UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources

Niños Sanos, Familia Sana

Part Six: Recipes

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Niños Sanos, Familia Sana (Healthy Children, Healthy Family) is a nutrition education curriculum, designed for Latino parents with young children. The goal is to improve nutrition and physical activity to prevent childhood obesity and promote health. This publication includes 20 recipes that can be used with the 20 lessons in publication 8583. Educators will also find general tips on choosing recipes for this audience in those lesson plans.

Healthy Children, Healthy Family

Apple Crisp

Makes: 8 servings (½ cup each) Preparation time: 45 minutes

INGREDIENTS:

5 apples (Golden Delicious)	½ cup margarine (0 trans fat)
¾ cup uncooked oatmeal	or butter
¼ cup whole wheat flour	¾ cup brown sugar
	1 Tbsp cinnamon

INSTRUCTIONS:

1. Heat the oven to 350°F.
2. Grease the bottom and sides of an 8×12-inch bake pan.
3. Remove the cores, and slice apples thinly.
4. Spread apples on bottom of pan.
5. Mix the flour, oatmeal, brown sugar, and cinnamon in a bowl.
6. Using a fork, cut the margarine into the mixture.
7. Spread the mixture over the apples.
8. Put pan in the oven and bake for 25–30 minutes.

Option: Serve with a spoonful of vanilla yogurt.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving	
Calories 250	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Sugars 30g	
Proteins 1g	
Vitamin A	10%
Vitamin C	8%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

My Family's Goal:

We will try our best to

Healthy Children, Healthy Family

Southwest Tacos

Makes: 3 cups (12 small tacos)

Preparation time: 30 minutes

INGREDIENTS:

1 large sweet potato	1–3 tsp cumin
1 small onion	1 tsp chili powder
2 Tbsp olive oil	$\frac{1}{8}$ tsp cayenne pepper
1 Tbsp lemon juice	2 cups cooked black beans

INSTRUCTIONS:

1. Peel and cut the sweet potato into cubes.
2. Boil sweet potato in small pot of water for 5 minutes. Drain.
3. Cut onion into small pieces. Cook in pan with oil for 5 minutes (until yellow).
4. Add sweet potatoes, lemon juice, chili, and cayenne to pan. Mix and continue cooking at low heat. Add beans and simmer until hot. Add salt and pepper to taste.

Note: Serve with warm corn tortillas.

Recipe from the family of Mayra Muñoz Gomez

Nutrition Facts

Serving Size 1 cup (86g)
Servings Per Container

Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugars 2g	
Proteins 4g	
Vitamin A	110%
Vitamin C	10%
Calcium	8%
Iron	6%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

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Healthy Children, Healthy Family

Broccoli Quesadillas

Makes 4 quesadillas (8 halves) Preparation time: 25 minutes

INGREDIENTS:

1 bunch of broccoli (2 cups, chopped)	1 Tbsp chopped cilantro
1 Tbsp olive oil	$\frac{3}{4}$ cup low-fat mozzarella cheese, grated
1 medium red onion, sliced (1½ cups)	8 corn tortillas
	Salt and pepper

INSTRUCTIONS:

1. Slice the broccoli into $\frac{1}{4}$ -inch pieces.
2. Steam the broccoli for 2 minutes.
3. Heat the oil in a pan. Cook the onion until tender. Add broccoli, cilantro, salt, and pepper.
4. Heat the tortilla on a skillet. Add $\frac{1}{2}$ cup of the mixture and 1½ Tbsp cheese. Cover the filling with another tortilla. Heat in a skillet until cheese melts. Brown tortillas on both sides. Cut in halves to serve.

Note: Spinach can be substituted for broccoli. In using spinach, skip steps 1 and 2. Instead, slice raw spinach into shreds and add in step 3.

