

CookSmart EatSmart



With Kids!



Virginia Cooperative Extension
Virginia Tech • Virginia State University

EatSmart
MoveMore

Dear Parents and Guardians,

Virginia Cooperative Extension's (VCE) Family Nutrition Program is proud to provide this cookbook to you and your family for partnering with us to eat smart, move more.

During our lessons, your child has learned the importance of eating healthy and getting physical activity through various hands-on activities and games. Your child has learned to make healthy snacks to eat more fruits, vegetables, and whole grains, following food safety guidelines.

We encourage you to support these efforts by reminding your child to make healthy choices and assisting them in preparing the healthy, budget-friendly recipes that are included in this book.

We have enjoyed working with your child and welcome you to contact us for more information about the Virginia Family Nutrition Program.

Yours in Good Health,

Dr. Elena Serrano
Director, Family Nutrition Program
Virginia Cooperative Extension
Virginia Tech, Dept. of Human Nutrition, Foods, and Exercise

Find more recipes and tips on our blog: **www.eatsmartmovemoreva.org**

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COOK SMART • EAT SMART • WITH KIDS!

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NUTRITION AND YOUR CHILD

Nutrition is an important part of a child's physical, emotional, and academic development. Optimal nutrition means getting the right amount – not too much and not too little – of food and nutrients to be active and healthy.

If children do not get enough to eat or enough of the key nutrients, they may not grow properly. They can also have trouble concentrating, learning, or doing well at school. They might get sick more often, causing them to miss school and fall behind in class.

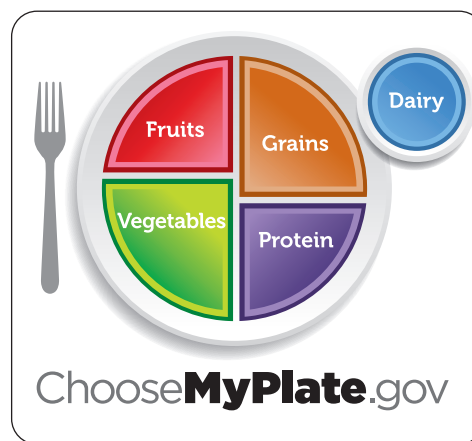
Most children (and adults) can improve what and how much they eat.

MYPLATE

MyPlate is a guide to healthy eating. The plate shows how much from each food group you should eat. Each food group offers different nutrients.

MyPlate is divided into five food groups:

- Fruits
- Vegetables
- Grains
- Protein
- Dairy



Focus on making healthy food and beverage choices from all five food groups to get the nutrients you need.

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

Fruits and vegetables provide nutrients vital for health and maintenance of your body. They are sources of many essential nutrients that most of us don't eat enough of, including potassium, dietary fiber, vitamin C, and folate (folic acid). Fruits and vegetables should be offered at each snack and meal.

To get all of the nutrient benefits, choose whole or cut-up fruit instead of juice. Keep a bowl of whole fruit on the table, counter, or in the refrigerator. Refrigerate cut-up fruit for quick access. Stock up on frozen vegetables for quick and easy cooking. Buy fresh fruits and vegetables in season when they are less expensive and taste better.

MAKE HALF YOUR GRAINS WHOLE GRAINS

Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate) and minerals (iron, magnesium, and selenium).

Grains are divided into 2 subgroups – whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples include whole-wheat flour, oatmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ, along with dietary fiber, iron, and many B vitamins.

VARY YOUR PROTEIN ROUTINE

Proteins are building blocks for bones, muscles, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products (such as tofu or seitan), nuts, and seeds are considered part of the Protein Group. Many of the meats may have fat. Choose lean or low-fat meat and poultry or even replace meat with beans for a low-cost, more nutritious protein alternative.

MOVE TO LOW-FAT AND FAT-FREE DAIRY

Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis. Calcium, which is found in dairy products, is used for building bones and teeth and in maintaining bone mass. Milk is often fortified with Vitamin D which helps the body to maintain proper levels of calcium and phosphorous. Choose low-fat and fat-free dairy options to limit saturated fat.



