A Smart Start

Eating a healthy breakfast is the best way to start the day and can help kids focus better in school.

**Skip the juice.** Juice adds extra calories, without giving your body the same feeling of fullness that food provides. Swap that glass of orange juice for a whole orange.

**Quick tip:** Try to eat 2 or 3 food groups at breakfast like whole grain crackers with peanut butter and a banana. This will give you the right balance to keep you going all morning long.

Overnight Oats

**Serves:** One

**Ingredients**

- ⅓ cup old-fashioned oats
- ⅓ cup plain yogurt
- ⅓ cup low-fat milk
- 3 tablespoons chopped fruit such as apples, bananas, strawberries or peaches
- 1 tablespoon chopped almonds, peanuts, walnuts or pecans
- ½ teaspoon honey or real maple syrup

**Directions**

1. Put all the ingredients into a jar or container with a tight-fitting lid.
2. Screw the top on tightly and shake the jar well.
3. Put in the refrigerator to sit overnight, then eat—or take it to go!
Breakfast Tacos

Serves: Two

Ingredients:
4 small whole wheat tortillas
2 tablespoons salsa
4 tablespoons shredded reduced-fat Cheddar cheese
4 eggs
1/2 cup chopped green pepper
1 tablespoon canola oil

Directions:
1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.
2. Meanwhile coat a small nonstick skillet with cooking spray.
3. Heat over medium heat and add oil and green pepper. Cook for about 5 minutes until green pepper is soft. Add egg and stir until the eggs are cooked through. Divide the scrambled egg between the tacos.

Quick tip: Swap out the green pepper for your favorite veggie. Try it with broccoli, spinach or onion!

Egg Sandwich with Spinach

Serves: Two

Ingredients (serves two)
2 large eggs
1/2 teaspoon olive or canola oil
2 whole wheat English muffins, cut in half & toasted.
4 flat-leaf spinach leaves

Directions
1. Heat a skillet over medium heat and add the oil.
2. After about 1 minute, gently pour the eggs into the hot skillet.
3. When the eggs start to set and the edges are solid, flip the eggs.
4. Put the two bottom halves of the English muffin on a plate. Slide the eggs onto the muffins and top with the spinach. Cover the other half of the English muffin. Serve right away.
Fruit Kabobs

*Serves: Four

Ingredients*  
1 apple, chopped into 1 inch cubes  
1 cup of grapes, left whole or cut in half  
1 cup of strawberries, cut in half  
1 banana sliced

Directions  
Simply thread the fruit along the skewer. Serve with a handful of whole wheat crackers or with a few tablespoons of low-fat vanilla yogurt as a dipping sauce.

* Or try any fruit that is in season or on sale at the store.

Smart Snacking

Having a snack between meals is important. Snacks help to keep your energy up and avoid overeating at meal times. Aim for 2 different food groups. You can pick from fruit, vegetables, protein and whole grains! Veggies and hummus or whole wheat crackers and low-fat cheese are great choices!

For an easy-to-pack snack, try making your own trail mix! In a large bowl mix:  
½ cup lightly salted whole almonds or peanuts  
½ cup raisins or dried currants  
½ cup whole grain cereal  
¼ cup toasted green pumpkin seeds  
Put ½ cup of the mixture in individual plastic bags or small containers.

Cucumber and Cream Cheese Toast

*Serves: One

Ingredients  
1 slice of whole wheat bread  
1 tablespoon of low-fat cream cheese  
½ of a small cucumber

Directions  
1. Thinly slice the cucumber into 4-6 pieces.  
2. Spread the cream cheese on the toasted whole wheat bread.  
3. Layer the cucumber on top, sprinkle with salt and pepper.
### Italian Sausage Soup

**Serves:** Six  
**Ingredients**  
- 1 lb. turkey sausage cut into 1-inch pieces  
- 2 cups fresh broccoli florets  
- 1 cup uncooked pasta  
- 2 1/2 cups water  
- 1/2 teaspoon of dried basil  
- 1/4 teaspoon pepper  
- 2 cans (14 oz. each) whole peeled tomatoes with basil (with liquid)  
- 2 cups reduced sodium beef broth  

**Directions**  
1. In 4-quart saucepan or Dutch oven, cook sausage over medium-high heat, stirring occasionally, until no longer pink; drain.  
2. Stir in remaining ingredients, breaking up tomatoes. Heat to boiling; reduce heat to medium-low. Cover; cook about 15 minutes, stirring occasionally, until pasta is tender.

