



OCTOBER 24, 2013

EAT REAL



20 RECIPES TO GET KIDS COOKING!

Center for Science in the Public Interest

20 Recipes to Get Kids Cooking!

Healthy meals made from basic ingredients are fun to prepare and a joy to eat, and teaching kids to cook such meals is a major focus of Food Day 2013. Food Day organizers asked The Healthy Cook, Kate Sherwood, to develop 20 delicious recipes that kids should enjoy cooking and eating. Some of the recipes are quite simple and appropriate for young children. But others involve sharp knives, a hot oven, and a food processor and require adult supervision. So adjust your recipe choices to your child's (or your) skills.

Now let's get cooking with our kids!

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The Healthy Cook



KATE SHERWOOD

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WHAT EXPERTS SAY ABOUT COOKING WITH KIDS

“We believe that cooking is the most important skill a child can develop: most of all, it’s fun but it also offers a way to connect generations and cultures and learn math, science, geography, and more in a compelling and relevant way!”

—Sally Sampson, Founder, *ChopChop Kids*

“Cooking with your kids—which leads inexorably to sitting down and eating meals as a family—is one of the simplest yet most powerful steps you can take to improving your family’s health and well-being, as well as the health of the entire food system.”

—Michael Pollan, Author, Professor of Journalism,
University of California, Berkeley

“Inviting children into the family meal-making process sends a powerful message to children about where health begins. Hands-on cooking is a multi-sensory experience which opens their palate to be adventurous about real food. This is the path to reclaim each individual’s independence from outsourcing meals to ensure a healthier future.”

—Lynn Fredericks, Founder, Family Cook Productions and
co-author, *Get Your Family Eating Right! A 30-Day Plan
for Teaching Your Kids Healthy Eating Habits for Life*



Oatmeal with Mix-ins

Whole grain, hot cereal is a tasty, hearty way to start your day especially if you add some sweetness from fruit, a bit of crunch from nuts or seeds, and maybe a sprinkle of spice. Here are a few ideas to get you started.

INGREDIENTS

- ¾ cup low-fat or non-fat milk or water
- ¾ cup quick oats

DIRECTIONS

1. Bring water or milk to a boil in a small pot over high heat (keep an eye on the pot as once milk boils, it can bubble right out of the pot).
2. Stir in the oats and turn off the heat. For chewy texture, cover and leave for 5 minutes without stirring. For a creamier texture, stir for a minute then cover and leave for 4 minutes.

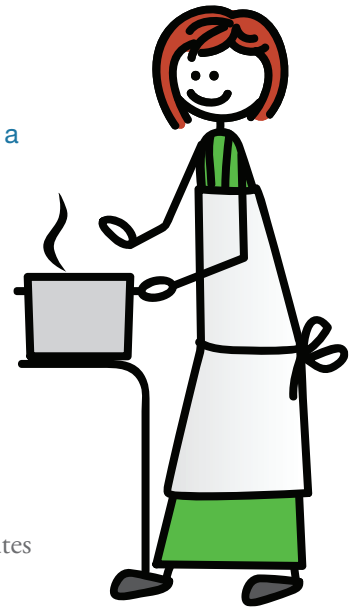
Nutrition Info for first serving suggestion prepared with non-fat milk: 450 calories; 11g fat (1.5g sat fat); 18g protein; 76g carbs; 9g fiber; 100mg sodium.

Top your prepared, unsweetened oatmeal or other whole-grain, hot cereal with:

- apple, almonds, dried cranberries, and cinnamon
- banana, golden raisins, sunflower seeds, and allspice
- mango and toasted shredded coconut
- pear, walnuts, and nutmeg
- figs and pecans
- pomegranate, dried apricots, and pistachios

TIP

You can make a big batch, cool, and keep in a tightly closed container in the refrigerator. Just pop a bowlful in the microwave for a minute to reheat.



Oat Squares

These oat squares are a great breakfast on the go or snack. Add an apple, orange or any fruit you like and you're ready to start your day.

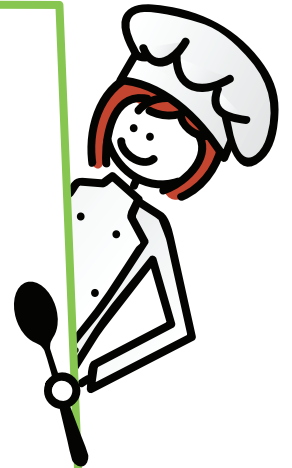
INGREDIENTS

4 cups rolled oats
½ cup sunflower seeds or chopped nuts
½ cup raisins or any small or chopped dried fruit
½ cup brown sugar
1 tsp. baking powder
¼ tsp. salt
2 eggs
1 cup non-fat milk
2 Tbs. canola oil plus more for oiling the dish
2 cups unsweetened applesauce

DIRECTIONS

1. Preheat the oven to 325°F.
2. In a medium bowl, combine all the dry ingredients. In a large bowl, whisk together the eggs, milk, oil and applesauce. Add the dry ingredients to the wet, and mix together.
3. Lightly oil a 9x13-inch baking dish. Pour the mixture in the prepared baking dish and bake for 45 to 50 minutes, until the oatmeal is browned on top and a toothpick inserted in the middle comes out clean. Cut into 12 squares.

