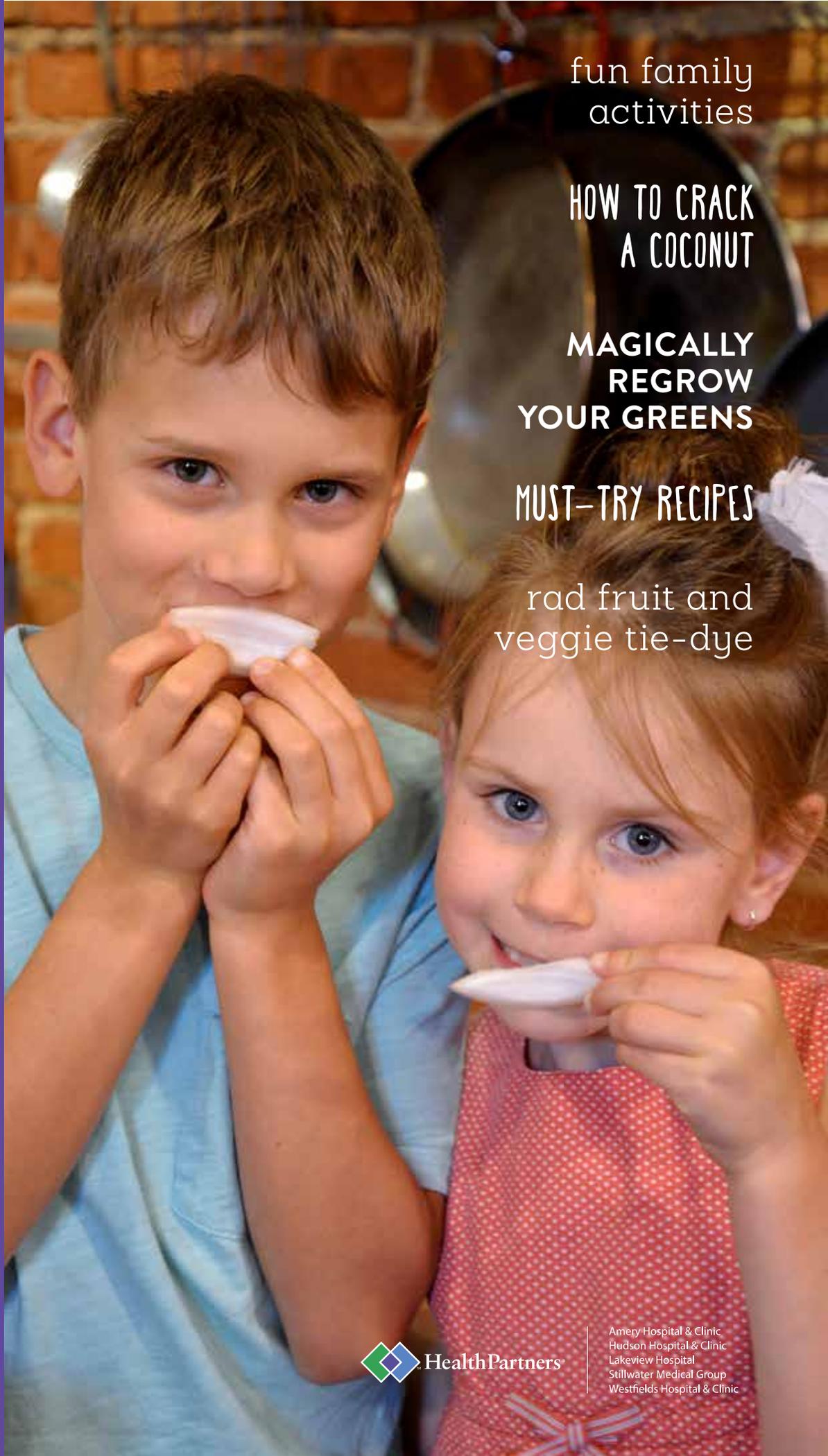


POWER UP

POWER^{UP}



fun family activities

HOW TO CRACK A COCONUT

MAGICALLY REGROW YOUR GREENS

MUST-TRY RECIPES

rad fruit and veggie tie-dye

WELCOME!

We've all heard that eating five fruits and veggies every day is important, but sometimes it can feel like a struggle. With busy schedules, picky eaters and tight food budgets, how can families actually reach five each day?

This Power Pack is your place to start! It's filled with fun food adventures and family-friendly, kid-approved recipes. Explore each color section to discover tasty fruits and veggies and new ways to try them. Plus, look inside for a fun family challenge to power up your whole family!

For more good-for-you tips, recipes and activities, visit POWERUP4KIDS.ORG.



Amery Hospital & Clinic
Hudson Hospital & Clinic
Lakeview Hospital
Stillwater Medical Group
Westfields Hospital & Clinic

WHAT'S INSIDE:

4 GROOVY GREENS

Find my home

Magically regrow your greens

8 RAD REDS

A rockin' red story

How do I grow?

Rad fruit and veggie tie-dye

12 AWESOME ORANGES AND YELLOWS

a-MAIZE-ing maze

Citrus super powers

Silly sour faces

16 POWERFUL PURPLES

Grocery store scavenger hunt

Test your taste buds

20 BRAINY BROWNS AND WHITES

Crackin' coconuts

Brainy brown and white word jumble

Jumping beans

24 INSIDE OUT

25 RECIPES

Morning 26

Midday 30

Evening 34

Snacks 38

Sides 42

Desserts 46





GROOVY GREENS

TRY THE GOODNESS OF GREENS!

All around the world green foods fill up plates and bowls. Lettuce wraps, guacamole, sushi and cabbage rolls.

Greens have bright color, flavor and sometimes a crunch. They grow as leaves, deep in the sea or even in a bunch.

Don't miss the chance to give greens a try. Get started today with these **top five!**



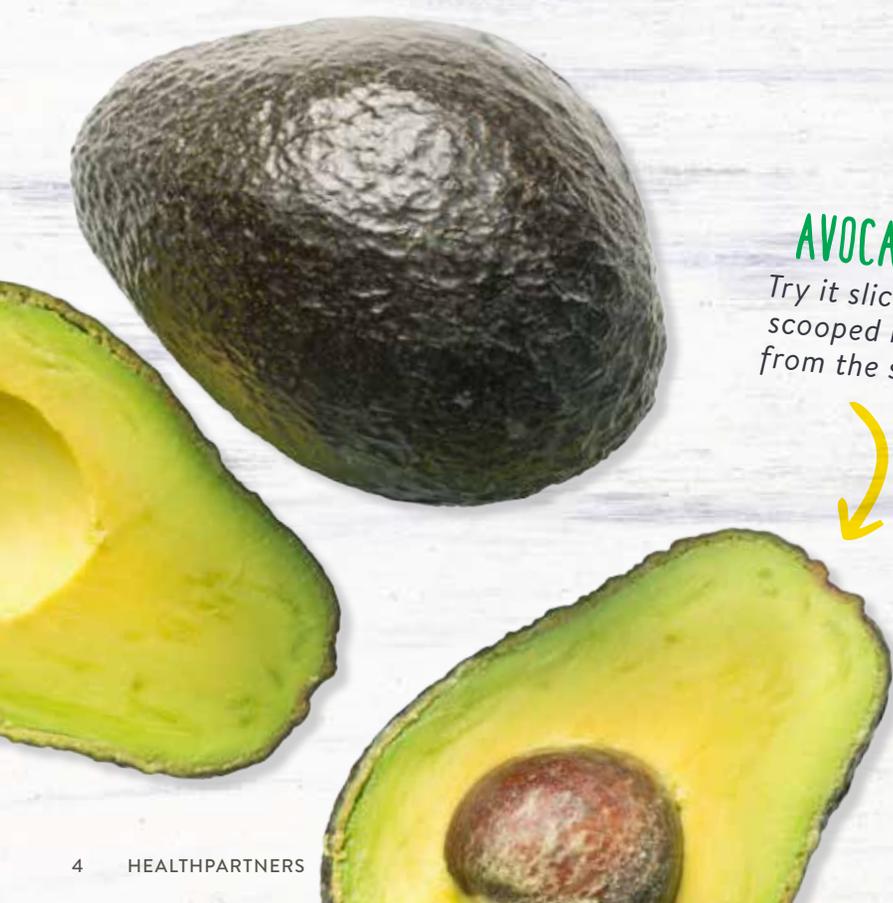
LEAFY GREENS

Try all kinds: collard greens, lettuce, seaweed and spinach.



