Tasty Recipes for Kids & Families:



Side Dishes

Copyright@2011

by Cindy Silver, Registered Dietitian, LLC

Tasty Side Recipes for Kids & Families

Copyright@2011 by Cindy Silver, Registered Dietitian, LLC

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

Non-Starchy Vegetables

Broccoli with Cheese
Easy Sautéed Spinach
Roasted Rainbow Veggies
Great Green Beans
Tangy Carrot Salad
Colorful Coleslaw

Starchy Vegetables

Little Boiled Potatoes
Corn off the Cob
Easy Potato Home Fries
Kugel Noodle Pudding
Wacky Mac & Cheesy Cheese

Other Sides

Fresh Apple Salad
Bunny Rabbit Salad
Banana Pineapple Muffin
Apple & Sweet Potato Muffin

Non-Starchy Vegetables

Broccoli with Cheese

Here's a broccoli recipe the whole family will love!
Kids can help by measuring the ingredients and sprinkling the cheese, with supervision.

Makes 6 servings

4 cups	Broccoli
1 cup	Cheddar cheese, natural, shredded or grated
1 tsp	Paprika (optional, adds natural color)

1. Wash broccoli well in cool tap water. Shake off extra water.
2. Trim any dry ends from broccoli stalk.
3. Cut entire broccoli bunch into bite-size pieces.
4. Place into a microwave-safe dish and add about ½ inch water.
5. Cover dish with microwavable lid or waxed paper.
6. Cook on high until tender-crisp, about 5-7 minutes depending on power of oven.
7. Drain water and place broccoli into a serving bowl.
8. Sprinkle with cheese and paprika.

Nutrition per serving: 100 calories; 7 gm fat; 4 gm saturated fat; 0 trans fat; 20 mg cholesterol; 140 mg sodium; 4 gm carbohydrates; 2 gm fiber; 6 gm protein; 25% DV vitamin A; 60% vitamin C; 15% DV calcium; 4% DV iron

Money Saving Tip: Buy frozen broccoli for this recipe. Be sure to adjust the cooking time.
Time Saving Tip: Buy a bag of washed and cut broccoli on a really busy day.
Cooking Tip: Try making this recipe using a combination of broccoli and cauliflower for a change.

Easy Sautéed Spinach

Add this to your family's green veggie choices!
Kids can help by measuring the ingredients, opening the bag of spinach and sprinkling the spices, with supervision.

Makes 3 servings

1 teaspoon	Olive oil
1 bag, 10 ounces	Spinach
Pinch	Salt
Pinch	Pepper

½ teaspoon	Vinegar (optional, adds zing)

1. Heat the oil in a large skillet over medium heat on the stove.
2. Add spinach all at once.
3. Cover the skillet with a lid.
4. Cook without opening the skillet for 5 minutes.
5. Open lid, season with salt, pepper and vinegar, and serve.

Nutrition per serving: 35 calories; 2 gm fat; 0 gm saturated fat; 0 trans fat; 0 mg cholesterol; 125 mg sodium; 3 gm carbohydrates; 2 gm fiber; 3 gm protein; 180% DV vitamin A; 45% DV vitamin C; 10% DV calcium; 15% DV iron

Money Saving Tip: Buy fresh spinach in a bunch, not a bag, and wash it yourself.
Time Saving Tip: Set the dinner table while the spinach is cooking for 5 minutes.
Cooking Tip: Add one clove of minced garlic to the heated skillet just before adding the spinach for extra flavor.

Roasted Rainbow Vegetables

This recipe offers sweet flavors of healthy veggies!
Kids can help by washing the veggies, stirring them with oil and seasonings and scattering them on the pan, with supervision.

Makes 6 servings

2 medium	Sweet potatoes, washed, skin left on
1 medium	Onion, any kind
2 medium	Yellow squash or zucchini squash, or one of each
2 tablespoons	Olive oil
Pinch	Salt
Pinch	Pepper

1. Wash all vegetables. Peel off outer skin of onion.
2. Preheat conventional oven to 425 degrees.
3. With a cutting board and knife, cut up vegetables into bite-size chunks. The onion may be cut in half and then sliced.
4. Place cut vegetables into a large bowl, add oil, salt and pepper. Stir so that everything becomes coated.
5. Scatter vegetables in a large baking pan or cookie sheet with sides, about 17 x 11 inches. Spread out in one layer.
6. Cook for 15 minutes. Using a spatula, turn over vegetables.

