



THE KURBO COOKBOOK

on-the-go breakfasts. balanced lunches. after-school snacks. easy dinners. yummy desserts

FAMILY FRIENDLY RECIPES



**Approved by health coaches & parents
for nutrition & convenience**

THEA RUNYAN & ARIELLE ADELMAN

www.kurbo.com



Kurbo Health Coaching

IMPROVE YOUR HEALTH ON THE GO

Learn more about Kurbo and how you can start working toward better physical health at iLiveLifeWell.com.

All Abbott employees and covered spouse/domestic partners are eligible to participate and earn rewards. Plus, you can enroll your children between 5 and 26 years old. There is no cost to you to participate.



COOKING AT HOME

HEALTHY FAMILIES



We get it. Your days are packed with work, carpool, appointments, meetings, homework and you're constantly making the choice between the lesser of two evils when you have hungry kids: the fast food drive-thru, or frozen chicken nuggets with a side of carrots. We also understand you want to raise a healthy family and on some days you have the time and desire to cook but nothing you make seems to please your picky eaters.

There are many factors that must come together to create a healthy lifestyle for a child that he or she can sustain for a lifetime. After coaching thousands of families, we have found that the number one most important ingredient to a family's success in establishing healthy habits is preparation. Preparation means having a constantly stocked yellow and green light household so that you can make home cooked meals with ease; minimizing

meals out or pre-made foods by filling the fridge with leftovers from your healthy meals, and setting an example for your children in the value of taking time to thoughtfully prepare food that nourishes and supports a healthy body and mind. Having fun is an essential part of trying and sticking to new behaviors. Encourage your family to help you in the kitchen and see what unfolds!

This cookbook is here to provide you with convenient, simple, wholesome meals that you won't mind eating, too. All the recipes in this book are "kid/teen approved" and take under 30 minutes to prepare.

Happy Cooking and Eating!

In health, Thea & Arielle







FOOD AS COLORS

Food Categories

Food Categories	Fruits	Vegetables	Grains	Meats, Poultry, Fish, Tofu	Eggs, Beans, Nuts	Condiments	Sweets and Snacks	Milk and Dairy	Beverages
Green Light <i>Good to go!</i>	Fresh, Frozen (no added sugar)	Fresh, Frozen (no added sugar or fat)				Herbs, vinegar, tomato sauce, mustard	Whole or cut fruits and vegetables	Nonfat milk	Water, sparkling water, nonfat milk, unsweetened tea, broth, coffee
Yellow Light <i>Watch...</i>	Fruit cups in juice, 100% fruit popsicles, 100% fruit smoothies, unsweetened applesauce	Avocado (1/5th), corn, potato, sweet potato,	Whole grains, pasta, rice, couscous, quinoa, oatmeal cereal (≤6g sugar, ≤ 3g fat per serving), whole wheat tortillas, bread & whole wheat English muffins, corn tortillas, whole wheat flour	Lean ground beef, turkey & chicken, Canadian bacon, ham, tuna in water, chicken and turkey (no skin), lunch meats (< 3g fat/ serving), fish (baked, grilled, steamed or broiled), lowfat sausages and hot dogs, lean beef grilled or broiled hamburgers, tofu, lean/trimmed steak (flank, filet mignon), trimmed pork chops and tenderloins	Eggs: "fried" without oil/ butter, hardboiled, poached, scrambled, beans, lentils, garbanzo, hummus (low oil), split peas, almonds (23)	Soy sauce, ketchup, fat-free salad dressing, olive oil (1 tsp per 6 servings), lowfat hummus, light salad dressing	100% fruit popsicles, nonfat yogurt popsicles, air popped popcorn, 100% fruit smoothies, nonfat yogurt, string cheese	1% milk, nonfat/ lowfat plain yogurt, nonfat/ lowfat plain Greek yogurt nonfat or light cottage cheese, light or reduced fat cheese, string cheese	1% milk, drinks with <10 cal/serving
Red Light <i>Reduce</i>	Fruit cups with added sugar, fruit gummies, fruit rolls, fruit juice, fruit leathers, applesauce with added sugar	Fried vegetables, tempura, french fries, tater tots, onion rings etc.,	White bread, chips, pastries, crackers, doughnuts, muffins, bagels, pancakes/ waffles with oil, cereal (>6g sugar, >3g fat per serving), cakes, cookies	Bacon, fried meat (chicken, fish, pork, beef) untrimmed meat and steaks, hot dogs, pepperoni, sausage, beef & pork ribs, salami, foie gras, pancetta	Fried eggs in oil/butter, nuts, candy coated nuts, blended and 100% nut butters, hummus (full fat)	Mayonnaise, butter, margarine, regular salad dressing, syrup	Ice cream, cookies, chocolate, crackers, milk shakes, cake, chips, cheetos, granola bars, candy, pretzels, buttered popcorn, protein bars	2% and whole milk, 2% and higher milk/ dairy products, half & half, sour cream, cream cheese (all), cheese, ice cream, flavored yogurt	Sodas, juice (ALL), sport drinks, sweetened tea, lemonade, chocolate milk, condensed milk

PORTIONS MADE EASY

Portions: Measuring by Hand

Food	1 Serving Size =	Measure	Explanation
Bread	1 slice		Open hand
Rice/Pasta	½ cup cooked		Fist
Cold Cereal	¾-1 cup		Fist
Pretzels/Chips	¼ cup		Cupped hand
Meat, poultry	3 oz		Size and thickness of palm
Cheese/ Peanut butter	2 Tablespoons		Base to tip of thumb

BALANCE

Plan your meals using the Kurbo Plate.



To learn more visit kurbo.com

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GROCERY SHOPPING LIST

This is a basic green and yellow light pantry list is created specifically for Kurbo families. We encourage you and your child experiment and explore new ideas so you have healthy food your family loves to eat.

•Stick to the perimeter of the grocery store •Visit a local farmer’s market •Buy enough until your next trip!

Fruit

- o Bananas
- o Berries
- o Melon
- o Apples
- o Oranges
- o _____
- o _____
- o _____

Vegetables

- o Carrots
- o Celery
- o Broccoli
- o Cauliflower
- o Spinach
- o Bell peppers
- o Cucumber
- o Sweet Potato/Potato
- o Onion
- o _____
- o _____

Dairy

- o Yogurt/Greek Yogurt, Low Fat or Fat Free (lowest sugar content)
- o Non-Fat Milk
- o Cheddar Cheese, Low Fat
- o String Cheese, Low Fat
- o Shredded Cheese blend, Low Fat/Non Fat
- o Cottage Cheese, Low Fat/Non Fat
- o Eggs

Protein

- o Chicken
- o Fish/Salmon
- o Lean ground turkey
- o Lean ground beef
- o Steak
- o Turkey Bacon
- o Chicken Sausage
- o Canned Tuna (in water, not oil)

Lunch Meat

- o Turkey
- o Pastrami
- o Ham
- o Roast beef

Grains/Starches

- o Rice (white or brown is preferable)
- o Whole Grain Bread (Whole “grain” is the 1st ingredient!)
- o Whole Wheat English Muffins
- o Whole Wheat Tortilla
- o Eggo Nutri-Grain Low Fat Whole Wheat Waffles

Cereal (<6g, <3g fat)

- o Cinnamon Puffins
- o Kashi Heart to Heart
- o Cheerios
- o Life
- o Rice Crispy’s
- o Kix
- o _____
- o _____

Condiments/Pantry Staples

- o Mayonnaise, Low Fat/Non Fat
- o Ranch Dressing, Low Fat/Non Fat
- o Spaghetti/Marinara sauce (without sugar)
- o Pam Oil Spray
- o Spices (Cinnamon, black pepper, paprika, garlic powder, basil, thyme, rosemary, etc)
- o Mustard
- o Soy Sauce
- o Extra Virgin Olive Oil
- o _____
- o _____

Snacks

- o Plain popcorn
- o Rice cakes (no flavoring)
- o Ak-Mak Crackers
- o Wasa Crackers
- o Applesauce, unsweetened

The recipes are already in the Kurbo app!



Look for the orange Kurbo seal when you are tracking the recipes you've made from this cookbook in the Kurbo app.

When you type the exact recipe title, you can select the entry that has the orange seal next to it, and then you won't have to enter each individual ingredient!

DO'S AND DONT'S

PICKY EATERS

Fact: Your child needs to try a new food 8 to 12 times before being able to decide whether they truly dislike the food!

