



# Eggs

Make an omelet or try one of the flavorful combos! **flexible** **quick meal**

**BASE + VEGGIES + DAIRY + PROTEIN + SEASONINGS**

2 EGGS OR ABOUT 4 OZ PER PERSON	½ CUP OF YOUR FAVORITE VEGGIES FRESH, FROZEN OR CANNED	1 OZ PER SERVING	2 OZ PER SERVING	START WITH ¼ TEASPOON AND ADJUST TO TASTE
Eggs	Broccoli	Cheddar	Beans	<b>Herbs</b> (fresh or dried) Chive, dill, parsley, cilantro, basil and thyme  <b>Spices</b> Black pepper, garlic powder, paprika, red pepper flakes, cumin, chili powder  <b>Toppings</b> Hot sauce, salsa, tajin, avocado, pesto, relish
Egg substitute	Onion	Swiss	Ham	
Firm or extra firm tofu (option it you want to substitute eggs)	Mushroom	Provolone	Chopped bacon	
	Bell pepper	Queso fresco	Chopped turkey sausage	
	Spinach	Feta	Canned salmon	
Hard boiled eggs	Tomato	Ricotta		
	Celery			
	Garlic			
	Green onion			
	Avocado			
	Peas			

## INSTRUCTIONS

**CHILD-FRIENDLY TASK**

- Depending on the vegetables you're using, sauté them before adding to the omelet. If you'd eat it raw, you probably don't need to sauté. Set aside.
- Add milk to the eggs if using. Beat eggs very thoroughly, until the mixture is perfectly smooth (no separation between yolks and white remains). Optional: mix fresh herbs and spices here.
- Pour egg mixture into the oiled pan on high to medium-high heat. Once the eggs begin to cook, use the fork or spatula to lift the eggs away from the sides of the pan, allowing raw egg mixture to flow into the gap. Repeat this process until no raw egg mixture remains.
- Depending on how you like your eggs cooked, you can flip the omelet over, as you would a pancake, to fully cook both sides, before adding your fillings. Otherwise, add fillings to one side of the omelet before folding the other half over the fillings.
- Slide omelet out of the pan onto your plate. Top with any fresh herbs and spices you'd like.
- Uh-oh... haven't quite mastered the omelet technique? That's okay - just turn your attempt into scrambled eggs by mixing the eggs and veggies all together in the pan!

CONTINUE ON BACK →



## TRY THESE COMBOS



### SHAKSHUKA FOR TWO

4 eggs + 1 can diced tomatoes + 1 onion + 1 garlic clove minced + 1 red bell pepper + 1 teaspoon paprika + ½ teaspoon cumin + ½ teaspoon chili powder + ½ teaspoon cilantro and parsley mixed + 1 teaspoon salt

#### INSTRUCTIONS

Dice all your veggies and sauté in ½ Tablespoon of oil for 3-5 minutes. Add 1 can of diced tomatoes or 4 fresh tomatoes diced + ¼ cup water and spices to the pan with the sautéed veggie. Simmer and stir for 10-15 minutes. Once the mixture is simmering, with the back of a spoon create 4 divots in the mixture and add an egg to each one. Do not stir, and cover. For soft cooked eggs let simmer in mixture for 6-8 minutes or until whites are fully cooked. For fully cooked eggs, simmer in mixture for 10-15 minutes or until yolk is fully set.



### FRITTATA FOR FOUR

8 eggs + 2 cups of veggies + ½ lb turkey sausage + ½ cup cheddar cheese + 1 teaspoon of salt and pepper

#### INSTRUCTIONS

Brown turkey sausage and cook to 165°F. Add veggies and sauté for 1-2 minutes. Crack and whisk eggs in a bowl. Add turkey and sautéed veggies to greased baking dish. Pour egg mixture on top. If you like crispy cheese on top, add cheese to the egg mixture. If you like cheese melty, add on top for the last 10 minutes of baking. Bake at 350 degrees until the internal temperature reaches 165°F, about 25-35 minutes.



