

Strawberry Peach Salsa

Ingredients:

- 2 cups fresh strawberries , chopped
- 2 cups fresh peaches, peeled and chopped
- 1 cup cilantro, chopped
- ½ cup red onion, chopped
- 1 avocado, diced
- ¼ cup sugar
- ¼ cup fresh orange juice
- 2 tablespns olive oil
- Salt and pepper to taste

Directions:

Wash all produce. Remove the strawberry stems and peel the peach. Carefully chop produce and place in a large bowl. Add sugar, juice, and olive oil and toss gently. Serve with your favorite corn chips or crackers.



Food for Thought:

- Aim for at least 2 servings of fruit every day.
- Fruit provides an excellent source of vitamins and minerals.
- Fruits are high in antioxidants. Antioxidants protect your body from getting sick.

Tasty Thoughts: _____



Nut Free Trail Mix

Ingredients:

- 2 cups of your favorite nut-free Go Cereals* (Wheat Chex, Heart to Heart, Cheerios, Quaker Oatmeal Squares, etc.)
- ¼ cup dried fruit (raisins, craisins, chopped dates, banana chips, chopped apricot, etc.)
- ¼ cup sunflower seeds or pepita

Directions:

Mix ingredients together and enjoy!

Get creative! What would you like in your healthy trail mix.

*Go Cereals have 3 grams or more of fiber and 9 grams or less of sugar



Pump it Up: Play outside with your friends or family! Try a game of tag, a bike ride, a park, a walk, sledding, swimming, gardening. Get creative! What's your favorite outdoor activity?



Food for Thought: This sensational snack has fiber which keeps you full and protein which helps build muscle.

Tasty Thoughts: _____



Black Bean Quesadillas

Ingredients:

- 1 can (15 oz) black beans, rinsed
- 1 can (15 oz) corn
- 1 tablespoon cumin
- 1 jar (16 oz) salsa
- 1 package soft whole wheat tortillas
- 1 package shredded cheese

Directions:

Preheat oven to 350. Rinse the beans and corn. Drain well and place in a large mixing bowl. Add 1 tablespoon cumin and the jar of salsa. Stir gently. Place tortillas on a baking pan. Put $\frac{3}{4}$ cup of quesadilla filling on half of the tortilla, sprinkle $\frac{1}{4}$ cup of cheese and fold in half. Bake for 10 minutes or until golden brown. Makes 6.

*You can also cook quesadillas on a microwave safe dish and microwave for 30-60 seconds.



Food for Thought:

A few simple changes can turn your favorite Mexican food into a healthier choice:

- Use half the amount of cheese
- Add beans instead of bacon or other high fat meats
- Add more veggies (such as salsa)
- If available, opt for whole grain tortilla

Tasty Thoughts: _____



Southwestern Salad

Ingredients:

- 2 cups brown rice, pre-cooked
- 2 15 oz. cans of black beans, rinsed
- 1 large pepper, diced
- 1 small red onion, chopped
- 1 cup cilantro, chopped
- salt and pepper to taste

Dressing:

- 1/3 cup olive oil
- 4 T fresh orange juice (about 2 oranges)
- ½ chipotle pepper from can, finely chopped
- 1 t adobe sauce
- 2 T red wine vinegar
- 1 t cumin
- 1 t chili powder

Directions:

Whisk all dressing ingredients together and set aside. Put rice, beans, peppers and onion in a large bowl. Add half of the dressing, toss. Add the avocados, cilantro, more dressing (to taste), salt and pepper (also to taste) and gently toss.



Pump it Up: Take a few minutes to unwind. Lie on your back, palms up, eyes closed, and take several deep breaths.



Food for Thought: Avocados are an excellent source of vitamin E. Vitamin E promotes healthy skin and hair.



Green Egg Sandwich

Ingredients:

- 18 eggs
- 1/2 cup milk
- 1 1/2 cup shredded spinach
- 2 1/4 cup shredded cheese
- 3 tomatoes, sliced
- 9 whole wheat English muffins

Directions: Spray a microwave safe bowl with cooking oil. Crack the eggs into the bowl and add milk, beat well. Add shredded spinach and salt and pepper. Microwave on high for 60 seconds. Use an oven mitt to handle the bowl. Stir gently and continue to cook for 30 second intervals until eggs are light and fluffy. Once done, add 2 Tbsp of cheese on each English muffin, 1 tomato slice, and a spoonful of eggs

Serves 9



Pump it Up: While your eggs cook, do 30 calf raisers



Food for Thought: Eggs are great source of protein. Protein is the building block in our bodies. It helps build muscles, bones, hair, even finger nails!

Tasty Thoughts: _____



Blueberry Millet Muffins

Ingredients:

In a large bowl mix together:

- 4 1/2 cups whole wheat flour
- 2/3 cup dry millet
- 2 teaspoon baking powder
- 2 teaspoon baking soda
- 2 teaspoon salt

In a separate bowl or measuring cup mix together:

- 2 cup buttermilk
- 2 egg, lightly beaten
- 1 cup vegetable oil
- 1 cup honey or maple syrup

Have ready:

- 1 1/3 cup blueberries

Directions:

Preheat oven to 400 degrees. Line 24 cups of a muffin pan with paper or foil cupcake liners. Lightly stir buttermilk mixture into flour mixture until just combined. Fold in blueberries. Spoon batter into muffin cups and bake 15 minutes or until the tops of the muffins spring back when you touch them.



