

Y&AH! Recipes

Yummy, Easy And Healthy

By Children, For Everyone



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St. Luke's Children's knows being healthy as a child is the gateway to good health as an adult. Many of the behaviors that lead to unhealthy eating habits and weight gain are often learned at home.¹ However, when the entire family adopts healthy eating practices, children are shown to be more successful.² At the head of each good team is the coach, and in this case that is the parent or guardian. Lead by example and get your kids involved. Here are some fun things you can do together:

- Go grocery shopping
- Plan meals and weekly menus
- Prepare food by measuring, slicing, dicing, mixing, and cooking

You can also do fun family activities together on a regular basis like taking a walk after dinner or playing at the park. Help show your kids that leading a healthy lifestyle by eating right and being active can be fun for everyone!

1. Thury, C. & Valentina Melo de Matos, C. (2015). Prevention of childhood obesity: A review of the current guidelines and supporting evidence. *South Dakota Medicine: The Journal of the South Dakota State Medical Association*, January 1, 2015.
2. Pedersen, S., Gronhoi, A., & Thogersen, J. (2015). Research report: Following family or friends. Social norms in adolescent healthy eating. *Social Influences on Eating*, 86:54-60.



SelectHealth is committed to helping kids stay healthy by encouraging not only healthy eating habits, but activity as well. Parents—you can help, too. An active parent sets the example and is a powerful stimulus for children to get active. In Idaho, 15.7 percent of students in grades 9 through 12 are considered overweight.¹ Limiting screen time (e.g., television, tablets, video games) to fewer than two hours a day is a good place to start. Studies show that reducing the amount of screen time appears to be effective for controlling weight.²

- Go bowling
- Play basketball
- Take a family bike ride
- Train together for a 5K walk/run
- Play fun games such as tag or kickball

Select activities that require no new skills such as walking, climbing the stairs, or jogging. Or, put your kids in charge. Let each child take a turn choosing the activity for the day or for the week. It doesn't matter what you are doing as long as you are active. Together, we can help kids set healthy habits for a lifetime.

1. Centers for Disease Control and Prevention. Nutrition, Physical Activity and Obesity: Data, Trends and Maps. CDC, 2013. Web. 24 Feb. 2016. <https://nccd.cdc.gov/NPAO_DTM/>
2. Centers for Disease Control and Prevention. Preventing Chronic Diseases: Investing Wisely in Health, CDC. n.d. Web. 24 Feb. 2016. <www.cdc.gov/nccdphp/>.

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St. Luke's Children's YEAH! program focuses on healthy eating, fun physical activity and positive behavior changes for kids and their families. As a regional program offered in the Treasure Valley, Magic Valley and Wood River Valley, the kids are encouraged to apply what they learn, and this recipe book is a compilation of their shared healthy recipes. This book represents participants focus on making healthy food choices and sharing that knowledge with friends, family and others. Enjoy!

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Breakfast

Breakfast

Healthy & Delicious Refrigerator Bran Muffins *Serves 24*

- 4 cups wheat bran flakes or plain wheat bran
- 2 cups bran buds (look like little pebbles) or all-bran (look like little twigs)
- 2 cups boiling water
- 4 cups buttermilk (or make own buttermilk by adding 4T lemon juice to 4 cups skim milk)
- 4 tablespoons (1/4 cup) butter, melted
- 1/2 cup (no-added sugar) applesauce
- 1 cup sugar
- 4 large eggs
- 1 teaspoon pure vanilla extract
- 5 cups whole wheat flour
- 4 teaspoons baking soda
- 1 teaspoon salt



1. In a large bowl with a tight fitting lid, place the wheat bran flakes (or plain wheat bran) and the bran buds or all-bran. Pour the boiling water over the bran and mix well. Stir every couple of minutes while the mixture cools to room temperature. The mixture will become very thick and sticky.
2. After the mixture cools, add the buttermilk, melted butter, applesauce, sugar, eggs and vanilla. Mix well. Add the flour, baking soda and salt. Mix well to combine all the ingredients together.
3. The batter can be covered well and kept in the refrigerator for up to 30 days. To bake, scoop the batter into greased or lined muffin tins. Fill 3/4 full. Bake at 375 degrees for about 14-16 minutes, until a toothpick inserted in the center of a muffin comes out clean or with a few moist crumbs

Nutrition per serving: 222 calories, 4.4g fat, 42.4g carbohydrates, 8g protein, 10.8g fiber, 427.8mg sodium

Breakfast

Whole Wheat Bread (From Britney)

Serves 36

3 cups warm water
2 packages of active dry yeast
½ cup honey
5 cups bread flour
3 tablespoons melted butter
1 tablespoon salt
cup honey
3 ½ cup of whole wheat flour (to knead bread on floured surface)
2 tablespoons of butter (to brush on bread after cook time)



1. In a large bowl, mix warm water and cup of honey.
2. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly.
3. Mix in 3 tablespoons melted butter, cup honey and salt, stir in 2 cups whole wheat flour.
4. Flour a flat surface and knead with whole wheat flour until not very sticky – just pulling away from the counter, but still sticky to touch. This may take an additional 2-4 cups of whole wheat flour.
5. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled.
6. Punch down and divide into 3 loaves. Place in greased 9x5 inch loaf pans, allow to rise until dough has topped the pans by one inch.
7. Bake at 350°F for 25-30 minutes. Do not over bake.
8. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard. Cool completely.

