



Nutritious and Delicious Kid-Tested Recipes

When children help prepare foods they are more likely to try something new. Kids will often taste a different food when it is served with a familiar one. Sometimes children will try a new food when it is offered with a favorite. Ask your child to put a vegetable or fruit on top of pizza or to add a new fruit to the fruit salad.

Skillet Pizza

Makes 1 adult serving – 2 halves
Child-size serving = 1 half

Ingredients:

- 1 whole wheat English muffin
- 2 tablespoons seasoned tomato sauce***
(2 tsp. Italian seasoning, garlic powder, Parmesan cheese)
- $\frac{1}{4}$ cup shredded mozzarella cheese***
- *have your child help you measure these ingredients.

Choose your favorite toppings:

- Turkey pepperoni, sliced black olives,
- chopped green pepper, chopped mushrooms,
- crushed pineapple, chopped onion

Instructions:

1. Split English muffin in half. Using the back of a spoon spread the seasoned tomato sauce on each muffin half.
2. Put on favorite toppings.
3. Sprinkle cheese evenly over each muffin half.
4. Place in non stick skillet on medium heat. Cover skillet; cook until cheese is melted and crust is crisp, 5-7 minutes. Put on plate and let cool before serving to your child.

Have your child help you do the bold steps.

Nutrition information per 1 English muffin cheese pizza (2 halves): 234 calories, 14 grams protein, 7grams fat, 31 grams carbohydrate, 5 gm dietary fiber, 631 milligrams sodium.

Fruit Salad

Makes 10 adult servings- $\frac{1}{2}$ cup of fruit
Child-size serving = $\frac{1}{4}$ cup of fruit

Ingredients:

- 1-2 small to medium apples, cut in bite-size pieces
- 1 can (20-ounces) pineapple tidbits or chunks packed in juice, drained
- 1 can (8-ounces) mandarin oranges packed in light syrup, drained
- $\frac{1}{4}$ cup raisins if desired**



Instructions:

1. Place all fruit in a medium bowl. Stir gently to combine.
2. Cover and refrigerate until ready to eat.

Have your child help you do the bold steps.

Nutrition information per $\frac{1}{2}$ cup fruit salad: 47 calories, <1 gram protein, 0 grams fat, 12 grams carbohydrate, 1 gram dietary fiber, 20% daily recommended intake for vitamin C.