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## Breakfasts:

### Easy Banana Bread

1/3 cup shortening  
1/2 cup sugar  
2 eggs  
1 3/4 cups flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 cup mashed ripe bananas

In a bowl, cream shortening and sugar together. Add eggs and mix well. Combine flour, baking powder/soda, and salt. Add half to shortening mixture; then add half of mashed bananas and so on until all ingredients are combined. Pour into a greased loaf pan. Bake at 350° F for 50 – 55 minutes or until a toothpick inserted in center comes out clean. Yield: 1 slice; 1 serving = 1 grain/bread alternate for 3-5 year olds. *Source: Taste of Home, Oct/Nov 1997*

### Pumpkin Loaf

1 1/2 cup enriched flour  
1/4 tsp. baking soda  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1 cup solid pack pumpkin puree  
1 cup packed brown sugar  
1/2 cup buttermilk  
1 egg  
2 TBSP butter, softened

Preheat oven to 350° F. Fold the dry ingredients into a large bowl. Mix in the pumpkin, brown sugar, buttermilk, egg and butter until well blended. Pour into a lightly greased 9 X 5" loaf pan and smooth the top. Bake for one hour or until a toothpick in the center comes out clean. Yield: 16 slices; 1 serving = 1 grain/bread alternate at lunch or snack for 3 to 5 year olds. *Source: www.allrecipes.com*

### PB & J French Toast

12 slices bread  
6 TBSP. jelly or jam  
3/4 cup milk  
2 TBSP. butter or margarine  
3/4c peanut butter  
3 eggs  
1/4 tsp. salt

Spread peanut butter on six slices of bread and jelly on the other six slices. Place together to form sandwiches. In mixing bowl, lightly beat eggs; add milk, salt and mix together. Melt butter in a large skillet over medium heat. Dip sandwiches in egg mixture, coating well. Place in skillet and brown both sides. Serve immediately. Yield: 12 servings; 1 serving = 1/2 sandwich = 1 grain/bread alternate for 6 – 12 year olds. *Source: Taste of Home, Collector's Edition*

### Breakfast Rounds

1/2 cup peanut butter  
1/4 cup packed brown sugar  
1/4 tsp. cinnamon  
1 red apple, cored and sliced  
2 TBSP. margarine  
4 English muffins, split and toasted

Spread 1 tablespoon of peanut butter onto each English muffin half. Top each one with a few apple slices. In the microwave, melt together the brown sugar, margarine and cinnamon, stirring frequently until smooth. Drizzle the cinnamon mixture over apple slices. Yield: 8 servings; 1 serving = 1 grain/bread alternate for 3-5 year olds. *Source: www.allrecipes.com*

### French Breakfast Muffins

1 1/2 cups flour  
1/2 cup sugar  
1 1/2 tsp. baking powder  
1/4 tsp. nutmeg  
1 egg, lightly beaten  
1/2 cup milk  
1/3 cup vegetable oil  
1/8 tsp. salt

In a medium bowl, stir together all dry ingredients. Make a well in the center. Stir together egg, milk and oil and add to dry mixture stirring just until moistened. Spoon into paper lined muffin cups. Bake at 350° for 20 – 25 minutes. Meanwhile, combine 1/4 cup sugar, 1/2 tsp. cinnamon. When muffins are finished baking, dip tops of muffins in 1/3 cup melted butter, and then in the cinnamon sugar mixture. Serve warm. Yield: 12 muffins; 1 muffin = 1 grain/bread alternate for 3-5 year olds. *Source: Adapted from www.allrecipes.com*

### Breakfast Tortillas

2 TBSP refried beans  
2 TBSP salsa  
3 eggs beaten  
1/4 cup shredded cheddar cheese  
1 TBSP mayonnaise  
4 6 inch tortillas  
1 1/2 cups shredded lettuce

In a small bowl, mix together beans and salsa. Pour beaten eggs into a medium sized non-stick skillet and cook over medium heat until set. Spread bean mixture onto one half of eggs, sprinkle cheese and flip other half over to make a half circle. Continue to cook eggs until set. Spread a thin layer of mayonnaise onto each tortilla. Cut eggs into 4 equal pieces and place one piece on each tortilla. Cover with 1/4 cup shredded lettuce. Roll up and serve. Yield: 4 servings; 1 serving = 1 grain/bread alternate, 1 fruit/vegetable alternate for 3-5 year olds. *Source: Adapted from www.allrecipes.com*

### Cheesy Scrambled Eggs

4 eggs  
1 tsp. of margarine or butter  
2 slices of American cheese

Crack the eggs into a bowl and stir them up with a fork. Break the cheese into little pieces and drop them in with the eggs and stir. Heat a frying pan on the stove on medium high and melt the butter. Pour in the eggs and cheese and stir while cooking. Yield: 4 servings; 1 serving = 1 meat alternate for 3 – 5 year olds. *Source: www.kidscookingcorner.com*

### Mom's Applesauce Pancakes

2 cups dry pancake mix  
1 teaspoon ground cinnamon  
2 eggs  
1 teaspoon lemon juice  
1 cup applesauce  
1/2 cup milk

In a large bowl, stir together pancake mix and cinnamon. Make a well in the center of the pancake mix. Add the eggs, applesauce, lemon juice and milk; stir until smooth. Heat a lightly oiled griddle over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. Yield: 10; 1 pancake = 1 bread/grain alternate for 3-5 year olds. *Source: www.allrecipes.com*

### Pumpkin Pancakes

2 cups buttermilk pancake mix  
2 eggs, lightly beaten  
1 tsp. cinnamon  
1 3/4 cup milk  
1 cup canned pumpkin  
1/4 tsp. ginger

Mix eggs, pumpkin and milk well. Add to dry ingredients and mix just until blended. Pour by 1/4 cup onto greased, heated griddle. Cook for 2 minutes over medium heat; then turn pancakes over and cook 2 minutes longer. Yield: 14 - 4 inch pancakes; 1 pancake = grain/bread alternate for 3-5 year olds. *Adapted from: www.recipezaar.com*

## Oatmeal Zucchini Muffins

1 ¼ cups flour                      2 large eggs  
¼ cup rolled oats                ½ tsp. cinnamon  
¾ cup sugar                        1/3 cup oil  
1 ½ tsp. baking powder        ¾ cup shredded zucchini

Mix the dry ingredients in a medium bowl. Blend the eggs and oil in a large bowl. Add the zucchini to the egg mixture and mix thoroughly. Add the dry ingredients to the zucchini mixture; mix until smooth. Line muffin tin with paper liners and fill 2/3 full. Bake at 400° F degrees for 20 – 25 minutes. Yield: 12 muffins; 1 muffin = 1 grain/bread alternate for 3-5 year olds. *Source: Adapted from [www.allrecipes.com](http://www.allrecipes.com)*

## Lunches / Suppers:

### Crispy Homemade Chicken Nuggets

1lb boneless, skinless chicken breast, rinsed and patted dry with paper towels

1½ cups plain yogurt              3 cups crushed corn flakes

2 Tbsp. fresh parsley, chopped

1 tsp. sea salt, ½ tsp. freshly ground white pepper

Vegetable or olive oil for spraying pan

Plastic or paper bag

Preheat oven to 375° F. Slice chicken breasts into 2-inch strips.

