

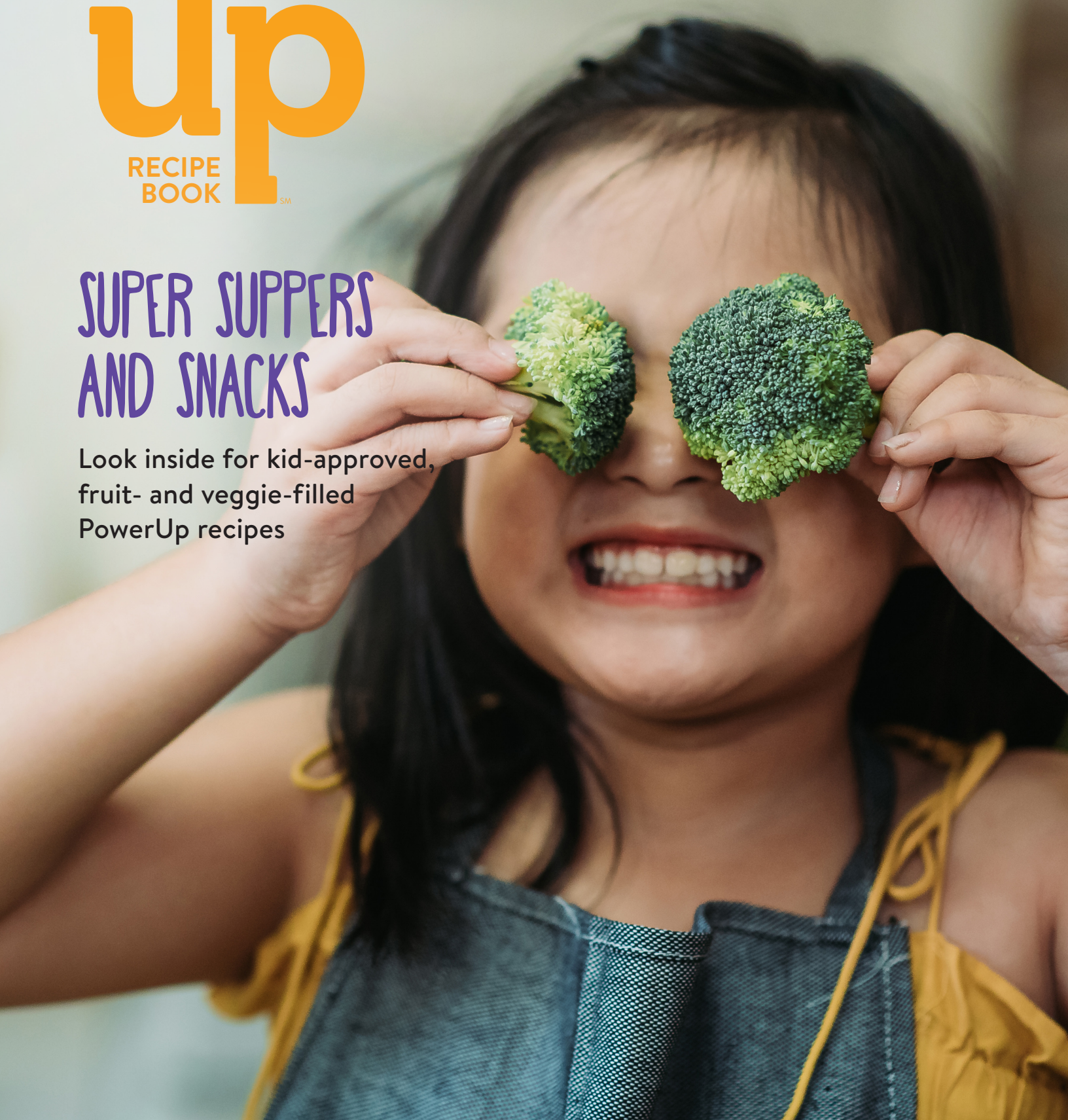


power up

RECIPE
BOOK

SUPER SUPPERS AND SNACKS

Look inside for kid-approved,
fruit- and veggie-filled
PowerUp recipes



WELCOME KIDS AND FAMILIES

It's time to Try for 5 with colorful fruits and veggies!