7. Cook another 10-15 minutes, until tender when poked with a fork. Do not overcook or veggies may become mushy.

Nutrition per serving: 90 calories; 4.5 gm fat; 0.5 gm saturated fat; 0 trans fat; 0 mg cholesterol; 40 mg sodium; 12 gm carbohydrates; 2 gm fiber; 2 gm protein; 150% DV vitamin A; 35% DV vitamin C; 22% DV calcium; 4% DV iron

Money Saving Tip: Roast different vegetables, such as broccoli, asparagus and butternut squash, when they are on sale.
Time Saving Tip: On a busy night, roast a single vegetable like sweet potatoes or cauliflower.
Cooking Tip: Try this same recipe on the outdoor grill by wrapping vegetables in several small aluminum foil packets. Total cooking time will be about 15 minutes.

Great Green Beans

Try cooking these beans to 'al dente' which is tender-crisp!
Kids can help by measuring the ingredients, snapping off the end of the beans and stirring, with supervision.

Makes 4 servings

1 pound	Green beans
½ tablespoon	Olive oil
1/8 teaspoon	Salt
Pinch	Pepper

1. Cut away the stem-end of the beans by snapping them, one-at-a-time. Or, carefully cut away the stem-end of beans in small handfuls using a cutting board and sharp knife.
2. Wash beans in a colander in cool tap water. Shake off excess water.
3. Place beans in a microwave-safe dish and add about ½ inch water.
4. Cover dish with microwavable lid or waxed paper.
5. Cook on high until tender-crisp, about 5-7 minutes depending on power of oven.
6. Drain water and place beans into a serving bowl.
7. Drizzle with olive oil and sprinkle with salt and pepper. Stir gently to mix.

Nutrition per serving: 50 calories; 2 gm fat; 0 saturated fat; 0 trans fat; 0 cholesterol; 75 mg sodium; 9 gm carbohydrates; 4 gm fiber; 2 gm protein; 15% DV vitamin A; 20% DV vitamin C; 6% DV calcium; 4% DV iron

Money Saving Tip: Buy more green beans when they go on sale in the summer growing season and near holidays like Thanksgiving.
Time Saving Tip: Buy washed, trimmed and bagged green beans when you are in a time pinch.
Cooking Tip: Add a topping of ¼ cup sliced, toasted almonds to this recipe for a special occasion or holiday meal.
Cooking Tip: Use the seasoning of this recipe – olive oil, salt, pepper – for other vegetables such as broccoli, sugar snap peas and steamed cabbage.

Tangy Carrot Salad

Here's a twist on plain old carrots with a whole lot of flavor and zing!
Kids can help by measuring the ingredients, squeezing the lime and stirring everything up, with supervision.

Makes 6 servings

4 large	Carrots
½ medium	Lime, juice only
2 tablespoons	Olive oil
1 tablespoon	Spicy mustard
1/8 teaspoon	Salt
1/8 teaspoon	Pepper

1. Peel carrots and remove both ends.
2. Rinse carrots in cool tap water and pat dry.
3. Grate carrots with a hand grater or food processor.
4. Place carrots into a medium sized bowl.
5. In a small bowl or liquid measuring cup, make a dressing by mixing up the lime juice, olive oil, mustard, salt and pepper with a whisk.
6. Drizzle the dressing over the carrots and stir up to mix well.

Nutrition per serving: 60 calories; 4.5 gm fat; 0.5 gm saturated fat; 0 trans fat; 0 mg cholesterol; 110 mg sodium; 5 gm carbohydrates; 1 gm fiber; <1 gm protein; 160% DV vitamin A; 6% DV vitamin C; 2% DV calcium; 2% DV iron

Money Saving Tip: Buy a 2 pound bag of large carrots, or buy them individually from a bulk bin, whichever is a better price.
Time Saving Tip: Mix up the dressing for this recipe the night before. Store covered in the fridge.

Cooking Tip: Serve this recipe topped with fresh, chopped parsley for beautiful color and extra flavor.

