

# Little Chefs, Big Smiles

RECIPES FOR THE WHOLE FAMILY!



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# Introduction

## Welcome to "Little Chefs, Big Smiles: Recipes For The Whole Family"!

Cooking healthy meals for your family can be hard and take a lot of time. "Little Chefs, Big Smiles: Recipes For The Whole Family" is here to help by making cooking fun and easy for both you and your kids. This cookbook has tasty and healthy recipes that you can make in 30 minutes or less. It also helps families spend time together and teaches kids basic kitchen skills.

### Connecting in the Kitchen

Cooking together is a great way to spend time with your kids and make special memories. This cookbook has recipes that both parents and kids can create together, making it a fun team effort. Each recipe is simple enough for kids to help with and delicious enough for everyone to enjoy.

### Building Healthy Habits

One of the main goals of this cookbook is to make healthy meals for the whole family while spending quality time in the kitchen. When kids help with cooking, they are more likely to try and choose healthy foods. This hands-on experience helps them learn the importance of eating well and making healthy food choices as they grow up.

### Learning Together

To make cooking with your kids fun and educational, each recipe in this book includes:

- Visuals: Photos or drawings of the final product to help you understand the recipe.
- Clear Instructions: Easy directions that break each recipe into simple steps.
- Kid-Friendly Jobs: Recommendations for age-appropriate tasks for kid in the kitchen, keeping them involved and safe.
- Food Facts: Fun food facts on every page!

### Let's Get Cooking!

Whether you're an experienced cook or just starting out, "Little Chefs, Big Smiles: Recipes For The Whole Family" is a guide to making healthy, tasty, and fun meals that everyone will love. Let's turn your kitchen into a place of joy, learning, and health. Grab your aprons, gather your little helpers, and start cooking up some memories!

# **Before You Get Started**

## **Kitchen Safety**



While cooking can be a fun bonding experience for parents and children, it is always important to follow food safety guidelines to reduce the risk of injury and food-borne illness. Take a few minutes to review these safety tips before getting started on your cooking adventure!

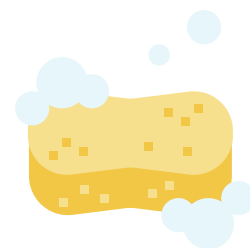


### **Handwashing**

Washing hands is important for reducing the spread of germs. Be sure to wash hands using soap and warm water for at least 20 seconds before beginning food prep, after handling food, and after using the bathroom, changing diapers, or touching pets.

### **Cleaning**

Make sure you clean all cooking surfaces, dishes, and tools before and after use. It is also important to make sure that all produce (fruits and veggies) are rinsed and scrubbed with water before use.



### **Knife Safety**

It is important to learn how to handle a knife safely to keep yourself and others safe. Follow these tips for reducing the risk of cuts and other knife-related injuries in the kitchen:

- Never put a knife in a sink full of water. You or someone else may forget it's there and can lead to cuts.
- Don't try to catch a falling knife. If you drop it, take a quick step back so it doesn't nick your toes.
- To pass a knife, hand it off by the handle, like a pair of scissors, or place it on the counter and let the person you are passing to pick it up.
- Always walk with the blade of the knife pointed towards the floor.
- Keep knives sharp. A dull knife requires more force, which can lead to slipping. However, do not try to sharpen a serrated knife as it can ruin the teeth.



- Watch your fingers when cutting. Tuck your fingers toward your palm, like a claw, on the hand that is holding the food.
- Lead with the tip of the knife. Angle the tip of the knife toward the cutting board.
- Cut through the food with a slicing or sawing motion. Don't just push down.

Handwashing and cleaning information from: [www.mainesnap-ed.org/cook/food-safety-basics](http://www.mainesnap-ed.org/cook/food-safety-basics)

Knife safety information from: [www.cookingmatters.org/tips/#cooking-basics](http://www.cookingmatters.org/tips/#cooking-basics)

## Kitchen Safety Continued...

### Food Preparation and Cooking

When preparing food for use, it is always important to keep raw meat, poultry, fish, and their juices away from other food – especially raw foods or foods that will not be cooked or heated in any way. Prevent cross-contamination (the mixture of germs and other contaminants from food) by using different cutting boards, utensils, and countertop space for raw meats and raw produce.



### Food Temperature

Keeping food at the appropriate temperature is very important for preventing food spoilage and illness from consumption. Follow these tips for appropriate food temperatures:

- Keep refrigerator at 40 degrees Fahrenheit or cooler.
- Always refrigerate perishable food within 2 hours (1 hour when the temp is above 90 degrees Fahrenheit).
- Refrigerate (or freeze) leftovers within 2 hours in clean, shallow, covered containers.
- Keep freezer at 0 degrees Fahrenheit.

Food Type	Internal Temperature
Fully cooked ham (to reheat)	140 degrees Fahrenheit
Beef, pork, veal, and lamb Uncooked ham (fresh or smoked)	145 degrees Fahrenheit with a 3-minute rest time
Egg dishes Ground meat	160 degrees Fahrenheit
Leftovers and casseroles Poultry (ground, parts, whole, and stuffing)	165 degrees Fahrenheit

Kitchen safety and food temp info from:

[www.mainesnap-ed.org/cook/food-safety-basics](http://www.mainesnap-ed.org/cook/food-safety-basics)

[www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart](http://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart)

## Allergens

Allergic reactions can happen to anyone and are important to keep an eye out for. If you know your child or someone you prepare food for has a food allergy, it is important to keep those allergens away from them. Below is an overview of common allergens (the “Big 9”), how to prevent allergic reactions, how to spot an allergic reaction, and what to do if you or your child has a food allergy.

### The “Big 9”

There are 9 allergens that are the leading cause of allergic reactions in the US. They are:



**Milk**



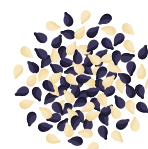
**Shellfish**



**Eggs**



**Peanuts**



**Sesame**



**Wheat**



**Soy beans**



**Tree Nuts**



**Fish**

### Preventing Allergic Reactions

The best way to prevent an allergic reaction is the avoidance of food allergens. To do so, consider the following tips:



Always read  
ingredient label  
statements  
thoroughly



If your child has  
food allergies, teach  
them which foods  
they should avoid



If a food product  
does not have an  
ingredient label,  
don't consume it



## Allergens Continued...

### Spotting an Allergic Reaction

Signs and symptoms of an allergic reaction can start within minutes of coming in contact with or consuming the allergen, and can show up no more than 2 hours later. Most of the time the symptoms are mild, but some can be life-threatening. Because of this, being able to identify the signs and symptoms is a necessary skill. The signs and symptoms can include:

**Diarrhea**

**Vomiting**

**Abdominal  
cramps**

**Hives**

**Swollen tongue  
or throat**

**Difficulty  
breathing**

**Tingling  
sensation in the  
mouth**



**If you are experiencing symptoms or suspect you may have a food allergy, it is important to contact your medical provider promptly for a proper evaluation and appropriate management.**

Allergen information from: [www.cookingmatters.org/tips/#child-food-safety](http://www.cookingmatters.org/tips/#child-food-safety)



# The Big 9

## Food Allergen Word Search



Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below to find the big 9 food allergens in the word search.



### Word Bank



shellfish  
peanuts  
fish

soybeans  
sesame

tree nuts  
wheat

milk  
eggs



## Preparing Food Safely for Kids

When whipping up meals with your child, safety is key!

