

COOKING MATTERS[®]

NO MORE MEALTIME MADNESS

ENGLISH LESSON WITH ENGLISH & SPANISH MATERIALS
Under Development



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COOKING MATTERS[®]

No More Mealtime Madness: Getting Started

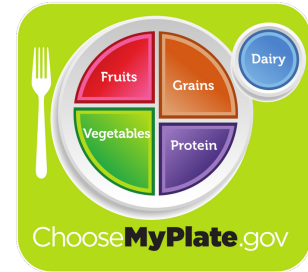


FOR FACILITATORS

Getting Started

Background

What is Cooking Matters? We dream of a world where healthy eating choices are the norm for everyone. To this end, Cooking Matters teaches participants to shop for and cook healthy meals through hands-on, in-person courses; interactive grocery store tours; live, online programming; and mobile, online and educational tools. All Cooking Matters content uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. Cooking Matters is a campaign of Share Our Strength, an organization working to end hunger and poverty.



Who is Cooking Matters for? Cooking Matters is designed for parents and caregivers, particularly those with kids from 0-5, who are experiencing limited food budgets. How does it work? Cooking Matters works with a network of partners who deliver impactful food skills education in their communities through learner-centered programming. Programming can be done in-person or online, and includes hands-on cooking, nutrition and budgeting activities and discussions, and communal eating of the food made in class (if applicable). Participants will complete pre- and post- class questions to evaluate any behavior change. Evaluation results show that facilitator efforts make a lasting impression and that Cooking Matters participants continue to practice improved eating habits, cooking techniques, and food resource management skills they learned in class.

What is the Waiver & Release? In-person programming participants, guests, volunteers, and facilitators must complete a Cooking Matters-provided 'Participation Waiver and Release' form. Waivers do not need to be obtained for employees of Implementation or Collaborating Partners. Online programming participants, guests, volunteers, and facilitators must complete the form when online programming is recorded and participants are sharing a video feed. Cooking Matters provides the form in English and Spanish. Such Participation Waiver releases Share Our Strength, its partners, sponsors and each of their officers, directors, agents, employees, and volunteers from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses that may result from Program participation. Share Our Strength does not require these waivers to be returned but rather to be kept on file with the implementer. See the last page of this packet for the waiver and release.

Please note that this lesson packet is under development and is not a final product.

Creating a Learner-Centered Cooking Matters Class

Adults bring their life experiences to their learning experiences, and use those to determine what is important and relevant to them. As a Cooking Matters facilitator, your challenge is to build upon those experiences so that caregivers will be able to incorporate lessons from Cooking Matters into their own lives.

To achieve this, you'll need to focus on creating a learner-centered environment. This is more than providing information or teaching skills. It is an educational approach that focuses on the participants' concerns and involves them in making decisions and solving problems.

Learner-centered education aims to:

- Engage learners
- Develop respectful relationships
- Recognize that adult learners are decision-makers
- Provide immediately useful information
- Build on learners' past experience and knowledge
- Sequence the learning experiences and reinforce them

The desired outcome is to create a safe environment for learners to consider changing behaviors.

Facilitated Dialogue is a key technique in learner-centered education. Active participation of the leader and group members is its key characteristic. Your role as a facilitator is to provide opportunities for learning by engaging participants in discussion and activities that build upon their experiences. The participants' role is to share questions, concerns, and successes so that they can learn from each other as well as from the instructors.

Each lesson plan is written to assist you in creating a learner-centered course and using Facilitated Dialogue techniques. We hope that you will ask participants open-ended questions to share what they know and encourage hands-on practice with the new skills and information you present. Remember that participants are experts in their own lives. Use participants as a resource for teaching and encourage them to actively consider the changes they can make to get most out of their family meals.

Customizing Your Cooking Matters Class

Cooking Matters was created to meet the needs of a broad swath of parents and caregivers, based on research on the food decision-making processes and preferences of families as well as the wealth of experience of all of our partners that work with parents and caregivers every day across the country. Covering each of the key objectives listed in the lesson plans at some point during the course will help you meet the most salient needs of participants and their families. However, we recognize that some customization of your class will be necessary to meet the specific needs of your particular group. Use of learner-centered principles, including Facilitated Dialogue, will allow you to adapt the flow of conversation to the more specific needs of your audience. We recommend that you take the time in advance to think about other ways in which you might need to make shifts in your teaching approach to be most appropriate for your group. For example:

RECIPES:

Ask parents and caregivers in your group what type of recipes they are interested in making. Don't assume the type of foods a certain cultures will want to make. Base the recipes used in class on what participants want to learn, drawing from the collection of recipes included, from CookingMatters.org, or from your own collection.

Consider modifying the structure of the lesson based on the recipes your group will prepare. Ingredients should be low-cost and generally accessible for families. Recipes should be quick to prepare with simple instructions and a combination of ingredients that encourages a variety of food choices across all food groups.

