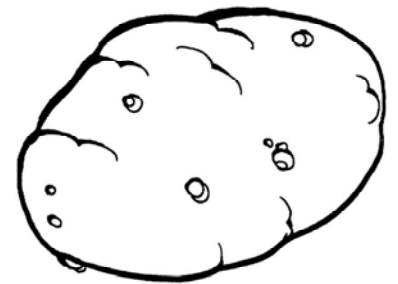
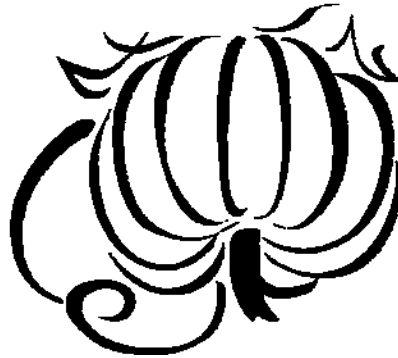
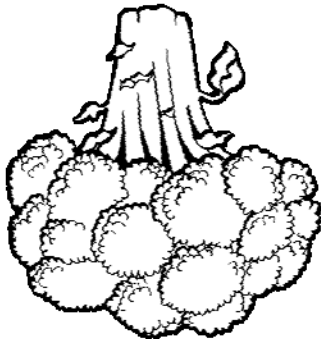


Cookbook & Autumn Garden



Mashed Carrots

(makes 6, 1/2 cup servings)

4 cups coarsely chopped carrots
1-15 oz can chicken broth
4 tsp Margarine (optional*)

1. Add carrots and chicken broth to medium sauce pan.
2. Cover and let cook until carrots are tender, stir occasionally.
3. Drain off excess liquid, set aside.
4. Mash carrots with fork, potato masher or hand mixer, add left over liquid if needed
5. Top with a pat of margarine if desired and serve immediately .



*Per serving: 51 calories; 1 g protein; 3 g fat;
361 mg sodium; 1.6 g fiber; 2 mg cholesterol*

*Optional ingredients are included in nutrition analysis.



- Carrots are very high in vitamin A.
 - Most children love carrots, especially raw.
 - Try adding shredded carrots to sandwiches, soups, and salads.
- Encourage children to eat nutritious snacks by having fruits and vegetables washed, peeled and ready to eat!

CARROTS

Creamy Broccoli Soup

(makes 6, 1 cup servings)

3 cups chopped broccoli
1 medium chopped onion
1 shredded carrot
3 Tbs. vegetable oil
2 cup skim milk
1-15 oz can reduced sodium condensed
cream of chicken soup



1. Sauté broccoli, onion and carrot in oil until tender.
2. Stir in milk and soup.
3. Cook until heated thoroughly.
4. Add more milk to thin if necessary, serve immediately.

*Per serving: 175 calories; 6 g protein; 11 g fat;
300 mg sodium; 2.2 g fiber; 6 mg cholesterol*



- Broccoli is wonderful raw or cooked.
- Broccoli is a good winter source of vitamin C.
- It is also high in vitamin A, iron, calcium, and potassium.
- At only 40 calories per one cup cooked serving, it is a nutritious vegetable.

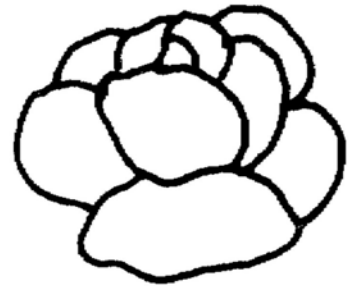
Children who eat a wide variety of vegetables are more likely to eat more vegetables later in life!

BROCCOLI

Fruity Cabbage Salad

(makes 6, 1 cup servings)

- 4 cups thinly sliced cabbage
- 1 cup shredded carrot
- 1 cup pineapple chunks
- Juice of 1 lemon
- Juice of 1 orange
- 1/4 tsp salt
- 1/3 cup vegetable oil



1. Place cabbage, carrots & pineapple into a large bowl.
2. In a separate bowl, whisk together all remaining ingredients until creamy.
3. Combine dressing with cabbage mixture.
4. Refrigerate or serve immediately.

*Per serving: 137 calories; 1 g protein; 10 g fat;
18 mg sodium; 2 g fiber; 0 mg cholesterol*



- Cabbage is a good source of vitamin C and vitamin B₁₂ as well as essential minerals.
- To keep flavor mild for children cook cabbage quickly or use it raw.
- Try different varieties such as, smooth-leaved green, crinkly-leaved green Savoy or red cabbage.

Try a new recipe with this vegetable at your next family meal. Exploring new foods as a family can be a great learning experience for children.

CABBAGE

Baked Miniature Pumpkin

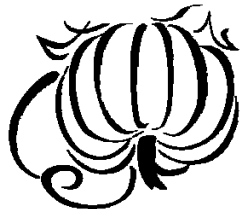
(makes approximately 2, 1/2 cup servings)

- 1 miniature pumpkin
- 1/2 tsp butter
- 1 tsp brown sugar
- 2 tsp ground cinnamon



1. Pre-heat oven to 350 degrees.
2. Cut off top of pumpkin and scrape out seeds.
3. Place butter and brown sugar in pumpkin and sprinkle with cinnamon.
4. Put pumpkin lid back on and place pumpkin in a baking pan with about 1/2 inch of water in the bottom of pan.
5. Cover and bake 30 minutes or until tender.
6. Pumpkins can be cooked the same way in microwave for 10-15 minutes on high.
7. Remove from pan and allow to cool 5-10 minutes.
8. Scoop out the insides and serve immediately.