**Children under the age of 4 years are at an increased risk of choking on foods as they are still learning to chew their food completely before swallowing.**

Slicing up goodies into bite-sized bits can be a game-changer in the battle against choking mishaps. Boiling or steaming foods, steering clear of tough or round treats like whole grapes or nuts, and keeping a sharp eye out during meals can turn dining into a safe and enjoyable time for all. Stick to these tricks from [cookingmatters.org](http://cookingmatters.org) to dodge choking hazards when prepping meals with your little chef.



Scan the QR code for information from the USDA on reducing choking risks!



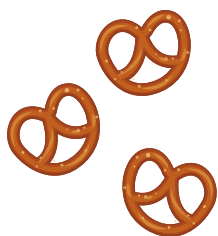
Cut marble-sized or round foods (such as dried fruit and hot dogs) into short strips rather than round pieces.

Consider cutting smooth and slippery foods such as cherry tomatoes and cooked pasta into quarters or chopping into small pieces

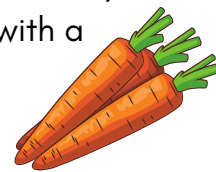


Spread sticky foods such as peanut butter thinly on a cracker or bread. For other sticky foods like fruit-roll ups, consider cutting them into small pieces before serving to your little one.

Foods that take a long time to chew or are hard to break down such as bagels or large pieces of meat, can get stuck. For a safe solution, cut these foods into small pieces.



Hard and crisp foods such as pretzels, chips, raw carrots, and other raw vegetables can break into chunks and may slip into the throat before they are chewed. For a safe solution, cook until soft enough to pierce with a fork. Or, break into small pieces.



## Tasks for Kids

Letting your kids help in the kitchen allows them the opportunity to build cooking skills and develop a love of healthy foods. Read the following tips from [CookingMatters.org](http://CookingMatters.org) for getting children of every age involved in the kitchen.

### Kids 2 and under can...



- Play with plastic measuring cups, spoons, containers, or a bowl of water and a whisk.
- Learn to say names and colors of foods and ingredients in recipes.
- Smell foods and, depending on the food, taste small amounts.

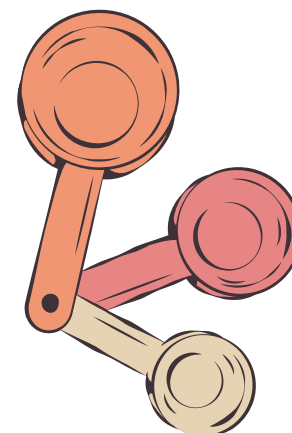
### Let 3 year-olds try to...

- Rinse and scrub fresh produce.
- Tear, snap, or break foods.
- Use a cookie cutter to cut shapes in dough, breads, produce, or other foods.
- Pluck fruits or leaves from stems.
- Dip foods into dips.
- Arrange foods on a plate.
- Help stir ingredients together in a bowl.



### Let 4 year-olds start to...

- Measure ingredients.
- Cut soft foods with a plastic or table knife with adult supervision.
- Squeeze juice from fruits.
- Shake ingredients in small containers such as jars or zip-top bags.



## Tasks for Kids Continued...

### Let 5 year-olds try to...

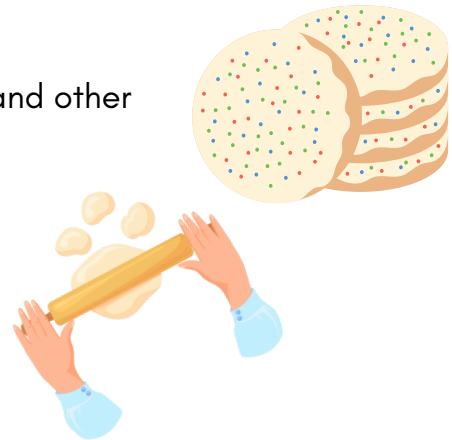


- Help grate cheeses and vegetables.
- Crack and beat eggs.
- Peel oranges.



### Let 6 to 8 year-olds try to...

- Read the recipe.
- Rinse, scrub, and peel onions, carrots, cucumbers, and other produce.
- Grate cheese and vegetables.
- Decorate cookies.
- Spread soft frostings and condiments.
- Roll out and shape dough.
- Cut soft foods with a knife with adult supervision.



### Let 9 to 13 year-olds try to...

- Follow recipes and make simple meals by themselves.
- Use electrical tools like blenders and mixers.
  - Open cans.
  - Drain cooked pasta in a colander.
  - Remove trays from the oven



Scan the QR code to learn more about cooking tasks for kids!

## **Basic Cooking Tools**

While there are so many cooking tools out there, having these basic tools recommended by the American Heart Association will help you in making many happy memories in the kitchen!

### **Pots and Pans**

Having an assortment of pots and pans in the kitchen can prove handy when trying to make different types of meals. The table below explains the best pots and pans to have on hand and what they are best used for.

Large pot with lid	For boiling pasta, steaming vegetables and making soups and stews.	
Medium saucepan with lid	Does what the 8-quart does on a smaller scale.	
Small saucepan with lid	For cooking rice or other grains, making sauces, heating up canned goods and leftovers.	
Small nonstick skillet	Perfect for omelets, eggs, or that grilled sandwich for lunch.	
Large nonstick skillet	For sautéing meats and vegetables. If you get a deep one with rounded sides it can work well for stir-fries, too.	



**Scan the QR code for a video from the American Heart Association on how to clean uncleanable pots and pans**



Information from: [www.heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning/essential-kitchen-equipment-and-utensils](http://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning/essential-kitchen-equipment-and-utensils)

## Cutting and Peeling Essentials

Cutting and peeling tools are essential in the kitchen because they help us prepare food quickly. These handy tools save time, keep us safe, and ensure everything is done just right, making cooking fun and easy for everyone.

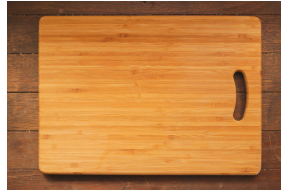
**Serrated knife**



**Paring knife**



**Cutting board**



**Box grater**



**Chef's knife**



**Vegetable peeler**



**Kitchen shears**



**Can opener**



## Mixing and Lifting

Tools like spatulas, tongs, and ladles make mixing and lifting food easy and safe. They keep hands away from hot surfaces and are perfect for little chefs. With these utensils, you can whip up batter, flip pancakes, and serve meals effortlessly. Equip your kitchen with these essentials for fun and safe cooking adventures!

Wooden spoons	
Slotted spoon	
Spatula	
Tongs	

## Other Important Tools

Finally, don't forget these additional tools—they're great for making cooking at home a breeze.

**Mixing bowls**



**Measuring cups**



**Measuring spoons**



**Timer**



**Collander**



**thermometer**



**Oven mitts**



**Apron**



**Kitchen towels**





## Prepping Produce

Before you dive into creating your fabulous recipes, it's essential to prepare your produce properly. Here are some tips from [fda.gov](http://fda.gov) to ensure your fruits and vegetables are ready for your culinary masterpieces.



