

# NUTRITION INFORMATION (PER SERVING)

Recipe	Calories	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Hard-Boiled Egg	65	0	0	6	4	1	0	186	62
Egg Scrambles – Spinach and Cheese	105	5	2	10	5	1	0	188	276
Egg Scrambles – Mushroom and Sausage	106	5	1	9	6	2	0	194	277
Huevos Rancheros with Pico de Gallo	246	18	3	15	13	4	0	388	263
Apple Oatmeal	137	27	3	6	1	0	0	2	130
Peachy Peanut Butter Pockets	196	30	4	7	7	1	0	0	259
Banana Berry Pancakes	167	37	1	5	1	0	0	0	500
Easy Turkey Skillet Dinner	182	12	4	18	7	2	0	67	419
Brown Rice	113	27	2	2	1	0	0	0	2
Crispy Oven-Fried Chicken	112	5	0	19	1	0	0	44	190
Crispy Oven-Fried Fish	104	5	0	15	2	1	0	44	200
Fast Fish Tacos	237	33	4	19	4	1	0	46	339
Yam & Bean Burrito	331	55	9	11	10	1	0	0	515
Crispy Taquitos	275	43	7	13	7	2	0	20	229
Spanish Brown Rice	132	29	3	2	2	0	0	0	7
Black Bean & Corn Pitas	351	58	15	15	10	2	0	5	694
Tuna Burger	263	33	5	27	3	1	0	25	526
Spud Stuffers – Western	237	35	4	12	7	3	0	15	308
Spud Stuffers - Mexican	217	37	5	9	5	3	0	15	274
Spud Stuffers - Veggie	197	33	4	8	5	3	0	15	143
Pizza Please	187	33	7	9	3	1	0	3	528



# NUTRITION INFORMATION (PER SERVING) CONTINUED...

Recipe	Calories	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Green Pasta	289	39	7	16	7	2	0	5	161
One-Pot Spaghetti	354	43	5	24	9	2	0	72	573
Macaroni & Cheese	320	38	4	20	11	7	0	61	310
Suzanne's Salad	165	25	4	2	8	1	0	2	154
Roasted Veggies with Sesame & Ginger	64	9	3	2	3	0	0	0	61
Simmered Beans	104	19	7	6	0	0	0	0	52
Apple Glazed Sweet Potatoes	269	64	7	4	0	0	0	0	277
Oven-Wedge Fries	154	35	3	4	0	0	0	0	136
Zucchini Parmesan	40	6	2	2	1	0	0	3	57
Zucchini & Brown Rice Soup	163	21	2	7	7	1	0	0	90
Fruity Delight	234	45	3	10	3	2	0	9	124
Paradise Freeze	124	32	4	1	1	0	0	0	3
Pico de Gallo	27	6	2	1	0	0	0	0	110
Tomatillo Salsa	33	7	2	1	1	0	0	0	148
Homemade Hummus	131	18	4	5	5	1	0	0	221
Frozen Grapes	92	24	1	1	0	0	0	0	3
Fruit Freezees	46	11	1	2	0	0	0	1	18
Rice Pudding	168	33	3	4	3	1	0	17	59
Fresh Fruit Cobbler	197	42	3	4	2	1	0	2	277
Fudgy Fruit	159	25	3	3	7	1	0	0	2



# ACKNOWLEDGEMENTS

**The development of this cookbook was funded by the California Department of Public Health (CDPH), Maternal, Child and Adolescent Health (MCAH) Division Federal Title V Block Grant and the California Women, Infants, and Children (WIC) Program.**

**Fitness Tip Sources:** National Institute on Aging, AARP Magazine November & December 2009 issue, and [www.girlshealth.gov](http://www.girlshealth.gov)

This cookbook was developed by Sangi Rajbhandari, MPH and Portia DuBose, MS, under the leadership of Suzanne Haydu, MPH, RD MCAH Division, Center for Family Health, CDPH

**We acknowledge the valuable contributions from the following:**

*Network for a Healthy California;* California WIC Program; Karen Ambrecht, RD; Soledad Drago, MPH; Elaine Ellers, MSW; Luce Filiatrault, RD, IBCLC; Maria Galvan; Jaya Ginter, BA; Arnell Hinkle, MPH, RD, CHES; Maria Jocson, MD, MPH; Manpreet Kaur; Giok Khoe, MPH, CHES; Judi Levine, MS, RD; Kiko Malin, MPH, MSW; Mandy Murphy; Kathy Sanchez; Judy Sheldon, MS, RD, CLE; Delfina Shelomenseff, MPA, RD; Jamie Stang PhD, MPH, RD, LN; Poppy Strode, MS, MPH, RD; and Tanya Stowe, RD

We would also like to acknowledge the teens and case managers who provided valuable input for the revised cookbook.

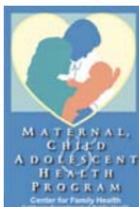
**For inquiries or to obtain a copy of this document in an alternate format, please contact:**

CDPH, MCAH  
P.O. Box 997420, MS - 8306  
Phone: (916) 650-0300 / Fax: (916) 650-0305  
CA Relay Service at 1-800-735-2929

Please allow at least 10 working days to coordinate alternate format services.

# EASY MEALS & SNACKS

...a **HEALTHY** cookbook for teens



Edmund G. Brown Jr., Governor, State of California  
Diana Dooley, Secretary, California Health and Human Services Agency  
Ron Chapman, MD, MPH, Director, California Department of Public Health