Easy and Healthy Recipes for Kids

The recipes within this book are intended for children 2 years old and older.

For more recipes like these, go to: www.whatscooking.fns.usda.gov

What's Cooking? USDA Mixing Bowl

PA Nutrition Education Network

Your Nutrition Resource Connection

Think Fresh and Delicious for Kids!

Healthy snacks for toddlers and older kids can be oh-so-tasty-good! Sometimes food can take on names that hide all the green, leafy stuff in the recipe. Or, oranges and apples can taste so much better in a turtle shape. This recipe booklet will share healthful ideas like these that kids need to grow.

With that busy schedule of yours, let your children help make these snacks too. Then, wow, they might eat everything off their plate!

But, toddlers and younger children can't have it all. Kids under the age of 4 years old are still learning how to chew the right way.

NOTE: Because of various choking hazards, recipes within this book are intended for children 2 years old and older.

How Can You Prevent Your Child from Choking?

Key: Throughout this book, look for these symbols:

 = Foods labeled with this symbol are choking hazards for kids under the age of 4.

* = This symbol means that there is an important note about this ingredient at the end of the recipe.

You — as parents and caregivers — play an important role in knowing unsafe foods for your toddler and ways to make them safer. You can change the shape, size, or texture of certain foods within this book so that kids from 2-to-4 years old can easily chew and swallow most of these recipes.

Know the foods that your 2-4 year olds can choke on:

1. Small, Hard Foods: nuts and seeds, chunks of cheese (or string cheese), popcorn, chunks of raw vegetables, and chips

Make Hard Food Safer:

- Chop or grind nuts into small pieces.
- Grate or cut cheese into thin slices.
- Cook carrots and celery sticks until they're a soft, so you can pierce them with your fork.

2. Sticky Foods: large pieces of dried fruit, peanut butter, nut butter, seed butter, taffy, soft candies, gel or gummy candies, caramels, marshmallows, jelly beans, and chewing gum

Make Sticky Food Safer:

- Chop pieces of dried fruit that are wider than a nickel.
- Spread a thin layer of peanut butter, nut butter or seed butter. Use creamy style peanut, nut or seed butter, not chunky.

3. Slippery Foods: raw peeled apple or pear slices, cherries with pits, lollipops, cough drops, whole grapes, large pieces of meat or poultry, hot dogs, and whole beans

Make Slippery Food Safer:

- Cut soft food into thin slices or no larger than one-half inch pieces.
- Cut grapes, cherries, berries, or melon balls in half. Then, cut into smaller pieces.
- Cut soft, round foods, like hot dogs or string cheese, into short strips rather than round pieces.
- Grind tough meat.

More Tips:

- Watch your kids while they eat.
- Have kids sit while they eat or drink.

Resources:

1. "Supplement A: Practice Choking Prevention" from Team Nutrition: http://www.fns.usda.gov/sites/default/files/supplementA.pdf
2. "Foods Associated with Choking" from WIC Online: http://www.nal.usda.gov/wicworks/WIC_Learning_Online/support/job_aids/choking.pdf

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Bugs on a Log

Ingredients

Bug Options:

- green, red, yellow, or orange peppers (cut into half-inch pieces)
- whole grain cereal (unsweetened)
- peanuts, nuts or seeds (ground)

Log Options:

- celery (cut in 3" pieces) 
- apples (peeled, quartered, cored and cut into half-inch slices)
- carrot sticks (cut in 3" pieces) 

Spread Options:

- low-fat, plain or vanilla yogurt
- spreadable or shredded cheese (low-fat)
- creamy peanut butter, nut butter or seed butter* 

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CUT DOWN ON CHOKING

For kids 2- 4 years old, serve food in the following ways:

- Cook celery and carrots until they are soft, so you can pierce them with a fork. Then, cut them into sticks.
- Mix in applesauce with peanut butter to spread thinly on the celery.

Allergy Warning: Contains wheat, tree nuts, peanuts, and milk

Nutrition Facts

Serving Size 1 3" celery log with spread and bugs (29g)
Servings Per Container 1

Amount Per Serving	
Calories 30	Calories from Fat 5
	% Daily Values*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**1%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Sugars 4g	
Protein 1g	**2%**
Vitamin A 2% •	Vitamin C 2%
Calcium 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Instructions

Choose one "log" option. Top with a "spread," and sprinkle with a "bug."

*Choose from these **nut butter spreads**: peanut, almond, and cashew or **allergy-friendly** soy, pumpkin, and sunflower seed butter.

