The page is framed by a decorative border of various fruits and vegetables, including bananas, cherries, radishes, and leafy greens, connected by dashed lines. The background is a solid purple color with a central dark purple rounded rectangle containing the text.

LUNCH TIME

"I'll trade you a ham sandwich for your peanut butter sandwich and throw in two cookies, and you've got a deal." If overheard, children can be perceived as cunning dealmakers when it comes to their lunches! All too often, what is sent with them to school does not end up in their stomachs. And worse, many school lunch programs today provide large proportions of high-fat, high-sugar foods. You know that lunch is important for your child, so just how do you make it appealing enough that they won't be tempted to trade or buy from the school's offerings?

If you make their midday meal fun and simple, children will eventually look forward to discovering what's in their lunch box. Imagine the delight at finding Tangy Tuna Fish Sandwiches in the shape of fish or a pasta salad instead of a sandwich. Kids will also get a kick out of rolling up ingredients inside a tortilla when they help to make their own lunches and will have even more fun eating it.

When lunch time is at home on weekends and days off, soup is a wonderful way of adding nutrition to your child's diet. Unfortunately, canned soups, in addition to being high in sodium and fat, lose many of their vitamins in the canning process. So it pays, in terms of nutrition, to make your soups from scratch with vitamin- and fiber-rich vegetables. If you make different soups and freeze them, you will always have a handy choice when time is tight.

You'll see how easy it is to add flavor to soup by using herbs and spices and other ingredients that are devoid of excess fat, sugar or sodium. And the addition of beans and plenty of vegetables keeps the fiber content high.

TANGY TUNA FISH "CUT-OUT" SANDWICHES

Tuna fish makes for a tasty, healthful, and easy sandwich filling. To make this more appealing and interactive, use a variety of cookie cutters so everyone can choose their own sandwich shape.

Serves: 4 / Serving size: 1 sandwich

Preparation time: 15 minutes

For the tuna salad:

100 g (3.5 oz) solid white tuna in water, drained

2 tablespoons minced celery

1 tablespoon minced onion

60 ml (2 fl oz) reduced-fat mayonnaise

2 tablespoons reduced-fat ranch dressing

8 thin slices whole-grain bread

1. In a small mixing bowl, combine all ingredients for the tuna salad, stirring with a fork to break up the tuna pieces. Refrigerate until ready to use.

2. Using cookie cutters, cut the bread slices into fish or other shapes. Reserve crusts for another use.

3. Spread the tuna salad evenly on half the bread shapes and top with the matching bread shapes. Serve immediately or wrap in plastic and refrigerate for a packed lunch.

Nutrition Per Serving

Calories 189

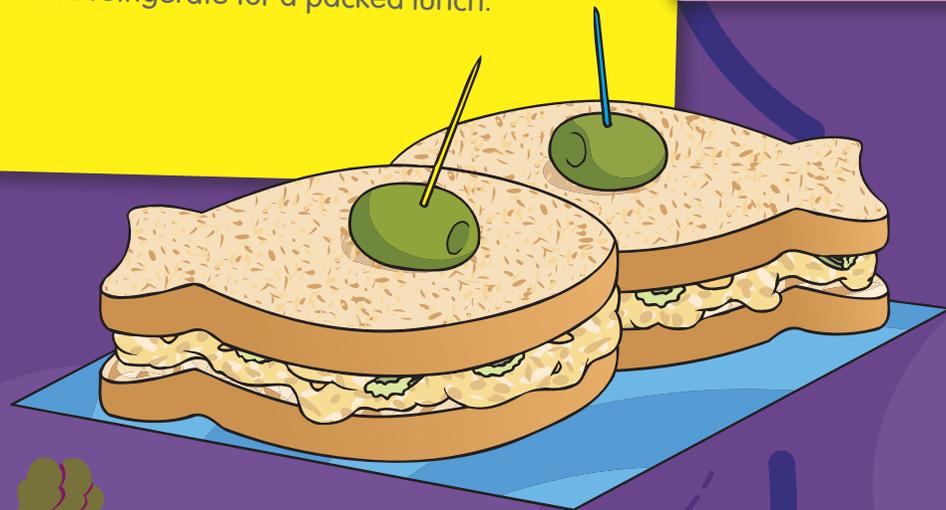
Total Fat 5g

Saturated Fat 1g

Carbohydrate 32g

Fiber 10g

Protein 9g



TURKEY WALDORF PITA POCKET

You won't need top hat and tails or an evening gown for this elegant affair. Here the rich Waldorf salad is modestly trimmed to include a mixture of fruit and turkey breast, along with almonds for a special crunch

