



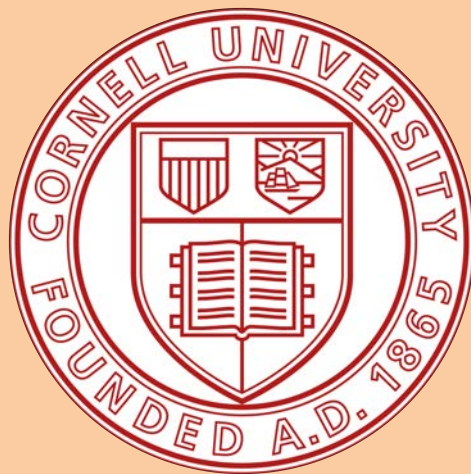
SEASONS EATINGS

Your Secret Weapon for encouraging
healthy seasonal eating for your Child

North East Edition



This Cook Book was Created by Cameron McKee in response to the Bridging the Gap Project assigned by Nancy Wells, PhD for her course *DEA 6610 Environments & Health* at Cornell University.



What's the point of this book?

I know you know your kids should eat healthy. As an adult, you've had time to learn what's healthy and what's not, and although you may not always eat the healthiest, you know the difference. Go you!

However, teaching children this difference is another story. They don't know what's good for them, and persuading them to eat healthy isn't always the easiest. Sometimes it can feel as though kids have declared war against fruits & vegetables, leaving you on the front line to fight the battle. Often parents will plan a sneak attack by hiding vegetables in their children's food to give them nutrition, but this doesn't foster healthy eating in the long run. You can succeed in winning the battle, but you may need help winning the war.

That's where this book comes in, it's your secret weapon. It can help you bridge the gap between the science you know (which says eating fruits & veggies is healthy), and your child that doesn't know (who is only familiar with the yucky-ness of produce, not its health benefits). This book is a tool for you, a parent, that you can use to foster life-long healthy eating in your children. There are 3 important things this book will help you do:

1. **Teach** your child the benefits of eating at a young age.

An object in motion stays in motion until acted upon by a great enough force; When healthy eating habits start young, they're more likely to be sustained through a life time. The Life Course Model, as developed by Wethington, explains how trajectories of healthy behaviors maintain inertia and are relatively difficult to change unless enacted upon by largely compelling factors such as transitions or turning points in life (Wethington, 2005). If you can encourage healthy eating habits in your little one while they're still young, they're more likely to sustain those habits throughout life. Tuorila and her colleagues found similar results when studying long-term diet habits; Adults are more likely to eat the food they did growing up. Additionally, they found that kids are more likely to eat foods they are familiar with (Tuorila et al., 2001). If you can foster healthy eating behaviors in your child at a young age, they are more likely to continue those behaviors on to adulthood (Tuorila et al., 2001; Poulton et al., 2002). It's never too early to start teaching, but this book focuses mainly on children who can eat solid food. Remember, this book is a tool to help you teach your kids to eat healthy at a young age.

2. Spend fun time with your child

However, its also never too late to start encouraging healthy diet behavior. As a parent, you serve as a role model that significantly impacts how your child eats (Scaglioni et al., 2008). Because of this, its important for you to also participate in healthy eating and lead by example. This being the case, it doesn't mean every meal has to become boring, bland, and vegetable ridden. I've put together a collection of recipes that make it easy and fun to eat fruits & vegetables. Having food-centered fun with your child increases the likelihood of memory and repeated behavior later in life (Parker & Lepper, 1992). If you can have healthy-food fun with your child, they will be more likely to maintain a strong relationship with healthy foods in the future.

I know getting children to eat veggies can sometimes be like going to battle. To help remedy this, some parents will hide vegetables in their child's meal to increase nutrient consumption without the fight. Unfortunately, while this can make them healthier in the short term, it significantly fails to teach them healthy eating that they can apply long term (Prescud & Pettigrew, 2014). To remedy this, I've put together a system that will help you teach your child about the benefits of fruits & veggies AND how to make them tasty, resulting in more healthy eating with fewer dinner table stand-offs!

Remember, this book is a tool to help you spend fun time with your child through learning about, preparing, and enjoying fruits & veggies together.

3. **Eat** Sustainably

It's important to avoid the same healthy meals all the time to prevent monotony, and an easy way to do so is eating with your local seasons. Because different vegetables grow the best in your area at different times of year, you'll have constant access to local fruits and vegetables that taste the ripest and traveled the least.

On average, food travels 1,5000 miles to get from the farm to the grocery store (Worldwatch Institute, 2013). This consumes a lot of energy for storage and transportation costs, leaving a large carbon footprint. If you buy more local foods, you will reduce that foot print and leave a cleaner world for your little one.

Additionally, Eating seasonally also increases the variation of nutrients in your diet. By eating according to season, your child will have a varied and constant supply of fruits & veggies with diverse kinds of vitamins and minerals (Macdiarmid, 2013). This constant supply will encourage year-long produce consumption, avoiding pitfalls with changes in weather, which can lead to life-long produce consumption. This will also provide your child's body with the resources it needs to grow big and strong.

Remember, this book is a tool to promote the importance of eating with the seasons in order to ensure a sustainable healthy diet for your kiddo!

How Can I Make Eating Healthy Easier for my Child?

In architecture, there is a practice called nudging in which there is “a deliberate change in choice architecture with the goal of engineering a particular outcome” (Ly et al., 2013). Basically, someone changes the physical environment in order to encourage behavioral change. Here’s a few ways you can apply this to you and your child’s life to encourage healthy sustainable eating without making it a burden:

- 1. Sign up for a Community Supported Agriculture (CSA) subscription**- This is a subscription box for local produce. You can get fruits & vegetables grown in your community shipped right to your door. Your food environment, or the food you’re exposed to, impacts your diet and eating behavior (Rundle et al., 2009). This nudge will directly add local, seasonal produce to your home environment, making preparing healthy and seasonal food easier because you won’t have to worry about shopping for the produce yourself. Pairing this book with your new CSA subscription will make sustainable eating a breeze. Less grocery shopping for you and more time to spend with your little one? That’s what I call a win-win!
- 2. Keep healthy produce out or at eye level for your child**- Your kid is more likely to eat what is most easy for them. By having more frequent eye-contact with fruits & vegetables, children are more likely to choose a healthy snack because it’s available. Whether keeping fruit out on the counter, or veggies packed in the fridge at a kid-friendly level, this nudge can encourage healthy eating behavior by changing exposure.

3. **Hide unhealthy food so that it is difficult to find and reach-**

On a similar note, hide unhealthy food so children aren't tempted to choose fruit snacks over fruit. This nudge removes enticing stimuli from the environment, encouraging your child to make a healthier choice due to availability. Making unhealthy choices difficult to make means your kiddo is less likely to make them. Out of sight, out of mind!

4. **Constantly have ready-to-eat fruits & veggies available-** The less work your child has to do for the reward of healthy produce, the more likely they are to eat the produce. Think about it, would you be more eager to eat a whole watermelon, or one that's been sliced, prepared, and ready to munch on? Anything from peeling oranges to slicing apples ahead of time will nudge your little one to make the healthy choice because of the ease of accessibility.

5. **Plant a garden-** Healthy behaviors inspire one another. If you can get physically active with your little one outside, you're more likely to also be motivated to eat well too. And, if your physical activity also positively impacts your food environment, this only further nudges you towards healthy eating behaviors (Wells et al., 2014). Follow the information in this book and trust your comfort-level with gardening to decide what fruits or vegetables are right for your garden.

How to Use this book with your child

About This Book

BEFORE starting any recipe, sit down with your child, the index, and the fruit/vegetable you'll be cooking with. Introduce and talk about the produce with your child.

This is a very important step as it familiarizes your little one with fruits & veggies, making them more comfortable around this produce

Teaching your child how to prepare produce that tastes good is another key step in encouraging life-long healthy eating

NEXT you'll want to work together with your child to create the delicious recipe corresponding with the fruit/vegetable you just talked about.

FINALLY, you'll want to spend some quality time enjoying your new food with your kiddo.

This time is critical as it helps your child develop positive memories around produce via family time

About This Book

Organization

I compiled a collection of recipes, one per each fruit or vegetable in season, organized by season. On every season introduction page, there will be a list of what produce is in season at the time.

Contrary to normal cook book layout, this book is organized by season. Within each season, recipes are organized alphabetically. This was done intentionally because it encourages you to cook according to the seasonal produce available to you, rather than desired meal. Think of this as my own little nudge for you; I hope to encourage more seasonal fruit & vegetable cooking behavior by organizing this book in a way that prioritizes ingredients over dishes.

This being said, I promise to still characterize what kind of dish each recipe is for your clarity and understanding. You can find this characterization under the title of every dish. Enjoy!

Fruit & Vegetable Index

Apples



Health

Seasons

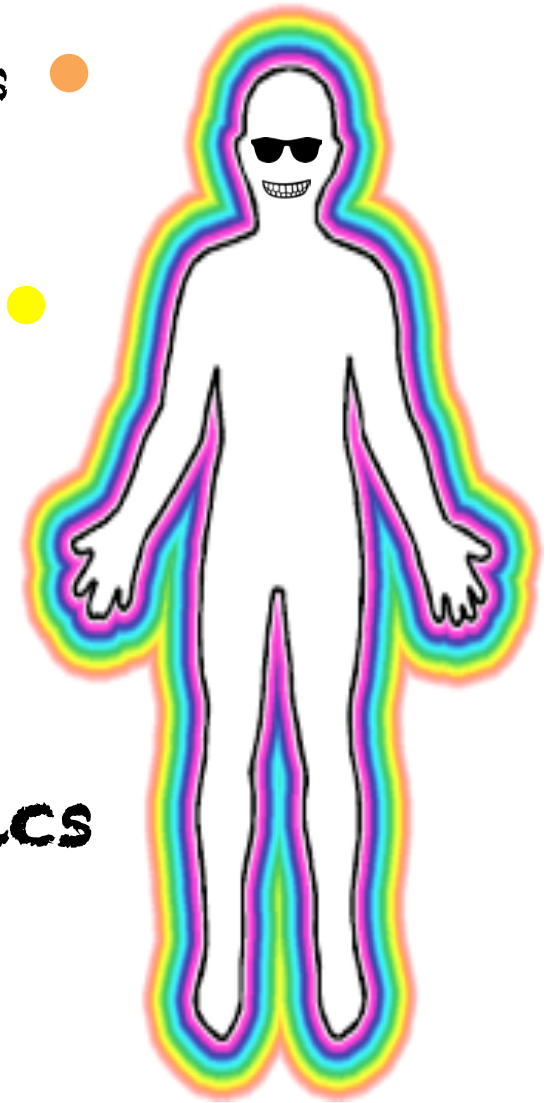
Spring
X Summer
X Autumn
Winter

Reduces Weakness ●

Helps digestion and
Intestinal Health ●

Strengthens Teeth ☺

Improves Vision 🕶



Can I
eat this
raw?
YES

Colors

Red
Green
Yellow

Characteristics

Crispy
Sweet
Fleshy
Crunchy

Arugula



Health

Boosts Immune System ●

Increases Metabolism ●

Strengthens Bones

Improves Vision



Seasons

X Spring
X Summer
Autumn
Winter

Can I
eat this
raw?
YES

Colors

Green

Characteristics

Crisp
Leafy

Asparagus



Health

Improves Digestion ●

Maintains Blood Sugar
and Cholesterol Levels ●

Improves Digestion ●

Sustains Brain Health ●

Mood Stabilizer ●

Improves Vision ●

Seasons

X Spring
X Summer
Autumn
Winter

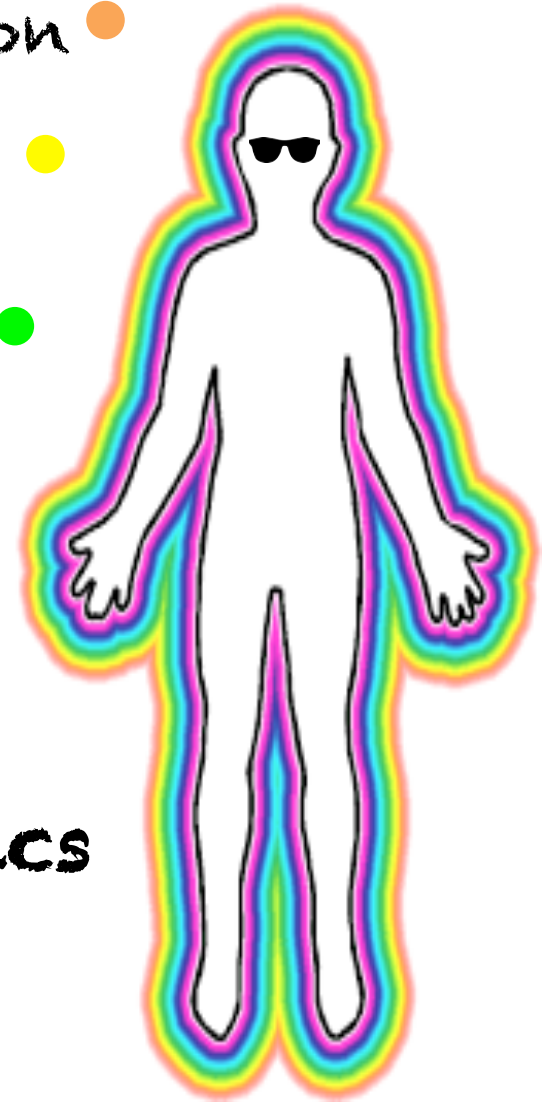
Can I
eat this
raw?
YES

Colors

Green

Characteristics

Woody
Fibrous
Crisp



Beans



Health

Relieves Digestive Issues ●

Controls Blood Sugar ●

Boosts Nervous System ●

Promotes Muscle Growth ●

Sustains Brain Health ●

Strengthens Bones 

Improves Heart Health 

SEASONS

Spring
X Summer
Autumn
Winter

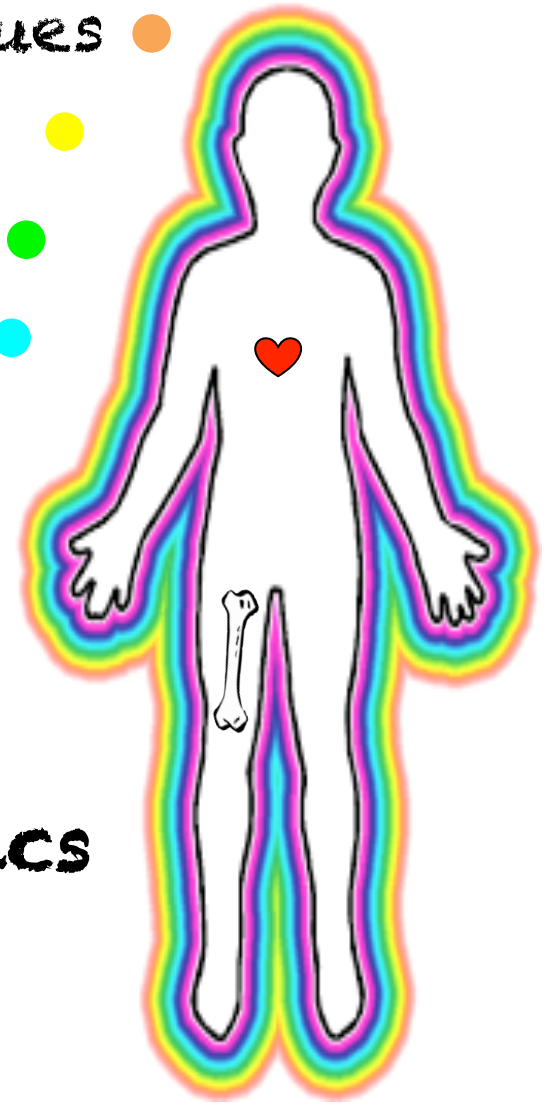
Can I
eat this
raw?
DEPENDS

Colors

Many
Colors!

Characteristics

Chalky
Starchy



Beets



Health

Prevent Respiratory Problems ●

SEASONS

X Spring
X Summer
X Autumn
Winter

Improve Liver Health ●

Boosts Energy ●

Improves Heart Health ♥

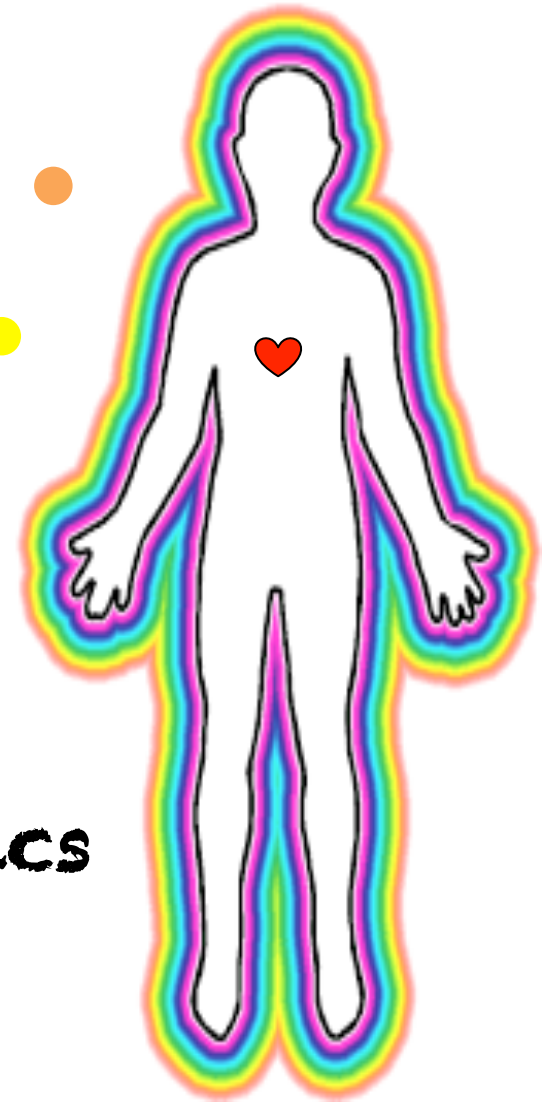
Can I
eat this
raw?
NO

Colors

Pink

Characteristics

Soft
Buttery



Blueberries



Health

Lowers Blood Pressure & Cholesterol

Improves Brain Function

Mood Stabilizer

Promotes Digestion

Boosts Immunity

Strengthens Bones

Improves Vision



Seasons

X Spring
X Summer
Autumn
Winter

Can I
eat this
raw?
YES

Colors

Blue

Characteristics

Soft
Juicy

Broccoli



Health

Protects and
Cares for Skin ●

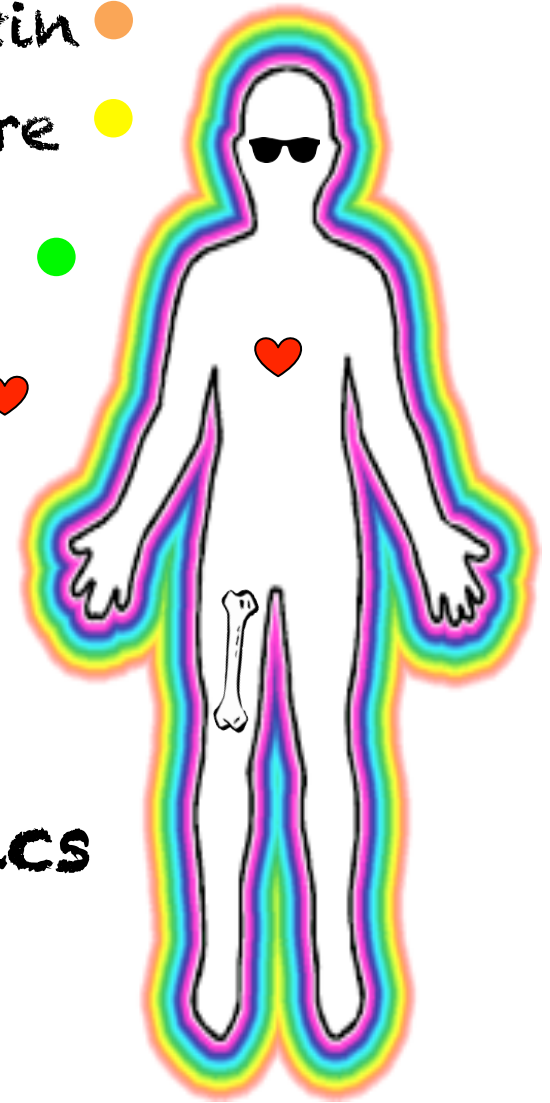
Regulates Blood Pressure ●

Boosts Immunity ●

Prevents Heart Disease ♥

Strengthens Bones 

Improves Vision 



Seasons

X Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?
YES

Colors

Green

Characteristics

Fibrous
Crunchy

Brussels Sprouts



Health

Improves Digestion ●

Balances Hormone Levels ●

Boosts Immune System ●

Helps Heal Wounds ●

Increases Metabolism ●

Strengthens Bones 

Seasons

Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?
YES

Colors

Green

Characteristics

Crunchy
Leafy
Fibrous



Cabbage



Health

Anti-inflammatory ●

Improves Skin ●

Regulates Blood Pressure ●

Reduces Muscle Aches ●

Improves Brain Health 🧠

Strengthens Bones 🦴

Improves Vision 🕶️



Seasons

X Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?
YES

Colors Characteristics

Green
Purple
White

Crunchy
Leafy

Cantaloupe



Health

Boosts Immunity ●

Reduces Dehydration ●

Improves Skin & Hair ●

Regulates Blood Pressure ●

Promotes Digestion ●

Improves Vision ●

Seasons

X Spring
Summer
Autumn
Winter

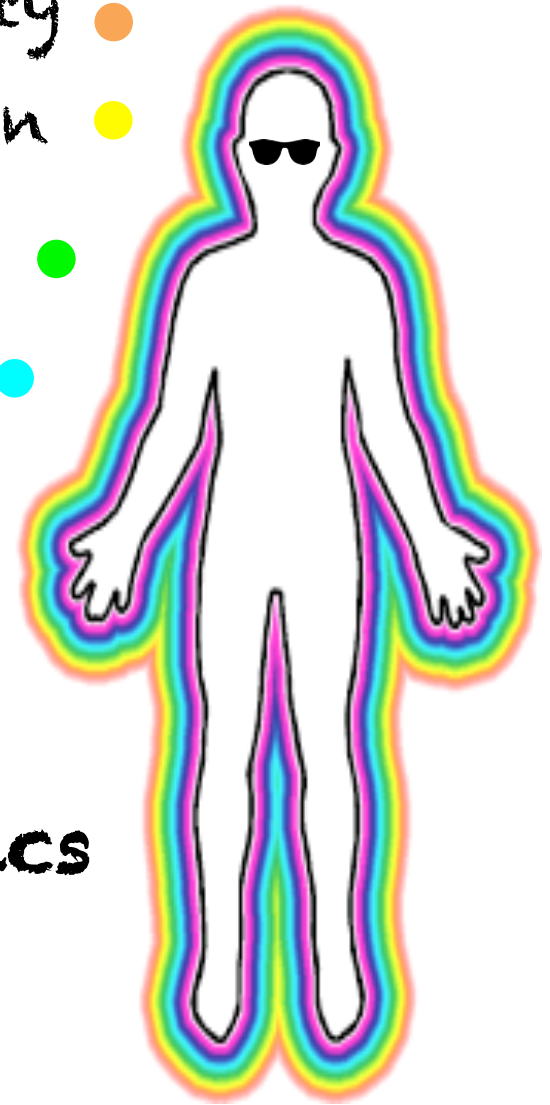
Can I
eat this
raw?
YES

Colors

Orange

Characteristics

Crunchy
Juicy
Fleshy



Carrots



Health

Boosts Immunity ●

Regulates Blood Pressure ●

Promotes Digestion ●

Improves Oral Care ☺

Improves Vision 🕶️

Prevents Heart Disease ❤️

Seasons

X Spring
X Summer
Autumn
Winter

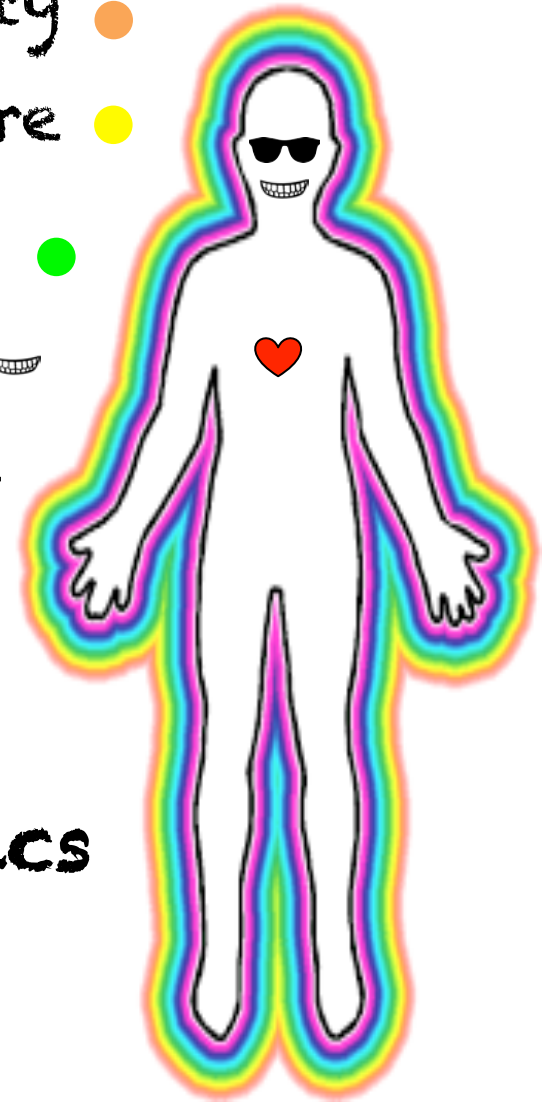
Can I
eat this
raw?
YES

Colors

Orange
Yellow
Purple

Characteristics

Crunchy
Starchy
Fibrous



Cauliflower



Health

Boosts Immunity ●

Improves Skin & Hair ●

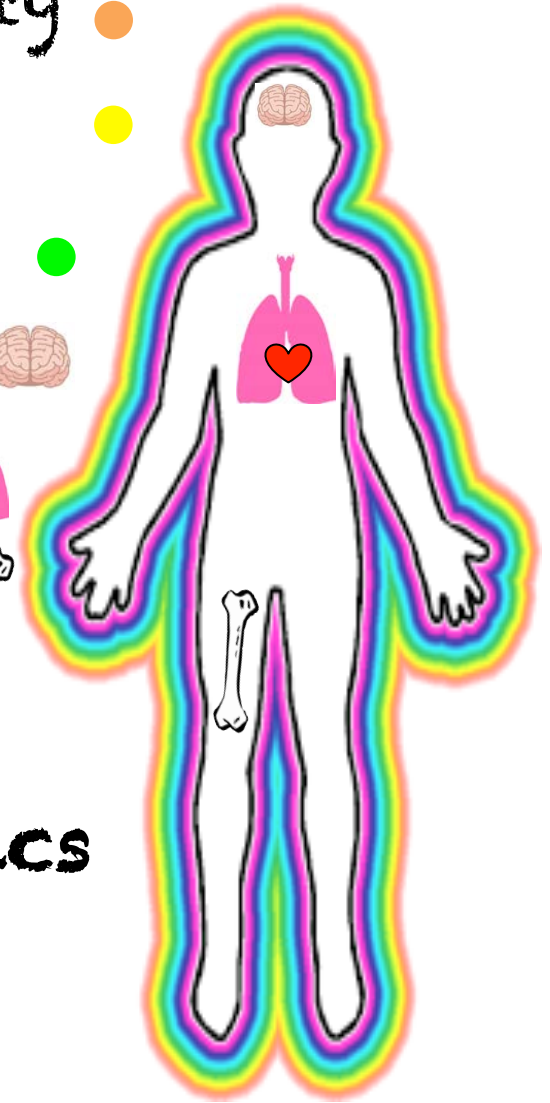
Reduces Hypertension ●

Improves Brain Health 

Improves Lung Health 

Strengthens Bones 

Improves Cardiovascular Health 



Seasons

- X Spring
- X Summer
- X Autumn
- Winter

Can I
eat this
raw?
YES

Colors

White

Characteristics

Crunchy
Fibrous

Celery



Health

Seasons

Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?
YES

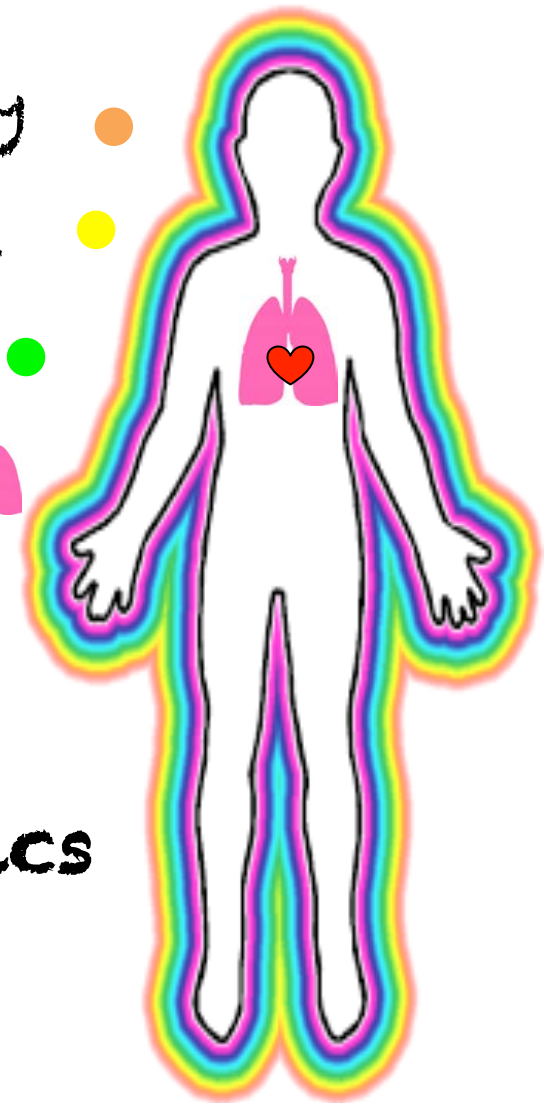
Boosts Immunity
Reduces Blood Pressure
Lowers Cholesterol
Strengthens Lung Health
Improves
Cardiovascular Health

