

LivingWell Cookbook

Recipes for Kids



Volume 3

by

 **Ucare**

in partnership with

Chef Marshall O'Brien Group

LivingWell Cookbook
Recipes for Kids

First edition

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KITCHENS
were MADE
» — TO BRING — «
families
TOGETHER



Introduction

Nourishing is Different Than Eating

We all must eat to survive, but nourishing is different than just eating. Nourishing involves eating foods that help us perform, look and feel our best and help our children develop, physically and mentally, to their full potential. Nourished children grow into thriving adults. Good nutrition is critical in the early years, when a child's body is developing and growing at an astonishing rate, and sound eating habits developed in childhood benefit a person throughout life. And learning to cook and eat the right foods can make a huge difference!



How to Use This Book

This book introduces children to cooking by using simple, fun, tasty recipes that will trigger their interest and imagination. The recipes contain multiple photos to help the junior cook see the key steps in the recipes. How much adult help they will need depends on their age and skill.

Recipes for Breakfast, Lunch, Snacks and Dinner

are included in the book. The intent of these recipes is to introduce children to simple cooking techniques and a variety of wholesome ingredients with different flavors and textures to help expand their palates. Most children are more interested in trying new foods if they have helped grow, buy and/or cook the foods, so this sets the stage for a lifetime of healthy cooking and eating habits. And families that eat together at home are far less apt to eat a lot of junk food and fast food, which is an added bonus.

Cooking should be fun. Encourage your child to try the recipes with your help, and they will learn to enjoy choosing and preparing food that not only tastes good but also helps them thrive!

Why Families Should Cook and Eat Together



Current studies show that children who are part of families that participate in the traditional activities of cooking and eating meals together several times a week reap all kinds of old-fashioned benefits.

Stay Connected with Your Kids! When a family cooks and eats together, it creates an opportunity for parents and kids to spend time together doing something that doesn't involve television and technology. It creates opportunities for conversation (which is becoming a lost art) and it makes everyone feel they are contributing to the family by working together to prepare the foods they eat.

Try New Foods! Cooking and eating as a family also encourages children to try new foods that they have helped make--especially when they see other family members eating them. Further, kids who eat home-cooked meals generally eat less junk food than those whose dinners come from a drive-through window or the frozen convenience food aisle of the supermarket.

Learning to Cook Teaches Other Important Skills Children who learn to cook will use these skills for the rest of their lives, and they learn how to eat well early in life, which is likely to carry over into adulthood. In addition, successful cooking experiences can boost their self-confidence and these shared experiences can create family bonds that will help carry them through the difficult teen years.

Schedule It Now! So grab your family calendar and schedule some meals together. It can be cooking and/or eating, and it can be any meal: breakfast, lunch, dinner or a snack. It will be fun and rewarding on many levels, now and in the future.

Benefits of Family Meals

- Opportunity for Conversation/ Connection
- Encourages Kids to Try New Foods
- Less Junk Food When "Real Food" Meals are Eaten
- Kids Learn to Cook — an Important Life Skill

Tips for Family Meal Times



- Eat real foods together as a family. Make it the rule, not the exception. Let your children see you enjoying fruits, vegetables and whole grains at meals and snack time.
- Be willing to try new foods with children. They will be more likely to try a new food if a trusted adult is eating it, too.
- What you don't say is just as important as what you say. If a child doesn't want to try something, don't comment about it, since this is typical of most children. Simply say "okay," leave it nearby and talk about something else. "This is yummy; how was your day?" When a child sees you eating the food, he/she will most likely try it a few minutes later. Do not make a big deal about it: if you push and they continue to resist it often creates a power struggle.
- Parents set the stage and you have a lot of influence. Whatever you do or don't do, say or don't say at the table has a powerful effect on your children. If you don't like something and say or show it through your actions/behavior, chances are your child won't like it either.
- If a child chooses not to eat much during mealtime, it's really not a problem. Be subtle in encouraging them to continue to eat, but don't make a fuss if they don't want to. Kids have small stomachs and if they get hungry, they can always eat something later.
- Adopt *family-style dining*, where all food is placed in serving bowls on the table and children are encouraged to serve themselves, alone or with help from an adult. This helps children think about how hungry or full they feel. It's also a great time to teach children about appropriate serving sizes (their eyes can be bigger than their stomachs!) and encourage them to try unfamiliar foods.
- Make meals and snack time positive, cheerful and unhurried events. Children should learn to chew their food completely. Our bodies need time to realize that they have had enough to eat, and this is especially true for children's growing bodies. Modeling these behaviors and taking time to enjoy a leisurely meal teaches children the importance of mealtime and proper nutrition.
- Seize the teachable moments during meals and snack time. Instead of watching TV or using your smartphone while eating, talk with your children.

