

Lunch & Learn

Family Resources

- ▶ Chop Chop magazine subscription
- ▶ Healthykids.org (AAP), nutrition
- ▶ Choosemyplate.gov (budget-friendly food ideas on SNAP benefits)
- ▶ Ayomide and Seyi's Kitchen: A kid's guide to plant-based nutrition from A to Z by Dr Margaret Towolawi
- ▶ Danielle Binns – family nutritionist in Canada and “picky eating expert”
- ▶ The Ellyn Slatter Institute
- ▶ Show-Me ECHO (geared towards adults, professionals)
- ▶ Lifestyleforteens.com/podcast (pediatric endocrinologist, obesity certified, and health coach for teens)
- ▶ Cooking kits for kids (Wee sprouts, Montessori generations, etc)
- ▶ Dr. Fernando, pediatrician/founder of Doctor Yum Project, twitter @Doctor_Yum



Recipe Roller

1. Cut along the outside lines.
2. Fold the paper along all of the sides to the squares, including the grey tabs.
3. Apply glue (or tape) to the grey tabs and secure the squares into a dice-shape.
4. After allowing the glue to dry, roll the dice to find out what snack recipe you can try today!

Chocolate Zucchini Muffins

Dry ingredients:

1½ c whole wheat flour, ¼ c unsweetened cocoa powder, ¼ c maple syrup (or sugar), 1 tsp cinnamon, 1 tsp baking powder, ½ tsp baking soda, ½ tsp salt

Wet ingredients:

1 c zucchini (grated, squeezed dry, tightly packed), 1 c milk, 2 eggs (lightly beaten), ¼ c unsalted butter, 2 tsp vanilla extract

Mix dry ingredients, wet ingredients, and combine. Stir in ½ c chocolate chips (or 1 c blueberries). Bake in prepared muffin pan for 16-18 mins at 375°F.

Toasty Chickpeas

Ingredients:

3 (14 oz) cans chick peas
2 Tbs olive oil
Salt & pepper to taste
1 tsp of favorite spice/herb (cumin, pizza or popcorn seasoning, oregano, cayenne, cinnamon sugar, etc)

Rinse and drain chick peas, then lay out on paper towel to air dry or blot. Toss ingredients in a bowl until well coated. Spread seasoned chickpeas over two 9x13 pans and bake at 450°F for 30 minutes. Shake pan about 15 minutes into baking.

No-Bake Granola bites

1c old-fashioned oats
2/3 c toasted shredded unsweetened coconut
½ c peanut butter
½ c ground flaxseed
½ c semi-sweet chocolate chips
1/3 c honey
1 Tbs chia seeds
1 tsp vanilla extract

Mix all ingredients and chill in the refrigerator for an hour. Roll balls into 1 inch balls and enjoy.

Pita Pizzas

4 whole grain pitas
1 c tomato sauce
1 c shredded non-fat mozzarella
Salt and pepper

Sliced or chopped vegetables or meal (bell peppers, mushrooms, corn, zucchini, spinach, chicken, etc). Apply sauce, cheese, and toppings evenly on each pita. Bake at 400°F for 8-10 minutes

Hummus Veggie Dippers

2c (14.5 oz can) of chickpeas, rinsed, drained
½ c plain Greek yogurt
2 Tbs fresh lemon juice
1 small garlic clove, peeled (optional)
1 tsp cumin
½ tsp salt
1 Tbs tahini (may omit if strong, new flavor)

Combine in a food processor, scraping the sides occasionally until smooth. Add drizzle of olive oil or water if mixture is too thick. Slice cucumbers, snap peas, fresh cauliflower, carrots, celery, bell pepper, or whole grain crackers for dipping.

Rainbow Kabob Dippers

Kabobs:

8 strawberries, 1 clementine (peeled, segmented), 8 pineapple cunks, 8 kiwi chunks (1 kiwi sectioned), 8 green grapes, 8-16 blueberries, 8 purple grapes, 8 skewers (or popsicle sticks)

Yogurt Lime Dip:

½ c vanilla Greek yogurt, 1 tsp lime juice

Thread fruit onto skewers. Mix yogurt and lime for dip, garnish with lime zest if desired. Enjoy kabobs with dip.