

***Delicious  
Healthy Recipes  
for the  
Whole Family***





# crunchy chicken fingers with tangy dipping sauce



try this family classic, made healthier with baked chicken and a yummy dipping sauce

**For chicken:**

- ½ tsp reduced-sodium crab seasoning (or substitute ¼ tsp paprika and ¼ tsp garlic powder for a sodium-free alternative)
- ¼ tsp ground black pepper
- 1 Tbsp whole-wheat flour
- 12 oz boneless, skinless, chicken breast, cut into 12 strips
- 2 Tbsp fat-free (skim) milk
- 1 egg white (or substitute 2 Tbsp egg white substitute)
- 3 C cornflake cereal, crushed

**For sauce:**

- ¼ C ketchup
- ¼ C 100 percent orange juice
- ¼ C balsamic vinegar
- 2 Tbsp honey
- 2 tsp deli mustard
- 1 tsp Worcestershire sauce

1. Preheat oven to 400 °F.
2. Mix crab seasoning, pepper, and flour in a bowl.
3. Add chicken strips, and toss well to coat evenly.
4. Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
5. Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
6. Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165 °F).
7. Meanwhile, prepare the sauce by combining all ingredients and mixing well.
8. Serve three chicken strips with ¼ cup dipping sauce.



Younger children can crush the cornflakes. Older children can dredge the chicken through the coating and mix the tangy sauce.



**prep time:**  
10 minutes

**cook time:**  
12 minutes

**yield:**  
4 servings

**serving size:**  
3 chicken strips, ¼ C sauce

**each serving provides:**

calories	248	carbohydrates	36 g
total fat	2 g	potassium	303 mg
saturated fat	1 g	vitamin A	4%
cholesterol	47 mg	vitamin C	16%
sodium	422 mg	calcium	6%
total fiber	1 g	iron	4%
protein	20 g		

Percent Daily Values are based on a 2,000 calorie diet.

# baked pork chops with apple cranberry sauce

a wonderful fruit sauce adds the perfect touch to these pork chops—try serving with a side of brown rice and steamed broccoli

### For pork chops:

- 4 boneless pork chops (about 3 oz each)
- ¼ tsp ground black pepper
- 1 medium orange, rinsed, for ¼ tsp zest (use a grater to take a thin layer of skin off the orange; save the orange for garnish)
- ½ Tbsp olive oil


### For sauce:

- ¼ C low-sodium chicken broth
- 1 medium apple, peeled and grated (about 1 C) (use a grater to make thin layers of apple)
- ½ cinnamon stick (or ½ tsp ground cinnamon)
- 1 bay leaf
- ½ C dried cranberries (or substitute raisins)
- ½ C 100 percent orange juice

1. Preheat oven to 350 °F.
2. Season pork chops with pepper and orange zest.
3. In a large sauté pan, heat olive oil over medium heat. Add pork chops, and cook until browned on one side, about 2 minutes. Turn over and brown the second side, an additional 2 minutes. Remove pork chops from the pan, place them on a nonstick baking sheet, and put in the oven to cook for an additional 10 minutes (to a minimum internal temperature of 160 °F).
4. Add chicken broth to the sauté pan and stir to loosen the flavorful brown bits. Set aside for later.
5. Meanwhile, place grated apples, cinnamon stick, and bay leaf in a small saucepan. Cook over medium heat until the apples begin to soften.
6. Add cranberries, orange juice, and saved broth with flavorful brown bits. Bring to a boil, and then lower to a gentle simmer. Simmer for up to 10 minutes, or until the cranberries are plump and the apples are tender. Remove the cinnamon stick.
7. Peel the orange used for the zest, and cut it into eight sections for garnish.
8. Serve one pork chop with ¼ cup of sauce and two orange segments.



If your children would prefer it without the sauce on top, serve a plain pork chop with separate sides of unsweetened applesauce, dried cranberries, and orange segments.



prep time:

10 minutes

cook time:

30 minutes

yield:

4 servings

serving size:

1 pork chop, ¼ C sauce,  
2 orange segments

each serving provides:

calories

232

total fat

7 g

saturated fat

2 g

cholesterol

50 mg

sodium

42 mg

total fiber

2 g

protein

18 g

carbohydrates

25 g

potassium

384 mg

vitamin A

2%

vitamin C

60%

calcium

4%

iron

6%

Percent Daily Values are based on a 2,000 calorie diet.

# garden turkey meatloaf



this classic family favorite is made healthier with lean ground turkey and colorful garden vegetables

### For meatloaf:

- 2 C assorted vegetables, chopped—such as mushrooms, zucchini, red bell peppers, or spinach (Leftover Friendly)
- 12 oz 99 percent lean ground turkey
- ½ C whole-wheat breadcrumbs (or substitute regular breadcrumbs)
- ¼ C fat-free evaporated milk\*
- ¼ tsp ground black pepper
- 2 Tbsp ketchup
- 1 Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

### Nonstick cooking spray

### For glaze:


- 1 Tbsp ketchup
- 1 Tbsp honey
- 1 Tbsp Dijon mustard

1. Preheat oven to 350 °F.
2. Steam or lightly sauté the assortment of vegetables.
3. Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well. Spray a loaf pan with cooking spray, and spread meatloaf mixture evenly in the pan.
4. Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
5. Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).
6. Let stand for 5 minutes before cutting into eight even slices.
7. Serve two slices on each plate.

**Tip:** For picky eaters, try chopping vegetables in a food processor to make them smaller (and “hidden”).  
\* Evaporated milk can be kept tightly sealed in the refrigerator for up to 3 days. Search the Keep the Beat™: Deliciously Healthy Eating Web site (<http://hin.nhlbi.nih.gov/healthyeating>) for other recipes using evaporated milk.



If you don't have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).



prep time:

10 minutes

cook time:

50–55 minutes

yield:

4 servings

serving size:

2 slices meatloaf

each serving provides:

calories

180

carbohydrates

17 g

total fat

2 g

potassium

406 mg

saturated fat

0 g

vitamin A

50%

cholesterol

34 mg

vitamin C

15%

sodium

368 mg

calcium

10%

total fiber

2 g

iron

15%

protein

25 g

Percent Daily Values are based on a 2,000 calorie diet.





# empañapita

similar to a Spanish empañada, this empañapita uses pita bread for the shell

- 2 (6½-inch) whole-wheat pitas
- 1 C Tangy Salsa (see recipe on page 51)

For filling:

- 2 C canned low-sodium black beans, rinsed
- 2 C frozen broccoli, corn, and pepper vegetable mix, thawed (Leftover Friendly)
- 2 C grilled boneless, skinless chicken breast, diced (about 4 small breasts)
- ½ C shredded low-moisture part-skim mozzarella cheese
- 1 Tbsp fresh cilantro, rinsed, dried, and chopped (or substitute 1 tsp dried coriander)
- 2 Tbsp scallions (green onions), rinsed and chopped (or substitute red onions)

1. Preheat oven to 400 °F.
2. Combine beans, vegetables, chicken, cheese, and seasonings. Mix well.
3. Cut pitas in half, and open the pockets. Divide filling evenly between the four halves (about 1½ cups each).
4. Place pitas on a nonstick baking sheet, and bake for about 10 minutes until the filling is hot, cheese melts, and chicken is reheated.
5. Serve each empañapita with ¼ cup of Tangy Salsa.

**Note:** If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.



If you don't have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).



Children can help stuff ingredients into the pita pockets.



**prep time:**  
10 minutes  
(20 minutes with  
homemade salsa)

**cook time:**  
10 minutes

**yield:**  
4 servings

**serving size:**  
1 stuffed pita half,  
¼ C Tangy Salsa

each serving provides:			
calories	373	carbohydrates	60 g
total fat	4 g	potassium	741 mg
saturated fat	1 g	vitamin A	180%
cholesterol	34 mg	vitamin C	50%
sodium	374 mg	calcium	8%
total fiber	14 g	iron	25%
protein	27 g		

Percent Daily Values are based on a 2,000 calorie diet.



# shepherd's pie



leftover chicken and vegetables make this classic dish quick and easy to prepare

### For potatoes:

- 1 lb** Russet potatoes (or other white baking potatoes), rinsed, peeled, and cubed into ½-inch to ¾-inch pieces
- ¼ C** low-fat plain yogurt (or low-fat sour cream)
- 1 C** fat-free milk, hot
- ¼ tsp** salt
- ¼ tsp** ground black pepper
- 1 Tbsp** fresh chives, rinsed, dried, and chopped (or 1 tsp dried)


### For filling:

- 4 C** mixed cooked vegetables—such as carrots, celery, onions, bell peppers, mushrooms, or peas (or a 1-lb bag frozen mixed vegetables) (Leftover Friendly)
- 2 C** low-sodium chicken broth
- 1 C** quick-cooking oats
- 1 C** grilled or roasted chicken breast, diced (about 2 small breasts) (Leftover Friendly)
- 1 Tbsp** fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ¼ tsp** ground black pepper
- Nonstick** cooking spray

- Place potatoes in a medium saucepan, and add enough cold water to cover by 1 inch. Bring to a boil, and simmer gently until the potatoes can be easily pierced with a fork, about 20 to 30 minutes.
- While the potatoes are cooking, begin to prepare the filling. Combine the vegetables, chicken broth, and oats in a medium saucepan. Bring to a boil, and simmer gently until the oatmeal is cooked, about 5–7 minutes. Add chicken, and continue to simmer until heated through. Season with parsley and pepper. Hold warm until potatoes are ready.
- When potatoes have about 5 minutes left to cook, preheat the oven to 450 °F.
- When the potatoes are done, drain and dry them well, then mash with a potato masher or big fork.
- Immediately add the yogurt, hot milk, and salt to the potatoes. Stir well until smooth. Season with pepper and chives.
- Lightly spray an 8- by 8-inch square baking dish, or four individual 4-inch ceramic bowls, with cooking spray. Place filling in the bottom of prepared dish (about 2 cups each for individual bowls). Carefully spread potato mixture on top of the chicken and vegetables (about 1 cup each for individual bowls) so they remain in two separate layers.
- Bake in the preheated oven for about 10 minutes, or until the potatoes are browned and chicken is reheated (to a minimum internal temperature of 165 °F). Serve immediately.