### Quick Chicken Creole

**Serves:** Four  
**Ingredients**  
- Non-stick cooking spray as needed  
- 4 medium Chicken breast halves, skinned, boned and cut into 1-inch strips  
- 1 can (14 oz) diced tomatoes  
- 1 cup mild Chili sauce, low sodium  
- 1 1/2 cups Green peppers, chopped  
- 1 1/2 cups Celery, chopped  
- 1/4 cup Onion, chopped  
- 2 cloves Garlic, minced  
- 1 tablespoon Basil, fresh (or 1 teaspoon dried)  
- 1 tablespoon Parsley, fresh (or 1 teaspoon dried)  
- 1/4 teaspoon Crushed red pepper  
- 1/4 teaspoon Salt  

**Directions**  
2. Cook chicken in hot skillet for 3—5 minutes, or until no longer pink. Reduce heat.  
3. Add tomatoes and their juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to a boil.  
4. Reduce heat and cover. Simmer for about 10 minutes.  
5. Serve over brown rice or whole-wheat pasta.
Meal Planning

Planning and making meals ahead of time and using leftovers can help you save time and money! Here are 4 helpful tips

1. Plan ahead. Sit down one day each week and plan out what your family will eat so that you don’t buy things you won’t need.

2. Pick meals that use the same fruits, vegetables and proteins prepared in different ways. For example, buy tomatoes to make a pasta sauce and then use the leftovers for salsa. Use leftover chicken for sandwiches or top your salad with leftover beans!

3. Spend a few dollars on reusable plastic containers. Not only are containers great to use for storing leftovers, but you can also use it for meals and snacks on the go.

4. If you know one evening is going to be too hectic to make dinner, plan ahead and make extra food on a night that won’t be so busy. Store the meals in a sealed container in the refrigerator. Some recipes are easy to make in large batches and freeze, like soups and casseroles.
Roasted Vegetable Flatbread Pizza

Serves: Six

For the roasted vegetables:

Ingredients
- ½ lb fresh, yellow squash cut into thin strips
- 1 cup of mushrooms, sliced
- ½ cup of diced onion
- ½ lb green peppers, cut into thin strips
- ½ lb red peppers, cut into thin strips
- ½ teaspoons black pepper
- ¼ teaspoon salt
- 2 tablespoons balsamic vinegar
- 2 teaspoons canola oil

Directions
1. Combine all ingredients and toss together until the vegetables are evenly coated.
2. Place vegetables on a sheet pan in a single layer. Do not overcrowd!
3. Roast at 375°F for 10 minutes.

For the flatbread pizza:

Ingredients
- Roasted vegetables (See recipe, left)
- 6 oz. low-sodium pizza sauce
- 1½ whole-grain flatbreads
- ½ cup skim mozzarella cheese, shredded
- 1 tablespoon dried or fresh oregano

Directions
1. Preheat oven to 475°F.
2. Spread sauce over flatbreads to ¼ of an inch from the edge.
3. Top the pizza with the roasted vegetables, cheese, and oregano, spread out evenly, to the edges.
4. Cook for 3—4 minutes.
Main Dishes (continued)

**Brazilian Chicken**

**Serves:** Six

**Ingredients**
- 1½ cups of fresh orange juice
- ¼ cup of lime juice
- 1 ½ tablespoons olive oil
- 1 ¼ teaspoons of fresh minced garlic
- 1 tablespoon fresh minced mint
- 1 tablespoon chopped cilantro
- ¾ tablespoons chopped jalapeño
- 1 tablespoon cumin
- ¾ tablespoons chili powder
- ½ tablespoon salt
- Orange rind
- Lime rind
- 6 boneless, skinless chicken breasts

**Directions**
1. Combine all ingredients except for chicken for the marinade.
2. Pour the mixture over the chicken and keep refrigerated for 4 hours.
3. To cook, place chicken on a sheet pan. Roast at 350°F for 15 minutes.
4. Check the chicken to make sure it is cooked all the way through.
5. Serve with brown rice and the Zucchini & Fresh Tomato recipe featured on page 9.