Fruits and veggies power you up, to help you learn and play.
So, explore and discover new ways to Try for 5 each day!
You can find them in a garden, in a freezer or even in a can,
No matter where you find them, when you Try for 5,
give yourself a hand!



HOW DO FRUITS AND VEGGIES GROW?

They don't start out at a market or a store,
They grow in fields, gardens or even indoors.
Picked and packed to get ready for your plate,
Fresh, canned or frozen they all taste great.

WHICH OF THESE FRUITS AND VEGGIES HAVE YOU SEEN GROWING?



Hey kids and families ... before you get cooking in the kitchen, there are 3 important skills a power chef does every time they prep or cook food. They're as easy as 1-2-3.



SCRUB

Wash hands before touching food (scrub front, back and in between fingers). Sing the ABCs and you'll be done when you get to the letter Z.



WASH

Wash fruits and veggies before you cut, cook or eat them.



TRY

Taste what you create to make sure it's great!



Before using knives please watch the Knife Safety 101 Video at powerup4kids.org/videos

Fellow grown-ups,

Every day, I hear parents and guardians tell me their kids are unsure about new foods – especially veggies. This is normal, but this often turns into a frustrating battle at mealtimes. What's a parent to do?

- **Keep offering, don't get discouraged.** You might discover they like new foods, such as veggies, roasted or dipped in a sauce!
- **Thank them for trying.** Trying doesn't always mean taking a bite. A smell, touch or even a lick is a successful "try" worth celebrating!
- **Give kids routine.** Mapping out a plan for meals and snacks will set the stage for better eating.
- **Involve your kids** with shopping and cooking to spark their curiosity and confidence in the kitchen.
- **Gather around the table.** Eating together helps families feel connected, lowers stress and gets everyone eating more fruits and veggies.

Not sure where to start? Right here! This recipe book is power-packed with fun and tasty ways to get everyone excited about "Trying for 5" fruits and veggies.

Bon appétit!

Andrea Singh, MD



Andrea Singh, MD
Pediatrician and
mom of two



PowerUp Lentil Tacos

Makes: 2 1/2 cups (about 10 tacos)

INGREDIENTS

- 1 tablespoon canola oil
- 3/4 cup onion, diced (1 medium onion)
- 2-3 cloves garlic, minced
- 1 tablespoon taco seasoning*
- 3/4 cup dried lentils
- 2 cups veggie broth
- 3/4 cup salsa

INSTRUCTIONS

1. Heat large skillet on medium-low. Add onion and garlic and sauté for 5-7 minutes until translucent.
2. Add dried lentils and taco seasoning, stir and cook for 1 minute.
3. Add broth, bring to a boil for 1 minute and then reduce heat to low, cover and cook until lentils are tender and liquid is absorbed, about 25 minutes.
4. Uncover and stir until thickened, about 5-10 minutes.
5. Mash lentils a bit with a fork, if desired, and stir in salsa.
6. Add to your choice of whole grain taco shell and top with cheese, diced tomato and Pineapple Pico de Gallo (recipe on page 14). Enjoy!

FROM THE POWERUP KITCHEN



Garlic and onion have the best flavor when sautéed “slow and low” (5-7 minutes, medium-low heat).





Slow-cooked Southwest Chicken and Beans

Serves: 4-6

INGREDIENTS

- 2 cans black beans, rinsed and drained
- 1-2 cups corn (fresh, frozen, canned)
- 1 can diced tomatoes, do not drain
- 1 can mild green chilies
- 2-3 pounds boneless skinless chicken breast
- 2 cups of fresh salsa
- 2-4 tablespoons of taco seasoning*

INSTRUCTIONS

1. In a 2- or 3-qt. slow cooker, combine the beans, tomatoes, chilies, chicken, salsa, and seasoning.
2. Cover and cook on low for 6-8 hours.
3. Just before serving, remove chicken, shred with two forks. Then spoon out the beans and tomatoes.
4. Serve with brown rice or whole grain tortillas and taco fixings, or over mixed greens. Top with a dollop of plain Greek yogurt (in place of sour cream).

ADAPTED FROM THE KITCHEN OF LISA RAMBO

*Use your favorite seasoning or PowerUp Homemade Taco Seasoning recipe at powerup4kids.org/recipes.