DO

- *Create a healthy environment* keep green lights in the most visible and accessible places
- *Give your child time to adjust to new flavors and textures* continue to serve new foods even if they resist
- *Serve your kids whole simple foods* stay away from foods that come in packages
- *Model healthy behavior* eat the same foods you are trying to get your family to eat
- *Be patient!* It takes time for tastebuds to learn to like new foods

DON'T

- *Serve or purchase processed foods* with ingredients you cannot pronounce
- *Judge your child* for their eating habits or food choices
- *Test willpower* by keeping red lights in the house
- *Be a short order cook* by providing more than one meal option
- *Stop offering new foods* just because your family pouts, resists, or throws a fit
- *Give up!* No matter how tired, busy, or frustrated you are



BREAKFAST

After a night of sleep, everyone needs a high quality and balanced meal to start the day

People who eat breakfast do better in school and work, have more sustained energy, make healthier choices throughout the day, and set themselves up for an overall healthier lifestyle. All of our breakfast recipes utilize fresh foods, whole grains and minimal sugar content.



APPROVED BY HEALTH COACHES & PARENTS
FOR NUTRITION & CONVENIENCE



The background of the entire page is a close-up photograph of a white ceramic bowl filled with oatmeal. The oatmeal is topped with several slices of red and yellow fruit, likely apples. A cinnamon stick is visible in the background, along with other apple slices and a spoon. The entire scene is set against a bright blue background.

SECTION 1

ON-THE-GO BREAKFASTS

HECTIC SCHOOL MORNINGS ARE NOW A HEALTHY CINCH

Yogurt Breakfast Parfait

Apple Pie Oatmeal

Simple Overnight Oats

Blueberry Pie Smoothie

Banana Cream Smoothie

Breakfast Apple Pie

YOGURT BREAKFAST PARFAIT

WITH FRUIT, NUTS, AND WHOLE GRAINS

This quick meal has the right balance of protein, grains, and green light fruit to fill up and charge your little one. The various textures & flavors of crunch, creamy, sweet and tart are satisfying to everyone!

INGREDIENTS

- 0% or low fat Greek or regular plain yogurt
- 1 handful berries
- 1/2 banana
- 1 handful crispy rice cereal
- 10 chopped almonds

Makes 1 Serving

3 yellow lights/2 green lights

Prep time: 5 minutes



DIRECTIONS:

Step 1:

Slice your banana into thin disks. Take out either a pretty cup or a disposable container if you are on the go.

Step 2:

Layer yogurt, then half the banana slices, and half the berries, then more yogurt, then the remaining banana and berries. Top with cereal and nuts.

APPLE PIE OATMEAL

WHOLE GRAINS, FRESH FRUIT, SPICES

Oats are full of fiber, help stabilize blood sugar, and are a great base for various fresh fruits or spices. Feel free to let your child come up with his/her own flavor combos.

INGREDIENTS



- 1 serving quick-cooking or old-fashioned rolled oats



- 1/2 banana
- 1/4 apple, cubed



- 1/4 cup unsweetened applesauce (more or less as desired)
- cinnamon to taste

Makes 1 Serving

2 yellow/2 green

Prep time: Under 10 Minutes



DIRECTIONS:

Step 1:

Prepare the oats according to the package directions.

Step 2:

Add the apples and banana and heat in the microwave for 60 seconds until soft.

Step 3:

Stir in applesauce and cinnamon.

BLUEBERRY PIE SMOOTHIE

**A YUMMY AND PORTABLE BREAKFAST THAT
IS EASY AS PIE**

This smoothie is packed with anti-oxidants, protein, calcium and other nourishing vitamins. To balance it out, top it with some almond slivers or a side of yellow light cereal.

INGREDIENTS

- 1 frozen banana
- 2 handfuls frozen berries
- 1 handful spinach
- Splash of vanilla
- 1 cup skim milk

Makes 1 Serving
3 yellow lights/2 green lights
Prep time: 5 minutes



DIRECTIONS:

Step 1:

Put all the ingredients in a blender and blend until well mixed.

SIMPLE OVERNIGHT OATS

**A BUILDING BLOCK FOR FLAVORFUL
VARIATIONS PACKED WITH WHOLE GRAINS,
CALCIUM, AND PROTEIN**

Overnight oats are a simple and fast solution to busy mornings. Once you know the base recipe, you can invent new flavor combinations.



INGREDIENTS:

- 1/2 cup oats
- 1/2 cup nonfat milk
- 1/2 cup 0% or low-fat Greek yogurt*

Makes 1 Serving

2 yellow/1 green

Prep time: Under 5 minutes



DIRECTIONS:

Step 1:

Put all ingredients into bowl or mason jar, stir, cover and refrigerate overnight. Add extra fruit or berries, or cinnamon in the morning if desired.

The following pages have recipe flavor variations but feel free to come with your own creative ideas using seasonal fruits!

*If your kid does not like the flavor of plain yogurt, add a teaspoon of honey to sweeten it up. Flavored yogurts are filled with either tons of sugar or tons of artificial sweeteners so you are better off being able to control the amount of added sweetener that your child eats in yogurt.

SIMPLE OVERNIGHT OATS

BLUEBERRY-BANANA

This flavor combination not only is a crowd pleaser but has functional health benefits: bananas are full of potassium and blueberries full of antioxidants.



INGREDIENTS

- Overnight oat base recipe
- 1/2 cup blueberries
- 1/2 smashed banana
- 1/2 teaspoon, vanilla extract

Makes 1 Serving

2 yellow/3 green

Prep time: Under 5 minutes



DIRECTIONS:

Step 1:

Add the ingredients to the simple overnight oats recipe. Put all ingredients into bowl or mason jar, stir, cover and refrigerate overnight. Add extra fruit or berries, or cinnamon in the morning if desired.

SIMPLE OVERNIGHT OATS

APPLE PIE FLAVOR

Everyone loves the flavor of apple pie and now you can have it for breakfast!

INGREDIENTS

- Overnight oat base recipe
- Cinnamon and nutmeg to taste
- 1/4 cup organic unsweetened applesauce (try it with the chunky kind for extra texture!)
- 1/2 apple, cubed
- Splash of vanilla

Makes 1 Serving

3 yellow/2 green

Prep time: Under 5 minutes



DIRECTIONS:

Step 1:

Add the ingredients to the basic overnight oats recipe. Put all ingredients into bowl or mason jar, stir, cover and refrigerate overnight. Add the apple and extra cinnamon in the morning if desired.

BREAKFAST APPLE PIE

DESSERT FOR BREAKFAST

We have a tendency to slather our English Muffins and toast with high fat foods like butter, peanut butter, or sugar filled jams. We came up with this idea so that everyone can still enjoy the convenience but without the red lights.

INGREDIENTS

- 1/2 whole wheat English Muffin
- Unsweetened applesauce
- Cinnamon

Makes 1 Serving

2 yellow

Prep time: Under 10 Minutes



DIRECTIONS:

Step 1:

Toast English muffin

Step 2:

Top with unsweetened
applesauce

Step 3:

Sprinkle with cinnamon to taste

BANANA CREAM PIE SMOOTHIE

**LIKE A BANANA CREAM PIE IN A CUP BUT
WITH NO ADDED SUGAR, LOTS OF PROTEIN
AND WHOLE GRAINS**

The key to this recipe is the frozen bananas which turn into an ice cream consistency when blended. Let a bunch of bananas ripen on the counter then peel and toss into a zip lock bag so that you always have frozen bananas handy.



INGREDIENTS

- 1 frozen banana
- 1 cup of 0% or low fat plain Greek Yogurt
- Splash of vanilla
- 1/4 cup raw rolled oats
- Cinnamon

Makes 1 Serving

2 green/2 yellow

Prep time: Under 5 Minutes



DIRECTIONS:

Step 1:

Put all of the ingredients in a blender and blend until smooth.

Step 2:

Sprinkle with cinnamon. Slurp with a straw or a spoon!



SECTION 2

WEEKEND BREAKFASTS

LEISURELY MORNINGS CALL FOR SPECIAL BREAKFASTS

Egg Muffin Sandwich

Whole Wheat Blueberry Pancakes

Old Fashioned French Toast

Easy Crepes

Mexican Breakfast Burrito

Egg in a Hash Brown Nest

EGG MUFFIN SANDWICH

**THE FAMILIAR FLAVORS OF FAST FOOD BUT
WITH THE BENEFITS OF HEALTHY
INGREDIENTS**

*This breakfast is easy to make and is good for a
weekday morning, too! Serve it with fruit salad or a
whole piece of fruit for a rounded out meal.*

INGREDIENTS

- Whole wheat English Muffin
- 1 scrambled egg
- 1 slice Canadian bacon
- Optional green lights: spinach, tomato, onion, or mushrooms
- Optional yellow light: light cheese slice

Makes 1 Serving

4 yellow

Cheese added: 5 yellow

If you add veggies you can add a green light, too!