CABBAGE

Try all kinds raw or sautéed: bok choy, Brussels sprouts, green, kale and napa.



AVOCADO

Try it sliced or scooped right from the shell.



GREEN GRAPES

Try them fresh or frozen.



CUCUMBERS

Try them sliced or diced.



MUST-TRY RECIPES



AVOCADO

Try it mashed into a tasty guacamole, p. 40.



CABBAGE

Try it as kimchi (pickled cabbage), turn it into slaw or try Roasted Sprouts, p. 45.



CUCUMBERS

Add slices to a sandwich or mix it in Tasty Tabbouleh, a Middle Eastern salad, p. 33.



GRAPES

Stick them on fruit kabobs or toss them in this Every Shade of Green Salad, p. 32.



LEAFY GREENS

Use them as a wrap like these Collard Roll-ups, p. 31.

FIND MY HOME

Draw a line from each fruit or veggie to the location on the map where you think it first came from.

BRUSSELS SPROUTS

grow on a stalk



CUCUMBERS

grow on a plant



AVOCADO

a berry that grows on a tree



SEAWEED

leaves that grow in the sea



GREEN GRAPES

grow on a vine



CURIOUS ABOUT CABBAGE?



Cabbage is the most popular veggie in Japan. And, Japan produces the most cabbage in the world.



Bok choy is sometimes called a “soup spoon” because its leaves look like spoons. Bok choy is also called pak choi or Chinese white cabbage.



WHY ARE WE GREEN?

We're green because of a special green pigment called chlorophyll (klor-o-fill). It turns sunshine into energy so we can grow big and strong! This process is called photosynthesis (for-toe-sin-thi-sis).



Answers: Brussels sprouts-Brussels, Belgium; cucumbers-India; avocado-Mexico; seaweed-Southeast Asia; green grapes-Eastern United States and Canada.

MAGICALLY REGROW YOUR GREENS

Lettuce is tasty and good-for-you, but it's magical too! It can regrow from just the stump.

HERE'S HOW:

1. Cut the stump off the bottom of romaine lettuce.
2. Place stump in a container with half an inch of water. Check the water level daily and change it every other day.
3. Give it sunlight.
4. Watch it grow.
5. Eat and enjoy!

GROWING TIP

Trim off the outer leaves of the stump as they start to brown and wither. The inside will stay fresh and yummy.



Kimchi is pickled cabbage. It's Korea's most famous dish, and it's usually made with napa cabbage.

TRY THIS avocado saver

Keep your avocado from turning brown. Put the cut avocado with the pit attached in an airtight container. Add onion slices and refrigerate.





RAD REDS

TRY ALL THE ROCKIN' REDS!

Red fruits and veggies are fun to eat.
And some are even super sweet.

In shades of pink to red they are found.
Plus they can be bought all year round.

All come fresh but may be frozen or dried.
So here's the **top five** that must be tried.



BERRIES

Try all kinds:
cranberries,
raspberries and
strawberries.

APPLES



Try all kinds whole or sliced:
Braeburn, Fuji, Honeycrisp,
Pink Lady and more.

RED PEPPERS



Try them sliced.



MUST-TRY RECIPES



APPLES

Try them diced, baked or dried into Apple Chips, p. 39.



BEETS

Roast, pickle or shred them into slaw for these Beet and Carrot Slaw Wraps, p. 31.



BERRIES

Puree them into a smoothie or this No-cook Raspberry Jam, p. 27.



RED PEPPERS

Try them stuffed or roasted in this tasty Whipped Feta and Roasted Red Pepper Dip, p. 41.



TOMATOES

Crush them into a sauce or soup. Or, dice them into Lisa's Slow-cooked Southwest Chicken and Beans, p. 37.



TOMATOES

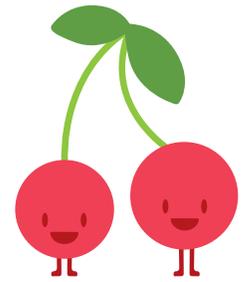
Try them fresh from the vine.



BEETS

Try them raw.

A ROCKIN' RED STORY



Yesterday my friend Mr. _____ and I went over to
(red veggie)

Chomp's carrot patch for a party. When we got there I met

Ms. _____ and Mr. _____
(red fruit) (red fruit)

They were doing the _____ twist.
(red veggie)

DJ _____ -mix-a-lot played the latest veggie jams
(red fruit)

and we danced all night!

DID YOU KNOW?

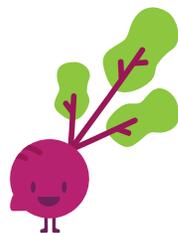
A tomato is really a fruit because it has seeds. You can grow tomatoes almost anywhere - in gardens, containers and even indoors!

HOW DO I GROW?

Draw a line from the rockin' red fruits and veggies to how you think they grow.



apple



beet



strawberry



red pepper



tomato



bush



plant



tree



underground



vine

Answers: apple-tree; beet-underground; strawberry-bush; red pepper-plant; tomato-vine.

RAD FRUIT & VEGGIE TIE-DYE

See what happens when you dip white fruits and veggies into beet juice. Have fun making your own rad designs and compare how they taste before and after you dip them!

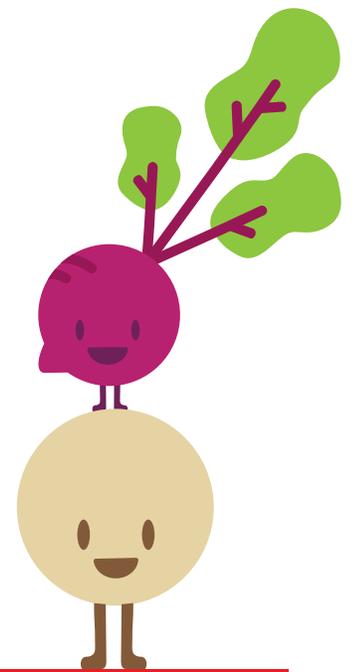
YOU'LL NEED:

- Canned beets (unsalted if you can find them)
- Paper towels
- Jicama, apples, dried coconut or potatoes
- Bowl
- Knife

STEPS:

- 1 With an adult's help, open a can of beets and strain the juice into a bowl. Set beets aside to enjoy later.
- 2 Slice the white fruits and veggies. Taste test them. How do they taste?
- 3 Put remaining fruits and veggies into the beet juice. Tie-dye them by dunking them half way or all the way.
- 4 Put the bowl with fruits and veggies in the fridge for 3 minutes or longer.
- 5 Remove the fruits and veggies from the juice. What happened? How do they look?
- 6 Taste test them again!
 - Do they taste the same or different after dying them?
 - What other juice could you use to tie-dye white fruits and veggies?

Be aware that beet juice stains. Before starting, put on some old clothes and lay down newspaper or paper towels.



TIP:

The longer you leave the fruits and veggies in the beet juice, the more colorful they get!

Show off your creations! Snap a picture and post it to the PowerUp Facebook page.





AWESOME ORANGES AND YELLOWS



TRY THE SUNNY TASTE OF ORANGE AND YELLOW!

Ever wonder why in fall leaves are orange, not green? If asked, don't stall, just say, "Because the leaves have carotene."

Carotene puts the color in these sunny fruits and veggies too. Like mangoes, squash and carrots, just to name a few.

So go ahead and fill up with sunny foods galore. Start with this **top five** and keep trying more!



MANGO

Try it fresh, frozen and dried.

