

PEDIATRICIAN'S PICK



CHICKPEA QUINOA SALAD

This salad is not only delicious and packed with SO much flavor, but it also has the perfect amount of protein, smart carbs, healthy fats, and veggies – all the components of a good meal-sized salad.

TAKES:
25 MINUTES

MAKES:
6 SERVINGS

DIRECTIONS

1. Rinse and drain quinoa. Add quinoa and water to a small pot and bring the water to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork and let cool for 5-10 minutes.

2. In a medium bowl, stir together cooked quinoa, cucumber, parsley, mint, red onion, pistachios, chickpeas, lemon juice, olive oil, salt, pepper and feta cheese.

3. Serve immediately or let the salad chill in the fridge 2 hours before serving. Store salad in an airtight container for up to 5 days in the fridge.

INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- 1 cup cucumber, chopped
- 1/2 cup parsley, chopped
- 1/2 cup mint, chopped
- 1/3 cup red onion, chopped
- 1/2 cup roasted pistachios, chopped
- 1 (15 oz) can chickpeas, drained and rinsed
- 2 lemons, juiced
- 1/4 cup extra virgin olive oil
- Sea salt and ground pepper, to taste
- 1/2 cup crumbled feta cheese

NUTRITION

1 SERVING:

391 calories, 37g carbohydrates, 21g fat, 14g protein, 3g sugar, 7g fiber

DIETITIAN'S CHOICE



MINI MEATLOAF MUFFINS

These 'mini' meatloaves are fun and novel to kids, while still getting a good source of protein and iron.

TAKES:
35 MINUTES

MAKES:
12 SERVINGS

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix sauce ingredients in a small bowl.
3. In a large mixing bowl (using your hands or a large spoon), combine ground turkey, breadcrumbs, onion, barbecue sauce, mustard, chili powder, garlic powder, salt, pepper and egg.
4. Press into muffin tin, divide the mixture evenly among the 12 cups, pressing meat down to fill the cup.
5. Bake for 15 minutes. Remove from oven and use a paper towel to soak up any grease on the meatloaf.
6. Generously spoon meatloaf sauce over each mini meat loaf. Return to oven for an additional 10-15 minutes or until the meat is cooked through.

INGREDIENTS

Meatloaf Mixture:

- 1.5 lb ground turkey
- 2/3 cup bread crumbs
- 1/2 cup onion, chopped
- 1 Tbsp barbecue sauce
- 1 Tbsp mustard
- 1/2 tsp garlic powder
- 1 1/2 tsp chili powder
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1 egg, lightly beaten

Meatloaf sauce:

- 1/3 cup light brown sugar
- 1/2 cup ketchup
- 2 tsp Dijon mustard

NUTRITION

1 SERVING:

137 calories, 13g carbohydrates, 4g fat, 13g protein, 9g sugar, 1g fiber

DIETITIAN'S CHOICE



COTTAGE CHEESE CHICKEN SALAD

Chicken salad is a flexible option that works well for both snacks and meals. This version incorporates cottage cheese for added protein while maintaining a creamy texture. It can be served as a sandwich, paired with crackers, or used in a lettuce wrap, making it adaptable to a variety of preferences and textures.

TAKES:
10 MINUTES

MAKES:
2 SERVINGS

DIRECTIONS

1. In a blender or food processor, add cottage cheese, Dijon mustard, lemon juice, salt and black pepper. Blend until smooth.
2. In a mixing bowl, add cooked chicken breast, green onions, and fresh dill.
3. Pour the cottage cheese mixture into the bowl and mix well to coat everything in the sauce.

INGREDIENTS

- 1/2 cup fat-free cottage cheese
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 pinch sea salt
- 1 pinch ground pepper
- 5.25 oz chicken breast, cooked and shredded
- 2 green onions, diced
- 1/4 cup fresh dill

NUTRITION

1 SERVING:

173 calories, 5g carbohydrates, 3g fat, 30g protein, 1g sugar, 0.5g fiber

PEDIATRICIAN'S PICK



WEEKDAY WALKING TACOS

Made with lean ground beef and a hidden serving of shredded zucchini, they're packed with protein and extra vegetables while still delivering all the classic taco flavors everyone loves.

TAKES:
30 MINUTES

MAKES:
4 SERVINGS

DIRECTIONS

1. Brown the ground beef in a skillet over medium heat until fully cooked. Drain excess fat if needed.
2. Add zucchini, taco seasoning, and water. Stir well and simmer 5-8 minutes until zucchini is soft and mixture is slightly saucy.
3. Prepare chips and toppings: Lightly crush chips and portion toppings into small bowls for easy assembly.
4. Assemble the walking tacos: In each individual taco, add 3/4 cup chips, spoon 1/2 cup of the meat mixture on top, and add your favorite toppings.

