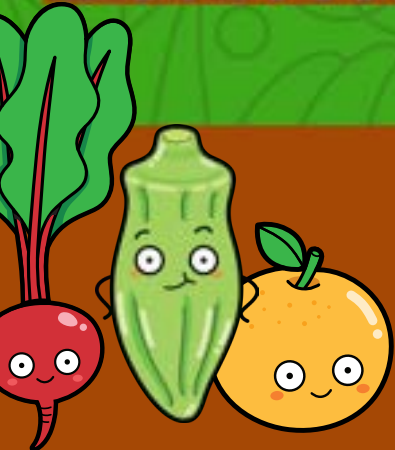
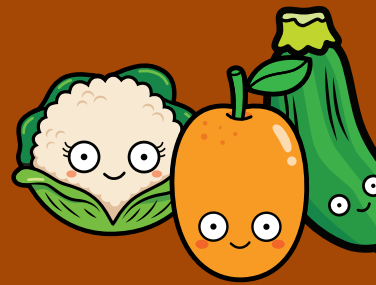


Georgia Early Care and Education

HARVEST OF THE MONTH COOKBOOK



QUALITY CARE
for CHILDREN







About QCC

Quality Care for Children (QCC) creates a system that equips families and child care providers with the knowledge and resources to nurture and educate Georgia's infants and young children. We understand that adequate nutrition is critical to children's developing bodies and brains. Therefore, we work diligently with early care and education (ECE) programs to help offer healthy foods in a positive mealtime environment, impacting children's current and future health and well-being. ECE programs also provide an access point to connect families to information and resources that support food resilience and healthy habits at home.

QCC promotes the Georgia Farm to Early Care and Education Harvest of the Month initiative highlighting seasonal vegetable and fruits grown in Georgia. We appreciate all the child care providers across the state who submitted a recipe as part of QCC's 2023 Cooking with Kazookles contest. Kudos to the twelve providers highlighted in this cookbook! Visit qualitycareforchildren.org for more Harvest of the Month resources, including classroom activities, additional recipes, book lists, and family newsletters.

Georgia Early Care and Education

HARVEST **OF THE MONTH** **COOKBOOK**



QUALITY CARE
for CHILDREN

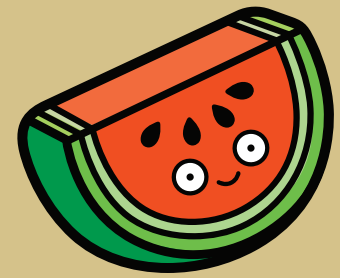
TABLE OF CONTENTS

Watermelon Pizza	<u>6</u>
Zucchini Spaghetti	<u>8</u>
Pepper Chicken Wrap	<u>10</u>
Pumpkin w/Vegetable & Chicken Soup	<u>12</u>
Orange Chicken Lettuce Boats	<u>14</u>
Greek Meatloaf	<u>16</u>
Filipino Chop Suey, "Rainbow Dish"	<u>18</u>
ABC (apple, banana, carrot) Muffins	<u>20</u>
Yummy Lentil Soup	<u>22</u>
Strawberry and Spinach Salad	<u>24</u>
Baked Okra Chips	<u>26</u>
Roasted Eggplant	<u>28</u>





WATERMELON PIZZA



Ingredients

1 watermelon
Plain or Vanilla Greek Yogurt
Sliced fruit and fresh herbs, like berries
and fresh mint

Directions

1. Cut watermelon into round slices.
2. Spread Greek yogurt on top of watermelon.
3. Top with sliced fruit and/or fresh herbs.
4. Slice into triangle 'pizza' pieces.

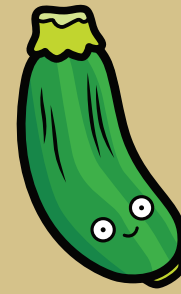
SUBMITTED BY
Elianne Aguilera
Eli's Academy
Lawrenceville, GA

CACFP Serving Information:

½ cup watermelon equals ½ cup fruit



ZUCCHINI SPAGHETTI



Ingredients

2 Tbsp olive oil, divided
¼ cup diced yellow onions
2 cloves fresh garlic, minced
1, 24 oz. jar spaghetti sauce
¼ cup chopped fresh basil
2 cups zucchini, diced
1, 16 oz box of whole wheat angel
hair pasta

Makes 34 servings

Directions

1. Heat 1 Tbsp oil in pan. Sauté onions. Set aside.
2. Heat 1 Tbsp oil in pan. Sauté garlic until fragrant, about 1 minute.
3. Add spaghetti sauce to garlic and cook over low heat for about 20 minutes.
4. Add diced zucchini and cook over low heat for about 30 minutes.
5. Meanwhile, bring a pot of water to a boil for the pasta. Cook pasta according to package directions.
6. Add sauteed onions and fresh basil to sauce and cook over low heat for another 15 minutes.
7. Serve sauce over noodles.