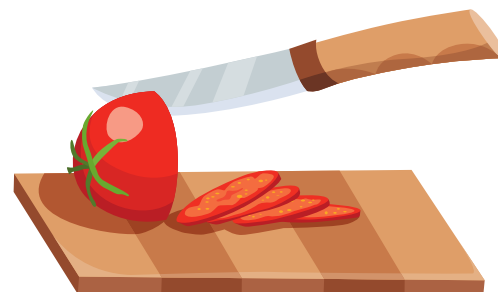
- Cut away any damaged or bruised areas on fresh fruits and veggies before preparing and/or eating.
- Wash all produce thoroughly under running water before preparing and/or eating, including produce grown at home or bought from a grocery store or farmers' market. Do not wash fruits and vegetables with soap or detergent. Using commercial produce wash is not recommended.
- Washing can reduce bacteria that may be present.
- Even if you do not plan to eat the skin, it is still important to wash produce first so dirt and bacteria are not transferred from the surface when peeling or cutting produce.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- After washing, dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present on the surface.
- Cooking produce thoroughly kills harmful bacteria and reduces the risk of illness.

### **What About Pre-Washed Produce?**

- Many pre-cut, bagged, or packaged produce items are pre-washed and ready-to-eat.
- If so, it will be stated on the packaging, and you can use the produce without further washing.
- If you choose to wash produce marked as "pre-washed" or "ready-to-eat," be sure that it does not come in contact with unclean surfaces or utensils. This will help to avoid cross contamination.






**Scan the QR code for  
produce safety hacks  
from the USDA**




Food prep info from: [www.fda.gov](http://www.fda.gov)

## Cooking Terms

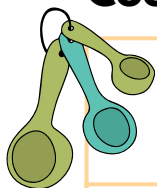
Reading a cookbook can sometimes feel like trying to understand another language. These cooking terms will help you understand the recipes in this cookbook and many more. Review the terms and abbreviations from [CookingMatters.org](http://CookingMatters.org) below to assist you in your cooking adventures!

<b>Bake</b>	To cook food in an oven with dry heat.
 <b>Boil</b>	To cook food quickly in heated liquid. The liquid moves rapidly and large bubbles keep breaking the surface. Often used for vegetables and pasta.
<b>Broil</b>	To cook food directly under the heat source of a gas or electric oven. Often used for fish and tender cuts of meat.
<b>Brown</b>	To cook quickly over high heat, usually on top of the stove, so the surface of the food turns brown and the inside stays moist.
<b>Chop</b>	To cut into smaller pieces, which can vary in size. 
<b>Dice</b>	To cut into small, even cubes, usually about ¼ inch per side.
<b>Grill</b>	To cook food directly on the heat source of a gas, charcoal or wood grill. Often used for fish, tender cuts of meat, and vegetables.
<b>Knead</b>	To mix and work the ingredients that make up dough into smooth, elastic form. Can be done with hands or a heavy-duty mixer.
 <b>Mince</b>	To cut food into even smaller pieces than diced.
<b>Mix</b>	To beat or stir two or more foods together until they are combined.

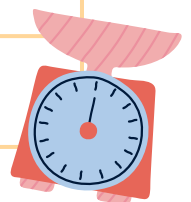
## Cooking Terms Continued...

 <p><b>Poach</b></p>	<p>To cook food gently in large amounts of heated liquid. The liquid moves slightly, but no bubbles break the surface. Often used for eggs, fish and fruit.</p>
<p><b>Roast</b></p>	<p>To cook by dry heat, usually in an oven.</p>
<p><b>Sauté (pan fry)</b></p>	<p>To cook food in a small amount of fat or oil on top of a stove. Heat the fat until hot (but not smoking), add the food, and cook to stated time or tenderness.</p>
<p><b>Simmer</b></p>	<p>To cook food slowly in heated liquid. Small bubbles should break the surface. Often used for meats and stews that benefit from slow cooking.</p>
<p><b>Slice</b></p>	<p>To cut into wide, thin pieces.</p>
<p><b>Steam</b></p>	<p>To cook food quickly in a covered pot by the moist heat made from a small amount of heated liquid. The food is held above the liquid by a basket or rack. Often used for vegetables and fish.</p>
 <p><b>Whisk</b></p>	<p>To beat ingredients with a fork or a whisk. This adds air and increases the volume. The mixture appears light and fluffy.</p>

## Cooking Abbreviations



<p>t or tsp = teaspoon</p>	<p>T or tbsp = tablespoon</p>	<p>oz = ounce</p>
<p>fl or fl oz = fluid ounce</p>	<p>c = cup</p>	<p>pt = pint</p>
<p>qt = quart</p>	<p>gal = gallon</p>	<p>lb = pound</p>



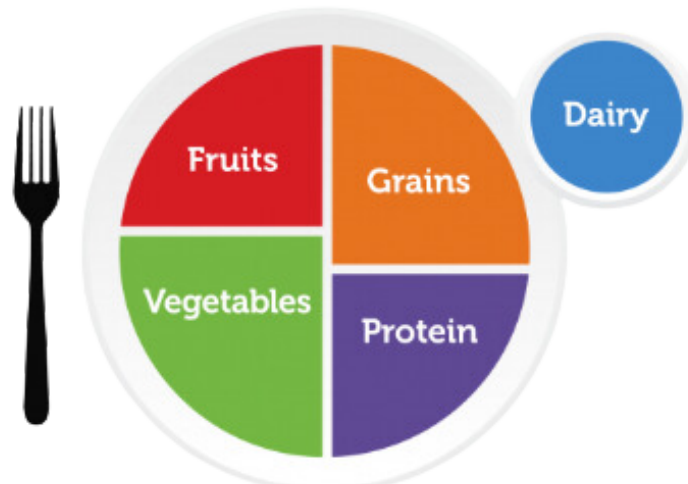
Cooking terms information from: [www.cookingmatters.org/tips/#cooking-basics](http://www.cookingmatters.org/tips/#cooking-basics)

The image features the MyPlate logo, which consists of a light orange rectangular box with a darker orange border. The text "MyPlate" is centered within the box in a bold, black, sans-serif font. The logo is set against a solid red background.






**MyPlate**

## What is MyPlate?

MyPlate is a visual that reminds us how to eat a healthy variety of foods every day. As seen in the graphic below, MyPlate outlines the 5 food groups: grains, fruits, dairy, vegetables, and protein. Following the MyPlate visual when you are eating throughout the day is a great step towards a healthier lifestyle!



## MyPlate Tips

 <p><b>Fruits</b></p>	 <p><b>Veggies</b></p>	 <p><b>Protein</b></p>	 <p><b>Grain</b></p>	 <p><b>Dairy</b></p>
<p>Make half of your plate fruits and veggies: focus on whole fruits.</p>	<p>Make half of your plate fruits and veggies: vary your veggies.</p>	<p>Vary your protein routine.</p>	<p>Make half of your grains whole grains.</p>	<p>Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).</p>


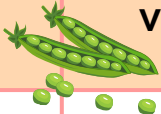





Scan the QR code for a video on MyPlate from Food Hero!

Info from: [www.myplate.gov/eat-healthy/what-is-myplate](http://www.myplate.gov/eat-healthy/what-is-myplate)

## MyPlate Food Groups

Below you will find a brief list of foods that fit into each of the five MyPlate Food Groups. For more information on foods included in these categories, visit [www.myplate.gov](http://www.myplate.gov).

