

Healthy Families: Recipe Ideas for the New School Year

French Toast Cups for Kids -ages 2 to 100!

(4-6 servings)

Ingredients

3 eggs

2 Tbsp. non-fat milk

1 tsp. vanilla

2-3 tsps. cinnamon

1 dash nutmeg

Shake of kosher salt (optional but tastes better)

*you can skip the cinnamon and nutmeg and use lemon or orange zest if you prefer

Whole grain sliced bread- enough slices to fill the muffin tins

Fresh berries of your choice with Greek yogurt (plain or vanilla) and a drizzle of honey ~ or make sausage with ground chicken, turkey or pork with added fennel, salt and pepper or use already made uncured (e.g. Applegate) sausage or ham with scrambled eggs ~ or use chicken sausage with apples and maple syrup....

1. Gently spray the inside of each cup of a muffin tin with non-stick canola spray; spread it around with a paper towel to cover; set aside. Pre-heat oven to 375 F degrees.
2. Wisk eggs, milk and spices.
3. Cut a small slit in the bread so it will fold over on itself when placed in muffin tin; dip in egg mixture and place in tin. Bake for 12-15 mins.
4. While bread cups are baking cook sausage/scramble eggs/ prep. fruit etc.
5. Allow bread cups to cool for a few minutes before removing from tin; fill with yogurt & fruit w/drizzled honey or sausage and scrambled eggs or ham & eggs or chicken sausage with apples and maple syrup... whatever inspires you!

Get-up and Go Grains

1. Cooked whole grain cereal mix of your choice (e.g. oatmeal, Kashi Whole Grain Pilaf, Barley or even Quinoa grain or flakes....)
2. Oven roasted nuts of choice (10 mins. @ 300 F degrees) or just use plain
3. Seeds of choice: flax, sunflower, sesame or even granola
4. Fresh or dried fruits of choice
5. Greek yogurt (plain or vanilla)
6. Drizzle with honey or maple syrup and/or chopped dark chocolate (at least 70% cacao).

Silly Sushi Snacks

Ingredients

Whole Wheat sandwich bread (cut off crust)

Smooth peanut butter or almond or cashew butter (whatever nut butter you like ... even Nutella!)

Bananas peeled or apples sliced thin or whatever fruit you like sliced thin

~or cream cheese or Boursin or whatever cheese you like sliced thin with uncured cold cuts (e.g. Applegate) and/or whatever veggie you like sliced thin even with olives or pickles if you wish!

1. Overlap 2 pcs. of bread on a counter/cutting board and push the seam together with your hands before rolling them out with a rolling pin to flatten into one larger rectangle of bread.
2. Spread your choice of peanut or nut butter on the bread and place the banana in the middle rolling the bread around the banana and slice into sushi pcs. ~ or spread the cream cheese Boursin and/or layer the meat & cheese and garnish with veggies, olives etc. and roll up and cut as before.

Inspiration: Rachael Ray and Yum-O!

Chicken Fingers with Honey Mustard (enough for dinner or snacks)

Ingredients for Chicken

Buttermilk 1.5 cups

Mustard (preferably not yellow- Dijon better but others ok too)

Boneless/skinless trimmed chicken breasts 1.5 lbs. Slice into generous finger strips.

Yellow cornmeal 1 cup

All purpose flour $\frac{3}{4}$ cup

Kosher salt 1.5 tsp.

Canola oil 2 Tbsp.

Ingredients for sauce

Dijon mustard or whatever mustard you use with the chicken 2 Tbsp.

Honey 3 Tbsp.

1. Heat oven to 425 F. Wisk honey & mustard together for the dipping sauce and set aside.
2. Wisk buttermilk and mustard together for the chicken and place chicken in the marinade. Refrigerate for 20 mins.
3. Meanwhile combine cornmeal, flour and salt on a large plate.

4. After 20 mins. of marinating, dredge the chicken in the coating and place on a plate.
5. Drizzle oil on a baking sheet and place in the oven for 5 mins.
6. Remove baking sheet from oven and lay the chicken out on the oiled pan. Bake 10 mins. Turn the chicken over and bake for another 10 mins. You want it to be golden and crisp. Then enjoy with the dipping sauce.

*Left-overs can be heated up for a delicious snack!

Source: The Healthy Family Cookbook, by H. Ricciotti & V. Connelly (Norton 2004)

Quinoa Pilaf (Pronounced keen-wah, Quinoa is a great source of protein and micronutrients. Referred to as the “Mother Grain” by the Ancient Incas).

