



healthy family cookbook

kid-tested recipes making mealtime easy & nutritious



helping our community



The Produce for Kids campaign at Military Produce Group has benefitted more than \$23,000 for nutrition education and learning grants to children whose parents are deployed or recovering from combat injuries.

"It was a true pleasure to be able to offer a Healthy Family Project cooking class exclusive to military kids, outside of the grants we will be able to provide to military kids through the campaign, the added cooking class made the campaign extra special this year."

Kara Dallman

Executive Director at Our Military Kids

Learn more at healthyfamilyproject.com/military

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.

“Get into the kitchen together as a family and get cooking! Cooking together can help kids build self-confidence and lay down the foundation for healthy eating habits.”

Julie Lopez

Healthy Family Project Registered Dietitian



Julie Lopez, a Registered Dietitian and Culinary Nutrition Chef based in New Jersey, focuses on educating others about nutrition through food and giving them the tools they need to build confidence in the kitchen.

Learn more at healthyfamilyproject.com/military

what's in season *april*



Apples
Artichokes
Avocados
Asparagus
Bananas
Beets
Blueberries
Bok Choy
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Citrus
Greens
Kiwi
Leeks
Lemons & Limes
Mango
Mushrooms
Parsnips
Peas
Pears
Pineapples
Potatoes
Rutabagas
Strawberries
Vidalia Onions



Bell Peppers

Health Benefits

Bell peppers are an excellent source of Vitamin A and C and a good source of Vitamin E and Vitamin B6. Red bell peppers are also full of phytochemicals and carotenoids, like beta-carotene, that have antioxidant and anti-inflammatory benefits. The capsaicin in bell peppers can reduce 'bad' cholesterol, control diabetes, bring relief from pain and ease inflammation.

How to Store

Store bell peppers unwashed in a plastic bag in the crisper drawer of your refrigerator for up to 4-5 days. Keep them dry, as moisture will eventually cause them to rot.

How to Select Bell Peppers

Look for firm bell peppers with shiny, unblemished and wrinkle-free skins. Bell pepper should feel heavy for their size. Avoid dull, shriveled or pitted bell peppers.



hummus snack board

INGREDIENTS

- 15-20 carrot sticks
- 2 whole wheat pitas cut into triangles
- 1 Red Sun Farms red bell pepper seeded, sliced
- 1 Red Sun Farms yellow bell pepper seeded, sliced
- 1 Red Sun Farms orange bell pepper seeded, sliced
- 1 Red Sun Farms seedless cucumber cut into 2-inch strips
- 1 cup hummus
- 1 oz. pretzel sticks
- 1 oz. crackers
- 1/3 cup pecans

DIRECTIONS

1. Assemble all ingredients on board.

PREP TIME: 10 MINUTES

SERVINGS: 6-8



Fruits & Veggies to Pack in Lunchboxes



1 small apple



1 medium banana



¼ cup dried fruit



1 cup grapes



1 mandarin



1 cup no-sugar-added applesauce



1 cup 100% fruit juice



1 cup berries



1 cup lettuce or spinach



1 cup carrots



1 cup cucumbers



1 cup cherry tomatoes



1 small kiwi



1 fruit cup, packed in juice



1 cup melon



1 cup sugar snap peas



1 cup celery



1 cup of bell peppers



2 Tbsp. guacamole



5 olives



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.



Charli's Easy Homemade Salsa

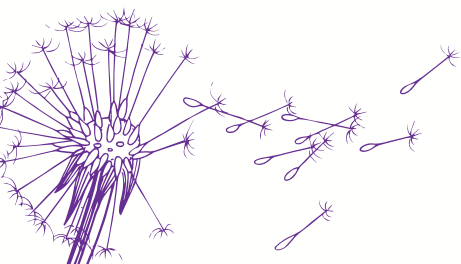
INGREDIENTS

- ½ small **RealSweet®** sweet onion, halved
- 5 mini sweet peppers, seeded, quartered
- 3 Roma tomatoes, quartered
- 1½ limes, juiced
- ¼ cup fresh cilantro
- 1½ tsp. garlic salt, or to taste

DIRECTIONS

1. Place peppers, tomatoes, lime juice, onion, cilantro and garlic salt in food processor and blend until desired consistency is reached.

