



THE NUTRITIOUS

# TEEN CHEF COOKBOOK

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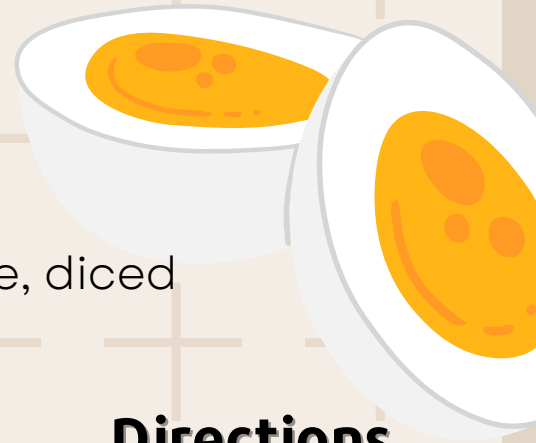
# EGG SALAD SANDWICH

Serving Size: 2

Cooking Time: 25 Mins

## Ingredients

- 4 slices whole wheat bread
- 2 large eggs
- ¼ cup white onion, chopped
- 1 small mini cucumber or 1 small pickle, diced
- ¼ cup low-fat mayonnaise
- Salt and pepper



## Directions

1. Place chopped white onion in a bowl and submerge with water for 5 minutes to remove the strong taste, then drain well.
2. Place eggs in a saucepan with water. Bring water to boil and turn off the heat. Cover the saucepan and let eggs stand in water for 10-12 minutes.
3. Place eggs in a bowl of ice water for 5 minutes until they cool, then peel the eggs and chop them into small pieces.
4. In a large mixing bowl, mix chopped eggs, onion, cucumber/pickle, and mayonnaise.
5. Season with salt and pepper and stir well.
6. Put half of the egg salad on one slice of bread and top with another piece of bread. Repeat this process and you will get two egg salad sandwiches!

## Nutrition Tips

Eggs are a low-cost, affordable protein that contain vitamin D, potassium, and vitamin B12. One egg has 6 grams of protein! Protein and Vitamin D work together to keep your bones strong and healthy.







# AVOCADO TOAST

Serving Size: 1

Cooking Time: 25 Mins

## Ingredients

- 1 slice whole-grain bread or ½ whole-grain bagel
- 3 slices tomato
- 1 tsp lemon juice
- 1 tsp butter
- ½ ripe avocado
- Salt and pepper
- 1 tbsp balsamic vinaigrette dressing



## Directions

1. Toast the bagel or bread until gold-brown. Evenly spread butter across bread or bagel.
2. Cut the avocado in half and remove the pit from the avocado.
3. Peel off the skin of the avocado and place the green flesh in a small mixing bowl.
4. Use a fork to mash the avocado until smooth. Season with salt and pepper, and a few drops of lemon.
5. Scoop mashed avocado on top of toast and place tomato slices on top of the avocado. Season with balsamic vinaigrette dressing and serve.

## Nutrition Tips

Did you know an avocado is a fruit and a source of healthy fat? Healthy fats are good for your heart and your overall health. Some examples of healthy fats include olives and olive oil, avocados, nuts, and fish. This recipe uses a ripe avocado. If the skin of an avocado is dark green and the avocado feels soft but not mushy, then this avocado is ripe and ready to eat. You can also ripen your avocados by leaving them on the kitchen counter or placing them in a brown bag with bananas. When you need to store half of the avocado in your fridge, sprinkle a few drops of lemon juice on the avocado. This can help prevent the avocado from being brown.

# YOGURT PARFAIT

Serving Size: 1

Cooking Time: 5 Mins

## Ingredients

- 1 cup nonfat plain yogurt (or Greek yogurt)
  - $\frac{1}{4}$  cup granola
  - 1 tsp honey/maple syrup (or jam)
- Combine 1 cup fruit you like:
- Fresh or frozen mixed berries
  - Fresh cantaloupes/melons
  - Fresh or frozen or canned peaches
  - Fresh or frozen cherries
  - Fresh or frozen bananas



## Directions

1. Mix yogurt with honey or maple syrup (or jam) and stir well.
2. In a jar or bowl or mug, layer half of the yogurt, fruits, the other half of the yogurt, and fruits. Top with granola and serve.
3. You can make your yogurt parfait the night before and top the granola the next morning to prevent granola from getting soggy.