Serves: 4 / Serving size: 1/2 pocket

Preparation time: 20 minutes

For the turkey salad:

230 g (8 oz) cooked diced turkey breast

½ medium-size apple, peeled, cored and diced

1 medium-size celery stalk, trimmed and diced

2 tablespoons raisins

2 tablespoons sliced almonds, toasted

3 tablespoons reduced-fat sour cream

16 ml (1 tablespoon) reduced-fat mayonnaise

5 ml (1 teaspoon) lemon juice

Salt and pepper to taste

2 small whole-wheat pita breads, cut in half to form pockets

1. In a medium-size mixing bowl, combine the turkey, apple, celery, raisins and almonds.

2. In a small mixing bowl, whisk together the remaining salad ingredients. Gently fold into the turkey mixture until well combined.

3. Spoon the salad into the four pita pockets and serve immediately or wrap in plastic and refrigerate for a packed lunch.

Nutrition Per Serving

Calories 183

Total Fat 4g

Saturated Fat 1g

Carbohydrate 17g

Fiber 2g

Protein 20g



CHICKEN CAESAR SALAD BOATS

Sail away with this salad in a sandwich. It makes a yummy and quick lunch, even without the bun.

Serves: 4 / Serving size: 1 sandwich

Preparation time: 5 minutes

4 whole wheat buns

200 g (7 oz) cooked chicken breast strips

120 ml (4 fl oz) reduced-fat Caesar salad dressing

2 tablespoons grated Parmesan cheese

1 cup shredded romaine lettuce

Handful of low fat croutons, slightly crushed

1. Cut the buns in half. Scoop out the bread from the center of the bottom half, reserving for another use, if desired.

2. In a medium-size mixing bowl, combine the chicken, dressing and cheese, and toss well to coat.

3. Divide the lettuce among the bottom halves of the buns. Top with the chicken salad and then the croutons. Top with remaining bun halves and serve immediately.

Nutrition Per Serving

Calories 303

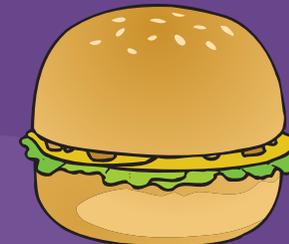
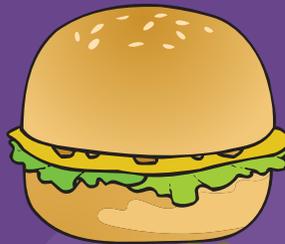
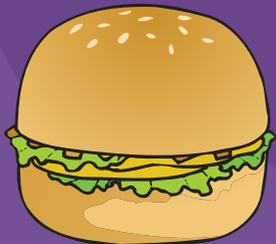
Total Fat 6g

Saturated Fat 1g

Carbohydrate 31g

Fiber 4g

Protein 26g



TASTY TORTELLINI TO GO SALAD

This pasta-lover's pleasure is packed with flavor and is just perfect for picnics and packed lunches.

Serves: 8 / Serving size: 115 g (4 oz)

Preparation time: 20 minutes

Cooking time: 10 minutes

250 g (9 oz) reduced-fat cheese tortellini

1 cup broccoli florets

1 small carrot, peeled and sliced

1 medium-size ripe tomato, seeded and diced

2 scallions, trimmed and finely sliced

60 ml (2 fl oz) reduced-fat Italian dressing

¼ cup diced reduced-fat cheddar cheese

Salt and pepper to taste

1. Bring a medium-size pot of water to the boil. Cook the tortellini according to package directions, and during the final 3 minutes, add the broccoli and carrots. Drain through a colander, rinse under cold water, then set aside to drain well.

