



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Potato O'Connor

Ingredients:

- 1 Tbsp. margarine or butter
- 1/4 cup onion, chopped
- 1/4 tsp. garlic salt
- 1/8 tsp. pepper
- 2 Tbsp. enriched flour
- 1 1/3 cups milk
- 1 - 3 oz. package cream cheese
- 6 oz. of corn beef, thinly sliced
- 2 tsp. parsley flakes
- 4 baked potatoes (medium)
- 1/2 cup cabbage, finely chopped

Procedure:

In a saucepan, melt the margarine or butter. Add the onion, garlic salt, and pepper. Cook and stir until onion is tender but not brown. Stir in flour and add the milk. Cook and stir until thickened and bubbly. Add the package of cream cheese, cut up. Heat and stir until melted. Stir in the corn beef (cut up), the parsley flakes, and the cabbage. Heat through. Divide the mixture among the 4 potatoes.

Yield:

4 potatoes

Serving Size:

1/2 potato

Food Program Meal Component:

3/8 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Scalloped Cheese Carrots

Ingredients:

- 6 1/2 cups carrots, peeled and sliced
- 1/2 cup onion, chopped
- 2 Tbsp. enriched flour
- 2 Tbsp. margarine
- 1/2 tsp. salt
- 1/4 tsp. dry mustard
- 1 cup fluid milk
- 4 oz. American processed cheese
- 1/4 tsp. celery salt
- 1/4 cup margarine, melted
- 1 1/2 cups enriched bread cubes
- Pepper to taste

Procedure:

Cook carrots in water until barely tender. Drain. Saute onions in 2 Tbsp. margarine, in a medium saucepan until lightly browned. Stir in flour, salt, mustard, and pepper. Add milk. Blend until smooth. Add celery seed and cheese. Stir until the cheese melts. Place carrots in a 9" x 13" glass baking dish. Pour cheese sauce over the carrots. Mix bread cubes with 1/4 cup melted margarine and place on top of the carrot mixture. Bake at 350 degrees for 35 to 40 minutes. Divide into 16 equal portions.

Yield:

16 servings

Serving Size:

1 portion

Food Program Meal Component:

1/4 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Broccoli Casserole

Ingredients:

- 1/2 cup chopped onion
- 1 lb. chopped broccoli
- 1 cup chopped celery
- 1 - 10 1/2 oz. can cream of celery soup
- 1 cup minute rice (raw)
- 3/4 cup milk
- 1/2 tsp. salt
- 1 small jar cheddar cheese spread (or 1/2 cup grated cheddar cheese)

Procedure:

Fry the onion and the celery in butter until softened. Place all in large casserole. Reserve a small amount of cheese to dot over the casserole. Bake at 350 degrees for 45 minutes.

Yield:

10 servings

Serving Size:

2/3 cup

Food Program Meal Component:

- Generous 1/3 cup fruit/vegetable
- 1 bread/bread alternate for 1 to 5 year olds



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Vegetable Chop Suey

Ingredients:

- 2 cups sliced celery
- 2 Tbsp. cornstarch
- 1 cup chopped onion
- 1 tsp. instant beef bouillon granules
- 8 oz. fresh mushrooms, sliced
- 1 tsp. sugar
- 2 Tbsp. butter or margarine
- 1/2 cup water
- 1 - 16 oz. can Chinese vegetables, drained
- 1/8 tsp. pepper
- 3 Tbsp. soy sauce

Procedure:

Mix the celery, onion, mushrooms, and butter in 2 quart casserole. Cover. Microwave at high for 6 to 8 minutes, or until tender crisp. Set aside. In a 2 cup measure combine water, soy sauce, cornstarch, bouillon granules, and sugar. Microwave at high for 2 to 3 minutes, or until thickened, stirring twice during cooking. Mix sauce and remaining ingredients with celery mixture. Microwave at high for 4 to 6 minutes, or until thoroughly heated, stirring after half the time. Serve over rice or chow mein noodles.

Yield:

16 servings

Serving Size:

1/4 cup

Food Program Meal Component:

1/4 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Hashbrown Casserole

Ingredients:

- 2 lbs. frozen southern style hashbrowns
- 10 1/2 oz. can of cream of chicken soup
- 10 1/2 oz. can of cream of celery soup
- 8 oz. sour cream or plain yogurt
- 1/2 cup minced onion
- 1 cup shredded cheddar cheese
- 1/2 cup crushed cornflakes
- 2 Tbsp. butter or margarine

Procedure:

Combine the potatoes, soups, sour cream, onion, and cheese. Spread in a 9" x 13" pan. Sprinkle cornflake crumbs over, and drizzle with melted butter. Bake at 350 degrees for one hour. Cut pan into 15 equal squares (about 3" x 2 1/2").

Yield:

15 squares

Serving Size:

1 square

Food Program Meal Component:

1/4 cup fruit/vegetable

Credit:

Cooking for Kids: The Healthy Way



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Honey Cole Slaw

Ingredients:

- 1/2 cup mayonnaise
- 2 Tbsp. vinegar
- 2 Tbsp. honey
- 1/2 tsp. salt
- 1/2 tsp. onion powder
- 1/4 tsp. celery salt
- 4 cups finely chopped cabbage

Procedure:

Combine first six ingredients. Pour over chopped cabbage and mix well. Chill several hours before serving.

