FAMILY-FRIENDLY RECIPES

KIDS IN THE KITCHEN

Guelph Family
Health Study



INTRODUCTION



Guelph Family Health Study

By the age of five or six, your kids will form eating, exercise and sleep habits that can last a lifetime. The Guelph Family Health Study is testing ways for kids to learn healthy habits early — habits that can significantly lower your child's risk for disease, now and in the future.

Parents in the Guelph Family Health Study have expressed an interest in kid-friendly and healthy recipes that they can serve to their families at home. Using crowdsourced funding, the Guelph Family Health Study researchers responded to this request by creating this recipe book.

This collection of recipes was created just for kids! Getting your kids into the kitchen early can help you teach them how to choose healthy foods and is a great way to spend quality time together! Research shows that children who are involved in food preparation are more likely to try new foods. We hope you enjoy!

GETTING KIDS IN THE KITCHEN

Teaching children to cook while they are young encourages them to continue this habit throughout life. As a parent, you are your child's most important role model. Choose healthy foods for yourself and eat together as a family. Here are some ideas adapted from **EatRight Ontario** for getting your children involved in meal preparation:

Cooking with 2–3 year olds

Very young children like to explore with their senses of sight, touch, smell, hearing and tasting. They also like to do things on their own. An empty pot on the floor with a spoon keeps their hands busy. Try letting your kids:

- Add items to dishes (like chopped vegetables to a casserole)
- Help find ingredients in the fridge or cupboard
- Wash fruits and vegetables in the sink

Cooking with 3–4 year olds

At this age, children may be more interested in talking than eating! Try letting your kids:

- Pour from a small pitcher or measuring cup
- Make a simple sandwich or pizza with prepared ingredients
- Mash sweet potatoes, turnips, carrots or bananas
- Stir ingredients together (like muffins, pancakes or sauces)

Cooking with 4–6 year olds

At this age, some kids may show signs of being a picky eater. While the food they prepare might not make it to their fork, try to be patient knowing that cooking is helping them warm up to the idea of trying new foods. Try letting your kids:

- Cook with a friend for a fun play date
- Set the table for meals
- Grate cheese with supervision

ACKNOWLEDGMENTS





Thanks to our Guelph Family Health Study families for suggesting that we create a collection of family-friendly and easy-to-prepare recipes. We hope you like this edition, dedicated to kids in the kitchen!

Many thanks to all the families who contributed to our cookbook recipe contest! Check out the winning recipe, **Thai Lettuce Wraps**, on page 29.

We would also like to thank everyone who donated to our crowdfunding initiative in December 2015. We could not have created these cookbooks without you and your support.

A very big thank you to Tory Ambrose and Kathryn Walton for leading our cookbook team and for the contributions and hard work of many students who created, prepared, tested and photographed the delicious recipes in this cookbook.

Happy and healthy eating, from our family to yours!

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GO TO RECIPES QUICKLY

- Click on a recipe name to go to recipe
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◆ = Complete Meal

BLUEBERRY MINI SCONES



BLUEBERRY MINI SCONES

16 servings

Prep time: 10 minutes
Cook time: 12–15 minutes

This recipe is easy for little hands to help mix. Enjoy this healthy, whole-wheat version of a traditional scone as an after-school snack.

Ingredients

1½ cups	whole wheat flour
1½ tsp	baking powder
½ tsp	salt
2 tbsp	unsalted butter, cold and cubed
½ cup	plain Greek yogurt
3 tbsp	maple syrup
5 tbsp	milk, divided
1 tsp	vanilla extract
½ cup	fresh or frozen blueberries

TIPS FOR HEALTHY EATING

A mixture of fruits can be used for extra colour and flavour. Try this recipe with your child's favourite fresh fruits. Find fresh fruit in season by looking at Foodland Ontario's Seasonal Availability Guide.

