Boston Children’s fit kit Cooking

Easy, nutritious recipes for families
## Recipe listing

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Avocado apple smoothie

Hands-on time: 5 minutes  
Total time: 5 minutes  
Makes: 2 servings

What you need
Cutting board
Sharp knife  
(adult needed)
Measuring cups
Blender  
(adult needed)
Measuring spoons
Citrus squeezer  
(if you have one)
Optional
2 tablespoons peanut butter, almond butter, or toasted chopped nuts
1 tablespoon unsweetened coconut flakes

Ingredients
1 ripe avocado, peeled, pitted, and cubed
2 small apples, cored and diced
2 cups milk
1 cup cold water or ice cubes
½ banana
2 tablespoons fresh lemon, lime, or orange juice

How to make
1. Put all the ingredients in the blender and put the top on tightly.
2. Turn the blender to a medium setting and blend until the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 1 hour.

Enjoy for a balanced breakfast.
Berry chia seed pudding

Hands-on time: 5 minutes
Total time: 3 hours
Makes: 1 serving

What you need
Jar with tight-fitting lid
(8-oz mason or canning jar)
Measuring cups
Measuring spoons
Spoon
(for stirring mixture)

Ingredients
2 tablespoons chia seeds
½ cup plain milk
½ teaspoon vanilla extract
½ cup berries (your choice of blueberries, raspberries, blackberries, strawberries)

Optional
1 tablespoon unsweetened coconut flakes
1 teaspoon cinnamon

How to make
1. Combine chia seeds, milk and vanilla extract in a jar. Mix well.
2. Let mixture settle for 2-3 minutes.
3. Mix again.
4. Stir in berries.
5. Screw on the lid. Put in refrigerator for at least 3 hours, or until thick and creamy.
6. Top with unsweetened coconut flakes or cinnamon, if desired.

Enjoy for a paired snack.
Low-glycemic carb: berries
Protein: milk
Fat: chia seeds
Cheesy zucchini boats

Hands-on time: **10 minutes**  
Total time: **35 minutes**  
Makes: **4 servings**

### What you need
- Stove or induction burner (adult needed)
- Large spoon (for scooping out zucchinis)
- Measuring spoons
- Knife (adult needed)
- Wooden spoon
- Colander
- Large nonstick skillet
- Measuring cups
- Cutting board (for cutting zucchinis)
- Spatula
- Aluminum foil
- Can opener

#### Ingredients
- 2 tablespoons olive oil
- 1 pound ground turkey
- 4 tablespoons taco seasoning (use paprika or chili powder, if desired)
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (10 ounce) can diced tomatoes with green chilies
- 1 (28 ounce) can tomato sauce
- 4 medium zucchinis
- ½ cup shredded cheese (your choice of cheddar, cotija, colby jack)

### How to make
1. Heat oil in a skillet over medium-high heat.
2. Add turkey and seasoning. Break turkey apart with a spatula.
3. Cook for 5 minutes until turkey has browned. Turn off heat.
4. Mix beans, tomatoes, and tomato sauce in with the turkey.
5. Cut zucchini in half (lengthwise) and scoop out center.
6. Fill each zucchini boat with turkey mixture and place boats in skillet.
7. Sprinkle boats with cheese and cover with foil.
8. Set stove to low heat and simmer for 25 minutes.

Enjoy for a balanced dinner.

Spice up your zucchini boats with chopped red onion, cilantro, or sour cream.

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**Nutrition**

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<thead>
<tr>
<th>Plate model</th>
<th>Vegetables and/or fruits</th>
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<th>Beans</th>
<th>Starchy vegetable or whole grain</th>
<th>Fat</th>
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Cold bean salad

Hands-on time: 10 minutes
Total time: 15 minutes
Makes: 6 servings

What you need
Can opener
Cutting board (for cutting vegetables)
Large spoon (for mixing salad)
Jar with tight-fitting lid (for shaking dressing)
Measuring cups
Knife (adult needed)
Large bowl
Measuring spoons
Colander (for rinsing beans)

Ingredients
1 (15 ounce) can of kidney beans, rinsed and drained
1 (15 ounce) can of garbanzo beans, rinsed and drained
2 cups frozen cut green beans, thawed
1 small red onion, chopped

1/3 cup apple cider vinegar
1/3 cup olive oil
2 teaspoons honey mustard
Salt and pepper (to taste)

How to make
1. Combine beans and onions in a large bowl.
2. Pour vinegar, oil, mustard, salt and pepper into a jar. Cover and shake well.
3. Add dressing to vegetables and mix.
4. Chill and serve cold.

