

About Kids Cookery

Kids Cookery is full of marvelous, healthy recipes for kids. The idea behind Kids Cookery was to improve the health of children in our own community. We noticed that students were not always making the right choices when it came to food, and we wanted to show them that cooking could be easy and fun. These recipes are not just healthy, they are also things that we have proved kids like too! We used the recipes that regular kids sent to us through e-mail and letters-this cookbook is by kids, for kids. Some examples of our recipes are the "Pineapple Raspberry Parfait," and the favorite of monkeys of children alike, "Bagel Gone Bananas." We hope you enjoy the cookbook as much as we enjoyed making it!

Brought to you by: Kaylie, Angela, Milo, Bogie, and Chloe

Kids Cookery



In the top left: Mini Mushroom
& Sausage Quiche, top right:
Almond Honey Power Bar,
bottom left: Frozen Chocolate
Covered Bananas

Health Information

Eating Habits

A person's eating habits is very important to their mental and physical health. If a person eats poorly, they are most likely to not focus well in school. Poor eating habits can also affect your mood changes. Most children get their sugar from fruit drinks, high-fat desserts, and regular soft drinks. There are about 7 eating habits: Accidental, Irregular, Habitual, Social, Tragic-Romantic, Reformed, and Healthy. Which one are you?



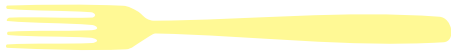
Social

The Social Diner tends to eat what the people around them eat, even when they aren't hungry. Social Diners tend to neglect themselves and their nutritional needs.

Tragic-Romantic

The Tragic-Romantic Diner has destructive eating habits. Although they are mostly aware that they have this eating habit, they feel helpless and have no desire to fix it.

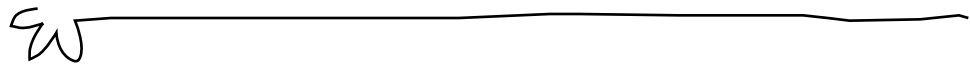
Reformed



A Reformed Diner usually switches to healthy substitutes right after a health crisis. They normally want to keep their new healthy diet right afterwards.

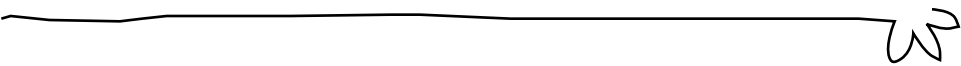
Healthy

A Healthy Diner wants to look-good, be able to work, live, play and have fun. To do that though, they have to maintain a healthy diet, hence the name.



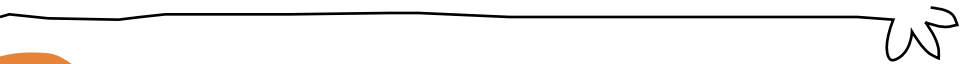
Accidental

The Accidental Diner is unconscious of the calorie value and nutritional health of certain foods they are also unaware of their eating habit.



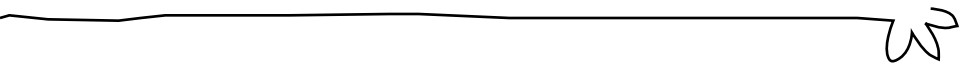
Irregular

The Irregular Diner commonly indulges themselves and eats foods that "keep them going" unaware of the calorie and nutritional value.



Habitual

The Habitual Diner keeps a certain eating routine, hence the name. Many of their habits are developed from a young age. If their eating habits are unhealthy, they like to point out that it didn't effect them when they first started.



BREAKFAST

Pineapple Raspberry Parfait

Ingredients:

- 2 8-ounce containers (2 cups) nonfat peach yogurt
- 1/2 pint fresh raspberries, (about 1 1/4 cups)
- 1 1/2 cups fresh, frozen or canned pineapple chunks

Divide and layer yogurt, put raspberries and pineapple between each layer. This will make 4 servings.



Mini Mushroom & Sausage Quiches



Ingredients:

- 8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces
- 1 teaspoon extra-virgin olive oil
- 8 ounces mushrooms, sliced
- 1/4 cup sliced scallions
- 1/4 cup shredded Swiss cheese
- 1 teaspoon freshly ground pepper
- 5 eggs
- 3 egg whites
- 1 cup 1% milk

1. Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray (see Tip).
2. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
3. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
4. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

W

W

Tex-Mex Sausage and Scrambled Eggs

Ingredients:

- 2 large eggs
- 1 tbsp. heavy whipping cream
- 2 small cooked sausage links, thinly sliced
- ½ flour tortilla, cut into 1" squares
- ¼ c. cheddar cheese
- 2 tbsp. chopped vegetables (onions and green or red peppers)
- 2 tsp. butter
- cayenne pepper (optional)

1. In a medium bowl, beat eggs and heavy whipping cream with a wire whisk until well blended.
2. Add cooked sausage, tortillas, cheese, and chopped vegetables to the egg mixture and stir until blended.
3. In a nonstick skillet, melt butter over medium-high heat.
4. Add egg mixture to skillet.
5. As the eggs begin to set, stir the eggs slightly so that the uncooked portion flows to the bottom.
6. Cook until the eggs are no longer runny, about 3 to 5 minutes.
7. Garnish with cayenne pepper to taste.

Bagel Gone Bananas!

Ingredients:

- 2 tablespoons natural nut butter, such as almond, cashew or peanut
- 1 teaspoon honey
- Pinch of salt
- 1 whole-wheat bagel, split and toasted
- 1 small banana, sliced

1. Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.



