



HEALTHY FAMILY RECIPES

Quick and easy to prepare...



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ORANGE BANANA	92
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THIN MINT	94



NUTRITION PER SERVING:

CALORIES	440
PROTEIN	29 G
CARBOHYDRATE	57 G
TOTAL FAT	12 G

PREP TIME:	30 MINUTES
COOK TIME:	00 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 WRAP

INGREDIENTS:

2	RIPE MANGOS (PEELED, PITTED, AND DICED)
1½ C	CHOPPED ROASTED CHICKEN BREAST
2	GREEN ONIONS (SLICED)
2 TBSP	FRESH BASIL (CHOPPED)
½	RED BELL PEPPER (CHOPPED)
1½ C	SHREDDED SAVOY OR NAPA CABBAGE
2	MEDIUM CARROTS (GRATED)
1/3 C	FAT-FREE CREAM CHEESE
3 TBSP	NATURAL CREAMY PEANUT BUTTER (UNSALTED)
2 TSP	LOW-SODIUM SOY SAUCE
4	WHOLE-WHEAT TORTILLAS (8")



ASIAN MANGO CHICKEN WRAPS

SWEET AND JUICY RIPE MANGOS ARE THE PERFECT BALANCE FOR THE SAVORY INGREDIENTS IN THIS ASIAN WRAP. DINNER'S READY IN 30 MINUTES, OR MAKE AHEAD FOR A TASTY PORTABLE LUNCH.

- 01 Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
- 02 In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
- 03 To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
- 04 To serve, cut each wrap in half.
- 05 If not serving immediately, refrigerate; keeps well overnight.





NUTRITION PER SERVING:

CALORIES	242
PROTEIN	21 G
CARBOHYDRATE	17 G
TOTAL FAT	10 G

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

YIELD: 4 SERVINGS

SERVING SIZE: 2 WRAPS, ¼ C SAUCE

FOR SAUCE:

- 1** SMALL JALAPENO CHILI PEPPER, RINSED AND SPLIT LENGTHWISE—RE MOVE SEEDS AND WHITE MEMBRANE, AND MINCE (ABOUT 1 TBSP); FOR LESS SPICE, USE GREEN BELL PEPPER
- 1 TBSP** GARLIC, MINCED (ABOUT 2–3 CLOVES)
- 3 TBSP** BROWN SUGAR OR HONEY
- ½ C** WATER
- ½ TBSP** FISH SAUCE
- 2 TBSP** LIME JUICE (OR ABOUT 2 LIMES)

FOR CHICKEN:

- 1 TBSP** PEANUT OIL OR VEGETABLE OIL
- 1 TBSP** GINGER, MINCED
- 1 TBSP** GARLIC, MINCED (ABOUT 2–3 CLOVES)
- 12 OZ** BONELESS, SKINLESS CHICKEN BREAST, CUT INTO THIN STRIPS
- 1 TBSP** LITE SOY SAUCE
- 1 TBSP** SESAME OIL (OPTIONAL)
- 1 TBSP** SESAME SEEDS (OPTIONAL)

FOR WRAP:

- 1** (SMALL) HEAD RED LEAF LETTUCE, RINSED, DRIED, AND SEPARATED INTO SINGLE LEAVES LARGE ENOUGH TO CREATE WRAP
- 8** FRESH BASIL LEAVES, WHOLE, RINSED AND DRIED
- 2 C** BOK CHOY OR ASIAN CABBAGE, RINSED AND SHREDDED
- 1 TBSP** SESAME SEEDS (OPTIONAL)



ASIAN-STYLE CHICKEN WRAPS

DELICIOUS FINGER FOOD THAT'S JUST AS HEALTHY AS IT IS FUN TO EAT

- 01** To prepare the sauce, add all ingredients to a saucepan, and bring to a boil over high heat. Remove from heat, and let sit in hot saucepan for 3–5 minutes. Chill in refrigerator for about 15 minutes, or until cold.
- 02** Prepare the chicken by heating oil in a large wok or sauté pan. Add ginger and garlic, and stir fry briefly until cooked, but not browned, about 30 seconds to 1 minute.
- 03** Add chicken, and continue to stir fry for 5–8 minutes.
- 04** Add soy sauce, sesame oil (optional), and sesame seeds (optional), and return to a boil. Remove from the heat, and cover with lid to hold warm in hot sauté pan.
- 05** Assemble each wrap: Place one red lettuce leaf on a plate, then add ½ cup chicken stir-fry, 1 basil leaf, and ¼ cup shredded cabbage and fold together. Serve two wraps with ¼ cup sauce.



Children can help fill the wraps and mix the sauce.



NUTRITION PER SERVING:

CALORIES	600
PROTEIN	16.2 G
CARBOHYDRATE	5 G
TOTAL FAT	6 G

PREP TIME:	5 MINUTES
COOK TIME:	10 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 PORTION

INGREDIENTS:

4 PORTIONS	COD FISH
½ TSP	SALT
¼ TSP	BLACK PEPPER
¼ C	SOFTENED BUTTER
2 TBSP	FRESHLY GRATED PARMESAN CHEESE
1 TBSP	ALL-PURPOSE FLOUR
3 CLOVES	GARLIC MINCED
1 TSP	DRIED BASIL
½ TSP	ONION POWDER
1 TSP	DIJON MUSTARD
1	LEMON JUICED

ADDITIONAL LEMON SLICES OR WEDGES FOR SERVING



BAKED LEMON COD

SUPER QUICK AND EASY BAKED COD FISH IS SMOTHERED IN A LEMON GARLIC PARMESAN MIXTURE. THIS MAKES FOR AN EASY AND DELICIOUS DINNER THAT EVEN YOUR KIDS WILL LOVE!

- 01 Preheat oven to 400 degrees F and lightly grease a 9x13 baking dish.
- 02 Lay cod fish filets out in the prepared baking dish. Season fish with salt and pepper.
- 03 In a small bowl, stir together the butter, parmesan, flour, garlic, basil, onion powder, dijon mustard, and lemon juice.
- 04 Top each fillet with a large spoonful of the butter mixture.
- 05 Bake in the preheated oven for about 10 minutes. Actual cooking time will depend on the thickness of your fish. The fish is done when it flakes easily with a fork.





NUTRITION PER SERVING:

CALORIES	324
PROTEIN	25 G
CARBOHYDRATE	30 G
TOTAL FAT	11 G

PREP TIME:	15-20 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 EGG ROLLS

1	TBSP VEGETABLE OIL
2 TSP	SESAME OIL (OPTIONAL)
2 TSP	GINGER, MINCED (OR ½ TSP DRIED)
1	GARLIC, MINCED (ABOUT 2 CLOVES)
2 C	CABBAGE (NAPA OR CHINESE), RINSED AND SHREDDED
2 C	CARROTS, PEELED AND SLICED THINLY ON AN ANGLE (JULIENNED)
1	GRILLED BONELESS, SKINLESS CHICKEN BREAST, CUT INTO STRIPS (ABOUT 4 SMALL BREASTS) (LEFTOVER FRIENDLY)
2 TSP	LITE SOY SAUCE
2 TSP	PHYLLO DOUGH SHEETS
NONSTICK COOKING SPRAY	



BAKED EGGROLLS

PHYLLO DOUGH MAKES THESE EGG ROLLS EASY TO ROLL —TRY WITH A SIDE OF WIKI (FAST) RICE

- 01 Preheat oven to 400 °F
- 02 Heat vegetable and sesame oils in a large wok or sauté pan over medium heat.
- 03 Add ginger and garlic. Stir fry quickly, about 30–45 seconds.
- 04 Add cabbage and carrots. Continue stir frying until the cabbage is soft, about 2–3 minutes.v
- 05 Add chicken and soy sauce. Toss well and heat through.
- 06 Remove mixture from the pan, and place in a large colander to drain.
- 07 To assemble eggrolls, cover layers of phyllo with a damp cloth to stay moist. Place one sheet of phyllo dough on a cutting board. Spray it lightly with cooking spray. Top with another layer of phyllo dough, and spray again. Repeat for a total of four layers. Prepare a second stack with the remaining four layers.
- 08 Cut layered dough into four squares. Divide filling evenly (about 1 cup portions) into the center of each stack of squares. Fold one corner of the square into the middle (on top of the filling). Fold in the two sides, and roll the eggroll over so the folded parts are on the bottom.
- 09 Place the rolls on a nonstick baking sheet, and bake for 15–20 minutes, or until brown and crisp and chicken is reheated. Serve immediately.



NUTRITION PER SERVING:

CALORIES	232
PROTEIN	18 G
CARBOHYDRATE	25 G
TOTAL FAT	7 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 PORK CHOP, ¼ C SAUCE, 2 ORANGE SEGMENTS

FOR PORK CHOPS:

4	BONELESS PORK CHOPS (ABOUT 3 OZ EACH)
¼ TSP	GROUND BLACK PEPPER MEDIUM
1	ORANGE, RINSED, FOR ¼ TSP ZEST (USE A GRATER TO TAKE A THIN LAYER OF SKIN OF THE ORANGE;
½ TBSP	SAVE THE ORANGE FOR GARNISH)

FOR SAUCE:

¼ C	LOW-SODIUM CHICKEN BROTH
1	1 MEDIUM APPLE, PEELED AND GRATED (ABOUT 1 C) (USE A GRATER TO MAKE THIN LAYERS OF APPLE)
½	CINNAMON STICK OR 1/8 TSP GROUND CINNAMON
1	BAY LEAF
½ C	DRIED CRANBERRIES OR RAISINS
½ C	100 PERCENT ORANGE JUICE



BAKED PORK CHOPS WITH APPLE CRANBERRY SAUCE

...A WONDERFUL FRUIT SAUCE ADDS THE PERFECT TOUCH TO THESE PORK CHOPS—TRY SERVING WITH A SIDE OF BROWN RICE AND STEAMED BROCCOLI

- 01 Preheat oven to 350 °F.
- 02 Season pork chops with pepper and orange zest.
- 03 In a large sauté pan, heat olive oil over medium heat. Add pork chops, and cook until browned on one side, about 2 minutes. Turn over and brown the second side, an additional 2 minutes. Remove pork chops from the pan place them on a nonstick baking sheet, and put in the oven to cook for an additional 10 minutes (to a minimum internal temperature of 160 °F).
- 04 Add chicken broth to the sauté pan and stir to loosen the flavorful brown bits. Set aside for later.
- 05 Meanwhile, place grated apples, cinnamon stick, and bay leaf in a small saucepan. Cook over medium heat until the apples begin to soften.
- 06 Peel the orange used for the zest, and cut it into eight sections for garnish.
- 07 Serve one pork chop with ¼ cup of sauce and two orange segments.

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NUTRITION PER SERVING:

CALORIES	247
PROTEIN	29 G
CARBOHYDRATE	10 G
TOTAL FAT	8 G

PREP TIME:	10 MINUTES
COOK TIME:	12 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6TH BOWL
SERVINGS:	6

INGREDIENTS:

1 TBSP	OLIVE OIL
1	GREEN BELL PEPPER, CHOPPED
1	YELLOW ONION, CHOPPED
1½ LBS	SKINLESS, BONELESS CHICKEN THIGHS, CUT INTO 1-INCH PIECES
½ TSP	SEA SALT
¼ TSP	BLACK PEPPER
3	SLICES NITRATE-FREE BACON, CHOPPED
1 TBSP	MINCED GARLIC
½ C	WHITE WINE
1 CAN (15OZ)	DICED TOMATOES
1/3 CUP	WATER
1 TSP	DRIED OREGANO
1 TSP	GROUND CUMIN
1 TSP	DRIED THYME
2 TSP	HOT SAUCE
½ LB	FRESH GREEN BEANS, TRIMMED AND CUT INTO 1-INCH PIECES



CREOLE DINNER

- 01 Place a large skillet over medium-high heat. Add the olive oil, bell pepper and onion. Cook, stirring often, for 5 minutes or until tender. Transfer to a bowl.
- 02 Add the chicken to the skillet and generously season with salt and pepper. Cook, stirring occasionally, until browned. Add the bacon and garlic and cook for 5 minutes.
- 03 Add the wine and cook for 2 minutes. Stir in the tomatoes, water, bell pepper mixture, oregano, cumin, thyme and hot sauce. Bring to a boil.
- 04 Add the green beans, reduce the heat to low and simmer, covered, for 15 minutes. Enjoy!





NUTRITION PER SERVING:

CALORIES	248
PROTEIN	20 G
CARBOHYDRATE	36 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	12 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 CHICKEN STRIPS, ¼ C SAUCE

FOR CHICKEN:

½ TSP	REDUCED-SODIUM CRAB SEASONING (OR SUBSTITUTE ¼ TSP PAPRIKA AND ¼ TSP GARLIC POWDER FOR A SODIUM-FREE ALTERNATIVE)
¼ TSP	GROUND BLACK PEPPER
1 TBSP	WHOLE-WHEAT FLOUR
12 OZ	BONELESS, SKINLESS, CHICKEN BREAST, CUT INTO 12 STRIPS
2 TBSP	FAT-FREE (SKIM) MILK
1	EGG WHITE (OR SUBSTITUTE 2 TBSP EGG WHITE SUBSTITUTE)
3 C	CORNFLAKE CEREAL, CRUSHED

FOR SAUCE:

¼ C	KETCHUP
¼ C	100 PERCENT ORANGE JUICE
¼ C	BALSAMIC VINEGAR
2 TBSP	HONEY
2 TSP	DELI MUSTARD
1 TSP	WORCESTERSHIRE SAUCE



CRUNCHY CHICKEN FINGERS WITH TANGY DIPPING SAUCE

TRY THIS FAMILY CLASSIC, MADE HEALTHIER WITH
BAKED CHICKEN AND A YUMMY DIPPING SAUCE

- 01 Preheat oven to 400 °F.
 - 02 Mix crab seasoning, pepper, and flour in a bowl.
 - 03 Add chicken strips, and toss well to coat evenly.
 - 04 Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
 - 05 Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
 - 06 Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165 °F).
 - 07 Meanwhile, prepare the sauce by combining all ingredients and mixing well.
 - 08 Serve three chicken strips with ¼ cup dipping sauce.
- ✓ Younger children can crush the cornflakes. Older children can dredge the chicken through the coating and mix the tangy sauce.



NUTRITION PER SERVING:

CALORIES	373
PROTEIN	27 G
CARBOHYDRATE	60 G
TOTAL FAT	4 G

PREP TIME: 10 MINUTES
(20 minutes w. homemade salsa)

COOK TIME: 10 MINUTES

YIELD: 4 SERVINGS

SERVING SIZE: 1 STUFFED PITA HALF
¼ C TANGY SALSA

FOR PITAS:

2 (6½-INCH) WHOLE-WHEAT PITAS
1 C TANGY SALSA (SEE RECIPE)

FOR FILLING:

2 C CANNED LOW-SODIUM BLACK BEANS, RINSED

2 C FROZEN BROCCOLI, CORN, AND PEPPER VEGETABLE MIX, THAWED (LEFTOVER FRIENDLY)

2 C GRILLED BONELESS, SKINLESS CHICKEN BREAST, DICED (ABOUT 4 SMALL BREASTS)

½ C SHREDDED LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE

1 TBSP FRESH CILANTRO, RINSED, DRIED, AND CHOPPED (OR SUBSTITUTE 1 TSP DRIED CORIANDER)

2 TBSP SCALLIONS (GREEN ONIONS), RINSED AND CHOPPED (OR SUBSTITUTE RED ONIONS)



EMPAÑAPITA

SIMILAR TO A SPANISH EMPAÑADA, THIS EMPAÑA“PITA” USES PITA BREAD FOR THE SHELL

- 01 Preheat oven to 400 °F
- 02 Combine beans, vegetables, chicken, cheese, and seasonings. Mix well.
- 03 Cut pitas in half, and open the pockets. Divide filling evenly between the four halves (about 1½ cups each).
- 04 Place pitas on a nonstick baking sheet, and bake for about 10 minutes until the filling is hot, cheese melts, and chicken is reheated.
- 05 Serve each empañapita with ¼ cup of Tangy Salsa.

✓ **Note:** If you can't find beans labeled “low sodium,” compare the Nutrition Facts panels to and the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.

Children can help stuff ingredients into the pita pockets.





NUTRITION PER SERVING:

CALORIES	241
PROTEIN	26 G
CARBOHYDRATE	13 G
TOTAL FAT	9 G

PREP TIME:	15 MINUTES
COOK TIME:	60 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 OF TOTAL RECIPE

INGREDIENTS:

1½ POUNDS	LEAN GROUND BEEF
1 MED	WHITE ONION DICED
2 CLOVES	GARLIC
3 TBSP	CHILI POWDER
1 TSP	GROUND CUMIN
1 TSP	SALT
1 TSP	BLACK PEPPER
1 (14.5 OUNCE CAN)	BEEF BROTH
2 (15 OUNCE CANS)	RED KIDNEY BEANS RINSED
1 (14.5 OUNCE CAN)	DICED TOMATOES
2 (4.5 OUNCE CANS)	GREEN CHILIES
2/3 CUP	FINELY CRUSHED TORTILLA CHIPS
SHREDDED	CHEESE, CILANTRO, SOUR CREAM FOR SERVING



EZ CLASSIC CHILI

- 01 Heat a large pot over medium high heat. Add ground beef and cook until browned, about 5 minutes. After 5 minutes add in the onion and saute 3-5 minutes until tender. Drain any excess grease.
- 02 Add the garlic, chili powder, cumin, salt, and pepper and saute 1 minute more.
- 03 Stir in the beef broth, tomatoes, beans, and green chilies.
- 04 Bring to a boil. Reduce heat to low and let simmer, covered, 45-60 minutes, stirring every 10 minutes.
- 05 Remove the lid and stir in the tortilla chips. Let rest for 10 minutes, uncovered, to thicken.
- 06 Serve topped with cheese, cilantro, sour cream, and more tortilla chips as desired.





