



**Want your kids to reach for a healthy snack?**

Make sure fruits and veggies are in reach.



### **Fruity Frozen Treats** Makes 8 -1 freeze servings

#### **Ingredients:**

- 1 8-ounce container nonfat lemon yogurt
- 2 cups cubed, seedless watermelon
- 1 pint fresh strawberries, tops removed
- 1 medium banana, peeled and sliced

#### **Supplies:**

- 12 muffin-tin with paper baking cups

#### **Preparation:**

1. Place yogurt and fruit in a blender. Cover tightly.
2. Blend until smooth. Pour into muffin tin.
3. Freeze until frozen solid, at least 2-3 hours.
4. To serve, remove from freezer and let sit about 10 minutes. Peel paper cup off each treat and eat.

**Preparation time: 10 minutes, plus 3 hours freezing time**

### **Mango Salsa** Makes 4 (1/2-cup) servings

#### **Ingredients:**

- 1 mango
- ½ small red onion, chopped
- 1 tablespoon chopped fresh cilantro
- ¼ teaspoon salt, juice of 1 lime

#### **Preparation:**

1. Cut the mango in half around the large pit. Remove pit.
2. Use a knife to cut a criss-cross pattern through the fruit, but not the skin.
3. Press the skin so the cubes pop out. Cut mango cubes off the skin.
4. Chop mango cubes into smaller pieces.
5. Place in a medium bowl and stir in onion, cilantro, salt and lime juice.
6. Serve with baked tortilla chips, baked chicken or fish.

**Preparation time:** 10 minutes. Serve with baked taco chips or place on top of broiled fish or chicken during last 5 minutes of cooking.



Let your kids  
be produce  
pickers.



Help them pick  
fruits and veggies  
at the store.



2/27/2012

**Fairy Fruit Wands** Makes 4 (3-stick) servings (Ask kids to help make the wands!)

### Ingredients:

- 12 strawberries , cut into half (about 12 chunks per apple)
- 1 cup green grapes
- 1-1/2 ounces low-fat mozzarella cheese, cut into 12 chunks
- 1 Peach (apple or pear), seeded, peeled and cut into 8 pieces
- 12 long (about 3-1/2 inches long) Kebab sticks

### Preparation:

1. Use a wooden skewer to poke holes in the center of each piece of strawberry, grape, cheese and peach.
2. Thread pieces onto stick through the holes you just made.
3. Repeat step 2 with all the ingredients, making 12 "Wands".
4. Arrange "Wands" on a platter or stand on end in a bowl.
5. Serve with low-fat yogurt dip

**Preparation time: 20 minutes**

\*Use low-fat (1%) or reduced-fat cheese (2%)

**Herbed Vegetables** Makes 6 servings

### Ingredients:

- 16 ounce of canned or frozen vegetables (any combination of your favorite veggies green, red potatoes, carrots, corn, pepper, etc.)
- 1/4 cup chopped onion
- 1 tablespoon of garlic
- 1/2 teaspoon dried Italian herbs, basil or rosemary (crushed)
- 1 Tablespoon margarine or butter

### Instructions:

1. Drain vegetables, saving 2 Tablespoons liquid.
2. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.



**They learn from watching you.** Eat fruit and vegetables and your kids will too.



### Oriental Sweet and Sour Vegetables

Makes: 6 servings

#### Ingredients:

- 1 Tablespoon honey
- 1 Tablespoon lemon juice
- 1 teaspoon light soy sauce
- 1/4 teaspoon ginger
- 1 cup pineapple or orange juice
- 1 Tablespoon cornstarch (for thickness)
- 2 teaspoons oil
- 1 pound bag frozen stir-fry vegetables

#### Instructions:

1. Combine all ingredients except vegetables and oil into bowl, mix and set aside.
2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.
4. Serve immediately. This dish is great over pasta or brown rice.

