

AT THE TABLE! Recipe Handout

Experts everywhere agree: Sharing meals helps cement family relationships.

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KPATA (Kansas Parents As Teachers Association)

FINGER LICKIN' MAIN DISH

(a homemade alternative to McNuggets with reduced fat and calorie content)

Parmesan-Crusted Chicken Strips 4 adult size servings (about 8 child-size servings)

Crispy, Parmesan-flecked chicken tenders dipped in marinara sauce is an easy dinner the whole family will love. Dipping them in a Ranch dip or a mixture of plain yogurt with chopped fresh basil would be tasty too. We suggest serving them with raw veggies & dip + slices of whole wheat bread, a glass of milk and frozen bananas for dessert. The magazine's serving suggestion: Serve with sautéed green beans and roasted sweet potato wedges.

Source: *EatingWell* Magazine: September/October 2010

http://www.eatingwell.com/recipes/parmesan_chicken_tenders.html

Prep Time: 10 min / Bake Time: 20 min

Ingredients:

Canola or olive oil cooking spray

1/4 cup whole wheat flour (regular or white whole wheat)

1 tablespoon Italian seasoning

1 teaspoon garlic powder

1/4 teaspoon salt

2 large eggs

1/2 cup finely shredded Parmesan cheese

1 cup coarse dry breadcrumbs, preferably whole-wheat*

About 1 pound chicken tenders or chicken breast cut into strips

Dip of your choice, if desired: heated marinara sauce, Ranch dip, yogurt w/ chopped basil

Directions:

1. Preheat oven to 450°F. Cover baking pan w/ foil or parchment paper; coat with cooking spray.
2. Mix flour with Italian seasoning, garlic powder and salt in a shallow dish. Lightly beat eggs in another shallow dish. Combine Parmesan and breadcrumbs in a third shallow dish. Coat each tender in flour mixture, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the breadcrumb mixture. Place the tenders on the prepared rack. Generously coat the top of each tender with cooking spray.
3. Bake for 10 minutes. Turn each tender over and coat with cooking spray. Continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve the tenders with your choice of dipping sauces, if desired.

Nutritional Analysis:

Per adult serving : 293 Calories, 8g Fat (3g Sat; 2g Mono; 140mg Cholesterol), 22g Carbohydrates, 31g Protein, 3g Fiber, 603mg Sodium, 465mg Potassium.

**EatingWell* suggests using coarse dry whole-wheat "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. Or, to make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. (To make fine dry breadcrumbs, process until very fine.) Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about 1/3 cup dry breadcrumbs.

VARIETY OF VEGGIES

You know that it's crucial for vegetables to play a starring role in your child's meals. Better than any pill or supplement, fruit and vegetables are your child's most readily absorbed source of key vitamins, nutrients and fiber. They're also one of your child's best insurance policies against obesity and disease. -- recipes.kaboose.com/veggie-lover.html
Mealtime solution: Offer a veggie tray that offers an array of veggies, introducing some familiar ones (carrots & celery sticks, broccoli trees, grape tomatoes) with some they may not have tasted before (maybe things like sugar snap peas, red or yellow peppers, and perhaps even jicama).

Kids Favorite Veggie Dip About 12 servings

Source: <http://www.food.com/recipe/kids-favorite-veggie-dip-60643>

Prep Time: 5-10 min / Refrigerator Time: 1-2 hr

Ingredients:

2/3 cup mayonnaise (cut the fat by using a fat-reduced variety)
2/3 cup sour cream (cut the fat by using a fat-reduced variety)
1 to 1½ tablespoon dry onion soup mix
2 tablespoon dried Italian seasoning (or use 4 Tbsp. fresh, chopped assorted herbs such as parsley, chives, oregano, basil, etc.)
½ teaspoon Worcestershire sauce

Directions:

1. Mix all ingredients well and refrigerate.
2. Serve with assorted fresh vegetables

Nutritional Analysis:

Per serving : 79 Calories; 7g Fat (2.3 g Sat; 9mg Cholesterol), 3.7g Carbohydrates (0.9g Sugars), 0.5g Protein, 103mg Sodium; 3% Vit. A, 2% Calcium, 1% Vit. C.

Ideas for involving your toddler

- Let them help pick out veggies at the grocery store
- Let them help wash veggies
- Let them arrange veggies on a tray
- Let them help stir the veggie dip

OTHER RESOURCES

- <http://recipes.kaboose.com/veggie-lover.html> -- find ideas for other strategies to increase veggie intake. This site also links to a veggie calculator that will let you explore the nutritional value and specific contributions of various vegetables.
- http://www.eatingwell.com/nutrition_health/healthy_kids/the_kid_friendly_pantry -- *Eating Well* editors provide "The Kid-Friendly Pantry" (Your answer to "There's nothing to eat!")

A SWEET ENDING!

A “kids in the kitchen” recipe – Kids can peel bananas, help insert craft sticks, arrange bananas on parchment-lined sheet pan and assist in adding the coatings to the partially frozen banana. YUM!

Frozen Bananas Pops 8 servings

Prep Time: 15 min / Freezer Time: 1 hr 30 min

Ingredients:

4 bananas, peeled and halved

8 wooden craft sticks

Possible coatings: crushed Oreos or other cookies, chocolate chips – regular or mini, plain or lightly toasted coconut, rice crispy cereal, etc.

Directions:

1. Insert wooden stick into each banana piece. Arrange on parchment or wax paper-lined sheet pan and freeze for 20-30 minutes.
2. Meanwhile assemble coatings by arranging them in a low, flat pan or bowl for easy dipping and rolling.
3. Remove bananas from freezer; roll and press each into coating mixture. Again arrange on sheet pan and freeze until frozen solid, about 1 hour.

Nutritional Analysis (based on ½ banana coated w/ mini chocolate chips)

Per serving : 165 Calories, 6.4g Fat (4.4g Sat; 5mg Cholesterol), 26.0 Carbohydrates (18.0g Sugars, 2.2g Fiber), 2.2g Protein, 17mg Sodium, 2% Vit. A, 4% Calcium, 9% Vit. C, 4% Iron.

In study after study, the **beneficial impact of family mealtime** has been demonstrated for children of all ages. Better grades, healthier eating habits, closer relationships to parents and siblings, ability to resist negative peer pressure, resilience in the face of life's problems – all these are outcomes of simply sharing dinner on a regular basis.

Join families across America as they celebrate – **FAMILY DAY . . . A DAY TO EAT DINNER WITH YOUR CHILDREN** (for more info, go to <http://casafamilyday.org/familyday/>)

Check out these online references:

- The Power of Family Meals @ <http://poweroffamilymeals.com/> contains family mealtime ideas, recipes, meals & menus, and other related info.
- Let's Move @ <http://www.letsmove.gov/> contains ideas for eating healthy, getting active and related facts.
- Choose My Plate @ <http://www.choosemyplate.gov/> introduces the USDA's new icon for healthy eating . . . that replaces the Food Pyramid (watch for the preschooler update)
- Or, simply Goggle: family meals for a wealth of information.
- Or, download iTableTime App for your iPhone or iPad and rediscover the bonding power of family meals.