

THE HEALTHY FAMILY COOKBOOK

Dishes of every shape for every occasion



ROUSES MARKETS

Produce for Kids®
Creating a healthier generation

ABOUT HEALTHY FAMILY PROJECT

Produce for Kids, part of the Healthy Family Project, is helping Rouses Markets to serve the local communities through wellness-inspired promotions in stores. Together, Rouses Markets and Produce for Kids are working to ensure more fresh produce and resources for families are available to those in need.

Look for Produce for Kids signs in your local Rouses Market and support the produce brands who are donating to local Feeding America® member food banks.

FACEBOOK LIVE COOKING CLASS SERIES WITH APRIL SINS, RD



April Sins, Rouses Dietitian will host a monthly Facebook Live series to share healthy, seasonal recipes the whole family will love!

SCAN TO RSVP!



RAINBOW FRUIT TRAY

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES
SERVES: 8

INGREDIENTS

- 1 cup sliced strawberries
- 4 Sunkist Delite® Mandarins, peeled, segmented
- 1 cup chopped pineapple
- 2 kiwi, peeled, chopped
- 1/2 cup blueberries
- 1/2 cup red seedless grapes

DIRECTIONS

1. Assemble fruit tray by layering strawberries, mandarins, pineapple, kiwi, blueberries, and grapes in arched rows on a large plate.



ORANGE CARROT MINI MUFFINS

INGREDIENTS

- 1 large Sunkist® Navel orange
- 2 large eggs
- 1/2 cup no-sugar-added applesauce
- 1 teaspoon vanilla extract
- 1 1/4 cup whole wheat pastry flour
- 1 cup brown sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 10 ounces matchstick carrots, chopped
- 1/2 cup golden raisins

PREP TIME: 15 MINUTES
COOK TIME: 30 MINUTES
SERVES: 12

DIRECTIONS

1. Preheat oven to 350°F.
2. Zest orange. Cut in half and juice to yield 1/4 cup juice.
3. Mix eggs, applesauce, vanilla and 1/4 cup juice in large bowl with electric mixer on medium speed 2 minutes, or until smooth.
4. Whisk flour, sugar, baking powder, salt, cinnamon, nutmeg and orange zest in separate bowl.
5. Slowly incorporate dry ingredients into wet ingredients until well blended. Fold in carrots and raisins.
6. Spoon batter into greased mini-muffin tin and bake 35-40 minutes, or a toothpick is inserted and comes out clean. Remove from muffin tins and let cool.



HAM, APPLE & CHEESE WRAPS

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
SERVES: 8

INGREDIENTS

- 4 slices low-sodium deli ham, cut in half
- 1 Sage Fruit® Gala apple, sliced
- 2 ounces sliced Cheddar cheese, (8 slices)

DIRECTIONS

1. Lay ham on a flat surface. Place apple and cheese slice in middle. Wrap ham around slices and secure with a toothpick, if desired.



CARAMEL PEAR & APPLE NACHOS

INGREDIENTS

- 2 Sage Fruit® Gala apples, sliced
- 2 bartlett pears, sliced
- 2 tablespoons caramel dip
- 2 tablespoons shredded coconut
- 1 tablespoon mini chocolate chips

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
SERVES: 8

DIRECTIONS

1. Arrange apple and pear sliced on plate. Drizzle with caramel dip and sprinkle with coconut and chocolate chips.



BREAKFAST QUICHE BITES

PREP TIME: 30 MINUTES
COOK TIME: 30 MINUTES
SERVES: 6

INGREDIENTS

- 1 tablespoon olive oil
- 1/4 cup diced RealSweet® sweet onion
- 1/4 cup finely chopped red bell pepper
- 2 cups Earth Greens Organic Baby Spinach
- 1/2 cup shredded Cheddar jack cheese
- 1/4 cup 1% milk
- 4 large eggs

DIRECTIONS

1. Preheat the oven to 350°F. Lightly coat 6-cup muffin tin with non-stick cooking spray and set aside.
2. Heat oil in large skillet over medium-high heat. Add onion and pepper, and cook 5 minutes, or until tender. Add spinach and cook 5 minutes, or until spinach begins to wilt. Transfer vegetables to bowl and let cool. Add cheese.
3. Whisk milk and eggs in large bowl. Season with salt and pepper. Pour eggs over veggies and stir well to combine. Divide the mixture evenly among prepared muffin cups and bake 20 minutes, or until puffed up and set. Serve immediately, or allow them to come to room temperature before covering tightly and placing in refrigerator.