Prep time: 10 Minutes



DIRECTIONS:

Step 1:

Toast English muffin. Melt cheese if desired.

Step 2:

Prepare scrambled egg (over stove or microwave egg for 40 sec). If you are adding any of the green lights to your sandwich, scramble them in with the egg now.

Step 3:

Heat slice of Canadian bacon and place on your English Muffin. If you are adding light cheese, lay it on top of the Canadian bacon.

Step 4:

Assemble sandwich and enjoy!

WHOLE WHEAT BLUEBERRY PANCAKES

Pancakes, a weekend favorite but not always the best choice, can be made into a healthy breakfast treat. Pancakes are easily adaptable to be made into a healthy weekend treat!

INGREDIENTS

Dry		Wet
• 1 cup whole-wheat pastry flour		• 1 egg lightly beaten
• 1 teaspoon, baking powder		• 1 cup fat-free milk
• 1/2 teaspoon, baking soda		• 1 teaspoon, vanilla
• 1/8 teaspoon, salt		Optional:
• 1 teaspoon, cinnamon		• 1 banana, mashed
• 2 teaspoon, sugar		• 1 cup blueberries, fresh or frozen
		• Berry Compote (See recipe, page 48)

Makes 4 Servings

2 yellow lights/1 green light

Prep time: 15 minutes



DIRECTIONS:



Step 1:

In a large bowl, mix together all the dry ingredients

Step 2:

In a small bowl, whisk together all the wet ingredients.

Step 3:

If using bananas or blueberries, toss them with the dry ingredients.

Step 4:

Add wet ingredients to dry ingredients and stir until just smooth; do not over-mix.

Step 5:

Heat an electric griddle to 375° degrees or place a nonstick frying pan over medium-low heat.

Step 6:

Test the griddle by flicking water on it. If the water dances across the surface, it's ready

Step 7:

If your pan is not nonstick, use a little oil spray

Step 8:

Drop 1/4 cup of batter onto the griddle and cook until bubbles appear and bottom is golden. Flip and cook until the second side is golden, another 1-2 minutes.

OLD FASHIONED FRENCH TOAST

**WARM, RICH, FLAVORFUL, AND TOPPED
WITH EXTRA NUTRITION**

French toast at restaurants is loaded with fat and sugar, but our version is comforting without all the red lights. Top with our berry compote for a healthy but decadent weekend.



INGREDIENTS

- 10 slices whole wheat or whole grain bread
- 4 eggs
- 1 cup nonfat milk
- 1 teaspoon, cinnamon
- 1/2 teaspoon, nutmeg (optional)
- 1 teaspoon, vanilla extract

Makes 10 Servings

1 yellow light

Prep Time: 15 minutes



DIRECTIONS:



Step 1:

In shallow baking dish, whisk together eggs, vanilla extract, milk and cinnamon.

Step 2:

Over medium-low heat, heat pan or griddle with a thin layer of vegetable oil spray.

Step 3:

Dip bread slices one at a time in egg mixture and let soak for a few seconds then carefully turn to other side.

Step 4:

Transfer bread slices to griddle or skillet, heating slowly until bottom is golden brown. Turn and brown the other side.

Toppings

Unsweetened applesauce with cinnamon

Smashed or blended berries

Smashed bananas

Nonfat vanilla yogurt

Berry Compote (page 48)

EASY CREPES

A LUXURIOUS WAY TO START AN ACTION PACKED DAY

*Use this basic recipe as a base for countless sweet or
savory fillings (recipe for fillings on the next page).*

INGREDIENTS

- 2 cups whole wheat pastry flour
- 1/2 teaspoon, salt
- 4 eggs
- 1 cup milk
- 1 cup water
- 1 teaspoon, vegetable oil
- Nonstick pan and oil spray

Makes 16 Servings

Crepe: 1 yellow

Fruit & Yogurt Filling: 1 green/1 yellow

Savory Filling: 1 yellow

Prep time: Under 10 Minutes



DIRECTIONS:

Step 1:

In a large mixing bowl, whisk together the flour and salt.

Step 2:

In a small bowl, whisk together the eggs, milk, water and oil.

Step 3:

Now mix your liquid ingredients into your dry ingredients; beat until smooth.

Step 4:

Heat a non-stick pan over medium heat (use oil spray if necessary)

Step 5:

Pour approximately 1/4 cup of batter onto the pan.

Step 6:

Tilt the pan with a circular motion so that the batter coats the surface evenly.

Step 7:

Cook the crepe for about 2 minutes or until the bottom is light brown.

Step 8:

Loosen with a spatula, turn and cook the other side.

Step 9:

Serve hot with your favorite filling.

CREPE FILLING RECIPES

WHOLE GRAINS, FRESH FRUIT, SPICES

Pick savory or sweet to customize your crepes

INGREDIENTS

Sweet Filling Ingredients

- Fruit
- Nonfat vanilla yogurt

Savory Filling Ingredients

- 2 cups frozen spinach
- 1 onion, minced
- 2 cloves garlic, minced
- 1 cup ricotta cheese
- Dash of lemon juice
- Italian seasoning
- Salt and pepper



DIRECTIONS:

Sweet Filling:

Step 1:

Wash and slice your favorite fruit.

Step 2:

Stew over medium heat in a skillet and sprinkle with cinnamon. Put it in crepe and fold it over the filling. Serve with nonfat vanilla yogurt for an extra treat.

Savory Filling:

Step 1:

Over medium heat, sauté garlic and onion with olive oil spray. Add spinach and cook until heated through. Then add lemon juice, Italian seasoning, ricotta cheese, salt and pepper.

Step 2:

Spread a dollop of filling in each crepe and fold it over the filling.

MEXICAN BREAKFAST BURRITO

A PERFECTLY BALANCED BREAKFAST. OLE!

Breakfast burritos for the healthiest kids are packed with flavor, simple ingredients, and a balance of grains, protein, and veggies. Sneak in more veggies for extra green lights!



INGREDIENTS

- Whole wheat/corn tortilla
- 1 egg
- Bell pepper, diced
- Olive oil spray
- Salt and pepper
- Light cheese
- Salsa

Makes 1 Serving

3 yellow/1 green

Prep Time: 10 minutes



DIRECTIONS:

Step 1:

Crack egg into bowl and mix well with fork. Add salt and pepper.

Step 2:

Add egg and bell pepper to small non-stick skillet, sprayed with oil spray, over medium/low heat.

Step 3:

Let egg take shape of pan. When mostly cooked, add tortilla on top, then flip it over.

Step 4:

Sprinkle with light cheese. Fold tortilla over and melt cheese.

Step 5:

Serve with salsa.

EGG IN A HASH BROWN NEST

**EGGS ARE AN IDEAL BREAKFAST BECAUSE
THEY ARE A COMPLETE PROTEIN**

*Reinvent the typical eggs and hash brown breakfast
with these creative nutrition packed nests. Serve with
fruit for a perfectly balanced breakfast.*

INGREDIENTS

- 3 russet potatoes
- 12 eggs
- 1/2 onion
- Optional: fresh herbs
- Salt and pepper
- Olive oil spray

Makes 12 Servings

2 yellow lights

Prep time: 45 minutes Cook Time: 60 minutes



DIRECTIONS:



Step 1:

Bake potatoes until tender. About 45 min. Or microwave until soft. Allow the potatoes to cool completely.

Step 2:

Spray a muffin tin with oil spray and preheat the oven to 375 degrees.

Step 3:

In a food processor, grate the potatoes and onion until finely chopped. Add salt and pepper to taste.

Step 4:

Spoon the potato mixture into each muffin tin, Use your fingers to lightly press the center so that the potatoes spill over the top a bit. They'll shrink when they bake, so don't be afraid to really spill over the top.

Step 5:

Bake for about 30-40 min or until golden brown.

Step 6:

Remove the potatoes from the oven and crack an egg in each cup. Return to the oven and bake for another 15 minutes or until the whites are set.

Step 7:

Sprinkle with chopped herbs and salt then watch them get devoured!