Nutrition Info: 250 calories; 8g fat (0.5g sat fat); 8g protein; 39g carbs; 4 g fiber; 120mg sodium.



Scrambled Eggs with Sweet Potato Hash

Sweet potatoes are hard to cut because they are so firm but a few minutes in the microwave will soften them enough to cut easily and finish cooking fast. If you want more than 1 egg, mix egg whites or some crumbled firm tofu into your whole egg. You can find cartons of egg whites in the refrigerated section near the eggs.

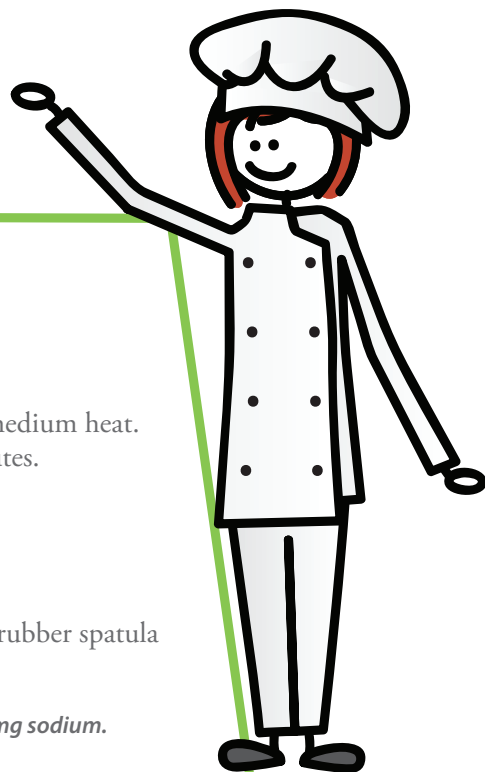
INGREDIENTS

1 small sweet potato (about $\frac{1}{3}$ lb.), peeled
1 tsp. extra-virgin olive oil
 $\frac{3}{4}$ cup chopped bell pepper
 $\frac{1}{4}$ cup chopped onion or scallion
1 whole egg
1 Tbs. non-fat or low-fat milk
 $\frac{1}{16}$ tsp. kosher salt

DIRECTIONS

1. Microwave the potato for 3 minutes then run under cold water to cool.
2. Cut the potato into cubes. In a small, nonstick skillet, heat the oil over medium heat. Sauté the potato, peppers and onions until potatoes are tender, 3-5 minutes.
3. In a bowl, whisk the eggs, milk and salt together.
4. Move the sweet potato, pepper and onion onto a plate.
5. Pour the egg into the skillet and stir constantly with a wooden spoon or rubber spatula until the eggs are hot and clump together.

Nutrition Info: 280 calories; 10g fat (2.5g sat fat); 10g protein; 38g carbs; 7g fiber; 270mg sodium.



Smoothies

Smoothies are a quick and easy option for breakfast or a snack. If you like your smoothie thick enough to eat with a spoon, use all frozen fruit. Here is a basic recipe to help you make your own combinations and a few combinations we liked.

BASIC RECIPE FOR A 2-CUP SMOOTHIE:

1 cup frozen fruit + 1 cup fresh fruit + ½ cup silken tofu or plain yogurt



HINT

Always use a clean, fresh-smelling board to cut your fruit – garlic- or onion-flavored fruit is just not nice.

PICTURED:

Frozen peaches + orange + vanilla + plain non-fat yogurt

Frozen green grapes + 2 kiwis + silken tofu

Frozen mixed berries + banana + plain non-fat yogurt

Frozen mango + pineapple + silken tofu

Nutrition Info for the berry smoothie with 0% non-fat yogurt: 240 calories; 0.5g fat (0g sat fat); 12g protein; 52g carbs; 8g fiber; 50mg sodium.



Rainbow Sandwiches

Sandwiches are your chance to eat a salad with your hands. Pick 100% whole grain bread, add a healthy base like humus, 1 slice of cheese, turkey, chicken or tuna then pile on the shrubbery.

