

Food & Nutrition

in Nova Scotia Child Care Settings

A Guide to Promoting Fruit and Vegetables



Table of Contents

Month-by-Month Recipes List	1
<i>About Food and Nutrition in Nova Scotia Child Care Settings: A Guide to Promoting Fruit and Vegetables</i>	<i>7</i>
Eating More Vegetables and Fruit Makes Healthier Children . .	9
How to Use This Guide	10
Imperial-to-Metric Conversion Tables	11
Serving Sizes in Child Care Centres	12
Month-by-Month Promotional Calendar	13
Recipes by Month	15

Note: all recipes are provided in small and large quantities.

Food and Nutrition in Nova Scotia Child Care Settings

(adapted from *Strive for Five at School: A Guide to Promoting Fruit and Vegetables*)

Strive for Five at School! was developed through a partnership between the Annapolis Valley Health Promoting Schools Program “Making the Healthy Choice the Easy Choice” and:

Armstrong Food Service

Community Health Boards of Annapolis Valley Health

Nova Scotia Department of Agriculture

Nova Scotia Department of Health and Wellness

Special acknowledgement to the following individuals and groups for their contributions to *Strive for Five at School!*:

Acadia Dietetic Interns

Acadia University

Andy Peters

Colleen Joice, PDT.

Deborah Nicholson

Kings County Federation of Agriculture

Larry Phillips, MA

Local producers and suppliers

Members of the Annapolis Valley Health Promoting Schools Program Producer Supplier Committee

Nova Scotia Department of Education and Early Childhood Development, Nova Scotia and Early Child Care sector, as consultants

Nova Scotia Department of Health and Wellness

Nova Scotia Fruit Growers’ Association

Nova Scotia Health Authority – Western Zone and Central Zone: Public Health Staff, Nutritionists, and Dietitians

Sheila Ferguson

JANUARY

Strawberries

Promotional Ideas

Recipes:

Strawberry Apple Salsa & Crunchy
Cinnamon Crisps
Smooth & Simple Strawberry Dessert

Rhubarb

Promotional Ideas

Recipes:

Basic Rhubarb Sauce
Rhubarb & Strawberry Compote

Squash

Promotional Ideas

Recipes:

Glazed Squash with Cranberry Sauce
Winter Squash Casserole
Cheesy Squash-Stuffed Pasta Shells

Turnips

Promotional Ideas

Recipes:

Glazed Turnip
Scalloped Turnip & Apple

Brussels Sprouts

Promotional Ideas

Recipes:

Brussels Sprouts, Celery & Pasta Soup

FEBRUARY

Apples

Promotional Ideas

Recipes:

Applesauce
Baked Nova Scotia Apples

Raspberries

Promotional Ideas

Recipes:

Peach Melba & Raspberry Sauce
Ruby Red Raspberry Smoothies

Potatoes

Promotional Ideas

Recipes:

Spicy Herbed Potatoes
Baked Potato & Black Bean Topping

Parsnips

Promotional Ideas

Recipes:

Oven-Roasted Parsnip & Potato
Parship & Apple Casserole

MARCH

Blueberries

Promotional Ideas

Recipes:

Blueberry Salsa
Saucy Blueberry Topping

Apples

Promotional Ideas

Recipes:

Glazed Apple Slices
Apple Chicken Salad

Mushrooms

Promotional Ideas

Recipes:

Stuffy Tuna Mushroom Caps
Crusty Homemade Vegetable Pizza

Onions

Promotional Ideas

Recipes:

Cheesy Mexican Enchiladas
Onion Apple Compote

APRIL

Raspberries

Promotional Ideas

Recipes:

Three-Grain Raspberry Muffins
Raspberry Fruit Medley

Cranberries

Promotional Ideas

Recipes:

Cranberry-Glazed Meatballs
Crunchy Nova Scotia Granola

Tomatoes

Promotional Ideas

Recipes:

Spicy Mexican Triangles
Bruschetta

Corn

Promotional Ideas

Recipes:

Tex Mex Corn Muffins
Chuckwagon Taco Pie

MAY

Apples

Promotional Ideas

Recipes: Apple Bean Bake
Nova Scotia Gingerbread with Apples

Blueberries

Promotional Ideas

Recipes: Hearty Blueberry Muffins
Slow Good Blueberry Spread

Cucumbers

Promotional Ideas

Recipes: Cucumber Yogurt Maple Salad
Tangy Cucumber Salad

Lettuce

Promotional Ideas

Recipes: Zesty Mesclun Salad
Crispy Vegetable Salad

JUNE

Rhubarb

Promotional Ideas

Recipes: Rhubarb & Strawberry Smoothies
Rhubarb Raspberry Muffins

Strawberries

Promotional Ideas

Recipes: Baked-In Strawberry Shortcake
Sweet as Sunshine Smoothies

Peppers

Promotional Ideas

Recipes: Roasted Red Pepper & Hummus Wraps
Rainbow Pepper & Beef Stir-Fry
Roasted Red Peppers

Asparagus

Promotional Ideas

Recipe: Roasted Asparagus & Cherry Tomatoes

Peas

Promotional Ideas

Recipes: Peas-to-Penne
Powerful Pea Soup
Nova Scotia Vegetable Hodge Podge

JULY

Zucchini

Promotional Ideas

Recipes: Berry Good Zucchini Muffins
Zesty Zucchini Rice

Yellow & Green Beans

Promotional Ideas

Recipes: Full of Beans Sweet & Sour Casserole
Nice Nova Green Bean Salad
Southwestern Soup

Potatoes

Promotional Ideas

Recipes: Potato Pakora Pita Pockets
Gold Rush Potatoes

Eggplant

Promotional Ideas

Recipes: Ravin' Ratatouille
Nova Scotia Summer Wraps

AUGUST

Leeks

Promotional Ideas

Recipes: Crouton-Topped Leek & Potato Soup
Likeable Leek-Topped Pizza

Red Peppers

Promotional Ideas

Recipe: Red Pepper & Cinnamon Braised Chicken

Cantaloupe

Promotional Ideas

Recipes: Crunchy Cantaloupe Salsa
Minty Cucumber & Cantaloupe Salad
Cool Cantaloupe & Blueberry Sundaes

Tomatoes

Promotional Ideas

Recipe: Summer Harvest Maritime Tomato Sauce

Broccoli

Promotional Ideas

Recipe: White Pizza Topped with Broccoli & Chicken

SEPTEMBER

Blueberries

Promotional Ideas

Recipes:

Blueberry & Maple Scones
Rhubarb & Blueberry Crumble

Plums

Promotional Ideas

Recipes:

Plum Good Focaccia
Firecracker Plums

Peaches

Promotional Ideas

Recipes:

Crumble-Stuffed Peaches
Sassy Salsa Peaches

Cauliflower

Promotional Ideas

Recipes:

Cauliflower with Curried Carrot Dip
Cauliflower 'n' Cheddar Soup

Corn

Promotional Ideas

Recipes:

Corny Bean & Rice Salad
Shepherd's Pie
Fresh Corn on the Cob

OCTOBER

Pears

Promotional Ideas

Recipes:

Cookie-Crumb Baked Pears
Maple Granola Bartlett Pears

Pumpkin

Promotional Ideas

Recipes:

Polka-Dot Pumpkin Bars
Harvest Pumpkin Bread

Spinach

Promotional Ideas

Recipes:

Spectacular Garden Squares
Spanakopita Triangles

Broccoli

Promotional Ideas

Recipes:

Marinated Broccoli & Cauliflower Salad
Creamy Broccoli & Chicken Casserole

NOVEMBER

Table Grapes

Promotional Ideas

Recipes: Grapes & Sunshine Fruit Dip
Chunky Cheese & Grapes

Apples

Promotional Ideas

Recipes: Sautéed Maple Apples
Apple & Rice Confetti Salad

Celery

Promotional Ideas

Recipes: Super Zesty Tuna Cakes
Celery & Broccoli Soup

Beets

Promotional Ideas

Recipes: Harvard Beets
Hard-to-Beet Dip

Brussels Sprouts

Promotional Ideas

Recipes: Creole Brussels Sprouts
Apple Cinnamon Brussels Sprouts

DECEMBER

Cranberries

Promotional Ideas

Recipes: Oatmeal Cranberry Cookies
Cranberry Couscous

Pears

Promotional Ideas

Recipes: Ginger Baked Pears
Peachy Glazed Pears

Carrots

Promotional Ideas

Recipes: Power Gold Smoothies
Spicy Asian Pork

Cabbage

Promotional Ideas

Recipes: Cabbage & Rutabaga Salad
Crispy Chinese Coleslaw

Brussels Sprouts

Promotional Ideas

Recipes: Chicken, Brussels Sprouts & Red Pepper Stir-Fry
Orange Marmalade-Glazed Brussels Sprouts

About Food and Nutrition in Nova Scotia Child Care Settings: A Guide to Promoting Fruit and Vegetables

This guide has been developed for child care settings in Nova Scotia. The intent is for child care facilities and family home day programs to use this resource to support the implementation of the Standards for Food and Nutrition in Regulated Child Care Settings and to help increase the amount of vegetables and fruit consumed by young children. The recipes in this guide meet the Standards for Food and Nutrition in Regulated Child Care Settings. The Standards support healthy eating and growth and development of infants and children. More information about the Standards can be found at:

ednet.ns.ca/earlyyears/documents/providers/Manual-Food_and_Nutrition.pdf

The goal of this guide is to help make it easy for young children to consume vegetables and fruit every day. *Eating Well with Canada's Food Guide* recommends that children aged two to five years consume four to five servings of fruit and vegetables each day, depending on their age.¹ The majority of Nova Scotians are not meeting these guidelines.² For many children, the majority of food they consume is in a child care setting. Therefore, child care settings are an ideal place to encourage an increased consumption of vegetables and fruit.

This guide focuses on using local food products. But what does "local" mean? Foods produced within a certain number of kilometres of where you live? Foods produced in Nova Scotia? In the Maritimes? "Local" in this guide means products produced in your community. If you cannot find products from within your community, then look for products produced in your county and then your province. Remember: community, county, province. At certain times of the year, the availability of fresh produce in Nova Scotia may be limited. The Month-by-Month Promotional Calendar in this guide suggests using products produced locally and frozen. Why eat local? It supports local farm families, which helps preserve farmland and keeps our local food supply more secure. It also supports a cleaner environment. Food grown and sold locally travels a much shorter distance, using less fuel for transportation. Ultimately, the product will be fresher.³

References

- 1 *Eating Well with Canada's Food Guide*, Health Canada
hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
Accessed September 11, 2013
- 2 *Canadian Community Health Survey, Fruit and Vegetable Consumption, 2014*, statcan.gc.ca/pub/82-625-x/2015001/article/14182-eng.htm
Accessed October 13, 2015
- 3 Women's Institutes of Nova Scotia, "Step Up to the Plate' and Take the WI Buy Local Challenge," Nova Scotia Department of Agriculture, Projects and Programs, May 14, 2007
gov.ns.ca/agri/wi/projects/buylocal.shtml
Accessed September 11, 2013

Costing for these recipes was completed between 2007–2010. Although these costs may not reflect current food costs, they can be used as a guide to demonstrate which recipes are more or less expensive than others.

Eating More Vegetables and Fruit Makes Healthier Children

Eating more vegetables and fruit

- protects against chronic diseases, including heart disease, stroke, type 2 diabetes, and many cancers.
- helps children increase their vegetable and fruit consumption and improves the nutritional quality of foods consumed at both meal and snack times.

This guide is intended to help child care providers prepare and promote healthy recipes that focus on local vegetables and fruit, as well as share ideas with parents through special events and newsletters. Preparing healthy food supports what the children learn about food in Nova Scotia child care settings.

How to Use This Guide

This guide is based on the 12-month calendar, from January to December. Each month features vegetables and/or fruit that are available locally. Promotional Ideas are included for the vegetables and/or fruit that are featured each month. The promotional ideas will help the child care providers to introduce vegetables and fruit to the children and engage the children in various learning activities related to food. This will support the children learning more about vegetables and fruit, especially ones that they may not be familiar with.

The recipes for each featured vegetable and fruit:

- were developed by a professional dietitian and were tested in a workshop setting by the staff who prepare food in schools and child care settings
- have minimal ingredients
- take minimal time to prepare
- recognize budget constraints
- help provide a variety of foods and beverages that meet the Standards for Food and Nutrition in Regulated Child Care Settings in Nova Scotia



Recipes include both small and large quantity versions. Small quantity recipes are great to share with parents in newsletters.

Imperial-to-Metric Conversion Tables

Recipes in *Food and Nutrition in Nova Scotia Child Care Settings* use both imperial and metric measures. For best results, when using the recipes, it is recommended that you use one system or the other.

Imperial measures are listed to the left of the recipe ingredients and metric measures are listed to the right of the recipe ingredients.

Commonly Used Imperial-to-Metric Conversions

VOLUME	
Imperial	Metric
1/2 tsp (teaspoon)	2 mL (millilitre)
1 tsp	5 mL
1 Tbsp (tablespoon)	15 mL
1/4 cup	50 mL
1/2 cup	125 mL
3/4 cup	175 mL
1 cup	250 mL
2 cups	500 mL
3 cups	750 mL
4 cups	1 L (litre)

WEIGHT	
IMPERIAL	METRIC
1 oz (ounce)	30 g (grams)
4 oz (1/4 pound)	120 g
8 oz (1/2 pound)	225 g
16 oz (1 lb)	454 g
2 lbs	908 g
2.2 lbs	1 kg (kilogram)

* Note: In many recipes 2 lbs may be rounded up to 1 kg for easier measuring

TEMPERATURE	
IMPERIAL	METRIC
325°F	165°C
350°F	175°C
375°F	190°C
400°F	205°C

Serving Sizes in Child Care Centres

Each recipe in the guide includes a recommended serving size. This serving size or reference amount represents a serving size as defined by Canada's Food Guide, and may or may not represent what a young child would eat at one time, but is helpful as a reference serving size for planning menus.

It is important to recognize that the amount of food consumed by a young child varies from day to day and from child to child. Some children may not eat a full Canada's Food Guide serving at a meal or snack, while some children may eat more than one serving from a food group. A good guideline to follow is to offer children 1/2 of the Canada's Food Guide Serving for each of the food groups (at least 2 food groups at snack and 4 food groups at lunch) and to provide more food if children are still hungry. Note: It is important to make sure that enough food is available to ensure that children are not hungry.



Each recipe in this guide includes a serving icon. This icon highlights the range of serving sizes that are common to the everyday feeding of children in child care settings.

MONTH SEASONAL FRUIT AND VEGETABLE CHOICES

JANUARY	STRAWBERRIES	RHUBARB	SQUASH	TURNIPS	BRUSSELS SPROUTS
	Strawberry Apple Salsa & Crunchy Cinnamon Crisps	Basic Rhubarb Sauce	Glazed Squash with Cranberry Sauce	Glazed Turnip	Brussels Sprouts, Celery & Pasta Soup
	Smooth & Simple Strawberry Dessert	Rhubarb & Strawberry Compote	Winter Squash Casserole	Scalloped Turnip & Apple	
			Cheesy Squash-Stuffed Pasta Shells		
FEBRUARY	APPLES	RASPBERRIES	POTATOES	PARSNIPS	
	Applesauce	Peach Melba & Raspberry Sauce	Spicy Herbed Potatoes	Oven-Roasted Parsnip & Potato	
	Baked Nova Scotia Apples	Ruby Red Raspberry Smoothies	Baked Potato & Black Bean Topping	Parsnip & Apple Casserole	
MARCH	BLUEBERRIES	APPLES	MUSHROOMS	ONIONS	
	Blueberry Salsa	Glazed Apple Slices	Stuffy Tuna Mushroom Caps	Cheesy Mexican Enchiladas	
	Saucy Blueberry Topping	Apple Chicken Salad	Crusty Homemade Vegetable Pizza	Onion Apple Compote	
APRIL	RASPBERRIES	CRANBERRIES	TOMATOES	CORN	
	Three-Grain Raspberry Muffins	Cranberry-Glazed Meatballs	Spicy Mexican Triangles	Tex Mex Corn Muffins	
	Raspberry Fruit Medley	Crunchy Nova Scotia Granola	Bruschetta	Chuckwagon Taco Pie	
MAY	APPLES	BLUEBERRIES	CUCUMBERS	LETTUCE	
	Apple Bean Bake	Hearty Blueberry Muffins	Cucumber Yogurt Maple Salad	Zesty Mesclun Salad	
	Nova Scotia Gingerbread with Apples	Slow Good Blueberry Spread	Tangy Cucumber Salad	Crispy Vegetable Salad	
JUNE	RHUBARB	STRAWBERRIES	PEPPERS	ASPARAGUS	PEAS
	Rhubarb & Strawberry Smoothies	Baked-In Strawberry Shortcake	Roasted Red Pepper & Hummus Wraps	Roasted Asparagus & Cherry Tomatoes	Peas-to-Penne
	Rhubarb Raspberry Muffins	Sweet as Sunshine Smoothies	Rainbow Pepper & Beef Stir-Fry		Powerful Pea Soup
			Roasted Red Peppers		Nova Scotia Vegetable Hodge Podge

JULY	ZUCCHINI	YELLOW & GREEN BEANS	POTATOES	EGGPLANT	
	Berry Good Zucchini Muffins	Full of Beans Sweet & Sour Casserole	Potato Pakora Pita Pockets	Ravin' Ratatouille	
	Zesty Zucchini Rice	Nice Nova Green Bean Salad	Gold Rush Potatoes	Nova Scotia Summer Wraps	
		Southwestern Soup			
AUGUST	LEEKs	RED PEPPERS	CANTALOUPE	TOMATOES	BROCCOLI
	Crouton-Topped Leek & Potato Soup	Red Pepper & Cinnamon Braised Chicken	Crunchy Cantaloupe Salsa	Summer Harvest Maritime Tomato Sauce	White Pizza Topped with Broccoli & Chicken
	Likeable Leek-Topped Pizza		Minty Cucumber & Cantaloupe Salad		
			Cool Cantaloupe & Blueberry Sundaes		
SEPTEMBER	BLUEBERRIES	PLUMS	PEACHES	CAULIFLOWER	CORN
	Blueberry & Maple Scones	Plum Good Focaccia	Crumble-Stuffed Peaches	Cauliflower with Curried Carrot Dip	Corny Bean & Rice Salad
	Rhubarb & Blueberry Crumble	Firecracker Plums	Sassy Salsa Peaches	Cauliflower 'n' Cheddar Soup	Shepherd's Pie
					Fresh Corn on the Cob
OCTOBER	PEARS	PUMPKIN	SPINACH	BROCCOLI	
	Cookie-Crumb Baked Pears	Polka-Dot Pumpkin Bars	Spectacular Garden Squares	Marinated Broccoli & Cauliflower Salad	
	Maple Granola Bartlett Pears	Harvest Pumpkin Bread	Spanakopita Triangles	Creamy Broccoli & Chicken Casserole	
NOVEMBER	TABLE GRAPES	APPLES	CELERY	BEETS	BRUSSELS SPROUTS
	Grapes & Sunshine Fruit Dip	Sautéed Maple Apples	Super Zesty Tuna Cakes	Harvard Beets	Creole Brussels Sprouts
	Chunky Cheese & Grapes	Apple & Rice Confetti Salad	Celery & Broccoli Soup	Hard-to-Beet Dip	Apple Cinnamon Brussels Sprouts
DECEMBER	CRANBERRIES	PEARS	CARROTS	CABBAGE	BRUSSELS SPROUTS
	Oatmeal Cranberry Cookies	Ginger Baked Pears	Power Gold Smoothies	Cabbage & Rutabaga Salad	Chicken, Brussels Sprouts & Red Pepper Stir-Fry
	Cranberry Couscous	Peachy Glazed Pears	Spicy Asian Pork	Crispy Chinese Coleslaw	Orange Marmalade-Glazed Brussels Sprouts

January

Strawberries

Promotional Ideas

Recipes:

Strawberry Apple Salsa & Crunchy
Cinnamon Crisps
Smooth & Simple Strawberry Dessert

Rhubarb

Promotional Ideas

Recipes:

Basic Rhubarb Sauce
Rhubarb & Strawberry Compote

Squash

Promotional Ideas

Recipes:

Glazed Squash with Cranberry Sauce
Winter Squash Casserole
Cheesy Squash-Stuffed Pasta Shells

Turnips

Promotional Ideas

Recipes:

Glazed Turnip
Scalloped Turnip & Apple

Brussels Sprouts

Promotional Ideas

Recipes:

Brussels Sprouts, Celery & Pasta Soup



Strawberries

Note: Children must wash their hands.



- 1** Fresh strawberries are available throughout the summer months. Some farmers' markets provide a steady supply of Nova Scotia strawberries until October or November.
- 2** Pick up one or two boxes of fresh strawberries. Review the anatomy of a fresh strawberry. Cut the strawberries in half so that the children may taste them. Ask the children to describe the taste and texture of a fresh strawberry (e.g., soft, yummy, fruity, sweet, sour). *Note: This is a review of the Strawberries Promotional Ideas for June.*
- 3** Frozen strawberries are affordable and available all year round. They are a great way to provide the nutrition and enjoyment of strawberries throughout the year.
 - Show the children a bag of frozen strawberries (frozen strawberry slices will work best for this activity) and distribute the strawberries over a cookie sheet. Let each child pick up one strawberry slice and hold it in his or her hand. Ask the children to describe the strawberry slice (e.g., cold, icy, hard). Explain to the children that the strawberry slice is too hard to eat until it is semi-thawed.
 - Explain to the children that thawing is like melting. During thawing, the ice in the strawberry will become water.
 - Have each child place two or three strawberry slices cut in half, or in quarters for children under four years old, in a small bowl that is labeled with his or her name. Set aside for 30 to 45 minutes until the slices are semi-thawed. *Note: For children under four years old, check to ensure that the strawberry quarters are soft enough to chew.* Ask the children to describe the taste and texture of the semi-thawed strawberry slice (e.g., fruity, sweet, watery, sour).
 - Children will prepare and taste the Strawberry Apple Salsa recipe.
- 4** Children may enjoy the storybook *The Little Mouse, the Red Ripe Strawberry* and the *Big Hungry Bear* by Don and Audrey Wood. This is a delightful story about a mouse that protects a strawberry. Look for this book at your local library, bookstore or online bookstore.

Strawberry Apple Salsa

- 1 Measure 3 cups (750 mL) of frozen sliced strawberries into a large bowl.
- 2 Let the strawberries sit for approximately 30 minutes to thaw.
- 3 Mash the strawberries with a potato masher.
- 4 Let each child have a turn with the potato masher. Discuss with the children how the strawberries are losing their shape and becoming sauce-like.
- 5 Wash and core the apples and dice into 1/4-inch pieces. Add the apple pieces to the mashed strawberries. Stir in 2 Tbsp (30 mL) brown sugar and 2 Tbsp (30 mL) apple juice.
- 6 Provide each child with a Strawberry Apple Salsa sample in a small bowl.
- 7 Ask the children how they would like to eat the sauce (e.g., with yogurt, pancakes, bagels, toast).

Strawberry Apple Salsa & Crunchy Cinnamon Crisps



Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Yield: 10

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.30



1/4 cup Strawberry Apple Salsa is 1/2 VEGETABLES AND FRUIT Canada's

Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp salsa and should be offered more if still hungry. Some children may need to eat more than 1/4 cup Strawberry Apple Salsa to satisfy their hunger. Leftover Strawberry Apple Salsa freezes well.

3 cups (1 lb)	frozen sliced strawberries	750 mL
2	medium apples	2
2 Tbsp	brown sugar, lightly packed	30 mL
2 Tbsp	unsweetened apple juice	30 mL

- 1 Spread the strawberries on a sheet pan to thaw for approximately 30 minutes.
- 2 Wash and core the apples. Dice into 1/4-inch (1/2-cm) pieces.
- 3 In a medium bowl, mash the strawberries with a potato masher. Add the diced apples, brown sugar and apple juice. Stir well to blend.

- This tangy fruit-salsa mixture goes well with both sweet and savoury dishes.
- Serve it with chicken strips instead of ketchup.
- The climate and soil of the Annapolis Valley in Nova Scotia is perfect for strawberries and apples.

Crunchy Cinnamon Crisps

Adapted from *Cook Great Food*, Dietitians of Canada, 2001

1 11" x 17" non-stick sheet pan

Yield: 10

Serving Size: 4 to 6 pieces

Cost per serving: \$0.10



4 to 6 pieces Crunchy Cinnamon Crisps is 1/2 GRAIN PRODUCTS Canada's Food Guide serving.

4 9-inch	whole wheat tortillas	4 22-cm
1 Tbsp	white granulated sugar	15 mL
1/2 tsp	cinnamon, ground	2 mL

- 1 Preheat oven to 425°F.
- 2 Mix the sugar and cinnamon together.
- 3 Brush the tortillas with water; sprinkle with the sugar and cinnamon mixture. Cut each tortilla into 16 pieces (4 x 16 = 64 pieces).
- 4 Bake for about 5 minutes, until golden and crisp.

- Pitas may be used instead of tortillas.

Strawberry Apple Salsa & Crunchy Cinnamon Crisps



Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Yield: 40

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.30



1/4 cup Strawberry Apple Salsa is 1/2 VEGETABLES AND FRUIT Canada's

Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp salsa and should be offered more if still hungry. Some children may need to eat more than 1/4 cup Strawberry Apple Salsa to satisfy their hunger. Leftover Strawberry Apple Salsa freezes well.

4 lbs	frozen sliced strawberries	2 kg
8	medium apples	8
1/2 cup	brown sugar, lightly packed	75 g
1/2 cup	unsweetened apple juice	125 mL

- 1 Spread the strawberries on a large sheet pan to thaw for approximately 30 minutes.
- 2 Wash and core the apples. Dice into 1/4-inch (1/2-cm) pieces.
- 3 In a large bowl, mash the strawberries with a potato masher. Add the diced apples, brown sugar and apple juice. Stir well to blend.

- This tangy fruit-salsa mixture goes well with both sweet and savoury dishes.
- Serve it with chicken strips instead of ketchup.
- The climate and soil of the Annapolis Valley in Nova Scotia is perfect for strawberries and apples.

Crunchy Cinnamon Crisps

Adapted from *Cook Great Food*, Dietitians of Canada, 2001

2 11" x 17" non-stick sheet pans

Yield: 48

Serving Size: 4 to 6 pieces

Cost per serving: \$0.10



4 to 6 pieces Crunchy Cinnamon Crisps is 1/2 GRAIN PRODUCTS Canada's Food Guide serving.

16 9-inch	whole wheat tortillas	16 22-cm
1/4 cup	white granulated sugar	50 g
2 tsp	cinnamon, ground	10 mL

- 1 Preheat oven to 425°F.
- 2 Mix the sugar and cinnamon together.
- 3 Brush the tortillas with water; sprinkle with the sugar and cinnamon mixture. Cut each tortilla into 16 pieces (16 x 16 = 256 pieces).
- 4 Bake for about 5 minutes, until golden and crisp.

- Pitas may be used instead of tortillas.

Smooth & Simple Strawberry Dessert



Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.59



1/2 cup Smooth & Simple Strawberry Dessert is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Smooth & Simple Strawberry Dessert freezes well.

6 cups (2 lbs)	frozen whole strawberries	1.5 L
1 cup	yogurt, plain	250 mL
1/4 cup	cornstarch	50 mL
1/2 cup	apple juice	125 mL

- 1 Thaw the frozen strawberries. Mash slightly. Mix with the yogurt.
- 2 Blend the cornstarch into the apple juice until it resembles a smooth paste.
- 3 Slowly bring the strawberry/yogurt mixture to a simmer and stir in the cornstarch mixture. Cook over low heat for about 20 minutes, until the mixture is slightly thick and the cornstarch has been completely cooked.
- 4 Cool and serve in individual serving dishes.

Smooth & Simple Strawberry Dessert



Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Yield: 32

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.59



1/2 cup Smooth & Simple Strawberry Dessert is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Smooth & Simple Strawberry Dessert freezes well.

6 1/2 lbs	frozen whole strawberries	3 kg
4 cups	yogurt, plain	1 L
1 cup	cornstarch	120 g
2 cups	apple juice	500 mL

- 1 Thaw the frozen strawberries. Mash slightly. Mix with the yogurt.
- 2 Blend the cornstarch into the apple juice until it resembles a smooth paste.
- 3 Slowly bring the strawberry/yogurt mixture to a simmer and stir in the cornstarch mixture. Cook over low heat for about 20 minutes, until the mixture is slightly thick and the cornstarch has been completely cooked.
- 4 Cool and serve in individual serving dishes.

Rhubarb

Note: Children must wash their hands.



- 1** Fresh rhubarb is available throughout the summer months. Some farmers' markets provide a steady supply of Nova Scotia rhubarb throughout the summer months.
 - If possible pick up a few fresh stalks of rhubarb. Review the anatomy of a rhubarb plant. *Note: This is a review of the Rhubarb Promotional Ideas for June.*
- 2** Frozen rhubarb is available all year round. If it is difficult to find in your local grocery store you can freeze a few cups of raw fresh rhubarb when it is in season during the months of May and June.
 - Show the children a bag of frozen rhubarb pieces and distribute the rhubarb pieces over a cookie sheet. Let each child pick up one rhubarb piece and hold it in his or her hand. Ask the children to describe the rhubarb piece (e.g., cold, icy, hard). Explain to the children that the rhubarb piece is too hard to eat until it is semi-thawed.
 - Explain to the children that thawing is like melting. During thawing, the ice in the rhubarb will become water. Ask the children to think back to when they thawed strawberries.
 - Have each child place two or three rhubarb pieces in a small bowl that is labeled with his or her name. Set aside for 30 to 45 minutes until the pieces are semi-thawed. Have the children taste the rhubarb (this would be the rhubarb that they handled). The semi-thawed rhubarb may be too hard for children under four years old to sample (see the text box on next page). Ask the children to describe the taste and texture of the semi-thawed rhubarb piece (e.g., fruity, sour, watery, sweet).
- 3** Children will prepare and taste the Rhubarb Sauce and Rhubarb & Strawberry Smoothies recipe.

Rhubarb Sauce and Rhubarb & Strawberry Smoothies

- 1 Place 5 cups (1.25 L) of frozen rhubarb pieces in a saucepan.
- 2 Add 1/4 cup (50 mL) water, 2/3 cup (150 mL) granulated white sugar and 1/4 tsp (1 mL) cinnamon and 1/4 tsp (1 mL) ginger.
- 3 Simmer over low heat until tender (approximately 30 minutes) and cool.
- 4 Provide each child with a small bowl of rhubarb sauce. Ask the children how they like the sauce – do they like it better than the rhubarb pieces? Set aside 1 cup (250 mL) of Rhubarb Sauce for the Rhubarb & Strawberry Smoothies recipe.
- 5 In a blender, mix 1 cup (250 mL) Rhubarb Sauce, 1 cup (250 mL) slightly thawed frozen strawberries, 1 cup (250 mL) milk and 1/4 cup (50 mL) plain yogurt. Blend.
- 6 Provide each child with a small serving of the smoothie.

Rhubarb and Young Children

- Rhubarb with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, you can serve raw rhubarb grated, or cut rhubarb into 1/4-inch (1/2-cm) pieces.

Basic Rhubarb Sauce



Adapted from the Nova Scotia Department of Agriculture,
Home Economics Division, 1975

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.32



1/2 cup Basic Rhubarb Sauce is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Basic Rhubarb Sauce freezes well.

5 cups (1 lb)	frozen rhubarb, cut into 1-inch (2.5-cm) pieces	1.25 L
1/4 cup	water	50 mL
2/3 cup	white granulated sugar	150 mL
1/4 tsp	cinnamon, ground	1 mL
1/4 tsp	ginger, ground	1 mL

- 1 Put the rhubarb, water, and sugar into a large saucepan and cover.
- 2 Simmer over low heat until tender, about 30 minutes, stirring every 10 minutes until all of the pieces are soft and it has a stew-like appearance. Watch that the mixture does not scorch on the bottom of the pan.
- 3 Cool the rhubarb mixture slightly and add the spices.

- This colourful sauce goes well over a serving of plain yogurt.
- Leftover Basic Rhubarb Sauce can be easily frozen or used in Rhubarb & Strawberry Smoothies or Rhubarb Raspberry Muffins (see June recipes).

Basic Rhubarb Sauce



Adapted from the Nova Scotia Department of Agriculture,
Home Economics Division, 1975

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.32



1/2 cup Basic Rhubarb Sauce is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Basic Rhubarb Sauce freezes well.

6 1/2 lbs	frozen rhubarb, cut into 1-inch (2.5-cm) pieces	3 kg
1 cup	water	250 mL
3 cups	white granulated sugar	600 g
2 tsp	cinnamon, ground	10 mL
1 tsp	ginger, ground	5 mL

- 1 Put the rhubarb, water, and sugar into a large saucepan and cover.
- 2 Simmer over low heat until tender, about 30 minutes, stirring every 10 minutes until all of the pieces are soft and it has a stew-like appearance. Watch that the mixture does not scorch on the bottom of the pan.
- 3 Cool the rhubarb mixture slightly and add the spices.

- This colourful sauce goes well over a serving of plain yogurt.
- Leftover Basic Rhubarb Sauce can be easily frozen or used in Rhubarb & Strawberry Smoothies or Rhubarb Raspberry Muffins (see June recipes).

Rhubarb & Strawberry Compote



Adapted from the Nova Scotia Department of Agriculture,
Home Economics Division, 1977

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.41



1/2 cup Basic Rhubarb & Strawberry Compote is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Rhubarb & Strawberry Compote freezes well.

5 cups (1 lb)	frozen rhubarb, cut into 1-inch (2.5-cm) pieces	1.25 L
1/2 cup	unsweetened orange juice	125 mL
3/4 cup	brown sugar, lightly packed	175 mL
1/2 tsp	cinnamon, ground	2 mL
1/4 tsp	ginger, ground	1 mL
3 cups (1 lb)	frozen sliced strawberries	750 mL

- 1 Combine the rhubarb, orange juice, brown sugar, cinnamon and ginger in a large saucepan and cover.
- 2 Simmer over low heat until the rhubarb is tender, about 30 minutes, stirring every 10 minutes and watching that the mixture does not scorch on the bottom of the pan.
- 3 Add the strawberries and cook a few minutes longer, until they are well mixed into the rhubarb sauce. The strawberries should still have their form and should not be mushy.

- This compote can easily be layered with yogurt to make a healthy dairy/fruit combination.
- Alternate yogurt and the compote mixture, top with a few oat flakes, and you have an instant parfait.

Rhubarb & Strawberry Compote



Adapted from the Nova Scotia Department of Agriculture,
Home Economics Division, 1977

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.41



1/2 cup Rhubarb & Strawberry Compote is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Rhubarb & Strawberry Compote freezes well.

5 lbs	frozen rhubarb, cut into 1-inch (2.5-cm) pieces	2.5 kg
1 1/2 cups	unsweetened orange juice	375 mL
3 cups	brown sugar, lightly packed	454 g
2 tsp	cinnamon, ground	10 mL
1 tsp	ginger, ground	5 mL
2 1/2 lbs	frozen sliced strawberries	1.2 kg

- 1 Combine the rhubarb, orange juice, brown sugar, cinnamon and ginger in a large saucepan and cover.
- 2 Simmer over low heat until the rhubarb is tender, about 30 minutes, stirring every 10 minutes and watching that the mixture does not scorch on the bottom of the pan.
- 3 Add the strawberries and cook a few minutes longer, until they are well mixed into the rhubarb sauce. The strawberries should still have their form and should not be mushy.

- This compote can easily be layered with yogurt to make a healthy dairy/fruit combination.
- Alternate yogurt and the compote mixture, top with a few oat flakes, and you have an instant parfait.

Squash

Note: Children must wash their hands.



- 1** Squash are readily available in Nova Scotia throughout the fall season and into the early winter. They are part of our Nova Scotia food heritage and are closely linked to our holiday celebrations.
 - Check out your local farmers' market and pick up a few varieties of squash. Common Nova Scotia varieties include acorn, butternut, buttercup and hubbard. Squash should be stored in a cool place or in the crisper section of the refrigerator. For the best storage, look for a squash that has 2 to 3 inches (5 to 7.5 cm) of stem; this will help the squash stay moist and keep better during storage.
- 2** Squash are members of the same families as pumpkins, melons, and gourds. Let the children touch and smell the different types of squash.
 - Squash grow on a vine. Show the children the stem part.
 - Squash are thick-skinned; some (like buttercup squash) are rough and some (like butternut squash) are smooth.
 - Squash grow from yellow flowers.
- 3** Take a look inside the squash.
 - Select a smaller-sized squash, either a buttercup or a butternut. Wash the squash. Cut it in half from top to bottom. Show the children the inside of the squash. Provide the children with spoons so they can help remove the seeds.
 - Ask the children to smell the squash and to describe the inside (e.g., seedy, slimy, stringy, etc.).
 - Is the inside of the squash similar to the inside of a pumpkin? Is a pumpkin wetter? Stringier?
- 4** Tasting the squash. The squash will need to be baked before it can be tasted (see the next page). Provide each child with 1 Tbsp (15 mL) mashed squash in a small bowl.
- 5** Leftover mashed squash may be used as an ingredient for the Cheesy Squash-Stuffed Pasta Shells (see January recipes) or for the Cheesy Mexican Enchiladas (see March recipes). Both of these recipes are great recipes to serve for lunch.

To Bake the Squash

Wash the squash thoroughly and divide in half. Scrape out the seeds from the inside. Place in a baking pan with the skin side facing down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake at 350°F until the squash is tender (approximately 45 minutes to an hour). Remove from the oven and cool until the squash can be handled. Peel off the skin and mash with a potato masher or beat with a mixer.



Glazed Squash with Cranberry Sauce



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

1 11" x 17" sheet pan

Yield: 8

Serving Size: One 2" (5-cm) slice

Cost per serving: \$0.20



One 2" slice Glazed Squash with Cranberry Sauce is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of a 1" slice and should be offered more if still hungry. Some children may need to eat more than a 2" slice to satisfy their hunger. Cranberry sauce is a side dish to the Glazed Squash; serve approximately 1 Tbsp cranberry sauce with the squash slice. Leftover Glazed Squash and Cranberry Sauce both freeze well.

1	medium buttercup squash	1
1 Tbsp	maple syrup	15 mL
1 tsp	non-hydrogenated margarine	5 mL
1/4 tsp	nutmeg, ground	1 mL
pinch	salt	pinch

Cranberry Sauce

3/4 cup	fresh or frozen cranberries	175 mL
2 Tbsp	water	30 mL
1 Tbsp	unsweetened orange juice	15 mL
1 Tbsp	brown sugar	15 mL
pinch	cinnamon, ground	pinch

- 1 Preheat oven to 350°F.
- 2 Cut the squash in half and clean out the seeds. Cut each half into 4 pieces. One squash should yield 8 pieces, each about 1 1/2 to 2 inches (4 to 5 cm) wide. Depending on the size of the squash, you may be able to get more pieces. Thinly grease the sheet pan with a small portion of the margarine. Arrange the squash skin-side-down on the sheet pan. Cover with foil and bake for 10 minutes.
- 3 Meanwhile, mix together the maple syrup, the remaining margarine, nutmeg, and salt in a saucepan. Cook over a low heat until the margarine just melts. Remove the foil from the squash and baste generously with the maple syrup glaze. Bake for an additional 60 minutes, or until the squash is tender, basting with the glaze 2 to 3 times during the cooking period.
- 4 Combine the ingredients for the cranberry sauce and simmer until the cranberries break open.
- 5 Serve each piece of squash (skin-side-down) with 1 Tbsp (15 mL) cranberry sauce.

- For a speedier version of this recipe, canned whole-cranberry sauce may be substituted for the prepared cranberry sauce.
- Cranberry sauce may be prepared ahead and frozen in batches; serve 1 Tbsp cranberry sauce with each piece of squash. This recipe yields 8 1-Tbsp servings (1/2 cup/125 mL) cranberry sauce.

Glazed Squash with Cranberry Sauce



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

3 11" x 17" sheet pans

Yield: 48

Serving Size: One 2" (5-cm) slice

Cost per serving: \$0.20



One 2" slice Glazed Squash with Cranberry Sauce is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of a 1" slice and should be offered more if still hungry. Some children may need to eat more than a 2" slice to satisfy their hunger. Cranberry sauce is a side dish to the Glazed Squash; serve approximately 1 Tbsp sauce with the squash slice. Leftover Glazed Squash and Cranberry Sauce both freeze well.

6	medium buttercup squash	6
1/2 cup	maple syrup	125 mL
2 Tbsp	non-hydrogenated margarine	30 g
1 tsp	nutmeg, ground	5 mL
1/2 tsp	salt	2.5 g

Cranberry Sauce

12 oz	fresh or frozen cranberries	340 g
3/4 cup	water	175 mL
1/2 cup	unsweetened orange juice	125 mL
3/4 cup	brown sugar	100 g
1 tsp	cinnamon, ground	5 mL

- 1 Preheat oven to 350°F.
- 2 Cut the squash in half and clean out the seeds. Cut each half into 4 pieces. One squash should yield 8 pieces, each about 1 1/2 to 2 inches (4 to 5 cm) wide. Depending on the size of the squash, you may be able to get more pieces. Thinly grease the sheet pans with a small portion of the margarine. Arrange the squash skin-side-down on the sheet pans. Cover with foil and bake for 10 minutes.
- 3 Meanwhile, mix together the maple syrup, the remaining margarine, nutmeg, and salt in a saucepan. Cook over a low heat until the margarine just melts. Remove the foil from the squash and baste generously with the maple syrup glaze. Bake for an additional 60 minutes, or until the squash is tender, basting with the glaze 2 to 3 times during the cooking period.
- 4 Combine the ingredients for the cranberry sauce and simmer until the cranberries break open.
- 5 Serve each piece of squash (skin-side-down) with 1 Tbsp (15 mL) cranberry sauce.

- For a speedier version of this recipe, canned whole-cranberry sauce may be substituted for the prepared cranberry sauce.
- Cranberry sauce may be prepared ahead and frozen in batches; serve 1 Tbsp cranberry sauce with each piece of squash. This recipe yields 48 1-Tbsp servings (6 cups/1.5 L) cranberry sauce.

Winter Squash Casserole



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.22



1/2 cup Winter Squash Casserole is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Winter Squash Casserole freezes well.

1 Tbsp	non-hydrogenated margarine	15 mL
2 lbs (1)	fresh squash (this will make 2 cups/500 mL squash)	1 kg (1)
1/8 tsp	cinnamon, ground	1/2 mL
1/8 tsp	nutmeg, ground	1/2 mL
1/2 cup	thick unsweetened applesauce	125 mL
1/2 tsp	salt	2 mL
	pepper to taste	

- 1 Preheat oven to 350°F.
- 2 Lightly grease the baking pan with 1 tsp (5 mL) margarine.
- 3 Prepare the fresh squash as on the next page.
- 4 Mash the squash in a medium bowl with the remaining margarine and the cinnamon, nutmeg, and applesauce.
- 5 Season and blend thoroughly.
- 6 Spoon into the baking pan and bake for 40 to 45 minutes.

To Prepare Mashed Squash

Wash the squash thoroughly. Cut in half and scrape out the seeds. Place the squash in a baking pan with the skin side facing down. Add enough water to cover the bottom of the pan and cover the pan with aluminum foil. Bake at 350°F for 45 minutes to an hour, until the squash is very tender to a fork. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash and the remaining squash may now be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 2-lb (1-kg) squash makes 2 cups (500 mL) mashed squash.

Winter Squash Casserole



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

3 9" x 13" baking pans

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.22



1/2 cup Winter Squash Casserole is 1 VEGETABLES AND FRUIT Canada's

Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Winter Squash Casserole freezes well.

1/2 cup	non-hydrogenated margarine	125 g
9 lbs (3)	fresh squash	4 kg (3)
3/4 tsp	cinnamon, ground	4 mL
3/4 tsp	nutmeg, ground	4 mL
3 cups	thick, unsweetened applesauce	750 mL
2 tsp	salt	10 g
	pepper to taste	

- 1 Preheat oven to 350°F.
- 2 Lightly grease each baking pan with 1 tsp (5 mL) margarine.
- 3 Prepare the fresh squash as on the next page.
- 4 Mash the squash in a large bowl with the remaining margarine and the cinnamon, nutmeg, and applesauce.
- 5 Season and blend thoroughly.
- 6 Spoon into the 3 baking pans and bake for 40 to 45 minutes.

To Prepare Mashed Squash

Wash the squash thoroughly. Cut in half and scrape out the seeds. Place the squash in a baking pan with the skin side facing down. Add enough water to cover the bottom of the pan and cover the pan with aluminum foil. Bake at 350°F for 45 minutes to an hour, until the squash is very tender to a fork. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash and the remaining squash may now be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 2-lb (1-kg) squash makes 2 cups (500 mL) mashed squash.

Cheesy Squash-Stuffed Pasta Shells



Adapted from allrecipes.com

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL) (2 pasta shells)

Cost per serving: \$0.44



1/2 cup (2 pasta shells) Cheesy Squash-Stuffed Pasta Shells is 1/2 GRAIN PRODUCTS, 1 MILK AND ALTERNATIVES and 1/2 VEGETABLES and FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup (1 pasta shell) and should be offered more if still hungry. Some children may need to eat more than 1/2 cup (2 pasta shells) to satisfy their hunger. Leftover Cheesy Squash-Stuffed Pasta Shells freezes well.

3 lbs	buttercup squash	1.5 kg
1/2 cup	red pepper	125 mL
1/2 cup	onion	125 mL
2 tsp	olive oil	10 mL
1 tsp	sage, dried	5 mL
1 cup	cottage cheese, reduced sodium	250 mL
1	egg	1
1/4 cup	mozzarella cheese, grated	50 mL
1/4 tsp	nutmeg, ground	1 mL
	pepper to taste	
16	jumbo pasta shells	16
1 cup	Summer Harvest Maritime Tomato Sauce	250 mL

- 1 Drain the cottage cheese through a strainer for 3 hours or overnight in the refrigerator.
- 2 Preheat oven to 350°F.

- 3** Wash the squash thoroughly and divide in half. Scrape out the seeds from the inside. Place in a baking pan with the skin side facing down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake until the squash is tender, approximately 45 minutes to an hour. Remove from the oven and cool until the squash can be handled. Peel off the skin and mash with a potato masher or beat with a mixer.
- 4** While the squash is baking, prepare the recipe.
- 5** Wash the red pepper, slice in half lengthwise and scoop out the seeds. Slice the red pepper into thin slices and then dice into 1/4-inch (1/2-cm) pieces.
- 6** Peel and dice the onion.
- 7** In a frying pan, heat the olive oil and add the red pepper, onion and sage. Sauté gently until soft but not brown, approximately 10 minutes.
- 8** Bring a large pot of water to a boil. Add the pasta shells, return to a boil and adjust the heat so that the water gently boils. Cook the pasta until al dente (firm, but not hard), about 8 to 10 minutes. Drain and cool.
- 9** Purée the drained cottage cheese until smooth. Combine with the red pepper and onion mixture. Add the egg, mozzarella cheese, nutmeg and pepper to taste. Combine ingredients well.
- 10** Stir in 1/2 cup (125 mL) of the mashed squash to the mixture. The rest of the cooked squash can be frozen to use in the Cheesy Mexican Enchiladas recipe (see March recipes).
- 11** Spoon 2 Tbsp (30 mL) of the cheese and squash mixture into each pasta shell.
- 12** Pour 1 cup (250 mL) of the Summer Harvest Maritime Tomato Sauce (see August recipes) into the baking pan.
- 13** Place the stuffed pasta shells, stuffed-side-up, on top of the tomato sauce. If desired, spread 1 or 2 Tbsp (15 or 30 mL) of additional tomato sauce over the top of the pasta shells.
- 14** Cover and bake for 20 minutes. Uncover and bake for an additional 10 minutes.

- For a more cheesy appearance, spread an extra 1/4 cup (50 mL) grated mozzarella or cheddar cheese over the stuffed pasta shells.
- Ready-to-use tomato sauce may be substituted for the Summer Harvest Maritime Tomato Sauce.

Cheesy Squash-Stuffed Pasta Shells



Adapted from allrecipes.com

2 9" x 13" baking pans

Yield: 24

Serving Size: 1/2 cup (125 mL) (2 pasta shells)

Cost per serving: \$0.44



1/2 cup (2 pasta shells) Cheesy Squash-Stuffed Pasta Shells is 1/2 GRAIN PRODUCTS, 1 MILK AND ALTERNATIVES and 1/2 VEGETABLES and FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup (1 pasta shell) and should be offered more if still hungry. Some children may need to eat more than 1/2 cup (2 pasta shells) to satisfy their hunger. Leftover Cheesy Squash-Stuffed Pasta Shells freezes well.

2 lbs	cottage cheese, reduced sodium	1 kg
1	red pepper	1
2	medium onions	2
2 Tbsp	olive oil	30 mL
1 Tbsp	sage, dried	15 mL
4	eggs	4
4 oz	mozzarella cheese, grated	120 g
1 tsp	nutmeg, ground	5 mL
	pepper to taste	
1 1/2 cups	fresh prepared mashed squash	375 mL
1 lb (50)	jumbo pasta shells	454 g (50)
5 cups	Summer Harvest Maritime Tomato Sauce	1.25 L

- 1 Place the cottage cheese in a strainer and drain overnight in the refrigerator. This will provide approximately 3 cups (750 mL) drained cottage cheese for the recipe.
- 2 Preheat oven to 350°F.
- 3 See the small quantity recipe for instructions on how to prepare the mashed squash.

- 4** Wash the red pepper, slice in half lengthwise and scoop out the seeds. Slice the red pepper into thin slices and then dice into 1/4-inch (1/2-cm) pieces.
- 5** Peel and dice the onions.
- 6** In a large frying pan, heat the olive oil and add the red pepper, onion and sage. Sauté gently until soft but not brown, approximately 20 minutes.
- 7** Purée the drained cottage cheese until smooth. Combine with the red pepper and onion mixture. Add the eggs, mozzarella cheese, nutmeg and pepper to taste. Stir the mashed squash into the cottage cheese mixture. Combine ingredients well.
- 8** Bring a large pot of water to a boil. Add the pasta shells, return to a boil and adjust the heat so that the water gently boils. Cook the pasta until al dente (firm, but not hard), about 8 to 10 minutes. Drain and cool.
- 9** Spoon 2 Tbsp (30 mL) of the cheese and squash mixture into each pasta shell.
- 10** Distribute 2 1/2 cups (625 mL) Summer Harvest Maritime Tomato Sauce (see August recipes) over each of the 2 baking pans. The remainder of the tomato sauce may be frozen for future use.
- 11** Place the stuffed pasta shells, stuffed-side-up, on top of the tomato sauce.
- 12** Cover and bake for 30 minutes. Uncover and bake for an additional 10 minutes.

- For a more cheesy appearance, spread an extra 3/4 cup (175 mL) grated mozzarella or cheddar cheese over the stuffed pasta shells.
- Ready-to-use tomato sauce may be substituted for the Summer Harvest Maritime Tomato Sauce.

Turnips

Note: Children must wash their hands.



- 1 Turnips are also known as rutabagas in Nova Scotia. They are a traditional cold-weather root vegetable that is part of our food heritage. They are harvested in the fall and are good to eat throughout the winter months.
 - Turnips are a root vegetable. Root vegetables grow underneath the ground. Ask the children to think of other root vegetables and how we pick them (e.g., carrots, beets). Turnips belong to the mustard family and are related to cabbage and cauliflower.
 - Look for some fresh turnips, preferably with the greens attached, at your local farmers' market. Place the turnips in a small pail and cover with planting soil. The leaves and stalks should be visible above the planting soil.
 - Show the children the turnips in the small pail. Explain to the children that the turnip root is underground. Show the children how the turnip is removed from the soil by pulling up at the bottom of the stalk where it meets the soil. This is exactly how turnips are picked.
 - Lay the turnip on the table and show its parts to the children. Let the children touch and smell the turnip.



LEAVES: Turnip leaves are quite bitter; generally we do not eat them.

STALKS: The stalk supports the leaves.

SKIN: The turnip skin covers the turnip root; it is not edible and is removed before cooking.

ROOT: The turnip root grows below the ground; it is the pulp that we eat.

- 2 How do we eat turnips? Turnips are most often boiled before they can be eaten. Once they are cooked, they can be mashed or eaten in slices.
 - Brush the soil off the turnips. Cut the stalks from the top of the turnips. Wash the turnips in the sink. The children may want to help with this. Discuss with the children the importance of washing vegetables like turnips.
 - Peel the turnips and slice or dice.
 - Boil the turnip pieces; place them in a pot with water and simmer gently for 25 to 30 minutes or until a fork easily pushes through the turnip pieces. Drain and mash with a potato masher.
 - Provide each child with a small bowl with 1 Tbsp (15 mL) mashed turnip. Ask the children to describe the taste of the cooked turnip (e.g., bitter, sour, sweet, tangy).
- 3 Raw turnip sticks are becoming more popular as a choice on vegetable trays. Older children may want to sample small pieces of raw turnip. Grate or dice turnip and provide small servings to the children in individual bowls. Ask the children which they like the best, the raw or cooked turnip? (See “Turnips and Young Children” below.)
- 4 Share “The Gigantic Turnip” (sometimes known as “The Enormous Turnip”) with the children. This is a classic Russian folk story that has been written by various authors over the years. It is a delightful story of an older man and woman and the huge turnip they try to pick from their garden. Look for it at your local library, bookstore or online bookstore.

Turnips and Young Children

- Large pieces of turnip with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, you can serve raw turnip grated or chopped into thin stick shapes not more than 1/4 inch (1/2 cm) in diameter and simmer slightly to soften.

Glazed Turnip



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

1 9" x 13" baking pan

Yield: 8

Serving Size: 1 slice = 1/2 cup (125 mL)

Cost per serving: \$0.26



1 slice (1/2 cup) Glazed Turnip is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of a 1/4-cup slice and should be offered more if still hungry. Some children may need to eat more than a 1/2-cup slice to satisfy their hunger. Leftover Glazed Turnip freezes well.

2 lbs (1)	medium turnip, peeled and sliced	1 kg (1)
2/3 cup	apple juice or apple cider	150 mL
2 Tbsp	brown sugar	30 mL
1/4 tsp	ginger, ground	1 mL
1/4 tsp	salt	1 mL
	pepper to taste	

- 1 Preheat oven to 350°F.
- 2 Peel and cut the turnip into 1/2-inch (1-cm) pieces.
- 3 Boil the turnip pieces for at least 10 minutes, until they are just tender to a fork. Do not overcook or the pieces will break when transferred to the baking pan.
- 4 Meanwhile, simmer the apple juice or cider in a pot and reduce the amount to 1/2 cup (125 mL). Add the brown sugar and ginger and simmer for 2 minutes. Add the salt and the pepper to taste.
- 5 Transfer the turnip pieces to the baking pan. Evenly distribute the reduced apple juice mixture over the turnip pieces. Stir.
- 6 Bake for about 5 minutes on each side or until the pieces appear glazed.

- In the Acadian tradition, glazed turnips were served with fresh strawberries for dessert or as a vegetable in the main course.
- This recipe goes well with baked beans or sliced chicken pieces.

Glazed Turnip



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

3 9" x 13" baking pans

Yield: 45

Serving Size: 1 slice = 1/2 cup (125 mL)

Cost per serving: \$0.26



1 slice (1/2 cup) Glazed Turnip is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of a 1/4-cup slice and should be offered more if still hungry. Some children may need to eat more than a 1/2-cup slice to satisfy their hunger. Leftover Glazed Turnip freezes well.

12 lbs (6)	medium turnips, peeled and sliced	5 kg (6)
4 cups	apple juice or apple cider	1 L
1 cup	brown sugar	150 g
1 tsp	ginger, ground	5 mL
1 tsp	salt	5 g
	pepper to taste	

- 1 Preheat oven to 350°F.
- 2 Peel and cut the turnips into 1/2-inch (1-cm) pieces.
- 3 Boil the turnip pieces for at least 10 minutes, until they are just tender to a fork. Do not overcook or the pieces will break when transferred to the baking pans.
- 4 Meanwhile, simmer the apple juice or cider in a pot and reduce the amount to 3 cups (750 mL). Add the brown sugar and ginger and simmer for 2 minutes. Add the salt and the pepper to taste.
- 5 Transfer the turnip pieces to the baking pans. Evenly distribute the reduced apple juice mixture over the turnip pieces. Stir.
- 6 Bake for about 5 minutes on each side or until the pieces appear glazed.

- In the Acadian tradition, glazed turnips were served with fresh strawberries for dessert or as a vegetable in the main course.
- This recipe goes well with baked beans or sliced chicken pieces.

Scalloped Turnip & Apple



Adapted from *The Laura Secord Canadian Cook Book*

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.22



1/2 cup Scalloped Turnip & Apple is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Scalloped Turnip & Apple freezes well.

1 1/2 lbs (1)	medium turnip, prepared and mashed (see the text box on the next page)	700 g (1)
2 tsp	non-hydrogenated margarine	10 mL
1/2 tsp	salt	2 mL
	pepper to taste	
2	medium apples	2
1/4 cup	brown sugar, lightly packed	50 mL
1/4 tsp	cinnamon, ground	1 mL

- 1 Preheat oven to 350°F.
- 2 Peel and dice the turnip. In a large pot, boil the turnip until tender to a fork.
- 3 Mash the turnip with a masher and add the margarine and seasonings.
- 4 Wash, core, and slice the apples with an apple slicer. Dice the apples into 1/2-inch (1-cm) pieces.
- 5 Mix the brown sugar and cinnamon in a bowl. Add the apples and toss.
- 6 Lightly grease the baking pan. Arrange layers of the mashed turnip and apples over the baking pan, beginning and ending with a turnip layer.
- 7 Bake for 1 hour.

- Apples and turnips are a great combination.
- Wash fresh turnips well, cut into thick slices and peel. Cut into cubes for faster cooking.
- Mashed turnips are an easy way to eat turnips; for extra flavour, add a little onion, parsley, cinnamon or ginger.
- Generally, vegetables like turnips are cooked when a fork can penetrate the turnip cube without too much force.

Scalloped Turnip & Apple



Adapted from *The Laura Secord Canadian Cook Book*

3 9" x 13" baking pans

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.22



1/2 cup Scalloped Turnip & Apple is 1 VEGETABLES AND FRUIT Canada's

Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Scalloped Turnip & Apple freezes well.

10 lbs (5)	medium turnips, prepared and mashed (see the text box on next page)	4.5 kg (5)
1/3 cup	non-hydrogenated margarine	75 g
3 tsp	salt	15 g
	pepper to taste	
3 lbs (10)	medium apples	1.2 kg (10)
1 cup	brown sugar, lightly packed	150 g
1 tsp	cinnamon, ground	5 mL

- 1 Preheat oven to 350°F.
- 2 Peel and dice the turnips. In a large pot, boil the turnip until tender to a fork.
- 3 Mash the turnip with a masher and add the margarine and seasonings.
- 4 Wash, core, and slice the apples with an apple slicer. Dice the apples into 1/2-inch (1-cm) pieces.
- 5 Mix the brown sugar and cinnamon in a bowl. Add the apples and toss.
- 6 Lightly grease the baking pans. Arrange layers of the mashed turnip and apples over the baking pans, beginning and ending with a turnip layer.
- 7 Bake for 1 hour.

- Apples and turnips are a great combination.
- Wash fresh turnips well, cut into thick slices and peel. Cut into cubes for faster cooking.
- Mashed turnips are an easy way to eat turnips; for extra flavour, add a little onion, parsley, cinnamon or ginger.
- Generally, vegetables like turnips are cooked when a fork can penetrate the turnip cube without too much force.

Brussels Sprouts

Note: Children must wash their hands.



- 1 Brussels sprouts look like miniature heads of cabbage. Brussels sprouts are a cold-weather vegetable and are available in Nova Scotia from September to March.
 - Pick up a few stalks of Brussels sprouts from a local farmers' market or loose Brussels sprouts from a local grocery store. Review the anatomy of the Brussels sprouts plant. *Note: This is a review of the Brussels Sprouts Promotional Ideas for November.*
- 2 Ask the children to remove the Brussels sprouts from the stalks and to describe the shape of the Brussels sprouts. Are they completely round or do they have a flat side where they were attached to the large stalk?
 - Make a small cross or an X in the bottom or flat side of a Brussels sprout. Explain to the children that this cross or X will help the Brussels sprouts cook so that they have a nice sweet and nutty flavour.
 - Continue to make a cross or an X in the bottom of each Brussels sprout as the children remove the Brussels sprouts from the stalk.
 - Let the children wash the Brussels sprouts in a large plastic bin of water.
- 3 Prepare Creole Brussels Sprouts.

Creole Brussels Sprouts (see November recipes) is a great recipe for kids; the Brussels sprouts have a meatball look that is sure to appeal to young children

Note: This recipe requires a tomato mixture. Prepare the tomato mixture in advance. It is easy to prepare and can be frozen for later use.

 - Each child will need 2 Brussels sprouts, cut in half, 2 Tbsp (30 mL) tomato mixture and 1 tsp (5 mL) mozzarella cheese.
 - Provide each child with an individual tin foil tart pan. Label each individual tart pan so that the children will eat their own Brussels sprouts.
 - Ask each child to put 2 Brussels sprouts (cut in half) in his or her foil tart pan.
 - Let each child cover his or her Brussels sprouts with the tomato mixture. Sprinkle the mozzarella cheese over the top.
 - Bake in the oven at 350°F for 20 to 25 minutes. Cool slightly and sample.
 - Encourage the children to discuss why they liked or did not like the Creole Brussels Sprouts.

- 4** Brussels sprouts may be a vegetable that is less familiar for the children. Reviewing the Brussels Sprouts Promotional Ideas for November and December may be helpful.
- 5** Try the Chicken, Brussels Sprouts & Red Pepper Stir-Fry (see December recipes) with the leftover Brussels sprouts.

Brussels Sprouts, Celery & Pasta Soup



Adapted from lovetoknowrecipes.com

1 medium pot

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.13



1/2 cup Brussels Sprouts, Celery & Pasta Soup is 1/2 VEGETABLES AND FRUIT Canada's Food Guide Serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Brussels Sprouts, Celery & Pasta Soup freezes well.

1/2 lb (2 cups)	Brussels sprouts	225 g
1/2 cup	celery	125 mL
1/2 cup	mini-pasta	125 mL
6 cups	water	1.5 L
1/4 tsp	salt	1 mL
1/4 tsp	oregano, dried	1 mL
	pepper to taste	

- 1 Wash the Brussels sprouts (16 medium) under running water. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each Brussels sprout.
- 2 Wash the celery and slice thinly.
- 3 In the pot, combine the Brussels sprouts, celery, mini-pasta, water, salt, oregano, and pepper to taste. Bring to a boil and simmer for 30 minutes with the lid half covering the pot so the flavour is not too strong.
- 4 Serve in bowls; each serving should contain 2 Brussels sprouts (8 quarter pieces).

- Mini-pasta works best in this recipe. Whole wheat macaroni is a good choice.
- This simple soup is quick and easy to make. The mellow flavour of the celery blends well with the Brussels sprouts.

Brussels Sprouts, Celery & Pasta Soup



Adapted from lovetoknowrecipes.com

1 10-quart (10-L) pot

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.13



1/2 cup Brussels Sprouts, Celery & Pasta Soup is 1/2 VEGETABLES AND FRUIT Canada's Food Guide Serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Brussels Sprouts, Celery & Pasta Soup freezes well.

3 lbs	Brussels sprouts	1.5 kg
1 lb (3 cups)	celery	454 g
1/2 lb (3 cups)	mini-pasta	225 g
8 quarts	water	9 L
1 1/2 tsp	salt	7 g
1 tsp	oregano, dried	5 mL
	pepper to taste	

- 1 Wash the Brussels sprouts under running water. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each Brussels sprout.
- 2 Wash the celery and slice thinly.
- 3 In the large pot, combine the Brussels sprouts, celery, mini-pasta, water, salt, oregano, and pepper to taste. Bring to a boil and simmer for 30 minutes with the lid half covering the pot so the flavour is not too strong.
- 4 Serve in bowls; each serving should contain 2 Brussels sprouts (8 quarter pieces).

- Mini-pasta works best in this recipe. Whole wheat macaroni is a good choice.
- This simple soup is quick and easy to make. The mellow flavour of the celery blends well with the Brussels sprouts.

February

Apples

Promotional Ideas

Recipes:

Applesauce
Baked Nova Scotia Apples

Raspberries

Promotional Ideas

Recipes:

Peach Melba & Raspberry Sauce
Ruby Red Raspberry Smoothies

Potatoes

Promotional Ideas

Recipes:

Spicy Herbed Potatoes
Baked Potato & Black Bean Topping

Parsnips

Promotional Ideas

Recipes:

Oven-Roasted Parsnip & Potato
Parsnip & Apple Casserole



Apples

Note: Children must wash their hands.



- 1 Fresh apples are available from early August into late fall; with proper storage apples can be available all year long. Cut an apple in half and review its anatomy. It may be helpful to refer to the Apples Promotional Ideas for November.
- 2 Children will prepare the applesauce recipe. This will provide the children with an opportunity to wash apples and see if they sink or float in water.
- 3 Provide each child with an apple. Apples like Cortland, Gravenstein or McIntosh are good choices for making applesauce. Let each child drop his or her apple in a large clean bin filled with water.
 - Ask the children to notice if the apples sink or float (apples are 25 percent air, this makes them float).
 - Discuss with the children why it is important to wash apples.
- 4 Canned applesauce is readily available in the grocery stores.
 - Show the children the variety of canned applesauce that is available in local stores. Canned applesauce is available in various sizes, e.g., 14 oz (398 mL) and 28 oz (798 mL).
 - Show the children the labels. Look for “No Sugar Added” on the label. Ask the children to see if they can find this on other labels.
 - Offer the children a sample of canned applesauce in a small bowl and ask them to describe its taste and texture (e.g., sweet, soft, mushy, smooth).
 - Leftover canned applesauce can be used to make Hearty Blueberry Muffins (see May recipes). Applesauce as an ingredient adds moisture to muffins and also replaces some of the fat in the recipe.
- 5 Try making Apple Bean Bake (see May recipes) for lunch the next day with the leftover apple quarters. To maintain their freshness, apples should be stored in the refrigerator.

