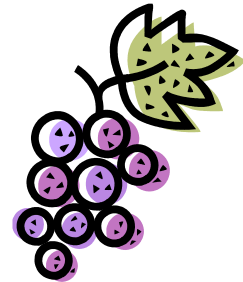
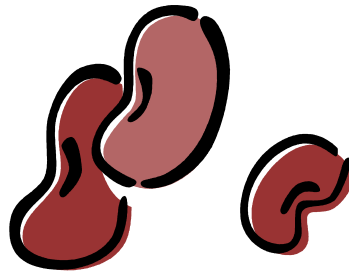


Vineyard Family Cooking



A Nutrition and Cooking Booklet for a Healthy Family

Brought to you by:





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The white Bean dip recipe was provided by Jan Buhrman, of The Kitchen Porch. Learn more at www.kitchenporch.com.

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Foreword

This family cooking booklet combines the visions of Vineyard Nutrition and Island Grown Schools, working with the Mass in Motion grant for Martha's Vineyard. The purpose of the booklet is to help island families cook with whole, healthy foods and, whenever possible, to use local, seasonal foods. You will find general information about getting started in the kitchen (food safety, guides to measurements and temperatures, pantry basics), research-based nutrition ideas and advice (breakfast, lunch, snack and dinner fact pages) and recipes to try with your family. We've chosen simple, affordable ingredients that the whole family can enjoy.

As caregivers, remember that our job is to present healthy foods to our children in a loving, accepting way, eating together whenever possible. It is our children's job to decide if and how much they will eat. Research shows it can take up to 20 times of exposing kids to a new food before it is accepted. Don't give up! The strongest predictors of what your children will eat is 1) what is modeled (i.e. what you eat!) and 2) what is accepted in your household. While we do not recommend becoming a short-order cook for your family, do adjust the recipes so that they work for your family as each family is different. One example is our fish tacos. Perhaps parents will eat them as is, but maybe one child is allergic to dairy so you swap her cheese for some avocado. And your younger child has a hard time holding the taco, so turn his taco into a quesadilla (simply fold over and heat) and serve his fish on the side with diced fruit on top. The same recipe, three easy ways.

Here are some of our top ideas for getting kids excited about eating healthy foods:

- 1) **Grow your own food.** There are few things that compare to a kid in a garden, seeing his seeds sprout through the ground, watering diligently, weeding carefully and then finally picking his own vegetables or fruit. Seeing Mom and Dad work hard in the garden and enjoy its harvest makes the connection even stronger.
- 2) **Cook together.** Give them a kid's knife if they are young (blunt and serrated), have them spin salad greens, and scrub carrots or large potatoes. Let them flip the switch on the blender (with you there!), grind nuts to make nut butters, and set the table with special napkins, placemats, silverware, candles, even name cards.
- 3) **Eat together.** Research shows that families who eat together regularly eat healthier foods, and raise kids who are happier, more secure, and perform better in school. It also gives you the chance to hear about their day in a relaxed setting. If your family is so busy this seems impossible, choose 1 or 2 days when family dinner is non-negotiable.
- 4) **Eat without distraction.** Eating with the television or computer on, or while running around the house, causes kids (and adults alike) to disassociate from the food they are eating. Have set meal and snack times, eat at the table, and use a bowl or plate. Mindless eating habits start while we are young and can lead to bigger problems later.

Most of all, have fun! Experiment with food. Buy from farms and local fish markets. Try new foods often. Visit farms. Celebrate seasons, cultures and events with wholesome good foods and your family will thank you for it!

Enjoy! *Prudence and Josh Levy*

Table of Contents

Food Safety	1
Guide to Measurements & Temperatures	2
Pantry Basics	3-4
Breakfast Fact Page	5
Eggy French Toast	6
Apple and Raisin Oatmeal	7
Cottage Cheese Pancakes	8
Lunch Fact Page	9
Summer Pasta Salad	10
Fruit and Cheese Panini	11
Snack Fact Page	12
Quick and Easy Snack Ideas	13
Yogurt and Granola Parfaits	14
White Bean Dip with Veggies	15
Dinner Fact Page	16
Fish Tacos with Roasted Asparagus	17
Quinoa and Edamame Salad	18
Chicken and Broccoli	19
Garden Lasagna	20-21
Tofu and Peanut Curry	22
Nutty Chicken	23



FOOD SAFETY

Follow these basic rules to keep you and your family healthy and safe from food borne illness:

1. Wash your hands and kitchen surfaces often, using soap and warm water.
2. Refrigerate perishable food within 2 hours (1 hour if the temperature is above 90 °F) of buying.
3. Separate your meat and vegetables in the refrigerator.
4. Cook or freeze fresh poultry, fish, ground meats, and mixed meats within 2 days of buying. Cook or freeze other beef, veal, lamb, or pork, within 3 to 5 days of buying. Always check the package for use by dates, which may be sooner than listed above.
5. Ideally, thaw foods in the refrigerator. For faster thawing, thaw under cold water in an airtight container or bag; change the water after 30 minutes. If using the microwave to thaw, cook immediately after thawing.
6. Marinate meat, poultry, and fish in a covered dish in the refrigerator.
7. Use separate knives and cutting boards for meat and vegetables, as this will help stop cross contamination.
8. Cook your foods to the proper temperatures (see page 2)
9. Hot food should be held at 140 °F or warmer, cold food should be held at 40 °F or colder.
10. Discard any cooked/prepared food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F).
11. Use previously cooked leftovers within 4 days and reheat them to 165 °F before serving.

