

COOKING MATTERS[®]

KIDS SAY YES TO FRUITS & VEGGIES

ENGLISH LESSON WITH ENGLISH & SPANISH MATERIALS
Under Development



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COOKING MATTERS[®]

Kids Say Yes To Fruits & Veggies: Getting Started

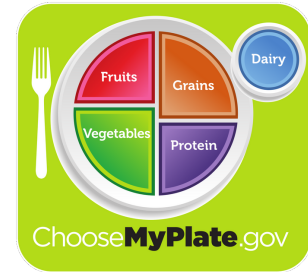


FOR FACILITATORS

Getting Started

Background

What is Cooking Matters? We dream of a world where healthy eating choices are the norm for everyone. To this end, Cooking Matters teaches participants to shop for and cook healthy meals through hands-on, in-person courses; interactive grocery store tours; live, online programming; and mobile, online and educational tools. All Cooking Matters content uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. Cooking Matters is a campaign of Share Our Strength, an organization working to end hunger and poverty.



Who is Cooking Matters for? Cooking Matters is designed for parents and caregivers, particularly those with kids from 0-5, who are experiencing limited food budgets. How does it work? Cooking Matters works with a network of partners who deliver impactful food skills education in their communities through learner-centered programming. Programming can be done in-person or online, and includes hands-on cooking, nutrition and budgeting activities and discussions, and communal eating of the food made in class (if applicable). Participants will complete pre- and post- class questions to evaluate any behavior change. Evaluation results show that facilitator efforts make a lasting impression and that Cooking Matters participants continue to practice improved eating habits, cooking techniques, and food resource management skills they learned in class.

What is the Waiver & Release? In-person programming participants, guests, volunteers, and facilitators must complete a Cooking Matters-provided 'Participation Waiver and Release' form. Waivers do not need to be obtained for employees of Implementation or Collaborating Partners. Online programming participants, guests, volunteers, and facilitators must complete the form when online programming is recorded and participants are sharing a video feed. Cooking Matters provides the form in English and Spanish. Such Participation Waiver releases Share Our Strength, its partners, sponsors and each of their officers, directors, agents, employees, and volunteers from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses that may result from Program participation. Share Our Strength does not require these waivers to be returned but rather to be kept on file with the implementer. See the last page of this packet for the waiver and release.

Please note that this lesson packet is under development and is not a final product.

Creating a Learner-Centered Cooking Matters Class

Adults bring their life experiences to their learning experiences, and use those to determine what is important and relevant to them. As a Cooking Matters facilitator, your challenge is to build upon those experiences so that caregivers will be able to incorporate lessons from Cooking Matters into their own lives.

To achieve this, you'll need to focus on creating a learner-centered environment. This is more than providing information or teaching skills. It is an educational approach that focuses on the participants' concerns and involves them in making decisions and solving problems.

Learner-centered education aims to:

- Engage learners
- Develop respectful relationships
- Recognize that adult learners are decision-makers
- Provide immediately useful information
- Build on learners' past experience and knowledge
- Sequence the learning experiences and reinforce them

The desired outcome is to create a safe environment for learners to consider changing behaviors.

Facilitated Dialogue is a key technique in learner-centered education. Active participation of the leader and group members is its key characteristic. Your role as a facilitator is to provide opportunities for learning by engaging participants in discussion and activities that build upon their experiences. The participants' role is to share questions, concerns, and successes so that they can learn from each other as well as from the instructors.

Each lesson plan is written to assist you in creating a learner-centered course and using Facilitated Dialogue techniques. We hope that you will ask participants open-ended questions to share what they know and encourage hands-on practice with the new skills and information you present. Remember that participants are experts in their own lives. Use participants as a resource for teaching and encourage them to actively consider the changes they can make to get most out of their family meals.

Customizing Your Cooking Matters Class

Cooking Matters was created to meet the needs of a broad swath of parents and caregivers, based on research on the food decision-making processes and preferences of families as well as the wealth of experience of all of our partners that work with parents and caregivers every day across the country. Covering each of the key objectives listed in the lesson plans at some point during the course will help you meet the most salient needs of participants and their families. However, we recognize that some customization of your class will be necessary to meet the specific needs of your particular group. Use of learner-centered principles, including Facilitated Dialogue, will allow you to adapt the flow of conversation to the more specific needs of your audience. We recommend that you take the time in advance to think about other ways in which you might need to make shifts in your teaching approach to be most appropriate for your group. For example:

RECIPES:

Ask parents and caregivers in your group what type of recipes they are interested in making. Don't assume the type of foods a certain culture will want to make. Base the recipes used in class on what participants want to learn, drawing from the collection of recipes included, from CookingMatters.org, or from your own collection.

Consider modifying the structure of the lesson based on the recipes your group will prepare. Ingredients should be low-cost and generally accessible for families. Recipes should be quick to prepare with simple instructions and a combination of ingredients that encourages a variety of food choices across all food groups.

ENGLISH AS A FOREIGN LANGUAGE:

If your class is held with EFL speakers who require a translator, recognize that you'll need to allow extra time for translation. If you're not able to extend the session, determine in advance where you may be able to trim some talking points to cover only the highest-priority content, or try preparing shorter recipes

AGE OF YOUR GROUP'S CHILDREN:

Be sure to ask the parents in your group the ages of their children. Look for ways to make each child-focused discussion applicable to parents and caregivers of children of different ages. As you read through the lesson plan, determine in advance how you will modify other discussions as needed for your group.