## Nutrition Tips

Yogurt is an affordable source of dairy and protein that has calcium, protein, and phosphorus. Protein can help repair and build muscle. Like vitamin D and calcium, phosphorus helps support the health of bones and teeth. One cup of non-fat or low-fat milk or yogurt is one-third of the recommended servings of dairy a teenager needs a day. It is also a great way to help your bones and teeth stay strong one-third of the recommended servings of dairy?





# FRENCH TOAST

Serving Size: 2

Cooking Time: 15 Mins

## Ingredients

- 4 slices whole wheat sourdough bread
  - 2 large eggs
  - ¼ cup low-fat milk
  - Pinch of cinnamon and salt
  - Optional: ¼ tsp vanilla extract
  - 1 tbsp butter
  - 1 tbsp honey/maple syrup
- 1 cup toppings (combine any 2-3 you like to total 1 cup):
    - Frozen or fresh blueberries
    - Frozen or fresh strawberries
    - Frozen or fresh raspberries
    - Fresh or frozen cherries
    - Fresh or frozen bananas



## Directions

1. In a large mixing bowl, mix and stir well egg, milk, salt, (optional: vanilla extract), and cinnamon.
2. Place bread slices into the mixing bowl and coat both sides of the bread with egg mixture.
3. Heat butter in the nonstick pan over medium heat.
4. Place bread slices in the pan and cook for 2-3 minutes each side, or until golden brown.
5. Serve with maple syrup and any toppings you like.

## Nutrition Tips

Milk is a dairy product that has many nutrients such as vitamin D, calcium, and phosphorus that teenagers need. Vitamin D and calcium work together to keep your bones and teeth healthy and support their growth. Healthy bones are particularly important for teenagers because of how fast bones are growing during these years. Activities that can support bone health include walking, running, hiking, dancing, climbing, tennis, basketball, and badminton.





# SAVORY OATMEAL BOWL

Serving Size: 1

Cooking Time: 15 Mins

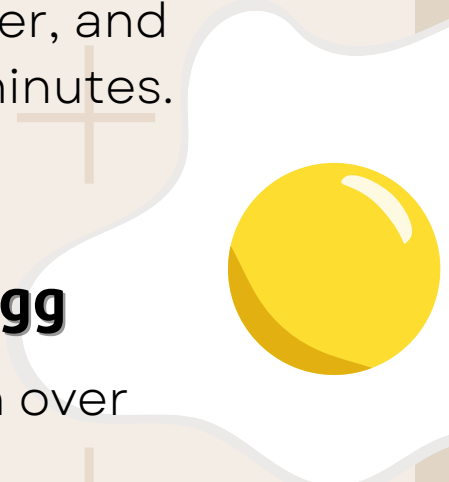
## Ingredients

- 1 large egg
- 1 tbsp oil
- 1 5oz canned chicken breast
- ½ cup fresh spinach or ¼ cup frozen spinach
- ¼ cup quick oats
- ¾ cup water
- Pinch of salt and pepper
- 1 small tomato, chopped
- 1 tbsp ketchup

## Directions

1. Heat 1 tbsp of oil in a saucepan over medium-high heat.
2. Add tomato and cook for 1-2 minutes.
3. In the same saucepan, mix in water and bring water to boil. Add oatmeal and simmer for 2-3 minutes.
4. Add canned chicken breast, salt, pepper, and ketchup and simmer for another 2-3 minutes.
5. Add spinach and cook for 1 minute.
6. Serve with a sunny side egg.