If you don't have leftover cooked vegetables or chicken, see basic cooking instructions in appendix D (page 103).



	<b>prep time:</b> 40 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>cook time:</b> 10 minutes	<b>serving size:</b> ¼ of the baking dish or 1 individual bowl (about 1 C potatoes and 2 C chicken and vegetables)	calories	336	carbohydrates	54 g
			total fat	4 g	potassium	957 mg
			saturated fat	1 g	vitamin A	160%
			cholesterol	31 mg	vitamin C	40%
			sodium	302 mg	calcium	15%
			total fiber	7 g	iron	15%
			protein	24 g		
			Percent Daily Values are based on a 2,000 calorie diet.			

# make-your-own turkey burger



let family members help prepare the meal by choosing their own burger ingredients

- 12 oz** 99 percent lean ground turkey
- 2 Tbsp** fresh parsley, rinsed, dried, and chopped (or 2 tsp dried)
- 4** whole-wheat hamburger buns
- Nonstick** cooking spray


### Burger ingredients:

- 1 C** fresh tomatoes, rinsed and diced (or canned no-salt-added diced tomatoes)
- 1 C** red onions, diced
- 1 C** white mushrooms, rinsed and sliced
- 1 C** part-skim shredded mozzarella cheese

- Preheat oven to 350 °F.
- Arrange burger ingredients (tomatoes, red onions, mushrooms, and mozzarella cheese) in separate bowls.
- Ask each person to select ¼ cup total of his or her choice of ingredients. (You may have leftover ingredients after this step—keep or freeze for use in other recipes!)
- Divide ground turkey into four parts on a plate.
- Ask each person to combine his or her ¼ cup of burger ingredients with one portion of ground turkey and mix well to form a patty ½-inch to ¾-inch thick.
- Brown burgers on a nonstick pan coated with cooking spray for 2–3 minutes on each side. Then, transfer burgers to a baking sheet coated with cooking spray and place in the preheated oven for about 10 minutes (to a minimum internal temperature of 165 °F).
- Assemble burgers on buns, and serve.



Each “chef” can help set out the ingredients and make his or her own burger.

	<b>prep time:</b> 10 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>cook time:</b> 30 minutes	<b>serving size:</b> 1 burger with ¼ C mixed ingredients on a bun	calories	308	carbohydrates	30 g
			total fat	8 g	potassium	432 mg
			saturated fat	3 g	vitamin A	15%
			cholesterol	52 mg	vitamin C	20%
			sodium	230 mg	calcium	4%
			total fiber	4 g	iron	15%
			protein	33 g		
			Note: Nutritional information may vary depending on selection of ingredients.			
			Percent Daily Values are based on a 2,000 calorie diet.			



# baked eggrolls



phyllo dough makes these eggrolls easy to roll—try with a side of **Wiki (Fast) Rice** (on page 61)


- 1 Tbsp vegetable oil
- 2 tsp sesame oil (optional)
- 2 tsp ginger, minced (or ½ tsp dried)
- 2 tsp garlic, minced (about 2 cloves)
- 4 C cabbage (napa or Chinese), rinsed and shredded
- 2 C carrots, peeled and sliced thinly on an angle (julienned)
- 2 C grilled boneless, skinless chicken breast, cut into strips (about 4 small breasts) (Leftover Friendly)
- 1 tsp lite soy sauce
- 8 phyllo dough sheets
- Nonstick cooking spray

1. Preheat oven to 400 °F.
2. Heat vegetable and sesame oils in a large wok or sauté pan over medium heat.
3. Add ginger and garlic. Stir fry quickly, about 30–45 seconds.
4. Add cabbage and carrots. Continue stir frying until the cabbage is soft, about 2–3 minutes.
5. Add chicken and soy sauce. Toss well and heat through.
6. Remove mixture from the pan, and place in a large colander to drain.
7. To assemble eggrolls, cover layers of phyllo with a damp cloth to stay moist. Place one sheet of phyllo dough on a cutting board. Spray it lightly with cooking spray. Top with another layer of phyllo dough, and spray again. Repeat for a total of four layers. Prepare a second stack with the remaining four layers.
8. Cut layered dough into four squares. Divide filling evenly (about 1 cup portions) into the center of each stack of squares. Fold one corner of the square into the middle (on top of the filling). Fold in the two sides, and roll the eggroll over so the folded parts are on the bottom.
9. Place the rolls on a nonstick baking sheet, and bake for 15–20 minutes, or until brown and crisp and chicken is reheated. Serve immediately.

**Note:** For guidance (with photos) on how to fold an eggroll, see the FAQs in appendix D (on page 108).



If you don't have leftover cooked chicken, see basic cooking instructions in appendix D (page 103).

 <b>prep time:</b> 15–20 minutes	<b>yield:</b> 4 servings		<b>each serving provides:</b>	
	<b>cook time:</b> 20 minutes			
<b>serving size:</b> 2 eggrolls		calories	324	carbohydrates 30 g
		total fat	11 g	potassium 416 mg
		saturated fat	2 g	vitamin A 230%
		cholesterol	60 mg	vitamin C 45%
		sodium	320 mg	calcium 10%
		total fiber	3 g	iron 15%
		protein	26 g	

Percent Daily Values are based on a 2,000 calorie diet.





# hawaiian huli huli chicken

so fun to eat that your children won’t know it’s healthy too—try serving with **Wow-y Maui Pasta Salad** (on page 57)

- 12 oz boneless, skinless chicken breast, cut into 1-inch cubes (24 cubes) (about 2 large breasts)
- 1 C fresh pineapple, diced (24 pieces) (or canned pineapple chunks in juice)
- 8 6-inch wooden skewers

*For sauce:*

- 2 Tbsp ketchup
- 2 Tbsp lite soy sauce
- 2 Tbsp honey
- 2 tsp orange juice
- 1 tsp garlic, minced (about 1 clove)
- 1 tsp ginger, minced

1. Preheat a broiler or grill on medium-high heat.
2. Thread three chicken cubes and three pineapple chunks alternately on each skewer.
3. Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.
4. Grill skewers for 3–5 minutes on each side. Brush or spoon sauce (from the bowl that wasn’t set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step.
5. To prevent chicken from drying out, finish cooking skewers in a 350 °F oven immediately after grilling (to a minimum internal temperature of 165 °F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before serving.

**Tip:** Use leftover chicken and sauce leftover from step 5 of the “Fried” Rice and Chicken (on page 15).

**Note:** Skewers have sharp edges, so monitor younger children while eating, or take the chicken off the skewers for them.



Children can help mix the sauce and thread the chicken and pineapple on the skewers.



**prep time:**  
10 minutes

**cook time:**  
30 minutes

**yield:**  
4 servings

**serving size:**  
2 skewers

each serving provides:			
calories	156	carbohydrates	16 g
total fat	2 g	potassium	255 mg
saturated fat	1 g	vitamin A	2%
cholesterol	47 mg	vitamin C	15%
sodium	320 mg	calcium	2%
total fiber	0 g	iron	6%
protein	18 g		

Percent Daily Values are based on a 2,000 calorie diet.

# sweet-and-sour chicken



sweet and sour flavors make a winning combination in this healthier version of a popular Chinese dish

- 1 bag

(12 oz) frozen vegetable stir-fry

1 Tbsp

peanut oil or vegetable oil

1 Tbsp

ginger, minced

1 Tbsp

garlic, minced (about 2–3 cloves)

1 Tbsp

scallions (green onions), rinsed and minced

2 Tbsp

rice vinegar

1 Tbsp

Asian hot chili sauce (Healthy Eating Two Ways)

2 Tbsp

brown sugar

1 Tbsp

cornstarch

1 C

low-sodium chicken broth

12 oz

boneless, skinless chicken breast, cut into thin strips

1 Tbsp

lite soy sauce
1. Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 6.

2. Heat oil in a large wok or sauté pan over medium heat. Add ginger, garlic, and scallions, and stir fry until cooked, but not browned, about 2–3 minutes.

3. Add the rice vinegar, chili sauce, and brown sugar to the pan, and bring to a simmer.

4. In a bowl, mix cornstarch with chicken broth, and add to the pan. Bring to a boil over high heat, stirring constantly. Lower heat to a gentle simmer.