COOKING MATTERS[®]

Kids Say Yes To Fruits & Veggies: Lesson Plan



FOR FACILITATORS

GOAL

Encourage caregivers to incorporate more fruits and vegetables into family meals and snacks.

OBJECTIVES

- Prepare meals and snacks that help kids eat more fruits and vegetables.
- Discuss pros and cons of using different forms of fruits and vegetables.
- Discuss ways to save time preparing fruits and vegetables.
- Share ideas for helping kids enjoy more fruits and vegetables.

KEY MESSAGES

- Buying fruits and veggies in all their forms (fresh, frozen, canned, and dried) can help save you money and time. There is no “best” form of fruits and vegetables – they all count!
- Kids learn by watching you! Be a role model by eating fruits and vegetables yourself.
- Patience works better than pressure. You decide what foods to serve – then let kids choose whether and how much to eat.
- Kids may need to see a new food on the table many times before they will try it or like it.

MATERIALS

Flip chart or white board • Markers/pens • Name tags • Ingredients and equipment for your chosen recipes • Samples of different types (fresh, canned, frozen, dried) of fruit and vegetables (in addition to those your prepare together in class – optional) • Materials for kids’ activity (if using - optional)

KIDS’ ACTIVITIES

For optional free downloadable kids activities that parents can have for their children to do while the lesson is happening, visit cookingmatters.org/community-resources/#kids-handouts

CAREGIVER HANDOUTS

We have provided a set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. You are NOT required to provide all of these handouts as take-homes (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that at a minimum you provide a printed copy of the recipe(s) you prepared in class. Check off the handouts you plan to reference during class:

- Fun with Fruits and Veggies
- Fresh, Frozen, and Canned
- Veggies Three Ways

RECIPE OPTIONS

Choose at least 1 recipe (or as many as time allows) for the hands-on prep. The following chart provides some ideas. You may use other recipes if you wish – see CookingMatters.org/recipes for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines. To work within a 30-minute lesson, please read the recipes carefully and determine whether you need to prepare any ingredients in advance (e.g., chopping veggies, pre-cooking grains or other ingredients) to fit within your timeframe.

| Recipe Ideas | | | |
|---|--|---|--|
| Recipe Ideas | Prep & Cook Time | Time Saving Tips | Talking Points |
| Raw fruits or veggies paired with any dip from the Delicious Dips and Spreads handout | Prep Time: 10 minutes Cook Time: 0 minutes | Prep veggies and fruits in advance. Focus lesson on making dips and spreads. | "Kids love to dip their foods. Particularly with picky kids, dips are a great way to add new flavors that will encourage kids to eat their fruits and vegetables." "Dips can be made on the weekends, or when you have a little extra time, and used throughout the week. Get kids involved in the mixing and mashing!" |
| Black Bean and Vegetable Quesadilla | Prep Time: 25 minutes Cook Time: 20 minutes | Drain and rinse beans in advance. Wash and prepare vegetables. | "Substitute frozen spinach for fresh to save money, or if you won't use up the fresh spinach in other ways." "Use any veggies you like. Quesadillas are great for throwing in leftover veggies too!" |

CLASS TIME

PAPERWORK (5 MINUTES):

As caregivers arrive, have them sign a waiver.

MAIN COURSE: LESSON TOPIC (22 MINUTES):

INTRODUCTION: (3 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Set expectations.** Explain participants will learn how to save money buying fruits and vegetables, how to save time in the kitchen, and ideas for getting kids to eat more fruits and vegetables.
3. **Get acquainted:**



“Show of hands — Who has infants? Toddlers and preschoolers? School-aged children? Teenagers?”

- Make note of this information so you can focus on sharing tips that are most relevant for the age groups represented. Let caregivers know that we will dive right in so we have time for food preparation, but their questions and ideas are welcome throughout the lesson!

HANDS-ON COOKING AND DISCUSSION (19 MINUTES)

1. Begin by having caregivers prepare the food together

NOTE: If you have a helper to lead children, pull the kids into a separate activity of your choosing while caregivers prepare food and have a discussion. If not, identify a specific cooking task for kids or give them a designated area for independent play.

- Have caregivers wash hands using proper technique.
- Introduce the recipe(s) you have chosen and show caregivers the fresh, frozen, canned or dried produce you will use. Point out that most recipes can be used as a framework that can be adjusted to suit your family’s budget and needs (such as using leftovers, things you have on hand, items you find on sale). If you are substituting any ingredients in the recipe due to cost, convenience, or other reasons, point that out.
- Delegate different recipe steps as needed. As caregivers work, introduce the idea of using fruits and vegetables in all their forms to save money while eating healthier. Have them brainstorm the pros and cons of different forms of fruits and vegetables. Prompt them to consider factors like cost, shelf life, taste, texture, nutrient content, and ease of preparation. Use the Fresh, Frozen, and Canned handout to facilitate your discussion as needed.

- Move on to discuss a common parenting challenge: helping kids get plenty of colorful fruits and vegetables. Tell parents that caregivers’ modeling an enjoyment of fruits and vegetables has been proven to help kids develop good attitudes towards fruits and vegetables over the long term.



“What does it mean to be a role model for your kids around fruits and veggies? How are you doing this already? How might you be modeling unhelpful attitudes or behaviors towards fruits and veggies? What’s one modeling behavior you think you could try this week?”

