



— Cook's Circle Cookbook —

Featuring healthful recipes for children in Boulder County child care programs.

COOK'S CIRCLE

Boulder County Public Health convened the Cook's Circle in 2019 to provide education and support for child care program cooks to improve the nutritional quality of menus and prepare and serve more nutritious foods to children in child care.

The Cook's Circle aims to facilitate shared learning through a meeting group format centered around integrating more local produce into menus, learning new ways to prepare healthy foods, and encouraging children to eat more fruits and vegetables. Cooks meet quarterly to discuss ideas, recipes, challenges and successes.

This book contains the recipes shared during the Cook's Circle meetings. It is dedicated to all the cooks who participated in the Cook's Circle, and to those who enjoy making and sharing the recipes with the children in their care. Thank you all for being such a special part of this group and for feeding our future!

This cookbook was created by a group of extraordinary people dedicated to changing the way children eat, as well as encouraging a healthy and active lifestyle! May this cookbook bring happiness to everyone inside the kitchen and out.

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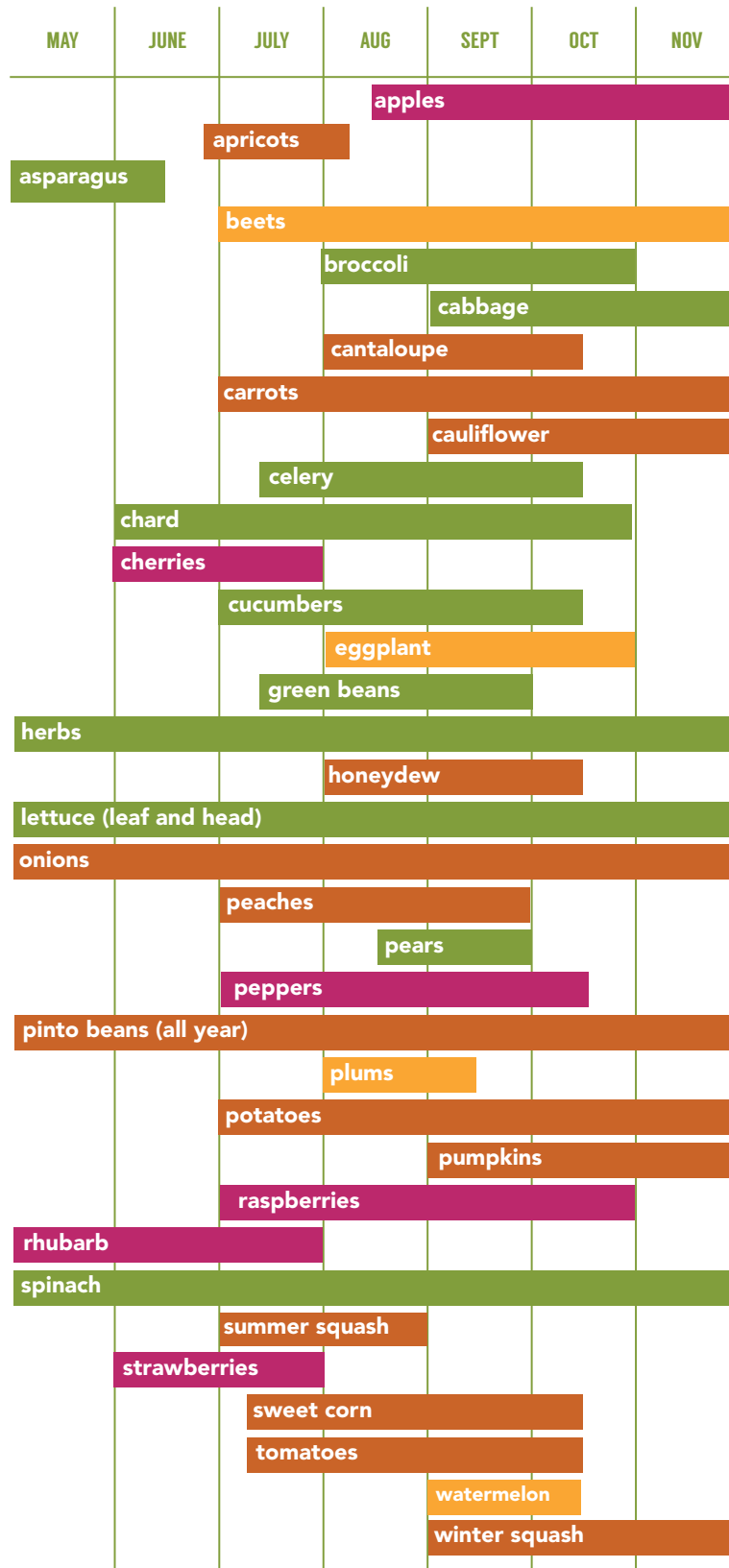
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SEASONAL PRODUCE GUIDE



INFANT MEAL PATTERNS

Child & Adult Care Food Program (CACFP)

Infants should be fed on demand and should not be restricted to a rigid feeding schedule. You may find that some infants need to be fed every 2 hours and will receive 5-6 meals while in care.

		Birth through 5 months of age	6 through 11 months of age
Breakfast	Breast milk ¹ or Iron-Fortified Infant Formula (IFIF) ²	4-6 fl oz	6-8 fl oz
	Iron-Fortified Infant Cereal (IFIC) ^{2,3} or Meat, fish, poultry, whole eggs, cooked dried beans or peas ⁵ or Cheese ⁵ or cottage cheese ⁴ or yogurt ⁴		0-4 tbsp 0-4 tbsp 0-2 oz cheese 0-4 oz cottage cheese 0-4 oz or ½ cup yogurt
	Fruit and/or Vegetable—appropriate consistency ^{5,6}		0-2 tbsp
Lunch/ Supper	Breast milk ¹ or Iron-Fortified Infant Formula (IFIF) ²	4-6 fl oz	6-8 fl oz
	Iron-Fortified Infant Cereal (IFIC) ^{2,3} or Meat, fish, poultry, whole eggs, cooked dried beans or peas ⁵ or Cheese ⁵ or cottage cheese ⁴ or yogurt ⁴		0-4 tbsp 0-4 tbsp 0-2 oz cheese 0-4 oz cottage cheese 0-4 oz or ½ cup yogurt
	Fruit and/or Vegetable—appropriate consistency ^{5,6}		0-2 tbsp
Snack	Breast milk ¹ or Iron-Fortified Infant Formula (IFIF) ²	4-6 fl oz	2-4 fl oz
	Iron-Fortified Infant Cereal (IFIC) ^{2,3} or ready-to-eat cereal ^{3,5,7,8} or Slice of Bread ^{3,7} or Crackers ^{3,7}		0-4 tbsp 0-1/2 slice
	Fruit and/or Vegetable—appropriate consistency ^{5,6}		0-2 tbsp

1. Breast milk or IFIF or portions of both must be served; however it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum per feeding, a serving of less than the minimum may be offered with additional breast milk offered at a later time if the infant will consume more.
2. Infant formula and infant cereal must be iron-fortified
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains
4. Yogurt must contain no more than 23 grams of total sugars per 6 oz serving
5. A serving of this component is required only when the infant is developmentally ready to accept it.
6. Fruit and/or Vegetable juice must not be served
7. Grains must be whole-grain rich, enriched meal, or enriched flour
8. Ready-to-eat breakfast cereal must contain no more than 6 grams of sugar per dry ounce (or 21.2 grams per 100 grams dry cereal)

CHILD MEAL PATTERNS

Child & Adult Care Food Program (CACFP)

Breakfast (Select all three components for a reimbursable meal)				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency)
Fluid Milk	4 ounces	6 ounces	8 ounces	8 ounces
Vegetables, fruits, or portions of both	¼ cup	½ cup	½ cup	½ cup
Grains*				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅞ cup	⅞ cup	¼ cup	¼ cup
Grains substituted with a meat/meat alternate* (May be used to meet the entire grain requirement a maximum of three times per week.)	½ ounce	½ ounce	1 ounce	1 ounce
Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid Milk	4 ounces	6 ounces	8 ounces	8 ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅔ cup	½ cup	½ cup
Peanut/soy/nut or seed butters	2 TBSP	3 TBSP	4TBSP	4 TBSP
Yogurt, plain or flavored unsweetened or sweetened	4 ounces/ ½ cup	6 ounces/ ¾ cup	8 ounces/ 1 cup	8 ounces/ 1 cup

CHILD MEAL PATTERNS

Child & Adult Care Food Program (CACFP)

The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables	⅓ cup	¼ cup	½ cup	½ cup
Fruits	⅓ cup	¼ cup	¼ cup	¼ cup
Grains				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Snack (Select two of the five components for a reimbursable snack)				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid Milk	4 ounces	4 ounces	8 ounces	8 ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅓ cup	⅓ cup	¼ cup	¼ cup
Peanut/soy/nut or seed butters	1 TBSP	1 TBSP	2 TSBP	2 TSBP
Yogurt, plain or flavored unsweetened or sweetened	2 ounces or	2 ounces or	4 ounces or	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables	½ cup	½ cup	¾ cup	¾ cup
Fruits	½ cup	½ cup	¾ cup	¾ cup
Grains				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅓ cup	⅓ cup	¼ cup	¼ cup

