



Recipes

Simple Recipes

Breakfast Ideas

For all breakfasts, serve with 1 cup low fat or fat-free milk and fresh or frozen fruit. Occasionally, you can substitute ½ cup 100% fruit juice for the fruit.

Oatmeal with toppings

Use the canisters of quick cooking oats (less expensive and healthier than the packets) and mix in your own toppings. Try cinnamon, applesauce, bananas, walnuts, raisins or granola.

PB&J Wrap

Spread peanut butter, jelly and low fat cream cheese on a low fat tortilla. Roll up and it's ready to go.

Shaped whole wheat pancakes

Use whole wheat pancake mix, or make your own. Use a cookie cutter to pour the batter into a fun shape. Remove when one side is set, then flip to cook the other side.

Yogurt Parfait

Layer 1/2 cup low fat vanilla yogurt, 1/4 cup granola and fresh fruit (pineapple, melon, strawberries, blueberries, etc.) in a bowl or glass.



Breakfast Quesadillas

2 eggs add a little milk, salt and pepper and stir
2 low fat flour tortillas- 6 inches
¼ cup shredded low-fat cheese
Prepared salsa.

Scramble 2 eggs with ¼ cup shredded low fat cheese. Heat the tortillas in a microwave for 20-30 seconds or until warm. Warm up salsa. Spoon egg and cheese mixture over tortilla with the warm salsa and roll up. Makes two servings.

Bagel or English muffin sandwich with pineapple chunks

Use small bagels or English muffins- toast in toaster oven with 1 slice low fat cheese on one slice. While they are toasting, scramble an egg. Put the scrambled egg on top of the melted cheese and top with second bagel or muffin half.
Serve with fresh pineapple chunks.

Peanut Butter Toast

Toast 2 slices of whole wheat bread, spread with peanut butter. You can add jelly, honey, or sliced bananas for variety.

Pancake/Waffle Breakfast

1-2 whole grain, nutrient enriched pancakes/waffles
(1-2 tablespoons syrup, optional)
2 slices turkey bacon
One whole orange or 1/2 cup orange juice

The Bagel Breakfast

1/2 half of a large bagel (the size of your palm), toasted
1 tablespoon low-fat cream cheese
1-2 teaspoons jelly

Sandwiches for Breakfast

Use toasted whole wheat bread, small bagels, English Muffins or 6 inch tortilla. Add 1-2 ounces low fat ham and 1 ounce low fat cheese.

Tortilla breakfast

Tortilla - 6 inch

Low fat cheese, use a variety for different days: cheddar, mozzarella or Monterey Jack. Place tortilla on a plate and sprinkle with 1/4 cup low-fat grated cheese, put in microwave for 15-20 seconds, remove, add prepared salsa and roll up tortilla.

Cereal ideas

Try mixing up 2-3 of your favorite low fat high fiber cereals for variety. Keep in air tight container so they are ready to pour and add skim milk.

Try topping cereal with fresh fruit. This is a quick way to add variety.

Keep sugar free or unsweetened fruit in the freezer, when you are out of fresh fruit, you always have some available for breakfast.

Tips for fruit:

- Keep seasonal fresh fruit on hand: peaches, melons and strawberries in the spring. Pears and apples in the fall. Oranges (all varieties-kids love the little ones) and grapefruit in the late fall and winter.
- You can cut up pears, apples and mix with pineapple chunks or a little bit of orange juice to keep them fresh and white. Store in air tight packets, like a zip lock. Good to grab and go for lunch and snacks too.

Lunch Ideas

Instead of serving tortilla or potato chips with lunch, opt for whole grain pretzels, fruit or veggie sticks. Include a low fat yogurt or a slice of low fat cheese and skim milk or water.

Deli Meat Sandwich Ideas

Choose lean meats, such as roasted turkey, ham or chicken. Use mustard instead of mayonnaise, or try a light mayonnaise. Choose low fat cheese for sandwiches. Try to include lots of veggies on a sandwich, some to try: lettuce, tomato, cucumber, sprouts, sliced carrot, spinach, and avocado.

Make your own deli meat at home. Bake or roast a whole chicken or turkey to have deli style meat at home. It is delicious and less expensive.

Grilled Sandwich Ideas

For a twist on the traditional sandwich, make a grilled or toasted sandwich. Use lots of veggies and some mozzarella cheese for a toasted veggie sandwich. Toast a peanut butter and jelly sandwich for a gooey PB&J. Or toast a ham and cheese sandwich with a slice of tomato.