Source: US Department of Agriculture; www.foodsafety.gov



Guide to Measurements and Temperatures

3 tsp = 1 Tbsp = $\frac{1}{2}$ fluid oz
4 Tbsp = $\frac{1}{4}$ cup = 2 fluid oz
8 Tbsp = $\frac{1}{2}$ cup = 4 fluid oz
12 Tbsp = $\frac{3}{4}$ cup = 6 fluid oz
16 Tbsp = 1 cup = 8 fluid oz

1 cup = $\frac{1}{2}$ pint = 8 fluid oz
2 cups = 1 pint = 16 fluid oz
4 cups = 1 quart = 32 fluid oz = about 1 L
4 quarts = 1 gallon = 128 fluid oz = 3.7 L

1 tsp = 5 ml
1 Tbsp = 15 ml
1 cup = $\frac{1}{4}$ L
1 pint = $\frac{1}{2}$ L
1 quart = about 1 L
1 gallon = 3.7 L

1 oz = 28g
4 oz = 113g = $\frac{1}{4}$ lb
8 oz = 226g = $\frac{1}{2}$ lb
16 oz = 453g = 1 lb

Key

tsp = teaspoon
Tbsp = Tablespoon
oz = ounce
ml = milliliter
L = liter
g = grams
lb = pound

USDA Recommended Safe Minimum Internal Temperatures

- **Beef, Pork, Veal, Lamb** (includes steaks, chops, and roasts): **145°F** and allow to rest for 3 minutes
- **Ground meats:** **160°F**
- **Fish and Shellfish:** **145°F**
- **Pork:** **160°F**
- **Egg Dishes:** **160°F**
- **All Poultry** (includes breasts, whole bird, legs, thigh, wings, ground poultry, and stuffing): **165°F**
- **Leftovers or Casseroles:** **165°F**

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
www.IsItDoneYet.gov



Pantry Basics...Getting Started

Having a well-stocked pantry takes a while. So just buy things as you need them and when they are on sale, and soon enough, your pantry will be packed! Also, our fridge and freezer "tips" section below has some easy ideas for planning ahead.

Herbs and Spices*:

Basil	Black pepper	Cayenne pepper	Chili powder
Cinnamon	Crushed red pepper	Curry powder	Cumin
Dill	Garlic powder	Ginger	Italian seasoning
Lemon pepper	Onion powder	Oregano	Rosemary
Sage	Salt ("Lite"/LoSalt)	Tarragon	Thyme
Vegetable bullion-low sodium			

**keep adding to your herb and spice collection, these are only ideas to get you started*

Oils and Vinegars

Oils: expeller-pressed canola, extra-virgin cold pressed olive, sesame oil

Vinegars: apple cider, balsamic, distilled white, red wine, rice wine

Condiments

100% Fruit spread	Barbeque sauce	Canola or olive spray oil
Hot sauce	Ketchup	Low-fat mayonnaise
Low-sodium soy sauce	Salad dressing (<140 mg sodium)	Salsa
Stone ground mustard	Veganaise	

Grains, Beans, Legumes - Buy in bulk; Aim for whole grains!

Barley	Brown or wild rice	Bulgar
Corn tortillas	Dry Beans	Hot cereal mixes
Lentils	Quinoa	Rolled or steel cut oats
Whole grain cereals (≥5 g fiber)	Whole grain crackers (≥3 g fiber)	
Whole grain bread (1 st ingr. is "whole")	Whole grain pastas	Whole wheat couscous
Whole wheat tortillas		

Pantry Basics...continued

Canned or bottled:

Beans- cannellini, pinto, black, garbanzo, etc.

Chicken and/or vegetable broth, low sodium

Lite coconut milk

Tomato sauce, tomato paste, low sodium

Tomatoes, diced, whole, crushed, low sodium

Tuna, packed in water (chunk light in place of solid white for children and women of child bearing age)

Baking needs:

All-purpose flour

Baking powder and soda

Cornstarch

Honey

Quick-rising dry yeast

Salt (Lo-Salt or Lite)

Sugar, brown sugar

Whole grain flours (variety)

Whole wheat flour

Unsalted butter

Vanilla extract

Nuts/Seeds and dried fruit:

Natural almond butter, peanut butter, soynut butter, sun butter

Unsweetened dried fruit- apricots, figs, prunes, raisins

Unsalted, raw or dry-roasted nuts- almonds, peanuts, pistachios, walnuts, etc

Unsalted, raw or dry-roasted seeds- chia, flax, pumpkin, sesame, sunflower

Tips for the refrigerator:

- 1) Keep cut-up or baby carrots, washed celery, peppers, cucumbers in see-through containers on the main shelf (not crisper)
- 2) Pre-make your large green salad (don't add tomatoes, pears or avocado until serving); keep visible
- 3) Pre-cook/prepare protein for the week: beans, lentils, tofu, hard-boiled eggs, tempeh, chicken, fish: visible, in a container for easy lunch fixing

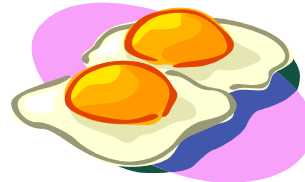
Tips for the freezer:

- 1) Always have edamame, in the shell or pre-shelled
- 2) Always have frozen fruit: blueberries, mango, raspberries, strawberries, etc
- 3) Always have frozen veggies: broccoli, mixed vegetables, spinach
- 4) Try to keep at least one dish you've pre-made (casseroles, lasagna, meatballs, soups) ready to defrost for dinner!

