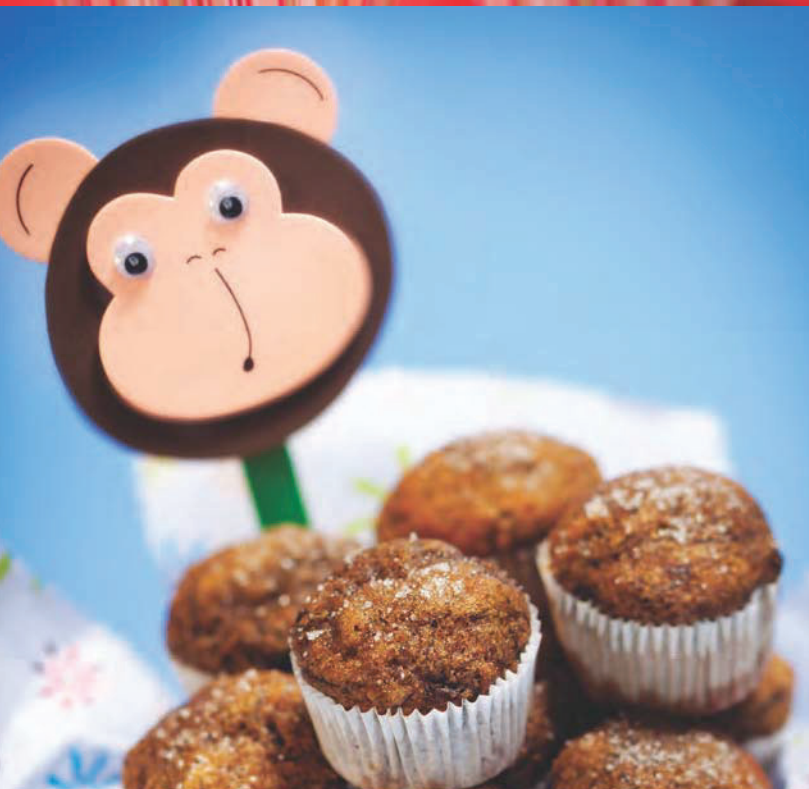


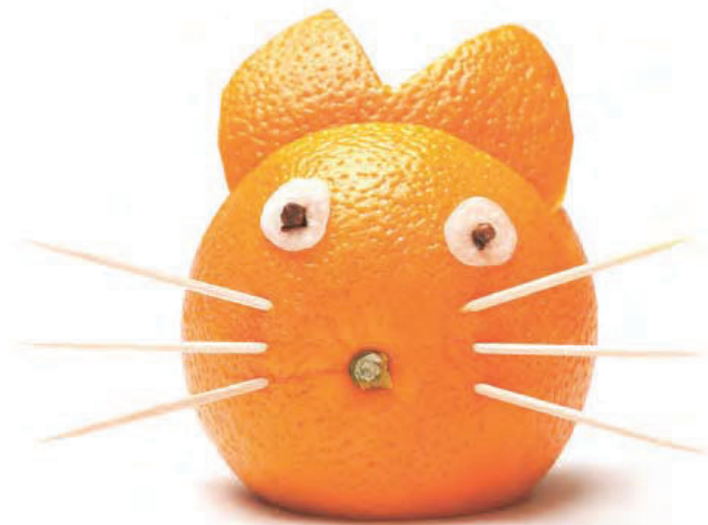


Keiki Can Cook!

Fun Recipes To Make With Kids

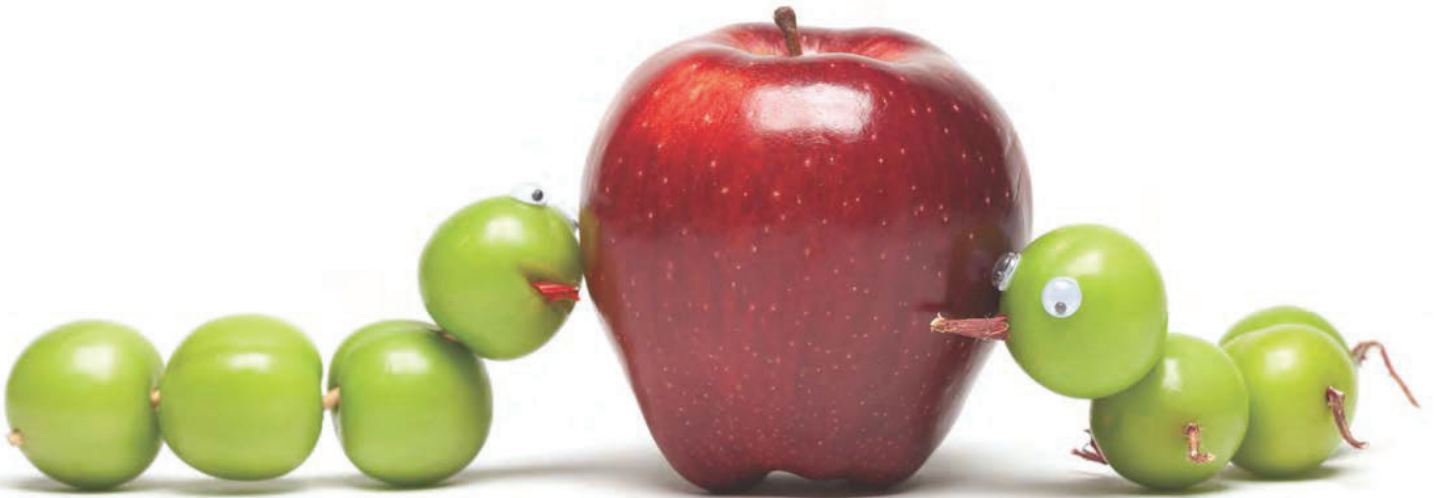


Let's begin



Keiki can Cook!

Fun Recipes To Make With Kids



ACKNOWLEDGEMENTS

A BIG MAHALO TO:



- * Staff and participants of Northeast Valley WIC! Without your hard work and dedication, this parent-child recipe book would not exist. Northeast Valley WIC adds: “A warm thank you to WIC participants who joined in the recipe contest and taste testing. Your recipes and suggestions led to the successful development of this cookbook! Thank you to the kids who are featured in this cookbook.”
- * Staff of Food Hero (FoodHero.org) for generously sharing recipes and photos for this project; and
- * Staff and participants of Hawaii WIC for their time and input, for obtaining permission for this project from Northeast Valley WIC, and for making recommendations on recipes that will appeal to local tastes.

For more information about **Keiki Can Cook! Fun Recipes to Make with Kids** or to obtain a copy, contact:

Primary Prevention Branch, Chronic Disease Prevention and Health Promotion Division
Hawaii State Department of Health
1250 Punchbowl Street, Room 210
Honolulu, HI 96813
808-586-4488

Find these resources online at:
www.healthyhawaii.com/eat-healthy

FOREWORD

It is with great pleasure that we present this cookbook to enjoy with children. It has been said that children learn through play. Cooking with children is a great way to play while also teaching them many skills that they will need when they start school. Food can be used to teach concepts like shapes, colors, and counting. You will find that this cookbook contains a variety of easy to prepare healthy recipes that both kids and adults will love! We found These recipes were well accepted by the WIC kids who participated in our taste testing. These recipes provide great ideas for healthy menus. From snacks to meals, our dishes feature a variety of fruits, vegetables, protein foods, and whole-grain products.

We hope that you and your family have fun preparing these recipes together. Enjoy!



KIDS IN THE KITCHEN

Cooking in the kitchen is a great way for the whole family to spend time together. Parents and grandparents can share new foods, encourage creativity, and practice patience. When kids help in the kitchen, they feel good about themselves. Read below to see how your child can help in the kitchen.

SCRUB A-DUB-DUB: Teach kids to wash hands before and after preparing food.

CLEANING MACHINE: Kids can wash vegetables and fruits.

BREAK IT UP: Kids can tear lettuce greens, snap green beans, and break cauliflower.

MIX IT UP: Younger kids can mix ingredients, measure, and pour liquids.

PEEL & SLICE: Older kids can slice foods like bananas, cucumbers, boiled eggs, mushrooms, olives, and potatoes.

TWIST & SHOUT: Little tots can make music using a plastic bowl and wooden spoon while you cook.

SPRINKLE, SPRINKLE: Kids can sprinkle cheese, spices, and herbs onto the food.

MONSTER MASH: Kids can mash cooked beans, potatoes, and bananas.

CLEAN UP, CLEAN UP: Kids can help clean up the kitchen by wiping the counters, putting dishes in the sink, and putting ingredients away.

Involve your child in the kitchen as you prepare the recipes in this cookbook. The steps for children are in colored text for each recipe.



HOW TO GET KIDS INVOLVED

Involving children in meal planning and cooking at a young age is a great way to instill a love for delicious, homemade food! Here are some ideas on how to include kids of all ages in the kitchen. Remember to choose age appropriate jobs and keep safety in mind at all times.



	Ages 2-5	Ages 6-10	Ages 11-18
Meal Planning	<ul style="list-style-type: none"> * Color-coordinate fruits and vegetables * Circle foods they would like in store advertisements * Help cut coupons * Let them choose one meal 	<ul style="list-style-type: none"> * Help make a list of meals they like * Look USDA's MyPlate and come up with one meal following the diagram * Choose fruits and vegetables to put on the side of main courses 	<ul style="list-style-type: none"> * Look up new recipes on social media * Create a three-day menu using USDA's MyPlate as a reference for a complete meal
Grocery Shopping	<ul style="list-style-type: none"> * Point out fruits and vegetables from the grocery list * Choose a new fruit or vegetable to try 	<ul style="list-style-type: none"> * Read the list to adult shopper and cross the items off as they are put in the cart * Choose a new fruit or vegetable to try 	<ul style="list-style-type: none"> * Take a portion of the list and retrieve those items by themselves * If old enough to drive, do a small grocery trip on their own * Keep track of the money saved each week
Cooking	<ul style="list-style-type: none"> * Pour premeasured items into bowl to mix up * Tear up lettuce for a salad * Rinse off fruits and vegetables 	<ul style="list-style-type: none"> * Measure ingredients and put them together with adult help * Toss a salad * Knead dough * Put together sandwiches 	<ul style="list-style-type: none"> * Run the show as head chef! Put together a full meal and recruit family members to help as needed



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BREAKFAST



BANANA BERRY SMOOTHIE

- 1 cup soy milk or other milk
- 1 cup frozen strawberries
- 1 banana, quartered and frozen

SERVES




- 1** Purée all ingredients in a blender until smooth.

