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How to Select Recipes

Recipes are sampled during Nurture Family Programs to achieve the following:

1. Demonstrate that healthy food can be delicious, affordable and easy to make, thus providing incentive to participants to try the recipes at home.
2. Help participants gain confidence in thinking through how they can modify recipes to suit their families' tastes.

To successfully achieve these goals, the **participants must enjoy the flavors in the recipes**. If you are unfamiliar with the flavors your participants will enjoy, consider conducting a taste test a few weeks prior to the start of programming. This event can be used for both helping you select the recipes and for recruiting participants.

Strive for a mix of familiar and new. Participants enjoy trying new recipes and flavors. Nurture recipes use many whole grains, beans, lentils, fruits and vegetables, which may be new to participants. Try combining these ingredients with seasonings they are familiar with for at least half the recipes. They also appreciate healthier versions of familiar recipes.

For adults, demonstrate a variety of ways to use a slow cooker. Many participants are unfamiliar with slow cookers and may be afraid to use them. Demonstrating a variety of slow cooker cooking techniques may help open their minds to the possibilities. Include recipes showing soups, whole chickens, stuffed peppers and breakfast dishes. Early in the series of classes, provide ingredients for a recipe as giveaways. This encourages them to use their slow cookers and allows you to be a resource for answering their questions.

Bear in mind the cost of recipes and participant access to ingredients and cooking equipment. Families who depend on Link dollars (SNAP/Food Stamps) generally are given about \$4.50 per person per day. They cannot afford to buy unusual ingredients or won't want to purchase a spice that they will not use again. We have found that many participants have access to a blender; however, it may be worth verifying this with your group.

How many recipes should be sampled per class? For adults, generally there is time to sample and discuss two to four recipes. The main two recipes should be complete one-dish meals (include a serving of proteins, grains and vegetables, for example). Additional recipes can be snacks or side dishes that complement the topic of the week. For kids, there is time for two hands-on recipes.

Suggested Nurture Recipes

Nurture recipes can be found on the Nurture website under Resources, Healthy Recipes. There are three categories of recipes: [Recipes-Adults](#), [Recipes-Kids](#) and [Harvest Recipes](#). Recipes from any of the categories may appeal to both adults and children.

Suggestions for Lesson 1 Adults: Fruits & Vegetables and Portion Control

For recipes 1 or 2 choose complete meals.

Veggie Burrito Bowl – [English](#) [Spanish](#)

Sweet Potato Burritos – [English](#) [Spanish](#)

Sweet Potato Burritos is an adaptation of the Veggie Burrito Bowl. When taught together they help bring the Recipe Framework to life.

Black Eyed Peas and Greens – [English](#) [Spanish](#)

Cheesy Cauliflower and Pasta – [English](#) [Spanish](#) – no slow cooker required

Chicken Salad Tacos – [English](#) [Spanish](#) – no slow cooker required

Can substitute a 15 oz can of rinsed, black beans for the chicken.

For recipe 3, incorporate fruits and vegetables into a snack.

Green Machine – [English](#) [Spanish](#)

Corn Salsa – [English](#) [Spanish](#)

Cherry Tomato and Green Bean Salad – [English](#) [Spanish](#)

Suggestions for Lesson 1 Children: MyPlate

Choose recipes that include all five food groups or combine recipes to achieve this.

Corn Salsa with pita chips – [English](#) [Spanish](#)

MyPlate Pizza – [English](#) [Spanish](#)

Turkey Friend – [English](#) [Spanish](#)

Suggestions for Lesson 2 Adults: Lean Protein and Slow Cookers

For recipes 1 and 2 choose one bean and one lentil based recipe.

Three Bean Minestrone – [English](#) [Spanish](#)

Chili – [English](#) [Spanish](#)

Herbed Lentil Soup – [English](#) [Spanish](#)

Lentil, Kale and Sausage Stew – [English](#) [Spanish](#)

Spicy Black Eyed Pea Soup – [English](#) [Spanish](#)

Have participants make at home instead of sampling during class. Give the ingredients as the grocery giveaway for that week.

Suggestions for Lesson 2 Adults: Lean Protein and Slow Cookers - Continued

Rice and Beans Red and Green – [English](#) [Spanish](#) – no slow cooker

Lentil Tostadas – [English](#) [Spanish](#) – no slow cooker

For recipe 3 choose a bean or lentil dish that can be served cold.

