



Week 1 Garden Kitchen Recipes

Power Smoothie

Ingredients:

- 2/3 cup skim milk
- 1/2 cup fresh baby spinach
- 2 cups frozen pineapple chunks (or other fruit of choice), no sugar added
- 1 cup low-fat vanilla yogurt

Instructions:

1. Wash your hands with soap and water. Gently wash the spinach under cold running water.
2. Add the milk and spinach leaves to the blender. Blend first to help make it smooth and avoid leafy chunks.
3. Place the remaining ingredients in the blender.
4. Blend until smooth and serve.

Nutrition facts per serving: 230 calories, 1.5g total fat, 1g saturated fat, 10 mg cholesterol, 120mg sodium, 45g total carbohydrate, 3g (11%) dietary fiber, 25g sugars (includes 8g added sugars)*, 10g protein, 10% Vitamin D, 25% calcium, 6% iron, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.

EaSy, Homemade Vegetable Soup

Ingredients:

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| 1 (14.5-ounce) can low sodium chicken broth | 1 small onion, chopped |
| 1 (8-ounce) can tomato paste | 2 stalks celery, diced |
| 1 cup water | 1 (14.5-ounce) can diced tomatoes |
| 3 small red potatoes, diced | 1 cup frozen green beans |
| 2 carrots, sliced | 1 cup frozen corn kernels |
| 1 can black beans, drained and rinsed | 1/4 teaspoon pepper |

Instructions:

1. In a large stock pot, combine broth, tomato paste, water, potatoes, carrots, celery, onion, beans, un-drained diced tomatoes, green beans, and corn.
2. Season with salt and pepper.
3. Bring to a boil, then reduce to a simmer for 30 minutes or until all vegetables are tender.

Nutrition facts per serving: 260 calories, 1g total fat, 0g saturated fat, 0 mg cholesterol, 490mg sodium, 52g total carbohydrate, 13g (46%) dietary fiber, 11g sugars (includes 0g added sugars)*, 12g protein, 0% Vitamin D, 6% calcium, 4% iron, and 30% potassium. Percent Daily Values are based on a 2,000-calorie diet.

Super Quesadillas

Ingredients:

- 4 corn tortillas
- nonstick cooking spray
- 3/4 cup reduced fat, shredded cheddar cheese
- 1/2 cup canned, low-sodium black beans, rinsed and drained
- 1/2 cup diced tomato
- 1/2 cup fresh spinach chopped
- 1/2 cup diced onion

Instructions:

1. Wash your hands and clean your cooking area.
2. Coat a large nonstick skillet with nonstick cooking spray and turn heat on medium to high heat.
3. Place one tortilla in skillet and sprinkle with cheese, black beans, onions, tomatoes, and spinach.
4. Heat for 1 to 2 minutes.
5. Top with another tortilla and flip quesadilla.
6. Heat for an additional 1 to 2 minutes.
7. Remove quesadilla from the skillet, and cut into four triangles.
8. Repeat layering process with remaining tortillas to make more quesadillas.

Nutrition facts per serving: 150 calories, 5g total fat, 2.5g saturated fat, 10 mg cholesterol, 200mg sodium, 18g total carbohydrate, 2g (7%) dietary fiber, 2g sugars (includes 0g added sugars)*, 9g protein, 0% Vitamin D, 15% calcium, 6% iron, and 4% potassium. Percent Daily Values are based on a 2,000-calorie diet.

ASK: What are the parts of the plants you been talking about at school? Do you see any plant parts on your plate?

SHARE: You are so smart and learning so much at school! Let's eat some (insert fruit or vegetable)!

ASK: Can you point to a plant part you have on your plate? What color is it? What do you think it smells like?

SHARE: It looks really good. Now I want to taste it! (Let your child hear you describing the food you are enjoying together.)

TABLE TIP: If you are introducing a new food that you want your son or daughter to eat, it's a good idea to start with small servings and let your child ask for more if he or she would like. Also, don't get discouraged if your child doesn't want to eat a new food the first time it is offered.