SUGGESTED COMBOS:

Turkey

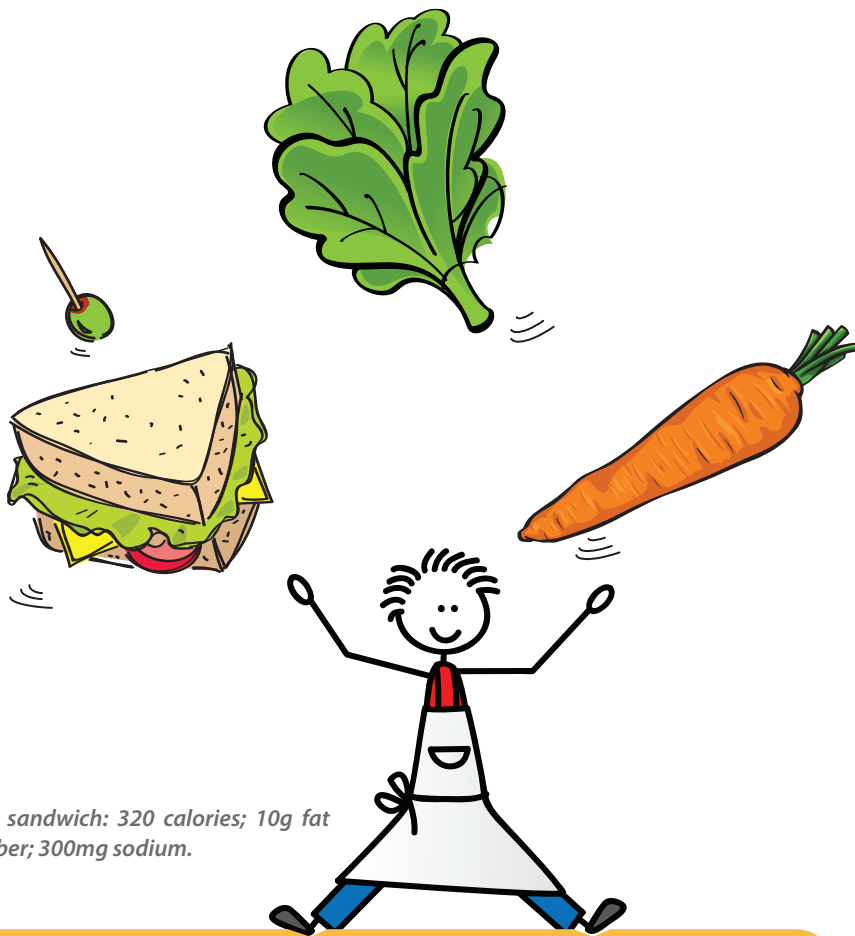
- + avocado
- + red tomato
- + yellow pepper
- + romaine lettuce

Cheese

- + cole slaw
- + radish
- + butter lettuce

Hummus

- + grated carrot
- + roasted red pepper
- + cucumber



Nutrition Info for no-salt-added turkey sandwich: 320 calories; 10g fat (2.5g sat fat); 27g protein; 33g carbs; 9g fiber; 300mg sodium.



Lunchbox Salad

Almost any raw or cooked veggies can go in your lunchbox. Try to get as many different colored vegetables in your lunchbox as possible - bell peppers, tomatoes, cucumber, corn, carrots, snap or sugar peas, broccoli, or cauliflower - then add some chicken or other protein (like tofu, chickpeas, or tuna) and a dressing that you like. We have a couple of dressings below for you to try. Just put the dressing ingredients in container with a tight-fitting lid and shake like mad.

INGREDIENTS

2 cups chopped romaine
1 cup vegetables
3 oz. grilled or sautéed chicken
3 Tbs. dressing

Creamy Citrus Dressing

2 Tbs. orange juice
2 Tbs. fresh lemon juice
¼ tsp. kosher salt
¼ cup minced scallions
¼ cup minced dill
¼ cup mayonnaise
¼ cup low-fat sour cream

Makes about 1 cup.

2 Tbs: 120 cals, 120 mg sodium

Caesar Dressing

½ cup mayonnaise
¼ cup low-fat sour cream
1 Tbs. fresh lemon juice
1 tsp. Dijon mustard
1 clove garlic, finely minced
¼ cup grated Parmesan cheese
¼ tsp. ground black pepper

Makes about 1 cup.

2 Tbs: Calories: 90; Sodium: 120 mg



Nutrition Info: 370 calories; 21g fat (3g sat fat); 30g protein; 17g carbs; 4g fiber; 370mg sodium.

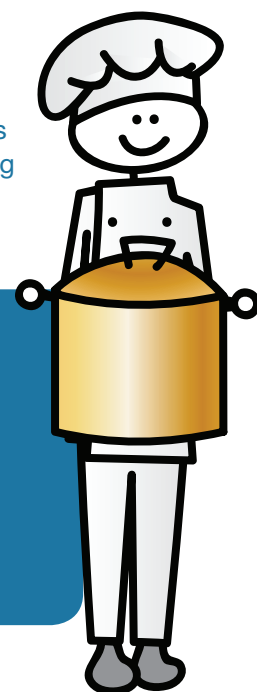


Tuscan Bean Soup

Adapted from Family Cook Productions' cookbook, *Get Your Family Eating Right!*, this is one of their most popular recipes. Although you can use any combination of cooking greens, this particular blend creates a delicious balance of flavors.

