HealthPartners®

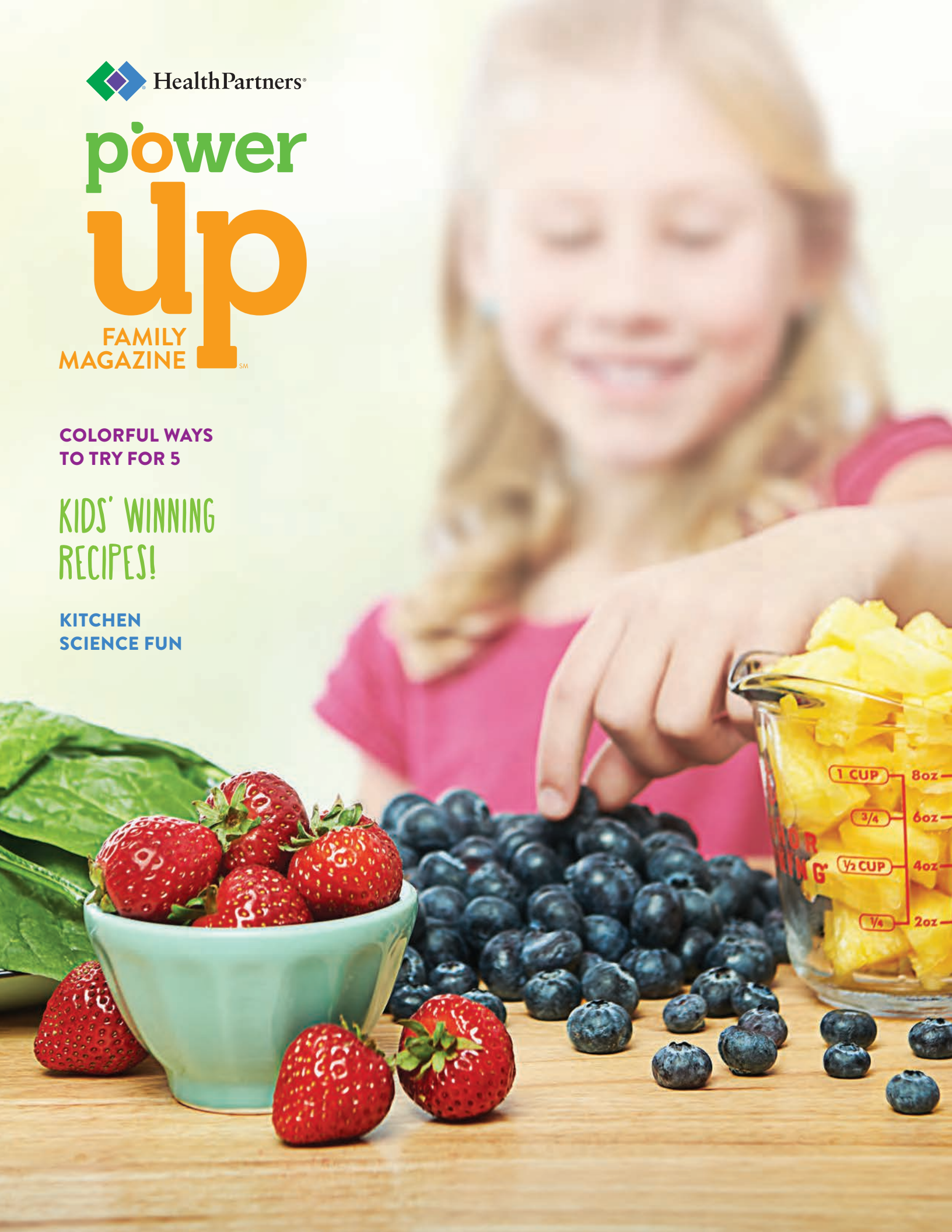
power up

FAMILY MAGAZINE℠

COLORFUL WAYS TO TRY FOR 5

KIDS' WINNING RECIPES!

KITCHEN SCIENCE FUN



what's inside?

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For more fun ways to PowerUp, visit
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IT'S TIME TO TRY FOR 5 WITH COLORFUL FRUITS & VEGGIES!

Colors of the rainbow make produce inviting,
bright colors make eating extra exciting!

From red to purple, and yes, even white,
these colors power you up with each bite.

Each color can give you super powers,
that keep you powered up for hours and hours!

Bright colors we eat help us grow and thrive,
just one more reason to try for 5!

Fellow parents,

Every day, I hear parents tell me their kids are unsure about new foods – especially veggies. This is normal, but this often turns into a frustrating battle at mealtimes. What's a parent to do?

- **Keep offering, don't get discouraged.** You might discover they like new foods, such as veggies, roasted or dipped in a sauce!
- **Thank them for trying.** Trying doesn't always mean taking a bite. A smell, touch or even a lick is a successful "try" worth celebrating!
- **Give kids routine.** Mapping out a plan for meals and snacks will set the stage for better eating.
- **Involve your kids** with shopping and cooking to spark their curiosity and confidence in the kitchen.
- **Gather around the table.** Eating together helps families feel connected, lowers stress and gets everyone eating more fruits and veggies.

Not sure where to start? Right here! This magazine is power-packed with fun and tasty ways to get everyone excited about "Trying for 5" fruits and veggies.

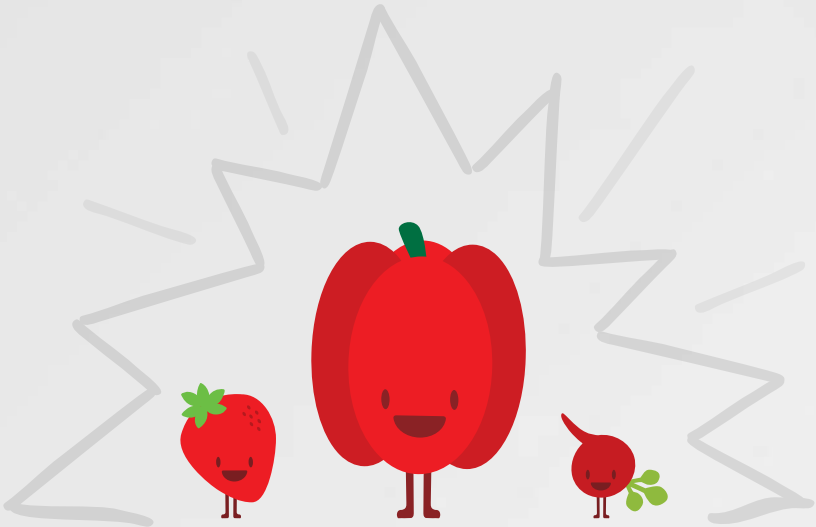
Bon appétit!
Andrea Singh, MD

Andrea Singh, MD
Pediatrician and
mom of two

TRY FOR 5 | WITH COLORFUL FRUITS AND VEGGIES

APPLE

CHILI PEPPERS

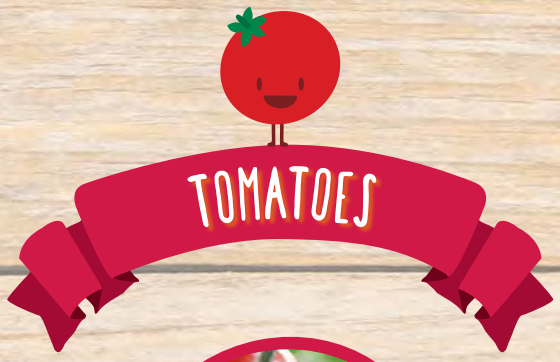


ROCKIN' REDS

Tomatoes and berries, peppers and beets, fill up your plate with a Rockin' Red treat!

TOMATOES

STRAWBERRIES



Grows on a flowering vine and loves sunshine.

Best when bright red with a sweet smell.
Find them canned, too!

Try them fresh!

WAYS TO WASTE LESS

Apples turned wrinkled, shriveled or mealy? Cook them into applesauce!

KITCHEN SCIENCE: LET'S EXPERIMENT

sink or float

In a bowl of water, see which red fruits and veggies sink, and which float. Can you guess?

Set up your kitchen lab:

Ingredients

A variety of red fruits and veggies like apples, strawberries, red peppers, red potatoes, red grapes and radishes

Equipment

Large bowl, water

What did you discover?

Why do you think some float and others don't?

What happens if you peel an apple – does the peel sink or float?

Do the seeds sink or float?

Answer: *If fruits and veggies float that means they have a lot of small air pockets inside them. By testing individual parts, like the peel and seeds of an apple, you see that some parts float (the peel) and some don't (the seeds) but when all the parts are put together they do float.*

PLAY

inside out puzzler

Some fruits and veggies are one color on the outside, but another color on the inside. It's like a fun surprise! Can you match the picture of the outside to the inside?

APPLE

WATERMELON

RADISH

DRAGON FRUIT

RED POTATO

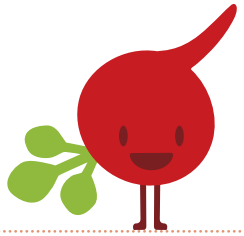
SILLY STUFF

DID YOU KNOW?

