheat flour for half of the all-purpose flour.
- To make these as a cake, pour batter into a greased 8-inch baking dish. Bake until top is golden brown and a toothpick inserted in the middle comes out clean, about 30–40 minutes.
- This recipe does not work well when doubled or baked as a cake in any pan larger than 8 inches.
- To make these a cupcake dessert, add a cream cheese frosting. Mix 4 Tablespoons soft cream cheese, ⅔ cup nonfat plain yogurt, and 1–2 Tablespoons honey until smooth and creamy. Spread a thin layer of frosting over each muffin.
- You can line muffin pan with paper muffin cups instead of using cooking spray, if you like.
- Make a double batch. Muffins freeze well for up to 2 weeks. Pull one out each morning for a grab-and-go breakfast. Reheat in microwave for 1 minute or toaster oven for 5 minutes.



Make Your Own Fruit Smoothies

Smoothies are easy, healthy, and can be made to your liking!



Add ingredients from each column to blender. Blend until thick and smooth.

Fruit (½ - 1 cup sliced or chopped per smoothie — fresh or frozen)	+	Liquid (½ to 1 cup per smoothie)	+	Optional Flavorings (up to ½ tsp per smoothie)	+	Thickener (up to ½ cup per smoothie)
Bananas		Apple juice, 100% juice		Ground cinnamon		Ice
Strawberries		Orange juice, 100% juice		Vanilla extract or flavor		Low-fat or nonfat yogurt (plain or frozen)
Raspberries, whole		Cranberry juice, 100% juice		Zest from lemon, lime, or orange		Frozen low-fat or nonfat yogurt
Blueberries, whole		Low-fat or nonfat milk, plain or flavored		Coconut flakes, unsweetened		Silken tofu
Peach		Soy milk, plain or flavored		Honey or maple syrup		
Mango		Almond milk				
Pineapple						

Try these combos!

Very Berry: ½-cup mixture of strawberry, blueberry, and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 tsp honey + ¼ cup ice

Banana-Honey: ½ cup sliced, frozen banana + ¼ cup apple juice + ¼ cup nonfat milk + ¼ cup plain yogurt + 1 tsp honey

Triple-C Blaster: ½-cup mixture of mango and papaya + ½ cup orange juice + ¼ cup nonfat vanilla yogurt + 1 tsp honey + ¼ cup ice

Tropical Sunrise: ½-cup mixture of banana and mango + ½ cup low-fat milk + ½ tsp coconut flakes + ¼ cup nonfat yogurt + ¼ cup ice



Chef's Tips:

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

Peanut Butter and Banana Pockets

Chef Lauren Klatsky • Boston, Mass.

Serves 4, 1 folded quesadilla per serving

Prep time: 10 minutes • Cook time: 15 minutes



Ingredients

3 ripe bananas
3 Tablespoons creamy peanut butter
1½ teaspoons honey
¼ teaspoon ground cinnamon
4 (8-inch) whole wheat flour tortillas
Non-stick cooking spray

Materials

Large skillet • Measuring spoons • Rubber spatula • Sharp knife • Small bowl

Directions

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.

Chef's Notes

- For a richer flavor, stir 2 Tablespoons of low-fat cream cheese into the peanut butter mixture in step 2. Let cheese come to room temperature before adding.
- To serve as a dessert, add melted chocolate sauce. Or, sprinkle a few chocolate chips inside the tortilla while cooking.

Nutrition Facts

Serving Size 1 folded quesadilla
Servings Per Recipe 4

Amount Per Serving

Calories 300 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **16%**

Total Carbohydrate 47g **17%**

Dietary Fiber 3g **11%**

Sugars 14g

Protein 8g

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fruit Tarts

Chef Jenny Herman • Boulder, Colo.

Serves 6, 1 tart per serving

Prep time: 30 minutes • Cook time: 10 minutes



Ingredients

4 ounces low-fat cream cheese
 3 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
 6 slices whole wheat sandwich bread
 1½ Tablespoons nonfat milk
 2 Tablespoons honey
 ¼ teaspoon vanilla extract

Materials

Baking sheet • Cutting board • Fork • Heavy skillet • Measuring cups • Measuring spoons • Sharp knife • Small bowl

Directions

In Advance

1. Remove cream cheese from refrigerator. Let come to room temperature on counter top, about 2 hours.

Preparation

2. Preheat oven to 350°F.
3. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 2 cups total.
4. Slice crust off bread. Using the bottom of a heavy skillet, flatten to about ⅛-inch thick. Place on a baking sheet and bake until crisp, about 10 minutes. Let cool for 5 minutes.
5. While bread bakes, in a small bowl, use fork to mix cream cheese and milk until smooth. Stir in honey and vanilla.
6. Spread a heaping Tablespoon of cream cheese mixture on each piece of cooled bread. Arrange about ⅓ cup fruit on top of each tart.

