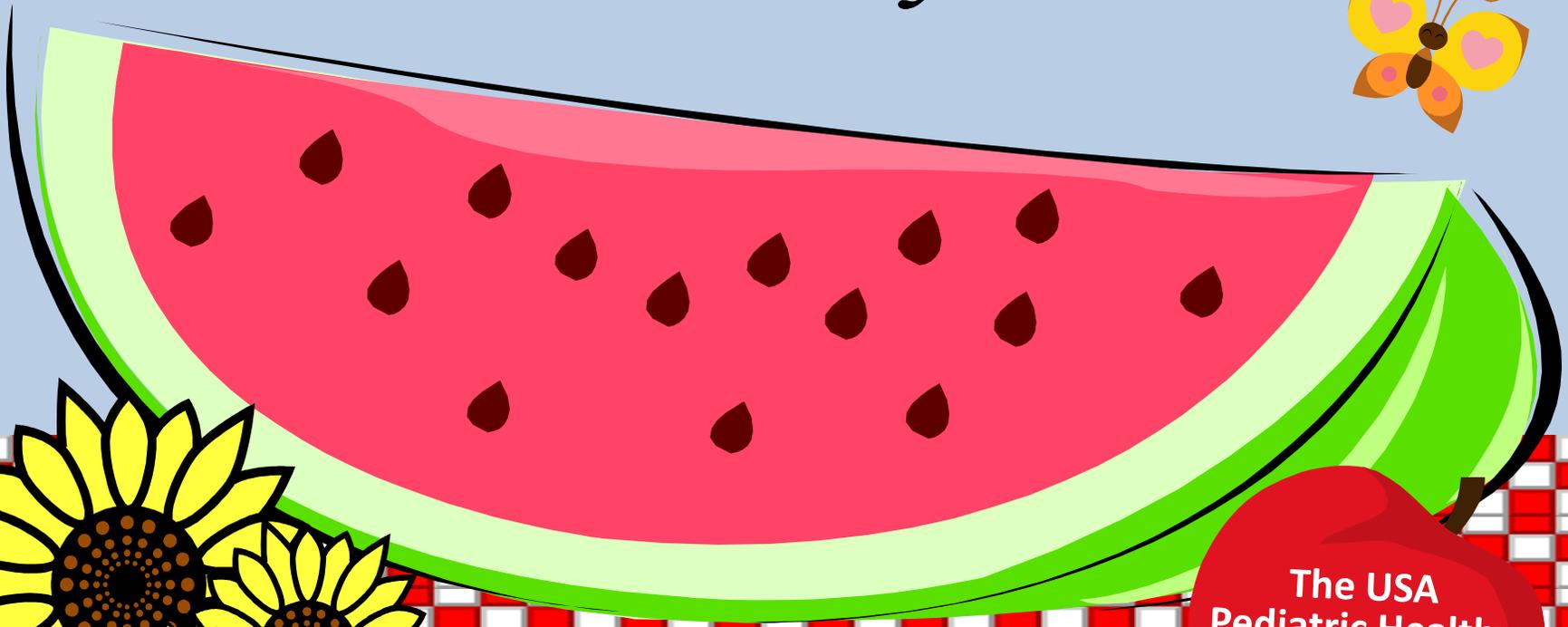
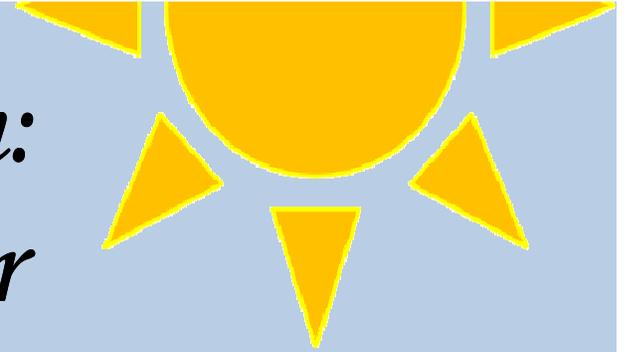


*Kids in the Kitchen:  
Healthy Recipes for  
the Family*



**The USA  
Pediatric Healthy  
Life Center**



# *Healthy Breakfast Recipes*



# Sunshine Toast

## Ingredients:

1 slice whole wheat toast  
1 egg  
Spray Pam

## Directions:

1. Cut a hole in the center of the slice of bread, large enough to hold an egg.
2. Spray skillet with Pam.
3. Place bread in the skillet. Crack the egg open and carefully pour it into the hole of the bread. Reduce heat and cook slowly until cooked through.



