



How Does Your Garden Grow?

Recipes where fresh produce takes center stage





Rooting for Root Vegetables

Lunch/Supper Crediting for Ages 3-5



Total Time
40 minutes



Serving Size
¼ Cup



Servings
Makes 8

Dig in and discover what's growing underground! These vegetables are fun to dig up and even more fun to eat.

Ingredients

- 1 cup carrots, peeled, chopped
- 1 ½ cups potato, chopped
- 1 cup beets, greens removed, peeled, chopped
- 1 tsp seasoning blend
- 1 tbsp vegetable oil

Directions

1. Preheat oven to 400°F. Make sure all vegetables are chopped to the same size, so they cook evenly together.
2. Place all the vegetables in a sheet pan and drizzle the oil over them.
3. Sprinkle seasoning on top then gently toss vegetables until oil and seasoning are coated.
4. Bake for 30 minutes or until vegetables are tender.

¼ Cup Credits for:



¼ cup
vegetables



Glazed Carrots and Parsnips

Lunch/Supper Crediting for Ages 3-5



Total Time
20 minutes



Serving Size
¼ Cup



Servings
Makes 16

Carrots and parsnips cook up soft and sweet with a touch of warmth from brown sugar and cinnamon.

Ingredients

- 1 lb carrots, peeled and sliced ½" thick
- 1 lb parsnips, peeled and sliced ½" thick
- 3 tbsp butter
- 1 tbsp vegetable oil
- 3 tbsp brown sugar
- ⅛ tsp ground cinnamon

Directions

1. In a large skillet over high heat, add carrots, parsnips and cover halfway with water.
2. Once the water begins to boil, reduce to a simmer.
3. Cook carrots and parsnips until tender.
4. Drain the water and add butter, oil, sugar and cinnamon.
5. Cook and stir frequently for about 5 minutes on low-medium heat, until sauce has thickened. Salt and pepper to taste.

¼ Cup Credits for:



¼ cup
vegetables



Fresh Garden Quesadilla

Lunch/Supper Crediting for Ages 3-5



Total Time
10 minutes



Serving Size
½ Quesadilla



Servings
8

Zucchini and spinach are tucked inside with cheese, making a warm, melty garden surprise.

Ingredients

- 4 flour tortillas, 6" each
- 1 cup shredded cheese
- ½ cup baby spinach, torn into pieces, packed
- 1 cup zucchini or yellow squash, diced

Directions

1. Place ¼ cup squash, 2 tablespoons spinach, and ¼ cup of cheese onto one half of a tortilla.
2. Fold tortilla in half, cook both sides on a large, non-stick skillet over medium heat until it is slightly golden brown, and cheese has melted.
3. Cut and serve half a quesadilla to each child.

½ Quesadilla Credits for:



½ oz eq.
grains



½ oz eq.
meats/meat alternates



⅓ cup
vegetables

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Toasty Green Eggs

Breakfast/Snack Crediting for Ages 3-5



Total Time
10 minutes



Serving Size
1 Toasty Egg



Servings
Makes 8

Egg-citing and green! Spinach gives this dish a burst of color and flavor.

Ingredients

- 4 large eggs
- 10-12 fresh baby spinach leaves
- 2 tbsp milk
- 4 (28 g per slice) slices whole wheat bread, toasted

Directions

1. In a blender, add eggs, spinach and milk. Salt and pepper to taste. Blend until spinach is fully pureed.
2. Brush oil on a non-stick skillet and heat over medium-low heat.
3. Add egg mixture and cook until egg is cooked through, then scrambled.
4. Cut toasted whole wheat bread in half. Serve $\frac{1}{4}$ cup eggs along with one halved toast.

1 Toasty Egg Credits for:



$\frac{1}{2}$ oz eq.
grains



1 oz eq.
meats/meat alternates



Onion Bulbs & Silly Spuds Soup

Lunch/Supper Crediting for Ages 3-5



Total Time
30 minutes



Serving Size
½ Cup



Servings
Makes 8

Get ready for some giggles in your bowl! These veggies grow underground, but their flavors shine bright.

Ingredients

- 1 tbsp vegetable oil
- 1 cup yellow onions, diced
- 2 ⅓ cups white potatoes, diced
- 4 cups vegetable broth or stock

Directions

1. Caramelize onions by cooking in a medium stock pot over medium-low heat with vegetable oil. Salt and pepper to taste.
2. Add potatoes and broth to the stock pot. Bring to a boil then lower to simmer. Cover and cook for 20 minutes or until potatoes are tender.
3. Using a slotted spoon, measure scoop ¼ cup vegetables into each bowl then add ¼ cup broth on top.

