

Kid-Friendly Recipes

SOFT SHELL TACOS with Toppings

Enjoy this healthier taco recipe made right in your kitchen!

Yields 8 servings (1 taco each)

Ingredients

1-1/4 lbs ground turkey (93% lean)
1 medium red onion, chopped
1 tablespoon olive oil
5 plum tomatoes
2 tablespoons water
4 teaspoons paprika
1 teaspoon ground cumin
1 teaspoon chili powder (optional)
1 lb raw bell peppers, assorted colors, cut in small strips
8 whole wheat tortillas (6-inch), warmed
1 cup mild shredded cheddar cheese
1 tablespoon fresh cilantro, minced
Salt to taste



Directions

- 1 Cook turkey and onions in large skillet over medium heat with half the olive oil until cooked through, drain and remove from pan. Add remaining olive oil to skillet and sauté the peppers until they become soft (3-4 min).
- 2 Add half of the tomatoes, stir in the water, paprika, cumin, chili powder (if used) and salt (to taste)
- 3 Place 1/2 cup turkey mixture in the center of the tortillas. Top with peppers, cheese, tomatoes and cilantro. Fold up the sides of the tortilla and enjoy. peppers, cheese and cilantro. Fold up the sides of the tortilla and enjoy.

NUTRITIONAL BENEFITS

Tomatoes – great source of vitamin A and lycopene

Bell peppers – high in vitamin C

Whole wheat tortilla – source of whole grains with fiber, B vitamins



TIPS

Go meat free! Substitute turkey with tofu (cubed or crumbled), tempeh, lentils or beans

Have a taco party! Make ingredients separately and have your children assemble these themselves

NUTRITIONAL FACTS

(per serving)

- 284 calories
- 8 g fat (25% of calories from fat)
- 3 g saturated fat (9% of calories from saturated fat)
- 35 mg cholesterol
- 500 mg sodium
- 5 g dietary fiber
- 24 g protein
- 29 g carbohydrates

Frozen Banana ICE CREAM

This simple-to-make frozen banana ice cream allows you to enjoy the sweetness and creaminess of ice cream without the added saturated fat and cholesterol.

Yields 8 servings (1 banana each= ~1/2 cup each)

Ingredients

8 ripe bananas,
peeled and frozen



Directions

- 1 Place bananas in food processor or blender
- 2 Puree until smooth and creamy
- 3 Serve and enjoy!

NUTRITIONAL BENEFITS

Bananas – a quick and convenient energy source that also provides potassium, vitamin B6, and fiber

NUTRITIONAL FACTS (per serving)

- 100 calories
- 0 g fat
- 0 mg cholesterol
- 2 mg sodium
- 3 g dietary fiber
- 1 g protein
- 24 g carbohydrates

JAZZ IT UP!

- Add a sprinkle of cinnamon for some added spice and flavor
- Blend in some unsweetened cocoa powder to make chocolate “ice cream”
- Blend in peanut butter/ almond butter for a nutty twist



TIPS

Freeze bananas that are very ripe for increased sweetness without having to add any sugar!

Recipes brought to you by NewYork-Presbyterian's Senior Executive Chefs Pnina Peled and Ross Posmentier and Registered Dietitian Natalie Khoo. For more recipes, please visit nyp.org/nutrition.

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COLD PASTA SALAD with Broccoli and Spinach Pesto

This pasta salad is a great lunch box item that can be enjoyed cold! The vegetables are incorporated right into the pesto sauce providing a great source of vitamins and nutrients.

Yields 8 servings (1/2-cup each)

Ingredients

2 cups dry elbow pasta	1/3 cup olive oil
2 cups raw spinach	1/3 cup cold water
1 cup broccoli	1 tablespoon minced garlic
1 tablespoon lime juice	1/3 cup grated parmesan cheese

Directions

- 1 Cook pasta according to package directions, drain, and cool.
- 2 Place remaining ingredients for the pesto in blender and blend until smooth.
- 3 Toss pasta in the pesto and serve cold.

NUTRITIONAL BENEFITS

Spinach – high in vitamin A and vitamin K

Broccoli – lots of vitamin K and vitamin C

Olive oil – great source of healthy fats



NUTRITIONAL FACTS (per serving)

- | | |
|---|-----------------------|
| • 194 calories | • 3 mg cholesterol |
| • 10 g fat (46% of calories from fat) | • 75 mg sodium |
| • 2 g saturated fat (9% of calories from saturated fat) | • 2.5 g dietary fiber |
| | • 6 g protein |
| | • 20 g carbohydrates |

Try substituting regular pasta with whole wheat pasta or brown rice pasta for added fiber.

Try substituting zucchini noodles for the elbow pasta for a greater boost in nutrition!

Make pesto ahead of time and refrigerate. Toss with pasta when ready to serve.

Add color with red bell peppers, tomatoes or yellow squash.



TIPS

The Incredible Hulk SMOOTHIE

Smoothies are a great way to boost fruit, vegetable and fiber intake. It is also a great opportunity to teach kids how to make healthy choices. Create smoothies with your kids using their favorite fruits and vegetables!

Yields 4 servings (4 oz each)

Ingredients

1 cup raw baby spinach	1 cup (8oz) vanilla soy milk
1 cup raw kale	1/2 cup (4oz) vanilla Greek yogurt
1/3 cup fresh mango	1 cup ice
1/2 banana	

Directions

- 1 Blend all ingredients together in a blender
- 2 Serve and enjoy!

NUTRITIONAL BENEFITS

Spinach and Kale – dark leafy greens that are a good source of vitamin K and phytonutrients (beneficial nutrients that can help prevent disease)

Mango – high in vitamin C

Banana – high in potassium and fiber

Soy milk – great dairy free option, and high in calcium and vitamin D if fortified

Greek yogurt – source of low-fat protein



NUTRITIONAL FACTS (per serving)

- | | |
|--------------------------------------|----------------------|
| • 73 calories | • 50 mg sodium |
| • 1 g fat (12% of calories from fat) | • 1 g dietary fiber |
| • 0 g saturated fat | • 5 g protein |
| • 0 mg cholesterol | • 11 g carbohydrates |

Use frozen bananas to add natural sweetness and creaminess

Add source of calcium and vitamin D such as fortified almond milk, soy milk or Greek yogurt

Use frozen fruits and no ice will be needed

Add greens to boost vegetable intake



TIPS

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