Recipe Adapted from Healthy Cooking for Your Kids by Sarah Banbary

# Fruity Porridge

## **Ingredients:**

½ cup oatmeal

½ cup skim milk

½ cup chopped mixed fruit (sliced apples,  
pears, strawberries)

Cinnamon to taste

## **Directions:**

1. Mix milk and oatmeal together in a pan and cook over medium heat for 8-10 minutes
2. Spoon into a bowl and mix in cinnamon to taste.
3. Add mixed fruit and Enjoy.



Recipe Adapted from Healthy Cooking for Your Kids by Sarah Banbary

# *Open Faced English Muffin*

## **Ingredients:**

- 1 scrambled egg
- ½ whole wheat English Muffin
- ½ slice fat-free cheese

## **Directions:**

1. Top English muffin with scrambled egg and cheese.
2. Place in toaster oven until cheese melts and English muffin toasted.



# Ham and Cheese Egg Muffins

## **Ingredients:**

6 eggs  
6 slices 96% fat-free ham slices  
¼ cup shredded fat-free cheese  
Spray Pam  
12 cup Muffin Pan

## **Directions:**

1. Preheat oven to 375F.
2. Wisk eggs together in a bowl and set aside.
3. Cut up ham slices into small pieces.
4. Mix ham, shredded cheese and eggs together.
5. Spray 12 cup muffin pan with Pam.
6. Evenly distribute egg mixture into muffin cups.
7. Bake 15-20 minutes, until golden brown.

## **Nutrition Information**

**Serving Size**

**1 muffin**

60 Calories

2.5 grams Fat

6 grams Protein



# Breakfast Smoothie

## **Ingredients:**

- 1 cup fat-free milk or fat-free yogurt
- ½ cup frozen fruit or fresh fruit of choice
- ½ cup fat-free/low sugar flavored yogurt
- 1 Tbsp Splenda or any sugar Substitute of choice

**\*\* If using fresh fruit you may want to add a couple of ice cubes.**

## **Directions:**

1. Place fruit, Splenda, and milk in blender and blend until smooth.
2. Pour in a cup and enjoy.



# High Protein Fruit Smoothie

## **Ingredients:**

1 cup fat-free/ low sugar flavored yogurt  
1 cup 1% or skim milk  
¼ cup uncooked rolled oats  
1 cup frozen fruit of choice

## **Directions:**

1. Pour yogurt, oats, frozen fruit and milk into a blender and mix until well blended.

## **Nutrition Information**

**Serving Size**

**1 cup**

150 Calories

9 grams Protein



# *Fun and Healthy Snacks*





# *South of the Border Veggie Dip*

## **Ingredients:**

½ cup fat-free sour cream

1 cup salsa

Washed and sliced raw vegetables of choice (celery, carrots, broccoli)

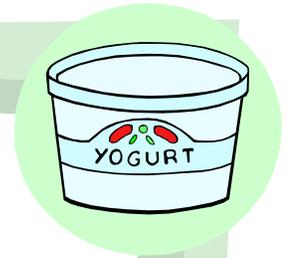
## **Directions:**

1. Mix together fat-free sour cream and salsa in a small bowl.
2. Spoon ¼ cup into a small bowl and enjoy with your vegetables





# *Oh So Delicious Fruit Dip*



## **Ingredients:**

½ cup sugar free cool-whip

½ cup fat-free strawberry flavored yogurt

Sliced fruit of choice

## **Directions:**

1. Mix together fat-free yogurt and sugar free cool-whip in a small bowl.
2. Spoon ¼ cup into a small bowl and enjoy with ½ cup of sliced fruit.



