

### **Yummy Simple Survival Recipes To Help Kids and Teens Easily Cook and Eat Healthy!**

**By Linda Arpino, MA, RD, CDN  
(914) 935-0123 or (203) 321-8454**

*Appropriate for children older than two years of age  
Portions can be increased or decreased depending on the age of the child  
Teach your child how to make these easy recipes together and empower them with skills that will last a lifetime!*

**Three Breakfast Basics, Nix the sweetened cereals and replace them with these!**

#### **Hot Old Fashion Oatmeal**

¼ cup Oats, old fashion rolled type(not instant)  
Dash Cinnamon  
½ c. Fat Free Milk  
Topping  
10 raisins(optional)  
2 Tablespoons slivered almonds or walnuts (optional)

Place all ingredients except last two optional ones in a microwavable glass bowl deep enough to allow cooking not to over flow. Place in a microwave and cook one minute or until oats are soft and tender to eat. Add topping and enjoy!

#### **Yogurt Parfait**

6-8 ounces Fat Free Yogurt  
Cinnamon as desired  
½ large Apple or banana, organic recommended, or ¼ c. dried apricots or raisins, chopped up  
2T. raw rolled oats or crushed bran chex cereal  
Optional topping  
½ teaspoon brown sugar or honey or mini chocolate chips  
5 nuts, chopped

Place yogurt in bowl, slice fruit on top, add rolled oats, and optional toppings.

#### **Waffle Berry Sandwich**

1 Frozen or Fresh Waffle, over 2 grams fiber and under 3 grams fat)  
¼ cup Fat free ricotta cheese  
Dash of cinnamon  
4 strawberries, fresh, organic, sliced

Toast the waffle if frozen or use a freshly cooked one. Cut waffle in half, spread ricotta cheese on it, add remaining ingredients. Place other half on top and eat like a sandwich with a glass of milk or water.

**Delicious Bag Lunches: Nix the High Fat and Refined carbohydrate School Lunches and Bring a few times a week!**

### **Spring Pasta Salad**

1 cup Leftover Spiral Whole Wheat Pasta, cooked  
5 Grape tomatoes  
Fresh Parsley or dried  
Pepper  
1-2 teaspoons Vinegar, white or red wine type  
1 ounce crumbled feta or Mexican cheese or part skim mozzarella chunks  
Optional  
Chopped onion, celery, cucumber and carrots  
1 slice 3 day old Italian Bread, cubed

Place all ingredients in a airtight container, top with Italian bread.

### **Mediterranean Sandwich**

1 six inch pita, whole wheat type  
3 Tablespoons Hummus  
Lettuce, cucumber or/ and tomato

Open Pita pocket and spread hummus inside. Add vegetables.  
Suggestion: serve with one carrot cleaned, no need to peel, just enjoy, good fiber and nutrients!

### **Barbeque Chicken Fingers Ala WOW!**

½-1 cup Rice, brown recommended  
Green Peas or Black beans  
2-3 ounces Chicken Breast cut into strips  
1 teaspoon Barbeque sauce or Jamaican Jerk sauce or salsa

Place Rice in a container with lid. Add beans, top with chicken and brush with sauce.

### **After School Snack Options**

**1 Fruit/ day: Apple, orange, peach, pear, banana, berries, melon**  
**1 cup fat free, no sugar added Milk or Yogurt or cottage cheese- if lactose intolerant use lactose free type or soy milk which is calcium fortified**  
**Raw Vegetable: Carrot, celery, cucumber, pepper, radish, tomatoes, lettuce, baby corn**  
**Beans: Chick peas, black beans**  
**Popcorn, fat free (place corn kernels in a brown paper bag, heat in microwave until cooked, (optional- flavor with Butter buds, garlic powder or Cabot Cheddar flavoring)**