



2019

from my HOME
to yours

12 EASY PEASY KID FRIENDLY RECIPES

Courtesy Rockinghorse Home Day Care



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COURTESY ROCKINGHORSE HOME DAY CARE

lemony parmessan pea mash

A colorful change from mashed potatoes, try this pea mash as an alternative side dish to any dinner. Adding parmessan will give it another layer of flavor.

YOU WILL NEED

- 1 10-oz bag frozen peas or fresh
- 1 garlic clove, quartered
- 1/4 cup finely chopped flat leaf parsley
- 1/2 cup water
- 1 Tbsp EVOO
- 1 lemon
- Grated parmessan
- Salt & Pepper

PROCEDURE

1) in a small saucepan add garlic, olive oil, parsley, peas and water and salt, cover, simmer until tender, approx. 5 min, occasionally stirring (add more water if more cook time is needed), 2) drain, reserving liquid, 3) add peas to a food processor, pulse a few times until combined, 4) remove and stir in reserved liquid to reach desired texture, add parmesan, lemon juice, S&P to taste.



TIPS

Use finely grated parmesan cheese not shredded.

Allow children to participate in preparation by having them stir in step 4 ingredients.

COURTESY ROCKINGHORSE HOME DAY CARE

green eggs & ham

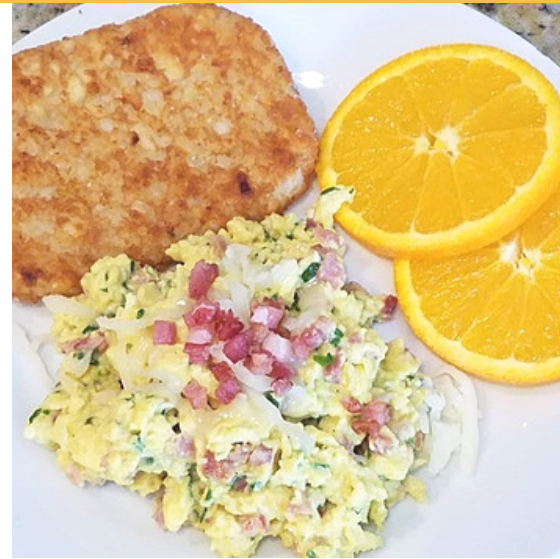
Scrambled eggs are traditionally considered a breakfast classic; however many have breakfast for lunch or dinner. This recipe adds fun and nutrition to a classic and a great way to get nutritious veggies into little ones diets. Plus adding pancetta doesn't hurt.

YOU WILL NEED

1 pck cubed pancetta
8 eggs
2 heaping Tbsp mayonnaise
S&P
onion salt
1 cup finely chopped raw spinach
1/2 cup shredded motzerella (see top tip)

PROCEDURE

1) brown pancetta, remove and drain on paper towels reserving excess oil to use later; plus leave a bit of grease in pan to cook eggs. 2) add eggs, mayo, seasonings to a bowl, whisk briskly to blend well. 2) heat a skillet to medium heat, 3) stir often and cook slowly, once half-way cooked, add spinach and cooked pancetta, 4) serve hot and top with shredded cheese.



TOP TIP

For an adult twist, in lieu of motzerella, once served top with a thin slice of brie. Make sure you add to HOT eggs so brie begins to melt.

Save reserved pancetta grease to cook hash browns or save for another dish.

COURTESY ROCKINGHORSE HOME DAY CARE

pancetta & tomato 'jam' avocado toast

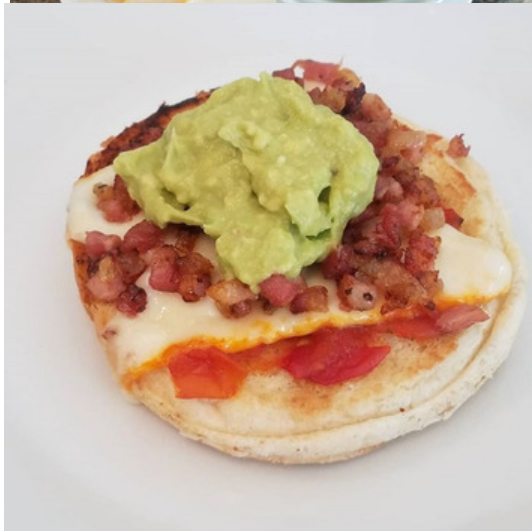
This recipe is my interpretation of avocado toast. You can vary as you like but this combo is pretty yummy!