EAT AND DRINK LESS SATURATED FAT AND ADDED SUGARS

Saturated fats are fats that are solid at room temperature, like butter, fat in milk, fat in meats, and shortening. These types of fats should be limited as much as possible. They are linked to heart damage. You will see in this cookbook that we use only oils, which are considered the best choice.

Added sugars are sweeteners that are added to processed or prepared foods or beverages. Added sugars can make a food or beverage tastier, but they can also add a lot of calories with little nutrients. Most kids eat or drink about 20 teaspoons of added sugar each day!

Water is also an important nutrient for your body. Our bodies need water each day to function. Water helps all of our organs, including our skin and heart. Plus, it helps regulate temperature. If you are thirsty, that is a sign that your body needs water immediately. You and your child should aim for around 8 glasses of water a day. Besides fat-free or low-fat milk, water is the only other beverage that should be offered to children.



GET KIDS IN THE KITCHEN

Most kids love to help prepare food. It's a great way to teach them important life skills and spend time together. They are more likely to try what they help making too, especially fruits and vegetables.

Here is a guide to what age children should be able to do different tasks. You may need to adjust the age depending on your child. If a child builds skills through the years, by the time he/she is a teen, he/she should be able to cook a full meal.

Be sure to have kids of all ages wash their hands before and after helping you in the kitchen. Expect spills and mistakes.



Age	Task
Preschoolers	<p>Wipe tables</p> <p>Tear lettuce and break broccoli and cauliflower into pieces</p> <p>Rinse fruits and vegetables</p> <p>Pour and scoop ingredients into measuring tools</p> <p>Mix ingredients</p> <p>Peel oranges</p> <p>Mash bananas</p> <p>Spread peanut butter on bread</p> <p>Put silverware in the dishwasher</p>
Young Elementary Age Children (5 – 7 years old)	<p>Get things from the refrigerator</p> <p>Use an egg beater or whisk</p> <p>Cut soft foods with a plastic knife or kid-safe knife</p> <p>Put plates and silverware into the dishwasher or rinse plates with supervision</p>
Middle Childhood (7 – 9 years old)	<p>Measure ingredients</p> <p>Use a can opener</p> <p>Peel fruits and vegetables</p> <p>Grate cheese</p> <p>Use a blender with supervision</p> <p>Cut vegetables with kid-safe knife</p> <p>Wash dishes by hand</p>

Pre-teen (10 – 12 years old)	Use a small paring knife to cut fruit and vegetables (once shown the proper way to handle) Help cook at the stove
Teens (13+)	Do recipe conversions Cook at stove (if they have learned basic cooking and safety skills) Set and clean up table



GET YOUR KIDS (AND FAMILY) MOVING

Physical activity and movement are also important for kids. Children should move at least 60 minutes a day, doing a variety of aerobic, muscle-strengthening, and bone-strengthening activities.

Steps to Label Reading

One of the best ways to make an informed food decision is to read a product's Nutrition Facts label. Here, you will find all the nutrients the product contains. You can also use food labels to compare products to find the healthiest option.

1. Start here.

Check the serving size. Determine how many servings you are eating.

3. Limit these nutrients.

Eating too much saturated fat, *trans* fat, sodium, and added sugars may increase your risk of chronic diseases.

5. Get enough of these nutrients.

Eating more fiber, vitamins, like A and C, and minerals, like calcium and iron, may help to improve your health.

Nutrition Facts	
6 servings per container	2 tortillas (51g)
Serving size	
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Total Sugars 0g	
Includes 0 g of Added Sugars	
Protein 2g	
Vitamin A 0mcg	0%
Calcium 84mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2. Check calories.

Calories are the amount of energy in food. If you are really eating two servings, remember you are getting twice the calories!

4. Quick guide to % Daily Value.

5% or less is low.
20% or more is high.

6. Footnotes.

This area shows recommendations for a 2,000 and a 2,500 calorie diet. The Nutrition Facts label calculates the Daily Values of each food based on a 2,000 calorie diet.