# English Muffin Pizza

## Ingredients:

½ whole wheat English Muffin  
1 Tbsp Spaghetti Sauce  
1-2 Tbsp reduced fat or fat-free mozzarella

**\*\* If desired you can add cooked chicken  
and vegetables to pizza.**

## Directions:

1. Lightly Toast English muffin.
2. Spread spaghetti sauce on English muffin and then add cheese.
3. Place in toaster oven until cheese melts.



# Spicy 100 Calorie Popcorn

## **Ingredients:**

- 1 bag 100 calorie 94% fat-free popcorn
- 1 tsp Chili Powder
- 1 tsp Cumin
- ½ tsp Garlic Powder

## **Directions:**

1. Pop popcorn in microwave.
2. Combine Chili Powder, Cumin, and Garlic Powder in a large bowl.
3. Add warm popcorn and mix.
4. Enjoy.



# *Creamy Chocolate Popsicles*

## **Ingredients:**

- 8 ounces fat-free plain yogurt
- ¼ cup sugar free chocolate powder mix
- 4 (6 ounce size) paper cups
- 4 wooden popsicle sticks or plastic spoons

## **Directions:**

1. Mix yogurt and chocolate powder together.
2. Spoon into paper cups and place popsicle stick in center.
3. Place in Freezer.
4. Once frozen peel paper away and enjoy.



Recipe from WIC



# Frozen Fruit Pops

Makes 8 pops

## **Ingredients:**

- 3 cups fresh or thawed frozen fruit of choice
- 1 cup fat-free yogurt
- 1 cup fat-free milk
- 8 (6 ounce size) paper cups
- 8 wooden popsicle sticks or plastic spoons

## **Directions:**

1. Mash fruit with a fork or blend in a blender.
2. Add yogurt and milk to mashed fruit. Stir or blend until smooth.
3. Spoon mixture into cups until  $\frac{3}{4}$  full.
4. Place wooden sticks or spoons in the center of the cups.
5. Cover with plastic wrap and put in freezer for 3 hours.
6. Remove plastic wrap and let stand for 10 minutes.
7. Remove from cup and enjoy.



Recipe from WIC

# Tuna Bites

Makes 20

## **Ingredients:**

7 oz canned tuna in spring water, drained  
1 egg  
½ cup oats  
¼ cup chopped red or green bell pepper  
¼ cup chopped onion  
1 Tbsp extra spicy Mrs. Dash  
Spray Pam

## **Directions:**

1. Preheat oven to 375°F
2. Mash tuna with egg and Mrs. Dash.
3. Add oats, bell pepper, onion and mix well.
4. Divide mixture into 20 mini portions and shape into a ball.
5. Let chill for 15 minutes.
6. Space tuna balls evenly on baking sheet and spray with Pam.
7. Bake for 15-20 minutes until browned.
8. Remove from oven and place on a paper towel.
9. Serve warm or cold with south of the border dip or plain salsa.



Recipe Adapted from Healthy Cooking for Your Kids by Sarah Banbary

# Chicken and Apple Bites

Makes 20

## **Ingredients:**

- 1 apple peeled cored, and grated
- 2 cooked, skinless chicken breast, cut into chunks or 7 oz canned white meat chicken, drained
- ½ red onion, minced
- 1 cup oats
- 1 tbsp low sodium chicken stock
- 1 tsp minced fresh parsley
- Spray Pam

## **Directions:**

1. Preheat oven to 375°F.
2. Spread the apple out on a clean dish towel and press out all the excess moisture.
3. Mix chicken, onion, ½ cup oats, chicken stock, and parsley together.
4. Spread the remaining ½ cup oats on a plate.
5. Divide mixture into 20 mini portions and shape into a ball.
6. Roll balls in the oats.
7. Let chill for 15 minutes.
8. Space chicken balls evenly on baking sheet and spray with Pam.
9. Bake for 15-20 minutes until browned.
10. Remove from oven and place on a paper towel.
11. Serve warm or cold with south of the border dip or plain salsa.



