

**LEHIGH VALLEY
CHILDREN'S CENTERS**

Apple Cinnamon Dutch Baby (AN EGG SOUFFLE)

Servings: 4



1/3 Cup Butter, or margarine
2 medium Apples
2 teaspoons Cinnamon
3 tablespoons Sugar
4 each Eggs
1 cup Milk
1 cup Flour

Preheat oven to 425 degrees. Put butter into a 3 to 4 quart frying pan and place in oven to melt. While butter is melting, peel and core 2 apples, then cut them into thin slices. Remove the pan from the oven and add cinnamon and sugar to the melted butter. Stir in the sliced apples. Return pan to oven for about 3 minutes. Put the eggs and milk into a blender and whip at high speed for 1 minute. Set the blender to low speed and slowly add the flour until well blended. Remove the pan from oven and pour egg batter over the butter and apples. Bake for 20-25 minutes or until the pancake is raised and golden brown. Cut into wedges and dust with powdered sugar and serve. For each additional serving add 1/2 of an apple, 1 tablespoon sugar, 1 egg, 1/4 cup of milk, 1/4 cup flour and a little more butter and cinnamon.

Yield: 4 Servings

Per Serving (excluding unknown items): 441 Calories; 23g Fat (46.3% calories from fat); 12g Protein; 48g Carbohydrate; 3g Dietary Fiber; 262mg Cholesterol; 257mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.

Applesauce Gel Squares

Servings: 6



Counts as 1/2 c serving of fruit.

1/8 teaspoon Cinnamon
1 cup Applesauce
2 cups Apple Juice
3 packages Unflavored Gelatin

In a small bowl, mix cinnamon into applesauce and set aside. Pour 1 cup cold apple juice in 8 x 8 pan and sprinkle gelatin on top. Heat remaining 1 cup of apple juice in the microwave for 3 minutes or until boiling. Stir boiling juice into the gelatin and cold apple juice. Stir in applesauce. Refrigerate for 1/2 hour and then stir to keep applesauce evenly distributed. If you omit this step the applesauce settles to the bottom, but it still taste great! Refrigerate for an additional 2 1/2 hours until firm. Cut into squares with a knife, or use cookie cutter to cut into shapes, and serve.

Yield: 6 servings

Per Serving (excluding unknown items): 233 Calories; trace Fat (0.6% calories from fat); 3g Protein; 57g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 112mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 2 1/2 Other Carbohydrates.

Banana Ice

Servings: 3



3 Large Banana

Peel 3 large bananas and break into one inch pieces, freeze and seal in plastic bag. Just before serving, place in blender with a small amount 100% juice. Serve. Add berries for a different flavor or top with fruit or nuts.

Yield: 3 servings

Per Serving (excluding unknown items): 109 Calories; 1g Fat (4.2% calories from fat); 1g Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 2 Fruit.

Barbeque Cups

Servings: 10



Feeds 10 preschool children 1 1/2 oz of meat component, 1 component of bread.

12 each Biscuit, ButterMilk, packaged
1 pound Pork, Beef or Turkey
1/2 cup Barbecue Sauce
1 pound Cheddar Cheese, Shredded

Press 1 muffin into muffin tin making a cup. Brown and drain ground meat. Stir in barbecue sauce. Spoon 1 1/2 oz of meat evenly into each biscuit cup. Sprinkle with cheddar cheese on top. Bake at 350 degrees for 20 minutes or until done.

Yield: 10 servings

Serving Ideas: Serve with a 1/2 c of potato salad, and 1/4c of fruit, with 1 c of milk for lunch.

Per Serving (excluding unknown items): 524 Calories; 31g Fat (53.7% calories from fat); 25g Protein; 35g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 1061mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Fat; 0 Other Carbohydrates.

Bite-Sized Potato Pancakes

Servings: 6



This recipe makes 6 1/2c servings of vegetable component for preschool, and 6 1/4 c servings of fruit for preschool.

3 medium Potatoes, Peeled, grated or shredded

1 Small Onion, Diced

2 each Eggs, Lightly Beaten

1/4 cup All-Purpose Flour

1/8 teaspoon Baking Powder

1/2 teaspoon Salt

1 pinch Black Pepper

1/2 cup Vegetable Oil

1 cup Sour Cream

1 1/2 cups Applesauce

Heat oven to 250 degrees. Coarsely grate the potatoes and onions. Stir in the eggs, flour, baking soda, salt, and black pepper. Then put in blender to make a smooth batter. Heat 1/4 cup oil in a large nonstick frying pan over medium-high heat, then drop in heaping teaspoons of the batter and flatten them slightly with the back of a spoon. Fry the pancakes until they are nicely browned, about 3 minutes, then flip them and fry about 2 minutes more. Drain on wire rack, and place on baking sheet to keep warm in oven. Serve warm with sour cream and applesauce.

Yield: 6 servings

Serving Ideas: Serve with chicken fingers 1 1/2 oz., 1/2 slice of wheat bread, and 1 cup of milk for preschool as a lunch.

Per Serving (excluding unknown items): 390 Calories; 28g Fat (63.4% calories from fat); 5g Protein; 31g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 238mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.

Carrot-Raisin Apple Salad

Servings: 4



Feeds 4 preschool children 1/2c serving of fruit component.

1 large Apple, chopped
2 large Carrot, chopped
1/4 cup Raisin
2 tablespoons Mayonnaise
1/4 cup Crushed Pineapple

Combine apple, carrot and raisins in bowl. Add mayonnaise and pineapple; mix well. Chill until serving time.

Yield: 4 servings

Serving Ideas: Serve on a bed of lettuce.