Photo credit: acozykitchen.com/cheesy-hash-brown-nests/



SECTION 3

SCHOOL PACKED LUNCHES

LUNCHES SHOULD INCLUDE WATER, FRUIT, A VEGETABLE, A PROTEIN, AND A WHOLE GRAIN

Tuna Salad

Turkey Sandwich

Crustless Quiche

De-constructed BLT

Whole Wheat Wrap with Chicken

Egg Salad with Avocado

TUNA SALAD

PROTEIN, OMEGA-3 FATTY ACIDS, AND A FLAVOR KIDS LOVE

Tuna is an awesome yellow light food that is often turned into a red light with too much mayonnaise. Turns out you don't need to use red lights to make tuna taste yummy, so why would you do it?

INGREDIENTS

- 5oz can of tuna
- 3 tablespoons of Greek yogurt
- 2 tablespoons diced celery
- 2 tablespoons diced pickle
- 1 tablespoon of dijon mustard
- salt and pepper to taste
- Optional: whole wheat bread, whole wheat pita, lettuce

Makes 1-2 Servings

2 yellow

With tomato & lettuce: 1 green light

With bread: 1-2 yellow lights

Prep time: Under 10 Minutes



DIRECTIONS:

Step 1:

In a bowl, mix together all the ingredients until well combined.

Step 2:

Serve on top of whole wheat toast, or make a sandwich with whole wheat pita bread, lettuce and tomato.

Packing suggestions: baby carrots, cut up melon

TURKEY SANDWICH

THE PERFECTLY PACKABLE YELLOW LIGHT LUNCH

The addition of cucumber on this turkey sandwich adds an extra crunch and green light. Wrap it up in parchment paper and you will feel like it came from the deli!

INGREDIENTS

- 3-4 oz turkey
- Lettuce
- Tomato
- Cucumber
- Light Mayo
- Mustard
- Whole wheat bread

Packing suggestion: celery, hummus, orange slices.

Makes 1 Serving

4 yellow/1 green

Prep time: Under 5 Minutes



CRUSTLESS QUICHE

THE RICH FLAVORS OF A CLASSIC DISH WITHOUT THE BUTTERY CRUST

Make a big batch of this by increasing the amount of eggs and slice it up for meals all week. This is also a great dish to take to a party so that you and your family have at least one healthy option.



INGREDIENTS

- 3 eggs
- 1/4 cup skim milk
- 1/3 cup low fat cheddar
- 1/3 cup chopped broccoli or spinach
- 3 pieces of turkey bacon, crumbled
- 1 teaspoon, salt
- 1/2 teaspoon, pepper

Serving Size: 2-3 mini quiche

2 yellow

Prep Time: 10 minutes Cook Time: 12-15 minutes



DIRECTIONS:

Step 1:

Preheat oven to 375 degrees

Step 2:

Spray a mini muffin or regular muffin pan with olive oil spray. (You could also use a 9x9 square baking pan).

Step 3:

Whisk the milk and eggs together. Add the remaining ingredients.

Step 4:

Pour batter into muffin tins about 2/3 of the way (or in the baking pan).

Step 5:

Bake for 12-15 minutes or until the eggs are set.

Step 6:

Serve warm or pack cold for lunches!

Packing suggestions: green salad, pasta salad, grapes, jicama



DE-CONSTRUCTED BLT

A LUNCH TIME FAVORITE MADE HEALTHY

All the elements of a BLT but replaced with healthier ingredients. Balance out this meal with green light fruit and veggies.

- 2 slices of turkey bacon
- Lettuce
- Tomato
- 2 Ak-Mak or Wasa crackers

Packing suggestions: carrots, Greek yogurt, banana

Makes 1 Serving

4 yellow/2 green

Prep time: Under 5 Minutes

WHOLE WHEAT WRAP WITH CHICKEN

Grill enough chicken for the week to have plenty of leftovers. Go around the world by trying a variety of flavors in your wrap. Make sure to use a whole wheat tortilla for a yellow light lunch favorite!

Basic wrap: chicken, light ranch dressing, lettuce, tomato, cucumber.

Mexican wrap: chicken, black beans, salsa, shredded lettuce, avocado

Greek Wrap: chicken, hummus, cucumber, tomato, onion, light feta cheese

Packing suggestions: fruit, carrots

Makes 1 Serving

Basic: 3 yellow/1 green

Mexican: 4 yellow/1 green

Greek: 4 yellow/1 green

Prep time: Under 5 Minutes



EGG SALAD

**A LIGHTER, HEALTHIER, MAYONNAISE FREE
EGG SALAD**

Egg salad a great source of protein but traditional versions are full of red lights. Use avocado instead and you will fill up on healthy fats.

INGREDIENTS

- 2 hardboiled eggs
- 1/5 avocado
- 1 teaspoon light mayonnaise or Greek yogurt
- 1 teaspoon dijon mustard
- salt and pepper

Makes 1 Serving

3 Yellow Lights

Prep Time: 5 minutes



DIRECTIONS:

Step 1:

In a small bowl chop up two hard boiled eggs.

Step 2:

Add avocado, mayonnaise or greek yogurt, dijon mustard, salt and pepper to taste and use the back of a fork to mash and mix everything together.

Step 3:

Pack with rice cakes, or Ak-Mak crackers, or in a whole wheat pita (pack egg salad separately so that the pita doesn't get soggy!).

Packing suggestions: apple and sugar snap peas



SECTION 4

STAY AT HOME LUNCH

**LUNCH AT HOME NEEDS TO BE EASY TO PREPARE
AND DELICIOUS ENOUGH THAT YOU AREN'T
TEMPTED BY THE DRIVE THRU**

Turkey Chili

Turkey and Green Bean Lettuce Wrap

Burrito Bar

Easy Chicken Vegetable Noodle Soup

Turkey Meatballs

Black Beans, Rice and Salsa

TURKEY CHILI

**CHILI IS A NUTRITION PACKED MEAL THAT
IS LEAN AND FILLING**

*Set it up so that everyone can add their own favorite
toppings*

INGREDIENTS

- | | |
|---|---|
| 1. 1 teaspoon extra-virgin olive oil (1 teaspoon for 6 servings = 1 yellow light) | 7. 1 tablespoon, tomato paste |
| 2. 1 medium yellow onion, chopped | 8. 1 pound ground turkey |
| 3. 5 cloves garlic, chopped | 9. 1 (14 1/2-ounce) can diced tomatoes, with their juice |
| 4. 1 tablespoon, kosher salt | 10. 1 (15 1/2-ounce) black beans, rinsed and drained |
| 5. 2 teaspoon, chili powder | 11. 1 (15 1/2-ounce) white canellini beans, rinsed and drained |
| 6. 1 teaspoon, dried oregano | 12. Sliced scallions, grated low fat cheese, cilantro for garnish, optional |

Serving Size: 1 Fist Size

1 Yellow Light

Prep Time: 10 minutes/Cook Time: 30 minutes



DIRECTIONS:

Step 1:

Heat the olive oil in a large, soup pot over medium-high heat. Add the onion, garlic, salt, chili powder, and oregano and cook, stirring, until fragrant, about 3 minutes.

Step 2:

Add the turkey, breaking it up with a wooden spoon, and cook until the meat loses its raw color, about 3 minutes.

Step 3:

Stir in the tomato paste and diced tomatoes; cook 1 minute more.

Step 4:

Add the beans; bring to a boil. Cook, uncovered, stirring occasionally, until thick, about 15-20 min. minutes. If it is too thick—add a little chicken broth.

Step 5:


Ladle the chili into bowls and serve with garnishes and whole wheat rolls.

Serving suggestions: green salad, veggies & dip, or a whole wheat roll

TURKEY AND GREEN BEAN LETTUCE WRAP

**PERFECT MEAL FOR A BUSY COOK AND
HUNGRY FAMILY**

INGREDIENTS

- 3 tablespoon grated ginger
- 3 tablespoon minced garlic 
- 1 teaspoon olive oil
- 1.25 lb ground turkey or ground chicken or 1 16oz package firm tofu, drained, and cubed
- 1/2 lb of French green beans (the skinny kind), cut into 1/2-inch pieces (or you can substitute 1 can of water chestnuts, chopped)
- 1/3 cup hoisin sauce
- 2 tablespoon oyster sauce
- For wrapping:
 - 1 bunch of romaine lettuce, leaves separated and washed
 - 1/4 cup cilantro finely chopped
 - 1 cup of cucumbers, diced (use Persian cucumbers, Japanese cucumbers or English cucumbers)
 - 3 tbsp chili garlic sauce

Serving Size: 1 Hand Scoop

2 Yellow Light/1 Green Light

Prep Time: 10 minutes/Cook Time: 30 minutes



DIRECTIONS:



Step 1:

Heat a large fry pan/wok over medium high heat. Add 1 tsp olive oil and cook garlic, and ginger for 1 minute.

