



GOOD BITES FROM THE GARDEN

VOLUME II

Anthem  

Anthem Blue Cross and Blue Shield Foundation

Fit  **Kids**


ACKNOWLEDGEMENT

To the thousands of curious and creative students who plant, harvest, taste, learn, and GROW in our school gardens – THANK YOU!

Made possible through support from



Anthem Blue Cross and Blue Shield Foundation

The Anthem Blue Cross and Blue Shield Foundation, an independent licensee of the Blue Cross and Blue Shield Association, is a philanthropic arm of the Elevance Health Foundation.



CORE FOUR: FOOD SAFETY

CLEAN

Wash your hands, kitchen surfaces, and utensils with hot, soapy water before and after handling food.

COOK

Cook food to a high enough temperature to kill the harmful bacteria that causes foodborne illness.



SEPARATE

Separate produce items from raw meat, seafood, poultry, eggs, and household chemicals.

CHILL

Keep your refrigerator at or below 40 degrees and your freezer at zero degrees. Refrigerate or freeze leftovers within 2 hours.



RECIPES

All of these recipes are kid-tested and approved by the students in the Fit4Kids Learning Gardens!



SUNSHINE SMOOTHIE BOWL



SERVES: 2



PREP TIME: 10 MIN

Ingredients

- 1 peeled orange
- 1 cup pineapple
- 1 cup mango
- 1/2 cup spinach
- 1/3 cup plain Greek yogurt
- 1/4 cup milk, almond milk, water
- 1/2 cup ice or use frozen fruit

DIRECTIONS

1. Peel the orange.
2. Slice mango and pineapple into medium sized chunks.
3. Add orange, pineapple, mango, spinach, and Greek yogurt into the blender with milk and optional ice.
4. Blend on low until smooth.
5. Pour smoothie into bowl and add desired toppings!



Optional Toppings

- sliced banana
- sliced strawberries
- chia seeds
- coconut flakes
- scoop of nut butter
- granola

HOT TIPS

Using frozen fruit is more cost effective! Greek yogurt makes it extra creamy!

ZOODLES WITH POMODORO SAUCE



SERVES: 4



PREP TIME: 10 MIN
COOK TIME: 25 MIN

Ingredients

Zoodles

- 4 small to medium zucchini

Sauce

- 3 garlic cloves
- 2 TBSP olive oil
- 1 (28 oz) can whole peeled tomatoes
- 1 medium bunch of fresh basil, chopped
- 1/2 tsp ground black pepper
- 1 tsp salt
- 1 tsp red pepper flakes (optional)



HOT TIP

Zoodles are typically served raw or very lightly cooked in the sauce so they maintain their texture!

DIRECTIONS

1. Slice off the ends of the zucchini and place in your spiralizer or use a peeler to make noodles.
2. Peel and smash garlic cloves.
3. Heat the olive oil in a large pan over medium heat. Add garlic and sauté for about 1 minute.
4. Add the whole can of tomatoes, basil and red pepper flakes, if using. Season with salt and pepper. Cook until boiling.
5. Once boiling, reduce the heat to low and let the sauce simmer for about 20 minutes. Break up the tomatoes with a spoon.
6. Remove from heat.
7. Transfer sauce into a blender and blend until it is smooth.
8. Serve zoodles with pomodoro sauce on top and enjoy!

BLACK BEAN BURGERS



SERVES: 6



PREP TIME: 20 MIN

COOK TIME: 25 MIN

Ingredients

- 2 TBSP olive oil (separated)
- 3/4 cup red pepper, chopped
- 3/4 cup yellow onion, finely chopped (1/2 of a large onion)
- 3 garlic cloves, minced (about 1 TBSP)
- 1 and 1/2 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 cup bread crumbs or oat flour
- 2 large eggs
- 1 TBSP Worcestershire sauce
- 2 TBSP ketchup
- A pinch of salt & pepper
- 2 (14 oz) cans of black beans, drained, rinsed, patted dry