5. Add chicken, and stir continually for 5–8 minutes.

6. Add vegetables, and mix gently. Simmer with lid on to reheat, about 2 minutes.

7. Add soy sauce, and mix gently.

8. Divide into four even portions, and serve.

**Tip:** Try serving with a side of steamed rice.



Chili sauce may be too spicy for children—consider adding this ingredient individually at the table.

	<b>prep time:</b> 15 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>cook time:</b> 15 minutes	<b>serving size:</b> 3 oz chicken, 1 C vegetables	calories	221	carbohydrates	21 g
			total fat	6 g	potassium	460 mg
			saturated fat	1 g	vitamin A	90%
			cholesterol	51 mg	vitamin C	45%
			sodium	287 mg	calcium	6%
			total fiber	3 g	iron	6%
			protein	23 g		
Percent Daily Values are based on a 2,000 calorie diet.						

# “fried” rice and chicken



use leftovers from the **Hawaiian Huli Huli Chicken** (on page 13) to make this quick and easy weeknight meal

- 1 Tbsp

vegetable oil

1 tsp

garlic, minced (about 2 cloves)

1 C

no-salt-added diced tomatoes, with juice drained

4 C

assorted vegetables (or a 1-lb bag frozen mixed vegetables) (Leftover Friendly)

2 C

cooked brown rice (Leftover Friendly)

1 C

cooked boneless, skinless chicken breast, diced (Leftover Friendly)

¼ C

sauce from Hawaiian Huli Huli Chicken (see recipe on page 13)

1 Tbsp

lite soy sauce

½ Tbsp

sesame oil
1. Heat oil in a large wok or sauté pan.

2. Add garlic, and cook over medium heat until soft, but not browned, about 1 minute.

3. Add tomatoes, and continue to cook until they become slightly dry, about 5 minutes.

4. Add vegetables, and cook until heated through, about 3–5 minutes.

5. Add rice and chicken. Toss well, and cook until heated through, about 5–7 minutes.

6. Add soy sauce and sesame oil. Toss to incorporate, and serve.

**Note:** Substitute cooking spray for vegetable oil and save calories and fat.



This recipe is best prepared with leftover cold rice. If you don’t have leftover cooked vegetables or chicken, see basic cooking instructions in appendix D (page 103).

	<b>prep time:</b> 10 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>cook time:</b> 20 minutes	<b>serving size:</b> 2 C rice and chicken	calories	407	carbohydrates	66 g
			total fat	8 g	potassium	679 mg
			saturated fat	1 g	vitamin A	360%
			cholesterol	30 mg	vitamin C	15%
			sodium	394 mg	calcium	10%
			total fiber	11 g	iron	20%
			protein	22 g		
Percent Daily Values are based on a 2,000 calorie diet.						



# asian-style chicken wraps

delicious finger food that's just as healthy as it is fun to eat

**For sauce:**

- 1 small Jalapeno chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 1 Tbsp); for less spice, use green bell pepper
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 3 Tbsp brown sugar or honey
- ½ C water
- ½ Tbsp fish sauce
- 2 Tbsp lime juice (or about 2 limes)

**For chicken:**

- 1 Tbsp peanut oil or vegetable oil
- 1 Tbsp ginger, minced
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 12 oz boneless, skinless chicken breast, cut into thin strips
- 1 Tbsp lite soy sauce
- 1 Tbsp sesame oil (optional)
- 1 Tbsp sesame seeds (optional)

**For wrap:**

- 1 (small) head red leaf lettuce, rinsed, dried, and separated into single leaves large enough to create wrap
- 8 fresh basil leaves, whole, rinsed and dried
- 2 C bok choy or Asian cabbage, rinsed and shredded

1. To prepare the sauce, add all ingredients to a saucepan, and bring to a boil over high heat. Remove from heat, and let sit in hot saucepan for 3–5 minutes. Chill in refrigerator for about 15 minutes, or until cold.
2. Prepare the chicken by heating oil in a large wok or sauté pan. Add ginger and garlic, and stir fry briefly until cooked, but not browned, about 30 seconds to 1 minute.

*continued on page 17*




## asian-style chicken wraps (continued)



3. Add chicken, and continue to stir fry for 5–8 minutes.
4. Add soy sauce, sesame oil (optional), and sesame seeds (optional), and return to a boil. Remove from the heat, and cover with lid to hold warm in hot sauté pan.
5. Assemble each wrap: Place one red lettuce leaf on a plate, then add ½ cup chicken stir-fry, 1 basil leaf, and ¼ cup shredded cabbage and fold together. Serve two wraps with ¼ cup sauce.



Children can help fill the wraps and mix the sauce.

	<b>prep time:</b> 15 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>	
	<b>cook time:</b> 20 minutes	<b>serving size:</b> 2 wraps, ¼ C sauce	calories 242	carbohydrates 17 g
			total fat 10 g	potassium 636 mg
			saturated fat 2 g	vitamin A 170%
			cholesterol 47 mg	vitamin C 80%
			sodium 393 mg	calcium 20%
			total fiber 3 g	iron 15%
			protein 21 g	
Percent Daily Values are based on a 2,000 calorie diet.				



# mexican lasagna

this festive twist on lasagna—and a quick weeknight meal—will make your family cheer “olé!”

- 10 6-inch corn tortillas
- 2 C canned low-sodium black beans, rinsed
- 4 C Super Quick Chunky Tomato Sauce (see recipe on page 54) (Leftover Friendly)
- 1½ C Monterey Jack cheese, grated
- 1 bag (10 oz) baby spinach leaves, rinsed
- 2 C grilled chicken, diced (Leftover Friendly)
- 2 Tbsp fresh cilantro, rinsed, dried, and chopped (or substitute 1 tsp dried coriander)
- Nonstick cooking spray

1. Preheat oven to 400 °F.
2. Lightly spray a 9- by 13-inch baking pan with cooking spray. Place two to three corn tortillas on the bottom, trimming as necessary for a good fit.
3. Add beans, 1 cup tomato sauce, and ½ cup grated cheese. Top with two to three more corn tortillas.
4. Add 1 cup tomato sauce, spinach, and ½ cup cheese. Top with two more corn tortillas.
5. Add chicken and 1 cup tomato sauce. Top with two more corn tortillas.
6. Add 1 cup tomato sauce, ½ cup cheese, and cilantro.
7. Bake for 30 minutes, or until the cheese is melted and browned and chicken is reheated.
8. Let stand for 5 minutes. Cut into eight even squares, and serve.

**Note:** If you can’t find beans labeled “low sodium,” compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.



Children can help layer the “lasagna” ingredients.



If you don’t have leftover cooked chicken, see basic cooking instructions in appendix D (page 103).



**prep time:**  
10 minutes  
(15 minutes with  
homemade sauce)

**cook time:**  
35 minutes  
(50 minutes with  
homemade sauce)

**yield:**  
8 servings

**serving size:**  
1 square

each serving provides:			
calories	304	carbohydrates	31 g
total fat	10 g	potassium	550 mg
saturated fat	4 g	vitamin A	80%
cholesterol	52 mg	vitamin C	15%
sodium	275 mg	calcium	30%
total fiber	6 g	iron	15%
protein	23 g		

Percent Daily Values are based on a 2,000 calorie diet.





# buttons and bows pasta

this light and lemon-y meal is a refreshing change to the same old pasta

- 2 C dry whole-wheat bowtie pasta (farfalle) (8 oz)
- 1 Tbsp olive oil
- 1 tsp garlic, minced (about 1 clove)
- 1 bag (16 oz) frozen peas and carrots
- 2 C low-sodium chicken broth
- 2 Tbsp cornstarch
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- 1 medium lemon, rinsed, for 1 tsp zest (use a grater to take a thin layer of skin off the lemon)
- ¼ tsp ground black pepper

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain.
3. Meanwhile, heat olive oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.
4. Add peas and carrots. Cook gently until the vegetables are heated through.
5. In a bowl, combine chicken broth and cornstarch. Mix well. Add to pan with vegetables, and bring to a boil. Simmer gently for 1 minute.
6. Add parsley, pasta, lemon zest, and pepper. Toss gently, and cook until the pasta is hot.
7. Serve 2 cups of pasta and vegetables per portion.

**Note:** Substitute cooking spray for olive oil and save calories and fat.



Children can help measure the dry pasta and mix ingredients together.



**prep time:**  
5 minutes

**cook time:**  
20 minutes

**yield:**  
4 servings

**serving size:**  
2 C pasta and vegetables

each serving provides:			
calories	329	carbohydrates	59 g
total fat	6 g	potassium	331 mg
saturated fat	1 g	vitamin A	220%
cholesterol	0 mg	vitamin C	25%
sodium	127 mg	calcium	6%
total fiber	9 g	iron	10%
protein	13 g		

Percent Daily Values are based on a 2,000 calorie diet.





