

# tasty times

important updates for success and more resources from the child care healthy food program



## Dear Child Care Provider,

Whole grains are proven to be a healthier option than refined grains. They offer more vitamins and minerals, contain more fiber and help lower cholesterol. It is recommended that everyone work more of them into their diet, but sometimes baking with whole grains can be difficult. Without proper adjustments, the flavor and texture of whole-grain baked goods can turn out differently than those made with refined-grains. This month's *Tasty Times* gives tips for baking with whole grains so that your baked goods can be delicious and healthy.

—Jasmine Johnson, Dietetic Intern  
(for John R. Gadiant, RD/LDN,  
Supervisor)

## Important Healthy Food Program Numbers

Out-of-home voice mail phone number: **(773) 564-8862**

*If you are closed, going to be out of your home during a scheduled meal service or the children are not present—state regulations require you to inform us.*

Payment release dates call:  
**(773) 564-8860**

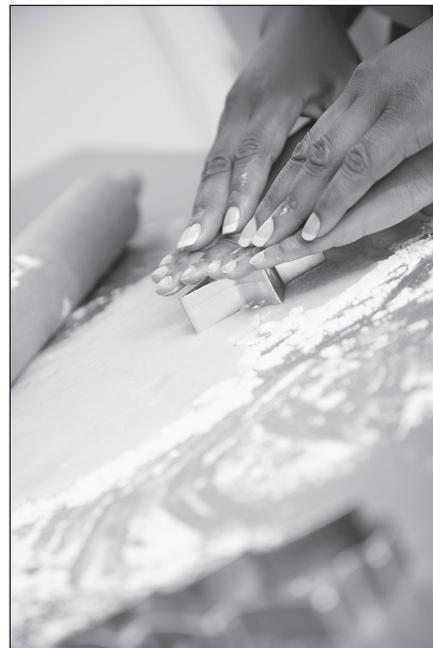
To speak to a customer service representative call:  
**(773) 564-8861**



## Baking with Whole Grain Flours

To help the children get used to the taste and texture of whole-grain baked goods try these tips:

- When substituting all-purpose flour for whole-grain flour, start by replacing  $\frac{1}{4}$  of the flour with whole-grain flour. Slowly increase the amount of whole-grain flour, while slowly decreasing the amount of all-purpose flour until you are using all whole-grain flour.
- Some recipes cannot be made with whole-grain flour to get the desired taste and texture. For example, angel food cake is denser with whole-wheat flour, so it is not recommended.
- Some recipes pair whole-grain flours with all-purpose flours, using a 50:50 ratio or 25:75 ratio. Other recipes use a mixture of many flours.
- Since whole-grain flours have a different taste than refined flours, using stronger or more flavorful ingredients helps with getting used to its taste.
- Try replacing  $\frac{1}{3}$  of the flour in a recipe with quick or old-fashioned oats. When baking meatballs, burgers, or meat-loaf, use  $\frac{3}{4}$  cup of uncooked oats for each pound of ground beef or turkey instead of bread crumbs.
- Soaking whole-grain flours overnight before using them also is helpful. Overnight soaking softens the grains, gives them more time to absorb liquid, and breaks down some of their tough starches. It also improves the texture and flavor of whole-grain baked goods. To soak



overnight, combine flour and liquid in recipe and soak overnight.

## WHOLE-GRAIN FLOUR DESCRIPTIONS:

Most people have only heard of whole wheat flour, but there are numerous other whole-grain flours that can be used for baking.

### Barley flour:

- has a soft and creamy texture
- needs to be paired with another flour (for example,  $\frac{1}{2}$  all-purpose flour and  $\frac{1}{2}$  barley flour)
- good for baking scones, biscuits, muffins

### Buckwheat flour:

- a fine flour
- does not have gluten, will need to mix with another flour (like barley flour)
- has a strong, bitter flavor
- good for pancakes, cookies, pizza dough, crepes

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## Whole-Grain Pizza Dough

(makes 1-2 pizza crusts depending on thickness of crust)



### INGREDIENTS

- 1 teaspoon white sugar or honey
- 1 ½ cups warm water (110 degrees F)
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 1 teaspoon salt
- 3 ¼ cups whole wheat flour
- Favorite pizza toppings and seasonings

### DIRECTIONS

1. In a large bowl, dissolve sugar or honey in warm water
2. Sprinkle yeast over the top and let stand for about 10 minutes, until foamy
3. Stir the olive oil and salt into the yeast mixture
4. Then mix in 3 cups of flour until dough starts to come together
5. Tip dough out onto a surface floured with the remaining flour and knead until all of the flour has been absorbed and the ball of dough becomes smooth (about 10 minutes)
6. Place dough in an oiled bowl, and turn to coat the surface
7. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour
8. When the dough has doubled, tip the dough out onto a lightly floured surface, and divide into 2 pieces for 2 thin crusts, or leave whole to make one thick crust
9. Form into tight ball(s)
10. Let rise for about 45 minutes, until doubled
11. Preheat oven to 500 degrees F
12. Roll ball of dough with a rolling pin until it will not stretch any farther
13. Then drape it over both of your fists, and gently pull the edges outward, while rotating the crust
14. When the circle has reached the desired size, place on a well-oiled pizza pan
15. Bake crust in oven for 5-7 minutes (depending on crust's thickness)
16. Change oven temperature to 425 degrees F
17. Top pizza with your favorite toppings and seasonings, such as sauce, cheese, meats, or vegetables
18. Bake for 16 to 20 minutes until the crust is crisp and golden at the edges, and cheese is melted on the top

### Whole Grain Flours *Continued*

#### Oat flour:

- is delicate and light
- does not have gluten, will need to mix with another flour (like barley and buckwheat flours)
- good for baked goods, meat-loaf, pancakes, waffles

#### Spelt flour:

- a great flour to use when starting to bake with whole-grain flours
- can substitute directly for all-purpose flour in recipes
- some baked goods do require spelt flour to be paired with all-purpose flour
- does not lead to dense baked goods
- has a mild and sweet flavor

#### Whole-wheat flour:

- can be used to replace all-purpose flour completely or to replace some of the all-purpose flour
- has a strong wheat taste
- some baked goods are denser using this flour

#### Whole-wheat pastry flour:

- great for pastries because it is more finely ground than regular whole-wheat flour
- still has strong wheat taste

- good for pie crusts, cookies, scones, muffins

Everyone loves pizza, and this whole-grain pizza dough recipe is one the children will love. To turn this recipe into a fun activity, have older children help with measuring out ingredients and kneading the dough. And the younger children can add their favorite toppings to the pizzas. Enjoy!



If making your own whole-grain pizza dough is too intimidating, try buying whole-grain pizza dough or use whole-grain tortillas to make mini-pizzas.

### New USDA Reimbursement Rates

New reimbursement rates have been released by the USDA and go into effect July 1st. This means that the meals you claim on your July menu will be paid at this new rate. The new reimbursement levels are as follows:

	<b>Breakfast</b>	<b>Lunch/Supper</b>	<b>Snack</b>
<b>Tier I</b>	\$1.32	\$2.48	\$ .74
<b>Tier II</b>	\$ .48	\$1.50	\$ .20

### Welcome New Providers

Rosie Banks  
 Imelda Flores  
 Sandra Hambrick  
 Vanessa Hernandez  
 Anniestine Kindle  
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