Blueberry Pancakes

Ingredients:

- ¾ c. flour
- 1 tbsp. sugar
- 1 tsp. baking powder
- ½ tsp. salt
- 1 tbsp. margarine
- 1 egg
- ¾ c. milk
- ½ c. blueberries, washed and drained
- extra margarine for the pan

In a large bowl, sift together the flour, sugar, baking powder, and salt. Set the bowl aside.

Melt the margarine in a small saucepan.

Crack the egg into a medium-size bowl, then add the milk and melted margarine.

Whisk egg mixture until it is well mixed.

Add the flour mixture to the egg mixture. Whisk again until both mixtures are blended together.

Put extra margarine in the saucepan and heat it on the stovetop on medium heat. It is hot enough when the margarine starts to bubble.

Use a measuring cup or a small ladle to spoon the batter into the pan. Put some blueberries on top of each pancake. Cook your pancakes on medium heat until small bubbles appear on the top.

Use a spatula to see when your pancakes are light brown on the bottom. When they are, flip them over with the spatula. Cook for another few minutes until the pancakes are light brown on the other side.

Ingredients

- 1 egg
- ¼ c. milk
- dash of vanilla extract
- 1 tbsp. margarine
- 2 pieces of bread

French Toast

1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It's hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.

Ingredients

- 1½ c. shredded zucchini (about 2 small)
- 2 c. whole-grain pancake or biscuit mix
- 1 tsp. cinnamon
- 1 teaspoon allspice
- 2 eggs
- ¾ c. brown sugar
- ¼ c. unsweetened applesauce
- 2 tsp. fresh lemon juice
- powdered sugar (enough to dust the muffins)

Zucchini Muffins

1. Wash zucchini and remove ends.
2. Shred zucchini using largest holes on grater.
3. Wrap grated zucchini in a couple of paper towels and squeeze to remove water.
4. Measure 1½ cups of squeezed-dry zucchini.
5. Preheat oven to 375°F (190°C).
6. Line a 12-cup muffin tin with paper liners.
7. In a large bowl, mix whole-grain pancake mix (or biscuit mix) with spices.
8. In a separate bowl, whisk together eggs, brown sugar, applesauce, and lemon juice.
9. Fold the egg-sugar mixture and shredded zucchini into the pancake-spice mixture; do not over mix.
10. Fill each muffin cup 2/3 full with batter.
11. Bake 10-15 minutes or until golden.
12. Remove muffins from tin (with help from your adult assistant) and cool on a wire rack.
13. Sprinkle muffins with a dusting of powdered sugar.



Banana Bread



1. Preheat the oven to 350°F (180°C).
2. Beat eggs well in a small bowl.
3. In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt.
4. In a large bowl, add the vegetable oil. Add the sugar a little bit at a time, and continue beating until the mixture is fluffy.
5. Add the eggs to the mixture in the large bowl and beat well.
6. Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in.
7. Pour mixture into the baking pan. Bake for 70 minutes.
8. Flip your banana bread out of the pan, let it cool for a bit, and cut it into slices to eat and share!

Ingredients

- 2 eggs
- 1¾ c. sifted flour
- 2 tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt
- 1/3 c. vegetable oil
- 2/3 c. sugar
- 1 c. mashed bananas (about 3 bananas)

Egg in a Hole

1. Get the cookie cutter and cut 1 hole in each slice of bread.
2. Heat the 1 tsp of olive oil in a frying pan.
3. Place the 3 pieces of bread in the pan.
4. Fry the bread until lightly toasted.
5. Flip each slice over.
6. Crack an egg into the hole of each toast
7. Cook until the egg is set, sprinkle salt and pepper for flavor
8. Serve immediately.

Ingredients

- 3 eggs
- 3 slices of bread
- 1 circle shaped cookie cutter
- 1 tsp of olive oil
- Salt and pepper



LUNCH

Sesame Tuna Salad

Ingredients

- 1/4 cup rice vinegar or lemon juice
- 3 tablespoons canola oil
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 1 1/2 teaspoons sugar
- 1 1/2 teaspoons minced fresh ginger
- 2 5- to 6-ounce cans water-packed chunk light tuna, drained
- 1 cup sliced sugar snap peas or snow peas
- 2 scallions, sliced
- 6 cups thinly sliced napa cabbage
- 4 radishes, julienne-cut or sliced
- 1/4 cup fresh cilantro leaves
- 1 tablespoon sesame seeds
- Freshly ground pepper to taste



Ingredients

- 8 oz (225 g) bow tie pasta
- 6 oz (150 g) cooked chicken
- 4 scallions
- 1 large tomato
- 2 tbsp mayonnaise
- 2 tbsp greek yogurt
- 1/2 tsp lemon juice
- 2-3 sprigs of dill
- salt and pepper
- 1 1/4 (198 g) drained corn

1. Cook the pasta according to the instructions on the package. Rinse with cold water. Shred the chicken, chop the scallions, deseed and chop the tomato.
2. Put the lemon juice, yogurt, and mayonnaise into a large bowl. Snip the dill, season with salt and pepper, and mix everything together.
3. Now, pour the cold pasta, chicken, scallions, chopped tomato, and corn onto the mayonnaise mixture.
4. Mix all of the ingredients together, and serve.

Chicken Pasta Salad



1. Whisk vinegar (or lemon juice), canola oil, soy sauce, sesame oil, sugar and ginger in a small bowl.
2. Combine 3 tablespoons of the dressing with tuna, peas and scallions in a medium bowl.
3. Divide cabbage among 4 plates. Mound one-fourth of the tuna mixture (about 1/2 cup) in the center of each plate and garnish with radishes, cilantro and sesame seeds. Drizzle with the remaining dressing (about 2 tablespoons per salad) and season with pepper.

