Best Recipes 2019 Edition

Make cooking together as fun as eating together! Choose a recipe from the easy ones below, and have your youngster help from start to finish.

Butternut squash soup
2 tsp. olive oil
1 medium onion, chopped
½ tsp. ground allspice
½ tsp. ground ginger
4 cups cubed butternut squash (precut or frozen)
4 cups low-sodium broth (chicken or vegetable)

Heat the oil in a stockpot, add onion, and cook until soft. Stir in spices, squash, and broth. Simmer until the squash is tender, about 15 minutes. Cool slightly, and puree in a blender until smooth. Serves 4–6.

Watermelon salsa
3 cups diced seedless watermelon
½ cup chopped cilantro
½ cup lime juice
½ cup diced red onion
½ jalapeno, minced (optional)

Toss together all ingredients. Spoon over tacos, chicken, or fish. Serves 3.

Apricot chicken
1 tbsp. olive oil
1 lb. boneless, skinless chicken breasts
Salt and pepper to taste
2 tbsp. reduced-sugar apricot preserves
2 tbsp. balsamic vinegar
½ cup low-sodium chicken broth

Heat oil in a skillet. Season both sides of chicken with salt and pepper, and cook in hot oil for 5 minutes on each side (until cooked through). Whisk together remaining ingredients, and pour over the chicken. Saute another 4 minutes until sauce is thickened. Makes 4 servings. Idea: Serve over brown rice or whole-wheat couscous.

Zucchini boats
1 zucchini or yellow squash
2 tbsp. salsa
½ cup cooked ground turkey (or use ¼ cup black beans, drained and rinsed)
1 tbsp. shredded low-fat Monterey Jack cheese

Slice squash in half lengthwise, and microwave until tender (2–4 minutes). Then, top each half with salsa, meat or beans, and cheese. Microwave or broil until the cheese melts. Makes 2 servings.

Cauliflower pizza crust
1 head cauliflower
2 eggs, beaten
1 cup shredded skim mozzarella cheese
1 tsp. oregano

Cut off the core and leaves of cauliflower and break it into florets (small pieces). Microwave the florets until tender, and puree in a blender or food processor. Combine pureed cauliflower with eggs, cheese, and oregano. Press the mixture onto a greased cookie sheet or pizza pan. Bake at 450°F for 12–15 minutes. Note: To make a pizza, add your favorite sauce and toppings. Broil until hot. Cut into 8 slices.

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