



United States Department of Agriculture

Food and Nutrition Service

# The Food Explorer!

## Family Cookbook





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# Are You Ready to Taste the World at Home?

This cookbook contains 20 healthy, family-friendly recipes from around the world. They are organized by the region of the world they come from: Africa, Asia and the Pacific Islands, Central and South America, Europe, and North America. These recipes also appear in your child care provider's *Food Explorers: Tasting the World Nutrition Education Guide*. So, your child may have gotten a taste of some of them already.

Use this cookbook at home to help your child try even more foods from around the world! These recipes can also help you try new foods as a family. Recipes have all been kid-tested to make sure your child will enjoy eating them. After you try a recipe at home, you can review it at USDA's What's Cooking Website, <https://whatscooking.fns.usda.gov>.

**Did you know that letting your kids help you cook can make them more likely to try new foods?** Each recipe in this cookbook provides ideas on how kids can help with meal prep. Here are some more tips for making family meals fun and healthy for everyone:


- Bring your kids with you when you go food shopping. Pick out new vegetables and fruits to try together.
- Set mealtimes and eat as a family. Keep meals relaxed and screen-free.
- Serve new foods and be patient if your child does not want to eat them right away or only wants to eat a bite.
- If your child doesn't like a food, don't give up! Try again later or make it in different ways. It may take a few tries for kids to get used to new foods.
- Let your child make choices about what to eat and how much.
- Be positive. If you're willing to try new things, your child is more likely to be, too.
- Kids learn from you, so set a good example. Make good food choices and stay open to trying new things.

We hope that your family enjoys tasting new foods and learning about cultures and customs from other parts of the world. We're excited to go on this journey with you!




# Table of Contents






Look for this icon to see where kids can help out




Look for this icon next to recipes that are also featured in a video

**Fruits**




**Grains**




Look for these icons to find out which **MyPlate** food groups are included in each recipe. Then, follow the **MyPlate Tips** to create healthy family meals that are also fun and educational.

**Vegetables**



**Protein**



Words to Know.....	page 5
Recipes.....	page 6-22



## Africa

Chicken with Veggie Couscous Page X



Chickpeas and Tomatoes Page X



Greens and Beans Soup Page X



Veggie Mash Up  Page X





# Table of Contents



## Asia and Pacific Islands (includes India and Middle East)

### Chicken Flatbread Pizza

Page X



### Gingered Carrots

Page X



### Noodles with Peanut Butter Sauce

Page X



### Sautéed Tofu and Broccoli

Page X



## Central and South America (includes Mexico and Caribbean)

### Baked Batatas and Apples

Page X



### Baked Cod Olé

Page X



### Beef Picadillo with Brown Rice

Page X



### Quick Quesadilla

Page X



# Table of Contents



Europe  
(includes Italy, France, Hungary, and Mediterranean)

Beef Goulash Page X



Chicken Ratatouille  Page X



Easy Zucchini Lasagna Page X



Spinach Egg Bake Page X



North America  
(includes Native tribes and Southern cuisine)

Collard Greens Page X



Creamy Wild Rice Page X



Great Garden Soup Page X



Mini Salmon Loaves  Page X



# Words to Know

Term	Description
<b>Al dente</b>	Pasta cooked just enough to retain a somewhat firm texture to the bite.
<b>Bake</b>	To cook by dry heat, usually in an oven.
<b>Boil</b>	To cook in bubbling water that has reached 212 °F.
<b>Brown</b>	To cook over high heat, usually on top of the stove, to brown food.
<b>Chop</b>	To cut food into bite-sized pieces (1/2 inch).
<b>Dice</b>	To cut food into very small cubes (1/8-to 1/4-inch).
<b>Grate</b>	Rub on a grater that separates the food in various sizes of bits or shreds.
<b>Mince</b>	To cut into tiny pieces, usually with a knife or food processor.
<b>Roast</b>	To cook by exposing to dry heat, as in an oven or over an open flame.
<b>Rolling boil</b>	A point where large bubbles rise quickly to the surface of the liquid.
<b>Sauté</b>	To cook food in a small amount of fat over high heat.
<b>Simmer</b>	To keep water or liquid at just below the boiling point.
<b>Slurry</b>	A thickening mixture that is usually made of equal parts flour and water.
<b>Steam</b>	To cook food on a rack or in a steamer set over boiling or simmering water in a covered pan.
<b>Whisk</b>	To blend ingredients using a quick, light brushing or whipping motion.

You can find even more tips on how to make family mealtimes fun at <https://www.choosemyplate.gov/families#mealtimes>.





# Chicken with Veggie Couscous



## Background

Couscous is a **Grain**. It is often found in meals in North Africa. It is becoming more popular all over the world because of its taste, health benefits, and easy prep. This recipe combines **Vegetables**, **Grains**, and **Protein Foods** for a hearty family meal.



**Preparation**  
10 Minutes



**Cooking**  
50 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 166  
**Total Fat:** 6g  
**Saturated Fat:** 1g

**Sodium:** 120mg  
**Total Carbohydrate:** 14g  
**Dietary Fiber:** 2g

**Protein:** 15g  
**Calcium:** 29mg  
**Iron:** 1mg

## Serving Size

1 drumstick,  
1/3 cup mixed  
vegetables, and  
1/3 cup couscous



## MyPlate Tips

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. Grains contain fiber that helps with healthy digestion. Be adventurous and try other types of grains like brown rice, quinoa, and bulgur.




# Chicken with Veggie Couscous

## Ingredients

- 6 chicken drumsticks, fresh or frozen
- 1 **tablespoon** canola oil
- 1 **teaspoon** coriander, ground
- 1 **teaspoon** cumin, ground
- 1 **teaspoon** ginger, ground
- 1/2 **teaspoon** cinnamon, ground
- 1 1/8 **cups** carrots, washed, peeled, and diced
- 1 **cup** onion, yellow, peeled and diced
- 1/4 **cup** lemon juice, fresh-squeezed or bottled
- 2 **cups** chicken broth, low-sodium
- 1/4 **cup** black olives, sliced
- 1/2 **cup** couscous, dry
- 1/2 **tablespoon** mint leaves, washed, dried, and chopped
- Nonstick cooking spray

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Coat a small skillet with nonstick cooking spray.
3. Heat the skillet on medium-high heat. **Brown** chicken on all four sides, about 2-3 minutes per side.
4. Remove chicken from skillet and put on a plate. Remove skin, cover, and set aside.
5. In the same skillet, heat oil on medium. Add coriander, cumin, ginger, and cinnamon to the skillet. Toast them while stirring, about 2 minutes.
6. Add carrots and onion to skillet. Continue cooking the vegetables and spices on medium heat for 3-4 minutes. Onions should be tender, but not brown.
7. Add lemon juice, 1 cup chicken broth, and olives to the skillet. (Set aside remaining chicken broth for step 9). Increase the heat to medium-high. Bring to a **boil**.
8. Return the chicken legs to the skillet. Then, return to a **boil**.
9. Reduce heat to medium-low. Cover and simmer for about 20-25 minutes. Use a food thermometer to check that chicken has reached a temperature of 165 °F or higher for at least 15 seconds.
10. In a small saucepan, add 1 cup of chicken broth. Bring to a **boil** on medium-high heat on the stove. Stir in couscous and remove from the heat. Cover and let stand for 10 minutes. When done, couscous will be soft.
11. Fluff couscous with a fork. Stir in the mint. 
12. Serve one drumstick, 1/3 cup mixed vegetables, and 1/4 cup couscous.

## Cooking as a Family

Teach **kids ages 5 and up** how to peel carrots with a kid-friendly vegetable peeler. They can have fun aiming peels at a bucket or bag on the floor.

**Kids** can have fun fluffing the couscous with a plastic fork. Let them compare cooked couscous with dry to see how texture changes during cooking.

## Chef's Hints

If the spices used in step 5 are new to your kitchen, buy them in small amounts that provide just enough to make the recipe and explore different flavors.

Other types of **Vegetables**, like onions, bell pepper, and mushrooms can be added to this recipe in step 6. Why not let your kids choose their favorites? Or, add in some new ones for them to try.

When using a food thermometer in step 9, keep the thermometer from touching the drumstick bones which will be hotter than the meat.



# Chickpeas and Tomatoes

## Background

Chickpeas, a type of legume, are also known as *garbanzo beans*. They are often used in recipes from North Africa. This side dish is flavorful and fun (but mild enough for young kids).



