Easy Meals & Snacks

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

Easy Meals & Snacks (previously *Fast Meals & Quick Snacks*)
Third edition, 2011
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Nutrition & Exercise

Nutrition

Here are some tips to help you on your way to becoming a healthier teen.

Start your day with breakfast.

Drink water and nonfat or lowfat (1%) milk instead of soda.

Plan your meals ahead of time, so you have the food for your recipes.

Carry healthy snacks with you, such as nuts, raisins, apples, and carrots.

Exercise or Other Physical Activity

Throughout this cookbook, we have added Fitness Tips. These are fun tips to help you get moving!

Set a goal. Start slow and enjoy moving your body.
Once you are more active, change your goal and work towards activities that challenge you.

To stay healthy, physical activity should be moderate to vigorous and add up to at least one hour each day. To see examples, visit http://www.choosemyplate.gov/foodgroups/physicalactivity.html.

ChooseMyPlate.gov

Visit www.choosemyplate.gov to find the amount of grains, vegetables, fruits, dairy and protein foods you should eat daily. These values change based on how many calories you need to eat each day (included on the website too!) and your level of physical activity. This website also has great tools that help you to eat healthy and keep a healthy weight.

Use Your Plate to Eat Right!

Fruits & Vegetables

- Fruits and vegetables have vitamins, minerals and fiber for healthy hair, nails, and skin.
- Make half your plate fruits and vegetables.
- Choose a variety and eat more dark-green and orange vegetables.

Grains

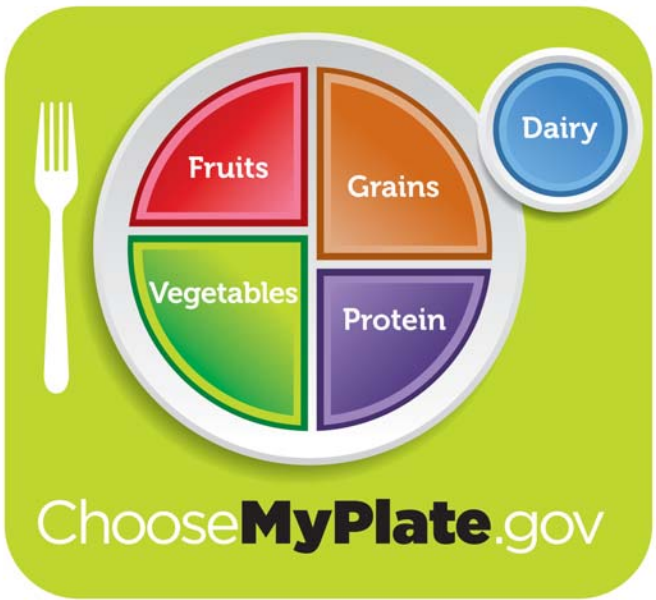
- Whole grains have more fiber to help you feel full and prevent constipation.
- Make at least half your grains whole grains.
- Try old-fashioned oats, bran cereals, brown rice and whole wheat bread/pasta.

Protein Foods

- Protein foods help you build muscles.
- Vary your protein food choices. Meat, beans, fish, nuts and seeds are some choices in this food group.
- Grill, broil, or bake instead of frying.

Dairy

- Milk products have calcium and vitamin D for building strong bones.
- Choose nonfat or lowfat milk products.
- If you can't consume milk, choose lactose-free milk or other calcium sources.



Support for Teen Families

Health

Adolescent Family Life Program (AFLP)

AFLP helps pregnant and parenting teens to:

- Get and stay healthy
- Graduate from high school
- Avoid a repeat teen pregnancy
- Connect to health and other services for their family

You can find AFLP in most counties in California. To find out more, check out the AFLP website at: http://www.cdph.ca.gov/programs/aflp.

Food

Women, Infants and Children Program (WIC)

WIC helps pregnant women, new moms, infants and children up to age 5 to stay healthy, eat well, and be active.

WIC provides:

- Checks to buy healthy foods
- Nutrition and health education
- Education and support for breastfeeding moms
- Help to find health care and other services

WIC has offices across the state. Many offices are open in the evenings and on Saturdays.

To learn more and find your local WIC office, check out the WIC website at: http://www.wicworks.ca.gov.

Or call toll free 1-888-WIC-WORKS (1-888-942-9675).

Shopping Tips

Don't be Fooled!

The store has been set up in ways that encourage you to buy unhealthy items. Here are some helpful hints to avoid buying on impulse:

- Do not shop when you are hungry.
- Check the store brands. They are just as good as name brands and cost a lot less.
- Avoid the displays at the end of the aisles or near the checkout counter. These foods are usually expensive and unhealthy.
- Make a shopping list at home and take it with you. Buy only what you have on the list.

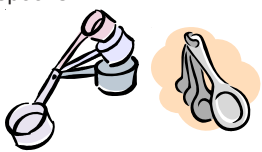
Buying Fruits and Vegetables

- Pick out fresh fruits and vegetables that do not have dark spots.
- Choose seasonal fruits and vegetables. They are fresher and are usually cheaper.
- Choose locally grown fruits and vegetables.
- Check out a farmer's market close to your home for the freshest fruits and vegetables. Ask if they take Food Stamps or WIC checks.

Cooking Tools

Helpful Tools to Have in the Kitchen

Measuring cups and measuring spoons



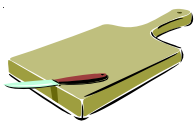
Bowl for mixing

Frying pan or skillet

Small saucepan
(small pot) with lid

Large pot with lid

2 Cutting boards or sheets
- one for cutting raw meat
- one for cutting veggies



Cooking spoon
(wood or plastic)

Spatula
(big flat spoon for flipping food)

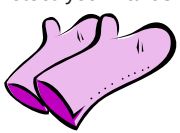
Baking or Casserole dish
(oven-safe baking dish)

Graters
(used for slicing and shredding)

Cookie Sheets
(metal, flat oven pan)

Can opener

Pot holders or oven mitts
(to protect your hands from heat)



Sharp knife

Strainer (bowl with holes in it)

Simple Measurements

Measuring Spoons and Cups

3 teaspoons (tsp) = 1 tablespoon (Tbsp)
2 Tbsp = 1/8 cup
4 Tbsp = 1/4 cup
5 Tbsp + 1 tsp = 1/3 cup
8 Tbsp = 1/2 cup
16 Tbsp = 1 cup
1 fluid ounce = 2 Tbsp liquid
8 fluid ounces = 1 cup
2 cups = 1 pint

Greater Volumes

2 pints = 1 quart
4 quarts = 1 gallon

Weight

16 ounces = 1 pound

Try Using Your Hands and Eyes to Measure

1/8 tsp or less = dash/pinch
3 ounces of meat = deck of cards
1 cup = tennis ball
2 Tbsp = ping pong ball

Fresh Food & Safe Storage

Follow *The Core Four Practices* to Keep Food Safe

1. Clean
Wash hands and surfaces often.

2. Separate
- Use one cutting board for fresh produce and a separate one for raw meats and eggs.
- Never place cooked foods on a plate that previously held raw meats or eggs.

