

The Coventry
Better Health for

Kids Cookbook





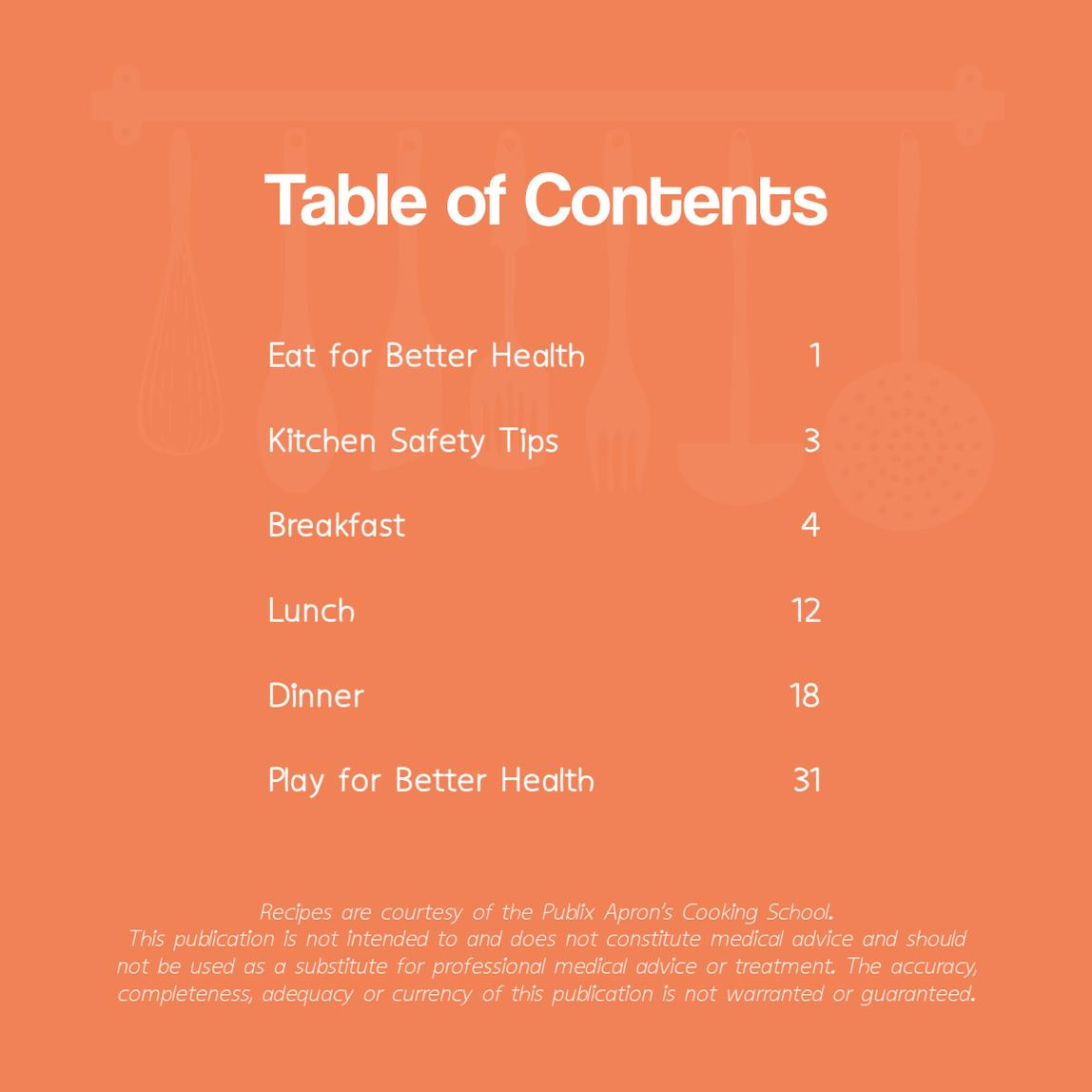


Table of Contents

Eat for Better Health	1
Kitchen Safety Tips	3
Breakfast	4
Lunch	12
Dinner	18
Play for Better Health	31

Recipes are courtesy of the Publix Apron's Cooking School.