Instructions

1. Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In bowl, combine flour, baking powder and salt. Add the butter and using a fork, combine until fine crumbs appear.
3. Add in the yogurt, maple syrup, 3 tbsp of milk and vanilla. Gently stir in the blueberries.
4. Take dough out of bowl and place on parchment paper.
5. Split the dough in half and gently shape into two ¾-inch thick circles.
6. Brush the top of each circle with the remaining 2 tbsp of milk and cut each circle into 8 triangular segments (like pizza slices) with a sharp knife.
7. Bake for 12–15 minutes, or until the tops are golden.
8. Cool on the pan for 5–10 minutes and then transfer to a cooling rack.

FROZEN YOGURT BARK



FROZEN YOGURT BARK

10 servings

Prep time: 10 minutes
Freezer time: 24 hours

Make-over snack time with this delicious yogurt bark! The Greek yogurt provides extra protein to keep you satisfied. Make ahead and freeze a batch for times when you need a quick after-school snack.

Ingredients

Yogurt Bark

2 cups	Greek yogurt
2 tbsp	honey
1 tbsp	cranberries
Toppings	
5	fresh strawberries, chopped
1 tbsp	dark chocolate chips
1 tsp	shredded coconut

Instructions

1. Mix the yogurt and honey together until well combined. Add the cranberries and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread the mixture until it is about 1 cm thick.
3. Sprinkle the strawberries, chocolate chips and shredded coconut on top of the yogurt mixture and place in the freezer for 24 hours or until it is completely frozen.
4. Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags or containers.

TIPS FOR KIDS IN THE KITCHEN

Involve your kids by having them mix the yogurt and choose their favourite toppings to sprinkle on top of the bark. For a chocolatey treat, try adding 2 tbsp of unsweetened cocoa powder to the yogurt mixture.

SUNSHINE MUFFINS



SUNSHINE MUFFINS

12 large muffins or 24 mini muffins

Prep time: 15 minutes
Cook time: 15–20 minutes

These muffins live up to their name! Filled with whole oranges, they are packed with Vitamin C to keep your family's health shining.

Ingredients

1	orange
½ cup	orange juice
1	egg
¼ cup	oil
1½ cups	whole wheat flour
½ cup	sugar
1 tsp	baking powder
1 tsp	baking soda
1 tsp	salt
½ cup	raisins (optional)
½ cup	chopped nuts (optional)

Instructions

1. Cut the orange into 8 pieces without peeling.
2. Put the cut-up orange (that's right — the whole orange), orange juice, egg and oil in blender. Blend until smooth.
3. Add flour, sugar, baking powder, baking soda and salt. Blend.
4. Add raisins and nuts. Blend just until mixed.
5. Pour mixture into muffin tins and bake at 375° F (190° C) for 15–20 minutes.

TIPS FOR HEALTHY EATING

Serve these muffins with your child's favourite nut butter for a quick and healthy breakfast or snack.

SALAD ON A STICK



SALAD ON A STICK

4 sticks each for
1 packed lunch







Prep time: 20 minutes
Cook time: 0 minutes

These skewers are an easy way to get kids involved in preparing their own healthy lunches. Any combination of fruits, vegetables and proteins will work to customize this meal. Ask each family member for their favourite ingredient to create an easy meal that everyone will love.

Ingredients

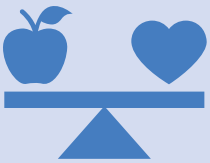
Caprese Salad on a Stick	
12	cherry tomatoes
8	baby bocconcini cheese pieces
12–16	small fresh basil leaves
Chef Salad on a Stick	
4 pieces	thinly sliced turkey, cut in half and then folded in half
8	cherry tomatoes
8	cheddar cheese, 1-inch cubes
½	avocado, cut into 2-inch pieces (add lemon juice to keep from browning)
Waldorf Salad on a Stick	
½	Granny Smith apple, cored and cut into 2-inch slices
1–2	romaine lettuce leaves, cut into 2-inch strips
1	stick of celery, cut into 2-inch slices
8-10	red grapes, seedless

Instructions

1. Prepare all ingredients and set aside for children to add to skewers.
2. Alternate ingredients on the wooden skewers.



TIPS FOR HEALTHY EATING



Kids love to choose their own foods and if you have a picky eater in the house this recipe will be a winner! As the parent, provide a variety of foods and your child can choose what and how much of each item to put on their skewers.