Sweet Potato Soup

Ingredients

- 2 large sweet potatoes (10-12 ounces each)
- 1 tablespoon canola oil
- 1 small yellow onion, chopped
- 1 large clove garlic, minced
- 3 cups reduced-sodium tomato-vegetable juice blend or tomato juice
- 1 4-ounce can diced green chiles, preferably hot, drained
- 2 teaspoons minced fresh ginger
- 1 teaspoon ground allspice
- 1 15-ounce can vegetable broth
- Freshly ground pepper to taste
- Chopped fresh cilantro leaves for garnish

1. Prick sweet potatoes in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. Set aside to cool.
2. Meanwhile, heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chiles, ginger and allspice. Adjust the heat so the mixture boils gently; cook for 10 minutes.
3. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired.

Turkey & Tomato Panini

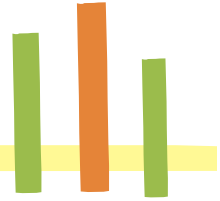
Ingredients

- 3 tablespoons reduced-fat mayonnaise
 - 2 tablespoons nonfat plain yogurt
 - 2 tablespoons shredded Parmesan cheese
 - 2 tablespoons chopped fresh basil
 - 1 teaspoon lemon juice
 - Freshly ground pepper, to taste
 - 8 slices whole-wheat bread
 - 8 ounces thinly sliced reduced-sodium deli turkey
 - 8 tomato slices
 - 2 teaspoons canola oil
1. Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
 2. Combine mayonnaise, yogurt, Parmesan, basil, lemon juice and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread. Divide turkey and tomato slices among 4 slices of bread; top with the remaining bread.
 3. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Place 2 panini in the pan. Place the medium skillet on top of the panini, then weight it down with the cans. Cook the panini until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining panini.



Teeny Tiny Pizza

Chili of the Southwest



Ingredients

- 1 standard-sized bagel, cut in half
- tomato sauce
- shredded mozzarella cheese
- toppings like diced green pepper, chopped onion, or chopped tomato (whatever you like)
- seasonings like oregano, basil, and pepper

1. Preheat the oven to 325° F.
2. Spread tomato sauce on each bagel half.
3. Sprinkle the shredded cheese all over the tomato sauce on each half.
4. Add your favorite toppings.
5. Put a light sprinkling of seasonings on each half.
6. Put your bagel halves on the baking sheet.
7. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly.
8. Let cool for a minute, then enjoy your tiny pizzas!

Ingredients

- ½ cup lentils, brown or green
- 2 cups water
- ¾ teaspoon olive oil
- 2 tablespoons chopped onion
- ¾ teaspoon minced garlic
- ½ teaspoon ground cumin
- ¾ teaspoon ground, mild red chili (optional)
- ½ teaspoon chili powder
- 1/3 cup diced tomatoes, canned or fresh
- ½ teaspoon salt
- 2 tablespoons chopped, fresh cilantro

1. Combine the lentils and water in a saucepan.
2. Bring to a boil over high heat.
3. Reduce the heat to medium and cook the lentils until tender, about an hour. If needed, add more water.
4. Heat olive oil in a skillet.
5. Sauté the onion and garlic in the olive oil for 2-3 minutes, until softened.
6. Stir in the cumin, ground red chili (optional), and chili powder.
7. Add onion-garlic-spice mixture to the cooked lentils.
8. Stir in the tomatoes and salt.
9. Bring to a boil.
10. Reduce heat to low.
11. Simmer uncovered for 10 minutes.
12. Just before serving, stir in the chopped cilantro.

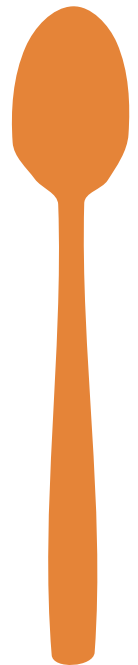


Mediterranean Pasta Soup

Ingredients

- 2 teaspoons olive oil
- ½ cup diced onion
- 1½ cups water
- 16 ounces chicken broth
- ½ teaspoon ground cumin
- ¼ teaspoon cinnamon
- ¼ teaspoon black pepper
- 1 can garbanzo beans (chickpeas), drained
- 1 can diced tomatoes
- ½ cup uncooked ditalini pasta (short tube-shaped macaroni)
- 2 teaspoons chopped parsley

1. Heat olive oil in pot over medium heat. (Be sure to get an adult's help when using the stove.)
2. Add onion and sauté until lightly browned.
3. Add water and next 6 ingredients.
4. Bring to a boil, cover, and reduce heat. Simmer for 5 minutes.
5. Add pasta and cook additional 10 minutes, or until pasta is tender but not overcooked.
6. Stir in parsley.



DINNER

Chilaquiles Casserole

Ingredients

- 1 tablespoon canola oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 19-ounce can black beans, rinsed
- 1 14-ounce can diced tomatoes, drained
- 1 1/2 cups corn, frozen (thawed) or fresh
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 12 corn tortillas, quartered
- 1 19-ounce can mild red or green enchilada sauce
- 1 1/4 cups shredded reduced-fat Cheddar cheese



1. Preheat oven to 400°F. Lightly coat a 9-by-13-inch baking pan with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.
3. Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.
4. Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

Bacon Egg, and Asparagus Pizza

Ingredients

- 1 pound prepared pizza dough, preferably whole-wheat
- 2 strips bacon
- 3/4 cup sliced shallots
- 1 pound asparagus, trimmed, cut into 2-inch pieces
- 4 large eggs
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 cup shredded extra-sharp Cheddar