Nutrition per serving: 131 calories, 1.8g fat, 26g carbohydrates, 3.9g protein, 2.1g fiber, 194.3 sodium

Breakfast

Power Muffins (From Nathan, age 9)

Serves 24

- 3 tablespoons unsweetened applesauce
- 3 tablespoons canola oil
- ¼ cup brown sugar
- 4 eggs
- 2 cups mashed or shredded fruits and veggies (we used 1 mashed banana, 1 shredded apple, 1 large shredded carrot, and 1 small shredded zucchini)
- 2 cups flour
- 1 teaspoon baking soda
- 2 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- 1 cup raisins



1. Preheat oven to 350°F.
2. Combine first 5 ingredients and mix well.
3. Add flour, baking soda, baking powder, and spices. Mix until it forms a batter. Add raisins.
4. Divide into 24 muffin cups and bake for 15-20 minutes, using a toothpick to test if centers are cooking. Tops will be golden brown.

Nutrition per serving: 131 calories, 1.8g fat, 26g carbohydrates, 3.9g protein, 2.1g fiber, 194.3 sodium

Oatmeal Pancakes

Serves 4

- 2 bananas
- ½ cup old fashion oats
- ¾ cup almond milk
- 1 teaspoon baking soda

Mix together all ingredients in blender. Pour into pan, flip and serve with fruit and yogurt.



Nutrition per serving: 101 calories, 5.7g fat, 21.7g carbohydrates, 2.1g protein, 2.7g fiber, 343.5mg sodium 19

Breakfast

Green Machine Smoothie

Serves 1

- 1 cup milk (you can also use, almond, soy, rice milk)
- 2 handfuls of spinach or kale
- 1 ripe banana
- 1 tablespoon of peanut or almond butter
- Ice



Place all ingredients together in a blender. Blend until smooth; serve immediately.

Nutrition per serving: 304 calories, 9.3g fat, 44.6g carbohydrates, 15.7g protein, 5.4g fiber, 251 sodium

Cocoa Banana Overnight Oats

Serves 2

- 1¼ cup unsweetened rice milk
- 1 cup old fashioned rolled oats
- 1 teaspoon chia seeds
- 2 teaspoons pure vanilla extract
- 2 teaspoons unsweetened cocoa powder
- ¼ cup cherries, chopped
- ¼ cup shredded coconut
- ¼ cup pecans, chopped
- 1 banana, sliced



1. Combine rice milk, oats, chia seeds, cinnamon, vanilla, cocoa powder, cherries and coconut in large mixing bowl until just incorporated.
2. Cover and refrigerate 8 hours or overnight.
3. Just before serving, stir in pecans and banana. Serve cold or at room temperature.

Nutrition per serving: 466 calories, 5.9g fat, 86.53 carbohydrates, 19.6g protein, 11.6g fiber, 82mg sodium

Snacks

Snacks

Cottage Cheese Ranch Dip

Serves 6

- 1 cup baby carrots
- 1 cup snap peas
- 1 cup cucumber (sliced)
- 1 cup water
- 1 container (20 oz) low-fat cottage cheese
- 1½ packets (16 oz) ranch seasoning



Combine water, cottage cheese, and ranch seasoning in blender and mix until there are no lumps.

Nutrition per serving: 82 calories, 1g fat, 5g carbohydrates, 11g protein, 1g fiber, 330mg sodium

Turkey Pinwheels

Serves 4

- 8 tablespoons light cream cheese
- ½ packet ranch seasoning
- 2 tablespoons milk
- 4 whole wheat flour tortillas
- 4 slices of turkey
- 2 dill pickles
- ½ cup spinach



1. In a bowl, combine cream cheese and ranch seasoning packet until it is mixed well
2. Add 2 tablespoons of milk and stir until soft
3. Spread a thin layer of the mix on each tortilla
4. Place on piece of turkey on each tortilla
5. Slice pickles, layer on top of turkey
6. Add spinach leaves and roll each tortilla tightly

Nutrition per serving: 200 calories, 9g fat, 21g carbohydrates, 6g protein, 4g fiber, 475mg sodium.

Snacks

Fruit Kaboby with Cheese

Serves 4

- 1/2 cup strawberries
- 1/2 cup pineapple
- 1/2 cup cantaloupe
- 1/2 cup melon
- 4 low calorie string cheese sticks
- 4 skewers



1. Cut fruit into large chunks
2. Cut string cheese sticks in quarters
3. Assemble on skewer alternating fruit and cheese
4. Cut ends of skewer

Nutrition per serving: 80 calories, 3g fat, 9g carbohydrates, 7g protein, 1g fiber, 168mg sodium

Peach or Mango Salsa

Serves 8

- 2 ripe, fairly soft peaches or mangoes, chopped
- 1/4 cup red onion, finely diced (about 1/2 small onion)
- 1/4 cup fresh cilantro or basil, chopped
- 1/2 lime, juiced
- 1 clove garlic, minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper



Add all ingredients and mix.

