Tasty Recipes for Kids & Families:



Breakfast

Lunch

Dinner

Snacks

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Tasty Recipes for Kids & Families - Breakfast, Lunch, Dinner, Snacks

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Tasty and nutritious recipes and cooking at home can lead everyone to a healthier lifestyle. Try some of these recipes with your family!

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Breakfast Starters

Strawberry & Orange Smoothie

A naturally sweet and tasty start to the day or anytime snack!
Kids can help by measuring the ingredients and pouring them into the blender, with supervision.

Makes 3 servings

1 cup	Frozen unsweetened strawberries, partly-thawed with their juice
1 cup	Orange juice
1 container, 6 oz	Lemon yogurt, low fat
¼ cup	Plain yogurt, nonfat

1. Measure all ingredients into a blender jar. Cover tightly with the lid.
2. Blend on medium to high speed for about 1 minute.

Nutrition per serving: 130 calories; 1 gm fat; 0.5 gm saturated fat; 0 trans fat; <5 mg cholesterol; 50 mg sodium; 28 gm carbohydrates; 2 gm fiber; 5 gm protein; 2% DV vitamin A; 100% DV vitamin C; 15% DV calcium; 4% DV iron

Money Saving Tip: Whip up this tasty drink at home instead of buying one at the smoothie shop.

Pleasing Pumpkin Muffins

A special treat for hungry and healthy kids!
Kids can help by cracking the eggs, measuring the ingredients, stirring the batter and filling the muffin pans, with supervision.

Makes 12 regular or about 24 mini muffins

1 can, 15-16 ounces	Pumpkin, solid pack, canned
½ cup	Sugar
2	Eggs, large
2 Tablespoons	Unsweetened applesauce
2 Tablespoons	Canola or light-flavored olive oil
½ cup	Water
¾ cup	White flour
¾ cup	Whole wheat flour
½ teaspoon	Baking soda
¾ teaspoon	Baking powder
¼ teaspoon	Salt

1 teaspoon	Pumpkin pie spice or ½ tsp each, cinnamon and nutmeg
1 cup	Raisins

1. Preheat oven to 400 degrees.
2. Get out a large bowl and add the wet ingredients: pumpkin, sugar, eggs, applesauce, oil and water.
3. With an electric mixer or hand whisk, mix up everything for 1-2 minutes.
4. In a different bowl, add the dry ingredients: white flour, whole wheat flour, baking soda, baking powder, salt, spice and raisins. Stir up with a spoon until well mixed.
5. Add the dry ingredients to the wet ingredients slowly. Mix with an electric mixer or a big, wooden spoon until everything is moist. Do not over mix.
6. Lightly spray the muffin pan(s) with vegetable oil cooking spray.
7. Using a soup spoon, fill the muffin pans about halfway full.
8. Place into the oven and bake for 20 minutes.

Nutrition per serving (one regular muffin): 170 calories; 3.5 gm fat; 0.5 gm saturated fat; 0 trans fat; 35 mg cholesterol; 140 mg sodium; 33 gm carbohydrates; 3 gm fiber; 4 gm protein; 110% DV vitamin A; 4% DV vitamin C; 4% DV calcium; 8% DV iron

Time Saving Tip: These, and other, muffins can be frozen in an airtight container or baggie for 2-4 weeks. Making a double batch and freezing some for later is a time saver.

Hardboiled Egg

A burst of high quality protein at breakfast or snack time!
Kids can help by taking eggs out of the fridge, placing them into the pan, adding cold water to the pan and setting the timer, with supervision.

Makes 4 servings

4	large	Eggs

1. Carefully place eggs into a small saucepan.
2. Add enough cold water to the pan to cover the eggs.
3. Cover the pan with a lid and heat to medium high on the stove.
4. When water boils, turn off the heat and set timer to 14 minutes.
5. When timer buzzes, remove eggs from the stove, carefully pour out hot water and fill up the pan with cold water to cool eggs.
6. Let eggs sit in cold water 5 minutes, then store in fridge.

Nutrition per serving: 70 calories; 4.5 gm fat; 1.5 gm saturated fat; 0 trans fat; 215 mg cholesterol; 65 mg sodium; 1 gm carbohydrates; 0 gm fiber; 6 gm protein; 6% DV vitamin A; 0 vitamin C; 2% DV calcium; 4% DV iron

Time Saving Tip: Hardboiled eggs can be stored in the fridge for one week. Making a batch of 4-6 is a time saver.