### EGG SALAD FOR FOUR

A dish made with hard boiled egg. Use it as a filling for a sandwich or topping for a salad.

6 hard boiled eggs + ¼ cup diced red onion, 1 diced stalk of celery and 2 Tablespoons relish + ½ cup mayonnaise, 1 Tablespoon mustard, 1 teaspoon lemon juice and ¼ teaspoon dill

#### INSTRUCTIONS

Rough chop eggs and add with the rest of the ingredients and mix. Season with salt and pepper to taste.

## CHEF'S TIPS

- Looking to save money? Eggs are an inexpensive protein that last quite a while in your fridge. For more cost savings, make your eggs with any frozen or canned produce you find at a good price. Egg dishes are also a great way to use up leftover veggies that would otherwise go to waste!
- Making this a breakfast-on-the-go? Wrap a whole-wheat tortilla around your cooked eggs and you've got a portable meal.
- Crunched for time? Make your egg in the microwave. Pour your beaten egg mixture into an oiled coffee mug. Microwave for 30 seconds then stir the edges inward. Microwave again for 20 seconds, stir again. Continue to microwave in 10-20 second intervals until just cooked through. Add your favorite toppings and enjoy! This same technique could be used with a microwave-safe glass container to produce a wider, flatter egg that is perfect for a breakfast sandwich.



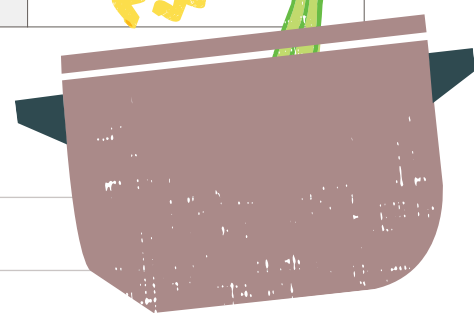
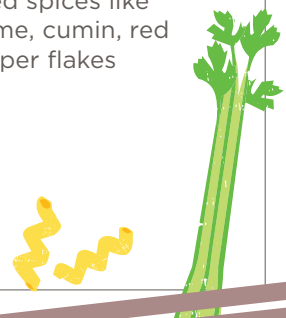
# Soups

Soup makes an easy lunch or dinner. Leftovers can be frozen for another day.

Use the chart below to choose ingredients from each column. Follow the chef's notes and step-by-step directions below to make your soup.

- slow cooker optional**
- crowd friendly**

<b>WHOLE GRAINS + PROTEIN + VEGGIES + LIQUID + FLAVORINGS</b>				
<b>1½ CUPS, COOKED</b>	<b>1 POUND (DICED MEAT)</b>	<b>2 CUPS, CHOPPED</b>	<b>4 CUPS TOTAL</b>	<b>START WITH 1 TEASPOON AND ADJUST TO TASTE</b>
Brown rice Whole wheat pasta Barley Quinoa	Beef (shoulder, round or brisket) Chicken/Turkey (leg or thigh; boneless, skinless) Pork (shoulder/butt) Beans or lentils (cooked, or drained and rinsed from a can)	Onions Greens (spinach, kale, collards, chard, etc.) Celery Zucchini Tomatoes Carrots Mushrooms Broccoli Potato Corn	Water Low-sodium stock/broth Canned, diced tomato with juice Milk	Bay leaf Cilantro or parsley Ginger Garlic Citrus zest Hot peppers Dried spices like thyme, cumin, red pepper flakes



## Notes

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## INSTRUCTIONS

### IF USING MEAT AS YOUR PROTEIN:

1. Cook grains according to package instructions.
2. Heat 1 Tablespoon of vegetable oil in a soup pot over medium-high heat. If not using meat, skip to step 3. Sauté meat until lightly browned, about 5 minutes.
3. Add vegetables. Reduce heat to medium and sauté for 5 minutes, until vegetables sizzle and onion becomes slightly translucent. If using canned or frozen vegetables, put them in now.
4. Add liquid and bring to a boil. Reduce heat and simmer for 25-30 minutes. Stir occasionally to keep ingredients from sticking to the bottom of the pot.
5. Add cooked grains during the last 5-7 minutes of cooking time, to warm through. Add fresh herbs, if using. Softer vegetables like spinach or zucchini will cook faster. Add during the last 5-7 minutes of cooking time, too. If you used a bay leaf for flavor, remove it before serving.

