

Kid Friendly Recipes



renewing the countryside

Sweet Sweet Baby Potato Oven Fries

Ingredients:

- 6 medium sweet potatoes cut into skinny sticks (peeling them is optional)
- ¼ cup vegetable oil (canola oil preferred)

Directions:

1. Preheat oven to 450°F
2. Drizzle vegetable oil over them
3. Arrange on a cookie sheet so they don't touch and sprinkle with kosher salt
4. Optional: sprinkle chipotle, curry or garlic powder before cooking.
5. Bake at 450°F for approximately 30 minutes (depends on the size of the fries; do not burn)
6. As the fries cook, occasionally turn them with a pancake turner (approximately every 7 minutes)

Opa Ranch!

Ingredients:

- 1 C Greek yogurt (important you use Greek yogurt as it is much thicker than regular yogurt)
- 1/2 t fresh garlic (either finely minced to a paste or pressed in a garlic press)
- 4 t lemon juice
- 1/4 t lemon zest
- 1/2 t dried dill (1T if fresh dill)
- 1/2 t salt
- 1/4 t fresh ground black pepper
- 1 T honey

Directions:

1. Mix thoroughly and eat right away (it will taste better day two and if covered it can last in the fridge for up to a week)
2. Serve with any fresh raw veggies!

No Cook Tomato Sauce over Pasta

Ingredients:

- 1 lb. box of spiral or bow tie pasta
- 4 pints local cherry tomatoes
- 1 bunch of basil
- ½ bunch of parsley
- ¾ cup olive oil
- 4 cloves garlic
- 8 oz. Parmesan cheese
- salt and pepper to taste

Directions:

1. Fill the large pot half full with water, cover, and put it on high heat to boil.
2. Wash the tomatoes and herbs.
3. Add the noodles to the boiling water with a few drops of oil, and stir. Cook for the designated cook time (on the pasta package).
4. Chop the cherry tomatoes. Add to a large bowl.
5. Rip or cut the herbs into very small pieces. Add to the tomatoes.
6. Mince the garlic and add to the tomato mixture.
7. Drain the pasta. Add the pasta and three tablespoons of the olive oil to the tomato mixture and stir.
8. Grate and add the cheese, serve and enjoy!

Salsa Fresca

Ingredients:

- **4 cups chopped cherry tomatoes**
- **1 bunch green onions, finely chopped**
- **1 jalapeno chili, finely chopped**
- **½ cup finely chopped fresh cilantro**
- **2 tablespoons olive oil**
- **1 teaspoon salt**
- **Cayenne pepper to taste,**
- **if desired**
- **Juice of one lime**

Directions:

1. In large bowl, stir together all salsa ingredients
2. Serve with baked chips and enjoy!

Servings: 6

Peanut Butter Yogurt Dip

Ingredients:

- 1 (6oz) container of plain Greek yogurt
- 1 Tbsp honey
- 1 Tbsp peanut butter
- 1 tsp vanilla extract
- 1/4 tsp cinnamon

Instructions:

- Mix ingredients together until blended and use as dip for apples, bananas, or other fruit

Corner Kick Pita Pocket

Ingredients:

- ½ cup lettuce
- ¼ cup cucumber,
peeled and sliced
- ¼ cup carrots, shredded
- ¼ cup broccoli
- ¼ cup red bell pepper
- 2 TB salsa, mild
- 2 TB low-fat ranch
dressing
- ½ cup shredded cheese
- 2 (6 ½ inch) pita pocket (cut in half)

Directions:

1. Combine veggies with salsa, dressing, and cheese
2. Mix well.
3. Put veggie mix in each pocket half.

Servings: 4

Burrito Banditos

Ingredients:

- 1/2 cup shredded carrots
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 ounces shredded low-fat
- Cheddar cheese
- 1/4 cup low fat ranch dressing
- 1/2 teaspoon chili powder
- 4 (7-inch) flour tortillas
- 1 cup torn lettuce, bite-size pieces

Directions:

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing, and chili powder.
2. Lay tortillas flat on the counter and spoon about 1/2 cup vegetable mixture and 1/4 cup of lettuce down the center.
3. Wrap each tortilla around the vegetable mixture.