Applesauce

- 1** Provide each child with a peeler. Encourage the children to peel the apple as best they can. If required, the children may share available peelers.
- 2** As the children peel the apples, core the apples and cut into quarters.
- 3** Place the apples in a large pot. For every 8 apples, add 3/4 cup (175 mL) water and 1/4 tsp (1 mL) cinnamon.
- 4** Cover the pot and simmer until the apples are soft and mushy. Cool and mash with a potato masher.
- 5** Provide each child with a small bowl of the applesauce.
- 6** Ask the children to describe the taste and texture of the applesauce (e.g., sweet, soft, yummy, smooth, mushy).



Applesauce



Adapted from the Nova Scotia Fruit Growers' Association, Kentville, NS

Yield: 8 to 10

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.32



1/2 cup Applesauce is 1 VEGETABLES AND FRUIT Canada's Food Guide

servings. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup Applesauce to satisfy their hunger. Leftover Applesauce freezes well.

3 lbs (9 to 10)	Annapolis Valley apples	1.5 kg (9 to 10)
3/4 cup	water	175 mL
1/4 tsp	cinnamon, ground	1 mL
pinch	nutmeg, ground	pinch
1/4 cup	white granulated sugar	50 mL

- 1 Wash the apples thoroughly. If you do not have a food mill, peel and core the apples.
- 2 Quarter the apples and place in a large saucepan with the water, cinnamon, and nutmeg.
- 3 Cover the saucepan, bring the water to a boil, lower the heat, and simmer until the apples are soft.
- 4 Pass the softened apples through a food mill to remove the peel and core, or mash with a potato masher.
- 5 Add the sugar to the applesauce. *Note: Sometimes the apples are sweet enough that you don't need to add any sugar, or the cinnamon and nutmeg add enough flavour that sugar is not needed. Try tasting the applesauce first, to see if sugar is even needed.*

- For best results, use Cortland, Gravenstein or Jonagold apples.
- The food mill is a mechanical household appliance that traditionally was found in most Nova Scotia kitchens. It purées and strains at the same time. If you do not have a food mill, you will need to peel and core the apples and, once they are cooked, mash them with a potato masher. This will result in a chunkier applesauce.
- Applesauce is tasty and nutritious as a snack or dessert by itself. Try topping it with a few pieces of Crunchy Nova Scotia Granola (see April recipes).
- Use extra applesauce for Hearty Blueberry Muffins (see May recipes) or Winter Squash Casserole (see January recipes).

Applesauce



Adapted from the Nova Scotia Fruit Growers' Association, Kentville, NS

Yield: 50

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.32



1/2 cup Applesauce is 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup applesauce and should be offered more if still hungry. Some children may need to eat more than 1/2 cup Applesauce to satisfy their hunger. Leftover Applesauce freezes well.

15 lbs	Annapolis Valley apples	7 kg
4 cups	water	1 L
1 tsp	cinnamon, ground	5 mL
1/2 tsp	nutmeg, ground	2 mL
1 cup	white granulated sugar	200 g

- 1 Wash the apples thoroughly. If you do not have a food mill, peel and core the apples.
- 2 Quarter the apples and place in a large saucepan with the water, cinnamon, and nutmeg.
- 3 Cover the saucepan, bring the water to a boil, lower the heat, and simmer until the apples are soft.
- 4 Pass the softened apples through a food mill to remove the peel and core, or mash with a potato masher.
- 5 Add the sugar to the applesauce. *Note: Sometimes the apples are sweet enough that you don't need to add any sugar, or the cinnamon and nutmeg add enough flavour that sugar is not needed. Try tasting the applesauce first, to see if sugar is even needed.*

- For best results, use Cortland, Gravenstein or Jonagold apples.
- The food mill is a mechanical household appliance that traditionally was found in most Nova Scotia kitchens. It purées and strains at the same time. If you do not have a food mill, you will need to peel and core the apples and, once they are cooked, mash them with a potato masher. This will result in a chunkier applesauce.
- Applesauce is tasty and nutritious as a snack or dessert by itself. Try topping it with a few pieces of Crunchy Nova Scotia Granola (see April recipes).
- Use extra applesauce for Hearty Blueberry Muffins (see May recipes) or Winter Squash Casserole (see January recipes).

Baked Nova Scotia Apples



Adapted from *Food for Fifty*, Grace Shugart, Mary Molt, and Maxine Wilson, 7th edition, 1985

1 9" x 13" baking pan

Yield: 6

Serving Size: 1 apple

Cost per serving: \$0.34



1 Baked Nova Scotia Apple is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 apple and should be offered more if still hungry. Some children may need to eat more than 1 apple to satisfy their hunger. Leftover Baked Nova Scotia Apples freezes well.

6	apples suitable for baking (see the text box on next page)	6
1/2 cup	brown sugar, lightly packed	125 mL
1 1/2 tsp	cinnamon, ground	7 mL
1/2 cup	apple juice	125 mL

- 1 Preheat oven to 375°F
- 2 Select 6 apples of about the same size and wash well.
- 3 Core each apple. This works best with an apple corer, if you have one. Arrange the apples in the baking pan.
- 4 Mix the brown sugar and cinnamon. Evenly fill the empty core of each apple, about 1 Tbsp (15 mL) per apple. Any extra sugar/cinnamon mixture may be added to the apple juice. Pour the apple juice around the apples.
- 5 Bake, uncovered, for about 45 minutes to an hour. Baste with the juices every 15 minutes. The apples should be cooked only until they are slightly puffed and tender. Check after 30 minutes; cooking time may vary according to the ripeness of the fruit.
- 6 Allow the apples to stand for 5 to 10 minutes before serving.

Note: For children under four years old, remove the cooked apple from the skin before serving.

- Each variety of apple is unique in colour, shape, taste and texture. Both Cortland and Gravenstein apples are excellent choices for baking. Cortland apples are characterized by a striped or blushed red colour while their flesh is white, low acid, juicy, crisp and sweet. Gravenstein apples are blushed red colour with striped yellow background while their flesh is firm, creamy, white, juicy, tart and aromatic.
- A McIntosh apple is not suitable for baking, but is a great choice for snacking. You can find more information on Nova Scotia apples at nsapples.com.

Baked Nova Scotia Apples



Adapted from *Food for Fifty*, Grace Shugart, Mary Molt, and Maxine Wilson, 7th edition, 1985

3 9" x 13" baking pans

Yield: 50

Serving Size: 1 apple

Cost per serving: \$0.34



1 Baked Nova Scotia Apple is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 apple and should be offered more if still hungry. Some children may need to eat more than 1 apple to satisfy their hunger. Leftover Baked Nova Scotia Apples freezes well.

50	apples suitable for baking (see the text box on next page)	50
3 cups	brown sugar, lightly packed	454 g
1/4 cup	cinnamon, ground	50 mL
4 cups	apple juice	1 L

- 1 Preheat oven to 375°F.
- 2 Select 50 apples of about the same size and wash well.
- 3 Core each apple. This works best with an apple corer, if you have one. Arrange the apples in the baking pans.
- 4 Mix the brown sugar and cinnamon. Evenly fill the empty core of each apple, about 1 Tbsp (15 mL) per apple. Any extra sugar/cinnamon mixture may be added to the apple juice. Pour the apple juice around the apples.
- 5 Bake, uncovered, for about 45 minutes to an hour. Baste with the juices every 15 minutes. The apples should be cooked only until they are slightly puffed and tender. Check after 30 minutes; cooking time may vary according to the ripeness of the fruit.
- 6 Allow the apples to stand for 5 to 10 minutes before serving.

Note: For children under four years old, remove the cooked apple from the skin before serving.

- Each variety of apple is unique in colour, shape, taste and texture. Both Cortland and Gravenstein apples are excellent choices for baking. Cortland apples are characterized by a striped or blushed red colour while their flesh is white, low acid, juicy, crisp and sweet. Gravenstein apples are blushed red colour with striped yellow background while their flesh is firm, creamy, white, juicy, tart and aromatic.
- A McIntosh apple is not suitable for baking, but is a great choice for snacking. You can find more information on Nova Scotia apples at nsapples.com.

Raspberries

Note: Children must wash their hands.



- 1** Fresh raspberries are available throughout the summer months.
 - Pick up one or two boxes of fresh raspberries. Wash them and pat dry. Provide each child with a few raspberries in a small bowl so that the children may taste them. Ask the children to describe the taste and texture of the fresh raspberries (e.g., soft, yummy, fruity, sweet, sour).
- 2** Frozen raspberries are affordable and available all year round. They are a great way to provide the nutrition and enjoyment of raspberries throughout the year.
 - Show the children a bag of frozen raspberries. Distribute the raspberries over a cookie sheet. Let each child pick up one raspberry and hold it in his or her hand. Ask the children to describe the raspberry (e.g., cold, icy, hard). Explain to the children that the raspberry is too hard to eat until it is semi-thawed.
 - Explain to the children that thawing is like melting. During thawing the ice in the raspberry will become water.
 - Have each child place two or three raspberries in a small bowl that is labeled with his or her name. Set aside for 30 to 45 minutes until the raspberries are semi-thawed. Check to ensure that the raspberries are soft enough to chew. Continue with the tasting. Ask the children to describe the taste and texture of the semi-thawed raspberries (e.g., fruity, sweet, watery, sour).
- 3** Children will prepare and taste the Ruby Red Raspberry Smoothies recipe.



Ruby Red Raspberry Smoothies

- 1 Measure 1 cup (250 mL) of semi-thawed frozen strawberries and 1 cup (250 mL) frozen raspberries into large blender.
- 2 Add 1 cup (250 mL) milk and 1/4 cup (50 mL) white granulated sugar.
- 3 Add 2 Tbsp (30 mL) wheat germ and 1 cup (250 mL) ice cubes.
- 4 Blend in the blender.
- 5 Provide each child with a sample of the smoothie in a small glass. This recipe makes sixteen 1/4-cup (50-mL) servings.

Note: The ice cubes make the smoothie quite thick. For a thinner smoothie, let the smoothie sit for 20 minutes so that some of the ice will melt.

Note: Let the children help measure the berries. Provide 1-cup (250-mL) measuring cups for the children to fill up with strawberries and raspberries.



Peach Melba & Raspberry Sauce



Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Yield: 8

Serving Size: 2 Tbsp (30 mL)

Cost per serving: \$0.21



1/2 cup Peach Melba is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. **2 Tbsp Raspberry Sauce is 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.** Leftover Peach Melba and Raspberry Sauce both freeze well but should be frozen separately.

Raspberry Sauce

2 cups	frozen raspberries	500 mL
3 Tbsp	white granulated sugar	45 mL
1 Tbsp	cornstarch	15 mL

- 1 Semi-thaw the frozen raspberries. Place in a strainer over a bowl to allow the juice to drain through. Reserve the raspberry juice (about 1 cup/250 mL) and place in a saucepan. This may be done the day before.
- 2 Combine the sugar and cornstarch; stir into the cold juice until all of the sugar and cornstarch have dissolved. There should be no sign of lumps.
- 3 Cook over medium heat until the mixture comes to a soft boil. Reduce heat and simmer for 1 minute to cook out the starch taste.
- 4 Chill until serving.

- Raspberry Sauce is a tasty treat any time and goes well over plain yogurt.
- Raspberry Sauce makes a nice addition to applesauce or rhubarb sauce.
- For an old-time favourite, try making the Old-Fashioned Peach Melba recipe on next page.

Old-Fashioned Peach Melba

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.32

1 28-oz can	diced peaches, in own juice, drained	1 798-mL can
1/2 cup	yogurt, plain	125 mL
1 cup	raspberry sauce	250 mL

- 1 For each serving, place 1/2 cup (125 mL) diced peaches on a serving dish.
- 2 Top with 1 Tbsp (15 mL) of yogurt and 2 Tbsp (30 mL) raspberry sauce.

Peach Melba & Raspberry Sauce



Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Yield: 50

Serving Size: 2 Tbsp (30 mL)

Cost per serving: \$0.21



1/2 cup Peach Melba is 1 VEGETABLES AND FRUIT Canada's Food Guide

serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. **2 Tbsp Raspberry Sauce is 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.** Leftover Peach Melba and Raspberry Sauce both freeze well but should be frozen separately.

Raspberry Sauce

4 lbs	frozen raspberries	2 kg
1 cup	white granulated sugar	200 g
1/2 cup	cornstarch	60 g

- 1 Semi-thaw the frozen raspberries. Place in a strainer over a bowl to allow the juice to drain through. Reserve the raspberry juice (about 6 cups/1.5 L) and place in a saucepan. This may be done the day before.
- 2 Combine the sugar and cornstarch; stir into the cold juice until all of the sugar and cornstarch have dissolved. There should be no sign of lumps.
- 3 Cook over medium heat until the mixture comes to a soft boil. Reduce heat and simmer for 1 minute to cook out the starch taste.
- 4 Chill until serving.

- Raspberry Sauce is a tasty treat any time and goes well over plain yogurt.
- Raspberry Sauce makes a nice addition to applesauce or rhubarb sauce.
- For an old-time favourite, try making the Old-Fashioned Peach Melba recipe on next page.

Old-Fashioned Peach Melba

Yield: 50

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.32

4 28-oz cans	diced peaches, in own juice, drained	4 798-mL cans
3 cups	yogurt, plain	750 mL
6 cups	raspberry sauce	1.5 L

- 1 For each serving, place 1/2 cup (125 mL) diced peaches on a serving dish.
- 2 Top with 1 Tbsp (15 mL) of yogurt and 2 Tbsp (30 mL) raspberry sauce.

Ruby Red Raspberry Smoothies



Adapted from allrecipes.com

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.35



1/2 cup Ruby Red Raspberry Smoothies is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Ruby Red Raspberry Smoothies freezes well.

1 cup	frozen raspberries	250 mL
1 cup	frozen strawberries	250 mL
1 cup	milk	250 mL
1/4 cup	white granulated sugar	50 mL
2 Tbsp	wheat germ	30 mL
1 cup	ice cubes	250 mL
	frozen raspberries or blueberries (for garnish)	

- 1 Allow the frozen raspberries and frozen strawberries to thaw slightly. Completely thawed berries will make a thinner smoothie.
- 2 Combine the raspberries, strawberries, milk, sugar, wheat germ and ice cubes and blend in a blender or food processor.
- 3 Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

- This cool and refreshing fruit and milk combo may be offered as a beverage at mealtime or as a between-meals snack. It makes a great accompaniment to fresh apple or pear slices.

Ruby Red Raspberry Smoothies



Adapted from allrecipes.com

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.35



1/2 cup Ruby Red Raspberry Smoothies is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Ruby Red Raspberry Smoothies freezes well.

5 cups (1 1/2 lbs)	frozen raspberries	700 g
5 cups (1 1/2 lbs)	frozen strawberries	700 g
4 cups	milk	1 L
1 cup	white granulated sugar	200 g
1/2 cup	wheat germ	35 g
4 cups	ice cubes	1 L
	frozen raspberries or blueberries (for garnish)	

- 1 Allow the frozen raspberries and frozen strawberries to thaw slightly. Completely thawed berries will make a thinner smoothie.
- 2 Combine the raspberries, strawberries, milk, sugar, wheat germ, and ice cubes and blend in a blender or food processor.
- 3 Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

- This cool and refreshing fruit and milk combo may be offered as a beverage at mealtime or as a between-meals snack. It makes a great accompaniment to fresh apple or pear slices.

Potatoes

Note: Children must wash their hands.



- 1 Potatoes are an edible tuber. Tubers are an extension of the stem of a plant that grows underground. Ask the children if they can think of other vegetables that grow underground (e.g., beets, carrots, turnips).
 - Look for some fresh potatoes at your local farmers' market. Potatoes with different skin (brown and red) and flesh (yellow and white) colours may be of interest to the children. Bury the potatoes in a pail, making sure that they are all covered with planting soil.
 - Let the children dig into the pail and find all of the potatoes. Explain to the children that the potatoes grow underground from the stem of the potatoes.
 - Lay the potatoes on the table. Let the children smell and touch the potatoes and sort the potatoes according to size and colour. Cut a few potatoes in half. Show the children the different flesh colours inside the potato.



LEAVES: The leaves of the potato plant will turn brown and die.

STALKS: The stalks support the leaves and extend underground to form the potatoes, the part of the potato where the plant stores its food. This is the part of the plant that we eat.

POTATO SKIN: The skin covers the potato; if the potatoes are young, it is nice to leave the skin on. Many of the nutrients in the potato are just under the skin.

ROOTS: The potato root grows below the ground. It brings water and food to the potato plant.

2 Finding the eyes of the potato:

Note: Children must wash their hands.

- Fill a large bin with water. Let the children wash the potatoes and lay them on a table, and pat dry.
- Let each child pick a potato. Ask each child to describe the shape of his or her potato and to show the other children any eyes that he or she can find on the potato. Ask the children to count the eyes on their potatoes.
- Cut off a piece of a potato with an eye. Explain to the children that if they planted that piece of the potato that it would grow into a potato plant.



3 Potato tasting:

- Provide each child with a small 1/4-inch (1/2-cm) cube of raw potato (see the text box below). Ask the children to describe the taste and texture of the raw potato. They may say that it has no taste.
- Continue to cube enough potatoes so that each child may taste the cooked potato. Simmer the potato cubes until tender to a fork; provide two or three cooked cubes in a small bowl for each child. Ask the children to describe the taste of the cooked potato (e.g., sweet, tasty, soft) and to compare the taste to the raw potato.

4 Serve the children Spicy Herbed Potatoes. These potatoes are crispy and tasty and great for lunch or a snack.

Potatoes and Young Children

- Large pieces of potatoes with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, serve raw potato grated, or cut into cubes not more than 1/4 inch (1/2 cm) in diameter and simmer slightly to soften.

Spicy Herbed Potatoes



Adapted from a friend's recipe

1 11" x 17" sheet pan

Yield: 8

Serving Size: 6 to 8 pieces (1 potato)

Cost per serving: \$0.18



6 to 8 pieces Spicy Herbed Potatoes is 1 VEGETABLES AND FRUIT Canada's

Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 3 to 4 pieces and should be offered more if still hungry. Some children may need to eat more than 6 to 8 pieces to satisfy their hunger.

8	potatoes, suitable for baking	8
1 Tbsp	non-hydrogenated margarine	15 mL
2 Tbsp	canola oil	30 mL
1 Tbsp	Spiced Herb Mixture (see the recipe on next page)	15 mL

- 1 Preheat oven to 350°F.
- 2 Wash the potatoes. Cut each potato in half lengthwise, then cut each half into about 6 to 8 lengthwise slices. Dice the potatoes into 1/2-inch (1-cm) pieces.
- 3 Melt the margarine and mix with the oil. Mix with the potatoes. Make sure that all of the potato pieces are covered with the margarine/oil mixture.
- 4 Spread out the potatoes in the sheet pan, only one layer deep. Place in the oven.
- 5 Bake until lightly brown, about 40 minutes. Remove from oven and sprinkle 1 Tbsp (15 mL) herb mixture over the potatoes, mix in the herbs, and bake for 20 minutes longer.

Spiced Herb Mixture

3 Tbsp	salt	45 mL
5	medium garlic cloves, peeled	5
2 tsp	paprika	10 mL
1 tsp	chili powder	5 mL
1 tsp	freshly ground pepper	5 mL
1 tsp	turmeric	5 mL
1 tsp	poultry seasoning	5 mL
1/2 tsp	celery seed	2 mL
1/2 tsp	dill seed	2 mL
1/2 tsp	mustard powder	2 mL
1/2 tsp	ginger, ground	2 mL
1/2 tsp	onion powder	2 mL

- 1 Place the salt and peeled garlic cloves in a food processor and process until smooth. Be sure to measure the salt carefully. Transfer to a bowl and add the remaining spices and herbs and mix well. This recipe may be doubled or tripled and stored in the refrigerator for future use. The recipe makes 6 Tbsp (90 mL).

- The Spiced Herb Mixture may be adjusted according to the tastes of the children in your centre. Some children may prefer lesser amounts of garlic and chili; these ingredients add heat to the mixture.
- Leftover potatoes may be refrigerated and heated up the following day. Yukon Gold or russet potatoes work well for this recipe.

Spicy Herbed Potatoes



Adapted from a friend's recipe

3 11" x 17" sheet pans

Yield: 48

Serving Size: 6 to 8 pieces (1 potato)

Cost per serving: \$0.18



6 to 8 pieces Spicy Herbed Potatoes is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 3 to 4 pieces and should be offered more if still hungry. Some children may need to eat more than 6 to 8 pieces to satisfy their hunger.

15 lbs (48)	potatoes, suitable for baking	7 kg (48)
6 Tbsp	non-hydrogenated margarine	90 g
3/4 cup	canola oil	175 mL
6 Tbsp	Spiced Herb Mixture (see the recipe on next page)	90 mL

- 1 Preheat oven to 350°F.
- 2 Wash the potatoes. Cut each potato in half lengthwise, then cut each half into about 6 to 8 lengthwise slices. Dice the potatoes into 1/2-inch (1-cm) pieces.
- 3 Melt the margarine and mix with the oil. Mix with the potatoes. Make sure that all of the potato pieces are covered with the margarine/oil mixture.
- 4 Spread out the potatoes in the sheet pans, only one layer deep. Place in the oven.
- 5 Bake until lightly brown, about 40 minutes. Remove from the oven and sprinkle 2 Tbsp (30 mL) herb mixture over each pan of potatoes, mix in the herbs, and bake for 20 minutes longer.

Spiced Herb Mixture

3 Tbsp	salt	45 mL
5	medium garlic cloves, peeled	5
2 tsp	paprika	10 mL
1 tsp	chili powder	5 mL
1 tsp	freshly ground pepper	5 mL
1 tsp	turmeric	5 mL
1 tsp	poultry seasoning	5 mL
1/2 tsp	celery seed	2 mL
1/2 tsp	dill seed	2 mL
1/2 tsp	mustard powder	2 mL
1/2 tsp	ginger, ground	2 mL
1/2 tsp	onion powder	2 mL

- 1 Place the salt and peeled garlic cloves in a food processor and process until smooth. Be sure to measure the salt carefully. Transfer to a bowl and add the remaining spices and herbs and mix well. This recipe may be doubled or tripled and stored in the refrigerator for future use. The recipe makes 6 Tbsp (90 mL).

- The Spiced Herb Mixture may be adjusted according to the tastes of the children in your centre. Some children may prefer lesser amounts of garlic and chili; these ingredients add heat to the mixture.
- Leftover potatoes may be refrigerated and heated up the following day. Yukon Gold or russet potatoes work well for this recipe.

Baked Potato & Black Bean Topping



Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

1 11" x 17" sheet pan

Yield: 6

Serving Size: 1/2 potato

Cost per serving: \$0.29



1/2 Potato is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 potato and should be offered more if still hungry. Some children may need to eat more than 1/2 potato to satisfy their hunger. 2 Tbsp Black Bean Topping is a side dish for the Baked Potato. Leftover Baked Potato & Black Bean Topping both freeze well but should be frozen separately.

1 lb (3)

baking potatoes

454 g (3)

- 1 Preheat oven to 375°F.
- 2 Grease the sheet pan with vegetable oil.
- 3 Slice each potato in half lengthwise. Lay the potato halves down on the sheet pan.
- 4 Bake for 45 minutes to an hour, until a fork inserts easily into the centre of the potato half.

Black Bean Topping

1/2 cup	canned black beans, rinsed and drained	125 mL
1/4 cup	medium salsa	50 mL
1/4 tsp	coriander, ground	1 mL
1/2 cup	cheddar cheese, grated	125 mL

- 1 Heat the beans and salsa. Stir in the coriander.
- 2 Top each potato with 2 Tbsp (30 mL) of the salsa/bean mixture and 1 Tbsp (15 mL) grated cheese.

Salsa is a condiment in this recipe. Each serving provides 2/3 Tbsp (10 mL) salsa.

- Russet potatoes are excellent for baking.
- Black beans are a healthy choice as a meat alternative. They are high in protein, fibre and are a good source of other nutrients.

Baked Potato & Black Bean Topping



Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

4 11" x 17" sheet pans

Yield: 48

Serving Size: 1/2 potato

Cost per serving: \$0.29



1/2 Potato is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 potato and should be offered more if still hungry. Some children may need to eat more than 1/2 potato to satisfy their hunger. 2 Tbsp Black Bean Topping is a side dish for the Baked Potato. Leftover Baked Potato & Black Bean Topping both freeze well but should be frozen separately.

8 lbs (24)

baking potatoes

3.5 kg (24)

- 1 Preheat oven to 375°F.
- 2 Grease the sheet pans with vegetable oil.
- 3 Slice each potato in half lengthwise. Lay the potato halves down on the sheet pans.
- 4 Bake for 45 minutes to an hour, until a fork inserts easily into the centre of the potato half.

Black Bean Topping

4 cups (2 19-oz cans)	black beans, rinsed and drained	1 L (2 540-mL cans)
2 cups	medium salsa	500 mL
2 tsp	coriander, ground	10 mL
12 oz	cheddar cheese, grated	360 g

- 1 Heat the beans and salsa. Stir in the coriander.
- 2 Top each potato half with 2 Tbsp (30 mL) of the salsa/bean mixture and 1 Tbsp (15 mL) grated cheese.

Salsa is a condiment in this recipe. Each serving provides 2/3 Tbsp (10 mL) salsa.

- Russet potatoes are excellent for baking.
- Black beans are a healthy choice as a meat alternative. They are high in protein, fibre and are a good source of other nutrients.

Parsnips

Note: Children must wash their hands.



- 1 Parsnips are a starchy root vegetable that is related to the carrot. They have a cream-coloured exterior and a white interior. Parsnips are a winter vegetable and are harvested after the first frost of the year. The frost is needed to convert the parsnips' starch to sugar, resulting in a unique nutty, sweet flavour.
- 2 Parsnips, like other root vegetables, grow underneath the ground. Ask the children if they can think of other root vegetables (e.g., beets, carrots, turnips).
 - Look for some fresh parsnips at your local farmers' market. Place the parsnips in a pail and cover them with planting soil. The leaves and stalks should be visible above the soil. It may be difficult to find parsnips that still have the leaves attached.
 - Show the children the parsnips in the pail. Explain to the children that the parsnips are underground. Show the children how the parsnips are removed from the soil by pulling up at the bottom of the stalk where it meets the soil. This is exactly how parsnips are picked. Let the children pull up some of the parsnips. If there are no leaves on the parsnips, leave a little part of the top of the parsnips showing through the soil so that the children can see them.
 - Lay the parsnips on the table and show the parts to the children. Let the children smell and touch the parsnips. Ask the children if the parsnips smell like celery.



LEAVES: The leaves are cut off.

STALKS: The stalk supports the leaves.

PARSNIP SKIN: The skin covers the parsnip. Parsnips are most often peeled before they are eaten.

PARSNIP ROOT: The root grows below the ground. It is the pulp that we eat.

3 Tasting parsnips on their own and combined with other vegetables:

Note: Children must wash their hands.

- Let the children help to wash and peel the parsnips.
- Provide the children with samples of cooked parsnip sticks to taste, in small bowls. Make sure the sticks are not more than 1/4 inch (1/2 cm) in diameter (see the text box below).
- Ask the children to describe the taste of the cooked parsnip (e.g., sweet, nutty, soft).

4 What to do with parsnips:

- Parsnips may not be a common vegetable to the children. Parsnips go well in soups, stir-fries, stews and as a side dish, and go extremely well when mixed with other vegetables. Leftover parsnip sticks from the tasting can be mixed with potatoes in the Oven-Roasted Parsnip & Potato recipe.
- Parsnips add zip and creaminess to mashed potatoes. Creamed parsnips mixed with mashed potatoes are sure to be a hit with children of all ages. Simply dice and cook 3 or 4 medium washed and peeled parsnips and potatoes in boiling water until tender, about 15 to 20 minutes or until soft. Mash and blend with 2 Tbsp (30 mL) non-hydrogenated margarine and 1/4 tsp (1 mL) pepper. This combo makes a great topping for Shepherd's Pie (see September recipes), or as a side dish to a main meal.
- Leftover parsnips should be stored in the refrigerator.

Parsnips and Young Children

- Large pieces of parsnips or parsnip coins with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, you can serve raw parsnips grated or chopped into thin stick shapes not more than 1/4 inch (1/2 cm) in diameter and simmered slightly to soften.

Oven-Roasted Parsnip & Potato



Adapted from *Great Potatoes: A Cook's Guide to Over 150 Delicious Recipes*, Kathleen Sloan-MacIntosh, 2002

1 11" x 17" sheet pan

Yield: 6

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.37



1/2 cup Oven-Roasted Parsnip & Potato is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Oven-Roasted Parsnip & Potato freezes well.

1 lb (4)	small potatoes	454 g (4)
1/2 lb (2)	parsnips	225 g (2)
1	green onion, chopped	1
1	garlic clove, minced	1
2 Tbsp	canola oil	30 mL
1 Tbsp	curry powder	15 mL
	pepper to taste	

- 1 Preheat oven to 400°F.
- 2 Scrub the potatoes, washing off all of the soil and removing any blemishes. Cut in half and then into slices.
- 3 Wash and peel the parsnips, then cut them into slices similar in shape and size to the potatoes.
- 4 In a large bowl, mix the parsnips and potatoes. Wash, trim, and chop the green onion and add to the other vegetables.
- 5 Peel and mince the garlic and add to the oil along with the curry powder and pepper to taste. Mix into the parsnip/potato mixture.
- 6 Transfer the vegetables to the sheet pan and roast for 45 minutes to an hour. Toss gently every 15 minutes until the potatoes and parsnips are cooked through and are crusty and golden brown.

- Some children may prefer a milder version, with a smaller amount of curry.
- Other spices, such as rosemary or oregano, would also work well in this recipe.

Oven-Roasted Parsnip & Potato



Adapted from *Great Potatoes: A Cook's Guide to Over 150 Delicious Recipes*, Kathleen Sloan-MacIntosh, 2002

3 11" x 17" sheet pans

Yield: 50

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.37



1/2 cup Oven-Roasted Parsnip & Potato is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Oven-Roasted Parsnip & Potato freezes well.

10 lbs	small potatoes	4.5 kg
5 lbs	parsnips	2.5 kg
1 bunch	green onions, chopped	1 bunch
6	garlic cloves, minced	6
3/4 cup	canola oil	175 mL
1/2 cup	curry powder	125 mL
	pepper to taste	

- 1 Preheat oven to 400°F.
- 2 Scrub the potatoes, washing off all of the soil and removing any blemishes. Cut in half and then into slices.
- 3 Wash and peel the parsnips, then cut them into slices similar in shape and size to the potatoes.
- 4 In a large bowl, mix the parsnips and potatoes. Wash, trim, and chop the green onions and add to the other vegetables.
- 5 Peel and mince the garlic and add to the oil along with the curry powder and pepper to taste. Mix into the parsnip/potato mixture.
- 6 Transfer the vegetables to the sheet pans and roast for 45 minutes to an hour. Toss gently every 15 minutes until the potatoes and parsnips are cooked through and are crusty and golden brown.

- Some children may prefer a milder version, with a smaller amount of curry.
- Other spices, such as rosemary or oregano, would also work well in this recipe.

Parsnip & Apple Casserole



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.22



1/2 cup Parsnip & Apple Casserole is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Parsnip & Apple Casserole freezes well.

1 lb (4 cups)	parsnips	454 g
1	peeled apple	1
2 Tbsp	brown sugar, lightly packed	30 mL
1 tsp	cinnamon, ground	5 mL
1/2 tsp	salt	2 mL
1 tsp	cornstarch	5 mL
1/4 cup	apple juice	50 mL
1/2 tsp	non-hydrogenated margarine	2 mL

- 1 Preheat oven to 350°F.
- 2 Wash and peel the parsnips and slice thinly. Simmer for 5 minutes.
- 3 While the parsnips are simmering, core the apple and slice thinly to make rings.
- 4 Combine the brown sugar, cinnamon, and salt.
- 5 Evenly arrange the parsnips and apple slices in layers in the baking pan. Sprinkle each layer with the brown sugar mixture.
- 6 Dissolve the cornstarch in the apple juice and pour over the parsnip/apple mixture.
- 7 Dot the top layer with the margarine.
- 8 Cover and bake for 45 minutes, checking after 35 minutes. The parsnips should be very tender when pricked with a fork.
- 9 Serve in portions, trying to keep the parsnips and apples in layers.

- This sweet and nutty root vegetable is noted for its potassium and fibre content.
- Look for well-shaped small- to medium-sized parsnips with creamy-coloured skins.

Parsnip & Apple Casserole



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

3 8" x 8" baking pans

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.22



1/2 cup Parsnip & Apple Casserole is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Parsnip & Apple Casserole freezes well.

4 lbs	parsnips	2 kg
1 lb	peeled apples	454 g
1/2 cup	brown sugar, lightly packed	75 g
1 Tbsp	cinnamon, ground	15 mL
2 tsp	salt	10 g
2 Tbsp	cornstarch	20 g
1 cup	apple juice	250 mL
1 Tbsp	non-hydrogenated margarine	15 g

- 1 Preheat oven to 350°F.
- 2 Wash and peel the parsnips and slice thinly. Simmer for 5 minutes.
- 3 While the parsnips are simmering, core the apples and slice thinly to make rings.
- 4 Combine the brown sugar, cinnamon, and salt.
- 5 Evenly arrange the parsnips and apple slices in layers in the baking pans. Sprinkle each layer with the brown sugar mixture.
- 6 Dissolve the cornstarch in the apple juice and pour over the parsnip/apple mixture.
- 7 Dot the top layer with the margarine.
- 8 Cover and bake for 45 minutes, checking after 35 minutes. The parsnips should be very tender when pricked with a fork.
- 9 Serve in portions, trying to keep the parsnips and apples in layers.

- This sweet and nutty root vegetable is noted for its potassium and fibre content.
- Look for well-shaped small- to medium-sized parsnips with creamy-coloured skins.

March

Blueberries

Promotional Ideas

Recipes:

Blueberry Salsa
Saucy Blueberry Topping

Apples

Promotional Ideas

Recipes:

Glazed Apple Slices
Apple Chicken Salad

Mushrooms

Promotional Ideas

Recipes:

Stuffy Tuna Mushroom Caps
Crusty Homemade Vegetable Pizza

Onions

Promotional Ideas

Recipes:

Cheesy Mexican Enchiladas
Onion Apple Compote



Blueberries

Note: Children must wash their hands.



- 1 Fresh blueberries are available from late summer into the fall.
 - Pick up one or two boxes of fresh blueberries. Wash them. Review the anatomy of a fresh blueberry and let the children taste the blueberries. Ask the children to describe the taste and texture of a fresh blueberry (e.g., soft, yummy, fruity, sweet, sour).

Note: This is a review of the Blueberries Promotional Ideas for September.
- 2 Frozen blueberries are affordable and available all year round. They are a great way to provide the nutrition and enjoyment of blueberries throughout the year.
 - Show the children a bag of frozen highbush (larger) blueberries. Distribute the blueberries over a cookie sheet. Let each child pick up one or two blueberries and hold it in his or her hand. Ask the children to describe the frozen blueberry (e.g., cold, icy, hard). Explain to the children that the blueberry is too hard to eat until it is semi-thawed.
 - Explain to the children that thawing is like melting. During thawing the ice in the blueberry will become water.
 - Have each child place two or three frozen blueberries in a small bowl that is labeled with his or her name. Set aside for 30 to 45 minutes until the blueberries are semi-thawed. Check to ensure that the semi-thawed blueberries are soft enough to chew, especially for children under four years of age. Continue with the tasting. Ask the children to describe the taste and texture of the semi-thawed blueberries (e.g., fruity, sweet, watery, sour).
- 3 Mashing blueberries:
 - Children can help to mash blueberries and watch the berries change from whole plump blueberries into a sauce.
- 4 Children may enjoy the storybook *Blueberries for Sal* by Robert McCloskey. This is a charming, classic story about a little girl who goes berry picking with her mom and ends up having an adventure with a bear. Look for it at your local library, bookstore or online bookstore.

Mashed Blueberries

- 1 Measure 2 cups (500 mL) frozen blueberries into a large bowl.
- 2 Let the blueberries sit for approximately 10 minutes to soften.
- 3 Mash the blueberries with a potato masher.
- 4 Let each child have a turn with the potato masher. Discuss with the children how the blueberries are losing their shape and becoming sauce-like. Ask the children what they think is happening (e.g., the skins are breaking open, the blueberries are losing their shape).
- 5 Provide each child with a sample of mashed blueberries in a small bowl. Ask the children to describe the taste (e.g., sweet, sour, tangy).
- 6 Ask the children how they would like to use the sauce (with yogurt, pancakes, bagels, toast).

- Leftover mashed blueberries can be used as an ingredient in the Saucy Blueberry Topping recipe and the Slow Good Blueberry Spread (see May recipes). Both of these recipes are great at mealtime or snack as a topper for yogurt, bagels or toast.

Blueberry Salsa



Adapted from the Nova Scotia Department of Agriculture

Yield: 8

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.30



1/4 cup Blueberry Salsa is 1/2 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup Blueberry Salsa to satisfy their hunger. Leftover Blueberry Salsa freezes well.

1 cup	frozen blueberries	250 mL
1	green onion, chopped	1
2 Tbsp	canola oil	30 mL
1 Tbsp	red wine vinegar	15 mL
1 Tbsp	fresh parsley, chopped	15 mL
pinch	salt	pinch

- 1 Toss all of the ingredients in a bowl and let sit for a couple of hours to develop the flavour.
- 2 Serve instead of ketchup with chicken strips or fish, or with baked whole wheat tortilla chips.

- Blueberry Salsa is an antioxidant powerhouse with taste appeal.
- Change the flavour by adding a chopped red pepper or a few minced garlic cloves or by substituting lime juice for the red wine vinegar.

Blueberry Salsa



Adapted from the Nova Scotia Department of Agriculture

Yield: 40

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.30



1/4 cup Blueberry Salsa is 1/2 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp Blueberry Salsa and should be offered more if still hungry. Some children may need to eat more than 1/4 cup Blueberry Salsa to satisfy their hunger. Leftover Blueberry Salsa freezes well.

2 1/2 lbs	frozen blueberries	1.2 kg
1 bunch	green onions, chopped	1 bunch
1/2 cup	canola oil	125 mL
1/2 cup	red wine vinegar	125 mL
1/2 cup	fresh parsley, chopped	15 g
1 tsp	salt	5 g

- 1 Toss all of the ingredients in a bowl and let sit for a couple of hours to develop the flavour.
- 2 Serve instead of ketchup with chicken strips or fish, or with baked whole wheat tortilla chips.

- Blueberry Salsa is an antioxidant powerhouse with taste appeal.
- Change the flavour by adding a chopped red pepper or a few minced garlic cloves or by substituting lime juice for the red wine vinegar.

Saucy Blueberry Topping



Adapted from *Cuisine Actuelle*, September 2007

Yield: 10

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.26



1/4 cup Saucy Blueberry Topping is 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup Saucy Blueberry Topping to satisfy their hunger. Leftover Saucy Blueberry Topping freezes well.

2 1/2 cups (1 lb) frozen blueberries 625 mL

1/2 cup extra-fruit wild berry fruit spread 125 mL

1/4 tsp cinnamon, ground 1 mL

- 1 Combine the blueberries, fruit spread and cinnamon in a large saucepan.
- 2 Heat until the fruit spread has melted and mixed well with the blueberries.
- 3 Simmer over low heat for 10 minutes. If the mixture seems watery, continue to simmer until all of the extra liquid has evaporated.

Extra-fruit wild berry fruit spread is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) fruit spread.

- Serve this topping as a spread over a bagel or toast or as a topping for yogurt or canned fruit.

Saucy Blueberry Topping



Adapted from *Cuisine Actuelle*, September 2007

Yield: 40

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.26



1/4 cup Saucy Blueberry Topping is 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp Saucy Blueberry Topping and should be offered more if still hungry. Some children may need to eat more than 1/4 cup Saucy Blueberry Topping to satisfy their hunger. Leftover Saucy Blueberry Topping freezes well.

4 lbs	frozen blueberries	2 kg
2 cups	extra-fruit wild berry fruit spread	500 mL
1 tsp	cinnamon, ground	5 mL

- 1 Combine the blueberries, fruit spread and cinnamon in a large saucepan.
- 2 Heat until the fruit spread has melted and mixed well with the blueberries.
- 3 Simmer over low heat for 10 minutes. If the mixture seems watery, continue to simmer until all of the extra liquid has been evaporated.

Extra-fruit wild berry fruit spread is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) fruit spread.

- Serve this topping as a spread over a bagel or toast or as a topping for yogurt or canned fruit.



Apples

Note: Children must wash their hands.

- 1 Fresh apples are available from early August into late fall. With proper storage they can be available all year long. Cut an apple in half and review its anatomy. It may be helpful to refer to the Apples Promotional Ideas for November.
- 2 Children will learn how to core an apple.
 - Provide each child with an apple. Firm apples like Gala, Idared and Empire are good choices for coring. Let the children drop the apples into a large clean bin filled with water for washing. Discuss with the children why it is so important to wash the apples.

How To Core An Apple

- Each child will core an apple. Children can take turns using available apple corers for this activity.
 - Place the apple on a cutting board or counter. Press the apple corer into the centre of the apple (surrounding the core) until you reach the cutting board or counter.
 - Twist the corer and pull it up toward you to remove the core. Younger children may need help with this.
- 3 Dried apple rings are a great snack idea for young children. They are fun and simple to make.



Apple Rings

Apple rings are a fun way for children to enjoy apples. Simply thinly slice the cored apples. Each apple should provide 8 to 10 rings.

Note: The apples will turn brown if left open to the air (see below).

How To Make Dried Apple Rings

- 1 Let the children help to spread the apple rings, which have been immersed in a lemon juice and water solution, over a cookie sheet.
- 2 Let each child sprinkle a little cinnamon over the apple rings.
- 3 Bake in a very slow oven (140°F) for 5 to 7 hours. *Note: A higher temperature will cook the apples rather than dry them.*
- 4 Store dried apple rings in an airtight container for 3 to 4 days or freeze for later snacking. For children under four years old, cut the apple rings in 1/4-inch (1-cm) pieces and check to ensure that the apple rings are soft enough to chew.

Many fruit recipes use a small amount of an acid ingredient such as lemon juice to prevent browning.

To prevent the browning reaction:

Mix 1/4 cup (50 mL) lemon juice with 4 cups (1 L) of water. Immerse the fruit in the water and lemon juice solution.



Glazed Apple Slices



Adapted from *Canadian Cookbook*, Nellie Lyle Pattinson

1 or more 9" x 13" baking pans

Yield: 10

Serving Size: 2 apple slices

Cost per serving: \$0.53



2 Glazed Apple Slices are 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1 apple slice and should be offered more if still hungry. Some children may need to eat more than 2 apple slices to satisfy their hunger. Leftover Glazed Apple Slices freezes well.

4	large firm apples (Gravenstein, Honeycrisp, or Jonagold)	4
1/4 cup	brown sugar, lightly packed	50 mL
1 1/2 tsp	cinnamon, ground	7 mL
1 cup	water or apple juice	250 mL
1 Tbsp	lemon juice	15 mL
1/2 cup	yogurt, plain	125 mL

- 1 Preheat oven to 350°F.
- 2 Select 4 apples, about equal in size, and wash well.
- 3 Use an apple corer to remove the core completely from each apple.
- 4 Slice each apple into about 5 rings. Each ring should be about 1/4 to 1/3 inch (1 cm) wide. Place the apple slices in the baking pans.
- 5 Mix the brown sugar, cinnamon, water, and lemon juice. Pour the mixture evenly over the apple slices.
- 6 Bake, uncovered, for about 20 minutes. Baste with the juices after 15 minutes. The apples should be cooked only until they are tender to a fork, as you want them to keep their shape for serving. Cooking time may vary according to the ripeness of the fruit.
- 7 For each serving, place 2 apple slices on a small plate and top with 1 Tbsp (15 mL) yogurt.

- Serve Glazed Apple Slices with Raspberry Sauce (see February recipes) or Slow Good Blueberry Spread (see May recipes).
- Glazed Apple Slices make a great accompaniment to baked brown beans, chicken strips or pork strips.

Glazed Apple Slices



Adapted from *Canadian Cookbook*, Nellie Lyle Pattinson

3 or more 9" x 13" baking pans

Yield: 40

Serving Size: 2 apple slices

Cost per serving: \$0.53



2 Glazed Apple Slices are 1 VEGETABLES AND FRUIT Canada's Food Guide

servings. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 apple slice and should be offered more if still hungry. Some children may need to eat more than 2 apple slices to satisfy their hunger. Leftover Glazed Apple Slices freezes well.

16	large firm apples (Gravenstein, Honeycrisp, or Jonagold)	16
1 cup	brown sugar, lightly packed	150 g
2 Tbsp	cinnamon, ground	30 mL
4 cups	water or apple juice	1 L
1/4 cup	lemon juice	50 mL
2 cups	yogurt, plain	500 mL

- 1 Preheat oven to 350°F.
- 2 Select 16 apples, about equal in size, and wash well.
- 3 Use an apple corer to remove the core completely from each apple.
- 4 Slice each apple into about 5 rings. Each ring should be about 1/4 to 1/3 inch (1 cm) wide. Place the apple slices in the baking pans.
- 5 Mix the brown sugar, cinnamon, water, and lemon juice. Pour the mixture evenly over the apple slices.
- 6 Bake, uncovered, for about 20 minutes. Baste with the juices after 15 minutes. The apples should be cooked only until they are tender to a fork, as you want them to keep their shape for serving. Cooking time may vary according to the ripeness of the fruit.
- 7 For each serving, place 2 apple slices on a small plate and top with 1 Tbsp (15 mL) yogurt.

- Serve Glazed Apple Slices with Raspberry Sauce (see February recipes) or Slow Good Blueberry Spread (see May recipes).
- Glazed Apple Slices make a great accompaniment to baked brown beans, chicken strips or pork strips.

Apple Chicken Salad



Adapted from extension.illinois.edu/apples/recipes.cfm#7

1 medium bowl

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.48



1/2 cup Apple Chicken Salad is 1/2 MEAT AND ALTERNATIVES and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

2	apples	2
1 tsp	lemon juice	5 mL
1/3 cup	apple jelly	75 mL
1/3 cup	yogurt, plain	75 mL
2 Tbsp	unsweetened orange juice	30 mL
3/4 lb	cooked chicken	360 g
1 stalk	celery, finely chopped	1 stalk
1/4 tsp	salt	1 mL
	lettuce	

- 1 Wash the apples, remove the cores, and dice into 1/4-inch (1/2-cm) pieces. Ready-to-use apples can be substituted, for a speedier version of the recipe. Stir the lemon juice into the apples.
- 2 Melt the apple jelly over low heat. Cool slightly. Combine the jelly with the yogurt and orange juice.
- 3 Dice the chicken into 1/4-inch (1/2-cm) cubes.
- 4 In a medium bowl, combine the chicken, diced apples, and celery. Stir in the yogurt/jelly mixture. Add the salt.
- 5 Serve on a small bed of chopped lettuce.

Apple jelly is a condiment in this recipe. Each serving provides 2/3 Tbsp (10 mL) jelly.

- Serve this tasty and crunchy chicken and apple combination with a slice of whole wheat bread or a grainy roll.
- Apple Chicken Salad goes well as a filling for a wrap or pita bread.

Apple Chicken Salad



Adapted from extension.illinois.edu/apples/recipes.cfm#7

1 large bowl

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.48



1/2 cup Apple Chicken Salad is 1/2 MEAT AND ALTERNATIVES and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

4 lbs	apples	2 kg
1/4 cup	lemon juice	50 mL
2 cups	apple jelly	500 mL
2 cups	yogurt, plain	500 mL
1/2 cup	unsweetened orange juice	125 mL
4 lbs	cooked chicken	2 kg
1/2 bunch	celery, finely chopped	1/2 bunch
1 tsp	salt	5 g
	lettuce	

- 1 Wash the apples, remove the cores, and dice into 1/4-inch (1/2-cm) pieces. Ready-to-use apples can be substituted, for a speedier version of the recipe. Stir the lemon juice into the apples.
- 2 Melt the apple jelly over low heat. Cool slightly. Combine the jelly with the yogurt and orange juice.
- 3 Dice the chicken into 1/4-inch (1/2-cm) cubes.
- 4 In a large bowl, combine the chicken, diced apples, and celery. Stir in the yogurt/jelly mixture. Add the salt.
- 5 Serve on a small bed of chopped lettuce.

Apple jelly is a condiment in this recipe. Each serving provides 2/3 Tbsp (10 mL) jelly.

- Serve this tasty and crunchy chicken and apple combination with a slice of whole wheat bread or a grainy roll.
- Apple Chicken Salad goes well as a filling for a wrap or pita bread.

Mushrooms

Note: Children must wash their hands.



- 1 Mushrooms are grown and available in Nova Scotia all year round.
 - Visit a local farmers' market or local grocery store for some Nova Scotia mushrooms. Button and Portobello are the most common mushrooms in Nova Scotia.
 - Place the mushrooms in a large bag or box and let the children run their hands through to see how they feel. Ask the children to describe the appearance and smell of the mushrooms (e.g., like the earth, like a garden, white, rubbery, like a ball, soft, speckled etc.).
 - Show the children the parts of the mushroom. Ask the children why the mushrooms are white (they grow in the dark).



CAP: The cap is the upper part of the mushroom. It protects the gills.

GILLS: The gills make the spores, which make more mushrooms. The mushroom spores are like the seeds of other vegetables like broccoli or cauliflower. Each spore will grow into another mushroom.

STEM: The stem supports the mushroom cap.

To Remove the Mushroom Cap from the Stem

The stem and cap will easily come apart by twisting the stem below the cap. This should disconnect the stem from the cap.

- 2 Sampling mushrooms: Provide each child with a mushroom; each child will clean a mushroom. Mushrooms can be cleaned with a damp cloth, a soft bristle mushroom brush or by running under water and patting dry with a clean cloth.
 - Help the children cut their mushrooms in half. *Note: Some children under four years old may need to have their mushrooms cut into smaller pieces.*
 - Let the children taste their fresh mushrooms. Ask the children to describe the taste of the mushroom (e.g., soft, spongy, watery).
- 3 Stuffed mushrooms: Each child will have the opportunity to stuff his or her mushroom.
 - Assemble enough whole wheat breadcrumbs and grated cheese so that each child will have 1 tsp (5 mL) mixed breadcrumbs and grated cheese. Combining 1/2 cup (125 mL) breadcrumbs with 1/2 cup (125 mL) grated cheese provides enough for approximately 45 1-tsp (5-mL) servings.

Stuffed Mushrooms

- 1 Provide each child with a mushroom. Have each child clean his or her mushroom by wiping it with a paper towel.
- 2 Show the children how to twist the mushroom stem away from the mushroom cap. Some of the children may need help with this.
- 3 Provide each child with a small dish containing 1 tsp (5 mL) of the breadcrumb and cheese mixture.
- 4 Show the children how to put the breadcrumb and cheese mixture into the hole in the mushroom cap.
- 5 Have each child place their mushroom cap on a foil-lined baking tray, labeled accordingly so that each child may sample his or her own mushroom cap. Bake at 350°F for 10 minutes. Cool and sample.



Stuffy Tuna Mushroom Caps



Adapted from allrecipes.com

1 11" x 17" sheet pan

Yield: 8

Serving Size: 2 mushroom caps

Cost per serving: \$0.71



2 Stuffy Tuna Mushroom Caps is 1/4 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1 mushroom cap and should be offered more if still hungry. Some children may need to eat more than 2 mushroom caps to satisfy their hunger.

1 lb (16)	large white button mushrooms	454 g (16)
2 tsp	canola oil	10 mL
1 Tbsp	green onion, chopped	15 mL
1 Tbsp	red pepper, finely chopped	15 mL
1 Tbsp	green pepper, finely chopped	15 mL
1 6-oz can	flaked white tuna	1 170-g can
1 tsp	lemon juice	5 mL
1 Tbsp	bread crumbs, whole wheat	15 mL

- 1 Preheat oven to 350°F.
- 2 Clean the mushrooms (see the text box on next page). Remove the stems by snapping them to the side. Chop the mushroom stems.
- 3 Heat 1 tsp (5 mL) of the oil in a frying pan; add the mushroom stems, green onion, red pepper and green pepper. Sauté until soft.
- 4 Mix the sautéed mixture with the drained tuna, lemon juice and bread crumbs.
- 5 Divide the tuna mixture evenly (about 1 Tbsp/15 mL per cap) among the 16 mushroom caps and mound slightly.
- 6 Lightly grease the sheet pan with the remaining 1 tsp (5 mL) oil. Arrange the mushrooms on the sheet pan.
- 7 Bake for about 20 minutes, until lightly browned. To serve, cut each mushroom in half lengthwise.

Note: Some children under four years old may need the mushroom halves cut further, into smaller pieces.

- It is not necessary to peel mushrooms.
- Mushrooms can be cleaned with a damp cloth, a soft bristle mushroom brush or by running under water and patting dry with a clean cloth.

Stuffy Tuna Mushroom Caps



Adapted from allrecipes.com

2 11" x 17" sheet pans

Yield: 30

Serving Size: 2 mushroom caps

Cost per serving: \$0.71



2 Stuffy Tuna Mushroom Caps is 1/4 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 mushroom cap and should be offered more if still hungry. Some children may need to eat more than 2 mushroom caps to satisfy their hunger.

4 1/2 lbs (60)	large white button mushrooms	2 kg (60)
1 Tbsp	canola oil	15 mL
1/4 cup	green onion, chopped	50 mL
1/4 cup	red pepper, finely chopped	50 mL
1/4 cup	green pepper, finely chopped	50 mL
6 6-oz cans	flaked white tuna	6 170-g cans
1 Tbsp	lemon juice	15 mL
1/4 cup	bread crumbs, whole wheat	50 mL

- 1 Preheat oven to 350°F.
- 2 Clean the mushrooms (see the text box on next page). Remove the stems by snapping them to the side. Chop the mushroom stems.
- 3 Heat one-half of the oil (1 1/2 tsp/7 mL) in a frying pan; add the mushroom stems, green onion, red pepper and green pepper. Sauté until soft.
- 4 Mix the sautéed mixture with the drained tuna, lemon juice, and bread crumbs.
- 5 Divide the tuna mixture evenly (about 1 Tbsp/15 mL per cap) among the 60 mushroom caps and mound slightly.
- 6 Lightly grease the sheet pans with the remaining oil. Arrange the mushrooms on the sheet pans.
- 7 Bake for about 20 minutes, until lightly browned. To serve, cut each mushroom in half lengthwise.

Note: Some children under four years old may need the mushroom halves cut further, into smaller pieces.

- It is not necessary to peel mushrooms.
- Mushrooms can be cleaned with a damp cloth, a soft bristle mushroom brush or by running under water and patting dry with a clean cloth.

Crusty Homemade Vegetable Pizza



Adapted from a home recipe

1 14" pizza pan

Yield: 8

Serving Size: 1 slice

Cost per serving: \$0.62



1 slice Crusty Homemade Vegetable Pizza is 1 GRAIN PRODUCTS, 1/2 VEGETABLES AND FRUIT, and 1/2 MILK AND ALTERNATIVES Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger. Leftover Crusty Homemade Vegetable Pizza freezes well.

Dough

2/3 cup	all-purpose flour, sifted	150 mL
1/3 cup	whole wheat flour	75 mL
1 1/2 tsp	quick-rising yeast	7 mL
1/2 tsp	salt	2 mL
1/2 cup	warm water	125 mL
1/2 tsp	white granulated sugar	2 mL
1 Tbsp	vegetable oil	15 mL

- 1 Preheat oven to 375°F.
- 2 In a bowl, combine the all-purpose flour, whole wheat flour, yeast, and salt.
- 3 Combine the warm water, sugar, and oil. Add to the flour mixture. Using a wooden spoon, stir until the dough begins to come together and forms a ball. You may need to add in a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 4 Turn the dough out onto a lightly floured board and knead gently until the dough feels elastic. Shape into a ball.
- 5 Place in a lightly greased bowl and leave at room temperature until it doubles in size.
- 6 Lightly grease the pizza pan. Using your fingertips, spread the pizza dough to the outside edges of the pan.

Tomato Sauce and Topping for Pizza

1/2 cup	prepared tomato sauce, reduced sodium	125 mL
1 1/2 cups	mozzarella cheese, grated	375 mL
1 cup	fresh spinach, washed	250 mL
1	roasted red pepper, diced (see June recipes)	1
1 cup	mushrooms, sliced	250 mL

- 1 Spread the tomato sauce over the pizza dough.
- 2 Sprinkle 3/4 cup (175 mL) of the cheese over the pizza.
- 3 Wash the spinach and pat dry with a paper towel. Spread the spinach evenly over the cheese.
- 4 Top with the remaining cheese. Distribute the red pepper over the top of the cheese. Spread the sliced mushrooms over the pizza.
- 5 Bake for 20 to 30 minutes, until the cheese is melted and slightly golden.
- 6 Cut into 8 slices or smaller sized slices if desired. See the serving icon.

- A speedy version of this recipe can be made with frozen ready-to-use pizza dough that meets the food and beverage criteria in the Standards for Food and Nutrition in Regulated Child Care Settings.
- Allow the dough to thaw and roll the dough ball to fit the pizza pan.

Crusty Homemade Vegetable Pizza



Adapted from a home recipe

6 14" pizza pans

Yield: 48

Serving Size: 1 slice

Cost per serving: \$0.62



1 slice Crusty Homemade Vegetable Pizza is 1 GRAIN PRODUCTS, 1/2 VEGETABLES AND FRUIT, and 1/2 MILK AND ALTERNATIVES Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger. Leftover Crusty Homemade Vegetable Pizza freezes well.

Dough

4 cups	all-purpose flour, sifted	454 g
2 cups	whole wheat flour	240 g
3 Tbsp	quick-rising yeast	45 g
3 tsp	salt	15 g
3 cups	warm water	750 mL
3 tsp	white granulated sugar	15 g
1/3 cup	vegetable oil	75 mL

- 1 Preheat oven to 375°F.
- 2 In a large bowl, combine the all-purpose flour, whole wheat flour, yeast, and salt.
- 3 Combine the warm water, sugar, and oil. Add to the flour mixture. Using a wooden spoon, stir until the dough begins to come together and forms a ball. You may need to add in a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 4 Turn the dough out onto a lightly floured board and knead gently until the dough feels more elastic. Divide the dough into 6 even pieces and shape into balls.
- 5 Place the dough balls in lightly greased bowls and leave at room temperature until they double in size.
- 6 Lightly grease the pizza pans. Using your fingertips, spread the pizza dough to the outside edges of each pan.

Tomato Sauce and Topping for Pizza

3 cups	prepared tomato sauce, reduced sodium	750 mL
2 lbs	mozzarella cheese, grated	1 kg
1/2 lb (7 to 8 cups)	fresh spinach, washed	225 g
8	roasted red peppers, diced (see June recipes)	8
1 1/2 lbs	mushrooms, sliced	700 g

- 1 Spread 1/2 cup (125 mL) tomato sauce over each pizza.
- 2 Sprinkle 3/4 cup (175 mL) of the cheese over the tomato sauce.
- 3 Wash the spinach and pat dry with a paper towel. Spread 1 cup (250 mL) of the spinach evenly over the cheese.
- 4 Top each pizza with the remaining cheese (1/2 cup/125 mL for each pizza). Distribute the red pepper over the top of the cheese. Evenly distribute the sliced mushrooms over the pizzas.
- 5 Bake for 20 to 30 minutes, until the cheese is melted and slightly golden.
- 6 Cut each pizza into 8 slices or smaller sized slices if desired. See the serving icon.

- A speedy version of this recipe can be made with frozen ready-to-use pizza dough that meets the food and beverage criteria in the Standards for Food and Nutrition in Regulated Child Care Settings.
- Allow the dough to thaw and roll the dough ball to fit the pizza pan.

Onions

Note: Children must wash their hands.



1 Onions are a cold-weather crop that is popular in Nova Scotia gardens. Onions add flavour to raw dishes like salads and all sorts of warm dishes, especially casseroles and vegetable mixtures. Onions mix well with other vegetables and are a common ingredient in many everyday recipes.

2 The onion family:

- Onions belong to the lily family – the same family as garlic, leeks, chives, green onions and shallots.
- Check out a local farmers' market to find a bag of yellow-skinned Nova Scotia onions, a bunch of leeks, a garlic bulb and a bunch of green onions. Look for onions that are light golden-brown in colour, with a shiny skin and firm, tight, dry necks. Onions that are soft or mushy to the touch are most likely spoiled inside.
- Provide more information about vegetable families. Ask the children if they can think of other vegetables that belong to a particular family (e.g., broccoli, cauliflower, Brussels sprouts or celery, carrots, parsnips and fennel).
- Make a display with the onion family. Arrange the onions on a table with the garlic, leeks and green onions.
- Let the children smell the onions, leeks and garlic. Ask the children to describe the appearance of the onion family members and ask the children if they all smell the same.
- Ask the children to look for things that are similar between the onion and its family (e.g., the smell, the colour).
- Ask the children what the differences are between the onion and its family. The children may notice more differences than similarities.

3 The parts of an onion plant:

- Onions are a bulb. They grow underground and should be picked when their tops are dead.
- Onions are surrounded by a paper-like skin or "tunic". The skin is removed before cooking. Skins may be brown, yellow or red.
- The inside of the onion bulb contains layered leaves or scales. Look at the bottom of the onion to see where the first leaf or scale started to grow. The onion bulb grows bigger as new leaves or scales develop.



- 4** Ask the children if onions have ever made them cry.
 - It is best that the children do not touch or taste the raw onions. Raw onions may be quite strong for the children and they may make their eyes fill with tears. Explain to the children that there is something in the onion that causes tears to come from our eyes.
 - Explain to the children that once an onion is cooked, the substance in it can no longer cause tears to come from our eyes.
- 5** Slowly stir-fry a pan of sliced onions. As the onions cook they become sweeter and milder in flavour. Provide each child with a small bowl with 1 tsp (5 mL) of slowly cooked onions for tasting. Onions cooked slowly are known as caramelized onions. Leftover caramelized onions can be added to a soup or casserole dish such as Onion Apple Compote.

Cheesy Mexican Enchiladas



Adapted from *Cooking Healthy Across America*, American Dietetic Association, 2004

1 11" x 17" sheet pan

Yield: 12

Serving Size: 1 enchilada

Cost per serving: \$0.58



1 Cheesy Mexican Enchilada is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 enchilada and should be offered more if still hungry. Some children may need to eat more than 1 enchilada to satisfy their hunger. Leftover Cheesy Mexican Enchiladas freezes well.

1 tsp	non-hydrogenated margarine	5 mL
1 1/2 cups	fresh prepared mashed squash (see the text box on next page)	375 mL
1/2 tsp	allspice, ground	2 mL
1	medium onion, finely chopped	1
1/2 cup	canned black beans, rinsed and drained	125 mL
1 1/2 cups	medium cheddar cheese, grated	375 mL
	pepper to taste	
12 6-inch	whole wheat tortillas	12 15-cm
6 Tbsp	salsa	90 mL

- 1 Preheat oven to 350°F.
- 2 Lightly grease the sheet pan with the margarine.
- 3 Combine the mashed squash, allspice, onion, black beans, and cheese in a large bowl. Season with pepper to taste and blend thoroughly.
- 4 Spread each tortilla with 1/2 Tbsp (7 mL) salsa. Place 1/4 cup (50 mL) squash mixture in the centre of the tortilla. Fold in the four edges of the tortilla to make a rectangle.
- 5 Place the tortilla, folded-side-down, on the greased pan. The folded underside will seal during baking. Repeat until all of the tortillas have been filled. Bake for 20 minutes, until slightly brown.

Salsa is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) salsa.

To Prepare Mashed Squash

Wash the squash thoroughly and divide in half. Scrape out the seeds from the inside. Place in a baking pan with the skin side facing down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake at 350°F for 45 minutes to an hour, until the squash is tender to a fork. Remove from the oven and cool until the squash can be handled. The skin should easily lift off the squash and the remaining squash may now be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-lb (1.5-kg) squash makes 3 cups (750 mL) mashed squash.

Cheesy Mexican Enchiladas



Adapted from *Cooking Healthy Across America*, American Dietetic Association, 2004

2 11" x 17" sheet pans

Yield: 48

Serving Size: 1 enchilada

Cost per serving: \$0.58



1 Cheesy Mexican Enchilada is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 enchilada and should be offered more if still hungry. Some children may need to eat more than 1 enchilada to satisfy their hunger. Leftover Cheesy Mexican Enchiladas freezes well.

1 Tbsp	non-hydrogenated margarine	15 mL
6 cups	fresh prepared mashed squash (see the text box on next page)	1.5 L
1 tsp	allspice, ground	5 mL
1 1/2	medium onions, finely chopped	1 1/2
2 19-oz cans	black beans, rinsed and drained	2 540-mL cans
1 1/2 lbs	medium cheddar cheese, grated	700 g
	pepper to taste	
48 6-inch	whole wheat tortillas	48 15-cm
1 1/2 cups	salsa	375 mL

- 1 Preheat oven to 350°F.
- 2 Lightly grease the sheet pans with the margarine.
- 3 Combine the mashed squash, allspice, onions, black beans and cheese in a large bowl. Season with pepper to taste and blend thoroughly.
- 4 Spread each tortilla with 1/2 Tbsp (7 mL) salsa. Place 1/4 cup (50 mL) squash mixture in the centre of a tortilla. Fold in the four edges of the tortilla to make a rectangle.
- 5 Place the tortilla, folded-side-down, on the greased pan. The folded underside will seal during baking. Repeat until all of the tortillas have been filled. Bake for 20 minutes, until slightly brown.