Pita Pizza

Cut open a pita pocket and spread with tomato sauce. Top the pita with grated cheese and veggies and bake in the oven or toaster oven till cheese melts and begins to brown. Try lots of different veggie combinations like spinach and tomato, olive and mushroom, onion and peppers, or for the adventurous, try artichoke hearts, or chicken and black beans.

Veggie Wrap

Spread low-fat cream cheese on a whole wheat flour tortilla or wrap. Try spinach and tomato wraps too. Top the cream cheese with diced tomatoes, diced green and red bell peppers, shredded lettuce, carrots, avocado and shredded Monterey Jack cheese. Roll the wrap like a burrito. It makes the perfect to-go meal for a lunch box.



Tuna Salad

2, 6 ounce cans water packed tuna
 2 Tbsp. light mayo or mustard
 1/3 c chopped celery
 1/4 c chopped onion (optional)
 1/4 c chopped bell pepper (optional)
 2Tbsp. sweet pickle relish
 Salt to taste
 Whole wheat bread

Mix all ingredients together. Top 3-4 slices of whole wheat bread with tuna salad mixture, a slice of lettuce, a slice of tomato and a slice of low fat cheese. Top with a second piece of whole wheat bread and serve. Makes 3-4 sandwiches.

Note: Adding either chopped apples or chopped, drained pineapple is a great new twist.

The Kid Friendly Salad

3-4 carrot sticks

4-5 sticks of bell pepper (try different varieties: red, yellow, green, orange or purple)

2-3 sticks of celery

2 oz. of lean turkey, ham or chicken (cut-up or shredded)

1 oz. of low fat cheese (cut-up or shredded)

1 c. shredded mixed lettuce leaves

2 Tbsp. low fat ranch salad dressing

Mix all ingredients together except for salad dressing. The kids will enjoy dunking the veggie sticks into the salad dressing.

Rainbow Wrap

Use a spinach, tomato or whole wheat wrap and spread with 1 teaspoon low fat cream cheese.

Top with 2 to 3 ounces of roasted turkey, dark green lettuce leaves, carrots, and diced peppers.

Roll the wrap like a burrito. Cut the wrap diagonally into several sections to reveal the rainbow of colors inside.

The Classic Grilled Cheese with Tomato Soup

Use two slices of whole wheat bread; toast each side in a pan with non-stick cooking spray or a little bit of butter. Then, add a slice of low fat cheese and a slice of tomato, put the sandwich together, and toast again on each side till the cheese melts. Serve this classic sandwich with a cup of tomato soup made with skim milk for extra calcium.

Soup To-Go

Heat up some soup in the morning, before school, and keep it warm using a small thermos that fits easily into a lunch box. Good soups to try are broth-based soups like chicken noodle, vegetable or minestrone, bean or lentil soups, or tomato soup. Serve with whole grain crackers, a few slices of low fat cheese, and a slice of roasted turkey or ham, to make cracker sandwiches. Remember to include skim milk and fruit.

The Sweet Salad

Make a salad using leafy, green lettuce, diced apple, and some toasted nuts. Add 1 ounce low fat cheese and 2 ounces roasted chicken deli meat. Pack the salad dressing on the side, in a small, resealable container. Serve with whole grain crackers and some fruit or applesauce.

Pizza Wrap

Spread a wrap or tortilla with 1 teaspoon low fat cream cheese. Top with sliced mushrooms, bell peppers, diced tomato, olives, onions, and shredded, low fat mozzarella cheese. Serve with warm pizza or tomato sauce, on the side, so that your child can dunk the wrap into the sauce. Wraps are good hot or cold.

Leftovers

For an easy lunch, pack “healthy” leftovers from the night before in your child's lunch box. Add a piece of fruit, water, low-fat yogurt for dessert and a container of skim milk for a complete lunch. Low-fat yogurt is a great dessert and adds calcium to the meal.

Note: Tortillas and Wraps – (1) 6” tortilla or wrap equals one serving; (1) 12” tortilla or wrap equals two servings

Snack Ideas

Ants on a log

Take celery sticks and spread the inside with peanut butter. Push raisins or dried cranberries into the peanut butter and you have ants on a log.

Make your own trail mix

Mix a variety of nuts, crackers, seeds, and dried fruit. Ones to try include almonds, Spanish peanuts, sunflower seeds, small pretzels, rice crackers, dried cherries, raisins, dried cranberries, dried apples, and dried apricots. Mix together any combination and enjoy!

Note: ½ cup equals one serving.

Peanut butter banana

Just like the name, spread peanut butter on a banana and enjoy. Variation – try apples.