DIRECTIONS

1. Heat 1 TBSP olive oil over medium heat then add red pepper, onion, and garlic. Sauté until peppers and onions are soft, about 5-6 minutes.
2. Gently blot some of the moisture out. Transfer to a large bowl or food processor and add cumin, chili powder, garlic powder, bread crumbs, eggs, Worcestershire sauce, ketchup, salt, and pepper.
3. Stir or pulse everything together, then add black beans.
4. Mash with a fork or pulse the mixture, leaving some larger chunks of black beans. Form into patties - about 1/2 cup mixture in each.
5. Heat 1 TBSP oil in a pan or griddle on medium heat.
6. Cook patties on each side for 4 to 6 minutes. Eat on roll with your favorite toppings or on a veggie packed salad!

TZATZIKI DIP & CUT VEGGIES



SERVES: 4



PREP TIME: 10 MIN

Ingredients

Dip:

- 1/2 cup finely grated cucumber
- 1 garlic clove, grated or chopped finely
- 1 cup thick whole milk Greek yogurt
- 1 TBSP lemon juice
- 1/2 TBSP extra virgin olive oil
- 1/4 tsp sea salt
- 1 TBSP chopped dill
- 1 TBSP chopped mint, optional
- Veggies for dipping (bell peppers, carrots, broccoli, tomatoes)



WHY YOU'LL LOVE IT

The perfect dip for a warm summer day! Goes well with pita sandwiches, veggies, and burgers!

DIRECTIONS

1. Grate the cucumber and garlic clove. Be careful!
2. Squeeze the water out of the grated cucumber. Squeeze directly over the sink or press it lightly between kitchen or paper towels.
3. Stir everything together! Combine the cucumber, garlic, yogurt, lemon juice, olive oil, sea salt, dill, and mint (if using).
4. Chill until ready to eat. Use veggies to scoop and enjoy!

WINTER WONDER SALAD



SERVES: 4



PREP TIME: 15 MIN

WHY YOU'LL LOVE IT
This salad is perfect for fruits and veggies found in the winter! Throw in a protein to make this a full meal!

Ingredients

Salad

- 1 bunch of fresh spinach or kale, chopped
- 1 cup of broccoli florets, chopped
- 1/2 cup of pomegranate seeds or dried cranberries
- Optional: diced green onion, sub cauliflower for broccoli

Dressing

- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 1 TBSP honey
- 2 tsp lemon juice
- 1/2 tsp salt & pepper

DIRECTIONS

1. Chop the kale, broccoli, and other optional ingredients.
2. Cut the pomegranate for deseeding by cutting around the top where the crown is and removing it, then slicing down the sides along the ridges on the fruit. Then remove the seeds, being careful not to squish out the juice! Check out YouTube for examples of how to cut a pomegranate.
3. Put all the dressing ingredients into a jar with a lid and shake!
4. In a large serving bowl, toss everything together and enjoy!

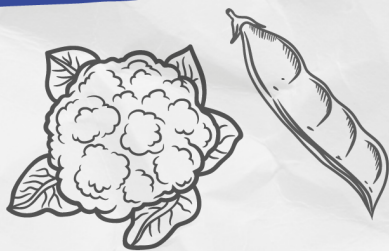
CAULI-RICE AND PEAS SALAD



SERVES: 5



PREP TIME: 15 MIN



Ingredients

Salad

- 4 cups cauliflower, chopped very small (riced)
- 4 cups thinly sliced sugar snap peas, ends trimmed, sliced at a diagonal
- 1/4 cup chopped fresh basil or mint leaves
- 1/4 tsp crushed red pepper flakes (optional)
- 1/4 cup roughly chopped nuts or sunflower seeds (optional)

Dressing

- 2 TBSP lemon juice
- 2 TBSP olive oil
- 1 clove garlic, minced or grated
- 1 1/2 tsp Dijon mustard
- 1 tsp maple syrup or honey
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 2 TBSP shallot, finely chopped (optional)

DIRECTIONS

1. Chop the cauliflower into very small pieces by hand or use a food processor.
2. In a large serving bowl, combine all the dressing ingredients. Whisk to combine.
3. In the same bowl, add the snap peas, cauliflower, and basil, toss to combine and coat with the dressing. Taste and adjust seasonings as needed.