Easy Whole Grain Banana Pancakes

An eye-opener breakfast in the morning with banana flair!

Kids can help by measuring the ingredients, cracking the egg, peeling and mashing the banana and mixing up the batter, with supervision.

Makes 6 servings, 18 pancakes about 3 inches across

½ teaspoon	Butter, unsalted
1 cup	Bisquick baking mix, heart-healthy kind
½ cup	Whole wheat flour
1 ¼ cups	Nonfat skim milk
1 large	Egg
1 large	Banana, ripe, peeled and mashed

1. Get out a flat skillet or large frying pan. Rub the butter all over it.
2. Get out a small bowl and add the baking mix and whole wheat flour. Mix with a spoon.
3. In a large, mixing bowl, stir together the milk and egg.
4. Add the dry ingredients into the large mixing bowl and stir into a batter.
5. Add the mashed banana and stir to mix it into the batter. Some lumps are OK.
6. Turn on the stove burner to medium and when it is heated, begin cooking pancakes.
7. Using a soup ladle, dip out batter for 2, 3 or 4 pancakes on the skillet/pan. One medium pancake is about 3 inches across.
8. When little bubbles form on the surface of each pancake after 4-5 minutes, flip them over with a flat spatula and cook for 4-5 minutes longer.
9. Serve with powdered sugar and sliced bananas.

Nutrition per serving: 160 calories; 2.5 gm fat; 0.5 gm saturated fat; 0 trans fat; 35 mg cholesterol; 200 mg sodium; 29 gm carbohydrates; 2 gm fiber; 6 gm protein; 4% DV vitamin A; 4% DV vitamin C; 15% DV calcium; 8% DV iron

Cooking Tip: There is no need to add butter in between batches of pancakes. One time will 'season' the skillet for the entire cooking session.

Cooking Tip: For a yummy dessert, add ¼ cup chocolate chips and make pancakes smaller.

Lunch Starters

Grilled Cheese & Apple Sandwich

A twist on regular grilled cheese that kids will eat up!
Kids can help by measuring the ingredients, grating the apple and putting together the sandwich before grilling, with supervision.

Makes 2 servings

4 slices	Whole wheat bread
2 Tablespoons	Butter, unsalted, or buttery spread with 0 trans fat
3 ounces	Natural cheddar or Colby cheese slices, made from 2% milk
1 medium	Apple, core and seeds removed, grated

1. Lay out the bread on a cutting board. Spread the butter or buttery spread onto all 4 slices.
2. Lay cheese slices on the unbuttered side of 2 slices of bread.
3. Grate the apple and scatter it on top of the cheese.
4. Close both sandwiches, butter side out, with the remaining slices of bread.
5. Heat a flat skillet or frying pan to medium on the stove.
6. Place both sandwiches into the pan until golden brown, about 4-5 minutes.
7. Flip sandwiches over and cook 4-5 minutes longer to grill the other side.
8. Cut into quarters from corner-to-corner.
9.

Nutrition per serving: 350 calories; 16 gm fat; 10 gm saturated fat; 0 trans fat; 40 mg cholesterol; 530 mg sodium; 33 gm carbohydrates; 5 gm fiber; 18 gm protein; 10% DV vitamin A; 6% DV vitamin C; 25% DV calcium; 10% DV iron

Cooking Tip: Try this recipe using grated pear for a slightly different flavor.

Terrific Turkey Salad

A sandwich filling for any day or to use up the Thanksgiving turkey!
Kids can help by measuring the ingredients and stirring the turkey salad, with supervision.

Makes 4 servings

3 cups	Cooked turkey, light + dark meat without skin, cut into bite-size pieces
¼ cup	Celery, chopped
¼ cup	Sweet onion, chopped
¼ cup	Dried cranberries
1 teaspoon	Dried thyme leaves
¼ teaspoon	Salt
1/8 teaspoon	Pepper
3/4 cup	Yogurt, plain nonfat

1. Measure all the ingredients into a large bowl.
2. Stir gently with a large spoon until everything is mixed up.
3. Eat right away or chill in the fridge.

Nutrition per serving: 240 calories; 6 gm fat; 2 gm saturated fat; 0 trans fat; 80 mg cholesterol; 260 mg sodium; 11 gm carbohydrates; <1 gm fiber; 34 gm protein; 0% DV vitamin A; 2% DV vitamin C; 15% DV calcium; 15% DV iron

Cooking Tip: For a change, substitute chicken for turkey and/or raisins for dried cranberries

Fruit & Cheese Kabob

Lunch-on-a-stick is fun for the entire family!
Kids can help by sorting the prepared ingredients onto a large plate, with supervision.

