

Healthy eats from A to Z

Want to eat healthier but need new ideas? From A to Z, we've provided a whole alphabet of delicious, healthy recipes that are easy to prepare and require few ingredients. Many can be made with children's help. Enjoy!

A

Apple-licious personal parfaits: Core and dice a small apple, then toss with ½ tsp. of cinnamon. Place apple in a small, clear dish. Top with 2 T. low-fat vanilla yogurt and granola sprinkles.  

B

Broccoli florets with cottage cheese dip: Mix a cup of low-fat cottage cheese with half of a packet of Ranch dip mix. 

C

Cheesy toast: Cut low-fat cheese slices into fun shapes using cookie cutters. Put cheese on a slice of whole wheat bread and broil until cheese is slightly melted and bread begins to brown. 

D

Dried fruit trail mix: In a large zip bag, place 2 cups of Wheat Chex cereal and a half-cup each of dried diced fruit, raisins, cranberries and peanuts. Shake to mix. Nuts are a superfood!  

E

Easy **English muffin** pizzas: Split a whole wheat english muffin in half and spread both sides with pizza sauce. Top with thin strips of string cheese. Bake until cheese is melted and bubbly. 

F

Fruit salsa with cinnamon tortilla chips: Cut whole wheat flour tortillas into triangles and sprinkle with a cinnamon-sugar mixture. Bake for 10 minutes or until crunchy. While chips are baking, mix a small can of crushed pineapple with diced fruit such as kiwi, mango and strawberries. Use chips to scoop the fruit salsa. 

G

Great green Chicka Chicka Boom Boom tree: Create a palm tree using one cinnamon graham cracker stick (trunk), 4 green apple slices (palm fronds), 3 green grapes (coconuts) and alphabet cereal.

H

Hummus dip with assorted raw veggies: Drain a can of chickpeas, reserving liquid. Put chickpeas into blender with 1 T. olive oil and blend on low speed, gradually adding reserved bean liquid until desired consistency is achieved. Season to taste with garlic powder and salt. 

I

Ice-pops: Pour 100% fruit juice into popsicle molds. Add crushed pineapple or diced strawberries for color.

J

Juicy Jell-O Jigglers: Mix 2 ½ cups of juice (fruit and veggie blends work well) with 2 large packets of strawberry Jell-O. Pour into a pan and chill until set.

K

Kiwi kabobs: Peel kiwi and cut into chunks. Thread kiwi chunks onto long toothpicks or skewers, alternating with cubes of Colby-Jack cheese. 

L

Lettuce wraps: Fill large leaves of iceberg lettuce with a slice of low-fat turkey breast and a sprinkling of shredded cheddar cheese. Eat like a soft taco!

M

Mighty milk: In a blender, mix 2 cups of skim milk with 8 ice cubes, 2 bananas and 4 T. orange juice concentrate. Cover and blend until smooth.

N

Noodles with veggies: Toss cooked whole wheat pasta with 1 c. green peas and ¼ cup grated parmesan cheese. 🌱G

O

'Oatmeal Cookie' Oatmeal: Cook oats as directed. Remove from heat and add a handful of raisins, 8-10 walnuts and 1 T. of brown sugar. Stir until sugar is melted. Add half of a banana, thinly sliced. Stir gently and serve warm. \$🌱G

P

Portable pita pockets: Cut whole wheat pita rounds in half and open to create pocket. Fill with spinach leaves and your favorite low-fat deli meat or cheese. \$🌱G

Q

Quick quesadillas: Spray pan with non-stick spray. Place whole wheat flour tortilla in warm pan and sprinkle with low-fat cheese, cooking until cheese begins to melt. Remove from pan and fold in half. Cut into triangles and serve with salsa. 🌱G

R

Rice with veggies: Mix 2 cups of steamed brown rice with 2 cups of mixed vegetables. Sprinkle with soy sauce and serve. \$🌱G

S

Sweet potato Bake: Peel sweet potatoes and cut into bite-sized chunks. Drizzle with olive oil and bake for 30 minutes. Drizzle with 2 T. maple syrup and 2 T. of orange juice and bake for another 10 minutes. \$

T

Tomato soup: Amp up tomato soup by making it with milk instead of water. Pour into a mug and sprinkle with whole grain goldfish crackers. \$🌱G

U

Unusual banana pops: Peel banana and cut in half. Thread each banana half onto a popsicle stick and lightly drizzle with chocolate syrup. Sprinkle with shredded coconut, then place in a plastic container. Place lid on container and put in freezer.

V

Veggie faces: Fresh veggies in fun shapes = endless possibilities!

W

Whole wheat bagel: Cut bagel in half and lightly toast. Top with a layer of cream cheese and fresh strawberry slices. 🌱G

X

X-traterrestrial PB&J bites: Spread peanut butter and jam onto mini rice cakes. They'll disappear right before your eyes! 🌱G

Y

Yogurt pops with fresh blueberries: Mix together 1 c. vanilla yogurt, ¼ cup orange juice and 1/2 c. blueberries. Pour into Popsicle molds and freeze until solid.

Z

Zucchini Slaw: Grate fresh zucchini and sprinkle with olive oil, lemon juice, salt and pepper to taste. Top with shredded parmesan cheese.

The Kansas Center for the Book at the State Library of Kansas again proudly promotes the importance of reading to the very young in our state. In our seventh year of sponsorship, this year's book is *Chicka Chicka Boom Boom*, written by one

of Kansas's best known and most beloved children's book authors, the late Bill Martin, Jr., with John Archambault and illustrated by Lois Ehlert.