Colorful Coleslaw

Make this colorful, crunchy vegetable for a picnic or cookout!
Kids can help by grating the carrots, making the sauce and stirring everything up, with supervision.

Makes 4 servings

1 ½ cups	Green cabbage, chopped or shredded
1 ½ cups	Red cabbage, chopped or shredded
¼ cup	Carrots, grated or shredded
¼ cup	Mayonnaise, light
2 tablespoons	Milk, nonfat skim
½ tablespoon	Vinegar
Pinch	Salt
Pinch	Pepper

1. Prepare vegetables by washing well in cool tap water, then chopping, grating or shredding.
2. Mix all vegetables together in a large bowl with a big spoon.
3. In a liquid measuring cup, or small bowl, combine all other ingredients. Whisk or stir into a smooth sauce.
4. Add creamy sauce to vegetables and stir up until mixed well.

Nutrition per serving: 70 calories; 5 gm fat; 0.5 gm saturated fat; 0 trans fat; 0 mg cholesterol; 170 mg sodium; 6 gm carbohydrates; 2 gm fiber; 1 gm protein; 30% DV vitamin A; 50% DV vitamin C; 4% DV calcium; 2% DV iron

Money Saving Tip: Buy cabbage in the fall when it is in season.
Time Saving Tip: Use a food processor to grate, chop or shred the vegetables.
Cooking Tip: Add ½ cup raisins or craisins (dried cranberries) to this recipe for a nice, sweet flavor.

Starchy Vegetables

Little Boiled Potatoes

Make this simple, well-liked veggie in a flash!

Kids can help by washing the potatoes, sprinkling the seasonings and serving everyone at the table, with supervision.

Makes 4 servings

1 pound, 4 medium or 8 small	Potatoes, white or red skinned
1 teaspoon	Butter
Pinch	Salt
Pinch	Pepper

1. Wash whole potatoes in cool, running water in the kitchen sink.
2. Using a cutting board and sharp knife, carefully cut medium potatoes in half. If using small potatoes, then cutting in half is not necessary.
3. Place potatoes into a pan on the stove, just cover them with water and bring to a full boil with a lid on.
4. Reduce the heat to low, leaving lid on the pan, and cook medium potatoes at a simmer (very slow boil) for 12-15 minutes, until soft when poked with a fork. Cook small potatoes 10-12 minutes, until soft when poked with a fork.
5. Potatoes can also be cooked in the microwave on high for 5-10 minutes, until soft when poked with a fork.
6. Place potatoes in serving dish and add butter, salt and pepper. Stir gently.

Nutrition per serving: 110 calories; 1 gm fat; 0.5 gm saturated fat; 0 trans fat; <5 mg cholesterol; 40 mg sodium; 23 gm carbohydrates; 2 gm fiber; 2 gm protein; 0 DV vitamin A; 25% DV vitamin C; 0 DV calcium; 2% DV iron

Money Saving Tip: Buy a big bag of potatoes and split it with a friend.
Time Saving Tip: Cut potatoes into bite-size pieces before cooking.
Cooking Tip: Mash the potatoes after boiling for a change.

Corn-Off-The-Cob

Make this favorite veggie with a new seasoning combination!
Kids can help by shucking the corn, measuring the seasonings, stirring and serving everyone at the table, with supervision.

Makes 4 servings

3 medium ears	Corn-on-the-cob
1 teaspoon	Butter
1/8 teaspoon	Ground cumin

¼ teaspoon	Sugar

1. Peel the husks off the corn and discard. Add to your backyard compost.
2. Using a cutting board and sharp knife, carefully cut corn off the cobs, top to bottom.
3. Place corn kernels into a pan on the stove, or into a microwavable dish. Add ¼-1/2 cup water.
4. Cook corn on the stove by boiling for about 5 minutes, until tender-crisp. Cook corn in the microwave on high for about 4-6 minutes, until tender-crisp.
5. When corn is tender, drain water.
6. Place corn in serving dish and add butter, cumin and sugar. Stir.