RECIPE CONVERSION TIPS

Use the following formula to change the yield of recipes to meet your needs.

$$\frac{\text{New Yield}}{\text{Old Yield}} = \text{Conversion Factor (CF)} \times \text{Ingredient Quantity}$$

EXAMPLE: Reduce yield from 100 pieces to 25 pieces

Recipe for 100 pieces		CF		Recipe for 25 pieces
5 pounds flour	x	.25	=	1¼ pounds flour
4 tablespoons baking powder	x	.25	=	1 tablespoon baking powder
6 cups oil	x	.25	=	1½ cups oil
2 cups sugar	x	.25	=	½ cup sugar
8 eggs	x	.25	=	2 eggs
7 pounds zucchini	x	.25	=	1¾ pounds zucchini

$$\frac{25}{100} = 0.25 \text{ CF}$$

EXAMPLE: Increase yield from 100 pieces to 400 pieces

Recipe for 100 pieces		CF		Recipe for 400 pieces
5 pounds flour	x	4	=	20 pounds flour
4 tablespoons baking powder	x	4	=	16 tablespoons baking powder
6 cups oil	x	4	=	24 cups oil
2 cups sugar	x	4	=	8 cups sugar
8 eggs	x	4	=	32 eggs
7 pounds zucchini	x	4	=	28 pounds zucchini

$$\frac{400}{100} = 4 \text{ CF}$$

EXCEPTIONS

- Always round up when determining CF (i.e. 3.33 = 3.5 or 0.44 = 0.5)
- Do not multiply certain ingredients by the CF if they're used for sauteing etc., (e.g. salt, spices, fats, and oils). DO multiply those ingredients by the CF when baking.

ABBREVIATIONS AND EQUIVALENTS

Measurement	Abbreviation	Equivalent
Teaspoon	t	3 t = 1 T
Tablespoon	T	1 T = ½ fl oz
Cup	c	1 c = 16 T = 8 fl oz
Pound	lb or #	1 lb = 16 oz
Ounce/Fluid Ounce	oz/fl oz	1 pint = 2 c
Quart	qt	4 qt = 1 gallon

RECIPE READING

THE ANATOMY OF A RECIPE

Most recipes include the following:

Title

Yield or Serving Size

Ingredients

- By volume - using dry or wet measuring cups, measuring spoons
- By weight - using a scale
- By each - using a quantity or count

Procedural steps required (i.e. chopped garlic)

Directions or Method of Preparation

Thawing Information

- Cooking Method
- Equipment Needs
- Temperature Required
- Time Required
- Nutritional Analysis
- HACCP (Hazardous Analysis and Critical Control Point)

READING A RECIPE

Step One: Read the ENTIRE recipe for global view

Step Two: Read the recipe again for details (e.g. ingredients, timing, etc.)

Step Three: Make notes on the recipe for substitutions, scaling adjustments, etc.

Step Four: Develop a plan of attack: What comes first? Who does what?



Spring

STRAWBERRY SPINACH SALAD

Yield: 30 servings. CACFP creditable serving size: Each serving provides ¼ cup vegetable and ¼ cup fruit. Serve with milk, meat/meat alternate, and grain for a creditable lunch.

DIRECTIONS

1. Whisk all dressing ingredients together until well incorporated.
2. Dress spinach and strawberry mixture immediately before serving.

INGREDIENTS

1 pound spinach, fresh, chopped

3 pounds strawberries, fresh, sliced

dressing Ingredients

¼ cup olive oil

¼ cup orange juice, fresh squeezed
OR no pulp bottled 100% juice

2 tablespoons apple cider vinegar

2 teaspoons grated orange zest

*This recipe was created by Chef
Ariane Williams for Cook's Circle.*

NOTES

OLLIN FARMS SPRINGTIME ORZO SALAD

Yield: 8 (½ cup) portions. CACFP creditable serving size: Each serving provides ¼ cup vegetable and ¼ cup equivalent grains. Serve with milk, meat/meat alternate and fruit for a creditable lunch.

DIRECTIONS

1. Cook orzo according to package directions.
2. Separately, combine radish, turnips, olive oil, asparagus and dill in a medium bowl.
3. Stir in cooked orzo, add salt and pepper to taste.
4. Serve immediately at room temperature or refrigerate and serve cold.

INGREDIENTS

1 cup dry orzo

¾ cup radish, sliced thin

¾ cup hakurei turnip, sliced thin

½ cup asparagus, steamed and roughly chopped

1 tablespoon olive oil

¼ cup dill, chopped

salt and pepper to taste

This recipe was created by Kena and Mark Guttridge of Ollin Farms.

NOTES

OLLIN FARMS JAPANESE SPRING GREEN SOUP

Yield: 20 (½ cup) portions. CACFP creditable serving size: Each serving provides ¼ cup vegetable. Serve with milk, meat/meat alternate and fruit for a creditable lunch.

DIRECTIONS

1. Combine garlic, onion, and broth water and bring to boil. Reduce heat and add greens, stirring to reduce until all greens are wilted.
2. Blend for 30 seconds using blender or stick blender.
3. Remove from blender and serve, salt to taste.

INGREDIENTS

1½ pounds (~15 cups) Asian Greens (mix of tat tsoi, mizuna, red mustard and Chinese cabbage)

2 cloves garlic

¼ fresh onion

5 cups water, vegetable broth or chicken broth (low sodium)

¼ cup butter or vegetable oil

salt to taste

This recipe was created by Kena and Mark Guttridge of Ollin Farms.

NOTES

CHOP EASY CHEESY SPINACH PIE

Yield: 12 child-size portions of 1/12 of the pie

DIRECTIONS

1. Preheat oven to 375°F.
2. Spray the bottom of 9-inch pie pan with nonstick spray.
3. Remove as much water as possible from thawed spinach. Wash hands thoroughly and squeeze handfuls of thawed spinach over sink or bowl. Place squeezed spinach into pie pan.
4. In pie pan, break apart clumps of squeezed spinach. Mix shredded cheese, onion, and spinach together with fork until evenly mixed.
5. In medium bowl, gradually combine biscuit mix with milk. Using whisk, mix $\frac{1}{2}$ cup of milk at a time into biscuit mix, so mixture blends evenly.
6. Thoroughly mix beaten eggs into biscuit mixture.
7. Pour biscuit mixture evenly over spinach mixture in pan.
8. Place pie pan in oven on lower rack and bake 35-45 minutes until golden brown and a knife inserted in middle of pie comes out clean.
9. Remove pie from oven. Let pie set 5 minutes. Cut into slices and serve.

INGREDIENTS

1 10 ounce package of frozen, chopped, spinach (thawed and squeezed dry) or 1 pound fresh, chopped spinach

1 cup 4 ounces cheddar cheese, shredded

3 tablespoons minced garlic

1 cup biscuit mix (whole grain, if available)

2 cups 1% or fat-free milk

4 large eggs, beaten

nonstick cooking spray

This recipe was created by the Cooking up Healthy Options with Plants (CHOP) program.

NOTES

BLUEBERRY-SUPER GREENS BLUE CORNBREAD

Yield: 40 servings. CACFP creditable serving size: 1 bar serving provides ¼ cup grain.
Serve with milk, fruit and vegetable for a creditable breakfast.

DIRECTIONS

1. Preheat oven to 350°F. Lightly oil two 9x13-inch baking dishes.
2. In a large bowl mix cornmeal, flour, baking soda, baking powder and salt.
3. In another large bowl mix eggs, milk, honey and oil until well combined. Gradually mix in flour mixture until well combined.
4. Chop the super greens well and combine with the cornbread mixture well. Slowly blend in the blueberries.
5. Divide the mixture evenly into the glass dishes and bake for 40-45 minutes. Check center with a toothpick to make sure it's cooked all the way through, depending on your oven it could take a few minutes longer.
6. Let cool 15-20 minutes before cutting.

INGREDIENTS

3 cups blue cornmeal

3 cups whole wheat flour

2 tablespoons baking powder

1¼ teaspoons baking soda

1½ teaspoons salt

3 eggs

3 cups milk or non-dairy milk

½ cup honey

½ cup oil

5 ounces fresh mixed greens

2 cups blueberries, fresh or frozen

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

NOTES

KALE SUNFLOWER SEED CHIPS

Yield: 40 (½ cup) portions. CACFP creditable serving size: Provides serving of ½ cup vegetable. Serve with milk or meat/meat alternate, fruit, or grain for a creditable snack.

