



From My HOME to Yours

RECIPES

2018 Easy Family Meals

Courtesy Rockinghorse Home Day Care

Table of Contents

Enjoy these recipes from our 2018 Easy Family Meals.

January - Thai Green Curry Shrimp

February - New England Boiled Dinner

March - Kid Style Sausage & Peppers

April - Black Eyed Peas

May - Stuffed Corn Muffins

June - Hidden Veggie Beef Burgers

July - Family Pizza Party

August - Spaghetti Squash

September - Let's make a Salad

October - Tamale Pie

November - Frittata

December - Kid Friendly Winter Chili

COURTESY ROCKINGHORSE HOME DAY CARE

Thai Green Curry Shrimp

This recipe is a creation of mine and a new favorite. Mildly sweet and light. It pairs nicely with a glass of chardonnay. Don't like Shrimp? substitute with chicken.

YOU WILL NEED

Find all these ingredients at Traders
1 jar Thai Green Curry Simmer Sauce
1 pck Argentine uncooked shrimp
1 yellow, 1 orange bell pepper
1 pck green onions
1 pck crimini mushrooms

PROCEDURE

Prep Time: 15 min Cook time: 15 min
1) defrost shrimp, pat dry, 2) dice peppers & mushrooms, 3) slice onion, separating white and green tops (set green tops aside), 4) saute peppers, mushroom, onions, about 3 min., 5) add shrimp, allowing shrimp to touch bottom of pan, about 3 min., 6) add simmer sauce, bring to a low simmer, cook until shrimp are opaque, approx. 5 min., 7) add green onion tops, simmering, about 2 min.

Serving suggestions: pour over rice, pasta or mashed potatoes. We prefer white rice for this dish.



TOP TIP

Adding the green onion tops near the end keeps their bright green color and nutritional value.

COURTESY ROCKINGHORSE HOME DAY CARE

New England Boiled Dinner

A favorite meal of mine as a child. I recall thinking I was getting a big 'hot dog', which as a child I loved. As an adult I equally love, but more for the vegetables.

YOU WILL NEED

1 head cabbage
1 whole potato per person
1 whole carrot per person
1/2 sweet onion per person
1 pkg Hillshire Polska Kilbasa Link

PROCEDURE

Prep Time: 5 min Cook time: 30 min
1) Peel first layers of cabbage, try to keep four whole & quarter inner head, 2) cut potatoes lengthwise, 3) quarter onion, 4) place cut potato, cut side down in bottom of large pot, cover with enough water to reach top of potato, add quartered cabbage & onions, 5) lay whole carrots across top, 6) lay cabbage leaves to create a 'lid', 7) Cover pot with pot lid and bring to a boil, simmer slow for about 20 min. 8) Place cooked sausage on top of veggies and cover. Cook until sausage cracks and is warm, approx. 10 minutes.

Serve with mustard or if you prefer ketchup.



TOP TIP

For a one-pot simple dish, our family recipe replaces the traditional corned beef or brisket with a pre-cooked polska kilbasa sausage link.

COURTESY ROCKINGHORSE HOME DAY CARE

Kid Style Sausage & Peppers

This kid dish is a great way to include veggies. By dicing veggies and sausage small and adding thin capellini the kids loved this meal that was inspired by the color orange.

YOU WILL NEED

1 jar Trader Joes tomato & basil sauce
1 pck mini sweet peppers
1 pck chicken garlic pre-cooked links
1 pck capellini pasta*
Seasoning: salt, pepper, garlic powder

PROCEDURE

Prep Time: 10 min Cook time: 15 min
1) boil water for pasta, 2) dice peppers (remove seeds) and sausage into small cubes, 3) saute peppers in EVOO until al-dente, remove from pan, set aside, 4) add sausage to pan, brown slightly, 5) return peppers to pan, add seasoning to taste, 6) add pasta sauce and warm, simultaneously cook pasta, both should be done about the same time, approx. 4 min., 5) drain pasta, toss in the sausage, peppers and pasta sauce. Sprinkle with grated parmesan.

*NOTE: by breaking capellini into 3rds before boiling, it is easier for kids to eat.



TOP TIP

To make fun for kids, have them pick the color of sweet peppers they want, yellow, orange, red or a combination. Emphasize mixing red and yellow make orange.

COURTESY ROCKINGHORSE HOME DAY CARE

Black Eyed Peas

Perfect for a rainy day.

YOU WILL NEED

4 Tbsp butter or EVOO
1 large onion, diced
4 garlic cloves, chopped
1 red bell pepper, diced
2 stalks celery, diced
1 ham hock
4 cups soaked black eyed peas
5 cups chicken broth
salt & pepper, ceyene (optional)
2 Tbsp white vinegar

PROCEDURE

Prep Time: 30 min Cook time: 45 min
1) heat butter/EVOO over medium heat, add onion, garlic, peppers, celery; cook 3-4 min.
2) stir in beans, broth, ham hock, S&P and other optional seasonings. 3) bring to a boil, reduce heat, cover and cook for about 30 minutes. 4) check water level; if too soupy; cook with lid off, if too thick; add a more warmed broth, cook another 15 minutes or until beans are cooked. 5) stir in vinegar, taste for seasonings. Add more if needed.
VARIATIONS: add kale leaves during last 5 minutes of cooking to add color. Make sure to remove stems.



