



Grain Bowl

The amounts below make two grain bowls.
Make more or less using the same proportions.

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

- flexible
- kid approved

BASE GRAIN + FRUITS & VEGGIES + PROTEIN + SAUCES + TOPPINGS				
2 CUPS COOKED GRAINS	FRESH+FROZEN +CANNED (1 EACH)	1/2 CUP, FULLY COOKED	1/3 CUP	OPTIONAL, TO TASTE
Brown rice	Fruits (1/2 cup): apples, blueberries, strawberries, pineapple	Chicken, or turkey (lean and drained of excess fat)	Low-sodium dressing or simple vinaigrette*	Low-fat shredded cheese
Whole wheat pasta		Shrimp or fish	Salsa	Toasted almonds or cashews
Farro or quinoa	Vegetables (1/2-1 cup): red peppers, mushrooms, carrots, broccoli, summer squash, zucchini, cucumbers, fennel, bok choy, roasted eggplant	Beans, lentils, pigeon peas, edamame or tofu (drained and sautéed)	Low-fat yogurt	Pumpkin or sunflower seeds
Whole wheat couscous		Eggs (any style)		Avocado slices, olives, jalapenos or salsa
Wild rice	Greens (1 cup): leaf lettuce, kale, arugula, spinach, mixed greens			Chopped herbs (cilantro, parsley)
Millet				Hot Sauce
Polenta or oats				

SIMPLE VINAIGRETTE RECIPE



INGREDIENTS

- 3 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 tsp salt
- 1/4 tsp pepper

INSTRUCTIONS

1. Mix until incorporated.

CONTINUE ON BACK →

INSTRUCTIONS

CHILD-FRIENDLY TASK

1. Cook grains according to the package instructions.
2. While grains are cooking, wash and cut up your fruit and vegetables. If using canned or thawed frozen vegetables, defrost and drain them well. If using raw fruits and vegetables, cut into small, bite-sized pieces or thin slices.
3. Prepare sauces. If you have leftovers, use as a sauce for stir-fry or salad dressing.
4. In a medium bowl, layer grains on the bottom, and top with fruits, vegetables and protein.
5. Drizzle sauce and add toppings.



TRY THESE COMBOS



TACO BOWL

Brown rice + tomatoes + onions + peppers + ground beef or sliced chicken + olives + jalapenos + low fat yogurt + shredded cheese + hot sauce or salsa



VEGETARIAN BOWL

Lettuce + quinoa or couscous + your favorite cooked or raw vegetables + one new one (fennel, bok choy, roasted eggplant) + simple vinaigrette + sunflower seeds



SUNRISE BOWL

Oatmeal + sliced strawberries + canned peaches + frozen blueberries + dried cranberries or honey + chopped almonds

CHEF'S TIPS

- Choosy eaters? Grain bowls are customizable! Have kids help create their own bowl from a few different ingredients. Make them into fun faces or create designs on top.
- Crunched for time? Use the same grains more than once, in different ways. Cook a large batch of rice or pasta, and use it in multiple meals. You can also eat bowls cold or hot - try hot pasta one night, then a cold noodle salad the next day.
- Looking to save money? Grain bowls are the perfect leftover lunch. Most grains are affordable, and a bulk package of rice or lentils will last a while in your pantry.
- Still have leftover ingredients? Make a grain bowl of savory ingredients, and add warmed vegetable broth for a quick and delicious soup!



Smoothies

Smoothies are easy and can be made to your liking!

Mix in your favorite seasonal fruits and veggies.

✓ flexible ✓ kid approved

FRUIT OR VEGGIE + LIQUID + FLAVOR + THICKENER			
½ CUP TOTAL SLICED/ CHOPPED, FRESH OR FROZEN	½ CUP	OPTIONAL	UP TO ½ CUP
Bananas	Apple juice, 100% juice	Ground cinnamon (up to ½ tsp)	Ice
Strawberries	Orange juice, 100% juice	Vanilla extract (up to ½ tsp)	Avocado
Raspberries, whole	Cranberry juice, 100% juice	Zest from lemon, lime or orange (up to ½ tsp)	Low-fat yogurt
Blueberries, whole	Low-fat milk, plain	Honey or maple syrup (1 Tbsp)	Silken tofu
Peach	Plain soy milk	Coconut flakes, unsweetened (1 Tbsp)	
Mango	Almond milk	Nut or seed butter (1 Tbsp)	
Pineapple			
Spinach			
Passion fruit			



Notes

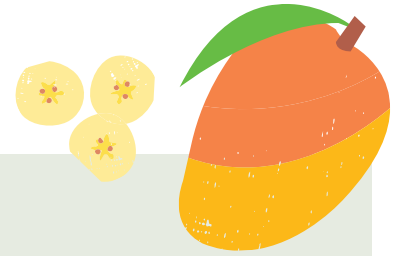


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INSTRUCTIONS

 **CHILD-FRIENDLY TASK**

-  **1.** Add ingredients from each column to blender.
-  **2.** Blend until thick and smooth. Makes one serving.



TRY THESE COMBOS



VERY BERRY

½ cup mixture of strawberry, blueberry, and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 tsp honey + ¼ cup ice



BANANA-STRAWBERRY

½ cup sliced banana and strawberry + ¼ cup apple juice + ¼ cup nonfat milk + ¼ cup plain yogurt + 1 tsp honey



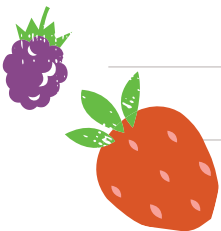
TROPICAL SUNRISE

½ cup mixture of banana and mango + ½ cup low-fat milk + ½ tsp coconut flakes + ¼ cup nonfat yogurt + ¼ cup

CHEF'S TIPS

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

Notes





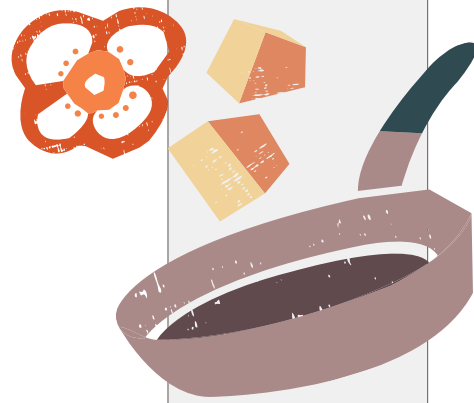
Stir-fry

Want a quick weeknight meal? Try a stir-fry!

Stir-fries are a great way to use veggies. Choose ingredients and follow the directions below to make a tasty meal for four.