Colors

Green

Characteristics

Crunchy
Wet



Chard



Health

Strengthens Hair

Improves Blood Circulation

Seasons

X Spring
X Summer
X Autumn
Winter

Increases Brain Function

Improves Vision

Strengthens Bones

Improves Cardiovascular Health

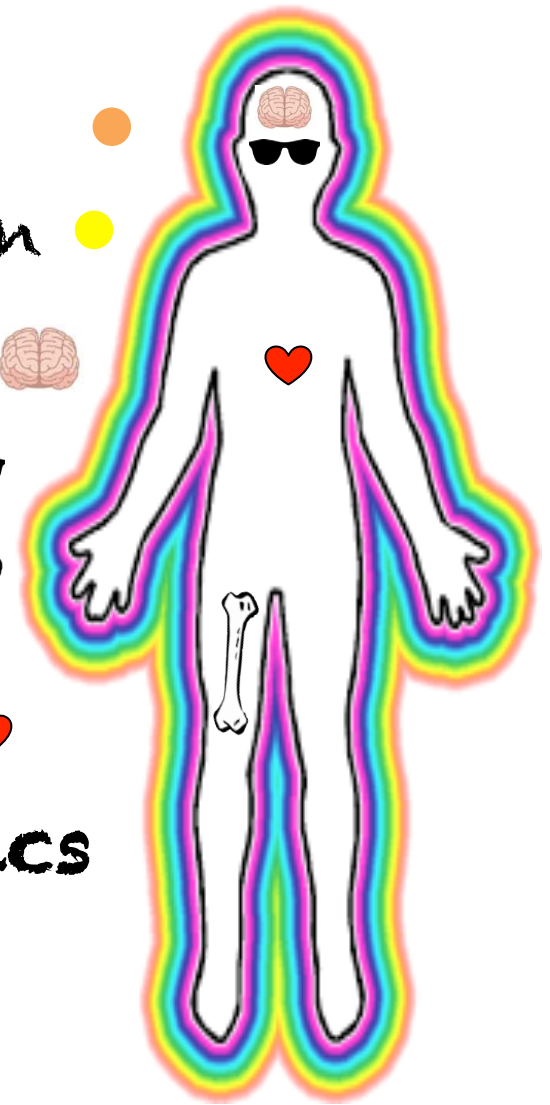
Can I
eat this
raw?
YES

Colors

Green
Yellow
Pink

Characteristics

Crunchy
Leafy



Cherries



Health

Seasons

X Spring
X Summer
Autumn
Winter

Boosts Immunity

Aids in Digestion

Improves Brain Function

Improves Vision

Reduces Heart Disease

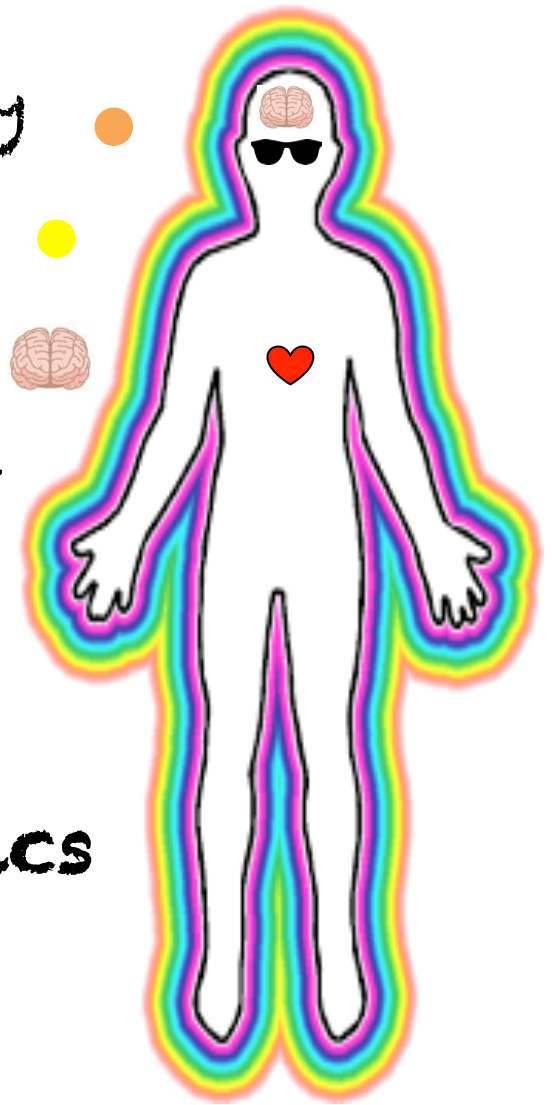
Can I
eat this
raw?
YES

Colors

Pink
White
Red

Characteristics

Juicy
Fibrous



Collard Greens



Health

Improves Skin & Hair

Aids in Digestion

Balances Mood

Strengthens Bones



Seasons

Spring
X Summer
X Autumn
Winter

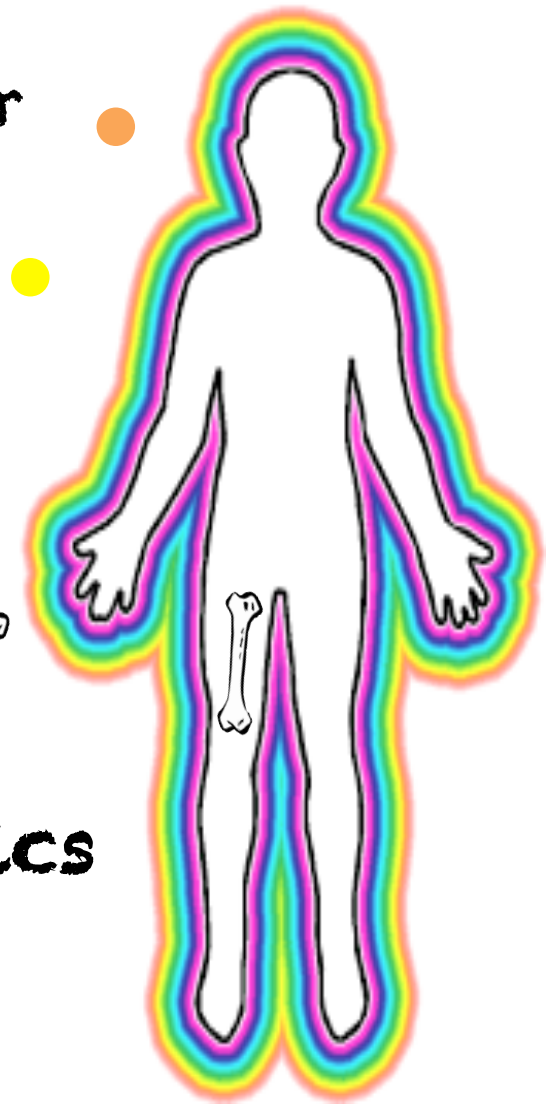
Can I
eat this
raw?
NO

Colors

Green

Characteristics

Leafy
Crispy
Or Limp



Corn



Health

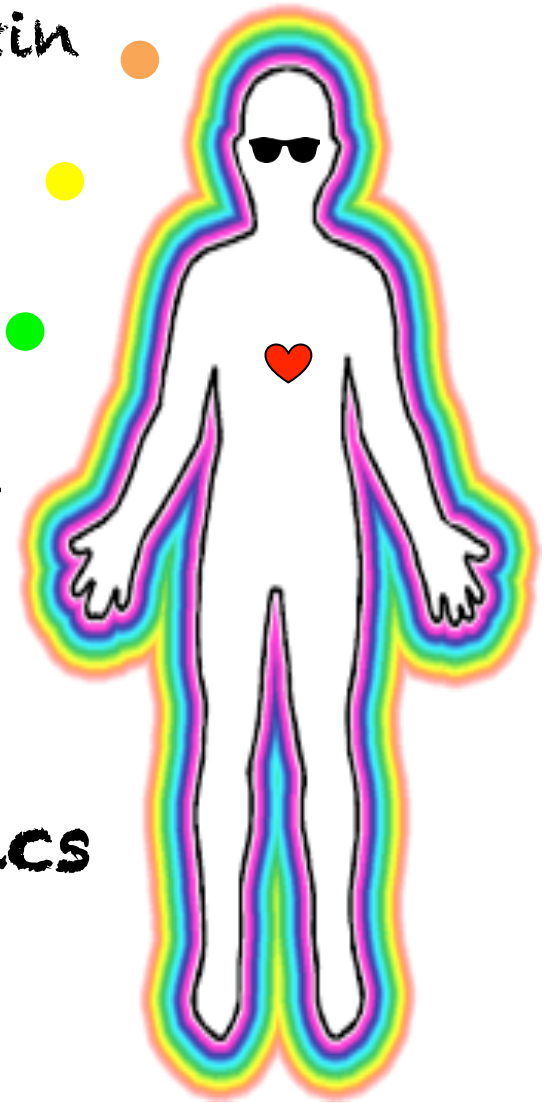
Improves Skin ●

Promotes Growth ●

Lowers Cholesterol ●

Improves Vision ●

Protects your Heart ♥



Seasons

Spring
X Summer
Autumn
Winter

Can I
eat this
raw?

NO

Colors

Yellow

Characteristics

Crunchy
Sweet

Cranberries



Health

Seasons

Spring

Summer

X Autumn

Winter

Reduces Inflammation ●

Strengthens Teeth ☺

Protects your Heart ❤️

Can I
eat this
raw?

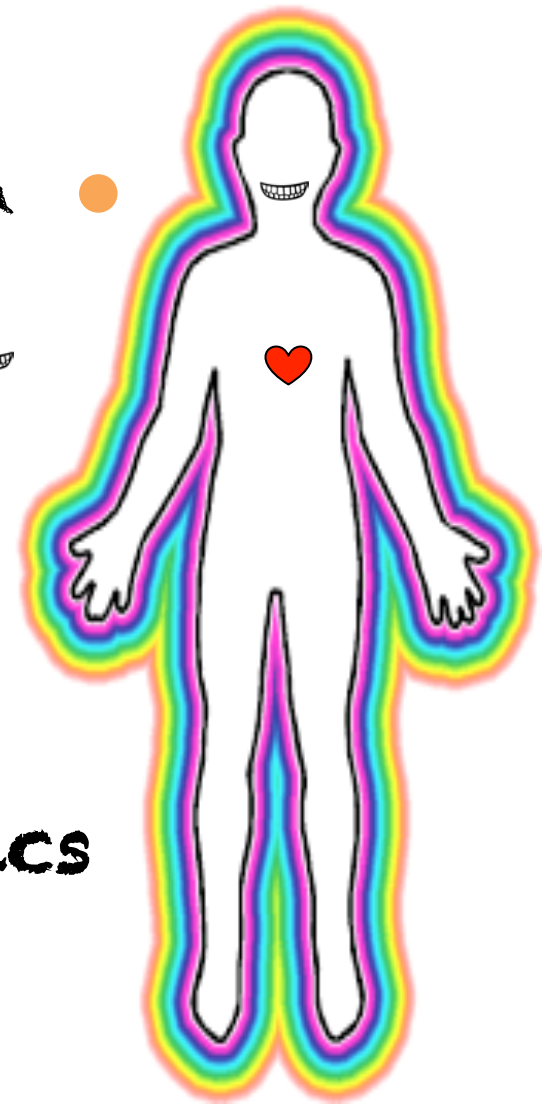
YES

Colors

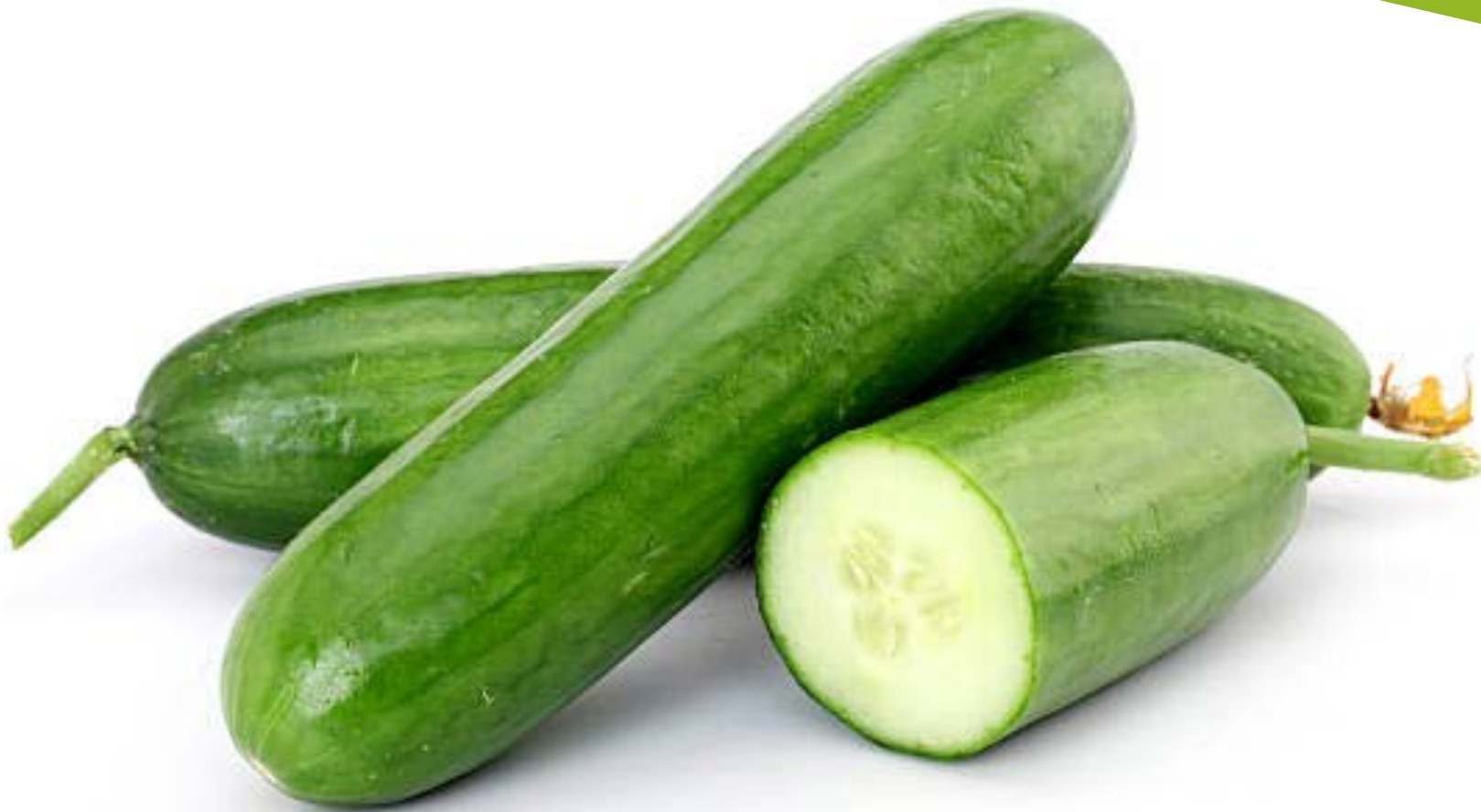
Red

Characteristics

Tart
Fibrous



Cucumbers



Health

Improves Skin ●

Controls Blood Pressure ●

Reduces Inflammation ●

Improves Digestion ●

Seasons

Spring
X Summer
X Autumn
Winter

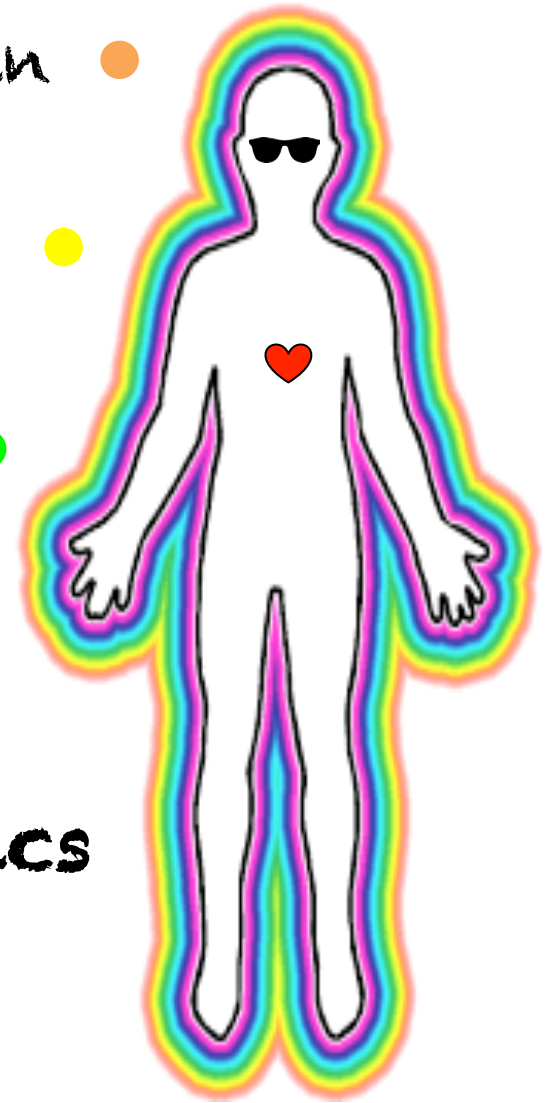
Can I
eat this
raw?
YES

Colors

Green

Characteristics

Crunchy
Watery
Crisp



Eggplants



Health

Aids in Digestion ●

Improves Brain Function 🧠

Improves Heart Health ❤️

Strengthens Bones 🦴

Seasons

Spring
X Summer
X Autumn
Winter

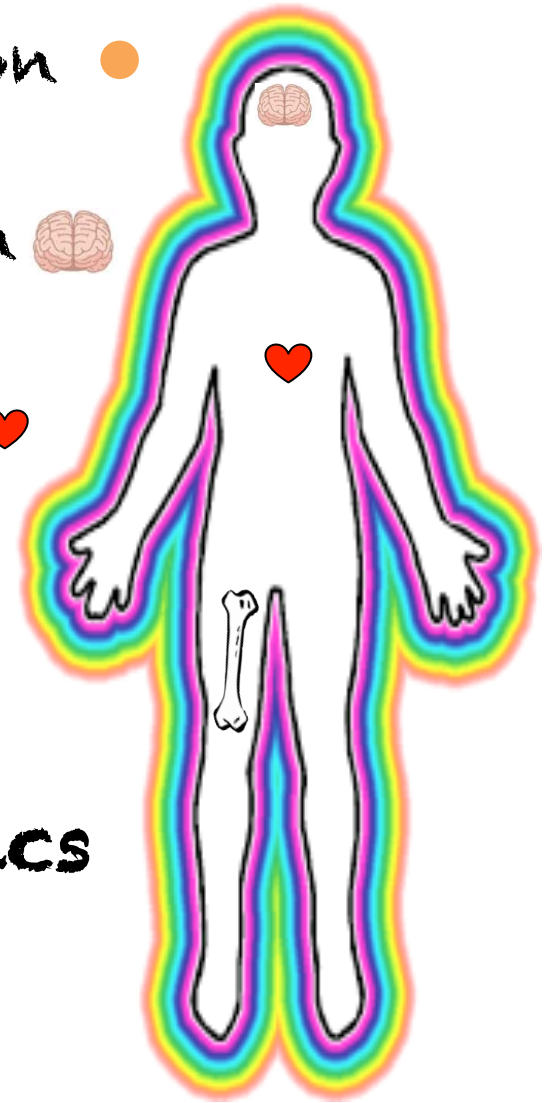
Can I
eat this
raw?
NO

Colors

Purple
White

Characteristics

Firm
Meaty
Fibrous



Fennel



Health

Regulates Blood Pressure ●

Boosts Immunity ●

Seasons

Spring
X Summer
X Autumn
Winter

Improves Brain Function 🧠

Improves Heart Health ❤️

Strengthens Vision 🕶️

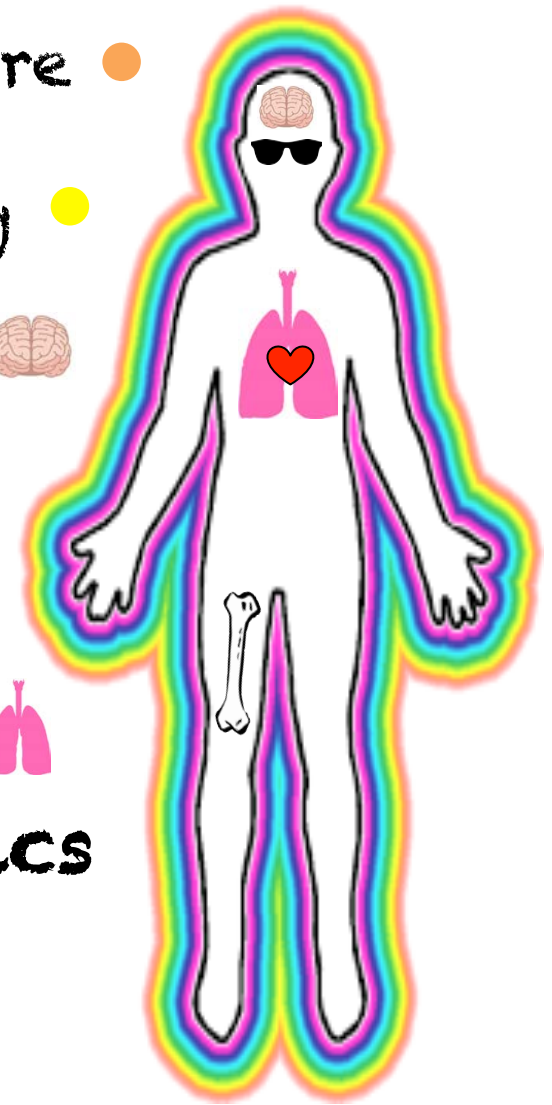
Improves Respiratory Health 🫁

Can I
eat this
raw?
YES

Colors Characteristics

Green
White

Onion-like
Anise



Garlic



Health

Boosts Digestion ●

Lowers Cholesterol ●

Improves Skin ●

Strengthens Vision 🕶️

Seasons

X Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?

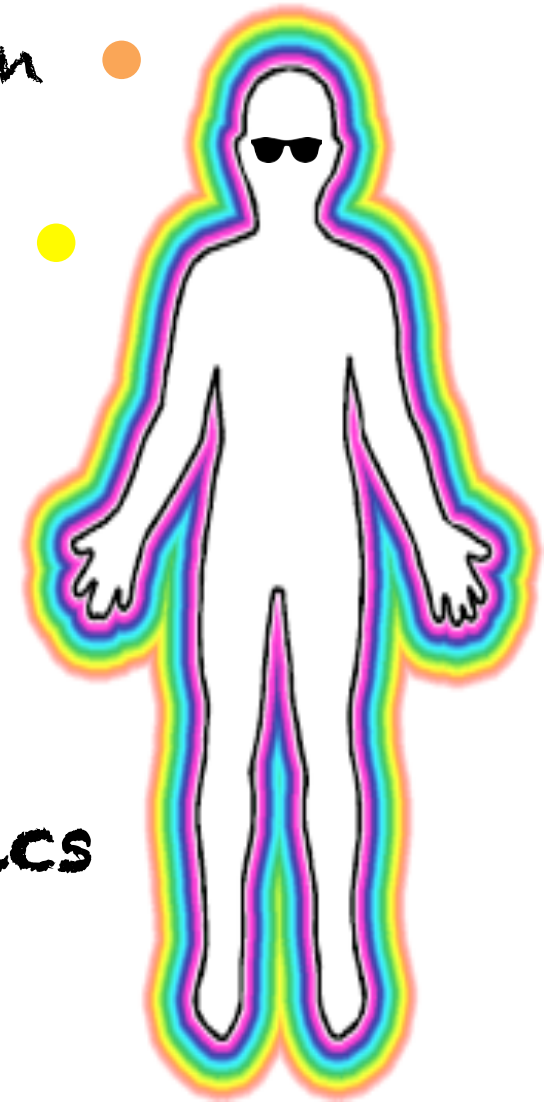
NO

Colors

White

Characteristics

Fibrous



Grapes



Health

Boosts Digestion

Balances Cholesterol

Increases Immunity

Strengthens Muscles

Improves Dental Care

Strengthens Bones

Prevents Heart Disease

Seasons

Spring

X Summer

X Autumn

Winter

Can I
eat this
raw?