WHY YOU'LL LOVE IT

A quick salad FULL of vitamin C, which will help boost your immunity!

SERIOUSLY GOOD FOR YOU SCRAMBLED EGGS



SERVES: 3 - 4



PREP TIME: 5 MIN

COOK TIME: 15 MIN

Ingredients

- 1 TBSP olive oil
- 1/4 cup onion, chopped
- 1/4 cup of mushrooms, chopped
- 1/4 cup bell pepper, chopped
- 6 eggs
- 1/4 cup milk, optional
- 1/4 cup cheese, optional
- Salt and pepper to taste



DIRECTIONS

1. Heat olive oil on medium heat in a skillet.
2. Add in chopped veggies and sauté for 5-6 minutes until soft.
3. In a medium bowl, whisk eggs and milk (the milk makes the eggs creamier!).
4. Pour eggs in the skillet with the cooked veggies.
5. Let the eggs sit undisturbed for a few seconds. Begin stirring and folding the eggs with a spatula every few seconds until no visible liquid egg remains. Add in cheese, optional, while eggs are still warm!

HOT TIP

There are endless combinations!
Use your favorite veggies or any
veggies in your fridge!

SPICED COOKED APPLES



SERVES: 6



PREP TIME: 5 MIN

COOK TIME: 15 MIN

WHY YOU'LL LOVE IT

Eat these apples on top of oatmeal, yogurt, or as a snack!

Ingredients

- 3 apples (about 3 cups, chopped)
- 2 TBSP water
- 1 1/2 TBSP butter
- 1 TBSP maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp pure vanilla extract
- chopped nuts or granola (optional)



DIRECTIONS

1. Cut apples into same-sized pieces (about 1" cubes).
2. Put apple pieces into a skillet with 2 TBSP water. Cover the pan and cook over medium heat for about 5 minutes, stirring occasionally, until the apples become slightly soft and water is absorbed.
3. Add 1 1/2 TBSP of butter to the skillet. Stir until the apples are coated. Cook for 5 minutes, stirring every minute or so, until the apples become soft.
4. Add maple syrup, cinnamon, and vanilla. Stir until well mixed.
5. Cook for about 5 more minutes, stirring every minute until the apples reach your desired softness!
6. Remove from heat and serve. If you like a little crunch, get creative and add some chopped nuts or granola.

HOT TIP:

Granny Smith and Honeycrisp apples are great for baking!

CUCUMBER BOATS



SERVES: 4



PREP TIME: 15 MIN

Ingredients

Salad

- 1 avocado
- 1 1/2 TBSP lemon juice (half of a fresh lemon squeezed)
- 2 cups grape tomatoes, sliced
- 2 cups cucumber, chopped
- 1 can chickpeas, drained
- 1/2 cup fresh parsley, chopped
- 1/4 cup red onion, diced
- 2 additional cucumbers for boats

Dressing

- 1/4 cup olive oil
- 2 TBSP red wine vinegar
- 1/2 tsp cumin
- salt & pepper

DIRECTIONS

1. Cut avocado into small cubes and place in a bowl. Squeeze the juice from 1/2 of a lemon over the avocado and gently stir.
2. Add remaining salad ingredients and gently toss to combine.
3. Add dressing ingredients to a bowl and whisk. Pour over salad and stir to combine.
4. Slice clean cucumbers in half lengthwise. Use a spoon to scoop out the seeds and create a hollow in the middle of each cucumber half.
5. Spoon filling into the boats and enjoy!



HOT TIP

These chickpea filled cucumber boats are loaded with protein and veggies for a fun snack or meal!

FRUIT AND HERB INFUSED WATER



SERVES: 6



PREP TIME: 5 MIN

CHILL TIME: 10 MIN

HOT TIP
There are endless combinations of fruits and herbs that are lots of fun! Another favorite is **cucumber mint!**

Ingredients

Berry Basil

- 8 cups of water or sparkling
- 1/4 cup fresh basil
- 1 cup strawberries, quartered
- 1 cup blueberries
- Optional: 1 lime or lemon, sliced
- Optional: Ice

DIRECTIONS

1. Lightly smash the basil in the bottom of a pitcher.
2. Add strawberries, blueberries, limes, and lemon to pitcher.
3. Pour water into pitcher. Leave in refrigerator overnight to infuse or chill for 10 minutes. Stir, serve over ice, and enjoy!

