

Holy Cross Head Start, Inc Cookbook



RECIPES FROM OUR STAFF TO YOUR HOME

2021

SOMETHING'S COOKING

A message from the Nutrition Coordinator, Ruth Padin, "[Our goal is] To ensure that every child and parent that walks through our doors has repeated opportunities, to taste, prepare and learn about healthy eating habits."



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RECIPES FROM OUR STAFF TO YOUR HOME

Sodium Reduction at Home

Why pay attention to sodium

When children are served salty foods, they learn to prefer the salty flavor as they grow older. Serving foods lower in sodium can help children learn to enjoy all foods and experience a variety of flavors. Increased sodium intake over time may lead to high blood pressure. High blood pressure can lead to other diseases, such as heart disease and stroke. To emphasize heart healthy eating habits, incorporate low sodium foods throughout the day and introduce a variety of flavors and textures.

Sodium facts for 2-4 year olds*



Recommendation:
1,200mg per day



Average intake:
>2,000 mg per day

How can I serve a variety of foods that are lower in sodium?

- Prepare fresh and frozen vegetables without added salt
- Look for labels that read "reduced sodium", "low sodium" or "no salt added"
- Reduce portion sizes of condiments
- Remove salt from recipes when possible
- Drain and rinse canned goods such as beans and vegetables
- Flavor foods with no-salt herbs and seasoning blends
- Use citrus foods, the juice or zest, such as lime, lemon or orange, to add flavor.

Introducing foods low in sodium

- Conduct an herb and spice taste test. For example, prepare broccoli 3 ways each with a different flavor.
- Cook together
- Use the two-bite rule to encourage trying new foods

Kitchen Staples

Staple ingredients to make healthy meals and snacks:

Cinnamon
Garlic Powder
Onion Powder
Italian Seasoning
Black Pepper
Vegetable Oil (Canola, Olive Oil)
Low sodium broth
Canned or dried beans, peas, lentils
Rice
Tuna can/packet
Flavored vinegars



Kitchen Tools:

Non-stick Frying Pan
Sharp knife set
Whisk, Wooden spoon
Ladle
Parchment paper
Aluminum foil
Baking sheet
Blender
Medium saucepan
Measuring spoons



Flexible Turner, Spatula



Strainer/Colander



9 x 11 glass baking dish



Large Pot



Mixing Bowls



Measuring Cups



Cutting Board

Kids in the Kitchen

Age-Appropriate Ways to Involve Kids with Cooking and Meal Time

2-3 years old

- Pour from a measuring cup
- Place ingredients in a bowl
- Make a simple sandwich or pizza
- Press buttons on a blender or microwave
- Take them grocery shopping
- Describe color, taste and shape of food



Family Meal Conversation Starters:

- What are your favorite meals we make at home?
- What storybooks do you like to read?
- If you could have a super power, what would it be?
- What is the nicest thing you did for someone today?
- What movie character would you want to be?












4-6 years old

- Stir or whisk ingredients
- Slice soft vegetables or fruit with a plastic knife
- Crack an egg
- Roll out dough
- Assemble plate with food
- Set the table
- Browse through cookbooks
- Identify the first letter of food



LEARNING TO LOVE FRUITS!

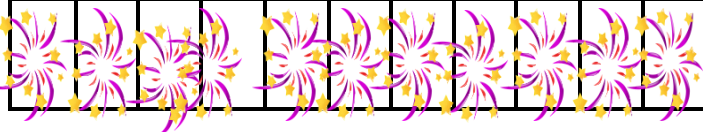
It can take over 10 times of trying a new food before our taste buds learn to enjoy it! Practice the one bite rule. Every time you take one bite of the listed fruit, check it off or put a sticker in the square! See how many squares you can fill! Other fruits to try: Apricot, cherries, grapes, melon, and cantaloupe.

| | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|
| APPLE | | | | | | | | | | | | | | | | | | | | |  | |
| BANANA | | | | | | | | | | | | | | | | | | | | | |  |
| ORANGE/CLEMENTINE | | | | | | | | | | | | | | | | | | | | | |  |
| BERRIES | | | | | | | | | | | | | | | | | | | | | |  |
| PLUM | | | | | | | | | | | | | | | | | | | | | |  |
| PEACH | | | | | | | | | | | | | | | | | | | | | |  |
| MANGO | | | | | | | | | | | | | | | | | | | | | |  |
| PINEAPPLE | | | | | | | | | | | | | | | | | | | | | |  |
| NECTARINE | | | | | | | | | | | | | | | | | | | | | |  |
| CHERRIES | | | | | | | | | | | | | | | | | | | | | |  |
| | | | | | | | | | | | | | | | | | | | | | |  |

LEARNING TO LOVE VEGGIES!