Breakfast

Why is breakfast important?

- The word "breakfast" is literally "breaking your fast". Your body hasn't had any fuel for 8 - 12 hours. So wake up and eat!
- National studies consistently prove that **students who eat breakfast have:**
 - Higher math scores
 - Higher reading scores
 - Better attention and behavior
 - Less nurse visits
 - Less tardiness and absences
- Breakfast eaters feel better and perform better.
- Breakfast gives you energy to start your day.
- People who eat breakfast are less likely to overeat later in the day.



What is a healthy breakfast?

- A healthy breakfast is high in **fiber, protein, vitamin C, B vitamins, and calcium**, and low in saturated fat, white flour/refined grains, and added sugar.

AIM FOR THESE	LIMIT THESE
<ul style="list-style-type: none"> • Fresh fruit and/or vegetables • Whole grains (oatmeal, whole-grain cold cereal, whole grain bread, barley, brown rice, quinoa, millet) • Quality protein (eggs, beans, salmon or other fish, nuts, nut butter, seeds) • Low-fat dairy foods (milk, plain yogurt, cottage cheese) 	<ul style="list-style-type: none"> • Sweets (muffins, quick breads, scones, doughnuts, cinnamon rolls) • Salty meats (sausage, bacon, ham) • Large portions of pancakes or waffles • Sugary boxed cereals



Eggy French Toast

The amount of egg in this dish makes it higher in protein, while it still feels like a treat for the kids. Blended berries make a colorful, delicious and healthy alternative sauce, with lower sugar content than maple syrup.

Ingredients

6 eggs
1 $\frac{1}{2}$ cups low-fat milk
1 Tbsp vanilla extract
 $\frac{1}{2}$ tsp cinnamon, or as desired
8 pieces of 100% whole wheat or whole grain bread
Canola oil cooking spray

2 $\frac{1}{2}$ cups frozen berries, thawed (blueberries, raspberries, etc)

Directions

1. To make dipping sauce, put berries in a blender (or use immersion blender), blend until smooth.
2. Whisk eggs, milk, vanilla extract and cinnamon together in a shallow 9x13 baking dish.
3. Soak bread slices in the mixture until saturated, then turn each piece over to saturate the other side.
4. Heat a large skillet on medium heat (or use non-stick griddle) and spray with a small amount of canola oil cooking spray. When warm, place bread slices in the skillet.
5. Cook for 2-3 minutes on one side, turn bread over with spatula and cook for another 2-3 minutes. Make sure they are cooked through before serving.
6. Serve as strips or shapes with the berry dipping sauce.

Nutrition Analysis per slice:

202 calories, 7g fat, 1g saturated fat, 125g cholesterol, 201mg sodium, 29g carbohydrate, 4g fiber, 10g protein (makes 4-8 servings)

***Buy locally, in season: eggs, bread, milk, blueberries, strawberries, raspberries**



Apple and Raisin Oatmeal

Cooking with apple and raisins eliminates the need to sweeten the oatmeal with sugar or honey. Adding the walnuts boosts the protein and provides essential omega-3 fatty acids. *Make a double batch and reheat for tomorrow's breakfast or lunch.* If you choose to add thawed frozen berries to the oatmeal, make it fun by asking your young child if he or she wants pink (raspberries, strawberries), purple (blueberries) or yellow (mangoes, peaches) oatmeal.

Ingredients

1.5 cups rolled oats
1.5 cups skim milk
1.5 cups water
 $\frac{1}{2}$ cup raisins
1 large apple, peeled and cut into small pieces
 $\frac{1}{2}$ cup walnuts, ground
2 cups fresh or frozen (thawed) berries (blueberries, raspberries, etc)
Cinnamon (optional)
1Tbsp ground flax seed (optional)

Directions

1. Put water, milk, raisins, apple in a 2 quart sauce pan on medium heat and bring to a boil.
2. Add oatmeal, turn temperature to medium-low, and cook for about 12 minutes, uncovered, stirring regularly.
3. Once done, place in bowl and top with ground nuts, berries (optional), and cinnamon (optional) and/or flax (optional). You may also add more milk to each bowl to help cool it down.

Nutrition Analysis (makes 4 servings):

per serving 289 calories, 11g fat, 1g saturated fat, 2g cholesterol, 52mg sodium, 44g carbohydrate, 6g fiber, 8g protein

***Buy locally, in season: milk, apples, blueberries, strawberries, raspberries, peaches**



Cottage Cheese Pancakes

You can't tell there is cottage cheese or double the eggs in these pancakes when they're all cooked up, but they turn out flatter and more "crepe-like" because of it. And, they have four times the protein as regular pancakes, making these better fuel for the day. A fruit dipping sauce replaces some or all of the maple syrup.