# turkey and beef meatballs with whole-wheat spaghetti



easy and delicious—try serving with **Parmesan Green Beans** (on page 52)

- 8 oz dry whole-wheat spaghetti
- 2 C **Super Quick Chunky Tomato Sauce** (see recipe on page 54)
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 4 tsp grated parmesan cheese

**For turkey meatballs:**

- 6 oz 99 percent lean ground turkey
- ¼ C whole-wheat breadcrumbs
- 2 Tbsp fat-free evaporated milk
- 1 Tbsp grated parmesan cheese
- ½ Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- ½ Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

**For beef meatballs:**

- 6 oz 93 percent lean ground beef
- ¼ C whole-wheat breadcrumbs
- 2 Tbsp fat-free evaporated milk
- 1 Tbsp grated parmesan cheese
- ½ Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- ½ Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

1. Preheat oven to 400 °F.
2. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
3. Add pasta, and cook according to package directions. Drain.
4. Meanwhile, combine ingredients for the turkey and beef meatballs in separate bowls, and mix well. Measure 1½ tablespoons of turkey mixture and roll in hand to form a ball; then place the meatball on a nonstick baking sheet. Repeat, and follow same instruction for beef mixture, until eight turkey and eight beef meatballs are made.
5. Bake meatballs on a nonstick baking sheet for 10 minutes (to a minimal internal temperature of 165 °F).
6. Warm sauce, if necessary.
7. Serve four meatballs, ¾ cup hot pasta, ½ cup sauce, 1 teaspoon cheese, and a pinch of basil per portion.



Older children can help make the meatballs. Make sure everyone washes their hands and sanitizes all utensils and surfaces with disinfectant after handling raw meat.



**prep time:**  
20 minutes  
(25 minutes with  
homemade sauce)

**cook time:**  
20 minutes  
(35 minutes with  
homemade sauce)

**yield:**  
4 servings

**serving size:**  
4 meatballs, ¾ C pasta,  
½ C sauce, 1 tsp cheese,  
pinch of basil

each serving provides:			
calories	299	carbohydrates	37 g
total fat	5 g	potassium	194 mg
saturated fat	1 g	vitamin A	10%
cholesterol	41 mg	vitamin C	15%
sodium	277 mg	calcium	10%
total fiber	5 g	iron	25%
protein	28 g		

Percent Daily Values are based on a 2,000 calorie diet.



# mediterranean pork penne


if this dish isn't simple enough for your children, see the tip below for serving “two ways”

- 2 C dry whole-wheat penne pasta (8 oz)
- 1 Tbsp olive oil
- 1 tsp garlic, minced (about ½ clove)
- 8 oz white button mushrooms, rinsed and cut into quarters
- ½ bag (8 oz bag) sundried tomato halves, cut into thin strips
- ½ jar (8 oz jar) artichoke hearts in water, drained, cut into quarters
- 2 C low-sodium beef broth
- 2 Tbsp cornstarch
- 12 oz stir-fry pork strips, sliced into 12 strips (or, slice 3 4-oz boneless pork chops into thin strips)
- ¼ C fat-free evaporated milk
- 2 Tbsp fresh parsley, rinsed, dried, and chopped (or 2 tsp dried)

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain. (Set plain pasta aside for picky eaters—see Healthy Eating Two Ways suggestion below.)
3. Meanwhile, heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
4. Add mushrooms, and cook over medium heat until the mushrooms are soft and lightly browned.
5. Add sundried tomatoes and artichoke hearts. Toss gently to heat.
6. In a separate bowl, combine beef broth and cornstarch. Mix well.
7. Add broth mixture to the pan, and bring to a boil.
8. Add pork strips, evaporated milk, and parsley, and bring to a boil. Simmer gently for 3–5 minutes (to a minimum internal temperature of 160 °F).
9. Add pasta, and toss well to mix.
10. Serve 2 cups of pasta and sauce per portion.



For picky eaters, remove 3 ounces of pork from the pan and serve with ½ cup plain pasta and ½ cup steamed broccoli.

	prep time: 10 minutes	yield: 4 servings	each serving provides: <div><div>calories486carbohydrates56 g</div><div>total fat11 gpotassium790 mg</div><div>saturated fat3 gvitamin A15%</div><div>cholesterol50 mgvitamin C15%</div><div>sodium250 mgcalcium10%</div><div>total fiber8 giron25%</div><div>protein33 g</div></div>			
	cook time: 30 minutes	serving size: 2 C pasta and sauce				

Percent Daily Values are based on a 2,000 calorie diet.

# bowtie pasta with chicken, broccoli, and feta

this yummy dish provides a tasty way to get your children to eat broccoli


- 2 C dry whole-wheat bowtie pasta (farfalle) (8 oz)
- 1 Tbsp olive oil
- 1 tsp garlic, minced (about ½ clove)
- 8 oz white button mushrooms, rinsed and cut into quarters
- 4 C cooked broccoli florets (or 1 1-lb bag frozen broccoli, thawed)
- 1 C grilled boneless, skinless chicken breast, diced (about 2 small breasts) (Leftover Friendly)
- 2 C low-sodium chicken broth
- 1 medium lemon, rinsed, for 1 tsp zest and 1 Tbsp juice (use a grater to take a thin layer of skin off the lemon; squeeze juice and set aside)
- 2 oz reduced-fat feta cheese, diced (Healthy Eating Two Ways)



If you don't have leftover cooked chicken, see basic cooking instructions in appendix D (page 103).



If your children do not like feta cheese, try serving with parmesan or mozzarella cheese on top.

	prep time: 15 minutes	yield: 4 servings	each serving provides: <div><div>calories421carbohydrates49 g</div><div>total fat10 gpotassium697 mg</div><div>saturated fat2 gvitamin A30%</div><div>cholesterol65 mgvitamin C140%</div><div>sodium285 mgcalcium10%</div><div>total fiber8 giron10%</div><div>protein36 g</div></div>			
	cook time: 15 minutes	serving size: 1 C pasta, 1 C sauce, 1½ Tbsp feta				

Percent Daily Values are based on a 2,000 calorie diet.

pasta dishes



# pasta primavera



pasta, vegetables, and a sprinkle of cheese make this a child-friendly classic that adults will love too


- 8 oz dry whole-wheat spaghetti
- 1 Tbsp olive oil
- 1 tsp garlic, minced (about ½ clove)
- 4 C assorted cooked vegetables—such as red pepper strips, broccoli florets, carrot sticks, or green beans (*Leftover Friendly*)
- 1 can (15½ oz) no-salt-added diced tomatoes
- 1 can (5½ oz) low-sodium tomato juice
- ¼ tsp ground black pepper
- ¼ C grated parmesan cheese

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add spaghetti, and cook according to package directions. Drain.
3. Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds).
4. Add mixed vegetables, and cook until vegetables are soft, but not browned (about 3–5 minutes).
5. Add diced tomatoes, tomato juice, and pepper. Bring to a boil. Reduce heat, and simmer for 5 minutes.
6. Add spaghetti and parmesan cheese. Toss until the pasta is hot and well mixed, and serve.

**Note:** Substitute cooking spray for olive oil and save calories and fat.



If you don't have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).

 <b>prep time:</b> 5 minutes	<b>yield:</b> 4 servings		<b>each serving provides:</b>	
	<b>cook time:</b> 20 minutes			
<b>serving size:</b> 2 C pasta and vegetables		calories	319	carbohydrates 59 g
		total fat	6 g	potassium 596 mg
		saturated fat	2 g	vitamin A 140%
		cholesterol	4 mg	vitamin C 160%
		sodium	167 mg	calcium 15%
		total fiber	12 g	iron 20%
		protein	13 g	

Percent Daily Values are based on a 2,000 calorie diet.





# red, white, and green grilled cheese

so good, your children might not even notice the “green stuff”



- 1 tsp garlic, minced (about ½ clove)
- 1 small onion, minced (about ½ cup)
- 2 C frozen cut spinach, thawed and drained (or substitute 2 bags (10 oz each) fresh leaf spinach, rinsed)
- ¼ tsp ground black pepper
- 8 slices whole-wheat bread
- 1 medium tomato, rinsed, cut into 4 slices
- 1 C shredded part-skim mozzarella cheese
- Nonstick cooking spray

1. Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
2. Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft, but not browned. Add onions, and continue to cook until the onions are soft, but not browned.
3. Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
4. When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on the top. (For picky eaters, see Healthy Eating Two Ways suggestion below.)
5. Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.
6. Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve immediately.



For picky eaters, start with less spinach in the sandwich, and possibly serve the remaining amount on the side.



prep time:  
15 minutes

cook time:  
15 minutes

yield:  
4 servings

serving size:  
1 sandwich

each serving provides:			
calories	254	carbohydrates	29 g
total fat	8 g	potassium	364 mg
saturated fat	4 g	vitamin A	130%
cholesterol	18 mg	vitamin C	6%
sodium	468 mg	calcium	35%
total fiber	6 g	iron	15%
protein	17 g		

Percent Daily Values are based on a 2,000 calorie diet.

lunch/brunch





# pita pizzas




personal pita pizzas are fun to make, and even more fun to eat!

- 1 C **Super Quick Chunky Tomato Sauce** (see recipe on page 54)
- 1 C **grilled boneless, skinless chicken breast, diced (about 2 small breasts)**
- 1 C **broccoli, rinsed, chopped, and cooked**
- 2 Tbsp **grated parmesan cheese**
- 1 Tbsp **fresh basil, rinsed, dried, and chopped (or 1 tsp dried)**
- 4 **(6½-inch) whole-wheat pitas**

1. Preheat oven or toaster oven to 450 °F.
2. For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.



Keep ingredients on hand for older children to make pita pizzas for themselves. Younger children can help top their own personal pizzas.

