

Yummy
Tummy
Recipes
SEASONS

Spring Spreads to “Nutty” Breads



by Marilyn LaPenta

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by Marilyn LaPenta

Consultant:
Mandi Pek, MS, RD, CSP, CDN

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Making Healthy Spring Treats



Get ready to make some yummy spring snacks! All the recipes in *Spring Spreads to “Nutty” Breads* make delicious treats. Many of them use fresh fruits and vegetables as part of their ingredients.

In early spring, carrots and other root vegetables along with potatoes and greens, such as asparagus and artichokes, are ready to be picked. Spring also brings strawberries and other fruits. You can find these and other fresh-picked items at your local farmer’s market or at a nearby farm. **Produce** that is eaten when it’s fresh often has better flavor and nutrition than fruits and vegetables that have been refrigerated for weeks or months and shipped long distances.

The great thing about making your own food with fresh ingredients is that you will avoid the **preservatives** in many **pre-made** foods, which are not always good for the body. For ideas on how to make the recipes in this book even healthier, use the suggestions on page 22.













Getting Started

Use these cooking tips and safety and tool guidelines to make the best spreads and breads you've ever tasted.

Tips

Here are a few tips to get your cooking off to a great start.

-  Quickly check out the Prep Time, Cooking Time, Tools, and Servings information at the top of each recipe. It will tell you how long the recipe takes to prepare, the tools you'll need, and the number of people the recipe serves.
-  Once you pick a recipe, set out the tools and ingredients that you will need on your worktable.
-  Before and after cooking, wash your hands well with warm soapy water to kill any germs.
-  Wash fruits and vegetables, as appropriate, to get rid of any dirt and chemicals.
-  Put on an apron or smock to protect your clothes.
-  Roll up long shirtsleeves to keep them clean.
-  Tie back long hair or cover it to keep it out of the food.
-  **Very Important:** Keep the adults happy by cleaning up the kitchen when you've finished cooking.

PREP TIME

15
Minutes
Prep Time

COOKING TIME

45
Minutes
Cooking Time

TOOLS



SERVINGS

2
Servings

INGREDIENTS

Ingredients

1 teaspoon olive oil
2 cloves garlic, chopped
1 onion, chopped
1 celery with leaves, chopped small
Pinch of salt
3 cups low-sodium vegetable or chicken broth
2 unpeeled and washed large carrots, chopped into chunks
1 unpeeled and washed potato, chopped into chunks
½ cup orange juice

Steps





- 1 Put the oil in the frying pan. Add the garlic, onion, celery, and salt. With an adult's help, cook the ingredients on the stovetop over low heat until they are soft, about 20 minutes. Stir frequently with the spoon.
- 2 Add the broth, carrots, and potatoes to the pan. Bring the mixture to a **boil** and reduce the heat. **Simmer** until the carrots and potatoes are tender, about 25 minutes.
- 3 With the spoon, put half the vegetables and broth in the food processor fitted with the S blade. Process on high until the ingredients are **pureed**, about 30 seconds. Put the remaining vegetables and broth in the processor and process until pureed, about another 30 seconds.
- 4 Pour the pureed mixture back into the frying pan. Add the orange juice.
- 5 Stir the mixture and heat it over medium heat until it is hot.
- 6 Pour into two soup bowls and enjoy.

The word *carrot* comes from the Greek word *karoton*.

RECIPE

Be Safe

Cook safely by having an adult around to help with these activities:

-  Using a sharp knife or peeler
-  Using the stove, microwave, blender, food processor, toaster, or other electrical appliances
-  Removing hot pans from the oven (Always use pot holders.)
-  Frying foods on top of the stove (Keep the heat as low as possible to avoid burns from oil splatter.)

Tools You Need

Here's a guide to the tools you will need to make the various recipes in this book.



Spoon



Mixing spoon



Slotted spoon



Wooden spoon



Fork



Knife



Butter knife



Spatula



Can opener



Toothpick



Strainer



Whisk



Measuring cups



Measuring spoons



Pot holders



Colander



Cutting board



Soup bowl



Small mixing bowl



Medium mixing bowl



Large mixing bowl



Medium glass, 12 ounces



Large glass, 16 ounces



Small plate



Grater



Small microwave dish



1-quart plastic freezer bag



Paper towels



Muffin tin



Muffin cups



Steamer pot



Frying pan



Mini bread loaf pan



Griddle



Wire rack



Baking dish



Baking sheet with sides



Cookie sheet



9" x 5" bread pan



Electric mixer



Stovetop



Oven



Blender



Refrigerator



Food processor



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Read More

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Learn More Online

To learn more about making spring treats, visit
www.bearportpublishing.com/YummyTummyRecipes-Seasons

About the Author

Marilyn LaPenta has been a teacher for more than 25 years and has published numerous works for teachers and students. She has always enjoyed cooking with her students and her three children, and looks forward to cooking with her three grandchildren. Marilyn lives in Brightwaters, NY.

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Spring Spreads to “Nutty” Breads



When you make your own food, you are taking a giant step toward eating healthier. Plus, it's great fun!

The recipes in this book are all nutritious and dee-licious. Just follow the easy directions, and in no time at all, you and your friends will be enjoying fun-to-make spreads and breads that are super scrumptious.

Fall Shakes to Harvest Bakes

Summer Sips to “Chill” Dips

Spring Spreads to “Nutty” Breads

Winter Punches to Nut Crunches

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