SWEET POTATO

Try it mashed or baked.



SQUASH

Try all kinds roasted or baked: acorn, butternut, pumpkin, yellow zucchini and more.





MUST-TRY RECIPES



CARROTS

Bake them into Chomp's Carrot Cookies, p. 47.



CITRUS

Add slices to a cold glass of water or try Broiled Grapefruit, p. 27.



MANGO

Layer chunks into a yogurt parfait or add them to this tasty Avocado Mango Salsa, p. 39.



SQUASH

Blend it into a Pumpkin Pie Smoothie, p. 28.



SWEET POTATO

Toss it into soup or curry. Or, bake it into Sweet Potato Fries, p. 45.

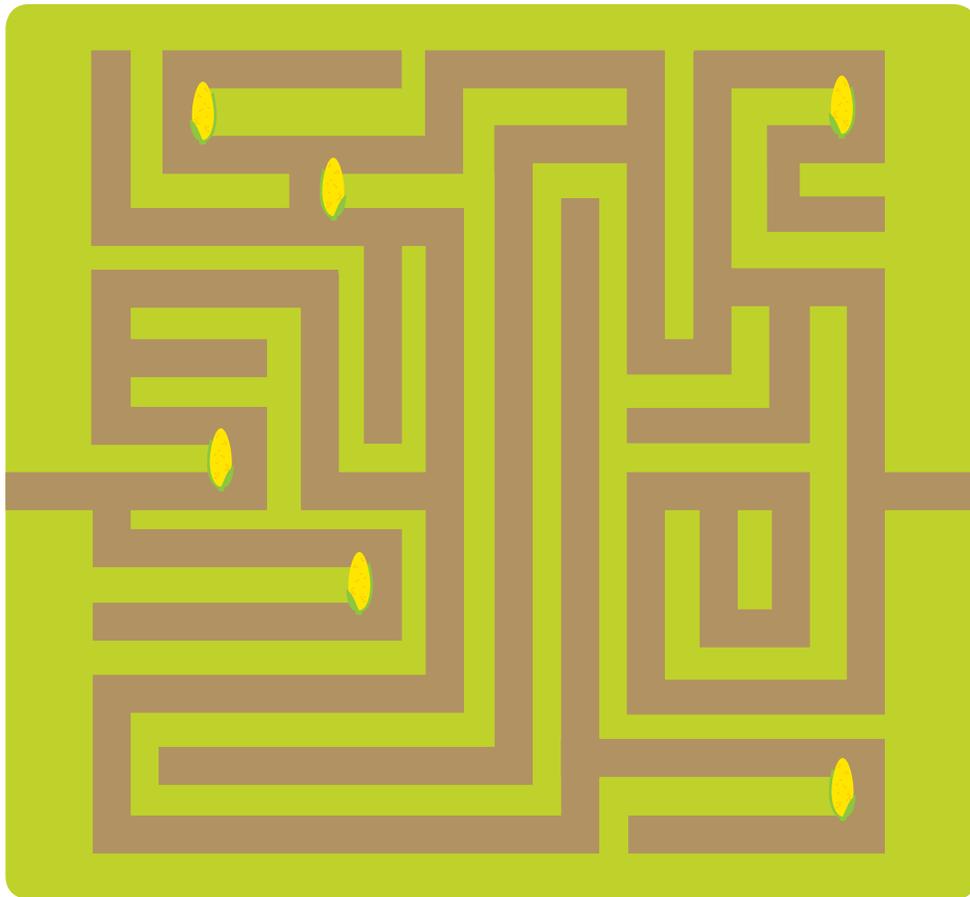


CITRUS
Try all kinds:
grapefruit,
lemons, limes
and oranges.

CARROTS
Try them cooked,
raw or shredded.

A-MAIZE-ING MAZE

Help me
find my way
through the
corn maze to
my friend!



DID YOU KNOW?

Corn is called “maize” in most countries. When the English settlers landed in the New World, they didn’t have a word for maize, so they called it “Indian corn” which was later shortened to “corn.”



Try this
a-MAIZE-ing
Black Bean
and Corn
Quesadilla
recipe on
page 35.



CITRUS SUPER POWERS

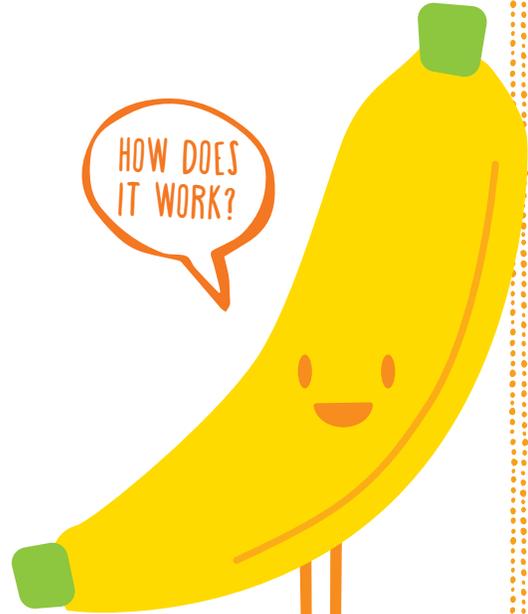
What happens when bananas meet lemons? Let's experiment to find out!

YOU'LL NEED:

- 1 banana, peeled and cut in half
- 1 lemon or any citrus fruit, sliced
- 2 plates

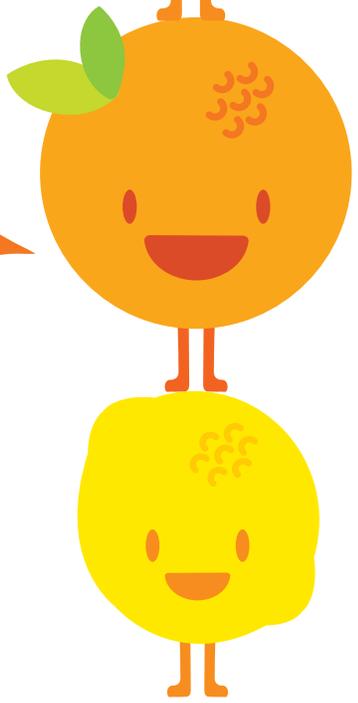
STEPS:

- 1 Place a half of the banana on each plate.
- 2 Squeeze lemon juice over one banana but not the other.
- 3 Guess which banana will turn brown first? Why?
.....
- 4 Wait an hour or longer to see what happens. What did you find out?



SILLY SOUR FACES
 Have you ever tried biting into a slice of a lemon or lime? Give it a try – it's fun and sure to create lots of laughs! Be sure to snap a silly picture of your taste test and post it on the PowerUp Facebook page.

The lemon has vitamin C that keeps the banana from turning brown. So, the banana without the lemon juice will turn brown first. This also works if you use other citrus fruits like oranges, grapefruits or limes.



SQUISH-SQUASH!



There are hundreds of different types of squash – acorn, zucchini, yellow crookneck, pattypan and more! There's even one that looks like spaghetti noodles! Can you guess what it's called?



Answer: Spaghetti squash



POWERFUL PURPLES

TRY THE POWER OF PURPLE PRODUCE!



BLUEBERRIES

Try them fresh or dried.

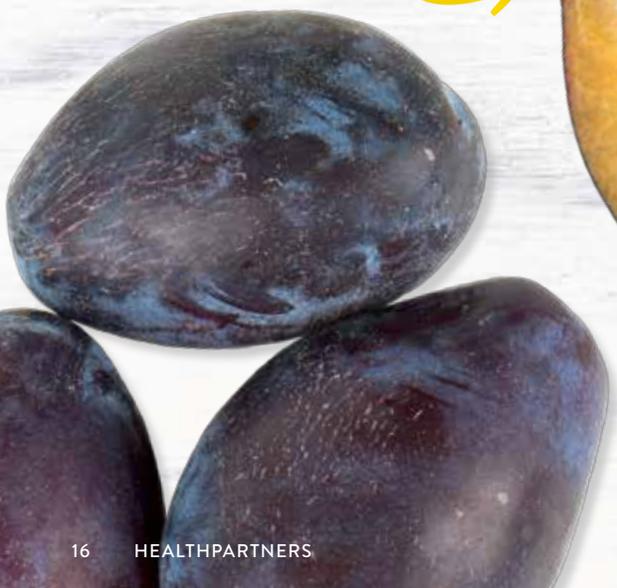
Purple foods power the body and mind. They are also a fun adventure to find.