Red bell peppers are just green peppers that stayed on the vine longer to ripen?

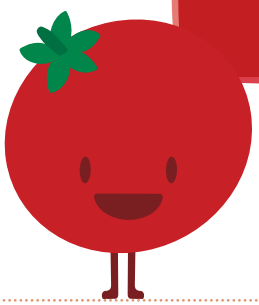
Q: What is small, red and whispers?

A: A hoarse radish!



Q: How do you fix a broken tomato?

A: Tomato paste!



AWESOME ORANGES AND YELLOWS

Citrus and carrots, bananas and mangoes
have bright cheery colors that glow.
Try other orange beauties like squash, peach and melon –
and don't forget sweet potato!

SWEET POTATOES

Grows underground as a root.

Best when small or medium in size.

Try it baked!

WAYS TO WASTE LESS

Carrots dried out?
Don't throw them out. Toss them in a soup or try roasting them.

KITCHEN SCIENCE: LET'S EXPERIMENT

fizzy fun with fruit

What happens when citrus fruit juice (like lemon, orange or grapefruit juice) is mixed with baking soda? Let's find out!

SAFETY FIRST!

Power chefs always ask an adult before using knives, appliances, the stove, the oven or hot ingredients.

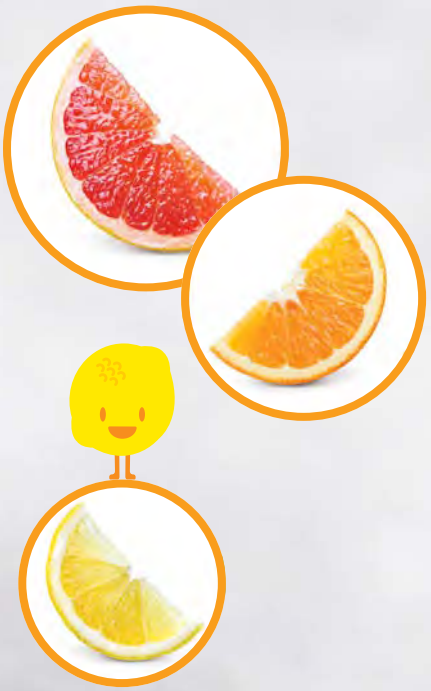
Set up your kitchen lab:

Ingredients

A lemon, a grapefruit, an orange and baking soda

Equipment

Muffin tin, measuring spoon and dropper



STEP 1: ***Measure*** 1 1/2 teaspoons of baking soda into 3 muffin cups.

STEP 2: ***Wash*** and ***cut*** fruit into wedges (perfect for smelling and squeezing).

STEP 3: ***Smell*** each citrus fruit. Then ***squeeze*** the juice from each fruit into its own separate bowl.

STEP 4: Using a dropper (or spoon), drop orange juice into one cup with baking soda. Report what happens. Then do the same thing with grapefruit and then lemon.

STEP 5: Why do you think it fizzed and bubbled? Which juice caused the biggest reaction?

Answer: *When the acid from the citrus fruit mixes with the baking soda, it forms a gas, called carbon dioxide, which is what you see with the fizzing and bubbling.*

PLAY

secret PowerUp message

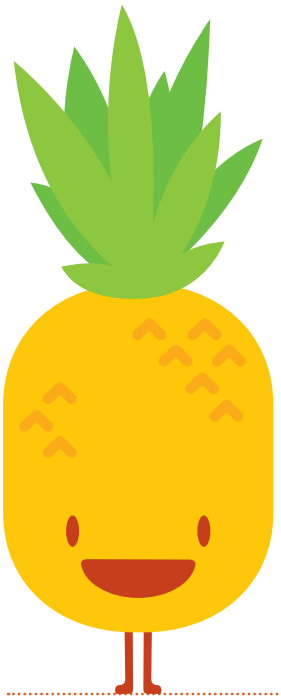
Decode the secret PowerUp message using the key below.

KEY

D Y R I O E F A T V

Answer: TRY FOR FIVE EVERY DAY

SILLY STUFF



DID YOU KNOW?

The pineapple is a symbol of a warm welcome! It makes a perfect gift when welcoming friends and family to your home.

Q: What do corn cobs call their fathers?

A: *Pop*-corn!

Q: What fruit do sheep like the most?

A: *Baaa*-nanas!

TRY FOR 5 | WITH COLORFUL FRUITS AND VEGGIES

GREEN CABBAGE

GRAPES

GROOVY GREENS

Green beans and kiwi, kale and bok choy
can all fill your taste buds with joy!
Try them as a side, in a soup or a smoothie,
and you'll know why they are so very groovy!

KIWI

BRUSSELS SPROUTS

APPLE

CUCUMBERS

GREEN BEANS

Grows on a plant.

Best when bright green and snap when bent. Find them frozen and canned, too!

Try them roasted!

WAYS TO WASTE LESS

Extra or overripe avocado? Toss it into a smoothie to make it extra creamy.

KITCHEN SCIENCE: LET'S EXPERIMENT

incredible shrinking spinach

What happens if you heat fresh spinach leaves? Let's find out.

STEP 1: ***Measure*** 2 cups of raw spinach.

STEP 2: ***Smell it. Taste it.*** Report your findings in the experiment log below.

STEP 3: ***Heat*** pot on medium-low (with the help of an adult), then ***pour*** the 2 cups of spinach into your pot.

STEP 4: ***Stir*** with a spatula for 3-5 minutes. Remove from heat and let cool.

STEP 5: When cooled, ***measure*** spinach again. Then report what happened by answering the questions in the experiment log.

! SAFETY FIRST!

Power chefs always ask an adult before using knives, appliances, the stove, the oven or hot ingredients.

EXPERIMENT LOG

1. ***Measurement*** - What happened? After heating, did the spinach measure more, less or stay the same?

☐ More ☐ Same ☐ Less

2. ***Smell it*** - Does it smell different cooked than raw?

☐ Yes ☐ No

Which do you like better?

☐ Raw ☐ Cooked

3. ***Try it*** - Does it taste different cooked than raw?

☐ Yes ☐ No

Which do you like better?

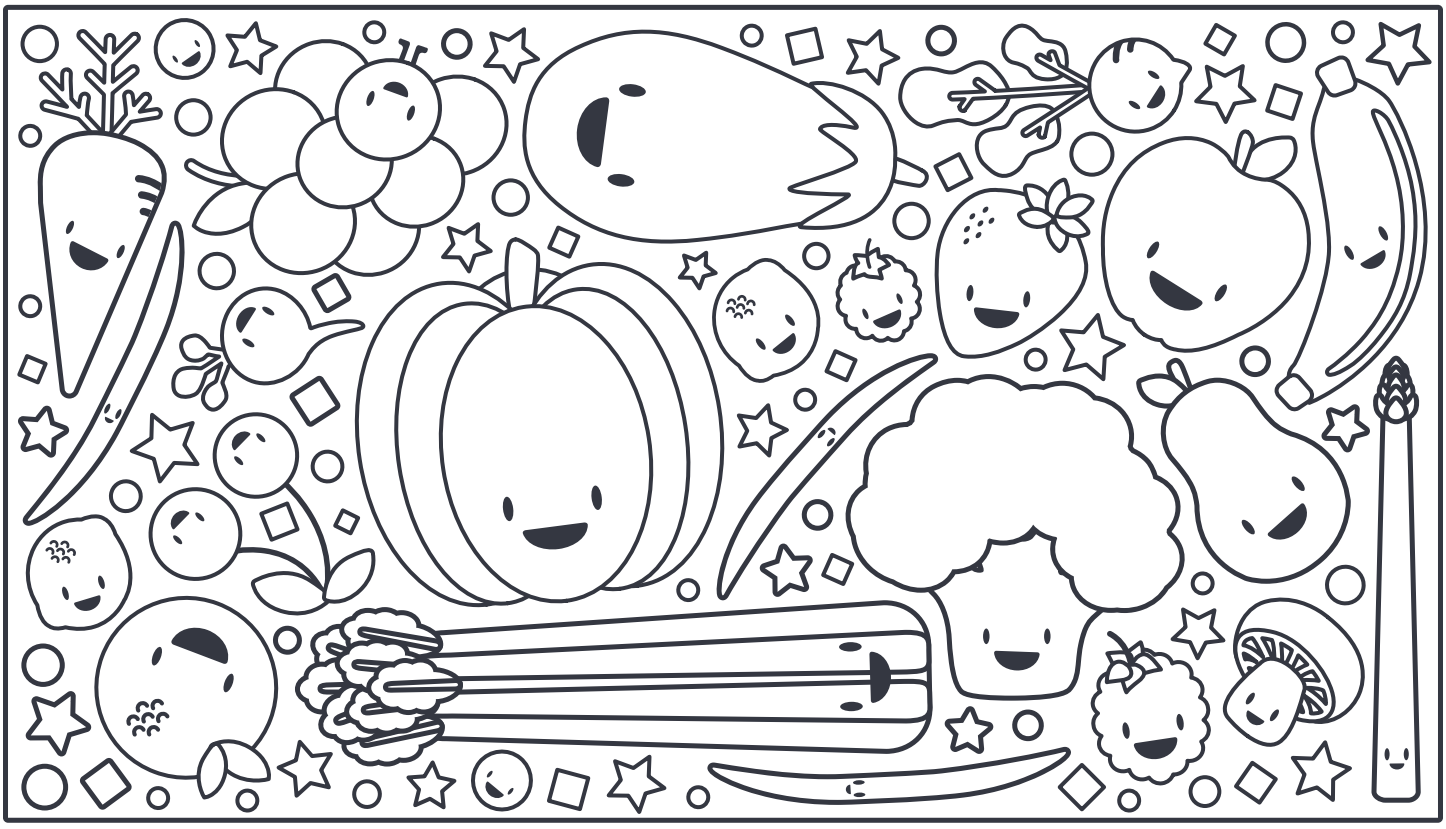
☐ Raw ☐ Cooked

Answer: *Leafy greens shrink when heated because they have a lot of water in them which evaporates from the leaves when cooked.*

PLAY

groovy green hide-and-seek

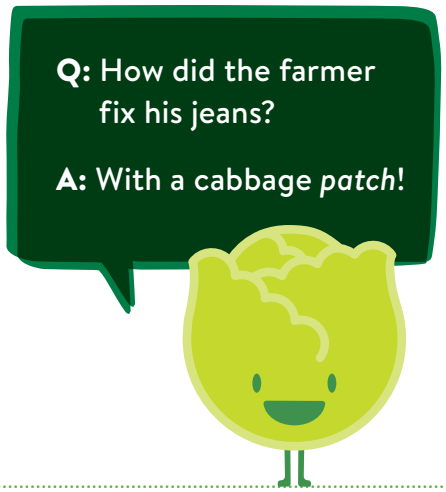
Find and color all the green fruits and veggies. Then have fun coloring the rest!



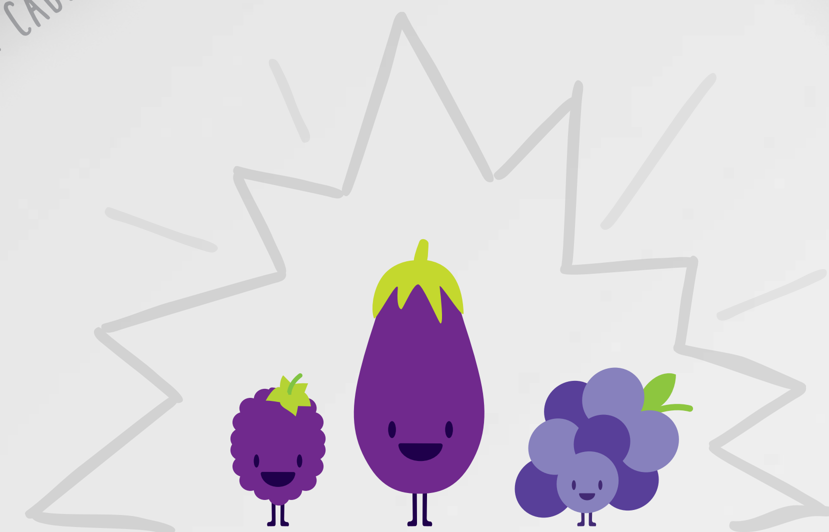
HIDDEN GREEN FRUITS & VEGGIES

3 Green beans	2 Limes	1 Apple
1 Asparagus	1 Pear	2 Peas
1 Grape bunch	1 Broccoli	1 Celery bunch

SILLY STUFF



TRY FOR 5 | WITH COLORFUL FRUITS AND VEGGIES



POWERFUL PURPLES AND BLUES

Eggplant and berries and grapes all have a purple hue,
But there's purple carrots, potatoes and lettuce, too.
Who knew?!

PURPLE CABBAGE

Grows layers of purple leaves that form into a head.

Best when leaves are firm and bright, but if they're not, just peel the top layer away.

Try it raw or in slaw!

WAYS TO WASTE LESS

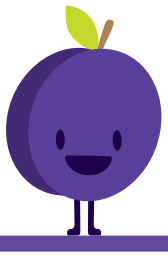
Blueberries or grapes getting wrinkly? Pop them in the freezer for a cool summer treat.

KITCHEN SCIENCE: LET'S EXPERIMENT

test your taste buds

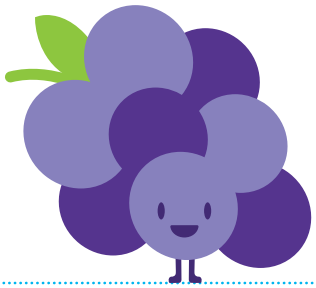
Give these powerful purple and blue fruits and veggies a try. Then compare them in the chart below. Do they taste the same or different?

DID YOU KNOW? A prune is a dried plum?



PURPLE (KALAMATA) OLIVES	vs.	GREEN OLIVES	BLUEBERRIES	vs.	BLACKBERRIES
☐ Same ☐ Different			☐ Same ☐ Different		

PLUMS	vs.	PRUNES	GRAPES	vs.	RAISINS
☐ Same ☐ Different			☐ Same ☐ Different		

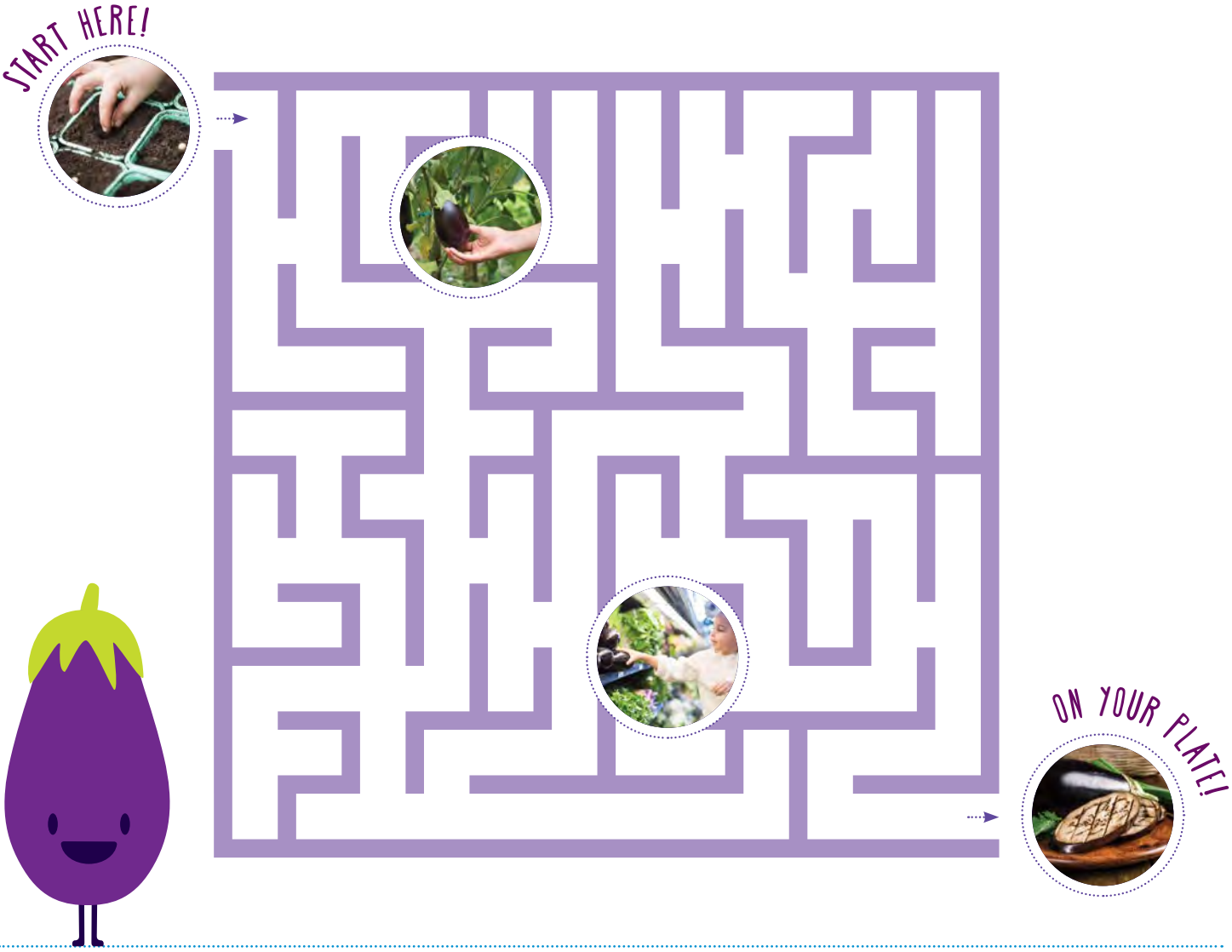


DID YOU KNOW?
a raisin is a grape with most of the water taken out?

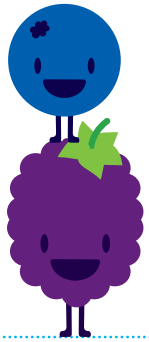
PLAY

a-maze-ing food cycle

Help the eggplant get from the farm to your plate!

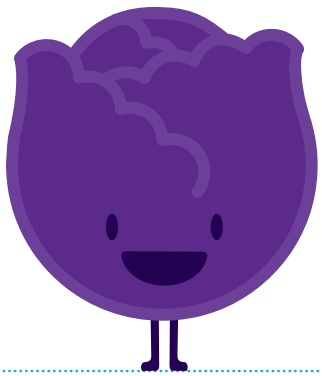


SILLY STUFF



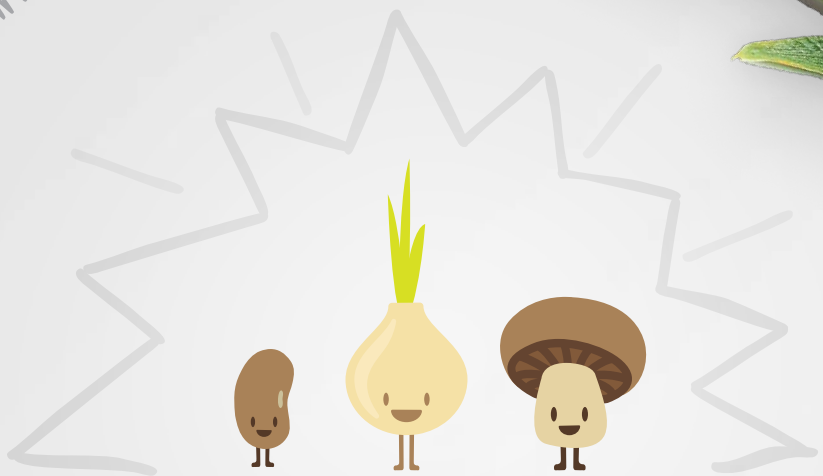
Q: What fruit do ghosts eat?

A: Boo-berries!



Q: What's a taxi driver's favorite veggie?

A: A cab-bage!



WONDERFUL WHITES AND BROWNS

Try cauliflower, pears or kohlrabi for lunch.
They are yummy to munch.
Do you think ginger,
onions or garlic pack a flavor punch?
What's your hunch?

COCONUT

BEANS

CAULIFLOWER

Grows on the ground with large green leaves and white flowers that we eat!

Best when it's white and firm.

Try it steamed!

WAYS TO WASTE LESS

Extra cauliflower or potatoes? Blend them smooth and use in place of cream in soups

KITCHEN SCIENCE: LET'S EXPERIMENT

test your taste buds

Beans are good and good for us. They can be eaten in many ways. Match the picture with the correct food.

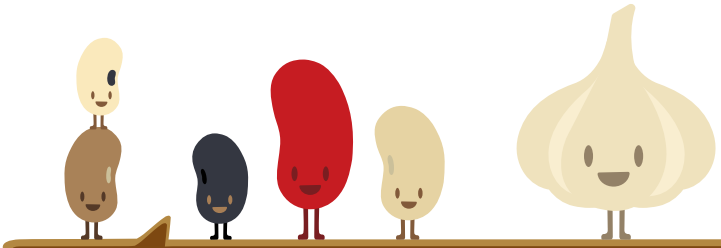
Tasty blended bean dip — GARLIC HUMMUS

Melted cheese & beans on a tortilla — BEAN QUESADILLA

Yummy patty made of beans & veggies — BLACK BEAN BURGER

Warm bean soup — WHITE BEAN CHILI

Savory, crunchy snack — ROASTED CHICKPEAS



Which of these foods have you tried? Which look yummy to you?

PLAY

white & brown word find

Can you find all of these wonderful white and brown fruits and veggies?

U T Q P A B K O H L R A B I F
F P A R S N I P V O D G D X Y
B C S H N Q N S M D A T E S T
E V A O J M P O I W R L D M U
A R I U D X O E D I T T W B R
N A C Z L R L E N T I L S V N
S U G T H I X W X Y C O F P I
F B I S Q F F T N D H O B A P
N F U R G Z O L A M O P S S R
P M L A Q L N A O Q K N M V E
L Y R H L C G H V W E F I I L
G G B A C I E M N O E J O O G
E P H Y J I C A M A A R D H N
A S W A T E R C H E S T N U T
S C O C O N U T L F K W O M U

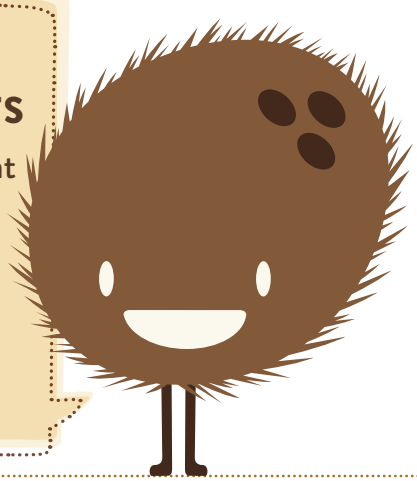
WORD BANK

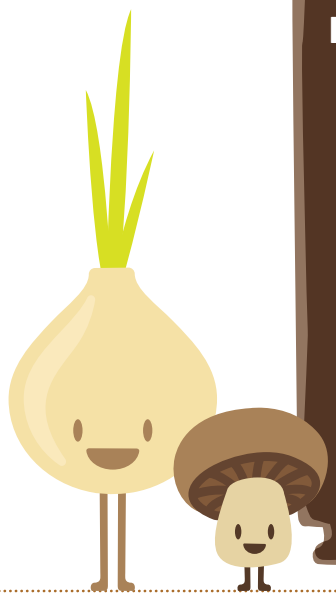
CAULIFLOWER
MUSHROOM
ONION
SHALLOT
PARSNIP
KOHLRABI
TURNIP
JICAMA
LENTILS
BEANS
ARTICHOKE
DATES
WATER CHESTNUT
COCONUT

SILLY STUFF

FRUITY FACT ABOUT COCONUTS

A coconut is a fruit that is known as a drupe – that's a funny name! Other fruits that are drupes are peaches, plums and cherries.





DID YOU KNOW?

There are over 75 kinds of mushrooms that glow in the dark? Whoa, cool! People have used these glowing mushrooms to help light their path through the woods.

getting kids in the kitchen

Hold onto your chef's hat. It's time to get cooking in the kitchen!

GET READY – PICK A RECIPE

Read it all the way through. Then ask yourself:

- How much does it make? Do I need to make more or less?
- Do I have all the ingredients? What else do I need?
- What kitchen tools do I need?

Choco Berry Smoothie

Serves: 2

INGREDIENTS

- **3/4 cup frozen blueberries**
- **1 frozen banana**
- **1 handful of spinach, fresh or frozen**
- **1 cup milk**
- **2 dates**
- **2 tablespoons almond butter**
- **1 tablespoon cocoa powder**

INSTRUCTIONS

1. Put all ingredients into a blender.
2. Blend well.

Find the complete recipe on page 45.

GET SET – EXPLORE THE GROCERY STORE

While at the store, can you find at least one fruit or veggie (fresh, frozen or canned) from each color of the rainbow that you would like to try?

GO – PRACTICE YOUR CHEF SKILLS

Now it's time for the fun of prepping and cooking as you practice your power chef skills. **Be sure to always ask an adult for help.** Here are three things a power chef does every time they cook:

SCRUB

Wash hands before touching food (scrub front, back and in between fingers). Sing the ABCs and you'll be done when you get to the letter Z.

! SAFETY FIRST!

Power chefs always ask an adult before using knives, appliances, the stove, the oven or hot ingredients.

WASH

Wash fruits and veggies before you cut, cook or eat them.

TRY

Taste what you create to make sure it's great!

POWER CHEFS – WE CHALLENGE YOU TO MASTER THESE SKILLS!

MEASURE + POUR

Liquid and dry ingredients use different measuring cups.

- ***Liquid:*** for liquids like milk, water and oils

  Use a liquid measuring cup: keep it flat!
  Bend down to measure at eye level

- ***Dry:*** for fruits, veggies, nuts and flour

  Spoon into a measuring cup
  and level it off with a flat edge

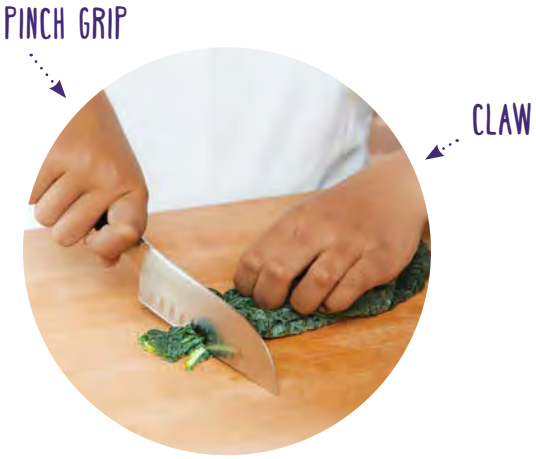
After measuring, slowly ***pour*** into your mixing bowl.