NUTRITION PER SERVING:

CALORIES	407
PROTEIN	22 G
CARBOHYDRATE	66 G
TOTAL FAT	8 G

PREP TIME:	10 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 CUPS RICE AND CHICKEN

1 TBSP	VEGETABLE OIL
1 TSP	GARLIC, MINCED (ABOUT 2 CLOVES)
1 C	NO-SALT-ADDED DICED TOMATOES, WITH JUICE DRAINED
4 C	ASSORTED VEGETABLES (OR A 1-LB BAG FROZEN MIXED VEGETABLES) (LEFTOVER FRIENDLY)
2 C	COOKED BROWN RICE (LEFTOVER FRIENDLY)
1 C	COOKED BONELESS, SKINLESS CHICKEN BREAST, DICED (LEFTOVER FRIENDLY)
¼ C	SAUCE FROM HAWAIIAN HULI HULI CHICKEN (SEE RECIPE)
1 TBSP	LITE SOY SAUCE
½ TBSP	SESAME OIL



“FRIED” RICE AND CHICKEN

USE LEFTOVERS FROM THE HAWAIIAN HULI HULI CHICKEN TO MAKE THIS QUICK AND EASY WEEKNIGHT MEAL

- 01 Heat oil in a large wok or sauté pan.
 - 02 Add garlic, and cook over medium heat until soft, but not browned, about 1 minute.
 - 03 Add tomatoes, and continue to cook until they become slightly dry, about 5 minutes.
 - 04 Add vegetables, and cook until heated through, about 3–5 minutes.
 - 05 Add rice and chicken. Toss well, and cook until heated through, about 5–7 minutes.
 - 06 Add soy sauce and sesame oil. Toss to incorporate, and serve.
- ✓ **Note:** Substitute cooking spray for vegetable oil and save calories and fat.



NUTRITION PER SERVING:

CALORIES	193
PROTEIN	21 G
CARBOHYDRATE	10 G
TOTAL FAT	7 G

PREP TIME:	5 MINUTES
COOK TIME:	10 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

2 TBSP BUTTER MELTED

2 TBSP HONEY

½ LEMON JUICED

2 TSP SOY SAUCE

½ TSP PEPPER

2 CLOVES GARLIC MINCED

1 POUND FRESH HALIBUT FILET



GRILLED HALIBUT

EASY TO MAKE GRILLED HALIBUT WITH HONEY AND LEMON -- DELICIOUS AND HEALTHY FOR THE WHOLE FAMILY AND FRIENDS.

- 01 In a small mixing bowl, combine the butter, honey, lemon juice, soy sauce, pepper, and garlic.
- 02 Portion your halibut by cutting it with a sharp knife into 3 or 4 pieces. A serving size of fish is 3 to 6 oz so portion it depending on the particular size of your filet. Brush both sides of each with the liquid mixture.
- 03 Heat pan until it is sizzling hot (a drop of water sizzles and immediately evaporates when it hits the pan). Sear the halibut for 90 seconds on each side. Reduce the heat to medium and cook each side for an additional 2-3 minutes, until the fish can be easily flaked with a fork.





NUTRITION PER SERVING:

CALORIES	180
PROTEIN	25 G
CARBOHYDRATE	17 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	50-55 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 SLICES MEATLOAF

FOR MEATLOAF:

2 C	ASSORTED VEGETABLES, CHOPPED— SUCH AS MUSHROOMS, ZUCCHINI, RED BELL PEPPERS, OR SPINACH (LEFTOVER FRIENDLY)
12 OZ	99 PERCENT LEAN GROUND TURKEY
½ C	WHOLE-WHEAT BREADCRUMBS (OR SUBSTITUTE REGULAR BREADCRUMBS)
¼ C	FAT-FREE EVAPORATED MILK
¼ TSP	GROUND BLACK PEPPER
2 TBSP	KETCHUP
1 TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
NONSTICK COOKING SPRAY	

FOR GLAZE:

1 TBSP	KETCHUP
1 TBSP	HONEY
1 TBSP	DIJON MUSTARD



GARDEN TURKEY MEATLOAF

... THIS CLASSIC FAMILY FAVORITE IS MADE HEALTHIER WITH LEAN GROUND TURKEY AND COLORFUL GARDEN VEGETABLES

- 01 Preheat oven to 350 °F.
- 02 Steam or lightly sauté the assortment of vegetables.
- 03 Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well. Spray a loaf pan with cooking spray, and spread meatloaf mixture evenly in the pan.
- 04 Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
- 05 Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).
- 06 Let stand for 5 minutes before cutting into eight even slices.

Tip: For picky eaters, try chopping vegetables in a food processor to make them smaller (and "hidden").





NUTRITION PER SERVING:

CALORIES	156
PROTEIN	18 G
CARBOHYDRATE	16 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 SKEWERS

2 C	BONELESS, SKINLESS CHICKEN BREAST, CUT INTO 1-INCH CUBES (24 CUBES) (ABOUT 2 LARGE BREASTS)
1 C	FRESH PINEAPPLE, DICED (24 PIECES) (OR CANNED PINEAPPLE CHUNKS IN JUICE)
8	6-INCH WOODEN SKEWERS

FOR SAUCE:

2 TBSP	KETCHUP
2 TBSP	LITE SOY SAUCE
2 TBSP	HONEY
2 TSP	ORANGE JUICE
1 TSP	GARLIC, MINCED (ABOUT 1 CLOVE)
1 TSP	GINGER, MINCED



HAWAIIAN HULI HULI CHICKEN

SO MUCH FUN TO EAT THAT YOUR CHILDREN WON'T KNOW IT'S HEALTHY TOO...!

- 01 Preheat a broiler or grill on medium-high heat.
- 02 Thread three chicken cubes and three pineapple chunks alternately on each skewer.
- 03 Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.
- 04 Grill skewers for 3–5 minutes on each side. Brush or spoon sauce (from the bowl that wasn't set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step.
- 05 To prevent chicken from drying out, finish cooking skewers in a 350 °F oven immediately after grilling (to a minimum internal temperature of 165 °F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before serving.

Note: Skewers have sharp edges, so monitor younger children while eating, or take the chicken off the skewers for them.





NUTRITION PER SERVING:

CALORIES	304
PROTEIN	23 G
CARBOHYDRATE	31 G
TOTAL FAT	10 G

PREP TIME: 10 MINUTES
(15 minutes with homemade sauce)

COOK TIME: 35 MINUTES
(50 minutes with homemade sauce)

YIELD: 8 SERVINGS
SERVING SIZE: 1 SQUARE

- 10** 6-INCH CORN TORTILLAS
- 2 C** CANNED LOW-SODIUM BLACK BEANS, RINSED
- 4 C** SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE ON PAGE 54)
(LEFTOVER FRIENDLY)
- 1½ C** MONTEREY JACK CHEESE, GRATED
- 1 BAG** (10 OZ) BABY SPINACH LEAVES, RINSED
- 2 C** GRILLED CHICKEN, DICED (LEFTOVER FRIENDLY)
- 2 TBSP** FRESH CILANTRO, RINSED, DRIED, AND CHOPPED (OR SUBSTITUTE 1 TBS DRIED CORIANDER)

NONSTICK COOKING SPRAY



MEXICAN LASAGNA

THIS FESTIVE TWIST ON LASAGNA—AND A QUICK WEEKNIGHT MEAL—WILL MAKE YOUR FAMILY CHEER “OLÉ!”

- 01** Preheat oven to 400 °F.
- 02** Lightly spray a 9- by 13-inch baking pan with cooking spray. Place two to three corn tortillas on the bottom, trimming as necessary for a good fit.
- 03** Add beans, 1 cup tomato sauce, and ½ cup grated cheese. Top with two to three more corn tortillas.
- 04** Add 1 cup tomato sauce, spinach, and ½ cup cheese. Top with two more corn tortillas.
- 05** Add chicken and 1 cup tomato sauce. Top with two more corn tortillas.
- 06** Add 1 cup tomato sauce, ½ cup cheese, and cilantro.
- 07** Bake for 30 minutes, or until the cheese is melted and browned and chicken is reheated.
- 08** Let stand for 5 minutes. Cut into eight even squares, and serve.

Note: If you can't find beans labeled “low sodium,” compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.



Children can help layer the “lasagna” ingredients.



NUTRITION PER SERVING:

CALORIES	373
PROTEIN	27 G
CARBOHYDRATE	60 G
TOTAL FAT	4 G

PREP TIME:	40 MINUTES
COOK TIME:	10 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	¼ OF THE BAKING DISH OR 1 INDIVIDUAL BOWL (ABOUT 1 C POTATOES AND 2 C CHICKEN AND VEGETABLES)

FOR POTATOES:

1 LB	RUSSET POTATOES (OR OTHER WHITE BAKING POTATOES), RINSED, PEELED, AND CUBED INTO ½-INCH TO ¾-INCH PIECES
¼ C	LOW-FAT PLAIN YOGURT (OR LOW-FAT SOUR CREAM)
½ C	FAT-FREE MILK, HOT
¼ C	SALT
¼ TSP	GROUND BLACK PEPPER
1 TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

FOR FILLING:

4 C	MIXED COOKED VEGETABLES—SUCH AS CARROTS, CELERY, ONIONS, BELL PEPPERS, MUSHROOMS, OR PEAS (OR A 1-LB BAG FROZEN MIXED VEGETABLES) (LEFTOVER FRIENDLY)
2 C	LOW-SODIUM CHICKEN BROTH
1 C	QUICK-COOKING OATS
1 C	GRILLED OR ROASTED CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS) (LEFTOVER FRIENDLY)
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
¼ TSP	GROUND BLACK PEPPER
NONSTICK COOKING SPRAY	



SHEPHERD'S PIE

LEFTOVER CHICKEN AND VEGETABLES MAKE THIS CLASSIC DISH QUICK AND EASY TO PREPARE

- 01 Place potatoes in a medium saucepan, and add enough cold water to cover by 1 inch. Bring to a boil, and simmer gently until the potatoes can be easily pierced with a fork, about 20 to 30 minutes.
- 02 While the potatoes are cooking, begin to prepare the filling. Combine the vegetables, chicken broth, and oats in a medium saucepan. Bring to a boil, and simmer gently until the oatmeal is cooked, about 5–7 minutes. Add chicken, and continue to simmer until heated through. Season with parsley and pepper. Hold warm until potatoes are ready.
- 03 When potatoes have about 5 minutes left to cook, preheat the oven to 450 °F.
- 04 When the potatoes are done, drain and dry them well, then mash with a potato masher or big fork.
- 05 Immediately add the yogurt, hot milk, and salt to the potatoes. Stir well until smooth. Season with pepper and chives.
- 06 Lightly spray an 8- by 8-inch square baking dish, or four individual 4-inch ceramic bowls, with cooking spray. Place filling in the bottom of prepared dish (about 2 cups each for individual bowls). Carefully spread potato mixture on top of the chicken and vegetables (about 1 cup each for individual bowls) so they remain in two separate layers.
- 07 Bake in the preheated oven for about 10 minutes, or until the potatoes are browned and chicken is reheated (to a minimum internal temperature of 165 °F). Serve immediately.



NUTRITION PER SERVING:

CALORIES	221
PROTEIN	23 G
CARBOHYDRATE	21 G
TOTAL FAT	6 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 OZ CHICKEN, 1 C VEGETABLES

1 BAG	(12 OZ) FROZEN VEGETABLE STIR-FRY
1 TBSP	PEANUT OIL OR VEGETABLE OIL
1 TBSP	GINGER, MINCED
1 TBSP	GARLIC, MINCED (ABOUT 2–3 CLOVES)
1 TBSP	SCALLIONS (GREEN ONIONS), RINSED AND MINCED
2 TBSP	RICE VINEGAR
1 TBSP	ASIAN HOT CHILI SAUCE
2 TBSP	BROWN SUGAR
1 TBSP	CORNSTARCH
1 C	LOW-SODIUM CHICKEN BROTH
12 OZ	BONELESS, SKINLESS CHICKEN BREAST, CUT INTO THIN STRIPS
1 TBSP	LITE SOY SAUCE



SWEET-AND-SOUR CHICKEN

SWEET AND SOUR FLAVORS MAKE A WINNING COMBINATION IN THIS HEALTHIER VERSION OF A POPULAR CHINESE DISH

- 01 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 6.
- 02 Heat oil in a large wok or sauté pan over medium heat. Add ginger, garlic, and scallions, and stir fry until cooked, but not browned, about 2–3 minutes.
- 03 Add the rice vinegar, chili sauce, and brown sugar to the pan, and bring to a simmer.
- 04 In a bowl, mix cornstarch with chicken broth, and add to the pan. Bring to a boil over high heat, stirring constantly. Lower heat to a gentle simmer.
- 05 Add chicken, and stir continually for 5–8 minutes.
- 06 Add vegetables, and mix gently. Simmer with lid on to reheat, about 2 minutes.
- 07 Add soy sauce, and mix gently.
- 08 Divide into four even portions, and serve.

Tip: Try serving with a side of steamed rice.



Chili sauce may be too spicy for children—consider adding this ingredient individually at the table



NUTRITION PER SERVING:

CALORIES	453
PROTEIN	13 G
CARBOHYDRATE	57 G
TOTAL FAT	18 G

PREP TIME:	5 MINUTES
COOK TIME:	10 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 YIELD

INGREDIENTS:

1 POUND ANGEL HAIR PASTA

½ C UNSALTED BUTTER

2 GARLIC CLOVES PEELED AND HALVED

½ C FRESHLY GRATED PARMESAN CHEESE

OPTIONAL MINCED CHIVES OR PARSLEY, FOR GARNISH



BROWN BUTTER GARLIC PASTA

NUTTY BROWN BUTTER IS INFUSED WITH GARLIC IN THIS INCREDIBLY EASY PASTA SIDE DISH. BROWN BUTTER GARLIC ANGEL HAIR PASTA IS A QUICK AND VERSATILE SIDE DISH THAT YOU'LL USE AGAIN AND AGAIN.

- 01 Cook pasta in salted water according to package directions.
- 02 Meanwhile, melt butter in a small saucepan over medium heat. Add in garlic cloves. Continue cooking over medium heat until butter foams, giving the pan a good occasional swirl. Once butter foams keep a close eye on it. The color will change from yellow to tan and then to brown. Once it reaches brown, remove it from the heat immediately and pour over the cooked pasta, discarding the garlic cloves.
- 03 Stir in parmesan cheese until melted. Serve hot with some minced chives or parsley.





NUTRITION PER SERVING:

CALORIES	421
PROTEIN	36 G
CARBOHYDRATE	49 G
TOTAL FAT	10 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 C PASTA, 1 C SAUCE, 1½ TBSP FETA

2 C	DRY WHOLE-WHEAT BOWTIE PASTA (FARFALLE) (8 OZ)
1 TBSP	OLIVE OIL
1 TSP	GARLIC, MINCED (ABOUT ½ CLOVE)
8 OZ	WHITE BUTTON MUSHROOMS, RINSED AND CUT INTO QUARTERS
4 C	COOKED BROCCOLI FLORETS (OR A 1-LB BAG FROZEN BROCCOLI, THAWED)
1 C	GRILLED BONELESS, SKINLESS CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS) (LEFTOVER FRIENDLY)
2 C	LOW-SODIUM CHICKEN BROTH
1	MEDIUM LEMON, RINSED, FOR 1 TBSP ZEST
1 TSP	JUICE (USE A GRATER TO TAKE A THIN LAYER OF SKIN OFF THE LEMON; SQUEEZE JUICE AND SET ASIDE)
2 OZ	REDUCED-FAT FETA CHEESE, DICED



BOWTIE PASTA WITH CHICKEN, BROCCOLI, AND FETA

THIS YUMMY DISH PROVIDES A TASTY WAY TO GET YOUR CHILDREN TO EAT BROCCOLI

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add pasta, and cook according to package directions. Drain.
- 03 Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
- 04 Add mushrooms and heat until lightly browned and soft
- 05 Add broccoli, diced chicken, and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
- 06 Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3–4 minutes.
- 07 Add lemon zest and juice, and toss gently.
- 08 Serve 2 cups of pasta and sauce per portion. Top each portion with 1½ table spoons feta cheese.



If your children do not like feta cheese, try serving with parmesan or mozzarella cheese on top.