## How to make a sunny side egg

1. Heat 1 teaspoon of oil in a nonstick pan over medium heat for about 3 minutes.
  2. Reduce heat to medium-low heat and add the egg to the pan.
  3. Cover with lid and cook over low heat for 2-3 minutes, or until egg white is no longer translucent and completely set.
  4. Season with salt and pepper.
- 



# SAVORY OATMEAL BOWL

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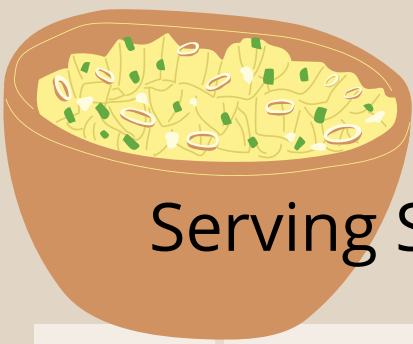
### Nutrition Tips



- Oatmeal is a whole grain. Whole grains provide a variety of health benefits, including fiber, healthy carbohydrates, protein, and other vitamins and minerals. Fiber can help your immune system stay strong, promote regular bowel movements, and support your gut. A healthy gut plays a key role in absorbing and breaking down foods so our body can use for energy.



- Spinach is a leafy green vegetable. Leafy green vegetables have essential nutrients and fiber that teenagers need. If a nutrient is considered "essential," this means your body is unable to produce it on its own and you need to get it from foods. These essential nutrients are important for your growth. 2 cups of raw leafy greens or 1 cup of cooked leafy greens is one-third of the recommended servings of vegetables a healthy teenager needs daily. Did you know spinach is not in season during the summer? Spinach is in season from October to May. Spinach is more affordable in season compared to when it is not in season.



# POTATO SALAD

Serving Size: 5

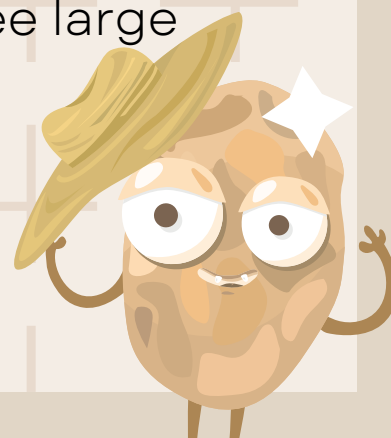
Cooking Time: 40 Mins

## Ingredients

- 2 small russet potatoes, peeled and cut into large pieces
- 1 small cucumber, sliced
- ¼ cup onion, thinly sliced
- 1 baby carrot, about 2 inches long, thinly sliced
- 4 oz uncured ham, cut into small pieces
- 2 hard-boiled eggs, chopped
- 1 tbsp low-fat or fat-free milk
- 2 tbsp mayonnaise
- 2 tbsp Greek or nonfat plain yogurt
- Salt and pepper

## Directions

1. In a small mixing bowl, mix salt, cucumber, carrot, and onion and set aside for 5-10 minutes.\* If you prefer the taste of cooked carrots, you can also steam carrots for about 4-5 minutes or you can also substitute with canned carrots.
2. After 5-10 minutes, drain cucumber and onion.
3. In a large saucepan, place potato in water and bring to boil. Once the water boils, reduce heat to medium and cook with a lid on for 15 minutes or until a fork can go through the potato easily.
4. Mash potato lightly or until you cannot see large chunks of potato.





# POTATO SALAD

## CONTINUED



### Directions Continued

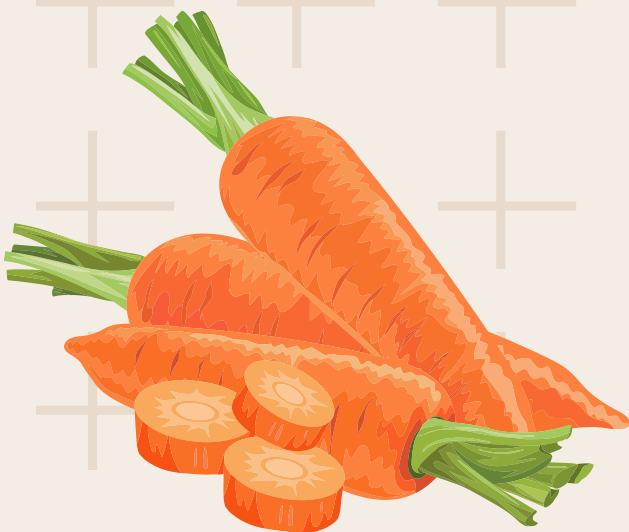
5. Heat 1 tsp oil in a nonstick pan over medium heat.
6. Lightly fry the ham for about 3-4 minutes.
7. In a large bowl, mix potato, carrot, ham, cucumber, onion, eggs, mayo, milk and yogurt. Season with salt and pepper and serve.