3. Cook
Cook to proper temperature.

4. Chill
Refrigerate or freeze promptly.

Adapted from the Partnership for Food Safety Education.

Check the expiration date on the package. If the date has passed, do not eat the food. For other foods, use this table so you know how long you can safely store foods.

Food	Refrigerator (40°F or below)	Freezer (0°F or below)
Eggs		
• In shell, raw	3-5 weeks	Do not freeze
• Hard-cooked	1 week	Do not freeze
Meat		
• Hamburger & other ground meat	1-2 days	3-4 months
• Raw red meat	3-5 days	4-6 months
• Raw chicken or turkey	1-2 days	9 months
• Cooked meat or poultry	3-4 days	2-6 months
Frozen dinners & entrees	Do not refrigerate	3-4 months
Canned Food		**Pantry**
• High acid (tomatoes, pineapple & grapefruit)		12-18 months
• Low acid (meat, poultry, fish & most vegetables)		2-5 years

Fruit and vegetables vary.
See http://www.fruitsandveggiesmorematters.org/?page_id=129.

Adapted from the United States Department of Agriculture, Food Safety and Inspection Service and the United States Department of Health and Human Services.

Seasonal Fruits & Vegetables

Some fruits and vegetables grow best in certain seasons. These seasonal produce will be fresher, taste better, and cost less money when they are in season. In the recipes, seasonal fruits and vegetables are featured in **blue and bold font**. If not in season, you may replace these with other fruits and vegetables from this list.

Spring

apricots
artichokes
asparagus
avocados
bell peppers
collard greens
grapefruit
green peas
guavas
mangos
oranges
papayas
rhubarb
strawberries
swiss chard

Summer

apricots
avocados
bell peppers
cantaloupe
cherries
corn
grapes
green beans
green peas
honeydew
mangos
nectarines
okra
papayas
peaches
pears
plums
strawberries
swiss chard
tomatoes
valencia
oranges
watermelon
yellow squash
zucchini

Fall

acorn squash
brussels sprouts
butternut
squash
chayote squash
cherimoya
grapes
green beans
honeydew
kiwifruit
okra
pears
persimmons
pomegranates
pumpkins
sweet potatoes
swiss chard
tangerines
tomatoes
turnips
yams

Winter

avocados
brussels
sprouts
chayote squash
cherimoya
collard greens
grapefruit
guavas
kiwi
mustard greens
oranges
pears
tangerines
turnips

Year-Round

apples
bananas
beets
bok choy
broccoli
cabbage
cactus leaves
carrots
cauliflower
celery
chili peppers
cucumbers
eggplant
garlic
green onion
jicama
kale
leeks
lemons
lettuce
limes
mushrooms
onions
parsnips
pineapples
potatoes
radishes
spinach
tomatillos

Adapted from the *Network for a Healthy California.*

How to Use This Cookbook

Whether you are learning how to cook, advancing your cooking skills, or trying out new recipes, this cookbook helps you make healthy choices for every meal. Each recipe is fast and easy, with limited preparation steps, everyday ingredients, and fitness tips to keep you healthy and thriving. Cook for friends and family. Have fun and enjoy!

Vegetarian Symbol

If next to the title, this symbol tells you whether a recipe is vegetarian (made without meat or fish). If in the ingredients list, it tells you a tip to **alter the recipe** to make it vegetarian.

Name of Recipe

Number of Servings

This tells you how many servings this recipe will make if you follow it exactly. You can always cut the recipe in half, double it, or triple it, etc., to make the amount that you need.

Picture of Recipe

Food Category

- Breakfast
- Main Course (lunch or dinner)
- Snack/Side
- Dessert

ZUCCHINI PARMESAN

This vegetable side dish is flavorful and easy to prepare.

Makes 5 servings. 1 cup per serving.
Prep time: 10 minutes + **Cook time:** 5 minutes

Ingredients

- 1 1/4 pounds **zucchini** (about 3 medium zucchini)
- 1/4 tsp olive oil
- 1 Tbsp dried oregano
- 2 cloves garlic, finely chopped
- 1 tsp grated lemon peel
- 1 Tbsp grated Parmesan cheese
- 1/4 tsp ground black pepper

Preparation

1. Cut zucchini in half. Cut each half into 4 strips, like in picture.
2. Heat oil in a heavy nonstick frying pan over medium-high heat.
3. Add oregano and garlic and sauté for about 2 minutes.
4. Add zucchini and lemon peel and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Fitness Tip: Take the stairs instead of the elevator! This is a great way to include more physical activity in your day.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

SNACK/SIDE DISH 37

Items You Will Need

Go to the market and buy the items that you don't have at home. Fruits and vegetables that are colored blue and are bold **are seasonal** (see page 9 for details).

Preparation Steps

Fitness Tip

Helpful hints or exercises to keep you fit are on some pages.

Hard-boiled Egg

Try an egg with a slice of whole grain toast and a side of your favorite fruit. You can also slice or crumble hard-boiled eggs and add them to salads.

Makes 1 serving.
Prep time: 5 minutes + **Cook time**: 20 minutes

Photo courtesy of the *Network for a Healthy California.*

Ingredients

1 egg
water
vinegar (optional)

Preparation

1. Put your egg in a small saucepan.
2. Add enough cold water to cover it completely. If desired, add a teaspoon of vinegar to the water.*
3. Put the pot on the stove over medium heat. When the water begins to boil, cover the pan with the lid and turn the heat off.
4. Wait 15 minutes. Drain. Remove shell.

*If you add about 1 teaspoon of vinegar to the water before boiling, the egg shell will soften just a bit and not crack during boiling.

Fitness Tip: Strengthen your tummy muscles:
Stand tall and place feet hip distance apart. Stretch your arms out to your sides. Breathing out, lift your right knee and touch it to your left elbow. Breathing in, return to position one. Repeat on other side.