Pump it Up: Turn on your favorite music and cut loose for 5 minutes.



Food for Thought: Breakfast is one of the most important meals of the day! If you're running late in the morning, pack these muffins for a great breakfast on the go!



Green Smoothie

Ingredients:

- 1-2 Tablespoons Lemon Juice
- 1 cup of washed spinach
- 2 teaspoons honey
- 6 oz of water
- ½ banana

Directions: Place all the ingredients in a blender, and blend until smooth. You can add a few ice cubes if you like your green juice extra cold. Makes approximately 8 ounces.



Pump it Up: Run in place for 2 minutes!



Food for Thought: Spinach contains iron. Iron helps carry oxygen throughout your body which leads to proper growth and good health

Tasty Thoughts: _____



Ranch Turkey Pita

Ingredients:

- 3 whole wheat pitas
- 12 slices of turkey
- 6 cups of chopped romaine lettuce
- 1 ½ cups shredded carrots

Dressing:

- ½ cup Greek yogurt
- ¼ cup mayonnaise
- ⅓ cup buttermilk
- 1 tsp garlic powder
- 2 tsp parsley
- 1 tsp onion powder
- salt and pepper to taste

Directions: Divide pitas in half. Place lettuce and carrots in a large bowl. In a separate bowl, whisk yogurt, mayonnaise and buttermilk until smooth. Add seasoning and mix until well combined. Add half the dressing to salad bowl and toss. Reserve the remaining dressing for dipping your favorite veggies! Fill each pita with 2 slices of turkey and a generous cup of salad. Serves 6



Pump it Up: Find an empty space against the wall. Slide your back down the wall until you are in a ‘chair’ position. Hold for 30 seconds.



Food for Thought: Greek yogurt is an excellent source of protein. Protein helps build strong muscles.



Sweet Potato Chips

Ingredients:

- 1 large sweet potato
- Cooking Spray
- Salt and Pepper

Directions

**Get an adult to help slice the potato into thin rounds.*
Preheat oven to 300 degrees. Place aluminum foil over 2 baking sheets. Scatter the sweet potato rounds on the baking sheet and spray evenly with the cooking oil. Add a pinch of salt and pepper to taste. Bake for 15 minutes. With the help of an adult flip the potatoes. Bake for an additional 15 minutes. Allow the chips to cool (this is when they get nice and crispy)!



Pump it Up: While your sweet potatoes crisp, play keep it up with a balloon. See how many times you can 'bump' the balloon without letting it touch the floor.



Food for Thought: Sweet potatoes are an excellent source of vitamin A. Vitamin A promotes good vision and healthy skin and hair.

Tasty Thoughts: _____



Yogurt Dip

Ingredients:

- 32 oz. container of plain yogurt
- ¼ cup honey
- 1 T cinnamon

Directions:

Stir ingredients together and serve
with your favorite fruits and/or
veggies



Pump it Up: Hold a heavy can in each
with arms raised in front of you and
twist side to side 20 time.



Food for Thought: Yogurt contains
'good' bacteria that helps your body
digest food and maintain a healthy
digestive tract.

Tasty Thoughts: _____



Sweet and Sticky Drumsticks



Ingredients:

8 chicken drumsticks
1 cup orange juice
¼ cup maple syrup
1 Tablespoon ginger
3 Tablespoon soy sauce

Directions:

Preheat oven to 400 degrees. In a small bowl, whisk juice, syrup, ginger and soy sauce. Coat baking dish with cooking oil. Place drumsticks in the pan and pour sauce on top. Bake for 20 minutes or until chicken reaches an internal temperature of 165 degrees.

Serves: 4 (2 drumsticks per person)



Pump it Up: While your chicken cooks, create your own circuit routine. Think of 5 exercises and perform each exercise for 60 seconds with a 30 second break. Repeat 3 times.



Food for Thought: When working with raw chicken, remember to wash your hands thoroughly and disinfect all working surfaces. Always keep raw meat separate from other uncooked foods.

Tasty Thoughts: _____



Asian Coleslaw

Ingredients:

- 3 cups of shredded cabbage
- 3 cups of shredded carrots
- 1 15 oz. cans of mandarin oranges , reserve ¼ cup of juice

Dressing:

- ¼ cup olive oil
- ¼ cup mandarin juice
- 2 T sugar
- 2 T rice vinegar
- 2 T soy sauce
- 1 t ginger
- salt and pepper to taste

Directions: Drain ¼ cup of mandarin orange juice and set aside in a small bowl. Add the remaining dressing ingredients to the small bowl and whisk well. In a large bowl, place carrots, cabbage and oranges. Add dressing and toss well. Serves 6



Pump it Up: Stand so your feet are shoulder width apart. Squat down as if you were to sit in a chair. Raise your arms so they are directly in front of you and even with your shoulders. Lift your heels off the ground and try to balance for 30 seconds.



Food for Thought: Cabbage provides a great source of Vitamin C . Vitamin C keeps your immune system strong and helps you heal if you get a cut or bruise.

Tasty Thoughts: _____

