

HEALTHY RECIPES FOR KIDS

Apple Blueberry Muffins

Preparation Time: 20 minutes

Baking Time: 25 – 30 minutes

Yield: 12 muffins

Ingredients

- 1 large apple, unpeeled
- 1 cup (250 mL) all-purpose flour
- $\frac{3}{4}$ cup (175 mL) whole wheat flour
- $\frac{3}{4}$ tsp (4 mL) baking powder
- $\frac{1}{2}$ tsp (2 mL) salt
- $\frac{1}{4}$ tsp (1 mL) baking soda
- $\frac{1}{4}$ tsp (1 mL) ground cinnamon
- 1 egg
- $\frac{3}{4}$ cup (175 mL) granulated sugar
- 2 tsp (10 mL) vanilla
- $\frac{3}{4}$ cup (175 mL) milk
- $\frac{1}{3}$ cup (75 mL) melted butter
- $\frac{3}{4}$ cup (175 mL) frozen blueberries

Directions

1. Preheat oven to 180°C (375°F). Butter nonstick muffin cups or line with paper liners.
2. Using the coarse side of a box grater, grate apple and measure out $\frac{3}{4}$ cup (175mL).
3. In a large bowl, whisk together all-purpose flour, whole-wheat flour, baking powder, salt, baking soda, and cinnamon.
4. In a medium bowl, whisk together egg, sugar, and vanilla. Whisk in milk and butter. Stir in grated apple. Pour over flour mixture. Using a rubber spatula, and with just a few swift strokes, stir the mixture. Before mixture is combined, add blueberries and stir 3 or 4 more times or until barely combined.
5. Immediately spoon or scoop into prepared muffin pan.
6. Bake for 25 to 30 minutes or until a cake tester inserted into the centre of a muffin comes out clean. Let cool in pan for 10 minutes. Transfer to a rack to cool completely.

Highlighted sections indicate tasks your child may be able to do.



Oven Baked French Toast With Apples And Cinnamon Syrup

Preparation Time: 15 – 25 minutes

Cooking Time: 20 – 25 minutes

Yield: 4 servings

Ingredients

French Toast

- 4 eggs
- 1 cup (250 mL) milk
- 3 tbsp (45 mL) sugar
- 1 tsp (5 mL) vanilla extract
- ½ tsp (2 mL) cinnamon
- 8 thick slices egg bread or French bread
- 3 tbsp (45 mL) butter, melted

Apples and Cinnamon Syrup

- 2 tbsp (30 mL) butter
- ½ cup (125 mL) brown sugar
- ⅓ cup (80 mL) water
- ½ tsp (2 mL) cinnamon
- 3 apples, peeled, cored and sliced
- You could mix things up by substituting canned peaches for apples

Directions

French Toast

1. Preheat oven to 190°C (375°F).
2. In a large, flat dish, whisk eggs with milk, sugar, vanilla, and cinnamon. Dip bread into egg mixture. Turn to coat bread well. Allow bread to soak up egg mixture. This may take 5 minutes.
3. To cook, use one or two (depending on the size of the bread) baking sheets. Either line with aluminum foil and brush generously with melted butter or spray well with non-stick cooking spray. Arrange bread in a single layer on prepared pan(s).
4. Bake in a preheated oven for 12 minutes. Turn bread over. Bake 10 to 15 minutes longer until browned and puffed.

Apples and Cinnamon Syrup

5. Peel, core, and slice apples.
6. Add butter and brown sugar to deep skillet. Cook about 3 minutes until melted. Add water, cinnamon, and apples. Cook just until tender, about 8 to 10 minutes.
7. Serve French toast with apples and cinnamon syrup on top.

Highlighted sections indicate tasks your child may be able to do.



Baked Parmesan Zucchini

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients

- 4 zucchini, quartered lengthwise
- ½ cup (125 mL) freshly grated Parmesan
- ½ tsp (2 mL) dried thyme
- ½ tsp (2 mL) dried oregano
- ½ tsp (2 mL) dried basil
- ¼ tsp (1 mL) garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) chopped fresh parsley leaves

Directions

1. Preheat oven to 177°C (350°F). Coat a cooling rack with nonstick spray and place on a baking sheet. Set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, and salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture.
4. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.
5. Serve immediately, garnished with parsley, if desired.

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No-Bake Honey Nut Cheerios Snack Bars

Preparation Time: 10 minutes

Cooking Time: 3 minutes, microwave

Yield: 12 snack bars

Ingredients

- ¼ cup (60 mL) cup creamy unsalted butter (half of one stick)
- ¼ cup (60 mL) honey (light-coloured corn syrup may be substituted and will keep bars firmer at room temperature than using honey)
- ¼ cup (60 mL) light brown sugar, packed
- 1 tbsp (15 mL) vanilla extract
- 3 cups (710 mL) Honey Nut Cheerios
- 1 cup (250 mL) raisins
- 1 cup (250 mL) honey-roasted peanuts
- 1 cup (250 mL) chopped almonds
- 1 cup (250 mL) trail mix
- ½ cup (125 mL) chocolate covered sunflower seeds
- Pinch sea salt or Kosher salt for sprinkling, optional

Directions

1. Line an 8-inch square pan with aluminum foil leaving overhang, spray with cooking spray. Set aside.
2. In a large microwave-safe bowl, combine butter, honey, and brown sugar and heat on high power in the microwave for 1 minute to melt.
3. Stop to stir. Mixture will be on the granular side.
4. Return bowl to microwave and heat for 1 minute on high power. Stop to stir.
5. Return bowl to microwave and heat for 1 minute on high power. Stop to stir. On the third and final burst, mixture will become quite bubbly and foamy; use caution when removing from the microwave because this is boiling hot caramel and can cause burns.
6. Stir in the vanilla using caution, as the mixture may bubble up.
7. Stir in the cereal.
8. Stir in the raisins and/or nuts (all optional depending on your taste).
9. Spread mixture out into prepared pan, packing it down firmly with a spatula and smoothing the top.
10. If desired, sprinkle evenly with sunflower seeds and salt (the salt cuts some of the sweetness).
11. Cover pan with a sheet of foil (to prevent fridge smells), and place the pan in the fridge to set for 2 to 3 hours, or overnight, or until bars are completely set before lifting out with foil overhang, slicing, and serving.

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Mini Lasagna Cups

Preparation Time: 25 minutes

Cooking Time: 25 minutes

Yield: 8 servings

Ingredients

- 12 lasagna noodles, uncooked
- 1 lbs (450 g) extra-lean ground beef
- 1 jar (650 mL) tomato and basil pasta sauce
- 1 cup (250 mL) light ricotta cheese
- $\frac{3}{4}$ cup (177 mL) shredded creamy herb & garlic cheese
- $\frac{1}{3}$ cup (80 mL) Parmesan, Romano, & Asiago shredded cheese

Directions

1. Add lasagna noodles to a boiling pot of water, stirring them while the water returns to a boil. Cook for about 8 to 10 minutes with the pot semi-covered, stirring the noodles a few times.
2. Drain the noodles and rinse with cold water to cool. Drain well.
3. Heat oven to 177°C (350°F).
4. Brown meat in a large skillet on medium-high heat.
5. Stir in pasta sauce and simmer on medium-low heat for 5 minutes, stirring occasionally.
6. Spread 2 tablespoons of ricotta onto each noodle and top with $\frac{1}{4}$ cup (60 mL) of meat sauce.
7. Roll up, starting at one short end of each and cut in half.
8. Place 1 roll, cut side down, in each of the 24 muffin pan cups sprayed with cooking spray.
9. Top the remaining with meat sauce and sprinkle with cheeses. Cover.
10. Bake for 25 minutes or until heated through.
11. Uncover for the last 10 minutes.
12. Let cool for 5 minutes before removing from muffin pans to serve.

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Chicken Fajitas With Fresh Salad

Preparation Time: 10 minutes

Cooking Time: 10 – 15 minutes

Yield: 12 fajitas

Ingredients

Fajitas

- 4 skinless boneless chicken breast, halved
- ⅓ cup (80 mL) lime juice
- ¼ cup (60 mL) olive oil
- 2 tbsp (30 mL) chili powder
- 1 tsp (5 mL) garlic powder
- ¼ tsp (1 mL) cayenne pepper
- Salt and pepper, to taste
- Vegetable oil
- 1 red onion, minced
- 1 green bell pepper, trimmed and minced
- 1 can (10 oz/284 mL) corn niblets, drained
- Salsa
- Canadian Cheddar cheese, grated
- 12 large corn or flour tortillas

Salsa

- 2 plum (roma) tomatoes, diced
- ½ sweet red pepper, diced
- ½ avocado, diced (optional)
- ½ jalapeno pepper, minced
- ½ cup (125 mL) shredded Canadian Monterey Jack or Cheddar cheese
- 2 tbsp (30 mL) freshly squeezed lime juice
- ⅛ tsp (1/2 mL) salt

Directions

Toppings

1. In an ovenproof dish, marinate chicken breasts in lime juice and oil for 2 hours in refrigerator.
2. Meanwhile, in a large bag, combine chili powder, garlic powder, cayenne pepper, salt, and pepper.
3. Remove chicken breast from dish, place in spice bag, and shake well to coat chicken (add spices as needed).
4. In skillet, cook chicken in oil over medium heat until done. Cut in strips and set aside.
5. To prepare fajitas, place chicken strips on tortillas and top with onion, green bell peppers, corn niblets, salsa, and Canadian Cheddar cheese.
6. Roll up tortillas and serve with salsa.



Salsa

7. Dice tomatoes, red pepper, and avocado (if using). Seed and mince jalapeno peppers.
8. Shred cheese.
9. In a medium bowl, combine tomato, red pepper, avocado (if using), jalapeno, cheese, lime juice, and salt. Set aside.

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Personal Pizzas

Preparation Time: 10 minutes

Cooking Time: 12 – 15 minutes

Yield: 6 pizzas

Ingredients

Crust

- 1 ¼ cups (300 mL) all-purpose flour
- 1 cup (250 mL) whole-wheat flour
- 1 tbsp (15 mL) baking powder
- 1 tsp (5 mL) dried oregano
- ¼ tsp (1 mL) salt
- 1 cup (250 mL) milk
- ¼ cup (60 mL) butter, melted

Topping

- ⅔ cup (150 mL) pizza sauce
- 1 ½ cups (375 mL) diced vegetables (approx.)
- ½ cup (125 mL) diced lean ham (optional)
- 1 ½ cups (375 mL) shredded Canadian Mozzarella cheese

Directions

1. Place a large baking sheet upside down on the middle rack of the oven and preheat to 220°C (425° F). Butter 1 or 2 more large baking sheets.

Crust

2. In large bowl, combine all-purpose and whole-wheat flours, baking powder, oregano, and salt.
3. Pour in milk and butter. Stir with a fork until soft dough forms.
4. Turn onto lightly floured surface and knead a couple of times just until smooth. Divide into six pieces. Roll or pat pieces into 6-inch (15 cm) circles and place on prepared baking sheet.

Topping

5. Chop vegetables, meat, and other desired toppings.
6. Shred cheese.
7. Spread pizza sauce on each crust, leaving ½ inch (1 cm) border. Sprinkle with ham and vegetables as desired. Sprinkle half the cheese.
8. Place pizzas on baking sheet on top of the hot baking sheet in the oven.
9. Bake for 12 to 15 minutes or until crust is golden, toppings are hot, and cheese is bubbling.

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Mini Meat Loaves With Mushroom-Buttered Green Beans

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Yield: 4 to 6 servings

Ingredients

Meat Loaves

- ½ cup (125 mL) quick-cooking rolled oats
- 1 cup (250 mL) milk
- ½ cup (125 mL) ketchup or thick tomato sauce
- 1 tbsp (15 mL) prepared or Dijon mustard
- 2 eggs
- 1 small onion
- 1 carrot
- 1 ½ lbs (675 g) lean ground beef
- 1 tsp (5 mL) salt
- ¼ tsp (1 mL) pepper
- ¼ cup (60 mL) shredded Canadian Cheddar or Monterey Jack cheese

Green Beans

- 3 tbsp (45 mL) butter
- 1 cup (250 mL) sliced fresh mushrooms
- 10 oz (300 g) fresh or frozen whole green beans
- Salt and pepper, to taste

Directions

Meat Loaves

1. Preheat oven to 200°C (400°F).
2. Peel onion and carrot and shred on coarse side of cheese or box grater.
3. In a large bowl, combine oats, milk, ¼ cup (60 mL) ketchup, mustard, and eggs. Let stand for 5 minutes.
4. Add onion and carrot to milk mixture in bowl. Add beef, salt, and pepper to bowl. Blend well with a fork.
5. Scoop mixture evenly into 12-cup muffin pan. Flatten tops slightly.
6. Spread remaining ketchup over tops of muffins. Place muffin pan on a rimmed baking sheet to catch any drips. Bake for 15 minutes.
7. Sprinkle with cheese. Bake for 5 minutes longer or until no longer pink inside and thermometer inserted in centre of one registers at least 70°C (160°F).
8. Remove from pan with a slotted spoon, draining off excess liquid.



Green Beans

9. In medium saucepan, melt butter. Sauté mushrooms over medium-high heat until tender and liquid has evaporated. Reduce heat and add green beans.
10. Cover and cook over medium heat, shaking pan frequently, until beans are tender-crisp. Remove lid and increase heat. Cook and stir until excess liquid has evaporated. Add salt and pepper to taste.

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Golden Fish-Cake Sandwiches

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients

- 14 oz. (400 g) skinless white fish fillets, thawed if frozen
- 4 oz. (125 g) cheddar cheese
- 1 green onion
- $\frac{3}{4}$ cup (180 mL) dry bread crumbs, preferably whole-wheat, divided into $\frac{1}{2}$ cup (125 mL) and $\frac{1}{4}$ cup (55 mL) portions
- $\frac{1}{2}$ tsp (2 mL) dried dill
- $\frac{1}{4}$ tsp (1 mL) each of salt and pepper
- 1 egg
- 4 whole-wheat burger buns or thin buns
- Lettuce leaves

Directions

1. Preheat oven to 200°C (400°F).
2. Line a baking sheet with parchment paper.
3. Rinse fish fillets and pat dry with paper towels. Place on cutting board and cut into large chunks.
4. Shred cheese on the large side of a box grater.
5. Cut root ends off green onion and trim tough portion of green tops. Chop green onion into large pieces (about 1 – 2 cm).
6. In a food processor, pulse fish until finely chopped, but not pureed. Add half of the shredded cheese $\frac{1}{2}$ cup (125 mL) of the breadcrumbs, and the green onion, dill, salt, and pepper.
7. Crack egg into food processor. Pulse until all ingredients are finely chopped and mixture is well blended. Transfer mixture to a bowl.
8. Shape into four patties, about $\frac{3}{4}$ inch thick (2 cm).
9. Spread remaining breadcrumbs in a shallow dish. Dip fish patties into crumbs, pressing lightly. Place on prepared baking sheet, at least 2.5 cm (1 inch) apart. Discard any excess crumbs.
10. Bake fish cakes for 8 minutes or until golden on the bottom. Flip over and bake for about 8 minutes longer, until golden and hot in the centre. Sprinkle with remaining cheese and bake for 3 minutes or until cheese is melted.
11. Toast buns, if desired. Serve patties on buns, topped with lettuce leaves.

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