

Berkley Center Family Resource

Healthy Activities & Recipes for Daily Living



UMKC

School of Nursing
and Health Studies

Product of UMKC RN-BSN Nursing Program Fall 2014

Breakfast

Crockpot Breakfast Omelette—Page 5

Slow Cooker Oatmeal—Page 6

Cherry Vanilla Oatmeal—Page 7

Oatmeal With a Twist—Page 8

Lunch

Red, White and Green Grilled Cheese—Page 9

Confetti Chicken Wraps—Page 10

Zesty Meatball Sandwich—Page 11

Quick & Creamy Fruit Salad—Page 12

Information

Benefits of Exercise—Page 18

Statistics on Exercise—Page 18

Indoor Activities—Page 18

Outdoor Activities—Page 19

Activities In The Kansas City Area—Page 19

Ingredient Substitutions—Pages 20

Food Allergy—Page 22

Why Eat Fruits & Vegetables—Page 23

Portion Sizes—Back cover

Snacks

- Fresh Fruit Burritos—Page 13**
- Pumpkin Spice Muffins—Page 14**
- Crock Pot Applesauce—Page 15**
- 1-Minute Apple Tortilla—Page 16**
- Baked Mac & Cheese—Page 17**
- Italian Bagel Snack—Page 24**
- Strawberry Banana Smoothies—Page 25**
- No-Bake Granola Bars—Page 26**
- Creamy Carrots—Page 27**
- Banana-Berry Yogurt Pops—Page 28**
- Gluten Free Blueberry Yogurt Muffins—Page 29**

Dinner

- Light Chicken Caesar Salad—Page 30**
- Chili—Page 31**
- Easy & Tasty Barbecue Chicken Sandwiches in the Crock Pot—Page 32**
- Italian Pasta Skillet—Page 33**
- Slow Cooker Tortilla Soup—Page 34**
- Garlic Chicken & Potatoes—Page 35**
- Black Bean and Cheese Enchiladas with Ranchero Sauce—Page 36**
- Phyllo Pizza with Feta, Basil, and Tomatoes—Page 37**

Notes

Before starting any new diet and exercise program please check with your doctor and clear any exercise and/or diet changes with them before beginning.

Crockpot Breakfast Omelette

From: www.food.com

Serves: 15

Prep Time: 25 min

Cook Time: 7 hrs

Instructions

Grease the inside of the crockpot with butter. Now layer your ingredients bottom to top using half of each ingredient of potatoes, bacon, onions and peppers, cheese, potatoes, bacon, onions and peppers and cheese. Now, beat the eggs, milk, and salt together. Pour this over the whole mixture. Cook on low for 7-8 hours.

Notes

Healthy Living Tip: Make this tasty breakfast for weekend breakfast or brunch, and then refrigerate leftovers in portioned sizes that are easy to grab, reheat, and eat on the go for those busy weekday mornings. Or, use leftovers to create breakfast burritos, which can be frozen and eaten at a later time.

Nutritional Information

Amount Per Serving: Calories 260.6, Calories from Fat 167, Total Fat 18.5g, Saturated Fat 6.2g, Cholesterol 192.0mg, Sugars 0.6 g, Sodium 407.2mg, Total Carbohydrate 12.7g, Dietary Fiber 1.0g, Sugars 0.6 g, Protein 10.4g

Ingredients

12 eggs

1 (32 ounce) bag of frozen hash brown potatoes (partially thawed)

1 lb bacon, cut into small pieces (fried and drained)

1/2 cup diced onion

1/2 cup diced green pepper

3/4 lb shredded cheddar cheese

1 cup milk

1/2 teaspoon salt



www.food.com/recipe/crockpot-breakfast-omelette-410913

Slow Cooker Oatmeal

From: healthyeating.com

Serves: 4

Prep Time: 15 min

Cook Time: 2 hrs

Instructions

Spray or butter the inside of crockpot. Put ingredients into crockpot and stir. Cover and cook on low overnight.

It will be ready in the morning so you substitute their cold cereal with ease.

Serve with milk.

Notes

Fun to experiment with. Splenda works well instead of sugars. Cinnamon is great.

Nutrition Information

Calories: 246, Total Fat: 2 g, Saturated Fat: <1 g, Polyunsaturated Fat: <1 g, Monounsaturated Fat: Sodium: 206 mg, Carbohydrates: 54 g, Protein: 8 g, Fiber: 4 g, Vitamin A: 267 mg, Vitamin C: 2 mg, Calcium: 187 mg, Iron: 2 mg

Ingredients

2 cups
Milk

1/4 cup
Brown sugar

1/4 tsp
Salt

1 cup
Rolled Oats, regular

1 cup
Chopped Apple

1/2 cup
Raisins (optional)



allisontibbsfitness.wordpress.com

Cherry Vanilla Oatmeal

From: www.healthyeating.org Prep Time: 5min
Serves: 4 Cook Time: 10 min

Instructions

Cook quick oatmeal, adding dried cherries and vanilla during cooking. Allow 5 to 7 minutes to cook. Once oatmeal is cooked to desired consistency add cherry preserves/cherry jam. Spoon into bowls and serve.

Notes

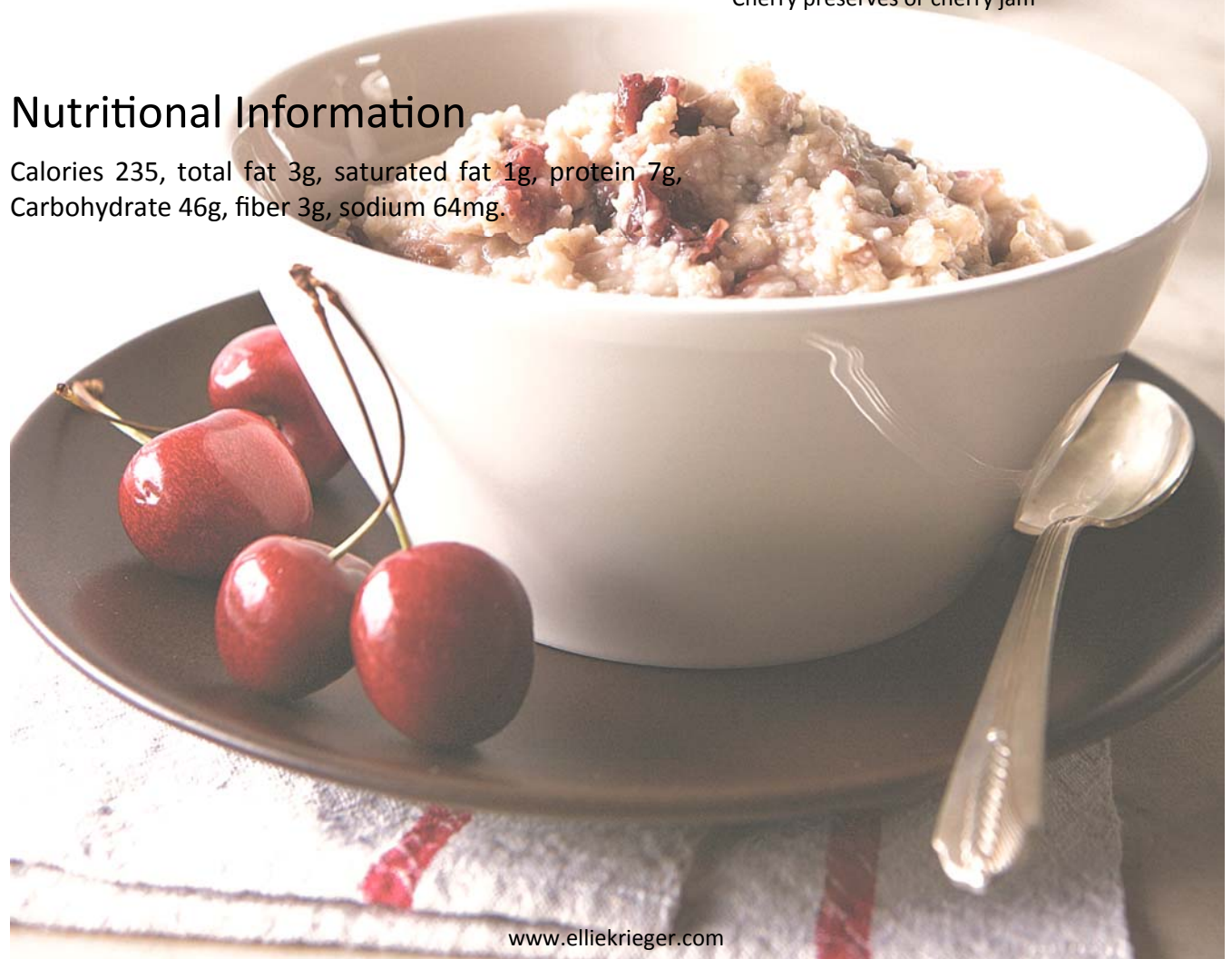
Kids Can Help Make It , Kids Love It, Quick to Prepare (under 30 minutes), Simple (6 or less ingredients)

Nutritional Information

Calories 235, total fat 3g, saturated fat 1g, protein 7g, Carbohydrate 46g, fiber 3g, sodium 64mg.

