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’!

How Much Do I Need Every Day?

The amount of fruits and vegetables you should eat every day depends on your age, if you are a boy or a girl, and how much power play you get every day.

The tables below are the recommendations for less active kids. Visit www.choosemyplate.gov to see the larger amounts needed by more active kids.

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<th>Age</th>
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Make half your plate fruits and vegetables at each meal!

Make it easy and mix it in! Put extra vegetables into sandwiches or pastas. Add sliced fruits to cereal, drinks, or desserts.

What is power play?

It's a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. This is also called physical activity.
**FRESH & Fruity Slaw**

**What You Need**
- 1 medium apple
- 1 medium pear
- 1 cup jicama (about 1 small jicama)
- 3 tablespoons 100% orange juice
- ¼ 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.

**BANANA NUT Roll-up**

**What You Need**
- 1 whole wheat tortilla
- 1 ½ tablespoons peanut butter
- 1 teaspoon honey*
- 1 medium banana, peeled

**Get Cookin’**
1. Warm the tortilla to soften (microwave for 15-20 seconds).
2. Spread peanut butter evenly across the tortilla.
3. Drizzle honey over peanut butter.
4. Lay banana across the bottom half of the tortilla. Tightly roll tortilla around banana. Press gently to close roll-up.
5. Cut in half and enjoy.

*Do not give honey to children under the age of one year.

**Tip**
You can also use 2 slices of whole wheat toast or an English muffin split in half instead of the tortilla. Spread the peanut butter on the toast or muffin, slice the banana, layer it on the peanut butter and drizzle with honey. Enjoy!
PEACHY Oatmeal

What You Need
- 1 (15-ounce) can peach slices, packed in 100% juice
- 1 cup water
- 1 1/2 tablespoons brown sugar, syrup, or honey*
- 1/2 teaspoon ground cinnamon or nutmeg
- 1/2 teaspoon salt
- 1 cup quick cooking oats
- 3 tablespoons chopped nuts such as pecans, walnuts, or almonds (optional)

Get Cookin’
1. Open the can of peaches carefully. Pour peaches and juice into a medium, microwave safe bowl.
2. Stir in water, sugar, cinnamon, salt, and oats.
3. Microwave on high heat for 3-4 minutes or until the liquid has been soaked up by the oatmeal.
4. Remove hot bowl from the microwave using pot holders. Stir again. Use the side of a spoon to cut up peaches into smaller pieces.
5. Spoon oatmeal into three small bowls.
6. If using nuts, top each bowl of oatmeal with 1 tablespoon nuts. Serve immediately.

* Do not give honey to children under the age of one year.

SERVINGS: 3
SERVING SIZE: 1 cup
PREP TIME: 5 minutes
COOK TIME: 3-4 minutes

POTATO BROCCOLI Smash

What You Need
- 4 cups frozen hash browns (shredded potatoes)
- 2 cups frozen chopped broccoli
- 1 cup nonfat or lowfat milk
- 1/2 teaspoon salt
- 1/2 cup shredded, light, sharp Cheddar cheese

Get Cookin’
1. Combine hash browns and broccoli in a medium microwave safe bowl. Stir in 1/2 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.

SERVINGS: 12
SERVING SIZE: 1/2 cup
PREP TIME: 5 minutes
COOK TIME: 5 minutes

Tip
Try other vegetables such as carrots, spinach, or cauliflower instead of broccoli.
MAKE YOUR OWN
Smoothie

What You Need
1 cup 100% fruit juice, such as orange, pineapple, or grape
1½ cups unsweetened, frozen fruit, such as strawberries, mixed berries, mango, or peaches
½ 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 1½ cups fresh fruit and 10 ice cubes instead of frozen fruit.

CONFETTI
Rice Salad

What You Need
1 cup frozen mixed vegetables (peas, corn, carrots, and green bean mix)
2 cups cooked brown rice or leftover rice
1 cup cherry or grape tomatoes, cut in half or quarters
3 tablespoons light Italian dressing or vinaigrette dressing

Get Cookin’
1. Put mixed vegetables in a medium bowl. Pour warm water over vegetables. Set aside for 2 minutes.
2. Drain water from vegetables. Stir in rice, tomatoes, and dressing. Enjoy!

Tip
This salad can be served as a warm side dish in a bell pepper half (seeds removed). Try different chopped vegetables, herbs, and dressings too!