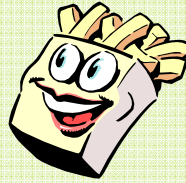


Sweet Potato Fries

The kids won't believe they are eating sweet potato!

- 4 sweet potatoes, peeled and sliced like steak fries
- 3 tbsp olive oil
- 3 tsp taco seasoning, 40% less sodium or your choice of seasonings; salt, pepper, chili powder, cinnamon



Preheat oven to 425. In a large mixing bowl, drizzle oil over the potatoes. Add taco seasoning mix and toss to coat. Place fries in one even layer on two cookie sheets. Bake 10 minutes, turn and bake 10 more minutes. Fries should be soft on the inside and browned on the outside.

Servings: 8 1 serving = 1 fruit/vegetable alternate for 3 - 5 yr olds

Source: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=569922>

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 Tatoflower

Cauliflower and potato are a great combination! Enjoy!

- 1 medium head of cauliflower, cut into florets
- 6 medium sized potatoes
- 2 tbsp of minced garlic
- 1/4 c milk
- 1/4 c grated cheese
- 1 tbsp butter

Peel and dice potatoes. Place the diced potatoes and the cauliflower florets in a large pan and cover with water. Boil for about 10-15 minutes until the vegetables are completely cooked. Drain water and add minced garlic, butter, milk and grated cheese to the vegetables. Now mash the mixture with the help of a masher until a desired consistency is achieved. Serve warm.

Yield: 20 - 1/4 c servings 1 serving = 1 fruit/vegetable alternate for 3 - 5 yr olds
15 - 1/3 c servings 1 serving = 1 fruit/vegetable alternate for 6 - 12 yr old

<http://ezinearticles.com/?Easy-Recipes-For-Picky-Eaters&id=1513941>

Herbed Spinach and Rice Bake

This makes a great meal on its own or a tasty side with fish or chicken. Also a great way to get kids to eat spinach!

- 16 oz. frozen spinach 2 tsp salt
- 2 cups cooked rice 1 tsp Worcestershire sauce
- 3 eggs, beaten 1 tsp thyme or Italian seasoning
- 2/3 cup milk 1 1/2 cup shredded mozzarella or cheddar cheese

Thaw spinach; drain well, squeezing out any excess liquid. Combine spinach with remaining ingredients and 3/4 cup of cheese in a large mixing bowl. Pour into a greased 9x13 inch pan. Sprinkle with remaining cheese. Cover with foil and bake at 350 degrees for 20 minutes. Uncover and bake 5-10 minutes or until set.

Servings: 8 1 square = 1 fruit/vegetable, 1 bread/grain alternate for 3 - 5 yr olds
1 square = 1 fruit/vegetable alternate for 6 - 12 yr olds

Source: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=529483>

Parmesan Spinach Balls

Those who say they don't like spinach will like these! They can be frozen and popped into the oven at any time.

- 1 16 ounce package frozen, chopped spinach, thawed and drained
- 1/2 package (8 oz) herb dressing mix
- 1/2 cup grated Parmesan cheese
- 1/2 cup butter, melted
- 2 eggs, lightly beaten
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 1/2 tsp pepper

Combine all ingredients. Form into approximately one inch balls. Bake at 350 for 20 minutes.

Yield: 30 1 serving = 3 spinach balls = 1 fruit/vegetable component for 3 - 5 yr olds

Chili Roasted Vegetables

Garden veggies are roasted with chili spices and olive oil. Serve over greens, rice, pasta or baked potato.



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| 1 eggplant, peeled and diced | 1 tomato, cut in chunks |
| 1 zucchini, diced | 2 garlic cloves, minced |
| 1 yellow squash, diced | 1 TBSP water |
| 1 onion, diced | 1 tsp. chili powder |
| 2 TBSP olive oil | 1 tsp. cumin |

Preheat oven to 350°F, Place vegetables in a large baking pan. Combine oil, water and seasonings in a small bowl and stir well. Drizzle this oil over the vegetables. Place the baking dish in the oven and bake uncovered until the vegetables are very tender, about 45 minutes. Stir occasionally. Serve warm or chilled over spinach or garden greens.

Yield: 12 servings = 1 fruit/vegetable alternate for 6- 12 year olds

Source: *Communicating Food for Health, May 1999.*

Crunchy Broccoli Bake

Kids will love crunching on this tasty veggie dish.

