

EIGHT HEALTHY

KID APPROVED

RECIPES



INGREDIENTS:

- 12 wonton wrappers (set out to room tempiture)



- 6 low fat string cheese; cut in half



- 2 tbsp grated parmesan cheese



- Optional - Marinara sauce for dipping



SKINNY CHEESE STICKS

- 1. Preheat oven to 400 degrees. Line a baking sheet pan with foil, and spray with cooking spray.
- 2. Lay a wonton wrap on a flat surface in front of you, like a diamond. Put the cheese stick (cut in half) in middle of the wrap.
- 3. Take the bottom corner and fold it up over the cheese stick and tuck the side corners around cheese stick. Dab finger in water, and draw a line on the end flap of the wonton. Continue to roll until it is completely wrapped in wonton wrapper. (Note: The water acts like a glue to help the wonton stay wrapped.) Spray cheese sticks with cooking spray
- 4. Bake for 6 minutes, then remove from the oven. Turn each cheese stick, and sprinkle parmesan cheese evenly over them. Spray with cooking spray, and return to the oven for 5-6 minutes, then broil for the last 45-60 seconds, or until the tops get lightly golden brown. Serve with marinara sauce for dipping if desired!

INGREDIENTS:

- 1/2 lb lean ground chicken



- 1/2 cup mashed sweet potatoe



- 1 large egg white



- 1/4 tsp salt & Pepper



- 1/4 tsp garlic powder



- 1 cup grated parmesan cheese



CHICKEN & SWEET POTATO NUGGETS

- 1. Preheat oven 425 degrees. Line a baking pan with foil, and spray with cooking spray. (Or use a silpat mat, or parchment paper.)
- 2. Place all of the ingredients in a medium bowl and stir to combine (everything except for coating). Pour the parmesan cheese and parsley (if using) in a separate small bowl.
- 3. Scoop the meat mixture into balls a little smaller than a golf ball, and roll each nugget in parmesan coating. Place on prepared baking pan.
- 4. Bake nuggets for 20-25 minutes, then turn on your ovens broiler for 1-2 minutes to get coating lightly golden brown. (Note: watch carefully when oven is on broil so the nuggets don't burn.)
- 5. Enjoy with dipping sauce of your choice! I prefer honey or low sugar or organic ketchup!

INGREDIENTS:

- 1 large head of cauliflower



- 1 cup cooked chicken breast



- 15oz tomato puree



- 1/4 cup parmesan cheese



- 1 tsp italian seasoning & garlic powder



- 3/4 cup shredded mozzarella cheese



CHEESY CHICKEN PIZZA BAKE

- 1. Preheat your oven to 425 degrees. Spray a 9×9 baking dish with cooking spray.
- 2. Place cauliflower in baking dish you plan to use and cover with plastic wrap. Microwave 5-7 minutes or until cauliflower is tender, but not mushy, (Or you could use a microwave safe bowl). This can also be done on the stovetop in a covered pot with water, and steam for 3-5 minutes or until cauliflower is tender but not mushy.) Drain any water off of cauliflower after steaming.
- 3. In a small bowl mix the chicken, sauce, parmesan cheese, and seasonings together. Add steamed cauliflower and mix to combine. Place mixture in baking dish and top with 3/4 cup mozzarella cheese.
- 4. Place baking dish in the oven and bake for 20 minutes, or until cheese is melted.
- 5. If you desire your cheese more browned on top, turn on you ovens broiler for about 1 minute before removing from the oven. Enjoy!

INGREDIENTS:

- 2 cups of strawberries



- 1/2 cup lemon juice, freshly squeezed



- 2-4 TBSP zero calorie sweetener of choice



- 6 TBSP unflavored gelatin



STRAWBERRY FRUIT SNACKS

- 1. Place strawberries, lemon juice, and sweetener in a medium pot, and turn heat to high. Bring to a boil, and reduce heat to medium high, while crushing strawberries as they cook, and stirring. Stir in gelatin one pack at a time, until it is completely dissolved.
- 2. Pour everything from pot into a blender, blending until smooth. Pour mixture through sifter if you do not want seeds (our skip this step if you don't mind), and put in molds, (I used silicone candy molds, but you could also pour mixture into a 9×9-inch pan.)
- 3. Place molds/pan into fridge and refrigerate for at least 4 hours, or overnight. Remove from mold or cut small squares from baking pan and enjoy!
** (Note: These can be left at room temperature, or refrigerated if you prefer them cold. They will stay good for up to 10 days in the fridge, or 5 days at room temperature.)

INGREDIENTS:

> Noodles



- 3 large zucchini
- 1/2 tsp salt

> Lasagna Sauce



- 1 lb lean ground turkey or beef
- 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 (24 oz) jar of spaghetti sauce