Smoothies or oatmeal or even baba ghanoush. Who knew food could have a purple swoosh?

So stock up today, give a recipe a try. And start out exploring with this **top five!**

PLUMS

Try them fresh when they're juicy and sweet.



OLIVES

Try them right out of the jar or can.



MUST-TRY RECIPES



BLUEBERRIES

Freeze them into yogurt bites or blend them into a Purple Power Smoothie, p. 29.



EGGPLANT

Blend it into baba ghanoush, a Middle Eastern dip, or try Baked Eggplant Sticks, p. 43.



OLIVES

Add them to pasta, pizza, salad or Greek Salad Kabobs, p. 37.



PLUMS

Puree them with spices to make a tasty Plum Sauce, p. 44.



RAISINS

Sprinkle them on salads or mix them in Gorp, p. 39.



EGGPLANT

Try it grilled or baked.

RAISINS

Try them plain or sprinkled on oatmeal.

GROCERY STORE SCAVENGER HUNT

Answer these questions the next time you're at the grocery store.
Write as many answers as you can.

How many purple fruits and veggies can you find? Write down their names. Remember fresh, frozen, canned and dried all count.

.....
.....

How much does an average eggplant weigh?

.....

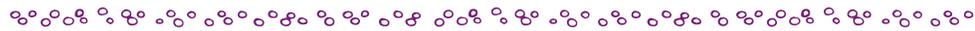
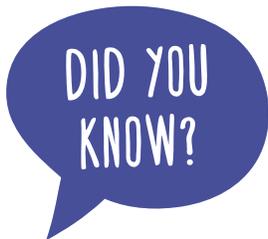
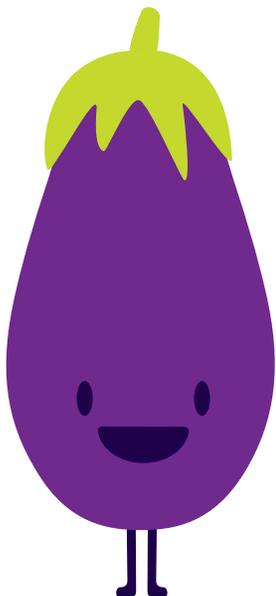
What colors of olives can you find?

.....

How many purple and blue dried fruits can you find?

What are their names?

.....
.....

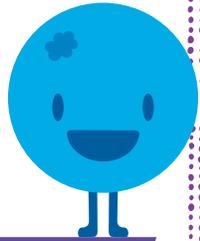


Eggplants come in many different colors, like violet, dark purple and even white too. A white eggplant looks like a giant egg which is how this veggie got its name!



Olives grow on trees that can live over 2,000 years!

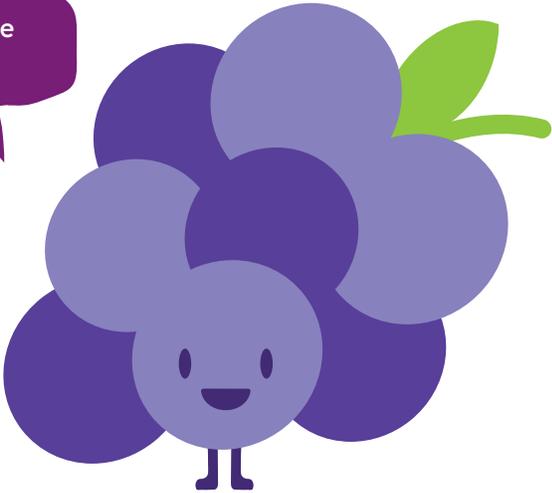
TEST YOUR TASTE BUDS



Give these tasty fruits and veggies a try.
Then compare them in the chart below.

TRY IT!	DO THEY TASTE THE SAME OR DIFFERENT?	TAKE A VOTE! CIRCLE YOUR FAVORITES.
Red grape vs. raisin	<input type="radio"/> Same <input type="radio"/> Different	
Blueberry vs. strawberry	<input type="radio"/> Same <input type="radio"/> Different	
Black olive vs. green olive	<input type="radio"/> Same <input type="radio"/> Different	
Plum vs. prune	<input type="radio"/> Same <input type="radio"/> Different	
Breaded eggplant vs. grilled eggplant	<input type="radio"/> Same <input type="radio"/> Different	

TASTY TRIVIA I start out as a plump purple grape, but in the sun I turn into this dried fruit. **What am I?**



Answer: A raisin!

Orange carrots didn't exist before the 17th century. They were created by Dutch farmers experimenting with purple, yellow and white carrots. The end

result – sweeter, crunchier, orange carrots that we love today!





BRAINY BROWNS AND WHITES

TRY THE DELIGHT OF BROWN AND WHITE!

Brown and white produce might seem plain. But you can explore their flavors and make it a game.

They are all so different it's easy to see. Some found underground or high in a tree.

They might be crunchy or juicy or even come dried. So have fun with the flavors from this **top five!**



PEARS

Try them fresh or poached.



JICAMA

Try it plain or dipped in hummus.



BEANS

Try all kinds canned or cooked from dry: black, chickpeas, lentils, navy, pinto and white.





COCONUT
Try it fresh
or shredded.



CAULIFLOWER
Try it steamed or raw.



MUST-TRY RECIPES



BEANS

Roast them, mash them into hummus or layer them in this Striped Soup Mix, p. 33.



CAULIFLOWER

Try it mashed or roasted in this Cauliflower Popcorn, p. 43.



COCONUT

Add it to curry, stir fry or sprinkle it on Frozen Yogurt Berries, p. 47.



JICAMA

Dice it into a Mardi Gras Jicama Salad, p. 44.



PEARS

Try them fresh with cheese, baked or in a Pear Mash, p. 40.

CRACKIN' COCONUTS

*Is your family up for a fun challenge?
Try cracking open a coconut. Here's how:*

- 1 Start with a fresh, whole brown coconut.
- 2 Have an adult hold the coconut over a large bowl. The bowl will catch the coconut milk when it splits open.
- 3 Find the seam that runs between the “eyes” of the coconut. The eyes are the three little indents on one end of the coconut. Follow the seam to the center or equator of the coconut.
- 4 Using a hammer, tap firmly around the center as you rotate the coconut in the palm of your hand. Continue to tap and rotate until it splits open. After a few turns, the coconut will break open into two equal halves.
- 5 Have fun exploring how to get the meat out of the coconut. Then try it in different ways: shred it, toast it and try the milk.



Heating the coconut at 200°F or cooling it in the freezer for 15 minutes will make it easier to open.

FUN FLAVORS

There are many ways to add flavor to your favorite foods. **Can you name two brown and white veggies that add lots of flavor?**



Answer: Garlic and onions



JUMPING BEANS

YOU'LL NEED:

- 1 drinking glass
- 1 package of dry beans, any kind will work
- Water
- 1 metal cookie sheet or cake pan

BRAINY BROWN & WHITE WORD JUMBLE

B L A C K B E A N P R L C A
 R H L F C F N I N I C C Z R
 N A V Y B E A N C N X O J I
 W S C Y C V V H H T K C H J
 P M M W A D B Z I O T O E I
 O Q U E U F O H C B W N Z C
 T Z S Z L K S T K E V U D A
 A O H K I M C B P A T T K M
 T Z R R F O H T E N U X H A
 O P O K L D P U A L R U E R
 X N O N O R E R S O N I O N
 K E M W W K A H K S I K M O
 A D A T E C R A G S P Y J L
 Y L A Q R W V H Y E A I V I

BLACK BEAN
 BOSCH PEAR
 CHICKPEAS
 CAULIFLOWER
 COCONUT
 DATE
 JICAMA
 MUSHROOM
 NAVY BEAN
 ONION
 PINTO BEAN
 POTATO
 TURNIP



Try this fun experiment to watch, listen and learn all about the power of brown and white beans.