 <b>Fruits</b>	 <b>Veggies</b>	 <b>Protein</b>	 <b>Dairy</b>	 <b>Grains</b>
<ul style="list-style-type: none"> <li>• Apples</li> <li>• Oranges</li> <li>• Bananas</li> <li>• Grapefruit</li> <li>• Mango</li> <li>• Blueberries</li> <li>• Kiwi</li> <li>• Raspberries</li> <li>• Blackberries</li> <li>• Strawberries</li> <li>• Pears</li> <li>• Grapes</li> <li>• Tomatoes</li> <li>• Peaches</li> <li>• Plums</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Bell peppers</li> <li>• Broccoli</li> <li>• Carrots</li> <li>• Corn</li> <li>• Potatoes</li> <li>• Green beans</li> <li>• Brussel sprouts</li> <li>• Peas</li> <li>• Onions</li> <li>• Celery</li> <li>• Okra</li> <li>• Spinach</li> <li>• Kale</li> <li>• Lettuce</li> <li>• Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Fish</li> <li>• Eggs</li> <li>• Beef</li> <li>• Pork</li> <li>• Lamb</li> <li>• Duck</li> <li>• Chicken</li> <li>• Beans</li> <li>• Tofu</li> <li>• Nuts</li> <li>• Seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Yogurt</li> <li>• Cheese</li> <li>• Lactose-free milk</li> <li>• Fortified soy milk and yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Wheat</li> <li>• Rice</li> <li>• Cornmeal</li> <li>• Barley</li> <li>• Bread</li> <li>• Pasta</li> <li>• Grits</li> <li>• Tortillas</li> <li>• Popcorn</li> <li>• Oatmeal</li> </ul>

### Your Turn!

Think of foods that may not be listed above and see if you can put them in the correct MyPlate food category!

Fruits	Veggies	Protein	Dairy	Grains

# MyPlate Grocery Store BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

Fruits	Vegetables	Grains	Protein	Dairy
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese 
Cantaloupe 	Corn 	<b>Free Space</b> 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

August 2016  
 USDA is an equal opportunity provider and employer.



## Information for Adults

With a variety of sights and smells, grocery shopping can be an exciting activity for kids. It can also be a little stressful for adults trying to buy groceries while keeping children entertained. MyPlate Grocery Store Bingo is a fun and educational activity that will focus the attention of your little ones while also allowing you to get your shopping done. That's what we like to call a **"MyPlate, MyWin!"**

### Ages: 5 & Up

While most appropriate for elementary school- aged children, this activity can be modified for other ages.

- For older children, consider giving them their own shopping list so they can help you shop.
- For younger children, ask them to find foods of various colors and shapes.

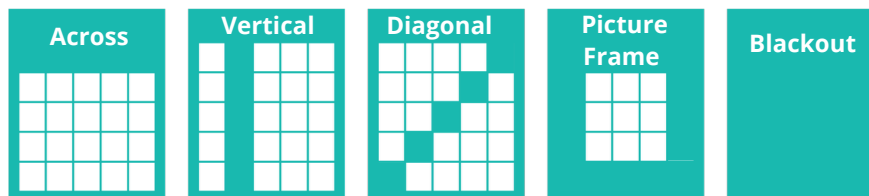
### Instructions:

- Print off bingo cards for kids accompanying you on a grocery shopping trip.
- Give them a pen or pencil and let them circle foods they see in the store while you shop.
- Explain that we need foods from all five food groups.
- Explain that fresh, frozen, and canned varieties all count.



### Tips:

- You can use this bingo card multiple times. In addition to the traditional style of bingo where you try to get five across, five vertical, or five diagonal, kids can also play picture frame where they try to find all of the foods on the perimeter of the card or blackout where they try to find every food on the card.



- If you have more than one child with you, kids can either compete against one another—whoever finds five in a row first wins—or work together as a team. This can be especially helpful if you have an older child that can help a younger child.
- Consider offering a prize for completing the bingo sheet. For example, take a family trip to the park or go for a bike ride together.





# **Breakfast**

## **PB and Banana Overnight Oatmeal**

### **Prep Time**

10 mins

### **Total Time**

12 hrs 10 mins

### **Servings**

2

### **Cooking Tools**

Measuring cups

Measuring spoons

2 jars with tight-fitting lids

### **Ingredients**

1 cup old-fashioned oats

2 tsp honey

1 1/2 cups milk (any kind)

1 tsp cinnamon

2 tsp vanilla extract

1/2 cup fresh bananas, sliced

2 tbsp peanut butter



### **Instructions**

1. Divide all ingredients (except for the bananas) evenly between the two jars.
2. Screw the top on each jar tightly and shake well.
3. Refrigerate overnight.
4. The next morning, add fresh, sliced bananas and eat right out of the jar!

### **Notes**

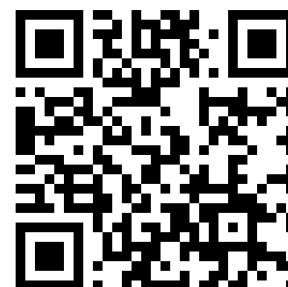
- Try blueberries or strawberries instead of bananas.
- Add a pinch of ground cinnamon or a teaspoon of vanilla extract.



### **Food Fact**

Oats are a fantastic source of B vitamins, which aid in energy production and brain function. They are also rich in fiber, which promotes healthy digestion, keeping us feeling full, and supporting heart health. Oats also provide iron, essential for muscle support, growth, development, and energy levels.

**Scan the QR code to cook along with Shayla and her son, Wayland!**



Recipe adapted from:

[www.chopchopfamily.org/recipe/overnight-oats-with-blueberries](http://www.chopchopfamily.org/recipe/overnight-oats-with-blueberries)

Food facts from: [www.eatfresh.org](http://www.eatfresh.org)

## One-Eyed Jack

### **Prep Time**

5 mins

### **Total Time**

10 minutes

### **Servings**

1

### **Cooking Tools**

Drinking glass

Small bowl

Small nonstick pan

Heatproof spatula

### **Ingredients**

1 slice whole-wheat or multigrain bread

2 tsp olive oil

1 large egg

Pinch of salt and black pepper

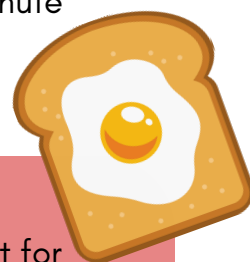


### **Instructions**

1. Use the open mouth of the glass to cut a hole out of the center of the slice of bread. Set aside.
2. Crack the egg into the bowl gently, as not to break the yolk.
3. Put the pan on the stove and turn the heat to medium. When the pan is hot, add the oil, then lay the bread frame into it carefully.
4. Gently pour the egg into the hole, and season the egg with a pinch of salt and pepper.
5. Cook the bread frame until it has browned underneath and the egg in the hole has started to set, about 2 minutes, then carefully flip the whole thing. Cook the other side until the egg yolk is as firm as you like it – about 30 seconds to a minute longer.
6. Eat right away.

### **Food Fact**

Eggs are one of the most affordable sources of protein, which are important for building bones, muscles, skin, and blood. They provide many nutrients that help keep your body healthy.



**Scan the QR code to cook along with  
Shayla and her son, Wayland!**



Recipe from: [www.chopchopfamily.org/recipe/one-eyed-jack](http://www.chopchopfamily.org/recipe/one-eyed-jack)  
Food facts from: [www.eatfresh.org/discover-foods/eggs](http://www.eatfresh.org/discover-foods/eggs)

## Granola with Oats, Coconut, and Pecans

### **Prep Time**

5 mins

### **Total Time**

35 mins

### **Servings**

12

### **Cooking Tools**

Measuring spoons

Measuring cups

13x9 inch baking pan

Mixing bowl

Mixing spoons

### **Ingredients**

3 cups uncooked oatmeal

1/2 cup coconut, shredded or flaked

1 cup pecans (or try walnuts or peanuts)

1/4 cup honey

1/4 cup margarine, melted

1 1/2 tsp cinnamon

2/3 cup raisins



### **Instructions**

1. Heat oven to 350 °F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in 13x9 inch baking pan at 350 °F for 25 to 30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly. Store in tightly covered container.

