



## Week 2 Garden Kitchen Recipes

### Seed Roller Energy Bites

#### Ingredients:

- 1 cup oats
- 1/4 cup honey
- 1/2 cup peanut butter, or nut or seed butter of choice
- 2 Tablespoons chia seeds or sunflower seeds
- 1/4 cup semi-sweet chocolate chips (optional)
- 1/4 teaspoon vanilla

#### Instructions:

1. Wash your hands and clean your cooking area.
2. Mix all ingredients together in a medium-sized bowl.
3. Refrigerate for 20 minutes.
4. Remove from refrigerator and roll into 1-inch balls.

*Nutrition facts per serving:* 140 calories, 8g total fat, 2g saturated fat, 45mg sodium, 16g total carbohydrate, 2g (7%) dietary fiber, 9g sugars (includes 8g added sugars)\*, 4g protein, 2% calcium, 6% iron, and 2% potassium. Percent Daily Values are based on a 2,000-calorie diet.

### Hummus with Carrot Sticks

#### Ingredients:

- 1 (15-ounce) can low-sodium garbanzo beans, drained and liquid reserved
- 1 garlic clove, crushed or 1/4 teaspoon garlic powder
- 2 teaspoons ground cumin
- 1/4 teaspoon salt
- 1 Tablespoon olive oil
- 16 baby carrots (2 carrots per person)

#### Instructions:

1. Wash your hands and clean your cooking area.
2. In a blender or food processor, combine all ingredients, except for the carrots.
3. Blend on low speed, gradually adding reserved bean liquid until desired consistency is achieved.
4. Serve with carrot sticks.

*Nutrition facts per serving:* 70 calories, 3g total fat, 160mg sodium, 9g total carbohydrate, 3g (11%) dietary fiber, 2g sugars (includes 0g added sugars)\*, 3g protein, 2% calcium, 6% iron, and 2% potassium. Percent Daily Values are based on a 2,000-calorie diet.

### Brown Sugar Glazed Carrots

#### Ingredients:

- 16 ounces baby carrots
- 4 Tablespoons olive oil, divided
- 1 Tablespoon brown sugar, packed
- 1/2 teaspoon thyme, dried (optional)

#### Instructions:

1. Wash your hands and clean your cooking area.
2. Place 2 Tablespoons of oil in a sauté pan over medium to high heat. Add carrots. Let them cook in for 10 to 12 minutes, or until slightly soft.
3. Add 2 Tablespoons of the remaining oil, brown sugar, and thyme. Cook for an additional 5 minutes and serve immediately.

*Nutrition facts per serving:* 170 calories, 14g total fat, 2g saturated fat, 90mg sodium, 13g total carbohydrate, 3g (11%) dietary fiber, 9g sugars (includes 3g added sugars)\*, 1g protein, 4% calcium, 6% iron, and 6% potassium. Percent Daily Values are based on a 2,000-calorie diet.

**ASK:** What do the roots of a plant look like? Where do the roots grow? Can you help me name some roots we can eat?

**SHARE:** Carrots, radishes, turnips, and sweet potatoes are all roots. (Tell your child which of those is your favorite.) Eating these is really good for us!

**ASK:** I wonder if we have any seeds in the pantry that we can eat?

**SHARE:** Help me look for some seeds or roots! Describe what you find. Let's add them to our meal and see what they taste like. These are delicious!

**TABLE TIP:** Your child is more likely to want to try something if you like it. For the same reason, be sure not to say that you don't like the taste of something.