ENGLISH AS A FOREIGN LANGUAGE:

If your class is held with EFL speakers who require a translator, recognize that you'll need to allow extra time for translation. If you're not able to extend the session, determine in advance where you may be able to trim some talking points to cover only the highest-priority content, or try preparing shorter recipes

AGE OF YOUR GROUP'S CHILDREN:

Be sure to ask the parents in your group the ages of their children. Look for ways to make each child-focused discussion applicable to parents and caregivers of children of different ages. As you read through the lesson plan, determine in advance how you will modify other discussions as needed for your group.

COOKING MATTERS®

No More Mealtime Madness: Lesson Plan



FOR FACILITATORS



NO MORE MEALTIME MADNESS: PLAN YOUR WAY TO A PEACEFUL MEAL WITH KIDS 30-minute lesson

GOAL

Help caregivers plan and prepare quick, budget-friendly, chaos-free meals at home

OBJECTIVES

- Introduce fundamentals of maintaining a basic pantry.
- Introduce fundamentals of planning weekly meals.

KEY MESSAGES

- Plan weekly menus in advance to save time and money, reduce mealtime stress, and make healthier choices. Include ideas from the whole family for better buy-in and fewer fights.
- Maintain a basic pantry to help you save time and eat healthier in a pinch. A stocked pantry helps you put together quick meals using foods already on hand.

MATERIALS

Flip chart or white board • Markers/pens • Name tags • Ingredients and equipment for your chosen recipes • Materials for kids' activity (if using - optional)

KIDS' ACTIVITIES

For optional free downloadable kids activities that parents can have for their children to do while the lesson is happening, visit cookingmatters.org/community-resources/#kids-handouts

CAREGIVER HANDOUTS

We have provided a set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. You are NOT required to provide all of these handouts as take-homes (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that at a minimum you provide a printed copy of the recipe(s) you prepared in class. Check off the handouts you plan to reference during class:

- Menu Planning Basics
- Stocking Your Pantry
- Sub It In

RECIPE OPTIONS

Choose at least 1 recipe (or as many as time allows) for the hands-on prep. The following chart provides some ideas. You may use other recipes if you wish – see CookingMatters.org/recipes for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines. To work within a 30-minute lesson, please read the recipes carefully and determine whether you need to prepare any ingredients in advance (e.g., chopping veggies, pre-cooking grains or other ingredients) to fit within your timeframe.

Recipe Ideas			
Recipe Ideas	Prep & Cook Time	Time Saving Tips	Talking Points
Tuna Boats	Prep Time: 15 minutes Cook Time: 0 minutes	No prep needed in advance.	“Not a fan of tuna? Try other pantry staples like canned salmon or chicken, packed
Veggie Wraps	Prep Time: 15 minutes Cook Time: 0 minutes	No prep needed in advance.	“Talk about quick and easy! Veggie wraps don’t require any cooking and can be made in advance for grab-n - go lunches or dinner.” “You can also slice these into ‘pinwheels’ for a healthy snack that’s fun for kids.” “Store tortillas in the fridge to last longer – or you can even keep them in the freezer so you always have them available to make a quick snack, lunch, or dinner. Yogurt is a great item to keep on hand in your fridge because it can last for a couple of weeks.”

CLASS TIME

PAPERWORK (5 MINUTES):

As caregivers arrive, have them sign a waiver.

MAIN COURSE: LESSON TOPIC (22 MINUTES):

INTRODUCTION: (3 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Set expectations.** Explain that caregivers will learn how to save time and money, and cut down on mealtime stress, by planning weekly menus and maintaining a basic pantry. We'll also discuss ways to involve kids in the meal planning to create more buy-in at mealtime.
3. **Get acquainted:**

ASK

"Show of hands — Who has infants? Toddlers and preschoolers? School-aged children? Teenagers?"

- Make note of this information so you can focus on sharing tips that are most relevant for the age groups represented. Let caregivers know that we will dive right in so we have time for food preparation, but their questions and ideas are welcome throughout the lesson!

HANDS-ON COOKING AND DISCUSSION (19 MINUTES)

1. Begin by having caregivers prepare the food together

NOTE: If you have a helper to lead children, pull the kids into a separate activity of your choosing while caregivers prepare food and have a discussion. If not, identify a specific cooking task for kids or give them a designated area for independent play.

- Have caregivers wash hands using proper technique.
- Introduce the recipe(s) you have chosen. Point out the pantry items used in the recipes.
- Delegate different recipe steps as needed. While caregivers are working

ASK

"What foods do you normally keep on hand in your pantry? How can a well-stocked pantry save you time and money?"

- As needed, point out that a stocked pantry is a time-saver because you can create healthy meals and snacks in a hurry – no need to run back out to the store. It's also a money-saver – you can stock up on pantry items when you find them on sale or for a great price. You can also sub in low-cost pantry items for more expensive ingredients in a recipe – or use them in a pinch if you forgot an ingredient.