### **Food Fact**

It is important to note that honey should not be fed to children under 1 year of age. Pecans provide Vitamin E, which protects our cells and boosts our immune system, along with healthy fats that are good for our skin and brain and help us feel full.



Recipe, food fact and photo from: [www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/granola-oatmeal-coconut-pecan](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/granola-oatmeal-coconut-pecan)

# KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

	Visual Appeal	1	2	3	4	5	—
	Smell	1	2	3	4	5	—
	Taste	1	2	3	4	5	—
	Texture	1	2	3	4	5	—

**TOTAL:** \_\_\_\_\_

**TOTAL SCORE**

😐

😊

😄

Serve it again?

YES NO

**FOR EXTRA FUN:**

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.

August 2016  
  
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# KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

	Visual Appeal	1	2	3	4	5	—
	Smell	1	2	3	4	5	—
	Taste	1	2	3	4	5	—
	Texture	1	2	3	4	5	—

**TOTAL:** \_\_\_\_\_

**TOTAL SCORE**

😐

😊

😄

Serve it again?

YES NO

**FOR EXTRA FUN:**

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.

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## **Lunch and Dinner**

## Pita with Hummus, Cucumber, Tomatoes and Tzatziki

### Prep Time

5 mins

### Total Time

15 mins

### Servings

2

### Cooking Tools

Cutting board  
Sharp knife  
Spoon  
Measuring spoons  
Measuring cups



### Ingredients

2 whole wheat pita pockets  
3 tbsp classic hummus (recipe on pg. 34, or store-bought)  
3 tbsp tzatziki sauce (recipe on pg. 35, or store-bought)  
1/2 cucumber, sliced  
1/2 cup cherry tomatoes, halved

### Instructions

1. Lay out each pita bread flat.
2. Spread 1 1/2 tbsp of hummus on each pita.
3. Top the hummus with 1 1/2 tbsp of tzatziki sauce on each pita.
4. Place cucumber and tomato slices on top of hummus and tzatziki sauce.
5. Fold Pita in half and enjoy!

### Food Fact

Tomatoes are actually considered a fruit! They are so versatile and come in many sizes and colors (my personal favorite is the cherry tomato....chef's kiss!). They can be eaten raw or cooked in soups and sauces. Tomatoes contain many nutrients such as vitamin A, which is good for our eyes, immune system, and cells.



Scan the QR code to cook  
along with Shayla!



Food fact from: [www.eatfresh.org/discover-foods/tomatoes](http://www.eatfresh.org/discover-foods/tomatoes)

## **PB and Banana Pinwheels**

### **Prep Time**

5 mins

### **Total Time**

10 mins

### **Servings**

2

### **Cooking Tools**

Butter knife

Spoon

Sharp knife

Measuring spoons

### **Ingredients**

2 tortillas

3 tbsp peanut butter

2 bananas

1 tsp cinnamon



### **Instructions**

1. Lay out each tortilla flat.
2. Spread 1 1/2 tbsp of peanut butter on each tortilla.
3. Top the peanut butter with 1 full banana on each tortilla.
4. Sprinkle cinnamon on top of banana and PB.
5. Roll the tortilla starting from one end until it is completely rolled into a log.
6. Using a sharp knife cut the log into slices. The parent/adult should do this!
7. Enjoy!

### **Food Fact**

Bananas are not only delicious, but also a great source of many nutrients. They contain vitamin C, which keeps our immune systems strong and aids in our bodies healing process. They also contain fiber, which helps us feel full and aids in digestion, and potassium, which is an electrolyte the keeps our muscles and heart healthy.

Recipe adapted from: [www.cookingmatters.org/recipes/peanut-butter-and-banana-pockets](http://www.cookingmatters.org/recipes/peanut-butter-and-banana-pockets)

Food facts from: [www.eatfresh.org/discover-foods/banana](http://www.eatfresh.org/discover-foods/banana)





## Pesto Pasta with Chicken

### Prep Time

15 mins

### Total Time

30 mins

### Servings

6

### Cooking Tools

Pot with lid    Slotted spoon

Large skillet

Colander

### Ingredients

8 oz farfalle pasta    2 cloves garlic, minced  
 2 tbsp olive oil    1/4 cup low sodium chicken broth  
 1 onion, diced    2 cups pesto sauce (recipe on p. 36)  
 1 lb. boneless skinless chicken breasts (cut into bite-sized pieces)  
 1/2 cup freshly grated parmesan cheese  
 freshly chopped parsley for garnish

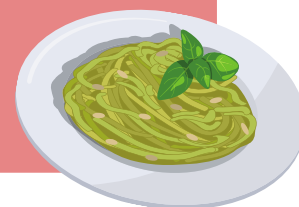


### Instructions

1. Cook the pasta according to the package directions.
2. In the meantime, place a large skillet over medium high heat and add olive oil.
3. Add diced onion to the pan and sauté until it starts to become translucent.
4. Season the chicken with salt and pepper, then add it to the skillet.
5. Cook chicken until it is nicely seared, and looks golden brown.
6. Add the garlic to the pan, stir and cook for one minute (garlic burns easily, so be careful!)
7. Deglaze (use liquid to remove bits from bottom of pan) the pan with the broth and then add the pesto sauce. Stir to combine.
8. Add cooked pasta to the mixture, toss to cover with sauce.
9. Plate each serving and add parmesan and parsley to garnish.
10. Enjoy!

### Food Fact

Chicken is a great source of protein and is low in fat (if consumed without the skin). Protein is so important for many aspects of our bodies, including our bones, muscles, cartilage, skin, and blood! Chicken is also a good source of B vitamins, which are essential for growth, development, and many other bodily functions.



Food fact from: [www.eatfresh.org/discover-foods/poultry](http://www.eatfresh.org/discover-foods/poultry)

## PB&J Crust-Free Sandwich

### Prep Time

5 mins

### Total Time

15 mins

### Servings

2

### Cooking Tools

Measuring spoons

Sharp knife

2 spoons

1 fork

Drinking glass

### Ingredients

4 slices whole wheat bread

1 tbsp peanut butter

1 tbsp jelly



### Instructions

1. Stack two pieces of bread and, using a drinking glass, cut a circle out of the bread.
2. Discard the outer portion of the bread.
3. Using a spoon, create an indentation in the middle of each circle of bread.
4. Spoon 1 tbsp each of jelly and PB into the indentation of one circle of bread.
5. Place the other circle of bread on top to cover the PB and J.
6. Using a fork, press the edges of the sandwich to seal the sandwich.
7. Enjoy immediately, or freeze to enjoy later!



### Food Fact

Let's get real, grains, such as bread, are a large part of our daily life. We are encouraged by MyPlate and the Dietary Guidelines for Americans to consume about 5-8 oz of grains per day (for school-aged youth) and 6-8 oz per day (for adults). However, it is also important to make at least half of the grains you consume whole grains. Whole wheat and whole grain breads contain fiber and many vitamins that support your body and make you feel full.

**Scan the QR code to cook along with Shayla and her son, Wayland!**

Food fact from: [www.eatfresh.org/discover-foods/breads-tortillas](http://www.eatfresh.org/discover-foods/breads-tortillas)  
[www.spendsmart.extension.iastate.edu/shop/aisle-by-aisle/grains](http://www.spendsmart.extension.iastate.edu/shop/aisle-by-aisle/grains)





# Acrostic

## What is it?

An **acrostic** is a poem in which the first letter of each line spells out a word. Often, that word is the title of the poem. Here's an example:

Corn

- C**risp and sweet
- O**n the cob or on my plate
- R**eady to eat in late summer
- N**ext best thing to sunshine!

