RECIPE: YOGURT PARFAIT

PREP TIME: 5 MINS. (SERVES 1)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:
1 CUP PLAIN OR VANILLA LOW-FAT YOGURT
1/2 CUP GRANOLA
  • TASTY TIP: LOOK FOR A GRANOLA THAT HAS WHOLE GRAINS, NUTS, OR SEEDS.
1/2 CUP CANNED PEACH SLICES (DRAINED)
  • TASTY TIP: USE ANY FRUIT DESIRED. BERRIES ARE A GREAT CHOICE! USE CANNED, FRESH, OR FROZEN.
HONEY (IF DESIRED FOR DRIZZLING)

METHOD:
1) LAYER YOGURT AND GRANOLA INTO A BOWL OR GLASS JAR.
2) TOP WITH PEACH SLICES. DRIZZLE HONEY ON TOP IF DESIRED.

• TASTY TIP: TO MAKE MORNINGS EVEN EASIER, PREPARE THE YOGURT AND FRUIT PARFAITS IN INDIVIDUAL SERVING CONTAINERS AND STORE IN THE FRIDGE OVERNIGHT. WAIT TO ADD THE GRANOLA UNTIL RIGHT BEFORE ENJOYING - OTHERWISE IT MAY GET SOGGY.
RECIPE: PIZZA POCKET

PREP TIME: 30 MINS. (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:
6 OZ. TURKEY PEPPERONIS, CHOPPED IN SMALL PIECES
1 CUP SHREDDED PART-SKIM MOZZARELLA CHEESE
7 OZ. PIZZA OR TOMATO SAUCE
4 WHOLE GRAIN PITA POCKETS
1 CAN (4 OZ.) MUSHROOMS PIECES AND STEMS, DRAINED

TASTY TIP: FRESH SPINACH MAKES ANOTHER GREAT ADD-IN WHEN YOU HAVE IT ON HAND.
ALUMINIM FOIL

METHOD:
1) PREHEAT OVEN TO 400 DEGREES F.
2) COMBINE PEPPERONIS, CHEESE, SAUCE, AND MUSHROOMS IN A SMALL BOWL.
3) GENTLY USE A BUTTER KNIFE TO OPEN THE PITA POCKETS AND STUFF EACH ONE WITH 1/2 CUP OF THE MIXTURE FROM STEP 2. CLOSE EDGES GENTLY.
4) TIGHTLY WRAP EACH PIZZA POCKET WITH FOIL.
5) PLACE WRAPPED PIZZA POCKETS ON COOKIE SHEET AND BAKE FOR 20 MINUTES.
6) REMOVE FROM OVEN AND LET COOL 5 MINS.

TASTY TIP: FOR A CRISPIER PIZZA POCKET, SPRAY THE OUTSIDE WITH COOKING SPRAY BEFORE WRAPPING.
TASTY TIP: IF IN A HURRY, THE UNWRAPPED PIZZA POCKETS CAN BE MICROWAVED INDIVIDUALLY FOR 2 MINS EACH.
recipe: salmon patties

prep time: 25 mins. (serves 4-5)

difficulty: medium

ingredients:
1 (14.5 oz.) can salmon
1 egg
1/4 cup onion, finely chopped
1/2 cup seasoned dry bread crumbs
• tasty tip: crackers may be used in place of bread crumbs
1 tbsp olive oil

method:
1) Drain salmon and keep reserved liquid from can.
2) Combine salmon, egg, onion, and breadcrumbs.
3) Mold mixture into 4-5 patties. If too dry to form into patties, add reserved liquid.
4) Heat oil in skillet. Place patties in the pan. Brown on each side, flipping gently.
5) Drain on paper towels and serve.