### Preparation

5 Minutes



### Cooking

15 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 120  
**Total Fat:** 3g  
**Saturated Fat:** 0g

**Sodium:** 183mg  
**Total Carbohydrate:** 20g  
**Dietary Fiber:** 5g

**Protein:** 5g  
**Calcium:** 44mg  
**Iron:** 1mg

## Serving Size

1/2 cup



## MyPlate Tips

This recipe provides **Vegetables** and **Protein Foods**. Chickpeas are a plant-based protein food. Plant-based proteins like beans and peas are vegetarian alternatives to meat and animal-based proteins.

# Chickpeas and Tomatoes

## Ingredients

- 1 **teaspoon** canola oil
- 1 **1/4 cups** onion, yellow, peeled and diced
- 2 **cloves** garlic, peeled and minced (1 teaspoon)
- 1/2 **teaspoon** ginger, peeled and grated
- 2 **1/2 cups** chickpeas (garbanzo beans), dry and cooked, or canned
- 3 **cups** tomatoes with juice, canned, low-sodium, diced
- 1/4 **cup** water
- 1/2 **teaspoon** chili powder
- 1 **1/2 teaspoons** cumin, ground

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Heat oil in a small pot on medium-high heat. Add onions and sauté until soft but not browned. Add the garlic and ginger. Stir until fragrant.
3. Add the chickpeas (garbanzo beans), tomatoes and juice, water, chili powder, and cumin. Continue cooking on medium-high heat and bring to a **boil**.
4. Reduce heat to medium and **simmer** uncovered for 10 minutes or until there is only enough liquid to cover the bottom of the pan. Use a food thermometer to check that sauce has reached a temperature of 140 °F or higher for at least 15 seconds.
5. Serve 1/2 cup.

## Cooking as a Family

Teach **kids ages 3 and up** how to soak dry chickpeas. Measure 2 cups of chickpeas, cover with 4 inches of water, soak overnight. Drain and rinse before cooking. Let them explore the texture and taste of soaked chickpeas, and compare to dry ones.

**Kids ages 5 and up** can enjoy smelling the garlic and ginger before adding it to the pan. They also might like to watch it sizzle. Be sure to keep them a safe distance from the hot pan to avoid any

## Chef's Hints

In step 2, dried (powdered) ginger can replace fresh ginger. Reduce the amount by half. Both are nutritious and tasty!

If using canned tomatoes or chickpeas in step 3, wash the outsides of the cans before opening. Rinse chickpeas under running water to get rid of excess sodium.

Recipe adapted from Learning Care Group and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/chickpeas-tomatoes>.



# Greens and Beans Soup

## Background

This North African soup uses spices to recreate flavors from faraway places. You can visit countries like Morocco, Egypt, and Tunisia in your own home! This dish is a great chance for the whole family to try vegetables in a flavorful way.



### Preparation

20 Minutes



### Cooking

35 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 134

**Total Fat:** 4g

**Saturated Fat:** 0g

**Sodium:** 375mg

**Total Carbohydrate:** 20g

**Dietary Fiber:** 6g

**Protein:** 6g

**Calcium:** 74mg

**Iron:** 1mg

## Serving Size

2/3 cup



## MyPlate Tips

This recipe provides **Vegetables** and **Protein Foods**. Chickpeas are a plant-based protein food. Plant-based proteins like nuts, seeds, and legumes can be part of a healthy diet when you vary them.



# Greens and Beans Soup

## Ingredients

- 1 **tablespoon** canola oil
- 1/2 **cup** onions, yellow, peeled and diced
- 2/3 **cup** sweet potatoes, washed, peeled, and diced (1/2 inch)
- 2 1/2 **cups** (14 ounces) chickpeas (garbanzo beans), dry and cooked, or canned
- 1/2 **teaspoon** paprika, ground
- 1/2 **teaspoon** cinnamon, ground
- 1/2 **teaspoon** ginger, ground
- 1/2 **teaspoon** cumin, ground
- 1 **teaspoon** thyme, dried
- 1/2 **teaspoon** salt, table
- 1/4 **teaspoon** black pepper, ground
- 5 **cups** collard greens, washed, stemmed, and chopped
- 1/4 **cup** salsa, traditional (not chunky)
- 2 **cups** water

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Heat oil in a medium pot on medium-high heat. Add onions and sweet potatoes. **Sauté** until onions are soft but not browned.
3. Add chickpeas (garbanzo beans) and dried spices. Continue cooking, stirring often, for 1 minute or until spices have coated the vegetables.
4. Add collard greens and cook for 1 minute. Stir often.
5. Add salsa and 1 cup of water. Bring to a **boil**.
6. Reduce heat to medium. **Simmer** covered for 25-30 minutes or until soup has thickened and sweet potatoes are tender. Check to make sure stew is not sticking to the bottom of the pot. Add more water if needed. Use a food thermometer to check that stew has reached a temperature of 140 °F or higher for at least 15 seconds.
7. Serve 2/3 cup.

## Cooking as a Family

Start safe food habits early! Show **kids ages 4 and up** how to wash sweet potatoes and scrub skins under running water. **Kids ages 2 and up** can also wash collard greens and tear the leaves into small pieces.

Let **kids** smell and taste the spices. Ask them which they like best, and why!

## Chef's Hints

The spice blend used in step 3 can also be used on meats or roasted vegetables. Mix paprika, cinnamon, ginger, cumin, thyme, salt, and pepper. Then, sprinkle it over a **Vegetable** or **Protein Food** to add a North African flavor!

Use any kind of leafy green in step 4. Kale, spinach, and Swiss chard are great choices. (You can also swap chickpeas for a different kind of bean in step 3).

Recipe adapted from North African Gumbo recipe by Jorge Collazo, New York City Schools and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/greens-beans-soup>.



# Veggie Mash Up



## Background

*Irio* is a dish from Kenya. It started as a meal eaten by the Kikuyu people. It combines mashed potatoes, corn, and green vegetables. These ingredients are found in the United States. Try this mash up today for a veggie-filled family meal.



### Preparation

15 Minutes



### Cooking

20 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 58

**Total Fat:** 1g

**Saturated Fat:** 0g

**Sodium:** 150mg

**Total Carbohydrate:** 10g

**Dietary Fiber:** 2g

**Protein:** 2g

**Calcium:** 15mg

**Iron:** 0mg

## Serving Size

1/4 cup



## MyPlate Tips

This recipe provides **Vegetables**. There are 5 types of vegetables: dark-green, starchy, red and orange, beans and peas, and other vegetables. Potatoes are a type of starchy vegetable. Starchy vegetables are a good source of energy, carbohydrates, and fiber.



# Veggie Mash Up



## Ingredients

- 2 cups water
- 1 1/4 cups (about 2 medium) yellow potatoes, washed, peeled, and quartered
- 2/3 cup green peas, low-sodium canned, drained
- 1/2 tablespoon canola oil
- 2 cloves garlic, peeled and minced
- 1 cup Swiss chard, washed, dried, chopped into long, thin strips, and packed
- 1/3 cup corn, low-sodium canned, drained
- 1/4 teaspoon sage, ground
- 1/4 teaspoon onion powder
- 1 teaspoon salt, table
- 1/4 teaspoon black pepper, ground

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Add the potatoes to a small pot. Cover with cold water (about 2 cups). Bring to a **boil** on medium-high heat. **Boil** for 10 minutes. 
3. Add the peas to the pot. **Boil** for another 5 minutes, or until potatoes are tender. Use a food thermometer to check that potatoes have reached a temperature of 140° F or higher for at least 15 seconds.
4. Turn stove off. Drain the water. Set aside about 1/2 cup of water from pot.
5. Mash potatoes and peas with a potato masher or mixer. Do not over mix. If mixture is too dry, add water 1 tablespoon at a time until it thins. 
6. Heat oil in a medium **sauté** pan. **Sauté** garlic, Swiss chard, corn, sage, onion powder, salt, and pepper on medium-high heat. **Sauté** until onions are tender and sage is toasted, about 5-7 minutes.
7. Stir the sautéed vegetables into the hot potato-pea mash.
8. Serve 1/4 cup.



## Cooking as a Family

Teach **kids ages 3 and up** how to cover raw potatoes with cold water in the pot. When boiled potatoes have cooled, show them how boiling has softened the potatoes.

Let **kids ages 4 and up** mash boiled potatoes and peas with a plastic fork or a potato masher. Let them compare the insides of the peas to the outsides.

