



WV Child Care Health Educator Recipe Book

WV CHILD CARE HEALTH EDUCATORS
WV EARLY CHILDHOOD TRAINING CONNECTIONS AND RESOURCES
RIVER VALLEY CHILD DEVELOPMENT SERVICES

www.wvearlychildhood.org

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Millet Cauliflower "Mashed Potatoes"

½ cup millet

2 ½ cups water

4 ounces sliced cauliflower stems and florets (about 1 ½ cups)

½ tsp salt

Optional: butter, roasted garlic, wasabi, horseradish and/or sour cream to taste

1. Wash and drain the millet, then put it in a saucepan with a lid. Add the water, cauliflower, and salt.
2. Bring to a boil and reduce the heat to the lowest simmer. Cover and cook for 35 minutes, checking and giving it a stir after 30 minutes. The millet will break open and thicken the liquid in the pot. When the millet is very soft and thick, take it off the heat and let stand for 5 minutes.
3. Use a blender for the smoothest puree, but a food processor will work almost as well. Purée until the mixture is as smooth as you can get it.
4. Add butter or other flavorings, if desired.

1 Ingredient Frozen Persimmon Custard

1. Freeze ripe or overripe Fuyu persimmons for 8 hours (or up to a month).
2. To serve, cut off the tops with a serrated knife and spoon out the sweet, custard like frozen fruit.



Kale Chips

1. Remove the ribs from the kale and tear into small chip like pieces. Toss in extra virgin olive oil or lightly spray with cooking spray.
2. Sprinkle with a combination of cumin, curry powder, chili powder, roasted red pepper flakes or garlic powder.
3. Bake at 275 degrees Fahrenheit for 15 to 30 minutes to desired crispness.

Dragon Fruit Smoothie

1 banana, peeled
 1 dragon fruit, peeled and cut into chunks
 6 (about 1 cup) large strawberries, caps removed and halved
 1 ½ tablespoons sugar
 1 cup low fat plain Greek yogurt
 1 cup ice cubes

1. Combine all ingredients in a blender and blend on high until smooth, about 1 minute.



Roasted Potatoes with Bacon and Brussels Sprouts

1 tablespoon olive oil, divided
 1 tablespoon whole grain mustard
 1 teaspoon kosher salt, plus more as needed
 Freshly ground black pepper
 1 ½ pounds Yukon Gold potatoes, large dice, or mini Yukon Gold potatoes, quartered
 4 ounces thick cut bacon (about 3 slices), diced
 8 ounces Brussels sprouts, trimmed and halved

1. Preheat to 425°F.
2. Place 1/2 tablespoon of the olive oil, mustard, salt and pepper in a large bowl, and whisk to combine. Add the potatoes and bacon and toss until evenly coated.
3. Transfer to a large, rimmed baking sheet and spread into an even layer. Reserve the bowl. Roast until the potatoes are tender, stirring every 10 minutes, 25 to 40 minutes total.
4. Increase the oven temperature to 475°F. Place the Brussels sprouts and remaining 1/2 tablespoon of oil in the reserved bowl and toss to combine.
5. Remove the baking sheet from the oven. Push the potatoes to one side of the pan. Add the Brussels sprouts to the other side and arrange cut-side down in an even layer.
6. Roast until the sprouts are tender and browned, and the bacon is crisp, about 15 more minutes. Taste and season with salt as needed.

Beef Barley Lentil Soup

- 1 pound lean ground beef (90% lean)
- 1 medium onion, chopped
- 2 cups cubed red potatoes (1/4-inch pieces)
- 1 cup chopped celery
- 1 cup chopped carrot
- 1 cup dried lentils, rinsed
- ½ cup medium pearl barley
- 8 cups water or beef broth
- 2 teaspoons beef bouillon
- 1 teaspoon salt
- 2 cans (14-1/2 ounces each) stewed tomatoes, coarsely chopped



1. In a nonstick skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
2. Transfer to a 5-qt. slow cooker. Layer with the potatoes, celery, carrot, lentils and barley. Combine the water, bouillon, salt; pour over vegetables. Cover and cook on low for 6 hours or until vegetables and barley are tender.
3. Add the tomatoes; cook 2 hours longer.

