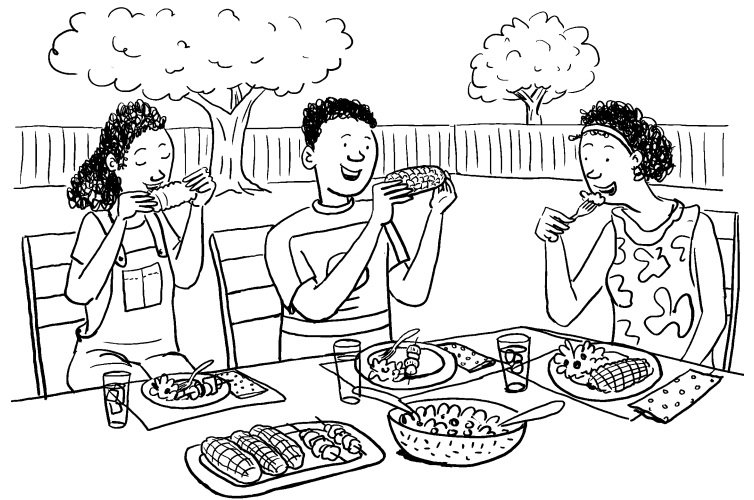


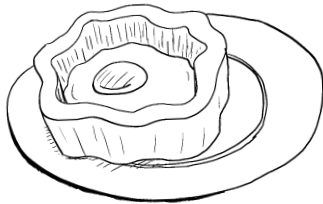
Best Recipes

2019 Edition

These recipes will inspire your whole family to eat healthier—and help in the kitchen. Share them with your tween or teen, and get started today!



Egg “ring”



1 large red or green bell pepper
Nonstick cooking spray
3 eggs

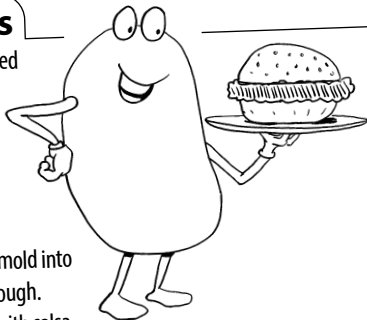
Remove seeds and core from bell pepper and slice into 3 rings (about 1 inch thick each). Coat a skillet with nonstick spray, and add the rings. Cook until soft,

about 2 minutes per side. Crack an egg in the center of each ring, and cook until set.
Serves 3.

Black bean burgers

1 can black beans (14 oz.), drained, rinsed
1 egg
1 cup whole-wheat breadcrumbs
 $\frac{1}{2}$ tsp. onion powder
 $\frac{1}{2}$ tsp. cumin
6 whole-wheat buns

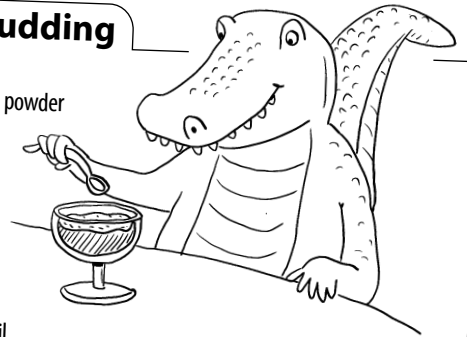
Mash first 5 ingredients together, and mold into 6 patties. Grill or bake until cooked through. Serve on whole-wheat buns. *Tip:* Top with salsa and avocado slices.



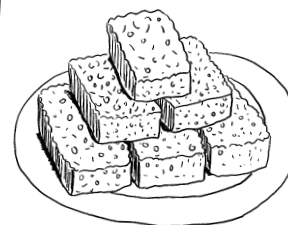
Chocolate pudding

$\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup unsweetened cocoa powder
2 tbsp. cornstarch
2 cups fat-free milk
2 tsp. vanilla extract

In a pot, whisk together sugar, cocoa powder, cornstarch, and milk. Bring to a boil, stirring constantly until thickened. Remove from heat, mix in vanilla, and divide into 4 small bowls. Refrigerate until firm.



No-bake cereal bars



$\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup honey
 $\frac{1}{2}$ cup almond butter (or any nut or seed butter)
2 cups old-fashioned oats
2 cups whole-grain cereal
Nonstick cooking spray

Over medium-high heat, bring sugar and honey to a boil. Remove from heat. Add almond butter, and mix in oats and cereal. Transfer batter to a 9" x 13" pan (coated lightly with nonstick spray). Cut into 12 bars when cool.

