



What's for Lunch?

Try some of these ideas for quick, easy, healthful lunches.

Shake-It-Up Chicken Nuggets

Serves 4 (4 nuggets per serving)

Chicken nuggets are usually fried in hot oil to give them a crusty coating. But all that oil makes the nuggets greasy and less healthful. In this recipe, the chicken pieces are tossed in a bag with seasoned stuffing mix and grated Parmesan cheese. They are then baked in the oven. These "oven-fried" nuggets are crisp and golden, but they don't have that extra fat you get from deep-frying.

1-3/4 cups herb-seasoned
crumb stuffing mix

1/4 cup grated Parmesan cheese

3 tablespoons margarine

1/4 cup low-fat milk

1/4 teaspoon ground black pepper

2 boneless, skinless chicken breasts
(approximately 1 pound)

Preheat oven to 450° F. Measure stuffing mix into a resealable plastic bag. Seal bag and place on flat surface. Crush crumbs by rolling and pressing a rolling pin over bag. Open bag and add

Parmesan cheese. Reseal bag and shake to mix well.

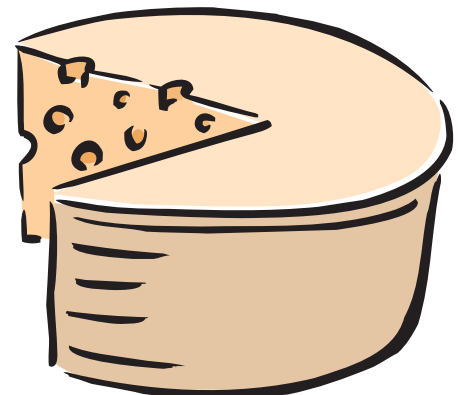
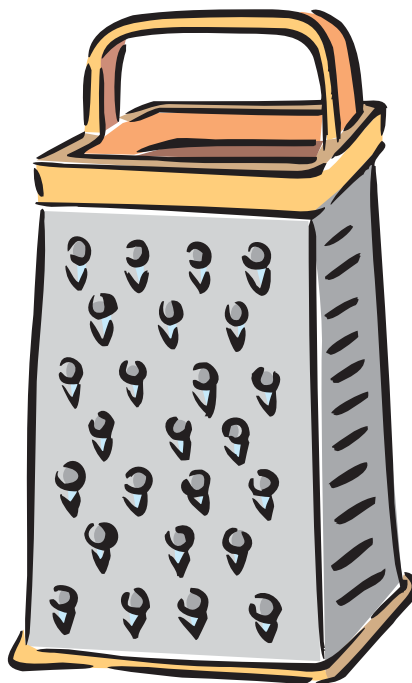
Melt margarine. Place the melted margarine, milk, and pepper in medium shallow bowl. Stir well with spoon. Set aside.

Rinse chicken breasts, pat dry with paper towels, and place

them on a cutting board. Cut each chicken breast into 8 chunks of the same size.

Dip each chicken chunk into the milk mixture, covering all sides. Let any extra milk mixture drip off. Place 3 dipped chunks at a time into the bag of crumbs. Seal bag tightly and shake until chicken pieces are evenly coated with crumbs.

Place coated nuggets on an ungreased baking sheet. Repeat with remaining chicken chunks. Bake nuggets 4 minutes. Remove pan from oven and turn over nuggets. Return to oven and bake 4 to 5 minutes, or until medium golden brown.



*The children can help
You make this lunch recipe:*

Soft Shell Tacos

- 1 cup lettuce, shredded
- 1 cup tomato, chopped
- 1/2 cup low-fat mild cheddar cheese, grated
- 1 (15.5 oz) can pinto beans or low-fat refried beans
- 1/4 cup taco sauce or salsa
- 4 (7-inch) flour tortillas

All cooks should wash their hands. Have the children wash the lettuce and tomato.

Older children can use cutting boards and plastic knives to chop the tomato. Younger children will be able to tear lettuce.

Open the can of beans, or allow an older child to try. Help the child empty beans into a bowl. Have the child add about 1 tablespoon taco sauce to beans.

Give each child a tortilla and have them spread some bean mixture on it. Set out cheese, chopped tomato, and salsa for children to place on top of the bean mixture.

Show children how to fold the tortilla to hold the mixture inside. You may want to cut each taco in half to make it easier for small hands to hold. Makes 4 tacos.

Chunky Turkey Loaf

- 1 garlic clove, minced
- 3/4 cup celery, finely chopped
- 1/2 cup red or green pepper, finely chopped
- 1/4 cup mushrooms, chopped
- 6 Tbsp. bread crumbs
- 1 lb ground turkey
- 1 Tbsp. dry parsley flakes
- 1 egg, lightly beaten
- 1/4 tsp. salt
- Dash nutmeg

Mix all ingredients in a mixing bowl. On a 9-inch microwave-safe pie plate, shape turkey mixture into a ring. Cover with waxed paper. Cook in the microwave on High power for 9 to 12 minutes, turning every 4 minutes until cooked. Slice into 8 servings and serve immediately.

*Here's a quick and easy lunch
recipe for when you're in a hurry:*

Tuna Mac Casserole

- 1 can (14.5 ounces) reduced sodium chicken broth
- 1-1/2 cups water
- 3 cups uncooked small elbow macaroni
- 1 can (10-3/4 ounces) cream of mushroom soup
- 1 cup low-fat milk
- 1 can (6 ounces) solid-pack tuna in water, drained
- 1/2 cup shredded low-fat cheddar cheese

In a large skillet or pan, heat broth and water to boiling. Add macaroni, reduce heat, and cook until macaroni is tender, about 8 to 10 minutes. Do not drain. Stir in soup, milk, tuna, and cheese. Heat through.



Pennsylvania Pathways

*Professional Development
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Sources: California Department of Education, Child Care Nutrition Resource System, Cooking Healthy with Young Children, Kansas Research and Extension Family Nutrition Program.

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