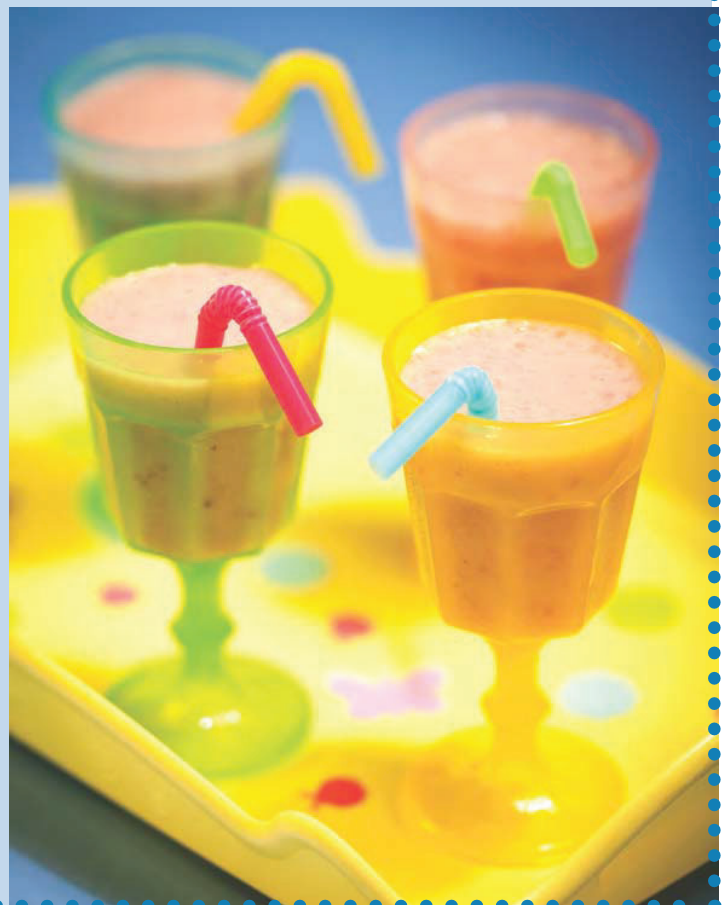
NUTRITIONAL INFORMATION (per serving)
CALORIES 139; FAT 2.5g; PROTEIN 7g; CARB 25g; FIBER 5g; CALCIUM 60mg; IRON 2mg; VITAMIN A (RE) 79mcg; VITAMIN C 35mg; FOLATE 31mcg

DID YOU KNOW?...

Encouraging your preschooler to pour their own smoothie helps develop their eye-hand coordination and fine motor skills.

 Colored text = Kids can help

10 BREAKFAST





SERVES **4**

FRUITY PIZZA

- 2 whole wheat pita bread**
- 4 tablespoons peanut butter**
- 2 cups assorted fruit**

- 1. Preheat oven to broil.**
- 2. Split pitas in half and lightly toast until crisp**
- 3 Spread peanut butter on warm pitas.**
- 4 Top with assorted fruit.**

● Colored text = Kids can help

DID YOU KNOW?...

Letting your child spread the peanut butter on the pita allows her to develop her skills and gives her a sense of accomplishment.

NUTRITIONAL INFORMATION (per serving) CALORIES 192; FAT 8.9g ; PROTEIN 7g; CARB 25g; FIBER 4g;
CALCIUM 20mg; IRON 1mg; VITAMIN A (RE) 3mcg; VITAMIN C 33mg; FOLATE 35mcg

SERVES



ALMOND RICE PUDDING

3 cups almond milk (or other milk)

1 cup white or brown rice uncooked

¼ cup sugar

1 teaspoon vanilla

¼ teaspoon almond extract

Cinnamon to taste

¼ cup toasted almonds (optional)



DID YOU KNOW?...

If you don't have almond milk, use 1% milk and add 1 1/2 teaspoons almond extract or vanilla flavoring

- 1** In a 2-3 quart saucepan, combine almond milk and rice
- 2** Bring to boil
- 3** Reduce heat, cover and simmer for 1/2 hour until rice is soft
- 4** Add sugar, vanilla, almond extract, and cinnamon. Stir and serve warm
- 5** Refrigerate leftovers within 2 hours

NUTRITIONAL INFORMATION (per serving) CALORIES 170; FAT 1.5 g; PROTEIN 3g; FIBER 1g; CALCIUM 130mg; IRON 1mg;
VITAMIN A (RE) 50mg; VITAMIN C 0mg

 Colored text = Kids can help

SERVES



EGG IN A NEST

cooking spray

1 slice whole wheat bread

1 teaspoon butter

1 egg

salt and pepper to taste




DID YOU KNOW?...

It is important to completely cook the egg yolk for kids since some eggs may be contaminated with salmonella.

- 1. Coat a skillet with cooking spray.**
- 2. Spread butter on both sides of bread.**
- 3. Cut out a hole in the center using a glass or cookie cutter.**
- 4. Place bread in skillet over medium heat.**
- 5. Crack egg into the hole.**
- 6. Cook over medium-low heat until egg begins to bubble.**
- 7. Flip bread over and cook until egg is completely done.**
- 8. Salt and pepper to taste.**

NUTRITIONAL INFORMATION (per serving) CALORIES 183; FAT 9.7g; PROTEIN 10g; CARB 15g; FIBER 2g; CALCIUM 21mg; IRON 1mg; VITAMIN A (RE) 153mcg; VITAMIN C 0mg; FOLATE 0mcg

 Colored text = Kids can help



FRUITY PUFFS

cooking spray

1 whole egg plus 1 egg white

cup lowfat milk

1 tablespoon canola oil

¼ cup whole wheat flour

¼ teaspoon salt

2 cups assorted fruit, chopped

2 tablespoons maple syrup or fruit preserve

SERVES



1. Preheat oven to 400°F. Coat a muffin tin with cooking spray, set aside.

2 In a bowl, beat together eggs, milk, and oil. Add flour and salt, beat until smooth.

3. Divide batter among muffin tin, to make 4 servings

4. Bake for 25 minutes or until brown and puffy. Turn oven off and let stand in oven for 5 minutes.

5 Remove puffs from muffin tin. Place on plates, spoon fruit into center, and drizzle with maple syrup or fruit preserve.

NUTRITIONAL INFORMATION (per serving)

CALORIES 152; FAT 5.5g; PROTEIN 5g; CARB 22g; FIBER 3g; CALCIUM 63mg; IRON 1mg; VITAMIN A (RE) 33mcg; VITAMIN C 53mg; FOLATE 30mcg

DID YOU KNOW?...

Children who eat breakfast tend to be less tired and can focus and learn better in school. Help your child build healthy habits. Eat breakfast every day!

Colored text = Kids can help

BANANA FRENCH TOAST

SERVES

cooking spray

2 eggs, **beaten**

½ teaspoon vanilla extract

½ teaspoon cinnamon

¼ cup lowfat milk

4 slices whole wheat bread

2 bananas, **sliced**



1. Spray medium skillet with cooking spray. Heat over medium-low heat.

② In a shallow bowl, mix together eggs, vanilla, cinnamon, and milk.

③ Dip bread into mixture for a few seconds, turn to coat.

4. Cook until golden brown on both sides. Cut into fun shapes

⑤ Top with sliced bananas.

NUTRITIONAL INFORMATION (per serving)

CALORIES 172 ; FAT 3.8g; PROTEIN 8g; CARB 29g; FIBER

4g; CALCIUM 35mg; IRON 1mg; VITAMIN A (RE) 70mcg;

VITAMIN C 5mg; FOLATE 12mcg

DID YOU KNOW?...

Using an egg slicer to cut bananas is a fun and safe tool for your kids to use.

● Colored text = Kids can help

16 BREAKFAST





PUMPKIN PANCAKES

- 2 eggs
- 1 (15-ounce) canned pumpkin
- 2 ½ cups lowfat milk
- 2 tablespoons canola oil
- 2 cups whole wheat flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 teaspoon pumpkin pie spice
- ½ teaspoon salt
- cooking spray

SERVES



- 1 In a large bowl, combine eggs, pumpkin, milk, and oil.
- 2 Add flour, brown sugar, baking powder, pumpkin pie spice, and salt. Stir gently
3. Coat skillet with cooking spray. Heat over medium heat.
4. Pour ¼ cup batter onto hot skillet. Flip when bubbles appear. Cook until golden.

NUTRITIONAL INFORMATION (per serving)
CALORIES 297; FAT 8.3g; PROTEIN 12g; CARB 47g; FIBER
7g; CALCIUM 219mg; IRON 3mg; VITAMIN A (RE) 1185mcg;
VITAMIN C 4mg; FOLATE 26mcg

DID YOU KNOW?...

Pumpkin is rich in vitamin A, which is good for your eyes!

YOGURT PARFAIT

1 cup lowfat plain yogurt

½ teaspoon vanilla extract

2 cups assorted fruit, **chopped**

½ cup mini-shredded wheat biscuit cereal,
(or other cereal) **coarsely crushed**

1 tablespoon almonds, sliced (optional)

cinnamon to taste

SERVES



- 1 In a small bowl, mix together yogurt and vanilla.
- 2 Spoon half of the yogurt mixture into two small serving bowls. Top each bowl with fruit, cereal, and almonds.
- 3 Sprinkle with cinnamon.

NUTRITIONAL INFORMATION (per serving)
CALORIES 232; FAT 4.2g; PROTEIN 10g; CARB 42g; FIBER
6g; CALCIUM 278mg; IRON 5mg; VITAMIN A (RE) 57mcg;
VITAMIN C 83mg; FOLATE 72mcg

DID YOU KNOW?...

Kids love to serve themselves. Set out a variety of fruit, cereals, and nut toppings and watch your kids create a unique yogurt treat!

 Colored text = Kids can help

18 BREAKFAST





SERVES



MANGO SMOOTHIE

1 cup frozen, chopped mangos

½ fresh, cold mango, peeled and chopped

1 cup plain lowfat yogurt or soft tofu

1 Purée all ingredients in a blender until smooth.

NUTRITIONAL INFORMATION (per serving)


CALORIES 166; FAT 2.3g; PROTEIN 7g; CARB 31g; FIBER

2g; CALCIUM 232mg; IRON 0mg; VITAMIN A (RE) 180mcg;

VITAMIN C 28mg; FOLATE 25mcg

DID YOU KNOW?...

Any smoothie can easily be turned into a refreshing frozen treat. Just fill up little paper cups, add popsicle sticks, and put in the freezer for a few hours!

 Colored text = Kids can help

BREAKFAST 19

MACARONI EGGS

cooking spray

2 eggs, **beaten**

1 cup cooked broccoli, **chopped**

½ cup cooked whole wheat macaroni

¼ cup Parmesan cheese, **grated**

SERVES



1. Coat a medium skillet with cooking spray. Heat over medium heat
- ② In a small bowl, mix together eggs, broccoli, and macaroni
3. Scramble until fluffy.
- ④ Sprinkle with Parmesan cheese.