Bruschetta chicken

2 boneless, skinless chicken breasts
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ cup balsamic vinegar
Salt and pepper to taste
4 tomatoes, diced
1 small onion, chopped
 $\frac{1}{8}$ cup fresh chopped basil

Place chicken in a baking dish, and cover with oil, vinegar, and a sprinkle of salt and pepper. Bake 25 minutes at 375°. Mix together tomatoes, onion, and basil, and spoon over the cooked chicken. Makes 2 servings.



Strawberry kiwi smoothie

1 cup plain Greek yogurt
 $\frac{3}{4}$ cup water
1 cup crushed ice
1 cup fresh or frozen strawberries
1 peeled kiwi

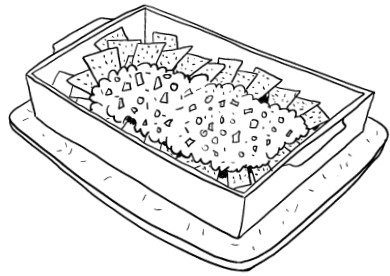
In a blender, pulse all ingredients until smooth. Makes 2 smoothies.



Taco bake

- 1 tbsp. olive oil
- 1 onion, chopped
- 1 garlic clove, minced
- 1 lb. lean ground turkey or beef
- 2 tbsp. low-sodium taco seasoning
- 1 can pinto beans (14 oz.), rinsed, drained
- 1 cup salsa
- 24 baked tortilla chips
- $\frac{1}{4}$ cup shredded low-fat cheese

Heat oil in a skillet, and saute onion and garlic until soft. Stir in meat and seasoning. When meat is cooked through, add beans and salsa. Line a baking dish with tortilla chips. Pour in meat mixture, and top with cheese. Bake at 350° for 15 minutes. Makes 4–6 servings.



Sheet-pan fish and chips

- 1 cup whole-wheat breadcrumbs
- $\frac{1}{4}$ tsp. chili powder
- 4 egg whites
- 1 lb. cod fillets (cut into 4 pieces)
- Nonstick cooking spray
- 2 large russet potatoes (cut into 1-inch cubes)
- 1 tbsp. olive oil
- Salt and pepper to taste

Combine breadcrumbs and chili powder in one dish. Beat egg whites in another. Dip each fillet into egg whites, then breadcrumbs. Place on a sheet pan coated with nonstick spray. Toss potatoes with oil, salt, and pepper. Put potatoes on same pan as fish. Bake at 400° for 15 minutes until the fish flakes easily with a fork and potatoes are tender. Serves 4.



Buffalo chicken salad

- 3 cups cooked, shredded chicken
- 1 cup fat-free blue cheese dressing
- 1 tsp. hot sauce
- 1 cup chopped celery
- $\frac{1}{2}$ cup crumbled reduced-fat blue cheese
- 3 cups chopped romaine lettuce

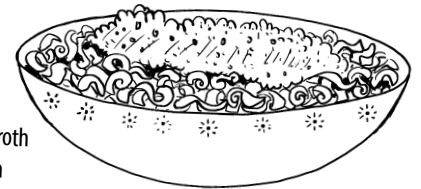
Combine chicken, dressing, and hot sauce. Stir in celery and cheese. Serve over lettuce. Makes 4 servings.



Beef stroganoff

- 1 lb. lean sirloin beef
- 2 tsp. olive oil
- 1 cup sliced mushrooms
- $\frac{1}{4}$ cup diced onion
- 1 tbsp. flour
- 1 cup low-sodium vegetable broth
- $\frac{1}{4}$ cup reduced-fat sour cream
- 1 lb. cooked whole-wheat noodles

Slice beef into thin strips and cook in 1 tsp. oil. Remove beef. Add the remaining oil to the pan, and saute mushrooms and onion until soft. Stir in flour, broth, and beef. Simmer 10 minutes. Mix in sour cream. Serve over pasta. Makes 4 servings.



Snack corner

Bring a little creativity to snack time with these tasty and nutritious options.

Yogurt bark

Spread nonfat yogurt on a sheet pan, and press blackberries, blueberries, or raspberries (or a combination) throughout. Freeze for 1 hour, and break off pieces for a healthy bark. *Tip:* Experiment with other mix-ins like chopped nuts, dried coconut, or mini chocolate chips.

Pizza muffin

Top each half of a whole-grain English muffin with marinara sauce and shredded skim mozzarella cheese. Add olive halves



and spinach. Sprinkle on oregano, and broil on high until cheese bubbles (about 5 minutes).

Turkey and cheese roll-up

Stack 2 pieces of low-fat turkey deli meat, and top with 1 slice provolone cheese. Roll up the meat and cheese for a portable snack.

Deviled eggs

Slice 2 hard-boiled eggs in half. Scoop out egg yolks and mix with 2 tbsp. low-fat mayonnaise or plain Greek yogurt. Season with salt and pepper. Spoon yolk mixture back into egg halves.

Editor's Note: Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.