

HEALTHY HOMEMADE CHICKEN TENDERS

RECIPE SOURCE: www.foodnetwork.com/recipes/rachael-ray/crunchy-oven-baked-chicken-toes-recipe-1915783

INGREDIENTS:

- 1 cup corn flakes
- 1 cup plain bread crumbs
- 2 tbsp. brown sugar
- 1 tsp. salt
- $\frac{1}{2}$ tsp. black pepper
- $\frac{1}{2}$ tsp. ground allspice
- 3 tbsp. vegetable oil
- 1 $\frac{1}{2}$ pounds chicken breast tenders, cut into 2-inch pieces by a grown-up helper
- $\frac{1}{3}$ cup all-purpose flour
- 2 eggs, beaten
- $\frac{1}{4}$ cup honey mustard
- $\frac{1}{4}$ cup barbecue sauce

TIME: 25 minutes

SERVINGS: 4

DIRECTIONS:

Have your grown-up helper (GH) turn the oven on to 375 degrees F.

In a pie pan or other shallow, large dish, pour out corn flakes. Crush the cereal up with your hands. Mix in bread crumbs, sugar, salt, pepper, and allspice

Drizzle 3 tablespoons vegetable oil evenly over the breading, tossing and turning it to mix the oil all through the bread crumbs and crushed-up corn flakes.

Have your GH cut the chicken into 2-inch pieces. Turn the chicken in flour, eggs and then in the special crunchy breading. Arrange the chicken pieces on a nonstick baking sheet.

Place the chicken tenders in the oven and cook 15 minutes or until crisp and brown all over.

Mix together honey mustard and barbecue sauce in a small bowl. Serve hot with sauce for dipping.



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BERRY YUMMY GRANOLA BARS

RECIPE SOURCE: www.foodnetwork.com/recipes/alton-brown/granola-bars-recipe2-1937466

INGREDIENTS:

- 2 cups old-fashioned rolled oats
- $\frac{1}{2}$ cup raw sunflower seeds
- 1 cup sliced almonds
- $\frac{1}{2}$ cup wheat germ
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup dark brown sugar, packed
- 2 tbsp. unsalted butter, plus extra for pan
- 2 tsp. vanilla extract
- $\frac{1}{2}$ tsp. kosher salt
- 1 $\frac{1}{2}$ cups chopped dried fruit, any combination of strawberries, cherries or blueberries

TIME: 1 hour

SERVINGS: 16

DIRECTIONS:

Butter a 9 by 9-inch glass baking dish and set aside. Have your grown-up helper (GH) turn the oven on to 350 degrees F.

Spread oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan. Place pan in oven and toast for 15 minutes, stirring occasionally.

While the oat mixture is baking, combine the honey, brown sugar, butter, extract and salt in medium saucepan and place over medium heat. Cook until brown sugar has completely dissolved.

Once the oat mixture is done, ask your GH to remove from the oven and reduce heat to 300 degrees F. Combine oat mixture and liquid mixture, add the dried fruit, and stir. Pour into buttered baking dish and press down, distributing evenly. Place in the oven to bake for 25 minutes.

Ask your GH to remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.

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CELERY SNAILS & CRUNCHY CATERPILLARS

RECIPE SOURCE: www.womansday.com/food-recipes/food-drinks/recipes/a55811/celery-snails-caterpillars-recipe

INGREDIENTS:

SNAILS

- Celery stalks
- Peanut butter or cream cheese, at room temperature
- Sliced apple
- Sliced orange
- Sliced kiwi
- Sliced cucumber
- Sliced tomato
- Cashews

CATERPILLARS

- Celery stalks
- Peanut butter or cream cheese, at room temperature
- Grapes
- Blueberries
- Grape tomatoes
- Candy eyes (or chopped raisins)
- Celery or radish cut into matchsticks

TIME: 10 minutes

SERVINGS: 4

DIRECTIONS:

Have your grown-up helper (GH) do the slicing, so you can concentrate on building the bugs!

CELERY SNAILS: Fill celery stalks with peanut butter or cream cheese. Top with an apple, orange, kiwi, cucumber or tomato slice for the shell and a cashew for the head. Use peanut butter or cream cheese to glue on candy eyes (found in the baking aisle of your grocery store). For a healthier alternative, use chopped raisins for the eyes.

CRUNCHY CATERPILLARS: Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes or chopped raisins. Use julienned celery or radish for the antennae.



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CHEESY VEGGIE BEAN SPROUT WRAPS

RECIPE SOURCE: www.skinnyms.com/sprouts-veggies-and-cheese-wrap

INGREDIENTS:

1/4 cup grated carrots

1/2 cup shredded romaine lettuce

1/2 cucumber, in round slices, then in halves

1/2 cup bean sprouts

1/4 cup diced tomatoes

1/8 cup diced red onions (optional)

1/4 cup shredded part-skim mozzarella, low fat monterey, or low fat cheddar cheese

1/4 cup spread of choice, such as hummus or guacamole

1 large whole wheat or spinach wrap

TIME: 15 minutes

SERVINGS: 2*

DIRECTIONS:

Lay out wrap and evenly spread with hummus or guacamole. Make sure to leave 2 inches on one end free of any ingredients for folding. Sprinkle with sprouts, then add an even layer of veggies and cheese. Fold over and tuck in on the bottom, then roll up up tightly and slice in half.

FEELING ADVENTUROUS? Substitute or add some veggies you've never tried before, like mushrooms, radish, bell peppers, broccoli, or asparagus.

*Serving size = 1/2 wrap



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