

# Nutrition Highlights

## Kids + Nature + Cooking = Healthy Eating

Welcome to HealthBarn USA, a place where families learn about the importance of living a healthy lifestyle and how-to make it happen at home. Parents want to know our “recipe” for getting kids to be great eaters. It’s not magical, it’s common sense. Children today really care about protecting the environment and taking care of Mother Earth! Here are our three key ingredients: (1) engaging children in the process of growing and harvesting food (or herbs on the window sill); (2) empowering kids to cook and/or bake in the kitchen; (3) helping children to become responsible citizens of the planet by setting a food “no waste” goal and composting! Being consistent with these three ingredients will transform your child and whole family into great eaters & happy people!



### 2: In the Kitchen, Kids Can...

- Plan a day menu & create a shopping list.
- Gather and organize ingredients.
- Read steps of a recipe out loud.
- Measure, pour, sift, whisk, mash, and grate ingredients.
- Wash & dry fresh produce.
- Use blenders, mixers, food processors, or other small appliances.
- Preheat the oven.
- Monitor cooking or baking times; reduce or raise the heat; use a kitchen thermometer.
- Assemble sandwiches; toss salads; serve and garnish foods; pour smoothies and other drinks.



### 1. In the Garden, Kids Love to Grow, Harvest & Eat...

- Leafy Greens:** kale, spinach, lettuce and sorrel.
- Root Veggies:** carrots, parsnips, Daikon radishes, radishes, potatoes, and sweet potatoes.
- Fruits:** strawberries, raspberries, tomatoes, bell peppers, green beans and sweet peas.
- Herbs:** mint (spearmint & chocolate), stevia, oregano, lemon balm and basil.
- Alliums Veggies:** Egyptian onions, chives and garlic.

## Spinach Pesto Pasta

The secret ingredient in this pesto is raw sunflower seeds instead of the traditional pine nuts, which are more expensive and higher in fat. We also use spinach instead of basil (especially in the fall & early spring), and whole wheat pasta so that it's high in fiber! This is a favorite lunch & dinner meals with kids and parents, too!

- 1 package whole wheat penne or rotelle pasta
- 2 cups packed baby spinach leaves
- ½ cup hulled raw sunflower seeds
- ¼ cup freshly grated Parmesan cheese
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground pepper
- 1 clove garlic
- 2 tablespoons extra virgin olive oil
- 2 tablespoons low-sodium vegetable broth (or water)



1. In a large saucepot of boiling water, cook pasta as label directs. Reserve ½ cup pasta water; set aside.
2. In a food processor or blender, combine all ingredients until garlic and pulse until finely chopped. With food processor running, gradually add the oil and broth through feed tube to form a smooth, thick mixture.
3. Add spinach pesto to pasta bowl and toss until evenly coated. If too thick, add in reserve pasta water.

Makes 8 servings (1 cup per serving)

**Nutrition Facts per serving:** 240 calories; 7g total fat(1g sat fat, 3g mono, 2g poly, 0g trans-fat); 0mg cholesterol; 37g carbohydrate (5g fiber, 2g sugar); 8g protein; 75mg sodium; 4% Daily Value (DV) vitamin A; 2% DV vitamin C; 6% DV calcium; 10% DV iron.



### 3. Go 4 the Goal: No Food Waste & Composting

Teach kids how-to be protectors of the environment through action and they will embrace it! During meal-times at home and/or in school, set up these simple guidelines to help reduce food waste in landfills!

□ Request that each family member take a “tasting” portion from the serving bowl to try first. If they like it, they can always go back for seconds! **Bonus:** helps reduce overeating, too!

□ When everyone is finished, have each family member scrape her plate onto a big plate to be weighed on a food scale & record for the meal! Remember the goal is ZERO!

□ Compost food waste (without meat, bones or dairy), check out [www.howtocompost.org](http://www.howtocompost.org) for tips!



\*\*\* If you like these ideas, read more in *Appetite for Life*, Antine, HarperOne!

Stay in touch



If you have any questions or comments about **Nutrition Highlights**, please contact us at [info@healthbarnusa.com](mailto:info@healthbarnusa.com) or call 201-444-2955.