

Banana Berry Smoothie

This delicious smoothie is a healthy breakfast kids will love!



Average Cost: \$10.26



Prep Time: 5 minutes



Average Cook Time: N/A



Average Servings: 4

Recipe Source: FoodHero.org

Ingredients

- 1 Cup sliced banana
- 1 Cup unsweetened frozen berries
- 1 Cup nonfat or 1% milk
- 1 Cup 100% orange juice

Directions

Step 1

Place all ingredients in a blender. Put the lid on tightly.

Step 2

Blend until smooth. If too thick, add 1/2 cup cold water and blend again.

Step 3

Refrigerate leftovers within 2 hours.

Utensils Needed

- Measuring cups
- Blender
- Knife
- Cutting board

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	100
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	35 mg
Total Carbohydrates	22 g
Dietary Fiber	2 g
Total Sugars	14 g
Added Sugars	0 g
Protein	3 g



Rainbow Wrap

This super colorful and healthy recipe is great to try with kids!



Average Cost: \$15.58



Prep Time: 20 minutes



Average Cook Time: N/A



Average Servings: 8

Recipe Source: [MyPlate.gov](#)

Ingredients

- 4 Whole wheat tortilla
- 8 Tbsp ranch dressing
- 1 Tomato (sliced)
- 1 Yellow bell pepper (sliced)
- 1/4 Cup shredded carrot
- 2 Cups spinach leaves
- 1 Cup shredded red cabbage

Directions

Step 1

Spread 2 tablespoons of ranch onto the inside of each tortilla.

Step 2

Place 1/4 of each vegetable into the tortilla to assemble your rainbow of veggies.

Step 3

Gently fold in the bottom and roll up your tortilla to make the wrap.

Step 4

Cut in half to reveal the rainbow, and serve! Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Measuring Utensils

NUTRITION FACTS

Serving Size: 1/2 Wrap

Nutrients	Amount
Calories	111
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	5 g
Sodium	210 mg
Total Carbohydrates	16 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	0 g
Protein	4 g



Bow Tie Pasta with Zucchini Sauce

This easy recipe can be made with a variety of ingredients. Try using different pasta shapes, and add more veggies in step 4 if you like, such as diced carrots or tomatoes, peas, or corn.



Average Cost: \$8.46



Prep Time: 10 minutes



Average Cook Time: 15 minutes



Average Servings: 6

Recipe Source: [CookingMatters.org](#)

Ingredients

- 2 Cups whole wheat bow tie pasta
- 1 Small clove garlic
- 2 Medium zucchini (10 ounces by weight, about 2/3 of a pound)
- 1 Tbsp canola oil
- 1/2 Cup Parmesan cheese, grated
- 1/4 Tsp salt
- Pinch ground black pepper

Directions

Step 1

Cook pasta according to package instructions. Prepare zucchini sauce while pasta is cooking.

Step 2

Peel and mince garlic. Rinse and grate zucchini. Measure 2 cups grated zucchini.

Step 3

In a large skillet over medium heat, heat oil. Add zucchini and minced garlic. Cook until mixture softens and zucchini yields some liquid, about 5 minutes.

Step 4

Drain pasta, reserving ½ cup cooking liquid. Add 1-2 teaspoons cooking liquid to zucchini mixture. Add drained pasta. Stir, coating pasta evenly with sauce. Add more pasta water as needed.

Step 5

Transfer pasta to large bowl for serving. Sprinkle with grated Parmesan. Season with salt and pepper. Toss to combine.

Utensils Needed

- Box grater
- Colander
- Cutting board
- Knife
- Large bowl
- Large pot
- Large skillet
- Measuring cups
- Measuring spoons
- Mixing spoon

NUTRITION FACTS

Serving Size: 2/3 Cup

Nutrients	Amount
Calories	170
Total Fat	6 g
Saturated Fat	1.5 g
Cholesterol	5 mg
Sodium	220 mg
Total Carbohydrates	25 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars	0 g
Protein	7 g



Black Bean and Veggie Quesadilla

This delicious and nutritious recipe would be great with any veggies you have on hand.



Average Cost: \$15.25

 **Prep Time: 10 minutes**

 Average Cook Time: 20 minutes

 **Average Servings: 6**

Recipe Source: [CookingMatters.org](#)

Ingredients

- ½ (15½-Ounce) can black beans, no salt added
- 2 Medium zucchini
- 1 Bunch fresh spinach (about 4 cups)
- 1 Can corn
- 4 Ounces low-fat cheddar cheese
- 1 Tbsp canola oil
- Pinch ground cayenne pepper
- Pinch black pepper
- 1–2 tsp water
- 6 (8-Inch) whole wheat flour tortillas
- Non-stick cooking spray

Directions

Step 1

In a colander, drain and rinse black beans, set aside then drain and rinse corn. Rinse zucchini. Cut into thin slices or shred with a grater. Rinse and chop fresh spinach. Grate cheese.

