

Kid Friendly Recipes

Kids (and also adults) can be very picky when it comes to eating all the different food groups they need. Making meal time more fun and incorporating them into the prep work can help increase the chance that they will try something new and actually enjoy it. Here are some sample healthy recipes that the kids will love without knowing they are getting their servings of fruits and vegetables!

Veggie Noodles with Alfredo Sauce

Serves 4

Source: Savory by Stop&Shop

Ingredients :

- 1 (12 oz) package of sweet potato or carrot noodles
- 2 Tbsp of butter
- 1 cup of half and half
- 1/4 cup grated parmesan cheese

- 1 (12 oz) package of butternut squash noodles
- 2 tsp minced garlic
- 2 oz of reduced-fat cream cheese, softened

Directions: Heat a large pot of salted water to a boil on high. Add the sweet potato or carrot noodles to the pot and cook for 5 minutes. Then add butternut squash noodles and cook for another 3 minutes or until vegetables are tender but not falling apart. Drain well. Next in a 12-inch skillet, add the butter and garlic. Cook on medium for 3 minutes or until butter melts and the garlic is golden in color. Make sure you stir often. Whisk in the half and half and cream cheese. Reduce the heat to medium-low. Cook for 5 minutes until slightly reduced and smooth looking, stirring often. Then remove the pan from the heat and stir in the parmesan cheese. Season the sauce with salt and pepper to taste. Add the vegetable noodles to the skillet and gently toss in sauce until well coated.

Nutrition: 1 Serving= Calories 240, Fat 17g, Sat. Fat 10g, Sodium 222mg, Carbs 17g, Fiber 2g, Sugar 4g, Protein 6g.

BBQ Kale Chips

Serves 4

Source: Savory by Food Network

Ingredients:

- 1 bunch kale, washed and dried (about 1 pound)
- BBQ Seasoning, for sprinkling

-Olive oil cooking spray, for spraying

BBQ Seasoning:

- 1/4 cup paprika
- 2 tablespoons brown sugar
- 1 tablespoon salt

- 2 tablespoons ancho chile powder
- 1 tablespoon garlic powder
- 1/2 teaspoon dry mustard

Directions: Preheat the oven 275° F. Line a baking sheet with parchment paper. Remove the thick stem from the kale and discard. Tear the kale leaves into bite-size pieces. Lay the kale onto the prepared baking sheet and spray evenly with cooking spray. Bake until crispy and browned on the edges, tossing the kale halfway through, 18 to 20 minutes. Sprinkle the kale with BBQ Seasoning and serve.

BBQ Seasoning: Mix the paprika, ancho chile, sugar, garlic powder, salt and dry mustard in a small bowl.

Nutrition: 1 Serving Calories 58, Fat 1g, Saturated Fat 0g, Carbs 12g, Fiber 2g, Sugar 0g, Sodium 94mg, Protein 4g.

Two-Potato Home Fries

Serves 8

Source: Food Network

Ingredients:

- 2 Yukon gold potatoes
- 2 tablespoons olive oil

-2 sweet potatoes

Optional:

- 1/2 teaspoon grated ginger
- 1 teaspoon curry powder
- chopped cilantro

-1/2 teaspoon garlic
-salt and pepper to taste

Directions:

Put 2 each cubed Yukon gold potatoes and sweet potatoes in a pot of cold salted water; bring to a boil and cook until tender, 5 to 8 minutes. Drain and pat dry. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add the potatoes and cook, turning, until browned, 8 minutes.

(Optional): Stir in 1 teaspoon grated ginger, 1/2 teaspoon grated garlic, 1 teaspoon curry powder, and salt and pepper to taste; cook 1 minute. Sprinkle with chopped cilantro.

Nutrition: 1 Serving Calories 154, Fat 10g, Saturated Fat 4g, Carbs 35g, Fiber 6g, Sodium 150mg, Protein 2g.

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Quick Fruit Salad

Serves 6

Source: Savory by Food Network

Ingredients:

- 2 apples, cored and cut into 1/2-inch chunks
- 1 (20-ounce) can pineapple rings, drained and cut into small wedges
- 1/2 cup plain yogurt
- Pinch of salt

- 1 pound melon, cut into 1/2-inch chunks
- 1/2 cup dried cherries
- 1/2 cup cream of coconut

Directions: In a large bowl add the apple chunks, melon, pineapple chunks, dried cherries, yogurt, cream of coconut, and pinch of salt. Stir to combine.

Nutrition: 1 Serving Calories 274, Fat 4.5g, Saturated Fat 3g, Carbs 60g, Fiber 4g, Sodium 86mg, Protein 2g.

Oatmeal Apple Cookies

Serves 18

Source: Savory by Stop&Shop

Ingredients

- 1 honey crisp apple
- 2 cups rolled oats
- 1 1/2 cups whole wheat flour
- 1/2 tsp baking powder

- 1/4 tsp of salt
- 5 Tbsp butter, softened
- 1/4 cup light brown sugar
- 1 tsp vanilla extract
- 1/4 cup sliced almonds (optional)

Directions: Preheat oven to 350° F. Line two cookie sheets with parchment paper. Coarsely grate the apple. In a medium bowl, combine the oats, whole wheat flour, baking powder, and salt. In a large bowl, with a hand mixer, beat the butter, sugar, and extract until smooth. Beat in the apple. Add dry ingredients and mix until well combined. (Dough will be somewhat crumbly.) Scoop and roll dough into balls and place on lined cookie sheets spacing about 2 inches apart. Press to flatten them down and top each with sliced almonds (optional). Bake for 15 minutes switching rack halfway through. Let cool and then serve.

Nutrition: 1 Serving Calories 195, Fat 10g, Saturated Fat 3g, Carbs 23g, Fiber 4g, Sodium 45mg, Sugar 4g, Protein 6g.

Veggie Pizza Quesadillas

Serves 4

Source: Savory by Stop&Shop

Ingredients:

- cooking spray
- 8 (6 inch) whole wheat tortillas
- 1 cup low sodium pizza sauce
- 2 cups mozzarella

- 1 bell pepper
- 1 package sliced white mushrooms
- any additional veggies you choose!

Directions: Preheat oven to 475° F. Line two baking sheets with aluminum foil and coat the foil with cooking spray. Arrange 4 whole wheat tortillas on the baking sheets. Spread the pizza sauce on the tortillas, leave at least a 1/4 inch space on the rim. Sprinkle half of the mozzarella cheese over the sauce. Add vegetable toppings of bell peppers, mushrooms, and any other vegetables you want. Then sprinkle the other half of the mozzarella over the vegetables. Then top with the four remaining tortillas. Coat the tops with cooking spray and bake for 10 minutes until golden brown and crispy. Serve with additional sauce if desired.

Nutrition: 1 Serving Calories 363, Fat 14g, Saturated Fat: 6g, Carbs 43g, Fiber 4g, Sugar 6g, Sodium 515mg, Protein 18g.

Blackberry Lemon Homemade "Soda"

Serves 8

Source: Savory by Stop and Shop

- 1 pint of blackberries
- 1 Tbsp sugar
- 1/2 cup pomegranate juice

- 3 Tbsp lemon juice
- 1 liter lemon-lime seltzer

Directions:

In a medium saucepan, combine the blackberries, sugar, and pomegranate juice. Heat to a simmer on high then reduce heat to medium and cook for 5 minutes until the berries are tender. Then let cool. In a blender puree the blackberry mixture until smooth. Strain into a small pitcher and stir in the lemon juice. Refrigerate. For each drink pour 2 Tbsp of blackberry syrup mixture into a tall glass with ice and stir in about 1/2 cup of seltzer.

Nutrition: 1 Serving Calories 40, Fat 0g, Saturated Fat 0g, Carbs 9g, Fiber 3g, Sodium 29mg, Sugar 6g, Protein 1g.