

NUTRITION FIRST NEWS



October 2015



Cherry Tomatoes

Grape tomatoes are a good source of fiber ... one cup contains 16% of the daily value. So, eat up! Fiber is an important nutrient for your heart and digestive tract.

1. **Kabobs** - Use grape tomatoes on kabobs. Mix with meat or other veggies & grill for a sizzling dinner.
2. **Salads** - Toss whole grape tomatoes into salads for delicious bites.
3. **Snacks** - Eat on the run as a grab n' go snack, but rinse first please.
4. **Eggs** - Enjoy grape tomatoes for breakfast. Mix them into omelets, frittatas or even scrambled eggs for a scrumptious breakfast.
5. **Salsa** - Dice grape tomatoes small and use to make homemade salsa.
6. **Pasta Salad** - Grape tomatoes can be left whole making them a perfect addition to pasta salad.
7. **Wraps** - Using lettuce leaves or whole-wheat tortillas, add your favorite protein, grape tomatoes, olives and mushrooms. Drizzle with salad dressing of your choice and enjoy.
8. **Pizza** - Halve grape tomatoes to create deliciously chunky sauces for pizza, pasta, or meat dishes.
9. **Mini Kabobs** - Make snack-sized kabobs for kids' lunches. Add 3 grape tomatoes on a toothpick and pack carrot sticks and a small amount of ranch for a healthy, yet fun side dish.
10. **Savory Sides** - Slice grape tomatoes in half and pan fry in a little olive oil with basil. Once the tomatoes are wilted, remove from pan and sprinkle with a little feta cheese for a wonderful side dish. *Courtesy fruitsandveggies-morematters*



CRUNCHY PARMESAN TOAST

For each toast:

- ✓ 1 slice whole-wheat bread (toasted)
- ✓ 1 tsp soft margarine
- ✓ 1 Tbsp grated Parmesan cheese

Instructions:

Spread margarine on the toast and sprinkle Parmesan cheese on top. Place under broiler and cook until cheese turns slightly brown. Would be a good addition to the Brunswick stew on page two, or a green salad!



Vegetarian Chili

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| 2 large onions, cut into $\frac{1}{4}$ -inch pieces | 1 cup chopped, fresh cilantro |
| 1 green bell pepper, cut into $\frac{1}{4}$ -inch pieces | 1 can (28-oz) whole tomatoes, chopped (or 8 fresh) |
| 3 garlic cloves, minced | 2 medium zucchini, chopped |
| 2 fresh, diced jalapeno chilies | 2 medium summer squash, chopped |
| 1 tablespoon vegetable oil | 2 cups canned kidney beans, drained and rinsed |
| 1 tablespoon chili powder | |
| 1 tablespoon ground cumin | |
| $\frac{1}{4}$ teaspoon pepper | |

In a large pot, sauté onions, bell pepper, garlic, and jalapenos in oil over medium heat for about 5 minutes. Stir often. Add chili powder, cumin, pepper, and half of the chopped cilantro. Continue cooking for another 3 minutes, stirring occasionally. Add the tomatoes, zucchini, and squash. Bring mixture to a simmer. Simmer for 15 minutes, stirring occasionally. Add beans and continue to simmer for another 5 minutes. Serve the mixture with remaining cilantro on top.
Calories: 176, Protein: 6 grams, Carbohydrates: 29 grams, Fat: 4 grams total USDA FNS

Zucchini & Green Chile Quiche

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| ✓ 1 - 2 pie crusts (1 for a standard size quiche, 2 if making mini quiches) | ✓ $\frac{1}{2}$ tsp salt |
| ✓ 1 medium zucchini | ✓ $\frac{1}{2}$ tsp baking powder |
| ✓ 1 Tbsp vegetable oil | ✓ 3 eggs |
| ✓ $\frac{1}{2}$ cup diced shallots (or green onion) | ✓ 2 $\frac{1}{2}$ - 3 cups of two or more kinds of grated cheese |
| ✓ $\frac{1}{4}$ cup all-purpose flour | ✓ 1 cup cottage cheese |
| | ✓ 1 (4 oz) canned green chilies, drained |

