

Healthy Kids Meals and Snacks

Peanut Butter Play Dough

Encourage children to wash their hands before using this! You can play with it and then eat it! It is good on graham crackers. You can also add Cheerios, or raisins, or anything you want. Chow Mein noodles can be added to make a bird's nest. The mixture is a little stiff and may require an adult to help make it. If your powdered milk appears a little lumpy, you may need to sift it before using.

1 cup peanut butter
2/3 to 1 cup non-fat dry milk
2 Tbsp. honey

Method: Combine all ingredients. Start with the smaller amount of powdered milk and add more as needed to make dough dry enough to handle. Store in plastic bag in refrigerator, and let come to room temperature before playing. Makes about 14 oz. Per oz = 140 cal, 9 gm fat, 2 gm sat fat, 125 mg. sodium, 10 gm carbs, 7 gm protein, and 94 mg. calcium. Recipe from cooks.com

Ranch Taco Salad Dressing

This easy taco salad recipe gives kids the chance to make supper for their family! Be sure your child can safely use a knife – you can supervise the washing and slicing of the vegetables the night before. This salad can be made in one big bowl or make 4 individual servings so everyone can add the toppings they like best!

Dressing:

½ cup light ranch dressing
¼ cup reduced-fat sour cream
1 teaspoon taco seasoning mix
1 Tbsp mild chunky salsa

Method: Combine ranch dressing, sour cream, taco seasoning, and salsa in a small bowl. Cover and refrigerate until serving. Makes about ¾ cup dressing; approximately 3 tablespoons per serving. Nutrition information per serving: 80 calories, 5 gm fat, 1.5 gm sat fat, 450 mg. sodium, 7 gm carbs, 0 fiber, 2 gm protein.

Chicken Taco Salad

2 cups diced cooked leftover chicken or use a 6 oz. package of pre-cooked chicken strips
8 cups shredded lettuce, such as Romaine
1 tomato chopped
4 green onions, sliced
1 (4 oz) can sliced black olives, drained
1 red or green pepper, diced
½ cup black beans, drained and rinsed if canned
½ cup shredded reduced-fat cheese
1.5 oz package Baked Doritos, crushed

Method:

In a large bowl combine lettuce, tomato, green onion, black olives, red pepper, black beans, and cheese. Place cooked chicken on top. Top with crushed baked Doritos. Pass the Ranch Taco Dressing. Makes: 4 salads. Per serving with 3 Tbsp. dressing: 320 calories, 14 gm fat, 4 gm sat fat, 35 mg. cholesterol, 1160 mg. sodium, 30 gm carbs, 7 gm fiber, and 18 gm protein. Recipe adapted from allrecipes.com

Banana Dog

Easy breakfast or light meal kids can prepare themselves without the help of an adult! It is healthy too! 7 grams of fiber!

1-2 Tbsp. peanut butter
1 whole wheat hot dog bun
1 banana
2 tsp strawberry jam or jelly

Method: Spread peanut butter on the inside of the hot dog bun. Place banana in the hot dog bun. Squirt a squiggly line of strawberry jelly onto the banana. Makes: 1 banana dog. Nutrition Information per serving (using 1 tbsp. peanut butter) 350 calories, 10 gm total fat, 2 gm saturated fat, 0 cholesterol, 250 mg. sodium, 61 gm carbs, 7 gm fiber, and 9 gm protein. Recipe from Red Light, Green Light, Eat Right by Joanna Dolgoff, MD

Pop Rocks Float

Try this bubbly float at your 4th of July party; its bound to snap, crackle, and pop! Just like fire works! Any flavor of juice will work well, but we like red, white and blue!

½ cup cranberry juice

½ cup vanilla frozen yogurt

Pop rocks (one individual package)

Method: Pour juice in an 8 oz. glass, and then add a ½ cup scoop of vanilla frozen yogurt. Top with a dash of pop rocks candy, and listen for the effects! Enjoy with a straw and a spoon. Makes one serving. Nutrition information per serving: (using all of the pop rocks) 185 calories, 3 gm fat, 10 mg cholesterol 45 mg. sodium, 36 gm carbs, 2 gm protein.

Fruit Smoothie

This fruit smoothie is a healthy way to refresh on a hot summer day!

- 1 cup ice
- 1 cup orange juice
- 1 cup frozen strawberries, unsweetened, or other frozen fruit of your choice
- 1 banana
- 1 (6 oz) low fat yogurt, vanilla or flavor to match the fruit!

Method: Combine all ingredients in a blender and pulse for a couple times followed by blending until smooth. This recipe makes about 3 ½ cups, enough for 3 generous servings. Nutrition information per serving, based on 1/3 of the recipe: 150 calories, 1 gm fat, 40 mg sodium, 33 gm carbs, 2 gm fiber, 4 gm protein, and 110% of Daily Value for Vitamin C. Recipe from Shurfine.

Peachy Yogurt Pops

- 1 6 oz.container low fat peach yogurt
- 2 tablespoons chopped peaches
- 2 Popsicle sticks and 2 small paper cups

Method: In a small bowl, combine yogurt and fruit. Pour into two small paper cups and cover with aluminum foil. Stick a Popsicle stick through the middle of the foil and freeze overnight. Slide the pops out of the cups and serve. Makes 2 pops. Nutrition Information per serving: 90 calories, 1gm fat, .5 sat fat, 50 mg sodium, 1 gm carbs, 0 gm fiber, and 3 gm protein. Recipe adapted from Red Light, Green Light, Eat Right by Joanna Dolgoff, MD.

Individual Tortilla Pizza

These tortilla pizzas are easy for kids to make, with their families or on their own. Many parents allow their child to use the oven by age 11 or 12, but this can vary, depending on a child's maturity level. Encourage them to use oven mitts on both hands. Any number of other ingredients can be added too, such as peppers, onions, mushrooms, olives, etc.

1 whole wheat 7-8" flour tortilla
¼ cup pizza sauce
½ cup shredded, low fat, mozzarella cheese.

Method: Preheat the oven to 400 F. Place 1 tortilla shell on a baking sheet; top with pizza sauce and shredded Mozzarella cheese. Bake for 6-8 minutes or until tortilla is crunchy and cheese is melted. Makes: 1 pizza. Nutrition information per pizza without additional toppings: 340 calories, 14 gm fat, 6 gm sat fat, 30 mg cholesterol 880 mg. sodium 30 gm carbs, 3 gm fiber and 20 gm protein.