



KIDS GET
Cookin'!

**Fast and
Fun Recipes**

Network for a Healthy California—
Children's Power Play! Campaign

HEY KIDS! IT'S TIME TO Get Cookin'!

This cookbook has 20 tasty recipes that are quick and easy. Plus, they are packed with fruits and vegetables. Fruits and vegetables are healthy foods that help your body grow and feel good. They give you energy to do better in school and sports.

A healthy body starts with making half your plate fruits and vegetables. Check out www.choosemyplate.gov to learn more about healthy foods. Also, take a look at How Much Do I Need Every Day? on page 3 to see how many fruits and vegetables to eat every day.

Before you get started, be sure to read the Cooking How To's and Keep It Safe in the Kitchen.

Then, grab a friend or family member and get cookin'!

FRESH & Fruity Slaw

Servings: **6**

Serving Size: $\frac{1}{2}$ cup

Prep Time: **10** minutes

What You Need

- 1 medium apple
- 1 medium pear
- 1 cup jicama (about $\frac{1}{2}$ small jicama)
- 3 tablespoons 100% orange juice
- $\frac{1}{4}$ cup raisins or dried cranberries
- Dash cinnamon or nutmeg

Get Cookin'

- 1.** In a medium bowl, grate apple, pear and jicama. Be careful as the grater is sharp. Use as much of the fruit as you can without hitting the core or seeds.
- 2.** Add orange juice, cranberries, and cinnamon. Stir well. Serve right away.

Tip

Choose a firm pear for best results. If you can't find jicama, just double the amount of apple or pear.



POTATO BROCCOLI Smash

Servings: **12**

Serving Size: $\frac{1}{2}$ cup

Prep Time: **5** minutes

Cook Time: **5** minutes



What You Need

- 4 cups frozen hash browns (shredded potatoes)
- 2 cups frozen chopped broccoli
- $\frac{1}{2}$ cup nonfat or lowfat milk
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup shredded, light, sharp Cheddar cheese

Get Cookin'

- 1.** Combine hash browns and broccoli in a medium microwave safe bowl. Stir in $\frac{1}{4}$ cup water. Cover with paper towel and microwave for 5 minutes on high.
- 2.** Add milk and salt to potato mixture. Smash with a potato masher or fork.
- 3.** Stir in cheese and serve hot.

Tip

Try other vegetables such as carrots, spinach, or cauliflower instead of broccoli.



MAKE YOUR OWN Smoothie

Servings: **2**

Serving Size: **2** $\frac{1}{2}$ cups

Prep Time: **5** minutes

What You Need

- 1 cup 100% fruit juice, such as orange, pineapple, or grape
- 1 $\frac{1}{2}$ cups unsweetened, frozen fruit, such as strawberries, mixed berries, mango, or peaches
- $\frac{1}{2}$ cup nonfat or lowfat (1%) milk or yogurt

Get Cookin'

1. Place all ingredients in a blender and cover with a tight fitting lid.
2. Blend until smooth.
3. Pour into cups or glasses and serve.

Tip

You can use 1 $\frac{1}{2}$ cups fresh fruit and 10 ice cubes instead of frozen fruit.