• tasty tip: serve atop rice or mashed potatoes, with a vegetable on the side.
RECIPE: ANTS ON A LOG

PREP TIME: 5 MINS. (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:
4 LONG FRESH CELERY STALKS, TRIMMED AND WASHED
8 TBSP PEANUT BUTTER
• TASTY TIP: ANY NUT OR SEED BUTTER CAN BE USED (SUNFLOWER, ALMOND, ETC.)
1/2 CUP DRIED RAISINS

METHOD:
1) CUT CELERY STALKS IN HALF - MAKING 8 SHORT "LOGS".
2) SPOON AND SPREAD 1 TBSP PEANUT BUTTER INTO THE CONCAVE MIDDLE PART OF EACH "LOG".
3) PUSH A FEW RAISINS IN THE PEANUT BUTTER TO RESEMBLE "ANTS".
4) SERVE.

• TASTY TIP: THESE ADORABLE SNACKS REFRIGERATE WELL, SO YOU CAN PREPARE THEM AHEAD OF TIME AND THEN PACK THEM IN LUNCHBOXES FOR AN ON-THE-GO SNACK.
Recipe: Overnight Oats

Prep Time: 5 mins. + overnight (serves 1)

Difficulty: Kid-Friendly

Ingredients:

- 3/4 cups low-fat milk
- 1/2 cup instant oatmeal, uncooked
- Choice of fruit:
  - 1/2 cup canned peaches/pears or
  - 1/4 cup dried raisins/cranberries or
  - 1/2 cup fresh banana or strawberry slices
- 1/2 tsp ground cinnamon
- Honey (if desired for drizzling)

Tasty Tip: Traditional or steel-cut oats may also be used, but need more time to soak and will have a chewier texture.

Method:

1) Combine milk, oats, fruit, and cinnamon in a bowl with a lid. Stir well.
2) Place lid on the bowl and refrigerate overnight (6-8 hrs). If the oats aren't instant, refrigerate 10-12 hours.
3) In the morning, drizzle with honey and stir before enjoying.

Tasty Tip: If you want to eat this overnight oatmeal warm, heat in the microwave for 2 minutes.
RECIPE: CLASSIC TUNA SANDWICH

PREP TIME: 10 MINS. (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:
8 SLICES WHOLE WHEAT BREAD
2 (5 OZ.) CANS CHUNK LIGHT OR ALBACORE WHITE TUNA (DRAINED)
1/4 CUP LIGHT MAYONNAISE
• TASTY TIP: FOR MORE PROTEIN, YOU CAN SUBSTITUTE MAYO WITH PLAIN GREEK YOGURT.
1/2 CUP CHOPPED CELERY
2 TBSP SWEET PICKLE RELISH
OPTIONAL: SALT AND PEPPER TO TASTE

METHOD:
1) COMBINE TUNA, MAYO, CELERY, RELISH, SALT, AND PEPPER IN A SMALL BOWL. STIR WELL.
2) EQUALLY DISTRIBUTE MIXTURE ONTO SLICES OF BREAD TO MAKE 4 SANDWICHES (2 SLICES BREAD PER SANDWICH).

• TASTY TIP: IF YOU HAVE EXTRA VEGGIES ON HAND, ADD LEAF LETTUCE OR SLICED TOMATO TO THE SANDWICHES. TRY SERVING WITH A SIDE OF BABY CARROTS.
**RECIPE:** GRILLED PINEAPPLE CHICKEN SKEWERS

**PREP TIME:** 1 HR  (SERVES 5)

**DIFFICULTY:** HIGH

**INGREDIENTS:**
- 5 OZ. CANNED PINEAPPLE CHUNKS
- 4 OZ. PINEAPPLE JUICE
- 2 TBSP BROWN SUGAR
- 3 TBSP LOW-SODIUM SOY SAUCE
- 1.5 LB. CHICKEN BREAST, RAW AND CUT IN BITE-SIZE CHUNKS
- LONG WOODEN SKEWERS