- Review the Stocking Your Pantry handout and the Cooking Matters Pantry handout and point out great items to always have on hand.
- Move on to discuss meal planning:



“Do you plan menus in advance? What are some of the benefits? What are some of the challenges?”

- As needed, point out that menu planning helps us save money (by avoiding unnecessary purchases, using up items you have on hand, and using ingredients across several meals) and helps us eat better (by reducing reliance on convenience items, planning to include healthy foods from all food groups, and avoiding impulse buys).
- Choose one of the meal planning challenges caregivers mentioned and let caregivers offer each other ideas to overcome the challenge. Use the following table to offer additional ideas as needed. Address additional challenges mentioned by caregivers if time permits.

Menu Planning Challenges	
Challenge	Talking Points
“I’m short on time. It feels like one more thing to do.”	“Meal planning does take time up front – but it pays off big time throughout the week. Compare the 20-30 minutes you would spend meal planning to the time you save with: • Quick trips to the store – you know exactly what you need to buy • Less arguing with kids – if it’s not on the list, you’re not buying it • No wasted time each day (not to mention the stress!) trying to figure out what you’re going to feed the family • No extra trips to the store for forgotten ingredients or grabbing something to eat that night.” “The key is scheduling that planning time each week when you know you’ll have the time and energy to tackle it. Think about what regular time in your schedule might work best.”
“My family’s weeks are so busy and everyone is on a different schedule. It’s hard to predict what future mealtimes will require.”	“Meal planning takes into account the family schedule and gives you an opportunity to be better prepared for the unpredictability of active family life. You’ll avoid wasting food on meals if only half the family will be there to eat it. You also avoid the stress of the lastminute scramble coming up with meal ideas each day.”

Menu Planning Challenges	
Challenge	Talking Points
"My kids are picky eaters and my spouse has dietary issues, it's hard to plan one meal we all can agree on."	"Get everyone involved in meal planning. Asking for each person's preferences not only creates buy-in, but also gives you opportunity in advance to plan a single core meal (like tacos) that can be adapted at the table to suit individual tastes (like adding or leaving out certain toppings). Plus, satisfied eaters will waste less food, which is money saved."

- Review the tips on the Menu Planning Basics handout. Ask caregivers to share their own menu planning tips or best practices with the group.



"What are ways to involve the whole family in menu planning?"

- Point out that, just like getting kids involved in the cooking, involving kids in the planning can get kids excited about mealtime and increase their willingness to try new things. Suggest having kids help plan at least one meal per week to start.

Menu Planning with the Whole Family	
Idea	Talking Points
Create theme nights	Work with kids to plan a mealtime tradition for a given day of the week so kids can look forward to it (e.g., Taco Tuesday or Pizza Friday). This also helps simplify the planning each week.
Ask for family favorites	Ask everyone in your family to list their favorite dishes. Keep a master list of 10-20 favorite family dishes and refer to this list often when you plan your meals.
Review the family calendar	Who is working late? Are there afterschool activities or appointments? Plans to visit friends or neighbors? Take everyone's schedule into consideration and plan accordingly. Leftovers work great for these nights.
Check the weather	Appoint kids as official family meteorologists to check the week's weather, then predict what you might be in the mood to eat. Rainy and cold on Monday? Perfect for soup night. Temperature and humidity rising on Thursday? No-Cook Veggie Wraps, sliced in pinwheels for kids, with a side of guacamole and chips, sounds refreshing.

CLOSING (3 MINUTES):

ENCOURAGE: Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing.

SHARE: Share with caregivers that they can get more great recipes, tips, and ideas for feeding young children by following our Cooking Matters Facebook page. They can also download the Cooking Matters App, visit CookingMatters.org, or follow us on YouTube or Instagram.

TAKE: Share handouts for caregivers to take home, as well as any incentive items you are providing. Caregivers must complete the participant survey questions and return the forms to you before receiving their take-home items.

COOKING MATTERS®

No More Mealtime Madness: Recipes



Kids love to help in the kitchen and there are lots of ways to include them.

- The recipes in this packet include steps marked with the "little helping hand." 🖐️
- These steps are good for kids, but help from adults may be needed. Use these tips to help kids safely build their skills doing common cooking tasks.
- Trying new foods? Check out the Taste Test: Name that Food handout. Hang it on the fridge or another spot that is easy to find. Use it to introduce new foods to kids in a fun way.

Tuna Boats

Serves 4, ½ cucumber and 6 ounces filling per serving
Prep time: 15 minutes • Cook time: None

 = Have kids help with the steps marked with the “little helping hand”!

Ingredients

2 large cucumbers
1 lemon
2 green onions
1 (6-ounce) can low-sodium tuna, packed in water
1 (15½-ounce) can white beans
1 Tablespoon canola oil
1 Tablespoon Dijon or country mustard
¼ teaspoon salt
¼ teaspoon ground black pepper

Materials

Box grater • Can opener •
Colander • Cutting board •
Fork • Measuring spoons •
Medium bowl • Sharp knife
• Small bowl • Spoon •
Vegetable peeler

Directions

-  1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
-  3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
-  5. In a medium bowl, mash beans lightly with a fork.
-  6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
-  7. Fill each cucumber half with ¼ tuna mixture. Serve.

