

## Sloppy Turkey Joes

Makes 4 serving(s)

### WHAT'S IN IT?

1 pound lean ground turkey breast meat  
1 small onion, chopped  
1/2 medium green bell pepper, chopped

### Sloppy Sauce:

3/4 cup ketchup  
1 tablespoon brown sugar  
1 teaspoon Dijon mustard  
1/2 teaspoon garlic powder  
1/4 teaspoon black pepper  
1/4 teaspoon chili powder  
1/8 teaspoon ground cinnamon

6 whole wheat hamburger buns

### STUFF YOU NEED

This is a family recipe. Kids and Parents: you'll need each other to make it!

### HOW TO PUT IT TOGETHER

1. In a large, nonstick skillet over medium heat, sauté the ground turkey breast, onion and green pepper until the turkey is cooked through and no pink remains.
2. For Kids: While the turkey is being sautéed, make the Sloppy Sauce: Mix the ketchup, brown sugar, mustard, garlic powder, black pepper, chili powder and cinnamon in a small bowl with a spoon.
3. Stir the Sloppy Sauce into the cooked turkey mixture. Reduce the heat to low, cover and simmer for 20 minutes.
4. For Kids: Scoop about 3/4 cup of filling onto each bun.
5. Enjoy—and make sure you have a napkin or two handy!

### WHY IT'S GOOD FOR YOU

380 Calories, 5 g Total Fat, 1 g Saturated Fat, 70 mg Cholesterol, 930 mg Sodium, 49 g Total Carbohydrates, 4 g Dietary Fiber, 13 g Sugars, 35 g Protein, 10% Vitamin A, 40% Vitamin C, 10% Calcium, 25% Iron

## Tasty Tortellini Toss

Makes 3 serving(s)

### WHAT'S IN IT?

3 quarts (12 cups) water

1 (9 ounce) package fresh cheese or three-cheese tortellini, uncooked

2 cups cherry tomatoes

2 teaspoons olive oil

1/4 teaspoon garlic salt

1/4 cup loosely-packed, chopped fresh basil or parsley

### STUFF YOU NEED

Adult's permission to use the stove

Liquid measuring cup

Large saucepan

Potholders

Colander

Medium-size bowl

Measuring spoons

Dry measuring cups

Large spoon

3 dinner plates or bowls

3 forks

### HOW TO PUT IT TOGETHER

1. Pour water into a large saucepan from a liquid measuring cup.
2. Place the uncovered pan on the appropriate stove burner. Turn the burner on high.
3. Bring the water to a boil over high heat.
4. Once you see lots of bubbles, very carefully pour the tortellini into the boiling water. If you need, ask an adult to be your assistant pasta-cooking chef!
5. Reduce the heat to medium-high and boil the tortellini gently for 8 minutes, or according to the tortellini package directions.
6. Using the potholders, carefully drain the pasta in a colander that's sitting in the sink. Watch out for the steam!
7. From the colander, dump the cooked, drained tortellini into a medium-size bowl.
8. Throw the cherry tomatoes onto the hot tortellini.
9. Drizzle the olive oil from a measuring spoon all over the tortellini and tomatoes.
10. Shake on the garlic salt from a measuring spoon.

11. Stir the tortellini mixture with a large spoon (or "toss"!) gently to coat all ingredients.
12. Just before you're ready to chow down the Tasty Tortellini Toss, scatter in the fresh basil or parsley from a measuring cup. Voila!
13. Spoon onto 3 dinner plates or bowls. Serve with forks. Savor the flavors!

#### WHY IT'S GOOD FOR YOU

Per serving:

220 Calories, 7 g Total Fat, 2 g Saturated Fat, 15 mg Cholesterol, 350 mg Sodium, 31 g Total Carbohydrates, 4 g Dietary Fiber, 1 g Sugars, 10 g Protein, 15% Vitamin A, 35% Vitamin C, 10% Calcium, 8% Iron

## Crazy Mix Veggie Burgers

Makes 4 serving(s)

### WHAT'S IN IT?

Pick 5 of these 10 "Crazy Mix" ingredients:

- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup shredded Cheddar cheese
- 1 cup finely chopped fresh spinach
- 1 cup finely chopped or shredded lettuce
- 3/4 cup thinly sliced red onion
- 1/2 cup shredded carrot
- 1/4 cup sliced pickles
- 1/4 cup ketchup
- 1/4 cup light mayonnaise
- 2 tablespoons mustard
- 4 large tomato slices
- 4 whole-wheat hamburger buns
- 4 frozen veggie burgers, prepared according to package directions