Nutrition per serving: 33 calories, 0g fat, 8g carbohydrates, 0g protein, 1g fiber, 0mg sodium

Snacks

Fantastic Cream Cheese Yogurt Fruit Dip

Serves 6

- 1 container strawberry yogurt
- 2 tablespoons whipped cream cheese

Blend two ingredients together until smooth. Serve with any desired fruit.

Nutrition per serving: 33 calories, 1g fat, 3.5g carbohydrates, 2.5g protein, 0g fiber, 26mg sodium

Trail Mix

Serves 4

- 2 cups of whole grain cereal
- 1 cup dried raisins and/or cranberries
- 1 cup of nuts (almonds, cashews)
- 1 cup of dates or other dried fruit (apricots, cherries)

Mix ingredients together in a large bowl. Cover and shake.

Nutrition per serving: 541.5 calories, 18.6g fat, 91.1g carbohydrates, 11.3g protein, 11.5g fiber, 131mg sodium

Banana Rolls

Serves 1

- 1 banana
- 2 tablespoons of peanut butter
- ¼ cup rice cereal

Peel and cut bananas in quarters, spread with peanut butter, roll in rice cereal. Serve immediately or chill until served.

Nutrition per serving: 307 calories, 16.7g fat, 36.3 carbohydrates, 9.5g protein, 5.2g fiber, 147mg sodium

Side Dishes

Side Dishes

Crisp Cucumber Salsa

Serves 4

- 2 cups finely chopped seeded peeled cucumber
- ½ cup finely chopped seeded tomato
- ¼ cup chopped red onion
- 2 tablespoons minced fresh parsley
- 1 jalapeno pepper, seeded and chopped
- 4½ teaspoons minced fresh cilantro
- 1 garlic clove, minced or pressed
- ¼ cup reduced-fat sour cream
- 1½ teaspoons lemon juice
- 1½ teaspoons lime juice
- ¼ teaspoons ground cumin
- ¼ teaspoons seasoned salt
- Tortilla chips



In small bowl, combine the first seven ingredients. In another bowl, combine sour cream, lemon juice, lime juice, cumin, and salt. Pour over cucumber mixture and toss gently.

Nutrition per serving: 163 calories, 10.3g fat, 13.9g carbohydrates, 3.9g protein, 1.8g fiber, 226.5mg sodium

Spinach Strawberry Salad

Serves 4

- 1 bag (6 oz) baby spinach
- ½ cup sliced strawberries
- 2 tablespoons balsamic vinaigrette



1. Rinse and strain spinach
2. Rinse and strain strawberries
3. Mix together spinach and strawberries in a bowl
4. Toss together with balsamic vinaigrette

Nutrition per serving: 23 calories, 1g fat, 4g carbohydrates, 1g protein, 1g fiber, 86mg sodium

Side Dishes

Ellie's Fruit Dish

Serves 6

- ½ cup honeydew
- ½ cup pineapple
- ½ cup watermelon
- ½ cup strawberries
- ½ cup raspberries
- ½ cup grapes
- 1 pinch of sugar



1. Rinse strawberries, raspberries, and grapes in cold water and drain
2. Cut melon, pineapple, and strawberries into pieces
3. Combine all fruit into a bowl
4. Add pinch or sugar and mix together

Nutrition per serving: 36 calories, 0g fat, 10g carbohydrates, 1g protein, 1g fiber, 3mg sodium

Carrot Salad

Serves 5

- 5 cups shredded carrots
- 1 cup pineapple
- ¼ cup raisins
- ½ cup plain yogurt
- ¼ cup pineapple juice
- 2 tablespoons sour cream
- 2 tablespoons honey



1. Peel and shred carrots
2. Dice pineapple
3. Combine carrots, raisins, and pineapple into a bowl
4. Mix yogurt, sour cream, pineapple juice, and honey together for the dressing
5. Combine dressing with the carrot mixture

Nutrition per serving: 134 calories, 1g fat, 19g carbohydrates, 6g protein, 2g fiber, 46mg sodium

Side Dishes

Healthy Deviled Eggs

Serves 12

6 hardboiled eggs
¼ cup nonfat plain Greek yogurt
2 teaspoons Dijon mustard
¼ teaspoon pepper
¼ teaspoon salt
Pinch of paprika



1. Peel boiled eggs
2. Cut eggs in half length wise
3. Collect yolk from each egg half
4. With a mixer, combine yolks, plain Greek yogurt, Dijon mustard, salt and pepper
5. Spoon 1 tablespoon of mixture back into each half egg
6. Sprinkle paprika over eggs for garnish

Nutrition per serving: 42 calories, 3g fat, 1g carbohydrates, 4g protein, 0g fiber, 54mg sodium

Volcanic Asparagus

Serves 6

1 bundle asparagus
2-3 cups water
¼ teaspoon salt



1. Boil 2-3 cups water.
2. Wash the asparagus and snap off the ends.
3. Set a sturdy sauté pan on high heat for at least one minute to get it very hot.
4. Toss the sea salt in the hot pan, and then the asparagus. Be ready for the volcanic explosion when you add the water to the hot pan!
5. Add enough water to fully cover the asparagus and then cook it for just over a minute.
6. Add lemon and soft tub margarine if desired.