Chef's Notes

- For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top.
- Add chopped bell pepper or celery for extra nutrition and crunch.
- Try canned salmon, packed in water, instead of tuna.

Nutrition Facts	
Serving Size 1/2 cucumber and 6 ounces filling	
Servings Per Recipe 4	
Amount Per Serving	
Calories 220	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 500mg	22%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Sugars 3g	
Protein 19g	
Vitamin A 4%	Vitamin C 20%
Calcium 8%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Make Food Fun! – Tuna Boats

Easy and fast tips for making food fun for kids.



Cut the cucumber in different shapes.

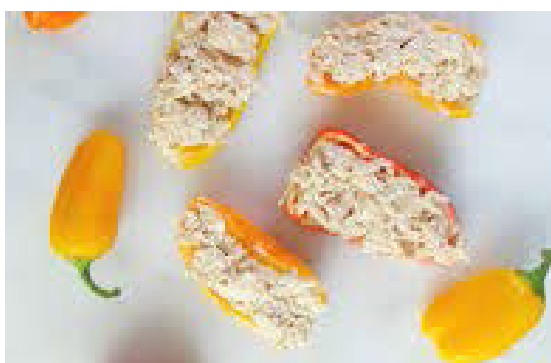
Tips and Tricks:

Not a fan of tuna? Try other pantry staples like canned salmon or chicken, packed in water.

Tips and Tricks:

Allow kids to smash the beans in the recipe using a plastic bag. This lets them help with the recipe while playing with their food!

Allow kids to serve on crackers or bread.



Use a different veggie for the "boat" - try mini peppers or sliced tomatoes.

Tips and Tricks:

Add grated carrots for crunch and extra color. Add avocado for a creamy texture. Try mixing up the spices to find your favorites.

Barquitos de atún

Rinde 4 porciones, ½ pepino y 6 onzas de relleno por porción

Tiempo de preparación: 15 minutos • Tiempo de cocción: no se requiere



= ¡Deje que los niños ayuden con los pasos marcados con la "manito que ayuda!"

Ingredientes

2 pepinos grandes
1 limón
2 cebollitas verdes
1 lata (6 onzas) de atún en agua, bajo en sodio
1 lata (15½ onzas) de frijoles blancos
1 cucharada de aceite de canola
1 cucharada de mostaza de Dijon o mostaza country
¼ cucharadita de sal
¼ cucharadita de pimienta negra molida

Utensilios

Rallador de cuatro lados • Abrelatas • Colador • Tabla para cortar • Tenedor • Cucharas de medir • Tazón mediano • Cuchillo afilado • Tazón pequeño • Cuchara • Pelador de verduras

Preparación



1. Lave los pepinos. Quíteles la cáscara pero sólo a cada ¼ de pulgada en todo el pepino. Córtelos a lo largo, por la mitad. Sáqueles las semillas con una cucharita.
2. Lave el limón. Ralle la cáscara por el lado de los orificios pequeños del rallador. Córtelo por la mitad. Exprima el jugo en un tazón pequeño. Saque las semillas.
3. Lave y pique las cebollitas verdes.
4. Escorra el atún. En un colador, escurra y enjuague los frijoles.
5. En un tazón mediano, machaque ligeramente los frijoles con un tenedor.
6. Agréguele a los frijoles, las cebollitas verdes, el atún, el aceite, la mostaza, la sal, la pimienta, la ralladura de limón y 2 cucharadas de jugo de limón. Mezcle con un tenedor.
7. Rellene cada mitad de pepino con ¼ de la mezcla de atún. Sírvalos.

Chef's Notes

- Para comerlo como merienda o servirlo en una fiesta, corte los pepinos en tajadas gruesas. No les saque las semillas. Coloque encima una porción de la mezcla de atún.
- Para que sea más nutritivo y crujiente, puede añadirle pimentones o apio.
- Pruebe reemplazando el atún con salmón enlatado en agua.

Nutrition Facts

Serving Size 1/2 cucumber
and 6 ounces filling
Servings Per Recipe 4

Amount Per Serving

Calories 220 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 500mg 22%

Total Carbohydrate 26g 9%

Dietary Fiber 6g 21%

Sugars 3g

Protein 19g

Vitamin A 4% • Vitamin C 20%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

¡Haga que la comida sea divertida! - Barquitos de atún



Corte el pepino con formas diferentes.