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| 1 head fresh broccoli (or 1lb precut or frozen florets) | |
| 3 TBSP water | 3 TBSP butter |
| 20 butter-flavored crackers, crumbled | |
| 1 cup grated cheddar cheese | |
| 1/4 tsp salt, or to taste | |



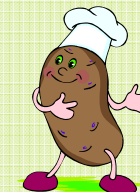
Preheat oven to 350°F. Wash broccoli and cut into bite-size florets. Place into a 1 1/2-quart, microwave-safe baking dish. Add water, and microwave on high for about 8 minutes, until broccoli is tender but still slightly firm. Drain well. Rinse and dry the baking dish, then lightly butter it with 1 Tbs butter. Arrange broccoli in a single layer in the pan. Sprinkle with salt, and top with the cheese. In a small saute pan, melt remaining butter, then remove from heat. Add cracker crumbs, and stir until coated. Sprinkle the mixture evenly over the broccoli. Bake about 20 minutes, or until browned.

Yield: 12 servings Serving Size = 1 fruit/veg alternate for 3 - 5 yr olds

Source: www.parenting.com/recipes

Potato Latkes

A classic potato latke for a Happy Hanukkah!



- 2 cups peeled and shredded potatoes
- 1 TBSP grated onion
- 2 eggs, beaten
- 2 TBSP flour
- 1/2 tsp. seasoned salt
- 1/2 vegetable oil

Squeeze the potatoes between paper towels, extracting as much moisture as possible. In a medium bowl stir the potatoes, onion, eggs, flour and salt together. In a large skillet over medium high heat, heat the oil until hot. Place large spoonfuls of the potato mixture into the hot oil, pressing down on them to form 1/4 to 1/2 inch thick patties. Brown on one side, turn and brown on the other. Let drain on paper towels. Serve hot.

Servings: 10—12 latkes 1 latke = 1 fruit/vegetable alternate for 3 - 5 yr olds.

Source: www.allrecipes.com

Green Beans with Bread Crumbs

A sure way to get kids to eat green beans.



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| 1 pound fresh or frozen green beans | 1/4 tsp garlic powder |
| 1/2 cup water | 1/4 tsp dried oregano |
| 1/2 cup Italian style seasoned bread crumbs | 1/4 tsp dried basil |
| 1/4 cup olive oil | Salt and pepper to taste |
| 1/4 cup grated Parmesan cheese | |

Combine green beans and 1/2 cup water in a medium pot. Cover, and bring to boil. Reduce heat to medium, and let beans cook for 10 minutes, or until tender. Drain well. Place beans in a medium serving bowl and mix in bread crumbs, olive oil, salt, pepper, garlic powder, oregano and basil. Toss mixture until the beans are coated. Sprinkle with Parmesan cheese and serve.

Yield: 12 1/4 cup servings
 1 serving = 1 fruit/vegetable alternate for 3 - 5 yr olds
 Source: www.allrecipes.com

Festive Spinach Quiche

Serve on whole wheat crackers for added crunch and flavor.



- 10 oz frozen spinach, thawed
- 2 eggs
- 1/2 cup milk
- 1/4 tsp. salt; pepper to taste
- 1/2 cup grated cheddar cheese
- 1 medium red bell pepper, sliced thin

Thaw spinach and squeeze dry. Mix eggs, milk, salt and pepper in a mixing bowl and add spinach. Stir until all ingredients are blended. Place mixture in a greased (' pie plate or 8 x 8 pan. Sprinkle with cheese and place red pep strips on top of cheese in a decorative pattern, if desired. Bake at 375 for 30 minutes. Let stand for 15 minutes before serving. Cut into 12 wedges or rectangles.

Sweet and Sour Vegetables

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| 9 large carrots | 3 Tbsp. vinegar |
| 1/2 green pepper | 1 tsp. soy sauce |
| 10 oz. can pineapple chunks | 1 tsp. cornstarch |
| 1/4 cup pineapple juice or water | 1 Tbsp. cold water |
| 3 Tbsp. sugar | |

Peel and cut up carrots and pepper and combine with drained pineapple chunks (reserve juice).

Sauce: Combine juice or water, sugar, vinegar and soy sauce in pan. In a separate bowl, add cornstarch to the 1Tbsp. cold water and mix until smooth. Place pan over medium heat and slowly add cornstarch mixture, stirring constantly. Bring to boil and stir until sauce thickens. Pour sauce over vegetables (raw or steamed) and serve with rice or use as a vegetable dip.

Yield: 20 1/4 c servings = 1 fruit/vegetable alternate for 3-5 year olds

Source: Drake University Head Start

Potato Sticks with Ranch Dip

Bake these up and chow them down!



- 4 medium potatoes, scrubbed
- 2 TBSP vegetable oil
- Salt to taste
- 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° or until tender. Sprinkle with salt; let cool slightly and serve warm with ranch dressing as a dip.

Servings: Approximately 12

5 sticks = 1 fruit/vegetable alternate for 3 - 5 yr olds.

Source: Mommy's Little Helper Cookbook