Cooking Terms To Know

Learning how to cook can be overwhelming, especially when you are trying to follow a recipe and see cooking terms that you don't recognize. Here is a list of commonly used cooking terms and their definitions:

Grate	To rub food on a grater to make small pieces.
Shred	To tear food into long, thin pieces; to grate food coarsely on a grater.
Marinate	To soak in an acid-oil mixture.
Grease	To rub with fat or oil.
Blend	To mix two or more ingredients together thoroughly.
Cream	To beat until soft and smooth.
Brown	To cook over heat until food becomes brown in color.
Dice	To cut into small squares.
Mince	To cut food into the smallest possible pieces.
Mix	To combine or blend into one mixture.
Pare	To cut a very thin layer of peel from fruits or vegetables.



Wash Your Hands!

Food safety is very important for the entire cooking process. Washing your hands is the first step to prevent foodborne illness and the spreading of germs.

- Start with warm running water and soap.
- Lather up all parts of your hands, including the back of the hands, wrists, around the nails, and between fingers.
- Rub hands together for 20 seconds — about the time it takes to sing "Happy Birthday!" two times.
- Rinse well under water and pat dry with a towel.

Washing your hands is the best way to avoid getting sick!

Measuring Ingredients

Measuring ingredients is the key to making a successful recipe. Read below on how to measure dry versus liquid ingredients, and learn about the different abbreviations you may see for the common measurement units.



Measurement Equivalents

1 tablespoon (tbsp)	=	3 teaspoons (tsp)
$\frac{1}{16}$ cup (c)	=	1 tablespoon
$\frac{1}{8}$ cup	=	2 tablespoons
1 cup	=	16 tablespoons
8 ounces (fl oz)	=	1 cup
1 pint (pt)	=	2 cups
4 cups	=	1 quart (qt) = 2 pints
1 gallon (gal)	=	4 quarts
16 ounces (oz)	=	1 pound (lb)

How to Measure Ingredients

Dry ingredients like flour:

Lightly spoon ingredients into a dry measuring cup until it is heaped over the top. Level off with a flat edge.

Liquids:

Place the liquid measuring cup on a flat surface. Fill to correct measurement. Bend down so you check the amount at eye level.

Sticky ingredients like peanut butter or honey:

Use dry measuring cups and pack down to remove air pockets. Scrape all ingredients out into mixing bowl.

Spices:

Usually needed in small amounts. Dip measuring spoon in the spice or ingredient container. Shake to level or use a flat edge if possible.

T = tbsp = tablespoon

t = tsp = teaspoon

oz = ounce

c = cup

lb = pound

Basic Scrambled Eggs

Ingredients:

- 2 eggs
- 2 tablespoons 1% milk
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1/2 teaspoon canola oil



Directions:

- Beat eggs, milk, pepper, and salt until blended in a mixing bowl.
- Heat oil in a skillet over medium heat until hot.
- Pour in egg mixture.
- As eggs begin to set, slowly pull the spatula across the pan until big, soft lumps form.
- Continue cooking by pulling, lifting, and folding eggs until thickened and no visible liquid remains.
- Remove from heat and serve immediately.

Quick Tip

- ▶ Place scrambled eggs in a whole-wheat tortilla with reduced-fat cheese and veggies, such as green peppers and onions, to make a breakfast burrito!



Choose **MyPlate.gov**

Prep Time: 5 minutes

Total Time: 10 minutes

Number of Servings: 1

KIDS WHO EAT A HEALTHY BREAKFAST:

- Focus better in school.
- Have more energy.
- Consume more vitamins and nutrients than kids who don't eat breakfast.

Nutrition Facts

2 servings per container
Serving size **1 serving**
(66.89g)

Amount per serving
Calories **90**

		% Daily Value*
Total Fat	6g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	215mg	72%
Sodium	220mg	10%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Total Sugars	<1g	
Includes g of Added Sugars		
Protein	7g	
Vitamin D	1mcg	4%
Calcium	69mg	6%
Iron	1mg	4%
Potassium	146mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <http://www.incredibleegg.org>.)

Breakfast Fruit Pizza

Ingredients:

- 1 whole-wheat English muffin
- 2 teaspoons apple butter
- 2 teaspoons peanut butter
- $\frac{1}{8}$ cup mixed fruit, such as banana, cherries, and strawberries, sliced
- 1 teaspoon raisins or nuts (optional)



Directions:

- Halve and toast an English muffin.
- Spread apple butter and peanut butter on each half.
- Top with your favorite fruit and raisins or nuts, if using.