NUTRITION PER SERVING:

CALORIES	329
PROTEIN	13 G
CARBOHYDRATE	59 G
TOTAL FAT	6 G

PREP TIME:	5 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 C PASTA AND VEGETABLES

2 C DRY WHOLE-WHEAT BOWTIE PASTA
(FARFALLE) (8 OZ)

1 TBSP OLIVE OIL

1 TSP GARLIC, MINCED (ABOUT 1 CLOVE)

1 BAG (16 OZ) FROZEN PEAS AND CARROTS

2 C LOW-SODIUM CHICKEN BROTH

2 TBSP CORNSTARCH

1 TBSP FRESH PARSLEY, RINSED, DRIED,
AND CHOPPED (OR 1 TSP DRIED)

1 MEDIUM LEMON, RINSED, FOR 1 TSP
ZEST (USE A GRATER TO TAKE A THIN
LAYER OF SKIN OF THE LEMON)

¼ TSP GROUND BLACK PEPPER



BUTTONS AND BOWS PASTA

THIS LIGHT AND LEMON-Y MEAL IS A REFRESHING CHANGE TO THE SAME OLD PASTA

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add pasta, and cook according to package directions. Drain.
- 03 Meanwhile, heat olive oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.
- 04 Add peas and carrots. Cook gently until the vegetables are heated through.
- 05 In a bowl, combine chicken broth and cornstarch. Mix well. Add to pan with vegetables, and bring to a boil. Simmer gently for 1 minute.
- 06 Add parsley, pasta, lemon zest, and pepper. Toss gently, and cook until the pasta is hot.
- 07 Serve 2 cups of pasta and vegetables per portion.

Note: Substitute cooking spray for olive oil and save calories and fat.



Children can help measure the dry pasta and mix ingredients together



NUTRITION PER SERVING:

CALORIES	486
PROTEIN	33 G
CARBOHYDRATE	56 G
TOTAL FAT	11 G

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 4 SERVINGS

SERVING SIZE: 2 C PASTA AND VEGETABLES

2 C DRY WHOLE-WHEAT PENNE PASTA (8 OZ)

1 TBSP OLIVE OIL

1 TSP GARLIC, MINCED (ABOUT ½ CLOVE)

8 OZ WHITE BUTTON MUSHROOMS, RINSED AND CUT INTO QUARTERS

½ BAG (8 OZ BAG) SUNDRIED TOMATO HALVES, CUT INTO THIN STRIPS

½ JAR (8 OZ JAR) ARTICHOKE HEARTS IN WATER, DRAINED, CUT INTO QUARTERS

2 C LOW-SODIUM BEEF BROTH

2 TBSP CORNSTARCH

12 OZ STIR-FRY PORK STRIPS, SLICED INTO 12 STRIPS (OR, SLICE 3 4-OZ BONE LESS PORK CHOPS INTO THIN STRIPS)

¼ C FAT-FREE EVAPORATED MILK

2 TBSP FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 2 TSP DRIED)



MEDITERRANEAN PORK PENNE

IF THIS DISH ISN'T SIMPLE ENOUGH FOR YOUR CHILDREN, SEE THE TIP BELOW FOR SERVING "TWO WAYS"

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add pasta, and cook according to package directions. Drain. (Set plain pasta aside for picky eaters—see Healthy Eating Two Ways suggestion below.)
- 03 Meanwhile, heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
- 04 Add mushrooms, and cook over medium heat until the mushrooms are soft and lightly browned.
- 05 Add sundried tomatoes and artichoke hearts. Toss gently to heat.
- 06 In a separate bowl, combine beef broth and cornstarch. Mix well.
- 07 Add broth mixture to the pan, and bring to a boil.
- 08 Add pork strips, evaporated milk, and parsley, and bring to a boil. Simmer gently for 3–5 minutes (to a minimum internal temperature of 160 °F).
- 09 Add pasta, and toss well to mix.
- 10 Serve 2 cups of pasta and sauce per portion.



For picky eaters, remove 3 ounces of pork from the pan and serve with ½ cup plain pasta and ½ cup steamed broccoli.



NUTRITION PER SERVING:

CALORIES	319
PROTEIN	13 G
CARBOHYDRATE	59 G
TOTAL FAT	6 G

PREP TIME:	5 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 C PASTA AND VEGETABLES

8 OZ WHOLE-WHEAT PENNE PASTA

1 TBSP OLIVE OIL

1 TSP GARLIC, MINCED (ABOUT ½ CLOVE)

4 C ASSORTED COOKED VEGETABLES—
SUCH AS RED PEPPER STRIPS,
BROCCOLI FLORETS, CARROT STICKS, OR
GREEN BEANS (LEFTOVER FRIENDLY)

1 CAN (15½ OZ) NO-SALT-ADDED DICED
TOMATOES

1 CAN (5½ OZ) LOW-SODIUM TOMATO
JUICE

¼ TSP GROUND BLACK PEPPER

¼ C GRATED PARMESAN CHEESE



PASTA PRIMAVERA

PASTA, VEGETABLES, AND A SPRINKLE OF CHEESE MAKE THIS A CHILD-FRIENDLY CLASSIC THAT ADULTS WILL LOVE TOO

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add Penne pasta, and cook according to package directions. Drain.
- 03 Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds).
- 04 Add mixed vegetables, and cook until vegetables are soft, but not browned (about 3–5 minutes).
- 05 Add diced tomatoes, tomato juice, and pepper. Bring to a boil. Reduce heat, and simmer for 5 minutes.
- 06 Add Penne pasta and parmesan cheese. Toss until the pasta is hot and well mixed, and serve.

Note: Substitute cooking spray for olive oil and save calories and fat.





NUTRITION PER SERVING:

CALORIES	299
PROTEIN	28 G
CARBOHYDRATE	37 G
TOTAL FAT	5 G

PREP TIME:	20 MINUTES (25 MINUTES WITH HOMEMADE SAUCE)
COOK TIME:	20 MINUTES (35 MINUTES WITH HOMEMADE SAUCE)

YIELD:	4 SERVINGS
SERVING SIZE:	4 MEATBALLS, ¾ C PASTA, ½ C SAUCE, 1 TSP CHEESE, PINCH OF BASIL

8 OZ	DRY WHOLE-WHEAT SPAGHETTI
2 C	SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE))
1 TBSP	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
4 TSP	GRATED PARMESAN CHEESE

FOR TURKEY MEATBALLS:

6 OZ	99 PERCENT LEAN GROUND TURKEY
¼ C	WHOLE-WHEAT BREADCRUMBS
2 TBSP	FAT-FREE EVAPORATED MILK
1 TBSP	GRATED PARMESAN CHEESE
½ TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
½ TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

FOR BEEF MEATBALLS:

6 OZ	93 PERCENT LEAN GROUND BEEF
¼ C	WHOLE-WHEAT BREADCRUMBS
2 TBSP	FAT-FREE EVAPORATED MILK
1 TBSP	GRATED PARMESAN CHEESE
½ TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
½ TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)



TURKEY AND BEEF MEAT-BALLS WITH WHOLE-WHEAT SPAGHETTI

EASY AND DELICIOUS—TRY SERVING WITH PARMESAN GREEN BEANS

- 01 Preheat oven to 400 °F.
- 02 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 03 Add pasta, and cook according to package directions. Drain.
- 04 Meanwhile, combine ingredients for the turkey and beef meatballs in separate bowls, and mix well. Measure 1½ tablespoons of turkey mixture and roll in hand to form a ball; then place the meatball on a nonstick baking sheet. Repeat, and follow same instruction for beef mixture, until eight turkey and eight beef meatballs are made.
- 05 Bake meatballs on a nonstick baking sheet for 10 minutes (to a minimal internal temperature of 165 °F).
- 06 Warm sauce, if necessary.
- 07 Serve four meatballs, ¾ cup hot pasta, ½ cup sauce, 1 teaspoon cheese, and a pinch of basil per portion.



Older children can help make the meatballs. Make sure everyone washes their hands and sanitizes all utensils and surfaces with disinfectant after handling raw meat.



NUTRITION PER SERVING:

CALORIES	486
PROTEIN	33 G
CARBOHYDRATE	55 G
TOTAL FAT	15.1 G

PREP TIME:	30 MINUTES
COOK TIME:	50 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1.5 CUPS

INGREDIENTS:

12 OZ	UNCOOKED PENNE PASTA
3 TBSP PLUS 2 TSP	CANOLA OIL, DIVIDED
1 LB	TURKEY CUTLETS
2 C	CHOPPED ONION
1 C	CHOPPED CELERY
1 TBSP	CHOPPED FRESH THYME
3	(8-OUNCE) PACKAGES PRESLICED MUSHROOMS
½ C	DRY WHITE WINE
1 ¼ TSP	KOSHER SALT, DIVIDED
3 C	2% REDUCED-FAT MILK
3 TBSP	ALL-PURPOSE FLOUR
3 OZ	1/3-LESS-FAT CREAM CHEESE, SOFTENED
2 OZ	PARMESAN CHEESE, GRATED AND DIVIDED (ABOUT 1/2 CUP)
1 OUNCE	FONTINA CHEESE, SHREDDED (ABOUT 1/4 CUP)
1 OUNCE	BLACK PEPPER
1 TSP	GREEN PEAS, THAWED
2 C	FROZEN CHOPPED FRESH PARSLEY
2 TBSP	CHOPPED FRESH TARRAGON (OPTIONAL)
2 TBSP	CHOPPED FRESH TARRAGON (OPTIONAL)
1/2 CUP	WHOLE-WHEAT PANKO (JAPANESE BREAD CRUMBS)

COOKING SPRAY



TURKEY TETRAZZINI

- 01 Preheat oven to 350°.
- 02 Cook pasta according to package directions, omitting salt and fat. Drain. Place pasta in a large bowl.
- 03 Heat a large skillet over medium-high heat. Add 1 table-spoon oil to pan; swirl to coat. Add turkey; cook 2 minutes on each side or until done. Remove turkey from pan; cut into bite-sized pieces. Add turkey to pasta.
- 04 Return pan to medium-high heat. Add 2 tablespoons oil; swirl to coat. Add onion and celery; sauté 10 minutes. Add thyme and mushrooms; cook 15 minutes or until liquid evaporates. Add wine to pan; cook 4 minutes or until liquid evaporates, scraping pan to loosen browned bits. Stir in 1/4 teaspoon salt. Add mushroom mixture to pasta mixture.
- 05 Place pan over medium heat (do not wipe out pan). Combine milk and flour in a bowl, stirring with a whisk until smooth. Add milk mixture to pan; cook 3 minutes or until slightly thickened, stirring frequently. Stir in cream cheese, 1 ounce Parmesan, and fontina; cook 5 minutes. Stir in remaining 1 teaspoon salt and pepper. Stir milk mixture, peas, parsley, and tarragon, if desired, into pasta mixture. Divide pasta mixture between 2 (8-inch) square glass or ceramic baking dishes coated with cooking spray.
- 06 Combine remaining 2 teaspoons oil, remaining 1 ounce Parmesan, and panko in a bowl; sprinkle evenly over tops of dishes. Bake at 350° for 20 minutes or until browned and bubbly, or follow freezing instructions.



NUTRITION PER SERVING:

CALORIES	273
PROTEIN	10 G
CARBOHYDRATE	56 G
TOTAL FAT	2 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 C PASTA SALAD

2 C	DRY WHOLE-WHEAT ROTINI (SPIRAL) PASTA (8 OZ)
1 C	FRESH OR FROZEN SNOW PEAPODS, SLICED THINLY ON AN ANGLE (JULIENED)
½ C	CUCUMBER, PEELED AND DICED
¼ C	CARROTS, PEELED AND DICED
1 CAN	(8 OZ) PINEAPPLE CHUNKS IN JUICE, DICED; SET ASIDE ¼ C JUICE
½ C	FAT-FREE PLAIN YOGURT
1 TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
¼ TSP	SALT
¼ TSP	GROUND BLACK PEPPER



WOW-Y MAUI PASTA SALAD

TRY THIS FLAVORFUL SIDE DISH WITH THE HAWAIIAN HULI HULI CHICKEN OR IT'S PERFECT FOR A SUMMER PARTY!

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside.
 - 02 In the meantime, place peapods in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.
 - 03 Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
 - 04 Add cooked pasta and peapods, and toss gently to coat the pasta.
 - 05 Serve immediately, or refrigerate for later use.
- ✓ This is a great recipe for older children to make themselves. Younger children can help peel the cucumber and carrots.





NUTRITION PER SERVING:

CALORIES	122
PROTEIN	21.6 G
CARBOHYDRATE	3 G
TOTAL FAT	2.5 G

PREP TIME:	5 MINUTES
COOK TIME:	NONE

YIELD:	3 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

8 OZ	SHREDDED CHICKEN
1/4 C	PLAIN GREEK YOGURT, NONFAT
1/2	LEMON, JUICED
3 TBSP	FINELY CHOPPED ONIONS
1/4	OF A LARGE BELL PEPPER, FINELY CHOPPED
3	SPRIGS FRESH DILL, CHOPPED
1/8	CREOLE SEASONING
	SALT & PEPPER TO TASTE



CHICKEN SALAD W/GREEK YOGURT

EASY TO PREPARE AND HEALTHY GREEK YOGURT CHICKEN SALAD THAT COMES TOGETHER IN MINUTES. THIS IS THE PERFECT ADDITION TO ANY MEAL PREP ROUTINE. ENJOY!

- 01 Mix all ingredients in a bowl and serve with crackers or bread.





NUTRITION PER SERVING:

CALORIES	115
PROTEIN	6 G
CARBOHYDRATE	16 G
TOTAL FAT	4 G

PREP TIME:	15 MINUTES
COOK TIME:	25 MINUTES

YIELD:	3 SERVINGS
SERVING SIZE:	5 PIZZA ROUNDS

INGREDIENTS:

1 LARGE EGGPLANT, SKIN ON, SLICED INTO
1/3-INCH ROUND SLICES (APPROX. 20 SLICES)

1 TSP OREGANO

¾ C MARINARA SAUCE (WITH APPROX. 60
CALORIES PER CUP)

½ C CHERRY TOMATOES, SLICED

½ C SHREDDED LOW-FAT MOZZARELLA CHEESE

¼ C SHREDDED FRESH BASIL LEAVES

SALT AND PEPPER, TO TASTE

COOKING SPRAY



EGGPLANT PIZZA ROUNDS

ALL THE FLAVOR OF PIZZA WITHOUT THE CALORIES,
CARBS, OR FAT!

- 01 Preheat oven to 400 degrees.
- 02 Spray two large baking sheets with cooking spray. Set aside.
- 03 Arrange eggplant slices onto the baking sheets. Lightly coat the top with non-stick cooking spray and then season with oregano, salt, and pepper.
- 04 Bake in the oven for approximately 15 minutes, or until they just start to turn tender (be very careful to not let them become too soft).
- 05 Remove from the oven and spoon marinara sauce in the center of each eggplant slice and then top with sliced tomatoes, shredded basil and mozzarella cheese.
- 06 Put back into the oven and broil (adjust your oven temp) until the cheese has melted and is nice and bubbly, approximately 5 minutes (note, if you like your pizza cheese golden brown, leave in for a bit longer – just watch so that they don't burn). Enjoy!



NUTRITION PER SERVING:

CALORIES	332
PROTEIN	14 G
CARBOHYDRATE	50 G
TOTAL FAT	10 G

PREP TIME:	15 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 FRITTER

FOR SANDWICHES:

8	SLICES WHOLE-WHEAT BREAD
¼ C	CREAMY PEANUT BUTTER (OR OTHER NUT BUTTER)
1	APPLE, RINSED, PEELED, CORED, AND SLICED INTO 8 RINGS
2	BANANAS, PEELED AND CUT INTO ABOUT 12 THIN SLICES EACH

FOR BATTER:

3 TBSP	EGG SUBSTITUTE (OR SUBSTITUTE 1 EGG WHITE)
¼ TSP	GROUND CINNAMON
1 TBSP	BROWN SUGAR
¼ C	FAT-FREE EVAPORATED MILK
NONSTICK COOKING SPRAY	



BAKED FRENCH TOAST FRITTERS WITH APPLES AND BANANAS

ADD FRUIT TO YOUR MEAL WITH THIS HEAVENLY, MELT-IN-YOUR-MOUTH DISH

- 01 Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
- 02 Assemble fritter as a sandwich, with ½ tablespoon of peanut butter on each slice of bread, and two apple slices and six banana slices in the middle of each sandwich.
- 03 Combine ingredients for the batter, and mix well.
- 04 Spray a nonstick baking sheet with cooking spray.
- 05 Dip both sides of each fritter in the batter, and place fritters on preheated baking sheet. Bake for 10 minutes on each side, or until both sides are browned. Serve immediately.



Children can help slice the apples and bananas and spread the peanut butter





NUTRITION PER SERVING:

CALORIES	288
PROTEIN	21 G
CARBOHYDRATE	28 G
TOTAL FAT	10 G

PREP TIME:	10 MINUTES
COOK TIME:	10 MINUTES

YIELD:	2 SERVINGS
SERVING SIZE:	1 WRAP

INGREDIENTS:

1 TSP OLIVE OIL

1 GARLIC CLOVE, MINCED

¼ C TOMATO, FINELY CHOPPED

2 C SPINACH, ROUGHLY CHOPPED

1 C EGG WHITES

2 SPROUTED GRAIN TORTILLAS, PALEO WRAPS,
RICE TORTILLAS OR DO A LETTUCE WRAP

2 TBSP PESTO (PURCHASE IT PRE-MADE,
OR COMBINE ½ CUP WALNUTS,
2 CUPS BASIL LEAVES, 2 CLOVES GARLIC,
¼ CUP OLIVE OIL, AND 1 TABLESPOON
LEMON JUICE IN A FOOD PROCESSOR
AND BLEND UNTIL IT BECOMES A PASTE.)

DASH OF SALT AND PEPPER

EGG WHITE AND SPINACH WRAPS

KICK-START YOUR METABOLISM WITH THIS HEALTHY EGG AND SPINACH WRAP.

