

Welcome to the Maine Kids Eat Smart! recipe booklet just for kids!

Look inside for tasty and easy recipes for **snacks**, **meals**, and **drinks** that you can make yourself. Learn to cook and eat healthy foods that follow the Food Guide Pyramid on the back of this booklet. Be active and enjoy foods that keep your body healthy as you grow!

Remember to be safe in the kitchen:

1. Tie back long hair.
2. Wash your hands with soap and warm water before you start and after handling raw meats, fish or chicken.
3. Have an adult help with sharp utensils (knives, graters, and peelers), electrical equipment (blenders, mixers, etc.), or when food needs to be heated.
4. Keep raw and cooked foods separate.
5. Cook foods to the right temperature. Store foods in the refrigerator after cooking.
6. Clean up kitchen countertops and sinks as you go with soap and warm water.

SUMMER FRUIT SOUP

Serves 4



Ingredients:

1 1/2 c. orange juice
1 1/2 c. plain, low fat yogurt
1 Tbs. honey
2 tsp. lemon juice (optional)
1 banana, peeled and sliced
1 c. berries

Directions:

1. Put orange juice, yogurt, honey and lemon juice in a blender.
2. Blend until smooth. (the "soup")
3. Place a few banana slices and 1/4 cup of berries in each serving bowl.
4. Pour the "soup" mixture over the bananas and berries.

Eat Smart! tip: Other kinds of fruit can be used in this recipe.

FLUFFY PEANUT BUTTER DIP



Ingredients:

1/2 c. creamy peanut butter
1-8 oz. container low fat vanilla yogurt
1/8 tsp. ground cinnamon
1/2 c. cool whip
cut up apples or pears for dipping

Directions:

1. Place peanut butter, yogurt and cinnamon in a bowl, stir until blended.
2. Using a whisk, stir whipped topping into peanut butter until blended.
3. Put in a chilled bowl and store.
4. Dip in cut up fruit.

Eat Smart! tips: 1. Strawberries and peaches taste delicious! 2. Older kids can use toothpicks with pieces of bananas and grapes.

How to follow measurements in a recipe:

1. What do abbreviations mean?

c. = Cup
Tbs. = Tablespoon
tsp. = teaspoon
oz. = ounce
lb. = pound

2. Did you know that...

3 teaspoons = 1 tablespoon
4 tablespoons = 1/4 cup
2 cups = 1 pint
4 cups = 1 quart

3. Remember:

1 1/2 c. means one and one-half cups
1 1/4 tsp. means one and one-quarter teaspoons



Measuring cups and spoons will help measure ingredients.

ENGLISH MUFFIN PIZZA

Serves 2

Ingredients:

- 2 English muffins, split in half
- 1/4 c. pizza sauce
- 1/2 c. shredded low fat mozzarella cheese

Directions:

1. Spoon pizza sauce on each muffin half and sprinkle with cheese.
2. Toast the pizzas in toaster oven to melt the cheese.

Eat Smart! tips: 1. Put small pieces of your favorite chopped vegetables on top of your "pizza"! Experiment with shredded carrots, bits of broccoli or green peppers.
2. For crispier "pizza", toast English muffin first.



MAKE YOUR OWN TORTILLA CHIPS

Ingredients:

- One package soft tortillas
(whole wheat, white or corn)

Directions:

1. Preheat oven to 350 degrees.
2. Cut tortilla into wedges.
3. Place wedges on lightly greased cookie sheet.
4. Bake until crisp (about 12 minutes for flour tortillas and 18 minutes for corn tortillas).

Eat Smart! tip: For spicy tortilla chips, sprinkle wedges with your favorite spices, try chili powder or garlic powder.



QUICK CORN & BLACK BEAN SALSA



Ingredients:

15 oz. can black beans
(drained)
15 oz. can corn
16 oz. jar salsa

Directions:

1. Combine all ingredients in a mixing bowl.
2. Chill and serve.

Eat Smart! tips: 1. Make your own low fat tortilla chips (see next recipe) and use this salsa as a healthy dip. 2. Put some salsa in a wrap with cheese and heat in the microwave. 3. For spicy salsa, use a jar of medium salsa instead of mild.

