

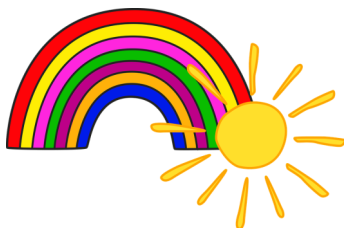
## Pro Kinship for Kids

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Newsletter by



## Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity, and stay on track with healthful eating. However, cooking can also be a challenge for many people. With a few tips and tools, cooking at home becomes a little bit easier for everyone!

### Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

#### Shelf Stable Products

- Dried or canned beans, peas, and lentils (such as black, garbanzo, kidney, white or pinto beans, green, yellow, or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans, and corn)
- Whole grains (such as brown rice, quinoa, oats, millet, and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola, or other vegetable oils
- Dried herbs and spices

#### Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots, and brussels sprouts)
- Fruit (such as berries, cherries, and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood

### Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious. You can even create healthy and tasty meals without a recipe.

#### *For example:*

- \* Bake fish with sauteed veggies and rice
- \* Black bean and vegetable burrito
- \* Scrambled eggs with cheese, salsa, and whole grain toast

If you don't have an ingredient, try substituting with something similar:

- ◆ Making black bean burgers, but running short on black beans? Try them with pinto beans instead.
- ◆ Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil, and season with herbs to provide that extra flavor.

- ◆ If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes, and in baked goods.
- ◆ Cauliflower can replace broccoli in casseroles and soups.

### Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- ◆ Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.
- ◆ Quinoa with black beans, corn, and bell peppers, dressed with olive oil and lime juice.
- ◆ Salad with lettuce, hard boiled eggs, tuna, tomatoes, and olives, dressed with a little olive oil and vinegar.

### Here are a few Healthy Recipes to try:

- ◇ Soup using grilled or baked chicken, low-sodium broth, veggies, and brown rice.



## Smart Tips for Successful Meals continued

- ◇ Whole-grain toast topped with mashed avocado, a glass of low-sodium tomato juice, and a piece of fruit.
- ◇ Veggie burger with low-fat cheese and mushrooms, or falafel in a whole wheat pita with cucumber, tomato, lettuce, and onion.
- ◇ A bowl with your choice of leafy greens, cut-up vegetables, beans or tofu, fruit, nuts, and cooked grains.
- ◇ Polenta with sauteed greens and roasted peppers.
- ◇ Whole-grain pasta with tomato sauce and vegetables, such as mushrooms, tomatoes, eggplant, peppers, onions, and garbanzo beans.
- ◇ Lentil stew with flatbread and a side salad.
- ◇ Tacos or burritos filled with beans, textured vegetable protein, tofu, or tempeh.
- ◇ Tofu or edamame and vegetables stir-fry with brown rice.
- ◇ Baked potato topped with vegetarian chili and low-fat cheese.

### Invest in the Right Tools

To help with meal preparation and make it easier invest in the right tools. While it is possible to improvise, the

following kitchen tools make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce pans, and skillets
- Tongs and spatulas
- Slotted and mixing spoons
- Potholders and towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives and vegetable peelers



## Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. As we move into summer, snacks will be an important part of the day for kids to get the food intake they need to be active and healthy. Choosing a variety of foods from all the food groups will give them the energy they need between meals. It helps to plan and portion out snacks in advance. Kids will usually only need 2 to 3 snacks daily, and these should be provided at least one to two hours before meals. It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices. Better yet, let the kids help prepare the healthy snacks.

Here are a few easy, tasty, (and healthy) snacks to help get you started on a summer of fun snacks for the kids. Adults may need to help with some of these ideas.

- ◇ Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
- ◇ Make a mini-sandwich with tuna or egg salad on a dinner roll.
- ◇ Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
- ◇ Spread celery sticks with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log".
- ◇ Dip slices of fruit or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
- ◇ Inside-out sandwich: Spread mustard on a slice of deli turkey. Wrap around a breadstick.
- ◇ Rocky Road: Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
- ◇ Sprinkle cinnamon on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
- ◇ Make your own fruit roll-up by pureeing fruit and either baking it in the oven or by using a dehydrator.
- ◇ Bake homemade chewy granola bars using whole-grain oats and dried fruit.
- ◇ Whip up mini-muffins using healthy ingredients, like whole grain flours and pureed fruit.
- ◇ Parfait: Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
- ◇ Toast a whole grain waffle and top with low-fat yogurt and sliced fruit

or smooth nut butter.

- ◇ Blend low-fat milk, frozen strawberries, and a banana for thirty seconds for a delicious smoothie.
- ◇ Sandwich cut-outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
- ◇ Mini-pizza: Toast a whole wheat English muffin, drizzle with pizza sauce, and sprinkle with low-fat mozzarella cheese.
- ◇ Frozen treats: Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups, and freeze for a tasty treat.
- ◇ Quesadilla: Sprinkle shredded cheese over a corn or whole wheat tortilla, fold in half and microwave for twenty seconds. Top with salsa.
- ◇ Spread hummus on a tortilla. Top with a slice of turkey or ham, low-fat cheese, and lettuce. Then roll it up.
- ◇ Stuff a whole-grain pita pocket with ricotta cheese, and Granny Smith apple slices. Add a dash of cinnamon.