Chef's Notes

- Use your favorite fruits to make these tarts. For best price, choose fresh fruits in season or thawed frozen fruits. Mangoes, apples, pears, melons, pineapple, berries, and orange or grapefruit segments all make good toppings.
- If you do not have an oven, crisp the bread in a skillet over medium heat. Or, use a toaster or toaster oven. Watch carefully so bread gets just crisp and not brown.
- Cover and refrigerate the cream cheese mixture up to 3 days. Leftover cream cheese mixture makes a great dip for fruits.
- Use leftover crusts to make whole grain breadcrumbs. Chop them as finely as you can with a knife, or pulse in a blender until crumbs form. For fresh crumbs, use as is. For dried crumbs, toast in a skillet over medium heat until light brown. Freeze in an airtight container until ready to use.

Nutrition Facts

Serving Size 1 tart
 Servings Per Recipe 6

Amount Per Serving

Calories 160 Calories from Fat 35

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 200mg **9%**

Total Carbohydrate 27g **10%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 6g

Vitamin A 6% • Vitamin C 25%

Calcium 6% • Iron 6%

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Yogurt Parfait

Chef Joyce Roland • Seattle, Wash.

Serves 6, 1 parfait per serving

Prep time: 10 minutes • Cook time: None



Ingredients

4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango

3 cups nonfat plain yogurt

1½ cups granola

Optional Ingredients

2 Tablespoons sliced almonds

Materials

6 cups or bowls • Cutting board • Measuring cups • Measuring spoons • Sharp knife

Directions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola.
- Try topping with rinsed, chopped fresh mint leaves for extra flavor and color.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit in fruit smoothies.
- Make your own homemade granola.

Nutrition Facts

Serving Size 1 parfait
Servings Per Recipe 6

Amount Per Serving

Calories 230 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 40g **15%**

Dietary Fiber 4g **14%**

Sugars 26g

Protein 10g

Vitamin A 4% • Vitamin C 35%

Calcium 20% • Iron 6%

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Black Bean and Vegetable Quesadillas

Chef Deborah Kelly • Chicago, Ill.

Serves 6, 1 folded quesadilla per serving

Prep time: 25 minutes • Cook time: 20 minutes



Ingredients

½ (15½-ounce) can black beans,
no salt added
2 medium zucchini
1 bunch fresh spinach (about 4 cups)
1 ear fresh corn or 1 cup
canned corn
4 ounces low-fat cheddar cheese
1 Tablespoon canola oil
Pinch ground cayenne pepper
1-2 teaspoons water
½ teaspoon ground black pepper
6 (8-inch) whole wheat flour
tortillas
Non-stick cooking spray

Optional Ingredients

3 Tablespoons fresh parsley
or cilantro

Materials

Box grater • Can opener •
Colander • Cutting board • Fork •
Large skillet with lid • Measuring
spoons • Medium bowl • Rubber
spatula • Sharp knife

Directions

1. In a colander, drain and rinse black beans.
2. Rinse zucchini. Cut into thin slices or shred with a grater.
3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
5. Grate cheese.
6. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
7. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
8. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1-2 teaspoons water to make a bean-and-veggie paste.
9. Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
10. Spread vegetable mixture evenly on half of each tortilla. Top with cheese. Fold tortillas over. Press lightly with spatula to flatten.
11. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
12. Cut each quesadilla into 2 wedges. Serve while hot.

Chef's Notes

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- When selecting whole wheat tortillas, compare Nutrition Facts labels and look for options lower in sodium and saturated fat and with no trans fat.
- Top with low-fat yogurt or salsa.
- Use the remaining beans in a soup or to top a salad.

