

Best Recipes

2017 Edition



Need inspiration in the kitchen? Choose a recipe, and enjoy making and eating it with the whole family!

Squash pancakes

- 1 medium zucchini
- 1 medium yellow squash
- 1 tsp. salt
- 1 egg, beaten
- $\frac{1}{2}$ cup whole-wheat flour
- $\frac{1}{2}$ tsp. baking powder
- 1 medium onion, chopped
- $\frac{1}{2}$ cup shredded carrot
- Nonstick spray

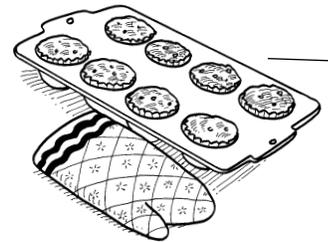
Grate zucchini and yellow squash. Sprinkle on salt, and set in a colander for 20 minutes (to remove moisture). Rinse well. Combine with egg, flour, baking powder, onion, and carrot. Put large spoonfuls into a hot skillet (coated with nonstick spray), and saute the pancakes until brown on both sides. Serves 4.



Mini meat loaves

- 1 lb. lean ground turkey
- 1 egg, beaten
- $\frac{1}{4}$ cup quick-cooking oats, uncooked
- 1 tbsp. ketchup
- 1 tsp. Worcestershire sauce
- $\frac{1}{8}$ tsp. ground pepper

With clean hands or a spoon, combine all ingredients in a bowl. Divide the mixture into 8 muffin cups, and bake at 375° for 30 minutes. Serves 4.



Egg dog



- Nonstick spray
- $\frac{1}{4}$ cup chopped red onion
- $\frac{1}{4}$ cup chopped asparagus
- 2 eggs
- 1 tbsp. fat-free milk
- 1 whole-wheat hot dog bun
- 1 tbsp. tomato salsa

Coat skillet with cooking spray, and saute diced vegetables until tender. Whisk eggs with milk, and add to the pan. Stir quickly until the eggs are set. Place in a bun, and drizzle on salsa. Serves 1.

Bell pepper "pizzas"



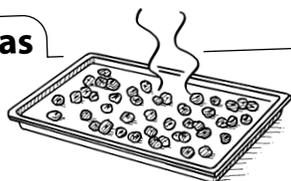
- 4 bell peppers (any color)
- 2 tbsp. olive oil
- $\frac{1}{2}$ cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1 tsp. dried basil

Slice each bell pepper into 4 quarters, removing the tops, bottoms, and seeds. Lightly brush the inside of each piece with olive oil. Spoon on marinara sauce, and sprinkle with mozzarella and basil. Bake at 350° for 15 minutes. Serves 4.

Chili-roasted chickpeas

- 2 15-oz. cans chickpeas (drained, rinsed)
- 1 tbsp. olive oil
- $\frac{1}{2}$ tsp. salt
- 1 tsp. chili powder

Use a paper towel or clean cloth to dry the chickpeas. In a bowl, combine the chickpeas with olive oil, salt, and chili powder. Spread on a baking sheet, and cook at 400° for 20–30 minutes, stirring every 10 minutes. Makes 4 servings.



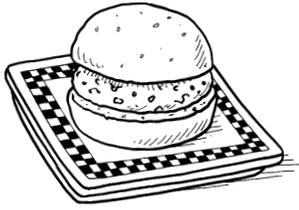
Quinoa taco bowl

- 1 lb. lean ground beef
- 2 tbsp. low-sodium taco seasoning
- 1 15-oz. can kidney beans, drained
- 4 cups cooked quinoa
- $\frac{1}{4}$ cup cheddar cheese, shredded
- $\frac{1}{4}$ cup low-fat sour cream
- $\frac{1}{2}$ cup salsa

Brown the meat in a skillet. Add taco seasoning and beans, and cook until liquid evaporates. In 4 bowls, add quinoa and then the meat and bean mix. Top with cheese, sour cream, and salsa. Serves 4. *Variation:* Leave out the beef and add avocado for a vegetarian version.