Step 2

In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.

Step 3

Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.

Step 4

Spread vegetable mixture evenly on half of each tortilla. Add grated cheese. Fold tortillas over. Press lightly with spatula to flatten. Spray skillet lightly with non-stick cooking spray. Heat over medium/high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.

Step 5

Cut each quesadilla into 2 wedges. Serve while hot.

Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring spoons
- Medium bowl
- Rubber spatula
- Sharp knife
- Large skillet with lid

NUTRITION FACTS

Serving Size: 1 Folded quesadilla

Nutrients	Amount
Calories	250
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	360 mg
Total Carbohydrates	36 g
Dietary Fiber	4 g
Total Sugars	5g
Added Sugars	0 g
Protein	12 g



Garden Sloppy Joes

This healthy twist on a classic is sure to become a family favorite!



Average Cost: \$13.84



Prep Time: 10 minutes



Average Cook Time: 20 minutes



Average Servings: 12

Recipe Source: FoodHero.org

Ingredients

- 1 Onion, chopped
- 1 Carrot, chopped or shredded
- 1 Green bell pepper, chopped
- 1 Pound lean ground meat (15% fat turkey, chicken or beef)
- 1 Can (8 ounces) tomato sauce
- 1 Can (15 ounces) whole tomatoes, crushed
- 1 Can (8 ounces) mushrooms or ½ pound chopped fresh mushrooms
- 1/4 Cup barbecue sauce
- 6 Whole wheat buns, split in half to make 12

Directions

Step 1

Saute onions, carrots, green bell pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.

Step 2

Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce. Bring to a boil.

Step 3

Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.

Step 4

Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.

Step 5

Refrigerate leftovers within 2 hours.

Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Measuring cups
- 2-3 quart saucepan
- Large spoon or spatula

NUTRITION FACTS

Serving Size: 1/2 Bun

Nutrients	Amount
Calories	140
Total Fat	2.5 g
Saturated Fat	0.5 g
Cholesterol	20 mg
Sodium	230 mg
Total Carbohydrates	19 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars	0 g
Protein	10 g



Chicken Burger

Serve on whole wheat buns with lettuce, tomato, onion or pair with a tossed salad and sweet potato fries



Average Cost: \$2.64



Prep Time: 20 minutes



Average Cook Time: 20 minutes



Average Servings: 4

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org)

Ingredients

- 1/4 Small bell pepper
- 1/4 Small red onion
- 1 Pound lean ground chicken, turkey, or beef
- 1 1/2 Tsp garlic powder
- 1 1/2 Tsp onion powder
- 1/2 Tsp dried parsley flakes
- 1 Tsp ground black pepper
- 1/2 Tsp salt
- 1 Tbsp canola oil
- 1/4 Cup water

Directions

Step 1

Rinse and finely chop bell pepper and onion.

Step 2

In a medium bowl, combine bell pepper, onion, ground meat, garlic powder, onion powder, parsley, salt, and pepper.

Step 3

Divide mixture into 4 pieces. Form pieces into patties about 4 inches across.

Step 4

In a large skillet over medium heat, heat oil. Add burgers. Cook until browned on both sides, about 5 minutes per side. Add water to the pan. Cover and cook until the burgers reach 165°F, about 10 minutes more.

Utensils Needed

- Cutting board
- Food thermometer
- Large skillet with lid
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife

NUTRITION FACTS

Serving Size: 1 Burger

Nutrients	Amount
Calories	210
Total Fat	13 g
Saturated Fat	2.5 g
Cholesterol	1 mg
Sodium	370 mg
Total Carbohydrates	3 g
Dietary Fiber	1 g
Total Sugars	0g
Added Sugars	0 g
Protein	22 g



Peanut Butter and Banana Pockets

Packed with fruit, protein, and whole grains, these pockets are perfect for an easy and delicious snack or dessert!



Average Cost: \$7.87



Prep Time: 10 minutes



Average Cook Time: 10 minutes



Average Servings: 4

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org/recipes/peanut-butter-banana-pockets/)

Ingredients

- 3 Ripe bananas
- 3 Tbsp creamy peanut butter
- 1 1/2 Tsp honey
- 1/4 Tsp ground cinnamon
- 4 (8-Inch) whole wheat flour tortillas
- Non-stick cooking spray

Directions

Step 1

Peel and slice bananas about 1/4-inch thick. In a small bowl, stir together peanut butter, honey, and cinnamon.

