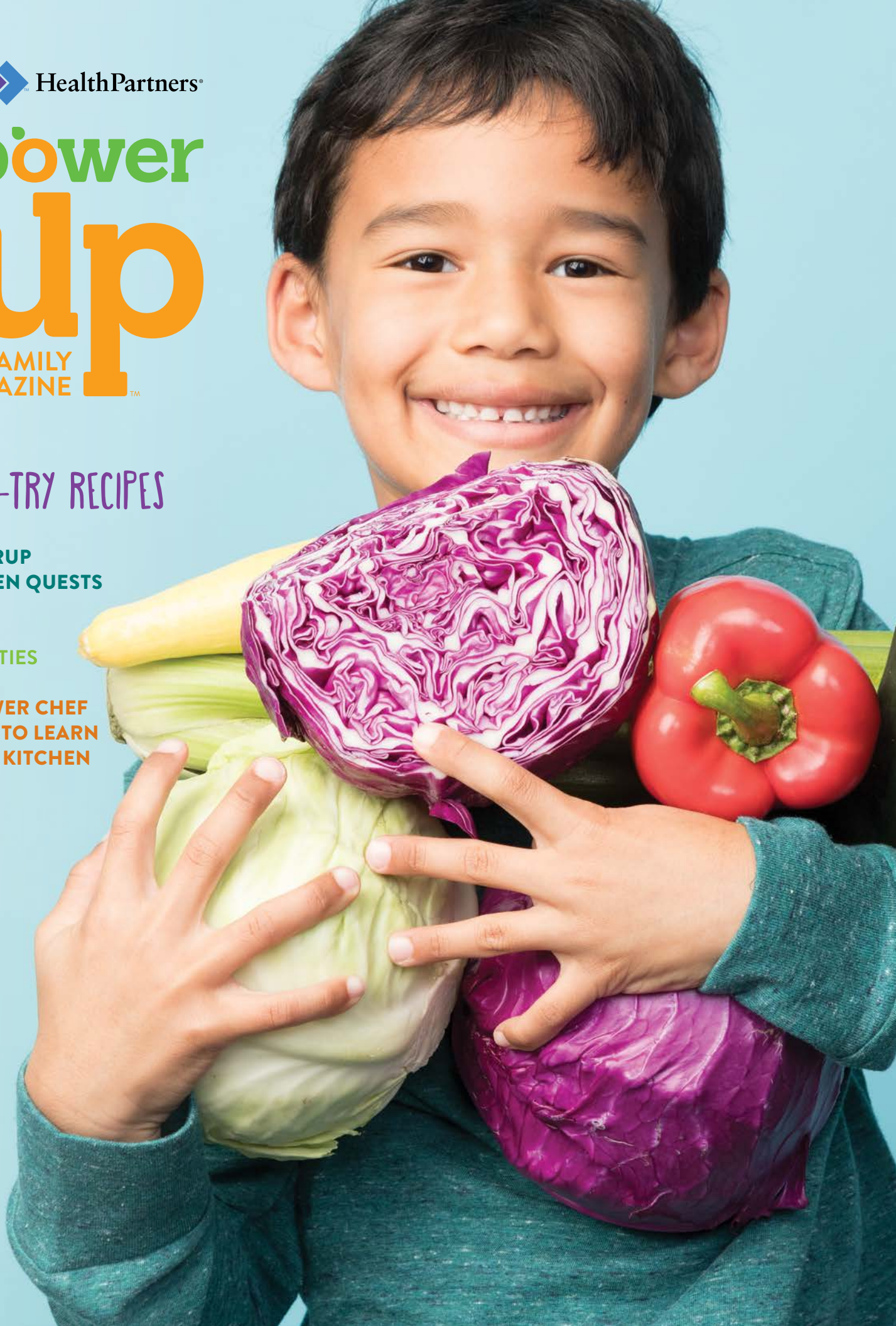
HealthPartners®

power up

FAMILY MAGAZINE™



MUST-TRY RECIPES

POWERUP KITCHEN QUESTS

KIDS' ACTIVITIES

10 POWER CHEF SKILLS TO LEARN IN THE KITCHEN

CAN YOU FIND EACH OF THESE 9 PICTURES HIDDEN IN ANOTHER PLACE INSIDE THIS MAGAZINE?

Chef hat, pan, five, cabbage, whisk, pepper, grater, measuring cup and the letter Q







SHARE IT!

FOR MORE FUN WAYS TO POWERUP, VISIT HEALTHPARTNERS.COM/POWERUPFAMILY

WHAT'S INSIDE?

POWERUP KITCHEN QUEST 3

QUEST 1: CONQUER THE COOL CUCUMBER 4

QUEST 2: BE BRAVE! TRY SWEET OR SPICY PEPPERS 6

QUEST 3: CRUNCH THE CELERY 8

QUEST 4: GET SUPER POWERS WITH SUPERHERO SQUASH 10

QUEST 5: GET CURIOUS ABOUT CABBAGE 12

POWER CHEF SKILLS 14

RECIPE BOOK 18

FOOD AND ALLERGY SENSITIVITIES 19

TRY FOR 5 SUPER SLAW **INSERT**

POWERUP RECIPE CONTEST **INSERT**

ARE YOU READY TO GO ON A QUEST?

A quest is a journey to learn about something important, like how to be a Power Chef! Inside, your quest will be to **TRY FOR 5** by trying 5 different veggies.

A quest is also an opportunity to explore and have fun. Turn to page 14 to sharpen all of your Power Chef skills.

NOW TURN THE PAGE TO START YOUR QUEST!



LOOK INSIDE!
You'll find stickers you can use to track the quests you complete!

POWERUP KITCHEN



HOLD ONTO YOUR CHEF'S HAT, IT'S TIME TO TRY FOR 5!

You don't need to go to a faraway land,
When adventures in the kitchen are close at hand.
From the counter top, fridge and pantry too,
Fruits and veggies are waiting for excitement with you.

They long to be chopped, sliced and diced,
Or measured and mixed with just the right spice.
Peel, grate and shred are more options still,
The tastes and textures can be such a thrill!