SLICE + CHOP

Knives are an important tool for power chefs to slice, dice and chop – but they come with safety rules.

The "Claw" and "Pinch" Grip

1. Hold knife with a "pinch grip" up where the handle meets the blade.
2. With the other hand, curl fingers under to make a "claw" shape. This protects the fingers, while holding the food in place.
3. Slowly and carefully slice, never taking your eyes off the knife when using it.



Which knife, for which job?

- ***Paring:*** Peeling and chopping fruits and veggies

- ***Chef:*** Mincing, slicing and chopping

- ***Serrated:*** Slicing bread, tomatoes and citrus fruits

PEEL + SHRED

PEEL means to remove the outer skin of fruits or veggies, like a cucumber.

1. Hold peeler firmly by the handle.
2. Hold the food with other hand on a flat surface.
3. Slide the peeler blade down along the food in one even stroke, away from your body.

SHRED means to chop or tear food finely.

1. Hold handle on box grater and press down onto a clean, flat surface.
2. Slide food down the grater.
3. Protect your fingers! Stop when you have 1-2 inches of the food left.

HEAT + SAUTE

Adding heat helps power chefs finish their yummy creations.

- ***Sauté:*** to fry quickly in a little hot oil
- ***Roast:*** to cook in an oven at high temperature (400°F or higher) or over a fire

SAFETY FIRST!

Power chefs always ask an adult before using knives, appliances, the stove, the oven or hot ingredients.

TRY FOR 5
RECIPE BOOK

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LOOK FOR THESE ICONS THAT SHOW ALL THE COLORS IN EACH RECIPE.

TOP 5 WINNING RECIPES

Unrolled Egg Roll

By **Paul J.** of Amery, WI

Serves: 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 pound lean ground pork
- 6 green onions, sliced, white and green parts separated
- 6 cloves garlic, minced
- 1 tablespoon fresh grated ginger
- 14-ounce bag coleslaw mix (with carrot, purple and green cabbage)
- 3 tablespoons soy sauce or coconut aminos
- 1 tablespoon white vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 tablespoon toasted sesame seed oil

INSTRUCTIONS

1. Heat olive oil in a large skillet. Add pork and cook until browned.
2. Add white parts of green onions, garlic and ginger and sauté until fragrant, about 3 minutes.
3. Add coleslaw mix, soy sauce (or, coconut aminos), vinegar and salt and pepper. Cook, stirring frequently, until coleslaw mix is tender, about 5 minutes.
4. Drizzle with sesame seed oil and toss to coat. Serve topped with green parts of green onions.

ALLERGY ALERT

To make this recipe gluten- and soy-free, use coconut aminos instead of soy sauce. Find more substitutions for allergies and food sensitivities on page 46.

Rainbow Roll Ups

By **Lila S.** of Amery, WI

Serves: 4-6

INGREDIENTS

- 9-ounce package fresh spinach
- 3/4 cup raspberry vinaigrette salad dressing (more or less, to taste)
- 1 cup RED strawberries, chopped
- 1 cup ORANGE cantaloupe or oranges, chopped
- 1 cup YELLOW pineapple or bananas, chopped
- 1 cup GREEN grapes
- 1 cup BLUEberries
- 1 cup PURPLE grapes

INSTRUCTIONS

1. Wash and chop the RED, ORANGE and YELLOW fruit into bite sized pieces. Wash the GREEN, BLUE and PURPLE fruit.
2. Arrange the fruit onto a plate or platter in the shape of a rainbow.
3. Rinse, then place the spinach in the center of the rainbow.
4. Drizzle the raspberry vinaigrette dressing over the top of the fruit.
5. This colorful snack is served by taking a large spinach leaf into your hand, and using a toothpick to select the fruit of your choice to place inside the spinach leaf. Then roll it up and enjoy!

Tempeh of Love

By **Freya K.** of St. Paul, MN

Serves: 4-6

INGREDIENTS

- 1 1/2 cups corn kernels, fresh off the cob or frozen
- 3/4 cup diced red bell pepper
- 6 ounces of black bean tempeh or 1/2 cup black beans, rinsed
- 1/2 cup green onion
- 1/2 cup brown rice, uncooked (or 1 cup cooked)
- Salsa, to taste
- Mixed greens, to taste

INSTRUCTIONS

1. Bake tempeh (if using): cut tempeh block into 1 inch squares, bake on sheet sprayed with cooking spray at 350°F for 20 minutes, let cool.
2. Cook brown rice, according to package instructions. Cool before combining with other ingredients.
3. Combine corn, red bell pepper, green onion and brown rice in a medium sized bowl.
4. Add cooled tempeh (or black beans) to bowl.
5. Mix in salsa to taste.
6. Serve on bed of mixed greens.

Overachievers Rainbow Salad

By **Paul & Rita K.** of Vadnais Heights, MN

Serves: 4

INGREDIENTS

- 1/2 cup purple, orange and yellow carrots, chopped
- 3/4 cup cauliflower (or broccoli), chopped
- 1 cup red cabbage (or other greens), chopped
- 3/4 cup cucumber (or zucchini or summer squash), chopped
- 1/2 cup celery, chopped
- 1 apple (or pear), chopped
- 20 cherry tomatoes, cut in half
- 1/3 cup cilantro (or basil or mint), chopped

DRESSING

Drizzle with olive oil, balsamic vinegar, and salt and pepper, to taste

INSTRUCTIONS

1. Choose 10 fruits or veggies – use what you already have or buy your favorites.
2. Wash all the fruits and veggies. Chop or rip the fruits and veggies into bite-sized pieces.
3. Fill a bowl with your selection of 10 veggie and fruit ingredients.
4. Add dressing to taste, and mix the ingredients with a spoon.
5. Combine with a whole grain, like wild rice, quinoa, or farro.

Easy Peasy Blueberry Squeezy

By **Jada M.** of Bloomington, MN

Serves: 6

INGREDIENTS

- 1/3 cup plain non-fat Greek yogurt
- 1 teaspoon dill weed
- 1/8–1/4 teaspoon garlic powder, to taste
- 1 orange bell pepper, diced
- 1 medium tomato, diced
- 1/2 cup blueberries, lightly mashed
- 1/2 cup carrots, shredded
- Whole grain pita chips

INSTRUCTIONS

1. Dice your pepper and tomato.
2. Combine yogurt, dill, onion powder and garlic powder in a small bowl and set aside.
3. Lightly mash blueberries in a big bowl.
4. Combine the diced bell pepper, tomato and carrots with the blueberries.
5. Add homemade dill dip and mix well.
6. Move to a serving bowl and serve with whole grain pita chips.

ASPARAGUS: IT'S A SNAP!

The ends of asparagus can be woody. Snap them off by gripping the end tightly in one hand while holding the top with your other hand. Bend and snap! It has a built-in natural breaking point.

MAIN DISHES

Muffin Tin Omelet Bites

Makes: 24 individual mini omelet bites

INGREDIENTS

FOR ROASTING:

- 1 bunch asparagus, woody ends snapped off
- 2 cups broccoli florets, stems trimmed off, tops broken or cut into pieces
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon salt

FOR SAUTÉING:

- 3/4 cup onion, diced (1 small onion)
- 1-2 cloves garlic, diced
- 1 cup red bell pepper, diced (1 small pepper)
- 1 tablespoon olive oil

PLUS:

- 12 eggs
- 1 cup cheddar cheese, shredded
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1/4 teaspoon black pepper

INSTRUCTIONS

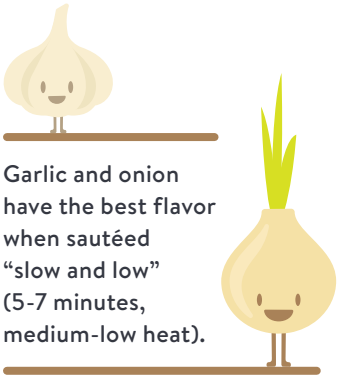
1. Heat oven to 425°F. Toss asparagus and broccoli in a medium bowl with the olive oil and salt. Spread evenly onto a baking sheet. Roast in oven for 15 minutes.
2. While the veggies are roasting, heat a skillet on medium-low and add olive oil. Add onion and garlic and sauté until translucent, 5-7 minutes. Then add red pepper and sauté until soft, 5-7 minutes.
3. Remove veggies from oven. Reduce oven temperature to 350°F.
4. Once roasted veggies are cool enough to touch, roughly chop into small pieces.
5. In a large bowl, crack the eggs and whisk until mixed. Add cooked veggies, cheese and seasonings. Stir.
6. Grease a muffin tin with olive oil or non-stick spray. Scoop egg mixture into each well, about 3/4 full.
7. Bake for 20-25 minutes. Enjoy some right away and freeze the rest for a quick breakfast another day. This recipe will make two muffin tins worth of mini omelet bites.