INGREDIENTS

2 Tbs. olive oil	2 15-oz. cans no-salt-added white cannellini beans
1 medium onion, chopped	4 cups low-sodium chicken or vegetable broth
2 cloves garlic, minced	3 sprigs fresh thyme
½ bunch kale (about ½ lb.)	1 tsp. kosher salt
½ bunch broccoli rabe (about ½ lb.)	Freshly ground pepper
1 28-oz. can no-salt-added whole tomatoes	



DIRECTIONS

1. Heat a large stockpot over medium heat. Add olive oil. When the oil is hot, add the chopped onion and reduce the heat to low. Cook, stirring occasionally, or until onions are translucent, about 8 minutes. Stir in the garlic and cook for 1-2 minutes.
2. While the onions are cooking, tear up the kale leaves (discard the large stems) and chop the broccoli rabe. Add the greens to the stockpot, increase heat to medium, and stir the greens until they wilt.
3. Open the cans of tomatoes and beans with a can opener. With clean hands, squeeze the tomatoes into the stockpot.
4. Drain and rinse the beans in a colander. Add to the beans and broth to the stockpot and bring to simmer, cooking 5 more minutes.
5. Pluck the thyme leaves from their stems. Add the leaves to the pot and discard the stems. Simmer for an additional 10 minutes.
6. Season with up to 1 tsp. salt and freshly ground pepper.

Makes about 10 cups.

Nutrition Info (per cup): 140 calories; 4g fat (0.5g sat fat); 9g protein; 19g carbs; 5g fiber; 330mg sodium.

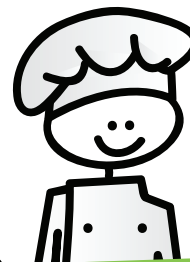


Lentil & Grain Salad

This is one of my favorite solutions to “what’s for lunch?” Toss cooked lentils and whole grain with some shredded or chopped vegetables, a bit of fresh or dried fruit, crunchy nuts or seeds, and a good vinaigrette – voila! What’s for lunch is solved! Here’s one combination you can try.

INGREDIENTS

2 cups cooked lentils*
 2 cups cooked brown rice or other whole grain**
 1 cup shredded carrot
 2 cups steamed or raw kale, chopped
 1 apple, cored and chopped
 ½ cup toasted pumpkin seeds
 ½ cup dressing
 freshly ground black pepper
 ½ tsp. kosher salt



**You'll find
some dressing
recipes on
the next page!**

DIRECTIONS

Toss all the ingredients except the salt and pepper together. Taste and season with up to ½ tsp. salt and pepper. Serves 4.

Nutrition Info: 490 calories; 23g fat (2.5 g sat fat); 17g protein; 59g carbs; 13g fiber; 450mg sodium.

*Cooking lentils is easy. French or black lentils are the best for salads but the more common brown and green will work too. For 2 cups of cooked lentils, put ¾ cup lentils with a bay leaf and whole clove of garlic in a medium pot with enough water to come up 2 inches above the lentils. Bring to a boil over high heat then reduce heat to low, cover and simmer until the lentils are tender but not falling apart. Because we want salad lentils not soup, start checking your lentils at 20 minutes. When the lentils are tender, drain and throw away the bay leaf and garlic. Rinse under cold water to cool the lentils then toss in your salad.

**The easiest way to cook brown rice or any whole grain is the same way you cook pasta – in plenty of water – no measuring and no worrying required. Your grain will be ready in about ⅔ of the usual cooking time. Bring a large pot of water to a boil, stir in the rice, boil, partially covered, until tender but not mushy. Start checking (taste it to see if you like it) your rice at 25 minutes. When the rice is cooked, drain and return to pot if serving hot or rinse if using cold.

Salad Dressings

Tasty dressing is the key to making a great salad. I hope the three dressings below will get you started with a scrumptious lentil & grain salad and help you enjoy more salads of all kinds.

Basic Dressing

1 Tbs. Dijon mustard
3 Tbs. red wine vinegar
¼ cup minced red onion
½ tsp. kosher salt
2 tsp. honey
½ cup grapeseed oil, or other neutral tasting oil (canola, safflower)

Makes about 1 cup.

Per 2 Tbs. serving: Calories: 130; Sodium: 170mg.

Sesame Dressing

2 Tbs. reduced-sodium soy sauce
2 Tbs. rice wine vinegar or cider vinegar
1 tsp. minced ginger or garlic (or both)
⅓ cup unsweetened apple sauce
1 Tbs. Asian (dark) sesame oil
⅓ cup canola oil

Makes about 1 cup.

Per 2 Tbs serving: Calories: 100; Sodium: 140mg.

Balsamic Dressing

⅓ cup balsamic vinegar
1 tsp. minced garlic (about 1 medium clove)
1 tsp. fresh thyme leaves or ¼ tsp. dried thyme
1 Tbs. dark brown sugar
¾ tsp. kosher salt
½ cup extra-virgin olive oil

Makes about 1 cup.

Per 2 Tbs. serving: Calories: 140; Sodium: 180mg.



Roasted Sweet Potato & Scallion Salad

Sweet, savory, and crunchy. Every bite contains a surprise.