And let's not forget about adding some heat,
Sautéing and roasting make veggies a treat.
Recipes guide us to a finished dish,
But you can change and create whatever you wish.

Think of cooking as a quest in the kitchen,
And Power Chefs are always up for the mission.
So be brave and cook up delicious creations.
Then taste and share to help spark inspiration!

QUEST 1

CONQUER THE COOL CUCUMBER

TRY IT

washed and sliced; use your senses to see it, smell it, feel it, **taste it!**





THIS IS HOW I GROW

On a vine!



KABOBS

Throw it on a stick!

RECIPE ON PAGE 22



SILLY-DILLY TZATZIKI

Put it in a dip!

RECIPE ON PAGE 25



TOSS IT IN THE SUPER SLAW

Find the recipe on your insert.

ACTIVITY

IF YOU TOSS CUCUMBER SLICES INTO WATER, WILL IT TASTE LIKE CUCUMBERS?

Give it a try and see! Toss cucumber slices into a pitcher or glass of water and cool it in the fridge for 20 minutes or more. Then give it a try! What does it taste like? Thumbs up or down?



WHAT CHEF SKILLS DID YOU USE?

Learn about these skills on pages 14-17.



PEEL



SQUEEZE



SCRUB



WASH

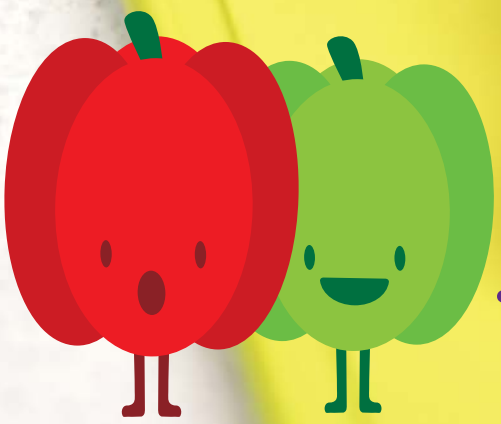
PUT YOUR STICKER HERE IF YOU TRIED THE COOL CUCUMBER!



QUEST 2

BE BRAVE!
TRY SWEET OR SPICY PEPPERS

TRY IT
washed and sliced, use your senses to **see it,** smell it, feel it, taste it!



Explorers who came to America gave bell pepper its name because it had the shape of a bell.

We start out green, but change color as we ripen on the plant. We can turn yellow, orange, purple and red.



THIS IS HOW I GROW

On a plant!



VIETNAMESE SPRING ROLL

(goi cuon roll)
Wrap and roll!

RECIPE ON PAGE 28



MELON SALAD WITH CHILES

It's a little bit sweet, but green chile peppers make it a little bit spicy.

RECIPE ON PAGE 27



TOSS IT IN THE SUPER SLAW

Find the recipe on your insert.

ACTIVITY

PEPPER MAZE

Help the green pepper turn yellow by helping him through the color maze.



WHAT CHEF SKILLS DID YOU USE?

Learn about these skills on pages 14-17.



SLICE & CHOP



SCRUB



WRAP & ROLL



WASH

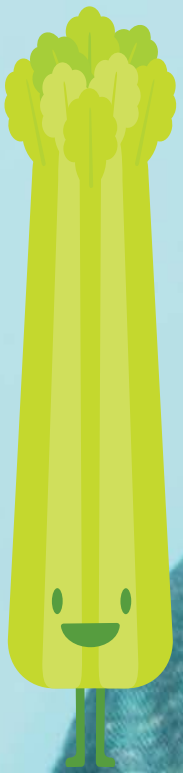
PUT YOUR STICKER HERE IF YOU TRIED A SWEET OR SPICY PEPPER.



QUEST 3

CRUNCH THE CELERY

TRY IT
washed and sliced; use your senses to see it, **smell it,** feel it, taste it!



Celery was used as a "bouquet of flowers" to reward winners of athletic games in ancient Greece.

The month of April is National Celery Month.



THIS IS HOW I GROW

In the dirt!



BOULDER TUNA SALAD

I'm stuffed!

RECIPE ON PAGE 25



CELERY LEAF PESTO

Presto Pesto!

RECIPE ON PAGE 31



TOSS IT IN THE SUPER SLAW

Find the recipe on your insert.

ACTIVITY

POWER CHEF WORD SCRAMBLE:



EPPPRE _____



TAH ___



POCH ____



NAP ___



EELP ____



HSUAQS _____

(Answers: pepper, hat, chop, pan, peel, squash)

WHAT CHEF SKILLS DID YOU USE?

Learn about these skills on pages 14-17.



MEASURE



SCRUB



WHISK



WASH

PUT YOUR STICKER HERE IF YOU CRUNCHED THE CELERY!



QUEST 4

GET SUPER POWERS WITH SUPERHERO SQUASH

TRY IT
washed and sliced; use your senses to **see it**, smell it, feel it, taste it!



You can eat the entire squash plant. The leaves, stems, flowers, seeds and the fruit.

Squash goes by a lot of different names. Yellow squash is a summer squash, and so is green zucchini. There's even winter squash, like acorn squash.



THIS IS HOW I GROW

On a plant!



SQUASH RIBBONS

Oodles of zoodles! Try noodles made from veggies, like yellow squash.

RECIPE ON PAGE 22



ZUCCHINI PANCAKES

Shredded zany zucchini pancakes!

RECIPE ON PAGE 23

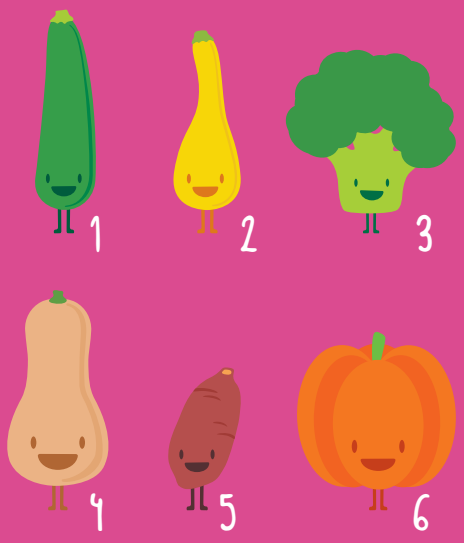


TOSS IT IN THE SUPER SLAW

Find the recipe on your insert.

