

# **Sprouting Up:** Wheat Foods for Kids



## **Recipes and Games**



# Chicken Vegetable Pizza

## Ingredients

2 cups grated 4-cheese blend  
1/2 cup ricotta cheese, part-skim milk  
2 tablespoons olive oil  
2 ounces sliced fresh mushrooms  
1 small green pepper sliced to make rings  
8 ounces boneless, skinless chicken breast  
2 ounces marinated sun-dried tomatoes, well drained, sliced  
2 tablespoons minced fresh basil  
1/2 cup freshly grated Parmesan cheese

For pizza crust, use favorite recipe, a prepared pizza crust or 10 ounce can refrigerated pizza dough

## Directions

Preheat oven to 425°F.

Prepare pizza crust according to instructions. Lightly spread olive oil on crust to keep the dough from drying out. Bake 8 minutes or until lightly browned.

Mix the 4-cheese blend and ricotta cheese together and spread on hot crust, leaving a 1/2-inch border around the edges. Add mushrooms, green peppers, roasted chicken, sun-dried tomatoes and fresh basil. Drizzle with olive oil or marinade oil from the tomatoes. Sprinkle with Parmesan cheese. Bake 15 to 25 minutes or until bubbling and the cheese has browned. (For a softer crust, bake at 375°F)

Servings: 8 slices

Calories/Serving: 332

Nutrition: Each piece provides approximately: 23 g protein; 21 g carbohydrates; 1 g fiber; 17 g fat (8 g saturated); 57 mg cholesterol; 7 mcg folate; 2 mg iron; 669 mg sodium.





# Turkey & Veggie Wrap

## Ingredients

- 2 - 8-inch whole wheat tortillas
- 1/2 cup Boursin cheese OR
- 1/2 cup low fat, herb-flavored cream cheese
- 8 ounces turkey, thinly sliced
- 1 medium carrot, peeled and grated
- 1 cup watercress, arugula or Romaine lettuce

## Directions

Spread cheese evenly over the tortillas. Lay the turkey slices on top of the cheese and sprinkle with carrots and watercress. Roll up the bread tightly to create a log shape. Wrap tightly in plastic wrap and refrigerate for up to 12 hours. Just before serving, slice each log in half at a slight diagonal.

Servings: 4

Calories/Serving: 209

Nutrition: One serving provides approximately (using cream cheese and lettuce): 16 g protein, 18 g carbohydrate, 1 g fiber, 8 g fat (4 g saturated), 39 mg cholesterol, 30 mcg folate, 2 mg iron, 756 mg sodium.





# Salsa Snacks

## Ingredients

12 slices, small Italian or French bread, toasted  
3 large tomatoes, chopped  
1 tablespoon olive oil  
3 tablespoons chopped fresh basil  
1/4 teaspoon salt

## Directions

Combine tomatoes, oil, basil and salt in a covered bowl. If possible, let marinate for several hours. (Do not refrigerate; tomatoes will lose their flavor). Use a slotted spoon to layer on to bread. Serve immediately.

Servings: 6 - 2 slices each  
Calories/Serving: 90

Nutrition: One serving (2 slices) provides approximately:  
3g protein; 14g carbohydrate; 2g fiber;  
3g fat (.5g saturated); 0 mg cholesterol; 75 mcg folate;  
1 mg iron; 220 mg sodium.