	<b>prep time:</b> 10 minutes (15 minutes with homemade sauce)	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>cook time:</b> 8 minutes (23 minutes with homemade sauce)	<b>serving size:</b> 1 pita pizza	calories	275	carbohydrates	41 g
			total fat	5 g	potassium	362 mg
			saturated fat	1 g	vitamin A	15%
			cholesterol	32 mg	vitamin C	50%
			sodium	486 mg	calcium	10%
			total fiber	7 g	iron	15%
			protein	20 g		

Percent Daily Values are based on a 2,000 calorie diet.

lunch/brunch



# baked french toast fritters with apples and bananas



add fruit to your meal with this heavenly, melt-in-your-mouth dish

**For sandwiches:**

- 8 slices whole-wheat bread
- ¼ C creamy peanut butter (or other nut butter)
- 1 apple, rinsed, peeled, cored, and sliced into 8 rings
- 2 bananas, peeled and cut into about 12 thin slices each

**For batter:**


- 3 Tbsp egg substitute (or substitute 1 egg white)
- ¼ tsp ground cinnamon
- 1 Tbsp brown sugar
- ¼ C fat-free evaporated milk

Nonstick cooking spray

1. Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
2. Assemble fritter as a sandwich, with ½ tablespoon of peanut butter on each slice of bread, and two apple slices and six banana slices in the middle of each sandwich.
3. Combine ingredients for the batter, and mix well.
4. Spray a nonstick baking sheet with cooking spray.
5. Dip both sides of each fritter in the batter, and place fritters on preheated baking sheet. Bake for 10 minutes on each side, or until both sides are browned. Serve immediately.



Children can help slice the apples and bananas and spread the peanut butter.

	<b>prep time:</b> 15 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>cook time:</b> 20 minutes					
		<b>serving size:</b> 1 fritter	calories	332	carbohydrates	50 g
			total fat	10 g	potassium	543 mg
			saturated fat	2 g	vitamin A	4%
			cholesterol	0 mg	vitamin C	2%
			sodium	374 mg	calcium	10%
			total fiber	7 g	iron	15%
			protein	14 g		
Percent Daily Values are based on a 2,000 calorie diet.						

# tuna and avocado cobb salad



not just a salad, but a delicious meal—try serving with crusty whole-grain bread

**For salad:**

- 4 C red leaf lettuce, rinsed and chopped (about 8 leaves)
- 1 C frozen whole kernel corn, roasted (on a pan in the oven or toaster oven at 400 °F for 7–10 minutes)
- 1 C carrots, shredded
- 1 tomato, rinsed, halved and sliced
- ½ ripe avocado, peeled and sliced\*
- 1 C frozen green peas, thawed
- 1 can (6 oz) canned white albacore tuna in water

**For dressing:**


- 2 Tbsp lemon juice (or about 1 fresh lemon)
- 1 Tbsp lime juice (or about 1 fresh lime)
- 1 Tbsp honey
- 1 Tbsp fresh parsley, rinsed, dried, and minced (or 1 tsp dried)
- 1 Tbsp water
- 1 Tbsp olive oil

1. Divide and arrange 2 cups of salad ingredients in each of 4 serving bowls.
2. For dressing, combine all ingredients and mix well. Spoon 2 tablespoons over each salad, and serve.

**Tip:** Look for an avocado that is slightly firm, but soft enough to be gently squeezed. For a description of how to peel and cut an avocado, see the FAQs in appendix D (on page 106).

**Note:** Four ounces of fresh grilled tuna steaks, salmon, or shrimp can be substituted for the albacore tuna. For cooking instructions for fresh fish and shellfish, see basic cooking instructions in appendix D (on page 103).

\* Use the other half of the avocado for the **Quinoa-Stuffed Tomatoes** (on page 58).

	<b>prep time:</b> 20 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>cook time:</b> none					
		<b>serving size:</b> 2 C salad, 2 Tbsp dressing	calories	224	carbohydrates	24 g
			total fat	9 g	potassium	557 mg
			saturated fat	1 g	vitamin A	200%
			cholesterol	18 mg	vitamin C	50%
			sodium	264 mg	calcium	6%
			total fiber	6 g	iron	10%
			protein	15 g		
Percent Daily Values are based on a 2,000 calorie diet.						



# oatmeal pecan waffles (or pancakes)



your children will jump right out of bed for this delicious meal

**For waffles:**

- 1 C whole-wheat flour
- ½ C quick-cooking oats
- 2 tsp baking powder
- 1 tsp sugar
- ¼ C unsalted pecans, chopped
- 2 large eggs, separated (for pancakes, see note)
- 1½ C fat-free (skim) milk
- 1 Tbsp vegetable oil

**For fruit topping:**


- 2 C fresh strawberries, rinsed, stems removed, and cut in half (or substitute frozen strawberries, thawed)
- 1 C fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- 1 C fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 tsp powdered sugar

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note below).
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.) (Batter also can be used to make pancakes; see note below.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

**Note:** For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.



Children can mix the batter and top each waffle/pancake with fruit.



prep time:

10 minutes

cook time:

30 minutes

yield:

4 servings

serving size:

3 small (2-inch) or 1 large (6-inch) waffle (depending on waffle iron size) or pancakes

each serving provides:

calories	340	carbohydrates	50 g
total fat	11 g	potassium	369 mg
saturated fat	2 g	vitamin A	8%
cholesterol	107 mg	vitamin C	60%
sodium	331 mg	calcium	30%
total fiber	9 g	iron	6%
protein	14 g		

Percent Daily Values are based on a 2,000 calorie diet.

lunch/brunch





# watermelon and tomato salad

a perfect mixture of tangy and sweet

- 2 large tomatoes, rinsed and cut into 6 slices each
- 2 Tbsp white balsamic vinegar (or substitute apple cider vinegar)
- 1 Tbsp olive oil
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 4 C diced watermelon, with seeds removed (about half a small melon, rinsed)
- ¼ tsp salt
- ¼ tsp ground black pepper

1. Arrange three tomato slices on each of four salad plates.
2. Combine vinegar, oil, and basil in a bowl, and mix well.
3. Add watermelon, and gently toss to coat evenly.
4. Spoon watermelon over the tomatoes.
5. Top with salt and pepper, and serve.



Substitute three cherry or grape tomatoes and three chunks of watermelon threaded onto a wooden skewer (eight skewers needed). Serving: two skewers.



Children can help mix the salad or thread the skewers.



prep time:  
20 minutes

cook time:  
none

yield:  
4 servings

serving size:  
3 tomato slices, 1 C watermelon  
(or 2 skewers)

each serving provides:			
calories	96	carbohydrates	16 g
total fat	4 g	potassium	390 mg
saturated fat	1 g	vitamin A	35%
cholesterol	0 mg	vitamin C	40%
sodium	127 mg	calcium	2%
total fiber	2 g	iron	10%
protein	2 g		

Percent Daily Values are based on a 2,000 calorie diet.

# dunkin' veggies and dips

dipping makes veggies fun—try these tasty dips for dinner, a snack, or a party!

### Low-fat blue cheese dip:

- ¼ C reduced-fat blue cheese crumbles
- ¼ C fat-free sour cream
- 2 Tbsp light mayonnaise

### Honey mustard dip:

- ¼ C honey
- 2 Tbsp brown mustard
- 2 Tbsp fat-free evaporated milk
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)

### Tuscan white bean dip:

- 1 Tbsp olive oil
- 1 Tbsp garlic, chopped (about 3 cloves)
- 2 Tbsp onions, chopped
- 1 C low-sodium cannellini beans, rinsed
- ¼ C low-sodium chicken broth
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- 1 tsp fresh oregano, rinsed, dried, and chopped (or ¼ tsp dried)

### Vegetables:

- 5 C assorted raw vegetables, rinsed and cut into bite-sized pieces as needed—such as baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes

- Combine ingredients for any (or all) of these three dips separately, and set aside (see note below).
- Arrange vegetables on a platter, and serve with choice of dip.

continued on page 45



**Note:** Tuscan white bean dip requires a mixer, masher, or big spoon to make the dip smooth. If you can't find beans that are labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.



Children can help make the dips and rinse the vegetables.



**prep time:**  
5–10 minutes  
for each dip

**cook time:**  
none

**yield:**  
4 servings

**serving size:**  
1 Tbsp dip  
(nutrients listed separately  
for each dip and for  
1½ C vegetables)

## dunkin' veggies and dips (continued)



### each serving provides:

#### low-fat blue cheese dip (1 Tbsp):

calories	56	carbohydrates	3 g
total fat	4 g	potassium	22 mg
saturated fat	1 g	vitamin A	2%
cholesterol	4 mg	vitamin C	0%
sodium	145 mg	calcium	2%
total fiber	0 g	iron	0%
protein	3 g		

#### honey mustard dip (1 Tbsp):

calories	71	carbohydrates	19 g
total fat	0 g	potassium	86 mg
saturated fat	0 g	vitamin A	4%
cholesterol	0 mg	vitamin C	4%
sodium	46 mg	calcium	2%
total fiber	0 g	iron	0%
protein	1 g		

#### tuscan white bean dip (1 Tbsp):

calories	87	carbohydrates	10 g
total fat	4 g	potassium	158 mg
saturated fat	1 g	vitamin A	2%
cholesterol	0 mg	vitamin C	4%
sodium	25 mg	calcium	0%
total fiber	3 g	iron	6%
protein	3 g		

#### vegetables (1½ C mixed baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes):

calories	42	carbohydrates	9 g
total fat	0 g	potassium	456 mg
saturated fat	0 g	vitamin A	140%
cholesterol	0 mg	vitamin C	80%
sodium	77 mg	calcium	6%
total fiber	2 g	iron	10%
protein	2 g		

Percent Daily Values are based on a 2,000 calorie diet.





