



# healthy family cookbook

*kid-tested recipes making mealtime easy & nutritious*





## sheet pan shrimp fajitas

### INGREDIENTS

- 1 pound peeled deveined shrimp
- Red Sun Farms® bell peppers sliced
- 1 large sweet onion sliced
- 1 tablespoon olive oil
- 2 tablespoons low-sodium taco seasoning
- 1 lime juiced
- 1/4 cup chopped cilantro (optional)
- 8 small flour tortillas warmed

**PREP TIME: 10 MINUTES**

**SERVINGS: 6-8**

### DIRECTIONS

1. Preheat oven to 425F.
2. Toss shrimp, peppers, onions, olive oil, taco seasoning and lime juice in large bowl until well seasoned. Spread single layer on baking sheet and bake 15-20 minutes, or until shrimp is cooked and veggies are tender.
3. Remove from oven and garnish with cilantro.
4. Serve in tortillas with your favorite toppings.





## grilled chicken & veggie kabobs

### INGREDIENTS

- 1 pound boneless skinless chicken breast cubed
- 1 Red Sun Farms® yellow bell pepper chopped
- 1 Red Sun Farms® red bell pepper chopped
- 1 sweet onion chopped
- 2 large zucchini sliced
- 2 tablespoons Italian dressing
- 1 package chopped salad kit

**PREP TIME: 15 MINUTES**

**COOK TIME: 10 MINUTES**

**SERVINGS: 4**

### DIRECTIONS

1. Skewer chicken, peppers, onions and zucchini onto skewers. Brush with Italian dressing.
2. Preheat grill or grill pan over medium-high heat. Add skewers and cook 7-10 minutes, turning every few minutes, until chicken is cooked through and veggies are tender. Remove from grill.
3. Serve with salad.





# Sweet Onions

## **Health Benefits**

Sweet onions are an excellent source of cancer-fighting antioxidants, vitamin C, folate, and fiber.

## **How to Store**

Because sweet onions have a higher water and sugar content than most yellow or white onions, they can bruise easily. The best way to prevent this from happening is to store them in a cool, dry place & separated from each other.

## **Caramelize Without the Sugar!**

There's no need to add sugar to your sweet onions - they are sweet enough on their own! Just cook them low & slow for about 20 minutes with a little bit of olive oil or butter.



## alphabet vegetable soup

### INGREDIENTS

- 1 tablespoon olive oil
- 8 ounces green beans chopped
- 3 carrots diced
- 2 cups baby kale
- 1 russet potato peeled, diced
- 1/2 medium RealSweet® sweet onion finely chopped
- 2 quarts low-sodium vegetable broth
- 1 14 oz. can no-salt-added diced tomatoes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1 cup uncooked alphabet pasta

**PREP TIME: 10 MINUTES**

**COOK TIME: 35 MINUTES**

**SERVINGS: 8**

### DIRECTIONS

#### Stovetop Directions:

1. Heat oil in large pot over medium heat. Add green beans, carrots, kale, potatoes and onion, and cook 5 minutes, or until softened. Add broth, tomatoes, salt, pepper and garlic powder. Bring to a boil, reduce heat to low and simmer, covered, 20 minutes. Stir in pasta and cook 10 minutes, or until cooked.

#### Instant Pot Directions:

1. Add green beans, carrots, kale, potatoes, onion, broth, tomatoes, salt, pepper and garlic powder to Instant Pot. Stir, cover with lid and set valve to sealing.
2. Set to pressure cook on high 5 minutes. Once done, quick release steam. Remove lid.
3. Stir in pasta. Press saute and cook 5 minutes, or until pasta is cooked.



## caramelized onion, goat cheese & arugula flatbread

### INGREDIENTS

- 1 tablespoon unsalted butter
- 1 large RealSweet® sweet onion thinly sliced
- 1/8 teaspoon salt
- 1 tablespoon veggie stock
- 1 pre-made thin-crust flatbread
- 2 teaspoon olive oil divided
- 3 ounces goat cheese
- 1 cup arugula
- 2 tablespoons balsamic glaze

**PREP TIME: 10 MINUTES**

**COOK TIME: 55 MINUTES**

**SERVINGS: 4**

### DIRECTIONS

1. Heat butter in skillet over medium-low heat. Add onions and cook, stirring frequently, 30-40 minutes. Once onions begin to soften and brown, sprinkle with salt and stir in stock. Cook additional 1-2 minutes and remove from heat.
2. Preheat oven to 425F.
3. Lay flatbread on baking sheet. Brush with 1 tsp. olive oil and top with caramelized onions and goat cheese. Bake 8-12 minutes, or until cheese melts and crust is crisp. Remove from oven.
4. Toss arugula with 1 tsp. olive oil, salt and pepper. Top flatbread with arugula and drizzle with balsamic glaze.



A wire basket containing several red and yellow apples. The basket is made of thin metal wires and is filled with apples. The apples are mostly red with some yellow and green. The background is a light blue gradient.

# apples

## **Health Benefits**

Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing certain diseases.

## **Selection Tips**

Pick up the apple and gently press a small area of the fruit's skin. It should be firm to the touch. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin

## **How to Store**

Apples are best stored somewhere around 30-35°F, in a humid environment. If storing apples in the fridge, place them inside a crisper drawer and lay a slightly dampened paper towel on top of the apples.

## **Before You Eat**

Carefully wash apples even if you do not plan on eating the skin. Use lemon juice on apple slices to keep them from browning.



## *cinnamon apple & sweet potato chips*

### INGREDIENTS

- 1 teaspoon cinnamon
- 1 Yes! Apples® thinly sliced
- 1 sweet potato peeled, thinly sliced

**PREP TIME: 10 MINUTES**

**COOK TIME: 25 MINUTES**

**SERVINGS: 2**

### DIRECTIONS

1. Preheat oven to 350°F.
2. Combine sugar and cinnamon in small bowl.
3. Place apple and sweet potato slices onto a parchment-lined baking sheet. Sprinkle with cinnamon sugar mixture.
4. Bake 20-25 minutes, or until slices are golden brown. Remove from oven and let cool. Chips will crisp as they cool.

*Yes!  
Apples®*



## mini apple pie empanadas

### INGREDIENTS

- 4 cups peeled sliced Yes! Apples®
- 1/4 cup maple syrup
- 1 tablespoon cornstarch
- 1 teaspoon cinnamon
- 12 frozen empanada shells thawed
- 1 large egg white beaten

*Yes!  
Apples®*

**PREP TIME: 15 MINUTES**  
**COOK TIME: 25 MINUTES**  
**SERVINGS: 12**

### DIRECTIONS

1. Heat skillet on low heat. Add apples, syrup, cornstarch and cinnamon. Cook 10 minutes, stirring frequently, or until apples are tender.
2. Line center of each empanada shell with apples, fold and use fork to press edges together and seal. Brush with egg wash.
3. Baking Method: Place sealed empanadas on parchment-lined baking sheet. Bake in preheated 375°F oven 25-30 minutes, or until golden brown.
4. Air Fryer Method: Spray air fryer basket with nonstick cooking spray. Add sealed empanadas and cook on 375°F for 8 minutes, or until golden brown.