



# Healthy Bites for Kids

(Culinary Video)

## Transcript

[Script "Sweet Treat Salsa"]

Hi, I'm Emily and welcome to our show, "Healthy Bites for Kids" where we share great dishes, that are simple to make and healthy for your kids.

The featured recipes can be served as part of a reimbursable Child and Adult Care Food Program meal. We're going to share one snack idea and a couple of main dishes that could be served at lunch or dinner. For more recipe resources and CACFP trainings, please visit our site [johnstalkerinstitute.org/masscamps](http://johnstalkerinstitute.org/masscamps).

Let's start with a snack that I like to call "Sweet Treat Salsa," it looks and tastes great!

I think you're gonna love this recipe.

This snack provides a portion of fruit and a portion of yogurt, which qualifies as a reimbursable snack.

Let's start by washing all of our fruits and vegetables.

Next, let's core a Granny Smith Apple and a Golden Delicious Apple. If you have an apple core tool you can use it, but if not, a knife will work fine. After it's cored, it's time to dice it into "small bites."

Granny Smith Apples add a sweet-tart taste to the naturally sweet Golden Delicious apples.

Next, core and remove the stems from a cup of strawberries. Cut them into "small bites" just like the apples.

Now peel 2 kiwi with the spoon method, like this. Kids seem to really enjoy Kiwis, the bright green color is fun!

Next, I'd like to introduce you to the tomatillo. The tomatillo is also called a Mexican husk tomato. You can't eat the paper-like outer skin, so let's remove it. The tomatillo is like ... a sticky tomato. So we need to wash them thoroughly. When you cut into it you'll see that it has more seeds than a tomato. The children I introduce this to compare it to a sour candy!

Now cut the cucumber into "small bites." It adds a soft crunch to the salsa!

Next, combine all of the ingredients into a bowl, including the thawed raspberries.

Look at that! It's a tasty mix of colors and textures that the children will love! This amount makes about 9 servings. Now add 4 oz. of healthy, low-in-sugar sugar vanilla yogurt per child for dipping.

Here's a great tip. Add some crunch to the mix by serving whole-wheat pita chips for scooping! Don't forget a glass of water to wash it all down and keep your kids hydrated and healthy!

I'm Emily, thanks for watching "Healthy Bites for Kids." Enjoy!

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[Script "Mac N Cheese"]

Our next recipe is called "Mac 'N Cheese with Tiny Trees" It's a delicious and healthy meal that sneaks in whole grain macaroni and some protein in a yummy cheese sauce! Best of all it's a qualified CACFP lunch or dinner.

Because we are baking this mac 'n cheese, we need to preheat the oven to 350 degrees Fahrenheit.

Let's start by cooking the pasta according to the package instructions.

Next we are going to cut up the cooked chicken into "small bites." You can also "pull" the chicken like this, if you prefer. Either way, you want to keep pieces small, for tiny mouths.

Now we'll make the roux for our cheese sauce. A roux is a mixture of fat and flour, used as a thickening base for sauces, it's going to make our cheese sauce smooth, creamy and delicious.

With a roux you always want to start by melting the fat first. So we're going to melt our ¼ cup of butter in a large pot over medium heat. Make sure you use a large pot because we are going to combine everything here for the final mix!

Now add your dry ingredients: ¼ cup flour, ½ teaspoon salt, ¼ teaspoon pepper, and ¼ teaspoon ground mustard.

Stir continuously until the mixture is smooth and bubbly. Once it looks bubbly, stir in 2 cups of low fat milk and heat the liquid until it boils stirring constantly.

Keep stirring for one minute until the sauce thickens.

Next, turn the heat off and add the cheese. I find that shredded cheddar cheese works best for this recipe. Stir it all up till it's melted nicely.

Now mix in the rest of the ingredients!

Finally, just pour your mac 'n cheese mix into an ungreased 2- quart casserole dish and bake for about 20-30 minutes – depending on how much "crunch" you want on top!

And this is what it looks like when we are all done. This is an easy dish to make ahead of time, store in the refrigerator – or even the freezer, and then heat up close to lunch or dinnertime!

