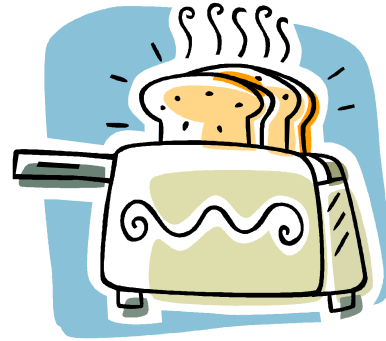


Ionia Kids Club, Ionia Peace Community,
Washington Street Community Garden and Friends



**The
Healthy Recipes
Healthy Kids
Cookbook**



United Way
Montcalm-Ionia Counties

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Veggie Sloup

Ingredients

- 1lb ground beef
 - (for vegetarian dish 2 cups of black beans or northern beans can be substituted)
- 10 oz package of frozen mixed vegetables or fresh vegetables
- 3 cups diced or chopped potatoes
- 1 can cream of celery soup with 2 cans water added
- 1 Dash of salt
- 1 Tbsp of Garlic Powder
- 1 tsp of Onion Powder
- ¼ cup of Mashed Potato flakes (can be skipped for thinner soup)

Preparation

Brown Ground Beef in skillet or pan and drain grease. Add salt, garlic powder and onion powder to meat as it cooks.

Chop 4 medium sized potatoes into cubes.

Place browned ground beef, potatoes, mixed vegetables and cream of celery soup and water in large pot. Cook over medium-high heat for about 30 minutes or until potato cubes are soft. Remove from heat and add

Mashed Potato Flakes to thicken. (This step can be skipped for thinner soups.)

Serve with your favorite dinner roll, bread or crackers.

Nutritional Information			
Serving Size:	1.5 Cups		
Amount Per Serving			
Calories:	345	Calories from Fat:	142
% Daily Value*			
Total Fat	15.83g		24%
Saturated Fat	5.914g		30%
Cholesterol	56mg		19%
Sodium	561mg		23%
Potassium	754mg		22%
Total Carbohydrate	32.87g		11%
Dietary Fiber	4.1g		16%
Sugars	1.43g		
Protein	19.04g		
Vitamin A	57%	Vitamin C	38%
Calcium	5%	Iron	20%
* Percent Daily Values are based on a 2000 calorie diet.			

Bonnie's Zucchini Bread

Ingredients

- 3 Eggs
- 2 Cups Sugar
- 1 Tablespoon Vanilla
- 1 Cup Vegetable Oil (Canola Oil)
- 2 Cups All Purpose Flour
- 1 Tablespoon Cinnamon
- 2 teaspoons Baking Soda
- 1 teaspoon Salt
- ¼ teaspoon Baking Powder
- 2 Cups Zucchini (grated and drained)
- 1 cup nuts optional (walnuts or pecans)

Preparation

Preheat oven to 350 degrees.

Combine eggs, sugar, vanilla and oil together and mix well. Stir in all remaining ingredients. Pour mixture into 2 loaf pans. Bake for 1 to 1 ¼ hour.

Nutritional Information			
Serving Size:		1/8 loaf	
Amount Per Serving			
Calories:		341	Calories from Fat: 177
% Daily Value*			
Total Fat	19.65g		30%
Saturated Fat	2.122g		11%
Cholesterol	40mg		13%
Sodium	318mg		13%
Potassium	110mg		3%
Total Carbohydrate	38.99g		13%
Dietary Fiber	1.5g		6%
Sugars	25.74g		
Protein	3.63g		
Vitamin A	2%	Vitamin C	4%
Calcium	2%	Iron	4%
* Percent Daily Values are based on a 2000 calorie diet.			