Enjoy with your favorite protein for a balanced lunch or dinner.

For more of a “crunch”, add chopped bell peppers, cucumbers, or celery to the bean salad.
Mason jar bean salad

Hands-on time: 10 minutes
Total time: 10 minutes
Makes: 1 serving

What you need
Measuring cups
Measuring spoons
Can opener
Jar with tight-fitting lid (16-oz mason or canning jar is perfect)

Ingredients
2 tablespoons ranch dressing
2 tablespoons guacamole
5 grape tomatoes
¼ cup canned black beans
Lettuce, chopped
¼ cup cheese, shredded (use Mexican blend, if desired)

How to make
1. Put dressing and guacamole in the jar.
2. Add tomatoes, and black beans.
3. Add lettuce (almost to the top of the jar).
4. Sprinkle with cheese.
5. Screw on the lid.
6. Serve right away or refrigerate up to 1 day.

Enjoy for a balanced lunch or dinner.

To decrease preparation time, purchase pre-made guacamole and chopped lettuce.
Mason jar garden salad

Hands-on time: **10 minutes**
Total time: **10 minutes**
Makes: **1 serving**

**What you need**

- Measuring cups
- Measuring spoons
- Stove or induction burner (adult needed)
- Small pot (adult needed)
- Grater (for shredding carrots)
- Knife (for slicing cucumber)
- Jar with tight-fitting lid (16-oz mason or canning jar is perfect)

**How to make**

1. Cook quinoa according to package instructions. (This can be done in advance and refrigerated.)
2. Put dressing in the jar.
3. Add vegetables and quinoa to the jar.
4. Add lettuce (almost to the top of the jar).
5. Sprinkle with cheese.
6. Screw on the lid.
7. Serve right away or refrigerate up to 1 day.

**Ingredients**

- ¼ cup cooked quinoa (keen-wah)
- 2 tablespoons balsamic vinaigrette dressing
- ¼ cup carrots, shredded
- ¼ cup cucumbers, sliced
- 5 grape tomatoes
- Lettuce, chopped
- ¼ cup cheese, shredded

**Enjoy for a balanced lunch or dinner.**

To decrease preparation time, purchase chopped lettuce and shredded carrots.

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**Nutrition**

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Nutty chicken

Hands-on time: 10 minutes
Total time: 30 minutes
Makes: 4 servings

What you need

Oven  
(adult needed)
Measuring cups
Tongs  
(for dipping chicken)
Knife
9 X 13 inch baking dish
2 medium bowls  
(for nuts and milk)
Meat thermometer
Cutting board

Ingredients

1 cup milk
1 pound boneless, skinless chicken breasts
1 cup unsalted pecans (use almonds or walnuts, if desired), finely chopped
Cooking spray

How to make

1. Preheat oven to 350 °F.
2. Pour milk into the first bowl.
3. Add chicken to the milk and let soak 5 minutes.
4. Pour chopped pecans into the second bowl.
5. Transfer chicken from milk to chopped pecans, using tongs. Cover chicken completely with pecans.
6. Place chicken on baking dish, coated with cooking spray.
7. Cook for 20 minutes or until chicken reaches 165°F.

Enjoy with your favorite salad and whole grain for a balanced dinner.

Switch out the chicken for a different source of protein. Try your choice of salmon, haddock, catfish, or cod! To complete the dish, top with fresh herbs and lemon juice.
One pan spicy chicken

Hands-on time: **15 minutes**
Total time: **30 minutes**
Makes: **4 servings**

What you need

Oven (adult needed)
Cutting board (for chopping potatoes, chicken, and broccoli)
Aluminum foil
Large sheet pan or baking sheet
Measuring cups
Knife (adult needed)
Measuring spoons
Large bowl
Meat thermometer
Large spoon

Ingredients

3 sweet potatoes, cut into 1 inch cubes
3 tablespoons olive oil
Salt and pepper (to taste)
4 cups broccoli, chopped
1 pound chicken tenders, cut into 1 inch cubes
4 tablespoons Cajun seasoning (use paprika or chili powder, if desired)

How to make

1. Preheat oven to 425 °F.
2. In a large bowl, toss potatoes with 1 Tablespoon oil.
3. Place potatoes on a baking sheet covered with foil. Sprinkle with salt and pepper.
4. Cook potatoes for 15 minutes. Remove potatoes from oven and stir.
5. In the same bowl, toss broccoli with 1 Tablespoon oil.
6. Add broccoli to baking sheet with potatoes.
7. In the same bowl, toss chicken with Cajun seasoning and 1 tablespoon oil.
8. Add chicken to baking sheet with broccoli and potatoes and cook for an additional 15 minutes, or until chicken reaches a temperature of 165°F.