Yield:

16 servings

Serving Size:

1/4 cup serving

Food Program Meal Component:

1/4 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

California Walking Salad

Ingredients:

- 1 lb. seedless grapes
- 1 red apple, cored and peeled
- 1/2 cup raisins
- 1/4 cup toasted, slivered almonds or shelled sunflower seeds
- 1 head of lettuce - cored, rinsed, drained, and chilled

Procedure:

In a bowl mix the grapes, apples, raisins, and nuts. Carefully remove lettuce leaves from head one at a time. Put 1/2 cup of fruit/nut mixture in each lettuce cup. (The children can have fun helping make this salad!)

Yield:

10 servings

Serving Size:

Generous 1/4 cup

Food Program Meal Component:

1/4 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Cheesy Hash Browns

Main Ingredients:

- 2 lbs. frozen hash browns, thawed
- 1/2 cup melted butter
- 1 tsp. salt
- 1 cup milk
- 1 - 12 oz. sour cream
- 2 tsp. pepper
- 2 cups shredded cheese
- 1 can cream of chicken soup
- 1/2 cup diced onion

Topping:

- 2 to 3 cups crushed corn flakes
- 1/4 cup melted butter

Procedure:

Grease or spray Pam in a 9" x 13" pan. Spread hash browns on bottom. Stir together butter, salt, milk, sour cream, soup, pepper, cheese, and onion. Top with corn flakes and melted butter mixture. Bake at 350 degrees for 45 minutes. Can be made ahead and frozen. Allow extra time for baking. Cut pan into 15 - 3" x 2" squares.

Yield:

- 15 squares

Serving Size:

- 1 square

Food Program Meal Component:

- 1/4 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Ranch Potato Casserole

Main Ingredients:

- 6 to 8 red potatoes (2 1/2 lbs.)
- 1/2 cup sour cream
- 1/4 cup ranch dressing
- 1 cup shredded cheddar cheese
- 1/4 cup bacon or Bacos

Topping:

- 1/2 cup shredded cheddar cheese
- 2 cups crushed corn flakes
- 1/4 cup melted butter

Procedure:

Cook potatoes until tender; leave skins on; cut in chunks. Set aside. Combine sour cream, dressing, bacon, and one cup cheddar cheese. Place potatoes in a greased 9" x 13" pan. Pour sour cream mixture over potatoes and gently toss. Top with 1/2 cup cheese. Combine corn flakes and butter. Sprinkle over casserole. Bake at 350 degrees for 40 to 45 minutes. Cut pan into 21 - 3" x 2" squares.

Yield:

21 squares

Serving Size:

1 square

Food Program Meal Component:

1/4 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Crunch-Chee Beans

Ingredients:

- 2 - 9 oz. pkgs. frozen French-style green beans
- 2 Tbsp. butter or margarine
- 1 Tbsp. vinegar
- 1 Tbsp. soy sauce
- 1 tsp. sugar
- 1 Tbsp. instant minced onion
- 1/4 cup sliced almonds

Procedure:

Combine all ingredient (except the almonds) in 2-quart casserole dish, using a wooden spoon. Cover with lid or cover loosely with plastic wrap. Cook in microwave oven, covered, on full power 12 to 14 minutes, or until the green beans are tender. Stir in almonds before serving.

Yield:

13 servings

Serving Size:

1/4 cup

Food Program Meal Component:

1/4 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Scalloped Corn

Ingredients:

- 1 - 16 oz. can cream style corn
- 2 eggs, slightly beaten
- 1/2 cup sugar (optional)
- 3/4 cup milk
- 2 Tbsp. melted butter or margarine
- 1/4 cup flour

Procedure:

Combine the corn, sugar, butter, and salt/margarine in a mixing bowl. Sprinkle flour in gradually. Stir until blended. Add eggs. Mix well. Pour into a buttered casserole dish. Bake at 325 degrees until set (about 30 minutes).

Yield:

6 servings

Food Program Meal Component:

1/4 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Broccoli Cheese Soup

Ingredients:

- 1 small onion, minced
- 2 Tbsp. butter
- 2 Tbsp. flour
- 2 cups canned chicken broth, undiluted
- 1 cup water
- 1 cup cream
- 1 cup grated cheese
- 1 lb. frozen broccoli

Procedure:

Cook and drain the broccoli. Saute onion in butter. Stir in flour. Add the rest of the ingredients. Simmer until cheese is melted.

Yield:

12 servings

Serving Size:

Approx. 3/4 cup

Food Program Meal Component:

1/4 cup vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Yummy Potato Sculpture

Ingredients:

Instant potatoes
2 egg whites, lightly beaten

Procedure:

Mix instant potatoes according to the package directions, enough for eight 1/2 cup servings. Put 1/2 cup mashed potatoes in a buttered baking dish or custard dish. Let the children use spoons, forks, and craft sticks to form the potatoes into shapes. Use a pastry brush to coat these potato "sculptures" with the egg whites. Bake at 350 degrees until shiny and lightly browned.

Yield:

8 servings

Serving Size:

1 sculpture

Food Program Meal Component:

1/2 cup fruit/vegetable



Veggie Dishes

CHILD
CARE +
NUTRITION,
INC.



We care about you,
Because you care about kids.

Vegetable Cheese Chowder

Ingredients:

- 1 lb. frozen mixed vegetables
- 1 - 10 oz. can cream of chicken soup
- 1 can of milk
- 1 cup shredded cheddar cheese (4 oz.)

Procedure:

Cook the vegetables as directed on the package. Drain. Return to saucepan. Stir in soup and milk. Heat through, stirring occasionally. Sprinkle cheese on each serving.

Yield:

8 servings

Food Program Meal Component:

1/4 cup fruit/vegetable