### STUFF YOU NEED

- Cutting board
- Cutting knife
- Dry measuring cups
- Measuring spoons (if needed)
- Cheese shredder (if needed)
- Medium-size mixing bowl
- Large spoon
- Toaster (or other kitchen utensils based on veggie burger package directions)

### HOW TO PUT IT TOGETHER

1. Pick 5 of the 10 "Crazy Mix" ingredients that you like best. Prepare each of the 5 ingredients and measure them out.
2. Dump all the measured ingredients into a medium-size mixing bowl. Slop them all together with a large spoon. Set the bowl aside while preparing the rest of the Crazy Mix Veggie Burger.
3. On the cutting board, slice a large tomato into four 1/2-inch-thick slices. Place each tomato slice on the bottom halves of the 4 buns.
4. Cook the veggie burgers according to the package directions. Some veggie burgers can be prepared simply in the toaster. When the package suggests you can use a toaster, it usually takes just 5 to 6 minutes to toast each frozen veggie burger patty.
5. Place each cooked veggie burger on top of each of the four slices of tomatoes. Then, plop the "Crazy Mix" evenly onto each of the veggie burgers.

6. Top with the bun tops! Go crazy—take a big bite!

WHY IT'S GOOD FOR YOU

Per serving (with Cheddar cheese, lettuce, onion, ketchup and mayonnaise):

370 Calories, 15 g Total Fat, 5 g Saturated Fat, 30 mg Cholesterol, 810 mg Sodium, 44 g Total Carbohydrates, 8 g Dietary Fiber, 9 g Sugars, 16 g Protein, 15% Vitamin A, 20% Vitamin C, 25% Calcium, 10% Iron

## Toaster Tomato-n-Cheese Sandwich

Makes 1 serving(s)

### WHAT'S IN IT?

2 slices whole wheat bread

2 (3/4-ounce) slices processed, reduced-fat, American or Swiss cheese (or one slice of each!)

2 (1/4-inch thick) slices off of a tomato

Pinch of black pepper

### STUFF YOU NEED

Toaster

Butter knife

Slicing knife

Cutting board

Measuring spoons

Microwave-safe plate

Microwave

### HOW TO PUT IT TOGETHER

1. Toast the bread in a toaster.
2. While the bread is toasting, carefully cut two slices of tomato with your slicing knife on the cutting board.
3. When the toast is done, top each piece of toast with a cheese and tomato slice.
4. Sprinkle each with a pinch of black pepper. Then smash the two parts together to make a sandwich.
5. On a microwave-safe plate, zap the sandwich in the microwave at high power for 20 seconds, or until the cheese is slightly mmm-melted. Use the butter knife to cut the sandwich in half, if desired. Eat while warm!

### WHY IT'S GOOD FOR YOU

Per serving:

230 Calories, 7 g Total Fat, 4 g Saturated Fat, 20 mg Cholesterol, 860 mg Sodium, 28 g Total

Carbohydrates, 2 g Dietary Fiber, 7 g Sugars, 14 g Protein, 15% Vitamin A, 15% Vitamin C, 35% Calcium, 10% Iron

## Saladwich Pocket

Makes 2 serving(s)

### WHAT'S IN IT?

1 regular-size whole wheat pita

4 (1-ounce) slices turkey

4 (.75-ounce) slices reduced-fat American cheese

1 cup pre-bagged salad mix

2 tablespoons light ranch dressing (or your favorite light salad dressing!)

### STUFF YOU NEED

Cutting board

Cutting knife

Plastic wrap or foil

2 small, sealed containers

### HOW TO PUT IT TOGETHER

1. Put the pita on a cutting board. Slice the pita in half with a cutting knife.
2. Into each half, stuff 2 slices of the turkey, 2 slices of the cheese and 1/2 cup of the salad.
3. Wrap each Saladwich well in plastic wrap or foil.
4. Store the salad dressing in small, sealed containers—1 tablespoon for each sandwich.
5. Just before you chomp down, drizzle your Saladwich with dressing!

### WHY IT'S GOOD FOR YOU

Per serving:

300 Calories, 12 g Total Fat, 5 g Saturated Fat, 45 mg Cholesterol, 1770 mg Sodium, 25 g Total Carbohydrates, 3 g Dietary Fiber, 3 g Sugars, 26 g Protein, 25% Vitamin A, 10% Vitamin C, 30% Calcium, 8% Iron