

# EatRight Ontario

SPEAK WITH A REGISTERED DIETITIAN FOR FREE

1-877-510-510-2

[www.eatrightontario.ca](http://www.eatrightontario.ca)



We are celebrating the 5<sup>th</sup> anniversary of the EatRight Ontario *Kids Recipe Challenge* by sharing our **top 10 most popular kid-friendly recipes!**



Inside, you'll find winning meal, snack and dessert ideas the whole family will love.

**Enjoy!**

# The EatRight Ontario Kid-Friendly Recipe Booklet



EatRight Ontario encourages school-aged children to get excited about healthy eating.

Our annual *Kids Recipe Challenge* gets kids in the kitchen creating original, kid-friendly recipes. Winners receive great prizes and have their recipes featured on the EatRight Ontario website.

March 2015

# Breakfast is on!

Jake, from King City, loves this breakfast during busy mornings. He suggests making them the night before so that you have a chance to catch a few extra minutes of sleep!



## Breakfast Cups

1<sup>st</sup> place winning recipe from 2013

**Makes:** 12 Preparation time: 20 minutes Cook time: 15 minutes

**Whether you take these breakfast cups on the go, or decide to make them for a party, they are sure to be a hit! Pop them into the microwave to enjoy warm and be off to school.**

### Ingredients

4	sheets of phyllo pastry	4
2	slices ham or turkey, diced	3 oz./90 g
1	red or green bell pepper, diced	1
1/3 cup	shredded carrot	75 mL
6	eggs	6
2 tbsp.	milk	30 mL
1/3 cup	shredded cheddar cheese	75 mL

### Instructions

1. Place 1 sheet of phyllo pastry on your work surface and spray with cooking spray. Top with another sheet of phyllo and repeat with cooking spray and remaining phyllo sheets. Cut into 12 squares and place each square into a sprayed muffin tin.
2. Sprinkle ham, pepper and carrot into each cup.
3. In a bowl, whisk together eggs and milk and divide mixture evenly among cups. Sprinkle each with cheese.
4. Bake in preheated 190°C (375°F) oven for about 15 minutes or until golden, and knife inserted in centre comes out clean.

*Copyright ©Dietitians of Canada 2015. All rights reserved.*

### Tips:

These breakfast cups can be stored in the refrigerator for up to 3 days.

Substitute leftover chicken for another flavour option.

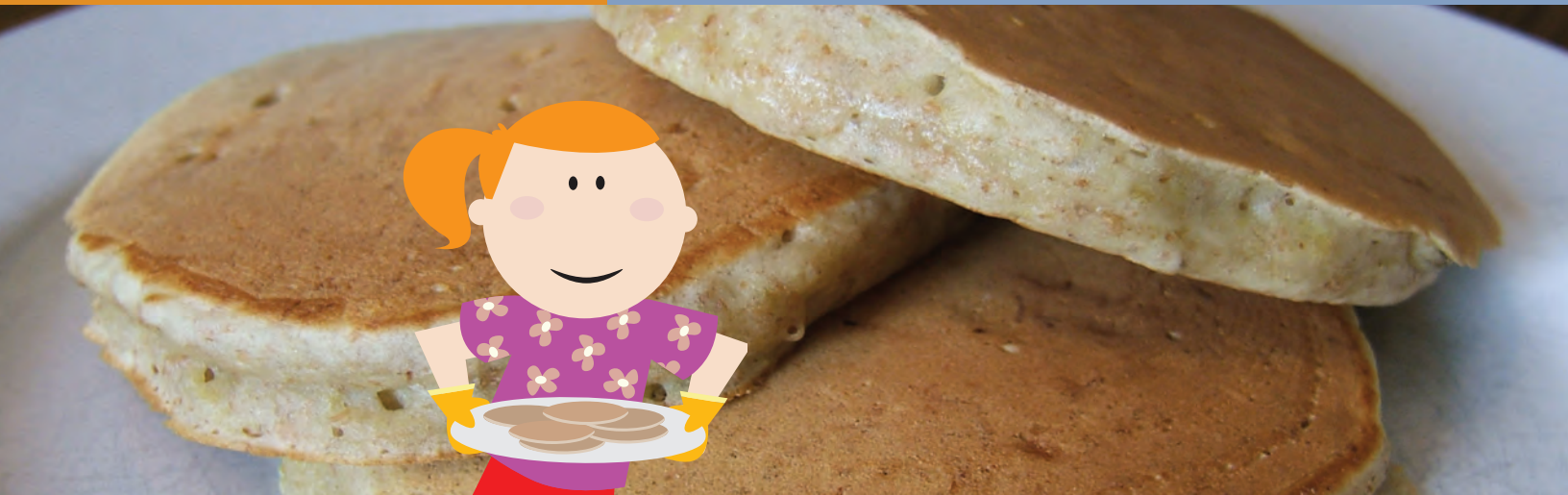
Use your leftover phyllo to make dessert cups. Or use as a wrap to bake salmon for a crunchy twist.

