

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 2022 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.

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



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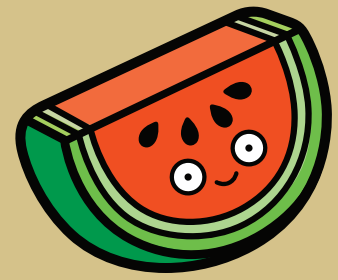
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WATERMELON SALAD



Ingredients

3 cups watermelon, cubed
1 large cucumber, sliced
2 Tbsp fresh mint, chopped
½ cup crumbled feta cheese
3 Tbsp olive oil
1 Tbsp lime juice

Directions

1. Combine watermelon, cucumber and mint in a serving bowl.
2. For the dressing, whisk together olive oil and lime juice.
3. Drizzle the dressing over the salad, then stir in feta cheese.

Makes 8, ½ cup servings

SUBMITTED BY
Candace Horne
Candy Cane's Learning Center
Adel, GA

CACFP Serving Information:

½ cup of salad provides ½ cup fruits and vegetables



VEGGIE BREAKFAST CASSEROLE



Ingredients

6 eggs
2 cups milk
1 tsp salt
1 tsp black pepper
1 tsp ground mustard
½ tsp garlic powder
½ tsp onion powder
8 slices enriched white bread, cut into bite sized pieces
1 cup shredded cheddar cheese
1 bell pepper, diced
1 tomato, diced
1 onion, diced

Makes 16 servings

Directions

1. Beat eggs well. Add milk and other ingredients.
2. Pour into a 2-quart buttered baking dish.
3. Cover and refrigerate overnight.
4. Bake, uncovered, at 350°F until internal temperature reaches 160°F (about 45 minutes to one hour).

SUBMITTED BY
Heather Wilson
Discovery Point #67
Cumming, GA

CACFP Serving Information:

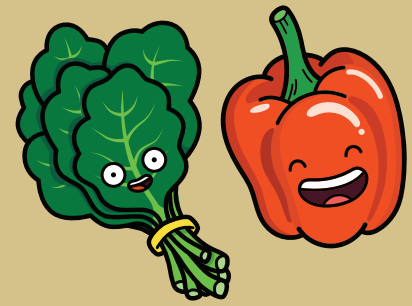
One serving equals ½ oz eq for grains



**Family
Child Care
Learning
Homes**

GRAND PRIZE WINNER

SPINACH WRAP



Ingredients

- 1 cup mushrooms, sliced
- 1 large onion, diced
- 2 large bell peppers, chopped
- 2 lb fresh spinach
- 1 cup feta cheese, crumbled
- 6, 8-inch whole wheat tortilla or wrap, warmed

Directions

1. Sauté mushrooms, onions and bell peppers until soft.
2. Add spinach and sauté until wilted, about two minutes. Stir in feta cheese.
3. Spoon mixture into wraps and roll up.

Makes 12 servings

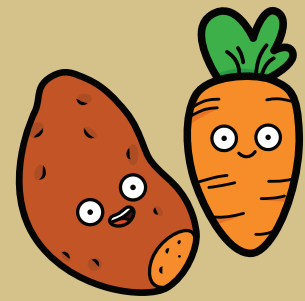
SUBMITTED BY
Katrina Wilson
Beginning Steps Daycare
Albany, GA

CACFP Serving Information:

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



ROASTED ROOT VEGETABLES



Ingredients

4-5 sweet potatoes, peeled
2 turnips, root stem and root end trimmed
but skin left on
3 carrots, peeled
1 bunch asparagus (about 12-15), trimmed
1 cup of chickpeas
¼ cup olive oil
1, 1 oz package dry ranch dressing mix

Directions

1. Preheat oven to 425°F.
2. Wash all vegetables and cut into ½ inch pieces.
3. Toss vegetables in olive oil and sprinkle with ranch seasoning mix.
4. Spread on a parchment lined baking pan.
5. Roast until lightly browned and softened, about 45 minutes.

Makes about 40 servings

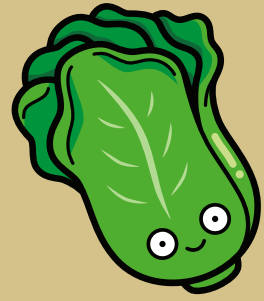
SUBMITTED BY
Rosmary Zabeta
Itty Bitties Academy
Lawrenceville, GA

CACFP Serving Information:

¼ cup equals ¼ cup vegetables



ORANGE WINTER SALAD



Ingredients

5 cups of lettuce, chopped
2 mandarin oranges, peeled and segmented
2 Tbsp orange juice
1 Tbsp white vinegar
¼ cup olive oil

Directions

1. In a medium serving bowl, combine lettuce and oranges.
2. To make the dressing, whisk together orange juice, white vinegar, and olive oil.
3. Drizzle dressing over salad and serve.

Makes 10-12 servings

SUBMITTED BY
Janice Owens
New Beginning Early Learning Academy
Albany, GA

CACFP Serving Information:

¼ cup equals ¼ cup vegetables



KALE CHIPS, 3 WAYS



Ingredients

- 1 bunch of kale, washed and thoroughly dried
- 1 Tbsp olive oil
- A pinch of salt
- Seasoning:
 - Option 1: Grated parmesan cheese
 - Option 2: Pepper and 2-3 teaspoons of lemon juice
 - Option 3: Paprika and garlic powder

Directions

1. Cut the kale leaves from the spine. Discard the spine and tear the leaves into small pieces.
2. Toss with olive oil until each leaf is coated, and season with a pinch of salt.
3. Season your kale chips with one of the three seasoning options.
4. Air fry at 350°F for about 5 minutes or bake at 400°F for 10-15 minutes.