Source: National Network for Childcare

Butterfly Bite

Ingredients

- 3 celery stalks 
- 6 tablespoons creamy peanut butter, nut butter or seed butter* 
- 12 circular, whole wheat crackers 
- 3 tablespoons of peeled, half-inch pieces of fruit—like apple pieces or quartered banana slices

Instructions

1. Wash hands and cooking area.
2. Clean celery with vegetable brush under cool running water.
3. Cut each celery stalk crosswise into two pieces.
4. Fill center of each celery stick with one tablespoon of nut or seed butter. This is the body of the butterfly.

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CUT DOWN ON CHOKING

For kids 2- 4 years old, serve food in the following ways:

- Cook celery until it's soft, so you can pierce it with a fork. Then, cut it into sticks.
- Mix in applesauce with peanut butter to spread thinly on the celery.
- Make sure the crackers dissolve or break up easily in your child's mouth. Crackers that are hard to chew are choking hazards.

Allergy Warning: Contains peanuts, tree nuts and wheat

5. Grab two circle crackers. On each side of the butterfly body, use a cracker to form the wings. On the first side, stick one cracker into the peanut butter, nut butter, or seed butter to make it stick upwards. This cracker is the first wing. Do the same thing on the other side of the butterfly to form the second wing.
6. Use the tiny pieces of fruit to make the face of the butterfly.

*Choose from these **nut butter spreads**: peanut, almond, and cashew or **allergy-friendly** soy, pumpkin, and sunflower seed butter.

Nutrition Facts

Serving Size 1 butterfly bite (47g)
Servings Per Container 6

Amount Per Serving	
Calories 140	Calories from Fat 80
	% Daily Values*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 5g	**10%**
Vitamin A 2% •	Vitamin C 2%
Calcium 2% •	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Fiesta Mix

Ingredients

- 1 1/2 cup bran cereal ("Chex" type)*
- 1 1/2 cup cereal ("O" type)*
- 1/4 cup quartered grapes
- 1/8 cup ground peanuts, nuts or seeds**
- 1/4 cup shredded coconut

Allergy Warning: Contains wheat, tree nuts and peanuts

Instructions

1. Mix cereals together in a large bowl.
2. Add the rest of the ingredients, and mix well.
3. Eat it dry or with milk.

*Check the ingredients list on the box of this product for other foods you might be allergic to.

Choose **allergy-friendly pumpkin and sunflower seeds.

Source: Oregon State University Cooperative Extension Service, Pictoral Recipes
Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Facts

Serving Size 1/4 of recipe (49g)
Servings Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 4g	**16%**
Sugars 11g	
Protein 5g	**10%**
Vitamin A 10% •	Vitamin C 6%
Calcium 6% •	Iron 35%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Food Group Funny Face

Ingredients

- 1 tablespoon creamy peanut butter, nut butter or seed butter* 
- 1 graham cracker (or use whole grain or saltine crackers)** 
- 1 tablespoon cheddar cheese (shredded)
- 3 half-inch pieces of canned or fresh, peeled fruit (like peeled peaches, peeled pears, banana slices or crushed pineapple)
- 2 cooked, green peas
- 1 grape (quartered)

Instructions

1. Spread nut or seed butter on a cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place half-inch pieces of fruit on cracker for a mouth.
4. Use peas for eyes and a quarter of a grape for a nose.

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CUT DOWN ON CHOKING

For kids 2- 4 years old, serve food in the following ways:

- Make sure the crackers dissolve or break up easily in your child's mouth. Crackers that are hard to chew are choking hazards.
- Mix in yogurt and a little milk with peanut butter to spread thinly on the crackers.

Allergy Warning: Contains tree nuts, peanuts, wheat, soy and milk

*Choose from these **nut butter spreads:** peanut, almond, and cashew or **allergy-friendly** soy, pumpkin, and sunflower seed butter.

**Check the ingredients list on the box of this product for other foods you might be allergic to.

Nutrition Facts

Serving Size 1 Funny Face Cracker (47g)
Servings Per Container 1

Amount Per Serving	
Calories 190	Calories from Fat 110
	% Daily Values*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 110mg	**5%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 7g	**14%**
Vitamin A 2% •	Calcium 6%
Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Kansas Family Nutrition Program, Kids a Cookin'

Fruit Dippers

Ingredients

- 1/2 cup yogurt, low-fat, vanilla
- 2 tablespoons peanuts, nuts or seeds (ground)*
- 2 cups of half-inch, fruit pieces (like quartered grapes, banana slices, peeled apple wedges, or strawberries)

Allergy Warning: Contains tree nuts, peanuts and milk

Instructions

1. Combine yogurt and peanuts. Mix with a spoon.
2. Dip fruit into the yogurt peanut mixture.

*Also choose **allergy-friendly** pumpkin and sunflower seeds.

