

## Healthy Meals & Snacks

We often are on the go or in a time crunch and we reach for quick, packaged (processed) meals which are not always healthy. God has given us many nutritious ready-to-eat foods, some that come in their own “packages-to-go,” like apples, bananas and oranges. We can combine these tasty foods to make **fast, healthy, balanced** meals or snacks.

At snack time, think fruits and veggies as most children do not eat the recommended five to thirteen servings of fruits and vegetables each day. Fruits and vegetables contain important nutrients, vitamins and fiber. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure.

Read on to see the ideas submitted from WCA students and staff for healthy meals and snacks. Thank you for sharing your ideas!

Nurse Lawton

### Snack Ideas from the MyPyramid Food Groups ([mypyramid.gov](http://mypyramid.gov))



#### Grains

dry cereal, whole grain crackers, mini rice cakes, sliced bread, mini bagels, graham crackers, whole wheat tortillas



#### Vegetables

veggie “matchsticks” (thin sticks) made from carrots or zucchini, bell pepper rings, cherry tomatoes, steamed broccoli, green beans, sugar peas, avocados



#### Fruits

apple slices, tangerine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, or melon, grapes, berries, dried apricots



#### Milk

low-fat cheese slices or string cheese, mini yogurt cups, fat-free or low-fat milk, low-fat cottage cheese



#### Meat and Beans

egg slices or wedges, peanut butter, bean dip, hummus, slices of lean turkey or chicken, shelled pumpkin seeds

Combine items from the different food groups to make nutritious meals or snacks.

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### Ideas from Mrs. Moore, Food Service Director:

Fruit Smoothies – Blend your favorite fruit; add low fat milk, yogurt & protein powder for extra nutrients and staying power.

Keep fresh fruit & veggies prepared to grab for breakfast, lunch or snack. Add your favorite yogurt, kefir, low fat milk or water.

Make a large fruit salad & keep on hand for a quick fruit cup; top with yogurt or granola. Add wheat germ or ground flaxseeds for extra nutrients.

Mini wholegrain bagel; spread lightly with peanut butter, low fat cream cheese, or eat plain. Grab an apple or other fruit.

Prepare a quick breakfast frittata with your favorite veggies.

Prepare breakfast meals in bulk on weekends. Convenience doesn't have to be found only at the local quick mart or fast food eatery. Your kitchen can be a haven for healthy, delicious, heartwarming and money saving meals that your family will love. Get the kids involved too!

Make your own quick & easy trail mix with your favorite cereals, raisins, nuts, dried cranberries & pretzels. Pack in snack bags for quick pick up in the morning with a piece of fruit, milk, yogurt, cheese stick or water.

Prepare high fiber, low fat muffins, granola bars, breakfast casseroles, breads, granola and quiche. Store, grab, heat and eat. Great recipes for these and other foods can be found online (e.g. tasteofhome.com; allrecipes.com). These simple, prepare ahead items provide nutritious and tasty choices for busy families.

### **Ideas from Students & Parents:**

#### **Grab-and-Go Breakfast Sandwich**

1 egg, beaten  
1 slice 2% milk sharp cheddar cheese  
1 whole wheat English muffin, split and toasted  
1 slice turkey bacon, cooked and cut in half

Cook in skillet sprayed with cooking spray on med. heat 3 minutes or until set, stirring occasionally. Spoon onto muffin half; cover with cheese slice, turkey bacon, and remaining muffin half.

#### **My Favorite Lunch**

Peanut Butter and banana sandwich (on wheat bread or tortilla wrap)  
Apple slices and Milk



#### **Chicken Salad Panini**

2 ½ chopped chicken breast  
2 Tbsp crumbled turkey bacon  
2 Tbsp light Ranch dressing  
4 2% milk sharp cheddar cheese slices  
¼ cup reduced fat mayonnaise  
1 green onion, thinly sliced  
8 slices multi-grain bread, toasted

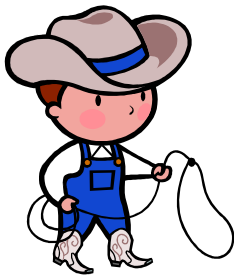
Mix first five ingredients; spread onto 4 slices toast. Top with tomatoes, cheese and remaining toast. Alternative: Make sandwich on bread and toast sandwich in preheated skillet for 3 min each side.

