



**KIDS GET**  
**Cookin'!**

**Fast and  
Fun Recipes**



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# HEY KIDS! IT'S TIME TO Get Cookin'!

This cookbook has 20 tasty recipes that are quick and easy. Plus, the recipes are packed with fruits and vegetables. Fruits and vegetables are healthy foods that help your body grow and feel good. They give you energy to do better in school and sports.

A healthy body starts with making half your plate fruits and vegetables. Check out [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more about healthy foods. Also, take a look at How Much Do I Need Every Day? on page 3 to see how many fruits and vegetables to eat every day.

Before you get started, be sure to read the Cooking How Tos and Keep It Safe in the Kitchen.

Then, grab a friend or family member and get cookin'!

# HOW MUCH DO I NEED Every Day?

The amount of fruits and vegetables you should eat every day depends on your age, if you are a boy or a girl, and how much power play you get every day.

The tables below are the recommendations for less active kids. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to see the larger amounts needed by more active kids.

## Boys

Age	Fruits	Vegetables
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-11	1½ cups	2 cups

## Girls

Age	Fruits	Vegetables
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-11	1½ cups	2 cups

**Make half your plate fruits and vegetables at each meal!**



Make it easy and mix it in! Put extra vegetables into sandwiches or pastas. Add sliced fruits to cereal, drinks, or desserts

**What is power play?**  
It's a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. This is also called physical activity.



# COOKING

## How Tos

Ask an adult before starting a recipe. Some of the recipes are great for new cooks. For other recipes, you will need an adult to help.

Read the recipe twice so you understand all the steps. If you have questions, ask an adult. The recipes in this cookbook will tell you:

- **The name of the recipe**
- **How much the recipe will make – how many servings (Servings) and how big each serving should be (Serving Size)**
- **How long it will take you to make the recipe (Time)**
- **What foods you need to make the recipe (What You Need). Some ingredients are optional. That means you can choose if you want to add them.**
- **The steps to follow to make the recipe (Get Cookin')**

Gather all kitchen tools (like measuring spoons and cups) needed for the recipe before you start cooking.

Check that you have all the ingredients before you start. Put all the ingredients in one place so they are easy to grab while cooking.

Some ingredients in the list may tell you things you need to do before you even get to the directions. You may need to peel, grate, or cut foods or thaw frozen foods.

- **Peeling:** hold the fruit or vegetable tightly in one hand. Use the peeler in the other hand to peel off the skin. Always move the peeler away from you. Make sure to avoid your fingers with the sharp blade.
- **Grating:** place box grater on a plate or cutting board. Hold firmly with one hand. With the other hand, hold the item you are grating. Press it against the large holes on the grater and push from top to bottom. Keep your fingers away from the sharp holes.
- **Cutting:** use a cutting board every time you cut. Clean as you go. Put measuring spoons, cups and other kitchen tools in the sink when you are done using them. Wash your hands, knives (carefully!), and cutting boards between tasks.

**Measuring:** Choose the correct measuring cup or spoon. Cooking is a good way to learn more about fractions. You will need measuring cups and spoons to measure fractions like  $\frac{1}{2}$ ,  $\frac{1}{3}$ , and  $\frac{1}{4}$ . Fill the measuring cup or spoon right to the top but not over. Do not pack down the ingredient.





# KEEP IT SAFE In The Kitchen

Stay safe in the kitchen with these tips.

Wash your hands with warm water and soap. Scrub, scrub, scrub for about 20 seconds.

