

Power Up Kids Cookbook



This cookbook was created with kids in mind.

These recipes are tasty, healthy, and kid friendly.

These recipes are great way to get kids involved in the kitchen!

Breakfast

- Fruit and Yogurt Parfait
- Fruit and Veggie Smoothie
- Fruit Pizza
- Breakfast Pizza
- Peanut Butter and Jelly Bars
- Power Balls
- Breakfast Burritos
- Sheet Pan Pancakes
- Carrot Cake Overnight Oats
- Whole Grain Blueberry Muffins

Snacks

- Black Bean Salsa
- Garlic Hummus
- Black Bean Brownies
- Frozen Peach Popsicles
- Garden Ranch Dip
- Healthier Buffalo Chicken Dip
- Pumpkin Dip
- Homemade Popcorn
- Frozen Yogurt Bites
- Donut Apples

Meals

Soup:

- Chicken Noodle Soup
- Home Made Tomato Soup
- Turkey Chili

Pasta and Rice:

- Broccoli Mac and Cheese
- Pumpkin Mac and Cheese
- Chicken & Broccoli Casserole
- Skillet Lasagna
- Stuffed Peppers
- Pasta Salad

Handhelds and More:

- Veggie Pizza
- Power Up Wraps
- Pizza Pockets
- Calzones

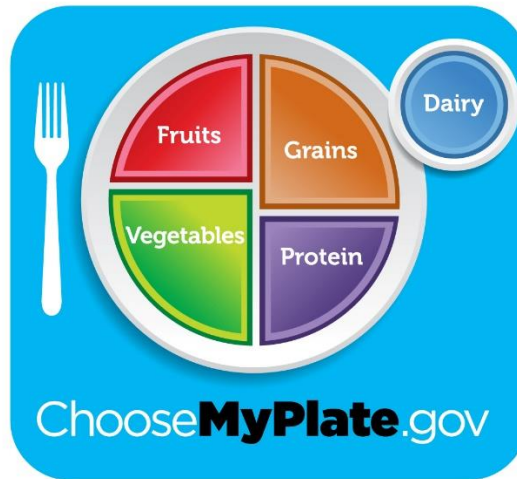
International:

- Quesadilla
- DIY Burrito Bowls
- Asian Veggie Stir fry

Protein Based:

- Cranberry Apple Chicken Salad
- Chicken Parm Meatballs
- Salmon Burgers
- Crispy “Fried” Chicken

MyPlate



- Students learn the importance of healthy eating choices based off of MyPlate.
- MyPlate is a guidance for breakfast, lunch, and dinner.
- MyPlate is divided into the 5 main food groups; Dairy, Protein, Grains, Fruits, and Vegetables.
- Here are some tips and tricks on how to incorporate each food group from MyPlate into children's daily diet.



Fruit

- Focus on whole fruits.
- Eat seasonally and local.
- Fresh, canned, frozen, dried, or juice are all ways to eat fruit daily!
- Craving something sweet? Pick fruits!



Vegetables

- Vary your veggies.
- Add new and different colored veggies to all meals.
- Add color to salads.
- Pick seasonally and local.
- Veggies make a great snack with dips like ranch or hummus.



Grains

- Make half of your grains whole grains.
- Whole grains are healthier than refined grains (white bread).
- Incorporate whole grain rice, pasta, and bread for simple changes.
- Make your snacks whole grain; popcorn, crackers, and pretzels.



Protein

- Vary your protein.
- Pick low fat protein; chicken, turkey, fish, beans, seeds, nuts.
- Canned or frozen options are healthy and easy to have on hand!
- Nuts and seeds are a great way to add protein to diets.



Dairy

- Move to low fat or fat free milk and yogurt.
- Adding yogurt to dips, smoothies, and parfaits is a great way to add calcium into children's diet.

Cooking at Home with Kids



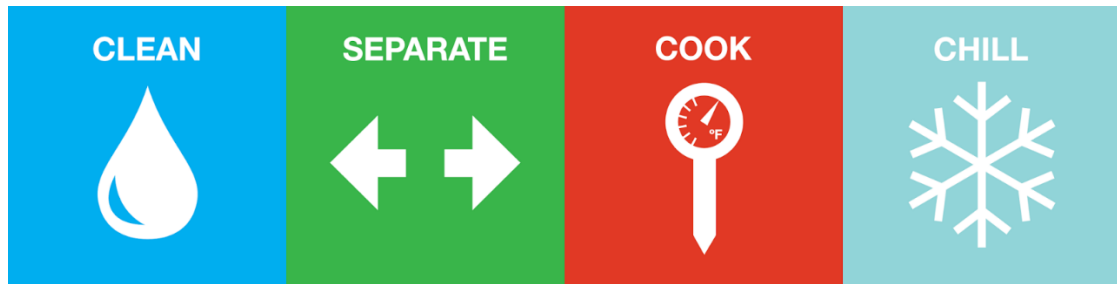
Cooking at home can be a great learning tool for children:

- Work on math through measuring and adding.
- Learn about the MyPlate food groups and good nutrition.
 - Can lead to healthier eating.
- Remember to have fun and be creative!

Kitchen Safety when cooking with children:

- Always have children ask before working and cooking in the kitchen.
- Using pot holders when removing hot equipment from the stove or oven.
 - Use knives that are not sharp.

Food Safety



- Informing children of food safety steps:

1. Clean

- Practice good hygiene and the importance of hand washing before cooking.
 - Wash hands for 20 seconds with warm water and soap. You can sing the ABC's while washing hands to make sure you are washing long enough to rid hands of bacteria and germs.
 - Washing surface and utensils/ cooking equipment.
 - Wash/ Rinse fresh fruits and vegetables.

2. Separate

- Separate the food by food groups according to MyPlate.
 - Store raw meat at the bottom of the fridge
 - Use separate cutting boards for raw meats

3. Cook

- Cooking foods to the proper temperature to prevent foodborne illnesses.
- Limiting children from eating raw or uncooked batter/ cookie dough that contains uncooked eggs.

4. Chill

- Chill foods in the refrigerator below 40⁰ F and the freezer at at least 0⁰ F.
 - Thaw frozen foods according to proper measures:
 - In the refrigerator.
 - Under cold water
 - In microwave
 - NEVER LEAVE OUT ON THE COUNTER.
- Refrigerate leftovers. Do not leave food out on the counter.