> Cheese Layer



- 15 oz fat free cottage cheese
- 1 large egg
- 1/4 cup parmesan cheese

> Topping



- 3/4 cup mozzarella cheese, grated
- 1/2 cup turkey pepperoni slices



HEALTHY PIZZA LASAGNA

- > 1. Preheat oven to 375 degrees. Spray a 9×13-inch baking pan with cooking spray.
- > 2. To make the zucchini noodles: Cut zucchini into 1/8 inch thick strips. Lay zucchini out on paper towels and sprinkle with salt. Cover with additional paper towels. This will help remove some of the moisture from the zucchini). Blot the zucchini dry before layering. (If using whole wheat lasagna noodles, prepare the water for the lasagna noodles and boil according to directions, only cook halfway since they will cook in the oven.)
- > 3. To make the meat sauce layer: In a large sauté pan, cook ground turkey until it is cooked through over medium heat, breaking it up as it cooks. Add sauce and seasonings. Stir everything together and allow to simmer for a few minutes.
- > 4. To make the cheese layer: In a medium bowl, mix together the cottage cheese, egg, and parmesan.
- > 5. To assemble the lasagna: Spread some of the meat sauce on the bottom of your pan. Layer 1 layer of zucchini across the sauce. Top zucchini with about 1/3 of cottage cheese mixture, then top the cottage cheese layer with a layer of pepperonis. Repeat layers and top with mozzarella cheese, additional pepperonis, and optional toppings if desired.
- > 6. Bake: Cover pan with foil and bake for 35 minutes. Remove foil and bake uncovered for another 15-20 minutes until cheese is golden. Remove from oven and let rest for about 5 minutes before cutting, and enjoy!

INGREDIENTS:

- 1 large green bell pepper



- 1/4 cup pizza sauce



- 1/4 cup grated cheese



- pinch of red pepper flakes



- pinch of basil and parsley



- * OPTIONAL - toppings - turkey pepperoni, olives, veggies, etc.



PIZZA IN A PEPPER

- 1. Pre-heat your oven or toaster oven to 350 degrees Fahrenheit.
- 2. Slice off each of the four sides of your pepper and lay flat on a baking sheet.
- 3. Top with sauce, then cheese, followed by any and every veggie in your crisper! I added broccoli and tomatoes to mine.
- 4. Bake for 10 minutes, flipping your oven to broil towards the end to make the cheese nice and bubbly.
- 5. Add a pinch of red pepper flakes and basil/parsley if desired and dig in!

INGREDIENTS:

- 1 large spaghetti squash



- Cheese Sauce



- 1 large egg
- 3/4 cup low fat plain greek yogurt
- 1/2 cup low fat cottage cheese
- 1/4 cup parmesan cheese, grated
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 cup shredded sharp cheddar cheese

- Optional



- 1/4 cup whole grain bread crumbs, & 1/8 cup parmesan cheese, grated



SPAGHETTI SQUASH & CHEESE

- 1. Preheat your oven to 425 degrees. Spray a 9×9 baking dish with cooking spray, set aside.
- 2. Prepare Spaghetti Squash: Prepare spaghetti squash by microwaving for 5-10 minutes, or until soft, (be sure to pierce with a knife before microwaving to release steam). Or bake in the oven at 350 degrees for 30-45 minutes, or until squash is soft. Once the skin on the squash has softened, cut it in half lengthwise (be careful, it will be hot, and let off steam). Once it has cooled enough to handle, remove seeds and discard. Use a fork to loosen the 'spaghetti' portion of the squash. Set aside. (If you want to use pasta: Cook pasta according to package instructions, or until just tender (al dente), drain and rinse lightly with cool water.)
- 3. Prepare Cheese Sauce: Meanwhile, combine everything in a medium bowl for the sauce.
- 4. Put it Together: Combine the spaghetti squash and sauce, and pour into prepared baking dish. Top with breadcrumbs and parmesan cheese.

INGREDIENTS:

> Meat



-1 lb Chicken

> Filling



-1/2 cup canned diced tomatoes

-3/4 cup enchilada sauce

-1/2 cup salsa

*-1 tsp enchilada seasoning

-1/2 cup low fat cottage cheese

-1 cup corn

-1 cup black beans, drained & rinsed

> Topping



-8 low carb tortilla's cut into quarters

-1/2 cup shredded mozzarella cheese

-1 1/2 cup low sodium chicken broth

> -OPTIONAL TOPPINGS - sliced black olives, green peppers, or green onions



CHICKEN ENCHILADA BAKE

- > 1. Preheat oven to 375. Spray a 9x9 inch baking dish with non-stick cooking spray.
- > 2. In a medium bowl, mix chicken with the first 6 ingredients. in a separate small bowl, mix corn and black beans together.
- > 3. Pour the chicken broth in a shallow bowl. Dip the tortillas in the chicken broth, just long enough to get them moist, (almost as you would dip bread in an egg mixture for french toast).
- > 4. Layer 4 tortillas on the bottom of the prepared baking dish, followed by the chicken mixture, and ending with the corn and bean layer. Repeat the layers, ending with the tortilla layer.
- > 5. Top with the shredded cheese, (and olives and green onions if desired). Bake for 25-30 min or until cheese is melted.

UNIT CONVERSIONS

SKINNY CHEESE STICKS -

2 sticks = 1U fat, carbs & protein

CHICKEN & SWEET POTATO NUGGETS

5 nuggets = 3U fat, 1U carbs, 2U protein

CHEESE CHICKEN PIZZA BAKE

1 of 6 servings = 2U fat, carbs & protein

STRAWBERRY FRUIT SNACKS

1 of 3 servings (10 fruit snacks) = 1U carbs & 3U protein

HEALTHY PIZZA LASAGNA

1 of 8 servings = 3U fat, carbs & protein

PIZZA IN A PEPPER

1 peppers = 3U fat, 2U carbs, 5U protein

SPAGHETTI SQUASH & CHEESE

1 of 8 servings = 3U fat, 2U carbs & 1U protein

CHICKEN ENCHILADA BAKE

1 of 6 servings = 1U fat, 2U carbs & 4U protein