POWER PACKED PODS

You probably know peas grow in a pod, but did you also know beans – like black beans, kidney beans and edamame (soy beans) do too? These power pods are packed with protein and are perfectly awesome in soups, chili, salsa or on their own.

Unrolled Egg Roll

Winning PowerUp recipe by **Paul J.**
of Amery, WI

Serves: 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 pound lean ground pork
- 6 green onions, sliced, white and green parts separated
- 6 cloves garlic, minced
- 1 tablespoon fresh grated ginger
- 14-ounce bag coleslaw mix (with carrot, purple and green cabbage)
- 3 tablespoons soy sauce or coconut aminos
- 1 tablespoon white vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 tablespoon toasted sesame seed oil

INSTRUCTIONS

1. Heat olive oil in a large skillet. Add pork and cook until browned.
2. Add white parts of green onions, garlic and ginger and sauté until fragrant, about 3 minutes.
3. Add coleslaw mix, soy sauce (or, coconut aminos), vinegar and salt and pepper. Cook, stirring frequently, until coleslaw mix is tender, about 5 minutes.
4. Drizzle with sesame seed oil and toss to coat. Serve topped with green parts of green onions.



ALLERGY ALERT

To make this recipe gluten- and soy-free, use coconut aminos instead of soy sauce. Find more substitutions for allergies and food sensitivities on page 18.



Asian Pad Thai

Serves: 4

INGREDIENTS

- 4 ounces brown rice noodles
- 3 tablespoons cooking oil (canola or vegetable)
- 1 clove garlic, minced (may substitute with 1/8 teaspoon of garlic powder)
- 4 large eggs, lightly beaten
- 2 cups carrot, shredded
- 2 cups snow peas (or other veggie)

SAUCE

- 3 tablespoons soy sauce
- 3-4 tablespoons lime juice (from 2 limes)
- 2 teaspoons fish sauce (optional)
- 1/8 teaspoon red pepper flakes or Sriracha sauce (optional)

TOPPINGS (OPTIONAL)

- 1/4 cup chopped peanuts
- Green onions, chopped
- Fresh cilantro, chopped

INSTRUCTIONS

1. Prepare brown rice noodles according to package instructions, drain and set aside.
2. In a small bowl, stir together the soy sauce, lime juice, fish sauce and red pepper flakes (or Sriracha sauce).
3. In a large skillet, heat oil over medium-high heat. Add garlic and swirl for a moment, then add veggies and fry until cooked to desired tenderness.
4. Move veggies to the outer edges of the pan, leaving an open circle in the middle. Pour the beaten eggs into the center space and scramble.
5. When the eggs have set, pour in sauce and stir everything together.
6. Serve egg and veggie mixture over the brown rice noodles, sprinkling chopped peanuts, green onions and cilantro on top.

RECIPE ADAPTED AND REPRINTED WITH PERMISSION FROM THE FOOD GROUP



ALLERGY ALERT

To make this recipe gluten- and soy-free, use coconut aminos instead of soy sauce. Find more substitutions for allergies and food sensitivities on page 18.



Must-Have Mediterranean Pizza

Serves: 4 (one 8-inch pizza each)

INGREDIENTS

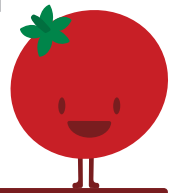
- 4 8-inch whole wheat tortillas
- 1 medium chicken breast, cubed and cooked
- 2 handfuls fresh spinach, chopped
- 1/4 cup jarred sundried tomatoes packed in oil with herbs, drained, julienned
- 1 cup mozzarella cheese, shredded
- 1/2 cup feta cheese crumbles
- 1/2 teaspoon Mediterranean Spice Blend (recipe on page 41), or pinch of garlic powder and dried basil
- 1/8 cup olive oil

INSTRUCTIONS

1. Heat large skillet on stovetop on medium-low heat. Spray with nonstick spray or a small splash of olive oil and put a tortilla in the center.
2. Brush the top of the tortilla with a very thin coating of olive oil and evenly sprinkle 1/8 teaspoon of the Mediterranean Spice Blend, or pinch of garlic powder and dried basil.
3. Evenly sprinkle chopped spinach, about 10 small strips of sundried tomatoes, 1/4 cup cooked and cubed chicken breast, 1/4 cup mozzarella cheese and 1/8 cup feta cheese.
4. Cover and cook until tortilla reaches a desired crispness on the bottom and the mozzarella cheese is melted on top, about 6-8 minutes. Cut into quarters.
5. Repeat with next 3 tortillas.