Photo courtesy of the California WIC Program.

Egg Scrambles

A breakfast favorite that is rich in protein and vegetables.

Makes 1 serving.
Prep time: 5 minutes **+ Cook time**: 5 minutes

Preparation

1. Choose to make Option #1 or Option #2.
2. Combine egg and ingredients for Option #1 or #2 in a medium bowl.
3. Spray a medium frying pan with nonstick cooking spray or lightly brush with oil. Warm on medium heat for 1 minute.
4. Pour mixture into warm frying pan and cook for 1 minute before stirring.
5. Cook and scramble until entire egg mixture is cooked (not runny).
6. Top with salsa.

Ingredients

nonstick cooking spray or $^1/_2$ Tbsp vegetable oil
1 medium egg*
$^1/_4$ cup Pico de Gallo (page 41) or store-brand salsa

CHOOSE:

Option #1: Spinach and Cheese
$^3/_4$ cup spinach leaves
$1^1/_2$ tsp nonfat cheese, shredded (Mozzarella and Cheddar work well)

OR

Option #2: Mushroom and Sausage
$^1/_4$ cup mushrooms
1 sausage patty, cooked

*For less fat, substitute 2 egg whites.

For a vegetarian option, use vegetarian sausage instead of meat sausage.

Huevos Rancheros

with Pico de Gallo

A healthy and colorful breakfast dish!

Makes 4 servings. 1 tortilla per serving.
Prep time: 15 minutes + **Cook time**: 15 minutes

Ingredients

- 4 (6-inch) corn tortillas
- nonstick cooking spray or $^1/_2$ Tbsp vegetable oil
- $1^1/_2$ cups eggs*
- 2 Tbsp reduced fat Cheddar or Monterey Jack cheese, shredded
- 2 cups Pico de Gallo (page 41)
- $^1/_4$ tsp ground black pepper

*For less fat, substitute egg whites.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Preparation

1. Make the Pico de Gallo Recipe first (page 41).
2. Preheat oven to 450ºF.
3. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
4. Spray a large frying pan with nonstick cooking spray or lightly brush with oil.
5. Pour eggs into frying pan. Cook over medium heat for 2 to 3 minutes until eggs are fully cooked.
6. Place an equal amount of eggs on each tortilla and top each with $^1/_2$ tablespoon cheese.
7. Place under the broiler for about 2 minutes until cheese is melted. Spoon $^1/_2$ cup Pico de Gallo on each tortilla and top with ground black pepper. Serve warm.

Apple Oatmeal

A tasty recipe packed with good-for-you foods.

Makes 4 servings. $^{3}/_{4}$ cup per serving.
Prep time: 10 minutes + **Cook time**: 2 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- $1^{3}/_{4}$ cups nonfat or lowfat milk
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- $^{1}/_{2}$ tsp ground cinnamon
- salt (optional)
- raisins (optional)

Preparation

1. Combine all ingredients in a medium, microwave-safe bowl.
2. Place in microwave uncovered and cook on high for about 3-4 minutes or until fully cooked.
3. Stir and let cool for 1 minute before serving. Top with raisins and/or sprinkle with salt if desired.

Fitness Tip: Tighten your tummy:
Stand tall and suck in your tummy muscles. Hold tight for 5 to 10 seconds. Release and repeat 10 times.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Peachy Peanut Butter Pockets

Yummy and sure to be a family favorite!

Makes 4 servings. 1/2 pita pocket per serving.
Prep time: 10 minutes + **Cook time:** 10 seconds

Ingredients

- 2 medium whole wheat pita pockets
- 1/4 cup lowfat (or regular) peanut butter
- 1/2 apple, cored and thinly sliced
- 1/2 banana, thinly sliced
- 1/2 fresh **peach**, thinly sliced

Preparation

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Fitness Tip: Try this chest stretch:
Stand up straight, with knees slightly bent. Place feet hip distance apart with toes pointing forward and shoulders straight. Clasp hands together behind your back. Lift and extend your arms. Hold this position. Feel the stretch in your chest. Hold stretch for a count of 8.

Banana Berry Pancakes

Try topping with fresh, canned, or frozen fruits. Or peanut butter for protein.

Makes 4 servings. 2 pancakes per serving.
Prep time: 10 minutes + **Cook time**: 10 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete whole wheat pancake mix
- $^1/_2$ cup water
- nonstick cooking spray or $^1/_2$ Tbsp vegetable oil

Topping

- 1 cup unsweetened fresh or frozen **strawberries**, thawed and sliced
- 2 Tbsp orange juice

Preparation

1. Place bananas in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray or lightly brush with oil and heat over medium heat.
4. Pour $^1/_4$ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

1. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
2. Cook berries and orange juice for 3 minutes or until the berries are soft.
3. Spoon topping over pancakes and serve.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Easy Turkey Skillet Dinner

This flavorful dish is tasty over brown rice (page 18).

Makes 4 servings. 1 cup per serving.
Prep time: 5 minutes + **Cook time**: 25 minutes

Ingredients

- nonstick cooking spray or $^{1}/_{2}$ Tbsp vegetable oil
- $^{3}/_{4}$ pound lean ground turkey
- 1 medium onion, peeled and chopped
- 3 **tomatoes**, chopped
- 3 Tbsp tomato paste
- 1 tsp each dried basil, oregano, and garlic powder
- $^{1}/_{4}$ tsp black pepper
- $^{1}/_{2}$ tsp salt
- 2 medium **zucchini**, sliced

For a vegetarian option, replace turkey with firm tofu.

Preparation

1. Spray a large frying pan with nonstick cooking spray or lightly brush it with oil.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer (heat just below boiling point, bubbles form slowly and burst before reaching the surface) over medium heat for 10 minutes.
4. Add zucchini and cook for 5 more minutes. Serve while hot.
5. Add ground black pepper to kick up the spice!

Photo courtesy of and recipe adapted from the California WIC Program.

Brown Rice

Choosing brown rice is a great way to include more whole grains in your meals.

Makes 6 servings. $^1/_2$ cup per serving.
Prep time: 5 minutes + **Cook time**: 30-45 minutes

Ingredients

2 cups water
1 cup brown rice, uncooked*

*When shopping, look for brown rice on the shelves with the white rice.

Preparation

1. Bring water to a boil in a heavy saucepan. Add rice.
2. Return to a boil, reduce heat and simmer covered for 35-40 minutes.
3. Check to make sure all the water has been absorbed by gently moving the rice with a small spoon to see if water is left on the bottom of the pan.
4. Do not stir the rice. Remove lid and let sit for 5 minutes.