This recipe makes 6 servings. I like serving this with a side of steamed broccoli and cauliflower. These veggies taste great with the cheesy sauce and the children have fun with the name Mac n' Cheese with Tiny Trees"

Add ½ cup of a colorful fruit, like fresh raspberries, and an 8 oz. glass of 1% unflavored milk and you have a reimbursable lunch or dinner!

I'm Emily thanks for watching "Healthy Bites for Kids" Enjoy!

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[Script “Super Spear and Orange Stir-Fry”]

Our next dish “Super Spear and Orange Stir-Fry” is sweet and tangy and it fulfills the meat and vegetable components of a reimbursable CACFP lunch or dinner.

This recipe can coax timid eaters into trying vegetables they might normally shy away from.

Let’s start with 2 cups of asparagus. This meal will use a tasty sauce to introduce kids to this colorful and nutritious vegetable.

As with all fruits and vegetables, rinse well. Then trim the ends and cut the spears into “small bites.” Feel free to use frozen asparagus if you can’t get it fresh.

I like to cut the veggies into “small bites” that are small enough to prevent choking, yet big enough that kids can push them aside. This way, one ingredient won’t prevent them from enjoying the whole dish.

Next, we need one cup of sliced yellow onion.

Let’s cut this onion into strips.

We need 2 cups of sliced button mushrooms. Before we chop them, mushrooms should be given a quick rinse and patted dry. This will prevent them from soaking up too much water and losing flavor.

Hold the mushroom like this to cut it safely.

Now we need to juice 2 fresh oranges for the stir-fry sauce.

We’ll also use 2 cups of canned mandarin orange segments to throw into the stir-fry for bit of sweetness. It really brings this whole dish together!

For extra flavor, let’s grate 1 tablespoon of fresh ginger. Fresh ginger is a healthy way to punch up the flavor of many dishes and it’s not too expensive.

Here’s a neat tip: store the ginger in the freezer, it stays fresh and it’s much easier to grate.

Next up garlic! What recipe is complete without garlic! This recipe uses 4 small cloves. The easiest way to peel and chop fresh cloves is to use the side of your chef knife to gently mash the clove. This also helps remove the peel, now finely mince it like this. You could also substitute 4 teaspoons of minced garlic from a jar if you like.

Now let’s combine the ingredients to prep our delicious sauce.

We can put this sauce aside for now until the chicken is cooked.

Next we’ll prep our meat component: 1 pound of boneless, skinless chicken breast.

Here’s a Kitchen Tip: When prepping raw chicken, make sure that the area is cleaned and sanitized thoroughly BEFORE moving on to the next step.

And just like our other ingredients we want to cut the chicken into “small bites.” Remember, we are feeding tiny mouths, which lead to tiny airways, so be extra careful to make these pieces nice and small.

Now that we have all our ingredients ready, let’s bring this recipe together.

In a 12-inch wok or skillet, heat 1/2 of the oil over medium-high heat. Add chicken and sauté for 5-6 minutes until cooked through, tossing occasionally. “You can tell if the chicken is done when the meat thermometer reads 165°F”

When the chicken is done, remove it from the pan and put it aside.

Next, let's heat the rest of the oil and sauté the asparagus, mushrooms and yellow onion for about 4 minutes.

Now, add the garlic and ginger and sauté for another minute or until vegetables are tender.

Oh my goodness this smells amazing! You're gonna love it!

Next, add the sauce into skillet with veggies and bring it to a light boil, stirring constantly.

Let it boil gently for about one minute and stir constantly until thickened.

Finally, combine your chicken and orange pieces! That's it, you've made a delicious and healthy meal that just might become a favorite.

This recipe makes 8, 1-cup servings. Finish it off by serving it with half a cup of brown rice or whole grain noodles, 1/2 cup of fruit, such as apple slices, and an 8 oz. glass of 1% unflavored milk.

I'm Emily, thanks for watching "Healthy Bites for Kids." Enjoy!

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Thanks for joining me in preparing these nutritious dishes! Now you have three new delicious recipes to add to your child care food program menus! I hope you have found this video to be helpful. For more recipe resources and CACFP trainings, please visit our site: [johnstalkerinstitute.org/masscamps](http://johnstalkerinstitute.org/masscamps)

I'm Emily, thanks for watching our show: "Healthy Bites for Kids." Enjoy!