Enjoy for a balanced dinner.

Nutrition

Plate model

1. Vegetables and/or fruits
2. Protein
3. Beans
4. Starchy vegetable or whole grain
5. Fat

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Overnight oats in a jar

Hands-on time: 5 minutes
Total time: overnight
Makes: 1 serving

What you need
Measuring cups
Measuring spoons
Jar with tight-fitting lid
(8-oz mason or canning jar is perfect)

Ingredients
¼ cup rolled oats
¼ cup milk
1/8 teaspoon cinnamon
1 tablespoon chia seeds
½ cup frozen berries
(your choice of blueberries, strawberries, raspberries)

How to make
1. Put the oats, milk, cinnamon, and chia seeds in the jar.
2. Stir.
3. Top with berries.
4. Screw on the lid.
5. Put the jar in the refrigerator overnight.

Enjoy the next morning for a balanced breakfast.
**Salsa egg bites**

**Hands-on time: 10 minutes**  
**Total time: 30 minutes**  
**Makes: 12 servings**

**What you need**
- Oven  
  (adult needed)
- 12-cup muffin pan
- Large spoon  
  (for scooping egg mixture into pan)
- Cutting board
- Whisk or fork  
  (for whisking eggs)
- Large bowl
- Knife  
  (adult needed)

**How to make**
1. Preheat oven to 350 °F.
2. Coat muffin pan with cooking spray.
3. Crack eggs into a bowl and whisk together.
4. Add spinach, mushrooms, and salsa.
5. Scoop the mixture evenly into the muffin pan.
6. Sprinkle cheese on top.
7. Bake for 15-20 minutes.

**Ingredients**
- Cooking spray ■
- 10 eggs ■
- 2 cups fresh baby spinach, chopped ■
- 1 (4 ounce) can mushrooms, drained ■
- 1 cup salsa, drained (use no sugar added) ■
- ½ cup shredded cheese (your choice of cheddar, feta, cotija) ■

**Enjoy with black beans and guacamole for a balanced breakfast on the go.**

Spice up your salsa egg bites with chopped jalapeños, cilantro, or hot sauce.

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Tangy shrimp kebabs

Hands-on time: **15 minutes**
Total time: **50 minutes**
Makes: **6 servings**

**What you need**

- Cutting board (adult needed)
- Large bowl
- Knife (adult needed)
- Measuring spoons
- Measuring cups
- Plastic wrap
- Whisk or fork
- Skewers
- Grill (adult needed)

**Ingredients**

- ¼ cup olive oil
- 2 teaspoons minced garlic
- 2 tablespoons fresh squeezed lemon juice
- 1 teaspoon crushed red pepper flakes (optional)
- 2 pounds frozen (uncooked) extra-large shrimp, thawed
- 1 large white onion, cut in ¾ inch squares
- 2 bell peppers (your choice of red, orange, green, yellow), cut into ¾ inch squares
- 2 zucchinis, cut in ½ inch rounds

**How to make**

1. In a large bowl, whisk together oil, garlic, and lemon juice.
2. Add shrimp, peppers, onions, and zucchini to the bowl. Mix together.
3. Cover bowl with plastic wrap. Refrigerate for 30 minutes.
4. String the shrimp and vegetables onto skewers.
5. Preheat grill to medium-high heat.
6. Grill shrimp and vegetables for 3 minutes per side.

Enjoy with your favorite salad and whole grain for a balanced dinner.

When using wooden skewers, soak the skewers in water for at least 30 minutes before stringing shrimp and vegetables onto the skewers.
Tasty turkey burger

Hands-on time: **15 minutes**
Total time: **30 minutes**
Makes: **4 servings**

**What you need**
Fork  
(for mashing beans) 
Large spoon  
(for mixing meat) 
Can opener  
Measuring spoons  
Spatula  
Grill  
(adult needed)  
Large bowl  
Meat thermometer

**How to make**
1. In a large bowl, mash beans with a fork.  
2. Add onion powder, garlic powder, chili powder, cumin, and salt and pepper.  
3. Add turkey and oil to bean mixture. Mix together with a large spoon.  
4. Shape turkey mixture into 4 burger patties.  
5. Grill for 4 minutes on each side, or until burgers reach a temperature of 165°F.

**Ingredients**
1 (15 ounce) can of beans (your choice of cannellini, black, pinto, kidney)  
2 teaspoons onion powder  
2 teaspoons garlic powder  
1 teaspoon chili powder  
1 teaspoon ground cumin  
Salt and pepper (to taste)  
1 pound ground turkey  
2 Tablespoons olive oil  

Enjoy with your favorite grilled vegetables for a balanced dinner.

