

KIDS IN THE KITCHEN



Healthy Recipes & Cooking
Tips for Families

University of Rhode Island SNAP-Ed Program

Welcome!

This recipe book is full of **kid-tested recipes** that are fun and healthy for the whole family.

How to get started



Always start by washing your hands in warm, soapy water. Clean well- sing “Happy Birthday” two times and then rinse.



Read the recipe and get all the ingredients you need before you start.



Rinse all fresh fruits and vegetables under cool water. This will wash away any dirt and germs.



Measure out each ingredient with a measuring cup or a measuring spoon.



Always ask an adult to help you when using a knife, blender, oven or stove. **Steps that require an adult helper are printed in bold type.**

Parents: If you have any questions about nutrition or healthy cooking, visit our website for more recipes and helpful resources.



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Yogurt Parfait



Makes 1 parfait

Adult Helper Needed: **Yes**

Ingredients



1 cup low-fat
vanilla yogurt



½ cup chopped fruit
(like fresh or frozen
berries, bananas or
peaches)



¼ cup whole
grain cereal

Directions

1. **Chop fruit.**
2. In a small cup, spoon in half of the yogurt. Layer half of the fruit in next.
3. Spoon in the rest of the yogurt, then the rest of the fruit.
4. Top with the cereal. Enjoy!

Nutrition Facts

1 servings per container	
Serving size	1 parfait
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 160mg	7%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 30g	
Includes 14g Added Sugars	28%
Protein 9g	
Vitamin D 3mcg	15%
Calcium 336mg	25%
Iron 4mg	20%
Potassium 534mg	10%

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



Shamrock Smoothie



Makes 4 smoothies (3/4 cup each)

Adult Helper Needed: **Yes**

Ingredients



1 apple



1 overripe banana
(frozen preferred)



1 cup plain
nonfat yogurt



½ cup 100%
orange juice



2 cups baby
spinach

Directions

1. **Core and chop apple.**
2. Put apple, banana, yogurt, and orange juice in the blender.
3. **Blend until smooth.**
4. **Add spinach and blend until smooth.**
5. Serve right away, or store in refrigerator for up to 4 hours.

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 98mg	8%
Iron 1mg	6%
Potassium 300mg	6%
Vitamin A 170mcg	20%
Vitamin C 28mg	30%
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Oatmeal Cranberry Bites

Makes 4 servings (3 balls each)

Adult Helper Needed: No

Ingredients



1 cup old fashioned oats



¼ cup sunflower seed butter



½ cup dried cranberries or raisins



2 tablespoons honey*



¼ teaspoon cinnamon

**Do not serve honey to infants under 12 months of age*

Directions

1. In a medium bowl, add all of the ingredients and stir well to combine.
2. Refrigerate for 30 minutes.
3. Scoop 1 tablespoon of the mixture into your hand and roll into a ball.
4. Store in an airtight container in the refrigerator for at least 1 hour.
Serve chilled.



Nutrition Facts	
4 servings per container	
Serving size	3 balls
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 43g	16%
Dietary Fiber 5g	18%
Total Sugars 25g	
Includes 10g Added Sugars	20%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 183mg	4%
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Easy Cheesy Chicken & Broccoli



Makes 6 servings (1 cup each)

Adult Helper Needed: **Yes**

Ingredients



1 (14.5 ounce) can
low-sodium
chicken broth



2 cups instant
brown rice,
uncooked



1 (16 ounce)
bag frozen
broccoli



¼ cup parmesan
cheese



1 cup cooked diced chicken
OR 1 (10 ounce) can
chicken, drained



1 cup shredded
low-fat cheddar
cheese



½ teaspoon
garlic powder

Directions

1. Place broth in a medium saucepan. **Bring to a boil over medium-high heat.**
2. Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes.
3. **Remove from heat and let stand, covered, for 5 minutes.**
4. Stir in cheeses and garlic powder. Let stand, covered, for 5 minutes, then serve.



Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 390mg	17%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 2mg	10%
Potassium 377mg	8%
Vitamin C 43mg	50%

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Tropical Salsa



Makes 12 servings ($\frac{1}{2}$ cup each)

Adult Helper Needed: **Yes**

Ingredients



1 (15 ounce) can
peaches, in
100% juice



1 cup diced
cucumber



1 can (15 ounce)
low-sodium
black beans



$\frac{1}{2}$ cup diced
red onion



2 tablespoons
lime juice



$\frac{1}{4}$ cup fresh
cilantro



1 (20 ounce) can
pineapple tidbits,
in 100% juice



1 tablespoon
jalapeño, seeds and
pith removed
(optional)

Directions

1. Make sure all canned fruit and beans are drained and rinsed well.
2. **Chop peaches, cilantro, and jalapeño. Dice cucumber and red onion.**
3. In a large bowl, gently combine all ingredients.
4. Serve with baked tortilla chips, or on top of chicken, quesadillas, or tacos.

Nutrition Facts

12 servings per container

Serving size $\frac{1}{2}$ cup

Amount per serving

Calories 80

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 18g 7%

Dietary Fiber 4g 14%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 1mg 6%

Potassium 236mg 6%

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Curly Kale Slaw



Makes 10 servings (1 cup each)

Adult Helper Needed: **Yes**

Ingredients



8 large kale leaves, washed



1 garlic clove, peeled and minced



2 tablespoons lemon juice (or juice from half of a lemon)



2 tablespoons olive oil



1/2 cup diced red onion



1/4 cup parmesan cheese



1/2 cup chopped walnuts (optional)



1/4 teaspoon salt

Directions

1. Hold each kale stem with one hand. With your other hand, gently pull down along the kale stem and remove the kale leaves. Discard stems.
2. Stack and gather the leaves on a cutting board. **Slice kale into small strips.**
3. **Mince garlic and chop onion and walnuts, if using.**
4. Mix the lemon, garlic, olive oil, and salt in a large bowl. Add kale and onions, and toss.
5. Sprinkle with parmesan cheese and walnuts, if using. Enjoy!



Nutrition Facts	
10 servings per container	
Serving size	1 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 90mg	2%
Vitamin C 17mg	20%
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Pumpkin Pancakes



Makes 16 pancakes

Adult Helper Needed: **Yes**

Ingredients



1 large egg



½ cup canned
pumpkin



1¾ cups fat-
free milk



2 tablespoons
vegetable oil



2 cups
whole
wheat flour



2 tablespoons
brown sugar



1 tablespoon
baking powder



Nonstick
cooking spray



2 teaspoons
pumpkin pie spice
½ teaspoon salt

Directions

1. Beat egg, pumpkin, milk and oil in large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.
3. **Put a medium-sized skillet or pan over medium-high heat.** Lightly spray with nonstick cooking spray.
4. **Using a ¼ cup measure, pour batter onto hot griddle. Cook until pancakes bubble, flip, then cook until golden brown.**

Nutrition Facts	
8 servings per container	
Serving size	2 pancakes
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 380mg	17%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 124mg	10%
Iron 1mg	6%
Potassium 210mg	4%
Vitamin A 121mcg	15%
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Veggie Egg Bites



Makes 7 egg bites

Adult Helper Needed: **Yes**

Ingredients



2 cups vegetables, washed and chopped (like broccoli, cooked potatoes, zucchini, mushrooms)



6 eggs



½ cup shredded reduced fat cheddar cheese



Nonstick cooking spray



½ teaspoon salt
½ teaspoon black pepper
½ teaspoon garlic powder

Directions

1. Preheat oven to 350°F. Spray a muffin pan with nonstick cooking spray.
2. **If the vegetables are not already chopped, cut them into small pieces.**
Put chopped vegetables in 7 holes of the muffin pan.
3. Beat eggs in a bowl. Stir in salt, pepper, garlic powder, and cheese.
4. Pour egg and cheese mixture over vegetables in the muffin pan.
5. **Place muffin pan in oven and bake for 25 minutes.**

