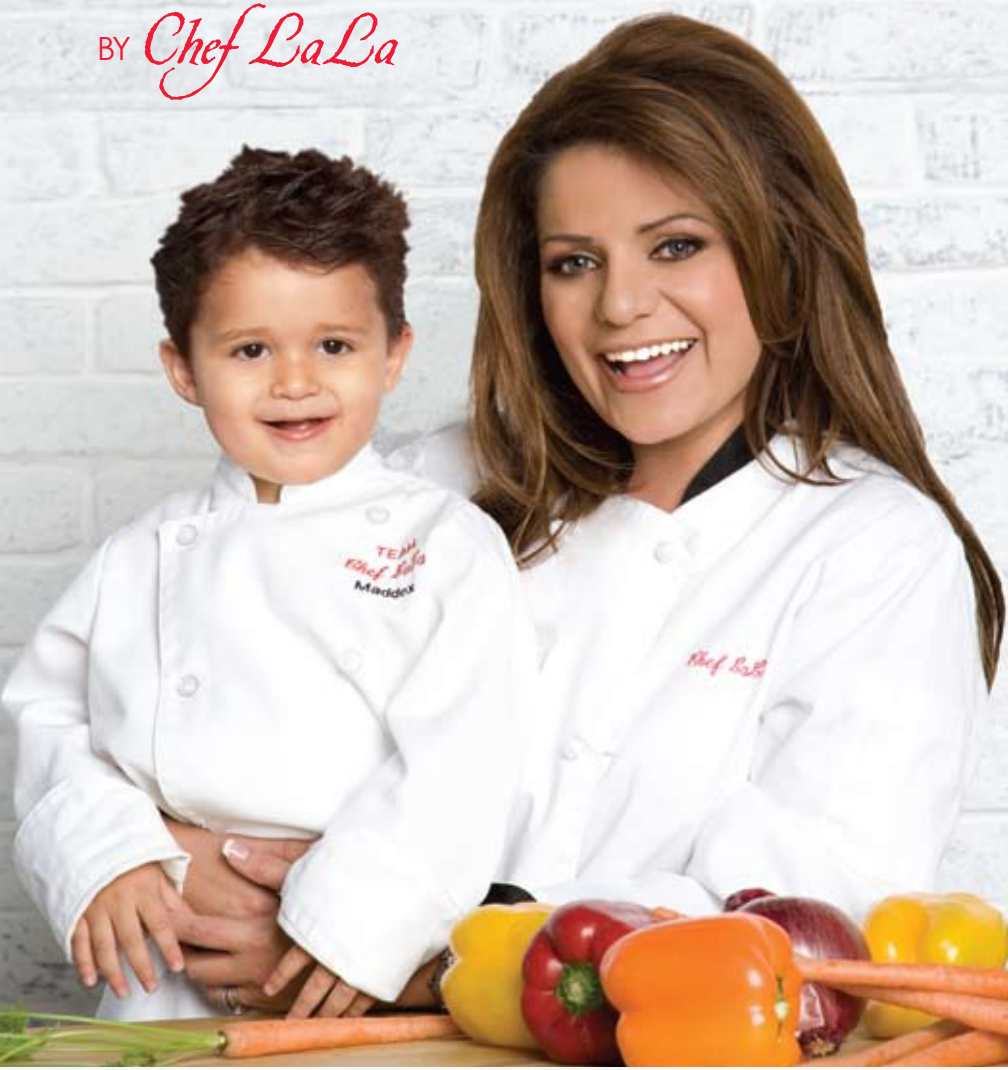
Yummy FOR YOUR Tummy

Fun, Easy & Healthy Recipes

BY *Chef LaLa*



FIRST5 CALIFORNIA™

Message from FIRST5 CALIFORNIA

Since its inception, First 5 California has sought to improve the lives of California's youngest children and their families. We are pleased to partner with respected certified nutritionist, mother and TV personality, Chef LaLa, in addressing a leading health problem in our state – childhood obesity.

Currently 1 in 3 children in California is overweight or at risk of becoming overweight. Together with Chef LaLa, we are proud to present this recipe booklet as a fun and easy tool to empower families to make better food choices for their children and develop healthy habits that will last a lifetime.