Nutrition Facts

Serving Size 1 cup (86g)
Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 1g	
Proteins 6g	
Vitamin A	15%
Vitamin C	45%
Calcium	20%
Iron	4%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

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Healthy Children, Healthy Family

Apple Coleslaw

Makes 8 servings (½ cup each) Preparation time: 15 minutes

INGREDIENTS:

2 cups of cabbage	½ cup raisins
1 medium carrot	1 Tbsp lemon juice
½ bell pepper	1 Tbsp low-fat mayonnaise
1 apple	1 tsp dill weed
5 Tbsp low-fat, plain yogurt	Optional: ¼ cup canned
pineapple, crushed and drained

INSTRUCTIONS:

1. Wash and shred the cabbage.
2. Peel and grate the carrot.
3. Chop the green pepper into small pieces.
4. Remove the core and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir to make a dressing.
7. Pour the dressing over the salad. Mix well. Add salt and pepper to taste.

Nutrition Facts

Serving Size (105g)

Servings Per Container

Amount Per Serving

Calories 80

Calories from Fat 5

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 25mg

1%

Total Carbohydrate 18g

6%

Dietary Fiber 2g

8%

Sugars 13g

Proteins 2g

Vitamin A

45%

Vitamin C

45%

Calcium

4%

Iron

2%

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

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Chicken Chow Mein

Makes 8 servings (1 cup each) Preparation time: 45 minutes

INGREDIENTS:

8 oz angel hair noodles	1 Tbsp low-sodium soy sauce
½ lb chicken breast, cut in thin strips	2 Tbsp water
1 cup grated carrot	½ tsp brown sugar
2 cups sliced celery	2 cloves garlic, crushed
2 cups onion, in cubes	2 tsp ginger, grated
5 cups grated cabbage	2 Tbsp vegetable oil

INSTRUCTIONS:

1. Heat 1 Tbsp oil in skillet. Stir fry chicken at high heat. Set aside.
2. Add noodles to pan with boiling water. Cook for 5 minutes.
3. In a small bowl, mix the soy sauce, brown sugar, water, garlic, and ginger.
4. Heat the oil in a skillet. Cook the celery and onion at medium heat until tender. Add the cabbage. Cook a few minutes.
5. Lower the heat and add the noodles and chicken. Add the soy sauce. Stir until hot.

Nutrition Facts

Serving Size (202g)
Servings Per Container

Amount Per Serving	
Calories 190	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 230mg	10%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 6g	
Proteins 11g	
Vitamin A	60%
Vitamin C	40%
Calcium	4%
Iron	6%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

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Easy Eggplant Stir Fry

Makes 5 servings (1 cup each) Preparation time: 30 minutes

INGREDIENTS:

2 small eggplants, peeled and cut in cubes	2 Tbsp Italian salad dressing, low-fat
2 tsp olive oil	2 cups cherry tomatoes, cut in halves
1 zucchini, sliced thinly	
1 cup green bell pepper, cut in strips	
1 onion, sliced	

INSTRUCTIONS:

1. Heat oil in the skillet. Cook onions 2–3 minutes. Add eggplant, zucchini, peppers, and dressing to skillet.
2. Mix lightly to combine vegetables. Cook at low heat until tender.
3. Add the tomatoes and cook 3–5 minutes.
4. Serve with brown rice or corn tortillas.

Option: Add 1 cup of cooked shredded chicken for protein after all vegetables are cooked.

Nutrition Facts

Serving Size (374g)

Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 23g 8%

Dietary Fiber 10g 40%

Sugars 10g

Proteins 4g

Vitamin A 15%

Vitamin C 70%

Calcium 4%

Iron 6%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

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Healthy Children, Healthy Family

Veggie Dip

Makes 16 servings (2 Tbsp each) Preparation time: 15 minutes

INGREDIENTS:

2 cups cooked garbanzo beans (or 15 oz can), drained and rinsed	1 tsp olive oil
3 cloves of garlic	½ tsp salt
¼ cup of plain yogurt (low-fat)	⅛ tsp black pepper
1 Tbsp lemon juice	⅛ tsp paprika

INSTRUCTIONS:

1. Put everything in blender and mix well.
2. Serve with slices of cucumber, carrot, peppers, jicama, and other vegetables.