Per Serving (excluding unknown items): 122 Calories; 6g Fat (41.4% calories from fat); 1g Protein; 19g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 53mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit; 1/2 Fat.

Cheese Delights

Servings: 12



This recipe feeds 12 preschool children. This can be served for breakfast or lunch, but still requires a juice/fruit and milk for breakfast. An additional vegetable and milk for lunch. Special Note: Turkey Bacon and bacon does not count as a meat component due to its higher fat content and not enough meat. Preschool children ages 3-5 require for breakfast 3/4 c of milk, 1/2 c juice/veg/fruit, 1/2 slice of bread or 1/3 c cereal. Preschool children ages 3-5 require for lunch 3/4c milk, 1 1/2 oz of meat, 1/2c veg/fruit, 1/2 slice of bread/bread alternate for lunch.

6 whole English Muffin, Split
1 1/4 pounds American Cheese
12 slices Turkey Bacon, Cooked
2 each Tomatoes, Sliced

Split English Muffins in half, toast lightly under a broiler. Top with sliced American Cheese 1 1/2 oz each for preschool children, a slice of tomato and a strip of turkey bacon. Place under broiler to warm and melt cheese.

Yield: 12 servings

Serving Ideas: This can be served for breakfast with fresh apple slices or juice, and milk.

This can be served for lunch with (1/2C) servings each for preschool of carrot sticks, dip (Your Choice) and milk.

Per Serving (excluding unknown items): 283 Calories; 18g Fat (57.5% calories from fat); 15g Protein; 15g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 995mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Cheese Steak Egg Rolls

Servings: 8



Serve with fried rice, or white rice. Fresh broccoli spears(1/2 C) cut into bite size florets (add some ranch dip on the side) and milk for lunch.

- 1 Cup Onion, sliced**
- 16 ounces Steak, cut 1/4" thick**
- 8 Each Egg Roll Wrappers**
- 8 ounces Provolone Cheese, Shredded**
- 2 large Bell Pepper, Yellow or Red, sliced crosswised**

Coat a large skillet with cooking spray and set over medium heat. Add onions and cook 3 minutes, until soft. Push onions over to side of pan or remove. Add steak (Rib-eye works well) to pan and cook 1 minute. Re-add onions, stir and remove from heat. Transfer egg roll wrapper to a flat surface. Top with steak (1 oz) and onion mixture, sprinkle with shredded cheese (1/2-1 oz) on bottom third of the wrapper. Roll wrapper one time, fold in ends and roll up. Place on prepared baking sheet and spray with cooking spray. Arrange bell peppers on separate baking sheet and spray with cooking spray. Coat with ranch mix. Roast cheese steak egg rolls and peppers for 15 minutes. Until wrappers are golden brown and peppers are soft. This recipe serves 8 preschool children.

Yield: 8 Servings

Per Serving (excluding unknown items): 333 Calories; 18g Fat (49.3% calories from fat); 19g Protein; 23g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 455mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Cheeseburger Pie

Servings: 10



This recipe provides 8 to 12 preschool servings of 1 meat component, and 1 bread component. You still need to serve a vegetable and fruit with milk for lunch.

1 pound Ground Beef
1/2 cup Evaporated Milk
1/2 cup Ketchup
1/3 cup Bread Crumbs, dried, fine
1/4 cup Onions, chopped
3/4 teaspoon Salt
1/2 teaspoon Oregano
1/8 teaspoon Black Pepper
1 each pie crust (9 inch)
4 ounces American Cheese, shredded
1 teaspoon Worcestershire Sauce

Combine ground beef, milk, catsup, bread crumbs, onion, salt, oregano and pepper. Spread into pie shell. Bake at 350 degrees for 35 -40 minutes or until 155 degrees. Mix cheese and worcestershire sauce together, spread over meat. Bake for 10 more minutes. Remove from oven and let stand 10 minutes before serving.

Yield: 10 servings

Serving Ideas: Serve with some fresh made mashed potatoes (1/4C) or green peas (1/4c) along with some fresh orange wedges (1/4c) and 1 c of milk for lunch.

Per Serving (excluding unknown items): 309 Calories; 22g Fat (63.0% calories from fat); 13g Protein; 16g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 661mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Chicken Enchiladas

Servings: 10



Feeds 10 preschool children 1 1/2 oz of meat, tortillas can be cut in half to meet bread component.

- 2 teaspoons Olive Oil**
- 1/2 cup Onion, chopped**
- 2 each Cloves Garlic, Minced**
- 1 1/4 pounds Boneless Chicken, Breast, cut into strips**
- 15 ounces Refried Beans, Canned**
- 4 ounces Green Chile, Canned, drained**
- 1/4 cup Salsa, Prepared**
- 2 tablespoons Cilantro**
- 5 each Flour Tortilla**
- 1 1/2 cups Cheese, mexican blend, or monterey jack blend**

Heat the oil in a large skillet over medium heat. Add the onions and garlic and cook, stirring until softened, about 2 minutes. Add the chicken and cook stirring a few times until golden brown on all sides, about 5 minutes. Stir in the refried beans, chiles, and salsa and simmer for 2 minutes to heat through. Remove from heat and stir in cilantro, arrange the tortillas on a flat clean surface. Top each with equal amounts of chicken mixture. Roll up the tortillas and place side by side in a shallow baking dish. Top with shredded cheese and bake at 400 degrees until the cheese is golden and gooey brown. About 15 to 20 minutes.

Yield: 10 servings

Serving Ideas: Serve with a cold cucumber salad 1/2c, 1/4c of fruit and 1 cup of milk for lunch.

