



It's fun
to cook

at the

Y.M.C.A.

The perfect cookbook to learn how to eat healthier,
cook on your own & spend less!

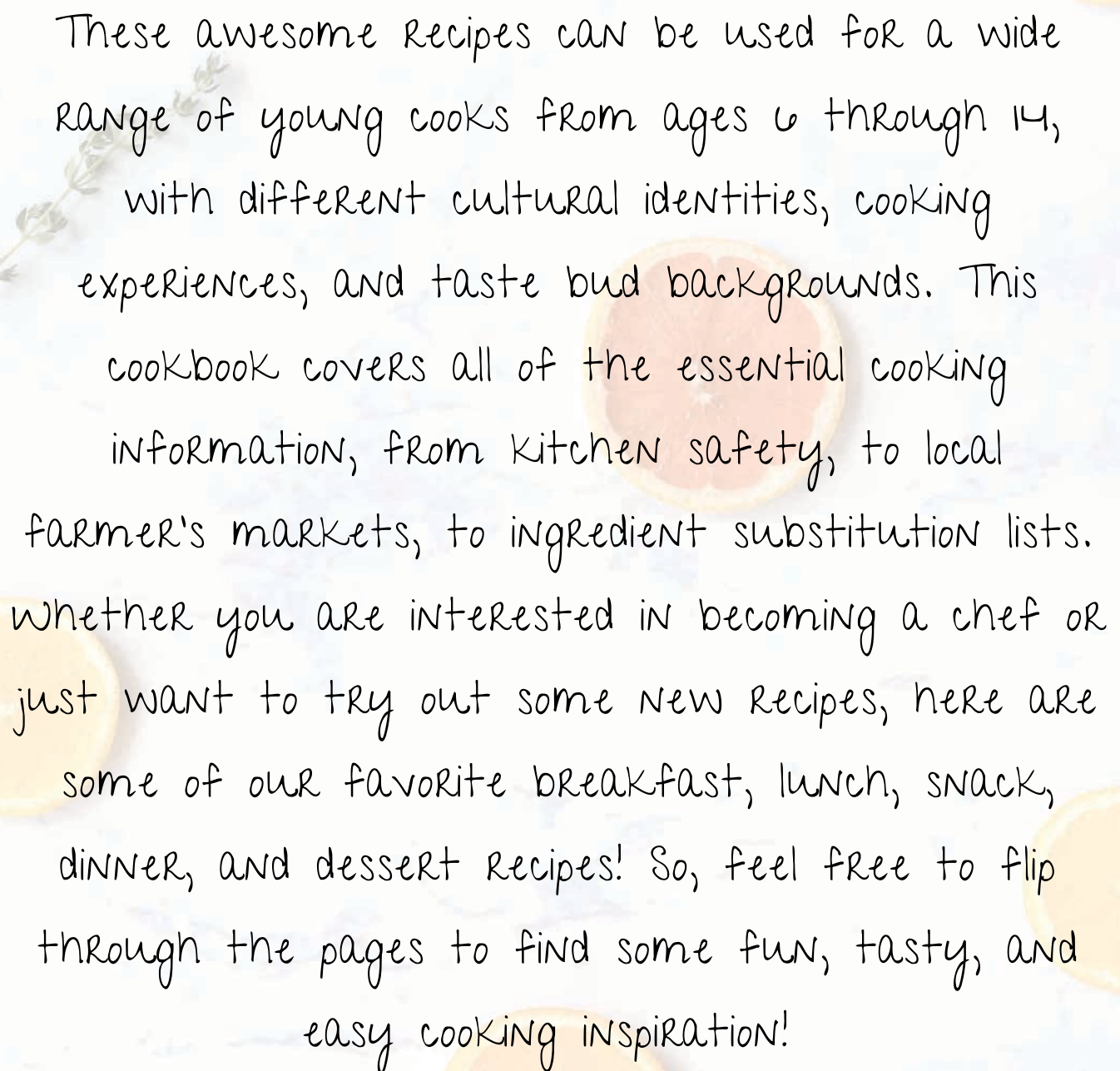
Designed by
Paige Taylor, Amanda Siciliano,
Joe Jennings, Ian Itzla and
Jordan Hammons



Introduction

Welcome to our cookbook!

This project was created by five Wentworth Institute of Technology students for a Group Processes & Team Buildings course. By teaming up with the Boston YMCA and working with Karibe Ibeh, our class is attempting to improve the Food and Nutrition services throughout the city.

The background of the page is a light-colored marble surface. It is decorated with several slices of oranges, some whole and some cut in half, showing the juicy interior. There are also small sprigs of fresh herbs, possibly thyme, scattered around the oranges. A white rectangular box is centered on the page, containing the main text.