Ingredients

1 cup low-fat cottage cheese
4 eggs
2 Tbsp canola oil
 $\frac{1}{4}$ cup skim milk
 $\frac{1}{2}$ tsp vanilla extract (optional)
 $\frac{1}{2}$ cup whole wheat flour
 $\frac{1}{4}$ tsp cinnamon
Fruit, such as strawberries or bananas, diced, to mix into pancakes (optional)
Canola oil cooking spray

For dipping sauce: 2 cups frozen berries, thawed (blueberries, raspberries, etc)

Directions

1. Make dipping sauce: puree thawed berries in a large bowl, using an immersion blender (or use a Cuisinart). Set aside to serve with the pancakes.
2. Make pancakes: Puree cottage cheese in a large bowl, using an immersion blender (or use a Cuisinart). Then add eggs, milk, oil, and vanilla and immersion blend again. Then add flour and cinnamon, and immersion blend entire mixture. Hand-stir in the diced, fresh fruit (if using) to mixture.
3. Spray a large skillet or griddle over medium heat or 300 degrees. Use $\frac{1}{4}$ cup of mixture per pancake. Cook for 2-3 minutes on one side, turn over with spatula and cook for another 2-3 minutes, make sure they are cooked through before serving.
4. Serve with pureed berry dipping sauce, in a small side bowl or on the plate; or, spread a line of pureed or whole berries across each pancake and eat "taco-style".

Nutrition Analysis (makes 4 servings):

per serving 272 calories, 13g fat, 3g saturated fat, 189g cholesterol, 288mg sodium, 23g carbohydrate, 4g fiber, 16g protein

***Buy locally, in season: eggs, milk, strawberries to mix**

Lunches that Pack

Are your kids tired of the same old peanut butter and jelly sandwich? Are you? Need new ideas for a healthy lunch? To keep lunches from getting boring, try new foods (experiment with your kids at home first)...

Sandwiches and wraps are a great start to a balanced lunch

- Experiment with bread. If you use white bread, try whole wheat, whole grain, rye or pumpernickel; try pitas or whole wheat tortillas.
- Cut sandwiches into fun shapes using cookie cutters or make pinwheels with whole wheat tortillas.
- Add variety: lean meats, tuna, hummus, pesto, different cheeses, vegetables, and fruits [i.e. our cheese & apple Panini (hot-pressed sandwich) with an avocado/mango/tomato side salad, or a whole wheat tortilla roll-up with cream cheese, shredded carrots, and raisins, with edamame (young soybeans in the pod) on the side].



Pack fun sides: Try a new fruit or vegetable each week

- Getting enough servings of fruits and vegetables is easy when you include them with lunch.
- Fruits and veggies are the original snack- fast & easy to prepare.
- Dip some baby carrots or apple slices in nut butters or some celery in hummus for a filling and fun addition to lunch.
- Make a "bento box" out of a variety of snacky lunch foods: cheese, fruit, baked veggie or fruit chips, crackers, nuts, nut butters, hummus, veggies, avocado, deli meat, edamame...

Buy a thermos and use it to pack a hot/cold lunch for your kid(s)

- Leftovers- lasagna, pasta, mac and cheese with peas, meatballs, quesadillas
- Their favorite soup with dipping crackers or bread
- Protein smoothie with yogurt, banana, berries, spinach, almond butter
- Hot oatmeal for lunch
- Warm rice and beans with cheese and salsa



Summer Pasta Salad

This makes a beautiful, colorful salad that can be part of dinner and then packed for lunch the next day. Whole grain pasta, vegetables and berries boost the fiber content and chicken provides the protein.

Ingredients:

1 pound boneless, skinless chicken breast, trimmed of fat
8 ounces whole wheat penne or spiral pasta
3 Tablespoons extra-virgin olive oil
1/3 cup reduced-sodium chicken broth
1/2 cup crumbled feta cheese
3 Tablespoons lime juice
1 cup fresh berries (blueberries, raspberries, strawberries, blackberries)
1 large red bell pepper, diced
1 medium cucumber, diced 1 cup cherry tomatoes, halved or quartered depending on size
1 Tablespoon chopped fresh basil
1 teaspoon freshly grated lime zest
1/4 teaspoon lite (reduced sodium) salt or Lo-salt

Directions

1. Place chicken in a medium skillet and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through (165°) and no longer pink in the middle, 10-12 minutes.
2. Meanwhile, start prepping veggies, lime juice, basil, and lime zest.
3. When chicken is done, transfer it to a cutting board or plate to cool.
4. Bring a large pot of water to a boil. Cook pasta until just tender, about 11 minutes or according to package directions.
5. Shred chicken into bite-sized strips. Drain pasta. Add pasta, then chicken to a large bowl.
6. Meanwhile, make dressing: heat a small skillet over medium-low heat. Add oil and heat, then add shallot and cook, stirring occasionally, until softened and just beginning to brown, 2-5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta starts to melt, 1 to 2 minutes.
7. Pour the dressing over the chicken and pasta. Add berries, bell pepper, cucumber, tomatoes, basil, lime zest and salt and toss until combined.

Nutrition Analysis (makes 6 servings):

per serving: 349 calories, 11g fat, 3g saturated fat, 55g cholesterol, 275mg sodium, 39g carbohydrate, 5g fiber, 26g protein

***Buy locally, in season:** chicken, chicken broth, feta cheese, blueberries and/or other berries, bell pepper, cucumber, cherry tomatoes, basil



Fruit and Cheese Panini

These two options for Paninis are colorful and fun. They can be made the night before, then warmed in the morning and brought to school in a thermal container. They are also great for weekend at-home lunches.

Ingredients Option 1

4 slices 100% whole wheat bread
2 ounces low-fat cheddar cheese
 $\frac{1}{2}$ cup grapes, cut into slices or halves
1 apple, peeled and cut into thin slices
Canola oil cooking spray

Option 2: Make a Pesto Panini with basil pesto, thinly sliced tomatoes or cherry tomato halves, and 1 oz cheddar cheese.