Marinate in the refrigerator in yogurt for 1 to 24 hours. Combine corn flakes, parsley, salt and pepper in a bowl. Put mixture in plastic or paper bag and drop chicken in a few pieces at a time. Shake well to coat the chicken. Remove the chicken pieces from the bag, shaking the extra coating off. Put them on a sheet pan lightly sprayed with oil. Bake for 25 minutes, or until crunchy on the outside and cooked through on the inside. Yield: 8 - 1 1/2 oz servings; 1 serving = 1 meat/meat alternate, 1 grain/bread alternate for 3-5 year olds

### Pizza Meat Loaf

¾ cup spaghetti sauce              ¼ cup mozzarella cheese, part skim

½ cup green pepper, chopped      ¼ cup onions, minced

1 lb. ground turkey or chicken

Lightly grease a 9-inch pie plate with vegetable oil. Pat turkey or chicken into plate.

CONVENTIONAL METHOD: Bake at 350° F until no longer pink, about 17 to 20 minutes.

MICROWAVE METHOD: Cover turkey/chicken with waxed paper.

Cook on high; rotate plate ¼ turn after 3 minutes. Cook until no longer pink, about 5 more minutes. Drain.

To complete cooking, top baked turkey/chicken with spaghetti sauce, cheese, and vegetables. Return to either the conventional oven or the microwave oven and heat until cheese is melted, about 1 to 2 minutes. Yield: 8 servings = 1 meat/meat alternate for 3-5 yr olds

### Emily's Excellent Taco Casserole

6 cups corn tortilla chips, 2 cups vegetarian chili with beans

1 cup low-fat shredded cheddar cheese

2 cups shredded lettuce, 2 plum tomatoes, chopped

½ c salsa, ¼ c sour cream

Preheat oven to 350° F. Place chips in bottom of a 9" square baking dish. Pour chili straight from the can over the chips. Sprinkle shredded cheese over the top. Bake for 20 - 25 minutes in the pre-heated oven, until chili is bubbling and cheese is melted. Top with lettuce, tomato, sour cream and salsa in the pan, or after serving (for pickier eaters). Yield: 6 servings; 1 serving = 1 grain/bread, 1 meat alternate for 3-5 year olds. *Source: <http://vegetarian.allrecipes.com/az/71179.asp>*

### Alphabet Turkey Soup

1 can (16 ounces) tomatoes

4 cups turkey broth or chicken bouillon

2 tsp. Italian seasoning

1/2 tsp. salt, 1/4 tsp. pepper

1 C onion chopped, 1 C carrots thinly sliced

4 C cabbage thinly sliced, 1/2 C alphabet pasta

2 C cooked turkey cut into 1/2-inch cubes

In 5-quart saucepan over medium high heat, combine tomatoes, turkey broth, Italian seasoning, salt, pepper, onion and carrot; bring to boil. Reduce to low and simmer 10 to 15 minutes or until carrots are tender. Add cabbage, turkey and pasta; return to boil 5 to 10 minutes or until cabbage and pasta are tender. Yield: 8 – 1 cup servings  
1 serving = 1 meat, 1 fruit/vegetable alternate for 3-5 year olds

*Source: [www.holidays.net/thanksgiving/recipes.htm](http://www.holidays.net/thanksgiving/recipes.htm)*

### Worms on a Bun

4 (2 oz) hot dogs, hamburger buns, ketchup

Cut the hot dogs in half lengthwise and then into thin slices. Score

each slice by making 3 small, shallow cuts with a knife near the

edges. Boil until the slices curl like wiggly worms. Serve 4 – 5 worms

to a bun and top with a squiggle of ketchup. Serves 5;

1 serving = 1 meat alternate; 1 bread alternate for 3-5 year olds.

*Source: FamilyFun*

### Chicken Quesadillas

1 ½ c diced, cooked chicken      6 – 8 inch flour tortillas

½ c cheddar cheese                ½ c salsa

1/8 tsp. chili powder                ¼ c sour cream

Preheat oven to 400° F. Combine chicken, ¼ cup cheese and chili powder in a bowl. Place tortillas on a baking sheet. Top half of each tortilla with ¼ cup chicken mixture. Spread to within ½ inch of end. Moisten edges of tortillas with water. Fold over and press edges together. Bake 8 minutes or until hot. Sprinkle with remaining cheese. Serve with salsa and sour cream. Yield: 6; 1 serving = ½ quesadilla = 1 meat; 1 grain/bread for 3 – 5 year olds

*Source: [www.mealsforyou.com](http://www.mealsforyou.com)*

### Turkey Cheese Enchiladas

1 (11 oz) can Campbell's Nacho Cheese Soup

1 tsp. chili powder                      ½ cup milk

2 cups diced turkey                    ½ cup salsa

8 (8 inch) flour tortillas

Sour cream, black olives, cheddar cheese (optional for toppings)

In a small bowl, combine soup and milk; set aside. In medium bowl,

combine turkey, salsa, chili powder, and 2 TBSP. of soup mixture.

Place about 1/3 cup of turkey mixture in each tortilla and roll up. Place seam side down in a greased, oblong baking dish. Spread remaining soup mixture over enchiladas. Cover with foil. Bake at 375° F for about 35 minutes. Yield: 8 enchiladas; 1 enchilada = 1 meat alternate; 1 bread alternate for 3 - 5 year olds.

*Adapted from: [Special Treasures Cookbook, Grand Rapids Urban League](#)*

### Chicken Fried Chicken

6 boneless, skinless chicken breast halves

1 tsp. seasoned salt                    2 TBSP. flour

½ tsp. pepper                            3 TBSP. dry potato flakes

1 egg      30 saltine crackers      ¼ cup vegetable oil

Place crackers in a large zip lock bag, seal bag and crush crackers.

Add potato flakes, salt and pepper to bag; mix well. Beat egg in a

shallow dish or bowl; heat oil in a large skillet over medium high heat.

