

Whole Wheat Pita Pizzas:

Recipe by Dr. Mary Tanaka

SERVES 4

Ingredients

- 4 pieces whole wheat pita bread
- ½ cup of tomato sauce
- 2 cups of assorted chopped vegetables (mushrooms, spinach, onions, peppers, broccoli)
- 1 cup of shredded mozzarella cheese



Directions

Preheat oven to 425 degrees. Place 1 tablespoon of tomato sauce onto pita bread and spread evenly.

Repeat with remaining pita breads. Place 2 tablespoons of mozzarella cheese over tomato sauce. Place vegetables and/or meat of your choice

(Encourage your kids to make a smiling face out of the toppings!). Place on baking sheet and bake for 10 to 15 minutes, until cheese is melted.

Tip: Save time by cooking the pita pizzas at the same time as the roasted vegetables below!



Roasted Ranch Broccoli

Recipe by Dr. Mary Tanaka

SERVES: 4 - 6

Ingredients

- 1 lb broccoli, washed and dried, cut into smaller florets
- 2 tablespoons of olive oil
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried dillweed
- ½ teaspoon garlic powder
- ½ teaspoon onion powder



Directions

Preheat oven to 425°F.

Place broccoli in a bowl and drizzle olive oil, salt, pepper, dried dill, garlic and onion powder over broccoli and mix well.

Place broccoli onto a baking sheet in a single layer. Put baking sheet in oven and cook for approximately 10 minutes.

Tip: Don't have broccoli? Swap broccoli for another vegetable such as cauliflower, brussel sprouts, asparagus, green beans or zucchini!

Smoothies

Recipe by Cooking Matters

SERVES 1-2

General Recipe

- ½ cup -1 cup sliced or chopped fruit (fresh or frozen)
- ½ cup low fat milk/soy milk/almond milk
- ¼ to ½ cup thickener (such as plain yogurt, silken tofu, rolled oats)
- ¼ cup ice (if using all frozen fruit, no need to add ice)

Berry Oatmeal Smoothie

- ½ cup sliced banana
- 1 tablespoon of almond butter or peanut butter
- ½ cup frozen berries + ¼ cup rolled oats (uncooked oatmeal)
- ½ cup milk



Tropical Twist

- ½ cup frozen pineapple
- ½ cup banana
- ½ cup milk
- ¼ cup plain yogurt
- 1 teaspoon unsweetened coconut flakes

Green Machine

- ½ cup sliced banana
- 2 tablespoons frozen spinach
- 1 cup sliced oranges (fresh, skin removed)
- ¼ cup milk
- ¼ cup ice

Breakfast Egg Wrap

SERVES 4-6

Ingredients

- 4 eggs
- ½ cup frozen spinach, thawed and drained
- 2 whole wheat tortillas
- ¼ cup of shredded cheese
- 1 tablespoon of olive oil
- Optional: 2 slices of ham



Instructions:

Heat a medium sized pan over medium heat. Add 1 tablespoon of olive oil to pan.

Place 4 eggs into a bowl and beat together. Add defrosted spinach to the eggs and beat until incorporated. Pour half of the egg mixture into the pan and swirl the pan around so the egg has spread throughout the pan in an even layer.

Cook for about 2-3 minutes, then place tortilla flat onto egg. Cook another 1-2 minutes, then flip the tortilla and egg over (so that the tortilla is now on the bottom of the pan). Cook for another 3 minutes, then add 2 tablespoons of shredded cheese over the egg. Continue cooking until the cheese is melted (another 1-2 minutes). If using ham, place 1 slice of ham over the cheese, then remove tortilla/egg from the pan. From one end of the tortilla, roll up the tortilla and let it sit for 2-3 minutes before slicing. Slice into pinwheels or in half. Repeat above procedures with remaining egg, cheese and tortilla.

Make It Fun: Make “Green Eggs and Ham”. Instead of beating the eggs and spinach, using a blender, blend the eggs with the frozen spinach until mixture turns green. Continue with above recipe.

Banana Nut Butter Pinwheels

SERVES 4-6

Ingredients

- 2 whole wheat tortillas
- ¼ cup any nut butter (ex. Peanut butter, almond butter, sunflower butter)
- 2 bananas, peeled

Instructions:

Spread 2 tablespoons of nut butter onto one tortilla. Place banana closer to one end of tortilla and roll the tortilla around banana. Repeat with second banana, tortilla and nut butter. Slice into 2 inch rounds.

Make It Fun: Make it into a caterpillar! After making the rounds, place rounds in a row. Break 1 thin pretzel stick in half and stick it on top of the first round (as antennae).



Turkey and Veggie Pinwheels

SERVES 4-6

Ingredients

- 2 whole wheat tortillas
- 1 cups of baby spinach, washed and dried
- 6 slices of deli-sliced turkey breast
- 1/2 cup of grated carrots
- 1 red bell pepper, julienned
- 1/2 cup shredded cheddar cheese



Instructions:

Place one tortilla in a pan over low heat. Sprinkle 1/4 cup of cheddar cheese over the tortilla. Remove the tortilla from heat once the cheese has melted and turn off the stove. Place one layer of spinach over cheese and then place 3 slices of turkey breast. Next, place carrots and bell pepper in a single layer on one half of the tortilla. Starting at one end with the carrots and peppers, roll the tortilla into a burrito. Slice into 1-inch rounds. Repeat the above steps with the second tortilla. Slice into 2-inch rounds.

Make it Fun: Make it into pinwheel flowers. Place the pinwheel slices flat on one side. Use carrot or cucumber or bell peppers sticks as the “stem” for the “pinwheel” flower.