# broccoli and cheese



so good, your children will ask for seconds—and a perfect side for most chicken and beef dishes

**6 C**    **fresh broccoli, rinsed and cut into bite-sized florets (or substitute 6 C frozen broccoli, thawed and warmed, and skip step 1)**

**For sauce:**

**1 C**    **fat-free evaporated milk**  
**1 Tbsp** **cornstarch**  
**½ C**    **shredded cheddar cheese**  
**¼ tsp** **Worcestershire sauce**  
**¼ tsp** **hot sauce**  
**1 slice** **whole-wheat bread, diced and toasted (for croutons)\***

1. Bring a large pot of water to boil over high heat. Add fresh broccoli, and cook until easily pierced by a fork, about 7–10 minutes. Drain and set aside.
2. In a separate saucepan, combine evaporated milk and cornstarch. Slowly bring to a boil while stirring often.
3. When the milk comes to a boil, remove it from the heat and add the cheese. Continue to stir until the cheese is melted and evenly mixed.
4. Add the Worcestershire and hot sauces, and stir.
5. Pour cheese over hot broccoli.
6. Sprinkle whole-wheat croutons over broccoli and cheese mixture, and serve.

\* Make extra croutons for the **Zesty Tomato Soup** (on page 49).



Children can help measure ingredients and mix the sauce.



**prep time:**  
15 minutes  
  
**cook time:**  
15 minutes

**yield:**  
4 servings  
  
**serving size:**  
1½ C broccoli,  
¼ C sauce,  
1 Tbsp croutons

each serving provides:			
calories	162	carbohydrates	19 g
total fat	5 g	potassium	601 mg
saturated fat	3 g	vitamin A	70%
cholesterol	15 mg	vitamin C	170%
sodium	239 mg	calcium	30%
total fiber	4 g	iron	8%
protein	11 g		

Percent Daily Values are based on a 2,000 calorie diet.

vegetable side dishes



# zesty tomato soup



not your traditional tomato soup, this quick-cooking dish can be a side or light main meal

- 1 can (14½ oz) no-salt-added diced tomatoes
- 1 C jarred roasted red peppers, drained (or substitute fresh roasted red peppers; see tip)
- 1 C fat-free evaporated milk
- 1 tsp garlic powder
- ¼ tsp ground black pepper
- 2 Tbsp fresh basil, rinsed and chopped (or 2 tsp dried)

1. Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.
2. Put tomato mixture in a medium saucepan, and bring to a boil over medium heat.
3. Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes.
4. Add basil, and serve.
5. Optional step: Serve with whole-wheat croutons sprinkled on top (from **Broccoli and Cheese**, page 47).

**Tip:** To make roasted red peppers, see instructions in the FAQs in appendix D (on page 108). Make extra to use in other Keep the Beat™ recipes.



Older children can make the recipe themselves.



**prep time:**  
10 minutes

**cook time:**  
15 minutes

**yield:**  
4 servings

**serving size:**  
1 C soup

each serving provides:			
calories	94	carbohydrates	16 g
total fat	0 g	potassium	234 mg
saturated fat	0 g	vitamin A	15%
cholesterol	0 mg	vitamin C	15%
sodium	231 mg	calcium	0%
total fiber	2 g	iron	2%
protein	5 g		

Percent Daily Values are based on a 2,000 calorie diet.





# tangy salsa

tangy, not spicy, this salsa will appeal to most—try it with the **Empañapita** (on page 7) or as a dip with veggies or baked chips

- ½ C jarred roasted red peppers, drained and diced (or substitute fresh roasted red peppers; see tip) (Leftover Friendly)
- ½ C no-salt-added diced tomatoes (or substitute 1 medium tomato, chopped)
- 1 small lime, peeled and cut into small chunks
- ¼ tsp ground black pepper
- ¼ tsp ground cumin
- 1 Tbsp fresh cilantro, rinsed and chopped (or substitute 1 tsp dried coriander)

1. Combine all ingredients, and toss well.
2. Best to allow 1–2 hours for flavors to settle before serving.

**Tip:** To make roasted red peppers, see instructions in the FAQs in appendix D (on page 108). Make extra to use in other Keep the Beat™ recipes.



Substitute fresh roasted red peppers by making extra when you make the **Super Quick Chunky Tomato Sauce** (on page 54). If you don't have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).



**prep time:**  
10 minutes

**cook time:**  
none

**yield:**  
4 servings

**serving size:**  
¼ C salsa

each serving provides:			
calories	23	carbohydrates	4 g
total fat	0 g	potassium	18 mg
saturated fat	0 g	vitamin A	4%
cholesterol	0 mg	vitamin C	10%
sodium	68 mg	calcium	2%
total fiber	1 g	iron	2%
protein	0 g		

Percent Daily Values are based on a 2,000 calorie diet.

# parmesan green beans

a side dish so tasty, children won't even know it's good for them


- 1 Tbsp olive oil
- 1 tsp garlic, minced (about 1 clove) (or ¼ tsp garlic powder)
- 1 small onion, thinly sliced (about ½ C)
- 1 bag (16 oz) frozen green beans
- 1 C low-sodium chicken broth
- ¼ C grated parmesan cheese
- ¼ tsp ground black pepper

1. Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
2. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
3. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
4. Sprinkle with parmesan cheese and pepper, and serve.

**Tip:** Try it on the side of the **Turkey and Beef Meatballs With Whole-Wheat Spaghetti** (on page 25).



Children can help sprinkle with cheese and pepper.

	<b>prep time:</b> 5 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b> <div><div>calories95</div><div>total fat5 g</div><div>saturated fat1 g</div><div>cholesterol4 mg</div><div>sodium117 mg</div><div>total fiber3 g</div><div>protein5 g</div></div> <div><div>carbohydrates9 g</div><div>potassium293 mg</div><div>vitamin A15%</div><div>vitamin C25%</div><div>calcium10%</div><div>iron4%</div></div>
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# spinach and corn pancakes


vegetables in a pancake? serve this fun side dish with most chicken, meat, or fish dishes

- ½ C whole-wheat flour
- 1 C fat-free (skim) milk
- 2 Tbsp vegetable oil
- 2 large eggs
- 1 C frozen chopped spinach, thawed and drained
- 1 C frozen whole corn kernels, thawed
- ¼ tsp ground black pepper
- Nonstick cooking spray

1. Measure flour into a large mixing bowl.
2. In a smaller bowl, combine milk, oil, and eggs, and mix well. Add milk mixture to flour, and mix until smooth.
3. Add spinach, corn, and pepper to mixture, and stir well.
4. Heat a large nonstick sauté pan or griddle. Spray lightly with cooking spray.
5. Spoon batter ¼ cup at a time onto the pan. Cook each pancake for 2–3 minutes, or until the bottom holds together and is golden brown. Carefully flip and cook the second side for an additional 1–2 minutes. (Recipe makes about 16–18 pancakes.)
6. Serve immediately.



Older children can help mix the ingredients and flip the pancakes.

	<b>prep time:</b> 10 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b> <div><div>calories227</div><div>total fat10 g</div><div>saturated fat2 g</div><div>cholesterol107 mg</div><div>sodium128 mg</div><div>total fiber4 g</div><div>protein11 g</div></div> <div><div>carbohydrates27 g</div><div>potassium391 mg</div><div>vitamin A110%</div><div>vitamin C30%</div><div>calcium15%</div><div>iron15%</div></div>
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# roasted red pepper and toasted orzo

pair this rich side dish with grilled chicken or fish


- 1 C dry whole-grain orzo (pasta)
- 1 Tbsp olive oil
- 1 tsp garlic, minced (about 1 clove)
- 1 C jarred roasted red peppers in natural juice, drained and diced (or substitute fresh roasted red peppers; see tip) (Leftover Friendly)
- 2 C low-sodium chicken broth
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ½ C shredded part skim mozzarella cheese

1. Preheat oven to 400 °F. Place orzo on a baking sheet and toast in the oven for 5 minutes, or until it just begins to brown (or brown in a saucepan). Remove from heat and cool slightly.
2. Heat olive oil in a medium saucepan over medium heat. Add garlic, and cook gently until it gets soft, but does not brown (about 30 seconds).
3. Add peppers, and cook until heated through.
4. Add toasted orzo and chicken broth. Bring to a boil and simmer gently, stirring often until the pasta has absorbed all of the liquid and is fully cooked, about 10–15 minutes. (If necessary, add 2 more tablespoons broth at a time, up to ¼ cup.)
5. Add herbs and cheese. Toss gently to mix; do not overmix or the cheese will become gummy. Serve immediately.