Low fat cheese and crackers

Use one ounce of low fat cheese on three or four whole wheat crackers.

Air popped popcorn

Air pop 1/4 cup popcorn kernels to make approximately 3 cups of air popped popcorn. For a tasty treat, add spices or a bit of grated cheese.

Pretzel sticks and mustard

Dunk pretzel sticks in a flavored or plain mustard

Veggie sticks and hummus

Try different veggies, like carrot sticks, peppers, celery, summer squash, and broccoli. Dip the veggies of your choice in hummus.

Rice Cake with Cream Cheese

Spread a brown rice cake with low fat cream cheese, delicious! Try topping with different veggies, like tomato slices or bell pepper, or deli meats, like roasted turkey or ham.

Simple Wrap Snack

Using a tortilla or wrap, spread with low fat cream cheese and some veggies, like lettuce, peppers, or tomatoes. Add salsa or pico de gallo.



Yogurt with Berries

Use a low fat, plain yogurt or other flavored low fat yogurt, and mix with fresh blueberries, raspberries, strawberries, or black berries, or if berries aren't in season, try frozen mixed berries. For an extra special treat, top with a little granola.

Slice of Toast with Topping

Toast one slice of whole wheat bread and top with some peanut butter, jam, or preserves.

Graham Crackers or Animal Crackers

Serve graham cracker or animal crackers with skim milk and fruit.

HEALTHY DINNER RECIPES

Confetti Quesadillas

12 soft corn tortillas	½ cup coarsely chopped cilantro
1 cup shredded part-skim Monterey Jack cheese	1 red bell pepper, finely minced
½- 1 cup fresh corn kernels or black beans- or both	1 jalapeno pepper, finely minced

Preheat large skillet over low heat. Use non-stick spray. Line up six tortillas. Divide cheese, corn, cilantro and peppers between the tortillas, then cover each with a second tortilla. Place a tortilla on the dry skillet or grill and warm until cheese is melted and tortilla is slightly golden, about three minutes. Flip and cook other side until golden, about one minute. Cut into wedges and serve. Makes 6 servings. Salsa on the side is also tasty, low calorie and nutritious.

Serve with a green lettuce salad with low fat dressing, fruit, and skim milk.

Italian Baked Chicken and Rice

1/2 lb. skinless and boneless chicken breasts	1/2 cup shredded low –fat mozzarella cheese
Salt and pepper	2 tsp. oregano
1 cup brown rice	1 clove garlic, minced
One 14 oz. canned tomatoes w/juice	1/2 cup grated Parmesan cheese
1 small onion, diced	

Dice the chicken and season the pieces with salt and pepper and set aside. In a shallow baking dish sprayed with cooking spray, put the rice, tomatoes, onion, mozzarella, oregano, garlic and 1-cup water. Stir in the chicken pieces and sprinkle with Parmesan cheese. Bake in a 325-degree oven, covered loosely with foil, for 45 minutes. Uncover and bake 10 to 15 minutes longer, until rice and chicken are cooked. Makes 4 servings.

Vegetable Stir Fry

Ingredients:	1-2 tablespoons extra virgin olive oil
2 medium carrots	1 teaspoon salt, or to taste
1 medium onion	1/4-cup chicken or vegetable stock
1 small bunch of broccoli	

Cut carrots into thin strips or thin slices on a slant. Cut onion in half vertically and then thinly slice. Cut broccoli into 2 X 1/2-inch pieces. In a 12-inch skillet or wok heat the oil over high heat until hot. Add the carrots and broccoli to the skillet and cook for 2-3 minutes, stirring frequently. Add sliced onion, salt, and the stock. Reduce the heat to medium. Cover the pan and cook about 4-5 minutes longer, until vegetables are crisp tender. Add water as needed for liquid.

NOTE: Add sliced bell peppers, zucchini and other vegetables for variety. Try different spices like: oregano, basil or cumin.

Serve with baked chicken, skim milk and small dinner roll.

Quick Recipes

Trail Mix

3 cups mini pretzels- any shape	½ cup mixed nuts
3 cups wheat cereal	½ cup raisins
3 cups oat cereal	½ dried fruit

Mix together and serve ½ cup.

Roasted Corn with Salsa

10 oz. pkg. frozen corn kernels
2 cups chunky salsa

Preheat skillet on low heat. Spray skillet with non-stick spray. Pour the frozen corn into the skillet. Stir occasionally to prevent the corn from sticking to the skillet. Allow corn to turn slightly brown. Add the salsa and stir for 1-2 minutes (some of the liquid will dissolve).