### Nutrition information per breakfast cup

Calories	86
Protein	6 g
Fat	4 g
Carbohydrate	6 g
Fibre	0 g
Sodium	172 mg

Breakfast is on!

Jessica, in Toronto, loves these griddle cakes when they are warm and fresh. Her favourite part of preparing these is mashing the bananas.



# Banana Whole Grain Griddle Cakes

1<sup>st</sup> place winning recipe from 2011

**Makes:** 15 Preparation time: 20 minutes Cook time: 10 minutes

**These griddle cakes are filled with the taste of ripe sweet bananas that kids will love! Kids can help by measuring out the ingredients and mixing the batter. Try this twist on the traditional pancake with your family.**

## Ingredients

1 cup	all purpose flour	250 mL
½ cup	whole-wheat flour	125 mL
¼ cup	wheat germ	50 mL
1 tbsp.	granulated sugar	15 mL
1 tsp.	baking powder	5 mL
1 tsp.	baking soda	5 mL
¼ tsp.	salt	1 mL
2	ripe bananas	2
2	eggs	2
1 cup	skim milk	250 mL
1 tbsp.	canola oil	15 mL
1 tsp.	lemon juice	5 mL
1 tsp.	vanilla extract	5 mL

## Instructions

1. In a large bowl, whisk together all purpose and whole-wheat flours, wheat germ, sugar, baking powder and soda and salt; set aside.
2. In another bowl, mash bananas with fork until very mushy. Stir in eggs until combined. Add milk, oil, lemon juice and vanilla and stir together until well combined. Pour over flour mixture and stir until moistened.
3. Heat a large non-stick skillet or griddle over medium heat.
4. Pour about ¼ cup (60 mL) of the batter onto pan and cook for about 3 minutes or until small bubbles start to appear on top.
5. Flip and cook another 1 to 2 minutes or until golden on the other side.
6. Repeat in batches with remaining batter.

## Tips:

Once cool, wrap griddle cakes individually in wax or parchment paper and place in an airtight container.

They can also be frozen for up to 2 weeks. Reheat in the microwave or toaster.

For additional flavour serve with your favourite nut butter, yogurt or frozen fruit.

## Nutrition information per griddle cake

Calories	92
Protein	3 g
Fat	2 g
Carbohydrate	16 g
Fibre	1 g
Sodium	158 mg

Copyright ©Dietitians of Canada 2015.

All rights reserved.

These are winners  
for lunch and dinner!

Jillian, from Nepean, was the inspiration for  
this recipe! Enjoy these meatballs hot from a  
thermos or cold in your lunch.



## Green Meatballs

Honourable mention winning recipe from 2009

**Makes: 30** Preparation time: 15 minutes Cook time: 30 minutes

**Send along some dipping sauce with these meatballs for a fun addition or pack them in a bun for a meatball sandwich.**

### Ingredients

3 cups	chopped fresh broccoli flowerets	750 mL
8 oz.	extra-lean ground beef, chicken or pork	250 g
1 tbsp.	finely chopped fresh ginger	15 mL
1 tbsp.	rice wine (mirin) (optional) or rice wine vinegar	15 mL
1 clove	garlic, minced	1 clove
1/2 tsp.	each salt and pepper	2 mL

### Instructions

1. In a saucepan of boiling water, cook broccoli for about 8 minutes or until very tender.
2. Drain well and using potato masher to mash broccoli until fairly smooth to make about 250 mL (1 cup); let cool slightly.
3. In a large bowl, combine beef, ginger, rice wine, garlic, salt and pepper. Add broccoli and using hands, mix together until broccoli is evenly distributed.
4. Using about 15 mL (1 tbsp.) of the mixture roll into balls and place on parchment paper or a foil lined baking sheet to make about 30 meatballs.
5. Bake in 180°C (375°F) oven for about 20 minutes or until no longer pink inside and golden brown.