** If there are empty muffin tin holes, fill with water so egg bites cook evenly.*



Nutrition Facts	
7 servings per container	
Serving size	1 egg bite
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 280mg	12%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 102mg	8%
Iron 1mg	6%
Potassium 140mg	2%
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Apple Cinnamon Wrap and Rolls



Makes 4 wraps

Adult Helper Needed: **Yes**

Ingredients



1 teaspoon
cinnamon



3 tablespoons
sugar



2 apples (2 cups
sliced)



$\frac{1}{2}$ cup low-fat
vanilla yogurt



4 (6-inch) whole grain
flour tortillas



2 teaspoons
vegetable oil

Directions

1. Mix cinnamon and sugar in a small bowl. Set aside.
2. Wash and **cut apples into thin slices**. Place in medium bowl and add yogurt, stirring to combine.
3. Lay tortilla flat on plate. Lightly coat one side with about $\frac{1}{2}$ teaspoon oil. Sprinkle with one spoonful of sugar and cinnamon mixture.
4. Flip tortilla so un-oiled side is up. Using $\frac{1}{4}$ of apple mixture, fill half of tortilla, folding other half over mixture.
5. **Place folded tortilla in frying pan and cook on medium heat for about 1 minute, or until lightly browned. Flip to cook other side.**
6. **Remove from pan and cut in half.**
7. Repeat with remaining tortillas.



Nutrition Facts

4 servings per container

Serving size 1 wrap

Amount per serving

Calories 200

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 36g 13%

Dietary Fiber 2g 7%

Total Sugars 19g

Includes 9g Added Sugars 18%

Protein 4g

Vitamin D 0mcg 0%

Calcium 44mg 4%

Iron 0mg 0%

Potassium 106mg 2%

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Guacamole



Makes 12 servings (2 tablespoons each)

Adult Helper Needed: **Yes**

Ingredients



2 ripe avocados,
skin and pits
removed



2 tablespoons
lime juice



1 small tomato



¼ cup diced
red onion



1 tablespoon jalapeño,
seeds and pith removed
(optional)



¼ teaspoon dried oregano
¼ teaspoon salt
¼ teaspoon black pepper

Directions

1. **Dice tomato, red onion, and jalapeño, if using.**
2. In a medium sized bowl, add avocado and lime juice.
3. Using a fork, mash until creamy, but still chunky.
4. Add the rest of the ingredients and fold until mixed well.

**Depending on your desired level of spiciness, add more or less jalapeño to this recipe.*



Nutrition Facts

12 servings per container	
Serving size	2 tablespoons
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 184mg	4%

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Pizza Bites



Makes 2 pizza bites

Adult Helper Needed: **Yes**

Ingredients



1 whole wheat
English muffin



¼ cup sliced vegetables (such
as mushrooms, onions, olives,
green peppers, etc.)



2 tablespoons
tomato sauce



2 tablespoons
shredded part skim
mozzarella cheese

Directions

1. **Slice vegetables.**
2. Preheat oven or toaster oven to 400°F.
3. Split English muffin in half and spread tomato sauce on each half.
4. Sprinkle with cheese and vegetables.
5. **Bake at 400°F for 10 minutes, or until cheese is melted.**

Nutrition Facts	
1 servings per container	
Serving size	2 pizza bites
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 161mg	10%
Iron 2mg	10%
Potassium 181mg	4%
Vitamin C 15mg	15%
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French Toast Fruit Roll-Ups



Makes 8 roll-ups

Adult Helper Needed: **Yes**

Ingredients



8 slices whole
wheat bread



3 tablespoons
low-fat milk



2 large eggs



2 cups blueberries, strawberries,
or banana slices



Nonstick
cooking spray

Directions

1. **Slice fruit.**
2. Flatten each piece of bread with a rolling pin or your hand. Layer with fruit of your choice and roll up.
3. Whisk eggs and milk together in a bowl. Dip each roll in the mixture.
4. **Spray pan with nonstick cooking spray and place over medium heat. Cook each roll in the hot pan for 1-2 minutes. Flip and cook each side. Make sure roll-ups are cooked through.**