1. Preheat oven to 500°F. Coat a large rimmed baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to about the size of the baking sheet (see Tip). Transfer to the baking sheet. Bake until crisped on the bottom, about 8 minutes.
3. Meanwhile, cook bacon in a large nonstick skillet over medium heat until crisp. Drain on a paper towel. Add shallots to the pan and cook, stirring often, until beginning to brown, about 2 minutes. Add asparagus and cook, stirring, until beginning to soften, 2 to 3 minutes more.
4. Spread the vegetables over the crust and crumble bacon on top. Whisk eggs, salt and pepper in a medium bowl until combined; slowly pour over the vegetables, trying not to let any run off the crust. Sprinkle the pizza with cheese. Bake until the eggs are set and the cheese is melted, 8 to 10 minutes

Broccoli, Beef, Potato Casserole

Ingredients

- 1 1/2 pounds broccoli, cut into 1-inch florets (about 6 cups)
- 2 tablespoons canola oil, divided
- 1 1/2 pounds 95%-lean ground beef
- 1 large onion, chopped
- 2 tablespoons Worcestershire sauce
- 1 teaspoon garlic powder
- 1 1/4 teaspoons salt, divided
- 4 cups low-fat milk
- 1/3 cup cornstarch
- 2 cups shredded sharp Cheddar cheese, preferably orange
- 1/4 teaspoon ground turmeric
- 4 cups frozen hash-brown or precooked shredded potatoes (see Note)
- 1 large egg, lightly beaten
- 1/2 teaspoon freshly ground pepper
- Canola or olive oil cooking spray
- 1/4 teaspoon Hungarian paprika, preferably hot

1. Preheat oven to 450°F.
2. Toss broccoli with 1 tablespoon oil in a large bowl. Spread out on a baking sheet and roast, stirring once halfway through, until just soft and browned in spots, about 15 minutes.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add beef and onion and cook, breaking up the beef with a wooden spoon, until the beef is browned and the onion is softened, 10 to 12 minutes. Stir in Worcestershire, garlic powder and 1/4 teaspoon salt. Set aside.
4. Whisk milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often, until bubbling and thickened enough to coat the back of a spoon, 6 to 8 minutes total. Remove from the heat and stir in Cheddar, 3/4 teaspoon salt and turmeric until the cheese is melted.
5. Spread the beef mixture in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the broccoli and pour the cheese sauce evenly over the top.
6. Combine potatoes, egg, pepper and the remaining 1/4 teaspoon salt in a medium bowl. Sprinkle evenly over the casserole. Coat the top with cooking spray.
7. Bake the casserole until it is bubbling and the potatoes are beginning to brown, about 40 minutes. Sprinkle with paprika. Let stand for 10 minutes before serving.



Shepherds Pie

Ingredients

- 1 c. high-calorie mashed potatoes, prepared
- 1/3 c. sliced mushrooms
- 8 oz. ground beef
- 1/3 c. onion, diced
- 2 tsp. Worcestershire sauce
- 2 cloves of garlic, minced
- 1 tbsp. flour
- 1/2 c. beef gravy
- 1 carrot, shredded
- 1/4 tsp. marjoram

1. Preheat oven to 350°F (176°C).
2. Sauté mushrooms, garlic, and onions until tender, about 7 minutes.
3. Transfer mixture to bowl.
4. Cook beef until brown in skillet over medium heat, about 8 minutes.
5. Add flour and stir for 2 minutes.
6. Add mushrooms, onion, garlic, gravy, carrot, Worcestershire, and marjoram.
7. Simmer for 4 minutes, stirring occasionally.
8. Spoon beef mixture into a small baking dish or two oven-safe bowls.
9. Spoon mashed potatoes over top of beef mixture.
10. Bake until heated through and golden brown, approximately 25 minutes.
11. Let stand for 5 minutes before serving.



Cauliflower Soufflé

Ingredients

- 1 piece of butter the size of an egg
- 4 eggs separated
- 4 tbsp. sour cream
- 4 tbsp. breadcrumbs
- 1 large cauliflower (may substitute with broccoli or carrots)

1. Boil cauliflower in salted water and put through food mill or food processor. Cream butter and egg yolks.
2. Add sour cream, add breadcrumbs, and then add cauliflower. Beat egg whites stiff and fold in.
3. Butter casserole dish generously. Pour in mixture and sprinkle breadcrumbs on top*.
4. Bake at 350 degrees F for around 60 minutes, or till breadcrumbs become brown and knife comes out clear when inserted. *optional: you may sprinkle parmesan cheese on top before baking.

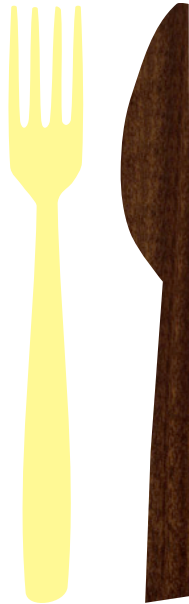


Southern Style Beef Pie

Ingredients

- 2 tbsp. vegetable oil
- ½ c. onion, chopped
- 1 clove of garlic, minced
- 1/4 tsp. ground cumin
- 1 tbsp. chili powder
- 1 tbsp. unsweetened cocoa
- ¼ tsp. ground cinnamon
- 1 lb. ground beef
- 16 oz. can red kidney beans, drained
- 14½ oz. can diced tomatoes, drained
- 2 c. cheddar cheese, shredded
- 8½ oz. cornbread mix
- 1/3 c. heavy cream
- 1 egg
- ¼ c. sour cream
- 8½ oz. can creamed corn

1. Preheat oven to 350°F (176°C).
2. In medium skillet, sauté onion and garlic in vegetable oil over medium heat. Cook approximately 10 minutes until tender, but not brown.
3. Add cumin, chili powder, cocoa, and cinnamon to skillet.
4. Add ground beef and cook at medium high heat. Cook meat until browned.
5. Add red kidney beans and tomatoes to meat mixture and remove from heat.
6. Spoon beef mixture into a greased 2-quart casserole dish.
7. Spread shredded cheddar cheese on top of meat.
8. In a separate bowl, mix cornbread mix, milk, egg, sour cream, and creamed corn together.
9. Pour cornbread batter over top of meat and cheese. Spread batter evenly.
10. Bake for 40 minutes or until top of cornbread is golden brown.



Ingredients

Pepper & Onion Frittata

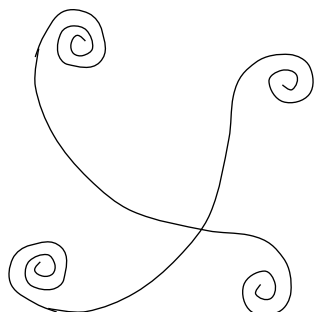
- 3 egg whites
- 3 eggs
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon extra virgin olive oil
- 1 medium pepper, thinly sliced
- 1 small onion, thinly sliced
- 1/3 cup low-fat cheddar cheese, shredded

1. Set the oven to broil. Careful, this is a hot-hot setting!
2. In a medium bowl, mix together eggs, salt, and pepper.
3. Heat olive oil in the nonstick skillet over medium heat.
4. Add sliced peppers and onions and cook until soft, about 8 minutes.
5. Pour egg mixture over the peppers and onions and stir gently with a rubber spatula. Cook for 2-3 minutes, just until eggs begin to set on the bottom.
6. Sprinkle with shredded cheese.
7. Place pan into oven and broil for 3-4 minutes. The cheese should bubble and the frittata should be "set." That means it's not as liquid and jiggly as it started out.
8. Remove pan from the oven and allow to cool for a minute before slicing into 6 wedges. Serve.

Grilled Salmon Burgers

Ingredients

- 1 lb of skinless salmon fillet
- Dijon mustard
- Lime zest
- Low sodium soy sauce
- Salt & pepper



1. In food processor, pulse 1 lb skinless salmon fillet just enough to grind coarsely.
2. Transfer to large bowl and mix in 1 Tbsp Dijon mustard, 1 Tbsp grated lime zest, and 1 tsp low-sodium soy sauce.
3. Form salmon into 4 patties and season with salt and pepper to taste.
4. Lightly dust all 4 burgers with flour, cover with plastic wrap and chill for at least 30 minutes. Preheat the broiler to medium. Place the burgers on a foil-covered sheet, and cook them for 8 minutes on each side, or until cooked through.



Tortellini and Chicken Sausage Soup

Ingredients

- 1 cup dry Tortellini with Mixed Cheese Filling (any flavor dried tortellini is fine)
 - 2 pre-cooked Mushroom Asiago Gourmet Chicken Sausages, cut into 1/2-inch slices (any type of chicken sausage works just as well)
 - 1 (14.5-oz) can of Organic Fire Roasted Whole Tomatoes, including juices, or regular canned tomatoes can be substituted
 - 1 (28-oz) can of Rich Onion Soup
 - 2 cups of water
 - 2 cups of frozen spinach or green beans or shredded Parmesan cheese
1. Cut tomatoes into bite-size pieces, Mix tomatoes (including juices), onion soup, and water in a large pot. Bring to a boil.
 2. Add tortellini, sausage, and greens. When mixture comes to a boil again, cover, reduce heat to low, and simmer for 17 minutes
 3. Sprinkle generously with Parmesan cheese and serve immediately



DESSERT

Angel Food Cake

Ingredients

- 1 1/2 cups egg whites (11 to 12 large eggs)
- 1 1/2 cups (150 g) sifted confectioners sugar (sift before measuring)
- 1 cup (100 g) sifted cake flour (not self-rising; sift before measuring)
- 1/4 teaspoon salt
- 1 1/2 teaspoons cream of tartar
- 1 cup (200 g) granulated sugar
- 1 teaspoon vanilla



1. Let egg whites stand in bowl of a standing electric mixer (see cooks' note) at room temperature about 1 hour before making cake. (They should be about 60°F, slightly below room temperature.)

2. Set oven rack in lower third of oven and preheat oven to 350°F.

3. Sift together confectioners sugar, flour, and salt onto a sheet of wax paper using a triple sifter or fine sieve.

4. Beat whites in mixer until frothy. Add cream of tartar and beat at medium speed until they form soft peaks. Add granulated sugar gradually, beating, and continue beating just until whites are thickened and form soft, droopy peaks. Beat in vanilla.

5. Sprinkle one fourth of sifted dry ingredients over whites and fold in with a rubber spatula gently but thoroughly. Fold in remaining dry ingredients, one third at a time.

6. Gently pour batter evenly into ungreased tube pan and bake until top is light golden, cake retracts a bit from pan and springs back when touched lightly, and a tester comes out clean, 40 to 45 minutes. Invert pan onto neck of an empty wine bottle or a large metal funnel and cool cake completely.

7. To remove cake from pan, run tip of a long, narrow knife between outer edge of cake and pan. Tilt cake pan on its side and gently tap bottom edge against counter. Rotate pan, tapping and turning a few more times, until cake appears free. Cover pan with a metal rack or cardboard round and invert, tapping pan firmly to loosen cake. Lift pan from cake. (It should come out beautifully, like a pillow taken out of a slipcover.)

8. Slice cake with a serrated knife, using a sawing motion.



Frozen Yogurt Pops

Ingredients:

- 1 8-oz. container of your favorite flavor of yogurt

Preparation

1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

Chocolate Sweetheart Parfaits

Ingredients

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips



1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate shavings.
6. Serve or refrigerate until ready to serve.

