Recipes for Healthy Kids

Recipes for Healthy Kids (R4HK) Cookbooks for
Homes
Child Care Centers

USDA
United States Department of Agriculture
Food and Nutrition Service
Delicious and Nutritious
30 Kid-Approved Recipes

Table of Contents

Whole Grains
10. Yum, Rice
13. Farro and Quinoa
15. Mediterranean Quinoa Salad
20. Arroz Rojo Salad
24. Chicken Alfredo with a Twist
28. Chicken Caesar Salad
32. Quinoa Salad
36. Poppy Quinoa
40. Black Rice
44. Whole-Wheat Green Rice, Eggs, and Ham

Dark Green and Orange Vegetables
48. Creamy Ratatouille with Zucchini
50. Stuffed Butternut Squash
54. Roasted Butternut Squash
58. Kale, Pomegranate, and Feta Salad
62. Roasted Red Pepper, Cucumber, and Carrot Salad
66. Indian-spiced Carrot Salad
70. Fresh Spinach and Artichoke Dip
74. Creamy Spinach and Artichoke Dip

Dry Beans and Puls
80. Lentil Soup
84. Red Lentil and Barley Soup
88. Lentil and Bacon Soup
92. Black-Eyed Pea Soup
96. Black-Eyed Pea and Quinoa Stew

How It All Began

• Recipes for Healthy Kids Competition
  – USDA launched in September 2010
  – In support of First Lady Michelle Obama’s Let’s Move! Initiative

• Teams of students, school nutrition professionals, chefs, parents, and community members submitted over 340 recipes

• Panels of judges chose winning recipes and top 3 competed at a National Cook-Off
Recipe Development

- Teams challenged to create tasty, healthy, kid-tested and approved recipes featuring:

  - Whole Grains
  - Dark Green & Orange Vegetables
  - Dry Beans and Peas

Recipe Development

- Low in total fat, saturated fat, sugar, and sodium
- Top 30 winning recipes are standardized for cookbooks for:
  - Home - 6 servings
  - Child care centers - 25 and 50 servings
  - Schools - 50 and 100 servings
Meal Pattern Crediting

- R4HK recipes include crediting information that meets the National School Lunch and School Breakfast Program meal patterns

What Are the Differences?

<table>
<thead>
<tr>
<th>School Meal Pattern</th>
<th>Child Care Meal Pattern Food Components</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>Fruits</td>
</tr>
<tr>
<td>Vegetable subgroups: Dark Green, Red/Orange, Beans/Peas (Legumes), Starchy, Other, Additional</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Grains (oz equivalents)</td>
<td>Grains/bread</td>
</tr>
<tr>
<td>Meats/Meat Alternates (oz equivalents)</td>
<td>Meat/Meat Alternate</td>
</tr>
</tbody>
</table>
# R4HK CACFP Crediting Chart

Recipes For Healthy Kids with USDA Recipe Information and CACFP crediting (Aug 2012)

The recipes in the Recipes for Healthy Kids cookbooks include crediting information that meets the National School Lunch and Breakfast Program meal patterns. When using the recipes for the Child and Adult Care Food Program, refer to the following guide for the proper crediting information.

<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>Recipe Component</th>
<th>Recipe Category</th>
<th>USDA Recipe Number</th>
<th>CACFP Crediting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aztec Grain Salad</td>
<td>Food/Grain/Bread</td>
<td>Grain/Breads</td>
<td>B-24c</td>
<td>1 cup provides 1/8 cup vegetable, 1/8 cup fruit, and 1 serving grain/bread</td>
</tr>
<tr>
<td>Grilled Cheese</td>
<td>Modified Alternate</td>
<td>Main Dishes</td>
<td>D-65c</td>
<td>1/4 cup provides 1 1/2 cups meat/meat alternate, 1/8 cup vegetable, and 1/4 serving grain/bread</td>
</tr>
<tr>
<td>Chicken Alfredo</td>
<td>Modified Alternate</td>
<td>Main Dishes</td>
<td>D-65c</td>
<td>1/4 cup provides 1 1/2 cups meat/meat alternate and 1/4 serving grain/bread</td>
</tr>
<tr>
<td>Chicken Curry Casserole</td>
<td>Modified Alternate</td>
<td>Main Dishes</td>
<td>D-65c</td>
<td>1/4 cup provides 1 1/2 cups meat/meat alternate, 1/8 cup vegetable, and 1/4 serving grain/bread</td>
</tr>
<tr>
<td>Mediterranean Quinoa</td>
<td>Vegetable/Grain/Bread</td>
<td>Grain/Breads</td>
<td>B-25c</td>
<td>1/4 cup provides 1/4 cup vegetable and 1 serving grain/bread</td>
</tr>
<tr>
<td>Pepper Quinoa</td>
<td>Vegetable/Grain/Bread</td>
<td>Grain/Breads</td>
<td>B-25c</td>
<td>1/4 cup provides 1/4 cup vegetable and 1/4 serving grain/bread</td>
</tr>
<tr>
<td>Aztec Grain Salad</td>
<td>Food/Grain/Bread</td>
<td>Grain/Breads</td>
<td>B-25c</td>
<td>1/4 cup provides 1/4 cup vegetable and 1/4 serving grain/bread</td>
</tr>
</tbody>
</table>

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# A Fun Way To Try New Foods!

**Quinoa**

*Peppy Quinoa*

**Mediterranean Quinoa**

**Aztec Grain Salad**
# Add Ethnic Flavors

## Chicken Curry Casserole

Stir-fry Fajita Chicken, Squash, and Corn

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# R4HK Menu for 3-5 yr olds (sample 1)

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Meal Pattern Food Components</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup fat-free or low-fat milk</td>
<td>1 milk</td>
</tr>
<tr>
<td>1 piece Squish Squash Lasagna</td>
<td>½ oz meat/meat alternate, 1 fruits/vegetables, and 1 grains/bread</td>
</tr>
<tr>
<td>Fruit and Yogurt Parfait (¾ cup yogurt and ¼ cup blueberries)</td>
<td>1 oz meat/meat alternate and 1 fruits/vegetables</td>
</tr>
</tbody>
</table>

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USDA United States Department of Agriculture Food and Nutrition Service
How To Get Resources

• Download from the Resource Library at teamnutrition.usda.gov
• Print copies can be ordered online at http://tn.ntis.gov/
  – FREE for those participating in a child nutrition program
  – Includes child care centers and family child care providers

FREE!

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