¡Buen provecho!
Kris Perry, Executive Director, First 5 California

Message from Chef LaLa

Photography: Steven Anderson

We all want our little ones to have a healthy start and making sure they learn good eating habits early will help. It's easy to promote healthy eating if these foods are available in the home. Children need structure, predictability, and parent-set limits for both eating and behavior. This helps create a sense of security. So instead of simply forbidding certain foods, I like to provide meals and snacks that are nourishing and will help children grow healthy and strong. Also, I pay close attention to flavors and textures that will be enjoyable to the entire family. As a wife and mother, I've learned that putting nutrient-rich foods on the table and modeling healthy choices aren't just about staying fit – they are lessons for life – lessons that can, and will, affect the overall health and well-being of our children.

Salud,
Chef LaLa

Introduction

This booklet contains recipes and cooking tips to help make your time in the kitchen fun, healthy and safe. A key to eating right is knowing how much food you and your children should eat at mealtimes. That's why we've included a picture of an ideal plate (below) to help you determine healthy portion sizes, which can be very simple. When sitting down to a meal, divide your plate into three sections. Fill half of your plate with fruits and/or vegetables. Then fill a quarter of your plate with healthy protein, and the last quarter of your plate with healthy carbohydrates. If you're still hungry, eat more fruits and vegetables.

For more information on these recipes, other nutrition resources or feeding chart information, visit www.first5california.com.

Daily physical activity is an important part of a child's healthy lifestyle. When parents exercise with their children, they become role models for them and get healthier, too!

Always consult your primary care provider for your child's individual dietary needs, including feeding charts and allergies.

Fruity French Toast

Per Serving (2 pieces): 147 calories, 5g fat (2g saturated, 2g monounsaturated, .6g polyunsaturated), 80mg cholesterol, 192mg sodium, 17g carbohydrate (2g dietary fiber), 8g protein

Breakfast is a great way for kids to fuel up for the day and get the nutrients they need to grow and learn better, whether they're at home, school or in day care. Breakfast not only gives kids the energy they need, it also helps prevent overeating throughout the day, helping them maintain a healthy body weight. Keep in mind that young children also benefit from eating a mid-morning snack.

Ingredients:

- 2 eggs
- ¼ teaspoon ground cinnamon
- 1 tablespoon milk
- 6 slices whole wheat bread
- 3 teaspoons thinly sliced fruit, berries or low-sugar fruit preserves
- 6 ounces skim milk cheese (queso fresco) or goat cheese, thinly sliced
- 1 cup fresh fruit, sliced or diced
- 1 cooking spray

Preparation:

Makes: 6 servings

- In a bowl large enough to dip the bread, whisk the eggs, cinnamon and milk together.
- Cut each piece of bread into 4 pieces with a knife or cookie cutter.
- Dip the bread in the egg mixture, moistening both sides.
- Heat a non-stick pan and coat with cooking spray.
- Cook the bread for 2 – 3 minutes on each side until golden brown.
- Spread fruit on one side of each slice of bread.
- Place cheese on top of the fruit.
- Cover with a second piece of bread.
- Repeat with remaining bread, cheese and fruit.
- Serve with fruit.

Cooking Tips

If you serve eggs to your kids, make sure the eggs are cooked until both the white and yolk are solid. Egg yolks are typically fine for a baby to eat at around 8 months old. The egg whites should not be fed to a baby before 1 year old.

Use a non-stick pan because it requires less oil. Try using cooking spray if you want a crisp finish on the bread.

Select fruit preserves that have all-natural ingredients: 100% fruit, no cane sugar added and no artificial sweeteners.

Starry, Starry Lunch

Per Serving (1 cup): 255 calories, .5g fat (.1g saturated, .1g monounsaturated, .2g polyunsaturated), 0mg cholesterol, 273mg sodium, 50g carbohydrate (4g dietary fiber), 11g protein

When selecting lunch for your child, consider the following:

* Nutritional Value – Is this lunch nutritious?
* Size – Is it easy to eat (i.e., cut into small pieces)?
* Texture and Shape – Does it look appealing to eat?
* Safety – Is it safe to eat if not placed in a refrigerator immediately?
* Taste – Is it delicious?