Nutrition per serving: 80 calories; 2 gm fat; 0.5 gm saturated fat; 0 trans fat; <5 mg cholesterol; 10 mg sodium; 15 gm carbohydrates; 2 gm fiber; 3 gm protein; 0 DV vitamin A; 8% DV vitamin C; 0 DV calcium; 2% DV iron

Money Saving Tip: Buy corn-on-the-cob during the summer when it is in season.
Time Saving Tip: Cut the corn kernels off the cob the night before making this recipe.
Cooking Tip: Add cut-up, roasted red pepper strips to this recipe just before serving it for more color.

Easy Potato Home Fries

This versatile recipe works for breakfast, lunch or dinner!
Kids can help by measuring the ingredients and stirring, with supervision.

Makes 4 servings

1 pound	Potatoes, white or red-skinned
¼ cup	Onion, chopped
½ tablespoon	Canola oil
1/8 teaspoon	Salt
Pinch	Pepper

1. Wash whole potatoes in cool tap water.
2. Place potatoes in a pan and add enough tap water to just cover them. Add a lid.
3. Heat potatoes to boiling on the stove. Reduce heat and simmer until slightly soft, not mushy, about 8-10 minutes.
4. Drain water from potatoes and place on a plate to cool.
5. When slightly cool, cut into bite-size chunks.

6. Add the oil and onions to the same pan and heat to medium high on the stove.
7. Sauté onions for 3-4 minutes until they wilt and begin to turn golden.
8. Add cut-up potatoes back to the pan and cook them, stirring, until they become golden brown, about 6-8 minutes.

Nutrition per serving: 110 calories; 2 gm fat; 0 saturated fat; 0 trans fat; 0 mg cholesterol; 80 mg sodium; 21 gm carbohydrates; 3 gm fiber; 2 gm protein; 0 DV vitamin A; 40% DV vitamin C; 2% DV calcium; 6% DV iron

Money Saving Tip: Buy a 5-pound or 10-pound bag of potatoes and share with a neighbor.
Time Saving Tip: Cook the potatoes the night before making this recipe. Store covered in the fridge.
Cooking Tip: Add 1-2 cloves of minced garlic to the cooking pan along with the onions for more flavor.

Kugel Noodle Pudding

This creamy and satisfying noodle dish works as an entrée or tasty side dish!
Kids can help by measuring the ingredients and stirring everything up, with supervision.

Makes 12 servings

16 ounces	Wide egg noodles, dry
2 tablespoons	Butter
4 ounces	Cream cheese, fat free type
¾ cup	Cottage cheese, 1%
¾ cup	Yogurt, plain, nonfat skim
¼ cup	Milk, nonfat skim
6 large	Eggs, beaten
¾ cup	Sugar
1 cup	Raisins
6 small-medium	Apples, cored, peeled and sliced
1 teaspoon	Ground cinnamon

1. Cook noodles according to package directions. Drain well.
2. While noodles are warm, add butter, cream cheese, cottage cheese and yogurt. Stir.
3. Add all other ingredients. Stir.
4. Spray a 13 x 9 inch baking pan lightly with cooking oil spray.
5. Add noodle mixture to pan and sprinkle lightly with cinnamon, if desired.
6. Cook 1 hour until heated through and golden on the top.

7. Cool.
8. Eat warm or refrigerate, covered, and eat cold.
   Note: Kugel Noodle Pudding freezes well.

Nutrition per serving: 260 calories; 6 gm fat; 2.5 gm saturated fat; 0 trans fat; 125 mg cholesterol; 160 mg sodium; 45 gm carbohydrates; 2 fiber; 10 gm protein; 6% DV vitamin A; 6% vitamin C; 10% DV calcium; 8% DV iron

Money Saving Tip: Make this recipe in the fall when apples are in season!
Time Saving Tip: Slice the apples and sprinkle with a little lemon juice the night before making this recipe.
Cooking Tip: Try making this recipe with canned, crushed pineapple instead of apples. Be sure to drain it very well.

Wacky Mac & Cheesy Cheese

For a kid-pleasing dinner you make from scratch!
Kids can help by grating the cheese, measuring the ingredients and stirring the pasta, with supervision.