### IF USING BEANS OR LENTILS AS YOUR PROTEIN:

1. Skip step 1 above. Follow the remaining steps, adding beans to the liquid in step 3. Shorten the total cooking time to 15 minutes.



## TRY THESE COMBOS



### CALDO DE POLLO

Whole grain pasta + chicken + onions, carrot, celery, zucchini, corn and garlic + chicken broth + bay leaf, cilantro and oregano



### POTATO AND SAUSAGE

Potato + sausage + kale and onion + chicken broth and milk + red pepper flakes and garlic



### BARLEY MINISTRONE

Barley + kidney beans + onion, celery, carrot, spinach + 1 can diced tomatoes, 4 cups chicken broth + red pepper flakes, bay leaf, oregano and thyme



## CHEF'S TIPS

- Soups can be made in a slow cooker. Follow steps 1 and 2. Put all ingredients in the slow cooker and set for 2-3 hours on high setting or 6 hours on low setting. Softer vegetables like spinach or zucchini will cook faster, so add them to the second half of the cooking time. Add pre-cooked grains to the soup in the last 10 minutes to reheat. When adding protein foods, be sure to cook to the proper internal temperature. That is 165°F for chicken, 160°F for beef and pork and 145°F for fish.
- Cook grains according to package instructions ahead of time. Refrigerate and add to soups you make that week.
- Frozen and canned vegetables are inexpensive and easy ingredients to add to a soup.



# Noodles

Noodles can be used as the base for many tasty meals. This recipe makes about 4 servings.

Choose ingredients from each category and follow the instructions on the back to make a tasty meal.

- flexible
- crowd friendly

NOODLES + VEGETABLE + PROTEIN + LIQUID OR SAUCE			
8OZ DRY	2 CUPS ANY COMBO	1LB (16OZ)	2-3 CUPS
Spaghetti or your favorite pasta	Onion	Sliced or ground beef	Vegetable broth
Udon	Garlic	Ground turkey	Chicken broth
Rice noodles	Mushroom	Chicken	Coconut curry
Ramen	Zucchini	Fish	Tomato sauce
Zucchini noodles	Bok choy	Tofu	Teriyaki sauce (1 cup only)
	Scallions	Garbanzo beans	
	Cauliflower	Eggs	
	Spinach		
	Any of your favorite veggies!		

## TERIYAKI SAUCE

### INGREDIENTS

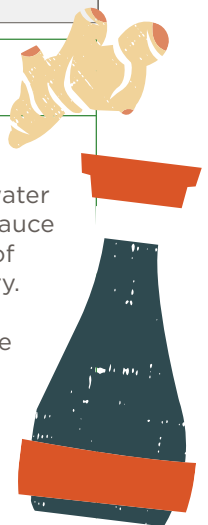
- ½ cup low-sodium soy sauce
- ½ cup water + 2 Tablespoon
- ¼ cup mirin or apple cider vinegar
- 2 Tablespoons brown sugar
- 2 cloves garlic, minced
- 1 Tablespoon ginger, grated
- 1 Tablespoon cornstarch

### OPTIONAL INGREDIENTS

- 1 teaspoon red chili flakes

### INSTRUCTIONS

Combine all ingredients except 2 Tablespoons of water and cornstarch and simmer for 10 minutes. While sauce is simmering combine and mix the 2 Tablespoons of water and cornstarch until smooth to create a slurry. Add slurry to sauce slowly and mix well and let simmer for an additional 1 minute until the sauce has thickened. If the sauce is too thick, slowly mix in water to thin out.