Remove the corn mixture from the skillet and pour into a large bowl. Serve with grilled chicken or fish.

Herbed Fish

(1) 3-4 oz. fish fillet for each family member	Salt
1 teaspoon olive oil per serving	Pepper
½ teaspoon dried oregano (or your favorite herb)	Aluminum foil

Preheat grill/oven to 350 degrees Fahrenheit.

Brush the fish with the olive oil. Sprinkle oregano, salt, and pepper on the oiled fish.

Wrap each piece of fish tightly in aluminum foil. Grill or bake 10-15 minutes, depending on the thickness of the fish (**fish should flake with a fork when done**).

Be careful to NOT overcook, serve with lemon or lime wedges. Salsa is good with firm white flesh fish.

Yummy Yogurt Parfait

½ cup sliced banana

¼ cup sliced strawberries

½ cup whole grain, low sugar, dry cereal

½ cup vanilla or fruit flavored low fat
yogurt

Put ½ of the yogurt in to the bottom of your cup.

Add half of the cereal. Then add half of the fruit.

Repeat the layers.

Healthy meal ideas to bring to this year's picnic!

I. Try these easy-to-transport entrées:

- Turkey or chicken breast sandwiches with low-fat cheese, sandwich pickles, tomatoes, and spinach leaves.
- Hummus stuffed into whole wheat pita bread with bean sprouts, diced tomatoes, and sliced grapes.
- A green salad topped with grilled chicken. Pack the dressing separately.
- Whole wheat wraps with smoked salmon, capers, tomato, avocado, hummus, spinach, and shredded carrots.
- Cumin, black bean, and corn salad. Rinse and drain a can of black beans and a can of sweet corn. Mix with a drizzle of olive oil, 1 tablespoon balsamic vinegar, and a pinch of cumin.
- Ricotta, spinach, and Parmesan cheese whole wheat wrap. Place 2 cups loosely packed raw spinach leaves in food processor and grind (or chopped by hand). Mix in 1/2 cup fat-free ricotta and 1 tablespoon Parmesan cheese, and wrap in a whole wheat wrap.
- Mediterranean tomato salad in whole wheat pita. Dice fresh tomato and cucumber, mix with a thinly sliced red onion and black olives, drizzle with a little olive oil, red wine vinegar, salt, and pepper and stuff into a pita pocket.

2. Pack angel food cake for dessert. Bring sliced strawberries and nonfat whipped cream along for your own version of strawberry shortcake. Freeze the whipped topping the night before; it will thaw by the time you're ready to serve and still be cold enough to be safe. Use the ready-made non-fat whipped topping in a refrigerated plastic container.

Remember to watch your portion size on the cake and the whipped topping. *A serving is a one inch wedge of cake, 2 tablespoons of whipped topping.*

3. Stuff celery with nonfat cream cheese, peanut butter, or goat cheese for appetizers. Baked corn chips with fat-free salsa or fat-free bean dip also works great as a meal opener. *One serving equals 10-15 chips.*

4. Substitute this for fried chicken. Brush boneless, skinless chicken thighs or breasts with olive oil and sprinkle with rosemary, salt, and pepper. For another option that's just as finger-lickin' messy as the real thing, mix the juice of 1 lemon with 1 tablespoon Dijon mustard, 1/4 cup honey, a pinch of curry powder, and a pinch of salt. Roll skinless chicken drumsticks in the mixture to coat. Bake or grill until juices run clear, about 20-30 minutes at 350 degrees. Chill overnight and bring along on your picnic.

5. Make turkey burgers. Other good burger options: salmon burgers, lentil burgers, fish, veggie burgers, and ground chicken burgers.

6. Instead of mayonnaise-dripping coleslaw, buy a package of coleslaw or broccoli slaw mix. Drizzle with fat-free Italian dressing when you're ready to eat.

7. Replace mayonnaise in summer salads with nonfat yogurt, low fat sour cream, or a mustard vinaigrette. Plus the vinaigrette is much safer for salads served outside.

8. Pack baby veggies for dipping. Another good use for baby vegetables (tiny corn, squash, cauliflower, etc.) is to pickle them the day before by soaking them in a jar of flavored vinegar.

9. Instead of sweetened sodas or fruit juices, bring seltzer mixed with all-natural fruit juice; unsweetened, flavored iced tea; or bottles of water. Freeze the bottled water the night before, to use as cold packs to keep food cold. When you're ready to eat, you'll have an icy bottle of water ready to drink.