Nutrition Facts

Serving Size 1 folded quesadilla
Servings Per Recipe 6

Amount Per Serving

Calories 250 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 360mg **16%**

Total Carbohydrate 36g **13%**

Dietary Fiber 4g **14%**

Sugars 5g

Protein 12g

Vitamin A 45% • Vitamin C 15%

Calcium 15% • Iron 15%

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Mini-Pizzas

Serves 6, 2 muffin halves per serving
Prep time: 25 minutes • Cook time: 25 minutes

Ingredients

1 medium red or green bell pepper
8 ounces button mushrooms
1 large tomato
1 (4-ounce) chunk part-skim mozzarella cheese
6 whole grain English muffins
1 Tablespoon canola oil
½ teaspoon dried oregano
½ teaspoon dried basil
1 (8-ounce) can tomato sauce, no salt added

Optional Ingredients

12 (2-inch-diameter) turkey pepperoni slices

Materials

Baking sheet • Box grater • Can opener • Colander • Cutting board • Large skillet • Measuring spoons • Medium bowl • Sharp knife • Small bowl



Directions

✋ = Have kids help with the steps marked with the “little helping hand”!

1. Preheat oven to 450°F.
- ✋ 2. Rinse bell pepper, mushrooms, and tomato.
3. Remove core and cut pepper into thin slices. Slice mushrooms ¼-inch thick. Remove core and dice tomato into ¼-inch pieces.
- ✋ 4. In a small bowl, grate cheese.
5. Split English muffins in half. Place them on a baking sheet. Bake until edges are lightly browned, about 10 minutes. Prepare sauce while muffins cook.
6. In a large skillet over medium heat, heat oil. Add peppers and mushrooms. Cook for 5 minutes. If needed, use a colander to drain vegetables.
- ✋ 7. Transfer veggies to a medium bowl. Add tomatoes. Stir to combine.
- ✋ 8. Stir spices into tomato sauce. Do this directly in the can.
- ✋ 9. When muffins are lightly browned, spoon 1 Tablespoon sauce over each muffin half. Coat evenly.
- ✋ 10. Layer veggies evenly over sauce. If using pepperoni, place one slice on each muffin half. Top with shredded cheese.
11. Bake muffins until cheese is melted and bubbly, about 6–8 minutes.
12. Let pizzas cool for 2 minutes before serving.

Chef’s Notes

- Use mini pitas in place of English muffins, if you like.
- Use any seasonal veggies you like. Try broccoli, onion, or spinach.
- Use leftover cooked ground meat, chicken, or turkey sausage in place of pepperoni.
- Leftover pizza sauce will hold well in the refrigerator for a few days. Make just enough pizzas for dinner. Use leftover sauce to make more for lunch or a snack the next day.

Nutrition Facts

Serving Size 2 English muffin halves
Servings Per Recipe 6

Amount Per Serving

Calories 240 Calories from Fat 80

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 380mg **17%**

Total Carbohydrate 33g **12%**

Dietary Fiber 2g **7%**

Sugars 9g

Protein 11g

Vitamin A 20% • Vitamin C 50%

Calcium 25% • Iron 15%

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CACFP CREDITING FOR 3- TO 5-YEAR-OLDS

SNACK (6 SERVINGS)

Grain/Bread ● (min ½ serving)

Meat/Meat Alt. ○

Fruit ○

Veg ● (min ½ cup)

LUNCH/SUPPER (6 SERVINGS)

Grain/Bread ● (min ½ serving)

Meat/Meat Alt. ○ (min 1.5 ounces)

Fruit ●

Veg ● } (min ½ cup combined)

Best Practices: red/orange vegetable, whole grain, low-fat cheese

Stove Top Macaroni and Cheese

Chef Peter Goatley • Detroit, Mich.

Serves 16, ½ cup per serving

Prep time: 20 minutes • Cook time: 20 minutes



Ingredients

- 1 small head broccoli
- 5 ounces cheddar or Monterey Jack cheese
- 1 (16-ounce) package whole wheat macaroni
- 1½ cups nonfat milk
- 1½ Tablespoons unsalted butter
- 2 Tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 Tablespoons light cream cheese

Materials

- Box grater • Colander • Cutting board • Fork • Large pot • Measuring cups • Measuring spoons • Microwave-safe bowl • Rubber spatula • Sharp knife • Small pot with lid

Directions

1. Rinse and chop broccoli.
2. Grate cheddar or Monterey Jack cheese.
3. In a microwave-safe bowl, add broccoli and just enough water to cover half way. Heat in microwave until bright green and tender, about 6–8 minutes.
4. Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
5. In a small pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm.
6. In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.
7. Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
8. Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat.
9. Add macaroni to cheese sauce. Stir to coat.

