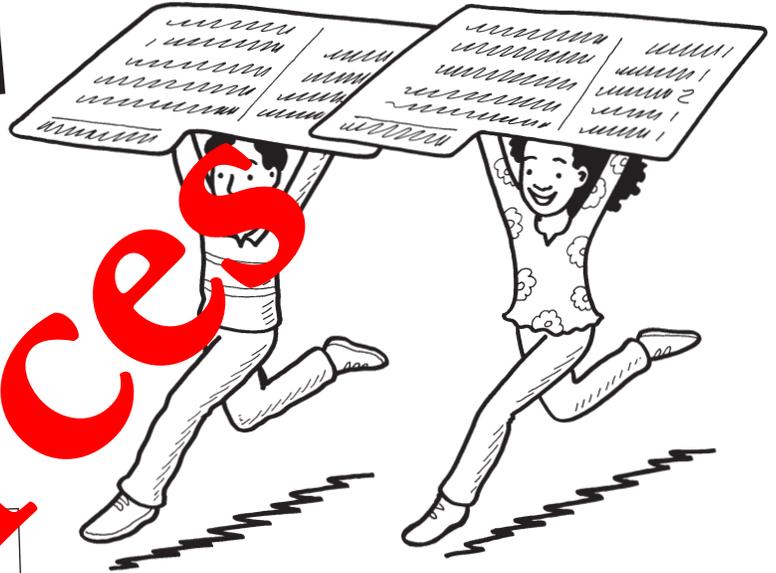


# Best Recipes

2018 Edition

You and your child can have fun in the kitchen as you whip up nutritious meals and snacks. Here are family-friendly recipes to try.



## Baked fish sticks

- 1 lb. cod fillets
- 1 cup nonfat milk
- 1 cup whole-wheat breadcrumbs
- ¼ tsp. salt
- ¼ tsp. pepper



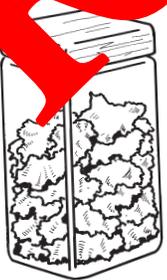
Cut cod into strips. Soak in milk for 10 minutes. Mix breadcrumbs with salt and pepper. Drain fish, dredge strips in breadcrumb mixture, and put on a baking sheet, and bake at 450° for about 5 minutes on each side. Use a fork to separate fish flakes. Serves 4.

## Breakfast burgers



- 1 lb. lean ground beef
- ¼ cup no-sugar-added applesauce
- 1 tsp. steak sauce
- 6 whole-wheat English muffins
- 6 slices cheddar cheese

Mix beef, applesauce, and steak sauce together. Shape into 6 small patties. Cook in a skillet, 3–5 minutes per side. Toast English muffins, top with patties, cheese, and cover with the other muffin halves. *Idea:* For a grab-and-go option, wrap cooked sandwiches and freeze. To reheat, thaw overnight, and microwave for 1–2 minutes, until the cheese melts. Makes 6 servings.



- 1 bunch kale
- 2 tsp. olive oil
- 1 tsp. sea salt

Tear the kale leaves into bite-sized pieces, toss with olive oil and salt, and spread on a cookie sheet. Bake at 375° about 15 minutes, until crispy. Store in an airtight container. Makes 6 servings.

## Roasted vegetable

- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 cup butter beans
- 1 chunk onion
- 1 tbs. olive oil
- 1 tsp. dried oregano
- 1 tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper



Arrange vegetable pieces on a cookie sheet. Drizzle lightly with olive oil, and sprinkle with seasonings. Bake at 425° for 20–30 minutes, until cooked. Serve as a side dish, or use in salads or burritos. Makes 4 servings.

## Avocado eggs

- 1 avocado, sliced in half and pit removed
- 2 eggs
- Hot sauce (optional)



Put each avocado half in a muffin cup or on a small baking sheet, and crack an egg into the hole. Bake at 350° for 10–15 minutes, until egg reaches desired doneness. Add a few drops of hot sauce, if desired. Makes 2 servings.

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