

THE WELL CLINIC BY CPCMG



the WELL CLINIC cookbook

SIMPLE &
NUTRITIOUS
RECIPES FOR KIDS
AND FAMILIES

Stocking Your Pantry

Keep these ingredients on hand to create quick and healthy meals.

Baking Products.

Have flour, sugar, baking soda, and baking powder on hand. They are basic ingredients for many fresh baked goods.

Canned Beans and Fish

Add beans like kidney, black, pinto, or lima to salads and soups. Or, serve as side dishes or add to a main dish. Use canned tuna and salmon to add protein to salads, casseroles, and pasta.

Canned Fruits and Vegetables.

Canned produce like pineapple, applesauce, corn, and green beans make quick and easy side dishes or snacks on their own. Or, use as an ingredient to stretch main dishes.

Canned or Powdered Milk.

Canned low-fat evaporated and dry powdered milk keep longer than fresh. Prepare them according to the package directions. Use in recipes instead of fresh milk.

Canned Tomato Products.

Keep canned tomato sauce and whole, diced, or puréed tomatoes on hand. They are basic ingredients in a wide range of recipes.

Cereals.

Stock up when they're on sale. Enjoy with fruit and milk. Or, use to make trail mixes, baked goods, or crispy coatings for meat, poultry, and fish.

Dried Fruit and Nuts.

Use as a snack on their own or in homemade trail mix. Add to cereals, baked goods, and yogurt for a snack or breakfast.

Dried Herbs.

Buy the dried herbs and spices you use often. Use to add flavor in place of extra salt.

Oil.

Canola and olive oils are healthy choices when cooking or making dressings. Cooking spray keeps food from sticking to the pan.

Pasta and Rice.

Buy on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests.

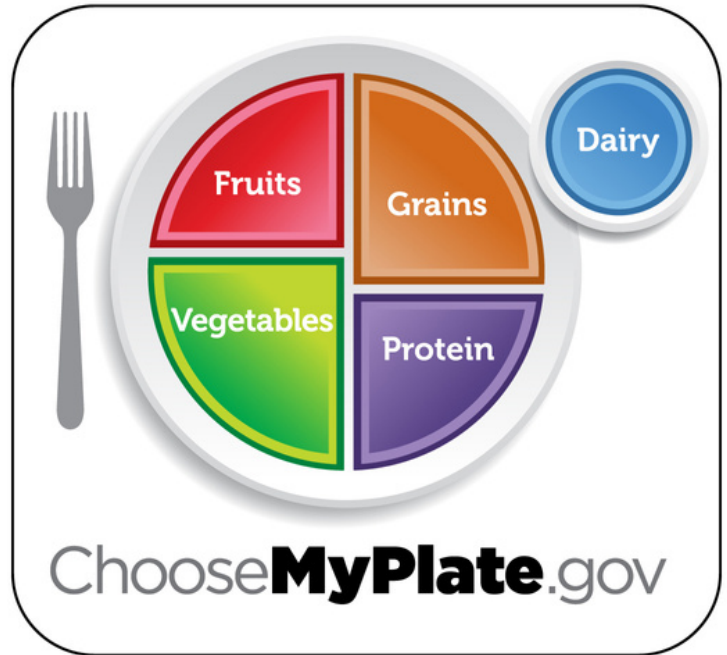
Vinegar.

Buy on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests.



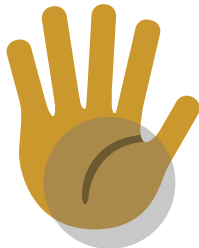
Myplate is a tool that helps to create meals that are balanced and healthy.

- Aim for half the plate to be fruits and vegetables
- The remaining half should be divided between whole grains and protein
 - Protein: foods like eggs, meat, cottage cheese, tofu, beans, edamame, fish and seafood
 - Whole grains: foods like brown rice, oats, popcorn, whole wheat bread
- Try to include 3 servings of dairy per day
 - dairy foods include cheese, low-fat milk, and yogurt



how much is a serving size?

try using the hand portions



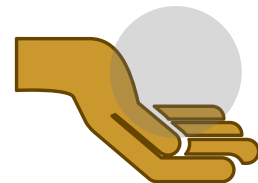
Palm = protein



Thumb = fat



Fist = fruit/veggie



Cupped hand = grain



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group

Healthy Breakfast Recipes



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

Recipe by Dr. Mary Tanaka

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.

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

Healthy Snacks



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).



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.



THE W.E.L.L. CLINIC
by Children's Primary Care Medical Group

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.

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.



Healthy Lunch/ Dinner ideas



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!



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.

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.



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!

HEALTHY MEAL MIX-AND-MATCH: PASTA DINNER

PASTA 1.5 LB	PROTEIN	VEGGIES 2 cups, any combo	SAUCE	SEASONING
whole grain pasta	lean ground beef, turkey, chicken. Cooked and drained (1 lb)	spinach, chard, or kale	marinara	fresh or dried basil
brown rice pasta	extra-firm tofu, drained and crumbled (14 oz package)	carrots	peanut sauce	garlic powder or minced garlic
chickpea pasta	beans, rinsed and drained. (1 or 2 cups cooked)	broccoli	canned diced or crushed tomatoes	dried oregano
	frozen peas or edamame, thawed and drained (2 cups)	sugar snap or snow peas	homemade cheese sauce/white sauce	
	chicken or turkey sausage, cooked and sliced (1 lb)	zucchini or squash		
		onion		

