



APPLE CRUNCH SALAD

December 1

National Eat a Red Apple Day



INGREDIENTS

- 0.65 Pounds Apples (fresh, 125-138 count, medium-sized)
- 0.20 Pounds Raisins
- 12 Ounces Yogurt (meets CACFP sugar limits)

DIRECTIONS

1. Wash and core apples and chop into small chunks.
2. Mix all ingredients together.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	1 Cup	1 Cup



GAZPACHO

December 6

National Gazpacho Day

INGREDIENTS

- ½ Pound Celery (about 2 celery stalks, sliced)
- 1 Cup Water
- 2 Pounds Tomatoes
- ¾ Pound Red Bell Pepper
- ½ Pound Cucumbers (peeled into strips, about 3½ cups)
- ¼ Pound Red Onion (about ⅓ cup)
- 2 Garlic Cloves
- 2–3 Teaspoons Red Wine or Sherry Vinegar
- 2 Tablespoons Olive Oil
- 1 Teaspoon Salt (more to taste)
- ½ Teaspoon Pepper
- ½ Teaspoon Cumin
- ⅛ – ¼ Teaspoon Paprika
- ¼ Teaspoon Coriander
- ½ Cup Fresh Herbs (finely chopped Italian parsley, basil, mint, cilantro or dill)

DIRECTIONS

1. Blend celery and water in a blender. Strain, reserving the celery juice.
2. Rough chop half of the tomatoes, half of the cucumbers, half of the bell pepper, half of the onion, and both garlic cloves and add these to the blender with the celery juice and pulse repeatedly until uniformly chopped but not too smooth.
3. Finely dice the remaining tomato, cucumber, bell pepper, and onion and add to the gazpacho. Stir in the vinegar and salt (start light), pepper, spices and chopped herbs. Taste and adjust salt and vinegar.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

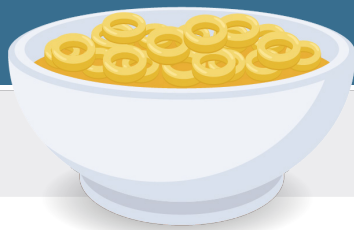
 Lunch/Supper

YIELD

5½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup	¼ Cup	½ Cup	½ Cup



HOMEMADE SPAGHETTIOS

December 11

National Noodle Ring Day




INGREDIENTS

- 1 Pound Ground Beef (80/20 or leaner)
- ½ Cup Seasoned Italian breadcrumbs
- 1 Egg
- 1 Tablespoon Garlic Powder
- ¾ Tablespoon Italian Seasoning
- ⅛ Cup Parmesan Cheese
- 1 Tablespoon Onion Powder
- ¼ Cup Milk
- Salt and Pepper (to taste)
- ¼ Cup Olive Oil
- 1 Pound "Ring" Pasta
- 24 Ounces Pasta Sauce
- 4 Cups Chicken or Vegetable Broth
- 5-10 Leaves Fresh Shredded Basil
- ¼ Cup Parmesan Cheese

DIRECTIONS

1. In a large bowl add the beef, egg, salt, pepper, garlic powder, onion powder, ⅛ cup of Parmesan cheese, and Italian seasoning. Then add the breadcrumbs. Pour the milk on top of the breadcrumbs.
2. Gently mix the ingredients until they are just combined. Don't overmix .
3. Take your meatball mixture and roll it into 24 balls.
4. In a large skillet, pan fry the meatballs in a little olive oil until they are golden brown all the way around.
5. Then remove the meatballs and set them aside. Keep them warm until we need them again.
6. Next, carefully transfer most the hot oil in the pan someplace that it can cool. Leaving about 1-2 tablespoons in the skillet.
7. In the same skillet, over medium high heat add the tomato sauce and chicken broth. Then bring the liquid up to a gentle boil and add the pasta rings and shredded basil.
8. They should take about 10-15 minutes to cook. If you feel like the sauce is getting too thick, feel free to add a little more broth. Once the rings are soft, transfer to a serving dish and add meatballs.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

24 Meatballs +
9¾ Cups Pasta

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Meatballs + ½ Cup Pasta	3 Meatballs + ½ Cup Pasta	4 Meatballs + 1 Cup Pasta	4 Meatballs + 1 Cup Pasta



MAPLE BACON SWEET POTATO HASH

December 17

National Maple Syrup Day

INGREDIENTS

- 1 Pound Bacon (diced)
- 4 Cups Sweet Potatoes (cut into ½-inch cubes, from 2-3 medium sweet potatoes)
- ½ Teaspoon Cinnamon
- 1-2 Tablespoons Maple Syrup

DIRECTIONS

1. Add the bacon to a large skillet and turn the heat onto medium.
2. Cook the bacon, stirring occasionally, until it's done through and just beginning to get crispy , about 10-15 minutes depending on the thickness of the bacon.
3. Using a slotted spoon, remove the bacon to a paper-towel lined plate and set aside.
4. Carefully drain all but 2 tablespoons of the bacon grease out of the skillet and return to the stove top.
5. Add the diced sweet potatoes to the skillet and sprinkle with the cinnamon.
6. Cook the sweet potatoes for 10-15 minutes, stirring frequently, or until they are fork tender.
7. Mix the cooked bacon back into the sweet potatoes and drizzle the maple syrup over the top.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	½ Cup



STRAWBERRY COCONUT OATMEAL MUFFINS

December 19

National Oatmeal Muffin Day

INGREDIENTS

- 2 Large Bananas (mashed)
- 2 Large Eggs
- ¼ Cup Maple Syrup
- 1 Cup Milk
- 1 Teaspoon Vanilla Extract
- 2 Cups Rolled Oats
- ½ Cup All-Purpose Flour
- 1 Teaspoon Baking Powder
- 1 Teaspoon Ground Cinnamon
- ¼ Teaspoon Salt
- Diced strawberries
- Unsweetened coconut flakes

DIRECTIONS

1. Preheat the oven to 350° and line a muffin tin with silicone muffin cups or generously spray muffin tin with non-stick cooking spray.
2. In a large bowl, mash banana, Add in eggs, maple syrup, milk and vanilla. Mix to combine. Set aside.
3. In another large bowl, mix together all of the dry ingredients.
4. Slowly add the wet ingredients to the dry ingredients. Mix until combined.
5. With a spoon, add batter to each muffin cup, filling each to close to the top. Add desired toppings to the top of each cup, pressing into the cup slightly to get some of the ingredients into the centre of the muffins.
6. Bake for 20-23 minutes or until inserted toothpick comes out clean. Allow to cool before removing from muffin tin.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Muffin	1 Muffin	2 Muffins	2 Muffins