2. In a large mixing bowl combine the cooked tortellini, broccoli and carrots, with the tomato, scallions and dressing. Toss gently to coat then stir in the cheese. Season with salt and pepper to taste, and serve immediately or refrigerate.

Nutrition Per Serving

Calories 131

Total Fat 4g

Saturated Fat 2g

Carbohydrate 18g

Fiber 1g

Protein 7g



CHOW-DOWN CHICKEN AND PASTA SOUP

Everyone loves pasta. It's fun and nourishing, but it's also a great springboard for easy, creative, fully balanced meals. This recipe is perfect for leftover cooked chicken, but you can always substitute storebought cooked chicken in a pinch. Hearty beans add extra protein to this true comfort food.

Serves: 6 / Serving size: 240 ml (8 fl oz)

Preparation time: 15 minutes

Cooking time: 30 minutes

16 ml (1 tablespoon) olive oil

2 garlic cloves, peeled and chopped

2 medium-size carrots, peeled and thinly sliced

1 large onion, peeled and diced

100 g (3.5 oz) cooked roasted chicken, torn or cut into bite-sized pieces

1 L (32 fl oz) low-fat, reduced-sodium chicken broth

One medium size can navy beans, drained and rinsed

One medium size can diced Italian-style tomatoes

230 g (8 oz) dry small pasta, such as tubetti (tiny tubes) or stelline (stars)

2 teaspoons dried basil

Salt and pepper to taste

115 g (4 oz) Parmesan cheese

1. Heat the oil in a large pot over medium heat. Add the garlic, carrots, and onions and cook, stirring occasionally, until softened, about 5 minutes. Add the chicken and cook 2 minutes more. Add the broth and beans, bring to a boil, lower the heat, and simmer for 10 minutes.

2. Add the tomatoes, pasta, basil, and salt and pepper and simmer for 10 minutes, until the pasta is cooked through. Sprinkle each serving with a little Parmesan cheese.

Nutrition Per Serving

Calories 338

Total Fat 5g

Saturated Fat 1.5g

Carbohydrate 52g

Fiber 6g

Protein 22g



TRIED AND TRUE TERIYAKI BEEF SOUP

One common complaint kids have about soup is that it's just not filling. Well, say sayonara to tummy grumbling with this Asian delight. Filled with juicy beef, tender rice, and broccoli, it's a complete meal in one bowl.

Serves: 6 / Serving size: 240 ml (8 fl oz)

Preparation time: 30 minutes

Cooking time: 30 minutes

5 ml (1 teaspoon) sesame oil

230 g (8 oz) lean boneless sirloin steak, cut into 1-inch pieces

1 small onion, peeled and minced

1 medium-size carrot, peeled and diced

1 L (32 fl oz) low-fat, reduced-sodium beef broth

85 g (3 oz) long grain rice

1 cup coarsely chopped broccoli

32 ml (2 tablespoons) reduced-sodium teriyaki sauce

1. Heat the oil in a large heavy pot over medium-high heat. Add the steak and stir-fry for 3 minutes. Add the onion and carrot and stir-fry a further 3 minutes.

2. Add the broth and rice and bring to a boil. Reduce the heat to low, cover and simmer until the rice is cooked, 15-18 minutes.

3. Stir in the broccoli and teriyaki sauce and continue to simmer, covered, until the broccoli is tender, about 3 minutes. Serve immediately.

Nutrition Per Serving

Calories 120

Total Fat 3.5g

Saturated Fat 1g

Carbohydrate 12g

Fiber 1.5g

Protein 9.5g



TOASTY TORTILLA IN A CUP SOUP

One sure-fire way to get kids to eat their soup is by giving them the unexpected. They will tip their sombreros to the toasty, tasty tortilla strips topping this colorful and festive soup. Add leftover shredded cooked chicken for an extra fiesta of protein and flavor.

Serves: 4/ Serving size: 240 ml (8 fl oz)

Preparation time: 15 minutes

Cooking time: 50 minutes

50 minutes

10 ml (2 teaspoons) olive oil

1 small onion, peeled and chopped

2 garlic cloves, peeled and minced

2 teaspoons chili powder

1 L (32 fl oz) low-fat, reduced-sodium chicken broth

One medium size can diced tomatoes, drained

1 medium-size zucchini, trimmed and diced

1 medium-size yellow squash, trimmed and diced

1 cup frozen yellow corn, thawed

3 soft corn tortillas

85 g (3 oz) reduced-fat shredded cheddar cheese

1. Heat the oil in a large saucepan over medium heat. Add the onion and garlic and cook, stirring occasionally, for 5 minutes. Add the chili powder and sauté for 1 minute more.

