

Fresh Fruit and Double Dip

Makes 4 servings

Ingredients you'll need...

Great Grape Dip

1 container (6-oz.) low fat vanilla yogurt

2 tablespoons grape juice

Sweet Citrus Dip

1 container (6-oz.) low fat vanilla yogurt

2 tablespoons orange juice concentrate, thawed

1 tablespoons lime juice

1 teaspoon brown sugar

2 cups chopped or sliced fresh fruit (such as nectarines, peaches, strawberries, kiwi)

Instructions...

- *Great Grape Dip:* Combine yogurt and juice in a small bowl. Mix well.
- *Sweet Citrus Dip:* Combine yogurt, orange juice concentrate, lime juice and brown sugar in a bowl. Mix well.
- Serve fruit with one or both dips.

Nutritional Information per serving: 89 calories, 2 gm protein, <1 gm fat, 20 gm carbohydrates, 60 mg calcium, 26 mg sodium.



Fun Summer Foods for Kids

Recipes to help
kids & parents
stay healthy and
be their best



A United Way Partner Agency
2400 Reading Road, Cincinnati, OH 45202 • (513) 621-3262 • www.nutritioncouncil.org

Summertime Fun with Food

Summer is a great time for parents to teach kids about healthy eating with delicious fresh fruits and vegetables. Locally grown produce is available in grocery stores, at farmer's markets and produce stands.

Children learn by watching their parents. Cook together, eat together and talk together. The kid-friendly recipes in this booklet can help start the fun with food! **Have your child help you with the bold ingredients & steps in the recipes.**

Two simple habits that can have a big impact on kids' health are:

❖ **Eating more fruits and vegetables...**
try offering fruits & vegetables at every meal and snack.

❖ **Drinking more water & less sugary drinks...**
try offering water between meals when kids are thirsty.



Fruity Pops

Makes 6 servings

The fresh fruits of summer make this an especially sweet snack. Fresh or frozen fruit can also be blended with the other ingredients using a hand held blender before freezing the Fruity Pops.

Ingredients you'll need...

- 1½ cups chopped fruit** – try peaches, berries or melon
- ⅔ cup low fat vanilla yogurt**
- 2 cups orange juice**
- 6 small paper cups** (5-ounce each)
- 6 plastic spoons**
- aluminum foil

Instructions...

- Chop fruit into small pieces.
- **Divide chopped fruit among the 6 paper cups.**
- **Place yogurt in a small bowl. Slowly pour orange juice into yogurt. Stir until blended.**
- **Pour juice mixture in the 6 small cups over the chopped fruit. Place a spoon in each cup.**
- Cut squares of aluminum foil to cover the top of each cup, piercing the foil with the spoon handle. The foil will hold the spoon in the center of the cup.
- Freeze at least 4 hours.
- To eat, peel paper cups away from the pops.

Nutritional Information per popsicle: 81 calories, 2 g protein, <1 g fat, 18 gm carbohydrates, 1 g dietary fiber, 36 mg calcium, 16 mg sodium.



Crunchy Fruit Sundae

Makes 6 servings

Refreshing favorite summer fruits provide a good source of vitamins A & C and fiber. Use any variety of fresh fruits to make this treat!

Ingredients you'll need...

½ of a cantaloupe
1 fresh peach, peeled

1 cup watermelon chunks
1 cup fresh berries

2 whole graham crackers, crushed

¾ cup vanilla topping (recipe below)

Instructions...

- Cut all fruit into bite-size pieces and place into a large bowl. Mix fruit together and spoon into 6 individual serving cups.
- Top each serving with 2 tablespoons of Vanilla Topping.
- Sprinkle crushed graham crackers on top.

Nutritional Analysis per serving: 93 calories, 1 g protein, 1gm fat, 23 g carbohydrates, 3 g dietary fiber, 21 mg calcium, 16 mg sodium.

Vanilla Topping

Makes 12 servings (2 tablespoons each)

½ cup unsweetened applesauce
1 carton (6-oz.) low fat vanilla yogurt

½ teaspoon cinnamon

- Place all ingredients in a mixing bowl and stir to blend.