Salsa is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) salsa.

To Prepare Mashed Squash

Wash the squash thoroughly and divide in half. Scrape out the seeds from the inside. Place in a baking pan with the skin side facing down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake at 350°F for 45 minutes to an hour, until the squash is tender to a fork. Remove from the oven and cool until the squash can be handled. The skin should easily lift off the squash and the remaining squash may now be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-lb (1.5-kg) squash makes 3 cups (750 mL) mashed squash.

Onion Apple Compote



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.50



1/2 cup Onion Apple Compote is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Onion Apple Compote freezes well.

1/2 tsp	non-hydrogenated margarine	2 mL
2 lbs (6)	apples	1 kg (6)
1 tsp	lemon juice	5 mL
1/4 cup	all-purpose flour, sifted	50 mL
1/4 cup	brown sugar, lightly packed	50 mL
1/2 tsp	salt	2 mL
1 lb	onions	454 g
1/2 cup	apple juice	125 mL

- 1 Preheat oven to 350°F.
- 2 Lightly grease the baking pan with the margarine.
- 3 Wash the apples. Use an apple corer to core each apple. Slice the apples into thin rings and sprinkle with the lemon juice to prevent discoloration.
- 4 Combine the flour, brown sugar, and salt. Sprinkle over the apples and toss gently to coat.
- 5 Dice the onions and layer with the seasoned apples in the pan. Pour the apple juice over the onions and apples.
- 6 Cover and bake for 45 minutes to an hour. Uncover for the last 5 minutes to brown lightly.
- 7 Serve with any pork, chicken or beef menu item. This compote also adds zip to a sandwich, wrap or hamburger.

- Gravenstein apples are a good choice for this recipe.
- Change the flavour by adding a pinch of ground cloves, nutmeg or cinnamon to the dry ingredients, or try adding a handful of raisins before baking.

Onion Apple Compote



Adapted from *Out of Nova Scotia Gardens*, Marie Nightingale, 1998

3 9" x 13" baking pans

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.50



1/2 cup Onion Apple Compote is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Onion Apple Compote freezes well.

1 1/2 tsp	non-hydrogenated margarine	7 g
10 lbs	apples	4.5 kg
2 Tbsp	lemon juice	30 mL
1 1/2 cups	all-purpose flour, sifted	175 g
1 cup	brown sugar, lightly packed	150 g
2 tsp	salt	10 g
5 lbs	onions	2 kg
1 1/2 cups	apple juice	375 mL

- 1 Preheat oven to 350°F.
- 2 Lightly grease the baking pans with the margarine.
- 3 Wash the apples. Use an apple corer to core each apple. Slice the apples into thin rings and sprinkle with the lemon juice to prevent discoloration.
- 4 Combine the flour, brown sugar, and salt. Sprinkle over the apples and toss gently to coat.
- 5 Dice the onions and layer with the seasoned apples in the baking pans. Pour the apple juice over the onions and apples.
- 6 Cover and bake for 45 minutes to an hour. Uncover for the last 5 minutes to brown lightly.
- 7 Serve with any pork, chicken or beef menu item. This compote also adds zip to a sandwich, wrap or hamburger.

- Gravenstein apples are a good choice for this recipe.
- Change the flavour by adding a pinch of ground cloves, nutmeg or cinnamon to the dry ingredients, or try adding a handful of raisins before baking.

April

Raspberries

Promotional Ideas

Recipes:

Three-Grain Raspberry Muffins
Raspberry Fruit Medley

Cranberries

Promotional Ideas

Recipes:

Cranberry-Glazed Meatballs
Crunchy Nova Scotia Granola

Tomatoes

Promotional Ideas

Recipes:

Spicy Mexican Triangles
Bruschetta

Corn

Promotional Ideas

Recipes:

Tex Mex Corn Muffins
Chuckwagon Taco Pie



Raspberries

Note: Children must wash their hands.



On the day before this activity, measure 2 cups (500 mL) of raspberries into a strainer. Place the strainer over a bowl and put the strainer and bowl in the refrigerator.

- 1 Fresh raspberries are available throughout the summer months.
 - Pick up one or two boxes of fresh raspberries. Wash them and pat dry. Provide each child with a raspberry.
 - Show the children all of the little pieces that are part of a raspberry. These little pieces are called “drupelets”. All of these little parts or drupelets come together to make one raspberry.
 - Show the children the raspberry seeds. Ask the children to find the seeds on their raspberry.
 - Measure 1 cup (250 mL) raspberries. Tell the children that each cup of raspberries contains about 4,000 seeds. Ask the children if they think this is a lot.
- 2 Review frozen raspberries from the Raspberries Promotional Ideas for February. Ask the children if they remember making the Ruby Red Raspberry Smoothies. Did they like it? Have they tried making it at home?
 - Show the children a bag of frozen raspberries. Let the children measure 2 cups (500 mL) of raspberries into a strainer. Place the strainer over a bowl. Explain to the children that you are going to remove the seeds from the raspberries.
 - Bring out the raspberries that were placed in the strainer the day before. Explain to the children that to remove the seeds, the raspberries must thaw so that the juice will run through the strainer. Show the children the seeds and the juice.
 - The juice will be used in the Raspberry Sauce recipe.

Raspberry Sauce

- 1 Place the raspberry juice in a saucepan.
- 2 Mix 3 Tbsp (45 mL) white granulated sugar with 1 Tbsp (15 mL) cornstarch.
- 3 Stir the sugar/cornstarch mixture into the raspberry juice.
- 4 Cook over medium heat until the mixture comes to a boil. Reduce the heat and simmer for 1 minute. Chill.

- Provide each child with a small sample of the sauce in a small bowl. This makes 24 2-tsp (10-mL) servings.
- Leftover Raspberry Sauce may be used in Peach Melba (see February recipes) or stirred into yogurt.

Three-Grain Raspberry Muffins



Adapted from mayoclinic.org/healthy-living/recipes/threegrain-raspberry-muffins/rcp-20049625

Muffin tins to accommodate 15 medium or 45 mini-sized muffin cups lined with muffin papers

Yield: 15

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.16



1 medium or 3 mini-sized Three-Grain Raspberry Muffins is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium or 3 mini-sized muffins to satisfy their hunger. Leftover Three-Grain Raspberry Muffins freezes well.

2/3 cup	large-flake rolled oats	150 mL
1 1/4 cups	milk	300 mL
1/2 cup	all-purpose flour, sifted	125 mL
1/2 cup	whole wheat flour	125 mL
2/3 cup	cornmeal	150 mL
1/3 cup	flax flour or flax meal	75 mL
1 1/2 Tbsp	baking powder	20 mL
1/4 tsp	salt	1 mL
2	eggs	2
3/4 tsp	lemon zest (wash the lemon well)	2 mL
1/3 cup	canola oil	75 mL
1/2 cup	brown sugar, lightly packed	125 mL
1 1/2 cups	frozen whole raspberries	375 mL

- 1 Preheat oven to 375°F.
- 2 In a large microwave-safe bowl, combine the oats and milk. Microwave on high until the oats are creamy and tender, about 5 to 6 minutes. Cool slightly.
- 3 In a large mixing bowl, mix the all-purpose and whole wheat flours, cornmeal, flax flour, baking powder and salt.
- 4 In a separate bowl, beat the eggs. Mix in the lemon zest, oil, brown sugar, and oats mixture.
- 5 Add the liquid ingredients to the dry ingredients. Mix until the dry ingredients are moist.
- 6 Gently fold the raspberries into the batter. Fill the lined muffin cups 2/3 full.
- 7 Bake for 20 to 30 minutes, until the muffins are lightly browned and a toothpick inserted in the centre comes out clean.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin tin with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 15 medium or 45 mini-sized muffins. Three-Grain Raspberry Muffins freezes very well.

Three-Grain Raspberry Muffins



Adapted from mayoclinic.org/healthy-living/recipes/threegrain-raspberry-muffins/rcp-20049625

Muffin tins to accommodate 45 medium or 135 mini-sized muffin cups lined with muffin papers

Yield: 45

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.16



1 medium or 3 mini-sized Three-Grain Raspberry Muffins is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium or 3 mini-sized muffins to satisfy their hunger. Leftover Three-Grain Raspberry Muffins freezes well.

2 cups	large-flake rolled oats	230 g
4 cups	milk	1 L
1 1/2 cups	all-purpose flour, sifted	175 g
1 1/2 cups	whole wheat flour	180 g
2 cups	cornmeal	300 g
1 cup	flax flour or flax meal	65 g
4 Tbsp	baking powder	60 g
1 tsp	salt	5 g
4	eggs	4
2 tsp	lemon zest (wash the lemon well)	10 mL
1 cup	canola oil	250 mL
1 1/2 cups	brown sugar, lightly packed	225 g
4 1/2 cups (1 1/2 lbs)	frozen whole raspberries	700 g

- 1 Preheat oven to 375°F.
- 2 In a large microwave-safe bowl, combine the oats and milk. Microwave on high until the oats are creamy and tender, about 5 to 6 minutes. Cool slightly.
- 3 In a large mixing bowl, mix the all-purpose and whole wheat flours, cornmeal, flax flour, baking powder and salt.
- 4 In a separate bowl, beat the eggs. Mix in the lemon zest, oil, brown sugar and oats mixture.
- 5 Add the liquid ingredients to the dry ingredients. Mix until the dry ingredients are moist.
- 6 Gently fold the raspberries into the batter. Fill the lined muffin cups 2/3 full.
- 7 Bake for 20 to 30 minutes, until the muffins are lightly browned and a toothpick inserted in the centre comes out clean.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin tin with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 45 regular or 135 mini-sized muffins. Three-Grain Raspberry Muffins freezes very well.

Raspberry Fruit Medley



Adapted from the Strawberry Apple Salsa recipe (see January recipes)

1 medium bowl

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.51



1/2 cup Raspberry Fruit Medley is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup Raspberry Fruit Medley to satisfy their hunger. Leftover Raspberry Fruit Medley freezes well.

2	apples	2
1 14-oz can	pear halves in natural juice	1 398-mL can
3 cups	frozen raspberries	750 mL
3 Tbsp	white granulated sugar	45 mL
1 Tbsp	lime juice	15 mL

- 1 Dice the apples into 1/4-inch (1/2-cm) pieces.
- 2 Drain and dice the canned pears into 1/4-inch (1/2-cm) pieces.
- 3 In a bowl, combine the apples, pears and raspberries.
- 4 Mix the sugar and lime juice. Add to the fruit mixture. Stir.

- This apple, pear, and raspberry combination has a smooth velvety feel to it.
- For a different flavour, use orange juice or lemon juice instead of the lime juice.

Raspberry Fruit Medley



Adapted from the Strawberry Apple Salsa recipe (see January recipes)

1 large bowl

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.51



1/2 cup Raspberry Fruit Medley is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Leftover Raspberry Fruit Medley freezes well.

3 lbs	apples	1.5 kg
1 28-oz can	pear halves in natural juice	1 798-mL can
6 lbs	frozen raspberries	3 kg
1 cup	white granulated sugar	200 g
1/4 cup	lime juice	50 mL

- 1 Dice the apples into 1/4-inch (1/2-cm) pieces.
- 2 Drain and dice the canned pears into 1/4-inch (1/2-cm) pieces.
- 3 In a bowl, combine the apples, pears and raspberries.
- 4 Mix the sugar and lime juice. Add to the fruit mixture. Stir.

- This apple, pear, and raspberry combination has a smooth velvety feel to it.
- For a different flavour, use orange juice or lemon juice instead of the lime juice.

Cranberries

Note: Children must wash their hands.



- 1 Fresh cranberries are available throughout the fall and early winter months. Some farmers' markets provide a steady supply of Nova Scotia cranberries into the months of January and February.
 - Pick up a bag of fresh cranberries (if there are any available; when they are out of season they are often difficult to find). Review the anatomy of a cranberry. Wash the cranberries and provide each child with a fresh cranberry to taste. Ask the children to describe the taste and texture of the fresh cranberry (e.g., sour, bitter). *Note: This is a review of the Cranberries Promotional Ideas for December.* For children under 4 years old, cut the cranberries into half lengthwise and further cut into quarters.
- 2 Frozen cranberries are affordable and available all year round. They are a great way to provide the nutrition and enjoyment of cranberries when they are no longer in season.
 - Show the children a bag of frozen cranberries and distribute them over a cookie sheet. Let each child pick up one cranberry and hold it in his or her hand. Ask the children to describe the cranberry (e.g., cold, icy, hard).
 - The children may remember from December that cranberries are very tart and are usually not eaten by themselves. They are great to combine with other fruit or other ingredients in a recipe.
- 3 Counting the cranberries:
 - Provide each child with a plastic glass. Use different sizes of glasses for more variety. Ask each child to fill a glass with cranberries and to count the cranberries as he or she goes along. Help the children to label the number of cranberries that they have in their glass.
 - It takes 300 cranberries to make a glass of juice; ask the children if this seems like a lot of cranberries. How does 300 compare to the number that they have in their glass?
- 4 Cranberry Juice:
 - Ask the children to squeeze a cranberry from their glass. What do they see on their fingers? Ask the children to explain what happens when you squeeze a berry like a cranberry.
 - Provide the children with a sample of unsweetened cranberry juice. Most commercial cranberry juices may be sweetened or contain artificial sweeteners. Unsweetened cranberry juice is as tart as the cranberries used to make it, however when it's mixed with other juices, like apple juice, it is less

tart and will be better accepted by children. Try mixing equal parts of cranberry juice and apple juice as a beverage for the children; if the juice is still too tart, decrease the amount of cranberry juice to 1 part cranberry juice to 3 parts apple juice.

5 Dried Cranberries:

- The children may be familiar with dried cranberries. Most commercial dried cranberries are sweetened; cranberries that have been dried with no sugar added are recommended as a snack. *Note: Dried cranberries can be cut into smaller pieces for children under 4 years old.*
- Provide each child with a small sample of dried cranberries. Ask the children how they could eat dried cranberries (e.g., on their cereal, in yogurt, mixed into granola, as a snack).
- Remind the children about making dried apple rings from the Promotional Ideas for March. Ask the children how they think dried cranberries are made.

6 For a snack or lunch, try serving Oatmeal Cranberry Cookies (see December recipes) made with frozen cranberries. This crispy cookie is sure to please the children and is a great way to demonstrate how the tartness of frozen cranberries blends nicely with the other cookie ingredients.

Cranberry-Glazed Meatballs



Adapted from *Johnston's Cranberries* at cranberry.ca

1 9" x 13" baking pan

Yield: 10

Serving Size: 3 meatballs

Cost per serving: \$0.44



3 Cranberry-Glazed Meatballs is 1/2 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1 or 2 meatballs and should be offered more if still hungry. Some children may need to eat more than 3 meatballs to satisfy their hunger. Leftover Cranberry-Glazed Meatballs freezes well.

Meatballs

1 lb	Healthy Choice Meatballs®	454 g
------	---------------------------	-------

Sauce

3/4 cup	white granulated sugar	175 mL
3/4 cup	water	175 mL
2 cups	fresh or frozen cranberries	500 mL
2 Tbsp	vinegar	30 mL
1 Tbsp	brown sugar, lightly packed	15 mL
1 Tbsp	prepared mustard	15 mL
1/2 tsp	Worcestershire sauce	2 mL

- 1 Preheat oven to 350°F.
- 2 Spread the meatballs over the baking pan.
- 3 In a large saucepan, dissolve the white sugar in the water. Bring to a boil. Add the cranberries and return to a boil. Reduce heat. Continue to boil gently until the cranberry skins break, about 10 minutes. Cool slightly.
- 4 Add the vinegar, brown sugar, prepared mustard and Worcestershire sauce. Mix the ingredients well.
- 5 Evenly distribute the cranberry mixture over the meatballs. Bake for 30 to 40 minutes, until the meatballs are heated through and nicely glazed. Stir every 10 minutes.

- This sweet and tangy combination is packed with vitamin C and other nutrients that play a vital role in the prevention of coronary heart disease and cancer.
- The cranberry glaze mixture makes an excellent condiment for healthy-choice hamburgers or chicken strips.
- This recipe works equally well with fresh or frozen cranberries.

Cranberry-Glazed Meatballs



Adapted from *Johnston's Cranberries* at cranberry.ca

3 9" x 13" baking pans

Yield: 40

Serving Size: 3 meatballs

Cost per serving: \$0.44



3 Cranberry-Glazed Meatballs is 1/2 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 or 2 meatballs and should be offered more if still hungry. Some children may need to eat more than 3 meatballs to satisfy their hunger. Leftover Cranberry-Glazed Meatballs freezes well.

Meatballs

2 2-lb pkgs	Healthy Choice Meatballs®	2 908-g pkgs
-------------	---------------------------	--------------

Sauce

2 cups	white granulated sugar	400 g
3 cups	water	750 mL
2 11-oz bags	fresh or frozen cranberries	2 340-g bags
1/2 cup	vinegar	125 mL
1/4 cup	brown sugar, lightly packed	35 g
1/4 cup	prepared mustard	50 mL
1 Tbsp	Worcestershire sauce	15 mL

- 1 Preheat oven to 350°F.
- 2 Spread the meatballs over the baking pans.
- 3 In a large saucepan, dissolve the white sugar in the water. Bring to a boil. Add the cranberries and return to a boil. Reduce heat. Continue to boil gently until the cranberry skins break, about 10 minutes. Cool slightly.
- 4 Add the vinegar, brown sugar, prepared mustard, and Worcestershire sauce. Mix the ingredients well.

5 Evenly distribute the cranberry mixture over the meatballs. Bake for 30 to 40 minutes, until the meatballs are heated through and nicely glazed. Stir every 10 minutes.

- This sweet and tangy combination is packed with vitamin C and other nutrients that play a vital role in the prevention of coronary heart disease and cancer.
- The cranberry glaze mixture makes an excellent condiment for healthy-choice hamburgers or chicken strips.
- This recipe works equally well with fresh or frozen cranberries.

Crunchy Nova Scotia Granola



Adapted from *Fine Cooking*, December 2007

2 11" x 17" sheet pans

Yield: 30

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.48



1/4 cup Crunchy Nova Scotia Granola is 1/2 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup to satisfy their hunger.

4 cups	old-fashioned rolled oats	340 g
1/2 cup	oat bran	45 g
1/2 cup	flax flour or flax meal	35 g
1/2 cup	skim milk powder	50 g
1/2 cup	canola oil	125 mL
1 cup	brown sugar, lightly packed	150 g
1/4 cup	water	50 mL
1 Tbsp	almond extract	15 mL
1 Tbsp	vanilla extract	15 mL
1/2 tsp	salt	2 g
3 cups	dried cranberries, chopped	360 g

- 1 Preheat oven to 325°F.
- 2 In a large bowl, combine the oats, oat bran, and flax flour.
- 3 In a medium bowl, whisk the milk powder, oil, brown sugar, water, almond and vanilla extracts and salt. Pour the mixture over the oats and stir until well combined.
- 4 Divide the mixture between the 2 greased sheet pans and spread in an even layer.

- 5 Bake for 20 minutes; stir. Continue baking for another 20 minutes, until the oats are slightly golden brown. The oats may feel soft but will crisp as they cool.
- 6 Cool completely. Stir in the dried chopped cranberries.
- 7 Store the cooled granola in an airtight container; it should keep for at least three weeks.

- Crunchy Nova Scotia Granola makes a great topper for parfaits, fruit and other cereals. For children under four years old, avoid large clumps of granola and ensure that the granola is not overly crispy. Soften up crispy granola in milk or yogurt.
- Crunchy Nova Scotia Granola is used as an ingredient in Maple Granola Bartlett Pears (see October recipes).



Tomatoes

Note: Children must wash their hands.

- 1 Fresh Nova Scotia tomatoes are available in the warm summer months until the first frost. Cherry or grape-type tomatoes are readily available in Nova Scotia greenhouses almost all year round. Check out a local grocery store to find cherry or grape tomatoes from a Nova Scotia greenhouse. Cut a tomato into two vertically and show the children its different parts. Whether a tomato is small or big, the parts and insides are always the same. *Note: This is a review of the Tomatoes Promotional Ideas for August.*

SEEDS: Each seed can grow into another tomato plant.

FLESH OR PULP: This is the juicy part that we eat.

SKIN: Tomatoes may be eaten with the skin on—it adds fibre.

- 2 Wash the cherry or grape tomatoes. Ask the children why it is important to wash the tomatoes. Let the children feel and smell the tomatoes.
 - Dice the cherry or grape tomatoes. Provide samples for the children to taste. Ask the children to describe the taste of the tomatoes (e.g., juicy, sweet, tangy, soft, hard). See “Cherry or Grape Tomatoes and Young Children” on next page.
- 3 Ask the children to think of other ways we can eat tomatoes when it is too cold to have fresh Nova Scotia tomatoes. Show the children a can of tomatoes. Canned tomatoes are popular in sauces, chilies, soups and casseroles.
 - Ask the children if they use canned tomatoes at home.
 - Ask the children if they can find a “No Salt Added” message on the tin. This shows us that no salt has been added to the tomatoes; too much salt is not good for us.



Home canning of Nova Scotia tomatoes, when they are abundant, has increased in popularity. Although home-canned tomatoes are not permitted in child care centres it may be of interest to demonstrate to the children what a jar of home-canned tomatoes looks like, compared to the store-bought tomatoes.

- Ask the children if they know anyone who cans their own tomatoes. Discuss the idea of putting tomatoes in a jar when they are abundant in the summer, and using them later on during the winter, when tomatoes do not grow in Nova Scotia.
 - When tomatoes are canned at home, special equipment and jars are needed.
- 4** Leftover tomatoes may be added to the Spicy Mexican Triangles or Bruschetta recipes.

Cherry or Grape Tomatoes and Young Children

- Whole or large pieces of cherry or grape tomatoes can be a choking hazard if not chewed properly. Tomato pieces should be small enough to avoid choking.
- For children under 4 years old, cut the cherry or grape tomatoes in half and further cut each half into two to make quarters.

Spicy Mexican Triangles



Adapted from *Mexican Cooking (Step by Step)*, Rosemary Wadey, 1995

1 11" x 17" sheet pan

Yield: 9

Serving Size: 2 triangles

Cost per serving: \$0.36



2 Spicy Mexican Triangles is 1/2 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1 triangle and should be offered more if still hungry. Some children may need to eat more than 2 triangles to satisfy their hunger.

3 6-inch	whole wheat tortillas	3 15-cm
1/2 cup	onion	125 mL
1 tsp	canola oil	5 mL
2 cups	refried brown beans	500 mL
pinch	chili powder	pinch
1/2 cup	fresh tomato, diced	125 mL
3/4 cup	salsa	175 mL
1 cup	cheddar or mozzarella cheese, grated	250 mL

- 1 Preheat oven to 350°F.
- 2 With a pizza cutter, cut each tortilla into 6 pie-shaped triangles. Place on the sheet pan and bake for 10 minutes. Cool.
- 3 Chop the onion. Heat the oil in a medium pan on top of the stove, add the onion, and cook until soft.
- 4 Add the refried beans and chili powder; mix thoroughly.
- 5 Dice the tomato into 1/4-inch (1/2-cm) pieces, place in a bowl, add the salsa and mix thoroughly.
- 6 Spread 2 Tbsp (30 mL) of the bean/onion mixture on each triangle. Top with 1 Tbsp (15 mL) of the tomato/salsa mixture. Sprinkle the top of each tortilla triangle with 1 Tbsp (15 mL) grated cheese.
- 7 Bake for 10 to 15 minutes, until the cheese is melted and the beans are heated through.

Salsa is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) salsa.

- Beans are a healthy meat alternative and fit well into Canada's Food Guide. Refried beans are speedy and an excellent source of inexpensive plant protein.

Spicy Mexican Triangles



Adapted from *Mexican Cooking (Step by Step)*, Rosemary Wadey, 1995

2 11" x 17" sheet pans

Yield: 24

Serving Size: 2 triangles

Cost per serving: \$0.36



2 Spicy Mexican Triangles is 1/2 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 triangle and should be offered more if still hungry. Some children may need to eat more than 2 triangles to satisfy their hunger.

8	6-inch	whole wheat tortillas	8	15-cm
2	(1/2 lb)	medium onions	225	g
1	Tbsp	canola oil	15	mL
4	19-oz cans	refried brown beans	4	540-mL cans
1/2	tsp	chili powder	2	g
1	1/2 lbs (3)	medium tomatoes, diced	700	g (3)
1	1/2 cups	salsa	375	mL
12	oz	cheddar or mozzarella cheese, grated	360	g

- 1 Preheat oven to 350°F.
- 2 With a pizza cutter, cut each tortilla into 6 pie-shaped triangles. Place on the sheet pans and bake for 10 minutes. Cool.
- 3 Chop the onions. Heat the oil in a large pan on top of the stove, add the onion, and cook until soft.
- 4 Add the refried beans and chili powder; mix thoroughly.
- 5 Dice the tomatoes into 1/4-inch (1/2-cm) pieces, place in a bowl, add the salsa and mix thoroughly.
- 6 Spread 2 Tbsp (30 mL) of the bean/onion mixture on each triangle. Top with 1 Tbsp (15 mL) of the tomato/salsa mixture. Sprinkle the top of each tortilla triangle with 1 Tbsp (15 mL) grated cheese.
- 7 Bake for 10 to 15 minutes, until the cheese is melted and the beans are heated through.

Salsa is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) salsa.

- Beans are a healthy meat alternative and fit well into Canada's Food Guide. Refried beans are speedy and an excellent source of inexpensive plant protein.

Bruschetta



Adapted from *Power Eating*, Frances G. Berkoff, Barbara J. Lauer, and Dr. Yves Talbot, 1989

2 11" x 17" sheet pans

Yield: 12

Serving Size: 1 slice

Cost per serving: \$0.42



1 slice Bruschetta is 1/2 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger.

1 cup (1/2 lb)	tomatoes	250 mL
1	garlic clove	1
1/2	green onion	1/2
2 tsp	fresh basil OR	10 mL
1 tsp	dried basil	5 mL
2 Tbsp	olive oil	30 mL
1 24-inch	whole grain baguette	1 60-cm

- 1 Preheat oven to 375°F.
- 2 Wash and dice the tomatoes into 1/4-inch (1/2-cm) pieces. Mince the garlic, finely chop the green onion and chop the fresh basil leaves (if using fresh basil).
- 3 Mix the tomatoes with the garlic, green onion, basil and oil.
- 4 Cut the baguette in half lengthwise and cut each half into 6 equal portions (for a total of 12 slices).
- 5 Place the baguette pieces on the sheet pans and toast the cut surfaces in the oven until lightly browned, about 2 to 4 minutes.
- 6 Cover each baguette piece with approximately 2 Tbsp (30 mL) tomato mixture. Lightly press down with a spoon to hold in place.
- 7 To serve, cut each baguette slice into 2.

Bruschetta



Adapted from *Power Eating*, Frances G. Berkoff, Barbara J. Lauer, and Dr. Yves Talbot, 1989

4 11" x 17" sheet pans

Yield: 48

Serving Size: 1 slice

Cost per serving: \$0.42



1 slice Bruschetta is 1/2 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger.

2 to 3 lbs (5 to 6 cups)	tomatoes	1 to 2 kg
4	garlic cloves	4
3	green onions	3
1/4 cup	fresh basil OR	50 mL
1 Tbsp	dried basil	15 mL
3/4 cup	olive oil	175 mL
4 24-inch	whole grain baguettes	4 60-cm

- 1 Preheat oven to 375°F.
- 2 Wash and dice the tomatoes into 1/4-inch (1/2-cm) pieces. Mince the garlic, finely chop the green onions, and chop the fresh basil leaves (if using fresh basil).
- 3 Mix the tomatoes with the garlic, green onions, basil and oil.
- 4 Cut the baguettes in half lengthwise and cut each half into 6 equal portions (for a total of 48 slices).
- 5 Place the baguette pieces on the sheet pans and toast the cut surfaces in the oven until lightly browned, about 2 to 4 minutes.
- 6 Cover each baguette piece with approximately 2 Tbsp (30 mL) tomato mixture. Lightly press down with a spoon to hold in place.
- 7 To serve, cut each baguette slice into 2.



Corn

Note: Children must wash their hands.

- 1 Fresh corn is available from August into the fall months. Some farmers' markets provide a steady supply of Nova Scotia corn on the cob until October or November.
 - Pick up some fresh corn at the grocery store. Cobs may be available husked and wrapped in plastic wrap. This corn will most likely have come from the United States, as fresh corn would not be available locally this time of year. Cook the corn by simmering it for three to five minutes; depending on the age of the corn, it may need to be simmered longer. Provide each child with a 2- to 3-inch (5- to 7.5-cm) piece of a corncob in a small bowl. Ask the children to describe the taste and texture of the fresh corn (e.g., chewy, tough, sweet). The children may notice that this corn is not as good as the fresh corn that they may have tasted in the fall. *Note: This is a review of the Corn Promotional Ideas for September.*
- 2 Frozen corn is affordable and available all year round. Corn is frozen after it has been husked. Frozen corn is a good way to provide the nutrition and the taste of corn throughout the year.
 - Take a cooked corncob and hold it in a vertical position over a cutting board. Place a knife just inside the corn kernels and cut from the top of the corncob to the bottom. As you cut, the kernels should fall onto the cutting board. Continue until you have cut all around the cob and removed all of the kernels from the cob.
 - Show the children a bag of frozen corn. Explain to the children that frozen corn is simply the corn that has been removed from the cob, as demonstrated.
 - Let the children touch the frozen corn and pick up a kernel.
 - Explain to the children that the frozen corn needs to be thawed or heated before it is eaten. Explain to the children that thawing is like melting. During thawing the ice in the corn will become water.
 - Have each child place two to three kernels of corn in a small bowl labeled with his or her name. Set aside for 30 minutes, until the kernels are semi-thawed. Have the children taste the kernels in their bowl. Ask the children to describe the taste and texture of the semi-thawed kernels and how this corn compares to fresh corn.
 - Canned corn is another way to eat corn when fresh corn is out of season. Canned corn is available all year round.
 - Open the can of corn. Explain to the children that canned corn is simply the corn that has been removed from the cob, as demonstrated.
 - Let the children touch the canned corn. Does it feel the same as the frozen corn kernel?

- Point out to the children that canned corn has salt added to it; corn should be rinsed to remove some of the salt. Rinse the corn in a strainer under cold running water and drain.
 - Provide each child with a small bowl with a few kernels of canned corn. Ask the children to describe the taste of the corn and how it compares to the fresh and frozen corn.
- 3** The children have tried fresh, frozen and canned corn. Ask them to record the type of corn they liked the best.
- Make a tally sheet on a piece of bristol board and label three headings: fresh, frozen and canned. It may be fun to ask the children to make pictures of each kind of corn to use as the headings. Let each child indicate, on the tally sheet, which type of corn they liked the best.

- Chuckwagon Taco Pie and Corny Bean & Rice Salad (see April and September recipes) are great recipes to try with leftover corn.



Tex Mex Corn Muffins



Adapted from *Canadian Living's Best Muffins & More*, Elizabeth Baird, 1994

Muffin tins to accommodate 12 medium or 36 mini-sized muffin cups lined with muffin papers

Yield: 12

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.22



1 medium or 3 mini-sized Tex Mex Corn Muffins is 1 GRAIN PRODUCTS and 1/4 MILK AND ALTERNATIVES Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium or 3 mini-sized muffins to satisfy their hunger. Leftover Tex Mex Corn Muffins freezes well.

1 cup	all-purpose flour, sifted	250 mL
1 cup	cornmeal	250 mL
4 tsp	baking powder	20 mL
2/3 cup	kernel corn, frozen	150 mL
1/2 tsp	salt	2 mL
1 Tbsp	red pepper, finely chopped	15 mL
1 Tbsp	green onion, finely chopped	15 mL
2	eggs, beaten	2
1 cup	milk	250 mL
1/3 cup	canola oil	75 mL
1 cup	cheddar cheese, grated	250 mL

- 1 Preheat oven to 375°F.
- 2 In a large mixing bowl, mix the flour, cornmeal, baking powder, corn kernels and salt.
- 3 Measure 1 tsp (5 mL) oil; heat in a frying pan over medium heat. Add the red pepper and green onion; sauté until soft. Add to the dry ingredients.
- 4 Mix the eggs, milk and oil together. Add to the dry ingredients and mix until blended.
- 5 Stir in the cheese.

- 6 Fill muffin cups 2/3 full.
- 7 Bake for 20 to 30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin tin with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 12 medium or 36 mini-sized muffins. Tex Mex Corn Muffins freezes very well.
- Tex Mex Corn Muffins go well with chili or other bean dishes such as Apple Bean Bake (see May recipes) or Full of Beans Sweet & Sour Casserole (see July recipes).

Tex Mex Corn Muffins



Adapted from *Canadian Living's Best Muffins & More*, Elizabeth Baird, 1994

Muffin tins to accommodate 36 medium or
108 mini-sized muffin cups lined with muffin papers

Yield: 36

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.22



1 medium or 3 mini-sized Tex Mex Corn Muffins is 1 GRAIN PRODUCTS and 1/4 MILK AND ALTERNATIVES Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium or 3 mini-sized muffins to satisfy their hunger. Leftover Tex Mex Corn Muffins freezes well.

3 cups	all-purpose flour, sifted	350 g
3 cups	cornmeal	420 g
4 Tbsp	baking powder	60 g
2 cups	kernel corn, frozen	300 g
1 1/2 tsp	salt	7 g
1/4 cup	red pepper, finely chopped	50 mL
1/4 cup	green onion, finely chopped	50 mL
4	eggs, beaten	4
3 cups	milk	750 mL
1 cup	canola oil	250 mL
1 lb	cheddar cheese, grated	454 g

- 1 Preheat oven to 375°F.
- 2 In a large mixing bowl, mix the flour, cornmeal, baking powder, corn kernels and salt.
- 3 Measure 1 tsp (5 mL) oil; heat in a frying pan over medium heat. Add the red pepper and green onion; sauté until soft. Add to the dry ingredients.
- 4 Mix the eggs, milk and oil together. Add to the dry ingredients and mix until blended.

- 5 Stir in the cheese.
- 6 Fill muffin cups 2/3 full.
- 7 Bake for 20 to 30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin tin with mini-sized muffin cups. Each regular muffin makes 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 36 regular sized muffins or 108 mini-sized muffins. Tex Mex Corn Muffins freezes very well.
- Tex Mex Corn Muffins go well with chili or other bean dishes such as Apple Bean Bake (see May recipes) or Full of Beans Sweet & Sour Casserole (see July recipes).

Chuckwagon Taco Pie



Adapted from *Cooking Healthy Across America*, American Dietetic Association, 2004

1 10" pie plate

Yield: 6

Serving Size: 1/6 of a pie

Cost per serving: \$0.70



1/6 Chuckwagon Taco Pie is 1/2 MEAT AND ALTERNATIVES, 1/2 GRAIN PRODUCTS, and 1/2 VEGETABLES AND FRUIT Canada's Food Guide

servings. Some children with a smaller appetite may prefer a smaller serving of 1/12 pie and should be offered more if still hungry. Some children may need to eat more than 1/6 pie to satisfy their hunger. Leftover Chuckwagon Taco Pie freezes well.

1/4 lb	lean ground beef	120 g
1/2	large onion, chopped	1/2
1	garlic clove, minced	1
1/2	red pepper, chopped	1/2
1/2	green pepper, chopped	1/2
1 Tbsp	lime juice	15 mL
1 cup	kernel corn	250 mL
1/2 19-oz can	black beans, rinsed and drained	1/2 540-mL can
1/2 5.5-oz can	tomato paste	1/2 154-mL can
1 tsp	cumin, ground	5 mL
	pepper to taste	
3 10-inch	whole wheat tortillas	3 25-cm
1 cup	cheddar cheese, grated	250 mL

- 1 Preheat oven to 350°F.
- 2 Pan-fry the lean ground beef over low heat.
- 3 Combine all of the remaining ingredients with the ground beef, except the tortillas and cheese. Simmer gently for 20 minutes.

- 4** Cover the bottom of the pie plate with a tortilla. Cover the tortilla with 1 1/4 cups (300 mL) of the beef mixture. Repeat. Cover with a tortilla and spread 1/2 cup (125 mL) of the beef mixture over the tortilla. Top with 1 cup (250 mL) grated cheese. Press down on the mixture.
- 5** Bake the pie for approximately 25 to 30 minutes.
- 6** Cut the pie into 6 pieces for older children and smaller pieces for younger children (see the serving icon).

- This recipe transforms a tasty chili into a pie that is easy to prepare.

Chuckwagon Taco Pie



Adapted from *Cooking Healthy Across America*, American Dietetic Association, 2004

5 10" pie plates

Yield: 30

Serving Size: 1/6 of a pie

Cost per serving: \$0.70



1/6 Chuckwagon Taco Pie is 1/2 MEAT AND ALTERNATIVES, 1/2 GRAIN PRODUCTS, and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/12 pie and should be offered more if still hungry. Some children may need to eat more than 1/6 pie to satisfy their hunger. Leftover Chuckwagon Taco Pie freezes well.

1 lb	lean ground beef	454 g
1/2 lb	onions, chopped	225 g
6	garlic cloves, minced	6
1 lb	red peppers, chopped	454 g
1 lb	green peppers, chopped	454 g
1/4 cup	lime juice	50 mL
6 cups (2 lbs)	kernel corn	1 kg
2 19-oz cans	black beans, rinsed and drained	2 540-mL cans
2 5.5-oz cans	tomato paste	2 154-mL cans
1 Tbsp	cumin, ground	15 mL
	pepper to taste	
15 10-inch	whole wheat tortillas	15 25-cm
1 1/4 lbs	cheddar cheese, grated	600 g

- 1 Preheat oven to 350°F.
- 2 Pan-fry the lean ground beef over low heat.
- 3 Combine all of the remaining ingredients with the ground beef, except the tortillas and cheese. Simmer gently for 20 minutes.

- 4** Cover the bottom of each pie plate with a tortilla. Cover the tortilla with 1 1/4 cups (300 mL) of the beef mixture. Repeat. Cover with a tortilla and spread 1/2 cup (125 mL) of the beef mixture over the tortilla. Top with 1 cup (250 mL) grated cheese. Press down on the mixture.
- 5** Bake the pies for approximately 25 to 30 minutes.
- 6** Cut each pie into 6 pieces for older children and smaller pieces for younger children (see the serving icon).

- This recipe transforms a tasty chili into a pie that is easy to prepare.

May

Apples

Promotional Ideas

Recipes:

Apple Bean Bake
Nova Scotia Gingerbread with Apples

Blueberries

Promotional Ideas

Recipes:

Hearty Blueberry Muffins
Slow Good Blueberry Spread

Cucumbers

Promotional Ideas

Recipes:

Cucumber Yogurt Maple Salad
Tangy Cucumber Salad

Lettuce

Promotional Ideas

Recipes:

Zesty Mesclun Salad
Crispy Vegetable Salad





Apples

Note: Children must wash their hands.

- 1 Fresh apples are available from early August into late fall; with proper storage they are now available all year long. Check out a local farmers' market or grocery store for a 10-lb (5-kg) bag (30 to 40 apples) of local Nova Scotia apples that have been stored over the winter. Cut an apple in half and review its anatomy. It may be helpful to refer to the Apples Promotional Ideas for November. Give the children a sample of apple and ask them to describe how it tastes (e.g., juicy, sweet, crisp, tart, tangy). "Crisp" and "juicy" are the key words.
- 2 Explain to the children that apples that are available in May have been stored all winter. Use a calendar to show the children all the months (from October or November to April) that the apples have been put away in a bag.
 - Discuss what the word "storage" means. For apples, storage means putting the apples in a cool room that does not freeze. Apples at home should be stored in the refrigerator, or a large bag could be placed in a garage or basement as long as it does not freeze.
 - For this activity, two or three weeks before (in mid-April), place a few apples at room temperature. Show the children the apples that have been left at room temperature. Wash the apples well; the children may want to assist with this task.



- Ask the children to describe the appearance of the apples (e.g., wrinkled, shriveled).
- Let the children smell and touch the apples. How do they feel (e.g., soft)?
- Cut open a shriveled apple, offer the children a small piece to sample. Ask the children to describe the texture of the apple (e.g., soft, dry). See the text box below.

Apples that have not been stored properly become shriveled and soft. Apples that have been stored properly are crisp and juicy.

- 3** Apples that have been stored over the winter are good for eating in many different ways.
 - Ask the children to think of all of the things they have done with apples at the centre (e.g., applesauce, cored apples, dried apples). They may also have tried recipes like Apple Bean Bake or Sautéed Maple Apples (see May and November recipes).
 - Ask the children what they do with apples at home.
- 4** Apples that have been stored over the winter are wonderful to cook with. Each child will prepare a small apple pizza.

Apples and Young Children

- Large pieces of apple with a hard texture can be a choking hazard if not chewed properly.
- For children under 4 years old, serve raw apple grated, or cut apples into 1/4-inch (1/2-cm) pieces.

Apple Pizza

- 1** Provide each child with a piece of whole wheat bread. Flatten the bread with a rolling pin and cut it into rounds with a cookie cutter.
- 2** Provide each child with 3 or 4 slices of apple. Ask the children to lay the apple slices over the flattened bread round.
- 3** Let each child sprinkle a little cinnamon and brown sugar over the top of the apple slices. A small amount of sugar will draw the juice from the apple. Have each child place his or her pizza on a foil-covered baking tray that has been labeled accordingly, so that each child will eat his or her pizza.
- 4** Cook for 10 minutes at 350°F. Cool and enjoy for snack.

Apple Bean Bake



Adapted from *Fix-It and Forget-It Lightly: Healthy, Low-Fat Recipes for Your Slow Cooker*, Phyllis Pellman Good, 2004

Slow cooker

Yield: 10

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.23



1/2 cup Apple Bean Bake is 1/2 MEAT AND ALTERNATIVES and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Apple Bean Bake freezes well.

2	apples	2		
2	14-oz cans	brown baked beans in tomato sauce	2	398-mL cans
1/4 cup	brown sugar, lightly packed	50 mL		
1/3 cup	ketchup	75 mL		
1/2 tsp	cinnamon, ground	2 mL		
1/4 tsp	ginger, ground	1 mL		
1 Tbsp	molasses	15 mL		

- 1 Wash the apples. Dice the apples into 1/2-inch (1-cm) pieces. Ready-sliced apples work well in this recipe and save time.
- 2 Measure and mix all of the other ingredients with the apples in the slow cooker. Cook on high for 3 to 4 hours.

Ketchup is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) ketchup.

- Canned brown beans work well in this easy-to-assemble recipe. Look for reduced-sodium canned brown beans.
- This recipe adapts well to the slow cooker. Mix all the ingredients in it first thing in the morning and it should be ready for lunch.
- Serve with a whole wheat roll to make a nutritious meal that is high in fibre and protein.

Apple Bean Bake



Adapted from *Fix-It and Forget-It Lightly: Healthy, Low-Fat Recipes for Your Slow Cooker*, Phyllis Pellman Good, 2004

Slow cooker

Yield: 40

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.23



1/2 cup Apple Bean Bake is 1/2 MEAT AND ALTERNATIVES and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Apple Bean Bake freezes well.

2 lbs (6 to 8)	apples	1 kg
9 14-oz cans	brown baked beans in tomato sauce	9 398-mL cans
1 cup	brown sugar, lightly packed	150 g
1 1/2 cups	ketchup	375 mL
1 1/2 tsp	cinnamon, ground	7 mL
1 1/2 tsp	ginger, ground	7 mL
1/4 cup	molasses	50 mL

- 1 Wash the apples. Dice the apples into 1/2-inch (1-cm) pieces. Ready-sliced apples work well in this recipe and save time.
- 2 Measure and mix all of the other ingredients with the apples in the slow cooker. Cook on high for 3 to 4 hours.

Ketchup is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) ketchup.

- Canned brown beans work well in this easy-to-assemble recipe. Look for reduced-sodium canned brown beans.
- This recipe adapts well to the slow cooker. Mix all the ingredients in it first thing in the morning and it should be ready for lunch.
- Serve with a whole wheat roll to make a nutritious meal that is high in fibre and protein.

Nova Scotia Gingerbread with Apples



Adapted from *Fine Cooking*, December 2007

1 9" x 11" baking pan

Yield: 15

Serving Size: One 3" x 3" (7.5 cm x 7.5 cm) piece

Cost per serving: \$0.85



One 3" x 3" slice Nova Scotia Gingerbread with Apples is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some

children with a smaller appetite may prefer a smaller serving of a 1 1/2" x 2 1/2" slice and should be offered more if still hungry. Some children may need to eat more than a 3" x 3" slice to satisfy their hunger. Leftover Nova Scotia Gingerbread with Apples freezes well.

3 lbs	ready-sliced apples	1.5 kg
2 Tbsp	lemon juice	30 mL
1 Tbsp	all-purpose flour	15 mL
1 Tbsp	brown sugar, lightly packed	15 mL
1/2 cup	all-purpose flour, sifted	125 mL
3 Tbsp	flax flour or flax meal	45 mL
2/3 cup	whole wheat flour	150 mL
1/2 cup	white granulated sugar	125 mL
1 Tbsp	baking powder	15 mL
1/3 tsp	baking soda	2 mL
1/3 tsp	cinnamon, ground	2 mL
2 tsp	ginger, ground	10 mL
1/3 tsp	salt	2 mL
3 Tbsp	non-hydrogenated margarine	45 mL
1/3 cup	milk	75 mL
1	egg	1
1/3 cup	molasses	75 mL
1 tsp	vanilla extract	5 mL
2 Tbsp	white granulated sugar	30 mL

- 1 Preheat oven to 350°F.
- 2 Place the apples in a bowl. Sprinkle the lemon juice evenly over the apples. Sprinkle 1 Tbsp (15 mL) flour and 1 Tbsp (15 mL) brown sugar evenly over the apples. Put the apples in the baking pan.
- 3 Sift together the all-purpose flour, flax flour, whole wheat flour, white sugar, baking powder, baking soda, cinnamon, ginger, and salt in a bowl.
- 4 Cut the margarine into the dry ingredients.
- 5 Mix the milk, egg, molasses, and vanilla extract in a bowl. Make a well in the dry ingredients and stir in the liquid. Stir until all of the dry ingredients are in contact with the liquid.
- 6 Dollop the gingerbread mixture in 1-Tbsp (15-mL) amounts over the apples. There should be 15 1-Tbsp (15-mL) dollops.
- 7 Sprinkle the remaining 2 Tbsp (30 mL) white sugar over the pan.
- 8 Bake for about 35 to 40 minutes, until the batter is golden and the apples are soft.

- This recipe is a modified version of traditional Nova Scotia molasses gingerbread.
- The gingerbread ingredients are mixed like a muffin recipe.
- Make a muffin version of this recipe by distributing the apples over greased muffin cups and topping each muffin cup with 1 Tbsp (15 mL) of the gingerbread mixture. Decrease the baking time to 25 minutes.

Nova Scotia Gingerbread with Apples



Adapted from *Fine Cooking*, December 2007

3 9"x 13" baking pans

Yield: 45

Serving Size: One 3" x 3" (7.5 cm x 7.5 cm) piece

Cost per serving: \$0.85



One 3" x 3" slice Nova Scotia Gingerbread with Apples is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of a 1 1/2" x 2 1/2" slice and should be offered more if still hungry. Some children may need to eat more than a 3" x 3" slice to satisfy their hunger. Leftover Nova Scotia Gingerbread with Apples freezes well.

9 lbs	ready-sliced apples	4 kg
3 Tbsp	all-purpose flour	20 g
1/4 cup	brown sugar, lightly packed	40 g
1/3 cup	lemon juice	75 mL
1 1/2 cups	all-purpose flour, sifted	175 g
1/2 cup	flax flour or flax meal	35 g
2 cups	whole wheat flour	240 g
1 1/2 cups	white granulated sugar	300 g
3 Tbsp	baking powder	45 g
1 tsp	baking soda	5 g
1 tsp	cinnamon, ground	5 mL
2 Tbsp	ginger, ground	30 mL
1 tsp	salt	5 g
1/2 cup	non-hydrogenated margarine	125 g
1 cup	milk	250 mL
3	eggs	3
1 cup	molasses	250 mL
1 Tbsp	vanilla extract	15 mL
6 Tbsp	white granulated sugar	75 g

- 1 Preheat oven to 350°F.
- 2 Place the apples in a bowl. Sprinkle the lemon juice evenly over the apples. Sprinkle 3 Tbsp (45 mL) flour and 1/4 cup (50 mL) brown sugar evenly over the apples. Distribute the apples over the baking pans.
- 3 Sift together the all-purpose flour, flax flour, whole wheat flour, sugar, baking powder, baking soda, cinnamon, ginger, and salt in a bowl.
- 4 Cut the margarine into the dry ingredients.
- 5 Mix the milk, eggs, molasses, and vanilla extract in a bowl. Make a well in the dry ingredients and stir in the liquid. Stir until all of the dry ingredients are in contact with the liquid.
- 6 Dollop the gingerbread mixture in 1-Tbsp (15-mL) amounts over the apples. There should be 15 1-Tbsp (15-mL) dollops per pan.
- 7 Sprinkle the remaining 6 Tbsp (90 mL) of white sugar over the 3 pans.
- 8 Bake for about 35 to 40 minutes, until the batter is golden and the apples are soft.

- This recipe is a modified version of traditional Nova Scotia molasses gingerbread.
- The gingerbread ingredients are mixed like a muffin recipe.
- Make a muffin version of this recipe by distributing the apples over greased muffin cups and topping each muffin cup with 1 Tbsp (15 mL) of the gingerbread mixture. Decrease the baking time to 25 minutes.

Blueberries

Note: Children must wash their hands.



- 1 Fresh blueberries are available from late summer and into the fall.
 - Pick up one or two boxes of fresh blueberries. Wash them. Review the anatomy of a fresh blueberry and let the children taste the blueberries. Ask the children to describe the taste and texture of the fresh blueberries (e.g., soft, yummy, fruity, sweet, sour). *Note: This is a review of the Blueberries Promotional Ideas for September.*
- 2 Frozen blueberries are affordable and available all year round. They are a great way to provide the nutrition and enjoyment of blueberries throughout the year.
 - Show the children a bag of frozen lowbush wild blueberries. Distribute the blueberries over a cookie sheet. Let each child pick up a couple of blueberries and hold them in his or her hand. Ask the children to describe the frozen blueberries (e.g., small, round, cold, icy, hard). Explain to the children that the blueberries are too hard to eat until they are semi-thawed.
 - Ask the children what thawing means; they may be able to remember this from the frozen Blueberries Promotional Ideas for March.
 - Have each child place two or three frozen wild blueberries in a small bowl that is labeled with his or her name. Set aside for 30 to 45 minutes until the blueberries are semi-thawed. *Note: Check to ensure that the semi-thawed blueberries are soft enough to chew, especially for children under four years of age.* Continue with the tasting. Ask the children to describe the taste and texture of the semi- thawed wild blueberries (e.g., fruity, sweet, watery, sour).
 - Ask the children if they remember preparing Mashed Blueberries from the Blueberries Promotional Ideas for March. Have they mashed blueberries at home?
- 3 Ask the children if they can think of any differences between the frozen highbush blueberries that they tasted in the Blueberries Promotional Ideas for March and the lowbush blueberries that they just tasted (lowbush are smaller, more blue, and stronger in flavour).
 - Share a true Nova Scotia wild blueberry story with the children: *Wild Ones: The Tough Little Delicious Lowbush Blueberry* written by Paddy Muir and published by Northwest Arm Press, provides in-depth information about Nova Scotia wild blueberries and how they grow. This book is part of an educational information package that is provided by the Nova Scotia Wild Blueberry Producers Association.



- A song card titled “The Nova Scotia Wild Blueberry Blues” is provided with the book. This allows for a free MP3 download for the song. The children may want to create a dance with this song!
 - The book also provides a few recipe ideas.
- 4** Try serving Hearty Blueberry Muffins as a snack while the children are listening to the story.

Hearty Blueberry Muffins



Adapted from *Blueberries: Recipes from Canada's Best Chefs*, Virginia Lee and Elaine Elliot, 2005

Muffin tins to accommodate 24 medium or 72 mini-sized muffin cups lined with muffin papers

Yield: 24

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.19



1 medium or 3 mini-sized Hearty Blueberry Muffins is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. Some

children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium or 3 mini-sized muffins to satisfy their hunger. Leftover Hearty Blueberry Muffins freezes well.

2 cups	all-purpose flour, sifted	500 mL
1 cup	whole wheat flour	250 mL
1/2 cup	flax flour or flax meal	125 mL
2 Tbsp	baking powder	30 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	salt	2 mL
2	eggs	2
3/4 cup	canola oil	175 mL
3/4 cup	brown sugar, lightly packed	175 mL
1 3/4 cups	unsweetened applesauce	425 mL
2 cups	frozen blueberries	500 mL

- 1 Preheat oven to 375°F.
- 2 In a large mixing bowl, mix the all-purpose flour, whole wheat flour, flax flour, baking powder, baking soda, and salt.
- 3 In a separate bowl, beat the eggs; add the oil, brown sugar, and applesauce.
- 4 Add the liquid to the dry ingredients and mix until blended or until the dry ingredients are moist.
- 5 Gently fold the blueberries into the batter.

- 6 Pour into prepared muffin cups, filling each cup 2/3 full.
- 7 Bake 20 to 30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin tin with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 24 medium or 72 mini-sized muffins. Hearty Blueberry Muffins freezes very well.
- Adding applesauce to muffins makes them a healthier choice.

Hearty Blueberry Muffins



Adapted from *Blueberries: Recipes from Canada's Best Chefs*, Virginia Lee and Elaine Elliot, 2005

Muffin tins to accommodate 40 medium or
120 mini-sized muffin cups lined with muffin papers

Yield: 40

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.19



1 medium or 3 mini-sized Hearty Blueberry Muffins is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium or 3 mini-sized muffins to satisfy their hunger. Leftover Hearty Blueberry Muffins freezes well.

3 cups	all-purpose flour, sifted	340 g
3 cups	whole wheat flour	360 g
1 cup	flax flour or flax meal	65 g
3 Tbsp	baking powder	45 g
1 tsp	baking soda	5 g
1 tsp	salt	5 g
4	eggs	4
1 1/2 cups	canola oil	375 mL
1 1/2 cups	brown sugar, lightly packed	225 g
3 1/2 cups	unsweetened applesauce	875 mL
1 1/4 lbs	frozen blueberries	600 g

- 1 Preheat oven to 375°F.
- 2 In a large mixing bowl, mix the all-purpose flour, whole wheat flour, flax flour, baking powder, baking soda and salt.
- 3 In a separate bowl, beat the eggs; add the oil, brown sugar, and applesauce.
- 4 Add the liquid to the dry ingredients and mix until blended or until the dry ingredients are moist.

- 5 Gently fold the blueberries into the batter.
- 6 Pour into prepared muffin cups, filling each cup 2/3 full.
- 7 Bake 20 to 30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin tin with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 40 medium or 120 mini-sized muffins. Hearty Blueberry Muffins freezes very well.
- Adding applesauce to muffins makes them a healthier choice.

Slow Good Blueberry Spread



Adapted from *Better Homes and Gardens*, November 2007

Slow cooker

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.29



1/2 cup Slow Good Blueberry Spread is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Slow Good Blueberry Spread freezes well.

2 cups	frozen blueberries	500 mL
2 Tbsp	dried cranberries, chopped	30 mL
1/4 cup	cranberry juice	50 mL
2 Tbsp	quick-cooking tapioca	30 mL
1/4 tsp	ginger, ground	1 mL
1/3 cup	white granulated sugar	75 mL

- 1 Combine all of the ingredients in the slow cooker.
- 2 Cover and cook on high for 2 to 4 hours or until the fruit is tender.

- Serve as a spread over a bagel or toast or as a topping for yogurt.
- Layer with yogurt and Crunchy Nova Scotia Granola (see April recipes) to make an eye-appealing dessert.
- To save time, combine the ingredients the day before and refrigerate. Turn the slow cooker on in the morning to be ready for serving at noon.

Slow Good Blueberry Spread



Adapted from *Better Homes and Gardens*, November 2007

Slow cooker

Yield: 40

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.29



1/2 cup Slow Good Blueberry Spread is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Slow Good Blueberry Spread freezes well.

4 lbs	frozen blueberries	2 kg
1 1/2 cups	dried cranberries, chopped	150 g
1 cup	cranberry juice	250 mL
3/4 cup	quick-cooking tapioca	100 g
1/2 tsp	ginger, ground	7 mL
1 1/2 cups	white granulated sugar	300 g

- 1 Combine all of the ingredients in the slow cooker.
- 2 Cover and cook on high for 2 to 4 hours or until the fruit is tender.

- Serve as a spread over a bagel or toast or as a topping for yogurt.
- Layer with yogurt and Crunchy Nova Scotia Granola (see April recipes) to make an eye-appealing dessert.
- To save time, combine the ingredients the day before and refrigerate. Turn the slow cooker on in the morning to be ready for serving at noon.

Cucumbers

Note: Children must wash their hands.



Cucumbers are readily available in Nova Scotia throughout the summer and early fall season. Most children are familiar with cucumbers. Pick up a few cucumbers of different lengths, shapes and sizes, including an English cucumber.

- 1** Cucumbers are members of the same families as squashes, melons and gourds.
 - Cucumbers grow on a vine.
 - They are thin-skinned and most often eaten raw with the skin on.
 - They grow from yellow flowers.
- 2** Take a look inside a cucumber. Let the children help to wash the cucumbers in a bin filled with water. Remind the children why it is so important to wash vegetables and fruit.
 - Cut a cucumber in half lengthwise. Show the children the inside of the cucumber.
 - Ask the children to smell the cucumber and to describe the inside (e.g., seedy, slimy, wet).
 - To remove the seeds, run the tip of a spoon down the length of the cucumber. The seeds will form a wet gel-like pile. Ask the children if it looks like a lot of water. Did we see as much water when we cut into other vegetables? Slice the cucumber into thin slices for tasting.
 - Explain to the children that cucumbers are 95 percent water; they are good to eat in the hot summer months as they help keep us hydrated.
 - Put a few thin cucumber slices in a small bowl for each child. Ask the children to describe the taste of the cucumber (e.g., crispy, crunchy, sweet, watery).
- 3** Let the children measure the different cucumbers. Is the English cucumber the longest?
 - Explain to the children that English cucumbers are available all year round from greenhouses. The children may be curious to know about greenhouses.
 - Ask the children if they have ever been to a greenhouse. There are over 200 greenhouses in Nova Scotia.
 - Ask the children to think of other vegetables that may grow in Nova Scotia greenhouses (e.g., tomatoes, peppers).
- 4** Cucumbers are most refreshing eaten raw, with the skin on unless it's very tough. Cucumbers can be cut into sticks for a snack or can be added to dips and salads.
 - Use leftover cucumbers to make Cucumber Yogurt Maple Salad or Tangy Cucumber Salad for lunch. Both of these salads are quick and easy to make and tasty too.

Cucumber Yogurt Maple Salad



Adapted from *Harrowsmith Magazine*, August 2006

Yield: 8

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.29



1/4 cup Cucumber Yogurt Maple Salad is 1/2 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup to satisfy their hunger.

1/2	English cucumber (12-inch/30-cm)	1/2
1	green onion	1
1 tsp	fresh dill OR	5 mL
1/4 tsp	dill, dried	1 mL
1/4 cup	yogurt, plain	50 mL
1/4 cup	mayonnaise	50 mL
1/4 cup	cider vinegar	50 mL
2 Tbsp	maple syrup	30 mL
1/4 tsp	salt	1 mL
	pepper to taste	

- 1 Wash the cucumber. Cut the cucumber in half lengthwise and further cut it into thin slices.
- 2 Finely chop the green onion and fresh dill.
- 3 Mix the yogurt, mayonnaise, cider vinegar and maple syrup. Stir in the green onion and dill.
- 4 Add the cucumber and stir well. Add the salt and pepper to taste.

- Fresh field cucumbers are available from June to October, while Nova Scotia greenhouse cucumbers are available all year round.
- Look for firm, well-shaped bright green cucumbers. Avoid soft, over-mature or yellow ones.

Cucumber Yogurt Maple Salad



Adapted from *Harrowsmith Magazine*, August 2006

Yield: 48

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.29



1/4 cup Cucumber Yogurt Maple Salad is 1/2 VEGETABLES AND FRUIT

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup to satisfy their hunger.

4 (12-inch)	English cucumbers	4 (30-cm)
1 bunch	green onions	1 bunch
1/4 cup	fresh dill OR	50 mL
1 Tbsp	dill, dried	15 mL
1 cup	yogurt, plain	250 mL
1 cup	mayonnaise	250 mL
1 cup	cider vinegar	250 mL
1/2 cup	maple syrup	125 mL
1 tsp	salt	5 g
	pepper to taste	

- 1 Wash the cucumbers. Cut the cucumbers in half lengthwise and further cut them into thin slices.
- 2 Finely chop the green onion and fresh dill.
- 3 Mix the yogurt, mayonnaise, cider vinegar, and maple syrup. Stir in the green onion and dill.
- 4 Add the cucumbers and stir well. Add the salt and pepper to taste.

- Fresh field cucumbers are available from June to October, while Nova Scotia greenhouse cucumbers are available all year round.
- Look for firm, well-shaped bright green cucumbers. Avoid soft, over-mature or yellow ones.

Tangy Cucumber Salad



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Yield: 8

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.22



1/4 cup Tangy Cucumber Salad is 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup to satisfy their hunger.

1 (8-inch)	English cucumber	1 (20-cm)
2	green onions	2
1 Tbsp	fresh dill OR	15 mL
1 tsp	dill, dried	5 mL
1/4 cup	apple cider vinegar	50 mL
1 Tbsp	white granulated sugar	15 mL
1/4 tsp	salt	1 mL
	pepper to taste	
1/4 cup	water	50 mL
1/3 cup	cherry tomatoes	75 mL

- 1 Wash the cucumber. Cut it in half lengthwise and scoop out the seeds with a spoon. Cut the cucumber into thin slices.
- 2 Finely chop the green onions and fresh dill.
- 3 In a saucepan, bring the vinegar, sugar, salt, pepper to taste, and water to a boil. Stir until the sugar is blended into the vinegar. Cool to lukewarm. Sprinkle with the green onion and chopped dill. Pour over the sliced cucumbers.
- 4 Cut the cherry tomatoes into quarters and fold into the cucumbers.

- Serve with a sandwich or chicken strips. It also goes well when added to wraps.
- This recipe is great for fall menus, when field cucumbers and cherry tomatoes are abundant.

Tangy Cucumber Salad



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

Yield: 48

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.22



1/4 cup Tangy Cucumber Salad is 1/2 VEGETABLES AND FRUIT Canada's

Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup to satisfy their hunger.

4 (8-inch)	English cucumbers	4 (20-cm)
1/2 bunch	green onions	1/2 bunch
1/4 cup	fresh dill OR	50 mL
1 Tbsp	dill, dried	15 mL
1 cup	apple cider vinegar	250 mL
1/3 cup	white granulated sugar	70 g
1 tsp	salt	5 g
	pepper to taste	
1 1/2 cups	water	375 mL
2 cups	cherry tomatoes	500 mL

- 1 Wash the cucumbers. Cut them in half lengthwise and scoop out the seeds with a spoon. Cut the cucumbers into thin slices.
- 2 Finely chop the green onions and fresh dill.
- 3 In a saucepan, bring the vinegar, sugar, salt, pepper to taste, and water to a boil. Stir until the sugar is blended into the vinegar. Cool to lukewarm. Sprinkle with the green onion and chopped dill. Pour over the sliced cucumbers.
- 4 Cut the cherry tomatoes into quarters and fold into the cucumbers.

- Serve with a sandwich or chicken strips. It also goes well when added to wraps.
- This recipe is great for fall menus, when field cucumbers and cherry tomatoes are abundant.

Lettuce

Note: Children must wash their hands.



romaine, iceberg and leaf lettuce. In recent years the lettuce mixes or blends have become very popular.

- Visit a farmers' market or grocery store to pick up samples of romaine, iceberg and leaf lettuce.

2 Looking at the different types of lettuce:

- Look at the lettuce before and after washing. Before washing, the lettuce leaves should be removed from the inner core.



ROMAINE LETTUCE:

- This lettuce grows in a tall head of sturdy leaves with a firm rib down the centre.
- The leaves should easily break away from the centre rib. Outer leaves may be discarded.



ICEBERG LETTUCE:

- The lettuce leaves grow in a firm tight head around a central core.
- To remove the core, place the head parallel to a table with the core side down and bang the lettuce on the table. This will loosen the core and make it easy to remove. The children may like to help with this.



LEAF LETTUCE:

- Leaf lettuce grows in single leaves up from the soil.
- Groups of leaves may grow from one root.

3 Washing lettuce:

- Lettuce retains its crispiness and freshness if it is washed as soon as it is purchased. Break the leaves away from the central rib or core and separate the lettuce leaves. Immerse the lettuce in water, and drain in paper towels and pat dry. Wrap and place in a plastic bag and store in the refrigerator.
- Fill a bin with water and let the children help to wash the lettuce leaves of the three different kinds of lettuce. Drain and pat dry. Use the lettuce immediately or wrap in a towel and refrigerate.
- Ask the children to think of other reasons why it is so important to wash the lettuce.

4 Salad Bar Fun:

- Set up a salad bar with bite-sized pieces of the three types of lettuce, diced cucumber, diced mini tomatoes, diced peppers and diced green onions.
- Provide each child with a small plate and a fork.
- Let each child make a salad from the salad bar. Provide each child with a small portion cup of the Raspberry Vinaigrette Salad Dressing (from the Zesty Mesclun Salad recipe).
- Have each child show his or her salad to the other children and say which lettuce or other vegetable he or she liked the best and why (was it crispy, crunchy, sweet, tangy?).

