

Best Recipes

2016
Edition

Get your family cooking together with the kid-friendly—and healthy—recipes on these pages!



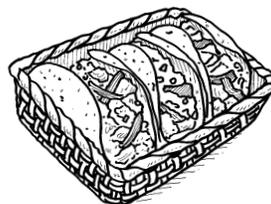
Nutty granola

- 1 cup rolled oats
- 1 cup raisins
- 1 cup sliced almonds (or other nuts)
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup flour
- 1 tsp. cinnamon
- $\frac{1}{4}$ cup softened butter



Combine rolled oats, raisins, and sliced almonds. Stir in brown sugar, flour, cinnamon, and softened butter. Drop spoonfuls on a cookie sheet and bake 8–10 minutes at 350°. Makes 3 cups.

Tuna tacos



- 1 can tuna packed in water (5 oz.), drained
- 1 tbsp. low-sodium taco seasoning
- $\frac{1}{4}$ cup water
- 4 small whole-wheat tortillas
- $\frac{1}{4}$ cup shredded Monterey Jack cheese
- $\frac{1}{2}$ cup shredded lettuce
- $\frac{1}{4}$ cup salsa

In a nonstick pan, heat the tuna with taco seasoning and water until warm and no water remains. Spoon into tortillas along with cheese, lettuce, and salsa. Serves 2.

Beef stew hot pot

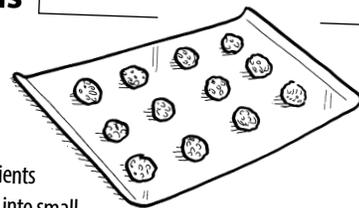


- 1 tbsp. olive oil
- $1\frac{1}{2}$ lb. lean ground beef
- 2 potatoes
- 2 carrots, peeled
- 1 bag frozen peas (16 oz.)
- 1 can tomato soup (10.75 oz.)
- 1 cup water

Heat olive oil in a skillet, and brown ground beef. Drain the meat, and place in a soup pot. Cut potatoes (leave skin on) and carrots into chunks, and add to pot. Stir in peas, tomato soup, and water. Bring to a boil. Simmer for 45 minutes, until the vegetables are tender. Serves 4.

Peanut butter balls

- 1 cup creamy peanut butter
- $\frac{1}{3}$ cup honey
- 1 tsp. vanilla
- 1 cup crispy rice cereal



Have your youngster mix all the ingredients together. Then, let him roll the mixture into small balls. Refrigerate for an hour. Enjoy as a snack or dessert. Makes 12 balls.

Awesome applesauce

- 4 apples
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ tsp. cinnamon



Peel and core the apples. Cut into small pieces. Place in a microwave-safe bowl, and add water and cinnamon. Microwave for 5–6 minutes. Put the mixture into a blender, and blend until chunky. Serves 4.

Quick frittata



- 5 eggs
- $\frac{1}{4}$ cup fat-free milk
- $\frac{1}{4}$ cup shredded cheddar cheese
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{2}$ cup chopped asparagus
- $\frac{1}{2}$ cup broccoli pieces
- Nonstick spray

Whisk together eggs, milk, cheese, salt, and pepper. Stir in the vegetables, and pour into a pie pan (coated with nonstick spray). Bake at 375° for about 20 minutes, until eggs are set. Serves 4.

Roasted honey pineapple



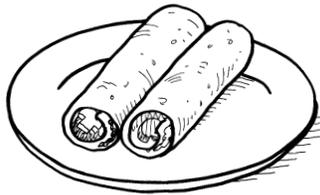
- ½ cup orange juice
- ¼ cup honey
- 2 cups sliced fresh pineapple, core removed

Heat orange juice with honey in a small saucepan until honey dissolves. Pour over pineapple slices, and let stand for 30 minutes. Place slices on a baking sheet, and roast at 450° for 10 minutes. Serves 4.

