

# Breakfast Mini Frittatas

**Items Needed:** Muffin Tin, Large Mixing bowl, Whisk/Fork, Knife, Cutting Board, Large Spoon/Ladle, Measuring Cups

## Ingredients

- 12 eggs
- $\frac{1}{4}$  cup Milk
- Salt to taste
- $\frac{1}{4}$  tsp black pepper
- 1 cup shredded cheddar cheese
- 1 cup of diced veggies of choice (onions, peppers, tomatoes, spinach, broccoli, etc)

## Directions

- Preheat oven to 350°F.
- Crack eggs into a big bowl.
- Add milk, salt, pepper, and cheese.
- Whisk everything together.
- Dice your veggies small.  
(You can cook them first or leave them raw.)
- Grease muffin cups with oil or butter.
- Add a spoonful of veggies to each cup.
- Pour egg mix into each cup — fill about  $\frac{3}{4}$  full.
- Bake for 20–25 minutes until set.
- Let cool, then remove from muffin tin.

Can be refrigerated for 3-4 days!

## Toddler Tasks

Crack eggs (maybe with practice!)  
Stir the mixture  
Add veggies to muffin cups  
Help grease the muffin tin



## Notes

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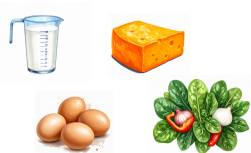
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# Banana Oat Pancakes

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Items Needed: Griddle/Large Pan, Large Mixing bowl, Whisk/Fork, Large Spoon/Ladle, Measuring Cups

## Ingredients

- 2 eggs
- 2 Ripe Bananas
- 1 Cup Dry Oats
- 1/2 Cup Milk



## Directions

- Mash Bananas in large mixing bowl.
- Add the eggs and milk.
- Oats can be added directly, or can be put through a blender/food processor first for a smoother texture.
- Mix all ingredients well
- Make the pancakes whatever size you prefer!

Can be refrigerated for 3-4 days!

## Toddler Tasks

Mash the Bananas  
Crack eggs (maybe with practice!)  
Add the milk and oats  
Stir the mixture



## Notes

# Veggie Bowl

Items Needed: Knife, Spoon, Cutting Board

## Ingredients

- Fresh Veggies to cut into sticks: Carrots, Bell Peppers, Celery, Cucumber
- 1 Whole Bell Pepper
- Dip like Hummus or Ranch



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## Directions

- Making the pepper bowl:
  - Choose a pepper with 4 lobes instead of 3 to make it stay upright better.
  - Cut off the top about 1/2" from the stem. Use a knife or spoon to scoop out the seeds and white parts.
- Scoop or pour the dressing into the bottom of the pepper bowl.
- Cut up the veggies into sticks and place them into the pepper bowl!



## Toddler Tasks

Pour/scoop dressing into the pepper bowl  
Older children may be able to cut some veggies with help!  
Place the veggie sticks into the pepper bowl.



## Notes

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# Caldo de Albondigas (Mexican Meatball Soup)

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Items Needed: Large bowls, knife, measuring spoons/cups, large pot, blender

## Ingredients

### • MEATBALLS

- 1 lb Ground Beef
- 1 lb Ground Pork
- ½ cup dried rice
- 10 fresh mint leaves (or 1 tsp dried mint)
- ¼ tsp dried oregano
- 1 tsp salt
- ½ tsp pepper
- ¼ onion, diced finely
- 1 garlic clove minced
- 2 eggs

### • SAUCE

- 4 tomatoes, chopped
- 1 cup water
- ¼ onion, chopped
- 1 garlic clove
- 1 TBSP olive oil
- 4.5 C beef broth
- 1 carrot, diced
- 1 potato, diced
- 1 zucchini diced



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## Directions

### For the Meatballs

- In a large bowl mix all meatball ingredients
- Form meatballs. About the 1" to 1 ½" in diameter.
- Place in the fridge until ready to use.

### For the Tomato Sauce

- Add the tomatoes, water, onion, and garlic to a blender, and blend until smooth.
- Heat the oil in a large stock pot.
- Add the tomato sauce. Cook for 2 minutes.
- Add the meatballs to the pot, one-by-one.
- Add the beef broth. Stir gently.
- Cook for 5 minutes.
- Add the carrots and potatoes, zucchini
- Stir gently to combine.
- Cover and let cook for 30 minutes.



## Toddler Tasks

- Help with measuring, pouring, adding ingredients.
- Give your toddler playdough to make "meatballs" or allow them help make the real meatballs with close supervision to avoid putting any in their mouth!



## Notes

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# Homemade Pizza

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Items Needed: Small bowls for toppings, spoon/ladel, baking sheet/pizza pan, knife

## Ingredients

- Pre-made pizza crust
- Jar of pizza sauce
- Shredded cheese, pizza blend
- Toppings!
  - Pepperoni
  - Onions
  - Peppers
  - Olives
  - Mushrooms
  - Whatever you like!



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## Directions

- Lay out your pizza crust on a baking sheet. One large crust or smaller ones work fine.
- Spoon and spread sauce on the crust.
- Sprinkle cheese over the sauce.
- Select toppings to add.
- Bake in the oven. The pizza crust packaging likely has a recommended temp and time to bake. You want the cheese to be bubbling all the way through.



## Toddler Tasks

Toddler can spread sauce, add cheese, and select toppings to add!



## Notes

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