- ✓ **flexible**
- ✓ **crowd-friendly**


VEGGIES + PROTEIN + FLAVOR + SAUCE + GRAIN				
2-3 CUPS TOTAL, ANY COMBO	VARIED	OPTIONAL	CHOOSE ONE RECIPE BELOW	1 CUP DRY
Bell pepper, sliced Carrots or celery, sliced Snow peas, sugar snap peas or green beans, trimmed Broccoli or cauliflower florets Mushrooms or onion, sliced Zucchini or yellow squash, sliced Cabbage, thinly sliced Canned water chestnuts, rinsed and drained	Boneless, skinless chicken breasts or thighs, trimmed and cut into bite-size pieces (1 pound) Sirloin or flank steak, trimmed and cut into bite-size pieces (1 pound) Pork tenderloin or boneless loin chops, trimmed and cut into bite-size pieces (1 pound) Extra-firm tofu, drained and cut into 1-inch cubes (14-ounce package) Frozen edamame (soy beans), thawed and drained (2 cups)	Minced garlic (1 Tbsp) Minced ginger (1 Tbsp or ½ teaspoon ground ginger) Jalapeno (1 Tbsp)	Peanut Sauce Spicy Soy Sauce Lemon Stir-Fry Sauce	Brown rice Whole grain couscous Instant barley Rice noodles or whole grain pasta



CONTINUE ON BACK →

INSTRUCTIONS

CHILD-FRIENDLY TASK

1. Cook grains following package directions. While grains cook, make stir-fry.
2. In a large skillet over medium-high heat, heat 1 Tablespoon canola oil. Add meat or poultry. Stir occasionally until just cooked through, about 4–6 minutes. Transfer to a plate.
3. Add veggies to skillet. Start with harder veggies first (e.g., green beans, onion, carrots, broccoli, cauliflower). As they begin to soften, add softer veggies (e.g., zucchini, yellow squash) and keep cooking. Total cooking time may be 5-10 minutes depending on vegetables used.
4. If using garlic and/or ginger, or jalapeno add to skillet when all veggies are soft. Stir until fragrant, about 30 seconds.
-  5. In a small bowl, make the sauce. Choose one of the sauces from below.
6. Add sauce to pan to heat and thicken. Continually stir sauce until desire thickness, 1-2 minutes. If sauce becomes too thick add small amounts of water to thin out. If sauce is too thin, add about 1 tablespoon of cornstarch slurry (equal parts water and cornstarch mixed together). Cook until thickened, about 1-2 minutes.
7. Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.



TRY THESE SAUCES



PEANUT SAUCE

In a small bowl, stir together ¼ cup peanut butter, ½ cup warm water, ¼ cup low-sodium soy sauce, 2 Tablespoons cider vinegar and 1 Tablespoon sugar.



SPICY SOY SAUCE

In a small bowl, stir together ¼ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeno and ½ teaspoon ground ginger.



LEMON STIR-FRY SAUCE

In a small bowl, stir together 3 Tablespoons lemon juice, 3 Tablespoons low-sodium soy sauce and 2 teaspoons cornstarch.



Notes





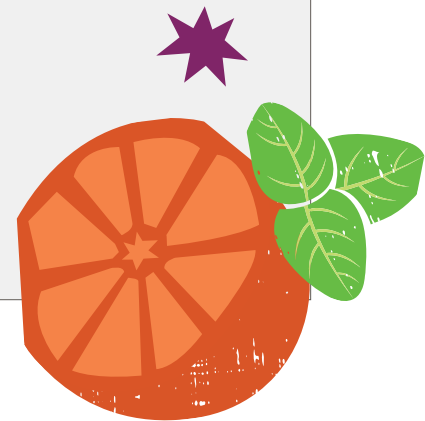
Super Sippers

Try this framework to make new, tasty drink combos.

Use your favorite seasonal fruits!

flexible kid approved

WATER + FRUIT & FLAVORING + 100% FRUIT JUICE		
3/4-1 CUP	2-4 PIECES	1/2 CUP
Plain water	Lemon	Orange
Seltzer water	Lime	Cranberry
	Orange	Grape
	Grapefruit	Apple
	Pineapple	Mango
	Peaches	
	Mint	
	Basil	
	Cucumber	



INSTRUCTIONS

CHILD-FRIENDLY TASK

1. Wash and slice any fruit you will add to your fizz and add to a cup.
2. Use a fork to slightly press and mash the fruit. This will allow the fruit to release juice.
3. Add 1/4 cup of 100% juice to the cup and stir with mashed fruit.
4. Fill the rest of the cup with seltzer or plain water.

CONTINUE ON BACK →



TRY THESE COMBOS



CUCUMBER COOLER

Seltzer water +
Sliced cucumber +
Sliced lemon + Mint



CRANBERRY PEACH FIZZ

Seltzer water +
Sliced peaches + Basil
+ Cranberry juice



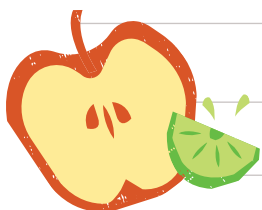
PINEAPPLE PUNCH

Plain water + Pineapple
+ Orange juice

CHEF'S TIPS

- Use whatever fruit and 100% juice you like.
- You can go up to a 50/50 mix with water and juice.
- You can leave out the fruit juice and make an unsweetened drink.

Notes





Wraps

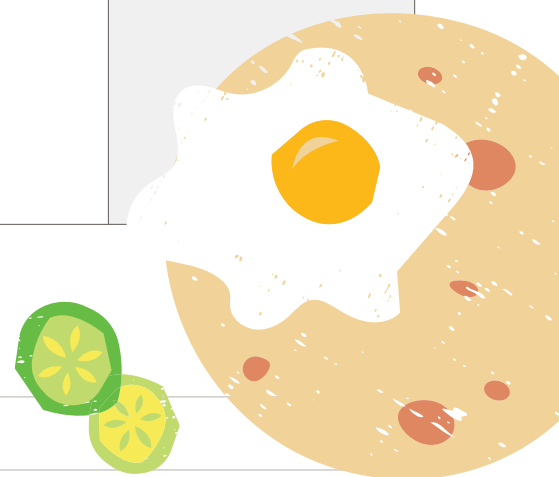
Fill with your favorite seasonal veggies!

Each wrapper serves 1, 4 pinwheels each.

✓ flexible

✓ quick meal

WRAPPER + VEGGIES + PROTEIN + GRAIN +				DIPS & SAUCES
1 WRAPPER	1/3 CUP	2 OUNCES OR 1/4 CUP	1/3 CUP	TO TASTE
Whole wheat tortillas	Sliced tomato	Chicken or turkey (fully cooked)	Quinoa	Savory Greek Yogurt Dip
Whole wheat pita	Salad greens	Shrimp or fish (fully cooked)	Wild rice	Vegetable Dip
Rice paper	Avocado	Beans, lentils, pigeon peas, garbanzos or edamame	Barley	Peanut Dipping Sauce
Nori	Carrots	Eggs (any style)	Farro	Spicy Soy Dipping Sauce
Whole lettuce leaf	Radishes	Tofu	Bulgur	Honey Mustard Dip
Steamed collard greens	Cucumber	Deli meat		Bean Dip
Steamed cabbage	Red onions			
	Corn			
	Bell pepper			



Notes

CONTINUE ON BACK →

INSTRUCTIONS

👤 CHILD-FRIENDLY TASK

- 👤 **1.** For wraps: Lay out flat on a plate. If using a rice paper wrapper, soak to soften according to package instructions.
- 2.** For vegetables: Wash and cut into thin slices. If using herbs, pluck leaves off stems and tear into smaller pieces.
- 👤 **3.** Make the dip or sauce.
- 👤 **4.** For assembly, spread dip on the wrapper. Layer with vegetables, proteins and if using, cheese, grains or herbs.
- 👤 **5.** Roll wrapper and toppings into a log shape. Use a knife to cut wrap in half or slice wrap into four “pinwheels.”