**METHOD:**
1) DRAIN THE CANNED PINEAPPLE, RESERVING THE JUICE.
2) MAKE THE MARINADE: IN A SMALL SAUCEPAN OVER MEDIUM HEAT, MIX RESERVED JUICE, PINEAPPLE JUICE, BROWN SUGAR AND SOY SAUCE. WARM UNTIL JUST BEFORE BOILING. REMOVE FROM HEAT AND LET COOL 5 MINUTES.
3) PLACE CHICKEN IN A MEDIUM BOWL. COAT WITH THE MARINADE AND REFRIGERATE FOR AT LEAST 30 MINS.
4) HEAT UP THE GRILL FOR MEDIUM HEAT.
5) THREAD THE RAW CHICKEN CHUNKS AND PINEAPPLE CHunks ONTO THE WOODEN SKEWERS IN AN ALTERNATING PATTERN.
6) COOK CHICKEN 5 MINUTES PER SIDE, OR UNTIL JUICES RUN CLEAR. THEY COOK QUICKLY, SO WATCH THEM CLOSELY.

- **TASTY TIP:** DON'T FEEL LIKE GRILLING? THE MARINATED CHICKEN CAN BE SAUTEED IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT UNTIL THE INTERNAL TEMP OF THE CHICKEN IS 165 DEGREES F.
- **TASTY TIP:** SERVE WITH RICE AND BROCCOLI.
RECIPE: FROZEN YOGURT CUBES

PREP TIME: 5 MINS. + 1 HR FREEZE (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:
1 CUP VANILLA LOW-FAT YOGURT
1 CUP STRAWBERRIES, FRESH OR FROZEN
  • TASTY TIP: ANY FRESH OR FROZEN FRUIT WILL WORK.
12-CUBE ICE CUBE TRAY
BLENDER

METHOD:
1) USE A BLENDER TO COMBINE THE YOGURT AND FRUIT INTO A
SMOOTHIE-LIKE MIXTURE.
2) SPOON THE MIXTURE EVENLY INTO THE ICE CUBE TRAY.
3) FREEZE FOR AT LEAST ONE HOUR, THEN ENJOY.
  • TASTY TIP: IF YOU DON'T HAVE A BLENDER, MASH THE
FRUIT WITH A FORK OR CHOP INTO TINY PIECES AND STIR
INTO THE YOGURT.
  • TASTY TIP: IF YOU DO NOT HAVE AN ICE CUBE TRAY, YOU
CAN USE POPSICLE MOLDS.
# RECIPE: EGG CUPS

**PREP TIME:** 30 MINUTES  (SERVES 6)

**DIFFICULTY:** MEDIUM

## INGREDIENTS:
- 8 EGGS
- 1/2 CUP LOW-FAT MILK
- 1/2 CUP CANNED PETITE DICED TOMATOES, DRAINED
- 3/4 CUP SHREDDED REDUCED-FAT CHEDDAR CHEESE
- 1/4 TSP EACH SALT AND PEPPER
- OLIVE OIL OR COOKING SPRAY
- 12-CUP MUFFIN TIN

* TASTY TIP: THESE EGG CUPS CAN BE FILLED WITH YOUR CHOICE OF VEGGIES (ZUCCHINI, MUSHROOMS, SPINACH, ETC.) AND BREAKFAST MEATS (HAM, BACON, SAUSAGE).

## METHOD:

1) PREHEAT OVEN TO 350 DEGREES F.

2) BEAT TOGETHER EGGS, MILK, SALT AND PEPPER.
   - TASTY TIP: TO MAKE THE NEXT STEPS EASIER, COMPLETE STEP 2 IN A LARGE GLASS MEASURING CUP WITH A POURING SPOUT.

3) GREASE THE MUFFIN TIN GENEROUSLY WITH OLIVE OIL OR COOKING SPRAY.

4) DISTRIBUTE TOMATOES EVENLY INTO MUFFIN TIN. THEN, POUR EGG MIXTURE (ABOUT ¼ CUP) ON TOP.

5) SPRINKLE THE CHEESE ON TOP OF EACH EGG CUP.

6) BAKE UNTIL SET, ABOUT 20-22 MINUTES.

7) REMOVE FROM OVEN, LET COOL 5 MINS, AND ENJOY!