Zesty Mesclun Salad



Adapted from *Canadian Cookbook*, Nellie Lyle Pattinson

Yield: 6

Serving Size: 1 cup (250 mL)

Cost per serving: \$0.56



1 cup Zesty Mesclun Salad is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 1 cup to satisfy their hunger.

6 cups	mesclun salad mix	1.5 L
6 Tbsp	feta cheese	90 mL
2/3	red pepper	2/3
6 Tbsp	Raspberry Vinaigrette Salad Dressing (see the recipe on next page)	90 mL

- 1 Wash the mesclun mix and pat dry. Tear into bite-sized pieces.
- 2 Crumble the feta cheese.
- 3 Wash and thinly slice the red pepper to make 6 rings. Remove the seeds as you go along.
- 4 For each serving, place 1 cup (250 mL) of the mesclun mix on a small plate, sprinkle with 1 Tbsp (15 mL) crumbled feta, and top with a red pepper ring.
- 5 Just before serving, drizzle 1 Tbsp (15 mL) Raspberry Vinaigrette Salad Dressing over the salad mixture.

Raspberry Vinaigrette Salad Dressing

Adapted from *Simply in Season: Recipes That Celebrate Fresh, Local Foods*, Mary Beth Lind and Cathleen Hockman-Wert, 2005

Yield: 6

Serving Size: 1 Tbsp (15 mL)

1 Tbsp	maple syrup	15 mL
2 Tbsp	canola oil	30 mL
1 Tbsp	lemon juice	15 mL
1 Tbsp	cider vinegar	15 mL
2 Tbsp	frozen raspberries (thawed)	30 mL
1/4 tsp	prepared mustard	1 mL
pinch	salt	pinch
	pepper to taste	
1 tsp	poppy seeds	5 mL

- 1 Place all of the ingredients in a blender and pulse briefly until they are well blended.

Feta cheese is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) feta cheese.

- To maintain crispness, add the vinaigrette right before serving.
- Mesclun salad mix is slightly more expensive than other lettuce types, but can be extended by mixing with less-expensive greens such as iceberg or romaine.

Zesty Mesclun Salad



Adapted from *Canadian Cookbook*, Nellie Lyle Pattinson

Yield: 50

Serving Size: 1 cup (250 mL)

Cost per serving: \$0.56



1 cup Zesty Mesclun Salad is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 1 cup to satisfy their hunger.

2 lbs	mesclun salad mix	1 kg
1 1/4 lbs	feta cheese	600 g
4	red peppers	4
3 cups	Raspberry Vinaigrette Salad Dressing (see the recipe on next page)	750 mL

- 1 Wash the mesclun mix and pat dry. Tear into bite-sized pieces.
- 2 Crumble the feta cheese.
- 3 Wash and thinly slice the red peppers to make 50 rings. Remove the seeds as you go along.
- 4 For each serving, place 1 cup (250 mL) of the mesclun mix on a small plate, sprinkle with 1 Tbsp (15 mL) crumbled feta and top with a red pepper ring.
- 5 Just before serving, drizzle 1 Tbsp (15 mL) Raspberry Vinaigrette Salad Dressing over the salad mixture.

Raspberry Vinaigrette Salad Dressing

Adapted from *Simply in Season: Recipes That Celebrate Fresh, Local Foods*, Mary Beth Lind and Cathleen Hockman-Wert, 2005

Yield: 50

Serving Size: 1 Tbsp (15 mL)

1/2 cup	maple syrup	125 mL
1 cup	canola oil	250 mL
2/3 cup	lemon juice	150 mL
1/2 cup	cider vinegar	125 mL
1 cup	frozen raspberries (thawed)	125 g
1 tsp	prepared mustard	5 mL
1/2 tsp	salt	2 g
	pepper to taste	
3 Tbsp	poppy seeds	45 mL

1 Place all the ingredients in a blender and pulse briefly until they are well blended.

Feta cheese is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) feta cheese.

- To maintain crispness, add the vinaigrette right before serving.
- Mesclun salad mix is slightly more expensive than other lettuce types, but can be extended by mixing with less-expensive greens such as iceberg or romaine.

Crispy Vegetable Salad



Adapted from *Dole Super Kids* at dole5aday.com

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.67



1/2 cup Crispy Vegetable Salad is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

2 cups (1/2)	medium broccoli head	500 mL (1/2)
2	carrots	2
1	red pepper	1
1/2 bunch	radishes	1/2 bunch
1/2 stalk	celery, sliced	1/2 stalk
3/4 cup	Italian salad dressing	175 mL
1/2 lb (7 to 8 cups)	leafy green salad mix	225 g

- 1 Wash the broccoli, carrots, red pepper, radishes and celery.
- 2 Cut and separate the broccoli into 1/4-inch (1/2-cm) pieces. Cut the red peppers into 1/4-inch (1/2-cm) pieces.
- 3 Peel and thinly slice the carrots. Thinly slice the radishes and celery.
- 4 Combine the broccoli, carrots, red pepper, radishes and celery in a pot with water. Simmer gently for 2 minutes to soften the vegetables.
- 5 Drain the vegetables.
- 6 In a medium bowl, combine the vegetables with the salad dressing.
- 7 Immediately cover with plastic wrap and refrigerate for at least 30 minutes.
- 8 Tear the salad mix into bite-sized pieces.
- 9 Just before serving, combine the vegetable mixture with the salad mix. Stir well until the greens are well mixed.

Crispy Vegetable Salad



Adapted from *Dole Super Kids* at dole5aday.com

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.67



1/2 cup Crispy Vegetable Salad is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

3 lbs (3)	medium broccoli heads	1.5 kg (3)
1 1/2 lbs (4 cups)	carrots	700 g
4	red peppers	4
2 bunches	radishes	2 bunches
2 stalks	celery, sliced	2 stalks
3 8-oz bottles	Italian salad dressing	3 225-mL bottles
2 lbs	leafy green salad mix	1 kg

- 1 Wash the broccoli, carrots, red pepper, radishes and celery.
- 2 Cut and separate the broccoli into 1/4-inch (1/2-cm) pieces. Cut the red peppers into 1/4-inch (1/2-cm) pieces.
- 3 Peel and thinly slice the carrots. Thinly slice the radishes and celery.
- 4 Combine the broccoli, carrots, red pepper, radishes and celery in a pot with water. Simmer gently for 2 minutes to soften the vegetables.
- 5 Drain the vegetables.
- 6 In a large bowl, combine the vegetables with the salad dressing.
- 7 Immediately cover with plastic wrap and refrigerate for at least 30 minutes.
- 8 Tear the salad mix into bite-sized pieces.
- 9 Just before serving, combine the vegetable mixture with the salad mix. Stir well until the greens are well mixed.

June

Rhubarb

Promotional Ideas

Recipes:

Rhubarb & Strawberry Smoothies
Rhubarb Raspberry Muffins

Strawberries

Promotional Ideas

Recipes:

Baked-In Strawberry Shortcake
Sweet as Sunshine Smoothies

Peppers

Promotional Ideas

Recipes:

Roasted Red Pepper & Hummus Wraps
Rainbow Pepper & Beef Stir-Fry
Roasted Red Peppers

Asparagus

Promotional Ideas

Recipe:

Roasted Asparagus & Cherry Tomatoes

Peas

Promotional Ideas

Recipes:

Peas-to-Penne
Powerful Pea Soup
Nova Scotia Vegetable Hodge Podge



Rhubarb

Note: Children must wash their hands.



- 1** Rhubarb is a cool-season plant that is winter hardy; its buds and leaves are a sure sign of spring in Nova Scotia. Rhubarb is a vegetable but is most often eaten as a soft fruit, usually stewed or baked. Rhubarb has a unique tart taste that combines well with other fruits like strawberries and blueberries.
 - Visit a farmers' market or grocery store and pick up a few bunches of fresh rhubarb with the leaves cut off.
- 2** Looking at the rhubarb:
 - Arrange the rhubarb on a table.
 - Let each child pick up a rhubarb stalk. Do any of the children know someone with a rhubarb patch?
 - Let the children wash their rhubarb in a bin of water. Ask the children to look at both ends of their rhubarb stalk.
 - Notice that the leaves have been cut off. The rhubarb plant has large leaves that are poisonous and should not be eaten.
 - The long stem is called the "leaf stalk". This is the part that we eat.
 - Look at the bottom of the stalk and notice its whitish smooth tip. The rhubarb leaf stalk is twisted free of the rhubarb plant just above the root. It is never cut. Look closely to see if a little bit of the root is still there.
 - Ask the children if they can think of any other stalks that we eat (e.g., celery stalks).
- 3** Dice enough rhubarb into small pieces so that each child may have a small sample (see the text box below). Ask the children to describe the taste of the raw rhubarb (e.g., sour, bitter, tart). The children may not enjoy the taste of raw rhubarb – it is more common to cook the leaf stalks with a sweetening ingredient.
- 4** Dice enough rhubarb to make 5 cups (1.25 L). Let the children help to measure the rhubarb into a saucepan. Add 1/4 cup (50 mL) water and 2/3 cup (150 mL) white granulated sugar. Simmer until the rhubarb is sauce-like, for approximately 30 minutes. Make sure that the mixture does not scorch the inside bottom of the pan. Cool and add 1/4 tsp (1 mL) each of cinnamon and ginger.
 - Provide each child with 1 or 2 Tbsp (15 or 30 mL) rhubarb sauce in a small bowl along with a spoon. Ask the children if they like the rhubarb sauce. How does it taste? (e.g., sweet, good, tart, sour).
 - Leftover rhubarb sauce freezes well too.
- 5** Ask the children to think of ways that they can eat rhubarb. Crumbles, muffins, smoothies and sauce are just a few ways to eat rhubarb.

Rhubarb Fool

- 1 Provide a large bowl of rhubarb sauce, a large bowl of yogurt and a large bowl of washed sliced strawberries with the caps removed.
- 2 Ask the children to put the same amounts of rhubarb sauce and yogurt in their own bowl and stir until it is well mixed.
- 3 Children may top their rhubarb fool with a fresh strawberry slice and enjoy.

Rhubarb and Young Children

- Raw rhubarb with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, you can serve raw rhubarb grated, or cut rhubarb into 1/4-inch (1/2-cm) pieces and cook to soften.

Rhubarb & Strawberry Smoothies



Adapted from the Basic Rhubarb Sauce recipe (see January recipes)

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.29



1/2 cup Rhubarb & Strawberry Smoothies is 1/2 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Rhubarb & Strawberry Smoothies freezes well.

1 cup	Basic Rhubarb Sauce (see January recipes)	250 mL
1 cup	frozen strawberries	250 mL
1 cup	milk	250 mL
1/4 cup	yogurt, plain	50 mL
	frozen raspberries or blueberries (for garnish)	

- 1 Allow the frozen strawberries to thaw slightly.
- 2 Blend the rhubarb sauce, strawberries, milk, and yogurt in a blender or food processor.
- 3 Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

- This cool and refreshing fruit and milk combo may be offered as a beverage at mealtime or as a between-meals snack. It makes a great accompaniment to fresh apple or pear slices.

Rhubarb & Strawberry Smoothies



Adapted from the Basic Rhubarb Sauce recipe (see January recipes)

Yield: 32

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.29



1/2 cup Rhubarb & Strawberry Smoothies is 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Rhubarb & Strawberry Smoothies freezes well.

4 cups	Basic Rhubarb Sauce (see January recipes)	1 L
1 1/4 lbs	frozen strawberries	600 g
4 cups	milk	1 L
1 cup	yogurt, plain	250 mL
	frozen raspberries or blueberries (for garnish)	

- 1 Allow the frozen strawberries to thaw slightly.
- 2 Blend the rhubarb sauce, strawberries, milk, and yogurt in a blender or food processor.
- 3 Serve in cups, topped with a frozen raspberry or a few frozen blueberries.

- This cool and refreshing fruit and milk combo may be offered as a beverage at mealtime or as a between-meals snack. It makes a great accompaniment to fresh apple or pear slices.

Rhubarb Raspberry Muffins



Adapted from cooks.com

Muffin tins to accommodate 15 medium or
45 mini-sized muffin cups lined with muffin papers

Yield: 15

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.19



1 medium or 3 mini-sized Rhubarb Raspberry Muffins is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. Some

children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium or 3 mini-sized muffins to satisfy their hunger. Leftover Rhubarb Raspberry Muffins freezes well.

1 cup	all-purpose flour, sifted	250 mL
1 cup	whole wheat flour	250 mL
1/4 cup	flax flour or flax meal	50 mL
1 Tbsp	baking powder	15 mL
1/2 tsp	baking soda	2 mL
1/4 tsp	salt	1 mL
1	egg	1
1/4 cup	milk	50 mL
1/2 cup	vegetable oil	125 mL
1/3 cup	brown sugar, lightly packed	75 mL
1 cup	Basic Rhubarb Sauce (see January recipes)	250 mL
3 cups	frozen raspberries	750 mL
2 Tbsp	brown sugar, lightly packed	30 mL
1/4 tsp	cinnamon, ground	1 mL

- 1 Preheat oven to 375°F.
- 2 In a large mixing bowl, mix the all-purpose flour, whole wheat flour, flax flour, baking powder, baking soda and salt.
- 3 In a separate bowl, beat the egg, milk, oil, brown sugar (1/3 cup/75 mL), and rhubarb sauce.
- 4 Add the liquid to the dry ingredients and mix until the dry ingredients are moist. Gently fold the raspberries into the batter.
- 5 Pour into the prepared muffin cups, filling each cup 2/3 full.
- 6 Mix the remaining brown sugar with the cinnamon and sprinkle over the muffins.
- 7 Bake for 20 to 30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin pan with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 15 medium or 45 mini-sized muffins. Rhubarb Raspberry Muffins freeze very well.
- This is a great recipe to use up leftover Basic Rhubarb Sauce (see January recipes).
- Rhubarb blends well with the muffin ingredients and adds texture and moisture.
- Serve at breakfast, as a snack or at mealtime.

Rhubarb Raspberry Muffins



Adapted from cooks.com

Muffin tins to accommodate 45 medium or
135 mini-sized muffin cups lined with muffin papers

Yield: 45

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.19



1 medium or 3 mini-sized Rhubarb Raspberry Muffins is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium or 3 mini-sized muffins to satisfy their hunger. Leftover Rhubarb Raspberry Muffins freezes well.

3 cups	all-purpose flour, sifted	350 g
3 cups	whole wheat flour	360 g
3/4 cup	flax flour or flax meal	45 g
3 Tbsp	baking powder	45 g
1 1/2 tsp	baking soda	7 g
1 tsp	salt	5 g
3	eggs	3
3/4 cup	milk	175 mL
1 1/2 cups	vegetable oil	375 mL
1 cup	brown sugar, lightly packed	150 g
3 cups	Basic Rhubarb Sauce (see January recipes)	750 mL
3 lbs	frozen raspberries	1.5 kg
1/2 cup	brown sugar, lightly packed	75 g
1 tsp	cinnamon, ground	5 mL

- 1 Preheat oven to 375°F.
- 2 In a large mixing bowl, mix the all-purpose flour, whole wheat flour, flax flour, baking powder, baking soda and salt.
- 3 In a separate bowl, beat the eggs, milk, oil, brown sugar (1 cup/150 g), and rhubarb sauce.
- 4 Add the liquid to the dry ingredients and mix until the dry ingredients are moist. Gently fold the raspberries into the batter.
- 5 Pour into the prepared muffin cups, filling each cup 2/3 full.
- 6 Mix the remaining brown sugar with the cinnamon and sprinkle over the muffins.
- 7 Bake for 20 to 30 minutes, until lightly browned and a toothpick inserted in the centre comes out clean.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin pan with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 45 medium or 135 mini-sized muffins. Rhubarb Raspberry Muffins freeze very well.
- This is a great recipe to use up leftover Basic Rhubarb Sauce (see January recipes).
- Rhubarb blends well with the muffin ingredients and adds texture and moisture.
- Serve at breakfast, as a snack or at mealtime.

Strawberries

Note: Children must wash their hands.



- 1** Strawberries are very popular in Nova Scotia; in fact, people in Nova Scotia eat more strawberries per capita than in any other part of Canada. Look for fresh strawberries from June to July – with new varieties of strawberries, Nova Scotians can now enjoy strawberries into the fall months too. Nova Scotia produces 4.2 million quarts of strawberries every year.
 - Visit a farmers' market or grocery store to pick up fresh local strawberries. Strawberries taste the best when they are fully ripe. This makes them nice and sweet and juicy inside.
- 2** Looking at the inside and outside of strawberries:
 - Place one or two quarts of washed strawberries in a large bag and let the children smell them. Ask the children to describe the smell of the strawberries (e.g., like a strawberry, sweet). Most children will recognize the strawberry smell.
 - Let each child pick a strawberry from the bag. Have any of the children been to a strawberry patch to pick strawberries?
 - The green "cap" is called the calyx. This is where the strawberry is attached to the strawberry plant.
 - The strawberry is covered with seeds. Each seed can make a new strawberry plant.
 - The fleshy or soft part that we eat is called the receptacle.
 - The strawberry is covered with a thin skin. We eat strawberries with the skin on.
 - Are all strawberries completely red? Strawberries should be red (or ripe) when they are picked. Strawberries that are white or green will not be as tasty, sweet or juicy.
 - Cut the strawberry open to show the children its inside. How does the inside of the strawberry compare to the outside?
 - What does the strawberry half look like? Is it shaped like a heart?
- 3** Provide each child with a small bowl with one or two washed strawberries. Ask the children to twist off the stems. Let the children taste the strawberries. For children under four years old, slice the strawberries in half, further slice each half into quarters and check to ensure that the pieces are soft enough to chew. Ask the children to describe the taste of the strawberries (e.g., sweet, juicy, tart).

4 Strawberries grow from seeds:

- Provide each child with another strawberry. Ask the children if the strawberry feels smooth or rough. What makes the strawberry feel rough? Ask the children to notice the seeds.
- Let the children take turns looking at their strawberry with a child-sized magnifying glass. This will enable them to see the seeds better. Ask the children if they have any idea how many seeds are in a strawberry (200).

5 Ask the children to think of ways that they can eat strawberries.

- Pancakes, muffins, scones, smoothies and strawberry sauce are just a few ways to eat strawberries. Sliced fresh strawberries are great too. Serve leftover strawberries fresh or in a smoothie. Children will also love the Baked-In Strawberry Shortcake recipe, which can be made with fresh strawberries.

Baked-In Strawberry Shortcake



Adapted from the Nova Scotia Department of Agriculture and Marketing, Home Economics Division, revised 1975

1 8" x 8" baking pan

Yield: 8

Serving Size: One 3" x 3" (7.5 cm x 7.5 cm) piece

Cost per serving: \$0.35



One 3" x 3" piece Baked-In Strawberry Shortcake is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of a 1 1/2" x 3" piece and should be offered more if still hungry. Some children may need to eat more than a 3" x 3" piece to satisfy their hunger. Leftover Baked-In Strawberry Shortcake freezes well.

1/3 cup	all-purpose flour, sifted	75 mL
1/2 cup	whole wheat flour	125 mL
1/2 cup	white granulated sugar	125 mL
2 tsp	baking powder	10 mL
1/2 tsp	salt	2 mL
1/4 cup	milk	50 mL
1	egg	1
2 Tbsp	non-hydrogenated margarine, melted	30 mL
2 cups	frozen strawberries in light syrup, drained	500 mL

Crumble Topping

3 Tbsp	all-purpose flour, sifted	45 mL
3 Tbsp	flax flour or flax meal	45 mL
3 Tbsp	brown sugar, lightly packed	45 mL
3 Tbsp	non-hydrogenated margarine	45 mL
1/4 tsp	cinnamon, ground	1 mL

- 1 Preheat oven to 375°F.
- 2 Sift together the two flours, sugar, baking powder, and salt in a bowl.
- 3 Mix the milk, egg and melted margarine in a separate bowl. Add to the dry ingredients and beat well for 2 minutes. Spread the batter in the lightly greased baking pan.
- 4 Evenly distribute the strawberries over the batter.
- 5 Mix the crumble topping ingredients until the mixture resembles coarse crumbs. Evenly distribute over the strawberries.
- 6 Bake for about 30 to 35 minutes; check after 25 minutes.

- This healthy version of strawberry shortcake is good for a snack or dessert and easily replaces modern-day granola bars.

Baked-In Strawberry Shortcake



Adapted from the Nova Scotia Department of Agriculture and Marketing, Home Economics Division, revised 1975

2 11" x 17" sheet pans

Yield: 48

Serving Size: One 3" x 3" (7.5 cm x 7.5 cm) piece

Cost per serving: \$0.35



One 3" x 3" piece Baked-In Strawberry Shortcake is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of a 1 1/2" x 3" piece and should be offered more if still hungry. Some children may need to eat more than a 3" x 3" piece to satisfy their hunger. Leftover Baked-In Strawberry Shortcake freezes well.

2 cups	all-purpose flour, sifted	228 g
2 1/2 cups	whole wheat flour	300 g
2 1/2 cups	white granulated sugar	500 g
1/4 cup	baking powder	60 g
1 Tbsp	salt	15 g
1 1/2 cups	milk	375 mL
6	eggs	6
3/4 cup	non-hydrogenated margarine, melted	175 g
5 lbs	frozen strawberries in light syrup, drained	2 kg

Crumble Topping

1 cup	all-purpose flour, sifted	114 g
1 cup	flax flour or flax meal	65 g
1 cup	brown sugar, lightly packed	150 g
1 cup	non-hydrogenated margarine	250 g
1 1/2 tsp	cinnamon, ground	7 mL

- 1 Preheat oven to 375°F.
- 2 Sift together the two flours, sugar, baking powder and salt in a large bowl.
- 3 Mix the milk, eggs, and melted margarine in a separate bowl. Add to the dry ingredients and beat well for 2 minutes. Spread the batter in the lightly greased sheet pans.
- 4 Evenly distribute the strawberries over the batter.
- 5 Mix the crumble topping ingredients until the mixture resembles coarse crumbs. Evenly distribute over the strawberries.
- 6 Bake for about 45 minutes; check after 35 minutes.

- This healthy version of strawberry shortcake is good for a snack or dessert and easily replaces modern-day granola bars.

Sweet as Sunshine Smoothies



Adapted from the California Strawberry Commission at calstrawberry.com

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.47



1/2 cup Sweet as Sunshine Smoothies is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Sweet as Sunshine Smoothies freezes well.

2 cups	frozen strawberries	500 mL
3/4 cup	unsweetened pineapple chunks	175 mL
3/4 cup	sliced peaches in natural juice	175 mL
3/4 cup	sliced pears in natural juice	175 mL
1 cup	yogurt, plain	250 mL
	frozen blueberries (for garnish)	

- 1 Allow the frozen strawberries to thaw slightly.
- 2 Drain the canned fruit.
- 3 Combine all of the fruit; blend in a blender or food processor in small batches.
- 4 Add the yogurt to the blended fruit.
- 5 Serve in cups; top with a few frozen blueberries.

- Smoothies are a great way to increase fruit and milk intake.
- Smoothies made with frozen fruit are more icy and thick than those made with fresh or canned fruit.
- Thin smoothies by adding some of the liquid drained from the fruit.
- Smoothie flavours are endless – experiment a little, and have fun.

Sweet as Sunshine Smoothies



Adapted from the California Strawberry Commission at calstrawberry.com

Yield: 40

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.47



1/2 cup Sweet as Sunshine Smoothies is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Sweet as Sunshine Smoothies freezes well.

3 lbs	frozen strawberries	1.5 kg
2 14-oz cans	unsweetened pineapple chunks	2 398-mL cans
1 28-oz can	sliced peaches in natural juice	1 796-mL can
1 28-oz can	sliced pears in natural juice	1 796-mL can
6 cups	yogurt, plain	1.5 L
	frozen blueberries (for garnish)	

- 1 Allow the frozen strawberries to thaw slightly.
- 2 Drain the canned fruit.
- 3 Combine all of the fruit; blend in a blender or food processor in small batches.
- 4 Add the yogurt to the blended fruit.
- 5 Serve in cups; top with a few frozen blueberries.

- Smoothies are a great way to increase fruit and milk intake.
- Smoothies made with frozen fruit are more icy and thick than those made with fresh or canned fruit.
- Thin smoothies by adding some of the liquid drained from the fruit.
- Smoothie flavours are endless – experiment a little, and have fun.

Peppers

Note: Children must wash their hands.



1 Bell peppers are a popular warm weather crop in Nova Scotia. They are found in a variety of colours, including green, red, yellow, orange and purple. Bell peppers belong to the same family as potatoes, eggplants and tomatoes.

- Visit a farmers' market or grocery store to pick up a sample of bell peppers in a variety of colours.
- Place a few washed peppers in a large bag and let the children smell and touch the peppers. Ask the children to describe the feel and smell of the peppers (e.g., like a ball, smooth).
- The children have not seen the peppers and do not know their colour. Ask the children to guess the colour of the peppers in the bag. Transfer the peppers from the bag to a table. Are the children surprised at all the different colours?
- Look at the shape of the peppers. Ask the children to describe the shape of the peppers (e.g., like a bell).
- Bell peppers are a fruit, but we eat them as a vegetable. They grow from a flower on a small green-leaved plant.
- The pepper is attached to the flower or blossom of the plant by the hard stem at the top of the pepper.
- The skin is thin and edible; peppers do not need to be peeled.
- Bell peppers are not hot.
- Wash the peppers in a large bin of water. Let the children help to wash them. Do the peppers float?
- Ask the children to pick up a pepper. Does it seem heavy? Do they think it is full of pulp like a tomato or a potato?



- Slice a pepper lengthwise and show the children its inside.
- Ask the children to describe the inside of the pepper, noting its ribs and seeds.
- Remove the stem and trim the rib parts and the seeds.
- Are there a lot of seeds (more than 100)? How many pepper plants would this make?

2 Tasting the peppers:

- Slice a pepper into strips and further dice the strips into 1/4-inch (1/2-cm) pieces for tasting.
- As an alternative, slice a pepper widthwise into rings. Provide the children with a small bowl for tasting; they may choose a pepper ring or some diced pepper. The diced pepper is more suitable for the children under four years old.
- Ask the children to describe the taste of the peppers (e.g., sweet, crisp, crunchy).

3 Ask the children to think of ways that they can eat bell peppers. Peppers are enjoyed as a snack with dip, in stir-fries, in salads or stuffed with a grain like rice or couscous. Ask the children if they have ever had roasted peppers.

4 Leftover bell peppers may be cut into strips and stir-fried for lunch; the Rainbow Pepper & Beef Stir-Fry recipe is a great way to enjoy the colour of peppers. Peppers may also be frozen in strips without blanching – in this way they are ready to use for a stir-fry at a later date.

Roasted Red Pepper & Hummus Wraps



Adapted from *New Light Cooking*, Anne Lindsay, 2006

Yield: 10

Serving Size: 1 wrap

Cost per serving: \$0.64



1 Roasted Red Pepper & Hummus Wrap is 1 GRAIN PRODUCTS, 1/3 MEAT AND ALTERNATIVES, and 1/3 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 wrap and should be offered more if still hungry. Some children may need to eat more than 1 wrap to satisfy their hunger. Leftover Roasted Red Pepper & Hummus Wraps freezes well.

2 cups	hummus (see the recipe on next page)	500 mL
10	red pepper slices, roasted (see June recipes)	10
10 6-inch	whole wheat tortillas	10 15-cm

- 1 Begin by making the hummus (see the recipe on next page) and roasting the red peppers (see June recipes).
- 2 Spread each tortilla with 4 Tbsp (60 mL) hummus.
- 3 Dice the roasted red pepper into 1/4-inch (1/2-cm) pieces. Place 1 Tbsp (15 mL) on top of the hummus.
- 4 Roll up each tortilla. If desired, cut on the diagonal to serve or cut into smaller slices.

Hummus

Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Yield: 2 cups

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.27

1	garlic clove, minced	1
1	19-oz can chickpeas, rinsed and drained	1 540-mL can
3 Tbsp	sesame oil	45 mL
2 Tbsp	lemon juice	30 mL
1/2 tsp	salt	2 mL
	pepper to taste	

- 1 In a food processor, purée the garlic and chickpeas.
- 2 Add the remaining ingredients and process until blended and smooth.

- This is a great vegetarian dish; chickpeas are a great source of protein.

Roasted Red Pepper & Hummus Wraps



Adapted from *New Light Cooking*, Anne Lindsay, 2006

Yield: 48

Serving Size: 1 wrap

Cost per serving: \$0.64



1 Roasted Red Pepper & Hummus Wrap is 1 GRAIN PRODUCTS, 1/3 MEAT AND ALTERNATIVES, and 1/3 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 wrap and should be offered more if still hungry. Some children may need to eat more than 1 wrap to satisfy their hunger. Leftover Roasted Red Pepper & Hummus Wraps freezes well.

10 cups	hummus (see the recipe on next page)	2.5 L
48	red pepper slices, roasted (see June recipes)	48
48 6-inch	whole wheat tortillas	48 15-cm

- 1 Begin by making the hummus (see the recipe on next page) and roasting the red peppers (see June recipes).
- 2 Spread each tortilla with 4 Tbsp (60 mL) hummus.
- 3 Dice the roasted red pepper into 1/4-inch (1/2-cm) pieces. Place 1 Tbsp (15 mL) on top of the hummus.
- 4 Roll up each tortilla. If desired, cut on the diagonal to serve or cut into smaller slices.

Hummus

Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Yield: 10 cups (2.5 L)

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.27

5	garlic cloves, minced	5
5 19-oz cans	chickpeas, rinsed and drained	5 540-mL cans
3/4 cup	sesame oil	175 mL
1/2 cup	lemon juice	125 mL
2 tsp	salt	10 g
	pepper to taste	

- 1 In a food processor, purée the garlic and chickpeas.
- 2 Add the remaining ingredients and process until blended and smooth.

- This is a great vegetarian dish; chickpeas are a great source of protein.

Rainbow Pepper & Beef Stir-Fry



Adapted from *The Complete Canadian Living Cookbook*, Elizabeth Baird, 2004

2 11" x 17" baking pans

Yield: 10

Serving Size: 1/2 cup (125 mL) (pasta and beef)

Cost per serving: \$1.00



1/2 cup Rainbow Pepper & Beef Stir-Fry is 1/2 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Rainbow Pepper & Beef Stir-Fry freezes well.

2 tsp	canola oil	10 mL
1 lb	beef strips, lean	454 g
1 1/2	peppers (1/2 red, 1/2 orange, 1/2 yellow)	1 1/2
1/4 cup	teriyaki sauce	50 mL
1/4 cup	water	50 mL
1 Tbsp	cider vinegar	15 mL
1 tsp	cornstarch	5 mL
1 tsp	water	5 mL
2	green onions, chopped	2
1 cup	matchstick carrots	250 mL
1/4 lb	spaghetti	120 g

- 1 Preheat oven to 375°F.
- 2 Thinly slice the beef strips. Cut into 1-inch (2.5-cm) pieces.
- 3 Place 1 tsp (5 mL) of the canola oil over one of the baking pans, distribute the beef strips in a single layer over the pan, and bake for about 20 to 30 minutes, until no longer pink. Do not overcook, as this will make the strips tough.
- 4 Wash the peppers, cut in half and remove the seeds, and then cut into strips. Cut the strips into 1/4-inch (1/2-cm) pieces.

- 5** Place the remaining canola oil over the other pan. Distribute the pepper pieces in a single layer over the pan, and bake for about 20 to 30 minutes, until soft.
- 6** While the beef strips and pepper pieces are in the oven, combine the teriyaki sauce, 1/4 cup (50 mL) water, and the cider vinegar. Bring to a boil. Make a paste with the cornstarch and the remaining water. Whisk the cornstarch paste into the teriyaki mixture. Stir until glossy.
- 7** Chop the green onions.
- 8** Combine the cooked beef and pepper pieces, green onion and matchstick carrots. Stir in the teriyaki sauce mixture.
- 9** Bring 4 cups (1 L) water to a boil. Add the spaghetti and cook for 10 minutes until firm but not hard.
- 10** Drain the spaghetti and combine with the beef/pepper mixture. Keep warm in the oven until serving time.

Teriyaki sauce is a condiment in this recipe. Each serving provides 1 tsp (5 mL) teriyaki sauce.

- To avoid toughness, choose inside round or sirloin tip beef strips.
- Tofu can be substituted for the beef, and rice can be substituted for the spaghetti.

Rainbow Pepper & Beef Stir-Fry



Adapted from *The Complete Canadian Living Cookbook*, Elizabeth Baird, 2004

4 11" x 17" baking pans

Yield: 40

Serving Size: 1/2 cup (125 mL) (pasta and beef)

Cost per serving: \$1.00



1/2 cup Rainbow Pepper & Beef Stir-Fry is 1/2 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Rainbow Pepper & Beef Stir-Fry freezes well.

2 Tbsp	canola oil	30 mL
4 lbs	beef strips, lean	2 kg
6	peppers (2 red, 2 orange, 2 yellow)	6
1 cup	teriyaki sauce	250 mL
1 cup	water	250 mL
1/4 cup	cider vinegar	50 mL
1 Tbsp	cornstarch	15 mL
1 Tbsp	water	15 mL
1 bunch	green onions, chopped	1 bunch
4 cups	matchstick carrots	280 g
1 lb	spaghetti	454 g

- 1 Preheat oven to 375°F.
- 2 Thinly slice the beef strips. Cut into 1-inch (2.5-cm) pieces.
- 3 Place 1 Tbsp (15 mL) of the canola oil over two of the baking pans, distribute the beef strips in a single layer over the pans, and bake for about 20 to 30 minutes, until no longer pink. Do not overcook, as this will make the strips tough.
- 4 Wash the peppers, cut in half and remove the seeds, and then cut into strips. Cut the strips into 1/4-inch (1/2-cm) pieces.

- 5 Place the remaining canola oil over the other 2 pans. Distribute the pepper pieces in a single layer over the pans, and bake for about 20 to 30 minutes, until soft.
- 6 While the beef strips and pepper pieces are in the oven, combine the teriyaki sauce, 1 cup (250 mL) water, and the cider vinegar. Bring to a boil. Make a paste with the cornstarch and the remaining water. Whisk the cornstarch paste into the teriyaki mixture. Stir until glossy.
- 7 Chop the green onions.
- 8 Combine the cooked beef and pepper pieces, green onion and matchstick carrots. Stir in the teriyaki sauce mixture.
- 9 Bring 4 quarts (4 L) water to a boil. Add the spaghetti and cook for 10 minutes until firm but not hard.
- 10 Drain the spaghetti and combine with the beef/pepper mixture. Keep warm in the oven until serving time.

Teriyaki sauce is a condiment in this recipe. Each serving provides 1 tsp (5 mL) teriyaki.

- To avoid toughness, choose inside round or sirloin tip beef strips.
- Tofu can be substituted for the beef, and rice can be substituted for the spaghetti.

Roasted Red Peppers



Adapted from *New Light Cooking*, Anne Lindsay, 2006

1 11" x 17" sheet pan

Yield: 12

Serving Size: 1/6 of a pepper

Cost per serving: \$0.17



1/6 Roasted Red Pepper is 1/3 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/12 pepper and should be offered more if still hungry. Some children may need to eat more than 1/6 pepper to satisfy their hunger. Leftover Roasted Red Peppers freezes well.

2	red peppers	2
1 tsp	canola oil	5 mL
1/4 tsp	oregano	1 mL

- 1 Preheat oven to 350°F.
- 2 Wash the peppers well. Cut each pepper in half; scoop out the seeds and the stem. Cut each half into 3 pieces (2 peppers x 6 pieces = 12 pieces).
- 3 Toss the red pepper pieces in a bowl with the oil and oregano.
- 4 Lay the red pepper pieces inside-face-down (not the skin side) on the sheet pan.
- 5 Bake for 30 minutes, until the outside skins are wrinkled and brownish. The skins may be removed, but roasted peppers are acceptable with the skins left on.

- Roasted red peppers are easy to make. They are flavourful and full of vitamin C.
- They can be served on the side with chicken pieces, in a sandwich or on top of a lean hamburger.
- Roasted red peppers are also a great topping for pizza, such as the Crusty Homemade Vegetable Pizza (see March recipes), or try the Roasted Red Pepper & Hummus Wraps (see June recipes).

Roasted Red Peppers



Adapted from *New Light Cooking*, Anne Lindsay, 2006

2 11" x 17" sheet pans

Yield: 48

Serving Size: 1/6 of a pepper

Cost per serving: \$0.17



1/6 Roasted Red Pepper is 1/3 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/12 pepper and should be offered more if still hungry. Some children may need to eat more than 1/6 pepper to satisfy their hunger. Leftover Roasted Red Peppers freezes well.

8	red peppers	8
1 Tbsp	canola oil	15 mL
1 tsp	oregano	5 mL

- 1 Preheat oven to 350°F.
- 2 Wash the peppers well. Cut each pepper in half; scoop out the seeds and the stem. Cut each half into 3 pieces (8 peppers x 6 pieces = 48 pieces).
- 3 Toss the red pepper pieces in a bowl with the oil and oregano.
- 4 Lay the red pepper pieces inside-face-down (not the skin side) on the sheet pans.
- 5 Bake for 30 minutes, until the outside skins are wrinkled and brownish. The skins may be removed, but roasted peppers are acceptable with the skins left on.

- Roasted red peppers are easy to make. They are flavourful and full of vitamin C.
- They can be served on the side with chicken pieces, in a sandwich or on top of a lean hamburger.
- Roasted red peppers are also a great topping for pizza, such as the Crusty Homemade Vegetable Pizza (see March recipes), or try the Roasted Red Pepper & Hummus Wraps (see June recipes).

Asparagus

Note: Children must wash their hands.



- 1** Asparagus shoots are a sign of spring in Nova Scotia. They are members of the lily family. The children may remember other family members of the lily family: onions, garlic, leeks and shallots.
- 2** Check out a local farmers' market to find fresh asparagus. Asparagus is sold in bunches, with the pieces or spears standing upright. Look for asparagus spears that are plump and straight. Check out the ends and put back any bunches with dry, split, or excessively woody stems, as this is a sign of older asparagus. Thin spears are more tender and sweet, while fatter stems have a meatier texture and stronger asparagus flavour.
 - Wash the asparagus spears in a large bin of water. The children may help with this. Do the spears sink or float?
 - Arrange the spears on a table. Ask the children to describe the appearance of the asparagus. Are all of the spears the same colour, length, width? Can the children describe the smell of the asparagus? Is "spear" a good name for asparagus?
- 3** Looking at the asparagus:
 - Let each child select an asparagus spear. With a tape measure, let each child measure his or her spear and compare the results with the other children.
 - Ask the children to compare the two ends of the asparagus spear; is one end harder or "woodier" than the other? (yes)
 - The children may remove the woody piece by bending the flat end of the spear enough so that it breaks off. The spear should break off at the point where the spear starts to become more tender.
- 4** Asparagus tasting:
 - It is best to taste cooked asparagus. Very narrow, young asparagus spears are tender enough to be eaten raw, but asparagus is normally eaten cooked. Asparagus may be simmered, roasted or added to stir-fries and salads.
 - Asparagus cooks very quickly. Re-wash all the asparagus spears from which the children have removed the woody ends. Simmer the spears for three to four minutes or until each spear is tender to a fork. Provide each child with a spear on a small plate for tasting. Ask the children to describe the taste of the spear (e.g., tender, tough, sweet).

- 5 Asparagus tastes the best when it is fresh and local; enjoy it for the four to six weeks that it may be available in Nova Scotia. Asparagus is also available year-round canned and frozen and these are good options for children to enjoy asparagus during seasons when fresh asparagus is not available. Canned asparagus should be rinsed to remove the excess salt.
 - Try making these Asparagus Roll-Up Sandwiches with the children. They are tasty, simple and fast to make.

Asparagus Roll-Up Sandwiches

- 1 Provide each child with a slice of whole wheat bread that has been flattened by a rolling pin.
- 2 Let each child sprinkle 1 Tbsp (15 mL) of grated cheddar cheese over the bread.
- 3 Provide each child with one washed canned asparagus spear or one fresh or frozen asparagus spear that has been simmered for three or four minutes.
- 4 Instruct the children to place the asparagus spear at the end of the bread slice and to roll the bread up and around the asparagus spear.
- 5 Enjoy for snack or lunchtime. Children may prefer their sandwich cut in half.

- The Roasted Asparagus and Cherry Tomatoes recipe is a great way to use up any leftover asparagus spears.

Roasted Asparagus & Cherry Tomatoes



Adapted from *The Naked Chef*, Jamie Oliver, 1999

1 11" x 17" sheet pan

Yield: 6

Serving Size: 4 spears

Cost per serving: \$0.61



4 spears Roasted Asparagus & Cherry Tomatoes is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 2 spears and should be offered more if still hungry. Some children may need to eat more than 4 spears to satisfy their hunger. Leftover Roasted Asparagus & Cherry Tomatoes freezes well.

1 lb (24)	fresh asparagus	454 g (24)
3/4 lb	cherry tomatoes	360 g
2 Tbsp	canola oil	30 mL
1	garlic clove, finely sliced	1
1/4 cup	fresh basil OR	50 mL
1/2 Tbsp	basil, dried	7 mL
pinch	salt	pinch
	pepper to taste	
	grated parmesan cheese or chopped hard-boiled egg (for garnish)	

- 1 Preheat oven to 350°F.
- 2 Wash the asparagus and trim any woody stems at the base of the stalks. Refer to the Asparagus Promotional Ideas.
- 3 Wash the cherry tomatoes and cut them in half.
- 4 Mix the oil and garlic and spread over the sheet pan. Lay the asparagus spears evenly over the pan, rolling them in the oil/garlic mixture.
- 5 Evenly distribute the cherry tomatoes over the asparagus. Break apart the fresh basil and scatter it over the asparagus and tomatoes. Sprinkle with the salt and pepper to taste.
- 6 Bake the asparagus for 20 to 25 minutes, rolling the spears over in the pan every 10 minutes.

- 7 Serve each asparagus portion of 4 spears in the centre of a side plate with a cherry tomato half on top and a slice of whole grain toast (sliced on the diagonal) placed to one side. Top with grated parmesan cheese or chopped hard-boiled egg.

- The asparagus should not become soft and mushy; rather, it should hold its shape and absorb the flavours of the tomatoes, oil and garlic.

Roasted Asparagus & Cherry Tomatoes



Adapted from *The Naked Chef*, Jamie Oliver, 1999

3 11" x 17" sheet pans

Yield: 30

Serving Size: 4 spears

Cost per serving: \$0.61



4 spears Roasted Asparagus & Cherry Tomatoes is 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 2 spears and should be offered more if still hungry. Some children may need to eat more than 4 spears to satisfy their hunger. Leftover Roasted Asparagus & Cherry Tomatoes freezes well.

5 lbs	fresh asparagus	2.5 kg
4 lbs	cherry tomatoes	2 kg
1/2 cup	canola oil	125 mL
3	garlic cloves, finely sliced	3
1 bunch	fresh basil OR	1 bunch
2 Tbsp	basil, dried	30 mL
1/2 tsp	salt	2 mL
	pepper to taste	
	grated parmesan cheese or chopped hard-boiled egg (for garnish)	

- 1 Preheat oven to 350°F.
- 2 Wash the asparagus and trim any woody stems at the base of the stalks. Refer to the Asparagus Promotional Ideas.
- 3 Wash the cherry tomatoes and cut them in half.
- 4 Mix the oil and garlic and spread over the sheet pans. Lay the asparagus spears evenly over the pans, rolling them in the oil/garlic mixture.
- 5 Evenly distribute the cherry tomatoes over the asparagus. Break apart the fresh basil and scatter it over the asparagus and tomatoes. Sprinkle with the salt and pepper to taste.

- 6 Bake for 20 to 25 minutes, rolling the spears over in the pans every 10 minutes.
- 7 Serve each asparagus portion of 4 spears in the centre of a side plate with a cherry tomato half on top and a slice of whole grain toast (sliced on the diagonal) placed to one side. Top with grated parmesan cheese or chopped hard-boiled egg.

- The asparagus should not become soft and mushy; rather, it should hold its shape and absorb the flavours of the tomatoes, oil and garlic.

Peas

Note: Children must wash their hands.



- 1** Peas are well-liked by adults and children. In fact, peas are among the top 10 most commonly eaten vegetables. Only a small percentage of peas are sold fresh; the majority of peas are sold frozen or canned.
 - Visit a farmers' market or grocery store to pick up a large bag of fresh peas. If possible, pre-order the peas so they will taste nice and sweet for the children. Once picked, peas will quickly start to convert their sugar to starch and gradually lose their sweet taste. This helps explain why frozen peas have become so popular.
- 2** Looking at the peas:
 - Arrange the peas on a table. Let each child pick up a pea pod. Let the children examine the pods. Are all of the pods the same size? Are they all shaped the same?
 - Green peas consist of an inedible pod with sweet full-sized seeds inside.
 - Shelling the peas: Ask the children how they think they can get the peas out of the pod. Opening the pea pod may take a little practice. Instruct the children to pull back on the stem end to find a string, which is like a zipper that extends the length of the pea. Instruct the children to pull down on the string the full length of the pea; this should open the pea pod and reveal the pea seeds.
 - Ask the children to count the peas inside their pea pod. Do all of the children have the same number of peas? Are all of the peas the same size?
- 3** Tasting the fresh peas:
 - If the peas are small and tender the older children may be able to taste them raw (see the text box on next page).
 - Simmer fresh peas for two to three minutes. Provide each child with a small bowl with a few peas. Ask the children to describe the taste of the peas (e.g., sweet, tender, soft).
- 4** Averaging the peas inside a pod:
 - Let the children continue to shell the peas. As they shell the peas, keep a record of each child's name and the number of peas in his or her pod. Show the children how to take the average of all of the shelled pea pods.
 - Peas for lunch: Let the children continue on with the shelling of the peas until they have enough for lunch. Simmer for two to three minutes and serve as a side dish.

- Ask the children to see how many peas will fit into a 1/4-cup (50-mL) or 1/2-cup (125-mL) measuring cup.
 - Leftover peas should be refrigerated. Recipes like Powerful Pea Soup or Peas-to-Penne are great to try out.
- 5** Children may enjoy the storybook *Little Pea* by Amy Krouse Rothenthal. This is a delightful story about a little pea that the children will be able to relate to. Check for it at your local library, bookstore or online bookstore.

Peas and Young Children

- Raw peas with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, you can cook peas until soft and tender to a fork.

Peas-to-Penne



Adapted from rachaelraymag.com

1 9" x 13" baking pan

Yield: 12

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$0.44



3/4 cup Peas-to-Penne is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Peas-to-Penne freezes well.

1 lb (4 cups)	whole wheat penne pasta	454 g
3 cups	frozen peas	750 mL
2 Tbsp	parmesan cheese, grated	30 mL
1/3 cup	olive oil	75 mL
1/4 cup	fresh basil OR	50 mL
1 Tbsp	basil, dried	15 mL
1/2 Tbsp	lemon zest, grated (wash the lemon well)	7 mL
1/4 tsp	salt	1 mL
	pepper to taste	
1/2 cup	cheddar cheese, grated	125 mL

- 1 Preheat oven to 350°F.
- 2 Prepare the penne pasta according to the directions on the package. Cook only to the al dente stage (firm, but not hard) and drain, reserving 3/4 cup (175 mL) of the cooking water.
- 3 In a food processor, purée the peas with the parmesan cheese, olive oil, basil, and lemon zest. The mixture should be coarsely chopped. Season with salt and pepper to taste. Transfer to a pot.
- 4 Stir the reserved pasta cooking water into the pea mixture.
- 5 Place the cooked pasta in the baking pan, add the pea mixture, and toss to combine.
- 6 Sprinkle the grated cheddar cheese over the pan. Bake for 30 minutes.

Parmesan cheese is a condiment in this recipe. Each serving provides 1/2 tsp (2 mL) parmesan cheese.

- This pasta and peas combination makes a complete meal and would go well with Zesty Mesclun Salad (see May recipes).

Peas-to-Penne



Adapted from rachaelraymag.com

4 9" x 13" baking pans

Yield: 48

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$0.44



3/4 cup Peas-to-Penne is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Peas-to-Penne freezes well.

4 lbs	whole wheat penne pasta	2 kg
5 lbs	frozen peas	2.5 kg
1/2 cup	parmesan cheese, grated	65 g
1 1/2 cups	olive oil	375 mL
1 cup	fresh basil OR	250 mL
4 Tbsp	basil, dried	50 mL
2 Tbsp	lemon zest, grated (wash the lemon well)	30 mL
1 tsp	salt	5 g
	pepper to taste	
8 oz	cheddar cheese, grated	240 g

- 1 Preheat oven to 350°F.
- 2 Prepare the penne pasta according to the directions on the package. Cook only to the al dente stage (firm, but not hard) and drain, reserving 3 cups (750 mL) of the cooking water.
- 3 In a food processor, purée the peas with the parmesan cheese, olive oil, basil, and lemon zest. The mixture should be coarsely chopped. Season with salt and pepper to taste. Transfer to a pot.
- 4 Stir the reserved pasta cooking water into the pea mixture.
- 5 Divide the cooked pasta between the baking pans, add the pea mixture, and toss to combine.
- 6 Sprinkle the grated cheddar cheese over the pans. Bake for 30 minutes.

Parmesan cheese is a condiment in this recipe. Each serving provides 1/2 tsp (2 mL) parmesan cheese.

- This pasta and peas combination makes a complete meal and would go well with Zesty Mesclun Salad (see May recipes).

Powerful Pea Soup



Adapted from an old family recipe

1 medium pot

Yield: 12

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.29



1/2 cup Powerful Pea Soup is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Powerful Pea Soup freezes well.

1 Tbsp	non-hydrogenated margarine	15 mL
1 Tbsp	canola oil	15 mL
1/2 cup	onion, chopped	125 mL
4 cups	fresh or frozen peas	1 L
2 cups	water	500 mL
1/4 tsp	chicken bouillon powder, reduced sodium	1 mL
1 12-oz can	evaporated milk	1 370-mL can
1 cup	milk	250 mL
	pepper to taste	

- 1 Melt the margarine with the canola oil over low heat. Add the onion and sauté until soft.
- 2 Put 1/2 cup (125 mL) of the whole peas aside to be added after the soup has been puréed. Add the remaining peas to the onions.
- 3 Add the water and chicken bouillon powder. Simmer the mixture until the peas are soft.
- 4 Purée the soup in batches in a food processor or blender. Return to the pot and stir in the 1/2 cup (125 mL) of whole peas.
- 5 Add the evaporated milk and the other milk. Blend well. Season with pepper to taste.
- 6 Serve in bowls or mugs with a whole wheat roll or bread to make this high-protein and high-fibre soup a complete meal.

- The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed.
- Use reduced-sodium bouillon powder, which contains about 25 percent less sodium than regular bouillon powder.
- Bouillon packets or cubes may be used as a substitution for the bouillon powder. Each packet contains 1 1/2 tsp (7 mL) bouillon powder. If using bouillon cubes, crumble them and measure accordingly.

Powerful Pea Soup



Adapted from an old family recipe

One 10-quart (10-L) pot

Yield: 50

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.29



1/2 cup Powerful Pea Soup is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Powerful Pea Soup freezes well.

1/4 cup	non-hydrogenated margarine	50 mL
1/4 cup	canola oil	50 mL
2 cups	onion, chopped	500 mL
5 lbs	fresh or frozen peas	2.5 kg
8 cups	water	2 L
1 1/2 tsp	chicken bouillon powder, reduced sodium	5 g
3 12-oz cans	evaporated milk	3 370-mL cans
4 cups	milk	1 L
	pepper to taste	

- 1 Melt the margarine with the canola oil over low heat. Add the onion and sauté until soft.
- 2 Put 2 cups (500 mL) of the whole peas aside to be added after the soup has been puréed. Add the remaining peas to the onions.
- 3 Add the water and chicken bouillon powder. Simmer the mixture until the peas are soft.
- 4 Purée the soup in batches in a food processor or blender. Return to the pot and stir in the 2 cups (500 mL) of whole peas.
- 5 Add the evaporated milk and the other milk. Blend well. Season with pepper to taste.
- 6 Serve in bowls or mugs with a whole wheat roll or bread to make this high-protein and high-fibre soup a complete meal.

- The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed.
- Use reduced-sodium bouillon powder, which contains about 25 percent less sodium than regular bouillon powder.
- Bouillon packets or cubes may be used as a substitution for the bouillon powder. Each packet contains 1 1/2 tsp (7 mL) bouillon powder. If using bouillon cubes, crumble them and measure accordingly.

Nova Scotia Vegetable Hodge Podge



Adapted from *Cook Great Food*, Dietitians of Canada, 2001

1 9" x 13" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.32



1/2 cup Nova Scotia Vegetable Hodge Podge is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may

prefer a smaller serving of 1/4 cup and should be offered more if still hungry.

Some children may need to eat more than 1/2 cup to satisfy their hunger.

Leftover Nova Scotia Vegetable Hodge Podge freezes well.

8	small red-skinned potatoes	8
8	baby carrots	8
1/2 cup	yellow wax beans	125 mL
3/4 cup	frozen kernel corn	175 mL
1/3 cup	fresh or frozen peas	75 mL
2 tsp	all-purpose flour	10 mL
3/4 cup	milk	175 mL
1/2 tsp	salt	2 mL
	pepper to taste	
1/2 tsp	non-hydrogenated margarine	2 mL

- 1 Preheat oven to 350°F.
- 2 Wash and cut the potatoes in half.
- 3 Wash the carrots and cut into 1/4-inch (1/2-cm) pieces.
- 4 Wash the yellow beans and cut into 1/2-inch (1-cm) pieces.
- 5 Coarsely chop the kernel corn.
- 6 In a large pot, boil the potatoes until tender when pricked with a fork. Add the carrots and cook for an additional 10 minutes.
- 7 Transfer the mixture to the baking pan. Add the peas, beans and corn. Mix the flour into the milk to form a smooth paste. Stir into the vegetable mixture.

- 8 Bake for 20 to 30 minutes, until all of the vegetables are tender.
- 9 Stir regularly to ensure that the flour/milk mixture is smooth and does not form lumps. Season with salt and pepper to taste, and add the margarine.

- In Nova Scotia, Hodge Podge has traditionally been served as a main dish, but it can be served as a side dish to any protein choice.

Nova Scotia Vegetable Hodge Podge



Adapted from *Cook Great Food*, Dietitians of Canada, 2001

Large roasting pan

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.32



1/2 cup Nova Scotia Vegetable Hodgepodge is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Nova Scotia Vegetable Hodge Podge freezes well.

48	small red-skinned potatoes	48
48	baby carrots	48
1 lb	yellow wax beans	454 g
1 lb	fresh or frozen peas	454 g
4 cups	frozen kernel corn	600 g
3 cups	milk	750 mL
1/4 cup	all-purpose flour, sifted	40 g
2 tsp	salt	10 g
	pepper to taste	
1 Tbsp	non-hydrogenated margarine	15 g

- 1 Preheat oven to 350°F.
- 2 Wash and cut the potatoes in half.
- 3 Wash the carrots and cut into 1/4-inch (1/2-cm) pieces.
- 4 Wash the yellow beans and cut into 1/2-inch (1-cm) pieces.
- 5 Coarsely chop the kernel corn.
- 6 In a large pot, boil the potatoes until tender when pricked with a fork. Add the carrots and cook for an additional 10 minutes.

- 7 Transfer the mixture to the large roasting pan. Add the peas, beans and corn. Mix the flour into the milk to form a smooth paste. Stir into the vegetable mixture.
- 8 Bake for 20 to 30 minutes, until all of the vegetables are tender.
- 9 Stir regularly to ensure that the flour/milk mixture is smooth and does not form lumps. Season with salt and pepper to taste, and add the margarine.

- In Nova Scotia, Hodge Podge has traditionally been served as a main dish, but it can be served as a side dish to any protein choice.

July

Zucchini

Promotional Ideas

Recipes:

Berry Good Zucchini Muffins
Zesty Zucchini Rice

Yellow & Green Beans

Promotional Ideas

Recipes:

Full of Beans Sweet & Sour Casserole
Nice Nova Green Bean Salad
Southwestern Soup

Potatoes

Promotional Ideas

Recipes:

Potato Pakora Pita Pockets
Gold Rush Potatoes

Eggplant

Promotional Ideas

Recipes:

Ravin' Ratatouille
Nova Scotia Summer Wraps



Zucchini

Note: Children must wash their hands.



Zucchini are abundant and readily available in Nova Scotia throughout the summer months. They come in different lengths, shapes and sizes.

- 1** Zucchini are members of the same family as squashes, melons and gourds.
 - Zucchini grow on a vine.
 - They are thin-skinned, their skin is edible, and they may be eaten raw or cooked.
 - Zucchini grow from yellow flowers.
- 2** Take a look inside a zucchini. Let the children help to wash some zucchini in a bin filled with water. Discuss with the children why it is important to wash the zucchini.
 - Cut the zucchini in half lengthwise and show the children its inside.
 - Ask the children to smell the zucchini and to describe its inside (e.g., seedy, slimy, wet, odourless).
 - To remove the seeds, run the tip of a spoon down the length of the zucchini. The seeds will form a wet jelly-like pile. Ask the children if it looks like a lot of water. Did we see as much water when we cut into other vegetables? Slice the zucchini into thin slices or into 1/4-inch (1/2-cm) cubes for tasting.
 - Explain to the children that zucchini are very high in water; they are good to eat in the hot summer months as they help keep us hydrated. Ask the children to compare a large zucchini to a small one – the larger the zucchini, the more water it contains.
 - Put a few diced zucchini pieces in a small bowl for each child. Ask the children to describe the taste of the zucchini (e.g., crispy, crunchy, sweet, watery).
 - *Note: For children under four years old, you can dice the zucchini into 1/4-inch (1/2-cm) pieces and check to ensure that the zucchini is soft enough to chew.*
- 3** Start zucchini seeds indoors to get an early start to yummy zucchini.
 - Place one seed in a small peat pot.
 - Place the peat pot in bright sunlight and water it when it gets a bit dry. You should see a sprout in less than two weeks.
 - Once the plant has three to four leaves, you can plant it outside (in early June).
 - Adapt plants to the outdoors before planting them in the ground. Place your plants outside during the day and take them back indoors in the evening. If desired, the children may take the plants home for planting.

- 4 Zucchini are most refreshing eaten raw, with the skin on unless it's very tough. Zucchini can be cut into sticks or slices for a snack.
 - Serve Berry Good Zucchini mini-sized muffins for snack or Zesty Zucchini Rice for lunch.

Berry Good Zucchini Muffins



Adapted from *Williams-Sonoma Collection: Muffins*, Beth Hensperger, 2003

Muffin tins to accommodate 12 medium or
36 mini-sized muffin cups lined with muffin papers

Yield: 12 medium muffins

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.26



1 medium or 3 mini-sized Berry Good Zucchini Muffins is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins, and should be offered more if still hungry. Some children may need to eat more than 1 medium muffin or 3 mini-sized muffins to satisfy their hunger. Leftover Berry Good Zucchini Muffins freezes well.

3/4 cup	all-purpose flour, sifted	175 mL
3/4 cup	whole wheat flour	175 mL
1/4 cup	flax flour	50 mL
1/2 cup	white granulated sugar	125 mL
2 tsp	baking powder	10 mL
1/2 tsp	baking soda	2 mL
1/4 tsp	salt	1 mL
1	egg	1
1/4 cup	canola oil	50 mL
1/2 cup	yogurt, plain	125 mL
1/2 tsp	vanilla extract	2 mL
1/2 tsp	almond extract	2 mL
1 cup	zucchini, grated	250 mL
3/4 cup	fresh or frozen blueberries	175 mL
3/4 cup	fresh or frozen raspberries	175 mL

- 1 Preheat oven to 375°F.
- 2 In a medium mixing bowl, mix the 3 flours, sugar, baking powder, baking soda and salt.
- 3 In a separate bowl, beat the egg, then add the oil, yogurt, and vanilla and almond extracts.
- 4 Wash the zucchini, then grate it with the skin on. Stir into the liquid mixture.
- 5 Add the liquid mixture to the dry ingredients and mix until the dry ingredients are moistened.
- 6 Gently fold the berries into the batter.
- 7 Pour into the prepared muffin cups (regular or mini-sized) filling each cup 2/3 full.
- 8 Bake until lightly browned and a toothpick inserted in the centre comes out clean. Medium-sized muffins should be baked for 20 to 30 minutes, mini-sized muffins should be baked for 10 to 12 minutes.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin tin with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 12 medium or 36 mini-sized muffins. Berry Good Zucchini Muffins freezes very well.
- These zucchini muffins are moist and packed full of nutritious ingredients. The berry combination adds colour and natural sweetness and blends well with the zucchini.
- Berry Good Zucchini Muffins are great for breakfast, a snack or lunch.

Berry Good Zucchini Muffins



Adapted from *Williams-Sonoma Collection: Muffins*, Beth Hensperger, 2003

Muffin tins to accommodate 45 medium or
135 mini-sized muffin cups lined with muffin papers

Yield: 45 medium or 135 mini-sized muffins

Serving Size: 1 medium or 3 mini-sized muffins

Cost per serving: \$0.26



1 medium or 3 mini-sized Berry Good Zucchini Muffins is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 or 2 mini-sized muffins and should be offered more if still hungry. Some children may need to eat more than 1 medium muffin or 3 mini-sized muffins to satisfy their hunger. Leftover Berry Good Zucchini Muffins freezes well.

3 cups	all-purpose flour, sifted	350 g
3 cups	whole wheat flour	360 g
1 cup	flax flour	65 g
2 cups	white granulated sugar	400 g
3 Tbsp	baking powder	45 g
1 1/2 tsp	baking soda	7 g
1 tsp	salt	5 g
1 1/4 lbs (4 cups)	zucchini, grated	600 g
4	eggs	4
1 cup	canola oil	250 mL
2 cups	yogurt, plain	500 mL
2 tsp	vanilla extract	10 mL
2 tsp	almond extract	10 mL
1 lb (2 1/2 cups)	fresh or frozen blueberries	454 g
1 lb (3 cups)	fresh or frozen raspberries	454 g

- 1 Preheat oven to 375°F.
- 2 In a large mixing bowl, mix the 3 flours, sugar, baking powder, baking soda and salt.
- 3 In a separate bowl, beat the eggs, then add the oil, yogurt, and vanilla and almond extracts.
- 4 Wash the zucchini, then grate it with the skin on. Stir into the liquid mixture.
- 5 Add the liquid mixture to the dry ingredients and mix until the dry ingredients are moistened.
- 6 Gently fold the berries into the batter.
- 7 Pour into the prepared muffin cups (large or mini-sized) filling each muffin cup 2/3 full.
- 8 Bake until lightly browned and a toothpick inserted in the centre comes out clean. Medium-sized muffins should be baked for 20 to 30 minutes, mini-sized muffins should be baked for 10 to 12 minutes.

- Young children may enjoy a smaller or “mini” muffin baked in a muffin tin with mini-sized muffin cups. Each medium muffin is equal to 3 mini-sized muffins. Mini-sized muffin papers are also available. This recipe makes 45 medium or 135 mini-sized muffins. Berry Good Zucchini Muffins freezes very well.
- These zucchini muffins are moist and packed full of nutritious ingredients. The berry combination adds colour and natural sweetness and blends well with the zucchini.
- Berry Good Zucchini Muffins are great for breakfast, a snack or lunch.

Zesty Zucchini Rice



Adapted from *Guide Cuisine pour Chaque Jour*, March 2009

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.30



1/2 cup Zesty Zucchini Rice is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Zesty Zucchini Rice freezes well.

2 cups	zucchini	500 mL
1	small onion	1
1 Tbsp	canola oil	15 mL
1 tsp	thyme, ground	5 mL
1 tsp	oregano, dried	5 mL
1 tsp	lemon juice	5 mL
3 cups	water	750 mL
1 1/2 cups	long-grain brown rice	375 mL

- 1 Preheat oven to 350°F.
- 2 Wash the zucchini and grate it finely. Do not remove the peel.
- 3 Peel and dice the onion.
- 4 Heat the oil in a large frying pan. Add the zucchini, onion, thyme, oregano and lemon juice. Sauté for approximately 20 to 30 minutes, until the zucchini is soft and well mixed with the other ingredients. Stir frequently.
- 5 While the zucchini is cooking, prepare the rice. In a large saucepan bring the water (unsalted) to a boil and add the rice. Cover, reduce the heat and simmer until the rice is tender and all of the liquid is absorbed, about 30 to 40 minutes.
- 6 In a large bowl, mix the cooked rice with the zucchini mixture. Transfer to the baking pan and hold in a warm oven until ready to serve.

- Look for small, smooth-skinned, bright-coloured zucchini that are not more than 8 inches (20 cm) long. Small zucchini are less seedy, more tender and less watery than large ones.
- The zucchini skin is edible.
- Try replacing the oregano and thyme with curry or mint.
- Serve with pork or chicken strips.
- Serve with Full of Beans Sweet and Sour Casserole (see July recipes) Rainbow Pepper & Beef Stir-Fry (see June recipes) or Spicy Asian Pork (see December recipes).

Zesty Zucchini Rice



Adapted from *Guide Cuisine pour Chaque Jour*, March 2009

2 9" x 13" baking pans

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.30



1/2 cup Zesty Zucchini Rice is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Zesty Zucchini Rice freezes well.