COOK TIME: 10 MINUTES
SERVINGS: 6



3-Ingredient After-School Snacks



Greek Yogurt +
Chopped Fruit +
Granola



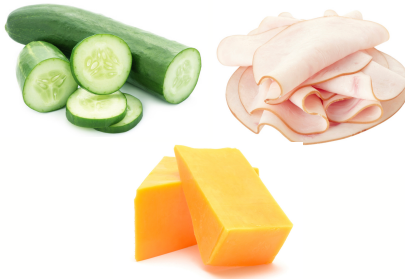
Wrap +
Peanut Butter +
Banana



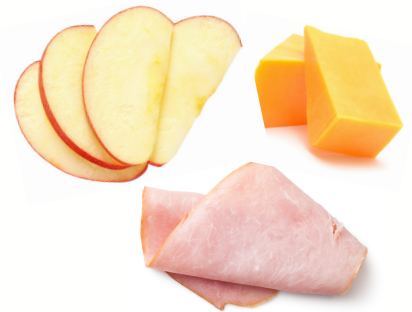
Fruit +
Spinach +
Milk (& Ice)



Toast +
Avocado +
Hard-Boiled Egg



Cucumber Slices +
Cheese +
Turkey



Apple Slices +
Cheese +
Ham



Apple Round +
Cream Cheese +
Chopped Nuts



Mini Bagel +
Marinara Sauce +
Cheese



Carrots +
Pretzels +
Hummus

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. They are arranged in a way that some are in the foreground and some are in the background.

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.



ham, apple & cheese wraps

INGREDIENTS

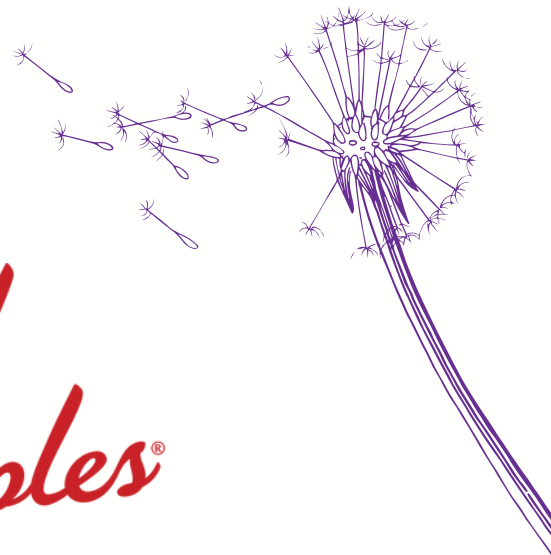
- 4 slices low-sodium deli ham, cut in half
- 1 Yes! Apples®, sliced
- 2 oz. sliced Cheddar cheese (8 slices)

DIRECTIONS

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

PREP TIME: 10 MINUTES
SERVINGS: 8

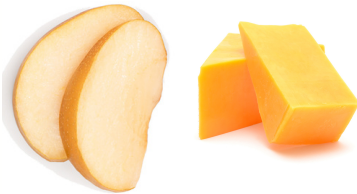
Yes!
Apples®



10 Snacks To Fuel Active Kids



Celery + Peanut Butter



Pear Slices + Cheese



Mango + Greek Yogurt



Frozen Berries +
Milk = Smoothies



½ Banana + Walnuts



Apple Slices + Almonds



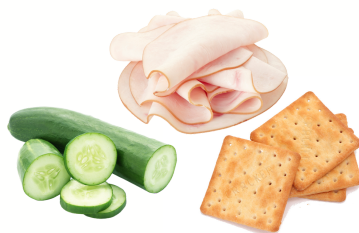
Peaches + Cottage Cheese



Carrots + Hummus



Snap Peas + Yogurt Ranch



Cucumber +
Turkey + Crackers



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.



baked potato skins

INGREDIENTS

- 6 small-to-medium Wilcox russet potatoes
- 2 tablespoons olive oil
- 3/4 cup shredded Cheddar cheese
- 3/4 cup plain Greek yogurt
- 1/4 cup cooked crumbled bacon
- 3 green onions sliced

PREP TIME: 10 MINUTES

COOK TIME: 1 HOUR

SERVINGS: 12

DIRECTIONS

1. Prick potatoes several times with a fork. Microwave on HIGH 5 minutes per potato, set aside to cool. Alternatively, prick potatoes with fork and place on baking sheet. Bake 45-60 minutes in 400F oven or until tender. Let cool.
2. Cut potatoes in half lengthwise and scoop out inside of potato (this can be mixed with toppings or saved for another dish, like mashed potatoes). Brush skins with olive oil or spray with cooking spray and place back on baking sheet. Add cheese and bake additional 5-7 minutes, or until cheese melts.
3. Remove from oven and top with Greek yogurt, bacon and green onions.



Long-Lasting Fruits & Veggies



Potatoes



Onions



Apples



Carrots



Pears



Beets



Citrus



Cabbage



Winter Squash



Parsnips



Garlic



Lemons/Limes



Celery



Sweet Potatoes



Pomegranates



Brussels Sprouts

Learn more at healthyfamilyproject.com/military



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.