STEPS:

1. Fill the glass full of dry beans.
2. Add water to fill the glass to the top.
3. Place the glass in the center of the metal pan.
4. After a few hours listen for a “clink.” The beans will start to fall out of the glass and onto the pan.
5. Watch and listen as the beans grow more than two times their original size!

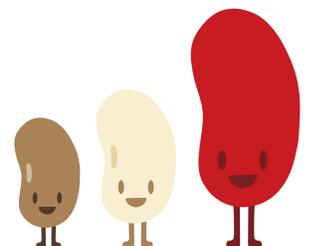
WHY DO BEANS EXPAND IN WATER?

The water softens the cells of the dry beans. This allows the water to soak up into the beans’ cells. The cells expand from the water and the beans grow.

ARE THE BEANS READY TO EAT?

Not quite yet. They need to be cooked. Here’s how:

1. Drain the soaked beans.
2. Put beans in a pot and add fresh cold water to just cover the beans.
3. Cover and simmer 1-2 hours until tender but not falling apart.
4. Drain and rinse.
5. Taste the beans. Do they taste the same or different than canned beans?



INSIDE OUT PUZZLER

Some fruits and veggies are one color on the outside and another color on the inside. It's like a surprise! Try matching these favorites using their outside to their inside below!



RADISH



WATERMELON



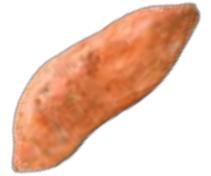
KIWI



JICAMA



FIG



SWEET POTATO



A



B



C



D



E



F

I'M ALSO CALLED A
CHINESE GOOSEBERRY.

COOKING MAGIC

I start out purple and turn green when cooked. I'm tasty, crunchy, long and lean. **What am I?**



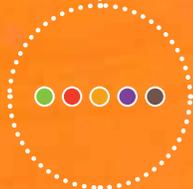
Answers: Radish=F, Watermelon=D, Kiwi=B, Jicama=C, Fig=A, Sweet potato=E, Cooking magic: Purple beans

TRY FOR 5 recipes

Cook up a colorful and tasty dish with these family-friendly, kid-tested recipes!

Find more at **POWERUP4KIDS.ORG**.

LOOK FOR THESE ICONS THAT SHOW ALL THE GOOD-FOR-YOU COLORS IN EACH RECIPE.



MORNING



broiled grapefruit

Serves: 2 ●

INGREDIENTS

- 1 grapefruit
- 2 teaspoons honey

DIRECTIONS

Turn oven on broil. Cut grapefruit in half and loosen segments using a knife.

Put grapefruit halves, open side up, on a baking pan. Drizzle each half with 1 teaspoon honey.

Broil until tops are bubbling and lightly browned, 3-5 minutes. Enjoy while warm.

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no-cook raspberry jam

Makes $\frac{3}{4}$ cup ● ●

INGREDIENTS

- 1 cup raspberries
- 3 dates, pitted

DIRECTIONS

Put all ingredients in a blender or food processor. Blend until well mixed. Use right away or cover and refrigerate up to 3 days.

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pumpkin pie smoothie

Serves: 2 ●

INGREDIENTS

- ¼ cup orange juice
- ¼ cup low-fat milk
- ½ cup plain low-fat yogurt
- ¼ cup canned pumpkin puree
- ½ very ripe banana
- 1 dash cinnamon and/or nutmeg
- ½ teaspoon vanilla extract
- 2 ice cubes

DIRECTIONS

Put all ingredients in a blender.

Blend on a medium setting until the ice is chopped and the mixture is smooth, about 1 minute.

Serve right away or refrigerate up to 4 hours.

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Note: You'll only use a part of the canned pumpkin, but don't waste the rest of it. Measure out ¼ cupfuls and place on wax paper on a baking sheet. Freeze until solid and then store them in a labeled plastic bag in the freezer. Use them in future smoothies!



purple power smoothie

Serves: 5 ●●●●●

INGREDIENTS

- 1 ripe banana
- ¼ cup strawberries, fresh or frozen
- ½ cup blueberries, fresh or frozen
- ½ cup 100% orange juice
- 2 teaspoons honey, optional
- ½ cup fat-free plain yogurt, regular or Greek
- ½ cup extra-firm tofu

DIRECTIONS

Put all ingredients in a blender. Blend until smooth.
Serve right away.

PowerUp parfait

Serves: 4 ●●●●●

INGREDIENTS

- 2 cups fresh blueberries, mango, strawberries or any fresh, dried, frozen or canned fruit
- 2 cups nonfat vanilla Greek yogurt
- ½ cup granola

DIRECTIONS

Place ¼ cup of fruit in the bottom of 4 clear serving bowls or small glasses.

Top with ¼ cup yogurt and 2 tablespoons of granola.

Alternate layers until full.

Recipe provided by Cooks of Crocus Hill.



MIDDAY



beet and carrot slaw wraps

Serves: 5 ●●

INGREDIENTS

- 2 tablespoons fresh orange juice, from about ½ orange
- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- ½ teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 5 raw beets (about 2½-3 cups grated), with greens still attached
- 2 carrots
- 2 apples, cored and sliced
- 5 slices cheddar cheese
- 5 8-inch whole-wheat tortillas

DIRECTIONS

To make the dressing, put orange juice, oil, vinegar, mustard, salt and pepper in a jar. Screw on the lid and shake well.

Cut greens off beets and pull leaves from stems. Discard or compost the stems. Wash leaves, then stack them and roll them. Slice the roll crosswise into thin ¼-inch ribbons.

Peel beets and carrots and shred them using a grater.

In a bowl, toss beet leaves, shredded beets and carrots and dressing.

Divide the slaw, apple slices and cheese evenly onto each tortilla. Roll tortilla from bottom up, tucking in the sides as you go. Secure the wrap with a toothpick, if you like, and serve right away.

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collard roll-ups

Serves: 2 ●●●●

INGREDIENTS

- 2 large collard leaves
- 1 teaspoon olive oil
- 2 pinches salt
- ½ cup mashed ripe avocado or hummus
- 1 carrot or small beet, grated
- ¼ cup toasted pecans, cashews, walnuts, almonds or pumpkin seeds*
- Lemon or lime wedge

DIRECTIONS

Use kitchen scissors to trim the thick part of the stem out of each collard leaf.

Lay 1 leaf on the counter with the underside of the leaf facing up. Drizzle with half the oil and a pinch of salt. Rub the leaf with the oil and salt until it looks dark and shiny. This will make the leaf flexible so it can roll up without cracking. Repeat with the other leaf.

Spread half the avocado or hummus over the center of each leaf. Top with carrots or beets and nuts. Squeeze a little lemon or lime juice over the filling.

Roll up each leaf into a tight log. Cut each roll in half, if you like, and eat right away.

**To toast nuts, put on a baking sheet in a 350°F oven until fragrant and a shade darker in color, about 5 minutes.*

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every shade of green salad

Serves: 4 ●

INGREDIENTS

- 1 head romaine lettuce, washed and torn
- 1 bunch flat leaf spinach, washed and torn or one 5-ounce bag of fresh baby lettuce
- 1 small cucumber, scrubbed and diced
- ½ cup green beans
- ¼ cup diced celery
- ½ avocado, diced
- 16 green grapes
- ¼ cup ranch dressing

DIRECTIONS

In a large bowl, toss together all ingredients except the dressing. Add ranch dressing and toss again. Serve right away.