Ingredients

- 1 cup oatmeal, quick-cook
- 2 cups Milk, low fat
- 1/2 cup Dried cherries
- 1 tsp Vanilla extract
- 1/4 cup Cherry preserves or cherry jam



www.elliekrieger.com

Oatmeal with A Twist

From: kidshealth.com

Serves: 1 (1 bowl)

Prep Time: 10 min

Cook Time: 10 min

Instructions

Pour the water, oats, and salt into a medium-size pot on the stovetop. Heat the mixture until it boils, then turn the heat to low. Using a wooden spoon, stir in the applesauce and cinnamon. Cook on low heat and continue to stir the mixture for 5 minutes. Pour the oatmeal into a bowl and sprinkle the brown sugar on top. Allow the oatmeal to cool for a minute before digging in.

Nutrition Information

390 calories, 13 g protein, 6 g fat, 74 g carbohydrate, 9 g fiber, 0 mg cholesterol, 302 mg sodium, 64 mg calcium, 4.3 mg iron

Note: Nutritional analysis may vary depending on ingre-

Ingredients

1 cup
water

1/2 cup
Rolled oats

Dash
salt

1/4 cup
applesauce

Pinch
cinnamon

2 tsp
Brown sugar



<http://www.thenutritionpost.com/kids/babis-kitchen-kids-cooking-series-2-video.html>

Red, White and Green Grilled Cheese

From: www.healthyeating.org Prep Time: <15 min

Serves: 4

Cook Time: <15 min

Instructions

Preheat oven to 400 'F. Place a large baking sheet in the oven to preheat for about 10 minutes. Heat garlic using cooking spray over medium heat. Cook until soft, but not browned. Add onions, and continue to cook until onions are soft, but not browned. Add spinach, and toss gently. Cook until spinach is heated throughout. Season with pepper, and set aside to cool.

When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, 1/2 cup of spinach mixture, 1/4 cup of cheese, and a second slice of bread on top. (For picky eaters, see Cook's Notes below.)

Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned. Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned.

Notes

Kids Can Help Make It , Kids Love It, Quick to Prepare (under 30 minutes), Vegetarian

For picky eaters, start with less spinach in the sandwich, and possibly serve the remaining amount on the side.

Nutritional Information

Calories: 245, Total Fat: 8 g, Saturated Fat: 4 g, Sodium: 468 mg, Carbohydrates: 29 g, Protein: 17 g, Fiber: 6 g, Vitamin A: 130%, Vitamin C: 6%, Calcium: 350 mg, Iron: 15%

Ingredients

1 tsp

Garlic, minced (about one-half clove)

1 small Onion

Minced (about one-half cup)

2 cups

Frozen cut spinach, thawed and drained (or substitute 2 bags, 10 ounces each, fresh leaf spinach, rinsed)

1/4 tsp

Ground black pepper

8 slices

Whole-wheat bread

1 medium

Tomato, rinsed, cut into 4 slices

1 cup

Shredded part-skim mozzarella

Nonstick cooking spray



www.healthyeating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/91780/red-white-and-green-grilled-cheese.aspx

Confetti Chicken Wraps

From:
mealmakeovermoms.com
Serves: 12

Prep Time: 5min
Cook Time: 15 min

Instructions

Heat the oil in a large nonstick skillet over medium-high heat. Add the bell pepper and cook, stirring frequently, until tender, about 5 minutes. Add the chicken, cumin, and chili powder and cook until the chicken is no longer pink, 4 to 5 minutes. Stir in the beans, corn, cheese, and salsa and cook until the mixture is heated through and the cheese is melted, about 2 minutes.

Meanwhile, stack the tortillas on a microwave safe plate, uncovered, and heat in the microwave until warmed through, 30 to 45 seconds. Assemble by placing the chicken mixture down the center of each tortilla. Wrap burrito style and serve with sour cream as desired.

Nutritional Information

Calories 447, Total fat 15 g, saturated fat 6g, protein 33g, total carbohydrates 47g, fiber 7g, sodium 872 mg.



<http://mealmakeovermoms.com/recipes/mexican-tonight/confetti-chicken-wraps/>

Ingredients

1 Tbsp
Canola oil

1 large
Orange bell pepper, finely diced

1 lbs
Boneless, skinless chicken breast halves, cut into bite sized pieces

1/2 to 1 tsp
Ground cumin

1/2 to 1 tsp
Chili powder

15 & 1/2 ounce can
Pinto beans, drained and rinsed

1 cup
Frozen corn kernels, thawed

1 cup
Pre-shredded reduced fat cheddar cheese

3/4 cup
salsa

6-8 flour tortillas, 8 inch

1/2 cup
Reduced fat sour cream, optional

Zesty Meatball Sandwich

From: healthyeating.org

Serves: 6-8

Prep Time: 15 min

Cook Time: 6 hours

Instructions

In a large bowl, beat egg with salt, Italian seasoning, red pepper flakes and garlic. Add chopped onion, beef, turkey, bread crumbs and parmesan cheese; mix well. Shape mixture into 1-inch balls and brown in a large skillet. Drain meatballs and transfer to a 5 quart slow cooker/Crock Pot. In the same bowl, mix tomato sauce and wine; pour over meatballs. Cover and cook on low for 5 ½ to 6 hours. To serve, place 3-4 meatballs in each split roll; top with sauce from slow cooker. If desired add condiments and serve.

Nutritional Information

Calories 452, total fat 18g, saturated fat 6g, protein 37g, carbohydrates 42g, fiber 37g, sodium 962 mg.



<http://recipes.howstuffworks.com/zesty-meatball-sandwiches-recipe.htm>

Ingredients

- 1 egg
- 1/2 tsp salt
- 1/2 tsp Italian seasoning
- 2 cloves Garlic, minced or 1/4 tsp garlic powder
- 1/4 cup Chopped onion
- 1 lb Extra lean ground beef
- 1 lb Ground turkey
- 1/2 cup Bread crumbs
- 1/3 cup Grated parmesan cheese
- 1 (16 ounces) can Tomato sauce
- 2 Tbsp Red wine vinegar
- 8 hoagie type sandwich rolls Split and warmed

Quick & Creamy Fruit Salad

From: foodnetwork.com

Serves: 6

Prep Time: 10 min

Cook Time:

Instructions

Put the apples, melon, pineapple, dried cherries, yogurt, cream of coconut and salt in a large bowl and stir.

Nutritional Information

Calories 274, Total Fat 4.5 g, Saturated Fat 3.5 g, Protein 2 g, Total Carbohydrate 60 g, Sugar 53 g, Fiber 4 g, Cholesterol 1 mg, Sodium 86 mg

Ingredients

2 Granny Smith apples
Cored and cut into 1/2 inch chunks

1 medium honeydew melon
Cut into 1/2 inch chunks (about 2 cups)

20 ounce can
Pineapple rings in syrup, drained and cut into chunks

1/2 cup
Dried cherries

1/2 cup
Plain yogurt

1/2 cup
Cream of coconut

Pinch of salt



<http://www.foodnetwork.com/recipes/sunny-anderson/quick-and-creamy-fruit-salad-recipe.html>

Fresh Fruit Burritos

From: healthyeating.org

Serves: 4

Prep Time: 15-30min

Cook Time:

Ingredients

4 6-inch flour tortillas

4 Tbsp creamy peanut butter

1 Banana

4 medium fresh strawberries

1 medium fresh peach

1/4 cup fresh blueberries

4 Tbsp vanilla yogurt

Instructions

Wash fresh strawberries, blueberries, and peach; peel peach, halve and remove the pit. For each burrito, spread 1 Tbsp peanut butter evenly on a flour tortilla to within 1/2 inch of edge. Onto each tortilla distribute in a line along the center 1/4 sliced banana, 1 sliced fresh strawberry, 1/4 thinly sliced peach and approx. 1 Tablespoon blueberries. Drizzle 1 Tablespoon vanilla yogurt over the fruit.

Nutritional Information

Calories 258, Total Fat 11g, Polyunsaturated Fat 3g, Mono unsaturated Fat 5g, Protein 8g, Total Carbohydrate 35g, Fiber 4g, Cholesterol mg, Sodium 239 mg, Vitamin A 19RE, Vitamin C, 12mg, Calcium 77mg, Iron 2mg



<http://www.healthyeating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/9522/fresh-fruit-burritos.aspx>

Pumpkin Spice Muffins

From: www.pcrm.org

Serves: 10-12

Prep Time: 10 min

Cook Time: 25-30 min

Instructions

Preheat oven to 375 F. Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in large bowl. Add pumpkin, 1/2 cup of water, and raisins. Stir until just mixed. Spoon batter into oil-sprayed muffin cups, filling to just below the tops. Bake 25-30 minutes, until tops of muffins bounce back when pressed lightly. Remove from oven and let stand for 5 minutes. Remove muffins from pan and cool on rack. Store cooled muffins in an airtight container.