Nutrition per serving: 134 calories, 1g fat, 19g carbohydrates, 6g protein, 2g fiber, 46mg sodium 1g fiber, 86mg sodium

Side Dishes

Popcorn Cauliflower

2 medium heads cauliflower
2 teaspoons olive oil
¼ teaspoon turmeric
¼ teaspoon salt
2 tablespoons grated Parmesan cheese

Serves 6



1. Preheat oven to 425.
2. Remove and discard leaves from cauliflower and break into florets.
3. Place florets on baking sheet and toss with oil. Sprinkle lightly with turmeric and salt.
4. Bake 20 minutes, turn florets, and cook 5-10 minutes until tender and lightly browned.
5. Remove from oven and sprinkle with Parmesan cheese and serve.
6. Serve in ¾ cup portions

Nutrition per serving: 65 calories, 2g fat, 8g carbohydrates, 4g protein, 4g fiber, 181mg sodium

Sweet Potato Fry

4 medium sweet potatoes
1½ teaspoons paprika
½ teaspoon salt
¼ teaspoon ground pepper
¼ teaspoon cayenne pepper
1 tablespoon canola oil

Serves 6



1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with towel and cut into thick fry wedges.
3. Transfer slices to a baking sheet, brush with canola oil and sprinkle with spices.
4. Bake for 15 minutes, flip fries, and bake for 10 more minutes.
5. Serve 8-10 fries

Nutrition per serving: 90 calories, 2.5g fat, 16g carbohydrates, 1g protein, 3g fiber, 240mg sodium

Side Dishes

Ginger Carrots

Serves 4

- 2 cups sliced carrots
- ¼ cup minced onion
- 1 tablespoon finely chopped fresh ginger
- 1 tablespoon chopped parsley
- 1 tablespoon butter
- 2 teaspoon honey

1. Preheat oven to 350°F.
2. Put carrots in a microwave and cover with water. Cook for about 4 minutes in microwave or until carrots start to soften.
3. Drain water off of carrots and transfer to baking dish.
4. Add onion, ginger, parsley, butter, and honey.
5. Mix and baked uncovered for 20-25 minutes or until carrots are tender.
6. Sprinkle with parsley to garnish.

Nutrition per serving: 66 calories, 3g fat, 10g carbohydrates, 0.7g protein, 2.5g fiber, 63.7mg sodium



Side Dishes

Maple Roasted Brussels Sprouts

Serves 6

3 cups Brussels sprouts
2 tablespoons olive oil
 $\frac{3}{4}$ teaspoon sea salt
 $\frac{1}{4}$ teaspoon black pepper
2 tablespoons maple syrup

1. Preheat the oven to 400 degrees
2. Remove any yellow or brown outer leaves, cut off the stems, and cut the Brussels sprouts in half.
3. In a large bowl, toss the Brussels sprouts, olive oil, salt, and pepper together and spread on a 9x13 (or larger) baking dish or sheet tray to roast.
4. After 15 minutes, stir the Brussels sprouts to even out the browning.
5. After 20 minutes, stir in the maple syrup and roast 15 more minutes.
6. Serve in $\frac{1}{2}$ cup portions.

Nutrition per serving: 75 calories, 4.5g fat, 8g carbohydrates, 1.5g protein, 2g fiber, 302.3mg sodium



Main Dishes

Main Dishes

Zesty Asian Chicken Salad

Serves 8

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup Asian or Sesame dressing
- ¼ cup orange juice
- ¼ cup chopped cilantro



1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Nutrition per serving: 302 calories, 7g fat, 16g carbohydrates, 43g protein, 4g fiber, 578mg sodium

Grilled Honey-Glazed Salmon

Serves 4

with Peach or Mango Salsa (see snack section for recipe)

- 3 tablespoons honey
- 3 tablespoons Dijon mustard
- 2 tablespoons balsamic vinegar
- ½ teaspoon ground pepper
- ½ teaspoon garlic salt
- 4 (6 oz) salmon fillets



1. Combine honey, Dijon mustard, balsamic vinegar, pepper, and salt in a bowl and brush over fish.
2. Coat grill rack with cooking spray, place salmon skin-side-down over medium heat. Cook salmon 5 minutes on each side.

Nutrition per serving: 256 calories, 10g fat, 14g carbohydrates, 24g protein, 0g fiber, 1328mg sodium

Main Dishes

Sesame Chicken with Peppers

Serves 4

- 1 tablespoon sesame seeds
- 1 lb boneless skinless chicken breasts, cut into strips
- 2 cups snow peas, trimmed
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons water
- 1½ teaspoons packed brown sugar
- ¼ teaspoon ground ginger
- 2 green onions, sliced
- 2 cups cooked brown rice

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside.
2. Spray same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked. Add snow peas and bell peppers; stir-fry for 3-4 minutes more until vegetables are crisp-tender.
3. In a small bowl, combine soy sauce, water, brown sugar and ginger; add to skillet. Cook for 5 minutes over medium-high heat.
4. Sprinkle with sesame seeds and green onions. Serve ¾ cup of chicken mixture over ½ cup brown rice.