Servings: 4

Taste of Summer Smoothies

Ingredients:

- Mix of frozen or fresh berries, such as:
 - Strawberries
 - Blackberries
 - Blueberries
 - Raspberries
- 1 banana (frozen)
- 1 (6 ounce) container vanilla yogurt
- ½ container orange juice concentrate
- ½ cup water or milk

Directions:

1. Put orange juice, water, yogurt and banana in blender
2. Add frozen fruit slowly until well blended.
3. Serve and enjoy!

Servings: 4-6

Green Machine Smoothies

Ingredients:

- 2 cups local spinach
- 2 bananas
- 2 pint fresh strawberries
- 2 cups plain or vanilla yogurt
- 2 cups frozen fruit (preferably strawberries, blueberries, or peaches)
- 1.5 cups milk or juice
- Honey (optional)
- Ice (optional)

Directions:

1. Mix all ingredients in a large bowl
2. Slowly add ingredients to blender (as they fit) until well blended. Add honey and ice as desired and blend in.
3. Serve and enjoy!

Snappy Vegetable Stir-fry

Ingredients:

- 4 teaspoons sesame/vegetable oil
- 2 cloves chopped garlic
- Assortment of veggies (we used):
- Kale Onions
- Swiss chard Broccoli florets
- Carrots Bell pepper
- Squash Chinese cabbage

Directions:

1. Heat oil in wok or sauté pan.
2. Add chopped veggies and cook until tender and crisp.
3. Put over cooked rice.

Servings: 4-6

Very Veggie Lasagna

Ingredients:

- 1 box lasagna noodles
- 1 jar marinara sauce
- 1 (8 ounce) package shredded cheese (mozzarella and/or cheddar)
- Assortment of roasted veggies with olive oil, such as:
 - Eggplant (peeled and seeded) -- Zucchini
 - Squash -- Turnips (peeled)
 - Carrots -- Onions
 - Red bell pepper

Directions:

1. Preheat oven to 450° F.
2. Chop all veggies into equally sized pieces.
3. Place veggies in roasting pan and drizzle with olive oil.
4. Roast for about 30-40 minutes, cooking until tender.
Mix every 10 minutes.
5. Cook lasagna noodles as directed on package.
6. Reduce oven heat to 350° F.
7. To assemble lasagna, start by putting a thin layer of marinara sauce on 8 x 10 in pan, follow by layer of lasagna noodles, then layer of marinara sauce, roasted veggies and cheese.
8. Continue until ingredients are gone.
9. Cover with foil and bake for 30-35 minutes.
10. Remove aluminum foil and broil until cheese is golden brown (about 3-5 minutes).

Servings: 8-10

Pesto Tomato Garlic Toast

Ingredients:

- 2 garlic cloves
- ½ teaspoon salt
- 3 cups fresh basil leaves
- ½ cup extra-virgin olive oil
- ½ cup pine nuts (optional)
- 1 cup freshly grated parmesan cheese
- 1 - 2 tomatoes, diced
- 12 slices of French bread

Directions:

1. For pesto: Combine pine nuts (if desired), garlic and salt in a food processor or blender and process until finely chopped; Add basil and oil and process until smooth.
2. Put sliced bread in oven at 450° F for about 5 minutes until toasted.
3. Spread pesto on toasted bread.
4. Add about 1 TB of diced tomatoes.
5. Lastly, add about 1 TB of freshly grated parmesan cheese.

Servings: 12

Source: Delicious and Nutritious Garden Cookbook. Community Youth Garden at Discover Y Summer Camp

My Own Muffin Pizza

Ingredients:

- 2 TB pizza sauce
- ½ English muffin
- Assortment of veggies:
- We used:
- Chopped broccoli
- Shredded carrots
- Very finely diced onion
- Very finely diced garlic
- Sliced red or green bell pepper
- 2 TB, shredded, low-fat mozzarella or Cheddar cheese

Directions:

1. Preheat the oven to 450 F.
2. Spoon pizza sauce on English muffin.
3. Put English muffin on a cookie sheet.
4. Arrange vegetables over sauce.
5. Sprinkle with cheese (and oregano if desired).
6. Bake for 5-8 minutes, until cheese is golden

Servings: 1

Pucker Power

Refrigerator Pickles

Ingredients:

- 1 cup distilled white vinegar
- 2 tablespoon salt
- 2 cups white sugar
- 7 cups sliced cucumbers
- 1 cup sliced onions

Directions:

1. Soak cucumbers with salt and enough water to cover the slices.
2. In a medium saucepan over medium heat, bring vinegar, salt and sugar to a boil. Boil until the sugar has dissolved, about 10 minutes.
3. Drain cucumbers and place with onions in a large bowl. Pour the vinegar mixture over the vegetables.