FROM THE POWERUP KITCHEN

All 4 pizzas can also be baked in the oven together using two large baking sheets. Heat oven to 400°F and first bake just the tortillas with olive oil and spice blend for 3-5 minutes until slightly crisp. Then add all toppings and return to oven for 5 minutes.



The toppings for this pizza would also be yummy on the Cheesy Cauliflower Crust (recipe on page 11)

Wham Bam Veggie Slam

Winning PowerUp recipe by **Cody Z.** of Mahtomedi, MN

Serves 15 (approx. 1 1/2 cup servings)

INGREDIENTS

- 32-ounces chicken broth
- 1 15-ounce can diced tomatoes
- 1 15-ounce can light red kidney beans, drain and rinsed
- 1 1/2 cups salsa
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 15-ounce can black beans, drain and rinsed
- 1 13-ounce bag of frozen corn
- Chopped up fresh carrots or 1 13-ounce bag of frozen chopped carrots
- 4 (uncooked) chicken breasts cut into chunks

INSTRUCTIONS

1. Combine all ingredients into a crock pot.
2. Cook for 10 hours on low or 4-6 hours on high.
3. Serve with shredded cheese.



One-Pot Chicken Potato Soup

Serves 8-10

INGREDIENTS

- 3-4 pounds chicken breast, cubed
- 32 ounces of low sodium chicken broth
- 5 potatoes washed and cubed chunky
- 6 carrots, peeled and cut, we like them big
- 4 celery stalks cleaned and sliced
- 1 large yellow onion diced
- 2 minced garlic cloves
- 1/2 teaspoon olive oil

INSTRUCTIONS

1. Sauté the olive oil, garlic, onion and chicken in a large pot (salt and pepper to taste).
2. Add the cut carrots and the celery continue to sauté until chicken is cooked through out and add potatoes to pot.
3. Next add chicken stock until covered or desired consistency (about 32 ounces). Bring to a boil. Reduce heat and simmer until potatoes are done, about 20 minutes.

FROM THE KITCHEN OF LISA RAMBO





Vietnamese Spring Roll (Goi Cuon)

Serves 15-20 spring rolls

INGREDIENTS

- 1 cup cooked pork (loin or shoulder), sliced
- 1 cup cooked shrimp (sliced in half, horizontally)
(note: For vegetarian option, use fried tofu, sliced thin)
- 1 head leaf lettuce
- 1 package cilantro
- Mint leaves (optional)
- 1 carrot, shredded
- 1 red pepper, sliced
- 1/2 package rice vermicelli
- 1 pack rice paper (banh trang)
- 1/2 cup boiling water
- Crushed peanuts (optional)

DIPPING SAUCE

- 1 cup Hoisin Sauce
- 1 cup peanut butter
- 1 cup coconut milk

INSTRUCTIONS

1. Cook rice vermicelli noodles as instructed on package and drain. Rinse under cold water to stop the cooking process.
2. Rinse all fresh vegetables and shred fresh carrots.
3. Boil pork and slice thinly when cooked.
4. Boil the shrimp and slice in half, horizontally.
5. Fill a large bowl with warm water. When ready to roll, wet a piece of rice paper in the water to moisten. Lay down on a flat surface.
6. Place a piece of leaf lettuce at the lower middle end of the rice paper.
7. Add a small bundle of the cooked rice noodles, a few pieces of pork and remaining fresh greens on top.
8. Above the lettuce, add the shrimp, with the pink side down.
9. Fold the left and right sides of the rice paper inwards.
10. Lift the bottom part of the rice paper upwards, folding it over the placed ingredients and roll forward.
11. Repeat for each spring roll.
12. To make the dipping sauce, add all ingredients to sauce pan.
13. Using a whisk thoroughly mix all ingredients.
14. Bring to a simmer and turn off heat.
15. Serve with crushed peanuts on top, if desired.