Nutritional Information

Per Muffin

Calories 131, Total Fat 0.5g, Protein 3g, Total Carbohydrate 31g, Sugar g, Fiber 4g, Cholesterol mg, Sodium 236 mg

Ingredients

2 cups whole wheat flour or wheat pastry flour

1/2 cup sugar

1 Tbsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1/2 tsp cinnamon

1/4 tsp nutmeg

1 15 ounce can solid-pack pumpkin

1/2 cup raisins



Crock Pot Applesauce

From: www.food.com

Serves: 6 cups

Prep Time: 25min

Cook Time: 3hours 25 min

Ingredients

4lbs tart apples
Cored and sliced thin

1/2 cup sugar

1/2 tsp cinnamon

1 cup water

1 Tbsp lemon juice

Instructions

Mix apples (about 12 cups) with cinnamon and sugar and put into crock pot. Pour water and lemon juice over apples. Cook on low for 6 hours or high for 3 hours.

Nutritional Information

Calories 222.8 Total Fat 0.5g Saturated Fat 0.0 g, Protein 0.8g, Total Carbohydrate 58.7 g, Sugar 48.1g, Fiber 7.3g, Cholesterol 0.0 mg, Sodium 4.4mg, Calories from fat 4,

Healthy Living Tip:

Use your favorite apples or whatever is on sale, make a double or triple batch to freeze in portioned sizes that are perfect for on-the-go snacking or substituting for eggs and oil in baking recipes.



<http://www.food.com/recipe/crock-pot-applesauce-69127>

1-Minute Apple Tortilla

From: www.kraftrecipes.com Prep Time: 1min
Serves: 1 Cook Time: 1 min

Instructions

PLACE tortilla on microwaveable plate. Place Singles on half of tortilla; top with apples. Fold tortilla in half; cover with waxed paper.

MICROWAVE on HIGH 30 sec. or until Singles is melted.

Nutritional Information

Per serving: Calories 150, Total fat 6 g, Saturated fat 3 g, Cholesterol 20 mg, Sodium 490 mg, Carbohydrate 19 g, Dietary fiber 3 g, Sugars 6 g, Protein 6 g, Vitamin A 6 % DV, Vitamin C 2 %DV, Calcium 25 %DV, Iron 6 %DV

Tips:

Substitute

Prepare using 2% Milk Singles.

Turkey and Cheese Quesadillas

Prepare as directed, topping Singles with 1 slice Oven Roasted Turkey Breast.

Ham and Cheese Quesadillas

Prepare as directed, topping Singles with 1 slice Ham.

Ingredients

1 tortilla (6 inch)
whole wheat

1 slice
cheese

¼ cup
thinly sliced apples



<http://www.kraftrecipes.com/recipes/1-minute-apple-tortilla-76126.aspx>

Baked Mac & Cheese

From: www.eatingwell.com

Prep Time: 25 min

Serves: 4

Cook Time: 30 min

Instructions

1. Put a large pot of water on to boil. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking spray.
2. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.
3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.
5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

Nutritional Information

Per serving: 576 calories; 22 g fat (11 g sat, 2 g mono); 69 mg cholesterol; 63 g carbohydrates; 37 g protein; 9 g fiber; 917 mg sodium; 403 mg potassium.

Tips

Make Ahead Tip: Prepare through Step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes.

Tip: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about 1/3 cup dry crumbs. Or use prepared coarse dry breadcrumbs.

Ingredients

- 3 tablespoons plain dry breadcrumbs, (see Tip)
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon paprika
- 1 16-ounce or 10-ounce package frozen spinach, thawed
- 1 3/4 cups low-fat milk, divided
- 3 tablespoons all-purpose flour
- 2 cups shredded extra-sharp Cheddar cheese
- 1 cup low-fat cottage cheese
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 8 ounces (2 cups) whole-wheat elbow macaroni, or penne

EXERCISE

Benefits of Exercise

- Helps to promote interaction and kinship
- Creates strong bonds
- Exercising together encourages otherwise inactive family members to engage in physical exercise.
- Builds good health habits and also enforces healthy life choices and habits in children

Statistics on Exercise

- Approximately 1 out of every 6 children is obese, while approximately 1 out of every 3 children is overweight (“Active kids”, 2014).
- Children who receive the recommended amount of exercise for their respective age groups perform better in their academic endeavors (“Active kids”, 2014).
- Only about 1 out of every 3 students are participating in the recommended amount of exercise (“Get Active,” n.d.).
- Regular physical activity that meets the recommended amounts can help promote healthy sleep patterns, reduce risks of colon cancer in later life, increase abilities in concentration and focus, and help to decrease levels of stress and anxiety (“Physical activity,” n.d.).

Indoor Exercise

- Balloon Ball – There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch.
- Animal Races – Hop like a bunny or a frog, squat and waddle like a duck, etc.
- Dance Party – Turn on the music and shake your groove thang.
- Clean-Up Race – Set a timer or put on a song and see who can right the room the fastest.
- Sleeping Giants - A combination of "pretend play" and physical activity to stimulate imagination and multi-directional movement while strengthening heart, lungs, muscles and agility.
 - ◇ Explain to the children that they are going to pretend to be giants who like to jump. Let them jump up and down for fun and practice. Tell them to stop jumping when you say "Sleeping Giants!"
 - ◇ Once they hear "Sleeping Giants" children will stop and lie very still on the floor. When you say "Waking Giants" the children will jump up and down until you call out "Sleeping Giants" again.
 - ◇ Continue the game to allow children to practice stopping and starting. Substitute other motor skills instead of jumping, for example walking (penguins!), hopping (frogs!), skipping (elephants!), crawling (bears!) and marching.
 - ◇ Additional ideas to include are creating masks or use dramatic play props as they pretend to be giants; inventing facial expressions, sounds, or movements that they think a giant would make; taking photos of the children moving like giants and sending them to their friends.

EXERCISE

Outdoor Activities

Go for a walk - Go to the park - Play with the family pet - Tag - Hide and Seek
Make an obstacle course - Have a scavenger hunt

Activities in the Kansas City Area

Deanna Rose Children's Farmstead

Designed to depict a turn-of-the-century family farm, the Deanna Rose Children's Farmstead has almost 200 animals and birds of prey, vegetable and flower gardens, a one-room country schoolhouse, an old-time fishing pond, pony rides and more.

FREE: Mon-Thu

13800 Switzer Rd Overland Park, KS 66221

913-897-2360

Cave Spring Historic Site & Nature Center

Cave Spring is a 39-acre urban nature center and historic area located in Kansas City, MO. The area includes an interpretive center building, picnic area, and scenic walking trails. The easily traveled hiking trails combined with the natural features of a cave and wildlife habitat pond allow many opportunities to pursue ecological studies.

Free: 8 a.m. - Dusk

8701 E. Gregory Blvd. Kansas City, MO 64133

816-547-9679

Kidscape at Johnson County Museum

The mini-town at Johnson County Museum is a wonderful place to spend a morning or afternoon - kids can explore the hospital, theater, park, boutique and much more! There are lots of hands-on activities and the museum also offers some free music and art programs throughout the year. Kidscape is a mini town just for kids. Play golf or fish in the park, put on a show in the theater create in the art studio, milk a cow on the farm, browse the bookstore.

FREE Open Monday-Saturday 10:00-4:30pm

6305 Lackman Road Shawnee, KS 66217

913-715-2550

Loose Park

Spend the day outside with your family at this historical site. At 75-acres, Jacob L. Loose Park is one of Kansas City's most popular, beautiful and historical. The park is well-known locally as being a major site for the Battle of Westport where Confederate forces were routed by Union forces in the area in which the park is now located.

Attractions: Battle of Westport Grand Army of the Republic Monument, Civil War Cannon, Laura Conyers Smith Municipal, and Rose Garden. Amenities include: picnic area, playground, Tennis, Rain Garden, and Spray ground.

5200 Wornall, Kansas City, MO 64112

816-784-5300

Your guide to ingredient substitutions for healthy recipes

If your recipe calls for this ingredient:	Try substituting this ingredient:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)
Bread, white	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Also don't substitute diet, whipped or tub-style margarine for regular margarine.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Cream	Fat-free half-and-half, evaporated skim milk
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
If your recipe calls for this ingredient:	Try substituting this ingredient:
Flour, all-purpose (plain)	Whole-wheat flour for half of the called-for all-purpose flour in baked goods Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.