Pizza roll-ups

- 1 large whole-wheat tortilla
- 2 tbsp. marinara sauce
- ¼ cup fresh spinach
- ¼ cup sliced mushrooms
- ¼ cup shredded skim mozzarella cheese

Spread a thin layer of marinara sauce on a tortilla. Cover with spinach and mushrooms. Sprinkle on mozzarella. Microwave until cheese melts, 30–45 seconds. Cool slightly, and roll up. Cut in half. Serves 2.



Sweet potato “butter”

- 1 sweet potato
- ¼ tsp. brown sugar
- ¼ tbsp. chopped pecans

Use a fork to poke holes in the sweet potato. Bake at 400° for an hour or until soft (or cook in a microwave for 5–8 minutes). Scoop out the flesh, and mash. Then, mix in the brown sugar. Use as a spread on whole-grain English muffins or whole-wheat toast, and top with chopped pecans. Serves 2.



Vegetarian BBQ mix

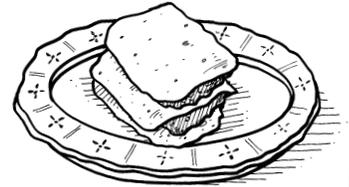


- 1 head cauliflower
 - 2 carrots, peeled
 - 1 container extra-firm tofu (12 oz.)
 - ½ cup barbecue sauce
- Separate cauliflower into florets, and slice the carrots. Cut tofu into cubes. Stir the cauliflower, carrots, and tofu with barbecue sauce, and place on a foil-lined baking sheet. Bake at 425° for 25 minutes. Serves 4–6.

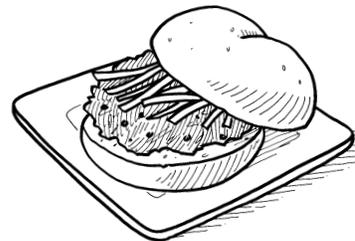
Tortilla bake

- 1 medium onion, diced
- 1 tbsp. olive oil
- 1 zucchini, grated
- 1 can black beans (14 oz.), drained, rinsed
- 1 can diced tomatoes (14.5 oz.), drained
- 1 cup frozen corn, thawed
- 2 cups shredded chicken
- 8 corn tortillas
- 1 can low-sodium enchilada sauce (10 oz.)
- 1 cup low-fat shredded Mexican-blend cheese

Heat olive oil, and saute onion for about 5 minutes. Add zucchini, black beans, tomatoes, and corn. Cook until hot. Mix in shredded chicken. Cover a 9” x 13” baking dish with tortillas, and top with half the mixture, half the enchilada sauce, and half the cheese. Repeat the layering. Bake at 400° for about 25 minutes, until the cheese melts. Serves 8.



Turkey sloppy joes



- 1 lb. lean ground turkey
- 1 diced onion
- 2 cups chopped mushrooms
- 1 can diced tomatoes (15 oz.)
- 2 tbsp. flour
- ¼ cup water
- 2 tbsp. apple cider vinegar
- ½ cup ketchup
- 6 whole-wheat buns

Saute turkey, onion, and mushrooms together until the mushrooms and onion are soft and the meat is cooked through (8–10 minutes). Drain. Stir in tomatoes, flour, water, apple cider vinegar, and ketchup. Cook 10 minutes until the sauce thickens. Serve on whole-wheat buns. *Idea:* Top with shredded cabbage for a crunch. Serves 6.

Egg sailboats

- 4 hard-boiled eggs
- 2 tbsp. light mayonnaise
- 2 slices cheese (any kind)
- Toothpicks

Slice hard-boiled eggs in half lengthwise. Scoop out the yolk and mash with mayonnaise. Spoon yolk mix back into the egg whites. Cut each slice of cheese into 4 small squares. Make a sail by sliding a toothpick through a square of cheese, and place it in the center of an egg half. Repeat. Serves 2.



Editor’s Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.