Per Serving (excluding unknown items): 245 Calories; 5g Fat (18.2% calories from fat); 19g Protein; 30g Carbohydrate; 4g Dietary Fiber; 33mg Cholesterol; 421mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Chicken Fingers

Servings: 10



Feeds 10 preschool children 1 chicken finger 1 1/2 oz.

2/3 cup Bread crumbs, Seasoned
1 teaspoon Garlic Powder
1 teaspoon Onion Powder
1 teaspoon Oregano, dried
1 teaspoon Thyme, dried
1/2 teaspoon Paprika
1/2 teaspoon Salt
1/2 teaspoon Black Pepper
1 1/4 Pounds Chicken , Boneless, Skinless

Preheat oven to 400 degrees. Coat a large baking sheet with cooking spray. In a shallow dish, combine bread crumbs, and all seasonings together. Cut chicken into 1 1/2 oz. strips. Toss chicken into seasoned mixture and evenly tap off any excess crumbs. Place on baking sheet and spray the top of the chicken strips with cooking spray. Bake until golden brown and cooked through at 165 degrees, about 20-30 minutes.

Yield: 10 servings

Serving Ideas: Serve with a cucumber salad, or cole slaw (1/4c) and sliced peaches (1/4c) a 1/2 fresh wheat dinner roll and 1 c of milk for lunch.

Per Serving (excluding unknown items): 32 Calories; trace Fat (7.0% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 319mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat.

Chicken Rice Casserole

Servings: 8



Feeds 8 preschool children 1 1/2 oz of meat, and 1/4 cup of cooked rice.

- 1 cup Rice, raw, uncooked**
- 1 can Cream Of Celery Soup**
- 1 can Cream Of Chicken Soup, or chicken broth**
- 1/2 can water**
- 3 tablespoons Butter**
- 8 pieces chicken, breast or thighs 2 oz each**

Grease shallow casserole pan and put rice in bottom of casserole. Bring soups, water and butter to a boil in saucepan. Pour half soup over rice and stir together. Place chicken pieces on top. Pour rest of soup mixture over the chicken pieces. Cover with foil or lid and bake at 275 degrees for 2 hours. Until rice and chicken are done. Uncover to brown.

Yield: 8 servings

Serving Ideas: Serve with 1/2c tossed salad, 1/4 c of fresh fruit, 1 c of milk.

Per Serving (excluding unknown items): 3363 Calories; 239g Fat (65.6% calories from fat); 260g Protein; 22g Carbohydrate; trace Dietary Fiber; 1373mg Cholesterol; 1329mg Sodium. Exchanges: 1 1/2 Grain(Starch); 36 Lean Meat; 0 Vegetable; 25 1/2 Fat.

Chili

Servings: 10



Feeds 10 preschool children 1 1/2 oz of meat, and 1/4c serving of vegetable. (Note Pinto Beans may count as an extra meat component or a vegetable.)

1 pound Beef, ground
1/2 cup Onion, Chopped
1 each Garlic, clove, minced
20 ounces Pinto Beans, Canned
16 ounces Tomato Sauce
1 teaspoon Salt
1/4 teaspoon Black Pepper
1 teaspoon Chili Powder, add more if needed

Brown ground beef or turkey in skillet and drain grease. Add all remaining ingredients and simmer for 1 hour.

Yield: 10 servings

Serving Ideas: Serve with 1/4c of rice, and 1/4c of fruit, and 1 c of milk for lunch.

Per Serving (excluding unknown items): 325 Calories; 10g Fat (26.0% calories from fat); 21g Protein; 40g Carbohydrate; 15g Dietary Fiber; 30mg Cholesterol; 522mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat.

Crescent Hot Dogs

Servings: 8



This counts for 8 preschool children a meat and bread component. A vegetable and milk are still required for lunch.

8 each Turkey Hot Dog
8 ounces American Cheese
8 each Crescent Roll, Canned

Take each hot dog and split it down the middle. Lengthwise almost all the way through. Place a long thick cheese slice down (1 oz) the middle. Separate the crescent dough into triangles and wrap each hot dog starting with the side opposite the point. Starting on one end of the hot dog and stretching the dough a little to completely cover the hot dog wrapping the dough around. Place the hot dogs on a foiled lined cookie sheet and bake at 400 degrees for 10 to 12 minutes. Serve hot with condiments.

Yield: 8 servings

Serving Ideas: Can be served with potato fries, hash browns or mashed potatoes (any 1/4 C) and milk for lunch. You may also wish to serve a fresh vegetable (1/4C) instead of potato fries to reduce fat intake. You can also use a low fat cheese to reduce fat intake.

Per Serving (excluding unknown items): 318 Calories; 23g Fat (65.7% calories from fat); 15g Protein; 12g Carbohydrate; 0g Dietary Fiber; 75mg Cholesterol; 1267mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 3 1/2 Fat.

Frozen Yogurt Pops

Servings: 8



16 ounces Yogurt

Pour 1/4 C or 2 oz of yogurt into paper cups. Stretch a piece of plastic wrap over cup, and stick popsicle stick in yogurt. Freeze and serve.

Yield: 8 servings

Per Serving (excluding unknown items): 35 Calories; 2g Fat (47.4% calories from fat); 2g Protein; 3g Carbohydrate; 0g Dietary Fiber; 7mg Cholesterol; 26mg Sodium. Exchanges: 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Frozen Yogurt with Blueberry Sauce

Servings: 5



10 ounces Blueberries, fresh, or frozen
1 tablespoon Confectioner's Sugar
1 teaspoon Cinnamon, ground
2 cups Yogurt, flavored or unflavored frozen

Combine blueberries, confectioners sugar, and cinnamon in a medium saucepan, set over medium heat, bring to a simmer, and simmer until the sauce thickens, about 5 minutes. Spoon the frozen yogurt into dessert bowls and top with the blueberry sauce. (Sauce can be made up to 3 days in advance and refrigerated until ready to use. Reheat in microwave for 2 minutes.

