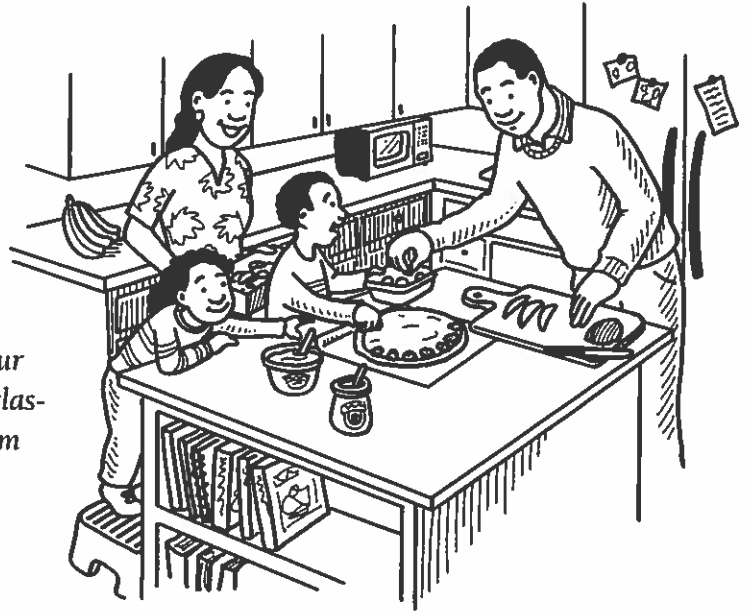


Best 2018 Edition Recipes

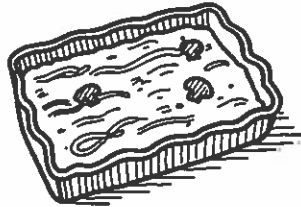
These hand-picked recipes are bound to be a hit with your entire family. Your youngster will enjoy healthy twists on classics, have fun with fruit, and eat his veggies. Idea: Have him pull up a stool, grab a wooden spoon, and help you cook!



Pizza in a dish

Ingredients

- 1 lb. multi-grain spaghetti, cooked
- 1 26-oz. jar spaghetti sauce
- 1 lb. lean ground beef, cooked
- 1 cup sliced mushrooms
- 2 cups grated skim mozzarella
- 1 tsp. each of oregano, thyme, and basil

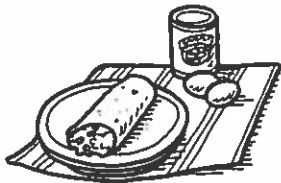


Mix together the spaghetti, spaghetti sauce, ground beef, mushrooms, and mozzarella cheese. Season with the oregano, thyme, and basil. Coat a 9" x 13" baking dish with nonstick spray, add the mixture, and bake at 375° for 20 minutes. Serves 8.

Breakfast burritos

Ingredients

- 2 eggs
- 1 whole-wheat tortilla
- $\frac{1}{2}$ cup canned pinto beans (drained, rinsed)
- 2 oz. low-fat shredded cheddar cheese
- 2 tbsp. salsa

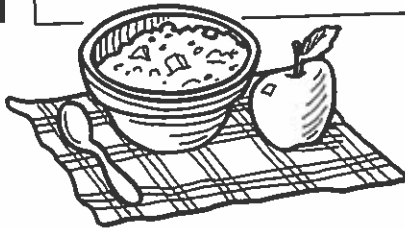


Whisk eggs, and scramble them in a nonstick pan over medium-low heat. Place eggs on a tortilla, and top with beans, cheese, and salsa. Roll up. Serves 1.

Apple oatmeal

Ingredients

- 1 cup water
- $\frac{1}{2}$ cup apple juice
- 1 diced apple
- $\frac{2}{3}$ cup rolled oats
- $\frac{1}{4}$ tsp. cinnamon



Bring water, apple juice, and diced apple to a boil in a saucepan. Stir in oats and cinnamon. Return to a boil, reduce heat, and simmer until thick. Serve with a glass of fat-free milk. Serves 1.

Mashed potatoes and cauliflower

Ingredients

- 3 medium red potatoes
- 1 16-oz. bag frozen cauliflower florets or 1 head fresh cauliflower
- $\frac{1}{2}$ cup fat-free milk
- Salt and pepper to taste

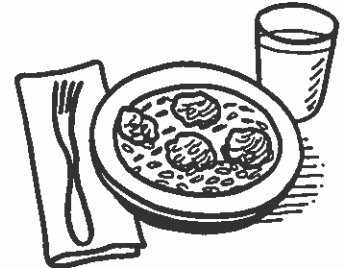


Chop potatoes and cauliflower into 1-inch pieces, and boil separately until cooked (17–20 minutes for the potatoes, 10 minutes for the cauliflower). Drain vegetables, and mash together in a bowl. Add milk, and season with salt and pepper. *Variation:* Stir in shredded low-fat cheddar to add protein and a different flavor. Serves 4.