Recipe Adapted from Healthy Cooking for Your Kids by Sarah Banbary

# Ham Rollups

## **Ingredients:**

97% fat-free ham slices

Washed Baby Carrots or other vegetables  
of choice (cut up lettuce, asparagus, or celery)

1 slice Fat-free Cheese (optional)

1Tbsp Fat-free Ranch Dressing

## **Directions:**

1. Wrap ham slice around vegetable
2. If desired add fat-free cheese for a ham and cheese veggie roll-up.
3. Dip in ranch dressing and ENJOY!



# Apple Wraps

## **Ingredients:**

97% fat-free ham slices  
Fat-free Cheese (optional)  
Granny smith apple slices

## **Directions:**

1. Wrap ham slice around apple slices and cheese.
2. ENJOY!



# *Vegetables*



# Sweet Potato Oven Fries

## Ingredients:

3-4 large sweet potatoes

Spray Pam

Salt and Pepper to taste

**\*\* If following the DASH diet (low salt) use Mrs. Dash or other herbs and spices (cinnamon).**

## Directions:

1. Preheat oven to 450°F.
2. Spray Pam on baking sheet.
3. Cut sweet potatoes lengthwise (1/4 inch wide strips)
4. Spread sweet potatoes on the baking sheet, spray with Pam and add salt and pepper or other seasoning to taste.
5. Bake for 20 minutes, turn strips over and bake for an additional 20 minutes until golden brown.



# Basic Sautéed Cooking Greens

Servings 4

## **Ingredients:**

10 cups chopped cooking greens leaves  
(about 2 bunches)

2 tablespoons canola or vegetable oil

1 small onion, diced

4 garlic cloves, peeled, thinly sliced  
lengthwise

Pinch of Tabasco sauce or red pepper flakes

1/3 cup low sodium chicken broth or water

Salt and freshly ground black pepper

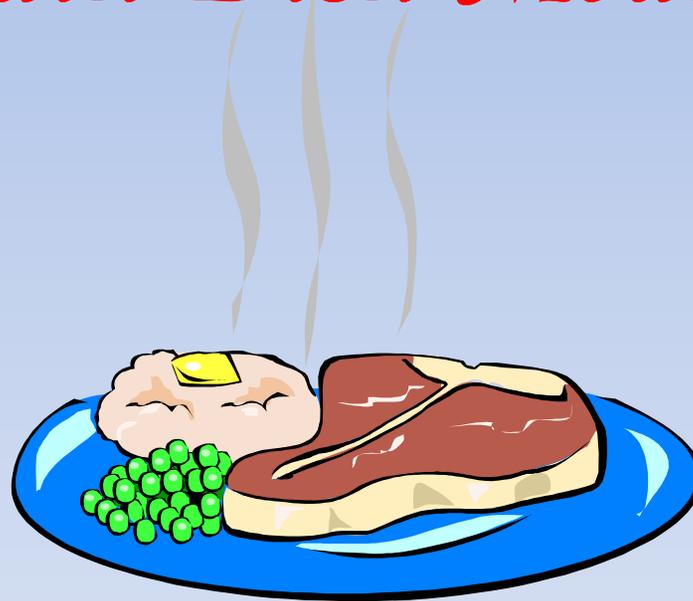
## **Directions:**

1. In a large skillet, heat the olive oil over medium heat.
2. Add the onion, garlic, and red pepper flakes and cook, stirring, until onions are softened, about 2 minutes; take care not to burn the garlic.
3. Add the greens, stir, and cook for 1 to 2 minutes.
4. Pour in the broth or water and simmer, covered, for 5 minutes.
5. Remove the cover and continue cooking until all of the liquid evaporates.
6. Season to taste with salt and pepper.



— Recipe Adapted from Laura Pensiero, RD from Today's Diet and Nutrition

# *Main Dish Meals*



# Chicken Parmesan

## **Ingredients:**

4 Skinless Chicken Breast  
1 Jar Low Sodium Garden Vegetable Spaghetti Sauce  
2 tbsp Fat-free Parmesan Cheese  
½ cup Fat-free mozzarella  
Pam Spray

## **Directions:**

1. Preheat Oven to 400°F.
2. Spray Pam in skillet and brown chicken breast.
3. Place browned chicken in a baking pan and cover with spaghetti sauce.
4. Bake for 15 minutes.
5. Sprinkle parmesan cheese and mozzarella cheese evenly over chicken and bake an additional 10 minutes.