Nutrition per serving: 539 calories, 5g fat, 82g carbohydrates, 40g protein, 4g fiber, 850mg sodium



Main Dishes

Grilled Chicken and Veggie Kabobs

Serves 4

- 2 teaspoons olive oil
- 3 tablespoons fresh lemon juice
- Ground black pepper
- 1 lb boneless, skinless chicken breast cut into 2 inch cubes
- 4 wooden skewers
- 8 cherry tomatoes
- 12 whole bay leaves
- 1 medium onion cut into 1 inch cubes
- 2 cups cooked brown rice



1. In a small bowl mix olive oil, lemon juice and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomatoes, chicken, bay leaf, onion and bell pepper; repeat. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
3. Serve each kabob over $\frac{1}{2}$ cup brown rice.

Nutrition per serving: 330 calories, 11g fat, 28g carbohydrates, 30g protein, 3g fiber, 60mg sodium

Drunk'n Chicken (From Trevor)

Serves 8

- 2 lbs of chicken thighs
- 1, 12 oz can of beer, apple juice, or soda
- 1 tablespoon of salt
- 1 tablespoon of garlic powder
- 1 tablespoon of oregano
- $\frac{1}{2}$ tablespoon of pepper
- 1 red pepper
- 1 yellow pepper



1. Put all ingredients in a crock pot
2. Cook on low for 8 hours
3. Drain and serve

Nutrition per serving: 281 calories, 4.6g fat, 5.2g carbohydrates, 20.8 protein, 1g fiber, 972.5mg sodium

Main Dishes

Crunchy Chicken Nuggets

Serves 4

Non-stick cooking spray

½ cup all-purpose flour

¼ cup grated Parmesan cheese

1 cup cornflakes, crushed

¼ cup buttermilk

1 lb boneless, skinless chicken breast, cut into small chunks or strips

1. Preheat oven to 400 degrees. Spray baking sheet with non-stick cooking spray.
2. Combine flour and cheese in big bowl. Place the crushed cornflakes in a separate bowl. Pour buttermilk into a shallow bowl.
3. Add chicken pieces one at a time to the flour/cheese bag and shake until coated. Dip each piece of coated chicken into the buttermilk, covering thoroughly, and let the extra buttermilk drain off. Place each chicken piece, one at a time, into the cornflake bag and shake to coat. Place coated chicken on prepared baking sheet.
4. Cook for 5 minutes. Flip and cook for another 5 minutes or until done.

Nutrition per serving: 241 calories, 7g fat, 13g carbohydrates, 30g protein, 1g fiber, 331mg sodium



Main Dishes

Cream of Broccoli Soup

Serves 6

4 tablespoons butter
1 medium onion, chopped
3 tablespoons flour
3 cups low-sodium chicken stock
1½ pounds fresh broccoli
2 cups skim milk
¼ teaspoon salt
½ teaspoon pepper
Grated Parmesan or Swiss cheese for garnish

1. Melt the butter in a saucepan over medium heat. Add the onion and sauté for 10 minutes or until golden. Stir in the flour and cook for an additional minute.
2. Gradually add the stock and the broccoli. Bring to a boil, stirring frequently.
3. Cover and simmer for 15 minutes or until the broccoli is tender.
4. Puree with an immersion blender.
5. Add the milk and salt and pepper. Reheat, stirring occasionally.
6. Ladle into bowls and sprinkle with the cheese.

Nutrition per serving: 140 calories, 9g fat, 10g carbohydrates, 6g protein, 3g fiber, 478mg sodium



Main Dishes

Frittata

Serves 8

- 12 eggs
- 2 cups skim milk
- ½ onion, chopped
- 1 zucchini, chopped
- 1 red and yellow bell pepper, chopped
- 2 cups broccoli, chopped
- 1 tablespoon minced garlic
- 1 cup Parmesan cheese
- 2 tablespoons olive oil

1. Preheat oven to 350.
2. Sauté veggies in olive oil until soft - start with broccoli, add peppers and zucchini. Add chopped onion and garlic to veggies until softened.
3. Whisk eggs and milk and add salt and pepper.
4. Fold in veggies to egg mixture, add Parmesan cheese.
5. Lightly spray 9x13 casserole dish and add egg mixture. Bake at 350 until eggs are lightly browned, about 35-40 minutes.

Nutrition per serving: 187 calories, 12g fat, 6g carbohydrates, 14g protein, 1g fiber, 302mg sodium



Main Dishes

Chicken Salad With Apples and Cranberries

Serves 6

2½ cups cooked chicken

3 stalks celery

1 apple

¼ cup dried cranberries

½ cup non-fat plain Greek yogurt

2 tablespoons light mayonnaise

2 teaspoons lemon juice

2 tablespoons parsley

Salt and pepper

1. Chop up chicken and apple into cubes.
2. Dice celery.
3. Place chicken, apples, celery, and dried cranberries in a bowl.
4. In a separate small bowl, mix together yogurt, mayonnaise, and lemon juice and stir together.
5. Add mixture to bowl of ingredients, add parsley, salt and pepper if desired and mix together.