TOP TIP

Be creative, add carrots, potatoes, bacon, jalapenos. Serve with a roll, cornbread or over rice.

COURTESY ROCKINGHORSE HOME DAY CARE

Stuffed Corn Muffins

These easy corn muffins make a great vessel to add any type of protein and/or vegetable.

YOU WILL NEED

1 box Jiffy corn muffin mix

1 egg

1/2 cup milk

Fillings (see suggestions)

Muffin paper cups

PROCEDURE

Prep Time: 15 min Cook time: 15-20 min

1) pre-heat oven to 400, 2) line or grease muffin pan, 3) prepare filling (see suggestions), 4) blend muffin mix, egg, milk; batter will be slightly lumpy, let rest 3 to 4 min., 5) gently fold in filling, 6) fill tin 2/3 full. 6) bake 15-20 minutes or until golden brown.

FILLING SUGGESTIONS

There are many options for filling; however when incorporating veggies, dice small and cook slightly. Easy fillings are: cheese, sausage & peppers, ground meat & carrots, broccoli & cheddar, asparagus tops & white cheese, the list is really endless. Don't fill to much with your fillings.



TOP TIP

To make fun for kids, let them select what they would like their particular muffin stuffed with. Be sure to offer healthy options for stuffing and make two per child.

COURTESY ROCKINGHORSE HOME DAY CARE

Hidden Veggie Beef Burgers

It's a great time to grill. Adding vegetables to a burger is a good way to get children to eat their veggies and make burgers more flavorful.

YOU WILL NEED

Your favorite ground meat blend

Veggies: bell peppers, carrots, zucchini

PROCEDURE

Prep Time: 15 min Cook time: 15 min

1) cut veggies into small pieces and saute until tender, 2) mix veggies into meat mixture, 3) form into patties, 4) cook patties, 4) add toppings

ACTIVITY FOR CHILDREN

Ketchup, mayo, mustard, relish. Which does your child prefer? A fun activity is to let children sample each and make their own burger dressing. Here's two easy recipes.

French Dressing

Mix equal parts mayo & ketchup. Add a dash of S&P. Adjust according to taste with more of their favorite ingredient.

1000 Island Dressing

Same as above but add relish.



TOP TIP

Let older children help mix in your burger 'add-ins'.

Make sure to have children put gloves on to protect their hands and teach them how to handle raw meat.

COURTESY ROCKINGHORSE HOME DAY CARE

Family Pizza Party

Pizza is so versatile and taking the opportunity to make a home-made pizza can be a fun activity for families. In my experience children love varieties of toppings and not just plain cheese or pepperoni.

YOU WILL NEED

Ready made pizza dough, sauce, cheese and toppings of your choice. (see below)

PROCEDURE

Prep Time: 25 min Cook time: 15 min
1) follow pizza dough directions, par bake,
2) top with sauce, cheese and toppings.

ACTIVITY FOR CHILDREN

Place all cut veggies and prepared meat and sauce in dishes and allow children to make their own combinations.

Create your own or try one of our combinations:

The BBQ - tangy BBQ sauce, chicken, bacon

The Burger - tomato sauce, cheddar, ground beef, bacon (adult option: onions)

Corden Blue - alfredo sauce, greyere, chicken, ham

The Italian - marinara, provolone, ground sausage, pepperoni, diced bell peppers



TOP TIP

Cut veggies into small pieces. Create flavor combinations that combine a protein and vegetables. Change up sauces by using Alfredo or BBQ sauce versus a red sauce.

COURTESY ROCKINGHORSE HOME DAY CARE

Spaghetti Squash

With its mild flavor, spaghetti squash is a great alternative to pasta when trying to add vegetables into your diet.

YOU WILL NEED

1 whole spaghetti squash and your choice of toppings.

PROCEDURE

Prep Time: 3 min Cook time: 1 hour
1) preheat oven to 375, 2) pierce squash several times all over, 3) place on baking pan, 4) bake approx. 1 hour; turning over once during cooking (if you don't turn over, no worries), 5) allow to cool slightly, and cut in half lengthwise, 6) spoon out seeds, 7) use fork to remove "spaghetti" strands of squash flesh, 8) top with olive oil, seasoning and parmesan or your favorite sauce. Turkey meatballs pair nicely with this or another protein.

ACTIVITY FOR CHILDREN

Once cooked, cooled and deseeded, have your child 'shred' squash strings with a fork. The flesh of squash pulls away from outer skin easily.



