

NUTRITION FIRST NEWS



January, 2020

Muffin Tin Recipes For The CACFP: Ages 3-5

Using large muffin tins while preparing meals helps ensure that every child is receiving the correct serving size from each meal component. These recipes are per child served. Baking without a paper liner or silicone cup? Just brush tin with vegetable oil before adding ingredients.

Breakfast

Potato and Egg Cup

- ½ cup grated potato
- 1 egg
- Melted butter
- Salt and pepper

Preheat oven to 400 degrees. Press potatoes tightly into the tin around the edges and the bottom to resemble a nest. Brush lightly with butter. Bake for 15 to 20 minutes. Allow the nests to cool and then crack the egg into each nest. Add salt and pepper to taste. Bake for about 15 more minutes until the egg whites are set. Serve while warm and have each child sprinkle their favorite cheese on top.



French Toast Berry Cup

- 1 slice WG bread, crust removed
- 1 egg
- 2 tbsp. milk
- 1 tsp cinnamon
- ½ cup berries
- 1 tsp maple syrup

Preheat oven to 375 degrees. In a bowl, whisk eggs, milk, and cinnamon. Dunk bread into milk mixture making sure both sides are covered. Press into muffin tin. Bake for 10-12 minutes. Pour berries into the center and drizzle with maple syrup.

Omelet Cup

- 1 egg
- 1 slice ham
- ½ cup diced onion, green pepper & tomato mixture
- 1 tsp Parmesan cheese
- 1 tsp cheddar cheese

Preheat oven to 425 degrees. Line each muffin tin with ham. Whisk eggs, cheese and vegetable mixture together. Pour into the cups and sprinkle with salt and pepper. Bake for 15 minutes.

Lunch/Supper

Taco Pie

- 3" pie crust or tortilla
- ¾ ounce refried beans
- ¾ ounce cooked ground beef (with taco seasoning)
- Shredded cheese
- ¼ cup shredded lettuce, diced tomatoes and onion, chopped avocados

Preheat oven to 350 degrees. Press pastry or small tortilla until it fits neatly in the cup. Spoon the beef and refried beans into the cups and sprinkle with cheese. Bake until cheese melts and edge of the crust is brown. Top with lettuce mixture.





Spaghetti Meatball Nest

- ¼ cup cooked spaghetti noodles
- 1 tsp Parmesan cheese
- 1 tsp olive oil
- (3) ½ ounce meatballs (1.5 ounces total per cup)
- Pasta sauce

Preheat oven to 375 degrees. Toss noodles with Parmesan cheese and olive oil. Arrange them in the shape of a nest in the muffin tins. In the center of each nest, place the three small meatballs and drizzle with pasta sauce. Bake for 20-25 minutes.

Stuffed Biscuit Cup

- ¾ ounce sliced ham or turkey
- ¾ ounce shredded cheddar cheese
- 1 canned biscuit (at least 14 grams or .5 ounce)

Preheat the oven to 400 degrees. Roll the biscuit out flat and add meat and cheese to the center. Pinch edges together to seal tightly. Place the stuffed biscuit in the muffin tin and bake for 10-12 minutes or until golden brown.



Parmesan Mushroom Tartlets

- 2 tablespoons butter
- 1/2 pound fresh mushrooms, chopped
- 1 green onion, chopped, divided
- 1 garlic clove, minced
- 1/2 cup heavy whipping cream
- 1/2 cup grated Parmesan cheese
- 1 tube (8 ounces) refrigerated seamless crescent dough sheet

Preheat oven to 375°. In a large skillet, heat butter over medium-high heat. Add mushrooms and half of the green onion; cook and stir until mushrooms are tender. Add garlic; cook 1 minute longer. Add cream and cheese; cook and stir 3-4 minutes or until liquids are evaporated. Unroll dough into one long rectangle. Cut into 24 pieces; press lightly onto bottom and up sides of ungreased mini-muffin cups. Fill each with 1-1/2 teaspoons mushroom mixture. Bake 8-10 minutes or until golden brown. Sprinkle with remaining green onion. Serve warm.