TRY THESE COMBOS



GREEK-STYLE WRAPS

Whole wheat tortillas or pitas + sliced tomato, salad greens + 1-2 slices of cheese + 2 slices deli meat + Savory Greek Yogurt Dip



SUSHI-STYLE WRAPS

Nori wrapper + cucumber + avocado + carrots + canned fish + rice + spicy soy dipping sauce (as pop-out box) (¼ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 teaspoon minced jalapeno, ½ teaspoon ground ginger.)



FRESH SPRING ROLL WRAPS

Rice paper wrapper* + salad greens, radishes, carrots, red onions, chopped mint + tofu + peanut dipping sauce (as pop-out box) (¼ cup peanut butter, ½ cup warm water, ¼ cup low-sodium soy sauce, 2 Tablespoons cider vinegar, 1 Tablespoon sugar) Vegetable Dip



LETTUCE WRAPS

Whole lettuce leaf + avocado, tomato + ¼ cup beans like black or great northern + quinoa + Vegetable Dip

CHEF'S TIPS

- Use any of your favorite seasonal veggies in this wrap. Grate, chop or peel into thin slices before adding.
- For some vegetables like carrots or radishes, you can use a vegetable peeler to peel into long, thin strips.

Delicious Dips & Spreads

COOKING MATTERS®

Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

✓ no-cook ✓ quick snack

👤 CHILD-FRIENDLY TASK

VEGETABLE DIP

SERVING SIZE: 1-2 TBSP

8 servings

INGREDIENTS

- ½ cup plain nonfat yogurt
- ½ cup reduced-fat mayonnaise
- 1 Tablespoon salt-free seasoning blend (or use ½ teaspoon each of dried chives and parsley, ¼ teaspoon each of garlic and onion powder, and ⅛ teaspoon each of salt and pepper)

OPTIONAL INGREDIENTS

- Use low-fat sour cream in place of mayonnaise if you like

INSTRUCTIONS

- 👤 1. Mix yogurt, mayonnaise, and salt-free seasoning blend.
- 👤 2. Serve with cut-up fresh veggies. Or, use as a topping for quesadillas, tacos, or chili.



HONEY MUSTARD DIP

SERVING SIZE: 1-2 TBSP

4 servings

INGREDIENTS

- ½ cup plain nonfat yogurt
- 1 Tablespoon mustard
- 1 Tablespoon honey
- 1 Tablespoon canola oil
- ½ teaspoon salt
- ½ teaspoon ground black pepper

INSTRUCTIONS

- 👤 1. Mix yogurt, mustard, & honey.
- 👤 2. Serve with baked chicken pieces or soft whole grain pretzels.

PUMPKIN DIP

SERVING SIZE: 1-2 TBSP

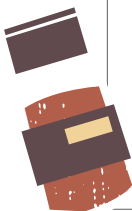
24 servings

INGREDIENTS

- 1 (15-ounce) can pumpkin puree
- 1 cup low-fat cream cheese (softened)
- ¼ cup powdered sugar
- 1 teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg

INSTRUCTIONS

- 👤 1. Using a blender, mix pumpkin puree, cream cheese, powdered sugar, cinnamon, and nutmeg.
- 👤 2. Serve with whole wheat graham crackers or apple wedges. Or, use as a spread on whole wheat toast or bread.





SAVORY GREEK YOGURT DIP




SERVING SIZE: 1-2 TBSP

6 servings

INGREDIENTS

- 5 oz of plain fat free Greek yogurt (or small container)
- Juice of 1 lime
- 1 Tablespoon of finely chopped cilantro or parsley
- ¼ teaspoon each salt and pepper

INSTRUCTIONS

-  1. Mix Greek yogurt, lime juice, cilantro or parsley, salt & pepper.
-  2. Serve with cut-up fresh veggies, whole wheat pita wedges or crackers, or as a sandwich spread.
-  3. Use as a topping for quesadillas, tacos or chili.

BEAN DIP

SERVING SIZE: 1-2 TBSP

24 servings



INGREDIENTS

- 1 (15½-ounce) can beans (cannellini, chickpeas, black beans, etc.) rinsed and drained
- 1 minced garlic clove
- ¼ cup water
- 1 Tablespoon canola oil
- ½ teaspoon salt
- ½ teaspoon ground black pepper

OPTIONAL INGREDIENTS

- For extra kick, add ¼ cup salsa. For a thicker dip, add ¼ cup low-fat yogurt. For a different flavor, add ¼ cup of your favorite rinsed and minced fresh herbs.

INSTRUCTIONS

-  1. Using a blender, mix beans, garlic, water, canola oil, salt and ground black pepper.
-  2. Serve with cut-up fresh veggies, with whole wheat pita wedges or crackers, or as a sandwich spread.



FRUIT YOGURT DIP



SERVING SIZE: 1-2 TBSP

16 servings

INGREDIENTS

- 1 cup low-fat cream cheese (softened)
- ½ cup nonfat vanilla yogurt
- ½ cup fruit puree — such as crushed pineapple, berries, or mashed banana
- 1 teaspoon honey
- ¼ teaspoon ground cinnamon

INSTRUCTIONS

-  1. Using a blender, mix cream cheese, nonfat vanilla yogurt, fruit puree, honey and ground cinnamon.
-  2. Serve with cut-up fresh fruits. Try apples, bananas, grapes or strawberries.

TIP

Many of these dips can make great first foods for babies. Consider letting them try it before you add the extra spice, salt and sweetener. And, babies under one year cannot have honey.

Grab & Go

COOKING MATTERS®

In a hurry? Try these small meals and snacks that you can take with you. Aim to include foods from 2-3 food groups for a filling and satisfying meal or snack.

✓ **quick meal**
✓ **flexible**

			peanut butter, almond butter or hummus	+	whole wheat toast	+	apple or other piece of fruit
			pita bread or crisps	+	plain yogurt	+	cucumbers and tomatoes
			whole grain English muffin	+	tomato sauce	+	leftover cooked veggies & a little mozzarella cheese
			leftovers from dinner				
			pineapple and watermelon	+	yogurt	+	chile and lime seasoning
			spoonful of nuts	+	dried fruit	+	dry cereal or porridge
			low-fat cottage cheese	+	frozen mango	+	spoonful of granola
			scrambled eggs	+	corn tortilla	+	cheese
			whole wheat tortilla	+	slice of ham	+	tomato slice

Snacks in a Snap

COOKING
MATTERS®

Let kids help you make tasty snacks that will power them through the day.