### Nutrition Tips



Carrots are a type of root vegetable. Root vegetables are rich in vitamin A, potassium, and fiber. Root vegetables grow under the ground. They usually have an earthy taste and have high carbohydrate content.



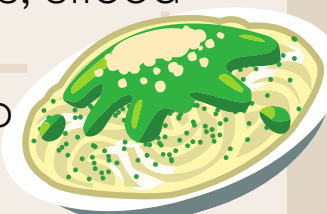
# PESTO PENNE PASTA

Serving Size: 2

Cooking Time: 20 Mins

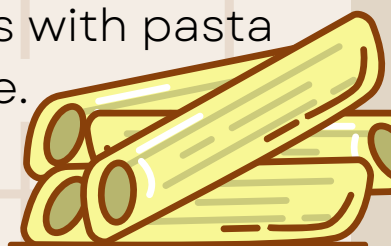
## Ingredients

- 2 cups uncooked whole-grain penne pasta
- 1 cup cherry tomato
- Optional: 1.5 cups canned chicken
- 2 cups asparagus, sliced into small pieces
- ½ cup basil pesto
- ¼ cup parmesan



## Directions

1. In a large pot, boil water and add salt and oil to the boiling water.
2. Boil asparagus in boiling water for 1 minute.
3. Drain asparagus and then cool asparagus by adding to a bowl of ice water.
4. Cook pasta 1 minute less than the package directions, drain and rinse with water.
5. Reserve ½ cup of pasta water.
6. In a large mixing bowl, combine pasta, cherry tomatoes, asparagus, and chicken (optional).
7. Toss with basil pesto and adjust the thickness with pasta water until most penne are coated with sauce.
8. Serve with parmesan cheese.



## Nutrition Tips

Fiber, B vitamins, and iron are important minerals and vitamins found in whole grains. Iron is a mineral that your body needs to grow and make blood. B vitamins play key roles in helping your body release energy. The Dietary Guidelines for Americans recommend making half of the grains we eat whole grains. Some examples of whole grains are barley, brown rice, whole grain pasta and flour, and oatmeal. Compared to whole grains, refined grains, like white bread and white rice, have some parts of the grain removed. This means they have less fiber, iron, and B vitamins. One way to know if your grain is whole grain or not is to read the nutrition label. If the first word of the ingredients is “whole”, then you found a whole grain!



# TOMATO AND EGG STIR FRY

Serving Size: 2

Cooking Time: 15 Mins



## Ingredients

- 3 large eggs
- 3 ripe tomatoes
- 1 tbsp chicken stock or substitute with 1 tbsp water + ½ tsp salt
- Optional topping: 1 piece green onion, chopped
- Optional: 1 tbsp reduced-sodium soy sauce
- 2 tbsp ketchup
- 1 tbsp oil
- Cooking spray or 1 tsp butter
- Pinch of sugar

## Directions

1. Crack eggs into a small bowl, and whisk eggs until smooth.
2. Spray a nonstick pan with cooking spray or melt 1 teaspoon of butter in a nonstick pan over high heat.
3. Add egg and cook for 2 minutes or until the egg whites set. Scramble the eggs, take out, and set them aside.
4. In the same pan, heat 1 Tbsp oil over medium-high heat.
5. Add tomato and cook over medium heat for about 2 minutes or until the tomato is mushy.
6. Add chicken stock to adjust the texture.
7. Add sugar, ketchup, oyster, and sauté for 1 minute over medium-high heat.
8. Add cooked egg and stir well.
9. Serve with chopped green onion.