Fitness Tip: Enjoy the outdoors! The California State Parks website helps you find public spaces for outdoor fun by simply entering in your zip code: www.findrecreation.parks.ca.gov/openspaces/.

Crispy Oven-Fried Chicken or Fish

Serve with vegetables! This dish goes well with Zucchini Parmesan (page 37).

Makes 6 servings. 1 piece of chicken per serving.
Prep time: 5 minutes + **Cook time**: 30 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Preparation

1. Place the oven rack in middle of the oven. Preheat oven to 350ºF for chicken or 375ºF for fish.
2. In a small bowl, combine cornflakes, salt, ground black pepper, onion powder, and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken or fish pieces in milk and roll in crushed cornflake mixture, lightly coating both sides.
4. Spray the roasting pan with nonstick cooking spray or lightly brush with oil and arrange chicken or fish pieces on the pan in a single layer.
5. Bake chicken for 30 minutes. Bake fish for 10-20 minutes or until the fish falls apart when you poke it with a fork. Squeeze lemon juice on top of fish for extra flavor.

Ingredients

- 1 cup finely crushed cornflakes
- $^1/_4$ tsp salt
- $^1/_2$ tsp ground black pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- $^1/_2$ cup evaporated skim (non-fat) milk
- 1 pound chicken breasts or fish fillets, skin removed and cut into 6 pieces
- nonstick cooking spray or $^1/_2$ Tbsp vegetable oil
- lemon juice (optional)

For a vegetarian option, use your favorite vegetables. Try eggplant and/or **zucchini**.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Fast Fish Tacos

Make your own restaurant style tacos at home for a light and healthy meal.

Makes 6 servings. 2 tacos per serving.
Prep time: 20 minutes + **Cook time**: 5 minutes

Ingredients

- 1 pound cod or white fish fillets, cut into 1-inch pieces
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- 1/2 package taco seasoning
- 12 (6-inch) warmed corn tortillas
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 2 cups chopped **tomatoes**
- 1/2 cup nonfat sour cream or nonfat plain yogurt

For a vegetarian option, replace the prepared fish with cooked beans (page 34).

Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice and seasoning mix; pour into a large frying pan.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato and sour cream. You may add taco sauce or lime juice for extra flavor!

Fitness Tip: Keep track of your nutrition and physical activity each day! Find a food and physical activity tracker and other useful tools at www.choosemyplate.gov/tools.html.

Yam and Bean Burrito

This burrito is healthy and full of flavor.

Makes 8 servings. 1 burrito per serving.
Prep time: 10 minutes + **Cook time:** 20 minutes

Photo courtesy of and recipe adapted from the California WIC Program.

Ingredients

- 2 large **yams**, peeled and cut into chunks
- 1 Tbsp plus 1 tsp vegetable oil, divided
- 1/2 onion, diced
- 1 (15-ounce) can black beans, rinsed and drained, or 2 cups cooked black beans
- 1/2 tsp cumin
- 8 whole wheat tortillas
- salt and pepper to taste

Preparation

1. Preheat oven to 375ºF.
2. In a large mixing bowl, toss yam chunks with 1 tablespoon oil.
3. Spread coated yams on a baking sheet and roast in the oven for 20 minutes or until yams are tender.
4. In a large skillet, heat 1 teaspoon oil over medium-high heat. Add diced onion and sauté until tender.
5. Add beans, cumin, salt, and pepper to taste. Remove from heat and mix in cooked yam chunks, stirring gently.
6. Spoon mixture into the center of each tortilla. Roll up the tortilla and serve.

Fitness Tip: Dancing to music is fun and great for your body. Become healthier & more fit, just by having the time of your life!

Crispy Taquitos

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with sliced avocado for added flavor.

Makes 4 servings. 3 taquitos per serving.
Prep time: 15 minutes + **Cook time**: 10-15 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- 2 cups Pico de Gallo, divided (page 41)
- 1/2 cup cooked, finely chopped chicken
- 1/2 cup fresh, frozen, or canned (no salt added) **corn**, thawed
- 1/4 cup chopped green onion
- 1/2 cup shredded reduced fat Cheddar cheese or Monterey Jack cheese
- 12 corn tortillas
- 2 tsp vegetable oil

To make vegetarian taquitos, replace cooked chicken with cooked beans (page 34).

Preparation

1. Heat oven to 425ºF. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam-side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Spanish Brown Rice

Serve this tasty dish with cilantro or a sprinkle of cheese.

Makes 6 servings. $^1/_6$ of recipe per serving.
Prep time: 10 minutes + **Cook time**: 40-50 minutes

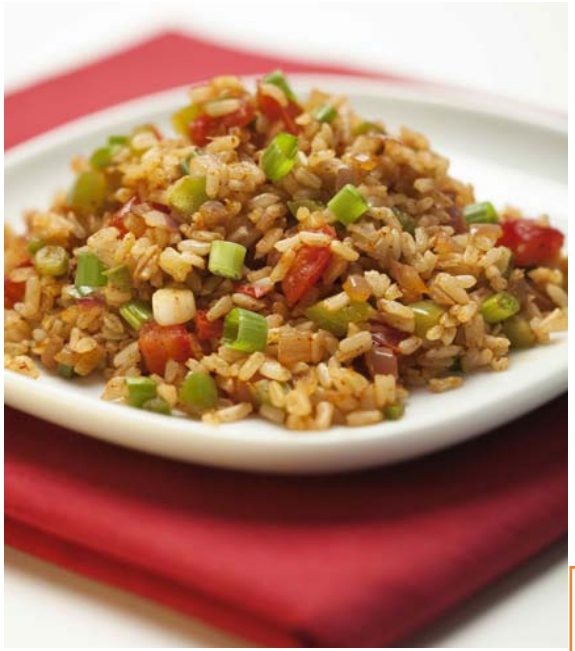


Photo courtesy of and recipe adapted from the California WIC Program.

Ingredients

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- $^1/_2$ red onion, diced
- $^1/_2$ bell pepper, diced
- 1 large **tomato,** diced
- 1 jalapeno, seeds removed, minced
- 2 green onions, chopped
- 1 tsp chili powder
- 1 tsp salt
- 3 cups cooked brown rice (page 18)

Preparation

1. In a skillet over medium-high heat, sauté garlic, red onions, and green bell peppers in olive oil until tender.
2. Add tomatoes, jalapeno, green onions, chili powder, and salt. Cook until softened.
3. Stir in cooked brown rice. Cook over high heat for a few minutes, allowing any liquid in the pan to evaporate.

