

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. Kudus to the twelve providers highlighted in this cookbook! Visit [qualitycareforchildren.org](http://qualitycareforchildren.org) for more Harvest of the Month resources, including classroom activities, additional recipes, book lists, and family newsletters.

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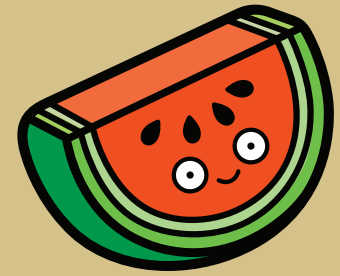
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# WATERMELON SALAD



## 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

---

**Makes 8, ½ cup servings**

## 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.

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

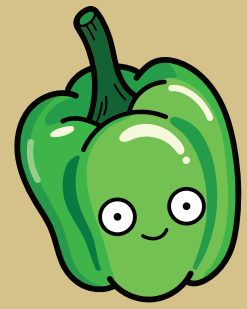
### **CACFP Serving Information:**

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**

### **CACFP Serving Information:**

One serving equals ½ oz eq for grains

## 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).

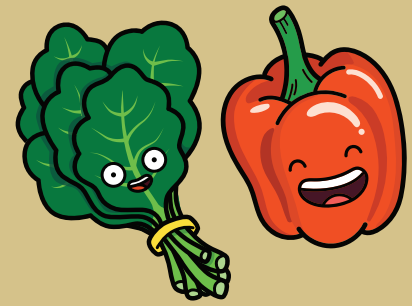
**SUBMITTED BY**  
**Heather Wilson**  
**Discovery Point #67**  
**Cumming, GA**



**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**

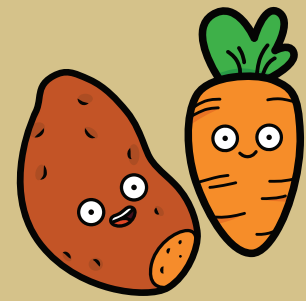
SUBMITTED BY  
**Katrina Wilson**  
**Beginning Steps Daycare**  
**Albany, GA**

### **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

---

**Makes 10-12 servings**

## 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.

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)

---

**Makes about 15 servings**

## 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.

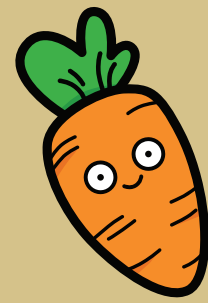
**SUBMITTED BY**  
**Faith Eddie**  
**The Learning Station**  
**Ellenwood, GA**

## 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

---

**Makes about 15 servings**

## Directions

---

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

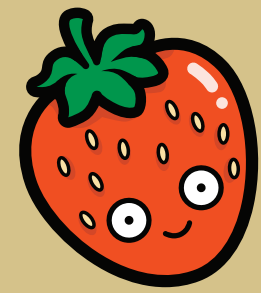
SUBMITTED BY  
**Shannon Moon**  
**Polkadot Patch Childcare**  
**Columbus, GA**

## 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
- 

**Makes 10 servings**

## Directions

---

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

SUBMITTED BY

**Brigitte Willis**

**A Better Day Christian Learning Center**

**Grovetown, GA**

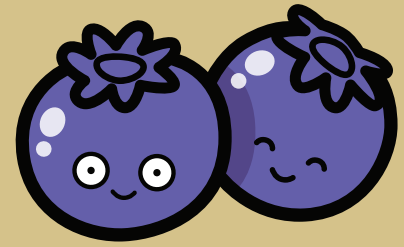
### **CACFP Serving Information:**

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





# YOGURT DIPPED BLUEBERRIES



## Ingredients

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5 cups blueberries  
2½ cups low-fat vanilla Greek yogurt

---

**Makes 10 servings**

## Directions

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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.

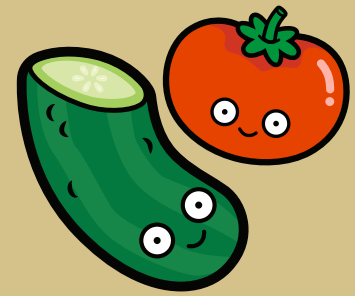
SUBMITTED BY  
**Tiffany Douglas**  
**ABC Early Head Start**  
**Alma, GA**

## 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

---

**Makes about 12 servings**

## Directions

---

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



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

---

**Makes 10 servings**

## Directions

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

SUBMITTED BY

**Anita White**

**CRK Child Development Center**

**Albany, GA**

## CACFP Serving Information:

½ cup equals ½ cup fruit

# ACKNOWLEDGEMENTS

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**Photography:** Lindsey Lingenfelter, Linden Tree Photography

**Graphic Design:** Michael Jenkins, Graphics In Atlanta

**Artwork:** Gina Kirlew



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