It can take over 10 times of trying a new food before our taste buds learn to enjoy it! Practice the one bite rule. Every time you take one bite of the listed vegetable, check it off or put a sticker in the square! See how many squares you can fill! Other veggies to try: cucumber, squash, celery, carrot, sweet potatoes, onion and lettuce.

| | | | | | | | | | | | | | | | | | | | | |
|-----------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| BROCCOLI | | | | | | | | | | | | | | | | | | | | |
| ASPARAGUS | | | | | | | | | | | | | | | | | | | | |
| BELL PEPPERS | | | | | | | | | | | | | | | | | | | | |
| GREEN BEANS | | | | | | | | | | | | | | | | | | | | |
| CAULIFLOWER | | | | | | | | | | | | | | | | | | | | |
| SPINACH | | | | | | | | | | | | | | | | | | | | |
| TOMATOES | | | | | | | | | | | | | | | | | | | | |
| BRUSSEL SPROUTS | | | | | | | | | | | | | | | | | | | | |
| MUSHROOMS | | | | | | | | | | | | | | | | | | | | |
| CUCUMBER | | | | | | | | | | | | | | | | | | | | |



Fruit Pizzas

Ingredients

One (1) Whole grain pita

1/4 cup Vanilla Yogurt

1/2 cup sliced fruit: apples, bananas, kiwi, berries, or grapes

Instructions:

1. Assemble the pizza by spreading the yogurt on to the pita.
2. Add sliced fruit on top of the yogurt and cut into wedges.

Tips:

- Customize your fruit pizza by using peanut butter or fruit jelly instead of yogurt.
- Tortillas, flatbreads, rice cakes are also options for the base.
- Add granola, chocolate chips or sprinkle with cinnamon.

Breakfast

Dinosaur Pancake Breakfast

Ingredients for Pancakes

- 1 ¼ cups whole wheat flour
- 1 Tablespoon baking powder
- 1 Tablespoon sugar
- ¼ teaspoon salt
- 1 cup nonfat or 1% milk
- 2 Tablespoons vegetable oil
- 2 Tablespoons water
- 1 teaspoon vanilla (optional)

Ingredients for Dinosaur

- 2 strawberries
- 1/2 banana cut lengthwise
- 10 blueberries



Instructions:

1. Mix together flour, baking powder, sugar and salt in medium bowl.
 2. In a separate bowl combine milk, oil and water. Add in the dry ingredients. Stir until moistened. Add more water if batter is thick. Don't over stir.
 3. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). For each pancake, pour about 1/4 cup of batter onto the hot griddle.
 4. Pancakes are ready to turn when tops are bubbly all over, and the edges begin to appear dry. Use a spatula to flip the pancakes. Turn only once. Bake until bottoms are brown and dry.
 5. Refrigerate leftovers within 2 hours.
- *Makes 8, 4 inch pancakes

Assembly:

- Use one pancake as the body of the dinosaur. Cut off a small portion of the pancake for the tail.
- Slice one strawberry into 3 or 4 pieces for spikes.
- Add the sliced banana as the neck and head. Use the other half to make short legs
- Use one blueberry for the eye and ground.
- Can use other fruit to make trees and shrubs

Breakfast

Rainbow Fruit Skewers

Ingredients

Skewers

Raspberries

Sliced Bananas

Red Grapes

Green Grapes

Blueberries

Pineapple chunks (fresh or canned)

Instructions:

1. Thread each piece of fruit onto the skewer. Let your child assemble the fruit on the skewers themselves.



Tips:

- Choose one fruit from the "Learning to Love Fruit!" list to add to your skewer.
- Pair with a glass of milk and piece of whole grain toast for a wholesome breakfast.
- Can be served for breakfast or snack.
- Fruit skewers can serve as an activity to introduce and practice making patterns.

Mini Pepper Pizzas

Ingredients

4 bell peppers, halved and seeds removed

1 tablespoon olive oil

Ground black pepper

1/2 cup pizza sauce

2 cups shredded mozzarella

1/2 cup finely grated Parmesan

1/3 cup diced chicken or turkey pepperoni (look for a lower fat and low sodium option)

1 tablespoon parsley, chopped, (or 1/2 tablespoon dried Italian seasoning)

Instructions:

1. Preheat oven to 350 degrees. On a sheet pan, drizzle peppers with olive oil and season with ground black pepper
2. Spoon sauce onto each pepper half. Sprinkle with mozzarella and Parmesan and top with diced chicken or turkey pepperoni. Bake for 10-15 minutes, until the peppers are tender and cheese melted.
3. Garnish with parsley or dried Italian seasoning.

