

# THE HEALTHY FAMILY COOKBOOK



*Kid-Tested &  
RD approved*



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# what's in season for *spring*



- Apples
- Artichokes
- Avocados
- Asparagus
- Bananas
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Greens
- Kiwi
- Leeks
- Lemons & Limes
- Mango
- Mushrooms
- Parsnips
- Pears
- Pineapples
- Potatoes
- Rutabagas
- Strawberries (FL)
- Sweet Onions
- Tomatoes
- Turnips





## apple pear crumble

### INGREDIENTS

- 3 Bartlett pears peeled, sliced
- 2 SugarBee® apples peeled, sliced
- 1 cup rolled oats
- 2/3 cups brown sugar
- 1/2 cup whole wheat flour
- 6 tablespoons unsalted butter
- 1/4 teaspoon allspice
- 2 tablespoons orange juice
- 1/4 cup caramel dip

### DIRECTIONS

1. Preheat oven to 375°F.
2. Grease 8×8-inch baking pan. Cover bottom with pears and apples.
3. Blend oats, sugar, flour, butter and allspice with electric mixer until it binds and is coarse. Crumble mixture over pear and apple slices. Sprinkle with orange juice.
4. Bake 30-35 minutes, or until golden brown and fruit is soft. Drizzle with caramel dip.

**CHELAN**  
**FRESH**



**PREP TIME: 10 MINUTES**  
**COOK TIME: 30 MINUTES**  
**SERVINGS: 6**





## *sunflower crunch salad*

### **INGREDIENTS**

- 1 package DOLE® Sunflower Crunch Chopped Salad Kit
- 1 navel orange, peeled, chopped
- 1/2 cup shelled edamame

### **DIRECTIONS**

1. Mix all contents of salad kit, including dressing, in large bowl. Add mandarins, chicken and edamame. Mix well.



**PREP TIME: 10 MINUTES**  
**SERVINGS: 4**



# citrus

## Seasonality

- Citrus can generally be found in store year-round, with peak season being November to April.

## Health Benefits

- Oranges, lemons, and other citrus are a healthy source of fiber, Vitamin C, thiamin, folate, potassium and antioxidants.
- Did you know? Lemons contain more potassium than apples or grapes. Potassium is beneficial to the heart.

## Selection Tips

- Choose citrus that feel heavy for their size and have firm, finely textured skin.
- Skin color is not an indicator of flavor or ripeness. Those with greenish hues can be just as tasty as bright orange ones.
- Avoid any pieces of fruit with soft spots or those that feel spongy.

## How to Store

- Citrus sealed in a plastic bag in the refrigerator can last up to a month.
- When stored at room temperature, it will last 1 - 2 weeks.







EAT  
SMART®

## *slow cooker shredded pork Tacos*

### **INGREDIENTS**

- 2 cloves garlic minced
- 1 bell pepper sliced
- 1/2 large sweet onion sliced
- 1 1/2 teaspoon chili powder
- 1 1/2 teaspoon Italian seasoning
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound pork tenderloin
- 8 6-inch whole wheat tortillas, warmed
- 1/2 bag Eat Smart® Mexican Fiesta chopped salad kit
- 1 small avocado chopped

### **DIRECTIONS**

1. Place garlic, peppers and onion in slow cooker.
2. Combine chili powder, Italian seasoning, cumin, salt and pepper. Coat tenderloin with seasonings. Place on top of onions and peppers in slow cooker. Cook on high 4 hours.
3. Once pork is finished, shred while in slow cooker and combine with onions and peppers.
4. Serve pork on tortillas with salad and avocado.