A lunch with beans is healthy because beans are high in protein, iron, vitamins and carbohydrates, which provide long-lasting energy for kids – and adults too! Other healthy sources of protein include lean meat, poultry, fish, cheese, eggs, yogurt, nuts and milk.

Ingredients:

- 3 cups water
- 1 cup star pasta
- 1 cup canned or freshly cooked kidney beans, drained
- 1 cup frozen peas and carrots mix, thawed
- ¼ cup roma tomatoes, diced
- 2 tablespoons cilantro, chopped
- 1 teaspoon chicken bouillon

Preparation:

Makes: 4 servings

- In a stockpot, bring water to a boil.
- Add pasta, cook for 10 minutes.
- Drain the hot water, rinse with cold water.
- In a medium bowl, combine the cooked pasta, kidney beans, peas and carrots, tomatoes, cilantro and bouillon.
- Stir to combine.

Cooking Tips

Do not add oil to the cooking water. It does not prevent the pasta from sticking and ends up wasted when the water is dumped.

Try rinsing cooked pasta with cold water, which will stop the cooking process. This will ensure that your pasta does not overcook.

Variation: add diced, low-sodium ham or turkey.

Mmm Mami Soup

Per Serving (1 cup): 133 calories, 3.7g fat (.7g saturated, 2g monounsaturated, .6g polyunsaturated), 0mg cholesterol, 192mg sodium (without listed optional salt), 19g carbohydrate (5g dietary fiber), 6g protein

Children should eat at least five servings of fruits and vegetables a day. Soups are a great way to include a variety of vegetables such as frozen or canned carrots, squash, green beans, potatoes and tomatoes. Vegetables from the frozen section of your grocery store are just as nutritious as freshly prepared vegetables.

Whole grains like barley provide fiber, vitamin B, magnesium, vitamin E and protein. This recipe is an example of how families can cook meals that taste good and are economical.

Ingredients:

- ½ cup barley
- 3 cups water
- 1 tablespoon olive oil
- 1 cup onion, diced
- 1 cup carrot, diced
- 1 cup celery, diced
- 1 cup turnip, diced
- 1 tablespoon thyme
- 1 tablespoon parsley
- 4 cups low-sodium chicken or vegetable stock
- 1 teaspoon salt (optional)

Preparation:

Makes: 6 servings

- Add water and barley to saucepan.
- Simmer, uncovered, over medium-low heat for 35 minutes (barley will be slightly undercooked).
- Drain water from cooked barley, set barley aside.
- Add olive oil to a large, hot saucepan.
- Add onion, carrot, celery, turnip, thyme and parsley to pan and cook over medium heat until soft, about 5 minutes.
- Add cooked barley and chicken stock to vegetables.
- Cover the saucepan and continue cooking for 15 minutes over low heat.
- Add salt if needed.
- Ladle soup into a bowl and enjoy.

Cooking Tips

Most processed foods like canned soups and vegetables can contain high levels of added salt. If selecting canned vegetables, choose low-sodium products or rinse the vegetables thoroughly.

Toddlers and young children only need a small amount of salt in their diet, so when possible use low-sodium chicken stock.

Baby Meatball Soup

Per Serving (1 cup): 208 calories, 8g fat (2g saturated, 3g monounsaturated, 2g polyunsaturated), 81mg cholesterol, 271mg sodium, 9g carbohydrate (1g dietary fiber), 25g protein

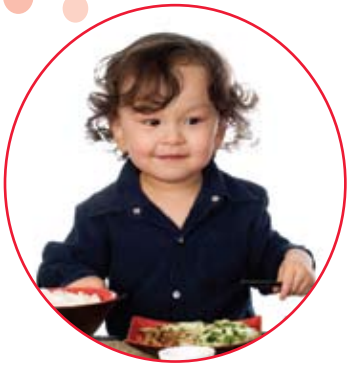
Soup is the perfect meal as it is both hearty and healthy. In a single bowl of soup you can get all of the nutrition your body needs – protein, carbohydrates, vitamins and minerals – while avoiding excess fat and calories. Boiling is a healthy cooking method.

Soups have other benefits as well. Soup ingredients tend to be inexpensive. But if you're pressed for time, you can always splurge on pre-cut meats and vegetables.