2. If kids and caregivers have been separated, bring them back together for eating time.

- As kids and caregivers eat:



“What are some ways to interest your child in fruits and vegetables?”

- Offer additional age-specific ideas for stimulating children’s interest in fruits and vegetables from the table below.

| Getting Kids Interested in Fruits and Vegetables | |
|---|--|
| Age Range | Talking Points |
| Toddlers (ages 1-3) and preschoolers (ages 3-5) | <p>Play with shapes and colors to highlight the visual aspects of fruits and vegetables. Have “rainbow night” to see how many colors you can get on one plate (use leftovers to cut costs!). Color-code meals (“Rockstar Red Night”) based on the fruit or veggie starring in the main dish. Use cookie cutters to arrange the meals’ fruits and vegetables on the plate.</p> <p>Kids love to dip their foods. When old enough for small slices of raw fruits and veggies, whip up a quick veggie dip with yogurt and seasonings such as herbs. Or, fruit chunks go great with a yogurt and cinnamon or vanilla dip.</p> <p>Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.</p> |
| School-aged children and teenagers (ages 6-12; 13+) | <p>Keep fruit and veggies wash, cut up, and in plain sight in the refrigerator.</p> <p>Make sure fruits and vegetables are easier to access than less healthy foods.</p> <p>Offer raisins or other unsweetened dried fruit instead of chewy fruit snacks or strips, which usually contain very little fruit.</p> <p>Rehab kids’ favorites: spoon fresh, canned, or dried fruit over yogurt; mix dried fruit, applesauce or a mashed banana into oatmeal; add spinach to ground beef when making burgers; add veggies to eggs or pizza; grate zucchini into tomato sauce.</p> |

CLOSING (3 MINUTES):

ENCOURAGE: Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing.

SHARE: Share with caregivers that they can get more great recipes, tips, and ideas for feeding young children by following our Cooking Matters Facebook page. They can also download the Cooking Matters App, visit CookingMatters.org, or follow us on YouTube or Instagram.

TAKE: Share handouts for caregivers to take home, as well as any incentive items you are providing. Caregivers must complete the participant survey questions and return the forms to you before receiving their take-home items.

COOKING MATTERS®


Kids Say Yes To Fruits & Veggies: Recipes



Kids love to help in the kitchen and there are lots of ways to include them.

- The recipes in this packet include steps marked with the "little helping hand." 🖐️
- These steps are good for kids, but help from adults may be needed. Use these tips to help kids safely build their skills doing common cooking tasks.
- Trying new foods? Check out the Taste Test: Name that Food handout. Hang it on the fridge or another spot that is easy to find. Use it to introduce new foods to kids in a fun way.



Delicious Dips & Spreads

 = Have kids help with the steps marked with the “little helping hand”!



Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

If you do not have a blender, use a fork to mash more solid ingredients. Then, blend with other ingredients using a mixing spoon or mash all ingredients in a plastic zip top bag. Kids will love helping with mashing and mixing!



Bean Dip

- Using a blender, mix 1 (15½-ounce) can beans  (cannellini, chickpeas, black beans, etc.) rinsed and drained, 1 minced garlic clove, ¼ cup water, 1 Tablespoon canola oil, ½ teaspoon salt, ½ teaspoon ground black pepper.
- For extra kick, add ¼ cup salsa. For a thicker dip, add ¼ cup low-fat yogurt. For a different flavor, add ¼ cup of your favorite rinsed and minced fresh herbs.
- Serve with cut-up fresh veggies, with whole  wheat pita wedges or crackers, or as a sandwich spread.



Pumpkin Dip

- Using a blender, mix 1 (15-ounce) can pumpkin  puree, 1 cup low-fat cream cheese (softened), ¼ cup powdered sugar, 1 teaspoon ground cinnamon, and 1/8 teaspoon ground nutmeg.
- Serve with whole wheat graham crackers or  apple wedges. Or, use as a spread on whole wheat toast or bread.



Honey Mustard Dip

- Mix ½ cup plain nonfat yogurt, 1 Tablespoon  mustard, and 1 Tablespoon honey.
- Serve with Baked Flaked Chicken or soft  whole grain pretzels.



Ricotta Fruit Dip

- Mix 8 ounces low-fat ricotta cheese, ½ cup  nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and ½ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit or whole wheat  crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.

Vegetable Dip

- Mix ½ cup nonfat plain yogurt, ½ cup  reduced fat mayonnaise, and 1 Tablespoon salt-free seasoning blend (or use ½ teaspoon each of dried chives and parsley, ¼ teaspoon each of garlic and onion powder, and 1/8 teaspoon each of salt and pepper). Use low-fat sour cream in place of mayonnaise if you like.
- Serve with cut-up fresh veggies. Or, use as  a topping for quesadillas, tacos, or chili.

Fruit Yogurt Dip

- Using a blender, mix 1 cup low-fat cream  cheese (softened), ½ cup nonfat vanilla yogurt, ½ cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and ¼ teaspoon ground cinnamon.
- Serve with cut-up fresh fruits. Try apples,  bananas, grapes, or strawberries.

Make Food Fun! - Dips and Spreads

Easy and fast tips for making food fun for kids.



Make your food into art or a fun design with the dip on the side.

Tips and Tricks:

Kids love to dip their foods. Particularly with picky kids, dips are a great way to add new flavors that will encourage kids to eat their fruits and vegetables.