Nutrition Facts

4 servings per container
Serving size 2 roll-ups

Amount per serving
Calories 230

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 300mg	13%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%

Protein 11g	
Vitamin D 1mcg	6%
Calcium 126mg	10%
Iron 2mg	10%
Potassium 383mg	8%
Vitamin C 19mg	20%

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Rockin Roll-Ups



Makes 1 Roll-Up

Adult Helper Needed: **Yes**

Ingredients



1 whole wheat
tortilla



2 tablespoons
hummus



1 tablespoon shredded
reduced-fat cheese



1 tablespoon
shredded carrots



3-4 cucumber
slices



3-4 apple
slices

Directions

1. **Slice cucumbers and apples.**
2. **If not already shredded, shred carrots.**
3. Put 1 tortilla on a plate.
4. Spread the hummus on half of the tortilla.
5. Layer on the cheese, carrots, cucumber, and apple slices.
6. Roll up the tortilla around the fillings and **cut in half**.



Nutrition Facts

1 servings per container	
Serving size	1 roll-up
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	21%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 1mg	6%
Potassium 173mg	4%

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Apple Smiles



Makes 6 smiles

Adult Helper Needed: **Yes**

Ingredients



1 small apple



2 tablespoons peanut
butter (or sunflower
seed butter)



2 tablespoons
raisins

Directions

1. **Wash, core, and cut apple in half.**
2. **Cut each apple half into 6 slices.**
3. Spread peanut butter on one side of each apple slice.
4. Place 4 or 5 raisins on top of peanut butter on one apple slice. Top with another slice and press together to make one “smile.”
5. Repeat with the remaining ingredients.

Nutrition Facts

2 servings per container

Serving size 3 smiles

Amount per serving

Calories 160

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 6%

Potassium 157mg 4%

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Banana Flats



Makes 6 flats

Adult Helper Needed: **Yes**

Ingredients



1 banana



$\frac{1}{8}$ teaspoon
baking powder



2 large eggs



Nonstick
cooking spray

Directions

1. In a large bowl, peel and mash the banana with a fork.
2. Whisk in eggs until well blended and add baking powder.
3. Spray a skillet with nonstick cooking spray and **put over medium heat.**
4. **Using 1 tablespoon per flat, spoon the batter into the skillet.**
5. **Cook on medium heat for 1 minute, flip over with a spatula, then cook for another minute. Remove your flats and enjoy!**

Nutrition Facts	
2 servings per container	
Serving size	3 flats
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 105mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 280mg	6%
Vitamin A 82mcg	10%
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Bugs on a Log



Makes 1 stalk

Adult Helper Needed: **Yes**

Ingredients



1 celery stalk



1 tablespoon nut butter
(or low-fat cream cheese)



1 tablespoon raisins
(or sunflower seeds)

Directions

1. Wash and **cut the “log” (celery stalk) in half**.
2. Spread nut butter or cream cheese in the groove of the “log.”
3. Dot with “bugs” (raisins or sunflower seeds) and eat!

Nutrition Facts

1 servings per container
Serving size **1 stalk**

Amount per serving
Calories 70

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 0mg	0%
Potassium 281mg	6%

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Macaroni and Cheese in a Mug



Makes 1 mug

Adult Helper Needed: **Yes**

Ingredients



$\frac{1}{3}$ cup whole wheat
macaroni



$\frac{2}{3}$ cup water



$\frac{1}{3}$ cup shredded reduced
fat cheddar cheese



1 tablespoon
parmesan cheese



2 teaspoons
low-fat milk



$\frac{1}{8}$ teaspoon black
pepper

Directions

1. In a large mug, mix whole grain macaroni with water.
2. **Microwave for 6 minutes, stirring after 4 minutes.** Add more water if macaroni is too dry.
3. **Remove from microwave.** There may be a small amount of thick pasta water in the bottom of the mug. Leave the water.
4. Add cheddar cheese, parmesan, and pepper. **Microwave for 45 seconds.**
5. Add milk. Stir well and serve.