2 lbs	zucchini	1 kg
1 lb	onion	454 g
3/4 cup	canola oil	175 mL
2 Tbsp	thyme, ground	30 mL
2 Tbsp	oregano, dried	30 mL
2 Tbsp	lemon juice	30 mL
16 cups	water	4 L
1 lb	long-grain brown rice	1.5 kg

- 1 Preheat oven to 350°F.
- 2 Wash the zucchini and grate it finely. Do not remove the peel.
- 3 Peel and dice the onion.
- 4 Heat the oil in a large frying pan. Add the zucchini, onion, thyme, oregano and lemon juice. Sauté for approximately 30 to 40 minutes until the zucchini is soft and well mixed with the other ingredients. Stir frequently.
- 5 While the zucchini is cooking, prepare the rice. In a large saucepan, bring the water (unsalted) to a boil and add the rice. Cover, reduce the heat and simmer until the rice is tender and all of the liquid is absorbed, about 35 to 45 minutes.
- 6 In a large bowl, mix the cooked rice with the zucchini mixture. Transfer to the baking pans and hold in a warm oven until ready to serve.

- Look for small, smooth-skinned, bright-coloured zucchini that are not more than 8 inches (20 cm) long. Small zucchini are less seedy, more tender and less watery than large ones.
- The zucchini skin is edible.
- Try replacing the oregano and thyme with curry or mint.
- Serve with pork or chicken strips.
- Serve with Full of Beans Sweet and Sour Casserole (see July recipes) Rainbow Pepper & Beef Stir-Fry (see June recipes) or Spicy Asian Pork (see December recipes).

Yellow & Green Beans

Note: Children must wash their hands.



Yellow (wax) and green podded beans are a tender, warm-season vegetable that ranks second to the tomato in popularity in home gardens. Green beans are the most common but yellow beans are very popular in Nova Scotia.

- 1** Green and yellow beans are members of the same family as green peas.
 - Green beans and yellow beans grow on low-growing bushes.
 - Green and yellow beans are most often sold loose.
 - Store unwashed fresh beans in a plastic bag in the refrigerator crisper for up to seven days.
- 2** It is important to choose beans of the best quality. Purchase beans that have a smooth feel and a bright colour, and that are free from brown spots or bruises. They should have a firm texture and “snap” when broken.
 - Let the children help to wash the beans in a large plastic bin filled with water. Ask the children to think about why it is important to wash the beans.
 - Ask the children to smell the beans and to describe their odour (e.g., like a garden, earthy, odourless).
- 3** Snap the bean!
 - Let each child pick up one or two beans. Ask the children to notice the shape (straight or curved) of the beans.
 - Ask the children to open the bean pod and ask the children to count the number of beans inside the pod.
 - Ask the children to snap a bean in two and ask the children if they hear the snap.
 - Remove the tips from the ends of the remaining beans, and break into 1/2-inch (1-cm) pieces, simmer until tender to a fork, and offer to the children as a snack, in small bowls, or as part of a meal.
- 4** Read the story “Jack and the Beanstalk” to the children. This well-known English folk tale is a good way to introduce the idea of pole beans to the children.
 - Provide a few washed pole beans for the children to view. Ask the children to compare the pole beans to the green and yellow podded beans.
 - Pole beans are long and flat, with a thick skin.
- 5** Green and yellow beans are a delicious accompaniment to other food ingredients. Leftover green and yellow beans may be added to Full of Beans Sweet & Sour Casserole or Southwestern Soup. Both of these dishes freeze very well.

Full of Beans Sweet & Sour Casserole



Adapted from cooks.com

1 8"x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.55



1/2 cup Full of Beans Sweet & Sour Casserole is 1 MEAT AND

ALTERNATIVES Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Full of Beans Sweet & Sour Casserole freezes well.

1/4 lb	lean ground pork	120 g
1 cup	fresh or frozen green beans	250 mL
1 cup	fresh or frozen yellow beans	250 mL
3/4 cup	kidney beans, rinsed and drained	175 mL
3/4 cup	white beans in tomato sauce	175 mL
3/4 cup	lima beans, rinsed and drained	175 mL
1	onion	1
1/2	green pepper	1/2
2 tsp	dry mustard	10 mL
1/4 cup	brown sugar, lightly packed	50 mL
1/2 tsp	thyme, dried	2 mL
3/4 cup	tomato soup, reduced sodium	175 mL

- 1 Preheat oven to 350°F.
- 2 Sauté the lean ground pork until no longer pink.
- 3 Wash the green and yellow beans and trim the tips at both ends. Cut into 1/2-inch (1-cm) pieces.
- 4 Mix the pork and all the beans (yellow, green, kidney, white and lima) together and spread out in the baking pan.

- 5 Peel and chop the onion. Add to the pork and bean mixture.
- 6 Wash the green pepper, slice in half lengthwise and scoop out the seeds. Slice the pepper into thin slices and then dice into 1/4-inch (1/2-cm) pieces. Add to the pork and bean mixture.
- 7 Add the dry mustard, brown sugar, thyme and tomato soup to the pan.
- 8 Mix well, cover and bake for 45 minutes. Stir after 20 minutes.

- This is a good high-fibre one-pot meal that adapts well to a vegetarian choice by removing the pork. Try serving it with Zesty Zucchini Rice.
- Canned reduced-sodium tomatoes may be substituted for the reduced-sodium tomato soup.
- This recipe works well in a slow cooker: simply sauté the ground pork, combine with all of the other ingredients in the slow cooker, and set on low for 3 to 4 hours.
- This recipe may be enjoyed all year long by substituting frozen green and yellow beans for the fresh beans.

Full of Beans Sweet & Sour Casserole



Adapted from cooks.com

3 9" x 13" baking pans

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.55



1/2 cup Full of Beans Sweet and Sour Casserole is 1 MEAT AND

ALTERNATIVES Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Full of Beans Sweet & Sour Casserole freezes well.

1 1/2 lbs	lean ground pork	700 g
1 lb	fresh or frozen green beans	454 g
1 lb	fresh or frozen yellow beans	454 g
1 lb	onions	454 g
1 lb	green peppers	454 g
3 14-oz cans	kidney beans, rinsed and drained	3 398-mL cans
3 14-oz cans	white beans in tomato sauce	3 398-mL cans
3 14-oz cans	lima beans, rinsed and drained	3 398-mL cans
3 Tbsp	dry mustard	45 mL
1/2 lb (1 1/2 cups)	brown sugar, lightly packed	225 g
1 Tbsp	thyme, dried	15 mL
3 14-oz cans	tomato soup, reduced sodium	3 398-mL cans

- 1 Preheat oven to 350°F.
- 2 Sauté the lean ground pork until no longer pink
- 3 Wash the green and yellow beans and trim the tips at both ends. Cut into 1/2-inch (1-cm) pieces.
- 4 Evenly distribute the pork and yellow and green beans between the 3 baking pans.

- 5 Peel and chop the onions. Evenly distribute between the 3 baking pans.
- 6 Wash the green peppers, slice in half lengthwise and scoop out the seeds. Slice the peppers into thin slices and then dice into 1/4-inch (1/2-cm) pieces. Evenly distribute between the 3 baking pans.
- 7 Add 1 can each of the kidney beans, white beans and lima beans to each baking pan. Mix well with the other ingredients.
- 8 Add 1 Tbsp (15 mL) dry mustard, 1/2 cup (125 mL) brown sugar, 1 tsp (5 mL) thyme and 1 can tomato soup to each of the baking pans.
- 9 Mix the ingredients well, cover, and bake for 1 hour. Stir after 30 minutes.

- This is a good high-fibre one-pot meal that adapts well to a vegetarian choice by removing the pork. Try serving it with Zesty Zucchini Rice.
- Canned reduced-sodium tomatoes may be substituted for the reduced-sodium tomato soup.
- This recipe works well in a slow cooker; simply sauté the ground pork, combine with all of the other ingredients in the slow cooker, and set on low for 3 to 4 hours.
- This recipe may be enjoyed all year long by substituting frozen green and yellow beans for the fresh beans.

Nice Nova Green Bean Salad



Adapted from *Canadian Cookbook*, Nellie Lyle Pattison

8 6-inch (15-cm) serving plates

Yield: 8

Serving Size: 1/2 cup (125 mL) + 1 egg

Cost per serving: \$0.89



1/2 cup Nice Nova Green Bean Salad + 1 egg is 1 VEGETABLES AND FRUIT and 1/2 MEAT AND ALTERNATIVES Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup of the salad ingredients and should be offered more if still hungry. Some children may need to eat more than 1/2 cup salad ingredients to satisfy their hunger.

8	small red potatoes	8
8	eggs	8
8	cherry tomatoes	8
1 1/2 cups	fresh green beans	375 mL
8	fresh leafy greens	8

Vinaigrette Dressing

2 Tbsp	apple cider vinegar	30 mL
3 Tbsp	canola or olive oil	45 mL
1 tsp	maple syrup	5 mL
1 tsp	Dijon mustard	5 mL
	pepper to taste	

- 1 Preheat oven to 350°F.
- 2 Wash and cook the potatoes for approximately 10 minutes or until tender to a fork. Drain and cool.
- 3 Place the eggs in a large pot of cold water, bring to a gentle boil and simmer for approximately 12 minutes. Cool quickly under cold water. Remove the shells and refrigerate until ready to prepare the individual salads.
- 4 While the potatoes and eggs are cooking, wash the cherry tomatoes and cut them into quarters.

- 5 Wash the beans and trim the tips from both ends. Cut the beans into 1/2-inch (1-cm) pieces. Simmer gently in a pan of water for 5 or 6 minutes until tender to a fork.
- 6 Make the vinaigrette dressing by placing all of the ingredients in a small jar and shaking until well blended.
- 7 To serve, arrange 1 leafy green on each plate, top with 1 potato cut in half, 4 cherry tomato quarters, the hard-boiled egg (cut in half lengthwise), and a small handful of bean pieces. Use your creativity to make it look good!
- 8 Drizzle 1 to 2 tsp (5 to 10 mL) of vinaigrette dressing over the salad ingredients.

- This finger-food salad is a variation of the traditional Salade Niçoise (often served in France), which includes a small side serving of tuna.
- To make Salade Niçoise, decrease the eggs to 4. For each serving, substitute 2 Tbsp tuna for 1/2 hard-boiled egg. (Total amount of tuna needed = 1 cup/250 mL).

Nice Nova Green Bean Salad



Adapted from *Canadian Cookbook*, Nellie Lyle Pattinson

48 6-inch (15-cm) serving plates

Yield: 48

Serving Size: 1/2 cup (125 mL) + 1 egg

Cost per serving: \$0.89



1/2 cup Nice Nova Green Bean Salad + 1 egg is 1 VEGETABLES AND FRUIT and 1/2 MEAT AND ALTERNATIVES Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup of the salad ingredients and should be offered more if still hungry. Some children may need to eat more than 1/2 cup of the salad ingredients to satisfy their hunger.

8 lbs	small red potatoes	3.5 kg
4 dozen	eggs	4 dozen
2 lbs	cherry tomatoes	1 kg
3 1/2 lbs	fresh green beans	1.5 kg
5 oz	fresh leafy greens	142 g

Vinaigrette

1/2 cup	apple cider vinegar	125 mL
1 cup	canola or olive oil	250 mL
2 Tbsp	maple syrup	30 mL
1 Tbsp	Dijon mustard	15 mL
	pepper to taste	

- 1 Preheat oven to 350°F.
- 2 Wash and cook the potatoes for approximately 10 minutes or until tender to a fork. Drain and cool.
- 3 Place the eggs in a large pot of cold water, bring to a gentle boil and simmer for approximately 12 minutes. Cool quickly under cold water. Remove the shells and refrigerate until ready to prepare the individual salads.

- 4 While the potatoes and eggs are cooking, wash the cherry tomatoes and cut them into quarters.
- 5 Wash the beans and trim the tips from both ends. Cut the beans into 1/2-inch (1-cm) pieces. Simmer gently in a pot of water for 5 or 6 minutes until tender to a fork.
- 6 Make the vinaigrette dressing by placing all of the ingredients in a blender or bowl and whisking until well blended.
- 7 To serve, arrange 1 leafy green on each plate, top with 1 potato cut in half, 4 cherry tomato quarters, 1 hard-boiled egg (cut in half lengthwise) and a small handful of bean pieces. Use your creativity to make it look good!
- 8 Drizzle 1 to 2 tsp (5 to 10 mL) of vinaigrette dressing over the salad ingredients.

- This finger-food salad is a variation of the traditional Salade Niçoise (often served in France), which includes a small side serving of tuna.
- To make Salade Niçoise, decrease the eggs to 2 dozen. For each serving, substitute 2 Tbsp tuna for 1/2 hard-boiled egg. (Total amount of tuna needed = 1 1/2 lbs/700 g).

Southwestern Soup



Adapted from *Southern Living Magazine*, January 2009

1 3-quart (3-L) pot

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.45



1/2 cup Southwestern Soup is 1/4 MEAT AND ALTERNATIVES and 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Southwestern Soup freezes well.

1/2 cup	lean ground beef	125 mL
1 tsp	canola oil	5 mL
1	small onion	1
1	garlic clove	1
1/2	green pepper	1/2
1/2	red pepper	1/2
1 cup	canned tomatoes, diced, reduced sodium	250 mL
1/2 cup	canned black beans, rinsed and drained	125 mL
2 cups	fresh or frozen green beans	500 mL
1/2 tsp	cumin, ground	2 mL
2 tsp	lime juice	10 mL
1/2 cup	water	125 mL
	pepper to taste	
3 Tbsp	yogurt, plain	45 mL

- 1 Preheat oven to 350°F.
- 2 Brown the ground beef in 1/2 tsp (2 mL) of the canola oil.
- 3 Peel the onion and garlic clove and dice.
- 4 Wash the red and green peppers, cut in half lengthwise and scrape out the seeds. Slice the peppers into thin slices and dice into 1/4-inch (1/2-cm) pieces.

- 5 Heat the remaining 1/2 tsp (2 mL) oil in a frying pan. Add the onion, garlic and peppers. Sauté for approximately 15 minutes until the vegetables are soft. Stir frequently.
- 6 Transfer to the pot and add the tomatoes and black beans.
- 7 Add the green beans (if using fresh green beans, wash the beans and trim both ends, cut into 1/2-inch/1-cm pieces).
- 8 Stir in the cumin, lime juice, water and pepper to taste.
- 9 Cover and simmer over low heat for 30 to 45 minutes. If you want to thin the mixture, add a small amount of water. Make sure the mixture is heated thoroughly.
- 10 Serve in bowls. Top each bowl with 1 tsp (5 mL) yogurt.

Note: The yogurt should be free of sugar substitutes. Make sure it meets the Food and Beverage Criteria for Regulated Child Care Settings.

- Short on time? Brown the beef and place all of the ingredients in a slow cooker. Cook on the low setting for approximately 3 to 4 hours until all of the ingredients are well cooked.
- Serve with Tex Mex Corn Muffins (see April recipes) and/or Crunchy Cantaloupe Salsa (see August recipes), or Zesty Zucchini Rice (see July recipes).

Southwestern Soup



Adapted from *Southern Living Magazine*, January 2009

1 5-quart (5-L) pot

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.45



1/2 cup Southwestern Soup is 1/4 MEAT AND ALTERNATIVES and 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Southwestern Soup freezes well.

1 lb	lean ground beef	454 g
1/4 cup	canola oil	50 mL
1 lb	onions	454 g
4	garlic cloves	4
1 lb	green pepper	454 g
1 lb	red pepper	454 g
2 28-oz cans	tomatoes, diced, reduced sodium	2 798-mL cans
2 19-oz cans	black beans, rinsed and drained	2 540-mL cans
2 lbs	fresh or frozen green beans	1 kg
1 Tbsp	cumin, ground	15 mL
1/4 cup	lime juice	50 mL
4 cups	water	1 L
	pepper to taste	
1 cup	yogurt, plain	250 mL

- 1 Preheat oven to 350°F.
- 2 Brown the ground beef in 1 Tbsp (15 mL) of the canola oil.
- 3 Peel the onion and garlic clove and dice.
- 4 Wash the red and green peppers, cut in half lengthwise and scrape out the seeds. Slice the peppers into thin slices and dice into 1/4-inch (1/2-cm) pieces.

- 5 Heat the remaining 3 Tbsp (45 mL) oil in a frying pan. Add the onion, garlic and peppers. Sauté for approximately 15 minutes until the vegetables are soft. Stir frequently.
- 6 Transfer to the pot and add the tomatoes and black beans.
- 7 Add the beans (if using fresh green beans, wash the beans and trim both ends from the beans, cut into 1/2-inch/1-cm pieces).
- 8 Stir in the cumin, lime juice, water and pepper to taste.
- 9 Cover and simmer over a low heat for 30 to 45 minutes. If you want to thin the mixture, add a small amount of water. Make sure the mixture is heated thoroughly.
- 10 Serve in bowls. Top each bowl with 1 tsp (5 mL) yogurt.

Note: The yogurt should be free of sugar substitutes. Make sure it meets the Food and Beverage Criteria for Regulated Child Care Settings.

- Short on time? Brown the beef and place all the ingredients in a slow cooker. Cook on the low setting for approximately 3 to 4 hours until all the ingredients are well cooked.
- Serve with Tex Mex Corn Muffins (see April recipes) and/or Crunchy Cantaloupe Salsa (see August recipes), or Zesty Zucchini Rice (see July recipes).



Potatoes

Note: Children must wash their hands.

- 1** Potatoes have been growing in the Maritime region for over 300 years. New potatoes are the first (immature) potatoes that come out of the ground. They are almost skinless, round and white-fleshed and generally they only need to be washed, they do not need to be peeled. The thin peel is good to eat and has many nutrients.
 - Pick up enough new potatoes from a local farmers' market or grocery store (4 or 5 per pound) so that each child may have one potato. Let the children wash the potatoes in a large bin.
 - Remind the children why it is so important to wash the potatoes.
 - Ask the children if they remember where potatoes grow (above or below the ground). Ask the children if they can find any "eyes" on the potatoes.
Note: This is a review of the Potatoes Promotional Ideas for February.
- 2** Cooking new potatoes:
 - Place the washed new potatoes in a large pot (one potato per child).
 - Cover with 2 inches (5 cm) water.
 - Simmer for approximately 15 minutes, until the potatoes are tender to a fork.
 - Drain and cool slightly.
- 3** Smashed potatoes!
 - Provide each child with one potato on a small plate.
 - Let the children take turns smashing their new potato by pressing a potato masher down on the middle of the potato. The potato should easily break apart.
 - Ask the children to describe the taste of the smashed potato (e.g., creamy, sweet, like a potato).
- 4** Share in a fun game of music and hot potatoes:
 - Gather players in a circle, standing or sitting cross-legged. Explain the rules. Players need to be ready for a quick toss of the potato.
 - Hand a child the potato, encouraging him or her to pretend that it is HOT and to catch and throw it as quickly as he or she can.
 - Call, "Go!" Play music on a device that can be paused easily. Players begin to toss the potato around the circle, to the player next to them.
 - Stop the music. At this point, whichever player is holding the potato steps back.
 - Continue starting and stopping the music until all of the children have had a turn.
- 5** Potatoes are tasty on their own or combined with other vegetables. Try Potato Pakora Pita Pockets with the leftover smashed potatoes; children will love this potato and pea combination. The potato patties freeze very well.

Potato Pakora Pita Pockets



Adapted from bbcgoodfood.com/recipes/9534/pea-pakora-pockets

1 11" x 17" sheet pan

Yield: 8

Serving Size: 1 patty (1/4 cup)

Cost per serving: \$0.45



1 Potato Pakora Pita Pocket is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/2 pocket and should be offered more if still hungry. Some children may need to eat more than 1 pocket to satisfy their hunger. Leftover potato patties freeze well.

4	medium potatoes	4
1/2 cup	frozen peas	125 mL
1/2 cup	onion	125 mL
2 Tbsp	canola oil	30 mL
1 tsp	curry powder	5 mL
1/4 tsp	salt	1 mL
2 cups	iceberg lettuce	500 mL
4	whole wheat pita pockets	4
3 Tbsp	yogurt, plain	45 mL

- 1 Preheat oven to 350°F.
- 2 Wash and peel the potatoes. Cut into 1/4-inch (1/2-cm) pieces. Boil for approximately 10 minutes until tender to a fork. Drain.
- 3 Boil the peas for 3 to 5 minutes, until no longer frozen. Drain.
- 4 Peel and dice the onion.
- 5 Heat 1 Tbsp (15 mL) of the oil. Add the diced onion, curry powder and salt. Sauté for approximately 10 minutes, until fragrant and soft but not browned.
- 6 Mash the potatoes. Stir in the peas and onion/curry mixture. Mix well.
- 7 Grease the sheet pan with the remaining tablespoon of oil.
- 8 For each potato patty fill a 1/4-cup (50-mL) measuring cup with the potato mixture. Tap out onto the pan. Press down with a glass to make a smooth patty. Repeat until all of the mixture has been formed into patties.

- 9 Bake for 20 to 25 minutes until all of the patties are nicely browned. Check after 15 minutes.
- 10 Shred the lettuce.
- 11 To serve, place approximately 1/4 cup (50 mL) shredded lettuce and 1 patty into 1/2 pita pocket. Top with 1 tsp (5 mL) yogurt.

Note: The yogurt should be free of sugar substitutes. Make sure it meets the Food and Beverage Criteria for Regulated Child Care Settings.

- Try topping this tasty potato patty pita with 1 tsp (5 mL) Cucumber Yogurt Maple Salad (see May recipes) instead of the plain yogurt.
- Serve the potato pakora patties on their own or as a side with a meat or fish dish.
- The curry powder may be adjusted according to the children's tastes and can be replaced with other spices like tarragon, thyme or rosemary.

Potato Pakora Pita Pockets



Adapted from bbcgoodfood.com/recipes/9534/pea-pakora-pockets

3 11" x 17" sheet pans

Yield: 48

Serving Size: 1 patty (1/4 cup)

Cost per serving: \$0.45



1 Potato Pakora Pita Pocket is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 pocket and should be offered more if still hungry. Some children may need to eat more than 1 pocket to satisfy their hunger. Leftover potato patties freeze well.

5 lbs	medium potatoes	2.5 kg
1 lb	frozen peas	454 g
1/2 lb	onions	225 g
1/2 cup	canola oil	125 mL
2 Tbsp	curry powder	30 mL
1 tsp	salt	5 g
1	iceberg lettuce	1
24	whole wheat pita pockets	24
1 cup	yogurt, plain	250 mL

- 1 Preheat oven to 350°F.
- 2 Wash and peel the potatoes. Cut into 1/4-inch (1/2-cm) chunks. Boil for approximately 10 minutes until tender to a fork. Drain.
- 3 Boil the peas for 3 to 5 minutes, until no longer frozen. Drain.
- 4 Dice the onion into 1/4-inch (1/2-cm) pieces.
- 5 Heat 1/3 cup (75 mL) of the oil. Add the diced onion, curry powder and salt. Sauté for approximately 10 minutes, until soft but not browned.
- 6 Mash the potatoes. Stir in the peas and onion/curry mixture. Mix well.
- 7 Grease the sheet pans with the remaining oil, approximately 1 Tbsp (15 mL) per pan.

- 8** For each potato patty fill a 1/4-cup (50-mL) measuring cup with the potato mixture. Tap out onto the sheet pan. Press down with a glass to make a smooth patty. Repeat until all of the mixture has been formed into patties.
- 9** Bake for 20 to 25 minutes until all of the patties are nicely browned.
- 10** Thinly slice or shred the lettuce.
- 11** To serve, place approximately 1/4 cup (50 mL) shredded lettuce and 1 patty into 1/2 pita pocket. Top with 1 tsp (5 mL) yogurt.

Note: The yogurt should be free of sugar substitutes. Make sure it meets the Food and Beverage Criteria for Regulated Child Care Settings.

- Try topping this tasty potato patty pita with 1 tsp (5 mL) Cucumber Yogurt Maple Salad (see May recipes) instead of the plain yogurt.
- Serve the potato pakora patties on their own or as a side with a meat or fish dish.
- The curry powder may be adjusted according to the children's tastes and can be replaced with other spices like tarragon, thyme or rosemary.

Gold Rush Potatoes



Adapted from a friend's recipe

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.21



1/2 cup Gold Rush Potatoes is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Gold Rush Potatoes freezes well.

4	medium potatoes	4
1 cup	mozzarella cheese, grated	250 mL
1 Tbsp	all-purpose flour	15 mL
	pepper to taste	
1 cup	beef broth, reduced sodium	250 mL
1 tsp	nutmeg, ground	5 mL
1 Tbsp	non-hydrogenated margarine	15 mL

- 1 Preheat oven to 350°F.
- 2 Wash the potatoes well and remove any blemishes with a paring knife. Leaving the skins on, slice thinly (4 medium potatoes make approximately 3 cups/750 mL sliced potatoes).
- 3 Mix the mozzarella cheese with the flour.
- 4 Cover the bottom of the baking pan with 1 cup (250 mL) sliced potatoes. Cover with 1/3 cup (75 mL) of the mozzarella/flour mixture. Sprinkle with pepper to taste. Repeat 2 times, ending with a cheese layer.
- 5 Mix the beef broth and nutmeg and pour evenly over the potatoes.
- 6 Melt the margarine and pour evenly over the potatoes.
- 7 Bake 1 to 1 1/2 hours until the potatoes are soft and the top is golden.

- Yukon Gold potatoes are a good choice for this recipe. They have a rich flavour and are fairly firm and moist.
- Thin-skinned potatoes such as the Yukon Gold do not need to be peeled. Potatoes cooked in their skins are more nutritious and will have more flavour and hold their shape better.
- Serve with sliced meat or fish.
- Try this recipe with Apple Bean Bake (see May recipes).

Gold Rush Potatoes



Adapted from a friend's recipe

3 9" x 13" baking pans

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.21



1/2 cup Gold Rush Potatoes is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Gold Rush Potatoes freezes well.

9 lbs	medium potatoes	4 kg
1 1/2 lbs	mozzarella cheese, grated	700 g
1/2 cup	all-purpose flour, sifted	60 g
6 cups	beef broth, reduced sodium	1.5 L
2 Tbsp	nutmeg, ground	30 mL
1/2 cup	non-hydrogenated margarine	125 g
	pepper to taste	

- 1 Preheat oven to 350°F.
- 2 Wash the potatoes well and remove any blemishes with a paring knife. Leaving the skins on, slice thinly. There should be approximately 9 cups (2.25 L) sliced potatoes per pan.
- 3 Mix the mozzarella cheese with the flour.
- 4 Cover the bottom of each baking pan with 3 cups (750 mL) sliced potatoes. Cover with 2/3 cup (150 mL) of the mozzarella/flour mixture. Sprinkle with pepper to taste. Repeat 2 times for each pan, ending with a cheese layer.
- 5 Mix the beef broth and nutmeg and evenly distribute about 2 cups (500 mL) over each pan.
- 6 Melt the margarine and evenly distribute about 2 to 3 Tbsp (30 to 45 mL) over each pan.
- 7 Bake for 1 to 1 1/2 hours, until the potatoes are soft and the top is golden.

- Yukon Gold potatoes are a good choice for this recipe. They have a rich flavour and are fairly firm and moist.
- Thin-skinned potatoes such as the Yukon Gold do not need to be peeled. Potatoes cooked in their skins are more nutritious and will have more flavour and hold their shape better.
- Serve with sliced meat or fish.
- Try this recipe with Apple Bean Bake (see May recipes).

Eggplant

Note: Children must wash their hands.



Eggplants are becoming more popular in Nova Scotia and are available throughout the summer months. Eggplants come in many shapes and sizes but the most familiar is the shiny, elongated deep-purple variety. Eggplants may vary from 2 to 10 inches (5 to 25 cm) long.

- 1** Eggplants are members of the nightshade family, which also includes tomatoes, potatoes and chili peppers.
 - Eggplants grow from a whitish-to-purple flower from large tall green leaves.
 - Eggplants are also known as *aubergines* in French and *melanzane* in Italian. Melanzane means “crazy apple”.
 - Eggplants have a spongy off-white flesh that will quickly turn brown.
- 2** Let the children help to wash a variety of eggplants in a bin filled with water. Discuss why it is important to wash the eggplants.
 - Cut the eggplant into 1/2-inch (1-cm) slices. Show the children the inside of the eggplant. Raw eggplant can be quite bitter, so it is best to taste the eggplant once it has been cooked. The eggplant slices can be used for the activity below.
 - The spongy flesh of the eggplant absorbs other flavours well; it blends well with other summer vegetables, like tomatoes, zucchini and peppers.
 - Ask the children to smell the eggplant slices and to describe their inside (e.g., seedy, wet, white, odourless).
- 3** Eggplant Happy Faces (A fun way to taste baked eggplant!)
 - Wash and slice an eggplant in 1/2-inch (1-cm) slices.
 - Provide each child with an eggplant slice, 1 Tbsp (15 mL) grated cheese, a few pieces of diced red and green pepper and chopped tomatoes.
 - Ask each child to decorate their eggplant slice with a happy face by using the cheese for hair and the diced peppers and tomatoes for the eyes, nose and mouth.
 - Cover baking pans with parchment paper, place the eggplant slices on the pans and label with the name of each child so that the children will sample their own Eggplant Happy Face.
 - Bake at 350°F (175°C) for 15 minutes. Cool slightly and enjoy!
- 4** Eggplants are delicious baked, sautéed or added to a stir-fry. Leftover eggplant may be used as an ingredient in Ravin’ Ratatouille or Nova Scotia Summer Wraps. Both of these recipes freeze well.

Ravin' Ratatouille



Adapted from epicurious.com

1 9" x 13" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.38



1/2 cup Ravin' Ratatouille is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Ravin' Ratatouille freezes well.

1	zucchini (6 to 8 inch/15 to 20 cm long)	1
1	red pepper	1
1	eggplant	1
1	small onion	1
2	garlic cloves	2
1/2 cup	fresh parsley	125 mL
2 Tbsp	olive oil	30 mL
1 tsp	oregano, dried	5 mL
1 tsp	basil, dried	5 mL
1 tsp	thyme, ground	5 mL
	pepper to taste	
2 cups	canned tomatoes, diced, reduced sodium	500 mL

- 1 Preheat oven to 350°F.
- 2 Wash the zucchini and cut in half lengthwise. Slice each half into 1/4-inch (1/2-cm) pieces. Spread the zucchini pieces over the baking pan.
- 3 Wash the red pepper and cut in half lengthwise and scrape out the seeds. Slice the pepper thinly and dice into 1/4-inch (1/2-cm) pieces. Spread the red pepper pieces over the zucchini.
- 4 Wash the eggplant and trim the top and tail from the eggplant. Cut the eggplant in half lengthwise and continue to slice and dice into 1/4-inch (1/2-cm) pieces. Add the eggplant pieces to the zucchini and red pepper.

- 5 Peel and chop the onion and garlic cloves, chop the parsley, and evenly spread over the zucchini, red pepper and eggplant.
- 6 Stir the olive oil, oregano, basil, thyme and pepper to taste, into the vegetable combination.
- 7 Stir the tomatoes into the vegetables.
- 8 Place the vegetables in the oven. Bake for 1 to 1 1/2 hours until the vegetables are soft and fragrant. Stir every 20 minutes.

- Ratatouille is a vegetable stew that is commonly made with eggplant (aubergine), tomatoes, zucchini, peppers, and onions and seasoned with herbs and garlic.
- Ratatouille can be served with Cranberry Couscous (see December recipes) or Zesty Zucchini Rice (see July recipes).
- This recipe adapts well to the slow cooker. Mix all of the ingredients in the slow cooker and cook on low for 3 to 4 hours. Stir every hour. To make a great vegetarian main dish, simply stir in a can of chickpeas or lentils.

Ravin' Ratatouille



Adapted from epicurious.com

3 9" x 13" baking pans

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.38



1/2 cup Ravin' Ratatouille is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Ravin' Ratatouille freezes well.

2 1/2 lbs	zucchini (6 to 8 inch/15 to 20 cm long)	1 kg
3 1/2 lbs	red pepper	1.5 kg
3 1/2 lbs	eggplant	1.5 kg
1 lb	onion	454 g
1 bunch	fresh parsley	1 bunch
12	garlic cloves	12
3/4 cup	olive oil	175 mL
2 Tbsp	oregano, dried	30 mL
2 Tbsp	basil, dried	30 mL
2 Tbsp	thyme, ground	30 mL
3 28-oz cans	tomatoes, diced, reduced sodium	3 798-mL cans
	pepper to taste	

- 1 Preheat oven to 350°F.
- 2 Wash the zucchini and cut the zucchini in two lengthwise. Slice each half into 1/4-inch (1/2-cm) pieces. Evenly distribute the zucchini pieces over the 3 baking pans.
- 3 Wash the red peppers and cut the red peppers in half lengthwise and scrape out the seeds. Slice the red peppers thinly and dice into 1/4-inch (1/2-cm) pieces. Evenly distribute the red pepper pieces over the zucchini.

- 4 Wash the eggplants and trim the top and tail from the eggplants. Cut the eggplants in half lengthwise, continue to slice and dice the eggplant in 1/4-inch (1/2-cm) pieces. Add the eggplant pieces to the zucchini and red pepper.
- 5 Peel and chop the onions and garlic cloves, chop the parsley and evenly spread over the zucchini, red pepper and eggplant.
- 6 Stir 1/4 cup (50 mL) olive oil into each of the baking pans.
- 7 Stir 2 tsp (10 mL) oregano, 2 tsp (10 mL) basil and 2 tsp (10 mL) thyme into each of the baking pans.
- 8 Add one can of tomatoes to each baking pan.
- 9 Stir pepper to taste into each of the baking pans.
- 10 Place the vegetables in the oven. Bake for 1 to 1 1/2 hours until the vegetables are soft and fragrant. Stir every 20 minutes.

- Ratatouille is a vegetable stew that is commonly made with eggplant (aubergine), tomatoes, zucchini, peppers, and onions and seasoned with herbs and garlic.
- Ratatouille can be served with Cranberry Couscous (see December recipes) or Zesty Zucchini Rice (see July recipes).
- This recipe adapts well to the slow cooker. Mix all of the ingredients in the slow cooker and cook on low for 3 to 4 hours. Stir every hour. To make a great vegetarian main dish, simply stir in a can of chickpeas or lentils.

Nova Scotia Summer Wraps



Adapted from Ravin' Ratatouille (see July recipes)

1 9" x 13" baking pan

1 11" x 17" sheet pan

Yield: 8

Serving Size: 2 triangles

Cost per serving: \$1.24



1 Nova Scotia Summer Wrap (2 triangles) is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of one triangle and should be offered more if still hungry. Some children may need to eat more than two triangles to satisfy their hunger. Leftover Nova Scotia Summer Wraps freezes well.

1	zucchini (6 to 8 inch/15 to 20 cm long)	1
1	red pepper	1
1	medium eggplant	1
2 Tbsp	olive oil	30 mL
1 tsp	oregano, dried	5 mL
1 tsp	basil, dried	5 mL
1/2 cup	Summer Harvest Maritime Tomato Sauce	125 mL
1/2 cup	mozzarella cheese, grated	125 mL
8 6-inch	whole wheat tortillas	8 15-cm

- 1 Preheat oven to 350°F.
- 2 Wash the zucchini and cut in half lengthwise. Remove the seeds from the zucchini with the tip of a small spoon. Dice the zucchini into 1/4-inch (1/2-cm) pieces and spread them over the baking pan.
- 3 Wash the red pepper, cut the pepper in half lengthwise and scrape out the seeds. Slice the pepper in thin slices and then dice into 1/4-inch (1/2-cm) pieces. Spread them in the baking pan with the zucchini.
- 4 Wash the eggplant. Cut the eggplant in half lengthwise and continue to slice and dice into 1/4-inch (1/2-cm) pieces. Add them to the baking pan with the red peppers and zucchini.
- 5 Drizzle the olive oil over the zucchini, red pepper and eggplant.

- 6** Sprinkle the oregano and basil over the vegetable mixture and stir.
- 7** Bake for 30 to 40 minutes or until one-half their original volume. Watch carefully to make sure they do not burn.
- 8** While the vegetables are baking, prepare the Summer Harvest Maritime Tomato Sauce recipe (see August recipes).
- 9** To make up the wraps, spread each tortilla with 1 Tbsp (15 mL) tomato sauce. Top the tomato sauce with 1/4 cup (50 mL) of the baked vegetable mixture. Top with 1 Tbsp (15 mL) mozzarella cheese. Fold in the 4 edges of the tortilla to make a rectangle.
- 10** Place the filled triangles folded-side-down on the lightly greased sheet pan. The folded underside will seal during cooking.
- 11** Bake for 20 minutes or until slightly browned.
- 12** Slice each rectangle diagonally to make 2 triangles.

- Leftover Summer Harvest Maritime Tomato Sauce can be frozen. If short on time, substitute reduced-sodium ready-to-use tomato sauce for the Summer Harvest Maritime Tomato Sauce.
- The zucchini, red pepper and eggplant combination also works well as a topping for pizza. Try it as a topping for Crusty Homemade Vegetable Pizza (see March recipes).

Nova Scotia Summer Wraps



Adapted from Ravin' Ratatouille (see July recipes)

3 9" x 13" baking pans

2 11" x 17" sheet pans

Yield: 48

Serving Size: 2 triangles

Cost per serving: \$1.24



1 Nova Scotia Summer Wrap (2 triangles) is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of one triangle and should be offered more if still hungry. Some children may need to eat more than two triangles to satisfy their hunger. Leftover Nova Scotia Summer Wraps freezes well.

3 1/2 lbs	zucchini (6 to 8 inch/15 to 20 cm long)	1.5 kg
3 1/2 lbs	red pepper	1.5 kg
3 1/2 lbs	eggplant	1.5 kg
1/2 cup	olive oil	125 mL
2 Tbsp	oregano, dried	30 mL
2 Tbsp	basil, dried	30 mL
3 cups	Summer Harvest Maritime Tomato Sauce	750 mL
12 oz	mozzarella cheese, grated	360 g
48 6-inch	whole wheat tortillas	48 15-cm

- 1 Preheat oven to 350°F.
- 2 Wash the zucchinis and cut in half lengthwise. Remove the seeds from the zucchini with the tip of a small spoon. Dice the zucchini into 1/4-inch (1/2-cm) pieces. Set aside.
- 3 Wash the red peppers, cut the peppers in half lengthwise and scrape out the seeds. Slice the peppers in thin slices and then dice into 1/4-inch (1/2-cm) pieces. Set aside.
- 4 Wash the eggplants. Cut the eggplants in half lengthwise and continue to slice and dice into 1/4-inch (1/2-cm) pieces.
- 5 In a large bowl, combine the zucchini, red peppers and eggplant pieces.

- 6** Stir the olive oil over the vegetable combination.
- 7** Sprinkle the oregano and basil over the vegetables and stir.
- 8** Evenly divide the vegetables over the 3 baking pans and place in the oven. Roast for 30 to 40 minutes or until one-half their original volume. Watch carefully to make sure that the vegetables do not burn.
- 9** While the vegetables are roasting, prepare the Summer Harvest Maritime Tomato Sauce recipe (see August recipes).
- 10** To make up the wraps, spread each tortilla with 1 Tbsp (15 mL) tomato sauce. Top the tomato sauce with 1/4 cup (50 mL) of the roasted vegetable mixture. Top with 1 Tbsp (15 mL) mozzarella cheese. Fold in the 4 edges of the tortilla to make a rectangle.
- 11** Place the filled triangles folded-side-down on the lightly greased sheet pans. The folded underside will seal during cooking.
- 12** Bake for 20 minutes or until slightly browned.
- 13** Slice each rectangle diagonally to make 2 triangles.

- Leftover Summer Harvest Maritime Tomato Sauce can be frozen. If short on time, substitute reduced-sodium ready-to-use tomato sauce for the Summer Harvest Maritime Tomato Sauce.
- The zucchini, red pepper and eggplant combination also works well as a topping for pizza. Try it as a topping for Crusty Homemade Vegetable Pizza (see March recipes).

August

Leeks

Promotional Ideas

Recipes:

Crouton-Topped Leek & Potato Soup
Likeable Leek-Topped Pizza

Red Peppers

Promotional Ideas

Recipe:

Red Pepper & Cinnamon Braised Chicken

Cantaloupe

Promotional Ideas

Recipes:

Crunchy Cantaloupe Salsa
Minty Cucumber & Cantaloupe Salad
Cool Cantaloupe & Blueberry Sundaes

Tomatoes

Promotional Ideas

Recipe:

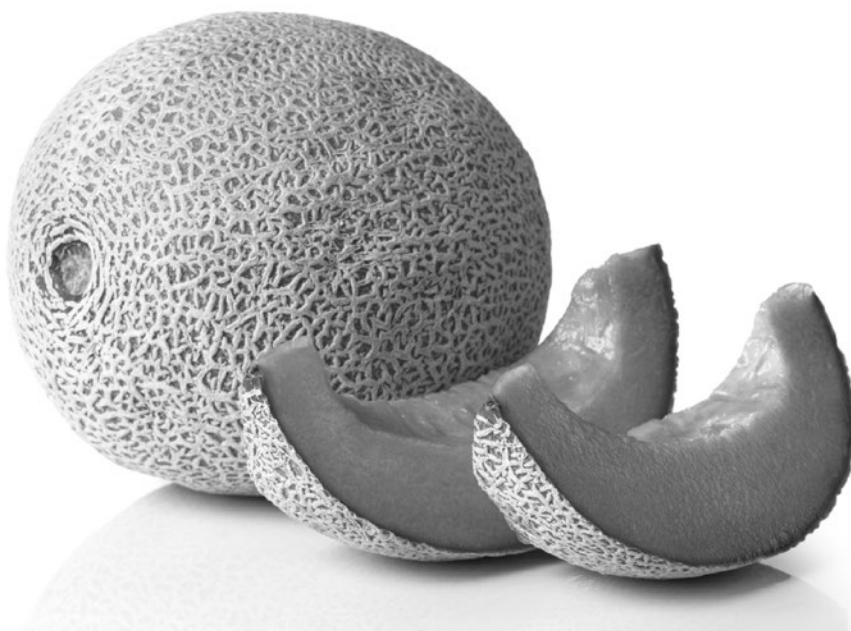
Summer Harvest Maritime Tomato Sauce

Broccoli

Promotional Ideas

Recipe:

White Pizza Topped with Broccoli
& Chicken



Leeks

Note: Children must wash their hands.



- 1** Leeks are a cold-weather crop that is popular in Nova Scotia gardens. Like onions, leeks add flavour to raw dishes like salads and all sorts of warm dishes, especially casseroles and vegetable mixtures. Leeks make a delicious dish on their own and also mix well with other vegetables such as potatoes and onions.
 - The edible portions of the leek are the white base of the leaves (above the roots and stem base) and the light green parts.
 - The dark green parts of the leaves are tougher and are often discarded.
- 2** Leeks belong to the onion family.
 - Leeks belong to the same family as onions, garlic, chives, green onions and shallots.
 - Ask the children if they remember other vegetables that belong to a particular family (e.g., broccoli, cauliflower, Brussels sprouts or celery, carrots, parsnips and fennel).
 - Check out a local farmers' market or grocery store to find leeks; they are sold in bunches that are usually tied together.
 - Let the children smell the leeks. Ask the children to describe the appearance of the leeks and to describe their smell. Do they smell like onions?
- 3** Tasting the leeks: Sautéed leeks are milder and sweeter and more enjoyable for the children to try than raw leeks. Sauté the leeks ahead of time to have them ready for tasting.

Sautéed Leeks

- 1 Wash and trim the bottoms and tops of 1 pound (454 g) of leeks, keeping about 1 inch (2.5 cm) of the green stem. Cut the leeks in half lengthwise and then cut across into 1/4-inch (1/2-cm) slices. This should make approximately 4 to 5 cups (1 to 1.25 L).
- 2 Heat 3 Tbsp (45 mL) oil in a pot. Stir in the leeks and mix well to coat with the oil. Stir in 2 Tbsp (30 mL) water.
- 3 Cover the pot and reduce the heat to low. Cook until the leeks are soft (about 30 minutes), stirring often. The leeks will “sweat” and be reduced to approximately 2 cups (500 mL).
- 4 Provide each child with a small bowl with 1 to 2 Tbsp (15 to 30 mL) of sautéed leeks. The remainder could be added to pasta or soup or be used in the Likeable Leek-Topped Pizza recipe. Sautéed leeks freeze well for use during the winter months.

- Leftover leeks can be used to prepare Crouton-Topped Leek & Potato Soup.



Crouton-Topped Leek & Potato Soup



Adapted from galbani.co.uk/recipes

- 1 2-quart (2-L) pot
- 1 11" x 17" sheet pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.44



1/2 cup Crouton-Topped Leek & Potato Soup is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Crouton-Topped Leek & Potato Soup freezes very well.

1 Tbsp	canola oil	15 mL
1/2 cup	onion, diced	125 mL
1 tsp	curry powder	5 mL
3	medium leeks	3
2	medium potatoes	2
4 cups	water	1 L
1/2 tsp	salt	2 mL
1/2 cup	cream cheese	125 mL

- 1 Preheat oven to 375°F.
- 2 Heat the oil in the pot.
- 3 Peel and dice the onion and add to the heated oil. Stir in the curry powder and sauté for 10 minutes.
- 4 Wash the leeks well. Trim their bottoms and their tops. Keep about 1 inch (2.5 cm) of the green stems. Cut into thin slices. Check for grit and wash again if needed.
- 5 Wash and dice the potatoes, leaving the skin on.
- 6 Combine the leeks and potatoes in the pot with the onion/curry mixture. Add the water and salt. Cover the pot and simmer for approximately 30 minutes, until the leeks are soft and the potatoes are tender to a fork.

- 7 Blend the soup in a food processor. Add the cream cheese and blend until well mixed and smooth.
- 8 Serve with 2 or 3 crisp whole wheat crouton cubes (see the recipe below).

Croutons

6 inches	day-old, whole wheat baguette	15 cm
1/2 tsp	oregano, dried	2 mL
1 tsp	olive oil	5 mL

- 1 Cut the baguette piece into 1/4-inch (1/2-cm) cubes. Six inches/15 cm baguette makes approximately 1 to 1 1/2 cups (250 to 375 mL) cubes.
- 2 Combine the bread cubes, oregano and olive oil and spread out over the sheet pan.
- 3 Bake for 15 minutes or until brown.
- 4 Cool and store in a covered container.

Cream cheese is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) cream cheese.

- Croutons are a great way to use up stale bread. Homemade croutons are a healthy choice compared to store-bought croutons, which are higher in salt and sugar.

Crouton-Topped Leek & Potato Soup



Adapted from galbani.co.uk/recipes

1 10-quart (10-L) pot

1 11" x 17" sheet pan

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.44



1/2 cup Crouton-Topped Leek & Potato Soup is 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Crouton-Topped Leek & Potato Soup freezes very well.

1/4 cup	canola oil	50 mL
1 lb	onions, diced	454 g
2 Tbsp	curry powder	30 mL
3 lb	leeks	1.5 kg
2 lb	potatoes	1 kg
6 qt	water	6 L
2 tsp	salt	10 g
1 1/2 lbs	cream cheese	700 g

- 1 Preheat oven to 375°F.
- 2 Heat the oil in the large pot.
- 3 Peel and dice the onion and add to the heated oil. Stir in the curry powder and sauté for 15 to 20 minutes.
- 4 Wash the leeks well. Trim their bottoms and their tops. Keep about 1 inch (2.5 cm) of the green stems. Cut into thin slices. Check for grit and wash again if needed.
- 5 Wash and dice the potatoes, leaving the skin on.
- 6 Combine the leeks and potatoes in the large pot with the onion/curry mixture. Add the water and salt. Cover the pot and simmer for approximately 30 minutes until the leeks are soft and potatoes are tender to a fork.

- 7 Blend the soup (in batches), in a food processor. Add the cream cheese and blend until well mixed and smooth.
- 8 Serve with 2 or 3 crisp whole wheat crouton cubes (see the recipe below).

Croutons

1	24-inch	day-old, whole wheat baguette	1	60-cm
2	tsp	oregano, dried	10	mL
2	Tbsp	olive oil	30	mL

- 1 Cut the baguette into 1/4-inch (1/2-cm) cubes. Twenty-four inches/60 cm baguette equals approximately 6 cups (1.5 L) cubes.
- 2 Combine the bread cubes, oregano and olive oil and spread out over the sheet pan.
- 3 Bake for 15 minutes or until brown.
- 4 Cool and store in a covered container.

Cream cheese is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) cream cheese.

- Croutons are a great way to use up stale bread. Homemade croutons are a healthy choice compared to store-bought croutons, which are higher in salt and fat.

Likeable Leek-Topped Pizza



Adapted from food.com

1 14-inch pizza pan

Yield: 8

Serving Size: 1 slice

Cost per serving: \$0.40



1 slice Likeable Leek-Topped Pizza is 1 GRAIN PRODUCTS and 1

VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 pizza slice and should be offered more if still hungry. Some children may need to eat more than 1 slice pizza to satisfy their hunger. Leftover Likeable Leek-Topped Pizza freezes well.

Note: If short on time, use a ready-prepared whole wheat pizza crust that meets the Food and Beverage Criteria for Regulated Child Care Settings.

Pizza Dough

2/3 cup	all-purpose flour, sifted	150 mL
1/3 cup	whole wheat flour	75 mL
1 1/2 tsp	quick-rising yeast	7 mL
1/2 tsp	salt	2 mL
1/2 cup	warm water	125 mL
1/2 tsp	white granulated sugar	2 mL
1 Tbsp	vegetable oil	15 mL

- 1 Preheat oven to 375°F.
- 2 In a bowl combine the all-purpose flour, whole wheat flour, yeast and salt.
- 3 Combine the warm water, sugar and oil and add to the flour. Mix using a wooden spoon. Stir until the dough begins to come together and forms a ball. You may need to add more flour, tablespoon by tablespoon, if the dough is sticky.
- 4 Turn the dough out on to a lightly floured board and knead gently until the dough feels more elastic. Shape into a ball.
- 5 Place the dough in a lightly greased bowl and leave at room temperature until double in size. This should take approximately 45 minutes. Prepare the topping while the dough is rising (see the recipe on next page).
- 6 Lightly grease a pizza pan. Use your fingertips to spread the pizza dough to the outside edges of the pizza pan.
- 7 Evenly distribute the cottage cheese mixture over the pizza crust.

- 8 Evenly distribute the softened leek mixture over the pizza crust. There should be approximately 2 cups (500 mL).
- 9 Top with the crumbled feta cheese and diced red pepper.
- 10 Bake for 20 to 30 minutes, until the cheese mixture is slightly golden and the crust is cooked.
- 11 Cut the pizza into 8 slices or smaller slices if desired. See the serving icon.

Likeable Leek Topping

3/4 cup	cottage cheese, reduced sodium	175 mL
1	egg	1
1/2 tsp	nutmeg, ground	2 mL
1 lb	leeks	454 g
3 Tbsp	canola oil or olive oil	45 mL
2 Tbsp	water	30 mL
1/4 cup	feta cheese, crumbled	50 mL
1/4 cup	red pepper, diced	50 mL

- 1 Purée the cottage cheese in a food processor until smooth. Add the egg and nutmeg. Beat until smooth and refrigerate until the leeks are prepared.
- 2 Wash and trim the leeks' bottoms and tops keeping about 1 inch (2.5 cm) of the green stem. Cut the leeks in half lengthwise and then cut across into 1/4-inch (1/2-cm) slices (this should make approximately 4 to 5 cups or 1 to 1.25 L).
- 3 Heat the oil in a pot. Stir in the leeks and stir until well coated with the oil.
- 4 Stir in the water.
- 5 Cover the pot and reduce the heat to low. Cook until the leeks are soft (about 30 minutes), stirring often. The leeks will "sweat" and be reduced to approximately 2 cups (500 mL).
- 6 Uncover and cook to evaporate any excess water.
- 7 Continue with step #7 in the Likeable Leek-Topped Pizza recipe.

Feta cheese is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) feta cheese.

- Leeks look like oversized green onions and should not be more than 2 inches (5 cm) in diameter.
- Look for at least 3 to 6 inches (7.5 to 15 cm) of white stem and firm, tight dark green tops. Younger leeks have a more delicate flavour and texture.

Likeable Leek-Topped Pizza



Adapted from food.com

6 14-inch pizza pans

Yield: 48

Serving Size: 1 slice

Cost per serving: \$0.40



1 slice Likeable Leek-Topped Pizza is 1 GRAIN PRODUCTS and

1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 pizza slice and should be offered more if still hungry. Some children may need to eat more than 1 slice pizza to satisfy their hunger. Leftover Likeable Leek-Topped Pizza freezes well.

Note: If short on time use a ready-prepared whole wheat pizza crust that meets the Food and Beverage Criteria for Regulated Child Care Settings.

Pizza Dough

4 cups	all-purpose flour, sifted	454 g
2 cups	whole wheat flour	240 g
3 Tbsp	quick-rising yeast	45 g
3 tsp	salt	15 g
3 cups	warm water	750 mL
3 tsp	white granulated sugar	15 g
1/3 cup	vegetable oil	75 mL

- 1 Preheat oven to 375°F.
- 2 In a bowl, combine the all-purpose flour, whole wheat flour, yeast and salt.
- 3 Combine the warm water, sugar and oil and add to the flour. Mix using a wooden spoon. Stir until the dough begins to come together and forms a ball. You may need to add more flour, tablespoon by tablespoon, if the dough is sticky.
- 4 Turn the dough out on to a lightly floured board and knead gently until it feels more elastic. Shape into 6 even pieces and form into balls.
- 5 Place the dough in lightly greased bowls and leave at room temperature until double in size. This should take approximately 45 minutes. Prepare the topping while the dough is rising (see the recipe on next page).
- 6 Lightly grease the pizza pans. Use your fingertips to spread one ball of pizza dough to the outside edges of each pizza pan.

- 7 Evenly distribute the cottage cheese mixture over the 6 pizza crusts.
- 8 Evenly distribute the softened leek mixture over the 6 pizza crusts. There should be approximately 2 cups (500 mL) per pizza.
- 9 Top each pizza with 1/4 cup (50 mL) crumbled feta cheese and 1/4 cup (50 mL) diced red pepper.
- 10 Bake for 20 to 30 minutes until the cheese mixture is slightly golden and the crust is cooked.
- 11 Cut each pizza into 8 slices or smaller slices if desired. See the serving icon.

Likeable Leek Topping

2 lbs	cottage cheese, reduced sodium	1 kg
3	eggs	3
1 Tbsp	nutmeg, ground	15 mL
5 lbs	leeks	2 kg
3/4 cup	canola oil or olive oil	175 mL
1 cup	water	250 mL
5 oz	feta cheese, crumbled	150 g
1/2 lb	red pepper, diced	225 g

- 1 Purée the cottage cheese in a food processor until smooth. Add the eggs and nutmeg. Beat until smooth and refrigerate until the leeks are prepared.
- 2 Wash and trim the leeks' bottoms and tops, keeping only 1 inch (2.5 cm) of the green stem. Cut the leeks in half lengthwise and then across into 1/4-inch (1/2-cm) slices (this should make approximately 25 cups or 6 L).
- 3 Heat the oil in a large pot. Stir in the leeks and stir well to coat with the oil.
- 4 Stir in the water.
- 5 Cover the pot and reduce the heat to low. Cook until the leeks are soft (about 45 minutes). The leeks will "sweat" and be reduced to approximately 10 to 12 cups (3 L).
- 6 Uncover and cook to evaporate any excess water.
- 7 Continue with step #7 in the Likeable Leek-Topped Pizza recipe.

Feta cheese is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) feta cheese.

- Leeks look like oversized green onions and should not be more than 2 inches (5 cm) in diameter.
- Look for at least 3 to 6 inches (7.5 to 15 cm) of white stem and firm, tight dark green tops. Younger leeks have a more delicate flavour and texture.



Red Peppers

Note: Children must wash their hands.

- 1** Red bell peppers are available to Nova Scotians throughout the summer months and early fall. Peppers are enjoyable eaten raw or as a cooked ingredient in pasta dishes, soups and casseroles. They are also fun to stuff with a variety of healthy grains or to roast for a sandwich or freeze for later use during the winter months.
 - Visit a farmers' market or grocery store to pick up enough red bell peppers so that each child will have one pepper.
 - Ask the children to describe the shape of the peppers and if they remember what is inside them. *Note: This is a review of the Peppers Promotional Ideas for June.*
- 2 Stuffed Red Bell Peppers:**
 - Prepare Zesty Zucchini Rice (see July recipes) the day before this activity. Prepare enough so that each child may fill one red pepper half with 1/2 cup (125 mL) of the rice mixture.
 - Cut enough red bell peppers in half so that each child may have two red pepper halves.
 - Let the children wash the red pepper halves in a large bin of water. Each child may select one red bell pepper half. Discuss with the children why it is so important to wash the peppers.
 - Let each child measure 1/2 cup (125 mL) Zesty Zucchini Rice in a measuring cup and (with a spoon) transfer the rice into one red pepper half.
 - Cover baking pans with parchment paper and label each child's name on the paper to identify his or her own stuffed red bell pepper.
 - Bake the pepper halves at 350°F for 30 minutes. Cool slightly and taste.
- 3** Fresh red bell peppers can be stored in a plastic bag in the refrigerator; they will keep for up to a week. To freeze, fresh peppers may simply be halved, sliced or diced and placed in a freezer bag. They are great to have in the cold winter months when red bell peppers are very expensive.

Roasted Red Peppers

- 1 Ask each child to put his or her other red bell pepper half into a large bowl. Toss with a coating of 1/4 tsp (1 mL) canola oil per pepper half and 1 tsp (5 mL) dried oregano for every 16 red pepper halves.
- 2 Lay the red pepper halves inside-face-down (skin-side-up) on a baking pan covered with parchment paper. Label the parchment paper accordingly, to identify the pepper for each child.
- 3 Bake at 350°F for 30 minutes, until the outside skins are wrinkled and brownish. The skins may be removed but they are acceptable to eat.
- 4 Cool slightly and slice. Let the children taste the roasted peppers and ask them to describe the taste (e.g., sweet, soft).

- Leftover roasted red bell pepper slices may be used in Roasted Red Pepper & Hummus Wraps (see June recipes) or in sandwiches, or diced and served as a snack on their own.



Red Pepper & Cinnamon Braised Chicken



Adapted from tefal.com

1 8" x 8" baking pan

Yield: 8

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$1.08



3/4 cup Red Pepper & Cinnamon Braised Chicken is 1 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide

servings. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Red Pepper & Cinnamon Braised Chicken freezes well.

1 lb	boneless skinless chicken breasts	454 g
1 tsp	canola oil	5 mL
1/2 cup	water	125 mL
1 tsp	cinnamon, ground	5 mL
2 Tbsp	brown sugar	30 mL
1/2 cup	red pepper	125 mL
1	small onion	1
1/2 cup	raisins, chopped	125 mL
1 cup	chickpeas, rinsed and drained	250 mL

- 1 Preheat oven to 375°F.
- 2 Cut the chicken breasts into 8 even-sized strips.
- 3 Measure the oil into the baking pan; add the chicken strips and mix with the oil and bake for approximately 20 minutes, until no longer pink.
- 4 Mix the water, cinnamon and brown sugar and pour over the chicken.
- 5 Wash the red pepper and cut in half lengthwise. Remove the seeds and slice thinly. Dice into 1/4-inch (1/2-cm) pieces and spread evenly over the chicken.
- 6 Peel and dice the onion and spread evenly over the chicken.
- 7 Evenly spread the chopped raisins and chickpeas over the chicken and combine well.
- 8 Cover and bake for approximately 45 minutes.

- Each serving of this recipe provides approximately 2 oz (60 g) chicken.
- Chickpeas add fibre and protein to each serving.
- This recipe goes well with potato dishes such as Gold Rush Potatoes (see July recipes) or rice dishes such as Zesty Zucchini Rice (see July recipes).

Red Pepper & Cinnamon Braised Chicken



Adapted from tefal.com

3 9" x 13" baking pans

Yield: 48

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$1.08



3/4 cup Red Pepper & Cinnamon Braised Chicken is 1 MEAT AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide

servings. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Red Pepper & Cinnamon Braised Chicken freezes well.

6 lbs	boneless skinless chicken breasts	2.5 kg
3 Tbsp	canola oil	45 mL
3 cups	water	750 mL
3 Tbsp	cinnamon, ground	45 mL
1/2 cup	brown sugar	75 g
1 lb	red pepper	454 g
1 lb	onion	454 g
1 lb	raisins, chopped	454 g
3 14-oz cans	chickpeas, rinsed and drained	3 398-mL cans

- 1 Preheat oven to 375°F.
- 2 Cut the chicken pieces in large strips. One pound equals 8 strips; 6 lb (2.5 kg) equals approximately 48 strips.
- 3 Measure 1 Tbsp (15 mL) oil into each baking pan. Place approximately 16 chicken strips in each pan. Bake for approximately 20 to 30 minutes until no longer pink.
- 4 Mix the water, cinnamon and brown sugar. Measure 1 cup (250 mL) over the chicken in each baking pan.
- 5 Dice the red pepper and onion and evenly distribute over the chicken.
- 6 Evenly distribute the chopped raisins over the 3 baking pans.

- 7 Mix one 14-oz (398-mL) can chickpeas into each baking pan. Combine ingredients well.
- 8 Cover and bake for 45 minutes to 1 hour.

- Each serving of this recipe provides approximately 2 oz (60 g) chicken per serving.
- Chickpeas add fibre and protein to each serving.
- This recipe goes well with potato dishes such as Gold Rush Potatoes (see July recipes) or rice dishes such as Zesty Zucchini Rice (see July recipes).

Cantaloupe

Note: Children must wash their hands.



1 Cantaloupe is a warm-weather crop; new varieties have adapted well to the Nova Scotia climate and provide mature fruit in fewer days than before. This allows Nova Scotians to grow and enjoy this sweet and juicy fruit. Cantaloupes are available from late August into September.

- Check out a local farmers' market for a sampling of cantaloupes.
- Cantaloupes are characterized by a pale green, netted skin that usually turns golden when ripe.
- Mature or ripe cantaloupes should give slightly to pressure at the blossom end. They should have a good outside netting and smell sweet and musky.

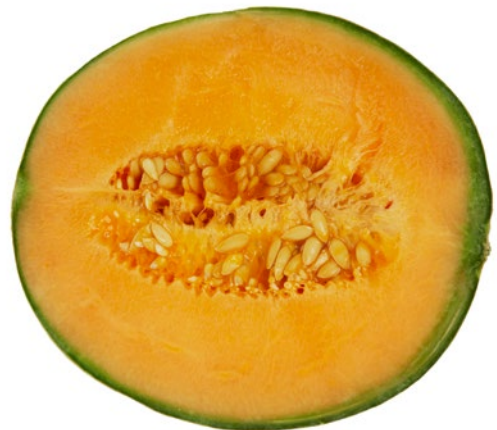
2 A Mystery Bag Activity. Wash the cantaloupe to be used for this activity.

Note: Bacteria can easily become trapped in the outside netting of the cantaloupe skin. It is important to wash and scrub the skin and peel the cantaloupe before offering it to the children. Cut cantaloupe should be refrigerated. Wash your hands before and after preparing cantaloupe, and be sure to use clean equipment and utensils.

- Place a fresh, washed cantaloupe in a paper bag and pass it around to all of the children. The children should only feel and smell the cantaloupe, do not let them peek in the bag!
- Record all of the words that the children use to describe the feel (e.g., rough, bumpy) and odour (e.g., sweet and musky) of the cantaloupe.

3 Cut a cantaloupe open and show the children its different parts.

- Cantaloupes have a central cavity that is filled with seeds.
- The flesh is light coloured and should be juicy and sweet flavoured.
- The skin should be removed before sampling.
- Cantaloupes grow on a vine, like a squash or cucumbers.



4 Melon Balls for Tasting!

- Wash a fresh cantaloupe, cut it into two halves, and clean out the seeds.
- Demonstrate how to make melon balls. To make a melon ball, press the melon baller into the melon flesh. Lift the baller so it stands straight up in the melon.
- Turn the baller clockwise and pull out. Allow each child to make one or two melon balls. Ask the children to place all the melon balls into a larger fruit bowl. Each melon ball should be cut in half lengthwise and then cut into smaller pieces (see the text box below). Provide each child with a small sample on a plate for tasting.



- 5 Fresh cantaloupe makes a perfect dessert or snack throughout the fall season. Leftover cantaloupe pieces are great to use up in the Crunchy Cantaloupe Salsa or Cool Cantaloupe & Blueberry Sundaes recipes. Put extra cantaloupe balls and cubes in the freezer for smoothies and sundaes in the winter months.

Cantaloupe and Young Children

- Large pieces of cantaloupe (cubes or balls) can be a choking hazard if not chewed properly.
- For children under four years old, cut the cantaloupe balls in two lengthwise and further cut into quarters.

Crunchy Cantaloupe Salsa



Adapted from fabulousfoods.com

1 1-quart (1-L) bowl

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.24



1/2 cup of Crunchy Cantaloupe Salsa is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

1 (2-lb)	medium cantaloupe	1 (1-kg)
1/2 cup	red pepper	125 mL
1/2 cup	green pepper	125 mL
1/4 cup	fresh cilantro	50 mL
2	green onions	2
2 Tbsp	lime juice	30 mL

- 1 Wash the cantaloupe half. Scoop out the seeds and cut the cantaloupe half into 8 slices. Remove the skin and dice into 1/4-inch (1/2-cm) pieces.
- 2 Wash the red and green peppers. Slice the peppers in half lengthwise and remove the seeds. Slice the peppers into strips and dice into 1/4-inch (1/2-cm) pieces.
- 3 In a bowl, mix the diced cantaloupe and peppers.
- 4 Wash the cilantro and green onions. Chop and stir into the cantaloupe and pepper mixture.
- 5 Stir in the lime juice.
- 6 Refrigerate until serving.

Note: This recipe may be adapted to the tastes of the children at your centre. Other fresh herbs, such as parsley or basil, may be substituted for the cilantro. The recipe may have a milder flavour by omitting or reducing the green onions.