* TASTY TIP: THESE REFRIGERATE AND REHEAT WELL.
* TASTY TIP: CONSIDER USING SILICON MUFFIN LINERS OR MUFFIN PAN TO PREVENT ANY STICKING.
**RECIPE:** CHICKPEA CEASAR SALAD

**PREP TIME:** 20 MINUTES  (SERVES 4)

**DIFFICULTY:** MEDIUM

**INGREDIENTS:**
- 3 CUPS COOKED WHOLE GRAIN PASTA
  - TASTY TIP: ANY SMALL PASTA LIKE BOW-TIE OR ELBOW WILL WORK.
- 1 (15 OZ.) CAN GARBONZO BEANS, DRAINED AND RINSED
  - TASTY TIP: A SMALL CAN OF CHICKEN CAN SUBSTITUTE THE BEANS IF DESIRED.
- 1 CUP DICED CUCUMBER
- 1 CUP CHOPPED ROMAINE LETTUCE
- 1/3 CUP CAESAR DRESSING
- OPTIONAL: SALT AND PEPPER TO TASTE.

**METHOD:**
1) MIX INGREDIENTS TOGETHER IN A LARGE BOWL.
2) REFRIGERATE FOR AT LEAST 1 HOUR BEFORE ENJOYING.
RECIPE: TEX-MEX TACO BOWL

PREP TIME: 30 MINUTES (SERVES 6)

DIFFICULTY: MEDIUM

INGREDIENTS:
1.5 CUPS UNCOOKED BROWN RICE
1 CAN (15 OZ.) BLACK BEANS OR PINTO BEANS
1 CUP SHREDDED REDUCED-FAT MEXICAN BLEND CHEESE
1 PACKET (10 OZ.) TACO SEASONING
1 CAN (15 OZ.) DICED FIRE-ROASTED TOMATOES
• TASTY TIP: ADD WHATEVER VEGGIES YOU LIKE OR HAVE ON HAND. TASTY ADD-INS INCLUDE ONION, CORN, MUSHROOMS, AND AVOCADO.
• TASTY TIP: TRY TOPPING YOUR BOWL WITH SALSA OR SOUR CREAM.

METHOD:
1) COOK RICE ACCORDING TO PACKAGE DIRECTIONS IN A MEDIUM POT.
2) WHILE THE RICE COOKS, DRAIN AND RINSE THE CANNED BEANS.
3) ONCE THE RICE IS COOKED, ADD TACO SEASONING AS DESIRED. IF YOU WANT TO TONE DOWN HOW SPICY THE DISH IS, ONLY USE HALF THE PACKET.
4) ADD THE UNDRAINED CAN OF TOMATOES AND BEANS TO THE POT. IF THE MIXTURE IS TOO DRY, ADD 1/4 CUP WATER.
5) WARM ON THE STOVE FOR 5 MINUTES ON MED-HIGH HEAT.
6) SERVE IN BOWLS WITH CHEESE SPRINKLED ON TOP.
RECIPE: CINNAMON-SPRINKLED PEARS

PREP TIME: 5 MINUTES (SERVES 1)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:
1/2 CUP CANNED SLICED PEARS
• TASTY TIP: SLICED APPLES ARE A YUMMY SUBSTITUTION.
1 TBSP PEANUT BUTTER, MELTED
• TASTY TIP: ANY NUT OR SEED BUTTER CAN BE USED. IF USING ALMOND BUTTER THAT IS ALREADY RUNNY, DO NOT MELT.
1/2 TSP GROUND CINNAMON
1/2 CUP GRANOLA

METHOD:
1) DISTRIBUTE THE PEAR SLICES EVENLY IN SERVING BOWL.
2) BRIEFLY MICROWAVE THE PEANUT BUTTER (15-30 SECS) IN A SMALL PLASTIC BOWL.
3) USE A SPOON TO DRIZZLE THE MELTED PEANUT BUTTER ON TOP OF THE PEARS.
4) SPRINKLE THE PEARS EVENLY WITH CINNAMON AND TOP WITH GRANOLA.
5) ENJOY WITH A SPOON OR FORK.