Tips and Tricks:

Pair dips and spreads with a variety of dipping options so kids may see one they enjoy.

Serve multiple dips separated with various dipping options: fruits, veggies, grains and protein.




Use muffin liners or small bowls to hold the dip so each kid gets their own serving.

Tips and Tricks:




Dips can be made on the weekends or when you have a little extra time, and be used throughout the week. Get kids involved in the measuring, mixing and mashing!

Dips y cremas deliciosas para untar

 = ¡Deje que los niños ayuden con los pasos marcados con la "manito que ayuda!"!



Sirva sus frutas, verduras y granos integrales preferidos con dips fáciles de preparar.

Dip de frijoles



-  Mezcle en la licuadora, 1 lata (15½ onzas) de frijoles (cannellini, garbanzos, frijoles negros, etc.) enjuagados y escurridos, 1 diente de ajo picado, ¼ taza de agua, 1 cucharada de aceite de canola, ½ cucharadita de sal, ½ cucharadita de pimienta negra molida.
-  Para darle un toque de sabor extra, añada ¼ taza de salsa. Para un dip más espeso, agregue ¼ taza de yogur bajo en grasa. Para darle un sabor diferente, añada ¼ taza de sus hierbas frescas favoritas, lavadas y picadas.
-  Sirva con verduras frescas cortadas, con pan pita de trigo integral cortado en triángulos o galletas de sal, o como una crema para esparcir en un sándwich.

Si no tiene una licuadora, use un tenedor para machacar los ingredientes sólidos. Luego mezcle con los demás ingredientes usando una cuchara para mezclar.



Dip de calabaza

-  En una licuadora, mezcle 1 lata (15 onzas) de puré de calabaza, 1 taza de queso crema bajo en grasa (ablandado), ¼ taza de azúcar glas o en polvo, 1 cucharadita de canela molida y 1/8 cucharadita de nuez moscada molida.
-  Sirva con galletas graham de trigo integral o pedazos de manzana. O use para untar en tostadas o pan de trigo integral.



Dip de mostaza con miel

-  Mezcle ½ taza de yogur natural sin grasa, 1 cucharada de mostaza y una cucharada de miel.
-  Sirva con Pollo crujiente al horno o con pretzels blandos de grano integral.



Dip de ricotta y fruta

-  Mezcle 8 onzas de queso ricotta bajo en grasa, ½ taza de yogur de vainilla sin grasa, 3 cucharadas de conserva o mermelada de su fruta preferida y ½ cucharadita de canela molida.
-  Sirva con fruta fresca cortada o con galletas de trigo integral. O use para untar en tostadas, pan o panqueques de trigo integral.

Dip de verduras

-  Mezcle ½ taza de yogur natural sin grasa, ½ taza de mayonesa baja en grasa y 1 cucharada de mezcla de condimentos sin sal (seasoning blend) (o use ½ cucharadita de cebolleta seca y ½ cucharadita de perejil, ¼ cucharadita tanto de ajo en polvo como cebolla en polvo, y 1/8 cucharadita de sal y 1/8 de pimienta). Si lo desea, use crema agria baja en grasa en lugar de mayonesa.
-  Sirva con verduras frescas cortadas. O use como un aderezo para quesadillas, tacos o chili.

Dip de yogur con fruta

-  En una licuadora, mezcle 1 taza de queso crema bajo en grasa, (ablandado), ½ taza de yogur de vainilla sin grasa, ½ taza de puré de fruta, tal como piña triturada, bayas o puré de plátano, 1 cucharadita de miel y ¼ cucharadita de canela molida.
-  Sirva con fruta fresca cortada. Pruebe con manzanas, plátanos, uvas o fresas.

¡Haga que la comida sea divertida! - Dips y cremas deliciosas para untar



Convierta la comida en arte o en un diseño divertido con la salsa a un lado.

Consejos y Trucos:

A los niños les encanta untar la comida. Las salsas son una forma fantástica de añadir sabores nuevos, sobre todo con los niños que son más quisquillosos con la comida, ya que los animará a comer frutas y verduras.

Consejos y Trucos:

Sirva las salsas y pastas con una variedad de opciones para untar para que los niños vean al menos una que les guste.

Sirva varias salsas separadas con opciones para untar: frutas, verduras, cereales y proteína.



Use moldes para mantecadas o cuencos pequeños para la salsa para que cadaniño tenga su porción individual.


Consejos y Trucos:

Las salsas se pueden preparar los fines de semana o cuando tenga un poco de tiempo extra y se pueden usar durante la semana. ¡Haga que los niños le ayuden a medir, mezclar y aplastar!

Black Bean and Vegetable Quesadillas

Serves 6, 1 folded quesadilla per serving






Prep time: 25 minutes • Cook time: 20 minutes

 = Have kids help with the steps marked with the “little helping hand”!

Ingredients

½ (15½-ounce) can black beans, no salt added
 2 medium zucchini
 1 bunch fresh spinach (about 4 cups)
 1 ear fresh corn or 1 cup canned corn
 4 ounces low-fat cheddar cheese
 1 Tablespoon canola oil
 Pinch ground cayenne pepper
 1–2 teaspoons water
 ½ teaspoon ground black pepper
 6 (8-inch) whole wheat flour tortillas
 Non-stick cooking spray
 Optional Ingredients
 3 Tablespoons fresh parsley or cilantro

Directions

-  1. In a colander, drain and rinse black beans.
-  2. Rinse zucchini. Cut into thin slices or shred with a grater.
-  3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
-  5. Grate cheese.
6. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
7. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
8. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.
9. Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
-  10. Spread vegetable mixture evenly on half of each tortilla. Top with cheese. Fold tortillas over. Press lightly with spatula to flatten.
11. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
12. Cut each quesadilla into 2 wedges. Serve while hot.