Note: Have your child make a fun face with vegetables and dip.

Nutrition Facts

Serving Size (32g)
Servings Per Container

Amount Per Serving	
Calories 30	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Proteins 1g	
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	2%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

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Healthy Children, Healthy Family

Apple-Glazed Sweet Potatoes

Makes 8 servings (½ cup each) Preparation time: 30 minutes

INGREDIENTS:

2½ cups 100% apple juice

½ tsp ground cinnamon

¼ tsp salt

2 lb sweet potatoes (about 4 cups of sweet potatoes, peeled and cut into thin slices)

INSTRUCTIONS:

1. Mix the apple juice, cinnamon, and salt in a large skillet. Add the sweet potatoes and heat to a boil on the stove.
2. Lower the heat and let the sweet potatoes simmer, uncovered. Stir occasionally. Cook for 20–25 minutes or until the sweet potatoes are tender and juice has reduced to a glaze. Serve hot.

Note: Be sure to cook until the juice has turned to a syrup.

Nutrition Facts

Serving Size (192g)

Servings Per Container

Amount Per Serving

Calories 140 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 32g 11%

Dietary Fiber 4g 16%

Sugars 16g

Proteins 2g

Vitamin A 440%

Vitamin C 35%

Calcium 4%

Iron 4%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

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Honey Granola

Makes 5 cups (20 ¼-cup servings)

Preparation time: 30 minutes

INGREDIENTS:

3 cups uncooked oatmeal	¼ cup margarine (0 trans fat) or butter
1 cup almonds	
¼ cup honey	⅔ cup raisins

INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Chop the almonds.
3. Mix all ingredients, except raisins, in a large bowl.
4. Bake in a pan at 350°F for 25–30 minutes or until brown. Stir every 5 minutes.
5. Add the raisins. Cool completely. Store in a sealed container.

Note: Peanuts can be used instead of almonds.

Nutrition Facts

Serving Size (192g)
Servings Per Container

Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 16g	
Proteins 2g	
Vitamin A	440%
Vitamin C	35%
Calcium	4%
Iron	4%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

Healthy Children, Healthy Family

Fruit Infused Water

Makes 2 quarts

Preparation time: 4-8 hours

INGREDIENTS:

Try one of the following:

½ lemon (in slices), ½ cucumber (in slices), 6 mint leaves, or
3 tangerines (peeled, separated into sections, and sliced), or
1 cup of strawberries (without tops and sliced)

INSTRUCTIONS:

1. Fill a large container with water, allowing space for the fruit.
2. Add about a cup of fruit, vegetables, or herbs.
3. Store in the refrigerator for at least 4 hours before serving.

Note: Try different combinations of fruit and herbs. Discover your family's favorite! This is a great way to use small leftover pieces of fruits and vegetables.

My Family's Goal:

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Healthy Children, Healthy Family

Fruity Parfait

Makes 4 servings (½ cup each) Preparation time: 10 minutes

INGREDIENTS:

- 1 cup of fresh fruit, such as melon, strawberries, banana, or grapes
- ½ cup granola (or whole wheat cereal low in sugar)
- 1 cup of low-fat yogurt (plain or vanilla)

INSTRUCTIONS:

1. Peel banana. Wash other fruit. Cut fruit into small pieces.
2. Arrange four small bowls or cups.
3. Add 2 Tbsp of fruit to each bowl.
4. Add 2 Tbsp of yogurt on top of fruit.
5. Add 1 Tbsp of granola on top of fruit and yogurt.
6. Repeat steps 3–5.