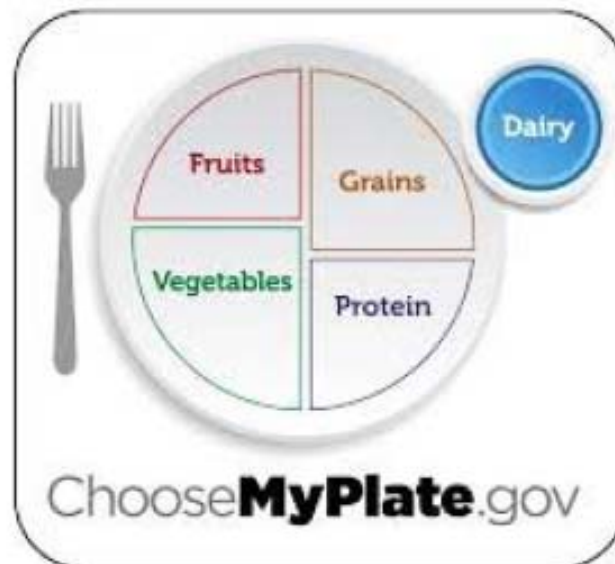
If your recipe calls for this ingredient:	Try substituting this ingredient:
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Ground beef	Extra-lean or lean ground beef, ground chicken breast or turkey breast (make sure no poultry skin has been added to the product)
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
Milk, evaporated	Evaporated skim milk
Milk, whole	Reduced-fat or fat-free milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
If your recipe calls for this ingredient:	Try substituting this ingredient:
Pasta, enriched (white)	Whole-wheat pasta
Rice, white	Brown rice, wild rice, bulgur or pearl barley
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/healthy-recipes/art-20047195>

Your guide to ingredient substitutions for healthy recipes

If your recipe calls for this ingredient:	Try substituting this ingredient:
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
If your recipe calls for this ingredient:	Try substituting this ingredient:

If your recipe calls for this ingredient:	Try substituting this ingredient:
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Sugar	In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends
Yogurt, fruit-flavored	Plain low-fat yogurt with fresh fruit slices



<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/healthy-recipes/art-20047195>

FOOD ALLERGY INFORMATION

Of all of the possible food allergies, approximately 9 out of 10 allergic reactions in children are triggered by 6 food groups (Healthy, 2014). Eggs, dairy, soy, peanuts, wheat, and tree nuts are the 6 main triggers of allergic reactions (Healthy, 2014). Food allergies can introduce various challenges to daily life, as dietary restrictions impact cooking, recipes, and ways to guarantee that the vital and important nutrients are still being ingested despite necessary dietary restrictions (Healthy, 2014). Furthermore, individuals with more than one type of food allergy are at an increased risk for malnourishment (Healthy, 2014). Some information to keep in mind:

Lactose free dairy products can be substituted for those who are lactose intolerant, but not allergic to dairy (Healthy, 2014).

To help ensure adequate calcium intake, encourage those with a dairy allergy to eat plenty of green leafy vegetables, dried beans, tofu, prunes, and orange juice enriched with calcium (Healthy, 2014).

Those with an allergy to eggs should try to eat a variety of fish and meat to ensure adequate protein intake, while also being vigilant of potential exposure to egg products in some vaccines and prepackaged food products (Healthy, 2014).

It is important to understand that peanuts and tree nuts are different allergies, as each stems from a different plant family (Healthy, 2014). Tree nuts are a broad category that consists of nuts that come in hard shells (walnuts, cashews, Brazil nuts, etc.), and it possible to have an allergy to one or all of the tree nuts (Healthy, 2014). Additionally, an individual may have an allergy to peanuts but not tree nuts and vice versa (Healthy, 2014). It is imperative to read labels very carefully to determine potential nut exposure, but no food substitutes are needed for peanuts or tree nuts as their nutrients are readily available in other foods (Healthy, 2014).

An individual with an allergy to soy can also sometimes have an allergy to dairy (Healthy, 2014). For infants with an allergy to soy, various formulas can be substituted that are low-allergenic or made with a different base all together (Healthy, 2014).

For those with wheat and gluten allergies, there are a growing number and selection of prepackaged products that are gluten and wheat free to choose from (Healthy, 2014). Additionally, there are different flours (i.e. coconut flour, rice flour, etc.) available for purchase that can be used to substitute in recipes and baked goods (Healthy, 2014). It is critical to read all labels because wheat and gluten products are found in anything from breads to salad dressings (Healthy, 2014).

Food Allergy Helpful Links and Information:

<http://www.kidswithfoodallergies.org>

WHY EAT FRUITS & VEGETABLES?

“Only 22% of toddlers and preschoolers and only 16% of kids ages 6 to 11 meet the government’s recommendation” (Sheehan 2014).

- Improved nutrition – Fruits & Vegetables are high in nutrients: vitamin C, potassium, fiber and folate. Eat a rainbow of colors to get all the different nutrients as different produce have different nutrients.
 - ◊ Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
 - ◊ Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.
 - ◊ Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
 - ◊ Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
 - ◊ Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements.
- Decreased Obesity/weight management-fruits & vegetables are “fill-up” foods – vegetables are high in filling fiber, but low in fat and calories.
- Digestive Health – When fiber goes through the digestive system it absorbs water and expands, which creates regular bowel movements.
- Better school performance – “The study of 5,200 Canadian fifth graders found that the kids with healthy diets were up to 41% less likely to fail literacy tests than other children” (Sheehan 2014)
- Disease Prevention – “A diet high in fruits and vegetables may reduce the risk of diseases as well as certain types of cancer. Develop healthy eating habits that will promote optimal health in adulthood” (Bell 2014)

Italian Bagel Snack

From: www.kraftrecipes.com Prep Time: 5 min
Serves: 2 Cook Time: 5 min

Instructions

DRIZZLE cut sides of bagels with dressing.

TOP with ham and tomatoes. Nutritional Information

Nutrition

Calories 160, Total fat 3.5 g, Saturated fat 0.5 g, Cholesterol 15 mg, Sodium 620 mg, Carbohydrate 22 g, Dietary fiber 1 g, Sugars 3 g, Protein 8 g, Vitamin A 4 %DV, Vitamin C 6 %DV, Calcium 4 %DV, Iron 10 %DV

Tips

Substitute

Prepare using an onion or pumpernickel bagel.

Variation

This can also make a quick lunch for one.

Ingredients

1 Plain bagel
split, toasted

2 Tbsp.
Balsamic Vinaigrette Dressing

6 slices
Deli Fresh Honey Ham

3 cherry tomatoes,
halved



<http://www.kraftrecipes.com/recipes/italian-bagel-snack-113455.aspx>

Strawberry Banana Smoothies

From: www.recipe.com

Serves: 8

Prep Time: 5 min

Cook Time: 5min

Ingredients

4 cups
Sliced fresh strawberries

1 medium
Banana, sliced

16 ounce carton
Vanilla low-fat yogurt

1 cup
Ice cubes

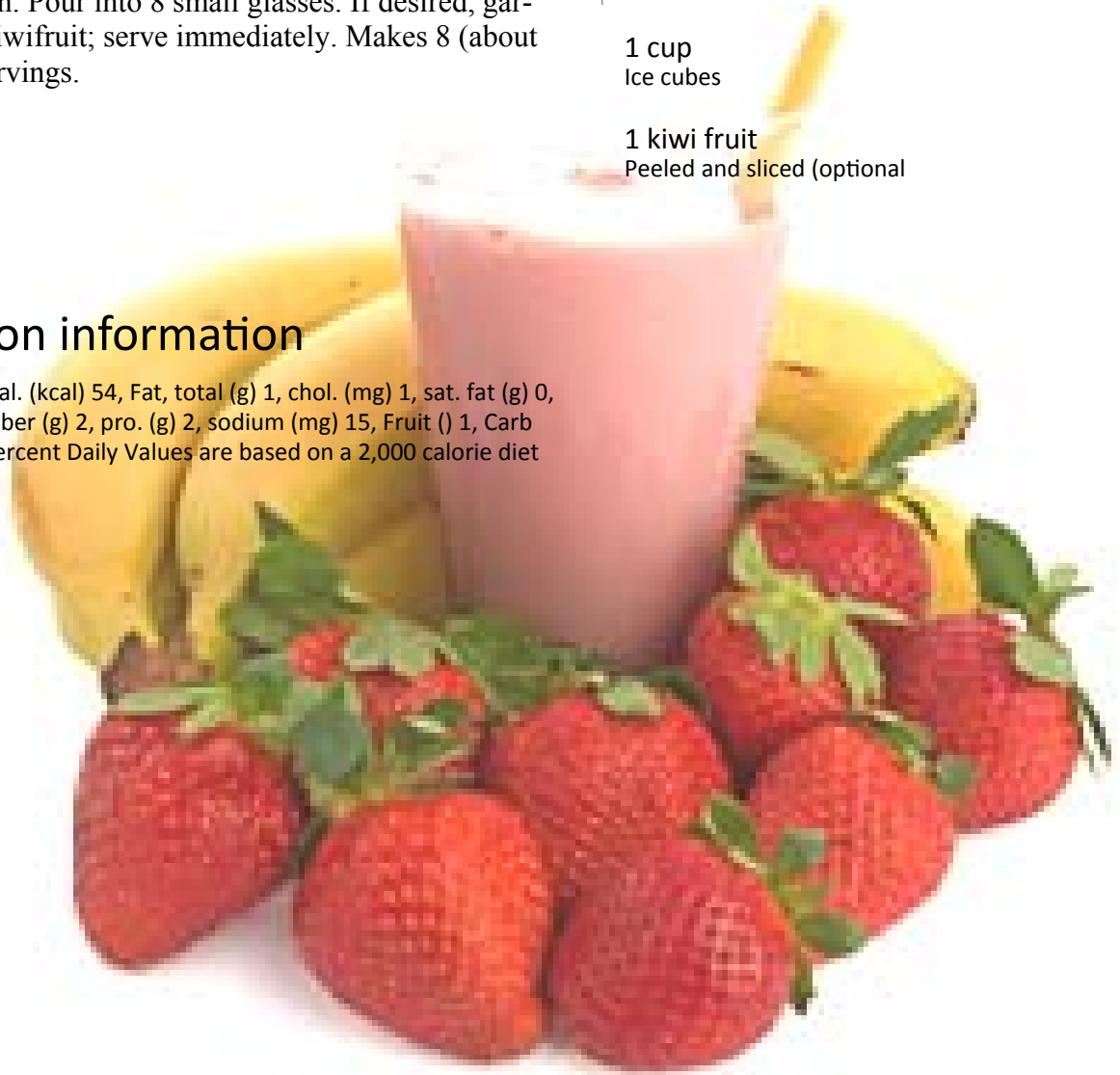
1 kiwi fruit
Peeled and sliced (optional)