Moo-Moo Milkshakes

Ingredients:

- 1 instant breakfast packet, any flavor
- $\frac{3}{4}$ c. whole milk
- $\frac{1}{4}$ c. heavy whipping cream
- $\frac{1}{2}$ c. ice cream, any flavor

1. Mix all ingredients in a blender until smooth.

Ingredients

- 1 $\frac{1}{2}$ cups whole-wheat pastry flour, (see Note)
- 1 cup all-purpose flour
- $\frac{1}{4}$ cup poppy seeds, toasted (see Tip)
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 cup buttermilk, (see Tip)
- $\frac{1}{4}$ cup canola oil
- 1 teaspoon vanilla extract
- 2 tablespoons freshly grated lemon zest
- 2 tablespoons lemon juice
- 2 large eggs, at room temperature (see Tip)
- 2 large egg whites, at room temperature
- 1 $\frac{1}{4}$ cups sugar

Lemon Glaze

- $\frac{3}{4}$ cup confectioners' sugar, plus more for dusting
- 3 tablespoons lemon juice
- 1 tablespoon water



Lemon Poppy Seed Cake

1. Preheat oven to 350°F. Coat a 12-cup Bundt pan, preferably nonstick, with cooking spray and dust with flour (or use cooking spray with flour).
2. Whisk whole-wheat flour, all-purpose flour, poppy seeds, baking powder, baking soda and salt in a medium bowl. Combine buttermilk, oil, vanilla, lemon zest and lemon juice in a glass measuring cup.
3. Beat eggs, egg whites and sugar in a large bowl with an electric mixer on high speed until thickened and pale, about 5 minutes.
4. Fold the dry ingredients into the egg mixture with a rubber spatula, a third at a time, alternating with 2 additions of the buttermilk mixture. Scrape the batter into the prepared pan, spreading evenly.
5. Bake the cake until the top springs back when touched lightly and a toothpick inserted in the center comes out clean, 35 to 40 minutes. Let cool in the pan for 5 minutes, then turn out onto a wire rack.
6. To prepare glaze: Sift $\frac{3}{4}$ cup confectioners' sugar into a small bowl; mix with lemon juice and water to create a thin glaze. Poke 1-inch-deep holes all over the cake with a skewer. Coat the warm cake with the glaze using a pastry brush. Let cool completely. To serve, set the cake on a serving plate and dust with confectioners' sugar.

Frozen Raspberry Pie

Ingredients

Crust

- 32 chocolate wafers, (about 6 1/2 ounces; see Note), plus 1 for garnish
- 1/4 cup confectioners' sugar
- 2 tablespoons canola oil
- 2 tablespoons skim milk
- 1 tablespoon butter

Filling

- 3 cups raspberries, fresh or frozen (thawed)
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 2 large egg whites, at room temperature (see Tip)
- 1/2 cup granulated sugar
- 1/2 teaspoon cream of tartar



1. Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray.
2. To prepare crust: Process 32 wafers, confectioners' sugar, oil, milk and butter in a food processor until finely ground. Press the mixture into the bottom and up the sides of the prepared pan, creating an even, dense crust. Bake for 12 minutes. Cool on a wire rack to room temperature, about 1 hour, pressing any puffed parts of the crust back into the pan.
3. To prepare filling: Meanwhile, puree raspberries, lemon juice and salt in a blender or food processor until smooth. Strain through a fine-mesh sieve into a medium bowl, pressing with a rubber spatula to extract the juice; discard seeds.
4. Bring 1 inch of water to a slow simmer in a large saucepan. Combine egg whites, granulated sugar and cream of tartar in a 3-quart stainless-steel bowl. Beat with an electric mixer on medium speed until foamy. Set the bowl over the simmering water and continue to beat on medium speed, moving the mixer around, until the mixture is glossy and thick, about 3 1/2 minutes. Increase the speed to high, and continue beating over the simmering water until very stiff and glossy, about 3 1/2 minutes more (the eggs will be at a safe temperature, 160°F, at this point). Remove from the heat (be careful of the escaping steam) and continue beating on medium speed until room temperature, 3 to 5 minutes.
5. Fold the raspberry puree into the meringue until combined. Pour the raspberry filling into the pie crust; crumble the remaining chocolate wafer over the top. Place the pie on a level surface in your freezer and freeze until solid, at least 6 hours. To serve, let the pie stand at room temperature until softened slightly, about 10 minutes, before slicing.

Whoopie Pies

Ingredients

Cookies

- 1/3 cup canola oil
- 3/4 cup packed light brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/2 cups whole-wheat pastry flour
- 1/3 cup unsweetened cocoa powder
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup nonfat milk

Filling

- 1/2 cup cold water
- 2 teaspoons unflavored gelatin
- 1 cup whipping cream
- 2/3 cup nonfat plain yogurt
- 1/2 cup confectioners' sugar
- 1 teaspoon vanilla extract