**Stuffed Peppers**

**Serves:** Four

**Ingredients**
- 6 red or green bell peppers
- 2½ cups (1 pint) cherry tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

**Directions**
1. Preheat oven to 425°F.
2. Lightly oil a large shallow baking pan.
3. Cut peppers in half lengthwise and remove seeds.
4. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
5. Halve cherry tomatoes and chop onion and basil.
6. Finely chop garlic.
7. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste.
8. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.
9. Serve with the Confetti Quinoa recipe featured on page 9.
Zucchini & Fresh Tomatoes

Serves: Six

Ingredients
- ¼ cup of diced onions
- ½ teaspoon minced garlic
- 1½ tablespoons canola oil
- ¼ teaspoon salt
- Black pepper
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1¼ lb tomatoes
- 1½ lb zucchini or yellow summer squash

Directions
1. Sauté onion and garlic in canola oil.
2. Add zucchini, salt, pepper, oregano, basil. Cook for 3-4 minutes.
3. Add tomatoes. Cook for another 2 minutes.

Confetti Quinoa

Serves: Six

Ingredients
- 2 cups low-sodium vegetable stock or water
- 1½ cup quinoa, thoroughly rinsed and drained
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup frozen chopped, mixed vegetables such as peas, carrots, or green beans

Directions
1. Add vegetable stock or water to medium saucepan.
2. Bring stock or water to a boil over medium-high heat.
3. Stir in quinoa, salt and pepper.
4. Switch heat to low and cover pot with lid.
5. Cook until liquid is evaporated and quinoa is tender, about 15 minutes.
6. Remove lid and stir in veggies with a fork.
7. Place lid back on quinoa so that the heat from the quinoa cooks the vegetables.
8. Serve immediately or place into an airtight container and refrigerate for up to 5 days.
Quick tips for a healthier dessert

Having something sweet at the end of a meal doesn’t have to be unhealthy. Add more fruit into your desserts. Fruit is naturally sweet and good for you. Try drizzling a little melted chocolate over your favorite fruit or even use fruit as topping on a small amount of frozen yogurt.

Dessert

Peach Freeze

Serves: Three

Ingredients

½ cup 1% milk
1 cup sliced peaches (fresh, frozen or canned; if using canned be sure to use peaches that are packed in their own juice instead of syrup)
1 teaspoon honey

Directions

1. Pour the milk into an ice cube tray and freeze until solid.
2. Pop the frozen milk cubes into a blender with the peaches and sugar.
3. Blend until everything is mixed and smooth.
4. Serve immediately!

Fruit Parfait

Serves: Two

Ingredients

1 cup plain, non-fat Greek yogurt
1 teaspoon honey or maple syrup
½ sliced fruit such as strawberries, peaches, apples (fresh or frozen)
½ cup blueberries or raspberries (fresh or frozen)
1 teaspoon sliced almonds or chopped walnuts

Directions

1. Spoon ¼ cup of yogurt into two small cups or bowls.
2. Add the sliced fruit on top.
3. Layer another ¼ cup of yogurt on top of the fruit.
4. Top with the berries, nuts and honey or maple syrup.
5. Serve immediately.
Fitness in the City is a program of Boston Children’s Hospital that promotes healthy eating and physical activity throughout the community.

**Participating Fitness in the City health centers include:**
- Boston Children’s at Martha Eliot Health Center
- Bowdoin Street Health Center
- Brookside Community Health Center
- The Dimock Center
- Joseph M. Smith Community Health Center
- South Cove Community Health Center
- South End Community Health Center
- Southern Jamaica Plain Community Health Center
- Upham’s Corner Health Center
- Whittier Street Health Center

**Fitness in the City staff:**
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This cookbook is brought to you by Boston Children’s Hospital and made possible by a gift from the Leon Lowenstein Foundation, Inc.

For tips on healthy eating and more recipes, visit KohlsHealthyFamilyFun.org.
The Community Mission
Boston Children’s Hospital’s community mission is to improve the health and well-being of children and families in our local community. We bring together hospital and community resources to address health disparities, improve health outcomes and enhance the quality of life for children and families.