YES

Colors

Green

Red

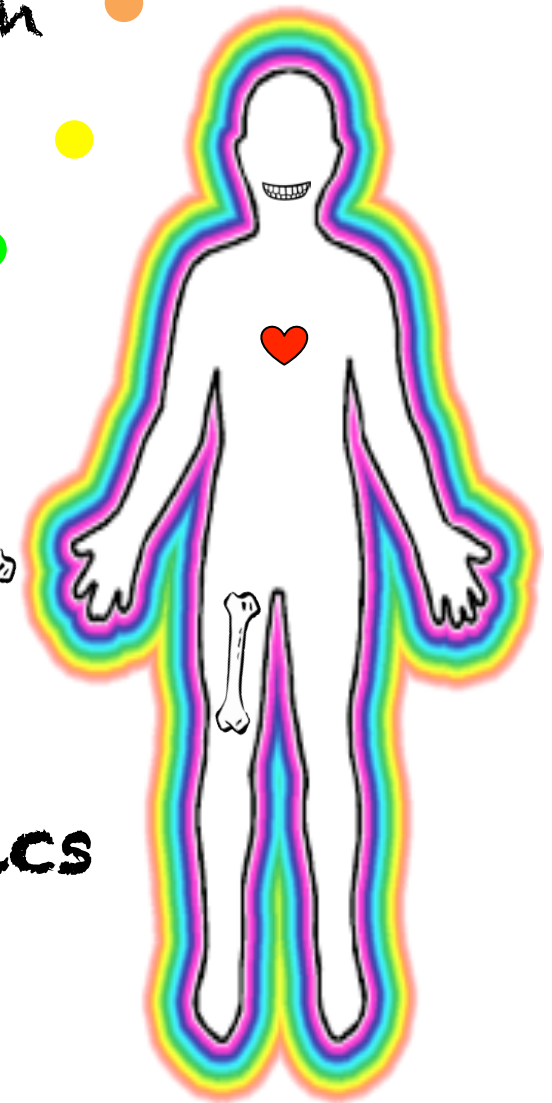
Purple

Characteristics

Juicy

Sweet

Tart



Green Beans



Health

Seasons

X Spring
Summer
Autumn
Winter

Can I
eat this
raw?
YES

Colors

Green

Characteristics

Crunchy

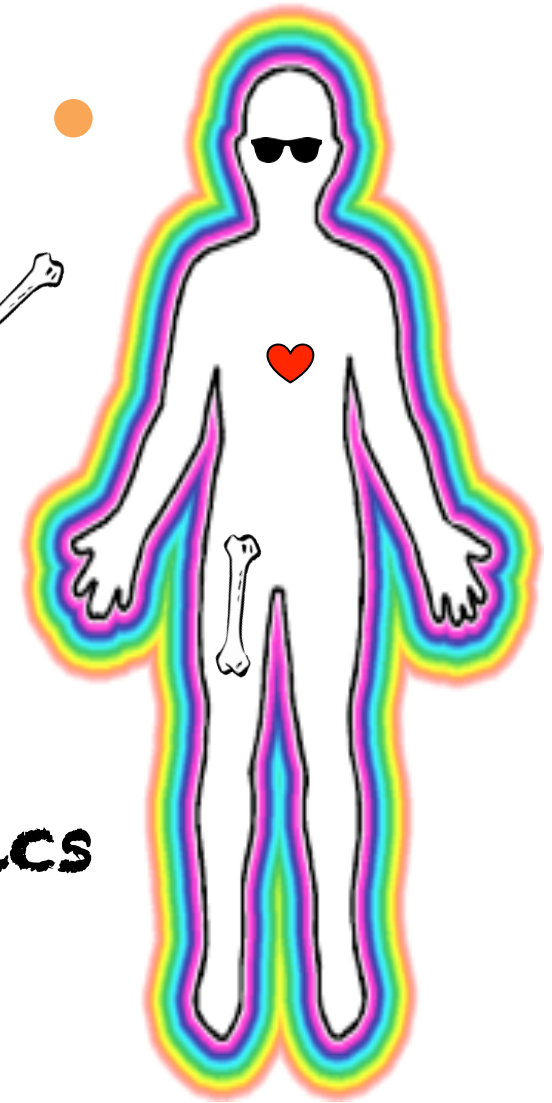
Boosts Immunity ●

Strengthens Bones



Improves Eyesight 🕶️

Reduces Heart Disease ❤️



Kale





Health

Seasons

Spring
X Summer
Autumn
Winter

Can I
eat this
raw?
YES

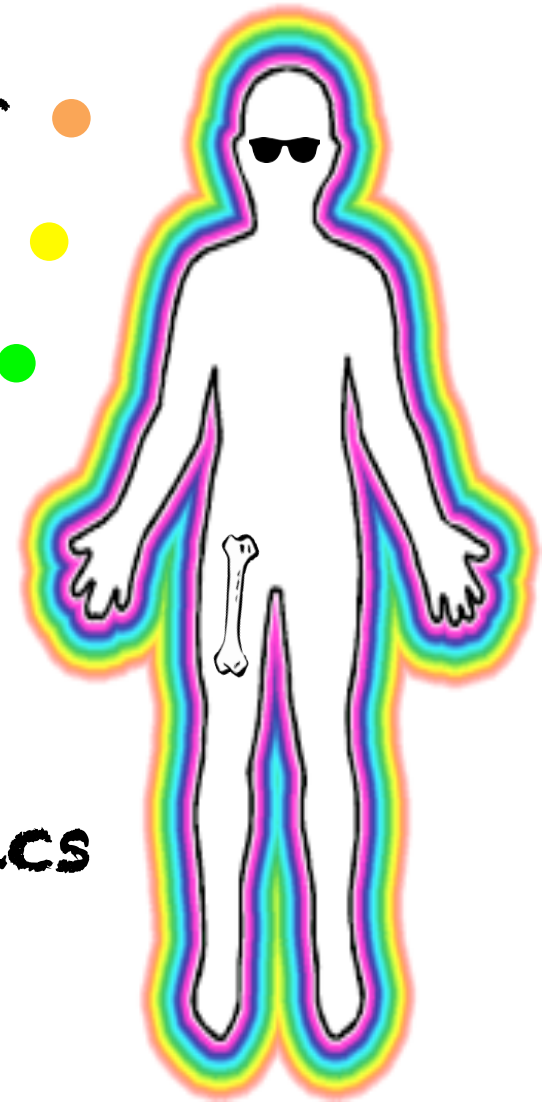
- Improves Skin & Hair ●
- Reduces Inflammation ●
- Lowers Blood Pressure ●
- Improves Digestion ●
- Strengthens Bones 
- Improves Eyesight 

Colors

Green

Characteristics

Crunchy
Leafy



Leeks



Health

Seasons

Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?
YES

Colors

Green

Characteristics

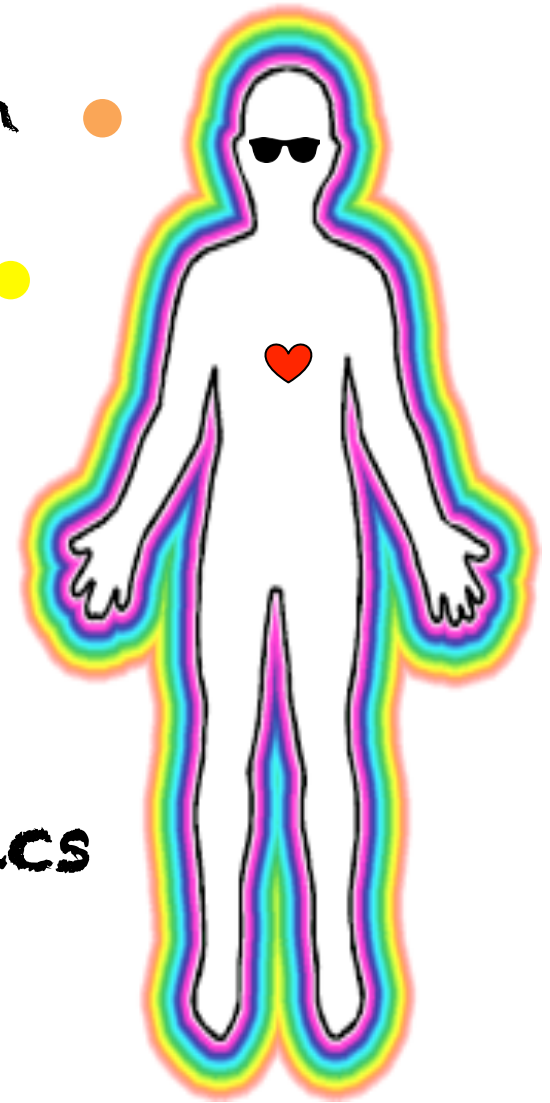
Crunchy
Leafy
Tender

Improves Skin ●

Regulates Circulation ●

Boosts Heart Health ♥

Strengthens Eyesight 🕶



Mushrooms



Health

Lowers Cholesterol ●

Seasons

- X Spring
- X Summer
- X Autumn
- X Winter

Boosts Immune System ●

Lowers Blood Pressure ●

Strengthens Bones 

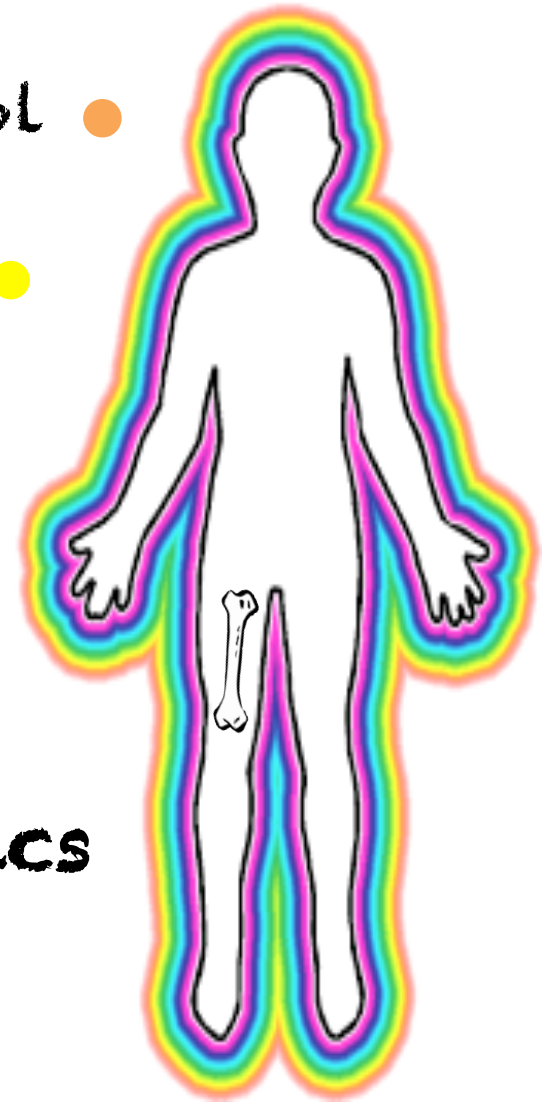
Can I
eat this
raw?
YES

Colors

White
Brown

Characteristics

Spongy
Rubbery



Nectarines



Health

Improves Skin



Boosts Immunity



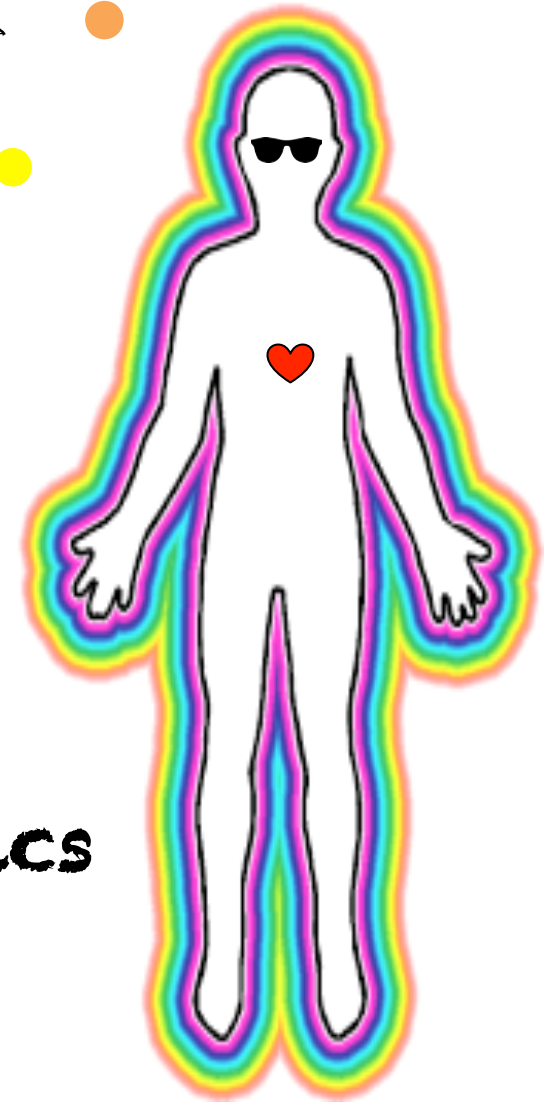
Aids in Digestion



Improves Vision



Supports Heart Health



Seasons

Spring
X Summer
Autumn
Winter

Can I
eat this
raw?
YES

Colors

Orange
Yellow
Red

Characteristics

Juicy
Fleshy

Okra



Health

Improves Skin ●

Boosts Immunity ●

Aids in Digestion ●

Lowers Blood Pressure ●

Improves Vision 🕶️

Seasons

Spring
X Summer
Autumn
Winter

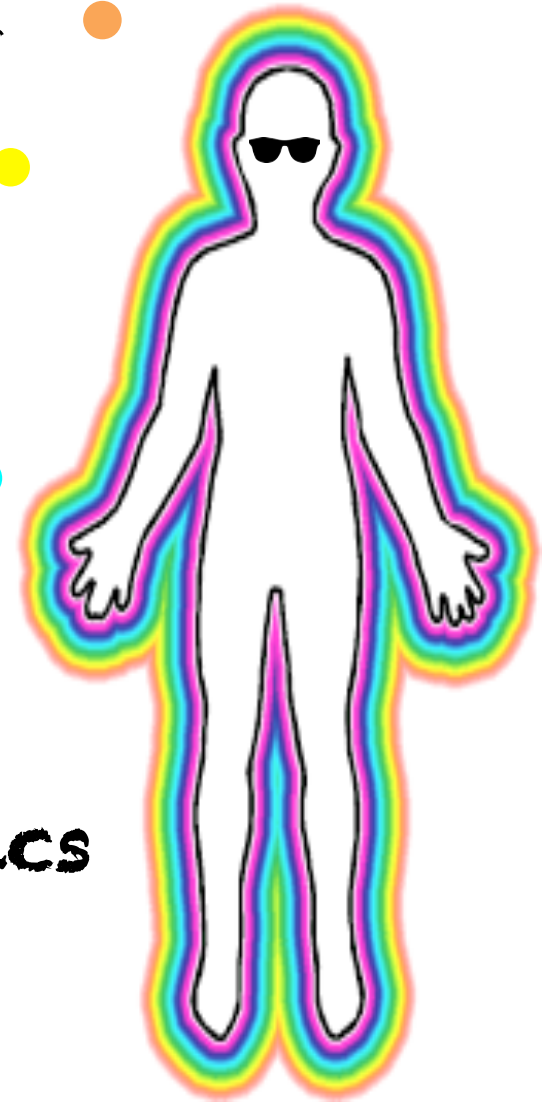
Can I
eat this
raw?
YES

Colors

Green

Characteristics

Slimy
Fibrous
Silky



Onions



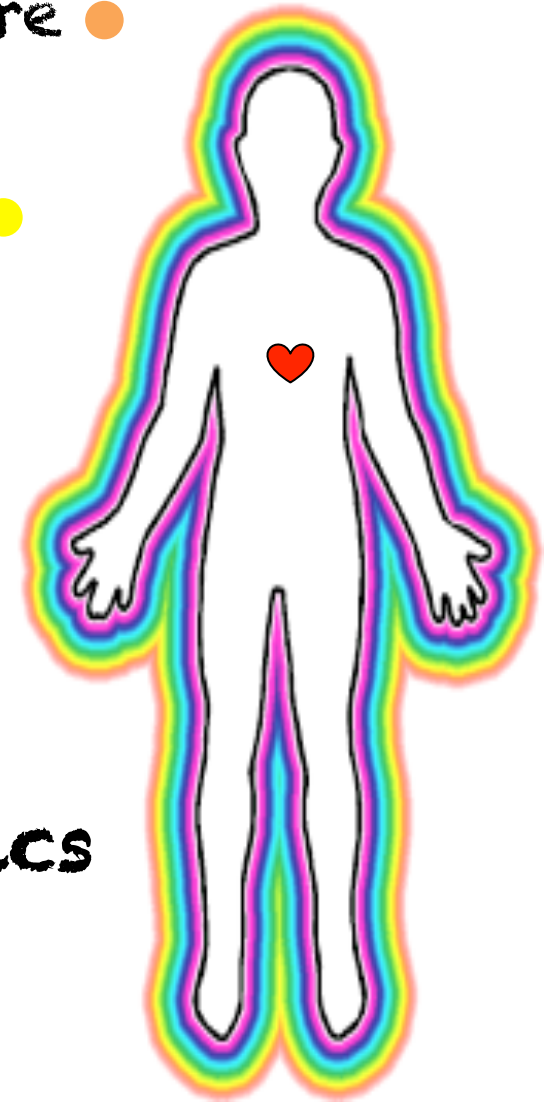
Health

Improves Oral Care ●

Boosts Immunity ●

Strengthens Hair ●

Increases Heart Health ♥



Seasons

Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?
YES

Colors

Purple
Yellow
White

Characteristics

Crunchy

Parsnips



Health

Supports Digestion ●

Boosts Immune System ●

Improves Heart Health ♥

Seasons

- X Spring
- X Summer
- X Autumn
- X Winter

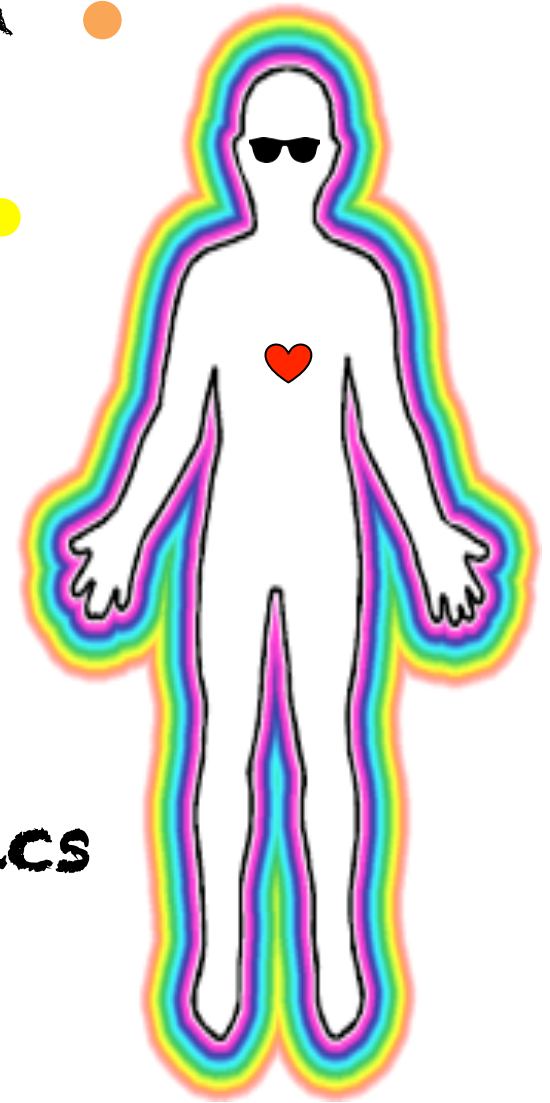
Can I
eat this
raw?
YES

Colors

White

Characteristics

Crunchy
Fibrous
Carrot-like



Peaches



Health

Improves Skin ●

Aids in Digestion ●

Boosts Immunity ●

Lowers Cholesterol ●

Strengthens Bones 

Improves Eyesight 

Helps Develop Teeth 

Seasons

Spring
X Summer
Autumn
Winter

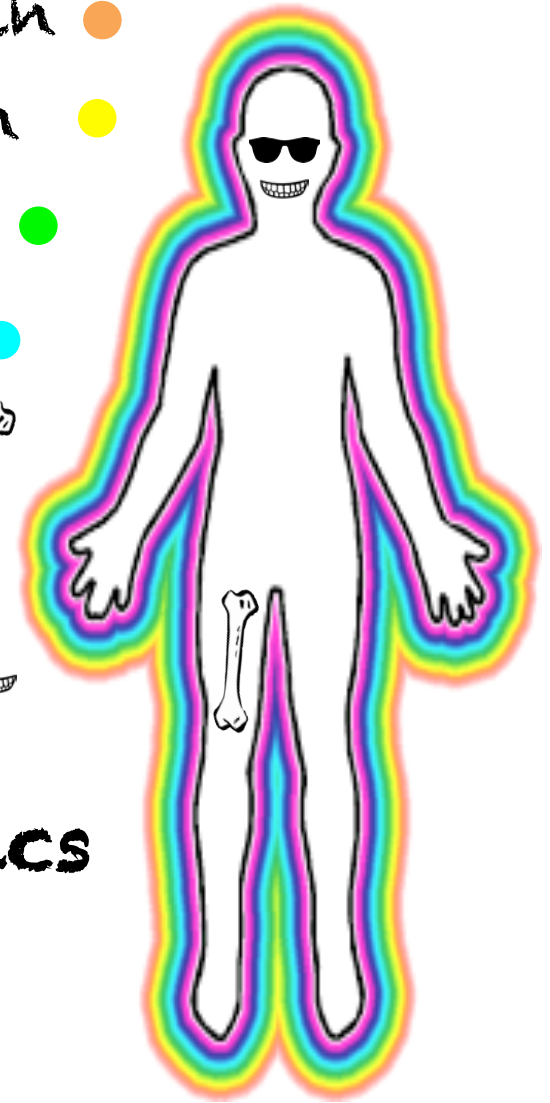
Can I
eat this
raw?
YES

Colors

White
Orange
Yellow

Characteristics

Juicy
Fleshy



Pears



Health

Improves Skin & Hair ●

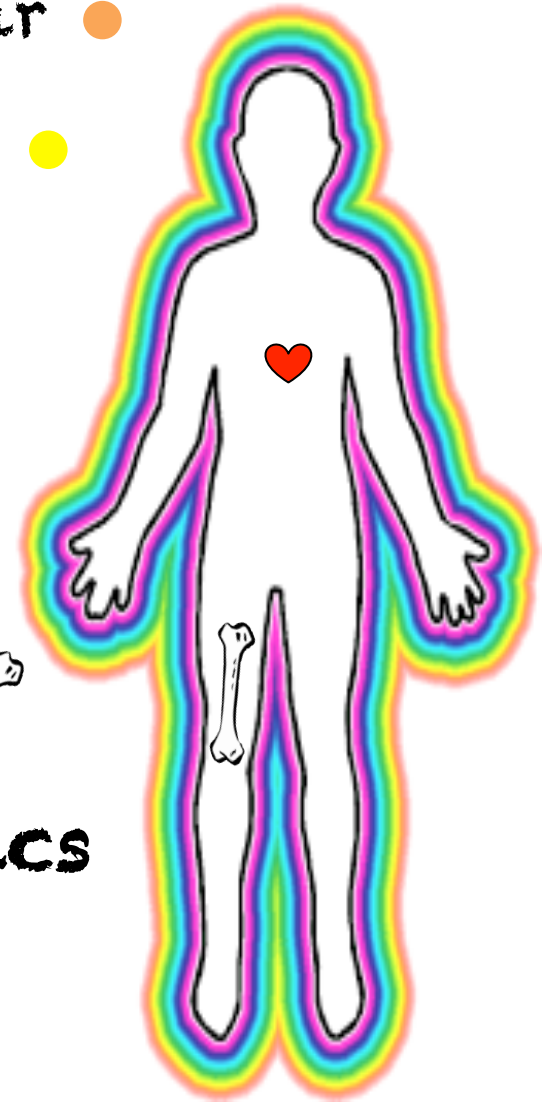
Improves Digestion ●

Boosts Immunity ●

Supports Circulation ●

Improves Heart Health ♥

Promotes Bone Strength 🦴



Seasons

Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?
YES

Colors

Green
Yellow
White

Characteristics

Soft
Juicy

Peas



Health

Improves Digestion ●

Boosts Immune System ●

Strengthens Eyesight 🕶️

Increases Heart Health ❤️

Promotes Bone Strength 🦴

Seasons

X Spring
X Summer
X Autumn
Winter

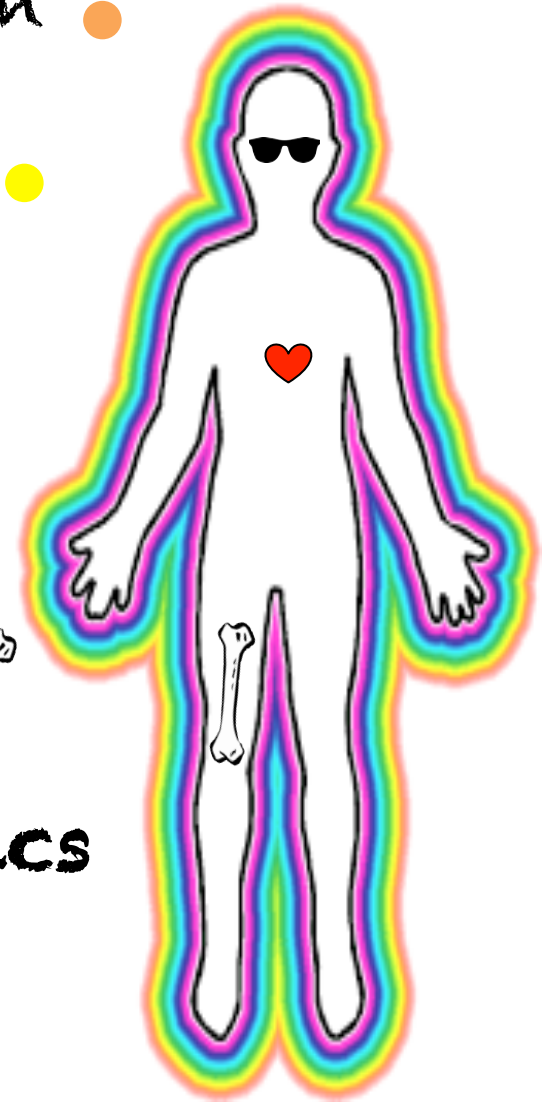
Can I
eat this
raw?
YES

Colors

Green

Characteristics

Starchy
Crunchy



Peppers



Health

Improves Skin



Regulates Blood Pressure



Aids in Digestion



Boosts Immunity



Seasons

Spring

X Summer

X Autumn

Winter

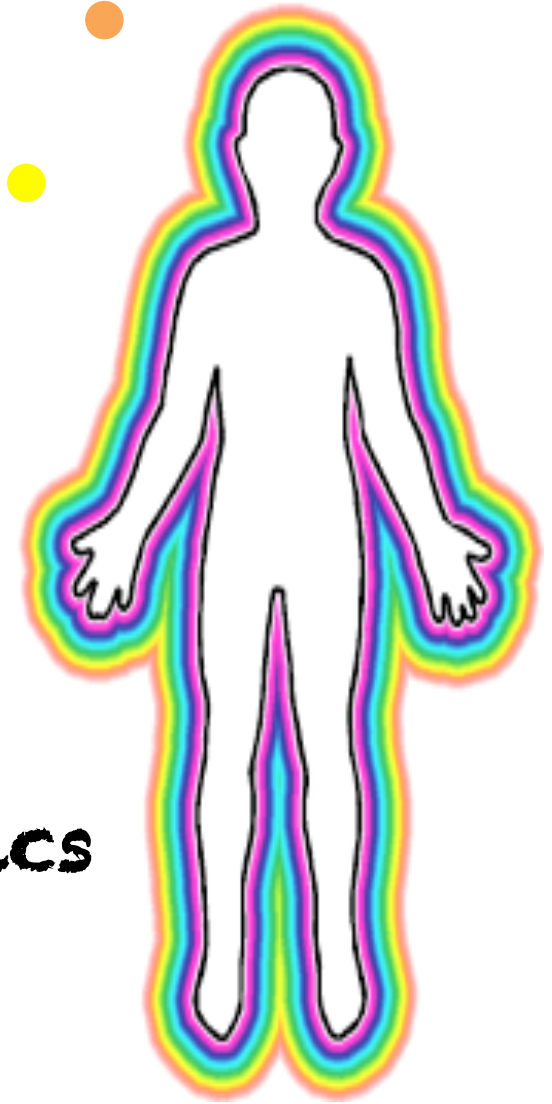
Can I
eat this
raw?
YES

Colors

Many
Colors!