Artichoke Hearts Gratin

- 6 canned artichoke hearts, drained and halved
- 1 teaspoon vegetable oil
- salt and freshly ground black pepper to taste
- 2 tablespoons dry bread crumbs
- ¼ cup finely grated Parmigiano-Reggiano cheese
- 1 tablespoon olive oil
- ½ lemon, cut into wedges

1. Place artichoke heart halves on a paper towel cut side down to drain for about 15 minutes.
2. Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Line a baking sheet with aluminum foil and lightly coat with vegetable oil.
3. Place artichoke heart halves on the prepared baking sheet, cut side up. Season with salt and pepper, sprinkle with breadcrumbs and Parmigiano-Reggiano cheese, and drizzle with olive oil.
4. Broil artichoke hearts until browned on top, about 7 minutes. Serve with lemon wedges.

Rhubarb Muffins

1 ¼ cups packed brown sugar
 ½ cup vegetable oil
 2 teaspoons vanilla extract
 1 egg
 1 cup buttermilk
 2 ½ cups all-purpose flour
 ½ teaspoon salt
 1 ½ cups diced fresh rhubarb

1 teaspoon baking soda
 1 teaspoon baking powder
 ½ cup chopped nuts
TOPPING:
 1 teaspoon ground cinnamon
 1 tablespoon butter, softened
 1/3 cup sugar

1. In a bowl, combine first five ingredients; mix well. Stir in flour, salt, rhubarb, baking soda, baking powder and nuts.
2. Pour into greased or paper-lined muffin cups.
3. Mix topping ingredients; sprinkle over muffins and press lightly into batter.
4. Bake at 375° for 15-18 minutes.



Crunchy Roasted Lentils

Garlic Flavor

2 cups cooked lentils (not red)
 1 tablespoon olive oil
 ½ teaspoon garlic powder
 ½ - ¾ teaspoon salt and pepper

Cinnamon Flavor

2 cups cooked lentils (not red)
 4 teaspoons sugar
 1 tablespoon canola oil
 1 ½ - 2 teaspoons cinnamon

1. Preheat your oven to 400 degrees F and line a baking sheet with parchment paper.
2. Place the lentils on the pan and toss to coat with all other ingredients.
3. Roast in the oven for 15 minutes, stir, and roast for another 10-15 minutes until fully crunchy. Watch closely towards the end so they don't burn.
4. Taste, then add more salt/pepper or cinnamon/sugar (if needed) and toss to coat.
5. Let cool. Store in an airtight container at room temperature once cooled.

Homemade Pomegranate Juice

1. Put the pomegranate seeds into a blender.
2. Strain the resulting juice with a cheesecloth.



Two Bean Veggie Pizza

¼ cup onion, diced
 2 teaspoons canola oil
 ¾ cup kidney beans, rinsed and drained
 ¾ cup black beans, rinsed and drained
 ½ cup salsa or taco sauce
 1 tablespoon hickory smoke-flavored barbecue sauce
 1 tablespoon dried parsley
 1 small garlic clove, peeled and halved
 ¾ teaspoon ground cumin
 ¼ teaspoon black pepper
 1 prebaked 12 inch thin pizza crust whole wheat
 1 cup canned corn, rinsed and drained
 1 can (14 ½ ounces) diced tomatoes, drained
 ¾ cup shredded sharp cheddar cheese



1. In a small nonstick skillet, cook onion in oil over low heat for 15-20 minutes or until onion is golden brown, stirring occasionally.
2. Preheat oven to 450 degrees F. In a food processor, combine onion, beans, salsa or taco sauce, barbecue sauce, parsley, garlic, cumin, and pepper. Cover and process until pureed.
3. Place crust on a baking sheet; spread with bean mixture. Top with corn, tomatoes, and cheese. Bake 8-10 minutes or until edges are lightly browned or cheese is melted.

Lebanese Tabbouleh

½ cup fine bulgur
 3 tablespoons olive oil
 1 cup boiling-hot water
 2 cups finely chopped fresh flat-leaf parsley (from 3 bunches)
 ½ cup finely chopped fresh mint
 2 medium tomatoes, cut into ¼ -inch pieces
 ½ seedless cucumber, peeled, cored, and cut into ¼ -inch pieces
 3 tablespoons fresh lemon juice
 ¾ teaspoon salt
 ¼ teaspoon black pepper

1. Stir together bulgur and 1 tablespoon oil in a heatproof bowl. Pour boiling water over, then cover bowl tightly with plastic wrap and let stand 15 minutes. Drain in a sieve, pressing on bulgur to remove any excess liquid.
2. Transfer bulgur to a bowl and toss with remaining ingredients, including 2 tablespoons oil, until combined well.