Materials

Box grater • Can opener • Colander • Cutting board • Fork • Large skillet with lid • Measuring spoons • Medium bowl • Rubber spatula • Sharp knife

| Nutrition Facts | |
|--|----------------------|
| Serving Size 1 folded quesadilla | |
| Servings Per Recipe 6 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 360mg | 16% |
| Total Carbohydrate 36g | 13% |
| Dietary Fiber 4g | 14% |
| Sugars 5g | |
| Protein 12g | |
| Vitamin A 45% | Vitamin C 15% |
| Calcium 15% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |

Chef's Notes

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- When selecting whole wheat tortillas, compare Nutrition Facts labels and look for options lower in sodium and saturated fat and with no trans fat.
- Top with low-fat yogurt or salsa.
- Use the remaining beans in a soup or to top a salad.

Make Food Fun! - Black Bean and Vegetable Quesadillas

Easy and fast tips for making food fun for kids.



Serve the quesadilla with a "dip" -smashed avocado or seasoned yogurt.

Tips and Tricks:

Substitute frozen spinach for fresh to save money, or if you won't use up the fresh spinach in other ways.

Tips and Tricks:

Use any veggies you like. Quesadillas are great for throwing in leftover veggies too.

Cut the quesadilla into different shapes. Try cutting strips instead of triangles. You can use a pizza cutter or cookie cutters to let kids help with cutting.



Use a muffin tin to make quesadilla "cups". Just press the tortilla into the muffin tin, top with ingredients and bake.


Tips and Tricks:

Store tortillas in the freezer so you always have some on hand for quick recipes.

Quesadillas de frijoles negros y verduras

Rinde 6 porciones, 1 quesadilla doblada por porción

Tiempo de preparación: 25 minutos • Tiempo de cocción: 20 minutos

 = ¡Deje que los niños ayuden con los pasos marcados con la "mano que ayuda!"






Ingredientes

½ lata (15½ onzas) de frijoles negros, sin sal añadida
2 calabacines medianos
1 manojo de espinacas frescas (unas 4 tazas)
1 mazorca de maíz o 1 taza de elote o maíz enlatado
4 onzas de queso cheddar bajo en grasa
1 cucharada de aceite de canola
Una pizca de pimienta cayena
1 a 2 cucharadas de agua
½ cucharadita de pimienta negra molida
6 tortillas (de 8 pulgadas) de harina de trigo integral
Aceite en aerosol
Ingredientes opcionales
3 cucharadas de perejil o cilantro fresco

Utensilios

Abrelatas • Colador • Cucharas de medir • Cuchillo afilado • Espátula de goma • Rallador de cuatro lados • Sartén grande con tapa • Tabla para cortar • Tazón mediano • Tenedor

Directions

-  1. En un colador, enjuague y escurra los frijoles negros.
-  2. Lave los calabacines. Córtelos en rodajas delgadas o rállelos.
-  3. Lave y pique la espinaca fresca. Si va a utilizar el perejil o el cilantro fresco, lávelo y píquelos ahora.
4. Si usa una mazorca fresca, pélela. Utilice el cuchillo para cortar los granos del maíz de la mazorca. Si usa maíz enlatado, escúrralo.
-  5. Ralle el queso.
6. Caliente el aceite a temperatura media alta en una sartén grande. Eche los calabacines y la pimienta cayena. Cocine hasta que los calabacines estén un poco blandos, por unos 5 minutos.
7. Añada el maíz y la espinaca. Tape la sartén y cocine hasta que estén tiernos, revolviendo unas pocas veces, por unos 5 minutos más. Retire del fuego.
8. Agregue los frijoles negros a la mezcla de verduras. Revuelva. Machaque los frijoles ligeramente con un tenedor. Añada 1 a 2 cucharadas de agua para hacer una pasta de frijoles y verduras.
9. Sazone la mezcla con pimienta negra. Si va a usar el perejil o el cilantro, añádelo ahora. Pase la mezcla a un tazón mediano. Deje a un lado la sartén.
-  10. Unte la mezcla de verduras uniformemente en la mitad de cada tortilla. Échele el queso por encima. Doble las tortillas. Presione suavemente con la espátula para aplanarlas.
11. Rocíe la sartén ligeramente con el aceite en aerosol. Caliente a temperatura media alta. Eche una tortilla doblada. Cocine 4 minutos por cada lado, o hasta que los dos lados de la tortilla estén dorados. Haga lo mismo con todas las tortillas.
12. Corte cada quesadilla en dos triángulos. Sírvalas calientes.

| Nutrition Facts | |
|----------------------------------|----------------------|
| Serving Size 1 folded quesadilla | |
| Servings Per Recipe 6 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 360mg | 16% |
| Total Carbohydrate 36g | 13% |
| Dietary Fiber 4g | 14% |
| Sugars 5g | |
| Protein 12g | |
| Vitamin A 45% | Vitamin C 15% |
| Calcium 15% | Iron 15% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Sugerencias de la chef

- Puede agregar al relleno sus verduras favoritas. En lugar de calabacín y espinaca, use verduras cocidas que le hayan sobrado, como berza, calabaza o pimentones.
- Para reducir gastos, puede usar espinaca congelada. Descongélala, escúrrala y exprímala bien para que esté seca antes de añadirla.
- Colóquela encima crema agria baja en grasa o salsa.
- Puede usar los frijoles que le sobren en una sopa o con una ensalada.