✓ quick snacks ✓ kid approved

👤 CHILD-FRIENDLY TASK

KABOBS

SERVING SIZE: 2 SIX INCH SKEWERS

INGREDIENTS

- Variety of cheese blocks
- Variety of fruit

OPTIONAL INGREDIENTS

Pretzel sticks

INSTRUCTIONS

- 👤 1. Cube different cheeses and slice a mixture of fruits.
- 👤 2. Invite children to make snack kabobs on coffee stirrer “skewers” or pretzel sticks.



AVOCADO CRUNCH*

SERVING SIZE: 1/3 OF A CUP

INGREDIENTS

- 1 ripe avocado
- Juice from 1/2 lemon
- 2 teaspoons sunflower seeds
- Pinch of salt

INSTRUCTIONS

- 👤 1. Let children mash avocado in a bowl.
- 👤 2. Add juice from lemon, sunflower seeds and salt.
- 👤 3. Spread over Cucumber Sammies, or serve with vegetable slices or whole wheat crackers.

BAKED APPLES*

SERVING SIZE: 1 PREPARED APPLE

INGREDIENTS

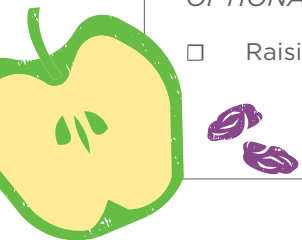
- Apples
- Butter
- Brown sugar
- Cinnamon

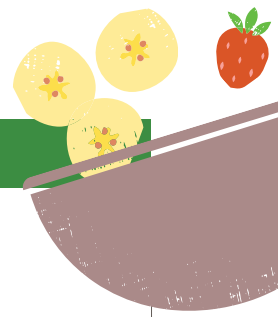
OPTIONAL INGREDIENTS

- Raisins

INSTRUCTIONS

1. Core apples and place in a microwave safe dish.
- 👤 2. Each child can fill their apple with about 1/2 teaspoon of butter, brown sugar and cinnamon.
- 👤 3. Add a few raisins, if desired.
4. Cook for about 6 minutes in the microwave.
5. Allow to cool before serving with toasted whole wheat pita wedges dusted with cinnamon.





SEASONAL FRUIT SALAD*

SERVING SIZE: ½ CUP

INGREDIENTS

- Seasonal fruits
- Juice from ½ lime

OPTIONAL INGREDIENTS

- Honey
- Graham cracker

INSTRUCTIONS

- 1.** Let children help you wash and peel fruits that are in season.
- 2.** Cut into bite-size pieces.
- 3.** Combine in a large bowl.
- 4.** Squeeze the juice from half a lime over the fruit.
- 5.** Drizzle with a tablespoon of honey if you like.

CUCUMBER SAMMIES

SERVING SIZE: 4 SAMMIES

INGREDIENTS

- Cucumbers
- Egg salad, tuna salad, Avocado Crunch, or turkey and cheese

INSTRUCTIONS

- 1.** Cut cucumbers into ⅛ inch slices.
- 2.** Help children top with egg salad, tuna salad, Avocado Crunch, or turkey and cheese.
- 3.** Cover with another cucumber slice.

BANANA CRUNCH*

SERVING SIZE: ½ CUP

INGREDIENTS

- 1 large very ripe banana
- ¼ - ⅓ cup low-sugar granola
- Dash cinnamon

INSTRUCTIONS

- 1.** Have children mash one large, very ripe banana in a bowl.
- 2.** Add ¼ to ⅓ cup of low-sugar granola, a dash of cinnamon and mix.



Indicates which snacks might be appropriate for babies around 6 months and up. Texture should be soft enough to mash between two fingers. Consider letting them try ingredients before you add the extra salt, sweetener and “crunch”. And, babies under one year cannot have honey.

Notes

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

HOMEMADE SPICE MIXES

TACO SEASONING

- 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

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


JERK SEASONING

- 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

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

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



Black Bean and Vegetable Quesadillas

COOKING
MATTERS®

25

minutes prep

20

minutes cook

8

servings

✓ quick meal

✓ vegetarian

INGREDIENTS

- ½ (15½-ounce) can black beans, no salt added
- 1 medium zucchini
- 1 bunch fresh spinach (about 4 cups)
- 1 medium onion
- 2 cloves of garlic
- 1 bell pepper, any color
- 1 ear fresh corn or 1 cup canned corn
- 3 ounces low-fat cheddar cheese
- 1 Tablespoon canola oil
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 1 teaspoon oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Pinch ground cayenne pepper
- ½ teaspoon ground black pepper
- 8 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

OPTIONAL INGREDIENTS

- 3 Tablespoons fresh parsley or cilantro

MATERIALS

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Large skillet with lid
- Measuring spoons
- Medium bowl
- Rubber spatula
- Sharp knife

Nutrition Facts

8 servings per recipe	
Serving size	1 folded quesadilla
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 41g	15%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 144mg	10%
Iron 3mg	15%
Potassium 366mg	8%



*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. In a colander, drain and rinse black beans.
2. Rinse zucchini. Cut into thin slices or shred with a grater.
3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. Dice onion and bell pepper. Mince garlic.
5. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
6. Grate cheese.
7. In a large skillet over medium-high heat, heat oil. Add Veggies, beans and spices. Cook 3-5 minutes.
8. Turn heat off mixture, if using parsley or cilantro, add now. Transfer mixture to medium bowl.
-  9. Spread vegetable mixture evenly on half of each tortilla. Top with cheese. Fold tortillas over. Press lightly with spatula to flatten.
10. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 1-2 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
11. Cut each quesadilla into 2 wedges. Serve while hot.

CHEF'S TIPS

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash or bell peppers.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- Top with low-fat yogurt or salsa.
- Use the remaining beans in a soup or to top a salad.

Notes

Black-Eyed Pea and Corn Salad

COOKING
MATTERS®

9

ingredients

10

minutes prep

10

servings



no-cook



crowd-friendly

INGREDIENTS

- 1 medium bell pepper
- 1 small red onion
- 1 (15½-ounce) cans black-eyed peas
- 1 (15¼-ounce) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 1 lime or lemon
- 1 teaspoon cumin
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

OPTIONAL INGREDIENTS

- ¼ cup fresh cilantro leaves

MATERIALS

- Can opener
- Colander
- Cutting board
- Large bowl
- Measuring spoons
- Mixing spoon
- Sharp knife

Nutrition Facts

10 servings per recipe	
Serving size	3/4 cup
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 237mg	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. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
-  3. In a colander, drain and rinse black-eyed peas and corn.
-  4. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well.