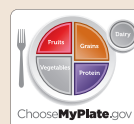
Make
with your
favorite
selection
of mixed
fruit



Prep Time: 5 minutes

Total Time: 5 minutes

Number of Servings: 1



Nutrition Facts

1 servings per container
Serving size **1 serving**
(133.69g)

Amount per serving
Calories **270**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **13%**

Total Carbohydrate 48g **17%**

Dietary Fiber 6g **21%**

Total Sugars 22g

Includes g of Added Sugars

Protein 9g

Vitamin D 0mcg **0%**

Calcium 190mg **15%**

Iron 2mg **10%**

Potassium 281mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <http://www.thecomfortofcooking.com>.)

Yogurt Fruit Crunch

Ingredients:

- 2 cups fresh fruit, such as bananas, strawberries, and blueberries, sliced
- $\frac{3}{4}$ cup low-fat plain yogurt
- $\frac{1}{2}$ cup granola

Directions:

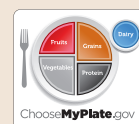
- Mix fruit and yogurt together in a mixing bowl.
- Divide evenly and spoon into serving bowls.
- Top each bowl with $\frac{1}{4}$ cup of granola.



Prep Time: 10 minutes

Total Time: 10 minutes

Number of Servings: 2



Nutrition Facts

2 servings per container
Serving size **1 serving**
(267.38g)

Amount per serving
Calories **310**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 70mg **3%**

Total Carbohydrate 50g **18%**

Dietary Fiber 6g **21%**

Total Sugars 33g

Includes g of Added Sugars

Protein 10g

Vitamin D 0mcg **0%**

Calcium 189mg **15%**

Iron 2mg **10%**

Potassium 477mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <https://www.whatscooking.fns.usda.gov/>)

BUILD YOUR OWN Hot Cereal

Choose from your favorite ingredients and make it your own!

Prep Time: 10 minutes

Total Time: 10 minutes



GRAIN:



$\frac{1}{2}$ cup cooked
oatmeal



$\frac{1}{2}$ cup prepared whole
grain cream of wheat



$\frac{1}{2}$ cup cooked
brown rice



$\frac{1}{2}$ cup
cooked quinoa

FRUIT:



$\frac{1}{2}$ cup frozen mixed
berries, thawed



$\frac{1}{2}$ cup diced
apple



$\frac{1}{4}$ cup
raisins

DAIRY:



$\frac{1}{4}$ cup low-fat
milk



$\frac{1}{4}$ cup unsweetened
fortified soymilk



$\frac{1}{4}$ cup low-fat
vanilla yogurt

PROTEIN:



2 tablespoons
peanut butter



$\frac{1}{4}$ cup slivered
almonds



2 tablespoons
chia seeds



2 tablespoons
flaxseeds

Directions:

- Select a grain, fruit, dairy, and protein.
- Heat grains in microwave for 1-2 minutes, or until steaming.
- Stir in fruit, dairy, and/or protein choices. Enjoy warm.
- Makes 1 serving.
- As you become more familiar with the recipe, try adding or replacing with different grains, fruits, dairy, and protein options.



Fruit Kabobs with Yogurt Dip

Ingredients:

- 1 cup pineapple, cut into chunks
- 1 cup seedless grapes
- 1 cup strawberries, hulled
- 1 cup watermelon, seeded and cut into chunks
- 2 kiwis, peeled and sliced
- 6 ounces low-fat vanilla yogurt



Directions:

- Arrange fruit chunks on the skewers.
- Serve kabobs alongside yogurt as dip.

DID YOU KNOW?

Most fruit peels are edible. Eating the peel provides you with more fiber and nutrients.

Always wash produce before cutting.

Different colored fruits and vegetables provide different nutrients, such as vitamin K (green) and vitamin C (orange and red). It is important to eat a variety of colorful fruits and vegetables to make sure you are getting a variety of nutrients!

You can easily change this recipe by using different fruits. Try blueberries, mango, honeydew melon, or oranges.