Makes 4 servings

2 ounces	Natural Provolone cheese, cut into 1/2 inch cubes
4 ounces	Natural Mozzarella cheese, part skim, cut into 1 inch cubes
1 cup	Cantaloupe or watermelon, cut into 1 inch cubes
1 cup	Pineapple, cut into 1 inch cubes
8	Dull, bamboo skewers or wooden popsicle sticks

1. Prepare the ingredients and place onto a large plate.
2. One-by-one, spear cheese and fruit cubes onto the dull skewers or popsicle sticks.
3. See who can make a creative pattern, then eat.

Nutrition per serving: 160 calories; 8 gm fat; 5 gm saturated fat; 0 trans fat; 30 mg cholesterol; 250 mg sodium; 10 gm carbohydrates; 0 fiber; 11 gm protein; 25% DV vitamin A; 30% DV vitamin C; 35% DV calcium; 2% DV iron

Time Saving Tip: For older children, green and red grapes can replace all other fruits.

Waffle Panini Sandwich

An Italian, grilled sandwich will put a smile on kids' faces!
Kids can help by sorting the ingredients, tearing the fresh basil leaves and putting together the sandwiches before grilling, with supervision.

Makes 4 servings

8 slices	Italian bread, sliced
4 ounces	Natural Mozzarella cheese, part-skim, thinly sliced
4 ounces	Ham, extra lean, thinly sliced
2 medium	Plum tomatoes, thinly sliced
8	Fresh basil leaves, each torn in half
4 sprays	Vegetable oil spray

1. Lay out the bread on a cutting board.
2. Place sliced cheese, ham and tomato on top of 4 bread slices.
3. Place torn basil leaves on top of tomato.
4. Close sandwiches with the remaining slices of bread.
5. Plug in an electric waffle iron or Panini grill and then spray it lightly with vegetable oil spray.
6. Once it is heated, place one sandwich at a time into the waffle iron or grill for 3-4 minutes, until cheese melts. Remove carefully – it's hot.
7. Wrap heated sandwich neatly inside a paper or cloth napkin to eat.

Nutrition per serving: 240 calories; 9 gm fat; 4 gm saturated fat; 0 trans fat; 30 mg cholesterol; 700 mg sodium; 23 gm carbohydrates; 1 gm fiber; 16 gm protein; 10% DV vitamin A; 6% DV vitamin C; 25% DV calcium; 8% DV iron

Money Saving Tip: For a great price on fresh basil in the spring, buy a living plant from the supermarket or nursery. Then plant it in your garden for the next time you need it.

Dinner Starters

Lean Little Meatballs

Lightly spiced, baked meatballs are a kid's best friend!
Kids can help by measuring the ingredients, mixing them up and forming the balls in clean hands, with supervision.

Makes 6 servings, 18 meatballs

1 pound	Ground beef, sirloin, 90% lean
1/8 teaspoon	Salt
1/8 teaspoon	Cayenne pepper
½ teaspoon	Garlic powder
½ teaspoon	Onion powder
½ cup	Saltine crackers, crushed
1 large	Egg
½ cup	Nonfat, skim milk

1. Preheat oven to 400 degrees.
2. Measure all ingredients into a large mixing bowl.
3. With very clean hands, mix ingredients together. Or, use a big spoon.
4. Get out a baking sheet pan and cover it with parchment paper, to make cleanup easier.
5. Roll meat mixture into 1-1 ½ inch balls and place on the parchment-covered pan, one inch apart.
6. Bake for 15 minutes.
7. Let little meatballs cool on pan.

Nutrition per serving: 190 calories; 9 gm fat; 3.5 gm saturated fat; 0 trans fat; 90 mg cholesterol; 180 mg sodium; 6 gm carbohydrates; 0 fiber; 20 gm protein; 2% DV vitamin A; 0 vitamin C; 4% DV calcium; 15% DV iron

Money Saving Tip: Make a double batch and, when cool, freeze in zip-top baggies with a label and date. Then, on a busy day, defrost and use with pasta and sauce or on a meatball sandwich.

Homemade Marinara Spaghetti Sauce

This rich and tasty red sauce will make the whole kitchen smell good!
Kids can help by measuring the ingredients, tearing the basil leaves and stirring, with supervision.