Title: \_\_\_\_\_

By: \_\_\_\_\_

## Your Turn!

Try writing an acrostic poem about your favorite fruit or vegetable! First write the name of your fruit or vegetable as your title. Write your name below it. Then write your title again, in large letters, one letter at a time in the blocks on the side of the page. Use as many blocks as you need. Now write something you like about your fruit or vegetable that begins with the letter at the start of each line.

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.  
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# Dips and Spreads

## **Classic Hummus**

### **Prep Time**

15 mins

### **Total Time**

15 mins

### **Servings**

2 cups

### **Cooking Tools**

Cutting board	Food processor or blender
Sharp knife	Measuring cup
Can opener	Measuring spoons
Strainer or colander	

### **Ingredients**

1 (15-ounce) can chickpeas  
 1 garlic clove, peeled and sliced  
 1/2 cup sesame tahini  
 1/2 tsp ground cumin  
 1 tsp kosher salt  
 2 tbsp warm water  
 1/2 cup olive oil  
 1/4 cup fresh lemon juice



### **Instructions**

1. Put the chickpeas and garlic in the bowl of the food processor fitted with a steel blade and process until the chickpeas are finely chopped.
2. Add the tahini, cumin, and salt and process until combined.
3. Add the water, oil, and lemon juice and process until it is silky-smooth. Add an extra tbsp of water if it's not as smooth as you like. Now taste the hummus: does it need a pinch of salt or squeeze of lemon? If so, add it and then taste again.
4. Serve right away or cover and refrigerate up to 4 days.

### **Food Fact**

Beans, such as garbanzo beans (also known as chickpeas), are a nutritional powerhouse! They are a great plant-based source of protein and provide many other nutrients for the body.



Recipe from: [www.chopchopfamily.org/recipe/classic-hummus](http://www.chopchopfamily.org/recipe/classic-hummus)

Food fact from: [www.eatfresh.org/discover-foods/beans](http://www.eatfresh.org/discover-foods/beans)

## Tzatziki Dip

### **Prep Time**

15 mins

### **Total Time**

15 mins

### **Servings**

6

### **Cooking Tools**

Cutting board

Sharp knife

Grater

Spoon for mixing

Measuring cup

Measuring spoons

### **Ingredients**

2 cups yogurt (plain, low-fat)

2 cucumbers (medium, peeled, seeded, and grated)

1/2 cup sour cream (non-fat)

1 tbsp lemon juice

1 tbsp dill (fresh) OR 1 tsp dried dill weed

1 garlic clove (chopped) OR 1/2 tsp garlic powder

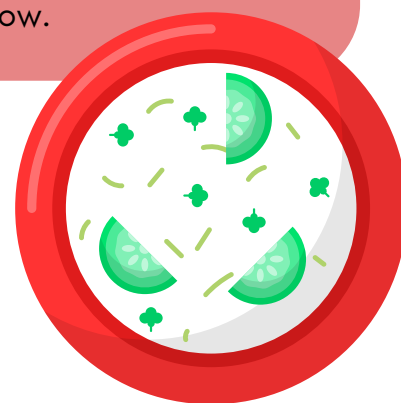


### **Instructions**

1. Wash hands with soap and water.
2. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
3. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.

### **Food Fact**

Did you know that cucumbers are over 90% water? This high water content not only keeps you hydrated but also makes them a refreshing addition to your meals, whether you enjoy them in a crunchy salad or as a crisp snack! Plus, cucumbers come in a rainbow of colors, from classic green to vibrant orange and yellow.



Recipe and photo from: [www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-and-herb-dip](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-and-herb-dip)

## **PB and Yogurt Fruit Dip**

### **Prep Time**

5 mins

### **Total Time**

10 mins

### **Servings**

6

### **Cooking Tools**

Small mixing bowl

Rubber scrapper spatula for mixing

Measuring spoons

Measuring cups

### **Ingredients**

1/2 cup yogurt, non-fat plain

1/2 tsp vanilla extract

1/3 cup creamy peanut butter



### **Instructions**

1. Wash hands with soap and water.
2. Combine yogurt, vanilla, and peanut butter in a small bowl.
3. Mix well.
4. Chill dip in refrigerator until ready to serve.

### **Food Fact**

Yogurt contains calcium, which is good for bone health. It also provides protein that are essential for our bones, muscles, skin, and blood. Yogurt also contains phosphorus, which helps form bones and teeth, riboflavin (a B vitamin), which helps turn carbohydrates into energy and supports growth and eye health, and probiotics to keep our digestion healthy.



Recipe from: [www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-and-peanut-butter-dip](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-and-peanut-butter-dip)

Food fact from: [www.eatfresh.org/discover-foods/yogurt](http://www.eatfresh.org/discover-foods/yogurt)

## Parsley, Almond, and Lemon Pesto Sauce

### **Prep Time**

15 mins

### **Total Time**

45 mins

### **Servings**

6

### **Cooking Tools**

Colander

Measuring spoons

Measuring cups

Pot with lid

Tongs

Food processor

### **Ingredients**

6 tbsp almonds, sliced

6 tbsp parmesan cheese

1 cup parsley, fresh

1/2 lemon, juiced

1/4 cup olive oil

**S**alt & pepper to taste, optional



### **Instructions**

1. Wash hands with soap and water.
2. In a food processor, combine the almonds, cheese, parsley, and lemon juice.
3. Slowly pour in oil and mix it into the rest of the ingredients.
4. Season with salt and pepper.

### **Food Fact**

Parsley is easy to grow at home, either in the ground or in a container. You can find fresh parsley at farmers markets during the summer and early fall.



Recipe from: [www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/parsley-almond-and-lemon-pesto](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/parsley-almond-and-lemon-pesto)

Food fact from: [www.foodhero.org/recipes/pesto](http://www.foodhero.org/recipes/pesto)



## No-Cook Strawberry and Date Jam

### **Prep Time**

5 mins

### **Total Time**

5 mins

### **Servings**

1

### **Cooking Tools**

Measuring cup

Food processor

Rubber spatula

### **Ingredients**

1 cup strawberries

3 dates, pitted



### **Instructions**

1. Put the strawberries and dates in the bowl of the food processor fitted with the metal blade and process until completely blended, stopping from time to time to scrape down the sides of the bowl with the spatula.
2. Use right away, or cover and refrigerate up to 3 days.

### **Food Fact**

Dates are fat-free, cholesterol-free, sodium-free, and a good source of fiber. A 1/4 cup of dates provides 12% of the daily value for fiber, 8% of the daily potassium recommendation, and 6% of the daily manganese recommendation.



Recipe and photo from: [www.chopchopfamily.org/recipe/no-cook-raspberry-jam](http://www.chopchopfamily.org/recipe/no-cook-raspberry-jam)

Food fact from: [www.eatfresh.org/discover-foods/dates](http://www.eatfresh.org/discover-foods/dates)

# Growing Your Garden: Let's Plant Herbs and Sunflowers!

## Why Garden?

Lets learn how to grow our own food! Growing food takes sun, water, and a lot of patience. To better appreciate where our food comes from, lets start a garden! Herbs and sunflowers are a great way to start growing food as they are easy to grow and don't take up much space. The herbs can even spend their whole lives inside!