CONTINUE ON BACK →

## 10-MINUTE TOMATO SAUCE

### INGREDIENTS



- 1 Tablespoon oil
- 1 small onion, diced
- 1 clove garlic, minced
- 2 teaspoons Italian seasoning
- 1 (14-ounce) can crushed tomatoes, no salt added

### INSTRUCTIONS

In a large saucepan over medium heat, heat oil. Add onion and cook until softened, about 2 minutes. Add garlic and 2 teaspoons of Italian seasoning. Stir constantly for 30 seconds. Add tomato sauce and crushed tomatoes. Bring to a simmer for 6-8 minutes.

## INSTRUCTIONS

### CHILD-FRIENDLY TASK

1. Cook noodles following package directions.
-  2. If using a sauce, prepare it now according to sauce instructions.
3. In large skillet over medium high heat, add 1 Tablespoon of oil and add protein of your choice. Cook to proper internal temperature. Remove from the skillet and set aside.
4. If using raw vegetables, cut to desired size. If using canned or frozen vegetables, defrost and drain them well. Saute vegetables on medium high heat for 3-5 minutes.
-  5. Add cooked protein, cooked noodles and liquid or sauce and cook until combined and heated through, about 1-3 minutes.



## TRY THESE COMBOS



### CHICKEN COCONUT CURRY

Udon + scallions, onion and cauliflower + chicken + coconut curry



### RICE NOODLE VEGGIE SOUP

Rice noodles + sautéed mushroom, garlic, bok choy, onion + tofu + vegetable broth + hoisin



### PASTA WITH TOMATO SAUCE

Spaghetti + mushroom and onion + ground turkey + tomato sauce



## CHEF'S TIPS

- Crunched for time? Noodle dishes can come together quickly when you have foods like pasta, canned or frozen vegetables and sauce in your pantry.
- Mix and match other sauces that your family enjoys.
- When cooking protein foods, be sure to cook to the proper internal temperature. That is 165°F for chicken, 160°F for beef and pork and 145°F for fish.

# Quick and Crisp

COOKING  
MATTERS®

Try cooking these recipes in your air fryer for a fast, easy and crispy meal or snack.

✓ crowd-friendly

✓ seasonal special

## TOSTONES

SERVING SIZE: ½ PLANTAIN

4 servings

### INGREDIENTS

- 2-3 firm, green plantains
- 1 Tablespoon of oil

### OPTIONAL INGREDIENTS

- ¼ teaspoon of salt
- ¼ teaspoon of pepper

**TRY:** Try Mojo sauce for dipping!

### INSTRUCTIONS

1. Preheat air fryer to 405°F.
2. Slice plantains ½ inch thick and toss in 1 Tablespoon of oil and salt and pepper, if using.
3. Add plantain to air fryer and cook for 8 minutes.
4. Open air fryer and lightly smash plantains with fork and flip them. Cook for an additional 4-5 minutes, or until plantains are golden brown.

## FRENCH FRIES

SERVING SIZE: ½ POTATO

4 servings

### INGREDIENTS

- 2 potatoes, like Russets or sweet potatoes
- 1 Tablespoon of oil

### OPTIONAL INGREDIENTS

- ¼ teaspoon of salt
- ¼ teaspoon of pepper

**TRY:** Try a Cajun spice blend for seasoning your fries!

### INSTRUCTIONS

1. Preheat air fryer to 405°F.
2. Slice 2 potatoes lengthwise into ½ inch pieces. Cut potato slices like finger width sticks to create french fries.
3. Soak fries in cold water for 5 minutes and drain to release some of the starch. Pat dry.
4. Toss fries in 1 Tablespoon of oil and salt and pepper, if using. Add to air fryer for 20 minutes, flipping halfway through.
5. After cooking fries, toss with your favorite spice blend for seasoning.

## CRISPY VEGGIES

SERVING SIZE: ¾ CUP

4 servings

### INGREDIENTS

- 3 cups of your favorite vegetables, like carrots, butternut squash, asparagus or brussel sprouts
- 2 teaspoons of oil

### OPTIONAL INGREDIENTS

- ¼ teaspoon of salt
- ¼ teaspoon of pepper

**TRY:** When vegetables are done cooking, try tossing in Chimichurri sauce!

### INSTRUCTIONS

1. Preheat air fryer to 405°F.
2. Take 3 cups of your favorite vegetables and toss in 2 teaspoons of vegetable oil and salt and pepper, if using.
3. Add vegetables to air fryer and cook for 10-15 minutes, flipping halfway through. If using harder vegetables like potatoes, carrots and butternut squash, cook those separately for 10 minutes then add softer veggies in after and cook for an additional 10 minutes.