PowerUp Lentil Tacos

Makes: 2 1/2 cups (about 10 tacos) ● ●

INGREDIENTS

- 1 tablespoon canola oil
- 3/4 cup onion, diced (1 medium onion)
- 2-3 cloves garlic, minced
- 1 tablespoon Homemade Taco Seasoning (recipe on page 41)
- 3/4 cup dried lentils
- 2 cups veggie broth
- 3/4 cup salsa



Garlic and onion have the best flavor when sautéed "slow and low" (5-7 minutes, medium-low heat).

INSTRUCTIONS

1. Heat large skillet on medium-low. Add onion and garlic and sauté for 5-7 minutes until translucent.
2. Add dried lentils and taco seasoning, stir and cook for 1 minute.
3. Add broth, bring to a boil for 1 minute and then reduce heat to low, cover and cook until lentils are tender and liquid is absorbed, about 25 minutes.
4. Uncover and stir until thickened, about 5-10 minutes.
5. Mash lentils a bit with a fork, if desired, and stir in salsa.
6. Add to your choice of whole grain taco shell and top with cheese, diced tomato and Pineapple Pico de Gallo (recipe on page 37). Enjoy!

Asian Pad Thai

Serves: 4

INGREDIENTS

- 4 ounces brown rice noodles
- 3 tablespoons cooking oil (canola or vegetable)
- 1 clove garlic, minced (may substitute with 1/8 teaspoon of garlic powder)
- 4 large eggs, lightly beaten
- 2 cups carrot, shredded
- 2 cups snow peas (or other veggie)

SAUCE

- 3 tablespoons soy sauce
- 3-4 tablespoons lime juice (from 2 limes)
- 2 teaspoons fish sauce (optional)
- 1/8 teaspoon red pepper flakes or Sriracha sauce (optional)

TOPPINGS (OPTIONAL)

- 1/4 cup chopped peanuts
- Green onions, chopped
- Fresh cilantro, chopped

ALLERGY ALERT

To make this recipe gluten- and soy-free, use coconut aminos instead of soy sauce. Find more substitutions for allergies and food sensitivities on page 46.

INSTRUCTIONS

1. Prepare brown rice noodles according to package instructions, drain and set aside.
2. In a small bowl, stir together the soy sauce, lime juice, fish sauce and red pepper flakes (or Sriracha sauce).
3. In a large skillet, heat oil over medium-high heat. Add garlic and swirl for a moment, then add veggies and fry until cooked to desired tenderness.
4. Move veggies to the outer edges of the pan, leaving an open circle in the middle. Pour the beaten eggs into the center space and scramble.
5. When the eggs have set, pour in sauce and stir everything together.
6. Serve egg and veggie mixture over the brown rice noodles, sprinkling chopped peanuts, green onions and cilantro on top.

Recipe adapted and reprinted with permission from The Food Group

Sweet Beet Mac and Cheese

Serves: 6 ● ●

INGREDIENTS

- 2 medium sweet potatoes
- 3 cups whole wheat pasta
- 2 tablespoons olive oil
- 2 1/2 tablespoons white whole wheat flour
- 2 cloves garlic, minced
- 2 cups skim or 1% milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 + 1/4 cup mozzarella cheese, shredded
- 3/4 cup Parmesan cheese, shredded or grated
- Beet green tops from 1 bunch of beets (4-5 beets), chopped (about 2 cups)

INSTRUCTIONS

1. Steam sweet potatoes. Start by piercing them with a fork 8-10 times all over. Wrap each in a clean dish cloth, then put on a microwave-safe plate. Microwave on high for 2 1/2 minutes, then carefully remove using oven mitt and flip potato in cloth over to opposite side and microwave for another 2 1/2 minutes. Carefully remove from microwave using oven mitt and let cool on counter for at least 1 minute. Using a fork, remove the skin and mash smooth.
2. Bring a medium pot of water to a boil and cook pasta according to package instructions to **al dente**. Drain and set aside.
3. Preheat oven to 400°F.
4. Heat a medium saucepan on the stovetop over medium-low heat. Then add garlic and cook for 1 minute. Whisk in flour and cook for 1-2 minutes. Gradually whisk in milk, 1/4 to 1/2 cup at a time as the mixture thickens.
5. Once slightly thickened, remove from heat and stir in salt and pepper, mashed sweet potato, 3/4 cup of mozzarella cheese and 3/4 cup Parmesan cheese.
6. In a large casserole dish (2 quart), mix together the cheese sauce, pasta and the diced beet greens until they are slightly wilted. Sprinkle 1/4 cup mozzarella cheese on top then bake for 25 minutes until top is browning slightly.

"Al dente" is an Italian phrase for cooked pasta and rice that is tender but firm.

Must-Have Mediterranean Pizza

Serves: 4 (one 8-inch pizza each)

INGREDIENTS

- 4 8-inch whole wheat tortillas
- 1 medium chicken breast, cubed and cooked
- 2 handfuls fresh spinach, chopped
- 1/4 cup jarred sundried tomatoes packed in oil with herbs, drained, julienned
- 1 cup mozzarella cheese, shredded
- 1/2 cup feta cheese crumbles
- 1/2 teaspoon Mediterranean Spice Blend (recipe on page 41), or pinch of garlic powder and dried basil
- 1/8 cup olive oil

INSTRUCTIONS

1. Heat large skillet on stovetop on medium-low heat. Spray with nonstick spray or a small splash of olive oil and put a tortilla in the center.
2. Brush the top of the tortilla with a very thin coating of olive oil and evenly sprinkle 1/8 teaspoon of the Mediterranean Spice Blend, or pinch of garlic powder and dried basil.
3. Evenly sprinkle chopped spinach, about 10 small strips of sundried tomatoes, 1/4 cup cooked and cubed chicken breast, 1/4 cup mozzarella cheese and 1/8 cup feta cheese.
4. Cover and cook until tortilla reaches a desired crispness on the bottom and the mozzarella cheese is melted on top, about 6-8 minutes. Cut into quarters.
5. Repeat with next 3 tortillas.

All 4 pizzas can also be baked in the oven together using two large baking sheets. Heat oven to 400°F and first bake just the tortillas with olive oil and spice blend for 3-5 minutes until slightly crisp. Then add all toppings and return to oven for 5 minutes.

SIDES, SNACKS AND APPS

Pineapple Pico de Gallo

Makes: about 4 cups

INGREDIENTS

- 2 limes, juiced
- 2 cups pineapple, trimmed and diced
- 1 cup sweet Vidalia or purple onion, diced
- 1 cup red bell pepper, diced
- 1/2 cup cilantro, chopped
- 1 serrano chili, seeds removed and minced
- Salt, to taste

INSTRUCTIONS

Toss lime juice, pineapple, onion, red bell pepper, cilantro, serrano chilis and salt in a medium mixing bowl. Eat immediately or set aside in the refrigerator to allow the flavors to blend.

Recipe reprinted with permission from Cooks of Crocus Hill©

Tasty Tomato Topper

Serves: 4

INGREDIENTS

- **2 pints cherry or grape tomatoes (try a multicolored blend of orange, yellow and red)**
- **2 cloves garlic, minced**
- **4-6 fresh leaves basil, chopped or thinly sliced**
- **2 tablespoons olive oil**
- **1 tablespoon balsamic vinegar**
- **1/2-3/4 teaspoon salt**
- **1/4 teaspoon pepper**

INSTRUCTIONS

1. Slice tomatoes in half.
2. In a medium bowl, mix all ingredients together.
3. Enjoy immediately served on a whole wheat baguette slices (toasted or untoasted). Or, refrigerate for 30 minutes to allow flavors to develop further.

Simply Steamed Veggies

Serves: 4

INGREDIENTS

- **2 cups veggies, chopped (this method works best for firm veggies like broccoli, carrots and cauliflower)**
- **Water**
- **2 teaspoons olive oil (optional)**
- **Salt or other seasonings, to taste**

INSTRUCTIONS

1. Pour 1/2 inch of water into a medium pot on the stovetop over high heat and cover until water is **boiling**.
2. Put veggies in the pot and put the lid back on. Steam for 5-10 minutes. Start checking at 5 minutes by poking with a fork, removing when at desired tenderness.
3. When at desired tenderness, drain the veggies in a colander, then put them back in the pot. If desired, sprinkle on 2 teaspoons olive oil and 1/8 teaspoon salt or other seasonings of choice.

Water is boiling when there are bubbles breaking all over the surface.

Roasted Garlicky Green Beans

Serves: 4 ● ●

INGREDIENTS

- 3 cups green beans, ends trimmed
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Mix all ingredients together in a medium-sized bowl and spread evenly onto a baking sheet.
3. Roast in oven until beans have some browning on the outside, about 20-25 minutes.