¡Haga que la comida sea divertida! - Quesadillas de frijoles negros y verduras



Sirva la quesadilla con una “salsa” – aguacate aplastado o yogur especiado.

Consejos y Trucos:

Use espinacas congeladas en lugar de frescas para ahorrar dinero o si no va a usar espinacas de otras maneras.

Consejos y Trucos:

Use las verduras que quiera. Las quesadillas son perfectas para usar las sobras de verduras también.

Corte la quesadilla con formas diferentes. Córtela en tiras en lugar de triángulos. Puede usar una rueda para cortar pizza o moldes de galletas para que los niños ayuden a cortar.



Use una bandeja para mantecadas para hacer “cuencos” de quesadilla. Apriete la tortilla en el molde, eche los ingredientes y hornee.

Consejos y Trucos:

Guarde las tortillas en el congelador para tenerlas siempre a mano para hacer recetas rápidas.

COOKING MATTERS[®]

Kids Say Yes To Fruits & Veggies: Caregiver Handouts



Fun with Fruits and Veggies

Offer fruits and vegetables at each meal in ways that are fun for kids.

Let kids play with their food.

- Ask kids to describe the shapes of fruits and veggies
- Make faces on bread or bagel halves. Spread cream cheese or peanut butter. Use fruits and veggies to make eyes, eyebrows, nose, cheeks, and a smile.
- Let them hold, touch, smell, or just look at foods to explore them — even if they don't eat them.

Talk about all the colors.

- Help kids learn their colors by telling you which ones are on their plate.
- Make a wall chart. Let kids put a sticker by each color they eat that day.
- Connect colors to things kids know. Relate red tomatoes to a red toy they like or to Spiderman's red cape.

Add new flavors.

- Add a small amount of canola oil, a dab of syrup, and some salt and pepper to sweeten cooked veggies.
- Serve raw or lightly steamed veggies with a healthy dip recipe. Try making your own dips at home.

Try different cooking methods.

- Kids often don't like the mushy look or taste of overcooked vegetables. Lightly steam or sauté veggies just until tender
- Use fruit in a fruit salad or yogurt parfait. Try mashing, steaming, baking, or broiling veggies.

Make a game out of trying new things.

- Have kids taste-test vegetables seasoned with different flavors. Let them vote for the one they like most
- Make up silly songs about a new fruit or vegetable. Have kids sing them as you show them the new food.

Diviértanse con las frutas y las verduras

En cada comida, ofrezca frutas y verduras en formas que sean divertidas para los niños.

Deje que los niños jueguen con sus alimentos.

- Pídale a los niños que describan las formas de las frutas y las verduras.
- Haga caras en el pan o en las mitades de un bagel. Únteles queso crema o mantequilla de cacahuete. Use frutas y verduras para hacer los ojos, las cejas, la nariz, los cachetes y una sonrisa. Trate de hacer caras con frutas y vegetales y con otros de sus alimentos preferidos.
- Déjelos sostener, tocar, oler o sólo mirar los alimentos para que los examinen, incluso si no se los comen.

Hablen acerca de los colores.

- Ayude a los niños a aprender los colores, diciéndoles los colores que hay en sus platos.
- Dibuje una tabla y colóquela en la pared. Deje que los niños pongan una pegatina en cada color de lo que comen ese día.
- Relacione los colores con cosas que los niños conozcan. Relacione los tomates rojos con un juguete rojo que a ellos les guste o con la capa roja del hombre araña.

Agregue nuevos sabores.

- Agregue una cantidad pequeña de aceite de canola, un toque de almíbar, y algo de sal y pimienta para darles más sabor a las verduras cocinadas.
- Sirva verduras crudas o cocidas ligeramente al vapor con una receta de un dip saludable.

Trate diferentes métodos de cocción.

- A los niños a menudo no les gusta la apariencia de las verduras demasiadas blandas o demasiado cocidas. Cocine las verduras ligeramente al vapor o saltéelas en un poquito de aceite sólo hasta que estén tiernas.

Haga que el probar alimentos nuevos sea un juego.

- Haga que los niños prueben las verduras sazonadas con diferentes sabores, a manera de experimento. Déjelos votar por la que más les gustó.
- Invéntese canciones graciosas acerca de las frutas y verduras nuevas. Haga que los niños las canten mientras usted les muestra el alimento nuevo.

Fresh, Frozen, and Canned

Enjoy fruits and vegetables in all their forms.