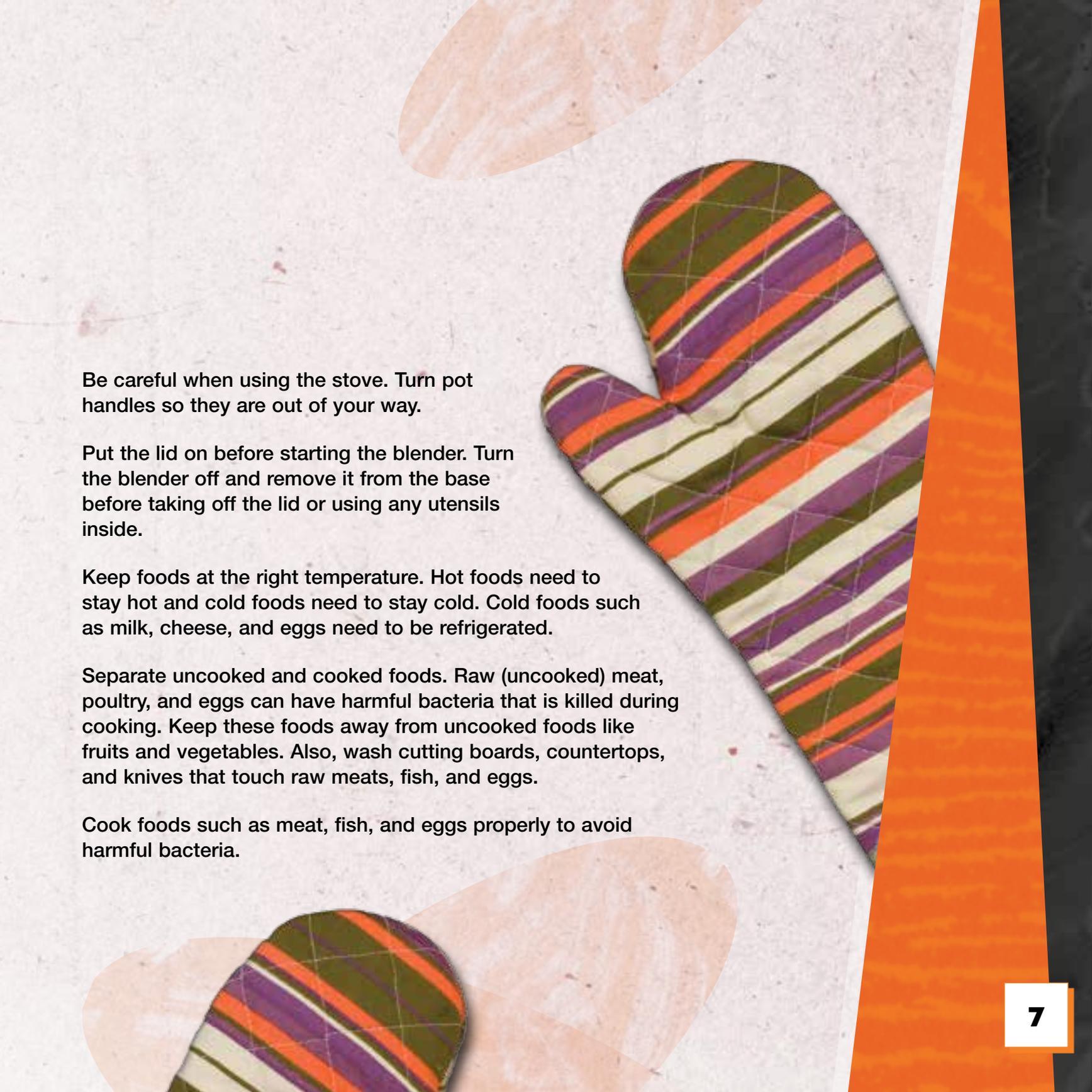
Start with a clean work space. Clean countertops and kitchen tools are an important part of keeping food safe.

Always get an adult to help when you use something hot, sharp, or with a plug.

When you are using a knife:

- **Be sure to have an adult working with you.**
- **Always put the food you are cutting on a cutting board. It is best to have one cutting board for fruits and vegetables and another for ingredients like raw meat, poultry, and fish.**
- **Choose a knife that feels comfortable in your hand.**
- **Hold the knife firmly by the handle. With the other hand, hold the item you want to cut. Keep your fingertips away from the blade. Make a “claw” with your hand to keep your fingertips curled under.**
- **Cut straight down, not toward yourself or another person.**
- **To slice, cut in thin or thick pieces. To chop, cut into “squares”. Try to make all the pieces close to the same size.**

Use dry oven mitts when using the oven or microwave.



**Be careful when using the stove. Turn pot handles so they are out of your way.**

**Put the lid on before starting the blender. Turn the blender off and remove it from the base before taking off the lid or using any utensils inside.**

**Keep foods at the right temperature. Hot foods need to stay hot and cold foods need to stay cold. Cold foods such as milk, cheese, and eggs need to be refrigerated.**

**Separate uncooked and cooked foods. Raw (uncooked) meat, poultry, and eggs can have harmful bacteria that is killed during cooking. Keep these foods away from uncooked foods like fruits and vegetables. Also, wash cutting boards, countertops, and knives that touch raw meats, fish, and eggs.**

**Cook foods such as meat, fish, and eggs properly to avoid harmful bacteria.**

# RAINBOW Pasta

Servings: **4**

Serving Size: **1**  $\frac{1}{2}$  cups pasta

Prep Time: **5** minutes

Cook Time: **15** minutes

## What You Need

- 8 ounces dry pasta, such as rotini, penne, or farfalle
- 2 cups chopped fresh or frozen mixed vegetables, such as broccoli, carrots, cauliflower, and zucchini
- 1 (14.5-ounce) can diced tomatoes with Italian herbs
- 8 tablespoons shredded, part-skim Mozzarella cheese or Parmesan cheese

## Get Cookin'

- 1.** With an adult's help, cook pasta as directed on the package.
- 2.** When pasta is done, add vegetables. Cook 2 more minutes for fresh vegetables or 1 minute for frozen. Turn off heat. Drain pasta and vegetables carefully.

### Tip

Use whole wheat pasta. Whole grains give your body extra nutrients such as fiber.

- 3.** Put pot back on stove over medium–low heat. Add tomatoes and their juices to the pot. Stir well. Heat 1-2 minutes.
- 4.** Remove from heat. Split pasta and vegetables between 4 plates or bowls. Top each with 2 tablespoons cheese. Serve right away.

### Try This

You can use other flavors of canned tomatoes in this recipe too. Try diced tomatoes with green chiles for spicy pasta.



# AVOCADO, LETTUCE, TOMATO, & TURKEY WRAP

## A.L.T.T. Wrap

Servings: **2**

Serving Size:  $\frac{1}{2}$  wrap

Prep Time: **5** minutes



## What You Need

- 1 cup chopped lettuce, such as romaine
- $\frac{1}{2}$  cup chopped tomato (1 small tomato)
- 1 tablespoon light Ranch dressing
- $\frac{1}{2}$  cup chopped avocado (1 small avocado)
- 4 slices turkey lunch meat, chopped
- 1 large (10" burrito size) flour tortilla

## Get Cookin'

- 1.** Put lettuce, tomatoes, and Ranch dressing in a medium bowl. Stir to combine.
- 2.** Add avocado and turkey. Stir gently.
- 3.** Pour onto tortilla. Wrap like a burrito.
- 4.** Cut wrap in half and share with a friend.

