

RECIPE 19: SNACK FOR SUCCESS!

 Help make dinner a success by bringing structure to snacks:

- Establishing a consistent snack schedule helps children know what to expect and allows them to come to the table hungry at mealtime.
- Allowing children to graze or have free access to a snack drawer will ruin their appetite for dinner and reduce their interest in trying new foods being offered at the meal.
- Many children will fill up on milk/juice if given the chance. Offer milk with meals or snacks and stick to water between meals.
- Snacks play an important role in preventing children from becoming overly hungry between meals. Younger children have smaller stomachs and will need to eat more frequently. (e.g. 3 meals and 2-3 snacks). Older children/Teens may be satisfied with 1-2 snacks per day (e.g. after school or before sports practice).
- Treat snacks like little meals by including 2-3 food groups at each snack. This will help provide enough energy to sustain children throughout the day.



QUICK EASY SOUTHWESTERN POTATO CASSEROLE



INGREDIENTS

- 4 potatoes (very thinly sliced)
- 1 cup onion (quartered and thinly sliced)
- 1 cup shredded Cheddar cheese or Mexican cheese blend
- 1 teaspoon chili powder
- ½ teaspoon of cumin
- 1 teaspoon dried cilantro
- 1/2 cup broth (reduced sodium suggested)
- 1 (4 oz.) can green chilies, diced
- 1 can black beans (rinsed and drained)

Recipe Source: My Plate
6 servings

INSTRUCTIONS

1. Grease a microwave-safe baking dish. Layer one-third of the potatoes, and half the green chilies and black beans. Sprinkle with 1/3 cup cheese. Repeat this layer, using remaining chilies and beans. Top with the last of the potatoes. Sprinkle with remaining cheese.
2. In a separate bowl, stir together chili powder, cilantro, and cumin to broth. Pour over potato, bean, and cheese layers.
3. Cover with plastic wrap. Microwave on high about 20 minutes, until potatoes are tender.
4. Carefully remove hot dish from microwave; beware of steam build-up when removing plastic wrap. Serve with avocado slices if desired.
5. This dish may be covered with foil and baked at 350 for 45-60 minutes. Remove foil for last 15 minutes of baking.