- 01 Spread a tablespoon of pesto over each tortilla and set aside.
- 02 In medium-sized skillet warm the olive oil over medium heat.
- 03 Add the garlic and sauté until golden.
- 04 Add the tomato and cook for another 3 minutes.
- 05 Add the spinach and cook until it is soft and wilted. Remove the veggies from skillet, set aside in a bowl.
- 06 Pour the egg whites into the skillet, season with salt and pepper. Cook until the egg is no longer runny.
- 07 Arrange half of the egg whites in a line down the center of each tortilla. Top with half of the veggies and then fold the ends up and wrap like a burrito.



NUTRITION PER SERVING:

CALORIES	186
PROTEIN	6 G
CARBOHYDRATE	8 G
TOTAL FAT	14 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1 BISCUIT
SERVINGS:	8 BISCUITS

INGREDIENTS:

2 C	BLANCHED ALMOND FLOUR
2 C	FLAX MEAL
1 TSP	BAKING SODA
2 TSP	RAW HONEY, MELTED
½ CUP	COCONUT OIL, MELTED
8	EGG WHITES



EGG WHITE BISCUITS

- 01 Preheat the oven to 350 degrees F.
- 02 Lightly grease a baking sheet.
- 03 In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
- 04 Using an electric mixer, beat the egg whites until stiff peaks form.
- 05 Mix the honey and oil into the flax mixture, then quickly fold in the egg whites. Be careful not to over-mix the egg whites, so the fluffiness remains.
- 06 Use an ice cream scoop to drop mounds of the batter on prepared baking sheet.
- 07 Bake for 15 minutes, or until the tops are golden brown.





NUTRITION PER SERVING:

CALORIES	223
PROTEIN	26.9 G
CARBOHYDRATE	2.4 G
TOTAL FAT	10.3 G

PREP TIME:	10 MINUTES
COOK TIME:	NONE

YIELD:	3 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

½ C COTTAGE CHEESE

12 HARD BOILED EGGS, HALF THE YOLKS DISCARDED

1½ TBSP MUSTARD

¼ C PAPRIKA

SALT AND PEPPER TO TASTE



HEALTHY EGG SALAD

YOU CAN PUREE THE COTTAGE CHEESE WITH A FOOD PROCESSOR IF DESIRED. YOU'LL BE AMAZED AT THIS HEALTHY EGG SALAD WITH NO MAYONNAISE. DON'T TELL ANYONE. THEY'LL NEVER KNOW. UNBELIEVABLY EASY TO MAKE AND A SUPER "GO-TO" HEALTHY LUNCH!

- 01** **OPTIONAL:** Puree cottage cheese in food processor to have a more mayo like consistency.
- 02** Mix cottage cheese, 6 egg yolks, and mustard together until well combined.
- 03** Add in hard boiled egg whites.
- 04** Stir, slightly chopping the hard boiled eggs into smaller pieces.
- 05** Add paprika.
- 06** Add in salt and pepper to taste.





NUTRITION PER SERVING:

CALORIES	254
PROTEIN	17 G
CARBOHYDRATE	29 G
TOTAL FAT	8 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 SANDWICH

1 TSP GARLIC, MINCED (ABOUT ½ CLOVE)

1 SMALL ONION, MINCED (ABOUT ½ CUP)

2 C FROZEN CUT SPINACH, THAWED AND DRAINED (OR SUBSTITUTE 2 BAGS (10 OZ EACH) FRESH LEAF SPINACH, RINSED)

¼ TSP GROUND BLACK PEPPER

8 SLICES WHOLE-WHEAT BREAD

1 MEDIUM TOMATO, RINSED, CUT INTO 4 SLICES

1 C SHREDDED PART-SKIM MOZZARELLA CHEESE

NONSTICK COOKING SPRAY



RED WHITE AND GREEN GRILLED CHEESE

SO GOOD, YOUR CHILDREN MIGHT NOT EVEN NOTICE THE “GREEN STUFF”

- 01** Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
 - 02** Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft, but not browned. Add onions, and continue to cook until the onions are soft, but not browned.
 - 03** Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
 - 04** When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on the top. (For picky eaters, see Healthy Eating Two Ways suggestion below.)
 - 05** Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.
 - 06** Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve immediately.
- ✓ For picky eaters, start with less spinach in the sandwich, and possibly serve the remaining amount on the side.



NUTRITION PER SERVING:

CALORIES	340
PROTEIN	14 G
CARBOHYDRATE	50 G
TOTAL FAT	11 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 SMALL (2-INCH) OR 1 LARGE (6-INCH) WAFFLE (DEPENDING ON WAFFLE IRON SIZE) OR PANCAKES

FOR WAFFLES:

1 C	WHOLE-WHEAT FLOUR
½ C	QUICK-COOKING OATS
2 TSP	BAKING POWDER
1 TSP	SUGAR
¼ C	UNSALTED PECANS, CHOPPED
	2 LARGE EGGS, SEPARATED (FOR PANCAKES, SEE NOTE)
1½ C	FAT-FREE (SKIM) MILK
1 TBSP	VEGETABLE OIL

FOR FRUIT TOPPING:

2 C	FRESH STRAWBERRIES, RINSED, STEMS REMOVED, AND CUT IN HALF (OR SUBSTITUTE FROZEN STRAWBERRIES, THAWED)
1 C	FRESH BLACKBERRIES, RINSED (OR SUBSTITUTE FROZEN BLACKBERRIES, THAWED)
1 C	FRESH BLUEBERRIES, RINSED (OR SUBSTITUTE FROZEN BLUEBERRIES, THAWED)
1 TSP	POWDERED SUGAR



OATMEAL PECAN WAFFLES (OR PANCAKES)

YOUR CHILDREN WILL JUMP RIGHT OUT OF BED FOR THIS DELICIOUS MEAL

- 01 Preheat waffle iron.
- 02 Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
- 03 Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
- 04 Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
- 05 Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note below).
- 06 Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well browned on the outside with a moist, light, airy and fluffy inside.) (Batter also can be used to make pancakes; see note below.)
- 07 Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

Note: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.



Children can mix the batter and top each waffle/pancake with fruit.



NUTRITION PER SERVING:

CALORIES	275
PROTEIN	20 G
CARBOHYDRATE	41 G
TOTAL FAT	5 G

PREP TIME: 10 MINUTES
(15 minutes with homemade sauce)

COOK TIME: 8 MINUTES
(23 minutes with homemade sauce)

YIELD: 4 SERVINGS
SERVING SIZE: 1 PITA PIZZA

1 C SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE)

1 C GRILLED BONELESS, SKINLESS CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS)

1 C BROCCOLI, RINSED, CHOPPED, AND COOKED

2 TBSP GRATED PARMESAN CHEESE

1 TBSP FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

4 (6½-INCH) WHOLE-WHEAT PITAS

NONSTICK COOKING SPRAY



PITA PIZZAS

PERSONAL PITA PIZZAS ARE FUN TO MAKE, AND EVEN MORE FUN TO EAT!

- 01 Preheat oven or toaster oven to 450 °F.
- 02 For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.
- 03 Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

✓ Keep ingredients on hand for older children to make pita pizzas for themselves.

✓ Younger children can help top their own personal pizzas.





NUTRITION PER SERVING:

CALORIES	311
PROTEIN	37 G
CARBOHYDRATE	11 G
TOTAL FAT	19 G

PREP TIME:	15 MINUTES
COOK TIME:	10 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 PANCAKE

INGREDIENTS:

½ C	HIGH QUALITY PROTEIN POWDER
½ C	ALMOND FLOUR (OR OATS)
½ TSP	BAKING SODA
¼ TSP	SEA SALT
10 DROPS	LIQUID STEVIA (OR HALF A BANANA)
4	EGGS
1 C	COTTAGE CHEESE
½ C	LOW FAT MILK
1 TBSP	COCONUT OIL

PROTEIN PANCAKES

- 01 Combine the protein powder, almond flour, baking soda and salt in a medium bowl. Mix until fully combined.
- 02 In a food processor combine the stevia, eggs, cottage cheese and milk. Add the dry ingredients and pulse to combine.
- 03 Heat a pancake griddle over medium heat. Grease with the coconut oil, cook the batter by ¼ cup scoops until bubbles form, then flip and cook the other side until golden. Serve with grass fed butter.





NUTRITION PER SERVING:

CALORIES	344
PROTEIN	15 G
CARBOHYDRATE	45 G
TOTAL FAT	13 G

PREP TIME:	10 MINUTES
COOK TIME:	5 MINUTES

YIELD:	2 SERVINGS
SERVING SIZE:	2 PANCAKES

INGREDIENTS:

½ C	WHOLE WHEAT FLOUR
1/3 C	OAT FLOUR
1 TBSP	COCONUT FLOUR
2 TSP	BAKING POWDER
1 TSP	PUMPKIN PIE SPICE
½ TSP	SALT
2/3	UNSWEETENED ALMOND MILK
½ C	PUMPKIN PUREE
¼ C	EGG WHITES
1	WHOLE EGG
3 TBSP	GRANULATED STEVIA (OR PREFERRED SWEETENER)
½ TSP	VANILLA EXTRACT
1 TBSP	COCONUT OIL, MELTED

PUMPKIN PANCAKES

START THE DAY WITH GREAT TASTING PANCAKES!

- 01 Combine flour, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
- 02 In a separate large mixing bowl, whisk together almond milk, pumpkin, egg, egg whites, stevia, and coconut oil until well blended.
- 03 Slowly stir in the dry mix to the bowl with the wet ingredients and mix until a batter is formed. Let the batter sit for about 5 minutes.
- 04 Coat a large skillet with non-stick cooking spray and put over medium heat.
- 05 Using a measuring cup, pour approximately 1/4 cup batter into the pan for each pancake. Cook pancakes until the edges are firm and you see bubbles covering the surface. Flip and cook an additional 2 minutes or so until both sides are golden brown. NOTE: if you notice that your pancakes start to get too dark, lower the heat as you continue to cook.
- 06 Repeat this process (including coating the pan with spray) until you have used all the batter. Serve with your favorite sugar free syrup. Enjoy!



NUTRITION PER SERVING:

CALORIES	152
PROTEIN	8.7 G
CARBOHYDRATE	7.2 G
TOTAL FAT	11 G

PREP TIME:	10 MINUTES
COOK TIME:	20 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 PANCAKE
SERVINGS:	6 PANCAKES

INGREDIENTS:

2 TBSP	ORGANIC BUTTER
½ C	NON-FAT GREEK YOGURT
½ C	WATER
6	ORGANIC, OMEGA 3, FREE RANGE EGGS
2 TBSP	RAW HONEY
½ C	LOW-FAT COTTAGE CHEESE
1 C	ALMOND MEAL
1 TSP	BAKING POWDER
½ TSP	SALT



PUFFY PANCAKES

- 01 Preheat oven to 425 degrees F.
- 02 Place butter in a pie plate and melt in the oven.
- 03 Place all the remaining ingredients in blender and blend for 1 minute.
- 04 Remove pan from oven and pour batter into pie plate.
- 05 Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pure maple syrup.

✓ A super-easy tasty breakfast, great for company.





NUTRITION PER SERVING:

CALORIES	134
PROTEIN	9 G
CARBOHYDRATE	10 G
TOTAL FAT	6 G

PREP TIME:	35 MINUTES W/ PRE-COOKED SWEET
COOK TIME:	25 MINUTES

YIELD:	12 SERVINGS
SERVING SIZE:	1 MUFFIN

INGREDIENTS:

1 C	ALMONDS (OR ALMOND FLOUR)
10	DATES, SOAKED IN HOT WATER FOR 10 MINUTES
1 C	BAKED SWEET POTATO, SKIN REMOVED
1 C	VANILLA FLAVORED PROTEIN POWDER
3	ORGANIC EGGS
1 TSP	VANILLA EXTRACT
1 TSP	GROUND CINNAMON
½ TSP	GROUND NUTMEG
¼ TSP	BAKING SODA
1 PINCH	SEA SALT



SWEET POTATO MUFFINS

- 01 Poke a sweet potato all over with a fork and bake at 425 degrees F for 40 minutes. Remove the sweet potato from oven when done and reduce the oven temperature to 350F.
- 02 Allow the sweet potato to cool, and remove the skin.
- 03 Pulse the almonds in a food processor until finely ground. Add the remaining ingredients to the food processor and pulse until fully combined.
- 04 Generously grease a 12-muffin tin with coconut oil. Divide the batter between the 12 muffin tins and bake for 15-20 minutes.





NUTRITION PER SERVING:

CALORIES	224
PROTEIN	15 G
CARBOHYDRATE	24 G
TOTAL FAT	9 G

PREP TIME: 20 MINUTES

COOK TIME: NONE

YIELD: 4 SERVINGS

SERVING SIZE: 2 C SALAD,
2 TBSP DRESSING

INGREDIENTS:

4 C	RED LEAF LETTUCE, RINSED AND CHOPPED (ABOUT 8 LEAVES)
1 C	FROZEN WHOLE KERNEL CORN, ROASTED (ON A PAN IN THE OVEN OR TOASTER OVEN AT 400 °F FOR 7–10 MINUTES)
1 C	CARROTS, SHREDDED
1	TOMATO, RINSED, HALVED AND SLICED
1 C	RIPE AVOCADO, PEELED AND SLICED*
1 CAN	(6 OZ) CANNED WHITE ALBACORE TUNA IN WATER

FOR DRESSING:

2 TBSP	LEMON JUICE (OR ABOUT 1 FRESH LEMON)
1 TBSP	LIME JUICE (OR ABOUT 1 FRESH LIME)
1 TBSP	HONEY
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND MINCED (OR 1 TSP DRIED)
1 TBSP	WATER
1 TBSP	OLIVE OIL



TUNA AND AVOCADO COBB SALAD

NOT JUST A SALAD, BUT A DELICIOUS MEAL—
TRY SERVING WITH CRUSTY WHOLE-GRAIN BREAD

- 01 Preheat oven or toaster oven to 450 °F
- 02 For each pizza, spread $\frac{1}{4}$ cup tomato sauce on a pita and top with $\frac{1}{4}$ cup chicken, $\frac{1}{4}$ cup broccoli, $\frac{1}{2}$ tablespoon parmesan cheese, and $\frac{1}{4}$ tablespoon chopped basil.
- 03 Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

Note: Four ounces of fresh grilled tuna steaks, salmon, or shrimp can be substituted for the albacore tuna.





NUTRITION PER SERVING:

CALORIES	282
PROTEIN	21 G
CARBOHYDRATE	27 G
TOTAL FAT	10 G

PREP TIME:	15 MINUTES
COOK TIME:	20 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	2 FILLED AREPAS

INGREDIENTS:

1½ C	YELLOW AREPA FLOUR (SUCH AS P.A.N. OR MASAREPA)
1 TSP	SALT, DIVIDED
2 C	HOT WATER
2 TBSP	CANOLA OIL, DIVIDED
1 C	FINELY CHOPPED ONION
1 C	FINELY CHOPPED GREEN BELL PEPPER
2 TSP	MINCED SEEDED JALAPEÑO PEPPER
½ TSP	CUMIN SEEDS
2	GARLIC CLOVES, MINCED
2 C	CHOPPED LEFTOVER COOKED TURKEY BREAST
¼ CUP	CHOPPED FRESH CILANTRO
½ TSP	FRESHLY GROUND BLACK PEPPER
3 OZ	SHREDDED REDUCED-FAT SHARP WHITE CHEDDAR CHEESE



TURKEY AREPAS

- 01 Preheat oven to 400°
- 02 Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and 1/2 teaspoon salt; stir well. Add 2 cups hot water; stir until wellcombined and smooth. Let stand 10 minutes. Divide dough into 12 equal portions, shaping each into a ball. (Dough should be moist.) Working with 1 portion at a time, roll each portion into a 3-inch circle (about 1/2 inch thick).
- 03 Heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat. Add 6 arepas to pan; cook 2 minutes on each side or until browned and crisp. Place on a baking sheet. Repeat procedure with 1 1/2 teaspoons oil and remaining arepas. Bake at 400° for 20 minutes or until arepas sound hollow when lightly tapped.
- 04 Heat remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add onion and bell pepper; cook 5 minutes, stirring occasionally. Add jalapeño, cumin seeds, and garlic; cook 2 minutes, stirring occasionally. Stir in remaining 1/2 teaspoon salt, turkey, cilantro, and black pepper; cook 1 minute. Remove from heat; stir in cheese.
- 05 Remove arepas from oven; let stand 2 minutes. Cut a 3-inch pocket in the side of each arepa; spoon turkey mixture into arepas.





NUTRITION PER SERVING:

CALORIES	341
PROTEIN	36 G
CARBOHYDRATE	37 G
TOTAL FAT	6.4 G

PREP TIME:	30 MINUTES
COOK TIME:	30 MINUTES

YIELD:	SERVES 4
SERVING SIZE:	1 PITA 1.5 TABLESPOONS SAUCE

INGREDIENTS:

4	(4-OUNCE) TURKEY CUTLETS
1 TSP	GROUND CUMIN
1 TSP	PAPRIKA
¼ TSP	KOSHER SALT
¼ TSP	GROUND TURMERIC
4	(6-INCH) WHOLE-WHEAT PITAS
1 C	THINLY SLICED CUCUMBER
1 C	THINLY SLICED RED BELL PEPPER
2 TBSP	TAHINI (SESAME SEED PASTE)
2 TBSP	PLAIN LOW-FAT YOGURT
1 ½ TBSP	FRESH LEMON JUICE
1 TBSP	WATER
½ TSP	FRESHLY GROUND BLACK PEPPER

COOKING SPRAY



TURKEY PITAS WITH TAHINI-YOGURT SAUCE

- 01 Heat a grill pan over medium-high heat. Coat pan with cooking spray. Combine cumin, paprika, salt, and turmeric in a small bowl. Rub spice mixture evenly over turkey. Add turkey to pan; cook 3 minutes on each side or until done. Remove turkey from pan.
- 02 Cut off top third of each pita; reserve for another use. Add pitas to pan; grill 30 seconds on each side or until marked. Cut turkey into slices. Divide turkey, cucumber, and bell pepper evenly among pitas.
- 03 Combine tahini and remaining ingredients in a small bowl, stirring with a whisk. Serve tahini mixture with sandwiches.