### Tip

To make a wrap, pour A.L.T.T. mixture on lower half of tortilla. Grab tortilla on the edge closest to you. Pull tortilla up and over to cover filling. Then fold in left and right sides. Roll tightly.

# REAL Fruit Punch

Servings: **15**

Serving Size: **1½** cups

Prep Time: **5** minutes

## What You Need

- 1 (14-ounce) can 100% fruit juice concentrate, thawed
- 2 liters club soda
- 1 (8-ounce) can pineapple chunks packed in 100% juice
- 4 cups (about 1 pound) frozen, mixed fruit, or strawberries, raspberries, mango, or peach slices
- 10 ice cubes

## Get Cookin'

- 1.** Empty juice concentrate into a pitcher or punch bowl.
- 2.** Add club soda to the juice concentrate. Gently stir.
- 3.** Add pineapple, other fruit, and ice cubes.
- 4.** Pour into individual glasses. Serve with a spoon.

### Tip

Try cranberry-raspberry, apple, grape, or orange-tangerine juice. Check the label to make sure you are using 100% juice.



# ASIAN CHICKEN Lettuce Cups

Servings: **4**

Serving Size:  $\frac{1}{2}$  cup chicken mixture + **2** lettuce leaves

Prep Time: **15** minutes

## What You Need

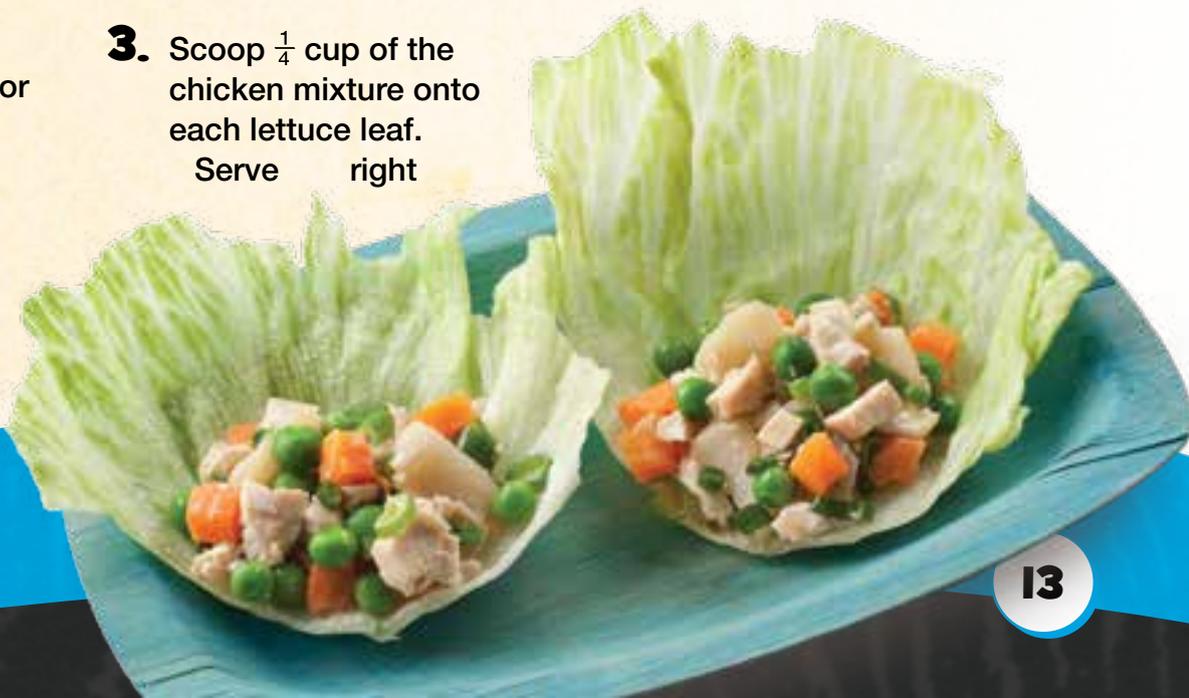
- 1 cup chopped, cooked chicken breast
- $\frac{1}{4}$  cup thinly sliced green onions (green parts only)
- $\frac{1}{2}$  cup finely chopped water chestnuts (or use  $\frac{1}{4}$  cup chopped celery instead)
- $\frac{1}{2}$  cup frozen peas & carrots mix, thawed
- 2 tablespoons light Asian or Sesame dressing
- 8 iceberg lettuce leaves (cup-shaped)

## Get Cookin'

- 1.** In a medium bowl, mix chicken, green onions, water chestnuts (or celery), peas & carrots, and dressing. Stir well.
- 2.** Microwave chicken mixture for 1 minute to warm.
- 3.** Scoop  $\frac{1}{4}$  cup of the chicken mixture onto each lettuce leaf. Serve right

### Tip

Leftover chicken is great for this recipe!



