# Eating Well But Cooking Less - Week 1 At-a-Glance

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Master Mix Pancakes Hot Applesauce Juice Milk</td>
<td>Chicken Quesadillas Green Salad Salsa Fresh Melon or Canned Fruit Milk</td>
<td>Meatloaf Muffins Canned Beans Bag Salad/ Salad Dressing Fruit Cocktail Milk</td>
</tr>
<tr>
<td>Day 2</td>
<td>Cinnamon Toast Banana Juice Milk</td>
<td>Tortilla Pinwheels Pretzels Baby Carrots Apple Slices Milk</td>
<td>Easy Chile Cheese Slices Saltines Orange Slices Milk</td>
</tr>
<tr>
<td>Day 3</td>
<td>Spicy Oatmeal Juice Milk</td>
<td>Potato Soup Cheese Slices Grapes Juice or Tea</td>
<td>Chicken Stir Fry Instant Brown Rice Pineapple Milk</td>
</tr>
<tr>
<td>Day 4</td>
<td>Abba Zabbas Juice Milk</td>
<td>Deli Meat Sandwich Easy Coleslaw Canned Fruit Milk</td>
<td>Skillet Lasagna Bag Salad/ Italian Dressing French Bread Sherbet/ Berries Milk</td>
</tr>
<tr>
<td>Day 5</td>
<td>Pumpkin Muffins Juice Milk</td>
<td>Refried Bean Dip Vegetable Sticks Tortilla Chips Orange Milk</td>
<td>Sour Cream/ Ham Hot Potatoes Steamed Broccoli Sliced Peaches Bread Milk</td>
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<tr>
<td>Day 6</td>
<td>Breakfast Bars Banana Milk</td>
<td>Tuna Salad Sandwich Pretzels Grape or Cherry Tomatoes Canned Pears Milk</td>
<td>Pizza Bag Salad/ Dressing Chocolate Pudding Fruit Juice Coolers</td>
</tr>
<tr>
<td>Day 7</td>
<td>Scrambled Eggs Toast Frozen Fruit Medley Milk</td>
<td>Cheesy Baked Potatoes Tomato Soup Crackers Grapes Milk</td>
<td>Potato Chip Chicken Strips Favorite Dipping Sauce Pork 'n Beans Applesauce Milk</td>
</tr>
</tbody>
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Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777.
*Amount of milk assumes that 4 people will be drinking 1 cup of milk 3 times a day plus cooking. Package sizes are also estimates. Buy amount of milk appropriate for your family and purchase package sizes close to what is needed for the recipe.

Other Items
☐ ___________________________________________
☐ ___________________________________________
☐ ___________________________________________
☐ ___________________________________________
☐ ___________________________________________
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☐ ___________________________________________
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☐ ___________________________________________


EATING WELL BUT COOKING LESS

WEEK 1 Shopping List

Staple Items
☐ Chicken bouillon granules
☐ Chicken gravy mix
☐ Chocolate pudding mix-instant
☐ Cocoa - unsweetened
☐ Cooking spray
☐ Cornstarch
☐ Dipping sauce - your choice
☐ Flour - all purpose (4-5 pounds)
☐ Flour - whole wheat (4-5 pounds)
☐ Mayonnaise or Salad Dressing - Light
☐ Nonfat dry milk
☐ Pancake syrup
☐ Soy sauce - lower sodium
☐ Sugar (4-5 pounds)
☐ Vegetable oil
☐ Vegetable shortening (optional - could use cooking spray)

Herbs & Spices
☐ Basil - dried
☐ Black pepper
☐ Chili powder
☐ Cinnamon
☐ Coriander - ground (optional)
☐ Cumin - ground
☐ Garlic, minced & dried
☐ Garlic powder
☐ Nutmeg, ground
☐ Onion, dried & minced
☐ Onion powder
☐ Parsley, dried
☐ Red pepper, ground
☐ Salt
☐ Salt-free seasoning
☐ Thyme, dried
## Grocery

### Grains
- Bread, French
- Bread, Whole wheat
- Brown Rice, instant
- English muffins
- Noodles, mini-lasagna (8 oz.)
- Pretzels
- Saltine crackers
- Tortilla, whole wheat (12 count)
- Tortilla chips

### Canned Beans, Sauces, Soups & Vegetables
- Chili Beans - 15 oz. can
- Pork n beans - 2 - 15 oz. cans
- Refried beans - 15 oz. can
- Salsa - 32 oz. jar
- Spaghetti sauce - 2 - 27 oz. jars
- Cream of Chicken soup - 10.5 oz. can
- Tomato soup - family size 26 oz. can
- Green beans - 14.5 oz. can
- Tomatoes, diced, no salt added - 14.5 oz. can
- Tomato sauce - hot style - 1- 8 oz. can
- Tomato sauce - no salt added - 2- 8 oz. cans

### Canned Fruit & Juice
- Applesauce - 2 - 25 oz. cans
- Fruit cocktail - 1 - 29 oz. can
- Fruit - your choice - 1 - 29 oz. can
- Peaches - 1 - 29 oz. can
- Pears - 2 - 15 oz. cans
- Pineapple - 1 - 20 oz. can
- Pumpkin - 1 - 15 oz. can
- Apple juice - 1 - 64 fl. oz.

### Canned Meat
- Chicken - white meat - 1 - 8 oz. can
- Tuna - water pack - 2-3.5 oz. can or 1-6 to 7 oz. can

### Other Grocery Items
- Cake mix - yellow - 1 lb, 2.25 oz.
- Cereal - Oat rings, 1 box
- Instant mashed potatoes - 1 box
- Miniature marshmallows (10.1/2 oz. pkg)
- Peanut Butter - 1 jar
- Seltzer Water or club soda - 1 liter
- Oatmeal - quick cooking - 1 container
- Potato chips - your choice - small (5-6 oz.) bag

## Dairy
- American cheese - 16 slice pkg
- Cheddar cheese - shredded - 24 oz. pkg
- Cottage cheese - no fat, 16 oz. container
- Cream cheese - pineapple - 1- 8 oz. container
- Mozzarella cheese - shredded - 8 oz. pkg
- Eggs - 1 dozen
- Margarine - 1 lb
- Milk - 6 gallons*
- Sour cream - fat free, 1 - 16 oz. container

## Frozen Foods
- Fruit Medley - 16 oz. pkg
- Green pepper, chopped - 1 - 16 oz. pkg
- Hash browns - 1 - 32 oz. pkg
- Juice - your choice, 1- 12 oz. concentrate
- Onions, chopped - 2 - 16 oz. pkg
- Spinach, chopped - 1 - 16 oz. pkg
- Vegetables - stir-fry - 1 - 16 oz. pkg

## Fruit - Fresh
- Apples - 4 medium
- Bananas - 10
- Berries - your choice in season - 1 lb, or use frozen
- Grapes - 1 lb
- Melon - your choice - 1
- Oranges - 8
- Orange juice - 1/2 gallon
- Dried apples - 1 pkg
- Raisins - 1 pkg

## Meat
- Chicken breasts - boneless, skinless-2 lbs
- Ground beef - 2 lbs
- Ham - deli sliced honey - baked - 1 lb
- Ham - diced - 8 oz.