Fitness Tip: Walking is an easy way to be active! Get off the bus one or two stops early, or park your car at the far end of the parking lot. For more small steps that you can take, visit: http://www.smallstep.gov/take_small_steps_today.html.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Black Bean & Corn Pitas

A protein-packed mixture of seasoned vegetables, black beans and cheese.

Makes 4 servings. 1/2 pita per serving.
Prep time: 15 minutes

Ingredients

- 1 (15-ounce) can low-sodium black beans
- 1 cup fresh, frozen, or canned **corn**, thawed
- 1 cup fresh **tomatoes**
- 1 avocado, chopped
- 1 tsp chopped, fresh cilantro
- 1/2 tsp chili powder
- 2 medium whole wheat pita pockets
- 1/3 cup shredded part-skim Mozzarella cheese
- Garlic, lemon juice, and/or cayenne pepper (optional)

Preparation

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add cilantro, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve. You may add garlic, lemon juice, and/or cayenne pepper for extra flavor!

Tuna Burger

A mouth-watering sandwich, great for family meals.

Makes 4 servings. 1 burger per serving.
Prep time: 10 minutes + **Cook time:** 6 minutes

Photo courtesy of and recipe adapted from the California WIC Program.

Ingredients

- $3\frac{1}{2}$ Tbsp nonfat mayonnaise, plus $\frac{1}{4}$ cup
- $\frac{1}{2}$ tablespoon mustard
- 1 egg white
- 2 (5-ounce) cans tuna in water with no added salt, drained and flaked, shredded
- $\frac{1}{2}$ cup dry breadcrumbs, divided
- $\frac{1}{4}$ cup green onions, chopped
- nonstick cooking spray or $\frac{1}{2}$ Tbsp vegetable oil
- 4 whole wheat hamburger buns, split lettuce, tomatoes, onion

For a vegetarian option, replace tuna with cooked garbanzo beans (chickpeas), lightly mashed.

Preparation

1. In a medium bowl, combine mayonnaise, mustard, and egg white. Add tuna, $\frac{1}{4}$ cup breadcrumbs, and green onions. Mix well.
2. Divide mixture into 4 equal portions, shaping each into a 4-inch patty. Press remaining $\frac{1}{4}$ cup breadcrumbs evenly onto both sides of patties.
3. Coat a large skillet with cooking spray or lightly brush with oil. Place over medium heat, add patties, cover, and cook 3 minutes on both sides until golden brown.
4. Spread $\frac{1}{4}$ cup mayonnaise evenly on split sides of buns. Assemble burgers.

Spud Stuffers

No ordinary potatoes here. Pick your topping from the list on the next page.

Makes 4 servings. 1 potato per serving.
Prep time: 15 minutes + **Cook time:** 16 to 60 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

4 medium baking potatoes
4 tablespoons light sour cream or plain lowfat yogurt

Preparation

1. Wash potatoes and pierce 3 times with a fork.
2. Microwave potatoes on high for about 6 minutes. Turn potatoes over and cook on high for 10 minutes more. Or, bake in the oven at 400ºF for 45-60 minutes.
3. When cooked, carefully cut potatoes open on the top.
4. Place 1 tablespoon sour cream or yogurt on top of each potato. Top each potato with one of the toppings listed on the next page and serve hot. The ingredient amounts listed are for one potato.

Fitness Tip: Do hamstring kicks to work your outer thigh muscles: Hold the kitchen counter to balance yourself. Shift your weight to the left leg. Grab the right foot and bring the heel toward your behind. Hold for one minute. Return the right leg to the starting position. Repeat with left leg.

Toppings

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Western Topping

Ingredients

2 Tbsp chopped **tomato**
2 Tbsp finely chopped green **bell pepper**
2 Tbsp shredded reduced fat Cheddar cheese
1 Tbsp sliced green onions
2 Tbsp bacon bits

Mexican Topping

Ingredients

$^1/_4$ cup freshly prepared salsa (page 41)
2 Tbsp shredded reduced fat Cheddar or Monterey Jack cheese
1 Tbsp diced green chilies

Veggie Topping

Ingredients

3 Tbsp chopped broccoli
2 Tbsp chopped **yellow squash**
2 Tbsp shredded reduced-fat Cheddar cheese
1 Tbsp sliced green onions

Pizza Please

Try this pizza using your favorite vegetables.

Makes 1 serving.
Prep time: 5 minutes + **Cook time:** 7 minutes

Photo courtesy of and recipe adapted from the California WIC Program.

Ingredients

- 1 medium whole wheat pita
- 1 Tbsp tomato paste
- 1/4 tsp Italian Seasoning
- 1/2 **tomato**, thinly sliced
- 1 Tbsp reduced fat mozzarella cheese, shredded

Can also include:

- **bell pepper**
- onions
- more **tomatoes**
- other favorite vegetable(s)

Preparation

1. Preheat oven to 425ºF.
2. Pierce tortilla with a knife and place on a baking sheet. Bake for 2 minutes or until crisp.
3. Spread tomato paste evenly on tortilla. Sprinkle with Italian Seasoning.
4. Add a layer of tomatoes and mozzarella cheese. Top with any additional vegetables.
5. Bake for 5 minutes or until cheese has melted.

Fitness Tip: Tone and strengthen your lower leg muscles:
Rise up on your toes and hold for 3 seconds. Lower to standing position. Repeat 25 times.

Photo courtesy of and recipe adapted from the California WIC Program.

Green Pasta

This healthy pasta dish with fresh basil is sure to become a favorite.

Makes 4 servings. 1/4 of recipe per serving.
Prep time: 5 minutes + **Cook time:** 10-15 minutes

Ingredients

- 1/2 pound whole wheat angel hair pasta
- 1 (6-ounce) bag fresh spinach*
- 1 cup basil leaves, packed
- 3 cloves garlic, minced
- 1 Tbsp olive oil
- 1/2 cup nonfat or lowfat milk
- 1/2 cup mozzarella cheese, shredded
- salt and pepper to taste

*You can also use frozen spinach.

Preparation

1. Cook pasta according to package directions.
2. In a blender or food processor, chop spinach and basil.
3. In a large saucepan, sauté garlic in olive oil. Add milk and spinach mixture to the saucepan.
4. Bring to a boil and reduce heat to a simmer. Stir occasionally until sauce thickens slightly. Remove from heat.
5. Add pasta, cheese, and season with salt and pepper. Serve immediately.