Source: USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

Nutrition Facts

Serving Size 1/4 of recipe (100g)
Servings Per Container 4

Amount Per Serving	
Calories 100	Calories from Fat 25
	% Daily Values*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 2g	**8%**
Sugars 13g	
Protein 3g	**6%**
Vitamin A 2% •	Vitamin C 8%
Calcium 6% •	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fruit Juice Slush

Ingredients

- One 12-ounce can of fruit juice concentrate (100% juice)
- 12 ounces water
- 3 cups ice

Instructions

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.
3. Blend while gradually adding remaining ice. Serve.

Notes

Use any flavor of juice concentrate. If slush is too thick, add more water.

Nutrition Facts

Serving Size 1 cup prepared slush, 1/6 of recipe (156g)
Servings Per Container 6

Amount Per Serving	
Calories 90	
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 0g	**0%**
Sugars 21g	
Protein 1g	**2%**

Vitamin A 4% • Vitamin C 130%
Calcium 2% • Iron 2%

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	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education Food Skills Cookbook
Food Stamps Nutrition Education Program

Orange Cow

Ingredients

- One 6-ounce can of frozen orange juice concentrate
- 2 cups water (cold)
- 1/3 cup non-fat dry milk powder
- 1 teaspoon maple syrup
- 1 cup ice (or more)

Allergy Warning:
Contains milk

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid, and blend until smooth. Serve immediately.

Notes

You can replace 1/3 cup nonfat dry milk powder and 2 cups water with 1 cup milk and 1 cup water.

Source: Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Nutrition Facts

Serving Size 8 ounces (319g)
Servings Per Container 3

Amount Per Serving	
Calories 170	
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 80mg	**3%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 1g	**4%**
Sugars 34g	
Protein 7g	**14%**
Vitamin A 10% •	Vitamin C 160%
Calcium 20% •	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Peanut Butter, Nut Butter, or Seed Butter and Fruit-witch

Ingredients

- 1 slice whole wheat bread*
- 2 tablespoons, creamy peanut butter, nut butter or seed butter**
- 1/4 apple or banana (peeled and thinly sliced into half-inch pieces)
- 2 tablespoons grated carrots (optional)

CUT DOWN ON CHOKING
For kids 2- 4 years old, serve food in the following ways:
- Mix in apple sauce with peanut butter to spread thinly on the bread.

Allergy Warning: Contains wheat, tree nuts and peanuts

Instructions

1. Spread 2 tablespoons nut or seed butter on bread.
2. Place fruit slices on top.
3. Optional: Top with grated carrot.

Notes

Instead of whole wheat bread, try crunchy graham crackers or roll up the filling in a soft tortilla. Instead of fresh fruit, use canned, drained pineapple.

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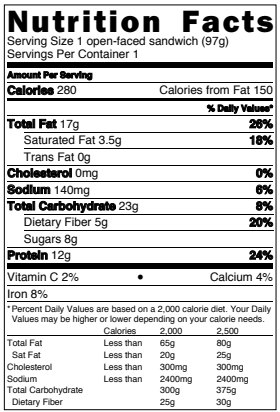
*Check the ingredients list on the label of this product for other foods you might be allergic to.

** Choose from these **nut butter spreads:** peanut, almond, and cashew or **allergy-friendly** soy, pumpkin, and sunflower seed butter.



Nutrition Facts

Serving Size 1 open-faced sandwich (97g)
Servings Per Container 1

Amount Per Serving	
Calories 280	Calories from Fat 150
	% Daily Values*
Total Fat 17g	**26%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 5g	**20%**
Sugars 8g	
Protein 12g	**24%**
Vitamin C 2% •	Calcium 4%
Iron 8%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

Pears in a Pod

Ingredients

- 4 celery stalks (cleaned and cut into 3-inch long pieces)
- 1/2 cup creamy peanut butter, nut butter or seed butter*
- 2 pears (peeled, cored and cut into half-inch chunks)

Instructions

1. Spread the nut or seed butter into the center of the celery pieces.
2. Place the pear chunks on top of the nut or seed butter.
3. Serve on a plate and enjoy with your friends.

Notes

Other materials needed: paring knife, small spatula or table knife, cutting board, and measuring cups

*Choose from these **nut butter spreads:** peanut, almond, and cashew or **allergy-friendly** soy, pumpkin, and sunflower seed butter.

Source: USA Pears. Pear Bureau Northwest.

CUT DOWN ON CHOKING

For kids 2- 4 years old, serve food in the following ways:

- Cook celery until it's soft, so you can pierce it with a fork. Then, cut it into sticks.
- Mix in applesauce with peanut butter to spread thinly on the celery.