FROM THE POWERUP KITCHEN



ALLERGY ALERT

Swap out the peanut butter for a nut or seed butter alternative. Check labels, hoisin sauce may also contain peanut butter.



Philly Stuffed Peppers

Serves: 6

INGREDIENTS

- 6 colorful bell peppers
- 1 cup mushrooms, diced
- 1 small onion, diced
- 2 cloves garlic, chopped
- 1 ½ – 2 pounds lean cut of steak (or whatever meat you have on hand)
- 6 slices of provolone cheese

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Wash peppers, cut tops off, clean out the inside of each and place into a pan.
3. Over medium heat toss onions, mushrooms, garlic and thinly sliced meat together until cooked through. Add salt and pepper, to taste.
4. Fill peppers with meat mixture.
5. Top each pepper with a slice of provolone cheese.
6. Bake for 20 minutes until cheese is golden brown.

FROM THE KITCHEN OF LISA RAMBO



Explorers who came to America gave bell pepper its name because it had the shape of a bell. We start out green, but change color as we ripen on the plant. We can turn yellow, orange, purple and red.



Cheesy Cauliflower Crust or Dippers

Serves: 8-10

INGREDIENTS

- 1 medium head cauliflower
- 1 egg, slightly beaten
- 1 cup part-skim mozzarella, shredded
- ½ cup shredded Parmesan cheese, shredded
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon garlic powder or 1 teaspoon
- fresh garlic, minced

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Wash and clean cauliflower, cut into chunks. Make sure to remove its core.
3. Crumble the cauliflower:
 - Place cauliflower in a food processor or blender and pulse it until it is “crumbled” or a “rice” consistency (or can use a hand grater).
 - In a large saucepan, heat 1-inch of water until boiling. Add in the cauliflower, cover, and steam for 4-5 minutes. Watch closely so it doesn’t boil over.
 - Use a fine mesh strainer to drain the cauliflower. Allow cauliflower to cool for a few minutes, then place in a clean dish towel or paper towel and squeeze to remove excess water.
4. Once cauliflower crumble is drained well, place in large bowl. Add ½ cup mozzarella cheese, beaten egg, oregano, basil, and garlic powder. Stir in the mixture well.
5. Line a baking sheet with parchment paper and spray it lightly with cooking spray. Spoon cauliflower mixture onto pan. Using your hands, form the mixture into an 8 ½ x 11-inch rectangle.
6. Place in the oven for 30 minutes or until crust is golden brown and firm.
7. Remove it from the oven and top it with remaining mozzarella and Parmesan cheese.
8. Return to oven to bake for another 5-10 minutes or until cheeses are melted.
9. Use as pizza crust or cut into sticks and serve with a warm marinara sauce for dipping.

FROM THE POWERUP KITCHEN



Cheesy Squash Shells

Serves: 4-6

INGREDIENTS

- 3 cups uncooked whole-wheat shell, rotini or penne pasta
- 2 tablespoons olive oil
- 4 cups ½-inch cubed uncooked butternut squash
- ¾ cup chicken or vegetable stock
- ½ teaspoon pepper
- 1½-1¾ cups skim milk or unsweetened almond, soy or coconut milk
- 6 ounces freshly grated fontina, gouda or mozzarella cheese
- 2 ounces grated Parmesan cheese
- 2 tablespoons unsalted butter
- 2 tablespoons finely crushed, whole-grain breadcrumbs
- 1-2 cups steamed peas, broccoli or bell pepper
- Sage, basil, cilantro, thyme or other fresh or dried herbs for topping, optional

INSTRUCTIONS

1. Preheat oven to 375°F. Cook pasta according to package directions. Drain.
2. While pasta is cooking, heat a large oven-safe skillet over medium-low. Add oil and heat. Add squash, stock and pepper. Cover and cook for 15-20 minutes, stirring occasionally, until squash is soft.
3. Remove cover and reduce heat to low. Mash squash with a fork until smooth. Add milk, 4 ounces of cheese and all the Parmesan. Stir until melted and smooth, about 5 minutes. If mixture seems too dry, add more milk ¼ cup at a time, stirring well.
4. Brown butter by heating a small saucepan over medium-low. Add butter. Cook, whisking constantly, until bubbly and small brown bits appear on bottom of pan, about 5 minutes. Remove from heat and whisk for an additional minute.
5. Add brown butter to squash mixture. Mix well. Add shells and optional veggies. Toss until well coated.
6. Top with remaining cheese and breadcrumbs. Bake for 15 minutes. Then broil for 1-2 minutes or until the top is golden brown.
7. Sprinkle with herbs and serve!