Nutrition Facts

8 servings per container	
Serving size	1 serving (115.51g)
Amount per serving	60
Calories	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 0mg	0%
Potassium 212mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep Time: 15 minutes
Total Time: 15 minutes
Number of Servings: 8



(Recipe adapted from Food and Health Communications, Inc., as listed at: <https://whatscooking.fns.usda.gov/>)

Bugs on a Log

Ingredients:

- 2 celery stalks, cut into chunks
- 1 tablespoon peanut butter
- 1½ tablespoons raisins



Directions:

- Lay celery flat on cutting board and spread peanut butter evenly onto the center of the celery.
- Scatter the raisins on top of the celery sticks and peanut butter.



**Remember
to always
wash your
vegetables
before
cutting!**



You can use
apple slices
as the “log,”
peanuts or dried
cranberries as the
“bugs,” and low-fat
cream cheese or
hummus in place
of the peanut
butter.



Prep Time: 5 minutes

Total Time: 5 minutes

Number of Servings: 1



Nutrition Facts

1 servings per container
Serving size **4 servings**
(105.06g)

Amount per serving
Calories **140**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 13g **5%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes g of Added Sugars

Protein 4g

Vitamin D 0mcg **0%**

Calcium 44mg **4%**

Iron 1mg **4%**

Potassium 365mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from National Network for Childcare, as listed at: <https://whatscooking.fns.usda.gov>.)

Black Bean Corn Salsa

Ingredients:

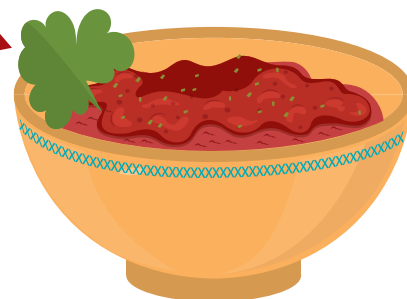
- 15 ounces canned low-sodium corn, drained and rinsed
- 15 ounces canned low-sodium black beans, drained and rinsed
- 14 ounces canned low-sodium tomatoes, drained and rinsed
- 4 ounces canned green chilies, drained and rinsed (optional)
- ½ cup onion, chopped
- 2 tablespoons canola oil
- 2 tablespoons lime juice



Directions:

- Combine corn, beans, tomatoes, chilies (if using), and onion in a mixing bowl.
- Drizzle oil and juice over salsa and mix well.

NOTE:
You can substitute the canned tomatoes for prepared salsa for added flavor, but it will increase the amount of sodium.



You can add cumin, avocado, bell pepper, or cilantro for more flavor



Prep Time: 10 minutes
Total Time: 10 minutes
Number of Servings: 8



Nutrition Facts

4 servings per container	
Serving size	1 serving (374.69g)
Amount per serving	260
Calories	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 41g	15%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3mg	20%
Potassium 762mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe from Del Monte as listed at: <https://www.whatscooking.fns.usda.gov/>)

BUILD YOUR OWN Trail Mix

Choose from your favorite ingredients and make it your own!

Prep Time: 10 minutes

Total Time: 10 minutes



GRAIN:



**4 cups whole-grain
cereal O's**



**4 cups whole-grain
cereal squares**



**8 cups 94% fat-free
microwave popcorn**

FRUIT:



**1 cup
raisins**



**1 cup dried
cranberries**



**1 cup dried
banana chips**

PROTEIN:



**$\frac{3}{4}$ cup unsalted
peanuts**



**$\frac{3}{4}$ cup unsalted
almonds**



**$\frac{3}{4}$ cup sunflower
seeds**

Directions:

- Select a grain, fruit, and protein.
- Mix grains, fruit, and/or protein choices in a bowl.
- To add flavor, spray trail mix with nonstick cooking spray and toss with your choice of seasonings, such as ground cinnamon, chili powder, or unsweetened cocoa powder.
- Makes 4 servings.
- As you become more familiar with the recipe, try adding or replacing with different grains, fruits, and protein options.