½ Cup Credit for:



¼ cup
vegetables



Sour Cream and Onion Yogurt Dip

Snack Crediting for Ages 3-5



Total Time

1 hour



Serving Size

$\frac{1}{3}$ Cup Dip + $\frac{1}{2}$ Cup Veggies



Servings

Makes 6

Dip, crunch, munch! This yogurt dip has a tasty onion twist and goes great with just about every veggie in the garden.

Ingredients

- 1 tbsp oil
- 1 cup shallots, diced
- $\frac{1}{4}$ cup garlic chives, finely diced
- 2 cups plain Greek yogurt*
- $\frac{1}{2}$ tsp Worcestershire sauce
- 3 cups vegetable sticks (i.e. carrots, cucumbers, celery, jicama)

*Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

Directions

1. Over medium-low heat, warm oil in a large skillet.
2. Add shallots and stir frequently until caramelized or appears golden brown, about 10-15 minutes.
3. Allow it to cool and then add shallots to a large bowl along with the chives, yogurt, Worcestershire sauce. Mix until well combined. Salt and pepper to taste.
4. Refrigerate for at least 30 minutes for flavors to marinate together. Serve $\frac{1}{3}$ cup yogurt with a $\frac{1}{2}$ cup of vegetable sticks.

$\frac{1}{3}$ Cup Dip + $\frac{1}{2}$ Cup Veggies Credits for:



$\frac{1}{2}$ oz eq.
meats/meat alternates



$\frac{1}{2}$ cup
vegetables



Berry Bug Log

Breakfast/Snack Crediting for Ages 3-5



Total Time
5 minutes



Serving Size
1 Log



Servings
Makes 8

Try out this twist on the classic Ants on a Log! Line up your berry bugs for a fruity snack.

Ingredients

- 4 large bananas, peeled
- ½ cup nut or seed butter
- 2 cups berries (i.e. strawberries, blackberries, raspberries, blueberries, salmonberries)

Directions

1. Cut each banana lengthwise.
2. Spread one tablespoon of nut or seed butter along the flat side of every banana.
3. Place one halved banana onto each plate with ¼ cup berries.
4. Direct children to place their “berry” bugs on top of the banana log.

1 Berry Bug Log Credits for:



½ oz eq.
meats/meat alternates



½ cup
fruits



Strawberries and Cream Bagel

Breakfast/Snack Crediting for Ages 3-5



Total Time

40 minutes



Serving Size

1 Bagel + ½ Cup Strawberries



Servings

Makes 12

Berry sweet and creamy, too! Homemade bagels are quick, easy and delicious.

Ingredients

- 1 cup Greek plain yogurt
- 1 ¼ cup self-rising flour
- 1 egg
- 6 oz cream cheese
- 6 cups strawberries, chopped

Directions

1. Preheat oven to 375° F.
2. In a bowl, mix yogurt and flour. Knead for 5 minutes or until dough is smooth, not tacky to the touch. If dough feels wet, add 1 tbsp of flour at a time until dough is no longer tacky.
3. Let it rest for 5 minutes.
4. Divide dough evenly into 12 pieces. Roll each dough into balls and with your finger, poke a hole in the middle of each ball. Place on lined baking sheet.
5. In a small bowl, scramble the egg and brush egg on top of each bagel. Bake bagels for 18-20 until golden brown on top. Allow them to cool and then cut each bagel in half.
6. Spread 1 tablespoon of cream cheese on top and serve ½ cup of strawberries on the side. Encourage children to add strawberries on top of their bagel slices.

1 Bagel and ½ Cup Strawberries Credit for:



¾ oz eq.
grains



½ cup
fruits



Garden Fresh Tostada

Lunch/Supper Crediting for Ages 3-5



Total Time
15 minutes



Serving Size
1 Tostada



Servings
Makes 8

Beans and cheese are a perfect team. Add in a crunchy tostada and fresh veggies from the garden, and you've got a winning main dish!

Ingredients

- 2 (15 oz) cans pinto or black beans, warmed and mashed
- 8 (14 g) corn tostadas
- 1 cup shredded cheese
- 2 cups leafy greens (spinach, arugula, or lettuce), finely chopped
- 1 cup garden vegetables (i.e. tomatoes, corn, onions, cucumbers), finely chopped

Directions

1. Spread $\frac{1}{4}$ cup of mashed beans on top of each tostada.
2. Add $\frac{1}{4}$ cup of leafy greens, $\frac{1}{8}$ cup of garden vegetables, and 2 tablespoons of cheese.