NUTRITIONAL INFORMATION (per serving)

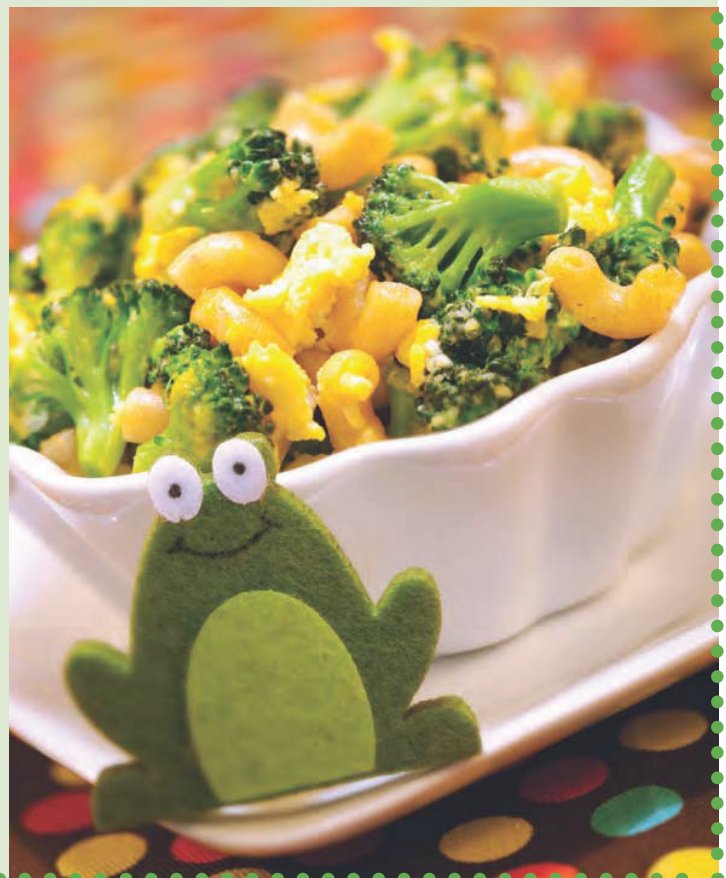
CALORIES 204; FAT 9.5g; PROTEIN 16g; CARB 15g; FIBER 4g; CALCIUM 263mg; IRON 2mg; VITAMIN A (RE) 191mcg; VITAMIN C 51mg; FOLATE 109mcg

DID YOU KNOW?...

This recipe is a great way to use up leftovers.

● Colored text = Kids can help

20 BREAKFAST





SERVES



BERRY DELICIOUS

1 ripe banana, **mashed**

2 tablespoons lowfat plain yogurt

1 cup strawberries, **sliced**
and divided

2 kiwi fruit, **peeled and sliced**

4 slices whole wheat bread, **toasted**

- 1** In a small bowl mash together banana, yogurt, and $\frac{1}{4}$ cup strawberries.
- 2** Spread mixture evenly on toast.
- 3** Top with remaining sliced strawberries and kiwi.

NUTRITIONAL INFORMATION (per serving)

CALORIES 138; FAT 1.5g; PROTEIN 4g; CARB 30g; FIBER 5g;
CALCIUM 35mg; IRON 1mg; VITAMIN A (RE) 7mcg; VITAMIN C
62mg; FOLATE 26mcg

DID YOU KNOW?...

It is ok to let your child play with her food.
Children learn through play.

 Colored text = Kids can help



MONKEY MUFFINS

1 egg

2 tablespoons brown sugar, packed

½ teaspoon vanilla extract

2 large ripe bananas, **mashed**

⅔ cup whole wheat flour

½ teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon salt

½ teaspoon ground cinnamon

1 tablespoon sugar

SERVES



1. Preheat oven to 350°F. Line MINI muffin pan with paper liners

2. In a large bowl, beat together egg, brown sugar, and vanilla extract. Stir in banana.

3. In a separate bowl, stir together flour, baking powder, baking soda, salt and cinnamon. Add banana mixture.

4. Stir until combined.

5. Spoon mixture into muffin liners. Sprinkle with sugar.

6. Bake for 10 minutes or until inserted stick comes clean.

NUTRITIONAL INFORMATION (per serving)

CALORIES 48; FAT 0.4g; PROTEIN 1g; CARB 10g; FIBER 1g;

CALCIUM 10mg; IRON 0mg; VITAMIN A (RE) 8mcg; VITAMIN C

1mg; FOLATE 5mcg

DID YOU KNOW?...

Coming up with fun names for food can sometimes get little ones to eat it.

Colored text = Kids can help

CINNAMON RAISIN OATMEAL

SERVES



4 tablespoons quick rolled oats

½ cup water

1 teaspoon raisins

¼ teaspoon cinnamon

½ teaspoon sliced almonds

- 1 In a small bowl mix together oats, water, raisins, and cinnamon.
2. Cook in microwave on high for about 1 ½ minutes.
- 3 Sprinkle with almonds.

NUTRITIONAL INFORMATION (per serving)
CALORIES 101; FAT 2g; PROTEIN 3g; CARB 18g; FIBER 3g; CALCIUM 26mg; IRON 2mg; VITAMIN A (RE) 0mcg;
VITAMIN C 0mg; FOLATE 0mcg

DID YOU KNOW?...

Individual packets of sweetened quick oats are high in sugar and sodium. Prepare your own quick oatmeal by adding spices and dried fruits. It is easy, fast, and less expensive!

● Colored text = Kids can help

24 BREAKFAST



SERVES



TOFU BANANA PUDDING

- 16 ounces silken tofu**
- 3 ripe bananas (mash 2, slice 1)**
- 2 tablespoons sugar**
- 1 teaspoon vanilla**




- 1** Combine tofu, 2 mashed bananas, sugar, and vanilla. Blend until smooth.
- 2.** Pour into serving bowl or dishes.
- 3.** Cover and refrigerate until chilled.
- 4** Top with sliced bananas just before serving
- 5.** Refrigerate leftovers within 2 hours

NUTRITIONAL INFORMATION (per serving)
CALORIES 90; FAT 1.5g; PROTEIN 3g; CARBS 16g; FIBER 1g;
CALCIUM 50mg; IRON 1mg; VITAMIN A (RE) 0mcg;
VITAMIN C 5mg

DID YOU KNOW?...

You can try this helpful pudding for breakfast!
The tofu provides protein for a great start to the day.

Recipe and photo courtesy of Food Hero. For more great ideas, go to: www.foodhero.org

 Colored text = Kids can help



SNACKS



VEGGIE BOWL

SERVES



- 1 tablespoon salad dressing
- 1 bell pepper, stem and seeds removed
- 1 stalk of celery, cut into strips
- 1 carrot, cut into strips
- ¼ jicama, or other crunchy vegetables cut into strips

- 1 Pour salad dressing into the bottom of pepper bowl.
- 2 Fill pepper bowl with the celery, carrots, and other vegetable sticks.

NUTRITIONAL INFORMATION (per serving)
CALORIES 98; FAT 3.1g; PROTEIN 2g; CARB 17g; FIBER
7g; CALCIUM 36mg; IRON 1mg; VITAMIN A (RE) 774mcg;
VITAMIN C 176mg; FOLATE 30mcg

DID YOU KNOW?...

Veggie sticks are a great snack to have on hand when kids are hungry.

● Colored text = Kids can help

28 SNACKS





MANGO DIP

- 1 ripe mango, **mashed**
- $\frac{2}{3}$ cup plain lowfat yogurt
- 1 orange, peeled and chopped
- 8 strawberries, **stems removed**
- 1 cup pineapple chunks
- 2 kiwifruit, chopped
- 8 skewers

- 1 In a small bowl, mix together mango and yogurt. Set aside.
- 2 Using all of the fruit, thread chunks onto skewers.
- 3 Serve skewers with the yogurt dip.

NUTRITIONAL INFORMATION (per serving)


CALORIES 130; FAT 1.1g; PROTEIN 3g; CARB 30g; FIBER 4g;
CALCIUM 113mg; IRON 1mg; VITAMIN A (RE) 113mcg; VITAMIN
C 90mg; FOLATE 38mcg

SERVES



DID YOU KNOW?...

Making fruit kabobs with your child is a fun way to teach patterns.

 Colored text = Kids can help

SERVES

2



BANANA POPS

1 large banana, cut into ½ inch pieces

¼ cup vanilla yogurt

2 tablespoons of oat and honey granola cereal

DID YOU KNOW?...


Kids love making their own snacks at the table.

- 1** Divide the sliced banana pieces between two plates.
- 2** Place 2 tablespoons of yogurt on each plate.
- 3** Place 1 tablespoon of granola cereal on each plate.
- 4** Use fork to pick up a slice of banana and dip into the yogurt and then into the cereal
- 5.** Refrigerate leftovers within 2 hours

NUTRITIONAL INFORMATION (per serving)

**CALORIES 100; FAT 1 g; PROTEIN 2g; FIBER 2g; CALCIUM 50mg;
IRON 0mg; VITAMIN A (RE) 15mcg; VITAMIN C 9mg**

Recipe and picture courtesy of Food Hero. For more great ideas, go to: www.foodhero.org

 Colored text = Kids can help



SERVES



DID YOU KNOW?...

You can use these cracker faces to teach kids about emotions. Ask them to make a face that shows how they feel.

HAPPY CRACKERS

12 whole wheat crackers

4 tablespoon creamy peanut butter

24 blueberries

3 strawberries, sliced

12 apple slices


- ① Spread a teaspoon of peanut butter onto each cracker.**
- ② Make a face using blueberries for the eyes, strawberry for the mouth, and an apple slice for a hat.**

NUTRITIONAL INFORMATION (per serving)

CALORIES 245; FAT 12.3g; PROTEIN 6g; CARB 31g; FIBER 6g;

CALCIUM 25mg; IRON 1mg; VITAMIN A (RE) 5mcg; VITAMIN C

13mg; FOLATE 29mcg

 Colored text = Kids can help



ENERGY BARS

cooking spray

5 tablespoons butter

¼ cup brown sugar, packed

2 tablespoons honey

1 ½ cup rolled old fashioned oats

¼ cup dried mango, chopped

¼ cup raisins

¼ cup dried cranberries

¼ cup pumpkin seeds

¼ teaspoon salt

SERVES



DID YOU KNOW?...

Having your child help measure the different ingredients is an early introduction to math.