Makes 2 servings

1 Tablespoon	Olive oil
1 clove	Garlic, peeled and minced
1 cup	Crushed tomatoes
2 Tablespoon	Water
Pinch	Red pepper flakes
1/8 teaspoon	Salt
4	Fresh basil leaves, torn into small pieces

1. Heat a medium-size skillet or frying pan on the stove to medium heat.
2. Place olive oil and garlic into the pan. When garlic begins to sizzle, cook about 3-4 minutes, stirring. Garlic will turn golden.
3. Add crushed tomatoes and all remaining ingredients to the pan.
4. Cover pan with a lid and simmer over low heat, stirring once every 5-10 minutes.
5. Simmer sauce for 45-60 minutes to develop flavors.

Nutrition per serving: 100 calories; 7 gm fat; 1 gm saturated fat; 0 trans fat; 0 cholesterol; 300 mg sodium; 9 gm carbohydrates; 2 gm fiber; 2 gm protein; 15% DV vitamin A; 20% DV vitamin C; 4% DV calcium; 8% DV iron

Cooking Tip: For a change, add 6-8 sliced mushrooms or a cup of leftover, cooked broccoli florets.

Serving Tips:

Serve with cooked spaghetti, ziti or rotini pasta.

Serve over Lean Little Meatballs in a crusty roll to make a Meatball Sub Sandwich.

Simple Salmon

Fish is a healthy dinner and this salmon recipe is a keeper!

Kids can help by measuring the ingredients, with supervision.

Makes 4 servings

1 pound	Salmon fillet
1 teaspoon	Fresh lemon or lime juice
1 Tablespoon	Spicy mustard
1 teaspoon	Garlic powder
¼ teaspoon	Black pepper

1. Spray a large skillet with vegetable oil spray and turn the stove burner to medium heat.
2. Get out a small bowl and add all ingredients, except salmon. Mix sauce.
3. Once the skillet is heated, lay salmon in it with the skin side down.
4. Brush sauce on top of the salmon with a small basting brush or spread it on with a rubber spatula.
5. Cover skillet with a lid.
6. Cook about 8-9 minutes without opening the lid. Check for doneness by flaking the fish apart at the center.
7. Remove fish from the skillet with a metal spatula, leaving skin stuck in the pan.

Nutrition per serving: 150 calories; 4.5 gm fat; 0.5 gm saturated fat; 0 trans fat; 65 mg cholesterol; 130 mg sodium; <1 gm carbohydrates; 0 fiber; 26 gm protein; 2% DV vitamin A; 2% DV vitamin C; 2% DV calcium; 6% DV iron

Cooking Tip: This recipe can be made using a frozen salmon fillet. Follow the same preparation steps as above and adjust the cooking time which will be longer.

Oven Fried Chicken

Finally, crispy chicken that is also healthy chicken!

Kids can help by measuring the ingredients, crushing the cornflakes and coating the chicken, with supervision.

Makes 6 servings

1 ½ pounds	Chicken pieces, skin removed
2 cups	Cornflakes
½ teaspoon	Garlic powder
½ teaspoon	Italian seasoning
1/8 teaspoon	Red pepper flakes
1 cup	Nonfat, plain yogurt

1. Preheat oven to 400 degrees. Spray a baking pan with vegetable oil spray.
2. Crush cornflakes by measuring them into a zip-top plastic bag, sealing the bag and rolling it with a rolling pin or sturdy drinking glass.
3. Add garlic powder, Italian seasoning and red pepper flakes to the cornflake crumbs and mix it all together.
4. Scoop yogurt into a medium-size bowl.
5. One piece at a time, place chicken into the yogurt and coat it, then move the chicken to the bag of crumbs. Seal bag and shake to coat the chicken piece all over with crumbs.
6. Place coated chicken onto the baking pan and cook it in the oven 25-35 minutes.

Nutrition per serving: 270 calories; 8 gm fat; 2.5 gm saturated fat; 0 trans fat; 100 mg cholesterol; 210 mg sodium; 11 gm carbohydrates; 0 fiber; 36 gm protein; 6% DV vitamin A; 0% DV vitamin C; 10% DV calcium; 15% DV iron

Cooking Tip: For a change, add different spices and herbs to the crumbs.
Cooking Tip: Try this same recipe using fish fillets instead of chicken. Cooking time will be shorter.

Desserts & Snacks

Blueberry Crisp

A dessert rich with healthy fruit and not too much added sugar!
Kids can help by washing the fruit, measuring the ingredients and crumbling the topping, with supervision.