Photo courtesy of the California WIC Program.

One-Pot Spaghetti

This hearty spaghetti is a source of vegetables, grains and protein.

Makes 5 servings. $^1/_5$ of recipe per serving.
Prep time: 5-10 minutes + **Cook time**: 25 minutes

Preparation

1. Spray a large skillet with nonstick cooking spray or lightly brush with oil.
2. Add meat, mushrooms, onions, and bell peppers to the skillet.
3. Sauté over medium heat until the meat is browned and the vegetables are tender. Drain off any fat that might collect into an empty can or bowl (not the sink!).
4. Dump the can of tomatoes (with all the juices) into the skillet. Mash them with your cooking spoon.
5. Stir in the spaghetti and salt. Bring to a boil, then reduce the heat, cover, and simmer for 15 to 20 minutes until the spaghetti is cooked.
6. Remove from heat.
7. Sprinkle with Parmesan or Romano cheese if desired.

Ingredients

- nonstick cooking spray or $^1/_2$ Tbsp vegetable oil
- 1 pound ground turkey (or lean ground beef)
- 2 cups mushrooms, sliced*
- 1 cup onion, chopped
- 1 cup **bell pepper,** chopped
- 1 (28-ounce) can tomatoes
- $1^1/_2$ cups uncooked broken spaghetti
- 1 tsp salt
- Parmesan or Romano cheese (optional)

*Can be replaced with another vegetable or more bell peppers if desired.

For vegetarian pasta, replace meat with firm tofu.

Macaroni & Cheese

This classic oven-baked macaroni & cheese goes great with Suzanne's Salad (page 32) or steamed vegetables.

Makes 6 servings. 1 cup of macaroni per serving.
Prep time: 10 minutes + **Cook time**: 25 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- 2 cups uncooked whole wheat macaroni noodles
- nonstick cooking spray or $^1/_2$ Tbsp vegetable oil
- $^1/_2$ cup onions, chopped
- $^3/_4$ cup evaporated skim (non-fat) milk
- 1 egg*, beaten with a fork
- $^1/_2$ tsp ground black pepper
- $1^1/_2$ cups shredded lowfat Cheddar cheese

*For less fat, substitute 2 egg whites.

Preparation

1. Cook the macaroni noodles according to the package directions; drain and set aside.
2. Place an oven rack in the middle of the oven. Preheat oven to 350ºF.
3. Spray frying pan with nonstick cooking spray or lightly brush with oil. Heat over medium heat.
4. Add onions to skillet and sauté until tender, about 3 minutes.
5. Add evaporated milk, egg, ground black pepper, and $1^1/_2$ cups cheese. Mix until smooth.
6. Add cooked macaroni noodles to cheese sauce and stir until well-coated.
7. Spray a casserole dish with nonstick cooking spray. Pour the mixture into the casserole dish and sprinkle the top with the remaining $^1/_4$ cup cheese.
8. Bake for 25 minutes or until the top bubbles and begins to brown.

Photo courtesy of the California WIC Program and recipe adapted from Suzanne Haydu

Suzanne's Salad

This salad is great as a snack or as a side dish. Try it with Macaroni & Cheese (page 31).

Makes 6 servings. 1 cup per serving.
Prep time: 10 minutes

Ingredients

- 5 cups mixed lettuce greens, chopped
- 2 large celery stalks, sliced
- 3/4 cup dried cranberries, currants or raisins
- 1/2 cup walnuts, broken
- 2 large apples with the peel
- Favorite reduced-fat dressing (balsamic vinaigrette works best)

Preparation

1. Wash and slice celery stalks and apples. Set aside.
2. Combine all ingredients (including the apples and celery) in a large bowl. Mix the salad and serve.
3. Use vinaigrette or other reduced-fat dressings sparingly (up to 10 sprays or 1 tablespoon per serving).

Fitness Tip: Strengthen your wrists using this wrist curl:
While seated, rest your forearm on the arm of a sturdy chair with your hand over the edge and palm facing upward. Hold weight (for example, a 14-ounce can or medium-sized water bottle) in your hand. Slowly bend your wrist up and down. Repeat 10-15 times. Repeat with other hand 10-15 times.

Roasted Veggies with Sesame & Ginger

This savory side is a colorful addition to your meal.

Makes 6 servings. $^{1}/_{6}$ of recipe per serving.
Prep time: 10 minutes + **Cook time:** 15 minutes

Photo courtesy of and recipe adapted from the California WIC Program.

Ingredients

1 pound baby carrots
1 bunch **asparagus*** trimmed, cut into 1-inch pieces
1 Tbsp olive oil
1 Tbsp ground ginger
1 Tbsp sesame seeds
salt to taste

*Instead of asparagus, you can use broccoli.

Preparation

1. Preheat oven to 475ºF.
2. Place carrots and asparagus or broccoli in a large bowl. Toss with olive oil.
3. Add ground ginger, sesame seeds and salt. Mix well.
4. Place vegetables on a baking sheet and roast in oven for 15 minutes or until vegetables are tender.

Fitness Tip: Do a front arm raise, which will strengthen your shoulders and grip: Stand tall with your feet shoulder-width apart. Hold a 14-ounce can (tomato sauce, gravy, etc.) in each hand, palms facing backward. Raise your arms straight out in front of you to shoulder height. Hold for a few seconds, then slowly return to the starting position. Repeat 10-15 times.

Simmered Beans

Liven up simmered beans by adding Pico de Gallo (page 41) or finely chopped roasted bell peppers!

Makes 6 servings. $^1/_2$ cup per serving.
Prep time: 10 minutes + **Cook time:** 1 hour and 15 minutes to 1 hour and 45 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- 1 cup dried beans (pinto, black, or pink), rinsed
- 4 cups water
- $^1/_2$ onion, peeled and chopped
- $^1/_2$ bay leaf (optional)
- $^1/_8$ tsp salt

Preparation

1. Place beans, water, onion, and optional bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to $1^1/_2$ hours or until beans are tender.
2. Remove bay leaf and stir in salt. Chili powder or other seasonings can be added to taste. Cook 15 minutes longer.
3. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Apple-Glazed Sweet Potatoes

Just simmer sweet potato slices in juice and serve.