1. Preheat oven to 350°F. Coat a 8-inch square pan with cooking spray. Set aside.

2. In a small saucepan over low heat, melt together butter, sugar, and honey. Remove from heat.

3 In a large bowl, mix together oats, mango, raisins, cranberries, pumpkin seeds, and salt.

4. Pour warm mixture into bowl, stir until well mixed.

5 Spoon mixture into baking pan, pressing down with a potato masher to even out the bars.

6. Bake in oven for 20 minutes or until golden brown. Remove, cool, and cut into bars.

NUTRITIONAL INFORMATION (per serving)

CALORIES 243; FAT 11g; PROTEIN 5g; CARB 32g; FIBER 2g; CALCIUM 23mg; IRON 2mg; VITAMIN A (RE) 68mcg; VITAMIN C 0mg; FOLATE 4mcg

MONSTER MASH

SERVES



3 cups water

1 cup dry pinto beans, rinsed and soaked overnight

onion powder to taste

garlic powder to taste

salt and pepper to taste

½ cup cheddar cheese, shredded

1. In a medium saucepan, bring 3 cups water and soaked beans to a boil. Reduce heat and simmer, covered until tender, about 1 hour.
2. Drain beans, saving ½ cup of cooking liquid.
- ③ Mash beans with cooking liquid until smooth.
- ④ Mix in seasonings to taste.
- ⑤ Sprinkle with cheese and serve warm.

NUTRITIONAL INFORMATION (per serving)
CALORIES 159; FAT 3.6g; PROTEIN 10g; CARB 23g; FIBER 8g; CALCIUM 106mg; IRON 2mg; VITAMIN A (RE) 20mcg; VITAMIN C 1mg; FOLATE 147mcg

DID YOU KNOW?...

Making monster faces with this dip is fun and nutritious!

● Colored text = Kids can help

34 SNACKS





RANCH DIP

- 1 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt, depending on thickness desired
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon of garlic powder or 2 cloves of garlic, minced.
- ½ teaspoon onion powder
- 2 sprigs of parsley, chopped or 1 teaspoon dried parsley flakes

- 1 Mix all the ingredients together.
2. Refrigerate leftovers within 2 hours

- * For a chunky dip, mix cottage cheese, yogurt and seasonings of your choice.
- * For a smoother dip, mash cottage cheese with a fork before adding yogurt.
- * For a smooth dip, blend all ingredients in a blender.

NUTRITIONAL INFORMATION (per serving with ½ cup veggies pictured)
CALORIES 40; FAT 0g; PROTEIN 3g; CARB 7g; CALCIUM 75mg;
IRON 0mg; VITAMIN A (RE) 810mcg; VITAMIN C 9mg

DID YOU KNOW?...

Serving dip with colorful veggies will encourage kids to try new flavors.

SERVES



Recipe and photo courtesy of Food Hero. For more great ideas go to: www.foodhero.org

 Colored text = Kids can help

SNACKS 35

LITTLE NIBBLES

- 1 cup pretzel sticks
- 3 cups cereal
- 1/3 cup raisins
- 1/4 cup roasted sunflower seeds

SERVES




1 Mix all ingredients in a large bowl.

NUTRITIONAL INFORMATION (per serving)
CALORIES 152; FAT 3.6g; PROTEIN 4g; CARB 27g; FIBER 3g; CALCIUM 74 mg; IRON 5 mg; VITAMIN A (RE) 45mcg; VITAMIN C 2mg; FOLATE 164mcg

DID YOU KNOW?...

This recipe is a great snack to take with you when you are on-the-go. Keep it sealed in an airtight container to last longer.

 Colored text = Kids can help





DEVILED EGG BOATS

6 large eggs, hard-boiled

2 teaspoons mustard

1 teaspoon vinegar

3 tablespoons light mayonnaise

2 cups cauliflower, steamed
and puréed

salt and pepper to taste

1 bell pepper, cut into triangles
paprika (optional)

- 1 Peel shells from eggs, slice in half, and remove cooked yolks.
- 2 In a medium bowl, mix together egg yolks, mustard, vinegar, mayonnaise, and pureed cauliflower, mashing the yolks. Season with salt pepper.
- 3 Scoop mixture back into the eggs.
- 4 Place bell pepper triangle onto each egg. Sprinkle with paprika if desired.

NUTRITIONAL INFORMATION (per serving)

CALORIES 124; FAT 8g; PROTEIN 8g; CHO 6g; FIBER 2g;

CALCIUM 40mg; IRON 1mg; VITAMIN A (RE) 175mcg; VITAMIN

C 83mg; FOLATE 58mcg

SERVES



DID YOU KNOW?...

Letting your child peel the hard boiled eggs helps with fine motor hand skills and patience.

Colored text = Kids can help



MAIN DISHES





CHICKEN FINGERS

cooking spray

4 boneless, skinless chicken breasts

1 ½ cups plain bread crumbs

1 teaspoon ground cumin

2 teaspoons chili powder

½ teaspoon salt

½ teaspoon dried oregano

¼ teaspoon cayenne pepper

½ cup whole wheat flour

2 eggs, **beaten**

SERVES



1. Preheat oven 375°F. Coat baking sheet with cooking spray, set aside.
2. Cut chicken into strips.
- ③ In a small bowl, stir together bread crumbs, cumin, chili powder, salt, oregano, and cayenne pepper. Transfer to a shallow dish.
- ④ Dredge chicken strips in flour, shake off excess. Dip in egg and then coat with egg.
- ⑤ Place on baking sheet. Bake for 30 minutes or until cooked though and golden brown.

NUTRITIONAL INFORMATION (per serving)

CALORIES 332; FAT 11g; PROTEIN 29g; CARB 28g; FIBER 2g;

CALCIUM 91mg; IRON 4mg; VITAMIN A (RE) 132mcg; VITAMIN

C 0mg; FOLATE 43mcg

DID YOU KNOW?...

These baked chicken fingers have 100 fewer calories than fast food chicken tenders, which are deep fried.

Colored text = Kids can help

YUM YUM LENTILS

$\frac{2}{3}$ cup dry lentils, **picked over and rinsed**

1 cup carrots, **peeled** and diced

6 red potatoes, diced

4 tablespoons green onions, chopped

4 cups low sodium vegetable broth

$\frac{1}{2}$ teaspoon curry powder

$\frac{1}{2}$ teaspoon ground coriander

$\frac{1}{2}$ teaspoon ground turmeric

$\frac{1}{2}$ teaspoon ground cumin



1. Heat a large saucepan over medium-high heat. Add all ingredients. Bring to a boil and reduce to simmer.
2. Simmer covered for 30 minutes, stirring every 5 minutes until tender. Add more broth as needed.

NUTRITIONAL INFORMATION (per serving)


CALORIES 382; FAT 0.6g; PROTEIN 16g; CARB 79g;
FIBER 10g; CALCIUM 44mg; IRON 6mg; VITAMIN A (RE)
651mcg; VITAMIN C 36mg; FOLATE 81mcg

SERVES

4

DID YOU KNOW?...

Lentils are high in iron. It is a very healthy legume for pregnant women, lactating women, and children to eat!

 Colored text = Kids can help

TOFU SCRAMBLE

- 14 ounces of extra firm tofu
- 1 cup onion, chopped
- 1 cup bell pepper (any color), chopped
- 1 teaspoon oil
- 10 ounces frozen chopped spinach, thawed and drained
- 1 teaspoon of garlic powder or 4 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 ounce (¼ cup) cheddar cheese



- 1 Drain and press tofu to remove extra liquid.
- 2 Crumble tofu; set aside
3. In a medium skillet over medium heat, saute onion and bell peppers in oil until tender, 5-7 minutes.
4. Add spinach, garlic, salt and pepper. Stir to combine.
5. Add tofu; cook and stir until heated through.
- 6 Sprinkle cheese over the top.
7. Refrigerate leftovers within 2 hours.

SERVES



NUTRITIONAL INFORMATION (per serving)
CALORIES 140; FAT 7g; PROTEIN 11g; CARBS 10g; FIBER 4g;
CALCIUM 390mg; IRON 2mg; VITAMIN A (RE) 1350mcg;
VITAMIN C 60mg

DID YOU KNOW?...
Need more spice? Try cumin or chili powder.
For flavor variety, try other veggies.

Colored text = Kids can help

Recipe and photo courtesy of Food Hero. For more great ideas, go to www.foodhero.org



TOFU SHAPES

cooking spray

2 tablespoons hoisin sauce

2 tablespoons soy sauce

1 tablespoon water

1 (14-16 ounce) package firm tofu, rinsed and drained, **cut into ½-inch thick shapes**

½ cup whole wheat flour

¼ cup cornmeal

¼ teaspoon dry mustard

½ teaspoon salt

SERVES



- 1 Preheat oven to 400°F. Coat a baking sheet with cooking spray.
- 2 In a shallow dish, mix together hoisin sauce, soy sauce, and add water. Add tofu shapes and marinate at room temperature for 15 minutes.
- 3 In a separate shallow dish, mix together flour, corneal, mustard, and salt.
- 4 Drain tofu shapes and place in flour mixture, coat all sides.
- 5 Place floured shapes on baking sheet.
6. Bake for 15 minutes or until crisp.
7. Serve shapes with favorite sauces for dipping, if desired.

NUTRITIONAL INFORMATION (per serving)

CALORIES 166; FAT 3.4g; PROTEIN 11g; CARB 25g; FIBER 3g;
CALCIUM 42mg; IRON 2mg; VITAMIN A (RE) 2mcg; VITAMIN C
0mg; FOLATE 9mcg

DID YOU KNOW?...

Children love to identify shapes. Talk about different shapes while you cut them out of tofu!

Colored text = Kids can help



4

5

four

SUPER SOUP

- 1 tablespoon olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 5 tomatoes, diced
- 2 potatoes, **peeled** and diced
- 5 cups low sodium vegetable broth
- 1 tablespoon ground cumin
- ½ lime, juiced
- 1 (15-ounce) can black beans, drained
- ½ cup cilantro, chopped, divided
- 4 cups fresh spinach leaves, chopped
- hot sauce to taste
- salt to taste

1. In a large pot, sauté onions in oil over medium-high heat until tender.
2. Add garlic and tomatoes, cook for 2 minutes, stirring often.
3. Add potatoes, broth, cumin, and lime juice. Bring to a boil, then reduce to a simmer for 30 minutes or until potatoes are cooked.
4. Add beans, cilantro, spinach, hot sauce, and salt. Simmer until heated through.

NUTRITIONAL INFORMATION (per serving)

CALORIES 172; FAT 3.2g; PROTEIN 6g; CARB 33g; FIBER 6g;
CALCIUM 82mg; IRON 3mg; VITAMIN A (RE) 364mcg; VITAMIN C
34mg; FOLATE 50mcg

SERVES



DID YOU KNOW?...