DIRECTIONS

1. Preheat oven to 325°F.
2. Wash kale thoroughly and remove stems. Try to keep the kale pieces close in size for even cooking time.
3. Combine all ingredients into a mixing bowl and massage the kale until all leaves are evenly coated.
4. Place kale on baking sheets lined with parchment paper and spread out evenly with little space between pieces.
5. Bake for about 30 minutes, each oven can vary, so check after 20 minutes. The goal is crispy, not soggy, kale chips.
6. Once crisp let cool for 10 minutes and serve. Extras can be stored in a paper bag or slightly closed plastic bag or container. They can keep up to 2 weeks.

INGREDIENTS

10 kale bunches, cut into pieces

⅔ cup oil

2½ cups sunflower seeds, ground

1 tablespoon granulated garlic and herbs

1 tablespoon salt

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

NOTES

SAVORY SPINACH & PEPPER MUFFINS

(GLUTEN FREE & VEGAN OPTIONAL)

Yield: 36 muffins. CACFP creditable serving size: 1 muffin provides ½ serving grain for 3-5-year-old children. Serve with milk and fruit, more vegetables, or meat/meat alternate for a creditable breakfast.

DIRECTIONS

1. Preheat oven to 400°F and line muffin tins with paper liners or lightly oil muffin tins.
2. In a skillet on medium heat, bring 1 tablespoon water or oil to a simmer and sauté the bell pepper, spinach and parsley until fully cooked.
3. Whisk all dry ingredients together.
4. Whisk all wet ingredients together in a separate bowl.
5. Combine wet and dry ingredients and incorporate well
6. Gently fold in cooked veggie mix to batter until evenly distributed.
7. Scoop batter into muffins tins $\frac{3}{4}$ of the way full.
8. Bake for 20 minutes until done. Cool on a wire rack and serve!

CHEF'S NOTE: When baking gluten free, make sure your baking powder is labeled gluten free. Gluten free baking powder brands include Bob's Red Mill and Argo.

INGREDIENTS

- 1 tablespoon water or oil
- 1 cup bell pepper, finely chopped
- 1 pound fresh spinach, chopped or frozen spinach
- 3 tablespoons fresh parsley, finely chopped
- 3 cups corn meal (gluten free)
- 3 cups whole wheat flour or gluten free baking mix
- 2 tablespoons baking powder*
- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 1 tablespoon nutritional yeast (optional)
- 1 tablespoon salt
- 3 eggs or 3 tablespoons flax meal + ½ cup water (mix and set aside to gel)
- $\frac{3}{4}$ cup pure maple syrup or agave syrup
- $\frac{1}{2}$ cup unsweetened applesauce
- 3 cups milk or water (can use non-dairy milk if making vegan)
- 1 tablespoon apple cider vinegar

This recipe was created by Chef Ariane Williams for Cook's Circle.

SPINACH BANANA OAT BARS

Yield: 40 servings. CACFP creditable serving size: 1 bar provides servings of ¼ cup grain and ⅛ cup fruit for 3-5-year-old children. Serve with milk, fruit, or vegetables and more grains for a creditable breakfast.

DIRECTIONS

1. Combine dry ingredients in one bowl and wet ingredients in another.
2. Gradually add dry into wet and fully mix.
3. Let sit for 15 minutes then use two oiled 9×13 inch baking dishes to cook in.
4. Bake 400°F for 20 minutes then 350°F for 30 minutes. Double check the center to make sure it's fully cooked.
5. Let sit for at least a half hour before cutting to serve.

INGREDIENTS

3 cups quick oats

3 cups whole wheat flour

2 tablespoons baking powder

2 teaspoons salt

1 tablespoon cinnamon

1 cup maple syrup or honey

6 eggs

1 tablespoon vanilla

6 Bananas (2 cups), mashed

1½ cups oil

3 cups unsweetened apple sauce

3 cups fresh spinach, chopped

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

NOTES

SPINACH STRAWBERRY MINI MUFFINS

Yield: 40 muffins. CACFP creditable serving size: 2 muffins provides servings of ¼ cup grain, ¼ cup fruit, ⅛ cup vegetable. Serve with milk and fruit for a creditable breakfast.

DIRECTIONS

1. Combine dry ingredients in one bowl and wet ingredients in another bowl.
2. Gradually add the dry mix to the wet, stirring until completely mixed.
3. Let sit for 15 minutes then pour into greased mini muffin pan.
4. Bake at 375°F for 15 minutes.
5. Let cool for at least 15 minutes to release easy from the muffin pan.

INGREDIENTS

6 cups whole wheat flour or spelt flour

1 tablespoon cinnamon

2 teaspoons baking powder

2 teaspoons baking soda

1 teaspoon salt

3 cups fresh spinach/chopped

4 cups strawberries/diced

4 eggs

2 cups unsweetened apple sauce

½ cup honey or maple syrup

1 cup oil

This recipe was created by Chef Ariane Williams for Cook's Circle.

NOTES

CHOP DILLY SPINACH DIP

Yield: 2 cups or 64 child size 1-tablespoon portions

DIRECTIONS

1. Wash hands thoroughly and squeeze the water from the thawed spinach over sink in bowl. place squeezed spinach into medium-sized bowl.
2. Puree cottage cheese and sour cream together in a food processor or blender or mash cottage cheese with fork until most of lumps are smooth.
3. Thoroughly mix squeezed spinach and blended mixture in medium size bowl using fork to break spinach apart.
4. Add seasonings and mix thoroughly.
5. Cover and refrigerate for 2 hours to blend flavors
6. Serve as a dip with cut-up vegetable pieces for dipping.

INGREDIENTS

1 10 ounce package, frozen, chopped spinach (thawed and squeezed dry) or 1 pound fresh, chopped spinach

1 cup cottage cheese

1 cup sour cream

2 teaspoons dried dill

½ teaspoon garlic powder

½ teaspoon onion powder

cut up vegetables for dipping (e.g. carrots, celery, broccoli, summer squash)

This recipe was created by the Cooking up Healthy Options with Plants (CHOP) program.

NOTES



Summer

BLACK BEAN TACO SALAD

Yield: 30 servings. CACFP creditable serving size: Provides servings of ¼ cup vegetable ⅔ cup bean protein for 3-5-year-old children. Serve with milk, fruit, and grain for a creditable lunch.

DIRECTIONS

1. Whisk all dressing ingredients together until well incorporated.
2. Dress mixed greens, corn, avocado, and black bean mixture immediately before serving.

INGREDIENTS

½ pound mixed greens, chopped

2 pounds corn, fresh from the cob
or 1½ cups thawed frozen corn

1 pound avocado, fresh, diced

8 15 ounce cans black beans,
drained and rinsed

dressing Ingredients

¼ cup olive oil

¼ cup lime juice, fresh or bottled

2 teaspoons minced garlic

1 teaspoon ground cumin

2 tablespoons cilantro, fresh,
minced

2 teaspoons grated lime zest

*This recipe was created by Chef
Ariane Williams for Cook's Circle.*

NOTES

VEGETARIAN ENCHILADAS

Yield: 30 servings. CACFP creditable serving size: 1 serving provides ¼ cup grain and ⅔ cup meat/meat alternate for 3-5-year old. Serve with milk, vegetable and fruit for a creditable lunch.

DIRECTIONS

1. Preheat oven to 400°F.
2. Spray 2x14-inch baking pan with olive oil.
3. Sauté the onion and red bell peppers until soft, then add the black beans, add a little vegetable broth.
4. Heat up the corn tortillas, then fill them with the onion, pepper, and bean mixture.
5. Cover the tortillas in enchilada sauce and top with cheese.
6. Bake in the oven at 400°F for 15 minutes.

INGREDIENTS

2 tablespoons olive oil

3 15 ounce cans black beans, rinsed and drained

2 yellow onion, diced

2 red bell peppers, diced

1 32 ounce bag shredded cheese

1 28 ounce can enchilada sauce (red or green)

1 cup vegetable broth (low sodium)

30 yellow corn tortillas

This recipe was created by Chef Carter Angel for Cook's Circle.

NOTES

SEEDS CAFÉ PUMPKIN SEED DIP

Yield: 4+ cups or ~128 child size 1-tablespoon portions. CACFP creditable serving size: Provides serving of ½ ounce meat/meat alternate for 3-5-year-old children. Serve with a vegetable or grain such as rice cakes, whole grain crackers, or tortilla for a creditable snack.

DIRECTIONS

1. Start by putting the tomatoes and garlic in a food processor and then add the vinegar, water and pumpkin seeds.
2. Add oil until it comes to a smooth dip consistency.

INGREDIENTS

2 medium tomatoes

2 cloves garlic

3 cups pumpkin seeds (aka pepitas)

1 teaspoon mild vinegar

3 tablespoons water

¼ cup vegetable oil

This recipe was created by Chef Matt Collier of Seeds Café.