2. Add the remaining ingredients, except the tortillas and cheese, and bring to a boil. Reduce the heat to low, cover and simmer for 25 minutes.

3. Meanwhile, cut the tortillas into ½-inch strips. Place the strips on a baking sheet and bake in a preheated 180 C (350 F) degree oven until the tortillas are lightly browned, 5 to 6 minutes.

4. To serve, place some of the tortilla strips in a cup or bowl. Ladle the soup over the tortillas, and top with a sprinkling of cheese.

Nutrition Per Serving

Calories 180

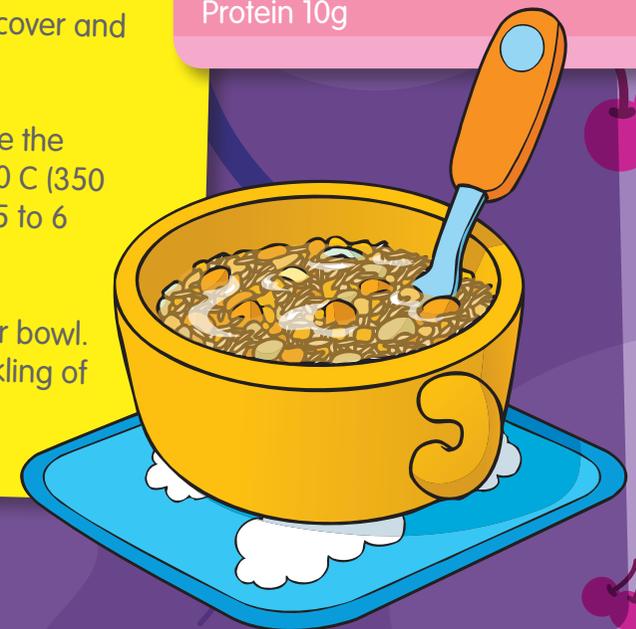
Total Fat 6g

Saturated Fat 1.5g

Carbohydrate 26g

Fiber 4g

Protein 10g



MORE MINISTRONE SOUP, PLEASE

There may be no better way for kids to eat their veggies than in good old minestrone. The pasta helps, of course, but kids will holler for this hearty soup packed with flavor. Every spoonful is filled with nutritional goodness and is sure to satisfy the grumbling of hungry tummies.

Serves: 6 / **Servings size:** 240 ml (8 fl oz)

Preparation time: 15 minutes

Cooking time: 30 minutes

10 ml (2 teaspoons) olive oil

½ medium-size onion, peeled and diced

2 garlic cloves, peeled and minced

1 medium-size carrot, peeled and diced

1 medium-size celery stalk, trimmed and diced

1 small zucchini, trimmed and diced

1 ¼ L (40 fl oz) low-fat, reduced-sodium chicken broth

One medium size can diced tomatoes, drained

60 g (2 oz) dry elbow macaroni

1 cup cooked kidney beans, drained and rinsed

½ teaspoon dried basil

Salt and pepper to taste

1. Heat the oil in a large saucepan over medium-high heat. Add the onion, garlic, carrot, celery, and zucchini and cook, stirring occasionally, until softened, about 5 minutes.

2. Stir in the broth and tomatoes and bring to a boil. Reduce the heat to low and simmer for 5 minutes.

3. Increase the heat to medium-high, add the macaroni, and cook, stirring occasionally, at a medium simmer until tender, about 7 minutes. Stir in the beans, basil, and salt and pepper and cook 3 minutes more. Serve immediately.

Nutrition Per Serving

Calories 147

Total Fat 3g

Saturated Fat .5g

Carbohydrate 23g

Fiber 5g

Protein 9g



CRAZY FOR CORN SOUP

Corn lovers unite! We've "cornered" the market with this thick and creamy soup packed with protein, and little of the usual fat. It can be served up in no time, and you'd be crazy not to love it.