One by one, dredge chicken pieces in egg then place in bag with

crumb mixture, seal bag and shake to coat. Reduce heat to medium

and cook coated chicken in skillet for 15 to 20 minutes, turning

frequently, until golden brown and juices run clear. Servings: 16; 1

serving = 1 meat alternate for 3–5 year olds. *Source: [www.allrecipes.com](http://www.allrecipes.com)*

## Sunshine Squares

4 slices wheat bread                      4 American cheese slices  
4 pineapple slices                         margarine spread  
Spread a thin layer of margarine on bread slices. Add cheese slice and top with pineapple. Bake at 350° F until cheese melts. Yield: 8 – ½ slice servings; 1 serving = 1 grain/bread alternate for 3-5 year olds.  
*Source: Happiness is Snack Time*

## 15-Minute Noodle Casserole

3 cups water                                 1 ½ cups cubed, cooked chicken  
8 oz. egg noodles                         ½ cup milk  
1 cup mixed vegetables, frozen       ¼ tsp. pepper  
1 can cream of chicken soup  
In a medium saucepan, bring water to a boil; gradually add noodles. Cover and simmer 5 minutes, stirring occasionally. Add vegetables; cook 5 minutes longer. Stir in soup, chicken, milk and pepper. Heat through. Let stand several minutes. Yield: 6 – 1 cup servings; 1 serving = 1 meat, 1 bread alternate for 3-5 year olds.  
*Source: Mary Zalabak, ICCB Day Care Provider, Bollingbrook.*

## Chickie Cheese Sandwiches

8 slices bread                                8 slices mozzarella cheese  
4 – 8 tsp. mustard                         ½ c shredded cheddar cheese  
8 slices cooked ham                        4 pitted black olives  
Place bread on an un-greased baking sheet; spread each slice with mustard and top with ham. Cut mozzarella cheese slices into egg shapes. With a sharp knife, cut zigzags in the middle of each egg shape. Place on ham leaving 1 inch of space between the two pieces. Sprinkle cheddar cheese in this space. Broil 4 in from the heat for 2-3 min. or until the cheese is melted. Cut olives into 8 triangles for beaks and 16 small pieces for eyes. Arrange on chicks. Yield: 8; 1 serving = 1 meat, 1 bread alternate for 3-5 year olds.  
*Source: Quick Cooking, Mar/Apr. 2003*

## Cheeseburger Biscuit Bake

1 pound ground beef                        2 cups shredded cheddar cheese  
¼ cup onion, chopped                      1 - 12 oz. tube refrigerated biscuits  
8 ounces tomato sauce                      dash of pepper  
¼ cup ketchup  
In a large skillet, cook beef and onion over medium heat; drain. Stir in tomato sauce, ketchup and pepper. Spoon half into a greased 8 inch square baking dish, sprinkle with half of the cheese. Repeat layers. Place biscuits around edges of dish and bake uncovered, at 400° F for 18 – 22 minutes or until the meat mixture is bubbly and biscuits are golden brown. Yield: 8 servings. 1 serving = 1 meat; 1 grain/bread alternate for 6 – 12 year olds. *Source: Quick Cooking, Sept/Oct 2002*

## Easy Way Lasagna

9 lasagna noodles                         1 egg  
1 28 oz. jar spaghetti sauce               ¾ c Parmesan cheese  
8 ounces cottage cheese                   3 c mozzarella cheese, grated  
In a 13 X 9" pan that has been greased or coated with cooking oil spray, spoon a little sauce. Place 3 lasagna noodles on the sauce. Mix cottage cheese, egg, and Parmesan cheese in a bowl. Spread 1/3 of this over noodles. Add 1/3 of the sauce. Sprinkle with 1 cup mozzarella cheese. Add 3 more noodles and repeat layers twice more. Bake in a 350° F oven for 1 hour. Top should be light brown and bubbly. Yield: 16 servings; 1 serving = 1 meat/meat alternate, 1 grain/bread alternate for 3-5 year olds  
*From: www.recipezaar.com*

## Turkey and Stuffing Pie

3 cups prepared stuffing                    2 cups cubed turkey  
1 cup shredded Swiss cheese              3 eggs       ½ cup milk

Press stuffing into the bottom of a well greased 9 inch pie plate. Top with turkey and cheese. Beat eggs and milk; pour over cheese. Bake at 350° F for 35 – 40 minutes or until a knife inserted in the center comes out clean. Let stand 5 – 10 minutes before serving. Yield: 8 servings; 1 serving = 2 meat; 1 grain/bread alternates for 3-5 year olds. *Source: Quick Cooking, Nov/Dec 2000*

## Meatless Chili

2 tsp. canola oil                             4 C tomatoes  
2 C chopped onion                         2 cans (15 ½ oz) kidney beans  
1C chopped celery                         2 TBSP. tomato paste  
2 cloves garlic, minced                     chili powder and pepper to taste  
5 C water                                      ½ cup fresh parsley, chopped  
In a large pot, heat oil until hot. Add onion, celery, and garlic. Sauté until onion is clear. Add rest of ingredients; bring to a boil. Cook partially covered over medium heat for about 2 hours, stirring occasionally. Yield: 16 - ¾ C servings; 1 serving = 2 fruit/vegetable alternates for 3-5 year olds; Record on menu: 1) tomatoes 2) kidney beans/onion/celery.  
*Source: Adapted from Meals in Minutes, American Diabetes Association*

## Spunky Vegetable Pizza

¾ C pizza sauce                               1 large Italian Pizza shell  
1 C chopped broccoli                       1 C shredded carrot  
1 sliced thin, red or green pepper  
6 oz. shredded, low fat mozzarella cheese  
Preheat oven to 450° F and spoon out pizza sauce on shell. Place on a cookie sheet and arrange vegetables over the sauce. Sprinkle on the cheese. Bake for 10 minutes. Cool 3 minutes before slicing. Cut into 6 wedges. Yield: 6 slices; 1 slice = 1 grains/bread alternate; 1 meat alternate for 6-12 year olds at snack  
*Source: Fun with Fruits and Vegetables Kids Cookbook*

## Snacks:

### Happy Face Oatmeal Cookies

¼ c canola oil, ½ c packed brown sugar  
1 egg, 2 tsp vanilla  
½ c whole wheat flour, ½ c white flour  
1 ¼ c oatmeal, ¼ tsp baking powder, salt  
raisins for decorating  
In large bowl, whisk together canola oil and sugar. Add egg and vanilla. Combine dry ingredients in separate bowl, then stir into oil/sugar mixture, blend well. Line cookie sheets with aluminum foil and spray lightly with cooking spray. Drop dough by tablespoonfuls onto cookie sheets; lightly flatten and shape cookies with fingers. Make happy faces on each cookie using 1 raisin for each eye, 1 for the nose and 3 to form the smile. Bake at 375° F for 10 - 12 minutes. Yield: 24 cookies; 2 cookies = 1 grain/bread alternate at snack for 3 - 5 year olds.  
*Source: Cooking with Kids, Homemade for Health: AICR Publication, Oct. 2004*

### Land of Nod Cinnamon Buns

20 unbaked frozen dinner rolls, ¾ cup brown sugar  
¼ cup instant vanilla pudding mix, 2 tsp. cinnamon  
¾ cup raisins, ¼ cup butter, melted  
Lightly grease a 10-inch Bundt cake pan. Place frozen rolls into pan and sprinkle with the mixture of sugar, pudding mix, cinnamon and raisins. Pour melted butter over rolls. Cover with a clean, damp cloth and leave overnight at room temperature. In the morning, preheat oven to 350° F and bake for 25 minutes until golden brown. Serve warm, if possible.

