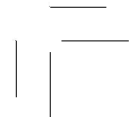
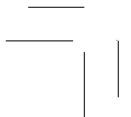




HEALTHY RECIPES

Healthy Options[®]

Independent
Health[®]
FOUNDATION





Family Fun *in the* Kitchen!

Cook, bond, learn and nourish. The best way to teach kids about healthy eating is by preparing healthy meals together. Fuel your child's interest in nutritious foods by exploring age-appropriate kitchen activities with our handy guide. Let's cook up some fun, healthy adventures together!

Food Safety Basics

- Wash hands, surfaces and kitchen utensils.
- Cook food to a minimal internal temperature.
 - a. Raw meat, poultry and leftovers: 165 F or higher
 - b. Ground meat: 160 F
 - c. Pork and seafood: 145 F
- Keep raw meat, poultry and seafood separate from cooked and other ready-to-eat foods.
- Refrigerate promptly to 40 F or lower.
- For more food safety info, visit <https://www.foodsafety.gov>.

Cooking with Kids

Here are some age-appropriate tasks your child can help with:

Ages 3-5: This age is perfect for teaching kids proper food safety and how to keep a clean kitchen.

- Wash fruits and vegetables in the sink with cool tap water.
- Mix ingredients like easy-to-mix batters.
- Wipe tabletops.

Ages 6-7: Children between these ages can perform basic kitchen prepping activities.

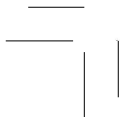
- Use a peeler to peel washed fruits and vegetables.
- Break eggs into a bowl and remember to wash hands afterwards.
- Use a spoon to deseed tomatoes and bell peppers.
- Snap the ends off green beans and other vegetables.

Ages 8-9: This age group can begin to take on more recipes and food safety tasks.

- Use a can opener.
- Check the temperature of meat using a food thermometer.
- Juice fruits such as oranges and lemons.

Ages 10-12: These kids are more independent and can take on bigger tasks with adult supervision.

- Boil pasta and cook ingredients on the stove.
- Slice or chop vegetables.
- Read a recipe and measure ingredients accurately.



Refried Bean Taco with Cilantro-Lime Salsa

By Chef Darian Bryan



INGREDIENTS:

- 2 x 15.5 oz. pinto beans
- 2 tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- organic blue taco shells, 6-inch 12 shells

Salsa

- 2 cups diced tomatoes
- 1/2 cup diced red onion
- 1/2 chopped cilantro
- 1 jalapeño, seeded & diced
- juice from 1 lime
- 2 tbsp. olive oil
- salt & pepper to taste

DIRECTIONS:

1. In a pot, add 2 tbsp. of olive oil over medium heat. Add rinsed and drained pinto beans to pot. Mash up until smooth.
2. In a small bowl, combine chili powder, cumin, garlic powder, and salt. Mix into pinto beans.
3. Cook over medium-low heat until warm and smooth.
4. Combine tomatoes, red onion, cilantro, jalapeño, lime juice, and olive oil in a medium bowl. Mix until combined. Season with salt and pepper to taste.
5. Heat taco shells according to package instructions.
6. Serve taco shells with 1/2 cup beans and top with cilantro-lime salsa. Enjoy!

SHOPPING LIST



30 min

Yield: 6 servings



4 tomatoes



1 red onion



1 bunch of
cilantro



1 jalapeño



1 lime



2 x 15.5 oz.
canned
pinto beans



Blue Taco
Shells, 6-inch
12 Shells

Seasonings and more:

- black pepper
- chili powder
- cumin
- garlic powder
- olive oil
- salt

Cooking at Home

Sweet Chili Chicken Wraps

By Chef Ali



INGREDIENTS:

- 1 lb. chicken breasts, sliced in half, lengthwise
- 4 garlic cloves, minced
- 1 cup broccoli, roughly chopped
- 1 cup carrots, matchsticks
- 4 green onions, thinly sliced
- 1/2 cup sweet chili sauce
- 2 tbsp. low sodium soy sauce
- 2 tbsp. lime juice from lime
- 2 tbsp. honey
- salt & pepper to taste
- 1/2 cup plain, non-fat Greek yogurt
- *optional: cilantro leaves, garnish
- 6-pack whole wheat multi-grain tortilla

DIRECTIONS:

1. In a bowl, combine sweet chili sauce, soy sauce, lime juice, honey, minced garlic, salt, and pepper. Mix well.
2. Place sliced chicken breasts in a bowl or a resealable plastic bag. Coat chicken with marinade evenly. Marinate for at least 30 minutes, or refrigerate overnight for maximum flavor.
3. Over medium-high heat, sear chicken for 3-4 minutes per side, or until well done. Make sure internal temperature reaches at least 165°F.
4. Once cooled down, slice chicken into thin strips or shred if desired.
5. In another bowl, add broccoli, carrots, Greek yogurt, sweet chili sauce, and green onions to make broccoli slaw.
6. Warm tortilla for 20-30 seconds in microwave or toast in a pan.
7. Spread broccoli slaw mixture onto wrap and add chicken. Garnish with fresh cilantro leaves. Wrap and enjoy!

SHOPPING LIST



30 min

Yield: 6 servings



4 garlic
cloves



1 lime



1 broccoli
head



5.3 oz. plain,
non-fat
Greek yogurt



10 oz.
matchstick
carrots



1 lb. chicken
breast



1 bunch of
green onion



6-pack whole
wheat multi-
grain tortilla

Seasonings and more:

- honey
- low sodium soy sauce
- sweet chili sauce

 *Healthy Options.*
Cooking at Home

Sloppy Joes

By Chef Andy Rusczyk



INGREDIENTS:

- 1 lb. lean ground beef
- 2 garlic cloves, minced
- 1 yellow onion
- 1 bell pepper, diced
- 2 carrots, diced
- 2 cups can tomato sauce
- 1 cauliflower head, destemmed & cut into florets
- 2 tbsp. olive oil
- 1/2 cup water
- salt & pepper to taste
- garlic powder to taste
- 1 x 8-pack whole wheat rolls

DIRECTIONS:

1. Preheat oven to 450°F.
2. Heat a large pot with 1 tbsp. olive oil over high heat. Sauté onion for 1-2 minutes. Add garlic, bell pepper, carrots, ground beef, and seasonings. Brown meat for 8-10 minutes until cooked. Drain grease if needed.
3. Add tomato sauce to meat mixture. Add water to can and swirl around. Pour it into pot.
4. Stir to combine the sauce and meat well. Lower heat and simmer for 5-10 minutes. Stir occasionally. Once cooked, let it stand for 5 minutes.
5. While meat is cooking, combine florets, 1 tbsp. olive oil, garlic powder, and pepper in a bowl. Mix well.
6. Spread cauliflower on a large baking sheet and roast in the oven at 450°F for 15-20 minutes until soften and brown.
7. Scoop 1 cup meat mixture onto bun. Add a side of roasted cauliflower.
8. Enjoy the sloppiness! You may need to grab a spoon!

SHOPPING LIST



30 min

Yield: 6 servings



1 green pepper



1 lb. lean ground beef



1 yellow onion



Whole wheat buns, 8-pack



2 garlic cloves



2 carrots



1 x 15 oz. tomato sauce



1 head of cauliflower

Seasonings and more:

- garlic powder
- olive oil

 **Healthy Options.**
Cooking at Home

Southwest Quinoa Salad

By Chef Ali



INGREDIENTS:

- 2/3 cup quinoa, dry
- 1 1/3 cups water
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 red onion, diced
- 1 cup can corn
- 1 can black beans, rinsed & drained
- 1 can chickpeas, rinsed & drained
- 1 1/2 cups frozen edamame
- 2 Roma tomatoes, diced
- 1 avocado, diced
- *optional: cilantro, chopped, garnish,

Vinaigrette Dressing

- 1/4 cup olive oil
- 2 tbsp. red wine vinegar
- 1 tbsp. lime juice from lime
- 1 tsp. ground cumin
- 1/2 tsp. chili powder, to taste
- 1/2 tsp. honey
- salt & pepper to taste

DIRECTIONS:

Vinaigrette Dressing

1. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, ground cumin, chili powder, honey, salt, and pepper. Chill for 15 minutes.

