

## **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**

- **TASTY TIP: TRADITIONAL OR STEEL-CUT OATS MAY ALSO BE USED, BUT NEED MORE TIME TO SOAK AND WILL HAVE A CHEWIER TEXTURE.**

### **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)**

### **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 GARONZO 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.**