INGREDIENTS

1 lb. sweet potatoes, peeled
2 bunches scallions, white and pale-green parts
cut into ½-inch pieces
2 Tbs. canola oil, divided
1 Tbs. reduced-sodium soy sauce
1 Tbs. balsamic vinegar
1 tsp. brown sugar
8 cups loosely packed salad greens (6-8 oz.)
¼ cup roasted pumpkin seeds

DIRECTIONS

1. Preheat the oven to 450°F.
2. Cut the sweet potatoes into ½-inch-thick sticks.
3. On a rimmed baking sheet, toss the sweet potatoes and scallions with 1 Tbs. of the oil. Roast until the sweet potatoes are tender, 10-12 minutes.
4. Remove and allow to cool.
5. In a large bowl, whisk the soy sauce, vinegar, and sugar with the remaining 1 Tbs. of oil.
6. Toss the salad greens with the dressing. Top with the sweet potatoes, scallions, and pumpkin seeds.

Makes 4 servings.

Nutrition Info: 240 calories; 11g fat (1g sat fat); 7g protein; 31g carbs; 8g fiber; 250mg sodium.



Chopped Salad

Chopped salads are super simple to make and you can make a great one if you include crunchy vegetables, crisp lettuce, lots of variety, and a good salad dressing.

Try out all kinds veggies - bell peppers, tomatoes, cabbage, celery, carrots, corn, cauliflower, broccoli, snow peas, snap peas, red onion, radishes or any vegetable you love. Soft herbs like basil, cilantro, or mint or all three will add a burst of flavor to your salad.

INGREDIENTS

4 radishes
½ seedless cucumber
1 bell pepper
1 cup cherry tomatoes
1 heart of romaine
1 cup chopped red cabbage
10 basil leaves
¼ cup basic dressing (recipe on page 9)
freshly ground black pepper



DIRECTIONS

1. Chop the radish, cucumber, bell pepper, tomatoes, and lettuce into small bite-sized pieces. Toss them all together in a large bowl.
2. Tear or chop the basil. Add to the bowl with the vegetables.
3. Measure and add the dressing. Toss together so that everything is well mixed.
4. Season with black pepper. Taste and add a bit more dressing if you like.

Makes 4 servings.

Nutrition Info: 120 calories; 8g fat (0.5 g sat fat); 3g protein; 13g carbs; 5g fiber; 110mg sodium.

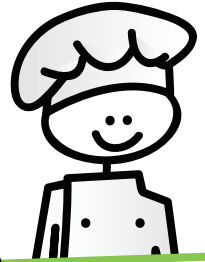


Three Sisters Salad

Adapted from Family Cook Productions' cookbook, *Get Your Family Eating Right! The combination of corn and tomatoes with lemon gives a tangy-sweet result.*

INGREDIENTS

1 medium zucchini
1 ear sweet corn or 1 cup corn kernels
1 15-oz. can no-salt-added white beans
15 grape or cherry tomatoes
5 sprigs fresh basil
2 tablespoons olive oil
1 lemon, cut in half
¼ tsp. kosher salt
freshly ground pepper



You can find
Family Cook Productions
at
www.familycookproductions.com

DIRECTIONS

1. Shred the zucchini using a grater, using the setting for the largest size pieces. Place shredded zucchini in a large mixing bowl.
2. Slice the kernels off the ear of corn and add to the bowl.
3. Drain and rinse the beans and add to the bowl. Mix well.
4. Slice the tomatoes in half. Add to bowl.
5. Remove the basil leaves from the stems. Chop the leaves and add to the bowl. Discard the stems.
6. Measure and add the olive oil. Squeeze the lemon over a small bowl, discard seeds, and add to salad. Measure and sprinkle with the salt and mix well. Season to taste with pepper.

Makes 4 servings.

Nutrition Info: 190 calories; 9g fat (1g sat fat); 7g protein; 23g carbs; 6g fiber; 160mg sodium.



Fish Tacos

Tacos are a great way to introduce a variety of vegetables into the mix of what you're eating. Everyone can fill their taco with the ingredients that they like – you win if you make your taco the most colorful at the table.

Try some other combinations - fill crisp corn taco with refried black beans topped with corn, salsa, and shredded lettuce or chicken sautéed with onions and bell peppers topped with guacamole and lettuce.

TACOS & TOPPINGS

10 6-inch soft corn tortillas, warmed
1 recipe crispy fish
1 recipe cilantro sauce
1 avocado, peeled and cut into chunks
1 cup cherry tomatoes, chopped
2 cups finely shredded red cabbage

TO ASSEMBLE

Top each tortilla with fish, cilantro sauce, avocado, tomato, and cabbage, then fold in half.

Sauce &
Crispy Fish recipes
are on the next page!



Crispy Fish & Cilantro Sauce for Fish Tacos

This crispy fish is delicious on its own but especially good in the tacos. We loved this recipe with tilapia and cod. We've substituted a crispy corn meal crust on the fish for battered fish that's deep-fried but you can use sautéed white fish instead. Try the cilantro sauce on other tacos too.

