

EASY RECIPES TO MAKE WITH YOUR PRESCHOOLERS

These recipes were collected from WIC families in Johnson, Cedar, Iowa and Washington Counties in Iowa and tested favorably with WIC clients. ENJOY! Please post a picture if you try a recipe and tag us or tweet with the hashtag #JCPHwicRecipes

YogoNanas

6 Bananas
2 cups of Vanilla Greek Yogurt
2 cups of Granola



1. **Kid's Step:** Dip banana in yogurt OR Slice banana in 4 and dip each piece
2. **Kid's Step:** Roll in granola
3. **Kid's Step:** Put on flat plate
4. **Kid's Step:** Refrigerate for 1 hour

Yogurt Fruit Dish

½ cup of Greek Vanilla Yogurt or Honey Yogurt
½ Banana or 1 cup of sliced Fruit
Drizzles of Honey



1. **Kid's Step:** Put yogurt on bottom of bowl
2. **Kid's Step:** Add sliced bananas or other fruit
3. **Kid's Step:** Drizzle honey on top

Veggies and Dip

Fresh Veggies cut up – cucumbers, peppers, carrots
Ranch packet seasoning (1)
16 oz Plain Greek Yogurt



1. **Kid's Step:** Mix ranch seasoning and Greek yogurt in bowl
2. **Kid's Step:** Put in refrigerator for 2 hours
3. **Kid's Step:** Serve with veggies

Sopa

½ cup Cilantro
4 chopped Tomatoes
2 chopped Chili peppers
½ Onion
4 tsp. Oil
1½ cup Water



1. **Kid's Steps:** Wash tomatoes and vegetables, measure water
2. Heat up pan
3. Add oil to pan and heat it
4. Add all mixed vegetables and cook for 10 minutes, add water and cook till heated.

Sautéed Zucchini

2 Zucchini
1 cup of Water



1. **Kid's Step**,: Wash zucchini, Measure water
2. **Kid's Step**: Cut into round pieces with plastic knife
3. **Kid's Step**: Place zucchini into pan

4. Pour water into pan and heat
5. Cook and stir till done

Carrots with Butter

½ pound Carrots
2 tbsp Butter, Salt and Pepper to taste



1. **Kid's Steps**: Wash Carrots
2. Slice carrots in circles
3. **Kid's Steps**: Place on cookie sheet
4. **Kid's Steps**: Give parent small amount of salt and pepper, and dots of butter to sprinkle on carrots
5. Bake at 200° F for 2 hours

Yogurt and Fruit

- 1 small Yogurt
- ¼ cup Grapes
- ¼ cup Strawberries



Kid's Step: Dip the fruit into the yogurt

Fruit Pizza

- 1 soft Tortilla shells
- 1 tbsp Cream cheese
- 1/2-cup Any Fruit that can be sliced (strawberries, grapes, kiwis)



1. **Kid's Step:** Spread cream cheese on tortilla shell
2. Slice fruit
3. **Kid's Step:** Place fruit onto cream cheese
4. Cut into triangles
5. Variation-use peanut butter instead of cream cheese

Apple Tortillas

- 2 Soft tortilla shell
- 2-3 tbsp Peanut butter
- 1 Apple



1. **Kid's Step:** Spread peanut butter onto soft tortilla shells
2. Chop apple into small pieces
3. **Kid's Step:** Lay apple pieces onto shells
4. **Kid's Step:** Roll up shells into a log
5. Slice into pieces

Clementine Snack

- 1 Clementine



- Kid's Step:** Peel orange clementine

Homemade Mac and Cheese with Broccoli

1 pound of cut up Broccoli, fresh or frozen

16 oz box of Elbow Macaroni, uncooked

8 oz of Colby or Monterey Jack Cheese, grated or cut up



1. Boil pasta, adding in broccoli for the last 5 minutes of cooking the pasta
2. Grate or cut up the cheese
3. **Kid's Step:** Combine the broccoli, pasta and cheese in a baking dish
4. Bake at 350 F. till cheese is melted about 20 minutes