Breakfast



Eating a balanced and healthy breakfast before or at school can lead to more energy for learning, increased concentration, increased test scores, and healthier body weight.

To make a healthy and balanced breakfast pick 3 foods from 3 different food groups from MyPlate!

Breakfast Recipes:

1. Fruit and Yogurt Parfait
2. Fruit and Veggie Smoothie
3. Fruit Pizza
4. Breakfast Pizza
5. Peanut Butter and Jelly Bars
6. Power Balls
7. Breakfast Burritos
8. Sheet Pan Pancakes
9. Carrot Cake Overnight Oats
10. Whole Grain Blueberry Muffins

Fruit and Yogurt Parfait



Ingredients:

- Low fat yogurt (any flavor).
- Fruit, can be fresh, canned, frozen, or dried.
- Optional:
- Chopped nuts.
- Nut butter.
- Granola.
- Sugar free chocolate chips.

Directions:

1. In a bowl or cup, spoon desired yogurt amount into container.
2. Simply layer the fruit, granola, nuts, and chocolate chips with yogurt in between layers.

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Fruit: Add vitamins to diet as well as natural sugar for energy.
- Nuts: Add healthy fats as well as protein into the diet.
- Granola: Add fiber to keep you full and energy.

Fruit and Veggie Smoothies



Ingredients:

- 4 Oz Low fat yogurt (any flavor).
- ½ cup of fruit, can be fresh, canned, or frozen.
- ½ cup of spinach .
- 1 tablespoon nut butter.
- ½ cup of fruit juice or Low Fat Milk.
- Ice (Optional) .

Directions:

1. In a blender combined all ingredients.
2. Add juice or milk until desired consistency.
3. Store any leftovers in the fridge or freezer.

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Fruit: Add vitamins to diet as well as natural sugar for energy.
- Vegetables: Add vitamins and minerals to keep body healthy and strong.
- Nut Butter: Add protein to diet to help body repair and keep you full!

Fruit Pizza



Ingredients:

Crust:

- 2 Cups of rolled oats.
- $\frac{3}{4}$ cup of oat flour.
- 3 tablespoons of butter.
- $\frac{3}{4}$ cups of honey.
- 1 teaspoon of vanilla.
- $\frac{1}{2}$ teaspoon cinnamon.
- $\frac{1}{8}$ teaspoon salt.

Sauce:

- 1 $\frac{1}{3}$ cup of low fat Greek yogurt (Greek yogurt is thicker, which will result in a better sauce).
- 1-2 tablespoons of honey.
- 1 teaspoon of vanilla.

Fruit:

- 3 cup of berries.
- $\frac{1}{3}$ cup of mandarin oranges.
- 1 kiwi.
- Any fruit you love!

Instructions:

1. Preheat oven to 350 F.
2. Grease a 10-inch cake pan with baking spray or line with parchment paper and set aside.
3. In a large bowl, combine oats, oat flour, cinnamon, vanilla, and salt together. Add the honey and coconut oil and mix until dough is combined and sticks together. Use your hands or a fork as needed.
4. Spread the mixture into prepared pan and press down firmly with a spatula or the bottom of a glass cup.
5. Bake in preheated oven for 10 minutes. Remove from oven and allow to cool completely (place in the refrigerator or freezer to cool faster).
6. Meanwhile, in a medium mixing bowl, combine yogurt with honey and vanilla. Use an offset spatula to spread yogurt over cooled crust.
7. Decorate with your favorite combination of fruit. Enjoy immediately or place in the fridge to cool and set.

Recipe Received From:: <https://lifemadesweeter.com/fruit-pizza/>

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

Mini Breakfast Pizza



Ingredients:

- Whole wheat tortillas or pita pockets.
- Eggs.
- Low fat or non fat milk.
- Green peppers.
- Tomatoes.
- Onion.
- Cooked and cooled potatoes.
- Low fat shredded cheddar cheese.
- Breakfast sausage or crumbled cooked bacon.

Instructions:

1. Preheat oven to 350.
2. Wash and cut veggies.
3. In a bowl mix together eggs and milk.
4. Heat a skillet with olive oil or margarine, add in egg mixture and vegetables. Scramble.
5. Top tortilla with egg and vegetable mixture.
6. Top with cheese.
7. Bake mini breakfast pizzas for 5-7 minutes.

MyPlate Nutrition:

- Whole grain tortilla: To keep you full and energized!
- Breakfast meat: To help your body heal and grow and give you energy!
- Vegetables: Add vitamins and minerals to keep body healthy and strong.
- Nut Butter: Adds protein to diet to help body repair and keep you full!

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Peanut butter and Jelly

Oat Bars



Ingredients:

- 1 cup of your favorite sugar free jelly or fruit preserves.
- 3 Cups of rolled oats.
- ½ cup of nut butter (Wow butter, almond butter, peanutbutter, ext.)
- 1/3 cup of honey or maple syrup.
- 1 ½ teaspoons of vanilla.
- ¼ teaspoon of vanilla.

Directions:

1. Preheat oven to 350.
2. Grease a 8x8 or 9x9 baking sheet.
3. In a blender or processor, pulse 1 ½ cups of oats
4. Mix together ground oats, rolled oats, nut butter, honey, vanilla, vanilla, and salt.
Mixture will be dry.
5. Press half the mixture into the pan, pressing firmly.
6. Spread the jelly over the layer of oats.
7. Using remaining mixture of eats, crumble over the jelly.
8. Bake in oven until golden brown, about 30 minutes.

MyPlate Nutrition:

- Fruit: Add vitamins to diet as well as natural sugar for energy.
- Whole grain oats: Add fiber to keep you full and energy.
- Nut Butter: Add protein to diet to help body repair and keep you full!

Recipe Retrieved From: <https://happyhealthymama.com/peanut-butter-and-jelly-oatmeal-breakfast-bars.html>

Power Balls



Ingredients:

- 2 Ripe bananas.
- 1/4 cup any kind of chocolate chips.
- 1/4 cup Honey.
- 1/4 cup Soy WOW butter (or any nut butter).
- 2 cups Oats.
- 2 TBSP Cinnamon.