Serves 8

4 cups	Macaroni pasta, dry, any shape
2 cups	Medium cheddar cheese, grated
1 cup	Milk, 1%
1 tablespoon	Spicy mustard
¼ tsp	Ground red pepper (optional)

1. Cook pasta according to package directions. Drain.
2. While pasta is cooking, grate cheese into a bowl.
3. Return cooked and drained pasta to its cooking pan.
4. Add milk, cheese and mustard to pasta. Stir gently to mix.
5. Turn stove to very low heat, cover pan with lid and allow to warm up, about 5 minutes.
6. Stir gently a couple more times as milk and cheese melt into sauce.

Note: Leftovers keep 2-3 days in the fridge. Reheat slowly on stovetop or in microwave.

Nutrition per serving: 280 calories; 10 gm fat; 6 gm saturated fat; 0 trans fat; 30 mg cholesterol; 210 mg sodium; 33 gm carbohydrates; 1 gm fiber; 14 gm protein; 8% DV vitamin A; 0 vitamin C; 25% DV calcium; 10% DV iron

Money Saving Tip: Serve this recipe as a meatless entrée.
Time Saving Tip: Grate the cheese ahead of time.
Cooking Tip: Add a can of drained tuna or salmon for a new twist.

Other Tasty Sides

Fresh Apple Salad

This a 'go to' side dish for any meal!
Kids can help by washing the apples, squeezing the lemon, stirring and sprinkling the salad, with supervision.

Makes 4 servings

3 medium	Apples, any kind, any color
1 teaspoon	Lemon juice, squeezed from a fresh lemon
3/4 cup, 6 ounce cup	Lemon or lime yogurt, made from nonfat milk
¼ cup	Plain yogurt, made from nonfat milk
¼ teaspoon	Ground cinnamon

1. Wash apples and pat dry with a clean towel.
2. Cut apples in half. Cut in half again.
3. Remove core and seeds from apples.
4. Cut apples into bite-size pieces and place into a medium or large bowl.
5. Squeeze lemon juice all over the apple pieces. Stir up with a big spoon.
6. Measure and add yogurt (both kinds) to the apples. Stir gently.
7. Sprinkle cinnamon over the top of the salad.

Nutrition per serving: 80 calories; 9 gm fat; 5 gm saturated fat; 0 trans fat; 45 mg cholesterol; 500 mg sodium; 3 gm carbohydrates; 0 gm fiber; 15 gm protein; 4% DV vitamin A; 2% DV vitamin C; 25% DV calcium; 4% DV iron

Money Saving Tip: Buy the store brand of yogurt if you can find the flavor you like.
Time Saving Tip: When time is short, wash and slice the apples and use the mixed up yogurt as dip.
Cooking Tip: Try this same recipe using ground nutmeg instead of cinnamon for a change.

Bunny Rabbit Salad

Here's a recipe that works as a side dish any day of the week!
Kids can help by measuring the ingredients, grating the carrots and stirring everything up, with supervision.

Makes 6 servings

3 large	Carrots

1 cup	Pineapple tidbits or crushed, canned and drained well
1 cup	Yogurt, plain, nonfat
½ teaspoon	Vanilla extract
½ tablespoon	Sugar

1. Peel carrots and remove both ends.
2. Rinse carrots in cool tap water and pat dry.
3. Grate carrots with a hand grater or food processor.
4. Place carrots and drained pineapple into a medium sized bowl.
5. In a separate small bowl, make a creamy sauce by mixing up the yogurt, vanilla and sugar with a spoon.
6. Add sauce to carrots-pineapple and stir everything together.

Nutrition per serving: 60 calories; 0 fat; 0 saturated fat; 0 trans fat; 0 cholesterol; 55 mg sodium; 13 gm carbohydrates; 1 gm fiber; 3 gm protein; 120% DV vitamin A; 10% DV vitamin C; 10% DV calcium; 2% DV iron

Money Saving Tip: Buy the 32 ounce size of plain, nonfat yogurt for a better price.
Time Saving Tip: Mix up the creamy sauce the night before making this recipe. Store covered in the fridge.
Cooking Tip: Add ½ cup of your favorite chopped nuts to this recipe for more nutrition and a great flavor.

Banana-Pineapple Muffins

Here's a muffin that is full of healthy fruit and not too much added sugar!
Kids can help by measuring the ingredients, cracking the eggs, peeling and mashing the banana, stirring the batter and spooning the batter into the muffin pans, with supervision.