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pear salad

Serves: 5 ●●●●

INGREDIENTS

- 2 medium pears, chopped with peel (about 3 cups)
- 1 tablespoon lemon juice
- 10-12 ounces mixed salad greens, torn (about 10 cups)
- 1 cup fresh raspberries, blueberries or blackberries
- ¼ cup chopped walnuts or almonds
- ¼ cup reduced-fat raspberry salad dressing
- 2 ounces blue or feta cheese, crumbled, optional

DIRECTIONS

In a large salad bowl, mix pears with lemon juice to prevent browning. Add salad greens, berries and nuts.

Add dressing and toss. Top with cheese, if desired.



rainbow sandwich

SERVES: 1 ●●●●●

INGREDIENTS

- 2 slices whole-wheat bread
- 1 slice cheese
- Toppings for each color:
 - › Red: tomatoes, red peppers, radishes
 - › Orange: carrots
 - › Yellow: yellow peppers, hummus
 - › Green: spinach, lettuce, pesto, fresh herbs, cucumbers, avocado, green apple
 - › Purple: cabbage slaw

DIRECTIONS

Start with whole-wheat bread and your favorite sliced cheese. Then layer on the color! Or, wrap your sandwich in lettuce leaves instead of bread.

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striped soup mix

Makes 7 jars ●●

INGREDIENTS

- 7 1-pound bags dried peas, beans and lentils
- 7 bay leaves
- 7 pint-sized canning jars or other 2-cup jars with lids

DIRECTIONS

Layer ¼ cup of each type of bean into each jar. Add 1 bay leaf to each jar and screw on the lids. Add a ribbon and a gift tag that says:

Recipe instructions:

1. Take out the bay leaf.
2. Rinse beans with cold water and then put them in a large pot. Cover with fresh cold water and soak overnight.
3. Drain beans. Add back into the pot with 6 cups fresh water or chicken stock, one 14-ounce can chopped tomatoes, 1 clove chopped garlic and the bay leaf.
4. Bring to a boil. Then turn heat to low and simmer gently until the beans are tender, about 2 hours.
5. Add salt to taste.

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tasty tabbouleh

Serves: 4 ●●

INGREDIENTS

- ½ cup bulgur wheat
- 1 cup warm water
- 2 large ripe tomatoes, cored and diced (about 1 ½-2 cups)
- 1 cucumber, diced
- 2-3 scallions, chopped (use green and white parts)
- 1 bunch flat leaf parsley leaves, chopped
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice or red wine vinegar
- Pinch of salt

DIRECTIONS

In a bowl, add bulgur and water. Cover and let sit until bulgur is soft, at least 2 hours or up to overnight.

After bulgur is soft, add remaining ingredients. Mix together.

Cover and refrigerate at least 1 hour or up to overnight.

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EVENING





black bean and corn quesadillas

Serves: 2 ●●

INGREDIENTS

- 2 8-inch whole-grain tortillas
- ½ cup grated Monterey Jack or cheddar cheese
- ¼ cup canned or cooked black beans, drained and rinsed
- ¼ cup canned or frozen corn, drained or thawed
- 2 scallions, thinly sliced
- Salsa, optional

DIRECTIONS

Place tortillas on a cutting board. Sprinkle cheese on half of each tortilla.

In a bowl, mix beans, corn and scallions. Sprinkle mixture over the cheese on each tortilla. Fold each tortilla in half.

Heat a skillet over medium-low. Add quesadillas. Use a spatula to press down gently.

Cook until spotty brown and crisp on both sides. The cheese should be melted. Cut into wedges and serve with salsa, if desired.

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cheesy squash shells

Serves: 4-6 ●●

INGREDIENTS

- 3 cups uncooked whole-wheat shell, rotini or penne pasta
- 2 tablespoons olive oil
- 4 cups ½-inch cubed uncooked butternut squash
- ¾ cup chicken or vegetable stock
- ½ teaspoon pepper
- 1½-1¾ cups skim milk or unsweetened almond, soy or coconut milk
- 6 ounces freshly grated fontina, gouda or mozzarella cheese
- 2 ounces grated Parmesan cheese
- 2 tablespoons unsalted butter
- 2 tablespoons finely crushed, whole-grain breadcrumbs
- 1-2 cups steamed peas, broccoli or bell pepper, optional
- Sage, basil, cilantro, thyme or other fresh or dried herbs for topping, optional

DIRECTIONS

Preheat oven to 375°F. Cook pasta according to package directions. Drain.

While pasta is cooking, heat a large oven-safe skillet over medium-low. Add oil and heat. Add squash, stock and pepper. Cover and cook for 15-20 minutes, stirring occasionally, until squash is soft.

Remove cover and reduce heat to low. Mash squash with a fork until smooth. Add milk, 4 ounces of cheese and all the Parmesan. Stir until melted and smooth, about 5 minutes. If mixture seems too dry, add more milk ¼ cup at a time, stirring well.

Brown butter by heating a small saucepan over medium-low. Add butter. Cook, whisking constantly, until bubbly and small brown bits appear on bottom of pan, about 5 minutes. Remove from heat and whisk for an additional minute.

Add brown butter to squash mixture. Mix well. Add shells and optional veggies. Toss until well coated.

Top with remaining cheese and breadcrumbs. Bake for 15 minutes. Then broil for 1-2 minutes or until the top is golden brown.

Sprinkle with herbs and serve!



greek salad kabobs

Makes 12-15 kabobs ●●●

INGREDIENTS

- 1 tablespoon fresh lemon juice
- ½ teaspoon grated lemon zest
- 1 tablespoon olive oil
- 2 teaspoons finely chopped fresh mint or ½ teaspoon dried
- 1 small garlic clove, peeled and minced
- 8-ounce block feta cheese, cubed
- 1 cucumber, quartered lengthwise and cubed
- 1 pint cherry tomatoes (2 cups)
- 1 cup pitted black or green olives

DIRECTIONS

In a bowl, combine lemon juice and zest, olive oil, mint and garlic. Mix well. Add feta and gently stir. Set aside to marinate while you prepare the other ingredients.

Gently thread marinated feta, cucumbers, tomatoes and olives onto skewers. Alternate and arrange however you like. Serve right away.

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lisa's slow-cooked southwest chicken and beans

Serves: 4-6 ●●●

INGREDIENTS

- 2 cans black beans, rinsed and drained
- 1 can diced tomatoes, do not drain
- 1 can mild green chilies
- 2-3 pounds boneless skinless chicken breasts
- 2 cups fresh salsa
- 2-4 tablespoons taco seasoning (see recipe below)
- Optional ingredients:
 - › Cooked brown rice or whole-grain tortillas
 - › Corn (fresh, frozen or canned)
 - › Mixed greens and other taco fixings (onions, bell peppers, jalapeños)
 - › Plain Greek yogurt (in place of sour cream)
 - › Hot sauce

DIRECTIONS

In a 2 or 3-quart slow cooker, combine beans, tomatoes, chilies, chicken, salsa and seasoning. Cover and cook on low for 6-8 hours.

Just before serving, remove chicken and shred with 2 forks. Then spoon out beans and tomatoes. Serve with optional ingredients as desired.

Recipe provided by Lisa Rambo.

homemade taco seasoning

INGREDIENTS

- 1 tablespoon chili powder
- 1 tablespoon paprika
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- ½ teaspoon black pepper
- ⅛ teaspoon cayenne pepper, or to taste
- ⅛ teaspoon red pepper flakes, or to taste

DIRECTIONS

Spoon all ingredients into a jar. Mix together. Cap tightly and store. Use in recipes that call for taco seasoning.

SNACKS



apple chips

Serves: 8 ●

INGREDIENTS

- 4 large apples
- 2 tablespoons sugar
- 2 teaspoons cinnamon

DIRECTIONS

Preheat oven to 225°F.

Wash apples and dry completely. Slice into ⅛-inch thick rounds.

Arrange slices in a single layer on 2 parchment-lined baking sheets.

In a small bowl, mix together sugar and cinnamon. Sprinkle evenly over apple slices.