Optional Add ins:

- Dried fruit
- Chopped Nuts
- Shredded Coconut

Directions:

1. Mash ripe bananas in a medium bowl with a fork or masher
2. Add oats, chocolate chips, honey, wow butter, oats and cinnamon; mix well
3. Roll ingredients into circular shapes and place on wax paper or a nonstick pan
4. Cover protein bites and refrigerate for 3 hours
5. Serve and enjoy!

MyPlate Nutrition:

- Fruit: Add vitamins to diet as well as natural sugar for energy.
- Whole grain oats: Add fiber to keep you full and energy.
- Nut Butter: Add protein to diet to help body repair and keep you full!

Recipe Retrieved From:

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-milk-balls>

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Breakfast Burrito



Ingredients:

- Whole grain tortilla.
- Eggs.
- Breakfast Sausage.
- Plain low fat yogurt.
- Low fat shredded cheese.
- Salsa
- Peppers.
- Tomatoes.
- Spinach.
- Onion.
- Potatoes.

Directions:

1. Prepare vegetables by cleaning and dicing them. In a large skillet saute vegetables and sausage together.
2. In a bowl mix together eggs. Pour over vegetables and scramble together.
3. Place tortilla on a flat surface. In the center of the the tortilla place egg, vegetable, and sausage mixture. Top with shredded cheese.
4. Roll burrito up, tucking in the edges as you go.
5. Place burrito in a heated skillet with a lid, heating thoroughly until bottom is golden brown.
6. Top with low fat plain yogurt and or salsa.

Tip: Assemble burritos and wrap in plastic wrap, freeze. So you can pull them out when needed and reheat.

MyPlate Nutrition:

- Whole grain tortilla: To keep you full and energized!
- Breakfast meat: To help your body heal and grow and give you energy!
- Vegetables: Add vitamins and minerals to keep body healthy and strong.
- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.

Sheet Pan Pancakes



Ingredients:

- 2 Cups of whole grain pancake mix.
- 1 cup low fat milk.
- 2 eggs.
- 1 teaspoon vanilla.
- 1 banana.
- 1 cup berries of choice.
- ¼ maple syrup, more for topping as desired.

Directions:

- Preheat oven to 425 degrees.
- Grease a 12x16 rimmed baking sheet.
- In a bowl, mix together pancake mix, milk, eggs, vanilla, and syrup.
- Pour batter into sheet pan, top with fruit.
- Bake for 5-15 minutes until evenly cooked and golden brown.
- Cut and top with fruit, nut butter, or syrup.

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Fruit: Add vitamins to diet as well as natural sugar for energy.
- Whole Grain Pancakes: To keep you full and energized!

Recipe Retrieved From: <https://hip2save.com/recipes/sheet-pan-pancakes-genius-easy-breakfast-recipe/>

Carrot Cake Overnight Oats



Ingredients:

- 1 cup of rolled oats.
- ½ cup of shredded carrots.
- 1 teaspoon of cinnamon.
- 1 teaspoon of all spice.
- 3 tablespoons of raisins.
- 2 tablespoons of chopped nuts.
- 1 teaspoon of vanilla.
- 3 tablespoons of honey or maple syrup.
- ¼ cup of low fat or non fat milk. Or milk alternative.

Directions:

1. Mix all dry ingredients in a bowl.
2. Add wet ingredients and mix together.
3. Place in a jar or airtight container and refrigerate overnight. Eat warm or cold.

MyPlate Nutrition:

- Whole grain oats: To keep you feeling full and energized!
- Carrots: To add vitamins and minerals to your diet.
- Nuts: To add plant based, lean protein to your diet. While helping to keep your body strong.
- Milk: Add calcium to your diet to keep your bones and teeth strong.

Recipe Retrieved From: <https://fitfoodiefinds.com/carrot-cake-overnight-oats/>

Whole Grain Blueberry Muffins



Ingredients:

- 1 ½ cups whole wheat flour.
- ½ cup sugar.
- ½ teaspoon salt.
- 2 teaspoons of baking powder.
- 1 egg.
- 1/3 cup oil.
- 1/3 cup nonfat or low fat milk.
- ½ cup unsweetened applesauce.
- 2 cups blueberries (fresh, frozen, or dried).
- Optional: Chopped nuts.

Directions:

1. Preheat oven to 400 degrees.
2. Line 12 muffin tins with paper or grease.
3. Mix together flour, sugar, salt, and baking powder in a bowl.
4. In a separate bowl combine oil, milk, and applesauce.
5. Add wet ingredients to dry, mix until moist. Stir in blueberries.
6. Fill each muffin tin ¾ of the way full.
7. Bake for 20 minutes or until golden brown.

MyPlate Nutrition:

- Whole grain flour: To keep you feeling full and energized!
- Fruit: Add vitamins to diet as well as natural sugar for energy.
- Milk: Add calcium to your diet to keep your bones and teeth strong.

Recipe Retrieved From: <https://www.foodhero.org/recipes/whole-wheat-blueberry-muffins>

Snacks



Snacking is a great way to energize your body in-between meals. It is also a great way to add more foods from MyPlate to help achieve your food group goals for the day!

Snacking tips:

- Make your own.
- Prep ahead.
- Combine more than 1 food group from MyPlate.
- Eat lots of colors!

Recipes:

1. Black Bean Salsa
2. Garlic Hummus
3. Black Bean Brownies
4. Frozen Peach Strawberry Popsicles
5. Ranch Dip
6. Healthier Buffalo Chicken Dip
7. Pumpkin Dip
8. Home Made Popcorn
9. Frozen Yogurt Bites
10. Donut Apples

Black Bean and Corn Salsa



Ingredients

- 30 ounces of corn.
 - Canned or frozen
- 30 ounces of black beans
 - Two cans (drained and rinsed)
 - OR 1 pound of dried black beans that have been prepared and cooked
- 1 (14.5 ounce) can Italian-style diced tomatoes, drained.
- 1 medium onion, chopped.
- 3/4 cup minced fresh cilantro.
- 1 tsp of crushed red pepper flakes.
- 1/4 cup lime juice.
- 1/2 teaspoon salt.
- Tortilla chips.

Directions

- In a very large bowl, combine the first eight ingredients. Cover and refrigerate until serving.
- Serve with tortilla chips as a great snack.

Make it a meal!

Add any cooked and seasoned protein and make it a complete meal.