Crispy Fish

- 1 cup cornmeal
- 1½ lbs. firm, white fish, cut into 1-inch strips across the width of the fish
- ¼ tsp. kosher salt
- ½ tsp. chili powder, optional
- ¼ cup canola oil

Spread the cornmeal on a plate. Season the fish with salt and chili powder, if using. Pat the fish in the cornmeal to coat on all sides. Heat the oil in a large non-stick skillet over medium heat until hot but not smoking. Fry in the oil until the cornmeal is lightly browned and fish is cooked through, 1-2 minutes per side. Remove and drain on paper towels.



Cilantro Sauce

- ¼ cup low-fat sour cream
- 1 jalapeno pepper, seeded
- 2 Tbs. fresh lime juice
- 20 sprigs cilantro
- ¼ tsp. kosher salt

In a food processor or blender, puree the sour cream, jalapeno, lime juice, cilantro, and salt. Put in a small bowl and set aside.

Makes 10 tacos.

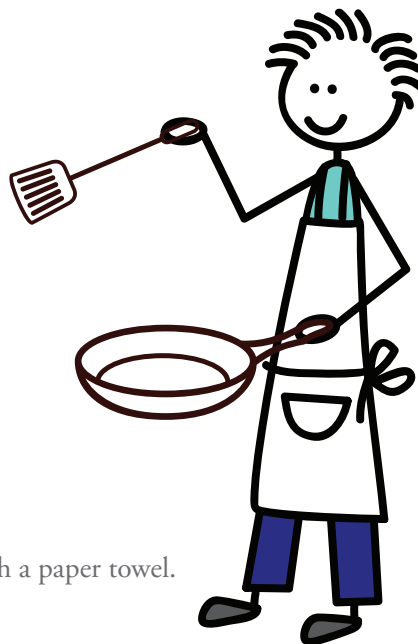
Nutrition Info for 1 taco: 180 calories; 7g fat (1g sat fat); 8g protein; 22g carbs; 4g fiber; 140mg sodium.

Sesame Tofu

We used white and black sesame seeds but all white works just fine. You can make this recipe with chicken or fish instead of tofu. We served our sesame tofu with brown rice and bok choy.

INGREDIENTS

14 oz. extra-firm tofu, drained
 ¼ cup sesame seeds
 2 Tbs. canola oil
 3 cloves garlic, minced
 1 tsp. grated ginger
 1 Tbs. balsamic vinegar
 2½ Tbs. lower-sodium soy sauce
 1 Tbs. brown sugar
 1 tsp. corn starch



DIRECTIONS

1. Cut the tofu into 12 three-quarter-inch-thick slabs. Blot well with a paper towel.
2. Spread the sesame seeds on a plate and press the tofu into them.
3. In a large non-stick pan, sauté the tofu in the oil until the sesame seeds are golden brown, about 3 minutes per side. Remove the tofu.
4. In a small bowl, whisk together garlic, ginger, vinegar, soy sauce, sugar, corn starch, and ½ cup of water.
5. Add to the pan and simmer until thickened, about 2 minutes. Pour the sauce over the tofu.

Serves 4.

Nutrition Info: 230 calories; 16g fat (2g sat fat); 12g protein; 11g carbs; 3g fiber; 340mg sodium.



Chicken Peanut Curry

Strongly flavored stews (like this curry) are a great opportunity to add your favorite vegetables or try a new vegetable or two. For a vegetarian version of this dish, swap two 15 oz. cans of drained, no-salt-added chickpeas for the chicken. If you can't eat peanuts, use a can of light coconut milk in place of the peanut butter and water. You can serve this curry with brown rice or whole wheat naan (Indian flat bread that you can cut into wedges and toast).

INGREDIENTS

- 1 onion, chopped
- 2 Tbs. canola oil
- 1 Tbs. curry powder
- 1 15 oz. can no-salt-added diced tomatoes
- 1/3 cup unsalted crunchy peanut butter
- 2 large carrots, peeled and sliced
- 1/2 lb. snap peas, trimmed
- 3/4 lb. boneless, skinless chicken breast, cut into bite-sized pieces
- 1/2 tsp. kosher salt

DIRECTIONS

1. Sauté the onion in the oil until it starts to brown, 3-5 minutes.
2. Stir in the curry powder and cook for 1 minute.
3. Add the tomatoes, carrots, and 1 cup of water and simmer until carrots are tender, 8-10 minutes.
4. Stir in the peanut butter. Add the snap peas and chicken to the skillet and gently simmer until the meat is cooked through, 3- 5 minutes.
5. Season with up to 3/4 tsp. of salt.

Makes 4 servings.

Nutrition Info: 350 calories; 20g fat (3g sat fat): 25g protein; 20g carbs; 6g fiber; 330mg sodium.