Instructions

In a blender, combine strawberries, banana, and yogurt; cover and blend until smooth. With blender running, add ice cubes, one at a time, through hole in the lid; blend until smooth. Pour into 8 small glasses. If desired, garnish with kiwifruit; serve immediately. Makes 8 (about 1/2-cup) servings.

Nutrition information

Per Serving: cal. (kcal) 54, Fat, total (g) 1, chol. (mg) 1, sat. fat (g) 0, carb. (g) 12, fiber (g) 2, pro. (g) 2, sodium (mg) 15, Fruit () 1, Carb Choice () 1, Percent Daily Values are based on a 2,000 calorie diet



No-Bake Granola Bars

From: www.kraftrecipes.com Prep Time: 15 min

Serves: 16

Cook Time: 0 min

Instructions

LINE 13x9-inch pan with foil, with ends of foil extending over sides.

COMBINE first 3 ingredients in large bowl.

MICROWAVE remaining ingredients in microwaveable bowl on HIGH 1 min.; stir. Add to cereal mixture; mix well. Press onto bottom of prepared pan.

COOL 30 min. Remove from pan before cutting into bars.

Nutrition information

Per serving: Calories 200, Total fat 9 g, Saturated fat 2 g, Cholesterol 0 mg, Sodium 80 mg, Carbohydrate 28 g, Dietary fiber 2 g, Sugars 16 g, Protein 5 g, Vitamin A 6 %DV, Vitamin C 8 %DV, Calcium 2 %DV,

Tips

Special Extra

Add 1 cup semi-sweet chocolate chips to cereal mixture before mixing with the peanut butter mixture.

Substitute

Substitute dried cranberries or dried mixed fruit mix.

Ingredients

2-1/2 cups
Rice Krispies cereal

1-1/2 cups
quick-cooking oats

1 cup
nut mix

3/4 cup
Creamy Peanut Butter

1/2 cup
honey

1/4 cup
packed dark brown sugar



<http://www.kraftrecipes.com/recipes/no-bake-granola-bars-126896.aspx>

Creamy Carrots

From: www.kraftrecipes.com Prep Time: 20 min

Serves: 6

Cook Time: 20 min

Instructions

BRING carrots and broth to boil in large skillet on medium-high heat; cover. Simmer on medium-low heat 8 to 10 min. or until carrots are crisp-tender.

UNCOVER; simmer 8 to 10 min. or until most of the broth is absorbed and carrots are tender.

REMOVE from heat. Add reduced-fat cream cheese; stir until melted. Sprinkle with chives.

Nutrition information

Per serving: Calories 60, Total fat 2 g, Saturated fat 1 g, Cholesterol 5 mg, Sodium 160 mg, Carbohydrate 11 g, Dietary fiber 3 g, Sugars 7

Tips

Variation

Prepare using vegetable broth and substituting chopped green onions for the chives.

Special Extra

Serve topped with freshly cracked black pepper.

Ingredients

1-1/2 lb.
carrots, peeled, cut diagonally into very thin slices

1/2 cup
fat-free reduced-sodium chicken broth

1/4 cup
Chive & Onion 1/3 Less Fat than Cream Cheese

2 Tbsp.
chopped fresh chives



<http://www.kraftrecipes.com/recipes/creamy-carrots-132480.aspx>

Banana-Berry Yogurt Pops

From: www.kraftrecipes.com Prep Time: 10 min
Serves: 6 Cook Time: 3 hrs 10 min

Instructions

BLEND ingredients in blender on high speed until smooth.

POUR into 6 (3-oz.) paper cups; cover with foil. Insert wooden pop stick into center of each cup.

FREEZE several hours or until firm. Peel off paper cups just before serving.

Nutrition information

per serving: Calories 70, Total fat 1.5 g, Saturated fat 1.5 g, Cholesterol 0 mg, Sodium 15 mg, Carbohydrate 12 g, Dietary fiber 1 g, Sugars 9 g, Protein 2 g, Vitamin C 15 %DV, Calcium 4 %DV

Tips

Triple-Berry Yogurt Pops

Ingredients

¼ cup
milk

¾ cup
thawed Lite Whipped Topping

1 container (5.3 oz.)
honey nonfat Greek-style yogurt

½ cup
fresh strawberry halves

½ small banana,
cut into chunks

¼ cup
blueberries



<http://www.kraftrecipes.com/recipes/banana-berry-yogurt-pops-125786.aspx>

Gluten Free Blueberry Yogurt Muffins

From: caloriecount.about.com Prep Time: 5min
Serves: 12 Cook Time: 15 min

Instructions

Preheat the oven to 375°F and butter the muffin tins. In a small mixing bowl, stir together the flour, baking soda, baking powder and salt. In another bowl, combine the sugar, yogurt, eggs, melted butter, cinnamon and lemon zest. Beat until thoroughly mixed. Add the dry ingredients and mix just until blended. Do not over mix. Gently fold in blueberries and then spoon the batter into the greased muffin tins, filling each cup about two thirds full. These should bake for about 15 minutes, or until the tops are browned, and a toothpick inserted into the middle comes out clean. When the muffins are done, let them cool in the pan. Remove and serve warm.

Nutritional Information

Calories 106, Calories from fat 13, total fat 1.4g, saturated fat 0.4g, cholesterol 1 mg, sodium 241 mg, potassium 512mg, total carbohydrates 14.2g, dietary fiber 2.0 g, sugars 10.5 g, protein 9.5g



<https://domesticatedacademic.wordpress.com/2012/07/31/power-muffins-blueberryoatmealyogurtpower/>

Ingredients

2 cups
Soy flour

1 tsp
Baking soda

1 tsp
Baking powder

1/4 cup
Splenda

1/2 tsp
Salt

1 tsp
cinnamon

4 egg whites

1 1/4 cup
Plain nonfat yogurt

1/4 cup
Unsweetened applesauce

1 tbsp
Lemon zest, grated

1 cup
blueberries

Light Chicken Caesar Salad

From: foodnetwork.com

Serves: 4

Prep Time: 5 min

Cook Time: 25 min

Instructions

Make the croutons: Preheat the oven to 350 degrees F. Toss the bread cubes in a large bowl with 1 tablespoon olive oil. Spread on a baking sheet and bake until crisp, tossing halfway through, about 20 minutes.

Meanwhile, make the dressing: Puree the yogurt, 2 tablespoons parmesan, the garlic, anchovies, lemon juice, mustard and 2 tablespoons water in a mini food processor or a blender.

Pound the chicken between 2 pieces of plastic wrap with a heavy skillet until 1/2 inch thick. Brush a rimmed baking sheet with the remaining 1 tablespoon olive oil; add the chicken and season with salt. Brush evenly with 1 tablespoon of the dressing and sprinkle with 2 tablespoons parmesan. Broil, undisturbed, until golden and cooked through, about 5 minutes. Transfer to a cutting board.

Toss the lettuce, croutons and the remaining dressing and 3/4 cup parmesan in a large bowl. Thinly slice the chicken. Divide the salad among bowls, top with the chicken and season with pepper.