Directions

1. Warm Panini grill or non-stick pan on medium heat
2. Layer cheese, grapes, apple slices, then another slice cheese on top of bread
3. Spray Panini grill or non-stick pan with spray oil, place sandwich in grill/pan, cook until cheese is fully melted
4. Cut into fun shapes and serve with carrot sticks, cherry tomatoes and/or snap peas on the side.

Option 2: Spread each slice of bread with 1 tsp pesto, add sliced tomatoes and 1 oz cheddar or mozzarella cheese per Panini; cook as above. Serve with carrot sticks on the side.

Nutrition Analysis (for fruit Panini; makes 2 servings):

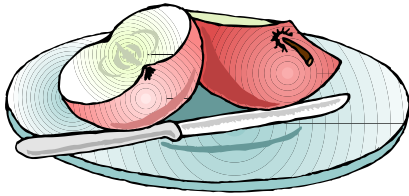
per serving: 324 calories, 7g fat, 1g saturated fat, 6g cholesterol, 434mg sodium, 58g carbohydrate, 7g fiber, 15g protein

***Buy locally, in season:** apples, pesto or basil to make it, tomatoes

Let's Crave Healthy Snacks

Smart snacking for a healthy body

Healthy snacks have fiber, vitamins, minerals, protein, phytochemicals and antioxidants.



How should I snack?

- Eat a meal or snack every 3-4 hours
- Keep protein and fiber high
- Keep sugar and saturated fat low

Make it count:

- Plan ahead to eat 4-6 times per day: 3 small meals and 2-3 snacks can be ideal, but experiment with what works for you and/or your children
- Snacks with some protein (nuts, seeds, low-fat dairy, meat, eggs) keep you focused, and satisfy you longer
- Snacks with fiber such as fruits and vegetables, beans and whole grains fill you up and keep you satisfied



Large meals with no snacks, or unhealthy snacks, can lead to:

- Eating too many calories at each meal
- Low energy, sleepiness, and poor concentration
- Lower metabolism
- Becoming too hungry before a meal to make healthy choices

GOALS for KIDS: Snacks keep a child's growing body going between meals. They should include fiber & protein. And don't forget to pack **WATER!**

REMEMBER: *Unhealthy snacks like candy, soda, cookies, regular microwave popcorn, potato chips, most crackers and other processed foods provide calories with very little lasting energy!*



Quick and Easy Snack Ideas for School or Home

- Trail mix: make your own with unsalted nuts, cereal & dried fruit
- Kabobs- spear fruit, veggies and cheese
- Top rice cakes with natural nut butters (peanut, almond)
- Deli turkey and cream cheese roll up
- Quesadillas - make ahead and reheat 1 or 2 triangles...mash beans or sweet potato with the cheese, dip into salsa, mashed avocado, and Greek yogurt or sour cream
- Veggies with hummus
- Peanut butter and banana- slices, boat, split
- Popsicles: freeze a smoothie, or blend plain yogurt, orange juice and water= orange "creamsicle"
- Yogurt (plain) and frozen fruit (thawed) + ground flaxseeds
- Yogurt with almond butter or peanut butter swirled in
- Combine 3 cups air-popped popcorn, 1 oz shaved or grated parmesan cheese and 2 T raisins
- Dip whole grain crackers or baked tortilla chips* into salsa, hummus, guacamole, or a bean dip
*make your own: cut corn tortillas into triangles, toast in toaster oven or bake at 375° until crispy
- Salad Mix: Avocado (cut into chunks), mango (defrosted or fresh, cut into chunks), cherry tomato halves or quarters
- English Muffin pizza: spread tomato sauce on $\frac{1}{2}$ whole wheat EM, sprinkle shredded mozzarella & heat in toaster oven until melted
- Smoothies: Blend together $\frac{1}{2}$ cup frozen chopped spinach or 2 handfuls washed, raw baby spinach, 1 cup frozen berries such as blueberries and strawberries, 1 banana, 1 cup plain yogurt, milk as needed for consistency...Bonus: add 1 T each peanut/almond butter and ground flaxseeds...this is also great frozen for popsicles



Yogurt and Granola Parfaits

Let your kid's help you make these by pouring in each of the ingredients into their own cups. These don't keep long in the fridge so make them fresh.

Ingredients

- 2 cups plain, low-fat regular or Greek yogurt
- 1 cup low sugar granola or cereal (less than 6g added sugar per serving)
- 2 cups fresh berries (blueberries, raspberries, etc)
- 2 tsp real maple syrup (optional)

Directions

1. Use 4 tall glasses or parfait cups for serving.
2. Spoon $\frac{1}{4}$ cup yogurt into glass, then add $\frac{1}{8}$ cup granola, then add $\frac{1}{4}$ cup berries. Repeat once for each glass.
3. Drizzle $\frac{1}{2}$ tsp maple syrup on top of each parfait (optional), then serve.

Other toppings to try: coconut flakes, ground or slivered nuts, ground flax or chia seeds, freeze-dried fruit, raisins.

Nutrition Analysis (makes 4 servings):

per serving: 257 calories, 9g fat, 3g saturated fat, 7g cholesterol, 92mg sodium, 36g carbohydrate, 4g fiber, 10g protein

***Buy locally, in season: yogurt, granola, blueberries, raspberries, maple syrup (New England)**



White bean dip with veggies

Recipe provided by Jan Burhman of The Kitchen Porch. Learn more at www.kitchenporch.com

Great as a snack, this is also perfect for lunch bento boxes with veggies and whole grain crackers for dipping. Or, spread onto a whole wheat tortilla and roll.