Summer Salad

Ingredients

- 3-4 Cups tomato cut into large chunks
- 2 cucumbers peeled and sliced thinly about 2 cups
- 1 cup thinly sliced sweet onion(I like Vidalia's)
- ½-1 cup rough chopped bell pepper(any color)
- 1 cup fat free Italian dressing
- 1 cup of your favorite vinegar
- Salt, pepper and garlic powder to taste
- Pinch of sugar if needed

Instructions

In large bowl layer tomatoes, cucumbers, onions and peppers, pour vinegar and Italian dressing over all. Toss gently adding more vinegar if needed to cover all. Add salt, pepper and garlic powder. Refrigerate for at least 30 minutes before serving. Stir again before eating.

Serving Suggestions

This salad goes great with grilled meat and garlic toast
 This is a great addition to a mixed greens salad.
 Great with cottage cheese
 Sprinkle freshly grated parmesan cheese on top

Nutritional Information			
Serving Size:			
Amount Per Serving			
Calories:	115	Calories from Fat:	
% Daily Value*			
Total Fat			
Saturated Fat			
Cholesterol			
Sodium	675mg		
Potassium			
Total Carbohydrate			
Dietary Fiber			
Sugars			
Protein			
Vitamin A	12%	Vitamin C	64%
Calcium	5%	Iron	
* Percent Daily Values are based on a 2000 calorie diet.			

Big Blue Smoothie

Ingredients

- 1 cup blackberries, frozen
- 1 ½ cups blueberries, frozen
- 1 cup Stonyfield Lowfat Vanilla Yogurt
- ½ cup grape juice

Preparation

Combine all ingredients in a blender, and puree on high until smooth. Pour into glasses and enjoy

Nutritional Information	
Serving Size:	2 cups
Amount Per Serving	
Calories:	220 Calories from Fat: 20
% Daily Value*	
Total Fat	2 g
Saturated Fat	
Cholesterol	
Sodium	
Potassium	
Total Carbohydrate	46g
Dietary Fiber 5g	
Sugars	
Protein	6g
Vitamin A	Vitamin C
Calcium	20% Iron
* Percent Daily Values are based on a 2000 calorie diet.	

Vegetable Pasta Salad

Ingredients

- 2 cups cucumber, chopped
- 1 cup radishes, sliced
- 1 pint grape tomatoes, halved
- 1/3 cup green onion, chopped
- 1 12oz package bowtie pasta
- 1 cup Italian dressing
- Salt and pepper to taste

Preparation

Cook pasta according to package instructions. Combine vegetables in a large bowl and toss with dressing, salt and pepper. Drain pasta and add to vegetables and dressing. Toss until everything is combined. Chill for several hours or overnight. Adjust seasoning and dressing as needed.

Nutritional Information	
Serving Size:	1 cup
Amount Per Serving	
Calories:	203 Calories from Fat:
% Daily Value*	
Total Fat	9.5 g
Saturated Fat	
Cholesterol	
Sodium	
Potassium	
Total Carbohydrate	26g
Dietary Fiber g	
Sugars	
Protein	4g
Vitamin A	Vitamin C
Calcium	Iron
* Percent Daily Values are based on a 2000 calorie diet.	

Veggie Salsa

Ingredients

- 1 can diced tomatoes (14.5oz)
- 1 can whole kernel corn (8.5oz)
- 1 can garbanzo beans (7.75oz)
- 1 can sliced carrots (8.25oz)
- ½ can of red kidney beans
- ¾ cup Italian Dressing

Preparation

Drain all cans of veggies and mix together. Pour in Italian Dressing and mix well. Serve on scoopable tortilla chips.

Nutritional Information			
Serving Size:	1 batch		
Amount Per Serving			
Calories:	991	Calories from Fat:	130
% Daily Value*			
Total Fat	14.46g		22%
Saturated Fat	2.092g		10%
Cholesterol	0g		0%
Sodium	2503mg		104%
Potassium	2008mg		57%
Total Carbohydrate	169.8g		57%
Dietary Fiber	33.9g		136%
Sugars	15.68g		
Protein	35.16g		
Vitamin A	525%	Vitamin C	62%
Calcium	269%	Iron	50%
* Percent Daily Values are based on a 2000 calorie diet.			

