



## Pumpkin Patch Pancakes

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Flour, whole wheat	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1 tsp	2 tsp	4 tsp	8 tsp
Cinnamon, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
1% (low-fat) milk	5 fl oz	1-1/4 cups	2-1/2 cups	5 cups
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Egg	1/2	1	2	4
Pumpkin purée, canned	1/4 cup	1/2 cup	1 cup	2 cups
Vanilla yogurt, low-fat	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. In a large mixing bowl, combine flour, baking powder and cinnamon.
2. In separate bowl, mix milk, applesauce, egg, pumpkin and yogurt until combined.
3. Add wet ingredients to flour mixture and stir until moist. Batter may still be lumpy.
4. Lightly coat griddle or skillet with cooking spray and heat on medium.
5. Pour batter onto hot griddle (about 2 Tbsp for each pancake).
6. Cook until bubbles burst, flip and cook until golden on both sides.

**Food For Thought** Top with low-fat yogurt and raisins for sweetness or walnuts for a protein-rich breakfast.

**CACFP Crediting** For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Milk

## Nutrition Facts

Serving size: 1 pancake (44g)  
Servings Per Recipe: 32

Amount Per Serving			
Calories	47	Cal. from Fat	6
		% Daily Value*	
<b>Total Fat</b>	1g		0%
Saturated Fat	0g		0%
<b>Cholesterol</b>	14mg		4%
<b>Sodium</b>	96mg		4%
<b>Total Carbohydrate</b>	8g		4%
Dietary Fiber	1g		4%
Sugars	2g		
<b>Protein</b>	2g		
Vitamin A	35%	Vitamin C	0%
Calcium	8%	Iron	4%

Recipe adapted from Stenberg, M, Bark, K., & Peppers, B. *Making it Balance and Kickin' It Up: A Cycle Menu for Montana Child Care*. Vol. 3; 2005. [www.childcare.mt.gov](http://www.childcare.mt.gov). Accessed May 24, 2010.

## Farmer's Harvest Chili

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Onion, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Carrots, diced	1-1/2	3	6	12
Garlic, cloves, minced	1/2 clove	1 clove	2 cloves	4 cloves
Green bell pepper, diced	1/2 cup	1 cup	2 cups	4 cups
Corn, canned, drained	1/2 - 12 oz can	1 - 12 oz can	2 - 12 oz cans	4 - 12 oz cans
Kidney beans, canned, drained	2-1/4 cups	4-1/2 cups	9 cups	18 cups
Diced tomatoes, fresh or canned	1/2 - 14.5 oz can	1 - 14.5 oz can	2 - 14.5 oz cans	4 - 14.5 oz cans
Tomato paste	1 can	2 cans	4 cans	8 cans

### Directions:

1. Spray large saucepan with non-stick cooking spray.
2. Sauté onions for about 3 minutes.
3. Add carrots and garlic. Sauté for another 3 minutes.
4. Add rest of ingredients and cook for 30 minutes (until heated thoroughly) on medium heat, uncovered. Stir occasionally.

**Food For Thought** Use any beans or vegetables you have available to change the flavors of this dish!

**CACFP Crediting** For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 3/4 cup (175g)  
Servings Per Recipe: 24

Amount Per Serving			
Calories	288	Cal. from Fat	10
		% Daily Value*	
<b>Total Fat</b>	1g		2%
Saturated Fat	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	299mg		10%
<b>Total Carbohydrate</b>	55g		20%
Dietary Fiber	20g		80%
Sugars	8g		
<b>Protein</b>	19g		
Vitamin A	55%	Vitamin C	40%
Calcium	15%	Iron	40%

Recipe adapted from Thomas, R., Khouri, L., Fenton, W. *Nutrition in the Kitchen*. Children's Hospital of Philadelphia 2nd ed.; 2008. [www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf](http://www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf). Accessed June 10, 2010.