### RED CABBAGE SALAD

Makes 4 (1 cup) servings

#### Ingredients:

- ½ head of red cabbage, shredded
- 4 carrots, grated
- 4 green onions, chopped
- ½ bunch cilantro, chopped
- 3 tablespoons apple cider vinegar
- 2 tablespoons canola oil
- 1 tablespoon lemon juice
- salt and pepper to taste

#### Directions:

In a large bowl combine cabbage, carrots, green onions and cilantro. In a smaller bowl, whisk together apple cider vinegar, canola oil and lemon juice. Toss dressing with vegetables. Season with salt and pepper to taste.



Help your kids to:

**Eat Smart to  
Play Hard .**

Encourage them to  
eat fruits and  
vegetables as part of  
meals and snacks.

### Sweet Potato and Black Bean Stew\*

Makes 6 servings

#### Ingredients

2 tbs.	Vegetable Oil
1 each	New Mexican Chili, dried
1.5 cups	Yellow onions, peeled and chopped
1.5 tsp.	Cumin, ground
2 cups	Swiss chard, frozen, chopped
3 cups/1.5 pounds	Sweet potatoes, peeled, cut into 1/2 inch cubes
6 cups/46.5 ounces	Black beans, canned, reduced sodium, drained and rinsed
1.5 cups	Orange juice, fresh
2 cups	Chicken or vegetable stock, reduced sodium
2 tsp.	Red wine vinegar
0.25 tsp.	Salt
0.25 tsp.	Pepper, freshly ground

#### Preparation

Heat the oil and briefly fry the chilies; remove them from the oil and set aside. Sauté the onions until they smell sweet. Add the cumin and sauté until it smells toasted. Add the chard and heat through. Then add the sweet potatoes, black beans, reserved chilies, orange juice, and vegetable stock. Bring to a boil and turn down to a simmer until the potatoes are tender, about 20 minutes. Remove the chilies and discard; add the vinegar, salt, and pepper. Taste and adjust seasonings. Serve as a stew or over brown rice or couscous.

\*From: **Recipes for Healthy Kids** –Team Nutrition

### Apple Coleslaw *Makes 4 (1 cup) servings*

#### Ingredients

2 cups washed, cabbage, shredded  
1 medium carrot grated or ½ cup  
1/2 green bell pepper  
1 apple

#### Dressing:

5 Tablespoons plain low-fat yogurt  
1 Tablespoon mayonnaise, low-fat or fat-free  
1 teaspoon lemon juice  
1/4 teaspoon celery seed  
1/8 teaspoon black pepper

#### Directions

Peel the carrot. Grate it with a grater.  
Chop green pepper and apple into small pieces.  
Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.  
Combine yogurt, mayonnaise, lemon juice, and celery seed in a small bowl. Stir together to make a dressing.  
Pour the dressing over the salad. Toss to mix. Add pepper to taste.





### Tasty Tomato Salsa

**Ingredients:**

6 tomatoes, chopped (add color by using yellow and red tomatoes)  
½ white onion, chopped  
2 tablespoons canned, diced mild chiles or 1 small jalapeno pepper, seeded and chopped  
¼ cup chopped fresh cilantro, juice of 1 lime  
Option-add ½ teaspoon of chili power and black pepper

**Preparation:**

In a medium bowl, mix all ingredients. Serve with baked tortilla chips.

When they come home hungry, have fruits and veggies ready to eat.

### Flavorful Fruit Frosty Makes 2 (1-1/3-cup) servings

**Ingredients:**

½ banana, peeled and sliced  
1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)  
½ cup low-fat (1%) milk  
½ cup orange juice

**Preparation:**

Place all ingredients in a blender container. Cover tightly. Blend until smooth. If mixture is too thick, add ½ cup cold **100% fat milk**, and blend again.

Pour into 2 glasses and serve.

**Preparation time: 5 minutes**

### Avocado Dip

**Ingredients:**

2 medium ripe avocados  
1 tablespoon lemon juice  
¼ cup salsa  
1/8 teaspoon salt

**Preparation:**

Peel and chop avocados. Toss avocado with lemon juice in small bowl. Add salsa and salt. Mash with a fork.

Cover and store in the refrigerator. Makes 12 servings.

For more recipes:

