



# Module 1: Pediatrics

## Group 2

### Beef and Pasta Skillet Primavera

Prep time: 10 minutes  
Cook time: 20 minutes  
Total Time: 30 minutes  
Yield: 4 servings

This Italian-inspired recipe is a 1-pot, fun to make and eat dish that combines ground beef, pasta, fresh zucchini, and yellow squash. This recipe is certified by the American Heart Association.



#### EQUIPMENT

- ☐ Nonstick skillet, lid or can use sheet pan (baking sheet) to cover
- ☐ Knife, cutting board
- ☐ Can opener
- ☐ Cooking spatula

#### INGREDIENTS

- 1 pound ground beef (96% lean)
- 1 (14.5 oz) can reduced sodium beef broth
- 1 cup uncooked whole wheat pasta
- 2 zucchini or yellow squash
- 1 can (14.5 oz) no-salt added diced tomatoes
- 1 ½ teaspoons Italian seasoning

#### INSTRUCTIONS

1. Heat a large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into ¾ inch crumbles and stirring occasionally.

2. Cut squash in half lengthwise, then crosswise into ½ inch slices
3. Stir in broth, pasta, squash, tomatoes, and seasoning. Bring to a boil. Reduce heat, cover, and cook 9 to 11 minutes or until pasta and squash are tender and sauce is slightly thickened, stirring occasionally.

*\*Cook's Tip:*

*For early eaters (6-7 months), spaghetti can be hard to pick up prior to the baby having the pincer grasp. Pieces of pasta about the size of an adult pinky finger are preferable early on if self-feeding. These include rigatoni, penne, cavatappi.*

**Nutrition Information per Serving:**

Calories 296 | Total Fat 6g | Saturated Fat 2.7g | Trans Fat 0.2g | Polyunsaturated Fat 0.5g |  
Monounsaturated Fat 2.2g | Cholesterol 76 mg | Sodium 338mg | Carbohydrate 28g | Dietary Fiber  
3.1g | Protein 32g | Iron 5 mg | Potassium 614 mg | Vitamin B6 0.5 mg | Vitamin B12 2.4 mcg | Zinc 7  
mg



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## Group 2

### Strawberry Shortcake Biscuit

Prep time: 10 minutes

Cook time: 20 minutes

Total Time: 30 minutes

Yield: 8 servings

Substituting whole wheat flour for all-purpose flour adds more fiber and helps families reach whole grain daily goals.



#### EQUIPMENT

- ☐ Mixing bowl
- ☐ Cooking Spoon
- ☐ Tablespoon
- ☐ Measuring cups (dry and liquid), spoons
- ☐ Fork
- ☐ Knife
- ☐ Baking pan
- ☐ Wire cooking rack

#### INGREDIENTS

- 1 cup whole wheat flour
- 1 cup regular white flour
- 3 tablespoons sugar, divided
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ cup cold butter
- 1 cup 2% milk
- Pam spray
- 2 pints strawberries, chopped
- 1 ½ cup whipped topping

## INSTRUCTIONS

1. Heat oven to 425°F.
2. In a large bowl, combine 2 types of flour, 2 tablespoons sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Gradually stir in milk until a soft dough forms.
3. Drop the dough by heaping tablespoonfuls into 8 mounds on a lightly greased baking pan. Bake at 425°F until lightly browned, 12-15 minutes. Cool on a wire rack.
4. Meanwhile, place strawberries and remaining 1 tablespoon sugar in a bowl; toss gently.
5. Split shortcakes in half horizontally. Place bottom halves on serving plates; top with whipped topping and strawberries. Replace shortcake tops.

### Nutrition Information per Serving:

Calories 250 | Total Fat 8.4g | Saturated Fat 5g | Trans Fat 0g | Polyunsaturated Fat 0.4g |  
Monounsaturated Fat 1.6g | Cholesterol 18 mg | Sodium 162mg | Carbohydrate 37g | Dietary Fiber 4.3g  
| Sugar 14g | Protein 6g | Iron 2.4mg | Potassium 370 mg