Yield: 5 servings

Per Serving (excluding unknown items): 99 Calories; 3g Fat (29.7% calories from fat); 4g Protein; 14g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 49mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

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Ham and Crescent Pie

Servings: 8



Feeds 8 preschool children 1 bread component, 1 1/2 of meat component.

8 each Crescent Roll, Refrigerated, pre-packaged
2 medium Eggs, Slightly beaten
1 tablespoon Parmesan Cheese, grated
8 ounces Monterey Jack Cheese, cubed, cut 1/2 inch thick
2 tablespoons Green Pepper, chopped
2 cups Ham, chopped

Preheat oven to 325 degrees. Separate crescent dough into 8 triangles. Place 5 triangles in a 9-inch pie plate, pressing together to form a crust. Reserve 3 triangles for top crust. In large mixing bowl combine remaining ingredients, pour into crust. Roll out remaining triangles until longest side is 9 inches. Cut into 1/2 inch strips. Twist strips, crisscross over filling and tuck under bottom crust to form a lattice top. Press edges with fork to seal. Bake at 325 degrees for 50-60 minutes until crust is golden brown. Serves 8.

Yield: 8 servings

Serving Ideas: Serve with a vegetable and fruit 1/4 c each, and 1 cup of milk for lunch.

Per Serving (excluding unknown items): 299 Calories; 20g Fat (60.1% calories from fat); 17g Protein; 13g Carbohydrate; trace Dietary Fiber; 98mg Cholesterol; 846mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Hash Brown Casserole

Servings: 8



Feeds 8 preschool children a 1/4c serving of vegetable.

16 ounces Hash browns, frozen, thawed
1/2 cup Butter, or margarine
1 teaspoon Salt
1/2 teaspoon Black Pepper
1 small Onion, Chopped
1 can Cream of Chicken Soup
2 cups Colby Cheese, grated

Preheat oven to 350 degrees. Spray a 9 x 13 baking pan with non stick cooking spray. In a large bowl, combine soup, margarine or butter, salt, pepper, onions and cheese. Gently mix in the potatoes and pour into prepared pan or dish. Bake uncovered at 350 degrees for 35 minutes or more until tender and browned.

Yield: 8 servings

Serving Ideas: Serve with 1 1/2 oz each sausage patty on bun, a 1/4 serving of fruit and 1 cup of milk for lunch.

Per Serving (excluding unknown items): 280 Calories; 22g Fat (69.3% calories from fat); 9g Protein; 13g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 691mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 4 Fat.

Hearty Chicken Stew

Servings: 10



Feeds 10 preschool children 1 1/2 oz of meat component, 12 (1/4c) servings of vegetable.

Recommended to use chicken meat that does not have bones in like boneless, skinless chicken. Meat with any bones can cause a choking hazard with smaller children.

4 small Onions, Quartered

6 each Cloves, Garlic

1 pound Carrots, Peeled and Cubed

2 pounds Chicken Thighs

2 each Thyme, Sprigs

1 1/2 pounds Red Potatoes, Quartered

2 cups Green Beans

In a large pot, combine onions, garlic, carrots, chicken and thyme, season with salt and pepper. Add cold water to cover. Bring to boil then reduce heat to a simmer, skim top of broth and discard. Simmer until the meat of the chicken falls off the bone with almost no pressure from a fork. About 1 to 1 1/2 hours. Remove from heat and remove bones with a tong. Season with salt and pepper.

Yield: 10 servings

Serving Ideas: Serve with a wheat dinner roll, a cup of milk, and 1/4 c of fresh cantelope.

Per Serving (excluding unknown items): 248 Calories; 11g Fat (40.3% calories from fat); 15g Protein; 22g Carbohydrate; 4g Dietary Fiber; 60mg Cholesterol; 76mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 1 Fat.

Homemade Chunk Potato Soup with Ham Cubes

Servings: 8



Feeds 8 preschool children 1 1/2 oz of meat component, 1/4 cup of vegetable.

3 medium Potatoes, cut 1/2" thick
2 cups Water
1 small Onion, Diced
3 tablespoons Butter
3 tablespoons All-Purpose Flour
3 cups Milk
1/2 teaspoon Sugar
8 ounces Cheddar Cheese, Shredded
8 ounces Cooked Ham, cubed

Peel potatoes and cut into cubes. Bring water to boil in large saucepan. Add potatoes and cook until tender. Drain, reserving liquid. Set aside potatoes. Measure 1 cup cooking liquid, adding water if necessary. Set aside. Peel and finely chop onion. Melt butter in saucepan over medium heat. Add onion to saucepan; cook, stirring frequently until onion is translucent and tender, but not brown. Add flour to saucepan, season with pepper to taste. Cook 3 to 4 minutes. Gradually add potatoes, reserved 1 cup cooking liquid, milk and sugar to onion mixture in saucepan; stir well and cheese and ham. Simmer over low heat 30 minutes stirring frequently.

Yield: 8 servings

Serving Ideas: Serve with 1/2 slice bread and 1/4 c fruit component with 1 c milk for lunch.

Per Serving (excluding unknown items): 313 Calories; 20g Fat (56.8% calories from fat); 16g Protein; 17g Carbohydrate; 1g Dietary Fiber; 70mg Cholesterol; 643mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Italian Cheese Burgers Open Faced

Servings: 10



Feeds 10 preschool children 2 oz of meat, 1/2 slice of bread componet.