ACTIVITY

CAN YOU GUESS WHICH OF THE FOLLOWING ARE IN THE SQUASH FAMILY?



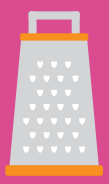
(Answer: 1 –Zucchini, 2 –Yellow Squash, 3 – Broccoli, 4–Butternut Squash, 5 – Sweet Potato, 6–Pumpkin.)

WHAT CHEF SKILLS DID YOU USE?

Learn about these skills on pages 14-17



SCRUB



SHRED



WHISK



WASH

PUT YOUR STICKER HERE IF YOU TRIED ANY SQUASH!



QUEST 5

GET CURIOUS ABOUT CABBAGE

TRY IT

washed and sliced; use your senses to see it, smell it, **feel it,** taste it!



Cabbage is eaten all over the world, from borscht soup in Russia to kimchi in Korea.

It can be purple and green, eaten raw or cooked. Cabbage grows in all shapes and sizes – from big and round to leafy and small. Some even grow on a stalk and look like baby cabbages, called Brussels sprouts.



THIS IS HOW I GROW

In the ground!



CABBAGE WRAP AND ROLLS

A new twist on the traditional egg roll.

RECIPE ON PAGE 30



ROASTED BRUSSELS SPROUTS

There's no doubt roasting makes these sprouts sweet.

RECIPE ON PAGE 31



TOSS IT IN THE SUPER SLAW

Find the recipe on your insert.

ACTIVITY

EVER WONDER HOW PLANTS DRINK WATER?

When you need a drink of water you sip it from a cup. But when a plant needs water, it gulps it up from the ground. That's called "capillary action." To see this fun experiment in action, add food coloring to a glass of water. Stick in a leaf of bok choy, lettuce or a stalk of celery. What happens?



(Answer: the water will carry the color up the stalk and give the leaves a refreshing drink of water.)

WHAT CHEF SKILLS DID YOU USE?

Learn about these skills on pages 14-17.



HEAT

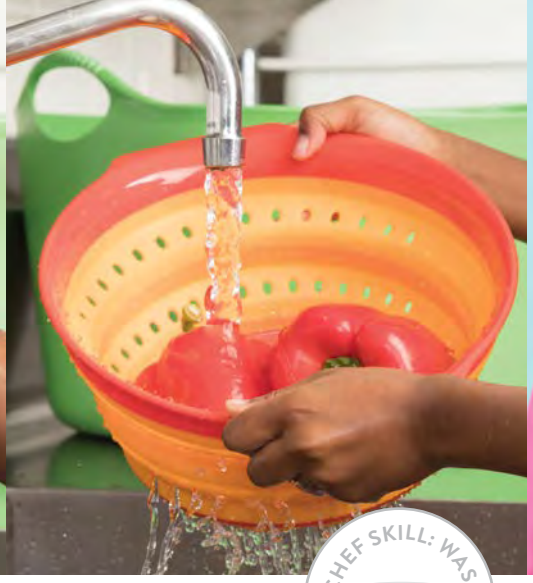


SCRUB WRAP & ROLL WASH

PUT YOUR STICKER HERE IF YOU WERE CURIOUS AND TRIED CABBAGE!









CHEF SKILL: SCRUB

CHEF SKILL: WASH

CHEF SKILL: TRY

1. SCRUB

Before the real cooking begins, Power Chefs know dirt and germs need to get washed away.

1. Wash your hands with warm, soapy water.
2. Scrub front and back, under your fingernails and between your fingers for 20 seconds (that's the time it takes to sing the ABC song).
3. Dry your hands with a clean towel or paper towel.

2. WASH

For clean cooking, all fruits and veggies need to be washed. Here's how a Power Chef does it:

1. Wash them under running water.
2. Scrub them with a soft brush (even a clean toothbrush or cloth works). For small fruit or veggies, like berries or cherry tomatoes, put them in a colander (a bowl with small holes) and rinse them well under running water.
3. Now they're ready to cut, cook or eat.

3. TRY!

A Power Chef always tastes what they create,

To make sure the flavors and textures taste great!

This is the final step in every cooking adventure.

It's the reward of the journey, like a tasty treasure!

And if the bite is not what you thought it would be,

A different quest awaits for you to try another recipe.

IT'S FUN TO TRY NEW SKILLS WITH EACH KITCHEN QUEST. BUT, A POWER CHEF PRACTICES SCRUB, WASH AND TRY SKILLS EVERY TIME. ADD A STICKER WITH EACH SKILL YOU LEARN.

POWER CHEF SKILLS

READY TO CONTINUE ON YOUR QUEST TO BE A POWER CHEF?

You've tried some tasty veggies. Now it's your chance to have some fun cooking them up in the kitchen as you practice these Power Chef skills. Make sure to ask an adult for help!







4. SQUEEZE

1. Wash the fruit: oranges, lemons or limes.
2. With an adult's help or supervision, use a knife to slice the fruit in half.
3. Hold half the fruit in one hand, then squeeze the fruit letting the juice spill into a glass or cup. If you have a hand juicer, that works too.

5. MIX & WHISK

1. To mix, you need to fully stir two or more ingredients together. Sometimes this is also called "tossing" together.
2. A whisk is a kitchen tool used to mix ingredients smooth, or to add air into a mixture. You can also use a spoon, fork or spatula.
3. Holding onto your whisk or tool, mix all the ingredients together.

6. MEASURE

Measuring cups and spoons are used for both wet and dry ingredients.