## Chef's Hints

Fresh or frozen green peas and corn can be used instead of canned in steps 3 and 6.

When choosing canned vegetables, look for low-sodium or no salt added options in undented cans. Wash the outsides of the cans before opening. Rinse vegetables to get rid of excess sodium.

Recipe adapted from Oldways and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/veggie-mash>.





# Chicken Flatbread Pizza



## Background

Flatbreads are a popular food in India. Tortillas, pitas, focaccia, and naan are all types of flatbread. Naan originated in India but is also commonly eaten in Asia and the Middle East. Naan can be served with curries, stuffed with fillings, or topped with vegetables and sauces. Here, it is layered with chicken and cheese for an inventive way to enjoy a traditional flatbread.



**Preparation**  
25 Minutes



**Cooking**  
40 Minutes



**Serves**  
6



## Nutrition Information:

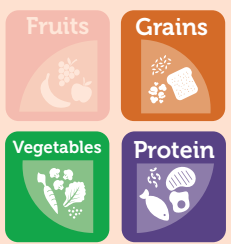
**Calories:** 226  
**Total fat:** 9g  
**Saturated fat:** 3g

**Sodium:** 351mg  
**Total Carbohydrate:** 20g  
**Dietary Fiber:** 3g

**Protein:** 18g  
**Calcium:** 69mg  
**Iron:** 2mg

## Serving Size

1 piece



## MyPlate Tips

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. Grains are an important source of nutrients, vitamins, and fiber. When buying foods made with grains—such as cereal, bread, and pasta—look for the word “whole” close to the top of the ingredient list. Remember, the color of the food does not determine whether it is a whole grain food or not.



# Chicken Flatbread Pizza

## Ingredients

- Nonstick cooking spray
- 1/2 teaspoon** turmeric, ground
- 1/4 teaspoon** salt, table
- 1/2 teaspoon** cumin, ground
- 1/4 teaspoon** cinnamon, ground
- 10 1/2 ounces** (2 1/4 ounce each) chicken tenderloins, raw, boneless, skinless, fresh or frozen
- 3 tablespoons** yogurt, Greek, plain, non-fat
- 2 teaspoons** canola oil
- 2/3 cups** onion, yellow, fresh and chopped
- 3 cloves** garlic (1 1/2 teaspoons minced)
- 4 ounces** spinach, fresh, washed, chopped roughly, and packed
- 2 8" flatbreads** (126 mg each), whole wheat, quartered
- 1 cup** tomatoes, washed and diced
- 1 1/2 ounces** mozzarella cheese, low-fat, shredded

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. In two small bowls, combine half of each spice in each bowl: salt, cumin, and cinnamon.
4. Sprinkle chicken tenders with one bowl of seasonings.
5. Place chicken on a baking sheet.
6. **Bake** chicken for 12-15 minutes. Use a food thermometer to check that chicken has reached a temperature of 165 °F or higher for at least 15 seconds.
7. **Dice** chicken into 1/2 inch pieces.
8. Mix the second bowl of seasonings into the yogurt.
9. Heat canola oil on medium-high in a medium skillet.
10. **Sauté** onions for about 3-5 minutes or until onions are tender.
11. Add garlic and spinach. Cook for 3 more minutes or until spinach is wilted. Remove from the heat.
12. Place quartered flatbreads on a baking sheet lined with parchment paper. Top each with 1/2 tablespoon yogurt, 1 ounce spinach, 1 1/4 ounce chicken, about 3 tablespoons tomatoes, and 1 tablespoon of cheese.
13. **Bake** for 15-20 minutes. Heat to 140 F or higher for at least 15 seconds.
14. Serve 1 piece, hot.

## Cooking as a Family

Let **kids ages 4 and up** use measuring spoons to add spices to bowls. Let them taste and smell different spices and guess how they will make foods taste.

**Kids** can have fun adding toppings onto flatbreads. Let them choose their own toppings as a way to try new vegetables.

## Chef's Hints

In steps 1 to 4, keep raw produce away from chicken until chicken is fully cooked (raw chicken can spread germs to raw produce). Always use a clean cutting board when preparing raw seafood, meat, or poultry.

In step 12, layer on other veggies like bell peppers, broccoli, and zucchini. You can also swap spinach for other (or more) types of leafy greens. (**Note:** Large broccoli pieces can be a choking hazard. If you have a young child in your home, make sure to cut broccoli into small pieces no larger than 1/2 inch.)



# Gingered Carrots



## Background

Ginger, also known as ginger root, is a root vegetable. It is commonly used as a spice in Chinese cooking. It can be minced, grated, or chopped. In this recipe, ginger is used to add a sweet and warm flavor to carrots.



**Preparation**  
5 Minutes



**Cooking**  
15 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 31  
**Total fat:** 1g  
**Saturated fat:** 0g

**Sodium:** 72mg  
**Total Carbohydrate:** 6g  
**Dietary Fiber:** 1g

**Protein:** 0g  
**Calcium:** 14mg  
**Iron:** 0mg

## Serving Size

1/4 cup



## MyPlate Tips

This recipe provides **Vegetables**. There are 5 types of vegetables: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Carrots are a type of orange vegetable. They are a great source of Vitamin A, which helps with healthy vision. It can also boost your immune system.

# Gingered Carrots

## Ingredients

- 2 cups water
- 2 cups carrots, washed, peeled, and sliced
- 1 tablespoon honey
- 1 teaspoon lemon juice, fresh-squeezed or bottled
- 1 teaspoon parsley, dried (optional)
- 1 teaspoon margarine, unsalted, trans-fat free
- 1/2 teaspoon ginger, peeled and grated
- 1/8 teaspoon salt, table

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Add about 1-2 inches of water to a small pot with a steamer basket or a double boiler. Bring water to a **rolling boil**.
3. Add carrots to the steamer basket or double boiler. Cook until carrots are tender, but not mushy, about 9-10 minutes. Use a food thermometer to check that carrots have reached a temperature of 140 °F or higher for at least 15 seconds.
4. Prepare ginger glaze while carrots are cooking by mixing the rest of the ingredients in a medium bowl.
5. Pour hot steamed carrots into the ginger glaze and stir until honey and margarine melt.
6. Serve 1/4 cup.



## Cooking as a Family

Teach **kids ages 5 and up** how to peel carrots with a kid-friendly vegetable peeler. They can have fun aiming peels at a bucket or bag on the floor.

Show **kids ages 4 and up** how to juice lemons! Let them roll lemons on a flat surface. Then, have an adult cut the lemons in half. Let kids squeeze out the juice over a bowl. Use a fork or spoon to dig out any seeds that

## Chef's Hints

**Be careful!** Large carrot pieces may cause choking. If serving this recipe to younger children, make sure the carrots are cooked until soft in step 3.

**Caution!** Honey may cause an allergic reaction. Honey should not be given to or used in foods for children under 1 year of age.

Recipe adapted from the Standardized Ethnic Recipes for Child-Care Centers and Family Day Homes Cookbook and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/gingered-carrots>.



# Noodles with Peanut Butter Sauce

## Background

Satay sauce is another name for peanut butter sauce in Southeast Asia. It is used in noodle and meat dishes in Asian countries. Here, it's used to add flavor to both meat and noodles.



### Preparation

10 Minutes



### Cooking

30 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 175

**Total fat:** 6g

**Saturated fat:** 1g

**Sodium:** 320mg

**Total Carbohydrate:** 19g

**Dietary Fiber:** 3g

**Protein:** 14g

**Calcium:** 2mg

**Iron:** 0mg

## Serving Size

3/4 cup



## MyPlate Tips

This recipe provides **Vegetables, Grains, and Protein Foods**. Choose a variety of colorful vegetables prepared in healthy ways: steamed, sautéed, roasted, or raw.