# GREEN & RED Salad

**Servings:** 4

**Serving Size:** 2 cups

**Prep Time:** 10 minutes

## What You Need

- 8 cups salad greens (such as baby spinach, spring mix, or lettuce mix), cut or torn into bite sized pieces
- 2 cups sliced strawberries
- 1½ tablespoons strawberry or raspberry jam or preserves
- ¼ cup 100% orange juice
- 2 teaspoons olive, canola, or vegetable oil
- Pinch salt & black pepper
- ⅓ cup sliced almonds

### Tip

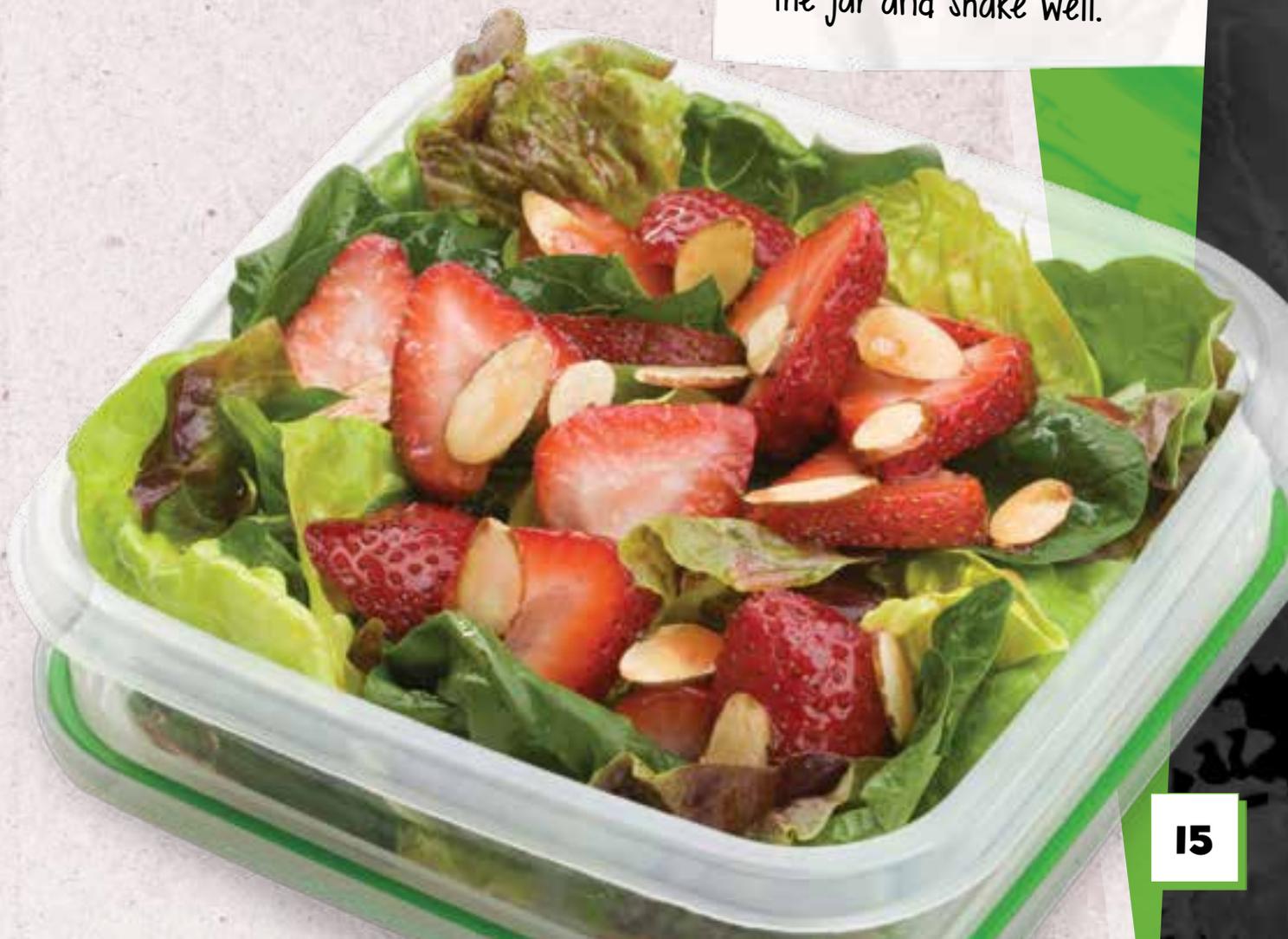
Use strawberries when they are in season (Spring and Summer). During other times of the year, use ½ cup dried cranberries or 1 (10-ounce) can drained mandarin oranges instead. You can change the flavor of the dressing too. Use orange marmalade or apricot preserves instead of strawberry jam.

## Get Cookin'

1. Put salad greens and sliced strawberries in a large bowl.
2. Whisk together jam, juice, oil, salt, and black pepper.
3. Pour dressing over salad. Toss gently. Top with almonds. Serve right away.

### Tip

It's easy to make salad dressing in a jar. Save a small, empty jar from salsa or jam. Put all dressing ingredients in the jar and shake well.



# FRESH & Fruity Slaw

Servings: **6**

Serving Size:  $\frac{1}{2}$  cup

Prep Time: **10** minutes

## What You Need

- 1 medium apple
- 1 medium pear
- 1 cup jicama (about  $\frac{1}{2}$  small jicama)
- 3 tablespoons 100% orange juice
- $\frac{1}{4}$  cup raisins or dried cranberries
- Dash cinnamon or nutmeg

## Get Cookin'

- 1.** In a medium bowl, grate apple, pear and jicama. Be careful as the grater is sharp. Use as much of the fruit as you can without hitting the core or seeds.
- 2.** Add orange juice, cranberries, and cinnamon. Stir well. Serve right away.