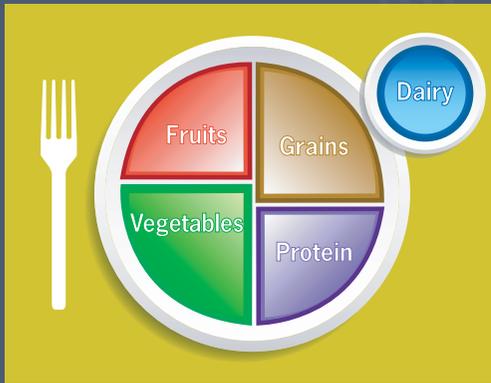
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Eat for Better Health

It's important that you eat healthy to grow properly. You should try to eat foods from all the food groups:

- Vegetables
- Fruits
- Whole Grains
- Low-fat Dairy
- Lean Protein

The picture below shows how your plate should look:



Source: U.S. Department of Agriculture • Center for Nutrition and Policy and Promotion

Vegetables

Eat red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli in your main dish. Beans and peas go great in salads and soups, which can be served as a side or main dish.

Fruits

Instead of high-fat and/or salty treats have fruit for snack time or dessert. At breakfast add bananas or strawberries to your cereal and blueberries are great in pancakes!

Grains

Replace refined-grain breads, pasta, cereals, rice and crackers with whole-grain choices. When you're at the grocery store with mom or dad, help them read the ingredient labels. Look for products that have "whole" or "whole grain" before the grain ingredient name, such as whole wheat bread.

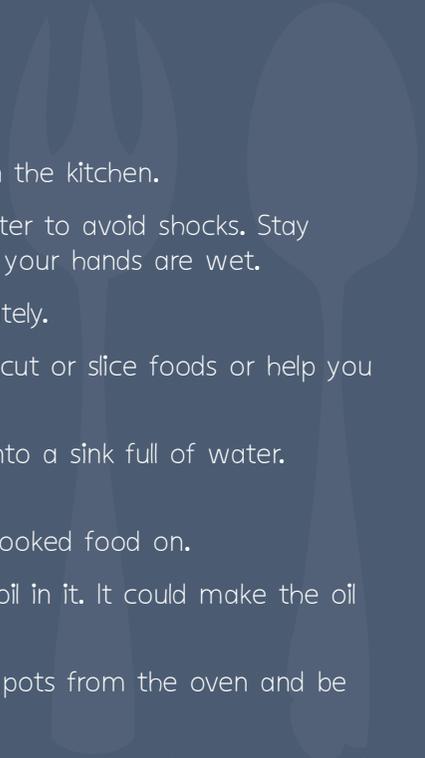
Dairy

Skim or 1% milk are good low-fat dairy choices. They have the same amount of calcium and other important nutrients but with less fat and calories. If you are lactose intolerant, lactose-free milk or fortified soy milk can be good choices. Also, low-fat yogurt is a great topper to fruit salads and baked potatoes.

Protein Foods

Eat different foods from the protein food group each week. Seafood, beans and peas, nuts, lean meats, poultry and eggs are all good choices.

Kitchen Safety



1. Make sure you have an adult with you in the kitchen.
2. Keep electrical appliances away from water to avoid shocks. Stay away from electrical sockets, especially if your hands are wet.
3. If you burn yourself, tell an adult immediately.
4. Watch out for sharp knives. Let an adult cut or slice foods or help you do it.
5. Don't put knives or other sharp objects into a sink full of water. Someone could reach in and get hurt.
6. Always use a clean plate to place your cooked food on.
7. Never add water to a pan that has hot oil in it. It could make the oil splatter and burn someone.
8. Always use a pot holder when removing pots from the oven and be sure to ask an adult to help you.
9. Keep paper towels, dish towels and pot holders away from the top of the stove so they don't catch on fire.
10. Make sure you turn off the oven and other cooking appliances before you leave the kitchen.

Source: Kraftrecipes.com

Breakfast





Cheesy Frittata with Garden Veggies

Serves 6-8

Ingredients:

- 2 cups egg substitute
- 1/4 cup skim milk
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground pepper
- 2 tablespoons grapeseed oil
- 6 asparagus spears, trimmed, cut into 1/2-inch pieces
- 1/2 cup small cut broccoli
- 1 small yellow onion, small diced
- 1 ripe tomato, seeded and diced
- 3 ounces low-fat cheese

Method:

Preheat oven to 350°F.

Whisk egg substitute, milk, salt, and pepper in a medium bowl to blend. Set aside.

Heat oil in 9-inch oven-safe sauté pan over medium heat. Add asparagus and broccoli and sauté until crisp and tender, about 2 minutes. Raise the heat to medium-high. Add onion and a pinch of salt and sauté 2 minutes. Add tomato to the pan and warm through. Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to get firm. Sprinkle with cheese. Reduce heat to medium-low and cook until the frittata is almost firm, but the top is still runny, about 2 minutes.

Place the pan in the oven and bake until the top is completely firm. Let stand for about 2 minutes. Using a rubber spatula, loosen the frittata from the skillet and slide onto a plate.





Super Fruit Parfaits

Serves 6

Ingredients:

- 3 cups plain Greek yogurt
- 2 tablespoons sweet citrus sauce
(see recipe on next page)
- 1/2 cup blueberries
- 1/2 cup blackberries, halved
- 1/4 cup raspberries, halved
- 1/4 cup dried currants
- 2 cups cranberry pecan granola

Sweet Citrus Sauce

Serves 6

Ingredients:

- 1 cup agave nectar
- 1 orange, zested and juiced

Method:

In a mixing bowl, mix together yogurt and sweet citrus sauce until well combined.

Place a 1/2 cup of yogurt mixture in the bottom of 6 glasses and top with a layer of 1/4 cup berries.

Place another layer of 1/4 cup yogurt on top of the berries. Place a layer of 1/4 cup granola. Top granola with remaining yogurt, berries, and granola. Top with the remaining sweet citrus sauce.

Sweet Citrus Sauce Method:

Mix ingredients well in a bowl and let sit for 10-15 minutes.





Whole Wheat Vanilla Almond French Toast

Serves 6

Ingredients:

- 1 1/2 cups egg substitute
- 1/2 cup skim milk
- 2 teaspoons vanilla extract
- 2 pinches of salt
- 1/2 teaspoon nutmeg, ground or freshly grated
- 2 teaspoons ground cinnamon
- 2 cups sliced almonds, lightly crushed
- 4 tablespoons grapeseed oil
- 12 (1 1/2-inch thick) slices whole wheat bread
- sugar-free maple syrup for drizzling

Method:

Preheat oven to 350°F.

In a mixing bowl, beat together with a wire whisk, egg substitute, milk, vanilla, salt, nutmeg and cinnamon. In a second mixing bowl, place sliced almonds. Add 2 tablespoons grapeseed oil to warm skillet. Place a baking sheet lined with foil and parchment paper (for easy clean-up) near the stove.

Coat 4-6 slices of bread in egg mixture, then coat bread in sliced almonds. In a skillet, cook slices 2 minutes on each side and transfer toast to baking sheet. Repeat with remaining slices. Bake 10 minutes. Drizzle with sugar-free maple syrup to taste.



A young boy with a joyful expression is holding a blue lunchbox. The lunchbox is open, revealing a variety of healthy items: a carton of orange juice, a banana, a red apple, a green apple, several carrot sticks, cucumber sticks, and two rolled-up sandwiches. The boy is wearing a blue and white long-sleeved shirt. The background is a soft, out-of-focus indoor setting.

Lunch



Grilled Chicken Teriyaki Lettuce Wraps

Serves 4

Ingredients:

- 4 chicken thighs, boneless and skinless
- 2 teaspoons sesame oil
- 1/2 cup soy sauce
- 2 tablespoons fresh ginger, peeled and minced
- 1/4 cup scallions, minced
- 2 garlic cloves, minced
- 2 tablespoons sherry
- 2 tablespoons honey
- 1 head of bibb lettuce
- 1/4 cup chopped peanuts
- 1 cup pre-cooked rice noodles

Method:

Preheat grill to high heat and oven to 350°F.

Place chicken into a zip-top bag. Add all the ingredients (except the lettuce, peanuts and noodles) to the bag. Put in the refrigerator for about 1 hour.

Remove the chicken from the marinade and place the marinade in a 3-quart saucepot. Bring the marinade to boil for 5 minutes. Grill the chicken on each side until it releases from the grill and the teriyaki sauce is not burning. Finish the chicken in the oven until an internal temperature of 165°F is reached.

Remove chicken from the oven and allow to sit for 5 minutes before slicing. Slice the chicken thin and place in a bibb lettuce cup with rice noodles and peanuts. Drizzle sauce over to finish.





Southwestern Chicken Wraps

Serves 4

Ingredients:

- 2 pounds chicken breast, boneless and skinless
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 tablespoon garlic powder
- 1 tablespoon chipotle chili powder
- 1 teaspoon onion powder
- 1/2 teaspoon fresh ground pepper
- 1/2 teaspoon kosher salt
- 2 tablespoons olive oil, divided
- 2 garlic cloves, minced
- 1 1/2 tablespoons tomato paste
- 3 tablespoons Creole mustard
- 2 cups chicken broth
- 3 tablespoons real maple syrup
- 1/4 cup cider vinegar
- 2 1/2 teaspoons fresh cilantro, chopped
- salt and pepper, to taste
- 4 whole wheat wraps
- 1 head of iceberg lettuce, shredded

Method:

Place chicken with paprika, cumin, garlic powder, chili powder, onion powder, salt, pepper and olive oil, in a zip-top bag and then set aside while you make the sauce.

Heat 1/2 tablespoon oil in a sauté pan over medium-high heat. Sauté the garlic. When the garlic starts to turn golden, add tomato paste and cook until slightly browned, about 2 minutes. Add the mustard, chicken broth, maple syrup, and vinegar. Simmer until mixture reduces to a sauce consistency, about 10 minutes.

Heat remaining oil in a skillet on medium-high heat and sauté the chicken until an internal temperature of 165°F is reached. Let the chicken rest 5 minutes and then slice into thin strips.

Finish the sauce by adding the cilantro, salt and pepper.

Fill the wraps with a combination of chicken and shredded lettuce. Top with the sauce and fold.





Peanut Butter Flatbread with Honey

Makes about 3 cups

Ingredients:

- 3 cups unsalted peanuts
- 1 tablespoon kosher salt
- 2 tablespoons honey
- water to reach desired consistency
- Kosher salt to taste
- 1 whole wheat flatbread dough
- honey to taste

Method:

Combine peanuts, salt and honey in a food processor and puree until smooth. Add water to reach desired consistency and then salt according to taste. Spread peanut butter over the top of the flatbread and then drizzle with honey. Slice and serve.

Dinner





Beef and Broccoli Stir-Fry

Serves 4

Ingredients:

- 1 pound sirloin beef
- 1 tablespoon cracked pepper
- 7 tablespoons low-sodium soy sauce
- 2 tablespoons light brown sugar
- 3 tablespoons sesame oil
- 6 large garlic cloves, smashed
- 2-inch piece fresh ginger, minced
- 1 tablespoon grapeseed oil
- 3 cups broccoli florets
- 3 cups snow pea pods, trimmed
- 1 red bell pepper, sliced
- 6 scallions, cut into 1-inch long pieces
- 2 teaspoons cornstarch

Method:

Combine first 7 ingredients in a zip-top bag and refrigerate for 1 hour.

Heat oil in wok or heavy large skillet over high heat. Remove beef from marinade and dry with a paper towel. Transfer beef to wok, reserving marinade. Sear the beef for about 3 minutes on either side and remove to rest. Add broccoli, pea pods and red bell pepper to the wok. Continue stir-frying until vegetables are just crisp tender, about 4-5 minutes. Add scallions and cornstarch into reserved marinade and stir. Pour marinade over vegetables in wok. Slice the beef thin and add to the pan, stir-fry until liquid boils and thickens, about 1 minute. Serve over brown rice (see recipe on next page).





Perfect Brown Rice

Serves 6

Ingredients:

- 2 tablespoons grapeseed oil
- 1/2 Spanish onion, peeled & diced
- 2 cups brown rice
- 3 garlic cloves, chopped
- 1 quart water or vegetable stock
- Kosher salt and white pepper for seasoning



Method:

Heat grapeseed oil in a medium saucepot and sauté the onions until they become soft and translucent.

Add the rice and stir to coat each grain of rice well with the oil. Add the water (or stock) and stir so rice does not stick to the bottom of the pot.

Cover the pot with a tight fitting lid and bring to a boil. When you see steam escaping from under the lid, remove the pot from the heat and set aside.