Preheat the oven to 375 degrees. Press the crust into the bottom and up the sides of the pie pan. Use a fork to poke holes into the bottom of the crust. Bake the crust in the center of the preheated oven until golden brown. If making mini quiches - the crust will only take 2-3 minutes; for a full-size crust, about 7 minutes. Remove the crust from the oven and reduce the heat to 350 degrees. While the crusts are baking, grate the zucchini onto a clean kitchen towel and squeeze dry. Add the oil to a skillet and heat over medium heat until hot. Add the shallots and cook until nice and soft. Add in the zucchini and turn up the heat to high. Cook the zucchini and shallots for an additional 3-5 minutes.

Combine the flour, baking powder, and salt in a small bowl. In a separate bowl, beat the eggs until nice and fluffy (2-3 minutes). Grate the cheese - try some sharp cheddar, pepper jack, Monterey Jack - all are good, so use your favorite combination. Add in the grated cheese, cottage cheese, zucchini mixture, green chilies, and flour mixture and beat until combined. Pour the mixture into the crust(s). Bake the quiche until the top is puffed and golden brown and a toothpick inserted into the center comes out clean. The mini quiches take around 25 minutes and the full-sized quiche will take 35-40 minutes. Let stand for several minutes before removing from pan and serving. *Mom on Timeout*



Brunswick Stew... *Because it's Fall!*

Here's a super easy recipe that fulfills the requirement for a meat/protein and a vegetable.

Ingredients:

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| 1 Tbsp vegetable oil | 2 cups canned or cooked tomatoes |
| 1 medium sliced onion | 2 cups canned or cooked lima beans |
| 2 cups low-sodium chicken broth | 2 cups canned or cooked whole-kernel corn |
| 2 cups cooked diced chicken or turkey | |

Instructions:

Heat oil in a large pan. Add onion and cook until tender. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
Calories: 200, Carbohydrates: 22 grams, Protein: 16 grams, Fat: 5 grams

Procedures for Appeal

Providers May Appeal The Intent To Terminate The Agreement For Cause Or A Suspension Of Participation

1. Providers have 7 days from date of *Proposed Termination and Proposed Disqualification* letter in which to submit request for appeal. Appeal request, in writing, must be received by 5:00 PM on the 7th day (exact date is within body of letter).
2. Appeal request is to be made to Susan Maxwell, Program Director of Nutrition First Food Program, via email (sue.maxwell@mwvcaa.org) or by regular mail (PO Box 2316, Salem, OR 97308).
3. While the Serious Deficiency is not appealable, any adverse actions may be appealed.
4. Appeal requests shall be accompanied by a list of witnesses (if any) and all paperwork you intend to reference. The provider will receive all records on which Nutrition First based the proposed termination or suspension.
5. The family day care provider may request to review the record on which the decision was based and refute the action in writing.
6. The family day care provider may retain legal counsel or may be represented by another person.
7. Appeals will be heard by the Conflict Resolution Team of Mid-Willamette Valley Community Action Agency.
8. The Hearing Officials (Conflict Resolution Team) shall have no interest, financial or otherwise, and no conflict of interest in the outcome of the appeal.
9. The Hearing Officials (Conflict Resolution Team) must make a determination based on the information provided by the sponsoring organization and the day care home and on the Federal and State laws, regulations, policies, and procedures governing the Program.
10. The Hearing Officials (Conflict Resolution Team) will inform the provider and the Mid-Willamette Community Action Agency – Nutrition First of the outcome within 7 days of the review. The determination made by the Hearing Officials (Conflict Resolution Team) is the final administrative review to be given to the provider.
11. The decision of the Hearing Officials cannot be appealed to USDA or ODE.



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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
Community Action Agency

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MENU WINNERS



- The menu winners for September are **Patty Gonzalez of Independence & Amber Brown of Toledo**
- Keep those menus coming in on time – you might be next!
- Remember – to enter, menus need to be in an envelope with your name and address on the outside.

Thanks and Good Luck!!

"Good nutrition is the right of all children."

Looking For More Training?

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at www.oregonchildcaretraining.org will let you search by county, as well as by training category and date. *Check it out!*

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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