- Listen when a child says he/she is full. Discourage the “clean your plate” habit. Start with small portions and ask if they are still hungry before serving or allowing seconds.
- It is natural for children to be cautious with new foods. It can take up to 10-15 tries—actually putting food in their mouths—before they may come to like it. Some children are especially cautious about trying new foods, while others use food choices as a way to feel in control.
- When offering a new food, serve an infant the new food along with something he/she likes and alternate bites of each.
- Create the routine that everyone should • taste new foods that are offered. Encourage them to take at least one bite, but if they are adamantly against it, don't force the issue.
- Put a very small portion (like two peas) on their plates. It looks less overwhelming if they are concerned that they won't like it.
- Offer desserts rarely so children do not expect them and do not see them as a reward for eating healthy foods





Kitchen Safety and Sanitation for Kids

- No sharp knives for small children—keep them out of reach and out of sight.
- Do not touch or play around the stove or oven, even when they are off. Always turn them off when done cooking.
- Keep all pot and pan handles turned inward on the stovetop.
- Cook using the back burners whenever possible, especially for things like hot soups and other hot liquids.
- Always wash your hands before handling food and wash again when done cooking.
- Clean countertops after you are done cooking. Wash dishes well to prevent contamination of foods.
- Always clean items that are used in contact with raw meats, poultry, seafood and raw eggs immediately after using.
- Don't put cooked food on a plate or a surface (such as a cutting board) that had raw food on it.
- Do not lick mixing spoons or fingers while you are cooking. Taste the food after it has been cooked.
- Put ingredients back right away when you are through using them—it will make clean-up much easier!
- Keep electrical appliances away from water.



Recipes

Apple Z Muffins

Makes **12 muffins**

Ingredients

- 1½ cups whole wheat flour
- ½ cup brown sugar
- 1½ teaspoons baking soda
- 1½ teaspoons ground cinnamon
- ¼ teaspoon allspice
- ¼ teaspoon salt
- 2 eggs
- 1 teaspoon vanilla
- ⅓ cup unsweetened applesauce
- ⅓ cup canola oil
- 1¼ cups zucchini, grated
- 1¼ cups apples, peeled, cored and grated

Directions

Preheat oven to 350 degrees. Grease a 12-cup muffin pan or line with paper baking cups.

In a large bowl, combine flour, brown sugar, baking soda, cinnamon, allspice and salt.

In a separate bowl, combine eggs, vanilla, applesauce and oil. Pour the eggs into the flour mixture and stir until just mixed.

Stir in the zucchini and apples.

Fill muffin pans about ¾ full. Bake for 20 minutes or until a toothpick inserted in one of the middle muffins comes out clean.



Nutrition Facts

Apple Z Muffins

Amount per Serving

Calories

153

% Daily Value*

Fat 7g	11%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 27mg	9%
Sodium 199mg	9%
Potassium 127mg	4%
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 8g	9%
Protein 3g	6%
Vitamin A 77IU	2%
Vitamin C 3mg	4%
Calcium 20mg	2%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Cheddar Garlic Scrambler

Serves 4

Ingredients

- 8 large eggs
- 2 tablespoons unsalted butter
- 1 teaspoon garlic, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ cup shredded sharp cheddar cheese

Directions

Whisk eggs with salt and pepper.

Melt butter in a large non-stick skillet on medium heat.

Add garlic and stir for 5-10 seconds, until aromatic.

Add eggs and cook, stirring per occasionally, until cooked through and firm, about 1-2 minutes.

Add cheese and heat gently until cheese melts.