Characteristics

Crispy
Sweet or Spicy



Plums



Health

Improves Skin ●

Maintain Healthy Nervous System ●

Aids in Digestion ●

Boosts Immunity ●

Regulates Mood ●

Improves Cognition 🧠

Protects Heart Health ❤️

Seasons

Spring
X Summer
Autumn
Winter

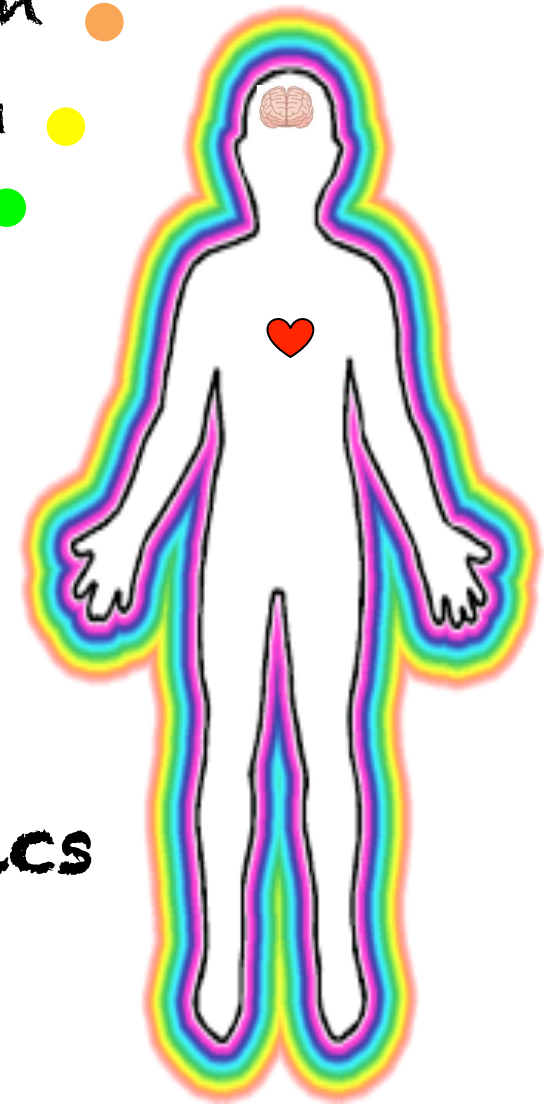
Can I
eat this
raw?
YES

Colors

Purple
Yellow

Characteristics

Sweet
Fleshy
Juicy




Pumpkins



Health

Boosts Immunity ●

Strengthens Bones 

Increases Vision 

Protects Heart Health 

Seasons

Spring
X Summer
X Autumn
Winter

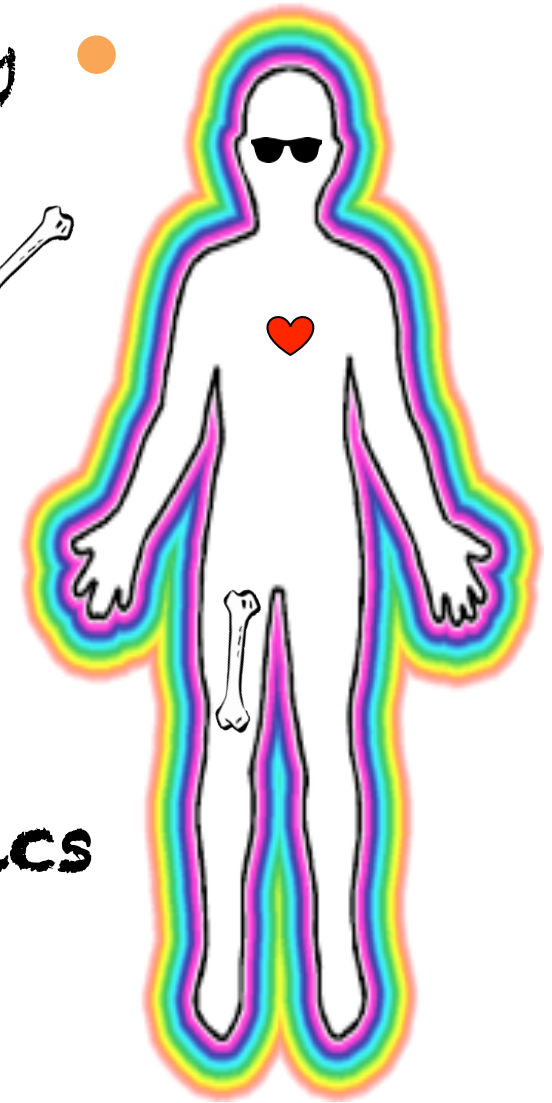
Can I
eat this
raw?
NO

Colors

Orange

Characteristics

Starchy
Squash-like
Sweet



Radishes



Health

Improves Skin



Aids in Digestion



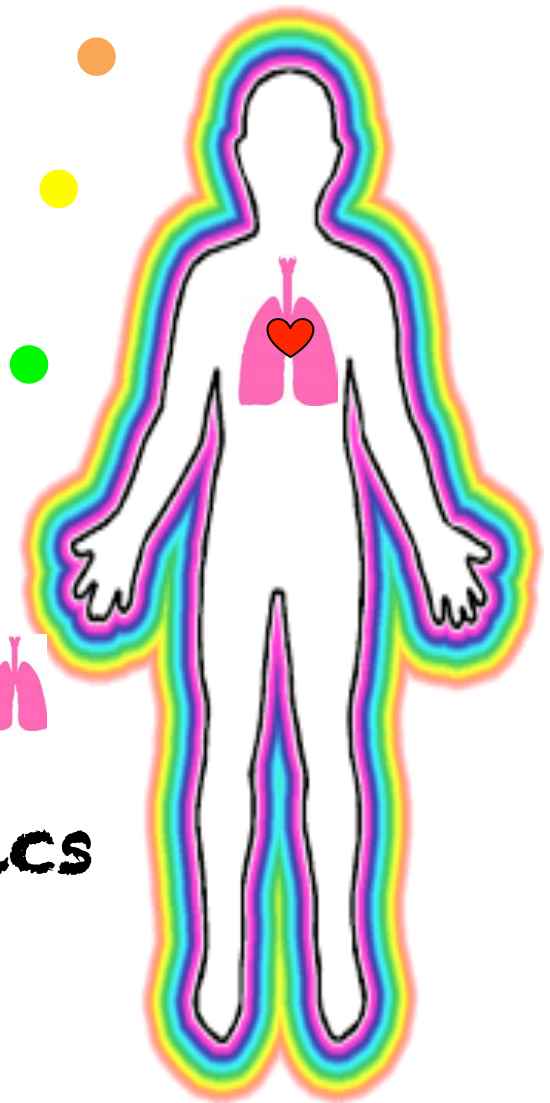
Lowers Blood Pressure



Protects Heart Health



Boosts Respiratory Strength



Seasons

- X Spring
- X Summer
- X Autumn
- Winter

Can I
eat this
raw?
YES

Colors

Pink
White

Characteristics

Firm
Crunchy

Raspberries



Health

Boosts Immune System



Aids in Digestion



Strengthens Muscles



Seasons

X Spring
Summer
Autumn
Winter

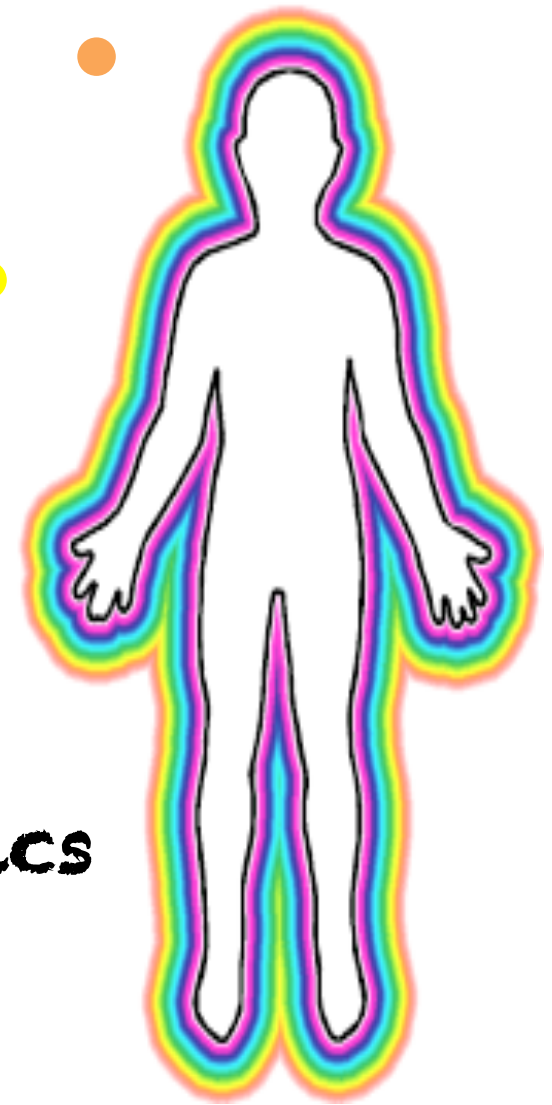
Can I
eat this
raw?
YES

Colors

Red

Characteristics

Juicy
Sweet



Rhubarb



Health

Improves Circulation ●

Aids in Digestion ●

Supports Brain Health 🧠

Strengthens Bones 🦴

Improves Heart Health ❤️

Seasons

X Spring
X Summer
Autumn
Winter

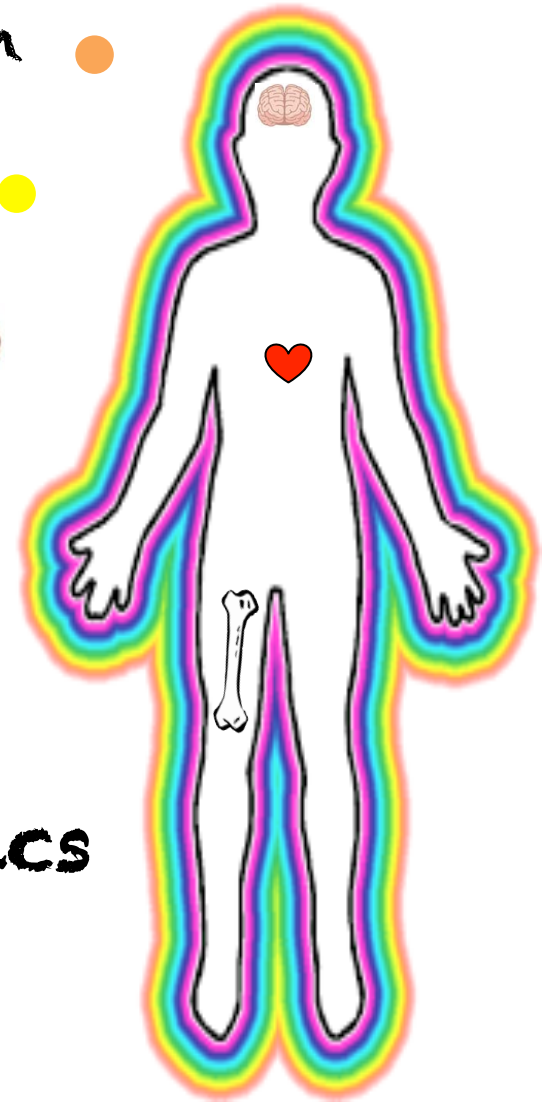
Can I
eat this
raw?
NO

Colors

Green
Red

Characteristics

Leafy
Crunchy



Spinach



Health

SEASONS

X Spring
X Summer
X Autumn
Winter

Can I
eat this
raw?
NO

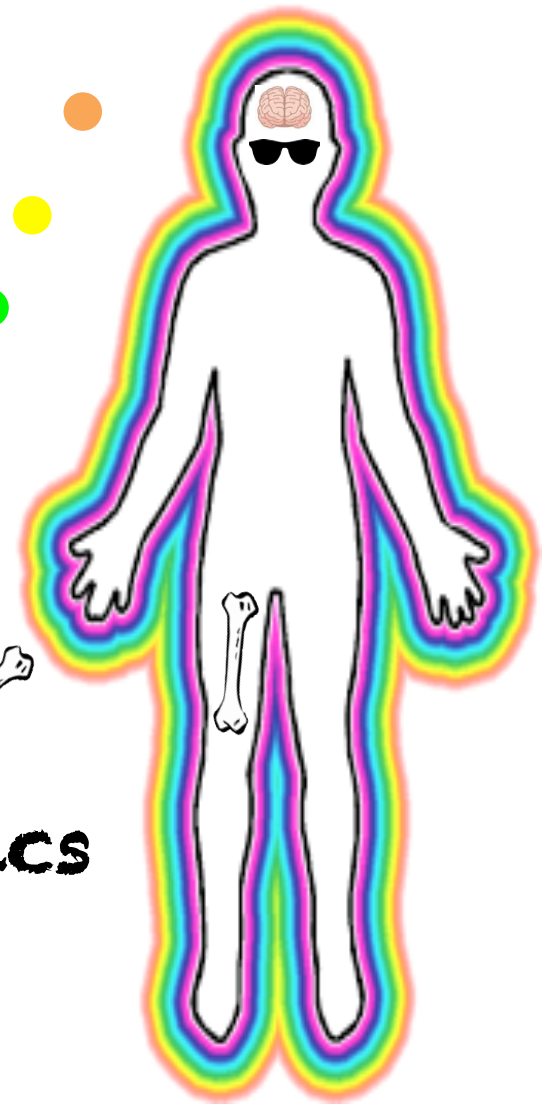
Strengthens Muscles ●
Maintains Blood Pressure ●
Reduces Inflammation ●
Improves skin ●
Improves Eyesight 🕶️
Supports Brain Health 🧠
Strengthens Bones 🦴

Colors

Green
Red

Characteristics

Leafy
Crunchy



Squash



Health

Boosts Immunity ●

Improves Skin ●

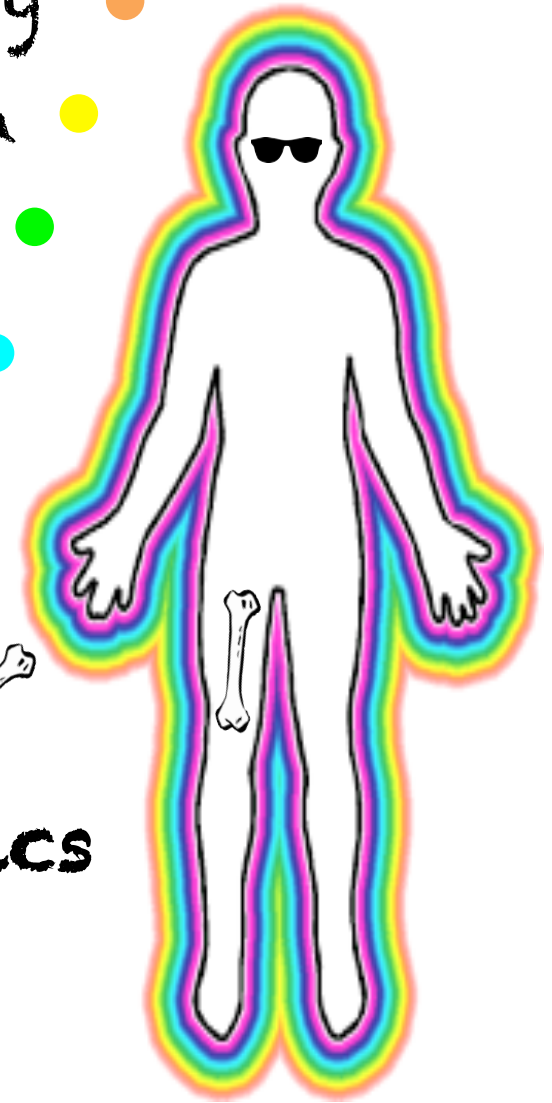
Speeds Metabolism ●

Reduces Inflammation ●

Aids in Digestion ●

Improves Eyesight ●

Strengthens Bones ●



Seasons

Spring
X Summer
Autumn
Winter

Can I
eat this
raw?
NO

Colors

Green
Orange
Yellow
White

Characteristics

Starchy
Buttery

Strawberries



Health

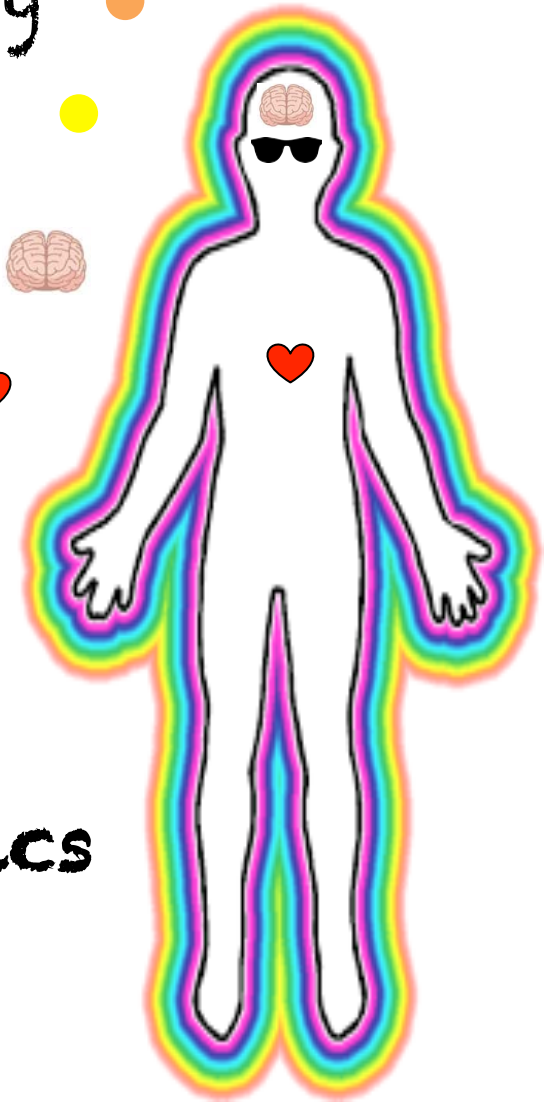
Boosts Immunity ●

Reduces Inflammation ●

Supports Brain Function 🧠

Boosts Heart Health ❤️

Improves Eyesight 🕶️



Seasons

X Spring
X Summer
Autumn
Winter

Can I
eat this
raw?
YES

Colors

Red
White

Characteristics

Sweet
Juicy

Sweet Potatoes



Health

Aids in Digestion ●

Reduces Inflammation ●

Boosts Immune System ●

Seasons

Spring
X Summer
X Autumn
Winter

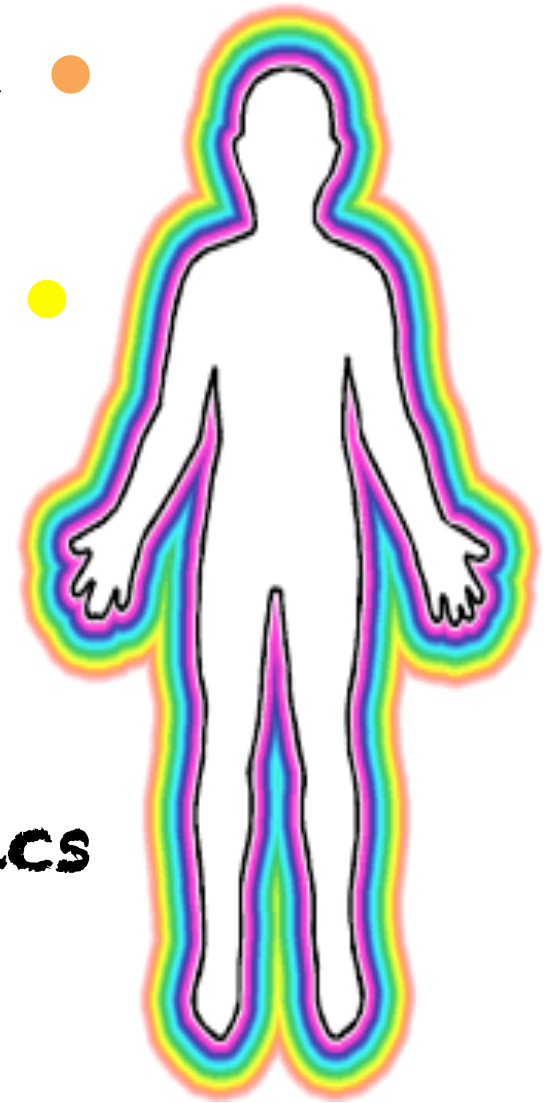
Can I
eat this
raw?
No

Colors

Brown
Orange

Characteristics

Starchy
Grainy
Sweet



Tomatoes



Health

Aids in Digestion ●

Improves Skin ●

Protects you Heart ♥

Improves Vision 🕶

Seasons

Spring
X Summer
X Autumn
Winter

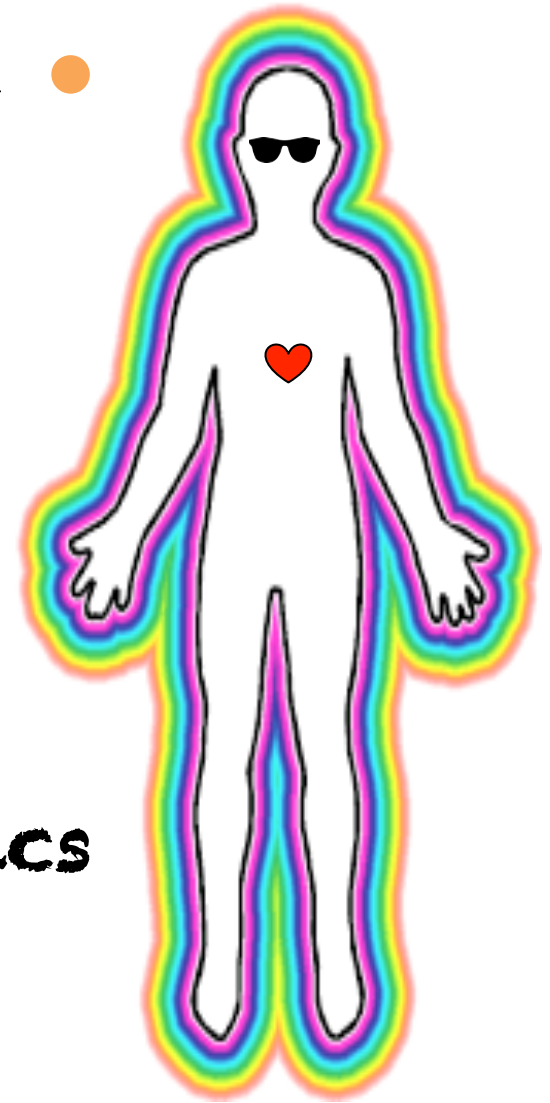
Can I
eat this
raw?
YES

Colors

Red

Characteristics

Juicy
Pulpy
Sweet



Turnips



Health

Aids in Digestion ●

Increases Blood Circulation ●

Seasons Boosts Immune System ●

X Spring Reduces Inflammation ●

X Summer Supports Metabolism ●

X Autumn Improves Heart Health ●

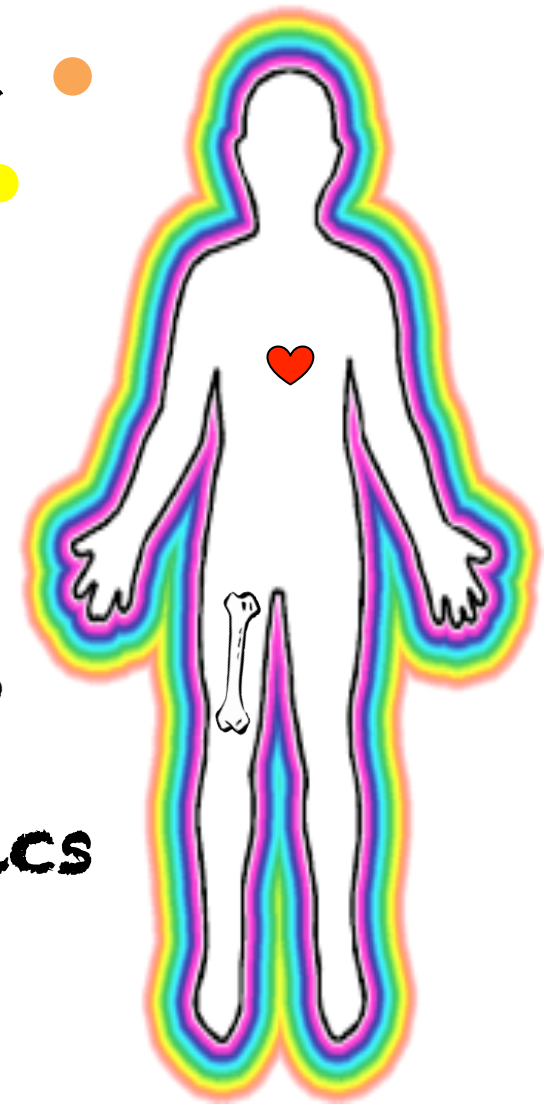
Winter Strengthens Bones ●

Can I
eat this
raw?
NO

Colors Characteristics

Purple
White

Firm
Starchy



Watermelon



Health

Normalizes Blood Pressure ●

Strengthens Muscles ●

Balances Blood Sugar ●

Improves Heart Health ♥

Seasons

X Spring
Summer
Autumn
Winter

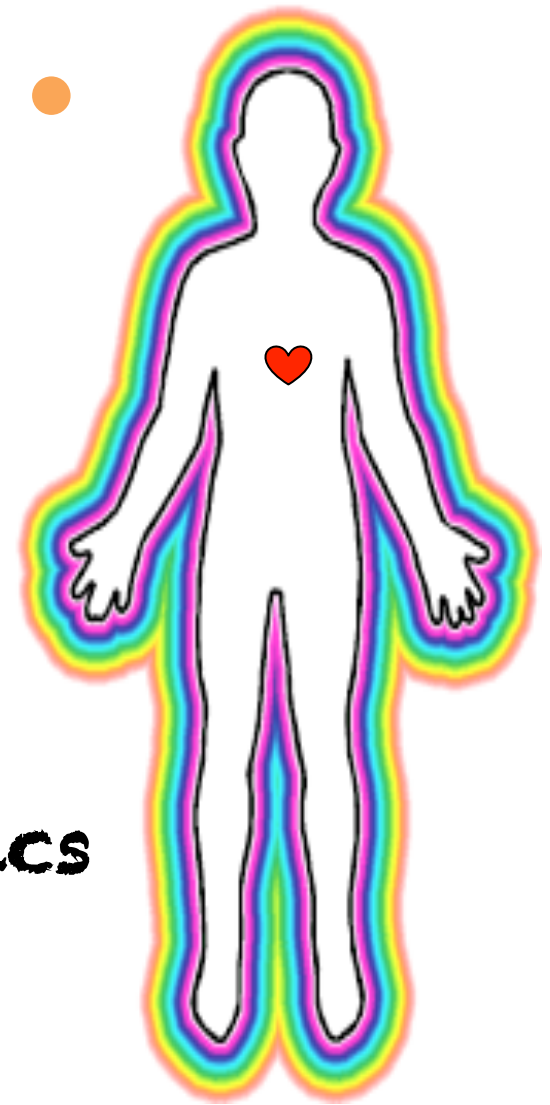
Can I
eat this
raw?
YES

Colors

Red
White
Green

Characteristics

Juicy
Granular
Sweet



Zucchini



Health

Reduces Inflammation ●

Lowers Cholesterol ●

Improves Heart Health ♥

Seasons

Spring
X Summer
Autumn
Winter

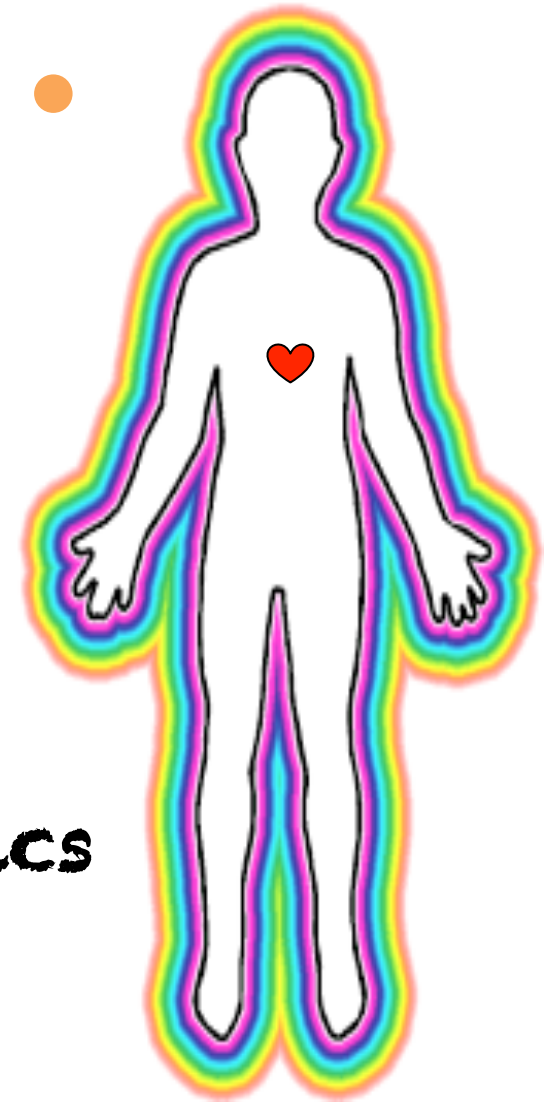
Can I
eat this
raw?
YES

Colors

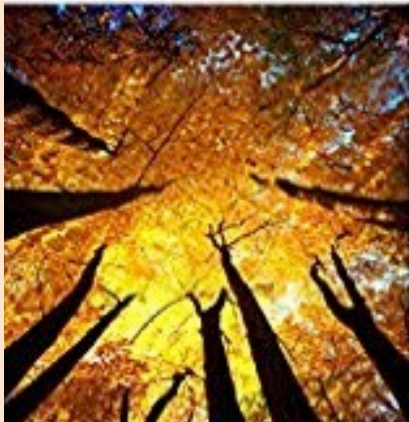
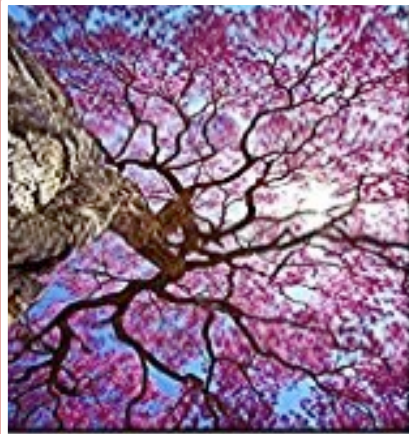
Red
White
Green