10. Instead of hot dogs, take along turkey kielbasa, turkey hotdogs or apple chicken sausages.

11. Summer Turkey salad, mix 1 cup chopped, leftover chicken or turkey with 2 tablespoons dried cranberries, 1- 2 tablespoons light mayonnaise, and ¼ teaspoon cinnamon. Serve in a whole wheat pita. Makes 2 servings.

12. Pack frozen mango cubes. They provide a sweet accompaniment to any picnic. Or mix several bags of frozen fruits in a container. By the time you're ready to eat, you'll have a sorbet-like treat.

13. Make your own salsa, drain a 15-ounce can of diced tomatoes with green chilies and add a ¼ to ½ cup of fresh cilantro leaves, 1-2 teaspoons chopped jalapeno (or to the spice level desired), ¼ cup chopped onion and a pinch or two of cumin, salt to taste.

Stir for a chunky salsa or blend in a food processor for a saucier salsa. Serve with baked tortilla chips, use on your breakfast tortilla, grilled fish, chicken or beef. Also great on a taco salad.

14. Pasta salad, toss in some fresh broccoli, peppers, and tomatoes with low-fat dressing and you've got a main course. Salt and pepper to taste, add a squeeze of lemon or lime if desired.

15. Bring a whole watermelon, cantaloupe, or honeydew and slice it open on the spot. Nature's packing works beautifully to keep fresh fruit cool and fresh.

Meals and Snacks for Busy Parents

Breakfasts

Pancake/Waffle Breakfast

1-2 whole grain, nutrient enriched
pancakes/waffles
(1-2 tablespoons syrup, optional)
2 slices turkey bacon
One whole orange or ½ cup of orange juice
1 cup skim milk

Oatmeal Breakfast

½ - 1 cup cooked oatmeal
½ cup 100% fruit juice
1 cup skim milk

The Bagel or Tortilla Breakfast

½ cup fresh mango
½ cup low fat yogurt
1 cup skim milk
AND
½ of a large bagel (the size of your palm),
toasted
1 tablespoon cream cheese
1-2 teaspoons jelly
OR
1 tortilla
1 ounce grated cheese
Salsa

Lunch

Sandwich Lunch

2 slices whole grain bread
2-3 slices deli turkey or chicken
1 slice low-fat cheese, mustard
½ cup cucumber slices
½ cup pretzels (a child's handful)
½ cup dried fruit or applesauce
1 cup skim milk

Tuna Lunch

3 ounces can tuna packed in water
Whole grain crackers (child's handful)
½ cup sliced fruit (see tips for preparation)
½ cup vegetables (see tips for preparation)
1 cup skim milk

Dinner

3 ounces grilled or baked fish of your choice
(see recipe)
½ cup brown rice (**use herbs for seasoning**)
½ - 1 cup steamed broccoli or spinach, fresh or frozen
(**sprinkle with lemon or lime juice and add herbs/spices**)
1 whole grain dinner roll
1 cup skim milk
½ cup Low fat ice cream with fresh fruit as a topping

OR

Grilled chicken taco (**use 6" soft corn or flour tortillas**)
2-3 ounces grilled chicken
topped with
2 teaspoons grated cheese, lettuce and tomato
roasted corn with salsa (see recipe)
black beans with added pico de gallo
1 cup skim milk
½ cup yummy yogurt parfait (see recipe)
without the cereal layers

Snack

½ cup trail mix (see recipe)
½ - 1 cup fresh fruit with 1 ounce low fat cheese and 2-4 whole wheat crackers

1 slice of bread OR a tortilla
spread with crunchy peanut butter
and topped with ½ sliced banana

½ - 1 cup Fresh fruit OR ½ cup 100% juice with
1 cup low fat yogurt.