Bean Enchiladas

Ingredients:

- 1 cup dried pinto beans
- Nonstick cooking spray
- ½ teaspoon chili powder
- 1 cup reduced-fat cheddar cheese, shredded
- 8 whole-wheat tortillas



Directions:

- To prepare the dried beans, soak in water overnight. Drain the water and place the beans in a saucepan. Add fresh water to cover the top of beans, cover the saucepan, and bring to a boil. Reduce heat and cook on low for 1 hour.
- Heat oven to 350°F. Spray a baking dish with nonstick cooking spray.
- Place the beans in a bowl and mash. Add chili powder and mix well.
- Spread ⅓ of the bean mixture down the center of the tortilla and sprinkle with cheese. Roll tortillas and place seam side down on the baking dish.
- Cover with foil and bake for 20 minutes until heated through.



Nutrition Facts

8 servings per container
Serving size **1 serving**
(77.53g)

Amount per serving
Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 280mg **12%**

Total Carbohydrate 31g **11%**

Dietary Fiber 7g **25%**

Total Sugars <1g

Includes g of Added Sugars

Protein 12g

Vitamin D 0mcg **0%**

Calcium 135mg **10%**

Iron 1mg **6%**

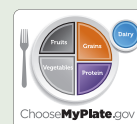
Potassium 335mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep Time: 10 minutes

Total Time: 1 ½ hours

Number of Servings: 8



(Recipe adapted from the 2003 issue of Healthy Lifestyles, as listed at: <https://www.whatscooking.fns.usda.gov>.)

Chicken Burrito Bowls

Ingredients:

- 1 cup brown rice
- Nonstick cooking spray
- 1¼ cup frozen corn, thawed
- 1 cup cooked boneless skinless chicken thighs, chopped
- 1 cup lettuce, shredded
- 1 tomato, chopped
- 4 ounces reduced-fat cheddar cheese, shredded



Directions:

- Prepare rice according to package directions.
- While the rice is cooking, spray a skillet with nonstick cooking spray. Add corn and chicken to the skillet and cook over medium-high heat until mixture is hot, stirring often.
- Divide rice and chicken mixture evenly into serving bowls.
- Top each bowl with lettuce, tomato, and cheese.



Always wash produce before cutting



Buying a whole chicken is cheaper than buying breasts or thighs. Use leftovers to make this dish



Try this recipe with black beans in place of chicken

Prep Time: 15 minutes
Total Time: 25 minutes
Number of Servings: 8



Nutrition Facts

6 servings per container

Serving size **1 serving**
(129.03g)

Amount per serving

Calories **130**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 290mg **13%**

Total Carbohydrate 10g **4%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes g of Added Sugars

Protein 12g

Vitamin D 0mcg **0%**

Calcium 118mg **10%**

Iron 1mg **4%**

Potassium 189mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <https://www.whatscooking.fns.usda.gov>.)

BUILD YOUR OWN Pasta Dish

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 25 minutes



NOODLE:



2 cups cooked whole wheat spaghetti



2 cups cooked whole wheat rotini



2 cups cooked spaghetti squash



2 cups shredded zucchini noodles

VEGETABLE:



2 cups frozen spinach



1 onion, diced



1 bell pepper, diced



1 pint mushrooms, sliced

PROTEIN:



8 ounces cooked chicken thigh, chopped



1 can cannellini beans, drained and rinsed



½ pound ground turkey



1 cup cooked diced tofu

SAUCE:



2 cups tomato sauce



¼ cup pesto



2 cups low-fat cheese sauce

Directions:

- Select a noodle, vegetable, protein, and sauce.
- In a saucepan, combine pasta or vegetable noodles, vegetable and protein choices. Add sauce and bring to a simmer while stirring. Serve warm and top with grated Parmesan, if desired. This would count as dairy.
- Makes 4 servings.
- To make low-fat cheese sauce: Whisk together 2 tablespoons whole-wheat flour with 2 cups cold low-fat milk. Add to saucepan and bring to simmer while stirring to prevent lumps. Let simmer for at least two minutes to thicken. Add ½ cup of reduced-fat cheese, such as mozzarella or Parmesan, and stir to combine.
- As you become more familiar with the recipe, try adding or replacing with different noodle, vegetables, protein, and sauce.

