

# THE HEALTHY FAMILY COOKBOOK



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RD approved



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# what's in season for *fall*



- Apples
- Avocados
- Bananas
- Beets
- Bell peppers
- Blueberries
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Eggplant
- Grapes
- Lemons & Limes
- Mango
- Melons
- Mushrooms
- Pears
- Pomegranate
- Potatoes
- Raspberries
- Strawberries
- Sweet Onions
- Sweet Potatoes
- Tomatoes



## *greek meatball buddha bowl*

### **INGREDIENTS**

- 1 pound lean ground turkey breast
- 2 cloves garlic minced
- 2 green onions chopped
- 1 large egg beaten
- 1 cup spinach chopped
- 1/4 cup whole-wheat breadcrumbs
- 1 tablespoon dill
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 head romaine lettuce chopped
- 1 Red Sun Farms® red bell pepper sliced
- 1 cup Red Sun Farms® Scarlet Pearl Grape Tomatoes
- 1/2 Red Sun Farms® cucumber sliced

### **DIRECTIONS**

1. Preheat oven to 400°F.
2. Combine turkey, garlic, green onions, egg, spinach, breadcrumbs, dill, salt and pepper in large bowl. Mix well. Shape into 16 golf ball-sized meatballs.
3. Place meatballs on parchment-lined baking sheet. Bake 15-20 minutes, or until cooked through.
4. Meanwhile, divide chopped romaine lettuce into 4 bowls. Top with meatballs, red peppers, tomatoes and cucumber.

**PREP TIME: 10 MINUTES**

**COOK TIME: 20 MINUTES**

**SERVINGS: 4**





## *delicious avocado caprese salad*

### **INGREDIENTS**

- 4 ounces fresh mini mozzarella balls
- 1 pint grape tomatoes halved
- 2 Lil' Cados avocado diced
- 1/4 cup fresh basil sliced
- 2 tablespoons olive oil
- 1 tablespoon balsamic glaze

### **DIRECTIONS**

1. Mix cheese, tomatoes, avocado, basil and oil in large bowl. Season with salt and pepper.
2. Drizzle with balsamic glaze just before serving.

**PREP TIME: 10 MINUTES**

**SERVINGS: 6**

# apples

## Health Benefits

- Research suggests that powerful antioxidants in apples play an essential role in reducing the risks of certain diseases like cancer and Alzheimer's.
- One medium-sized apple contains about 4g of dietary fiber and 14% of your daily recommended intake of Vitamin C.
- Apples can help lower cholesterol and blood pressure.

## Selection Tips

- Select apples that are firm to the touch when lightly pressed. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin.
- Avoid apples with signs of bruising or decay.

## How to Store

- Store unwashed apples in the crisper drawer of your refrigerator. Avoid placing apples near strong-smelling foods, such as onions or garlic, since apples can easily take of the odor of other foods.





## *fall harvest salad with apple cider vinaigrette*

### **INGREDIENTS**

#### **Fall Harvest Salad**

- 1 pound butternut squash peeled, cut into ½-inch cubes
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 15 oz. package Spinach & Arugula mix
- 3 ounces goat cheese
- 1 apple SugarBee® diced
- ½ cup chopped pecans
- ¼ cup dried cranberries
- ¼ cup pepitas

#### **Apple Cider Vinaigrette**

- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt

### **DIRECTIONS**

1. Preheat oven to 400F.
2. Toss butternut squash with oil, salt and pepper. Spread on baking sheet and bake 15-20 minutes, or until tender. Remove from oven and let cool slightly.
3. Add salad greens to large bowl. Top with butternut squash, goat cheese, apple, pecans, dried cranberries and pepitas.
4. Whisk apple cider vinegar, oil, maple syrup, mustard and salt in small bowl until well combine. Pour over salad and toss to combine.

**PREP TIME: 10 MINUTES**

**COOK TIME: 20 MINUTES**

**SERVINGS: 6**

**chelan  
fresh**





## *easy apple breakfast cobbler*

### **INGREDIENTS**

- 4 medium-sized Michigan Apples,\* cored, peeled and sliced
- ¼ cup honey
- 1 tsp. ground cinnamon
- 1 tbsp. butter or trans fat free margarine, melted
- 2 cups low-fat granola cereal

**COOK TIME: 2-3 HOURS**

**SERVINGS: 4**

### **DIRECTIONS**

1. Place apples in a crock pot and stir in honey and cinnamon. Top apple mixture with granola and drizzle with butter or margarine.
2. Cover and cook on low 7-9 hours or on high 2-3 hours.
3. Serve warm and top with low-fat milk or vanilla yogurt if desired.