Cold Lentil Salad – [English](#) [Spanish](#)

White Bean Dip – [English](#) [Spanish](#)

Suggestions for Lesson 2 Children: Food for Fuel: Go or Slow

Choose recipes that are primarily fruits and vegetables.

Fruit Salsa – [English](#) [Spanish](#)

Snowmen on a Stick – [English](#) [Spanish](#)

Veggie Kabobs with Creamy Herb Dip – [English](#) [Spanish](#)

Yogurt Parfait – [English](#) [Spanish](#)

Suggestions for Lesson 3 Adults: Whole Grains and Nutrition Labels

For recipes 1 and 2 choose meals that feature grains.

Chicken and Barley – [English](#) [Spanish](#)

Shows how a slow cooker can be used to cook a whole chicken.

Stuffed Peppers – [English](#) [Spanish](#)

Shows how a slow cooker can be used with little liquid.

Three Bean Minestrone – [English](#) [Spanish](#)

Cheesy Cauliflower and Pasta – [English](#) [Spanish](#) – no slow cooker required

For recipe 3 choose a grain salad that can be served cold or at room temperature.

Black Bean and Quinoa Salad – [English](#) [Spanish](#) – no slow cooker

Quinoa has become very expensive so make sure it can be found inexpensively before choosing this recipe. Tell participants about quinoa and where they can buy it.

Southwestern Salad with Chipotle Dressing – [English](#) [Spanish](#) – no slow cooker

Mediterranean Salad – [English](#) [Spanish](#)

Suggestions for Lesson 3 Children: Beverages

Choose drinks that include fruits and vegetables.

Green Machine – [English](#) [Spanish](#)

Homemade Lemonade – [English](#) [Spanish](#)

Watermelon Smoothie - [English](#) [Spanish](#)

Suggestions for Lesson 4 Adults: Breakfast and Home Cooking

For recipes 1 and 2 feature breakfast recipes.

Goodnight Good Morning Oatmeal – [English](#) [Spanish](#)

Oatmeal Sundaes – [English](#) [Spanish](#)

Pumpkin Pecan Oatmeal – [English](#) [Spanish](#)

Beware of nut allergies. You may want to pass the nuts instead of adding them.

Old Fashion Oat Buttermilk Pancakes and No Cook Raspberry Sauce - [English](#) [Spanish](#)

For recipe 3 show items that round out the Healthy Substitutions tips.

Greek Yogurt Dip – [English](#) [Spanish](#) – show how to strain yogurt

Slow Cooker Apple Crisp – [English](#) [Spanish](#) – alternative to apple pie

Suggestions for Lesson 4 Children: Breakfast

Choose breakfast recipes.

Nut Free Trail Mix – [English](#) [Spanish](#)

Peanut Buttery Oatmeal – [English](#) [Spanish](#)

Make sure there are no nut allergies before using this recipe.

Strawberry Banana Breakfast Split – [English](#) [Spanish](#)

Giveaways

Free groceries and cooking items provide incentive for participants to attend each class.

These can include:

1. Participant Workbook
2. Slow cooker
3. Meat thermometer
4. Groceries
5. A reusable grocery bag

The participant workbook organizes program material, provides a location for taking notes, and becomes a reference tool and cookbook for the future. It is given upon sign-in for the first class.

The slow cooker ideally will be given during the second class so participants have ample opportunity to try it at home and come back with questions. However, if you feel your participants will stop attending after receiving the slow cooker, you may want to consider switching the order of the classes so you can distribute it during the third or fourth class.

The meat thermometer should be given during the class when you demonstrate how to cook a large cut of meat or poultry. Make sure to show how to test the meat for doneness. Discuss the importance of washing the thermometer between uses, especially if the meat is not fully cooked after taking the temperature the first time.

A small bag of groceries is distributed at the end of each class so families can start testing new recipes with limited financial risk. Ideally these will include ingredients which will allow them to try one of the recipes at home.

A reusable grocery bag makes distributing food much easier by eliminating the need to supply disposable grocery bags each week. It also helps participants remember to bring back their participant workbook each week.

