

DELICIOUS RECIPES

1 Chicken = 4 Meals

Cooking With Chef Art Smith

Try these four easy-to-follow, healthy recipes that will help you stretch your food ingredients and your dollar.

RECIPE 1

Marianne's Grilled Chicken

- ***** ONE 6-POUND WHOLE CHICKEN
- *** 4 HEADS FRESH GARLIC**
- ***** ¼ CUP DIJON MUSTARD
- ***** JUICE OF 1 LEMON
- ***** SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

Wash chicken and remove the backbone with kitchen scissors. Pat dry, rub with garlic, and coat with Dijon mustard and lemon juice. Season with salt and pepper. Marinate in the refrigerator for 30 minutes.

On medium-high heat, grill chicken, 12 minutes per side. Chicken should reach an internal temperature of 165° Fahrenheit.

Serve with green salad. Save bones and leftover meat for other dishes.

RECIPE 2

Grilled Chicken Salad

- *** 4 CUPS SALAD GREENS**
- ***** 3 CUCUMBERS, SLICED
- ***** 2 MEDIUM TOMATOES, SLICED
- ***** 1 ORANGE, PEELED AND CUT INTO SEGMENTS
- * 1 CUP COOKED GREEN BEANS
- ***** 2 CUPS TORN GRILLED CHICKEN
- ***** 3 TABLESPOONS OLIVE OIL
- **x** 3 TABLESPOONS VINEGAR
- **★** SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

Toss all ingredients together and serve. Serves 4.

RECIPE 3

Grilled Chicken, Multigrain Pasta, and Fresh Veggies

- *** 2 CUPS TORN GRILLED CHICKEN**
- *** 4 CUPS COOKED MULTIGRAIN PASTA**
- *** 4 CUPS COOKED BROCCOLI**
- ***** 4 MEDIUM TOMATOES, CHOPPED
- *** 1 TABLESPOON DRY BASIL**
- ***** 1 TEASPOON DRY OREGANO
- ***** 1/4 CUP GRATED CHEESE
- * SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

Toss all ingredients together and serve. Serves 4.

RECIPE 4

Chef Art's Mother's Chicken Soup

- * BONES OF ONE WHOLE COOKED CHICKEN
- ***** 1 CUP CHOPPED ONIONS
- *** 1 CUP CHOPPED CELERY**
- *** 1 CUP CHOPPED CARROTS**
- ***** 6 CUPS CHICKEN BROTH
- ***** 1 TABLESPOON DRY PARSLEY
- ***** SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

Combine all ingredients in a large stockpot. Over medium heat, simmer gently until veggies are tender, about 25–30 minutes. Remove chicken bones and add cooked chicken and, if desired, cooked pasta. Serves 4.





Sesame Street Recipes

Try making these healthy and delicious meals and snacks with your child. For a child-friendly kitchen, check out the safety tips on this page.

BREAKFAST

Healthy Banana Bran Muffin

MAKES 12 MUFFINS

- ***** 1 CUP FLOUR*
- *** 2 TEASPOONS BAKING POWDER**
- ***** ¼ CUP SUGAR
- ***** 1 EGG, BEATEN
- ***** 1 MEDIUM RIPE BANANA, MASHED
- ***** ¾ CUP LOW-FAT OR FAT-FREE MILK
- *** 2 CUPS BRAN FLAKE CEREAL**
- * TO GET IN MORE FIBER, YOU CAN REPLACE ½ CUP OF WHITE FLOUR WITH WHOLE-WHEAT FLOUR.

- 1. Preheat oven to 400°F.
- 2. Mix flour, baking powder, and sugar in a large bowl.
- 3. In a separate bowl, mix egg, banana, milk, and cereal. Let stand 5 minutes, then stir mixture until cereal is completely mashed.
- 4. Add cereal and milk mixture to flour mixture; stir until blended.
- 5. Spoon batter into a greased muffin pan and fill to $\frac{2}{3}$ full.
- 6. Bake for 20-25 minutes or until golden brown. Serve warm.

EACH MUFFIN PROVIDES 131 CALORIES, 3G PROTEIN, 29G CARBOHYDRATE, 0.7G FAT, 144MG SODIUM. 1.7G FIBER.

RECIPE COURTESY OF THE NATIONAL WIC ASSOCIATION

SAFETY TIPS FOR A CHILD-FRIENDLY KITCHEN

- * WASH YOUR HANDS WITH SOAP AND WATER BEFORE TOUCHING FOOD AND AFTER HANDLING RAW MEATS OR FISH.
- * KEEP FUN, CHILD-SAFE KITCHEN ITEMS SUCH AS MEASURING CUPS AND SERVING SPOONS IN A SPECIAL DRAWER OR CABINET.
- * ALWAYS FACE POT HANDLES ON COUNTERTOPS OR STOVES INWARD AND MAKE SURE WIRES DON'T DANGLE FROM THE COUNTER.
- * FOR GROWN-UPS: ONLY GROWN-UPS SHOULD USE SHARP OBJECTS
 SUCH AS KNIVES OR FOOD PROCESSORS. DON'T ALLOW CHILDREN TO GO
 NEAR A HOT STOVE OR TO MOVE FOODS IN AND OUT OF THE OVEN.
- * FOR KIDS: CHILDREN CAN COUNT INGREDIENTS, STIR BATTER, OR HELP PEEL A BANANA. THEY'LL BE PROUD TO HELP MAKE SOMETHING FOR THE WHOLE FAMILY TO ENJOY!

