



## Week 4 Garden Kitchen Recipes

### Creamy Cauliflower and Broccoli

#### Ingredients:

4 cups cauliflower florets  
4 cups broccoli florets  
1/2 cup of water  
4 ounces nonfat cream cheese, cubed  
1/2 cup of plain nonfat yogurt  
shredded cheddar cheese (optional)  
Parmesan cheese (optional)  
cracker crumbs (optional)

#### Instructions:

1. Wash your hands and clean your cooking area.
2. Rinse the broccoli and cauliflower. Cut the florets into small "bite-sized" pieces.
3. Place the vegetables and water in a large skillet. Cover the skillet with a lid and allow the vegetables to steam over high heat for 3 minutes, or until tender.
4. Add milk to the skillet. Reduce the heat to low.
5. Add the cream cheese cubes to the skillet. Allow the cream cheese to melt. Stir it occasionally.
6. Add the yogurt to the skillet. Stir to coat it.
7. Sprinkle the shredded cheddar cheese over the vegetables and allow it to melt.
8. Mix the cracker crumbs and Parmesan cheese. Sprinkle the mixture over the vegetables.

**Nutrition facts per serving:** 45 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 135mg sodium, 7g total carbohydrate, 2g (7%) dietary fiber, 3g sugars (includes 0g added sugars)\*, 5g protein, 0% Vitamin D, 8% calcium, 6% iron, and 8% potassium. Percent Daily Values are based on a 2,000-calorie diet.

### Banana Chocolate Pudding

#### Ingredients:

1 large avocado, pitted and peeled  
1 banana  
1/2 cup cocoa powder, unsweetened  
4 tablespoons honey  
1/4 cup nonfat milk  
1 teaspoon vanilla

#### Instructions:

1. Wash your hands and clean your cooking area.
2. Place all ingredients in the bowl of a food processor or blender. Blend until smooth.
3. Chill for at least 2 hours, or overnight.

**Nutrition facts per serving:** 230 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 10mg sodium, 43g total carbohydrate, 5g (18%) dietary fiber, 30g sugars (includes 26g added sugars)\*, 4g protein, 0% Vitamin D, 2% calcium, 20% iron, and 6% potassium. Percent Daily Values are based on a 2,000-calorie diet.

### Slow Cooker Applesauce

#### Ingredients:

6 to 8 medium-sized apples  
1/4 cup brown sugar, packed  
1/2 teaspoon ground cinnamon  
1/2 cup water

#### Instructions:

1. Wash your hands and clean your cooking area.
2. Core apples and cut them into quarters.
3. Combine apples, water, brown sugar, and cinnamon to the slow cooker.
4. Add lid and cook on high for 4 hours, or until tender.
5. Use a wire whisk and whip until smooth. If desired, use tongs to remove apple skins.
6. Serve warm.

**Nutrition facts per serving:** 120 calories, 0g total fat, 0g saturated fat, 0 mg cholesterol, 0mg sodium, 32g total carbohydrate, 4g (14%) dietary fiber, 26g sugars (includes 7g added sugars)\*, 0g protein, 0% Vitamin D, 2% calcium, 0% iron, and 4% potassium. Percent Daily Values are based on a 2,000-calorie diet.

**ASK:** Your teacher told me that you learned about flowers and fruit plant parts this week. What fruits and vegetables do you like that have seeds growing inside of them? Can you eat those seeds, too? Do you have a favorite? Why is it your favorite?

**SHARE:** Tell your child about a favorite fruit or vegetable that has seeds on the inside and why you like them.

**ASK:** What is something you learned at school about flowers? If you wanted to eat a flower, which flower would you want to eat?

**SHARE:** Broccoli and cauliflower are so good for our bodies. Help me find the fruit or flower plant parts that we have in our recipe.

**TABLE TIP:** Cooking and preparing nutritious foods where they are easy to see makes it more likely that your child will eat them. Try placing a bowl of fresh, chopped broccoli or a container of washed grapes where your child will see it on the shelf of your refrigerator every time he or she opens the door.