Nutrition Facts	
Cheddar Garlic Scrambler	
Amount per Serving	
Calories	234
	% Daily Value*
Fat 19g	29%
Saturated Fat 9g	56%
Trans Fat 1g	
Cholesterol 357mg	119%
Sodium 359mg	16%
Potassium 142mg	4%
Carbohydrates 1g	0%
Fiber 1g	4%
Sugar 1g	1%
Protein 15g	30%
Vitamin A 792IU	16%
Vitamin C 1mg	1%
Calcium 155mg	16%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Cinnamon Raisin Granola

Serves 5

Ingredients

2½ cups old-fashioned rolled oats

1¼ teaspoons ground cinnamon

3 tablespoons honey

¼ teaspoon salt

⅓ cup raisins

Directions

Preheat oven to 350 degrees. Line a rimmed baking sheet with foil or parchment paper.

Combine oats, cinnamon, honey, and salt; spread mixture on baking sheet.

Bake until lightly golden, following directions carefully because it can burn easily:

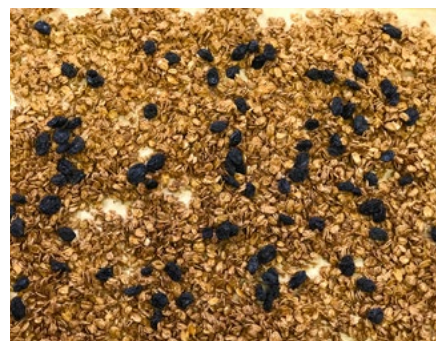
Bake about 10 minutes, stir, and rotate pan.

Bake an additional 4-5 minutes and stir.

Bake 4 more minutes, remove from oven, mix in raisins, stir and cool.

Place cooled granola in an airtight container.

Granola will keep for several months.



Nutrition Facts	
Cinnamon Raisin Granola	
Amount per Serving	
Calories	222
	% Daily Value*
Fat 3g	5%
Saturated Fat 1g	6%
Sodium 122mg	5%
Potassium 235mg	7%
Carbohydrates 46g	15%
Fiber 5g	21%
Sugar 11g	12%
Protein 6g	12%
Vitamin A 1IU	0%
Vitamin C 1mg	1%
Calcium 30mg	3%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Sausage & Pepper Baked Eggs

Serves 4

Ingredients

2 tablespoons olive oil, plus extra to grease baking dish

½ pound bulk sausage (not links), turkey or pork

1 large red bell pepper, seeded and chopped

¼ teaspoon salt

½ teaspoon dried thyme

6 eggs

Directions

Preheat oven to 350 degrees. Grease an 8x8x2-inch baking dish.

Heat olive oil in a skillet on medium high heat; add sausage, bell peppers, salt, and dried thyme and cook, stirring frequently, and breaking up sausage into small pieces.

Cook until sausage is almost cooked through, about 3-4 minutes.

In a large bowl, whisk the eggs until light and fluffy.

Layer cooked sausage/pepper mixture in the baking dish and pour eggs over the top.

Bake until golden brown and cooked through, about 30-35 minutes.

Cool slightly before serving.



Nutrition Facts	
Sausage & Pepper Baked Eggs	
Amount per Serving	
Calories	367
	% Daily Value*
Fat 32g	49%
Saturated Fat 10g	63%
Trans Fat 1g	
Cholesterol 277mg	92%
Sodium 519mg	23%
Potassium 155mg	4%
Carbohydrates 5g	2%
Fiber 2g	8%
Sugar 2g	2%
Protein 14g	28%
Vitamin A 1293IU	26%
Vitamin C 38mg	46%
Calcium 42mg	4%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Turkey Breakfast Burritos

Serves 4

Ingredients

- 1 tablespoon olive oil
- ½ pound 90% lean ground turkey
- 1 teaspoon cumin
- ½ teaspoon oregano
- ¼ cup low-sodium salsa
- 4 eggs
- ¾ cup shredded cheddar cheese
- 4 8-inch whole wheat tortillas
- 1 avocado, diced, optional garnish
- Salsa for garnish, optional

Directions

Heat oil in a non-stick skillet on medium-high heat. Add turkey, cumin and oregano.

Cook until turkey is cooked through, breaking up turkey and mixing it with spices as it cooks. Add eggs and salsa and mix; cook until eggs are cooked through and scrambled, stirring occasionally.