YOU WILL NEED

- 1 pack chopped pancetta
- 2 ripe avocados
- 1 lime
- 1 pack pearl tomatoes, quartered
- 1/4 cup sugar (approx.)
- 3 English muffins (cut in half makes 6)
- Olive oil spray
- muenster cheese slices (or your favorite)
- Seasoning to taste: salt, pepper, garlic powder. Optional: ceyenne pepper

PROCEDURE

- 1) brown pancetta, 2) while pancetta is cooking mash avocados with S&P, garlic powder, lime juice (optional: cayenne), 3) once pancetta is browned, drain on paper towels; keeping drippings in pan, 4) add quartered tomatoes to pan and sautee, once tomatoes have broken down, add salt & sugar, continue cooking to incorporate (consistency should be like a jam), 5) spray muffins with olive oil and grill on indoor grill (or exclude oil and place in toaster brushing with oil after), 6) assemble and place under broiler until cheese is melted. 7) remove and top with avocado mash.



TOP TIP

Let your little ones assemble their own (excluding the avocado mash which gets topped after baking). I also cut them up into quarters for easier eating for children.

COURTESY ROCKINGHORSE HOME DAY CARE

delicata squash marinara with zucchini pasta and meatballs

Looking for fun healthier options to get littles to eat more veggies, I created this mix up; which was a hit. With a rich marinara as a base, adding delicata squash makes it extra rich and decadent.

YOU WILL NEED

1 jar marinara
1 bag frozen cooked delicata squash
1-2 bags zucchini spirals
1 bag turkey meatballs (or beef, vegan)
shaker parmessan

PROCEDURE

1) simmer meatballs in marinara with lid on, in the meantime place desired amount of delicata squash in microwave and cook to defrost, 2) chop defrosted squash into small pieces and add to simmering sauce and meatballs, this will thicken up the marinara, 3) saute zucchini and cook approx. 8 min in a little EVOO. Season if desired with S&P.

That's it!! Pretty simple. Serve as pictured and enjoy. Serve with French bread and top with a sprinkling of parmessan.



TOP TIP

The marinara and zucchini can be mixed together; its mild in flavor so kids may think it's green pasta.

Want a spicier option, try Marsala Simmer Sauce in place of marinara and serve with naan or malabari paratha instead of a French roll.

COURTESY ROCKINGHORSE HOME DAY CARE

filo chicken bites

These easy bite size chicken fillo cups are the perfect size for little hands, or make as adult appetizers.

YOU WILL NEED

- 1 box fillo dough
- 1-2 cans cream of chicken soup
- 1 pk shredded cheddar blend cheese
- 1 bag frozen mixed veggies#
- 1 roasted chicken (pre-cooked)
- 2 mini cupcake muffin tins

Measurements based on how many you're making and if you want more veggies than chicken. Add enough soup to make mixture moist but not overly wet (don't add water).
Cut veggies small; if needed to keep bite size.

PROCEDURE

Preheat oven to 350. 1) make fillo cups according to box directions; partially cooking until slightly brown, 2) while cups are baking, combine chopped roasted chicken, frozen vegetables and 1 can cream of chicken soup, 3) remove fillo cups when they are just turning brown, 4) fill with chicken mixture, top with cheese, 5) return to oven and bake until cups are crispy, chicken is warm and cheese is melted.



TIPS

Be creative, use alternatives to change things up. Use cream of mushroom soup with shredded mozzarella or greyer. Use shredded beef versus chicken and peas versus mixed veggies.

COURTESY ROCKINGHORSE HOME DAY CARE

pot roast "calzone"

When you have leftovers from your crock pot roast you make these easy peasy 'calzone' style eats.