1 pound Beef, Ground, or Turkey
2 tablespoons Onion, Chopped
1/2 teaspoon Italian Seasoning, dried
5 ounces Mozzarella Cheese, Sliced, 1/2 ounce each
1 tablespoon Olive Oil
5 each Hamburger Bun, Halved
1/4 cup Pizza Sauce

Combine meat, onion, italian seasoning and form into patties. Cook until done 165 degrees. Place each burger on a halved hamburger bun with 1/2 ounce of cheese. And top with pizza sauce.

Yield: 10 servings

Serving Ideas: Serve with 1/2 c of sauteed zuchinni slices, 1/4 c of fruit, and 1 c of milk for lunch.

Per Serving (excluding unknown items): 238 Calories; 15g Fat (57.0% calories from fat); 13g Protein; 12g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 244mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 2 Fat.

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Macaroni Salad

Servings: 8



It is always recommended to make macaroni salad the day before, so it chills properly and tastes great.

8 ounces Mayonnaise, Or Miracle whip, Low Fat

2 tablespoons Mustard

1 cup Sugar

1/2 cup Vinegar

1 cup Cream

1/2 cup Onions, chopped

1 cup Celery, Chopped

1/2 cup Carrots, chopped

4 each Eggs, Hard-boiled, Peeled

1 pound Elbow Macaroni, Enriched Wheat

Cook elbow macaroni as suggested on box. Drain and cool pasta. In separate bowl add mustard, sugar, vinegar and cream. Add mayonnaise and vegetables, Toss in macaroni. Adjust mayonnaise and seasoning if more is needed to taste or if pasta is too dry.

Yield: 8 servings

Serving Ideas: This macaroni salad can be served (1/4C) as a bread component. Recipe makes 8 servings of vegetable component (1/4c) as well. Serve with a 1 1/2 hamburger on a wheat kaiser roll with 1 c of milk for preschool.

Per Serving (excluding unknown items): 637 Calories; 35g Fat (48.6% calories from fat); 12g Protein; 72g Carbohydrate; 2g Dietary Fiber; 142mg Cholesterol; 271mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 1 1/2 Other Carbohydrates.

Mexican Chicken

Servings: 15



This recipe can feed 15 or more preschool children a 1 1/2 oz serving size of meat component.

3 pounds Chicken pieces
1 tablespoon Butter
1 tablespoon Olive Oil
1/2 cup Onion, Chopped
1 medium Garlic clove, Chopped
8 ounces Tomato Sauce
3/4 cup Chicken Broth
1 tablespoon Vinegar
1/4 teaspoon Chili Powder
1 dash Salt
1/2 cup Green olives, stuffed
1/4 cup Golden Raisins, Optional
1 whole Green Pepper, cut in 1/4-inch strips

Heat butter and oil in a heavy skillet over medium heat, brown chicken. Remove chicken from skillet. Add onion and garlic: cook until lightly browned. Add tomato sauce, chicken broth, vinegar, chili powder, salt, olives, raisins, if using. Return chicken to skillet. Cover and simmer for 30 minutes. Add green pepper: cover and cook 10 more minutes. Serve with hot rice.

Yield: 15 servings

Serving Ideas: This can be served for lunch with hot wild, white or seasoned rice choice. A vegetable booster of 1/2 C serving size is still required for preschool. Serve with 3/4 C milk.

Per Serving (excluding unknown items): 173 Calories; 12g Fat (60.5% calories from fat); 12g Protein; 5g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 240mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Peach Freeze

Servings: 4



1/2 cup Milk

1 cup Sliced Peaches, canned in own juice

1 teaspoon Sugar

Pour the milk into an ice cube tray and freeze until solid. Pop the milk cubes out of the tray, and blend in blender. Add peaches and sugar. Continue to blend at high speed until fully blended and smooth. Pour into serving dishes and serve.

Yield: 4 servings

Per Serving (excluding unknown items): 41 Calories; 1g Fat (21.9% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Pineapple and Cottage Cheese Salad

Servings: 4



Feeds 4 preschool children a 1/4 c serving of fruit, and 1/4c serving of meat.

1 pound Cottage cheese
1 package Lime gelatin powder
8 ounces Crushed Pineapple
8 ounces Cool Whip Lite®

Sprinkle jello over cottage cheese, mix in crushed pineapple and cool whip. Serve.

Yield: 4 servings

Per Serving (excluding unknown items): 359 Calories; 9g Fat (24.7% calories from fat); 17g Protein; 46g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 558mg Sodium. Exchanges: 2 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 2 Other Carbohydrates.

Pork Fried Rice

Servings: 10



Feeds 10 preschool children 1 1/2 oz of meat component, and 1/4c serving of bread component, and 1/4c serving of vegetable.

4 teaspoons Peanut Oil, divided
2 large Eggs, lightly beaten
1/2 cup Onion, Chopped
1/2 cup Carrot, Shredded
3 each Garlic, gloves
2 1/2 cups White Rice, cooked
1/4 cup Soy Sauce
2 cups Chicken Broth, Reduced, Sodium
2 cups Pork, diced
1/2 cup Peas, Frozen

Heat 2 tablespoons of the oil in a large skillet over medium heat. Add the eggs and cook, stirring frequently, until cooked through and scrambled for 3 to 5 minutes. Remove the eggs to a plate to keep warm. In the same skillet, still over medium heat, heat the remaining 2 tablespoons of oil, add the onions, carrots, and garlic and cook until softened, about 2 minutes. Add the cooked rice and cook for 1 minute, stirring constantly to coat with oil. Add the soy sauce and stir to coat the rice. Add the chicken broth, pork, and peas and bring to a boil. Remove from the heat, cover and let stand until the liquid is absorbed and the rice is tender, about 5 minutes. Fluff with a fork, and season to taste with salt and pepper. Chop the eggs into small pieces and sprinkle over the rice just before serving, or you may just stir the eggs in rice mixture right before serving.