Makes 4 servings. $^1/_2$ cup per serving.
Prep time: 10 minutes + **Cook time**: 30 minutes

Ingredients

- $2^1/_2$ cups unsweetened 100% apple juice
- $^1/_2$ tsp ground cinnamon
- $^1/_4$ tsp salt
- 2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

Preparation

1. Combine apple juice, cinnamon, and salt in a large frying pan. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve hot.

Fitness Tip: Strengthen your shoulders and upper back muscles:
Sit in a sturdy chair with your feet flat on the floor, shoulder-width apart. Hold arms, palms down, straight in front of you at shoulder height. Relax your shoulders, keep your upper body still, and reach forward with your hands. Stop when you feel a stretch or slight discomfort. Hold position for 10-30 seconds. Sit back up. Repeat at least 3-5 times.

Oven Wedge Fries

A tasty surprise for those who love fries.

Makes 4 servings. 1 cup per serving.
Prep time: 10 minutes + **Cook time**: 15 minutes

Ingredients

nonstick cooking spray or $^1/_2$ Tbsp vegetable oil
2 large russet potatoes, cut into wedges

Seasoning Mix

2 cloves garlic, finely chopped
1 tsp Italian herb seasoning mix
1 tsp chili powder and/or paprika

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Preparation

1. Preheat oven to 400ºF.
2. Spray a cookie sheet with nonstick cooking spray or lightly brush with oil. Place potato wedges on the cookie sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle $^1/_2$ of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve warm.

Zucchini Parmesan

This vegetable side dish is flavorful and easy to prepare.

Makes 5 servings. 1 cup per serving.
Prep time: 10 minutes + **Cook time:** 5 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- $1\frac{1}{4}$ pounds **zucchini** (about 3 medium zucchini)
- $\frac{1}{4}$ tsp olive oil
- 1 Tbsp dried oregano
- 2 cloves garlic, finely chopped
- 1 tsp grated lemon peel
- 1 Tbsp grated Parmesan cheese
- $\frac{1}{4}$ tsp ground black pepper

Preparation

1. Cut zucchini in half. Cut each half into 4 strips, like in picture.
2. Heat oil in a heavy nonstick frying pan over medium-high heat.
3. Add oregano and garlic and sauté for about 2 minutes.
4. Add zucchini and lemon peel and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Fitness Tip: Take the stairs instead of the elevator!
This is a great way to include more physical activity in your day.

Zucchini & Brown Rice Soup

A hearty and soothing soup that is fun to share.

Makes 6 servings. $^1/_6$ of recipe per serving.
Prep time: 10 minutes + **Cook time:** 45 minutes

Photo courtesy of and recipe adapted from the California WIC Program.

Ingredients

- 6 cups low sodium chicken or vegetable broth
- $^1/_2$ cup uncooked brown rice
- 1 large onion, sliced
- 1 large carrot, chopped
- 2 Tbsp olive oil
- 1 pound **zucchini**, grated
- $^1/_2$ pound kale leaves, julienned (cut into thin strips)
- salt and pepper to taste

Preparation

1. In a heavy saucepan, bring chicken broth to a boil.
2. Stir in brown rice, bring to a simmer, cover, and cook for about 40 minutes or until rice is tender.
3. In a large sauté pan, cook onions and carrots in olive oil until tender. Add zucchini and cook for 4-5 minutes.
4. Mix in kale, stirring until wilted. Set aside.
5. When the rice is tender, stir in zucchini mixture. Season with salt and pepper.
6. The soup will be fairly thick. If desired, thin with additional broth. To make a heartier soup, add cooked chicken or cooked beans.

Photo courtesy of the *Network for a Healthy California.*

Fruity Delight

Try frozen or chilled fruit for a refreshing treat on a hot day.

Makes 1 serving.
Prep time: 5 minutes

Ingredients

- 1/2 cup fresh or frozen **mango**, sliced*
- 1/2 cup fresh or frozen **strawberries**, sliced*
- 3/4 cup nonfat or lowfat yogurt

*Use other fruits as desired (e.g. banana, **kiwi**, **peaches**).

Preparation

1. Place yogurt in a bowl.
2. Top with fruit and enjoy.

Fitness Tip: Strengthen and tone your upper arms:
Stand tall with your feet shoulder-width apart. Hold a 14-ounce can (tomato sauce, gravy, etc.) in each hand, palms up, arms at your side. Slowly bring the cans toward your shoulders, bending your arms at the elbows. Hold for a few seconds, then return to the starting position. Repeat 10-15 times.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Paradise Freeze

This snack or dessert is simple to make, using just a few ingredients and a blender.

Makes 4 servings. 1 cup per serving.
Prep time: 5 minutes

Ingredients

- 1 large banana
- 2 cups **strawberries**
- 2 ripe **mangos**, chopped
- 1/2 cup of ice cubes

Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Fitness Tip: Strengthen your upper legs with this chair squat:
Stand in front of a sturdy chair as if prepared to sit down. Raise your arms, palms down, straight in front of you. Bend your knees and slowly lower yourself onto the chair. Lightly touch the chair with your behind and then slowly stand back up. Repeat 10-15 times.

Pico de Gallo

Fresh and flavorful. Try it with Egg Scrambles (page 12).

Makes 6 servings. $^1/_2$ cup per serving.
Prep time: 20 minutes

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Ingredients

- 1 pound ripe **tomatoes** (about 2 medium tomatoes), chopped
- $1^1/_2$ cups onion, chopped
- $^1/_3$ cup fresh cilantro, chopped
- 3 jalepeño peppers, seeds removed and chopped
- 2 Tbsp lime juice
- 2 cloves garlic, minced
- $^1/_4$ tsp salt

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Tomatillo Salsa

Add to eggs, tacos, or any of your favorite dishes. Try substituting for Pico de Gallo in Huevos Rancheros (page 13).

Makes 4 servings. $^1/_2$ cup per serving.
Prep time: 20 minutes

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Ingredients

- 18 medium-sized tomatillos (about 2 cups), washed and finely chopped, with husks removed.
- $^1/_2$ cup onion, chopped
- $^1/_2$ cup fresh cilantro, chopped
- 1 Tbsp lime juice
- $^1/_4$ tsp salt
- $^1/_4$ tsp sugar
- 2 finely chopped Serrano chilies (remove seeds before chopping)

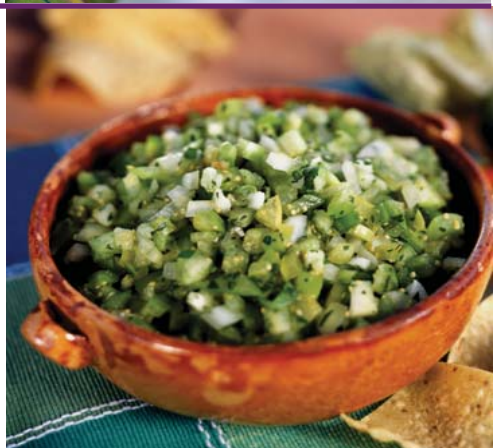


Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Photo courtesy of the *Network for a Healthy California.*

Homemade Hummus

This homemade hummus is simple to make. Serve it with fresh vegetables or use it as a spread.