NUTRITION PER SERVING:

CALORIES	162
PROTEIN	11 G
CARBOHYDRATE	19 G
TOTAL FAT	5 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1½ C BROCCOLI, ¼ C SAUCE, 1 TBSP CROUTONS

6 C FRESH BROCCOLI, RINSED AND CUT INTO BITE-SIZED FLORETS (OR SUBSTITUTE 6 C FROZEN BROCCOLI, THAWED AND WARMED, AND SKIP STEP 1)

FOR SAUCE:

1 C	FAT-FREE EVAPORATED MILK
1 TBSP	CORNSTARCH
½ C	SHREDDED CHEDDAR CHEESE
¼ TSP	WORCESTERSHIRE SAUCE
¼ TSP	HOT SAUCE
1 SLICE	WHOLE-WHEAT BREAD, DICED AND TOASTED (FOR CROUTONS)*



BROCCOLI AND CHEESE

SO GOOD, YOUR CHILDREN WILL ASK FOR SECONDS—AND A PERFECT SIDE FOR MOST CHICKEN AND BEEF DISHES

- 01 Bring a large pot of water to boil over high heat. Add fresh broccoli, and cook until easily pierced by a fork, about 7–10 minutes. Drain and set aside.
- 02 In a separate saucepan, combine evaporated milk and cornstarch. Slowly bring to a boil while stirring often.
- 03 When the milk comes to a boil, remove it from the heat and add the cheese. Continue to stir until the cheese is melted and evenly mixed.
- 04 Add the Worcestershire and hot sauces, and stir.
- 05 Pour cheese over hot broccoli.
- 06 Sprinkle whole-wheat croutons over broccoli and cheese mixture, and serve.



Children can help measure ingredients and mix the sauce.



NUTRITION PER SERVING:

CALORIES	31
PROTEIN	1 G
CARBOHYDRATE	4 G
TOTAL FAT	1 G

PREP TIME: 5 MINUTES

COOK TIME: 15 MINUTES
(ADD 15 MINUTES IF MAKING
HOMEMADE ROASTED RED PEPPERS)

YIELD: 12 SERVINGS

SERVING SIZE: ½ C SAUCE

2 TSP OLIVE OIL

1 TSP GARLIC, CHOPPED (ABOUT 1 CLOVE)

1 JAR (12 OZ) ROASTED RED PEPPERS,
DRAINED AND DICED (OR SUBSTITUTE
FRESH ROASTED RED PEPPERS; SEE TIP)

2 CANS (14½ OZ EACH) NO-SALT-ADDED
DICED TOMATOES

1 CANS (5½ OZ) LOW-SODIUM TOMATO
JUICE

1 TBSP FRESH BASIL, RINSED, DRIED, AND
CHOPPED (OR 1 TSP DRIED)

¼ TSP GROUND BLACK PEPPER



SUPER QUICK CHUNKY TOMATO SAUCE

MAKE BATCHES OF THIS TASTY SAUCE TO GO WITH A
NUMBER OF RECIPES IN THIS COOKBOOK

- 01 In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (for about 30 seconds).
- 02 Add diced red peppers, and continue to cook for 2–3 minutes, until the peppers begin to sizzle.
- 03 Add tomatoes, tomato juice, basil, and pepper. Bring to a boil. Simmer for 10 minutes, or until the sauce thickens slightly. (Sauce can be pureed for picky eaters.)
- 04 Use immediately. Or, refrigerate in a tightly sealed container for 3–5 days or freeze for 1–2 months.



Older children can chop the roasted red peppers and help cook the sauce. For a delicious change, try making fresh roasted red peppers.





NUTRITION PER SERVING:

CALORIES	321
PROTEIN	26 G
CARBOHYDRATE	27 G
TOTAL FAT	13 G

PREP TIME:	30 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 CUPS

INGREDIENTS:

1/4 C	WATER
1 TBSP	PLAIN FAT-FREE GREEK YOGURT
1 TBSP	OLIVE OIL
1 TSP	CURRY POWDER
1 TSP	HONEY
1/4 TSP	KOSHER SALT
1/4 TSP	FRESHLY GROUND BLACK PEPPER
5 C	LOOSELY PACKED BABY SPINACH
2 C	CHOPPED COOKED SKINLESS TURKEY (LIGHT AND DARK MEAT)
1/2 C	GOLDEN RAISINS
1/2 C	COARSELY CHOPPED ROASTED, SALTED CASHEWS
1/2 C	THINLY SLICED RED ONION



CURRIED TURKEY CASHEW SPINACH SALAD

- 01 Combine the first 7 ingredients in a large bowl; stir with a whisk.
- 02 Add spinach and remaining ingredients, toss well to combine





NUTRITION PER SERVING:

CALORIES	94
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	5 G

PREP TIME:	10 MINUTES
COOK TIME:	5 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 YIELD

INGREDIENTS:

6	MEDIUM-SIZED ZUCCHINI TRIMMED
1	LEMON JUICED (ABOUT 1/4 CUP)
2 TBSP	OLIVE OIL
1/2 TSP	SALT
2 TSP	ITALIAN SEASONING
1 TSP	GARLIC POWDER



EASY GRILLED ZUCCHINI

MAKE PERFECTLY GRILLED ZUCCHINI ALL SUMMER LONG OR ANYTIME AT ALL. QUICK AND EASY, GREAT AS A SIDE DISH WITH ANYTHING YOU'RE GRILLING - FROM CHICKEN TO BEEF TO FISH.

- 01 Cut the zucchini in half, slicing lengthwise.
- 02 Squeeze lemon juice over zucchini halves and brush with olive oil.
- 03 Season lightly with salt, or to taste, and sprinkle Italian seasoning and garlic powder over.
- 04 Preheat an outdoor grill to medium heat, about 350 degrees F.
- 05 Place zucchini directly onto a well oiled grate, flesh side down to start. Cook with the lid closed, about 10 to 15 minutes, flipping halfway through.





PREP TIME: 5-10 MINUTES
COOK TIME: NONE

YIELD: 4 SERVINGS
SERVING SIZE: 3 TOMATO SLICES,
 1 C WATERMELON
 (OR 2 SKEWERS)

LOW-FAT BLUE CHEESE DIP:

¼ C REDUCED-FAT BLUE CHEESE CRUMBLES
¼ C FAT-FREE SOUR CREAM
2 TBSP LIGHT MAYONNAISE

HONEY MUSTARD DIP:

¼ C HONEY
2 TBSP BROWN MUSTARD
2 TBSP FAT-FREE EVAPORATED MILK
1 TBSP FRESH PARSLEY, RINSED, DRIED, AND
 CHOPPED (OR 1 TSP DRIED)
1 TBSP FRESH CHIVES, RINSED, DRIED, AND
 CHOPPED (OR 1 TSP DRIED)

TUSCAN WHITE BEAN DIP:

1 TBSP OLIVE OIL
1 TBSP GARLIC, CHOPPED (ABOUT 3 CLOVES)
2 TBSP ONIONS, CHOPPED
1 C LOW-SODIUM CANNELLINI BEANS, RINSED
¼ C LOW-SODIUM CHICKEN BROTH
1 TBSP FRESH PARSLEY, RINSED, DRIED,
 AND CHOPPED (OR 1 TSP DRIED)
1 TBSP FRESH OREGANO, RINSED, DRIED,
 AND CHOPPED (OR ¼ TSP DRIED)

VEGETABLES:

5 C ASSORTED RAW VEGETABLES, RINSED
 AND CUT INTO BITE-SIZED PIECES AS
 NEEDED—SUCH AS BABY CARROTS,
 CELERY STICKS, BROCCOLI FORETS,
 CAULIFLOWER FORETS, OR CHERRY TOMATOES



DUNKIN' VEGGIES AND DIPS

DIPPING MAKES VEGGIES FUN—TRY THESE TASTY DIPS FOR DINNER, A SNACK, OR A PARTY!

- 01 Combine ingredients for any (or all) of these three dips separately, and set aside (see note below).
- 02 Arrange vegetables on a platter, and serve with choice of dip.

NUTRITION PER SERVING:

low-fat blue cheese dip (1 Tbsp):

56 CALORIES
3 G PROTEIN
3 G CARBOHYDRATE
4 G TOTAL FAT

honey mustard dip (1 Tbsp):

71 CALORIES
1 G PROTEIN
19 G CARBOHYDRATE
0 G TOTAL FAT

tuscan white bean dip (1 Tbsp):

87 CALORIES
3 G PROTEIN
10 G CARBOHYDRATE
4 G TOTAL FAT

vegetables 1½ C mixed baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes):

42 CALORIES
2 G PROTEIN
9 G CARBOHYDRATE
0 G TOTAL FAT

Note: Tuscan white bean dip requires a mixer, masher, or big spoon to make the dip smooth. If you can't find beans that are labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.





NUTRITION PER SERVING:

CALORIES	254
PROTEIN	15 G
CARBOHYDRATE	16 G
TOTAL FAT	15 G

PREP TIME:	10 MINUTES
COOK TIME:	60 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 CUP

INGREDIENTS:

4 C	FROZEN GREEN PEAS
4 OUNCES	SHARP CHEDDAR CHEESE
¼ C	COOKED CRUMBLED BACON
½	MEDIUM RED ONION THINLY SLICED OR DICED
2 TBSP	SOUR CREAM
2 TBSP	MAYONNAISE
1 TBSP	APPLE CIDER VINEGAR
1 TSP	DRIED DILL
½ TSP	SALT
½ TSP	BLACK PEPPER



GREEN PEA SALAD

CREAMY, CRUNCHY AND ALWAYS A CROWD FAVORITE. IT IS THE PERFECT SUMMERTIME SALAD FOR ANY OCCASION. **NOTE: PRE-COOK BACON IN THE OVEN OR REPLACE WITH BACON BITS**

- 01 Place peas in a microwave safe bowl. Microwave in 90 second increments, stirring in between, until peas are just barely thawed, but not hot.
- 02 Meanwhile, dice cheddar cheese into small cubes, or shred. Add cheese in with peas. Toss together with crumbled bacon and red onion.
- 03 Add in sour cream, mayonnaise, cider vinegar, dried dill, salt, and pepper. Stir until well combined. Taste and add more salt and pepper to taste.
- 04 Cover and chill in the refrigerator at least 1 hour before serving.





NUTRITION PER SERVING:

CALORIES	59
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	2 G

PREP TIME:	20 MINUTES
COOK TIME:	10 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1/4 OF ENTIRE RECIPE

INGREDIENTS:

1 TSP SESAME OIL

1 LB GREEN BEANS, TRIMMED
AND CUT INTO 1-INCH
PIECES

PINCH OF CRUSHED RED PEPPER, OR
TO TASTE

½ C WATER

1 14 OZ. CAN MIXED STIR-FRY
VEGETABLES, RINSED,

OR 1½ C FROZEN MIXED
STIR-FRY VEGETABLES,
THAWED

1 TBSP BLACK BEAN-GARLIC
SAUCE

Note: Pungent and savory black bean-garlic sauce
is the secret ingredient in this ultra-quick stir-fry.



GREEN BEAN STIR FRY

- 01** Heat oil in a large skillet over medium-high heat. Add green beans and crushed red pepper and cook, stirring often, until seared in spots, 2 to 3 minutes.
- 02** Add water, cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender.
- 03** Uncover, increase heat to medium-high, add stir-fry vegetables and black bean-garlic sauce. Cook, stirring often, until heated through and most of the liquid has evaporated, 1 to 2 minutes.





NUTRITION PER SERVING:

CALORIES	95
PROTEIN	5 G
CARBOHYDRATE	9 G
TOTAL FAT	5 G

PREP TIME:	5 MINUTES
COOK TIME:	8 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 CUP GREEN BEAN MIX

1 TBSP	OLIVE OIL
1 TSP	GARLIC, MINCED (ABOUT 1 CLOVE) (OR ¼ TSP GARLIC POWDER)
1	SMALL ONION, THINLY SLICED (ABOUT ½ C)
1 BAG	(16 OZ) FROZEN GREEN BEANS
1 C	LOW-SODIUM CHICKEN BROTH
¼ C	GRATED PARMESAN CHEESE
¼ TSP	GROUND BLACK PEPPER



PARMESAN GREEN BEANS

A SIDE DISH SO TASTY, CHILDREN WON'T EVEN KNOW IT'S GOOD FOR THEM

- 01 Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
- 02 Add onion, and continue to cook for about 5 minutes over medium heat until soft.
- 03 Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
- 04 Sprinkle with parmesan cheese and pepper, and serve.



Children can help sprinkle with cheese and pepper.





NUTRITION PER SERVING:

CALORIES	227
PROTEIN	11 G
CARBOHYDRATE	27 G
TOTAL FAT	10 G

PREP TIME:	10 MINUTES
COOK TIME:	25 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	ABOUT 4 PANCAKES

½ C	WHOLE-WHEAT FLOUR
1 C	FAT-FREE (SKIM) MILK 2 TBSP VEGETABLE OIL
2	LARGE EGGS
1 C	FROZEN CHOPPED SPINACH, THAWED AND DRAINED
1 C	FROZEN WHOLE CORN KERNELS, THAWED
¼ TSP	GROUND BLACK PEPPER
GROUND BLACK PEPPER	



SPINACH AND CORN PANCAKES

VEGETABLES IN A PANCAKE? SERVE THIS FUN SIDE DISH WITH MOST CHICKEN, MEAT, OR FISH DISHES

- 01 Measure flour into a large mixing bowl.
 - 02 In a smaller bowl, combine milk, oil, and eggs, and mix well. Add milk mixture to flour, and mix until smooth.
 - 03 Add spinach, corn, and pepper to mixture, and stir well.
 - 04 Heat a large nonstick sauté pan or griddle. Spray lightly with cooking spray.
 - 05 Spoon batter ¼ cup at a time onto the pan. Cook each pancake for 2–3 minutes, or until the bottom holds together and is golden brown. Carefully flip and cook the second side for an additional 1–2 minutes. (Recipe makes about 16–18 pancakes.)
 - 06 Serve immediately.
- ✓ Older children can help mix the ingredients and flip the pancakes.





NUTRITION PER SERVING:

CALORIES	23
PROTEIN	0 G
CARBOHYDRATE	4 G
TOTAL FAT	0 G

PREP TIME:	10 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	¼ C SALSA

½ C JARRED ROASTED RED PEPPERS,
TANGY SALSA DRAINED AND DICED
(OR SUBSTITUTE FRESH ROASTED
RED PEPPERS; (LEFTOVER FRIENDLY))

½ C NO-SALT-ADDED DICED TOMATOES
(OR SUBSTITUTE 1 MEDIUM TOMATO,
CHOPPED)

1 SMALL LIME, PEELED AND CUT INTO
SMALL CHUNKS

¼ TSP GROUND BLACK PEPPER

¼ TSP GROUND CUMIN

1 TBSP FRESH CILANTRO, RINSED AND
CHOPPED (OR SUBSTITUTE 1 TSP
DRIED CORIANDER)



TANGY SALSA

TANGY, NOT SPICY, THIS SALSA WILL APPEAL TO MOST—TRY IT WITH THE EMPAÑAPITA OR AS A DIP WITH VEGGIES OR BAKED CHIPS

- 01 Combine all ingredients, and toss well.
- 02 Best to allow 1–2 hours for flavors to settle before serving.





NUTRITION PER SERVING:

CALORIES	96
PROTEIN	2 G
CARBOHYDRATE	16 G
TOTAL FAT	4 G

PREP TIME:	20 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	3 TOMATO SLICES, 1 C WATERMELON (OR 2 SKEWERS)

2 LARGE TOMATOES, RINSED AND CUT
INTO 6 SLICES EACH

2 TBSP WHITE BALSAMIC VINEGAR (OR
SUBSTITUTE APPLE CIDER VINEGAR)

1 TBSP OLIVE OIL

1 TBSP FRESH BASIL, RINSED, DRIED, AND
CHOPPED (OR 1 TSP DRIED)

4C DICED WATERMELON, WITH SEEDS
REMOVED (ABOUT HALF A SMALL
MELON, RINSED)

¼ TSP SALT

¼ TSP GROUND BLACK PEPPER



WATERMELON AND TOMATO SALAD

A PERFECT MIXTURE OF TANGY AND SWEET

- 01 Arrange three tomato slices on each of four salad plates.
- 02 Combine vinegar, oil, and basil in a bowl, and mix well.
- 03 Add watermelon, and gently toss to coat evenly.
- 04 Spoon watermelon over the tomatoes.
- 05 Top with salt and pepper, and serve.