1. Preheat oven to 350°F. Position racks in the upper and lower thirds of the oven. Coat 2 large baking sheets with cooking spray.
2. To prepare cookies: Beat oil, brown sugar, egg and vanilla in a large bowl with an electric mixer on medium speed until combined. Whisk flour, cocoa, baking powder, baking soda and salt in a medium bowl. Gradually add the dry ingredients to the wet ingredients, alternating with milk; beat until smooth. Let the batter stand for 15 minutes.
3. Drop batter by the tablespoonful onto the prepared baking sheets, spreading the batter into a 2- to 3-inch circle with the back of a spoon if it doesn't spread itself. (Each large baking sheet accommodates 8 cookies; they will be close together.) Bake the cookies until firm to the touch, about 8 minutes. Let cool on the baking sheet for 2 minutes, then transfer to a wire rack to cool completely. Wash, dry and coat the baking sheets with cooking spray again. Repeat with the remaining batter.
4. To prepare filling: While the cookies cool, stir water and gelatin in a small heatproof cup or bowl. Let stand 1 minute. Microwave, uncovered, on High until the gelatin has completely dissolved but the liquid is not boiling, 20 to 30 seconds. (Alternatively, bring 1/2 inch water to a gentle simmer in a small skillet. Set the bowl with the gelatin mixture in the simmering water until the gelatin has dissolved completely.) Stir the mixture until smooth. Let cool for 10 minutes.
5. Beat cream, yogurt, confectioners' sugar and vanilla in a medium bowl with an electric mixer on high speed until very thick, about 1 minute. With the mixer beating constantly, add the gelatin mixture in a steady stream until well combined. Cover and refrigerate until the cream filling is thickened to the consistency of pudding, about 30 minutes. Whisk again until smooth.
6. To assemble whoopie pies: Turn half the cookies bottom side up and top with a generous 2 tablespoons of the cream. Top with the remaining cookies. Chill in the refrigerator until the filling is set, about 30 minutes.

Strawberry Rhubarb Strudel

Ingredients

- 1 cup sliced fresh strawberries
- 1/2 cup thinly sliced fresh or frozen (not thawed) rhubarb
- 2 tablespoons plus 1/2 teaspoon sugar, divided
- 2 teaspoons whole-wheat flour
- 2 teaspoons instant tapioca
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 5 sheets (9-by-14-inch) phyllo dough, thawed according to package directions (see Tip for Two)
- 5 teaspoons walnut oil, or canola oil



1. Preheat oven to 375°F. Coat a baking sheet with cooking spray.
2. Combine strawberries, rhubarb, 2 tablespoons sugar, flour, tapioca, cinnamon and salt in a medium bowl.
3. Unroll phyllo sheets onto a clean, dry surface, keeping them in a stack. Cover with a sheet of wax paper and then a damp kitchen towel. (Keep the phyllo covered to prevent it from drying out while you work.) Take one sheet of phyllo from the stack and place it on another clean, dry surface with a short side closest to you. Starting at the center and working toward the edges, lightly brush the sheet with oil. Lay another sheet of phyllo on top and brush with oil; repeat with the remaining sheets of phyllo.
4. Mound the strawberry-rhubarb filling on the lower third of the phyllo stack, leaving a 2-inch border at the bottom and sides. Fold the long edges in toward the center and, starting at the short edge nearest you, roll the filling and phyllo into a cylinder. Roll up firmly but not too tightly, to allow a little room for expansion.
5. Brush the strudel with oil and sprinkle with the remaining 1/2 teaspoon sugar. Carefully transfer the strudel to the prepared baking sheet, placing it seam-side down. Poke several steam vents in the top using the tip of a sharp knife.
6. Bake the strudel until golden brown, 30 to 35 minutes. Cool on the pan for 10 minutes before serving.



Almond Honey Power Bar

Ingredients

- 1 cup old-fashioned rolled oats
- 1/4 cup slivered almonds
- 1/4 cup sunflower seeds
- 1 tablespoon flaxseeds, preferably golden
- 1 tablespoon sesame seeds
- 1 cup unsweetened whole-grain puffed cereal (see Note)
- 1/3 cup currants
- 1/3 cup chopped dried apricots
- 1/3 cup chopped golden raisins
- 1/4 cup creamy almond butter (see Note)
- 1/4 cup turbinado sugar (see Note)
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt



1. Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.
2. Spread oats, almonds, sunflower seeds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted and the nuts are fragrant, shaking the pan halfway through, about 10 minutes. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine.
3. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles lightly, 2 to 5 minutes.
4. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain. Transfer to the prepared pan. Lightly coat your hands with cooking spray and press the mixture down firmly to make an even layer (wait until the mixture cools slightly if necessary). Refrigerate until firm, about 30 minutes; cut into 8 bars.

Frozen Chocolate Covered Banana's

Ingredients

- 4 large ripe bananas, peeled and cut into thirds crosswise
 - 3/4 cup semisweet or bittersweet chocolate chips, melted (see Tip)
 - 1/4 cup shredded coconut
1. Line a baking sheet with parchment or wax paper. Insert a popsicle stick into each piece of banana. Cover each piece with melted chocolate using a rubber spatula and sprinkle with coconut. (Reheat chocolate, as needed, to keep it melted.) Place the bananas on the baking sheet and freeze until frozen, about 2 hours.



Pumpkin Bread

Ingredients

- 2 1/2 cups all-purpose flour
 - 2 cups whole-wheat flour, preferably white whole-wheat (see Tip)
 - 1 tablespoon baking powder
 - 2 teaspoons baking soda
 - 2 teaspoons salt
 - 2 large eggs
 - 2 large egg whites
 - 2 cups packed light brown sugar
 - 3 cups canned unseasoned pumpkin puree
 - 1/2 cup canola oil
1. Preheat oven to 350°F. Coat two 9-by-5-inch loaf pan with cooking spray.
 2. Stir all-purpose flour, whole-wheat flour, baking powder, baking soda and salt in a large bowl. Whisk eggs, egg whites, brown sugar, pumpkin and oil in another large bowl. Add the pumpkin mixture to the dry ingredients and mix until just combined. Scrape the batter into the prepared pans and smooth the tops.
 3. Bake the loaves until the tops are golden brown and a cake tester inserted in the center comes out clean, 50 to 60 minutes. Cool in the pans for 10 minutes. Turn the loaves out onto a wire rack to cool completely.