### Tip

Choose a firm pear for best results. If you can't find jicama, just double the amount of apple or pear.



# BANANA NUT Roll-up

Servings: **1**

Serving Size: **1** roll-up

Prep Time: **5** minutes



## What You Need

- 1 whole wheat tortilla
- 1 ½ tablespoons peanut butter
- 1 teaspoon honey\*
- 1 medium banana, peeled

## Get Cookin'

- 1.** Warm the tortilla to soften (microwave for 15-20 seconds).
- 2.** Spread peanut butter evenly across the tortilla.
- 3.** Drizzle honey over peanut butter.
- 4.** Lay banana across the bottom half of the tortilla. Tightly roll tortilla around banana. Press gently to close roll-up.
- 5.** Cut in half and enjoy.

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

## Tip

You can also use 2 slices of whole wheat toast or an English muffin split in half instead of the tortilla. Spread the peanut butter on the toast or muffin, slice the banana, layer it on the peanut butter and drizzle with honey. Enjoy!

# THREE SISTERS Salad

Servings: **4**

Serving Size: **1** cup

Prep Time: **15** minutes



## What You Need

- 1 (15-ounce) can beans, such as black, kidney, or garbanzo beans
- 1 (11-ounce) can corn with red & green peppers, drained or 1 cup fresh or frozen corn, thawed
- 1 small zucchini, chopped
- 1 tablespoon chopped cilantro
- 2 tablespoons lime juice (about  $\frac{1}{2}$  lime)
- 1 jalapeño, seeds removed and finely chopped (optional)

## Get Cookin'

1. Carefully open can of beans. Drain beans and pour into a medium bowl.
2. Add corn, zucchini, cilantro, lime juice, and jalapeño (optional). Stir to combine.
3. Serve right away or refrigerate for later.

### Fun Fact

The "three sisters" are corn, beans, and squash (like zucchini). Native Americans planted them together in the garden because they help each other grow. Corn makes a ladder for the bean vine. Bean roots give nitrogen to the soil to make it healthy. The big squash leaves shade the soil and keep out the weeds. The "three sisters" also work together to give your body a nutritious meal. Plant a "three sisters" garden at home or school!



# BLACK BEAN Soup

## Get Cookin'

1. Open can of beans carefully. Pour beans and their liquid into a medium microwave safe bowl. Rinse can with a splash of water. Add water to bowl with beans.
2. Add pico de gallo, tomatoes, cumin, and hot sauce (optional) to the beans. Stir gently. Cover with paper towel.
3. Microwave on high heat for 2-3 minutes. Remove hot bowl from microwave with pot holders. Take off paper towel.
4. Stir and divide soup into 2 bowls. Top each bowl of soup with 1 teaspoon sour cream (if using). Serve right away.

Servings: **2**

Serving Size: **1** $\frac{1}{4}$  cups

Prep Time: **5** minutes

Cook Time: **3** minutes

## What You Need

- 1 (15-ounce) can black beans, 50% less salt added
- $\frac{1}{2}$  cup fresh pico de gallo or salsa
- $\frac{1}{2}$  cup chopped tomatoes
- $\frac{1}{2}$  teaspoon cumin
- 1-2 dashes hot sauce (optional)
- 2 teaspoons light sour cream, divided (optional)

## Tip

You can use 2 cups homemade beans with cooking liquid instead of canned beans.