- Chicken, turkey, ground turkey
- Steak, ground beef
- Fish

MyPlate Nutrition:

- Vegetables: Add vitamins and minerals to keep body healthy and strong, as well as fiber to keep you full!
- Whole Grain Tortilla Chips: To keep you full and energized!

Recipe Retrieved From: <https://www.allrecipes.com/recipe/143315/heathers-cilantro-black-bean-and-corn-salsa/>

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Garlic Hummus



Ingredients:

- 1 (15 ounce) can no-salt-added chickpeas.
- ¼ cup tahini.
- ¼ cup extra-virgin olive oil.
- ¼ cup lemon juice.
- 3 clove garlic.
- 1 teaspoon ground cumin.
- ½ teaspoon chili powder.
- ½ teaspoon salt.

Serve with whole grain pretzels, whole grain tortilla chips or pita chips, or snack with veggies such as carrots, celery, or cucumbers.

Directions:

1. Drain chickpeas, reserving ¼ cup of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add tahini, oil, lemon juice, garlic, cumin, chili powder and salt. Puree until very smooth, 2 to 3 minutes.
2. Drain chickpeas, reserving ¼ cup of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add tahini, oil, lemon juice, garlic, cumin, chili powder and salt. Puree until very smooth, 2 to 3 minutes.
3. Drain chickpeas, reserving ¼ cup of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add tahini, oil, lemon juice, garlic, cumin, chili powder and salt. Puree until very smooth, 2 to 3 minutes.

MyPlate Nutrition:

- Vegetables: Add vitamins and minerals to keep body healthy and strong, as well as fiber to keep you full!
- Chick Peas: Also know as garbanzo beans. Full of vitamins and minerals to keep your body healthy from the inside out, and full of protein to keep your body strong and feeling full!
- Whole Grain Tortilla Chips: To keep you full and energized!

Recipe Retrieved From: <https://www.inspiredtaste.net/15938/easy-and-smooth-hummus-recipe/>

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Black Bean Brownies



Ingredients:

- 1-15 oz can of black beans, drained and rinsed.
- 1 cup of water.
- 1 18 oz package of brownie mix.

Optional Add ins:

- Dried fruit (cranberries, cherries, or blueberries)
- Nuts
- Dark Chocolate Chips

Directions:

1. Preheat oven to 350 degrees F. Lightly grease a 9x13-inch baking dish.
2. Blend black beans and water together in a blender until smooth. Mix the brownie mix into black bean mixture until batter is smooth; folding in extra add ins as wanted.
3. Pour batter into prepared baking dish.
4. Bake in the preheated oven until a toothpick inserted 2 inches from the side of the pan comes out clean, 25 to 27 minutes.
5. Cool brownies completely on a wire rack before cutting.

MyPlate Nutrition:

- Fruit: Add vitamins to diet as well as natural sugar for energy.
- Black Beans: Full of vitamins and minerals to keep your body healthy from the inside out, and full of protein to keep your body strong and feeling full!

Frozen Peach and Strawberry Popsicles



Ingredients:

- 3 cups of strawberries (fresh, canned, or frozen).
- 3 cups of peaches (fresh, canned, or frozen).
- 2 tablespoons.
- 2/3 cup of low fat or nonfat yogurt.

Instructions:

1. Pure all ingredients in a blender.
2. Pour mixture into popsicles molds or pour mixture into plastic cups with plastic spoon or popsicle stick inserted half way.
3. Let mixture sit overnight- at least 6 hours- in freezer.

Tips:

Blend vegetables, like celery or spinach, into mixture to add in extra vitamins and minerals.

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Fruit: Add vitamins to diet as well as natural sugar for energy.

Recipe Retrieved From: <https://www.jessicagavin.com/make-your-own-homemade-fruit-popsicles/>

Garden Ranch Yogurt Dip



Ingredients:

- 16 oz Plain Green yogurt.
- 1 packet of ranch seasoning.

Instructions:

- In a large bowl mix together the yogurt and the dressing packet.
- Store in an airtight container in the refrigerator.

Tips:

- Serve with cleaned and cut vegetables:
 - Celery
 - Carrots
 - Cucumbers
 - Tomatoes
 - Bell Peppers
- Serve with whole grain snacks:
 - Pretzels
 - Tortilla Chips
 - Pita Chips
 - Crackers

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Vegetables: Add vitamins and minerals to keep body healthy and strong, as well as fiber to keep you full!
- Whole Grain Snacks: To keep you full and energized!
- Chicken: Add protein to your diet

Healthier Buffalo Chicken Dip



Ingredients:

- 8 oz reduced-fat cream cheese, softened.
- 1 cup plain Greek yogurt.
- 1 cup shredded part-skim Mozzarella cheese.
- ½ cup hot sauce.
- 2 (10 oz) can of chicken, drained, shredded.

Instructions:

1. Mix all ingredients in a pot on the stove.
2. Heat mixture thoroughly.
3. Serve when cooled.

Tips:

- Serve with cleaned and cut vegetables:
 - Celery
 - Carrots
 - Cucumbers
 - Tomatoes
 - Bell Peppers
- Serve with whole grain snacks:
 - Pretzels
 - Tortilla Chips
 - Pita Chips
 - Crackers

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Vegetables: Add vitamins and minerals to keep body healthy and strong, as well as fiber to keep you full!
- Whole Grain Snacks: To keep you full and energized!
- Chicken: To help your body heal and grow and give you energy!

Recipe retrieved from: <https://wyandot.osu.edu/sites/wyandot/files/imce/Healthier%20Buffalo%20Chicken%20Dip.pdf>

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Pumpkin Dip



Ingredients:

- 1 cup low fat vanilla Greek yogurt.
- 1 cup of canned pumpkin.
- ½ teaspoon ground cinnamon.
- ½ teaspoon of pumpkin pie spice.

Directions:

3. In a bowl combine all ingredients until smooth.

Tip:

- Serve with:
 - Sliced apples
 - Whole grain crackers or graham crackers

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Fruit: Add vitamins to diet as well as natural sugar for energy. Also adds fiber to keep you feeling full!
- Vegetables: Add vitamins and minerals to keep body healthy and strong.

Recipe received from:

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/apple-wedges-pumpkin-almond-butter>

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Homemade Popcorn



Ingredients:

- Whole popping kernels.
- Olive Oil.

Optional Add ins:

- Sea Salt.
- Flavored seasoning.
- Chopped Nuts.
- Dried fruit.