Yield: 20 buns; 1 bun = 1 grain/bread alternate for 3-5 year olds  
Adapted from: <http://brunch.allrecipes.com/az/LndfNdCinnmnBns.asp>

### Pumpkin Bread

1/3 C vegetable oil, 1 C canned pumpkin, 3 eggs  
2 1/3 C buttermilk pancake mix,  
3/4 C sugar, 1 1/2 tsp. cinnamon, 3/4 C raisins  
Preheat oven to 350° F. Combine all ingredients, except raisins, and stir until moistened, then beat vigorously 1 minute. Stir in raisins. Grease the bottom only of a 9 x 5" loaf pan and add mixture. Bake 45 – 55 minutes, or until a wooden toothpick inserted in the center comes out clean. Let cool for 5 minutes. Remove from pan. Serves: 12; 1 serving = 1 bread alternate for 3 – 5 year olds

### Baked Apple Pizza

1/2 cup raspberry jam, 1-2 TBSP butter, 2-3 TBSP sugar  
1/4 teaspoon cinnamon, 1/4 cup raisins (optional)  
4 medium Granny Smith, Rome or Fuji apples, peeled, cored and thinly sliced, 1 refrigerated, ready to cook piecrust  
Heat oven to 350° degrees. Flatten piecrust on a 9 or 10 inch pizza pan. Spread raspberry jam on crust, leaving 1 inch border uncovered. Place apples over jam, dot with butter. In a small bowl, mix sugar and cinnamon, then sprinkle over apples. Sprinkle on raisins if desired. Bake for 30 minutes. Serves: 8. 1 serving = 1 fruit/veg; 1 bread alternate for 3-5 year olds at snack *Source: [www.grannyskitchen.com](http://www.grannyskitchen.com)*

### Golden Peach Muffins

1 1/2 cups flour  
3/4 cups sugar  
1/2 tsp. baking soda  
1/8 tsp. cinnamon  
2 eggs  
1/2 cup vegetable oil  
1/2 tsp. vanilla  
1 can (15 oz) peaches drained, finely chopped  
In a bowl, combine the dry ingredients. In another bowl, combine the eggs, oil and vanilla; stir into dry ingredients just until moistened. Fold in peaches. Fill paper lined muffin cups two-thirds full. Bake at 350° F for 25 – 30 minutes or until a toothpick comes out clean. Cool for 5 minutes. Yield: 12; 1 muffin = 1 grain/bread alternate for 3-5 year olds.  
*Source: Quick Cooking, July/August 2001*

### Tart Cherry Crisp

4 cups pitted fresh tart cherries OR  
2 cans (14.5 oz) pitted tart cherries, drained  
2 TBSP sugar  
1/2 cup flour  
1/2 cup packed brown sugar  
1 tsp. ground cinnamon  
1/4 tsp. salt  
1/4 cup cold butter  
Place cherries in an ungreased 9" pie plate. Sprinkle with sugar. In a bowl combine the flour, brown sugar, cinnamon and salt. Cut in butter until mixture resembles coarse crumbs. Sprinkle over cherries. Bake uncovered at 375° for 30 – 40 minutes or until top is bubbly. Serve warm. Yield: 8 servings; 1 serving = 1 fruit/vegetable alternate for 3 – 5 year olds.  
*Source: Quick Cooking, May/June 2004*

### Mandarin Berry Cooler

1 cup sliced fresh strawberries, 1 medium ripe banana, sliced  
1 can (11 oz.) mandarin oranges, drained  
1 can (8 oz) crushed pineapple, drained  
6 ice cubes, 3/4-cup milk  
In a blender, combine fruits; cover and process until blended. Add ice and milk; cover and process until smooth. Serve immediately in chilled glasses. Yield: 6 servings; 1/2 cup serving = 1 fruit/vegetable alternate for 3–5 year olds. *Source: Quick Cooking, May/June 2004*

### Energy Bars

1/4 c sugar  
1 TBSP cornstarch  
1 c water  
2 c fruit; raisins, figs or dates  
1/2 c butter  
1 c brown sugar  
1 1/2 c flour  
1/2 tsp baking soda  
1/2 tsp. salt  
1 1/2 c quick oats  
Stir together sugar, cornstarch, 1 c water and fruit. Cook over medium heat until thick and bubbly; cool. Cream butter and brown sugar. Mix together flour, soda and salt and stir into butter mixture. Add oats and 1 TBSP of water. Firmly pat 1/2 of mixture into a 13 x 9 x 2 pan. Spread fruit mixture on top. Mix 1 TBSP water into the remaining batter. Spread on top of fruit, pat smooth. Bake at 350° for about 30 minutes. Yield: 20 bars; 1 bar = 1 grain/bread for 3-5 year olds  
*Source: [www.recipezaar.com](http://www.recipezaar.com)*

### Pancake Pizza

2 cups biscuit / baking mix  
1 cup milk  
1 tsp. pancake syrup  
1 cup chopped walnuts  
2 eggs  
1 TBSP vegetable oil  
1 cup granola, no raisins  
Place biscuit mix in a bowl. Combine eggs, milk, oil and syrup; add to Biscuit mix and mix well. Spread onto a greased 14 inch pizza pan; Sprinkle with granola and walnuts. Bake at 425° F for 12 – 15 minutes or until golden brown. Cut into wedges and serve with additional syrup. Serves: 8; 1 serving = 1 bread/grain alternate for 6 – 12 year olds at snack. *Source: Quick Cooking, March/April 2003*

### Apple Cartwheels

1/4 cup peanut butter  
1 1/2 tsp. honey  
2 TBSP raisins  
1/2 cup miniature chocolate chips  
4 medium red apples, cored, do not peel  
In a bowl, combine peanut butter and honey; fold in the chocolate chips and raisins. Fill center of cored apples with peanut butter mixture. Refrigerate for at least one hour. Cut into 1/4 inch rings. Yield: 2 dozen rings; 3 rings = 1 fruit/vegetable alternate for 3-5 yr. olds. *Source: Quick Cooking, Sept/Oct 2001*

### Spider Bread

2 loaves frozen bread dough  
1 beaten egg  
2 raisins  
Form one loaf into a round ball for the body. Place on a lightly greased cookie sheet. With the other loaf, cut off one-eighth of a loaf and form a ball. Place in front of the body for the head. Slice the remaining dough into eight horizontal strips and roll into ropes for legs. Place under head and upper body. Place the raisins in the head for eyes. Brush with beaten egg and cover with plastic wrap coated with non-stick cooking spray. Allow to double in size. Remove wrap and bake in a 350° F oven for 25 – 30 minutes. Yield: 32 - 1/2 oz servings; 1 serving = 1 grain/bread alternate for 3-5 year olds.  
*Source: [www.strainedpeas.com](http://www.strainedpeas.com)*

