

APPLE & SWEET POTATO HASH

December 1

National Eat a Red Apple Day

INGREDIENTS

- 2 Cups Diced Sweet Potatoes
- 2 Cups Diced Apples
- 1 Cup Chopped Onion
- 1 Cup Chopped Red Bell Pepper
- 2 Cloves Garlic (minced)
- 2 Tablespoons Olive Oil
- 1 Teaspoon Ground Cumin
- ½ Teaspoon Smoked Paprika
- Salt and Pepper (to taste)
- 4 Eggs

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add the diced sweet potatoes and cook for 5-7 minutes, or until they begin to soften.
3. Add the chopped onion, red bell pepper, and minced garlic. Cook for another 5 minutes.
4. Stir in the diced apples, ground cumin, smoked paprika, salt, and pepper. Cook for an additional 5-7 minutes, or until the sweet potatoes and apples are tender.
5. Create four small wells in the hash and crack an egg into each well. Cover the skillet and cook until the eggs are set, about 5 minutes.
6. Serve warm.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

6 Cups Hash + 4 Eggs

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup Hash + ½ Egg	¾ Cup Hash + ½ Egg	¾ Cup Hash + ½ Egg	¾ Cup Hash + 1 Egg



GREEN BEAN & POTATO CASSEROLE

December 3

National Green Bean Casserole Day

INGREDIENTS

- 2 (14.5-ounce) Cans Sliced Potatoes (drained)
- 2 (14-ounce) Cans Green Beans (drained)
- 1 Pound Shredded Colby Cheese
- 1 (10.5-ounce) Can Condensed Cream of Chicken Soup

DIRECTIONS

1. Preheat your oven to 350°. Lightly grease a small casserole dish to prevent sticking.
2. In the prepared casserole dish, mix together the diced potatoes, green beans, shredded Colby cheese, and condensed cream of chicken soup. Stir until everything is well combined.
3. Cover the casserole dish with a lid or foil and bake in the preheated oven for 30 minutes.
4. After 30 minutes, uncover the casserole and continue baking for an additional 15 minutes, or until the dish is bubbly and the top is lightly browned.
5. Remove from the oven and serve hot.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

10¾ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	1 Cup	1 Cup



GAZPACHO

December 6

National Gazpacho Day

INGREDIENTS

- ½ Pound Celery (about 2 celery stalks, sliced)
- 1 Cup Water
- 2 Pounds Tomatoes
- ¾ Pound Red Bell Pepper
- ½ Pound Cucumbers (peeled into strips, about 3½ cups)
- ¼ Pound Red Onion (about ⅓ cup)
- 2 Garlic Cloves
- 2–3 Teaspoons Red Wine or Sherry Vinegar
- 2 Tablespoons Olive Oil
- 1 Teaspoon Salt (more to taste)
- ½ Teaspoon Pepper
- ½ Teaspoon Cumin
- ⅛ – ¼ Teaspoon Paprika
- ¼ Teaspoon Coriander
- ½ Cup Fresh Herbs (finely chopped Italian parsley, basil, mint, cilantro or dill)

DIRECTIONS

1. Blend celery and water in a blender. Strain, reserving the celery juice.
2. Rough chop half of the tomatoes, half of the cucumbers, half of the bell pepper, half of the onion, and both garlic cloves and add these to the blender with the celery juice and pulse repeatedly until uniformly chopped but not too smooth.
3. Finely dice the remaining tomato, cucumber, bell pepper, and onion and add to the gazpacho. Stir in the vinegar and salt (start light), pepper, spices and chopped herbs. Taste and adjust salt and vinegar.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

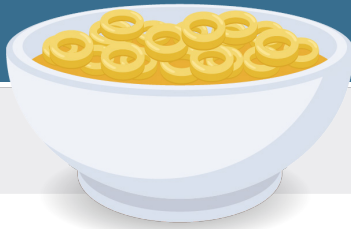
 Snack

YIELD

5½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup



CREAMY NOODLE RING PASTA SALAD

December 11

National Noodle Ring Day

INGREDIENTS

- 1 Pound Elbow Macaroni (enriched or whole grain rich)
- 1 Cup Diced Red Bell Pepper
- 1 Cup Diced Celery
- 1 Cup Diced Red Onion
- 4 Hard Boiled Eggs (chopped)
- 1 Cup Frozen Sweet Peas (cooked and drained)
- 1 Cup Mayonnaise
- 1 Cup Plain Greek Yogurt (meets CACFP sugar limits)
- 2 Tablespoons Lemon Juice
- 2 Teaspoons Apple Cider Vinegar
- 2 Teaspoons Honey
- 1 Teaspoon Dijon Mustard
- ½ Teaspoon Sea Salt
- ¼ Teaspoon Black Pepper

DIRECTIONS

1. Cook macaroni according to package instructions. Optional: Add 1 teaspoon of salt to the water.
2. Drain, rinse until cool, and set aside.
3. To make the dressing, whisk together mayonnaise, yogurt, lemon juice, vinegar, mustard, honey, salt, and pepper in a mixing bowl. Cover and refrigerate until ready to use.
4. Place bell pepper, celery, red onion, hard boiled eggs, peas and cooked pasta in a large mixing bowl.
5. Add dressing and toss until coated. Serve chilled.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

15 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	1 Cup	2 Cups



MAPLE GREEK YOGURT DIP

December 17

National Maple Syrup Day

INGREDIENTS

- 5 Cups Plain Non-Fat Greek Yogurt (meets CACFP sugar limits)
- 1 Cup Pure Maple Syrup
- 1 Teaspoon Almond Extract

DIRECTIONS

1. Combine yogurt, maple and almond extract in a bowl.
2. Whisk to combine.
3. Serve immediately or chill up to 1 day ahead.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	½ Cup



BLUEBERRY OATMEAL MUFFINS

December 19

National Oatmeal Muffin Day

INGREDIENTS

- 1⅛ Cups Milk
- 1⅛ Cups Old-Fashioned Whole Rolled Oats
- 1¼ Cups All-Purpose Flour (enriched or whole grain rich)
- 1 Teaspoon Baking Powder
- ½ Teaspoon Baking Soda
- ½ Teaspoon Ground Cinnamon
- ½ Teaspoon Salt
- ½ Cup Unsalted Butter (melted and slightly cooled)
- ½ Cup Honey
- 1 Large Egg (at room temperature)
- 1 Teaspoon Pure Vanilla Extract
- 1 Cup Fresh Blueberries

DIRECTIONS

1. Combine milk and oats. Set aside for 20 minutes so the oats puff up and soak up some moisture.
2. Preheat oven to 425°. Spray a 12-count muffin pan with nonstick spray or use cupcake liners.
3. Whisk the flour, baking powder, baking soda, cinnamon, and salt together in a large bowl until combined. Set aside. Whisk the melted butter, honey, egg, and vanilla extract together in a medium bowl until combined. Pour the wet ingredients into the dry ingredients, stir a few times, then add the soaked oats (milk included, do not drain) and blueberries. Fold everything together gently just until combined.
4. Spoon the batter into liners, filling them all the way to the top. Top with oats. Bake for 5 minutes at 425° then, keeping the muffins in the oven, reduce the oven temperature to 350°. Bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 22-23 minutes, give or take. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.
5. These muffins stay fresh covered at room temperature for a few days, then transfer to the fridge for up to 1 week.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins