

Best Recipes

2019 Edition

*Make cooking together as fun as eating together!
Choose a recipe from the easy ones below, and have
your youngster help from start to finish.*



Butternut squash soup

- 2 tsp. olive oil
- 1 medium onion, chopped
- $\frac{1}{4}$ tsp. ground allspice
- $\frac{1}{4}$ tsp. ground ginger
- 4 cups cubed butternut squash (precut or frozen)
- 4 cups low-sodium broth (chicken or vegetable)

Heat the oil in a stockpot, add onion, and cook until soft. Stir in spices, squash, and broth. Simmer until the squash is tender, about 15 minutes. Cool slightly, and puree in a blender until smooth. Serves 4–6.



Watermelon salsa

- 3 cups diced seedless watermelon
- $\frac{1}{3}$ cup chopped cilantro
- $\frac{1}{4}$ cup lime juice
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{2}$ jalapeno, minced (optional)

Toss together all ingredients. Spoon over tacos, chicken, or fish. Serves 3.

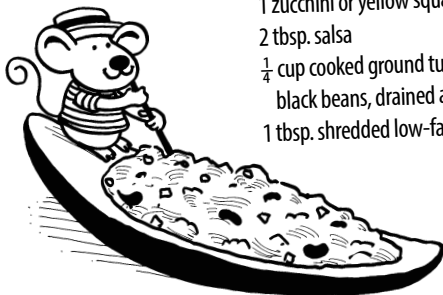


Zucchini boats

- 1 zucchini or yellow squash
- 2 tbsp. salsa
- $\frac{1}{4}$ cup cooked ground turkey (or use $\frac{1}{4}$ cup black beans, drained and rinsed)
- 1 tbsp. shredded low-fat Monterey Jack cheese

Slice squash in half lengthwise, and microwave until tender (2–4 minutes). Then, top each half

with salsa, meat or beans, and cheese. Microwave or broil until the cheese melts. Makes 2 servings.



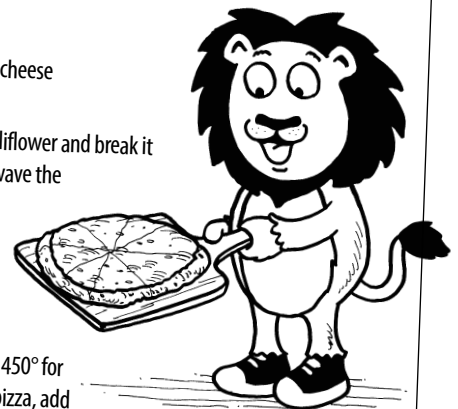
Cauliflower pizza crust

- 1 head cauliflower
- 2 eggs, beaten
- 1 cup shredded skim mozzarella cheese
- 1 tsp. oregano

Cut off the core and leaves of cauliflower and break it into florets (small pieces). Microwave the florets until tender, and puree in a blender or food processor.

Combine pureed cauliflower with eggs, cheese, and oregano.

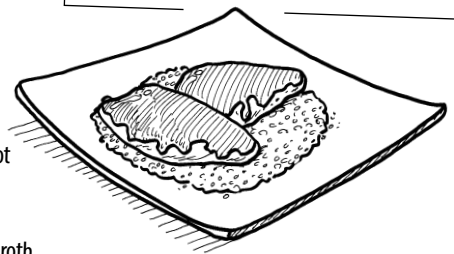
Press the mixture onto a greased cookie sheet or pizza pan. Bake at 450° for 12–15 minutes. *Note:* To make a pizza, add your favorite sauce and toppings. Broil until hot. Cut into 8 slices.



Apricot chicken

- 1 tbsp. olive oil
- 1 lb. boneless, skinless chicken breasts
- Salt and pepper to taste
- 2 tbsp. reduced-sugar apricot preserves
- 2 tbsp. balsamic vinegar
- $\frac{1}{4}$ cup low-sodium chicken broth

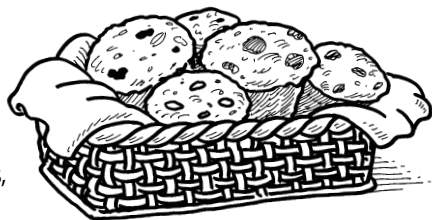
Heat oil in a skillet. Season both sides of chicken with salt and pepper, and cook in hot oil for 5 minutes on each side (until cooked through). Whisk together remaining ingredients, and pour over the chicken. Saute another 4 minutes until sauce is thickened. Makes 4 servings. *Idea:* Serve over brown rice or whole-wheat couscous.



continued

Oatmeal breakfast “cupcakes”

2 cups rolled oats
 3½ cups water
 1 tbsp. honey
 Nonstick spray
 Optional toppings: raisins,
 dried cherries or cranberries,
 chopped nuts