Makes about 15 servings

SUBMITTED BY
María Claudia Ortega
My Little Geniuses
Marietta, GA

CACFP Serving Information:

¼ cup equals ¼ cup vegetables



**Child Care
Learning
Centers**

GRAND PRIZE WINNER

CAULIFLOWER WINGS



Ingredients

1 head cauliflower, cut into bite-sized pieces

Seasonings to taste: salt, pepper, paprika, garlic powder, Cajun or Creole seasoning (like Tony Chachere's)

1 cup flour

1 egg

1 cup milk

Buffalo sauce (optional)

Directions

1. Preheat oven to 425°F.
2. Season cauliflower with salt, pepper and other seasonings.
3. Whisk together milk, eggs and flour. It should be the consistency of pancake batter.
4. Toss cauliflower in the wet batter. Remove them one-by-one, letting excess sauce drip off, and place each piece on a parchment lined baking sheet.
5. Bake at 425°F for about 25-30 minutes, flipping halfway through. Toss in sauce if desired.

Makes about 15 servings

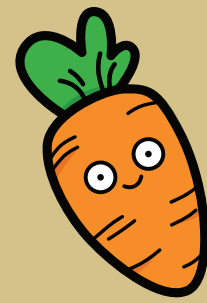
SUBMITTED BY
Faith Eddie
The Learning Station
Ellenwood, GA

CACFP Serving Information:

¼ cup equals ¼ cup vegetables



CINNAMON CARROT CHIPS



Ingredients

1 lb carrots, peeled and thinly sliced
1-2 Tbsp olive oil
Cinnamon, to taste

Directions

1. Toss carrots in oil.
2. Spread onto baking sheet and sprinkle with cinnamon.
3. Bake at 400°F for 30 minutes.

Makes about 15 servings

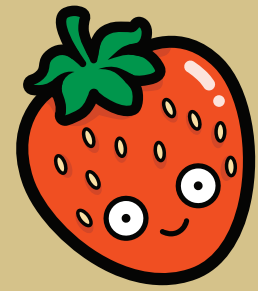
SUBMITTED BY
Shannon Moon
Polkadot Patch Childcare
Columbus, GA

CACFP Serving Information:

¼ cup equals ¼ cup vegetables



STRAWBERRY SMILE



Ingredients

5 whole wheat bagels, sliced
2 cups low-fat yogurt; or nut or seed butter
5 cups strawberries or other fruit, sliced

Directions

1. Spread yogurt (or nut or seed butter) on each bagel slice.
2. Place strawberries on top to make a smile.

Makes 10 servings

SUBMITTED BY

Brigitte Willis

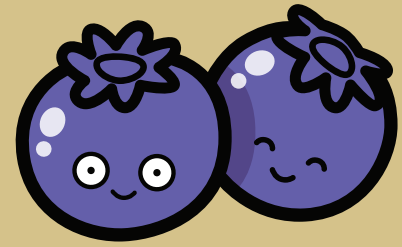
**A Better Day Christian Learning Center
Grovetown, GA**

CACFP Serving Information:

½ bagel equals ½ cup fruit and 1 oz eq for grains



YOGURT DIPPED BLUEBERRIES



Ingredients

5 cups blueberries
2½ cups low-fat vanilla Greek yogurt

Makes 10 servings

Directions

1. Spoon yogurt into bowl. Drop blueberries into yogurt.
2. Remove blueberries with a fork, and place on a pan lined with parchment paper.
3. Put dipped blueberries into freezer for at least an hour. Once frozen, store in a plastic storage bag in freezer.

SUBMITTED BY

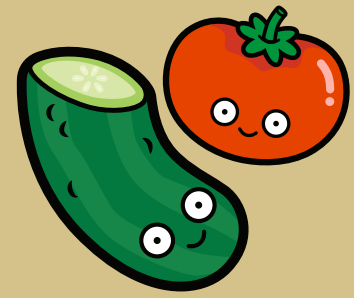
Tiffany Douglas
ABC Early Head Start
Alma, GA

CACFP Serving Information:

1 serving equals ½ cup of fruit



COOL CUCUMBER AND TOMATO SALSA



Ingredients

2 cucumbers, chopped
2 tomatoes, chopped
½ bell pepper, chopped
½ red onion chopped
1 clove garlic, minced
1 lime, juiced
¼ cup fresh cilantro, chopped

Directions

1. Combine all ingredients in a large bowl. Mix well.
2. Serve with whole wheat crackers, pita bread, or tortilla chips.



Makes about 12 servings

SUBMITTED BY
Kazookles the Cow
Quality Care for Children

CACFP Serving Information:

½ cup equals ½ cup vegetables



FRUITY SMOOTHIE CUP



Ingredients

2 cups fresh or frozen strawberries, sliced
2 cups fresh or frozen peaches, sliced
1 banana, sliced and frozen
½ cup 100% orange juice
8 ice cubes

Directions

1. Place all ingredients in a blender and blend until smooth.

Makes 10 servings

SUBMITTED BY
Anita White
CRK Child Development Center
Albany, GA

CACFP Serving Information:

½ cup equals ½ cup fruit

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