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Fruit Tacos

Equipment

Medium bowl
Rubber spatula
Muffin/cupcake tin
Pastry brush
Oven mitts

2 - Small bowls
2 -Small spoons
Micro grater
Measuring spoons
Measuring cups

Ingredients

8 (6--inch) flour or corn tortillas
1/4 cup sugar
1 teaspoon cinnamon
¼ cup melted butter or vegetable oil
1 16 oz container of strawberries, washed, stems removed and chopped
2 cups chopped watermelon
1 English cucumber, washed, peeled, and chopped
2 limes
1 cup plain Greek yogurt
3 tablespoons honey

Directions

Heat oven to 400 degrees

In a small bowl, combine cinnamon and sugar. Carefully brush each tortilla with melted butter and sprinkle on cinnamon sugar mixture.

Place muffin tin upside down. Place tortillas with cinnamon sugar facing in to create cup or taco shapes.

Heat in oven for 4-5 minutes until just starting to crisp.

In a medium bowl combine strawberries, cucumbers, and watermelon. Squeeze the juice of one lime on top and stir.

In a separate small bowl combine yogurt, honey, zest of 1 lime and juice of two limes. Stir to combine.

Add fruit mixture to baked tortillas, top with yogurt mixture and enjoy!



Chicken Sonoma Salad

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Ingredients

1 ½ pounds chicken tenderloins or boneless skinless chicken breast or 2-3 cups rotisserie chicken shredded

4 cups low sodium chicken broth or water to cook chicken if not using a rotisserie chicken

¼ large Vidalia or other sweet onion chopped

1 stalk of celery finely chopped

2-3 cups grapes, washed and halved or 2 medium apples chopped

¾ cup chopped walnuts (optional)

Dressing

1 tablespoon olive oil

1 teaspoon ground sage

1 tablespoon apple cider vinegar

1 teaspoons celery salt

½ cup 2% Greek yogurt

1 teaspoon ground pepper

¼ cup mayo

1 tsp dry mustard powder

1 tablespoon honey

Directions

If using chicken breast or tenderloin, trim the chicken with extra fat and tendons. Place in large pot cover with chicken broth or water and simmer for 20-30 minutes depending on the size of the pieces. Cook until temperature of 165 degrees. Once chicken has cooled use two forks to shred or cut into bite size pieces. Set chicken aside.

In a large bowl make the dressing. Use a whisk to combine olive oil, vinegar, yogurt, mayo, honey, sage, mustard powder, celery salt and pepper. Add chicken, fruit, nuts, celery, and onions to the bowl with dressing. Stir to combine.

Serve on top of a bed of greens, make a sandwich with whole grain bread or eat it all on its own.



Nutrition: This salad can be made ahead and tastes better after sitting overnight. It provides a nice balance of protein, fat, fiber, and carbohydrates; everything you need to make a satisfying meal. Chicken is a lean protein which is important for maintaining your muscles and tissues. Combining fruit like grapes or apples with your chicken provides carbohydrates which is important for energy. Walnuts contribute to heart healthy omega-3 fats and a nice crunch!



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Apple Crisp Bites

A quick and easy snack that requires minimal ingredients and gets the kids busy in the kitchen.

Seasonings: This is a great way for kids to taste different seasonings, let them decide what to put on the apples: ginger, clove, cinnamon, nutmeg, allspice, pumpkin pie spice are all good options.

Ingredients

1 apple, washed, cored, and sliced	½ tsp cinnamon*
Pinch of salt	1 ½ tsp sugar
¾ cups plain rolled oats (can also use plain instant)	½ cup unsweetened applesauce
	*or your own flavor combination see above

Equipment

Rimmed baking sheet	Measuring cups	Clean hands
Small bowl	Measuring spoons	
Shallow dish like a pie plate	Fork	

Directions


Preheat oven to 375 degrees. Have an adult help you core and slice the apple.

In a pie plate or other shallow dish mix oatmeal, salt, sugar, and cinnamon. Mix with fork until combined. In a small bowl place applesauce.

Take each apple slice and dip half in the apple sauce and then press the apple slice into your oatmeal mixture. The oatmeal will stick to all parts of the apple covered in apple sauce. Place oatmeal covered apple slices on rimmed baking sheet and repeat with remaining apple slices.

Place in preheated oven for 10-20 minutes depending on how thick your apple slices are, until apples begin to soften but still holding their shape and oatmeal topping starts to brown. Serve warm or at room temperature.

Little helpers: Kids can gather ingredients, measure out ingredients and set up the stations. This is a forgiving recipe so if they get too much or too little of one thing that is ok! Have them dip and coat the slices with the oatmeal mixture. Measuring ingredients is great for math skills and coating the apple slices involves fine motor skills.

 **Health benefits:** This snack is low in added sugar and counts as a fruit serving! Apples are naturally sweet and are a good source of fiber and vitamin C. The oatmeal topping also adds fiber and the additional starch helps to make this snack more filling. Try topping the apple slices with peanut butter for a more balanced snack.