HOT TIP: Store in the fridge for up to 3 days!

RAINBOW SALAD



SERVES: 5



PREP TIME: 15 MIN

This salad is colorful, sweet, and packs a flavorful punch! Throw in protein to make this a full meal!

Ingredients

Salad

- 1 bunch of chard, chopped
- 1/2 cup of chopped strawberries
- 1 cup of cilantro, chopped
- 2 avocados, diced
- 4 clementines, cut
- sea salt and black pepper
- optional: 4 TBSP of mixed seeds or nuts

Dressing

- 1/2 cup olive oil
- 1/4 cup lime juice
- 1/4 cup lemon juice
- 1/4 cup orange juice
- 1 TBSP honey



DIRECTIONS

1. Wash and chop the chard, strawberries, and cilantro, and peel and cut the avocados and clementines into bite-sized pieces. Put into your serving bowl.
2. Put all the dressing ingredients into a jar with a lid and shake!
3. Pour the dressing over the salad, and season with salt and pepper to your liking.
4. Mix up the salad and enjoy!



BELL PEPPER NACHOS



SERVES: 4



PREP TIME: 10 MIN

COOK TIME: 10 MIN

WHY YOU'LL LOVE IT

Bell pepper nachos give you the taste of nachos but with extra veggies!

Ingredients

- 4 bell peppers
- 1 can of black beans, drained and rinsed
- 2 tomatoes, diced
- 1/2 red or yellow onion, diced
- 1 jalapeño, sliced (deseeded for less heat)
- 1 cup of cheddar cheese, shredded
- optional toppings: avocado, green onions, greek yogurt, cilantro, salsa

DIRECTIONS

1. Preheat oven to 400 F degrees.
2. Slice each pepper in half and then slice each half into 3 equal parts. Each pepper will create 6 “chips.” Lay the bell pepper chips on the baking sheet with the insides facing up.
3. Scoop black beans, tomatoes, onions, and jalapeño onto the peppers. Sprinkle with cheese.
4. Cook for 10 minutes.
5. Remove from oven and add toppings of your choice!



THREE SISTERS SAUTE



SERVES: 6



PREP TIME: 15 MIN

COOK TIME: 12 MIN

Ingredients

- 1 TBSP oil to coat pan
- 1 cup tomatoes, chopped
- 1 zucchini, thinly sliced
- 1 cup of preferred canned beans, drained and rinsed
- 1 cup of corn
- 1 tsp dried rosemary
- 1/2 tsp salt to taste



DIRECTIONS

1. Chop tomatoes and cut zucchini into thin slices.
2. Heat oil in pan over medium heat. Add the zucchini and corn and sauté, stirring occasionally for three minutes.
3. Add tomatoes and beans and stir.
4. Add rosemary and salt to season.
5. Cook 5–8 minutes, stirring frequently, until the squash is tender.
6. Serve on a plate or in a bowl! Enjoy!

THREE SISTERS STORY

A GREAT WAY TO EAT MORE VEGGIES! THE INDIGENOUS STORY OF THE 3 SISTERS TELLS US THAT CORN, BEANS, AND SQUASH WERE TRADITIONALLY GROWN TOGETHER BECAUSE THEY NOURISH EACH OTHER AND BECAUSE THE COMBINATION OF CORN (STARCH), BEANS (PROTEIN), AND SQUASH (VITAMINS) MAKE FOR A COMPLETELY NUTRITIOUS MEAL!

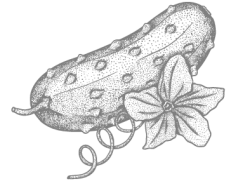
PRODUCE HIGHLIGHT

The veggies highlighted are grown
regularly in Fit4Kids school
gardens!



