



# RECIPES FOR HEALTHY KIDS COOKBOOK FOR HOMES





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**8** Porcupine Sliders  
*Grand Prize Winner*

## Whole Grains

- 10 **Chic' Penne**  
*1st Place Winner*
- 12 **Mediterranean Quinoa Salad**  
*2nd Place Winner*
- 14 **Aztec Grain Salad**
- 18 **Chicken Alfredo with a Twist**
- 20 **Chicken Curry Casserole**
- 22 **Ooodles of Noodles**
- 24 **Peppy Quinoa**
- 26 **Rainbow Rice**
- 28 **Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)**



**30** Tasty Tots  
*Popular Choice Winner*

## Dark Green and Orange Vegetables

- 32 **Central Valley Harvest Bake**  
*1st Place Winner*
- 36 **Stir-Fry Fajita Chicken, Squash, and Corn**  
*2nd Place Winner*
- 38 **Bok Choy Wrappers**
- 40 **Crunchy Hawaiian Chicken Wrap**
- 42 **Harvest Delight**
- 46 **Roasted Fish Crispy Slaw Wrap**
- 48 **Smokin' Powerhouse Chili**
- 52 **Squish Squash Lasagna**
- 56 **Sweet Potato and Black Bean Stew**



**58** Tuscan Smoked Turkey and Bean Soup  
*1st Place Winner*

## Dry Beans and Peas

- 60 **Lentils of the Southwest**  
*2nd Place Winner*
- 62 **Confetti Soup**
- 64 **Eagle Pizza**
- 68 **Fiesta Mexican Lasagna**
- 72 **Fiesta Wrap**
- 76 **Harvest Stew**
- 78 **Purple Power Bean Wrap**
- 80 **Spanish Chickpea Stew**
- 82 **Vegetable Chili Boat**