

Parent's Page

A Look at Our Book

Today your child enjoyed the book *The Vegetables We Eat* by Gail Gibbons. The book shared the different parts of plants that are vegetables we enjoy each day. Your child heard facts about growing vegetables and how those vegetables reach our local marketplaces. Ask your child to tell you about the vegetable recipe they prepared and tasted today.

Make time to read together with your child. Remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



Read All About It!

Here are some additional books you might enjoy sharing with your child!

- *Eating Pairs: Counting Fruits and Vegetables by Twos* by Sarah L. Schuette
- *From the Garden: A Counting Book About Growing Food* by Michael Dahl
- *Growing Vegetable Soup* by Lois Ehlert
- *Oliver's Vegetables* by Vivian French
- *Tops and Bottoms* by Janet Stevens

Check for these titles at the public library!

Potato Pile Up

Makes 4 servings

Ingredients:

- ¼ baked potato
- 1 teaspoon diced tomatoes (fresh or canned)
- 1 teaspoon black beans (canned, rinsed & drained)
- 1 teaspoon chopped broccoli or diced green bell peppers
- 1 teaspoon diced onion
- 1 teaspoon shredded cheddar cheese



Directions:

1. Remember to wash hands.
2. Preheat oven to 350 degrees.
3. Wash potatoes under cold, running water. Pierce each potato several times with a fork. Place potatoes directly on the oven rack. A baking sheet can be placed under the rack to catch any drippings. Bake at 350 degrees for 60 minutes. Potatoes are done when the internal temperature measures 210 degrees with a meat thermometer.
4. Cut each potato into four pieces.
5. Prior to eating, the remaining ingredients can be piled onto the potato.
6. Enjoy while the potato is still warm.

Hint: Children can help by washing vegetables, breaking apart broccoli florets and measuring the toppings. Other vegetables can be substituted, or added depending upon season or taste.

Nutrition Facts: 1 serving (1/4 of potato) provides 50 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 8g total carbohydrate, 1g dietary fiber, 0g sugar, 1g protein

Zippy Zucchini Sticks

Makes 5 servings (2 sticks)

Ingredients:

- 2 small zucchini (washed and sliced into sticks)
- ¼ cup seasoned bread crumbs
- 2 tablespoons grated parmesan cheese
- 1 egg

Directions:

1. Remember to wash hands.
2. Preheat oven to 400 degrees.
3. Cut and place a sheet of parchment paper onto a baking sheet.
4. Mix bread crumbs and parmesan cheese in a small bowl.
5. Crack egg into a bowl and beat.
6. Dip each zucchini stick into the egg bowl and then the bread crumb mixture.
7. Remember to wash hands again after dipping zucchini in egg.
8. Lay dipped sticks onto the parchment paper.
9. Bake in a single layer at 400 degrees for 15-20 minutes or until brown and crispy.

Hint: Children can measure bread crumbs and cheese, crack egg and beat, and dip the sticks into the egg and bread mixture. Try other vegetables such as carrots or squash if zucchini is not available. Marinara sauce makes a tasty dip!

Recipe provided by Ginny Barnard, Riley County Family & Consumer Science Agent, K-State Research & Extension

Nutrition Facts: 2 sticks per serving provides 50 calories, 2g total fat, 0.5g saturated fat, 0g trans fat, 35mg cholesterol, 160mg sodium, 5g total carbohydrate, 1g dietary fiber, 1g sugar, 3g protein, Vitamin C 15%