PRODUCE HIGHLIGHT

CUCUMBER



SUPERPOWER

Cucumber is filled with Vitamin A and gives you SUPER VISION and POWER IMMUNITY!

BUYING

Look for firm cucumbers, without blemishes or soft spots. They should be a dark green color all over, without any yellow spots.

HOW TO STORE

1. Wash the cucumbers with cold water and pat dry.
2. Place the cucumbers in an air tight storage container to keep them from drying out
3. Store in the crisper drawer, keeping them towards the front of the refrigerator.

WAYS TO COOK

Cucumbers are usually eaten raw with salads or as an on-the-go snack with some dip! It is also popular for cucumbers to be cooked in Asian cuisine for stir fries and steaming soups.

CUCUMBER ONION SALAD



SERVES: 6



PREP TIME: 10 MIN

Ingredients

- 2 large cucumbers, sliced
- 1 red onion, sliced
- 1/3 cup apple cider vinegar
- 1/4 cup water
- 1 TBSP of honey
- 1 tsp sea salt
- 1 tsp black pepper



DIRECTIONS

1. Slice each cucumber in 1/4 inch slices and add to a large bowl.
2. Add in the sliced red onion (slice into half moons) and toss to combine.
3. In a small bowl, whisk together the apple cider vinegar, water, honey, salt, and pepper.
4. Pour the dressing mixture over the cucumber and onion. Toss to fully combine.
5. Keep in the fridge until ready to serve.

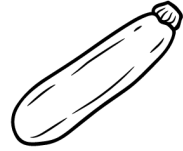
WHY YOU'LL LOVE IT!

THIS RECIPE COMES TOGETHER QUICKLY WITH JUST A FEW INGREDIENTS! IT'S A REFRESHING AND TANGY SIDE SALAD THAT IS A GREAT PAIR WITH THE BLACK BEAN BURGER!



PRODUCE HIGHLIGHT

ZUCCHINI



SUPERPOWER

Zucchini is high in fiber and gives you a STOMACH OF STEEL!

BUYING

Look for zucchinis that are small to medium sized, as they taste bitter the larger they grow. They should be firm with a vibrant and smooth skin.

HOW TO STORE

1. The key is to avoid having extra moisture, so it's recommended to not wash before storing.
2. Store it whole and dry in a plastic bag with one end open to promote air circulation.
3. Place in the refrigerator crisper drawer.

WAYS TO COOK

There are many different ways to cook zucchini! Whether its simply sautéed with olive oil, roasted with other veggies, or incorporated in a homemade pot of soup.

ROASTED ZUCCHINI WITH PARMESAN



SERVES: 4



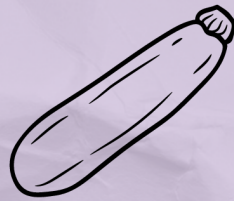
PREP TIME: 10 MIN

COOK TIME: 10 MIN

Ingredients

- 2 medium sized zucchini, cut into 1/2 inch thick rounds
- 2 TBSP olive oil
- 3/4 tsp sea salt
- 1/2 tsp pepper
- 1 tsp garlic powder
- 1/2 cup parmesan cheese, grate your own if possible

This recipe for oven-roasted zucchini with parmesan is a little crispy, super fast, and pack with flavor. It can be enjoyed as a side dish, snack, or with pasta- the possibilities are endless!



DIRECTIONS

1. Preheat oven to 450 F degrees.
2. In a large bowl, toss the zucchini with olive oil, salt, pepper, and garlic powder.
3. Arrange on a baking sheet and top with the parmesan cheese.
4. Bake for 5 min, then broil for 2-3 min or until cheese is golden brown.
5. Let sit for 2 minutes.
6. Serve and enjoy!

PRODUCE HIGHLIGHT

BLACK BEANS



SUPERPOWER

Black beans are high in fiber and protein - giving your SUPER STRENGTH!

BUYING

Black beans can be bought dried or canned. Dry beans are more cost effective and lower in sodium, while canned beans are more convenient. When buying packaged, dried beans should be tightly sealed.

