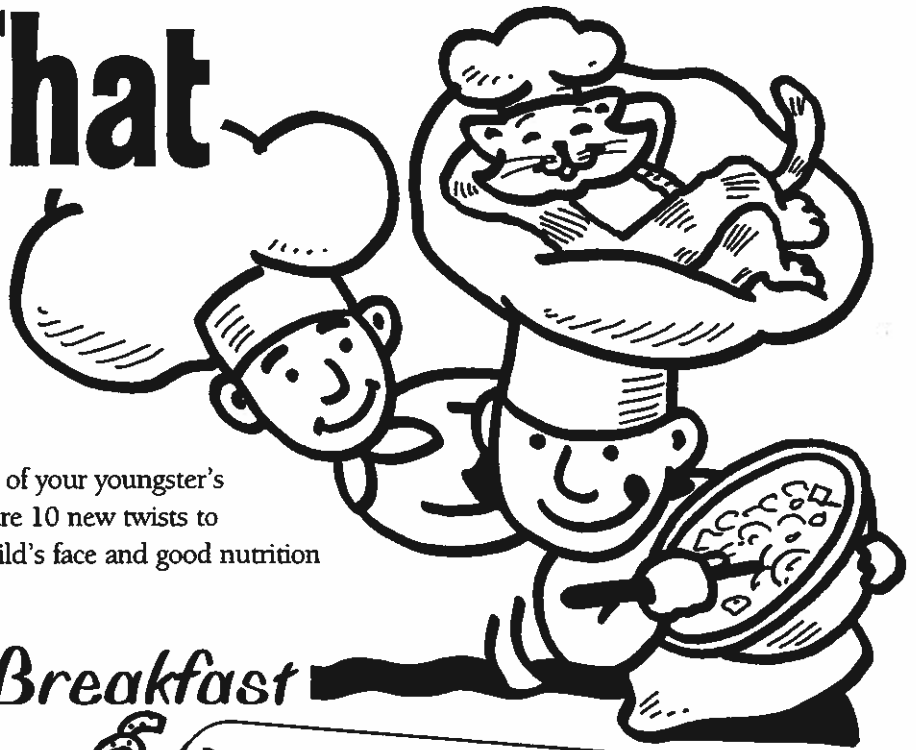


Recipes That Score!

Your child wants fast food. You want him to have fruits and vegetables.

Can you both get your way? Yes! Just take some of your youngster's favorites, and turn them into healthy treats. Here are 10 new twists to try—each is guaranteed to put a smile on your child's face and good nutrition into his body.

Note: Each recipe makes four servings.



Breakfast

Confetti Egg Pockets

Add a little color to ordinary scrambled eggs with these homemade pocket sandwiches.

You'll need:

8 large eggs

¼ cup milk

1 large tomato, diced

2 tbsp. diced green peppers

1 cup shredded low-fat cheddar cheese

4 whole-wheat pita pockets

Whisk eggs and milk until blended. Coat a skillet with nonstick cooking spray. Pour in egg mixture, and cook over medium-low heat. When eggs begin to set, add tomato, peppers, and cheese. Stir until cooked through. Make a slit in the pitas, spoon in egg mixture, and serve.

Peaches and Cream Tarts

These breakfast tarts satisfy a sweet tooth—but have no added sugar.

You'll need:

4 English muffins

4 oz. low-fat cream cheese

1 peach, or 8-oz. can of peaches packed in their own juice

½ tsp. cinnamon

Soften cream cheese slightly in the microwave and spread on split muffins. Top with peach slices. Sprinkle lightly with cinnamon. Broil on low for about 2 minutes.

Lunch

Caesar Lettuce Wrap

Popular in Asian restaurants, lettuce wraps can hold just about any filling. The best part is, no matter what you put in them, your child's meal is guaranteed to include a green veggie!

You'll need:

2 cups chopped, cooked chicken

1 cup chopped tomato

4 large lettuce leaves

½ cup reduced-fat Caesar salad dressing

½ cup shredded parmesan or Romano cheese

In a small bowl, combine chicken and tomatoes. Place on lettuce. Top with dressing and a sprinkle of cheese, and roll it up.