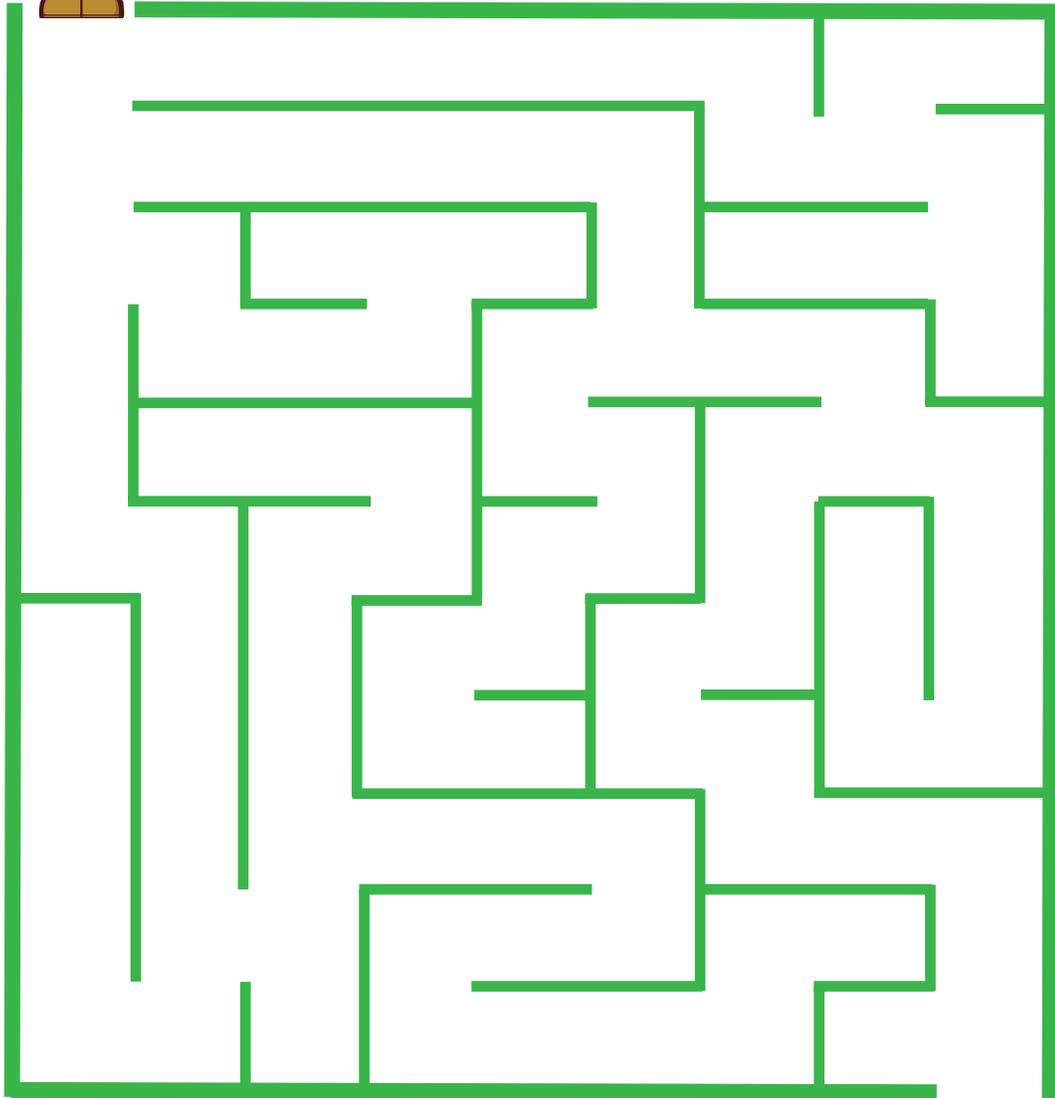
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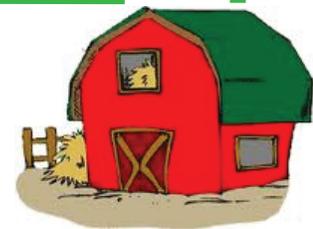
# Barn Maze



Help Farmer Bailey get to the barn.



More foods are made with wheat than any other cereal grain.





# Wheat Word Scramble

Unscramble these words about farming and wheat.  
Each word starts with the letter that is capitalized.

aBedr \_\_\_\_\_

nimebCo \_\_\_\_\_

Cakercs \_\_\_\_\_

marreF \_\_\_\_\_

IFedi \_\_\_\_\_

ulorF \_\_\_\_\_

varstHe \_\_\_\_\_

fsMifun \_\_\_\_\_

odNoel \_\_\_\_\_

oIPw \_\_\_\_\_

ISoi \_\_\_\_\_

raTcotr \_\_\_\_\_

haWrete \_\_\_\_\_

atWeh \_\_\_\_\_

Answers:

Bread, Combine, Crackers, Farmer, Field, Flour, Harvest, Muffins, Noodle, Plow, Soil, Tractor, Weather, Wheat