Salmon burgers

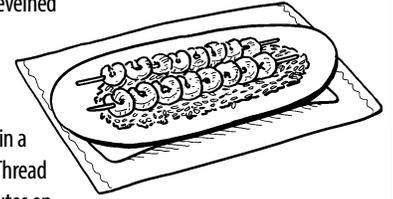


- 2 cans salmon (6 oz. each), drained
- 1 egg, beaten
- $\frac{1}{2}$ cup whole-wheat breadcrumbs
- $\frac{1}{4}$ cup diced celery
- $\frac{1}{4}$ cup diced onion
- Ground pepper
- Whole-grain buns

Mix salmon with egg, breadcrumbs, celery, onion, and ground pepper. Form into 4 burgers, and put on a nonstick baking sheet. Bake at 375° for 10 minutes per side. Serve on whole-grain buns. Makes 4 servings. *Variation:* Make with canned tuna.

Teriyaki shrimp kebabs

- 1 lb. uncooked shrimp, peeled and deveined
- $\frac{1}{2}$ cup low-sodium teriyaki sauce
- 1 crushed garlic clove
- Brown rice or large lettuce leaves



Marinate shrimp for 10–15 minutes in a mixture of teriyaki sauce and garlic. Thread the shrimp onto skewers. Grill 2 minutes on each side until just cooked through. Serve with rice, or put the shrimp onto lettuce leaves and fold into wraps. Serves 4.

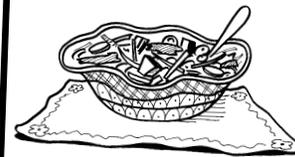
Watermelon salad

- 6 cups baby spinach
- 2 cups seedless watermelon chunks
- 1 cup diced feta cheese
- $\frac{1}{2}$ cup low-fat balsamic vinaigrette



In a large bowl, combine spinach (or another leafy green), watermelon, and feta. Toss lightly with dressing. Serves 4.

Chicken-apple slaw



- 1 rotisserie chicken
- 1 cup broccoli slaw
- 1 apple, diced
- 1 celery stalk, thinly sliced
- 1 8-oz. can water chestnut slices, drained
- 1 head lettuce, shredded
- $\frac{1}{4}$ cup low-fat ranch dressing

Shred the meat from the chicken and toss with broccoli slaw, apple, celery, water chestnuts, lettuce, and dressing. Serves 8.

Overnight oat yogurt parfait



- 6 oz. nonfat plain Greek yogurt
- $\frac{1}{3}$ cup old-fashioned oats, uncooked
- 1 cup frozen or fresh fruit, such as mango or berries

Mix the yogurt and oats together in a bowl. In a jar, layer the yogurt-oat mixture and fruit. Cover the jar with a lid and refrigerate overnight. Serves 1.

Brussels sprout–sweet potato hash

- 1 tbsp. olive oil
- 8 sliced brussels sprouts, with the ends cut off
- 1 large, diced sweet potato, unpeeled
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper



Heat olive oil in a pan, add brussels sprouts and potatoes, and season with salt and pepper. Saute 10–15 minutes over medium heat until cooked through. Serve as a side dish. *Idea:* Put fresh greens into a bowl. Top with the hash and a fried egg. Serves 2.

DIY trail mix

Skip the premade trail mix at the store, and help your youngster come up with her own combinations instead. For example, she might toss together cereal, sunflower seeds, and dried apricots. Or she could combine pretzels, banana chips, dried cherries, and cashews. Get started by shopping together for items like these:

- whole-grain cereals
- raisins and other dried fruits like apricots, cranberries, and cherries
- different kinds of unsalted nuts (peanuts, cashews, almonds)
- popcorn
- mini unsalted pretzels or pretzel sticks
- rice cakes, granola bars, cereal bars, or pita chips (broken into pieces)
- banana chips
- unsalted sunflower and pumpkin seeds
- mini marshmallows



Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.