celery stalks filled with low fat cheese or peanut butter

Yummy parfait

Water

Skim milk

Eating Healthy at Fast Food Restaurants

- Pass on “value-size” servings that enable you to choose greater portions of food for a slightly greater price. “Super-sizing” a food item inevitably increases the amount of fat, added sugars, sodium and calories you consume.
- Find out the nutritional content of fast-food items by visiting the chain’s Web site to help identify the healthiest choices. Some restaurants post this information near the counter or provide it in pamphlet form.
- Skip the sides, which are usually deep-fried. For a healthier side dish, order a side salad with fat free dressing or a fruit cup.
- Choose a baked potato over French fries, but serve it with vegetables or fat-free or low-fat sour cream or margarine instead of butter, full-fat sour cream or cheese. Salsa makes a great healthy topping. Limit toppings to only one.
- Choose grilled chicken sandwiches often – they’re a much healthier option than breaded, fried-chicken sandwiches and usually significantly leaner than the meats used in most burgers.
- Hold the mayonnaise and other calorie-laden sandwich sauces (e.g., “special sauce”).
- Avoid ordering sandwiches with double meat. A single serving of meat is 2–3 ounces (about the size of a deck of cards) and a single meat patty is usually well over a single serving.
- Avoid adding bacon to sandwiches, because it’s high in fat and calories and has very few nutrients. Order pickles, onions, lettuce, tomatoes, mustard and ketchup instead to add flavor without fat.
- Steer clear of fried fish sandwiches. Choose fish sandwiches where the fish is baked, broiled or grilled.
- Try asking for a wheat or whole-grain bun, as some places do offer them.
- Drink water, diet soda or fat-free milk. Regular sodas are loaded with sugars and calories.

McDonald's

- Chicken McGrill sandwich without mayonnaise: 340 calories, 7 fat grams
- Grilled Chicken Caesar Salad without dressing: 100 calories, 3 fat grams
- Fruit 'n Yogurt Parfait (5.3 ounces) without granola: 130 calories, 2 fat grams; with granola: 160 calories, 2 fat grams

Burger King

- BK Veggie burger without mayonnaise: 330 calories, 7 fat grams
- Fire-grilled shrimp garden salad with fat-free honey mustard dressing: 225 calories, 10 fat grams
- TenderGrill Chicken Sandwich without mayo: 380 calories, 9 fat grams

Kentucky Fried Chicken

- Tender roast sandwich without sauce: 270 calories, 6 fat grams
- Corn on the cob, no additional butter: 150 calories, 2 fat grams
- Baked Beans: 190 calories, 3 fat grams

Taco Bell

- Bean Burrito: 370 calories, 10 fat grams
- Chicken soft taco: 190 calories, 10 fat grams
- Steak or Chicken Gordito Nacho Cheese: 270 calories, 11 fat grams

Wendy's

- Mandarin Chicken Salad w/fat-free dressing: 170 calories, 2 fat grams
- Plain baked potato, no toppings: 270 calories, 0 fat grams
- Small Chili: 220 calories, 6 fat grams

Healthy Fast Food Choices

Eating fast food is convenient when you are in a hurry, but the health impact of eating many of those popular fast food choices can be dangerous. The good news is that there are some healthier options you can choose when you're in a hurry. Here are some great tips so you can eat fast food without the guilt!

- Look for meats that have been baked or broiled rather than fried. Stay away from breaded items such as chicken and fish.
- Avoid burgers with two or more patties.
- Choose a salad as your entrée, but beware of items like bacon bits, croutons, cheese, and breaded chicken. Order a low-fat or fat-free dressing on the side.
- Choose fresh fruit and vegetable options if available.
- Choose low-fat dairy products, such as low-fat fruited yogurt and reduced fat or skim milk.
- Ask for mustard instead of mayonnaise on a sandwich. Ketchup, mustard or salsa are good choices too.
- Choose water, low-fat milk, or sugar-free beverages instead of sugary sodas and fruit drinks.
- Ask for buns to be toasted without added butter or fat.
- Keep portion sizes small. Choose the kids meal with fruit and water or low-fat milk.
- Look for restaurants that promote themselves as health friendly.
- Cut the number of times you eat fast food per week in half.

If you have questions, most restaurants have nutrition information available on their website and sometimes in the restaurant.

LUNCHBOX MAKEOVERS

- Include your child in grocery shopping; you can learn about their favorite fruit & veggie choices.
- Take a chance and try something new together. You might be surprised and find a new favorite food.
- Encourage your child to pack their own healthy lunch, with supervision, until they get it right every time.
- Plan the night before so you are not rushed in the morning.
- Tuck surprises into their lunchbox: a secret note, sticker or fancy napkins.

Choose healthy sources of calcium.

This includes low-fat or fat-free cheese, skim milk, low-fat yogurt and calcium fortified orange juice.

Use low-fat luncheon meats. When making sandwiches switch to turkey breast, chicken breast, low-fat ham, fat-free bologna, water packed tuna and roast beef. These healthy alternatives taste great.

Choose whole grain bread for sandwiches. Remember; look for bread that lists 100% whole wheat as the first ingredient. Just because the bread is brown does not ensure whole wheat.

Add vegetables to the lunchbox. Pack sandwiches with lettuce, tomatoes and slices of cucumbers. Most children do not consume the recommended 5 servings of fruits and vegetables daily. Fill a sandwich bag with baby carrots, celery sticks or colorful pepper slices.

