



Boston Children's fit kit Cooking

Easy, nutritious recipes
for families



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Recipe listing

| Recipe name | Hands-on time (minutes) | Total time (minutes) | Fast break to breakfast | Fuel for school (lunch favorites) | Winner dinner | Paired snack | Feel the heat (cooking, adult needed) | Careful cuts (knife required, adult needed) | Watch your wheat (contains gluten) | Go nuts (contains nuts) |
|--|-------------------------|----------------------|-------------------------|-----------------------------------|---------------|--------------|---------------------------------------|---|------------------------------------|-------------------------|
| Avocado apple smoothie | 5 | 5 | * | | | | | * | | optional |
| Berry chia seed pudding | 5 | 3 hours | | | | * | | | | |
| Cheesy zucchini boats | 10 | 35 | | | * | | * | * | | |
| Cold bean salad | 10 | 15 | * | * | * | | | * | | |
| Mason jar bean salad | 10 | 10 | | * | * | | | | | |
| Mason jar garden salad | 10 | 10 | | * | * | | * | * | | |
| Nutty chicken | 10 | 30 | | | * | | * | * | | * |
| One pan spicy chicken | 15 | 30 | | | * | | * | * | | |
| Overnight oats in a jar | 5 | overnight | * | | | | | | | optional |
| Salsa egg bites | 10 | 30 | * | | | | * | * | | |
| Tangy shrimp kebabs | 15 | 50 | | | * | | * | * | | |
| Tasty turkey burger | 15 | 30 | | | * | | * | | | |
| Trail mix | 5 | 5 | | | | * | | | | * |
| Vegetable chicken stir fry | 20 | 50 | | | * | | * | * | pasta option | |
| Veggie hash with eggs | 20 | 35 | * | | | | * | * | | |
| Yogurt parfait | 10 | 10 | * | * | | | | | | * |



Avocado apple smoothie

Hands-on time: **5 minutes**

Total time: **5 minutes**

Makes: **2 servings**

What you need

Cutting board

Sharp knife
(adult needed)

Measuring cups

Blender
(adult needed)

Measuring spoons

Citrus squeezer
(if you have one)

Ingredients

1 ripe avocado, peeled, pitted, and cubed ■

2 small apples, cored and diced ■

2 cups milk ■

1 cup cold water or ice cubes

½ banana ■

2 tablespoons fresh lemon, lime, or orange juice

Optional

2 tablespoons peanut butter, almond butter, or toasted chopped nuts

1 tablespoon unsweetened coconut flakes

How to make

1. Put all the ingredients in the blender and put the top on tightly.
2. Turn the blender to a medium setting and blend until the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 1 hour.

Enjoy for a balanced breakfast.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



Berry chia seed pudding

Hands-on time: **5 minutes**

Total time: **3 hours**

Makes: **1 serving**

What you need

Jar with tight-fitting lid
(8-oz mason or canning jar)

Measuring cups

Measuring spoons

Spoon
(for stirring mixture)

Ingredients

2 tablespoons chia seeds

½ cup plain milk

½ teaspoon vanilla extract

½ cup berries (your choice
of blueberries, raspberries,
blackberries, strawberries)

Optional

1 tablespoon unsweetened
coconut flakes

1 teaspoon cinnamon

How to make

1. Combine chia seeds, milk and vanilla extract in a jar. Mix well.
2. Let mixture settle for 2-3 minutes.
3. Mix again.
4. Stir in berries.
5. Screw on the lid. Put in refrigerator for at least 3 hours, or until thick and creamy.
6. Top with unsweetened coconut flakes or cinnamon, if desired.

Enjoy for a paired snack.