Substitute three cherry or grape tomatoes and three chunks of watermelon threaded onto a wooden skewer (eight skewers needed). Serving: two skewers.



Children can help mix the salad or thread the skewers.





NUTRITION PER SERVING:

CALORIES	94
PROTEIN	5 G
CARBOHYDRATE	16 G
TOTAL FAT	0 G

PREP TIME:	10 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 C SOUP

- 1** CAN (14½ OZ) NO-SALT-ADDED DICED TOMATOES
- 1 C** JARRED ROASTED RED PEPPERS, DRAINED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS)
- 1 C** FAT-FREE EVAPORATED MILK
- 1 TSP** GARLIC POWDER
- ¼ TSP** GROUND BLACK PEPPER
- 2 TBSP** FRESH BASIL, RINSED AND CHOPPED (OR 2 TSP DRIED)



ZESTY TOMATO SOUP

NOT YOUR TRADITIONAL TOMATO SOUP, THIS QUICK-COOKING DISH CAN BE A SIDE OR LIGHT MAIN MEAL

- 01** Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.
- 02** Put tomato mixture in a medium saucepan, and bring to a boil over medium heat.
- 03** Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes.
- 04** Add basil, and serve.
- 05** Optional step: Serve with whole-wheat croutons sprinkled on top



Older children can make the recipe themselves.





NUTRITION PER SERVING:

CALORIES	348
PROTEIN	16 G
CARBOHYDRATE	62 G
TOTAL FAT	5 G

PREP TIME:	5 MINUTES
COOK TIME:	60 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1/4 OF ENTIRE RECIPE

INGREDIENTS:

1 TBSP	BUTTER
1 C	BROWN BASMATI OR BROWN JASMINE RICE
4 1/4 C	WATER
1 C	BROWN LENTILS
4 CLOVES	GARLIC, PEELED
1	CINNAMON STICK
4 1/8-INCH-T	PEELED FRESH GINGER
1/2 TSP	RED CURRY PASTE, (SEE NOTE) OR 1 TABLESPOON CURRY POWDER
1/2 TSP	SALT
4	SCALLIONS, TRIMMED AND SLICED



BAKED CURRIED BROWN RICE & LENTIL

- 01 Place rack in lower third of oven; preheat to 350 degrees (F).
- 02 Melt butter over medium-high heat in a large ovenproof Dutch oven; add rice and cook, stirring, until lightly toasted, about 1 1/2 minutes. (If using curry powder, add it now and cook, stirring, until fragrant, about 15 seconds.) Add water. Stir in lentils, garlic cloves, cinnamon stick, ginger, curry paste, if using, and salt; bring to a boil, stirring to dissolve the curry paste.
- 03 Cover the pot tightly with a lid or foil. Transfer to the oven and bake until the rice and lentils are tender and all the water is absorbed, 50 to 55 minutes. Fluff with a fork, removing the cinnamon stick and ginger slices. Serve garnished with scallions.





NUTRITION PER SERVING:

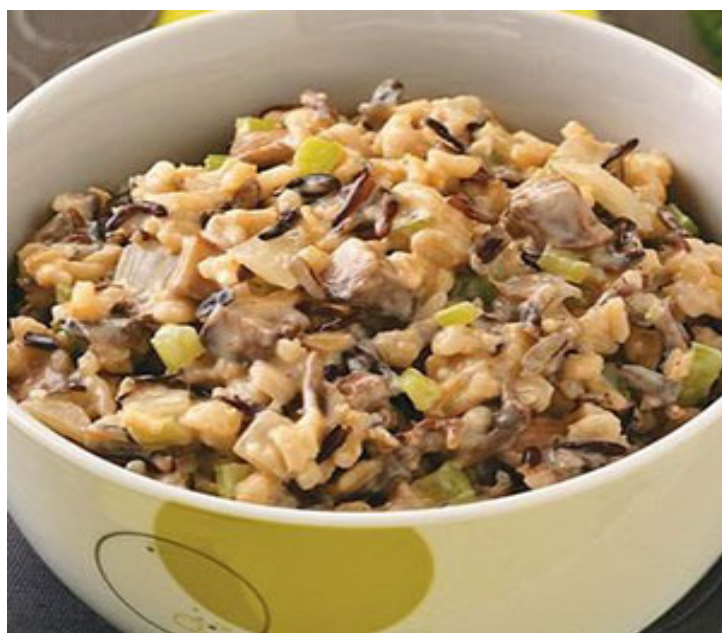
CALORIES	209
PROTEIN	7 G
CARBOHYDRATE	31 G
TOTAL FAT	7 G

PREP TIME:	20 MINUTES
COOK TIME:	45-50 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 OF ENTIRE RECIPE

INGREDIENTS:

2 TBSP	EXTRA-VIRGIN OLIVE OIL
1 C	MEDIUM ONION, FINELY CHOPPED
½ C	WILD RICE, RINSED
½ C	PEARL BARLEY
3 CUPS	REDUCED-SODIUM CHICKEN BROTH, OR VEGETABLE BROTH
1/3 C	PINE NUTS
1 C	POMEGRANATE SEEDS, (1 LARGE FRUIT; SEE TIP)
2 TSP	FRESHLY GRATED LEMON ZEST
2 TSP	CHOPPED FLAT-LEAF PARSLEY



BARLEY & WILD RICE PILAF

- 01 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened. Add wild rice and barley; stir for a few seconds. Add broth and bring to a simmer. Reduce heat to low, cover and simmer until the wild rice and barley are tender and most of the liquid has been absorbed, 45 to 50 minutes
- 02 Meanwhile, toast pine nuts in a small, dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
- 03 Add pomegranate seeds, lemon zest, parsley and the toasted pine nuts to the pilaf; fluff with a fork. Serve hot.





NUTRITION PER SERVING:

CALORIES	154
PROTEIN	7 G
CARBOHYDRATE	28 G
TOTAL FAT	14 G

PREP TIME:	40 MINUTES
COOK TIME:	20 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 CAKE

INGREDIENTS:

¾ C	MEDIUM-GRAIN BROWN RICE
1 ½ C	WATER
4 TSP	EXTRA-VIRGIN OLIVE OIL, DIVIDED
6 MED	SHALLOTS, CHOPPED
2 MED	CARROTS, SHREDDED USING THE LARGE HOLES OF A BOX GRATER
½ C	TOASTED PECANS, (SEE TIP)
3 OZ	GOAT CHEESE
1 LARGE	EGG WHITE
½ TSP	DRIED THYME
½ TSP	SALT
½ TSP	FRESHLY GROUND PEPPER



BROWN RICE & GOAT CHEESE CAKES

- 01 Bring rice and water to a boil in a medium saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, 30 to 50 minutes (see Test Kitchen Note). Remove from the heat and let stand, covered, for 10 minutes.
- 02 Meanwhile, heat 2 teaspoons oil in a large skillet over medium heat. Add shallots; cook, stirring often, until soft, 2 to 3 minutes. Add carrots, reduce the heat to low and cook, stirring often, until softened and the shallots are lightly browned, about 4 minutes. Remove from the heat.
- 03 Preheat oven to 400°F
- 04 Transfer the cooked vegetables and rice to a large food processor. Add pecans, goat cheese, egg white, thyme, salt and pepper. Pulse until well blended but still a little coarse. Scrape into a large bowl. With wet hands, form the mixture into six 3-inch patties (about 1/2 cup each).
- 05 Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the patties and cook until well browned, 3 to 4 minutes per side. Transfer to a baking sheet and bake until an instant-read thermometer inserted into the middle registers at least 160°F, 10 to 15 minutes.



NUTRITION PER SERVING:

CALORIES	389
PROTEIN	17 G
CARBOHYDRATE	54 G
TOTAL FAT	13 G

PREP TIME:	20 MINUTES
COOK TIME:	50 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1½ CUP

FOR THE RICE:

2 C	WATER
1 C	BROWN RICE

FOR THE TOFU AND VEGETABLES:

3 C	PREPARED RICE
1 POUND	TOFU
1 C	FROZEN CORN (UNTHAWED)
1 C	FROZEN PEAS (UNTHAWED)
6	SCALLIONS (SLICED INCLUDING WHITE AND GREEN PARTS)
1	CARROT (SHREDDED)
¼ C	FRESH BASIL LEAVES
¼ TSP	SALT
2 TBSP	VEGETABLE OIL



CRUSTY RICE WITH TOFU, VEGETABLES

THIS BLEND OF TOFU AND COOKED RICE COMBINES CORN, PEAS, CARROTS AND SEASONINGS PRESSED INTO A SKILLET AND COOKED INTO "CRISPY" GOODNESS.

- 01 To make the rice, cook rice according to the directions on the package. Set aside to cool and dry out.
- 02 Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well.
- 03 When the rice has fully cooled, add it to the bowl with the tofu and mix well.
- 04 Put the skillet over medium high heat and when it is hot, add the oil.
- 05 Add the rice and tofu mixture; reduce heat to low and press down the rice mixture with a spatula. Cover and cook 10 minutes. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice. Cook until crispy, up to 20 minutes.





NUTRITION PER SERVING:

CALORIES	259
PROTEIN	7 G
CARBOHYDRATE	40 G
TOTAL FAT	9 G

PREP TIME:	15 MINUTES
COOK TIME:	0 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1/4 OF ENTIRE RECIPE

INGREDIENTS:

2 TBSP	EXTRA-VIRGIN OLIVE OIL
2 TBSP	ORANGE JUICE
1 TBSP	CIDER VINEGAR
2 TSP	FINELY CHOPPED SHALLOTS
¼ TSP	SALT
¼ TSP	FRESHLY GROUND PEPPER
2 C	COOKED WHOLE-WHEAT COUSCOUS
1 C	CHOPPED NECTARINE
1 C	MIXED FRESH BERRIES, SUCH AS BLUEBERRIES AND RASPBERRIES
2 TBSP	TOASTED SLICED ALMONDS



COUSCOUS FRUIT SALAD

- 01 Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl. Add cooked couscous, nectarines, berries and almonds; gently toss to combine.





NUTRITION PER SERVING:

CALORIES	58
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	1.5 G

PREP TIME:	5 MINUTES
COOK TIME:	5 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

4 C	CAULIFLOWER CRUMBLES, THE SELL THIS IN STOP AND SHOP NOW
1 TSP	OLIVE OIL
½	MEDIUM ONION, FINELY DICED
2	MEDIUM PLUM TOMATOES, SMALL DICE
1	JALAPENO, SEEDS AND MEMBRANE REMOVED, MINCED
2	GARLIC CLOVES, MINCED
2 TBSP	TOMATO PASTE
½ TSP	CUMIN
¼ TSP	SMOKED PAPRIKA
¼ TSP	CAYENNE PEPPER
1	KOSHER SALT
	FRESHLY GROUND BLACK PEPPER, TO TASTE
	CHOPPED CILANTRO



MEXICAN CAULIFLOWER RICE

THIS MEXICAN INSPIRED DISH OF CAULIFLOWER "RICE" MAKES A FANTASTIC LOW-CARB, GRAIN-FREE STAND IN FOR RICE.

- 01 Heat the oil in a large skillet over medium-high heat. When hot, add the onions, tomatoes and jalapeno and sauté until just tender, about 2-3 minutes. Add the garlic and cauliflower, sauté until the cauliflower is just tender, 2 minutes.
- 02 Add the tomato paste, cumin, paprika, cayenne, salt and pepper. Stir to evenly coat the vegetables and cook for 1 minute or until heated through. Add chopped cilantro and serve.





NUTRITION PER SERVING:

CALORIES	360
PROTEIN	24 G
CARBOHYDRATE	32 G
TOTAL FAT	16 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	¼ OF BATCH

INGREDIENTS:

7 OZ	CHICKEN BREAST
2	CLOVES GARLIC, CRUSHED
½ C	RICE
½	RED ONION CHOPPED
½ C	SWEET CORN, DRAINED
½ C	RED KIDNEY BEANS, DRAINED
1	WHOLE TOMATO, PEELED, CHOPPED
1	MEDIUM AVOCADO, DICED
1 TBSP	LIME
½	CHILLI, CHOPPED
1 TSP	OREGANO
1 TSP	PAPRIKA
1 TSP	GROUND CUMIN
½ TSP	CHILLI FLAKES
	HANDFUL CORIANDER, CHOPPED



MEXICAN FRIED RICE

SOUTH OF THE BORDER FRIED RICE

- 01 Chop the chicken into cubes, season with salt, pepper, spices and crushed garlic.
- 02 Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate and to cool.
- 03 Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes.
- 04 Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.
- 05 Add the drained corn, beans and the cooked rice, mix well and cook for another 2 minutes.
- 06 Remove from the heat, and add the peeled and diced tomato, mix.
- 07 To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chilli and coriander.





NUTRITION PER SERVING:

CALORIES	154
PROTEIN	3 G
CARBOHYDRATE	28 G
TOTAL FAT	3 G

PREP TIME:	5 MINUTES
COOK TIME:	55 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 OF ENTIRE RECIPE

INGREDIENTS:

1 C	BROWN RICE
1 3/4	CUPS COCONUT WATER
1 TBSP	COCONUT OIL
1/4 TSP	KOSHER SALT
ZEST AND JUICE	OF 1 MEDIUM LEMON
2 TBSP	MINCED ITALIAN PARSLEY



LEMON RICE

- 01 Rinse and drain the rice. Combine the rice, coconut water, and coconut oil in a medium saucepan and bring to a boil.
- 02 Cover with a tight-fitting lid, reduce the heat to a low simmer, and cook for 45 minutes. Check a few times, especially towards the end as the rice cooks. If at any point it looks like it is become dry or sticking, splash in additional coconut water as needed.
- 03 Remove from the heat. Add the lemon zest and lemon juice and then fluff with a fork to combine. Cover and let rest for 10 minutes. Stir in the parsley

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NUTRITION PER SERVING:

CALORIES	200
PROTEIN	9.6 G
CARBOHYDRATE	22.4 G
TOTAL FAT	8.3 G

PREP TIME:	15 MINUTES
COOK TIME:	30 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	2 CAKES

INGREDIENTS:

1½ C	RAW QUINOA
2¼ C	WATER
½ TSP	SALT
4	LARGE EGGS, BEATEN
1	MEDIUM YELLOW ONION, FINELY CHOPPED
4	CLOVES GARLIC, FINELY CHOPPED
½ C	GRATED PARMESAN CHEESE
1/3 C	COARSELY CHOPPED GREEN OR KALAMATA OLIVES
1/3 C	CHOPPED PARSLEY
1 TBSP	LEMON ZEST
1 C	PANKO BREAD CRUMBS
½ TSP	SALT
½ TSP	COARSELY GROUND BLACK PEPPER OR CRUSHED RED PEPPER FLAKES
1 TBSP	WATER
2 TBSP	OLIVE OIL

QUINOA CAKES WITH LEMON, OLIVE & PARSLEY

SALTY OLIVE, TART LEMON, BRIGHT PARSLEY, AND QUINOA. THIS IS A SUPER GRAIN, PROTEIN-PACKED AND SLIGHTLY CRUNCHY DISH, WITH A DELIGHTFULLY NUTTY FLAVOR.

- 01 Place dry quinoa in a fine mesh strainer and rinse under cool water for a few minutes.
- 02 Place quinoa, water, and 1/2 teaspoon salt in a medium saucepan. Stir over medium heat and bring to a gentle boil.
- 03 Cover, decrease the heat, and simmer for about 25 to 30 minutes, or until the quinoa is tender but still has a bit of crunch. Remove from heat and allow to cool to room temperature. You'll need 3 cups of cooked quinoa for the recipe.
- 04 In a small bowl, whisk eggs. Set aside.
- 05 In a large bowl, mix together onion, garlic, cheese, olives, parsley, lemon zest, bread crumbs, salt, pepper, and cooled quinoa. Add eggs and stir until quinoa is evenly moistened. Add water to thoroughly moisten mixture. Quinoa should be slightly wet so it doesn't dry out during cooking.
- 06 Scoop out mixture by the 2 tablespoonful. Use clean, moist fingers to form into a patty.
- 07 Heat olive oil in a large skillet over medium low heat. Add four to six patties to the hot pan.
- 08 Cook on each side until browned, about 4 to 5 minutes on each side (medium-low heat). Remove browned cakes to a paper towel lined plate and repeat with remaining quinoa mixture.



NUTRITION PER SERVING:

CALORIES	341
PROTEIN	8 G
CARBOHYDRATE	35 G
TOTAL FAT	20 G

PREP TIME:	15 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	¼ OF BATCH

INGREDIENTS:

1½ C	QUINOA, PRE-RINSED OR RINSED
1½ C	LOW SODIUM CHICKEN BROTH (BEST QUALITY SUCH AS SWANSON), OR VEGETABLE BROTH
3 TBSP	EXTRA VIRGIN OLIVE OIL, DIVIDED
1	SMALL YELLOW ONION, FINELY CHOPPED
2	SMALL CARROTS, PEELED AND DICED
¾ TSP	DRIED THYME
4 OUNCES	SHIITAKE MUSHROOMS, STEMMED AND THINLY SLICED
2	CLOVES GARLIC, MINCED
1/3 C	CHOPPED PECANS, TOASTED IF DESIRED
1/4 C	CHOPPED FRESH PARSLEY
	SALT AND GROUND BLACK PEPPER



QUINOA CAKES

MUSHROOMS, CARROTS, PECANS

QUINOA ALL GUSSIED UP AS A SIDE DISH!