These awesome recipes can be used for a wide range of young cooks from ages 6 through 14, with different cultural identities, cooking experiences, and taste bud backgrounds. This cookbook covers all of the essential cooking information, from kitchen safety, to local farmer's markets, to ingredient substitution lists. Whether you are interested in becoming a chef or just want to try out some new recipes, here are some of our favorite breakfast, lunch, snack, dinner, and dessert recipes! So, feel free to flip through the pages to find some fun, tasty, and easy cooking inspiration!

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Kitchen Basics

Safety First!

Cooking is fun but being safe is just as important.
These rules should be followed when cooking in your kitchen!

1. Always ask your parents or legal guardian if you can cook in the kitchen
2. Wash your hands when you start cooking or whenever you handle raw meat
3. ABC - Always Be Cleaning!
4. Use a pot holder to pick up lids
5. Turn pot handles away from you while cooking
6. Practice good knife safety
7. Don't wear anything baggy or loose
8. Be careful of getting oil too hot - it can pop and crackle
9. Be cautious if ever combining water and oil
10. Use only microwavable cookware in the microwave



Let's go Food Shopping!

List of some Ingredients to Buy

- salt
- garlic powder
- chili powder
- olive oil
- onion
- Red pepper
- spinach
- eggs
- all-purpose flour
- baking powder
- white sugar
- milk
- butter
- 1 lb lean (at least 80%) ground beef
- Red onion
- pepper
- tomato sauce can
- (8 oz) Pillsbury™ crescent rolls
- English muffins
- pasta or pizza sauce
- cheese (mozzarella is best)
- pepperoni slices
- bread (white or wheat)
- slices of cheese (Cheddar or American)
- cloves of garlic

Looking for Deals

1. Check the flyers when you walk into the store or market to find coupons for food you're looking for.
2. Sign up for stores rewards programs, because they can get you deals and discounts on items.
3. Talk to the workers at farmer's markets to learn more about their produce! They're very knowledgeable and would love to talk about the best time to get their product, or their favorite recipes!



To the Market, We Go!

Best Markets in Boston

Roxbury

1. Dudley Town Common: CORNER of Blue Hill Ave & Dudley St **Thursday 3:00 pm - 7:00 pm**
2. Roxbury Crossing Farmer's Market: Tremont St and Columbus Ave **Tuesday & Friday 11:00 am - 7:00 pm**
3. Stop & Shop: 460 Blue Hill Avenue, Dorchester, MA 02121
4. South Bay Center Stop & Shop: 1100 Massachusetts Ave, Dorchester, MA 02125

Huntington Ave

1. Copley Square farmers market: 139 St James Ave **Wednesday 3:00 pm - 6:30 pm**
2. Whole Foods: 15 Westland Ave, Boston, MA 02115
3. Star Market: 53 Huntington Ave, Boston, MA 02199

Dorchester

1. Ashmont farmers market: 1900 Dorchester Ave, Dorchester MA **Friday 3:00 pm - 7:00 pm**
2. Milton Farmers Market wharf Street, Milton **Thursday 1:00 pm - 6:00 pm**
3. Star Market: 4 River St, Dorchester, MA 02124
4. Stop & Shop: 545 Freeport St, Dorchester, MA 02122

East Boston

1. Farmers Market: Central Square park 201 border st **Wednesday 3:00 pm - 6:30 pm**
2. Shaw's: 246 Border St, East Boston, MA 02128
3. Stop & Shop: 40 Furlong Dr, Revere, MA 02151