Nutrition per serving: 220 calories, 5g fat, 13g carbohydrates, 28g protein, 2g fiber, 50mg sodium



Main Dishes

White Bean and Spinach Soup

Serves 6

- 1 tablespoon extra virgin olive oil
- 3 cloves garlic, minced
- 1 medium carrot, halved and thinly sliced
- ½ medium onion, diced finely
- 4½ cups low-sodium vegetable stock
- 1 can (15 oz) no-salt added diced tomatoes (fresh may be substituted)
- 1 can (15 oz) no-salt added cannellini beans (any white bean may be substituted)
- ½ teaspoon rosemary
- 1 teaspoon dried Italian seasoning
- Dash freshly ground pepper
- Dash red pepper flakes (optional)
- 4 oz small whole-wheat pasta shells
- 4 cups baby spinach leaves
- 4 teaspoons shredded Parmesan cheese

1. In a large skillet heat oil over medium-high heat. Sauté garlic, carrots, and onions until the carrots are soft, about 5 minutes.
2. Add stock, tomatoes, beans, rosemary, Italian seasoning, and pepper to skillet. Bring to boil.
3. Add shells and cook 14 minutes.
4. If soup is too thick simply add a bit more stock.
5. Stir in spinach and continue cooking until wilted.
6. Serve in soup bowls (1 serving = 1½ cups) and sprinkle Parmesan on top.

Nutrition per serving: 199 calories, 4g fat, 32g carbohydrates, 10g protein, 4g fiber, 85mg sodium



Main Dishes

Stir Fry, Chicken with Snap Peas, Carrots and Pepper

Serves 4

- 2 tablespoons low sodium soy sauce
- 2 tablespoons fresh lime juice
- 4 tablespoons water
- 2 teaspoons cornstarch
- 1 heaping tablespoon canola oil
- 2 teaspoons fresh garlic, minced
- 1 teaspoons fresh ginger, grated
- 1 cup sugar snap peas
- 1 cup carrots, sliced diagonally
- 1 cup pepper, sliced thin
- 1 rotisserie chicken, torn into bite-size pieces
- Scallions for garnish

1. Combine soy sauce, lime juice, water and cornstarch in a small bowl, mix together and set aside.
2. Heat a large wok over medium heat. Add the oil to the wok; add the garlic and ginger, stir for 20 seconds.
3. Add the sugar snap peas, carrots and peppers, stirring over medium high heat until tender crisp, about 3-4 minutes.
4. Add the chicken to the wok, add the soy sauce-lime mixture, mix well and cook another 30 seconds to one minute.
5. Serve immediately and top with fresh scallions.

Nutrition per serving: 179 calories, 5g fat, 7g carbohydrates, 27g protein, 2g fiber, 238mg sodium



Main Dishes

One Pan Mexican Quinoa

Serves 8

- 1 tablespoon olive oil
- 2 cloves garlic
- 1 jalapeño
- 2 cups quinoa
- 1 can (15 oz) black beans
- 1 can (15 oz) fire roasted dices tomato
- 1 cup corn
- 1 teaspoon chili powder
- Salt & pepper
- 1 avocado
- 1 lime
- ½ cup chopped cilantro
- 1 cup vegetable broth

1. Heat oil in large skillet over medium heat
2. Mince garlic and chop jalapeño and add to skillet
3. Cook while stirring for 1 minute
4. Add quinoa, vegetable broth, beans, diced tomato, corn, chili powder, salt, and pepper. Bring to a boil
5. Reduce heat and simmer, until quinoa is cooked through-about 20 minutes
6. Slice avocado and add with juice from lime, and chopped cilantro

Nutrition per serving: 280 calories, 7g fat, 44g carbohydrates, 11g protein, 9g fiber, 291mg sodium



Main Dishes

Tortilla-Less Fajitas

Serves 6

- 1 teaspoon olive oil
- 1 bell pepper, cut into strips
- ½ onion, chopped
- 1 clove garlic, chopped
- 1 pound chicken breast, sliced
- Salt and pepper
- 1 can (15 oz) black beans, rinsed and drained
- 1 large tomato, chopped
- 4 green onions, chopped
- Cilantro, chopped
- ½ lime
- 6 cabbage leaves, washed

1. Add 1 heaping teaspoon olive oil to pan and cook pepper, onion and garlic over low-medium heat for 4 minutes.
2. Add chicken breast and cook for 5 minutes.
3. Sprinkle salt and pepper and combine rest of ingredients except lime and cabbage.
4. Drizzle with lime juice. Serve in cabbage leaves.

Nutrition per serving: 185 calories, 3g fat, 17g carbohydrates, 22g protein, 6g fiber, 43mg sodium



Main Dishes

Spinach, Bean and Meat Enchiladas

Serves 8

4 cups pinto beans, rinsed and drained
2 cups cooked 4% fat ground beef or ground turkey, cooked
3 cups spinach, fresh, chopped and cooked in microwave for 2 minutes
1 can Mexican-style tomato sauce
2 fresh Roma tomatoes, diced
¼ cup onion, diced
2 garlic cloves, chopped
Salt and pepper to taste
8 whole wheat tortillas

1. Preheat oven to 350.
2. Place beans, meat, cooked spinach, tomato sauce, tomatoes, onions, garlic, salt and pepper in a bowl and mix together.
3. Spoon mixture onto tortillas shells. Fold ends up and roll closed.
4. Place in a baking dish.
5. You can top enchiladas with cheese, olive, tomatoes or onions.
6. Place in oven at 350 for one hour.
7. Serve with Greek yogurt, salsa and avocado.