# Sauce It Up

**COOKING  
MATTERS®**

You can use these sauces to flavor your favorite meals or as marinades for meats and vegetables.

- ✓ **flexible**
- ✓ **vegetarian**

## RED CHILE ADOBO

This Central American marinade is great for use on meats, fish, beans and vegetables!

- 4 dried guajillo or ancho chilies\* or 5 Tablespoons of powder
- ½ cup hot water
- 6 garlic cloves, minced
- ½ teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 3 Tablespoons apple cider vinegar
- 1 teaspoon salt
- 1 teaspoon black pepper

\*If using dried chilies, soak in 1 cup of hot water for 10 minutes. For less spiciness, remove the seeds first.

## CHIMICHURRI

A bright and texture-rich sauce or marinade from South America. It tastes great on meats and veggies.

- ½ cup coarsely chopped parsley
- 3 Tablespoons red wine vinegar
- 4 large garlic cloves, minced
- 1 Tablespoon dried oregano
- 2 teaspoons crushed red pepper
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- ½ cup extra-virgin olive oil

## COCONUT CURRY

This curry sauce is sweet and savory! Try serving it over rice or noodles with chicken or tofu.

- 1 can of coconut milk
- 2 Tablespoons curry powder
- 1 teaspoon ground ginger
- 2 garlic cloves, minced
- ½ onion, diced
- ½ teaspoon tomato paste
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon salt

### OPTIONAL INGREDIENTS

- ¼ bunch of chopped cilantro
- 1 teaspoon crushed red pepper flakes

## MOJO

A citrus-based sauce from the Caribbean. This is great for marinating and dipping!

- ¾ cup 100% orange juice
- Juice of 2 limes
- 1 jalapeno pepper, minced
- 2 garlic cloves, minced
- ½ bunch cilantro, chopped
- ⅓ cup olive oil
- 1 teaspoon cumin
- 1 teaspoon oregano
- 2 Tablespoon yellow mustard
- 1 teaspoon salt





## INSTRUCTIONS

- 👤 **1.** In a blender, combine ingredients and blend until smooth. If making without a blender, use fork or whisk to mix all ingredients in a bowl.

**AS A SAUCE:**

If using Red Chile Adobo or Coconut Curry as a sauce, heat mix and simmer for 5-10 minutes. Mojo and Chimichurri can be mixed and served at room temperature.

**AS A MARINADE:**

A marinade is something you soak meat or fish in to flavor or soften it. Apply marinade to food up to 24 hours before cooking. Always refrigerate foods while marinating.

## CHEF'S NOTES

- The flavor will develop more if made 12-24 hours before use.
- Store in the refrigerator in an airtight container for up to 1 week or in the freezer for up to 6 months.
- When marinating meat or fish, throw away the marinade after use. Do not use leftover marinade as a sauce.

### Notes

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Use herbs & spices to kick up the flavor of your meal. Try new flavor combinations!

## HOMEMADE SPICE MIXES

### TACO SEASONING

Save money by making your own seasoning mix for tacos.

- 4½ teaspoons chili powder
- 4½ teaspoons ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano leaves
- ¼ teaspoon salt

### PUMPKIN PIE SPICE SEASONING

Mix this seasonal spice blend into pancake mix, smoothies or on roasted vegetables like butternut squash or sweet potatoes.

- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ¼ teaspoon ground nutmeg

### CAJUN SEASONING

Hailing from the Southern states of the United States, try this spice blend if you like a spicy kick.

- 1 Tablespoon paprika
- 2 teaspoons garlic powder
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon onion powder
- ½ teaspoon cayenne pepper
- 1 teaspoon ground black pepper
- 1 teaspoon salt

### JERK SEASONING

Season your meats with this spicy and vibrant Caribbean blend.