NOTES

CHOP SUMMER SQUASH PANCAKES

Yield: Makes 20 (1/8 cup) portions. CACFP creditable serving size: 4 pancakes each serving provides 1/4 cup vegetable, 1 ounce equivalent grains for 3-5-year-old children.
Serve with milk and fruit for a creditable breakfast.

DIRECTIONS

1. In a large bowl combine eggs, olive oil, sugar, milk, applesauce and vanilla until smooth.
2. Shred squash, and add to bowl, stir to combine.
3. In a smaller bowl combine flour, salt, baking soda, and cinnamon.
4. Stir dry ingredients into squash batter mixing until just combined.
5. Preheat oven to 200°F and place a baking tray with cooling rack in oven.
6. Cook pancakes, using a 1/8 cup measure to dollop into pan. Cook over medium high heat until bubbles appear (2-3 minutes), flip and cook on other side for additional 2-3 minutes.
7. Transfer to prepared pan in oven to stay warm and repeat step 6 until all the batter is gone.
8. Mix 1 cup plain yogurt with 1 tablespoon of maple syrup for a fun and delicious topping.

This recipe was created by the Cooking up Healthy Options with Plants (CHOP) program <https://www.colorado.gov/pacific/cdphe/cacfp-chop>

INGREDIENTS

- 2 large eggs
- 3 tablespoons olive oil
- 3 tablespoons unsweetened apple sauce
- 2 tablespoons milk
- 2 cups summer squash (shredded)
- 1 cup whole wheat flour
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1 tablespoon brown sugar
- 1 teaspoon baking soda

NOTES

HERB MARINATED CANNELLINI BEANS

Yield: 20 (½ cup) portions. CACFP creditable serving size: Provides servings of ⅔ cup meat/meat alternate for 3-5-year-old children and ¼ cup serving for 1-2-year-old children. Serve with milk, fruit, vegetable, and grain for a creditable lunch.

DIRECTIONS

1. Heat oil in large pan and sauté garlic until golden.
2. Add beans and herbs and stir well.
3. Cover with lid and heat on low for 10-15 minutes to let flavors incorporate, stirring occasionally.

INGREDIENTS

1 teaspoon olive oil

3 tablespoons garlic, minced

10 cups cooked cannellini beans
(drained & rinsed if using canned)

1 tablespoon fresh thyme or 1
teaspoon dried thyme

1 tablespoon fresh rosemary or 1
teaspoon dried rosemary

1 teaspoon dried oregano

1 teaspoon dried basil

*This recipe was created by Chef
Ariane Williams for Cook's Circle.*

NOTES

BANANA BERRY SMOOTHIE

Yield: 30 (½ cup) portions. CACFP creditable serving size: Provides servings of ¼ cup fruit, 2 ounces yogurt protein for 3-5-year-old children. Serve with Cinnamon Toast Triangles for a creditable snack.

DIRECTIONS

1. Blend all ingredients in blender until smooth.
2. Serve chilled.

INGREDIENTS

12 large bananas

3 pounds berries fresh or frozen (or any fruit)

1 pound fresh spinach

64 ounces plain yogurt

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

NOTES

CINNAMON TOAST TRIANGLES

Yield: 30 servings. CACFP creditable serving size: Provides serving of ½ slice grain for 3-5-year-old children. Serve with Banana Berry Smoothie or milk and fruit for a creditable snack.

DIRECTIONS

1. Preheat oven to 275°F
2. Cut bread into triangles.
3. Spray lightly with olive oil pan spray and sprinkle with cinnamon.
4. Lay in a single layer on lined cookie sheets and place in oven until toasted about 7-10 minutes.

INGREDIENTS

15 slices whole wheat bread

1 tablespoon cinnamon

olive oil pan spray as needed

This recipe was created by Chef Ariane Williams for Cook's Circle.

NOTES

CAULIFLOWER ALFREDO SAUCE

Yield: 2 cups. CACFP creditable serving size: Provides servings of ¼ cup vegetable for 3-5-year old OR ⅛ cup for 1-2-year-old children. Serve with beans or chopped chicken breast, noodles or garlic toast, fruit, and milk to make a creditable lunch.

DIRECTIONS

1. In a small sauce pot, bring vegetable broth to a simmer.
2. Add onion, garlic and cauliflower to the simmering broth, cover and steam for 5 minutes or until cauliflower is soft.
3. Remove pot from heat and pour contents into a blender or food processor. Blend on high 2-3 minutes or until mixture is smooth.
4. Add nutritional yeast, lemon juice, and salt to mixture and pulse to incorporate.
5. Serve over your choice of steamed mixed veggies, whole grain pasta or veggie "noodles".

INGREDIENTS

1 cup vegetable broth (low sodium)
¼ cup onion, diced
1 tablespoon garlic, minced
3 cups chopped cauliflower
¼ cup nutritional yeast
season to taste with salt

This recipe was created by Chef Ariane Williams for Cook's Circle.

SUBSTITUTIONS: If you are unable to use fresh cauliflower, substitute frozen cauliflower. Use parmesan cheese in place of nutritional yeast.

NOTES

BASIL PEACH SAUCE

Yield: 30 (½ cup) portions. CACFP creditable serving size: Provides serving of ½ cup fruit for 1-5-year-old children. Serve with milk, more fruit, and grain for a creditable breakfast.

DIRECTIONS

1. Combine fresh or frozen peaches and lemon juice in a large pot on medium high heat. Cover and let simmer for 20 minutes, stirring occasionally.
2. Once peaches are completely soft, use an immersion blender to blend into a smooth puree. (If you don't have one, carefully pour the hot peaches into a conventional blender or food processor in batches and blend until smooth.)
3. Remove cover and stir in basil. Reduce heat to medium and let simmer uncovered for additional 15-20 minutes to let liquid evaporate and sauce become thick. (If the sauce is not thickening quickly enough or well enough, mix 2 teaspoons of cornstarch with 1 teaspoon of cold water and stir quickly.)
4. May be served warm with pancakes or waffles in place of syrup OR chill to serve as a cool side.

INGREDIENTS

15 pounds fresh or frozen peaches

2 tablespoons lemon juice

2 teaspoons fresh or dried basil

This recipe was created by Chef Ariane Williams for Cook's Circle.

TIP: You can easily change the flavor profile by adding different herbs or spices instead of basil such as cinnamon, ginger, tarragon, or thyme.

NOTES

CREAMY SUN BUTTER FROZEN FRUIT POPSICLES

Yield: 30 (¾ cup) portions. CACFP creditable serving size: Provides servings of ½ cup fruit and 2 ounces of yogurt protein (2 components) and 32 servings sun butter protein for 3-5-year-old children. Serve with rice cakes, whole grain crackers, or granola for a creditable snack.

DIRECTIONS

1. Mix all ingredients together and fill 8 ounce paper cups half full.
2. Place cups onto a sheet pan and cover the tops tightly with plastic wrap. (Make a small slit in the top of each one and insert popsicle stick.)
3. Depending on your freezer it takes at least up to 4 hours to freeze properly.
4. To serve quickly run the cups under cold water to help release the popsicle, should pop out or can tear off the cup.

TIP: To be reimbursable through CACFP, the yogurt cannot be frozen and the fruit in the popsicle must be recognizable. For example, pieces of strawberry that a child could identify.

INGREDIENTS

64 ounces of plain yogurt

2 cups sun butter

15 cups mixed berries pureed or fruit sauce puree (frozen or fresh)

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

NOTES

SPINACH PESTO

Yield: 2 cups. CACFP creditable serving size: Provides servings of ¼ cup vegetable for 3-5-year olds and ⅛ cup for 1-2-year-old children. Serve with whole wheat noodles, Herb Marinated Cannellini Beans, fruit, and milk to make a creditable lunch.

DIRECTIONS

1. Place all ingredients in blender or food processor and blend on high until it becomes a smooth paste. (Scrape down the sides as needed.)

INGREDIENTS

2 cups fresh spinach

½ cup fresh basil

¼ cup parmesan cheese or nutritional yeast

¼ cup sunflower seeds (optional)

1 tablespoon minced garlic

2 tablespoons olive oil

season to taste with salt

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

SUBSTITUTIONS: May use other seeds or nuts in place of sunflower seeds (pine nuts, walnuts, pumpkin seeds). Other leafy greens such as arugula, chard, edamame, or green peas can be substituted for the spinach. Other fresh herbs like parsley or cilantro can be substituted for the basil.

NOTES

A close-up photograph of a green melon with white speckles hanging from a vine. The melon is round and covered in a dense pattern of white spots. It is attached to a green stem. Above the melon, a large, green, serrated leaf is visible. The background is a soft-focus green, suggesting a garden or field setting.

Fall

SEEDS CAFÉ APPLE AND/OR PEAR SALAD

Yield: 8 cups or 32 (½ cup) portions. CACFP creditable serving size: Provides servings of ¼ cup vegetable ¼ cup fruit for 3-5-year-old children. Serve with milk, meat/meat alternate, and grain for a creditable lunch.