GROWN-UPS: ALWAYS SUPERVISE CHILDREN IN THE KITCHEN.







Sesame Street Recipes

LUNCH

Tuna Sandwich To Go

MAKES 4 SANDWICHES

- * 2 (5-OZ.) CANS WATER-PACKED TUNA
- * 2 TABLESPOONS LOW-FAT MAYONNAISE
- ***** 1 APPLE, CHOPPED
- ***** 2 TABLESPOONS SHREDDED LOW-FAT CHEDDAR CHEESE
- ***** 1 TOMATO, THINLY SLICED
- * 8 SLICES WHOLE-WHEAT BREAD

- 1. Combine tuna, mayonnaise, apple, and cheese in a medium bowl.
- 2. For each sandwich, spread ¼ cup of the tuna mixture on a slice of bread; top with tomato slices and another slice of bread.

Note: These sandwiches make a delicious and quick bag-lunch item and can be prepared ahead of time. To enjoy them warm at home, place the sandwiches on a baking sheet and broil until the bread is toasted and the cheese is melted.

EACH SANDWICH PROVIDES 296 CALORIES, 19G PROTEIN, 23G CARBOHYDRATE, 5.6G FAT, 537MG SODIUM, 5.5G FIBER.

RECIPE COURTESY OF THE NATIONAL WIC ASSOCIATION

DINNER

Cheesy Bean-and-Rice Casserole

MAKES 4 SERVINGS

- **x** 3 CUPS BROWN RICE, COOKED
- * 1 (16-OZ.) CAN KIDNEY OR PINTO BEANS, DRAINED
- ***** 1 LARGE ONION, CHOPPED
- ***** 1 CLOVE GARLIC, MINCED
- *** 1 CUP LOW-FAT COTTAGE CHEESE**
- ***** 1 TABLESPOON FLOUR
- * 3 OZ. LOW-FAT CHEDDAR CHEESE, GRATED

- 1. Preheat oven to 350°F.
- 2. In a large mixing bowl, combine the rice, beans, onion, garlic, cottage cheese, and flour.
- 3. Pour the mixture into a casserole dish; top with the grated cheese.
- 4. Bake covered for 30 minutes and uncovered for 5-10 minutes until the cheese is golden brown.

Note: For spicier flavor, stir in 2–4 tablespoons of chopped green chili peppers before baking.

EACH SERVING PROVIDES 434 CALORIES, 25G PROTEIN, 61G CARBOHYDRATE, 10G FAT, 372MG SODIUM, 10G FIBER.

RECIPE COURTESY OF THE NATIONAL WIC ASSOCIATION





Sesame Street Recipes

SNACK

Rainbow Fruit Salad

MAKES 4 SERVINGS

- * 1 MANGO, PEELED, PITTED, AND CUBED
- * 1 CUP BLUEBERRIES OR RED GRAPES
- ***** 1 CUP MELON IN SEASON, CUBED
- ***** 1 BANANA, PEELED AND SLICED
- * ½ CUP ORANGE JUICE

- 1. In a large bowl, combine all the fruits.
- 2. Pour orange juice over the fruits and stir well.
- 3. Serve at room temperature or cover and refrigerate for up to 24 hours.

EACH SERVING PROVIDES 84 CALORIES, 1G PROTEIN, 20G CARBOHYDRATE, TRACE OF FAT, 3MG OF SODIUM. 2G FIBER.

RECIPE COURTESY OF THE NATIONAL WIC ASSOCIATION

SNACK

Veggie Pizza Snack

MAKES 4 SERVINGS

- *** 2 WHOLE-WHEAT TORTILLAS**
- **X** 2 TABLESPOONS TOMATO PASTE
- ***** ¼ TEASPOON DRIED OREGANO
- ***** ¼ TEASPOON DRIED BASIL
- * 1 GREEN PEPPER, SLICED
- ***** 1 TOMATO, CHOPPED
- * 2 TABLESPOONS MOZZARELLA CHEESE, SHREDDED

- 1. Preheat oven to 425°F.
- 2. Pierce tortillas with a fork and bake on a baking sheet until crisp.
- 3. Remove tortillas from oven and spread evenly with tomato paste.
- 4. Sprinkle with dried oregano and basil.
- 5. Add a layer of sliced green peppers and a layer of chopped tomatoes.
- 6. Top with shredded cheese and bake until cheese is melted. Cut each pizza in half and serve immediately.

EACH SERVING PROVIDES 75 CALORIES, 3G PROTEIN, 15G CARBOHYDRATE, 1.5G FAT, 95MG SODIUM, 2G FIBER.

RECIPE COURTESY OF THE NATIONAL WIC ASSOCIATION