### Frozen Cranberry Salad

1 cup fresh or frozen cranberries  
1 8 oz can crushed pineapple, drained  
In a food processor or blender, process cranberries, sugar and pineapple until the cranberries are finely chopped. Pour into a bowl and let stand for 10 minutes. Fold in whipped topping. Spoon into four foil muffin cups. Freeze. Remove from the freezer 15 minutes before serving. Yield: 4 1/2 cup servings; 1 serving = 1 fruit/vegetable alternate for 3-5 year olds.  
*Source: Taste of Home, Oct/Nov 1997*

### Holiday Wreaths

1/3 cup butter  
1/4 cup cinnamon red hot candies  
6 cups corn flakes cereal  
1 tsp. green food coloring  
1 10.5 oz. pkg. marshmallows  
Melt butter in a large pan over low heat. Add marshmallows and stir constantly until they are melted and mixture is syrupy. Remove from

heat and stir in food coloring. Add corn flakes and stir until well coated. Drop mixture by ¼ cupful onto cookie sheet. Using buttered fingers, quickly shape into a wreath shape. Dot with cinnamon candies. Yield: 16 wreaths; 1 serving = 1 grain/bread alternate for 3-5 year olds.  
*Source: www.allrecipes.com*

### Crunchy Cereal Bar

¼ cup margarine                      1/3 cup brown sugar (packed)  
1 large egg  
2 cups crumbled shredded wheat cereal  
1 cup raisins ½ cup chopped walnuts (opt.)  
Preheat oven to 375° F. Cream together margarine and sugar, beat in egg and add rest of ingredients. Pat mixture into the bottom of a greased 8 inch square pan, bake for 15-18 minutes or until the top is browned. Let stand 5 minutes before cutting into 16 squares. Yield: 16; 1 serving = 1 grain/bread alternate for 3 – 5 year olds.

*Source: www.hungrymonsters.com*

### This is Me Salad

1 peach or pear half (body)  
1 TBSP. grated cheese or coconut (hair)  
4 carrot or celery sticks (arms/legs)  
1 apricot half (head)  
10 raisins (eyes, nose, mouth)  
Give each child the above ingredients on a paper plate. Let them construct original self-portraits using the supplied food items. Yield: 1 salad; 1 serving = 2 fruit/vegetable alternates for 3 – 5 year olds.

*Source: Dependent Care Management, Inc.*

### Peanut Butter Bread

1 cup + 1 TBSP. water (70 – 80 degrees)  
½ cup peanut butter\*  
2 TBSP. brown sugar  
1 tsp. Salt  
3 cups bread flour  
1¼ tsp. active dry yeast  
In bread machine pan, place all ingredients in order suggested by the manufacturer. Select basic bread setting. Bake according to bread machine directions. Check dough after 5 minutes of mixing. Add 1 – 2 TBSP. water if needed. \* Reduced fat peanut butter is not recommended for this recipe. Yield: 1 – 1 ½ pound loaf; 48 servings. 1 serving = 1 grain/bread alternate for 3 – 5 year olds.

*Source: Quick Cooking, Jan-Feb. 2003*

### Scotch Teas

2 cups quick cooking oats    ¼ tsp. salt  
¾ cup brown sugar packed    ½ cup butter or margarine, melted  
1 tsp. baking powder  
In a large bowl combine the oats, brown sugar, baking powder and salt. Stir in butter. Pat evenly into a greased 8 inch square pan. Bake at 350° F for 20 – 25 minutes or until golden brown. Cool; cut into bars. Yield: 16 1 serving = 1 grain/bread alternate for 3-5 year olds.

*Source: Quick Cooking, Mar/Apr. 2003*

### Kringlers

3 6" flour tortillas                      1 tsp. cinnamon  
1 TBSP sugar                              2 TBSP melted butter  
Combine the cinnamon and sugar in a small bowl. Spread out the tortillas on a flat surface and brush with the melted butter. Sprinkle half of the cinnamon and sugar mixture over each. Roll up the tortillas, jellyroll fashion, and set them seam-side down in a small baking pan sprayed with non-stick spray. Brush the tops and sides with butter. Bake for 8 to 10 minutes. Cool the rolls and slice them into 1/2 inch pieces. Servings: 4; 1 serving = 1 bread/grain alternate for 3-5 year olds.

*Source: www.familyfun.com*

### Blueberry Banana Salad

2 bananas, sliced                      1 ½ cups miniature marshmallows  
1½ cups fresh blueberries        ½ cup plain or vanilla yogurt  
1 can Mandarin oranges, drained

In a bowl, combine the bananas, blueberries, oranges and marshmallows. Gently fold in yogurt. Refrigerate until ready to serve. Servings: 10; 1 serving = 1 fruit/vegetable alternate for 3 – 5 year olds

*Source: Adapted from Quick Cooking, May/June 2003*

### Easy Summer Pie

1 (9 in.) frozen piecrust, thawed    1 cup fresh strawberries, halved  
1 (8 oz) cream cheese, softened    4 kiwi, peeled and sliced  
1/3 cup white sugar                      1 cup fresh blueberries

2 (11 oz) can mandarin oranges, drained  
Preheat oven to 400° F. Roll pastry into an 11 inch circle. Lay flat on a baking sheet or pizza pan. Prick several times with a fork. Bake in preheated oven for 12 to 15 minutes, until light brown. Remove and cool completely. In a small mixing bowl, beat together cream cheese and sugar until mixture is creamy and smooth. Spread evenly onto cooled pastry. Arrange fruit in a decorative pattern over cream cheese layer. Chill until ready to serve. Servings: 16; 1 serving = 1 fruit/vegetable alternate for 3-5 year olds.

*Source: Adapted from www.allrecipes.com*

### Sunrise Nachos

4 whole wheat pitas                      Sugarless fruit spread  
1 8 oz can pineapple tidbits, drained    1 cup moz ch; shredded  
Open pitas and lay flat on broiler pan. Spread with fruit spread. Top with pineapple tidbits and mozzarella cheese. Place under broiler until cheese melts. Allow to cool slightly before serving. Yield: 8; ½ pita = 1 grain/bread alternate for 3-5 year olds. *Adapted from Providers Choice*

### Apple Rice Pudding

2 cups leftover cooked rice            1 cup vanilla yogurt  
1 cup applesauce                        1 tsp. cinnamon  
Mix rice and applesauce together in a large bowl. Add cinnamon and yogurt. Stir well. Spoon into dishes and serve. Refrigerate any leftovers. Yield: 8 - ½ cup servings; 1 serving = 1 grain/bread alternate for 3-5 year olds.