Bake on top rack until dry and crisp, about 2 hours, flipping halfway through.

avocado and mango salsa

Serves: 4 ●●●

INGREDIENTS

- 1 ripe avocado, peeled, pitted and cubed
- 1 ripe mango, peeled, pitted and cubed
- 12 cherry tomatoes, cut in half
- ¼ cup crumbled feta cheese
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon or lime juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper

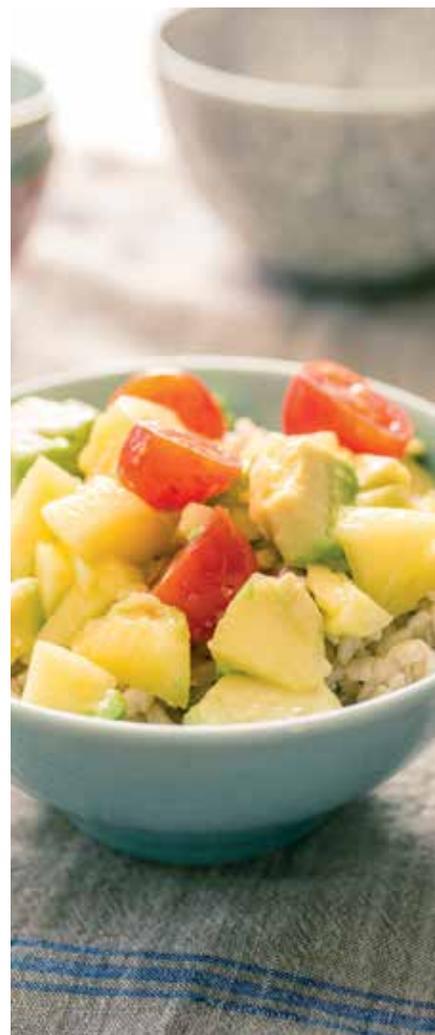
DIRECTIONS

In a bowl, add avocado, mango, tomatoes and feta. Stir gently.

Drizzle with remaining ingredients. Taste and adjust seasoning as desired.

Cover and refrigerate up to 4 hours or serve right away, over grains or greens.

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gorp

Serves: 7 ●

INGREDIENTS

- ½ cup roasted, lightly salted whole almonds or other nuts
- ½ cup raisins or dried currants
- ¼ cup dried cranberries, chopped dried apricots or other dried fruit
- ¼ cup corn or wheat squares cereal or toasted corn snacks or pretzels
- ¼ cup toasted green pumpkin seeds (also known as pepitas)

DIRECTIONS

Put all ingredients in a bowl and toss until well mixed.

Put ¼ cup of the mixture in 7 snack-size zipper-lock bags. Keep at room temperature up to 1 week.

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ole! guacamole

Serves: 4 ● ● ●

INGREDIENTS

- 2 ripe avocados
- ½ fresh lime
- ½ fresh tomato, cored and chopped
- ½ teaspoon
- 1 scallion, chopped
- Hot sauce, optional
- 1 heaping tablespoon fresh cilantro leaves, chopped
- Pinch of kosher salt

DIRECTIONS

Slice avocados in half. Remove pit and scoop out insides. Put in a bowl. Use a fork to mash it until it's still chunky, not smooth.

Add tomato, scallion and cilantro. Squeeze lime and add the juice. Stir together but not too much. Add hot sauce, if desired.

Serve right away. Or, put the avocado pits in the guacamole and cover tightly with plastic wrap. This will keep it from turning brown. Refrigerate no more than 4 hours.

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pear mash

Serves: 4 ●

INGREDIENTS

- 4 large, very ripe pears, peeled, cored and diced
- 1 tablespoon maple syrup

DIRECTIONS

Add pears to a pot and heat over medium-low. Stir in maple syrup. If pears aren't super juicy, add 1/4 cup of water. Cover.

When pears are simmering, turn heat down to low. Cook, stirring occasionally, for 20 minutes or until pears are very soft and falling apart.

Cool for 10 minutes. Mash with a potato masher or puree them with a blender or food processor.

Cool to room temperature. Serve right away or refrigerate, covered, up to 5 days.

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Note: After you puree the sauce, have fun adding any of these flavors:

- ½ teaspoon vanilla
- 1 teaspoon chopped fresh ginger
- ¼ teaspoon ground cinnamon or cloves
- ½ cup fresh or frozen raspberries or strawberries (add these at the beginning of cooking)

roasted chickpeas

Serves: 4 ●

INGREDIENTS

- 14-ounce can chickpeas
- 1 tablespoon olive oil
- Garlic powder
- Onion powder

DIRECTIONS

Preheat oven to 400°F.

Drain and rinse chickpeas. Place on a paper towel. Brush oil onto a baking sheet. Spread chickpeas onto baking sheet.

Sprinkle with spices and bake for 30-40 minutes, until golden brown and crunchy, not soft.



whipped feta and roasted red pepper dip

Makes 2 cups ●

INGREDIENTS

- 1 red bell pepper, cut in half with stem, seeds and white ribs removed
- ½ pound feta cheese, broken into chunks
- ¼ teaspoon red pepper flakes
- ¼ teaspoon paprika
- ½ teaspoon fresh lemon juice
- 2 tablespoons olive oil

DIRECTIONS

Put an oven rack close to the top of the oven, nearest the broiler. Turn oven on broil.

Put pepper halves on a baking sheet, cut side down. Broil until blackened, about 15 minutes.

Put peppers in a bowl, cover and set aside to cool, about 15-20 minutes.

When cool, peel and rub off as much of the blackened skin from the peppers as you can. Throw away the skin. (You now have roasted peppers! These are great in a sandwich.)

Put peppers in a blender or food processor. Process until finely chopped. Add remaining ingredients and process until smooth.

Serve right away or cover and refrigerate up to 3 days.

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SIDES



baba ghanoush

Serves: 6 ●

INGREDIENTS

- 2 1-pound eggplants
- 2 tablespoons olive oil
- 3 tablespoons fresh lemon juice
- 2 tablespoons garlic cloves, minced
- 2 tablespoons chopped fresh mint leaves or 1 teaspoon dried
- ½ teaspoon salt

DIRECTIONS

Put an oven rack close to the top of the oven, nearest the broiler. Turn oven on broil. Cover a baking sheet with aluminum foil.

Use a fork to prick each eggplant all over. Put on baking sheet and broil for about 20 minutes. Turn each eggplant over and broil until completely collapsed and browned, about 45 minutes total.

Put eggplants in colander and set aside to cool for 10 minutes. Use 2 forks to turn each eggplant over. Allow to drain, open side down, until cool enough to touch, about 15 minutes.

Pull the pulp from the skin using a fork and clean fingers. Be sure to get at all the browned pulp right by the skin. Throw away the skin.

Put in a blender or food processor. Add remaining ingredients and process until smooth, about 1 minute.

Taste and adjust seasoning as desired. Serve right away or cover and refrigerate up to 2 days.

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baked eggplant sticks

Serves 5 ●

INGREDIENTS

- Olive oil spray
- 1 medium eggplant
- ½ cup breadcrumbs or cracker crumbs
- ¼ teaspoon salt
- ¼ teaspoon fresh cracked pepper
- 2 tablespoons Parmesan cheese
- ¼ teaspoon oregano
- ½ teaspoon paprika
- ¼ teaspoon basil
- ½ cup plain yogurt
- 1 cup marinara sauce

DIRECTIONS

Preheat oven to 450°F. Line two baking sheets with parchment paper and spray lightly with oil.

Cut ends off the eggplant. Slice in half, then into ¼-inch slices.

In a bowl, combine breadcrumbs, Parmesan cheese and spices. Put yogurt in another bowl.

Dip eggplant into the yogurt and then into the breadcrumbs. Place on baking sheets. Spray with more oil.

Bake for 10 minutes. Flip over and bake an additional 5 minutes or until golden. Serve hot with marinara.



cauliflower popcorn

Serves: 4 ●

INGREDIENTS

- 1 cauliflower
- 2 teaspoons olive oil
- ½ teaspoon salt

DIRECTIONS

Preheat oven to 425°F.