## Vegetables - Fresh
- Broccoli - 1 head
- Carrots - baby, 1 lb
- Celery (optional)
- Coleslaw mix - 1 bag
- Green, yellow or red pepper - 2 of your choice
- Potato - 4 baking
- Romaine lettuce or spinach
- Salad bar items - 1/2 cup shredded carrots, 1/4 cup chopped celery
- Salad in a Bag - 2 bags
- Tomatoes - grape or cherry - 1 - 16 oz. container
**Eating Well But Cooking Less**

**Breakfast**

**Day 1**

**Menu Suggestion**
- Wheat Pancakes
- Hot Applesauce
- Juice
- Milk

**Equipment Needed**
- Pancakes
  - large mixing bowl
  - measuring cups
  - mixing spoon
  - electric skillet or frying pan
  - spatula
  - can opener
  - microwave

**Shopping Tip**
Inexpensive baking mixes can also be found in the bakery aisle of the grocery store.

**Nutrition Tip**
Whole grains provide more fiber and nutrients than processed grains. Including more whole grains in your diet, may lower your cholesterol and help protect you against heart disease and cancer.

**Other Creative Ideas**
Add fruit to the pancake batter such as blueberries or diced apples.

**Pancakes**

Servings - 4

2 cups Master Mix*
1 egg
1¼ cups milk
1 can (25 oz) applesauce
syrup (optional)

1. Combine Master Mix, egg and milk.
2. Stir until blended.
3. Spoon batter onto hot skillet.
4. When pancakes bubble, turn and cook other side.
5. Warm applesauce in microwave, or on top of stove.
6. Top pancakes with warm applesauce.

*See recipe basic on the back
**MASTER MIX**  
Makes 10 cups

- 4 cups all-purpose flour  
- 4 cups whole wheat flour**  
- 1 1/3 cups nonfat dry milk  
- 1/4 cup baking powder  
- 1 teaspoon salt  
- 3/4 cup vegetable shortening or margarine

1. Stir dry ingredients together until well mixed.  
2. Cut in vegetable shortening or margarine until well mixed.  
3. Store in closed, covered jar or can.  
4. Refrigerate to keep longer than one month or if margarine is used.  
5. Stir lightly before using in recipes.

**If whole wheat flour is not available, use all-purpose flour. Enriched cornmeal or rolled oats can also be substituted for all or part of the whole wheat flour.**

### EQUIPMENT NEEDED

Master Mix  
- large mixing bowl  
- measuring spoons  
- mixing spoon  
- fork or pastry blender  
- airtight container

#### Quick Tip

If storage is a problem, make up half of the Master Mix at a time.

#### “Let me help.”

Children learn motor skills when they can help in the kitchen. Have them help stir the batter, set the table and put items in the trash.

#### Mealtime/Family Time

Breakfast is the most important start to the day for everyone. Adults can be role models by eating breakfast too.

#### Physical Activity

Physical activity will also help you and the kids get your day started. Bend and stretch to wake up sleepy muscles.

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**Nutrition Facts**

- **Serving Size:** 1 cup  
- **Calories:** 430  
- **Calories from Fat:** 110  
- **Total Fat:** 12g  
- **Saturated Fat:** 3.5g  
- **Trans Fat:** 0g  
- **Cholesterol:** 60mg  
- **Sodium:** 350mg  
- **Total Carbohydrate:** 65g  
- **Dietary Fiber:** 5g  
- **Sugars:** 2g  
- **Protein:** 1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- **Total Fat:** 12%  
- **Saturated Fat:** 17%  
- **Trans Fat:** 0%  
- **Cholesterol:** 20%  
- **Sodium:** 15%  
- **Total Carbohydrate:** 23%  
- **Dietary Fiber:** 13%  
- **Sugars:** 8%  
- **Protein:** 4%

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*MAKES 10 CUPS*
LUNCH

CHICKEN QUESADILLAS
Servings - 4

1 tablespoon vegetable oil or cooking spray
4 (8-inch) whole wheat tortillas
8 oz. canned chicken
2 cups cheddar cheese, shredded
1 cup chopped bell peppers (frozen)
1 cup chopped onion (frozen)
salsa (optional)

1. Lightly oil a frying pan or skillet and heat over medium heat.
2. Place as many tortillas as will fit in a single layer depending on the size of the pan.
3. Top each with ¼ of the chicken, ½ cup of the cheese and ¼ cup each of peppers and onions.
4. Cook in the pan until the cheese begins to melt, about 1 minute, then fold the tortillas in half.
5. Continue to cook until crispy on both sides, another minute or two.

EQUIPMENT NEEDED
- electric skillet or frying pan
- spatula
- measuring cups
- large spoon
- serving plate
- can opener

Shopping Tip
Less expensive cooking spray can be purchased at discount or “dollar” stores. Or buy a special cooking spray bottle that you can fill with your favorite vegetable oil.

Nutrition Tip
Protein is important for repair of body tissues and water balance. You need protein everyday but don’t overdo it.

A serving of protein from animal foods is 2-3 ounces or the size of a deck of cards, and 2-3 servings per day is plenty.

Other Creative ideas
Use other protein leftovers such as cooked pork, ground beef, or beans in place of the chicken.
Quick Tip
Look for frozen, chopped green peppers and onions in the vegetable section of your grocer’s freezer case.

Shredded cheese can often be purchased for specific recipes such as a Mexican blend for Mexican foods.

“Let me help.”
Children can set the table while you cook the quesadillas.

Mealtime/ Family Time
When the family is ready to eat, turn off the TV and take time to enjoy the food and the company.

Physical Activity
A quick walk around the block or game of tag before lunch will help children settle down and enjoy their food.
MEATLOAF MUFFINS
Servings - 6

1 egg
½ cup milk
¾ cup oats
1 pound lean ground beef
3 tablespoons chopped onion
½ teaspoon salt
½ cup grated cheese

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture into muffin cups.
4. Bake for 30 minutes, or until temperature in center of meatloaf is 165 degrees.
5. Cool slightly before removing from muffin cups.

Source: www.kidsacookin.ksu.edu
**“Let me help.”**
Kids can help with mixing up the meatloaf and spooning it into the muffin tins.

**Mealtime/ Family Time**
Start a family tradition by choosing someone to be the “star” at that meal. The “star” gets to be served first and can choose the topic of conversation.