Nutrition Facts

1 servings per container	
Serving size	1 mug
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 430mg	19%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 232mg	20%
Iron 1mg	6%
Potassium 128mg	2%

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Chicken Alfredo Pasta



Makes 8 servings (1 cup each)

Adult Helper Needed: **Yes**

Ingredients



2 box whole
wheat pasta



1 cup
fat-free milk



4 ounces low-fat
cream cheese, cubed



½ cup
parmesan cheese



1 (16 oz) bag frozen
broccoli florets,
partially defrosted



1 (10 ounce) can chicken,
drained OR 1 pound
boneless skinless chicken
breasts, cooked and cubed



1 teaspoon garlic
powder
½ teaspoon salt
¼ teaspoon black
pepper

Directions

1. **Cook pasta using directions on the package.**
2. **Drain the water from the pasta.** Set aside.
3. **In a saucepan, add milk and cream cheese.**
Stir the mixture constantly on low heat until thick and smooth.
4. **Add the frozen broccoli and continue stirring on low heat.**
5. **Add the parmesan cheese, garlic powder, salt, and pepper. Stir mixture until blended. Then add in the chicken and pasta.**
6. Remove from heat. Stir to mix, serve warm and enjoy!

Nutrition Facts

8 servings per container
Serving size 1 cup

Amount per serving
Calories 210

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 470mg	20%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0.4mcg	2%
Calcium 190mg	15%
Iron 1.4mg	8%
Potassium 270mg	6%

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



Moroccan Eggplant Dip/Sauce



Makes 12 servings (1/3 cup each)

Adult Helper Needed: **Yes**

Ingredients



1 large eggplant,
peeled and chopped



3 large tomatoes,
chopped



1 ½ teaspoons
minced garlic



¼ cup
olive oil



½ cup cilantro or
parsley (or a mix)



¼ cup water



1 tablespoon paprika
1 tablespoon cumin
1 ½ teaspoons salt
Pinch of cayenne
pepper (optional)

Directions

1. Mix all ingredients in a large, deep skillet or pot.
2. **Cover and simmer over medium to medium-high heat for 30 minutes, stirring occasionally. Adjust heat if needed to avoid burning.**
3. Take off of the heat. Use a fork or potato masher to crush and blend the tomatoes and eggplant. **Put back on the heat and continue simmering, uncovered, for 10 minutes or until mixture is as thick as pasta sauce.**



Nutrition Facts

12 servings per container	
Serving size	1/3 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 209mg	4%

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

Sweet Potato Quesadilla



Makes 2 (1/2 quesadilla each)

Adult Helper Needed: **Yes**

Ingredients



½ cup mashed, cooked sweet potato* OR canned (yams)



¼ cup low-sodium black beans



Nonstick cooking spray



2 (8 inch) whole grain flour tortillas



2 tablespoons chunky salsa



2 tablespoons shredded reduced fat cheddar cheese

** 1 fresh sweet potato = about 1 cup*

Be sure to rinse and drain canned sweet potatoes (yams). 15 ounce can = 1 ½ cups

Directions

1. Rinse and drain the black beans. In a medium sized bowl, mash the sweet potato with the beans.
2. On one tortilla, spread the sweet potato and black bean mixture. Top with salsa and shredded cheese. Cover with the other tortilla.
3. **Coat the skillet with cooking spray on medium heat.**
4. **Place quesadilla in the skillet and cook for 2-3 minutes. Flip with a wide spatula and cook for another 2-3 minutes. Remove from pan to a cutting board and slice into half.**

Nutrition Facts

2 servings per container	
Serving size	1/2 quesadilla
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 550mg	24%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 1mg	6%
Potassium 208mg	4%
Vitamin A 241mcg	25%

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



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