

Breakfast Recipes



Banana Bread

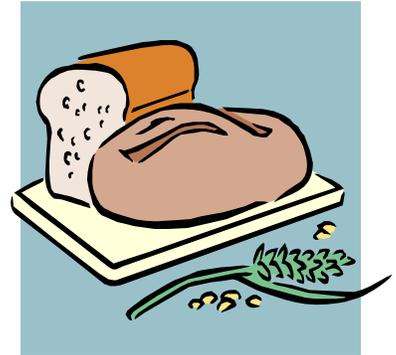
Prep time: about 90 minutes

Serves: 16

Serving size: 1 slice

Ingredients:

- 2 eggs
- 1 3/4 c. sifted flour
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/2 tsp. salt
- 1/3 c. vegetable shortening
- 2/3 c. sugar
- 1 c. mashed bananas (about 3 bananas)



Utensils:

- oven (You'll need help from your adult assistant.)
- measuring cups and spoons
- mixer
- sifter
- spatula
- small bowl
- medium-size bowl
- large bowl
- bread pan coated with nonstick spray

Directions:

1. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Beat eggs well in a small bowl.
3. In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt.
4. In a large bowl, beat the vegetable shortening until it's creamy. Add the sugar a little bit at a time, and continue beating until the mixture is fluffy.
5. Add the eggs to the mixture in the large bowl and beat well.
6. Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in.
7. Pour mixture into the baking pan. Bake for 70 minutes.
8. Flip your banana bread out of the pan, let it cool for a bit, and cut it into slices to eat and share!

Nutritional analysis (per serving):

145 calories
2 g protein
5 g fat
24 g carbohydrate
1 g fiber
27 mg cholesterol
155 mg sodium
37 mg calcium
0.8 mg iron

Berry Tasty Muffins

Prep time: about 40 minutes

Serves: 12

Serving size: 1 muffin

Ingredients:

- 1 c. flour
- 1 c. oatmeal
- 3 tbsp. sugar
- 1 tsp. salt
- 4 tsp. baking powder
- 1 c. blueberries, washed
- 1 egg
- 1 c. milk
- 1/4 c. vegetable oil
- nonstick spray



Utensils:

- oven (You'll need help from your adult assistant.)
- mixing spoon
- 2 large bowls
- fork
- muffin/cupcake tin
- paper muffin/cupcake liners
- wire rack for cooling muffins
- measuring cups and spoons

Directions:

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder.
3. Mix in blueberries.
4. In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil, and mix.
5. Add this mixture to the first mixture in the large bowl.
6. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
7. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
8. Bake for about 20 minutes.
9. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.
10. Enjoy your berry tasty muffins!

Nutritional analysis (per serving):

136 calories
3 g protein
6 g fat
19 g carbohydrate
1 g fiber
18 mg cholesterol
344 mg sodium
86 mg calcium
0.9 mg iron

Courtesy of kidshealth.org

Strawberry Smoothie

Prep time: 5 minutes

Serves: 1

Serving size: 1 large glass

Ingredients:

- 2 ice cubes
- 1 c. milk
- 1/3 c. cottage cheese
- 2/3 c. frozen strawberries
- 1 1/2 tsp. sugar
- 1 tsp. vanilla extract



Utensils:

- blender (You'll need help from your adult assistant.)
- serving glass
- measuring cups and spoons

Directions:

1. Pour all of the ingredients into the blender.
2. Put the lid on the blender and blend for 45 to 60 seconds until smooth.
3. Pour your smoothie into a glass and enjoy.

Nutritional analysis (per serving):

289 calories
19 g protein
2 g fat
49 g carbohydrate
3 g fiber
7 mg cholesterol
430 mg sodium
369 mg calcium
0.8 mg iron

Snack Recipes



Yogurt on the Go

Prep time: 5 minutes

Serves: 1

Serving size: approximately 1 1/4 cup

Ingredients:

3/4 c. light fruit-flavored yogurt
1 tbsp. raisins
1 tbsp. sunflower seeds
1/3 c. strawberries

Utensils:

- measuring cup
- measuring spoon

Directions:

1. Mix all ingredients in a plastic cup.

Nutritional analysis (per serving):

232 calories
7 g protein
4 g fat
0 g sat. fat
40 g carbohydrate
3 g fiber
3 mg cholesterol
88 mg sodium
222 mg calcium
0.9 mg iron

Variations and suggestions:

For a variety, use different flavored yogurt, fruit, and nuts.



Fun Fruit Kabobs

Prep time: 15 minutes

Serves: 4

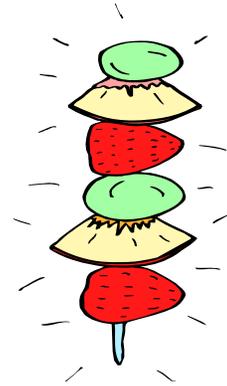
Serving size: 1 kabob

Ingredients:

- 1 apple
- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 c. dried coconut, shredded

Utensils:

- knife (You'll need help from your adult assistant.)
- 2 wooden skewer sticks
- large plate



Directions:

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.