ANTS ON A LOG

Makes 9 celery logs



Ingredients:

3 stalks celery
3-4 Tbs. peanut butter
1-2 Tbs. raisins

Directions:

1. Wash celery (logs) and cut each stalk into 3 inch pieces.
2. Spread peanut butter on the curved side of the celery.
3. Put raisins (ants) on top of the peanut butter.

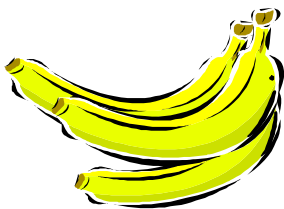
Eat Smart! tips: 1. Any type of dried fruit or granola can be used as "ants"! 2. Use cream cheese as a substitute for the peanut butter. 3. Have an adult cut the celery for young children and supervise school age children.

SMUNCHIES

Makes 9 smunchies

Ingredients:

1/2 c. natural peanut butter
1/2 c. tofu
3 ripe bananas
18 graham crackers



Directions:

1. In a bowl, mash bananas and tofu with peanut butter and mix well.
2. Spoon 3 Tbsp. of mixture onto cracker.
3. Cover with another cracker.
4. Wrap in plastic wrap.
5. Put in freezer until frozen.

BEAN AND CHEESE BURRITO

Serves 1

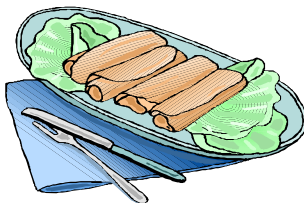
Ingredients:

1 flour tortilla
1/4 c. refried beans
1/4 c. cheese
1 Tbs. salsa

Directions:

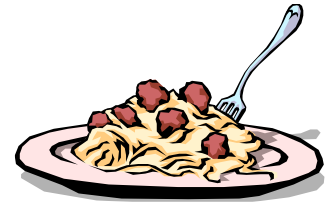
1. Spread beans, cheese and salsa on a tortilla.
2. Heat for 1 to 2 minutes in a microwave.
3. Fold tortilla.

Eat Smart! tip: Any type of bean can be used in this recipe!



ITALIAN MEATBALLS

Serves 4-6



Ingredients:

1 lb. of ground turkey (98% fat free)
1/4 tsp. parsley flakes
1/2 tsp. Italian seasoning
1/4 tsp. basil
small pinch of ground black pepper
very small pinch of chili powder, garlic salt,
and onion salt
medium squirt of ketchup

Directions:

1. Mix everything together in a medium bowl.
2. Using your hands, make small balls out of mixture (about size of golfball).
3. Cook them in a frying pan sprayed with non-stick cooking spray at medium heat for about 15-20 minutes.
4. Check inside of a meatball after 15 minutes for browning.

Eat Smart! tip: Enjoy with your favorite pasta and pasta sauce.

PURPLE COW SHAKE

Serves 4

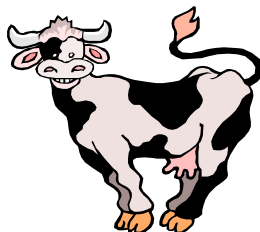
Ingredients:

6 oz. frozen grape juice concentrate
1 c. milk
1/2 c. mashed tofu (silken tofu works well)
2 c. vanilla ice cream

Directions:

1. Pour juice and milk into blender.
2. Add ice cream and tofu.
3. Blend on high speed for 40 seconds.
4. Pour into glasses.

Eat Smart! tip: Any type of frozen juice concentrate can be used to make a new drink!



BANANA SHAKE

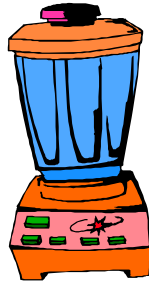
Serves 2

Ingredients:

1 c. milk
1 banana (peeled)
1 tsp. vanilla

Directions:

1. Place all ingredients into blender.
2. Blend until smooth.
3. Serve right away.



BANOLA BAR

Makes 1 bar

Ingredients:

1 banana
1/4 - 1/2 c. granola
peanut butter

Directions:

1. Peel the banana.
2. Spread peanut butter all over banana.
3. Roll in bowl of granola.

Eat Smart! tip: You can roll the banana in any kind of dry, crushed cereal.