Letting your older child peel the potatoes helps build fine motor skills.

SERVES

ALL-STAR SANDWICH

2 slices whole wheat bread

½ tablespoon butter

¼ cup mozzarella cheese, shredded

¼ cup seedless grapes, sliced




- 1** Spread butter onto outside of each bread slice.
- 2** Sprinkle half of the cheese onto unbuttered side of one bread slice. Layer with grapes and sprinkle rest of cheese. Top with other bread, buttered side facing out.
- 3.** Place sandwich, butter side down, onto hot skillet. Grill until lightly browned. Flip sandwich and continue grilling until cheese has melted. Cut into fun shapes if desired.

NUTRITIONAL INFORMATION (per serving)

CALORIES 298; FAT 13.7g; PROTEIN 14g; CARB 36g; FIBER 4g; CALCIUM 206mg; IRON 2mg; VITAMIN A (RE) 91mcg; VITAMIN C 4mg; FOLATE 1mcg

DID YOU KNOW?...

Encouraging creativity is easy. Ask him to choose his favorite cheese and fruit for a different flavored grilled cheese sandwich.

 Colored text = Kids can help

48 MAIN DISHES





SPIRAL WRAPS

- ½ cup hummus
- 1 cucumber, cut into strips
- 2 carrots, shredded
- 1 cup spinach leaves
- 2 whole wheat tortillas, halved

- 1 Spread layer of hummus onto tortillas.
- 2 Place cucumbers and carrots evenly onto tortillas. Top with spinach.
- 3 Roll up each tortilla tightly.

NUTRITIONAL INFORMATION (per serving)

CALORIES 114; FAT 3.3g; PROTEIN 5g; CARB 20g; FIBER 5g;

CALCIUM 50mg; IRON 2mg; VITAMIN A (RE) 599mcg; VITAMIN C
8mg; FOLATE 50mcg

DID YOU KNOW?...

Hummus is a bean dip that can be found in the refrigerated section of your grocery store.

SERVES





SKILLET LASAGNA

SERVES



- 1 cup ricotta cheese
- ¼ cup Parmesan cheese, **grated**
- 1 ½ cups mozzarella cheese, **shredded and divided**
- 1 pound ground turkey
- 1 zucchini, **diced**
- 1 (26-ounce) jar pasta sauce
- 6 no-boil lasagna noodles, preferably whole wheat

- 1** In a medium bowl, mix together ricotta, **parmesan**, and ½ cup mozzarella. **Set aside.**
- 2.** In a skillet over medium-high heat, brown the turkey until it is no longer pink, breaking up any clumps. Drain excess fat.
- 3.** Add zucchini and half the pasta sauce. Reduce heat.
- 4.** Top mixture with 4 lasagna noodles, breaking noodles to fit the pan.
- 5.** Spread cheese mixture over noodles. Place 2 noodles over cheese and pour remaining pasta sauce spreading evenly. Sprinkle with rest of mozzarella.
- 6.** Cover skillet and simmer over medium-low heat until noodles are tender, about 20 minutes.

NUTRITIONAL INFORMATION (per serving)

CALORIES 467; FAT 22.5g; PROTEIN 35g; CARB 34g; FIBER 6g; CALCIUM 382mg; IRON 3mg; VITAMIN A (RE) 223mcg; VITAMIN C 13mg; FOLATE 14mcg

DID YOU KNOW?...

Kids like responsibility, like helping to set the table.

BBQ CHICKEN SANDWICH

- ½ cup cooked chicken, **shredded**
- ¼ cup carrots, **shredded**
- 2 tablespoons barbecue sauce
- 2 teaspoons ranch dressing
- 1 whole wheat bun
- 1 romaine lettuce leaf

SERVES



- 1 In a small bowl, combine chicken, carrots, and barbecue sauce.
- 2 Spread ranch dressing on bun.
- 3 Top bun with chicken mixture and lettuce.

NUTRITIONAL INFORMATION (per serving)
CALORIES 336; FAT 10.7g; PROTEIN 31g; CARB 31g; FIBER
5g; CALCIUM 64mg; IRON 3mg; VITAMIN A (RE) 480mcg;
VITAMIN C 4mg; FOLATE 26mcg

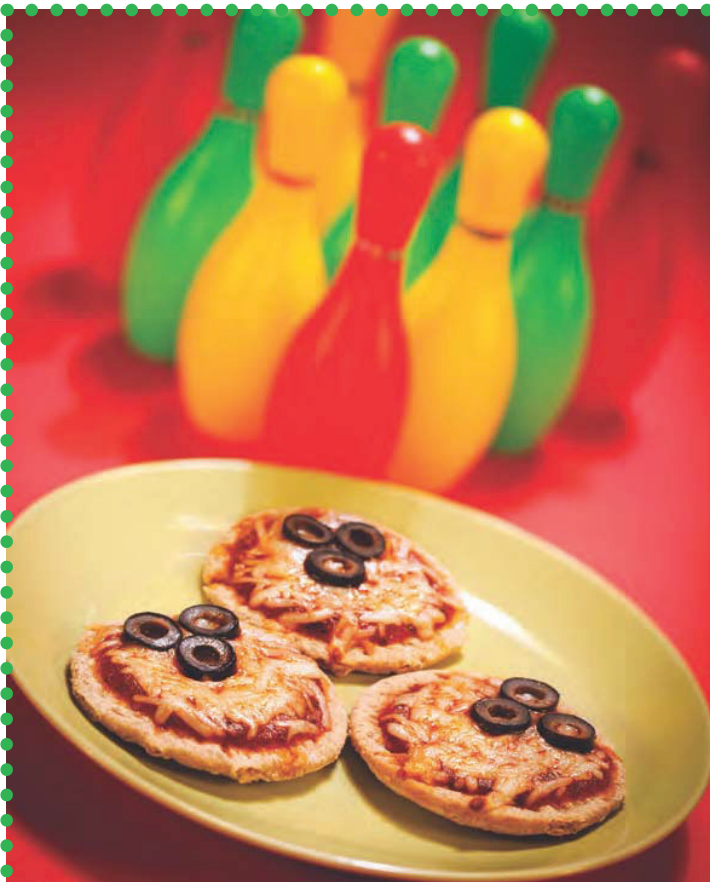
DID YOU KNOW?...

Shredding the chicken and carrots ahead of time makes this a quick and easy dinner to toss together at the last minute.

● Colored text = Kids can help

52 MAIN DISHES





SERVES



PITA PIZZAS

4 whole wheat pita bread

1 cup marinara sauce

**1 cup mozzarella cheese, shredded
favorite toppings**


- 1. Preheat oven to 400°F.**
- 2. Spread marinara sauce, cheese, and favorite toppings onto each pita.**
- 3. Bake until cheese has melted.**

NUTRITIONAL INFORMATION (per serving)

**CALORIES 231; FAT 8.2g; PROTEIN 13g; CARB 30g; FIBER 5g;
CALCIUM 218mg; IRON 2mg; VITAMIN A (RE) 69mcg; VITAMIN C
5mg; FOLATE 13mcg**

DID YOU KNOW?...

If your child is picky about eating vegetables, sneak them into the marinara sauce. Simply steam, purée, and mix in with the sauce.

 Colored text = Kids can help



TOFU JOES

2 tablespoons olive oil

1 onion, diced

2 cloves garlic, minced

½ pound mushrooms, **chopped**

2 carrots, **peeled** and chopped

1 green bell pepper, **chopped**

1 (15-ounce) can diced tomatoes, undrained

1 (14-16 ounce) package firm tofu, rinsed, drained, and **mashed**

1 (4-ounce) can tomato paste

6 tablespoons barbecue sauce

12 whole wheat buns, toasted

12 lettuce leaves

1. In a large saucepan over medium-high heat, sauté onions and garlic in oil until tender.
2. Add mushrooms, carrots, and bell pepper; cook until tender. Stir in tomatoes.
3. Add tofu, tomato sauce, and barbecue sauce. Heat until warmed through.
4. Place lettuce onto each bun.
5. Spoon tofu mixture into buns.

NUTRITIONAL INFORMATION (per serving)

CALORIES 221; FAT 7.5g; PROTEIN 11g; CARB 31g; FIBER 5g;

CALCIUM 302mg; IRON 3mg; VITAMIN A (RE) 217mcg; VITAMIN


C 18mg; FOLATE 37mcg

SERVES



DID YOU KNOW?...

Another fun way to serve this dish is to scoop the tofu mixture into a pita pocket.

 Colored text = Kids can help

APPLE TUNA SALAD

**1 (5-ounce) cans tuna in water,
drained and flaked**

¼ cup light mayonnaise

¼ cup cheddar cheese, shredded

1 celery stalk, diced

**1 apple, cored and sliced crosswise
into rounds**

SERVES

2


- 1** In a small bowl, mix together tuna, mayonnaise, cheddar cheese, and celery
- 2** Evenly scoop tuna onto apple slices.

NUTRITIONAL INFORMATION (per serving)

CALORIES 278; FAT 15g; PROTEIN 22g; CARB 14g; FIBER
2g; CALCIUM 124mg; IRON 1mg; VITAMIN A (RE) 60mcg;
VITAMIN C 6mg; FOLATE 5mcg

DID YOU KNOW?...

If it is too hard for your child to keep the tuna on the apple slice, serve in a bowl and use the apple slices as a spoon.

 Colored text = Kids can help

56 MAIN DISHES





CHICKEN SALAD CONES

- 1 tablespoon lemon juice
- ¼ cup lowfat plain yogurt
- ¼ cup light mayonnaise
- 1 teaspoon curry powder
- 2 cooked chicken breasts, **shredded**
- 1 celery, diced
- 1 apple, **diced**
- ¼ cup raisins
- 4 lettuce leaves, **washed and dried**
- 4 ice cream cones

DID YOU KNOW?...

Being creative with food can inspire kids to try new things. This recipe also works on bread or crackers.

- ① In a medium bowl, whisk together lemon juice, yogurt, mayonnaise, and curry powder.
- ② Add chicken, celery, apples, and raisins. Mix until coated.
- ③ Line 4 cones with lettuce. Scoop chicken mixture into cones.

NUTRITIONAL INFORMATION (per serving)

CALORIES 185; FAT 6.6g; PROTEIN 12g; CARB 20g; FIBER 2g;
CALCIUM 48mg; IRON 1mg; VITAMIN A (RE) 28mcg; VITAMIN C
5mg; FOLATE 18mcg

SERVES





TUNA TWIRLS

2 cups dry whole wheat pasta
or brown rice pasta

1 tablespoon olive oil

1 clove garlic, minced

6 carrots, **peeled** and chopped

1 cup frozen peas

1 (5-ounce) can tuna in water,
drained and flaked

¼ cup lowfat plain yogurt

¼ cup lemon juice

¼ cup Parmesan cheese, **grated**

¼ cup parsley, **chopped**

salt and pepper to taste

SERVES




1. Cook pasta according to package directions.
2. Heat oil in a large saucepan over medium-high heat. Sauté garlic and carrots until tender. Add peas, cook until heated through. Remove pan from heat.
3. Add pasta and tuna. Stir in yogurt, lemon juice, and Parmesan cheese.
4. Mix in parsley and season with salt and pepper.