- 1 Tablespoon dried thyme leaves
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper

### ITALIAN SEASONING

This flavorful blend is tasty in pasta dishes, soups and stews, tomato sauce and a roasted vegetable dish called ratatouille.

- 1 Tablespoon dried basil leaves
- 1 Tablespoon dried oregano leaves
- 1 Tablespoon dried rosemary leaves
- 1 Tablespoon dried thyme leaves

### SAZÓN SEASONING

A great all-purpose spice blend popular in Latin cuisine.

- 1 Tablespoon ground cumin
- 1 Tablespoon ground coriander
- 2 Tablespoons achiote powder (can use paprika as a substitute)
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 1 Tablespoon oregano
- 1 teaspoon black pepper
- 1 teaspoon salt




## ZATAR SEASONING

This version is inspired by the rich spice culture of the Middle East and pairs well with vegetables.

- ½ Tablespoon ground cumin
- 1 Tablespoon ground dried thyme
- 1 Tablespoon sumac (lemon zest can be used as a substitute)
- 1 Tablespoon toasted sesame seeds
- 1 teaspoon of dried oregano
- 1 teaspoon salt
- 1 teaspoon freshly-ground black pepper

## INSTRUCTIONS

-  **1.** Mix spices together in a small bowl.
- 2.** Store in an airtight container for up to 3 months.

## CHEF'S NOTES

- **Fresh herbs:** Wrap the stems in damp paper towels. Store them in a plastic bag in the produce bin of your refrigerator. They will last about 1 week. Fresh herbs add great flavor to uncooked dishes, like salads or cold pastas. If using them in a cooked dish, add in the last few minutes so flavor stays vibrant (unless the recipe says otherwise).
- **Dried herbs and spices:** Store in airtight containers away from heat (e.g., not above your stove), moisture and direct sunlight. They will last about 1 year. Dried herbs and spices are great for marinades, slow-cooked soups or stews, pastas, casseroles and many other dishes. Add them near the start of cooking so they have time to soften and release their flavors.
- Throw out fresh herbs when many brown spots appear. For dried herbs and spices, check the color and scent. If the color has faded, or the smell is weak, it's time to replace them.

 CHILD-FRIENDLY TASK



## Notes

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# Rolled Oats and Peanut Butter Cookies

COOKING  
MATTERS®

10

minutes cook

11

ingredients

18

servings

✓ freezer friendly

✓ crowd-friendly

## INGREDIENTS

- 1 ripe banana
- ½ stick (4 Tablespoons) unsalted butter
- ⅓ cup granulated sugar
- ½ cup peanut butter
- ⅓ cup light brown sugar, packed
- 1 large egg
- ½ teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ teaspoon baking soda
- ⅔ cup rolled oats

### OPTIONAL INGREDIENTS

- ½ cup raisins (or ⅓ cup chocolate chips)

## MATERIALS

- Baking sheet
- Fork
- Large bowl
- Measuring cups
- Measuring spoons
- Microwave-safe bowl
- Mixing spoon
- Sharp knife

## Nutrition Facts

18 servings per container  
Serving size 2 cookies

Amount per serving  
**Calories 140**

% Daily Value\*

Total Fat 7g 9%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 70mg 3%

Total Carbohydrate 18g 7%

Dietary Fiber 1g 4%

Total Sugars 9g

Includes 8g Added Sugars 16%

Protein 3g

Vitamin D 0mcg 0%

Calcium 13mg 2%

Iron 1mg 6%

Potassium 100mg 2%









\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





## INSTRUCTIONS

 CHILD-FRIENDLY TASK

1. Preheat oven to 375°F.
-  2. Mash the banana with a fork.
-  3. Cut butter in half. In a microwave-safe bowl, heat in microwave 5-10 seconds to soften. Be careful not to melt butter.
-  4. In a large bowl, use a mixing spoon to blend butter, banana and sugar.
-  5. Add peanut butter and brown sugar. Continue mixing until completely combined.
-  6. Add egg and vanilla. Mix until smooth.
-  7. Add flours and baking soda. Mix until smooth.
-  8. Stir in rolled oats. If using chocolate chips or raisins, gently stir in now.
-  9. Scoop dough with a teaspoon. Shape into 1-inch balls. Place dough balls 2 inches apart on an ungreased baking sheet. Flatten dough balls by using a fork to make a crisscross pattern on the cookies.
10. Bake on middle rack of oven until cookies are lightly browned on bottom, about 8-10 minutes. Remove from oven. Let sit 5 minutes to firm up. Remove from tray.