Makes 6 servings

4 cups	Blueberries, fresh or frozen
1 Tablespoon	Lemon or lime juice, the amount of juice in ½ lemon or lime
1/4 cup	Sugar
½ teaspoon	Cinnamon

Topping:

2 Tablespoons	Butter, unsalted, or buttery spread with 0 trans fat
¼ cup	Whole wheat flour
¼ cup	Oatmeal, old fashioned or quick (not instant)
¼ cup	Brown sugar, packed

1. Preheat oven to 375 degrees. Lightly spray a 9 x 9 inch baking pan with vegetable oil spray.
2. Place fruit into the pan.
3. Squeeze lemon or lime juice evenly over fruit.
4. Sprinkle sugar and cinnamon evenly over the top of fruit.
5. Mix topping ingredients with a fork, pastry blender or very clean hands until crumbly. Sprinkle topping evenly over fruit.
6. Bake 25-30 minutes until the fruit is tender. Do not overcook or the fruit will become mushy.

Nutrition per serving: 190 calories; 4.5 gm fat; 2.5 gm saturated fat; 0 trans fat; 10 mg cholesterol; 0 sodium; 37 gm carbohydrates; 4 gm fiber; 3 gm protein; 4% DV vitamin A; 20% DV vitamin C; 2% DV calcium; 6% DV iron

Cooking Tip: For a change, make Apple Crisp using peeled and sliced fresh apples instead of blueberries.
Cooking Tip: When making Apple Crisp, use 2 or 3 different varieties of apples for a richer flavor.

Make-Your-Own Yogurt &Fruit Sundae

A make-it-yourself dessert that combines healthy food with art!
Kids can help by measuring the ingredient and making their own creative sundae, with supervision.

Makes 4 servings

1 large	Banana, sliced
1 cup	Pineapple tidbits from a can, drained
1 cup	Berries such as raspberries, strawberries or blueberries, washed
1 1/2 cups	Vanilla low fat yogurt
1/2 cup	Graham cracker crumbs

1. Get out clear parfait glasses or every day cups, one per sundae.
2. Place all fruit on a large plate or bowls with a spoon(s).
3. Place yogurt in a bowl with a small ladle or spoon.
4. Place graham cracker crumbs in a bowl with a spoon.
5. Take turns, passing the fruit, yogurt and graham crackers around the table and let everyone make a colorful sundae in layers.

6. Have a family contest for creativity and award everyone a prize!

Nutrition per serving: 190 calories; 2.5 gm fat; 1 gm saturated fat; 0 trans fat; <5 mg cholesterol; 125 mg sodium; 39 gm carbohydrates; 3 gm fiber; 6 gm protein; 2% DV vitamin A; 50% DV vitamin C; 20% DV calcium; 4% DV iron

Money Saving Tip: Save the pineapple juice from the can for a smoothie or drink it at snack time.
Money Saving Tip: Make your own graham cracker crumbs with graham cracker squares, a zip-top baggie and a rolling pin. It's fun!

Homemade Corn Tortilla Chips & Dips

For a rich corn flavor and crunch that goes with any healthy dip!
Kids can help by counting tortillas, stacking tortillas and laying them onto the baking sheet, with supervision.

4 servings

8 Corn tortillas, 5-6 inches across

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on a cutting board.
3. With a big knife, cut straight down through all tortillas, cutting them in half.
4. Rotate tortillas one half turn.
5. With a big knife, cut straight down through all tortillas, cutting them in half again.
6. Lay tortilla triangles onto a rectangular baking sheet in one layer.
7. Cook for 8 minutes, or until golden. Remove quickly from oven and let cool on the pan.

Nutrition per serving: 120 calories; 1.5 gm fat; 0 gm saturated fat; 0 trans fat; 0 mg cholesterol; 5 mg sodium; 24 gm carbohydrates; 3 gm fiber; 3 gm protein; 0 vitamin A; 0 vitamin C; 10% DV calcium; 4% DV iron

Time Saving Tip: Cook these tasty chips at the same time you are using the oven for another recipe.
Money Saving Tip: Buy the larger package of corn tortillas for better value.

Healthy Dips

Refried beans from a can, fat free, vegetarian – Scoop into a bowl, microwave until warm and then sprinkle with chopped raw onions and natural cheddar cheese

Salsa from a jar – Add a spoonful of reduced-fat sour cream and stir up. Or, shake in a little hot sauce – ole!

Chickpea Hummus – Buy it or make it in your food processor. Add some color with chopped herbs such as oregano, basil and parsley