FROM THE POWERUP KITCHEN

Chomp's Carrot Cookies

Winning PowerUp recipe by **Jake S.** of Hudson, WI

Makes 30 cookies

INGREDIENTS

- 1/2 cup butter-softened
- 1/4 cup granulated sugar
- 1/4 cup packed dark brown sugar
- 3 eggs
- 1 teaspoon vanilla
- 3/4 cup all-purpose flour*
- 3/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 3/4 cups quick-cooking rolled oats
- 2 cups grated carrots
- 1/2 cup raisins

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Cream butter and sugars in a large mixer bowl with an electric mixer until light and fluffy.
3. Beat in eggs and vanilla on medium speed. Gradually beat in flour, baking soda, cinnamon, and salt.
4. Mix remaining ingredients on low speed.
5. Drop rounded tablespoon of dough onto a lightly greased baking sheet, 2 inches apart.
6. Bake until firm and edges are golden, 15-20 minutes.
7. Cool 1-2 minutes; transfer to wire rack to cool completely.

**May use flour of choice. Follow package instructions for substituting your flour choice in place of all-purpose/wheat flour.*

Crispy Kale Chips

Serves: 6

INGREDIENTS

- 1 bunch kale (or 4 cups)
- 1 teaspoon olive oil
- 1 teaspoon salt
- Shredded cheese, optional

INSTRUCTIONS

1. Preheat oven to 250°F.
2. Wash kale and dry. Using a knife, carefully remove the thick inner stems from the leaves, leaving long strips; cut the strips in half. Line a non-insulated cookie sheet with parchment paper.
3. Arrange the leaves dark side up in a single layer on two baking sheets. Lightly mist or drizzle kale with oil. Sprinkle with salt or Parmesan cheese.
4. Bake about 40 minutes, until kale is crisp or cheese is golden.

FROM THE POWERUP KITCHEN



Pineapple Pico de Gallo

Makes: about 4 cups

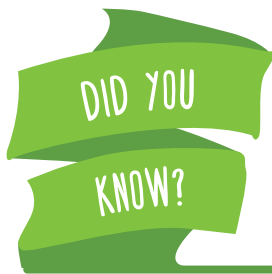
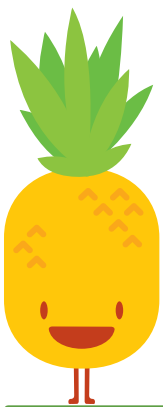
INGREDIENTS

- 2 limes, juiced
- 2 cups pineapple, trimmed and diced
- 1 cup sweet Vidalia or purple onion, diced
- 1 cup red bell pepper, diced
- 1/2 cup cilantro, chopped
- 1 serrano chili, seeds removed and minced
- Salt, to taste

INSTRUCTIONS

Toss lime juice, pineapple, onion, red bell pepper, cilantro, serrano chilis and salt in a medium mixing bowl. Eat immediately or set aside in the refrigerator to allow the flavors to blend.

RECIPE REPRINTED WITH PERMISSION FROM COOKS OF CROCUS HILL®



The pineapple is a symbol of a warm welcome! It makes a perfect gift when welcoming friends and family to your home.



Campfire Roasted Banana Boat

Serves: 1

INGREDIENTS

- 1 banana

TOPPINGS – YOU CHOOSE!