CHEF'S TIPS

- Dried black-eyed peas may be cheaper than canned. Cook according to package directions.
- Try chilling the salad and serving over greens.
- Use vinegar you have on hand. Cider, red or white wine vinegar all work well.
- When corn is in season, you can use fresh in place of canned. Wash 4 ears of corn, remove kernels from the cob.



Corn Tortilla Chips

COOKING
MATTERS®

2

ingredients

10

minutes cook

12

servings



crowd-friendly

one dish

INGREDIENTS

- 8 (6-inch) corn tortillas
- Non-stick cooking spray

MATERIALS

- Baking sheet
- Cutting board
- Sharp knife

Nutrition Facts

12 servings per recipe	
Serving size	4 chips
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%



*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. Cut each corn tortilla into six triangles.
-  3. Coat a baking sheet with non-stick cooking spray.
-  4. Place tortilla slices on baking sheet. Lightly spray the chips with non-stick cooking spray to prevent burning.
5. Bake until golden brown and crispy, about 8-10 minutes.

CHEF'S TIPS

- Try whole wheat tortillas instead of corn tortillas.
- If serving chips with savory or salty foods, sprinkle with garlic powder before baking.
- For a sweet treat, sprinkle with cinnamon and sugar before baking.
- Try serving with salsa, hummus, bean dip or chili.



Cranberry Walnut Coleslaw

COOKING
MATTERS®

9

ingredients

15

minutes prep

10

servings



no-cook



crowd-friendly

INGREDIENTS

- 1 (1-pound) head cabbage
- 3 medium carrots
- 1 cup walnuts
- 1/3 cup cider vinegar
- 1/4 cup canola oil
- 1 Tablespoon sugar
- 1 teaspoon celery seed
- 1/4 teaspoon salt
- 1 cup dried cranberries

MATERIALS

- Box grater
- Cutting board
- Fork
- Large bowl
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Vegetable peeler


Nutrition Facts

10 servings per recipe	
Serving size	3/4 cup
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 217mg	4%

*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

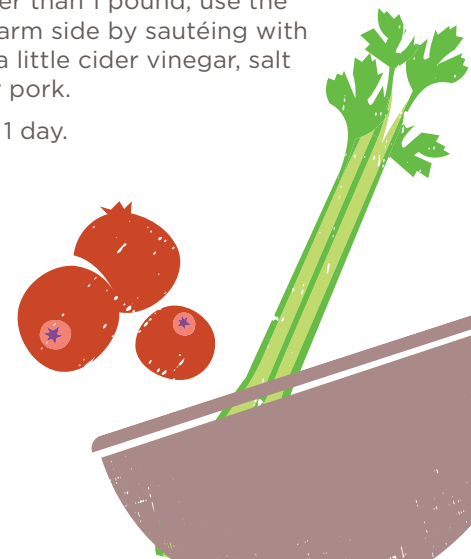
1. Rinse and thinly slice cabbage. Rinse, peel, and grate carrots.
2. Chop walnuts.
-  3. In a large bowl, use a fork to whisk together vinegar, oil, sugar, celery seed and salt. Add cabbage, carrots, walnuts and cranberries. Toss to mix well.



CHILD-FRIENDLY TASK

CHEF'S TIPS

- If you buy a head of cabbage larger than 1 pound, use the rest in another meal. Serve as a warm side by sautéing with sliced apples and seasoning with a little cider vinegar, salt and pepper. Serve with chicken or pork.
- This coleslaw keeps well for up to 1 day.



Fall Vegetable Salad

COOKING
MATTERS®

14

ingredients

20

minutes prep

8

servings



seasonal special



crowd-friendly

INGREDIENTS

- ¾ cup barley, whole grain couscous, or quinoa
- 1 medium bulb fennel
- 1 bunch hearty greens, such as kale, chards, or beet greens
- 1 small beet
- 1 medium apple
- 1 clove garlic
- ½ cup nuts or seeds, such as pecans, almonds, or walnuts
- 1 tsp canola oil

DRESSING INGREDIENTS

- 1 medium lemon
- ¼ cup cider vinegar
- 1 Tablespoon Dijon mustard
- ¼ cup canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

OPTIONAL INGREDIENTS

- 2 ounces cheese, such as blue, goat or cheddar cheese

MATERIALS

- Cutting board
- Fork
- Large bowl
- Large pot with lid
- Measuring cups
- Measuring spoons
- Sharp knife
- Small bowl
- Small skillet
- Vegetable peeler

Nutrition Facts

8 servings per recipe	
Serving size	1 cup
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 2mg	10%
Potassium 394mg	8%







*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. Cook grains following package directions. Transfer to a large bowl. Prepare rest of salad while you let grains cool completely.
-  2. Rinse fennel, greens, beet and apple.
3. Cut any long stalks and fronds off fennel. Quarter fennel and cut out core. Slice thinly.
4. Remove stems from greens. Stack leaves together, roll into a thick log, and slice thinly.
-  5. Massage greens for 1-2 minutes by hand with one teaspoon of oil.
6. Peel and cut beet into ¼-inch cubes. Cut apple into ¼-inch cubes.
7. Peel and mince garlic.
-  8. If using, crumble cheese or cut into ¼-inch cubes.
9. In a small skillet over medium-low heat, add nuts or seeds. Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.
-  10. Rinse and cut lemon in half. In a small bowl, squeeze juice. Discard any seeds.
-  11. Add vinegar, minced garlic and mustard to lemon juice. Whisk with fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
-  12. When grains are cool, add fennel, greens, beet and apple. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts and cheese, if using.

CHEF'S TIPS

- Vary the vegetables according to what you have on hand and what's in season. Carrots, cabbage, pears, celery and dried fruit work nicely.
- Add leftover cooked chicken, roast beef or beans for added protein. Serve as a 4-person entrée.
- Use any apples you like, such as Granny Smith, Pink Lady or Fuji.
- If fennel comes with the feathery “fronds” still on it, finely chop and add some to salad for an extra punch of flavor.
- Refrigerate any leftovers in an airtight container for up to 3 days.

Notes

Fruit Tarts

COOKING
MATTERS®

6

ingredients

10

minutes cook

6

servings



quick snack



kid approved

INGREDIENTS

- 4 ounces low-fat cream cheese
- 3 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches or mango
- 6 slices whole wheat sandwich bread
- 1½ Tablespoons low-fat milk
- 1 Tablespoons honey
- ¼ teaspoon vanilla extract

MATERIALS

- Baking sheet
- Cutting board
- Fork
- Heavy skillet
- Measuring cups
- Measuring spoons
- Sharp knife
- Small bowl

Nutrition Facts

6 servings per recipe	
Serving size	1 tart
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 1mg	6%
Potassium 296mg	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

1. Preheat oven to 350°F.
2. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 2 cups total.
3. Using the bottom of a skillet, flatten bread to about ⅛-inch thick. Place on a baking sheet and bake until crisp, about 10 minutes. Or, use a toaster or toaster oven. Watch carefully so bread gets just crisp and not brown.
4. Let cool for 5 minutes.
5. While bread bakes, in a small bowl, use fork to mix cream cheese and milk until smooth. Stir in honey and vanilla.
6. Spread a heaping Tablespoon of cream cheese mixture on each piece of cooled bread. Arrange about ⅓ cup fruit on top of each tart.