Tips:

- Let the child experiment with different veggie toppings such as red onion, spinach, broccoli florets, or tomatoes.
- Compare pepperoni labels to find the lowest sodium option.

Chicken Noodle Casserole

Ingredients

| | |
|---|---------------------------------|
| 2 cups low-sodium chicken broth | 1/4 teaspoon black pepper |
| 7 oz whole wheat spaghetti noodles | 1/4 teaspoon dried marjoram |
| 1.5 cups onions, diced | 1/8 teaspoon dried parsley |
| 4 cups carrots, shredded | 3.5 cups fresh spinach, chopped |
| 2 tablespoons margarine, trans fat-free | 1.5 cups cooked chicken, diced |
| 2 tablespoons whole wheat flour | |
| 3/4 cup nonfat milk | |

Instructions:

1. Heat chicken broth to a rolling boil in a medium saucepan.
2. Slowly add spaghetti. Stir constantly until broth boils again. Cook about 6 minutes or until al dente. Stir occasionally. Do not drain broth or overcook.
3. Add onions and carrots to spaghetti. Remove from heat. Set aside for step 7.
4. In a medium saucepan, melt margarine over medium heat. To prevent the margarine from burning, do not put a lid on the saucepan.
5. Add flour. Stir well for 1 minute.
6. Add milk. Stir mixture frequently until smooth and free of lumps. Bring mixture to a boil. Remove from heat.
7. Add milk mixture, salt, pepper, marjoram, parsley, and chicken to spaghetti and vegetable mixture. Heat uncovered over medium heat for 3 minutes. Stir until thickened.
8. Add spinach. Stir well over medium heat.
9. Heat until chicken reaches 165° F or higher for at least 15 seconds.
10. Optional: Transfer to a baking dish (9"x13"x2")
11. Serve 1 cup (portion with 1 cup measuring cup)

Sofrito

Ingredients

- 2 green bell pepper, seeded, chopped
- 1 red bell pepper, seeded, chopped
- 10 mini sweet peppers (aji dulce), tops removed, chopped
- 3 medium tomatoes, chopped
- 4 onions cut into large chunks
- 3 garlic heads, peeled
- 1 bunch cilantro stems with leaves
- 1 bunch recajo stems with leaves
- 1 tablespoon salt
- 1 tablespoon black pepper

Instructions:

1. In a food processor, combine green peppers, red peppers, mini peppers, tomatoes, onions, and garlic. Add cilantro, recajo, salt, and pepper. Process to the consistency of semi-chunky salsa (not watery). Place in a resealable plastic freezer bag or mason jar, and use as needed, or freeze in portions

Notes:

- Recajo is a popular Caribbean herb with many aliases. Among them, culantro, long coriander, ngo-gai, and Mexican coriander. It may possibly be found in Latin grocery stores, or substitute with cilantro.
- Aji Dulce is a common ingredient in Puerto Rican recipes. It is a small, sweet red pepper. If you can't find it, use red bell pepper.
- Sofrito is commonly used 2 tablespoons at a time for rice, stews, beans.
- Sofrito is often the first ingredient used. Saute in a pan to bring out the flavor.
- Freeze extras in an ice cube tray.

Puerto Rican Stew

Ingredients

- 2 pounds stew beef
- 1 tablespoon olive oil
- 3 small potatoes, cubed
- 1 carrot, chopped
- 3 tablespoons Sofrito
- 6 oz can tomato sauce, no salt added
- 4 cups water
- Adobo seasoning, to taste

Instructions:

1. Cook stew beef in a pot with olive oil
2. Add water to the pot with the stew beef
3. Add sofrito and tomato sauce to pot
4. Add potatoes, carrots and adobo to pot
 - a. Stew should be light orange in color. Thicken with flour as needed.
5. Bring the stew to a boil, lower the heat and let it simmer for 45-50 minutes, stirring frequently. The stew is done when the meat is 165 degrees

Tips:

- Serve with a side of white or brown rice.
- Make your own Adobo seasoning at home:
 - 1 1/2 teaspoons black pepper
 - 1 tablespoon garlic powder
 - 1 tablespoon oregano
 - 1 tablespoon cumin
 - 1 tablespoon onion powder
 - 1 tablespoon turmeric

Banana Sushi Roll

Ingredients

1 Banana

1 whole grain tortilla, 6 inch

1 tablespoon peanut butter

(or preferred nut butter/sunflower seed butter)

Instructions:

1. Peel banana
2. Spread peanut butter on tortilla
3. Place banana on the edge of the tortilla and roll banana in tortilla.
4. Slice into rounds and serve.