**PREP TIME: 15 MINUTES**

**COOK TIME: 4 HOURS**

**SERVINGS: 4**





**POM**  
WONDERFUL®

## *pomegranate banana pancakes*

### **INGREDIENTS**

#### **POM Syrup**

- 2 cups POM Wonderful 100% Pomegranate Juice
- ¼ cup coconut sugar
- 1 cinnamon stick

#### **Pancakes**

- ½ cup POM Pomegranate Arils, plus more for garnish
- 2 ripe bananas
- 2 large eggs
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- ¼ teaspoon baking powder
- pinch of salt

**PREP TIME: 25 MINUTES**

**COOK TIME: 1 HOUR**

**SERVINGS: 4**

### **DIRECTIONS**

1. For the syrup: In a small saucepan, combine all ingredients. On medium-high heat, bring mixture to a boil. Lower heat and simmer until thickened and reduced by half, about 45 minutes to an hour.
2. For the pancakes: In a medium bowl, mash the bananas with a fork until no large lumps remain and they are a smooth consistency.
3. In a separate bowl, whisk eggs and add to bananas. Stir in vanilla extract, cinnamon, baking powder, salt, and ½ cup POM Pomegranate Arils.
4. Heat griddle on medium heat and spray with cooking spray. Spoon 1 tablespoon of batter per pancake on griddle and cook until golden brown. Flip and cook for another minute. Serve pancakes with a drizzle of POM Syrup and remaining POM Pomegranate Arils.





## *chinese mandarin pasta salad*

### **INGREDIENTS**

- 16 ounces rotini pasta
- 6 mini sweet peppers sliced
- 3 Halo® Citrus mandarins peeled, segmented
- 3 green onions sliced
- 2 cups baby spinach chopped
- 1/2 cup matchstick carrots
- 1/2 cup sesame ginger dressing
- 1/4 cup Chow Mein noodles

### **DIRECTIONS**

1. Cook pasta according to package directions. Drain and rinse with cool water.
2. Mix pasta, peppers, oranges, green onion, spinach, carrots and dressing in large bowl. Toss to coat well. Top with Chow Mein noodles.



**PREP TIME: 20 MINUTES**  
**SERVINGS: 6**





## pear-stuffed baked apples

### INGREDIENTS

- 4 large Michigan apples
- 3 Bartlett pears peeled, chopped
- 1/2 lemon juiced
- 1/4 cup pecans finely chopped
- 1/4 cup dried cranberries
- 1 tablespoon cinnamon
- 1/4 teaspoon nutmeg
- 1/3 cup light brown sugar
- 2 tablespoons caramel dip

### DIRECTIONS

1. Preheat oven to 425°F.
2. Remove tops from apples and core, leaving apples whole. Sprinkle inside with lemon juice.
3. Mix pear, pecans, dried fruit, cinnamon, nutmeg and brown sugar in bowl.
4. Tightly pack apples with pear mixture. Place in baking dish and add water to fill pan 1/2-inch. Bake 30-40 minutes, or until apples are soft.
5. Drizzle with caramel dip.



**PREP TIME: 10 MINUTES**  
**COOK TIME: 30 MINUTES**  
**SERVINGS: 4**



# apples

## Health Benefits

- Research suggests that powerful antioxidants in apples play an essential role in reducing the risks of certain diseases like cancer and Alzheimer's.
- One medium-sized apple contains about 4g of dietary fiber and 14% of your daily recommended intake of Vitamin C.
- Apples can help lower cholesterol and blood pressure.

## Selection Tips

- Select apples that are firm to the touch when lightly pressed. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin.
- Avoid apples with signs of bruising or decay.

## How to Store

- Store unwashed apples in the crisper drawer of your refrigerator. Avoid placing apples near strong-smelling foods, such as onions or garlic, since apples can easily take of the odor of other foods.







## healthy mediterranean lentil salad

### INGREDIENTS

- 1 cup brown lentils cooked according to package directions
- 1 Red Sun Farms® English cucumber diced
- 1 small red onion finely chopped
- 1 cup Red Sun Farms® tomatoes quartered
- ½ Red Sun Farms® red bell pepper diced
- ¼ cup fresh parsley chopped
- ⅓ cup feta cheese crumbled
- 3 Tablespoons olive oil
- 3 Tablespoons lemon juice
- 1 Tablespoon Dijon mustard
- 2 teaspoons honey

### DIRECTIONS

1. Combine lentils, cucumber, onion, tomatoes, pepper, parsley, and feta cheese in large bowl.
2. Whisk olive oil, lemon juice, mustard and honey in separate bowl or small mason jar.
3. Drizzle dressing over salad and toss to combine. Season with salt and pepper, to taste.