Serves: 4 / **Serving size:** 240 ml (8 fl oz)

Preparation time: 15 minutes

Cooking time: 25 minutes

16 ml (1 tablespoon) olive oil

1 medium-size onion, peeled and diced

1 medium-size red potato, peeled and cut into ½-inch dice

240 ml (8 fl oz) low-fat, reduced-sodium chicken broth

2 cups frozen corn kernels, thawed

1/2 L (16 fl oz) evaporated skimmed milk

Salt and pepper to taste

Dash of paprika

100 g (3.5 oz) diced cooked turkey or chicken

1 tablespoon cornstarch

60 ml (2 fl oz) cold water

1. Heat the oil in a large heavy saucepan over medium heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Stir in the broth, add the diced potato, and cook over a low simmer until the potatoes are almost fork tender, about 5 minutes.

2. Add the corn, milk, salt, pepper, and paprika, stir to combine, and over medium heat, bring to a simmer and cook, stirring occasionally, for 10 minutes. Stir in the diced turkey or chicken and continue to cook on low for a further 5 minutes.

3. In a small mixing bowl, dissolve the cornstarch in the water and stir into the soup. Allow to cook at a low simmer, stirring often, until thickened, about 2 minutes. Taste for the addition of salt and serve immediately.

Nutrition Per Serving

Calories 398

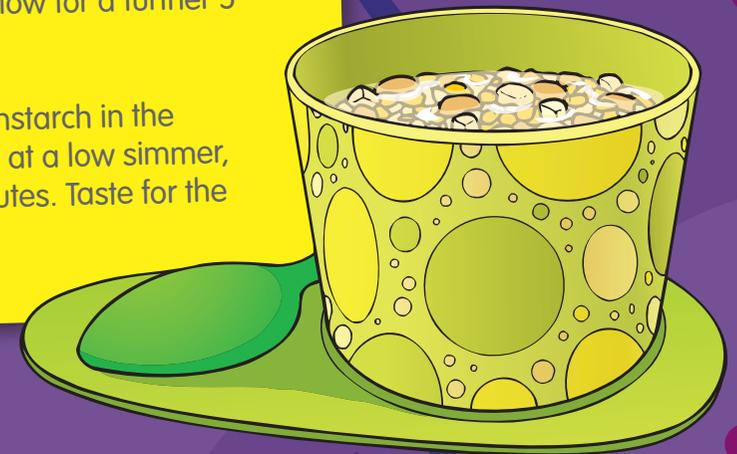
Total Fat 8g

Saturated Fat 1.5g

Carbohydrate 61g

Fiber 4g

Protein 25g



CREAMY CARROT TOP TO BOTTOM SOUP

Peter Rabbit wouldn't be able to resist the garden of flavors in this smooth carrot soup. Cottontails will come hopping for more of this nutritious and creamy delight. With the natural sweetness of carrots and a hint of cinnamon, this soup may have your kids asking for a second helping instead of dessert.

Serves: 4 / **Serving size:** 240 ml (8 fl oz)

Preparation time: 45 minutes

Cooking time: 20 minutes

10 ml (2 teaspoons) olive oil

1 small onion, peeled and finely chopped

1 garlic clove, peeled and minced

3 large carrots, peeled and thinly sliced

1/2 L (16 fl oz) low-fat, reduced-sodium chicken broth

240 ml (8 fl oz) reduced fat milk

1/2 teaspoon ground cinnamon

Salt and pepper to taste

1. Heat the oil in a large saucepan over medium heat. Add the onion and garlic and cook, stirring often, until softened, 2 to 3 minutes. Add the carrots and sauté a further 2 minutes. Add the broth and bring to a boil. Reduce the heat to low and cook at a simmer until the carrots are fork tender, about 8 minutes.

2. Transfer the mixture to a food processor or blender and puree until smooth. Return to the saucepan, add the milk, cinnamon, and salt and pepper, stir well to combine and cook at a low simmer for 3 to 4 minutes. Serve immediately.

Nutrition Per Serving

Calories 100

Total Fat 4g

Saturated Fat 1g

Carbohydrate 13g

Fiber 2g

Protein 5g