Transfer to sterile containers and store in the refrigerator.

4. Cover and refrigerate at least 24 hours before serving. If desired, add garlic, dill, oregano, or hot pepper sauce.

Gnarly Noodle Salad

Ingredients:

- 2-3 cups fresh vegetables, such as:
 - Broccoli
 - Carrots
 - Cauliflower
- 1 medium red or green bell pepper chopped
- 2 TB fresh parsley
- ½ bottle (8 oz.) Italian dressing
- 1 TB Dijon style mustard (optional)
- ¼ teaspoon pepper
- 1 box Rotini noodles
- ½ cup shredded Parmesan cheese (optional)

Directions:

1. Cook noodles as directed on box.
2. Chop vegetables and add to a bowl with noodles.
3. Add chopped parsley, ½ bottle of Italian dressing, pepper, mustard and shredded Parmesan cheese if desired.
4. Mix together all ingredients and chill for 12-24 hrs.

Servings: 6-8

Colorful Kabobs

Ingredients:

- Any variety of fruit (we used:)
- Cantaloupe
- Watermelon
- Red and green grapes
- Also try berries, oranges, pineapple, kiwi, apples
- Bamboo skewers or toothpicks

Directions:

1. Cube or slice fruit, scoop out balls of melon.
2. Put fruit on skewer or toothpick and eat!

Servings: 1

Watermelon Pops

Ingredients:

- 2.5 cups watermelon, cut into cubes (about 6 oz)
- 1 cup strawberries, diced (or an additional 1 cup watermelon, diced)
- 3/4 cup plain Greek yogurt
- 2 Tbsp honey
- 1/2 tsp vanilla extract
- 1 tsp lemon juice

Instructions:

1. Combine everything into a blender. Blend until everything is well combined.
2. Pour frozen yogurt mixture into popsicle molds, stopping when almost full, (leaving a bit of room at the top to insert stick so they don't overflow). Insert sticks.

*Note: can use small Dixie cups or any flexible cup/mold

3. Freeze 4 hours or more, until popsicles are firm. To remove, run popsicle mold under hot water for about 10-15 seconds, or until popsicle becomes loose enough to remove from mold. Enjoy!

Apple Oatmeal

Makes 36 tastes at *1/4 cup each*

Ingredients:

- 3 large apples, cored
- 3 cups quick cooking oats
- 1/2 tablespoon ground cinnamon
- 3/8 teaspoon salt
- 5 1/4 cups 100% apple juice
- Small cups and spoons

Instructions

1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

Nutrition information per serving:

Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from:

Kids...Get Cookin'!, Network for a Healthy California—Children's Power Play! Campaign, 2009.

Asparagus Appetizer

Makes 36 servings at *2 tablespoons each*

Ingredients:

- 1 pound fresh baby asparagus, washed, trimmed at ends
- 1 (15-ounce) can black beans, drained and rinsed
- 6 tablespoons balsamic vinaigrette

Adapted from: *Tasting Trio Team, Network for a Healthy California, 2010.*

Instructions

1. Cut asparagus into one-inch pieces and place in large bowl.
2. Add black beans to the bowl.
3. Toss asparagus and beans with the vinaigrette until coated.
4. Place 2 tablespoons on paper tray. Serve immediately.

Nutrition information per serving:

Calories 20, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 64 mg

Roasted Vegetable Medley

Makes 4 servings. 1 cup per serving.

Cook time: 50 minutes

Ingredients:

- Nonstick cooking spray
- 1 cup chopped baby carrots
- 1 cup chopped eggplant
- 1 cup chopped asparagus
- 1 teaspoon vegetable oil
- 2 cloves garlic, chopped
- 4 teaspoons dried basil
- 1 cup chopped mushrooms
- 1 small zucchini, chopped

Instructions

1. Preheat oven to 450 F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
4. While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
5. Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
6. Add roasted vegetables to the pan and sauté 5 minutes more.

