

# Power Mac and Cheese Serves 8

## Ingredients

- |                                |  |
|--------------------------------|--|
| 2 cups uncooked elbow macaroni | 2 cups cheddar cheese, low-fat shredded                |
| 4 tablespoons flour            | 2 cups broccoli, cooked & chopped in very small pieces |
| 2 cups milk                    |  |

## Directions

1. Cook macaroni, following instructions on package.
2. Drain cooked macaroni and return to pan.
3. While macaroni is still warm, sprinkle in flour and stir thoroughly.
4. Over medium heat, slowly stir milk into macaroni.
5. Add cheese.
6. Stir over medium heat until milk and cheese thicken into a creamy sauce, approximately 7 to 10 minutes.
7. Stir in broccoli; heat thoroughly.

## Helpful Hints

We eat with our eyes. For a colorful plate of food, buy vegetables. Have cut-up broccoli in the refrigerator for a grab-and-go snack. Kids learn from watching you. Eat veggies and your kids will too.



# Skillet Spaghetti Serves 6

## Ingredients

- |                                     |   |
|-------------------------------------|---|
| 1 jar pasta sauce, 28 ounces        | 2 medium zucchinis, peeled & diced very small |
| 2½ cups water                       |   |
| 12 ounces spaghetti, broken in half | 1 cup mozzarella cheese, shredded             |

Add cooked hamburger for a meal with meat.

## Directions

1. In a large skillet, mix pasta sauce and water. Bring to a boil.
2. Add spaghetti and zucchini. Stir well. Make sure spaghetti is covered by the sauce. Add water if needed.
3. Bring to a boil. Cover and simmer 25 minutes.
4. Stir often. Add water if needed.
5. Top with cheese.

## Helpful Hints

Some fresh vegetables don't last long. Buy small amounts so you don't end up throwing any away.

One-pot meals are a great way to use lots of healthy vegetables, and cleanup is a breeze.

Ask everyone at the dinner table, What vegetable would you add to spaghetti? Vote on who has the best idea, and add that vegetable next time.



# Kickin' Chicken Stew Serves 4

## Ingredients

- |   |                               |   |  |
|---|-------------------------------|---|--|
| 1 | tablespoon vegetable oil      | 1 | can diced tomatoes & green<br>chilies, 14 ounces |
| 1 | onion, chopped                | 1 | can lima beans,<br>14 ounces, drained            |
| 1 | can chicken broth, 14 ounces  | 1 | can corn, 14 ounces, drained                     |
| 2 | cups chicken, cooked & diced  |   |  |
| 1 | can diced tomatoes, 14 ounces |   |  |

## Directions

1. Heat oil in large pan.
2. Add onion and cook until tender.
3. Add all remaining foods.
4. Bring to a simmer for 30 minutes.

## Helpful Hints

All vegetables are winners—fresh, frozen, or canned.

Boost your foods. Add carrots and peppers to sauces and soups.

At dinner, play Guess the Vegetable. Each person gives clues about a vegetable for others to guess.





# Tasty Taco Dip Serves 4

## Ingredients

- 1 can black beans,  
14 ounces, drained
- 1 can corn, 14 ounces, drained
- 1 can diced tomatoes & green  
chilies, 14 ounces, drained
- 1 package taco seasoning

For more veggies, add  
diced onion and  
bell pepper

## Directions

- 1. Mix all ingredients together in a bowl.
- 2. Serve with chips or crackers.

## Helpful Hints

Drain and rinse black beans before using.

For an easy snack, have veggie dip made and ready to eat in the refrigerator.

Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.



# Cheesy Quesadilla Serves 1

## Ingredients

Cooking spray

1 tortilla, large

½ cup cheese, shredded

6 baby spinach leaves,  
chopped

1 tablespoon salsa

## Directions

1. Spray a skillet with cooking spray and heat on medium heat.
2. Place tortilla in skillet.
3. Sprinkle cheese and spinach on half of tortilla.
4. Spoon salsa on top of spinach and cheese.
5. Fold tortilla in half.
6. Cook for 2 minutes on each side.
7. Cut into 4 wedges.

## Helpful Hints

Never tried fresh spinach? Look for it near the lettuce.

It's okay to add green veggies to foods. Eating green might taste better than you think.

Sometimes it's okay to play with food. Let your child—with clean hands—tear spinach leaves into pieces.



# Sneaky Mashed Potatoes Serves 4

## Ingredients

- |  |                        |
|--|------------------------|
| 3 large potatoes,<br>peeled & diced                        | 1 tablespoon salt      |
| 10-ounce package or 1 head<br>cauliflower, fresh & chopped | 3 tablespoons butter   |
|  | 3 slices cheese        |
|  | $\frac{1}{3}$ cup milk |

## Directions

1. Place potatoes, cauliflower, and salt in saucepan and cover with water.
2. Bring to a boil and reduce heat to medium.
3. Cook for 20 minutes on medium or until potatoes are soft.
4. Drain and return to pan.
5. Add butter and cheese.
6. Mash thoroughly.
7. Add milk and mix until creamy.

## Helpful Hints

Potatoes rot fast. To keep potatoes fresh, store them in a cool, dry place.

Can you keep a secret? Hiding vegetables in foods is a good way to get your kids to eat healthy. Shhhh, don't tell.

Kids like raw cauliflower with ranch dressing or cooked cauliflower with melted cheese.