TOP TIP

Cutting spaghetti squash in half before cooking can be a hard task and deseeding messy. Cooking whole makes cutting and deseeding easier.

COURTESY ROCKINGHORSE HOME DAY CARE

Let's Make a Salad

You may be surprised to know that children often enjoy salads. With just a few tweaks, even picky eaters can enjoy.

YOU WILL NEED

Any type of lettuce as a base and a variety of vegetables, fruit and toppings along with dressing. (See suggestions below)

ACTIVITY FOR CHILDREN

Buy several dressings and let them sample each, note their favorites for next time.

SUGGESTED COMBOS

Create your own or try one of our combinations:

Chopped - romaine, red apples, celery, jicama, carrots with creamy dressing.

Garden - romaine, spirals of carrots, chopped tomatoes, cucumbers

Greek - romaine, crumbled feta, tomatoes, kalamata olives (adult can add red onion)

Italian - romaine, shredded mozzarella, yellow bellpeppers, tomatoes

There are so many options, why not visit your local store's and let your children pick out some colorful vegetables and fruit.



TOP TIP

Cut veggies into small pieces. Julienne lettuce. Add a variety of colors. Let children build their salad. Dressing is the key. Creamy dressings coat veggies better.

COURTESY ROCKINGHORSE HOME DAY CARE

Tamale Pie

This easy recipe is influenced by a recipe from our local Trader Joes and in honor of our 'pie' week featured on our October menus. All items purchased from TJ's.

YOU WILL NEED

- 2 pkgs polenta (sliced)
- 2 can veggie chili
- 1 jar corn chili salsa
- 1/2 lb ground beef
- 1 small can stewed tomatoes, chopped
- 1 small can Ortega diced chilis
- 1 small can sliced black olives
- 1 bag cheese blend

PROCEDURE

Prep Time: 25 min Cook Time: 30 min

Preheat Oven to 350

1) mix 2 cans chili and 1 jar corn chili salsa, set aside, 2) cook ground beef, remove from heat, 3) add vegetarian chili/salsa mix to beef, 4) add tomatoes, Ortega chilis and olives (amount based on your preference), 5) spread 1 package polenta in a 9x13 pan, 6) spread chili/beef mixture on top, 7) sprinkle 1/2 bag cheese, 8) add another layer of polenta, 9) top with remaining cheese, 8) bake until heated through, approx. 30 minutes.



TOP TIP

Trader's corn chili salsa has a bit of heat, so for the kiddos substitute with canned corn. Ortega chilis are mild and add flavor.

COURTESY ROCKINGHORSE HOME DAY CARE

Frittata with Butternut Squash, Spinach & Ricotta

Frittatas are easy to make and are a great way to get veggies into your families diet as well as protein.

YOU WILL NEED

1 pkg (12 oz) pre-cut butternut squash
1 small diced onion
8 eggs
1/2 cup milk
2 cups spinach
ricotta (1/3 container, approx.)
salt & pepper
EVOO

PROCEDURE

Prep Time: 15 min Cook Time: 35 min

Preheat Oven 425 then 400 (see #8)

*Cook and bake in a cast iron skillet

1) cut squash into smaller pieces, approx. one inch squares, 2) drizzle with EVOO and roast at 425 for approx. 15 min, 3) saute onions in EVOO for approx. 5 min, 4) whisk eggs, milk and S&P, 5) add roasted squash, spinach to onions in skillet, 6) top with eggs, 7) dollop with ricotta, 8) reduce oven to 400 and bake approx. 35 minutes, 9) cool and serve immediately.



TOP TIP

This recipe is mild in flavor, to kick it up a notch, add ceyene or other seasonings. Add cooked bacon, proscutto or ground sausage. The ideas are endless on alterations.

COURTESY ROCKINGHORSE HOME DAY CARE

Kid Friendly Winter Chili

Cold nights are a perfect time for chili. Make a big batch and enjoy!

YOU WILL NEED

1 large onion finely chopped, EVOO
1 lb ground beef
2 cans cooked kidney beans (undrained)
1 can stewed chopped tomatoes
S&P, 1/4 c. chili powder, 2 tbs cumin, 1 tbs paprika
2/+ cups water or veggie/chicken stock

PROCEDURE

1) saute onions in EVOO until translucent, 2) add ground beef, cook until browned, 3) add kidney beans, tomatoes, seasoning, 2 c. water/stock (using empty tomato cans to get more flavor), 4) cover and simmer, stirring occasionally, approx. 1 hour, until thickened.

NOTE: Flavor too intense or chili too thick? Add more water/stock. Flavors become more intense as it cooks so 'layer' seasonings gradually, adding more of your preferred seasoning.

Don't forget the toppings: raw onion, sour cream, shredded cheddar, avocados, jalapenos



TOP TIP

The great thing with chili is you can add more/less of the ingredients you prefer. Our recipe shows the basics, but you can adjust to suit your likings. Or substitute vegetables for beef.