Pretzels

Ingredients

- 1 tbsp. yeast
- ½ c. warm water
- 1 tsp. honey
- 1-1/3 c. flour
- 1 tsp. salt

1. Preheat the oven to 325° Fahrenheit (165° Celsius).
2. Put the yeast in a small bowl with the water and honey. Stir a little, then let the mixture sit for 5 minutes.
3. Mix the flour and salt together in a medium bowl.
4. After the 5 minutes is up, check on the yeast mixture. It should be bigger than before and a little bubbly. Add this mixture to the flour and salt mixture.
5. Stir everything together. Use a spoon to start. Finish with your hands. The dough is ready when it's still a little crumbly and flaky.
6. Put the dough on the cutting board and knead it like you are playing with clay. Knead it into one big ball.
7. Break off a piece of dough that's about the size of a big gumball or superball. Use your hands to roll it into a skinny snake.
8. Twist the snake into a medium-size pretzel shape, and put it on the cookie sheet. Do this with all the dough, making 12 pretzels.
9. Bake your pretzels for 10 minutes. Let them cool and take a bite!

Perfect Peachy Freeze

Ingredients

- ½ c. milk
- 1 c. sliced peaches (they can be either fresh or canned)
- 1 tsp. sugar

1. Pour the milk into an ice cube tray and freeze until solid.
2. Pop the "milk cubes" out of the tray and put them into the blender. Then put the peaches and sugar into the blender.
3. Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth.
4. Pour your Perfect Peachy Freeze into serving dishes and serve right away.



Awesome Applesauce

Ingredients

- 2 small red apples
- 2 tbsp. lemon juice
- 2 tsp. sugar
- 2 pinches of cinnamon

1. Peel the apples and cut them into small pieces. Throw out the core.
2. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth.
3. Pour the mixture into two small bowls and stir in the sugar and cinnamon.
4. Enjoy your awesome applesauce!



Easy Nachos

Ingredients

- 4(6-inch) corn tortillas
- Nonstick cooking spray
- 4 ounces ground turkey
- 2/3 cup salsa (mild or medium)
- 2 tablespoons sliced green onion
- 1/2 cup (2ounces) light, low-fat shredded cheddar cheese

1. Preheat oven to 350°F. Cut each tortilla into 8 wedges: lightly spray one side of wedges with cooking spray. Place on ungreased baking sheet. Bake for 5 to 9 minutes or until lightly browned and crisp

2. Cook ground turkey in small nonstick skillet until browned, stirring with spoon to break up the meat. Then, stir with salsa. Cook until hot.

3. Sprinkle the meat over the tortilla wedges. Next, sprinkle green onion on the wedges. Then, top with cheese. Put the wedges back in the oven for 1 to 2 minutes or until cheese melts

Incredible Edible Veggie Bowls

Ingredients

- 1 green, yellow, or red pepper, washed
- 1 bunch of celery, washed
- 1 carrot, washed and peeled
- your favorite salad dressing

1. Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into skinny slices.
3. Cut the carrot into skinny sticks about 4" long.
4. Cut celery into skinny sticks so each one is about 4" long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!



Ingredients

Super Strawberry Bars

- 1 c. flour
- 1 c. rolled oats
- ½ c. butter or margarine, softened
- 1/3 c. light brown sugar
- ¼ tsp. baking powder
- 1/8 tsp. salt
- ¾ c. strawberry jam

1. Preheat oven to 350° Fahrenheit (180° Celsius).
2. In a large bowl, mix everything together except the strawberry jam.
3. Measure out 2 cups of this mixture. Leave the rest in the bowl, and set it aside.
4. Take the 2 cups of the mixture and press it into the bottom of the pan. You can use your hands or a spoon. Make sure you cover the entire bottom of the pan!
5. Using a large spoon, spread the strawberry jam on top of the mixture in the pan. Spread it evenly all over.
6. Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly.
7. Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes.
8. Cut the bars into 12 squares to eat and share



DRINKS

Citrus Berry Smoothie

Ingredients

- 1 1/4 cups fresh berries
- 3/4 cup low-fat plain yogurt
- 1/2 cup orange juice
- 2 tablespoons nonfat dry milk
- 1 tablespoon toasted wheat germ
- 1 tablespoon honey
- 1/2 teaspoon vanilla extract



1. Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

Ingredients

- 3 oz. cranberry juice cocktail
- 7 oz. diet lemon lime soda
- ice cubes

Cranberry Spritzer

1. Fill glass with ice cubes.
2. Add juice and diet soda.
3. Mix well.

Strawberry Banana Smoothie

Ingredients

- 1/3 of a banana
- 2 cups of orange juice
- 1 cup of strawberries

1. Put all ingredients into a blender and blend altogether until smooth

As an addition put either green or red grapes into the freezer for about 2 hours until frozen and eat!

Banana Smoothie

Ingredients

- 1 cup greek yogurt
- 2 bananas peeled
- 1 cup of milk
- 2 cups of ice
- 2 tablespoons of peanut butter (optional)

1. Combine all ingredients in a blender and blend on ice crush option. Crush all of ice and then switch to high. Blend for 20 seconds and serve.

Fruit Blaster

1. Add all of the ingredients into a blender and serve chilled with slices of watermelon on the side. (optional)

Ingredients

- 5 strawberries
- 1 half of a mango
- 1 bananas
- 1 cup of milk
- 1 cup of apple juice
- 2 tablespoons of peanut butter (optional)

Very Berry Smoothie

Ingredients

- ½ c. raspberries
- ½ c. strawberries
- 1 c. low-fat vanilla yogurt
- 1/3 c. milk

1. Put all ingredients in a blender.
2. Blend until smooth.
3. Divide between two glasses.

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