There is not a “best” form of fruits and vegetables. Each has its pros and cons:

| | Pros | Cons | Try These Tips |
|---------------|---|---|---|
| Fresh | <ul style="list-style-type: none"> • Greater variety • Able to touch, smell, and see before buying • Can cost less when purchased in season | <ul style="list-style-type: none"> • Must be used quickly before going bad • Need to learn about ripeness and storage • Can cost more if not in season | <ul style="list-style-type: none"> • Purchase fresh produce when in season to save money. • Ask the produce clerk how to select or store unfamiliar produce. • Purchase enough for 1 week, or the amount of time before you will shop again. • See tips for using up fresh produce before it goes bad.* |
| Frozen | <ul style="list-style-type: none"> • Frozen at peak freshness • Can cost less compared to out-of-season produce • Long shelf life (up to 6months) • Little preparation required • Available year-round | <ul style="list-style-type: none"> • May have added sodium, sugar, and/or fat • Texture changes with freezing | <ul style="list-style-type: none"> • Choose frozen fruits or vegetables with no sodium, sugar, or fat added. • Store at 0°F or lower to prevent nutrient loss. |
| Canned | <ul style="list-style-type: none"> • Canned at peak freshness • Can cost less compared to out-of-season produce • Long shelf life (2-4 years) • Little preparation required • Available year-round | <ul style="list-style-type: none"> • May have added sodium, sugar, and/or fat • Texture changes with canning | <ul style="list-style-type: none"> • Choose canned vegetable low in sodium and fat. • Choose fruit canned in juice. • Rinse off canned vegetables before using to reduce sodium. |

Use up fresh fruits and vegetables before they go bad:

- Combine fruits in a fruit salad. Or, cook a tasty fruit dessert.
- Top cereal with sliced fruit.
- Chop and store fresh fruits in freezer. Use for smoothies.
- Use overripe produce in muffins, breads, or to top pancakes.
- Add vegetables to soups, stews, casseroles, pastas, sauces, or omelettes.
- Combine vegetables and a little salad dressing for a side dish or snack.

Frescas, enlatadas, congeladas

Disfrute de las frutas y las verduras en todas sus formas.

No existe una “mejor” forma de frutas y vegetales — cada una tiene sus ventajas y desventajas:

| | Ventajas | Desventajas | Pruebe estas sugerencias |
|-------------------|--|---|--|
| Frescos | <ul style="list-style-type: none"> • Ofrecen un sabor más natural • Hay mayor variedad • Se pueden tocar, oler y ver antes de comprar | <ul style="list-style-type: none"> • Se deben usar rápido antes de echarse a perder • Difícil de saber si están maduros • Pueden ser caros si no están en temporada | <ul style="list-style-type: none"> • Compre productos frescos cuando estén en temporada para ahorrar dinero • Almacene los productos frescos en áreas frías para extender su duración • Compre lo suficiente para una semana, o para el periodo de tiempo antes de que vaya de compras nuevamente • Vea los consejos para usar productos frescos antes de dañarse* |
| Congelados | <ul style="list-style-type: none"> • Son procesados al máximo de su frescura • Costo más bajo • Vida útil larga (hasta 6 meses) • Se necesita poca preparación • Disponible todo el año | <ul style="list-style-type: none"> • Podría tener sodio, azúcar y/o grasa añadidos | <ul style="list-style-type: none"> • Escoja frutas o vegetales congelados sin sodio, azúcar o grasa añadidos • Almacénelos a 0°F o menos para evitar la pérdida de nutrientes |
| Enlatados | <ul style="list-style-type: none"> • Son procesados al máximo de su frescura • Costo más bajo • Vida útil larga (de 2 a 4 años) • Se necesita poca preparación • Disponible todo el año | <ul style="list-style-type: none"> • Podría tener sodio, azúcar y/o grasa añadidos • Cocinarlos demasiado hace que los vegetales queden pastosos • Podría tener un sabor residual de la lata | <ul style="list-style-type: none"> • Escoja vegetales enlatados de bajo contenido en sodio y grasas • Escoja frutas enlatadas en jugo o en almíbar 100% natural sin azúcar agregada • Enjuague los vegetales enlatados antes de usar para reducir el sodio |

* Use las frutas y los vegetales frescos antes de que se dañen:

- Combine las frutas en una ensalada de frutas o cocine un postre sabroso
- Cubra el cereal con frutas rebanadas
- Corte y almacene las frutas en el congelador para usar en batidos
- Use las frutas que estén muy maduras en panecillos, panes o panqueques
- Añada vegetales a sopas, estofados, cacerolas, pastas, salsa o tortillas
- Combine vegetales y un poquito de aderezo para ensaladas para un acompañamiento o una merienda.

Veggies Three Ways

Try these simple ways to cook your veggies. Decide which ways work best for you!

Start with 1 pound of veggies (unless otherwise noted). Wash before cooking. Peel if needed. Cut into bite-size pieces, all roughly the same size so they cook evenly. Then, follow the directions below.

- Stove Top: Fill a pot with 1½ inches of water. Add veggies. Simmer until tender, using cook times below.
- Oven: Preheat oven to 450°F. Toss veggies with 1 Tablespoon canola oil. Coat a baking sheet with non-stick cooking spray. Spread veggies evenly on the baking sheet so they are not touching. Bake, using cook times below.
- Microwave: Place veggies in a microwave-safe dish with a lid. Or, cover with plastic wrap. Vent by poking a few holes in the plastic or folding back a small corner. Add 2 Tablespoons water. Microwave on high, using cook times below. Drain well after cooking.