- **Nutty:** almond butter, peanut butter, roasted peanuts, sunflower seeds, pecans, peanut butter powder, cocoa-flavored peanut butter powder
- **Fruity:** crushed pineapple, unsweetened shredded coconut, dried blueberries, raisins, dried cranberries
- **Drizzle:** honey, maple syrup

INSTRUCTIONS

1. Cut a slit in the banana lengthwise from the top stem to the bottom, avoiding cutting all the way through. Then gently press the ends inward to help the slit open. Or, use a spoon to pry gently apart.
2. Fill with selection of toppings as desired.
3. Wrap aluminum foil tightly around the banana, leaving some of the stem exposed as a “handle.”
4. Place on a hot bed of coals in the campfire or on a hot grill for about 15-20 minutes.
5. Carefully remove from fire or heat wearing an oven mitt. Banana peel will appear blackened. Inside will be gooey and caramelized.
6. Once cooled, enjoy by eating directly out of the peel with a spoon.

FROM THE POWERUP KITCHEN



Try for Five Guacamole

Serves: 4

INGREDIENTS

- 2 ripe avocados
- ½ cup diced tomato (from fresh or canned, drained)
- 1 small onion, chopped
- 1 heaping tablespoon fresh cilantro leaves, minced into little pieces
- ½ fresh lime, squeezed
- Hot sauce (optional)
- Pinch of salt

INSTRUCTIONS

1. With the help of your adult, slice each avocado in half. Remove the pit and scoop out the insides. Put the avocado in a bowl and using a fork, mash it until it is still chunky, not smooth.
2. Add the diced tomato, chopped onion and minced cilantro leaves. Squeeze the lime and add the juice.
3. Stir it all together, but not too much. Add hot sauce, if you like.
4. Move the guacamole to a serving bowl and try it with slices of cucumber, radishes, carrots or bell peppers.
5. Put the avocado pits in the guacamole to help prevent it from turning brown from the air. Cover tightly with a cover or plastic wrap and refrigerate.

FROM THE POWERUP KITCHEN



Roasted Chickpeas

Serves: 4

INGREDIENTS

- 14-ounce can chickpeas
- 1 tablespoon olive oil
- Garlic powder
- Onion powder

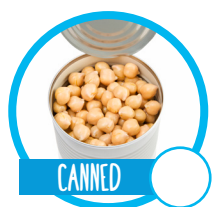
DIRECTIONS

1. Preheat oven to 400°F.
2. Drain and rinse chickpeas. Place on a paper towel. Brush oil onto a baking sheet. Spread chickpeas onto baking sheet.
3. Sprinkle with spices and bake for 30-40 minutes, until golden brown and crunchy, not soft.

FROM THE POWERUP KITCHEN



WHICH OF THESE DIFFERENT FORMS OF CHICKPEAS HAVE YOU TRIED?



Cool Cashew Crust Fruit Pizza

Serves: 8

INGREDIENTS

CRUST

- 1 1/2 cup raw cashews
- 15 dates, pitted
- 1 tablespoon cocoa powder
- 1 teaspoon vanilla extract

“SAUCE”

- 1 cup yogurt (mix 1/2 cup plain Greek yogurt with 1/2 cup vanilla yogurt)
- 1/8 teaspoon orange zest (optional)

TOPPINGS – YOU PICK!

- 4-5 strawberries, diced
- 1/4-1/2 cup blueberries
- 1/4-1/2 cup canned pineapple (tidbits or crushed)
- 1-2 kiwis, diced

INSTRUCTIONS

1. Soak dates in water for about 10-15 minutes. Then drain them and put into a food processor with cashews, cocoa powder and vanilla. Mix until well-combined (nuts and dates in small bits, like large grains of sand).
2. Press the mixture into a 9-inch pie plate with your hand and/or the back of a spatula or spoon.
3. Mix yogurt and add zest (if desired). Spread evenly on crust. Place in freezer to firm up, about 15-20 minutes. Prep fruit toppings during this time.
4. Add fruit toppings as desired. Small pieces of fruit or fruit diced small work best. Arrange in a fun design or sprinkle and mix like confetti. Cut and serve promptly or keep refrigerated.

FROM THE POWERUP KITCHEN



Tasty Tomato Topper

Serves: 4

INGREDIENTS

- 2 pints cherry or grape tomatoes (try a multicolored blend of orange, yellow and red)
- 2 cloves garlic, minced
- 4-6 fresh leaves basil, chopped or thinly sliced
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1/2-3/4 teaspoon salt
- 1/4 teaspoon pepper

INSTRUCTIONS

1. Slice tomatoes in half.
2. In a medium bowl, mix all ingredients together.
3. Enjoy immediately served on a whole wheat baguette slices (toasted or untoasted). Or, refrigerate for 30 minutes to allow flavors to develop further.

