



# *The Basics of* **Caring for Children** *In Your Home*

## Lunches and Snacks: Quick Lunches

Need some lunch ideas that you can make really fast? How about potato toppers? Each recipe needs a baked potato for each person. You can bake a small potato for each child or make large potatoes and cut them into pieces.

### OVEN BAKED POTATOES

Choose potatoes that are nearly all the same size. Scrub the skin of the potatoes with a brush to clean off any dirt. Prick each potato with a fork. Place in the oven to bake at 425°F for 40 to 60 minutes OR 350°F for 70 to 80 minutes OR wrap potatoes in pieces of foil and bake at 350° for 90 minutes. Potatoes are done when you can easily push a fork into them. Remove from the oven, cut in half or into pieces, and add the topping.

### MICROWAVE BAKED POTATOES

Scrub the skin of the potatoes with a brush to clean off any dirt. Prick each potato with a fork. Place potatoes in a circle in the microwave oven. (If you're using different sizes of potatoes, place the smaller potatoes on the inside of the circle.) Medium to large potatoes will bake on High power in about 3-4 minutes, small potatoes will bake on High power in about 2 minutes. Multiply the baking time by the number of potatoes. (Three medium potatoes will bake in 9-12 minutes.) Potatoes are done when you can easily push a fork into



them. Let potatoes stand 5-10 minutes to finish baking, while you prepare the topping. Cut each potato in half or into pieces and add the topping.

#### These toppings are really quick:

- cheese — grated or sliced — put under the broiler or in the microwave for a few seconds to melt the cheese
- leftover chili — you may want to add a sprinkle of grated cheese on top
- plain yogurt — you may want to add a sprinkle of dill weed, oregano, or Italian seasoning
- leftover spaghetti sauce
- tuna or chicken salad — you may want to add a slice of cheese on top, melt under the broiler or in the microwave
- leftover beef, ham, chicken, or pork barbecue

Here are some more  
potato toppings to make:

### PIZZA POTATO TOPPER

- 1/2 lb. lean ground beef
- 1 small onion, chopped
- 1/2 cup chopped green pepper
- 1 large tomato, chopped
- 2 Tbsp. ketchup
- 1/2 tsp. salt
- 1/4 tsp. oregano
- 1/4 tsp. basil
- 1/2 cup shredded part skim mozzarella cheese

Brown the ground beef, onion, and green pepper. Drain off the fat. Stir in the tomato, ketchup, and seasonings. Spoon meat mixture over the potato halves or pieces. Top with mozzarella cheese. Place under the broiler or in the microwave oven until the cheese melts.

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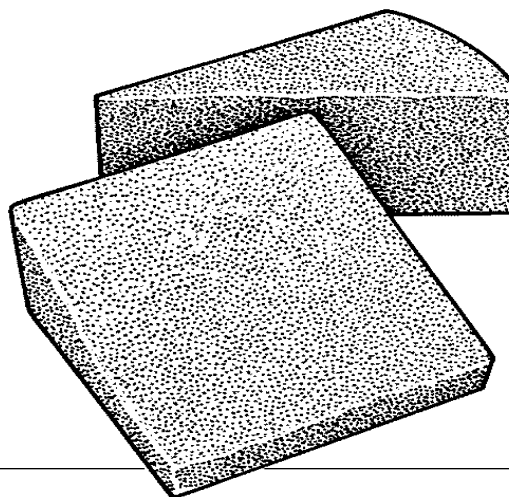
Here's a good recipe  
for using leftover chicken:

## CHICKEN POTATO TOPPER

- 1/4 cup chopped green pepper
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup shredded carrot
- 1/2 cup sliced fresh mushrooms
- 1/2 tsp. chicken bouillon
- 2 Tbsp. flour
- 1/4 cup hot water
- 3/4 cup milk
- 1/4 tsp. poultry seasoning
- 1/4 tsp. salt
- 2 cups cooked chicken, cut into cubes

Microwave the green pepper, celery, onion, carrot, and mushrooms or sauté them in a little margarine until tender-crisp. Drain off any liquid.

Combine bouillon, flour, and water. Add milk. Heat on the stove or in the microwave until thickened. Stir often while heating. Add milk sauce and chicken to the vegetables. Heat on the stove or in the microwave. Spoon the topping over the baked potatoes.



Try this recipe with leftover turkey:

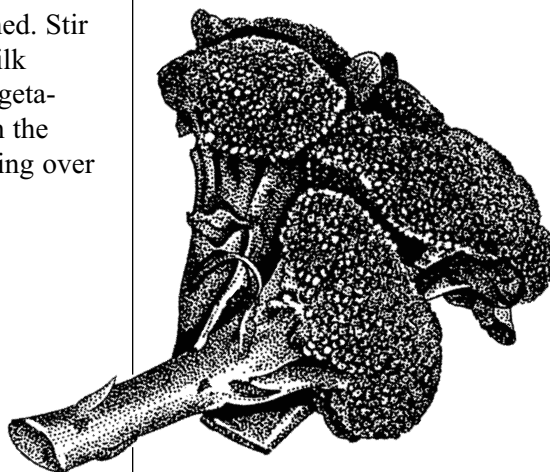
## TURKEY, BROCCOLI, AND CHEESE POTATO TOPPER

- 1 pkg. (10 oz.) frozen, chopped broccoli
- 1 cup cooked turkey, cut into cubes
- 1 tsp. chicken bouillon
- 1/4 tsp. dry mustard
- 4 tsp. flour
- 3/4 cup milk
- 2 slices of cheese

Cook broccoli on top of the stove or in the microwave. Drain well. Place broccoli in a large bowl. Stir in turkey. Set aside.

In a medium bowl or saucepan, combine bouillon, mustard, and flour. Add milk slowly, using a wire whisk to take away any lumps. Microwave for 3-4 minutes on High or cook on top of the stove until thick. Stir several times during cooking.

Combine milk mixture with the turkey and broccoli. Spoon the topping over potato halves or pieces. Cut each slice of cheese into 8 strips. Top each potato with 4 strips of cheese. Put potatoes under the broiler or in the microwave for a short time to melt the cheese.



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