Soups can be frozen in small batches and reheated days or weeks later for snacks and meals. And the more you reheat them, the better they taste!

You can make tostadas, enchiladas and taquitos (see page 17) out of leftovers, which saves time and money.

Ingredients:



- 1 pound ground chicken
- 2 tablespoons onion, minced
- 1 egg
- ¼ cup bread crumbs
- ½ teaspoon salt
- 4 tablespoons parsley
- 1 pinch black pepper
- 4 cups low-sodium chicken stock
- 2 cups potatoes, peeled, diced
- 1 cup spinach

Preparation:

Makes: 8 servings

- Place ground chicken, onion, egg, bread crumbs, salt, parsley and black pepper in a large bowl.
- Stir to combine thoroughly.
- In a large stockpot over medium-high heat, add chicken stock and potatoes, and bring to a boil.
- Roll and shape the meat mixture into 1-inch meatballs.
- Gently drop them into the boiling broth.
- Lower heat to medium, cook for 15 minutes.
- Meanwhile clean the spinach by placing it in a bowl of water allowing any debris to fall to the bottom of the bowl.
- Drain water and remove the stems.
- Slice spinach into medium-sized strips.
- Add spinach to meatball broth and cook for an additional 5 minutes.
- Spoon into bowls and serve.

Cooking Tip

Babies' mouths are extra sensitive to both hot and cold food. Allow the soup to cool before feeding your child and use a plastic baby spoon, which won't get hot from the soup.

Veggie Dippers

Per Serving (1 tablespoon): 62 calories, 4g fat (.6g saturated, 2g monounsaturated, .5g polyunsaturated), 0mg cholesterol, 97mg sodium, 7g carbohydrate (3g dietary fiber), 1g protein

Kids love dipping. Colorful fruits and vegetables can be fun "dippers" for kids, and they provide powerful nutrients that will help your children stay healthy.

Veggie Dippers are a great snack to keep on a low shelf in the refrigerator so your children can reach them on their own. This will encourage your children to make healthier eating choices.

Many dips can be high in saturated fat and calories, but because Veggie Dippers are made with pureed vegetables and herbs instead of creamy fat-filled ingredients, they make a nutritious snack for kids – and grown-ups too.

Ingredients:

- ½ pound eggplant
- 2 cloves garlic, peeled
- 1 avocado
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ lime, juiced
- 2 large carrots, peeled, cut into sticks
- 2 red bell peppers, cut into sticks
- 2 yellow squashes, cut into sticks
- ½ pound green beans, cleaned, tips cut off

Preparation:

Makes: 12 servings

- Preheat oven to 350°F.
- Slice eggplant into ¼-inch rounds.
- Place eggplant and garlic on aluminum foil-lined pan.
- Drizzle with olive oil and place in oven.
- Roast for 30 – 40 minutes.
- Once cooled, remove and discard skin from eggplant.
- Cut avocado in half, remove pit and scoop out with a large spoon.
- Add eggplant, garlic, avocado, olive oil, salt and lime juice to food processor and puree until smooth.
- Serve with the fresh vegetable sticks.

Cooking Tips

For green vegetables: submerge in boiling water with salt for 1 minute, then remove and place in ice water. This process sets the color of green vegetables and kills bacteria. The vegetables do not cook all the way through, so the crisp texture is preserved.

The avocado's smooth, creamy consistency makes it one of the first fresh fruits a baby can enjoy.

MangOrange

Per Serving (1 cup): 136 calories, 3g fat (2g saturated, .8g monounsaturated, .1g polyunsaturated), 10mg cholesterol, 76mg sodium, 24g carbohydrate (2g dietary fiber), 6g protein

Calcium is found in many foods, but the most common sources are milk and other dairy products like yogurt and cheese. Kids need several servings of calcium-rich foods daily to build strong bones.

Milk is a child's most important food in the first year of life and is still very important in the next few years. For more information on what kind of milk to serve your child, refer to the table on the next page.

In general, encourage kids to drink water or milk with their meals instead of juice or soda, which are high in sugar. Kids can only consume a limited amout of calories per day, so make them count with nutritious beverages.