Nutrition Facts

Serving Size 1 parfait
Servings Per Container 10

Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 10g	
Proteins 4g	
Vitamin A	8%
Vitamin C	30%
Calcium	8%
Iron	4%

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

Healthy Children, Healthy Family

Popcorn Snack

Makes 10 servings (1 cup each) Preparation time: 10 minutes

INGREDIENTS:

- 3 Tbsp of popcorn kernels, unpopped
- 4 cups of pretzel sticks
- 1 cup of dried fruit (raisins or craisins)
- Optional:** 2 Tbsp margarine (0 trans fat) or butter, melted

INSTRUCTIONS:

1. Make the popcorn in an air popcorn machine.
2. Mix the popcorn, pretzels, and dried fruit in a bowl.
3. Add the margarine.
4. Put a cup of the mixture in a bag to carry.

Nutrition Facts

Serving Size (21g)
Servings Per Container

Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Proteins 1g	
Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	4%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

Healthy Children, Healthy Family

Pumpkin Atole

Makes 14 servings (½ cup each) Preparation time: 15 minutes

INGREDIENTS:

4 cups low-fat (1% fat) milk	¼ tsp ground cloves
1 can (15 oz) of pureed pumpkin	1 tsp vanilla
1 can (12 oz) evaporated (2% fat) milk	Optional: 1 Tbsp chopped walnuts*
½ cup <i>piloncillo</i>	Note: brown sugar can be used instead of <i>piloncillo</i> .
1 tsp ground cinnamon	
½ tsp ground ginger	

INSTRUCTIONS:

1. In a pot, heat the 4 cups of milk at low heat.
2. In a blender, mix well the pumpkin, evaporated milk, *piloncillo*, and spices.
3. Add the pumpkin mixture to the warm milk. Stir well. Continue cooking until hot.
4. Pour into cups. For decoration, add nuts.

***Caution:** children under 3 years should not eat nuts to avoid choking.

Nutrition Facts

Serving Size (135g)
Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 14g	
Proteins 5g	
Vitamin A	100%
Vitamin C	4%
Calcium	15%
Iron	2%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

Healthy Children, Healthy Family

Mango Salsa

Makes 4 servings (¼ cup each) Preparation time: 15 minutes

INGREDIENTS:

1 mango, peeled, without seed, and diced	1 Tbsp onion, chopped
2 Tbsp of tomato, diced	Juice of 1 fresh lemon
1 Tbsp of fresh cilantro, chopped	Note: Substitute fresh peaches if mangoes are not available
¼ tsp of salt	

INSTRUCTIONS:

Combine all ingredients in a bowl. Serve with baked corn tortilla chips or use as a topping for chicken or fish.

Nutrition Facts

Serving Size (74g)
Servings Per Container

Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Proteins 0g	
Vitamin A	20%
Vitamin C	20%
Calcium	0%
Iron	0%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

Healthy Children, Healthy Family

Banana Berry Smoothie

Makes 3 servings (6 oz each) Preparation time: 10 minutes

INGREDIENTS:

1 cup strawberries, washed and sliced	½ cup fresh spinach leaves (optional)
½ banana	2–3 ice cubes (optional)
½ cup plain or vanilla yogurt (low-fat)	
½ cup low-fat milk	

INSTRUCTIONS:

1. Combine fruit, yogurt, spinach, milk, and ice cubes in blender.
2. Blend all ingredients well. Serve immediately.

Nutrition Facts

Serving Size (153g)
Servings Per Container

Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	4%
Sugars 9g	
Proteins 0g	
Vitamin A	8%
Vitamin C	60%
Calcium	10%
Iron	2%

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

Healthy Children, Healthy Family

Spanish Salad

Makes 6 servings (1 cup each) Preparation time: 30 minutes

INGREDIENTS:

½ Tbsp olive oil	1 chili poblano, fresh
1 chicken breast	1 can of corn, 15 oz drained
8 oz cream, low-fat	½ tsp chicken consommé
1 large tomato	Pepper
1 large onion	Note: Plain, low-fat yogurt can be used instead of cream.