Ranch Yogurt Dip

Recipe by Dr. Mary Tanaka

SERVES 4-6

Ingredients

- 1 cup of plain Greek yogurt
- 1 teaspoon dried dill
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon black pepper



Instructions:

Mix until combined well!

Spicy White Bean Dip

Adapted from Cooking Matters recipe

SERVES 4-6

Ingredients

- 2 cloves garlic
- 1 can (15 ½ ounce) cannellini beans, drained
- ¼ cup chopped parsley (or another green herb like cilantro, or green onion)
- 1 tablespoon olive oil
- ¼ teaspoon salt

- ½ teaspoon ground black pepper
- ¼ cup water
- Pinch cayenne pepper



Instructions:

In a blender, add garlic, beans, olive oil, salt, pepper, cayenne pepper and water. Blend until smooth. Top with green herbs and serve.

Banana Yogurt Splits

SERVES 4

Ingredients

- 2 bananas
- ½ cup of plain yogurt
- ¼ cup granola (see below for granola recipe)
- 4 teaspoons of honey
- Optional: chopped berries (about ½ cup)

Instructions:

Cut bananas in half crosswise (you will have 4 pieces). Next, cut each banana lengthwise into 2 longer pieces. Take 2 banana pieces and place them into a bowl. Scoop 1 tablespoon of yogurt on top of the banana. Sprinkle 1 tablespoon of granola (and 2 tablespoons of chopped berries if using) on top of yogurt. Drizzle 1 teaspoon of honey all over. Repeat the above steps with the remaining ingredients.

*Do not feed honey to children under 12 months of age

Cinnamon Honey Granola

Ingredients

- 4 tablespoons of honey
- 2 tablespoons of olive oil
- 1 teaspoon ground cinnamon
- 2 cups of old-fashioned rolled oats
- ¼ cup chopped nuts
- ¼ teaspoon salt
- ¼ cup dried fruit

Instructions:

Preheat oven to 325 degrees F. In a large bowl, stir honey, oil, cinnamon and salt together. Add oats and nuts to bowl and stir until well combined. Spread oat/nut mixture evenly on a baking sheet.

Place in oven and bake for 10 -15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Once golden brown, remove from oven and let cool completely. After the granola has cooled completely, add dried fruit and stir.

Semi-homemade meals

By adding extra vegetables and protein to favorite foods like mac and cheese or ramen, you can make a balanced, filling meal quickly!

Mac & Cheese and Peas

- 1 box Mac and Cheese
- 1 cup frozen peas
- Protein of choice (tuna, shredded chicken, etc)

Instructions:

Make Mac & Cheese according to box. Add in peas and protein and heat through.

Ramen Stir Fry

- 1 package of ramen noodles
- Veggies of choice (fresh or frozen) ex: carrots, broccoli, onion, etc.
- 2 T low-sodium soy sauce
- 2 t honey
- Toasted sesame oil

Instructions:

Boil ramen noodles for 2 minutes. Mix together the sauce- combine soy sauce, honey, and a small amount of sesame oil. Drain the noodles. Heat a small amount of oil in a pan, sautee veggies add in noodles. Add in the sauce. Combine and serve. optional protein: tofu, chicken, etc.

Super Soup

- 1 can of low-sodium soup of choice (try chicken and rice, veggie soup, etc.)
- 1/2 c whole grain, cooked (brown rice, barley, etc.)
- Veggies
- Protein of choice (chopped chicken sausage, etc.)

Instructions:

Warm soup in a pot. Add in veggies, protein, and grain and heat through.

Chocolate French Toast

Adapted from Cooking Matters

Ingredients

- 4 slices whole wheat bread
- 1 egg
- ½ cup low fat milk
- ¼ cup unsweetened cocoa powder
- 2 tablespoons sugar
- ½ teaspoon salt
- 1 cup strawberries, sliced
- 2 tablespoons of maple syrup or honey
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil



Instructions:

Mix sliced strawberries with maple syrup or honey in a small bowl and set aside.

In a medium bowl, stir egg, cocoa powder, sugar, salt and milk together until well blended.

Place medium skillet over medium heat. Dip one piece of bread in egg mixture. Flip to coat both sides. Remove from egg mixture, shaking off any excess egg coating. Place quickly in hot skillet. Cook until golden brown, about 2-3 minutes per side. Remove from pan. Repeat again with remaining 3 slices of bread.

Top each piece of French toast with 2 tablespoons of fruit/maple syrup mixture

3-Ingredient Peanut Butter Cookies

Ingredients

- 1 cup peanut butter
- 1 egg
- 1/2 cup sugar

Instructions:

Preheat oven to 350F. Mix peanut butter, egg and sugar in a bowl until combined.

Take 1 tablespoon of dough, roll into a ball, then slightly flatten. Repeat with remaining dough. Place about 8-10 cookies on a baking sheet, approximately 1-2 inches apart. Bake for 10-12 minutes.

Cool for 5 minutes before transferring to a cooling rack. Repeat with remaining cookies.



Frozen Yogurt Banana Pops

Ingredients

- 2 bananas
- 1 cup vanilla or strawberry yogurt
- Toppings: sprinkles, mini chocolate chips, shredded coconut, chopped nuts
- Special equipment: Popsicle sticks/chop sticks



Instructions:

Peel bananas and cut each banana in half crosswise. Insert popsicle stick or chopstick into cut end of the banana. Dip each banana into yogurt, using a spoon to evenly coat the banana. Place the banana half on a plate or small baking sheet lined with parchment or wax paper.

Sprinkle toppings on yogurt covered bananas. Place in the freezer for 2 to 3 hours.