- 01 Combine quinoa and chicken broth in a medium sauce pan. Bring to a boil, then turn heat down to low, cover and simmer until quinoa is cooked, about 15 minutes.
- 02 In the meantime, heat 2 tablespoons of the olive oil in a large sauté pan over medium heat. Add the onions and cook, stirring occasionally, until they start to soften, 2-3 minutes.
- 03 Add the carrots and thyme and cook until the carrots are just tender, 5-7 minutes.
- 04 Add remaining tablespoon of olive oil, along with mushrooms and garlic. Cook, stirring constantly, until mushrooms are cooked through, a few minutes. Season vegetables with 1/4 teaspoon salt and freshly ground black pepper to taste.
- 05 Add cooked quinoa to vegetables and stir in pecans and chopped parsley. Taste and adjust seasoning if necessary. Serve hot or warm.



NUTRITION PER SERVING:

CALORIES	141
PROTEIN	6 G
CARBOHYDRATE	28 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	20 MINUTES (INCLUDING 10 MINUTES STANDING TIME)

YIELD:	4 SERVINGS
SERVING SIZE:	$\frac{3}{4}$ C COUSCOUS

2 C	LOW-SODIUM CHICKEN BROTH
1 C	RAISINS
$\frac{1}{2}$ C	WHOLE-WHEAT COUSCOUS
$\frac{1}{4}$ C	FRESH MINT, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
1 CAN	UNSALTED SLICED ALMONDS, TOASTED
1 TBSP	MEDIUM ORANGE, RINSED, FOR
1 TBSP	ZEST (USE A GRATER TO TAKE A THIN LAYER OF SKIN OF THE ORANGE)



ORANGE COUSCOUS WITH ALMONDS, RAISINS, AND MINT

THIS FLAVORFUL SIDE DISH GOES WELL WITH CHICKEN, BEEF, OR LAMB

- 01 Combine chicken broth and raisins in a small saucepan. Bring to a boil over high heat.
- 02 Add couscous, and return to a boil. Cover and remove from the heat.
- 03 Let the saucepan stand for about 5 minutes, until the couscous has absorbed all of the broth.
- 04 Meanwhile, toast almonds in the toaster oven on a foil-lined tray for about 5 minutes, or until golden brown.
- 05 Remove the lid and fluff the couscous with a fork. Gently mix in the mint, almonds, and orange zest. Serve immediately.



This is a great recipe for older children to make themselves. Younger children can help measure ingredients and zest the orange.





NUTRITION PER SERVING:

CALORIES	299
PROTEIN	10 G
CARBOHYDRATE	46 G
TOTAL FAT	10 G

PREP TIME:	10 MINUTES
COOK TIME:	35-40 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 TOMATO, $\frac{3}{4}$ C STUFFING

4 MEDIUM (2½ INCHES) TOMATOES,
RINSED

1 TBSP OLIVE OIL

2 TBSP RED ONIONS, PEELED AND CHOPPED

1 C COOKED MIXED VEGETABLES—SUCH
AS PEPPERS, CORN, CARROTS, OR
PEAS (LEFTOVER FRIENDLY)

1 C QUINOA, RINSED*

1 C LOW-SODIUM CHICKEN BROTH

½ RIPE AVOCADO, PEELED AND
DICED (SEE TIP)

¼ TSP GROUND BLACK PEPPER

1 TBSP FRESH PARSLEY, RINSED, DRIED,
AND CHOPPED (OR 1 TSP DRIED)



QUINOA-STUFFED TOMATOES

QUINOA (PRONOUNCED KEEN-WAH) IS A GRAIN NATIVE TO SOUTH AMERICA; CHILDREN WILL HAVE FUN EATING QUINOA OUT OF A HOLLOWED-OUT TOMATO

- 01 Preheat oven to 350 °F.
- 02 Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce, or salsa.) Set tomatoes aside.
- 03 Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes.
- 04 Add cooked vegetables, and heat through, about another 1–2 minutes.
- 05 Add quinoa, and cook gently until it smells good, about 2 minutes.
- 06 Add chicken broth, and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
- 07 When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper, and parsley.
- 08 Carefully stuff about $\frac{3}{4}$ cup of quinoa into each tomato.
- 09 Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later).
- 10 Serve immediately.

* Unprocessed quinoa must be washed thoroughly before it is used to remove a powdery coating called saponin, which has an unpleasant and bitter taste.



NUTRITION PER SERVING:

CALORIES	205
PROTEIN	9 G
CARBOHYDRATE	24 G
TOTAL FAT	7 G

PREP TIME:	10 MINUTES
COOK TIME:	25 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 C PASTA

INGREDIENTS:

1 C DRY WHOLE-GRAIN ORZO (PASTA)

1 TBSP OLIVE OIL

1 TSP GARLIC, MINCED (ABOUT 1 CLOVE)

1 C JARRED ROASTED RED PEPPERS IN NATURAL JUICE, DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS) (LEFTOVER FRIENDLY)

2 C LOW-SODIUM CHICKEN BROTH

1 TBSP FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

1 TBSP FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

½ C SHREDDED PART SKIM MOZZARELLA CHEESE



ROASTED RED PEPPER AND TOASTED ORZO

PAIR THIS RICH SIDE DISH WITH GRILLED CHICKEN OR FISH

- 01 Preheat oven to 400 °F. Place orzo on a baking sheet and toast in the oven for 5 minutes, or until it just begins to brown (or brown in a saucepan). Remove from heat and cool slightly.
- 02 Heat olive oil in a medium saucepan over medium heat. Add garlic, and cook gently until it gets soft, but does not brown (about 30 seconds).
- 03 Add peppers, and cook until heated through.
- 04 Add toasted orzo and chicken broth. Bring to a boil and simmer gently, stirring often until the pasta has absorbed all of the liquid and is fully cooked, about 10–15 minutes. (If necessary, add 2 more tablespoons broth at a time, up to ¾ cup.)
- 05 Add herbs and cheese. Toss gently to mix; do not overmix or the cheese will become gummy. Serve immediately.





NUTRITION PER SERVING:

CALORIES	179
PROTEIN	4 G
CARBOHYDRATE	29 G
TOTAL FAT	6 G

PREP TIME:	10 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	ABOUT 1 C RICE AND VEGETABLES

1 TBSP	CANOLA OIL
1 TBSP	FRESH GARLIC, MINCED (ABOUT 3 CLOVES) (OR 1 TSP DRIED)
1 TSP	FRESH GINGER, MINCED (OR ¼ TSP DRIED)
1 TBSP	SCALLIONS (GREEN ONIONS), RINSED AND MINCED
½ C	CANNED SLICED WATER CHESTNUTS, DRAINED
2 C	COOKED MIXED VEGETABLES (OR ½ BAG FROZEN STIR-FRY VEGETABLE MIX) (LEFTOVER FRIENDLY)
2 C	COOKED BROWN RICE (LEFTOVER FRIENDLY)
1 TBSP	LITE SOY SAUCE
1 TSP	SESAME OIL



WIKI (FAST) RICE

WIKI MEANS “FAST” IN HAWAIIAN, AND THIS DISH FITS THE BILL—IT’S QUICK AND EASY TO MAKE

- 01 Heat canola oil in a large wok or sauté pan over medium heat. Add garlic, ginger, and scallions, and cook until fragrant, about 1 minute.
- 02 Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.
- 03 Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).
- 04 Add rice, and continue to cook until hot, about 3–5 minutes.
- 05 Add soy sauce and sesame oil. Toss well, and serve.

NOTE: This recipe tastes best when prepared using leftover cold rice.





NUTRITION PER SERVING:

CALORIES	119
PROTEIN	4 G
CARBOHYDRATE	17 G
TOTAL FAT	4 G

PREP TIME:	15 MINUTES
COOK TIME:	5 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 BRUSCHETTA SLICES, EACH WITH 2 TBSP TOMATO MIXTURE

½ WHOLE GRAIN BAGUETTE (FRENCH BREAD), CUT INTO 12 SLICES (OR SUBSTITUTE 3 SLICES WHOLE-WHEAT BREAD, EACH CUT INTO 4 SQUARES)

1 C FRESH TOMATOES, RINSED AND DICED

¼ C JARRED ROASTED RED PEPPERS, DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS) (LEFTOVER FRIENDLY)

6 KALAMATA OLIVES, RINSED AND SLICED (OR SUBSTITUTE ANY BLACK OLIVE)

½ TBSP OLIVE OIL

2 TBSP FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 2 TSP DRIED)

¼ TSP GROUND BLACK PEPPER



BRUSCHETTA

ROASTED RED PEPPERS ADD EXTRA ZING TO THIS CLASSIC CHOPPED TOMATO DISH

- 01 Lightly toast baguette slices.
- 02 Combine remaining ingredients, and toss well.
- 03 Top each bread slice with about 2 tablespoons of tomato mixture, and serve.



Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.





NUTRITION PER SERVING:

CALORIES	35
PROTEIN	2 G
CARBOHYDRATE	3 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	NONE

YIELD:	6 SERVINGS
SERVING SIZE:	2 TBSP OF MOUSSE WITH 1 CELERY STICK (5 PIECES)

INGREDIENTS:

¼ C	LOW-FAT WHIPPED CREAM CHEESE
¼ C	FAT-FREE PLAIN YOGURT
2 TBSP	SCALLIONS (GREEN ONIONS), RINSED AND CHOPPED
1 TBSP	LEMON JUICE
½ TSP	GROUND BLACK PEPPER
6	CELERY STICKS, RINSED, WITH ENDS CUT OFF
1 TBSP	CHOPPED WALNUTS



CELERY WITH CREAM CHEESE MOUSSE

THIS DELICIOUS AND LIGHT SNACK WILL PLEASE THE
YOUNG . . . AND YOUNG AT HEART

- 01 Combine cream cheese, yogurt, scallions, lemon juice, and pepper. Mix well with a wooden spoon.
- 02 Spread mixture evenly down the middle of each celery stick.
- 03 Cut each stick into 5 pieces. Top with chopped walnuts, and serve.

✓ Younger children can help mix the "mousse." Older children can make the recipe themselves.





NUTRITION PER SERVING:

CALORIES	185
PROTEIN	11 G
CARBOHYDRATE	27 G
TOTAL FAT	4 G

PREP TIME:	10 MINUTES
COOK TIME:	15 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1 BAR
SERVINGS:	8

INGREDIENTS:

2½	CUPS OATS
½ C	CHOCOLATE WHEY PROTEIN POWDER
1 TSP	CINNAMON
2 TBSP	ORGANIC PEANUT BUTTER
3	EGG WHITES
2	MASHED BANANAS
1 TBSP	HONEY
4 TBSP	NONFAT MILK



CHOCOLATE PEANUT BUTTER BARS

- 01 Preheat oven to 350 degrees and coat an 8x8 pan with non-stick spray.
- 02 Mix the oats, protein powder and cinnamon. Add peanut butter and stir until well combined. Add egg whites, bananas, honey and milk.
- 03 Spoon the mixture into the prepared pan. Place in the oven and bake for 15 minutes or until set. Remove from oven and allow to cool slightly before cutting into 8 bars.

✓ Children can help mash the bananas.





NUTRITION PER SERVING:

CALORIES	96
PROTEIN	7 G
CARBOHYDRATE	10 G
TOTAL FAT	4 G

PREP TIME:	10 MINUTES
COOK TIME:	12 MINUTES

YIELD:	12 SERVINGS
SERVING SIZE:	1 COOKIE
SERVINGS:	12

INGREDIENTS:

2	BANANAS, MASHED
1 C	OLD FASHIONED ROLLED OATS
½ C	VANILLA PROTEIN POWDER
¼ C	ALMOND BUTTER OR PEANUT BUTTER
¼ C	STEVIA-SWEETENED CHOCOLATE CHIPS



CHOCOLATE CHIP PROTEIN COOKIES

- 01 Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper.
- 02 In a large mixing bowl, mash the bananas. Add the remaining ingredients and mix well. Form 12 golf ball sized cookies out of the dough and press onto the parchment paper.
- 03 Heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat. Add 6 arepas to pan; cook 2 minutes on each side or until browned and crisp. Place on a baking sheet. Repeat procedure with 1 1/2 teaspoons oil and remaining arepas. Bake at 400° for 20 minutes or until arepas sound hollow when lightly tapped.
- 04 Bake for 10-12 minutes, until golden. Best enjoyed while still warm!



Children can help mash the bananas. Keep an eye on the chocolate chips!





NUTRITION PER SERVING:

CALORIES	71
PROTEIN	1 G
CARBOHYDRATE	18 G
TOTAL FAT	0 G

PREP TIME:	15 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	2 SKEWERS, 1½ TBSP DIP

- 1 C** STRAWBERRIES, RINSED, STEMS REMOVED, AND CUT IN HALF
- 1 C** FRESH PINEAPPLE, DICED (OR CANNED PINEAPPLE CHUNKS IN JUICE, DRAINED)
- ½ C** BLACKBERRIES
- 1** TANGERINE OR CLEMENTINE, PEELED AND CUT INTO 8 SEGMENTS
- 8** 6-INCH WOODEN SKEWERS

FOR DIP:

- 1 C** STRAWBERRIES, RINSED, STEMS REMOVED, AND CUT IN HALF
- ¼ C** FAT-FREE PLAIN YOGURT
- ½ TSP** VANILLA EXTRACT
- 1 TBSP** HONEY



FRUIT SKEWERS WITH YOGURT DIP

TANGY FRUIT AND SWEET YOGURT MAKE A PERFECT TASTE COMBINATION

- 01 Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer.
- 02 To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well.
- 03 Serve two skewers with yogurt dip on the side.

Note: Skewers have sharp edges, so monitor younger children while eating, or take the fruit off the skewers for them.



Younger children can rinse the fruit, thread onto skewers, and mix the dip. Older children can make the recipe themselves.





NUTRITION PER SERVING:

CALORIES	83
PROTEIN	1 G
CARBOHYDRATE	22 G
TOTAL FAT	0 G

PREP TIME: 5 MINUTES

FREEZE TIME: 30 MINUTES

YIELD: 4 SERVINGS

SERVING SIZE: 4 SKEWERS

INGREDIENTS:

48 GREEN SEEDLESS GRAPES, RINSED

48 RED SEEDLESS GRAPES, RINSED

16 6-INCH WOODEN SKEWERS



GRAPESICLES

TRY THIS HEALTHY SNACK ON A HOT SUMMER DAY—FROZEN GRAPES WILL POP IN YOUR MOUTH!

- 01 Thread six grapes, alternating grape colors, onto each wooden skewer.
- 02 Place skewers into the freezer for 30 minutes, or until frozen.
- 03 Serve immediately.

Note: Skewers have sharp edges, so monitor younger children while eating, or take the grapes off the skewers for them. Grapes should be cut in half for children under 3 years old to prevent choking.



Children can rinse the grapes, freeze them, and thread the skewers.





NUTRITION PER SERVING:

CALORIES	136
PROTEIN	3 G
CARBOHYDRATE	22 G
TOTAL FAT	5 G

PREP TIME: 5 MINUTES

COOK TIME: NONE

YIELD: 4 SERVINGS

SERVING SIZE: ½ C SNACK MIX

1 C TOASTED OAT CEREAL

¼ C UNSALTED DRY ROASTED PEANUTS
(OR OTHER UNSALTED NUT)

¼ C RAISINS

¼ C DRIED CRANBERRIES



MAKE-YOUR-OWN SNACK MIX

MAKING YOUR OWN SNACK MIX CAN BE HEALTHIER AND
LESS EXPENSIVE THAN BUYING IT

01 Combine all ingredients, and toss well.

02 Serve immediately, or store for later snacking.

Tip: Put snack mix in individual snack-sized bags for a great grab-and-go snack.



Most children can make this recipe themselves.





NUTRITION PER SERVING:

CALORIES	235
PROTEIN	9 G
CARBOHYDRATE	32 G
TOTAL FAT	9 G

PREP TIME:	20 MINUTES
COOK TIME:	10 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1/3 C HUMMUS AND 5 PITA CHIPS

FOR DIP:

2 C	LOW-SODIUM GARBANZO BEANS (CHICK PEAS), RINSED
1/4 C	LOW-SODIUM CHICKEN BROTH
1/4 C	LEMON JUICE
2-3 TBSP	GARLIC, DICED (ABOUT 4-6 GARLIC CLOVES, DEPENDING ON TASTE)
1/4 C	CREAMY PEANUT BUTTER (OR SUBSTITUTE OTHER NUT OR SEED BUTTER)
1/4 TSP	CAYENNE PEPPER (OR SUBSTITUTE PAPRIKA FOR LESS SPICE)
1 TBSP	OLIVE OIL

FOR PITA CHIPS:

4	(6½-INCH) WHOLE-WHEAT PITAS, EACH CUT INTO 10 TRIANGLES
1 TBSP	OLIVE OIL
1 TSP	GARLIC, MINCED (ABOUT 1 CLOVE) (OR ½ TSP GARLIC POWDER)
1/4 TSP	GROUND BLACK PEPPER



PEANUT BUTTER HUMMUS

BRING OUT THE VEGGIES OR PITA CHIPS—TRY THIS IRRESISTIBLE COMBINATION OF PEANUT BUTTER AND HUMMUS . . . WITH A SPICY KICK!

- 01 Preheat oven to 400 °F.
- 02 To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.
- 03 To prepare the chips, toss the pita triangles with the olive oil, garlic, and pepper.
- 04 Bake chips on a baking sheet in a 400 °F oven for 10 minutes, or until crispy.
- 05 Arrange pita chips on a platter, and serve with the hummus.