## Steps for planting

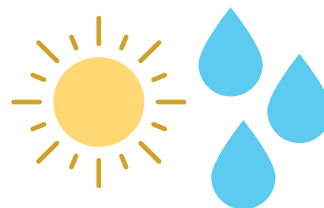
Materials Needed: Cup, Potting Soil, Seeds, Spray Bottle with Water

1. Scoop cup full of soil. Leave fingers width of space on top
2. Plant seed according to packet instructions
3. Water with spray bottle. 10-15 squirts



## Home Care

- Poke a hole in the bottom of the cup when you get home
- Place cup in a dish to catch extra water
- Put cup in a sunny window
- Water whenever the soil gets dry (likely once a day)
- If desired, transplant into a bigger pot or outside once your plant grows bigger



## Ideas for use

Herbs taste great! Try basil in pesto or on pizza. Chives are a great topping to potatoes or eggs. Parsley is a tasty addition to salad dressings and can even be used to freshen your breath.

The sunflowers you grow can make a great snack! When the flower starts to tip forward, cut it off and hang to dry. When dry have an adult help remove the seeds and roast for a yummy snack.



This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP.  
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## **Desserts**

## Strawberry Basil Popsicles

### Prep Time

15 mins

### Total Time

2 hours 15 mins

### Servings

9

### Cooking Tools

Small saucepan

Jar with tight-fitting lid

Popsicle molds

Whisk or fork

Blender or food processor

Stovetop



### Ingredients

2 tbsp sugar

1/2 cup water

3 stalks basil

2 cups coconut water

2 cups strawberries (frozen)

### Instructions

1. To prepare the basil simple syrup, combine sugar and water in a small saucepan. Bring to a low boil and stir until sugar dissolves. Turn off heat and add basil sprigs. Allow to cool, about 10 minutes. Discard basil sprigs and transfer to a jar.
2. Combine ¼ cup basil simple syrup with strawberries and coconut water in a blender and process until smooth.
3. Pour into popsicle molds and freeze for two hours.

### Food Fact

Strawberries are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid. Folic acid is especially important for women who are having children because it can help prevent certain birth defects when consumed in the right amounts.



Recipe and photo from: [www.eatfresh.org/recipe/desserts/strawberry-basil-popsicles](http://www.eatfresh.org/recipe/desserts/strawberry-basil-popsicles)

Food fact from: [www.fcs-hes.ca.uky.edu/commodity/strawberries](http://www.fcs-hes.ca.uky.edu/commodity/strawberries)

## Strawberry Chocolate Pretzel Frozen Yogurt Bark

### Prep Time

10 mins

### Total Time

3 hours

### Servings

6

### Cooking Tools

Measuring cups

Baking pan

Measuring spoons

Aluminum foil

Freezer

Sharp knife

### Ingredients

2 cup vanilla yogurt

1 cup fresh strawberries, sliced

30-40 small pretzel sticks, broken into smaller pieces

1/8 cup (2 tbsp) mini chocolate chips

1 tbsp honey or maple/pancake syrup



### Instructions

1. Wash hands with soap and water.
2. Gently run strawberries under cool running water.
3. Line a baking pan or cookie sheet with aluminum foil.
4. Spread yogurt onto foil to about ¼-inch thick.
5. Sprinkle sliced strawberries, pretzel stick pieces, and mini chocolate chips on yogurt. Drizzle honey or syrup on top.
6. Freeze for 2 to 3 hours or until completely frozen solid.
7. Remove from freezer and break bark into smaller pieces with sharp knife. Eat immediately or place back in freezer before bark begins to thaw. Store in a freezer-safe container or bag.

### Food Fact

Yogurt contains phosphorus, which helps form bones and teeth, riboflavin (a B vitamin), which helps turn carbohydrates into energy and supports growth and eye health, and probiotics to keep our digestion healthy.

Recipe and photo from: [www.eat-move-save.extension.illinois.edu/eat/recipes/strawberry-chocolate-pretzel-frozen-yogurt-bark](http://www.eat-move-save.extension.illinois.edu/eat/recipes/strawberry-chocolate-pretzel-frozen-yogurt-bark)

Food fact from: [www.eatfresh.org/discover-foods/yogurt](http://www.eatfresh.org/discover-foods/yogurt)



## **PB Muffins**

### **Prep Time**

15 mins

### **Total Time**

45 mins

### **Servings**

12

### **Cooking Tools**

Oven	Hand mixer
Muffin tin	Measuring cup
Baking cups	Measuring spoons
Mixing bowl	Wire cooling rack

### **Ingredients**

3/4 cup peanut butter	1/2 cup cornmeal
1/2 tbsp honey	3 tbsp sugar
2 eggs	2 tsp baking powder
1 cup milk, skim	1/2 tsp salt
1 1/2 cups flour	



### **Instructions**

1. Wash hands with soap and water.
2. Preheat the oven to 375 °F.
3. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine).
4. Put the peanut butter and honey in a mixing bowl. Beat until well blended.
5. Add the eggs 1 at a time, beating well after each egg.
6. Add the milk, and mix well.
7. Add the flour, cornmeal, sugar, baking powder, and salt. Stir just until they are moistened. Don't stir them too much.
8. Fill each muffin cup 2/3 full.
9. Bake for 20 to 25 minutes until golden brown.
10. Put on a wire rack.
11. Cool for at least 10 minutes before serving.

### **Food Fact**

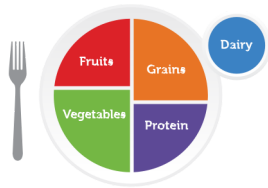
There are many different types of flour. Whole wheat flour is less processed and contains lots of nutrients, like fiber and B vitamins. The fiber is great for helping our bodies feel full and supporting our digestion. B vitamins help our cells grow and stay healthy.



Recipe and photo from: [www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-muffins](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-muffins)

Food fact from: [www.eatfresh.org/discover-foods/flour](http://www.eatfresh.org/discover-foods/flour)

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# Cut Back on Added Sugars

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.



## Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.



## Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.



## Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.



## Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.



## Check the label

Added sugars are now prominently displayed on the [Nutrition Facts label](#) of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.



Go to [MyPlate.gov](http://MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

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FNS-905-9  
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**Snacks**



## **Savory Popcorn Mix**

### **Prep Time**

5 mins

### **Total Time**

5 mins

### **Servings**

4

### **Cooking Tools**

Mixing bowl

Measuring cups

Measuring spoons

Mixing spoon

### **Ingredients**

4 cups popcorn

1 tbsp margarine, melted

1 tsp chili powder

1/16 tsp (a dash) garlic powder



### **Instructions**

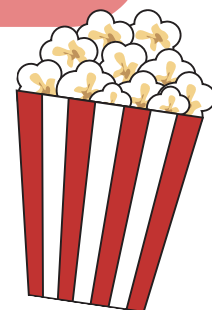
1. Wash hands with soap and water.
2. Mix popcorn and margarine in a bowl.
3. Mix seasonings thoroughly and sprinkle over popcorn. Mix well.
4. Serve immediately and enjoy with family and friends.

### **Food Fact**

The common variety of corn that we eat is sweet corn, known for its natural sweetness and can be eaten directly off the stalk. Sweet corn is great because it is high in fiber and promotes healthy digestion, satiety, and heart health. It also contains folate, which supports tissue growth and cell function, making it particularly important for pregnant women. Additionally, potassium in corn helps build muscle and maintain a healthy heart.