Healthy Succotash Stew

Ingredients

- 1 bag of frozen lima beans
- 12 ears of corn
- 2 cups milk (2%)
- Red Onions
- Celery
- Fire Roasted Tomatoes by Victoria Taylors Seasoning
- Salt and Pepper

Preparation

Sauté onions and celery in olive oil. Scrape corn from cobs into pot and add lima beans. Cover with milk. Add seasoning to taste.

Nutritional Information	
Serving Size:	
Amount Per Serving	
Calories:	Calories from Fat:
% Daily Value*	
Total Fat	g
Saturated Fat	g
Cholesterol	Og
Sodium	mg
Potassium	mg
Total Carbohydrate	g
Dietary Fiber	g
Sugars	g
Protein	g
Vitamin A	Vitamin C
Calcium	Iron
* Percent Daily Values are based on a 2000 calorie diet.	

Creamy Pin Wheels

Ingredients

- 1 package of cream cheese
- 1 green onion
- 1/3 cup cheese (finely chopped)
- 1 package thinly sliced ham
- 1 package of tortilla wheels

Preparation

Mix cream cheese and cheese together. Spread on tortilla. Layer onion and ham on top. Roll up tortilla and slice in 1/4 inch sections. Serve Cold.

Nutritional Information	
Serving Size:	
Amount Per Serving	
Calories:	Calories from Fat:
% Daily Value*	
Total Fat	g
Saturated Fat	g
Cholesterol	g
Sodium	mg
Potassium	mg
Total Carbohydrate	g
Dietary Fiber	g
Sugars	g
Protein	g
Vitamin A	Vitamin C
Calcium	Iron
* Percent Daily Values are based on a 2000 calorie diet.	

Andi's Bruschetta

Ingredients

- 2 cups fresh diced tomato
- 1/3 cup finely chopped onion
- 2 Tablespoons finely chopped fresh basil
- 1 French Baguette, sliced 1/4 inch thick
- 1 teaspoon olive oil

Preparation

In medium sized mixing bowl combine tomatoes, onion and basil. Mix well. Then add garlic powder, salt, and pepper. Refrigerate till ready to be eaten.

Preheat oven to 350 degrees. Take sliced baguette and light brush one side with olive oil. Place on baking sheet oil side up. Bake for 5 minutes or until golden. Remove from oven and let cool.

Top toast with bruschetta and enjoy!

Nutritional Information			
Serving Size: 1 teaspoon (without bread)			
Amount Per Serving			
Calories:	9	Calories from Fat:	
% Daily Value*			
Total Fat	g		
Saturated Fat	g		
Cholesterol	0g		
Sodium	11mg		
Potassium	mg		
Total Carbohydrate	g		
Dietary Fiber	g		
Sugars	g		
Protein	g		
Vitamin A	3%	Vitamin C	4%
Calcium		Iron	
* Percent Daily Values are based on a 2000 calorie diet. Nutritional Info will change depending on bread used and amount of olive oil used.			

Chicken Crescent Rolls

Ingredients

- 4 chicken breasts
- 1 cup of broccoli
- 1 cup of mozzarella cheese
- 1 tomato
- 16 crescent rolls (2 packages)
- 1 teaspoon ground oregano
- 1 teaspoon garlic powder

Preparation

First preheat the oven to 375 degrees. Cover a baking pan with aluminum foil and lightly coat with olive oil. Arrange chicken evenly on pan and sprinkle oregano and garlic on the chicken. Bake chicken for 30-35 minutes or until thoroughly cooked.

Cut chicken, broccoli, and tomatoes into small pieces. Place unrolled crescent rolls on clean baking sheet. Layer cheese, chicken, broccoli and tomato on top of half of the crescent roll. Fold remaining half over the top and pinch on edge to form a seal. (For added fun top with more mozzarella or parmesan cheese.) Bake for 12-15 minutes or until roll is evenly cooked.