Salad

1. Bring a pot of water to a boil. Add edamame and cook for 3-5 minutes. Drain and set aside.
2. Wash quinoa in a bowl or fine sieve. Drain water.
3. Fill a pot with water and add quinoa. Bring to a boil. Put on low heat and cover for 15 minutes.
4. Remove from heat and let stand for 10 minutes or until water is absorbed.
5. Fluff with a fork and transfer to a bowl. Place in the fridge until cool.
6. Mix all diced veggies, corn, black beans, avocado, and quinoa. Garnish with cilantro.

SHOPPING LIST



30 min

Yield: 6 servings



8 oz. red quinoa



1 x 15.5 oz. can corn



1 green pepper



1 x 15.5 oz. can black beans



1 red pepper



1 x 15.5 oz. can garbanzo beans



1 red onion



12 oz. frozen edamame



2 tomatoes



1 avocado

Seasonings and more:

- chili powder
- cumin
- honey
- ground coriander
- olive oil
- red wine vinegar



1 lime


Cooking at Home

Shepherd's Pie

By Chef Darian Bryan



INGREDIENTS:

- 2 tbsp. olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 large carrot, diced
- 1 stalk celery, diced
- 1 lb ground turkey
- 1 cup frozen peas
- 1 cup low-sodium vegetable broth
- 2 tbsp. tomato paste
- 2 tsp. dried thyme
- salt and pepper to taste
- 2 tbsp. wheat flour
- 1/2 cup water
- 2-3 medium sweet potatoes, cooked & mashed

DIRECTIONS:

1. Preheat oven to 350°F.
2. Heat olive oil in a large skillet over medium heat. Add onion and garlic and cook for 2-3 minutes, until they become translucent or clear.
3. Add carrots and celery and cook for an additional 3-4 minutes.
4. Add ground turkey, peas, broth, tomato paste, thyme, salt, and pepper and cook until meat is browned.
5. In a small bowl, whisk together wheat flour and water until dissolved.
6. Add flour mixture to the skillet and stir until sauce has thickened.
7. Spread turkey mixture into a 9x13" baking dish.
8. Spread mashed sweet potatoes over the top.
9. Bake for 25-30 minutes, until golden brown and bubbly.
10. Let it cool slightly before serving. Enjoy!

SHOPPING LIST



30 min

Yield: 8 servings



1 yellow onion



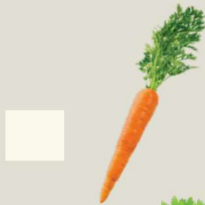
3 sweet potatoes



2 garlic cloves



16 oz. frozen peas



1 large carrot



12 oz. wheat flour



1 stalk of celery



14.5 oz. tomato paste



32 fl. oz. vegetable stock



1 lb. ground turkey

Seasonings and more:

- black pepper
- dried thyme
- garlic powder
- olive oil
- salt

Cooking at Home

Meatloaf Meatballs with Carrot Fries

By Chef Andy Rusczyk



INGREDIENTS:

- 1 tbsp. extra virgin olive oil
- 1/2 white onion, chopped
- 1 carrot, chopped
- 1/2 garlic powder
- 1/4 cup chicken broth, low sodium
- 1 tbsp. Worcestershire sauce, reduced sodium
- 1 tbsp. tomato paste, unsalted
- 1 lb. lean ground beef
- 1 egg
- 1 cup whole wheat bread crumbs

For the glaze:

- 1/4 cup tomato paste
- 2 tsp. Worcestershire sauce
- 1 tsp. honey
- 2 tbsp. juice from a lemon

Honey Roasted Carrot Fries:

- 6 carrots
- 1 tsp. garlic powder
- 1/4 cup honey

DIRECTIONS:

1. Preheat oven to 450°F. Spray oil on a baking sheet.
2. Heat oil in a medium saucepan over medium-high heat. Sauté onion and carrot for 3-4 mins. Once softened, remove from heat.
3. Add garlic powder, chicken broth, Worcestershire sauce, and tomato paste to veggie mixture. Stir and mix well. Allow mixture to cool.
4. In a large bowl, combine veggie mixture, ground beef, egg, and breadcrumbs using your hands.
5. Scoop out 1/4 cup mixture and roll into a ball. Place on baking sheet and repeat.
6. Whisk together glaze ingredients in a small bowl and drizzle on top of meatballs.
7. Bake for about 20-25 minutes or until internal temperature reaches 165°F.

Honey Roasted Carrot Fries

1. Preheat oven to 400°F.
2. Slice carrots into French fry shapes. Place on baking sheet and drizzle with honey and garlic powder.
3. Roast in oven for 20-25 minutes.

SHOPPING LIST



30 min

Yield: 6 servings



16 oz. bag
carrots



1 x 6 oz.
tomato paste



1 white
onion



whole wheat
breadcrumbs



1 lemon



low sodium
chicken broth



half dozen
eggs



1 lb. lean
ground beef

Seasonings and more:

- garlic powder
- honey
- Worcestershire sauce,
reduced sodium

Cooking at Home

Mac & Cheese with Blackened Chicken

By Chef Andy Rusczyk



INGREDIENTS:

- 1 lb. skinless, chicken breast
- blackening seasoning (1 tbsp. of paprika, garlic powder, & onion powder)
- 2 tbsp. extra virgin olive oil
- 8 oz. elbow pasta, whole wheat, dry
- 1 head broccoli, chopped
- 6 oz. baby spinach, rinsed and drained
- 2 garlic cloves, minced
- 1 3/4 cups 1% low-fat milk
- 3 tbsp. whole wheat flour
- 1 cup cheddar cheese, low-fat, shredded
- 1/2 cup pasta water
- salt & pepper to taste

DIRECTIONS:

1. Preheat oven to 350°F.
2. Season chicken breast with blackening seasoning.
3. Heat pan on high heat with 1 tbsp. olive oil.
4. Place chicken breast down in pan. Sear each side for 3-4 mins.
5. Transfer chicken to a baking sheet and place it in oven for 12-15 mins or until internal temperature reaches 165°F.
6. Bring a large pot of water to a boil. Cook pasta according to package instructions.
7. Heat 1 1/2 cups milk in another large pot until simmering.
8. In a pan over medium heat, add 1 tbsp. olive oil and saute broccoli, minced garlic, and spinach until spinach wilted.
9. Whisk remaining 1/4 cup milk, pasta water, flour, garlic powder in a small bowl until combined. Add flour mixture to pot; whisk over heat for 2-3 mins or until sauce thickens.
10. Remove from heat and add cheddar. Whisk until cheddar is melted.
11. Drain pasta and add to cheese sauce. Mix in veggies.
12. Once chicken is cooked, remove from oven. Slice chicken and place on top of 1 cup of mac & cheese.

SHOPPING LIST

 30 min

Yield: 6 servings



8 oz. whole wheat pasta



1% low-fat milk



1 head fresh broccoli



low-fat cheddar cheese



1x6 oz. spinach bag



whole wheat flour



2 garlic cloves

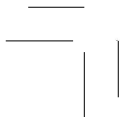


1 lb. chicken breast

Seasonings and more:

- garlic powder
- onion powder
- paprika powder


Cooking at Home





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for healthy recipes and more!

For more information, contact us at foundation@independenthealth.com
or call (716) 635-4959.



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