



# Healthy eats from A to Z

Want to eat healthier but need new ideas? From A to Z, we've provided a whole alphabet of delicious, healthy recipes that are easy to prepare and require few ingredients. Many can be made with children's help. Enjoy!


**A**

**Apple-licious** personal parfaits: Core and dice a small apple, then toss with  $\frac{1}{4}$  tsp. of cinnamon. Place apple in a small, clear dish. Top with 2 T. low-fat vanilla yogurt and granola sprinkles. 


**B**

**Broccoli** florets with cottage cheese dip: Mix a cup of low-fat cottage cheese with half of a packet of Ranch dip mix. 


**C**

**Cheesy** toast: Cut low-fat cheese slices into fun shapes using cookie cutters. Put cheese on a slice of whole wheat bread and broil until cheese is slightly melted and bread begins to brown. 


**D**

**Dried fruit** trail mix: In a large zip bag, place 2 cups of Wheat Chex cereal and a half-cup each of dried diced fruit, raisins, cranberries and peanuts. Shake to mix. Nuts are a superfood! 

**E**

Easy **English muffin** pizzas: Split a whole wheat english muffin in half and spread both sides with pizza sauce. Top with thin strips of string cheese. Bake until cheese is melted and bubbly. 


**F**

**Fruit salsa** with cinnamon tortilla chips: Cut whole wheat flour tortillas into triangles and sprinkle with a cinnamon-sugar mixture. Bake for 10 minutes or until crunchy. While chips are baking, mix a small can of crushed pineapple with diced fruit such as kiwi, mango and strawberries. Use chips to scoop the fruit salsa. 

**G**

**Great green palm tree**: Create a palm tree using one cinnamon graham cracker stick (trunk), 4 green apple slices (palm fronds), 3 green grapes (coconuts) and alphabet cereal.

**H**

**Hummus dip** with assorted raw veggies: Drain a can of chickpeas, reserving liquid. Put chickpeas into blender with 1 T. olive oil and blend on low speed, gradually adding reserved bean liquid until desired consistency is achieved. Season to taste with garlic powder and salt. 


**I**

**Ice-pops**: Pour 100% fruit juice into popsicle molds. Add crushed pineapple or diced strawberries for color.

**J**

**Juicy Jello jigglers**: Mix 2  $\frac{1}{4}$  cups of juice (fruit and veggie blends work well) with 2 large packets of strawberry Jell-O. Pour into a pan and chill until set.

**K**

**Kiwi kabobs**: Peel kiwi and cut into chunks. Thread kiwi chunks onto long toothpicks or skewers, alternating with cubes of Colby-Jack cheese. 

**L**



**Lettuce** wraps: Fill large leaves of iceberg lettuce with a slice of low-fat turkey breast and a sprinkling of shredded cheddar cheese. Eat like a soft taco!

**M**



**Mighty milk**: In a blender, mix 2 cups of skim milk with 8 ice cubes, 2 bananas and 4 T. orange juice concentrate. Cover and blend until smooth.





**N**

**Noodles** with veggies: Toss cooked whole wheat pasta with 1 c. green peas and  $\frac{1}{4}$  cup grated parmesan cheese.  



**O**

**'Oatmeal Cookie' Oatmeal:** Cook oats as directed. Remove from heat and add a handful of raisins, 8-10 walnuts and 1 T. of brown sugar. Stir until sugar is melted. Add half of a banana, thinly sliced. Stir gently and serve warm.  



**P**

**Portable pita pockets:** Cut whole wheat pita rounds in half and open to create pocket. Fill with spinach leaves and your favorite low-fat deli meat or cheese.  


**Q**

**Quick quesadillas:** Spray pan with non-stick spray. Place whole wheat flour tortilla in warm pan and sprinkle with low-fat cheese, cooking until cheese begins to melt. Remove from pan and fold in half. Cut into triangles and serve with salsa.  



**R**

**Rice** with veggies: Mix 2 cups of steamed brown rice with 2 cups of mixed vegetables. Sprinkle with soy sauce and serve.  

**S**

**Sweet potato** bake: Peel sweet potatoes and cut into bite-sized chunks. Drizzle with olive oil and bake for 30 minutes. Drizzle with 2 T. maple syrup and 2 T. of orange juice and bake for another 10 minutes. 

**T**

**Tomato** soup: Amp up tomato soup by making it with milk instead of water. Pour into a mug and sprinkle with whole grain goldfish crackers.  



**U**

**Unusual** banana pops: Peel banana and cut in half. Thread each banana half onto a popsicle stick and lightly drizzle with chocolate syrup. Sprinkle with shredded coconut, then place in a plastic container. Place lid on container and put in freezer.



**V**

**Veggie** faces: Fresh veggies in fun shapes = endless possibilities!

**W**

**Whole wheat** bagel: Cut bagel in half and lightly toast. Top with a layer of cream cheese and fresh strawberry slices.  

**X**

**X-traterrestrial** PB&J bites: Spread peanut butter and jam onto mini rice cakes. They'll disappear right before your eyes!  

**Y**

**Yogurt** pops with fresh blueberries: Mix together 1 c. vanilla yogurt,  $\frac{1}{4}$  cup orange juice and  $\frac{1}{2}$  c. blueberries. Pour into Popsicle molds and freeze until solid.

**Z**

**Zucchini** Slaw: Grate fresh zucchini and sprinkle with olive oil, lemon juice, salt and pepper to taste. Top with shredded parmesan cheese.



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