Step 2:

Add turkey/chicken/tofu and cook until almost all cooked, about 2 minutes.

Step 3:

Add green bean pieces and continue cooking until green beans are tender, another 2-3 minutes.

Step 4:

Add both oyster sauce and hoison sauce and continue cooking until all the sauce is combined with the green beans and turkey/chicken/tofu.

Step 5:

Take one piece of romaine, and in it place a good heaping two tablespoon of turkey/chicken/tofu green bean filling.

Step 6:

Top with a sprinkling of cucumbers and cilantro. If spice is desired, add a tiny dab of chili garlic sauce.

Serving suggestion: This this can be placed over rice and then topped with a sprinkling of cucumbers and cilantro.

BURRITO BAR/ MEXICAN WRAP

**EVERYONE IN THE FAMILY LOVES BURRITO
BAR BECAUSE THEY GET TO USE THEIR
HANDS AND BE A PART OF THE
PREPARATION PROCESS**

INGREDIENTS

- Whole wheat or corn tortillas
- Grilled chicken breast (or shredded rotisserie chicken breast, or firm tofu, drained)
- 1 can black beans
- 1 cup rice
- Sautéed onions and/or peppers
- Low fat shredded cheese
- Salsa (try Mango or Pico de Gallo)
- Chopped lettuce
- Cilantro
- Non-fat plain Greek yogurt (instead of sour cream!)
- Optional: chopped cilantro, diced avocado, taco sauce

Serving Size: 1 Wrap

3 Yellow Lights

Prep Time: 10 minutes



DIRECTIONS:



Step 1:

Heat tortillas in sauté pan over low-medium heat

Step 2:

Shred grilled/cooked chicken breast OR cube tofu

Step 3:

Warm one can of black beans

Step 4:

Prepare rice

Step 5:

Sauté onions and peppers

Step 6:

Set out all the ingredient fillers on plates and in small bowls and everyone can build their own!

Serving alternative: Offer a plate of chopped lettuce and pile on the toppings on it for a taco salad or serve with rice in a bowl for a burrito bowl

EASY VEGETABLE CHICKEN NOODLE

**LOADED WITH GREEN LIGHTS AND
BALANCED WITH PROTEIN & GRAINS MAKES
THIS A PERFECT MEAL IN A BOWL**

Prepare a double batch of this soup and freeze it for those days when you need a quick and healthy meal.

INGREDIENTS

- 2 boxes of chicken broth, 16oz each
- 2 carrots
- 2 celery stalks
- 2 zucchini, medium size
- ½ cup peas
- ½ cup corn
- 1 ½ cup egg noodles (or rice)
- 1 pound pre-cooked chicken breast, shredded
- 2 tablespoons dill (fresh or dried)

Serving Size: 1 Cup

1 Green Light/2 Yellow Lights

Prep Time: 10 minutes



DIRECTIONS:



Step 1:

Bring the chicken broth to a low boil over medium high heat.

Step 2:

Add all of the vegetables. Cook until softened, about 12-15 minutes.

Step 3:

Bring the soup to a rolling boil and add the noodles. Cook until soft, about 9 minutes.

Step 4:

Add the chicken and the dill. Add salt and pepper to taste.

Serving suggestion: Serve with a spinach salad or whole wheat light grilled cheese



BLACK BEANS, RICE AND SALSA

**THIS IS AN EASY, INEXPENSIVE AND FAMILY
FRIENDLY MEAL**

Cultures across the world have their own version of rice and beans probably because when consumed together, rice and beans make up a complete protein which are generally only found in animal protein.

- You can use either canned beans or make your own beans. Make extra beans because they keep well in the fridge. Use any kind of bean! Our suggestions: black beans, pinto beans, garbanzo beans, heirloom beans
- Make some hot rice. Our suggestions: brown rice, wild rice, or basmati rice
- Serving suggestion: Top with $\frac{1}{5}$ avocado diced or light shredded cheese
- Mexican: brown rice + black beans + taco sauce + guacamole
- Mediterranean: wild rice + garbanzo beans + pesto

**Serving Size: 1 hand scoop each of rice & beans
2 Yellow Lights**

Prep Time: Whatever it takes to heat!



SECTION 5

DINNER

**WE FOUND THE BEST DINNERS FOR
PICKY EATERS AND BUSY PARENTS.**

Baked Chicken Nuggets

Baked Ziti with Ground Turkey

Easy Chicken Tacos

Oven Baked Asian Salmon

Mac n' Cheese

Farmers market Asian Stir Fry

BAKED CHICKEN NUGGETS

**A PROTEIN KIDS & TEENS LOVE WITH A
CRUNCHY OUTSIDE AND TENDER INSIDE**

Chicken nuggets from the drive thru should be an occasional thing. Bring a whole new meaning to fast food with this easy recipe that promotes healthy growing bodies.

INGREDIENTS

- 1lb boneless skinless chicken tenders (or you can cut chicken breast into smaller pieces)
- 1/2 cup 1% milk
- 1/2 cup whole wheat bread crumbs or crushed Corn Flakes
- 1/4 teaspoon, salt
- 1/4 teaspoon, pepper
- 1 tablespoon, Italian seasoning
- 1/2 teaspoon, garlic powder
- Olive oil spray

**Serving Size: 1 palm worth
2 Yellow Lights**

Prep Time: 15 minutes/Cook time: 12 minutes



DIRECTIONS:

Step 1:

Preheat oven to 475° F. Spray cookie sheet with olive oil spray.

Step 2:

Place the milk in a large bowl. Add the chicken tenders and stir to coat. Let stand for 15 minutes.

Step 3:

Stir the bread crumbs and seasonings in a shallow dish.

Step 4:

Remove the chicken tenders from the milk and dredge them in the bread crumb mixture to coat completely, pressing to adhere.

Step 5:

Arrange the coated chicken tenders on the baking sheets, spacing evenly.

Step 6:

Spray with a little olive oil spray.

Step 7:

Bake until they are cooked through and golden brown, about 12 minutes.

Serving suggestions: Serve with a salad, grilled asparagus, or carrots & celery with salsa or light ranch for dipping.


BAKED ZITI WITH GROUND TURKEY

**ONE DISH COMPLETE WITH ALL THE
COMPONENTS OF A HEALTHY MEAL:
VEGGIES, WHOLE GRAINS, AND PROTEIN**

Make enough to use leftovers in a packed lunch!

SERVES 8

INGREDIENTS

- 1 lb ground turkey
- 1 cup grated, low-fat mozzarella cheese
- 1 lb whole wheat penne pasta 
- 1/2 bag frozen spinach, thawed (don't forget to squeeze out excess water)
- 1 large jar marinara sauce
- Olive oil spray (to cook turkey)
- 2 cloves garlic, minced
- Salt and pepper
- 1/2 cup fresh, chopped basil OR 1/2 Tbsp Italian seasoning
- 1 1/2 cups low-fat ricotta cheese

Serving Size: 1 Cup

1 Green Light/3 Yellow Lights

Prep Time: 10 minutes



DIRECTIONS:

Step 1:

Preheat the oven to 350°F.

Step 2:

Bring gallon pot of salted water to boil. Add the pasta and cook until al dente, about 8 to 10 minutes. Drain and rinse with cold water.

Step 3:

Spray olive oil spray in sauté pan and add minced garlic over medium heat. Sauté garlic for about a minute, then add ground turkey. Season with salt and pepper and cook for about 4-5 minutes.

Step 4:

In a large mixing bowl, toss the pasta, sauce, Italian seasoning/ basil, ricotta cheese, ground turkey, and spinach together.

Step 5:

Transfer to a casserole dish and sprinkle with the mozzarella cheese.

Step 6:

Bake until the cheese is bubbly and brown and the dish is thoroughly heated, about 15 to 20 minutes; bake longer if the dish has been refrigerated.

This can be made ahead and stored unbaked in the refrigerator up to 2 days, or it can be frozen.

EASY CHICKEN TACOS

MEXICAN FOOD YOU FEEL GOOD ABOUT

Make extra turkey meat to have on hand the whole week and you can use it to make a variety of meals like turkey taco salad, burritos, or mixed in tomato sauce

MAKES 8 TACOS

INGREDIENTS

- 8 soft corn tortillas
- 1 lb ground chicken or turkey or 1 16oz package firm tofu, drained, and cubed
- Olive oil spray
- 1 1/4 oz taco seasoning mix
- 1 medium onions, chopped
- Low-fat cheddar cheese, shredded
- 1/2 head iceberg lettuce, shredded
- 1 cup salsa
- 1 cup non-fat plain Greek yogurt

Serving Size: 1 Taco

1 Green Light/3 Yellow Lights

Prep Time: 10 minutes/Cook Time: 10 minutes



DIRECTIONS:

Step 1:

In a large saucepan, spray with olive oil and cook onions until translucent (about 1 minute).

