



## Toddler "Fast Food" Ideas

"Fast" food does not have to mean going to one of "those" restaurants or buying some of "those" frozen kiddie meals at your local grocers! With a little time and some kitchen work, you can make your own "fast food" meals. If you made your own baby food, then you may remember taking a few hours a month to whip up fresh purées for storing for future meals. Just because your baby is now a Toddler does not mean that you can't continue to whip up meals a la carte. As with making homemade baby food, the effort to make healthy Toddler meals is worth every minute of time! Prepare the recipes shown and freeze. When it's mealtime, simply take out your choice and warm. Instant "not so fast" fast food!

### CHICKEN "NUGGETS"

2 chicken breasts - sliced into thin strips (then sliced into cubes if you wish)  
1 egg or plain yogurt  
bread crumbs or crushed flaked cereal

Scramble egg or spoon 4 tablespoons yogurt into a wide bowl. Dip the breasts strips into the egg or yogurt.

Roll in the bread crumbs or cereal. Fry gently in pure olive oil (about 1-2 teaspoons) or Bake until golden at the temperature you normally bake at (375F is a good temp)

Transfer to plate lined with paper towels, allow to cool and then wrap in foil or plastic wrap, then transfer to freezer.

VIOLA, ready to eat chicken nuggets

### CHEDDAR & VEGGIE PANCAKES From Grafton Village Cheese

2 carrots - 1/4 lb zucchini - 1/4 lb Grafton Cheddar - 6 oz potatoes  
2 large eggs  
1/4 cup bread crumbs  
1/4 tsp salt  
dash of cayenne pepper  
vegetable oil

Peel carrots and potatoes and grate them, along with zucchini and cheddar cheese into large bowl. Stir in eggs, bread crumbs, salt and pepper.

Heat about 1/2" vegetable oil in a 10" skillet. Pour in 1/4 cup of batter. Press down with spatula and flatten.

Cook until well browned on both sides. Cook as many pancakes at a time as will fit in pan without touching.

As each pancake is done remove from pan and set on plate covered with paper towel to drain.

Serve hot. Makes approximately 12 cakes. Freezes well!



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### SWEET POTATO FRIES (These will not be of the same texture as "regular" french fries)

Scrub sweet potatoes (approx 6 medium/large ones) clean and/ or peel them if baby cannot handle the skins.

Cut into sizes that will suit your needs or, cut into strips that you may then cut down after baking  
In a large bowl, add about 1/4 cup of olive oil.

To this you may add:

cinnamon, ginger, a pinch of brown sugar, etc.. (we add cinnamon and sometimes a bit of brown sugar).

Toss the cut up sweet potatoes into the bowl and stir so that the potatoes are drenched with the olive oil mix.

Dump mixture onto a baking sheet, drizzle remaining olive oil over the potatoes on the baking sheet.

Stir and swirl the potatoes on the baking sheet before placing in oven.

Bake for approx 30-45minutes or until tender at 400F

### MEAT BALLS

1 pound ground turkey or ground beef

bread crumbs

wheat germ

1 egg

spices such as garlic, pepper, basil, thyme and/or oregano

Mix ground beef with approximately

1 cup of bread crumbs, 1/4 cup wheat germ, 1 egg and the spices you have chosen.

Vary the measurements as you blend the ingredients, you may require more/less bread crumbs.

Roll into balls, bake at 375F until golden or for about 25-30 minutes. Do not allow these to burn.

Cover the pan with tin foil to help prevent burning if need be.

Use a small baking pan so you may shake and roll the meatballs around - helps to keep even cooking

Cool, Wrap, Freeze!



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### "FAST" VEGGIE PANCAKES

Hodgson Mills Buckwheat Pancake Mix (<http://www.hodgsonmill.com/>) WE LOVE Hodgson Mills grain and mixes!!

Grated carrots

Grated zucchini

Grated cheese (cheddar, jack, colby - your choice)

Prepare buckwheat pancake mix as directed on the box and add 1/4 cup grated carrots and 1/4 cup grated zucchini

Fry gently in olive oil until done. Freezes and warms well! You can also add ham, turkey, chicken and/or cheese!

### TODDLER "MC-MUFFIN"

12 eggs (yes, you can freeze cooked eggs!)

12 English muffins

12 slices of cheese (American or light cheddar)

12 turkey or 100% natural pork sausages (round)

Fry the eggs individually (using a round pancake "cutter" will keep the egg shaped) Fry 3 at a time so that you can toast and prepare the English Muffins -

butter toasted English Muffins and prepare with slice of cheese and sausage. Put the cheese over the sausage to help melting.

Once eggs are fried, transfer egg to English Muffin on top of the cheese and sausage and close the sandwich.

Repeat until you have 12 Toddler "McMuffins". Freeze and thaw before warming

### SWEET POTATO PANCAKES

2 tbsp unsalted butter, melted

1/2 cup cooked sweet potatoes, mashed

1 egg

1/3 cup all-purpose flour (use graham flour for a nice taste!)

1/2 tsp baking powder

1/4 cup milk (or more)

Mix sweet potatoes in a mixing bowl with egg. Stir in the flour and add the baking powder.

Add up to 1/3 cup of milk, stirring. Stir in 1 tsp butter.

The mixture should have the consistency of thick, lumpy sauce like an "instant" pancake mix

Place a non-stick or heavy iron skillet over medium heat on top of the stove and add 1/2 tsp butter.



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### SWEET POTATO "PANCAKES" cont'd.

Spoon batter into the skillet and cook until bubbles rise to the surface of the pancakes and break. Approx. 1 to 2 minutes.

Using a spatula, flip the pancakes and cook another 2 minutes.

Remove pancakes from the skillet and keep warm on a covered plate in the oven. Freezes Well!

### SWEET POTATO "PANCAKES"

1 cup basmati rice - 1 1/2 pounds of Sweet Potato (orange not white ones!)

3/4 cup frozen baby peas - 3/4 cup zucchini

1/3 cup fresh breadcrumbs - 1 tablespoon ground cumin

1 garlic clove - 1 egg

2 tablespoons fresh flat leaf parsley

salt & freshly ground black pepper

olive oil

Cook the rice in a large saucepan of water (typically 2 cups of water per 1 cup rice)

Chop & steam or boil the sweet potato until tender, drain well. Mash until almost smooth.

Cut the zucchini into small dices - add zucchini and all other ingredients to mashed sweet potato and mix well,

season with salt & pepper if desired.

Divide the mixture into equal portions and cook in lightly oiled frying pan for approx. 3 minutes each side,

Drain on paper towel. Great warm or cold!