**PREP TIME: 10 MINUTES**  
**COOK TIME: 20 MINUTES**  
**SERVINGS: 4**





## *frozen creamicle yogurt bites*

### INGREDIENTS

- Peelz™ Mandarins
- Greek Vanilla Yogurt
- Sprinkles

### DIRECTIONS

1. Place a piece of parchment paper on a baking sheet that will fit in the freezer.
2. Peel the mandarin and separate into individual slices.
3. Place a big scoop of vanilla Greek yogurt in a small bowl.
4. Dip each slice of the mandarin into the Greek yogurt, covering about half of the mandarin slice.
5. Place the individual mandarin slices on parchment paper.
6. Add sprinkles.
7. Freeze for at least one hour for a snack.



**PREP TIME: 10 MINUTES**  
**ADDITIONAL TIME: 1 HOUR**





## spiralized fruit crumble

### INGREDIENTS

- 2 Sage Fruit® apples peeled
- 2 Sage Fruit® pears peeled
- 1/2 cup pitted Sage Fruit® cherries
- 1/2 cup frozen mixed berries
- 1-2 teaspoons lemon or lime juice
- 3/4 cup plus 2 Tbsp. all-purpose flour, divided
- 6 tablespoons unsalted butter cut into slices
- 1/4 cup brown sugar
- 1/4 teaspoon salt



**PREP TIME: 10 MINUTES**  
**COOK TIME: 30 MINUTES**  
**SERVINGS: 8**

### DIRECTIONS

1. Preheat oven to 375F.
2. Spiralize apples and pear using a spiralizer. If you don't have a spiralizer, dice apples and pears.
3. Toss apples, pears, cherries, berries and lemon juice in large bowl. Stir in 2 Tbsp. flour.
4. In separate bowl, combine 3/4 cup flour, brown sugar and salt. Cut in butter using a pastry blender, two butter knives or hands. Blend until mixture resembles coarse sand.
5. Scoop fruit into 8 individual ramekins or a 9x9-inch baking dish. Top with crumble mixture.
6. Bake 30-40 minutes, or until the crumble is browned and the fruit is bubbling.





## southwest chicken wraps

### INGREDIENTS

- 2 8-inch whole wheat tortillas
- 1/4 cup roasted red pepper hummus
- 1/2 bell pepper seeded, sliced
- 2 tablespoons chopped RealSweet® sweet onion
- 1/2 cup spinach chopped
- 1 cup cooked diced chicken
- 1/4 cup mashed avocado
- 1/4 cup salsa

### DIRECTIONS

1. Lay tortillas on flat surface.
2. Spread hummus on tortillas. Layer peppers, onion, salad, chicken, guacamole and salsa on top. Roll into a wrap and cut in half.



**PREP TIME: 15 MINUTES**  
**SERVINGS: 2**



# Sweet Onions

## **Health Benefits**

Sweet onions are an excellent source of cancer-fighting antioxidants, vitamin C, folate, and fiber.

## **How to Store**

Because sweet onions have a higher water and sugar content than most yellow or white onions, they can bruise easily. The best way to prevent this from happening is to store them in a cool, dry place & separated from each other.

## **Caramelize Without the Sugar!**

There's no need to add sugar to your sweet onions - they are sweet enough on their own! Just cook them low & slow for about 20 minutes with a little bit of olive oil or butter.







## smashed red potatoes

### INGREDIENTS

- 8 small Ruby Sensation® bite-size potatoes
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 tablespoons plain Greek yogurt
- 2 tablespoons chopped chive



**PREP TIME: 10 MINUTES**  
**COOK TIME: 30 MINUTES**  
**SERVINGS: 4**

### DIRECTIONS

1. Preheat oven to 450F.
2. Poke each potato a few times with a fork. Place on microwave safe plate. Place a paper towel over potatoes. Microwave on HIGH 2 minutes. Turn potatoes over and microwave on HIGH additional 2 minutes, or until tender. Remove from microwave and let cool.
3. Cut potatoes in half width-wise and toss in olive oil, garlic powder, salt and pepper. Place skin-side-up on parchment-lined baking sheet. Gently press down each potato with a potato masher until about 1/2-inch thick.
4. Bake 30 minutes, turning potatoes halfway through cooking, until potatoes are browned.
5. Let cool slightly before topping with yogurt and chives.





## *citrus grazing board*

### **INGREDIENTS**

- 2 Cara Cara oranges sliced
- 1 oz. feta cheese cubed
- 2 Sunkist® Blood oranges sliced
- 1 wedge Brie cheese
- 1 dark chocolate bar broken into squares
- 1 oz. beet chips
- 8-10 crackers
- 1/4 cup almonds
- 1/4 cup chocolate-covered espresso beans
- Fresh mint for garnishing

### **DIRECTIONS**

1. Cut one slice of Cara Cara orange into wedges and skewer with feta cheese on toothpicks. Place on board.
2. Assemble remaining ingredients on board.
3. Sprinkle with fresh mint and/or orange zest for added color, flavor and flair.

**PREP TIME: 20 MINUTES**  
**SERVINGS: 4-6**

**Sunkist®**





## *strawberry lemonade ice pops*

### **INGREDIENTS**

- 2 lbs strawberries
- 4-6 Sunkist® lemons , juiced
- 1/8 cup sugar

### **DIRECTIONS**

1. Wash and remove the stems from your strawberries.
2. Place strawberries, lemon juice and sweetener in a blender and mix up until desired consistency is achieved.
3. Place mixture into ice pops molds and freeze for 4 hours.

# **Sunkist**®

**PREP TIME: 5 MINUTES**  
**COOK TIME: 4 HOURS**  
**SERVINGS: 10**





## garlic & parmesan mini hasselback potatoes

### INGREDIENTS

- 1 1/2 pounds Tasteful Selections® potatoes
- 3 tablespoons unsalted butter
- 2-3 teaspoons minced garlic
- 1/2 teaspoon salt
- 1/4 cup shredded Parmesan cheese



**PREP TIME: 15 MINUTES**  
**COOK TIME: 40 MINUTES**  
**SERVINGS: 8**

### DIRECTIONS

1. Preheat oven to 400F.
2. Slice potatoes into 1-centimeter sections, being careful not to cut all the way through the potatoes. Place in cold water and let soak 10 minutes.
3. Add butter, garlic and salt to microwave-safe bowl. Microwave 35 seconds, or until butter is melted. Stir.
4. Place potatoes in oven-safe skillet. Brush with melted butter and bake 20 minutes. Remove from oven, top with cheese and bake additional 20 minutes.





## wonderful pistachios strawberry orange yogurt

### INGREDIENTS

- 1/4 cup Wonderful Pistachios No Shells Lightly Salted, roughly chopped, plus 1 teaspoon for garnish
- 1 cup strawberries, plus 2 whole strawberries for garnish
- 1 cup plain Greek yogurt
- 1-1/2 tablespoons fresh orange juice
- 1/8 teaspoon orange zest
- 1 tablespoon honey

### DIRECTIONS

1. Add 1 cup strawberries into food processor and pulse to desired consistency.
2. Add yogurt, Wonderful Pistachios, orange juice, orange zest, and honey to the strawberries and pulse until smooth.
3. Divide yogurt into two dishes. Garnish each with a strawberry and 1/2 teaspoon of crushed Wonderful Pistachios.

**PREP TIME: 10 MINUTES**  
**SERVINGS: 2**

Wonderful®  
**PISTACHIOS**





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“ We especially love that Amanda's not shy about discussing what she feels are her own shortcomings, and the bloggers, doctors, and dietitians she talks to offer her valuable advice in an engaging way; this isn't a boring lecture series about all the things they think you should be doing. The tone will make the listener feel less alone in their struggles to feed their children. ”