Ingredients:

- 1 medium orange, peeled
- ½ cup mango, peeled, diced
- 3 tablespoons low-fat vanilla frozen yogurt
- 1 cup 2% milk – see age chart below

Preparation:

Makes: 2 servings

- Place all ingredients into a blender.
- Blend for 1 – 2 minutes until smooth.
- Pour into a cup and enjoy.

Cooking Tips

Be creative and use your kids' favorite fruits: strawberries, bananas, papaya, guava, apples and more. Combine flavors to discover your kids' favorite.

The fruit and yogurt provide plenty of sweetness, so adding sugar or honey is not needed. Do not give a baby honey before age 1.

What kind of milk do kids need?

0-1 year	Feed babies breast milk or formula.
1-2 years	Feed babies whole milk.
2-5 years	Gradually transition toddlers from whole milk to reduced fat milk if desired, but avoid excessive restriction of fat, such as skim milk (99.9% fat free).

Doyng Doyng Pasta

Per Serving (3/4 cup): 325 calories, 16g fat (6g saturated, 8g monounsaturated, 1g polyunsaturated), 49mg cholesterol, 496mg sodium, 27g carbohydrate (2g dietary fiber), 17g protein

Red meat is a great source of protein but often gets a bad rap because it has a higher fat content than certain poultry and fish. Learn how to make good choices for your entire family.

The 70% fat "economy pack" in your supermarket may seem like a better bargain than lean meat, but in reality the fat will end up as grease at the bottom of your pan when you brown the meat and it "shrinks" in volume. So choose leaner meat when you can.

Type of Beef	% Fat	Calories
Ground beef patty (70% lean)	23	243
Ground beef patty (90% lean)	9	169

Ingredients:

- 2 cups small rotini pasta, uncooked
- 5 cups water
- 1 tablespoon olive oil
- ½ cup white onion, diced
- 1 tablespoon garlic, minced
- 1 pound lean ground beef (10% fat or less)
- 1 ½ cups butternut squash, diced
- 16 ounces canned tomato sauce
- 1 cup low-sodium chicken broth

Preparation:

Makes: 7 servings

- Pour water into medium saucepan and bring to a boil.
- Add uncooked pasta and boil for 5 minutes. Pasta should be slightly undercooked – firm, not mushy.
- Drain water and rinse cooked pasta under cold water until pasta is cool.
- Add olive oil to large sauté pan and allow the pan to get hot.
- Add onion and garlic and cook over medium-low heat, stirring occasionally until clear, about 2 – 4 minutes.
- Add ground beef to the pan.
- Break up any large chunks with spatula.
- Cook uncovered for 5 minutes.
- Add butternut squash, tomato sauce, chicken stock and pasta to beef mixture.
- Reduce heat to low, and continue to cook for an additional 5 – 7 minutes.
- Serve immediately.

Cooking Tips

Prepare a meal the entire family can enjoy! Keep the meal preparation simple and set the kids' servings aside. Then add the more complex flavors like chiles, peppers and spices for the adults.

For pasta recipes, select "whole wheat" when available.

Chiquito Taquitos

Per Serving (1 taquito): 102 calories, 2g fat (.6g saturated, .7g monounsaturated, .6g polyunsaturated), 18mg cholesterol, 114mg sodium, 14g carbohydrate (2g dietary fiber), 7g protein

The Chiquito Taquitos recipe is a good example of using leftovers in order to make family meals easier to prepare on weekdays. Be creative and make new meals from leftovers.

Factoid: Did you know that dietary fat fuels the body and helps it absorb vitamins? Fat is not the enemy, but you'll want to choose the right amount – and the right kind of fat. If you're getting most of your fat from protein-rich lean meats, nuts and heart-healthy oils, you're already making good choices.

Ingredients:

- 8 baby meatballs (from baby meatball soup recipe on page 10)
- ½ cup cooked potatoes (from soup)
- ¼ cup reduced fat cheese (Cheddar/Monterey Jack), grated
- 8 corn tortillas
- 1 cooking spray

Preparation:

Makes: 8 taquitos

- In a medium bowl, mash the meatballs and potatoes.
- Add cheese and stir to combine.
- Spray the corn tortilla on one side with non-stick spray.
- Place tortilla sprayed side down.
- Place 1 tablespoon filling in a narrow strip at one end of each tortilla.
- Roll up tightly; place taquito seam side down, and set aside.
- Make additional taquitos with remaining tortillas.
- Transfer taquito, seam side down, onto a hot non-stick skillet.
- Rotate taquitos one at a time until crisp.
- Serve with beans and tomatoes or salsa.