Cheesy Zucchini Dipper Sticks

Makes: 4 (about 5 sticks) ● ● ●

INGREDIENTS

- 4 cups zucchini, grated (3 small-medium zucchinis)
- 2/3 cup white whole wheat flour
- 2 eggs, lightly beaten
- 1/2 + 3/4 cup mozzarella cheese, shredded
- 1/2 cup Parmesan cheese
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

MARINARA DIPPING SAUCE

- 2 cups (or 1 14- or 16-ounce can) crushed tomatoes
- 1/2 tablespoon red wine vinegar
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

INSTRUCTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Place grated zucchini in a colander, and press out as much moisture as possible.
3. Stir together zucchini, flour, beaten eggs, 1/2 cup mozzarella cheese, 1/2 cup Parmesan cheese and seasonings. Then transfer to the parchment-lined baking sheet and pat down to spread evenly.
4. Bake until golden brown, about 25 minutes. During this time, prep marinara sauce.
5. Sprinkle with 3/4 cup mozzarella cheese and bake until cheese is melted, about 3-5 minutes.
6. Allow to cool slightly and then use a pizza cutter to slice into strips. Serve with marinara dipping sauce.

SPICES, SAUCES AND SPREADABLES

PowerUp Spice Blends

INGREDIENTS

MEDITERRANEAN

Makes: 2/3 cup

- 2 1/2 tablespoons dried, ground basil (switch to dill to make a Greek version)
- 2 teaspoons garlic powder
- 5 1/2 tablespoons dried, ground parsley
- 2 tablespoons dried, ground thyme

EAST INDIAN

Makes: about 3/4 cup

- 3 1/2 tablespoons turmeric
- 2 3/4 tablespoons ground ginger
- 1 tablespoon ground cinnamon
- 1 tablespoon pepper
- 2 1/2 tablespoons coriander

HOMEMADE TACO SEASONING

Makes: heaping 1/4 cup

- 1 tablespoon chili powder
- 1 tablespoon paprika
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 3/4–1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1/2 teaspoon pepper
- 1/8 teaspoon cayenne pepper, to taste
- 1/8 teaspoon red pepper flakes, to taste

INSTRUCTIONS

Combine amount of each spice and blend together. Then fill a sealable container (such as a half pint jar) to store it. Make it your own by increasing or decreasing the amount of any spice.

Rockin' Red Pepper Sauce

Makes: 2 cups

INGREDIENTS

- 16-ounce jar roasted red peppers (whole or strips)
- 1-2 cloves garlic
- 1 tablespoon lemon juice
- 1/3 cup pepitas
- 1/2 teaspoon salt
- 1/8 cup olive oil

INSTRUCTIONS

1. Drain the jar of roasted red peppers in a colander over the sink.
2. In a medium bowl or large cup, add all of the ingredients. Use an immersion blender for a couple of minutes to pureé into a sauce. May also use a small food processor.
3. Use as a topping for salads, pasta, eggs, roasted veggies and more.

Creamy Ranch Yogurt Dip

Serves: 10 (about 2 tablespoons each)

INGREDIENTS

- 1/2 cup nonfat plain Greek yogurt
- 1/4 cup buttermilk
- 1/4 cup mayonnaise
- 1 clove garlic, minced or 1/2 teaspoon garlic powder
- 1/2 tablespoon onion powder
- 1 tablespoon fresh chives, minced or 1 teaspoon dried
- 1 tablespoon fresh parsley, minced or 1 teaspoon dried
- Dash of Worcestershire sauce
- 1 teaspoon lemon juice

INSTRUCTIONS

1. In a medium bowl, whisk together all ingredients.
2. Season to taste.
3. Store in air-tight container in the fridge for up to a week.
4. Serve with your favorite veggies or as a spread on a wrap or in a pita.

Minty Pea Spread

Serves: 24 (individual crackers or toasted baguette slices)

INGREDIENTS

PEA SPREAD

- 2 cups fresh or frozen and thawed green peas
- 1/4 cup packed mint leaves
- 1/4 cup packed flat leaf parsley leaves
- 1/3 cup olive oil
- 2 tablespoons Parmesan cheese, grated
- 2 tablespoons lemon juice
- Salt, to taste
- Black pepper, to taste

CHIVE CREAM

- 1 cup non-fat Greek yogurt
- 3 tablespoons chives, minced

INSTRUCTIONS

1. Combine peas, herbs, oil, cheese and lemon juice in a food processor and blend until smooth.
2. For the chive cream, in a separate small bowl, mix yogurt and chives together.
3. To serve, spoon pea spread and a dot of chive cream on whole grain pitas, pita chips, crackers, or spread on a toasted baguette or in a wrap.

Recipe reprinted with permission from Cooks of Crocus Hill©

Sweet Potato Hummus

Makes: 16 servings (approximately 2 tablespoons each)

INGREDIENTS

- 2 sweet potatoes (1/2 pound), peeled, cut into 1-inch pieces
- 1 15-ounce can garbanzo beans, drained and rinsed*
- 2 tablespoons lemon juice (or juice of 1 lemon)
- 1/4 cup tahini (optional – if omitting, use additional 1/4 cup olive oil)
- 2 tablespoons olive oil
- 2 teaspoons ground cumin
- 1 clove garlic, minced
- 1/8 teaspoon salt, to taste
- 1/8 teaspoon pepper, to taste

**You can cook 1/2 cup dried garbanzo beans to get 1 1/2 cups cooked beans. Use this as a substitute for canned beans.*

INSTRUCTIONS

1. Boil the peeled and cut sweet potatoes in a large pot for 10 minutes or until you can pierce them easily with a fork. Once soft, drain the sweet potatoes and let cool for 10 minutes.
2. Once cool, transfer potatoes to a blender. Add garbanzo beans, lemon juice, tahini, olive oil, cumin, garlic, salt and pepper to the blender. Then blend until it is smooth. Note: If it is too thick, add 1 tablespoon of water and blend. Repeat until you get the consistency that you desire.
3. Serve the hummus with fresh vegetables, with whole-wheat pita bread, or on a sandwich.

Recipe reprinted from The Food Group

DESSERTS AND DRINKS

Campfire Roasted Banana Boat

Serves: 1 ● ● ●

INGREDIENTS

- 1 banana

TOPPINGS – YOU CHOOSE!

- **Nutty:** almond butter, peanut butter, roasted peanuts, sunflower seeds, pecans, peanut butter powder, cocoa-flavored peanut butter powder
- **Fruity:** crushed pineapple, unsweetened shredded coconut, dried blueberries, raisins, dried cranberries
- **Drizzle:** honey, maple syrup

INSTRUCTIONS

1. Cut a slit in the banana lengthwise from the top stem to the bottom, avoiding cutting all the way through. Then gently press the ends inward to help the slit open. Or, use a spoon to pry gently apart.
2. Fill with selection of toppings as desired.
3. Wrap aluminum foil tightly around the banana, leaving some of the stem exposed as a "handle."
4. Place on a hot bed of coals in the campfire or on a hot grill for about 15-20 minutes.
5. Carefully remove from fire or heat wearing an oven mitt. Banana peel will appear blackened. Inside will be gooey and caramelized.
6. Once cooled, enjoy by eating directly out of the peel with a spoon.

Fresh Citrus Spritzer

Serves: 4 (1 cup each) ●

INGREDIENTS

- 1 grapefruit, juiced
- 4 oranges, juiced
- 2 cups club soda
- Ice cubes, as desired
- Orange and grapefruit slices for garnish

INSTRUCTIONS

1. Juice the grapefruit and oranges into a bowl. Pour juices through a mesh strainer into another bowl to strain out seeds. Discard seeds.
2. Fill a pitcher with ice, and add the strained juices.
3. Slowly pour in club soda and stir together. Pour into individual glasses.
4. Garnish with orange and grapefruit slices and serve.

Cool Cashew Crust Fruit Pizza

Serves: 8

INGREDIENTS

CRUST

- 1 1/2 cup raw cashews
- 15 dates, pitted
- 1 tablespoon cocoa powder
- 1 teaspoon vanilla extract

"SAUCE"

- 1 cup yogurt (mix 1/2 cup plain Greek yogurt with 1/2 cup vanilla yogurt)
- 1/8 teaspoon orange zest (optional)

TOPPINGS – YOU PICK!

- 4-5 strawberries, diced
- 1/4-1/2 cup blueberries
- 1/4-1/2 cup canned pineapple (tidbits or crushed)
- 1-2 kiwis, diced

INSTRUCTIONS

1. Soak dates in water for about 10-15 minutes. Then drain them and put into a food processor with cashews, cocoa powder and vanilla. Mix until well-combined (nuts and dates in small bits, like large grains of sand).
2. Press the mixture into a 9-inch pie plate with your hand and/or the back of a spatula or spoon.
3. Mix yogurt and add zest (if desired). Spread evenly on crust. Place in freezer to firm up, about 15-20 minutes. Prep fruit toppings during this time.
4. Add fruit toppings as desired. Small pieces of fruit or fruit diced small work best. Arrange in a fun design or sprinkle and mix like confetti. Cut and serve promptly or keep refrigerated.

Choco Berry Smoothie

Serves: 2

INGREDIENTS

- 3/4 cup frozen blueberries
- 1 frozen banana
- 1 handful spinach, fresh or frozen
- 1 cup skim or 1% milk
- 2 dates
- 2 tablespoons almond butter
- 1 tablespoon cocoa powder

INSTRUCTIONS

1. Put all ingredients into a blender and start on low speed, gradually increasing to high speed, blending well.
2. Add more milk to thin, as desired.
3. Pour and serve.

