



Chickpea Salad

6 servings

Ingredients:

- 1 cup cooked or canned chickpeas, drained and rinsed
- 3 tablespoons diced green bell pepper
- 2 tablespoons peeled, seeded and diced cucumber
- 1/2 tablespoon chopped fresh parsley
- 1/2 cup diced tomato
- 3 tablespoons snipped fresh dill or 1/4 teaspoon dried dill
- 1/2 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt and pepper to taste

Directions:

1. In a medium-size bowl, combine all ingredients.
2. Refrigerate for several hours to allow flavors to blend.
3. Serve the salad on romaine lettuce leaves or in whole wheat pita bread pockets.
4. You may also puree the salad in a food processor to make a chickpea spread.

Serving size: 1/6 of recipe

Nutrition Facts Per Serving:

Calories: 76	Fat: 3 g	Saturated fat: 0.5 g
Cholesterol: 0 mg	Sodium: 112 mg	Carbohydrates: 11 g
Fiber: 2 g	Protein: 2.5 g	

Recipe provided courtesy of Eat Right Press, from Healthy Eating, Healthy Weight for Kids and Teens by Jodie Shield, MEd, RD and Mary Catherine Mullen, MS, RD. Academy of Nutrition and Dietetics, ©2012.

Coo-Chi Chicken Tenders

6 servings

Ingredients:

- 1 pound chicken tenders
- 3/4 teaspoon garlic powder
- 2 teaspoons curry powder, divided in half
- 1 tablespoon olive oil
- 1 14-ounce can low-sodium chicken broth
- 1 16-ounce package of mixed chopped vegetables (available in the produce department)
- 1 cup uncooked couscous

Directions:

1. Place chicken in a medium bowl.
2. Sprinkle with the garlic powder and 1 teaspoon curry powder; toss to coat.
3. Heat oil in a large, deep skillet over medium-high heat until hot.
4. Add the chicken to the skillet, and stir-fry for about 5 minutes or until the chicken is no longer pink in the center.
5. Transfer the chicken to a plate and set aside.
6. Add the broth, mixed vegetables and remaining curry powder to the skillet; bring to a boil over high heat.
7. Cover with the skillet lid and boil for about 2 minutes.
8. Stir in the couscous and top with the chicken.
9. Cover and remove from heat. Let stand for 5 minutes or until liquid is absorbed.

Variations: For a sweeter flavor, toss in a few raisins with broth and vegetables. Reduce the curry powder to 1 teaspoon for a milder dish.

Serving size: 1/6 of recipe

Nutrition Facts Per Serving:

Calories: 255	Fat: 4.7 g	Saturated fat: 1 g
Cholesterol: 41.8 mg	Sodium: 133 mg	Carbohydrates: 27.8 g
Fiber: 4.9 g	Protein: 23.6 g	

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Speedy Stir-Fry Rice

6 servings

Ingredients:

- 2 cups instant white or brown rice
- 6 to 8 ounces frozen, precooked salad-size shrimp (optional)
- Nonstick cooking spray
- 6 eggs, beaten
- 1 tablespoon vegetable oil
- 3 green onions, chopped
- 1 1/2 cups frozen mixed vegetables, thawed
- 4 tablespoons reduced-sodium soy sauce

Directions:

1. Prepare rice according to package directions for the microwave.
2. If using shrimp, thaw in cold water; drain well and pat dry with paper towels.
3. Coat a wok or large skillet with the nonstick cooking spray, and heat until a drop of water sizzles.
4. Scramble eggs in the wok or skillet and set aside.
5. Add the vegetable oil, green onions, vegetables and shrimp to the wok or skillet; stir-fry over high heat for about 5 minutes.
6. Add the cooked rice, eggs and soy sauce; stir-fry for another 3 minutes.

Serving size: 1/6 of recipe

Nutrition Facts Per Serving (excluding shrimp):

Calories: 260	Fat: 6.9 g	Saturated fat: 1.5 g
Cholesterol: 180 mg	Sodium: 350 mg	Carbohydrates: 35.8 g
Fiber: 2.7 g	Protein: 10.6 g	

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Fruit Kabobs with Fluffy Fruit Dip

6 servings

Ingredients for dip:

- 1 cup fruit-flavored, low-fat yogurt
- 1 cup fat-free whipped topping, thawed
- 1 teaspoon honey

Ingredients for kabobs:

- 6 to 8 pineapple chunks
- 6 to 8 whole strawberries
- 1 banana, cut into 1/2 chunks
- 6 to 8 red or green grapes
- 6 wooden skewers

Directions:

1. In a small bowl, make dip by mixing together yogurt, whipped topping and honey.
2. Cover and refrigerate until needed.
3. Thread one piece of each fruit onto a skewer.
4. Repeat until the fruit is gone or skewers are full.
5. Serve with dip.

Variation: Use any of your kids' favorite fruits.

Serving size: 1/6 of recipe

Nutrition Facts Per Serving:

Calories: 64	Fat: 0.4 g	Saturated fat: 0.2 g
Cholesterol: 1.9 mg	Sodium: 26 mg	Carbohydrates: 16.5 g
Fiber: 1.1 g	Protein: 2.5 g	

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