Step 2:

Then add ground chicken/turkey/cubed tofu and cook over medium heat until no longer pink.

Step 3:

Drain fat, if any. Add taco-seasoning mix and add water according to packet. Mix well and cook until simmering; stirring constantly. Remove from heat.

Step 4:

Warm corn tortillas on stove top.

Step 5:

Set out tortillas, ground meat/tofu, cheese, lettuce and salsa to prepare your own taco.

Step 6:

Top with greek yogurt instead of sour cream.

OVEN BAKED ASIAN SALMON

Full of flavor, comfort, and Omega-3's this versatile recipe is packed with nutrition and is great served with a side of veggies & rice, tossed into a salad, or inside a tortilla for a fish taco

SERVES 4

INGREDIENTS

- 1 lb fresh salmon, boned, no skin
 - 3 tablespoon, soy sauce
 - 1 tsp olive oil
 - 1/2 teaspoon, minced garlic
- Marinade:*
- 2 tablespoon, Dijon mustard

Serving Size: 1 Fist Size

1 Yellow Light

Prep Time: 5 minutes/Cook Time: 10 minutes



DIRECTIONS:

Step 1:

Preheat oven to broil. Move rack to be about 4 inches from heating element.

Step 2:

Lay the salmon on a cutting board and cut it crosswise into 4 equal pieces. Place into a roasting pan.

Step 3:

Whisk together the mustard, soy sauce, olive oil, and garlic in a small bowl. Drizzle half of the marinade onto the salmon and allow it to sit for 10 minutes.

Step 4:

Place roasting pan into the oven, and cook for 10-15 minutes depending on the thickness of your salmon.

Transfer the fish to a flat plate, spoon the reserved marinade on top. Allow the fish to rest for 10 minutes. Serve warm at room temperature, or chilled.

Serving suggestions: Serve with zucchini and rice or make a salad by tossing with lettuce, snap peas, carrots, cucumber, tomatoes, sweet potato cubes and season with rice vinegar.

MAC N' CHEESE

BECAUSE MAC N' CHEESE MAKES EVERYTHING BETTER

Eating a balanced healthy diet absolutely includes comfort foods. When you realize you can serve kids their favorite flavors but with lighter more wholesome ingredients, a whole new sense of freedom appears. This version of mac n' cheese is a child and adult favorite.

INGREDIENTS

- Nonstick cooking spray
- Salt (for the pasta water)
- 4 ounces whole wheat macaroni
- 1 cup shredded reduced-fat cheddar
- 1/4 cup low fat mozzarella
- 1/3 cup nonfat Greek yogurt
- 2 tablespoons of non fat sour cream
- Splash of non fat milk
- Optional: Spinach or broccoli

**Serving Size: 1 Scoop of the Hand
2 Yellow Lights**

Prep Time: 10 minutes



DIRECTIONS:



Step 1:

Preheat the oven to 425 degrees. Mist an 8-by-8-inch baking dish with cooking spray; set it aside.

Step 2:

Bring a large pot of salted water to a boil. Add macaroni and cook according to package directions, drain.

Step 3:

Meanwhile, mix cheeses and yogurt, sour cream and milk together in a medium bowl. (Add more milk if you want a runnier consistency).

Step 4:

Toss the macaroni with the cheese sauce. Season with salt and pepper and cayenne to taste. Pour the mixture into the prepared baking dish. (If you are going to add spinach or broccoli do it now!)

Step 5:

Bake until cheese is melted and macaroni is hot throughout, about 10 minutes.

Step 6:

Have a fun family meal!

Serving suggestions: You can toss broccoli, cauliflower or spinach in with the macaroni or serve along side. Crumble turkey bacon on top to be fancy!

FARMERS MARKET ASIAN STIR FRY WITH CHICKEN, TOFU, OR SHRIMP

THE RECIPE TITLE SAYS IT ALL

*Serve the stir fry first, then scoop the rice on top after
to practice portion control*

INGREDIENTS

Serves 4-6

- 1 cup snow peas
- 1 cup broccoli
- 1 bell pepper, sliced
- ¼ cup water chestnuts
- ½ cup carrots chopped
- 2 cups spinach
- 1 pound precooked
diced or shredded
chicken or diced firm
tofu
- Stir Fry Sauce (find
recipe in the Sauce
section)
- Salt and pepper
- Pinch cayenne pepper
(optional)
- Brown or white rice

**Serving Size: 1 scoop of the hand of stir fry and
1 scoop of the hand of rice**

1 Green Light/2 Yellow Lights

Prep Time: 10 minutes

Cook Time: 15 minutes



DIRECTIONS:

Step 1:

Spray a large skillet with non stick spray. Heat skillet over medium high heat. Add all of the vegetables. Mix around so that the vegetables at the bottom don't burn. Vegetables should cook for about 10 minutes.

Step 2:

Add chicken or tofu.

Step 3:

Add the sauce. Stir well. Let cook for about another 5 minutes.

Step 4:

Serve hot with steamed white or brown rice!

Serving suggestions: skip the rice and eat a bigger portion of veggies. Serve with roasted sweet potatoes or rice noodles.

The background of the page is a collage of various sauces and dips served in white ceramic bowls. Visible items include a dark red tomato sauce, shredded orange carrots, a thick orange sauce, a green pesto-like sauce, a dark green olive oil-based sauce, a light green sauce, a thick green hummus, a dark red tomato sauce, and a light orange sauce.

SECTION 6

SAUCES/DIPS

**ADDING FLAVOR EXPLOSIONS TO WHOLE FOODS WILL KEEP
YOUR FAMILY COMING BACK FOR MORE OF THE HEALTHY
STUFF**

Berry Syrup

Old Fashion Low Fat Ranch

Mama's Famous Tomato Sauce

Stir fry Sauce

Bolognese

Tzadziki

Hummus



BERRY SYRUP

THE PERFECT SUBSTITUTE FOR PANCAKE AND FRENCH TOAST SYRUP

The goal is to get your kids to have a green light at every meal and this easy recipe doubles as syrup and a green light! Use over pancakes, waffles, oatmeal, yogurt or cottage cheese.

INGREDIENTS

- Mixed berries, fresh or frozen
- Optional: Splash of vanilla
- Optional: $\frac{1}{4}$ lemon juice

Place 10 oz of berries in a sauce pan over medium low heat. Allow the juices to bubble to make a juicy sauce, about 7-10 minutes. If desired, add vanilla and/or lemon juice about 1 minute before taking off the stove top.

Serving Size: 1 Cup of the hand

1 Green Light

Cook Time: 7 minutes

OLD FASHION LOW FAT RANCH

You will never use the stuff in the bottle once you taste the fresh herbs and richness from the Greek yogurt in this homemade version

INGREDIENTS

- 1 1/3 cups low-fat buttermilk (if you don't have buttermilk use non fat milk and a tablespoon of vinegar)
- 2/3 cup non or low-fat Greek yogurt
- 2/3 cup non or low-fat sour cream
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoon chopped fresh chives
- 2 teaspoon chopped fresh dill
- 2 teaspoon chopped fresh parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper

Whisk together the buttermilk, yogurt, and sour cream in a bowl. Stir in the garlic powder, onion powder, chives, dill, parsley, salt, and pepper. Cover and refrigerate at least 30 minutes before serving.

Serving Size: 1/4 cup

1 Yellow Lights

Prep Time: 5 minutes



MAMA'S FAMOUS TOMATO SAUCE

Supermarket tomato sauces are often filled with sugar and surprisingly, opening a bottle of sauce isn't that much easier than making a batch of fresh tomato sauce yourself!

INGREDIENTS

- 1/8 cup extra virgin olive oil
- 1/3 of a large onion-chopped finely
- 1 carrot
- 1 stalk celery
- 2 cloves garlic, peeled and smashed with the side of a knife
- One 28 oz can whole peeled Italian tomatoes, preferably San Marzano
- Large handful of fresh basil, stems on
- Salt to taste

**Serving Size: 1 Cup of the Hand
1 Green Light**

Prep Time: 10 Minutes/Cook Time: 30 minutes



DIRECTIONS:

Step 1:

Put a heavy skillet over medium heat.

Step 2:

Add the carrots and celery only (not onion) in the food processor and pulse until it's in tiny tiny pieces, but not mushed.

