

Healthy Kids Fair: Cooking Demonstration Recipes

Breakfast Recipes

Baked Sliced Apples

6 apples (cored and sliced)

½ oz butter

½ tsp ground cinnamon

¼ cup maple syrup, brown sugar or honey

1/8 tsp ground nutmeg

½ cup rolled oats

½ tsp salt

¼ cup raisins or any dried fruit

¼ cup apple juice

Combine all ingredients. Place in buttered baking pan. Bake at 350 degree preheated oven for 45 minutes (or until a golden brown crust appears). Serve warm with baked eggs for a nutritious balanced breakfast. You may also add a cup of your favorite nuts for added protein and flavor.

Baked Eggs

¼ oz butter

1 ½ tsp vegetable oil

6 large eggs, beaten

1 cup cheddar cheese, grated

1 ¾ cups potatoes

2 cups Swiss chard*

2tsp salt and pepper

1 cup cooked turkey breakfast sausage (sliced, diced or chopped)

Season eggs with salt and pepper. Warm sauté pan over medium heat. (The pan should not get too hot.) Add oil and butter. Sauté potatoes and Swiss chard, remove from pan and set aside. Pour in eggs to form a base. Place the cooked potatoes, Swiss chard and sausage on mixture when the eggs begin to cook. Distribute evenly. Add cheese and stir. Frittata can be finished in a low (300 F) oven or on top of the stove. Makes 8 servings.

*any vegetable may be substituted.

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Lunch Recipe

Zucchini Quesadilla

1 Tbs canola oil	½ tsp dried parley (optional)
1 Medium zucchini, diced small	½ cup mild salsa
1 small onion, finely diced	1 15oz can of beans (white or lima)
½ tsp cumin	1 ½ cups shredded, reduced fat cheddar cheese
½ tsp chili powder	6 8inch flour or corn tortillas

Preheat oven to 400 degrees. Lightly oil a non-stick baking sheet and set aside. Heat oil in non stick pan. Add zucchini, onion, cumin and chili powder and cook until cheese is melted.

To assemble quesadillas, spread the filling on a tortilla and top with another. Place on baking sheet and sprinkle with the remaining cheese. Bake until the tortillas are crisp and the cheese is melted. Cut into quarters and serve warm

Snack Recipes

Sweet & Zesty Popcorn

1 bag microwaveable popcorn, preferably lowfat	½ cup shelled roasted peanuts
½ cup pretzel stix	2 Tbs brown sugar
½ cup raisins	1/3 cup parmesan cheese

Place popcorn in microwave and cook as per instruction on bag. Place cooked popcorn into a large bowl. Add the other ingredients and gently mix, trying not to break the pretzel stixs. Popcorn will keep for two days if placed in an airtight container and kept at room temperature.

Creamy Salsa Dip

1 jar of salsa, approx. 1 cup	1 bag tortilla chips or cut vegetables
1/3 cup cream cheese – room temperature	

Mix salsa and cream cheese together and serve with chips or vegetables.