Include at least one serving of fruit in every lunch. Whole fruit such as pears, bananas, oranges and apples are a great choice. Canned fruit is a great choice, as long as it's packed in 100% fruit juice, not syrup. If you cut up the apples or pears, put in an air tight bag and add a little orange juice, it will keep the fruit white.

Limit desserts – cookies, snack cakes, doughnuts, brownies, and other sweet baked goods. Even low-fat sweets should be limited, due to low nutritional value. Use your fruit choice as the sweet ending to a healthy lunchbox.

Limit high fat chips. Instead of potato, corn or tortilla chips, choose baked chips, pretzels, bread sticks, flavored rice cakes or low-fat crackers. Veggie sticks, like carrots or celery are another crunchy alternative to chips.

Portion size is key to a healthy lunch. You can overeat a healthy item too! Pack kid-size portions. To save money buy items in bulk and pack single servings in small sandwich bags. Typically 10-15 chips or pretzels equal one serving.

Avoid sending pre-packed lunch packs. You can make your own “lunch packs” at home. Choose low-fat crackers, low-fat luncheon meat, baby carrots and a box of 100% fruit juice for your child’s lunchbox.

Purchase fat-free milk from the lunch line. Growing bodies need calcium. If your family drinks whole milk, now is the time to change gradually. First choose 2%, then 1% and before you know it your entire family will enjoy fat-free milk together.

Freeze a water bottle. It will be ready to drink at lunch and helps keep the meal cool.

LUNCHBOX IDEAS

Try these healthy, kid-friendly lunchbox recipes

Peanut Butter and Apple Sandwiches

A great alternative to the classic PB&J

2 slices whole wheat bread

2 tablespoons peanut butter

1 small apple, shredded or thinly sliced (shredded carrots, sliced cucumbers, and celery can also be used)

Spread half of the peanut butter onto each slice of bread. Place apple on top of peanut butter on one slice, and top with the second slice.

Mini Sandwiches

6 whole grain crackers

1 slice low fat lunch meat*, cut into 3 pieces

1 slice low fat cheese, cut into 3 pieces

Layer one slice of lunch meat and one piece of cheese in between 2 crackers to make 3 mini sandwiches.

*turkey, chicken, roast beef, or other low fat lunch meat

Tortilla Pinwheels

1-6 inch whole grain soft tortilla

1 tablespoon low fat veggie cream cheese

3 slices low fat lunch meat

1 slice low fat cheese

Veggies- try tomatoes, diced red peppers, lettuce, or shredded carrots

Makes one serving. Spread cream cheese over tortilla, almost to the edge. Arrange lunch meat, cheese and veggies on top of the cream cheese. Roll tightly, using the cream cheese to seal the edge. Refrigerate for at least an hour for easy cutting. Slice into one inch sections.

BBQ Turkey Sandwiches

2 slices whole wheat bread

1 Tbsp BBQ sauce

3 slices turkey lunch meat

1 slice low fat cheese

Spread BBQ sauce on one slice of bread. Top with the turkey, cheese and the other slice of bread.

Microwave for a hot sandwich or toast the bread before building for variety.

Chef Tim's Chicken & Pasta Salad

Serving Size: 6 oz

Servings: 10

Prep Time: 30 minutes

2 quarts water	1 pound Chicken Breasts, medium diced
1 pound Rotinni whole grain pasta noodles	2Tbs. Olive Oil
1 Cucumber, peeled, seeded & diced	1 cup Italian Dressing (Fat-Free)
3 Roma Tomatoes, seeded & diced	½ to 1Tbs. Garlic & Herb seasoning
2 Sweet Green Peppers, diced	1oz. Italian seasoning
1 medium Red Onion, diced	1Tbs.-Chicken Poultry Blend or Creole Seasoning
1 can mushrooms (4 oz.), drained (optional)	

Directions- Bring water to a boil, add noodles and stir constantly. Cook noodles to al dente (firm to bite). Rinse and cool noodles. Add diced cucumbers, tomatoes, peppers, mushrooms, and onions to the cooked pasta. Cut chicken breast into medium size chunks and season with Garlic & Herb seasoning Add olive oil to the heated pan and sauté the diced chicken breasts until just done and tender. Add the cooked chicken to the pasta mixture. Toss salad with the Italian dressing & seasoning. Season lightly to taste with chicken or Creole seasoning. Keep leftover pasta salad refrigerated. Will last for up to 2-3 days. *Salad can be served as a hot or cold dish. (TT)-To Taste