DIRECTIONS

1. Toss all ingredients except for the seeds and taste for seasoning.
2. Finish with toasted seeds over the top.

INGREDIENTS

2 pears or apples (or both!) cut from core and sliced into ¼ inch thick pieces

4 cups salad greens

½ cup raisins

½ cup lightly toasted pumpkin seeds or sunflower seeds

salt to taste

honey mustard vinaigrette

This recipe was created by Chef Matt Collier of Seeds Café.

NOTES

SEEDS CAFÉ RAINBOW SALAD

Yield: Amount made depends on number of veggies sliced. CACFP creditable serving size: Provides serving of ½ cup vegetable for 3-5-year-old children. Serve with fruit, grain or protein for a creditable snack.

DIRECTIONS

1. Using a mandolin shave the carrots, radishes, Chioggia beets & Delicata squash into large bowl, add in the plums, peppers, cider vinaigrette and pinch of salt.
2. Season to taste.

INGREDIENTS

carrots

radish

chioggia beets

delicata squash (top cut off, quartered long wise and seeds removed)

plums (cut into wedges)

bell peppers (cut into thin strips, no seeds)

cider vinaigrette (1-part cider vinegar to 2 parts oil with 1 smashed clove garlic)

This recipe was created by Chef Matt Collier of Seeds Café.

NOTES

SEEDS CAFÉ ACORN SQUASH AND POTATO SOUP

Yield: 1-gallon (128 ounces) or 32 (½ cup) portions. CACFP creditable serving size: Provides servings of ½ cup vegetable (double) for 3-5-year-old children. Serve with milk, meat/meat alternate, and grain for a creditable lunch.

DIRECTIONS

1. Cut off top of acorn squash and cut in half vertically, scoop out seeds and place cut side down on an oiled sheet tray. Place in 375°F oven for about 20 minutes or until they are soft to the touch.
2. While acorn squash is roasting, place the onions and carrots in a large pot with a tablespoon of oil and cook over medium heat stirring frequently avoiding getting color on the vegetables. Cook them on medium heat for about 35 minutes.
3. When squash is cooled, scoop out flesh with a spoon. Add potatoes and acorn squash to the pot. Just cover with water and season lightly with salt and chili powder. Let simmer till potatoes are tender (20 to 30 minutes).
4. Blend in batches or use an immersion blender to puree. While you puree in batches (or while using the immersion blender) slowly add in some vegetable oil to give it a rich creamy feel.
5. Season to taste and serve.
6. Place ¼ of the soup in a blender with the cream and blend until smooth.

INGREDIENTS

2 acorn squashes

2 large yellow onions (large diced)

4 large carrots (large diced)

4 Yukon gold potatoes (large diced)

vegetable oil

salt

chili powder

This recipe was created by Chef Matt Collier of Seeds Café.

NOTES

FRENCH LENTIL SOUP

Yield: Makes 20 (½ cup) portions. CACFP creditable serving size: Provides servings of ¼ vegetable and ⅛ cup bean/meat alternate for 3-5-year-old children. Serve with fruit, grain or protein for a creditable lunch.

DIRECTIONS

1. In a large stockpot, cover the lentils with cold water. Bring to a boil, lower the heat, and cook for 5 minutes. Drain and put the lentils back in the stockpot with the onion, the garlic, the carrots, and the potatoes, cut into pieces. Add the bouquet garni, bay leaves, and thyme. Pour cold broth over the lentils and vegetables.
2. Bring to a boil and then simmer for 30 minutes.

GARNISH

1. Whip the heavy cream (make sure it's very cold); set aside in a cool place.
2. On medium heat, sauté the shallots, then add the mushrooms and cook uncovered for a few more minutes, until lightly brown. Add salt and pepper.
3. Serve the soup as-is or blended, in a bowl. Spoon 1 or 2 tablespoons of whipped cream onto the soup, and garnish with the mushroom/shallot mixture. Sprinkle with freshly ground pepper.

INGREDIENTS

½ pound french lentils (Green Lentils from France)

2 or 3 young carrots

2 or 3 small potatoes

½ yellow onion

1 garlic clove

1 bouquet garni (bundle of herbs traditionally parsley a few sprigs of thyme and a bay leaf)

2 bay leaves

1 thyme branch

6 cups vegetable or chicken broth (low sodium)

freshly ground salt and pepper

garnish: (optional)

vegetable oil

2 shallots

½ pound mushrooms (chanterelles or button mushrooms)

2 tablespoons butter (optional)

heavy cream (optional)

This recipe was created by Chef Marie-Pierre Nicoletti of Blossom Bilingual Preschool.

BUTTERNUT SQUASH WITH CREAMY QUINOA

Yield: 30 (1 cup) servings. CACFP creditable serving size: Provides servings of ¼ cup grain, ¼ cup vegetable and ⅔ cup meat/meat alternate for 3-5-year-old children. Add milk and fruit for a creditable lunch.

DIRECTIONS

1. Preheat the oven to 400°F. Cut the butternut squash into cubes and coat with vegetable oil. Roast in the oven for 20 minutes.
2. Sauté the onion in large pot until soft. About 5 minutes. Then add the uncooked quinoa and vegetable broth. Let it boil, then turn down to simmer and let it cook for 20 minutes.
3. Once the quinoa is cooked, add the coconut milk, cannellini beans, and butternut squash.
4. Serve immediately.

INGREDIENTS

2 large butternut squash

2 tablespoons vegetable oil

3 cups uncooked quinoa

1 onion, diced

1 15 ounce can coconut milk

6 cups vegetable broth (low sodium)

6 15 ounce cans cannellini beans, drained

pinch of salt

pinch of pepper

This recipe was created by Chef Carter Angel for Cook's Circle.

NOTES

PUMPKIN CRANBERRY BREAKFAST BARS

Yield: 40 servings. CACFP creditable serving size: 1 bar provides serving of ¼ cup grain for 3-5-year-old children. Serve with milk, fruit or vegetable for a creditable breakfast.

DIRECTIONS

1. Preheat oven to 350°F. Lightly oil two 9x13-inch baking pans.
2. In a large bowl mix flour, oats, baking soda, pumpkin spice and salt.
3. In another large bowl mix pumpkin puree, oil, maple syrup, bananas, and eggs until well combined. Gradually mix in the flour mixture until combined. Stir in pumpkin seeds and dried cranberries.
4. Evenly divide the mixture into the baking dishes and even out with a spatula.
5. Bake for 40-45 minutes. Check center with a toothpick to make sure it's cooked all the way through, depending on your oven it could take a few minutes longer.
6. Let cool for 15-20 minutes before cutting into small bars.

INGREDIENTS

4 cups whole wheat flour

2 cups old-fashioned oats, uncooked

2 teaspoons baking soda

2 teaspoons pumpkin pie spice

½ teaspoon salt

2 15 ounce cans pumpkin puree

1 cup vegetable oil

½ cup maple syrup

2 bananas, mashed or ¾ cup unsweetened applesauce

2 large eggs

1 cup roasted pumpkin seeds

1 cup dried cranberries

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

NOTES

BEET VEGGIE MARINARA

Yield: 9 cups. CACFP creditable serving size: Provides servings of ¼ cup vegetable for 3-5-year old or ⅓ cup for 1-2-year-old children. serve with turkey meatballs, pasta, fruit, and milk for a creditable lunch.

DIRECTIONS

1. Wash and boil beets 30-45 minutes until tender. Let cool then remove skins by rubbing off.
2. Place all the ingredients into a blender/ food processor and fully blend until it reaches uniform consistency.
3. Heat sauce to 145°F and serve over whole wheat or veggie noodles.

SUBSTITUTION: Use 2 14.5 ounce cans of beets in place of fresh beets.

INGREDIENTS

6 medium beets (red or golden)

2 28 ounce cans tomatoes, fire roasted, crushed

1 small bunch kale or spinach

1 large yellow onion, diced

1½ cups vegetable broth (low sodium)

season to taste with:

granulated garlic, oregano, basil, salt and pepper

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

NOTES

SEEDY FRUIT AND VEGGIE COBBLER

Yield: 30 (¾ cup) portions. CACFP creditable serving size: Provides about 30 servings of ¼ cup grain and about 30 servings of ½ cup fruit (2 components), ⅛ vegetable, and about 16 servings of seed butter protein. Serve with milk for a creditable snack.

DIRECTIONS

1. Leaving out the last two ingredients (fruit and veggies) mix the wet and dry separately, then combine into one bowl and mix well.
2. Using 2 x 3-quart baking dishes place the mixed fruit and vegetable into the bottom layer of the dish then top it with the oat mixture.
3. Cover with foil and bake at 425°F for 30 minutes. Remove foil and continue baking for 10 minutes to crisp the top.