Directions:

- Cover the bottom of a large pot with olive oil.
- Cover the bottom of the pot with the kernels in an even layer.
- Cover pot with a lid. Leaving the pot on a medium- low heat.
- Let kernels pop until the popping slowly stops.
- Top lightly with salt or seasoning. Add in dried fruit and chopped nuts as desired.

MyPlate Nutrition:

Whole grain popcorn: Adds fiber to keep you feeling fuller longer, as well as supplying your body with long lasting energy!

Frozen Yogurt Bites



Ingredients:

- 1 ½ cups low fat or fat free yogurt.
- ¼ cup of whole milk.
- 2 tsp of honey.
- ½ teaspoon of vanilla.
- 1 ½ cup of berries.
- **Optional:** Top with whole grain oats.

Directions:

1. In a bowl mic together yogurt, milk, honey, and vanilla.
2. In an ice cube tray place fruit in the bottom of the tray.
3. Spoon yogurt mixture over the fruit, filling the molds. Freeze overnight or for at least 6 hours.

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Fruit: Add vitamins to diet as well as natural sugar for energy. Also adds fiber to keep you feeling full!

Recipe Retrieved From: <https://www.delish.com/cooking/recipe-ideas/recipes/a53806/fro-yo-fruit-bites-healthy-recipe/>

Donut Apples



Ingredients:

- 12 oz of Greek yogurt or cream cheese.
- 3 tsp of honey.
- ½ cup melted chocolate.
- 6 Apples, washed and sliced.
- ½ cup melted nut butter.
- Optional: Sprinkles, chopped nuts, chocolate chips, shredded coconut and food coloring.

Directions:

1. Divide cream cheese or yogurt into 3 small bowls, adding 1 teaspoon of honey to each.
2. Add in food coloring as desired.
3. Top each apple slice with yogurt mixture.
4. Use the toppings to decorate each slice into your own donuts!

MyPlate Nutrition:

- Low fat yogurt: Add calcium to diet to help maintain healthy bones and teeth.
- Fruit: Add vitamins to diet as well as natural sugar for energy. Also adds fiber to keep you feeling full!
- Nut Butter: Add protein to diet to help body repair and keep you full!

Meals



This cookbook is used to break the stigma that cooking meals takes hours, is expensive, and difficult.

These meal recipes are simple, healthy, low in cost and time preparation.

All meals should include at least 3 food groups from MyPlate.

Some tips to building a healthy meal:

- Make half your plate fruits and veggies.
- Include whole grains.
- Don't forget the dairy!
- Add lean protein or plant protein.
- Avoid extra fat.

Cooking at home gives you and your family the opportunity to get creative, try new foods, and take control of your food so you know exactly what you are eating.

Preparing meals can take time and preparation, however, it can be made simpler if you:

- Map out your meals.
- Find balance between the food groups.
- Vary your proteins, there are so many options!
- Make a grocery list.
- Take advantage of leftover! Make a second meal from them, take them in your lunch, or freeze for a later day.

Meals

Soup:

- Chicken Noodle Soup
- Home Made Tomato Soup
- Turkey Chili

Pasta and Rice:

- Broccoli Mac and Cheese
- Pumpkin Mac and Cheese
- Chicken & Broccoli Casserole
- Skillet Lasagna
- Stuffed Peppers
- Pasta Salad

Handhelds and More:

- Veggie Pizza
- Power Up Wraps
- Pizza Pockets
- Calzones

International:

- Quesadilla
- DIY Burrito Bowls
- Asian Veggie Stir fry

Protein Based:

- Cranberry Apple Chicken Salad
- Chicken Parm Meatballs
- Salmon Burgers
- Crispy “Fried” Chicken

Chicken Noodle Soup



Ingredients:

- 1 cup of shredded carrots.
- 1 cup of sliced celery.
- 1 large onion, diced.
- 3 cloves of garlic.
- 8 cups of low sodium chicken broth.
- 1 teaspoon parsley.
- 1 teaspoon of black pepper.
- 2 cups of shredded chicken (cooked, rotisserie, or canned).
- 1 12 oz bag of whole grain pasta (elbow, egg, or shaped, your pick!) Or used cooked whole grain rice instead!

Directions:

1. In a large stock pot add vegetables and garlic, saute with olive oil until soft.
2. Add chicken broth, chicken, parsley, and pepper.
3. Cook on low for an hour, add noodles and cook for an additional 10 minutes.

Tips:

- Leftover soup can last in the refrigerator for up to 5 days.
- You can also freeze leftovers.

MyPlate Nutrition:

- Whole Grain Noodles: No add vitamins, minerals, and fiber to your diet, as well as energy!
- Veggies: Adds color, vitamins, and minerals to keep your body healthy from the inside out!
- Chicken: Adds protein to heal your body and keep you strong.

Home Made Tomato Soup



Ingredients:

- ½ cup of carrots (diced, chopped, or shredded).
- 1 medium onion, diced.
- 4 cloves of garlic.
- 1 ½ tablespoons tomato paste.
- 1 tablespoon flour.
- 4 cups of chicken broth.
- ½ teaspoon of dried thyme.
- 1 bay leaf.
- 1 28 oz can of crushed tomatoes.

Directions:

1. In a pan saute carrots, onion, and garlic with olive oil until soft.
2. Add tomato paste, add flour.
3. Add tomatoes, chicken broth, thyme, and bay leaf.
4. Combine all ingredients in a food processor until smooth.

Tip: Top with low fat plain yogurt to make extra creamy.

MyPlate Nutrition:

- Veggies: Adds color, vitamins, and minerals to keep your body healthy from the inside out!

Recipe Retrieved From: <https://pinchofyum.com/simple-homemade-tomato-soup>

Turkey Chili



Ingredients

- 2 teaspoons olive oil.
- 1 yellow onion, chopped.
- 3 garlic cloves, minced.
- 1 medium red bell pepper, chopped.
- 1 pound extra lean ground turkey or chicken.
- 4 tablespoons chili powder.
- 2 teaspoons ground cumin.
- 1 teaspoon dried oregano.
- 1/4 teaspoon cayenne pepper.
- 1/2 teaspoon salt, plus more to taste.
- 1 (28-ounce) can diced tomatoes or crushed tomatoes.
- 1 1/4 cups chicken broth.
- 2 (15 oz) cans dark red kidney beans, rinsed and drained.
- 1 (15 oz) can sweet corn, rinsed and drained.
- For topping: cheese, avocado, tortilla chips, cilantro, and sour cream.

