

# COOKING A HEALTHY DINNER

GOAL

5

Eat at least 5 fruits and vegetables a day!

To learn more about the 5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

## ACTIVITY: HELP MAKE A NUTRITIOUS MEAL FOR THE FAMILY!

For this activity try using one of the recipes provided to get some ideas for healthy things that you and your family can make for dinner.

Next time your family goes to the grocery store, ask to go along and help pick out the nutritious ingredients to make a healthy dinner!

List below which recipe you used:

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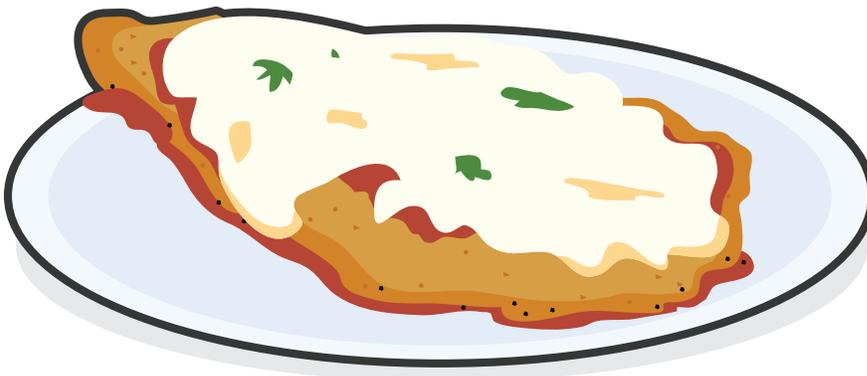
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How was dinner?

Excellent     Good     Okay     Yuck!

**Tip to take away:** You can make dinners that taste great and are healthy for you too. When you go to the grocery store take a look at the outer edges of the store. You'll see that they usually have the healthiest food - fresh fruits and vegetables, fresh meats, and dairy.



**Fitness  
for Kids**  
CHALLENGE

Independent  
 **Health**  
FOUNDATION

[www.FitnessforKidsChallenge.com](http://www.FitnessforKidsChallenge.com)

Here are some examples of healthy dinners you can choose to make with your family this week.

### LOW-FAT CHICKEN PARMESAN

Makes 4 servings

#### Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups tomato/marinara sauce
- 1/2 cup reduced-fat shredded mozzarella cheese
- 1/4 cup freshly chopped basil
- 2 tsp. dried basil
- Garlic powder

#### Directions:

Preheat oven to 450°F. Spray a baking pan with cooking spray. Pour 1 cup of tomato sauce on the bottom of the pan and layer the chicken on top. Pour the other cup of sauce over the chicken and sprinkle the mozzarella cheese and parmesan evenly over the top.

Cover with foil and bake for 30 minutes until bubbly.

#### Nutritional Information Per Serving:

Calories	241
Total Fat	5.5 g
Protein	44 g
Carbohydrates	4.1 g
Fiber	0.6 g
Sodium	375 mg
Cholesterol	108 mg

### TUNA CASSEROLE

Makes 4 servings

#### Ingredients:

- 6 oz. wide regular or whole-wheat egg noodles
- 1 can (10 oz.) low-fat condensed mushroom soup 1/3 cup skim milk
- 1 can (6 1/2 oz.) water-packed tuna (or salmon) 1 cup frozen green peas
- 1 cup dried whole-wheat bread crumbs

#### Directions:

Preheat oven to 350°F. Cook noodles in boiling water until al dente according to package instructions, drain and set aside.

Meanwhile, combine mushroom soup, milk, tuna and peas in a large bowl.

Stir the noodles into the tuna and pour into a nonstick casserole dish. Sprinkle with bread crumbs and bake until golden brown and bubbly, about 30 minutes.

#### Nutritional Information Per Serving:

Calories	270
Fat	4 g
Saturated fat	1 g
Protein	15 g
Carbohydrates	43 g
Fiber	3 g
Sodium	600 mg
Cholesterol	20 mg



## HOMEMADE MAC AND CHEESE

Makes 8 servings

### Ingredients:

- 2 cups macaroni
- 1/2 cup chopped onions
- 1/2 cup evaporated skim milk
- 1 medium egg, beaten
- 1 1/4 cups low-fat sharp cheddar cheese (4 oz.) finely shredded
- 1/4 tsp. black pepper
- Nonstick cooking oil spray

### Directions:

Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350°F. Lightly spray saucepan with nonstick cooking oil spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

### Nutritional Information Per Serving

(Serving size: 1/2 cup):

Calories	200
Fat	4 g
Saturated fat	2 g
Cholesterol	34 mg
Sodium	120 mg