STRAWBERRY-BANANA POPSICLES



STRAWBERRY-BANANA POPSICLES

6 popsicles

Prep time: 5 minutes
Freezer time: 2–3 hours

Perfect for hot summer days, these frozen treats are easy to make and full of healthy fruit. Jam-packed with strawberries and bananas these popsicles have lots of vitamins to keep your family healthy while enjoying this special treat.

Ingredients

2	very ripe bananas
14	fresh or frozen strawberries
1 tsp	vanilla extract

Instructions

1. In a blender pulse all the ingredients until you have a smooth mixture.
2. Pour the mix into ice pop molds and put them in the freezer until completely frozen (minimum 2 hours).
3. To serve, run warm water over the outside of the mold for easy removal.

TIPS FOR HEALTHY EATING

This recipe works best with very ripe bananas that are covered in little brown spots. Ripe bananas help to add natural sweetness to the popsicles. Try making half the recipe with strawberries and the other half with blueberries, or any other frozen fruit your child loves!

CHOCOLATE-DIPPED ORANGES



CHOCOLATE-DIPPED ORANGES

2–4 servings

Prep time: 10 minutes
Cook time: 0 minutes

A fancy treat that looks almost too good to eat! This snack is quick to make and perfect for parties and summer gatherings. Little ones can lend a hand by dipping and decorating the oranges.

Ingredients

1	orange
2-4	lollipop sticks or other wooden skewers
1 cup	semisweet chocolate chips
½ cup	rainbow sprinkles
½ cup	almonds, chopped

Instructions

1. Peel orange into slices and insert lollipop sticks into each orange section.
2. Melt chocolate chips in microwave at 30-second intervals until the chocolate is easy to stir, stirring frequently.
3. Dip orange slices halfway in chocolate, and then in each topping of your choice.
4. If needed, chill oranges in the freezer for 5 minutes to help harden the chocolate.

TIPS FOR KIDS IN THE KITCHEN

There are endless variations you can make with this recipe. Switch out the oranges for other fruits, such as strawberries, switch the chocolate for yogurt, and try out different "sprinkles" like puffed rice cereal, granola or coconut.

HONEY & ORANGE ROASTED CARROTS

Make these with Tuna Melt (page 25) for an easy weeknight meal



HONEY & ORANGE ROASTED CARROTS

4 servings

Prep time: 15 minutes
Cook time: 35 minutes

This recipe combines flavours to bring out the natural sweetness of carrots. Your kids can help with the mixing and arranging of the sliced veggies on the baking tray. Try multi-coloured carrots for a fun boost of colour!

Ingredients

5	carrots, medium
1	orange
2 tbsp	honey
⅓ cup	orange juice
2 tbsp	olive oil
½ tsp	thyme
⅛ tsp	salt
⅛ tsp	black pepper

Instructions

1. Preheat oven to 375°F (190°C).
2. Peel and slice the carrots and slice the orange.
3. On a large rimmed baking sheet, arrange carrots and sliced oranges in single layer.
4. Mix honey, orange juice, olive oil, thyme, salt and pepper in a small bowl and pour over the carrot and orange mixture.
5. Cover with foil and roast for 30 minutes.

TIPS FOR HEALTHY EATING

Dietitians suggest eating at least one orange vegetable, such as carrots, per day. This is because orange vegetables are high in antioxidants that help to keep you healthy and may prevent some chronic diseases such as diabetes and heart disease.

EASY FRUIT PIZZA



EASY FRUIT PIZZA

12 servings

Prep time: 15 minutes
Cook time: 14 minutes
+ 2 hours in fridge

Eating fruit is an important part of a healthy diet, and pizza is a fun way to add a serving of fruit to dessert! Fresh fruits work best in this recipe, but in a pinch, thawed, frozen fruits will also work well.

Ingredients

1 pkg.	refrigerated sliceable sugar cookies, sliced (16.5 oz.)
1 pkg.	cream cheese, softened (8 oz.)
¼ cup	sugar
½ tsp	vanilla
4 cups	assorted fresh fruit (kiwi, strawberries, canned mandarin oranges)

Instructions

1. Heat oven to 375°F (190°C).
2. Line 12-inch pizza pan with aluminum foil and spray foil with cooking spray.
3. Arrange cookie dough slices in single layer on bottom of prepared pan and have your child gently squish them together to completely cover the bottom of the pan.
4. Bake 14 minutes; cool completely. Flip the cookie crust upside down onto a plate to remove it from the pan, then turn it over so it's right-side-up again. Note: we used a prepared graham cracker crust as a quick alternative to the sugar cookie base.
5. Beat cream cheese, sugar and vanilla with mixer until blended; spread onto crust. Top with fruit. Refrigerate 2 hours.

TIPS FOR KIDS IN THE KITCHEN

This recipe is a fun alternative to traditional desserts. Involve your child by asking them to help wash the fruit and arrange fruit on top the pizza. If children enjoy different fruits, try making individual, mini pizzas so each child can customize their own!

SALT & VINEGAR ROASTED CHICKPEAS



SALT & VINEGAR ROASTED CHICKPEAS

8 servings

Prep time: 5 minutes
Cook time: 30 minutes

A great snack on the run! Chickpeas are high in fibre, protein and iron which means they help keep you full and provide you with a boost of energy. Little ones can help with rinsing, draining and seasoning the chickpeas.

Ingredients

1 can	chickpeas (16 oz.)
2 tbsp	vinegar
2 tsp	olive oil
¾ tsp	salt

Instructions

1. Preheat oven to 400°F (200°C).
2. Drain and rinse chickpeas. Arrange in a single layer on a baking sheet.
3. Toss the chickpeas with vinegar, olive oil and salt.
4. Roast for 30 minutes or until chickpeas are a golden brown. Keep an eye on your oven as they can burn easily!

TIPS FOR FOOD SELECTION AND STORAGE

These chickpeas will keep in the fridge in an airtight container for 4–5 days. You can prepare the chickpeas in advance for a whole week of nut-free healthy snacks that are perfect for school or work lunch boxes.

TUNA MELTS

Combine with Honey and Orange Roasted Carrots (page 19) for a complete meal



TUNA MELTS

8 servings

Prep time: 15 minutes
Cook time: 10 minutes

Tuna is high in omega-3 fatty acids which are important for young children's brain development. Topped with cheese and your child's favourite veggies, tuna melts are a great way to add fish into your child's diet! Dietitians recommend that Canadians eat fish at least two times per week.

Ingredients

4	whole wheat English muffins or buns
1 can	flaked light tuna in water, drained (185 g)
3 tbsp	mayonnaise
¼ cup	grated carrot or diced celery
	salt
	pepper
½ cup	shredded cheddar cheese, for topping

Instructions

1. Preheat oven to broil.
2. In a large bowl mix tuna, mayonnaise and carrot (or celery). Stir to combine and season to taste with salt and pepper.
3. Break English muffins in half and cover each half with the tuna mixture.
4. Add a touch of cheese on top of each muffin. Broil the muffins for 2–3 minutes until the cheese is melted and lightly brown.

TIPS FOR QUICK PREP

To save time when making lunches, mix the mayonnaise, tuna, grated veggies, salt and pepper ahead of time. The tuna mixture will last up to 3 days in the fridge and can be used for a few lunches throughout the week.

FRENCH TOAST



FRENCH TOAST

4 servings

Prep time: 10 minutes
Cook time: 15 minutes

Eating breakfast is an important part of a healthy diet, and your kids will enjoy helping to prepare this tasty recipe. On busy evenings, try this French Toast as a quick and easy dinner that the whole family will love!

Ingredients

4	eggs
½ cup	milk
2 tsp	cinnamon
1 tsp	vanilla (optional)
8 slices	whole wheat bread

Instructions

1. In a shallow bowl beat together the eggs, milk, cinnamon and vanilla.
2. Spray a large non-stick frying pan with cooking spray and heat over medium heat.
3. Dunk each slice of bread in the egg mixture, soaking both sides.
4. Place in the pan and cook each slice about 3–4 minutes per side until golden.
5. Serve with sliced fruit and maple syrup.

TIPS FOR KIDS IN THE KITCHEN

Getting kids into the kitchen teaches them important cooking and healthy eating skills but did you know that it can also help with their math and language skills? With little ones, you can have them practice counting while you add the ingredients and dip the bread. With older children, you can practice addition and fractions with the measuring cups!

THAI LETTUCE WRAPS

FAMILY SUBMISSION WINNER!



THAI LETTUCE WRAPS

8 wraps

Prep time: 15 minutes
Cook time: 20 minutes

Wraps are easy for little hands to help assemble and eat. They also provide a perfect vehicle for a complete and healthy meal. Try your own favourite sauce to customize this recipe for your family!

Ingredients

1 tbsp	oil
1kg	ground chicken or turkey (2 pkgs)
1 can	water chestnuts, drained and chopped (5oz.)
1	onion, diced
2	cloves garlic, minced
2	red or orange pepper, chopped
1 pkg	button mushrooms, chopped (10oz.)
	Salt and pepper to taste
2 tbsp	peanuts, chopped
3	green onions, sliced
8	large lettuce leaves or whole-wheat tortillas to use as wraps

Thai Sauce (optional)

¼ cup	hoisin sauce
2 tbsp	soy sauce
1 tbsp	rice wine vinegar

Instructions

1. Heat the oil in a frying pan over medium heat and cook chicken/turkey until brown
2. Add in the water chestnuts, onion, garlic, peppers and mushroom and cook until tender, about 3–5 minutes
3. Combine the sauce ingredients in a bowl and mix thoroughly.
4. To assemble, place some of the meat and veggie mixture into each lettuce leaf or tortilla. Add sauce, sprinkle with peanuts and green onions, wrap and serve.

TIPS FOR HEALTHY EATING

Romaine lettuce, butter lettuce, kale and cabbage are great leaves to use as a wrap. They are all large and strong and can support the delicious fillings in your wrap. Use the lettuce for your wrap either raw or lightly steamed.

FALAFEL BURGERS & SWEET POTATO FRIES



FALAFEL BURGERS & SWEET POTATO FRIES

8 servings



Prep time: 20 minutes
Cook time: 25 minutes

Falafels are a Middle Eastern dish typically made of mashed chickpeas formed into balls, deep-fried and eaten with pita bread. We've changed them into burgers and served them on a bun, with sweet potato fries! Add a salad and you've got an easy complete meal.

Ingredients – Falafel Burgers

2 cups	canned chickpeas, drained and rinsed
¼ cup	green onions, chopped
¼ cup	carrots, finely chopped
¼ cup	bread crumbs
3 tbsp	lemon juice
3 tbsp	water
2 tbsp	peanut butter
2 tsp	minced garlic
¼ tsp	ground black pepper
2 tsp	vegetable oil

Ingredients – Sweet Potato Fries

3	sweet potatoes
2 tbsp	oil
	salt
	pepper

Instructions – Falafel Burgers

1. Put chickpeas, green onions, carrots, bread crumbs, lemon juice, water, peanut butter, garlic and black pepper in food processor; pulse on and off until finely chopped. With wet hands, form each ¼ cup (50 mL) into a patty.
2. In non-stick skillet sprayed with vegetable spray, heat 1 tsp (5 mL) of oil over medium heat.
3. Add 4 patties and cook for 3½ minutes or until golden; turn and cook 3½ minutes longer or until golden and hot inside. Remove from pan.
4. Heat remaining 1 tsp (5 mL) oil and cook remaining patties.
5. Serve with sweet potato fries.

Instructions – Sweet Potato Fries

1. Preheat oven to 425°F (220°C).
2. Cut sweet potatoes into wedges and coat in oil.
3. Sprinkle with salt and pepper to taste and bake for about 20–25 minutes, until tender and browned.