# Noodles with Peanut Butter Sauce

## Ingredients

- 1 cup water
- 3 ounces spaghetti noodles, dry, whole-grain
- 11 ounces chicken breast, boneless, skinless, fresh or frozen, diced
- 3 cups broccoli, frozen, chopped
- 3 tablespoons peanut butter, smooth
- 3 tablespoons water
- 3 tablespoons soy sauce, low-sodium
- 1 tablespoon vinegar, apple cider
- 1 tablespoon sugar, granulated
- 1/2 teaspoon ginger, peeled and grated
- 1 clove garlic, peeled and minced
- 1/8 teaspoon red pepper flakes
- 1 teaspoon cornstarch
- Nonstick cooking spray

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Heat water to a **rolling boil**.
3. Break spaghetti noodles in half. Slowly add pasta to boiling water. Stir constantly until water returns to a **boil**. Cook about 8 minutes or until **al dente**. Stir occasionally. Do not overcook. Drain well.
4. Coat a medium skillet with nonstick cooking spray.
5. Heat the skillet on medium-high heat. **Brown** all sides of diced chicken for 8-10 minutes.
6. Add broccoli to the skillet and cook for 10 minutes. Use a food thermometer to check that chicken reaches a temperature of 165 °F or higher for at least 15 seconds. Cook broccoli until tender, but not mushy.
7. In a small microwavable bowl, combine peanut butter, 2 tablespoons of warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes to make sauce. 
8. Microwave sauce for 30 seconds. Remove from the microwave and **whisk** sauce. Microwave for 30 more seconds and **whisk** again. (Sauce will look stringy.)
9. In a small bowl, **whisk** remaining 1 tablespoon warm water with cornstarch to make a **slurry** (thin paste). Be sure cornstarch is fully dissolved in the water. 
10. Slowly **whisk slurry** into the peanut butter sauce until fully combined. Microwave 30 seconds or until thick. **Whisk** until sauce is a smooth-thick consistency.
11. In a large bowl, toss peanut sauce, chicken, broccoli, and pasta. Top each serving with 1 teaspoon of green onions, 1 teaspoon of cilantro, and one lime wedge (optional). (**Note:** For younger children, squeeze lime juice onto the dish and serve without the lime wedge.)
12. Serve 3/4 cup. Serve hot or cold.

## Cooking as a Family

Show **kids ages 3 and up** how to make the sauce and **whisk** the **slurry** (water and cornstarch). Ask them what changes they see in the colors and textures of foods after they are mixed.

## Chef's Hints

**Be careful!** Large broccoli pieces used in step 6 can be a choking hazard. For younger children, chop broccoli into smaller pieces that are no more than 1/2 inch.

**Caution!** Peanut butter is a common allergen. Try using sunflower butter or almond butter in step 7 if anyone in your household is allergic.



# Sautéed Tofu and Broccoli



## Background

Tofu is made from soybeans, which are a type of legume. Soybeans are grown in East Asia and are an important ingredient in many foods eaten there. Soy sauce, edamame, miso, and tempeh are all made from soybeans. In this Asian-inspired recipe, enjoy the savory and sweet flavors of a sautéed tofu with broccoli.



**Preparation**  
10 Minutes



**Cooking**  
16 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 190  
**Total fat:** 7g  
**Saturated fat:** 1g

**Sodium:** 328mg  
**Total Carbohydrate:** 20g  
**Dietary Fiber:** 4g

**Protein:** 15g  
**Calcium:** 175mg  
**Iron:** 3mg

## Serving Size

1 cup



## MyPlate Tips




This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. Soybeans are a plant-based protein. Try eating plant-based proteins such as beans (kidney, black, navy), peas (hummus, slit peas), and soy (tofu) more often.

# Sautéed Tofu and Broccoli

## Ingredients

- 1 cup water
- 3 ounces spaghetti noodles, whole-grain
- 1 pound 4 ounces tofu, firm, cubed (1/2 inch)
- 1/4 cup soy sauce, low-sodium
- 1 teaspoon sesame oil
- 4 cloves garlic, peeled and minced (2 teaspoons)
- 1 tablespoon ginger, peeled and minced
- 1/8 teaspoon red pepper flakes
- 2 teaspoons canola oil
- 8 ounces broccoli, washed and chopped
- 1 1/2 teaspoon sesame seeds

## Directions

1. Heat water in a saucepan to a **rolling boil**.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Break spaghetti noodles in half and slowly add them to the water. Stir constantly until water returns to a **boil**. Cook about 8 minutes or until **al dente**. Stir occasionally. Do not overcook. Drain well.
4. Place tofu between two plates or between the bottom, flat surface of two pans. Press lightly to squeeze some of the liquid from the tofu. 
5. Put the tofu on a cutting board and cut into 1/2 inch cubes.
6. In a small bowl, combine soy sauce, sesame oil, brown sugar, garlic, ginger root, and red pepper flakes. 
7. Place tofu in a large bowl. Pour sauce over tofu. Carefully turn tofu a few times to coat well. Set aside. 
8. Heat oil in a large nonstick skillet.
9. Add broccoli and sauté for about 3 minutes, or until broccoli turns bright green and becomes tender and crispy.
10. Remove broccoli from the pan and set aside.
11. Place tofu and marinade in the skillet on medium-high heat. Cook for 5 minutes on each side or until browned, gently turning.
12. Gently stir in broccoli and continue cooking. Use a food thermometer to check that the temperature has reached 140 °F or higher for at least 15 seconds.
13. Serve 1 cup garnished with 1/4 teaspoon sesame seeds.

## Cooking as a Family

Show **kids ages 3 and up** how to squeeze tofu to help it drain. Let them feel how the texture changes from before to after.

Let **kids** use a plastic knife to cut up tofu into squares, triangles, circles, or anything they want. This can be fun for young children who are learning about shapes.

## Chef's Hints

The tofu used in step 4 is a popular type of plant-based protein. Tofu is simple to cook with and easily takes on the flavors of other foods. It can be found in most supermarkets and grocery stores and is usually sold in packaged blocks.

**Caution!** Soybeans are a common food allergen. Do not serve Sautéed Tofu and Broccoli if anyone in your household is allergic.

**Be careful!** Large broccoli pieces can be a choking hazard. For younger children, chop the broccoli used in step 9 into smaller pieces that are no more than 1/2 inch.

Recipe adapted from and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/saut-ed-tofu-and-broccoli>.





# Baked Batatas and Apples



## Background

*Batata dulce* is a Spanish language term for sweet potato. Sweet potatoes come from Central and South America, Mexico, and the West Indies. They are now popular in Asia and North America. Both kids and adults can enjoy this sweet side dish!



## Preparation

7 Minutes



## Cooking

40 Minutes



## Serves

6



## Nutrition Information:

**Calories:** 102

**Total Fat:** 3g

**Saturated Fat:** 0g

**Sodium:** 104mg

**Total Carbohydrate:** 21g

**Dietary Fiber:** 2g

**Protein:** 1g

**Calcium:** 19mg

**Iron:** 0mg

## Serving Size

1/2 cup



## MyPlate Tips

This recipe provides **Vegetables** and **Fruits**. Vegetables and fruits are full of nutrients and vitamins. Kids learn from you—eat veggies and fruits and your kids will, too!






# Baked Batatas and Apples

## Ingredients

- 3 tablespoons** brown sugar, packed
- 1/2 teaspoon** cinnamon, ground
- 1/4 teaspoon** salt, table
- 2 cups** sweet potatoes, washed, peeled, and cubed
- 3 cups** apples, washed, peeled, cored, and cubed (1/2 inch)
- 1 tablespoon** canola oil
- 1/4 cup** orange juice
- Nonstick cooking spray

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
4. In a medium bowl, combine brown sugar, cinnamon, and salt. 
5. Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar. 
6. Place the sweet potato and apple mixture in the baking dish. 
7. Cover with foil and **bake** for 40 minutes, or until sweet potatoes are tender. Use a food thermometer to check that potatoes have reached a temperature of 140 °F or higher for at least 15 seconds.
8. Serve 1/2 cup.

## Cooking as a Family

Start safe food habits early! Show **kids ages 4 and up** how to wash veggies and fruits under running water. Then, show them how to clean the skins with a vegetable scrub brush.

**Kids** can have fun tossing the sweet potatoes and apples in the cinnamon-sugar. They can also spread out the cubes in the bottom of the baking dish. Make sure to wash hands first!

## Chef's Hints

In step 4, add 1/2 cup chopped nuts or 1 tablespoon grated orange rind to the cinnamon-sugar mixture to add flavor. **(Caution!** Nuts are a common allergen. Do not use nuts if anyone in your household is allergic.)

Use other kinds of apples in step 5 for a fun way for your family to try new flavors.



# Baked Cod Olé

## Background

Seafood is popular in Puerto Rico, the Dominican Republic, Barbados, and other parts of the Caribbean. In these areas, fish like snapper, grouper, and sea bass are often grilled, fried, or baked.