Instructions

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.
2. Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt.
3. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes.

MyPlate Nutrition:

- Veggies: Adds color, vitamins, and minerals to keep your body healthy from the inside out!
- Turkey and Beans: Adds protein to heal your body and keep you strong!

Recipe Retrieved From: <https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/>

Broccoli Mac and Cheese



Ingredients:

- 12 oz whole grain pasta.
- 1 1/2 tbsp butter.
- 1/4 cup minced onion.
- 1/4 cup flour.
- 2 cups skim milk.
- 1 cup fat free chicken broth, vegetarians use vegetable broth.
- 8 oz 2 cups reduced-fat sharp cheddar.
- Salt and fresh pepper to taste.
- 12 oz of broccoli (fresh or frozen).
- 2 tbsp grated parmesan
- 1/4 cup seasoned bread crumbs
- Cooking spray

Directions:

1. Preheat oven to 375 degrees.
2. Cook pasta until slightly undercooked.
3. Cook broccoli until also slightly undercooked.
4. In a skillet melt butter, add onion until translucent.
5. Add flour and milk. Wisk together until smooth. Salt and Pepper to taste.
6. Add cheese and mix until melted. Add Pasta and broccoli.
7. Pour mixture into greased baking dish. Top with more cheese and breadcrumbs. Spray cooking spray on top.
8. Bake for 15-20 minutes until golden brown.

MyPlate Nutrition:

- Whole Grain Pasta: To keep you feeling full and energized, and add fiber to your diet.
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

Pumpkin Mac and Cheese



Ingredients:

- 1 Box of whole grain mac and cheese mix.
- $\frac{1}{4}$ cup of pumpkin soup (This will replace the milk)
- Butter (required amount on package)

Directions:

1. Boil water and cook pasta according to package.
2. Drain pasta and set aside.
3. In the pot add pumpkin soup and butter and heat until hot. Add cheese powder from package.
4. Add pasta to mixture and stir until pasta is evenly coated.

MyPlate Nutrition:

- Whole Grain Pasta: To keep you feeling full and energized, and add fiber to your diet.
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.

Broccoli & Chicken Casserole



Ingredients:

- 2 cups brown rice.
- 4 cups chicken broth.
- 4 cups broccoli(Fresh or frozen).
- 1 medium onion, diced.
- 1 teaspoon olive oil.
- 1lb chicken breasts, chopped into bite-sized pieces OR 16 oz canned chicken, drained.
- 5 teaspoons gluten-free or all-purpose flour
- 2 cups skim milk.
- 1/3 cup light sour cream
- 8oz shredded low fat cheddar cheese.
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder

Directions:

1. Boil chicken broth, add rice. Cover and cook on medium until thoroughly cooked.
2. Add broccoli and onions.
3. In a skilled cook chicken, season with salt, pepper, and garlic powder.
4. Mix flour and ½ cup of milk in a bowl. Pour into heated skillet, add remaining milk. Cook on low until thick.
5. Remove from heat and add ¾ of the shredded cheese, sour cream, and salt and pepper to taste.
6. Mix chicken, broccoli, rice, and sauce. Pour into greased baking dish. Top with remaining cheese and broil in oven until cheese is melted and bubbly.

MyPlate Nutrition:

- Whole Grain Pasta: To keep you feeling full and energized, and add fiber to your diet.
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

Recipe Retrieved From: <https://iowagirleats.com/skinny-cheesy-chicken-and-broccoli-rice-casserole/>

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

Skillet Lasagna



Ingredients:

- 1 tbsp olive oil.
- 1 onion, chopped.
- 3 cloves garlic, diced.
- salt and pepper.
- ½ tsp red pepper flakes.
- 1lb lean ground beef (93% lean).
- 8 Whole Grain lasagna noodles, broken.
- 1 8oz can tomato sauce.
- 1 28 oz can diced tomatoes.
- ⅓ cup water.
- 6 oz part skim mozzarella cheese.
- 1 cup 1% cottage cheese or ricotta cheese.

Instructions:

1. Heat the olive oil in a large skillet over medium-high heat. Add in the chopped onion and cook until translucent (4-5 minutes). Stir in the garlic and ½ tsp salt, pepper, and red pepper flakes.
2. Add in the ground beef, breaking the meat into pieces and cooking until no longer pink.
3. Layer the lasagna noodles over the meat and pour the tomato sauces and water over the pasta. Cover and bring the dish to a simmer, then lower the heat to medium and cook, stirring occasionally, for about 20 minutes or until the pasta is done. Season the lasagna well with more salt and pepper to taste.
4. Take the lasagna off the heat and roughly stir in the cottage cheese. Top with big chunks of mozzarella and let sit covered for 5 minutes or until cheese is melted.
5. If desired (I recommend it!), top with parmesan and basil.

MyPlate Nutrition:

- Whole Grain Pasta: To keep you feeling full and energized, and add fiber to your diet.
- Meat: Adds protein to heal your body and keep you strong!
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

Recipes Retrieved From: <http://apple-of-my-eye.com/2013/08/25/skillet-lasagna/>

Pasta Salad



Ingredients:

- 4 cups whole wheat pasta, cooked
- 2 cup broccoli (blanched, pieces)
- 1 cup carrot (cooked, slices)
- 1/2 cup red pepper (strips)
- 1/4 cup onion (sliced)
- 1 cup cucumber (diced)
- 1/2 cup Italian salad dressing,
 - Light or reduced fat
 - Can use 1/2 to 3/4 cup

Directions:

1. Mix all ingredients together.
2. Refrigerate for at least 30 minutes before serving.

Tips:

- Add in any veggies you love!
 - Olives, tomatoes, zucchini.
- Add in dried nuts or fruits for extra nutrients and color!
- Make it a meal by adding a protein such as beans or meat.

MyPlate Nutrition:

- Whole Grain Pasta: To keep you feeling full and energized, and add fiber to your diet.
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.