NUTRITIONAL INFORMATION (per serving)

CALORIES 194; FAT 5.2g; PROTEIN 12g; CARB 25g; FIBER
5g; CALCIUM 126mg; IRON 1mg; VITAMIN A (RE) 1099mcg;
VITAMIN C 16mg; FOLATE 31mcg

DID YOU KNOW?...

It is best to choose chunk light canned tuna. It has less mercury than white or albacore tuna, or tuna steaks.

 Colored text = Kids can help



LEMON BROCCOLI PASTA

- 8 ounces dry whole wheat pasta
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 4 cups broccoli, cut into small pieces
- ¼ cup low sodium vegetable broth
- 1 lemon, juiced and zest grated
- ¼ cup sliced almonds, toasted
- ¾ cup Parmesan cheese, grated

SERVES



1. Cook pasta according to package directions and drain.
2. In a large saucepan over medium heat, sauté garlic in olive oil until fragrant. Add broccoli and broth. Cover pan and steam until tender, 3 minutes.
3. Uncover, remove from heat. Stir in lemon juice, zest, and almonds. Add pasta.
4. Stir in Parmesan cheese.

NUTRITIONAL INFORMATION (per serving)

CALORIES 214; FAT 7.3g; PROTEIN 11g; CARB 28g; FIBER 5g;
CALCIUM 201mg; IRON 1mg; VITAMIN A (RE) 124mcg; VITAMIN C
53mg; FOLATE 86mcg

DID YOU KNOW?...

Sometimes kids eat better when foods are separated from each other. Instead of mixing the broccoli and pasta together, try serving it side by side.



SIDE DISHES





SIMPLE SPAGHETTI SQUASH

SERVES



1 spaghetti squash, halved lengthwise and seeded

3 tablespoons olive oil, divided

2 cloves garlic, minced

1 cup marinara sauce

2 tablespoons basil, chopped

Parmesan cheese, grated (optional)

1. Preheat oven to 375°F.
2. Drizzle squash halves with 2 tablespoons olive oil. Place cut side down on baking sheet.
3. Bake squash for 45 minutes or until squash can easily be pierced a knife
- ④ Using a fork, remove squash strands, making “spaghetti.” Set aside.
5. Sauté garlic in remaining olive oil until fragrant. Add marinara sauce and squash strands.
- ⑥ Top with basil and cheese.

NUTRITIONAL INFORMATION (per serving)

CALORIES 215; FAT 12g; PROTEIN 3g; CARB 28g; FIBER 1g;

CALCIUM 70mg; IRON 1mg; VITAMIN A (RE) 24mcg; VITAMIN C

7mg; FOLATE 35mcg

DID YOU KNOW?...

If it is too difficult to safely cut the squash in half, go ahead and poke it several times and bake the entire vegetable for 1 ½ hours or until tender.

TINY TATERS

6 small red potatoes

½ cup broccoli florets, steamed, and **chopped**

¼ cup cheddar cheese, **shredded**

¼ cup light sour cream

1 tablespoon chives, **chopped**

SERVES



1. **Preaheat oven to 350°F.**

② **Pierce potatoes and **wrap in foil**. Bake in oven for 30 minutes or until tender. Remove from oven and let cool.**

③ **Using a small spoon, scoop out center of potatoes.**

④ **Add broccoli. Sprinkle with cheese.**

⑤ **Bake in oven for an additional 5 minutes or until cheese is melted. Top with sour cream and chives.**

NUTRITIONAL INFORMATION (per serving)

CALORIES 156; FAT 2.5 g; PROTEIN 5 g; CARB 28 g; FIBER 3 g; CALCIUM 69 mg; IRON 1 mg; VITAMIN A (RE) 46mcg; VITAMIN C 23 mg; FOLATE 42 mcg

DID YOU KNOW?...

It's popular in Hawai'i to put chili on top of a baked potato. Let your child's creativity flow. Ask your kids what they would like on their potatoes.

● Colored text = Kids can help

66 SIDE DISHES





SERVES



FUN FRIES

2-3 broccoli stalks, *peeled* and cut into strips

1 sweet potato, cut into strips

1 carrot, *peeled* and cut into strips

2 tablespoons olive oil

salt to taste

1. Preheat oven to 400°F.

② Toss vegetables in olive oil and salt.

③ Place on baking sheet and bake for 30 minutes, turning halfway through.

NUTRITIONAL INFORMATION (per serving)


CALORIES 123; FAT 7.1g; PROTEIN 1g; CARB 15g; FIBER 3g;

CALCIUM 30mg; IRON 0mg; VITAMIN A (RE) 717mcg; VITAMIN C

7mg; FOLATE 30mcg

DID YOU KNOW?...

Kids love to be little helpers. While the fries are baking, ask your child to fill little bowls with their favorite dips.

 Colored text = Kids can help

SUNSHINE BROCCOLI

- 1 tablespoon olive oil
- 1 tablespoon ginger, minced
- 2 cloves garlic, minced
- 2 heads broccoli, **cut into florets**
- ¼ cup water
- 2 oranges, **peeled, sectioned and seeded**
- 1 tablespoon low sodium soy sauce

SERVES



1. In a large skillet, over medium-high heat, sauté ginger and garlic in olive oil until fragrant.
2. Add broccoli and water. Cover skillet and cook until crisp-tender.
3. Stir in orange sections and soy sauce. Cook until heated through

NUTRITIONAL INFORMATION (per serving)
CALORIES 174; FAT 4.6g; PROTEIN 9g; CARB 32g;
FIBER 11g; CALCIUM 176mg; IRON 2mg; VITAMIN A (RE)
193mcg; VITAMIN C 311mg; FOLATE 192mcg

DID YOU KNOW?...

Kids love to peel fruit. If the oranges are too big for their little hands, try mandarin oranges or tangerines.

● Colored text = Kids can help

68 SIDE DISHES





MANGO CUCUMBER SALAD

2 limes, juiced

zest from 1 lime

1 tablespoon honey

¼ cup olive oil

2 mangos, chopped

1 medium jicama, or other crunchy vegetable chopped

1 cucumber, seeded and chopped

1 red bell pepper, chopped

¼ cup cilantro, chopped

chili powder to taste

salt to taste

SERVES

4

- 1 In a large bowl, whisk together lime juice, zest, and honey. Continue whisking, slowly drizzle in oil.
- 2 Add mangos, jicama, cucumber, red bell pepper, and cilantro. Toss to coat.
- 3 Season with chili powder and salt.

NUTRITIONAL INFORMATION (per serving)

CALORIES 293; FAT 14.7g; PROTEIN 2g; CARB 41g; FIBER 11g;
CALCIUM 39mg; IRON 1mg; VITAMIN A (RE) 354mcg; VITAMIN C
127mg; FOLATE 28mcg

DID YOU KNOW?...

Sometimes kids prefer to keep all of their foods separate from each other. If your child is not interested in eating the tossed salad, try offering the dressing as a dip instead!

● Colored text = Kids can help



MAC AND CHEESE

- 1 head cauliflower, cut into florets
- 1 pound dry whole wheat macaroni pasta or brown rice pasta
- 2 tablespoons butter
- ¼ cup flour
- 2 ½ cups lowfat milk
- 1 tablespoon Dijon mustard
- 2 cups sharp cheddar cheese, **shredded**
- salt and pepper to taste

SERVES



1. Bring a large pot of water to a boil. Add cauliflower and cook until crisp tender. Using a slotted spoon, transfer cauliflower to a large bowl.
 2. In the same pot of boiling water, cook pasta according to package directions. Drain and add pasta to bowl with cauliflower.
 3. In another large saucepan, melt butter over medium heat.
 4. Whisk in flour and cook for 1 minute. Whisk in milk and cook until thickened, about 5 minutes. Whisk in mustard. Remove from heat.
- ⑤ **Stir in cheese and season with salt and pepper.**
- ⑥ **Mix cheese sauce with cauliflower and pasta.**

NUTRITIONAL INFORMATION (per serving)
CALORIES 413; FAT 14.2g; PROTEIN 18g; CARB 54g; FIBER 7g;
CALCIUM 331mg; IRON 2mg; VITAMIN A (RE) 117mcg; VITAMIN
C 34mg; FOLATE 46mcg

DID YOU KNOW?...

If your child is super picky and will not eat this recipe with pieces of cauliflower, try taking an extra step and puréeing the vegetable. This takes extra time, but well worth the nutrition.



CAULIFLOWER BITES

- 2 teaspoons olive oil
- ½ onion, chopped
- 2 cloves garlic, minced
- ¼ teaspoon red pepper flakes
- 1 head cauliflower, separated into florets
- ½ lemon, juiced
- zest of a ½ lemon
- salt to taste

SERVES



1. In a small skillet, heat oil over medium-low heat. Sauté onions until tender. Add garlic and red pepper flakes. cook until fragrant.
2. Remove from heat. Set aside to cool completely.
3. In a large saucepan, steam cauliflower in a steamer basket until crisp tender.
4. Place cooked cauliflower in a bowl.
- 5 Mix in lemon juice and zest to the onion mixture.
- 6 Pour over cauliflower, add salt, and toss to mix.

NUTRITIONAL INFORMATION (per serving)

CALORIES 67; FAT 2.5g; PROTEIN 3g; CARB 10g; FIBER 4g;
CALCIUM 39mg; IRON 1mg; VITAMIN A (RE) 8mcg; VITAMIN C
70mg; FOLATE 86mcg

DID YOU KNOW?...

Not all cauliflower is white. Your kids might think it is neat to eat purple or orange cauliflower!

SERVES

RAINBOW RICE SALAD

- 3 cups cooked brown rice**
- 1 cucumber, seeded and diced**
- 1 red bell pepper, diced**
- 1 yellow bell pepper, diced**
- 1 orange bell pepper, diced**
- ½ avocado, diced**
- 3 green onions, chopped**
- ¼ cup soy sauce**
- 1 ½ tablespoons sugar**
- 1 tablespoon olive oil**
- pepper to taste**



DID YOU KNOW?...