1 Tostada Credits for:



$\frac{1}{2}$ oz eq.
grains



1 $\frac{1}{2}$ oz eq.
meats/meat alternates



$\frac{1}{4}$ cup
vegetables

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Sugar Snap Pea Stir Fry

Lunch/Supper Crediting for Ages 3-5



Total Time
10 minutes



Serving Size
¼ Cup



Servings
Makes 8

Get your veggies in a snap! These garden peas pop with fun and flavor using just a few ingredients.

Ingredients

- 1 lb sugar snap peas
- 1 tbsp vegetable oil
- 1 tbsp soy sauce
- 2 garlic cloves, sliced

Directions

1. Over medium-high heat, warm vegetable oil in a large skillet.
2. Add the sugar snap peas and cook for 3-5 minutes stirring frequently. Halfway through cooking add garlic and soy sauce.
3. Remove from heat once sugar snap peas are bright green and slightly tender.

¼ Cup Credits for:



¼ cup
vegetables

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Squish Squash Salad

Lunch/Supper Crediting for Ages 3-5



Total Time
15 minutes



Serving Size
¼ Cup



Servings
Makes 6

This fresh salad comes to life with some added tang from tomatoes and apple cider vinegar.

Ingredients

- 2 cups summer squash (zucchini, yellow squash), cut into half-moon shapes
- 1 cup cherry tomatoes, quartered
- 1 tbsp Italian seasoning
- 4 tbsp vegetable oil
- 4 tbsp apple cider vinegar

Directions

1. Steam zucchini and yellow squash for one minute and place in cold water.
2. Drain and set squash and tomatoes in a large bowl.
3. Add oil, vinegar, and seasoning into the bowl and toss until all produce is coated.

¼ Cup Credits for:



¼ cup
vegetables

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Ooodles of Zoodles

Snack Crediting for Ages 3-5



Total Time
15 minutes



Serving Size
1 Bowl



Servings
Makes 8

Turn zucchini into noodles - zoodles! Twisty, curly and covered in cheese, this dish is a fun alternative to spaghetti and marinara.

Ingredients

- 2 lbs zucchini, ends cut off
- 2 cups pasta sauce, warmed
- 1 cup shredded mozzarella cheese
- 1 tbsp vegetable oil

Directions

1. Using a vegetable peeler, peel thin slices of zucchini along its length or use a spiralizer to make zucchini noodles.
2. In a large skillet, heat oil over medium heat. Add zoodles and cook for 3-5 minutes until tender.
3. Remove from heat, drain liquid from skillet and scoop $\frac{1}{3}$ cup zoodles into each bowl. Add $\frac{1}{4}$ cup pasta sauce and 2 tbsp shredded cheese on top.

1 Bowl Credits for:



$\frac{1}{2}$ oz eq.
meats/meat alternates



$\frac{1}{2}$ cup
vegetables



Mango Melon Mix-Up

Breakfast/Snack Crediting for Ages 3-5



Total Time
5 minutes



Serving Size
¾ Cup



Servings
Makes 4

This smoothie is a sweet combination of mango, cantaloupe and banana for a refreshing snack.

Ingredients

- 1 ¼ cups cantaloupe, diced
- 1 cup mango, diced
- 1 large banana, peeled, frozen
- 1 cup plain yogurt*

*Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

Directions

1. Place all ingredients into the blender and blend until smooth.
2. Pour ¾ cup per child for a refreshing snack.

¾ Cup Credits for:



½ oz eq.
meats/meat alternates



½ cup
fruits

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Honeydew Salad

Breakfast/Snack Crediting for Ages 3-5



Total Time
10 minutes



Serving Size
1 Fruit Salad



Servings
Makes 8

Sweet honeydew meets a sprinkle of spice in this easy salad. It's perfect for tiny taste buds that are ready to explore!

Ingredients

- 4 cups honeydew melon, cubed
- 2 tbsp lime juice
- ½ tsp ancho chili powder
- 1 cup Cotija cheese, crumbled

Directions

1. In a small bowl, whisk together lime juice and ancho chili powder. Salt to taste.
2. Next, add honeydew melon in a large bowl along with the lime dressing. Toss until well combined.
3. Serve ½ cup melon and top it with 2 tbsp cheese.