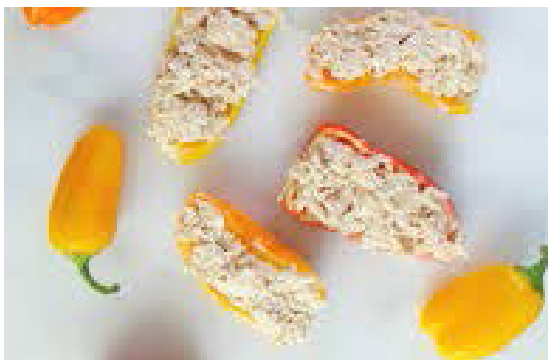
Consejos y Trucos:

¿No le gusta el atún? Use otros ingredientes básicos como salmón o pollo enlatados en agua.

Consejos y Trucos:

Deje que los niños aplasten los frijoles usando una bolsa de plástico. ¡Esto permite que ayuden con la receta mientras juegan con su comida!

Deje que los niños lo sirvan en galletas saladas o pan.



Use una verdura diferente para los “barcos” – pruebe con pimientos mini o tomates en rodajas.

Consejos y Trucos:

Eche zanahoria rallada para que estén crujientes y darles más color. Eche aguacate para darles una textura cremosa. Pruebe a cambiar las especias para encontrar sus favoritas.

Veggie Wraps

Serves 4, 3 pinwheels each

Prep time: 15 minutes • Cook time: None

 = Have kids help with the steps marked with the “little helping hand”!

Ingredients

4 large radishes
1 small carrot
1 cup salad greens
3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
1 lemon
2 ounces low-fat Swiss or cheddar cheese
1 large, ripe avocado
¼ cup nonfat plain yogurt
3 (8-inch) whole wheat flour tortillas
Optional Ingredients
5 ounces thinly sliced roasted turkey

Materials

Box grater • Cutting board
• Fork • Medium bowl •
Measuring cups • Sharp knife •
Small bowl • Vegetable peeler

Directions

-  1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.
2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips.
-  3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
-  4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
-  5. Grate cheese.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
-  7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
-  8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
-  9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
-  10. Place the warm tortilla on a cutting board. Spread ⅓ avocado mixture over center of tortilla. Layer with ⅓ greens, ⅓ grated veggies, and ⅓ cheese. If using turkey, add ⅓ turkey now. Squeeze more lemon juice over the mixture.
-  11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four “pinwheels.”
-  12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.

Nutrition Facts

Serving Size 3 pinwheels
Servings Per Recipe 4

Amount Per Serving

Calories 220 Calories from Fat 100

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 350mg 15%

Total Carbohydrate 25g 9%

Dietary Fiber 4g 14%

Sugars 3g

Protein 9g

Vitamin A 50% • Vitamin C 25%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chef's Notes

- Use any of your favorite seasonal veggies in this wrap. Grate, chop, or peel into thin slices before adding.
- Use 1 cup homemade guacamole in place of avocado.

Make Food Fun! – Veggie Wraps

Easy and fast tips for making food fun for kids.



Serve open faced, arranging the veggies in a design or face.

Tips and Tricks:

To keep tortillas longer, store them in the fridge or even the freezer. That way you'll always have them available to make a quick snack, lunch, or dinner.

Tips and Tricks:

To serve the veggie wraps toasted, warm in a pan on the stovetop or place them under the broiler. Just make sure to watch them as they will cook quickly.



Arrange veggies in a pattern to create a rainbow or colorful display when served.



Serve as "sushi" or pinwheels.

Tips and Tricks:

Talk about quick and easy! Veggie wraps don't require any cooking and can be made in advance for grab-n-go lunches or dinner.

Rollitos de verduras

Rinde 4 porciones, 3 molinetes para cada uno

Tiempo de preparación: 15 minutos • Tiempo de cocción: no se requiere



= ¡Deje que los niños ayuden con los pasos marcados con la "manito que ayuda!"!

Ingredientes

4 rábanos grandes
1 zanahoria pequeña
1 taza de verduras de hojas verdes para ensalada
3 ramitas de hierbas frescas (perejil, eneldo, cilantro o una combinación)
1 limón
2 onzas de queso cheddar o suizo bajo en grasa
1 aguacate grande y maduro
¼ taza de yogur natural sin grasa
3 tortillas (de 8 pulgadas) de trigo integral
Ingredientes opcionales
5 onzas de tajadas delgadas de pavo asado

Utensilios

Cuchillo afilado • Pelador de verduras • Rallador de cuatro lados • Tabla para cortar • Tazas de medir • Tazón mediano • Tazón pequeño • Tenedor

Nutrition Facts	
Serving Size 3 pinwheels Servings Per Recipe 4	
Amount Per Serving	
Calories 220	Calories from Fat 100
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Sugars 3g	
Protein 9g	
Vitamin A 50%	Vitamin C 25%
Calcium 10%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Directions