YOU WILL NEED

pot roast dinner leftovers including:
beef, carrots, potatoes, onions (if desired)
1 pk shredded cheddar blend cheese
1 pk refrigerator biscuit dough



PROCEDURE

Preheat oven to 350

1) cut your veggies into smaller pieces, if you don't have leftovers, simply steam 2 carrots and 1 potato. 2) shred beef into small pieces, if no leftovers, use precooked beef or chicken. 3) roll out biscuits, large enough to fill and fold in half as well as space to leave a clean edge so you can fold and fork press to seal calzone. 4) squirt about 1-2 tsp ketchup in center of biscuit and top with roast, veggies and shredded cheese. 5) fold other half of biscuit over meat & veggies and seal edges with a fork. 6) bake until golden brown, according to biscuit dough recommendations.

Bon appetite!

TIPS

When you have leftovers you can make several dishes. Try these 'calzones' and then our shepherd pie bites next month.

COURTESY ROCKINGHORSE HOME DAY CARE

pot pie biscuits

I created this dish when I was in a creative mood. Super easy and the kids loved. Only 4 items to purchase for this one.

YOU WILL NEED

- 1 cup roasted chicken, chopped
- 1 10-oz can cream of chicken soup
- 1 10-oz bag mixed vegetables (see TIP)
- 1 pck large refrigerated canned biscuit dough

PROCEDURE

Preheat oven to 375 | Makes 8-10 biscuits
1) combine chicken, soup and vegetables in large bowl, 2) spray muffin tin pan or silicone pan (do not use liners). 3) roll out biscuit dough with a little flour and insert into muffin pan, pressing dough along sides of pan, make sure to spread so that approx. 1/4" laps over sides of pan (you need this extra to fold over to create a slight dome over mixture). 4) fill muffin pan with approx. 1/3 cup mixture. 5) fold over the biscuit dough so it slightly covers mixture and pinch edges together (it's not easy to do and dough wants to 'snap back' but just stretch and pinch like a pie dough). 6) bake for approx. 20 minutes, until biscuits are slightly brown.

Bon Appetite!



TIPS

I use defrosted Trader Joe's frozen mixed vegetables, but remove green beans and cut carrots into smaller pieces. You can use any veggies, but cut larger ones into smaller pieces.



COURTESY ROCKINGHORSE HOME DAY CARE

mini shepards pies

Super easy and the kids loved. It also makes great hearty appetizers.

YOU WILL NEED

1 bag frozen mashed potatoes, or 2 lrg russet
1-1/2 c frozen mixed vegetables
1 frozen pie crust, defrosted
1/2 lb ground meat (beef, chicken, pork)
1 small onion, chopped finely
4 tsp flour
3/4 cup broth
S&P, onion salt, garlic powder



PROCEDURE

Preheat oven to 375 Makes 9 mini pies

1) prepare mashed potatoes. 2) meanwhile cut pie crust into 9 circles, large enough to fit in muffin silicone pan and pressed up sides, fork to prevent puffing, bake until slightly brown at pkg temp. 3) prepare filling: cook ground beef with onion until browned. 4) add seasoning to taste. 5) add 4 tsp flour, coat beef. 6) add broth, simmer until thickened. 7) add 1-1/2 cups veggies, cook until warmed through. 8) check to make sure potatoes are warm and crust is slightly brown, set aside when done. 9) mound and press into each muffin 'pie' beef mixture, top with a mound of potatoes. 10) cook 25 minutes, or until potatoes are slightly brown.

TIPS

I use defrosted Trader Joe's frozen mixed vegetables, but remove green beans and cut carrots into smaller pieces. You can use any veggies, but cut larger ones into smaller pieces.

COURTESY ROCKINGHORSE HOME DAY CARE

summer strawberry salad

Simple salads can be a refreshing dish for either lunch or dinner. With seasonal fresh sweet strawberries this recipe is good on those hot summer days.