# TOMATO AND EGG STIR FRY

## CONTINUED

### How to cut tomatoes into small pieces without skin

1. Boil about 4 cups of water in a large saucepan.
2. Make a small cross on the back of the tomatoes.
3. Place tomatoes in a bowl and submerge in boiling water.
4. Wait for 5 minutes and cool them in a bowl of ice water and drain.
5. Peel off the skin and cut the tomatoes into small pieces.

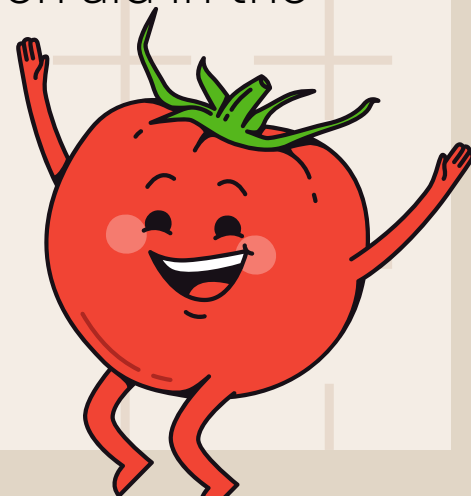
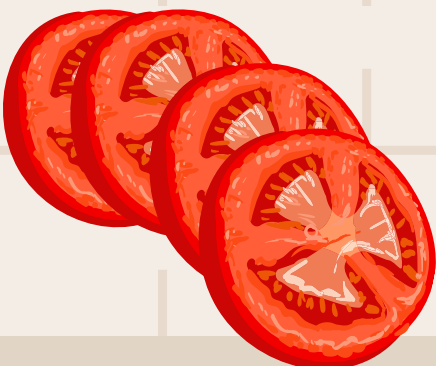


### Nutrition Tips



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C**

Tomatoes are a vegetable high in vitamin C. Vitamin C is an essential vitamin that supports your immune system. When a nutrient is “essential”, this means your body cannot make the nutrient and you need to get it from food. Your immune system keeps you healthy by protecting you from outside invaders, such as germs and viruses. Vitamin C also strengthens your gum and holds your teeth firmly in place. It can even aid in the healing of scratches, cuts, and wounds!



# TERIYAKI CHICKEN RICE BOWL

Serving Size: 1

Cooking Time: 20 Mins

## Ingredients

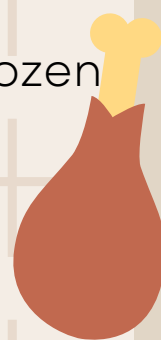
- 1 piece boneless chicken thigh/breast or substitute with ½ 14oz firm tofu (not pressed, cut into small pieces)
- 1 cup cooked white/brown rice
- 2 tbsp oil
- Vegetables of your choice, combine any two or three:
  - ½ cup bell pepper, sliced
  - ½ cup frozen edamame
  - ½ cup fresh or ¼ cup frozen broccoli florets
  - ½ cup fresh or ¼ cup frozen carrots

### “Homemade Teriyaki Sauce”

- 2 tbsp reduced-sodium soy sauce
- 4 tbsp water
- 1 tbsp brown sugar
- 2 tsp honey

## Directions

1. In a mixing bowl, combine soy sauce, water, and brown sugar.
2. Reserve 1 tbsp of teriyaki sauce and set aside. Put the chicken thigh or tofu into the mixing bowl. Let them sit at room temperature and marinate for 5 minutes.
3. In a large pot, boil water and ¼ tsp of oil to the boiling water.
4. Boil vegetables in boiling water for 1-2 minutes or steam vegetables for 4-5 minutes.
5. Heat 2 tbsp oil in a nonstick pan over medium-high heat.
6. Place chicken thigh or tofu in the pan and fry for 1 minute.
7. Flip the chicken or tofu and add 1 tbsp of water, cover the lid, and steam over low heat for 5 minutes or until the chicken is cooked through. You may use a food thermometer to make sure that the thickest part of the chicken reached 165 degrees F.
8. Remove chicken or tofu from the pan and set aside.
9. Add the remaining sauce to the pan and simmer over low heat for 1 minute or until the sauce thickens. \*You can add 1 tbsp of water to adjust consistency if the sauce is too thick.





# TERIYAKI CHICKEN RICE BOWL

## CONTINUED

### Directions Continued

10. Slice chicken into thin strips, place chicken or tofu and vegetables of your choice over rice, and drizzle teriyaki sauce on top.

### How to cook rice

1. Rinse the rice in a large bowl and drain.
2. In a large saucepan, place water and rice and bring to boil over medium-high heat.
3. Every 1 cup of uncooked white rice needs 1.5 cups of water. Every 1 cup of uncooked brown rice needs 2 cups of water.
4. When the water boils, cover the saucepan with a tight lid. Stir the rice and reduce heat to low.
5. Simmer white rice for about 20 minutes and brown rice for about 45 minutes or until all of the water has been absorbed.
6. Turn off the heat and let the saucepan stand for another 10-15 minutes with a lid on.



### Nutrition Tips

- Did you know broccoli is the flower of a plant? Broccoli is packed with fiber, potassium, and vitamin K. When boiling broccoli in water, you can add a little bit of olive oil to the boiling water to keep that beautiful green color.
- Bell peppers are the most common type of sweet peppers. They are good sources of potassium, vitamin C, and vitamin A. Vitamin A helps keep your eyes healthy and working their best at all hours of the day. It also helps your skin stay healthy and protects against infection. Did you know that the color of bell peppers changes the flavor? Red peppers are the sweetest bell pepper. Green peppers are less sweet and have a stronger flavor compared to yellow and red bell peppers. Green peppers are also more affordable than other bell peppers.



# TUNA/SALMON CASSEROLE

Serving Size: 3

Cooking Time: 40 Mins



## Ingredients

- 2 cups uncooked egg noodles
  - ½ small white onion, thinly sliced
  - 1 6oz can tuna/salmon packed in water
  - ½ 10.75oz canned cream of mushroom soup
  - 1/3 cup low-fat or fat-free milk
  - 1 tbsp butter
  - ½ cup parmesan cheese (or any low-fat cheese you like), shredded
- Pick any two vegetables:
- ½ cup frozen green peas
  - ½ cup frozen corn
  - ½ cup frozen or 1 cup fresh spinach
  - ½ cup mushroom, sliced
- Toppings:
- ¼ cup panko bread crumbs
  - ¼ cup parmesan cheese (or any cheese you like), shredded
  - 1 tbsp chopped parsley or 1 tsp dried parsley
  - 2 tsp lemon juice



## Directions

1. Preheat the oven to 425 F.
2. Cook egg noodles according to the package directions, drain and rinse.
3. Steam vegetables for 3-4 minutes or boil in boiling water for 1 minute and drain in ice water.
4. Heat butter in a pan over medium-high heat.
5. Lightly sauté onion first for 2-3 minutes over medium-high and then add garlic and cook for another 1-2 minutes.
6. In a large mixing bowl, mix and stir everything well in the ingredient lists. Transfer to an 8-inch square baking dish. Top with breadcrumbs and cheese.



# TUNA/SALMON CASSEROLE

Serving Size: 3

Cooking Time: 40 Mins

## Directions Continued

7. Bake for 15-20 minutes or until the cheese is melted and bubbly.
8. Serve with parsley on top and fresh lemon juice.



## Nutrition Tips



- Canned fish are affordable sources of protein that have the same nutritional benefits as fresh fish. Fish are rich in healthy fats that are good for your body. Eating fish twice a week is a good way to help you stay strong and healthy. If you drain canned fish, you can remove some of the salt and cut down on your sodium intake.
- Many people may have the impression that frozen or canned vegetables and fruits are not as healthy as fresh vegetables and fruits. In fact, frozen and canned vegetables and fruits are as healthy as fresh vegetables and fruits. They are also more affordable when fresh vegetables and fruits are not in season. Sometimes canned vegetables may contain extra sodium when processing, so draining and rinsing canned vegetables or choosing “no salt added” varieties can help reduce the sodium content.









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