INGREDIENTS

5½ cups quick oats

2 cups whole wheat flour

½ teaspoon baking soda

1 cup vegetable oil

½ cup honey

2 teaspoons cinnamon

2 tablespoons vanilla

2 teaspoons salt

2 cups seeds (sunflower/flax/
pumpkin seeds)

15 cups fruit (apples/peaches/pears/
mixed berries) fresh or frozen

4 cups vegetables (spinach/
kale/chard/beets/zucchini) finely
chopped, fresh or frozen

*This recipe was created by Chef
Sarahrae Alexandrova for Cook's
Circle.*

NOTES

PUMPKIN PIE DIP

Yield: 40 (½ cup) portions. CACFP creditable serving size: Provides servings of ¼ cup yogurt/meat alternate for 3-5-year-old children. Serve with grain, fruit, vegetable or milk for a creditable snack.

DIRECTIONS

1. To prep the squash cut in half lengthwise and remove the seeds. Next place squash skin side up on a sheet pan drizzle a little olive oil then roast at 425°F for about an hour or until the flesh is soft.
2. While the squash is cooling, mix remaining ingredients together in a bowl and let sit until the squash is fully cooled, both refrigerated.
3. Once cooled scoop out the squash in to another bowl and mash well. Finally combine the two bowls and mix well.

INGREDIENTS

4 quarts plain yogurt

2 small pie pumpkins or butternut squash or acorn squash

1 tablespoon pumpkin pie spice

½ cup maple syrup

This recipe was created by Chef Sarahrae Alexandrova for Cook's Circle.

SUBSTITUTION: Use 2 14.5 ounce cans of pumpkin in place of fresh baked pumpkin.

NOTES

ORANGE HERBED CARROTS

Yield: 30 (¼ cup) portions. CACFP creditable serving size: Provides servings of ¼ cup vegetable for 3-5-year-old children. Serve with milk, meat/meat alternate, fruit, and grain for a creditable lunch.

DIRECTIONS

1. Wash carrots. Cut into ¼ inch coins.
2. In a large pan, heat oil, add onion and garlic, briefly sauté the onion and garlic.
3. Add carrots to pan and sauté just until they start to brown.
4. Add fresh herbs, salt and pepper, orange juice, and apple cider vinegar to pan and cover with lid. Steam for 5-10 minutes or until carrots are fork tender.
5. Remove from heat and serve immediately.

INGREDIENTS

3 pounds fresh carrots (15 medium carrots)

3 tablespoons olive oil

¾ cup onion, diced

3 tablespoons garlic, minced

3 small oranges, juiced

3 teaspoons apple cider vinegar

6 tablespoons fresh thyme, sage or rosemary, minced

season to taste Salt and pepper

This recipe was created by Chef Ariane Williams for Cook's Circle.

SUBSTITUTION: If you are unable to use fresh carrots, substitute diced frozen carrots.

NOTES

ROASTED BUTTERNUT SQUASH “HUMMUS”

Yield: approximately 4 cups (depending on size of squash). **CACFP creditable serving size:** Provides servings of ½ cup vegetable for 3-5-year-old children. **Serve with a grain, such as, rice cakes, whole grain crackers, or tortilla for a creditable snack.**

DIRECTIONS

1. Cut off very top and bottom of butternut squash. Scoop out seeds and place cut side down on lightly oiled sheet tray. Roast in 375°F oven for about 20-30 minutes or until it is very tender to the touch.
2. Scoop out butternut squash into a food processor and add garlic and tahini. Blend. Drizzle in olive oil and season with salt, cumin and chili powder.
3. Serve with fresh vegetables or crackers.

INGREDIENTS

1 medium sized butternut squash

1 garlic clove

1 tablespoon tahini

olive oil

cumin

chili powder

salt

This recipe was created by Chef Matt Collier of Seeds Café.

NOTES

CHOP SWEET POTATO OATMEAL CHOCOLATE CHIP BARS

Yield: 45 child-size portions. CACFP creditable serving size: 1 bar provides the equivalent serving of ¼ slice of bread. Serve with milk for a creditable snack.

DIRECTIONS

1. Preheat oven to 350°F.
2. Place sweet potato and sugar in large mixing bowl; mash until smooth.
3. Add oil, yogurt, and egg and mix thoroughly.
4. Mix both all-purpose and whole wheat flour, oatmeal, baking soda, and spices in a medium-size bowl.
5. Add dry ingredients to sweet potato mixture and stir just enough to combine.
6. Add chocolate chips and stir to mix.
7. Spray 13"x 9"x 2" baking pan with nonstick cooking spray.
8. Pour batter into pan; smooth out evenly and place pan on middle rack in oven.
9. Bake for 25-30 minutes or until lightly brown.
10. Remove from oven and let cool in pan for 8-10 minutes. Cut into bars (4 cuts by 8 cuts) and remove from pan.

INGREDIENTS

2 large, fresh sweet potatoes
cooked and mashed

¾ cup sugar

¼ cup canola oil

¼ cup low-fat or fat-free plain
yogurt

1 large egg, beaten

¾ cup all-purpose flour

¾ cup whole wheat flour

1¼ cups quick-cook oatmeal (not
instant)

1 teaspoon baking soda

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

1 cup 6 ounces of semisweet mini
chocolate chips or regular size
chocolate chips

*This recipe was created by the
Cooking up Healthy Options with
Plants (CHOP) program.*

SEEDS CAFÉ “PESTO”

Yield: 3 cups or 96 child size 1-tablespoon portions. Serve with sliced veggies and a grain, such as, rice cakes, whole grain crackers, or tortilla for a creditable snack.

DIRECTIONS

1. In food processor put in garlic & pepitas and process.
2. Add in cider vinegar and leaves and add oil till comes to correct consistency.
3. Season with salt and enjoy!!

INGREDIENTS

4 to 6 cups nasturtium leaves (or arugula or mizuna)

1½ cups pepitas

1 teaspoon cider vinegar

3 cloves garlic

salt to taste

olive oil

This recipe was created by Chef Matt Collier of Seeds Café.

NOTES

MAKE AHEAD BAKING MIXES

MUFFINS

Yields about 12 dozen muffins

12 cups flour (whole wheat or gluten free)
12 cups old fashioned oats
½ cup baking powder
2 cups sugar
To make 3 dozen muffins mix together:
6 ½ cups make ahead mix
1 cup applesauce
1 cup liquid (milk or non-dairy milk, 100% juice, or water)
Spices and herbs as desired

WAFFLES

Yields about 100 waffles

16 cups flour (whole wheat or gluten free)
1 cup sugar
1 cup baking powder
To make 30, 4 ¼-inch square waffles mix together:
4 ½ cups make ahead mix
4 ½ cups liquid (milk or non-dairy milk, 100% juice, or water)
1 cup oil
Spices and herbs as desired

PANCAKES

Yields about 120 pancakes

12 cups flour (whole wheat or gluten free)
½ cup baking powder
To make 30 small pancakes mix together:
3 cups make ahead mix
3 ½ cups liquid (milk or non-dairy milk, 100% juice, or water)
2 tablespoons oil
Spices and herbs as desired

CORN BREAD

Yields about 10 9x13 pans of corn bread

15 cups yellow or blue cornmeal
15 cups whole wheat flour
10 tablespoons baking powder
6 ¼ teaspoons baking soda
5 teaspoons salt

To make 2 9x13 dishes (~40 servings)

6 ¼ cups make ahead mix
3 eggs
3 cups milk or non-dairy milk
½ cup canola or olive oil
Optional: 3 cups shredded fresh veggies or fresh fruit can be added. If frozen, use 1 cup less milk

OAT CRUMBLE (FOR FRUIT CRISP)

Yields mix for about 10 9x13 pans of oat crumble

20 cups quick oats
7 ½ cups whole wheat flour
2 ½ teaspoons baking soda
10 teaspoons salt
10 teaspoons cinnamon
2 ½ cups shelled sunflower seed kernels
To make two 9x13 pans: servings for ~40
Kids/400°F/Time to cook depends on fruit added to cobbler ~45-60 minutes is typical
6 ¼ cups make ahead mix
½ cup canola or olive oil
½ cup honey
2 teaspoons vanilla
20 cups of fruit (frozen mixed berries or apples, pears, pineapple, or any other fruit). Once cooked it's reduced by at least half

Recipes created by Chef Sarahrae Alexandrova for Cook's Circle.

TIPS FOR COOKING VEGETABLES

Always start by washing produce. Cut produce into uniform sizes so it cooks evenly.

SAUTÉ

METHOD: Heat pan over medium / medium-high heat. Add oil. When oil is warm and glistening, add vegetables, and cook until tender.

STIR-FRY

METHOD: Heat pan over high heat. Add oil. When oil is hot, add vegetables. Stir constantly until tender.

COOKING TIP: Use a high heat oil, such as avocado, canola, refined sesame, or safflower oil.

BLANCH

METHOD: Place water in a large pot, and bring water to a full boil. Add vegetables, and cook until just tender.