Snacks

Veggie Bundle

- ½ cup mixed vegetables sliced into sticks (carrots, Cucumbers, celery, asparagus)
- 2 Tbsp. homemade hummus

Spoon hummus inside each silicone cup or paper liner. Place vegetable sticks upright into the hummus to encourage dipping.

Carrot Fruit Cup

- ½ cup shredded carrots
- 1 cup 100% fruit juice
- 1/8 ounce envelope of gelatin

Put carrots into a silicone muffin cup. Bring ¾ cup of juice to boil in microwave. In the remaining ¼ cup juice, sprinkle the gelatin. Once dissolved stir all the juice together. Pour liquid mixture over carrots and refrigerate overnight.

Greek Freeze

- 2 ounces Greek yogurt
- ½ cup fruit



Add the two ingredients together with a dash of vanilla into a blender. Blend until smooth. Spoon into silicone muffin cups and place in the freezer for at least 5 hours.

Pro Tips:

- ✓ Using muffin tin paper liners makes serving and clean up easier. During the holidays, look for fun, themed paper liners. Serving food in a fun liner encourages children to try a recipe.
- ✓ Muffin tin recipes are an easy way to get children involved with meal preparation.
- ✓ Silicone muffin cups are reusable which saves money, and children love them.





Nutrition First Notes

Holiday Notes: for the month of January, we only require a signed parent note if you had day care on January 1st.

Milk Legend Box: There's been a little bit of confusion on how to properly use the milk legend box at the top of the menus. First, we only need this done on the first page of your menus, once per month. We actually need to have ages given. In other words, don't just write "whole/1%". We need you to write, "Whole, ages 1 to 2/1% kids over 2". Then you can just write "milk" in the menu. And if one or

more of the kids drinks soy or another milk alternative, just write "Johnny drinks Silk" or whatever it may be. If all of your kids are over age two, just write 1% or skim in the box, and the word "milk" in the menu.

Grain Certification box: There is a box on the bottom left corner of the menu (Spanish language menus have the box above the menu) for you to check (again, just one page per month is fine) that states "I certify all grains served are enriched or WG". If you are using Minute Menu online menus, just write that certification on your email to your representative, along with the yogurt flavors and milk percentages.

Meal Times: Please write your meal times for each meal or snack on the first page of your menus – again, you only need to do this once per month. We use these times to plan our visits so we can observe a meal.

Yogurt Flavors: Each time you serve yogurt, please write in the menu, "peach yogurt" or "berry yogurt" or whatever flavor it might be. (In the menu, not on the top of the menu) **Thank you!**



Whole Wheat Tortillas

- | | |
|------------------------------|-----------------------|
| ✓ 2 ½ cups whole wheat flour | ✓ 1 tsp. salt |
| ✓ 1 cup enriched flour | ✓ ¼ cup vegetable oil |
| ✓ 1 tsp. baking powder | ✓ 1 ¼ cup warm water |

In a mixing bowl, combine flours, baking powder and salt. Add the oil to the dry ingredients and mix with your hands, rubbing the oil into the flour until the mixture is crumbly.

Start by adding ¾ cup of the warm water and keep mixing until the dough is smooth, about 4-5 minutes. Add the remaining water if needed to bring your dough to a smooth ball.

Cut the dough into 10 pieces. Roll each piece into a ball and let them rest for 15 minutes, covered with a towel.

Roll out the tortillas into 8-inch circles on a floured surface. Warm a skillet over medium heat and place the tortilla into the hot pan. Cook for two minutes on the first side or until the top side starts to puff and the bottom is golden. Flip and cook another couple of minutes. Repeat with the rest of the tortillas. Cover and store at room temperature for up to two days, or freeze. **Bigger Bolder Baking.com**

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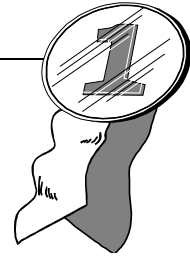
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Nutrition First USDA Child Care
Food Program is a program of the
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Community Action Agency



MENU WINNERS



➤ *The menu winners for Nov are: **Nichole Tarter of Salem & Annelise Martinez of West Salem***

➤ *The menu winners for Dec are: **Cecy Perez of Salem & Kimberly Posekany of Eugene***

➤ *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."

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