Low-glycemic carb: berries ■

Protein: milk ■

Fat: chia seeds ■



Cheesy zucchini boats

Hands-on time: **10 minutes**

Total time: **35 minutes**

Makes: **4 servings**

What you need

Stove or induction burner
(adult needed)

Large spoon
(for scooping out zucchinis)

Measuring spoons

Knife
(adult needed)

Wooden spoon

Colander

Large nonstick skillet

Measuring cups

Cutting board
(for cutting zucchinis)

Spatula

Aluminum foil

Can opener

4 medium zucchinis ■

½ cup shredded cheese (your
choice of cheddar, cotija, colby jack) ■

How to make

1. Heat oil in a skillet over medium-high heat.
2. Add turkey and seasoning. Break turkey apart with a spatula.
3. Cook for 5 minutes until turkey has browned. Turn off heat.
4. Mix beans, tomatoes, and tomato sauce in with the turkey.
5. Cut zucchini in half (lengthwise) and scoop out center.
6. Fill each zucchini boat with turkey mixture and place boats in skillet.
7. Sprinkle boats with cheese and cover with foil.
8. Set stove to low heat and simmer for 25 minutes.

Ingredients

2 tablespoons olive oil ■

1 pound ground turkey ■

4 tablespoons taco seasoning (use
paprika or chili powder, if desired)

1 (15 ounce) can black beans, rinsed
and drained ■

1 (10 ounce) can diced tomatoes
with green chilies ■

1 (28 ounce) can tomato sauce ■

Enjoy for a balanced dinner.



Spice up your zucchini boats with chopped red onion, cilantro, or sour cream.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



Cold bean salad

Hands-on time: **10 minutes**

Total time: **15 minutes**

Makes: **6 servings**

What you need

Can opener
Cutting board
(for cutting vegetables)
Large spoon
(for mixing salad)
Jar with tight-fitting lid
(for shaking dressing)
Measuring cups
Knife
(adult needed)
Large bowl
Measuring spoons
Colander
(for rinsing beans)

1/3 cup apple cider vinegar
1/3 cup olive oil ■
2 teaspoons honey mustard
Salt and pepper (to taste)

How to make

1. Combine beans and onions in a large bowl.
2. Pour vinegar, oil, mustard, salt and pepper into a jar. Cover and shake well.
3. Add dressing to vegetables and mix.
4. Chill and serve cold.

Ingredients

- 1 (15 ounce) can of kidney beans, rinsed and drained ■
- 1 (15 ounce) can of garbanzo beans, rinsed and drained ■
- 2 cups frozen cut green beans, thawed ■
- 1 small red onion, chopped ■

Enjoy with your favorite protein ■ for a balanced lunch or dinner.



For more of a "crunch", add chopped bell peppers, cucumbers, or celery to the bean salad.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



Mason jar bean salad

Hands-on time: **10 minutes**

Total time: **10 minutes**

Makes: **1 serving**

What you need

Measuring cups

Measuring spoons

Can opener

Jar with tight-fitting lid
(16-oz mason or canning jar
is perfect)

Ingredients

2 tablespoons ranch dressing ■

2 tablespoons guacamole ■

5 grape tomatoes ■

¼ cup canned black beans ■

Lettuce, chopped ■

¼ cup cheese, shredded ■
(use Mexican blend, if desired)

How to make

1. Put dressing and guacamole in the jar.
2. Add tomatoes, and black beans.
3. Add lettuce (almost to the top of the jar).
4. Sprinkle with cheese.
5. Screw on the lid.
6. Serve right away or refrigerate up to 1 day.

Enjoy for a balanced lunch or dinner.



To decrease preparation time, purchase pre-made guacamole and chopped lettuce.

Plate model



1 ■ Vegetables and/or fruits

2 ■ Protein

3 ■ Beans ■ Starchy vegetable or whole grain

+ ■ Fat



Mason jar garden salad

Hands-on time: **10 minutes**

Total time: **10 minutes**

Makes: **1 serving**

What you need

Measuring cups

Measuring spoons

Stove or induction burner
(adult needed)

Small pot
(adult needed)

Grater
(for shredding carrots)

Knife
(for slicing cucumber)

Jar with tight-fitting lid
(16-oz mason or canning jar
is perfect)

How to make

1. Cook quinoa according to package instructions. (This can be done in advance and refrigerated.)
2. Put dressing in the jar.
3. Add vegetables and quinoa to the jar.
4. Add lettuce (almost to the top of the jar).
5. Sprinkle with cheese.
6. Screw on the lid.
7. Serve right away or refrigerate up to 1 day.

Ingredients

¼ cup cooked quinoa (keen-wah) ■

2 tablespoons balsamic vinaigrette dressing ■

¼ cup carrots, shredded ■

¼ cup cucumbers, sliced ■

5 grape tomatoes ■

Lettuce, chopped ■

¼ cup cheese, shredded ■

Enjoy for a balanced lunch or dinner.