Spinach and Basil Pesto

You can make pesto in a flash—just pop your ingredients into a food processor and give them a buzz. Enjoy tossed with pasta combined with any green vegetable you like—try asparagus, broccoli, green beans, peas, edamame, or zucchini. You can add the trimmed, chopped vegetables into the boiling pasta for the last minute or two of cooking.

INGREDIENTS

- ¼ cup roasted cashews
- 1 clove garlic
- 1/3 cup grated Parmesan cheese
- 3 cups baby spinach
- 1 cup basil leaves
- ¼ cup extra-virgin olive oil
- ½ tsp. kosher salt
- Freshly ground black pepper

DIRECTIONS

Combine the nuts, garlic, and Parmesan in a food processor. Pulse a few times to mince. Add the spinach, basil and oil. Pulse until the spinach and basil are coarsely chopped. Season with up to ½ tsp. of the salt and plenty of pepper.

Makes about 1¼ cups (5 ¼-cup servings).

Nutrition Info: 170 calories; 16g fat; (3g sat fat); 4g protein; 4g carbs; 1g fiber; 300mg sodium.



Broccolini with Lemon Parmesan Sauce

This tangy, savory sauce is great on other roasted, sautéed, or steamed vegetables. Try asparagus, broccoli, cauliflower, zucchini, green beans, snow peas and snap peas.

INGREDIENTS

1 Tbs. extra-virgin olive oil
3 cloves garlic, minced
1 lb. broccolini, chopped
1 Tbs. lemon juice
1 Tbs. mayonnaise
3 Tbs. parmesan cheese
freshly ground black pepper



DIRECTIONS

1. Heat the oil in a large sauté pan over medium heat until hot.
2. Sauté the garlic until golden, stirring constantly, about 1 minute.
3. Add the broccolini to the pan with $\frac{1}{4}$ cup of water. Turn the heat to high and allow the water to steam the broccolini until tender and all the water has evaporated, 2-3 minutes. Add up to another $\frac{1}{4}$ cup of water if the pan is dry before the broccolini is tender.
4. In a small bowl, whisk together the lemon juice, mayonnaise, parmesan, and black pepper. Drizzle over the broccolini.

Serves 4.

Nutrition Info : 110 calories; 8g fat (1.5g sat fat); 5g protein; 7g carbs; 3g fiber; 110mg sodium.

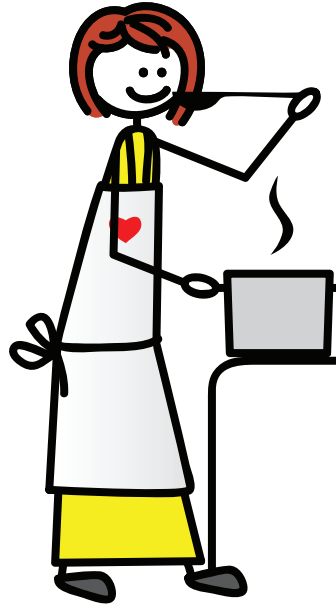


Mixed Rice with Roasted Veggies

We used a rice blend that contained wild, brown, red and black rice. You can use any whole grain for this recipe, adjusting the cooking time as needed.

INGREDIENTS

¾ cup mixed rice
2 bell peppers, chopped
2 Tbs. extra-virgin olive oil, divided
1 red onion, diced
2 Tbs. balsamic vinegar
¼ cup pine nuts
¼ cup golden or regular raisins
½ tsp. kosher salt



DIRECTIONS

1. In a large pot, boil the rice in plenty of water until tender, about 30 minutes.
2. While the rice is cooking, preheat the oven to 450F.
3. Line two rimmed baking sheets with foil. On one, toss the peppers with 1 Tbs. of the oil. On the other, toss the onion with the remaining 1 Tbs. of oil and the vinegar. Roast for 15 minutes.
4. Add the pine nuts to the peppers and the raisins to the onions and continue to roast until the nuts are browned, 4-5 minutes.
5. Drain the rice well and toss with the peppers, pine nuts, onions, and raisins.
6. Season with up to ½ tsp. of salt.

Serves 4.

Nutrition Info: 280 calories; 12g fat (1.5g sat fat); 5g protein; 42g carbs; 5g fiber; 260mg sodium.