**Physical Activity**
While the meatloaf is baking, have everyone do the “10 minute Pick Up Game” of picking up and tidying up the house.
Eating Well But Cooking Less

Day 2

Breakfast

Menu Suggestion
- Cinnamon Toast Strips
- Banana Juice
- Milk or Hot Cocoa

Equipment Needed

- Cinnamon Toast Strips
- ☐ toaster
- ☐ knife
- ☐ serving plate

Shopping Tip
If you prefer to use a store-bought instant cocoa mix, look for brands that provide some calcium. Calcium is important for bone strength and blood pressure control.

Nutrition Tip
For a nutritious breakfast, serve foods from at least 3 food groups such as a grain, a fruit and a dairy food.

Food Safety Tip
Eating in the car is dangerous especially when traveling with hot liquids. It’s better to eat before leaving home.

CINNAMON TOAST STRIPS
Servings - 4

8 slices whole wheat bread
margarine

cinnamon sugar (½ cup sugar, 1 tablespoon cinnamon)

1. Mix up cinnamon sugar and put into shaker.
2. Toast bread.
3. Spread with margarine and sprinkle on cinnamon sugar.
4. Slice toast into strips.

Nutrition Facts

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<th>Amount Per Serving</th>
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INSTANT COCOA MIX
Makes 24 - ¼ cup servings

3 cups nonfat dry milk powder
½ cup sugar
½ cup unsweetened cocoa powder
½ cup nonfat dairy creamer

To prepare mix:
1. Measure ingredients into mixing bowl; stirring well to combine ingredients.
2. Store prepared mix in a covered container or in a re closable plastic bag.

To prepare 1 cup:
1. Fill a microwave safe container ¾ full of water. Microwave for 2 minutes on high.
2. Measure ½ cup mix and stir into hot water.

Equipment Needed
Instant Cocoa Mix
☐ air tight container
☐ measuring cups
☐ measuring spoons
☐ mixing spoon
☐ pan or microwave safe container
☐ mug
☐ microwave

Quick Tip
The key to eating breakfast is to have quick breakfast foods on hand. Write up a list of favorite breakfast foods and keep your cupboard stocked.

“Let me help.”
Kids can spread the margarine and sprinkle the cinnamon sugar on the toast. Besides strips, toast can be cut into triangles or miniatures squares.

Mealtime/Family Time
Research shows that people who eat breakfast eat healthier throughout the day. Make breakfast a healthy habit.

Physical Activity
Play pretend games to help the kids get moving and thinking. They could pretend to feed or milk the cow.

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Eating Well But Cooking Less

MENU SUGGESTION
Tortilla Pinwheels
Pretzels
Baby Carrots
Apple Slices
Milk

Lunch

DAY 2

TORTILLA PINWHEELS
Servings - 4

EQUIPMENT NEEDED
☐ plastic wrap
☐ spreading knife

Shopping Tip
While a value meal may seem inexpensive, spending $5 a day on lunch for 1 person will add up to about $1200-1300 in a year. Most fast food meals are also high in fat, calories and sodium.

Nutrition Tip
Whole wheat tortillas are higher in fiber and other nutrients compared to flour tortillas.

Other Creative Ideas
For variety, use deli turkey or roast beef, and other flavored cream cheeses such as garden herb.

Food Safety Tip
Cream cheese and deli meats are potentially hazardous foods. Keep them refrigerated.

4 (8-inch) flour or 100% whole wheat tortillas
¼ cup soft pineapple cream cheese
12 deli-thin slices honey baked ham
8 to 12 leaves of spinach or romaine lettuce

1. Place a sheet of plastic wrap on counter. Place 1 tortilla on top of plastic wrap. Spread 1 tablespoon cream cheese evenly over tortilla. Cutting ham slices if necessary, place 3 ham slices in a single layer on top of cream cheese. Place 2 to 3 leaves of spinach or lettuce in center of tortilla.
2. Roll up tortilla, enclosing filling. Repeat for remaining tortilla.
3. Cut each tortilla in half. Roll each tortilla individually in plastic wrap; twist ends to seal. Refrigerate until ready to eat.
Quick Tip
Tortilla pinwheels can be eaten like a burrito or slice them into pinwheel circles to serve as a snack.

“Let me help.”
Kids can help with making the pinwheels by spreading on the cream cheese and adding the meat and vegetables. Parents may have to lend a hand with rolling up the tortillas.

Mealtime/Family Time
A small note of praise tucked into your child’s or loved one’s lunch will brighten their day.

Physical Activity
Eat lunch outside and after eating, take a nature walk.
EASY CHILI
Makes 6 - 1 cup servings

½ pound lean ground beef
8 oz. can Mexican hot style tomato sauce
8 oz. can tomato sauce - no salt added
15 oz. can diced tomatoes - no salt added
15 oz. can chili beans
½ cup frozen, diced onions

1. Brown ground beef in large skillet.
2. To remove extra fat, place cooked ground beef in a colander and place colander in large bowl. Rinse ground beef with very hot water. Drain well. Place cooled grease in a container and put in the garbage. Do not rinse down the drain.
3. Return ground beef to skillet.
4. Add remaining ingredients.
5. Bring to a boil. Simmer until chili reaches 165°F.
6. For spicier chili, add 1½ teaspoons to 1 tablespoon of *Mexican Seasoning Mix to chili.
Other Creative Ideas
If you need to cut back on your salt intake, look for canned goods that say “no salt added.” To improve flavor, add spices and herbs such as the “Mexican Seasoning Blend” to chili and other savory dishes.

“Let me help.”
Let children practice pouring. Start with water and keep napkins handy for any spills. Also use cups or glasses that have a broad base and won’t tip over as easily.

Mealtime/Family Time
Use family mealtime to plan future menus. Kids who have a choice in what they are served are more likely to eat it.

Physical Activity
Make dinner a fiesta and add some dance time to family time.
Eating Well But Cooking Less

Day 3

Breakfast

Menu Suggestion
Spicy Oatmeal Cereal
Juice
Milk

Equipment Needed
- microwave safe dish
- measuring cups
- spoon
- microwave

Shopping Tip
Plain quick-cooking oats are much less expensive than flavored oatmeals. By making your own mixes, you can control the sugar and sodium.

Nutrition Tip
Oatmeal is a whole grain and contains soluble fiber, which helps with lowering cholesterol.

Food Safety Tip
Store grains in tightly closed containers to keep out moisture and pests. Date the container and use within 6 months.

Other Creative Ideas
Use other dried fruit like apricots and raisins, and also add 1-2 tablespoons of your favorite nuts for a hearty breakfast.