## Preparation

10 Minutes



## Cooking

15 Minutes



## Serves

6



## Nutrition Information:

**Calories:** 68

**Total Fat:** 1g

**Saturated Fat:** 0g

**Sodium:** 132mg

**Total Carbohydrate:** 4g

**Dietary Fiber:** 1g

**Protein:** 11g

**Calcium:** 44mg

**Iron:** 0mg

## Serving Size

1 fish fillet topped with 1/3 cup salsa



## MyPlate Tips




This recipe provides **Vegetables** and **Protein Foods**. Vegetables are a key part of a healthy diet. Eat many kinds of veggies and protein foods to vary your diet.

# Baked Cod Olé

## Ingredients

- 3 tablespoons** bottled lime juice, or fresh squeezed (about 2 limes)
- 1/2 teaspoon** olive oil
- 1/4 teaspoon** black pepper, ground
- 1/4 teaspoon** salt, table
- 1 1/4 cups** tomatoes, washed and diced
- 1 1/4 cups** onions, yellow, peeled, washed, and diced
- 2 tablespoons** cilantro, washed, dried, and chopped
- 13 1/2 ounces** cod fish fillets, fresh or frozen (each piece should be about **2 1/4 ounces**)
- Nonstick cooking spray

## Directions

1. Preheat oven to 400 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. In a small bowl, **whisk** lime juice, olive oil, black pepper, and salt to make dressing. 
4. In a medium bowl, mix tomatoes, onions, and cilantro to make salsa. Add dressing and toss. 
5. Coat baking sheet with nonstick cooking spray.
6. Place fish fillets on a baking sheet. Leave about 1 inch of space between each piece.
7. Top each piece of fish with 1/3 cup salsa. 
8. **Roast** for 12-15 minutes. When done, fish will flake easily. Use a food thermometer to check that fish has reached a temperature of 145 °F or higher for at least 15 seconds.
9. Serve 1 fillet topped with 1/3 cup of salsa.

## Cooking as a Family

Show **kids ages 4 and up** how to juice limes! Let them roll limes on a flat surface. Then, have an adult cut limes in half. Let kids squeeze out the juice over a bowl using their hands or a manual citrus press. Remember to watch for small seeds that may be squeezed out of the lime.

Let **kids ages 3 and up** **whisk** dressing and mix salsa. Point out how colors and flavors of foods

## Chef's Hints

Try other kinds of fish for cod in step 6. Eating many kinds of seafood is a great way to enjoy **Protein Foods!**

Always use a clean cutting board when preparing raw seafood, meat, or poultry.



# Beef Picadillo with Brown Rice



## Background

*Picadillo* is a stew that is popular in South America and the Caribbean. It is often made with ground beef and tomatoes. This recipe mixes lean ground beef with vegetables. Serve it over brown rice for a hearty, healthy family meal.



## Preparation

10 Minutes



## Cooking

40 Minutes



## Serves

6



## Nutrition Information:

**Calories:** 202

**Total Fat:** 6g

**Saturated Fat:** 2g

**Sodium:** 147mg

**Total Carbohydrate:** 23g

**Dietary Fiber:** 2g

**Protein:** 15g

**Calcium:** 34mg

**Iron:** 2mg

## Serving Size

1/2 cup picadillo  
over  
1/4 cup rice



## MyPlate Tips

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. Grains are a source of fiber. When cooking with grains, try to make half your grains whole grains. Look for the word "whole" close to the top of the ingredient list.



# Beef Picadillo with Brown Rice

## Ingredients

- 1/2 cup brown rice, dry, long-grain, uncooked
- 1 cup water
- 12 ounces ground beef (at least 90% lean), fresh or frozen
- 1 1/4 cups onions, yellow, peeled and diced
- 1 cup green bell peppers, washed and diced
- 1 clove garlic, peeled and minced
- 1/3 cup tomatoes with juice, canned and diced
- 1 cup tomato sauce, canned
- 1/2 cup raisins, seedless, unpacked
- 1/4 teaspoon oregano, dry
- 1/2 teaspoon cumin, ground
- 2 tablespoons cilantro leaves (without stems), washed, dried, and chopped (optional)

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Combine brown rice and water in a small pot.
3. Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 15-20 minutes. Stir once. Cover and cook for 10 more minutes over low heat. Fluff the rice with a fork.
4. Heat a medium skillet on medium-high heat on top of stove.
5. Brown ground beef (do not rinse), then drain. Use a food thermometer to check that beef has reached a temperature of 165 °F or higher for at least 15 seconds.
6. Add onions, bell peppers, and garlic to ground beef. Sauté on medium-high heat until onions and bell peppers are soft. Stir often.
7. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.
8. Serve 1/2 cup picadillo over 1/4 cup rice. Garnish with 1 teaspoon cilantro (optional).



## Cooking as a Family

Let **kids ages 3 and up** combine brown rice and water in the pot to see how rice is cooked.

Let **kids ages 2 and up** peel the garlic cloves or tear cilantro leaves from the stems. They might enjoy the smell and taste! Wash cilantro first.

## Chef's Hints

The brown rice used in step 2 is a whole grain that is rich in fiber. You can try this dish with other whole grains, too. Couscous, barley, bulgur wheat, and quinoa are options.

In step 5, do not rinse or crowd meat. Crowding may cause the juices to pool around the meat. Pooling causes the juices to **steam** the meat rather than **brown** it, making it less flavorful.

**Be careful!** Raisins can be a choking hazard. For younger children, chop the raisins used in step 7 into smaller pieces that are no more than 1/2 inch.



# Quick Quesadilla

## Background

Quesadillas are popular in Mexico. Toasted quesadillas are often filled with vegetables, cheese, beans, and meat. This recipe lets you cook more than one at a time so you can eat them as a family.



**Preparation**  
20 Minutes



**Cooking**  
15 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 203  
**Total Fat:** 6g  
**Saturated Fat:** 2g

**Sodium:** 442mg  
**Total Carbohydrate:** 26g  
**Dietary Fiber:** 6g

**Protein:** 14g  
**Calcium:** 157mg  
**Iron:** 2mg

## Serving Size

2 wedges or 1/3 quesadilla



## MyPlate Tips

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. Vegetables have vitamins and nutrients that help keep you healthy. Whole grains are important sources of fiber, B vitamins, and minerals. Start your kids early with whole grains. To make half your grains whole grains, choose 100% whole-wheat breads or tortillas.

# Quick Quesadilla

## Ingredients

- 2 1/4 cups spinach, frozen, chopped
- 1 cup dark red kidney beans, dry and cooked, or canned
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon chili powder
- 4 8" whole-grain corn or whole corn tortillas, (at least 51 gm each)
- 1 1/2 cups mozzarella cheese, low-fat, shredded
- Nonstick cooking spray

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Thaw, drain, and squeeze excess liquid from spinach.
4. Place kidney beans in a small microwavable bowl.
5. Add garlic powder, onion powder, and chili powder.
6. Lightly mash beans. Be careful not to over-mash (at least half of the beans should appear whole).
7. Heat in microwave for 1 minute. Stir with a spoon.
8. Place half of the tortillas on a baking sheet. Spread 3/4 cup of spinach on each tortilla. Top each with 3/8 cup of bean mixture. Then, top with and 3/4 cup of cheese.
9. Place the rest of the tortillas on top. Spray outsides with nonstick cooking spray.
10. **Bake** for 15 minutes. Use a food thermometer to check that quesadillas have reached a temperature of 140 °F or higher for at least 15 seconds.
11. Cut each quesadilla into 6 wedges.
12. Serve 2 wedges or 1/3 quesadilla.



## Cooking as a Family

Let **kids ages 4 and up** mash beans with a plastic fork. Or, they can use clean hands. Ask them what they think the insides of beans look like. Then, see if they're right!

**Kids** can have fun folding and filling quesadillas. Let them choose toppings like sliced avocado, cilantro, or salsa. Or, let them come up with their own ideas.

## Chef's Hints

In step 8, fresh spinach (about 1 1/2 cups) can be used in place of frozen spinach. (Frozen spinach may cost less, but fresh spinach can save time.) Fresh spinach is not included in the Nutritional Information.

If whole-grain tortillas aren't available to use in step 8, use corn tortillas that contain at least 50% whole grains.

Recipe adapted from USDA, Center for Nutrition Policy and Promotion and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/quick-quesadilla>.



# Beef Goulash

## Background

Goulash is a type of stew from Hungary. It is usually made with meat and vegetables in a savory tomato sauce. It is eaten in many parts of Europe. You can make it at home with this recipe!