Nutrition Facts

makes 10 servings

Amount per serving

Calories 236

Calories from fat 76

% Daily Value *

Total Fat 8.3g 13%

Saturated Fat 0.9g 4%

Cholesterol 54mg 18%

Sodium 254mg 11%

Total

Carbohydrate 21.6g 7%

Dietary Fiber 1.9g 8%

Protein 18.4g

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

This dish includes several vegetables that will help provide a variety of nutrients. Cucumbers are a very good source of vitamins C and K, while tomatoes provide vitamins A and C, as well as lycopene, a substance that has been found to reduce the risk of cancer. Green peppers add great flavor to the dish, and provide vitamins C and K. If you choose to add the mushrooms, you're adding many B vitamins and potassium, a vitamin that is good for your heart.

Recipe courtesy Timothy Saddler, Tim & Co. Catering

Zucchini and Squash w/ Diced Red Peppers

Serving Size: ½ cup

Servings: 4

Prep Time: 5 minutes

2Tbs. Olive oil

1 Red sweet bell pepper

1 cup Zucchini (diced/ sliced)

1 cup Yellow Squash (diced/ sliced)

2 cloves minced garlic

1 tsp. salt

1 Tbs. pepper

2Tbs. chopped fresh basil

Directions- Wash and cut squash in desired shapes (¼ inch thickness). Add oil to heated pan. Add the peppers and garlic to the pan. Sauté mixture until peppers are tender. Add Squash and Zucchini to pan mixture, sauté and season to taste with salt and pepper. Plate and garnish dish with fresh basil.

Nutrition Information

Calories: 51

Total Fat: 2.7 g

Sodium: 575 mg

Total Carbohydrates: 5.9 g

Fiber: 1.8 g

Protein: 1.5 g

Recipe courtesy Timothy Saddler, Tim & Co. Catering

Grilled Chicken Breast w/ pan gravy

Serving Size: 4 oz

Servings: 4

Cook time: 10 minutes

4- 4 oz. Chicken Breasts	1tsp. Garlic herb seasoning (Mrs.Dash)
2Tbs. Olive Oil or Canola	2Tbs. Cornstarch
1tsp Salt (Kosher or Sea salt)	3Tbs. Cold water
1tsp Course or grinded black pepper	1-cup Chicken broth (low Sodium)

Directions- Season the chicken breast with salt, pepper and garlic mixture. Pre-heat grill on high heat. Add oil to the heated pan, then chicken. Cook chicken for 1 minute on both sides or until the grill marks appear on each side. Pour chicken broth in the pan with the chicken, reduce heat to med and simmer for 5 minutes.

Remove the chicken from the pan; add the cornstarch slowly to the pan until spoon thickened*. Stir and simmer sauce for 2 minutes. Slice chicken breasts diagonally, about ½ inch wide. Plate the chicken and top with thickened stock.

****Spoon thicken- Thicken enough to coat the back of a spoon.***

Note- Take your index finger and lightly press down on the fattest part of chicken, if it springs back then the chicken is done. Chicken breast does not take as long to cook as dark meat. If the breast is cooked too long, chicken will become dry.

Nutrition Information

Calories: 224

Total Fat: 9 g

Sodium: 674 mg

Total Carbohydrates: 71 g

Fiber: 0 g

Protein: 28 g

Recipe courtesy Timothy Saddler, Tim & Co. Catering

Basic Brown Rice Pilaf

Serving Size: 4oz

Servings: 8

Cook time: 25 minutes

2 cups Whole grain brown rice
¼ cups Canola/ Olive Oil
4 cups Low-Sodium Broth (vegetable, chicken, beef)
2 cloves garlic minced

Kosher/Sea salt (season to taste)
Course ground black pepper (season to taste)

Directions- In a medium saucepan, sauté garlic with oil over medium heat. Be careful not to allow garlic to brown. Add rice to the heated pan. Stir rice around the pan until coated with garlic and oil mixture. Sauté rice until it is fully coated with the oil and gives a nutty aroma. Slowly add chicken broth to pan. Add 1 cup of broth at a time as needed to the rice until firm but tender.

Season rice to taste with salt and pepper. Fluff rice with a fork in its final cooking stages to keep the grains separated. Plate and serve.

*Note- Parboiled or instant brown rice can be substituted for the whole grain to reduce the cooking time in half.

Nutrition Information per serving

Calories: 166

Total Fat: 7 g

Sodium: 965 mg

Total Carbohydrates: 25 g

Fiber: 23 g

Protein: 3 g

Recipe courtesy Timothy Saddler, Tim & Co. Catering