Copyright ©Dietitians of Canada 2015. All rights reserved.

### Tips:

Use a food thermometer to make sure the meat is cooked to an internal temperature of 74°C (165°F) if using chicken and 71°C (160°F) if using pork.

You can pan-fry the meatballs in a large non-stick skillet until golden brown on the outside and no longer pink inside.

### Nutrition information per 6 meatballs

Calories	90
Protein	10 g
Fat	4 g
Carbohydrate	4 g
Fibre	1 g
Sodium	284 mg

These are winners  
for lunch and dinner!

Matis and Natalie, from Toronto, share with us  
their favourite recipe. They say it's fun and easy  
to make. It's also a great to try something new.



## Yummy Quinoa Salad

1<sup>st</sup> place winning recipe from 2009

Makes: 2 cups (500 mL) Preparation time: 5 minutes Cook time: 20 minutes

**Quinoa is a whole grain that has iron, fibre and protein, just what kids need. You can keep it warm in a thermos or enjoy it cold. Either way it has lots of flavour.**

### Ingredients

1/2 cup	quinoa	125 mL
1 tbsp.	olive oil	15 mL
2 cloves	garlic, minced	2
1 cup	sodium reduced vegetable broth	250 mL
1 cup	frozen shelled edamame (soybeans)	250 mL
1	carrot, shredded	1
2 tbsp.	freshly grated Parmesan cheese (optional)	25 mL

### Instructions

1. Place quinoa in fine meshed sieve and rinse under water for about 30 seconds; set aside.
2. In a non-stick skillet, heat oil over medium heat. Add garlic and stir for 30 seconds.
3. Add quinoa and cook, stirring for 2 minutes to toast the grains. Remove from heat and slowly pour in broth. Slowly and carefully, stir to combine and return to heat.
4. Add the edamame and carrot and bring to a gentle simmer.
5. Reduce heat to medium low. Cook, stirring occasionally for about 15 minutes or until liquid is absorbed and quinoa is tender.

Copyright ©Dietitians of Canada 2015. All rights reserved.

### Tips:

Look for soybeans (edamame) in the freezer section of the grocery store.

Substitute canned chickpeas, kidney beans or lentils for the edamame. Drain and rinse well before using to remove excess sodium.

### Nutrition information per 1 cup (250 mL)

Calories	304
Protein	12 g
Fat	12 g
Carbohydrate	38 g
Fibre	8 g
Sodium	406 mg

These are winners  
for lunch and dinner!

Clairise, from Brantford, loves that this  
is fun to make and has lots of flavour.



## Tuna Grilled Cheese

2<sup>nd</sup> place winning recipe from 2013

Makes: 2 sandwiches    Preparation time: 10 minutes    Cook time: 5 minutes

**Warm and comforting, grilled cheese sandwiches are always a big hit with everyone in the family. Look for light tuna like skipjack since it's a great source of protein and usually lower priced than white tuna.**

### Ingredients

1 can	flaked light tuna in water, drained	170 g
2 tbsp.	finely chopped celery	30 mL
1 tbsp.	light mayonnaise	15 mL
1/2 tsp.	lemon juice	2 mL
Pinch	freshly ground black pepper	Pinch
4 slices	multigrain bread	4 slices
2 tsp.	butter or soft non hydrogenated margarine	10 mL
2 slices	cheddar cheese	2 slices
1 cup	baby spinach	250 mL
1	small tomato, sliced	1

### Instructions

1. In a small bowl, mix together tuna, celery, mayonnaise, lemon juice and pepper.
2. Spread bread with butter on one side of each slice. Divide tuna mixture on two of the unbuttered sides of the bread. Top tuna with cheese slice and other slice of bread, buttered side up.
3. Place sandwiches in large non-stick skillet over medium heat and cook for about 2 minutes per side until golden brown.
4. Remove from skillet and gently lift bread slice and tuck baby spinach and tomato inside the sandwich to serve.