### Preparation

10 Minutes



### Cooking

3 Hours 15 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 188

**Total Fat:** 4g

**Saturated Fat:** 1g

**Sodium:** 356mg

**Total Carbohydrate:** 24g

**Dietary Fiber:** n/a

**Protein:** 15g

**Calcium:** 26mg

**Iron:** 2mg

## Serving Size

1/2 cup goulash  
over 1/4 cup  
cooked noodles



## MyPlate Tips

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. For a balanced meal, pair it with a piece of fruit, 8 ounces of low-fat or skim milk—and even more veggies! Try to make vegetables and fruits a part of every meal and snack.





# Beef Goulash

## Ingredients

- 15 1/3 ounces beef round, roast, or steak (at least 90% lean), fresh or frozen, and cubed (1/2 inch)
- 2 1/8 cups onions, yellow, peeled and diced (1/4 inch)
- 2 cloves garlic, peeled and minced (1 teaspoon)
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon brown sugar, unpacked
- 1/2 teaspoon salt, table
- 1 teaspoon paprika
- 1 teaspoon mustard, yellow
- 1/4 cup water, warm
- 2 tablespoons flour, all-purpose, enriched, unbleached
- 2 1/4 cups egg noodles, dry, whole grain-rich

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Place beef, onions, minced garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika, and mustard into a slow cooker. Stir well. 
3. Cover. Cook for 3 hours on high or 6 hours on low.
4. Combine warm water and flour. Mix well using a whisk or fork to form a thin paste, known as a **slurry**. 
5. Add the **slurry** to the slow cooker. Cover. Cook for 15 minutes or until goulash has thickened. Use a food thermometer to check that goulash has reached a temperature of 165 °F or higher for at least 15 seconds.
6. Fill a large pot with water. Bring water to a **rolling boil**. Slowly add noodles. Keep stirring until water returns to a boil. Cook uncovered for about 8 minutes or until tender. Do not overcook. Drain well.
7. Serve 1/2 cup goulash over 1/4 cup of cooked noodles.

## Cooking as a Family

Teach **kids ages 2 and up** how to use measuring cups and spoons. They can measure dry ingredients like brown sugar, salt, paprika, and flour. Let them pack brown sugar and see how it sticks together.

Let **kids ages 3 and up** whisk the **slurry** (warm water and flour mixture). Show them how the flour changes when it gets wet. Show them how the water thickens when it mixes with the flour.

## Chef's Hints

When buying beef to use in step 2, look for options that are at least 90% lean. Lean protein foods provide the same nutrients as non-lean protein foods, but less cholesterol and saturated fat.

Any whole grain pasta can be used in step 6 in place of egg noodles. Look for pasta that is 100% whole-wheat. You can also try brown rice in place of noodles.

Recipe adapted from Nutrition.gov. and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/beef-goulash>.



# Chicken Ratatouille



## Background

*Ratatouille* (rat-a-tooy) is a stew from the south of France. The name comes from the French word *touiller*, meaning "to stir up." When you cook this modern version that uses chicken with traditional vegetables, you'll see why!



**Preparation**  
20 Minutes



**Cooking**  
18 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 101  
**Total Fat:** 4g  
**Saturated Fat:** 1g

**Sodium:** 185mg  
**Total Carbohydrate:** 3g  
**Dietary Fiber:** 1g

**Protein:** 13g  
**Calcium:** 22mg  
**Iron:** 1mg

## Serving Size

3/8 cup



## MyPlate Tips

This recipe provides **Vegetables** and **Protein Foods**. When making meals, it's important to remember that cooking foods in healthy ways is as important as choosing healthy foods. Use the ingredient list and Nutrition Facts label to learn what is in the foods you eat.

# Chicken Ratatouille

## Ingredients

- 1/4 **tablespoon** canola oil
- 12 1/2 ounces** boneless, skinless chicken breast, fresh or frozen, diced
- 1/4 **cup** zucchini, washed, unpeeled, and diced (1/2 inch)
- 2/3 **cup** eggplant, washed, unpeeled, and diced (1/2 inch)
- 1/3 **cup** onions, yellow, peeled and diced (1/4 inch)
- 1/4 **cup** green peppers, washed and diced (1/4 inch)
- 3 tablespoons** mushrooms, washed and thinly sliced
- 1/4 **teaspoon** salt, table
- 3/4 **cup** tomatoes, canned with juice, diced
- 1 clove** garlic, peeled and minced (1/2 teaspoon)
- 1/2 **tablespoon** basil, dried
- 1/8 **teaspoon** black pepper, ground
- 1/2 **teaspoon** vinegar, balsamic
- 1/2 **teaspoon** lemon juice, fresh-squeezed or bottled
- 1/2 **tablespoon** parsley, washed and minced

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Heat oil on medium-high in a medium skillet.
3. Add chicken and **sauté** on each side for about 3 minutes or until lightly browned.
4. Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook for 5 more minutes until onions are tender. Stir often.
5. Add tomatoes, garlic, basil, black pepper, and balsamic vinegar. Bring to a **boil**.
6. Reduce heat to medium and simmer for 10 minutes, or until chicken is tender and juices from the tomatoes and vinegar have reduced. Stir often. Use a food thermometer to check that chicken has reached a temperature of 165 °F or higher for at least 15 seconds.
7. Remove from heat. Stir in lemon juice and parsley.
8. Serve hot (140 °F or higher). Or, divide into sealed containers and place in a refrigerator set to 40 °F or below (as indicated by an appliance thermometer). Serve cold.
9. Serve 3/8 cup of stew (1/4 cup plus 2 tablespoons).

## Cooking as a Family

Start safe food habits early! Show **kids ages 4 and up** how to wash vegetables under running water and scrub skins. Kids can also help **dice** the eggplant using a plastic knife.

Show **kids ages 4 and up** how to juice lemons! Let them roll lemons on a flat surface. Then, have an adult cut the lemons in half. Let kids squeeze out the juice over a bowl. Use a fork or spoon to dig out any seeds that fall into the bowl.

## Chef's Hints

Using lean chicken (like boneless and skinless chicken breasts) in step 3 can help lower saturated fats. Look for skinless options. Cut off any visible fat before cooking.

This recipe can be served hot or cold. Add any seasonal vegetables you and your family would like to try in step 4!

Recipe adapted from Center of Nutrition Policy and Promotion Cultural Recipes and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/chicken-ratatouille>.





# Easy Zucchini Lasagna

## Background

Zucchini is also called *green Italian squash*. It is found in many Italian foods like pizza, pasta, soups, and salads. Lasagna has been eaten in Italy since the Middle Ages! This modern version is nutritious and delicious.



**Preparation**  
20 Minutes



**Cooking**  
1 Hour



**Serves**  
6



## Nutrition Information:

**Calories:** 171

**Total Fat:** 4g

**Saturated Fat:** 3g

**Sodium:** 434mg

**Total Carbohydrate:** 24g

**Dietary Fiber:** 2g

**Protein:** 11g

**Calcium:** 68mg

**Iron:** 2mg

## Serving Size

1 piece  
(about 2" x 3 3/4")



## MyPlate Tips

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. Remember, frozen vegetables are just as nutritious as fresh vegetables. Look for frozen vegetables without added sauces, gravies, butter, or creams.



# Easy Zucchini Lasagna

## Ingredients

- 2 1/2 ounces** (1/2 cup plus 2 tablespoons) mozzarella cheese, low-fat, shredded
- 1 cup** cottage cheese, fat-free
- 3 tablespoons** tomato paste, low-sodium
- 1 cup** tomato sauce, canned, low-sodium
- 1 teaspoon** oregano, dried
- 1 teaspoon** basil, dried
- 2 5/8 ounces** (1/2 cup plus 1 tablespoon) onions, yellow, peeled and diced
- 2 cloves** garlic, peeled and minced (1 teaspoon)
- 1/4 teaspoon** ground black pepper
- 1 1/2 cups** zucchini, washed and thinly sliced
- 3 3/8 ounces** (6 sheets) lasagna noodles, dry
- 1 tablespoon** parmesan cheese, shredded
- Nonstick cooking spray

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Set 1/3 cup of mozzarella cheese aside.
4. Combine the rest of the mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a small bowl to make cheesy-tomato sauce.
5. Divide zucchini into two even parts (about 3/4 cup each).
6. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
7. Spread 3 1/2 cups of cheesy-tomato sauce evenly on bottom of the pan. Cover sauce with 3 sheets of oven-ready lasagna noodles. Then, cover noodles with 3 1/2 cups of zucchini slices. Then, repeat.
8. Top layers 1 and 2 with the rest of the cheesy-tomato sauce (about 3 1/2 cups). Sprinkle on the rest of the mozzarella cheese and parmesan cheese.
9. Cover tightly with foil. Bake until zucchini is tender, about 30 minutes.
10. Remove foil. Bake uncovered until cheese starts to brown, about 15 minutes. Use a food thermometer to check that lasagna has reached a temperature of 140 °F or higher for at least 15 seconds.
11. Let lasagna stand for 10 minutes. Cut into 6 even pieces and serve.