Stuffed Peppers



Ingredients:

- 1 lb 93% lean ground turkey.
- 1 garlic, minced.
- 1/4 onion, minced.
- 1 tbsp chopped fresh cilantro or parsley.
- 1 tsp garlic powder.
- 1 tsp cumin powder.
- 1 tsp kosher salt.
- 3 large sweet red bell peppers, washed..
- 1 cup reduced sodium chicken broth, divided
- 1/4 cup tomato sauce.
- 1 1/2 cups cooked brown rice.
- Olive oil spray.
- 6 tbsp part skim shredded cheddar cheese.

Instructions:

1. Heat oven to 400°F.
2. Spray and heat skillet.
3. Add onion, garlic and cilantro and saute about 2 minutes, add ground turkey, salt, garlic powder, cumin and cook until meat is completely cooked through.
4. Add 1/4 cup of tomato sauce and 1/2 cup of chicken broth, mix well and simmer on low for about 5 minutes.
5. Combine cooked rice and meat together.
6. Cut the bell peppers in half lengthwise, and remove all seeds. Spoon 2/3 cup meat mixture into each pepper half and place in a 9 x 13-inch baking dish. Top each with 1 tbsp cheese.
7. Pour the remainder of the chicken broth on the bottom of the pan. Cover tightly with aluminum foil and bake for about 45 minutes.
8. Carefully remove the foil and serve right away.

MyPlate Nutrition:

- Whole Grain Rice: To keep you feeling full and energized, and add fiber to your diet.
- Meat: Adds protein to heal your body and keep you strong!
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

Recipe Retrieved From: <https://www.skinnytaste.com/turkey-stuffed-peppers-45-pts/>

Veggie Pizza



Ingredients:

- 1 14 oz can of refrigerated pizza dough OR a whole grain pre made pizza crust.
- 1 14 oz jar of pizza sauce.
- 8 oz of low fat or skim shredded cheese.
- VEGGIES OF YOUR CHOICE!!!
 - Bell Peppers Sliced
 - Onion
 - Broccoli
 - Zucchini
 - Spinach
 - Mushrooms

Directions:

1. Prepare pizza crust according to package directions.
2. Top pizza with sauce and veggies, you can saute the veggies prior to baking the pizza to ensure they are soft.
3. Top with cheese.
4. Bake for additional 5-7 minutes until cheese is melted.

Tip: Add beans, chicken, or turkey for extra protein!

MyPlate Nutrition:

- Whole Grain Pizza Crust: To keep you feeling full and energized, and add fiber to your diet.
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

Power Up Wraps



Ingredients:

- Whole Grain Tortilla
- **Condiments of Choice:**
 - Mayo.
 - Mustard.
 - Ketchup.
 - Ranch.
 - Hot Sauce.
 - BBQ Sauce.
- **Proteins of Choice:**
 - Ham.
 - Turkey.
 - Chicken.
 - Tuna.
- **Veggies of choice:**
 - Lettuce/ Spinach.
 - Peppers.
 - Onion.
 - Carrots.
 - Avocado.
- **Extra Add ins:**
 - Nuts.
 - Dried Fruit.
 - Shredded Low fat or skim cheese.

Directions:

Make your very own sandwich bar at home!

Assemble the wraps as you and your children would like!

MyPlate Nutrition:

- Whole Grain Rice: To keep you feeling full and energized, and add fiber to your diet.
- Meat: Adds protein to heal your body and keep you strong!
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

Pizza Pockets



Ingredients:

- 1 8 oz can of refrigerate crescent rolls
- 1 14 oz jar of pizza sauce.
- 8 oz of low fat or skim shredded cheese.
- VEGGIES OF YOUR CHOICE!!!
 - Bell Peppers Sliced
 - Onion
 - Broccoli
 - Zucchini
 - Spinach
 - Mushrooms

Directions:

1. Preheat oven to 375 degrees.
2. Lay out pizza dough, cut into 4s
3. Top ½ of the square with pizza with sauce and veggies, you can saute the veggies prior to baking the pizza to ensure they are soft.
4. Top with cheese.
5. Fold in half and secure the edges, you can press down on the corners with the ends of a fork to ensure they are sealed.
6. Brush the top with olive oil.
7. Bake for 13-15 minutes, until golden brown.

Tip: Add beans, chicken, or turkey for extra protein!

MyPlate Nutrition:

- Whole Grain Pizza Crush: To keep you feeling full and energized, and add fiber to your diet.
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

Calzones



Ingredients:

- 2 14 oz cans of refrigerated pizza dough.
- 1 cup of shredded skim mozzarella cheese.
- 1 cup of skim ricotta.
- 1 cup of spinach.
- 1 cup of mushrooms.
- 4 oz of deli ham.
- Pizza sauce for dipping.

Directions:

1. Preheat oven to 425 degrees.
2. Lay out pizza dough, cut each one into 4 squares.
3. Spoon ricotta into middle and sprinkle with mozzarella cheese.
4. Top with ham and veggies. You can saute veggies before to make sure they are soft.
5. Gently fold dough over to enclose the calzones. Pinch edges together to seal edges.
6. Place on a greased cookie sheet and bake for at least 20 minutes, until golden brown.
7. Serve with warmed pizza sauce.

MyPlate Nutrition:

- Pizza Dough: To keep you feeling full and energized, and add fiber to your diet.
- Meat: Adds protein to heal your body and keep you strong!
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

Quesadillas



Ingredients:

- Whole grain tortillas.
- Pick Your Protein:
 - Lean ground beef.
 - Ground turkey or chicken.
 - Shredded Chicken.
- 1 Green bell pepper.
- 1 Small onion.
- 1 15 oz can of black beans, drained and rinsed.
- 1 15 oz can of corn, drained and rinsed.
- 1 packet of low sodium taco seasoning.
- 1 cup of shredded skim cheddar cheese.
- Low fat sour cream for dipping.

Directions:

1. In a skillet cook protein of choice, drain any fat.
2. In skillet with protein add in peppers and onion. Cook until veggies are soft.
3. Add corn and black beans, taco seasoning, and water according to package.
4. Let simmer until thickened.
5. In a clean skillet spray cooking spray and heat pan.
6. Place 1 tortilla on the bottom of the skillet, top with protein and veggies mixture. Top with shredded cheese. Place another tortilla on top and press down firmly.
7. Cook until golden brown, flip and cook other side.
8. Serve with sour cream.