*Per serving: 83 calories; 2.3 g protein; 1.3 g fat;
1.4 mg sodium; 2.4 g fiber; 2.5 mg cholesterol*



- Pumpkin is a good source of vitamin A.
- Baking pumpkins are smaller than carving pumpkins.
- Choose pumpkins that are bright orange and are free from cuts and bruises.

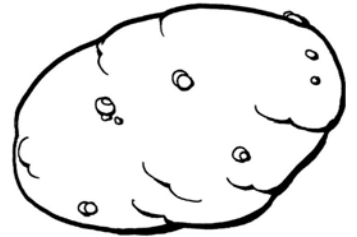
Pumpkin can be fun for children to eat
and carve during the fall!

PUMPKIN

Baked Potato Sticks

(makes approximately 4, 1/2 cup servings)

2 medium baking potatoes
2 tsp. vegetable oil
2 Tbs. Parmesan cheese



1. Scrub potatoes and cut into thin sticks.
2. Place in a large bowl and toss with oil.
3. Arrange sticks in one layer on a baking sheet and sprinkle with grated cheese.
4. Bake at 450 F for 20 to 25 minutes or until golden.

*Per serving: 140 calories; 3 g protein; 3 g fat; 2 g fiber;
55 mg sodium; 2 mg cholesterol*



- Potatoes are high in energy, vitamin C and fiber.
- They are very versatile. They can be boiled, baked or roasted.
- Varieties of potatoes are classified by their shape and skin color.

Potatoes are a very healthy food if they are **not** fried!

POTATOES

Nutty Apple Dip

(makes 4 servings)

- 4 Tbs. Peanut Butter
- 6 Tbs. finely grated carrot
- 6 Tbs. applesauce
- 2 apples cut into wedges for dipping



1. Mix together peanut butter, carrots, & applesauce.
2. Place 1/4 cup dip into individual 4 small serving bowls.
3. Serve each child apple wedges and a bowl of dip.
4. What a fun and tasty way to eat a snack.

*Per serving: 175 calories; 6 g protein; 11 g fat;
300 mg sodium; 2.2 g fiber; 6 mg cholesterol*



- A medium apple contains only 81 calories, almost no fat or sodium and is an excellent source of fiber.
- Keep apples in the refrigerator as a quick and easy snack.
- There are many different kinds of apples, check your local Placer County farmers market for more unique varieties.
- Remember to peel apples for young children to avoid choking.
- Always buy pasteurized apple cider to avoid disease causing bacteria.

An apple a day is a tasty way to keep
children healthy and happy!

APPLES

Mandarin Orange Pasta Salad

(makes 7, 1 cup servings)

- 1 1/2 cups dry medium shell or elbow macaroni
- 1 1/2 cup chopped cooked chicken
- 1 cup fresh OR 1 can mandarin orange slices, drained
- 1 cup seedless red or green grapes, halved
- 1/2 cup sliced celery
- 1/2 cup low-fat ranch salad dressing



1. Cook macaroni according to directions on package, rinse with cold water.
2. In large mixing bowl combine pasta, chicken, mandarin slices, grapes and celery.
3. Pour ranch dressing over salad mixture and toss lightly.
4. Serve immediately or refrigerate.

*Per serving: 194 calories; 10 g protein; 3 g fat;
196 mg sodium; 1.3 g fiber; 28 mg cholesterol*

1. In a large bowl combine boiling water & gelatin. Stir until completely dissolved.
2. Stir in cold ginger ale.
3. Refrigerate about 1 1/2 hours or until it begins to thicken.
4. Stir in fruit. Pour mixture in to 1-6 cup mold or 6-1 cup molds.
5. Refrigerate until firm. Enjoy as a dessert or healthy snack.

*Per serving: 45 calories; 2 g protein; 0 g fat;
65 mg sodium; less than 1 g fiber; 0 mg cholesterol*

2 cups boiling water
1 package (8 serving size) or 2 packages (4 serving size)
cranberry flavor sugar free gelatin
1 1/2 cups cold diet ginger ale
1 cup fresh or 1 (1oz) can drained
mandarin orange slices
2 cups seedless red or green grapes, halved

Wigly Mandarin Dessert (makes 6, 1 cup servings)



MANDARINS

Mandarin oranges are a perfect snack, easy to peel, sweet and succulent any time of day!

- Mandarins supply moderate amounts of potassium, vitamins A, C and calcium.
- Mandarins are sold ripe and ready to eat.
- Mandarins come in two varieties:

Satsumas: Very sweet, seedless, medium sized, free skinned

Clementines: Small, very orange, few seeds, very sweet



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For more information contact:
University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplac@ucdavis.edu

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