## Cooking as a Family

Let **kids ages 3 and up** mix the cheesy-tomato sauce. (Using a large bowl can help keep the sauce from getting on the counter.)

**Kids ages 3 and up** can have fun layering lasagna noodles, cheesy tomato sauce, and zucchini slices. Sprinkling the cheese on top is another great task to get kids involved. Make sure everyone washes their hands first!

## Chef's Hints

In step 4, try adding other vegetables like broccoli and spinach to this recipe. The greener the better. (**Note:** Large broccoli pieces can be a choking hazard. If you have a young child in your home, make sure to cut broccoli into small pieces no larger than 1/2 inch.)

When choosing canned tomato sauce, look for low-sodium or no-salt added options. Wash the outside of the can before opening.

Recipe adapted from National Institute of Health and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/easy-zucchini-lasagna>.



# Spinach Egg Bake

## Background

An egg bake is also known as a *frittata*. *Frittata* is from Italy. It can be made with many kinds of ingredients from all over Europe, including feta cheese which comes from Greece. It is a great way to try new vegetables as a family.



### Preparation

20 Minutes



### Cooking

17 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 115

**Total Fat:** 8g

**Saturated Fat:** 2g

**Sodium:** 203mg

**Total Carbohydrate:** 4g

**Dietary Fiber:** 2g

**Protein:** 8g

**Calcium:** 127mg

**Iron:** 2mg

## Serving Size

1 piece  
(about 2" x 3  
3/4")



## MyPlate Tips



This recipe provides **Vegetables** and **Protein Foods**. Did you know that veggies can be a part of a healthy breakfast? Add vegetables to breakfast foods like scrambled eggs, omelets, and smoothies for a boost in the morning!

# Spinach Egg Bake

## Ingredients

- 2 1/4 cups** spinach, frozen, thawed, drained, and chopped
- 6 eggs**, large, or **1 1/4 cups** whole liquid eggs
- 1 tablespoon** feta cheese, crumbled
- 1 teaspoon** onions, yellow, peeled and chopped
- 1/8 teaspoon** black pepper, ground
- 1/8 teaspoon** salt, table
- Nonstick cooking spray

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Thaw spinach in the microwave or under cool running water.
4. Drain excess water from spinach.
5. **Whisk** eggs in a small mixing bowl. Add feta cheese, onions, salt, and black pepper. Mix well. 
6. Lightly coat medium baking dish (about 8" x 8") with nonstick cooking spray.
7. Spread spinach evenly on the bottom of the baking dish. 
8. Top spinach with egg mixture. Keep the vegetables spread evenly by stirring the mixture with a spatula or spoon. Place the baking dish in the oven. **Bake** for 15 minutes at 350 °F. Use a food thermometer to check that mixture has reached a temperature of 165 °F or higher for at least 15 seconds.
9. Then, broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown. Remove right away to prevent burning. **Caution:** use a hot pad as dish will be very hot.
10. Cut into 6 even pieces. Serve 1 piece.

## Cooking as a Family

Show **kids ages 4 and up** how to crack eggs into a bowl. If pieces of the shells fall in, dig them out with a fork or spoon. Let kids **whisk** eggs until yolks and whites are combined. Make sure everyone washes hands after cooking with raw egg!

Teach **kids ages 4 and up** how to crumble feta cheese (or sprinkle other cheese) evenly. Point out the different colors and textures of different kinds of cheese.

## Chef's Hints

**Caution!** Eggs are a common allergen. Do not serve Spinach Egg Bake if anyone in your household is allergic.

Swiss, cheddar, or ricotta cheese can be used instead of feta in step 5. Choose low- or reduced-fat **Dairy** ingredients to reduce sodium and saturated fats.

Recipe adapted from Center of Nutrition Policy and Promotion Cultural Recipes and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/spinach-egg-bake>.





# Collard Greens

## Background

Collard greens are popular in the Southern United States. They can also be found in meals from places like Tanzania, Kenya, Brazil, Portugal, and Kashmir. Collard greens can be made alone. They can also be mixed with other leafy greens like spinach, kale, and Swiss chard.



## Preparation

10 Minutes



## Cooking

20 Minutes



## Serves

6



## Nutrition Information:

**Calories:** 26

**Total Fat:** 1g

**Saturated Fat:** 0g

**Sodium:** 54mg

**Total Carbohydrate:** 3g

**Dietary Fiber:** 2g

**Protein:** 2g

**Calcium:** 67mg

**Iron:** 1mg

## Serving Size

1/3 cup



## MyPlate Tips

This recipe provides **Vegetables**. There are 5 types of vegetables: dark-green, starchy, red and orange, beans and peas, and other vegetables. Collard greens are a type of dark-green vegetable. Dark-green vegetables are full of vitamins, minerals, and fiber. Eating greens can give you energy and help you feel your best!




# Collard Greens

## Ingredients

- 2 tablespoons** (about 2 slices) turkey bacon, cooked and chopped
- 1/2 cup** onions, yellow, peeled and diced (1/4 inch)
- 2 quarts** collard greens, washed and chopped
- 1 cup** water
- 1/4 teaspoon** liquid smoke (optional)
- Nonstick cooking spray

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Coat a medium pot with nonstick cooking spray. Heat over medium heat.
3. Heat bacon for 3-4 minutes, until lightly brown. Stir often.
4. Increase heat to medium-high. Add onions and **sauté** until soft.
5. Add collard greens. **Sauté** for 1-2 minutes. Stir often. **Sauté** until greens begin to wilt.
6. Add water to pot. Cover and bring to a **boil**. 
7. Reduce heat to medium. **Simmer** for 5-7 minutes, stirring often. Stir in liquid smoke (optional). Remove from heat when greens are tender. Use a food thermometer to check that collard greens have reached a temperature of 140 °F or higher for 15 seconds.
8. Serve 1/3 cup.

## Cooking as a Family

Teach **kids ages 3 and up** how to pour water into the pot. Show **kids ages 5 and up** how measuring cups can be used to add up to one cup.

**Kids ages 2 and up** can have fun tearing up collard green leaves. Make sure they wash their hands first.

## Chef's Hints

**Sauté** can be used to prepare other kinds of leafy greens, too. Use it on spinach, kale, cabbage, Swiss chard, and more. Choose your favorite—or try something new—and see how easy it is to vary your greens!

The liquid smoke used in step 7 adds flavor to veggies with little (or no) calories, fat, or sodium. It can be found at many grocery stores and markets.



# Creamy Wild Rice



## Background

Wild rice, or *manoomin*, is grown in North America. It is a sacred food for Native Americans, especially the Ojibwe people. Wild rice dishes, like this one, are eaten at special events like picnics, powwows, parties, and funerals.



**Preparation**  
5 Minutes



**Cooking**  
1 Hour 15 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 214  
**Total Fat:** 7g  
**Saturated Fat:** 2g

**Sodium:** 317mg  
**Total Carbohydrate:** 23g  
**Dietary Fiber:** 2g

**Protein:** 16g  
**Calcium:** 72mg  
**Iron:** 1mg

## Serving Size

3/4 cup



## MyPlate Tips

This recipe provides **Vegetables**, **Grains**, and **Protein Foods**. Whole grains like brown rice, quinoa, and oats are full of nutrients that help keep your body healthy. They also contain fiber, which makes you feel full. When buying foods made with grains—such as cereal, bread, and pasta—look for the word “whole” close to the top of the ingredient list.