## southwest crispy fish tacos

### INGREDIENTS

- 3 tilapia filets sliced ½-inch thick
- ¾ cup panko breadcrumbs
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon pepper
- 8 small corn tortillas
- 1 DOLE® Southwest salad kit
- 1 avocado sliced

**PREP TIME: 20 MINUTES**

**SERVINGS: 4**

### DIRECTIONS

1. Preheat oven to 425°F.
2. Add panko, oil, garlic powder, cumin, salt and pepper to gallon-sized zip-top bag and mix. Add tilapia and shake to coat.
3. Remove tilapia from bag and place on wire rack on baking sheet. Bake 10 minutes, or until panko is browned slightly and fish is cooked through. Broil for 2 minutes if desired.
4. Warm tortillas in oven or microwave. Mix salad with dressing and toppings. Top tortillas with salad, tilapia and avocado.





## *pom popsicle*

### **INGREDIENTS**

- ¼ cup fresh blueberries
- ¼ cup fresh raspberries
- ½ cup Greek yogurt
- 2 cups POM Wonderful 100% Pomegranate Juice

**PREP TIME: 30 MINUTES**

**COOK TIME: 5 HOURS**

**SERVINGS: 4**

### **DIRECTIONS**

1. In popsicle mold, add Greek yogurt - about 2 tablespoons per popsicle mold.
2. Add a tablespoon of blueberries and raspberries into the popsicle molds.
3. Freeze for 30 minutes and top with POM Juice until the popsicle mold is filled to the top.
4. Insert popsicle sticks, then freeze for at least 5 hours.

**POM**  
WONDERFUL®



## *caramel pear & apple dessert nachos*

### **INGREDIENTS**

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

### **DIRECTIONS**

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

**PREP TIME: 10 MINUTES**

**SERVINGS: 8**



# potatoes

## **Health Benefits**

Skin-on potatoes are an excellent source of Vitamin C and a good source of potassium and Vitamin B6. Potatoes provide the carbohydrates, potassium and energy needed to perform at our best.

## **Selection Tips**

Choose potatoes that are firm, smooth and free of sprouts. Avoid potatoes with wrinkled skins, soft dark areas, cut surfaces or those green in appearance.

## **How to Store**

Store potatoes in a cool, dark place with good ventilation. A perforate plastic or paper bag offers the best environment. Don't store potatoes in the refrigerator! When stored at colder temperatures, the starch in a potato converts to sugar, resulting in a sweet taste and discoloration. Don't wash potatoes before storing.

## **Before You Eat**

Gently scrub potatoes with a vegetable brush under running water. If peeling, use a vegetable peeler or paring knife to remove the skin.





## *easy roasted potatoes with green beans & carrots*

### **INGREDIENTS**

- 2 pounds Ruby Sensation® bite sized potatoes halved
- 3 large carrots peeled, cut into 2-inch pieces
- 3 tablespoons olive oil divided
- 1 tablespoon fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 12- ounce packaged green beans ends trimmed
- 3 cloves garlic minced

### **DIRECTIONS**

1. Preheat oven to 400F.
2. Mix potatoes, carrots, 1½ Tbsp. oil, thyme, salt and pepper in large bowl. Spread single layer on baking sheet and bake 20 minutes.
3. Toss green beans, 1½ Tbsp. oil and garlic. Add to baking sheet and toss with potatoes and carrots. Return baking sheet to oven and cook additional 15-20 minutes, or until veggies are tender.



**PREP TIME: 10 MINUTES**  
**COOK TIME: 40 MINUTES**  
**SERVINGS: 8**



## *fiesta taco baked potatoes*

### **INGREDIENTS**

- 2 teaspoons olive oil
- 4 RPE russet potatoes
- 1/2 pound lean ground beef
- 1 sweet onion diced
- 1 bell pepper diced
- 2 tablespoons garlic minced
- 2 tablespoons chili powder
- 2 tablespoons oregano
- 2 tablespoons cumin
- 3/4 cup no-salt-added corn
- 16 oz low-sodium black beans, drained, rinsed 1 can
- 1 tomato diced
- 1 avocado diced
- 1 teaspoon lime juice
- 1 tablespoon cilantro optional

**PREP TIME: 10 MINUTES**

**COOK TIME: 1 HOUR 5 MINUTES**

**SERVINGS: 4**

### **DIRECTIONS**

1. Preheat oven 400°F.
2. Scrub and dry potatoes. Rub with 1 tsp. oil and prick with fork. Bake for 45 - 60 minutes, or until skins are crispy and insides are soft.
3. Heat remaining oil in large skillet over medium heat. Add beef and cook for about 10 minutes, or until no longer pink. Drain fat from pan.
4. Return pan to heat; add onion, peppers, garlic, chili powder, oregano and cumin. Cook for 5 minutes. Add corn and beans and cook for 2 minutes or until onion is translucent.
5. While beef mixture is cooking, mix tomato, avocado, lime juice and cilantro in small bowl. Let marinate.
6. Once potatoes are cooked, remove from oven and let cool slightly. Cut potatoes in half and scoop out 1/2 of potato flesh from each half.
7. Fill each half with 1/8 beef and vegetable mixture. Top with 1/8 avocado and tomato mixture.



