

Featured Menu Recipe

Our agency received some great feedback from parents in the winter of 2019; that is, to scale down a recipe that the children seem to enjoy and post that in a family-size recipe quantity. *Here is September's featured recipe:*

Pasta Salad (Add Chicken if Desired)

- Tricolor Pasta – 8oz
- Fresh Bell Pepper, Diced – ¼ Cup
- Fresh Green Onion, Chopped – 3 Tbsp
- Fresh Cherry Tomatoes, Diced – 1 ¾ Cup
- Fresh Cucumbers, Diced – 1 ¼ Cup
- Fresh Broccoli Florets, Diced – 1 ½ Cup

Sauce:

- Canola Oil – 2 ½ Tbsp
- Apple Cider Vinegar – ½ Cup
- Salt – ½ Tsp
- Pepper – ¼ Tsp
- Garlic Powder – ¼ Tsp
- Sugar – ½ Cup
- Dried Parsley – ¼ Tsp
- Ground Mustard – ¼ Tsp

Mix all items together and serve cold!

Adjust the ingredients to your family's liking!

This is a great recipe to adjust to your family's liking. Simply remove items that your family may not enjoy and replace with other veggies that your family is more likely to eat. The denser veggies will last longer in the fridge so think about things like cauliflower, red peppers, zucchini, carrots, corn, and/or snap peas. If using mushrooms, avocado, or other soft veggies, the salad will not last as long in the fridge. Store in fridge for up to 5 days.



**Community Child
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