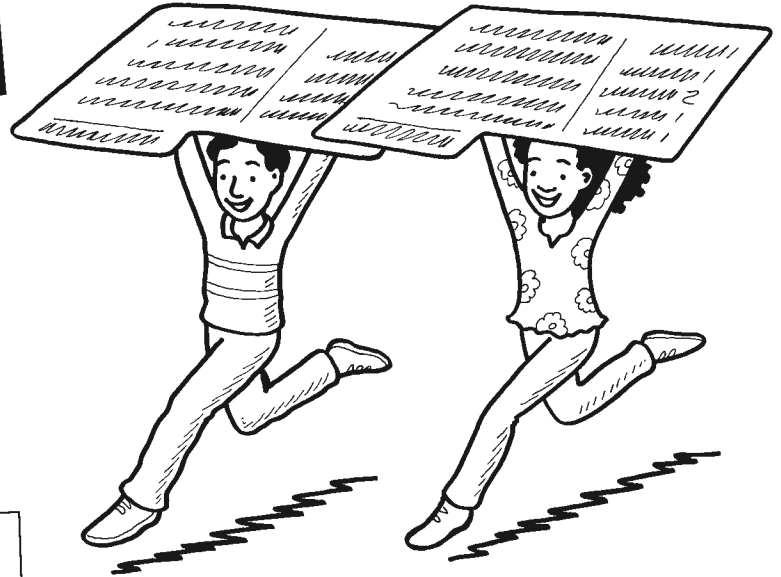


# Best Recipes

2018 Edition

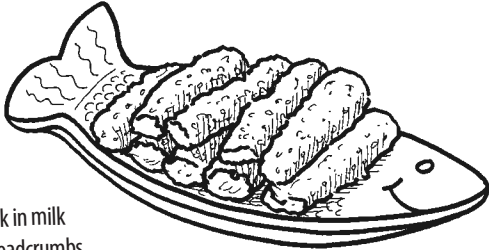
You and your child can have fun in the kitchen as you whip up nutritious meals and snacks. Here are family-friendly recipes to try.



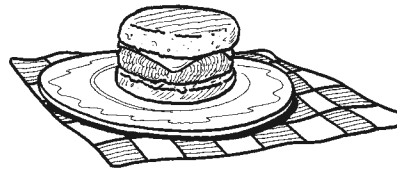
## Baked fish sticks

- 1 lb. cod fillets
- 1 cup nonfat milk
- 1 cup whole-wheat breadcrumbs
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper

Cut cod into strips. Soak in milk for 10 minutes. Mix breadcrumbs with salt and pepper. Drain fish, then dredge strips in breadcrumbs. Put on a baking sheet, and bake at 450° for about 5 minutes on each side, until fish flakes with a fork. Serves 4.



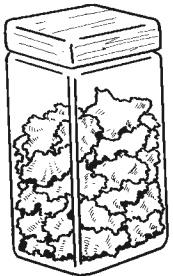
## Breakfast burgers



- 1 lb. lean ground beef
- $\frac{1}{4}$  cup no-sugar-added applesauce
- 1 tsp. steak sauce
- 6 whole-wheat English muffins
- 6 slices cheddar cheese

Mix meat, applesauce, and steak sauce together. Shape into 6 small patties. Cook in a skillet, 3–5 minutes per side. Toast English muffins, top 6 halves with the patties and cheese, and cover with the other muffin halves. *Idea:* For a make-ahead option, wrap cooked sandwiches and freeze. To reheat, defrost overnight, and microwave for 1–2 minutes, until the cheese melts. Makes 6 servings.

## Kale chips



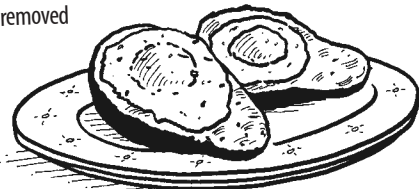
- 1 bunch kale
- 2 tsp. olive oil
- 1 tsp. sea salt

Tear the kale leaves into bite-sized pieces, toss with olive oil and salt, and spread on a cookie sheet. Bake at 375° about 15 minutes, until crispy. Store in an airtight container. Makes 6 servings.

## Avocado eggs

- 1 avocado, sliced in half and pit removed
- 2 eggs
- Hot sauce (optional)

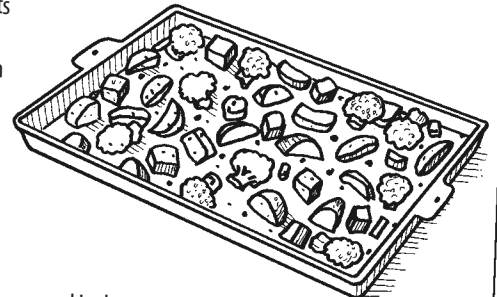
Put each avocado half in a muffin cup or on a small baking sheet, and crack an egg into the hole. Bake at 350° for 10–15 minutes, until egg reaches desired doneness. Add a few drops of hot sauce, if desired. Makes 2 servings.