1. Lave los rábanos y la zanahoria usando un cepillo para verduras. Lave las verduras de hojas verdes para ensalada. Seque las verduras dándoles toquecitos con una toalla de papel.
2. Con el pelador de verduras, pele los rábanos y la zanahoria a lo largo, en tiras. Eche las tiras en un tazón mediano.
3. Lave las hierbas. Quite las hojas de los tallos. Rasgue las hojas en pedacitos.
4. Lave el limón. Ralle la cáscara por el lado de los orificios pequeños del rallador. Córtelo por la mitad y sáquele las semillas.
5. Ralle el queso.
6. Corte el aguacate a lo largo. Sáquele el hueso. Saque la pulpa con una cuchara.
7. En un tazón pequeño, haga puré de aguacate con un tenedor. Revuelva con el yogur.
8. Exprima un poquito de jugo de limón en la mezcla de aguacate. Añada las hierbas y una pizca de ralladura de limón.
9. Revuelva.
10. Caliente 1 tortilla en el microondas por 30 segundos o más si es necesario.
11. Coloque la tortilla tibia en una tabla para cortar. Esparza 1/3 de la mezcla de aguacate sobre el centro de la tortilla. Ponga una capa de 1/3 de verduras de hojas verdes, 1/3 de verduras ralladas y 1/3 de queso. Si va a usar el pavo, agregue 1/3 de pavo ahora.
12. Exprima más jugo de limón sobre la mezcla.
13. Enrolle la tortilla. Use un cuchillo para cortar el rollo en 4 molinetes.
14. Haga lo mismo con las otras 2 tortillas. Saldrán un total de 12 molinetes.



Sugerencias del chef

- Use cualquiera de sus verduras preferidas en estos rollitos. Rállelas, píquelas o córtelas en tajadas delgadas, antes de añadirlas.
- Use 1 taza de guacamole casero en lugar de aguacate.

¡Haga que la comida sea divertida! - Rollitos de verduras



Sírvalos abiertos, haciendo un diseño o una cara con las verduras.

Consejos y Trucos:

Para que las tortillas le duren más, guárdelas en el refrigerador o incluso el congelador. Así siempre las tendrá disponibles para hacer una botana, almuerzo o cena rápidos.

Consejos y Trucos:

Para servirlos tostados, caliéntelos en una sartén en la cocina o póngalos bajo la parrilla. Vigílelos ya que se calientan rápidamente.



Cree un arcoíris u otro diseño colorido al servirlos.



Sírvalos como "sushi" o reguiletes.

Consejos y Trucos:

¡Rápido y fácil! Estos rollitos de verduras no hay que cocinarlos y se pueden hacer con antelación para tener almuerzos o cenas listas.

COOKING MATTERS®

No More Mealtime Madness: Caregiver Handouts



Menu Planning Basics

Plan ahead to create healthy, budget-wise meals.

Making a menu can be easy. Try these hints:

- Check what you have at home. See what needs to be used up in your cupboard, refrigerator, and freezer.
- Don't focus on the details. Start by writing down ideas rather than specific recipes.
- Pick out ingredients that can be used in more than one meal.
- Think about ways to use leftover ingredients in other meals. Don't let them go to waste.
- Check store fliers. Look for sale items you could use in your meals.
- Create a shopping list to make sure you buy all the items you need.

Ingredients I have on hand that need to be used:

Ingredients I can use in more than one meal:

Use the chart on the next page to plan out next week's meals >

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast (pick at least three) • Vegetables • Fruits • Grains • Dairy • Protein							
Lunch (pick at least three) • Vegetables • Fruits • Grains • Dairy • Protein							
Dinner (pick at least three) • Vegetables • Fruits • Grains • Dairy • Protein							
Snacks (pick at least two) • Vegetables • Fruits • Grains • Dairy • Protein							

Conceptos básicos para planear un menú

Planee con anticipación para crear comidas saludables, dentro de su presupuesto.

Planear un menú puede ser fácil. Trate estas sugerencias:

- Revise lo que tiene en casa. Mire qué necesita usar de su despensa, refrigerador y congelador.
- No se enfoque en los detalles. Empiece por escribir ideas en lugar de recetas específicas.
- Escoja ingredientes que se puedan usar en más de una comida.
- Piense en cómo usar los ingredientes que sobren en otras comidas. No los deje desperdiciar.
- Mire los volantes de las tiendas o supermercados. Busque los artículos en oferta que podría usar en sus comidas.
- Haga una lista de compras para asegurarse de comprar todos los productos que necesita.

Ingredientes que tengo a mano y debo usar:

Ingredientes que puedo usar en más de una comida:

Use la tabla en la siguiente página para planificar las comidas de la próxima semana >

	Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
Desayuno (Escoja al menos tres) • Verduras • Frutas • Granos • Productos lácteos • Proteínas							
Almuerzo (Escoja al menos tres) • Verduras • Frutas • Granos • Productos lácteos • Proteínas							
Cena (Escoja al menos tres) • Verduras • Frutas • Granos • Productos lácteos • Proteínas							
Snacks (Escoja al menos dos) • Verduras • Frutas • Granos • Productos lácteos • Proteínas							

Stocking Your Pantry

Keep these ingredients on hand to create quick and healthy meals.

Baking Products.

Have flour, sugar, baking soda, and baking powder on hand. They are basic ingredients for many fresh baked goods.