Stir in cheese, portion turkey-egg mixture onto tortillas, add optional garnishes and roll up tortillas.



Nutrition Facts

Turkey Breakfast Burritos

Amount per Serving
Calories 427

% Daily Value*

Fat 26g	40%
Saturated Fat 7g	44%
Trans Fat 1g	
Cholesterol 221mg	74%
Sodium 523mg	23%
Potassium 484mg	14%
Carbohydrates 25g	8%
Fiber 5g	21%
Sugar 1g	1%
Protein 26g	52%
Vitamin A 441IU	9%
Vitamin C 5mg	6%
Calcium 169mg	17%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Cheesy Veggie Pizza

Serves 4

Ingredients

¾ cup diced fresh zucchini, about ½ of an 8-inch zucchini*

¾ cup sliced diced button mushrooms, about half of an 8-ounce package*

2 tablespoons butter*

2 4-ounce whole grain bagels, split in half

¾ cup low-sodium marinara sauce

1 cup cooked zucchini & mushrooms, leftovers work great

1 cup mozzarella cheese, grated

**Leftover zucchini and mushrooms may also be used.*

Directions

Preheat broiler with oven rack in middle of oven.

Heat butter in medium skillet on medium-high heat and add mushrooms. Sauté until moisture begins to evaporate, add zucchini and cook another 2-3 minutes until tender.

Preheat broiler.

Place bagels, cut side up, on a baking sheet. Broil until lightly toasted, about 2 minutes, and remove from oven.

On each bagel round, spread 2 tablespoons of marinara sauce. Top each with ¼ cup veggie mixture and sprinkle with ¼ cup cheese.

Broil pizzas until cheese melts, 30 seconds to 2 minutes.



Nutrition Facts	
Cheesy Veggie Pizza	
Amount per Serving	
Calories	248
	% Daily Value*
Fat 10g	15%
Saturated Fat 5g	31%
Cholesterol 25mg	8%
Sodium 494mg	21%
Potassium 264mg	8%
Carbohydrates 27g	9%
Fiber 2g	8%
Sugar 3g	3%
Protein 13g	26%
Vitamin A 441IU	9%
Vitamin C 6mg	7%
Calcium 242mg	24%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Chicken BLT Wraps

Serves 4

Ingredients

2 cups cooked chicken, cut in bite-sized pieces

1 cup plain yogurt

1 teaspoon cumin

3 tablespoons red onion, minced

1 tablespoon lemon juice

4 large pieces green leaf lettuce

4 slices bacon, cooked

1 large ripe tomato, sliced

4 8-inch whole wheat tortillas

Directions

Mix yogurt with cumin, onions, and lemon juice.

Combine chicken and yogurt sauce.

Layer tortillas with lettuce and chicken mixture; top with bacon and tomatoes.

Roll up and cut in half to serve.



Nutrition Facts

Chicken BLT Wraps

Amount per Serving
Calories

294

% Daily Value*

Fat 10g	15%
Saturated Fat 4g	25%
Cholesterol 62mg	21%
Sodium 381mg	17%
Potassium 398mg	11%
Carbohydrates 26g	9%
Fiber 4g	17%
Sugar 6g	7%
Protein 24g	48%
Vitamin A 2129IU	43%
Vitamin C 11mg	13%
Calcium 175mg	18%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Tortilla Soup

Serves 4 – Makes 4½ cups

Ingredients

2 tablespoons olive oil
 ½ cup onions, diced
 1 cup zucchini, diced
 1 tablespoon minced garlic
 1 tablespoon jalapeño pepper, seeded and diced, optional
 1 cup canned crushed tomatoes
 3 cups cooked chicken, diced
 3 cups low-sodium chicken broth
 1 teaspoon chili powder
 1 teaspoon cumin
 1 teaspoon oregano
 ½ teaspoon salt
 ½ teaspoon black pepper
 2 8-inch tortillas

Directions

Preheat oven to 400 degrees. Line a sheet pan with foil or parchment paper.

Cut tortillas in half (half moon shape) and thinly slice into strips. Bake about 8-10 minutes, until crisp; set aside to cool. These can be made in advance and stored in an air-tight container. They will keep for at least one month.