- Cantaloupe blends well with Mexican food ingredients such as lime juice and cilantro.
- This recipe makes a great accompaniment to other recipes such as Corny Rice & Bean Salad (see September recipes) and Chuckwagon Taco Pie (see April recipes).
- Try serving this salsa with Crunchy Cinnamon Crisps (see January recipes).
- To make a Mexican bruschetta, add 1 cup (250 mL) black beans to 2 cups (500 mL) of the Crunchy Cantaloupe Salsa mixture and spread on a sliced baguette.
- One 2-lb (1-kg) cantaloupe provides approximately 4 cups (1 L) diced cantaloupe.

Crunchy Cantaloupe Salsa



Adapted from fabulousfoods.com

1 large bowl

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.24



1/2 cup of Crunchy Cantaloupe Salsa is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

12 lbs (6)	medium cantaloupe	5.5 kg
1	red pepper	1
1	green pepper	1
1 cup	fresh cilantro	250 mL
1 bunch	green onions	1 bunch
1/2 cup	lime juice	125 mL

- 1 Wash the cantaloupes. Cut the cantaloupes in half and scrape out the seeds. Quarter the cantaloupes, remove the skin and dice into 1/4-inch (1/2-cm) thick pieces.
- 2 Wash the red and green peppers, slice in half lengthwise and remove the seeds. Slice the peppers into strips and dice into 1/4-inch (1/2-cm) pieces.
- 3 In a large bowl, mix the diced cantaloupes and peppers.
- 4 Wash the cilantro and green onions. Chop and stir into the cantaloupe and pepper mixture.
- 5 Stir in the lime juice.
- 6 Refrigerate until serving.

Note: This recipe may be adapted to the tastes of the children at your centre. Other fresh herbs, such as parsley or basil, may be substituted for the cilantro. The recipe may have a milder flavour by omitting or reducing the green onions.

- Cantaloupe blends well with Mexican food ingredients such as lime juice and cilantro.
- This recipe makes a great accompaniment to other recipes such as Corny Rice & Bean Salad (see September recipes) and Chuckwagon Taco Pie (see April recipes).
- Try serving this salsa with Crunchy Cinnamon Crisps (see January recipes).
- To make a Mexican bruschetta, add 1 cup (250 mL) black beans to 2 cups (500 mL) of the Crunchy Cantaloupe Salsa mixture and spread on a sliced baguette.
- One 2-lb (1-kg) cantaloupe provides approximately 4 cups (1 L) diced cantaloupe.

Minty Cucumber & Cantaloupe Salad



Adapted from allrecipes.com

1 1-quart (1-L) bowl

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.24



1/2 cup Minty Cucumber & Cantaloupe Salad is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

1/2	cucumber (8"/20 cm long)	1/2
1 lb (1/2)	cantaloupe	454 g (1/2)
1/2 tsp	white granulated sugar	2 mL
2	green onions	2
2 Tbsp	canola oil	30 mL
1 tsp	orange juice or lime juice	5 mL
1 tsp	cider vinegar	5 mL
1/2 tsp	mint, dried (or 2 tsp/10 mL fresh)	2 mL

- 1 Wash the cucumber half and cut it in half lengthwise. Using the tip of a spoon, scrape out the seeds from each cucumber half. Cut each half into 2 strips lengthwise. Dice the cucumber into 1/4-inch (1/2-cm) pieces.
- 2 Wash the cantaloupe half. Scoop out the seeds and cut the cantaloupe half into 8 slices. Remove the skin and dice into 1/4-inch (1/2-cm) pieces. Sprinkle the sugar over the cantaloupe pieces.
- 3 Wash and slice the green onions.
- 4 In a bowl, combine the diced cucumber, cantaloupe and sliced green onions.
- 5 Combine the oil, orange or lime juice, cider vinegar and mint in a small jar and shake until well mixed. Pour over the cucumber and cantaloupe mixture. Stir well.
- 6 Refrigerate until ready to serve.

- Leaving the skins on the cucumber adds colour and nutrition to this recipe.
- Diced cantaloupe goes well topped with raspberry sauce from the Peach Melba & Raspberry Sauce recipe (see February recipes) or topped with Saucy Blueberry Topping (see March recipes) or Slow Good Blueberry Spread (see May recipes).

Minty Cucumber & Cantaloupe Salad



Adapted from allrecipes.com

1 large bowl

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.24



1/2 cup Minty Cucumber & Cantaloupe Salad is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

2 lbs	cucumbers	1 kg
6 lbs (3)	cantaloupes	3 kg (3)
1 Tbsp	white granulated sugar	15 g
1 bunch	green onions	1 bunch
3/4 cup	canola oil	175 mL
2 Tbsp	orange juice or lime juice	30 mL
2 Tbsp	cider vinegar	30 mL
1 Tbsp	mint, dried (or 2 Tbsp/30 mL fresh)	15 mL

- 1 Wash the cucumbers, cut in half and scrape out the seeds. Cut each half into 2 halves lengthwise. Dice into 1/4-inch (1/2-cm) pieces.
- 2 Wash the cantaloupes. Cut into halves and scrape out the seeds. Slice each cantaloupe half into 8 slices. Remove the skin and dice the cantaloupe into 1/4-inch (1/2-cm) pieces. Sprinkle the sugar over the cantaloupe pieces.
- 3 Wash and slice the green onions.
- 4 In a large bowl, combine the diced cucumber, cantaloupe and sliced green onion.
- 5 Combine the oil, orange juice or lime juice, cider vinegar and mint in a bowl and whisk until all the ingredients are well mixed. Pour over the cucumber and cantaloupe mixture. Stir well.
- 6 Refrigerate until serving.

- Leaving the skins on the cucumber adds colour and nutrition to this recipe.
- Diced cantaloupe goes well topped with raspberry sauce from the Peach Melba & Raspberry Sauce recipe (see February recipes) or topped with Saucy Blueberry Topping (see March recipes) or Slow Good Blueberry Spread (see May recipes).

Cool Cantaloupe & Blueberry Sundaes



Adapted from relish.com/recipes

1 1-quart (1-L) bowl

Yield: 8

Serving Size: 1 sundae

Cost per serving: \$0.47



1 Cool Cantaloupe & Blueberry Sundae is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller sundae (3 Tbsp cantaloupe and 1 Tbsp blueberries) and should be offered more if still hungry. Some children may need to eat more than one sundae to satisfy their hunger.

1 1/2 lbs (3/4)	cantaloupe	700 g (3/4)
1/4 cup	white granulated sugar	50 mL
2 tsp	cornstarch	10 mL
1/2 tsp	cinnamon, ground	2 mL
3/4 cup	water	175 mL
1 1/2 cups	fresh or frozen blueberries	375 mL
1 cup	yogurt, plain	250 mL

- 1 Wash the cantaloupe, cut the cantaloupe in half, scoop out the seeds and cut each half into 8 slices. Remove the skin and dice each slice into 1/4-inch (1/2-cm) pieces.
- 2 In a medium saucepan, combine the sugar, cornstarch and cinnamon; stir in the water, making sure that there are no lumps. Cook and stir over medium heat until the mixture comes to a boil and is slightly thickened.
- 3 Add the blueberries and cook, stirring occasionally for 5 to 10 minutes until thick. Cool.
- 4 Assemble the sundaes in individual serving glasses: Place 1/3 cup (75 mL) diced cantaloupe in the bottom of each glass, top with 2 Tbsp (30 mL) of the yogurt and cover with 2 Tbsp (30 mL) of the blueberry mixture.
- 5 If desired, top each sundae with 2 or 3 fresh blueberries.

- Look for healthier yogurt that provides less than 140 mg sodium and less than 30 g sugar for each 3/4-cup (175-mL) serving.
- The diced cantaloupe can be placed on a sheet pan in the freezer for an hour before the sundaes are assembled. This will help them stay cold longer.
- Saucy Blueberry Topping (see March recipes) or Slow Good Blueberry Spread (see May recipes) can also be used for the blueberry sauce in the sundaes. Blueberry sauce freezes very well.

Cool Cantaloupe & Blueberry Sundaes



Adapted from relish.com/recipes

1 large bowl

Yield: 48

Serving Size: 1 sundae

Cost per serving: \$0.47



1 Cool Cantaloupe & Blueberry Sundae is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with smaller appetites may prefer a smaller sundae (3 Tbsp cantaloupe and 1 Tbsp blueberries) and should be offered more if still hungry. Some children may need to eat more than 1 sundae to satisfy their hunger.

9 lbs (4 1/2)	cantaloupe	4 kg (4 1/2)
1 cup	white granulated sugar	200 g
1/4 cup	cornstarch	45 g
2 tsp	cinnamon, ground	10 mL
3 cups	water	750 mL
2 lbs	fresh or frozen blueberries	1 kg
6 cups	yogurt, plain	1.5 L

- 1 Wash and cut the cantaloupes in half and scrape out the seeds. Quarter the cantaloupes and slice the quarters into 1/4-inch (1/2-cm) thick pieces. Remove the skin and dice the cantaloupe into 1/4-inch (1/2-cm) pieces.
- 2 In a medium saucepan, combine the sugar, cornstarch and cinnamon; stir in the water, making sure that there are no lumps. Cook and stir over medium heat until the mixture comes to a boil and is slightly thickened.
- 3 Add the blueberries and cook, stirring occasionally for 10 to 15 minutes until thick. Cool.
- 4 Assemble the sundaes in individual serving glasses: Place 1/3 cup (75 mL) diced cantaloupe in the bottom of each glass, top with 2 Tbsp (30 mL) of the yogurt and cover with 2 Tbsp (30 mL) of the blueberry mixture.
- 5 If desired, top each sundae with 2 or 3 fresh blueberries.

- Look for healthier yogurt that provides less than 140 mg sodium and less than 30 g sugar for each 3/4-cup (175-mL) serving.
- The diced cantaloupe can be placed on a sheet pan in the freezer for an hour before the sundaes are assembled. This will help them stay cold longer.
- Saucy Blueberry Topping (see March recipes) or Slow Good Blueberry Spread (see May recipes) can also be used for the blueberry sauce in the sundaes. Blueberry sauce freezes very well.



Tomatoes

Note: Children must wash their hands.

Nova Scotia tomatoes are tasty and juicy, and come in a variety of shapes and sizes. Tomatoes are available from early August into the fall, until the first frost.

- 1 Check out a local farmers' market to find tomatoes of various shapes and sizes:
 - Slicing tomatoes: similar in size to a medium apple
 - Cherry or grape tomatoes: smaller or mini-sized tomatoes
 - Plum tomatoes: longer and less rounded than a slicing tomato
- 2 Tomatoes are members of the nightshade family. This is the same family as potatoes, eggplant and sweet and hot peppers. Pick up a sample of each of these vegetables at the farmers' market. Display the potato, eggplant and pepper with a tomato. Ask the children if they look like they are from the same family.
- 3 Let the children help wash the tomatoes in a large plastic bin filled with water. Discuss with the children why it is so important to wash the tomatoes.
- 4 Let the children feel and smell the tomatoes and sort them by size and shape.
- 5 Cut a tomato into two halves and show the children its parts.



SEEDS: Each seed can grow into another tomato plant.

FLESH OR PULP: This is the juicy part that we eat.

SKIN: Tomatoes may be eaten with the skin on—it adds fibre.

- 6 Tasting the flavour of different tomatoes:
 - Provide thin slices of each kind of tomato for the children to taste. Note: For children under four years old, dice the tomatoes in 1/4-inch (1/2-cm) pieces (see the text box on next page). Ask the children to describe the taste of the tomatoes (e.g., juicy, sweet, tangy, soft, hard).

7 Spicy Mexican Triangles: Kids will have fun cutting their own tortilla triangle and topping it with Spicy Mexican topping. Refer to the Spicy Mexican Triangles recipe (see April recipes). Before the activity, prepare the refried brown beans.

- Let the children cut (with a pizza cutter) a triangle from a 6-inch (15-cm) tortilla.
- Show the children the diced tomato and mix it with the salsa (two parts tomato and one part salsa).



- Help each child to put 2 Tbsp (30 mL) of bean mixture on their triangle.
 - The children can top their triangle with 1 Tbsp (15 mL) tomato/salsa mixture and 1 Tbsp (15 mL) grated cheese.
 - Place each triangle on a foil-lined baking pan and label accordingly so that each child can sample his or her own triangle.
 - Bake at 350°F for 10 to 15 minutes. Cool and sample.
- 8** Leftover tomatoes can be added to the Summer Harvest Maritime Tomato Sauce recipe from August.

Tomatoes and Young Children

- Large pieces of tomato can be a choking hazard if not chewed properly. Tomato pieces should be cut small enough so that they don't cause choking.
- For children under four years old, cut the tomatoes into 1/4-inch (1/2-cm) pieces. Ensure the pieces are soft enough to chew.

Summer Harvest Maritime Tomato Sauce



Adapted from epicurious.com

1 medium (2-quart/2-L) pot

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.47



1/2 cup Summer Harvest Maritime Tomato Sauce is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Summer Harvest Maritime Tomato Sauce freezes well.

2 Tbsp	olive oil	30 mL
1	garlic clove	1
1	small carrot	1
1	onion	1
1/2 cup	zucchini	125 mL
1/2 cup	red pepper	125 mL
1	fresh tomato	1
2 14-oz cans	tomatoes, diced, reduced sodium	2 398-mL cans
1 5.5-oz can	tomato paste	1 154-mL can
2 tsp	oregano, dried	10 mL
2 tsp	basil, dried	10 mL
	pepper to taste	

- 1 Heat the olive oil.
- 2 Peel the garlic, then chop finely or crush it.
- 3 Wash the carrot. Peel and dice it into 1/4-inch (1/2-cm) pieces.
- 4 Peel and dice the onion.
- 5 Wash the zucchini and cut in half lengthwise. With the tip of a spoon, scrape out the seeds. Dice the zucchini into 1/4-inch (1/2-cm) pieces.

- 6** Wash the red pepper and cut in half lengthwise. Remove the seeds, cut into thin strips and cut into 1/4-inch (1/2-cm) pieces.
- 7** Wash the fresh tomato and dice into 1/4-inch (1/2-cm) pieces.
- 8** Add the garlic, carrot, onion, zucchini, red pepper and fresh tomato to the olive oil and sauté for 15 to 20 minutes until soft but not browned. Stir often.
- 9** Stir in the canned tomatoes, tomato paste, oregano, basil and pepper to taste.
- 10** Simmer over low heat for 30 minutes or until the mixture is thick and not runny. Longer cooking will allow the ingredients to blend together and develop more flavour.

- Add 1/2 lb (225 g) lean ground beef for a meat sauce.
- Add 1/2 cup (125 mL) black beans for a higher-protein vegetarian version.
- Use this recipe for Crusty Homemade Vegetable Pizza (see March recipes) and Cheesy Squash-Stuffed Pasta Shells (see January recipes).

Summer Harvest Maritime Tomato Sauce



Adapted from epicurious.com

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.47



1/2 cup Summer Harvest Maritime Tomato Sauce is 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Summer Harvest Maritime Tomato Sauce freezes well.

3/4 cup	olive oil	175 mL
6	garlic cloves	6
1 lb	carrots	454 g
1 lb	onions	454 g
1/2 lb	zucchini	225 g
1	red pepper	1
1 lb	fresh tomatoes	454 g
4 28-oz cans	tomatoes, diced, reduced sodium	4 798-mL cans
6 5.5-oz cans	tomato paste	6 154-mL cans
1/4 cup	oregano, dried	50 mL
1/4 cup	basil, dried	50 mL
	pepper to taste	

- 1 Heat the olive oil.
- 2 Peel the garlic, then chop finely or crush it.
- 3 Wash the carrots. Peel and dice them into 1/4-inch (1/2-cm) pieces.
- 4 Peel and dice the onions.
- 5 Wash the zucchini and cut in half lengthwise. With the tip of a spoon, scrape out the seeds. Dice the zucchini into 1/4-inch (1/2-cm) pieces.

- 6** Wash the red pepper and cut in half lengthwise. Remove the seeds, cut into thin strips and dice into 1/4-inch (1/2-cm) pieces.
- 7** Wash the fresh tomatoes and dice into 1/4-inch (1/2-cm) pieces.
- 8** Add the garlic, carrot, onion, zucchini, red pepper and fresh tomatoes to the olive oil and sauté for 20 to 25 minutes until soft but not browned. Stir often.
- 9** Stir in the canned tomatoes, tomato paste, oregano, basil and pepper to taste.
- 10** Simmer over low heat for 30 minutes or until the mixture is thick and not runny. Longer cooking will allow the ingredients to blend together and develop more flavour.

- Add 3 lbs (1.5 kg) lean ground beef for a meat sauce.
- Add 3 cups (750 mL) black beans for a higher-protein vegetarian version.
- Use this recipe for Crusty Homemade Vegetable Pizza (see March recipes) and Cheesy Squash-Stuffed Pasta Shells (see January recipes).

Broccoli

Note: Children must wash their hands.



1 Broccoli is a vegetable that grows as clusters of broccoli buds (florets) on stalks. The flower buds should be bright green, tight and firm.

- Pick up a few bunches of broccoli from the local grocery store. Review the anatomy of the broccoli plant.

Note: This is a review of the Broccoli Promotional Ideas for October.

2 Broccoli is a hardy cool-weather crop and is one of the easiest vegetables to grow in a garden. How does broccoli grow? The children should understand the progression of growth from a seed to a transplant to a broccoli bunch that is ready for eating. Broccoli stalks are edible too; remove the tough outer skin and cook them along with the florets.

Set up a display area in the centre that includes:

- A package of broccoli seeds suitable for Nova Scotia.
- A broccoli transplant. This is a very young broccoli plant that is grown from a broccoli seed. Broccoli transplants can be started in April and may be transplanted to the outside garden after four to six weeks. The use of transplants allows us to harvest broccoli earlier before the hot weather arrives. Broccoli transplants are most often available at local greenhouses from April to June, but may still be available for late planting in August.
- A full-grown broccoli bunch.
- Children should understand the progression from a seed to a transplant to a broccoli bunch that is ready for eating.



3 Trees in a Broccoli Forest: This is a fun activity for snack time.

Note: Arrange a separate activity of pre-cooked carrots and broccoli for children under four years old (see the text box below) (adapted from cooks.com).

- Assemble 1 peeled carrot, 3 cups (750 mL) 1/2-inch broccoli flowers and 4 cherry tomatoes and 1/2 cup (125 mL) hummus.
- Cut the carrot in two lengthwise and then cut each half in half widthwise to give 4 pieces.
- Lay 2 pieces of carrot lengthwise (side by side), to form 2 tree trunks. Let the children arrange the broccoli florets around the top of the carrot pieces to make the trees.
- Arrange the cherry tomatoes above the broccoli to make suns.
- Arrange the hummus around the bottom of the carrot pieces to make the ground.
- Let the children enjoy!

Note: The vegetable amounts will need to be adjusted according to the number of children, so that all of the children may have a sampling of the broccoli and other vegetables.

4 Broccoli fits well in a variety of dishes. Try using leftover broccoli in the White Pizza Topped with Broccoli & Chicken recipe.

Carrots and Young Children

- Raw carrots can be a choking hazard.
- For children under four years old, simmer carrot pieces for 1 to 2 minutes, immediately plunge into ice-cold water and pat dry.

White Pizza Topped with Broccoli & Chicken



Adapted from food.com

1 14-inch pizza pan

Yield: 8

Serving Size: 1 slice

Cost per serving: \$0.78



1 slice White Pizza Topped with Broccoli & Chicken is 1 GRAIN PRODUCTS, 1/2 VEGETABLES AND FRUIT and 1/2 MILK AND ALTERNATIVES Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/2 slice pizza and should be offered more if still hungry.

Some children may need to eat more than 1 slice to satisfy their hunger. White Pizza Topped with Broccoli & Chicken freezes well.

Note: If short on time, use a ready-to-use whole wheat pizza crust that meets the Food and Beverage Criteria for Regulated Child Care Settings.

Pizza Dough

2/3 cup	all-purpose flour, sifted	150 mL
1/3 cup	whole wheat flour	75 mL
1 1/2 tsp	quick-rising yeast	7 mL
1/2 tsp	salt	2 mL
1/2 cup	warm water	125 mL
1/2 tsp	white granulated sugar	2 mL
1 Tbsp	vegetable oil	15 mL

- 1 Preheat oven to 375°F.
- 2 In a bowl, combine the all-purpose flour, whole wheat flour, yeast and salt.
- 3 Combine the warm water, sugar and oil. Add to the flour mixture; mix using a wooden spoon. Stir until the dough begins to come together and forms a ball. You may need to add more flour, tablespoon by tablespoon, if the dough is sticky.
- 4 Turn dough out on to a lightly floured board and knead gently until the dough feels elastic. Form into a ball.
- 5 Place on a lightly greased pan and leave at room temperature until double in size. This should take approximately 45 minutes. Prepare the topping while the dough is rising (see the recipe on next page).

- 6 Lightly grease a pizza pan. Using your fingertips, spread the pizza dough to the outside edges of the pizza pan.
- 7 Spread the cottage cheese and cream cheese mixture over the pizza crust.
- 8 Spread the broccoli and chicken over the cheese mixture.
- 9 Top the pizza with the grated mozzarella cheese.
- 10 Bake for 20 to 30 minutes until the cheese mixture is slightly golden and the crust is cooked.
- 11 Cut the pizza into 8 slices or smaller slices if desired. See the serving icon.

White Topping

1/4 lb	boneless skinless chicken breasts	120 g
1 tsp	canola oil or olive oil	5 mL
1/3 cup	cottage cheese, reduced sodium	75 mL
2 Tbsp	cream cheese	30 mL
1/2 tsp	oregano, dried	2 mL
1/2 tsp	basil, dried	2 mL
2 cups	fresh broccoli	500 mL
1 cup	mozzarella cheese, grated	250 mL

- 1 Cut the chicken into even-sized strips.
- 2 Combine the chicken with 1/2 tsp (2 mL) of the oil, spread evenly on a sheet pan and bake for approximately 20 minutes until cooked through and no longer pink, turning after 10 minutes. Cool and refrigerate until ready to top the pizza.
- 3 In a food processor, purée the cottage cheese until smooth. Add the cream cheese, the remaining oil and oregano and basil. Beat until smooth and refrigerate until ready to top the pizza.
- 4 Wash the broccoli and cut into 1/2-inch (1-cm) pieces. Place in a pot of boiling water for 2 minutes; immediately plunge the broccoli into cold water to stop the cooking process. Combine with the chicken strips.
- 5 Continue with Step # 7 in the White Pizza Topped with Broccoli & Chicken recipe.

Cream cheese is a condiment in this recipe. Each serving provides less than 1 tsp (5 mL) cream cheese.

- This pizza-topping combination also makes a great sauce for pasta!

White Pizza Topped with Broccoli & Chicken



Adapted from food.com

6 14-inch pizza pans

Yield: 48

Serving Size: 1 slice

Cost per serving: \$0.78



1 slice White Pizza Topped with Broccoli & Chicken is 1 GRAIN PRODUCTS, 1/2 VEGETABLES AND FRUIT and 1/2 MILK AND ALTERNATIVES Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger. Leftover White Pizza Topped with Broccoli & Chicken freezes well.

Note: If short on time, use a ready-to-use whole wheat pizza crust that meets the Food and Beverage Criteria for Regulated Child Care Settings.

Pizza Dough

4 cups	all-purpose flour, sifted	454 g
2 cups	whole wheat flour	240 g
3 Tbsp	quick-rising yeast	45 g
3 tsp	salt	15 g
3 cups	warm water	750 mL
3 tsp	white granulated sugar	15 g
1/3 cup	vegetable oil	75 mL

- 1 Preheat oven to 375°F.
- 2 In a bowl, combine the all-purpose flour, whole wheat flour, yeast and salt.
- 3 Combine the warm water, sugar and oil. Add to the flour mixture; mix using a wooden spoon. Stir until the dough begins to come together and forms a ball. You may need to add more flour, tablespoon by tablespoon, if the dough is sticky.
- 4 Turn dough out on to a lightly floured board and knead gently until the dough feels elastic, shape into 6 even pieces and form into balls.
- 5 Place the dough in lightly greased bowls and leave at room temperature until double in size. This should take approximately 45 minutes. Prepare the topping while the dough is rising (see the recipe on next page).

- 6 Lightly grease the pizza pans. Using your fingertips, spread one ball of pizza dough to the outside edges of each pizza pan.
- 7 Evenly distribute the cottage cheese and cream cheese mixture over the pizza crusts.
- 8 Spread the broccoli and chicken over the cheese mixture on each pizza crust.
- 9 Top each pizza with 1 cup (250 mL) of the mozzarella cheese.
- 10 Bake for 20 to 30 minutes until the cheese mixture is slightly golden and the crust is cooked.
- 11 Cut each pizza into 8 slices or smaller slices if desired. See the serving icon.

White Topping

1 1/2 lbs	boneless skinless chicken breasts	700 g
2 Tbsp	canola oil or olive oil	30 mL
2 cups	cottage cheese, reduced sodium	500 g
8 oz	cream cheese	240 g
1 Tbsp	oregano, dried	15 mL
1 Tbsp	basil, dried	15 mL
2 lbs	fresh broccoli	1 kg
1 1/2 lbs	mozzarella cheese, grated	700 g

- 1 Cut the chicken into even-sized strips.
- 2 Combine the chicken with 1 Tbsp (15 mL) of the oil, spread evenly over a sheet pan and bake for approximately 20 minutes, until cooked through and no longer pink, turning after 10 minutes. Cool and refrigerate until ready to top the pizza.
- 3 In a food processor, purée the cottage cheese until smooth. Add the cream cheese, the remaining oil and the oregano and basil. Beat until smooth and refrigerate until ready to top the pizza.
- 4 Wash the broccoli and cut into 1/2-inch (1-cm) pieces. Boil for 2 minutes, then immediately plunge the broccoli into cold water to stop the cooking process. Combine with the refrigerated chicken pieces.
- 5 Continue with Step # 7 in the White Pizza Topped with Broccoli & Chicken recipe.

Cream cheese is a condiment in this recipe. Each serving provides less than 1 tsp (5 mL) cream cheese.

- This pizza-topping combination also makes a great sauce for pasta!

September

Blueberries

Promotional Ideas

Recipes:

Blueberry & Maple Scones
Rhubarb & Blueberry Crumble

Plums

Promotional Ideas

Recipes:

Plum Good Focaccia
Firecracker Plums

Peaches

Promotional Ideas

Recipes:

Crumble-Stuffed Peaches
Sassy Salsa Peaches

Cauliflower

Promotional Ideas

Recipes:

Cauliflower with Curried Carrot Dip
Cauliflower 'n' Cheddar Soup

Corn

Promotional Ideas

Recipes:

Corny Bean & Rice Salad
Shepherd's Pie
Fresh Corn on the Cob



Blueberries

Note: Children must wash their hands.



- 1 Blueberries are the easiest berry to pick, prepare and store. Nova Scotia is a leading producer of blueberries worldwide.

Wild (Lowbush) Blueberries

- Lowbush blueberries are a native berry to Nova Scotia and in 1995 won official distinction as the provincial berry. Lowbush blueberries grow on a low running bush that is close to the ground.
- Lowbush blueberries are part of our Nova Scotia heritage and natural vegetation.
- Harvesting of wild blueberries starts in August and continues until late September.



Domestic (Highbush) Blueberries

- Highbush blueberries grow on bushes that range from 4 to 12 feet (1 to 4 metres) in height.
- Highbush blueberries were developed to meet the demand for fresh blueberries worldwide.
- Blueberry demand has been driven by the nutritional quality of the berries. Eating blueberries makes you healthy!
- Harvesting of domestic blueberries starts in August and continues until late September.



- 2** Stop by a farmers' market or a blueberry U-pick for a box of fresh blueberries. Nova Scotia blueberries are generally available in 5-pound and 10-pound (2.2-kg and 5-kg) boxes. Prepare a large bowl of washed blueberries. Let each child select a few blueberries and put them in their hand.
 - Ask the children to describe the blueberries according to colour, shape and smell. Children may taste the berries too!
 - Ask the children to look inside the blueberry. What do they see? The inside of a blueberry is jelly-like and semi-transparent.
 - Blueberries have many seeds; the seeds are so small that you cannot see them. Ask the children to think of other berries that have seeds big enough that you can see them (e.g., strawberries, raspberries).
- 3** Let the children count the number of blueberries that they can fit into the palm of their hand. The children may want to assist one another with this activity. Provide each child with a small bowl for their blueberries.
- 4** Ask the children to think of ways that they can eat blueberries, like in pancakes, muffins, scones or smoothies. Serve a Hearty Blueberry Muffin (see May recipes) or a Blueberry & Maple Scone for snack time.
- 5** Read a blueberry story to the children. Examples include the following:

One Little Blueberry by Tammi Salzano

Peter in Blueberry Land by Elsa Beskow

Blueberry Mouse by Alice Low

These books are delightful to read. Look for them at your local library, bookstore or online bookstore.

Blueberry & Maple Scones



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

1 11" x 17" sheet pan

Yield: 12 medium

Serving Size: 1 whole scone or 2 half-sized scones

Cost per serving: \$0.22



1 whole or 2 half-sized Blueberry & Maple Scones is 1 GRAIN PRODUCTS

Canada's Food Guide serving. Some children with a smaller appetite may prefer 1 half-sized scone and should be offered more if hungry. Some children may need to eat more than 1 whole or 2 half-sized scones to satisfy their hunger. Leftover Blueberry & Maple Scones freezes well.

3/4 cup	all-purpose flour, sifted	175 mL
3/4 cup	whole wheat flour	175 mL
2 tsp	baking powder	10 mL
2 Tbsp	white granulated sugar	30 mL
1/4 tsp	salt	1 mL
1/4 cup	non-hydrogenated margarine	50 mL
1	egg	1
2 Tbsp	maple syrup	30 mL
1/3 cup	buttermilk	75 mL
3/4 cup	frozen blueberries	175 mL

- 1 Preheat oven to 400°F.
- 2 In a mixing bowl, mix the all-purpose flour, whole wheat flour, baking powder, sugar, and salt. Cut the margarine into the flour mixture with a pastry blender or fork until the mixture looks like coarse crumbs.
- 3 In a separate bowl, beat the egg, maple syrup, and buttermilk.
- 4 Add the liquid to the dry ingredients and mix until blended or until the dry ingredients are moist.
- 5 Dust the blueberries with a little flour to prevent the blue colour from spreading throughout the dough mixture. Gently fold the blueberries into the batter.

- 6** Turn the dough out on to a lightly floured surface and gently knead 10 to 12 times. Roll out the dough or pat it out with your hand to form a rectangle 1/2-inch (1-cm) thick. Cut into 6 evenly sized squares. Cut each square into two triangles. Triangles can be further cut into two for a smaller-sized serving.
- 7** Place on the sheet pan and bake for 12 to 15 minutes, until lightly browned. Bake smaller-sized scones for 8 to 10 minutes.

- Scone recipes have been handed down through generations of Nova Scotians.
- Scones are made from just a few ingredients: eggs, milk, flour and fat.
- Add different fruit, like chopped raisins or chopped dried cranberries, to the scones.
- Blueberry & Maple Scones go nicely at breakfast or for a snack.

Blueberry & Maple Scones



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

4 11" x 17" sheet pans

Yield: 48 medium

Serving Size: 1 whole scone or 2 half-sized scones

Cost per serving: \$0.22



1 whole or 2 half-sized Blueberry & Maple Scones is 1 GRAIN PRODUCTS

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer 1 half-sized scone and should be offered more if hungry. Some children may need to eat more than 1 whole or 2 half-sized scones to satisfy their hunger. Leftover Blueberry & Maple Scones freezes well.

3 cups	all-purpose flour, sifted	350 g
3 cups	whole wheat flour	360 g
2 Tbsp	baking powder	30 g
3/4 cup	white granulated sugar	150 g
1 tsp	salt	5 g
1 cup	non-hydrogenated margarine	250 g
3	eggs	3
3/4 cup	maple syrup	175 mL
1 1/2 cups	buttermilk	375 mL
1 lb	frozen blueberries	454 g

- 1 Preheat oven to 400°F.
- 2 In a mixing bowl, mix the all-purpose flour, whole wheat flour, baking powder, sugar, and salt. Cut the margarine into the flour mixture with a pastry blender or fork until the mixture looks like coarse crumbs.
- 3 In a separate bowl, beat the eggs, maple syrup, and buttermilk.
- 4 Add the liquid to the dry ingredients and mix until blended or until the dry ingredients are moist.
- 5 Dust the blueberries with a little flour to prevent the blue colour from spreading throughout the dough mixture. Gently fold the blueberries into the batter.

- 6** Turn the dough out on to a lightly floured surface and gently knead 10 to 12 times. Roll out the dough or pat it out with your hand to form a rectangle 1/2-inch (1-cm) thick. Cut into 24 evenly sized squares. Cut each square into two triangles. Triangles can be further cut into two for a smaller-sized serving.
- 7** Place on the sheet pan and bake for 12 to 15 minutes, until lightly browned. Bake smaller-sized scones for 8 to 10 minutes.

- Scone recipes have been handed down through generations of Nova Scotians.
- Scones are made from just a few ingredients: eggs, milk, flour and fat.
- Add different fruit, like chopped raisins or chopped dried cranberries, to the scones.
- Blueberry & Maple Scones go nicely at breakfast or for a snack.

Rhubarb & Blueberry Crumble



Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz, 2003

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.59



1/2 cup Rhubarb & Blueberry Crumble is 1/4 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Rhubarb & Blueberry Crumble freezes well.

Crumb Mixture

3/4 cup	large flake oatmeal (not instant)	175 mL
3 Tbsp	wheat germ	45 mL
3 Tbsp	flax flour or flax meal	45 mL
1/4 cup	brown sugar, lightly packed	50 mL
1/2 tsp	cinnamon, ground	2 mL
1/4 cup	non-hydrogenated margarine	50 mL

- 1 Preheat oven to 350°F.
- 2 In a large bowl, mix the oatmeal, wheat germ, flax flour, brown sugar, and cinnamon. Cut the margarine into the flour mixture until it is well distributed and all of the dry ingredients are moist.

Fruit Mixture

2 cups	frozen rhubarb, cut into 1-inch (2.5-cm) pieces	500 mL
2 cups	fresh or frozen blueberries	500 mL
1/3 cup	brown sugar, lightly packed	75 mL
1/2 tsp	cinnamon, ground	2 mL
1 Tbsp	cornstarch	15 mL

- 1 In a second large bowl, combine the rhubarb and blueberries.
- 2 Mix the brown sugar, cinnamon, and cornstarch. Spread over the fruit and toss well.

Assembly:

- 1 Spoon the fruit mixture evenly into the baking pan and sprinkle the crumb mixture evenly over the fruit.
- 2 Bake for 40 to 45 minutes or until the fruit is soft and golden. Cut into 8 portions.

- Rhubarb mixes well with other fruit.
- This recipe is packed with rhubarb and blueberries and topped with a healthy, crunchy topping.
- Rhubarb & Blueberry Crumble is an excellent source of antioxidants, vitamin E and fibre.

Rhubarb & Blueberry Crumble



Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz, 2003

3 9" x 13" baking pans

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.59



1/2 cup Rhubarb & Blueberry Crumble is 1/4 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Rhubarb & Blueberry Crumble freezes well.

Crumb Mixture

4 1/2 cups	large flake oatmeal (not instant)	454 g
1 cup	wheat germ	65 g
1 cup	flax flour or flax meal	75 g
1 1/2 cups	brown sugar, lightly packed	225 g
2 Tbsp	cinnamon, ground	30 mL
1 1/4 cups	non-hydrogenated margarine	300 g

- 1 Preheat oven to 350°F.
- 2 In a large bowl, mix the oatmeal, wheat germ, flax flour, brown sugar, and cinnamon. Cut the margarine into the flour mixture until it is well distributed and all of the dry ingredients are moist.

Fruit Mixture

4 lbs	frozen rhubarb, cut into 1-inch (2.5-cm) pieces	2 kg
4 lbs	fresh or frozen blueberries	2 kg
2 cups	brown sugar, lightly packed	300 g
1 Tbsp	cinnamon, ground	15 mL
1/2 cup	cornstarch	65 g

- 1 In a second large bowl, combine the rhubarb and blueberries.
- 2 Mix the brown sugar, cinnamon, and cornstarch. Spread over the fruit and toss well.

Assembly:

- 1 Spoon the fruit mixture evenly into the 3 baking pans and sprinkle the crumb mixture evenly over the fruit.
- 2 Bake for 40 to 45 minutes or until the fruit is soft and golden.

- Rhubarb mixes well with other fruit.
- This recipe is packed with rhubarb and blueberries and topped with a healthy, crunchy topping.
- Rhubarb & Blueberry Crumble is an excellent source of antioxidants, vitamin E and fibre.



Plums

Note: Children must wash their hands.

Plums are making a comeback in Nova Scotia. From mid-summer into fall, plum trees provide a steady supply of different sized and different coloured plums.

- 1 Check out a local farmers' market to find an assortment of different varieties or colours of plums (e.g., golden, red, purple) and wash them.
 - Let the children sort the plums according to colour and then sort the plums according to size.
- 2 Look at the outside of a plum and point out the stem end. This will help the children understand that plums are picked from a tree, just like an apple.
- 3 Cut a plum open and show the children its parts. Point out that all colours and sizes of plums have the same parts. Show the children the pit and point out that each pit is a seed that can grow into another plum tree.



Note the stem end, the pit and the flesh.

- 4 Let the children taste the plums. Provide samples of fresh diced plums in various colours. *Note: Check to ensure that the plum pieces are soft enough to chew (see the text box on next page).*
 - Provide each child with a small portion of Sunshine Fruit Dip from the Grapes & Sunshine Fruit Dip recipe (see November recipes). Let the children spread a few pieces of diced plums over the dip and enjoy.

- 5 Comparing plum types: The children have tried different colours of plums, now let them record the type of plum they liked the best.
 - Make a large tally sheet on a piece of bristol board and label headings according to colour. It may be fun to ask the children to make a picture of each colour of plum to use as the headings.
 - Let each child indicate, on the tally sheet, which type of plum he or she liked the best.
- 6 Leftover plums may be eaten fresh for a snack or used to prepare the Plum Good Focaccia recipe. Plum Good Focaccia makes a great snack or dessert and leftovers freeze well too.

Plums and Young Children

- Large pieces of plum can be a choking hazard if not chewed properly. Remove the pits from the plums.
- For children under four years old, serve raw plum grated, or cut plums in 1/4-inch (1/2-cm) pieces.

Plum Good Focaccia



Adapted from the Plum Tart recipe at ezplumrecipes.com

1 14" pizza pan

Yield: 8

Serving Size: 1 slice

Cost per serving: \$0.61



1 slice Plum Good Focaccia is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger. Leftover Plum Good Focaccia freezes well.

Focaccia is pronounced *foh-KAH-chee-ah*. A speedier version of this recipe can be made with frozen ready-to-use pizza dough. Allow the dough to thaw and roll it to fit the pizza pan. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in salt and lower in fibre. For an alternate choice, diced apple, canned drained plums or diced peaches can be substituted for the fresh plums in this recipe.

Dough

2/3 cup	all-purpose flour, sifted	150 mL
1/3 cup	whole wheat flour	75 mL
1 1/2 tsp	quick-rising yeast	7 mL
1/2 tsp	salt	2 mL
1/2 cup	warm water	125 mL
1/2 tsp	white granulated sugar	2 mL
1 Tbsp	canola oil	15 mL

- 1 Preheat oven to 375°F.
- 2 In a bowl, combine the all-purpose flour, whole wheat flour, yeast, and salt.
- 3 In another bowl, combine the warm water, sugar, and oil. Add the liquid mixture to the flour mixture. Using a wooden spoon, stir until the dough comes together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
- 4 Turn the dough out on to a lightly floured board and knead gently until the dough feels elastic. Shape it into a ball.

- 5 Place in a lightly greased pan and leave at room temperature until double in size.
- 6 Lightly grease the pizza pan. Using your fingertips, spread the pizza dough to the outside edges of the pizza pan.

Plum Topping

1 lb	fresh red or yellow plums	454 g
2 Tbsp	non-hydrogenated margarine, melted	30 mL
1/3 cup	brown sugar, lightly packed	75 mL
1 tsp	cinnamon, ground	5 mL
1/8 tsp	cloves, ground	1 mL
1/8 tsp	nutmeg, ground	1 mL
1/8 tsp	ginger, ground	1 mL

- 1 Brush the dough with the melted margarine.
- 2 Wash the plums. Cut each plum in half and remove the pit (stone). Place the plums on paper towels to blot up the excess juice. Cut each plum half into 1/4-inch (1/2-cm) pieces.
- 3 Combine the brown sugar, cinnamon, cloves, nutmeg, and ginger. Sprinkle half of the sugar/spice mixture over the focaccia dough.
- 4 Arrange the plums cut-side-up on top of the sugar/spice mixture. Sprinkle the rest of the sugar/spice mixture over the plums.
- 5 Bake for 20 minutes. Allow to cool before serving. Cut into 8 slices or smaller-sized servings if desired. See the serving icon.

Plum Good Focaccia



Adapted from the Plum Tart recipe at ezplumrecipes.com

6 14" pizza pans

Yield: 48

Serving Size: 1 slice

Cost per serving: \$0.61



1 slice Plum Good Focaccia is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger. Leftover Plum Good Focaccia freezes well.

Focaccia is pronounced *foh-KAH-chee-ah*. A speedier version of this recipe can be made with frozen ready-to-use pizza dough. Allow the dough to thaw and roll it to fit the pizza pans. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in salt and lower in fibre. For an alternate choice, diced apple, canned drained plums or diced peaches can be substituted for the fresh plums in this recipe.

Dough

4 cups	all-purpose flour, sifted	454 g
2 cups	whole wheat flour	240 g
3 Tbsp	quick-rising yeast	45 g
3 tsp	salt	15 g
3 cups	warm water	750 mL
3 tsp	white granulated sugar	15 g
1/3 cup	canola oil	75 mL

- 1 Preheat oven to 375°F.
- 2 In a large bowl, combine the all-purpose flour, whole wheat flour, yeast, and salt.
- 3 In another bowl, combine the warm water, sugar, and oil. Add the liquid mixture to the flour mixture. Using a wooden spoon, stir until the dough comes together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.

- 4 Turn the dough out on to a lightly floured board and knead gently until the dough feels elastic. Cut into six even pieces and shape into balls.
- 5 Place in lightly greased pans and leave at room temperature until double in size.
- 6 Lightly grease the pizza pans. Using your fingertips, spread the pizza dough to the outside edges of the pizza pans.

Plum Topping

6 lbs	fresh red or yellow plums	2.5 kg
3/4 cup	non-hydrogenated margarine, melted	175 g
2 cups	brown sugar, lightly packed	300 g
2 Tbsp	cinnamon, ground	30 mL
3/4 tsp	cloves, ground	4 mL
3/4 tsp	nutmeg, ground	4 mL
3/4 tsp	ginger, ground	4 mL

- 1 Brush each focaccia dough with 2 Tbsp (30 mL) of the melted margarine.
- 2 Wash the plums. Cut each plum in half and remove the pit (stone). Place the plums on paper towels to blot up the excess juice. Cut each plum half into 1/4-inch (1/2-cm) pieces.
- 3 For each focaccia, combine 1/3 cup (75 mL) brown sugar, 1/2 tsp (2 mL) cinnamon, 1/8 tsp (1 mL) cloves, 1/8 tsp (1 mL) nutmeg and 1/8 tsp (1 mL) ginger. Sprinkle half of this sugar/spice mixture over each focaccia.
- 4 For each focaccia, arrange 4 cups (1 L) of the plums cut-side-up on top of the sugar/spice mixture. Sprinkle the remaining half of the sugar/spice mixture over the plums. Repeat for the remaining five focaccias.
- 5 Bake each focaccia for 20 minutes. Allow to cool before serving. Cut each focaccia into 8 slices or smaller-sized servings if desired. See the serving icon.

Firecracker Plums



Adapted from ezplumrecipes.com

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.80



1/2 cup Firecracker Plums is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

8	ripe plums	8
1/4 cup	cream cheese, softened	50 mL
2 tsp	orange juice	10 mL
1/4 cup	yogurt, plain	50 mL

- 1 Wash the ripe plums. Pat dry. Dice the plums into 1/4-inch (1/2-cm) pieces.
- 2 Combine the cream cheese, orange juice and yogurt.
- 3 Stir the diced plums into the cream cheese mixture.
- 4 Serve in small bowls or on small plates.

Cream cheese is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) cream cheese.

- Plums grow throughout Nova Scotia in areas where the temperatures are slightly warmer.
- Plums ripen at room temperature and can be kept covered in the refrigerator for up to five days.
- Plums are a good source of vitamin C, potassium and dietary fibre.

Firecracker Plums



Adapted from ezplumrecipes.com

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.80



1/2 cup Firecracker Plums is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

8 lbs	ripe plums	3.5 kg
3/4 lb	cream cheese, softened	360 g
1/4 cup	orange juice	50 mL
1 1/2 cups	yogurt, plain	375 mL

- 1 Wash the ripe plums. Pat dry. Dice the plums into 1/4-inch (1/2-cm) pieces.
- 2 Combine the cream cheese, orange juice and yogurt.
- 3 Stir the diced plums into the cream cheese mixture.
- 4 Serve in small bowls or on small plates.

Cream cheese is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) cream cheese.

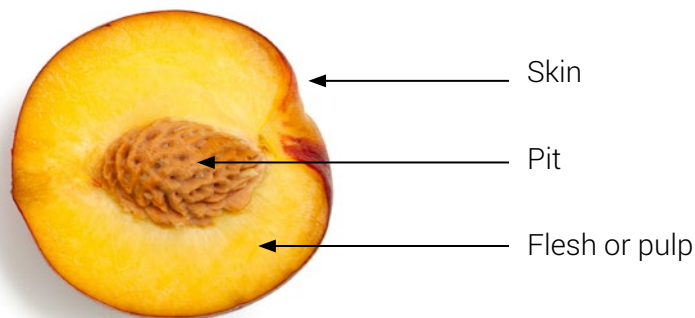
- Plums grow throughout Nova Scotia in areas where the temperatures are slightly warmer.
- Plums ripen at room temperature and can be kept covered in the refrigerator for up to five days.
- Plums are a good source of vitamin C, potassium and dietary fibre.

Peaches

Note: Children must wash their hands.



- Newer hardy varieties of peaches, along with milder winter temperatures, have contributed to a larger peach production in Nova Scotia over the past few years.
 - Most peaches in Nova Scotia are grown in the Annapolis Valley.
 - Look at a map of Nova Scotia with the children. Point out the Annapolis Valley.
- 1 Place a few washed peaches in a bag and let each child touch them without seeing them. Ask the children to describe how the peaches feel (e.g., fuzzy, furry, soft, round, etc.). Wash enough peaches so that each child may have a taste.
 - 2 Let the children see the peaches. Cut a peach open and show the children its different parts. Point out that all the peaches have the same parts. Show the children the pit and explain that each pit is a seed that can grow into another peach tree. Show the children the flesh or pulp and the skin. Explain that peaches may be eaten with the skin on or off. Some children may not like the furry or fuzzy feel of the peach skin in their mouth.



- 3 Tasting the peaches: The skin can be removed from the peaches. To remove the skin, make a slit on the upper portion of each peach, place the peaches in a heat resistant bowl and cover with boiling water. Let the peaches sit in the boiling water for 30 seconds to a minute. Remove the peaches from the water with a slotted spoon and run them under cold water. The skins should slip off. It is best to prepare the peaches before the activity with the children.
 - Provide each child with a few pieces of fresh diced peaches in a small bowl. Ask the children to describe the taste of the peaches (e.g., juicy, sweet, tangy). Note: Check to ensure that the peaches are soft enough to chew (see the text box on next page).

4 Let the children prepare individual peach parfaits. Provide the children with the following ingredients. The ingredients may be prepared and refrigerated prior to the activity.

- yogurt
- Crunchy Nova Scotia Granola (see April recipes)
- diced peaches (see the text box below)

Let each child layer the ingredients in a small glass, to make his or her own peach parfait! The children may want to show the others their parfait before sampling.

- 5** The children may enjoy *Each Peach Pear Plum* by Janet and Allan Ahlberg. This is a classic children's book that combines well-known fairy-tale characters with an "I Spy" theme. The title of the book along with lovely orchard themes highlights the value of peaches, pears and plums in our meal planning. This book may be available at your local library, bookstore or online bookstore.
- 6** Leftover peaches may be diced for a snack, served at mealtime or be used for the Sassy Salsa Peaches recipe.

Peaches and Young Children

- Large pieces of hard peach can be a choking hazard if not chewed properly. Remove the pits from the peaches.
- For children under four years old, serve peaches cut into 1/4-inch (1/2-cm) pieces.

Crumble-Stuffed Peaches



Adapted from *Tuscan: A Culinary Journey of Discovery*, Pamela Gwyther

1 9" x 13" baking pan

Yield: 8

Serving Size: 1 peach half

Cost per serving: \$0.84



1 Crumble-Stuffed Peach half is 1/4 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 peach and should be offered more if still hungry. Some children may need to eat more than 1 peach half to satisfy their hunger. Leftover Crumble-Stuffed Peaches freezes well.

4	large firm-fleshed fresh peaches	4
2 tsp	non-hydrogenated margarine, melted	10 mL
1 cup	Rhubarb & Blueberry Crumble crumb mixture (see September recipes)	250 mL

- 1 Preheat oven to 350°F.
- 2 Wash the peaches well.
- 3 With a knife, cut into the peach flesh along the natural crease. Hold each half and twist the peach, dividing it into two halves. Remove the stone. Take one half and scoop out a hole large enough for 2 Tbsp (30 mL) filling. Repeat for the other half and the remaining peaches.
- 4 Grease the baking pan with the melted margarine.
- 5 Fill each peach half hollow with 2 Tbsp (30 mL) of the crumb mixture. Press gently into the peach flesh. Put the peach halves in the baking pan, flesh-side-up.
- 6 Bake for 20 to 30 minutes, until the flesh is soft to a fork. Remove from the baking pan and serve on a small plate or in a small bowl.

Crumble-Stuffed Peaches



Adapted from *Tuscan: A Culinary Journey of Discovery*, Pamela Gwyther

3 9" x 13" baking pans

Yield: 48

Serving Size: 1 peach half

Cost per serving: \$0.84



1 Crumble-Stuffed Peach half is 1/4 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 peach and should be offered more if still hungry. Some children may need to eat more than 1 peach half to satisfy their hunger. Leftover Crumble-Stuffed Peaches freezes well.

24	large firm-fleshed fresh peaches	24
1/4 cup	non-hydrogenated margarine, melted	50 g
6 cups	Rhubarb & Blueberry Crumble crumb mixture (see September recipes)	1.5 L

- 1 Preheat oven to 350°F.
- 2 Wash the peaches well.
- 3 With a knife, cut into the peach flesh along the natural crease. Hold each half and twist the peach, dividing it into two halves. Remove the stone. Take one half and scoop out a hole large enough for 2 Tbsp (30 mL) filling. Repeat for the other half and the remaining peaches.
- 4 Grease the baking pans with the melted margarine.
- 5 Fill each peach half hollow with 2 Tbsp (30 mL) of the crumb mixture. Press gently into the peach flesh. Put the peach halves in the baking pans, flesh-side-up.
- 6 Bake for 20 to 30 minutes, until the flesh is soft to a fork. Remove from the baking pans and serve on a small plate or in a small bowl.

Sassy Salsa Peaches



Adapted from *Cooking Light*, July 2007

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.66



1/2 cup Sassy Salsa Peaches is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Sassy Salsa Peaches freezes well.

4	large firm-fleshed fresh peaches	4
1/2	red pepper, finely chopped	1/2
2 Tbsp	green onion, finely chopped	30 mL
1 Tbsp	parsley, finely chopped	15 mL
2 tsp	white granulated sugar	10 mL
2 tsp	lime juice	10 mL

- 1 Remove the skin from the peaches (see the text box below).
- 2 Dice the peaches into 1/4-inch (1/2-cm) pieces.
- 3 Combine the remaining ingredients with the diced peaches.
- 4 Store in a large covered bowl until ready to serve.

Removing the Peach Skin

- Cut a small slit in the upper portion of the peach skin. Place the peaches in a heat-safe bowl. Pour boiling water over the peaches to cover. Leave the peaches in boiling water for 30 seconds. Remove with a slotted spoon and put into cold water to stop the cooking process. Remove the peaches from the cold water and, using a small paring knife, pull the skin off. Begin at the top of the peach and pull downward.
- This colourful mixture has eye appeal, flavour, and is rich in antioxidants. It goes well on top of a lean hamburger or chicken strips, or as a side dish with grains or beans.
- This recipe also works well with canned peaches. Select canned peaches in their natural juice with no sugar added.

Sassy Salsa Peaches



Adapted from *Cooking Light*, July 2007

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.66



1/2 cup Sassy Salsa Peaches is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Sassy Salsa Peaches freezes well.

24	large firm-fleshed fresh peaches	24
3	red peppers, finely chopped	3
3/4 cup	green onion, finely chopped	175 mL
1/4 cup	parsley, finely chopped	50 mL
1/4 cup	white granulated sugar	50 g
1/4 cup	lime juice	50 mL

- 1 Remove the skin from the peaches (see the text box below).
- 2 Dice the peaches into 1/4-inch (1/2-cm) pieces.
- 3 Combine the remaining ingredients with the diced peaches.
- 4 Store in a large covered bowl until ready to serve.

Removing the Peach Skin

- Cut a small slit in the upper portion of the peach skin. Place the peaches in a heat-safe bowl. Pour boiling water over the peaches to cover. Leave the peaches in boiling water for 30 seconds. Remove with a slotted spoon and put into cold water to stop the cooking process. Remove the peaches from the cold water and, using a small paring knife, pull the skin off. Begin at the top of the peach and pull downward.
- This colourful mixture has eye appeal, flavour, and is rich in antioxidants. It goes well on top of a lean hamburger or chicken strips, or as a side dish with grains or beans.
- This recipe also works well with canned peaches. Select canned peaches in their natural juice with no sugar added.

Cauliflower

Note: Children must wash their hands.



- 1 Cauliflowers are a fall/winter vegetable. Show the children a few fresh cauliflowers. If possible, purchase cauliflowers that still have most of the green leaves at the base of their cauliflower plant. It is ideal if some of the green leaves cover the white cauliflower plant.
 - Show the children the parts of a cauliflower plant. Point out the leaves of the plant, which we do not eat, and point out the white part (or the flower) of the plant. Wash the cauliflowers well; point out to the children that washing removes dirt and any insects.

LEAVES: The leaves are not eaten. They cover the white part of the plant so that it stays nice and white.

HEAD: The white part of the plant is known as the head. The head is made up of smaller florets.
- 2 Cauliflower is often described as “puffy”. Make the statement “Cauliflowers are puffy like _____”. Ask the children to finish the sentence (e.g., snow, clouds, sheep, cotton balls).
- 3 Divide each cauliflower into 8 to 10 pieces.
 - Provide each child with a small bowl.
 - Provide each child with one cauliflower piece and ask them to break the cauliflower into smaller florets until his or her bowl is full. Some children may require assistance.
 - Provide each child with a small plate with 1 Tbsp (15 mL) of the Curried Carrot Dip recipe. Let the children taste the cauliflower. *Note: For children under four years old, simmer the cauliflower pieces to soften before sampling. This could be done before the activity (see the text box on next page).*
 - Ask the children to describe the taste and texture of the raw cauliflower (e.g., crisp, crunchy, nutty).
- 4 The children may enjoy the story *The Trouble with Cauliflower* by Jane Sutton. This book is a fun little story about superstitions and trying new foods. It is available to order online or may be available at your local library or bookstore.
- 5 Cauliflower 'n' Cheddar Soup is a great way to use up the leftover cauliflower pieces. This soup freezes very well for later use.

Cauliflower and Young Children

- Large pieces of cauliflower may be a choking hazard if not chewed properly.
- For children under four years old, cut the cauliflower into 1/2-inch (1-cm) pieces. The cauliflower pieces can also be simmered for one to two minutes. Immediately plunge pieces into ice-cold water and pat dry.

Cauliflower with Curried Carrot Dip



Adapted from *Better Homes & Gardens: Healthy Snacks*, 2007

Yield: 8

Serving Size: 1/3 cup (75 mL)

Cost per serving: \$0.18



1/3 cup cauliflower and 2 Tbsp Curried Carrot Dip is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup cauliflower and 1 Tbsp Curried Carrot Dip and should be offered more if still hungry. Some children may need to eat more than 1/3 cup cauliflower and 2 Tbsp Curried Carrot Dip to satisfy their hunger. Leftover Curried Carrot Dip freezes well.

3 cups

fresh cauliflower (1/2 head)

750 mL

- 1 Remove the outer leaves and wash the cauliflower well. Cut the florets at the base, where they meet the stalks. You can cut them again into smaller 1/2-inch (1-cm) pieces. Cut off any brown discolouration on the edges.
- 2 Arrange the pieces on a plate around a serving of Curried Carrot Dip (see the recipe on next page).

Curried Carrot Dip

Yield: 8 servings

Serving Size: 2 Tbsp (30 mL)

Cost per serving: \$0.08

1 cup	carrots, sliced	250 mL
2 Tbsp	onion, chopped	30 mL
1/2	garlic clove, minced	1/2
2 tsp	canola oil	10 mL
1 tsp	curry powder	5 mL
1/4 tsp	cumin, ground	1 mL
1/3 cup	canned white kidney beans, rinsed and drained	75 mL

- 1 Cook the carrots in a covered medium saucepan in a small amount of boiling water for about 10 minutes or until tender to a fork.
- 2 In a small skillet, cook the onion and garlic in the oil until soft but not brown. Stir in the curry powder and cumin.
- 3 Blend the carrots and the onion mixture in a food processor until smooth.
- 4 Place the mixture in a bowl.
- 5 Purée the beans in a food processor until smooth. Add to the bowl with the carrot/onion mixture. Mix well.
- 6 Cover and chill until ready to serve with the cauliflower.

- Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator.
- This healthy combination of carrots and beans provides a good mix of protein from the beans and vitamin A and other micronutrients from the carrots.
- It makes a good dip for vegetables or a spread for Melba or whole wheat toasts.
- Some children may prefer a milder version with less curry powder.

Cauliflower with Curried Carrot Dip



Adapted from *Better Homes & Gardens: Healthy Snacks*, 2007

Yield: 48

Serving Size: 1/3 cup (75 mL)

Cost per serving: \$0.18



1/3 cup cauliflower and 2 Tbsp Curried Carrot Dip is 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup cauliflower and 1 Tbsp Curried Carrot Dip and should be offered more if still hungry. Some children may need to eat more than 1/3 cup cauliflower and 2 Tbsp Curried Carrot Dip to satisfy their hunger. Leftover Curried Carrot Dip freezes well.

6 lbs

fresh cauliflower

3 kg

- 1 Remove the outer leaves and wash the cauliflower well. Cut the florets at the base, where they meet the stalks. You can cut them again into smaller 1/2-inch (1-cm) pieces. Cut off any brown discolouration on the edges.
- 2 Arrange the pieces on a plate around a serving of Curried Carrot Dip (see the recipe on next page).

Curried Carrot Dip

Yield: 48 servings

Serving Size: 2 Tbsp (30 mL)

Cost per serving: \$0.08

6 cups	carrot, sliced	1 kg
1	medium onion, chopped	1
2	garlic cloves, minced	2
1/4 cup	canola oil	50 mL
2 Tbsp	curry powder	30 mL
2 tsp	cumin, ground	10 mL
1 19-oz can	white kidney beans, rinsed and drained	1 540-mL can

- 1 Cook the carrots in a covered medium saucepan in a small amount of boiling water for about 10 minutes or until tender to a fork.
- 2 In a small skillet, cook the onion and garlic in the oil until soft but not brown. Stir in the curry powder and cumin.
- 3 Blend the carrots and the onion mixture in a food processor until smooth.
- 4 Place the mixture in a bowl.
- 5 Purée the beans in a food processor until smooth. Add to the bowl with the carrot/onion mixture. Mix well.
- 6 Cover and chill until ready to serve with the cauliflower.

- Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator.
- This healthy combination of carrots and beans provides a good mix of protein from the beans and vitamin A and other micronutrients from the carrots.
- It makes a good dip for vegetables or a spread for Melba or whole wheat toasts.
- Some children may prefer a milder version with less curry powder.

Cauliflower 'n' Cheddar Soup



Adapted from dairygoodness.ca/recipes

Yield: 12

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.43



1/2 cup Cauliflower 'n' Cheddar Soup is 1/2 VEGETABLES AND FRUIT and 1/2 MILK AND ALTERNATIVES Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Cauliflower 'n' Cheddar Soup freezes well.

1 Tbsp	canola oil	15 mL
1 Tbsp	non-hydrogenated margarine	15 mL
1/2 cup	onion, chopped	125 mL
1 lb (3 to 4 cups)	cauliflower (1 small or 1/2 medium head)	454 g
2 cups	water	500 mL
1/4 tsp	chicken bouillon powder	1 mL
1 12-oz can	evaporated milk	1 370-mL can
2 cups	milk	500 mL
	pepper to taste	
1 1/2 cups	cheddar cheese, grated	375 mL

- 1 Combine the canola oil and margarine in a soup pot over low heat. Add the onion and sauté until soft.
- 2 Wash and chop the cauliflower and add to the onion.
- 3 Add the water and the chicken bouillon powder. Simmer until the cauliflower is soft.
- 4 For a smooth soup, purée the mixture with a hand blender or in batches in a food processor. Return the mixture to the pot.
- 5 Add the milks, pepper to taste and blend well. Take care not to let the soup boil, as the milk will separate.
- 6 Serve in bowls with 2 Tbsp (30 mL) of the cheddar cheese sprinkled on top. Add a whole wheat roll for a complete meal. As an alternative, stir the cheese into the soup before serving.

- The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed.
- Use reduced-sodium bouillon powder, which contains about 25 percent less sodium than regular bouillon powder.
- Bouillon packets or cubes may be used as a substitution for the bouillon powder. Each packet contains 1 1/2 tsp (7 mL) bouillon powder. If using bouillon cubes, crumble them and measure accordingly.
- A variety of vegetables, fresh or frozen, may be substituted for the cauliflower in this recipe.

Cauliflower 'n' Cheddar Soup



Adapted from dairygoodness.ca/recipes

Yield: 50

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.43



1/2 cup Cauliflower 'n' Cheddar Soup is 1/2 VEGETABLES AND FRUIT and 1/2 MILK AND ALTERNATIVES Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Cauliflower 'n' Cheddar Soup freezes well.

1/4 cup	canola oil	50 mL
1/4 cup	non-hydrogenated margarine	50 g
2 cups	onion, chopped	500 mL
4 lbs (15 cups)	cauliflower (3 small or 2 medium heads)	2.5 kg
8 cups	water	2 L
1 tsp	chicken bouillon powder	3.5 g
4 12-oz cans	evaporated milk	4 370-mL cans
4 cups	milk	1 L
	pepper to taste	
1 1/2 lbs	cheddar cheese, grated	700 g

- 1 Combine the canola oil and margarine in a soup pot over low heat. Add the onion and sauté until soft.
- 2 Wash and chop the cauliflower and add to the onion.
- 3 Add the water and the chicken bouillon powder. Simmer until the cauliflower is soft.
- 4 For a smooth soup, purée the mixture with a hand blender or in batches in a food processor. Return the mixture to the pot.
- 5 Add the milks, pepper to taste and blend well. Take care not to let the soup boil, as the milk will separate.
- 6 Serve in bowls with 2 Tbsp (30 mL) of the cheddar cheese sprinkled on top. Add a whole wheat roll for a complete meal. As an alternative, stir the cheese into the soup before serving.

- The chicken bouillon powder provides the sodium in this soup recipe. No extra salt is needed.
- Use reduced-sodium bouillon powder, which contains about 25 percent less sodium than regular bouillon powder.
- Bouillon packets or cubes may be used as a substitution for the bouillon powder. Each packet contains 1 1/2 tsp (7 mL) bouillon powder. If using bouillon cubes, crumble them and measure accordingly.
- A variety of vegetables, fresh or frozen, may be substituted for the cauliflower in this recipe.



Corn

Note: Children must wash their hands.

- 1** Let's talk about corn – a-maizing corn!
(You will need either a map of the world or a globe).
 - The correct name for corn in North America is maize. Corn is an important crop all over the world.
 - The corn that we eat is known as corn on the cob or an ear of corn.
 - How do we say corn in different languages? Have the children say the name of corn in different languages. Show the children where Nova Scotia is located and where the other countries are located on the map or the globe.
Spanish – maiz French – mais
Chinese – gu wo Russian – kykypy3a (KooKoorooza)
Swahili – mu lindi
- 2** How tall is a corn plant and how tall are you? Stop by a farmers' market or a farm and pick up a few corn stalks and enough corncobs for lunch.
 - How long is the corn stalk? (For this activity you will need a tape measure).
 - With the help of the children, measure the length of the corn stalk. Most plants grow to be 6 to 12 feet (2 to 4 metres) tall.
 - Help the children to measure their height; they may want to measure one another. Compare the height of the children to that of the corn stalk.
- 3** Show the children how the corn is husked so that it can be eaten. Let the children help to husk enough corn for lunch.
 - Ask the children why the corn has a husk (it protects the corn cob).

- 4 Assemble a few corn stalks in a pail or lay them on a table. Show the children the parts of the corn plant and state the function of each part.



ROOTS: The roots absorb the water and nutrients for the corn plant.

STALK: The stalk holds the plant up (like our bones – without the stalk the plant would not be able to stand up).

LEAVES: The corn plant makes its own food in the leaves.

EAR or COB: The ear or cob holds and protects the seeds or kernels that we eat.

SILKS: There is a silk for every seed or kernel on the corncob.

TASSELS: The tassels help the silks make the seeds or kernels on the corncob.

