Niños Sanos, Familia Sana

Part Six: Recipes

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.
Apple Crisp

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

INGREDIENTS:
5 apples (Golden Delicious) ½ cup margarine (0 trans fat) or butter
⅔ cup uncooked oatmeal ¼ cup brown sugar
⅔ cup whole wheat flour 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.

Option: Serve with a spoonful of vanilla yogurt.

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 250</th>
<th>Calories from Fat: 100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>11g</td>
<td>17%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>100mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>39g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>30g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

* 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

Copyright © 2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
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      ⎜ 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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>55mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>24g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
</tbody>
</table>

Note: Serve with warm corn tortillas.

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

---

Copyright©2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
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  ¾ cup low-fat mozzarella cheese, grated
1 medium red onion, sliced (1½ cups)  8 corn tortillas

INSTRUCTIONS:

1. Slice the broccoli into ¼-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.

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 from Fat
Calories 120  Calories from Fat 35
% Daily Value*  % 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%

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

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>65g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Copyright©2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
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 from Fat % Daily Value
Calories 80 5
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
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%

*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 per gram:
Fat 9
Carbohydrate 4
Protein 4

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

Copyright©2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D^*-NTR-2117-H.
Healthy Children, Healthy Family

Chicken Chow Mein

INSTRUCTIONS:

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.
Healthy Children, Healthy Family

Easy Eggplant Stir Fry

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

INGREDIENTS:
2 small eggplants, peeled and cut in cubes
2 tsp olive oil
1 zucchini, sliced thinly
1 cup green bell pepper, cut in strips
1 onion, sliced

2 Tbsp Italian salad dressing, low-fat
2 cups cherry tomatoes, cut in halves

INSTRUCTIONS:
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

<table>
<thead>
<tr>
<th>Serving Size (374g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 120</td>
<td>Calories from Fat 30%</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 45mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate 23g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber 10g</td>
<td>40%</td>
</tr>
<tr>
<td>Sugars 10g</td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per gram:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat 9g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbohydrate 4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Copyright © 2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
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
3 cloves of garlic
¼ cup of plain yogurt (low-fat)
1 Tbsp lemon juice
1 tsp olive oil
½ tsp salt
¼ tsp black pepper
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.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size (32g)</td>
</tr>
<tr>
<td>Calories:</td>
</tr>
<tr>
<td>Calories from Fat:</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat:</td>
</tr>
<tr>
<td>Saturated Fat:</td>
</tr>
<tr>
<td>Trans Fat:</td>
</tr>
<tr>
<td>Cholesterol:</td>
</tr>
<tr>
<td>Sodium:</td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
</tr>
<tr>
<td>Sugars:</td>
</tr>
<tr>
<td>Protein:</td>
</tr>
<tr>
<td>Vitamin A:</td>
</tr>
<tr>
<td>Vitamin C:</td>
</tr>
<tr>
<td>Calcium:</td>
</tr>
<tr>
<td>Iron:</td>
</tr>
<tr>
<td>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</td>
</tr>
</tbody>
</table>

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

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

Copyright © 2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
Healthy Children, Healthy Family

Apple-Glazed Sweet Potatoes

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

INGREDIENTS:

2½ cups 100% apple juice  2 lb sweet potatoes (about 4 cups of sweet potatoes, peeled and cut into thin slices)
½ tsp ground cinnamon
¼ tsp salt

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)
Serving Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat % Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 140</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 120mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate 32g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 16g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 440%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 35%</td>
<td></td>
</tr>
<tr>
<td>Calcium 4%</td>
<td></td>
</tr>
<tr>
<td>Iron 4%</td>
<td></td>
</tr>
</tbody>
</table>

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

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

Copyright © 2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
Honey Granola

Makes 5 cups (20 ¼-cup servings) Preparation time: 30 minutes

INGREDIENTS:
3 cups uncooked oatmeal
1 cup almonds
¼ cup honey

¼ cup margarine (0 trans fat) or butter
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.
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:
We will try our best to

Copyright © 2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
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.
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 60  Calories from Fat 15
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
Protein 1g

Vitamin A 2%
Vitamin C 0%
Calcium 0%
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 per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

Copyright © 2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
Pumpkin Atole

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

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

**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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
<td>25</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 3g</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
</tr>
<tr>
<td>Sodium 65mg</td>
</tr>
<tr>
<td>Total Carbohydrate 16g</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
</tr>
<tr>
<td>Sugars 14g</td>
</tr>
<tr>
<td>Protein 5g</td>
</tr>
<tr>
<td>Vitamin A 100%</td>
</tr>
<tr>
<td>Vitamin C 4%</td>
</tr>
<tr>
<td>Calcium 15%</td>
</tr>
<tr>
<td>Iron 2%</td>
</tr>
</tbody>
</table>

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

---

**My Family’s Goal:**
We will try our best to

---

Copyright © 2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
Mango Salsa

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

INGREDIENTS:
1 mango, peeled, without seed, and diced
2 Tbsp of tomato, diced
1 Tbsp of fresh cilantro, chopped
¼ tsp of salt
1 Tbsp onion, chopped
Juice of 1 fresh lemon

Note: Substitute fresh peaches if mangoes are not available

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

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

INGREDIENTS:

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

INSTRUCTIONS:

1. Combine fruit, yogurt, spinach, milk, and ice cubes in blender.
2. Blend all ingredients well. Serve immediately.
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) | Calories: 130 | Calories from Fat 20%
|---------------------|---------------|---------------------
| Total Fat 2g | 3% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | 0% |
| Cholesterol 15mg | 5% |
| Sodium 250mg | 10% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 3g | 12% |
| Sugars 7g |  |
| Protein 8g |  |
| Vitamin A 20% |  |
| Vitamin C 15% |  |
| Calcium 8% |  |
| Iron 4% |  |

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

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

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

Copyright©2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
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
- 8 strawberries, sliced
- 1 cup of fresh parsley
- ¼ cup almonds or walnuts, sliced and toasted
- ½ cup cheese (panela-style, pasteurized)
- 4 Tbsp vinegar
- ½ tsp brown sugar

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>50</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>50mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>8%</td>
<td></td>
</tr>
</tbody>
</table>

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

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

Copyright©2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
Healthy Children, Healthy Family

Tasty Turkey Chili

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

INGREDIENTS:

1 ½ 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

<table>
<thead>
<tr>
<th>Serving Size (159g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 120</td>
<td>Calories from Fat 50</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 45mg</td>
<td>15%</td>
</tr>
<tr>
<td>Sodium 250mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate 7g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 3g</td>
<td></td>
</tr>
<tr>
<td>Protein 11g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 20%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 190%</td>
<td></td>
</tr>
<tr>
<td>Calcium 2%</td>
<td></td>
</tr>
<tr>
<td>Iron 8%</td>
<td></td>
</tr>
</tbody>
</table>

* 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 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

Copyright © 2019 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.
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.
FOR FURTHER INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at http://anrcatalog.ucanr.edu/ or phone 1-800-994-8849. You can also place orders by mail or FAX, or request a printed catalog of our products from

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2019 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8586

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University’s equal employment opportunity policies may be directed to: Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: titleixdiscrimination@ucanr.edu. Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Food and Nutrition—Youth Development Katrina Diaz Rios.

web-11/19-LR/SO