Canned Beans and Fish

Add beans like kidney, black, pinto, or lima to salads and soups. Or, serve as side dishes or add to a main dish. Use canned tuna and salmon to add protein to salads, casseroles, and pasta.

Canned Fruits and Vegetables.

Canned produce like pineapple, applesauce, corn, and green beans make quick and easy side dishes or snacks on their own. Or, use as an ingredient to stretch main dishes.

Canned or Powdered Milk.

Canned low-fat evaporated and dry powdered milk keep longer than fresh. Prepare them according to the package directions. Use in recipes instead of fresh milk.

Canned Tomato Products.

Keep canned tomato sauce and whole, diced, or puréed tomatoes on hand. They are basic ingredients in a wide range of recipes.

Cereals.

Stock up when they're on sale. Enjoy with fruit and milk. Or, use to make trail mixes, baked goods, or crispy coatings for meat, poultry, and fish.

Dried Fruit and Nuts.

Use as a snack on their own or in homemade trail mix. Add to cereals, baked goods, and yogurt for a snack or breakfast.

Dried Herbs.

Buy the dried herbs and spices you use often. Use to add flavor in place of extra salt.

Oil.

Canola and olive oils are healthy choices when cooking or making dressings. Cooking spray keeps food from sticking to the pan.

Pasta and Rice.

Buy on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests.

Vinegar.

Buy on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests.

Abasteciendo su despensa

Conserve estos ingredientes secos a la mano para crear rápidas y nutritivas comidas.

Productos para hornear

La harina, el azúcar, el bicarbonato de sodio y el polvo para hornear son ingredientes básicos para los alimentos horneados frescos

Frijoles y pescados enlatados

Los frijoles rojos, negros, bayos y verdes se pueden agregar a ensaladas y sopas, que se usan como guarniciones o se pueden incluir en el plato principal. El atún y el salmón enlatado también son sabrosos y representan una forma sencilla de agregar proteínas a las ensaladas, cazuelas y pasta.

Frutas y vegetales enlatados.

Artículos como piñas, puré de manzana, elotes y frijoles verdes enlatados son guarniciones o refrigerios que se preparan de forma rápida y sencilla y pueden ampliar otros platillos cuando se usan como ingredientes.

Leche en lata o en polvo

La leche enlatada baja en grasas y la leche en polvo se conservan durante más tiempo que la leche fresca. Prepárelas de acuerdo a las instrucciones del paquete y úselas en recetas en vez de usar leche fresca.

Productos de tomate enlatados

La salsa de tomate, el tomate completo, en trozos o el puré enlatado son ingredientes básicos en una gran variedad de recetas.

Cereales

Aprovisiónese de cereales de granos integrales cuando están en oferta, disfrútelos con fruta y leche, y úselos para hacer combinaciones, alimentos horneados o cubiertas crujientes para carnes, pollos y pescados.

Frutas secas y nueces

Las pasas, frutas secas y nueces son sabrosas y convenientes refrigerios por sí solos o en combinaciones caseras. Agréguelos a los cereales, alimentos horneados, y al yogur para un refrigerio o desayuno.

Hierbas secas

Compre las hierbas y especies secas que usa con frecuencia. Representan una forma económica y conveniente de agregar sabor sin usar más sal.

Aceite

Los Aceites de oliva y canola son opciones saludables al cocinar o preparar aderezos. El spray antiadherente evita que la comida se adhiera a la sartén.

Pasta y arroz

Compre pasta integral y arroz integral que esté en oferta o disponibles en grandes cantidades o en paquetes familiares. Una vez abiertos, almacénelos en contenedores herméticos para conservarlos frescos y prevenir plagas.

Vinagre

Mantenga a la mano sidra, vino tinto, arroz o vinagre balsámico para ensaladas y marinados caseros.

Sub It In

Tempted to skip over a recipe because of one ingredient? Just use something else!

Foods within a category can be used in place of each other. For instance, a dark leafy green such as kale can be replaced with any other dark leafy green like chard or collards, whether raw or cooked.

If your recipe calls for a food that is too pricey, hard to find, or that you simply don't care for, try subbing in another. Substitutions may be different for raw or cooked foods, so figure out how it's used in your recipe. Then try the tips in the charts below.