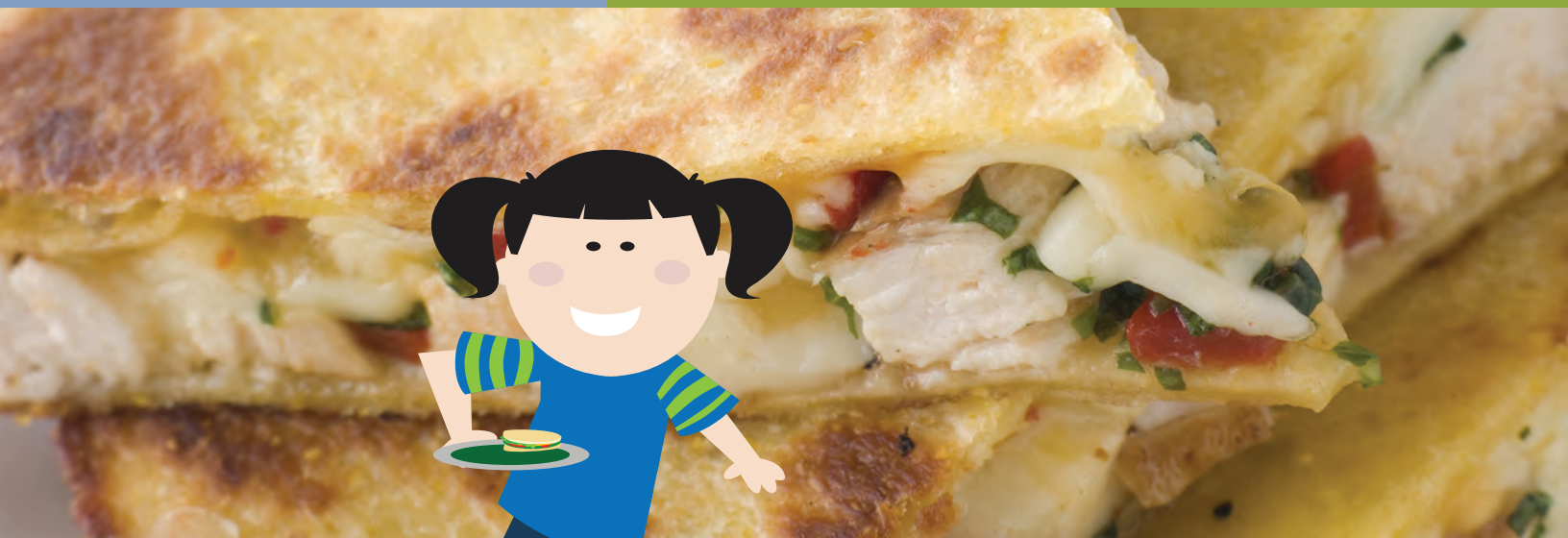
Copyright ©Dietitians of Canada 2015. All rights reserved.

### Nutrition information per sandwich

Calories	502
Protein	37 g
Fat	20 g
Carbohydrate	43 g
Fibre	8 g
Sodium	878 mg

These are winners  
for lunch and dinner!

Alexandra, from Toronto, thinks this recipe tastes  
great and is fun to make.



# Cheesy Chicken Crunchie Quesadillas

2<sup>nd</sup> place winning recipe from 2009

**Makes: 1 pita** Preparation time: 5 minutes Cook time: 5 minutes

**Serve these quesadillas with apple slices and a glass of milk.**

## Ingredients

1 medium	whole-wheat pita	1
1.5 oz	cooked boneless, skinless chicken breast	50 g
2 tbsp.	mild or medium salsa	25 mL
2 slices	part skim mozzarella or swiss cheese	2
	low fat sour cream (optional)	

## Instructions

1. Slice open the pita to create two round slices.
2. Spread each half of the pita with salsa and top one side with cheese. Shred or chop the chicken breast and place it on top of the cheese. Top with remaining cheese slice and pita round.
3. Place sandwich in a small non-stick skillet over medium heat and cook turning once, for about 5 minutes or until cheese is melted.
4. Remove to cutting board and cut into 4 triangles. Serve with low fat sour cream, if desired.

Copyright ©Dietitians of Canada 2015. All rights reserved.

## Tips:

If taking it for lunch at school, place the quesadillas and sour cream in separate containers.

## Nutrition information per pita

Calories	331
Protein	30 g
Fat	7 g
Carbohydrate	38 g
Fibre	5 g
Sodium	655 mg

Hooray for snacks  
and desserts!

Ian, from Belle River, thinks kids will like this recipe because it is yummy and healthy and has two of the food groups from Canada's Food Guide.



