

# PATCH Food Program Newsletter



Issue Number 17, October 2018

## Let's Cook Together

### Ratatouille

- 8 oz. Tomato Sauce
- ½ Onion, Chopped
- 3 tsp. Minced Garlic
- 1-2 small Eggplant, sliced into to circles
- 1-2 small Zucchini, sliced into circles
- 1-2 small Yellow Squash, sliced into circles
- 3-4 Roma Tomatoes, sliced into circles
- 4 TB Olive Oil
- Salt and Pepper to taste



1. Preheat oven to 375 F
2. Mix together tomato sauce, onions, and garlic paste. Spread onto 9" round cake-pan.
3. Place vegetables around the pan, alternating each veggie
4. Drizzle the olive oil and sprinkle the salt and pepper on top.
5. Cover with parchment paper.
6. Bake for 40-45 minutes



## Toast Toppers

Try and top your whole grain toast with:

- Tuna Salad + Cucumbers
- Cottage Cheese + Blueberries
- Scrambled Eggs + Cooked Spinach
- Avocado + Turkey

## Adding Whole Grain

Here are a few ways you can add whole grain to your day:

- Use whole grain elbow pasta when making macaroni & cheese
- Swap your goldfish crackers for the Goldfish baked with Whole Grain
- Look for Wheat Thins and pair it with some cheddar cheese
- Try Whole wheat tortilla instead of flour when making soft tacos
- Use Cheerios to top your morning yogurt

## Food Fun

### Fruit and Veggies Stamps

Having children play with their food can be a fun way for them to get familiar with different fruits and veggies.

You can use different fruits and veggies like:

- Oranges
- Bell Pepper
- Potatoes
- Apples
- Celery
- Starfruit

1. Cut the fruit or veggie in half
2. Poke the fruit/Veggie with a fork or skewer
3. Dip it in paint
3. Stamp it on any surface

You can use fabric paint and stamp the fruit and veggie pieces on a plain shirt or pillowcase to make fun designs.

## Food for Thought

If a potato went to watch a soccer game, would it be considered a spec-tater?