Nutritional Information

Calories 368, Total Fat 15 g, Saturated Fat 4 g, Protein 37 g, Total Carbohydrates 21 g, Fiber 6 g, Cholesterol 85 mg, Sodium 534 mg

Ingredients

4 cups
Day-old crusty bread (preferably whole wheat)

2 Tbsp
Extra-virgin olive oil

1/2 cup
Nonfat plain Greek yogurt

1 cup
Shredded parmesan cheese (about 2 ounces)

1 small
Clove garlic

2 anchovy fillets

1 lemon
juiced

1 tsp
Dijon mustard

1 lb
Skinless, boneless chicken breast

Kosher salt

2 romaine lettuce hearts
chopped

Freshly ground pepper



<http://www.foodnetwork.com/recipes/food-network-kitchens/light-chicken-caesar-salad-recipe.html>

Chili

From: kidshealth.org

Serves: 4-5

Prep Time: 15 min

Cook Time: 45 min

Instructions

Heat oil over medium-high heat in a large pan. Add garlic and onion and cook until the onion is translucent. Add peppers and saute for a few minutes. Add crushed tomatoes, tomato paste, and spices. When mixture is bubbling, reduce heat to simmer and add beans. Cover and simmer for at least 60 minutes, stirring occasionally. The longer it simmers, the better it tastes.

Notes

If you want to make your chili with meat, begin by browning ground beef in a large pot. Drain the fat into a paper cup. Set the meat aside, and complete Steps 1 through 3. Add the meat during Step 4, as you add the beans.

Try substituting ground turkey for ground beef - it tastes very similar and has less fat.

After you've made the recipe once, experiment with different kinds of pepper - jalapeno is a favorite.

Experiment with the amounts of spices. The amounts listed here are recommendations - you can make your chili more or less spicy.

Be sure to freeze any leftover chili - some say it actually tastes even better after it's been frozen!

Nutritional Information

325 calories, 16 g protein, 7 g fat, 56 g carbohydrate, 11 g fiber, 0 mg cholesterol, 1255 mg sodium, 186 mg calcium, 4.5 mg iron

<http://www.hunts.com/recipes/collections/easy-chili-recipes>

Ingredients

1 can

Red kidney beans (drain and rinse beans well to remove salt)

1 can

Black beans (drain and rinse beans well to remove salt)

2 cans

Crushed tomatoes (use no salt added for lower sodium)

1 small can

Tomato paste (use no salt added for lower sodium)

2 cloves

Garlic, diced

1 medium-sized

Onion, chopped

1 medium

green bell pepper, chopped

1 medium

Red bell pepper, chopped

2 Tbsp

Olive oil or vegetable oil

1 tsp

Chili powder

1/2 tsp

Cayenne

1 tsp

thyme

1/2 lb

Ground beef (optional)

Easy & Tasty Barbecue Chicken Sandwiches in the Crock Pot

From: www.food.com

Serves: 4-6

Prep Time: 10 min

Cook Time: 8 hours

Ingredients

1-2 lbs.
Boneless skinless chicken breast

1 (18 ounce) jar
Of your favorite barbecue sauce

1 medium
Sweet onion, sliced

4-6 hamburger buns

Instructions

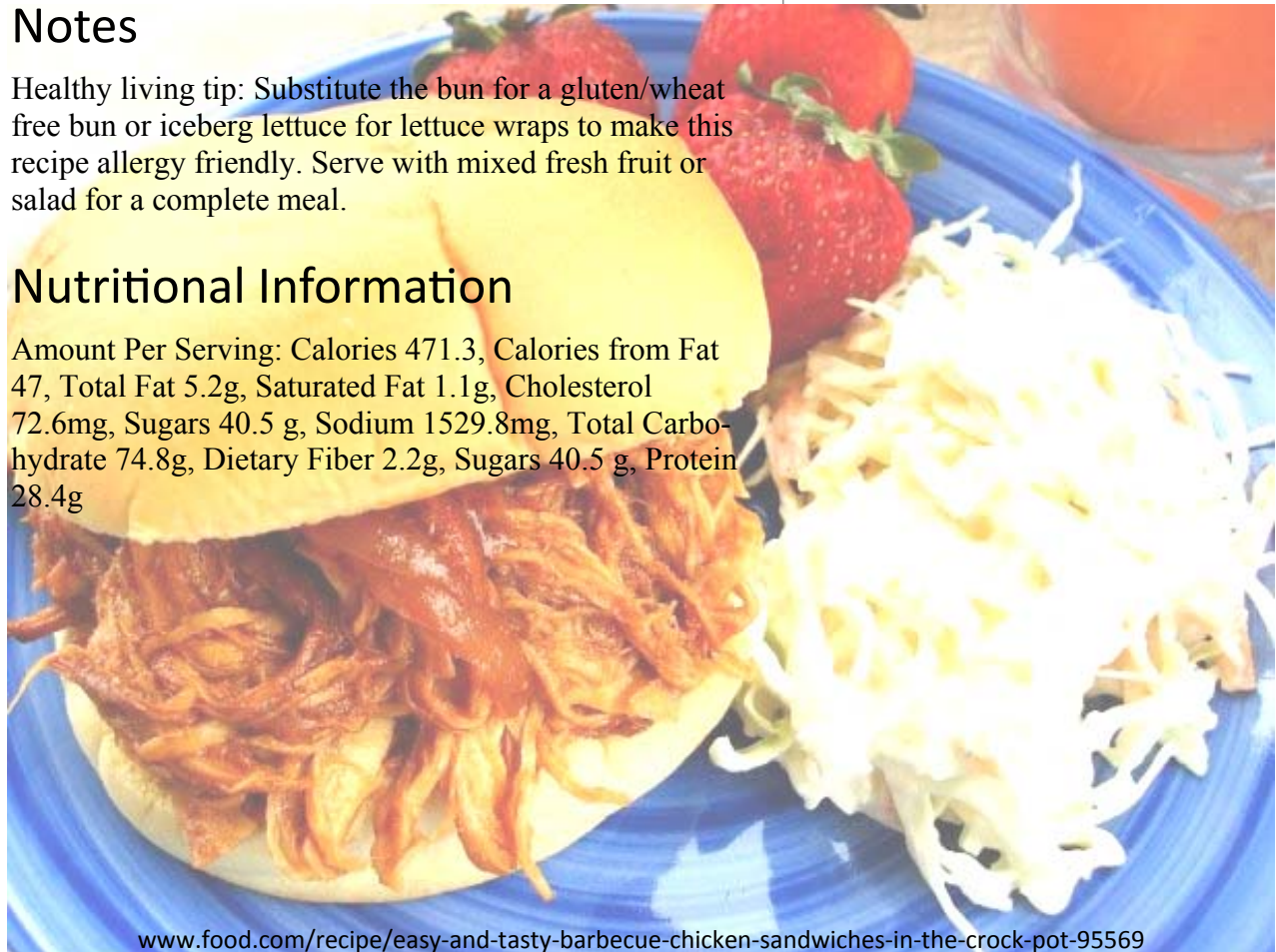
Remove all visible fat from the chicken and toss it in the crock pot. Place the onion slices on top of the chicken. Pour the barbecue sauce over top. You may not need the entire jar, just enough to cover the chicken. Cook it on LOW for 8 hours or until the chicken is nice and tender. Shred the chicken with a fork and knife; scoop the mixture onto the bottom buns and top it with the top buns.

Notes

Healthy living tip: Substitute the bun for a gluten/wheat free bun or iceberg lettuce for lettuce wraps to make this recipe allergy friendly. Serve with mixed fresh fruit or salad for a complete meal.

Nutritional Information

Amount Per Serving: Calories 471.3, Calories from Fat 47, Total Fat 5.2g, Saturated Fat 1.1g, Cholesterol 72.6mg, Sugars 40.5 g, Sodium 1529.8mg, Total Carbohydrate 74.8g, Dietary Fiber 2.2g, Sugars 40.5 g, Protein 28.4g



www.food.com/recipe/easy-and-tasty-barbecue-chicken-sandwiches-in-the-crock-pot-95569

Italian Pasta Skillet

From: readyseteat.com

Serves: 8

Prep Time: 10min

Cook Time: 20 min

Instructions

Spray large skillet with cooking spray; heat over medium heat. Add sausage; cook until crumbled and no longer pink, stirring occasionally then drain. Stir in undrained tomatoes, tomato sauce, water and pasta. Bring to a boil. Reduce heat; cover and simmer 15 minutes or until pasta is tender, stirring occasionally. Add spinach; cook and stir until spinach wilts. Sprinkle with cheese. Ready set eat.

Nutritional Information

Amount per Serving Calories 219% Daily Value* Total fat 6 g 10% Saturated fat 2 g 12% Cholesterol 30 mg 10% Sodium 465 mg 19% Carbohydrate 28 g 9% Dietary fiber 4 g 17% Sugars 3 g Protein 14 g Vitamin A 46% Vitamin C 20% Calcium

Ingredients

No-stick cooking spray

1 lb

Italian turkey sausage, casings removed if necessary

1 (14.5 oz) can

Diced Tomatoes with basil, garlic & oregano undrained

1 (8 oz) can

Tomato sauce—no salt added

1 1/4 cup

Hot water

15 & 1/2 ounce can

Pinto beans, drained and rinsed

8 ounces

Dry multigrain farfalle pasta, uncooked (8 oz = about 3 1/2 cups)

1 pkg (6 oz)

Baby spinach leaves

1/2 cup

Shredded part-skim mozzarella cheese



<http://www.readyseteat.com/recipes-Italian-Pasta-Skillet-4728.html?showNutrition=true>

Slow Cooker Tortilla Soup

From: foodnetwork.com

Prep Time: 10 min

Serves: 4

Cook Time: 3 hrs

Instructions

Place the chicken, tomatoes (and juices), beans, broth, water, onion, garlic, jalapeno, cumin, and chili powder in a slow cooker. Cover and cook on high for 3 to 4 hours or on low for 6 to 8 hours.

