

10 Cozy FAVORITES

SIMPLE AND DELICIOUS RECIPES FOR THE WHOLE FAMILY



Kid-Tested &
RD approved



**Produce
for Kids®**

Creating a healthier generation

helping feed our community



The Healthy Family Project Produce for Kids campaign at Harps Food Stores, Pyramid Foods, Town & Country Inc, Woods Supermarkets, and G&W Foods Inc. has benefitted Feeding America® food banks in Arkansas and Missouri with 890,000 meals since 2017.

“Giving back is a core value for us and making an impact in the fight against hunger in our communities is paramount.”

*Mike Roberts
Vice President of Produce Operations at Harps*

Learn more at healthyfamilyproject.com/kids



helping feed our community

Look for these brands in 300+ produce brands helping communities throughout Missouri, Arkansas, and Oklahoma.



Wonderful®
PISTACHIOS



Learn more at healthyfamilyproject.com/kids

Meet Our Registered Dietitian

Healthy Family Project collaborates with registered dietitians focusing on the important role food plays in overall health, plus sharing kid-friendly recipes to add more fresh produce to your family's diet.

“When you buy in-season, you are able to get the best price for your produce and experience the best flavor. This is always a great time to introduce new fruits and veggies to your young eaters to create a life long fan.”

Qula Madkin

Healthy Family Project Registered Dietitian



Qula Madkin, a registered dietitian with the Mississippi State University Extension Service, focuses on the needs of clients to help them better understand how to lead a healthy lifestyle.



Learn more at healthyfamilyproject.com/kids

what's in season *right now...*



Apples
Avocados
Bananas
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Citrus
Celery
Greens
Kiwi
Leeks
Lemons & Limes
Mango
Mushrooms
Parsnips
Pears
Pomegranates
Potatoes
Rutabagas
Strawberries (FL)
Sweet Potatoes
Sweet Onions
Turnips
Winter Squashes



easy oven roasted breakfast potatoes

INGREDIENTS

- 24 oz. Tasteful Selections® potatoes quartered
- 1 zucchini chopped
- 1 sweet onion chopped
- 3 mini sweet peppers sliced
- 1 teaspoon olive oil
- 1 teaspoon seasoned salt

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine potatoes, zucchini, onion, peppers, oil and seasoned salt in large bowl. Mix to coat well.
3. Add vegetables to parchment-lined baking sheet and bake 20 – 30 minutes, or until golden brown.



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



instant pot baked potato soup

INGREDIENTS

- 4 pounds Farmer's Promise Russet potatoes, 1-inch cubed
- 16 ounces cauliflower rice
- 4 sliced Canadian bacon finely chopped
- ½ small onion, diced
- 4 cups unsalted chicken stock
- ½ tsp. salt
- 1½ cup sour cream, divided
- 1 cup shredded low fat cheddar cheese
- 1 green onion, sliced



DIRECTIONS

1. Place potatoes, cauliflower rice, Canadian bacon, onion, chicken stock and salt into Instant Pot. Add water until everything is just covered. Set Instant Pot to pressure cook 10 minutes. It will heat up, then pressure cook 10 minutes. When time is up, turn valve to venting and allow steam to escape. Remove lid.
 2. Mash potatoes with potato masher until desired consistency is reached. Stir in ¾ cup sour cream.
 3. Ladle into bowls and top with cheese, remaining sour cream and green onion.
- PREP TIME: 5 MINUTES**
COOK TIME: 20 MINUTES
SERVINGS: 10

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.





roasted tomato and bell pepper soup

INGREDIENTS

- 4 Red Sun Farms® bell peppers
- 2 lbs Red Sun Farms® tomatoes
- 5 garlic cloves
- 1 yellow onion - peeled and cut in half
- 2 cups low sodium chicken broth
- salt and pepper to taste

COOK TIME: 50 MINUTES

SERVINGS: 4

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Cut the bell peppers in half and clean out the seeds and membrane.
3. Spray baking sheets with olive oil.
4. Place the pepper halves, tomatoes, onion and garlic cloves on prepared baking sheets.
5. Roast for 20 - 30 minutes, until the skin is dark on the peppers have collapsed. The skin tomatoes will soften and begin to burst.
6. Allow peppers to cool and remove the skin.
7. Place all the vegetables and the juices from the tomato pan into a stock pot or dutch oven.
8. Add in the chicken broth, salt and pepper.
9. Using an immersion blender, blend until smooth. *If you don't have an immersion blender, use a regular blender.
10. Heat and serve.





citrus buddha bowl

INGREDIENTS

- 1 large handful leafy greens
- ¼ cup cooked grains quinoa, couscous, or brown rice
- 5 oz chickpeas drained and rinsed – about 1/3 of a can
- ¼ cup blueberries
- 1 Peelz™ mandarin peeled and sliced
- ¼ avocado sliced
- ¼ red onion sliced
- ¼ cup shredded carrots
- dressing of choice

DIRECTIONS

1. Place the greens in the bottom of your bowl.
2. Add remaining ingredients.
3. Top with dressing or lime juice if desired.