TO MEASURE DRY INGREDIENTS

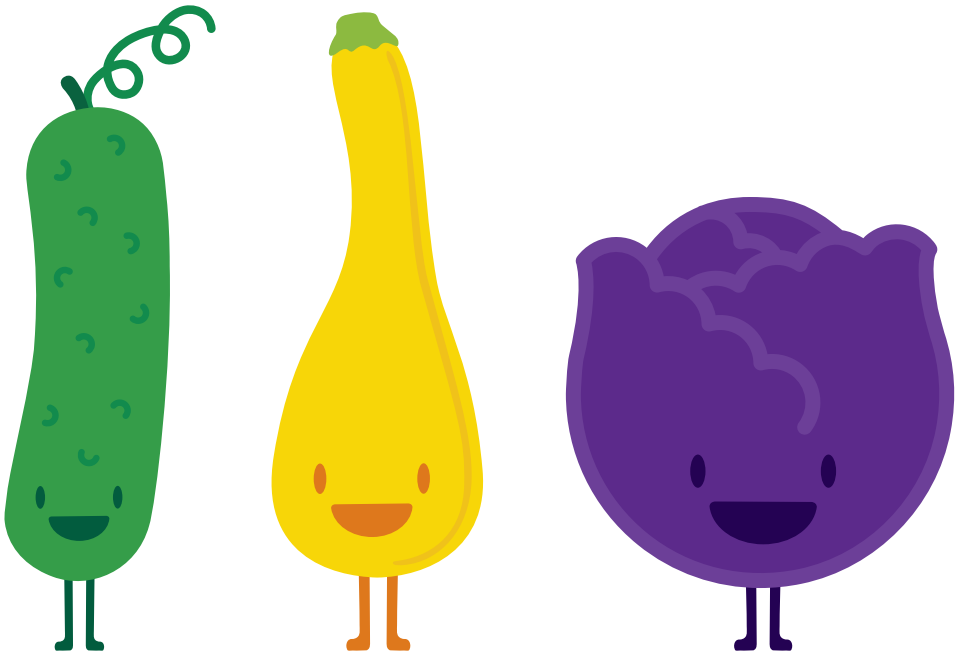
(like fruits, veggies and flour)

1. Using a measuring cup for dry ingredients, set it on a flat surface.
2. To measure, spoon the dry ingredient into the measuring cup.
3. Keep it level. Use a flat edge, like the back of a table knife, to scrape off any extra, so the ingredient is level with the top of the measuring cup.

TO MEASURE LIQUIDS

(milk, water, oils)

1. Using a liquid measuring cup, put on a flat surface.
2. To measure, bend down so the exact measurement line is at eye level. If you look from above, the amount you pour might be too much or not enough.
3. Keeping it level, slowly pour the liquid into the cup until it is level with the measurement line.







7. SLICE & CHOP

Knives are a very important tool for Power Chefs and come with safety rules. Before you begin, you always need:

- An adult to supervise
- A clean cutting board
- A sharp knife (note: a dull knife makes cutting more difficult and less safe)

Power Chefs start off by learning how to slice safely with soft fruits like bananas, pears and peaches.

1. Place the fruit on a clean cutting board and start slicing with a plastic knife or table knife.

2. Practice keeping fingers out of the way before moving on to slicing and chopping harder fruits and veggies like apples, lemons and onions.

STEPS TO SLICING SAFELY

1. Hold the knife with "the pinch grip." Hold the knife in the hand you write with, near the blade, not at the back of the handle.

2. With your other hand in the shape of a "claw," hold the fruit or veggie.

8. PEEL & SHRED

PEEL means to remove the skin from something.

1. Hold the peeler in the hand you write with.

2. With your other hand, hold one end of the fruit or veggie. The other end of the fruit or veggie should be resting on a clean counter or cutting board.

3. With the fruit or veggie pointed slightly down, start at the end closest to your body. Push the peeler blade down with a little pressure and swipe away from you into the skin of the fruit or veggie. Turn the fruit or veggie after each swipe of the peeler until the skin is gone.

SHRED means to cut into very thin slices or pieces using a knife, a hand or box grater or a food processor.

1. Hold the grater by the handle on top and press the bottom firmly to a flat surface, like a cutting board on a counter.

2. With the fruit or veggie in the hand you write with, push it down onto the grater from top to bottom. Repeat this until there is about 1-2 inches left of the fruit or veggie, stopping before it gets too hard to hold or your fingers are close to the grate.

FOR KITCHEN KNIFE SAFETY 101 VIDEOS, VISIT POWERUP4KIDS.ORG/VIDEOS



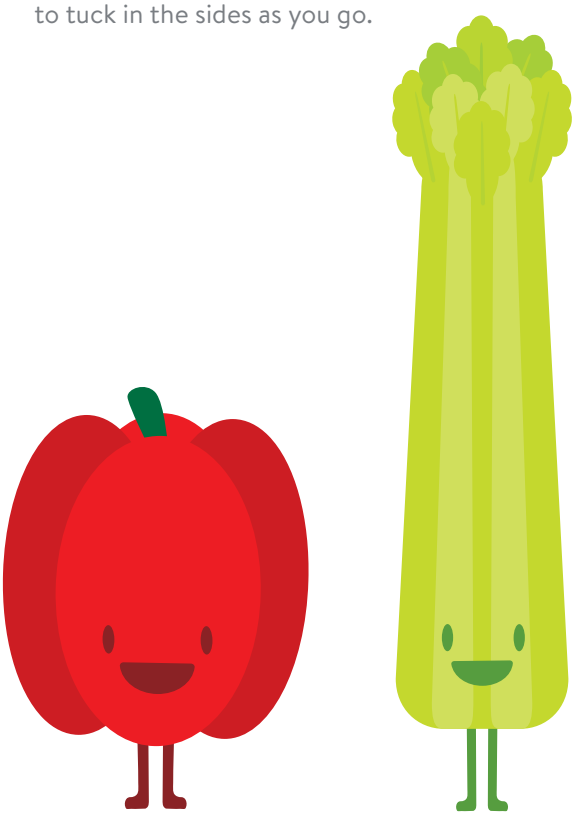


9. WRAP & ROLL

1. Fill the wrap with the ingredients. Put the filling or mixture of ingredients down the center of the wrap. Leave some of the wrap empty at both ends of the filling to make it easier to wrap or roll.

2. To wrap, start by folding both ends in and over the filling. Hold down both ends over the filling with your fingers and use your thumbs to fold in the side of the wrap closest to you.

3. Pull your fingers out of the sides. Move them to the top of the wrap (where your thumbs are). Start rolling it away from you. Use your fingers to tuck in the sides as you go.