*Source: www.ncaa.org*

### Microwave Apple Crisp

1 cup graham cracker crumbs    1 tsp. cinnamon  
½ cup flour                                ½ tsp. nutmeg  
½ cup brown sugar                      ½ cup butter, melted  
8 medium tart apples, peeled and sliced  
In a bowl, combine the cracker crumbs, flour, brown sugar, cinnamon, nutmeg and butter; mix well. Place apples in a greased, microwave safe, 2-½ quart baking dish. Top with crumb mixture. Microwave uncovered, on high, for 12 minutes or until apples are tender. Yield: 8 servings; 1 serving = 1 fruit; 1 grain/bread alternate for 3-5 year olds.

*Source: Quick Cooking, Sept/Oct 2001*

### Biscuit Apple Cobbler

1 21 oz. can apple pie filling,  
1 tube (6 oz.) refrigerated flaky buttermilk biscuits  
Place pie filling in an ungreased 9-in. pie plate. Sprinkle with cinnamon. Separate each biscuit into three layers and arrange over apples. Bake at 400°F for 12 – 14 minutes or until the biscuits are browned. Yield: 10 servings; 1 serving = 1 grain/bread alternate for 3-5 year olds.

*Source: Quick Cooking, Sept/Oct 2000*

## Slow Cooker Party Mix

4 cups Wheat Chex                      ¼ cup margarine or butter  
4 cups Cheerios                        3 TBSP. Parmesan cheese  
3 cups mini pretzels                    1 tsp. celery salt  
12 oz. salted peanuts                 ¾ tsp. seasoned salt

In a 5 qt. slow cooker (crock pot), combine cereals, pretzels and peanuts. Combine butter, cheese and salt; drizzle over cereal mixture and mix well. Cover and cook on low for up to 3 hours, stirring every 30 minutes. Yield: 12 cups; 1 serving = ½ cup = 1 grain/bread alternate for 3-5 year olds. *Source: Quick Cooking, Nov/Dec 1999*

## Christmas Banana Bread

½ cup butter or margarine            ¼ tsp. salt  
1 cup sugar                                2 eggs  
2 cups flour                                1 tsp. baking soda  
¼ cup chopped maraschino cherries    ½ cup chocolate chips  
1¼ cups mashed ripe bananas (3 medium)

In a large bowl, cream butter and sugar. Add eggs one at a time, beating well after each addition. Combine the flour, baking soda, salt and gradually add to creamed mixture. Mix in the bananas, just until combined. Stir in chocolate chips and cherries. Pour into a greased loaf pan. Bake at 350°F for 70-80 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes. Yield: 16 - ½ inch slices; 1 slice = 1 grain/bread alternate for 3-5 year olds

*Source: Quick Cooking, Nov/Dec 2003*

## Cranberry Cinnamon Roll-Ups

12 slices bread, crusts removed        1/3 cup sugar  
7 TBSP. margarine, softened, divided    1½ tsp. cinnamon  
2/3 cup whole-berry cranberry sauce

Spread bread with margarine. Top with about 1 TBSP. cranberry sauce. Roll up jellyroll style; secure with a toothpick. In a shallow pan, melt the remaining margarine. Combine cinnamon and sugar. Dip roll ups in margarine; then roll in cinnamon sugar. Place seam side down on an un-greased baking sheet. Bake roll ups at 400°F for 6 - 8 minutes or until browned. Yield: 12; ½ roll up = 1 bread-grain alternate for 3-5 year olds.

*Source: Quick Cooking, Nov/Dec 2000*

## Cinnamon Chips Muffins

2 C all-purpose biscuit baking mix        1/3 C white sugar  
2 TBSP. vegetable oil                      1 egg, slightly beaten  
1 C Hershey's Cinnamon Chips            2/3 C milk

Heat oven to 400° F. Grease or paper-line 12 muffin cups. Stir together baking mix, sugar, vegetable oil, egg, cinnamon chips and milk in a medium bowl just until moistened. Divide batter evenly into prepared muffin cups. Bake 15 to 18 minutes or just until browned. Cool slightly; remove from pan. Yield: 12; 1 muffin = 1 grain / bread alternate for 3-5 year olds. *Source: www.allrecipes.com*

## Cinnamon Cookies

¾ cup sugar                                1 ½ cups flour                                ½ cup butter  
1 ½ tsp. cinnamon                        1 egg    1 tsp. baking powder  
1 tsp. vanilla                                ¼ tsp. Salt

In a medium bowl, cream together sugar and butter. Beat in egg and vanilla. Combine flour, cinnamon, baking powder, and salt. Add to butter mixture and blend well. Cover; refrigerate for 2 hours. Shape dough into small balls about ¾ in. in diameter. Roll in a mixture of 1/4 cup sugar and 1/2 tsp. cinnamon to coat. Set cookies about 1 inch apart on lightly greased cookie sheets; bake at 350° F for 10 minutes or until the edges are slightly browned. Yield: 48 cookies; 2 cookies = 1 grain/bread alternate for 3-5 year olds at snack

*Source: www.recipezaar.com*

## Critter Crunch

¼ cup butter or margarine, 3 tablespoons brown sugar  
1 teaspoon ground cinnamon, 1 ½ cups Crispix cereal  
1 ½ cups Cheerios, 1 ½ cups animal crackers  
1 ½ cups bear-shaped honey graham snacks  
1 cup bite-size Shredded Wheat, 1 cup miniature pretzels

In a saucepan or microwave-safe bowl, heat butter, brown sugar and cinnamon until butter is melted; mix well. In a large bowl, combine the remaining ingredients. Add butter mixture and toss to coat. Place in a greased 15 x 10 inch baking pan. Bake, uncovered, at 300° F for 30 minutes, stirring every 10 minutes. Store in an airtight container. Yield: 10 - ¾ cup servings; 1 serving = 1 grain/bread alternate for 6 - 12 year olds

*source: <http://www.recipegoldmine.com/childrecipe/childrecipe87.html>*

## Side Dishes:

### Valentine's Day Salad

1 (6 ounce) package strawberry flavored gelatin  
2 cups boiling water  
1 (16 ounce) package strawberries, partially frozen  
2 bananas, peeled and diced  
1 (20 ounce) can crushed pineapple, drained  
1 (8 ounce) container frozen whipped topping, thawed (optional)

In a medium saucepan over high heat, bring water to a boil and add gelatin. After gelatin has dissolved, add strawberries, bananas and pineapple, mix well; remove from heat. Spoon mixture into individual heart molds or a 9x13 inch baking dish; chill until firm. Top each serving with whipped topping, if desired; serve. Yield: 12 servings; 1 serving = 1 fruit/vegetable alternate for 3 - 5 year olds