Ingredients

2 garlic cloves
¼ cup extra virgin olive oil
15oz can of cannellini beans, drained with liquid reserved
1 Tbsp fresh rosemary, chopped
2 Tbsp preserved lemon or lime juice
2 cups cut-up vegetables for dipping (carrots, cucumbers, etc)
Sea salt (optional)

Directions

1. In a medium skillet, heat the olive oil over medium heat.
2. Add garlic and cook until soft, then add the rosemary.
3. Place beans in a food processor then pour in the contents of the skillet. Process until smooth. Add liquid from beans if needed or for desired consistency.
4. Add salt if desired.
5. Serve with cut-up vegetables (carrots, cucumbers, etc).

Nutrition Analysis (makes 4 servings):

per serving: 240 calories, 14g fat, 2g saturated fat, 0g cholesterol, 320mg sodium, 24g carbohydrate, 7g fiber, 7g protein

***Buy locally, in season:** substitute cranberry beans, garlic, rosemary, vegetables

Dinner Time: Simple and Healthy

Healthy dinner choices complete a healthy day!

Arrange small dinner plates with foods from at least **three** of the following groups:

- Whole grains, including brown rice, quinoa, barley, oats, millet, bulgur, and 100% whole grain pastas.
- Brightly colored (green, orange, etc) vegetables
- Milk, cheese or yogurt (or non-dairy substitutes)
- Meat, poultry, fish, dried beans, lentils, nuts, seeds
- Healthy fats, including avocado, nuts, seeds, olives, salad dressings, and olive, canola or sesame oils



Eating a **variety** of foods within each group will:

- Make meals more interesting - variety of flavor, texture, color
- Keep you and your kids satisfied
- Balance vitamins, minerals, fiber, phytochemicals and antioxidants



Balance your plate

The dinner plate should consist of 3/4 plant-based foods, such as vegetables and/or fruits, whole grains, beans, nuts, seeds, avocado; the remaining 1/4 of the plate can be from higher protein foods including lean meats.



Where can I find protein?



- Fish, shellfish, crab, lobster (aim to eat fresh, local seafood at least 2 times a week)
- Lean cuts of chicken, turkey, beef, venison, pork, lamb (aim for local)
- Eggs (local and/or free-roaming)
- Low-fat and/or local dairy, such as milk, yogurt and cheese
- Tofu and other soy products, such as tempeh, soy milk, soy beans, soy nuts, edamame
- Dried beans, such as kidney, black, pinto, red, cannellini; and lentils, such as red, brown, green, French (at least 3 times a week)
- Nuts and seeds (at least 5 times a week)
- Peanut butter, almond butter, soynut butter, sun butter
- Grains (especially whole grains) have some protein, but combine them with beans/legumes for high quality protein



Fish Tacos with Roasted Asparagus

The addition of sweet fruit and crunchy nuts, combined with the delicious flavor of fresh island-caught fish, makes this dish sure to please. The rainbow of colors makes it fun to eat. You can also cut the fish into "sticks" and serve with ketchup separately from the taco and veggies.

Ingredients

1 pound white fish fillets - sole, cod, haddock, flounder, etc.
1 egg
1 cup whole wheat bread crumbs
 $\frac{1}{4}$ cup walnuts, ground
8 small corn tortillas or 4 whole wheat medium tortillas
1 cup red cabbage, thinly sliced
1 cup red pepper, thinly sliced
 $\frac{1}{2}$ cup shredded part skim mozzarella cheese (optional, can also swap for avocado here)
1 cup mango or peach, diced
1 cup cherry tomatoes, halved
 $\frac{1}{4}$ cup cilantro, diced
1 lime
 $\frac{1}{4}$ tsp salt
2 pounds asparagus, thick ends removed
Spray canola and/or olive oil
Kosher salt (optional)

Directions

1. Heat oven to 400 degrees.
2. Spray or brush 2 baking sheets with low sides, with oil (canola for fish, olive for asparagus).
3. Whisk one egg in a bowl.
4. Pour whole wheat bread crumbs and ground walnuts in a large dinner plate.
5. Dunk each fillet of fish into the egg to coat each side, then press into the crumbs to coat and lay on baking sheet. Repeat with each fillet.
6. Layer asparagus in single layer on olive oil baking sheet to roast, sprinkle with kosher salt if desired.
7. Roast both for 15-20 minutes, depending on thickness of fish (check fish, turn asparagus after 10 minutes).
8. In a small bowl, mix mango or peach, cherry tomatoes, cilantro, salt, lime juice.
9. 2-3 minutes before fish and asparagus are done, put tortillas in oven to warm.
10. Layer 2 corn tortillas or 1 whole wheat tortilla per person with $\frac{1}{4}$ of the fish; top each serving with sliced red cabbage, pepper, 2 Tablespoons cheese or avocado, and $\frac{1}{4}$ th the mango or peach salsa.
11. Serve with generous portion of asparagus and extra veggies on the side.

Nutrition Analysis (makes 4 servings):

per serving: 408.5 calories, 13.3g fat, 4.2g saturated fat, 103g cholesterol, 518.7mg sodium, 38.5g carbohydrate, 9.5g fiber, 36.6g protein

***Buy locally, in season:** fish, eggs, cabbage, red pepper, asparagus, peaches, cherry tomatoes



Quinoa and Edamame Salad

This vegan yet carnivore-friendly meal is quick to prepare, delicious and colorful. Quinoa is an ancient grain that provides a complete protein. Edamame provides kid-friendly texture. Feel free to substitute other vegetables that need to be used up in your refrigerator and/or add herbs like basil (lemon or sweet), cilantro, or spices to your family's taste.