10. HEAT

Use of heat when cooking is a very important skill for Power Chefs and comes with safety rules. Before you begin, you always need:

- An adult to supervise
- An adult to show you how the stove/oven works
- Hot pads or gloves to safely transfer and handle hot foods

Roast: means to cook in an oven at a higher temperature or over an open fire.
Bake: means to cook food by dry heat without direct exposure to a flame, typically in an oven.
Sauté: means to fry quickly in a little hot oil or other fat.
Braise: uses both moist and dry heat. The food typically is seared, which means to cook quickly at a sudden, intense heat to help crisp the outside of the food, then finished in a covered pot at a lower temperature while sitting in some liquid, which helps add flavor.

SAFETY FIRST!

A Power Chef always asks for an adult's help or permission with all sharp knives, appliances, the stove or oven, and other hot ingredients.

HealthPartners

power up

TRY FOR 5

SUPER SLAW



CUCUMBER

CHOP!



MIX ALL INGREDIENTS IN A BOWL

WHISK!



SHRED!

CABBAGE

INGREDIENTS

- 3 cups cabbage, shredded
- 1 cup yellow squash, sliced thinly
- 1 cup red pepper, sliced thinly
- 1 cup cucumber, chopped
- 1 cup celery, chopped

INSTRUCTIONS

1. Wash your hands and all of the veggies.
2. Shred the cabbage.
3. Chop the cucumbers and celery.
4. Slice the peppers and squash.
5. Measure all the veggies and toss them into a bowl.
7. Whisk up your favorite dressing and pour it over the slaw.
8. Mix it all together.
9. Serve immediately or refrigerate in a sealed container.



CHOP!

CELERY



SLICE!

SQUASH



SLICE!

SWEET OR SPICY PEPPERS

PICK YOUR DRESSING

ASIAN SLAW DRESSING

- 1/4 cup olive or canola oil
- 1/4 cup soy sauce
- 2 teaspoons sesame oil
- 1/4 teaspoon fish sauce
- 2 tablespoons brown sugar
- 1/4 cup fresh lime juice, squeezed
- 2 tablespoons ginger, minced
- 1/2 teaspoon garlic, minced
- 2 tablespoons cilantro, fresh, finely chopped
- 1/4 teaspoon Chinese five-spice powder (optional)

CURRY SLAW DRESSING

- 1/2 cup Greek yogurt, plain
- 3 tablespoons pineapple juice
- 4 teaspoons water
- 1/2-1 teaspoon Sriracha sauce, to taste
- 2 teaspoons honey
- 1/2 teaspoon curry powder

SOUTHWESTERN SLAW DRESSING

- 1/4 cup olive or canola oil
- 3 tablespoon apple cider vinegar
- 3 tablespoon fresh lime juice, squeezed
- 1 1/2 teaspoon honey
- 1/2 teaspoon cumin
- 1 1/2 teaspoon chili powder
- 1/2 teaspoon jalapeño, finely diced (fresh or canned)
- 1/2 clove garlic, minced
- Dash of red pepper (or to taste)
- Dash of salt

Optional veggies to add: cilantro, black beans, corn and green onions

POWER CHEF CHALLENGE:

Try coming up with a new dressing that will taste great with this super slaw!

READY TO WIN?

All recipes will be reviewed by our expert judging panel. Then, top recipes will be selected and posted on our website and Facebook pages for people to vote for their favorite. The top recipes will move on to the All-Star Judging Panel. The winning recipes will be announced Summer 2018!

Power Chefs, with the top winning recipes, will WIN awesome cooking gear to help PowerUp their kitchen. **Plus, winning recipes will be featured in PowerUp publications.**

For complete contest rules and to enter your recipe, go to healthpartners.com/powerupfamily

Looking for a little inspiration? Check out our winning Power Chefs below from last year, and find their recipes in the recipe section of your PowerUp Family Magazine. You can also find these and many more delicious, kid-approved fruit and veggie recipes at healthpartners.com/powerupfamily.

HealthPartners

power up



RECIPE CONTEST

CALLING ALL POWER CHEFS! THE POWERUP RECIPE CONTEST IS BACK!

It's time to tune up your taste buds and and show off your skills by sending in your kid-approved recipe for a chance to a win a prize and earn the title of Power Chef.

TO QUALIFY FOR THE CONTEST, RECIPES MUST:

- Feature fruit or vegetables as the main ingredient
- Contain little to no added sugar or artificial sweeteners
- Be your own original creation with a fun name
- Be easy for families to prepare
- Taste delicious

Enter your recipe and view complete contest rules including PowerUp Nutrition Guidelines at **healthpartners.com/powerupfamily** (Note: Adults must submit a recipe on behalf of children under 18).

MORE WINNING POWER CHEFS!









CHECK OUT LAST YEARS WINNING POWER CHEFS





FIND THE SIZZLIN' TACO STUFFED SQUASH RECIPE ON PAGE 24!

THE POWER CHEF RECIPE BOOK

Recipe substitutions	19
PowerUp Power Chef recipe winners	20
Greek Salad Kabobs	22
Zucchini Ribbons	22
Zucchini Pancakes	23
Zany Zucchini Pita Pockets	23
Sizzlin' Taco Stuffed Squash	24
Boulder Tuna Salad	25
Silly-Dilly Tzatziki	25
Harira	26
Lisa's One-Pot Chicken Potato Soup	27
Melon Salad with Chiles and Mint	27
Vietnamese Spring Roll (goi cuon)	28
Sunrise Skillet Scrambler	29
Try for 5 Smoothie	29
Cabbage Wrap and Rolls	30
Roasted Brussels Sprouts	31
Presto! Celery Leaf Pesto	31

PLUS MORE RECIPES!

FOR ALL THESE RECIPES PLUS MORE, VISIT HEALTHPARTNERS.COM/POWERUPFAMILY

FOOD ALLERGY & SENSITIVITIES

RECIPE SUBSTITUTIONS

FOOD ALLERGIES AND SENSITIVITIES DON'T NEED TO GET IN THE WAY OF BECOMING A POWER CHEF. THESE RECIPE SUBSTITUTIONS CAN BE USED TO MODIFY MANY RECIPES INTO A YUMMY AND SAFE TREAT.

