



Where healthy eating becomes a habit

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TO: Cortland/Tompkins CACFP Providers
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Way to Grow veggie garden deliveries a great success. Thank you for participating! Don't forget to let us know how you are doing with anecdotes and photos! We love to let our funders know how things are going!

Porcupine Sliders. Makes 6 Servings.



GRAND PRIZE WINNER
Recipes for Healthy Kids

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-grain rolls; watch children delight in the flavors!

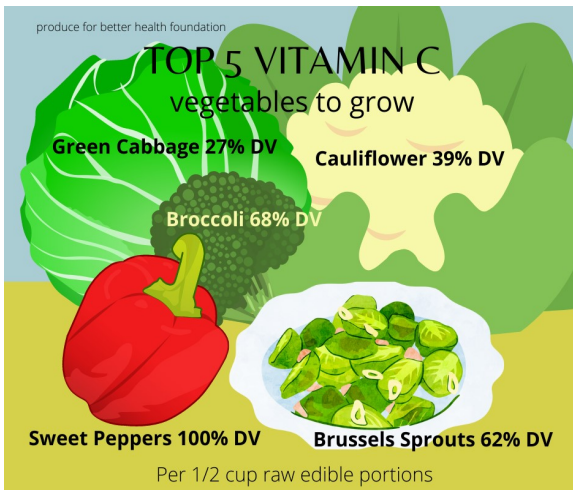
- 1/8 cup dry brown rice
- 1 tsp oil
- 1 1/2 T fresh diced onion
- 1/4 c diced celery
- 1 1/2 t fresh minced garlic
- 1# raw ground turkey
- 1 egg, beaten
- 5 T dried chopped cranberries
- 3/4 c fresh chopped baby spinach
- 1 t Worcestershire sauce
- 1/2 t black pepper
- 6 mini whole grain wheat rolls (dinner roll sized)

CACFP: 1 serving provides
2 oz equivalent of meat/
meat alternate &
1 oz of grain.

Source: [Porcupine Sliders: A chef-inspired school recipe | CNN](#)

Preheat oven to 350
Cook ahead tip Combine rice and 1/2 cup of water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30–40 minutes. (Cook ahead tip!)
Heat oil in a small skillet. Add onion, celery and garlic. Cook over medium-high heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until cooled.
In a medium mixing bowl, combine raw turkey, egg, cranberries, spinach, Worcestershire sauce, salt, pepper, cooled brown rice and sautéed vegetables. Mix well. Shape into 6 patties.

Top 5 Vegetables with Vitamin C. Vitamin C and D paired together are a super powerhouse for strong bones and teeth.



More to explore at your local library.

Tomatoes for Neela
by Padma Lakshmi,
Illustrated by
Juan Martinez-Neal



This book affirms how we can connect to other cultures, as well as to our own, through food.



The Child Development Council is an equal opportunity provider.