DIRECTIONS:

1. Cook pasta according to package directions. Drain pasta in a colander.
2. Cook protein as needed. If using, add fresh garlic during the last minute of cooking time.
3. Cook veggies by steaming, blanching, grilling, roasting, sauteing, or adding to boiling pasta water during the last few minutes of cooking.
4. In a large pot over medium heat, heat sauce. If using, add optional spices now. Add protein and veggies to heat through. Toss with hot cooked pasta and serve.

try these combos:

Peanut Noodles

Whole grain spaghetti + tofu + sugar snap peas + carrots + peanut sauce

Summer Pasta Primavera

Whole grain pasta + diced tomatoes + canellini beans + zucchini + garlic

Spaghetti and Meat Sauce

Whole grain pasta + lean ground beef + zucchini + marinara + basil + oregano + garlic

HEALTHY MEAL MIX-AND-MATCH: THE SUPER SALAD

GREENS 4 cups	PROTEIN	VEGGIES 2 cups, any combo	OPTIONAL ADD-INS	DRESSING 1/4 cup
leaf lettuce	canned beans, rinsed and drained	carrots, beets peeled and shredded	toasted nuts	oil + vinegar + lemon juice with garlic
spinach	hard boiled eggs	broccoli or cauliflower	cheese, crumbled or shredded	honey mustard dressing
romaine	roasted chicken, turkey, beef, or pork. Shredded or sliced.	cucumber chopped or sliced	citrus fruit segmented	citrus dressing
mixed greens	extra-firm tofu, crumbled and drained	fresh tomatoes	olives	balsamic vinaigrette
	frozen peas or edamame, thawed and drained	bell pepper chopped	avocado	low-fat ranch
	lunch meat	radishes	melon, other fresh fruit	salsa or bbq mixed w/ ranch
			dried fruit like raisins	

make your own dressing

feel free to adjust amounts based on your taste preferences and desired thickness.

simple salad dressing	honey mustard	citrus dressing	balsamic vinaigrette	creamy ranch dressing
3 T olive oil 2 T red wine vinegar juice of 1/2 lemon 1 t salt 1 t pepper	6 T mustard 1/2 T fresh lemon juice OR apple cider vinegar 1.5 T honey 1 t olive oil salt + pepper to taste	2 T lime, lemon, or orange juice 3-4 T olive oil salt + pepper to taste	2 T balsamic vinegar 1 T dijon mustard 3-4 T olive oil salt + pepper to taste	1 6oz container plain yogurt 1/3 c low-fat mayo 2 T white vinegar 1T dried dill 1/4 t garlic powder pinch of salt

EXAMPLES

Citrus Salad: spring mix + avocado + citrus fruit + red onion + citrus dressing

Cobb Salad: romaine + boiled egg + shredded cheese + tomatoes + carrots + creamy ranch

Taco Salad: Mixed greens + chicken + beans + bell pepper + avocado + creamy ranch mixed with salsa

HEALTHY MEAL MIX-AND-MATCH: STIR-FRY DINNER

VEGGIES (2-3 c total)	PROTEIN	OPTIONAL FLAVORING	SAUCE	GRAIN (1 cup dry)
bell pepper, sliced	boneless, skinless chicken breast or thighs trimmed and cut into bite-sized pieces (1 lb)	minced garlic (1T)	peanut sauce	brown rice
carrots or celery				
snow peas, sugar snap peas	sirloin or flank steak, trimmed and cut into bite-sized pieces (1 lb)	minced ginger (or 1/2 tsp ground ginger)	spicy soy sauce	whole grain couscous
broccoli or cauliflower				
zucchini or squash	Pork tenderloin or boneless loin chops, trimmed, cut into bite sized pieces	sesame seeds	lemon stir-fry sauce	quinoa
mushrooms				
onions	extra firm tofu, drained, cut into 1-inch cubes (14 oz package)	fruit like mandarin oranges, mango, or pineapple		rice noodles or whole wheat pasta
water chestnuts, canned				
cabbage, thinly sliced				

directions:

1. Cook grains following package instructions. While grains cook, make stir-fry
 2. In a large skillet over medium-high heat, heat 1 T oil. Add meat or poultry. Stir occasionally until just cooked through, about 4-6 minutes. Transfer to plate.
 3. Add veggies to skillet. Start with harder veggies (onion, green beans, carrot, broccoli, etc.). As they begin to soften, add softer veggies (zucchini, yellow squash) and keep cooking. Total cook time around 10 minutes.
 4. If using garlic/ginger, add to skillet when all veggies are soft. Stir until fragrant.
 5. Stir in sauce. Remove from heat. Add in meat. Serve over cooked grains.
- **if using tofu or edamame, omit step 2. Add tofu or edamame in step 3, during last 3-5 min of veggie cook time. Heat through.

make your own sauce

peanut sauce	spicy soy sauce	lemon stir fry sauce
1/4 c peanut butter 1/3 c warm water 1/4 c low sodium soy sauce 2 T rice vinegar or lime juice 1 T sugar or honey	1/4 c low-sodium soy sauce 1 T brown sugar 1 T corn starch 1 t minced jalepeno (or chili paste or sriracha) 1/2 t ground ginger	3 T lemon juice 3 T low-sodium soy sauce 2 t cornstarch

directions for sauces:

Feel free to adjust amounts based on your taste preferences and desired thickness.

Whisk with a fork in small bowl. Allow thinner sauces to come to boil in hot pan before removing from heat.