Chef's Notes

- Use any veggies you like. Try using 1½ cups chopped tomatoes, steamed cauliflower, cooked peas or spinach, or cooked butternut or acorn squash cubes instead of broccoli.
- For a heartier version, in step 8 add 1 (12-ounce) can tuna, packed in water, drained. Or, add cubed and cooked chicken pieces.
- For extra flavor, add ½ teaspoon dried thyme or any herbs and spices you like. Mix into the sauce with the salt and pepper.
- Use other whole wheat pasta, like penne or shells, instead of macaroni.
- Top with toasted whole wheat breadcrumbs if you like.
- Freeze leftovers for up to 3 months.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Recipe 16

Amount Per Serving

Calories 180 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 85mg **4%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **11%**

Sugars 2g

Protein 8g

Vitamin A 6% • Vitamin C 10%

Calcium 8% • Iron 6%

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Super Salads

Load up on veggies with a tasty salad.

Serve a small salad before dinner. Or, add protein to make a quick and tasty weeknight meal. Add ingredients from each column to make a salad for four.

Greens (4 cups)	+	Veggies (1–2 cups total, any combo)	+	Optional Protein (2 cups)	+	Optional Add-Ins (½ cup)	+	Salad Dressing (¼ cup, recipes on page 77)
Leaf lettuce		Raw beets or carrots, peeled and shredded		Canned beans, rinsed and drained		Toasted nuts or seeds, chopped or sliced		Oil and vinegar
Spinach		Broccoli or cauliflower, chopped		Hard-boiled eggs, chopped		Cheese, shredded or crumbled		Honey mustard
Romaine lettuce		Cucumber, chopped or sliced		Roasted chicken, turkey, beef, or pork, shredded or sliced		Cooked barley, brown rice, or whole grain pasta		Citrus dressing
Mixed salad greens		Tomatoes, diced (canned or fresh)		Extra-firm tofu, crumbled and drained		Olives, sliced		Balsamic vinaigrette
		Corn kernels or peas (fresh or frozen, thawed)		Frozen peas or edamame (soy beans), thawed and drained		Orange or grapefruit, cut into segments		Low-fat ranch
		Radishes, sliced				Whole grain croutons		
		Bell pepper, chopped				Dried fruit		

Try these combos!

Simple Spinach Salad

Spinach + shredded carrots + hard-boiled eggs + honey mustard dressing

Winter Salad

Mixed salad greens + shredded beets + grapefruit or orange segments + citrus dressing

Fast Southwestern Dinner Salad

Romaine lettuce + corn + diced tomatoes + black beans + cooked and chilled brown rice + shredded cheddar + sliced olives + citrus dressing with a pinch of chili powder



Continued >

Dress foods up with homemade salad dressing.

Make salad dressing just the way you like it with a few basic items.

Follow this ratio:

- 2 parts olive or canola oil
- 1 part acid, such as vinegar, lemon or lime juice, or Dijon mustard
- Salt and pepper

Chef's Notes:

- For a thinner Ranch dressing, use more vinegar. For a thicker Ranch, good for cut-up veggies, use less.
- You can use milk instead of vinegar in the Ranch if you prefer.
- Different ratios of oil to vinegar will change the taste of your vinaigrette and adding ingredients such as honey or mustard may impact the amount of oil needed. Experiment to find the right ratio for your tastes.

Simple Salad Dressing	Honey Mustard	Citrus Dressing	Balsamic Vinaigrette	Creamy Low-Fat Ranch Dressing
3 Tablespoons oil 2 Tablespoons red wine vinegar 1 teaspoon salt ¼ teaspoon pepper	6 Tablespoons mustard ½ Tablespoon fresh lemon juice or cider vinegar 1 ½ Tablespoons honey 1 teaspoon oil Salt and pepper to taste	2 Tablespoons lime, lemon, or orange juice 3-4 Tablespoons oil Salt and pepper to taste	2 Tablespoons balsamic vinegar 1 Tablespoon Dijon mustard 3-4 Tablespoons oil Salt and pepper to taste	1 (6-ounce) container plain nonfat or low-fat yogurt ⅓ cup low-fat mayonnaise 2 Tablespoons white vinegar 1 Tablespoon dried dill ¼ teaspoon garlic powder ⅛ teaspoon salt