

Family-Friendly Recipes



Let's Get Cookin'

One great way to make sure you get five fruits and veggies a day is to make a healthy recipe. Spend some family time together in the kitchen and make one—or all—of these easy, delicious recipes. From snacks to sandwiches and breakfast and side dishes, there's something here for everyone.

Want to know more? Look on the back of each card for complete nutritional information.



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Banana Peanut Butter Sandwiches

Ingredients:

- 2 tablespoons peanut butter
- 4 slices whole wheat bread
- 1 firm, small banana, peeled and sliced

To make the sandwiches:

1. Spread peanut butter on 2 bread slices.
2. Arrange banana slices over peanut butter. Top with remaining bread.
3. Place sandwiches on cutting board and cut into quarters.

Makes two servings



continued

Breakfast Parfait

Ingredients:

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup lowfat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup unsalted roasted almonds, sliced

To make the parfait:

1. Using four small or medium glasses; place a layer of pineapple in each glass. Then add to each glass a layer of raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

Makes four servings



continued

Fruit Smoothie

Ingredients:

- 1 very ripe, medium banana, peeled
- 3/4 cup pineapple juice
- 1/2 cup lowfat vanilla yogurt
- 1/2 cup strawberries, rinsed and stems removed

To make the smoothie:

1. Break banana into small pieces and put in the blender with pineapple juice, yogurt, and strawberries. Secure lid and blend until smooth.
2. Divide shake between two glasses and serve immediately.



continued

Broccoli Forest

Ingredients:

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 3 tablespoons parsley leaves

Dipping Sauce:

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard



To make the broccoli forest:

1. First, make the sauce by combining yogurt, sour cream, honey, and mustard in a small bowl.
2. Second, make "tree trunks" by cutting carrots against cutting board and trimming off ends.

continued

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Breakfast Parfait

Nutritional Information

(per serving):

258 calories
6g protein
5g fat (1g sat.)
47g carbohydrate
43mg sodium
3mg cholesterol

Banana Peanut Butter Sandwiches

Nutritional Information

(per serving):

278 calories
9g protein
9g fat (2g sat.)
39g carbohydrate
260mg sodium
0mg cholesterol

Broccoli Forest

Cut each carrot in half, crosswise, then lengthwise to make four pieces.

3. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots, forming a cluster (tops of the trees). Arrange the tomatoes at the top of the plate. Spoon dip around the base of carrots and sprinkle with parsley.

Makes four servings

Nutritional Information

(per serving):

84 calories
3g protein
2g fat (2g sat.)
12g carbohydrate
74mg sodium
1mg cholesterol

Fruit Smoothie

Nutritional Information

(per serving):

168 calories
4g protein
1g fat (0.59g sat.)
35g carbohydrate
43mg sodium
3mg cholesterol