Bulgur and Bean Chili

1 ½ teaspoon olive oil
 1 cup uncooked onion
 4 ounces canned green chilies
 2 tablespoons chili powder
 1 tablespoon minced garlic
 2 teaspoons ground cumin
 3 cups water
 28 ounces canned crushed tomatoes in tomato puree
 ¾ cup uncooked bulgur
 1 teaspoon table salt, or to taste
 1 cup uncooked yellow corn, fresh or canned
 15 ½ ounces canned black beans, rinsed and drained



1. Heat oil in a large saucepan over medium-high heat. Add onion and chilies; sauté until almost tender, about 5 minutes.
2. Add chili powder, garlic and cumin; sauté until fragrant, about 30 seconds.
3. Add water, tomatoes and their puree, bulgur and salt; bring to a boil over medium-high heat. Cover; reduce heat to medium-low and simmer 10 minutes, stirring occasionally.
4. Stir in corn and beans (and a bit of water if chili seems too thick); simmer, covered, over medium heat, until corn and bulgur are tender, about 5 minutes.

Banana Bread Breakfast Quinoa

1 very ripe banana, mashed
 ¼ cup dry quinoa
 ¼ cup almond milk (or milk of your choice)
 2 tablespoons walnuts
 ½ teaspoon vanilla extract
 ¼ teaspoon cinnamon

1. Cook the quinoa on the stove according to package instructions.
2. After the quinoa has finished cooking (while over low heat), stir in the almond milk, mashed banana, vanilla, and cinnamon. Mix the walnuts into the quinoa or add on top. Transfer to a bowl and enjoy warm. You could add additional milk until desired texture is reached.



Fresh Mango Salsa

3 ripe mangos, diced
1 medium red bell pepper, chopped
½ cup chopped red onion
¼ cup packed fresh cilantro leaves, chopped
1 jalapeño, seeded and minced
1 large lime, juiced (about ¼ cup lime juice)
⅛ to ¼ teaspoon salt, to taste

1. In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño.
2. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer.

Chocolate Chip Bean Muffins

2 cans (15 ½ ounces) beans (Great Northern, navy, or cannellini), rinsed and drained
1/3 cup fat free milk
1 cup sugar
¼ cup butter or margarine, softened
3 eggs
3 teaspoons vanilla extract
1 cup all-purpose flour
½ cup whole wheat flour
1 teaspoon baking soda
½ teaspoon salt
¾ cup semisweet chocolate chips

1. Preheat oven to 375 degrees F.
2. Combine beans and milk in a food processor or blender. Cover and process until smooth.
3. Mix sugar and butter or margarine in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended.
4. In another bowl, combine flours, baking soda, and salt. Add to bean mixture. Add in chocolate chips.
5. Spoon mixture into 18 greased or paper lined muffin tins about ¾ full. Bake for 20-25 minutes. Cool on wire racks.



Star Fruit Upside-Down Cake or Muffins

½ cup brown sugar, loosely packed
 2 tablespoons orange juice
 2 star fruit, cut horizontally into ½ inch slices
 ½ cup canola oil
 ⅓ cup granulated sugar
 1 egg
 2 egg whites

1 ½ cups cake flour
 1 ½ teaspoons baking powder
 pinch of salt
 ½ cup 2% milk
 1 teaspoon vanilla extract
 1 teaspoon almond extract
 fresh pomegranate seeds

1. Preheat oven to 350 degrees F. Grease a 9-inch round cake pan. Sprinkle brown sugar evenly on bottom of cake pan. Arrange sliced star fruit as close together as possible, pressing down into sugar, then drizzle orange juice over star fruit. In a large bowl, combine canola oil and granulated sugar. Add egg and egg whites, beat well.
2. In another bowl, combine cake flour, baking powder, and salt. Add flour mixture, alternating with milk, to canola oil mixture. Stir in vanilla and almond extracts. Pour batter over star fruit and bake for 30 minutes. Let cool for 5 minutes before inverting cake onto serving plate. Top the center of each star fruit with a pomegranate seed before serving.



Jicama Fries

1 medium jicama
 1 ½ teaspoons olive oil
 ½ teaspoon ground cumin
 ½ teaspoon paprika

½ teaspoon seasoning salt
 ¼ teaspoon garlic powder
 ¼ teaspoon onion powder

1. Preheat oven to 400 degrees F.
2. Cut off the skin of jicama and slice into fries. Place jicama on a baking sheet and drizzle with olive oil. Mix together with hands to coat jicama fries.
3. In a small bowl combine all of the seasonings.
4. Sprinkle with the seasoning and mix together again with hands to make sure seasoning is evenly distributed over fries.
5. Bake in the oven for 35-40 minutes flipping halfway through.