# FRUIT SALAD Sundae

Servings: **4**

Serving Size: **1**  $\frac{1}{4}$  cup

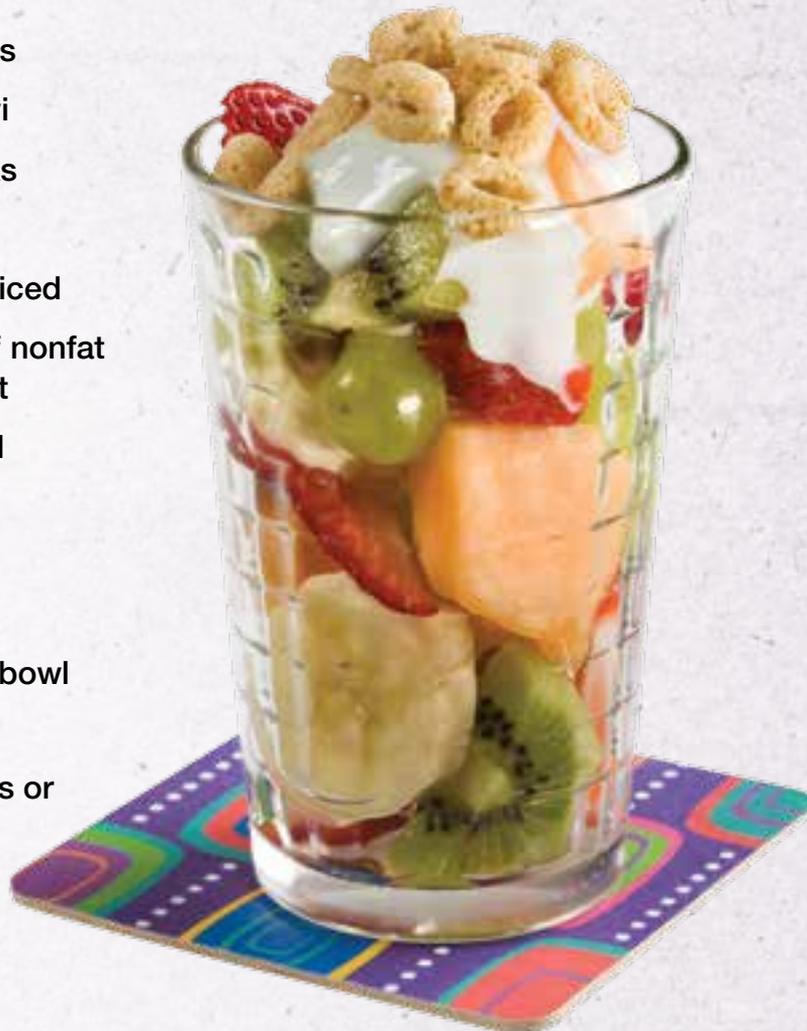
Prep Time: **5** minutes

## What You Need

- 1 cup sliced strawberries
- 1 cup peeled, sliced kiwi
- 1 cup cantaloupe chunks
- $\frac{1}{2}$  cup grapes
- 1 banana, peeled and sliced
- 1 (6-ounce) container of nonfat or lowfat vanilla yogurt
- $\frac{1}{2}$  cup toasted oat cereal

## Get Cookin'

- 1.** Put fruit in a medium bowl and mix together.
- 2.** Divide fruit into 4 cups or bowls.
- 3.** Top with yogurt and cereal, and serve.



# TURKEY TACOS Verde

Servings: **6**

Serving Size: **2** tacos

Prep Time: **10** minutes

Cook Time: **15** minutes

## What You Need

- 2 teaspoons canola, olive, or vegetable oil
- 1 small green bell pepper, chopped
- 1  $\frac{1}{4}$  pound lean ground turkey
- 1 (10-ounce) can verde sauce or green enchilada sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 12 (5-inch) corn tortillas
- 3 cups chopped lettuce, such as green leafy or romaine
- 1  $\frac{1}{2}$  cups chopped tomatoes (2 medium tomatoes)

## Get Cookin'

- 1.** With an adult's help, heat a large skillet over medium-high heat.
- 2.** Add the oil to the skillet and heat. Add pepper. Cook 5 minutes or until pepper starts to soften.
- 3.** Add turkey to skillet. Break turkey into pieces using a wooden spoon or spatula. Cook turkey 5 minutes or until it is no longer pink.
- 4.** Lower heat to medium. Stir in verde sauce, chili powder, and cumin. Turn off heat.



5. Warm corn tortillas in microwave or toaster oven.
6. Build tacos: add a  $\frac{1}{4}$  cup turkey filling into each corn tortilla. Top with  $\frac{1}{4}$  cup lettuce and 2 tablespoons tomatoes.
7. Place two tacos on each plate. Serve right away.

### Tip

Verde sauce is found in the Latin food section of most grocery stores. Look for it near the canned and jarred salsas.

Did you know? Corn tortillas count as a whole grain. Whole grains provide your body with extra nutrients such as fiber.



# PEACHY Oatmeal

## What You Need

- 1 (15-ounce) can peach slices, packed in 100% juice
- $\frac{1}{8}$  cup water
- $1\frac{1}{8}$  tablespoons brown sugar, syrup, or honey\*
- $\frac{1}{8}$  teaspoon ground cinnamon or nutmeg
- $\frac{1}{8}$  teaspoon salt
- 1 cup quick cooking oats
- 3 tablespoons chopped nuts such as pecans, walnuts, or almonds (optional)

Servings: **3**

Serving Size: **1** cup

Prep Time: **5** minutes

Cook Time: **3-4** minutes

### Tip

Try this recipe with other canned fruit and spices. For instance, canned pears and ground ginger taste good too!

## Get Cookin'

- 1.** Open the can of peaches carefully. Pour peaches and juice into a medium, microwave safe bowl.
  - 2.** Stir in water, sugar, cinnamon, salt, and oats.
  - 3.** Microwave on high heat for 3-4 minutes or until the liquid has been soaked up by the oatmeal.
  - 4.** Remove hot bowl from the microwave using pot holders. Stir again. Use the side of a spoon to cut up peaches into smaller pieces.
  - 5.** Spoon oatmeal into three small bowls.
  - 6.** If using nuts, top each bowl of oatmeal with 1 tablespoon nuts. Serve immediately.
- \* Do not give honey to children under the age of one year.

# POTATO BROCCOLI Smash

Servings: **12**

Serving Size:  $\frac{1}{2}$  cup

Prep Time: **5** minutes

Cook Time: **5** minutes



## What You Need

- 4 cups frozen hash browns (shredded potatoes)
- 2 cups frozen chopped broccoli
- $\frac{1}{2}$  cup nonfat or lowfat milk
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup shredded, light, sharp Cheddar cheese

## Get Cookin'

- 1.** Combine hash browns and broccoli in a medium microwave safe bowl. Stir in  $\frac{1}{4}$  cup water. Cover with paper towel and microwave for 5 minutes on high.
- 2.** Add milk and salt to potato mixture. Smash with a potato masher or fork.
- 3.** Stir in cheese and serve hot.