#### **Taco Veggie Salad**

Salad greens  
Black Beans  
Shredded low-fat cheese  
Tomatoes, chopped or grape tomatoes  
Black olives (optional)  
Add salsa and baked tortilla chips right before eating

#### **Fruit Kabobs**

Put a variety of your favorite fruits on a wood skewer!



#### **Cowboy Caviar Dip**

15 oz. can of black beans, rinsed and drained  
15 oz. can of black eyed peas, rinsed and drained  
15 oz. can of corn, drained  
1 green pepper, finely diced  
2 Roma tomatoes, diced  
1 bunch of green onions, chopped or 1/2 red onion  
1/4 cup Cilantro finely, chopped  
1 1/2 cups Kraft Zesty Low-fat Italian Dressing

Mix all together in a large bowl. Chill overnight. Serve it with tortilla chips or celery sticks.

#### **Mighty Nice Mice**

Pear, halved  
4 Raisins  
12 mini pretzel sticks  
2 Tbsp. shredded 2% milk cheese  
1 Carrot, cut 4 slices, then remainder cut in half for two strips

Place pear half on serving plate, hollow side down. Sprinkle with 1 Tbsp. shredded cheese. At wide end, place two raisins for eyes and stick carrot slices on top for ears. Stick three pretzel sticks in each underside top for whiskers. Add carrot strip for tail. Listed ingredients makes two servings.

#### **Ants on a Log**

Spread peanut butter on celery sticks and add raisins.



## **Desserts**

### **Rolled Crispy Rice Apples**

Apples, Honey, Crispy Rice Cereal

Cut apples into bite-size pieces and insert toothpicks. Dip pieces in honey then cereal.



### **Crispy-Topped Fruit**

2Tbsp all-purpose flour

2 Tbsp packed brown sugar

1 bag (16 oz) frozen unsweetened sliced peaches (do not thaw)

1 bag (12 oz) frozen unsweetened raspberries (do not thaw)

2 Cups Apple Cinnamon Cheerios cereal

1/4/ cup chopped walnuts, if desired

2 Tbsp packed brown sugar

2 tbsp butter, melted

Raisins, if desired

Heat oven to 375 F. In large bowl mix flour and brown sugar. Stir in frozen fruit until coated. Spread in ungreased 8 inch square glass baking dish. Bake uncovered 20 minutes.

Meanwhile, place cereal in resealable food-storage plastic bag; seal and slightly crush with rolling pin. In medium bowl, mix cereal, walnuts, 2 Tbsp brown sugar and butter until crumbly.

Sprinkle cereal mixture evenly over hot fruit mixture; press lightly. Bake 15 – 20 minutes longer or until lightly golden brown and fruit is tender when pierced with fork. Top with raisins. Let stand 5 – 10 minutes before serving.

### **Nilla Apple Crisp**

4 large Granny Smith apples, peeled and thinly sliced

½ cup packed brown sugar, divided

2 tsp. cinnamon, divided

1/3 cup quick cooking oats

¼ cup Smart Balance spread

25 Reduced Fat Nilla wafers, crushed (1 cup crumbs)

1 ½ cups thawed Cool Whip Lite Topping

Heat oven to 350. Toss apples with ¼ cup sugar and 1 tsp. cinnamon. Spoon into 8 or 9 inch baking dish.

Combine oats, remaining brown sugar and cinnamon in medium bowl. Cut in margarine with two knives until mixture resembles coarse crumbs. Stir in wafer crumbs; sprinkle over apples. Bake 30 to 35 minutes or until apples are tender. Serve topped with Cool Whip.

### **Yogurt & Fruit Popsicles**

1 cup yogurt (I use vanilla, but you can use any flavor)

1 banana, halved lengthwise and sliced

6 strawberries, washed, halved, and sliced

1/2 cup crushed pineapple

1 teaspoon vanilla

4 kid-sized paper cups or a plastic popsicle mold Aluminum foil

4 Popsicle sticks



1. Combine all the ingredients into a bowl and mix well. If you want your popsicles to have a smooth consistency, blend all the ingredients in a food processor.

2. Now pour the mixture into the cups or mold so they're three quarters full.

3. If you're using cups, cover each with a piece of foil. Cut a small slit in the middle and poke the stick through.

4. Place them in the freezer for about five hours.

When you're ready to eat them, remove the foil. Turn the cup upside down and run the bottom under hot water and gently wiggle the stick until you can pull the popsicle out. Enjoy!