SUBMITTED BY
Jacqueline Collister
Brookwood In-Home
Montessori Preschool
Lawrenceville, GA

CACFP Serving Information:

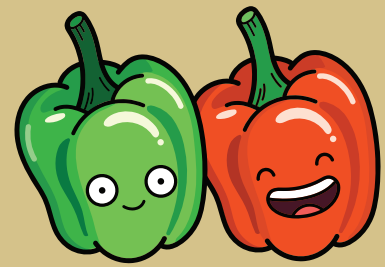
One serving (¼ cup pasta with sauce) equals ½ oz eq grains



**Child Care
Learning
Centers**

GRAND PRIZE WINNER

PEPPER CHICKEN WRAP



Ingredients

1-2 Tbsp cooking oil
2 cloves garlic, minced
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
10 oz cooked chicken, shredded
4 oz cream cheese
½ cup shredded cheddar cheese
1 tsp black pepper
1 tsp paprika
10, 6-inch flour tortillas
Optional toppings: lettuce, salsa, sour cream

Makes 20 servings

CACFP Serving Information:

½ wrap provides ½ cup vegetables and ¾ oz eq for grains

Directions

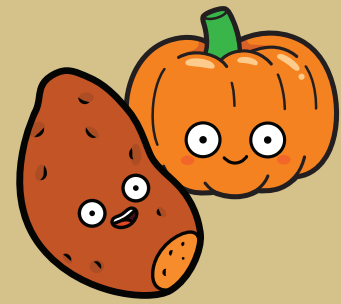
1. Heat oil in pan. Sauté peppers and garlic until softened, about 5 minutes. Remove from heat.
2. Stir in cooked chicken, cream cheese, shredded cheese, pepper and paprika.
3. Spoon mixture into tortilla, fold sides in, and roll up.
4. Spray pan with cooking spray, and place wraps on pan seam side down.
5. Bake in 400°F oven for about 10 minutes.
6. Top with lettuce, sour cream and salsa.

SUBMITTED BY

Tamara Harrison
A Kid's World
Loganville, GA



PUMPKIN WITH CHICKEN & VEGETABLE SOUP



Ingredients

3 lb baking pumpkin, or 1, 15 oz can 100% pure pumpkin puree

2 lb boneless, skinless chicken thighs

3 cups mixed vegetables, like carrots, celery, and sweet potatoes, diced or cut into small pieces

1 onion, diced

1 cup wheat flour

About ½ cup water

1 ½ Tbsp all-purpose seasoning

1 ½ Tbsp homemade green seasoning or Sofrito

Directions

1. Wash, peel and dice pumpkin. Cook in boiling water until soft, about 15 minutes. Blend until smooth.
2. Combine vegetables and pureed pumpkin in a soup pot. Add enough water to cover and bring to a boil.
3. Season chicken as desired and add to pot. Add more water to cover if needed. Simmer until chicken reaches 165°F and vegetables are soft, about 30-40 minutes.
4. Meanwhile, prepare dough for dumplings. Combine flour and water, and stir until a ball forms. Add more flour or water to get your preferred consistency. Set aside.
5. Remove chicken, shred, and return back to pot. Add onion and seasonings. Drop dough by spoonfuls into the soup and let cook for about 20 minutes.

Makes about 10 servings

SUBMITTED BY
Sharon Browne-Joseph
Sharing and Caring Family Daycare
Covington, GA

CACFP Serving Information:

1 serving equals ½ cup vegetable and 2 oz eq meat



ORANGE CHICKEN LETTUCE BOAT



Ingredients

- ½ cup 100% orange juice
- 2 Tbsp reduced sodium soy sauce
- 2 Tbsp rice vinegar
- 1 Tbsp brown sugar
- ½ tsp ground ginger, or 2 tsp fresh ginger, grated
- ½ Tbsp cornstarch
- 1 Tbsp water
- 1 Tbsp cooking oil
- 2 cloves garlic, minced
- 1 lb ground chicken
- 1 cup shredded carrots
- 1 head lettuce, like butterhead, bibb or romaine
- 1 orange, peeled and diced

Makes 8 servings

CACFP Serving Information:

1 serving equals 1.5 oz eq meat and ¼ cup vegetables

Directions

1. In a small saucepan, whisk together orange juice, soy sauce, rice vinegar, brown sugar and ginger. Turn burner on medium-high heat.
2. In a small bowl, whisk together cornstarch and water until smooth. Add to saucepan. Bring sauce to a boil and let simmer until thickens.
3. Meanwhile, heat oil in skillet. Add garlic and chicken and cook until chicken is cooked through.
4. Pour sauce over cooked chicken and stir in shredded carrots. Cook an additional 3-5 minutes.
5. Wash lettuce and tear into large leaves. Spoon chicken mixture on lettuce leaves, and top with diced oranges.