- 5 Ask the children to think of ways that they can eat corn (e.g., corn on the cob, canned corn, cornmeal, creamed corn, popcorn, corn muffins, cornbread, cornflakes, corn syrup and cornstarch). Corn on the cob and canned or frozen corn are the most nutritious ways to eat corn.
- 6 Serve each child a small piece of a corncob for lunch. Let the children describe the taste and texture of the corn as they bite into the cob. For some children it may be necessary to remove the corn from the cob. (To find out how to remove the corn kernels from the cob refer to # 7 below.)
- 7 Tex Mex Corn Muffins and Chuckwagon Taco Pie (see April recipes) are good recipes to try with leftover corn. To remove the corn from a cob, cool the cob and hold it upright. With a knife, slice downward between the cob and the kernels. As you slice downward the corn kernels will fall from the cob.

Corny Bean & Rice Salad



Adapted from the Black Bean and Rice Salad recipe in *Canadian Living*

Yield: 4

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$0.63



3/4 cup Corny Bean & Rice Salad is 1/2 GRAIN PRODUCTS, 1/4 MEAT AND ALTERNATIVES, AND 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Corny Bean & Rice Salad freezes well.

2 cups	water	500 mL
1 cup	long-grain brown rice	250 mL
1 1/4 cups	canned black beans, rinsed and drained	300 mL
1 cup	canned kernel corn, rinsed and drained	250 mL
1/4 cup	red onion, finely chopped	50 mL
1/4 cup	red pepper, finely chopped	50 mL
1/4 cup	green pepper, finely chopped	50 mL
1	garlic clove, minced	1

- 1 In a saucepan, bring the water to a boil. Add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 20 to 30 minutes. Let cool.
- 2 Coarsely chop the corn.
- 3 Add the beans, corn, red onion, red and green pepper and garlic to the rice. Toss to combine.

Lime Vinaigrette

2 Tbsp	canola oil	30 mL
1 Tbsp	lime juice	15 mL
1/2 tsp	mustard	2 mL
pinch	salt	pinch
	pepper to taste	

- 1 Whisk all of the ingredients together.
- 2 Pour the vinaigrette over the rice/bean/corn mixture. Toss well.

- Corny Bean & Rice Salad goes well with a whole wheat roll.

Corny Bean & Rice Salad



Adapted from the Black Bean and Rice Salad recipe in *Canadian Living*

Yield: 18

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$0.63



3/4 cup Corny Bean & Rice Salad is 1/2 GRAIN PRODUCTS, 1/4 MEAT AND ALTERNATIVES, AND 1/2 VEGETABLES AND FRUIT Canada's Food Guide

servings. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Corny Bean & Rice Salad freezes well.

6 cups	water	1.5 L
1 1/2 lbs	long-grain brown rice	700 g
3 19-oz cans	black beans, rinsed and drained	3 540-mL cans
2 12-oz cans	kernel corn, rinsed and drained	2 341-mL cans
1 lb	red onion, finely chopped	454 g
1	red pepper, finely chopped	1
1	green pepper, finely chopped	1
6	garlic cloves, minced	6

- 1 In a saucepan, bring the water to a boil. Add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 30 to 45 minutes. Let cool.
- 2 Coarsely chop the corn.
- 3 Add the beans, corn, red onion, red and green pepper and garlic to the rice. Toss to combine.

Lime Vinaigrette

3/4 cup	canola oil	175 mL
1/2 cup	lime juice	125 mL
2 Tbsp	mustard	30 mL
pinch	salt	pinch
	pepper to taste	

- 1 Whisk all of the ingredients together.
- 2 Pour the vinaigrette over the rice/bean/corn mixture. Toss well.

- Corny Bean & Rice Salad goes well with a whole wheat roll.

Shepherd's Pie



Adapted from bbc.co.uk/food

1 9" x 13" baking pan

Yield: 15

Serving Size: One 3" x 2 1/2" (7.5 cm x 6 cm) square

Cost per serving: \$0.69



One 3" x 2 1/2" square Shepherd's Pie is 1 MEAT AND ALTERNATIVES and 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of a 3" x 1 1/2" square and should be offered more if still hungry. Some children may need to eat more than a 3" x 2 1/2" square to satisfy their hunger. Leftover Shepherd's Pie freezes well.

Topping

1 lb (3 to 4)	parsnips	454 g
1 lb (4)	small potatoes	454 g
3 Tbsp	non-hydrogenated margarine	45 mL
pinch	salt	pinch
	pepper to taste	

- 1 Simmer the parsnips until tender, about 15 to 20 minutes. Drain and mash with a potato masher.
- 2 Simmer the potatoes until tender, about 20 minutes. Drain and mash with a potato masher.
- 3 Combine the parsnips and potatoes with the margarine, salt and pepper to taste. Blend well with a beater to make a smooth mixture to spread over the filling mixture.

Filling

2 tsp	canola oil	10 mL
1	large onion, chopped	1
1 lb	lean ground beef	454 g
1 10-oz bag	matchstick carrots	1 280-g bag
1 1/2 cups	lentils, drained	375 mL
3 Tbsp	tomato paste	45 mL
1 Tbsp + 1 tsp	all-purpose flour	20 mL
1 cup	reduced-sodium beef or vegetable broth	250 mL
1	bay leaf	1
1/3 tsp	thyme	2 mL
1 tsp	Worcestershire sauce	5 mL
1 tsp	salt	5 g
	pepper to taste	
1 12-oz can	kernel corn, rinsed and drained	1 341-mL can

- 1 Preheat oven to 350°F.
- 2 Heat the oil in a medium frying pan. Sauté the onion until soft, add the ground beef and sauté until no longer pink. Add the carrots and continue to sauté.
- 3 Stir the lentils and tomato paste into the meat mixture. Stir in the flour. Add the broth, bay leaf, thyme, Worcestershire sauce, salt, and pepper to taste and mix well.
- 4 Evenly distribute the meat mixture over the baking pan. Spread the corn over the meat mixture. Lightly press the corn into the meat mixture.
- 5 Spread the potato/parsnip mixture evenly over the top of the corn in the pan.
- 6 Bake for 45 to 50 minutes, until slightly browned.
- 7 Cut into 15 servings.

Shepherd's Pie



Adapted from bbc.co.uk/food

3 9" x 13" baking pans

Yield: 45

Serving Size: One 3" x 2 1/2" (7.5 cm x 6 cm) square

Cost per serving: \$0.69



One 3" x 2 1/2" square Shepherd's Pie is 1 MEAT AND ALTERNATIVES and 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of a 3" x 1 1/2" square and should be offered more if still hungry. Some children may need to eat more than a 3" x 2 1/2" square to satisfy their hunger. Leftover Shepherd's Pie freezes well.

Topping

3 lbs	parsnips	1.5 kg
3 lbs	potatoes	1.5 kg
1/2 cup	non-hydrogenated margarine	125 g
pinch	salt	pinch
	pepper to taste	

- 1 Simmer the parsnips until tender, about 15 to 20 minutes. Drain and mash with a potato masher.
- 2 Simmer the potatoes until tender, about 20 minutes. Drain and mash with a potato masher.
- 3 Combine the potatoes and parsnips with the margarine, salt and pepper to taste. Blend well with a beater to make a smooth mixture to spread over the filling mixture.

Filling

2 Tbsp	canola oil	30 mL
1 lb	onions, chopped	454 g
3 lbs	lean ground beef	1.5 kg
3 10-oz bags	matchstick carrots	3 280-g bags
2 19-oz cans	lentils, drained	2 540-mL cans
1 5 1/2-oz can	tomato paste	1 156-mL can
1/4 cup	all-purpose flour	30 g
3 cups	reduced-sodium beef or vegetable broth	750 mL
3	bay leaves	3
1 tsp	thyme	5 mL
1 Tbsp	Worcestershire sauce	15 mL
3 tsp	salt	15 g
	pepper to taste	
3 12-oz cans	kernel corn, rinsed and drained	3 341-mL cans

- 1 Preheat oven to 350°F.
- 2 Heat the oil in a large frying pan. Sauté the onion until soft, add the ground beef and sauté until no longer pink. Add the carrots and continue to sauté.
- 3 Stir the lentils and tomato paste into the meat mixture. Stir in the flour. Add the broth, bay leaves, thyme, Worcestershire sauce, salt, and pepper to taste and mix well.
- 4 Evenly distribute the meat mixture over the 3 baking pans. Spread 1 can of corn over the meat mixture in each pan. Lightly press the corn into the meat mixture.
- 5 Spread the potato/parsnip mixture evenly over the top of the corn in each pan.
- 6 Bake for 45 to 50 minutes, until slightly browned.
- 7 Cut into 15 servings per pan.

Fresh Corn on the Cob



Adapted from *The All New, All Purpose Joy of Cooking*, Irma Rombauer, Marion Rombauer Becker and Ethan Becker, 1997

Yield: 8

Serving Size: 1 cob

Cost per serving: \$0.69



1 cob Fresh Corn on the Cob is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 cob and should be offered more if still hungry. Some children may need to eat more than 1 cob to satisfy their hunger.

8

fresh ears of sweet corn

8

- 1 Husk the corn and remove the silks. Do not worry about removing all of the silks as they can be easily removed once the corn has been heated.
- 2 Bring a large pot of unsalted water to a boil. (Salt may toughen the corn.)
- 3 Drop the ears of corn into the pot of boiling water, one by one. The cooking time starts once the water returns to a boil. Boil the corn for 30 seconds to 3 minutes, depending on the softness desired. Generally, fresh sweet corn does not need to be boiled for more than 3 minutes.
- 4 Remove the corn from the water with tongs. Pile the cobs on a tray or platter and serve.

Note: For some children, it may be necessary to remove the corn from the cob prior to serving.

- Cook fresh corn within 24 hours of purchase.
- Overcooking toughens corn.
- Do not salt the water. Salt will toughen the corn.

Fresh Corn on the Cob



Adapted from *The All New, All Purpose Joy of Cooking*, Irma Rombauer, Marion Rombauer Becker and Ethan Becker, 1997

Yield: 48

Serving Size: 1 cob

Cost per serving: \$0.69



1 cob Fresh Corn on the Cob is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 cob and should be offered more if still hungry. Some children may need to eat more than 1 cob to satisfy their hunger.

48

fresh ears of sweet corn

48

- 1 Husk the corn and remove the silks. Do not worry about removing all of the silks as they can be easily removed once the corn has been heated.
- 2 Bring a large pot of unsalted water to a boil. (Salt may toughen the corn.)
- 3 Drop the ears of corn into the pot of boiling water, one by one. The cooking time starts once the water returns to a boil. Boil the corn for 30 seconds to 3 minutes, depending on the softness desired. Generally, fresh sweet corn does not need to be boiled for more than 3 minutes.
- 4 Remove the corn from the water with tongs. Pile the cobs on a tray or platter and serve.

Note: For some children, it may be necessary to remove the corn from the cob prior to serving.

- Cook fresh corn within 24 hours of purchase.
- Overcooking toughens corn.
- Do not salt the water. Salt will toughen the corn.

October

Pears

Promotional Ideas

Recipes:

Cookie-Crumb Baked Pears
Maple Granola Bartlett Pears

Pumpkin

Promotional Ideas

Recipes:

Polka-Dot Pumpkin Bars
Harvest Pumpkin Bread

Spinach

Promotional Ideas

Recipes:

Spectacular Garden Squares
Spanakopita Triangles

Broccoli

Promotional Ideas

Recipes:

Marinated Broccoli & Cauliflower Salad
Creamy Broccoli & Chicken Casserole



Pears

Note: Children must wash their hands.



- 1 Nova Scotia pears are juicy, sweet and abundant. Fresh pears are available from August into the late fall, in a variety of colours and shapes.
 - Check out a local farmers' market to find yellow, red and brownish-coloured pears. Let the children wash the pears in a large clean bin filled with water. Discuss with the children why it is so important to wash the pears.
 - Let the children feel and smell the pears.
 - Let the children sort the pears by colour.
- 2 Cut a pear open and show the children its different parts. Point out that all the pears have the same parts.



SKIN: The skin adds fibre to the pear. Pears may be eaten with the skin on or off.

SEEDS: Each seed will make another pear tree.

FLESH OR PULP: This is the yummy part that we eat.

STEM: The stem attaches the pear to the pear tree.

- 3 To enjoy the full flavour and juiciness of a pear it must be ripened. Pears can be ripened by leaving them at room temperature for a few days. Watch the pears closely as they may ripen quickly and become overripe. Once a pear is ripe it should be placed in the refrigerator until ready to eat.
 - Provide thin slices or diced samples of each kind of pear for the children to taste (see the text box on next page).
 - The children should choose which pear they liked the best. Provide pear cut-outs in yellow, red and brown construction paper. If time permits, the children may prepare the pear cut-outs for this activity.
 - If a child prefers the red pear, they should hold up the red pear cut-out. If time permits, a tally can be taken for each colour of pear.
 - This activity could be repeated by asking the children which pear is the sweetest or which pear is the hardest.

- 4 Fresh pears make a perfect dessert or snack throughout the fall season. Washed and sliced or diced they make a quick high-fibre snack. Pears mix well with other ingredients such as ginger, and other fruits like cranberries and apples. For a tasty, quick baked dessert try the Peachy Glazed Pears recipe (see December recipes).

Pears and Young Children

- Large pieces of pear with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, you can cut pears into 1/4-inch (1/2-cm) pieces.

Cookie-Crumb Baked Pears



Adapted from recipessource.com

1 9" x 13" baking pan

Yield: 8

Serving Size: 1 pear half

Cost per serving: \$0.49



1 Cookie-Crumb Baked Pears half is 1/4 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 pear and should be offered more if still hungry. Some children may need to eat more than 1 pear half to satisfy their hunger. Leftover Cookie-Crumb Baked Pears freezes well.

4	large firm-fleshed fresh pears (canned pears can be used)	4
1 cup	Oatmeal Cranberry Cookie crumbs	250 mL
1 Tbsp	non-hydrogenated margarine, melted	15 mL
2 Tbsp	orange juice	30 mL
1/4 tsp	ginger, ground	1 mL
1 cup	apple juice	250 mL

Note: To prepare the Oatmeal Cranberry Cookie crumbs, see December recipes.

- 1 Preheat oven to 350°F.
- 2 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 Tbsp (30 mL) of the crumb mixture.
- 3 Mix the Oatmeal Cranberry Cookie crumbs with the melted margarine and orange juice. Fill each pear hollow with about 2 Tbsp (30 mL) crumb mixture; press gently into the pear flesh. Place the pear halves in the baking pan, flesh-side-up.
- 4 Mix the ginger with the apple juice and pour it into the pan, around the pears.
- 5 Bake for 20 to 30 minutes, until the flesh is soft to a fork.
- 6 Remove the pear halves from the pan with a slotted spoon and serve them on a small plate.

- Select firm fresh pears. To test for ripeness, apply gentle pressure near the base of the pear stem. If it yields slightly, it is ripe.
- Select Clapp, Bartlett, Bosc or Anjou pear varieties.

Cookie-Crumb Baked Pears



Adapted from recipessource.com

3 9" x 13" baking pans

Yield: 48

Serving Size: 1 pear half

Cost per serving: \$0.49



1 Cookie-Crumb Baked Pears half is 1/4 GRAIN PRODUCTS and

1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 pear and should be offered more if still hungry. Some children may need to eat more than 1 pear half to satisfy their hunger. Leftover Cookie-Crumb Baked Pears freezes well.

24	large firm-fleshed fresh pears (canned pears can be used)	24
6 cups	Oatmeal Cranberry Cookie crumbs	1.5 L
1/4 cup	non-hydrogenated margarine, melted	50 g
1/2 cup	orange juice	125 mL
1 tsp	ginger, ground	5 mL
6 cups	apple juice	1.5 L

Note: To prepare the Oatmeal Cranberry Cookie crumbs, see December recipes.

- 1 Preheat oven to 350°F.
- 2 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 Tbsp (30 mL) of the crumb mixture.
- 3 Mix the Oatmeal Cranberry Cookie crumbs with the melted margarine and orange juice. Fill each pear hollow with about 2 Tbsp (30 mL) crumb mixture; press gently into the pear flesh. Place the pear halves in the baking pans, flesh-side-up.
- 4 Mix the ginger with the apple juice. Evenly distribute the apple juice among the 3 baking pans, around the pears.
- 5 Bake for 20 to 30 minutes, until the flesh is soft to a fork.
- 6 Remove the pear halves from the pans with a slotted spoon and serve them on a small plate.

- Select firm fresh pears. To test for ripeness, apply gentle pressure near the base of the pear stem. If it yields slightly, it is ripe.
- Select Clapp, Bartlett, Bosc or Anjou pear varieties.

Maple Granola Bartlett Pears



Adapted from calpear.com

1 9" x 13" baking pan

Yield: 8

Serving Size: 1 pear half

Cost per serving: \$0.92



1 Maple Granola Bartlett Pears half is 1/4 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/4 pear and should be offered more if still hungry. Some children may need to eat more than 1 pear half to satisfy their hunger. Leftover Maple Granola Bartlett Pears freezes well.

4	large firm-fleshed fresh pears	4
2 Tbsp	non-hydrogenated margarine	30 mL
1 cup	Crunchy Nova Scotia Granola	250 mL
1/4 cup	maple syrup	50 mL
8	fresh or frozen cranberries (for garnish)	8

Note: To prepare the Crunchy Nova Scotia Granola, see April recipes.

- 1 Preheat oven to 350°F.
- 2 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 Tbsp (30 mL) of Crunchy Nova Scotia Granola.
- 3 Grease the baking pan with 1 tsp (5 mL) of the margarine.
- 4 Fill each pear hollow with about 2 Tbsp (30 mL) of granola; press gently into the pear flesh. Place the pear halves in the pan, flesh-side-up.
- 5 Heat the maple syrup with the remaining margarine. Spoon the mixture over the pears in the pan.
- 6 Bake for 30 to 45 minutes, until the flesh is soft to a fork. The cooking time will depend on the ripeness of the pears.
- 7 Remove the pear halves from the pan with a slotted spoon. Serve on a small plate; garnish with a fresh or frozen cranberry.

- This high-fibre recipe combines the flavour of fresh Nova Scotia pears with granola.
- Baked pear recipes work best with pears that are not fully ripe, as the cooking process softens the pears.
- Select firm pears. Nova Scotia Bartlett or Clapp pears both are good choices for this recipe. Bartlett pears are available locally from September into late December, while Clapp pears are available from August to November.

Maple Granola Bartlett Pears



Adapted from calpear.com

3 9" x 13" baking pans

Yield: 48

Serving Size: 1 pear half

Cost per serving: \$0.92



1 Maple Granola Bartlett Pears half is 1/4 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 pear and should be offered more if still hungry. Some children may need to eat more than 1 pear half to satisfy their hunger. Leftover Maple Granola Bartlett Pears freezes well.

24	large firm-fleshed fresh pears	24
1/2 cup	non-hydrogenated margarine	125 g
6 cups	Crunchy Nova Scotia Granola	1.5 L
1 1/2 cups	maple syrup	375 mL
48	fresh or frozen cranberries (for garnish)	48

Note: To prepare the Crunchy Nova Scotia Granola, see April recipes.

- 1 Preheat oven to 350°F.
- 2 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 Tbsp (30 mL) of granola.
- 3 Use 1 Tbsp (15 mL) of the margarine to grease the baking pans.
- 4 Fill each pear hollow with about 2 Tbsp (30 mL) of granola; press gently into the pear flesh. Place the pear halves in the pans, flesh-side-up.
- 5 Heat the maple syrup with the remaining margarine. Spoon the mixture over the pears in the pans.
- 6 Bake for 30 to 45 minutes, until the flesh is soft to a fork. The cooking time will depend on the ripeness of the pears.
- 7 Remove the pear halves from the pans with a slotted spoon. Serve on a small plate; garnish with a fresh or frozen cranberry.

- This high-fibre recipe combines the flavour of fresh Nova Scotia pears with granola.
- Baked pear recipes work best with pears that are not fully ripe, as the cooking process softens the pears.
- Select firm pears. Nova Scotia Bartlett or Clapp pears both are good choices for this recipe. Bartlett pears are available locally from September into late December, while Clapp pears are available from August to November.

Pumpkin

Note: Children must wash their hands.



Pumpkins are readily available in Nova Scotia throughout the fall season and they are closely linked to our Thanksgiving and Halloween celebrations.

- 1 Children love pumpkins! Plan a visit to a local pumpkin patch.
 - Create your own pumpkin patch. Bring an assortment of pumpkins to your centre and place them in the yard, around the door or inside the centre (pumpkins like the cooler temperatures and will keep longer outside).
- 2 Pumpkins are members of the same family as squashes, melons and gourds.

- Pumpkins grow on a vine.
- They are thick-skinned.
- They grow from yellow flowers.



- 3 Looking inside pumpkins:
 - Select a smaller-sized pumpkin, cut it in half and show the children its insides.
 - Ask the children to smell the pumpkin and to describe the inside (e.g., seedy, slimy, stringy).
 - Each pumpkin has 500 or more seeds. Show the children how to separate the seeds from the pumpkin and allow them to assist with this activity. Pumpkin seeds are known as pepitas and may be roasted and eaten for a nutritious snack. *Note: Pumpkin seeds are a choking hazard to children under the age of four.*
- 4 Bake a pumpkin from the pumpkin patch from # 1. Pumpkins are baked in the same way as squash.

To Bake the Pumpkin

- Wash the pumpkin thoroughly and divide in half. Scrape out the seeds from the inside. Cut into pieces. Place in a baking pan with the skin side facing down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake at 350°F until the pumpkin is tender to a fork (approximately 45 minutes to an hour). Remove from the oven and cool until the pumpkin can be handled. Peel off the skin and mash with a potato masher or beat with a mixer.
- Use the mashed pumpkin to prepare Polka-Dot Pumpkin Bars or Harvest Pumpkin Bread; the children will enjoy the pumpkin flavour of both of these recipes. Leftover mashed pumpkin can be placed into containers and frozen for winter or spring when pumpkins are out of season. It is convenient to freeze the exact amount of pumpkin that a recipe calls for.
- Share a story of *Pumpkin People* by Sandra and Ron Lightburn. This is a delightful story of pumpkin people and how they decorate the streets during the day and come alive at night! Look for this book at local bookstores, your library or online bookstores.

Polka-Dot Pumpkin Bars



Adapted from *Better Homes & Gardens, Healthy Living and Snacks*, 2007

1 11" x 17" sheet pan

Yield: 24

Serving Size: One 2" x 3" (5 cm x 7.5 cm) bar

Cost per serving: \$0.14



One 2" x 3" Polka-Dot Pumpkin Bar is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of a 2" x 1 1/2" bar and should be offered more if still hungry. Some children may need to eat more than a 2" x 3" bar to satisfy their hunger. Leftover Polka-Dot Pumpkin Bars freezes well.

3/4 cup	whole wheat flour	175 mL
1/2 cup	all-purpose flour, sifted	125 mL
1/4 cup	flax flour or flax meal	50 mL
1/2 cup	white granulated sugar	125 mL
1 1/2 tsp	baking powder	7 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	cinnamon, ground	2 mL
1/4 tsp	salt	1 mL
1 1/2 cups	canned pumpkin	375 mL
2	eggs	2
1/2 cup	canola oil	125 mL
3 Tbsp	milk	45 mL
1 cup	fresh or frozen cranberries, chopped	250 mL
1 tsp	non-hydrogenated margarine	5 mL

- 1 Preheat oven to 350°F.
- 2 In a large bowl, combine the whole wheat flour, all-purpose flour, flax flour, sugar, baking powder, baking soda, cinnamon and salt.
- 3 In a medium bowl, combine the pumpkin, eggs, oil and milk.
- 4 Add the pumpkin mixture to the flour mixture and stir just until combined. Fold in the chopped cranberries.

- 5 Lightly grease the sheet pan with the margarine. Spread the mixture thinly over the pan.
- 6 Bake for 20 to 30 minutes, until a toothpick inserted in the centre comes out clean. Cool and cut into 24 bars.

- This combination of whole wheat and flax flours with pumpkin and cranberries makes this bar a healthy treat that is great at mealtime or as a grab-and-go snack.

Polka-Dot Pumpkin Bars



Adapted from *Better Homes & Gardens, Healthy Living and Snacks*, 2007

2 11" x 17" sheet pans

Yield: 48

Serving Size: One 2" x 3" (5 cm x 7.5 cm) bar

Cost per serving: \$0.14



One 2" x 3" Polka-Dot Pumpkin Bar is 1 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of a 2" x 1 1/2" bar and should be offered more if still hungry. Some children may need to eat more than a 2" x 3" bar to satisfy their hunger. Leftover Polka-Dot Pumpkin Bars freezes well.

1 1/2 cups	whole wheat flour	180 g
1 cup	all-purpose flour, sifted	115 g
1/2 cup	flax flour or flax meal	30 g
1 cup	white granulated sugar	200 g
3 tsp	baking powder	15 g
3/4 tsp	baking soda	3 g
1 tsp	cinnamon, ground	5 mL
1/2 tsp	salt	2 g
3 cups	canned pumpkin	750 mL
4	eggs	4
3/4 cup	canola oil	175 mL
1/3 cup	milk	75 mL
2 cups	fresh or frozen cranberries, chopped	200 g
2 tsp	non-hydrogenated margarine	10 g

- 1 Preheat oven to 350°F.
- 2 In a large bowl, combine the whole wheat flour, all-purpose flour, flax flour, sugar, baking powder, baking soda, cinnamon, and salt.
- 3 In a medium bowl, combine the pumpkin, eggs, oil, and milk.

- 4** Add the pumpkin mixture to the flour mixture and stir just until combined. Fold in the chopped cranberries.
- 5** Lightly grease each sheet pan with 1 tsp (5 mL) of the margarine. Spread the mixture evenly and thinly over the pans.
- 6** Bake for 20 to 30 minutes, until a toothpick inserted in the centre comes out clean. Cool and cut each pan into 24 bars.

- This combination of whole wheat and flax flours with pumpkin and cranberries makes this bar a healthy treat that is great at mealtime or as a grab-and-go snack.

Harvest Pumpkin Bread



Adapted from *Pumpkin & Squash*, Elaine Elliot and Virginia Lee, 2006

1 5" x 9" loaf pan

Yield: 12

Serving Size: 1 slice

Cost per serving: \$0.15



1 slice Harvest Pumpkin Bread is 1 GRAIN PRODUCTS Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger. Leftover Harvest Pumpkin Bread freezes well.

1/2 cup	whole wheat flour	125 mL
1/3 cup	all-purpose flour, sifted	75 mL
2 Tbsp	flax flour or flax meal	30 mL
2/3 tsp	baking powder	4 mL
2/3 tsp	baking soda	4 mL
1 tsp	cinnamon, ground	5 mL
pinch	salt	pinch
3/4 cup	canned pumpkin	175 mL
1	egg	1
1/3 cup	canola oil	75 mL
1/2 cup	white granulated sugar	125 mL
1 tsp	non-hydrogenated margarine	5 mL

- 1 Preheat oven to 350°F.
- 2 In a medium bowl, combine the whole wheat flour, all-purpose flour, flax flour, baking powder, baking soda, cinnamon and salt.
- 3 In another bowl, combine the pumpkin, egg, oil and sugar.
- 4 Add the flour mixture to the pumpkin mixture. With a mixer on low speed, mix until well combined.
- 5 Lightly grease the loaf pan with the margarine. Spread the mixture over the pan.
- 6 Bake for 40 to 50 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut into 12 slices.

Harvest Pumpkin Bread



Adapted from *Pumpkin & Squash*, Elaine Elliot and Virginia Lee, 2006

3 5" x 9" loaf pans

Yield: 36

Serving Size: 1 slice

Cost per serving: \$0.15



1 slice Harvest Pumpkin Bread is 1 GRAIN PRODUCTS Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 slice and should be offered more if still hungry. Some children may need to eat more than 1 slice to satisfy their hunger. Leftover Harvest Pumpkin Bread freezes well.

1 1/2 cups	whole wheat flour	180 g
1 cup	all-purpose flour, sifted	115 g
1/2 cup	flax flour or flax meal	35 g
2 tsp	baking powder	10 g
2 tsp	baking soda	10 g
1 Tbsp	cinnamon, ground	15 mL
1/2 tsp	salt	2 g
2 1/2 cups	canned pumpkin	625 mL
3	eggs	3
1 cup	canola oil	250 mL
1 1/2 cups	white granulated sugar	300 g
1 Tbsp	non-hydrogenated margarine	15 g

- 1 Preheat oven to 350°F.
- 2 In a large bowl, combine the whole wheat flour, all-purpose flour, flax flour, baking powder, baking soda, cinnamon and salt.
- 3 In a medium bowl, combine the pumpkin, eggs, oil and sugar.
- 4 Add the flour mixture to the pumpkin mixture. With a mixer on low speed, mix until well combined.
- 5 Lightly grease each loaf pan with 1 tsp of the margarine. Spread the mixture evenly among the three loaf pans.
- 6 Bake for 40 to 50 minutes or until a toothpick inserted in the centre comes out clean. Cool and cut each loaf into 12 slices.



Spinach

Note: Children must wash their hands.

1 Getting to know spinach:

- Stop by a farmers' market and pick up a bag of spinach; 2 lbs (1 kg) will provide approximately 25 to 30 cups (6 to 7 L). The spinach should be fresh with bright-green leaves and lighter-green stems. The leaves should be whole and not torn. Young flat-leafed spinach may be the best for children to try, but other spinach varieties with crinkled leaves may be interesting for the children to touch.
- Wash and pat dry enough spinach so that each child will be able to sample a raw leaf. Place the washed spinach in a plastic bag in the refrigerator for sampling later (washed spinach should be used the same day).
- Place the unwashed spinach in a large paper bag.
- Let the children each take a turn touching the spinach without seeing it. Ask the children how it feels (e.g., light, feathery, smooth, rough). Ask the children how it smells (e.g., like the earth).

2 What part of the plant is spinach?

- Ask the children what part of the plant spinach is. Is it a flower like cauliflower? Does it have a large stalk with cobs, like corn? Does it grow underground, like a carrot?
- Spinach is a leaf; remind the children that a leaf is where plants make their own food.
- Ask the children to think of other leaves that we eat (e.g., lettuce, beet greens, kale).
- Provide each child with one spinach leaf from the spinach that is already washed and refrigerated. The children may taste the spinach leaf. *Note: Prior to tasting, trim away any coarse stem pieces.* Ask the children to describe the taste (e.g., bitter, soft, leafy, tangy).

3 Wash about 16 cups (4 L) spinach, shake it and place in a large pot. Cook for approximately 2 to 3 minutes until the spinach has wilted. There should be about 2 to 3 cups of cooked spinach.

- Place 1 tsp of cooked spinach in a small bowl for each child. Allow the children to taste the spinach and ask them to describe how it tastes. Does it taste the same as the raw spinach?
- If the children do not seem interested in tasting the spinach, a few sprinkles of cheddar cheese may make it more appealing!

- 4 The children may enjoy *The Secret Life of Mitch Spinach* by Hillary Feerick and Jeff Hillenbrand. This is a children's book about Mitch Spinach, a healthy superhero who solves mysteries by using the strength and brainpower he gains by eating plant foods. This book is available at online bookstores.
- 5 Ask the children how we can eat spinach. Do they eat spinach at home? Give ideas and suggest that spinach may be mixed into dips with vegetables, muffins, eggs and pasta.
- 6 Spectacular Garden Squares or Spanakopita Triangles are great recipes to make with leftover spinach. Spinach that has wilted can be placed in the freezer and used for spinach recipes at a later time.

Spectacular Garden Squares



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

1 9" x 13" baking pan

Yield: 15

Serving Size: One 3" x 2 1/2" (7.5 cm x 6 cm) square

Cost per serving: \$0.71



One 3" x 2 1/2" Spectacular Garden Square is 1/2 MILK AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of a 3" x 1 1/4" square and should be offered more if still hungry. Some children may need to eat more than a 3" x 2 1/2" square to satisfy their hunger. Leftover Spectacular Garden Squares freezes well.

1/4 cup	non-hydrogenated margarine	50 mL
1/2 cup	green onion, finely chopped	125 mL
3	eggs	3
1 cup	all-purpose flour, sifted	250 mL
1 cup	milk	250 mL
1/2 tsp	salt	2 mL
1 tsp	baking powder	5 mL
1/2 lb (7 to 8 cups)	fresh spinach	225 g
2 cups	cheddar cheese, grated	500 mL
1 tsp	non-hydrogenated margarine	5 mL

- 1 Preheat oven to 350°F.
- 2 Melt 1/4 cup (50 mL) margarine in a small saucepan. Add the green onion and sauté until soft.
- 3 In a bowl, beat the eggs. Add the sautéed onion, flour, milk, salt and baking powder. Mix well.
- 4 Lightly grease the baking pan with 1 tsp (5 mL) margarine. Spread the spinach and cheese evenly over the pan.
- 5 Pour the liquid mixture evenly over the spinach and cheese, so it is all covered.
- 6 Bake for about 35 minutes.

- This spinach and egg/cheese combination goes well any time of day. It is great for lunch and leftovers can be eaten at breakfast.
- Eggs, cheese and milk provide a good source of protein; add a whole wheat roll and you have a complete meal.
- Spinach is a welcome addition to any menu. It is a rich source of vitamin A, iron and antioxidants.

Spectacular Garden Squares



Adapted from *Eating by the Seasons*, Ecology Action Centre, Halifax

3 9" x 13" baking pans

Yield: 45

Serving Size: One 3" x 2 1/2" (7.5 cm x 6 cm) square

Cost per serving: \$0.71



One 3" x 2 1/2" Spectacular Garden Square is 1/2 MILK AND ALTERNATIVES and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of a 3" x 1 1/4" square and should be offered more if still hungry. Some children may need to eat more than a 3" x 2 1/2" square to satisfy their hunger. Leftover Spectacular Garden Squares freezes well.

3/4 cup	non-hydrogenated margarine	175 g
1 1/2 cups	green onion, finely chopped	375 mL
9	eggs	9
3 cups	all-purpose flour, sifted	350 g
3 cups	milk	750 mL
2 tsp	salt	10 g
1 Tbsp	baking powder	15 g
1 1/2 lbs	fresh spinach	675 g
2 lbs	cheddar cheese, grated	1 kg
1 Tbsp	non-hydrogenated margarine	15 g

- 1 Preheat oven to 350°F.
- 2 Melt 3/4 cup (175 g) margarine in a medium saucepan. Add the green onion and sauté until soft.
- 3 In a large bowl, beat the eggs. Add the sautéed onion, flour, milk, salt and baking powder. Mix well.
- 4 Lightly grease each baking pan with 1 tsp (5 mL) of the margarine. Spread the spinach and cheese evenly over the 3 pans.
- 5 Pour the liquid mixture evenly over the spinach and cheese, so it is all covered.
- 6 Bake for about 35 minutes.

- This spinach and egg/cheese combination goes well any time of day. It is great for lunch and leftovers can be eaten at breakfast.
- Eggs, cheese and milk provide a good source of protein; add a whole wheat roll and you have a complete meal.
- Spinach is a welcome addition to any menu. It is a rich source of vitamin A, iron and antioxidants.

Spanakopita Triangles



Adapted from *Maxi-Cuisine*, August–September 2007

1 11" x 17" sheet pan

Yield: 8

Serving Size: 2 triangles

Cost per serving: \$0.97



2 Spanakopita Triangles is 1 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1 triangle and should be offered more if still hungry. Some children may need to eat more than 2 triangles to satisfy their hunger. Leftover Spanakopita Triangles freezes well.

1 tsp	canola oil	5 mL
1	medium onion, chopped	1
2	garlic cloves	2
1/2 lb (7 to 8 cups)	fresh spinach	225 g
1/2 cup	feta cheese	125 mL
1 tsp	dill, dried	5 mL
	pepper to taste	
8 6-inch	whole wheat tortillas	8 15-cm

- 1 Preheat oven to 350°F.
- 2 Heat the oil in a large frying pan, add the onion, and cook until soft.
- 3 Peel the garlic, chop finely, and add to the onion mixture.
- 4 Stir in the spinach. It will be a very large volume, but it will shrink down to about 1 to 2 cups (250 to 500 mL).
- 5 Crumble the feta cheese. Once the spinach has shrunk down, stir the feta into the spinach/onion mixture; add the dill and pepper to taste. Remove from heat.
- 6 Place 2 to 3 Tbsp (30 to 45 mL) of the spinach/feta mixture in the centre of each tortilla, fold in from the bottom and the top, and then fold in from the two sides. Place the tortillas seam-side-down on the lightly greased sheet pan.
- 7 Bake for 15 to 20 minutes, until the tortillas are golden brown. Cool slightly and cut each square into two triangles.

Feta cheese is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) feta cheese.

- Spanakopita Triangles are a delicious choice for vegetarians. They are great for snack or mealtime.

Spanakopita Triangles



Adapted from *Maxi-Cuisine*, August–September 2007

3 11" x 17" sheet pans

Yield: 40

Serving Size: 2 triangles

Cost per serving: \$0.97



2 Spanakopita Triangles is 1 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1 triangle and should be offered more if still hungry. Some children may need to eat more than 2 triangles to satisfy their hunger. Leftover Spanakopita Triangles freezes well.

2 Tbsp	canola oil	30 mL
1 lb	onions, chopped	454 g
8	garlic cloves	8
3 lbs	fresh spinach	1.5 kg
3/4 lb	feta cheese	360 g
1 Tbsp	dill, dried	10 g
	pepper to taste	
40 6-inch	whole wheat tortillas	40 15-cm

- 1 Preheat oven to 350°F.
- 2 Heat the oil in a large frying pan, add the onion, and cook until soft.
- 3 Peel the garlic, chop finely, and add to the onion mixture.
- 4 Stir in the spinach. It will be a very large volume, but it will shrink down to about 4 to 6 cups (1 to 1.5 L).
- 5 Crumble the feta cheese. Once the spinach has shrunk down, stir the feta into the spinach/onion mixture; add the dill and pepper to taste. Remove from heat.
- 6 Place 2 to 3 Tbsp (30 to 45 mL) of the spinach/feta mixture in the centre of each tortilla, fold in from the bottom and the top, and then fold in from the two sides. Place the tortillas seam-side-down on the lightly greased sheet pans.
- 7 Bake for 15 to 20 minutes, until the tortillas are golden brown. Cool slightly and cut each square into two triangles.

Feta cheese is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) feta cheese.

- Spanakopita Triangles are a delicious choice for vegetarians. They are great for snack or mealtime.

Broccoli

Note: Children must wash their hands.



1 Broccoli is a fall/winter vegetable that has become readily available and more popular. Show the children a few fresh broccoli plants.

- Demonstrate and discuss the importance of washing the broccoli.
- Show the children the parts of the broccoli plant.



LEAVES: The leaves are not usually eaten but they are edible, and could easily be added to a stir-fry.

STALK: The stalk supports the branches of the plant.

BRANCHES: These support the florets, which are the main part of the plant that we eat.

- Cut a broccoli plant in half horizontally – this will show the inside of the plant and make the stalk, branches and florets more visible.
- 2** Divide each broccoli plant into 8 to 10 pieces.
- Provide each child with a small bowl.
 - Give one of the broccoli pieces to each child and ask him or her to break it into the smaller florets until his or her bowl is full. For children under four years old, simmer the broccoli pieces to soften before sampling. This could be done before the activity (see the text box on next page).
 - Provide each child with a small plate and 1 Tbsp (15 mL) of the hummus recipe.
 - Let the children taste the broccoli pieces with the hummus.
 - Ask the children to describe the taste and texture of the raw broccoli (e.g., hard, crunchy, strong, sour, sweet).
- 3** Broccoli is a common ingredient in pasta dishes. Try serving Creamy Broccoli & Chicken Casserole for lunch. It is quick to prepare and easy to assemble.

Broccoli and Young Children

- Large pieces of raw broccoli can be a choking hazard if not chewed properly.
- For children under four years old, cut the broccoli into 1/2-inch (1-cm) pieces. You can simmer the pieces for one to two minutes. Immediately plunge the pieces into ice-cold water and pat dry.

Marinated Broccoli & Cauliflower Salad



Adapted from a school recipe

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.43



1/2 cup Marinated Broccoli & Cauliflower Salad is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

2 cups (1/2 medium head)	broccoli	500 mL
1 cup (1/4 medium head)	cauliflower	250 mL
1/2 cup	carrots, grated	125 mL
1/3 cup	raisins, chopped	75 mL
1/2 cup	mayonnaise	125 mL
1/3 cup	apple cider vinegar	75 mL
1/4 cup	white granulated sugar	50 mL

Note: For children under four years old, you can simmer the broccoli and cauliflower pieces until tender to a fork.

- 1 Wash the broccoli, cauliflower and carrots well. Separate the broccoli and cauliflower into 1/2-inch (1-cm) pieces. Grate the carrots. If available, use ready-to-use grated carrots.
- 2 Combine the broccoli, cauliflower, carrots, and raisins in a large bowl.
- 3 In another bowl, combine and whisk together the mayonnaise, apple cider vinegar, and sugar.
- 4 Pour the salad dressing over the vegetables and raisins, cover with plastic wrap, and refrigerate for at least a couple of hours to develop the flavour.

- Marinated vegetables are a great way to make vegetables ahead of time for main meals or lunches. New, unique flavours develop as the sweet and tart flavours of the salad dressing merge with the distinctive flavours of the broccoli and cauliflower. This is a very healthy choice.

1 medium head broccoli = about 1 lb (454 g) or 4 cups

1 medium head cauliflower = about 2 lbs (1 kg) or 4 cups

Marinated Broccoli & Cauliflower Salad



Adapted from a school recipe

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.43



1/2 cup Marinated Broccoli & Cauliflower Salad is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

3 lbs (3 medium heads)	broccoli	1.5 kg
3 lbs (1 1/2 medium heads)	cauliflower	1.5 kg
1 lb (3 cups)	carrots, grated	500 g
2 cups	raisins, chopped	300 g
3 cups	mayonnaise	750 mL
2 cups	apple cider vinegar	500 mL
1 cup	white granulated sugar	200 g

Note: For children under four years old, you can simmer the broccoli and cauliflower pieces until tender to a fork.

- 1 Wash the broccoli, cauliflower, and carrots well. Separate the broccoli and cauliflower into 1/2-inch (1-cm) pieces. Grate the carrots. If available, use ready-to-use grated carrots.
- 2 Combine the broccoli, cauliflower, carrots, and raisins in a large bowl.
- 3 In another bowl, combine and whisk together the mayonnaise, apple cider vinegar, and sugar.
- 4 Pour the salad dressing over the vegetables and raisins, cover with plastic wrap, and refrigerate for at least a couple of hours to develop the flavour.

- Marinated vegetables are a great way to make vegetables ahead of time for main meals or lunches. New, unique flavours develop as the sweet and tart flavours of the salad dressing merge with the distinctive flavours of the broccoli and cauliflower. This is a very healthy choice.

1 medium head broccoli = about 1 lb (454 g) or 4 cups

1 medium head cauliflower = about 2 lbs (1 kg) or 4 cups

Creamy Broccoli & Chicken Casserole



Adapted from *Pillsbury Fast and Healthy Magazine*, March/April 1993

1 8" x 8" baking pan

Yield: 8

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$0.44



3/4 cup Creamy Broccoli & Chicken Casserole is 1 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Creamy Broccoli & Chicken Casserole freezes well.

2 1/2 cups	whole wheat pasta (penne, fusilli, or macaroni)	625 mL
2 cups	frozen broccoli florets	500 mL
2 cups	cooked chicken	500 mL
1/2 cup	cream cheese	125 mL
1/2 cup	milk	125 mL
	pepper to taste	

- 1 Boil a large pot of water. Add the pasta and cook until al dente (firm but not hard).
- 2 Add the broccoli to the pasta and cook for 4 minutes longer. Drain.
- 3 Dice the chicken into 1/4-inch (1/2-cm) cubes and add to the pasta and broccoli.
- 4 Whisk the cream cheese, milk and pepper to taste together in a bowl until smooth. This may be done while the pasta is cooking.
- 5 Combine the pasta, chicken and broccoli with the cream cheese mixture in the baking pan.
- 6 Serve immediately or hold in the oven to keep warm until ready to serve.

Note: The casserole will become less creamy as it sits in the oven.

Cream cheese is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) cream cheese.

- Fresh broccoli can be used for this recipe but it will need to be cooked separately while the pasta is cooking.
- This casserole also works well with tuna or salmon.

Creamy Broccoli & Chicken Casserole



Adapted from *Pillsbury Fast and Healthy Magazine*, March/April 1993

1 large roasting pan

Yield: 40

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$0.44



3/4 cup Creamy Broccoli & Chicken Casserole is 1 GRAIN PRODUCTS and 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Creamy Broccoli & Chicken Casserole freezes well.

2 lbs	whole wheat pasta (penne, fusilli, or macaroni)	1 kg
2 lbs	frozen broccoli florets	1 kg
4 lbs	cooked chicken	2 kg
2 1/2 cups	cream cheese	625 g
2 1/2 cups	milk	625 mL
	pepper to taste	

- 1 Boil a large pot of water. Add the pasta and cook until al dente (firm but not hard).
- 2 Add the broccoli to the pasta and cook for 4 minutes longer. Drain.
- 3 Dice the chicken into 1/4-inch (1/2-cm) cubes and add to the pasta and broccoli.
- 4 Whisk the cream cheese, milk and pepper to taste together in a bowl until smooth. This may be done while the pasta is cooking.
- 5 Combine the pasta, chicken and broccoli with the cream cheese mixture in the roasting pan.
- 6 Serve immediately or hold in the oven to keep warm until ready to serve.

Note: The casserole will become less creamy as it sits in the oven.

Cream cheese is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) cream cheese.

- Fresh broccoli can be used for this recipe but it will need to be cooked separately while the pasta is cooking.
- This casserole also works well with tuna or salmon.

November

Table Grapes

Promotional Ideas

Recipes:

Grapes & Sunshine Fruit Dip
Chunky Cheese & Grapes

Apples

Promotional Ideas

Recipes:

Sautéed Maple Apples
Apple & Rice Confetti Salad

Celery

Promotional Ideas

Recipes:

Super Zesty Tuna Cakes
Celery & Broccoli Soup

Beets

Promotional Ideas

Recipes:

Harvard Beets
Hard-to-Beet Dip

Brussels Sprouts

Promotional Ideas

Recipes:

Creole Brussels Sprouts
Apple Cinnamon Brussels Sprouts



Table Grapes

Note: Children must wash their hands.



- 1 Grapes have a juicy texture and sweet taste that are appealing to children of all ages.
- 2 Fresh grapes are available in supermarkets year-round.
 - The local growing season for Nova Scotia grapes is late summer, usually August and September.
 - When buying fresh grapes, look for those that are plump, evenly coloured, smooth and firmly attached to the stems. The stems should be moist and flexible.
- 3 Check out the local supermarket to find good-quality, preferably seedless, grapes for the children to sample.
- 4 The most popular varieties of grapes for eating include the following:
 - Thompson seedless: characterized by their medium-oval shape and light-green colour.
 - Red globe: characterized by their large round shape, deep-purple colour and large seeds.
 - Flame seedless: which have a dark-red purple colour, firm flesh and slightly tart taste.
 - Concord: which are blue-black in colour and larger in size.
- 5 How do grapes grow? Grapes grow on a vine. (It would be great to show the children a real vine with grapes attached).
 - Grapes grow in bunches like a pyramid, long and thin.
 - Each grape is attached to the main stem of the bunch by its own stem.
 - Each grape is juicy and jellylike with an almost translucent flesh.
 - Each grape is enclosed by a thin skin.



- 6 Let the children pick a grape from the grapes on display. Let the children wash their grapes. Discuss with the children why it is so important to wash fruit such as grapes. Cut the grapes in half lengthwise and check for seeds. Quarter the grapes for children under four years old (see the text box below).
- 7 Ask the children to describe the taste and texture of the grapes (e.g., sweet, sour, slimy, soft, mushy).
- 8 Serve the grapes with the Sunshine Fruit Dip recipe.

Grapes and Young Children

- Large pieces of grapes can be a choking hazard if not chewed properly. Grape pieces should be small to avoid choking.
- For children under four years old, cut the grapes into two halves to remove the seeds and further cut each half into two to make quarters.

Grapes & Sunshine Fruit Dip



Adapted from healthycalif.org

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.83



1/2 cup grapes and 1/4 cup Sunshine Fruit Dip is 1 VEGETABLES AND FRUIT and 1/4 MILK AND ALTERNATIVES Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup grapes and 2 Tbsp Sunshine Fruit Dip and should be offered more if still hungry. Some children may need to eat more than 1/2 cup grapes and 1/4 cup Sunshine Fruit Dip to satisfy their hunger. Leftover Sunshine Fruit Dip freezes well.

1 1/2 lbs	fresh green or red grapes	700 g
-----------	---------------------------	-------

- 1 Wash the grapes well. Drain and pat dry.
- 2 Cut the grapes in half and remove the seeds (if seeded). Further cut into quarters.
- 3 Serve alone or with Sunshine Fruit Dip (see the recipe below).

Sunshine Fruit Dip

Adapted from *Connecticut Cooks for Kids*, Ellen L. Shanley, Colleen A. Thompson, and Susan S. Fiore

Yield: 8

Serving Size: 1/4 cup (50 mL)

1 1/2 cups	yogurt, plain	375 mL
------------	---------------	--------

1/4 cup	frozen orange juice concentrate (defrosted)	50 mL
---------	---	-------

1/2 tsp	cinnamon, ground	2 mL
---------	------------------	------

1 Tbsp	white granulated sugar	15 mL
--------	------------------------	-------

- 1 Mix all of the ingredients in a bowl until well blended.
- 2 Chill and serve as a dip with grapes or with any fruit of your choice.

Grapes & Sunshine Fruit Dip



Adapted from healthycalif.org

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.83



1/2 cup grapes and 1/4 cup Sunshine Fruit Dip is 1 VEGETABLES AND FRUIT and 1/4 MILK AND ALTERNATIVES Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup grapes and 2 Tbsp Sunshine Fruit Dip and should be offered more if still hungry. Some children may need to eat more than 1/2 cup grapes and 1/4 cup Sunshine Fruit Dip to satisfy their hunger. Leftover Sunshine Fruit Dip freezes well.

10 lbs	fresh green or red grapes	4.5 kg
--------	---------------------------	--------

- 1 Wash the grapes well. Drain and pat dry.
- 2 Cut the grapes in half and remove the seeds (if seeded). Further cut into quarters.
- 3 Serve alone or with Sunshine Fruit Dip (see the recipe below).

Sunshine Fruit Dip

Adapted from *Connecticut Cooks for Kids*, Ellen L. Shanley, Colleen A. Thompson, and Susan S. Fiore

Yield: 45

Serving Size: 1/4 cup (50 mL)

8 cups	yogurt, plain	2 L
1 cup	frozen orange juice concentrate (defrosted)	250 mL
2 tsp	cinnamon, ground	10 mL
1/4 cup	white granulated sugar	50 g

- 1 Mix all of the ingredients in a bowl until well blended.
- 2 Chill and serve as a dip with grapes or with any fruit of your choice.

Chunky Cheese & Grapes



Adapted from healthycalif.org

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.58



1/2 cup grapes and 2 Tbsp cheese cubes is 1 VEGETABLES AND FRUIT and 1/4 MILK AND ALTERNATIVES Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup grapes and 1 Tbsp cheese cubes and should be offered more if still hungry. Some children may need to eat more than 1/2 cup grapes and 2 Tbsp cheese cubes to satisfy their hunger. Leftover cheese cubes freeze well.

1 lb	fresh green or red grapes	454 g
1/4 lb	cheddar cheese	120 g

- 1 Wash the grapes well. Drain and pat dry.
- 2 Cut the grapes in half and remove the seeds (if seeded). Further cut into quarters.
- 3 Cut the cheese into small 1/4-inch (1/2-cm) cubes. Each 1/4 lb (120 g) of cheese will provide about 1 cup (250 mL) of cheese cubes.
- 4 Serve the grape/cheese combination in a clear glass or on a small plate. Each serving consists of 1/3 cup (75 mL) grape quarters and 2 Tbsp (30 mL) cheese cubes.

- Mozzarella, Colby and Monterey Jack are mild-flavoured cheeses that most children enjoy.
- This cheese and grape combination makes an excellent snack any time of the day.
- Whole seedless red or green grapes work best for this quick-to-prepare recipe.

Chunky Cheese & Grapes



Adapted from healthycalif.org

Yield: 45

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.58



1/2 cup grapes and 2 Tbsp cheese cubes is 1 VEGETABLES AND FRUIT and 1/4 MILK AND ALTERNATIVES Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup grapes and 1 Tbsp cheese cubes and should be offered more if still hungry. Some children may need to eat more than 1/2 cup grapes and 2 Tbsp cheese cubes to satisfy their hunger. Leftover cheese cubes freeze well.

6 lbs	fresh green or red grapes	2.5 kg
1 1/2 lbs	cheddar cheese	700 g

- 1 Wash the grapes well. Drain and pat dry.
- 2 Cut the grapes in half and remove the seeds (if seeded). Further cut into quarters.
- 3 Cut the cheese into small 1/4-inch (1/2-cm) cubes. Each 1 1/2 lbs (700 g) of cheese will provide about 5 cups (1.25 L) of cheese cubes.
- 4 Serve the grape/cheese combination in a clear glass or on a small plate. Each serving consists of 1/3 cup (75 mL) grape quarters and 2 Tbsp (30 mL) cheese cubes.

- Mozzarella, Colby and Monterey Jack are mild-flavoured cheeses that most children enjoy.
- This cheese and grape combination makes an excellent snack any time of the day.
- Whole seedless red or green grapes work best for this quick-to-prepare recipe.



Apples

Note: Children must wash their hands.

Nova Scotia apples are crisp and juicy, and come in a variety of flavours. Apples are available from early August into the late fall; with proper storage, they are now available all year long. Apples come in a variety of colours and shapes.

- 1 Check out a local farmers' market to find apples of various colours and varieties:
 - yellow (Golden Delicious)
 - red and round shaped (McIntosh)
 - red and square on the bottom (Red Delicious)
 - Cortland and Gravenstein (traditional Nova Scotia apples that would be good to try too).
- 2 Let the children wash the apples in a large clean bin filled with water for washing. Ask the children why it is so important to wash the apples. Encourage the children to feel and smell the apples and sort the apples by colour.
- 3 Cut an apple in two lengthwise and show the children its different parts.



SKIN: The skin is edible and adds fibre to the apple.

SEEDS: These are not edible and each seed makes an apple tree.

FLESH or PULP: This is the yummy part that we eat.

STEM: This is where the apple is attached to the tree.

- 4 Tasting the flavour of different apples:
 - Provide thin slices or diced or grated samples of each kind of apple for the children to taste (see the text box below).
 - The children may choose which apple they like the best. Provide apple cut-outs in yellow and red construction paper. Make two variations of red, one with a round shape to represent the McIntosh apple and one with a square bottom to represent the Red Delicious apple. If time permits the children may prepare the apple cut-outs for this activity.
 - If a child prefers the Red Delicious apple, he or she can hold up the red apple cut-out with the squared bottom. If he or she likes the Golden Delicious the best, he or she would hold up the yellow apple cut-out.
 - This activity could be repeated by asking the children which apple was the sweetest or which apple was the crunchiest.
- 5 Recipes with apples are abundant. Try Apple Chicken Salad (see March recipes) for lunch or Sautéed Maple Apples for a snack. These recipes are two simple ways to enjoy Nova Scotia fall apples.

Apples and Young Children

- Large pieces of raw apple with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, serve raw apple grated, or cut apples in 1/4-inch (1/2-cm) pieces. You can also bake the apples to soften them.

Sautéed Maple Apples



Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz, 2003

1 6-cup (1.5-L) casserole dish

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.40



1/2 cup Sautéed Maple Apples is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Sautéed Maple Apples freezes well.

1/2 cup	apple juice	125 mL
2 tsp	cornstarch	10 mL
2 lbs (6 to 8)	apples	1 kg (6 to 8)
2 tsp	lemon juice	10 mL
1/3 cup	maple syrup	75 mL
2 tsp	non-hydrogenated margarine	10 mL

- 1 Preheat oven to 350°F.
- 2 Blend the apple juice and cornstarch in a measuring cup, making sure that all the cornstarch is dissolved and is not lumpy.
- 3 Core and slice the apples. Dice into 1/2-inch (1-cm) pieces. Place the apples in the casserole dish.
- 4 Toss the apples with the lemon juice to prevent browning. You may want to do this as you dice them, depending on the apple variety – some brown more quickly than others.
- 5 Place the apples in the oven for 20 minutes. Remove from the oven and add the maple syrup. Stir, and bake for another 10 to 15 minutes.
- 6 Stir in the apple juice/cornstarch mixture. Dot with the margarine. Stir well.
- 7 Bake an additional 15 minutes, until the sauce is slightly thick and transparent. Stir gently to distribute the glaze over all of the apple pieces.

- This diced apple dessert makes a nice alternative to applesauce.
- Crisp and firm apples that are resistant to browning, such as Cortland or Ambrosia apples, are good choices for this recipe.

Sautéed Maple Apples



Adapted from *The Enlightened Eater's Whole Foods Guide*, Rosie Schwartz, 2003

1 5-quart (5-L) roasting pan

Yield: 50

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.40



1/2 cup Sautéed Maple Apples is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Sautéed Maple Apples freezes well.

1 1/2 cups	apple juice	375 mL
1/4 cup	cornstarch	40 g
12 lbs	apples	5.5 kg
1/4 cup	lemon juice	50 mL
1 3/4 cups	maple syrup	450 mL
1/3 cup	non-hydrogenated margarine	75 g

- 1 Preheat oven to 350°F.
- 2 Blend the apple juice and cornstarch in a measuring cup, making sure that all the cornstarch is dissolved and is not lumpy.
- 3 Core and slice the apples. Dice into 1/2-inch (1-cm) pieces. Place the apples in the roasting pan.
- 4 Toss the apples with the lemon juice to prevent browning. You may want to do this as you dice them, depending on the apple variety – some brown more quickly than others.
- 5 Place the apples in the oven for 20 minutes. Remove from the oven and add the maple syrup. Stir, and bake for another 10 to 15 minutes.
- 6 Stir in the apple juice/cornstarch mixture. Dot with the margarine. Stir well.
- 7 Bake an additional 15 minutes, until the sauce is slightly thick and transparent. Stir gently to distribute the glaze over all of the apple pieces.

- This diced apple dessert makes a nice alternative to applesauce.
- Crisp and firm apples that are resistant to browning, such as Cortland or Ambrosia apples, are good choices for this recipe.

Apple & Rice Confetti Salad



Adapted from foodnetwork.com

1 medium bowl

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.18



1/2 cup Apple & Rice Confetti Salad is 1/4 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Apple & Rice Confetti Salad freezes well.

3/4 cup	long-grain brown rice	175 mL
1	fresh apple	1
1/4 cup	red pepper, finely chopped	50 mL
1/4 bunch	green onion, chopped	1/4 bunch
1/4 cup	celery, finely chopped	50 mL
2 Tbsp	fresh parsley, chopped	30 mL
8	lettuce leaves	8

Vinaigrette

2 Tbsp	canola oil	30 mL
2 Tbsp	apple cider vinegar	30 mL
2 tsp	lemon juice	10 mL
1/4 tsp	cinnamon, ground	1 mL
1/4 tsp	salt	1 mL
	pepper to taste	

- 1 In a saucepan, bring 2 cups (500 mL) of water to a boil; add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 35 to 40 minutes.
- 2 Wash the apple, remove the core, and dice into 1/4-inch (1/2-cm) pieces.

- 3** In the bowl, combine the cooked brown rice with the diced apple and red pepper, green onions, celery, and parsley.
- 4** Combine the vinaigrette ingredients in a jar and shake well until slightly thickened. Stir into the rice mixture. Cool.
- 5** Wash and shred the lettuce. For each serving, place 1/2 cup (125 mL) of the rice salad on a small bed of the shredded lettuce.

- Mix red apples with green peppers, or green apples with red peppers, to enhance the confetti effect.
- Brightly coloured vegetables and apple pieces enhance the eye appeal.
- For a complete main dish combo, try adding 1/2 cup (125 mL) of diced, cooked chicken to this mixture. Serve with a small whole wheat roll and you have a healthy high-fibre meal.

Apple & Rice Confetti Salad



Adapted from foodnetwork.com

1 large bowl

Yield: 40

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.18



1/2 cup Apple & Rice Confetti Salad is 1/4 GRAIN PRODUCTS and 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Apple & Rice Confetti Salad freezes well.

1 1/2 lbs	long-grain brown rice	700 g
3	fresh apples	3
1	red pepper, finely chopped	1
1 bunch	green onion, chopped	1 bunch
1 cup	celery, finely chopped	200 g
1/4 cup	fresh parsley, chopped	50 mL
1 head	lettuce	1 head

Vinaigrette

1/2 cup	canola oil	125 mL
1/2 cup	apple cider vinegar	125 mL
2 Tbsp	lemon juice	30 mL
1 tsp	cinnamon, ground	5 mL
3/4 tsp	salt	4 g
	pepper to taste	

- 1 In a saucepan, bring 10 cups (2.5 L) of water to a boil; add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 45 to 50 minutes.
- 2 Wash the apples, remove the cores, and dice into 1/4-inch (1/2-cm) pieces.

- 3** In the bowl, combine the cooked brown rice with the diced apple and red pepper, green onions, celery, and parsley.
- 4** Combine the vinaigrette ingredients in a jar or bowl and mix well, until slightly thickened. Stir into the rice mixture. Cool.
- 5** Wash and shred the lettuce. For each serving, place 1/2 cup (125 mL) of the rice salad on a small bed of the shredded lettuce.

- Mix red apples with green peppers, or green apples with red peppers, to enhance the confetti effect.
- Brightly coloured vegetables and apple pieces enhance the eye appeal.
- For a complete main dish combo, try adding 2 1/2 cups (625 mL) of diced, cooked chicken to this mixture. Serve with a small whole wheat roll and you have a healthy high-fibre meal.

Celery

Note: Children must wash their hands.



- 1** Celery is a cold-weather crop that is becoming more popular in Nova Scotia gardens. Celery is crisp and juicy and can be eaten either raw or cooked. It mixes well with other vegetables and adds flavour to all sorts of dishes.
 - Check out a local farmers' market to find a few bunches of celery that are firm and tightly formed, with evenly shaped stalks and fresh-looking leaves. At the same time, pick up a bunch of carrots with the tops on, a bunch of parsley, a few parsnips and a fennel. Wash the vegetables.
 - Let the children feel and smell the celery.
- 2** Celery belongs to the same family as carrots, parsnips, fennel, anise and caraway.
 - Ask the children if they remember other vegetables that belong to a particular family (broccoli, cauliflower and Brussels sprouts).
 - Arrange the celery with the carrots, parsley, parsnip and fennel. Put one celery bunch aside.
 - Let the children smell the carrots, parsley and fennel. Ask the children if they notice differences in the smells. The fennel, especially, will smell different; it smells like licorice. The parsley and carrots have a similar smell.
 - Ask the children to look for things that are similar between the celery and its family. For example, the root base of the fennel is similar to that of celery, and the carrots and parsnips may be shaped the same.
 - Peel the fennel, carrots and parsnips. Cut the celery, fennel, carrots and parsnips into sticks (see the text box on next page). Gently stir-fry the vegetables for four to five minutes and offer each child a sample for tasting. Leftovers may be served for lunch. This shows the children how well celery goes with other vegetables, especially vegetables in its own family.
- 3** Using the celery plant that was put aside, show the children the parts of a celery plant.
 - Celery has a root base that was cut between the plant and the soil.
 - Celery consists of long, thick, firm stalks that surround an inner, more tender, heart.
 - The celery stalks extend into leafy tops. The leafy tops are often trimmed away, but are great added to soups and stews.
 - The outer stalks are most often greener, and the inner stalks are whiter in colour.

4 How does water travel through the stalk and into its leaves?

- Provide each child with two plastic cups, half-filled with water. Add a few drops of food colouring: red in one cup and blue in the other. The children should label their cups with their name.
- Provide each child with a leafy celery stalk that has been cut up the middle. Ask the children to put half of the celery stalk in the blue cup and the other half in the red cup. Place the celery stalks in a warm, light place. Look at the celery after an hour. What has happened to the stalks? Leave your experiment for a night and then look at it again. What do the leaves look like now? This experiment shows how water travels through the celery stalk and into its leaves.
- Plants have vessels that carry water up from the roots to the rest of the plant. This explains why celery is so crisp.

Celery and Young Children

- Raw pieces of celery can cause children to choke if not chewed properly.
- For children under four years old, chop celery into sticks not more than 1/4 inch (1/2 cm) in diameter. The sticks can be simmered for two minutes to soften them before serving.

Super Zesty Tuna Cakes



Adapted from allrecipes.com

1 9" x 13" baking pan

Yield: 6

Serving Size: 1 cake

Cost per serving: \$0.60



1 Super Zesty Tuna Cake is 1/2 MEAT AND ALTERNATIVES Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 cake and should be offered more if still hungry. Some children may need to eat more than 1 cake to satisfy their hunger. Leftover Super Zesty Tuna Cakes freezes well.

1 6-oz can	light tuna, drained and flaked	1 170-g can
1	eggs, lightly beaten	1
1 tsp	canola oil	5 mL
1 Tbsp	lemon juice	15 mL
1/3 cup	celery, finely chopped	75 mL
1/2 cup	branflake crumbs, finely crushed	125 mL

- 1 Preheat oven to 350°F.
- 2 In a bowl, mix together the tuna, egg, oil, lemon juice, celery, and 1/3 cup (75 mL) of the branflake crumbs.
- 3 Shape the mixture into 2 1/2-inch cakes by lightly packing it into a 1/3-cup (75-mL) measure. Spread a piece of plastic wrap on the counter, sprinkle with about 2 Tbsp (30 mL) of the remaining crumbs, turn the measure on to the plastic wrap, tap to release the tuna cake, and press into the crumbs. Continue making the cakes, adding more crumbs as necessary. Sprinkle the tops of the cakes with the remaining crumbs.
- 4 Lightly grease the baking pan with a thin film of oil. Place the cakes on the pan.
- 5 Bake for 5 minutes, turn over, and bake for 5 minutes more.