Yield: 10 servings

Serving Ideas: Make the meal fun include some fortune cookies.

Per Serving (excluding unknown items): 327 Calories; 11g Fat (30.8% calories from fat); 15g Protein; 40g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 616mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Pork Sloppy Joe's

Servings: 10



This feeds 10 preschool children a 1 1/2 oz portion of meat (after cooking), and 1 bread component (1 roll). Preschool children are only required to have a 1/2 slice of bread so there is extra bread in this dish. 16 ounces of diced tomatoes and 1 1/2 c of corn provides 10 (1/4C) servings for vegetable component. You will need to add 10 (1/4C) servings of another vegetable with this dish along with 1 c of milk for lunch.

May also Use Chicken or Turkey

2 pounds Pork, Shredded
16 ounces Diced Tomatoes
1/2 cup Ketchup
1 tablespoon Dijon Mustard
1 teaspoon Liquid Barbecue Smoke®
1 teaspoon Basil, Dried
1 teaspoon Ground Cumin
1/4 teaspoon Salt
1/4 teaspoon Black Pepper
1 1/2 Cups Corn, Thawed
10 each Hamburger Buns, Or Kaiser Rolls

In a large skillet or saucepan, combine the pork, tomatoes, ketchup, mustard, basil, chili powder, cumin, salt and pepper. Set the pan over medium heat, bring to a simmer, and simmer for 5 minutes. Add the frozen or canned corn (thawed) and simmer 5 minutes to heat through. Spoon the mixture onto rolls and serve hot.

Yield: 10 servings

Serving Ideas: Since this recipe covers a meat, bread and half of the vegetable components. Just add another vegetable (go healthy-go with the green vegetables) and your milk.

Per Serving (excluding unknown items): 374 Calories; 18g Fat (42.8% calories from fat); 22g Protein; 32g Carbohydrate; 3g Dietary Fiber; 63mg Cholesterol; 514mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Pork/Veal/Chicken Chow Mein

Servings: 10



1 pound Chicken, Diced or cubed
1 cup Bean Sprouts
1 cup Onions, Chopped
2 cups Celery
1/4 cup Water, Brown Sauce
1 tablespoon Cornstarch
2 tablespoons Soy Sauce
1 tablespoon Molasses

Brown meat, add onion, celery and bean sprouts. Add 1/4 cup of water. Cook 10 to 15 minutes. Cook ingredients together for sauce (Brown Sauce Listed above) until slightly thickened. Add to meat mixture. Cook 5 more minutes. Serve over your favorite rice combination or chinese noodles.

Yield: 10 servings

Serving Ideas: Feeds 10 preschool children a serving of meat and vegetable.

Just add your favorite rice dish (1/4 c), chinese noodles and milk (1c)for lunch.

Per Serving (excluding unknown items): 94 Calories; 5g Fat (49.6% calories from fat); 7g Protein; 5g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 252mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

QUICK LASAGNA

Servings: 10



This recipe feeds 10 preschool children. Preschool ages 3-5 require 3/4 C milk, 1 1/2 oz of meat, 1/2 C vegetable and 1/2 slice of bread for lunch.

1 pound Ground Beef, browned and drained
1/2 teaspoon Garlic Powder
6 Ounces Tomato Paste
20 Ounces Crushed Tomatoes
3/4 pound Ricotta Cheese
1 teaspoon Salt
1/2 teaspoon Oregano
8 ounces Lasagna Noodles, cooked and drained
3/4 pound Mozzarella Cheese

Brown Beef or Turkey and garlic powder, drain, add tomato paste, tomatoes, and seasonings. Cover and simmer for 20 minutes. In oblong baking dish add alternate layers; cooked noodles, parmesan cheese, ricotta cheese, mozzarella cheese and meat sauce. Bake at 350 degrees for 20 to 30 minutes.

Yield: 10 servings

Serving Ideas: Lasagna can be served with a sliced of garlic toast, a tossed salad and milk for lunch.

Per Serving (excluding unknown items): 425 Calories; 25g Fat (53.6% calories from fat); 23g Protein; 26g Carbohydrate; 2g Dietary Fiber; 86mg Cholesterol; 625mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.

R

Roast Beef French Dip Sandwich

Servings: 10



This recipe provides a 1 1/2 oz meat component for 10 preschool children, and 1 bread component.

1 cup Beef Broth, reduced sodium
1 teaspoon Worcestershire Sauce
1/2 teaspoon Garlic Powder
2 each Rosemary, Fresh sprigs
1 1/2 pounds Roast Beef, sliced
5 each Hamburger bun, Or Kaiser Rolls

In medium saucepan combine beef broth, Worcestershire Sauce, garlic powder, and rosemary sprigs. Bring to boil and simmer over medium- low heat for 5 more minutes. Add sliced beef and simmer an additional 5 minutes. Using a large fork or tongs, place the meat on the roll, and serve the remaining broth on the side for dipping.

In medium saucepan combine beef broth, Worcestershire Sauce, garlic powder, and rosemary sprigs. Bring to boil and simmer over medium- low heat for 5 more minutes. Add sliced beef and simmer an additional 5 minutes.

Yield: 10 servings

Serving Ideas: Serve with tomato soup 1/2c, and 1/4 c diced watermelon, and 1 c of milk for preschool.

Per Serving (excluding unknown items): 70 Calories; 1g Fat (15.4% calories from fat); 3g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 254mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Shepard's Pie With Cheddar Mashed Potatoes

Servings: 10



Feeds 10 preschool children 1 1/2 oz serving of meat component, 1/4c serving of vegetable.