Ingredients

Canola or olive oil 2 Tbsp.

Quinoa, thoroughly rinsed 2 cups

Red onion, ½ cup diced

Garlic 2 cloves minced finely

Vegetable or chicken stock or even water brought to a boil 2 ¾ cups

Salt & pepper to taste

1. In a saucepan heat the oil over medium heat. Add quinoa and stir until golden brown and smells “toasty.” Add onion and garlic and cook until translucent.
2. Remove from heat and add boiling stock or water and return to heat until the grain is tender and liquid has been absorbed. Fluff with fork, rest for 5 mins. and serve.

*Any type of cooked/raw vegetable, herbs and spices, fruits (fresh or dried), nuts or even chick-peas can be added to this. It can be eaten hot or cold. Quinoa can be made plain as a base for just about anything anytime of the day- use in place of a pasta or rice or even eat it for breakfast.

Cooked Greens

Ingredients

Kale, swiss chard, even dandelion greens can be used (wash and remove thick stems and cut into strips)

Olive oil

Garlic cloves 3-4 (mashed)

Water or broth about $\frac{1}{4}$ cup

1. Heat frying pan, add a few drizzles of olive oil and when hot sauté garlic.
2. Add greens and quickly stir and cover with lid.
3. Add liquid to pan and cover quickly to steam. Turn down heat.
4. Add sea salt to taste and enjoy.

Minestrone Estivo 4-6 portions

Ingredients

Pinto beans (1 cup) or any dried bean rinsed and soaked overnight

Olive oil $\frac{1}{4}$ - $\frac{1}{2}$ cup

Garlic cloves 2-3 minced

Tomatoes, halved & sliced or quartered $\frac{1}{2}$ lb.

Green beans cut into 1" lengths- $\frac{1}{2}$ lb.

Onions (2) cut into rings

Summer squash and/or zucchini (2) sliced

Escarole rinsed and shredded- 1 head

Minced flat leafed parsley- a handful

Fresh basil leaves- to taste

Salt & pepper- to taste

Parmigiano-Reggiano cheese, grated fresh

1. 3 hours prior to making the soup, put the soaked beans in a pot with fresh water to cover. Bring to a full boil and simmer for 10 minutes, skimming any scum that rises to surface. Then cover and continue to simmer until the beans are tender but firm.
2. When done, pour off and reserve cooking liquid.
3. To make the soup: cover the bottom of a big pot with $\frac{1}{2}$ of the oil and sprinkle the garlic over the oil.
4. Then layer the tomatoes, the green beans, the onions, the squash and finally the escarole.
5. Sprinkle with parsley and basil and then pour the bean cooking liquid over all.

6. Cover the pot and put on a medium heat.
7. Cook for 10 mins. or until the escarole has wilted and the veggies have begun to cook releasing their liquid.
8. Turn heat to low and add in the cooked beans, stirring everything well and adding salt & pepper to taste.
9. Simmer another 15-20 mins. until the green beans are tender.
10. Serve with fresh grated cheese and a good crusty bread.

*This could also be done in an oven at 325 F for an hour or so if you are too busy to do it stove-top. Feel free to add pasta (Ditalini) too.

Source: Mouth Wide Open, J. Thorne (2007)

Olive Oil Brownies

Ingredients

Extra Virgin Olive oil (don't use a strong Tuscan!) 1/2 cup
Firmly packed Brown sugar 1 cup
Egg whites -3
Dutch processed cocoa (Hershey's is fine) 4 Tbsp.
Vanilla extract 1 tsp.
Sifted unbleached pastry flour like White Lilly 1/2 cup
Sifted unbleached whole grain pastry flour (can be white) 1/2 cup
Optional nuts 1 cup
Chocolate chips 1/2-1 cup

1. Heat oven to 325F.
2. Grease an 8 x 8 baking dish with some of the olive oil.
3. Combine 1/3 cup of brown sugar with egg whites and whip to medium-stiff peaks.
4. In another bowl combine the cocoa, remaining brown sugar and remaining olive oil and vanilla and stir until smooth. Blend in both flours and then fold in the egg white-brown sugar mixture. Add the nuts if you wish and pour into pan. Sprinkle with chocolate chips.
5. Bake for 25-30 mins. or until done. Cool and then cut and serve.

*These freeze well. I pack frozen brownies in my son's lunch all the time. They thaw by the time he is ready for dessert. You can also double the recipe.

Source: Colavita Olive Oil