Table of Contents

INTRODUCTION

Nutrition and Exercise..... 2
Use Your Plate to Eat Right..... 3
Support for Teen Families..... 4
Shopping Tips..... 5
Cooking Tools..... 6
Simple Measurements..... 7
Fresh Food & Safe Storage..... 8
Seasonal Fruits & Vegetables..... 9
How to Use this Cookbook..... 10

BREAKFAST

Hard-boiled Egg..... 11
Egg Scrambles..... 12
Huevos Rancheros with Pico de Gallo..... 13
Apple Oatmeal..... 14
Peachy Peanut Butter Pockets..... 15
Banana Berry Pancakes..... 16

MAIN COURSES

Easy Turkey Skillet Dinner..... 17
Brown Rice..... 18
Crispy Oven-Fried Chicken or Fish... 19
Fast Fish Tacos..... 20
Yam and Bean Burrito..... 21
Crispy Taquitos..... 22
Spanish Brown Rice..... 23
Black Bean & Corn Pitas..... 24
Tuna Burger..... 25
Spud Stuffers + Toppings..... 26
Pizza Please..... 28
Green Pasta..... 29
One-Pot Spaghetti..... 30
Macaroni & Cheese..... 31

SNACKS/SIDE DISHES

Suzanne's Salad..... 32
Roasted Veggies with Sesame & Ginger..... 33
Simmered Beans..... 34
Apple Glazed Sweet Potatoes..... 35
Oven Wedge Fries..... 36
Zucchini Parmesan..... 37
Zucchini and Brown Rice Soup..... 38
Fruity Delight..... 39
Paradise Freeze..... 40
Pico de Gallo/Tomatillo Salsa..... 41
Homemade Hummus..... 42

DESSERTS

Frozen Grapes/Fruit Freezees..... 43
Rice Pudding..... 44
Fresh Fruit Cobbler..... 45
Fudgy Fruit..... 46

NUTRITION INFORMATION & ACKNOWLEDGEMENTS

Nutrition Information..... 47
Acknowledgements..... 49