1 Fruit Salad Credits for:



½ oz eq.
meats/meat alternates



½ cup
fruits



Stone Fruit Dirt Cup

Breakfast/Snack Crediting for Ages 3-5



Total Time
15 minutes



Serving Size
1 Dirt Cup



Servings
Makes 8

Dig in - there's treasure inside! Juicy stone fruits hide under crunch graham cracker "dirt" and a flavored yogurt "soil" layer.

Ingredients

- 2 cups vanilla yogurt*
- 2 tbsp unsweetened cocoa powder
- 4 cups stone fruits (i.e. plums, peaches, cherries, nectarines), pitted and diced
- 1 cup graham cracker crumbs

*Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

Directions

1. In a medium bowl, combine yogurt and cocoa powder together.
2. For each dirt cup, first add $\frac{1}{2}$ cup fruit, then $\frac{1}{4}$ cup yogurt and 2 tablespoons of graham cracker crumbs on top.

1 Dirt Cup Credits for:



$\frac{1}{2}$ oz eq.
meats/meat alternates



$\frac{1}{2}$ cup
fruits

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Fruity Bruschetta

Breakfast/Snack Crediting for Ages 3-5



Total Time
5 minutes



Serving Size
2 Bruschettas



Servings
Makes 8

Toast gets a fruity twist! This sweet bruschetta is topped with juicy garden fruits and packs in the protein with cottage cheese.

Ingredients

- 1 French baguette
- 1 cup cottage cheese
- 4 cups stone fruit, pitted and diced (i.e. peach, plums, apricots, nectarines, cherries)

Directions

1. Cut baguette into ¼" slices and toast. Serve 2 bread slices, ⅓ cup cottage cheese and ½ cup fruit on each plate.
2. Instruct children to create their fruity bruschetta by spreading cottage cheese onto each bread slice and then add the fruit on top.

2 Fruity Bruschettas Credit for:



½ oz eq.
meats/meat alternates



½ cup
fruits



Cheesy Apple Melt

Snack Crediting for Ages 3-5



Total Time
15 minutes



Serving Size
1 Melt



Servings
Makes 8

Say cheese and apple, please! This open-faced sandwich is warm, toasty and full of flavor.

Ingredients

- 2 cups apples (i.e. red, green, yellow), thinly sliced
- 8 (28g per slice) whole wheat bread slices
- 8 (0.75 oz) Swiss or provolone cheese slices

Directions

1. Preheat oven to 350°F.
2. Grease sheet pan with cooking spray.
3. Assemble each sandwich by layering $\frac{1}{4}$ cup of sliced apples over one slice of bread. Then put one cheese slice on top.
4. Bake for 5-7 minutes or until cheese has melted.

1 Melt Credits for:



1 oz eq.
grains



$\frac{3}{4}$ oz eq.
meats/meat alternates



$\frac{1}{4}$ cup
fruits

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Apple Breakfast Salad

Breakfast Crediting for Ages 3-5



Total Time
5 minutes



Serving Size
1 Salad



Servings
Makes 8

Wake up to a garden crunch! Juicy apples mix with chewy cranberries and crispy granola for a flavorful start to the day.

Ingredients

- 2 cups apples, diced
- 1 cup dried cranberries
- 1 cup loose granola*
- 1 tbsp lemon juice
- ¼ tsp ground cinnamon

*Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Directions

1. In a medium bowl, add apples, cranberries, lemon juice and cinnamon.
2. Toss until cinnamon coats the fruit.
3. Serve $\frac{3}{8}$ cup of fruit mixture in a bowl or cup and sprinkle 2 tablespoons of granola on top.

1 Salad Credits for:



½ oz eq.
grains



½ cup
fruits



Pumpkin Rice

Lunch/Supper Crediting for Ages 3-5



Total Time
30 minutes



Serving Size
¼ Cup



Servings
Makes 10

Pumpkin puree gives this rice its golden glow and soft, sweet taste.

Ingredients

- 1 cup enriched white rice, uncooked
- 1 ½ cups water or vegetable broth
- ¼ cup 100% pumpkin puree
- ⅛ tsp ground cinnamon
- 1 tbsp vegetable oil

Directions

1. Add and mix all ingredients in a medium saucepan.
2. Bring water to a boil and then lower to simmer for 20 minutes or until rice is tender.
3. Fluff rice with a fork before serving.