SUBMITTED BY

**Kazookles the Cow
Quality Care for Children**



GREEK MEATLOAF



Ingredients

- 3 lb ground turkey
- 1 cup finely chopped red onion
- 1 cup finely chopped fresh parsley
- 9 cloves garlic, minced
- ¾ cup crumbled feta cheese
- 6 Tbsp Greek Seasoning
- 3 cups spinach, cut into small pieces
- 5 eggs
- 3 sleeves of saltine crackers, crumbled into small pieces

Topping ideas: diced tomatoes and cucumbers, Tzatziki sauce

Makes 24 servings

CACFP Serving Information:

1 serving equals 1.5 oz eq meat

Directions

1. Combine ground turkey, onion, parsley, garlic, feta cheese, salt and (Greek) seasoning in a mixing bowl. Mix well.
2. Add in eggs, spinach, and crumbled crackers. Mix well.
3. Shape into a meatloaf (or two smaller loaves) and add to pan. Bake at 350°F until meatloaf reaches an internal temperature of 165°F, about one hour and 15 minutes for a large loaf (less time for two smaller loaves).
4. Top with tomatoes, cucumbers, and Tzatziki sauce, if desired.

SUBMITTED BY
Arbendette Van
Pre-K Preparatory Academy
Gainesville, GA



FILIPINO CHOP SUEY

“RAINBOW DISH”



Ingredients

- 2 lb boneless, skinless chicken breast or thighs
- ½ cup reduced-sodium soy sauce
- Pinch of black pepper
- Pinch of garlic salt
- 2 Tbsp cooking oil
- 2 garlic cloves, crushed
- 2 cups broccoli, chopped
- 2 cups cauliflower, chopped
- 1 carrot, sliced into thin pieces
- 2 cups chopped cabbage
- 1 bell pepper, sliced
- About 20 snow peas
- ¼ cup water
- ¼ cup low-sodium chicken broth
- 1 tsp arrowroot or cornstarch, diluted in ¼ cup water

Makes about 16 servings

CACFP Serving Information:

1 serving equals 1.5 oz eq meat and ½ cup vegetables

Directions

1. Marinate the chicken in soy sauce, pepper and garlic salt. Allow to sit at room temperature while oven preheats to 350°F.
2. Bake the chicken until it reaches an internal temperature of 165°F, about 30-40 minutes.
3. Meanwhile, heat oil in pan. Sauté garlic until fragrant, then add broccoli, cauliflower, and carrot and stir-fry until vegetables begin to soften.
4. Add cabbage, bell pepper, snow peas, chicken broth and water, and cook until vegetables soften. Be careful not to overcook until soggy. Near the end of cooking, dilute arrowroot or cornstarch in water, and add to the pan to thicken the sauce.
5. Cut chicken into bite-sized pieces, and add to the vegetables.

SUBMITTED BY

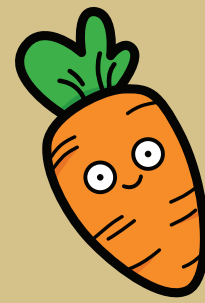
Edelina Lane

Lina Lane's Learning Center

Ellenwood, GA



ABC (APPLE, BANANA, CARROT) MUFFINS



Ingredients

- 1 cup mashed banana
 - 1 cup unsweetened applesauce
 - 1/3 cup melted butter
 - 1/2 cup milk
 - 2 tsp lemon juice
 - 2 cups whole wheat flour
 - 1 cup quick oats
 - 2 tsp baking powder
 - 1/2 tsp baking soda
 - 2/3 cups shredded carrots
-

Makes about 15 servings

Directions

1. Mixed mashed bananas, applesauce, melted butter, milk, and lemon juice in a large bowl.
2. In a separate bowl, combine flour, oats, baking powder, baking soda and carrots.
3. Combine the wet and dry ingredients together and mix well.
4. Bake at 350°F for 15-20 minutes, or until a toothpick inserted comes out clean.

SUBMITTED BY

Jessica Kidd

White Oak Learning Academy at Prominence Court

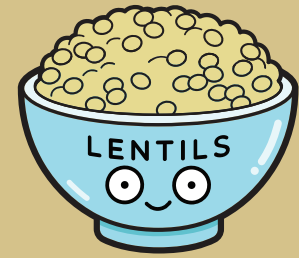
Dawsonville, GA

CACFP Serving Information:

1 muffin equals 1 oz eq grains



YUMMY LENTIL SOUP



Ingredients

- ¼ cup cooking oil
- 1 medium yellow or white onion, chopped
- 1 cup chopped celery
- 2 carrots, peeled and chopped
- 4 garlic cloves, minced
- 2 tsp ground cumin
- 1 tsp curry powder
- ½ tsp dried thyme
- 1 ½ cups dried lentils, rinsed and picked through to remove any stones or debris
- 4 cups vegetable broth
- 2 cups water
- Salt and pepper to taste
- 2-3 cups fresh greens, like kale or spinach, stems removed, chopped