RECIPE SUBSTITUTIONS

food allergies & sensitivities

Food allergies and sensitivities don't need to get in the way of becoming a power chef. These recipe substitutions can be used to modify many recipes into a yummy and safe treat.

PEANUT AND TREE NUT SUBSTITUTIONS

Seeds – like pepitas (pumpkin seeds) or sunflower butter or seeds are great for granola, trail mix, in yogurt or on toast.

Legumes (beans) – roasted beans, like garbanzo beans, make a great crunchy, protein- and fiber-packed snack.

***NOTE:** Some kids with peanut allergies are allergic to the whole legume family, including beans, peas and soy.*

SOY SAUCE SUBSTITUTION

Coconut aminos, can be a soy- and gluten-free alternative to soy sauce. Made from just two ingredients: coconut tree sap and salt.

EGG SUBSTITUTIONS

Children with egg allergies must avoid egg in all forms. In a typical recipe for baked goods, egg plays one of two roles: either as a binder (to hold the recipe together) or as a leavening agent (to help it rise).

Egg as a binder. One egg is often equal to any of the following:

- 1/2 medium banana, mashed
- 1/4 cup applesauce
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water, let stand for 1 minute before using

Egg as a leavening agent. One egg is equal to these ingredients combined:

1 1/2 tablespoons vegetable oil (like canola) + 1 1/2 tablespoons water + 1 teaspoon baking powder

***NOTE:** Commercial egg substitutes are also available – general rule of thumb, if recipe calls for 3 or more eggs, the egg substitute doesn't work.*

MILK AND MILK PRODUCT (DAIRY) SUBSTITUTIONS

All of these milks can typically be replaced in recipes one-for-one:

- Soy milk
- Oat milk
- Rice milk
- Almond milk
- Coconut milk
- Cashew milk
- Hemp milk
- Flax milk

Substitutions for yogurt and cheese are also available:

- Soy-based
- Coconut-based
- Pea-based
- Nut-based

***NOTE:** Read the ingredients carefully, even if it says "non-dairy," because it may still have casein in it, which is a milk protein. Goat milk is not considered a safe alternative for those allergic to milk.*

WHEAT AND GLUTEN-FREE SUBSTITUTIONS

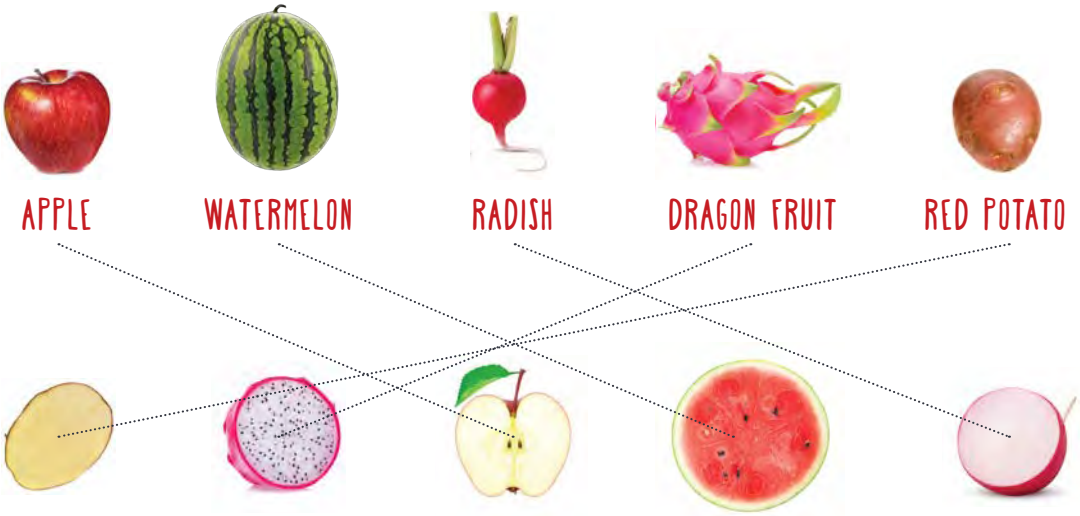
- Ground rolled oats (must be labeled Certified Gluten-Free)
- Garbanzo bean (chickpea) flour
- Potato starch
- Tapioca starch
- Almond flour
- Rice flour

***NOTE:** Measurement when replacing wheat flour with other flours may not be one-to-one, so be sure to read instructions on the package for how to accurately replace one with the other.*

SAFETY FIRST!

Always read the food packaging to help ensure these allergens are not present or have not come in contact with an allergen, which is often labeled with "may contain" statements and/or "manufactured in a facility that also processes" the particular allergens. Small traces of allergens can cause allergic reactions.

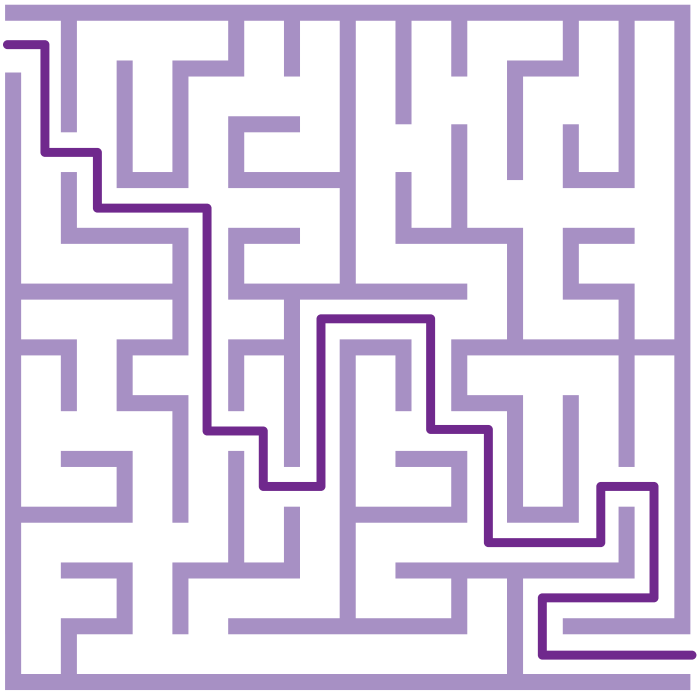
PAGE 5: INSIDE OUT PUZZLER



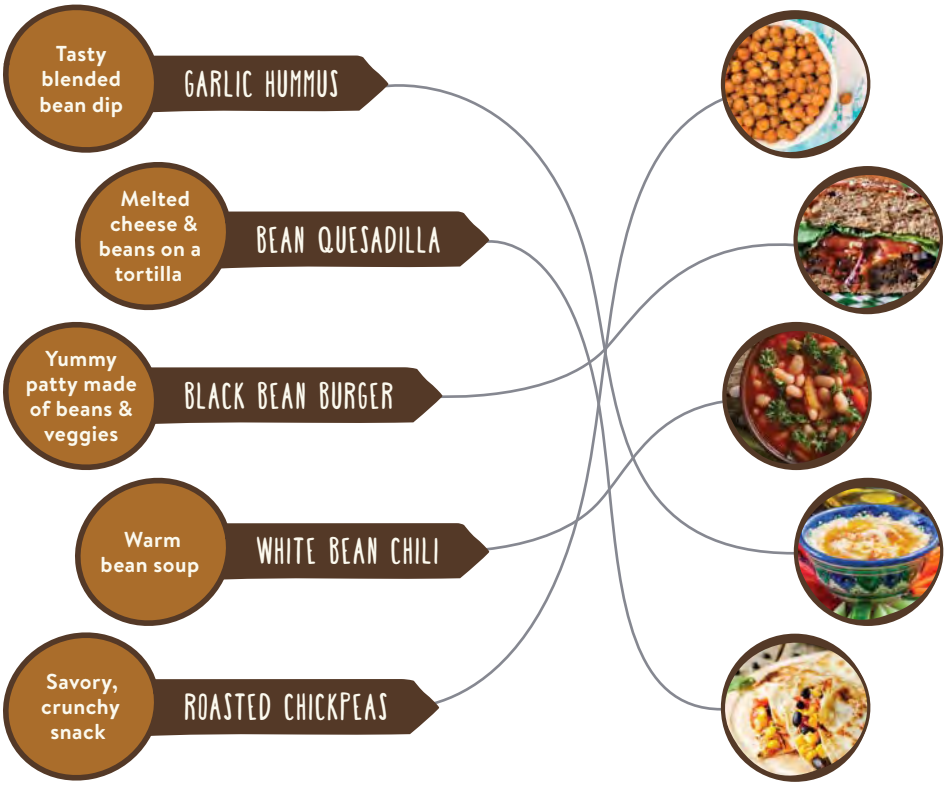
PAGE 13: GROOVY GREEN HIDE-AND-SEEK

ANSWER KEY

PAGE 17: A-MAZE-ING FOOD CYCLE



PAGE 20: TEST YOUR TASTE BUDS



PAGE 21: WHITE AND BROWN WORD FIND

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