Nutrition

Plate model

1 2 3

1  Vegetables and/or fruits  
2  Protein  
3  Beans  
4  Starchy vegetable or whole grain  
+  Fat
Trail mix

Hands-on time: 5 minutes
Total time: 5 minutes
Makes: 7 servings

What you need
Measuring cups
7 snack-size zip lock plastic bags
Medium bowl

Ingredients
½ cup roasted, lightly salted whole almonds
(or whatever nuts you like best)
½ cup raisins or dried currants
¼ cup dried cranberries or chopped dried apricots
(or whatever dried fruit you like best)
¼ cup toasted green pumpkin seeds
(these are also called pepitas)

How to make
1. Put all the ingredients in the bowl and toss until well mixed.
2. Put ¼ cup of the mixture in each bag and seal the bag.
Keep at room temperature up to 1 week.

Enjoy for a paired snack.
Moderate-glycemic carb: dried fruit
Fat: nuts, seeds
Vegetable chicken stir fry

Hands-on time: 20 minutes
Total time: 50 minutes
Makes: 4 servings

What you need
Measuring cups
Measuring spoons
Stove or induction burner (adult needed)
Small pot (adult needed)
Spoon (for stirring rice)
Large nonstick skillet
Spoon (for making stir-fry)
Bowl
Kitchen scissors (for opening bag of vegetables)

How to make
1. Cook rice (or pasta) according to package directions. Two-thirds cup dried rice yields about 2 cups cooked rice.
2. Heat oil in a large nonstick skillet on medium-high heat.
3. Add chicken to the skillet. Stir fry 5 minutes until cooked through.
4. Transfer chicken from the skillet to a bowl.
5. Add vegetables to the skillet. Stir fry 3 minutes.
6. Return chicken to the skillet.
7. Stir hoisin sauce into the mixture.
8. Serve stir fry over rice.

Ingredients
2/3 cup brown rice or pasta
1/4 cup canola oil
1 pound chicken tenders cut into 1-inch pieces
1 bag (1 pound) frozen stir fry vegetables
3 tablespoons hoisin sauce

Enjoy for a balanced dinner.

Cook brown rice according to package instructions. This may be done in advance to save time. Also consider using Perdue Short Cuts®.

Plate model
1 Vegetables and/or fruits
2 Protein
3 Beans Starchy vegetable or whole grain
+ Fat
Veggie hash with eggs

Hands-on time: **20 minutes**
Total time: **35 minutes**
Makes: **4 servings**

**What you need**
- Stove or induction burner (adult needed)
- Cutting board
- Knife (adult needed)
- Medium nonstick skillet
- Measuring spoons
- Can opener
- Measuring cups
- Spatula

**Ingredients**
- 4 tablespoons olive oil
- 2 sweet potatoes, cut into ½ inch cubes
- 1 cup chopped red bell pepper
- 1 cup chopped yellow onion
- 1 teaspoon garlic powder
- 1 cup black beans
- ½ cup water
- Salt and pepper (to taste)
- 4 large eggs
- 4 tablespoons grated parmesan cheese

**How to make**
1. Heat 3 tablespoons oil in a skillet over medium heat.
2. Add potatoes, bell pepper, and onion. Cook 10 minutes.
3. Add garlic powder, beans, and water. Cover skillet and cook for an additional 5 minutes.
4. Sprinkle with salt and pepper. Set hash aside.
5. Heat 1 tablespoon oil in a skillet over medium heat.
6. Crack eggs into skillet and cook for 4 minutes.
7. Serve hash with 1 tablespoon of cheese on top of each egg.

Enjoy for a balanced breakfast or dinner.
Yogurt parfait

Hands-on time: **10 minutes**
Total time: **10 minutes**
Makes: **1 serving**

What you need
Short glass
Spoon
Measuring cups

Ingredients
1 cup plain full-fat Greek yogurt
1 cup fresh berries or chopped fruit (your choice of blueberries, raspberries, apple, peach)
Mixed nuts
Dried fruit

How to make
1. Put a layer of yogurt in a glass.
2. Add a layer of berries or fruit.
3. Add another layer of yogurt.
4. Add a layer of mixed nuts and dried fruit.
5. Repeat the layers until you have used up all of the ingredients.

Enjoy for a balanced breakfast or lunch.

Nutrition

![Plate model]
1. Vegetables and/or fruits
2. Protein
3. Beans
4. Starchy vegetable or whole grain
5. Fat