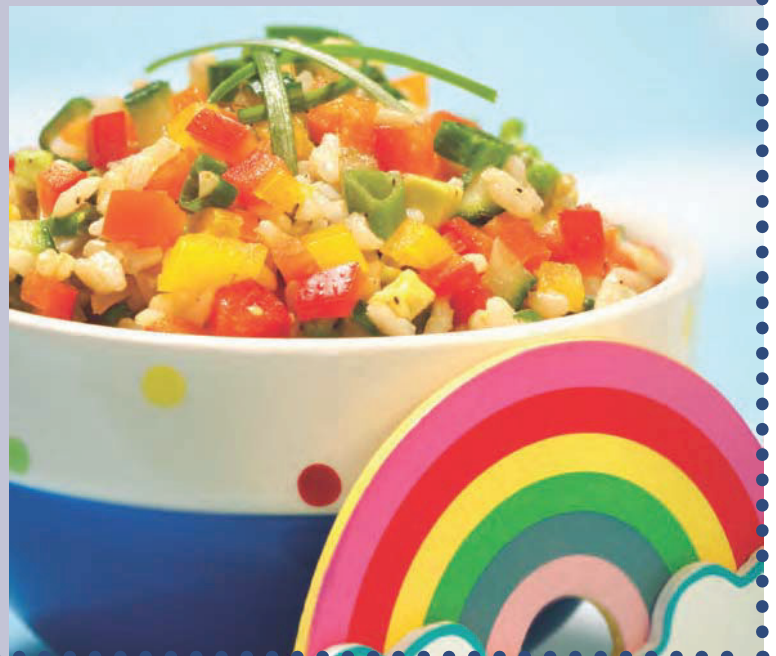
This is a great salad to teach colors to your toddler.

- 1** In a large bowl, mix rice, cucumber, bell peppers, avocado, and green onions.
- 2** In a separate smaller bowl, whisk together soy sauce, sugar, olive oil, and pepper.
- 3** Add dressing to salad and toss together.

NUTRITIONAL INFORMATION (per serving)

CALORIES 208; FAT 5.9g; PROTEIN 5g; CARB 36g; FIBER 5g; CALCIUM 36mg; IRON 1mg; VITAMIN A (RE) 198mcg; VITAMIN C 167mg; FOLATE 40mcg

 Colored text = Kids can help





CORN CONFETTI

- 1 cup water
- 2 ears fresh corn, kernels removed
- 2 zucchinis, **diced**
- 1 red bell pepper, diced
- 2 tablespoons olive oil
- 1 lime, juiced
- ½ teaspoon honey
- ¼ cup cilantro, chopped
- 2 green onions, minced
- salt and pepper to taste

1. In a large saucepan, bring water, corn, and zucchini to a boil. Add red bell pepper and cook until crisp-tender, about 1 minute. Drain vegetables and set aside in a large mixing bowl.
2. In a separate bowl, whisk together olive oil, lime juice, honey, cilantro, and green onions.
3. Pour dressing over vegetables and season with salt and pepper.

NUTRITIONAL INFORMATION (per serving)

CALORIES 131; FAT 7.9g; PROTEIN 3g; CARB 16g; FIBER 3g;

CALCIUM 25mg; IRON 1mg; VITAMIN A (RE) 172mcg; VITAMIN C 100mg; FOLATE 62mcg

DID YOU KNOW?...

Corn can be grown in Hawaii year round. This is a perfect recipe to serve during a summer barbecue.

SERVES





GHOSTLY POTATOES

6 medium russet potatoes, peeled and cut into chunks

1 ½ cups lowfat milk

3 tablespoons butter

4 cloves garlic, minced

salt and pepper to taste

1 tablespoon chives, chopped (optional)

SERVES



- 1. In a large saucepan, cook potatoes in boiling water for about 10 minutes or until tender when pierced with a knife, Drain water.**
- ② Mash potatoes with a potato masher or beat with an electric mixer.**
- 3. In a separate saucepan, simmer milk, butter, and garlic over low heat until heated through.**
- 4. Beat mixture into potatoes until light and fluffy.**
- ⑤ Season with salt and pepper. Top with chives.**

NUTRITIONAL INFORMATION (per serving)


CALORIES 249; FAT 6.5g; PROTEIN 7g; CARB 41g; FIBER 4g;

CALCIUM 112mg; IRON 2mg; VITAMIN A (RE) 79mcg; VITAMIN

C 24mg; FOLATE 20mcg

DID YOU KNOW?...

For an extra health bonus, add puréed cauliflower!

 Colored text = Kids can help



DESSERTS



CHOCOLATE FRUIT

- 1 (12-ounce) bag semi-sweet chocolate chips
- 10 strawberries
- 1 orange, **peeled into sections**
- 2 bananas, **peeled and chopped into chunks**

SERVES




- 1** Line a baking sheet with wax paper.
2. Microwave chocolate in a microwave-safe bowl on low for 4 minutes, stirring after 1 minute. Continue until chocolate has melted.
- 3** Dip fruit, one at a time, into melted chocolate. Set on paper-lined tray.
4. Chill for 20 minutes until set.

NUTRITIONAL INFORMATION (per serving)

CALORIES 252; FAT 12g; PROTEIN 4g; CARB 38g; FIBER 5g; CALCIUM 12mg; IRON 0mg; VITAMIN A (RE) 3mcg; VITAMIN C 27mg; FOLATE 18mcg

DID YOU KNOW?...

If chocolate thickens, just re-melt in the microwave or thin with a little oil. Also, dry the fruit before dipping.

 Colored text = Kids can help



SUNSET POPSICLES

3 cups frozen strawberries

2 cups orange juice, divided

3 mint sprigs (optional)

small paper cups, ice cube trays,
or popsicle molds

12 popsicle sticks



1. Purée strawberries, 1 cup orange juice, and mint in a blender until smooth.
- 2 Fill cups or molds halfway with strawberry purée. Cover with foil.
- 3 Make a small slit in the center of the foil, insert sticks and freeze.
- 4 Once frozen, pour remaining orange juice into cups. Return to freezer.

NUTRITIONAL INFORMATION (per serving)

CALORIES 30; FAT 0g; PROTEIN 1g; CARB 7g; FIBER 1g;

CALCIUM 9mg; IRON 0mg; VITAMIN A (RE) 6mcg; VITAMIN C

33mg; FOLATE 12mcg

DID YOU KNOW?...

You can use this recipe to teach a little science to your child! Talk about how the popsicle starts as a liquid, freezes, and then melts again when you eat it.

SERVES





BREAD PUDDING IN THE MICROWAVE

SERVES



- 1 tablespoon butter or margarine
- 3 slices whole wheat bread
- ½ cup packed brown sugar
- ½ cup raisins
- 3 eggs slightly beaten
- 1¼ cups nonfat or 1% milk
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 teaspoon vanilla


DID YOU KNOW?...

Vanilla or lemon yogurt taste great alongside this bread pudding.

- 1 Butter bread and cut into small pieces.
- 2 Combine buttered and cubed bread, brown sugar and raisins in a one-quart microwava safe dish .
- 3 In a microwave safe bowl or measuring cup, blend together the eggs, milk, cinnamon, salt, and vanilla.
4. Heat on high for 2-3 minutes until hot but not boiling.
5. Pour over bread mixture and lightly blend together.
6. Microwave uncovered at 50% power for 5-8 minutes, or until edges are firm and the center is almost set.
7. Let rest for 10 minutes.
8. Refrigerate leftovers within 2 hours.

NUTRITIONAL INFORMATION (per serving)
CALORIES 210; FAT 5g; PROTEIN 7g; CARBS 35g;
FIBER 2g; CALCIUM 130mg; IRON 1mg
VITAMIN A (RE) 50mcg; VITAMIN C 0mg

Recipe and picture courtesy of Food Hero. For more great ideas, go to: www.foodhero.org

 Colored text = Kids can help

PEANUT BUTTER CRUNCHERS

SERVES

8 graham cracker squares, finely ground

¼ cup raisins

¼ cup smooth peanut butter

2 tablespoons honey

4 teaspoons unsweetened coconut



- ① In a small bowl, mix together graham crackers, raisins, peanut butter, and honey.
- ② Roll into balls and press lightly in coconut.

NUTRITIONAL INFORMATION (per serving)

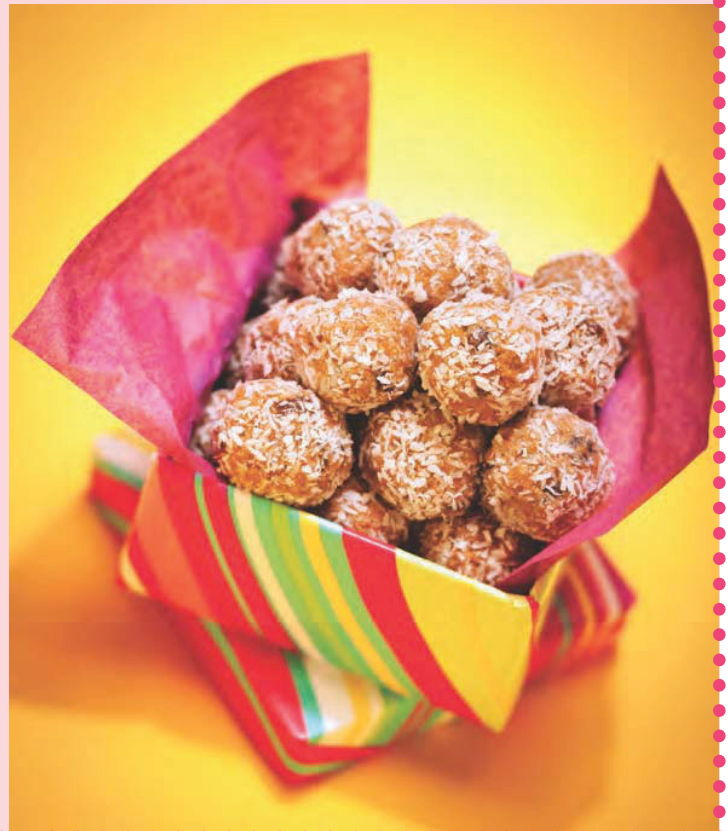
CALORIES 226; FAT 10g; PROTEIN 5g; CARB 30g; FIBER 2g; CALCIUM 15mg; IRON 1mg; VITAMIN A (RE) 0mcg; VITAMIN C 0mg; FOLATE 19mcg

DID YOU KNOW?...

This recipe is a great sensory experience for your children. Let them squish the ingredients together in the bowl with their hands and then form the balls.

