



# Kids Up Front

AUGUST 17, 2010

It was fun cooking healthy from all the food groups with you!!

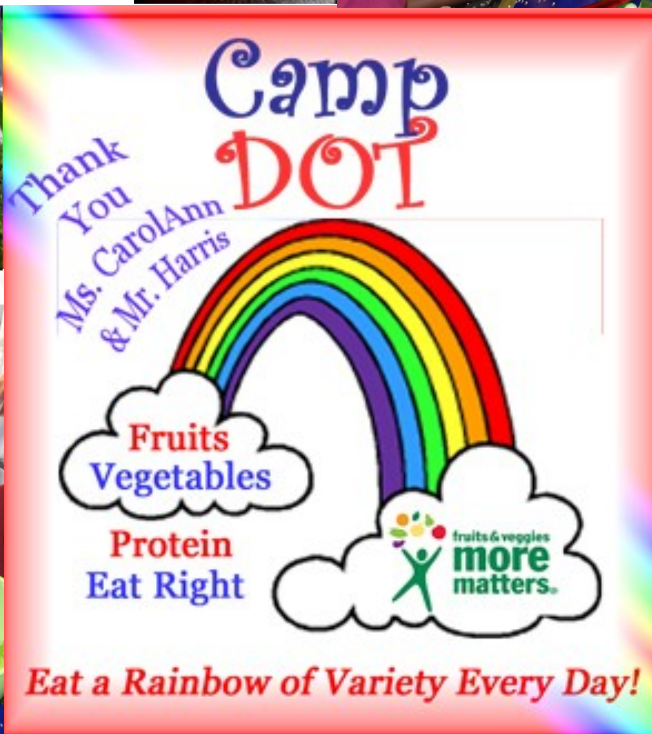
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## Chefs Create Their Own Recipes



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- Orange ~ grains
- Green ~ vegetables
- Red ~ fruits
- Yellow ~ oils
- Blue ~ dairy
- Purple ~ meat/beans



## Easy Homemade Taco Sauce

Serves 4-7

### Ingredients

- 1 8-ounce can, no salt\*, tomato sauce
- 2 teaspoons (tsp) minced, fresh onion
- 2 tsp vegetable oil
- 1 tsp ground cumin
- ½ tsp vinegar
- ¼ tsp hot sauce (*add more to taste for 'Medium' or 'Hot' taco sauce*)
- ¼ tsp cocoa powder
- ¼ tsp garlic powder (or ¾ tsp of fresh, minced garlic)
- ¼ tsp dried oregano (or ¾ tsp of fresh oregano)
- ¼ tsp salt and ground black pepper mix
- \* if you use tomato sauce with salt, omit added salt

### Putting it all together

1. Add all ingredients to a small bowl.
2. Stir to combine.
3. Pour into a clean, saved salad dressing bottle or other pouring container using a funnel.
4. Refrigerate any leftover.

Nutrition Facts	
Serving Size 1/7 of recipe 36g (35 g)	
Servings per container Easy Homemade Taco Sauce	
Amount Per Serving	
Calories 27	Calories from Fat 13
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 91mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 1g	
Vitamin A 4%	Vitamin C 7%
Calcium 1%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
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## Berry Good Pancake Syrup

Serves 3-6

### Ingredients

- 1 ½ cups unsweetened 100% fruit juice blend (such as cranberry/apple)
- 1 cup bite sized fresh fruit (such as blueberries, chopped strawberries or apples)
- 4 teaspoons corn starch
- 3 tablespoons granulated sugar

### Putting it all together

1. Wash and/or chop the fresh fruit.
2. Mix all the ingredients directly in your saucepan; stir to dissolve the cornstarch.
3. Heat on high to boil.
4. Reduce heat and simmer until thickened (about 3-5 minutes).

Visit: <http://www.mypyramid.gov/kids> for more information on eating healthy!!

Nutrition Facts	
Serving Size 1/6 of recipe 98g (98 g)	
Servings per container Berry Good Pancake Syrup	
Amount Per Serving	
Calories 83	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	3%
Sugars 18g	
Protein 0g	
Vitamin A 1%	Vitamin C 14%
Calcium 1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
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