Nutritional Information			
Serving Size:	1 roll		
Amount Per Serving			
Calories:	274	Calories from Fat:	53
% Daily Value*			
Total Fat	5.87g		9%
Saturated Fat	1.382g		7%
Cholesterol	44g		15%
Sodium	713mg		30%
Potassium	188mg		5%
Total Carbohydrate	30.91g		11%
Dietary Fiber	1.7g		7%
Sugars	4.79g		
Protein	23.45g		
Vitamin A	3%	Vitamin C	11%
Calcium	15%	Iron	13%
* Percent Daily Values are based on a 2000 calorie diet.			

Sun Dill Pickles

I always sterilize my glass jars in boiling water as well as lids, if plastic jar I rinse with a solution of water and bleach. (Miracle Whip has a nice wide mouth plastic jar now.) Some people don't, but I feel safer for long term storage. These pickles last a year, sometimes longer before they tend to get too soft to enjoy.

Ingredients

- Pickling cucumbers
- Head of fresh dill
- Fresh garlic toes
- Wild grapevine leaves
- 1 tsp. dried dill seed (I collect mine every year for the next year, but dollar store is another cheap option)
- Pickling salt
- 1 ½ cups White Vinegar
- ½ teaspoon Alum. (Much cheaper if you buy in the pharmacy section instead of the seasoning/spice section of a supermarket. It is difficult to find, asking is much easier!)
- 2 ½ cups tap water

Preparation

Place a grape leaf in the bottom of your jar. The handle of a wooden spoon makes it easier to get it across the bottom. Add your head of dill, 1 measuring teaspoon of dill seed, one large or two medium toes of garlic.

Add your spears, hunks or slices of cucumbers, jamming them as close to each other as possible. When doing spears, I lay the

jar on its side, one spear next to and on top of the other until nearly full, then stand it up and carefully cram more in. That handle of the wooden spoon comes in handy for getting the very last one in there. Sometimes there is room to lay some smaller ones across the top of the jar, filling the jar as full as possible. Top off with a **grape leaf**. I use a large one on the bottom with a smaller one for the top. Next mix the solution. Any left over can be saved in the refrigerator for future use, just bring it to room temperature first, or microwave it until it is room temperature or mix another batch into it, using **HOT** water. I like to mix a double batch in an 8 cup measuring cup with a handy pouring spout to start with.

Solution:

Mix ½ cup pickling salt and 1 rounded ½ teaspoon Alum.

Add 1½ C. white vinegar, stirring to dissolve.

Add 2½ C. tap water. Stir until clear.

Pour over cucumbers filling to top of jar, place cap on and shake, remove cap and see if more solution is needed.

Set in sun for 2 to 3 days depending on temperature and amount of sunshine available. In sunny high 80's to 90 degree weather, 2 days of sun bathing is sufficient.

Chill and continue to store in refrigerator forever and ever....amen!

Zucchini Pie...Mock apple pie

Ingredients

- 4 cups large hard zucchini
- 2/3's cup lemon juice
- 3/4 cup white sugar or combination of white and brown
- 3 T.'s cornstarch
- 3/4 t. cinnamon
- 1 stick margarine
- 1/2 c. sugar
- 1 c. flour

Preparation

Zucchini, peel with veggie peeler, cut in half, seeded, then sliced as if for apple pie. (The size of zucchini to use looks like it could be a weapon...the ones that you usually throw away that are firm, about 4 to 5 inches thick and maybe 16 or so inches long.)

Cook zucchini, white sugar or combination of white and brown, cornstarch, and cinnamon on stove top until thick.

Place in unbaked pie shell, dot with real butter, cover with combination of margarine, sugar, and flour. This will be crumbly.

Bake at 350 degrees for 60 to 80 minutes.

The store bought frozen deep dish pie shells work great!
Quick and EASY.

Now the fun begins. Rule is to give out pieces of this pie, and then ask what kind of pie it is. It is also fun to have one of the big zukes on hand to show the person(s)...once they have guessed...especially if they don't typically eat zucchini at all!