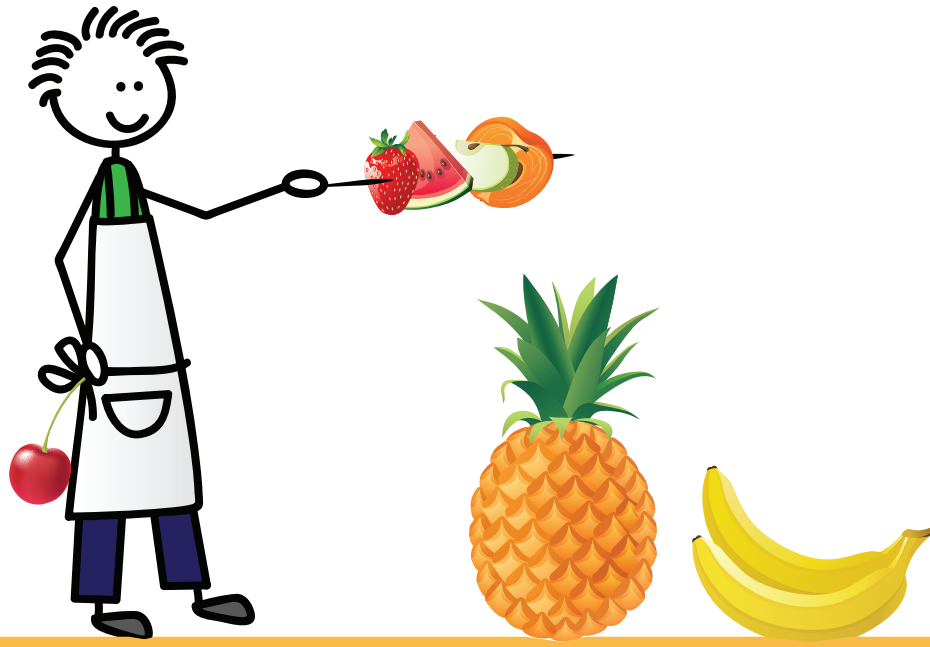
Fruit Kebabs

Any fruit you like chopped or cut into shapes with small cookie cutters will make fun fruit kebabs. We used cantaloupe, honeydew, mango, pineapple, papaya, strawberries, and raspberries. The more colors you get on your stick, the better.

Most flavored yogurts have too much added sugar to be good for you so we mixed plain, Greek yogurt with vanilla yogurt to get to a happy, healthy balance for our kebab dip.

The nutritional information is for 1 cup of fruit and 1/4 cup of yogurt dip.

Nutrition Info: 110 calories; 1g fat (0g sat fat); 5g protein; 22g carbs; 4g fiber; 40mg sodium.

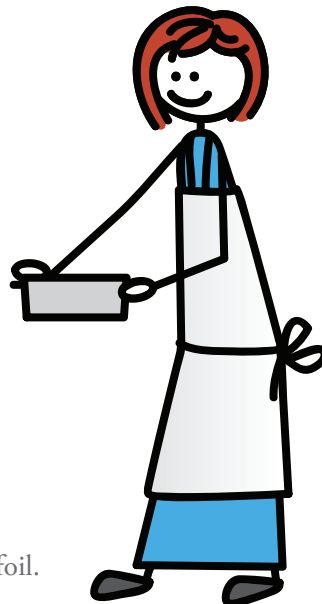


Crispy Cinnamon Oat Topping

A little bit of sweet, crispy topping on yogurt or fruit is very satisfying. The mixture is super hot when it comes to a boil and right after it comes out of the oven, so be careful and no taste tests until it's cooled!

INGREDIENTS

1 Tbs. canola oil
 ¼ cup brown sugar
 2 Tbs. maple syrup or honey
 ½ tsp. cinnamon
 ¼ tsp. salt
 2 cups rolled oats
 ¼ cup sunflower seeds



DIRECTIONS

Preheat oven to 300°F. Line a large baking sheet with foil.

Stir together oil, sugar, honey, salt, cinnamon, and 2 Tbs. water in a medium saucepan and bring to a boil over high heat. Reduce heat to medium and add oats and sunflower seeds and cook, stirring until oats are evenly coated. Spread the oats and seeds in a thin layer on lined baking sheet. Bake until brown, 15 to 20 minutes, stirring once or twice to ensure even browning. Cool on baking sheet on a rack 20 minutes.

Makes 2½ cups (10 ¼-cup servings). Pictured here with unsweetened apple sauce.

Nutritional Info: 130 calories; 4g fat (0g sat fat); 3g protein; 20g carbs; 2g fiber; 50mg sodium .



Crunchy Nut & Seed Topping

This topping is a treat so eat it with fruit or yogurt. The mixture is super hot when it comes to a boil and right after it comes out of the oven, so be careful and no taste tests until it's cooled!

INGREDIENTS

1 Tbs. canola oil
 ¼ cup brown sugar
 2 Tbs. honey
 ¼ tsp. salt
 ¼ cup sesame seeds
 2 cups chopped walnuts or pecans

DIRECTIONS

1. Preheat oven to 325°F. Line a large baking sheet with foil.
2. Stir together oil, sugar, honey, salt, and 2 Tbs. water in a medium saucepan and bring to a boil over high heat.
3. Reduce heat to medium and add sesame seeds and nuts and cook, stirring constantly, 2 minutes.
4. Spread the nuts and seeds in a thin layer on lined baking sheet. Bake until golden brown, 8 to 10 minutes.
5. Cool on baking sheet on a rack 20 minutes, then break into small clusters with your hands.

Makes 3 cups (12 ¼-cup servings). Pictured here with fresh, chopped pears.

Nutritional Info: 180 calories; 16g fat (1.5g sat fat); 2g protein; 10g carbs (1/2 Tbs. added sugar); 2g fiber; 50mg sodium.