Step 3:

By hand, (the food processor will pulp the onion and that's not what you want for the sauce), finely chop the onion.

Step 4:

Add olive oil to pan.

Step 5:

Add the garlic, onions, celery, and carrots.

Step 6:

Cook for about 8 minutes.



Step 7:

In food processor pulse tomatoes only for a second or two until more pulpy than puréed. If you don't want to use a food processor, squeeze the tomatoes over the pot with your fists. Be careful of seeds squirting!
Add tomatoes and a generous sprinkling of salt - a good teaspoon.

Step 9:

Add basil leaves, pushing them into sauce so they are covered.

Step 10:

Cover, lower heat and simmer for about 30 minutes.

Step 11:

Uncover. If sauce is watery raise heat to medium and let liquids evaporate until sauce is more condensed.

Serving suggestions: Serve over meatballs or pasta. Use as a tomato sauce on pizza muffins



BOLOGNESE

**AN ITALIAN CLASSIC THAT IS
SURPRISINGLY HEALTHY FOR EVERYONE
IN THE FAMILY**

INGREDIENTS

1. Double the tomato sauce recipe.
2. Add 1 $\frac{1}{4}$ pound of lean ground turkey meat to the sauce and cook over medium heat until cooked through)

Serving Suggestions: Serve over whole wheat pasta or over steamed broccoli or zucchini noodles.

Serving Size: 1 Scoop of the Hand
1 Green Light/1 Yellow Light
Cook Time: 5-10 minutes

STIR FRY SAUCE

With no added sugar, or excessive fat, this easy sauce uses pantry staples and adds an Asian flavor to your favorite stir fries.

INGREDIENTS

- ¼ cup soy sauce
- 1 teaspoon sesame oil
- ¼ cup rice vinegar
- ¼ cup chicken broth
- 1 garlic clove, grated

Mix all the ingredients together. Omit the chicken broth for an Asian salad dressing. Refrigerate any leftovers.

1 Yellow Light

Prep Time: 5 minutes



TZADZIKI

This is a Middle Eastern condiment that cools down spicy flavors and cuts down on richness from meat. It happens to be a kid friendly dip for veggies, sandwich spread, or served over chicken and rice

INGREDIENTS

- 16oz low-fat Greek yogurt
- 1 thinly sliced Persian cucumber
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼-½ juice of a lemon
- ½ teaspoon dill

Mix it all together! Add more cucumber, spices, or lemon juice according to your taste.

Serving Size: 1/2 cup

1 Yellow Lights

Prep Time: 5 minutes



HUMMUS

CREAMY, FLAVORFUL AND RICH IN PROTEIN

The difference between store bought and homemade hummus is dramatic. Not only does the homemade stuff have a freshness to it, it has about half the calories because we skip the oil entirely!

INGREDIENTS

- 1 can garbanzo, (15 oz) drained
- 3/4 cup tahini
- 2 cloves, garlic
- 1 lemon, juiced (about 3 tablespoons)
- 1-2 teaspoons salt
- 3/4 cup, ice water
- Optional: parsley
- Optional: paprika

Serving Size: 1/4 cup

1 Yellow Lights

Prep Time: 7 minutes



DIRECTIONS:

Step 1:

Place the garbanzo beans, tahini, lemon juice and garlic in a food processor and blend until smooth.

Step 2:

Taste it before adding the spices because you may decide you like a less bold flavor, or perhaps a saltier flavor.

Step 3:

Add the paprika and salt. Feel free to adjust the measurements to your palate.


Step 4:

With the food processor on, slowly add the ice water. This will fluff up your hummus and make it extra smooth.

Step 5:

Garnish with paprika and parsley.

Serving suggestions: Serve as a dip for veggies or whole wheat pita chips. Use as a sandwich spread.



SECTION 7

AFTER SCHOOL SNACKS

**AVOID OVEREATING AT DINNER WITH SUPER NUTRITIOUS
CHARGED SNACKS**

Fruit and Light Cheese Skewers

Yellow Light Cereal Trail Mix

Veggie Rainbow with Low Fat Ranch Dressing

½ Grilled Cheese and Fruit

Fruit Dipped in Greek Yogurt and Rice Cereal

Frozen Yogurt Popsicle

FRUIT AND LIGHT CHEESE SKEWERS

We love when food is fun to eat so keep skewers in the house for a different way to encourage green lights.

Dice melon, bananas and apples and skewer the fruit alternating with cheese.

(We recommend low fat cheddar or light string cheese)

Serving Size: 1 Skewer
1 Green Light/1 Yellow Light
Prep Time: 5 minutes

YELLOW LIGHT CEREAL TRAIL MIX

A perfect crunchy snack for road trips, plane rides, or packed in a lunchbox.

Mix together 3 varieties (just two handfuls for portion control) of your child's favorite yellow light cereals (Cinnamon Puffins, Life Cereal, Kix, Rice Crispies, Cheerios) and a small handful of almonds.

Serving Size: 1 Scoop of the Hand
1 Yellow Light
Prep Time: 1 minute





VEGGIE RAINBOW WITH LOW FAT RANCH DRESSING

On a plate arrange red bell pepper, orange bell peppers, yellow bell peppers in a rainbow shape and use cauliflower on the ends to look like clouds. Find our low fat ranch recipe in the sauces section.

1 Green Light/2 Yellow Lights

Prep Time: 10 minutes

1/2 GRILLED CHEESE AND FRUIT

Using one slice of whole wheat bread and 1 ounce (one thumb worth) of cheese, make your grilled cheese. Serve it with apple slices, orange wedges or diced melon.

1 Green Light/2 Yellow Lights

Prep Time: 10 minutes

YOGURT DIPPED FRUIT ROLLED IN RICE CEREAL

*These are two of the most popular snacks amongst
our Kurbo kids. These snacks can double as
dessert, too!*

On a plate, arrange cut bananas, apple slices, and
strawberries. Portion out yogurt and rice cereal in two bowls.
Using a toothpick, dip the fruit in Greek yogurt then roll in
the rice cereal.

FROZEN YOGURT POPSICLE

*A summer time go-to snack that can be enjoyed all
year long using seasonal fruit.*

In a blender, puree diced kiwi, diced mango, or banana.
Layer non-fat or low-fat Greek yogurt with the fruit puree in
a popsicle maker. Freeze for at least 4 hours.

1 Green Light/2 Yellow Lights

Prep Time: 10 minutes





SECTION 8

PLAYDATE SNACKS

**BEING THE COOL PARENTS MEANS YOU HAVE TO STEP UP
YOUR SNACK GAME, ESPECIALLY WHEN FRIENDS ARE OVER**

Frozen Yogurt Covered Grapes

Pizza Muffin

Whole Wheat Pita Chips

Whole Wheat Tortilla Chips and Salsa (blog)

Pigs in a Whole Wheat Blanket

Quesadilla

FROZEN YOGURT COVERED GRAPES

A green light that is also decadent!? YES! These were a Pinterest phenomenon for a reason and are soon to be your household favorite.

Dip grapes into nonfat Greek yogurt, place on a cookie sheet , freeze, and enjoy a handful after dinner!

1 Green Light/1 Yellow Light

Prep Time: 10 minutes

PIZZA MUFFIN

This is hands down Kurbo's most popular snack. It is going to be your kid's favorite, too, trust us.

Top each side of a whole wheat English muffin with tomato sauce, an ounce of light cheese and bake in the toaster oven on 350 until cheese gets bubbly. (Add some broccoli or spinach for a veggie pizza!)

1 Green Light/2 Yellow Lights

Prep Time: 10 minutes





WHOLE WHEAT PITA CHIPS

Baked or fried, chips from the bag are always a red light but when you make them at home you can control the oil content, making them a yellow light.

Preheat your oven or toaster oven to 375 degrees. Cut your whole wheat pita into 6 wedges and place on a baking sheet. Lightly spray pita with olive oil. Sprinkle with salt and garlic powder or cinnamon. Bake for 12-15 minutes or until crispy.

Serve plain or with hummus.

YELLOW LIGHT TORTILLA CHIPS AND SALSA

Give into your craving with this yellow light version of a red light snack

Preheat your oven or toaster oven to 375 degrees. Cut your whole wheat or corn tortilla into 6 wedges and place on a baking sheet. Lightly brush the tortilla with olive oil and sprinkle with salt. Bake until crispy, about 12-15 minutes.

Serve plain or with salsa or guacamole.