## CHEF'S TIPS

- Cookies may take a little more or less time to brown depending on your oven.
- For a quick snack, crumble cookies on top of ½ cup low-fat plain yogurt.

## Notes

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# Apple Crisp

COOKING  
MATTERS®

15

minutes prep

8

ingredients

10

servings

- ✓ crowd-friendly
- ✓ seasonal special

## INGREDIENTS

- 5 medium apples
- ½ cup light brown sugar, packed and divided
- ½ cup whole wheat flour, divided
- ½ teaspoon ground cinnamon
- Non-stick cooking spray
- ½ stick (4 ounces) cold, unsalted butter
- 1½ cups quick oats
- 2 Tablespoons lemon juice

### OPTIONAL INGREDIENTS

- ¼ teaspoon ground nutmeg

## MATERIALS

- 9-inch square baking dish
- Cutting board
- Large bowl
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife

## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>1/10 of apple crisp</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 20g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 182mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## INSTRUCTIONS

👤 CHILD-FRIENDLY TASK

### FOR FILLING

1. Preheat oven to 350°F.
2. Rinse apples and cut out core. Slice apples 1/8 inch, lengthwise. Do not peel.
- 👤 3. In a large bowl, combine sliced apples, ¼ cup of brown sugar, 1 Tablespoon flour, lemon juice, cinnamon and nutmeg, if using. Mix well.
- 👤 4. Spray baking dish with non-stick cooking spray.
- 👤 5. Pour apple mixture into baking dish. Spread evenly.

### FOR TOPPING

6. Dice butter into smaller cubes, using a sharp knife.
- 👤 7. In a medium bowl, combine remaining brown sugar and flour, oats and butter. Mix with hands until crumbly.

### COOKING

8. Spread oat and flour mixture over apple mixture. Bake uncovered on middle rack of oven for 40 minutes or until top is lightly browned or bubbly.
9. Let sit for 15-20 minutes before serving.



# Turkey Chili

COOKING  
MATTERS®

**30**

minutes cook

**14**

ingredients

**6**

servings



one dish



slow cooker optional

## INGREDIENTS

- 1 medium onion
- 2 medium carrots
- 3 cloves garlic
- 1 large green bell pepper
- 1 (15½-ounce) can red or white kidney beans, no salt added
- 1 Tablespoon canola oil
- 1 pound ground turkey
- 2 (14½-ounce) cans diced tomatoes, no salt added
- 1 cup water
- 3 Tablespoons chili powder
- 1 Tablespoon paprika
- 2 teaspoons ground cumin
- 1 teaspoon oregano
- ¾ teaspoon salt

## OPTIONAL INGREDIENTS

- ⅔ cup low-fat plain yogurt
- 1 medium lime

## MATERIALS

- Can opener
- Colander
- Cutting board
- Large pot
- Measuring cups
- Measuring spoons
- Sharp knife
- Vegetable peeler
- Slow cooker - optional

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 1/4 cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 480mg	<b>21%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 0mcg	<b>0%</b>
Calcium 76mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 832mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.










## INSTRUCTIONS

 CHILD-FRIENDLY TASK

1. Rinse and peel onion and carrots. Peel garlic.
-  2. Rinse bell pepper. Remove core and seeds.
3. Dice onion, carrots and bell pepper. Mince garlic.
4. If using lime, rinse now. Cut into wedges.
-  5. In a colander, drain and rinse beans.
6. In a large pot over medium-high heat, heat oil. Add turkey and brown.
7. Add onion, carrots, bell pepper and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
8. Add beans, tomatoes, water and spices to pot. Season with salt.
9. Lower heat to medium. Cook until temperature reaches 165°F, about 20-30 minutes.
-  10. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 Tablespoon yogurt.