| Vegetable | Approximate Cooking Times | | |
|--|---------------------------|-----------------------------|--------------------------|
| | Stove Top | Oven | Microwave |
| Asparagus, zucchini, yellow squash | 4-6 minutes | 15-20 minutes | 3-5 minutes |
| Beet, turnips | 10-15 minutes | 20-25 minutes | 10-12 minutes |
| Broccoli, cauliflower, Brussels sprouts, cabbage | 5-8 minutes | 15-20 minutes | 5-7 minutes |
| Carrots, parsnips (1½ pounds) | 10-15 minutes | 20-25 minutes | 6-10 minutes |
| Celery root | 10-15 minutes | 20-25 minutes | 4-6 minutes |
| Chard, collards, kale, mustard, turnip, or beet greens (1½ pounds) | 3-5 minutes | - | 8-10 minutes |
| Corn (4 ears) | 5 minutes (on the cob) | 15-20 minutes (off the cob) | 7-9 minutes (on the cob) |
| Green beans | 4-6 minutes | 15-20 minutes | 8-12 minutes |
| Snow peas, sugar snap peas | 2-4 minutes | 8-10 minutes | 3-5 minutes |
| Spinach (1½ pounds) | 2 minutes | - | 2-4 minutes |
| Sweet potatoes, potatoes, rutabaga** | 10-15 minutes | 20-25 minutes | 8-12 minutes |
| Winter squash (2 pounds) | 15-25 minutes | 25-35 minutes | 8-12 minutes |

*Microwave temperatures can vary. Check your veggies often. Note what times work best for your microwave.

**Sweet potatoes or white potatoes can also be cooked whole. Poke them with a fork in several places. Microwave on medium, turning once or twice, about 20 minutes for white potatoes and 12-15 minutes for sweet potatoes. Or, bake in the oven at 400°F for 45-60 minutes.

Verduras de tres maneras distintas

Trate estas maneras sencillas para cocinar sus verduras.
¡Decida qué manera le da mejores resultados!

Empiece con 1 libra de verduras (al menos que se indique lo contrario). Lávelas antes de cocinarlas. Pélelas si es necesario. Córtelas en pedazos pequeños, aproximadamente del mismo tamaño para que se cocinen al tiempo. Luego, siga las instrucciones a continuación.

- Estufa: eche en una olla un poco de agua (1½ pulgada). Agregue las verduras. Cocine a fuego lento hasta que estén tiernas, usando los tiempos de cocción que aparecen a continuación.
- Horno: precaliente el horno a 450° F. Mezcle las verduras con 1 cucharada de aceite de canola. Rocíe una bandeja para hornear con aceite en aerosol. Esparza las verduras uniformemente en la bandeja para hornear de manera que queden separadas una de otra. Hornee, usando los tiempos de cocción que aparecen a continuación.
- Microondas: coloque las verduras en un recipiente con tapa, para microondas. O cúbralo con envoltura de plástico. Para que ventile, hágale algunos orificios al plástico o dóblelo un poquito en una esquina. Añada 2 cucharadas de agua. Cocine en el microondas a temperatura alta, usando los tiempos de cocción que aparecen a continuación. Escorra bien después de cocinar.

| Verduras | Tiempos de cocción aproximados | | |
|---|--------------------------------|------------------------------------|----------------------------------|
| | Estufa | Horno | Microondas* |
| Acelgas, berza, col crespa, hojas de mostaza, nabo o remolacha/betabel (1½ libra) | 3 a 5 minutos | - | 8 a 10 minutos |
| Apio | 10 a 15 minutos | 20 a 25 minutos | 4 a 6 minutos |
| Betabeles, nabos | 10 a 15 minutos | 20 a 25 minutos | 10 a 12 minutos |
| Brócoli, coliflor, repollitos de Bruselas, repollo | 5 a 8 minutos | 15 a 20 minutos | 5 a 7 minutos |
| Calabaza de invierno (2 libras) | 15 a 25 minutos | 25 a 35 minutos | 8 a 12 minutos |
| Camotes, papas, colinabo** | 10 a 15 minutos | 20 a 25 minutos | 8 a 12 minutos |
| Ejotes | 4 a 6 minutos | 15 a 20 minutos | 8 a 12 minutos |
| Elote o maíz (4 mazorcas) | 5 minutos (en la mazorca) | 15 a 20 minutos (en la mazorca) | 7 a 9 minutos (en la mazorca) |
| Espárragos, calabacín, calabaza amarilla | 4 a 6 minutos | 15 a 20 minutos | 3 a 5 minutos |
| Espinaca (1½ libra) | 2 minutos | - | 2 a 4 minutos |
| Chícharos chinos, chícharos dulces | 2 a 4 minutos | 8 a 10 minutos | 3 a 5 minutos |
| Zanahorias, nabos blancos (1½ libra) | 10 a 15 minutos | 20 a 25 minutos | 6 a 10 minutos |

*Las temperaturas en el microondas pueden variar. Revise sus verduras a menudo. Observe qué tiempo es más apropiado para su microondas.

**Los camotes o papas blancas también pueden cocinarse enteras. Pínchelas con un tenedor en varios lugares. Cocínelas en el microondas a temperatura media, volteándolas una o dos veces, aproximadamente por 20 minutos para las papas blancas y de 12 a 15 minutos para los camotes. O puede hornearlas a 400° F de 45 a 60 minutos.

COOKING MATTERS[®]

Waiver & Release Printable Promotion





Cooking Matters by Share Our Strength Waiver and Release

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I certify that I am at least 18 years of age. If under 18 years of age, signature of guardian is also required.

Name of Participant or Volunteer (please print): _____

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