Note: If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.



Younger children can break apart the pita bread. Older children can make the recipe themselves.





NUTRITION PER SERVING:

CALORIES	310
PROTEIN	28 G
CARBOHYDRATE	29 G
TOTAL FAT	9 G

PREP TIME:	35 MINUTES
COOK TIME:	15-20 MINUTES

YIELD:	2 SERVINGS
SERVING SIZE:	GLASS OR BOWL
SERVINGS:	2 GLASSES OR BOWLS

INGREDIENTS:

½ C	NONFAT GREEK YOGURT
½ C	FRESH RASPBERRIES
¼ CUP	COOL WHIP LITE TOPPING
1 SCOOP	VANILLA CREME WHEY PROTEIN POWDER
2 OZ	REDUCED FAT CREAM CHEESE
2 TBSP	GRANULATED SWEETENER
¼ TSP	VANILLA EXTRACT

CRUST:

¼ C	GRAHAM CRACKER CRUMBS
1/2 SCOOP	VANILLA CREME WHEY PROTEIN POWDER
2 TBSP	CRUSHED ALMONDS PINCH SALT



RASPBERRY CHEESECAKE

- 01 Make the crust first by combining graham cracker crumbs, protein powder, almonds, coconut oil, and salt into a food processor and pulse to blend for a few seconds.
- 02 Evenly divide and put half of the crumb mixture into the bottom of two glasses (or bowls). Set aside.
- 03 Now make the filling by putting yogurt, Cool Whip, protein power, cream cheese, sweetener, vanilla extract, and 4 raspberries into the same food processor and blend until whipped and fluffy.
- 04 Evenly spoon the whipped filling into each cup on top of the graham crumb mixture and then top with the fresh raspberries.
- 05 Put in the fridge and let set for at least 30 minutes to set. Enjoy!





NUTRITION PER SERVING:

CALORIES	190
PROTEIN	11 G
CARBOHYDRATE	23 G
TOTAL FAT	5 G

PREP TIME:	15 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	1 TORTILLA

4	WHOLE-WHEAT TORTILLAS (6½ INCH)
4	RED LEAF LETTUCE LEAVES, RINSED AND DRIED
4 OZ.	LOW-SODIUM DELI ROAST BEEF

FOR SPREAD:

1 TBSP	LIGHT MAYONNAISE
1 TSP	LIME JUICE (ABOUT ½ FRESH LIME)
½ TSP	HOT SAUCE



SOUTHWESTERN BEEF ROLL-UPS

THIS TASTY SNACK IS SIMPLE TO MAKE AND A GOOD SOURCE OF PROTEIN

- 01 Combine ingredients for the spread. Mix well.
- 02 Spread about 1 teaspoon of spread on each tortilla.
- 03 Top each tortilla with one lettuce leaf and 1 ounce roast beef (about two slices).
- 04 Fold sides in, and roll.
- 05 Serve with a side of Tangy Salsa.



Younger children can mix the spread. Older children can prepare the recipe themselves.





NUTRITION PER SERVING:

CALORIES	106
PROTEIN	7 G
CARBOHYDRATE	12 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	1 LOG (4 PIECES)

4 SLICES	WHOLE-WHEAT BREAD
1 TBSP	LIGHT MAYONNAISE
1 TBSP	DELI MUSTARD
½ C	CUCUMBER, PEELED AND THINLY SLICED
¼ C	JARRED ROASTED RED PEPPERS
2 OZ	LOW-SODIUM DELI TURKEY BREAST



TURKEY PINWHEELS

THIS FUN-TO-MAKE SNACK WILL BECOME A FAMILY FAVORITE

- 01 Remove the crusts from the bread and flatten each slice with a rolling pin.
- 02 Combine mayonnaise and mustard. Spread about ½ table-spoon on each bread slice.
- 03 Arrange cucumbers and red peppers evenly on each slice of bread, and top with ½ ounce turkey.
- 04 Roll each slice into a log, and cut each log into four pieces with a sharp knife. Serve immediately, or refrigerate logs until ready to serve (cut prior to serving).



Younger children can help mix the "mousse." Older children can make the recipe themselves.





BASIC GREEN SMOOTHIE

154

CALORIES

3g

PROTEIN

39g

CARBS

1g

FAT

INGREDIENTS:

1 C

WATER

1 C

BABY SPINACH

1

BANANA

½ C

BERRIES OF CHOICE
(BLUEBERRIES USED FOR NUTRITIONAL INFORMATION)

A LITTLE HONEY, MAPLE SYRUP, OR STEVIA
TO SWEETEN (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

YOGURT SMOOTHIE

131

CALORIES

5g

PROTEIN

21g

CARBS

4g

FAT

INGREDIENTS:

1 C

WATER

½ C

PLAIN YOGURT
(PREFERABLY REGULAR OR FULL-FAT)

½ C

FRESH OR FROZEN STRAWBERRIES

½ TSP

CINNAMON

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





BLUEBERRY BANANA SMOOTHIE

147

CALORIES

2g

PROTEIN

38g

CARBS

1g

FAT

INGREDIENTS:

1 C

WATER

1

BANANA

½ C

BLUEBERRIES, FROZEN

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

BERRY BLAST SMOOTHIE

137

CALORIES

3g

PROTEIN

26g

CARBS

4g

FAT

INGREDIENTS:

1 C

ALMOND MILK
(CAN SUBSTITUTE OTHER NUT MILK)

½ C

FRESH OR FROZEN STRAWBERRIES

½ C

FRESH OR FROZEN RASPBERRIES

½ C

FRESH OR FROZEN BLUEBERRIES

4-6

ICE CUBES

TWEAK THIS RECIPE BY USING THE BERRIES OF YOUR CHOICE OR THAT ARE LOCAL TO YOU AS WELL AS LARGER OR SMALLER PORTIONS OF EACH BERRY. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





CHOCOLATE ALMOND BUTTER SMOOTHIE

352

CALORIES

11g

PROTEIN

36g

CARBS

21g

FAT

INGREDIENTS:

1 C	NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
1	FROZEN BANANA
2 TBSP	ALMOND BUTTER
1 TBSP	FLAX SEEDS OR CHIA SEEDS (FLAX USED FOR NUTRITIONAL INFORMATION)
	1 SERVING OF YOUR FAVOURITE CHOCOLATE PROTEIN POWDER (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

BLUEBERRY MILKSHAKE SMOOTHIE

278

CALORIES

4g

PROTEIN

30g

CARBS

21g

FAT

INGREDIENTS:

1 C	RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
½ C	FROZEN BLUEBERRIES
½	AVOCADO
½ TSP	VANILLA EXTRACT
½ TSP	CINNAMON
½ TBSP	HONEY TO SWEETEN
½ TBSP	MACA (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





CHOCOLATE RASPBERRY PROTEIN SMOOTHIE

328	26g	37g	11g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	RAW MILK OR NUT MILK OF CHOICE (RAW MILK USED FOR NUTRITIONAL INFORMATION)
1	BANANA (OPTIONAL FROZEN)
½ C	RASPBERRIES
	1 SERVING OF YOUR PREFERRED CHOCOLATE PROTEIN POWDER (22 GRAMS/PER SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

KIWI STRAWBERRY BANANA SMOOTHIE

183	2g	35g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
1 KIWI	PEELED AND HALVED
1 C	FRESH OR FROZEN STRAWBERRIES
½	FRESH OR FROZEN BANANA
1 TSP	COCONUT OIL
4-6	ICE CUBES

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





GINGER STRAWBERRY KAMBUCHA SMOOTHIE



CALORIES



PROTEIN



CARBS



FAT

INGREDIENTS:

1 C	KOMBUCHA (HOMEMADE OR STORE BOUGHT)
1 C	FROZEN STAWBERRIES
1 TBSP	COCONUT OIL
2 TBSP	CHIA SEEDS OR CHIA SEED GEL
½ TSP	HONEY TO SWEETEN
½ INCH	GINGER, PEELED, AND MINCED
½ INCH	TEASPOON POWDERED GINGER

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND ON HIGH UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





GOJI MANGO SUPERFOOD SMOOTHIE

164	2g	25g	8g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
2 TBSP	GOJI BERRIES
½ C	FROZEN MANGO SLICES
½ TBSP	COCONUT OIL

A DASH OF HIGH QUALITY SALT TO TASTE (CELTIC SEA SALT, REDMOND SALT, HIMALAYAN SALT) PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

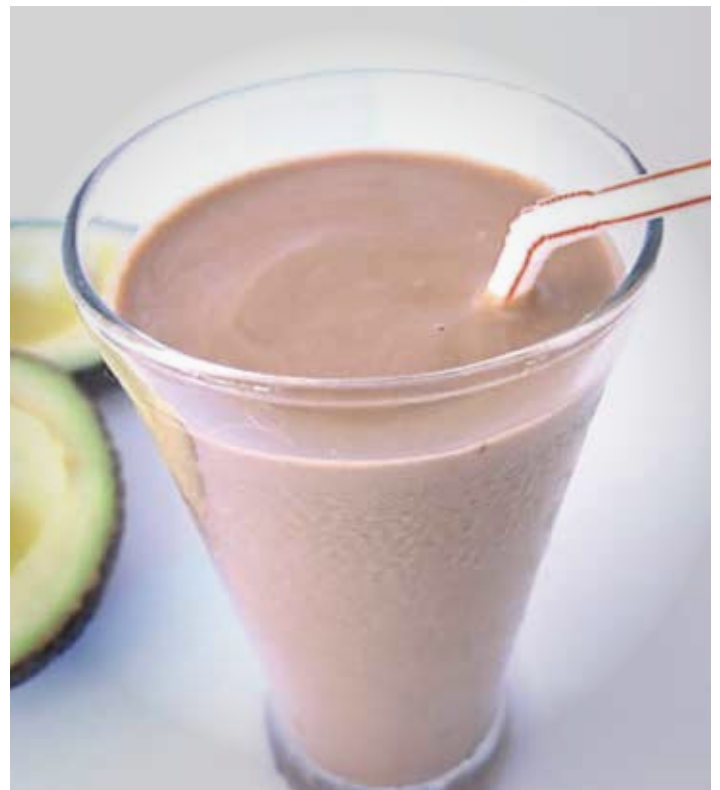
CHOCOLATE AVOCADO SMOOTHIE

377	12g	34g	24g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
½	AVOCADO
½ C	FRESH OR FROZEN STRAWBERRIES
½ TBSP	CACAO POWDER
½ TSP	HONEY TO SWEETEN
½ TBSP	CACAO NIBS (OPTIONAL)
	1 SERVING CHOCOLATE PROTEIN POWDER (OPTIONAL)
	A FEW MINT LEAVES (OPTIONAL - THINK MINT CHOCOLATE CHIP ICE CREAM)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





THE GREEN MACHINE SMOOTHIE

208	5g	44g	4g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
1 C	BABY SPINACH
½ C	KALE (STEMS REMOVED)
1	BANANA
½ C	FROZEN BERRIES OF CHOICE (BLUEBERRIES USED FOR NUTRITIONAL INFORMATION)
1 TBSP	CHIA SEEDS
¼ TSP	CINNAMON
	A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)
	1 SERVING OF YOUR FAVORITE GREEN SUPERFOOD POWDER (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

LEMON-LIME KALE DETOX SMOOTHIE

149	2g	39g	1g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
½ LEMON	PEELED AND SEEDED
½ LIME	PEELED AND SEEDED
1	FRESH OR FROZEN BANANA
1 C	KALE, STEMS REMOVED
1 TSP	HONEY

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



SPICE SMOOTHIE

266

CALORIES

4g

PROTEIN

41g

CARBS

13g

FAT

INGREDIENTS:

1 C	GREEN TEA, BROUGHT TO ROOM TEMP OR CHILLED
½ C	FRESH OR FROZEN BLUEBERRIES
½ C	FRESH OR FROZEN PAPAYA CHUNKS
1 TBSP	CHIA SEEDS OR CHIA SEED GEL
½ TSP	TURMERIC
½ TSP	GINGER
¼ TSP	CAYENNE PEPPER
½ TSP	CINNAMON
	A DASH OF A HIGH QUALITY SALT
	A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

COFFEE REPLACEMENT SMOOTHIE

263

CALORIES

6g

PROTEIN

20g

CARBS

19g

FAT

INGREDIENTS:

½ C	COFFEE
½ C	ALMOND MILK
3 TBSP	CASHEWS
½ TBSP	COCONUT OIL
½ TBSP	CACAO POWDER
½ TSP	CINNAMON
¼ TSP	VANILLA EXTRACT
1 TSP	HONEY
	A DASH HIGH QUALITY SALT

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





SWEET DREAMS SMOOTHIE

184	6g	32g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

½ C	WARM RAW MILK (SUBSTITUTE OTHER MILK OF CHOICE)
½	FRESH BANANA
½ C	PITTED CHERRIES
½ TSP	NUTMEG

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



RASPBERRY PEACH WATERMELON SMOOTHIE

168	2g	26g	8g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	SEEDED WATERMELON CHUNKS
½ C	FRESH OR FROZEN RASPBERRIES
½ C	FRESH OR FROZEN PEACH SLICES
½ TBSP	COCONUT OIL
3-4	ICE CUBES (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





BERRY BERRY BERRY PROTEIN SHAKE

472	55g	53g	11g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

½ C	FRESH BLUEBERRIES
½ C	FRESH STRAWBERRIES
½ C	FRESH RASPBERRIES
½ C	NONFAT MILK
2 SCOOPS	WHEY PROTEIN POWDER (22 GRAMS/PER SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CHOCO PEANUT BUTTER

566	60g	37g	22g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

2 TBSP	OF PEANUT BUTTER
½ C	CUP NON-FAT MILK
2 SCOOPS	SCOOPS WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/ SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





CHOCO BANANA COOKIE

154	55g	89g	16g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1	LARGE BANANA
4	CHOCOLATE WAFER COOKIES
1½	NONFAT FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER
	CHOCLOCLATE (22 GRAMS/PER SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CHOCO CREME

441	63g	47g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

2 C	NON-FAT CHOCOLATE FROZEN YOGURT
½ C	NON-FAT MILK
2 SCOOPS	WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/ SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



CHOCO MALT

406	54g	35g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 TBSP	MALTED MILK POWDER
2 SCOOPS	WHEY PROTEIN POWDER
½	CHOCLOCLATE (22 GRAMS/PER SCOOP)
	NONFAT FROZEN YOGURT

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





CHOCO BANANA

724	60g	112g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1	LARGE BANANA
1 TBSP	CHOCOLATE SYRUP
4 OZ	NONFAT FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER
	CHOCOLATE (22 GRAMS/PER SCOOP)
½ C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



CHOCO PEACH

398	49g	41g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

3	FROZEN PEACH SLICES
½	FRESH PINEAPPLE CHUNKS
2 SCOOPS	SCOOPS WHEY PROTEIN POWDER
	CHOCOLATE (22 GRAMS/ SCOOP)
1 C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



CHOCO STRAWBERRY

479

CALORIES

54g

PROTEIN

55g

CARBS

8g

FAT

INGREDIENTS:

1 TBSP

OF CHOCOLATE SYRUP

1 C

OF STRAWBERRIES

2 SCOOPS

WHEY PROTEIN POWDER
CHOCOLATE (22 GRAMS/PER SCOOP)

½ C

NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND
UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CINNAMON BUN

414

CALORIES

53g

PROTEIN

39g

CARBS

5g

FAT

INGREDIENTS:

1 TBSP

FAT-FREE BUTTER REPLACEMENT

½ TBSP

CINNAMON

2 SCOOPS

WHEY PROTEIN POWDER VANILLA
(22 GRAMS/ PER SCOOP)

1 C

NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND
UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





KEY LIME PIE

439	54g	40g	7g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 TBSP	LIME JUICE
4 GRAHAM	CRACKERS
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/PER SCOOP)
½ C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

INSTANT MOCHA

382	53g	32g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 TBSP	INSTANT COFFEE
1 C	NON-FAT VANILLA FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)
½ C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





MOCHA MINT



INGREDIENTS:

10Z	ENVELOPE SWISS MOCHA COFFE MIX
1 DROP	PEPPERMINT EXTRACT
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/PER SCOOP)
½ C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



ORANGE BANANA



INGREDIENTS:

1 C	ORANGE JUICE
1	LARGE BANANA
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)
½ C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





PINEAPPLE COCONUT

581

CALORIES

56g

PROTEIN

72g

CARBS

10g

FAT

INGREDIENTS:

$\frac{1}{2}$ C	FRESH PINEAPPLE CHUNKS
1 C	ORANGE JUICE
2 TBSP	SHREDDED COCONUT
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/PER SCOOP)
$\frac{1}{2}$ C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



STRAWBERRY BANANA

520

CALORIES

55g

PROTEIN

66g

CARBS

6g

FAT

INGREDIENTS:

1	LARGE BANANA
4	LARGE STRAWBERRIES
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)
$\frac{1}{2}$ C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.





THIN MINT

437

CALORIES

50g

PROTEIN

40g

CARBS

10g

FAT

INGREDIENTS:

1 DROP

PEPPERMINT EXTRACT

1

OREO COOKIE

2 SCOOP

WHEY PROTEIN POWDER
CHOCOLATE (22 GRAMS/PER SCOOP)

1 C

NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND ON HIGH UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