Do not remove the lid! Do not peek! Leave the pot covered for at least 20 minutes. After 20 minutes remove the lid and fluff the rice with a serving spoon. Adjust the seasonings with salt and pepper to taste.





Pan Seared Chicken with Cauliflower Mash

Serves 4

Ingredients:

- 2 chicken breast, boneless and skinless, butterflied
- 1 tablespoon kosher salt
- 1 tablespoon cracked pepper
- 1 tablespoon garlic powder
- 2 tablespoons grapeseed oil



Method:

Evenly distribute salt, pepper, and garlic powder over the top and bottom of the chicken. In a hot oven safe sauté pan, with 2 tablespoons of grapeseed oil, sear chicken to golden brown on both sides; about 2 minutes per side. Move pan to a 350°F oven and cook until internal temperature reaches 160°F. Remove chicken to a separate pan or baking sheet and set aside.





Cauliflower Mash

Serves 4

Ingredients:

- 1 head of cauliflower, cut into large pieces
- 1/4 cup fat-free half & half
- 3/4 cup fat-free sharp Cheddar cheese
- Kosher salt and ground white pepper to taste



Method:

Place cauliflower pieces into a steamer basket and place into a steamer. Cook cauliflower for 10 minutes or until it becomes very tender.

Remove the cooked cauliflower from the steamer and puree. This can be done in a food processor or by hand with a potato masher. Mash or puree to the consistency that you prefer. During this process add the Cheddar cheese, half & half, salt and pepper. Serve chicken over the cauliflower mash.





Turkey Meatballs

Makes 24 small meatballs

Ingredients:

- 1 pound ground turkey
- 2 large eggs
- 3 garlic cloves, minced
- 1/2 cup onion, minced
- 1/4 cup flat-leaf parsley, minced
- 3/4 cup whole wheat bread, torn small
- 2 teaspoons kosher sea salt
- 1 teaspoon cracked pepper
- 1 teaspoon herbs de Provence
- 2 tablespoons grapeseed oil



Method:

In a large sauté pan, heat 1 tablespoon oil and add the garlic and onions. Then in a large bowl, mix the onion and garlic mixture with all the other ingredients (except the remaining tablespoon of oil). Form into 1 ounce balls.

Heat remaining oil in the sauté pan. Cook meatballs in skillet until browned and cooked through.





Whole Wheat Penne Pomodoro

Serves 4

Ingredients:

- 1 pound whole wheat penne
- 6 garlic cloves, minced
- 1/2 cup olive oil
- 1 26-ounce box pomi chopped tomatoes
- Kosher salt to taste
- crushed red pepper flakes to taste
- 1 bunch basil, picked and torn
- extra-virgin olive oil for seasoning



Method:

Place a large pasta pot filled 3/4 way with water, add salt until a slight ocean flavor is achieved and bring to a boil. When water has reached a rolling boil, add penne, stir and allow to boil, stirring occasionally.

Place garlic and olive oil in a large sauté pan and cook over a medium-high to high heat until garlic just begins to turn golden. Add tomatoes, salt and crushed red pepper and cook for a few minutes until tomatoes begin to simmer. Add basil, taste and adjust seasonings and reserve until pasta is cooked.

When boiling penne has cooked to desired degree of doneness, drain well in a colander, ensuring no water is left inside the tubes and add it to the Pomodoro sauce. Toss and cook in sauce for 1 minute, transfer to a serving bowl or 4 individual bowls and drizzle a small amount of the extra-virgin olive oil over the pasta.



Play for Better Health

Eating healthy is important, but don't forget to stay active too! Computers, video games and television can be fun ways to past the time, but make sure you're also physically active. There's so much you can do - jump rope, dance, run, walk, swim - just find something you like and get moving!

Here's an activity that can get the whole family in on the action:

Stopwatch Fun - get a stopwatch and test your speed with these activities. Do them regularly and see if you can improve your time.

1. **Quick Sprint:** Designate a start and finish line (make it a short distance) and time each family member's sprint or fast paced walk from start to finish.
2. **Balancing Act:** Time how long each person can balance on one foot.
3. **Jump Rope Race:** Have each person jump rope for a short period of time and see how many full turns each person can get.

Source: FamilyFun October 2012



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