To decrease preparation time, purchase chopped lettuce and shredded carrots.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



Nutty chicken

Hands-on time: **10 minutes**

Total time: **30 minutes**

Makes: **4 servings**

What you need

Oven
(adult needed)
Measuring cups
Tongs
(for dipping chicken)
Knife
9 X 13 inch baking dish
2 medium bowls
(for nuts and milk)
Meat thermometer
Cutting board

Ingredients

1 cup milk ■
1 pound boneless, skinless chicken
breasts ■
1 cup unsalted pecans (use almonds
or walnuts, if desired), finely
chopped ■
Cooking spray ■

How to make

1. Preheat oven to 350 °F.
2. Pour milk into the first bowl.
3. Add chicken to the milk and let
soak 5 minutes.
4. Pour chopped pecans into the
second bowl.
5. Transfer chicken from milk to
chopped pecans, using tongs. Cover
chicken completely with pecans.
6. Place chicken on baking dish,
coated with cooking spray.
7. Cook for 20 minutes or until
chicken reaches 165°F.

**Enjoy with your favorite
salad ■ and whole grain ■
for a balanced dinner.**



Switch out the chicken for a different source of protein. Try your choice of salmon, haddock, catfish, or cod! To complete the dish, top with fresh herbs and lemon juice.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



One pan spicy chicken

Hands-on time: **15 minutes**

Total time: **30 minutes**

Makes: **4 servings**

What you need

Oven
(adult needed)

Cutting board
(for chopping potatoes, chicken,
and broccoli)

Aluminum foil

Large sheet pan or baking sheet

Measuring cups

Knife
(adult needed)

Measuring spoons

Large bowl

Meat thermometer

Large spoon

Ingredients

3 sweet potatoes, cut into 1 inch
cubes ■

3 tablespoons olive oil ■

Salt and pepper (to taste)

4 cups broccoli, chopped ■

1 pound chicken tenders, cut into 1
inch cubes ■

4 tablespoons Cajun seasoning (use
paprika or chili powder, if desired)

How to make

1. Preheat oven to 425 °F.
2. In a large bowl, toss potatoes with 1 Tablespoon oil.
3. Place potatoes on a baking sheet covered with foil. Sprinkle with salt and pepper.
4. Cook potatoes for 15 minutes. Remove potatoes from oven and stir.
5. In the same bowl, toss broccoli with 1 Tablespoon oil.
6. Add broccoli to baking sheet with potatoes.
7. In the same bowl, toss chicken with Cajun seasoning and 1 tablespoon oil.
8. Add chicken to baking sheet with broccoli and potatoes and cook for an additional 15 minutes, or until chicken reaches a temperature of 165°F.

Enjoy for a balanced dinner.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



Overnight oats in a jar

Hands-on time: **5 minutes**

Total time: **overnight**

Makes: **1 serving**

What you need

Measuring cups

Measuring spoons

Jar with tight-fitting lid
(8-oz mason or canning jar is perfect)

Ingredients

1/4 cup rolled oats ■

1/4 cup milk ■

1/8 teaspoon cinnamon

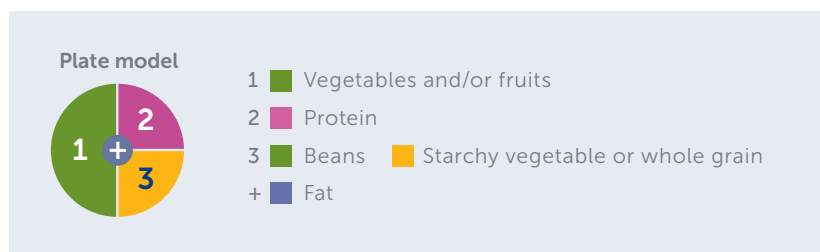
1 tablespoon chia seeds ■

1/2 cup frozen berries ■
(your choice of blueberries, strawberries, raspberries)

How to make

1. Put the oats, milk, cinnamon, and chia seeds in the jar.
2. Stir.
3. Top with berries.
4. Screw on the lid.
5. Put the jar in the refrigerator overnight.