Characteristics

Crisp
Spongy
Firm



Recipes



SPRING

Fruits & Vegetables

Arugula
Asparagus
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Chard
Cherries
Garlic
Kale

Mushrooms
Parsnips
Peas
Radishes
Rhubarb
Spinach
Strawberries

Ingredients

1 tbsp extra-virgin olive oil
1 yellow onion, chopped
2 celery stalks, chopped
3 cloves of garlic, minced
1 lb Yukon gold potatoes, chopped into 1 inch chunks
4 cups of water or vegetable broth
1 1/2 tsp fine sea salt
3 cups fresh arugula
1/2 cup coconut milk
Freshly ground black pepper



Creamy Arugula Soup

Lunch/Dinner

Instructions

1. Heat the olive oil in a large pot over medium heat, and sauté the onion and celery until tender, about 8 minutes.
2. Add in the garlic and sauté until fragrant, about one more minute.
3. Add in chopped potatoes, 4 cups of water or broth, and salt, and bring liquid to a boil.
4. Once boiling, lower the heat and cover to let the vegetables simmer until the potatoes are fork-tender, about 20 minutes.
5. Once the potatoes are tender, add the arugula to the pot and stir until bright green, about 3 minutes.
6. Transfer soup to a blender and blend until smooth, taking special care to vent the blender lid.
7. Return the soup to the pot over medium heat and stir in the coconut milk, season with salt and pepper.
8. Serve warm and enjoy with your little one!

Asparagus Noodles With Garlic Cream Sauce

Lunch/Dinner

Instructions

1. Trim off tough ends and shave off the outer fibrous skin of asparagus spears.
2. Then, use a vegetable peeler and thinly shave asparagus lengthwise to create asparagus noodles. To do so, hold your asparagus down on the cutting board by the asparagus tip and then apply gentle pressure to your vegetable peeler while shaving across lengthwise to get thin asparagus noodles. Make sure to snap off the tips and set aside
3. In a large skillet, add olive oil and bring to medium high heat. Add in asparagus tips and cook until about halfway done
4. Add in asparagus noodles and cook until just tender but still crispy
5. Turn off heat and drain any excess water released from asparagus.
6. In a small saucepan, add butter and flour and whisk over lower heat until it forms a smooth thick paste without any lumps
7. Add in 1/4 cup milk and whisk until smooth and thickened. Be sure to pause whisking for a little bit to allow the mixture to heat up enough to reach a simmer so that it can thicken



Ingredients

- 1 lb fat/thick asparagus
- 1 tbsp olive oil
- 1 tbsp butter
- 1 tbsp all purpose flour
- 1/4-1/2 cup fat free milk
- 1/4 cup chicken stock
- 1 clove garlic
- 1/4 tsp garlic powder
- 1/4 cup shredded parmesan cheese

Asparagus Noodles Cont.

8. Add in 1/4 cup chicken stock , garlic clove, and garlic powder, and whisk until thickened and smooth (but allowing the garlic clove to remain whole. Again, make sure you allow the sauce to come to a simmer. If you feel the sauce is too thick, add a little more milk, 1 tbsp at a time, whisking until smooth every time. Keep in mind that sauce will thicken even more when cooled.
9. When sauce reaches your desired thickness, remove the garlic clove (which you can discard) and add cheese and whisk until smooth.
10. Spoon sauce over asparagus immediately (while sauce is still hot) and toss asparagus tips and noodles in the sauce.
11. Sprinkle with additional cheese and ground pepper if desired.
12. Enjoy with your little one!

Chocolate Beet Muffins

Dessert

Instructions

1. Preheat oven to 355F.
2. Peel beets and grate in a food processor with a grating disc. Set aside.
4. In a small bowl, whisk together the eggs and milk.
5. In a large bowl, using a hand mixer on medium speed, cream together the sugars, butter, and oil. Using the hand mixer on low speed, beat in the egg mixture. Slowly fold in the flour mixture.
6. Using a spatula, mix in the grated beets and chocolate chips.
7. Evenly divide the batter into 12 muffin cases. Each case should be about 3/4 full.
8. Bake for 20-25 minutes, until the muffin are springy to the touch. Remove from oven and allow to cool in the pan for 5 minutes.
9. Transfer to a cooling rack to finish cooling.
10. Enjoy with your little one!



Ingredients

- 2 medium sized beets
- 1 1/2 cups all-purpose flour
- 2 tbsp cocoa powder
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 2 large eggs
- 1/4 cup whole milk
- 1/2 cup light brown sugar
- 1/4 cup caster sugar
- 1/4 cup unsalted butter
- 1/4 cup sunflower oil
- 1 cup semi-sweet chocolate chips

Hidden Broccoli Berry Smoothie Drink

Ingredients

8 fl oz vanilla almond milk
1 cup broccoli
1/3 cup vanilla frozen yogurt
1/3 cup sliced strawberries
1/3 cup raspberries
1/2 cup blackberries
1 tsp vanilla extract
1/2 tsp ground cinnamon

Instructions

1. Combine all of the ingredients into the blender.
2. Pour in the vanilla almond milk.
3. Blend together until smooth and consistent



Shredded Brussels Sprouts

Side Dish



Ingredients

1 lb Brussels sprouts
1 tbsp olive oil
1-2 cloves of garlic, minced
salt and pepper to taste
1/4 cup water

Instructions

1. Shred Brussels Sprouts very finely.
2. Heat olive oil in a large skillet over medium heat.
3. Add garlic and sauté for 1 minute.
4. Add Brussels sprouts and sauté over high heat for 1-2 minutes. Season with salt and pepper.
5. Add water, cover with lid and cook on medium heat for 1-2 minutes, then stir.
6. Cover again and cook 1-2 minutes more.
7. Serve warm and enjoy with your little one!

Ingredients

Stir Fry Sauce

- 2 tbsp soy sauce
- 1 tbsp toasted sesame oil
- 1 tbsp sriracha
- 1/2 tbsp brown sugar

Stir Fry

- 1/2 head green cabbage
- 2 carrots
- 3 green onions
- 1/2 tbsp neutral cooking oil
- 1/2 lb lean ground beef
- 2 cloves garlic
- 1 tbsp fresh grated ginger
- pinch of salt and pepper

Garnishes

- 1 tbsp sesame seeds
- 1 tbsp sriracha

Beef & Cabbage Stir Fry

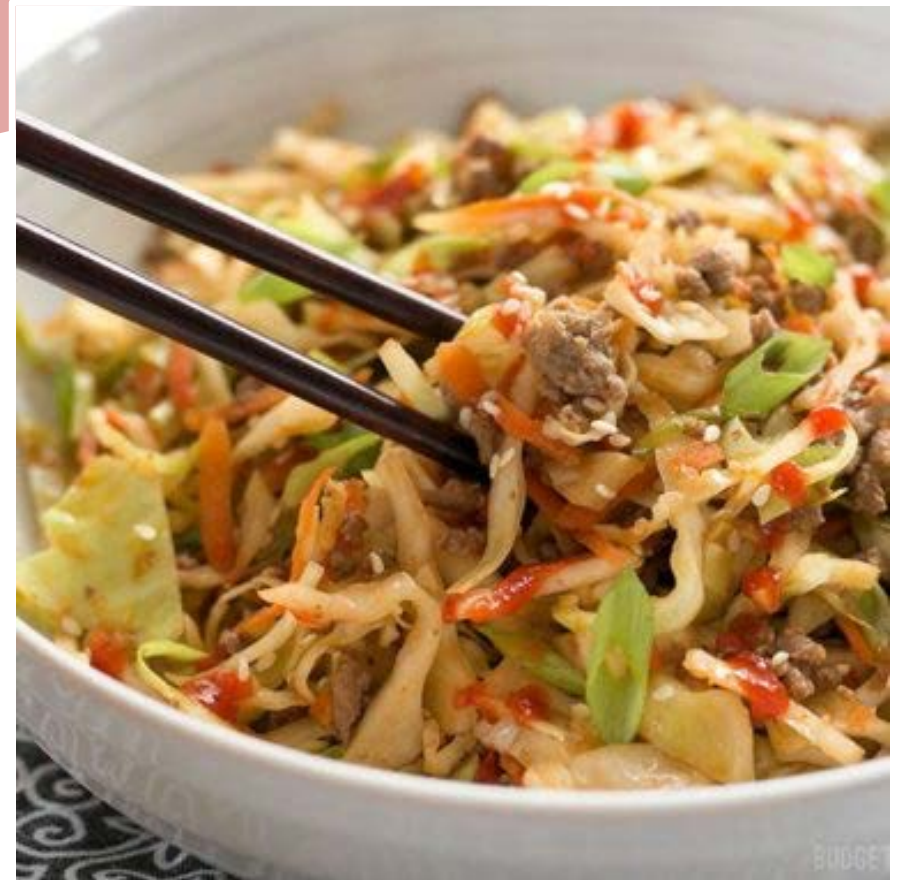
Lunch/Dinner

Instructions

1. Prepare stir fry sauce first. In a small bowl, stir together the soy sauce, toasted sesame oil; sriracha; and brown sugar. Set the sauce aside.
2. Shred the vegetables so they are ready to go when you need them. Cut one small cabbage in half, remove the core, and then finely shred the leaves of one half of the cabbage.
3. Peel two carrots, then use a cheese grater to shred them.
4. Slice three green onions.
5. Mince two cloves of garlic.
6. Peel a knob of ginger.
7. Heat a large skillet over medium heat.
8. Once hot, add the cooking oil, ground beef, garlic, ginger, and a pinch of salt and pepper. Cook the beef until browned (about 5 minutes).
9. Add the cabbage and carrots to the skillet and continue to stir and cook until the cabbage is slightly wilted.

Stir Fry Cont.

10. Stir in the prepared sauce and green onions.
11. Sprinkle with sesame seeds and a drizzle of sriracha.
12. Enjoy with your little one!



Ingredients

1 cup whole wheat flour
1/3 cup white whole wheat flour
2 tbsp almond meal (ground almond)
1 tbsp ground flax
3/4 tsp baking soda
3/4 tsp baking powder
1/2 tsp cinnamon
1/4 tsp salt
2 large eggs
1/2 cup milk
1/4 cup pure maple syrup
3 tbsp melted butter
1 tsp vanilla
1 cup freshly grated carrot
1/4 cup pureed butternut squash



Carrot Butter Nut Squash Whole Grain Muffins

Breakfast

Instructions

1. Preheat oven to 350 F.
2. Line a muffin tin with paper baking cups or spray with non-stick oil spray.
3. In a medium bowl, combine flours with almond meal, flax, baking soda, baking powder, cinnamon, and salt. Whisk to mix.
4. In a large bowl, combine lightly beaten eggs with milk, maple syrup, melted butter, and vanilla. Whisk until incorporated.
5. Blot the excess moisture from shredded carrots and fold into the egg bowl with pureed butternut squash.
6. Slowly, sift the flour mixture into the egg mixture, using a fork to mix.
7. Once the mixture is just combined, pour into muffin cups.
8. Lay muffin tin atop a baking sheet to prevent over-browning of the muffin bottoms.
9. Bake at 350F on the center rack for approximately 25 minutes, inserting a toothpick into the center to check for a fluffy, full-cooked interior.
10. Allow to cool on a wire rack. 11. Enjoy with your little one!

Cauliflower Pancakes

Breakfast

Instructions

1. Steam cauliflower until tender.
2. Add to food processor with 1/2 cup water and blend until smooth.
3. In a medium bowl, combine cauliflower puree, coconut milk, and egg.
4. In a separate bowl, combine flour, sugar, baking powder, and salt.
5. Fold wet ingredients into dry ingredients and mix until fully incorporated.
6. Stir in remaining water until desired consistency is reached.
7. Spray a skillet with cooking spray and heat over medium heat.
8. Drop batter by 1/8-1/4 cup amounts onto hot skillet, cooking until edges and bottom begin to brown. Flip and continue cooking until golden brown on both sides and cooked through.
9. Serve topped with butter and fruit. 10. Enjoy with your little one!



Ingredients

- 1 cup cauliflower florets
- 3/4 cup water
- 1/2 cup unsweetened coconut milk
- 1 large egg
- 1 cup whole wheat flour
- 1 tbsp sugar
- 2 tsp baking powder
- 1/4 tsp salt

Swiss Chard Rolls Stuffed with Turkey & Rice

Lunch/Dinner

Ingredients

- 10 leaves green chard
- 1 1/2 yellow onion, minced
- 3-4 cloves of garlic
- 2 tbsp avocado oil
- 1 lb ground turkey
- 1 cup cooked brown or wild rice
- 2 tbsp ground flax mixed with 6 tbsp warm water
- 1 2/3 cups tomato sauce (398 ml can/jar)
- 1 1/2 tsp ground black pepper
- 2 tsp basil
- 2 tsp oregano
- 1/2 tsp sea salt



Instructions

1. Cook rice according to package instructions to yield 1 cup of cooked rice.
2. Prepare the flax egg replacement by combining 2 tbsp of ground flax seeds with 6 tbsp of warm water. Set aside for 10 minutes to let thicken.
3. Prepare green chard by using a paring knife to trim the central vein on each of the leaves. Fully remove the stem that extends beyond the leaves. Soak the leaves in warm water for 20 minutes while preparing the rest of the ingredients.
4. In a small skillet, heat avocado oil over medium heat and cook garlic and onion for 2-3 minutes.
5. Combine ground turkey , rice, and flax egg replacement in a medium sized bowl.

Chard Rolls Cont.

6. Add the cooked garlic and onions, 1 tsp of oregano and basil, 1 tsp of pepper, and 1/2 tsp Herbmare to turkey mixture, stir to combine.
7. Add the additional 1 tsp of oregano and basil, 1/2 tsp of pepper to tomato sauce.
8. Remove the chard leaves from the water and shake off excess water. One at a time, lay a leaf flat on the cutting board and add approximately 1/3 cup of turkey/rice mixture to the base of the leaf. Roll the leaf while tucking in the edges in to close the roll.
9. Spread 1/4 cup of tomato sauce over the bottom of a large baking dish.
10. Place the Swiss chard rolls side by side in the baking dish, cover with the rest of the tomato sauce.
11. Cover with a lid or tinfoil and bake at 375F for 40 minutes. Remove the lid and bake for another 10 minutes.
12. Let cool, then enjoy with your little one!

Ingredients

1 ½ cups Cherries, pitted
¼ cup Sugar
1 tsp Cornstarch
¼ cup All Purpose Flour
¼ cup Sugar
A pinch of Salt
¼ cup Oatmeal
A pinch of Cinnamon
3 tbsp Butter, Cold & Cubed
A pinch of Cinnamon



Cherry Crisp

Dessert

Instructions

1. Preheat oven to 365F. Spray 3 ramekins with non-stick cooking spray
2. Mix cherries, sugar, and cornstarch in a bowl until combined well. Set aside.
3. For the crumbly topping, in a medium bowl, mix everything except butter and filling.
4. Add in butter pieces and pinch together with oatmeal mixture until it gets crumbly. Chill for 15 minutes.
5. Put a little crumble mixture in ramekins to make a thin bottom layer for your crisp.
6. Share the cherry mixture into ramekins evenly and sprinkle remaining topping mixture evenly over cherries.
7. Sprinkle a pinch of extra sugar on each.
8. Bake for 30 minutes or until topping is slightly golden.
9. Serve warm and enjoy with your little one!

Garlic Cheese Toast

Side Dish



Ingredients

2 tbsp Butter, softened
¾ cup Mozzarella Cheese,
grated
5 cloves of Garlic, finely
chopped
½ tsp Pepper, crushed
½ tsp Italian Herb Mix
2 tbsp Parsley, finely chopped
4 slices of Whole Wheat Bread

Instructions

1. In a large mixing bowl, combine 2 tbsp butter and mozzarella cheese, garlic, pepper, herbs, and parsley.
2. Spread 2 tbsp of cheese mix on each slice of bread.
3. Bake at 350F for 10 minutes, or until cheese melts completely.
4. Serve warm and enjoy with your little one!

Banana Kale Waffles

Breakfast

Ingredients

2 cups Kale
1 ½ cups Water
1 Banana
1 tbsp Olive Oil
3 cups Waffle Mix



Instructions

1. Place Kale, water, banana, and oil in a blender and blend until smooth
2. Whisk in Waffle Mix
3. Pour ½ cup batter onto greased waffle Iron
4. Top with your favorite waffle toppings and enjoy with your little one!

Pizza Stuffed Portobello Mushrooms

Lunch/Dinner

Instructions

1. Cook bacon strips in an oven-safe pan over medium heat until crispy, 5-10 minutes, turning occasionally.
2. Transfer bacon to a paper towel to drain. When cool, crumble into small pieces.
3. Dice mushroom stalks and add to pan over bacon grease. Add diced onions and garlic. Cook over medium heat until onions are browning and crisping, stirring frequently. Remove pan from heat.
4. Preheat oven to 350F.
5. Transfer pan mix into large mixing bowl, leaving any oil in the pan.
6. Add shredded cheese mix, salt, and pepper to mixing bowl, then stir until well-mixed. Stir in crumbled bacon.
7. Stuff Portobello mushrooms with the mixture.
8. Place stuffed mushrooms onto the same pan, arranging side-by-side.
9. Transfer pan to oven and bake at 350F until mushrooms are cooked, about 20 minutes.
10. Serve warm and enjoy with your little one!



Ingredients

- 4 Portobello Mushrooms, stalks separated
- 4 slices Bacon
- 1 cup Shredded Cheese Mix
- ½ cup Onions, diced
- 3 cloves of Garlic, Minced
- ¼ tsp Salt
- ¼ tsp Pepper

Parship French Fries

Snack

Ingredients

2 Parsnips
1 tbsp Rosemary, fresh and minced
2 cloves of Garlic, chopped
3 tbsp Olive Oil
Sea Salt and Pepper
½ tsp Paprika

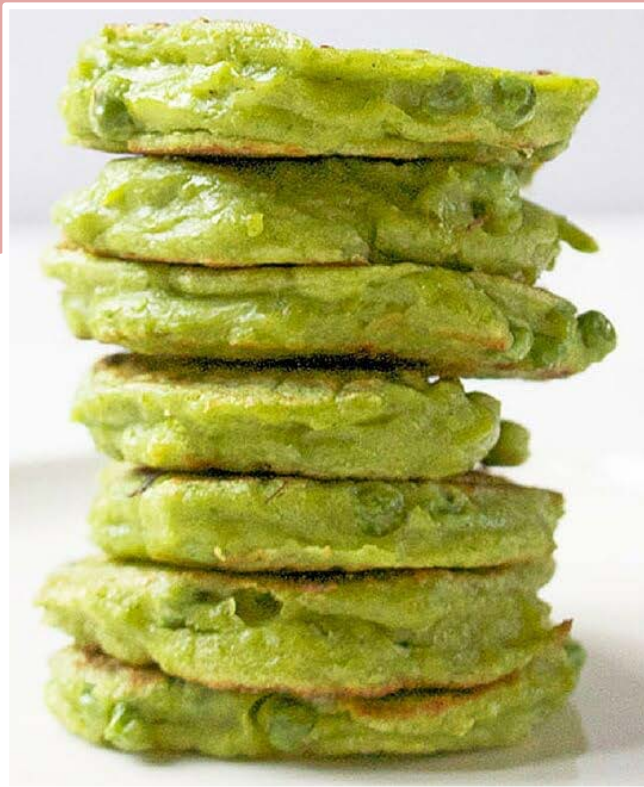


Instructions

1. Preheat oven to 450F. Line a rimmed baking sheet with parchment paper.
2. Peel parsnips and trim the ends. Cut in half horizontally, then make two cuts in each direction to create 9 sticks.
3. In a large bowl, toss parship fries with rosemary, garlic, olive oil, salt, pepper, and paprika.
4. Spread fries over prepared baking sheet.
5. Roast for 10 minutes, flip, then roast for another 10-15 minutes, or until browned and crispy.
6. Serve warm and enjoy with your little one!

Pea Fritters

Snack



Instructions

1. Boil peas for 4 minutes and drain
2. Add four, eggs, spring onion, and half of peas to a food processor and pulse until combined
3. Fold through the remaining peas, feta cheese, and parsley
4. Fry spoonfuls of mixture in a little oil for 2 minutes on each side until golden

Ingredients

3 cups Peas
3 Eggs
1 ¼ cups self raising Flour
1 Spring Onion, chopped
1/3 cup Feta Cheese, crumbled
2 tbsp Parsley, chopped

Radish Tea Sandwiches

Ingredients

½ loaf of French Bread, cut into 1-inch rounds
6 Radishes, sliced thin
4 oz Cream Cheese, softened
1 tbsp fresh Tarragon, finely minced
¼ tsp fresh Pepper
Pinch of Garlic Salt
2 tbsp fresh Chives, finely chopped

Instructions

1. Cut bread into rounds then lay on a flat surface
2. To the softened cream cheese, add tarragon, pepper, and salt. Mix thoroughly
3. Spread cream cheese mix on bread round
4. Top with a slice or two of fresh radish
5. Add a drop of cream cheese mixture atop radish
6. Sprinkle radish tea sandwiches with fresh chives
7. Enjoy with your little one!



Snack

Rhubarb Strawberry Jam

Dip/Condiment



Ingredients

- 5 cups Rhubarb, about 3 large stalks
- 2 cups Strawberries, hulled and halved
- 2 ¼ cups Sugar
- 1 tbsp Lemon Juice, fresh

Instructions

1. Combine all ingredients in a medium to large saucepan over medium heat.
2. Once mixture starts to bubble, reduce heat to medium-low. You'll want to set heat to the point where it continues to bubble but not violently when stirred
3. Continue to cook, stirring occasionally, until jam has thickened, about 1 hour
4. Enjoy with your little one!

Brownies with Carrots & Spinach

Dessert

Ingredients

Nonstick cooking spray
3 oz Semisweet Chocolate
½ cup Carrots, pureed
½ cup Spinach, pureed
½ cup Brown Sugar, firmly packed
¼ cup Unsweetened Cocoa Powder
2 tbsp Butter
2 tsp Vanilla Extract
2 Egg whites
¾ cup all purpose Flour
½ tsp Baking Powder
½ tsp Salt



Instructions

1. Preheat oven to 350F. Coat a 8x8" baking pan with cooking spray.
2. Melt chocolate in a double boiler or over a very low flame
3. In a large bowl, combine melted chocolate, vegetable purees, sugar, cocoa powder, margarine, and vanilla. Whisk until smooth and creamy.
4. Whisk in egg whites. Stir in flour, baking powder, and salt.
5. Pour batter into pan and bake 35-40 minutes.
6. Cool completely in pan before cutting into 12 bars.
7. Enjoy with your little one!

Strawberry Cheesecake Bites

Dessert

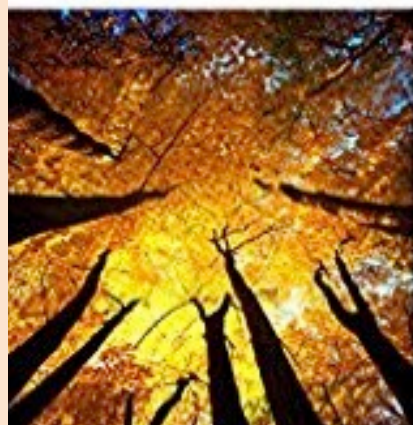
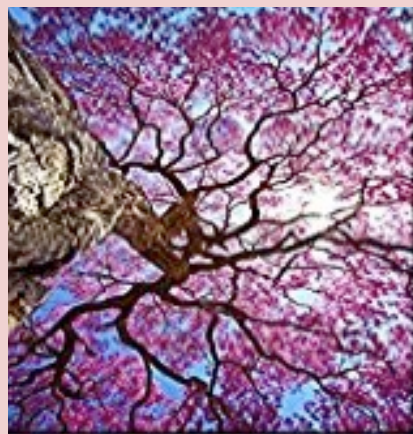
Instructions

1. Cut off the tops of the strawberries and hollow out the inside with a paring knife.
2. In a bowl, combine the cream cheese, powdered sugar, and vanilla with an electric mixer.
3. Fill each strawberry with the cheesecake filling using a spoon or piping bag.
4. Dip strawberry, cheesecake side down, into the graham cracker crumbs.
5. Refrigerate for 30 minutes.
6. Enjoy with your little one!