COOKING TIP: Add a pinch of salt to the boiling water to enhance the flavor. Blanching helps vegetables retain their color and remain slightly crispy. Produce should be blanched before freezing to help retain nutrients, taste, color, and texture.

BOIL

METHOD: Place water in a large pot and bring to a full boil. Add vegetables, and reduce heat to a simmer. Simmer until vegetables are tender.

COOKING TIP: Add a pinch of salt to the boiling water to enhance the flavor. Boiling works well for dried beans, potatoes, beets, and other root vegetables that require longer cooking times.

BAKE

METHOD: Preheat oven to 350°F. Place vegetables on a baking sheet. Cook until tender.

ROAST

METHOD: Preheat oven to 425°F. Lightly coat vegetables with oil, and a pinch of salt. Place on a baking sheet and cook until tender.

COOKING TIP: Add seasonings, such as bay leaves, garlic, or spices, before placing vegetables in the oven.

STEAM

METHOD: Add 1" of water to a saucepan. Place a steaming basket or heat-resistant colander on top of the pan. Vegetables should not touch the water when added to the basket or colander. Heat water to boiling. Add vegetables. Cover pot, and cook until vegetables are tender.

COOKING TIP: Add spices, such as cinnamon sticks or ginger, to the steaming liquid for subtle flavor enhancements.

MICROWAVE

METHOD: Place vegetables into a microwave-safe bowl. Add a small amount of water. Cover the bowl with plastic wrap, and leave a small gap for steam to escape. Cook on high for five minutes, then check for tenderness. Cook an additional one minute at a time until tender.

BRAISE

METHOD: Place two tablespoons of oil into a pan large enough to hold vegetables in a single layer. Heat oil over medium-high heat. Once oil is hot, add vegetables and a pinch of salt. Let cook without stirring for three minutes or until vegetable bottoms have browned. Flip vegetables over, and cook another two minutes. Add enough vegetable broth, wine, or water to cover the vegetables halfway. Cover pan, reduce heat, and simmer until liquid is mostly gone and vegetables are tender.

COOKING TIP: Add chopped onion, garlic, chives, or shallots for extra flavor. Braising works well for root vegetables, such as carrots, parsnips, sweet potatoes, turnips, and beets.

GRILL

METHOD: Lightly coat vegetables with oil and a pinch of salt. Arrange vegetables in a single layer on the grill. Cook over medium-high heat in a covered grill. Flip vegetables after grill marks have developed on bottom side. Cook until tender.

COOKING TIP: If you have a gas cooktop, you can grill vegetables inside. Hold vegetables with tongs above flame, turning occasionally until they are evenly cooked.

GUIDE TO COOKING PRODUCE

VEGETABLE	PREPARATION	BOIL	STEAM	MICROWAVE	OTHER
ASPARAGUS	Break off ends where they snap easily. Ends can be saved and used in a vegetable stir-fry.	Not recommended	8-10 min	3-5 min	Roast 9-11 min Blanch 2-3 min Stir-fry, chopped, 5 min
BEANS	Remove ends.	8-10 min	9-11 min	7-9 min	Roast 12-15 min Blanch 4-5 min Stir-fry 3-4 min
BEETS	Remove leaves. Cut off stems. Leaves can be saved and used in a vegetable sauté.	25-40 min	45-50 min	12-16 min	Roast 35-40 min Bake 60 min
BROCCOLI	Trim leaves and end of stems. Cut into florets.	4-6 min	5-10 min	4-6 min	Roast 15-18 min Blanch 2-3 min Stir-fry 3-4 min
BRUSSELS SPROUTS	Remove discolored leaves. Cut off stems.	7-9 min	8-10 min	4-7 min	Roast 15-20 min Blanch 4-5 min Stir-fry 3-4 min
CABBAGE, SHREDDED	Remove outer leaves. Cut out core.	5-10 min	5-8 min	5-6 min	Roast 30 min Stir fry 3-5 min
CARROTS, SLICED	Cut off top. Carrot greens can be saved for pesto.	5-10 min	5-9 min	4-5 min	Roast 20-30 min Blanch 3-4 min Stir-fry 3-4 min

GUIDE TO COOKING PRODUCE

VEGETABLE	PREPARATION	BOIL	STEAM	MICROWAVE	OTHER
CAULIFLOWER	Trim leaves and end of stems. Cut into florets.	5-10 minutes	5-10 minutes	4-6 minutes	Roast 15-25 minutes Blanch 3-4 minutes Stir-fry 3-4 minutes
CELERIAC	Cut off stalk and root. Peel and briefly soak in bowl of water mixed with lemon juice.	10-35 minutes	15-20 minutes	8-10 minutes	Roast, cubed, 25-30 minutes
CORN ON THE COB	Remove husk and silk.	5-8 minutes	4-7 minutes	2-3 minutes for 1 ear. 3-4 minutes for 2 ears.	Bake 30 minutes Blanch 3-4 minutes
EGGPLANT, DICED	Remove stem.	Not recommended	6-10 minutes	4-5 minutes	Roast 15-30 minutes Blanch 3-4 minutes Stir-fry 8-10 minutes
FENNEL	Remove feathery tops. Remove base of bulb. Slice bulb into fourths. Save feathery tops for use in salads.	8-11 minutes	12-15 minutes	4-5 minutes	Roast 20-25 minutes Stir-fry, sliced, 2-5 minutes
GREENS (Beets, chicory, collards, escarole, kale, mustard, radish, spinach, swiss chard, turnips.)	Remove root ends. Remove stems of collards, kale, and chard. Stems can be saved and used in a vegetable sauté.	Not recommended	5-8 minutes	5-10 minutes	Blanch 2-3 minutes Stir-fry 3-5 minutes
KOHLRABI	Cut off root ends and top.	15-20 minutes	8-12 minutes	3-5 minutes	Roast 50-60 minutes Stir-fry, diced, 7-9 minutes

GUIDE TO COOKING PRODUCE

VEGETABLE	PREPARATION	BOIL	STEAM	MICROWAVE	OTHER
LEEEKS	Cut off root ends and top.	15-20 minutes	8-12 minutes	3-5 minutes	Roast 35-45 minutes Stir-fry, diced, 2-3 minutes
MUSHROOM	Trim off ends.	3-4 minutes	4-5 minutes	3-5 minutes	Roast 10-20 minutes Stir-fry 4-5 minutes
ONIONS	Peel. Trim tops and roots.	30-50 minutes	5 minutes (sliced)	Not recommended	Roast, cut in half, 25-30 minutes Stir-fry, 5-10 minutes
PARSNIPS, SLICED	Cut off ends.	9-15 minutes	9-15 minutes	5-6 minutes	Roast 25-30 minutes Blanch 3-4 minutes Stir-fry 3-4 minutes
PEAS, SNOW	Remove tips and strings.	2-3 minutes	3-5 minutes	6-7 minutes	Blanch 1-2 minutes Stir-fry 2-3 minutes
PEAS, SWEET	Remove from shell.	5-10 minutes	15-20 minutes	4-6 minutes	Blanch 1-2 minutes Stir-fry 2-3 minutes
PEAS, SUGAR SNAP	Remove stems and string.	4-5 minutes	6-7 minutes	6-7 minutes	Blanch 2 minutes Stir-fry 3-5 minutes
PEPPERS	Remove stems, inner membrane, and seeds.	Not recommended	4-6 minutes	3-4 minutes	Roast 15-20 minutes Blanch 2-3 minutes Stir-fry 2-3 minutes

GUIDE TO COOKING PRODUCE

VEGETABLE	PREPARATION	BOIL	STEAM	MICROWAVE	OTHER
POTATOES	Cure in cool, dark, moist place for 2-3 weeks.	15-20 minutes	18-22 minutes	4-6 minutes. for 1-2 medium potatoes Pierce skin before microwaving.	Blanch 10-15 minutes Bake 50-60 minutes Roast, cubed, 30-40 minutes
RUTABAGAS	Peel. Remove stems.	20-25 minutes	20-25 minutes	12-15 minutes	Roast 40-45 minutes Blanch, cubed, 2-3 minutes Stir-fry, cubed, 5-7 minutes
SQUASH, SUMMER	Remove stems.	5-10 minutes	5-7 minutes	4-6 minutes	Roast 10-15 minutes Blanch, sliced, 2-3 minutes Stir-fry, sliced, 2-4 minutes
SQUASH, WINTER	Cut in halve and remove seeds.	10-15 minutes	10-30 minutes	Microwave whole. Pierce skin first. 10-20 minutes	Roast 40-60 minutes Blanch, cubed 3 minutes Stir-fry, cubed, 3-5 minutes
SWEET POTATOS	Cure in warm, dry place for 2 weeks.	20-30 minutes	Cubed, 5-7 minutes	5-8 minutes Pierce skin before microwaving.	Bake 45-60 minutes Roast, cubed, 20 minutes Blanch 10-15 minutes
TOMATOS	Remove stems.	Not recommended	2-3 minutes	3-4 minutes	Roast, cut in half, 8-15 minutes Blanch, 1-2 minutes
TURNIPS	Cut off tops. Greens can be saved for vegetable sauté.	20-25 minutes	15-20 minutes	6-10 minutes	Roast, 30-35 minutes Blanch, cubed, 2-3 minutes Stir-fry, cubed, 2-3 minutes

TIPS FOR PREPARING PRODUCE

It is very important to always wash your produce before cooking or eating it. Harmful bacteria can live in the water or soil where produce grows, and it can contaminate fruits and vegetables.