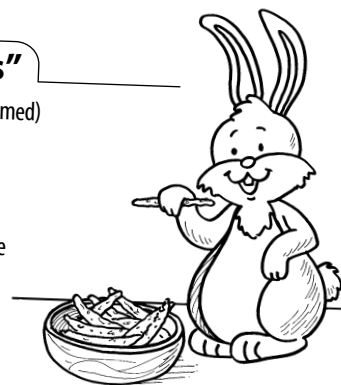


In a saucepan, combine oats and water. Bring to a boil, and stir frequently for 3–5 minutes. Mix in honey. Spray a 12-cup muffin pan with nonstick spray. Spoon the oatmeal into the muffin cups, and add any toppings to each one. Freeze in the pan until solid, and then store cupcakes in a freezer bag. To eat, defrost in the refrigerator overnight or microwave until warm. Makes 12.

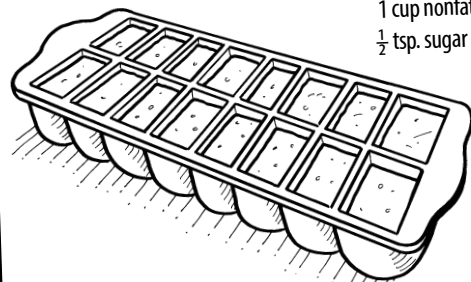
Green bean “fries”

1 lb. fresh green beans (washed, trimmed)
 1 tbsp. olive oil
 ½ tsp. salt
 ¼ tsp. pepper

Mix together all ingredients, and place beans on a baking sheet lined with parchment paper. Bake at 400° for 10–15 minutes, until crispy. Makes 4 servings.

**Orange yogurt cubes**

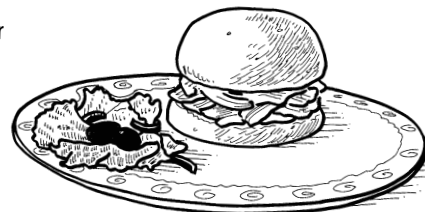
1 cup orange juice
 1 cup nonfat Greek vanilla yogurt
 ½ tsp. sugar



Mix ingredients together. Pour into an ice cube tray. Freeze until solid. Makes 12 cubes.

Slow-cooker pulled pork

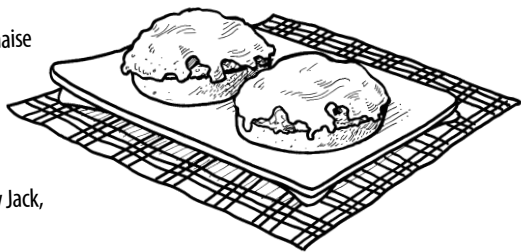
2 onions, sliced
 3 lbs. boneless pork shoulder
 Salt and pepper to taste
 1 cup barbecue sauce
 ½ cup apple cider vinegar
 ½ cup low-sodium chicken or beef broth
 6 whole-wheat buns



Spread onions at the bottom of the slow cooker and top with meat. Season meat with salt and pepper. Add barbecue sauce, vinegar, and broth. Cook on high for 5–6 hours. Turn off slow cooker and shred the pork inside the pot with a fork, then stir to mix with the sauce. Serve in whole-wheat buns. Yields 6 servings.

Tuna meltaway

1 can tuna packed in water (5 oz.), drained
 ¼ cup diced celery
 ¼ cup light mayonnaise
 2 whole-wheat English muffins
 ¼ cup shredded low-fat cheese (Swiss, Monterey Jack, or cheddar)

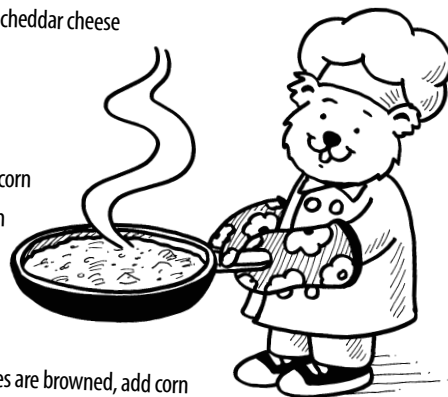


Combine tuna and celery with mayonnaise. Spoon onto halved English muffins. Sprinkle on cheese. Broil until bubbly and brown. Serves 2.

Corn and potato frittata

6 eggs
 1 cup low-fat shredded cheddar cheese
 Nonstick cooking spray
 1 russet potato, diced
 2 scallions, sliced
 ¼ tsp. thyme
 2 cups canned or frozen corn

In a bowl, beat eggs with cheese. Heat a skillet with nonstick cooking spray, and sauté potatoes and scallions with thyme. When the potatoes are browned, add corn until heated. Top with egg mixture and cook without stirring until the bottom is set, 8–10 minutes. Place under a broiler for about 2 minutes, until the top is golden and set. Serves 6.



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

Nutrition Nuggets™

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