## CHEF'S TIPS

- If using a slow cooker follow steps 1-6. For step 7, add all chili ingredients to slow cooker and cook on high for 4 hours or low for 6 hours. Final internal temperature for chili should be 165°F.
- Serve with cornbread, brown rice or whole wheat noodles. Or, use to top baked potatoes.
- Chili can be frozen in batches to eat later. Store in an airtight container in the freezer for up to 2 weeks.

## Notes

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# Baked Flaked Chicken

COOKING  
MATTERS®

25

minutes cook

8

ingredients

8

servings



kid approved



air fry optional

## INGREDIENTS

- 2 pounds boneless chicken pieces
- 3 cups corn flakes cereal
- ½ cup whole wheat flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray

## MATERIALS

- 3 medium bowls
- Baking sheet
- Cutting board
- Fork
- Measuring cups
- Measuring spoons
- Sharp knife

### SPECIAL MATERIALS

- Food thermometer
- Air fryer (optional)

## Nutrition Facts

8 servings per container  
Serving size 4 ounces cooked chicken

Amount per serving  
**Calories 210**

	% Daily Value*
<b>Total Fat</b> 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 130mg	43%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 24g	
Vitamin D 1mcg	6%
Calcium 27mg	2%
Iron 4mg	20%
Potassium 264mg	6%






\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## INSTRUCTIONS



CHILD-FRIENDLY TASK

1. Preheat oven to 375°F. If air frying, preheat to 400°F.
2. Remove skin, if any, from chicken pieces. If working with large chicken breasts, cut in half lengthwise for faster cooking time. Trim any excess fat.
-  3. In a medium bowl, mix flour, salt and black pepper.
-  4. In a second medium bowl, add eggs and milk. Beat with a fork.
-  5. In a third medium bowl, crush cornflakes.
-  6. Dip each chicken piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
-  7. If baking, coat a baking sheet with non-stick cooking spray. Place chicken pieces on a sheet, evenly spaced. Spray pieces lightly with cooking spray. If air frying, lightly spray the basket with oil and place a single layer of chicken inside the basket.
8. Bake in the oven for 20–25 minutes until the internal temperature reaches 165°F. If cooking in an air fryer, cook for 10 minutes on one side and flip over and cook for an additional 10 minutes until internal temperature reaches 165°F.

## CHEF'S TIPS

- Season chicken with 1 Tablespoon of your favorite spice mix.
- Cut chicken into pieces for nuggets or strips for tenders.
- If using bone-in chicken, adjust cooking time to 35–40 minutes. Be sure it still reaches a safe internal temperature of 165°F. If cornflake crust starts browning too much before chicken is fully cooked, cover loosely with aluminum foil.
- To crush corn flakes easily, place in bowl and crush using the bottom of a measuring cup. Or, place in a large zip-top plastic bag and crush using your fists or the bottom of a measuring cup.
- Serve with a colorful vegetable or fruit side dish.



## BONUS WAYS TO COOK CHICKEN

### TRY THESE OTHER METHODS OF COOKING CHICKEN!

#### SLOW COOKER OR STOVE TOP

Cook about two pounds of chicken and two cups of stock or marinade in a slow cooker (about 3 hours on high setting or 6 hours on low setting) or over a low simmer on the stove top (about 30–45 minutes) until tender, reaches 165°F using a meat thermometer and can be shredded easily with two forks. Once chicken is shredded, try tossing in sauce for extra flavor! You can use this method as filling for a taco or burrito or as a topping for salad.

#### GRILLED

The grill is a great way to cook chicken. To get the most flavor from this cooking technique, season with spices or soak in a marinade first. Cook chicken on grill until the internal temp reaches 165°F. Flip the chicken halfway through to achieve perfect grill marks on both sides!



### Notes

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