Nutrition per serving: 433 calories, 11g fat, 48g carbohydrates, 37g protein, 15g fiber, 567mg sodium



Main Dishes

Whole Wheat Spaghetti with Diced Tomatoey Sauce Serves 4 (From Sophia, Mia and Nikki ages 13, 10, 6)

- 1 pound whole wheat spaghetti
- 2 cans (30 oz) diced tomatoes
- 1 can (15-oz) vegetable spaghetti sauce
- 4 tablespoons Italian seasoning
- 4 tablespoons onion powder
- 1 package spaghetti seasoning
- 4 tablespoons garlic herb powder

1. Boil 8 cups of water.
2. Add whole wheat spaghetti and cook for 11 minutes or until tender, drain.
3. Add tomatoes to different pot and simmer for 5 minutes.
4. Add can of spaghetti sauce, Italian seasoning, onion powder, spaghetti seasoning and garlic herb powder.
5. Simmer another 10 minutes and add noodles.
6. Serve with steamed broccoli or side salad.

Nutrition per serving: 238 calories, 1g fat, 52g carbohydrates, 10g protein, 7g fiber, 283mg sodium



Main Dishes

Family Chili

Serves 4

(From Rengin, age 10)

- 1 pound of hamburger meat
- 1 can (15 oz) chili beans
- 1 can (15 oz) pinto beans
- 1 can (15 oz) dark red kidney beans
- 1 can (15 oz) whole tomatoes
- 1 can (15 oz) stewed tomatoes
- 1 half onion, chopped
- 1 packet chili seasoning

1. Cook half onion with all of meat. Add chili seasoning.
2. Drain the juice out of all cans of beans.
3. Put everything in a crockpot.
4. Cook on high for 4 hours.

Nutrition per serving: 238 calories, 1g fat, 52g carbohydrates, 10g protein, 7g fiber, 283mg sodium



Desserts

Desserts

Vanilla Tofu Mousse (From Cody, age 12)

Serves 8

- 1 package silken tofu
- 2 teaspoons vanilla extract
- 1 cup milk chocolate chips



1. Drain tofu and blend tofu in food processor until smooth.
2. Melt chocolate chips in microwave on defrost. Stir and melt again (1 minute at a time).
3. Add melted chips in with tofu, add vanilla and blend.
4. Refrigerate 4 hours and eat.

Nutrition per serving: 250 calories, 14g fat, 32g carbohydrates, 4g protein, 2g fiber, 80mg sodium

Frozen Fruit Pops

Serves 4

- ½ cup diced kiwi
- ½ cup diced watermelon
- ½ cup diced strawberries
- ½ cup diced pineapple
- ¼ cup fresh orange juice



1. Combine diced fruit in a bowl and fill a 5 oz paper cup with fruit.
2. Add 1 tablespoon of juice and insert popsicle stick into each cup. They easily stay in place because of the fruit.
3. Place in the freezer for a few hours until firm. To remove the pops from the cups, run under warm water for a few seconds.

Nutrition per serving: 31.5 calories, 0.2g fat, 7.6g carbohydrates, 0.5g protein, 1g fiber, 1.5mg sodium

Desserts

Banana Nice Cream

- 1 medium ripe banana
- ½ cup diced strawberries
- 1 Tbsp mini chocolate chips

1. Peel the banana and cut into coins. Place in an airtight container and freeze for at least 2 hours.
2. Blend the frozen banana pieces in a small food processor or a powerful blender. They will look crumbly at first and then will start to get gooey before turning into an oatmeal consistency. Keep blending and watch it turn in to an ice cream consistency! Mix in the strawberries and mini chocolate chips. You can eat it immediately or freeze until solid.

Serves 1



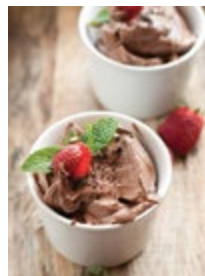
Nutrition per serving: 188 kcal, 4.4 gm fat, 40.2 CHO, 2.7 gm pro, 5.6 gm fiber, 2 mg sodium.

Chocolate Mousse Dip with Fruit

- 1 avocado, seeded & peeled
- ¼ cup honey
- ¼ cup unsweetened cocoa powder
- 2 tablespoons unsweetened almond milk
- Pinch of salt
- 8 strawberries, halved
- 1 cup cubed pineapple

1. In a food processor, puree avocado, honey, cocoa powder, and almond milk until smooth. Add salt.
2. Dip fruit in mousse (2 tablespoons = one serving).