Heat olive oil in a soup pot over medium-high heat. Add onion and zucchini, cook until tender, about 3-4 minutes.

Add garlic and jalapeño and cook until aromatic, about 30 seconds.

Add chicken and spices and mix well.

Add crushed tomatoes, mix well and cook for 2 minutes.

Add broth, bring to a boil, reduce heat to low, cover and simmer for 15 minutes for flavors to blend.

Garnish soup with tortilla strips.



Nutrition Facts	
Tortilla Soup	
Amount per Serving	
Calories	370
	% Daily Value*
Fat 14g	22%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 114mg	38%
Sodium 606mg	26%
Potassium 1100mg	31%
Carbohydrates 17g	6%
Fiber 2g	8%
Sugar 4g	4%
Protein 44g	88%
Vitamin A 391IU	8%
Vitamin C 20mg	24%
Calcium 80mg	8%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Creamy Carrot Soup

Makes **6 cups**

Ingredients

2 tablespoons olive oil

½ cup onions, chopped

1 pound carrots, chopped

½ teaspoon salt

⅛ teaspoon black pepper

3 cups low-sodium vegetable broth

¾ teaspoon ground ginger

½ cup milk

½ teaspoon dried dill

Directions

In a large saucepan, heat oil over medium-high heat. Add onions and carrots and cook until lightly browned and tender, about 5 to 6 minutes.

Add ginger, salt and pepper and cook an additional minute, stirring.

Add broth, bring to a boil and reduce heat to low.

Add milk and dill. Simmer, uncovered, about 15 minutes for flavors to blend.

Using an immersion blender or regular blender, purée the soup in batches until smooth. Be careful, because the mixture will be hot.



Nutrition Facts	
Creamy Carrot Soup	
Amount per Serving	
Calories	135
	% Daily Value*
Fat 7g	11%
Saturated Fat 1g	6%
Cholesterol 1mg	0%
Sodium 379mg	16%
Potassium 422mg	12%
Carbohydrates 16g	5%
Fiber 4g	17%
Sugar 8g	9%
Protein 3g	6%
Vitamin A 18991IU	380%
Vitamin C 8mg	10%
Calcium 68mg	7%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Sweet Tuna Bites

Serves 4 - Makes 24 tuna bites

Ingredients

3 5-ounce cans water-packed albacore tuna, drained and flaked

¼ cup shredded Parmesan cheese

3 tablespoons mayonnaise

1 cup canned pineapple tidbits, drained

2 tablespoon sunflower seeds

24 whole wheat crackers, Triscuit or something similar

Directions

In a bowl, combine tuna, Parmesan cheese and mayonnaise; mix well.

Chill for 20 minutes.

Before serving, stir in pineapple tidbits and sunflower seeds.

Portion mixture onto crackers.



Nutrition Facts	
Sweet Tuna Bites	
Amount per Serving	
Calories	233
	% Daily Value*
Fat 9g	14%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 29mg	10%
Sodium 437mg	19%
Potassium 293mg	8%
Carbohydrates 21g	7%
Fiber 3g	13%
Sugar 7g	8%
Protein 19g	38%
Vitamin A 91IU	2%
Vitamin C 4mg	5%
Calcium 95mg	10%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Baked Meatballs

Serves 4 - Makes 12 meatballs

Ingredients

- 1 tablespoon olive oil
- 1 pound 85% lean ground beef
- ½ cup bread crumbs, or crushed rice cakes for gluten-free option
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon oregano
- 1½ teaspoons onion powder
- 1 teaspoon garlic powder

Directions

Preheat oven to 400 degrees. Line a baking sheet pan with parchment paper or foil.

Mix all ingredients together in a bowl.

Shape mixture into 12 meatballs and place on baking sheet.

Bake until thoroughly cooked, about 10-12 minutes, with an internal temperature of 160°.

Option: Serve with hot sauce or marinara sauce.