Uncover the slow cooker and use tongs to remove the chicken from the pot. Once cool enough to handle, remove the meat from the bones and shred, then return the meat to the pot. Stir in the lemon juice. Crumble a few tortilla chips into each bowl and cover with some soup. Serve sprinkled with cilantro and grated cheese.

Nutritional Information

Calories 275, Total Fat 8 g, Saturated Fat 4 g, Protein 22 g, Total Carbohydrate 29 g, Sugar 7 g, Fiber 6 g, Cholesterol 56 mg, Sodium 364 mg



<http://www.foodnetwork.com/recipes/melissa-darabian/slow-cooker-tortilla-soup-recipe.html>

Ingredients

- 3 chicken thighs
Skin removed
- 10 ounce can
Diced tomatoes with green chilis
- 1 1/2 cups
Cooked black beans
- 1 1/2 cups
Chicken broth
- 1 1/2 cups
water
- 1 yellow onion
Finely chopped
- 3 garlic cloves
Finely minced
- 1/2 tsp
Ground cumin
- 1 jalapeno
Finely chopped
- 1/2 tsp
Chili powder
- 1/2 lemon
juiced
- 20 tortilla chips
- 3 Tbsp
Finely chopped fresh cilantro
- 1/2 cup
Shredded Monterey Jack Cheese

Garlic Chicken & Potatoes

From:
www.foodnetwork.com
Serves: 4

Prep Time: 5 min
Cook Time: 35 min

Ingredients

2 lbs
Small red-skinned potatoes, quartered

3 Tbsp
Extra-virgin olive oil

1/2 tsp
Cumin seeds (optional)

Kosher salt & freshly ground pepper

4 cloves
Garlic, finely chopped

2 Tbsp
Packed light brown sugar

1 lemon
(1/2 juiced, 1/2 cut into wedges)

Pinch of red pepper flakes

4 skinless
Boneless chicken breasts (1 1/2 to 1 3/4 lbs)

2 Tbsp
chopped fresh cilantro or parsley

Instructions

Position a rack in the lower third of the oven and pre-heat to 425 degrees F. Toss the potatoes with 1 tablespoon olive oil, the cumin seeds, 3/4 teaspoon salt, and pepper to taste. Spread in a large baking dish and roast until the potatoes begin to brown, 25 to 30 minutes.

Meanwhile, heat the remaining 2 tablespoons olive oil in a small skillet over medium heat. Add the garlic and cook, stirring frequently, until lightly golden, about 2 minutes. Remove from the heat and stir in the brown sugar, lemon juice and red pepper flakes.

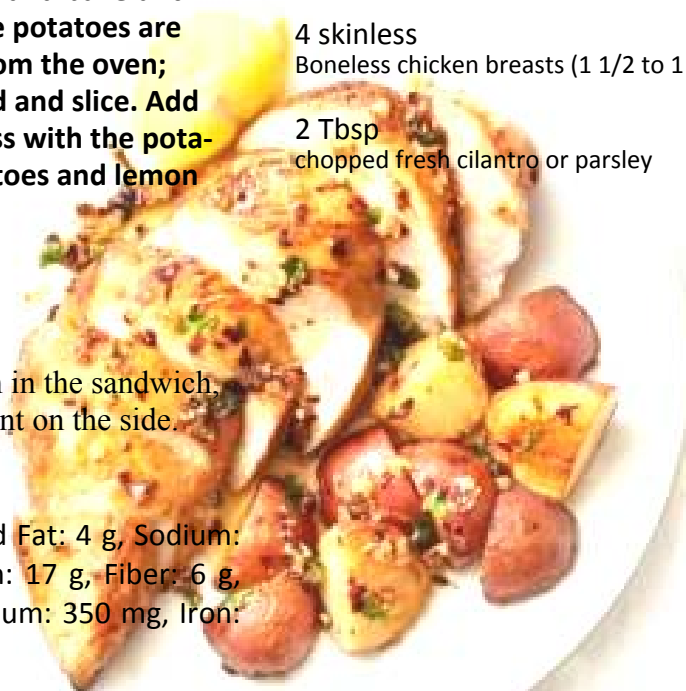
Remove the baking dish from the oven, push the potatoes to the sides and arrange the chicken breasts in the middle. Season the chicken with salt and drizzle with the garlic mixture. Return to the oven and bake until the chicken is cooked through and the potatoes are tender, about 20 minutes. Remove from the oven; transfer the chicken to a cutting board and slice. Add the cilantro to the baking dish and toss with the potatoes. Serve the chicken with the potatoes and lemon

Notes

For picky eaters, start with less spinach in the sandwich, and possibly serve the remaining amount on the side.

Nutritional Information

Calories: 245, Total Fat: 8 g, Saturated Fat: 4 g, Sodium: 468 mg, Carbohydrates: 29 g, Protein: 17 g, Fiber: 6 g, Vitamin A: 130%, Vitamin C: 6%, Calcium: 350 mg, Iron: 15%



<http://www.foodnetwork.com/recipes/food-network-kitchens/garlic-chicken-and-potatoes-recipe.html>

Black Bean and Cheese Enchiladas with Ranchero Sauce

From: www.myrecipes.com **Hands On Time:** 55 min
Serves: 6 **Total Time:** 1 hr 10 min

Instructions

1. Preheat oven to 400°.
2. Combine chiles and 2 cups water in a saucepan; bring to a boil, reduce heat, and simmer 5 minutes. Remove from heat; let stand 5 minutes. Drain chiles in a colander over a bowl, reserving 1 cup cooking liquid.
3. Heat oil in a medium saucepan over high heat. Add onion; saute 1 minute. Reduce heat to medium; add garlic and salt. Cook 5 minutes or until golden, stirring occasionally. Add broth and next 3 ingredients (through cumin); cook 8 minutes or until thickened, stirring occasionally.
4. Pour onion mixture into a blender; add chiles and reserved liquid. Remove center piece of blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in lid. Blend until smooth; stir in lime juice and red pepper.
5. Combine the beans, 1 cup cheese, and half the green onions in a bowl. Spread 1/2 cup sauce in the bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Warm tortillas according to package directions. Spoon 3 tablespoons bean mixture down center of each tortilla; roll up. Place, seam-side down, in prepared dish. Pour remaining sauce over filled tortillas. Top with the remaining cheese. Bake at 400° for 15 minutes or until lightly browned. Sprinkle with remaining

Nutritional Information

Calories 302, Fat 12.9 g, Saturated Fat 5.3 g, Monounsaturated Fat 3.9 g, Polyunsaturated Fat 1.3 g, Protein 17.3 g, Carbohydrate 36.1 g, Fiber 6.4 g, cholesterol 32 mg, Iron 1.7 mg, Sodium 574 mg, Calcium 426 mg

<http://www.myrecipes.com/recipe/black-bean-cheese-enchiladas>

Ingredients

- 2 dried ancho chiles stemmed and seeded
- 2 cups water
- 2 teaspoons olive oil
- 1 cup chopped yellow onion
- 5 garlic cloves sliced
- 1/4 teaspoon kosher salt
- 2 cups organic vegetable broth
- 2 tablespoons chopped fresh oregano
- 2 tablespoons no-salt-added tomato paste
- 1/2 teaspoon ground cumin
- 1 tablespoon fresh lime juice
- 1/8 teaspoon ground red pepper
- 1 (15-ounce) can black beans, rinsed and drained
- 2 cups (8 ounces) preshredded reduced-fat 4-cheese Mexican-blend cheese, divided
- 3 thinly sliced green onions divided
- Cooking spray
- 12 (6-inch) corn tortillas
- 6 tablespoons light sour cream

Phyllo Pizza with Feta, Basil, and Tomatoes

From: www.myrecipes.com **Prep Time:** 15 min
Serves: 6 **Cook Time:** 20 min

Instructions

1. Preheat oven to 375°.
2. Combine first 6 ingredients in a bowl.
3. Cut phyllo sheets in half crosswise. Working with 1 phyllo sheet half at a time (cover remaining dough to keep from drying), place phyllo sheet on a baking sheet coated with cooking spray. Coat phyllo sheet with cooking spray. Repeat with 2 more layers of phyllo. Sprinkle with 2 tablespoons cheese mixture. Repeat layers 5 times, ending with 2 phyllo sheets. Coat top phyllo sheet with cooking spray; sprinkle with 2 tablespoons cheese mixture. Pat tomato slices with a paper towel. Arrange tomato slices on top of cheese, leaving a 1-inch border. Sprinkle with onions and the remaining 6 tablespoons cheese mixture. Bake at 375° for 20 minutes or until golden. Sprinkle with basil leaves.