Spicy Oatmeal Cereal
Servings - 1 cup

½ cup apple juice
¼ cup water
½ cup Spicy Oatmeal Mix*

Microwave preparation:
1. Place liquids in cereal bowl.
   Heat to boiling in microwave.
2. Stir in oatmeal mix.
3. Cook, uncovered, at high power for 30 seconds. Stir and let stand for 1 minute.

Stovetop preparation:
1. Increase apple juice to ⅔ cup. Increase water to ½ cup.
2. Heat liquids to boiling in saucepan.
3. Add oatmeal mix; stir.
4. Reduce heat; cook 2 minutes, stirring as needed and serve.

Nutrition Facts

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Calories: 2,000 2,500

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**QUICK & EASY SPICY OATMEAL MIX**
Makes 4 cups of mix

3 cups rolled oats, quick-cooking
1 cup dried apples, chopped
1 teaspoon cinnamon
¼ teaspoon nutmeg

1. Mix ingredients thoroughly.
2. Store in tightly closed container at room temperature. Use within 2 months.

**Equipment Needed**
- Spicy Oatmeal Mix
  - air tight container
  - measuring cups
  - measuring spoons
  - mixing spoon

**Quick Tip**
Make up batches of the oatmeal mix to give as a healthy gift. Be sure to put it in a safe container and include a copy of the recipe.

**“Let me help.”**
Kids who help make the oatmeal mix are likely to eat it. Let them choose the types of dried fruits to add.

**Mealtime/Family Time**
Two recent research studies found that kids who ate oatmeal for breakfast did better on memory and attention tasks. Make eating oatmeal a family habit.

**Physical Activity**
Do the kids walk to school? It’s a great way to start the day.
Eating Well But Cooking Less

Menu Suggestion
Potato Soup
Cheese Slices
Grapes
Juice or Tea

Lunch

Day 3

Potato Soup Mix
Servings - 8- ½ cup

Equipment Needed

- large mixing bowl
- mixing spoon
- measuring cups
- air tight container
- measuring spoons
- mug or bowl
- spoon

Shopping Tip
Spices and herbs can be expensive. Buy small quantities at first to see if you like them. Store tightly covered in a cool, dry place.

Nutrition Tip
This soup mix is a great way to add more calcium to your diet. One cup of soup contains ½ serving of milk.

Food Safety Tip
Store soup mix and non-fat dry milk in tightly covered containers. Use within 3-6 months.

Quick Tip
Take this soup mix to work for a quick lunch at your desk.

2½ cups instant mashed potatoes
1¼ cups non-fat dry milk
1 packet of chicken gravy mix
2 teaspoons salt-free seasoning (Spike, Mrs. Dash, Lowry’s)
2 teaspoons dried minced onion
2 teaspoons chicken bouillon granules
1 teaspoon dried parsley

1. Place ingredients in large bowl and mix well.
2. Place in container.

Individual servings can be made by placing ½ cup of the mix in separate containers. Yield: 4 cups mix.

To use: Place ½ cup Potato Soup Mix in a mug or bowl. Add 1 cup boiling water. Stir well. Let stand 3 minutes until thickened. Shredded cheese or bacon bits may be sprinkled over top.
Other Creative ideas
This mix can be the base for a variety of soups. Make up the soup for the desired number of people. Thoroughly heat cooked vegetables and meats. Add hot potato soup and top with a little cheese.

“Let me help.”
Children can help with washing the grapes. Pat dry with a paper towel.

Mealtime/Family Time
Soup can be messy for young children. Try putting soup in a mug so that they can drink it. Fewer spills and messes help make meal time more pleasant.

Physical Activity
For indoor fun, juggle with balloons.
**EATING WELL BUT COOKING LESS**

**DINNER**

**DAY 3**

**MENU SUGGESTION**
- Chicken Stir Fry
- Brown Rice
- Pineapple
- Milk

**Equipment Needed**
- sharp knife
- cutting board or plate
- measuring spoons
- skillet or large saucepan
- mixing spoon
- measuring cups
- small bowl
- food thermometer

**Shopping Tip**

Frozen vegetable mixes are available for a variety of dishes such as stir fry, pasta, soups and stews.

**Nutrition Tip**

Eat at least 3 servings of vegetables everyday. A serving is ½ cup of cooked vegetables or 1 cup of salad. Vegetables are low in fat and high in fiber.

**Food Safety Tip**

Cooked vegetables and grains are potentially hazardous food just like meats, fish, poultry and eggs. Refrigerate leftovers in single serving containers within 2 hours of cooking.

---

**CHICKEN STIR FRY**

*Servings - 4*

---

1 pound raw, boneless chicken breasts
1 tablespoon oil
3 cups frozen stir-fry vegetables
½ cup onion - frozen, diced
½ teaspoon garlic powder
1 teaspoon cornstarch
2 teaspoons soy sauce
½ cup water
Instant brown rice

1. Cut up chicken into 1 inch cubes.
3. Stir and cook over moderate heat until thoroughly done and browned on all sides.
4. While chicken is cooking, prepare 4 servings of instant brown rice according to package directions.
5. Add vegetables to chicken and cook until just crisp tender.
6. In a small bowl, mix remaining ingredients. Add to hot chicken and vegetables. Stir and cook 1 minute or to 165°F.
7. Serve over hot rice.
Quick Tip
Frozen vegetables are the easiest to use when needing only 1 or 2 servings.

Other Creative Ideas
For a variety, substitute other meats such as beef or pork.

“Let me help.”
Supervise children closely when cooking to avoid burns. While cooking the chicken and vegetables, put the cornstarch, garlic, soy sauce and water in container with a lid. Seal the container and let your child shake it to mix the sauce.

Mealtime/Family Time
Ethnic foods are a great way to learn about other cultures. Have family members research Asian cultures and then discuss similarities and differences at dinner.

Physical Activity
After dinner, take the entire family on a walk.

Nutrition Facts
Serving Size (336g)
Servings Per Container 4

Amount Per Serving
Calories 230
Calories from Fat 50

% Daily Value *
Total Fat 5g
Saturated Fat 0.5g
Trans Fat 0
Cholesterol 65mg
Sodium 750mg
Total Carbohydrate 18g
Dietary Fiber 4g
Sugars 4g
Protein 31g

Vitamin A 80%
Vitamin C 50%
Calcium 10%
Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Total Fat</th>
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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
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</table>

Calories per gram:
- Fat 9 cal
- Carbohydrate 4 cal
- Protein 4 cal
**EATING WELL BUT COOKING LESS**

**Breakfast**

**Menu Suggestion**

Abba Zabbas
Juice
Milk

**Equipment Needed**
- microwave safe plate
- knife

**Shopping Tip**

When buying bananas, buy ones that are plump and with a green to yellow peel. Ripen at room temperature. The fruit is ripe when the peel has brownish specks. The skin will continue to brown but the flesh is okay to eat when several days old.