Nutrition Facts	
Baked Meatballs	
Amount per Serving	
Calories	307
	% Daily Value*
Fat 10g	15%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 229mg	10%
Potassium 499mg	14%
Carbohydrates 25g	8%
Fiber 2g	8%
Sugar 1g	1%
Protein 27g	54%
Vitamin A 5IU	0%
Vitamin C 1mg	1%
Calcium 22mg	2%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Broccoli-Cheese Bites

Serves 4 - Makes 12 bites

Ingredients

- 3 eggs
- ¼ teaspoon kosher or sea salt
- ⅛ teaspoon black pepper
- 1 teaspoon Italian seasoning
- 4 cups frozen broccoli florets, thawed, chopped in small pieces
- 1 cup mozzarella cheese, grated
- ¾ cup bread crumbs, or ground rice cakes for low-sodium, gluten-free option

Directions

Preheat oven to 375 degrees. Line a baking sheet with parchment paper or foil.

In a large bowl, beat together the eggs, salt, black pepper and Italian seasoning.

Squeeze excess moisture from thawed broccoli with paper towels. Add the broccoli, cheese and bread crumbs to the eggs and mix well.

Hand form mixture into 12 small patties and lay them on the baking sheet.

Bake, flipping patties after the first 15 minutes. Return to oven and bake until golden, about 5-10 minutes additional.



Nutrition Facts	
Broccoli-Cheese Bites	
Amount per Serving	
Calories	66
	% Daily Value*
Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 43mg	14%
Sodium 193mg	8%
Potassium 137mg	4%
Carbohydrates 7g	2%
Fiber 1g	4%
Sugar 1g	1%
Protein 6g	12%
Vitamin A 297IU	6%
Vitamin C 27mg	33%
Calcium 126mg	13%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Cheesy Basil Triangles

Serves 4

Ingredients

4 large whole wheat pita rounds, each cut in 4 triangles

3 ounces shredded mozzarella cheese

1 cup fresh tomatoes, sliced

½ cup fresh basil, rolled and cut in very thin strips (julienned)

Directions

Place top oven rack 5-6 inches from top of oven and preheat broiler.

Arrange pita triangles on sheet pan.

Toast triangles slightly under broiler until light brown, about 1 minute.

Top each pita triangle with cheese and return to broiler until melted, about 1 minute.

Top each triangle with tomato slices and basil.

Turn off broiler and return pan to top oven rack for about 30 seconds to heat tomatoes.



Nutrition Facts

Cheesy Basil Triangles

Amount per Serving
Calories 219

% Daily Value*

Fat 6g	9%
Saturated Fat 3g	19%
Cholesterol 17mg	6%
Sodium 384mg	17%
Potassium 200mg	6%
Carbohydrates 33g	11%
Fiber 5g	21%
Sugar 2g	2%
Protein 11g	22%
Vitamin A 459IU	9%
Vitamin C 5mg	6%
Calcium 120mg	12%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Chocolate Oatmeal Squares

Serves **8** – Makes *16 squares*

Ingredients

- 1½ cups quick cooking oats
- ½ cup whole wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup semi-sweet chocolate chips
- 1 egg
- 1 cup low-fat milk
- ¼ cup applesauce

Directions

Preheat oven to 350 degrees. Grease an 8 x 8 x 2-inch baking pan.

Mix all ingredients together in a large bowl until just combined.

Pour batter into prepared pan.

Bake for 20 minutes or until a toothpick inserted into the center comes out clean.

Allow to cool for 5-10 minutes before cutting into 16 squares.



Nutrition Facts	
Chocolate Oatmeal Squares	
Amount per Serving	
Calories	111
	% Daily Value*
Fat 4g	6%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 22mg	7%
Sodium 257mg	11%
Potassium 143mg	4%
Carbohydrates 16g	5%
Fiber 2g	8%
Sugar 5g	6%
Protein 4g	8%
Vitamin A 283IU	6%
Vitamin C 1mg	1%
Calcium 81mg	8%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Turkey Apple Squares

Serves 6

Ingredients

3 tablespoons Dijon mustard

3 tablespoons honey

½ tablespoon butter

6 slices whole wheat bread

6 1-ounce slices Swiss cheese

¾ cup Granny Smith apple, thinly sliced

6 ounces turkey breast, thinly sliced, deli-style can be used

Directions

Spread waxed paper or plastic wrap on work surface.

In a small bowl, stir together the mustard and honey.

Spread butter on the top side of each bread slice. Flip the bread over and spread mustard on the other side. Set aside three pieces of bread.