Oak Square YMCA

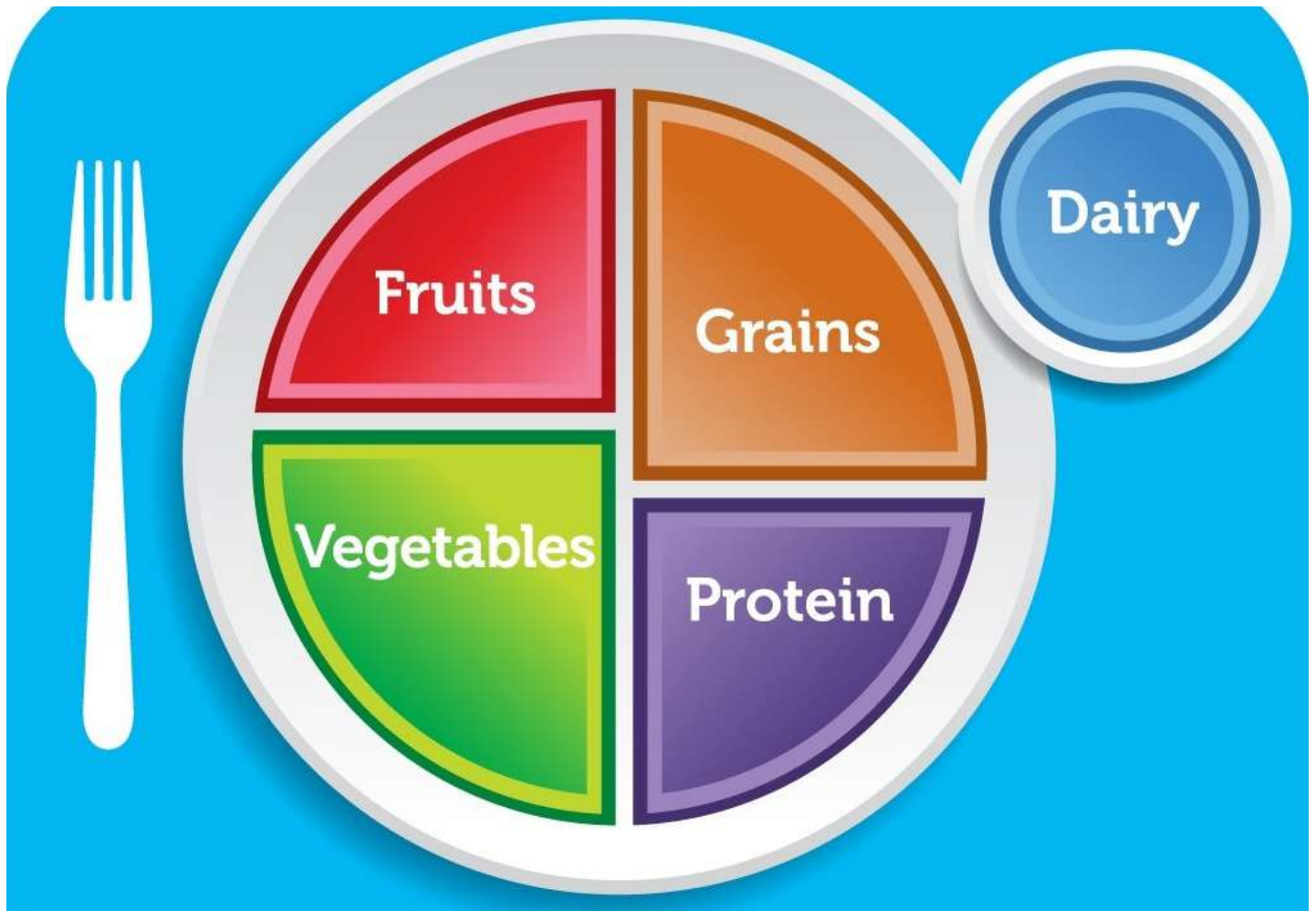
615 Washington St, Brighton, MA 02135

1. Oak square - Johnny D's Fruit & Produce 381 Washington St, Brighton, MA 02135 **Monday-Friday 8:00 am - 6:00 pm**
2. Whole Foods: 15 Washington St, Brighton, MA 02135 **Saturday 9:00 am - 3:00 pm**
3. Star Market: 1717 Beacon St, Brookline, MA 02445

Dewey Square Farmers Market

1. Boston Public Market Located at 100 Hanover Street Boston, MA 02108 **Monday - Saturday, 8:00 am - 8:00 pm**
2. Whole Foods: 348 Harrison Ave, Boston, MA 02118 **Sunday 10:00 am - 6:00 pm**
3. Star Market: 53 Huntington Ave, Boston, MA 02199

Nutrition Plate



Everyone has different bodies, so everyone has different needs when it comes to food. A goal you should try to reach is to eat from each of the five food groups every day. Here are some tips for each group!

Tips on Using the Nutrition Plate

- DRINK 100% fruit juice
- Buy from local farmers markets
- Research which fruit is grown best in which season

Fruits

Grains

- Avoid popcorn
- Use whole grain as most of your grains
- whole grain cereal is a good breakfast & snack

- Eat different colors of vegetables
 - carrots, green beans, cherry tomatoes, snap peas
- Add a dip/dressing/hummus for a good snack

Vegetables

Protein

- Eat more nuts, seeds or dried fruit
- Seafood
 - canned salmon, tuna, frozen fish and crab

- DRINK more of a variety of milk
 - Soy, almond, whole, coconut
- Avoid sugary desserts

Dairy

Some foods to avoid

- Fats
 - beef, milk, pork, butter, cream, deserts, fried food
- Salt & Sodium
 - found in processed foods
- Added sugar
 - Soda, energy drinks and sports drinks
- Saturated Fats
 - grilling, broiling, roasting



Food Substitution

Breakfast

Egg Scramble

4 eggs = 1 16 oz extra firm tofu package!

Pancakes

1 egg = 1/4 cup of applesauce

Yogurt

Soy yogurt

Dinner

Burritos

Use tofu / veggies in place of meat

Use 1 package of 16 oz extra firm tofu and scramble

Stir Fry

Use tofu / veggies in place of meat

Use 1 package of 16 oz extra firm tofu and cube



Lunch

Grilled Cheese

Use lactose free / vegan cheese

Salad



Snacks

Ants on a log

Replace peanut butter with almond butter, Nutella

Chips & Salsa

Use gluten free chips

Kabobs

Sub in all veggies in place of meat if vegetarian/vegan

Breakfast



Cereal



Eggs Scrambled



Pancakes

Healthiest Cereals

- Raisin Bran (high fiber, high sugar)

- Whole grain? Yes
- Serving size: 1 cup (59 g)
- Fiber: 7g
- Sugar: 18g (9g added sugar)
- Protein: 5g



- Cheerios (good fiber, low sugar)

- Whole grain? Yes
- Serving size: 1 cup (28g)
- Fiber: 3g
- Sugar: 1g
- Protein: 3g

- Honey Bunches of Oats (low fiber, low sugar)

- Whole grain? Yes
- Serving size: 3/4 cup (32g)
- Fiber: 2g
- Sugar: 6g
- Protein: 2g

- Frosted Mini-Wheats (high fiber, high sugar)

- Whole grain? Yes
- Serving size: 21 biscuits (54 g)
- Fiber: 6g
- Sugar: 11g
- Protein: 5g



Eggs Scrambled



Takes only
15 minutes
to cook!

Nutrition Facts

Servings: 5

Amount per serving

Calories **137**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2.5g **12%**

Cholesterol 196mg **65%**

Sodium 320mg **14%**

Total Carbohydrate 3.2g **1%**

Dietary Fiber 0.8g **3%**

Total Sugars 1.6g

Protein 7.3g

Vitamin D 18mcg **92%**

Calcium 46mg **4%**

Iron 2mg **9%**



1. Mix eggs in a large bowl. Sprinkle salt, garlic, cumin, and chili powder on top
 - a. Substitute: Press the liquid out of the tofu package. Place it in a large bowl and use a fork to mix. Sprinkle salt, garlic, cumin and chili powder
2. Chop the onion and pepper
3. Add olive oil to a large skillet and add in veggies. Cook for about 5 minutes. Season with a pinch of salt and pepper.
4. Add spinach to skillet until soft. Stir occasionally.
5. Add eggs or tofu scramble. Cook for about 5 minutes or until done

Ingredients:

- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon chili powder
- 2 tablespoon olive oil
- 1/2 onion, chopped
- 1/2 Red pepper, chopped
- 2 cups spinach
- 6 eggs, beaten

Substitute:

2X (16 oz) package extra firm
tofu

Pancakes



Ingredients:

- 1 1/2 cups of all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon of salt
- 1 tablespoon of white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons of butter

Takes 5- 10 minutes
to cook!

Instructions:

1. In a large bowl, add the following ingredients :
 - a. Flower
 - b. Sugar
 - c. Baking powder
 - d. Sugar
2. Pour in the following ingredients:
 - a. milk
 - b. egg
3. Mix with a whisk until smooth
4. Heat a frying pan over medium high heat
5. Add butter in frying pan until melted
6. Scoop the batter onto the griddle
7. wait until you see bubbles in the top of the batter, then flip the pancake to the other side
8. Repeat until brown on both sides

Nutrition Facts

Serving Size 1 packet (39g)
Servings Per Container 7

Amount Per Serving

Calories 140 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 220mg **9%**

Potassium 85mg **2%**

Total Carbohydrate 13g **4%**

Dietary Fiber 6g **24%**

Sugars 1g

Protein 18g

Vitamin A 2% • Vitamin C 0%

Calcium 8% • Iron 20%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Let's try it!

Step 1 A, 1 B, 1 C, 1 D



Step 2a



Step 2b



Step 3



Step 3



Step 4 & 5



Step 6



Step 7



Step 7



Step 7



Step 8



Finished!



Lunch



Empanadas



English Muffin Pizza



Grilled Cheese

Empanadas

Nutrition Facts

Serving Size 1 serving (85.0 g)

Amount Per Serving

Calories 290 Calories from Fat 135

% Daily Value*

Total Fat 15.0g **23%**

Saturated Fat 3.5g **18%**

Cholesterol 5mg **2%**

Sodium 300mg **12%**

Total Carbohydrates 37.0g **12%**

Dietary Fiber 1.0g **4%**

Sugars 12.0g

Protein 2.0g

Vitamin A 0% • Vitamin C 8%

Calcium 4% • Iron 4%

* Based on a [2000 calorie diet](#)

Ingredients:

1. 1 lb lean (at least 80%) ground beef
2. 1/2 small red onion, finely chopped
3. Salt and pepper to taste
4. 1 tablespoon chili powder
5. 1 can (8 oz) tomato sauce
6. 1 can (8 oz) Pillsbury™ Refrigerated crescent rolls
7. 1 egg white, beaten
8. 1 egg yolk, beaten

Takes 35 minutes
to cook!



Instructions:

1. In frying pan, place ground beef, onion, salt and pepper.
2. Cook over medium-high heat until beef is browned; drain.
3. Stir in chili powder and tomato sauce. Reduce heat to low; cook 5 minutes longer.
4. Heat oven to 400°F.
5. Place silicone baking mat on cookie sheet with sides.
6. On baking mat, unroll dough into 1 large rectangle
7. Press perforations and edges to seal.
8. Using round cutter, cut out 8 dough rounds.
9. To make each empanada, place about 2 tablespoons beef mixture onto center of each dough round.
10. Using fingers, gently brush edge of each round with beaten egg white.
11. Fold dough round in half to cover filling; press edge together to seal.
12. Lightly brush tops of empanadas with beaten egg yolk.
13. Bake 10 to 12 minute or until golden brown. Serve warm.

English Muffin Pizza

Ingredients:

1. 5 English muffins
2. ½ cup pasta or pizza sauce
3. 2 ½ cups of cheese (mozzarella is best)
4. Optional: 18 pepperoni slices



Nutrition Facts

Serving size: 1

Servings: 5

Amount per serving

Calories

281

% Daily Value*

Total Fat 12.3g 16%

Saturated Fat 4.9g 25%

Cholesterol 28mg 9%

Sodium 747mg 32%

Total Carbohydrate 28.5g 10%

Dietary Fiber 2.4g 9%

Total Sugars 2.8g

Protein 14g

Vitamin D 2mcg 9%

Calcium 115mg 9%

Iron 3mg 17%

Potassium 117mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



Instructions:

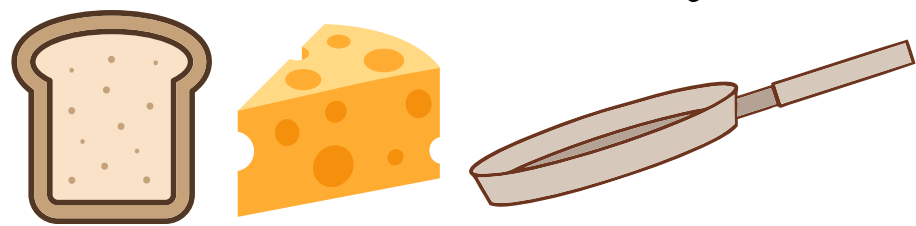
1. Preheat the oven to 375 degrees F (190 degrees C).
2. Place the English muffin halves cut side up onto a baking sheet. Spoon some of the pizza or pasta sauce onto each one. Top with mozzarella cheese and optional pepperoni slices.
3. Bake for 10 minutes in the preheated oven, or until the cheese is melted and browned on the edges.

Takes 15 - 20 minutes
to cook!



Grilled Cheese

Takes 20 minutes
to cook!



Ingredients:

1. 10 slices of bread
(white or wheat)
2. 1/2 stick of butter
3. 5 slices of cheese
(Cheddar or American)
4. 5 cloves of garlic

Instructions:

1. Preheat skillet to medium heat.
2. Butter and rub garlic clove on one side of one slice of bread.
3. Place that slice onto the skillet.
4. Place cheese on top of that slice.
5. Butter another slice of bread, and place that on top of the other bread on the skillet (butter side up).
6. Flip when golden brown.
7. Remove when both sides are golden brown.
8. Repeat until all are done!

Nutrition Facts

Servings: 5

Amount per serving

Calories **246**

% Daily Value*

Total Fat 19.1g **24%**

Saturated Fat 11.8g **59%**

Cholesterol 54mg **18%**

Sodium 362mg **16%**

Total Carbohydrate 10.5g **4%**

Dietary Fiber 0.5g **2%**

Total Sugars 1g

Protein 8.6g

Vitamin D 10mcg **48%**

Calcium 237mg **18%**

Iron 1mg **5%**

Potassium 60mg **1%**

Snacks



Ants on a log



Guacamole, Salsa & Chips



PB & J Tacos

Nutrition Facts

Servings: 5

Amount per serving

Calories **43**

	% Daily Value*
Total Fat 3.3g	4%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 2.2g	1%
Dietary Fiber 0.9g	3%
Total Sugars 1g	
Protein 1.8g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 1mg	4%
Potassium 125mg	3%

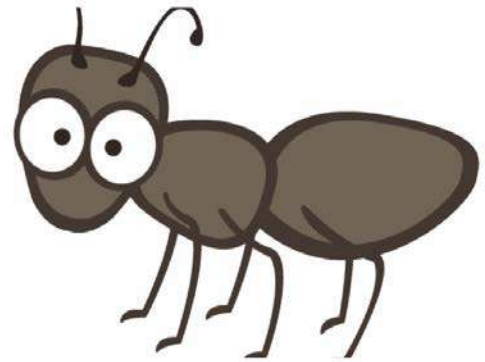
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Ants on a Log

INSTRUCTIONS:

1. wash celery sticks with water
2. Cut each celery stick in half This will gives you 8 sticks in total.
3. Spread sticks with desired spread : example : peanut butter



INGREDIENTS:

4 Celery Sticks
2 Tablespoons of Peanut Butter
6 - 7 Rasins

Substitute Peanut Butter for:

2 Tablespoons of Cream Cheese
2 Tablespoons of Hummus
2 Tablespoons of Ranch
2 Tablespoons of Sunbutter
2 Tablespoons of WOWButter

Takes only 5 minuwets
to cook!

Salsa:

- 4 large tomatoes
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 3 tablespoons cilantro, chopped
- 1/2 lime, juiced
- Salt, pepper



1. Finely chop the onion, tomato, garlic, and cilantro
2. Combine all the ingredients in a serving bowl
3. Add salt, pepper, and lime juice to taste
4. Serve with chips and enjoy!

Nutrition Facts

Servings: 5

Amount per serving

Calories 14

% Daily Value*

Total Fat 0.1g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 34mg 1%

Total Carbohydrate 3.4g 1%

Dietary Fiber 1g 3%

Total Sugars 1.7g

Protein 0.6g

Vitamin D 0mcg 0%

Calcium 10mg 1%

Iron 0mg 1%

Potassium 139mg 3%

Guacamole, Salsa & Chips

1. Peel and mash avocados in a serving bowl
2. Finely chop the onion, tomato, and garlic
3. Stir in the onion, garlic, lime juice, salt, and pepper
4. Add salt, pepper, and lime juice to taste
5. Chill for 30 minutes to blend flavors
6. Serve with chips and enjoy!

Guacamole:

- 2 avocados
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 Ripe tomato, chopped
- 1/2 lime, juiced
- Salt, pepper

Takes 10 minutes
to cook each!



Nutrition Facts

Servings: 5

Amount per serving

Calories 175

% Daily Value*

Total Fat 15.7g 20%

Saturated Fat 3.3g 17%

Cholesterol 0mg 0%

Sodium 37mg 2%

Total Carbohydrate 9.6g 3%

Dietary Fiber 6.1g 22%

Total Sugars 1.4g

Protein 1.9g

Vitamin D 0mcg 0%

Calcium 18mg 1%

Iron 1mg 3%

Potassium 449mg 10%

Ingredients:

1 slice of bread
2 tablespoons of Peanut butter
2 teaspoons of Jelly
1 strawberry cut up
6 blueberries

Substitute Peanut Butter for:

Sunbutter
WOWButter



Peanut Butter & Jelly Tacos

Takes 5 minutes
to make!

INSTRUCTIONS:

1. Use a large cup or a large circle cookie cutter to cut the biggest circle you can out of the slice of sandwich bread.
2. Peel extra bread off so there is a complete circle
3. Spread peanut butter on the bread.
4. Spread jam on the bread.
5. Fold up bread into taco shape and top with strawberries and blueberries.

Nutrition Facts	
4 servings per container	
Serving size 1 sandwich (58g)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 8g Added Sugars	17%
Protein 6g	5%
Vitamin D 0mcg	0% • Calcium 33mg 2%
Iron 1mg	6% • Potassium 126mg 2%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Step 1



Step 2



Step 2



Step 3



Step 3



Step 4



Step 4



Step 5



Step 5



Finished!

Dinner



Chicken Cutlets



BURRITOS

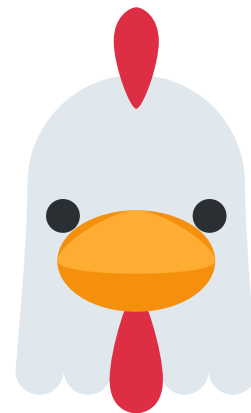


Chicken Teriyaki
Stir-Fry

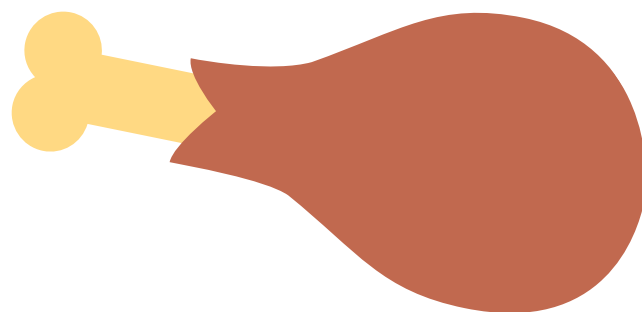


Ingredients:

1. 4 Chicken strips
2. Bread crumbs
3. 1 Egg



Takes 30 minutes
to cook!



Nutrition Facts

Serving Size 1 cup (114g)
Servings Per Container 2

Amount Per Serving

Calories 170 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 310mg **13%**

Total Carbohydrate 10g **3%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 22g

Vitamin A 2% • Vitamin C 2%

Calcium 6% • 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions:

1. Pour breadcrumbs into bowl
2. Pour eggs into a second bowl
3. Beat eggs
4. Cover cutlet with egg
5. Cover cutlet with breadcrumbs
6. Cook on frying pan Chicken strips

Chicken Cutlets

Burritos

Ingredients:

1. 1 package taco seasoning
2. 1 can (16 oz) refried beans
3. 5 flour tortillas (12 inches)
4. 1 cup shredded Colby-Monterey Jack cheese
5. 4 teaspoons canola oil
6. 1 pound ground beef
7. 3 tablespoons soy sauce
8. 1 tablespoon garlic powder
9. Sour cream
10. Salsa

Substitute ground beef for :
1 (12 oz) package cubed tofu

Nutrition Facts

Servings: 5

Amount per serving

Calories 327

% Daily Value*

Total Fat 16.4g	21%
Saturated Fat 6.8g	34%
Cholesterol 50mg	17%
Sodium 556mg	24%
Total Carbohydrate 27.5g	10%
Dietary Fiber 6.9g	24%
Total Sugars 0.8g	
Protein 17.7g	
Vitamin D 3mcg	14%
Calcium 219mg	17%
Iron 3mg	15%
Potassium 403mg	9%



Tofu Substitution:

Nutrition Facts

Servings: 5

Amount per serving

Calories 526

% Daily Value*

Total Fat 25.1g	32%
Saturated Fat 8.1g	40%
Cholesterol 32mg	11%
Sodium 1078mg	47%
Total Carbohydrate 36.6g	13%
Dietary Fiber 11.8g	42%
Total Sugars 1.3g	
Protein 37.5g	
Vitamin D 3mcg	14%
Calcium 581mg	45%
Iron 6mg	32%
Potassium 375mg	8%

Takes 30 minutes
to cook!

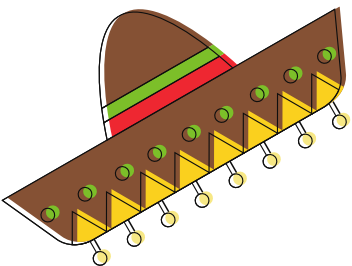


Instructions for Taco Seasoning:

1. In a large skillet, add 3 teaspoons canola oil and cook beef over medium heat until no longer pink
2. Drain and stir in taco seasoning

Instructions:

1. Add soy sauce and garlic powder to a large skillet
2. Add cubed tofu and cook for 5 minutes
3. In a small saucepan, add 1 teaspoon of canola oil and cook refried beans over medium heat for 2-3 minutes
4. Wrap tortillas in a moist paper towel and heat in microwave for about 30 seconds, until soft
5. Spoon about 1/3 cup beans into the center of tortilla
6. Top with 1/4 cup beef or tofu mixture
7. Sprinkle with cheese and add sour cream or salsa if desired
8. Fold sides and ends of tortilla and roll up into a burrito





Chicken Teriyaki Stir Fry

Ingredients:

1. 2 carrots
2. 2 Bell peppers (any color)
3. 8 oz. of Sugar Snap Peas
4. 2 ½ breast chicken breast
5. 1 tablespoon of soy sauce, low sodium
6. 1 tablespoon of brown sugar
7. 2 cloves garlic
8. 1 ¼ tablespoon ginger root, fresh
9. 1 ¼ tablespoon sesame oil
10. 4 stalk green onion
11. 1 ¼ cup sliced mushrooms
12. 1 ¼ cup sliced zucchini

Takes 60 minutes
to cook!



Nutrition Facts

Servings: 5

Amount per serving

Calories **155**

% Daily Value*

Total Fat 5g	6%
Saturated Fat 0.5g	3%
Cholesterol 32mg	11%
Sodium 232mg	10%
Total Carbohydrate 14.4g	5%
Dietary Fiber 3.3g	12%
Total Sugars 8.3g	
Protein 14g	
Vitamin D 63mcg	315%
Calcium 51mg	4%
Iron 2mg	13%
Potassium 624mg	13%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Instructions:

1. Cut chicken into cubes about ¾ inch across. Mix soy sauce, brown sugar, garlic, ginger, and cubed chicken in a gallon Zip-top bag or large mixing bowl. Marinate at least one hour, and up to a day ahead.
2. Heat a large skillet over medium-high heat. Add sesame oil, scallions, and mushrooms, and cook, stirring often, until soft.
3. Lower the heat to medium; add zucchini, carrots, bell peppers, sugar snap peas and chicken with marinade and cook 10 minutes, until chicken is done and the sauce has thickened.
4. Serve hot with sides of your choice. We like brown rice and more veggies!

Dessert



Fruit Salad



S'mores Casserole



Rice Pudding

Fresh Fruit Salad

INSTRUCTIONS

Takes 10 minutes
to prepare!

Ingredients:

- 1-2 Strawberries
- 1 Pack of blueberries
- 1 Banana

Strawberry

1. Cut the tops off the strawberries with a knife. Don't cut the nice red part, just cut the raw, green or white part off.
2. Turn each strawberry on its side onto the freshly cut top.
3. Cut right down the middle
4. Turn the strawberry around and cut down the middle again to make quartered strawberries.
5. Add to bowl.

Banana

1. Pick an end and peel the banana
2. Start at that end and cut horizontally in the size parts that you want
3. Add to bowl.

Blueberries

1. Add a handful of blueberries to the bowl
2. Mix all together

Strawberry

Nutrition Facts	
Serving size	about 8 medium pieces/1 cup (140g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 160mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Banana

Nutrition Facts	
Servings per container	1 medium banana (118 g)
Serving size	1 medium banana (118 g)
Amount per serving	
Calories	105
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Total Carbohydrate 27 g	9%
Dietary Fiber 3 g	12%
Total Sugars 14 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 6 mg	1%
Iron <1 mg	2%
Potassium 422 mg	12%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Blueberries

Nutrition Facts	
Serving size	1 cup (140g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 8g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 95mg	2%
Zinc 1mg	10%
Manganese 4mg	170%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





Strawberry

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Banana

Step 1



Step 2



Step 3



Step 4



Blueberries

Step 1



Finished!

Ingredients:

1. Cooking spray
2. 2 cups of marshmallows
3. 6 (1.5-oz.) chocolate bars, broken into squares
4. 1 sleeve graham crackers, broken into rectangles
5. 1/2 cups semisweet chocolate chips, melted

S'mores Dip

Takes 20 minutes
to prepare!

Nutrition Facts

Serving Size 1 cookie 1.5oz (43g)
Servings Per Container 216

Amount Per Serving

Calories 180 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 110mg **5%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 18g

Protein 2g

Vitamin A 4% • Vitamin C 0%

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



Instructions

1. Preheat oven to 400° and grease a baking dish with cooking spray. Add half of marshmallows to prepared baking dish, then top with half of chocolate squares and half of graham crackers. Repeat.
2. Bake until marshmallows are golden and chocolate squares have melted, about 10 minutes.
3. DRIZZLE with melted chocolate and serve.

Rice Pudding

Ingredients:

1. Cooked Rice

2. Milk

3. Sugar

4. Cinnamon

5. Butter

6. Vanilla



Takes 20 minutes
to cook!

Nutrition Facts

Serving Size 1 serving
Servings Per Container 10

Amount Per Serving

Calories 270 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 100mg 4%

Total Carbohydrate 51g 17%

Dietary Fiber 1g 4%

Sugars 29g

Protein 6g

Vitamin A 2% • Vitamin C 2%

Calcium 15% • 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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions:

1. Add 2 cups cooked rice to a medium sized saucepan.
2. Add in milk, sugar, cinnamon, butter, and vanilla and bring to a low boil over medium heat.
3. Continue stirring for about 15-20 minutes until mixture starts to thicken.
4. Serve warm or cold with a sprinkle of cinnamon if desired