CHILD-FRIENDLY TASK

CHEF'S TIPS

- Remove cream cheese from refrigerator. Let come to room temperature on counter top, about 30 minutes.
- Use your favorite fruits to make these tarts. 100% juice can be used in place of the milk plus honey.
- If you do not have an oven, crisp the bread in a skillet over medium heat. Or, use a toaster or toaster oven. Watch carefully so bread gets just crisp and not brown.

Granola

COOKING
MATTERS®

5

minutes prep

15

minutes cook

9

servings

- ✓ gluten-free
- ✓ one dish

INGREDIENTS

- 2 Tablespoons honey
- ¼ cup canola oil
- ½ teaspoon ground cinnamon
- 2 cups old-fashioned rolled oats
- 4 Tablespoons sliced or chopped almonds
- Non-stick cooking spray
- ½ cup dried fruit (raisins, cranberries, apricots, dates, or prunes)

MATERIALS

- Baking sheet
- Fork
- Large bowl
- Measuring cups
- Measuring spoons
- Medium bowl

Nutrition Facts

9 servings per recipe	
Serving size	1/3 cup
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 145mg	4%

*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

1. Preheat oven to 350°F.
2. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
3. Add oats and almonds. Stir until well-coated with honey mixture.
4. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
5. Bake until lightly browned, about 10-15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
6. Transfer cooled granola to a medium bowl. Stir in dried fruit.

CHILD-FRIENDLY TASK

CHEF'S TIPS

- Make large batches. Granola can be stored at room temperature or in the refrigerator for up to 3 weeks.
- Add milk to granola and eat like cereal.
- Use it to top a fruit salad or nonfat plain yogurt. Or, pack single servings in a zip-top plastic bag. Eat on its own for a tasty afternoon snack.
- Layer granola, slices of fresh or frozen fruit and yogurt to make a yogurt parfait.

Guacamole

COOKING
MATTERS®

6

ingredients

15

minutes prep

8

servings



quick snack



no-cook

INGREDIENTS

- ¼ red onion
- 1 medium clove garlic
- 2 plum tomatoes
- 1 medium lime
- 2 medium, ripe avocados
- ¼ teaspoon salt

OPTIONAL INGREDIENTS

- ½ teaspoon ground cumin
- ¼ cup fresh cilantro leaves or
- 1 tablespoon of dried dill or 2 sprigs of fresh chopped dill

MATERIALS

- Cutting board
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife
- Spoon

Nutrition Facts

8 servings per recipe	
Serving size	1/4 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 293mg	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. Peel onion and garlic clove. Rinse tomatoes.
2. If using, rinse cilantro. Pluck leaves from stems. Tear into small pieces.
3. Mince onion and garlic. Dice tomatoes into ¼-inch pieces.
-  4. Rinse lime and cut in half. In a medium bowl, squeeze juice from each half. Discard seeds.
5. Cut avocados in half. Remove pits. Using a large spoon, scoop out flesh and add to bowl with juice.
-  6. Add salt to avocado. If using cumin, add now. Mash well with a fork.
-  7. Add onion, garlic and tomatoes to avocado mixture. If using cilantro or dill, add now. Stir well.

CHEF'S TIPS

- Serve as a dip with Homemade Corn Tortilla Chips, whole grain pita wedges or fresh veggies.
- The lime keeps the avocados from turning brown. Keep in a sealed container in the refrigerator to maintain look and taste for a couple of days.



Egg Burritos

COOKING
MATTERS®

10

minutes prep

10

minutes cook

4

servings



quick meal



freezer friendly

INGREDIENTS

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- ¾ teaspoon ground cumin, divided
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas

OPTIONAL INGREDIENTS

- ½ cup nonfat plain yogurt
- ¼ cup fresh cilantro

MATERIALS

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring cups
- Measuring spoons
- Medium skillet
- Paper towel
- Plate
- Rubber spatula
- Sharp knife
- Small bowl

Nutrition Facts

4 servings per recipe	
Serving size	1 burrito
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 330mg	14%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 180mg	15%
Iron 4mg	20%
Potassium 430mg	10%





*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 green onions and bell pepper. Peel garlic clove.
2. Slice green onions. Remove core and dice bell pepper. Mince garlic.
3. If using fresh cilantro, rinse and chop leaves now.
4. Grate cheese.
-  5. In a colander, drain and rinse beans.
6. In a medium skillet over medium heat, heat oil. Add beans, green onions, bell pepper and garlic. Cook until peppers are soft, about 3 minutes. Add ½ teaspoon ground cumin and black pepper. Transfer mixture to a plate.
-  7. In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
8. Wipe out skillet with a paper towel. Coat with non-stick cooking spray. Heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like, about 3-5 minutes. If using cilantro, add now.
-  9. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese on top. If using yogurt, add a dollop to each tortilla.
-  10. Fold tortilla over mixture and serve.

CHEF'S TIPS

- Add color and flavor with a fresh salsa. Mix chopped fresh or canned tomatoes, chopped onion and chopped cilantro. Add a pinch of ground cayenne for heat.
- For a different flavor, use Monterey Jack or colby cheese instead of cheddar.
- Steam, sauté or grill a mix of veggies. Add to burritos.
- If you double the recipe, do not double cumin.
- Use 1 Tablespoon dried cilantro instead of fresh cilantro, if you like.
- Burritos can be frozen for up to one week. Wrap tightly in plastic wrap, cover with aluminum foil and freeze. To reheat, remove foil and plastic. Microwave 1½-2 minutes, turning as needed. Or, remove plastic wrap and re-cover in aluminum foil. Heat in a toaster oven or regular oven at 300°F for about 6 minutes.

Notes

Hummus

COOKING
MATTERS®

8

ingredients

8

minutes prep

10

servings



quick snack



no-cook

INGREDIENTS

- 1 clove garlic
- 1 large lemon
- 1 (15½-ounce) can garbanzo beans/chickpeas
- ½ cup warm water
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons canola oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

OPTIONAL INGREDIENTS

- 1 fresh red pepper, or 3 roasted, jarred peppers
- Pinch of ground cumin
- 2 Tablespoons of tahini

MATERIALS

- Can opener
- Colander
- Cutting board
- Measuring cups
- Measuring spoons
- Sharp knife
- Small bowl

SPECIAL MATERIALS

- Blender

Nutrition Facts

10 servings per recipe	
Serving size	1/4 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 42mg	0%




*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. Peel and chop garlic. If using fresh red pepper, rinse, remove core and seeds and mince now. Or, mince jarred roasted peppers.
-  2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
-  3. In a colander, drain and rinse beans.
-  4. Add garlic, lemon juice, beans, and remaining ingredients to blender. If using optional spices, add now. Blend until creamy and well mixed.