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84 DESSERTS





CLOUD PUDDING

¼ cup sugar

2 tablespoons cornstarch

⅛ teaspoon salt

2 cups lowfat milk

1 teaspoon vanilla extract

- 1. In a medium saucepan, mix together sugar, cornstarch, and salt.**
- 2. Whisk in milk and vanilla. Bring to a boil.**
- 3. Whisk for 1 minute or until pudding thickens. Remove from heat.**
- 4. Pour pudding into a small bowl and chill in refrigerator for 3 hours.**
- 5 Spoon pudding into individual serving bowls and sprinkle with favorite topping.**

NUTRITIONAL INFORMATION (per serving)

CALORIES 122; FAT 1.2g; PROTEIN 5g; CARB 23g; FIBER 0g;
CALCIUM 150mg; IRON 0mg; VITAMIN A (RE) 50mcg; VITAMIN C
1mg; FOLATE 0mcg

DID YOU KNOW?...

Since it is not safe for kids to be near a hot stove, you can use this time to teach them about kitchen safety.

SERVES



FRUIT POPS

$\frac{1}{4}$ whole watermelon

1 cup strawberries

1 cup grapes

$\frac{1}{2}$ cup melon

20 popsicle sticks



- 1 Cut fruit into desired shapes.
- 2 Insert popsicle stick into fruit shapes.
- 3 Set popsicles on a baking sheet lined with foil or wax paper.
4. Freeze for an hour or until firm.

NUTRITIONAL INFORMATION (per serving)
CALORIES 26; FAT 0g; PROTEIN 0g; CARB 7g; FIBER
1g; CALCIUM 6mg; IRON 0mg; VITAMIN A (RE) 45mcg;
VITAMIN C 12mg; FOLATE 5mcg

SERVES



DID YOU KNOW?...

Freezing fruit is a quick and healthy treat that kids will love!



STRAWBERRY SMOOTHIE

10 strawberries, frozen
1 cup lowfat plain yogurt
½ cup lowfat milk

① Purée strawberries, yogurt, and milk in a blender until smooth.

NUTRITIONAL INFORMATION (per serving)

CALORIES 133; FAT 2.5g; PROTEIN 9g; CARB 19g; FIBER 3g;
CALCIUM 312mg; IRON 1mg; VITAMIN A (RE) 43mcg; VITAMIN
C 61mg; FOLATE 63mcg

● Colored text = Kids can help

SERVES



DID YOU KNOW?...

If the smoothie is a little tart, use lowfat vanilla yogurt instead.



FROZEN BANANAS

SERVES

4 bananas, **peeled and cut into thirds**

12 popsicle sticks

1 (12-ounce) bag semi-sweet chocolate chips

2 cups **cereal of choice**



- 1 Line a baking sheet with wax paper.
- 2 Insert sticks into banana pieces. Place on baking sheet and freeze for 1 hour.
- 3 Microwave chocolate in a microwave-safe bowl on low for 2 minutes, stirring after 1 minute. Continue until chocolate has melted.
- 4 Dip frozen bananas in chocolate and roll over cereal.
- 5 Return bananas to baking sheet and freeze until frozen solid.

NUTRITIONAL INFORMATION (per serving)


CALORIES 201; FAT 8.4g; PROTEIN 3g; CARB 32g; FIBER 3g;

CALCIUM 3mg; IRON 2mg; VITAMIN A (RE) 36mcg; VITAMIN C

3mg; FOLATE 30mcg

DID YOU KNOW?...

Counting can be fun! Ask your child to count out all of the popsicle sticks.

 Colored text = Kids can help

CINNAMON ORANGES

2 tablespoons orange juice

½ lemon, juiced

1 tablespoon sugar

¼ teaspoon cinnamon

4 oranges, **peeled and sliced**

SERVES



- 1 In a small bowl, whisk together orange juice, lemon juice, sugar and cinnamon.
- 2 Add orange slices and toss together.

NUTRITIONAL INFORMATION (per serving)
CALORIES 85; FAT 0.2g; PROTEIN 1g; CARB 22g; FIBER
3g; CALCIUM 63mg; IRON 0mg; VITAMIN A (RE) 34mcg;
VITAMIN C 88mg; FOLATE 50mcg

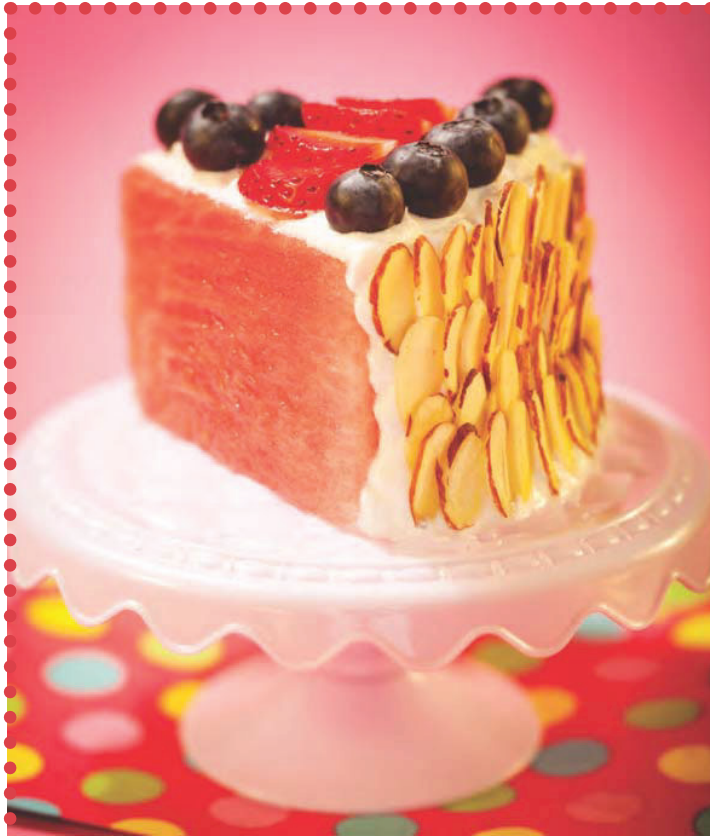
DID YOU KNOW?...

Counting with your children is a great opportunity to introduce numbers and math. Count the orange slices as you put them in the bowl.

● Colored text = Kids can help

90 DESSERTS





WATERMELON TART

1 cup almonds, sliced and toasted

1 (3-inch) thick round slice seedless watermelon, rind removed

2 cups lowfat vanilla yogurt

1 cup blueberries

1 cup strawberries, **sliced**

- 1 Pat watermelon dry with a paper towel.
- 2 Spread a thick layer of yogurt across the top and along the side of the watermelon.
- 3 Press almonds along the edge of frosted watermelon.
- 4 Decorate top of watermelon with blueberries and strawberries.

NUTRITIONAL INFORMATION (per serving)

CALORIES 269; FAT 9.6g; PROTEIN 10g; CARB 42g; FIBER 4g;

CALCIUM 205mg; IRON 2mg; VITAMIN A (RE) 172mcg;

VITAMIN C 42mg; FOLATE 30mcg

DID YOU KNOW?...

This can be a messy dessert to make and eat, but it allows the kids to be involved with every step!

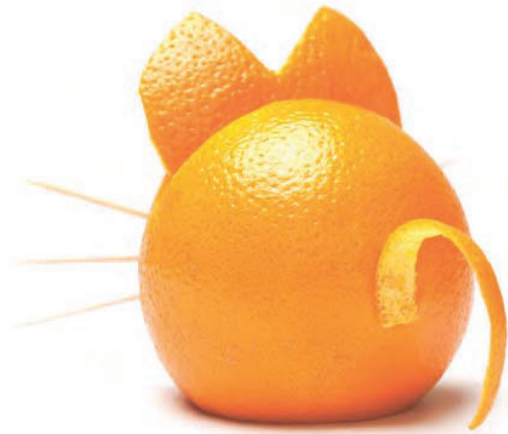
SERVES



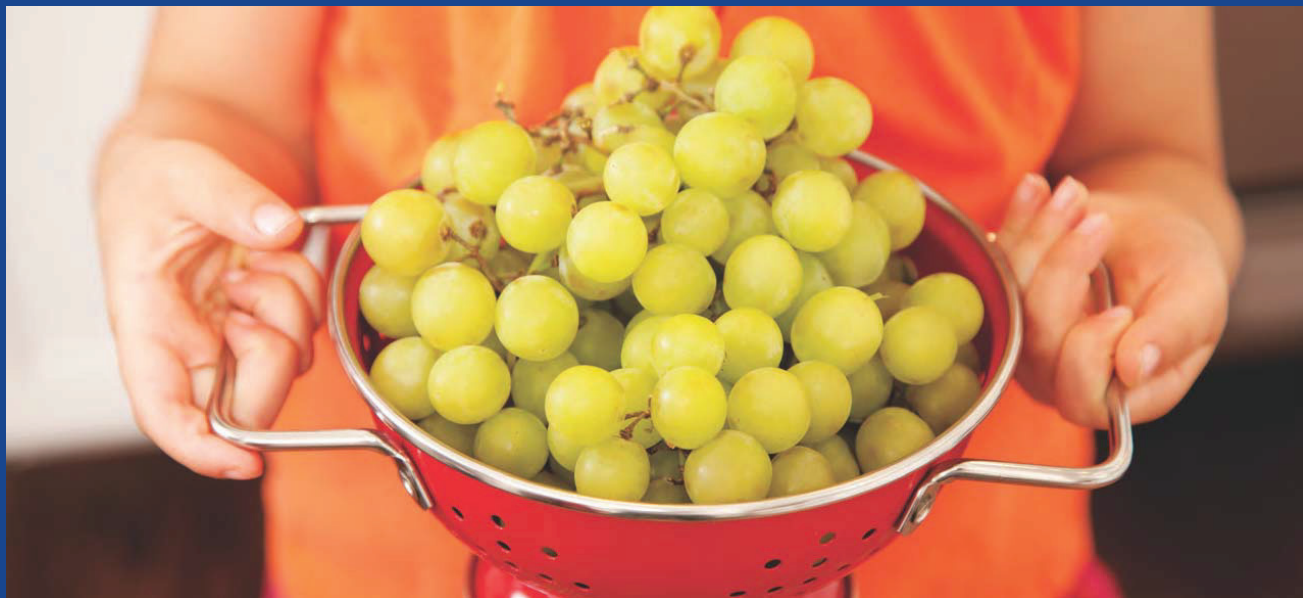
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The End



FIND THESE RESOURCES AT:
www.healthyhawaii.com/eat-healthy



FOR MORE INFORMATION CONTACT:

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This publication was supported by the Cooperative Agreement Number DP14-1422PPHF14, funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibilities of the authors and do not necessarily represent the official views of the CDC.

SUGGESTED CITATION

Hawaii State Department of Health. (2018). Keiki Can Cook: Fun Recipes to Make with Kids. Chronic Disease Prevention and Health Promotion Division, Primary Prevention Branch.