Ingredients

1 cup quinoa, dry
10oz package edamame, frozen, shelled (about 2 cups)
1 cup fresh mango (or frozen mango, thawed), diced or cut into 1" cubes
1 red bell pepper, diced
1 cup cucumber, diced
1 cup cherry tomatoes, halved
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ tsp salt
Ground pepper, to taste
2 cups water
8 cups mixed salad greens (including spinach, arugula, lettuce)
Balsamic vinegar or low sodium salad dressing (optional)
Avocado (optional)

Directions

1. Bring water to boil in medium covered pot.
2. Add quinoa, bring back to a boil. Once boiling, cover, reduce heat to simmer, and cook for 20 minutes.
3. In another pot, prepare edamame as directed on the bag.
4. Dice pepper, cucumber, cherry tomatoes, mango.
5. In a large bowl, combine olive oil, salt, pepper, mango, edamame, bell pepper, cucumber, tomatoes, and mix.
6. Slowly stir in the quinoa. Serve over bed of mixed salad greens. Can be served hot or cold, can be served with balsamic vinegar or low sodium salad dressing and/or avocado.

Nutrition Analysis (makes 4 servings):

per serving: 427 calories, 19.9g fat, 2.3g saturated fat, 0g cholesterol, 231.5mg sodium, 48.4g carbohydrate, 10.2g fiber, 19.8g protein

***Buy locally, in season:** edamame, bell pepper, cucumber, cherry tomatoes, salad greens



Chicken and Broccoli

This is a healthier alternative to traditional noodle casserole. Whole wheat egg noodles and whole wheat flour replace their refined counterparts, and the extra broccoli not only adds color but gives you a boost of vitamins A, C and K, fiber and folate. Only 2.2 grams saturated fat per serving makes this dish extra heart-healthy.

Ingredients

8 ounces whole wheat egg noodles
14oz reduced-sodium chicken broth
1 pound boneless, skinless chicken breasts
6 cups broccoli
1 $\frac{1}{2}$ cups skim milk
 $\frac{1}{2}$ cup veganaise or low-fat mayonnaise
3Tbsp whole wheat flour
1 $\frac{1}{2}$ tsp dry mustard
 $\frac{1}{2}$ tsp garlic powder
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ tsp ground black pepper
1 $\frac{1}{2}$ cups reduced fat Cheddar or Colby-Jack cheese, shredded

Directions

1. Place noodles in a large, oven-proof skillet, then pour broth over noodles. Layer chicken, then broccoli over the noodles.
2. Whisk milk, mayonnaise, flour, dry mustard, garlic powder, salt and pepper in a medium bowl. Pour over the broccoli.
3. Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the noodles and chicken are cooked through, about 15-18 minutes.
4. Meanwhile, position oven rack in upper third of oven, then preheat broiler.
5. When dish is done cooking on the stove, sprinkle cheese on top and transfer to the oven. Broil until lightly browned, about 3 minutes.

Nutrition Analysis (makes 6 servings):

per serving: 381calories, 7.8g fat, 2.2g saturated fat, 49g cholesterol, 662mg sodium, 41g carbohydrate, 7.8g fiber, 33g protein

Adapted from www.eatingwell.com

***Buy locally, in season:** chicken, chicken broth, broccoli, milk



Garden Lasagna

While there are a lot of ingredients here, don't let the long list intimidate you! This is a delicious and healthy family-friendly lasagna. When you can, try to make two at once (you are cooking anyway!) and cut one into family-size servings for the freezer. An hour of prep time can provide many easy meals for your family.

Ingredients

1 Tbsp olive oil
1 medium onion, chopped
3 cloves garlic, minced or pressed through a garlic press
1 red or green bell pepper, diced
1 zucchini, diced
8oz package sliced mushrooms
1 pound lean ground beef (aim for local and grass fed beef) OR use 4 cups or 2 cans white beans
28oz can diced tomatoes, low sodium (use 2 pounds fresh tomatoes in season)
6oz can tomato paste, low or no sodium
1 tsp dried thyme
1 tsp dried basil
1 tsp dried oregano
 $\frac{1}{2}$ tsp dried parsley
 $\frac{1}{2}$ tsp ground black pepper
2 $\frac{1}{2}$ cups low fat cottage cheese
10oz frozen chopped spinach, thawed, squeeze out water OR 6-7 cups fresh, sautéed and chopped
 $\frac{1}{2}$ cup parmesan cheese, grated
8oz package whole wheat lasagna noodles, cooked per package directions
1.5 cup part skim mozzarella cheese, shredded
Canola or olive oil cooking spray

Garden Lasagna (continued)

Directions

Active Time: 60 minutes

1. Preheat oven to 400 degrees.
2. Heat large skillet over medium high heat, then add olive oil.
3. Add onion, garlic, bell pepper, zucchini, mushrooms; cook until soft, about 3 minutes.
4. Add ground beef, breaking in small pieces until lightly browned.
5. Turn heat to low, then add diced tomatoes, tomato paste, thyme, basil, oregano, black pepper and cook for 15 minutes. Add the beans in the last 5 minutes, if using.
6. In a medium bowl, stir together cottage cheese, spinach, $\frac{1}{4}$ cup parmesan cheese.
7. Spray a 13"x9" baking dish with cooking spray. Spread the bottom of the dish with $\frac{1}{3}$ of the meat/bean and tomato sauce. Place 4 noodles over the sauce, then top with $\frac{1}{3}$ of the cottage cheese mixture and $\frac{1}{2}$ cup of mozzarella cheese. Repeat same process for the next 2 layers. Top third and final layer with $\frac{1}{4}$ cup parmesan cheese.
8. Bake lasagna in the center over rack for 25-30 minutes, or until sauce is bubbling and cheese is starting to brown. Let lasagna rest for 10-15 minutes before serving.