¼ Cup Credits for:



½ oz eq.
grains

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Butternut Squash Soup

Lunch/Supper Crediting for Ages 3-5



Total Time
30 minutes



Serving Size
½ Cup



Servings
Makes 8

Butternut squash blends up into a smooth, naturally sweet soup that's perfect for chilly days and little spoons.

Ingredients

- 2 tbsp vegetable oil
- 1 cup onion, diced
- 3 garlic cloves, minced
- 3 cups butternut squash, peeled, seeds removed, cubed
- 2 cups vegetable broth

Directions

1. In a medium skillet, warm oil over medium heat.
2. Add onions and cook until translucent. Add garlic and cook for an additional minute. Set it aside.
3. Next, add butternut squash in a microwave safe bowl with 2 tablespoons of water. Microwave 4-5 minutes until tender. Allow to cool.
4. Place all ingredients into a blender and blend until smoothie.
5. Salt and pepper to taste. Reheat and serve.

½ Cup Soup Credits for:



¼ cup
vegetables



Sprouting Bites

Lunch/Supper Crediting for Ages 3-5



Total Time
25 minutes



Serving Size
¼ Cup



Servings
Makes 8

These little sprouts have some big flavor! You just need two ingredients to make this crispy, savory side dish.

Ingredients

- 1 lb Brussels sprouts, trimmed and quartered
- 4 strips turkey bacon

Directions

1. Cook the turkey bacon until crispy in a large skillet. Remove turkey bacon and break into smaller pieces, set aside.
2. Then on medium-low heat using the same skillet, cook Brussels sprouts for 5-7 minutes.
3. Add turkey bacon back in and cook until Brussels sprouts are cooked to desired tenderness.

¼ Cup Credits for:



¼ cup
vegetables



Cauliflower Popcorn

Lunch/Supper Crediting for Ages 3-5



Total Time
30 minutes



Serving Size
¼ Cup



Servings
Makes 12

Who knew cauliflower could be so cool? These tiny veggie bites are crispy and perfect for garden-time snacking.

Ingredients

- 4 cups cauliflower florets, chopped
- 2 tbsp vegetable oil
- ¼ cup parmesan cheese, shredded
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika

Directions

1. Preheat oven to 425°F. Grease or line sheet pan with parchment paper.
2. Chop cauliflower into bite-size pieces and place in a large bowl.
3. Add all ingredients into the same bowl and toss until cauliflower pieces are fully coated.
4. Place on sheet pan and bake for 25 minutes, making sure to move them around halfway through. Once cauliflower is golden brown, remove from oven and serve warm.

¼ Cup Credits for:



¼ cup
vegetables

Lemon-Dill Orzo Pasta with Chicken

Snack Crediting for Ages 3-5



Total Time
1 hour



Serving Size
½ Cup



Servings
Makes 6

This little pasta is full of bright lemon flavors and a sprinkle of dill from the garden. Use a rotisserie chicken to make this a quick-prep meal!

Ingredients

- 2 cups cooked orzo pasta, chilled
- 4 oz shredded rotisserie chicken, chilled
- 1 tbsp fresh dill, minced
- 1 tbsp lemon juice
- 4 tbsp olive oil

Directions

1. Mix all ingredients in a large bowl until well combined. Salt and pepper to taste.
2. Chill in the refrigerator for at least one hour before serving.

½ Cup Credits for:



½ oz eq.
grains



½ oz eq.
meats/meat alternates

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Nut-Free Spinach-Avocado Pesto Pasta

Lunch/Supper Crediting for Ages 3-5



Total Time
25 minutes



Serving Size
¼ Cup



Servings
Makes 12

Basil + spinach = super green power! Instead of using nuts for healthy fats, pumpkin seeds and creamy avocado are used in this pesto.

Ingredients

- ¼ cup roasted pumpkin seeds
- ¼ cup olive oil
- 1 cup spinach or kale, tightly packed
- ⅓ cup mashed avocado
- ¼ cup basil leaves, tightly packed
- 2-3 tbsp lemon juice
- ¼ cup grated Parmesan cheese
- 3 cups cooked pasta of choice

Directions

1. Add all ingredients except for the pasta to a food processor and blend until smooth. Salt and pepper to taste.
2. In a medium bowl add the pasta and ¼ cup pesto. Toss until pasta is coated in pesto. Add more pesto if desired.
3. Pesto pasta can be served warm or cold. Store the remaining pesto in the refrigerator in an airtight container.

¼ Cup Credits for:



½ oz eq.
grains

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