Turkey-veggie meatballs

Ingredients

- 1 small onion, chopped
- 1 cup grated vegetables (such as carrots, zucchini, broccoli)
- 1 lb. lean ground turkey
- 1 tsp. salt
- 1 tsp. pepper
- $\frac{1}{2}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup whole-wheat breadcrumbs
- 1 egg



Toss the onion and the other vegetables with the ground turkey. Mix in the remaining ingredients. Shape into meatballs, and bake at 425° until cooked through (no pink remains). *Idea:* Serve with brown rice and tomato sauce. Makes 20–30 meatballs.

continued

Shake-a-salad

Ingredients

- ¼ cup crunchy chow mein noodles
- ¼ cup canned water chestnuts
- ¼ cup bean sprouts
- ½ cup cooked chicken cubes
- ¼ cup grated carrot
- 1½ cup shredded lettuce
- 1 tsp. low-sodium soy sauce
- 1 tsp. sesame oil

Fill an empty container with all the ingredients. Place the lid on the container, and let your youngster shake. His salad will be mixed and ready to eat straight out of the container. Serves 1.

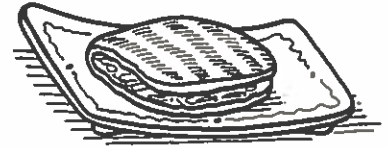


Hummus panini

Ingredients

- 1 whole-wheat tortilla
- 3 tbsp. hummus
- ½ cup shredded carrots
- ½ cup sliced mushrooms

Spread hummus on a tortilla. Cover with mushrooms and shredded carrots. Fold in half. Cook in a panini maker, or press down with spatula while sauteing in a skillet (coated with nonstick spray). Flip until both sides are toasted. Serves 1.

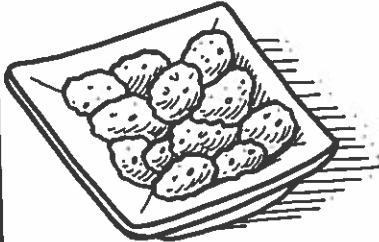


No-fry nuggets

Ingredients

- 2 eggs
- 1 cup whole-wheat breadcrumbs
- 1 tsp. oregano
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 lb. boneless, skinless chicken breast

Beat 2 eggs. In a separate bowl, combine breadcrumbs, oregano, salt, and pepper. Cut chicken breast into nugget-size pieces. Dip chicken into the egg mixture, then into the breadcrumbs. Bake at 350°, turning once, until cooked through, about 20 minutes. Serves 3–4.

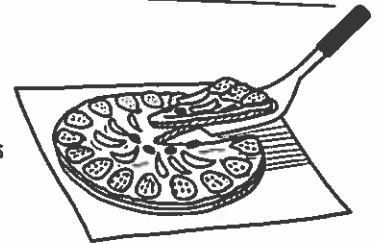


Fruit pizza

Ingredients

- Prepared whole-wheat pizza crust
- 4 oz. low-fat cream cheese, softened
- 3 tbsp. unsweetened fruit preserves
- ½ cup sliced strawberries
- ½ cup blueberries
- 1 sliced apple

Bake the crust, and let cool. Spread on a thin layer of cream cheese and then one of fruit preserves. Let your youngster arrange the fruit on top — she might put strawberry slices on the outside, apple slices next, and blueberries in the center. Serves 6.

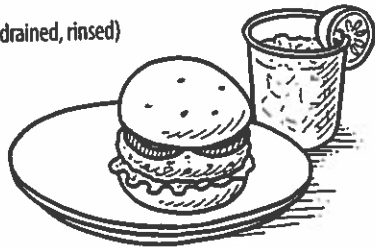


Bean burgers

Ingredients

- 2 cups canned beans of any variety (drained, rinsed)
- 2 cups cooked brown rice
- 2 beaten eggs
- ½ cup vegetables (for example, grated carrot, canned corn, or chopped broccoli)
- ¼ tsp. salt
- ¼ tsp. pepper

Mash beans, and combine with cooked brown rice. Stir in the eggs, vegetables, salt, and ground pepper. Form into patties, and broil (flipping once) until cooked through and browned. Serves 4.



Snack right

These quick-and-easy snacks are just as fun to make as they are to eat. Let your child help you prepare these healthy treats, and she will be even more likely to eat them.

Just-peachy smoothie. In a blender, combine 1 cup fresh or frozen peach slices, 1 container nonfat peach yogurt, and ¾ cup orange juice. Blend until smooth.

Tortellini treat. Cook cheese tortellini according to package directions. Thread them on wooden skewers along with grape tomatoes, olives, and canned artichoke hearts.

Vegetable dip. Stir together 1 6-oz. container plain nonfat yogurt, ¼ tsp. dried dill, and ¼ tsp. dried parsley. Baby carrots, raw green beans, and celery stalks all make good “dippers.”



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