Nutritional Information

Calories 195, Fat 6.7 g, Satisfat 3.2 g, Monofat 2.1 g, Polyfat 0.5 g, Protein 9.3 g, Carbohydrate 24.6 g, Fiber 1.9 g, Cholesterol 11.4 mg, Iron 1.7 mg, Sodium 526 mg, Calcium 158 mg

Ingredients

- 1/2 cup (2 ounces) shredded part-skim mozzarella
- 1/2 cup (2 ounces) finely crumbled reduced-fat feta cheese
- 1/4 cup (1 ounce) grated fresh Parmigiano-Reggiano cheese
- 1 tablespoon chopped fresh oregano
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 10 (18 x 14–inch) sheets frozen phyllo dough, thawed
- Cooking spray
- 2 cups thinly sliced plum tomato
- 1/3 cup thinly sliced green onions
- 1/4 cup fresh basil leaves



<http://desertculinary.blogspot.com/2009/08/phyllo-pizza-with-feta-basil-and.html>

References-Recipes

- Page # 5 Recipe & Picture — <http://www.food.com/recipe/crockpot-breakfast-omelette-410913>
- Page # 6 Recipe — <http://www.healthyeating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/8436/crockpot-oatmeal.aspx>
Picture — allisontibbsfitness.wordpress.com
- Page # 7 Recipe — <http://www.healthyeating.org/Healthy-Eating/meals-Recipes/Browse-Search-Recipes/rid/87240/cherry-vanilla-oatmeal-oatmeal.aspx>
Picture — www.elliekrieger.com
- Page # 8 Recipe — http://kidshealth.org/parent/recipes/recipes_family/oatmeal.html
Picture — <http://www.thenutritionpost.com/kids/babis-kitchen-kids-cooking-series-2-video.html>
- Page # 9 Recipe & Picture — www.healthyeating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/91780/red-white-and-green-grilled-cheese.aspx
- Page # 10 Recipe & Picture — <http://mealmakeovermoms.com/recipes/mexican-tonight/confetti-chicken-wraps/>
- Page # 11 Recipe — <http://www.healthyeating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/11823/zesty-meatball-sandwiches.aspx>
Picture — <http://recipes.howstuffworks.com/zesty-meatball-sandwiches-recipe.htm>
- Page # 12 Recipe & Picture — <http://www.foodnetwork.com/recipes/sunny-anderson/quick-and-creamy-fruit-salad-recipe.html>
- Page # 13 Recipe & Picture — <http://www.healthyeating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/9522/fresh-fruit-burritos.aspx>
- Page # 14 Recipe — <http://www.pcrm.org/health/diets/vegdiets/healthy-snacks-for-kids>
Picture — <http://www.lowfatveganchef.com>
- Page # 15 Recipe & Picture — <http://www.food.com/recipe/crock-pot-applesauce-69127>
- Page # 16 Recipe & Picture — <http://www.kraftrecipes.com/recipes/1-minute-apple-tortilla-76126.aspx>
- Page # 17 Recipe & Picture — http://www.eatingwell.com/recipes/baked_mac_cheese.html
- Page # 24 Recipe & Picture — <http://www.kraftrecipes.com/recipes/italian-bagel-snack-113455.aspx>
- Page # 25 Recipe — <http://www.recipe.com/strawberry-banana-smoothies/>
Picture — <http://www.smoothie-recipes.com/fruit/strawberry-banana.html>
- Page # 26 Recipe & Picture — <http://www.kraftrecipes.com/recipes/no-bake-granola-bars-126896.aspx>
- Page # 27 Recipe & Picture — <http://www.kraftrecipes.com/recipes/creamy-carrots-132480.aspx>
- Page # 28 Recipe & Picture — <http://www.kraftrecipes.com/recipes/banana-berry-yogurt-pops-125786.aspx>
- Page # 29 Recipe — <http://caloriecount.about.com/blueberry-yogurt-muffins-recipe-r211830#ixzz3G5NZoKaZ>
Picture — <https://domesticatedacademic.wordpress.com/2012/07/31/power-muffins-blueberryoatmealyogurtpower/>
- Page # 30 Recipe & Picture — <http://www.foodnetwork.com/recipes/food-network-kitchens/light-chicken-caesar-salad-recipe.html>
- Page # 31 Recipe — http://kidshealth.org/parent/recipes/recipes_family/chili.html
Picture — <http://www.hunts.com/recipes/collections/easy-chili-recipes>
- Page # 32 Recipe & Picture — www.food.com/recipe/easy-and-tasty-barbecue-chicken-sandwiches-in-the-crock-pot-95569
- Page # 33 Recipe & Picture — <http://www.readyseteat.com/recipes-Italian-Pasta-Skillet-4728.html?showNutrition=true>
- Page # 34 Recipe & Picture — <http://www.foodnetwork.com/recipes/melissa-darabian/slow-cooker-tortilla-soup-recipe.html>
- Page # 35 Recipe & Picture — <http://www.foodnetwork.com/recipes/food-network-kitchens/garlic-chicken-and-potatoes-recipe.html>
- Page # 36 Recipe & Picture — <http://www.myrecipes.com/recipe/black-bean-cheese-enchiladas>
- Page # 37 Recipe — <http://www.myrecipes.com/recipe/phylo-pizza-with-feta-basil-tomatoes>
Picture — <http://desertculinary.blogspot.com/2009/08/phylo-pizza-with-feta-basil-and.html>

References-Information

Exercise—Page 19

Benefits

Ling, G. (2013, November 3). Family workout helps bonding. The Strait Times. Retrieved - September 20, 2014, from <https://www.healthxchange.com.sg/News/Pages/Family-workout-bonding.aspx>

Statistics

Active kids do better. (2014). Retrieved September 19, 2014, from <http://www.letsmove.gov/blog/2014/06/10/active-kids-do-better>

Encouraging your child to be physically active. (2013). Retrieved September 19, 2014, from <http://www.healthychildren.org/English/healthy-living/fitness/Pages/Encouraging-Your-Child-to-be-Physically-Active.aspx>

Get active. (n.d.). Retrieved September 18, 2014, from <http://www.letsmove.gov/get-active>

Health problems and childhood obesity. (n.d.). Retrieved September 21, 2014, from <http://www.letsmove.gov/health-problems-and-childhood-obesity>

Physical activity facts. (n.d.). Retrieved September 21, 2014, from <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>

Indoor Activities—Page 19

<http://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>

<http://www.care.com/child-care-fun-indoor-exercises-for-kids-p1145-q11533983.html>

Ingredient Substitutions—Page 20 & 21

Mayo Clinic. 2014. Nutrition and healthy eating. Retrieved from www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/healthy-recipes/art-20047195
<http://choosemyplate.gov/>

Food Allergy—Page 22

Healthy Children. Common Food Allergies. (July 9, 2014). Retrieved from: <http://www.healthychildren.org/English/healthy-living/nutrition/Pages/Common-Food-Allergies.aspx>

Why Eat Fruits & Vegetables—Page 23

Sheehan, Jan. (2014) What are the Benefits of Fruits & Vegetables for Kids. Demand Media www.healthyeating.sfgate.com

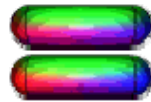
Bell, Becky (2014) What are the Benefits of Fruits & Vegetables for Kids? Demand Media www.livestrong.com

Portion Sizes—Back Cover

Shield, J., & Mullen, M. (n.d.). Portion distortion. Retrieved September 26, 2014, from <http://www.eatright.org/kids/article.aspx?id=6442468830>

Portion sizes

With the use of items that children are familiar with they can learn to “eyeball” what is an appropriate serving of a specific food



Food	Portion Size	Portion Is About the Size of..
Grains Group		
Bread	1 ounce or 1 regular slice	CD cover
Dry cereal	1 ounce or 1 cup	Baseball
Cooked cereal, rice or pasta	1 ounce or ½ cup	½ baseball
Pancake or waffle	1 ounce or 1 small (6 inches)	CD
Bagel, hamburger bun	1 ounce or ½ piece	Hockey puck
Cornbread	1 piece	Bar of soap
Fruits Group		
Orange, apple, pear	1 small (2½ inches in diameter)	Tennis ball
Raisins	¼ cup	Golf ball
Vegetables Group		
Baked potato	1 medium	Computer mouse
Vegetables, chopped or salad	1 cup	Baseball
Dairy Group		
low-fat milk or yogurt	1 cup	Baseball
Cheese	1½ ounces nature cheese or 2 ounces processed cheese	9-volt batter
Ice cream	½ cup	½ baseball
Protein Foods Group		
Lean beef or poultry	3 ounces	Deck of cards
Grilled or baked fish	3 ounces	Checkbook
Peanut butter	2 tablespoons	Ping-pong ball
Oils Group		
Tub of margarine	1 teaspoon	postage stamp
Oil or salad dressing	1 teaspoon	Standard cap on a 16-ounce water bottle