

January Shopping List

Meat

- 4 bone-in or boneless thick cut pork chops

Dairy/Refrigerator Section

- 2 1/2 cups cheddar cheese, shredded
- 1 cup milk
- 1/2 cup salted butter, melted
- 4 eggs
- 1 1/2 sticks unsalted butter, cut into 1/2-inch cubes and chilled

Bread

- 1 1/2 cups Panko bread crumbs

Produce

- 1 teaspoon finely-grated lemon zest
- 4 Granny Smith apples, peeled, cored and thinly sliced
- 1 lb Brussels sprouts, quartered
- 1 lb baby potatoes, quartered

Spices/Baking

- 4 1/2 cups all purpose white wheat flour or all purpose white flour
- 1 tablespoon baking powder
- 2 1/2 teaspoon garlic powder
- 1/2 cup + 1 teaspoon + 2 tablespoons sugar
- 1 tablespoon Italian seasoning
- 2 tablespoons olive oil
- 1 tablespoon cinnamon
- 1/2 teaspoon salt
- 2 teaspoons dried parsley (optional)

“Meal Deal” Smoothie

- STEP 1** Choose fluid milk and fruit. Select yogurt. Add choices to blender.
- STEP 2** Add extras*, optional. Put the cover on the blender.
- STEP 3** Pulse until smooth. Pour into cups.
- STEP 4** Refrigerate until service. Hold for cold service at 41°F or below.

Yield: Approximately 1-20 oz serving

Yogurt and fruit (breakfast and lunch) can be credited in smoothies prepared by program operators to meet meal pattern requirements. Fruit used in smoothies is credited as fruit juice and should be averaged over the week so as to comply with the 1/2 cup per day juice maximum. Vegetables are now a creditable component (minimum 1/8 cup required) in smoothies per USDA SPLD CACFP05 SFSLO-2014 (v2)

Recipe adapted from Western Dairy Association and Southeast Dairy Association.

- Fluid Milk**
Unflavored Fat-free or Low-fat
Flavored Fat-free
Lactose-free

fluid milk

(credit as 1 milk serving)

8 oz. Fluid Milk

- Yogurt, Low-fat**
Plain
Vanilla
- Fruit-Flavored**
Greek-style

yogurt

4 oz. (credit as 1 oz. meat alternative component)

tasty treat tips

Use yogurt for smooth, creamier consistency.

Use frozen for best consistency.

- Bananas
- Berries
Blueberries
Raspberries
Strawberries
- Cherries, pitted
- Kiwi
- Mango
- Melons
Cantaloupe
Honeydew
- Papaya

fruit

1 cup total

(credit as juice not more than 50% of weekly offerings)

- Peaches
- Pineapple

extras*

(optional)

- Nuts
Almonds, Cashews, Walnuts
- Carrot
- Avocado
- Peanut or almond butter
- Honey
- Fresh mint
- Vanilla
- Cinnamon
- Chocolate syrup
- Instant, non-fat dry pudding mix
- Oats or oatmeal
- Ground flax seeds
- Spinach
- Nutmeg
- Cocoa powder

*Extra ingredients add calories so recommend limiting to 1 or 2 items from this list.

(over)

Berry Smoothie Example*

Nutrition Facts	
Serving Size 20 fl oz (591mL)	
Amount Per Serving	
Calories 250	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 36g	
Protein 15g	
Vitamin A 10%	Vitamin C 160%
Calcium 50%	Iron 4%

*Nutritional reflect: 8 fl. oz. low fat milk w/ added vitamin A & D, 4 oz. low fat vanilla yogurt, 1 cup fresh sliced strawberries
For Illustration Purposes Only



2015

larger quantity extension

(Base Recipe)

Servings-Portion Size: 10 - 20 oz Smoothies

Ingredients:	Amount:
Milk, Fat-free or low-fat	80 oz
Yogurt, Vanilla, low-fat	40 oz
Fruit (fresh, frozen, canned, pureed)	10 cups



Garlic Cheddar Biscuits

Prep Time: 10 minutes | Total Time: 25 minutes | Servings: 8-10

Serving Size: 1 Biscuit; Serving; Calories 379; Total Fat 19g; Saturated Fat 12g; Cholesterol 90mg; Sodium 796mg; Total Carbohydrate 34g; Dietary Fiber 0g; Protein 11g

Equipment Needed:

- Mixing Bowls
- Baking Sheet

Ingredients:

- 2 cups all purpose white wheat flour or all purpose white flour
- 1 cup cheddar cheese, shredded
- 1 tablespoon baking powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 2/3 cup milk
- 1/3 cup salted butter, melted
- 1 egg
- Additional 2 tablespoons salted butter, melted (optional)
- 1 teaspoon garlic powder (optional)
- 2 teaspoons dried parsley (optional)



Instructions:



1. Heat oven to 400°F. Butter a baking sheet.



2. Combine flour, cheddar cheese, baking powder, salt and garlic powder in a bowl.



3. In a separate bowl, combine milk, 1/3 cup butter and egg.

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Garlic Cheddar Biscuits

Instructions Continued:



4. Mix milk mixture into the flour mixture until chunky. Be careful not to over mix the batter.



5. Drop batter by spoonfuls onto the prepared baking sheet.



6. Bake for 10 minutes. Brush melted butter on top and continue baking for about 5 more minutes.

*Note:

You can add about 1 teaspoon of garlic powder and/or 2 teaspoons dried parsley to the melted butter to then brush on top of the biscuits.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](https://www.instagram.com/foodfun4h)

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Sheet Pan Crispy Cheddar Pork Chops

Prep Time: 10 minutes | Cook Time: 30 minutes | Servings: 4

Serving Size: 1 Pork Chop plus 1 Cup Vegetables; Calories 798; Total Fat 40g; Saturated Fat 18g; Sodium 709mg; Total Carbohydrate 55g; Dietary Fiber 0g; Protein 57g

Equipment Needed:

- Baking sheet
- Meat thermometer

Ingredients:

- 4 bone-in or boneless thick cut pork chops
- 2 eggs
- 1/4 cup milk
- 1 1/2 cup Panko bread crumbs
- 1 1/2 cup cheddar cheese shredded
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 lb Brussels sprouts, quartered
- 1 lb baby potatoes, quartered
- Salt and pepper
- 2 tablespoons olive oil



Instructions:



1. Heat oven to 425°F. Spray a sheet pan with cooking spray or line with parchment paper.



2. In a shallow dish, whisk together egg and milk.



3. In another shallow dish, mix Panko, cheddar cheese, Italian seasoning and garlic powder.

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Sheet Pan Crispy Cheddar Pork Chops

Instructions Continued:



4. Salt and pepper each side of the pork chops and dredge them in the egg mixture.



5. Next, coat the pork chops in the Panko mixture. Lay them on the sheet pan.



6. In a large bowl, add the Brussels sprouts and potatoes. Season with salt and pepper and toss with olive oil.



7. Arrange the vegetables next to the pork on the sheet pan. If necessary, use an additional sheet pan to fit all the vegetables.



8. Bake for 15 minutes, then flip the pork over and continue baking for 12-15 minutes, or until the pork reaches an internal temperature of 145°F.



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Free-Form Apple Tart

Prep Time: 30 minutes | Total Time: 2 hours 30 minutes | Servings: 10

Serving Size: 1 Slice; Calories 188; Total Fat 8g; Saturated Fat 4g;
Sodium 178mg; Total Carbohydrate 28g; Dietary Fiber 0g; Protein 1g

Equipment Needed:

- Zester
- Hand mixer or pastry blender
- Pairing knife
- Rolling pin
- Cookie sheet

Ingredients:

- 2 1/2 cups all-purpose flour
 - 1/2 cup plus 1 teaspoon sugar
 - 1/2 teaspoon salt
 - 1 1/2 sticks unsalted butter, cut into 1/2-inch cubes and chilled
 - About 1/2 cup ice water
 - 1 teaspoon finely grated lemon zest
 - 1 tablespoon cinnamon
- 4 Granny Smith apples, peeled, cored and thinly sliced
 - 1 large egg white, beaten
 - 2 tablespoons sugar



Instructions:



1. In a mixing bowl, combine the flour with 1 teaspoon of the sugar and 1/2 teaspoon of salt.

***Note:** Want to make ahead? The dough can be frozen for up to 1 month. The tart can be baked earlier in the day and rewarmed before serving.

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Free-Form Apple Tart

Instructions Continued:



2. Add the butter and mix at low speed until it is the size of small peas, about 30 seconds. Pastry dough can also be made with a pastry blender or forks (not requiring a mixer).



3. With the machine on, gradually add 1/4 cup of the ice water. Add as much of the remaining ice water as needed, 1 tablespoon at a time, until the dough is just evenly moistened (it shouldn't stick on the paddle).



4. Turn the dough out onto a floured work surface and knead a few times, just until it comes together.



5. Pat the dough into a disk, wrap in plastic and chill for 1 hour or overnight.



6. Preheat the oven to 400°F and line a large cookie sheet with parchment paper.



7. On a lightly floured work surface, roll out the dough to a 17-inch round. Carefully transfer the dough to the cookie sheet.

Free-Form Apple Tart

Instructions Continued:



8. In a medium bowl, combine the remaining 1/2 cup of sugar with the lemon zest, cinnamon, and a pinch of salt.



9. Add the apples and toss well.



10. Arrange the apples on the dough, leaving a 3-inch border all around.



11. Fold the edge of the dough up and over the apples, overlapping the dough on itself as needed.



12. Brush the rim with the egg white and sprinkle with the sugar.



13. Bake the pie in the center of the oven until the crust is golden and firm and the apples are tender, about 55 minutes. Transfer the cookie sheet to a rack to cool. Slide the pie onto a plate, cut into wedges and serve.