Here are some important food safety tips from the U.S. Food and Drug Administration (FDA) that will help to keep you and your family safe!

- Place fruits and vegetables in separate bags from raw meat, poultry, and seafood when shopping.
- Store perishable fruits and vegetables in the refrigerator. Check the produce storage guide if you're not sure whether an item should be refrigerated or stored at room temperature. Refrigerate all produce that has been cut.
- Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry, and seafood — and from kitchen utensils that have been used for those products.
- Wash cutting boards, dishes, utensils, and countertops with soap and hot water between preparing raw meat, poultry, and seafood and preparing produce that will be eaten raw.
- Wash and sanitize your hands for at least 20 seconds with soap and warm water before preparing produce.
- Cut off damaged or bruised areas.
- Throw away any produce that looks rotten.
- Wash all produce thoroughly under cold running water. Wash produce, even if you do not plan to eat the skin; dirt and bacteria can be transferred from the outer surface when you peel or cut the produce.
- Scrub firm produce, such as potatoes and melons, with a clean produce brush.
- Wash green leafy vegetables, leeks, and green onions in a bowl with several changes of water.
- Lift the vegetables out of the water rather than draining the water so sand and dirt can sink to the bottom.
- After washing, dry produce with a clean paper towel to further reduce the spread of bacteria that may be present on the surface.

WINTER PRODUCE STORAGE





PRODUCE	CURING / PREPARATION	STORAGE TEMPERATURE COLD: 32-45°F COOL: 45-60°F	STORAGE
APPLES	Wrap fruits individually in paper.	Cold	Waxed box or plastic bag with holes. Keep away from other produce.
BEETS	Cut tops off. Wash in cold water. Dry.	Cold	Closed box with ventilation holes or cloth-covered basket.
CABBAGE	Remove outer leaves.	Cold	Upside down in a plastic bag.
CARROTS	Cut tops off. Wash in cold water. Dry.	Cold	Plastic bag or packed in damp sand in a sealed container.
GARLIC	Cure in dry, warm place for 2+ weeks.	Cool	Boxes or mesh bags (pantyhose works). Store in dark area.
ONIONS	Cure in dry, warm place for 2-3 weeks.	Cool	Boxes or hang in mesh bags (pantyhose works). Store in a dark area.
PARSNIPS	Cut tops off. Wash in cold water. Dry.	Cold	Plastic bag or packed in damp sand in a sealed container.
PEARS	Cure in 40-50°F for 1 week. Wrap fruits individually in paper.	Cold	Waxed box or plastic bag with holes.
POTATOES	Cure in cool, dark, moist place for 2-3 weeks.	Cool	Closed box with ventilation holes or cloth-covered basket.
RUTABAGA	Cut tops and taproot off. Wash in cold water. Dry.	Cold	Closed box with ventilation holes or cloth-covered basket.
SWEET POTATOES	Cure in warm, dry place for 2 weeks.	Room Temperature	Closed box with ventilation holes or cloth-covered basket.
TURNIPS	Cut tops off. Leave roots. Wash in cold water. Dry.	Cold	Plastic bag or packed in damp sand in a sealed container.
WINTER SQUASH	Cure in warm, dry place for 2 weeks. Do not cure acorn squash.	Cool	Shallow container or on shelves.

Many vegetables need to be cured before storage. Curing allows the vegetables to dry out before storing, which will help to prevent them from rotting. Produce can be cured by laying it on newspaper in a well-ventilated area. Produce should not be washed before curing. Do not store damaged produce.

FRUIT STORAGE






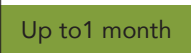



FRUIT	FRIDGE	ROOM TEMP	RIPEN, THEN FRIDGE	COOL + DRY	NOTES	LIFE EXPECTANCY
APPLES	●			●	Store in cool place for up to two weeks. For longer storage, put in a cardboard box in the fridge.	Up to 1 month
APRICOTS			●		Store in plastic bag in fridge once ripe.	3-5 days
CANTALOUPE			●		Store cut cantaloupe in air-tight container in the fridge.	1 week, once ripe
CHERRIES	●				Store in plastic bag. Wash just before eating.	5-10 days
HONEYDEW			●		Store cut honeydew in air-tight container in the fridge.	1 week, once ripe
PEACHES		●			Store unripe peaches in paper bag.	3-5 days, once ripe
PEARS			●		Store unripe pears in a paper bag. Once ripe, store in a plastic bag in the fridge.	3-5 days, once ripe
PLUMS		●			Store unripe plums in a paper bag.	3-5 days, once ripe

FRUIT STORAGE




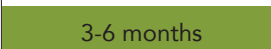





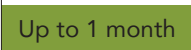
FRUIT	FRIDGE	ROOM TEMP	RIPEN, THEN FRIDGE	COOL + DRY	NOTES	LIFE EXPECTANCY
RASPBERRIES	●				Store in a paper bag. Wash just before eating.	 2-3 days
RHUBARB	●				Store in a plastic bag.	 5-7 days
STRAWBERRIES	●				Store in a paper bag. Wash just before eating.	 3-5 days
WATERMELON	●	●			Store cut watermelon in air-tight container in the fridge.	 5 days

VEGETABLE STORAGE

Always remove any tight bands from your vegetables, or at least loosen them to allow the vegetables to breathe.

VEGETABLE	FRIDGE	ROOM TEMP	COOL + DRY	NOTES	LIFE EXPECTANCY
ASPARAGUS	●	●		Place upright in a bowl with stems in water at room temperature. Store with stems wrapped in a moist paper towel inside a plastic bag in the fridge.	 5-7 days
BASIL			●	Trim ends, and place in a jar with 1" of water. Cover loosely with plastic bag.	 7-10 days
BEETS	●			Separate the leaves from the roots before storing separately in a plastic bag; leaves will stay fresh for up to 3 days. Store beets in a plastic bag.	 3 weeks
BROCCOLI	●			Place in an open container, or wrap in a damp towel.	 1 week
CABBAGE	●			Remove wilted outer leaves. Remove core. Rinse with cold water, and allow to dry. Store in a plastic bag.	 1-2 weeks
CARROTS	●			Cut the tops off. Store in a plastic bag.	 Up to 1 month
CAULIFLOWER	●			Store in a plastic bag.	 5 days
CELERY	●			Store in a plastic bag.	 1-2 weeks
CHARD	●			Store unwashed, in a plastic bag.	 3 days

VEGETABLE STORAGE

VEGETABLE	FRIDGE	ROOM TEMP	COOL + DRY	NOTES	LIFE EXPECTANCY
CUCUMBERS	●			Store in a plastic bag.	 1 week
EGGPLANTS	●			Store in the crisper drawer.	 1 week
GREEN BEANS	●			Store in a plastic bag.	 1 week
GARLIC			●		 3-6 months
HERBS, LEAFY	●			Wash, cut ends off. Store in a glass of water like a little bunch of flowers. Cover with plastic bag.	 3-5 days
LETTUCE	●			Store unwashed in a loose plastic bag.	 1 week
MUSHROOMS	●			Store in a paper bag; wash just before eating.	 1 week
ONIONS			●		 Up to 1 month
PEPPERS	●	●		Store in a plastic bag.	 1-2 weeks
POTATOES			●		 Up to 1 month

VEGETABLE STORAGE

VEGETABLE	FRIDGE	ROOM TEMP	COOL + DRY	NOTES	LIFE EXPECTANCY
PUMPKINS			●		2-3 months
SPINACH	●			Store unwashed in a plastic bag.	1 week
SUMMER SQUASH	●			Store unwashed in a plastic bag.	5-7 days
SWEET CORN	●			Refrigerate with husks on.	5-7 days
TOMATOES		●		Wash just before eating.	1 week
TURNIPS	●			Separate leaves from roots, wash and store separately in a plastic bag. Leaves will stay fresh for up to 3 days. Store unwashed turnips in a plastic bag.	2 weeks
WINTER SQUASH			●		1-3 months

Ethylene gas releaser. Keep away from other produce. Some fruits emit ethylene, an odorless, colorless gas that speeds ripening and can lead to the premature decay of nearby ethylene-sensitive vegetables. Ethylene releasers will ripen faster if stored in a paper bag



Cook's Circle

Boulder County, Colorado
2020