PEANUT AND TREE NUT SUBSTITUTIONS

- Seeds – like pepitas (pumpkin seeds) or sunflower butter or seeds are great for granola, trail mix, in yogurt or on toast.
- Legumes (beans) – roasted beans like garbanzo beans make a great crunchy, protein- and fiber-packed snack.

Note: Some kids with peanut allergies are allergic to the whole legume family, including beans, peas and soy.

EGG SUBSTITUTIONS

Children with egg allergies must avoid egg in all forms. In a typical recipe for baked goods, egg plays one of two roles: either as a binder (to hold the recipe together) or as a leavening agent (to help it rise).

Egg as a binder. One egg is often equal to any of the following:

- 1/2 medium banana, mashed
- 1/4 cup applesauce
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water, let stand for 1 minute before using
  Commercial egg substitutes are also available.

Egg as a leavening agent. One egg is equal to these ingredients combined:

1 1/2 tablespoons vegetable oil (like canola)
+ 1 1/2 tablespoons water + 1 teaspoon baking powder

Note: Commercial egg substitutes – general rule of thumb, if recipe calls for 3 or more eggs, the egg substitute doesn't work.

MILK AND MILK PRODUCT (DAIRY) SUBSTITUTIONS

All of these milks can be replaced in recipes one-for-one:

- Soy milk
- Oat milk
- Rice milk
- Almond milk
- Coconut milk
- Cashew milk
- Hemp milk
- Flax milk

Replacement for yogurt and cheese are also available:

- Soy-based
- Coconut-based
- Pea-based
- Nut-based

Note: Read the ingredients carefully, even if it says "non-dairy," because it may still have casein in it, which is a milk protein. Goat milk is not considered a safe alternative for those allergic to milk.

WHEAT AND GLUTEN-FREE SUBSTITUTIONS

- Ground rolled oats (must be labeled Certified Gluten-Free)
- Rice flour
- Garbanzo bean (chickpea) flour
- Potato starch
- Tapioca starch
- Almond flour

Note: Measurement when replacing wheat flour with other flours may not be one-to-one, so be sure to read instructions on the package for how to accurately replace one with the other.

SAFETY FIRST!

Always read the food packaging to help ensure these allergens are not present or have not come in contact with an allergen, which is often labeled with "may contain" statements and/or "manufactured in a facility that also processes" the particular allergens. Small traces of allergens can cause allergic reactions.

WHAM BAM VEGGIE SLAM

BY CODY Z.

Serves 15 (approx. 1 1/2 cup servings)

INGREDIENTS

- 32-ounces chicken broth
- 1 15-ounce can diced tomatoes
- 1 15-ounce can light red kidney beans, drain and rinsed
- 1 1/2 cups salsa
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 15-ounce can black beans, drain and rinsed
- 1 13-ounce bag of frozen corn
- Chopped up fresh carrots or 1 13-ounce bag of frozen chopped carrots
- 4 (uncooked) chicken breasts cut into chunks

INSTRUCTIONS

1. Combine all ingredients into a crock pot.
2. Cook for 10 hours on low or 4-6 hours on high.
3. Serve with shredded cheese.



CHECK OUT LAST YEAR'S WINNING RECIPES

CHICKPEA CHOP CHOP

BY LUCY F.

Serves 10-12

INGREDIENTS

- 1 can black beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 1 can corn, drained
- 1 pint tomatoes, chopped
- 1 avocado, peeled and chopped
- 1/4 red onion, peeled and chopped
- 1 cucumber, chopped
- 1/2 yellow pepper, chopped
- 1 small lime
- 2 tablespoons olive oil
- 1/4 cup feta cheese
- 3 sprigs cilantro, chopped
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon fresh ground pepper
- 1/4 teaspoon sea salt

INSTRUCTIONS

1. In a small bowl, whisk together the olive oil, cumin, chili powder, sea salt and chopped cilantro. Set aside.
2. Mix together black beans, chickpeas, corn, tomatoes, avocado, red onion, cucumber and yellow pepper. Mix gently and top with olive oil mixture. Stir gently but thoroughly.
3. Top the mixture with feta cheese. Cut the lime in half and squeeze juice over the top of the salad. Sprinkle pepper on top and serve immediately, or refrigerate for up to 3 days.



SASSY ST. CROIX SUMMER SALAD

BY HANNA L.
Serves 10



INGREDIENTS

- 1 head iceberg lettuce broken into bite-size pieces
- 1/2 teaspoon salt
- 1/4 sweet onion, sliced thin
- 4 hard-cooked eggs, chopped
- 1 cup frozen peas, thawed
- 3 celery ribs, sliced thin
- 1 red bell pepper, chopped
- 1 cucumber, halved length-wise, seeded and sliced thin
- 2 cups cooked rotisserie chicken breast, chopped
- 1 cup shredded sharp cheddar cheese
- 1/2 cup mayonnaise (no trans or partially hydrogenated fats)
- 2 tablespoon cider vinegar
- 1 teaspoon hot sauce
- 2 teaspoon honey
- 1 teaspoon pepper
- 2 tomatoes, cut in wedges

INSTRUCTIONS

1. Place lettuce in large serving bowl and sprinkle with salt. Drain and pat dry.
2. Layer onion, eggs, peas, celery, bell pepper, cucumber, chicken and cheese over the lettuce.
3. In a small bowl, whisk together mayonnaise, vinegar, hot sauce, honey and pepper. Spread evenly over top of salad. Cover and refrigerate up to 24 hours.
4. To serve, remove from refrigerator and let stand at room temperature for 15 minutes.
5. Toss until evenly coated with dressing. Garnish with fresh tomato wedges and serve immediately.

SLOPPIEST JOES

BY BRADY J.