*Source: <http://holiday.allrecipes.com>*

### Mom's Zesty Zucchini Bake

1 onion  
1 tablespoon vegetable or olive oil  
2 medium zucchinis  
1 can whole tomatoes  
2 cups shredded mozzarella cheese  
½ cup bread crumbs; salt and pepper to taste

Cut up onion and sauté in oil until transparent. Add zucchinis; peeled and sliced. Cook until tender. Add tomatoes, canned or fresh, to the mixture. In a greased glass baking pan, place a layer of onion and zucchini. Next add a layer of mozzarella cheese. Keep layering until you use all the mixture. Top with breadcrumbs. Bake at 350° F for 20 minutes. Yield: 8 servings; 1 serving = 1 fruit/vegetable alternate for 3 - 5 year olds

*From: <http://www.easy-kids-recipes.com/vegetable-casserole-recipes>*

### Mashed Potato Ghosts

2 pounds potatoes, peeled and cut into 1-inch chunks (about 5 cups)  
1/2 tsp. salt  
2 TBS butter  
¾ cup hot milk  
1/2 cup small black olives  
¾ tsp. black pepper  
1/2 cup grated sharp cheddar cheese (optional)

Place potatoes in large pot and add enough water to cover. Bring to boil and cook 13 to 15 minutes, or until very tender; drain. Using potato masher, mash in hot milk, butter, salt and pepper. Beat with wooden spoon until potatoes are smooth and creamy. Stir in cheese if desired. Create stencils of ghost shapes out of heavy-duty aluminum foil. Place stencils on cookie sheet. Using about ½ cup mashed

potatoes per ghost, use a spatula to fill in stencil's ghost shapes. Slice olives to be used for eyes and mouth. Reheat at 350° F, loosely covered with foil, 10 to 15 minutes or until heated through. Remove foil stencil when served. Yield: 5 – 6 ghosts; 1 ghost = 1 fruit /vegetable alternate for 6 – 12 year olds.

Source: [www.halloween.spike-jamie.com/recipes5.html#MASHED](http://www.halloween.spike-jamie.com/recipes5.html#MASHED)

### Fruity Apple Salad

1 lg. green apple; chopped      1 med. red apple; chopped  
½ c seedless red grapes; halved ½ c blueberries; fresh or frozen 1 8 oz. can pineapple tidbits; drained  
¾ c mandarin oranges      4 TBSP sugar  
4 TBSP lemon juice      4 TBSP water

In a serving bowl; combine all fruits. In a small bowl, combine the sugar, lemon juice and water; stir until sugar is dissolved. Pour over fruit and toss gently. Serve with a slotted spoon.

Yield: 6 – ½ cup servings. 1 serving = 1 fruit/veg alternate for 6 – 12 year olds. Source: *Quick Cooking, Sept/Oct 2002*

### Puppy Dog Salad

1 lettuce leaf, 1 canned pear half, 1 prune half, 2 mandarin orange segments, 1 red maraschino cherry, 1 raisin

Place lettuce on a salad plate; place pear cut side down over lettuce. For the ear, place the prune on the wide end of the pear. Place orange segments along the bottom for a collar. Place cherry at the narrow end of pear for nose. Add raisin for the eye. (Once complete, it will look like the side view of a dog's head.) Yield: 1 serving = 1 fruit/vegetable alternate for 3-5 year olds Source: *Quick Cooking, July/August 2001*

### Potato Soup

¾ cup onion, chopped  
4½ cup potatoes, peeled, diced  
1 Tbsp soft margarine, 3 Tbsp flour  
1 quart fat-free or low-fat milk

Place onions and potatoes in sauce pan. Cover with water and bring to boil. Simmer until soft, about 10 minutes. Drain. Melt margarine in saucepan. Add flour and stir until smooth. Heat to thicken. Add onions and potatoes to milk mixture, and heat to serving temperature.

**Note:** If you claim this soup on your menu, you must write that it is homemade. Canned potato soup is not reimbursable on the CACFP.

Yield: 16 - 1/2 c servings = 1 fruit/vegetable alternate for 3 - 5 yr olds

From: [usda.fns.gov/eatsmartplayhardhealthylifestyle](http://usda.fns.gov/eatsmartplayhardhealthylifestyle)

### Refried Beans

3 TBSP canola oil, ¼ tsp. coriander, 1 ½ c onion, chopped, 3 cloves garlic, minced, ½ c green pepper, minced, 2 tsp. ground cumin, ¼ tsp. pepper, 3 c canned pinto beans

Heat oil in a heavy nonstick skillet over medium heat. Sauté onions, green pepper and spices 4 – 5 minutes until onion is softened. Stir in beans. Cover, remove from heat and allow to heat through. Put back on heat, stir and add salt to taste. Yield: 12 – ¼ cup; 1 serving = 1 fruit /vegetable for 3-5 year olds. Source: [www.mealsforyou.com](http://www.mealsforyou.com)

### 5 Can Soup

1 can diced tomatoes      1 can sweet corn  
1 can minestrone soup (ready to serve)      1 can mixed vegetables  
1 can black beans

Mix all ingredients in a pot and warm. Serves: 18 - ½ cup  
1 serving = 1 fruit/vegetable alternate for 3 – 5 year olds

Source: [www.recipezaar.com](http://www.recipezaar.com)

### Irish Freckle Bread

2 eggs      2 tsp. bread machine yeast  
1 cup warm water      1 cup raisins  
½ cup sugar      4 cups flour  
½ cup melted butter      1 tsp. salt

¼ cup warm mashed potatoes (without added butter or salt)

Place all ingredients into bread machine pan and set on dough cycle. Remove dough and place on a lightly floured surface. Divide into 16 portions and shape each into a ball. Place dough balls in a greased 10 inch spring form pan. Cover and let rise until double; about 30 minutes. Place on baking sheet and bake at 350° F for 30 - 45 minutes or until golden brown.

Serves: 32      1 serving = 1 grain/bread alternate for 3 – 5 year olds

Source: *Adapted from A Taste of Home, Feb / March 2004*

Submitted by: *Jana Conev, ICCB Provider, Willowbrook, IL*

### Creamy Fruit Salad

1 can (15 ounces) fruit cocktail; drained  
2 medium firm bananas; sliced  
1 medium apple; diced  
1 can (11 oz) mandarin oranges; drained  
2 TBSP instant vanilla pudding mix  
1 carton (8 oz) vanilla yogurt

Mix fruit in a serving bowl. Combine the pudding mix and yogurt until smooth. Add to fruit mixture; stir to coat. Refrigerate leftovers. Yield: 18 – 1/4 cup servings; 1/4 cup = 1 fruit/vegetable alternate for 3-5 year olds.