Break up cauliflower into bite-sized pieces. Put in a bowl and add oil and salt. Toss well.

Spread out onto a baking sheet. Bake until golden brown, about 30 minutes.

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caulimash

Serves: 6 ●

INGREDIENTS

- 3-4 cups water
- 3 cups cauliflower, about 1 head
- ¾ cups fat-free Greek yogurt
- ¼ cup low-fat cream cheese
- Salt and pepper to taste
- 1 teaspoon paprika

DIRECTIONS

In a medium pot, bring 3-4 cups of salted water to a boil.

Trim hard stems and leaves from cauliflower. Cut cauliflower into pieces leaving no more than 2-inch stems.

Put pieces into boiling water for 15 minutes or until tender. Drain well and place in a mixing bowl.

Mash with potato masher while adding yogurt and cream cheese. Add salt and pepper to taste.

Spoon mash into 1-quart casserole dish. Sprinkle with paprika and serve.

mardi gras jicama salad

Serves: 8-10 ●●●●

INGREDIENTS

- 1 pound jicama, peeled
- 1 red onion
- 1 red bell pepper
- 1 green bell pepper
- ½ cup mandarin oranges, drained
- ½ cup pineapple chunks, drained
- 2 tablespoons fresh squeezed lime juice
- 2 tablespoons fresh cilantro and/or mint, washed and chopped

DIRECTIONS

Slice all veggies into 2-inch strips. Add to a bowl. Add remaining ingredients and toss.

Refrigerate at least 2 hours, mixing occasionally.



plum sauce

Makes 2 cups ●●●

INGREDIENTS

- 15 plums, small to medium
- 5-6 garlic cloves, minced or 1 tablespoon garlic powder
- ½ cup red onion, finely chopped
- 1 tablespoon fresh ginger, grated or ⅛-¼ teaspoon ground ginger
- ¼ cup low-sodium soy sauce
- 1-2 tablespoons sweet chili sauce or red pepper flakes, optional

DIRECTIONS

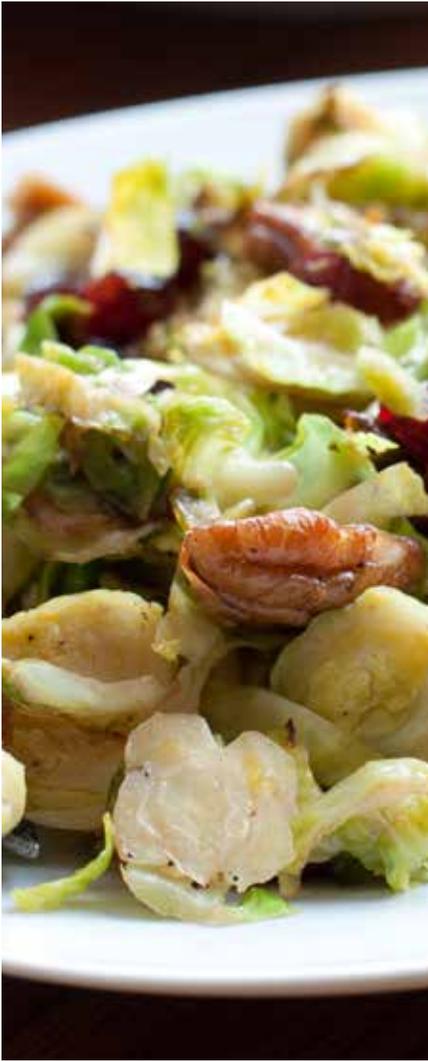
Wash plums and cut into small chunks. Throw away the pits.

In a saucepan, add plums and remaining ingredients. Cook over medium heat for about 20 minutes, stirring occasionally.

Put mixture into a blender or use a handheld blender and blend well. Add a little water to thin, if needed.

Cool and serve as a dip with spring rolls, chicken, pork or shrimp. Or, toss with a veggie stir fry. Store in fridge up to 2 weeks or freezer up to 6 months.





roasted sprouts

Serves: 4 ●

INGREDIENTS

- 1½ pounds Brussels sprouts
- 2-3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh thyme or 1 teaspoon dried
- 1 large shallot, chopped
- ½ cup pecan halves, optional
- ½ teaspoon salt
- Freshly ground black pepper
- ½ teaspoon balsamic vinegar

DIRECTIONS

Preheat oven to 400°F.

Trim brown bottoms off sprouts and remove any yellow leaves. Cut larger sprouts into 4 pieces and smaller sprouts in half.

In a large bowl, toss sprouts with olive oil, thyme, shallots, pecans, salt and a few grinds of pepper. Spread on a baking sheet.

Roast until tender on the inside and crisp on the outside, 20-30 minutes, flipping every 7-8 minutes.

Drizzle with balsamic vinegar and serve.



sweet potato fries

Serves: 8 ●

INGREDIENTS

- 4 large sweet potatoes
- 1-2 teaspoons olive or canola oil
- ½ teaspoon ground cinnamon
- ½ teaspoon cumin or chili powder
- 1 teaspoon powdered garlic
- Salt to taste

DIRECTIONS

Preheat oven to 450°F.

Wash and peel potatoes. Slice diagonally into thick, even wedges. Put wedges in a bowl and toss with oil until lightly coated. Arrange wedges in a single layer on a baking sheet.

In a small bowl, combine spices and sprinkle over sweet potatoes.

Bake until tender and golden brown, about 25 minutes.

DESSERTS



chomp's carrot cookies

Makes 30 cookies ●●

INGREDIENTS

- ½ cup butter, softened
- ⅓ cup granulated sugar
- ⅓ cup packed dark brown sugar
- 1 egg
- 2 egg whites
- 1 teaspoon vanilla
- ¾ cup all-purpose flour
- ¼ teaspoon baking soda
- ⅓ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1¼ cups quick-cooking rolled oats
- 2 cups grated carrots
- ½ cup raisins



DIRECTIONS

Preheat oven to 375°F.

In a large mixer bowl, cream together butter and sugars with an electric mixer until light and fluffy.

Beat in eggs and vanilla on medium speed. Gradually beat in flour, baking soda, cinnamon and salt. Mix in remaining ingredients on low speed.

Drop by rounded tablespoons onto a lightly greased baking sheet, 2 inches apart. Bake until firm and edges are golden, 15-20 minutes.

Cool 1-2 minutes. Transfer to wire rack to cool completely.

rainbow fruit salsa and cinnamon tortilla chips ●●●●●

INGREDIENTS

- A variety of colorful fruits like:
 - › Green: grapes, green apples, honeydew, kiwi or pears
 - › Red: apples, cherries, strawberries, raspberries or watermelon
 - › Orange: clementines, cantaloupe, oranges, papaya or nectarines
 - › Yellow: banana or guava
 - › Blue/purple: blueberries, blackberries, grapes or plums
- 1 tortilla per person, whole grain or corn
- ½ teaspoon oil
- Cinnamon and sugar mixture, less than 1 teaspoon per tortilla

DIRECTIONS

Wash and cut fruit into bite-sized pieces. Prepare about 1 cup of fruit per person. Mix all fruit into a bowl. Put in refrigerator to chill until ready to eat.

Preheat oven to 350°F.

Cut tortillas into 8 pie shaped pieces. Place on baking sheet and brush with oil.

Lightly sprinkle with cinnamon and sugar mix. Turn over and repeat on other side of tortilla. Bake for 8-10 minutes. Cool on wire rack for 15 minutes.

Dip chips into rainbow fruit salsa and enjoy.



frozen yogurt berries

Serves: 2 ●●

INGREDIENTS

- 1 cup berries (blueberries, raspberries or blackberries)
- 2 cups vanilla or honey Greek yogurt
- Shredded coconut, optional

DIRECTIONS

Wash and dry berries. Line a baking sheet with parchment paper.

Using a toothpick, dip berries into yogurt making sure to cover the entire berry. Slide berries onto baking sheet. Sprinkle with coconut, if desired. Freeze until yogurt hardens, about 1-2 hours.

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