# *Meatloaf with a Kick*

## **Ingredients:**

- ½ lb lean ground round
- ½ lb lean ground white turkey meat
- 1 cup chunky salsa
- ½ cup oats

## **Directions:**

1. Preheat oven to 400°F.
2. Mix together ground round, turkey, salsa, and oats.
3. Spray baking pan with Pam and pour in meatloaf mixture.
4. Bake for 30 minutes.
5. Serve with vegetables and enjoy.



# Chicken Salad Wraps

## **Ingredients:**

12 oz can canned white meat chicken in water or 3 cups diced cooked chicken breast

2 tbsp olive oil mayonnaise

½ cup plain fat-free yogurt

1 cup sliced red grapes

¼ cup chopped pecans

¼ cup diced celery

¼ cup finely chopped celery

Pepper or Mrs. Dash

Romaine Lettuce leaves

## **Directions:**

1. Mix mayonnaise and yogurt together in a bowl.
2. Add chicken, grapes, onion, celery, and pecans.
3. Mix together and add pepper or Mrs. Dash to taste.
4. Place in a romaine lettuce leaf and roll up like a burrito



# Ramen Noodle LoMein

Servings 4

## **Ingredients:**

1 Ramen Noodle Packet  
1 bag mixed frozen or canned vegetables  
12 ounces chopped cooked chicken or  
canned white meat chicken drained  
Spray Pam  
Low Sodium Soy Sauce  
Pepper  
Mrs. Dash seasoning blend (optional)

## **Directions:**

1. Cook ramen noodles per directions without the seasoning packet.
2. If using frozen vegetables. Cook in microwave, on stove top, or add to ramen noodles last 5 minutes of cooking.
3. Drain noodles and vegetables.
4. In a large cooking pan, spray pam to coat and add noodles, vegetables, and cooked chicken.
5. Mix together and heat.
6. Add soy sauce, pepper, Mrs. Dash to taste and heat.
7. Serve warm.



# Easy One Pot Mac and Cheese

## **Ingredients:**

2 cups uncooked whole wheat macaroni  
1 cup fat-free milk  
2 cups fat-free shredded cheddar cheese  
1/4 tsp black pepper  
1/2 teaspoon dry mustard

## **Tasty Additions:**

1/2 cup cooked broccoli  
1 small chopped tomato  
1/2 cup chopped onion or bell peppers  
1/2 cup 97% fat-free chopped ham or turkey

## **Directions:**

1. In a large pot, bring 8 cups of water to a boil. **DO NOT ADD SALT TO WATER.**
2. Add uncooked macaroni and cook for 10 minutes.
3. Drain macaroni and return back to pot.
4. Add skim milk.
5. Stir in cheese, black pepper and dry mustard.
6. Cook over low heat, stirring occasionally until the cheese melts.

## **Nutrition Facts:**

Serving Size 1 cup

250 calories  
1 g total fat  
0 g saturated fat  
34 g carbohydrate  
25 g protein  
4 g fiber  
475 mg calcium



# *Healthy Desserts*



# Fruity Parfait

## **Ingredients:**

½-1 cup fresh or thawed frozen fruit of choice

½-1 cup fat-free yogurt or cool-whip

## **Directions:**

1. Spoon 1/3 of the yogurt into the cup.
2. Put about 1/3 of the fruit on top the yogurt.
3. Spoon another 1/3 of the yogurt on top the fruit.
4. Continue layering until all the yogurt and fruit are gone.



# Very Berry Dessert

Makes 6-8 servings

## **Ingredients:**

- 1 package of sugar free raspberry or strawberry jello mix
- 12 oz package of frozen mixed berries (strawberries, blueberries, blackberries)
- Sugar free cool-whip

## **Directions:**

1. Make up jello according to package directions.
2. Place  $\frac{1}{2}$  cup mixture of berries in the bottom of individual serving glasses or plastic cups.
3. Pour jello over fruit.
4. Let chill for 6 hours until firmly set.
5. Serve plain or with 1 Tbsp sugar free cool-whip if desired.





The USA Pediatric Healthy Life Center