**Nutrition Tip**

Peanut butter is high in fat, however, it contains more monounsaturated fat which is good for your heart.

**Food Safety Tip**

Fresh fruits and vegetables need to be washed with plenty of plain, cool water just before eating to remove any dirt, bacteria, or other unsafe debris. This is true even if you are going to remove the peel, rind or outer leaves.

**Other Creative Ideas**

Use other favorite fruit besides bananas such as apple slices, dried apricots, etc.

**Abba Zabbas**

Servings - 4

4 whole wheat tortillas
4 tablespoons peanut butter
2 bananas
4 tablespoons raisins (optional)
cinnamon sugar - (Breakfast - Day 2)

**For 1 tortilla**

1 tortilla
1 tablespoon peanut butter
½ banana
1 tablespoon raisins
cinnamon sugar

1. Warm tortilla in microwave for about 10 seconds.
2. Spread 1 tablespoon peanut butter on each tortilla.
3. Slice bananas in half and put one-half banana on each tortilla.
4. Sprinkle on raisins and cinnamon sugar.
Quick Tip
This recipe takes less than a minute to prepare. It’s also a commuter breakfast for passengers if running late. Don’t forget a container of milk.

“Let me help.”
Children can help with slicing the bananas if you give them a plastic knife.

Mealtime/
Family Time
Kids who eat breakfast make fewer trips to the school nurse’s office complaining of a stomach ache. Is breakfast in your house a family habit?

Physical Activity
Morning chores, such as having kids make their beds, is one way to get them moving.

---

**Nutrition Facts**

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<tbody>
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<tr>
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<tr>
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<tr>
<td>Sugars 19g</td>
<td>10%</td>
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<tr>
<td>Protein 9g</td>
<td>10%</td>
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</table>

**Vitamin A** 0%  **Vitamin C** 10%

**Calcium** 0%  **Iron** 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<tr>
<td>Sugar</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:

- Fat 9 
- Carbohydrate 4 
- Protein 4
Menu Suggestion
Deli Meat Sandwiches
(use leftover deli meat from Day 2)
Easy Coleslaw
Canned Fruit
Milk

Equipment Needed
☐ large mixing bowl
☐ mixing spoon

Shopping Tip
When buying “salads in the bag,” be sure to check the “best if used by date.” If you are not going to eat the salad right away, buy packages that have later dates so that you still have a salad that tastes good and has the most nutrients.

Nutrition Tip
Cabbage belongs to “cruciferous” vegetables which contain special nutrients that fight cancer. Other foods in this group are broccoli, brussel sprouts, cauliflower, radishes and turnips. Eat them several times a week.

Quick Tip
This salad can be made up ahead of time. It will keep several days in the refrigerator.

EASY COLESLAW
Servings - 8- 1 cup

½ cup light mayonnaise
1 tablespoon milk
1 tablespoon vinegar
1 tablespoon sugar
1 bag coleslaw mix

1. In a large bowl, mix first four ingredients until well blended.
2. Add coleslaw mix.
3. Cover and chill until ready to serve.
Other Creative ideas
For a different type of slaw, look for bags of broccoli slaw in the produce section. Use for a salad, or to add crunch to a sandwich. Bag coleslaw and broccoli slaw can also be used in stirfry.

“Let me help.”
Have children help make the slaw especially if they are picky about vegetables. They may be more willing to eat their vegetables if they helped prepare them.

Mealtime/Family Time
This is a great lunch to take on a picnic in the park. After lunch and rest, play with your child to get some physical activity.

Physical Activity
See Mealtime Family Time

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### Nutrition Facts

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<td></td>
<td>Saturated Fat <strong>1g</strong></td>
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<tr>
<td></td>
<td>Trans Fat <strong>0g</strong></td>
<td><strong>0%</strong></td>
</tr>
<tr>
<td></td>
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<tr>
<td></td>
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<td><strong>5%</strong></td>
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<tr>
<td></td>
<td>Total Carbohydrate <strong>6g</strong></td>
<td><strong>2%</strong></td>
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<td></td>
<td>Dietary Fiber <strong>1g</strong></td>
<td><strong>5%</strong></td>
</tr>
<tr>
<td></td>
<td>Sugars <strong>3g</strong></td>
<td><strong>%</strong></td>
</tr>
<tr>
<td></td>
<td>Protein <strong>1g</strong></td>
<td><strong>%</strong></td>
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</table>

Vitamin A **2%** Vitamin C **30%** Calcium **2%** Iron **2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
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</tr>
</tbody>
</table>
 Menu Suggestion
Skillet Lasagna
Bag Salad/Italian Dressing
French Bread
Sherbet/
Berries of your choice
Milk

Equipment Needed
☐ large frying pan with lid or electric skillet
☐ mixing spoon
☐ colander
☐ large bowl
☐ food thermometer

Shopping Tip
Tomato sauces now come flavored for specific dishes such as lasagna. Purchase these products if you don’t want to invest in a lot of spices and herbs.

Nutrition Tip
Spinach is high in Vitamin A and Vitamin C. It also contains some iron but we may not absorb it well.

Food Safety Tip
Never partially cook meats, poultry, eggs or fish, and finish cooking at a later time. To properly kill bacteria, meats, poultry, eggs and fish need to be continually cooked to their proper end point temperature.

SKILLET LASAGNA
Servings - 6

½ pound lean ground beef or ground turkey
½ cup frozen, chopped onion
15 oz. can of tomato sauce (no salt added if desired)
1½ cups water
2 teaspoons Italian Seasoning* (purchased or make your own recipe on the back)
8 oz. mini lasagna noodles
1 cup non-fat cottage cheese
1 10 oz. package frozen, chopped spinach (thawed)
½ cup shredded Mozzarella cheese

1. Brown meat in large frying pan. Place meat in a colander, then in a large bowl and rinse well with very hot water. Drain. Return to pan. Place cooled grease in garbage, not down the sink.
2. Add onion, tomato sauce and Italian Seasoning. Bring to a boil.
3. Add noodles. Cover and simmer 5 minutes.
4. Break up thawed spinach and stir into mixture in pan. Cover and simmer 5 minutes.
5. Stir. Spread cottage cheese on top. Sprinkle on mozzarella.
6. Cover and simmer about 10 minutes until noodles are tender and mixture is 165°F.
*Italian Seasoning

¼ cup dried parsley flakes
2 tablespoons dried minced garlic
4 teaspoons dried basil
1 teaspoon dried thyme
¼ teaspoon red pepper

1. Mix, store in an airtight container.

Quick Tip
Forget to thaw the spinach? Thaw it quickly in the microwave or in a small sauce pan on the stove while browning the meat.

Other Creative Ideas
Can’t find mini-lasagna noodles? Use bowties, spirals or any favorite pasta shape.