Cooking Tips

Ground lean meat can be drier than fatty meat, so by adding potatoes to the taquitos you keep the ground chicken soft and moist.

For safe storage times of ground poultry, see the following chart:

Poultry	Refrigerator (40°F or below)	Freezer (0°F or below)
Uncooked ground poultry	1 to 2 days	3 to 4 months
Cooked ground poultry	3 to 4 days	2 to 3 months

Banana Bites

Per Serving (per piece): 42 calories, 1g fat (.3g saturated, .3g monounsaturated, .4g polyunsaturated), 1mg cholesterol, 3mg sodium, 8g carbohydrate (1g dietary fiber), .8g protein

Because kids can't eat large quantities of food all at once, they need to eat smaller meals and nutritious snacks, like Banana Bites, throughout the day to keep their growing bodies strong.

The majority of snacks served to children should be fruits and vegetables, since most kids do not eat the recommended minimum of five servings of fruits and vegetables each day. Eating fruits and vegetables provides kids with important nutrients like vitamins A and C, as well as fiber.

Ingredients:

1 ripe firm banana
4 teaspoons yogurt
4 teaspoons granola, crumbled
2 straws, cut in half

Preparation:

Makes: 4 snacks

- Peel the banana and cut off the ends.
- Cut banana into 8 slices.
- Place banana slices on parchment paper or baking sheet.
- Skew on 2 pieces of banana per straw.
- Spoon 1 teaspoon of yogurt over each banana slice and sprinkle with 1 teaspoon of granola.
- Serve immediately or refrigerate to chill.

Cooking Tips

Try different fruits and vegetables and prepare them in various ways to find out what your kids like best. Or try freezing Banana Bites for the older kids. Serving fresh fruits and vegetables can seem challenging. However, good planning and encouraging kids to taste many different fruits and vegetables makes it easier.

Make sure to use skewers that are not sharp. Be cautious when young children are using straws.

Oatmeal Nibbles

Per Serving (1 nibble): 51 calories, 3g fat (.3g saturated, 2g monounsaturated, .8g polyunsaturated), 5mg cholesterol, 36mg sodium, 6g carbohydrate (.4g dietary fiber), 1g protein

Baking allows you to control the amount of sugar, as well as the quality of products and type of fat used in your desserts. When buying baking ingredients be sure to read food labels to avoid hidden sugar disguised under these names: sucrose, fructose, glucose syrup, honey, golden syrup, fruit juice concentrate and dextrose.

Avoid artificial sweeteners for kids under age 5, including: saccharin, sorbitol, aspartame and acesulfame k.

Ingredients:

- 1 cup whole wheat flour
- 1 cup oats
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup canola oil
- 3 tablespoons dulce de leche or cajeta
- 1 egg
- 3 tablespoons milk (2%)
- 1 teaspoon vanilla
- ½ cup raisins

Preparation:

Makes: 48 nibbles

- Preheat oven to 350°F.
- In a large bowl, add whole wheat flour, oats, cinnamon, salt, baking powder and baking soda, stir to combine.
- Add oil, dulce de leche or cajeta, egg, milk, vanilla and raisins.
- Stir thoroughly until all ingredients are combined.
- Line a cookie sheet with aluminum foil.
- Lightly coat with non-stick cooking spray.
- Shape 1 teaspoon of dough into a little ball.
- Drop balls 2 inches apart on aluminum sheet.
- Transfer baking sheet to oven and bake for 15 minutes.
- Cool for 10 minutes and serve.

Cooking Tips

Be careful not to overbake. Nibbles should be soft, making them easier for kids to eat.

To lower the fat in baked goods, use fruit purees, applesauce or plain non-fat yogurt instead of oil.