Homemade Guacamole

3 medium ripe avocados, peeled and cubed
 1 garlic clove, minced
 ¼ to ½ teaspoon salt
 2 medium tomatoes, seeded and chopped, optional

1 small onion, finely chopped
 ¼ cup mayonnaise, optional
 1 to 2 tablespoons lime juice
 1 tablespoon minced fresh cilantro

1. Mash avocados with garlic and salt.
2. Stir in remaining ingredients.



Tofu Scramble

One 14-16 ounce container of organic, firm tofu, drained and pressed
 Shredded cheddar cheese
 Splash of extra virgin olive oil
 Salt, pepper and paprika, to taste
 Optional: ketchup or hot sauce, green peppers and onions

1. After your tofu has been drained and pressed, crumble the entire block into small and medium pieces. Place in a bowl, and use a paper towel to gently absorb any additional moisture.
2. Preheat a skillet to medium high; add a splash of oil.
3. Toss your tofu, salt and spices into the skillet, then cook for 5-7 minutes, until tofu is cooked through. It will take on a golden color when done.
4. Remove from heat, divide onto plates, and sprinkle cheddar cheese on top!

Tofu Nuggets

1 (15 ounce package) extra-firm tofu, drained and pressed
 1 tablespoon olive oil
 ½ teaspoon garlic powder, divided
 ½ teaspoon onion powder, divided
 ½ cup all-purpose flour

¼ cup cornstarch
 ½ teaspoon baking soda
 ¼ teaspoon paprika
 ½ teaspoon salt, divided

1. Preheat oven to 425 degrees. Lightly spray a baking sheet with oil and set aside.
2. Tear the tofu into bite-sized nugget pieces and place in a bowl; toss with oil, 1/4 teaspoon onion powder, 1/4 teaspoon garlic powder, 1/4 teaspoon salt.
3. In a separate bowl, toss together the flour, cornstarch, remaining onion powder and garlic powder, baking soda, paprika and remaining salt.
4. Dredge the tofu in the flour mixture and shake off any excess flour. Place on the prepared baking sheet and repeat with remaining nuggets.
5. Cook for 25-30 minutes, stirring every 10 minutes so it cooks evenly.

Healthy Baked Chicken Nuggets

2 teaspoons olive oil
 6 tablespoons whole wheat Italian seasoned breadcrumbs
 2 tablespoons panko
 2 tablespoons grated parmesan cheese
 16 ounces (2 large) skinless boneless chicken breasts, cut into even bite sized pieces
 salt and black pepper, to taste

1. Preheat oven to 425 degrees F. Spray a baking sheet with olive oil cooking spray.
2. Put the olive oil in one bowl and the breadcrumbs, panko and parmesan cheese in another bowl.
3. Season chicken with salt and pepper, then put in the bowl with the olive oil and mix well so the olive oil evenly coats all of the chicken.
4. Put a few chunks of chicken at a time into the breadcrumb mixture to coat, then onto the baking sheet.
5. Lightly spray the top with olive oil cooking spray then bake 8-10 minutes. Turn over then cook another 4-5 minutes or until cooked through.

Homemade French Fries

3 russet potatoes or sweet potatoes
 1 teaspoon olive oil
 salt and pepper to taste

1. Preheat oven to 450 degrees F.
2. Cut potatoes into about ½ inch thick wedges. Toss with olive oil and salt and pepper.
3. Place on baking sheet and bake for 15 minutes, turning once until browned and cooked through.

Simple Stove-Top Macaroni and Cheese

3 cups dried whole wheat elbow macaroni
 2 tablespoons light butter with canola oil
 2 tablespoons all-purpose flour
 1 cup fat-free milk
 6 ounces reduced-fat sharp cheddar cheese, shredded
 3 ounces plain low-fat Greek yogurt



1. Cook macaroni as directed on package. Drain and return to pot; keep warm.
2. While macaroni cooks, in a medium saucepan melt the light butter with canola oil over medium heat. Stir the flour into the butter. Whisk in the milk all at once. Cook and stir until milk is thickened and bubbly. Cook 1 minute more.
3. Remove the pan from the heat and add the cheese; stir until smooth. Stir in the yogurt. Add sauce to macaroni and stir to combine.