Nutrition information per serving:

Calories 20, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 64 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

Mandarin Beet Salad

Makes 32 servings at ¼ cup each

Ingredients:

- 4 cups canned beets, drained
- 2 cups canned mandarin oranges in 100% juice, drained (reserve ¼ cup juice)
- 2 cups of currants or raisins
- Paper plates and forks

Instructions

1. Combine beets, mandarins, currants, and ¼ cup of reserved juice in a bowl. Mix well.
2. Place ¼ cup scoops on paper plates. Serve immediately or chilled.

Source: Hawthorne School District, Network for a Healthy California, 2009.

Honey Gingered Fruit Salad

Makes 6 servings. *1 cup per serving.*

Prep time: 30 minutes

Ingredients:

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

Honey Ginger Sauce:

- $\frac{1}{3}$ cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey*
- $\frac{1}{8}$ teaspoon ground nutmeg
- $\frac{1}{8}$ teaspoon ground ginger

Instructions

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. refrigerate for at least 20 minutes. Serve chilled.

*Do not give honey to children under the age of one.

Nutrition information per serving:

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, cholesterol 0 mg, Sodium 4 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.

Zesty Asian Chicken Salad

Makes 4 servings. 1 cup per serving.

Prep time: 20 minutes

Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

Simmered Greens

Makes 32 servings at ½ cup each

Ingredients:

- ½ cup olive oil
- 4 cloves garlic, minced
- 4 onions, chopped
- 2 cups chopped green onion
- 4 cups low-sodium vegetable broth
- 4 cups tomato juice
- 4 pounds greens (mixture of kale, mustard, collard, and turnip greens)
- Salt and pepper

Instructions

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.

Nutrition information per serving:

Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

Instructions

1. In large pot, sauté garlic and onions in oil.
2. Add broth and juice. Bring to a boil.
3. Add greens and seasonings.
4. Cover and cook on low heat for 35 minutes or until tender. Serve warm.

Adapted from: Kids...Get Cookin'!, Network for a Healthy California, 2009.

Cabbage Confetti

Makes 36 tastes at $\frac{1}{4}$ cup each

Prep time: 5 minutes

Chill time: 30 minutes

Ingredients:

- 1 (10-ounce) package shredded raw green cabbage
- 1 (10-ounce) package shredded raw red cabbage
- 1 (20-ounce) can crushed pineapple 100% juice, drained (reserve $\frac{1}{4}$ cup juice)
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper

Rainbow Coleslaw

Makes 12 servings.

$\frac{1}{2}$ cup per serving.

Prep time: 15 minutes

Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- $\frac{1}{2}$ cup chopped yellow or red bell pepper
- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{2}$ cup chopped red onion
- $\frac{1}{2}$ cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- $\frac{1}{4}$ teaspoon celery seed (optional)
- $\frac{1}{2}$ cup lowfat Cheddar cheese, cubed

Instructions

1. In large bowl, mix green and red cabbage with pineapple and juice.
2. Add salt and pepper and gently toss until well coated. Refrigerate for at least 30 minutes.
3. Place $\frac{1}{4}$ cup of salad on small plates and serve.

Nutrition information per serving:

Calories 15, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: Tasting Trio Team, Network for a Healthy California, 2010.

Instructions

1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. Add cheese and serve chilled.

Nutrition information per serving:

Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

Supreme Mashed Potatoes

Makes 10 servings. $\frac{3}{4}$ cup per serving.

Total time: 55 minutes

Ingredients:

- 6 medium potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- $\frac{1}{2}$ cup low-sodium chicken broth
- 1 tablespoon butter

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2008.

Savory Greens

Makes 6 servings. 1 cup each.

Cook time: 30 minutes

Ingredients:

- 3 cups water
- $\frac{1}{4}$ pound skinless turkey breast
- $\frac{1}{4}$ cup chopped onion
- 2 cloves garlic, crushed
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{2}$ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

Instructions

1. Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
2. Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
3. Drain pot and keep 1 cup of the cooking liquid.
4. Mash potatoes, carrots, and garlic with a hand masher.
5. In a small pan, heat chicken broth and butter over medium heat until butter melts.
6. Slowly stir broth mixture into the mashed potatoes.
7. If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

Instructions

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

Nutrition information per serving:

Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2009.

