

# Recipes *on the* Run



Fast food can be healthy food—and here's a collection of recipes that show you how. Each one is high in nutrition and low in fat, sugar, and salt. Plus, they're easy for you or your teen to make. (When younger children are cooking, stay nearby for safety's sake.) Bon appétit!

Note: Each recipe makes four servings.

## Breakfast

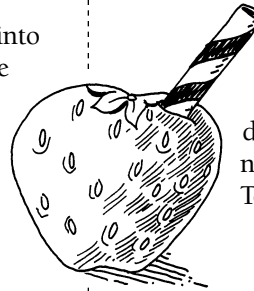
### Apple Raisin French Toast

There's no need for syrup in this naturally sweet, nutritious twist on the breakfast standard.

#### You'll need:

- 2 beaten eggs or ½ cup egg substitute
- ½ cup fat-free milk
- 8 slices raisin bread
- ¼ cup apple butter
- 2 tsp. chopped pecans

Combine eggs and milk in a shallow bowl. Dip bread slices into mixture to coat both sides. Bake in a preheated waffle baker or nonstick pan until browned, turning once. Spread apple butter on top, and sprinkle with pecans.



### Fruit Smoothie

Smoothie flavors are limited only by your child's imagination. Suggest this strawberry-orange version, or have him invent his own.

Combine all ingredients in a blender until no large chunks remain. Top with a whole strawberry, and drink up!

#### You'll need:

- 2 cups fat-free milk
- 1 cup fat-free vanilla yogurt
- ½ cup 100% orange juice
- 2 cups fresh or frozen strawberries

## Lunch

### Colorful Couscous Salad

Couscous cooks in a jiffy. Use this recipe to make a healthy salad your family is sure to love.

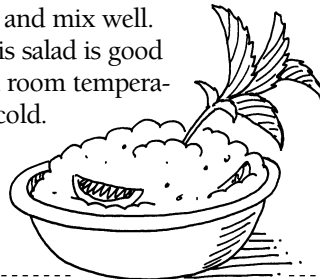
Combine couscous and boiling water in a large bowl, and cover for 5 minutes. Fluff with a fork, and cool for a few minutes.

Stir in mint, tomatoes, bell pepper, and raisins. Add dressing, and mix well.

Note: This salad is good warm, at room temperature, or cold.

#### You'll need:

- 1 cup couscous
- 1½ cups boiling water
- ¼ cup fresh mint, chopped
- 8–10 grape tomatoes, halved
- 1 red or green bell pepper, diced
- 2 tsp. raisins
- low-fat Italian dressing



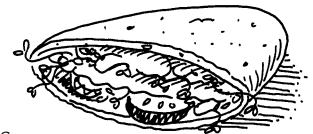
### Pita Pocket

If you want freshness, fiber, and flavor, this is the lunch for you and your teen.

Slit the pitas, and spread mustard inside. Stuff each one with mushrooms, tomato, and cucumber. Add turkey (or omit for a vegetarian version). Spoon in the mashed avocado. Wrap the sandwiches in foil to enjoy on the go, or savor them at home.

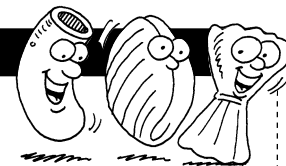
#### You'll need:

- 4 whole-wheat pitas
- Dijon mustard
- 8 mushrooms, sliced
- 1 tomato, sliced
- 1 cucumber, peeled and sliced
- 4 lean turkey slices (optional)
- 2 ripe avocados, peeled and mashed



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## Dinner



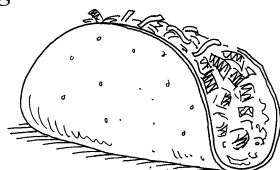
### Chicken Tacos

For a fun dinner, set up a “taco bar.” Put each ingredient in a separate bowl, and line up the bowls on the kitchen table or counter. Then, let everyone make their own tacos.

**You'll need:**

- 4 boneless, skinless chicken breasts, cooked and shredded
- ½ packet low-sodium taco seasoning mix
- 1 16-oz. can low-fat refried beans
- 1 tomato, diced
- ½ head lettuce, shredded
- 1 cup low-fat Monterey Jack cheese, shredded
- 1 small jar salsa
- 4 taco shells

Sprinkle taco mix over chicken, and gently stir. Fill taco shells with desired ingredients.