Serves 8



Nutrition per serving: 100 calories, 4.5g fat, 15g carbohydrates, 1g protein, 3g fiber, 24.7mg sodium

Desserts

Pumpkin Bread

Serves 30

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 cup pecans, very finely chopped
- $\frac{3}{4}$ cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 4 large eggs, beaten
- 1 can (15 oz) 100% pure pumpkin
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{4}$ cup low-fat milk
- $\frac{1}{2}$ cup mini semi-sweet chocolate chips



1. Preheat oven to 350°F. Lightly oil or coat a 15x10x1 inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole-wheat flour, pecans, sugar, baking powder, cinnamon, baking soda, and salt in large bowl until combined.
3. In a separate bowl, whisk the eggs, pumpkin, oil, and milk until blended.
4. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
5. Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean.
6. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 20 2x2½ inch bars.

Nutrition per serving: 140 calories, 8g fat, 16g carbohydrates, 2g protein, 2g fiber, 95mg sodium

Desserts

Red, White, Blue, and Yummy

Serves 2

- 4 scoops of vanilla frozen yogurt
- 1 cup skim milk
- ½ cup strawberries cut into quarters
- ½ cup blueberries



Place all ingredients together in a blender. Blend until smooth; serve immediately.

Nutrition per serving: 314 calories, 8.2g fat, 50g carbohydrates, 10.3g protein, 1.7g fiber, 189mg sodium

Chocolate Dipped Banana Bites with Coconut

Serves 45

- 2 cups (12 ounces) semi-sweet or milk chocolate chips
- 2 tablespoons coconut oil
- 3 ripe bananas
- 3 cups coconut

1. Melt chocolate in the microwave. Cook for 15 seconds and then stir, keep doing this until chocolate is melted.
2. Peel and slice the bananas into ½ inch slices.
3. Once the chocolate is melted, add the coconut oil and stir until completely combined.
4. Using a fork, dip the banana slices into the chocolate and then into coconut to coat.
5. Place the bananas on a cookie sheet and freeze for at least 6 hours.
6. Store in a freezer container and keep in freezer.

Nutrition per serving: 38 calories, 2g fat, 6g carbohydrates, 1g protein, 1g fiber, 1mg sodium



Desserts

Zucchini Cake (From Duane, age 11)

Serves 24

3 eggs
½ cup vegetable oil
½ cup unsweetened applesauce
¾ cup honey
2 teaspoons vanilla
¾ cup brown sugar
2½ cups all-purpose flour
¼ teaspoon baking powder
2 teaspoons baking soda
1½ teaspoons cinnamon
½ teaspoon nutmeg
1 teaspoon salt
2 cups shredded zucchini

1. Preheat oven to 350°F.
2. Mix dry ingredients in one bowl, and wet ingredients in another bowl.
3. Combine both wet and dry ingredients and pour into pan 9x13 inch pan.
4. Bake for 35-40 minutes, let cool before serving.

Nutrition per serving: 150 calories, 5.2g fat, 24.2g carbohydrates, 2.2g protein, 0.6g fiber, 216.7mg sodium



Desserts

Squeezy, Sweety, Apples (From Andrew, age 7)

Serves 4

6 apples divided into 8-10 slices each
2½ tablespoons butter or coconut oil
2½ tablespoons apple juice
1 teaspoon pumpkin pie spice
Salt



1. Put apple slices in a microwave safe baking dish and cook 7-8 minutes on high.
2. Combine butter, juice, and spice in a small bowl and microwave on high for 1 minute. Stir to combine spice mixture well.
3. Drizzle over the apples and toss to coat.
4. Sprinkle very lightly with salt.
5. May be served in a pie plate for an authentic apple pie look.

Nutrition per serving: 208 calories, 7.7g fat, 38g carbohydrates, 0.8g protein, 6.5g fiber, 93.25mg sodium

Chocolate Peanut Butter Granola Apple Bites Serves 16

2 apples, sliced into wedges
¼ cup peanut butter
¼ cup granola, your favorite
¼ teaspoon ground cinnamon, for sprinkling
Semisweet chocolate chips



1. Coat apple wedges in peanut butter, sprinkle with granola and cinnamon
2. Melt chocolate chips in the microwave, stirring every 30 seconds until melted. Drizzle chocolate over tops of apple wedges.

Nutrition per serving: 116 calories, 7g fat, 14g carbohydrates, 3g protein, 2g fiber, 36mg sodium

Desserts

Black Bean Brownies

Serves 12

- 1 can (15 oz) black beans, drained and rinsed
- 2 tablespoons cocoa powder
- ½ cup quick oats
- ¼ teaspoon salt
- ½ cup pure maple syrup or agave
- 2 tablespoons sugar
- ¼ cup coconut or vegetable oil
- 2 teaspoons pure vanilla extract
- ½ teaspoon baking powder
- ½ cup chocolate chips

1. Preheat oven to 350°F.
2. Combine all ingredients except chips in a food processor, and blend until completely smooth. Stir in the chips, and then pour into a greased 8×8 pan.
3. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut.

Nutrition per serving: 115 calories, 5.5g fat, 15g carbohydrates, 2.5g protein, 3g fiber, 151mg sodium



5-2-1-0 is an evidence-based prevention message that centers on recommendations that help kids and families make healthy food and activity choices. Developing healthy habits can help children grow and develop at the rate that is normal for them.



Every Day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