HOW TO STORE AND PREP

To store: Dry beans should be stored in a cool and dry place, avoiding high temperatures and humidity.

To Prep:

1. Spread dry beans on a clean surface to remove small particles such as dirt, stones, or shriveled beans before cooking.
2. Place beans in a strainer and rinse several times under cold water.
3. Before cooking, beans need to be soaked for at least 4 hours. Use a large pot to allow room for expansion, cover the beans with water by two inches, and add about a tablespoon of salt per pound of beans.



CORN & BLACK BEAN SALSA



SERVES: 10



PREP TIME: 5 MIN

COOK TIME: 10 MIN

Ingredients

- 2 TBSP olive oil, divided
- 3 cups yellow corn, fresh or thawed frozen
- 1 tsp salt, divided
- 1/2 tsp ground cumin
- 2 (15 oz) cans of black beans, drained and rinsed
- 1 cup tomatoes, chopped, fresh or canned
- 1/2 cup red onion, chopped
- 3 TBSP lime juice
- 1/4 cup cilantro, chopped
- 1 bag tortilla chips, for serving

DIRECTIONS

1. Heat 1 TBSP of olive oil in a skillet over medium-heat until hot.
2. Add corn and cook 3 minutes until slightly golden. Stir in 1/2 teaspoon of salt and cumin. Then transfer corn to a plate and let cool.
3. In a large bowl, combine black beans, tomatoes, and red onion. Gently stir in lime juice, remaining TBSP of olive oil, and 1/2 tsp salt.
4. Once corn has cooled, add it to the bean mixture along with the cilantro.
5. Gently fold to combine. Serve with tortilla chips or as a salsa on your favorite tacos.

PRODUCE HIGHLIGHT

SWISS CHARD



SUPERPOWER

Swiss chard has lots of Vitamin A, helps with vision, and gives SUPER SIGHT!

BUYING

It's best to choose chards with firm and brightly colored stems – deep red, bright yellow, or a vibrant pink. The leaves should be sturdy and glossy with no spots, blemishes, or wilting.

HOW TO STORE AND PREP

To Store:

1. Do not wash before storing in your fridge.
2. Loosely wrap your bunch of chard with a damp paper towel and store in an unsealed plastic bag.

To Prep: Separate the leaves from the stem.

1. Fold the leaves in half lengthwise and cut the stems out.
2. Stack the trimmed leaves, roll them up, and slice across into ribbons.

WAYS TO COOK

Swiss chard can be steamed or sautéed, and its young leaves can be eaten raw in salads. The stems and more mature leaves are best sautéed or cooked. This veggie is delicious in soups, stews, and casseroles.

SIMPLE SAUTEED SWISS CHARD



SERVES: 4



PREP TIME: 10 MIN

COOK TIME: 20 MIN

This salad is colorful, sweet, and packs a flavorful punch! Throw in protein to make this a full meal!

Ingredients

- 2 large bunches Swiss chard
- 2 TBSP olive oil
- 1 red onion, thinly sliced
- 3 cloves garlic, minced
- Zest of 1 lemon
- 15 oz can diced tomatoes
- Juice of 1/2 lemon
- Salt & pepper to taste
- Grated parmesan cheese for garnish (optional)

DIRECTIONS

1. Wash Swiss chard and trim off stems from leaves. Chop the stems into 1" long pieces. Roughly chop the leaves.
2. Heat olive oil in large pot over medium heat.
3. Add sliced onion and cook until slightly softened, about 3 min.
4. Add the Swiss chard stems and garlic. Cook another 2 min until fragrant. Add zest from lemon.
5. Add the chopped Swiss chard leaves and diced tomatoes, cover the pot and cook on medium-low simmer for about 10 min, stirring occasionally until the chard has wilted.
6. Remove the lid, stir to combine and cook an additional 3-5 min
7. Turn off the heat, add lemon juice and stir. Season with salt and pepper to taste.

PRODUCE HIGHLIGHT

CAULIFLOWER



SUPERPOWER

Cauliflower is a rich source of Vitamin B to fight heart disease! Cauliflower also has choline which give you SUPER MEMORY - great to eat before a big test!