CHEF'S TIPS

- Serve hummus with sliced whole wheat pita bread. Or, serve as a dip for cut-up fresh vegetables like cucumber, carrots or broccoli.
- Make a tasty sandwich. Stuff a pita pocket with cut-up fresh veggies and hummus.
- For a different flavor, try using tahini or peanut butter instead of yogurt.

Mango Salsa

COOKING
MATTERS®

8

ingredients

20

minutes prep

6

servings



quick snack



no-cook

INGREDIENTS

- 2 large ripe mangoes
- 1 small cucumber
- 1 red onion
- 1 medium jalapeño pepper
- 2 medium limes
- 1 teaspoon chili powder
- ½ teaspoon salt
- Pinch of cayenne pepper

OPTIONAL INGREDIENTS

- 1 medium bell pepper
- ¼ cup fresh cilantro

MATERIALS

- Cutting board
- Measuring spoons
- Medium bowl
- Plastic wrap
- Sharp knife

Nutrition Facts

6 servings per recipe	
Serving size	1/2 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 359mg	8%

*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 all produce.
2. Peel mangoes. Cut mango flesh from the pits.
3. Cut cucumber in half lengthwise. Remove seeds. If using bell pepper, cut in half lengthwise. Remove stems & seeds.
4. Dice mangoes, cucumber, and bell pepper, if using. Finely chop green onions.
5. Cut jalapeño pepper in half lengthwise. Remove stems and seeds and dice.
6. If using, rinse and chop cilantro.
7. Cut limes in half. Squeeze juice from each half into a medium bowl. Discard seeds.
8. Add the rest of the chopped ingredients and spices to the bowl. Mix well.
9. For best flavor, cover and refrigerate for at least one hour before serving.

CHEF'S TIPS

- Mangoes usually feel a little softer when ripe. If mangoes are not in season or not in your store, use canned peaches or pineapple, packed in juice. Drain before using.
- Serve salsa as a dip with corn tortilla chips. Or, use as a topping for fresh fish or pork, black bean soup or tacos.



Mini-Pizzas

COOKING
MATTERS®

9

ingredients

8

minutes cook

6

servings



Kid approved



vegetarian

INGREDIENTS

- 1 medium red or green bell pepper
- 8 ounces button mushrooms
- 1 large tomato
- 1 (4-ounce) chunk part-skim mozzarella cheese
- 6 whole grain English muffins, pitas or naan
- 1 Tablespoon canola oil
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 (8-ounce) can tomato sauce, no salt added

MATERIALS

- Baking sheet
- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Medium bowl
- Sharp knife
- Small bowl





Nutrition Facts

6 servings per recipe	
Serving size	2 English muffin halves
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 380mg	17%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 299mg	25%
Iron 3mg	15%
Potassium 470mg	10%

*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

1. Preheat oven to 450°F.
-  2. Rinse bell pepper, mushrooms, and tomato.
3. Remove core and cut pepper into thin slices. Slice mushrooms ¼-inch thick. Remove core and dice tomato into ¼-inch pieces.
4. In a small bowl, grate cheese.
5. Split English muffins in half. Place them on a baking sheet. Bake until edges are lightly browned, about 10 minutes.
-  6. Stir spices into tomato sauce. Do this directly in the can.
-  7. When muffins are lightly browned, spoon 1 Tablespoon sauce over each muffin half. Coat evenly.
-  8. Layer veggies evenly over sauce. If using pepperoni, place one slice on each muffin half. Top with shredded cheese.
9. Bake muffins until cheese is melted and bubbly, about 6-8 minutes.
10. Let pizzas cool for 2 minutes before serving.

CHEF'S TIPS

- Use mini pitas in place of English muffins, if you like.
- Use seasonal veggies you like and let kids top their own!
- Use leftover cooked ground meat, chicken or turkey pepperoni.



CHILD-FRIENDLY TASK



Northwest Apple Salad

COOKING MATTERS®

5

ingredients

15

minutes prep

4

servings



crowd-friendly



quick snack

INGREDIENTS

- 2 medium Granny Smith apples
- 2 Tablespoons dried fruit, such as raisins or dried cranberries
- 2 Tablespoons plain low-fat yogurt
- 1 Tablespoon whole, chopped walnuts
- 1 teaspoon ground cinnamon

OPTIONAL INGREDIENTS

- 1 Tablespoon honey
- 1 small carrot

MATERIALS

- Cutting board
- Measuring spoons
- Medium bowl
- Sharp knife
- Small skillet

Nutrition Facts

4 servings per recipe	
Serving size	3/4 cup
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 155mg	4%



*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 remove cores from apples. Do not peel. Thinly slice OR dice onto 1-inch pieces. Place in medium bowl.
2. Grate carrot(if using) and add to apples.
-  3. Add dried fruit, cinnamon and yogurt to bowl. Mix well.
-  4. Add chopped nuts to bowl. If using, add honey. Toss and serve.

CHEF'S TIPS

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts. To make this dish nut-free, use sunflower seeds instead.
- Toasting nuts can make them more flavorful. In a small skillet over medium heat, toast nuts until golden and fragrant, about 2 minutes. Watch closely so they do not burn. Remove from pan and let cool before using.



Peanut Butter Pockets

COOKING
MATTERS®

6

ingredients

10

minutes cook

4

servings



dairy-free



kid approved

INGREDIENTS

- 3 ripe bananas or 2 apples
- 3 Tablespoons creamy peanut butter
- 1½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

MATERIALS

- Large skillet
- Measuring spoons
- Rubber spatula
- Sharp knife
- Small bowl

Nutrition Facts

4 servings per recipe	
Serving size	1 pocket
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 47g	17%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 3g Added Sugars	6%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 386mg	8%

*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

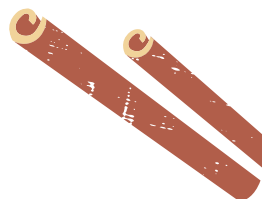
1. Peel and slice bananas or apples about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana or apple slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.



CHILD-FRIENDLY TASK

CHEF'S TIPS

- If allergic to peanut butter use other nut or seed butters.
- Low-fat cream cheese is also another substitution you can make instead of nut butters.
- To serve as a dessert try sprinkling a few chocolate chips inside the pocket while cooking.