Nutritional analysis (per serving):

141 calories
3 g fat
28 g carbohydrate
3 g fat
1 mg cholesterol
2 g saturated fat
52 mg sodium
103 mg calcium
0.5 mg iron
3 g fiber

Suggestion: Roll your kabobs in something besides coconut. Try granola, nuts, or raisins, or use your imagination.

Incredible Edible Veggie Bowls

Prep time: about 10 minutes

Serves: 1

Serving size: 1 veggie bowl

Ingredients:

- 1 green, yellow, or red pepper, washed
- 1 bunch of celery, washed
- 1 carrot, washed and peeled
- your favorite salad dressing

Utensils:

- knife (You'll need help from your adult assistant.)
- cutting board



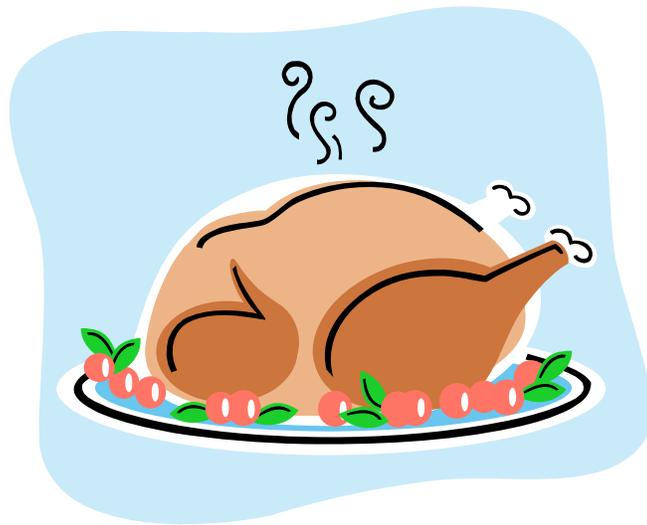
Directions:

1. Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into skinny slices.
3. Cut the carrot into skinny sticks about 4" long.
4. Cut celery into skinny sticks so each one is about 4" long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

Nutritional analysis (per serving):

93 calories
3 g protein
1 g fat
22 g carbohydrate
4 g fiber
0 mg cholesterol
98 mg sodium
71 mg calcium
0.7 mg iron

Dinner Recipes



Italian Vegetable Casserole

Prep time: 25 minutes

Serves: 4

Serving size: 1 cup vegetables and 1/2 cup rice

Ingredients:

1 zucchini, sliced
1 yellow squash, sliced
1/2 red bell pepper, chopped
2 tomatoes, chopped
1/4 c. fat free Italian dressing
2 c. brown rice, cooked
1/4 cup soy parmesan cheese
non-stick cooking spray



Utensils:

- knife (You'll need help from your adult assistant.)
- 2-quart covered casserole dish (microwave safe)
- microwave (You'll need help from your adult assistant.)
- measuring cup

Directions:

1. Spray casserole dish with non-stick cooking spray.
2. Mix vegetables and dressing together in the casserole dish.
3. Cook vegetables in microwave for 10 minutes, stirring every 2 to 3 minutes.
4. Sprinkle parmesan cheese over the top of the vegetables.
5. Serve vegetables over rice.

Nutritional analysis (per serving):

165 calories
7 g protein
2 g fat
0 g sat fat
31 g carbohydrate
4 g fiber
0 mg cholesterol
278 mg sodium
117 mg calcium
1.4 mg iron

Variations and suggestions:

You can also serve over this dish over pasta. If you would like more of a cheesy flavor, add soy mozzarella to the vegetables.

Quesadillas

Prep time: 20 minutes

Serves: 2

Serving size: 2 wedges

Ingredients:

Salsa

- 1 tomato, diced
- 1/2 onion, finely chopped
- 1 tbsp. lime juice
- 1 tbsp. fresh cilantro, chopped

Quesadilla

- nonstick cooking spray
- 3 oz. chicken breast, cut into bite-sized pieces
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- 2 corn tortillas
- 2 oz. jalapeno Jack cheese



Directions:

1. Preheat oven to 350 degrees Fahrenheit (176 degrees Celsius).
2. In a small bowl, combine the tomato, half of the onion, lime juice, and cilantro.
3. Coat a skillet with nonstick cooking spray. Add chicken and sauté until cooked through and juices run clear. Remove chicken from skillet and set aside.
4. Sauté remaining half of the onion and garlic in nonstick skillet for 2 minutes.
5. In another bowl, mix chicken with half of the salsa and set aside.
6. Spray baking sheet with nonstick cooking spray and place tortilla on baking sheet.
7. Spread chicken and salsa mixture on the tortilla.
8. Spread cooked garlic and onions over chicken.
9. Sprinkle cheese evenly over onion and garlic.
10. Cover with another tortilla.
11. Bake until quesadillas are warmed through and cheese is melted, approximately 10 minutes.
12. Cut into four wedges and serve with remaining salsa.

Nutritional analysis (per serving):

277 calories

33 g protein

11 g fat

8 g sat. fat

13 g carbohydrate

2 g fiber

110 mg cholesterol

513 mg sodium

250 mg calcium

1 mg Iron

Courtesy of kidshealth.org