On the remaining three pieces, stack one slice of cheese, apple slices, turkey slice, and 2nd slice of cheese. Top the turkey with the reserved bread slices, mustard side down, buttered side up.

Heat a large nonstick skillet on medium heat. Add sandwiches to pan and cook until bread is browned and cheese melts, about 2 minutes on each side. To serve, cut in half.



Nutrition Facts

Turkey Apple Squares

Amount per Serving

Calories **274**

% Daily Value*

Fat 12g **18%**

Saturated Fat 7g **44%**

Trans Fat 1g

Cholesterol 47mg **16%**

Sodium 320mg **14%**

Potassium 197mg **6%**

Carbohydrates 25g **8%**

Fiber 3g **13%**

Sugar 12g **13%**

Protein 19g **38%**

Vitamin A 315IU **6%**

Vitamin C 1mg **1%**

Calcium 302mg **30%**

Iron 1mg **6%**

* Percent Daily Values are based on a 2000 calorie diet.

Broccoli-Beef Bowl

Serves 4 – Makes 4½ cups

Ingredients

¾ cup brown rice, parboiled or instant

1½ cups water

2 tablespoons low-sodium soy sauce

2 teaspoons cornstarch

1 tablespoon olive oil

1 pound 85% lean ground beef

½ cup onions, diced

1 cup carrots, peeled and thinly sliced

3 cups broccoli florets, frozen

1/4 cup water

Directions

Cook rice according to package directions. Regular brown rice may also be used, but the cooking time is longer so you may want to make this ahead of time.

In a small bowl, whisk together soy sauce and cornstarch and set aside.

Heat oil in a large skillet over medium-high heat. Add beef to skillet and cook until browned, stirring regularly, about 2 minutes.

Add onions, carrots and broccoli to skillet and cook until broccoli is crisp-tender, stirring occasionally, about 2 minutes.

Add soy sauce mixture to pan, bring to a simmer, stir, add water, stir well and turn off heat.

Serve broccoli-beef mixture on top of brown rice.



Nutrition Facts	
Broccoli-Beef Bowl	
Amount per Serving	
Calories	327
	% Daily Value*
Fat 9g	14%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 62mg	21%
Sodium 350mg	15%
Potassium 755mg	22%
Carbohydrates 34g	11%
Fiber 4g	17%
Sugar 3g	3%
Protein 26g	52%
Vitamin A 5130IU	103%
Vitamin C 57mg	69%
Calcium 66mg	7%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Fun Fish Nuggets

Serves 4 – Makes 20 nuggets

Ingredients

½ cup bread crumbs, or crushed rice cakes for low-sodium, gluten-free option

⅛ teaspoon pepper

¼ teaspoon paprika

¼ teaspoon dried basil

¼ teaspoon salt

¼ cup grated Parmesan cheese, grated

2 eggs, beaten

1 pound tilapia, cut into 20 bite-sized pieces

Directions

Preheat oven to 400 degrees. Line a baking sheet pan with parchment paper or foil.

Place beaten eggs in a shallow dish.

Combine bread crumbs/crushed rice cakes, pepper, paprika, basil, salt, and Parmesan cheese in another shallow dish.

Dip the fish nuggets into the eggs, coating all sides of the fish.

Place egged fish in with bread crumb mixture, coating well on all sides.

Place coated fish nuggets on sheet pan.

Bake on top oven shelf until lightly golden and firm to the touch, about 10 minutes. Rotate pan once after cooking about 5 minutes.



Nutrition Facts

Fun Fish Nuggets

Amount per Serving
Calories 221

	% Daily Value*
Fat 7g	11%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 144mg	48%
Sodium 430mg	19%
Potassium 410mg	12%
Carbohydrates 10g	3%
Fiber 1g	4%
Sugar 1g	1%
Protein 30g	60%
Vitamin A 183IU	4%
Vitamin C 1mg	1%
Calcium 119mg	12%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Moroccan Chicken with Couscous

Serves 4 – Makes 4 cups

Ingredients

- ½ cup whole grain couscous (1½ cups cooked)
- 2 tablespoons olive oil
- 3 cups rotisserie chicken, diced
- ¼ cup onions chopped small
- 1 teaspoon minced garlic
- ¼ teaspoon ground nutmeg or cinnamon
- ¼ teaspoon salt
- ½ cup orange juice
- 1 cup frozen diced peaches, thawed

Directions

Cook couscous according to package directions.