Makes 12 muffins (or about 24 mini muffins)

1 cup	Whole wheat flour
1 cup	White flour
1 teaspoon	Baking soda
Pinch	Salt
¼ cup	Applesauce, unsweetened
2 tablespoons	Vegetable oil, light tasting olive oil or canola
1/2 cup	Sugar
2 large	Eggs
2 large	Bananas, very ripe

½ cup	Pineapple in a can, crushed, in juice, drained
	Vegetable oil spray to coat muffin pans

1. Preheat the oven to 325 degrees.
2. In a medium bowl, measure and stir up the flours, baking soda and salt. Set this aside.
3. In a large mixing bowl, measure and add the applesauce, oil, sugar and eggs. Mix this with an electric mixer or stir with a wooden spoon until it is smooth.
4. Add the dry, mixed ingredients into the wet, mixed ingredients. Stir well.
5. Peel and mash the bananas. Drain the pineapple juice and measure pineapple. Add both fruits to the muffin batter and stir just to mix. Try not to over-mix the batter.
6. Spray muffin pans lightly with vegetable oil spray.
7. Spoon muffin batter into the muffin pans. Wipe off large drips that spill on the pan with a paper towel.
8. Bake muffins for 20-25 minutes. Test doneness by inserting a table knife into one muffin. If it comes out clean, they are done. If not, put back into the oven for 3-5 minutes and re-test.

Nutrition per serving (one regular size muffin): 170 calories; 2.5 gm fat; 0 gm saturated fat; 0 trans fat; 0 mg cholesterol; 125 mg sodium; 35 gm carbohydrates; 2 gm fiber; 3 gm protein; 0% DV vitamin A; 6% DV vitamin C; 0% DV calcium; 6% DV iron

Money Saving Tip: Save the pineapple juice from the can for a smoothie or drink it.
Time Saving Tip: Double the recipe and freeze half the muffins for another time.
Cooking Tip: Add ½ cup chopped walnuts or pecans to the muffin batter for extra nutrition.

Apple & Sweet Potato Muffins

This is a moist and tasty muffin that's packed with good nutrition!
Kids can help by washing the apple, mashing the sweet potatoes, measuring ingredients, cracking the eggs and stirring the batter, with supervision.

Makes 12 muffins (or about 24 mini muffins)

¾ cup	Oat bran, dry
¾ cup	Whole wheat flour
½ cup	Sugar, white granulated
½ tablespoon	Cinnamon, ground
1 teaspoon	Baking powder
1 teaspoon	Baking soda
1 medium	Apple, washed, cored, seeded and chopped up
½ cup	Raisins
1 cup	Sweet potatoes, cooked and mashed

2 large	Eggs
2 tablespoons	Olive oil, light tasting, or canola oil
½ cup	Plain yogurt, nonfat

1. Preheat conventional oven to 350 degrees.
2. Add all dry ingredients, oat bran + flour + sugar + cinnamon + baking powder + baking soda, to a medium mixing bowl. Stir up. Then, add chopped apple and raisins. Stir again. Put aside.
3. In a large mixing bowl, combine all other ingredients, mashed sweet potatoes + eggs + oil + yogurt. Stir well.
4. Add dry ingredients to the wet ingredients in the large bowl. Stir until everything is moist. Do not over mix.
5. Lightly spray the muffin pan(s) with vegetable oil cooking spray.
6. Using a soup spoon, fill the muffin pans about halfway full.
7. Place into the oven and bake for 20-25 minutes.

Nutrition per serving (one regular size muffin): 160 calories; 3.5 gm fat; 0.5 gm saturated fat; 0 trans fat; 35 mg cholesterol; 160 mg sodium; 30 gm carbohydrates; 3 gm fiber; 4 gm protein; 90% DV vitamin A; 8% DV vitamin C; 8% DV calcium; 6% DV iron

Money Saving Tip: Buy the store brand for flour, sugar, cinnamon, baking powder, baking soda, raisins, eggs, olive oil/canola oil and yogurt.
Time Saving Tip: Use a 15-16 ounce can of sweet potatoes instead of cooking them from fresh.
Cooking Tip: Try using dried cranberries or mixed dried fruit bits in place of the raisins in this recipe.