Black Bean Burgers

1 (15 ounce) can black beans, rinsed and drained
1 egg
½ yellow onion or ½ teaspoon onion powder
¾ cup panko bread crumbs
½ teaspoon dried oregano
½ teaspoon dried basil
¼ teaspoon garlic powder
salt and pepper to taste
1 tablespoon canola oil

1. Put beans in a large bowl and mash well with a fork.
2. Add egg, onion, panko, oregano, basil, garlic powder, salt and pepper. Mix well to combine. Shape into 6 patties.
3. Heat oil in large skillet over medium heat. Arrange patties in a single layer in pan and cook, flipping once, until golden brown and cooked through, about 10 minutes total.
4. Put on buns and top with your favorite toppings.

Roasted Chickpeas

1 (12 ounce) can chickpeas, drained
2 tablespoons olive oil
salt to taste
black pepper to taste
garlic powder to taste

1. Preheat oven to 450 degrees F.
2. Blot chickpeas with a paper towel to dry. In a bowl, toss chickpeas with olive oil, salt, pepper, and garlic powder. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.



Fresh Pomodoro Pasta

8 ounces whole wheat pasta
 1 tablespoon extra virgin olive oil
 1 (15.5 ounce) can cannellini beans, drained and rinsed
 1 large clove of garlic, minced
 2 pounds ripe tomatoes, diced
 ½ cup fresh basil
 ¼ teaspoon salt
 black pepper to taste
 ¼ cup grated Parmesan cheese



1. Cook pasta according to the package instructions and drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add beans and garlic. Cook for 2 to 3 minutes, stirring frequently, until the beans are just heated through. Remove from the heat.
3. Add tomatoes, basil, salt, and pepper. Stir gently to combine.
4. Add cheese just before serving.

Creamy White Chili

1 pound boneless skinless chicken breasts, cut into ½ inch cubes
 1 medium onion, chopped
 1 ½ teaspoons garlic powder
 1 tablespoon canola oil
 2 cans (15 ½ ounces each) great northern beans, rinsed and drained
 1 can (14 ½ ounces) chicken broth
 1 can (4 ounces) chopped green chilies
 1 teaspoon salt
 1 teaspoon ground cumin
 1 teaspoon dried oregano
 ½ teaspoon pepper
 1 cup (8 ounces) sour cream
 ½ cup heavy whipping cream or half and half

1. In a large saucepan, sauté the chicken, onion, and garlic powder in oil until chicken is no longer pink.
2. Add the beans, broth, chilies, and seasonings.
3. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.
4. Remove from the heat; stir in sour cream and cream.

Black Bean Brownies

½ cup cocoa
½ cup butter or margarine
2 cups white sugar
1 cup canned black beans
4 eggs
2/3 cup all purpose flour
1 teaspoon salt
½ teaspoon baking powder

1. Drain black beans; reserve 2 tablespoons liquid. Puree beans and liquid in food processor or blender until a thick paste is formed.
2. Mix cocoa, butter, sugar, black bean puree and eggs together in a bowl and stir until well blended.
3. Mix flour, salt, and baking powder together in a small bowl and stir into wet mixture.
4. Grease a 9x13 inch pan with cooking spray. Pour the batter into pan.
5. Bake 40 minutes at 350 degrees F or until brownies test done with a toothpick.

Easy Black Bean Brownies

1 (18 ounce) brownie box mix
1 (15.5 ounce) can black beans
water

1. Drain and rinse the beans. Put beans back into can and fill with water to top of can.
2. Puree the beans and water until smooth.
3. Put the bean mixture and brownie mix in a large bowl and mix until well combined.
4. Pour into greased 9 x 13 pan and bake for 30 minutes at 350 degrees F.



Tropical Island Fruit Salad

- 1 pineapple-peeled, cored, and cut into ½ inch cubes
- 2 mangos-peeled, pitted, and cut into small cubes
- 2 papayas-halved lengthwise, seeded, peeled, and cut into ½ inch cubes
- 3 bananas, sliced

1. Toss all ingredients together in a large bowl.



Fig Pizza

- 1 prebaked 12 inch thin pizza crust whole wheat
- Fig jelly
- Fresh mozzarella cheese
- Parmesan cheese, shredded
- Goat cheese, crumbled
- Feta cheese
- Arugula
- Balsamic vinegar glaze

1. Preheat oven to 450 degrees F.
2. Place crust on a baking sheet. Spread fig jelly on crust then top with all four cheeses. Bake 8-10 minutes or until edges are lightly browned or cheese is melted.
3. Before eating, top pizza with arugula and balsamic vinegar glaze.

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