Enjoy the next morning for a balanced breakfast.





Salsa egg bites

Hands-on time: **10 minutes**

Total time: **30 minutes**

Makes: **12 servings**

What you need

- Oven
(adult needed)
- 12-cup muffin pan
- Large spoon
(for scooping egg mixture into pan)
- Cutting board
- Whisk or fork
(for whisking eggs)
- Large bowl
- Knife
(adult needed)

How to make

1. Preheat oven to 350 °F.
2. Coat muffin pan with cooking spray.
3. Crack eggs into a bowl and whisk together.
4. Add spinach, mushrooms, and salsa.
5. Scoop the mixture evenly into the muffin pan.
6. Sprinkle cheese on top.
7. Bake for 15-20 minutes.

Ingredients

- Cooking spray ■
- 10 eggs ■
- 2 cups fresh baby spinach, chopped ■
- 1 (4 ounce) can mushrooms, drained ■
- 1 cup salsa, drained (use no sugar added) ■
- ½ cup shredded cheese (your choice of cheddar, feta, cotija) ■

Enjoy with black beans ■ and guacamole ■ for a balanced breakfast on the go.



Spice up your salsa egg bites with chopped jalapeños, cilantro, or hot sauce.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



Tangy shrimp kebabs

Hands-on time: **15 minutes**

Total time: **50 minutes**

Makes: **6 servings**

What you need

Cutting board
(adult needed)

Large bowl

Knife
(adult needed)

Measuring spoons

Measuring cups

Plastic wrap

Whisk or fork

Skewers

Grill
(adult needed)

1 large white onion, cut in $\frac{3}{4}$ inch squares ■

2 zucchinis, cut in $\frac{1}{2}$ inch rounds ■

How to make

1. In a large bowl, whisk together oil, garlic, and lemon juice.

2. Add shrimp, peppers, onions, and zucchini to the bowl. Mix together.

3. Cover bowl with plastic wrap. Refrigerate for 30 minutes.

4. String the shrimp and vegetables onto skewers.

5. Preheat grill to medium-high heat.

6. Grill shrimp and vegetables for 3 minutes per side.

Ingredients

$\frac{1}{4}$ cup olive oil ■

2 teaspoons minced garlic

2 tablespoons fresh squeezed lemon juice

1 teaspoon crushed red pepper flakes (optional)

2 pounds frozen (uncooked) extra-large shrimp, thawed ■

2 bell peppers (your choice of red, orange, green, yellow), cut into $\frac{3}{4}$ inch squares ■

Enjoy with your favorite salad ■ and whole grain ■ for a balanced dinner.



When using wooden skewers, soak the skewers in water for at least 30 minutes before stringing shrimp and vegetables onto the skewers.

Plate model



1 ■ Vegetables and/or fruits

2 ■ Protein

3 ■ Beans ■ Starchy vegetable or whole grain

+ ■ Fat



Tasty turkey burger

Hands-on time: **15 minutes**

Total time: **30 minutes**

Makes: **4 servings**

What you need

Fork
(for mashing beans)

Large spoon
(for mixing meat)

Can opener

Measuring spoons

Spatula

Grill
(adult needed)

Large bowl

Meat thermometer

How to make

1. In a large bowl, mash beans with a fork.
2. Add onion powder, garlic powder, chili powder, cumin, and salt and pepper.
3. Add turkey and oil to bean mixture. Mix together with a large spoon.
4. Shape turkey mixture into 4 burger patties.
5. Grill for 4 minutes on each side, or until burgers reach a temperature of 165°F.

Ingredients

1 (15 ounce) can of beans (your choice of cannellini, black, pinto, kidney) ■

2 teaspoons onion powder

2 teaspoons garlic powder

1 teaspoon chili powder

1 teaspoon ground cumin

Salt and pepper (to taste)

1 pound ground turkey ■

2 Tablespoons olive oil ■

Enjoy with your favorite grilled vegetables ■ for a balanced dinner.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



Trail mix

Hands-on time: **5 minutes**

Total time: **5 minutes**

Makes: **7 servings**

What you need

Measuring cups

7 snack-size zip lock plastic bags

Medium bowl

Ingredients

½ cup roasted, lightly salted whole almonds
(or whatever nuts you like best)

½ cup raisins or dried currants

¼ cup dried cranberries or chopped dried apricots
(or whatever dried fruit you like best)

¼ cup toasted green pumpkin seeds
(these are also called pepitas)

How to make

1. Put all the ingredients in the bowl and toss until well mixed.
2. Put ¼ cup of the mixture in each bag and seal the bag.
Keep at room temperature up to 1 week.