1 tablespoon Olive Oil
2 Medium Carrots, Chopped
1 cup Pearl Onions, frozen or jarred
2 each Garlic Cloves, Minced
1 1/4 pounds Beef Round, lean, cut into small pieces
1 tablespoon All-Purpose Flour
1 teaspoon Oregano, dried
1/2 teaspoon Salt
1/2 teaspoon Black Pepper
28 ounces Diced Tomatoes, canned
2 medium Potatoes, cut 1" thick
1/2 cup Cheddar Cheese, shredded, reduced fat
1/4 cup Sour Cream, Light

Heat the oil in a large skillet over medium heat, add the carrots, onions, and garlic and cook, stirring until softened, about 3 minutes. Using a slotted spoon remove the vegetables and set aside. Add the beef to the hot skillet, brown, about 5 minutes, add the flour, oregano, salt, pepper and stir to coat the beef. Return the vegetables to the skillet and stir in the tomatoes. Bring to a simmer, reduce heat to medium-low, partially cover the pan, and simmer until the beef is cooked through, about 10 minutes.

Meanwhile, place the potatoes in a large sauce pan and pour over enough water to cover. Set pan over high heat, bring to boil, and boil until tender and check with a fork for tenderness. About 8 to 10 minutes. Drain and return the potatoes to the pan. Add the cheese and sour cream and mash until smooth and well combined. Season to taste with salt and pepper. At this point the potatoes should be slightly thin and easy to spread over the beef mixture. If not add more sour cream or milk to do so. Transfer beef mixture to a deep dish pie plate or shallow casserole dish. Spoon the mashed potatoes over the top and using the back of a spoon make an even layer. Preheat oven to 400 degrees. Place the casserole dish on a baking sheet and bake until top is golden brown and filling is bubbly hot. About 20 to 25 minutes. The baking sheet will help prevent a mess in your oven and a easier clean up afterwards. Let casserole rest 5 minutes prior to serving.

Yield: 10 servings

Serving Ideas: Serve with buttered wheat bread, 1/4-1/2c of fruit, and 1 c of milk for lunch.

Per Serving (excluding unknown items): 203 Calories; 11g Fat (48.2% calories from fat); 15g Protein; 12g Carbohydrate; 2g Dietary Fiber; 42mg Cholesterol; 227mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.

Spaghetti Pie

Servings: 10



Feeds 10 preschool children a 1 1/2 oz of meat component. 1/4c serving of vegetable, 1 bread component.

6 ounces Spaghetti, Cooked
2 tablespoons Butter, or, margarine
1/2 cup Parmesan Cheese, grated
2 medium eggs, well beaten
8 ounces Cottage Cheese
6 ounces Tomato Paste
1 tablespoon Sugar
1 teaspoon Oregano
1/2 teaspoon Garlic Salt
2 ounces Mozzarella Cheese
1 pound Ground Beef, or turkey
1/2 cup Onions, chopped
1/2 cup Green Pepper, chopped
8 ounces Tomatoes, cut up

Cook spaghetti pasta and drain. Should be at least 3 cups of pasta. Stir butter into hot spaghetti. Stir in parmesan cheese and eggs. Form spaghetti mixture into a crust in a buttered 10-inch pie pan. Spread cottage cheese over bottom of spaghetti crust in skillet. Cook ground beef, onion and green pepper until vegetables are tender and meat is browned. Drain, stir in undrained tomatoes, paste, sugar, oregano, and garlic salt; heat through. Pour into spaghetti crust. Bake uncovered at 350 degrees for 20 minutes. Sprinkle mozzarella cheese on top. Bake 5 minutes, until melted. Makes 10 servings.

Yield: 10 servings

Serving Ideas: Serve with garlic toast, a 1/4 c fruit, and 1 c of milk for lunch.

Per Serving (excluding unknown items): 324 Calories; 19g Fat (52.3% calories from fat); 18g Protein; 21g Carbohydrate; 2g Dietary Fiber; 97mg Cholesterol; 499mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Strawberry Smoothie

Servings: 2



2 each Ice Cubes
1 cup Milk
1/3 cup Cottage Cheese
2/3 cup Frozen Strawberries
1 1/2 teaspoons Sugar
1 teaspoon Vanilla Extract

Pour all of the ingredients into a blender. Blend for 45 to 69 seconds until smooth.

Yield: 2 servings

Per Serving (excluding unknown items): 193 Calories; 5g Fat (22.4% calories from fat); 10g Protein; 29g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 214mg Sodium. Exchanges: 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Super-Cheesy Stove-Top Macaroni & Cheese With Ham

Servings: 12



Serves 12 preschool children a bread and meat component. Still require a vegetable 1/2c and 1c milk for lunch.

1 pound Elbow Macaroni
1/2 cup Sour Cream, Light
1 1/2 cups milk, 1% lowfat
8 ounces Cheddar Cheese Low Fat, Shredded
4 ounces Swiss Cheese, Low Fat, Shredded
2 teaspoons Dijon Mustard
1/2 teaspoon Black Pepper
1 teaspoon Salt
1/8 teaspoon Ground Nutmeg
1 cup Ham, Diced
2 tablespoons Bread Crumbs, Seasoned
2 tablespoons Parmesan Cheese

Cook pasta according to package directions. Drain and transfer to a large bowl. While pasta is still hot, stir in the sour cream and set aside. Scald the milk by heating in a small saucepan over medium heat until tiny bubbles just appear around the edges, about 3 minutes. Reduce the heat to low and add the cheddar, swiss cheese, mustard, black pepper, salt and nutmeg. Simmer until the cheese melts, stirring gently and constantly so mixture does not burn. Fold the cheese mixture into the pasta, add the diced ham, and transfer mixture into serving dish that is oven safe to use. Combine the bread crumbs and parmesan cheese in a dry skillet and set over medium heat for 1 to 2 minutes, until both are golden brown. Sprinkle the mixture evenly over the macaroni and cheese and serve.