“Let me help.”
When teaching your children a new task, tell them what to do and then show them, if necessary. Expect some messes, and make cleanup part of each job.

Mealtime/Family Time
Use mealtime to teach children about nutrition: pasta gives us energy, meat gives protein to repair tissues, spinach and tomatoes give us vitamins for good health.

Physical Activity
Have the kids spell out “lasagna” with their bodies.

Nutrition Facts
Serving Size  (323g)  Servings Per Container  6

Amount Per Serving
Calories  300 Calories from Fat 50
% Daily Value *
Total Fat 6g  9%
Saturated Fat 2.5g  13%
Trans Fat 0g
Cholesterol 20mg  7%
Sodium 730mg  30%
Total Carbohydrate 39g  13%
Dietary Fiber 4g  16%
 Sugars 7g
 Protein 23g

Vitamin A  90%  Vitamin C  25%
Calcium  15%  Iron  20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:  
Total Fat Less than 65g 80g
Saturated Fat Less than  20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
  Fat 9  ·  Carbohydrate 4  ·  Protein 4
PUMPKIN ORANGE MUFFINS
Makes - 24 muffins
1 serving - 2 muffins

1 package yellow cake mix
(1 lb. 2.25 oz)
1¼ cups pumpkin
3 eggs
½ cup orange juice
shortening, flour for pans

1. Preheat oven to 350 degrees.
2. Prepare baking pans. Grease muffin tins or use paper muffin cups. For cake, grease and flour a 9”x13” inch pan. For loaf bread, grease and flour two 9x5 inch pans or several smaller pans.
3. Combine cake mix, pumpkin, orange juice and eggs in large bowl. Beat at low speed 30 seconds until blended; beat at medium speed 2 minutes.
4. Fill muffin tins ⅔ full (makes 24); or pour into prepared cake pan; or pour into prepared loaf pans.
5. Bake until a toothpick comes out clean when inserted in the middle of the muffin, cake or loaf.

Approximate baking times are:
Muffins: 15-20 minutes
Loaf Bread: 40-45 minutes
Cake: 30-35 minutes
Quick Tip
These are a make ahead recipe. The muffins also bake the fastest.

“Let me help.”
Put a small amount of shortening on a paper napkin and let the kids grease the pans.

Mealtime/Family Time
Breakfast may be a better time for eating together if the evenings are too hectic or parents work different shifts.

Physical Activity
While the muffins are baking, have the kids pretend to harvest pumpkins and put them in a pile.

Nutrition Facts
Serving Size  (95g)  2 muffins
Servings Per Container  12

Amount Per Serving
Calories  220  Calories from Fat 60
 % Daily Value *
Total Fat  6g 10%
 Saturated Fat 1g  6%
 Trans Fat 0g
Cholesterol 55mg 18%
Sodium 300mg 13%
Total Carbohydrate 38g 13%
 Dietary Fiber 2g  6%
 Sugars  35g
Protein  4g

Vitamin A 70%  Vitamin C 10%
Calcium 8%  Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<td>Dietary Fiber</td>
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</tbody>
</table>

Calories per gram:
Fat 9  Carbohydrate 4  Protein 4
REFRIED BEAN DIP
Servings - 1

1 cup canned refried beans - lowfat
¼ cup mild salsa
½ cup shredded cheddar cheese
baby carrots, celery, green, red & yellow peppers
1 oz. tortilla chips (about 9-10 chips)

1. Mix beans, salsa and cheese together.
2. Serve with vegetables and chips.

Menu Suggestion
Refried Bean Dip
Vegetable Sticks - assorted
Tortilla Chips
Oranges
Milk

Equipment Needed
☐ can opener
☐ small bowl or sealable container
☐ measuring cups
☐ spoon
☐ paring knife for slicing vegetables
☐ plate or cutting board

Shopping Tip
Canned refried beans come in a variety of styles and flavors: traditional, fat free, vegetarian, spicy, etc.

Nutrition Tip
Beans are an excellent source of fiber. Green, red and yellow peppers are excellent sources of Vitamin C.

Food Safety Tip
Cooked beans are potentially hazardous foods. Divide leftovers in small shallow containers and refrigerate within 2 hours, so that they chill quickly.
Quick Tip
Portion out leftover refried beans into single serving freezer-proof containers and freeze for future lunches and snacks.

Other Creative ideas
For a hot bean dip, microwave 2-3 minutes until steamy (165°F). Let cool 1 minute and serve. Instead of tortilla chips, use whole grain crackers or pita bread.

“Let me help.”
Children can help with washing the vegetables and patting them dry with a paper towel.

Mealtime/Family Time
Play counting games with children such as “how many different vegetables can you eat?” and “how many sections are in an orange?”

Physical Activity
Besides playing counting games at meal time, have the kids count their steps. An inexpensive pedometer will help them keep track.
SOUR CREAM & HAM HOT POTATOES
Servings - 6

32 ounce package frozen hash brown potatoes
16 ounces fat-free sour cream (1 container)
4 ounces shredded cheddar cheese -
   (1 cup divided: ¾ cup, ¼ cup)
1 110-ounce can condensed cream of chicken soup
½ cup frozen diced onion
8 ounces of diced ham
½ cup crushed crackers

1. Combine all ingredients except ¼ cup cheese and
   crackers in large non-stick skillet.
2. Heat on medium heat, stirring occasionally for 15-20
   minutes.
3. Top with remaining cheese and crushed crackers.
   Heat to 165°F.
Quick Tip

While potatoes are simmering, micro-wave or steam broccoli.

Purchase a set of measuring cups that has a ¾ cup, so that you don’t have to use 2 measuring cups to measure one ingredient.

Other Creative Ideas

Use cooked chicken, turkey, tuna or ground beef in place of the ham.

“Let me help.”

Supervise children closely around the stove, microwave or electric skillet to avoid burns. Use this time to teach children about kitchen safety and the proper use of oven mitts and pot holders.

Mealtime/Family Time

Children will often reject new foods. Serve them the new food but don’t make a big deal if they won’t eat it at first. Often they will try it if it is repeatedly offered.

Physical Activity

When watching TV, take exercise breaks during the commercials.

Nutrition Facts

Serving Size (356g)
Servings Per Container 6

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<td>30g</td>
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</table>

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4
**Menu Suggestion**
Breakfast Bars
Orange Juice or Banana
Milk

**Equipment Needed**
- 13x9 inch pan
- large microwave-safe bowl
- measuring spoons
- measuring cups
- mixing spoon or spatula
- microwave
- slicing knife

**Shopping Tip**
Cereals in the bag are often less expensive, contain the same nutrients as box cereals and come with a resealable bag that keeps them fresher longer.

**Nutrition Tip**
Choose cereals that are iron-fortified. Diets with adequate iron prevent iron-deficiency anemia which can make you feel tired and at a higher risk for infections.

**Food Safety Tip**
Before preparing any food, wash hands with warm water and soap for at least 20 seconds. Recite the alphabet to make sure that you’ve washed long enough. Rinse hands well and dry with a paper towel.

**BREAKFAST BARS (MICROWAVE)**
Makes - 15 bars

- cooking spray
- 3 tablespoons margarine
- 1 (10-½ oz.) package miniature marshmallows (6 cups)
- ½ cup smooth or crunchy peanut butter
- 5 cups oat ring cereal
- 1 cup raisins
- ¼ teaspoon cinnamon (optional)

1. Spray 13x9 inch pan with cooking spray.
2. Microwave margarine in large microwavable bowl on HIGH for 45 seconds or until melted. Add marshmallows; toss to coat with spread.
3. Microwave on HIGH for 1½ minutes or until smooth when stirred, stirring after 45 seconds. Stir in peanut butter and cinnamon.
4. Immediately add cereal and raisins; Mix lightly until well coated.
5. Using a greased spatula or wax paper, press mixture into prepared pan. (For ease in preparation, spray spatula or wax paper with non-stick cooking spray.)
6. Cool; cut into squares.
**Nutrition Facts**

Serving Size (52g)

Servings Per Container 15

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Other Creative Ideas

Try other cereals like crispy rice and other dried fruit such as dried cranberries.

Quick Tip

These cereal bars can be made ahead and stored in an airtight container for a grab and go breakfast.

“Let me help.”

Children can help with pressing the cereal mixture into the greased pan.

Mealtime/Family Time

This breakfast bar also makes a great snack. If schedules are too hectic to have meals together, families could meet for a snack break.

Physical Activity

The cereal bars take some arm muscles to mix. If you need to build up arm muscles, use kitchen items as weights such as canned food or milk jugs.
**Menu Suggestion**
Tuna Salad Sandwich
Grape or Cherry Tomatoes
Pretzels
Canned Pears
Milk

**Eating Well But Cooking Less**

**Lunch**

**TUNA SALAD SANDWICH**

*Servings - 2*

1 can (3.5 oz.) tuna
¼ cup celery, chopped
2 tablespoons chopped onion (optional) (fresh or frozen)
¼ cup lite mayonnaise
4 bread slices

1. Open tuna and drain.
2. Place tuna in a small bowl.
3. Wash and chop the celery (and onion if desired).
4. Add celery and mayonnaise to tuna (add onion and relish if desired) in the bowl. Mix ingredients and chill.
5. Place ½ tuna mixture on 2 slices of bread and top with remaining 2 slices.
6. Cut in half and serve.

**Equipment Needed**
- ☐ can opener
- ☐ small mixing bowl
- ☐ paring knife
- ☐ cutting board or plate
- ☐ measuring cups
- ☐ measuring spoons

**Shopping Tip**
If you don’t eat a lot of celery or onion and just need a small amount, buy what you need from the grocer’s salad bar. They are already chopped and ready to mix into the tuna salad.

**Nutrition Tip**
Tuna contains omega-3 fatty acids which are good for your heart and may protect you against cancer.

**Food Safety Tip**
Tuna is a food that easily spoils. Store cans in a cool, dry place. After opening, refrigerate quickly and throw out leftovers after 2 days.

**Quick Tip**
Chill all ingredients ahead of time, so that you can mix up the salad and eat!
### Nutrition Facts

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<td></td>
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<tr>
<td>Protein</td>
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</tr>
</tbody>
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### Other Creative Ideas

Add extra crunch to your sandwich with romaine lettuce leaves, or slices of red onion.

### “Let me help.”

Children can help with mixing the tuna salad and spreading it on the bread. They can also wash the tomatoes and pat them dry.

### Mealtime/Family Time

Cut the sandwich into small pieces and pretend you are having a tea party. Practice good manners.

### Physical Activity

Check websites for coupons and specials to your local fitness or activity centers.
Mini Pizzas

Servings - 4

8 whole wheat English muffin halves
1-15 oz. can pizza or spaghetti sauce
½ cup chopped onion - fresh or frozen
½ cup chopped green pepper - fresh or frozen
1 cup shredded mozzarella cheese
Optional - 1 cup cooked ground beef or chicken cubes

1. Preheat oven to 400°F.
2. Place English muffins on a greased or non-stick baking sheet.
3. Spread 2 tablespoons sauce on each muffin.
4. Sprinkle vegetables, 2 tablespoons cheese and optional ingredients over sauce.
5. Bake for 15-20 minutes or until cheese is bubbly and lightly browned.
6. While pizzas are baking, mix up instant chocolate pudding according to package directions. Refrigerate until served.
7. Mix up Fruit Juice Coolers.
Other Creative Ideas
Add any of your favorite toppings to the mini pizzas such as sliced black olives, pepperoni slices, chopped spinach, etc.

“Let me help.”
Put instant pudding and milk in an air tight container and let children shake it to mix up the pudding.

Mealtime/Family Time
Use family mealtime to plan future menus. Kids who have a choice in what they are served, are more likely to eat it.

Physical Activity
Pick one day a week to have Family Physical Activity night.

FRUIT JUICE COOLER
Makes - 6 - 8 oz servings
1-12 oz. can juice concentrate
Seltzer water or club soda - about 36 oz. or 4½ cups

1. Mix and serve.

Nutrients will vary on type of juice used.

Nutrition per serving: 100 calories, 25g carbohydrate, Vitamin C 80%

Nutrition Facts
Serving Size (239g)
Servings Per Container 4 - Mini Pizzas

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Vitamin A 15%  Vitamin C 45%
Calcium 40%  Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<tr>
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<tr>
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<td>25g</td>
<td>300mg</td>
<td>2,400mg</td>
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Calories per gram:
Fat 9  Carbohydrate 4  Protein 4
**Menu Suggestion**
Scrambled Eggs
Toast
Frozen Fruit Medley
Milk

**Equipment Needed**
- ☐ mixing bowl
- ☐ measuring cups
- ☐ measuring spoons
- ☐ fork or whisk
- ☐ skillet
- ☐ spatula
- ☐ knife

**Shopping Tip**
When purchasing eggs, check the expiration date so that you buy the freshest. Also open the lid and wiggle each egg to make sure that none are cracked.

Check the frozen fruit section for a variety of fruit medleys.

**Nutrition Tip**
Eggs are an excellent source of protein. They are high in cholesterol but can be included in a healthy diet 2-3 times per week.

**Food Safety Tip**
Eggs may contain Salmonella so wash hands before and after handling raw eggs. Also cook them thoroughly until firm and not runny (145°F).