Enjoy for a paired snack.

Moderate-glycemic carb: dried fruit ■

Fat: nuts, seeds ■



Vegetable chicken stir fry

Hands-on time: **20 minutes**

Total time: **50 minutes**

Makes: **4 servings**

What you need

- Measuring cups
- Measuring spoons
- Stove or induction burner (adult needed)
- Small pot (adult needed)
- Spoon (for stirring rice)
- Large nonstick skillet
- Spoon (for making stir-fry)
- Bowl
- Kitchen scissors (for opening bag of vegetables)

Ingredients

- 2/3 cup brown rice or pasta ■
- 1/4 cup canola oil ■
- 1 pound chicken tenders cut into 1-inch pieces ■
- 1 bag (1 pound) frozen stir fry vegetables ■
- 3 tablespoons hoisin sauce

How to make

1. Cook rice (or pasta) according to package directions. Two-thirds cup dried rice yields about 2 cups cooked rice.
2. Heat oil in a large nonstick skillet on medium-high heat.
3. Add chicken to the skillet. Stir fry 5 minutes until cooked through.
4. Transfer chicken from the skillet to a bowl.
5. Add vegetables to the skillet. Stir fry 3 minutes.
6. Return chicken to the skillet.
7. Stir hoisin sauce into the mixture.
8. Serve stir fry over rice.

Enjoy for a balanced dinner.



Cook brown rice according to package instructions. This may be done in advance to save time. Also consider using Perdue Short Cuts®.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat



Veggie hash with eggs

Hands-on time: **20 minutes**

Total time: **35 minutes**

Makes: **4 servings**

What you need

Stove or induction burner
(adult needed)

Cutting board

Knife
(adult needed)

Medium nonstick skillet

Measuring spoons

Can opener

Measuring cups

Spatula

Ingredients

4 tablespoons olive oil ■

2 sweet potatoes, cut into
½ inch cubes ■

1 cup chopped red bell pepper ■

1 cup chopped yellow onion ■

1 teaspoon garlic powder

1 cup black beans ■

½ cup water

Salt and pepper (to taste)

4 large eggs ■

4 tablespoons grated
parmesan cheese ■

How to make

1. Heat 3 tablespoons oil in a skillet over medium heat.

2. Add potatoes, bell pepper, and onion. Cook 10 minutes.

3. Add garlic powder, beans, and water. Cover skillet and cook for an additional 5 minutes.

4. Sprinkle with salt and pepper. Set hash aside.

5. Heat 1 tablespoon oil in a skillet over medium heat.

6. Crack eggs into skillet and cook for 4 minutes.

7. Serve hash with 1 tablespoon of cheese on top of each egg.

Enjoy for a balanced breakfast or dinner.

Plate model



1 ■ Vegetables and/or fruits

2 ■ Protein

3 ■ Beans ■ Starchy vegetable or whole grain

+ ■ Fat



Yogurt parfait

Hands-on time: **10 minutes**

Total time: **10 minutes**

Makes: **1 serving**

What you need

Short glass

Spoon

Measuring cups

Ingredients

1 cup plain full-fat Greek yogurt ■

1 cup fresh berries or chopped fruit ■
(your choice of blueberries, raspberries, apple, peach)

Mixed nuts ■

Dried fruit ■

How to make

1. Put a layer of yogurt in a glass.
2. Add a layer of berries or fruit.
3. Add another layer of yogurt.
4. Add a layer of mixed nuts and dried fruit.
5. Repeat the layers until you have used up all of the ingredients.

Enjoy for a balanced breakfast or lunch.

Plate model



- 1 ■ Vegetables and/or fruits
- 2 ■ Protein
- 3 ■ Beans ■ Starchy vegetable or whole grain
- + ■ Fat