Serving Size: 1 tortilla or 1/2 pita

1 Green Light/1 Yellow Light

Prep Time: 10 minutes

PIGS IN A WHOLE WHEAT BLANKET

Cut turkey or chicken sausage into two inch pieces. Slice a whole wheat tortilla into 6 wedges. Place the sausage on the large end of the wedge and roll to the small end. Place on a baking sheet and bake in a 350 degree oven for about 10 minutes. Serve with mustard.

Serving Size: 1 palm full (2-3 pieces)

2 Yellow Light

Prep & Cook Time: 10-15 minutes

QUESADILLA

Fill a whole wheat or corn tortilla with a single layer of light cheese. In a toaster, microwave, or skillet cook your quesadilla until the cheese is melty. Dip in salsa or eat plain.

Serving Size: 1 tortilla

2 Yellow Light

Prep & Cook Time: 5-10 minutes





SECTION 9

MOVIE NIGHT SNACKS

**WE KNOW EVERYONE LIKES TO SNACK AT THE MOVIES, SO
LET'S USE IT AS AN OPPORTUNITY TO MAKE HEALTHY &
YUMMY CHOICES**

Spiced Up Popcorn

Cinnamon Popcorn

Baked Banana Chips

Baked Cinnamon Apple Chips

Homemade Granola

Baked Sweet Potato Chips

SPICED UP POPCORN

Don't let your mindless munchies derail your red light budget for the week! Choosing these popcorn flavors can help you stay on track.

Fill a paper bag with a $\frac{1}{2}$ cup of plain popcorn. Drop a tiny bit of oil in the bag so the bottom doesn't burn. Add a teaspoon of salt, a sprinkle of paprika, and $\frac{1}{4}$ teaspoon of garlic powder. Fold the bag so that it is sealed. Microwave the popcorn for 2 to 3 minutes or until there are 2 seconds between pops.

CINNAMON POPCORN

Fill a paper bag with a $\frac{1}{2}$ cup of plain popcorn. Drop a tiny bit of oil in the bag so the bottom doesn't burn. Add a tablespoon of cinnamon. Fold the bag so that it is sealed. Microwave the popcorn for 2 to 3 minutes or until there are 2 seconds between pops. Optional: drizzle a bit of honey to sweeten it up.

Serving Size: 1 Scoop of the Hand
1 Yellow Light





BANANA CHIPS

It's safe to say that the combination of crunch, sweetness, and spice is going to excite everyone indulging in these fruity snacks.

Preheat the oven to 250 degrees. Using over ripe bananas, slice them 1/8in thick. Spread banana slices on a baking sheet covered in parchment paper. Mix lemon juice with a little water and brush onto the banana slices. Sprinkle with cinnamon and a little kosher salt. Bake for about 2 hours, flipping them over after 90 minutes. until they are crispy. Let them cool! the longer they cool, the crispier they get.

BAKED APPLE CHIPS

Preheat oven to 225 degrees F (110 degrees C). Arrange apples slices on a metal baking sheet covered in parchment. Sprinkle cinnamon a little lemon juice over apple slices. Bake until apples are dried and edges curl up, 45 minutes to 1 hour.

Serving Size: 1 Scoop of the Hand
1 Yellow Light

HOMEMADE GRANOLA

Granola is food that has a “health halo” around it when in fact most store bought granola is packed with sugar and a serious red light! We found a way to get the great taste without the excess sugar.

Preheat the oven to 325 degrees. Combine 4 cups of oats, 1 cup of blueberries, 1/4 cup honey, 1 tablespoon coconut oil, 1/4 cup of sliced almonds, 1/2 teaspoon vanilla extract, 1 tablespoon of cinnamon, 1/4 teaspoon kosher salt. Mix together with your hands (it will be sticky) then spread on a large prepared baking sheet. Bake for 20-25 minutes, until lightly toasted.

BAKED SWEET POTATO CHIPS

Preheat oven to 250 degrees. Place parchment paper on a baking sheet. Use a very sharp knife to cut the potatoes uniformly thin. Lightly spray with olive oil, sprinkle with salt and garlic powder and evenly spread on the baking sheet. Bake for about 1 hour or until the potatoes are browned and crispy.

Serving Size: 1 Scoop of the Hand
1 Yellow Light



A top-down view of a white plate with a brown rim, containing several slices of grilled pineapple. The pineapple has distinct dark grill marks. A silver fork is partially visible in the upper right corner. The plate sits on a wooden surface with a patterned placemat underneath.

SECTION 10

DESSERTS

**A HEALTHY LIFE REQUIRES SOMETHING SWEET THAT
FEELS INDULGENT. WE THINK IT SHOULD BE DAILY.**

Baked Apples with Cinnamon

Grilled Pineapple

Fruit Fondue

Baked Banana and Cinnamon

Banana Ice Cream

Creamy Apple Cinnamon Cheesecake Dip

BAKED APPLES WITH CINNAMON

Apples are loaded in soluble fiber which means that they are good for regulating blood sugar, cholesterol, and the reducing risk of diabetes. So not only do they taste great for dessert, they are great for your overall health.

This recipe comes from one of our Kurbo kids. He makes these as an after dinner treat and sometimes tops them with plain yogurt.

INGREDIENTS

- 6 whole apples (pick your favorite!)
- Cinnamon
- Optional: Vanilla yogurt

Serving Size: 1 apple
1 Green Light



DIRECTIONS:

Step 1:

Cut apples in half and remove core.

Step 2:

Place in small ramekins with a couple tablespoons of water.

Step 3:

Sprinkle tops with cinnamon.

Step 4:

Place ramekins in large baking dish and add water so that you create a water bath half way up the ramekin.

Step 5:

Cover with aluminum foil and bake at 375 for 50-60 minutes, depending on how soft you like the apples.

Step 6:

Let sit for 10 minutes after you remove from the oven.



GRILLED PINEAPPLE

Taking simple whole foods and combining them in creative ways or using different cooking techniques lends to good eating that pleases the taste buds and growing bodies.

Slice a pineapple into 1/2 inch rings. Heat a grill on medium and then place the pineapple slices on the grill. Once they are slightly charred take them off the grill and serve hot!

Serving Size: 2 rings
1 Green Light

FRUIT & YOGURT FONDUE

Cut up your favorite fruit like apples, melon and bananas. Dip in vanilla yogurt then dipped in crushed graham crackers.

Serving Size: Palm size amount of fruit
1 Green Light/1 Yellow Light

BAKED BANANA WITH CINNAMON

It turns out the humble banana is a fruit that can be prepared in so many different and scrumptious ways. Because of its rich creaminess, it makes the ideal dessert. You won't even miss the sugar!

Cut your banana in half and sprinkle each half with cinnamon (you can also throw on a few mini chocolate chips!) Roast at 350 degrees for 15 minutes in the peel. Open up and dig in!

BANANA ICE CREAM

This dessert is no joke so make sure you have plenty of frozen bananas on hand when you feel like seconds.

Blend two frozen bananas in a blender. Top with cinnamon or cocoa powder. How creative can you get with toppings?

Serving Size: 1 banana
1 Green Light



CREAMY APPLE CINNAMON CHEESECAKE DIP

Non fat cottage cheese is a food that has a lot of bang for the buck: low in calories for a lot of nutrients. When it gets whipped it turns in a smooth, tangy, creamy treat that tastes like cheesecake. Get creative with variations by adding different spices or ingredients like pumpkin, blueberries, or unsweetened cocoa powder.

INGREDIENTS

- ½ cup nonfat cottage cheese
- ½ tablespoon of honey
- 1 teaspoon cinnamon
- Apple slices
- ½ teaspoon vanilla extract
- Optional: crushed graham cracker
- ½ banana

Serving Size: 1 Fist Size

1 Yellow Lights

Prep Time: 5 minutes



DIRECTIONS:

Step 1:

Place all of the ingredients except apple slices and graham crackers in a blender or food processor until smooth.

Step 2:

Optional to sprinkle crushed graham cracker

Step 3:

Eat by dipping apple slices or with a spoon or dip graham crackers! (Watch your portions with the graham crackers--one square is one yellow light, a whole sheet is two yellow lights!)

KURBO HEALTH & YOUR HEALTH

More than anything, we hope these recipes bring your family together and sparks conversation. Conversation, not just about healthy eating, but about your day, your dreams, your lives, and anything and everything that promotes warmth and togetherness.

If you have not already signed up for health coaching and want to go deeper into the work to make your dreams and goals a reality, we are here and waiting to talk to you!

Our coaches are trained to work with kids and families to motivate, challenge, and inspire healthy changes that positively affect the whole family system.

To view our various coaching packages visit: my.kurbo.com/plans or call:
1800.444.7158