

# Freezer Cooking

from 30 Day Gourmet

for

Daycare  
Providers

and

Busy  
Parents



by  
Cindy  
Clark

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Childcare Provider and busy mom of 3, Cindy is always prepared with a home-cooked meal!

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# Freezer Cooking for Daycare Providers and Busy Parents

## From 30 Day Gourmet

To Childcare Providers and Moms:

As a daycare provider and busy mother of three, freezer cooking the 30 Day Gourmet way has been a lifesaver for me. My neighbor and I started freezer cooking about two years ago, after we got tired of never having time to fix a weekday meal that amounted to little more than homemade fast-food. Freezer cooking allowed us to have a variety of great meals that we could serve up in little time. Now we eat roast on a Tuesday or chicken and noodles on a Thursday – meals we used to reserve for weekends when we had more time to cook.

I especially appreciate freezer cooking because I run a home childcare. The benefits of freezer cooking are great whether or not you do daycare. But before I started this method of cooking, I never seemed to find time to plan supper for my family because I was busy running my childcare during the day. The last daycare child wouldn't leave until 5:30 or 6:00 p.m. and it would still be another hour before I threw together a passable meal - that is - if I had all the ingredients. Needless to say, we often made last-minute trips to the grocery store or ate out. Throw in a night we had dance class, scouts, or a school function, and it was chaos trying to get everyone fed on time.

Once I started freezer cooking, we gained an hour of family time and didn't have to rush as much if we had an evening commitment. I take five minutes and choose a meal in the afternoon, put it in the oven, and by the time the last daycare child leaves, supper is ready for the table. What could be simpler?

I have also extended freezer cooking to my daycare. It's a challenge to come up with meals that kids will eat day after day. When you run a childcare business, preparing a nutritious meal is one step you can't leave until the last minute. I tried planning meals for my daycare several ways; following the school lunch menus, a sixweek cycle, or letting the kids choose from several choices. But I wasn't satisfied with any of those methods. Now I just choose the main, kid-tested dish from the freezer, and serve vegetables and fruit on the side. These e-book recipes also meet the Child and Adult Care Food Program requirements if you are on the Food Program.

When I know my daycare parents have a particularly hectic schedule coming up, I hand them a frozen meal to take home and use at their convenience. They appreciate it and it's a great feeling knowing you are helping another family.

We are all striving to simplify our lives, and freezer cooking is definitely one way to do that. When it helps out both at home and daycare, you are covering two fronts with little effort. Now, if I could just come up with a way to do laundry only once a month...

Enjoy the recipes!

Cindy Clark

Building Blocks Family Daycare

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## BREADS AND BREAKFAST RECIPES

### Oven French Toast Sticks

Recipes	1	2	3	4	5	6
<b>Servings:</b>	8	16	24	32	40	48
<b>Makes</b>	24	48	72	96	120	144
<b>Ingredients:</b>						
Bread (Texas toast or French style)	8 pcs.	16 pcs.	24 pcs.	32 pcs.	40 pcs.	48 pcs.
Margarine, melted	1/4 C.	1/2 C.	3/4 C.	1 C.	1 1/4 C.	1 1/2 C.
Eggs	4	8	12	16	20	24
Sugar	1/3 C.	2/3 C.	1 C.	1 1/3 C.	1 2/3 C.	2 C.
Cinnamon	1/4 t.	1/2 t.	3/4 t.	1 t.	1 1/4 t.	1 1/2 t.
*Orange juice	2/3 C.	1 1/3 C.	2 C.	2 2/3 C.	3 1/3 C.	4 C.

#### Assembly Directions:

Using a pizza cutter, cut each slice of bread into thirds lengthwise to make "sticks." In a bowl, mix margarine, eggs, sugar, cinnamon and orange juice. Dip bread sticks into mix. Place on greased cookie sheet. Pour any remaining dip over the french toast sticks. Bake 25 minutes at 350 degrees on middle rack. Turn once half way through baking time. Let cool.

#### Freezing Directions:

Freeze on cookie sheet until firm. Place sticks in gallon freezer bag. Seal, label and freeze.

#### Serving Directions:

Place 3 french toast sticks on microwave-safe plate and heat on high for 1 minute until warm. Serve with syrup.

#### Comments:

These are nice to have on hand for a snack or quick breakfast. They are even great without syrup or for dunking in coffee.

\*Ready to drink orange juice, not concentrate

#### Food Program Notes:

Serving size: 3 sticks = 1 bread for the Food Program.

#### Nutritional Info:

Per Serving: 225 Calories; 9g Fat (37.2% calories from fat); 6g Protein; 30g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 315mg Sodium. Exchanges: 1-1/2 Grain (Starch); 1/2 Lean Meat; 1-1/2 Fat; 1/2 Other Carbohydrates.