NO-BAKE CRANBERRY PISTACHIO ENERGY BITES

PREP TIME: 10 MINUTES
COOK TIME: 2 HOURS
SERVES: 20

INGREDIENTS

- 1 cup old-fashioned oats
- ½ cup dried cranberries
- ½ cup shelled pistachios, chopped
- ½ cup creamy peanut butter
- ⅓ cup maple syrup
- 1 tsp. vanilla extract
- 1 tsp. ground flaxseed (optional)

DIRECTIONS

1. Mix oatmeal, dried cranberries, pistachios, peanut butter, maple syrup, vanilla, and flaxseed in a large mixing bowl. Cover and refrigerate for 1-2 hours.
2. Once chilled, scoop out and roll into 1-inch balls.
3. Store in an airtight container in the refrigerator.

America's Original Superfruit®
US CRANBERRIES



LEMON CHICKEN & VEGGIE PASTA

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 pound boneless skinless chicken breast, chopped
- 2 cups Eat Smart® broccoli florets
- 2 cloves garlic, minced
- 2 carrots sliced
- 1/2 RealSweet® sweet onion, chopped
- 2 medium tomatoes, chopped
- 1/2 teaspoon salt
- 2 ounces bowtie pasta, cooked according to package directions
- 1 lemon, juiced
- 1/2 cup shredded Parmesan cheese
- 2 tablespoons parsley, chopped (optional)

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES: 6

DIRECTIONS

1. Heat 1 Tbsp. oil in large skillet over medium heat. Add chicken and cook 5-7 minutes, or until cooked through. Remove from skillet and set aside
2. .Return skillet to heat. Add 1 Tbsp. oil, broccoli, garlic, carrot, and onions. Cook 10 minutes, or until veggies are tender-crisp.
3. Stir in chicken, tomatoes and salt. Cook 3 minutes, or until chicken is heated and tomatoes soften.
4. Stir in cooked pasta and lemon juice. Sprinkle with cheese and parsley.



EASY CHOPPED TACO SALAD

INGREDIENTS

- 1 pound extra-lean ground beef
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 cup water
- 1 package Dole® Chipotle & Cheddar chopped salad kit
- 1/2 pint cherry tomatoes, halved
- 1 avocado, sliced

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
SERVES: 4

DIRECTIONS

1. Heat skillet over medium heat. Add ground beef and cook 5-7 minutes, or until browned and cooked through. Add chili powder, cumin, garlic powder, salt, and water. Stir well and let simmer until water evaporates.
2. Divide salad kit and toppings among 4 bowls. Top with ground beef, tomatoes, avocado, and dressing.



ASIAN CHICKEN WRAPS

PREP TIME: 10MINUTES
COOK TIME: 10 MINUTES
SERVES: 6

INGREDIENTS

- 1 package Dole® Sesame Asian chopped salad kit
- 6 (8-inch) whole wheat wraps
- 1 cup shelled edamame
- 2 green onions, sliced
- 12 ounces deli-sliced low-sodium chicken breast

DIRECTIONS

1. Prepare salad according to directions. Mix in edamame and green onions.
2. Lay wrap on a flat surface. Top with chicken and salad. Roll up and cut in half.



BAKED CHEESY MASHED POTATO BITES

PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES
SERVES: 6

INGREDIENTS

- 2 medium russet potatoes, peeled, cubed
- 3 large eggs
- 1/2 cup shredded sharp Cheddar cheese
- 1/2 cup Eat Smart® broccoli florets, chopped, steamed

DIRECTIONS

1. Add potatoes to a medium pot. Add enough cold water to cover the potatoes. Bring to a boil over high heat, reduce heat to medium and simmer 10 minutes, or until potatoes are tender.
2. Preheat oven to 400°F. Spray muffin tin with non-stick cooking spray. Set aside.
3. Combine potatoes, eggs and cheese in medium bowl. Mash until smooth. Gently stir in broccoli. Season with salt and pepper, to taste.
4. Divide into 6 muffin tins for large bites, or 12 for smaller potato bites. Use mini muffin tin if desired.
5. Bake 20 minutes. Serve immediately or freeze for later.



TEX-MEX SALAD BOWLS

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES: 4

INGREDIENTS

- 4 (8-inch) whole wheat tortillas
- 1 pound lean ground beef
- 1 tablespoon low-sodium taco seasoning
- 1 (5 oz.) bag salad greens
- 2 cup shredded low-fat Cheddar cheese
- 1 cup no-salt-added corn
- 1 cup cherry tomatoes, quartered1 avocado, diced
- 1/2 cup Marzetti® Classic Ranch Dressing

DIRECTIONS

1. Preheat oven to 375°F.Lightly spray both sides of tortillas with cooking spray. Turn a 12-cup muffin tin upside down and nestle tortillas in the space between 4 cups to form a bowl.
2. Bake 10-15 minutes, or until firm and beginning to brown. Remove from oven and let cool.
3. Heat skillet over medium heat. Add ground beef and cook 7-10 minutes, or until browned and cooked through. Drain and return to skillet. Reduce heat to low, add taco seasoning and ¼ cup water and let simmer 1-2 minutes.
4. Fill taco bowl with salad, ground beef, cheese, corn, tomato, and avocado. Top with the dressing.



