

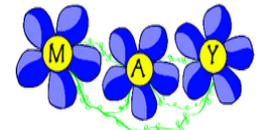


Guilford Child Development
1200 Arlington Street
Greensboro, NC 27406

News and View

Monthly Newsletter for Family Childcare Providers

CACFP



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Macaroni Salad

Macaroni Salad is a delightful side dish filled with healthy whole grain macaroni, fresh carrots, sweet fresh onions, and red and green peppers!

Preparation Time: 15 minutes Cooking Time: 30 minutes
Makes: 6 servings

Ingredients

2 cups Water
1 ½ cups or 7 oz Whole-grain elbow macaroni
½ cup or 3 oz Low-fat mayonnaise
1 Tbsp or ½ oz White vinegar
¼ cup or 2 oz Sugar
1 Tbsp or ½ oz Mustard
⅓ cup or 2 oz Fresh red bell peppers, diced
⅓ cup or 2 oz Fresh green bell peppers, diced
1 Tbsp Canned pimientos, diced, drained
½ cup or 2 ½ oz Fresh carrots, finely diced
½ cup or 2 oz Fresh celery, diced
⅓ cup or 1 ½ oz Fresh red onions, diced
¼ tsp Salt ¼ tsp Ground black or white pepper
¼ tsp Paprika

CACFP Home Childcare Crediting Information

¾ cup (½ cup and ¼ cup measuring cups or 6 oz spoodle) provides ¼ cup vegetable (⅓ cup red/orange vegetable, ⅓ cup other vegetable), and 1 oz equivalent grains.



Directions

1. Heat water to a rolling boil.
2. Slowly add macaroni. Stir constantly until water boils again. Cook about 10-12 minutes or until al dente (firm to taste). Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
3. Dressing: Combine mayonnaise, vinegar, sugar, and mustard in a small bowl. Stir well. Set aside for step 5.
4. Combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper in a large bowl. Stir well.
5. Pour the prepared dressing over vegetable and pasta mixture. Stir well.
6. Transfer macaroni salad to a large salad bowl.
7. Critical Control Point: Cool to 40 °F or lower within 4 hours.
8. Critical Control Point: Hold at 40 °F or below.
9. Keep the salad refrigerated or store at a cool temperature of 40 °F or lower until ready to serve.
10. Garnish with paprika.
11. Serve ¾ cup (portion with ½ cup and ¼ cup measuring cups or portion with 6 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project



Healthy Recipes for Child Nutrition Professionals

Visit here for CACFP creditable recipes!

https://theicn.org/cnr/recipes-cacfp-homes/?page_id=119354

For more recipe ideas and to order a free recipe book go here:

<https://www.fns.usda.gov/tn/team-nutrition-recipes>

<http://www.thelunchbox.org/recipes-menus>

Home-Made Foods

When you prepare home-made foods, you need a standardized recipe. This recipe will include: ingredients with amounts (ounces, cups, tablespoons, 1 –14.5 oz can, etc...) and preparation (dice carrots, slice cucumber, etc...); detailed instructions (use 12” skillet to brown ground beef, preheat oven to 350° F, bake in a 9x9x2” baking dish, etc...); cooking time; serving size and serving yield (Recipe yields 6-1 cup servings). We will contact you for recipes if we do not already have them on file. See the recipe on the other side for an example of a Standardized Recipe. Also, the links above have many, many recipes for use.

CN Labels and Product Formulation Statements

When you serve pre-packaged foods, such as corn dogs, hot dogs, chicken nuggets, chicken tenders, fish fillets, etc..., the foods require a Product Formulation Statement or CN label. We have many of these on file. When you complete your menus, please write the brand name of the product. For example: Tyson Chicken Nuggets, or Ball Park Beef Franks. If the information is not on the menu (manual) or in a menu comment (KidKare), we will contact you for the brand.

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442;
- or 3. email: program.intake@usda.gov.

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