## BEEF RECIPES

### Beef and Cheese Crescents

Recipes:	1	2	3	4	5	6
Servings:	4	8	12	16	20	24
Makes	8	16	24	32	40	48
Ingredients:						
*Refrigerated crescent rolls	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
**Deli thin roast beef	16 slices	32 slices	48 slices	64 slices	80 slices	96 slices
***Shredded Colby Jack cheese	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Egg, beaten	2	4	6	8	10	12

#### Assembly Directions:

Preheat oven to 375 degrees. On a cookie sheet, separate dough into 16 triangles (8 for top and 8 for bottoms). Place 2 slices of deli roast beef and 1/4 C. cheese on 8 triangles. Put remaining 8 triangles on top and seal edges. Brush with beaten egg and bake at 375 degrees for 10 to 12 minutes or until golden brown. Let cool.

#### Freezing Directions:

Place crescents into freezer bags and seal, label and freeze.

#### Serving Directions:

Remove from wrap, place on microwave-safe plate and heat 2-4 minutes until warm.

#### Comments:

When using refrigerated dough, bake before freezing or the crust will not turn out very well. These are another favorite of the kids. Serve with homemade fries and watch them disappear!

\*8 oz. crescent rolls = 8 triangles

\*\*2.5 oz. deli-thin package = 10 slices

\*\*\*8 oz. shredded cheese = 2 C.



#### Food Program Notes:

1 beef and cheese crescent = 1 meat and 1 bread for the Food Program.

#### Nutritional Info:

Per Serving: 726 Calories; 45g Fat (57.3% calories from fat); 29g Protein; 47g Carbohydrate; 0g Dietary Fiber; 154mg Cholesterol; 1492mg Sodium.

Exchanges: 3 Grain (Starch); 3 Lean Meat; 7-1/2 Fat.

## SNACK AND DESSERT RECIPES

### Chocolate Chip Muffins

Recipes:	1	2	3	4	5	6
Servings:	12	24	36	48	60	72
<b>Ingredients:</b>						
Cream cheese, softened	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.
Butter or margarine	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
Sugar	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
Eggs	2	4	6	8	10	12
Vanilla	1 1/2 t.	1 T.	1 T. + 1 1/2 t.	2 T.	2 T. + 1 1/2 t.	3 T.
Cold Milk	1/4 C.	1/2 C.	3/4 C.	1 C.	1 1/4 C.	1 1/2 C.
Flour	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Baking powder	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T + 2 t.	2 T.
Baking soda	1/2 t.	1 t.	1 1/2 t.	2 t.	2 1/2 t.	1 T.
Semi-sweet chocolate chips	12 oz.	24 oz.	36 oz.	48 oz.	60 oz.	72 oz.

#### Assembly Directions:

Cream together the cheese, butter and sugar until sugar dissolves and mixture is fluffy. Add eggs, vanilla and milk. Beat well. Combine flour, baking powder and baking soda; add to creamed mixture and blend. Batter will be thick. Fold in chips. Fill greased muffin tins 2/3 full. Bake at 350 degrees for 25-30 minutes. Let cool.

#### Freezing Directions:

Place muffins in freezer bags. Seal, label, and freeze.

#### Serving Directions:

Let thaw at room temperature and eat. Or, if you prefer warm muffins, let thaw and then warm in microwave on medium power for 30-40 seconds.

#### Comments:

These muffins are so good. The cream cheese adds that yummy taste.

#### Food Program Notes:

Serving size: 1 Chocolate Chip Muffin = 1 bread serving for the Food Program.

#### Nutritional Info:

Per Serving: 393 Calories; 24g Fat (52.0% calories from fat); 6g Protein; 43g Carbohydrate; 2g Dietary Fiber; 52mg Cholesterol; 253mg Sodium.

Exchanges: 1 Grain (Starch); 1/2 Lean Meat; 4-1/2 Fat; 2 Other Carbohydrates.



## 30 Day Gourmet Edition of the Advantage Cooking Software

Looking for a better way to organize your recipes, cooking supplies and grocery lists for freezer cooking? Let the **30 Day Gourmet Edition of the Advantage Cooking Software** help you! This fully downloadable software is available from 30 Day Gourmet, Inc. for \$34.95. Use the included recipes or easily add your own. Group them together based on how you cook. Once you've selected which recipes you want to make, the **30 Day Gourmet Edition of the Advantage Cooking Software** quickly gives you a detailed shopping list. To help your cooking day go smoothly, use the variety of reports offered.

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