## Roasted vegetables

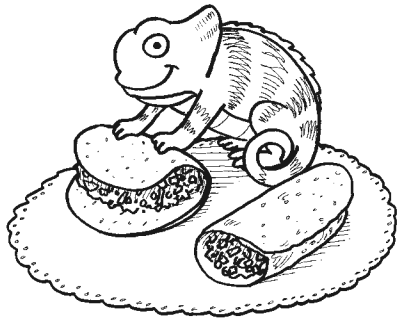
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 cup butternut squash chunks
- 1 tbsp. olive oil
- $\frac{1}{4}$  tsp. dried thyme
- $\frac{1}{4}$  tsp. garlic powder
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper

Spread vegetable pieces on a cookie sheet. Drizzle lightly with olive oil, and sprinkle with seasonings. Bake at 425° for 20–30 minutes, until cooked. Serve as a side dish, or use in salads or burritos. Makes 4 servings.



continued

### Rainbow wrap



$\frac{1}{2}$  cup hummus  
 4 whole-wheat tortillas  
 1 yellow bell pepper, chopped  
 1 red tomato, sliced  
 1 cup cucumber, diced  
 1 cup carrots, shredded  
 Spread hummus on 4 tortillas. Add the vegetables in rows by color. Roll into wraps. Serves 4.

### Banana split

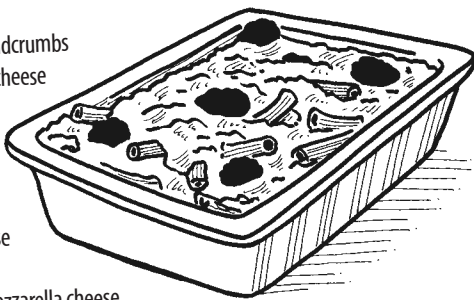
1 banana  
 $\frac{1}{2}$  cup Greek yogurt (vanilla or strawberry)  
 $\frac{1}{4}$  cup mixed berries  
 2 tbsp. granola  
 1 tbsp. chocolate chips



Slice a banana in half. Top with yogurt, berries, granola, and chocolate chips. *Variations:* Try different yogurt flavors, freeze yogurt before serving, or use favorite toppings like shredded coconut or crushed pretzels. Serves 1.

### Meatballs and ziti

2 lbs. lean ground turkey  
 $\frac{2}{3}$  cup whole-wheat breadcrumbs  
 $\frac{1}{4}$  cup grated Parmesan cheese  
 4 eggs  
 1 tsp. Italian seasoning  
 1 tsp. olive oil  
 1 lb. ziti  
 16 oz. skim ricotta cheese  
 2 cups marinara sauce  
 1 cup shredded skim mozzarella cheese



Combine meat, breadcrumbs, Parmesan, 2 eggs, and seasoning. Shape into 20 small meatballs. In a skillet, brown the meatballs in olive oil. Place in a baking dish, and bake at 350° for about 30 minutes, until cooked through. Cook ziti according to package directions, and drain. Mix ricotta with the 2 remaining eggs. In a 9" x 13" pan, layer half the sauce, half the cooked ziti, the ricotta-egg mixture, the meatballs, the remaining sauce, and the rest of the ziti. Sprinkle with the mozzarella. Bake at 350° for 1 hour. Makes 6–8 servings.

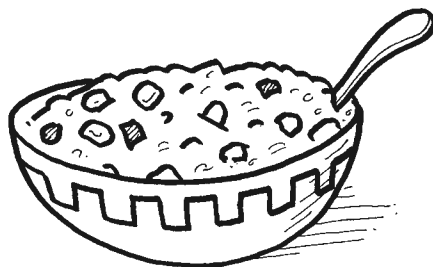
### Garden pita pizza

1 large round whole-wheat pita  
 2 tbsp. tomato sauce  
 $\frac{1}{4}$  cup cherry tomato halves  
 $\frac{1}{4}$  cup zucchini, sliced  
 $\frac{1}{4}$  cup pitted black olives  
 1 tbsp. crumbled feta cheese



Spread sauce on pita. Top with vegetables and olives. Bake at 350° for 5–10 minutes, until the vegetables are tender. Then, sprinkle on crumbled feta cheese. Serves 2.

### Corn salsa



1 tbsp. lime juice  
 1 tbsp. olive oil  
 $\frac{1}{2}$  tsp. honey  
 2 cups corn (canned, drained)  
 1 tomato, diced  
 $\frac{1}{4}$  jalapeno, seeded and minced

Stir together lime juice, olive oil, and honey. Mix

in corn, tomato, and jalapeno. Serve with baked tortilla chips, or use to top grilled fish or chicken. Serves 4–6.

### Scrambled huevos rancheros



Nonstick cooking spray  
 2 eggs  
 $\frac{1}{4}$  cup black beans (canned, drained)  
 $\frac{1}{4}$  cup tomatoes, diced  
 $\frac{1}{4}$  cup green bell pepper, diced  
 $\frac{1}{4}$  cup red onion, diced  
 2 tbsp. shredded low-fat Monterey Jack cheese  
 1 tbsp. nonfat sour cream  
 1 tbsp. salsa

Whisk eggs in a bowl, pour into a pan coated with nonstick cooking spray, and scramble. Place beans on a plate, and top with the cooked eggs and remaining ingredients. Serves 1.

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

# Nutrition Nuggets™

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