CAJUN SHRIMP FOIL BOIL PACKETS

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES
SERVES: 6

INGREDIENTS

- 1 pound peeled, deveined shrimp
- 1 pound MountainKing® Baby Red potatoes, diced
- 1/2 pound andouille sausage, sliced
- 3 ears corn on the cob, cut in half
- 6 teaspoons olive oil
- 3 teaspoons cajun seasoning

DIRECTIONS

1. Preheat oven to 425F or preheat grill to medium-high heat.
2. Precut 6 large pieces of heavy-duty aluminum foil (about 12 inches each). Divide shrimp, potatoes, sausage and corn into 6 portions and place in the center of foil. Drizzle each with 1 tsp. olive oil and season with 1/2 tsp. Cajun seasoning (add more or less depending on the level of heat desired).
3. Roll long side of foil together on top and fold sides in, sealing the foil packet tightly.
4. Bake in preheated oven or grill 20-30 minutes or until potatoes are tender and shrimp is cooked through.



HOMEMADE PICKLES

INGREDIENTS

- 3 cups white vinegar
- 3 tablespoons salt
- 3 tablespoons dill
- 1/2 teaspoon red pepper flakes
- 3 Pure Flavor® Long English Cucumbers, thinly sliced
- 1/2 sweet onion, thinly sliced
- 4 cloves garlic, minced

PREP TIME: 10 MINUTES
SERVES: 12

DIRECTIONS

1. Combine vinegar, salt, dill and red pepper flakes in large pitcher. Stir until well combined.
2. Add cucumbers, onion and garlic to 4 mason jars. Carefully pour vinegar evenly into each jar to cover cucumbers. Seal tightly and gently shake to combine ingredients.
3. Refrigerate at least 4 hours before serving.



VEGETARIAN NAAN FLATBREAD

PREP TIME: 15 MINUTES
COOK TIME: 10 MINUTES
SERVES: 4

INGREDIENTS

- 2 large naan flatbreads
- 1/4 cup pizza sauce
- 3/4 cup shredded Mexican-style cheese
- 3 green onions, sliced
- 1 Pure Flavor® Beefsteak Tomato, diced
- 2 tablespoons Marzetti® Classic Ranch Dressing

DIRECTIONS

1. Preheat oven to 350F.
2. Place naan on baking sheet. Spread pizza sauce and top each naan with ¼ cup cheese. Add green onions and tomatoes, then sprinkle with remaining cheese.
3. Bake 8-10 minutes, or until cheese melts.
4. Remove from oven and drizzle with Ranch before serving.



GARLIC & PARMESAN MINI HASSELBACK POTATOES

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES
SERVES: 4

INGREDIENTS

- 1 1/2 pounds MountainKing® Baby Golds potatoes
- 3 tablespoons unsalted butter
- 2-3 teaspoons minced garlic
- 1/2 teaspoon salt
- 1/4 cup shredded Parmesan cheese

DIRECTIONS

1. Preheat oven to 400F.
2. Slice potatoes into 1-centimeter sections, being careful not to cut all the way through the potatoes. Place in cold water and let soak 10 minutes.
3. Add butter, garlic and salt to microwave-safe bowl. Microwave 35 sections, or until butter is melted. Stir.
4. Place potatoes in oven-safe skillet. Brush with melted butter and bake 20 minutes. Remove from oven, top with cheese and bake additional 20 minutes.



GREEN SMOOTHIE POPS

PREP TIME: 10 MINUTES
COOK TIME: 4 HOURS
SERVES: 4

INGREDIENTS

- 1 pear, peeled, cored
- 1/2 cup chopped pineapple
- 1 tablespoon agave nectar
- 1 cup Earth Greens Organic Baby Kale, tough stems removed, chopped
- 1/2 banana

DIRECTIONS

1. Place pear, pineapple, agave nectar, kale and banana in blender and blend until smooth.
2. Pour into popsicle molds and freeze 4 hours, or until solid.



CRANBERRY APPLE CRISP

INGREDIENTS

- 2 cups dried cranberries
- 3 cups chopped apples
- 1 cup light brown sugar, divided
- 1/2 cup (plus 2 Tbsp.) whole wheat flour, divided
- 1 cup old fashioned rolled oats
- 1 1/4 cup chopped pecans
- 6 tablespoons unsalted butter, melted
- 2 teaspoons cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

PREP TIME: 10 MINUTES
COOK TIME: 40 MINUTES
SERVES: 12

DIRECTIONS

1. Mix oatmeal, dried cranberries, pistachios, peanut butter, maple syrup, vanilla, and flaxseed in a large mixing bowl. Cover and refrigerate for 1-2 hours.
2. Once chilled, scoop out and roll into 1-inch balls.
3. Store in an airtight container in the refrigerator.