Makes 10 servings

CACFP Serving Information:

1 serving provides 1.5 oz eq meat alternate and ¼ cup vegetable

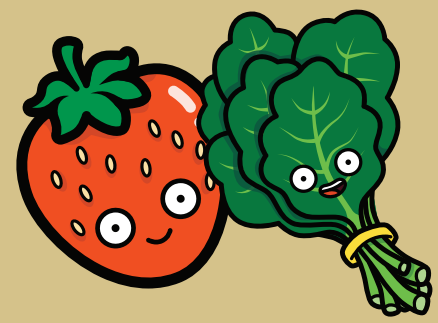
Directions

1. Heat oil in soup pot over medium heat. Once simmering, add onion, celery and carrots and cook while stirring until onion has softened, about 5 minutes.
2. Add garlic, cumin, curry powder and thyme. Cook while stirring constantly, about 30 seconds.
3. Add lentils, broth, water, and salt and pepper.
4. Bring to a boil, then partially cover and reduce heat. Simmer for 45 minutes, or until the lentils are tender.
5. Transfer 2 cups of soup to a blender to puree. Careful! The steam coming off the lentils will be hot.
6. Pour the puree back into the pot. Add chopped greens and cook for 5 more minutes.

SUBMITTED BY
Yenzi Sandoval
E.E. Butler Early Head Start
Gainesville, GA



STRAWBERRY AND SPINACH SALAD



Ingredients

6 cups fresh spinach
3 cups sliced strawberries
½ cup crumbled feta cheese
¼ cup olive oil
¼ cup either balsamic vinegar or orange juice

Makes about 6 servings

Directions

1. In a large bowl, combine spinach, strawberries and feta cheese.
2. Whisk together olive oil and either balsamic vinegar or orange juice. Drizzle over salad.

SUBMITTED BY
Lorraine Pierce
Scottdale Early Learning at Midway Woods
Decatur, GA

CACFP Serving Information:

1 serving equals ½ cup fruit and ½ cup vegetables



BAKED OKRA CHIPS WITH DIPPING SAUCE



Ingredients

- 1 lb fresh okra, rinsed and patted dry
- 1-2 Tbsp cooking oil
- 2 tsp fresh thyme, finely chopped
- ½ tsp fresh rosemary, finely chopped
- ¼ tsp garlic powder
- ¼ tsp salt
- Black pepper and paprika, to taste
- ½ cup mayonnaise
- ¼ cup ketchup
- ½ tsp garlic powder
- ¼ tsp Worcestershire sauce
- ½ tsp black pepper

Makes about 12 servings

Directions

1. Cut the stems off the okra, then cut in half lengthwise.
2. Place okra in a large bowl. Add oil, thyme, rosemary, garlic powder, salt, pepper and paprika.
3. Stir to coat the okra.
4. Place okra on a baking sheet in a single layer. Roast in the oven at 450°F for 15 minutes. Shake pan or use a spatula to stir the okra. Roast another 10-15 minutes, until okra is lightly browned and tender.
5. Combine mayonnaise, ketchup, garlic powder, Worcestershire sauce and black pepper to make a dipping sauce.

SUBMITTED BY

Rocelia Patterson
Noah's Landing for Kids
Trenton, GA

CACFP Serving Information:

¼ cup okra equals ¼ cup vegetables



**Family
Child Care
Learning
Homes**

GRAND PRIZE WINNER

ROASTED EGGPLANT



Ingredients

2 large eggplants

2 Tbsp olive oil

Salt and pepper, to taste

1 garlic clove, minced

1 Tbsp fresh parsley, chopped

2 Tbsp olive oil

Toppings: olives, diced onion, diced tomatoes, mozzarella cheese

Makes 10 servings

Directions

1. Cut eggplants in half lengthwise, and make a few shallow cuts in the meat (without cutting through).
2. Add salt, pepper and olive oil. Place on parchment lined baking sheet face side down.
3. Bake at 400°F until tender, about 40-45 minutes.
4. Combine garlic, parsley and olive oil. Drizzle over cooked eggplant.
5. Top with olives, diced tomatoes and mozzarella cheese.

SUBMITTED BY

**Rosmary Zabeta
Itty Bitties Academy
Lawrenceville, GA**

CACFP Serving Information:

¼ cup cooked eggplant equals ¼ cup vegetables

ACKNOWLEDGEMENTS

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Montessori Preschool

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Edelina Lane, Lina Lane's Learning Center

Rocelia Patterson, Noah's Landing for Kids

Lorraine Pierce, Scottdale Early Learning at
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