LOADED APPLE SLICES



LOADED APPLE SLICES

1 serving

Prep time: 5 minutes
Cook time: 0 minutes

They say an apple a day keeps the doctor away, but why not switch up the classic apple snack? Dietitians suggest that healthy snacks should include at least two food groups. Nut butter adds protein and granola adds a boost of fibre to this complete snack.

Ingredients

1	apple
1 tbsp	peanut butter, or your favourite nut butter
¼ cup	granola
1 tbsp	dark chocolate chips or raisins, optional

Instructions

1. Slice apples horizontally, about ¼-inch thick and remove core.
2. Spread on peanut butter, then top with granola and chocolate chips.

TIPS FOR KIDS IN THE KITCHEN

Instead of cutting apples horizontally, have your child cut the apple with an apple cutter!
To stop apples from browning after slicing, sprinkle with lemon juice and keep in a sealed container in the fridge until ready to serve.

SWEET POTATO & BUTTERNUT SQUASH SOUP



SWEET POTATO & BUTTERNUT SQUASH SOUP

4 Servings

Prep time: 10 minutes
Cook time: 30 minutes

This flavourful soup will be a family favourite. Not only is it delicious and full of veggies, but it's also quick to make. Try freezing a batch to have on hand for busy weeknights.

Ingredients

2 tbsp	oil
2	onions, diced
2	cloves garlic, minced
1½ inch	piece of ginger, grated
1	butternut squash, peeled and diced
2	sweet potatoes, peeled and diced
2 boxes	900 mL each, low sodium chicken stock
1 cup	water
½ tsp	ground coriander
	salt and pepper, to taste

Instructions

1. Heat oil an in a large pot and stir fry onions, garlic and ginger until soft.
2. Add butternut squash, sweet potato, stock and water to the pot. Bring to a boil and simmer about 20 minutes, or until veggies are soft. Season with coriander, salt and pepper.
3. Puree soup in a blender until smooth. This step is best for mom or dad only.

TIPS FOR QUICK PREP

Replace the whole vegetables with pre-cut fresh or frozen vegetables to reduce prep time. Pre-cut vegetables can be a bit more expensive, so try cutting vegetables ahead of time if you need to make dinner in a rush!

NO-BAKE GRANOLA BARS



NO-BAKE GRANOLA BARS

12 servings

Prep time: 10 minutes
Freezer time: 30 minutes

It's breakfast on the go! These bars will store in the freezer for up to 3 months. No matter how busy life gets, you will always start your day off on a healthy note.

Ingredients

2 cups	quick rolled oats
1 cup	puffed brown rice cereal
¼ cup	shredded coconut
¼ cup	nut butter
¼ cup	maple syrup
½ tsp	vanilla
½ cup	toasted and slivered almonds
½ cup	dried cranberries
2 tbsp	chia seeds (optional)

Instructions

1. Line a 9" x 13" baking pan with parchment paper.
2. In a bowl, mix maple syrup with nut butter. Microwave for 45 seconds, stirring every 15 seconds, or until melted.
3. In a large bowl, combine oats, puffed rice, coconut, chopped almonds, dried cranberries and chia seeds (optional).
4. Pour the maple syrup mixture and vanilla into the dry ingredients and mix well.
5. Press the mixture evenly into the lined baking pan.
6. Freeze for 30 minutes, or until the mixture has hardened enough to cut it into 16 pieces.
7. Wrap each bar in parchment paper and store in the refrigerator or freezer.

TIPS FOR KIDS IN THE KITCHEN

This is a fun activity for a play date; your child's friend can take home some parchment-paper wrapped bars to share with their family! Have the kids help with measuring the ingredients and pressing the granola mixture into the baking pan.

ONE-POT PIZZA PASTA BAKE



ONE-POT PIZZA PASTA BAKE

8 servings

Prep time: 15 minutes
Cook time: 30 minutes

This yummy casserole includes canned tomato sauce for quick and easy preparation. When buying tomato sauce, check the % Daily Value (DV) on the nutrition label – 5% is a little bit and 15% is a lot. Look for sauces that have less than 15% sodium.