Pineapple Carrot Muffins

COOKING
MATTERS®

15

minutes prep

25

minutes cook

12

servings

- ✓ freezer friendly
- ✓ egg-free

INGREDIENTS

- 1 medium carrot
- 1 cup canned crushed pineapple with juice
- 5 Tablespoons canola oil
- ½ cup cold water
- 1 Tablespoon white distilled vinegar
- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- ½ cup light brown sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- Pinch ground nutmeg or pumpkin pie spice
- Non-stick cooking spray

OPTIONAL INGREDIENTS

- ½ cup raisins

MATERIALS

- 12-cup muffin pan
- Box grater
- Can opener
- Fork
- Large bowl
- Measuring cups
- Measuring spoons
- Medium bowl
- Mixing spoon
- Vegetable peeler

Nutrition Facts

12 servings per recipe	
Serving size	1 muffin
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 87mg	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 350°F.
2. Rinse and peel carrot. Shred with a grater. Measure out $\frac{3}{4}$ cup shredded carrot.
-  3. In a medium bowl, add pineapple with juice, oil, water, vinegar and shredded carrot. Mix with a fork to combine.
-  4. In a large bowl, mix flours, brown sugar, baking soda, cinnamon, salt and nutmeg. Blend well with a fork to break up any lumps.
-  5. Add wet ingredients to dry ingredients. Mix until just combined.
-  6. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about $\frac{3}{4}$ full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20-25 minutes.

CHEF'S TIPS

- To make these as a cake, pour batter into a greased 8-inch baking dish. Bake until top is golden brown and a toothpick inserted in the middle comes out clean, about 30-40 minutes. This recipe does not work well when doubled or baked as a cake in any pan larger than 8 inches.
- Add $\frac{1}{2}$ cup chopped walnuts to the batter before baking for some crunch.

Notes

Tomato Salsa

COOKING
MATTERS®

5

ingredients

15

minutes prep

6

servings



quick snack



crowd-friendly

INGREDIENTS

- 1 medium jalapeño pepper
- ½ medium white onion
- 2 cloves garlic
- 1 lime
- 1 (14½-ounce) can diced tomatoes, no salt added
- 1 teaspoon salt
- 1 teaspoon black pepper

OPTIONAL INGREDIENTS

- ¼ cup fresh cilantro leaves
- ½ teaspoon of chili powder
- ½ teaspoon of cumin

MATERIALS

- Can opener
- Cutting board
- Measuring spoons
- Mixing spoon
- Sharp knife

Nutrition Facts

6 servings per recipe	
Serving size	1/3 cup
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 224mg	4%

*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. Open can of diced tomatoes and juice lime, add to medium bowl.
2. Rinse peppers. Remove seeds and mince.
3. Peel onion and garlic. Rinse onion and dice. Mince garlic.
4. If using, rinse and chop cilantro.
5. Add all ingredients and spices to bowl and mix. Adjust seasonings if needed.
6. You can eat salsa right away or chill to let flavors develop.

CHEF'S TIPS

- Use half of the jalapeño to make salsa medium heat, or take jalapeno out completely to make mild.
- When in season you can use 4-5 fresh tomatoes instead of canned.
- You can blend salsa to make smooth or semi chunky.



Tuna Boats

COOKING
MATTERS®

15

minutes prep

0

minutes cook

4

servings



egg-free



kid approved

INGREDIENTS

- 2 large cucumbers
- 1 lemon
- 1 celery stalk
- 2 green onions
- 1 (6-ounce) can low-sodium tuna, packed in water
- 1 (15½-ounce) can white beans
- 1 Tablespoon canola oil
- 1 Tablespoon Dijon or country mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

OPTIONAL INGREDIENTS

- 1 Tablespoon pickle relish

MATERIALS

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring spoons
- Medium bowl
- Sharp knife
- Small bowl
- Spoon
- Vegetable peeler

Nutrition Facts

4 servings per recipe
Serving size 1/2 cucumber and 6 ounces filling

Amount per serving
Calories 220

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 540mg	23%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 4mg	20%
Potassium 823mg	20%




*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 cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions and celery.
4. Drain tuna. In a colander, drain and rinse beans.
-  5. In a medium bowl, mash beans lightly with a fork.
-  6. Add green onions, celery tuna, oil, mustard, salt, pepper, lemon zest and 2 Tablespoons of the lemon juice to beans. If using relish add now. Mix with a fork.
-  7. Fill each cucumber half with ¼ tuna mixture. Serve.

CHEF'S TIPS

- For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top. Add chopped bell pepper or celery for extra nutrition and crunch. Try canned salmon, packed in water, instead of tuna.



Turkey Tacos

COOKING
MATTERS®

25

minutes prep

20

minutes cook

8

servings

- ✓ crowd-friendly
- ✓ kid approved

INGREDIENTS

- 1 medium carrot
- 1 small sweet potato
- 1 small zucchini
- 1 onion
- 2 cloves of garlic
- 1 (15½-ounce) can low-sodium pinto beans
- Non-stick cooking spray
- 1 pound lean ground turkey
- 1 (15½-ounce) can chopped or crushed tomatoes, no salt added
- 2 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 Tablespoon dried oregano
- ½ Tablespoon of cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 16 taco shells

TOPPINGS

- 2 large tomatoes
- ¼ medium head lettuce
- 4 ounces low-fat cheddar cheese

MATERIALS

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Sharp knife
- Vegetable peeler

Nutrition Facts

8 servings per recipe	
Serving size	2 tacos
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 500mg	22%
Total Carbohydrate 35g	13%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 3mg	15%
Potassium 763mg	15%




*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 grate carrot, sweet potato and zucchini.
2. Dice onion and garlic and add to vegetable mixture.
3. Rinse and shred lettuce. Rinse, core and chop tomatoes.
4. Grate cheese.
-  5. In a colander, drain and rinse beans.
6. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat. Add turkey and brown.
-  7. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, cumin, salt and black pepper. Stir well.
8. Reduce heat to medium. Cook until thickened, about 20 minutes.
-  9. Add $\frac{1}{4}$ cup cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce and 1 Tablespoon fresh tomatoes.

CHEF'S TIPS

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, low-fat plain yogurt or Savory Greek Yogurt Dip.
- Use any type of cooked beans you like.
- Make soft tacos using corn or whole wheat tortillas. Or, serve over brown rice or cornbread.
- For more heat, add minced hot peppers to sauce in step 6.

Notes

Yogurt Parfait

COOKING
MATTERS®

4

ingredients

15

minutes prep

6

servings



no-cook



kid approved

INGREDIENTS

- 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches or mango
- 3 cups low-fat plain yogurt
- 1½ cups granola

OPTIONAL INGREDIENTS

- 2 Tablespoons nuts like walnuts or almonds

MATERIALS

- 6 cups or bowls
- Cutting board
- Measuring cups
- Measuring spoons
- Sharp knife

Nutrition Facts

6 servings per recipe	
Serving size	1 parfait
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 23g	
Includes 3g Added Sugars	6%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 267mg	20%
Iron 1mg	6%
Potassium 601mg	15%




*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. If using fresh fruit, rinse, peel and trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 3 cups total.
-  2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
-  3. Repeat layers one more time, ending with a layer of granola.
-  4. If using, top with nuts.

CHEF'S TIPS

- Blend some fruit with yogurt to add additional flavor.
- Use leftover fruit to make smoothies.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Make your own homemade granola or use any high-fiber cereal.