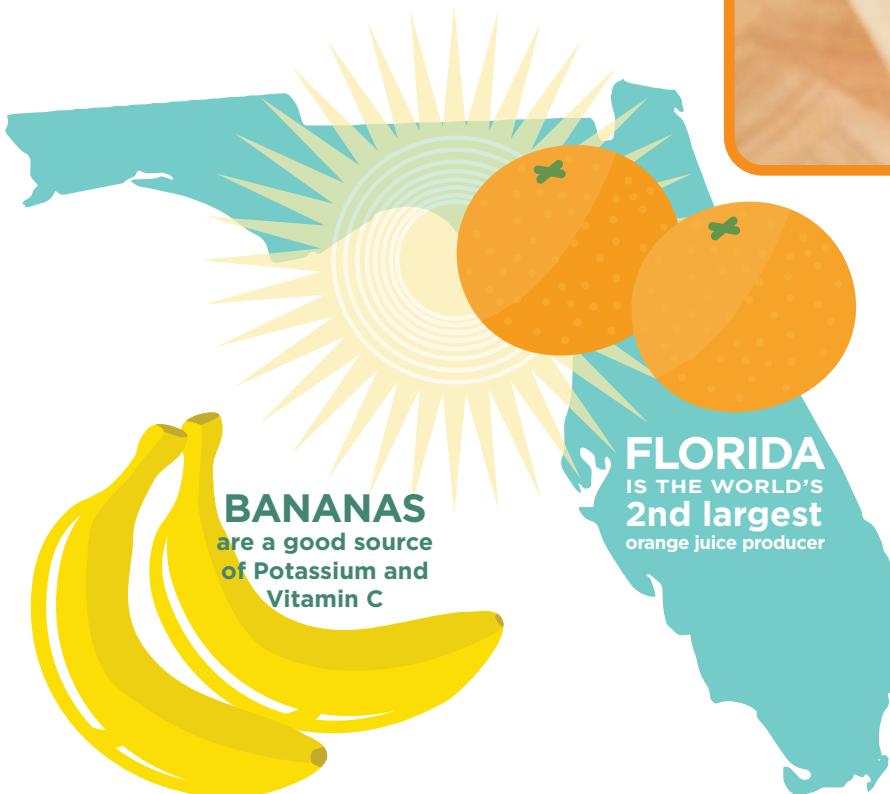
Orange Banana Frosty

Ingredients:

- 1 banana, sliced and frozen
- ½ cup low-fat plain yogurt
- ½ cup orange juice

Directions:

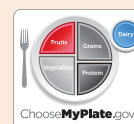
- Place all ingredients into a blender.
- Mix well and serve chilled.



Prep Time: 5 minutes

Total Time: 2 hours and 5 minutes

Number of Servings: 2



Nutrition Facts

2 servings per container
Serving size **1 serving**
(182.25g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat	1.5g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	<5mg	2%
Sodium	45mg	2%
Total Carbohydrate	24g	9%
Dietary Fiber	2g	7%
Total Sugars	17g	
Includes g of Added Sugars		
Protein	4g	
Vitamin D	0mcg	0%
Calcium	122mg	10%
Iron	0mg	0%
Potassium	479mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe from University of Nebraska's Recipe Collection, as listed at: <https://www.whatscooking.fns.usda.gov>.)

BUILD YOUR OWN Infused Water

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 25 minutes



FRUIT:



2 limes,
sliced



½ cup frozen
berries



½ cup watermelon,
diced



½ cup pineapple,
sliced or diced

VEGETABLE:



1 cucumber,
sliced



1 jalapeno,
sliced



½ cup fennel fronds,
chopped

HERB:



¼ cup mint,
chopped



¼ cup basil,
chopped



1 teaspoon fresh
ginger root, minced

Directions:

- Select a fruit, vegetable, and/or herb.
- Combine fruit, vegetable, and/or herb choices in a water pitcher. Fill with ice and water. Stir to combine.
- Refrigerate water for at least 2 hours for best flavor.
- Makes 8 servings.
- Refill empty pitcher with water and ice to reuse flavoring ingredients once within 4 days if desired.
- As you become more familiar with the recipe, try adding or replacing with different fruits, vegetables, and herbs for a different flavor.