Ingredients

1 lb Strawberries
4 oz Cream Cheese, softened
¼ cup Powdered Sugar
¼ tsp Vanilla Extract
Graham Cracker Crumbs



SUMMER

Fruits & Vegetables

Apples
Arugula
Asparagus
Beans
Beets
Blueberries
Broccoli
Brussels Sprouts
Cabbage
Cantaloupes
Carrots
Cauliflower
Celery

Chard
Cherries
Collard Greens
Corn
Cucumbers
Eggplants
Fennel
Garlic
Grapes
Green Beans
Kale
Leeks
Mushrooms

Nectarines
Okra
Onions
Peaches
Pears
Peppers
Plums
Pumpkins
Radishes
Raspberries
Rhubarb
Spinach
Squash

Strawberries
Sweet Potatoes
Tomatoes
Turnips
Watermelon
Zucchini

Crockpot Apple Sauce

Ingredients

7-8 medium sized apples
1 cinnamon stick or 2 tsp cinnamon
1 tsp nutmeg
1 tsp apple pie spice
2-3 tbsp lemon juice

Instructions

1. Core, peel, then cut apples into chunks, about 1-inch in size
2. Place all ingredients in a crock pot, give a stir to blend.
3. Set crock pot on low heat for 6-8 hours, stirring occasionally.
4. After cooking, use a potato masher to smash apples into sauce.
5. Enjoy with your little one!



Snack

Grilled Cheese with Apple and Arugula

Lunch/Dinner

Instructions

1. Heat Panini press or electric griddle to 350F.
2. Generously butter one side of each slice of bread.
3. Flip four slices over so the butter side is facing down. Top each with the sliced apple, cheddar, arugula, and the remaining slices of bread (butter side up).
4. Place the prepared sandwiches on the hot press or griddle and toast until golden brown.
5. Slice sandwiches on the diagonal and serve warm.
6. Enjoy with your little one!



Ingredients

1 lb Strawberries
4 oz Cream Cheese, softened
¼ cup Powdered Sugar
¼ tsp Vanilla Extract
Graham Cracker Crumbs

Baked Parmesan Asparagus Fries

Snack

Ingredients

1 lb asparagus stalks, trimmed
2 large eggs, whisked
1/3 cup all purpose flour
cooking oil spray
1/2 cup shredded parmesan cheese
2 cups panko bread crumbs

Instructions

1. Preheat oven to 375F. Line a baking sheet with parchment paper.
2. Spread panko crumbs evenly across the lined baking sheet, keeping crumbs in a thin layer, then spray crumb surface with cooking oil spray.
3. Bake panko crumbs for about 5 minutes or until golden. Remove from oven and let cool. Turn oven heat to 425F.
4. Once bread crumbs are cooled, mix in 1/2 cup parmesan cheese while panko remains on the pan. Spread out mixture evenly across baking sheet again.
5. Line a separate baking sheet with parchment paper.
6. In a container long enough to fit asparagus, pour in whisked eggs. In a separate container long enough to fit asparagus, pour in flour.
7. Coat asparagus lightly in egg. Shake off excess egg and then lightly coat asparagus in flour. Coat asparagus in egg again and shake off excess egg. Make sure that you thoroughly shake off any excess egg drippings before rolling in panko.

Asparagus Fries Cont.

8. Place asparagus in panko mixture and press bread crumbs onto to asparagus. Set coated asparagus aside on empty lined baking sheet. Repeat for all asparagus.

9. Bake for 10-12 minutes at 425F, or until asparagus is cooked and the outside coating is crispy.

10. Let cool, then enjoy with your little one!



White Bean Blondie's

Dessert

Ingredients

1 1/2 cup cooked white beans
1/2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1/2 cup honey
2 tsp vanilla
1/2 cup + 2 tbsp rolled oats
1/4 cup butter, melted
1/2 cup vanilla chips



Instructions

1. Preheat the oven to 350F. Line an 8x8 glass pan with parchment paper.
2. Combine all the ingredients in a blender and blend until the batter is mostly smooth. You likely will have some oats that are not entirely ground up, but the rest of the batter should be smooth.
3. Pour the batter into the prepared pan and bake for 12-20 minutes, until the tops are medium golden brown.
4. Allow the blondies to cool completely before cutting.
5. Enjoy with your little one!

Berry & Beet Popsicles

Dessert



Ingredients

- 1 cup water
- 1 beet, cooked
- 1 cup raspberries
- 5 strawberries
- 2 tbsp honey

Instructions

1. Add all of the ingredients in a blender and blend until smooth.
2. Sweeten with honey.
3. Pour into a popsicle mold and freeze for a few hours.
4. Enjoy with your little one!

Blueberry Oatmeal Breakfast Bars

Breakfast

Ingredients

2 1/4 cup old fashioned oatmeal
2 1/4 cup flour
1 1/2 cup brown sugar
1 cup butter
1 1/2 tsp baking soda
1/2 tsp salt
3 cups fresh or frozen blueberries
1/4 cup sugar
1 tbsp corn starch



Instructions

1. Preheat oven to 350 F.
2. In a mixing bowl, combine the oatmeal. Flour, brown sugar, soda, and salt.
3. Melt butter, and pour over the oatmeal mixture. Mix until incorporated and crumbly.
4. Press 2/3 cup of the oatmeal mixture into a 9x13 pan, saving the other 1/3 for topping.
5. In a separate bowl, combine the blueberries, sugar, and cornstarch. Mix until the blueberries are evenly coated with sugar and corn starch.
6. Pour over the bottom crust.
7. Crumble the remaining oatmeal mixture over the blueberries.
8. Bake at 350F for 20-25 minutes or until golden brown.
9. Remove from oven and let cool completely before cutting.
10. Enjoy with your little one!

Broccoli Cheese Bites

Snack

Instructions

1. Preheat oven to 375F.
2. Thaw 16 oz broccoli (or cook fresh broccoli until soft) and chop into small pieces.
3. Combine your broccoli, 1 cup bread crumbs, 1-2 cups of cheese, 3 eggs, and half teaspoon of garlic salt into a large bowl.
4. Mix together with a spoon or use your hands.
5. Create small patties (the smaller, the crispier they get) and place them on a parchment paper lined baking sheet.
6. Bake in oven at 375F for 20-25 minutes (depending on how large you make the patties), and flip halfway through.
7. Remove from the oven and let cool for a few minutes.
8. Enjoy with you little one!



Ingredients

- 16 oz broccoli
- 1 cup Italian bread crumbs
- 1-2 cups cheese
- 3 eggs
- 1 tsp garlic salt

Ingredients

1 tbsp butter
1 onion, chopped
2 cloves garlic, minced
1/4 cup brown sugar
2 tbsp maple syrup
2 tbsp apple cider vinegar
1 tsp chili powder
20 large Brussels sprouts, halved
2 tbsp olive oil
kosher salt
freshly ground black pepper
6 slices thick bacon
7 oz wheel brie, cut into squares



Brussels Sprouts Sliders

Lunch/Dinner

Instructions

1. Preheat oven to 375F.
2. In a large skillet over medium heat, melt butter. Add onion and cook until very soft, about 8 minutes.
3. Stir in garlic and cook until fragrant, about 1 minute.
4. Add brown sugar maple syrup, apple cider vinegar, and chili powder, then season with salt and pepper.
5. Cook until mixture has reduced and onions are jammy, about 10 minutes more, then remove from heat.
6. On a large rimmed baking sheet, toss Brussels sprouts with olive oil and season with salt and pepper. Cook until just tender, about 20 minutes. Let cool slightly.
7. In a medium skillet over medium heat, cook bacon until crispy. about 8 minutes. Drain on paper towels, then chop into square.
8. To assemble slider, top the cut side of one Brussels sprout half with a piece of bacon. Place a piece of brie on top then dollop a small amount of onion jam on top of brie. Place on second Brussels sprout half on top, cut side-down, then secure the sandwich with a toothpick. Prepare with remaining ingredients.
9. Enjoy with your little one!

Purple Cabbage Tikki

Snack

Instructions

1. Mash potato roughly and set aside.
2. Heat oil in pan, add onions, ginger, garlic paste, and sauté for one minute.
3. Add in cabbage and salt, mix well, then cook for about 3 minutes.
4. Add in chili and garam masala powder, mix well.
5. Pour mixture into potatoes and mash well.
6. Add breadcrumbs and mix again.
7. Take small portion and roll into a ball with your hands, then flatten it and place on a plate.
8. Chill in fridge for 30 minutes.
9. Heat frying oil, place tikki in oil and fry until golden on both sides.
10. Drain onto some paper towel and serve.
11. Enjoy with your little one!



Ingredients

- 3 cups purple cabbage, chopped finely
- 1 large potato, boiled and peeled
- 1 cup breadcrumbs
- 1 tsp oil
- 2 medium onion, chopped
- 1 tsp ginger garlic paste
- 1 tsp chili powder
- 1 tsp Garam Masala Powder
- Salt to taste
- 2 tsp oil for pan frying

Cantaloupe Ice Cream

Dessert

Ingredients

1/4 cantaloupe melon

1 banana

Instructions

1. Cut the banana and the cantaloupe (remove rind and seeds) in pieces.
2. Place fruit in bag and freeze overnight.
3. Put fruit in food processor or blender.
4. Pulse or blend until completely smooth.
5. Transfer the ice cream to bowls.
6. Enjoy with your little one!



Carrot Hummus

Dip/Condiment



Ingredients

2 medium carrots, roughly chopped
1 cup tinned chickpeas, drained and rinsed
1 tbsp olive oil
1/2 tsp garlic puree
2 tsp lemon juice
pinch smoked paprika

Instructions

1. Place carrots in a small saucepan and cover with water.
2. Bring to a boil then reduce to a simmer. Simmer for 15-20 minutes, or until tender.
3. Drain the carrots and allow to cool.
4. Add all the ingredients to a food processor and blitz until smooth.
5. Enjoy with your little one!

Cauliflower Tater Tots

Snack

Ingredients

3 cups cauliflower, cut into bite-size florets
6 tbsp onion, diced
3 tbsp light cottage cheese
1 1/2 tbsp garlic, minced
1 egg white
3/4 cup reduced-fat cheddar cheese, shredded
1/2 + 2 tbsp bread crumbs
3 tbsp parsley, minced
salt and pepper to taste



Instructions

1. Preheat oven to 400F and generously spray baking sheet with cooking spray.
2. Place cauliflower florets into a food processor and blend until broken down and "rice-like".
3. Transfer to a microwave-safe bowl and microwave for 3 minutes.
4. Stir then microwave again for an additional 2 minutes.
5. Add in onion, cottage cheese, and garlic, stir until well mixed.
6. Microwave mixture for 20 seconds.
7. Add egg white, cheddar, bread crumbs, parsley, and salt and pepper to taste. Stir well until mixed and egg white is evenly distributed.
8. Using a 1 tbsp measuring spoon, form tater tot shapes with mixture and place on pan, repeat for all of mixture.
9. Generously spray the tops with cooking spray and bake for 20 minutes. Then spray the tops generously again, and bake for an additional 7-10 minutes, or until golden brown.
10. Enjoy with your little one!

Butterfly Celery Sticks

Snack

Ingredients

Apple; Celery slices
Peanut butter or cream cheese
Pretzel sticks

Instructions

1. Core apples, then thinly slice.
2. Fill celery with peanut butter or cream cheese.
3. Assemble the butterflies with apples slices as wings and pretzel sticks as antenna.
4. Enjoy with your little one!



Mushroom & Swiss Chard Quesadillas

Lunch/Dinner

Ingredients

- ¼ cup vegetable oil, divided
- 1 Yellow Onion, finely chopped
- 1 lb White Mushrooms, trimmed and sliced
- Salt and Pepper
- 2 cloves of Garlic, minced
- 2 tsp Coriander
- ¼ tsp Red Pepper Flakes
- 1 lb Swiss Chard, stemmed and sliced into 1-inch strips
- 1 tsp Cider Vinegar
- 8 oz Monterey Jack Cheese, shredded
- 2 tbsp fresh Cilantro, minced
- 4 (10-inch) flour tortillas



Instructions

1. Preheat oven to 450F. Line a baking sheet with foil and brush with 1 tbsp of oil.
2. In a large nonstick skillet, heat 2 tbsp of oil over medium-high heat until shimmering.
3. Add onion and mushrooms to the pan, and season with salt and pepper. Cover and cook, stirring occasionally until mushrooms have released their liquid, about 8-10 minutes.
4. Uncover and cook, stirring occasionally, until liquid has evaporated and the mushrooms are well browned, about 8-10 more minutes.
5. Stir in garlic, coriander, and red pepper flakes. Cook until fragrant, about 30 seconds.
6. Add chard, cover, and cook until wilted but bright green, about 2 minutes. Uncover and cook, stirring often, until liquid evaporates, about 4-6 minutes.
7. Off the heat, stir in vinegar. Let cool slightly, then stir in cheese and cilantro.

Quesadillas

Cont.

8. Lay tortillas out on a work surface. Spread vegetable filling over half of each tortilla, leaving a thin border around the edge. Fold the other half of the tortilla over the filling and press down firmly to compact.
9. Arrange the quesadillas in a single layer on the prepared baking sheet. Brush tops with remaining 1 tbsp of oil.
10. Bake until quesadillas begin to brown, about 10 minutes. Flip and continue to bake until crisp and golden, about 5 minutes more.
11. Let cool slightly before slicing and serving.
12. Enjoy with your little one!

Ingredients

2 cups Cherries, pitted
2 tbsp Honey
2 tbsp Chia Seeds



Cherry Chia Jam

Dip/Condiment

Instructions

1. Add cherries and honey to a saucepan over medium heat.
2. Cook for 5 minutes, stirring frequently.
3. Gently mash the cherries with a wooden spoon
4. Bring mixture to a low boil, cover with a lid, then reduce to a simmer. Allow this to simmer for 10 minutes.
5. Turn off heat and stir in chia seeds. The jam will thicken as it cools.
6. Once cool, taste jam and add more sweetener if needed.
7. Enjoy with your little one!

Collard Green Falafels

Lunch/Dinner

Instructions

1. Add collard greens, chickpeas, garlic, tahini, lemon juice, cumin, and a healthy pinch of salt and pepper to a food processor, and mix to combine
2. Once well incorporated, transfer to a mixing bowl and stir in oat flour 1 tbsp at a time until mixture is thick enough to handle, about 3-4 tbsp.
3. Add another pinch of salt and pepper, lemon juice, and tahini. Taste and adjust seasonings as needed.
4. Shape into falafel.
5. Heat a large skillet over medium heat and add 2 tbsp oil. Swirl to coat pan.
6. Add 4 falafel to the pan at a time.
7. Check at the 1-2 minute mark to ensure they are not browning too quickly. If they are, slightly reduce heat. Flip once deep golden brown.
8. Cook until underside is golden brown as well.
9. Enjoy with your little one!



Ingredients

- 4 cups Collard Greens, stemmed and torn
- 1 15-oz can Chickpeas, rinsed and drained
- 3 cloves of Garlic, chopped
- 1 ½ tbsp Tahini
- 1 ½ tbsp Lemon Juice
- ¼ tsp Cumin
- Salt and Pepper
- 3-4 tbsp oat flour
- ~4 tbsp Olive Oil

Tuna & Sweet Corn Mini Quiches

Breakfast

Ingredients

7 oz can of Tuna
½ cup Corn
2/3 cup Cottage Cheese
5 Eggs
2 Spring Onions, finely chopped
Black Pepper
3 oz Cheddar Cheese, grated



Instructions

1. Preheat oven to 350F.
2. Mix spring onion, tuna, and sweet corn together in a bowl and season with black pepper.
3. Blend cottage cheese and eggs in a blender until smooth.
4. Gently fold tuna mixture into egg mixture.
5. Grease a muffin tray and spoon in mixture evenly into each cup.
6. Top with grated cheese.
7. Place in oven and bake for 30 minutes, until cheese has melted and is golden.
8. Enjoy with your little one!

Avocado Cucumber Egg Salad

Lunch/Dinner

Instructions

1. Hard boil eggs: bring water to a boil in a medium pot. Add eggs carefully using a large spoon, so you don't crack the eggs. Cover, boil for about a minute, then turn off heat. Leave pot on the same burner but with heat turned off, and let eggs sit for 20-25 minutes.
2. Peel and dice hard boiled eggs. Add them to a mixing bowl
3. Peel cucumber, cut in half lengthwise and scoop out seeded center, leaving just the outer meat. Dice cucumber and add it to the eggs
4. Cut avocado in half. Remove pit and cut the meat lengthwise and width wise, not cutting through the skin. Gently peel skin off meat and add avocado cubes to the mixing bowl
5. Add paprika, salt, and mayo. Very gently, fold together the salad, mixing all ingredients until combined
6. Enjoy with your little one!



Ingredients

- 6 Eggs, hard boiled
- 1 Cucumber
- 1 large Avocado
- ¼ cup Mayonnaise
- ½ tsp Paprika

Eggplant Gratin

Ingredients

3 small Eggplants, stems removed and flesh diced in ¼-inch rounds
4 medium Tomatoes, sliced in ¼-inch rounds
1 tsp Lemon Zest
1 tsp Thyme leaves, finely chopped
1 clove of Garlic, minced
¼ cup + 2 tbsp Olive Oil, divided
Salt and Pepper
4 oz soft Goat Cheese, crumbled
1/3 cup Bread Crumbs

Lunch/Dinner



Instructions

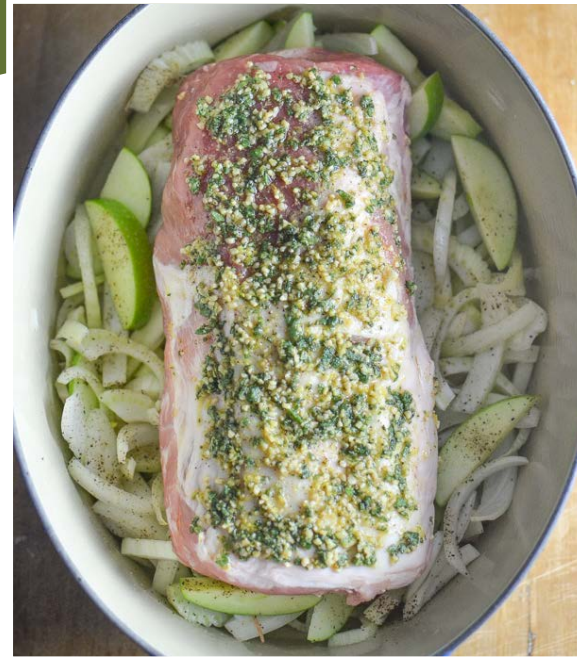
1. Preheat oven to 400f. In a large bowl, toss together eggplant grounds, tomatoes, lemon zest, thyme, garlic, and ¼ cup olive oil. Season with salt and pepper
2. In a 9-inch gratin dish, arrange vegetables while tucking small crumbles of goat cheese underneath each vegetable.
3. Drizzle the remaining 2 tbsp of olive oil over the shingled vegetables and sprinkle bread crumbs over top. Season with salt and pepper.
4. Bake until tender and golden brown, 50-60 minutes.
5. Serve hot directly out of baking dish and enjoy with your little one!

Roast Pork Loin with Fennel & Apples

Lunch/Dinner

Instructions

1. Preheat oven to 350F
2. In a small bowl, mix together olive oil, sage, garlic, lemon zest, salt, and pepper to form a paste.
3. Rub paste onto pork loin to evenly coat.
4. Place fennel, onion, apple, and lemon juice in a large baking dish, stir to combine and season liberally with salt & pepper.
5. Place pork loin on top of mixture and bake for 90-105 minutes or until pork has reached an internal temperature of 145F.
6. Enjoy with your little one!



Ingredients

- 1 tbsp Olive Oil
- 1 tbsp fresh Sage, chopped
- 4 cloves of Garlic, minced
- 2 tsp Lemon Zest
- 1 tsp Salt
- ½ tsp Pepper
- 4 lb Pork Loin
- 1 Apple, cored and sliced
- 1 large Sweet Onion, sliced
- 2 Fennel Bulbs, thinly sliced
- 2-3 tbsp Lemon Juice
- Salt & Pepper

Slow Cooker Lemon-Garlic Chicken Breast

Lunch/Dinner

Ingredients

1 tbsp Olive Oil
4 Chicken Breasts, boneless & skinless
½ tsp Salt
¼ tsp Pepper
1 cup low-sodium Chicken Broth
½ cup Lemon Juice
8 cloves of Garlic, smashed
2 tbsp Butter, at room temperature
2 tbsp All-Purpose Flour



Instructions

1. Heat oil in a large skillet over medium heat until shimmering.
2. Liberally season chicken breasts on both sides with salt and pepper. Place chicken in pan and sear until browned on the bottom, about 5 minutes.
3. Transfer chicken, seared-side up, to a 6-quart or larger slow cooker in a single layer. Add broth, lemon juice, and garlic.
4. Cover and cook on low until chicken is cooked through, tender, and reached 165F internal temperature, about 3-4 hours.
5. Place butter and flour in a small bowl and use fingers to rub flour into butter. Set aside.
6. Transfer chicken to plates or serving platter.
7. Pour liquid and garlic from slow cooker into small saucepan and bring to a boil over medium-high heat.
8. Add butter mixture and whisk constantly until completely incorporated into the sauce.
9. Cook, stirring frequently, until sauce is thickened, about 3-4 minutes.
10. Pour sauce over chicken and serve.
11. Enjoy with your little one

Rainbow Grapes

Snack



Ingredients

3 lb seedless Grapes
100-150 Toothpicks
Large bowl of Water
Flavored Jell-O, in colors of
your choice

Instructions

1. Submerge all grapes in the bowl of water
2. Stick toothpick halfway into grape at the top where the stem was once attached. Repeat for all grapes, keeping them underwater still.
3. Pour each flavor of gelatin mix into its own container- deeper containers will be easier than shallow ones.
4. One grape at a time, remove from water and roll in gelatin mix of choice. If the coating is too light or spotty, quickly dab one side of the grape in water and return back to mix for a second turn.
5. As you dip and coat the grapes, place them on a parchment lined cookie sheet to rest.
6. Once the sheet is full or all grapes have been dipped, place tray in freezer.
7. Once grapes have chilled, they can be popped off the toothpicks and served as is.
8. Enjoy with your little one!

Baked Green Bean Fries

Snack

Ingredients

¾ cup Breadcrumbs
1 tbsp Ranch Dressing Mix
¼ tsp Garlic Powder
¼ tsp Onion Powder
¼ tsp Paprika
¼ tsp Salt
½ tsp Pepper
Olive Oil Spray
2 Eggs, beaten
1 lb Green Beans, washed and trimmed



Instructions

1. Preheat oven to 425F
2. Combine breadcrumbs, ranch mix, garlic powder, onion powder, paprika, salt, and pepper in a medium bowl.
3. Lightly spray a baking sheet with olive oil spray.
4. Dip green beans in egg, then in breadcrumb mixture to coat.
5. Place on baking sheet in a single layer.
6. When all green beans are coated, spray them lightly with olive oil spray.
7. Place in oven and bake for 10 minutes. Flip, then bake for another 2-5 minutes or until crispy.
8. Enjoy with your little one!

Chocolate Milkshake with Kale

Drink



Ingredients

- ¾ cup Milk
- 2 tbsp Cocoa Powder
- ½ cup Oats
- 1 ½ cups Baby Kale
- 1 Banana, sliced and frozen
- 1 tsp Stevia Powder
- 1-2 cups Ice
- 1 tsp Chocolate Syrup

Instructions

1. Pour milk into a blender. Add the rest of the ingredients except Chocolate Syrup. Blend until smooth.
2. Pour into glasses and top with a little chocolate syrup.
3. Serve immediately and enjoy with your little one!

Potato & Leek Soup

Lunch/Dinner

Ingredients

1 ½ tbsp Olive Oil
1 tbsp Butter
1 Onion, diced
3 large Leeks, cleaned well & thinly sliced
5 medium Russet Potatoes, peeled and chopped
3-4 cloves of Garlic, minced
1 tsp salt
1 tsp pepper
1 ½ tsp dried Thyme
½ tsp dried Rosemary
½ tsp ground Coriander
5 cups Vegetable Broth
2 Bay Leaves
1-2 tbsp Lemon Juice
1 cup canned Coconut Milk



Instructions

1. Heat oil, butter, and a pinch of in a large pot over medium heat.
2. Add leeks and onion and sauté until softened, about 5-6 minutes.
3. Add potatoes, garlic, thyme, rosemary, and coriander. Sauté for 2-3 minutes.
4. Add vegetable broth, bay leaf, salt, and pepper. Reduce heat to a low simmer and cook for 15-20 minutes, or until the potatoes are fork tender.
5. Remove from heat and remove bay leaves.
6. Stir in coconut milk and lemon juice. Add more seasoning to taste.
7. Using an immersion blender, blend until smooth and creamy. You can also use a regular blender and carefully blend in batches.
8. Enjoy with your little one!

Portobello Mushroom Hot Dogs

Lunch/Dinner

Instructions

1. Remove stems from the mushrooms and scrape out the gills with a spoon. Clean them by wiping with a damp cloth, then slice each into 3-4 strips, about 1-inch thick.
2. In a small bowl, stir together soy sauce, maple syrup, cider vinegar, liquid smoke, paprika, onion powder, and garlic.
3. Lightly brush some of the mixture over each of the mushroom strips.
4. Place a nonstick grill pan over medium heat. When the pan is hot, add mushroom strips in a single layer. Cook strips for about 4 minutes on each side, brushing them with soy sauce mixture as they cook, until tender and browned.
5. Divide strips into buns, placing 2-3 into each bun. Top with toppings of choice.
6. Enjoy with your little one!



Ingredients

- 4 large Portobello Mushroom Caps
- 3 tbsp Soy Sauce
- 2 tbsp Olive Oil
- 1 tbsp Maple Syrup
- 1 ½ tsp Apple Cider Vinegar
- 1 tsp Liquid Smoke
- 1 tsp Paprika
- ½ tsp Onion Powder
- 2 cloves of Garlic, minced
- 4 Hot Dog Buns
- Toppings of Choice

Nectarine Scuffins (Scone-Muffins)

Breakfast



Instructions

1. Microwave butter in a bowl until just melted. Set aside to cool.
2. Preheat oven to 400F. Place parchment paper on large baking sheet, set aside.

3. In a large bowl, whisk together flour, baking soda, baking powder, cinnamon, and salt. Set aside.
4. In a separate medium bowl, combine butter, yogurt, egg, honey, vanilla, and almond extract. Whisk until smooth.
5. Form a well in the dry mixture. Add wet mixture to dry mixture and stir lightly until no dry flour is visible. Do not over mix, batter will be thick.
6. Gently fold in nectarines/peaches just until evenly distributed throughout batter.
7. Drop 12 evenly portioned mounds of batter onto baking sheet.

Scuffins Cont.

8. Bake 15 minutes, until toothpick inserted in center comes out clean.
9. Let rest 5 minutes before transferring to cooking rack. Cool completely.
10. Make Glaze: In a small bowl, combine powdered sugar, almond extract, and cream. Mix until no lumps are visible. Thin with more cream if necessary.
11. Spoon 1 tsp of glaze on each scuffin top.
12. Enjoy with your little one!