**Tip:** To make roasted red peppers, see instructions in the FAQs in appendix D (on page 108). Make extra to use in other Keep the Beat™ recipes.



Substitute fresh roasted red peppers by making extra when you make the **Super Quick Chunky Tomato Sauce** (on page 54). If you don't have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).



prep time:

10 minutes

cook time:

25 minutes

yield:

4 servings

serving size:

1 C pasta

each serving provides:

calories	205	carbohydrates	24 g
total fat	7 g	potassium	126 mg
saturated fat	2 g	vitamin A	4%
cholesterol	9 mg	vitamin C	4%
sodium	234 mg	calcium	10%
total fiber	5 g	iron	2%
protein	9 g		

Percent Daily Values are based on a 2,000 calorie diet.

# wow-y maui pasta salad


try this flavorful side dish with the **Hawaiian Huli Huli Chicken** (on page 13)—or it's perfect for a summer party!

- 2 C dry whole-wheat rotini (spiral) pasta (8 oz)
- 1 C fresh or frozen snow peas, sliced thinly on an angle (julienned)
- ½ C cucumber, peeled and diced
- ¼ C carrots, peeled and diced
- 1 can (8 oz) pineapple chunks in juice, diced; set aside ¼ C juice
- ½ C fat-free plain yogurt
- 1 Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ¼ tsp salt
- ¼ tsp ground black pepper

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside.
2. In the meantime, place peas in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.
3. Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
4. Add cooked pasta and peas, and toss gently to coat the pasta.
5. Serve immediately, or refrigerate for later use.



This is a great recipe for older children to make themselves. Younger children can help peel the cucumber and carrots.



**prep time:**  
15 minutes

**cook time:**  
15 minutes

**yield:**  
4 servings

**serving size:**  
2 C pasta salad

**each serving provides:**

calories	273	carbohydrates	56 g
total fat	2 g	potassium	207 mg
saturated fat	0 g	vitamin A	35%
cholesterol	1 mg	vitamin C	50%
sodium	171 mg	calcium	8%
total fiber	7 g	iron	6%
protein	10 g		

Percent Daily Values are based on a 2,000 calorie diet.

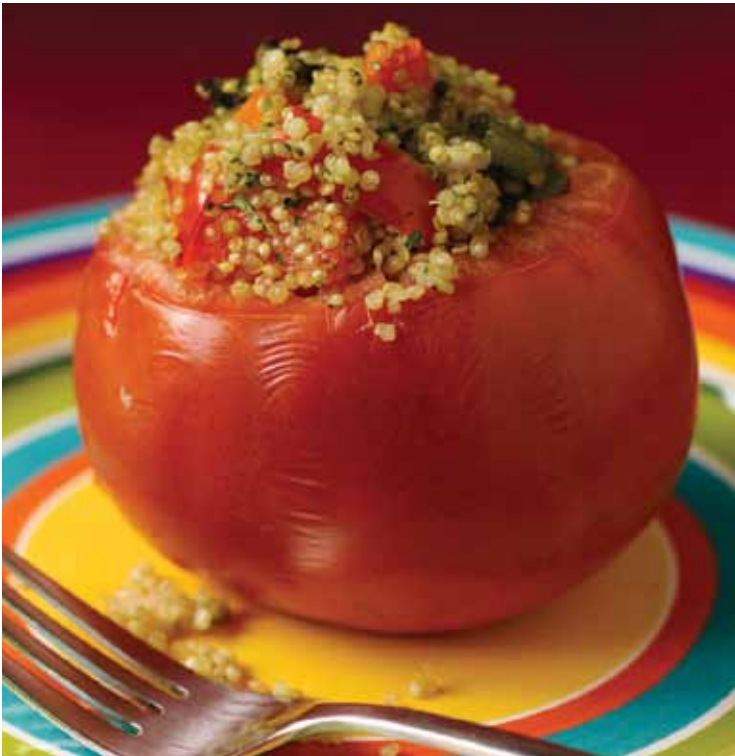
# quinoa-stuffed tomatoes

quinoa (pronounced KEEN-wah) is a grain native to South America; children will have fun eating quinoa out of a hollowed-out tomato

- 4 medium (2½ inches) tomatoes, rinsed
- 1 Tbsp olive oil
- 2 Tbsp red onions, peeled and chopped
- 1 C cooked mixed vegetables—such as peppers, corn, carrots, or peas (Leftover Friendly)
- 1 C quinoa, rinsed\*
- 1 C low-sodium chicken broth
- ½ ripe avocado, peeled and diced (see tip)
- ¼ tsp ground black pepper
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

1. Preheat oven to 350 °F.
2. Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce, or salsa.) Set tomatoes aside.
3. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes.
4. Add cooked vegetables, and heat through, about another 1–2 minutes.

continued on page 59



## quinoa-stuffed tomatoes (continued)




5. Add quinoa, and cook gently until it smells good, about 2 minutes.
6. Add chicken broth, and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
7. When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper, and parsley.
8. Carefully stuff about ¾ cup of quinoa into each tomato.
9. Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later).
10. Serve immediately.

**Tip:** See appendix D for a description of how to choose, peel, and cut an avocado. Use the other half of the avocado for the **Tuna and Avocado Cobb Salad** (on page 37).

\* Unprocessed quinoa must be washed thoroughly before it is used to remove a powdery coating called saponin, which has an unpleasant and bitter taste. Check your package for rinsing instructions.



If you don't have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).

	<b>prep time:</b> 10 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>	
	<b>cook time:</b> 35–40 minutes	<b>serving size:</b> 1 tomato, ¾ C stuffing	calories 299	carbohydrates 46 g
			total fat 10 g	potassium 906 mg
			saturated fat 1 g	vitamin A 110%
			cholesterol 0 mg	vitamin C 40%
			sodium 64 mg	calcium 6%
			total fiber 8 g	iron 30%
			protein 10 g	
Percent Daily Values are based on a 2,000 calorie diet.				





# wiki (fast) rice


wiki means “fast” in Hawaiian, and this dish fits the bill—it’s quick and easy to make

- 1 Tbsp canola oil
- 1 Tbsp fresh garlic, minced (about 3 cloves) (or 1 tsp dried)
- 1 tsp fresh ginger, minced (or ¼ tsp dried)
- 1 Tbsp scallions (green onions), rinsed and minced
- ½ C canned sliced water chestnuts, drained
- 2 C cooked mixed vegetables (or ½ bag frozen stir-fry vegetable mix) (Leftover Friendly)
- 2 C cooked brown rice (Leftover Friendly)
- 1 Tbsp lite soy sauce
- 1 tsp sesame oil

1. Heat canola oil in a large wok or sauté pan over medium heat. Add garlic, ginger, and scallions, and cook until fragrant, about 1 minute.
2. Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.
3. Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).
4. Add rice, and continue to cook until hot, about 3–5 minutes.
5. Add soy sauce and sesame oil. Toss well, and serve.



This recipe tastes best when prepared using leftover cold rice. If you don’t have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).



prep time:

10 minutes

cook time:

15 minutes

yield:

4 servings

serving size:

about 1 C rice and vegetables

each serving provides:

calories

179

total fat

6 g

saturated fat

1 g

cholesterol

0 mg

sodium

113 mg

total fiber

2 g

protein

4 g

carbohydrates

29 g

potassium

88 mg

vitamin A

4%

vitamin C

15%

calcium

2%

iron

4%

Percent Daily Values are based on a 2,000 calorie diet.



# bruschetta

roasted red peppers add extra zing to this classic chopped tomato dish

- ½** whole grain baguette (French bread), cut into 12 slices (or substitute 3 slices whole-wheat bread, each cut into 4 squares)
- 1 C** fresh tomatoes, rinsed and diced
- ¼ C** jarred roasted red peppers, diced (or substitute fresh roasted red peppers; see tip) (Leftover Friendly)
- 6** Kalamata olives, rinsed and sliced (or substitute any black olive)
- ½ Tbsp** olive oil
- 2 Tbsp** fresh basil, rinsed, dried, and chopped (or 2 tsp dried)
- ¼ tsp** ground black pepper

- 1.** Lightly toast baguette slices.
- 2.** Combine remaining ingredients, and toss well.
- 3.** Top each bread slice with about 2 tablespoons of tomato mixture, and serve.

**Tip:** To make roasted red peppers, see instructions in the FAQs in appendix D (on page 108). Make extra to use in other Keep the Beat™ recipes.



Substitute fresh roasted red peppers by making extra when you make the **Super Quick Chunky Tomato Sauce** (on page 54). If you don't have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).



Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.



**prep time:**  
15 minutes

**cook time:**  
5 minutes

**yield:**  
4 servings

**serving size:**  
3 bruschetta  
slices, each with  
2 Tbsp tomato mixture

## each serving provides:

calories	119	carbohydrates	17 g
total fat	4 g	potassium	113 mg
saturated fat	0 g	vitamin A	10%
cholesterol	0 mg	vitamin C	10%
sodium	256 mg	calcium	4%
total fiber	2 g	iron	6%
protein	4 g		

Percent Daily Values are based on a 2,000 calorie diet.