PREP TIME: 10 MINUTES

SERVINGS: 1





greek chicken bowls

INGREDIENTS

- 1 cup cooked white or brown rice
- 1 cooked chicken breast cut into slices. Use pre-cooked, pre-sliced chicken to save time.
- 1 RealSweet® Sweet Onion sliced
- cherry tomatoes
- ¼ cucumber cut into quarters
- black olives add to taste
- 2 tbsp feta cheese we used fat-free Mediterranean herb feta
- 1 tbsp Tzatziki sauce - make your own or find in the deli department

DIRECTIONS

1. Place the rice and chicken in a bowl and warm it if desired.
2. Top with RealSweet® Sweet Onion slices, tomatoes, cucumbers and black olives.
3. Sprinkle on feta cheese.
4. Add a tablespoon or two of Tzatziki sauce.

PREP TIME: 5 MINUTES

SERVINGS: 2



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.





pistachio hummus

INGREDIENTS

- 1 15-ounce can chickpeas, reserve liquid from can
- 1/2 cup shelled Wonderful Pistachios
- 3 cloves garlic
- 2 tablespoons tahini
- Juice from one lemon
- 1 tablespoon extra-virgin olive oil
- Sea salt and pepper, to taste (optional)
- 2 tablespoons fresh cilantro (optional)
- 1 jalapeno (optional)
- pomegranate arils for garnish

DIRECTIONS

1. Add chickpeas, pistachios, garlic, cilantro and jalapeño (optional), tahini, and lemon juice and to the container of a food processor.
2. Slowly add the olive oil while pureeing.
3. Slowly add just enough reserved liquid from the chickpeas, to create a smooth, creamy texture if needed.
4. Season with salt and pepper as desired.

COOK TIME: 20 MINUTES
SERVINGS: 4

Wonderful®
PISTACHIOS



chicken & apple grilled cheese sandwiches

INGREDIENTS

- 8 slices whole grain bread
- 1 Tbsp. unsalted butter
- 8 oz. sliced rotisserie-style chicken breast
- 4 slices sharp cheddar cheese
- 1 Joyfully Grown™ apple thinly sliced

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

SERVINGS: 4

DIRECTIONS

1. Heat large skillet over medium-high heat.
2. Lightly butter one side of each slice of bread. Place bread butter-side-down in skillet. Top with chicken, cheese and apples. Top with slice of bread butter-side-up.
3. Cook 2-3 minutes, flip and cook additional 2-3 minutes, or until cheese is melted.
4. Remove from heat and cut in half. Repeat with remaining sandwiches.
5. Serve with prepared salad.





easy instant pot apple cider

INGREDIENTS

- 6 large Michigan Apples quartered
- 3 cinnamon sticks
- 1 orange zested, quartered
- 1/4 cup brown sugar
- 1 tablespoon whole clove
- 1 teaspoon nutmeg
- 7 cups water

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

SERVINGS: 6

DIRECTIONS

1. Add apples, cinnamon sticks, oranges and zest, brown sugar, cloves and nutmeg to Instant Pot. Pour water over top.
2. Place cover on Instant Pot and set to sealing. Set to high pressure for 15 minutes. Once done, allow to naturally release 10 minutes before venting and removing lid.
3. Remove large items with slotted spoon. Strain smaller items using a fine mesh strainer before serving.



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.





pomegranate citrus mocktail

INGREDIENTS

- 2 oz. 100% POM Wonderful pomegranate juice
- 1 oz. freshly squeezed orange juice
- 1/2 oz. fresh lime juice
- 2 oz. sparkling water
- Ice, for serving
- pomegranate arils
- lime & orange slices
- frozen cranberries
- fresh mint
- fresh rosemary

PREP TIME: 5 MINUTES

SERVINGS: 1

DIRECTIONS

1. Fill an 8-10oz glass halfway full with ice. Add pomegranate juice, orange juice, and lime juice to your glass. Stir well to combine.
2. Pour sparkling water over the juice mixture and garnish as desired!

POM
WONDERFUL®



7-layer Taco dip

INGREDIENTS

- 1 1/2 cups nonfat plain greek yogurt
- 2 teaspoons homemade taco seasoning
- 15.4 oz low-sodium vegetarian refried beans 1 can
- 1 15oz package ¡Yo Quiero! Original™ Guacamole
- 16 ounces salsa
- 3 cups shredded iceberg lettuce
- 1 cup shredded lowfat cheddar cheese
- 1/4 cup sliced black olives

DIRECTIONS

1. Mix yogurt and taco seasoning in small bowl.
2. Spread beans in 11×8-inch baking dish. Top beans in the following order, spreading each layer evenly over the last: yogurt, guacamole, salsa, lettuce, cheese and olives.
3. Refrigerate 15 minutes. Serve chilled.

PREP TIME: 15 MINUTES
SERVINGS: 12





Have you listened to our **Healthy Family Podcast?**

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. ”