# Creamy Wild Rice

## Ingredients

- 1/3 cup wild rice, dry
- 1 cup brown rice, dry
- 1 1/2 cups water
- 13 ounces turkey, ground, fresh or frozen
- 1 cup onions, yellow, peeled and diced (1/4 inch)
- 1 cup celery, washed and diced (1/4 inch)
- 1 cup cream of mushroom soup, condensed
- 3/4 cup milk, non-fat (skim)
- 1 tablespoon garlic powder
- 1 teaspoon black pepper, ground
- Nonstick cooking spray

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Combine wild rice, brown rice, and water in a small pot.
4. Heat on medium-high heat to a **rolling boil**. Cover and reduce heat to medium. Cook until water is absorbed, about 15-20 minutes. Stir once. Cover and cook for 10 more minutes over low heat. Fluff the rice with a fork. Set aside.
5. Place a medium skillet on medium-high heat.
6. **Brown** ground turkey. Add onion and celery. Continue cooking on medium heat until onions and celery are soft, about 5-7 minutes. Use a food thermometer to check that turkey has reached a temperature of 165 °F or higher for 15 at least seconds. Drain.
7. Stir in rice and the rest of the ingredients. Bring to a **boil**. Remove from heat.
8. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
9. Spread mixture evenly into baking dish. Cover with foil. **Bake** for 30 minutes or until liquid has absorbed and dish is creamy.
10. Serve 3/4 cup.



## Cooking as a Family

Teach **kids ages 3 and up** how to combine rice and water in the pot. They will get to see how rice is cooked. Remember to use dry and liquid measuring cups when measuring ingredients.

Let **kids** touch the wild rice and brown rice before and after cooking. Ask them what they notice about the textures of each one.

## Chef's Hints

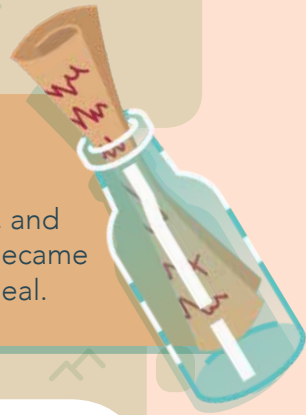
Plan ahead! Cook and cool the rice used in step 4 a day early. Keep it in a refrigerator set to 40 °F or below (as indicated by an appliance thermometer) overnight to save time on meal prep.

If cooking with frozen turkey in step 6, defrost in the refrigerator for one day. Keep cold turkey at a temperature below 40 °F before cooking.

Recipe adapted from Onamia Schools and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/creamy-wild-rice>.



# Great Garden Soup



## Background

Some Native American groups like the Haudenosaunee (Iroquois) grew corn, beans, and winter squash next to each other. These vegetables helped each other grow. They became known as the "Three Sisters." This recipe is a great way to get many veggies in one meal.



### Preparation

20 Minutes



### Cooking

30 Minutes



### Serves

6



## Nutrition Information:

**Calories:** 120

**Total Fat:** 2g

**Saturated Fat:** 1g

**Sodium:** 214mg

**Total Carbohydrate:** 16g

**Dietary Fiber:** 5g

**Protein:** 9g

**Calcium:** 3mg

**Iron:** 2mg

## Serving Size

2/3 cup



## MyPlate Tips

This recipe provides **Vegetables** and **Protein Foods**. Protein foods include both animal and plant sources. Eat many kinds of animal protein foods like chicken, seafood, and lean cuts of beef as well as plant-based protein foods like nuts, seeds, peas, and beans (like the kidney beans in this recipe) to meet your protein needs.



# Great Garden Soup

## Ingredients

- 4 ounces** beef (at least 90% lean), ground, fresh or frozen
- 2/3 cup** onions, yellow, peeled and diced (1/4 inch)
- 2 cloves** garlic, peeled and minced (1/2 teaspoon)
- 1 tablespoon** jalapeno pepper, washed, seeded, and minced
- 2/3 cup** butternut squash, washed, unpeeled, and cubed (1/2 inch)
- 1/4 cup** green beans, washed and cut into 1/2" pieces
- 3 tablespoons** corn, frozen
- 1 tablespoon** thyme, dried
- 1/4 cup** summer squash, washed, unpeeled, and diced (1/2 inch)
- 1/4 cup** zucchini, washed, unpeeled, and diced (1/2 inch)
- 11 ounces** kidney beans, dry and cooked, or low-sodium canned
- 1/3 cup** tomato sauce, canned
- 3/8 cup** tomatoes with juice, canned, diced
- 1/4 cup** water
- Nonstick cooking spray

## Directions

1. Wash hands with soap and clean, running water for at least 20 seconds.
2. Coat a medium skillet with nonstick cooking spray.
3. Heat the skillet on medium-high heat.
4. Add ground beef and **brown**. Use a food thermometer to check that beef has reached a temperature of 165 °F or higher for at least 15 seconds. Drain.
5. In a medium pot add browned beef, onions, garlic, jalapeno peppers, butternut squash, green beans, corn, and thyme. Cook for 4-6 minutes on medium-high heat. Stir occasionally until onions and peppers are tender.
6. Add summer squash, zucchini, kidney beans, tomato sauce, tomatoes with juice, and water. Stir well. Bring to a **boil**.
7. Reduce heat to medium and **simmer** uncovered for 20 minutes. Vegetables should be tender. Stir often.
8. Serve 2/3 cup.



## Cooking as a Family

Let **kids** see, touch, and taste veggies as they are added. It may make them more likely to eat them later!

Teach **kids ages 5 and up** how to peel the squash and zucchini with a kid-friendly vegetable peeler. They can have fun aiming peels at a bucket or bag on the floor.

## Chef's Hints

Rinsing raw meat can spread germs onto your cooking surfaces. In step 4, cook ground meat without rinsing it. Use a large pan so that it cooks evenly.

If using dry kidney beans in step 6, you can use the "Quick-Soak Method" to save time. **Boil** 4 cups of water, then add beans and **boil** for 2 minutes. Remove beans from heat and allow to soak for 1 hour. Then, discard the water and proceed with the rest of the recipe. If using canned beans, clean the can before opening. Then, rinse beans under running water to reduce the amount of sodium in the beans.

Recipe adapted from Oneida Indian Nation's Three Sisters Cookbook and available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/great-garden-soup>.



# Mini Salmon Loaves



## Background

Salmon is a popular type of fish found in North America, including Alaskan waterways. Try these mini-loaves on a bun, over a bed of lettuce, with eggs or a side of hash browns, with a dipping sauce on the side, or just by themselves.



**Preparation**  
20 Minutes



**Cooking**  
15 Minutes



**Serves**  
6



## Nutrition Information:

**Calories:** 82  
**Total Fat:** 3g  
**Saturated Fat:** 1g

**Sodium:** 197mg  
**Total Carbohydrate:** 3g  
**Dietary Fiber:** 0g

**Protein:** 11g  
**Calcium:** 27mg  
**Iron:** 0mg

**Serving Size**  
1 loaf



## MyPlate Tips

This recipe provides **Protein Foods**. Seafood like salmon is a protein food that contains key nutrients. Eating many kinds of seafood can help you and your family meet your protein needs. Try including seafood in your diet at least twice a week.

# Mini Salmon Loaves

## Ingredients

- 1 cup Alaska salmon, canned, boneless, skinless, drained
- 1 large egg
- 1 tablespoon milk, fat-free
- 1 teaspoon onion, dried, minced
- 1 teaspoon dill weed, fresh, washed, and chopped
- 1/2 teaspoon lemon pepper seasoning
- 3 tablespoons whole-wheat bread crumbs

## Directions

1. Preheat oven to 350 °F.
2. Wash hands with soap and clean, running water for at least 20 seconds.
3. Place salmon in a medium bowl.
4. Break apart chunks of salmon. Use a fork or clean hands.
5. Crack egg into a medium bowl. Then, wash hands. Add milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
6. Divide salmon mixture into 6 even portions (1 3/4 ounces each).
7. Shape each portion into a mini-loaf, about 1/2 inch thick. Place on a baking sheet.
8. Bake for 15 minutes. Use a food thermometer to check that salmon loaves have reached a temperature of 160 °F or higher for at least 15 seconds. Keep at 140 °F or higher until serving.
9. Serve one mini-loaf.



## Cooking as a Family

**Kids ages 4 and up** can have fun breaking up chunks of salmon with a plastic fork. Make sure they wash hands before and after cooking with raw fish!

**Let kids ages 4 and up** shape salmon into round loaves. Help them place the mini-loaves on a baking sheet with space in between. Kids and adults should wash hands before and after touching salmon.

## Chef's Hints

**Caution!** Salmon is a common allergen. Do not serve Mini Salmon Loaves if anyone in your household is allergic.

In step 5, dried dill weed can be used in place of fresh. Just divide the called for amount of fresh dill weed in half (1/2 teaspoon).

Recipe adapted from National Institute of Health available from What's Cooking? USDA Mixing Bowl at: <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/mini-salmon-loaves>.

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