INSTRUCTIONS:

1. Put the chicken in a pot of water. Bring to boil and then simmer for 20 minutes. Remove and shred the chicken.
2. Chop the onion, tomato, and chili poblano finely.
3. Put oil in a fry pan and fry the onion until tender.
4. Fry the tomato and chili the same way.
5. Add the shredded chicken and stir until chicken is coated with tomato and chile.
6. Add the cream. Allow mixture to cook for 1 minute.
7. Add the corn and consommé.
8. Sprinkle pepper on top. Serve with brown rice.

Nutrition Facts

Serving Size (190g)
Servings Per Container

Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 250mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 7g	
Proteins 8g	
Vitamin A	20%
Vitamin C	15%
Calcium	8%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:
We will try our best to

Developed by Bertha
Flores, Cecilia Casas, Maria
Ramirez, Ana Lanuza, and
Blanca Alegria

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Healthy Children, Healthy Family

Spinach Berry Salad

Makes 10 servings (1 cup each) Preparation time: 20 minutes

INGREDIENTS:

8 cups of spinach leaves, washed and torn into pieces	½ cup cheese (panela-style, pasteurized)
8 strawberries, sliced	4 Tbsp vinegar
1 cup of fresh parsley	½ tsp brown sugar
¼ cup almonds or walnuts, sliced and toasted	

INSTRUCTIONS:

1. Put a frying pan on low heat and add the vinegar.
2. Bring vinegar to a boil and add sugar. Heat until it thickens.
3. Mix the spinach with the vinegar. Top with strawberries, cheese, and nuts. Serve.

Nutrition Facts

Serving Size (49g)
Servings Per Container

Amount Per Serving	
Calories 50	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Proteins 3g	
Vitamin A	25%
Vitamin C	30%
Calcium	4%
Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

Healthy Children, Healthy Family

Tasty Turkey Chili

Makes 12 servings (½ cup each) Preparation time: 45 minutes

INGREDIENTS:

1½ lb of ground turkey	3 medium yellow bell peppers, in strips
½ tsp garlic powder	2 medium red bell peppers, in strips
½ tsp chili powder or cayenne	1 red onion, chopped
½ tsp black pepper	8 oz can of tomato sauce
½ tsp dried parsley	3 sprigs of cilantro, chopped
½ tsp salt	4 lemons, in slices
½ tsp cumin	
2 tsp olive oil	

INSTRUCTIONS:

1. Heat 1 tsp oil in large frying pan. Add turkey and all seasonings. Brown turkey and remove from pan.
2. Heat 1 tsp oil in the pan. Stir fry onion until tender. Add peppers and cook 2–3 minutes.
3. Add tomato sauce and turkey to peppers and onions. Stir in ½ cup water. Simmer for 20 minutes.
4. Serve with brown rice. Add lemon slices and cilantro.

Nutrition Facts

Serving Size (159g)
Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 250mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Proteins 11g	
Vitamin A	20%
Vitamin C	190%
Calcium	2%
Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

Recipe from the home of
Judith Martinez

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Healthy Children, Healthy Family

Zucchini Stir Fry

Makes 6 servings (½ cup each) Preparation time: 20 minutes

INGREDIENTS:

1½ lb zucchini (about 3 medium-size)	1 Tbsp grated lemon peel
½ tsp canola or olive oil	1 Tbsp grated parmesan cheese
1 tsp dried oregano	¼ tsp black pepper
2 cloves of garlic, finely chopped	

INSTRUCTIONS:

1. Cut the zucchinis in half. Next, cut each half into 4 pieces.
2. Heat the oil in a frying pan at medium heat.
3. Add oregano and garlic to pan and stir fry for 2 minutes.
4. Add the zucchinis and lemon to pan and stir fry until zucchinis are lightly browned (about 3 minutes).
5. Add the pepper and cheese. Serve hot.

Nutrition Facts

Serving Size (122g)
Servings Per Container

Amount Per Serving	
Calories 35	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Proteins 4g	
Vitamin A	10%
Vitamin C	70%
Calcium	4%
Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal:

We will try our best to

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