Allergy Warning: Contains tree nuts and peanuts

Nutrition Facts

Serving Size 1/4 of recipe (161g)
Servings Per Container 4

Amount Per Serving	
Calories 250	Calories from Fat 150
	% Daily Values*
Total Fat 16g	**25%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 5g	**20%**
Sugars 12g	
Protein 9g	**18%**
Vitamin A 4% •	Vitamin C 8%
Calcium 4% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Strawberry S'Mores

Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)*
- 2 tablespoons yogurt, low-fat, vanilla

CUT DOWN ON CHOKING
For kids 2- 4 years old, serve food in the following ways:

- Make sure the crackers dissolve or break up easily in your child's mouth. Crackers that are hard to chew are choking hazards.

Allergy Warning: Contains milk and wheat

Instructions

1. Rinse the strawberries in water.
2. Slice the strawberries in half, then into smaller, half-inch pieces.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Notes

Substitute any desired low-fat yogurt flavor.
Try other fruits like blueberries, bananas, etc.

*Check the ingredients list on the box of this product for other foods you might be allergic to.

Source: University of Maryland Extension.
Eat Smart. Be Fit. Recipes.

Nutrition Facts

Serving Size 1 Strawberry S'More (18g)
Servings Per Container 1

Amount Per Serving	
Calories 40	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 0g	**0%**
Sugars 2g	
Protein 1g	**2%**
Vitamin C 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Turtle Apple

Ingredients

- 1 apple, small or medium
- 1 can mandarin oranges, drained

CUT DOWN ON CHOKING
This snack is intended for children 4 years old and over. Do not serve to younger children who may choke.

Instructions

1. Wash hands; get out ingredients and utensils.
2. Wash and peel apple. Cut in half (see notes).
3. Place apple half in center of small plate.
4. Put mandarin oranges next to apple for arms, legs, and head.
5. Enjoy your Turtle Apple.

Notes

Adults: Make sure you use sharp knife to cut apple in half, remove core and discard. Using can opener, open mandarin oranges and discard sharp-edged lid.

Source: Chickasaw Nation Get Fresh! Nutrition Education Program.

Nutrition Facts

Serving Size 2 turtle apples (324g)
Servings Per Container 1

Amount Per Serving	
Calories 150	Calories from Fat 5
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 6g	**24%**
Sugars 31g	
Protein 2g	**4%**

Vitamin A 40% • Vitamin C 90%
Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Veggie Pizza Pita Pockets

Ingredients

- 1 pita, whole wheat (cut around the sides, into flats)
- 2 tablespoons tomato sauce, unsalted
- 2 slices mozzarella cheese, part-skim
- 2 or more of the following vegetables sliced into half-inch pieces: green & red peppers, sliced mushrooms, chopped broccoli, chopped red onion or chopped spinach

CUT DOWN ON CHOKING

For kids 2- 4 years old, serve food in the following ways:

- Cut pizza pocket into finger foods that your child can handle.

Allergy Warning: Contains milk and wheat

Instructions

1. Place one pita round on plate.
2. Spread 2 tablespoons of tomato sauce on pizza.
3. Sprinkle various chopped vegetable over sauce.
4. Layer two slices of cheese on top of sauce.
5. Cover with the other half of pita round.
6. Microwave 35-45 seconds or until cheese melts.
7. Slice in half, let cool, and enjoy!

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Nutrition Facts

Serving Size 1 veggie pizza pita pocket (138g)
Servings Per Container 1

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Values*
Total Fat 6g	**9%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 470mg	**20%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 13g	**26%**
Vitamin A 6% •	Vitamin C 15%
Calcium 25% •	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Notes

A tablespoon each of broccoli and red onion was used for costing and nutrition analysis.

Tips:

1. Layering the cheese over the raw vegetables will help them cook; the melting cheese steams the vegetables in the microwave. If you prefer softer vegetables, they can be steamed before being put on the pizza.
2. A tomato sauce with added flavors will add a nice kick to this pizza; also, mild salsa will add a different flavor.
3. Many sliced cheeses come in low-fat varieties and could be substituted for mozzarella. Or, you could mix and match varieties.

Source: CSAAC (Community Services for Autistic Adults and Children)

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

This custom cookbook was created using recipes from the *SNAP-Ed Connection Recipe Finder Database*. Recipes included in the database have been reviewed by nutrition professionals at the SNAP-Ed Connection using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals.

For additional recipes and more information about the *SNAP-Ed Connection Recipe Finder Database*, please visit the Web site at http://recipefinder.nal.usda.gov/.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 for the contact information for your local SNAP office or visit the Web site at http://www.fns.usda.gov/SNAP/.