Step 2

Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.

Step 3

Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.

Step 4

Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.

Step 5

Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown.

Utensils Needed

- Cutting board
- Knife
- Measuring spoons
- Small bowl
- Whisk or spoon
- Large skillet
- Spatula

NUTRITION FACTS

Serving Size: 1 Folded quesadilla


Nutrients	Amount
Calories	300
Total Fat	11 g
Saturated Fat	2.5 g
Cholesterol	0 mg
Sodium	370 mg
Total Carbohydrates	47 g
Dietary Fiber	3 g
Total Sugars	14 g
Added Sugars	0 g
Protein	8 g




Sweet Potato Fries

Give these oven baked fries a try for an easy and healthy snack or side!







Average Cost: \$3.96



Prep Time: 10 minutes



Average Cook Time: 30 minutes



Average Servings: 9

Recipe Source: cookingmatters.org

Ingredients

- 4 Medium sweet potatoes
- 1 1/2 Teaspoons paprika
- 1/2 Teaspoon salt
- 1/4 Teaspoon ground black pepper
- 1/8 Teaspoon cayenne pepper
- 1 Tablespoon canola oil
- Non-stick cooking spray

Directions

Step 1

Preheat oven to 450°F.

Step 2

Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.

Step 3

In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps. Add sweet potato strips to the bowl. Toss until they are coated on all sides.

Step 4

Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.

Step 5

Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Large bowl
- Baking sheet
- Fork

NUTRITION FACTS

Serving Size: 8 – 10 fries

Nutrients	Amount
Calories	100
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	240 mg
Total Carbohydrates	18 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars	n/a
Protein	1 g



Zucchini Pizza Boats

This healthy dish uses zucchini in place of traditional wheat pizza crust. Try dressing these tasty snacks up with any of your favorite pizza toppings.



Average Cost: \$10.59



Prep Time: 15 minutes



Average Cook Time: 25 minutes



Average Servings: 6

Recipe Source: FoodHero.org

Ingredients

- 2 Medium or 3 small zucchini
- ½ Cup tomato based pasta sauce
- ½ Cup shredded mozzarella cheese
- 2 Tbsp parmesan cheese

Directions

Step 1

Heat oven to 350 degrees.

Step 2

Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.

Step 3

Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.

Step 4

Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm. Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting board
- Spoon
- Measuring utensils
- Baking sheet

NUTRITION FACTS

Serving Size: 1/2 of small zucchini

Nutrients	Amount
Calories	60
Total Fat	3 g
Saturated Fat	1.5 g
Cholesterol	5 mg
Sodium	180 mg
Total Carbohydrates	4 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars	0 g
Protein	14 g



Garden Vegetable Cakes

These mouth-watering patties packed full of vegetables take the cake in terms of flavor and color over other burgers!



Average Cost: \$9.55



Prep Time: 20 minutes



Average Cook Time: 15 minutes



Average Servings: 8

Recipe Source: FoodHero.org

Ingredients

- 1/4 Cup grated Parmesan cheese
- 1/3 Cup all purpose flour
- 1/2 Tsp baking powder
- 1/4 Tsp dill weed
- 1/4 Tsp each salt and pepper
- 4 Eggs (or 1 cup egg substitute)
- 2 Tbsp minced green onion with tops
- 2 Tsp lemon juice
- 1 Clove garlic or 1/4 teaspoon garlic powder
- 1 1/2 Cups shredded vegetables (unpeeled zucchini [drained and pressed], potato, carrots, bell pepper, celery, sweet potato or yam)

Directions

Step 1

In medium bowl, stir together cheese, flour, baking powder, dill weed, salt and pepper.

Step 2

Beat in eggs, green onions, lemon juice and garlic until well blended. Stir all shredded vegetables into the batter.

Step 3

Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). Lightly spray or oil with cooking spray. For each vegetable cake, pour 1/3 cup batter onto hot skillet or griddle. Cook on both sides until golden brown. Serve warm.

Step 4

Refrigerate leftovers within 2 hours

Utensils Needed

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Medium bowl
- Grater or vegetable shredder
- Skillet or griddle
- Spatula
- Mixing spoon
- Fork

NUTRITION FACTS

Serving Size: 2 Cakes

Nutrients	Amount
Calories	150
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	170 mg
Sodium	370 mg
Total Carbohydrates	15 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars	0 g
Protein	9 g