NUTRITION

1 SERVING:

620 calories, 45g carbohydrates, 35g fat, 20g protein, 3g sugar, 5g fiber

INGREDIENTS

- 1 lb lean ground beef
- 1 cup zucchini, finely shredded
- 2 1/2 Tbsp taco seasoning
- 1/2 cup water
- 3 cups corn chips, lightly crushed
- 1/2 cup shredded lettuce
- 1/2 cup tomatoes, diced
- 1/2 cup avocados, diced
- 1/2 cup shredded mild cheddar cheese
- 1/2 cup mild salsa

DIETITIAN'S CHOICE



CHICKEN TERIYAKI MEATBALLS

Made with lean ground chicken, these meatballs are packed with protein and can be paired with rice and vegetables for a balanced meal the whole family can enjoy.

TAKES:
40 MINUTES

MAKES:
5 SERVINGS

DIRECTIONS

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper or spray pan with nonstick cooking oil.
3. Combine all ingredients in a medium mixing bowl.
4. Use a cookie scoop to form into 1 inch meatballs and place on baking sheet.
5. Bake for 25 minutes or until internal temperature reads 165°F.
6. Serve over rice or veggies and top with additional teriyaki sauce if desired.

INGREDIENTS

- 1 lb ground chicken
- 1/2 cup breadcrumbs
- 1 egg
- 1 tsp garlic, minced
- 1/2 tsp ground pepper
- 1/2 tsp ground ginger
- 3/4 cup low-sodium teriyaki sauce

NUTRITION

1 SERVING:
225 calories, 23g carbohydrates, 9g fat, 23g protein, 5g sugar, 1g fiber

DIETITIAN'S CHOICE



BBQ CHICKEN CASSEROLE

Loaded with tender chicken, crispy bacon, smoky barbecue sauce, juicy tomatoes, and plenty of melted cheddar-jack cheese, every bite is packed with bold flavor. It's an easy crowd-pleasing recipe that's perfect for busy weeknights, potlucks, or feeding a hungry family.

TAKES:
45 MINUTES

MAKES:
12 SERVINGS

DIRECTIONS

1. Preheat oven to 375°F. Spray a 13x9 inch casserole dish with nonstick cooking spray.
2. In a large bowl, combine barbecue sauce, sour cream, garlic powder and pepper. Stir in chicken, pasta, bacon (reserve 2 tablespoons for topping), tomatoes, red onion and half of the cheddar cheese until well combined.
3. Pour into the prepared dish and spread evenly. Top with remaining cheddar cheese, sliced green onions and reserved bacon.
4. Bake casserole in the preheated oven for 20-25 minutes. Top should be melted and golden.

NUTRITION

1 SERVING:
332 calories, 36g carbohydrates, 15g fat, 20g protein, 6.5g sugar, 1.5g fiber

INGREDIENTS

- 1 cup barbecue sauce
- 1 cup sour cream
- 1 tsp garlic powder
- 1/2 tsp ground pepper
- 3 cups cooked, diced chicken breast
- 12 oz small pasta, cooked to al dente
- 0.5 lb bacon cooked and crumbled, divided
- 1 (15 oz) can petite diced tomatoes, drained
- 1 red onion, diced
- 2 1/2 cups shredded cheddar cheese, divided
- 2 green onions, sliced

DIETITIAN'S CHOICE



LEMON CHICKEN SHEET PAN BAKE

A bright mix of lemon, rosemary, thyme, and garlic brings fresh flavor without heavy sauces, while everything cooks together on one pan for easy prep and cleanup.

TAKES:
40 MINUTES

MAKES:
4 SERVINGS

DIRECTIONS

1. Preheat oven to 425°F. Lightly grease a large sheet pan.
2. In a bowl, combine olive oil, rosemary, thyme, garlic powder, onion powder, salt, pepper and juice and zest from 1 lemon.
3. Toss chicken, potatoes and prepped vegetables in sauce.
4. Spread evenly onto prepared baking sheet and bake for 20 minutes. Flip chicken and stir vegetables. Return to oven for additional 20-25 minutes until chicken reaches internal temperature of 165°F and potatoes are tender.