MyPlate Nutrition:

- Whole Grain Tortilla: To keep you feeling full and energized, and add fiber to your diet.
- Meat: Adds protein to heal your body and keep you strong!
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

DIY Burrito Bowl



Ingredients:

- 1 cup of cooked whole grain rice.
- 3 cups of lettuce.
- 1 15 oz can of black beans, drained and rinsed.
- 1 15 oz can of corn, drained and rinsed.
- 2 Diced tomatoes.
- Pick your Protein:
 - Lean ground beef or steak.
 - Ground turkey or chicken.
 - Shredded Chicken.
- 1 packet of low sodium taco seasoning.
- 1 cup of skim shredded cheddar cheese.
- Low fat sour cream for topping.
- Salsa for topping.

Directions:

1. Cook protein with taco seasoning according to directions.
2. Make your very own burrito bowls at home by letting children assemble their ingredients as the wish. Just don't let them forget the veggies!

MyPlate Nutrition:

- Whole Grain Rice: To keep you feeling full and energized, and add fiber to your diet.
- Meat: Adds protein to heal your body and keep you strong!
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.
- Cheese: Add calcium to your diet to keep your bones and teeth strong.

Asian Veggie Stir Fry



Ingredients:

- 3 Cups of cooked brown rice or lo main noodles.
- 1 lb of chicken.
- 1 pound of broccoli, washed and cut (Fresh or frozen).
- 1 pound of mushrooms, cleaned and sliced (can used fresh or canned).
- 1 Bell pepper, cleaned and sliced.
- 1 Medium onion, sliced.
- ½ cup of sliced or shredded carrots.
- 3 cloves of garlic.
- 1 cup of low sodium soy sauce.

Directions:

1. In a large skilled with olive oil cook thinly sliced chicken.
2. Add in veggies and garlic and sauté until tender.
3. Add rice and soy sauce and mix evenly.

MyPlate Nutrition:

- Whole Grain Rice: To keep you feeling full and energized, and add fiber to your diet.
- Chicken: Adds protein to heal your body and keep you strong!
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.

Cranberry Apple Chicken Salad



Ingredients:

2 12oz cans of chicken.

¼ cup of dried cranberries.

½ cup celery, chopped.

½ cup of green apple, chopped.

6 tablespoons of light mayo.

Salt and pepper for seasoning.

2 teaspoons of lemon juice.

Optional: ¼ cup slices almonds or chopped walnuts.

Directions:

1. Drain chicken.
2. Mix all ingredients. Store in an airtight container. Refrigerate before serving.

MyPlate Nutrition:

- Fruit: Add vitamins to diet as well as natural sugar for energy.
- Chicken: Adds protein to heal your body and keep you strong!

Chicken Parm Meatballs



Ingredients:

- 1 lb. ground chicken
- 1/2 c. bread crumbs
- 1/4 c. freshly grated Parmesan
- 2 tbsp. freshly chopped parsley, plus more for garnish
- 4 cloves garlic, minced
- 1 large egg
- Salt and Pepper
- 3 tbsp. extra-virgin olive oil
- 1 (28-oz.) can crushed tomatoes
- 1 tsp. crushed red pepper flakes
- 1 1/2 c. shredded mozzarella

Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, combine ground chicken, bread crumbs, Parmesan, parsley, half the garlic, and egg and season with salt and pepper. Mix until fully combined, then form into meatballs.
3. In a large oven proof skillet, heat 1 tablespoon oil over medium heat. Add meatballs and brown each side, 5 minutes. Transfer to a plate.
4. Add remaining 2 tablespoons oil to skillet. Add remaining half garlic and cook until fragrant, 1 minute, then stir in crushed tomatoes and red pepper flakes.
5. Bring to a simmer, then return meatballs to skillet. Top with mozzarella and bake until cheese is melted and chicken is no longer pink, 10 minutes more.
6. Serve with whole grain pasta.

MyPlate Nutrition:

- Whole Grain Pasta: To keep you feeling full and energized, and add fiber to your diet.
- Chicken: Adds protein to heal your body and keep you strong!
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.

Recipe Retrieved From: <https://www.delish.com/cooking/recipe-ideas/recipes/a46092/chicken-parm-meatball-skillet-recipe>.

Salmon Burgers



Ingredients:

- 2 6oz cans of salmon, drained and deboned.
- 2 teaspoons of old bay seasoning.
- 2 eggs.
- 2 teaspoons of light mayo.
- $\frac{3}{4}$ cup of breadcrumbs.
- 1 small green bell pepper, cleaned and diced.

Directions:

Combine all ingredients in a bowl.

Form into patties.

Heat olive oil in a large skillet, lightly fry patties until golden brown.

MyPlate Nutrition:

- Salmon: Adds protein to heal your body and keep you strong!
- Veggies: Adds vitamins and minerals to your diet to keep your body healthy from the inside out.

Crispy “Fried” Chicken



Ingredients:

- 1 lb chicken breast, boneless and skinless
- 1 cup low-fat buttermilk
- 1 cup cornflakes
- 1 cup seasoned bread crumbs
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1/4 teaspoon ground cayenne pepper

Instructions:

1. Use a sharp knife to trim the fat from the chicken breasts and cut into tenders.
2. Dip the chicken into buttermilk and let soak for at least 30 minutes or up to overnight.
3. Place corn flakes, seasoned breadcrumbs, garlic powder, black pepper, paprika, and cayenne pepper into a small food processor. Pulse until well combined.

Oven:

1. Preheat oven to 450° F.
2. Place breadcrumbs mixture in a shallow pan. Then dip each chicken piece into the breading mixture. Press down firmly so the breading sticks to the chicken.
3. Place the chicken on a lightly oiled pan; spray the top of the chicken well with cooking spray.
4. Bake the chicken until done, about 30 minutes, flipping the chicken halfway through so they're crispy on both sides. NOTE: The cooking time will depend on the thickness and size of your chicken pieces. The best way to check for doneness is to use a meat thermometer. The chicken will be done when it reaches 175° F. So make sure to check that the chicken is cooked through before you serve.

Air Fryer:

1. Preheat the air fryer to 400°F.
2. Place the chicken in the basket, DO NOT crowd or overlap. You might need to do this in batches depending on the air fryer's capacity.
3. Cook for 13-15 minutes, flipping the chicken halfway through so they're crispy on both sides. Repeat with the remaining chicken.

Recipe Retrieved From: <https://mommyhomecooking.com/skinny-oven-fried-chicken/>