Preparation Tip: For kids who don't like meat or chunky vegetables, use white or cranberry beans for the beef, and/or puree each the meat or bean /vegetable sauce and the cottage cheese/spinach spread and layer per recipe.

Nutrition Analysis for lasagna made with beef (makes 10 servings):

per serving: 368calories, 13g fat, 5g saturated fat, 54g cholesterol, 485mg sodium, 33g carbohydrate, 6g fiber, 33g protein

Nutrition Analysis for lasagna made with beans (makes 10 servings):

per serving: 339calories, 7g fat, 3g saturated fat, 16g cholesterol, 677mg sodium, 46g carbohydrate, 10g fiber, 26g protein

***Buy locally, in season:** onion, garlic, red pepper, zucchini, beef, tomatoes, spinach, cranberry beans, fresh herbs (sprinkle on top towards the end of cooking instead of cooking them with the tomatoes)



Tofu and Peanut Curry

This curry is not spicy, and a great way to expand the palate of your young diner. Cutting the tofu into small cubes helps introduce this healthy protein to your kids. Sweet potatoes, broccoli, peanut butter and rice help to round out the meal in a familiar way.

Ingredients

1 onion, chopped
2 Tbsp canola oil
2 cloves garlic, minced or crushed with a garlic press
2 tsp mild curry powder
1 15oz can no-salt-added diced tomatoes (use 1 pound fresh tomatoes in season)
1 $\frac{1}{2}$ cups water
1/3 cup crunchy natural peanut butter
 $\frac{3}{4}$ pound sweet potatoes or yams, peeled and cut into 1/2in chunks
 $\frac{1}{2}$ pound broccoli, cut into bite sized pieces (you can sub green beans or snap peas here)
3 packed cups raw whole or baby spinach
1 block (package) extra firm tofu, drained, patted with a towel to remove water, cubed
 $\frac{3}{4}$ tsp kosher salt or salt substitute
Brown rice (optional), prepared according to package directions

Directions

1. Warm a large skillet over medium heat. Add oil, then sauté the onion until lightly browned, 4-5 minutes.
2. Stir in the garlic and curry powder and cook for 1 minute.
3. Stir in the tomatoes and 1.5 cups of water, bring to a boil, then simmer for 10 minutes.
4. Meanwhile, steam the potatoes and broccoli in a covered pot until tender (potatoes first for 5 minutes, then add the broccoli until tender, about another 5 minutes).
5. Stir in the peanut butter to the skillet, then add the tofu and gently simmer for 8 minutes.
6. Add in the spinach and wilt 1 to 2 minutes, and then stir in the sweet potatoes and broccoli.
7. Stir, then season with up to $\frac{3}{4}$ tsp kosher salt or, for reduced sodium diet, use a salt substitute. If the sauce is too thick, you may add up to another $\frac{1}{2}$ cup of warm water until you reach the desired consistency.
8. Serve over brown rice (optional).

Nutrition Analysis (makes 6 servings):

per serving: 300 calories, 17g fat, 2g saturated fat, 0g cholesterol, 418mg sodium, 25g carbohydrate, 7g fiber, 16g protein

***Buy locally, in season:** onion, garlic, tomatoes, sweet potatoes, broccoli, and spinach 22



Nutty Chicken

A healthier alternative to chicken fingers! Kid-friendly, but also delicious for adults.

Ingredients

$\frac{1}{2}$ cup almonds or walnuts
 $\frac{1}{4}$ cup whole-wheat flour
1 $\frac{1}{2}$ tsp paprika
 $\frac{1}{2}$ tsp garlic powder
 $\frac{1}{2}$ tsp dry mustard
 $\frac{1}{4}$ tsp salt
 $\frac{1}{8}$ tsp freshly ground pepper
1 $\frac{1}{2}$ tsp extra-virgin olive oil
4 egg whites or 2 whole eggs
1 pound chicken tenders or chicken breasts (cut into 3" strips)
Canola oil cooking spray

Directions

1. Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
2. Place nuts, flour, paprika, garlic powder, salt and pepper in a food processor; process until the nuts are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.
3. Whisk eggs in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg and almond mixture.)
4. Spray the cooking wire rack, then place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side of each tender.
5. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.

Serving suggestions: serve with sautéed chard (sauté diced stems and diced onion in canola oil over medium heat, once soft, add cut leaves, cover, and cook until wilted) and local corn on the cob or $\frac{1}{2}$ cup whole grains (i.e. brown rice, whole wheat couscous, quinoa)

Nutrition Analysis of chicken alone (makes 4 servings):

Per serving: 174 calories; 4 g fat (1 g sat , 2 g mono); 66 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 27 g protein; 1 g fiber; 254 mg sodium

Adapted from www.eatingwell.com

***Buy locally, in season: chicken, eggs, chard, onion, sweet corn**