Cover and chill.



Rainbow Roll-Up

Makes 1 serving

Add a variety of vegetables to this quick, easy sandwich and let kids try vegetables in a new way.

Ingredients you'll need...

1 slice whole wheat bread or 1 whole wheat tortilla
2 teaspoons light mayonnaise or mustard-optional
6-8 leaves baby spinach
½ hard cooked egg, chopped or sliced
2 tablespoons shredded carrots
2 tablespoons reduced fat shredded cheddar cheese
1 thin slice deli turkey or turkey ham

Instructions...

- After washing hands, place bread on plate & flatten with your hand.
- If using mayonnaise or mustard, spread on bread or tortilla
- Arrange spinach leaves on bread. Sprinkle shredded carrots on top of spinach layer.
- Place deli turkey or turkey ham slice on top of shredded carrots.
- Place shredded cheese on top of turkey. Add pieces of hard cooked egg.
- Fold 1 edge of bread over about ½-inch. Then, roll bread (or tortilla) like a jelly roll – start at one side and roll as tightly as possible.
- Cut roll-up in half or quarters to eat.

Nutrition information per roll-up: 196 calories, 15 grams protein, 8 grams fat, 16 grams carbohydrate, 3 grams dietary fiber, 583 milligrams sodium.



Chicken Quesadillas

Makes 4 servings

This simple recipe is a great way to use leftover chicken. It is a favorite of parents and children who attend our cooking classes.

Ingredients you'll need...

½ cup cooked, diced chicken – leftover or rotisserie chicken
4-8" whole wheat tortillas ¼ teaspoon chili powder
1 tomato, diced ¼ cup non fat sour cream
½ cup corn ½ cup chopped lettuce
½ cup chopped sweet bell pepper-red, yellow or green
½ cup **shredded Monterey Jack cheese**
salsa, optional

Instructions...

- In a small bowl, **mix sour cream and chili powder**, set aside. **Spread 1 tablespoon seasoned sour cream on each tortilla. Place 2 tablespoons of chicken on top of sour cream on only half of the tortilla.**
- **Spread 2 tablespoons diced tomato, 2 tablespoons corn & 2 tablespoons peppers on chicken. Sprinkle 2 tablespoons shredded cheese on tomato, corn & peppers.** Fold tortilla in half and place in a hot non-stick skillet.
- Cook until tortilla starts to turn golden brown. Flip; cook until the other side is golden brown and cheese is melted. Serve immediately with chopped lettuce & salsa if desired.

Nutritional Information per serving: 264 calories, 16 gm protein, 8 gm fat, 32 gm carbohydrates, 2 gm dietary fiber, 105 mg calcium, 313 mg sodium.



Summer Tomato Salsa

Makes 6 servings (about ½ cup each)

Eat this tasty salsa with Chicken Quesadillas, as a dip with fresh vegetables or with whole wheat tortillas. Look for tomatoes grown locally to make this summer treat.

Ingredients you'll need...

4 medium tomatoes
⅓ cup diced sweet green bell pepper
¼ cup chopped onion
1-2 tablespoons jalapeno peppers, minced
1 teaspoon minced garlic
3 tablespoons lime juice
½ teaspoon salt
¼ teaspoon black pepper
1 tablespoon chopped fresh cilantro leaves-optional

Instructions...

- **Wash the vegetables.** Cut the tomatoes into ½ -inch pieces & put in a medium bowl.
- Chop the green pepper & onion. **Add to the tomatoes.**
- Be sure an adult cuts the jalapeno pepper & adds to the vegetable mixture. Jalapeno pepper can burn the skin.
- Add minced garlic, lime juice, salt and pepper to the vegetables.
- **Stir gently to combine. Add chopped cilantro if desired and stir to combine.**

Nutritional Information per serving: 25 calories, 1 g protein, 0 gm fat, 6 gm carbohydrates, 2 gm dietary fiber, 170 mg sodium.