Serves 4-6



INGREDIENTS

- 2 tablespoons olive oil
- 1 red bell pepper, diced
- 1 large yellow onion, diced
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 pound lean ground beef
- 3/4 cup ketchup
- 1/4 cup soy sauce or coconut aminos
- 2 tablespoons tomato paste

INSTRUCTIONS

1. Heat a large skillet over medium heat. Add olive oil and heat for 2 minutes. Add red pepper and onion to the oil and sauté over medium heat. Cook approximately 5 minutes or until vegetables start to soften.
2. Add the beef and break it up with a spatula. Cook until browned. Add salt and garlic powder.
3. Add ketchup, soy sauce and tomato paste. Stir to combine.
4. Adjust heat to low and cook for at least 10 minutes (or up to 30 minutes to let the flavors meld together).

Instead of a bun: Slice potatoes into thicker slices "planks" then drizzle with olive oil and a dash of salt. Lay them on a baking sheet and bake them at 400 degrees for about 20-30 minutes. Remove from oven, put a scoop of the sloppiest joe on a potato slice, fold the potato over like a bun, eat and enjoy!

Can also eat this over oven baked potatoes, sweet potato wedges or even zoodles (zucchini noodles).

MORE WINNERS!

ENTER YOUR RECIPE TO WIN! SEE INSERT FOR DETAILS.

BANANA BLAST

BY TIFFANNI S.

Serves 4-8



INGREDIENTS

- 8 slices of whole grain bread
- 8 tablespoons peanut butter (optional: any nut butter)
- 2 bananas
- Cinnamon
- Non-stick spray or drizzle of canola oil

INSTRUCTIONS

1. Slice bananas lengthwise.
2. Spread peanut butter/nut butter on each slice of bread.
3. Put bananas on top of peanut butter, sprinkle with cinnamon.
4. Top with second slice of bread.
5. Spray pan with non-stick spray or a drizzle of oil.
6. Put sandwiches in heated fry pan.
7. Flip as need to crisp both sides.
8. Slice sandwich in half. Eat and enjoy!

GREEK SALAD KABOBS

Serves 12-15 kabobs

INGREDIENTS

- 1 tablespoon fresh lemon juice, squeezed
- 1/2 teaspoon grated lemon zest
- 1 tablespoon olive oil
- 2 teaspoons finely chopped fresh mint (or 1/2 teaspoon dried)
- 1 small garlic clove, peeled and minced or put through a garlic press
- 1 8-ounce block feta cheese, cut into cubes
- 1 cucumber, quartered lengthwise, and cut into cubes
- 1 pint (2 cups) cherry tomatoes
- 1 cup pitted black or green olives

INSTRUCTIONS

1. Put the lemon juice and zest, olive oil, mint and garlic in the bowl and mix well. Add the feta and gently stir. Leave it to marinate while you prepare the other ingredients.
2. Thread the marinated feta, cucumber, tomatoes and olives onto the skewers, alternating and arranging them however you like. (Tip: push the skewers slowly and gently through the cheese cubes so that they won't be inclined to crumble.) Serve right away.

RECIPE REPRINTED WITH PERMISSION FROM CHOP CHOP© MAGAZINE



ZUCCHINI RIBBONS

Serves 4

INGREDIENTS

- 4 small zucchini, ends trimmed and cut in half to make two short columns
- 2 teaspoons olive oil
- 1/4 cup water

INSTRUCTIONS

1. With the help of your adult, using a peeler or a small knife, cut the zucchini into ribbons.
2. Put the zucchini, oil and water in large skillet and bring to a boil over high heat. Stir well and cook until the zucchini is tender, about 2 minutes.
3. Serve at room temperature.

RECIPE REPRINTED WITH PERMISSION FROM CHOP CHOP© MAGAZINE





ZUCCHINI PANCAKES

Serves 4

INGREDIENTS

- 3 cups shredded zucchini (about 2 medium-sized zucchini)
- 1 teaspoon salt
- 2 large eggs, lightly beaten
- 2/3 cups whole-wheat flour
- 3/4 cups crumbled feta cheese
- 4 scallions, greens and whites, chopped
- 1 tablespoon olive or vegetable oil

INSTRUCTIONS

1. Put the shredded zucchini in the colander and sprinkle with the salt. Set the colander in the bowl.
2. Using your hand, press down on the zucchini so that as much liquid as possible drains out into the bowl. Stir the zucchini and repeat. Throw away the liquid.
3. Put the zucchini in the bowl and add the eggs, flour, cheese and scallions. Mix well.
4. Put the skillet on the stove and turn the heat to medium. When the skillet is hot (flick some water on – it should dance and evaporate immediately), add the oil.
5. Using the tablespoon, scoop blobs of the zucchini mixture from the bowl and spread it into a round, flat nest on the skillet. It should make a circle that's about 2 inches wide and 1/4 inch thick. Repeat to fill the skillet.
6. Cook until the bottoms are deeply golden, about 5 minutes, then turn the pancakes over and cook 5 more minutes. Repeat with the remaining mixture.

RECIPE REPRINTED WITH PERMISSION FROM CHOP CHOP© MAGAZINE

ZANY ZUCCHINI PITA POCKETS

Serves: 6

INGREDIENTS

- Zucchini Pancake (see recipe above)
- 6 whole wheat pita pockets
- 2 medium tomatoes, sliced
- 1/2 red onion, sliced
- 6 leaves lettuce (romaine, green leaf)
- Silly-Dilly Tzatziki Sauce (see recipe on page 25)

INSTRUCTIONS

1. Prepare the Zucchini Pancake and Tangy Tzatziki recipes.
2. Spread about 2-3 tablespoons of tangy tzatziki sauce in each pita pocket, then stuff with 2-3 zucchini pancakes, 2 slices tomato, a few slices of onion and 1 leaf of lettuce.
3. Best when served with a warm pita pocket and warm zucchini pancake.