You may also bake this mixture for 30 minutes at 350 degrees or until 165 degrees, and 5 minutes prior to removing add bread crumb and parmesan cheese mixture. Bake another 5 minutes until golden brown. This comes in handy if you want to prepare this dish the day before.

Yield: 12 servings

Serving Ideas: You can serve this dish with a tossed salad, or steamed green beans lightly seasoned with milk for lunch. Keeping a favorite dish and it's component lower in fat. You may also use enriched wheat pastas available to increase fiber in the diet.

Per Serving (excluding unknown items): 186 Calories; 3g Fat (12.9% calories from fat); 9g Protein; 31g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 405mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Swedish Meatballs

Servings: 10



Feeds 10 preschool children 1 1/2 oz of meat component.

1 pound Beef, Ground, or Turkey
1/2 cup Bread Crumbs, Dried or seasoned
1/2 cup Onions, Minced
1/4 cup Milk
1 large Egg
1 tablespoon Parsley
1 teaspoon Salt
1/8 teaspoon Black Pepper
1/2 teaspoon Worcestershire Sauce

Mix all ingredients together in mixed bowl. Make into 3/4 ounce balls. Allowing each child to have 2 meatballs for a 1 1/2 oz serving of meat. Brown meatballs in skillet until done.
A sauce can be made with 12 ounces of chili sauce and 10 ounces of grape jelly heated together and poured over meatballs.

Yield: 10 servings

Serving Ideas: Serve with enriched wheat spaghetti 1/2 c each, 1/2 c vegetable, 1/4 c fruit and 1 c of milk for lunch.

Per Serving (excluding unknown items): 150 Calories; 10g Fat (59.5% calories from fat); 10g Protein; 5g Carbohydrate; trace Dietary Fiber; 52mg Cholesterol; 298mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

T

Tuna Pizza

Servings: 12



Feeds 12 preschool children 1 bread (1/2 slice of bread) and 1 meat (2 oz).

6 each English Muffins, Split in half
1 1/2 pounds Tuna, Drained
6 tablespoons Mayonnaise
1 pound Cheddar Cheese, Shredded

Split english muffins in half, toast lightly under broiler. Top with 1 1/2 oz. each with tuna salad, and place 1/2 oz. of shredded cheese on top of tuna. Return to broiler for 2 minutes to lightly brown cheese. More or less time may be needed to brown cheese depending on your oven.

Yield: 12 servings

Serving Ideas: Serve with fresh cucumber wedges (1/2c ea), and ranch dip. A 1/4c each of fruit, and 1 c of milk for lunch.

Per Serving (excluding unknown items): 350 Calories; 22g Fat (55.9% calories from fat); 25g Protein; 14g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 428mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 2 Fat.

Veggie Tortilla Lasagna

Servings: 10



Feeds 10 preschool children 1 1/2 oz of cheese, 1 bread component, 1/4 serving of vegetable.

2 tablespoons Vegetable Oil
1 large Zucchini, Cut in half, crosswise into thin slices
1 teaspoon Cumin
1 1/4 cups corn, frozen, thawed
3/4 cup Ricotta Cheese
1 1/4 cups Monterey Jack Cheese, Grated
1/2 teaspoon Oregano, Dried
9 ounces Salsa, tomato
10 each Corn Tortilla
8 ounces Roasted Red Pepper, Drained, patted dry
3 tablespoons Coriander, chopped

Preheat oven to 500 degrees. In a skillet heat vegetable oil over moderately high heat. Add the zucchini, cumin, salt and pepper and cook, stirring 2 to 3 minutes. Add the coriander, stirring and cook for another 2 minutes. Remove from the heat and set aside.

Lightly grease a loaf pan, 8 1/2 x 4 1/2 by 3 inches, and trim tortillas into ten 5 by 3 3/4 inch rectangles. Cover bottom of loaf pan with 2 tortillas, overlapping them in the middle. Spread 1/4 C salsa over tortillas and top with half cheese mixture, half zucchini, half peppers, half corn, and 1 tablespoon coriander. Make another layer of tortillas, 1/2 cup salsa, 1/4 cup monterey jack and 1 tablespoon coriander. Cover lasagna with foil and bake in middle of oven 12 minutes, or until heated through and cheese is melted. Let lasagna stand, covered, 5 minutes before serving. Cut lasagna in sections and serve with a lime.

Yield: 10 servings

Serving Ideas: Serve with 1/2c serving of fruit and 1 c of milk for lunch.

Per Serving (excluding unknown items): 200 Calories; 10g Fat (44.8% calories from fat); 8g Protein; 20g Carbohydrate; 3g Dietary Fiber; 22mg Cholesterol; 244mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

W

Waldorf Salad

Servings: 4



2 Medium Apples, sliced
2 teaspoons Lemon Juice
1/2 Cup Celery, chopped
2 tablespoons Mayonnaise, add more if needed to taste
2 tablespoons Nuts, chopped

Mix all ingredients together and serve on top of salad greens, or iceberg lettuce.

Yield: 4 servings

Per Serving (excluding unknown items): 120 Calories; 9g Fat (59.3% calories from fat); 1g Protein; 12g Carbohydrate; 3g Dietary Fiber; 2mg Cholesterol; 53mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat.