




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. G


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. S G



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. S G


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. G



R

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

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. S

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. S G


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. G

X

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

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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