# peanut butter hummus

bring out the veggies or pita chips—try this irresistible combination of peanut butter and hummus . . . with a spicy kick!

- For dip:

2 C

low-sodium garbanzo beans (chick peas), rinsed

¼ C

low-sodium chicken broth

¼ C

lemon juice

2–3 Tbsp

garlic, diced (about 4–6 garlic cloves, depending on taste)

¼ C

creamy peanut butter (or substitute other nut or seed butter)

¼ tsp

cayenne pepper (or substitute paprika for less spice)

1 Tbsp

olive oil
1. Preheat oven to 400 °F.

2. To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.

3. To prepare the chips, toss the pita triangles with the olive oil, garlic, and pepper.

4. Bake chips on a baking sheet in a 400 °F oven for 10 minutes, or until crispy.

5. Arrange pita chips on a platter, and serve with the hummus.

- For pita chips:

4

(6½-inch) whole-wheat pitas, each cut into 10 triangles

1 Tbsp

olive oil

1 tsp

garlic, minced (about 1 clove) (or ½ tsp garlic powder)

¼ tsp

ground black pepper

**Note:** If you can’t find beans that are labeled “low sodium,” compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.



Younger children can break apart the pita bread. Older children can make the recipe themselves.

	<b>prep time:</b> 20 minutes	<b>yield:</b> 8 servings	<b>each serving provides:</b>			
	<b>cook time:</b> 10 minutes	<b>serving size:</b> ⅓ C hummus and 5 pita chips	calories	235	carbohydrates	32 g
			total fat	9 g	potassium	259 mg
			saturated fat	1 g	vitamin A	0%
			cholesterol	0 mg	vitamin C	8%
			sodium	225 mg	calcium	4%
			total fiber	5 g	iron	10%
			protein	9 g		
			Percent Daily Values are based on a 2,000 calorie diet.			

# grapesicles

try this healthy snack on a hot summer day—frozen grapes will pop in your mouth!

- 48

green seedless grapes, rinsed
- 48

red seedless grapes, rinsed
- 16

6-inch wooden skewers
1. Thread six grapes, alternating grape colors, onto each wooden skewer.

2. Place skewers into the freezer for 30 minutes, or until frozen.

3. Serve immediately.

**Note:** Skewers have sharp edges, so monitor younger children while eating, or take the grapes off the skewers for them. Grapes should be cut in half for children under 3 years old to prevent choking.



Children can rinse the grapes, freeze them, and thread the skewers.

	<b>prep time:</b> 5 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>freeze time:</b> 30 minutes	<b>serving size:</b> 4 skewers	calories	83	carbohydrates	22 g
			total fat	0 g	potassium	229 mg
			saturated fat	0 g	vitamin A	2%
			cholesterol	0 mg	vitamin C	20%
			sodium	2 mg	calcium	2%
			total fiber	1 g	iron	6%
			protein	1 g		
			Percent Daily Values are based on a 2,000 calorie diet.			



# southwestern beef roll-ups

this tasty snack is simple to make and a good source of protein

- 4 whole-wheat tortillas (6½ inch)
- 4 red leaf lettuce leaves, rinsed and dried
- 4 oz low-sodium deli roast beef

*For spread:*

- 1 Tbsp light mayonnaise
- 1 tsp lime juice (about ½ fresh lime)
- ½ tsp hot sauce

1. Combine ingredients for the spread. Mix well.
2. Spread about 1 teaspoon of spread on each tortilla.
3. Top each tortilla with one lettuce leaf and 1 ounce roast beef (about two slices).
4. Fold sides in, and roll.
5. Serve with a side of **Tangy Salsa** (on page 51).



Younger children can mix the spread. Older children can prepare the recipe themselves.



**prep time:**  
15 minutes

**cook time:**  
none

**yield:**  
4 servings

**serving size:**  
1 tortilla

**each serving provides:**

calories	190	carbohydrates	23 g
total fat	5 g	potassium	36 mg
saturated fat	0 g	vitamin A	25%
cholesterol	21 mg	vitamin C	2%
sodium	302 mg	calcium	4%
total fiber	2 g	iron	7%
protein	11 g		

Percent Daily Values are based on a 2,000 calorie diet.



# celery with cream cheese mousse

this delicious and light snack will please the young . . . and young at heart

- ¼ C

low-fat whipped cream cheese

¼ C

fat-free plain yogurt

2 Tbsp

scallions (green onions), rinsed and chopped

1 Tbsp

lemon juice

½ tsp

ground black pepper

6

celery sticks, rinsed, with ends cut off

1 Tbsp

chopped walnuts
1.


Combine cream cheese, yogurt, scallions, lemon juice, and pepper. Mix well with a wooden spoon.
2.

Spread mixture evenly down the middle of each celery stick.
3.

Cut each stick into 5 pieces. Top with chopped walnuts, and serve.



Younger children can help mix the “mousse.” Older children can make the recipe themselves.

	<b>prep time:</b> 10 minutes	<b>yield:</b> 6 servings	<b>each serving provides:</b>			
	<b>cook time:</b> none	<b>serving size:</b> 2 Tbsp of mousse with 1 celery stick (5 pieces)	calories	35	carbohydrates	3 g
			total fat	2 g	potassium	131 mg
			saturated fat	1 g	vitamin A	6%
			cholesterol	4 mg	vitamin C	6%
			sodium	58 mg	calcium	4%
			total fiber	1 g	iron	2%
			protein	2 g		
			Percent Daily Values are based on a 2,000 calorie diet.			

# turkey pinwheels

this fun-to-make snack will become a family favorite

- 4 slices

whole-wheat bread

1 Tbsp

light mayonnaise

1 Tbsp

deli mustard

½ C

cucumber, peeled and thinly sliced

¼ C

jarred roasted red peppers

2 oz

low-sodium deli turkey breast
1.

Remove the crusts from the bread and flatten each slice with a rolling pin.
2.


Combine mayonnaise and mustard. Spread about ½ tablespoon on each bread slice.
3.

Arrange cucumbers and red peppers evenly on each slice of bread, and top with ½ ounce turkey.
4.

Roll each slice into a log, and cut each log into four pieces with a sharp knife. Serve immediately, or refrigerate logs until ready to serve (cut prior to serving).



Younger children can help flatten the bread and roll the logs. Older children can make the recipe themselves.

	<b>prep time:</b> 10 minutes	<b>yield:</b> 4 servings	<b>each serving provides:</b>			
	<b>cook time:</b> none	<b>serving size:</b> 1 log (4 pieces)	calories	106	carbohydrates	12 g
			total fat	2 g	potassium	25 mg
			saturated fat	0 g	vitamin A	0%
			cholesterol	11 mg	vitamin C	0%
			sodium	275 mg	calcium	2%
			total fiber	2 g	iron	4%
			protein	7 g		
			Percent Daily Values are based on a 2,000 calorie diet.			



# fruit skewers with yogurt dip

tangy fruit and sweet yogurt make a perfect taste combination

- 1 C strawberries, rinsed, stems removed, and cut in half
- 1 C fresh pineapple, diced (or canned pineapple chunks in juice, drained)
- ½ C blackberries
- 1 tangerine or Clementine, peeled and cut into 8 segments
- 8 6-inch wooden skewers

For dip:

- 1 C strawberries, rinsed, stems removed, and cut in half
- ¼ C fat-free plain yogurt
- ⅛ tsp vanilla extract
- 1 Tbsp honey

1. Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer.
2. To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well.
3. Serve two skewers with yogurt dip on the side.

**Note:** Skewers have sharp edges, so monitor younger children while eating, or take the fruit off the skewers for them.



Younger children can rinse the fruit, thread onto skewers, and mix the dip. Older children can make the recipe themselves.



**prep time:**  
15 minutes

**cook time:**  
none

**yield:**  
4 servings

**serving size:**  
2 skewers,  
1½ Tbsp dip

**each serving provides:**

calories	71	carbohydrates	18 g
total fat	0 g	potassium	174 mg
saturated fat	0 g	vitamin A	6%
cholesterol	0 mg	vitamin C	70%
sodium	10 mg	calcium	4%
total fiber	2 g	iron	2%
protein	1 g		

Percent Daily Values are based on a 2,000 calorie diet.





# make-your-own snack mix



making your own snack mix can be healthier and less expensive than buying it

- 1 C toasted oat cereal
- ¼ C unsalted dry roasted peanuts (or other unsalted nut)
- ¼ C raisins
- ¼ C dried cranberries

1. Combine all ingredients, and toss well.
2. Serve immediately, or store for later snacking.

**Tip:** Put snack mix in individual snack-sized bags for a great grab-and-go snack.



Most children can make this recipe themselves.



**prep time:**  
5 minutes

**cook time:**  
none

**yield:**  
4 servings

**serving size:**  
½ C snack mix

each serving provides:			
calories	136	carbohydrates	22 g
total fat	5 g	potassium	170 mg
saturated fat	1 g	vitamin A	4%
cholesterol	0 mg	vitamin C	4%
sodium	75 mg	calcium	2%
total fiber	2 g	iron	15%
protein	3 g		

Percent Daily Values are based on a 2,000 calorie diet.