



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS

123 E POWELL BLVD
SUITE #300
GRESHAM, OR 97030

Hot Topics:

- Tips for Increasing Vegetables
- Roasted Vegetables
- School age kids home

Menu Due Dates:

Menus must be hand delivered or submitted by the 5th or post marked by the 2nd of each Month.

CCDS Department Directory:

USDA Food Program -
503-489-2528
Training -
503-489-2599
Human Resources -
503-489-2541
Program Manager -
503-489-2509

CCDS Website

<http://www.ccdsmetro.org>

Child Care Development Services Newsletter February 2018

Tips for Serving Vegetables

Since October 1, 2017, providers are able to serve children more vegetables in child care settings. For example, the updated meal patterns separate the fruit and the vegetable component at lunch and supper for meals served to preschoolers. Because of this update, child care providers can serve a fruit and a vegetable at lunch and supper **or** two vegetables at lunch and supper, substituting the fruit component with a vegetable.

Keep these tips in mind to help children have happy and positive mealtime experiences while trying new vegetables.

- Purchase vegetables when in season, as they taste better and cost less.
- Allow children to help prepare vegetables, such as preparing their own salad or by making a sandwich wrap using leafy greens.
- Serve vegetables in different ways, such as raw or cooked.
- Serve one new vegetable at a time. Too many new foods at one time may cause children to resist the new foods.
- Continue to offer new vegetables to kids even if they refuse it. Many young children need 15—20 tries of a new food before developing a preference for it.

Yummy Roasted Vegetables

Try roasting a pan full of vegetables that have been coated with plain yogurt mixed with herbs and spices for flavor. It's so simple and kids can help by breaking apart cauliflower and broccoli into bite sized pieces, and dipping the raw vegetables into the coating mixture. Place coated veggies on an oiled baking sheet and roast for 15 minutes in a 400 degree oven. You will have fun experimenting with the herbs and spices kids like best.

School Age Children

Remember to note on kidcare or written menus when your school age children are present for meals on days they would normally be in school. Just write the reason (ill, conferences, holiday, teacher in service). If we don't have a written reason the meal will likely be disallowed .

Smokin' Powerhouse Chili, tested in grade schools, was described as "the bomb". Try this healthy and tasty chili with the smoky blend of spices to warm you on the inside and out.

Directions

Prep time 30 minutes Cook time 1.5 hours

Makes six 1 cup servings of chili and six ¼ cup servings quinoa

2/3 cup dry quinoa
1 cup fresh onion, diced
2 tsp fresh garlic, minced
¾ cup low-sodium vegetable stock
1-3/4 cups fresh carrots, diced ½"
½ cup fresh red bell peppers, diced
½ tsp ground chipotle pepper
1 cup fresh sweet potatoes diced ½"
1 ¾ cup canned low-sodium diced potatoes
¼ cup fresh cilantro, chopped
2-1/2 tsp chili powder
2-1/2 tsp cumin
¼ tsp salt
2 cups canned low-sodium black beans, drained, rinsed

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 1 1/3 cups water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer uncovered until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.
2. In a large pot coated with nonstick cooking spray, cook onions and garlic over low-medium heat for 2 minutes. Add half of the vegetable stock and bring to a boil.
3. Add carrots, red bell pepper, and optional ground chipotle pepper. Cook uncovered over medium heat for 10 minutes.
4. Steam sweet potatoes in a steam basket over high heat. Cover and steam for 15 minutes or until fork-tender.
5. Add remaining vegetable stock to pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook uncovered over medium heat, stirring occasionally, allowing mixture to thicken and flavors to blend for about 15 minutes.
6. Add black beans, corn, and steamed sweet potatoes. Cover and continue cooking over low heat for 10-15 minutes.
7. Serve ¼ cup quinoa with 1 cup chili. Serve hot.

May serve brown rice in place of quinoa.

1 cup chili and ¼ cup quinoa provides:

Legume as Meat Alternate: ½ oz equivalent meat alternate, X cup red/orange vegetable, V cup other vegetable, N cup additional vegetable, and ½ oz equivalent grains.

OR

Legume as Vegetable: V cup legume vegetable, X cup red/orange vegetable, V cup other vegetable, N cup additional vegetable, and ½ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Harvest Delight



Dark Green & Orange Vegetables—Inspired by autumn vegetables found at farmers markets,

Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.

Nutrients Per Serving: Calories **93**, Protein **1 g**, Carbohydrate **16 g**, Dietary Fiber **3 g**, Total Fat **3 g**, Saturated Fat **0 g**, Cholesterol **0 mg**, Vitamin A **11204 IU (560 RAE)**, Vitamin C **11 mg**, Iron **2 mg**, Calcium **38 mg**, Sodium **103 mg**

Preparation Time:

30-40 minutes

Cooking Time: 1 hour

Makes six ½-cup servings

Ingredients

- 1 1/3 cups** Fresh green apples, peeled, cored, diced ½"
- 1/3 cup** Fresh carrots, peeled, sliced ¼"
- 1 cup** Fresh sweet potatoes, peeled, cubed 1"
- 1 cup** Fresh butternut squash, peeled, seeded, cubed ½"
- 1/3 cup** Fresh red onions, peeled, diced
- 2 Tbsp** Extra virgin olive oil
- ¼ tsp** Sea salt
- 1 tsp** Fresh thyme, chopped
- 1 tsp** Fresh oregano, chopped
- 1 tsp** Fresh sage, chopped
- 1 tsp** Fresh rosemary, chopped
- 1 tsp** Fresh garlic, minced
- 2 ½ tsp** Maple syrup
- 1 cup** Fresh baby spinach, chopped
- 1/8 cup** Dried cranberries, finely chopped

Directions

1. Preheat oven to 425 °F.
2. You may place diced apples in a small bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.
3. Steam carrots in a steam basket over high heat for 10 minutes or until soft.
4. Toss potatoes, squash, carrots, and red onions in a large mixing bowl with olive oil and salt.
5. Line a large baking pan with parchment paper and spray with nonstick cooking spray. Spread vegetables evenly on baking pan. Roast vegetables in oven at 425 °F for 25 minutes or until tender and slightly browned. Turn vegetables once midway through roasting.
6. In a large mixing bowl, combine apples, thyme, oregano, sage, rosemary, and garlic.
7. Remove vegetables from oven, lower heat to 400 °F. Add apple mixture to vegetables. Spread evenly. Return to the oven and roast for 15 minutes or until slightly tender.
8. Remove from oven. Drizzle with maple syrup and mix well. Return to oven. Roast for 8 additional minutes at 400 °F until vegetables are fork-tender.

Kidkare questions?

Go to www.kidkare.com and search the "Help" tab for answers.

Need more help?
Call Minute Menu
@ 972-671-5211

Holiday Notes

A holiday meal attendance form is to be used when the children are in care and meals are being claimed on:

**Thanksgiving
November 24th**

This institution is an equal opportunity provider.