NUTRITION

1 SERVING:
480 calories, 30g carbohydrates, 18g fat, 40g protein, 2g sugar, 4g fiber

INGREDIENTS

- 3 Tbsp olive oil
- 2 tsp dried rosemary
- 2 tsp dried thyme
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp ground pepper
- 1 lemon, juiced and zested
- 4 boneless skinless chicken breasts
- 1 lb yukon gold potatoes, cut into pieces
- 1 lb fresh vegetables (green beans, asparagus or zucchini work well)

PEDIATRICIAN'S PICK



SLOW-COOKER KOREAN BEEF TACOS

These Korean Beef Tacos are sweet, spicy, and perfect for busy week!

TAKES:
8 HRS. 10 MIN.

MAKES:
8 SERVINGS

DIRECTIONS

1. Combine the soy sauce, sugar, red onion, jalapenos, ginger, rice vinegar, and sesame seeds in a small bowl.
2. Add the beef and garlic to the crock pot and cover with the sauce.
3. Cook for 8-10 hours on low. When it has 30 minutes left to cook and beef can be easily shredded with a fork, break it into larger pieces. Continue cooking without the lid on so the sauce thickens up.
4. Finish shredding the beef and serve over warm corn tortillas with slaw if desired.

NUTRITION

1 SERVING:

261 calories, 17g carbohydrates, 5g fat, 37g protein, 14g sugar, 1g fiber

INGREDIENTS

- 1/3 cup low-sodium soy sauce
- 1/2 cup brown sugar
- 1/2 red onion, diced
- 2 jalapenos, diced
- 1/2 tsp ground ginger
- 2 Tbsp rice vinegar
- 2 tsp sesame seeds
- 2.67 lbs extra lean top round roast, trimmed of fat
- 10 garlic cloves

PEDIATRICIAN'S PICK



BALSAMIC CHICKEN THIGHS

Balsamic Chicken Things are incredibly simple, but the flavor can't be beat. Serve with your favorite grilled vegetables or over a salad for a quick and healthy meal.

TAKES:
2 HRS. 20 MIN.

MAKES:
4 SERVINGS

DIRECTIONS

1. Combine balsamic vinegar, coconut aminos, olive oil, salt, Italian seasoning, and garlic powder in a small bowl. Whisk until emulsified.

2. Arrange the chicken thighs in a single layer in a baking dish. Pour the marinade over the chicken gently shake to coat all pieces evenly. Cover with plastic wrap and chill at least 30 minutes, ideally 2 hours, and up to 12 hours. Flip chicken once halfway through.

3. Heat a grill or grill pan over high heat. Transfer the chicken thighs to the grill using tongs and grill for 4-5 minutes. Occasionally baste the raw side of the chicken with the remaining marinade. Flip the chicken, then grill for an additional 4-5 minutes or until the internal temps reaches 165°F.

4. Transfer to a plate and rest 5 minutes.

INGREDIENTS

- 1/4 cup balsamic vinegar
- 2 Tbsp coconut aminos
- 2 Tbsp olive oil
- 1 tsp kosher salt
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1.5 lb boneless skinless chicken thighs, fat deposits trimmed

NUTRITION

1 SERVING:

620 calories, 45g carbohydrates, 35g fat, 20g protein, 3g sugar, 5g fiber

DIETITIAN'S CHOICE



BEEF & BROCCOLI LO MEIN

This Garlic Beef and Broccoli Lo Mein is a flavorful meal that's easy enough for a busy weeknight but still feels special. It's a balanced dish that brings together protein, vegetables, and satisfying carbs in one skillet, making it a simple all-in-one dinner the whole family will enjoy.

TAKES:
20 MINUTES

MAKES:
4 SERVINGS

DIRECTIONS

1. Cut the flank steak across the grain in 1/4 inch strips.
2. Add olive oil to a medium sized skillet. Cook the steak until no longer pink.
3. Add the garlic and carrots and cook for an additional minute.
4. Add the broccoli and cook for 4-5 minutes.
5. Add cooked noodles to the skillet.
6. In a small bowl whisk together the brown sugar soy sauce, hoisin sauce, sesame oil, ginger, and pepper. Add sauce to the skillet.
7. Garnish with chopped green onion and sesame seeds if desired.

INGREDIENTS

- 8 oz flank steak
- 1 Tbsp olive oil
- 3 garlic cloves, minced
- 1 medium carrot, shredded
- 3 cups broccoli florets
- 14 oz stir fry noodles, cooked
- 1/4 cup brown sugar, packed
- 1/4 cup low-sodium soy sauce
- 2 Tbsp hoisin sauce
- 2 tsp sesame oil
- 1/4 tsp ground ginger
- 1/4 tsp ground pepper
- 2 green onions, chopped

NUTRITION

1 SERVING:

520 calories, 60g carbohydrates, 18g fat, 30g protein, 12g sugar, 6g fiber