Pinwheel Sandwiches

What's more interesting than sliced bread? Rolled tortillas! Take a medium whole-wheat tortilla, add your child's favorite sandwich fillings, and roll snugly. Cut into quarters and serve. Here are three fillings to try:

• lean ham or turkey, part-skim mozzarella string cheese, and honey mustard

• peanut butter and apple slices

• shredded carrots, avocado or cucumber, tomato slices, romaine lettuce leaves, low-fat Monterey Jack (or other mild) cheese, and hummus

Nutrition Nuggets

Dinner

Mexican Sundae

Try this meal-in-a-glass that looks like dessert.

You'll need:

- 1 lb. lean ground beef
- 2 cups salsa
- 2 cups canned black or pinto beans
- 2 cups frozen or canned corn, cooked
- 2 cups shredded low-fat cheddar cheese
- 4 oz. low-fat sour cream
- 4 cherry tomatoes



Brown beef in a skillet until no pink remains; drain. In a parfait or sundae glass, layer beef, salsa, beans, corn, and cheese. Top with low-fat sour cream and a cherry tomato.

Baked Chicken Nuggets

Avoid grease and fat with this healthy alternative to a child's favorite finger food.

You'll need:

- 4 boneless, skinless chicken breasts
- 2 eggs, beaten
- 1 cup whole-wheat bread crumbs



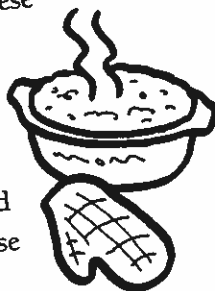
Cut chicken into strips. Dip each piece into egg, then coat in bread crumbs. Bake at 350 degrees for 20 minutes or until no pink remains in the center.

Cheesy Broccoli-Rice Casserole

The colorful vegetables in this dish will brighten up your dinner table, and the cheese will please your youngster's palate.

You'll need:

- 1 lb. fresh broccoli florets
- 1 1/2 cups brown rice
- 4 oz. fresh mushrooms, stems trimmed
- 1/2 cup shredded low-fat cheddar cheese
- 1/2 cup low-fat cottage cheese
- 1/3 cup fat-free milk



Put broccoli in microwave-safe container, add 2 tbsp. water, and microwave for 3 minutes. Meanwhile, cook rice according to package directions.

Coat a 1 1/2-quart casserole dish with nonstick cooking spray. Combine rice, vegetables, cheeses, and milk, and pour into dish. Bake at 350 degrees for 20 minutes.

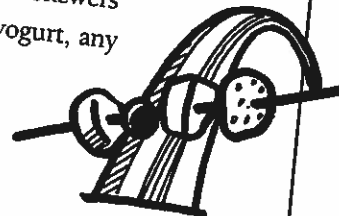
Snacks

Rainbow Skewers

Can your youngster eat a rainbow? Instead of a pot of gold, he'll find yogurt at the end.

You'll need:

- kiwi (1" slices)
- strawberries
- cantaloupe and pineapple (1" chunks)
- blueberries
- purple grapes
- 4 wooden skewers
- low-fat yogurt, any flavor



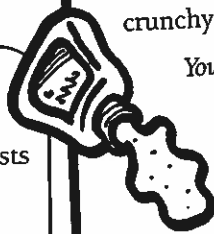
Thread the fruits on a wooden skewer. Serve with a dip of low-fat yogurt.

Zucchini Ranch Fries

A healthy alternative to french fries, these crunchy veggie sticks make a tasty snack or side dish.

You'll need:

- 1 zucchini, cut into 3" x 1/2" sticks
- 1/2 cup crushed whole-grain cereal
- 1/2 cup low-fat ranch dressing



Spread dressing on zucchini sticks and roll in cereal. Place on a baking sheet coated with nonstick cooking spray. Bake at 425 degrees for 15 minutes or until golden brown. Optional: Use an additional 1/4 cup dressing as a dip.

Dessert

Yogurt Cones

When your kids scream for ice cream, let them try this nutritious treat that packs two snacks in one. Yogurt and fruit together provide plenty of calcium, protein, and fiber.

You'll need:

- 2 cups fruit (try fresh raspberries and blueberries, or mandarin orange slices and pineapple chunks packed in their own juice)
- 4 cone-shaped paper cups
- 16 oz. low-fat vanilla yogurt
- 16 oz. low-fat strawberry yogurt
- 4 Popsicle sticks



Puree fruit in blender. Fill cups with alternating layers of yogurt and fruit. Put a Popsicle stick into the middle, and freeze. To eat, peel off the cup.

Nutrition Nuggets