Ingredients

1 Onion, diced
2 cloves of Garlic, minced
1 Eggplant, diced into ½-inch squares
1 cup Okra, cut into rounds
2 Tomatoes, cored and diced
½ tsp Smoked Paprika
½ tsp Dried Thyme
Salt and Pepper
Olive Oil
Water



Stewed Eggplant & Okra

Lunch/Dinner

Instructions

1. In a heavy bottom pot, warm 1 tsp Olive Oil over medium heat. Add onions and sauté for 5-7 minutes, until translucent.
2. Add garlic and cook for 1 minute, until fragrant. Add smoked paprika and thyme, cook for 30 seconds, then deglaze pot with a splash of water.
3. Add eggplant, okra, and tomatoes. Stir well to combine.
4. Add a splash of water, place lid on pot, lower heat to medium-low, and let cook for 20-30 minutes until soft. Check every couple of minutes to add more water if necessary, add salt and pepper to taste.
5. Serve over mashed potatoes with sautéed greens on the side.
6. Enjoy with your little one!

Guacamole

Dip/Condiment



Ingredients

1 ripe Avocados
¼ Onion, finely chopped
1 Jalapeno, finely chopped
Cilantro, chopped
Lime Juice
Salt to taste
½ Tomato, finely chopped

Instructions

1. Peel avocado and remove pit.
2. In a bowl, mash avocado until it reaches desired consistency
3. Add onion, jalapeno, cilantro, and tomato. Mix well.
4. Add lime juice and salt to taste.
5. Enjoy with your little one!

Ingredients

8-10 Peaches
1 large carton of Raspberries
Honey to taste



Peach & Raspberry Fruit Leather

Snack

Instructions

1. Wash, peel, pit, and slice peaches. Place in a blender and puree. Taste puree and add honey by the tsp if mixture is too tart.

2. On a silicone mat, spread mixture just until no longer transparent.

3. Wash raspberries. Place in blender and puree. Taste puree and add honey by the tsp if mixture is too tart.

4. Drizzle mixture evenly over peach puree that has been spread out. Using a spatula, swirl raspberry puree into peach puree.

5. Set oven to lowest temp, prop oven with a wooden spoon, and back 6-8 hours-checking at 4 hours.

6. Remove leather from mat, cut into strips, and roll with parchment paper.

7. Enjoy with your little one!

Pear Sauce

Snack



Ingredients

8-10 Pears, peeled cored
and cut into 1-inch pieces
¼ cup Water
2 tsp Lemon Juice
1 tsp Ground Cinnamon
½ tsp Ground Ginger
½ tsp Vanilla Extract

Instructions

1. Combine pears, water, lemon juice, cinnamon, ginger, and vanilla in a large saucepan.
2. Bring to a boil over high heat. Reduce heat to minimum-low and simmer, stirring occasionally, until pears have softened, about 25-30 minutes.
3. Use an immersion blender to process the pear sauce until smooth.
4. Once pear sauce has cooled down, enjoy with your little one!

Ingredients

1 lb lean Ground Beef
4 Eggs, hard-boiled
½ cup Peas
4 slices of Cheese
1 small Onion, minced
2 slices of Bread
¾ tsp Salt
¼ tsp Pepper
2 tbsp Ketchup



Stuffed Meatloaf

Lunch/Dinner

Instructions

1. Preheat oven to 350F. Line a baking sheet with parchment paper.
2. Soak bread in bowl of water.
3. In a bowl, combine wet bread, meat, and minced onion. Sprinkle with salt and pepper. Mix well.
4. Cut a large rectangle of plastic wrap and place on counter. Spread meat mixture on top.
5. Sprinkle peas on top of meat layer. In the middle of meat layer, put eggs and cheese slices.
6. Lift plastic wrap on sides and roll meat so filling is inside the roll.
7. Carefully move meatloaf to baking sheet. Remove and discard plastic wrap.
8. Spread ketchup on top of meatloaf.
9. Put meatloaf in oven and bake for 1 hour.
10. Enjoy with your little one!

Veggie Packed Pizza Rolls

Lunch/Dinner

Instructions

1. Chop veggies and sauté for 3-4 minutes or until slightly tender.
2. Blend in blender with marinara sauce.
3. Combine 1 cup flour, undissolved yeast, sugar, and salt in a large bowl.
4. Whisk together warm water and oil, and add to dry ingredients. Mix until well blended, about 1 minute.
5. Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead on floured surface, adding additional flour if necessary, until smooth and elastic.
6. Place dough in a large, lightly greased bowl, and cover with plastic wrap. Allow to rest for 30 minutes in warm, draft-free place. Dough should almost double in size.



Ingredients

- ¼ cup Spinach
- ½ Bell Pepper, green
- ¼ cup White Mushrooms, sliced
- ½ Onion
- 1 Tomato
- 1 Carrot
- 1 Zucchini
- 1 cup marinara sauce
- 1 cup whole wheat Flour
- 1 cup all-purpose Flour
- 2 ¼ tsp Active Dry Yeast
- 1 ½ tsp Sugar
- ¾ tsp Salt
- 2/3 cup Water
- 3 tbsp Olive Oil
- 1 ½ cup Mozzarella Cheese

Pizza Rolls Cont.

7. Preheat oven to 400F.
8. Remove dough from bowl and place on slightly floured work surface. Using a rolling pin, roll dough into ½-inch thick rectangle, about 12x10".
9. Begin by spreading about 1 cup of sauce over dough, leaving a 1/2 –inch boarder around edges. Add more if needed and sprinkle with mozzarella.
10. Begin rolling dough until you have one large roll.
11. Slice into 8-12 slices and place in greased muffin tin.
12. Bake for 15-20 minutes, or until rolls are golden brown and cooked through the middle.
13. Enjoy with your little one!

Plum Cobbler

Dessert

Instructions

1. In a large bowl, combine plums, lemon juice, lemon zest, 1 cup sugar, and corn starch. Mix until sugar has dissolved.
2. Pour fruit mixture into large pie plate. Set aside.
3. Mix together 2 cups flour, baking powder, baking soda, salt, and sugar in a medium bowl.
4. Cut cold butter into flour mixture until it resembles a coarse cornmeal.
5. In a small bowl, mix almond extract and buttermilk together, then add flour mixture. Stir together until just incorporated.
6. Evenly crumble dough over fruit. Sprinkle with brown sugar and pour melted butter over topping.
7. Bake at 425F for 10 minutes, or just until the top begins to brown.
8. Reduce heat to 350F and continue to bake another 40 minutes, or until fruit is bubbling and topping is golden brown.
9. Serve warm and enjoy with your little one!



Ingredients

6 Plums, pitted and sliced
1 tbsp Lemon Juice
Zest of 1 Lemon
1 cup Sugar
Pinch of Salt
2 tbsp Corn Starch
2 cups Flour
2 tsp Baking Powder
½ tsp Baking Soda
½ tsp Salt
1 tbsp Sugar
½ cup cold Butter
¼ cup melted Butter
1 cup Buttermilk
1 tsp Almond Extract
2 tbsp Brown Sugar

Ingredients

12 Medjool Dates, pitted
½ cup unsweetened Applesauce
3 tbsp Pumpkin Puree
¼ cup Almond Milk
½ tsp Vanilla extract
½ cup Coconut Flour
1 tsp Pumpkin Pie Spice
½ tsp Cinnamon



Pumpkin Pie Protein Bites

Snack

Instructions

1. Place dates, applesauce, pumpkin, almond milk, and vanilla in a food processor. Blend until pureed, scraping down the sides as needed.
2. Add coconut flour, pumpkin pie spice, and cinnamon. Blend until ball of “dough forms”. If too wet, add a bit more coconut flour. If too dry, add a bit more almond milk.
3. Roll 12-15 bites.
4. Refrigerate for at least 30 minutes.
5. Enjoy with your little one!

Salt & Pepper Radish Chips

Snack

Ingredients

16 oz fresh Radishes

2 tbsp Coconut Oil

½ tsp Salt

½ tsp Pepper



Instructions

1. Preheat oven to 400F.
2. Thinly slice radishes and place in a bowl.
3. Toss with oil.
4. Lay radishes onto two baking sheets, don't overlap.
5. Whisk salt and pepper together, then sprinkle over slices.
6. Bake for 12-15 minutes.
7. Enjoy with your little one!

Ingredients

12 oz Raspberries
1/3 cup Sugar
1 tsp Lemon Juice
½ tsp Corn Starch
2 tbsp Water
1 ½ cups Lemon Juice
1 ¾ cups White Sugar
8 cups Water



Raspberry Lemonade

Drink

Instructions

1. To make raspberry sauce, add raspberries, lemon juice, and sugar to a medium sauce pan. Heat over medium heat, stirring frequently to break up raspberries, until mixture comes to a simmer.
2. In a small bowl, whisk together corn starch and water. Pour corn starch mixture into raspberry pot and stir to combine.
3. Cook 2-3 minutes, until thickened. Remove from heat and let cool completely.
4. To make lemonade, in a small saucepan over medium-high heat, combine white sugar and one cup of water. Bring mixture to a boil, stirring often until sugar is completely dissolved, about 5 minutes.
5. Allow mixture to come to room temperature and chill for 1 hour.
6. In a large pitcher, combine lemon juice, seven cups of water, and sugar water mixture. Stir well and chill.
7. To assemble, spoon two tsp of raspberry sauce into bottom of glass. Add ice and pour lemonade to fill the glass.
8. Stir and enjoy with your little one!

Cinnamon-Rhubarb Muffins

Breakfast

Instructions

1. Preheat oven to 400F. Line a 12-cup muffin tin with baking cups.
2. In a large mixing bowl, combine flour, $\frac{3}{4}$ cup sugar, baking powder, 1 tsp ground cinnamon, baking soda, and salt. Whisk to blend.
3. In a medium bowl, whisk together sour cream, melted butter, eggs, and vanilla until smooth.
4. Lightly stir sour cream mixture into dry ingredients with a spatula until batter just comes together. Don't over mix. Gently stir in diced rhubarb. Batter will be thick.
5. Divide batter evenly among muffin cups.
6. In a small bowl, combine 3 tbsp sugar and $\frac{1}{2}$ tsp cinnamon and mix well.
7. Sprinkle a generous $\frac{1}{2}$ tsp of cinnamon-sugar mixture over each muffin.
8. Bake muffins 18-22 minutes, or until inserted toothpick comes out clean and tops are golden brown.
9. Transfer to rack and let muffins cool in pan for 5-10 minutes.
10. Carefully lift muffins out of pan and cool somewhat.
11. Serve warm and enjoy with your little one!



Ingredients

2 cups All Purpose Flour
 $\frac{3}{4}$ cup + 3 tbsp Granulated Sugar
2 $\frac{1}{2}$ tsp Baking Powder
1 $\frac{1}{2}$ tsp Ground Cinnamon
 $\frac{1}{2}$ tsp Baking Soda
 $\frac{1}{2}$ tsp Salt
1 cup Soup Cream
8 tbsp Butter, melted and slightly cooled
2 Large Eggs
1 tsp Vanilla Extract
1 $\frac{1}{2}$ cups Rhubarb, $\frac{1}{4}$ -inch diced

Cheesy Spinach Roll Ups

Side Dish

Ingredients

10 oz Spinach, chopped
½ cup Mozzarella Chees, shredded
½ cup Parmesan Cheese, grated
¼ cup Cream Cheese, softened
1 Egg, separated
1 8 oz can Crescent Rolls



Instructions

1. Preheat oven to 275F.
2. Mix spinach, cheese, and egg yolk in a medium bowl until well combined.
3. Open can of crescent rolls and lay each triangle out on a foil lined cookie sheet.
4. Spoon a little spinach mixture onto each crescent triangle and roll up.
5. Brush tops of rolls with egg white and bake 14-16 minutes.
6. Serve warm and enjoy with your little one!

Butternut Squash & Peanut Butter Cookies

Dessert

Ingredients

1 packed cup of Butternut Squash
Olive Oil
Maple Syrup
1 cup Peanut Butter
2 Eggs
¼ cup Brown Sugar
Pinch of Salt



Instructions

1. Cut butternut squash in half. Drizzle with olive oil and maple syrup.
2. Roast in oven for an hour at 400F, or until soft
3. In a mixer, blend squash, peanut butter, eggs, salt, and sugar.
4. Using a cookie scoop, make 1-inch balls on cookie sheet.
5. Bake in oven at 350 for 20 minutes.
6. Enjoy with your little one!

Ingredients

10 flour Tortillas, 10-inch
Cooking Spray
1/3 cup Sugar
1 tsp Cinnamon
2 granny smith Apples
1 Lemon
1 cup Melon, finely chopped
1 lb strawberries
½ lb raspberries
4 tbsp Raspberry Preserves



Fruit Salsa with Cinnamon Crisps

Snack

Instructions

1. Preheat oven to 350F. Combine Cinnamon and sugar. Set aside.
2. Working with 3 tortillas at a time, spray both side of the tortilla with cooking spray and sprinkle each side lightly with cinnamon sugar.
3. Stack 3 tortillas and using a pizza cutter, cut tortillas into 12 wedges.
4. Place on a baking sheet and bake 8-11 minutes or until crisp.
5. Zest lemon and set aside. Peel and finely chop apple, squeeze 2 tsp lemon juice over apples and mix well to combine.
6. Finely chop strawberries and melon. Gently combine all fruit ingredients, the raspberries will break apart a bit.
7. Allow to sit at room temperature at least 15 minutes before serving.
8. Pair cinnamon crisps with fruit salsa, and enjoy with your little one!

Sweet Potato French Toast Cups

Breakfast



Ingredients

- 1 small Sweet Potato, pierced with fork
- Cooking Spray
- 8 oz stale Baguette
- 3 Eggs + 4 large Egg Yolks, at room temperature
- 1 cup low-fat Milk
- 2 ½ cup Half-and-Half, divided
- 2 tsp Vanilla, divided
- 2 tbsp Brown Sugar
- ½ cup Granulated Sugar
- ½ tsp Cardamom

Instructions

1. Preheat oven to 400F.
2. Place sweet potato on a foil-lined baking sheet. Bake for 45 minutes, or until softened. Cool to room temperature and puree in food processor.
3. Spray a muffin tin with cooking spray.
4. Divide bread pieces evenly among all 12 muffin cups.
5. Beat 3 whole eggs in a medium bowl. Add milk, ½ cup half-and-half, 1 tsp vanilla, and brown sugar. Whisk until well combined.
6. Whisk in ½ cup pureed sweet potato.
7. Pour egg mixture over bread.
8. Cover muffin tins with plastic wrap and refrigerate overnight.

French Toast Cups Cont.

9. To make crème topping, heat half-and-half in a saucepan over medium-low heat. Cook until just simmering, about 5 minutes.
10. In a medium bowl, whisk together sugar and egg yolks.
11. Slowly add half of half-and-half mixture to egg yolk mixture, whisking constantly.
12. Pour half-and-half and egg mixture back into saucepan and raise heat to medium. Stir constantly until sauce has thickened, about 5 minutes.
13. Remove from heat immediately and stir in vanilla extract and cardamom. Pour through strainer into heat-proof bowl. Cover and refrigerate overnight.
14. In the morning, preheat oven to 325F.
15. Remove plastic wrap from muffin tins and use a spoon to push bread down into egg mixture before placing in oven.
16. Bake for 35 minutes or until edges are golden but now brown.
17. Serve cups warm with chilled crème topping.
18. Enjoy with your little one!

Bacon, Spinach, & Tomato Egg Cups

Breakfast

Instructions

1. Preheat oven to 350F. Spray muffin tin with nonstick spray.
2. Cook bacon according to package directions until slightly crispy.
3. Whisk together eggs in a large bowl. Add cottage cheese, cheddar cheese, garlic powder, and crumble bacon in. Add cheery tomatoes (cut in half) and spinach. Rip or cut spinach into small pieces as you add it. Stir together.
4. Pour egg mixture into muffin tin, filling each cup $\frac{3}{4}$ of the way full.
5. Bake for about 25 minutes, until centers are completely set. Edges will be slightly brown.
6. Allow to cool for a few minutes before removing and serving.
7. Enjoy with your little one!



Ingredients

Cooking spray
4 slices of Bacon
10 large Eggs
 $\frac{1}{2}$ cup Cottage Cheese
 $\frac{2}{3}$ cup Cheddar Cheese,
shredded
 $\frac{1}{2}$ tsp Garlic Powder
1 cup Cherry Tomatoes
3 cups Spinach

Ingredients

8 cups Turnips, peeled and diced
Water for boiling
½ lb Bacon
2 tbsp Bacon Fat
2 tbsp Butter, melted
¼ tsp Garlic Powder
1/8 tsp Onion Powder
Salt and Pepper
2 tbsp Chives, snipped



Mashed Turnips with Bacon and Chives

Side Dish

Instructions

1. Put diced turnips in large pot and fill with water.
2. Bring to a boil and let simmer, uncovered, for at least 30 minutes or until tender.
3. While turnips are cooking, cook bacon in skillet over medium high heat until crispy. Reserve 2 tbsp of bacon grease, then crumble bacon.
4. Once turnips are done simmering, drain.
5. Return turnips to pot and add all remaining ingredients, except bacon and chives.
6. Mash to desired consistency.
7. Fold in bacon. Top with fresh chives.
8. Enjoy with your little one!

Watermelon Slushy

Drink



Ingredients

½ small Watermelon
2 tsp Sugar
¼ cup Water

Instructions

1. Slice watermelon into 1-inch chunks and discard any seeds.
2. Place watermelon chunks in gallon-sized Ziploc baggie and place in the freezer.
3. Allow to freeze for about 2 hours.
4. Mix water and sugar together in a small cup until sugar is completely dissolved.
5. Remove watermelon from freezer and open. Pour water/sugar mixture into bag, then reseal.
6. Smash bag to break up contents until it makes a nice, smooth mash.
7. Pour into 4 cups.
8. Enjoy with your little ones!

Ingredients

3 Eggs
¾ cup Applesauce
1/3 cup Vegetable Oil
2 tsp Vanilla Extract
2 cups Zucchini, grated
1 tbsp Lemon Zest
2/3 cup Sugar
3 cups Flour
1 tsp Baking Powder
¼ tsp Baking Soda
1 tsp Cinnamon
2 cups Fresh Blueberries
¼ cup Granulated Sugar
¼ cup All Purpose Flour
3 tbsp Butter, cold
½ tsp Cinnamon

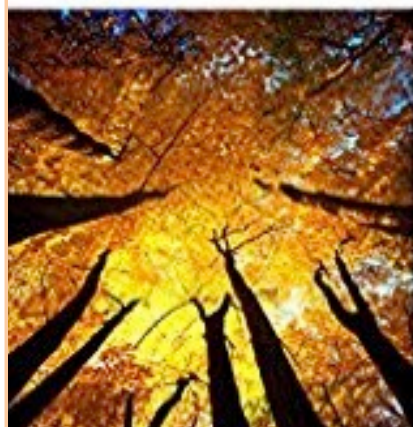
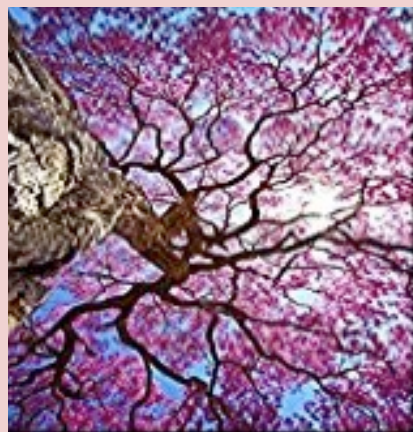


Zucchini Blueberry Muffins

Breakfast

Instructions

1. Wash blueberries under cold water. Lay to dry.
2. Preheat oven to 350F and line 2 muffin tins with 18 muffin cups.
3. In a large bowl, mix together eggs, applesauce, oil, and vanilla.
4. Add zucchini and lemon zest.
5. Sift flour, sugar, baking powder, baking soda, and cinnamon into a large bowl.
6. Once dry ingredients have been sifted, add blueberries to dry ingredients.
7. Pour wet ingredients into dry ingredients and mix until just incorporated.
8. Spoon batter into 18 muffin cups, distributing as evenly as possible.
9. In another small bowl, add granulated sugar, all purpose flour, cinnamon, and cold butter.
10. Roughly mix these ingredients together until mixture becomes crumbly.
11. Spoon a little of this mixture over each of the cups full of muffin batter.
12. Bake muffins at 350F for 23-25 minutes or until inserted toothpick comes out clean.
13. Enjoy with your little one!



AUTUMN

Fruits & Vegetables

Apples

Beets

Broccoli

Brussels Sprouts

Cabbage

Cauliflower

Celery

Chard

Collard Greens

Cranberries

Cucumbers

Eggplants

Fennel

Garlic

Grapes

Kale

Leeks

Mushrooms

Onions

Parships

Pears

Peppers

Pumpkins

Radishes

Spinach

Sweet Potatoes

Turnips

Apple Pie Oatmeal Cookies

Dessert

Ingredients

- 1 cup instant oats
- 3/4 cup white wheat flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp ground cinnamon
- 1/8 tsp salt
- 2 tbsp coconut oil or unsalted butter, melted
- 1 large egg, room temperature
- 1 tsp vanilla extract
- 1/2 cup agave
- 1 cup finely diced red apple



Instructions

1. Whisk together oats, flower, baking powder, cinnamon, and salt in a medium bowl
2. In a separate bowl, whisk together the coconut oil or butter, egg, and vanilla. Stir in agave.
3. Add the dry mixture into the wet mixture, stirring just until incorporated. Fold in apple. Chill for 30 minutes.
4. Preheat oven to 325F, and line a baking sheet with parchment paper or a silicone baking mat.
5. Drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten slightly. Bake at 325F for 13-15 minutes.
6. Cook on pan for 10 minutes before turning out onto a wire rack.
7. Enjoy with your little one!

Red Beet Pasta

Lunch/Dinner

Instructions

1. Using fresh beets, wash and remove any greens. Leave skin on until after they're cooked.
2. Over the stove, put red beets in a pot with a little water over the stove. Bring to a boil then reduce to a simmer. Let cook about 45 minutes or until soft enough to puree.
3. Remove beets and let sit about 5 minutes to cool. Remove skins.
4. Puree beets.
5. Put pureed beets in a strainer over a bowl to eliminate excess liquid. Press down on the pureed beets to remove as much liquid as possible.
6. Once puree is cool, prepare dough by hand. Mix together pureed beets, egg and egg yolk, and a pinch of salt until well combined. Add 1/3 of flour and mix together. Add another 1/3 of flour and mix. Continue mixing with wooden spoon as you add more flour a bit at a time until dough begins to separate from bowl.
7. Once dough starts to separate, knead dough a few minutes on lightly-floured surface.



Ingredients

200 g red beet puree
1 egg
2 egg yolks
400 g all purpose flour
1 pinch salt
3 drops olive

8. Divide ball of dough into 2-3 portions. Wrap each portion in plastic film and rest in refrigerator for at least 30 minutes.
9. Remove dough from refrigerator about 5 minutes before you want to begin rolling it. Divide each portion into three parts before rolling.
10. Rolling by hand, take each part and roll out on a floured board or counter into a thin disc. Fold the disk three times and roll out again. Do this three times. Let the disk dry slightly on baking powder until ready to be filled (filling of your choice).
11. Place filled pasta on baking sheet covered in parchment paper. Don't like pasta overlap. Let pasta rest a little before cooking.
12. Cook filled pasta in boiling water for about 10 minutes.
13. Enjoy with your little one!

Quinoa Fried Rice

Lunch/Dinner



Ingredients

- 1/2 small yellow onion, chopped
- 1 cup bell pepper, chopped
- 1/2 cup broccoli, chopped
- 1/4 tsp minced garlic
- 1 cup quinoa
- 1/3 cup jasmine rice, cooked
- 1/4-1/2 tsp salt
- 1 large egg

Instructions

1. In a large pan, sauté onion with a little olive oil until slightly browned.
2. Add in the remaining vegetables and cook them until al dente (a little firm, not mushy).
3. Add the quinoa rice to warm it up and sprinkle with the salt.
4. Create a well in the center of the pan and add egg, stirring quickly to cook and get a good scramble.
5. Mix the eggs with the rest of the ingredients to combine and serve

Ingredients

2 lb Brussels sprouts, halved
2 tbsp olive oil
kosher salt
Freshly ground black pepper
1 tbsp sesame oil
2 cloves garlic, minced
1 tbsp cornstarch
1/2 cup soy sauce
1/2 cup water
2 tsp apple cider vinegar
1 tbsp hoisin sauce
1 tbsp brown sugar
2 tsp garlic chili sauce
pinch red pepper flakes
sesame seeds, for garnish
green onions, for garnish



Kung Pao Brussels Sprouts

Lunch/Dinner

Instructions

1. Preheat oven to 425F.
2. Oven on large rimmed baked sheet, toss Brussels with olive and season with salt and pepper.
3. Bake until the Brussels sprouts are tender and slightly crispy, about 20 minutes.
4. Transfer Brussels sprouts to a large bowl (but keep the baking sheet close by. Preheat broiler.
5. In a small skillet over medium heat, heat sesame oil.
6. Add garlic and cook until fragrant, about one minute. Stir in cornstarch.
7. Add soy sauce, water, apple cider vinegar, hoisin sauce, brown sugar, and garlic chili paste. Season with salt, pepper, and red pepper flakes.

Brussels Sprouts Cont.

8. Bring mixture to a boil, then reduce heat simmer until thickened, about 3 minutes.
9. Pour sauce over Brussels sprouts and toss to combine.
10. Return Brussels sprouts to baking sheet and broil until Brussels sprouts are glazed and sticky.
11. Garnish with sesame seeds and green onions.
12. Enjoy with your little one!

Cabbage Goulash

Lunch/Dinner

Ingredients

2 lb ground beef
1 yellow onion
4 cloves garlic, minced
15 oz Canned Tomato Sauce
14.5 oz Canned Diced Tomatoes
1 1/2 tbsp Soy sauce
2 tbsp dried oregano
2 tsp dried basil
2 dried bay leaves
1 tbsp seasoned salt
1/2 tsp black pepper
10 oz cabbage, shredded
Shredded Cheddar cheese for topping



Instructions

1. In a large pan, cook the meat over medium heat, breaking up the meat as it cooks into small pieces. Cook until the meat is cooked through and there is no pink.
2. Stir in the onions and garlic. Cook and stir the mixture until the onions are translucent.
3. Stir in water, tomato sauce, diced tomatoes, soy sauce, oregano, basil, bay leaves, seasoned salt, and black pepper.
4. Bring mixture to a boil over medium heat.
5. Reduce the heat to low, cover, and simmer 20 minutes, stirring occasionally.
6. Stir the cabbage and let simmer for about 5 minutes (for a crunchy texture) to 10 minutes (for a softer texture).
7. Remove from heat, discard bay leaves, and refrigerate overnight.
8. Enjoy with your little one!

Apple Spice & Cauliflower Cupcakes

Dessert



Ingredients

- 1 1/3 cups of vegetable oil
- 3 cups of flour
- 1 tbsp cinnamon
- 1 tsp baking soda
- 1 cup sugar
- 3 large eggs
- 2 1/2 cups of chopped apples
- 1 cup cauliflower puree
- 1 tsp vanilla extract

Instructions

1. Mix wet ingredients together.
2. Add dry ingredients and mix together well.
3. Place batter in lined cupcake tins.
4. Bake at 375F for 20 minutes, or until golden brown.
5. Top with frosting of your choice.
6. Enjoy with your little one!