Makes 6 servings. $^1/_6$ of recipe per serving.
Prep time: 10-15 minutes

Ingredients

- 1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
- 3-4 Tbsp tahini (sesame butter)
- 2 cloves garlic
- 1 lemon, juiced
- salt and pepper to taste
- $^1/_2$ cup water (optional)

Optional Ingredients

- 1 whole green onion, finely chopped (or 1 teaspoon onion powder)
- 1 Tbsp chopped fresh parsley
- Dash olive oil
- Roasted **bell peppers**

Preparation

1. Blend all ingredients in a food processor or blender, or mash in a bowl with a sturdy potato masher. You can add water to thin the hummus. If you use the masher method, finely chop or press the garlic first.
2. Add one or more of the optional ingredients listed above. Mix well.
3. Use as a sandwich spread or dip. Leftovers keep for about a week in the refrigerator.

Frozen Grapes

Try this refreshing snack when you are thirsty.

Makes 1 serving. 1 bag per serving.
Prep time: 2 minutes + **Freeze time**: 1 hour

Ingredients

- $1^1/_2$ cup seedless **grapes**
- plastic sandwich bags

Preparation

1. Wash and dry grapes. Place grapes in plastic bag and zip tight, removing excess air.
2. Place bag in freezer for at least 1 hour. Remove from freezer and enjoy!

Note: Do not give to young children as they may choke.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Fruit Freezees

This yummy treat is perfect to keep in the freezer and share later.

Makes 8 servings. 1 freezee per serving.
Prep time: 10 minutes +
Freeze time: 3 hours

Ingredients

- 1 (8-ounce) container nonfat lemon yogurt
- 2 cups seedless **watermelon,** cubed
- 1 basket fresh **strawberries**, tops removed
- 1 medium banana, peeled and sliced
- 8 (7-ounce) paper cups
- 8 plastic spoons

Preparation

1. Place yogurt and fruit in a blender. Cover tightly. Blend until smooth. Put equal amounts into paper cups.
2. Freeze until thick and slushy, about 1 hour. Insert one spoon, handle up, into each cup of frozen fruit mixture. Return to freezer and freeze until solid, at least 2 hours.
3. To serve, remove from freezer and let sit for about 10 minutes. Peel paper cup off each treat and enjoy, holding the spoon as a handle.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Rice Pudding

Choose your favorite fresh fruits that are in season. If fresh fruits are not available, try frozen or canned fruit.

Makes 12 servings. $^1/_2$ cup per serving.
Prep time: 10 minutes + **Cook time**: 30 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- nonstick cooking spray or 1/2 Tbsp vegetable oil
- $2^1/_2$ cups cooked white rice
- 2 Tbsp margarine, melted
- $^1/_4$ cup granulated sugar
- 1 egg
- 1 egg white
- $^1/_4$ tsp ground cinnamon
- $^1/_8$ tsp ground nutmeg
- 1 cup raisins
- $1^1/_2$ cups nonfat or lowfat milk
- 8 cups fruit, such as sliced **strawberries**, **blueberries** or chopped **mangos**

Preparation

1. Preheat oven to 350ºF. Spray a 13x9-inch baking dish with nonstick cooking spray or lightly brush with oil.
2. Combine rice, margarine, sugar, egg and egg white, cinnamon, nutmeg, raisins and milk in a medium bowl. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit and serve.

Fitness Tip: Follow-the-Leader and Hide-and-Seek are great games to play with kids.

Photo courtesy of the California WIC Program and recipe adapted from the *Network for a Healthy California.*

Fresh Fruit Cobbler

Use your favorite fruits that are in season for this light and healthy dessert. Use canned fruit when fresh fruits are not available.

Makes 12 servings. 1 cup per serving.
Prep time: 15 minutes + **Cook time**: 15 minutes

Preparation

1. Preheat oven to 425ºF.
2. Place fruit in a medium oven-safe bowl or pie pan. Sprinkle with cinnamon and 2 tablespoons granulated sugar. Bake for 4 minutes.
3. Combine remaining 2 tablespoons granulated sugar, baking mix, and juice in a medium bowl. Stir until ingredients are moistened.
4. Carefully remove fruit from oven using oven mitts. Drop small spoonfuls of dough over fruit. With back of spoon, spread out dough slightly. Spaces will remain with fruit showing.
5. Sprinkle top with brown sugar. Bake for 12-15 minutes or until lightly browned.
6. Serve warm or cold. Add a dollop of lowfat vanilla or lemon yogurt.

Ingredients

- 8 cups mixed peeled and sliced fruit, such as **apricots**, **peaches**, **plums**, **nectarines**, apples and/or **pears**.
- 2 tsp ground cinnamon
- 4 Tbsp granulated sugar, divided
- 2 cups reduced-fat all-purpose baking mix (for example, Bisquick®)
- $^{2}/_{3}$ cup apple juice
- 2 Tbsp packed brown sugar
- 2 (8-ounce) containers nonfat or lowfat vanilla or lemon yogurt

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Fudgy Fruit

Chocolate covered fruit is a perfect after-dinner treat!

Makes 4 servings. $^1/_2$ banana, 2 strawberries per serving.
Prep time: 15 minutes + **Cook time**: 30 seconds

Ingredients

- 2 Tbsp semi-sweet chocolate chips
- 2 large bananas, peeled and cut into quarters
- 8 large **strawberries,** whole
- $^1/_4$ cup unsalted peanuts, chopped or smashed

Preparation

1. Place chocolate chips in a small microwave-safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Put wax paper on a small tray, then place fruit on top. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Fitness Tip: Try some of these stretches:

- Stand with legs together and reach for your toes.
- Sit on the floor with legs apart in a V-position. Bend over, keeping your back flat, and reach forward with arms straight out, palms down.
- Stand tall and reach for the sky.

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

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