Creole Green Beans

Makes 8 servings. *1 cup per serving.*

Cook time: 25 minutes

Ingredients:

- 2 teaspoons vegetable oil
- 2 small cloves garlic, chopped
- 1 (16-ounce) package frozen cut green beans
- 1 cup chopped red bell pepper
- 1 cup chopped tomatoes
- ½ cup chopped celery
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Instructions

1. Heat oil in large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 5 to 7 minutes.
4. Stir in rest of the ingredients and cook for another 5 to 7 minutes. Serve hot.

Nutrition information per serving:

Calories 35, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

Watermelon Salsa

Makes 8 servings. *½ cup per serving.*

Prep time: 15 minutes

Ingredients:

- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeno pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

Instructions

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving:

Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

Pico de Gallo

Ingredients:

Makes 36 tastes at $\frac{1}{4}$ cup each

- 3 pounds ripe tomatoes, chopped
- 4½ cups chopped onion
- 1 cup chopped fresh cilantro
- 3 small jalapeño peppers, seeds removed, chopped
- 6 tablespoons lime juice
- 6 cloves garlic, minced
- $\frac{3}{4}$ teaspoon salt
- Baked tortilla chips

Vegetable Quesadillas

Makes 4 servings. 1 quesadilla each.

Cook time: 15 minutes

Ingredients:

- Nonstick cooking spray
- $\frac{1}{2}$ cup chopped green bell pepper
- $\frac{1}{2}$ cup frozen corn, thawed
- $\frac{1}{2}$ cup sliced green onion
- $\frac{1}{2}$ cup chopped tomato
- 2 tablespoons chopped cilantro
- 4 (6-inch) flour tortillas
- $\frac{1}{2}$ cup shredded lowfat cheese

Instructions

1. Combine all ingredients (except chips) in a medium bowl.
2. Spoon into cups. Serve with chips.

Adapted from: *Healthy Latino Recipes, Network for a Healthy California*, 2008.

Instructions

1. Coat medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

Nutrition information per serving:

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California*, 2008.

Savory Grilled Fruit

Makes 8 servings. *½ plum each.*

Cook time: 8 minutes

Ingredients:

4 plums, halved and pitted

*Adapted from: Everyday Healthy Meals,
Network for a Healthy California, 2007.*

Instructions

1. Using covered barbeque grill, cook halved plums over medium, indirect heat for 4 minutes.
2. Turn over plums and cook for an additional 4 minutes.
3. Serve while hot.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

Herb Roasted Potatoes

Makes 36 tastes at *⅓ cup each*

Ingredients:

4 pounds potatoes

4 tablespoons olive oil

1 small bunch rosemary or thyme

1½ teaspoons salt

Small plates and napkins

*Adapted from: Kids Cook Farm-Fresh
Food, CDE, 2002.*

Instructions

1. Preheat oven to 450 F. Remove rosemary or thyme from stems.
2. Cut rinsed potatoes into quarters or smaller.
3. In large bowl, toss potatoes with oil, herbs, and salt.
4. Place in baking dish. Cover. Bake for 30 to 40 minutes or until done. Serve warm on plates.

Hint: If unable to cook in class, make alternate cooking arrangements.

Nutrition information per serving:

Calories 51, Carbohydrate 9 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 102 mg

Oven Wedge Fries

Makes 4 servings. 1 cup each.

Cook time: 25 minutes

Ingredients:

- Nonstick cooking spray
- 2 large russet potatoes, wedged
- 2 cloves garlic, finely chopped
- 1 teaspoon Italian herb seasoning mix
- 1 teaspoon chili powder or paprika

Adapted from: *Everyday Healthy Meals, Network for a Healthy California*, 2007.

Instructions

1. Preheat oven to 400 F. Spray cookie sheet with nonstick cooking spray. Place potato wedges on sheet.
2. In a small bowl, combine garlic with seasonings. Sprinkle $\frac{1}{2}$ of the mixture over top of potato wedges.
3. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
4. Bake for another 7 minutes or until wedges are brown and cooked through. Serve hot.

Nutrition information per serving:

Calories 146, Carbohydrate 33 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg

Pumpkin Dip

Makes 36 servings at $\frac{1}{8}$ cup each

Ingredients:

- 2 15-ounce cans 100% pumpkin
- 1 32-ounce container lowfat vanilla yogurt
- 6 apples, sliced
- Small paper cups and napkins

Instructions

1. In a large bowl, combine the pumpkin and yogurt.
2. Spoon 2 tablespoons of dip into cups.
3. Add 1 or 2 apple slices to each cup. Serve immediately.