## *candy corn parfaits*

### **INGREDIENTS**

- 2 Halos® mandarins peeled, segmented
- 1 cup chopped pineapple
- 1 cup lowfat vanilla Greek yogurt

**PREP TIME: 5 MINUTES**

**SERVINGS: 4**

### **DIRECTIONS**

1. Layer mandarins, pineapple and yogurt in a parfait glass.





## *asian chicken wraps*

### **INGREDIENTS**

- 1 package of Taylor Farms 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

**PREP TIME: 10 MINUTES**

**SERVINGS: 6**

### **DIRECTIONS**

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





## *grape, cream cheese & basil crostini*

### **INGREDIENTS**

- 1 whole-wheat baguette sliced ½-inch thick rounds
- ¼ cup lowfat cream cheese
- 1 cup SamSons grapes halved
- ¼ cup basil leaves

### **DIRECTIONS**

1. Spread baguette slices with cream cheese. Top with grapes and basil.

**PREP TIME: 10 MINUTES**

**SERVINGS: 6**



# 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.





## *slow cooker chicken and tomatoes*

### **INGREDIENTS**

- 1 1/2 lb. boneless skinless chicken thighs
- 2 small RealSweet® sweet onions sliced
- 1 pint cherry tomatoes
- 4 cloves garlic minced
- 3 tablespoons low-sodium soy sauce
- 3 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon olive oil
- 1/4 teaspoon pepper

### **DIRECTIONS**

1. Place chicken, onions and tomatoes in slow cooker.
2. Whisk garlic, soy sauce, brown sugar, Worcestershire sauce, olive oil and pepper in small bowl. Pour over chicken.
3. Cover slow cooker and cook on high 4 hours or low 6-8 hours.
4. Serve with salad.

**PREP TIME: 10 MINUTES**

**COOK TIME: 6 HOURS**

**SERVINGS: 6**





## The ultimate taco board

### INGREDIENTS

- 1 8 oz. container ¡Yo Quiero!™ guacamole
- 1 12 oz. container ¡Yo Quiero!™ salsa
- 1 12 oz. container ¡Yo Quiero!™ queso
- 6-8 each small soft tortillas hard taco shells and/or Bibb lettuce leaves
- 1 cup each taco-seasoned ground turkey black beans and/or refried beans
- Choice of Toppings: lettuce tomatoes, shredded cheese, corn, onion, peppers, jalapenos, sour cream, cilantro, etc.

### DIRECTIONS

1. Cook and prepare your choice of proteins. Place in small bowls to add to board.
2. Warm tortillas or hard taco shells before place on board.
3. Assemble board with desired ingredients.
4. Sprinkle with fresh cilantro as desired.



**PREP TIME: 30 MINUTES**  
**SERVINGS: 6-8**



## wonderful pistachios coconut-crusted chicken

### INGREDIENTS

- 1 cup Wonderful Pistachios No Shells Roasted & Salted
- 1 lb. chicken tenders
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped fresh thyme leaves
- 1 tablespoon chopped fresh rosemary leaves
- 1/2 cup coconut flour
- 1/4 teaspoon freshly ground black pepper
- 2 eggs

### DIRECTIONS

1. Preheat oven to 350°F and set aside baking sheet.
2. In a blender, pulse Wonderful Pistachios a few times, until ground into a coarse powder. Add the Parmesan cheese, thyme, and rosemary and pulse again until it is finely chopped. Transfer the mixture to a plate.
3. In a bowl, mix the coconut flour, salt, and pepper. In another bowl, beat the eggs.
4. Dip the chicken tenders in the flour and roll to coat. Dip the chicken in the eggs, shaking off any excess. Roll in the pistachio-Parmesan mixture and place on the baking sheet. Repeat with all the chicken.
5. Bake for 20 to 25 minutes, flipping once about halfway through, until browned and cooked through.

Wonderful®  
PISTACHIOS

PREP TIME: 25 MINUTES  
SERVINGS: 4



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We chat with experts, fellow parents, friends, and more covering all of the hot topics in the world of healthy, food, and family. **Our topics range from food and nutrition and mental and physical health too.** Tune in where ever you listen to your favorite podcasts.



*We especially love that Amanda's not shy about discussing what she feels are her own shortcomings, and the bloggers, doctors, and dietitians she talks to offer her valuable advice in an engaging way; this isn't a boring lecture series about all the things they think you should be doing. The tone will make the listener feel less alone in their struggles to feed their children.*