Fruit infused waters are a great alternative to sugary drinks because they taste amazing and they're made with healthy ingredients.



BUILD YOUR OWN Smoothie

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 10 minutes



DAIRY:



1 cup
low-fat milk



1 cup unsweetened
fortified soymilk



1 cup low-fat vanilla
yogurt

FRUIT:



½ cup
frozen fruit



½ banana,
sliced



½ cup fruit
canned in juice

VEGETABLE:



1 cup fresh
leafy greens



½ cup no salt added
canned sliced carrot



1 cooked beet,
peeled and diced

EXTRA:



1 tablespoon
peanut butter



1 teaspoon
chia seeds



⅛ teaspoon
cinnamon

Directions:

- Select a dairy, fruit, vegetable, and/or extra.
- Layer fruits, vegetables, and/or extras in the blender. Pour dairy over top. Blend until smooth.
- Makes 1 serving.
- As you become more familiar with the recipe, try adding or replacing with different dairy, fruits, vegetables, and extras for a different flavor and texture.



Fruit Chewy Cookies

Ingredients:

Nonstick cooking spray

3 bananas, peeled

2 cups rolled oats

1 cup raisins

½ cup walnuts, chopped (optional)

2 tablespoons apple butter

1½ tablespoons canola oil

1 teaspoon vanilla extract



Directions:

- Heat oven to 350°F. Spray a baking sheet with nonstick cooking spray.
- Mash the bananas in a mixing bowl.
- Add oats, raisins, walnuts (if using), apple butter, oil, and vanilla to the mixing bowl. Mix well with the bananas. Note: You can toast the walnuts for more flavor.
- Let stand for 10 minutes.
- Drop by teaspoonful onto the baking sheet. Bake for 15 – 20 minutes until browned.
- Remove and let cool for at least 10 minutes.



Oats are a good source of fiber, magnesium, and protein.



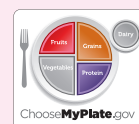
For a different flavor, replace the raisins with dates or dried cranberries.



Prep Time: 10 minutes

Total Time: 50 minutes

Number of Servings: 8



Nutrition Facts

24 servings per container

Serving size

**1 serving
(41.68g)**

Amount per serving

Calories

110

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes g of Added Sugars

Protein 3g

Vitamin D 0mcg **0%**

Calcium 13mg **0%**

Iron 1mg **4%**

Potassium 158mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <http://www.cooks.com>.)

BUILD YOUR OWN Popsicle

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 25 minutes



LIQUID:



**2 cups
low-fat milk**



**2 cups unsweetened
fortified soymilk**



**2 cups low-fat
vanilla yogurt**



**2 cups
100% juice**

FRUIT:



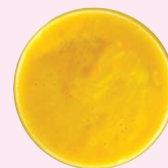
**1 cup
frozen fruit**



**2 bananas,
sliced**



**1 cup fruit
canned in juice**



**½ cup frozen 100%
juice concentrate**

EXTRA:



**¼ cup
peanut butter**



**½ teaspoon
cinnamon**



**1 teaspoon
vanilla extract**

Directions:

- Select a liquid, fruit, and/or extra.
- Layer fruits and/or extras in the blender. Pour liquid over top. Blend until smooth.
- Pour into popsicle molds or small plastic cups. Insert popsicle mold handles or use plastic spoons or popsicle sticks in cups.
- For chunky popsicles, add fruit to molds. Mix any extras with liquid and pour over fruit.
- Freeze 4-6 hours or overnight. Run warm water over molds to loosen and remove popsicles.
- Makes 6 3-ounce servings.
- As you become more familiar with the recipe, try adding or replacing with different liquids, fruits, and extras for a different flavor.



My Recipes

Now you get creative!

Recipe Name: _____

Prep Time: _____ **Total Time:** _____ **Servings:** _____

Ingredients:

Directions:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
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_____	_____

Recipe Name: _____

Prep Time: _____ **Total Time:** _____ **Servings:** _____

Ingredients:

Directions:

_____	_____
_____	_____
_____	_____
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www.ext.vt.edu

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