Tips:

- Top each banana slice with a sliced strawberry, raspberry or blueberry.



Apple Cookies

Ingredients

1 Apple

1 tablespoon peanut butter

(or preferred nut butter/sunflower seed butter)

10-15 pieces of low sugar cereal, whole grain cereal

Instructions:

1. Core and horizontally slice the apple
2. Spread each slice with a thin layer of peanut butter
3. Top with favorite cereal

Tips:

- Use green, yellow and red apples and conduct a taste test.
- Review and compare nutrition facts labels to find a cereal that is low in sugar and whole grain rich.



Yogurt Veggie Dip

Ingredients

- 1/2 cup plain yogurt, fat-free
- 1 cup sour cream, fat free
- 1/4 cup non-fat milk
- 1 tablespoon dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon lemon juice
- 2 teaspoon cilantro, fresh, chopped

Instructions:

1. Combine yogurt, sour cream, milk, parsley, garlic powder, onion powder, lemon juice, and cilantro in a large bowl. Stir well
2. Refrigerate in an airtight container.

Tips:

- Serve with your favorite veggies!
- Try a new veggie and mark it off on your chart.
- Substitute your favorite dressing or dip for this recipe, for a lower sodium option.





ANIMAL FACE SNACK TUTORIAL



These animal face toasts are an easy way to make snack time fun. With just a few ingredients, this satisfying snack can be made into a variety of animals. Use the QR code to watch the full tutorial for a bear, fox, and owl face.



Materials :

- Whole Grain Bread
- Blueberries
- Strawberries
- Banana
- Cream cheese
- Peanut Butter/Sunbutter
- Cutting board
- Toaster
- Knife

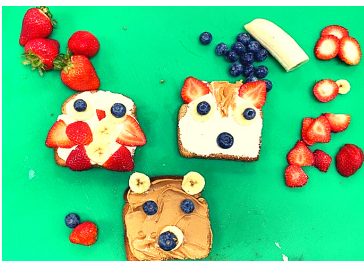
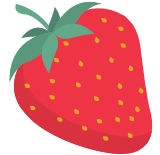
Steps:

- Toast bread
- Spread the cream cheese or peanut butter on toast
- Wash fruit and cut strawberries and bananas into slices
- Arrange fruit to make an animal face



Steps for the bear toast:

1. Lightly toast bread.
2. Cut up a banana into slices
3. Spread the peanut butter across the toast.
4. For the eyes, place two blueberries spaced apart on the upper middle portion of the toast
5. Place two banana slices above these along the edge of the toast
6. For the nose, place another banana slice in the center of the toast
7. Place a blueberry on top of the banana slice to finish.



Feeding Young Children

Reducing the Risk of Choking

- Cook or steam hard food, such as carrots, until soft enough to pierce with a fork.
- Remove seeds, pits, skins/peels.
- Finely chop foods into thin slices, strips or small pieces no larger than 1/2 inch.
- Avoid serving foods that are as wide around as a nickel.
- Cut tube-shaped foods, such as baby carrots, string cheese, hot dogs, etc, into short strips rather than round pieces.
- Do not serve foods that are difficult to chew and easy to swallow whole.



Teaching Good Eating Habits

- Ensure child is sitting upright.
- Consume meals and snacks at a high chair or table.
- Encourage positive comments about food from adults and older children.
- Remind children to complete chewing and swallowing before talking.

SOMETHING'S COOKING

Resources:

American Heart Association:

www.AHA.org

Center of Disease Control and Prevention:

https://www.cdc.gov/dhdsp/programs/srcp_resources.htm

Cornell Cooperative Extension Niagara County:

<http://cceniagaracounty.org/food-nutrition-health/sodium-reduction-in-communities-program>

Holy Cross Head Start, Inc:

<http://www.holycrossheadstart.org/>

<https://www.facebook.com/HolyCrossHeadStart>

United States Department of Agriculture:

www.fns.usda.gov

USDA MyPlate:

www.myplate.gov

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