### Tip

Try other vegetables such as carrots, spinach, or cauliflower instead of broccoli.

# VEGETABLE STICKS WITH Chili & Lime

Servings: **6**

Serving Size: **1** cup

Prep Time: **10** minutes

## What You Need

- |  |  |
|--|--|
| 1 cucumber, peeled and cut into sticks     | 2 tablespoons lime juice (or to taste) |
| 1 small jicama, peeled and cut into sticks | $\frac{1}{4}$ teaspoon salt            |
| 1 medium zucchini, cut into sticks         | $\frac{1}{8}$ teaspoon chili powder    |
| 1 carrot, peeled and cut into sticks       | Dash cayenne pepper (optional)         |

### Tip

Lime and chili powder taste great on fruit too! Try sprinkling some on cut-up cantaloupe, honeydew, watermelon, pineapple, strawberries, mangos, and oranges.

## Get Cookin'

1. Combine jicama, cucumbers, zucchinis, and carrots in a medium bowl.
2. Add lime juice and stir.
3. In a small bowl, combine salt, chili powder, and cayenne pepper (optional). Sprinkle over cut vegetable sticks.
4. Put vegetable sticks onto a plate or in cups and enjoy with friends.

### Tip

Be careful when using a knife. See tips for using a knife in "Cooking How To's."



# GREEN EGGS & Ham

Servings: **2**

Serving Size: **1** cup

egg mixture and **1** slice  
of bread

Prep Time: **5** min-  
utes

Cook Time: **3** min-

## What You Need

- Nonstick cooking spray
- 2 slices reduced sodium ham (deli-style ham)
- 1 cup frozen spinach, thawed
- $\frac{1}{2}$  (4-ounce) can diced, mild or medium green chiles
- 1 egg
- 1 egg white
- 2 slices whole wheat bread, toasted



## Get Cookin'

1. Lightly spray 2, 1-cup microwave safe bowls with cooking spray. Line each bowl with 1 slice of ham. Set aside.
2. Put thawed spinach in a colander and press the spinach lightly against the side of the colander to remove the water.
3. Carefully open can of chiles and drain liquid. Stir chilies into spinach.
4. In a small bowl, mix egg and egg white with a fork. Pour egg into spinach and chile mixture and stir. Pour mixture evenly between the 2 bowls lined with ham.
5. Microwave on high for 1 minute. Turn bowls. Careful they may be hot! Microwave on high 1 minute more. Turn bowls again. Microwave on high 30 seconds to 1 minute more or until egg is cooked through.
6. Carefully remove cups from microwave using pot holders. Set aside for 2 minutes. Enjoy!

### Tip

To separate the egg white from the yolk, start with a small bowl. Crack the middle of the egg. Carefully separate the two halves of the egg shell. Use the halves of the egg shells as cups. Pour the egg yolk back and forth between the two shells. Let the egg white fall into the bowl. Keep doing this until all the egg white is in the bowl.

# MAKE YOUR OWN Smoothie



Servings: **2**

Serving Size: **2**  $\frac{1}{2}$  cups

Prep Time: **5** minutes

## What You Need

- 1 cup 100% fruit juice, such as orange, pineapple, or grape
- 1  $\frac{1}{2}$  cups unsweetened, frozen fruit, such as strawberries, mixed berries, mango, or peaches
- $\frac{1}{2}$  cup nonfat or lowfat (1%) milk or yogurt

## Get Cookin'

1. Place all ingredients in a blender and cover with a tight fitting lid.
2. Blend until smooth.
3. Pour into cups or glasses and serve.

### Tip

You can use  $1\frac{1}{2}$  cups fresh fruit and 10 ice cubes instead of frozen fruit.

# CONFETTI Rice Salad

Servings: **3**

Serving Size: **1** cup

Prep Time: **10** minutes

## What You Need

- 1 cup frozen mixed vegetables (peas, corn, carrots, and green bean mix)
- 2 cups cooked brown rice or leftover rice
- 1 cup cherry or grape tomatoes, cut in half or quarters
- 3 tablespoons light Italian dressing or vinaigrette dressing

## Get Cookin'

1. Put mixed vegetables in a medium bowl. Pour warm water over vegetables. Set aside for 2 minutes.
2. Drain water from vegetables. Stir in rice, tomatoes, and dressing. Enjoy!

## Tip

This salad can be served as a warm side dish in a bell pepper half (seeds removed). Try different chopped vegetables, herbs, and dressings too!



# RANCHERO DIP WITH VEGETABLE STICKS & Baked Chips



Servings: **8**

Serving Size:  $\frac{1}{2}$  cup vegetables +  $\frac{1}{4}$  cup dip +  $\frac{1}{4}$  cup baked chips

Prep Time: **5** minutes

## What You Need

- 1 (15-ounce) can lowfat or vegetarian refried beans
- $\frac{1}{3}$  cup salsa or pico de gallo
- 2 tablespoons light sour cream
- $\frac{1}{4}$  teaspoon hot sauce (optional)
- 4 cups vegetable sticks, such as carrots, celery, cucumber, zucchini, and bell pepper
- 2 cups baked tortilla chips

## Get Cookin'

1. Carefully open can of beans. Spoon beans into a medium bowl.
2. Add salsa, sour cream, and hot sauce (optional) to beans. Stir well.
3. Place a small bowl in the middle of a plate. Put vegetable sticks and baked chips around the bowl.
4. Spoon bean dip into bowl at center of plate. Serve right away.