FROM THE POWERUP KITCHEN



WHICH RECIPES DID YOU TRY?

Check off the recipes you've tried and circle thumbs up or thumbs down!

PowerUp Lentil Tacos  

Slow-cooked Southwest Chicken and Beans  

Unrolled Egg Roll  

Asian Pad Thai  

Must-Have Mediterranean Pizza  

Wham Bam Veggie Slam  

Lisa's One-Pot Chicken Potato Soup  

Vietnamese Spring Roll (Goi Cuon)  

Philly Stuffed Peppers  

Cheesy Cauliflower Crust or Dippers  

Cheesy Squash Shells  

Chomp's Carrot Cookies  


Crispy Kale Chips  

Pineapple Pico de Gallo  

Campfire Roasted Banana Boat  

Try for Five Guacamole  

Roasted Chickpeas  

Cool Cashew Crust Fruit Pizza  

Tasty Tomato Topper  

RECIPE SUBSTITUTIONS

Food allergies and sensitivities

Food allergies and sensitivities don't need to get in the way of becoming a power chef. These recipe substitutions can be used to modify many recipes into a yummy and safe treat.

PEANUT AND TREE NUT SUBSTITUTIONS

Seeds – like pepitas (pumpkin seeds) or sunflower butter or seeds are great for granola, trail mix, in yogurt or on toast.

Legumes (beans) – roasted beans, like garbanzo beans, make a great crunchy, protein- and fiber-packed snack.

NOTE: *Some kids with peanut allergies are allergic to the whole legume family, including beans, peas and soy.*

SOY SAUCE SUBSTITUTION

Coconut aminos, can be a soy- and gluten-free alternative to soy sauce. Made from just two ingredients: coconut tree sap and salt.

EGG SUBSTITUTIONS

Children with egg allergies must avoid egg in all forms. In a typical recipe for baked goods, egg plays one of two roles: either as a binder (to hold the recipe together) or as a leavening agent (to help it rise).

Egg as a binder. One egg is often equal to any of the following:

- 1/2 medium banana, mashed
- 1/4 cup applesauce
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water, let stand for 1 minute before using

Egg as a leavening agent. One egg is equal to these ingredients combined:

1 1/2 tablespoons vegetable oil (like canola) +
1 1/2 tablespoons water + 1 teaspoon baking powder

NOTE: *Commercial egg substitutes are also available – general rule of thumb, if recipe calls for 3 or more eggs, the egg substitute doesn't work.*

MILK AND MILK PRODUCT (DAIRY) SUBSTITUTIONS

All of these milks can typically be replaced in recipes one-for-one:

- Almond milk
- Cashew milk
- Coconut milk
- Flax milk
- Hemp milk
- Oat milk
- Rice milk
- Soy milk

Substitutions for yogurt and cheese are also available:

- Coconut-based
- Nut-based
- Pea-based
- Soy-based

NOTE: *Read the ingredients carefully, even if it says “non-dairy,” because it may still have casein in it, which is a milk protein. Goat milk is not considered a safe alternative for those allergic to milk.*

WHEAT AND GLUTEN-FREE SUBSTITUTIONS

- Ground rolled oats (must be labeled Certified Gluten-Free)
- Garbanzo bean (chickpea) flour
- Almond flour
- Potato starch
- Rice flour
- Tapioca starch

NOTE: *Measurement when replacing wheat flour with other flours may not be one-to-one, so be sure to read instructions on the package for how to accurately replace one with the other.*



SAFETY FIRST!

Always read the food packaging to help ensure these allergens are not present or have not come in contact with an allergen, which is often labeled with “may contain” statements and/or “manufactured in a facility that also processes” the particular allergens. Small traces of allergens can cause allergic reactions.

Find more PowerUp fun
at powerup4kids.org

- Kid- and Chomp-approved recipes
- Outdoor family fun
- Mealtime tips, tricks and conversation starters
- Boredom busters
- Kitchen science
- Activities and games to eat better and move more
- The Chomp Stomp



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