---

**SCRAMBLED EGGS**
Servings - 4

6 eggs
½ cup milk
¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons butter or margarine

1. Break 6 eggs into a medium-size bowl.
2. Pour milk into bowl with eggs.
3. Add ¼ teaspoon salt and ¼ teaspoon pepper.
4. Beat egg mixture with fork or wire whisk.
5. Place 2 tablespoons of butter or margarine in frying pan. Put pan on stove over low heat.
6. When butter is melted, add beaten egg mixture.
7. Stir eggs with spatula. Cook eggs until they are slightly firm.

*Source: www.kidsacookin.ksu.edu*
Nutrition Facts

Serving Size (113g)
Servings Per Container 4

Amount Per Serving
Calories 190 Calories from Fat 130

% Daily Value *
Total Fat 14g 22%
  Saturated Fat 4.5g 24%
  Trans Fat 0g
Cholesterol 375mg 125%
Sodium 330mg 14%
Total Carbohydrate 2g 1%
  Dietary Fiber 0g 0%
  Sugars 2g
Protein 12g

Vitamin A 15%  Vitamin C 0%
Calcium 8%  Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>35g</td>
<td>30g</td>
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Other Creative Ideas
Add other favorite ingredients to eggs such as chopped onion, chopped green pepper or diced ham. Instead of toast, roll the eggs up in warm tortillas for breakfast burritos.

Quick Tip
While someone is cooking eggs, have another person make toast so that the eggs and toast are not overcooked or burned.

“Let me help.”
Children can help with mixing up the eggs. While an adult cooks the eggs, have the children rinse the mixing bowl and utensils for easier clean-up. Be sure to have them wash hands before and after helping.

Mealtime/Family Time
On Saturdays it’s tempting to turn on the cartoons during breakfast, but wait until after breakfast so that mealtime is family time.

Physical Activity
Children need some unstructured play time where they can use their imaginations.
Menu Suggestion
Baked Potato with Cheesy Vegetables
Tomato Soup (canned)
Saltine Crackers
Grapes
Milk

Equipment Needed
☐ microwave
☐ microwave safe plate
☐ small pan
☐ measuring cups
☐ measuring spoons
☐ medium sauce pan
☐ mixing spoon

Shopping Tip
Packages of fresh, grated carrots and chopped broccoli may be available in your grocer’s produce section. Also, look for washed, microwave-ready potatoes.

Nutrition Tip
Broccoli and carrots are excellent sources of Vitamin A. Broccoli and potatoes are also high in Vitamin C.

Food Safety Tip
Because they grow in the ground, potatoes may carry botulism. Botulism grows without air, so cool leftover baked potatoes quickly and do not wrap them in foil or plastic wrap.

BAKED POTATO WITH CHEESY VEGETABLES
Servings - 4

4 clean, baking potatoes
1 cup chopped broccoli - fresh or frozen
½ cup chopped onion - fresh or frozen
¼ cup finely chopped carrots - fresh or frozen
1 tablespoon margarine
1 tablespoon flour
¾ cup fat-free or low-fat milk
½ cup shredded cheese

1. Microwave potatoes on high for 20-25 minutes or until tender.
2. Cook broccoli, onion, and carrots in a small amount of water until tender.
3. In a saucepan, melt margarine and stir in flour.
4. Add milk slowly while stirring.
5. Cook until sauce thickens.
6. Add cheese and stir until melted.
7. Add vegetables.
8. Serve over hot baked potatoes.
Quick Tip  
This would be a good time to use any leftover broccoli from Thursday night.

Always read through the entire recipe before starting as you can streamline tasks. In this recipe, for example, you start microwaving the potatoes first and while they cook, you complete the rest of the recipe.

Other Creative ideas  
Try other types of vegetables such as cauliflower, chopped spinach or mixed vegetables. Also try other cheeses such as Swiss or mozzarella.

“Let me help.”  
Children can wash the grapes and pat them dry.

Mealtime/ Family Time  
Overcooked vegetables are unappealing to young children, so lightly cook strong vegetables like broccoli. Then offer and encourage, but don’t force children to eat them. Keep mealtime pleasant and not a battle ground.

Physical Activity  
Turn yard work into a game. Who can pull the most weeds?

---

### Nutrition Facts

**Serving Size (293g)**

**Servings Per Container** 4

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Vitamin A 170%  
Calcium 15%

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<td>Sugars</td>
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<tr>
<td>Protein</td>
<td>10g</td>
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Calories per gram:

- Fat 9g  
- Carbohydrate 4g  
- Protein 4g
**Menu Suggestion**
- Potato Chip
- Chicken Fingers
- Favorite Dipping Sauce
- Canned Pork’n Beans
- Applesauce
- Milk

**Eating Well But Cooking Less**

**DINNER**

**POTATO CHIP CHICKEN FINGERS**

Servings - 4

**Equipment Needed**
- oven
- sharp knife
- cutting board or plate
- large sealable plastic bag
- wooden or large spoon
- small bowl
- fork or whisk
- baking sheet
- spatula
- hot pad

**Shopping Tip**
To save time, you can purchase chicken fingers already sliced and ready for your recipe.

**Nutrition Tip**
This recipe is a fun way to enjoy potato chips without the guilt. An occasional high fat food can fit into a healthy eating plan as long as the meal is balanced out with lower fat choices.

**Quick Tip**
Chicken breast will slice easier if partially frozen.

1 pound boneless, chicken breasts
5 to 6 ounces potato chips, any flavor
1 egg
2 tablespoons milk

1. Preheat oven to 400 degrees.
2. Cut the chicken into finger-size pieces.
3. Fill a large, sealable plastic bag with the potato chips, seal the bag, and crush the chips with the back of a wooden spoon.
4. In a small bowl, whisk the egg and milk.
5. Dip the chicken pieces into the egg mixture, then into the bag. Shake gently to cover.
6. Place on an ungreased cookie sheet.
7. Bake for 20 minutes, flipping once during the cooking time, until chicken fingers are golden.
8. Serve with barbecue sauce, salsa, or honey mustard.

*Source: www.kidsacooking.ksu.edu*
**Food Safety Tip**
Wash hands before and after handling chicken. Thaw chicken and all foods in the refrigerator. For a quick thaw, you may use the microwave per manufacturer’s directions but you must finish cooking them immediately after thawing.

**Other Creative Ideas**
For a variety, vary the flavor of the chips: barbecue, salsa or sour cream and onion. Leftover chicken would be great on top of a crisp salad.

**“Let me help.”**
Children can help with crushing the potato chips. Show them how to do it gently so they don’t tear the bag.

**Mealtime/Family Time**
Sometimes children will want the same foods over and over again. Don’t make a big issue over this but also avoid short order cooking. Try to offer a favorite food at each meal and encourage them to try all foods that are offered.

**Physical Activity**
Are the kids bored? How about blowing bubbles?

---

**Nutrition Facts**

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<td>Iron</td>
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Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4