Instead of...	If using raw, sub in...	If using cooked, sub in...
Fruit		
Berries (blueberries, blackberries, strawberries, and raspberries)	Cherries, bananas, grapes, stone fruit	Cherries, grapes, stone fruit
Grapes	Cherries, berries, bananas	Cherries, berries
Stone fruit (peaches, plums, nectarines, and apricots)	Bananas, berries	Grapes, apples, pears
Veggies		
Broccoli	Cauliflower	Cauliflower, spinach, dark leafy greens
Carrots	Beets, celery root, summer squash, celery	Root vegetables, summer squash, celery
Dark leafy greens (kale, chard, collards, turnip, beet, and mustard greens)	Spinach, lettuce, cabbage	Spinach, broccoli, cabbage
Eggplant	-	Zucchini, yellow squash, sweet peppers
Mushrooms	Summer squash	Snow peas, sugar snap peas, summer squash
Potatoes	-	Sweet potato, root vegetables, carrots
Root vegetables (turnips, beets, rutabaga, celery root)	Sweet potatoes, carrots	Sweet potatoes, winter squash, carrots, parsnips
Spinach	Lettuce	Dark leafy greens, broccoli, cabbage
Summer squash (zucchini, yellow squash)	Sweet peppers, carrots	Eggplant, sweet peppers
Sweet potatoes	Cabbage, root vegetables, carrots	Root vegetables, carrots, winter squash, parsnips
Winter squash	-	Sweet potatoes, root vegetables, carrots, parsnips

Continued >

Sub It In continued>

The following substitutions will work whether using raw or cooked foods.

Instead of...	This this instead!
Fruit	
Apples	Stone fruit, pears
Bananas	Berries
Grapefruit	Oranges
Lemons	Limes, oranges, grapefruit
Limes	Lemons, oranges, grapefruit
Oranges	Grapefruit
Pears	Stone fruit, apples
Veggies	
Celery	Carrots, celery root
Edamame (soy beans)	Peas, cooked beans
Green onions	Onions, sweet peppers
Hot peppers	Sweet peppers, crushed red chili peppers (to taste)
Onions	Sweet peppers, green onions
Sweet peppers	Tomatoes
Tomatoes	Sweet peppers

Sustitúyalos

¿Tentada a dejar de preparar una receta porque le hace falta un ingrediente? ¡Simplemente use algo diferente!

Los alimentos incluidos dentro de una categoría se pueden usar para remplazarse entre sí. Por ejemplo, las verduras de hoja verde oscuro tales como la col crepsa puede ser remplazada por cualquier otra verdura de hoja verde oscuro como acelga o berzas, ya sean crudas o cocidas.

Si su receta requiere de un ingrediente que es muy costoso, difícil de encontrar o que sencillamente no le llama la atención, pruebe remplazándolo por otro. Las sustituciones pueden ser distintas para comidas crudas o cocinadas, así que tiene que determinar como se usa en su receta. Luego trate de usar los consejos de la siguiente tabla.

En vez de...	Si la va a usar cruda, replácela por...	Si la va a usar cocida, replácela por...
Fruta		
Bayas (arándanos azules, moras, fresas y frambuesas)	Cerezas, plátanos, uvas, fruta con hueso	Cereza, uvas, frutas con hueso
Uvas	Cerezas, bayas, plátanos	Cerezas, bayas
Fruta con hueso (duraznos, ciruelas, nectarinas y chabacanos)	Plátanos, bayas	Uvas, manzanas, peras
Verduras		
Berenjena	-	Calabacín, calabaza amarilla, pimientos dulces
Brócoli	Coliflor	Coliflor, espinaca, verduras de hoja verde oscuro
Calabaza de invierno	-	Camotes, papas, tubérculos, nabos blancos, zanahorias
Calabaza de verano (calabacín, calabaza amarilla)	Pimientos dulces, zanahorias	Berenjena, pimientos dulces
Camotes	Repollo, tubérculos, zanahorias	Tubérculos, zanahorias, calabaza de invierno, nabos blancos
Champiñones	Calabaza de verano	Chícharos chinos, chícharos dulces, calabaza de verano
Espinaca	Lechuga	Verduras de hoja verde oscuro, brócoli, repollo
Papas	-	Camotes, tubérculos, zanahorias
Tubérculos (nabos, betabeles, colinabos, raíz de apio)	Camotes, zanahorias	Camotes, calabaza de invierno, zanahorias, nabos blancos
Zanahorias	Betabeles, raíz de apio, calabaza de verano, apio	Tubérculos, calabaza de verano, apio
Verduras de hoja verde oscuro (col crepsa, acelgas, berza, hojas de nabo, betabel y de mostaza)	Espinaca, lechuga, repollo	Espinaca, brócoli, repollo

Continúa>

Sustitúyalos, continuación >

Las siguientes sustituciones darán buenos resultados si usa tanto alimentos crudos como cocidos.

En lugar de...	¡Pruebe esto!
Frutas	
Limas	Limonas, naranjas, toronjas
Limonas	Limas, naranjas, toronjas
Manzanas	Fruta con hueso, peras
Naranjas	Toronjas
Peras	Fruta con hueso, manzanas
Plátanos	Bayas
Toronja	Naranjas
Verduras	
Apio	Zanahorias, raíz de apio
Cebollas	Pimientos dulces, cebollitas verdes
Cebollitas verdes	Cebollas, pimientos dulces
Edamame (frijoles de soya)	Chícharos, frijoles cocidos
Pimientos dulces	Tomates
Pimientos picantes	Pimientos dulces, chiles rojos triturados (al gusto)
Tomates	Pimientos dulces

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