BUYING

Look for clean, compact head with tightly closed bud clusters. Try to avoid heads with loose or crumbly florets, brown spots, or are dull in color. The leaves should look fresh and bright green, with no signs of wilting.

HOW TO PREP

1. Remove the leaves by pulling it off the base of the cauliflower.
2. Cut downward from the top of the crown through the stem
3. Lay the halves cut side down and cut vertically in half again.
4. Grab a quarter and angle the knife to cut out the core. Repeat with the remaining quarters.
5. Use your hands to pull apart the florets.

WAYS TO COOK

There are so many ways to cook cauliflower. You can bake, roast, steam, or pickle it!

GARLIC & HERB CAULI-CHIPS



SERVES: 4



PREP TIME: 10 MIN

COOK TIME: 15 MIN

CHILL TIME: 5 MIN

HOT TIP

This light and tasty snack comes together in under 30 mins! Try these when you're having a chip craving!

Ingredients

- Nonstick cooking spray
- 1 1/2 cups cauliflower, riced
- 1 cup parmesan, shredded
- 1 1/2 tsp Italian seasoning
- 1/2 tsp garlic powder
- Salt to taste



DIRECTIONS

1. Preheat oven to 375 F degrees. Line two baking sheets with parchment paper and spray with cooking spray.
2. Chop the cauliflower into very small pieces by hand or use a food processor to "rice."
3. Microwave cauliflower on high, stopping and stirring halfway through, until tender. Let cool for 5 min
4. Put cauliflower in a clean towel and squeeze out any liquid.
5. Transfer to a medium bowl and add parmesan, Italian seasoning, garlic powder, and a pinch of salt. Stir to combine.
6. Scoop heaping tablespoon mounds of mixture onto baking sheets. Shape and flatten mounds into small discs.
7. Bake until edges are deep golden brown, about 14 min. Let cool on pan for 5 min before serving.

CREATE YOUR OWN



SERVES:



PREP TIME:

— RECIPE NAME:

INGREDIENTS

DIRECTIONS

CREATE YOUR OWN



SERVES:



PREP TIME:

 RECIPE NAME:

INGREDIENTS

DIRECTIONS

COOKING ON A BUDGET

1. **Buy frozen or canned fruits and veggies!** Frozen and canned fruits and veggies have similar nutritional content as fresh. Buying frozen is a great way to save money! Just watch out for no added sugar with your fruits!
2. **Keep it seasonal.** Seasonal fruits and veggies are fresher and usually more cost-effective!
3. **Store fruits and veggies with the end in mind.** Be sure to find the best way to store your fruits and veggies! This will allow them to last longer, which will save you money!
4. **Grow, if you can!** If you have access to sunlight, you can grow lots of veggies in planters and grow bags! If you need assistance with plants or grow bags, let us know at info@grfit4kids.org.

COOKING WITH KIDS

1. **Don't stress!** Cooking with kids can be messy, but fun! Be prepared for the mess but don't stress!
2. **Keep recipes simple.** Using 'kid-friendly' recipes, like those in this cookbook, are a great place to start!
3. **Discuss the importance of food safety.** Teach your child(ren) how to use knives properly, what to do around a hot stove, and how to properly take hot items out of the microwave and oven.
4. **Have fun!** Kids feel a sense of accomplishment when they are involved in the cooking process. Have some fun in the kitchen!

GOOD BITES FROM THE GARDEN

We hope you have as much fun cooking and tasting at home as we do in your school garden! If you have any recipe ideas or suggestions, please reach out to us at info@grfit4kids.org.

About Fit4Kids

Greater Richmond Fit4Kids is dedicated to improving children's health and wellness in the greater Richmond region. We do this by offering innovative programs that promote physical activity and healthy eating in schools, community organizations and beyond.

We believe that active, well-nourished children learn more at school, have greater self-esteem, and grow to lead happy, healthy lives. Promoting children's wellness isn't just about preventing illness and disease, it's about building a brighter future.

For more information about Fit4Kids, please visit www.grfit4kids.org.