Source: *Quick Cooking, Jan/Feb 2004*

### Parmesan Bow Ties

2 cups uncooked bow tie pasta  
¼ cup zesty Italian dressing  
¼ cup shredded Parmesan cheese  
salt and pepper

1 TBSP minced parsley

Cook noodles according to package directions; drain. Transfer to a serving bowl. Add the remaining ingredients; toss to coat. Yield: 12 – 1/4 cup servings; 1/4 cup = 1 grain/bread alternate for 3-5 year olds.

Source: [www.recipezaar.com](http://www.recipezaar.com)

### Veggie Christmas Tree

8 oz. fat-free ranch salad dressing      1 broccoli stem  
3 – 4 cups cauliflower florets      1 medium carrot, sliced  
4 cups fresh broccoli florets  
4 – 5 cherry tomatoes, quartered

Cover the bottom of a 13 x 9 x 2 inch glass dish with dressing. Wash all vegetables. Arrange broccoli in a tree shape using the stem as the trunk. Place cauliflower around tree. Add tomatoes and carrots as decoration. Yield: 16 servings (¼ cup broccoli) = 1 fruit/vegetable alternate for 3-5 year olds; 16 servings (¼ cup cauliflower) = 1 fruit / vegetable alternate for 3-5 year olds.

Source: *Quick Cooking, Nov / Dec 2000*

### Sparkling Fruit Salad

1 can pineapple chunks, drained

1 cup halved green grapes  
 1 can mandarin oranges, drained  
 1 cup white grape juice  
 1 cup fresh strawberries, halved ½ cup chilled club soda  
 In a large serving bowl combine all fruit. Mix grape juice and club soda; pour over fruit. Cover and serve at least 2 hours, stirring occasionally. Yield: 14 – ¼ cup servings; 1 serving = 1 fruit/vegetable alternate for 3-5 year olds. *Source: Quick Cooking, May/June 2003*

### Camp Cornbread

1 (8 oz) package corn bread muffin mix 1/3 cup milk  
 1 egg, lightly beaten ¼ cup white sugar  
 1 (8 ounce) can cream corn  
 Preheat oven to 350° F. Lightly grease an 8x8" baking pan. Place the muffin mix in a large mixing bowl. Stir in the milk and egg. Mix in the cream corn and sugar. Pour batter into prepared pan. Bake in preheated oven for 30 minutes, or until a knife inserted into the center of pan comes out clean. Yield: 16; 1 serving = 1 grain/bread alternate for 3-5 year olds. *Source: www.allrecipes.com*

### Parmesan Potato Nuggets

1/3 cup bread crumbs 2 med. potatoes, cubed  
 ¼ cup grated Parmesan cheese 3 TBSP flour  
 1 ½ tsp. seasoned salt ¼ c butter or margarine, melted  
 1 tsp. paprika  
 In a re-sealable plastic bag, combine the breadcrumbs, cheese, salt and paprika. Coat potatoes with flour, dip in butter. Add to bread crumb mixture; shake to coat evenly. Arrange on a microwave safe plate. Cover with waxed paper. Microwave on high power for 4–6 min. or until tender. Let stand for 2 min. Yield: 5 servings; 1 serving = 1 fruit/vegetable alternate for 3-5 year olds. *Source: Quick Cooking, Mar/Apr. 2003*

### Cheesy Tomato Soup

2 (10.7 oz.) cans condensed tomato soup  
 2 ½ cups milk (2%)  
 ½ c finely shredded cheddar cheese  
 ½ c shredded mozzarella cheese  
 Pour tomato soup into a large pot. Fill both cans with milk and add to soup. Stir over medium heat until well mixed and heated through. Remove from heat and add cheeses stirring until melted. Servings: 5; 1 serving = 1 fruit/vegetable alternate for 3-5 year olds. *Source: Adapted from Dally Herald, 2-13-02*

### Potato Latkes

6-8 medium potatoes 1/2 medium onion  
 3 large eggs 1/4 cup flour  
 salt and pepper to taste  
 Using a cheese grater or food processor, grate 6-8 potatoes to yield 6 cups. Drain off the extra liquid. Grate 1/2 onion. Mix the grated potatoes and onion with the eggs and flour. Season with salt and pepper. Preheat oil in a skillet and drop your batter by teaspoonfuls into the hot oil. Fry until brown on the edges, then flip and fry the other side. Serve while still warm. Servings: 12; 1 serving = 1 fruit/veg alternate for 3-5 year olds. *Source: www.childfun.com*

### Black-eyed Peas with Ham

3 1/2 c black-eyed peas; fresh or frozen, thawed  
 2 tbsp. red wine vinegar 3 lg. garlic cloves, minced

3 c chicken broth 4 oz ham, finely chopped  
 1 bay leaf 1 sm. onion, chopped  
 1/2 tsp. dried thyme; crumbled 1/4 tsp. dried crushed red pepper  
 Bring all ingredients to a boil in a heavy, large saucepan. Reduce heat and simmer until peas are tender, stirring occasionally, about 45 minutes, season dish to taste with salt and pepper. Yield: 9 – 1/2 cup servings; 1 serving = 1 meat/meat alternate for 3-5 year olds. *Source: www.amazingmoms.com*

### Sweet Potato Oven Fries

1 pound sweet potatoes, peeled, sliced  
 Low fat cooking spray  
 1-2 tsp. seasoned salt or preferred seasoning mix  
 Cut up fresh potatoes like French fries and spray with low-fat cooking spray. Place on a baking sheet and bake at 375°F for 20 minutes. Sprinkle with seasoning, if desired. Yield: 9 – ¼ cup servings; 1 serving = 1 fruit/vegetable alternate for 3-5 year olds. *Source: Physical Activities and Healthy Snacks for Young Children, Team Nutrition, IOWA*

### Autumn Pasta Salad

2 cups cooked macaroni ¼ cup diced red onion  
 1 cup cooked sweet potato cubes 1 tsp. ginger  
 1 apple with skin, chopped 1 tsp. olive oil  
 ½ cup sliced celery 2 TBSP cider vinegar  
 Pepper to taste  
 Toss all ingredients together in a medium bowl. Serve warm or cold. Yield: 8 – ½ cup servings; 1 serving = 1 grain/bread and 1 fruit/vegetable alternate for 3-5 year olds. *Source: www.foodandhealth.com*

### Potato Sticks with Ranch Dip

4 potatoes, scrubbed Salt to taste  
 2 TBSP vegetable oil Ranch dressing as desired  
 Spray a cooking sheet with vegetable oil spray. Slice potatoes into long, thin sticks. Place them in a mixing bowl and sprinkle with vegetable oil. Stir to coat. Lay the potatoes on the cookie sheet. Bake for 20 minutes at 400° F or until tender. Sprinkle with salt; let cool slightly and serve warm with ranch dressing as a dip. Yield: approximately 12 servings; 5 sticks = 1 fruit/vegetable alternate for 3 – 5 yr. olds. *Source: Mommy's Little Helper Cookbook*