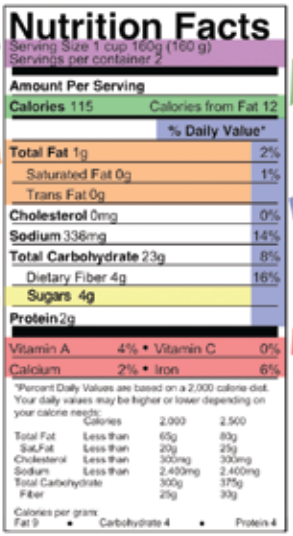
Reading Food Labels

All packaged foods have "Nutrition Facts." But what do they mean?
Understanding these labels can help you make healthier choices for your children.

Serving size is the amount of food to be eaten at one time by an adult. In the information below, the serving size is based on the individual serving, not the entire box or can of food. Be sure to look at the servings per container to find the total number of servings found in a food package.

Eating more calories than a child needs can lead to obesity and related health problems. It is recommended that 1-year-olds consume and estimated 900 calories a day, while 5-year-olds consume approximately 1,400 calories a day to maintain a healthy diet.

Fat, especially saturated fat and trans fat, should be removed whenever possible since they are linked to obesity. Fried foods, whole-milk dairy products, fatty meats and vegetable oil are among those high-fat products to be limited.



The % daily value tells you what percentage of the total recommended daily amount of each nutrient is in each serving for an adult (based on a 2,000 calorie per day diet). Keep in mind the recommended number of calories a child should consume is far lower.

Sugar can lead to childhood obesity and increase your child's risk of dental disease. Sugar should always be eaten in moderation and artificial sweeteners should be avoided, as they are not recommended for children under age 5.

Vitamins help build strong bones, give your child energy and can help prevent illness. Buy and serve foods high in vitamins, including vitamins A and C, plus minerals iron and calcium.

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Doyng Doyng Pasta

Ingredients:

Makes: 7 servings

2 cups small rotini pasta, uncooked
5 cups water
1 tablespoon olive oil
½ cup white onion, diced
1 tablespoon garlic, minced
1 pound lean ground beef (10% fat or less)
1 ½ cups butternut squash, diced
16 ounces canned tomato sauce
1 cup low-sodium chicken broth

Preparation:

* Pour water into medium saucepan and bring to a boil.
* Add uncooked pasta and boil for 5 minutes. Pasta should be slightly undercooked – firm, not mushy.
* Drain water and rinse cooked pasta under cold water until pasta is cool.
* Add olive oil to large sauté pan and allow the pan to get hot.
* Add onion and garlic and cook over medium-low heat, stirring occasionally until clear, about 2 – 4 minutes.
* Add ground beef to the pan.
* Break up any large chunks with spatula.
* Cook uncovered for 5 minutes.
* Add butternut squash, tomato sauce, chicken stock and pasta to beef mixture.
* Reduce heat to low, and continue to cook for an additional 5 – 7 minutes.
* Serve immediately.

Per Serving (3/4 cup): 325 calories, 16g fat (6g saturated, 8g monounsaturated, 1g polyunsaturated), 49mg cholesterol, 496mg sodium, 27g carbohydrate (2g dietary fiber), 17g protein

Fruity French Toast

Ingredients:

Makes: 6 servings

2 eggs
¼ teaspoon ground cinnamon
1 tablespoon milk
6 slices whole wheat bread
3 teaspoons thinly sliced fruit, berries or low-sugar fruit preserves
6 ounces skim milk cheese (queso fresco) or goat cheese, thinly sliced
1 cup fresh fruit, sliced or diced
1 cooking spray

Preparation:

* In a bowl large enough to dip the bread, whisk the eggs, cinnamon and milk together.
* Cut each piece of bread into 4 pieces with a knife or cookie cutter.
* Dip the bread in the egg mixture, moistening both sides.
* Heat a non-stick pan and coat with cooking spray.
* Cook the bread for 2 – 3 minutes on each side until golden brown.
* Spread fruit on one side of each slice of bread.
* Place cheese on top of the fruit.
* Cover with a second piece of bread.
* Repeat with remaining bread, cheese and fruit.
* Serve with fruit.

Per Serving (2 pieces): 147 calories, 5g fat (2g saturated, 2g monounsaturated, .6g polyunsaturated), 80mg cholesterol, 192mg sodium, 17g carbohydrate (2g dietary fiber), 8g protein