YOU WILL NEED

- 1 bag or bunch fresh spinach
- 10 fresh strawberries, quartered
- 2 pre-cooked chicken breasts
- 1 cup candied walnuts
- Honey mustard dressing



PROCEDURE

This is the easy part, salads are versatile as far as the amount of ingredients and how large or small you choose to cut each piece. So our amounts of each are approx.

The combination of this one is tangy, sweet with added protein by adding chicken.

Simply combine all ingredients and toss with dressing.

Bon Appetite!

TIPS

Change dressing to a sweet raspberry vinaigrette and add a sharp crumbled cheese such as feta, goat or blue.

Add croutons for added crunch, or apples if you want a healthier 'crouton'.

COURTESY ROCKINGHORSE HOME DAY CARE

chicken & veggie yellow curry

This is an easy meal and perfect on a cool day. Slightly spicy but just enough to warm your soul.

YOU WILL NEED

- 1 bottle Traders Yellow Curry simmer sauce
- 6 Dutch yellow baby potatoes
- 6 colorful carrots or 2 large
- 2 pre-cooked chicken breast
- 1 cup jasmine rice (dried)
- 1 1/2 cups water

PROCEDURE

1) Cut carrots, potatoes and chicken into small bite size pieces, 2) boil veggies until just tender and drain, 3) add chicken & simmer sauce, simmer for approx. 15 minutes. 4) while chicken and veggies simmer, cook rice according to package directions. (I do 1 cup rice to 1 1/2 cup water, bring to boil, simmer 13 minutes).

That's it!! easy peasy.

Enjoy!!



TIPS

Change up things and make coconut rice to add extra flavor that pairs well with curry. Or if curry simmer sauce is too spicy for you, just add a bit of coconut milk to cool it down while simmering.

COURTESY ROCKINGHORSE HOME DAY CARE

apple turkey tarragon sloppy joe

Cool nights are a perfect time for this dish. Easy and flavorful with the addition of fresh tarragon. A quick one pot dish.

YOU WILL NEED

- 1 lb ground turkey
- 1/4 lb ground pork
- 1 granny smith apple, peeled, finely chopped
- 3/4 c red bell pepper, finely chopped
- 3/4 cup onion, chopped
- 1-1/4 cup ketchup
- 2 T dijon mustard
- 2 T apple cider vinegar
- 2 tsp white sugar
- 2 tsp fresh tarragon, chopped
- 1/3 cup water
- salt, white pepper, garlic powder (to taste)
- 1 pck Hawaiian sweet hamburger buns

PROCEDURE

1) in a bowl mix ketchup, mustard, cider vinegar, sugar, tarragon, water and seasonings, set aside. 2) in a large skillet cook turkey, pork, apple, onions, bell pepper until meat is brown and crumbly, chopping as you cook for smaller pieces. 3) add ketchup mixture and simmer 10-15 minutes, uncovered. 4) Add more water if needed. season as you go. Stir occasionally



TIPS

This dish can be served with any type of bun, or you can make it more saucy and serve with mashed potatoes or add as a topping to scrambled eggs with toast for a breakfast twist.

COURTESY ROCKINGHORSE HOME DAY CARE

pork chops with apple & pear sauce

A popular compliment to pork chops is applesauce, so our apple & pear sauce elevates this combination.

For a full dinner add mashed potatoes, rice or a garden salad.

YOU WILL NEED

pork chops (1 per person), rosemary sprig and two pats butter.

For apple and pear sauce:

1 green apple, peeled and chopped
1 ripe bosch pear, peeled and chopped
1/2 cup orange juice
1/2 cup apple juice
handful of dried raisin medley
1 T dijon mustard
1/4 cup brown sugar
S&P, cayenne pepper, cinnamon to taste
1 tsp fresh rosemary, chopped

PROCEDURE

1) Combine sauce ingredients in a sauce pan, simmer for 15-20 minutes. 2) cook pork chops, searing on all sides then toss butter and rosemary in pan and baste pork chops to finish cooking.



TIPS

The apple & pear sauce can be changed up to your taste preference. You can add cranberries or omit raisins. You can also do all orange or all apple juice. want it spicier? add more cayenne, sweeter? add more brown sugar.