Ingredients

1-2 tbsp olive oil
1 large onion, chopped
3 garlic cloves, peeled and crushed
2 lb fresh celery, cleaned and chopped
1 qt chicken or vegetable stock
1 lb potatoes, peeled and cut into quarters
a handful of fresh parsley, roughly chopped including stems
salt and pepper to taste



Creamy Celery Soup

Lunch/Dinner

Instructions

1. Chop the celery into roughly the same sized pieces.
2. In a large soup pot, heat the oil over medium heat.
3. Add onion and cook until soft.
4. Add garlic and cook one minute, then add celery, stock, potato, and parsley.
5. Increase heat to medium-high and bring to boil.
6. Cover, lower heat to a simmer for about 30 minutes.
7. Remove soup from heat and using a ladle, remove enough stock so that the celery is just covered by the remaining stock. Set the reserved stock aside.
8. Pure soup with a stick blender in the pot, adding the reserved stock little by little until the soup reaches the desired consistency.
9. Enjoy with your little one!

Swiss Chard Burger

Lunch/Dinner

Instructions

1. Wash chard well. Separate leaves from stems, and finely chop stems.
2. Add stems to a large pot and cook on medium heat in water.
3. Add in leaves and cook until tender, tossing every once in a while to keep from wilting evenly. Strain chard and let cool.
4. Once cool, grab handfuls and squeeze out all remaining liquid, placing dry chard into a large bowl.
5. Combine chard with cheese, vegetable, yogurt and 1 cup breadcrumbs, mix well.
6. Prepare 3 bowls for dipping: 1 cup flour, egg mixture, 1/2 cups breadcrumbs.
7. Form chard batter into 12 burgers.
9. Cover baking pan with parchment paper.
10. Dip all burgers in flour, one at a time. Dip burger in egg bowl then coat in breadcrumbs.
12. Bake at 400F for 20 minutes, flipping once at half-time.
13. Heat frying pan with a little oil and brown burgers on each side. Press down on burgers with spatula, to flatten as they cook. Burger should be browned on both sides.
14. Serve as burger and enjoy with your little one!



Ingredients

- 2 bunches of swiss chard, stems separated from leaves
- 6 tbsp plain yogurt (or sour cream)
- 1 cup grated cheddar cheese
- 2 eggs, beaten with 2 tbsp of water
- 2 1/2 cups breadcrumbs
- 1 tbsp vegetable
- 1 cup flour
- 1-2 tsp olive oil

Quinoa & Chicken Collard Green Burritos

Lunch/Dinner

Ingredients

2 grilled chicken breasts, sliced
1 cup quinoa, rinsed
2 cups Broth
1 tsp Paprika
1 tbsp Cumin
1 15 oz can Black Beans, rinsed
4 large Collard Greens
Salsa
Shredded Cheese
Avocado
Chopped Cilantro



Instructions

1. Place rinsed quinoa, broth, paprika, and cumin in a medium saucepan and bring to a boil. Lower heat, place lid on saucepan and allow to simmer for 15-20 minutes or until liquid has been absorbed.
2. In a separate pan, heat black beans until warm.
3. Wash collard leaves and place them face down on a cutting board. Using a knife, thinly shave off stem, focusing on the thick end.
4. Flip leaves over and divide quinoa, beans, and chicken among four leaves. Add any additional toppings (salsa, shredded cheese, avocado, and cilantro) and roll up like a traditional burrito.
5. Cut burritos in half and slide toothpick through middle to hold them together.
6. Enjoy with your little one!

Cranberry Vanilla Energy Bites

Snack

Instructions

1. In a blender or food processor, add cashews and almonds, then pulse until finely ground. Careful not to turn them into nut butter.
2. Add remaining ingredients and blend until everything starts to come together.
3. Scrape down sides several times and add up to 2 tbsp of water.
4. Form into approximately 20 balls about 2 tsp each.
5. Store in airtight container in refrigerator for at least 15 minutes before serving.
6. Enjoy with your little one!



Ingredients

- ½ cup raw Cashews
- ½ cup raw Almonds
- ½ cup Cranberries, self-dried
- ½ cup Medjool Dates, chopped
- ½ tsp Vanilla Extract
- Pinch of Salt

Sour Cream & Onion Cucumber Chips

Snack

Ingredients

4 cups Cucumbers, thinly sliced with skin
2 tbsp Olive Oil
1 ½ tbsp Buttermilk Powder
1 tbsp Onion Powder
1 tbsp Dried Minced Onion
2 tsp Garlic Powder
1 tsp Dried Dill Weed
½ tsp Salt
2 tsp Sweetener



Instructions

1. Coat slices cucumber with olive oil and set aside.
2. Wisk together the rest of ingredients in a bowl.
3. Lay slices evenly onto dehydrator shelves. Sprinkle dry mixture over slices.
4. Cover and dehydrate for 4-6 hours.
5. Enjoy with your little one!

Eggplant Parmesan

Lunch/Dinner

Instructions

1. Lay sliced eggplant in a single layer onto two baking sheets. Sprinkle liberally with salt. Let sit for 15 minutes. Flip eggplant over, salt again, and allow to sit for 15 more minutes.
2. Run sliced eggplant under lukewarm water to remove salt. Pat each slice dry with paper towel. Set slices aside.
3. Set up dredging station by whisking together eggs and water into a wide-set bowl. Set aside.
4. In a larger bowl, whisk together breadcrumbs, parmesan, basil, oregano, granulated garlic, and black pepper. Set aside.
5. Preheat oven to 350F.



Ingredients

- 2 medium Eggplants, sliced ¼ inch thick
- 3 Eggs
- 2 tbsp Water
- 4 cups Break crumbs
- 1 cup Parmesan Cheese, finely grated
- 1 tbsp Dried Oregano
- 1 tbsp Dried Basil
- ½ tbsp Granulated Garlic
- ½ tsp Black Pepper
- 4 tbsp Olive Oil
- 3 cups Mozzarella Cheese, shredded
- ¼ cup Parsley, chopped
- 3 cups Tomato Sauce
- Salt

Eggplant Parmesan Cont.

6. Drizzle two sheet pans with 2 tbsp of olive oil.
7. Begin to coat each slice of eggplant by first dipping into egg then coating with breadcrumbs. Press eggplant into breadcrumb mixture for good coating adherence to eggplant.
8. Place coated eggplant on oiled baking sheets- do not overlap- and place in preheated oven for 20 minutes.
9. Remove from oven again, top each eggplant slice with 1-2 tbsp of tomato sauce. Sprinkle with mozzarella and bake for another 20 minutes.
10. Garnish with more parmesan and enjoy with your little one!

Carrot Apple Fennel Soup

Lunch/Dinner

Instructions

1. Soak cashews in water overnight, and drain to use. If you don't have time for this step, pour boiling water over cashews and soak for 1 hour.
2. Add olive oil to soup pot, and heat over medium-high heat.
3. Chop fennel bulb and sauté in olive oil until lightly browned, about 5-7 minutes.
4. Once fennel is softened, add chopped apples and carrots, then add water and vegetable bouillon. Bring to a boil and reduce heat to medium and simmer until carrots and apples are softened, about 20 minutes.
5. Add soup mixture and cashews (drained) to blender and blend until very smooth.
6. Return soup to pot and add grated ginger and lemon juice. Season with salt and pepper.
7. Serve warm and enjoy with your little one!



Ingredients

- ½ cup Cashews, soaked overnight
- 1 tbsp Olive Oil
- 1 large Fennel Bulb
- 1 ½ lb Carrots, peeled and sliced
- 1 large Apple, peeled and chopped
- 5-6 cups Water
- 1 tbsp Vegetable Bouillon
- 2 tbsp Ginger, finely grated
- 1 tbsp Lemon Juice
- Salt and Pepper

Garlic Parmesan Roasted Cauliflower

Side Dish

Ingredients

3-4 cups Cauliflower Florets
½ cup Flour
1 tsp Garlic Powder
2 Eggs, beaten
½ cup Parmesan Cheese, grated
1 cup Breadcrumbs
2 tbsp Olive Oil
Salt and Pepper



Instructions

1. Cook cauliflower until just crisp-tender. Stovetop steaming takes about 6-8 minutes, then allow cauliflower to cool until its safe to touch.
2. Preheat oven to 450F.
3. Combine flour, garlic powder, and cayenne pepper. Coat the cauliflower in dry mixture by sifting it over a layer of florets, flipping them and coating the other side.
4. Combine breadcrumbs and shredded cheese and pour it onto a try or dish. Dip floured cauliflower florets in mixed egg, then dredge in breadcrumbs/cheese, pressing them so crumbs stick.
5. Arrange florets in a single layer onto a tinfoil lined baking sheet, then drizzle or spay with olive oil.
6. Bake in preheated oven for 5-10 minutes until they start to brown.
7. Enjoy with your little one!

Grape Fruit Leather

Snack



Ingredients

- 4 cups Seedless Black Grapes
- 1 ½ tbsp Grape Juice Concentrate
- 1 tbsp Honey
- 1 tbsp Lemon Juice

Instructions

1. Preheat oven to 200F. Line a 15x10" baking sheet with parchment paper and set aside.
2. In a food processor, combine the black grapes, juice concentrate, raw honey, and lemon juice. Pulse until smooth.
3. Pour puree into saucepan and heat over medium. Simmer for 10 minutes.
4. Pour mixture onto previously prepared baking sheet and spread evenly into a thin layer.
5. Bake for 4 hours or until mixture is no longer tacky in the middle and leather is slightly translucent and darkened in color. Let cool completely.
6. Cut fruit leather (with parchment paper attached) using lightly greased scissors into strips. Roll up each strip tightly, wrap each strip individually in plastic wrap, and refrigerate in airtight container.
7. Enjoy with your little one!

Mini Meatballs with Kale

Lunch/Dinner

Ingredients

¼ cup Rolled Oats
¼ cup Italian Breadcrumbs
2-4 Kale Leaves, stems removed
1 small Onion, peeled and roughly chopped
1 clove of Garlic, peeled
1 lb Ground Beef
¼ cup grated Parmesan
1 Egg



Instructions

1. Preheat oven to 375F. Coat a rimmed baking sheet with nonstick spray.
2. Place oats, breadcrumbs, kale, onion, and garlic in the bowl of a food processor. Pulse to grind.
3. Add the rest of the ingredients and grind until thoroughly minced and uniform.
4. Form into 1 tbsp-sized meatballs and place on prepared baking sheet.
5. Bake for about 18 minutes, or until brown and cooked through.
6. Drain on paper towels if necessary.
7. Warm in your favorite marinara sauce and serve with your favorite pasta.
8. Enjoy with your little one!

Potato & Leeks Casserole

Side Dish



Ingredients

2 lbs Russet Potatoes
¾ cups Milk, warm
2 tbsp Parmesan Cheese
1 tbsp Butter
2 Leeks
3 slices Bacon, crumbled
Salt and Pepper
¼ cup Breadcrumbs
1 tbsp Butter, melted

Instructions

1. Prepare leeks by slicing and cleaning.
2. Lightly spray a 2 quart baking dish. Preheat oven to 375 F.
3. Heat large skillet over medium-high heat. Add olive oil and leeks and cook until leeks are translucent, about 5 minutes. Set aside.
4. Cook potatoes until potatoes until tender. Drain.
5. Add 1 tbsp butter and mash until smooth. Add milk in small amounts until potatoes are creamy, yet hold their body. You may not use all the milk.
6. Mix breadcrumbs with melted butter.
7. Fold cooked leeks, parmesan cheese, and bacon into potatoes. Turn into prepared pan and top with buttered breadcrumbs.
8. Bake for 30-40 minutes or until heated through and crumbs are golden.
9. Enjoy with your little one!

Ingredients

1 medium Red Onion, sliced
1 Green Pepper, thinly sliced
1 cup Cherry Tomatoes, coarsely chopped
1 cup Mushrooms, coarsely chopped
1 tbsp Olive Oil, plus more for brushing tortillas
1 tsp Salt, divided
 $\frac{3}{4}$ cup Corn
 $\frac{1}{2}$ cup Black Beans, drained and rinsed
8 oz Cream Cheese, softened
 $\frac{2}{3}$ cup White Cheddar
1 tbsp Green Chills, diced
1 tsp Chilly Powder
 $\frac{1}{2}$ tsp Cumin
 $\frac{1}{2}$ tsp Garlic Powder
20 Flour Tortillas, fajita-sized



Roasted Veggie Taquitos

Lunch/Dinner

Instructions

1. Preheat oven to 375F. Line a baking sheet with parchment paper.
2. Toss onion, green pepper, tomatoes, and mushrooms with oil. Scatter evenly in a single layer across a baking sheet.
3. Sprinkle $\frac{1}{2}$ tsp of salt and roast 15 minutes, turning once halfway though.
4. In a large bowl, add corn, black beans, cream cheese, sharp cheddar, diced green chills, chili powder, cumin, and garlic powder. Stir to combine.
4. Scrape roasted veggies into bowl, save the parchment. Stir everything together to combine.
5. Spoon mixture into center of tortilla shells (1-2 tbsp per) and roll up tightly.
6. Place rolls on parchment lined baking sheet. Brush tops with additional oil and sprinkle with remaining $\frac{1}{2}$ tsp of salt.
7. Bake about 20 minutes, until crisp and golden.
8. Serve warm with condiments of your choosing, and enjoy with your little one!

French Onion Zoodle Bake

Lunch/Dinner

Instructions

1. Preheat oven to 400F.
2. In a skillet heated to medium heat, melt butter. Place onion into skillet and cook for a few minutes.
3. Add salt, pepper, sugar, Worcestershire sauce, and thyme. Stir and cook for another couple of minutes.
4. Add beef broth and cook until onions are golden brown, about 12 minutes. Make sure to stir occasionally to keep onions from burning.
5. Spray a 5x8" baking dish with nonstick cooking spray.
6. In a large bowl, combine zucchini noodles and French onion mixture. Pour this mixture into dish and garnish with Fontina cheese.
7. Place in oven and bake for 20-25 minutes, or until golden brown.
8. Serve warm and enjoy with your little one!



Ingredients

- 2 ½ cups Zucchini Noodles
- 1 small Yellow Onion, thinly sliced
- 1 tsp Granulated Sugar
- 1 tsp Fresh Thyme, chopped
- 2 tbsp unsalted Butter
- ¼ cup Beef Broth
- 2 tsp Worcestershire Sauce
- 1 cup Fontina Cheese, grated
- Salt and Pepper

Parsnip Noodles

Ingredients

3 Parsnip
1 tsp Oil of choice

Lunch/Dinner



Instructions

1. Wash and peel parsnips with a vegetable peeler. Trip ends.
2. Make noodles using a vegetable peeler or spiralizer or julienne slicer. Follow manufacturers directions to produce noodle like strands of vegetables.
3. Add 1 tsp of oil to large frying pan. Set temperature to medium-high, add parsnip noodles and sauté for 10-15 minutes, or until softened but still al dente.
4. Serve warm with sauce of choice, and enjoy with your little one!

Caramel Pear Pie

Dessert

Instructions

1. Place butter in freezer for 20 minutes.
2. In a food processor, add flour, salt, and sugar, then pulse a couple of times.
3. Add butter to food processor and pulse a few more times until mixture resembles peas.
4. Add ice water one tbsp at a time and continue pulsing. Dough should start to hold together.
5. Remove dough from food processor and place over work surface. Form dough into 2 discs, cover in plastic wrap and refrigerate for at least one hour.
6. Peel, core, and slice pears, then toss with lime juice.
7. In a saucepan, add $\frac{1}{2}$ cup butter and melt over medium heat. Add all purpose flour and mix until it turns into a thick paste. Add water, white sugar, brown sugar, and cinnamon, and continue to stir. Let simmer for a couple minutes.



Ingredients

- 2 $\frac{1}{2}$ cups Flour
- 1 cup Butter, cold and cubed
- 1 tsp Salt
- 1 tsp Sugar
- 6-8 tsp Ice Cold Water
- 12 Pears, peeled cored and sliced
- Juice from 1 Lime
- $\frac{1}{2}$ cup Butter
- 3 tbsp All Purpose Flour
- $\frac{1}{2}$ cup White Sugar
- $\frac{1}{2}$ cup Brown Sugar
- $\frac{1}{4}$ cup Water
- $\frac{1}{2}$ tsp Cinnamon
- 1 Egg White

8. Preheat oven to 425F.
9. Take out pastry discs from fridge and roll out a disc so its 12-inches in diameter, then place into pie dish.
10. Brush crust with egg white so it doesn't get soggy.
11. Add pears to pie dish and pour caramel sauce over pears.
12. Roll out other disc so that it is 12 inches in diameter, then cut into lattice strips. Arrange lattice strips nicely over pears and brush with remaining egg white.
13. Bake for 45 minutes or until golden brown.
14. Let cool before serving, then enjoy with your little one!

Shepherds Pie

Lunch/Dinner

Instructions

1. Peel potatoes and chop into small pieces.
2. Place chopped potatoes in a large pot of water. Bring to a boil and cook until potatoes are tender, about 15-20 minutes.
3. Drain water from pot. Mash Potatoes.
4. Add butter, milk, and garlic powder. Continue to mash until no lumps remain. Cover potatoes and set aside.
5. Preheat oven to 375F. Grease a 9x13" baking dish with nonstick spray.
6. In a large 12-inch skillet, over medium-high heat, add ground beef, onion, garlic, salt and pepper. Cook and crumble meat until browned then drain grease.
7. Sprinkle flour evenly over meat mixture. Stir and cook 1 minute.



Ingredients

- 3 large Russet Potatoes
- 2 tbsp Butter
- ½ cup Milk
- 1 tsp Garlic powder
- 2 lb Ground Turkey
- 1 small Onion, chopped
- 2 cloves of Garlic, minced
- ½ tsp each, Salt and Pepper
- 2 tbsp Flour
- 2 tbsp Tomato Paste
- 1 cup Beef Broth
- ½ tbsp Worcestershire Sauce
- ½ tsp Dried Oregano
- 1 cup Peas
- ½ cup Carrots, cubed
- ½ cup Corn
- 1 cup Cheddar Cheese, shredded

8. Stir in tomato paste, broth, Worcestershire sauce, and oregano. Bring to a boil, then reduce to medium-low.
9. Stir in peas, carrots, and corn. Cook another 5-10 minutes or until heated through.
10. Pour meat mixture into prepared pan. Spread mashed potatoes evenly over the top. Top potatoes with cheddar cheese.
11. Bake, uncovered, for 35 minutes until casserole is hot and bubbly.
12. Remove from oven and let stand 10 minutes before serving.
13. Enjoy with your little one!

Stuffed Pepper Soup

Lunch/Dinner

Instructions

1. Heat oil over medium-high heat in a large stockpot. Add peppers and onions and cook until translucent, about 5 minutes.
2. Add garlic and cook 1 minute.
3. Add sausage and cook 5 minutes, or until meat is brown. Drain and return to pot.
4. Add basil, salt, and pepper. Cook 1 minute, or until fragrant.
5. Add tomato sauce, diced tomatoes, and chicken stock. Bring to simmer over medium-high heat.
6. Reduce heat to low. Add precooked rice and cook 1-2 minutes.
7. Top with cheese and enjoy with your little one!



Ingredients

- 1 tbsp Olive Oil
- 4 cups Bell Peppers, chopped
- 1 large Onion, chopped
- 2 tsp Garlic, minced
- 1 lb Ground Seasoned Pork Sausage
- 1 tbsp Sweet Basil
- 1 tsp Salt
- ¼ tsp Pepper
- 1 28-oz can Tomato Sauce
- 1 28-oz can Diced Tomatoes
- 2 cups Chicken Stock
- 1 package precooked rice blend
- 1 cup shredded cheese

Pumpkin Overnight Oats

Breakfast

Ingredients

- 1 ½ cups Steel Cut Oats
- 3 cups Water
- 2 cups Milk
- 1 15-oz can Pumpkin Puree
- ¼ cup Maple Syrup
- ¼ cup Ground Flaxseed Meal
- 1 tbsp Vanilla Extract
- 1 tbsp Ground Cinnamon
- 1 tsp Ground Ginger
- ½ tsp Ground Nutmeg
- ½ tsp Ground Cloves
- ½ tsp Salt



Instructions

1. Place all ingredients in bottom of 4-to-6-quart slow cooker and stir to combine.
2. Cover and cook on low for 7 hours, or on high for 3 ½ to 4 hours, until oats are soft but maintain a bit of chew.
3. Remove cover and stir evenly to combine ingredients, scraping oats off the bottom and away from the sides.
4. Finish with toppings of your choosing, and enjoy with your little one!

Radish Hash Browns

Breakfast



Ingredients

1 lb Radishes, shredded
4 Eggs
1/3 cup Parmesan Cheese,
shredded
½ tsp Garlic Powder
½ tsp Onion Powder
½ tsp Salt

Instructions

1. Combine all ingredients.
2. Spread out into preheated skillet coated with oil.
3. Cook until browned on both sides.
4. Enjoy with your little one!

Spinach Avocado Mac & Cheese

Lunch/Dinner

Ingredients

12 oz Whole Wheat Small Shell Noodles, cooked
4 cups Spinach
½ Avocado, cubed
¼ cup Olive Oil
¼ tsp Salt
¼ tsp Black Pepper
¼ tsp Garlic Powder
2 tbsp Non-fat Plain Greek Yogurt
1 tbsp Chicken Stock
1 tbsp Mozzarella Cheese



Instructions

1. Add spinach to food processor. Pulse until finely chopped. Add avocado, olive oil, seasonings, Greek yogurt, cheese, and stock. Puree until smooth.
2. Bring a large pot of salted water to boil and add noodles. Cook noodles according to package instructions.
3. Drain pasta and set aside to cool in colander.
4. Return cooked noodles to pot, add sauce and mix to evenly coat pasta.
5. Serve warm and enjoy with your little one!

Sweet Potato Gnocchi

Lunch/Dinner

Instructions

1. Puncture each sweet potato a few times with a fork. Microwave until fork-tender, 5-10 minutes. Set aside until cool enough to handle.
2. Prepare a clean working surface.
3. Slice each sweet potato in half and use a spoon to scoop out the insides and discard skins.
4. Use a potato masher to mash insides. Measure volume of sweet potato that you have, you'll need 1 cup.
5. Spread potato in a thin layer on your working surface. Evenly distribute flour over potato layer.
6. Starting at one end, use fingers to mix potato and flour to form a dough, making your way to the other end as the ingredients are incorporated into a dough ball. Do not kneed any further after dough ball is formed.



Ingredients

2 large Sweet Potatoes
½ cup Flour

6. Divide dough into 4 pieces. Take each piece and form a long log about ½ inch wide, rolling along your working surface.
7. Cut log into pieces about 1-inch long, which will be individual gnocchi pieces. Use a fork to press grooves into each gnocchi. Repeat for 3 dough pieces.
8. Boil water in large pot. Add gnocchi to boiling water. Cook until gnocchi floats to surface and is cooked through, a few minutes.
9. Transfer pasta to a plate and serve with sauce of your choice.
10. Enjoy with your little one!

Sweet Turnip & Carrot Soup

Lunch/Dinner

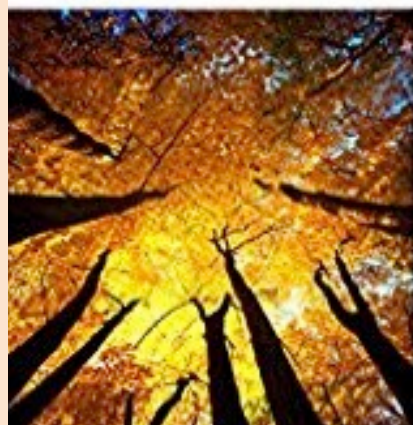
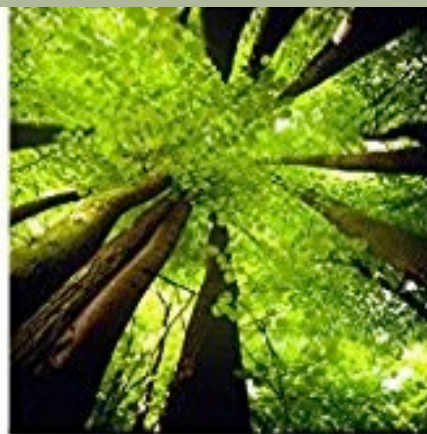
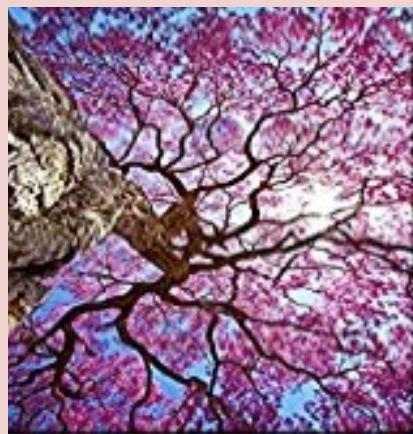
Instructions

1. In a large soup pot, over medium-high heat, sauté leeks in olive oil until soft and fragrant.
2. Add remaining ingredients, except coconut milk, to soup pot and bring to a boil. Use just enough liquid to almost cover vegetables-adjust if necessary.
3. Reduce heat to a simmer and cook until vegetables are tender, about 20-30 minutes.
4. Puree soup in blender.
5. Return to pot, add coconut milk and heat through.
6. Adjust seasoning according to preference.
7. Enjoy with your little one!



Ingredients

- 2-3 Leeks, white and green parts only sliced thin
- 1 tbsp Olive Oil
- 3 Turnips, peeled and diced
- 2 large Carrots, chopped
- 2 medium Potatoes, roughly chopped
- 1 cup Vegetable Stock
- 3 cups Water
- 1/8 tsp Nutmeg
- 1/8 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1 tsp Cumin
- 1/2 tsp Old Bay Seasoning
- 1/4 tsp Cayenne
- 1 tsp Dried Dill
- 3/4 cup full fat Coconut Milk
- Salt to taste



WINTER

Fruits & Vegetables

Mushrooms

Parships

Crock Pot Sloppy Joes

Lunch/Dinner

Ingredients

- 3 cloves of Garlic, peeled
- 2 Carrots
- 1 10-oz container Button Mushrooms
- 1 Onion, peeled
- 1 ¼ lb Ground Turkey
- 1 ½ cup Ketchup
- 2 tsp Mustard
- 1 ½ tsp Light Brown Sugar
- 1 tsp Salt
- ½ tsp Pepper



Instructions

1. In a food processor, combine garlic, carrots, mushrooms, and onion. Blend until fully pureed. Set aside
2. In a saucepan, brown turkey.
3. Add pureed vegetables to turkey and heat through. Pour mix into crockpot.
4. Add ketchup, mustard, brown sugar, salt, and pepper into crock pot and stir together.
5. Cook on low for 4-6 hours.
6. Serve on buns and enjoy with your little one!

Parsnip Pizza Crust

Lunch/Dinner

Instructions

1. Preheat oven to 360F. Prepare a pizza round pan covered with baking paper. Set aside.
2. Peel and wash parsnip, then finely grate. Set aside.
3. Combine parsnips in a bowl with eggs, almond meal, and cheese until it forms a batter that can hold together.
4. Place the ball of pizza crust batter in the center of the pan covered with baking paper.
5. Using your hands, press patten and shape to form a pizza crust about 0.5 cm thick. Press firmly to remove air and avoid holes in the middle of the crust.
6. Bake for 15 minutes or until crust is golden and set.
7. Remove from oven and add sauce base and toppings of choice.
8. Return to oven for 10 minutes to cook toppings and serve.
9. Enjoy with your little one!



Ingredients

- 1 $\frac{3}{4}$ cup Parsnip, grated
- 3 Eggs
- $\frac{1}{2}$ cup Cheddar Cheese, grated
- 2 tbsp Almond Flour
- Sauce of your choosing
- Pizza toppings of your choosing

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