Nutrition information per serving:

Calories 50, Carbohydrate 11 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg

Adapted from: *Network for a Healthy California*, 2012.

Pumpkin Bean Soup

Makes 6 servings. *1 cup per serving.*

Cook Time: 30 minutes

Ingredients:

- 1 can white beans, undrained
- 1 small onion, finely chopped
- 1 cup water
- 1 15-ounce can 100% pumpkin
- 1½ cups 100% apple juice
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg or ginger
- ½ teaspoon black pepper
- ¼ teaspoon salt

Instructions

1. In a blender, add beans, onion, and water. Blend until smooth.
2. In a large pot, add the pumpkin, juice, and spices. Stir well.
3. Add the blended bean mix to the pumpkin juices.
4. Cover and cook over low heat for 15-20 minutes. Serve warm.

Nutrition information per serving:

Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from: Pennsylvania Nutrition Education Network

Jicama Cucumber Salad

Ingredients:

Makes 24 tastes at *¼ cup each*

- 1 pound jicama, peeled and cut into ½-inch cubes
- 2 medium cucumbers, quartered, and sliced ¼-inch thick
- 1 fresh lime
- 3 teaspoons chili powder

Instructions

1. Combine jicama and cucumbers in a large bowl.
2. Squeeze lime juice over salad and mix well.
3. Sprinkle seasoning over salad and mix well. Serve immediately.

Adapted from: Hawthorne School District, 2009.

Spicy Apple-Filled Squash

Makes 4 servings.

1 wedge per serving.

Cook time: 70 minutes

Ingredients:

- 1 large acorn squash (about 1 pound)
- 1 cup water
- 2 teaspoons butter
- 1 large apple, cored, peeled, chopped
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅛ teaspoon nutmeg

Instructions

1. Preheat oven to 400 F.
2. Cut squash in half and scoop out seeds. Place squash, cut side down, in 13 x 9-inch dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While squash is baking, cook rest of the ingredients in a saucepan over medium heat for 8 minutes or until apple is crisp-tender.
5. Cut each squash half into two pieces and divide apple mixture equally among squash wedges. Return squash to oven. Bake 10 minutes more. Serve hot.

Nutrition information per serving:

Calories 99, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

Vegetable Kabobs & Dip

Ingredients:

Makes 32 tastes at 1 stick each

- 8 raw zucchini, sliced
- 8 raw yellow squash, sliced
- 4 tomatoes, cut into eighths
- 32 mushrooms, whole
- 2 cups lowfat vegetable dip
- 16 wooden kabob sticks, halved

Herbed Vegetable Combo

Makes 4 servings. ½ cup each.

Cook time: 10 minutes

Ingredients:

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper, cut into strips
- ¼ cup celery, cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ½ teaspoon garlic powder
- 1 medium tomato, cut into wedges

Instructions

1. Place zucchini, squash, tomatoes, and mushrooms on sticks, alternating colors.
2. Arrange on a tray and drizzle with vegetable dip. Serve with napkins.

Adapted from: *Network for a Healthy California*, 2009.

Instructions

1. Heat water in medium pan. Add zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp tender (about 4 minutes).
3. Sprinkle vegetables with seasonings. Top with tomatoes.
4. Cover again and cook over low heat until tomatoes are warm (about 2 minutes). Serve warm.

Nutrition information per serving:

Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg

Adapted from: *Everyday Health Meals*, *Network for a Healthy California*, 2007.

Banana Berry Smoothie

Makes 20 servings at $\frac{1}{4}$ cup each

Ingredients:

- 1 large banana, peeled
- 1 cup 1% lowfat or nonfat milk
- 1 cup 100% orange juice
- 2 cups unsweetened frozen berries (strawberries, blueberries, and/or blackberries)

Instructions

1. Place first three ingredients in blender container. Put lid on tightly and blend until smooth.
2. Add frozen berries and blend again.
3. Pour immediately into cups and serve.

Adapted from: Kids...Get Cookin', Network for a Healthy California—Children's Power Play! Campaign, 2009.

Sweet Potato Hash

Makes 6 servings. 1 cup per serving.

Cook time: 40 minutes

Ingredients:

- $\frac{1}{4}$ cup vegetable oil
- 2 cups frozen or fresh chopped bell peppers and onions
- 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

Instructions

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Nutrition information per serving:

Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.