Here are some suggestions for giveaways for each class. Suggested groceries total \$8 - \$10 per week; adjust to whatever your budget permits. Provide groceries that relate to the topic of the week and to any recipe you want to incent the participants to make at home.

<p>Fruits and Vegetables & Portion Control</p> <ul style="list-style-type: none"> • Participant Workbook • Reusable grocery bag • Seasonal fresh fruits and vegetables, including some that are featured in the one of the recipes. 	<p>Lean Proteins & Slow Cookers</p> <p>The following will allow participants to try the Spicy Black Eyed Pea Soup at home</p> <ul style="list-style-type: none"> • Slow Cooker • 1 lb bag of dried lentils • 1 lb bag of dried beans (black or pinto) • 3-15oz cans of black-eyed peas or 1 lb bag of dried black-eyed peas • 32oz low-sodium chicken broth • 1 small onion • 1 clove of garlic • 24oz can of tomato sauce • 6oz can no salt added tomato paste
<p>Whole Grains</p> <p>The following will allow them to make Stuffed Peppers at home</p> <ul style="list-style-type: none"> • Meat Thermometer • 1 lb brown rice • 1 box whole wheat couscous • 13oz whole wheat pasta • 2 to 3 green peppers • 1 lb dried pinto beans or 1 or 2 15oz cans 	<p>Breakfast and Home Cooking</p> <ul style="list-style-type: none"> • 18oz or 32oz old fashioned rolled oats • Small container steel cut oats (if available and reasonably priced) • 15oz can pumpkin • 15oz can cannellini beans • Seasonal fruit and vegetables

Food Sanitation and Cooking

When preparing food for participants to sample it is important to follow food sanitation guidelines and to maintain the food at the proper temperature to avoid food poisoning. The risk of food poisoning is greatest when animal products are included in the recipes. Know whether you'll have access to a refrigerator and outlets for plugging in slow cookers and rice cookers when selecting recipes.

Ideally recipes would be prepared in a commercial kitchen. Alternatively you may want to find a caterer, personal chef, restaurant or other food distributor that would be willing to prepare the recipes for you.

Food Sanitation and Safety Procedures

Hand Washing

- Always wash hands with soap and warm water for 20 seconds before beginning food preparation, after handling food, and after using the bathroom, changing diapers, or touching pets.
- After hands are washed do not touch face, hair or other body parts. If this happens, go through the hand washing process again to prevent food contamination.

Proper Hand Washing Technique

- Wet hands and arms with warm (100 degrees F.) running water.
- Apply soap
- Scrub hands and arms vigorously for 10 to 15 seconds.
- Rinse hands thoroughly
- Dry hands and arms with a single paper towel or warm air hand dryer

Surfaces and Utensils

- Wash cutting boards, dishes, and countertops with hot, soapy water before you begin cooking, **after** preparing each food item and **before** you go on to the next item.
- If your organization does not allow the use of sharp knives, pizza cutters are an alternative when a butter knife will not suffice.

Kitchen Cleanup

Use hot, soapy water and a clean dishcloth (or paper towels) to clean kitchen surfaces and wipe up spills.

Important Food Safety and Sanitary Tips

- Do not handle foods if you are sick.
- Wear clean and appropriate clothing when handling food.
- Always use gloves to handle food if you have a cut or infection, or are handling ready to eat foods. Wash hands before putting on gloves and after taking them off.
- Abstain from eating, drinking, smoking and chewing gum while handling food.

- Do not sneeze or cough into food.
- Use ice tongs or a spoon to get ice.
- Keep hair tied back and in hair net at all times while in the kitchen.
- Place garbage disposal containers away from food preparation and serving areas.

When Preparing Raw Meats, Poultry, Fish and Eggs

- Each item, meat, poultry, eggs, fish should have their own cutting boards, utensils and containers.
- Prepare raw meat, seafood and poultry in specially designated areas.
- Properly clean equipment and utensils after each task.
- Wash hands properly after handling raw meat, fish, poultry and eggs.
- Work with small quantities and keep remaining products refrigerated.
- Hot food must be at 135 degrees Fahrenheit or higher and cold food must be at 41 degrees Fahrenheit or lower.
- Clean and sanitize all work surfaces.
- Eliminate bare hand contact with food.