# Apple Blueberry Smoothie

Honourable mention winning recipe from 2012

Makes: 2 servings Preparation time: 5 minutes

**This smoothie is a winner with fresh tasting apple and blueberries to brighten your day. This is a perfect portable snack for the car on your way to a game after school.**

## Ingredients

1/2 cup	plain yogurt (1% M.F.)	125 mL
1	banana, ripe	1
1	apple, cored, peeled and chopped	1
1/2 cup	blueberries, fresh or frozen	125 mL
1/4 cup	100% orange juice	60 mL

## Instructions

1. Place yogurt, banana, apple, blueberries and orange juice in a blender. Cover and puree until smooth.

*Copyright ©Dietitians of Canada 2015. All rights reserved.*

## Tips:

For a cool treat simply use frozen blueberries and a frozen banana in the recipe.

Use tart apples like Granny Smith or Northern Spy for a refreshing tangy flavour. Try Royal Gala or Honey Crisp apples for a sweeter version.

## Nutrition information per serving

Calories	149
Protein	4 g
Fat	0.5 g
Carbohydrate	35 g
Fibre	3 g
Sodium	45 mg



Hooray for snacks  
and desserts!

Kayley, from Timmins, helps measure and mix the ingredients for this granola. She then adds it to yogurt for a healthy start to her day!.



# Almond Coconut Granola

3<sup>rd</sup> place winning recipe from 2013

Makes: 7 cups (1.75 L) Preparation time: 10 minutes Cook time: 60 minutes

**Homemade granola is great to have on hand for an easy breakfast with yogurt and fruit, or to enjoy as a snack later in the day. Try using it in other recipes as well for new flavour and variety.**

## Ingredients

3 cups	large flake oats	750 mL
1 cup	slivered almonds	250 mL
¾ cup	shredded coconut	175 mL
½ cup	ground flax seed	125 mL
¼ cup	dark brown sugar	60 mL
3 tbsp.	pure maple syrup	45 mL
3 tbsp.	canola oil	45 mL
½ cup	dried diced apricots	125 mL
½ cup	dried cranberries	125 mL

## Instructions

1. In a large bowl, combine oats, almonds, coconut, flax seed, sugar, maple syrup and oil. Stir together until everything is well coated. Let stand for 15 minutes.
2. Spread mixture onto rimmed baking sheet and bake in preheated 121°C (250°F) oven for about 1 hour, stirring every 15 minutes until golden.

Copyright ©Dietitians of Canada 2015. All rights reserved.

## Tips:

Substitute any of your favourite dried fruits like raisins, blueberries, cherries, chopped dates or figs.

## Nutrition information per ¼ cup (60 mL)

Calories	122
Protein	3 g
Fat	6 g
Carbohydrate	16 g
Fibre	2 g
Sodium	10 mg

Hooray for snacks  
and desserts!

Azrik, from Azilda, loves that this recipe is packed  
with good things like oats, raisins and nuts.



# Soft Oatmeal Raisin Delights

3<sup>rd</sup> place winning recipe from 2009



**Makes: 4 dozen cookies** Preparation time: 15 minutes Cook time: 45 minutes

**These cookies are easy to make  
and are much healthier than most  
store-bought varieties.**

## Ingredients

1 cup	unbleached all purpose flour	250 mL
1 1/2 tsp.	baking powder	7 mL
1 tsp	ground cinnamon	5 mL
1/2 tsp.	baking soda	2 mL
1/2 tsp.	freshly ground nutmeg	2 mL
1/4 tsp.	ground cloves	1 mL
1/2 cup	butter, softened	125 mL
1/3 cup	packed light brown sugar	75 mL
1	egg, large	1
2 tbsp.	fancy molasses	25 mL
1 1/3 cup	unsweetened applesauce	325 mL
1 3/4 cups	large flake or quick-cooking oats	425 mL
1 cup	raisins	250 mL
3/4 cup	toasted sliced almonds (optional)	175 mL
1 1/2 tsp.	vanilla	7 mL

## Instructions

1. In bowl, whisk together flour, baking powder, cinnamon, baking soda, nutmeg and cloves; set aside.
2. In a large bowl, beat butter and sugar until fluffy.
3. Beat in egg and molasses until combined.
4. Alternate adding the flour mixture and applesauce into the butter mixture.
5. Stir in oats, raisins, almonds, if using, and vanilla.
6. Line a baking sheet with parchment paper. Drop batter by tablespoonfuls (15 mL) onto baking sheet.
7. Bake in 190°C (375°F) oven for 12 to 15 minutes or until golden brown and firm to the touch.

Copyright ©Dietitians of Canada 2015.  
All rights reserved.