Recipe and photo from: [www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chili-popcorn](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chili-popcorn)

Food fact from: [www.eatfresh.org/discover-foods/corn](http://www.eatfresh.org/discover-foods/corn)



## **Kale Chips**

### **Prep Time**

15 mins

### **Total Time**

30 mins

### **Servings**

6

### **Cooking Tools**

Baking sheet

Kitchen scissors

Parchment paper

Measuring cups

Measuring spoons

### **Ingredients**

1 cup kale (or chard, spinach, or collards)

1 1/2 tbsp olive oil (or oil of your choice)

Seasonings of your choice



### **Instructions**

1. Wash hands with soap and water.
2. Preheat oven to 300 °F.
3. Line a cookie sheet with parchment paper (optional).
4. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems.
5. Tear into bite-sized pieces and place kale pieces on cookie sheet.
6. Drizzle oil over kale and then sprinkle with seasonings of choice. Seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, and Parmesan cheese.
7. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

### **Food Fact**

Kale is packed with many nutrients such as vitamin A, which helps with seeing at night and supports the immune system. Kale is also packed with vitamin C, which helps heal wounds and supports a healthy immune system. Additionally, kale is a good source of calcium, which supports strong bones and teeth.



Recipe and photo from: [www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/kale-chips](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/kale-chips)

Food fact from: [www.spendsmart.extension.iastate.edu/produce-item/kale-collard-greens](http://www.spendsmart.extension.iastate.edu/produce-item/kale-collard-greens)

## Summer Breeze Smoothie

### **Prep Time**

5 mins

### **Total Time**

15 mins

### **Servings**

3

### **Cooking Tools**

Measuring cups

Measuring spoons

Blender

### **Ingredients**

1 cup plain yogurt (non-fat)

6 strawberries (medium)

1 cup pineapple (crushed, canned in juice)

1 banana (medium)

1 tsp vanilla extract

4 ice cubes



### **Instructions**

1. Wash hands with soap and water.
2. Place all ingredients in blender and purée until smooth.
3. Serve in frosted glass.

### **Food Fact**

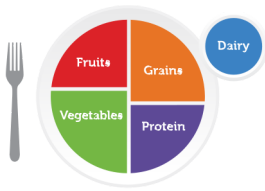
Berries come in various colors, including shades of red, blue, purple, and green. In season, strawberries are very sweet, while blackberries and raspberries have a more tart flavor. Berries are rich in Vitamin C, which strengthens the immune system and aids in healing, and Vitamin K, which also supports quick healing. They are high in fiber and promote healthy digestion, satiety, and heart health. Additionally, manganese in berries helps maintain healthy bones and a healthy nervous system.



Recipe and photo from: [www.snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/summer-recipes#recipe-2526](http://www.snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/summer-recipes#recipe-2526)

Food fact from: [www.eatfresh.org/discover-foods/berries](http://www.eatfresh.org/discover-foods/berries)

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# Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.



## Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.



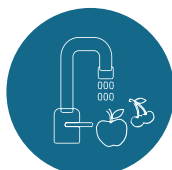
## Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.



## Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.



## Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.



## Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.



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# **Beverages**

## **Melon Cooler**

### **Prep Time**

5 mins

### **Total Time**

10 mins

### **Servings**

4

### **Cooking Tools**

Cutting board

Sharp knife

Measuring cups

Drinking glasses

Blender

### **Ingredients**

2 cups chopped melon (cantaloupe, honeydew, or watermelon)

2 cups cold water



### **Instructions**

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

### **Food Fact**

Melons contain Vitamin A, which supports eye health, a strong immune system, and cell growth. They also provide Vitamin C, which boosts immunity and aids in quick healing. Additionally, the fiber in melons promotes healthy digestion, helps us feel full, and supports heart health.



Recipe and photo from:

[www.calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Melon-Cooler.aspx](http://www.calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Melon-Cooler.aspx)

Food fact from: [www.eatfresh.org/discover-foods/melon](http://www.eatfresh.org/discover-foods/melon)

## Mint and Cucumber Water

**Prep Time**

5 mins

**Total Time**

5 mins

**Servings**

4

**Cooking Tools**

Pitcher

Sharp knife

Cutting board

**Ingredients**

½ cup sliced cucumbers

1-2 sprigs of fresh mint

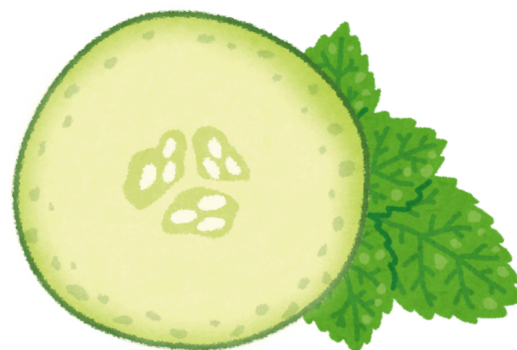
Ice

**Instructions**

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

**Food Fact**

Mint contains many nutrients such as vitamin C, which supports a strong immune system, and vitamin K, which aids in quick healing. Additionally, mint provides iron which is essential for the health of red blood cells and muscles.



Recipe and photo from: [www.calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Cucumber-Mint-Breeze.aspx](http://www.calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Cucumber-Mint-Breeze.aspx)

Food fact from: [www.eatfresh.org/discover-foods/herbs](http://www.eatfresh.org/discover-foods/herbs)

## Sparkling OJ Refresher

### **Prep Time**

15 mins

### **Total Time**

45 mins

### **Servings**

2

### **Cooking Tools**

Two drinking glasses

### **Ingredients**

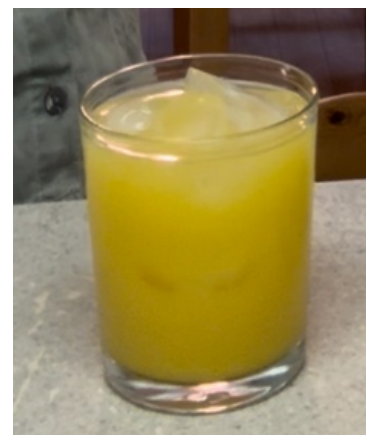
2 handfuls ice

8 oz plain seltzer water

8 oz 100% orange juice

### **Instructions**

1. Add one hand full of ice to each drinking glass.
2. In each drinking glass, combine 4 oz of seltzer water and 4 oz of orange juice each.
3. Enjoy!



### **Food Fact**

Whole oranges are a wonderful source of both fiber and vitamin C. Fiber can aid in lowering cholesterol and may lower your risk of heart disease, while vitamin C is helpful in healing cuts and wounds and supports the immune system!



Scan the QR code to cook along with Shayla and her son, Wade!

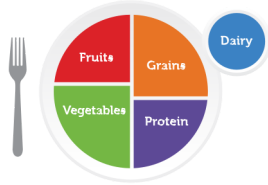


Recipe adapted from: [www.snap4ct.org/cranberry-fizz.html](http://www.snap4ct.org/cranberry-fizz.html)

Food fact from: [www.spendsmart.extension.iastate.edu/produce-item/oranges](http://www.spendsmart.extension.iastate.edu/produce-item/oranges)



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# Make Better Beverage Choices

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start simple with these tips today:



## Drink water

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.



## Encourage kid-friendly drinks

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to options for your kids. Serve 100% juice only on occasion.



## Compare food labels

Use the [Nutrition Facts label](#) when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per containers.



## Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Go with low-fat milk and a sprinkle of cinnamon or nutmeg for a lower calorie coffee.



## Grab a bottle on the go

Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.



## Jazz up your drink

Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.



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