Ingredients

1 tbsp	olive oil
500g	ground turkey or lean ground beef
½ cup	mini pepperoni, sliced and divided
1 can	tomato sauce (15 oz)
½ tsp	dried oregano
½ tsp	dried basil
¼ tsp	garlic powder
8 oz	dry whole wheat rotini pasta (about half a box)
1½ cups	water
	salt and pepper, to taste
1 cup	mozzarella cheese, shredded

Instructions

1. Preheat oven to broil.
2. Heat oil in a large ovenproof skillet over medium-high heat. Add ground meat and cook until browned, about 10 minutes. Drain excess fat. Stir in ¼ cup pepperoni and heated for about 1 minute.
3. Stir in tomato sauce, oregano, basil, garlic powder, pasta and 1 ½ cups water; season with salt and pepper.
4. Bring mixture to a boil. Cover, reduce heat and simmer until pasta is cooked through, about 12-14 minutes.
5. Remove from heat; top with mozzarella and remaining ¼ cup pepperoni. Place into oven and broil until the cheese is melted and golden brown, about 2 minutes.
6. Serve immediately.

TIPS FOR QUICK PREP

Don't have an ovenproof skillet? Once your pasta is cooked in your pot, just transfer the pasta mixture to an oven safe baking dish to broil.

TERIYAKI SALMON



TERIYAKI SALMON

4 servings

Prep time: 10 minutes
Cook time: 20 minutes

Salmon has a mild taste that children often like more than other fish. Salmon is high in both vitamin D and omega-3s. Eat fish twice a week to reap its nutritional benefits!

Ingredients

13 oz	salmon fillet
2 tbsp	sodium-reduced soy sauce
2 tbsp	rice vinegar
2 tbsp	brown sugar
2 tsp	grated fresh ginger

Recipe adapted from *The Ultimate Healthy Eating Plan*, Pearson and Smith, 2002

Instructions

1. Preheat oven to 425°F (220°C).
2. Line an 8" x 8" baking pan with parchment paper or foil.
3. Place salmon in the pan.
4. Mix together the soy sauce, rice vinegar, brown sugar and fresh ginger. Pour over the fish.
5. Bake for 15 to 20 minutes or until the salmon fillet easy flakes with a fork. Serve with brown rice and a salad for a complete meal.

TIPS FOR KIDS IN THE KITCHEN

Helping hands in the kitchen can reduce mealtime stress! Have your child set the table while the salmon cooks.

VEGGIE & CHEESE QUESADILLAS



VEGGIE & CHEESE QUESADILLAS

4 servings

Prep time: 20 minutes
Cook time: 20 minutes

Quesadillas are so versatile and make a tasty lunch or quick weeknight meal! Prepare ingredients in small dishes and let your little ones fill their own quesadilla before cooking.

Ingredients

1 tsp	oil
6	mushrooms, sliced
1	red, yellow or green pepper, sliced
½	red onion, sliced
1 tsp	chili powder
	salt and pepper, to taste
1 can	black beans or red kidney beans, drained and rinsed
1 cup	grated cheddar cheese
8	small whole wheat tortillas

Instructions

1. Heat the oil in a non-stick frying pan over medium-high heat.
2. In a bowl, toss the mushrooms, pepper and onion with chili powder and salt and pepper. Stir fry for 3–5 minutes, until veggies are soft. Return veggies to the bowl to cool.
3. To assemble the quesadillas, place ½ cup of the veggie mixture and ¼ cup of beans on 4 of the small tortillas. Sprinkle each tortilla with grated cheese and top with a second small tortilla.
4. In the same frying pan, cook each quesadilla over medium-high heat, flipping once, until the cheese melts and the tortilla is golden brown on each side.
5. Cut the quesadillas in wedges. Serve with salsa.

TIPS FOR HEALTHY EATING

Frozen vegetables are just as healthy and delicious as fresh. Try using frozen vegetables, such as corn or squash, to customize your quesadilla. The frozen veggies are frozen and packed at their nutritional peak and are a great option for your budget and your health!