While couscous is cooking, heat the oil over medium-low heat in a large skillet. Add the chicken, onion and garlic, and cook until onions are tender, about 2 minutes.

Reduce heat to low; add spices, salt and orange juice and bring to a simmer.

Add peaches. Gently simmer until peaches are tender and hot and the liquid has reduced slightly, about 5 minutes.

Serve chicken mixture on top of couscous.



Nutrition Facts	
Moroccan Chicken with Couscous	
Amount per Serving	
Calories	361
	% Daily Value*
Fat 11g	17%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 93mg	31%
Sodium 504mg	22%
Potassium 464mg	13%
Carbohydrates 33g	11%
Fiber 3g	13%
Sugar 7g	8%
Protein 35g	70%
Vitamin A 207IU	4%
Vitamin C 19mg	23%
Calcium 35mg	4%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Teriyaki Turkey Burgers

Serves 4

Ingredients

- 1 pound ground turkey
- ½ teaspoon ground ginger
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons low-sodium teriyaki sauce
- 4 whole grain buns
- 1 cup cucumber, thinly sliced

Directions

Heat grill or grill pan over medium-high heat.

In bowl, mix turkey with ginger, garlic, salt, black pepper and teriyaki sauce.

Form mixture into 4 ½-inch thick patties.

Cook burgers until firm to the touch, about 5 to 6 minutes per side for well done or until internal temperature reaches 165 degrees.

Serve burgers in buns, topped with cucumber slices.



Nutrition Facts

Teriyaki Turkey Burgers

Amount per Serving
Calories 424

% Daily Value*

Fat 18g	28%
Saturated Fat 6g	38%
Sodium 448mg	19%
Potassium 55mg	2%
Carbohydrates 8g	3%
Fiber 2g	8%
Sugar 2g	2%
Protein 20g	40%
Vitamin A 25IU	1%
Vitamin C 1mg	1%
Calcium 6mg	1%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Turkey Spaghetti

Serves **4** – Makes about 4 cups

Ingredients

1 cup uncooked whole grain pasta (1½ ounces dry pasta per child)

1 tablespoon olive oil

⅓ cup onions, chopped small

1 pound ground turkey

1 teaspoon Italian seasoning

¼ teaspoon salt

¼ teaspoon black pepper

1½ cups low-sodium marinara sauce

Directions

Prepare pasta according to package directions.

Preheat a skillet on medium heat and add oil, onions, ground turkey, Italian seasoning, salt and black pepper.

Cook turkey, breaking it apart, until browned and almost cooked through, about 5 minutes. Mix well.

Add marinara sauce to meat and mix well. Heat until sauce is hot and serve over pasta.

Note: Sauce recipe can be doubled and frozen for a future meal.



Nutrition Facts	
Turkey Spaghetti	
Amount per Serving	
Calories	404
	% Daily Value*
Fat 8g	12%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 62mg	21%
Sodium 385mg	17%
Potassium 639mg	18%
Carbohydrates 51g	17%
Fiber 2g	8%
Sugar 4g	4%
Protein 36g	72%
Vitamin A 319IU	6%
Vitamin C 3mg	4%
Calcium 54mg	5%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Final Thoughts on Cooking with Kids

Learning to cook allows your child to eat tasty, nourishing meals throughout life. Cooking as a family and learning to cook when one is young teaches not just cooking skills but also fosters teamwork, conversational skills and knowledge about nutrition and the value of smart food choices and portion control.

Children who grow up in a family that cooks and eats “real” food—fewer preservatives, chemicals and bad fats and additives—experience the nutritional benefits of these foods as they grow and develop. Plus, people who learn to cook at a young age are more likely to try new foods and new recipes throughout their lives.

Cooking needn't be difficult or complicated. There are many fast, easy ways to prepare real food. And techniques such as batch cooking can ease the burden of tight schedules for busy families once basic skills have been mastered.

Try making the recipes in this book as a family. They are simple and easy to follow and, as you and your child increase your cooking skills, it will lead to more interest in both cooking and eating. You will learn that good nutrition can be fun and tasty!