- Tuna and celery make a healthy combination. Serve with a small whole wheat roll as a tuna burger.
- The Standards for Food and Nutrition in Regulated Child Care Settings recommend serving fish at least once per week.
- Light tuna, made from Skipjack or Yellowfin, is recommended.
- Celery is best during the months when it is available locally.
- This recipe goes well with Cucumber Yogurt Maple Salad (see May recipes).

Super Zesty Tuna Cakes



Adapted from allrecipes.com

3 9" x 13" baking pans

Yield: 36

Serving Size: 1 cake

Cost per serving: \$0.60



1 Super Zesty Tuna Cake is 1/2 MEAT AND ALTERNATIVES Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 cake and should be offered more if still hungry. Some children may need to eat more than 1 cake to satisfy their hunger. Leftover Super Zesty Tuna Cakes freezes well.

6	6-oz cans	light tuna, drained and flaked	6	170-g cans
6		eggs, lightly beaten	6	
1/4 cup		canola oil	50 mL	
1/3 cup		lemon juice	75 mL	
1/2 lb		celery, finely chopped	225 g	
3 cups		branflake crumbs, finely crushed	750 mL	

- 1 Preheat oven to 350°F.
- 2 In a bowl, mix together the tuna, egg, oil, lemon juice, celery, and 2 cups (500 mL) of the branflake crumbs.
- 3 Shape the mixture into 2 1/2-inch cakes by lightly packing it into a 1/3-cup (75-mL) measure. Spread a piece of plastic wrap on the counter, sprinkle with about 2 Tbsp (30 mL) of the remaining crumbs, turn the measure on to the plastic wrap, tap to release the tuna cake, and press into the crumbs. Continue making the cakes, adding more crumbs as necessary. Sprinkle the tops of the cakes with the remaining crumbs.
- 4 Lightly grease the baking pans with a thin film of oil. Place the cakes on the pans.
- 5 Bake for 5 minutes, turn over, and bake for 5 minutes more.

- Tuna and celery make a healthy combination. Serve with a small whole wheat roll as a tuna burger.
- The Standards for Food and Nutrition in Regulated Child Care Settings recommend serving fish at least once per week.
- Light tuna, made from Skipjack or Yellowfin, is recommended.
- Celery is best during the months when it is available locally.
- This recipe goes well with Cucumber Yogurt Maple Salad (see May recipes).

Celery & Broccoli Soup



Adapted from *Chowders, Bisques and Soups: Recipes from Canada's Best Chefs*, Elaine Elliot and Virginia Lee, 2004

1 medium pot

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.44



1/2 cup Celery & Broccoli Soup is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Celery & Broccoli Soup freezes well.

2 1/2 cups	water	625 mL
1/2 tsp	chicken bouillon powder	2 mL
2 cups	broccoli, chopped	500 mL
1/3 cup	onion, chopped	75 mL
1 cup	celery, chopped	250 mL
3/4 cup	evaporated milk	175 mL
	pepper to taste	
1/2 cup	cream cheese	125 mL

- 1 In a saucepan, combine the water and bouillon powder. Add the broccoli, onion, and celery. Bring to a boil, reduce the heat to medium, cover, and simmer until the vegetables are soft, about 15 to 20 minutes.
- 2 Purée the soup; watch for and remove small threads of celery.
- 3 Return the soup to the saucepan over medium to low heat. Add the evaporated milk and season with pepper to taste. Stir.
- 4 Just before serving, add the cream cheese to the soup mixture. Stir until well blended.
- 5 Serve in bowls or mugs.

Cream cheese is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) cream cheese.

- The chicken bouillon powder provides the sodium in this recipe. No extra salt is needed. Use reduced-sodium bouillon powder, which contains about 25 percent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp of bouillon (5 g). If using bouillon cubes, crumble the cube and measure accordingly.
- Choose celery that looks crisp and snaps easily when pulled apart. The leaves should be bright green and free from yellow or brown patches.
- Serve with a whole wheat roll or a slice of whole wheat bread.

Celery & Broccoli Soup



Adapted from *Chowders, Bisques and Soups: Recipes from Canada's Best Chefs*, Elaine Elliot and Virginia Lee, 2004

1 10-quart (10-L) pot

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.44



1/2 cup Celery & Broccoli Soup is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Celery & Broccoli Soup freezes well.

12 cups	water	3 L
4 tsp	chicken bouillon powder	13 g
3 lbs	broccoli, chopped	1.5 kg
1 lb	onion, chopped	454 g
2 lbs	celery, chopped	1 kg
3 12-oz cans	evaporated milk	3 370-mL cans
	pepper to taste	
1 1/2 lbs	cream cheese	700 g

- 1 In a saucepan, combine the water and bouillon powder. Add the broccoli, onion, and celery. Bring to a boil, reduce heat to medium, cover, and simmer until the vegetables are soft, about 15 to 20 minutes.
- 2 Purée the soup; watch for and remove small threads of celery.
- 3 Return the soup to the saucepan over medium to low heat. Add the evaporated milk and season with pepper to taste. Stir.
- 4 Just before serving, add the cream cheese to the soup mixture. Stir until well blended.
- 5 Serve in bowls or mugs.

Cream cheese is a condiment in this recipe. Each serving provides 1 Tbsp (15 mL) cream cheese.

- The chicken bouillon powder provides the sodium in this recipe. No extra salt is needed. Use reduced-sodium bouillon powder, which contains about 25 percent less sodium than regular bouillon powder. Bouillon packets or cubes may be used instead of bouillon powder. Each packet of bouillon contains 1 1/2 tsp of bouillon (5 g). If using bouillon cubes, crumble the cube and measure accordingly.
- Choose celery that looks crisp and snaps easily when pulled apart. The leaves should be bright green and free from yellow or brown patches.
- Serve with a whole wheat roll or a slice of whole wheat bread.

Beets

Note: Children must wash their hands.



Beets are a traditional cold-weather root vegetable in Nova Scotia.

- 1 What is a root vegetable? Root vegetables grow underneath the ground.
 - Look for some fresh beets (with the greens attached) at your local farmers' market. Place the beets in a small pail and cover the beetroot with planting soil. The leaves and stalks should be visible above the planting soil.
 - Show the children the beets in the small pail. Explain to the children that beets grow underground. Show the children how the beets are removed from the soil by pulling up at the bottom of the stalk where it meets the soil. This is exactly how beets are picked.
 - Lay the beets on a table and show their parts to the children:



LEAVES: The leaves are edible and tasty too, especially when they are young.

STALKS: The stalks support the leaves.

BEETROOT: The beetroot grows below the ground. It is the pulp that we eat.

BEET SKIN: The skin covers the beetroot, it is not edible and is removed after cooking.

2 How do you eat beets? Beets are most often boiled or roasted before they can be eaten. Once they are cooked the skins can easily be removed and the beet pulp becomes soft, so that it can be eaten. Children are attracted to the bright colour and sweet flavour of beets.

- Brush the soil away from the beets. Cut the stalks from the beets, leaving about 2 inches (5 cm) of stalk above the beet. Wash the beets in a large plastic bin. The children may like to help with this. Discuss the importance of washing the beets with the children.
- Roasting: Place the beets on a baking sheet covered with aluminum foil. Drizzle with oil and cover loosely with more foil. Bake at 375°F for at least an hour or until a fork easily pushes through the beets. The larger the beet, the longer the cooking time. Cool and remove the skins.
- Boiling: Place the beets in a pot with water. Simmer gently for 45 minutes to an hour or until a fork easily pushes through the beets. Drain and place under cold water. This will help to remove the skins.
- Thinly slice the beets or dice them into bite-size pieces. Provide each child with a small portion cup with 1 Tbsp (15 mL) of beets.

Note: It may work better to cook the beets before the session with the children.

3 Beets are also available and ready to eat in a can. Canned beets are a quick and easy way to enjoy beets. The Harvard Beets recipe is a quick recipe to prepare with canned beets, and may be another way to provide a tasting of beets for the children.

Harvard Beets



Adapted from *Canadian Cookbook*, Nellie Lyle Pattinson

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.26



1/2 cup Harvard Beets is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Harvard Beets freezes well.

4 cups (2 14-oz cans)	cooked or canned beets	1 L (2 398-mL cans)
1/4 cup	white granulated sugar	50 mL
2 Tbsp	cornstarch	30 mL
pinch	salt	pinch
1/4 tsp	thyme, dried	1 mL
	pepper to taste	
1/4 cup	unsweetened orange juice	50 mL
1 cup	water (or the reserved juice from the canned beets)	250 mL
2 tsp	non-hydrogenated margarine	10 mL

- 1 Preheat oven to 350°F.
- 2 If the beets are whole, cut them into thin slices or 1/4-inch (1/2-cm) cubes.
- 3 In a saucepan, mix the sugar, cornstarch, salt, thyme, and pepper to taste. Add the orange juice and water or beet juice. Stir until the mixture is smooth and there are no visible lumps of cornstarch.
- 4 Cook the cornstarch mixture until it thickens.
- 5 Place the beets in the pot. Stir in the cornstarch mixture and heat for 20 minutes to allow the beets to absorb the flavour of the cornstarch mixture.
- 6 Stir in the margarine just before serving.

- Harvard Beets combine a thickened sweet and sour sauce with sliced or cubed beets.
- They may be served as a side dish with any sandwich, wrap or entrée selection.

Harvard Beets



Adapted from *Canadian Cookbook*, Nellie Lyle Pattinson

1 10-quart (10-L) pot

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.26



1/2 cup Harvard Beets is 1 VEGETABLES AND FRUIT Canada's Food Guide

serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Harvard Beets freezes well.

15 lbs (12 14-oz cans)	cooked or canned beets	7 kg (12 398-mL cans)
1 1/2 cups	white granulated sugar	300 g
1/2 cup	cornstarch	65 g
1 tsp	salt	5 g
1 tsp	thyme, dried	5 mL
	pepper to taste	
1 1/2 cups	unsweetened orange juice	375 mL
4 cups	water (or the reserved juice from the canned beets)	1 L
1/2 cup	non-hydrogenated margarine	125 g

- 1 Preheat oven to 350°F.
- 2 If the beets are whole, cut them into thin slices or 1/4-inch (1/2-cm) cubes.
- 3 In a saucepan, mix the sugar, cornstarch, salt, thyme, and pepper to taste. Add the orange juice and water or beet juice. Stir until the mixture is smooth and there are no visible lumps of cornstarch.
- 4 Cook the cornstarch mixture until it thickens.
- 5 Place the beets in the pot. Stir in the cornstarch mixture and heat for 20 minutes to allow the beets to absorb the flavour of the cornstarch mixture.
- 6 Stir in the margarine just before serving.

- Harvard Beets combine a thickened sweet and sour sauce with sliced or cubed beets.
- They may be served as a side dish with any sandwich, wrap or entrée selection.

Hard-to-Beet Dip



Adapted from *Recettes de filles*, Marabout Chef

Yield: 10

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.25



1/4 cup Hard-to-Beet Dip is 1/2 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup to satisfy their hunger. Leftover Hard-to-Beet Dip freezes well.

2	14-oz cans	sliced beets	2	398-mL cans
1		garlic clove	1	
1/4 cup		yogurt, plain		50 mL
2 Tbsp		tahini sesame seed paste		30 mL
1 Tbsp		lemon juice		15 mL
1/2 tsp		salt		2 mL
		pepper to taste		

- 1 Drain the beets. Remove the skin from the garlic clove.
- 2 Place the beets, garlic, yogurt, tahini, lemon juice, and salt and pepper to taste in a food processor. Process until the mixture is smooth and well blended.
- 3 Serve in 1/4-cup (50-mL) servings. Thinly sliced carrot sticks and celery sticks go well with this dip mixture.

- Tahini is a paste that is made from ground sesame seeds. It is a common ingredient in Middle Eastern countries. It is an optional ingredient in this recipe.

Hard-to-Beet Dip



Adapted from *Recettes de filles*, Marabout Chef

Yield: 40

Serving Size: 1/4 cup (50 mL)

Cost per serving: \$0.25



1/4 cup Hard-to-Beet Dip is 1/2 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 2 Tbsp and should be offered more if still hungry. Some children may need to eat more than 1/4 cup to satisfy their hunger. Leftover Hard-to-Beet Dip freezes well.

8	14-oz cans	sliced beets	8	398-mL cans
4		garlic cloves	4	
1 cup		yogurt, plain	250 mL	
1/2 cup		tahini sesame seed paste	125 mL	
1/4 cup		lemon juice	50 mL	
2 tsp		salt	10 g	
		pepper to taste		

- 1 Drain the beets. Remove the skin from the garlic cloves.
- 2 Place the beets, garlic, yogurt, tahini, lemon juice, and salt and pepper to taste in a food processor. Process until the mixture is smooth and well blended.
- 3 Serve in 1/4-cup (50-mL) servings. Thinly sliced carrot sticks and celery sticks go well with this dip mixture.

- Tahini is a paste that is made from ground sesame seeds. It is a common ingredient in Middle Eastern countries. It is an optional ingredient in this recipe.



Brussels Sprouts

Note: Children must wash their hands.

1 Brussels sprouts are a late fall and winter vegetable that has become more available and more popular. Brussels sprouts look like miniature heads of cabbage.

- Show the children the parts of the Brussels sprouts plant.
- Brussels sprouts grow as small leafy heads on a thick and long plant stalk.
- Brussels sprouts should be about 1 inch (2.5 cm) in diameter, and firm with green outer leaves.
- Show the children how the size of the Brussels sprouts changes as you move up the stalk. Do they become smaller or larger as you move to the top of the stalk?
- Let the children remove the individual Brussels sprouts from the stalk. With a slight twist and pull the Brussels sprouts should come away from the stalks. The children may need help with this.
- Ask the children to describe the Brussels sprouts – are they like little cabbages, golf balls or pompoms?
- Ask the children to smell the Brussels sprouts – do they smell like cabbages and broccoli? Brussels sprouts come from the same family as cabbages, broccoli and cauliflowers.



2 Cut an individual Brussels sprout in half.

- The inner leaves of the Brussels sprouts are light yellow and fairly tightly arranged around the centre.
- Remove all of the Brussels sprouts from a stalk.
- Have the children wash the Brussels sprouts in a large plastic bin of water. Discuss with the children why it is important to wash the Brussels sprouts.
- Simmer enough Brussels sprouts for each child to have a taste.

- 3** Let each child have a cooked Brussels sprout for tasting.
- Provide each child with a small bowl.
 - Give each child a cooked Brussels sprout. *Note: For children under four years old, cut the Brussels sprouts into halves or quarters.*
 - Ask the children to describe the taste and texture of the cooked Brussels sprout (e.g., crunchy, strong, sour, sweet).
 - Make a smiley-face handout for the children to record how much they liked the Brussels sprouts! This type of scale is known as a hedonic scale.



Dislike
very much



Dislike
a little



Not sure



Like
a little



Like
very much

- 4** Brussels sprouts are excellent boiled, braised, stir-fried or roasted. Try the Apple Cinnamon Brussels Sprouts recipe with the leftover Brussels sprouts.

Creole Brussels Sprouts



Adapted from cooks.com

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.33



1/2 cup Creole Brussels Sprouts is 1 VEGETABLES AND FRUIT Canada's

Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Creole Brussels Sprouts freezes well.

1	garlic clove	1
1	medium onion	1
1	green pepper	1
2 Tbsp	canola oil	30 mL
1 19-oz can	tomatoes, diced, reduced sodium	1 540-mL can
	pepper to taste	
1/4 tsp	basil, dried	1 mL
1 lb (4 cups)	Brussels sprouts	454 g (1 L)
1/4 cup	cheddar or mozzarella cheese, grated	50 mL

- 1 Preheat oven to 350°F.
- 2 Peel and chop the garlic clove.
- 3 Peel and dice the onion.
- 4 Wash the green pepper. Slice it in half and remove the seeds from inside. Cut into slices and dice into 1/4-inch (1/2-cm) pieces.
- 5 Heat the canola oil in a frying pan. Sauté the garlic, onion and green pepper until soft.
- 6 Add the tomatoes, pepper to taste and basil to the green pepper mixture. Simmer for 20 minutes.
- 7 Transfer the mixture into the baking pan.

- 8** Wash the Brussels sprouts under running water. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each of the Brussels sprouts. There should be 4 cups (1 L) quartered Brussels sprouts.
- 9** Combine the Brussels sprouts with the tomato mixture.
- 10** Top with the cheese. Bake for 25 to 30 minutes, until the Brussels sprouts are tender to a fork.

- Serve with any sliced meat.
- Creole Brussels Sprouts go well with Zesty Zucchini Rice (see July recipes).
- This recipe looks like traditional meatballs in tomato sauce, and is a fun way to introduce Brussels sprouts to children.

Creole Brussels Sprouts



Adapted from cooks.com

3 9" x 13" baking pans

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.33



1/2 cup Creole Brussels Sprouts is 1 VEGETABLES AND FRUIT Canada's

Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Creole Brussels Sprouts freezes well.

6	garlic cloves	6
1 lb	onions	454 g
2 lbs	green peppers	1 kg
3/4 cup	canola oil	175 mL
6 19-oz cans	tomatoes, diced, reduced sodium	6 540-mL cans
	pepper to taste	
1 1/2 tsp	basil, dried	7 mL
6 lbs	Brussels sprouts	2.5 kg
6 oz	cheddar or mozzarella cheese, grated	180 g

- 1 Preheat oven to 350°F.
- 2 Peel and chop the garlic cloves.
- 3 Peel and dice the onions.
- 4 Wash the green peppers. Slice them in half and remove the seeds from inside. Cut into slices and dice into 1/4-inch (1/2-cm) pieces.
- 5 Heat the canola oil in a frying pan. Sauté the garlic, onion and green pepper until soft.
- 6 Add the tomatoes, pepper to taste and basil to the green pepper mixture. Simmer for 20 minutes.
- 7 Distribute the mixture among the 3 baking pans.

- 8** Wash the Brussels sprouts under running water. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each of the Brussels sprouts.
- 9** Distribute the Brussels sprouts evenly among the 3 baking pans. Combine the Brussels sprouts and the tomato mixture.
- 10** Spread 1/2 cup (125 mL) of the cheese over each of the pans. Bake for 35 to 40 minutes, until the Brussels sprouts are tender to a fork.

- Serve with any sliced meat.
- Creole Brussels Sprouts go well with Zesty Zucchini Rice (see July recipes).
- This recipe looks like traditional meatballs in tomato sauce, and is a fun way to introduce Brussels sprouts to children.

Apple Cinnamon Brussels Sprouts



Adapted from epicurious.com

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.20



1/2 cup Apple Cinnamon Brussels Sprouts is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

Leftover Apple Cinnamon Brussels Sprouts freezes well.

3 Tbsp	non-hydrogenated margarine	45 mL
1/2 cup	apple juice	125 mL
1/2 tsp	cinnamon, ground	2 mL
2 Tbsp	brown sugar, lightly packed	30 mL
1	medium apple	1
1 lb (4 cups)	Brussels sprouts	454 g

- 1 Preheat oven to 350°F.
- 2 Melt the margarine.
- 3 Combine the margarine with the apple juice, cinnamon and brown sugar. Simmer gently while preparing and cooking the Brussels sprouts. The mixture should become thick and syrup-like before being mixed with the Brussels sprouts.
- 4 Wash and core the apple. Slice, and dice into 1/4-inch (1/2-cm) pieces. Combine the diced apple with the apple juice mixture.
- 5 Wash the Brussels sprouts under running water. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each Brussels sprout. There should be 4 cups (1 L) quartered Brussels sprouts.
- 6 Simmer the Brussels sprouts with the lid off for 6 to 8 minutes until tender to a fork. Drain well and transfer to the baking pan. Cover the Brussels sprouts with the apple juice mixture and stir well until all of the Brussels sprouts are covered. Serve immediately. Continue to mix the apple juice mixture over the sprouts when serving.

- This truly Nova Scotia recipe combines apple juice, apples, cinnamon and Nova Scotia-grown Brussels sprouts.
- The tasty syrupy mixture adds richness to the Brussels sprouts and enhances their natural nutty flavour.

Apple Cinnamon Brussels Sprouts



Adapted from epicurious.com

1 large roasting pan

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.20



1/2 cup Apple Cinnamon Brussels Sprouts is 1 VEGETABLES AND FRUIT

Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Apple Cinnamon Brussels Sprouts freezes well.

1 cup	non-hydrogenated margarine	250 g
2 1/2 cups	apple juice	625 mL
2 tsp	cinnamon, ground	10 mL
1/2 cup	brown sugar, lightly packed	75 g
6	medium apples	6
6 lbs	Brussels sprouts	2.5 kg

- 1 Preheat oven to 350°F.
- 2 Melt the margarine.
- 3 Combine the margarine with the apple juice, cinnamon and brown sugar. Simmer gently while preparing and cooking the Brussels sprouts. The mixture should become thick and syrup-like before being mixed with the Brussels sprouts.
- 4 Wash and core the apples. Slice, and dice into 1/4-inch (1/2-cm) pieces. Combine the diced apple with the apple juice mixture.
- 5 Wash the Brussels sprouts under running water. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each Brussels sprout.
- 6 In a large pot, simmer the Brussels sprouts with the lid off for 6 to 8 minutes until tender to a fork. Drain well and transfer to a large roasting pan. Cover the Brussels sprouts with the apple juice mixture and stir well until all of the Brussels sprouts are covered. Serve immediately. Continue to mix the apple juice mixture over the sprouts when serving.

- This truly Nova Scotia recipe combines apple juice, apples, cinnamon and Nova Scotia-grown Brussels sprouts.
- The tasty syrupy mixture adds richness to the Brussels sprouts and enhances their natural nutty flavour.

December

Cranberries

Promotional Ideas

Recipes:

Oatmeal Cranberry Cookies
Cranberry Couscous

Pears

Promotional Ideas

Recipes:

Ginger Baked Pears
Peachy Glazed Pears

Carrots

Promotional Ideas

Recipes:

Power Gold Smoothies
Spicy Asian Pork

Cabbage

Promotional Ideas

Recipes:

Cabbage & Rutabaga Salad
Crispy Chinese Coleslaw

Brussels Sprouts

Promotional Ideas

Recipes:

Chicken, Brussels Sprouts & Red Pepper Stir-Fry
Orange Marmalade-Glazed Brussels
Sprouts





Cranberries

Note: Children must wash their hands.

- 1 Cranberries are part of our Nova Scotia native heritage. They grow on low-running vines in bogs and marshes. Check out your community to see if there is a cranberry bog near you!
 - Ask the children if they remember any other fruit that grows on a vine (e.g., grapes).



- 2 Prepare a large bowl or box of cranberries. Wash the cranberries. Let each child run his or her hands through the cranberries. Ask the children what they feel like (e.g., balls, marbles, puff balls).
 - Ask the children to describe the cranberries according to colour, shape, and smell.
- 3 Spread some cranberries out over a table:
 - Are all of the cranberries completely red? A ripe cranberry is completely red.
 - Cranberries are red, round, shiny and firm.
 - Cut a cranberry open to show the children its insides. How does the inside of the cranberry compare to its outside?
 - Look for the seeds inside the cranberry.



4 Bouncing the cranberries:

- The children may enjoy the story of John “Peg Leg” Webb, who in 1880 discovered that a ripe cranberry, that is ready for eating, will bounce. John dropped a box of cranberries down a set of stairs and realized that only the freshest and ripest cranberries bounced to the bottom of the stairs. The ones that did not bounce were either bruised or not ready for eating. Even today a version of this test is performed to determine the ripeness of cranberries as they are picked.
- Let the children take turns bouncing one or two cranberries from the table and let all the children join in to announce whether a cranberry is ripe or not ripe.

5 *The children should re-wash their hands.* Provide each child with a small dish containing two or three washed cranberries. Let the children taste the cranberries. *Note: Cut the cranberries in quarters for children under four years old (see the text box below).* Ask the children to describe what the cranberries taste like (e.g., tart, sour, too hard).

6 Ask the children to think of ways that they can eat cranberries (e.g., pancakes, muffins, scones, smoothies and sauce). Serve Cranberry-Glazed Meatballs (see April recipes).

- Leftover cranberries are easy to freeze for later use. Wash the cranberries, drain, and place in a freezer bag in the freezer. They are easy to use all year round.

Cranberries and Young Children

- Large pieces of cranberries can be a choking hazard if not chewed properly. Cranberry pieces should be small enough to avoid choking.
- For children under four years old, cut the cranberries in halves and further cut each half in two to make quarters.

Oatmeal Cranberry Cookies



Adapted from *The Canadian Living Light and Healthy Cookbook*, Margaret Fraser, 1991

2 11" x 17" sheet pans

Yield: 30

Serving Size: 1 cookie

Cost per serving: \$0.07



1 Oatmeal Cranberry Cookie is 1/4 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer 1/2 cookie and should be offered more if still hungry. Some children may need to eat more than 1 cookie to satisfy their hunger. Leftover Oatmeal Cranberry Cookies freezes well.

1/2 cup	non-hydrogenated margarine	125 mL
1/2 cup	white granulated sugar	125 mL
1/2 cup	brown sugar, lightly packed	125 mL
1	egg	1
1 cup	whole wheat flour	250 mL
1 cup	rolled oats	250 mL
1/4 cup	wheat germ	50 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
1 cup	fresh or frozen cranberries, chopped	250 mL

- 1 Preheat oven to 350°F.
- 2 In a large bowl, cream the margarine with the white and brown sugars; beat in the egg.
- 3 In another bowl, combine the flour, oats, wheat germ, baking powder, and baking soda. Add to the creamed mixture and mix well. Stir in the cranberries.
- 4 Drop from a tablespoon on to the lightly greased sheet pans. (Be sure to get 30 cookies from this recipe.) Flatten slightly with a wet fork.
- 5 Bake for about 12 minutes or until lightly golden.

Cookie Tips

- Cookies should be of a uniform thickness and size so they will bake in the same amount of time.
- Cookie sheets with little or no sides will allow the cookies to bake more quickly.
- The sheet pan should be either cool or at room temperature when the cookie dough is placed on it, so the dough does not start to melt, affecting the cookies' shape and texture.

Oatmeal Cranberry Cookies



Adapted from *The Canadian Living Light and Healthy Cookbook*, Margaret Fraser, 1991

4 11" x 17" sheet pans

Yield: 60

Serving Size: 1 cookie

Cost per serving: \$0.07



1 Oatmeal Cranberry Cookie is 1/4 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer 1/2 cookie and should be offered more if still hungry. Some children may need to eat more than 1 cookie to satisfy their hunger. Leftover Oatmeal Cranberry Cookies freezes well.

1 cup	non-hydrogenated margarine	250 g
1 cup	white granulated sugar	200 g
1 cup	brown sugar, lightly packed	150 g
2	eggs	2
2 cups	whole wheat flour	240 g
2 cups	rolled oats	200 g
1/2 cup	wheat germ	30 g
2 tsp	baking powder	10 g
2 tsp	baking soda	10 g
1/2 lb (2 cups)	fresh or frozen cranberries, chopped	225 g

- 1 Preheat oven to 350°F.
- 2 In a large bowl, cream the margarine with the white and brown sugars; beat in the eggs.
- 3 In another bowl, combine the flour, oats, wheat germ, baking powder, and baking soda. Add to the creamed mixture and mix well. Stir in the cranberries.
- 4 Drop from a tablespoon on to the lightly greased sheet pans. (Be sure to get 60 cookies from this recipe.) Flatten slightly with a wet fork.
- 5 Bake for about 12 minutes or until lightly golden.

Cookie Tips

- Cookies should be of a uniform thickness and size so they will bake in the same amount of time.
- Cookie sheets with little or no sides will allow the cookies to bake more quickly.
- The sheet pan should be either cool or at room temperature when the cookie dough is placed on it, so the dough does not start to melt, affecting the cookies' shape and texture.

Cranberry Couscous



Adapted from *Canadian Living Magazine*, November 2003

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.31



1/2 cup Cranberry Couscous is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Cranberry Couscous freezes well.

1	medium onion	1
2	celery stalks	2
2	garlic cloves	2
1 Tbsp	canola oil	15 mL
1/2 Tbsp	rosemary, dried	7 mL
1/4 tsp	salt	1 mL
	pepper to taste	
1 1/2 cups	cranberry juice	375 mL
1 cup	whole wheat couscous	250 mL
1/4 cup	dried cranberries, chopped	50 mL

- 1 Chop the onion and celery. Remove the skins from the garlic cloves and chop or mince.
- 2 On a stovetop over medium heat, cook the onion, celery, garlic and rosemary in the oil until soft (10 to 15 minutes). Stir often. Add the seasonings.
- 3 Add the cranberry juice and bring the mixture to a boil. Stir in the couscous. Remove from the heat. Cover and let stand until the couscous has absorbed all of the liquid.
- 4 Fluff with a fork, removing all lumps and pieces that stick together. Stir in the dried cranberries.

- Couscous is an inexpensive and highly nutritive product that is usually made from wheat.
- It is commonly eaten in Africa and the Mediterranean region.

Cranberry Couscous



Adapted from *Canadian Living Magazine*, November 2003

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.31



1/2 cup Cranberry Couscous is 1 GRAIN PRODUCTS and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Cranberry Couscous freezes well.

6	medium onions	6
1 bunch	celery	1 bunch
12	garlic cloves	12
1/2 cup	canola oil	125 mL
3 Tbsp	rosemary, dried	45 mL
1 tsp	salt	5 g
	pepper to taste	
8 cups	cranberry juice	2 L
2 1/2 lbs	whole wheat couscous	1 kg
1/4 lb (1 cup)	dried cranberries, chopped	120 g

- 1 Chop the onions and celery. Remove the skins from the garlic cloves and chop or mince.
- 2 On a stovetop over medium heat, cook the onions, celery, garlic and rosemary in the oil until soft (10 to 15 minutes). Stir often. Add the seasonings.
- 3 Add the cranberry juice and bring the mixture to a boil. Stir in the couscous. Remove from the heat. Cover and let stand until the couscous has absorbed all of the liquid.
- 4 Fluff with a fork, removing all lumps and pieces that stick together. Stir in the dried cranberries.

- Couscous is an inexpensive and highly nutritive product that is usually made from wheat.
- It is commonly eaten in Africa and the Mediterranean region.



Pears

Note: Children must wash their hands.

- 1** Fresh pears may be available until the end of December at some of the larger farmers' markets. If not, check out your local supermarket for firm pears that are not blemished or bruised.
 - Cut a pear in half and review its anatomy. It may be helpful to refer to the Pears Promotional Ideas for October.
- 2** Children will prepare the Maple Granola Bartlett Pears recipe on next page. Each child will core a pear. Pears should be washed and cut in half; the skins do not need to be removed.
- 3** Canned pears are a healthy way to enjoy pears when fresh pears are not available.
 - Show the children the variety of canned pears that are available in local stores. Canned pears are available in various sizes (e.g., 19 ounces/540 mL or 28 ounces/798 mL) and they come in halves or slices.
 - Show the children the labels. Look for "No Sugar Added" on the labels. Ask the children to see if they can find this on other labels.
 - Offer the children a sample of diced canned pears in a small portion cup. Ask the children to describe the taste and texture of the canned pears (e.g., sweet, soft, mushy).
- 4** Children may enjoy the storybook *Too Many Pears* by Jackie French. This is a delightful story about Pamela the cow who is crazy about pears. Look for this book at your local library, bookstore or online bookstore.



Maple Granola Bartlett Pears

- 1** Provide each child with a pear half and a small spoon.
- 2** Show the children how to remove the core from the pear by digging into the pear so that the spoon is underneath the seeds. By lifting up on the spoon, the core and seeds should be removed.
- 3** Children should continue to make the hole large enough to hold approximately 1 or 2 Tbsp (15 or 30 mL) filling.
- 4** Provide each child with a portion cup with 1 to 2 Tbsp (15 to 30 mL) of the Crunchy Nova Scotia Granola recipe (see April recipes). Ask the children to fill their pear hole with the granola.
- 5** Cover a baking pan with parchment paper. Place all of the pear halves on the baking pan and drizzle with 1 Tbsp (15 mL) maple syrup and margarine combined, according to the recipe of 2 parts maple syrup to 1 part margarine. Label the name of each child according to his or her pear half.
- 6** Bake for 35 to 40 minutes at 350°F until the pear is soft. Serve for lunch or a snack.

Ginger Baked Pears



Adapted from allrecipes.com

1 9" x 9" baking pan

Yield: 8

Serving Size: 1 whole pear

Cost per serving: \$0.88



1 small Ginger Baked Pear is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/2 pear and should be offered more if still hungry. Some children may need to eat more than 1 pear to satisfy their hunger. Leftover Ginger Baked Pears freezes well.

2 Tbsp	non-hydrogenated margarine	30 mL
3 Tbsp	brown sugar	45 mL
3 Tbsp	apple juice	45 mL
1 tsp	candied ginger, chopped	5 mL
pinch	ginger, ground	pinch
8	small, firm, fresh pears	8
8	frozen raspberries or strawberries (for garnish)	8

- 1 Preheat oven to 350°F.
- 2 Melt the margarine. Stir in the brown sugar, apple juice, candied ginger and ground ginger. Evenly distribute the mixture over the baking pan.
- 3 Wash the pears well. Peel each pear. Slice the bottom so it will stand upright without falling over. Remove the core through the bottom of the pear. (This will enable the pan juices to penetrate the pear flesh.) Try to keep the stems on the pears.
- 4 Place the whole pears in the baking pan. Each pear should stand upright on its own.
- 5 Cover the pan with aluminum foil to keep the pears from drying out. Put the pan into the preheated oven. Remove from the oven every 20 minutes and baste the pears with the pan juices. Continue baking until the flesh is soft to a fork, for 50 to 60 minutes. The baking time will vary according to the ripeness of the fruit.
- 6 Stand each pear upright on a small plate. Spoon any remaining juices from the pan over the whole pears and garnish each with a frozen raspberry or strawberry.

Note: It is important that the pears do not turn brown. See the text box on next page.

- Covering the pears with the pan juices will prevent them from turning brown.
- Leftover cooled pears can be diced into 1/4-inch (1/2-cm) cubes for a snack or at meal time.
- Many fruit recipes use a small amount of an acid ingredient, such as lemon juice, to prevent the browning reaction. To prevent the browning reaction:
 - Brush the fruit with lemon juice OR
 - Mix 1/4 cup (50 mL) lemon juice with 4 cups (1 L) of water. Add the fruit to the water and lemon juice mixture.

Ginger Baked Pears



Adapted from allrecipes.com

3 9" x 13" baking pans

Yield: 48

Serving Size: 1 whole pear

Cost per serving: \$0.88



1 small Ginger Baked Pear is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 pear and should be offered more if still hungry. Some children may need to eat more than 1 pear to satisfy their hunger. Leftover Ginger Baked Pears freezes well.

3/4 cup	non-hydrogenated margarine	175 g
1 cup	brown sugar	150 g
1 cup	apple juice	250 mL
2 Tbsp	candied ginger, chopped	30 mL
1/2 tsp	ginger, ground	2 mL
48	small, firm, fresh pears	48
48	frozen raspberries or strawberries (for garnish)	48

- 1 Preheat oven to 350°F.
- 2 Melt the margarine. Stir in the brown sugar, apple juice, candied ginger, and ground ginger. Evenly distribute the mixture over the 3 baking pans.
- 3 Wash the pears well. Peel each pear. Slice the bottom so it will stand upright without falling over. Remove the core through the bottom of the pear. (This will enable the pan juices to penetrate the pear flesh.) Try to keep the stems on the pears.
- 4 Place the whole pears in the baking pans. Each pear should stand upright on its own.
- 5 Cover the pans with aluminum foil, to keep the pears from drying out. Put the pans into the preheated oven. Remove from the oven every 20 minutes and baste the pears with the pan juices. Continue baking until the flesh is soft to a fork, for 50 to 60 minutes. The baking time will vary according to the ripeness of the fruit.
- 6 Stand each pear upright on a small plate. Spoon any remaining juices from the pans over the whole pears and garnish each with a frozen raspberry or strawberry.

Note: It is important that the pears do not turn brown. See the text box on next page.

- Covering the pears with the pan juices will prevent them from turning brown.
- Leftover cooled pears can be diced into 1/4-inch (1/2-cm) cubes for a snack or at meal time.
- Many fruit recipes use a small amount of an acid ingredient, such as lemon juice, to prevent the browning reaction. To prevent the browning reaction:
 - Brush the fruit with lemon juice OR
 - Mix 1/4 cup (50 mL) lemon juice with 4 cups (1 L) of water. Add the fruit to the water and lemon juice mixture.

Peachy Glazed Pears



Adapted from allrecipes.com

1 9" x 13" baking pan

Yield: 8

Serving Size: 1 pear half

Cost per serving: \$0.72



1 Peachy Glazed Pear half is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 pear and should be offered more if still hungry. Some children may need to eat more than 1 pear half to satisfy their hunger. Leftover Peachy Glazed Pears freezes well.

4	medium, firm, fresh pears	4
2 Tbsp	non-hydrogenated margarine	30 mL
3 Tbsp	peach jam	45 mL
1 Tbsp	brown sugar	15 mL
1/3 cup	frozen raspberries	75 mL

- 1 Preheat oven to 350°F.
- 2 Wash the pears well. Cut each pear in half. Remove the core and make a hollow large enough to fit one whole frozen raspberry.
- 3 Melt the margarine. Stir in the peach jam and brown sugar. Evenly distribute the mixture over the baking pan.
- 4 Place the pear halves in the pan flesh-side-down. Bake for 30 to 40 minutes, until the flesh is soft to a fork.
- 5 Place each pear half on a small plate, flesh-side-up. Spoon any remaining pan juices over the pear halves. Garnish each pear half with a frozen raspberry placed in the core hollow.

Peach jam is a condiment in this recipe. Each serving provides 1 tsp (5 mL) jam.

- Nova Scotia Bartlett and Clapp pears are both good choices for this tasty and quick-to-prepare recipe.
- Canned pears, in their own juice, can be substituted for fresh pears in this recipe. Drain the pears before using and decrease the baking time by 15 to 20 minutes.

Peachy Glazed Pears



Adapted from allrecipes.com

3 11" x 17" sheet pans

Yield: 48

Serving Size: 1 pear half

Cost per serving: \$0.72



1 Peachy Glazed Pear half is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 pear and should be offered more if still hungry. Some children may need to eat more than 1 pear half to satisfy their hunger. Leftover Peachy Glazed Pears freezes well.

24	medium, firm, fresh pears	24
1/2 cup	non-hydrogenated margarine	125 g
1 cup	peach jam	250 mL
1/2 cup	brown sugar	75 g
1/2 lb (1 1/2 cups)	frozen raspberries	225 g

- 1 Preheat oven to 350°F.
- 2 Wash the pears well. Cut each pear in half. Remove the core and make a hollow large enough to fit one whole frozen raspberry.
- 3 Melt the margarine. Stir in the peach jam and brown sugar. Evenly distribute the mixture over the sheet pans.
- 4 Place the pear halves on the pans flesh-side-down. Bake for 30 to 40 minutes, until the flesh is soft to a fork.
- 5 Place each pear half on a small plate, flesh-side-up. Spoon any remaining pan juices over the pear halves. Garnish each pear half with a frozen raspberry placed in the core hollow.

Peach jam is a condiment in this recipe. Each serving provides 1 tsp (5 mL) jam.

- Nova Scotia Bartlett and Clapp pears are both good choices for this tasty and quick-to-prepare recipe.
- Canned pears, in their own juice, can be substituted for fresh pears in this recipe. Drain the pears before using and decrease the baking time by 15 to 20 minutes.

Carrots

Note: Children must wash their hands.



Carrots are brightly coloured, crisp and delicious. Most children are familiar with carrots.

- 1 Carrots are a root vegetable. Root vegetables grow underneath the ground. Ask the children if they can think of other root vegetables (e.g., beets, parsnips).
 - Look for some fresh carrots (with the green tops attached) at your local farmers' market. Place the carrots in a small pail and cover them with planting soil. The leaves and stalks should be visible above the planting soil.
 - Show the children the carrots in the small pail. Explain to the children that the carrots are underground. Show the children how the carrots are removed from the soil by pulling up at the bottom of the stalk where it meets the soil. This is exactly how carrots are picked.
 - Lay the carrots on a table and show the parts to the children. Let the children smell and touch the carrots.

LEAVES: The leaves are cut off and discarded.

STALKS: The stalks support the leaves.

CARROT ROOT: The carrot root grows below the ground. It is the pulp that we eat.

CARROT SKIN: The skin covers the carrot; if the carrots are young, it is nice to leave the skin on.

- 2 Experience the flavour of different forms of carrots:
 - Provide the children with samples of both raw and cooked carrot sticks to taste. Carrots should be washed and peeled. *Note: For children under four years old, you can grate the raw carrots or simmer thinly sliced carrot sticks (see the text box on the next page).*
 - Ask the children to describe the taste of the raw carrot and the cooked carrot. Some children may prefer the crunchiness of the raw carrot while others may prefer the sweetness of the cooked carrot.

- 3 Ask the children if they have a favourite food that is made with carrots. Carrots go well in salads, soups, stir-fries, stews, and as a side dish. Children may also enjoy them in muffins and cookies too.
 - For a different twist on carrots, serve the Power Gold Smoothies recipe for a snack. This refreshing snack is a great way to enjoy fruit, vegetables and yogurt all at once.
- 4 A Great Carrot Story: Children are sure to enjoy the classic carrot story *The Carrot Seed* by Ruth Krauss. This delightful tale describes a young boy's determination to plant a carrot seed and watch it grow! Look for it at your local library, bookstore or online bookstore.

Carrots and Young Children

- Large pieces of carrots or carrot coins with a hard texture can be a choking hazard if not chewed properly.
- For children under four years old, you can serve raw grated carrots or chop the carrots into thin stick shapes not more than 1/4 inch (1/2 cm) in diameter and simmer slightly to soften.

Power Gold Smoothies



Adapted from pbhfoundation.org/recipes

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.48



1/2 cup Power Gold Smoothies is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to have more than 1/2 cup to satisfy their hunger. Leftover Power Gold Smoothies freezes well.

2 cups	carrots, grated	500 mL
1/2 cup	unsweetened pineapple juice	125 mL
3/4 cup	apple juice	175 mL
3/4 cup	unsweetened orange juice	175 mL
2 tsp	white granulated sugar	10 mL
1 cup	yogurt, plain	250 mL
1/3 cup	ice cubes	75 mL

- 1 Place the grated carrots in a pot with 1 Tbsp (15 mL) water; stir over low heat until the carrots are soft. This step will result in a smoothie with a smoother consistency; it will also bring out the flavour of the carrots.
- 2 Place the pineapple juice, apple juice and orange juice in a blender. Add the carrots. Blend until all of the carrots are blended.
- 3 Add the sugar, yogurt and ice cubes to the blender. Blend until smooth.
- 4 Pour into glasses.

- This healthy combination makes a great snack or beverage at mealtime.
- Smoothies work best if the liquid is added first, before the fruit or vegetables. In the case of this recipe, place the juice in the blender and add the carrots to the juice.

Power Gold Smoothies



Adapted from pbhfoundation.org/recipes

Yield: 40

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.48



1/2 cup Power Gold Smoothies is 1 VEGETABLES AND FRUIT Canada's Food

Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to have more than 1/2 cup to satisfy their hunger. Leftover Power Gold Smoothies freezes well.

3 lbs (10 cups)	carrots, grated	1.5 kg
2 1/2 cups	unsweetened pineapple juice	625 mL
4 cups	apple juice	1 L
4 cups	unsweetened orange juice	1 L
1/4 cup	white granulated sugar	50 g
6 cups	yogurt, plain	1.5 L
2 cups	ice cubes	500 mL

- 1 Place the grated carrots in a pot with 1/4 cup (50 mL) water; stir over low heat until the carrots are soft. This step will result in a smoothie with a smoother consistency; it will also bring out the flavour of the carrots.
- 2 Combine the pineapple juice, apple juice, and orange juice in a large bowl. Place the carrots and enough juice to cover them in the blender and blend until all of the carrots are smooth. Add to the remaining juice mixture.
- 3 Blend the sugar, yogurt and ice cubes in the blender until smooth. Mix with the carrot/juice mixture.
- 4 Pour into glasses.

- This healthy combination makes a great snack or beverage at mealtime.
- Smoothies work best if the liquid is added first, before the fruit or vegetables. In the case of this recipe, place the juice in the blender and add the carrots to the juice.

Spicy Asian Pork



Adapted from Roasted Pork Hoisin Wraps, allrecipes.com

1 9" x 13" baking pan

Yield: 10

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.82



1/2 cup Spicy Asian Pork is 1/2 MEAT AND ALTERNATIVES, 1/4 GRAIN PRODUCTS, and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Spicy Asian Pork freezes well.

1 tsp	canola oil	5 mL
1 lb	lean pork strips	454 g
1/3 cup	hoisin sauce	75 mL
1/4 cup	defrosted orange juice concentrate	50 mL
1/4 tsp	ginger, ground	1 mL
2 1/2 cups	bean sprouts, washed	625 mL
2 1/2 cups	carrots, grated	625 mL
2	green onions, chopped	2
1/4 lb	spaghetti	120 g

- 1 Preheat oven to 375°F.
- 2 Thinly slice the pork strips into 1-inch (2.5-cm) pieces.
- 3 Place the oil in a roasting pan and distribute the pork pieces in a single layer over the pan. Bake for about 20 minutes, until no longer pink. Cool.
- 4 In a bowl, combine the hoisin sauce, orange juice concentrate and ginger.
- 5 Chop the bean sprouts. Add the bean sprouts, carrots, green onion, and cooked pork pieces to the hoisin sauce mixture in the bowl. Toss well to coat.
- 6 In a large pot, bring 4 cups (1 L) of water to a boil. Add the spaghetti and cook 10 minutes until al dente (firm but not hard).

- 7 Drain the spaghetti and mix with the pork/hoisin sauce mixture.
- 8 Transfer to the baking pan. Serve immediately or hold in the oven to keep warm until ready to serve.

- This tangy combo is enhanced by both the crunch and taste of the bean sprouts; sprouts are high in protein, vitamin C and folacin.

Spicy Asian Pork



Adapted from Roasted Pork Hoisin Wraps, allrecipes.com

3 9" x 13" baking pans

Yield: 40

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.82



1/2 cup Spicy Asian Pork is 1/2 MEAT AND ALTERNATIVES, 1/4 GRAIN PRODUCTS, and 1/2 VEGETABLES AND FRUIT Canada's Food Guide serving.

This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Spicy Asian Pork freezes well.

1 Tbsp	canola oil	15 mL
4 lbs	lean pork strips	2 kg
1 1/4 cups	hoisin sauce	300 mL
3/4 cup	defrosted orange juice concentrate	175 mL
1 tsp	ginger, ground	5 mL
3 lbs (10 cups)	bean sprouts, washed	1.5 kg
3 lbs (10 cups)	carrots, grated	1.5 kg
1 bunch	green onions, chopped	1 bunch
1 lb	spaghetti	454 g

- 1 Preheat oven to 375°F.
- 2 Thinly slice the pork strips into 1-inch (2.5-cm) pieces.
- 3 Place the oil in a roasting pan and distribute the pork pieces in a single layer over the pan. Bake for about 20 minutes, until no longer pink. Cool.
- 4 In a bowl, combine the hoisin sauce, orange juice concentrate and ginger.
- 5 Chop the bean sprouts. Add the bean sprouts, carrots, green onion, and cooked pork pieces to the hoisin sauce mixture in the bowl. Toss well to coat.
- 6 In a large pot, bring 5 quarts (5 L) of water to a boil. Add the spaghetti and cook 10 minutes until al dente (firm but not hard).

- 7 Drain the spaghetti and mix with the pork/hoisin sauce mixture.
- 8 Transfer to the baking pans. Serve immediately or hold in the oven to keep warm until ready to serve.

- This tangy combo is enhanced by both the crunch and taste of the bean sprouts; sprouts are high in protein, vitamin C and folacin.

Cabbage

Note: Children must wash their hands.



- 1 Cabbage is a fall/winter vegetable that is part of our Nova Scotia food heritage. It is readily available in various green, red and purple colours. Crinkled varieties are abundant too. Visit a local farmers' market to purchase a green and red cabbage.
 - Show the children the parts of the cabbage plant. Wash the cabbages well. Ask the children why it is so important to wash the cabbage.



LEAVES: The leaves are the visible part of the plant. They are also the part of the plant that we eat.

CORE: The core is at the centre of the cabbage plant. It is very hard and bitter and is connected to the stem of the cabbage.

- Cabbages are a member of the same family as broccoli, cauliflowers and Brussels sprouts. Ask the children to think of the part of the plant that we eat when we eat broccoli and cauliflowers (the flowers).
 - Cut a cabbage plant in half from the bottom to the top so the children will be able to see the core and the stem. Ask the children what the stem is connected to below the ground (the root).
- 2 Tasting raw and fresh cabbage:
 - Provide each child with a sample of finely shredded raw cabbage and finely shredded cooked cabbage.
 - Let the children taste the cabbage samples.
 - Ask the children to describe the taste and texture of the raw cabbage (e.g., hard, crunchy, strong, sour, tangy).
 - Ask the children to describe the taste and texture of the cooked cabbage (e.g., soft, strong, sour).
 - 3 Cabbage can be preserved and kept over winter if it is made into sauerkraut. The

children may enjoy hearing about the history of the people on Tancook Island and all the cabbages that they grew and made into sauerkraut.

- Everyone on the island was involved in growing cabbages and making sauerkraut, even the children.
- Stomping the cabbage to make the sauerkraut was most often done by barefoot children!
- Cabbages have not been grown on Tancook Island since the 1970s. Many of the cabbages were eaten by the deer.
- The children may enjoy having a small tasting of sauerkraut. Look for Big Tancook Island on a map. Big Tancook and Little Tancook Islands are located off the coast of Chester, Nova Scotia.

4 Most children enjoy coleslaw. For a snack or lunch, try the Crispy Chinese



Coleslaw recipe, a tasty broccoli and cabbage combo that is nicely topped with crispy steam-fried noodles.

Cabbage & Rutabaga Salad



Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

Yield: 5

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.38



1/2 cup Cabbage & Rutabaga Salad is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

2 cups	yellow turnip (rutabaga), peeled and grated	500 mL
1/2	onion, chopped finely or minced	1/2
1/2 cup	carrots, grated	125 mL
3/4 cup	red or green cabbage	175 mL
1	medium apple	1
1/2 tsp	salt	2 mL

Dressing

3 Tbsp	vegetable oil	45 mL
1 Tbsp	white vinegar	15 mL
1 Tbsp	balsamic vinegar	15 mL
1 tsp	white granulated sugar	5 mL
1/2 tsp	celery powder	2 mL
	pepper to taste	

- 1 Peel and grate the turnip and carrot. Shred the cabbage. Mince the onion. Peel, core and dice the apple.
- 2 Mix the turnip, carrot, cabbage, onion and apple. Sprinkle with the salt.
- 3 Blend the oil, vinegars, and sugar in a blender. Stir in the celery powder and add pepper to taste.
- 4 Immediately pour the dressing on to the prepared vegetables.

- If time is limited, use packaged grated carrots and pre-shredded cabbage.
- Wash the turnip well before peeling. Generally, turnip is peeled a little thicker than other vegetables.

Cabbage & Rutabaga Salad



Adapted from *Foods of Spry's Field*, Urban Farm Museum Society

Yield: 33

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.38



1/2 cup Cabbage & Rutabaga Salad is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

2 lbs (9 cups)	yellow turnip (rutabaga), peeled & grated	1.4 kg
1/2 lb	onion, chopped finely or minced	225 g
1 lb (3 cups)	carrots, grated	454 g
1 1/2 lbs (6 cups)	red or green cabbage	700 g
1 lb (3)	medium apples	454 g (3)
3 tsp	salt	15 g

Dressing

3/4 cup	vegetable oil	175 mL
1/4 cup	white vinegar	50 mL
1/4 cup	balsamic vinegar	50 mL
1 Tbsp	white granulated sugar	15 mL
2 Tbsp	celery powder	30 mL
	pepper to taste	

- 1 Peel and grate the turnip and carrot. Shred the cabbage. Mince the onion. Peel, core and dice the apples.
- 2 Mix the turnip, carrot, cabbage, onion and apple. Sprinkle with the salt.
- 3 Blend the oil, vinegars, and sugar in a blender. Stir in the celery powder and add pepper to taste.
- 4 Immediately pour the dressing on to the prepared vegetables.

- If time is limited, use packaged grated carrots and pre-shredded cabbage.
- Wash the turnip well before peeling. Generally, turnip is peeled a little thicker than other vegetables.

Crispy Chinese Coleslaw



Adapted from a friend's recipe

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.17



1/2 cup Crispy Chinese Coleslaw is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

1/2	small cabbage	1/2
1 stalk	broccoli	1 stalk
2	green onions, chopped	2
1 cup	steam-fried noodles, chopped	250 mL
1 Tbsp	sesame seeds, toasted	15 mL

Vinaigrette

3 Tbsp	canola oil	45 mL
1 tsp	sesame oil	5 mL
2 Tbsp	white vinegar	30 mL
2 tsp	white granulated sugar	10 mL
1 1/2 tsp	chicken bouillon powder	7 mL

- 1 Coarsely chop the cabbage and broccoli. Chopping in a food processor works well. (See the note below.)
- 2 Chop the green onions.
- 3 Mix the cabbage, broccoli and green onion.
- 4 Combine the vinaigrette ingredients in a large jar; shake well, until slightly thickened. Stir into the cabbage/broccoli/green onion mixture just before serving.
- 5 Stir the steam-fried noodles and sesame seeds into the salad mixture or, if desired, sprinkle on top.

Note: For children under four years old, the vegetables can be finely chopped.

- The chicken bouillon powder provides the sodium in this recipe. No extra salt is needed.
- Use reduced-sodium bouillon powder, which contains about 25 percent less sodium than regular bouillon powder.
- Bouillon packets or cubes may be used as a substitution for the bouillon powder. Each packet contains 1 1/2 tsp (7 mL) bouillon powder. If using bouillon cubes, crumble them and measure accordingly.
- To toast the sesame seeds, place them in a wide frying pan and heat over medium heat, shaking the pan occasionally. Remove the seeds when they darken and become fragrant.

Crispy Chinese Coleslaw



Adapted from a friend's recipe

Yield: 50

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.17



1/2 cup Crispy Chinese Coleslaw is 1 VEGETABLES AND FRUIT Canada's

Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger.

5 lbs (2)	cabbage	2.5 kg (2)
1 lb (1 bunch)	broccoli	454 g (1 bunch)
1 bunch	green onions, chopped	1 bunch
6 cups	steam-fried noodles, chopped	180 g
1/2 cup	sesame seeds, toasted	40 g

Vinaigrette

1 cup	canola oil	250 mL
2 Tbsp	sesame oil	30 mL
3/4 cup	white vinegar	175 mL
1/4 cup	white granulated sugar	50 g
3 tsp	chicken bouillon powder	10 g

- 1 Coarsely chop the cabbage and broccoli. Chopping in a food processor works well. (See the note below.)
- 2 Chop the green onions.
- 3 Mix the cabbage, broccoli and green onion.
- 4 Combine the vinaigrette ingredients in a large jar; shake well, until slightly thickened. Stir into the cabbage/broccoli/green onion mixture just before serving.
- 5 Stir the steam-fried noodles and sesame seeds into the salad mixture or, if desired, sprinkle on top.

Note: For children under four years old, the vegetables can be finely chopped.

- The chicken bouillon powder provides the sodium in this recipe. No extra salt is needed.
- Use reduced-sodium bouillon powder, which contains about 25 percent less sodium than regular bouillon powder.
- Bouillon packets or cubes may be used as a substitution for the bouillon powder. Each packet contains 1 1/2 tsp (7 mL) bouillon powder. If using bouillon cubes, crumble them and measure accordingly.
- To toast the sesame seeds, place them in a wide frying pan and heat over medium heat, shaking the pan occasionally. Remove the seeds when they darken and become fragrant.



Brussels Sprouts

Note: Children must wash their hands.

- 1** Brussels sprouts look like miniature heads of cabbage. Brussels sprouts are a cold-weather crop and are available in Nova Scotia from September to March.
 - Pick up a few bunches of stalks or loose Brussels sprouts from a local farmers' market. Review the anatomy of the Brussels sprouts plant.
Note: This is a review of the Brussels Sprouts Promotional Ideas for November.
- 2** The children may have already sampled cabbage this month. If so, ask them to think of anything that they remember about the cabbages.
 - Is a Brussels sprout like a baby-sized cabbage? (Remind the children that both vegetables are from the same family).
 - Cut a cabbage in half, and cut a Brussels sprout in half. Ask the children if they notice anything similar between the cabbage and the Brussels sprout.
 - Notice the central core on both vegetables and how the inner leaves extend out from the inner core on both the cabbage and the Brussels sprout.
- 3** Let the children remove the individual Brussels sprouts from the stalk. They may remember how to do this from the Brussels Sprouts Promotional Ideas for November.
 - With a slight twist and pull, the Brussels sprouts should come away from the stalks. The children may need help with this.
 - Ask the children to sort the Brussels sprouts according to their size: small, medium and large. How many of each size are there on one stalk?
 - Brussels sprouts should be stored according to their size, unwashed in a plastic bag in the refrigerator. Sorting the Brussels sprouts according to their size ensures that they will cook evenly. A larger Brussels sprout will take longer to cook than a small Brussels sprout.
 - Brussels sprouts should keep in the refrigerator for five to seven days.
- 4** Try other Brussels sprouts recipes, such as Orange Marmalade-Glazed Brussels Sprouts.

Chicken, Brussels Sprouts & Red Pepper Stir-Fry



Adapted from cooks.com

- 1 11" x 17" sheet pan
- 1 large wok or frying pan

Yield: 8

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$0.68



3/4 cup Chicken, Brussels Sprouts & Red Pepper Stir-Fry is 1/2 MEAT AND ALTERNATIVES and 1 VEGETABLES AND FRUIT Canada's Food Guide

servings. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Chicken, Brussels Sprouts & Red Pepper Stir-Fry freezes well.

2 to 3	boneless skinless chicken breasts	2 to 3
1 Tbsp	canola oil	15 mL
1 lb (4 cups)	Brussels sprouts	454 g
1	red pepper	1
2	garlic cloves	2
2	green onions	2
1/2 cup	chicken broth, reduced sodium	125 mL
1/2 tsp	ginger, ground	2 mL

- 1 Preheat oven to 375°F.
- 2 Slice the chicken breasts into even strips. Dice each strip into 1/2-inch (1-cm) pieces.
- 3 Spread 1/2 Tbsp (7 mL) of the canola oil over the sheet pan and place the chicken pieces in a single layer on the pan. Bake for approximately 12 to 15 minutes, until no longer pink, but not overcooked.
- 4 Wash the Brussels sprouts. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each Brussels sprout.
- 5 Wash the red pepper, cut in half lengthwise and remove the seeds. Cut into strips. Dice the strips into 1/4-inch (1/2-cm) pieces.
- 6 Peel and chop the garlic and chop the green onions.

- 7 Heat the remaining oil in a large wok or frying pan. Add the quartered Brussels sprouts and chopped garlic. Fry gently until the Brussels sprouts are coated with the garlic and are slightly soft.
- 8 Add the chicken broth and red pepper and continue to cook for approximately 2 minutes, until well heated.
- 9 Add the green onion, ginger and cooked chicken. Stir until the mixture is heated through and all the ingredients are well mixed together. Serve immediately.

- Brussels sprouts are a good alternative to other common stir-fry vegetables.
- Serve with Cranberry Couscous (see December recipes) or Zesty Zucchini Rice (see July recipes).

Chicken, Brussels Sprouts & Red Pepper Stir-Fry



Adapted from cooks.com

3 11" x 17" sheet pans

3 9" x 13" baking pans

Yield: 48

Serving Size: 3/4 cup (175 mL)

Cost per serving: \$0.68



3/4 cup Chicken, Brussels Sprouts & Red Pepper Stir-Fry is 1/2 MEAT AND ALTERNATIVES and 1 VEGETABLES AND FRUIT Canada's Food Guide

servings. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/2 cup and should be offered more if still hungry. Some children may need to eat more than 3/4 cup to satisfy their hunger. Leftover Chicken, Brussels Sprouts & Red Pepper Stir-Fry freezes well.

4 1/2 lbs	boneless skinless chicken breasts	2 kg
3 Tbsp	canola oil	45 mL
6 lbs	Brussels sprouts	2.5 kg
3	red peppers	3
8	garlic cloves	8
1 bunch	green onions	1 bunch
3 cups	chicken broth, reduced sodium	750 mL
2 tsp	ginger, ground	10 mL

- 1 Preheat oven to 375°F.
- 2 Slice the chicken breasts into even strips. Dice each strip into 1/2-inch (1-cm) pieces.
- 3 Spread 1 1/2 Tbsp (20 mL) of the canola oil over the 3 sheet pans and place the chicken pieces in a single layer over the pans.
Bake for approximately 12 to 15 minutes until no longer pink, but not overcooked.
- 4 Wash the Brussels sprouts. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each Brussels sprout.
- 5 Wash the red peppers, cut each in half lengthwise and remove the seeds. Cut into strips. Dice the strips into 1/4-inch (1/2-cm) pieces.

- 6** Peel and chop the garlic and chop the green onions.
- 7** Heat the remaining oil in a large wok or frying pan. Add the quartered Brussels sprouts and chopped garlic. Fry gently until the Brussels sprouts are coated with the garlic and are slightly soft.
- 8** Add the chicken broth and red pepper and continue to cook for approximately 10 minutes, until well heated.
- 9** Evenly distribute the Brussels sprouts/red pepper mixture over the 3 baking pans.
- 10** Evenly distribute the green onion, ginger and cooked chicken over the 3 baking pans. Stir until the mixture is heated through and all the ingredients are well mixed together. Serve immediately.

- Brussels sprouts are a good alternative to other common stir-fry vegetables.
- Serve with Cranberry Couscous (see December recipes) or Zesty Zucchini Rice (see July recipes).

Orange Marmalade-Glazed Brussels Sprouts



Adapted from epicurious.com

1 8" x 8" baking pan

Yield: 8

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.38



1/2 cup Orange Marmalade-Glazed Brussels Sprouts is 1 VEGETABLES AND FRUIT Canada's Food Guide serving.

Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Orange Marmalade-Glazed Brussels Sprouts freezes well.

1	garlic clove	1
1/4 cup	orange marmalade	50 mL
2 Tbsp	cider vinegar	30 mL
1 Tbsp	water	15 mL
1 Tbsp	soy sauce, reduced sodium	15 mL
1/2 tsp	ginger, ground	2 mL
1 lb (4 cups)	Brussels sprouts	454 g

- 1 Preheat oven to 350°F.
- 2 Peel and chop the garlic clove.
- 3 In a pot, combine the chopped garlic, orange marmalade, vinegar, water, soy sauce and ground ginger. Simmer gently to make a glaze.
- 4 While the marmalade glaze is simmering, wash the Brussels sprouts under running water. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each Brussels sprout. There should be 4 cups (1 L) quartered Brussels sprouts.
- 5 In a pot, simmer the Brussels sprouts with the lid off for 6 to 8 minutes. Drain well and transfer to the baking pan.
- 6 Cover the Brussels sprouts with the marmalade glaze and stir well until all the Brussels sprouts are covered. Serve immediately so the bright green colour of the Brussels sprouts does not become dull.

Orange marmalade is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) marmalade.

- This sweet-and-sour mixture minimizes the bitterness of the Brussels sprouts.
- Brussels sprouts will become dull and olive green-coloured when combined with an acid ingredient such as vinegar or lemon juice.
- A Brussels sprouts recipe containing vinegar or juice should be served quickly.

Orange Marmalade-Glazed Brussels Sprouts



Adapted from epicurious.com

1 large roasting pan

Yield: 48

Serving Size: 1/2 cup (125 mL)

Cost per serving: \$0.38



1/2 cup Orange Marmalade-Glazed Brussels Sprouts is 1 VEGETABLES AND FRUIT Canada's Food Guide serving. This recipe is well suited to child care settings with a large number of children. Some children with a smaller appetite may prefer a smaller serving of 1/4 cup and should be offered more if still hungry. Some children may need to eat more than 1/2 cup to satisfy their hunger. Leftover Orange Marmalade-Glazed Brussels Sprouts freezes well.

4	garlic cloves	4
1 1/2 cups	orange marmalade	375 mL
3/4 cup	cider vinegar	175 mL
1/3 cup	water	75 mL
1/3 cup	soy sauce, reduced sodium	75 mL
2 tsp	ginger, ground	10 mL
6 lbs	Brussels sprouts	2.5 kg

- 1 Preheat oven to 350°F.
- 2 Peel and chop the garlic cloves.
- 3 In a large pot, combine the chopped garlic, orange marmalade, vinegar, water, soy sauce and ground ginger. Simmer gently to make a glaze.
- 4 While the marmalade glaze is simmering, wash the Brussels sprouts under running water. Evenly slice off the stem end of each Brussels sprout to remove the outer leaves. Quarter each Brussels sprout.
- 5 In a large pot, simmer the Brussels sprouts with the lid off for 6 to 8 minutes. Drain well and transfer to the roasting pan.
- 6 Cover the Brussels sprouts with the marmalade glaze and stir well until all the Brussels sprouts are covered. Serve immediately so the bright green colour of the Brussels sprouts does not become dull.

Orange marmalade is a condiment in this recipe. Each serving provides 1/2 Tbsp (7 mL) marmalade.

- This sweet-and-sour mixture minimizes the bitterness of the Brussels sprouts.
- Brussels sprouts will become dull and olive green-coloured when combined with an acid ingredient such as vinegar or lemon juice.
- A Brussels sprouts recipe containing vinegar or juice should be served quickly.