

TABLETALK

DECEMBER, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

Our first month on the new meal patterns and foods is completed. As a whole, everyone did a great job setting up new menus and using better foods. There are still a few things to keep in mind:

1. Use WGR (Whole Grain-Rich) products daily. It can be on a meal or snack. More information is starting to come out from USDA and TDA about WGR products. It is a good idea to start saving the labels of the WGR products you use for proof. We will keep you informed as more information comes out.
2. Cereal should have no more than 6 grams of sugar.
3. Use juice only once a day. Infants cannot drink juice.
4. Fruits cannot be used twice in the same meal. Remember, lunch and dinner use two vegetables, or one vegetable and one fruit. At snack, you can use a fruit *and* a vegetable, because they are in two different groups. You can use canned, fresh, or frozen. Seasonal fruits or vegetables are best when fresh.
5. Animal crackers or graham crackers are in the same group and can only be used twice a week.
6. Pre-processed meats and fish, such as chicken nuggets and fish sticks, should *only* be used twice a week.

Mandatory Training

Classes this past year were great. Getting together helped everyone share ideas and connect with others who share the same struggles. This year, our mandatory classes will reflect that. The subject will pertain to reading food product labels and reviewing the quantities to be prepared for all the children in your daycare. Classes will be held on Saturdays, and are expected to last about 4 hours. In the next few months, be on the lookout for dates, places, and times.

Want some tips to help you master Thanksgiving?

Keep an eye out for our email, 11 Tips to get you ready for Thanksgiving, or check out our website at:

<http://childfoodprogramoftexas.org/downloads/Thanksgiving2017.html>

Have a great holiday season!

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Chef Bob's Cookbook

Ground Turkey Sweet Potato Skillet (cast iron)



Ground Turkey
Sweet Potato
Skillet

Ground Turkey Sweet Potato Skillet

PREP: 10 min
COOK: 17 min
TOTAL: 27 min
YIELDS: 4

Main Ingredients

- 2 tbsp extra-virgin olive oil
- 1 lbs extra-lean ground turkey
- 1 tsp garlic clove, minced
- ½ cup onions, diced
- ½ cup yellow pepper, diced
- 1 ½ cups sweet potato, diced
- Salt and freshly ground black pepper
- A pinch of red chili flakes
- ½ cup shredded mozzarella cheese
- Fresh parsley for garnishing

Directions

1. In an iron cast skillet, heat olive oil over medium-high heat.
2. Add ground turkey and garlic. Use a wood spoon breaking up the turkey while it cooks. Stir occasionally and cook for about 5 minutes.
3. Add onions and yellow peppers and cook until onions are soft.
4. Add the sweet potato, chili pepper, salt, and pepper.
5. Cover the skillet and cook until they are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato faster.
6. While the sweet potato is cooking, preheat the oven to 400 degrees.
7. When the sweet potato is tender, add shredded mozzarella cheese and bring the skillet to the oven to melt the cheese* (see note below).
8. When the cheese melts, remove from the oven, and garnish with parsley.

* You can just put the lid on the skillet for 5 minutes. The cheese will melt. | **You can keep this recipe in the fridge for up to 6 days.