### Pasta Time

Almost in the time it takes to cook the pasta, this hearty sauce will be ready.

**You'll need:**

- pasta, any style (multi-grain if possible)
- 1 onion, sliced
- 3 garlic cloves, crushed
- 1 lb. lean ground beef (optional)
- 1 tsp. basil
- 1 tsp. oregano
- 2 tomatoes, chopped
- 1 14-oz. can artichoke hearts, chopped
- 1 16-oz. can tomato sauce
- Parmesan cheese

Cook pasta according to package directions. Meanwhile, sauté onion and garlic in a pan (coated with non-stick olive oil spray) until soft, about 5 minutes. Add ground beef, if desired, and cook until no pink remains. Add herbs, tomatoes, and artichokes, and cook 2–3 minutes longer. Stir in tomato sauce, and heat until warm. Drain pasta and top with sauce. Serve with Parmesan.

## Dessert

**You'll need:**

- ½ cup fat-free ricotta cheese
- ½ cup fat-free vanilla yogurt
- 1 tbsp. powdered sugar
- 1 tbsp. orange juice
- 1 tsp. vanilla
- assorted fruit (strawberries, blueberries, grapes, sliced apples, sliced pears, cubed cantaloupe)

### Fruit Dip

This is a great way to add fruit to your family's diet. Dip and enjoy! In a blender or food processor, combine all ingredients, except fruit, until smooth. Chill in refrigerator, about 2 hours. Use as a dip for the fresh fruit. *Tip:* Thread fruit pieces onto wooden skewers for a kid-friendly presentation.

## Snacks

**You'll need:**

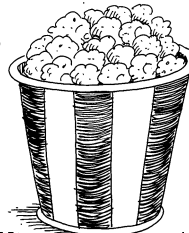
- 1 15-oz. can garbanzo beans (chickpeas)
- ¼ cup sesame oil
- 1 clove garlic, crushed
- juice of 1 lemon
- salt (optional)
- whole-wheat pita, torn into pieces
- assorted raw vegetables (carrots, celery, cauliflower, broccoli, sugar snap peas)

### Hummus and Veggies

This healthy Mediterranean snack is sure to please kids in any country. In a blender or food processor, mix beans, oil, garlic, and lemon juice. Lightly salt, if desired. Dip the pita pieces and vegetables into the hummus. *Tip:* Add hummus to a sandwich, and you'll add flavor and fiber.

### Popcorn, Italian Style

Go ahead—have another handful of this guilt-free snack. In a small bowl, combine olive oil, basil, and pepper. Drizzle over popcorn, and stir until coated. Sprinkle on cheese.

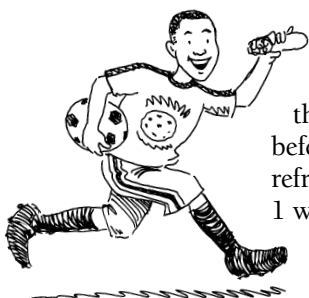


**You'll need:**

- 2 cups air-popped popcorn
- 1 tbsp. olive oil
- ½ tsp. dried basil
- pepper to taste
- Parmesan cheese

## Grab 'n' go

Sometimes even the fastest recipes aren't fast enough. When your child has to get out the door in five minutes, try these quick and healthy choices.



- **Mexican breakfast wrap:** Make these the night before and refrigerate. For 1 wrap, whisk together 2 eggs and

- ¼ cup of fat-free milk, and scramble (in a pan coated with nonstick spray) until set. Place on a whole-wheat tortilla, top with salsa and shredded low-fat cheddar cheese, and roll up. (Ready to microwave in the morning.)
- **Trail mix:** In a zipper bag, combine equal amounts of nuts (peanuts, cashews, almonds), whole-grain cereal, raisins, and sunflower seeds.
- **Apple peanut butter treat:** Spread peanut butter on a slice of whole-wheat bread. Top with thin apple slices, and fold in half.

- Have items on hand that your teen can grab in a jiffy.
- **In the pantry:** whole-wheat pretzels, baked crackers, low-fat granola bars, baggies filled with whole-grain cereal
- **In the fridge:** fresh whole fruit (tangerines, apples, pears, plums, peaches), low-fat string cheese, baby carrots, celery sticks

*Editor's Note:* Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