## Tips:

If you don't have cinnamon, nutmeg and cloves you can substitute 1 1/2 tsp. (7 mL) of pumpkin pie spice. If you don't want to use nutmeg and cloves increase the cinnamon to 1 1/2 tsp. (7 mL). If you don't have molasses simply increase the brown sugar to 1/2 cup (125 mL).

## Nutrition information per cookie

Calories	62
Protein	1 g
Fat	2 g
Carbohydrate	10 g
Fibre	1 g
Sodium	39 mg

Hooray for snacks and desserts!

Marek, from Markham, thinks kids will like this recipe because it is creative, fun and can be made with the whole family.



# Flying Saucer Muffins

1<sup>st</sup> place winning recipe from 2012

**Makes:** 12 Preparation time: 20 minutes Cook time: 25 minutes

**Placing a banana slice on top of the muffin before it bakes helps to create a “flying saucer top” to these muffins. Get your kids to help measure out ingredients and stir up the batter for this family snack.**

## Ingredients

1 ¼ cups	whole-wheat flour	310 mL
1 cup	all purpose flour	250 mL
½ cup	wheat bran	125 mL
1 tbsp.	baking powder	15 mL
½ cup	soft non-hydrogenated margarine	125 mL
¾ cup	granulated sugar	175 mL
2	eggs	2
1 cup	skim milk	250 mL
1 tsp.	pure vanilla extract	5 mL
3	apples, cored and grated	3
1	carrot, peeled and grated	1
1	banana, cut into 12 slices	1

## Instructions

1. In a bowl, whisk together whole wheat and all purpose flours, wheat bran and baking powder; set aside.
2. In a large bowl, beat margarine and sugar until fluffy. Beat in eggs, one at a time until smooth. Beat in milk and vanilla until combined.
3. Using a wooden spoon, add flour mixture and stir to moisten. Stir in apples and carrot and stir until well distributed.
4. Scoop mixture into 12 paper lined muffin tins. Top each muffin with a banana slice in the centre.
5. Bake in 200°C and (400°F) oven for about 25 minutes or until cake tester comes out clean and muffins are golden.

Copyright ©Dietitians of Canada 2015.  
All rights reserved.

## Tips:

Wrap muffins individually with plastic wrap and place them in a re-sealable plastic bag or container and freeze for up to 2 weeks. Let thaw at room temperature or place in microwave to warm through.

## Nutrition information per muffin

Calories	252
Protein	5 g
Fat	9 g
Carbohydrate	40 g
Fibre	4 g
Sodium	200 mg



# EatRight Ontario

SPEAK WITH A REGISTERED DIETITIAN FOR FREE

1-877-510-510-2

www.eatrightontario.ca






## About EatRight Ontario

Get answers to your healthy eating questions from a place you can trust. Connect to a Registered Dietitian at EatRight Ontario for free.

1. Call 1-877-510-510-2.
2. E-mail a Dietitian [www.eatrightontario.ca](http://www.eatrightontario.ca).
3. Visit [www.eatrightontario.ca](http://www.eatrightontario.ca)  
Sign up for eNews, a monthly email with recipes, nutrition tips and updates from EatRight Ontario.

Join our social network.  
Visit us at:

-  [www.twitter.com/eatrightontario](http://www.twitter.com/eatrightontario)
-  [www.facebook.com/eatrightontario](http://www.facebook.com/eatrightontario)
-  [www.youtube.com/eatrightontario](http://www.youtube.com/eatrightontario)

## About Dietitians of Canada

Dietitians of Canada (DC) is the national professional association for dietitians, representing 6000 members at the local, provincial and national levels.

DC operates EatRight Ontario to give the people of Ontario more ways to connect with a Registered Dietitian and get trusted advice on healthy eating at no charge.

*DC acknowledges the financial support of EatRight Ontario by the Ontario government.*



## Did you enjoy these recipes?

Visit [www.eatrightontario.ca](http://www.eatrightontario.ca) for more kid-friendly recipes.

Download the Cookspiration app, created by Dietitians of Canada, for more great recipes or visit [www.cookspiration.com](http://www.cookspiration.com).



[www.nutritionscreen.ca](http://www.nutritionscreen.ca)



## Are you a parent or caregiver with a young child?

Take the Nutri-eSTEP survey to find out how well your child is doing with daily habits?

Visit [www.nutritionscreen.ca](http://www.nutritionscreen.ca) to find out if your toddler (18 to 35 months) or preschooler (3 to 5 years) is a healthy eater.