### Tip

Be careful when using a knife. See "Cooking How To's" for tips on using a knife.

# HUMMUS & VEGGIE Pita Sandwich



Servings: **2**

Serving Size:  $\frac{1}{2}$  pita pocket

Prep Time: **5** minutes

## What You Need

- $\frac{1}{4}$  cup hummus
- 1 avocado, peeled, seeded, and chopped
- $\frac{1}{2}$  cucumber, peeled and chopped
- 1 small tomato, chopped
- 2 tablespoons canned, sliced black olives
- 1 whole wheat pita bread

### Tip

Cut avocado in half through the stem end. Use a spoon to scoop out seed. Then slip spoon close to the skin and scoop out the soft avocado.

## Get Cookin'

- 1.** Cut pita bread in half, making two half circles.
- 2.** Open one pita pocket half and spread 2 tablespoons of hummus inside.
- 3.** Put avocado, cucumber, tomato, and olives inside pita pocket.
- 4.** Repeat with the other pita pocket half. Enjoy with a friend!

# SOUTHWEST Slaw



Servings: **8**

Serving Size:  $\frac{1}{2}$  cup slaw

Prep Time: **10** minutes

## What You Need

- 1 (16-ounce) bag coleslaw mix (or 5 cups thinly sliced green cabbage and 1 cup grated carrots)
- 3 tablespoons lime juice
- 1 tablespoon canola, olive, or vegetable oil
- 1 teaspoon chili powder
- 1 tablespoon sugar
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  cup toasted pepitas (pumpkin seeds) or sunflower seeds
- 2 tablespoons chopped cilantro or parsley (optional)

## Get Cookin'

1. Pour coleslaw mix into a large bowl. Set aside.
2. Mix together lime juice, oil, chili powder, sugar, and salt. Pour over coleslaw mix. Stir to combine.
3. Top with pepitas and cilantro (optional). Serve right away.

### Tip

Slaw can be made ahead of time and refrigerated. Top with pepitas just before eating.

# KIDS GET COOKIN'!

# Nutrition Facts

All of the Kids Get Cookin'! recipes meet the Fruits and Veggies – More Matters healthy recipe guidelines. They have at least a half cup of fruits or vegetables in every serving of the recipe. Enjoy these tasty and healthy recipes to help you power up your day with fruits and vegetables!

RECIPE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Folic Acid (%DV)	Potassium (%DV)
A.L.T.T. Wrap	220	11	2	0	10	530	25	4	8	50	25	5	10	10	10
Asian Chicken Lettuce Cups	110	2	0.5	0	30	125	13	2	12	40	10	0	5	5	5
Banana Nut Roll-up	360	14	3	0	0	300	55	8	11	0	15	5	10	15	20
Black Bean Soup	320	2	0.5	0	2	210	59	23	18	15	30	15	30	80	30
Confetti Rice Salad	190	4	0.5	0	0	210	35	5	5	25	30	5	5	5	5
Fresh & Fruity Slaw	60	0	0	0	0	0	16	3	1	0	15	0	0	0	5
Fruit Salad Sundae	140	1	0	0	0	55	32	4	4	30	140	10	10	15	15
Green & Red Salad	140	6	0.5	0	0	80	17	4	4	110	120	10	15	35	15
Green Eggs & Ham	150	5	1	0	110	425	16	5	12	230	20	20	20	40	10
Hummus & Veggie Pita	200	14	2	0	0	190	24	8	6	10	25	5	10	30	15
Make Your Own Smoothie	140	0	0	0	0	35	32	4	4	10	180	10	10	15	15
Perfectly Peachy Oatmeal	240	7	1	0	0	115	42	5	6	10	10	5	10	5	10
Potato Broccoli Smash	80	1	0	0	2	200	15	2	4	5	25	5	0	5	10
Rainbow Pasta	320	4.5	2	0	10	230	55	5	15	25	45	15	20	35	10
Ranchero Dip with Veg & Chips	100	2	0	0	0	380	18	5	4	110	30	5	10	15	10
Real Fruit Punch	70	0	0	0	0	35	19	1	0	0	45	0	5	5	5
Southwest Slaw	60	4	0	0	0	260	7	2	2	50	30	5	5	10	5
Three Sisters Salad	220	1	0	0	0	0	43	13	11	5	30	10	15	45	20
Turkey Tacos Verde	280	8	2	0	60	370	28	5	24	60	35	10	15	10	15
Veg Sticks with Chili & Lime	40	0	0	0	0	110	9	4	1	40	35	0	5	5	10

Percent Daily Values (DV) are based on a 2000 calorie diet

The *Nutrition Education and Obesity Prevention Branch—Children’s Power Play! Campaign* is a statewide public health initiative led by the California Department of Public Health in cooperation with the National Fruit and Vegetable Alliance. The *Campaign* encourages elementary-aged children, especially those eligible for CalFresh in California, to eat 2½ to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day for better health.

The *Campaign* partners with the California Department of Education, the California Department of Food and Agriculture, the American Cancer Society, California Division, and a variety of other agencies concerned with children’s health.

This material was produced by the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).







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