RECIPE FROM THE POWERUP KITCHEN



SIZZLIN' TACO STUFFED SQUASH

Serves 12 halves of yellow squash

INGREDIENTS

- 6 small-medium yellow squash (or zucchini)
- 2 large bell peppers, any color, diced
- 1/2 medium onion, diced
- 2 garlic cloves, minced
- 1 tablespoon canola or grapeseed oil
- 1 pound lean ground meat
- 1 tablespoon chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoon cumin
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8-1/4 teaspoon crushed red pepper flakes
- 1 cup shredded cheese of choice

INSTRUCTIONS

1. Preheat oven to 350 degrees and bring a large pot of water to a boil with enough water to submerge squash.
2. Heat oil on large skillet and add onion and garlic to skillet and cook until translucent, about 5-7 minutes.
3. Add in diced bell peppers and cook for another 5 minutes.
4. Add ground meat and seasonings, mixing well and cooking until meat is browned.
5. Once the pot of water is boiling, take about 2 squash at a time and submerge into the water with a pair of tongs, put on lid and boil for 5-7 minutes.
6. Remove carefully with tongs and place onto a cutting board; repeat with all squash.
7. Let the squash cool until able to handle, about 5 minutes, then cut each in half lengthwise.
8. Spoon out the inside of each squash (the seedy part) and place onto a cutting board; place the scooped out squash half into a baking dish (this recipe will use 2 9"x13" baking dishes for 12 squash halves).
9. Chop up the scooped out insides and add to the meat mixture.
10. Spoon the meat mixture into each squash half.
11. Sprinkle with cheese and bake for 30 minutes.

RECIPE FROM THE POWERUP KITCHEN

BOULDER TUNA SALAD

Serves 4-5

INGREDIENTS

- 1 tablespoon fresh lemon juice
- 1/4 cup minced celery
- 1 apple, chopped
- 2 teaspoons relish or chopped pickles
- 2 7-ounce cans tuna in water
- 1 tablespoon minced fresh parsley leaves
- 3 tablespoon slow-fat plain Greek or regular low-fat plain yogurt
- 1 tablespoon olive oil
- 1/2 teaspoon mustard

INSTRUCTIONS

1. Put the tuna in a small bowl and break up the clumps with the fork.
2. Add the rest of the ingredients and mix well.
3. Cover and refrigerate at least one hour to let the flavors mingle. You may store refrigerated up to 3 days.

RECIPE REPRINTED WITH PERMISSION FROM CHOP CHOP© MAGAZINE



SILLY-DILLY TZATZIKI

Serves 8

INGREDIENTS

- 1 cucumber, washed and seeded
- 1 cup Greek yogurt
- 1 clove garlic, chopped into tiny pieces
- 1 tablespoon olive oil
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice
- 1 tablespoon dried, or 2 tablespoons fresh dill, finely chopped
- Pinch of salt

INSTRUCTIONS

1. With the help of an adult, chop the cucumber into small pieces.
2. Combine cucumber with the rest of the ingredients in a bowl and mix well.
3. Cover and refrigerate at least 1 hour (and up to a day).
4. Serve chilled with veggies or bread.

RECIPE FROM THE POWERUP KITCHEN



HARIRA (Moroccan tomato and lentil soup)

Serves 8

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, peeled and chopped
- 3 medium carrots, sliced
- 3 celery stalks, sliced
- 2 cloves garlic, peeled and minced, or put through a garlic press
- 1 teaspoon each ground cinnamon, ground ginger, and turmeric
- 1 15-ounce can chopped tomatoes
- 8 cups vegetable or chicken broth
- 1 15-ounce can chickpeas, drained and rinsed
- 1 cup uncooked green or brown lentils
- 1 cup cooked brown rice or raw angel hair pasta broken into 2-inch lengths
- 2 tablespoons fresh lemon juice (from about half the lemon)
- Salt and black pepper
- 2 tablespoons chopped fresh parsley or cilantro leaves, for topping

INSTRUCTIONS

1. Put the pot on the stove and turn the heat to medium. When the pot is hot, add the olive oil, onions, carrots, celery, and garlic, and sauté until the vegetables are tender, about 10 minutes.
2. Add the cinnamon, ginger, and turmeric, and sauté just until the spices are just fragrant, about 10 seconds.
3. Add the tomatoes, broth, chickpeas, lentils and rice or pasta, and bring to a boil. Turn the heat down to low, cover the pot, and simmer, stirring occasionally, until everything is tender, about 1 hour.
4. Stir in the lemon juice and taste the soup. Does it need more lemon? Salt? Pepper? If so, add it, and taste again.
5. Serve right away topped with chopped parsley or cilantro.

RECIPE REPRINTED WITH PERMISSION FROM CHOP CHOP© MAGAZINE





LISA'S ONE-POT CHICKEN POTATO SOUP

Serves 8-10

INGREDIENTS

- 3-4 pounds chicken breast, cubed
- 32 ounces of low sodium chicken broth
- 5 potatoes washed and cubed chunky
- 6 carrots, peeled and cut, we like them big
- 4 celery stalks cleaned and sliced
- 1 large yellow onion diced
- 2 minced garlic cloves
- 1/2 teaspoon olive oil

INSTRUCTIONS

1. Sauté the olive oil, garlic, onion and chicken in a large pot (salt and pepper to taste).
2. Add the cut carrots and the celery continue to sauté until chicken is cooked through out and add potatoes to pot.
3. Next add chicken stock until covered or desired consistency (about 32 ounces). Bring to a boil. Reduce heat and simmer until potatoes are done, about 20 minutes.

FROM THE KITCHEN OF LISA RAMBO



MELON SALAD WITH CHILES AND MINT

Serves 4

INGREDIENTS

- 1/4 cup fresh lime juice (about 2 limes)
- 1 small green chile pepper, minced or 1/2 teaspoon crushed red pepper flakes (if you like)
- 4 cups melon balls or cubes (1 large cantaloupe or honeydew or 1/2 small watermelon)
- 10 fresh mint or basil leaves (chopped)

INSTRUCTIONS

1. Put all the ingredients in the bowl.
2. Eat right away, or cover and refrigerate 1 hour and no more than 3 hours.

RECIPE REPRINTED WITH PERMISSION FROM CHOP CHOP© MAGAZINE



VIETNAMESE SPRING ROLL (GOI CUON)

Serves 15-20 spring rolls

INGREDIENTS

- 1 cup cooked pork (loin or shoulder), sliced
- 1 cup cooked shrimp (sliced in half, horizontally) (note: For vegetarian option, use fried tofu, sliced thin)
- 1 head leaf lettuce
- 1 package cilantro
- Mint leaves (optional)
- 1 carrot, shredded
- 1 red pepper, sliced
- 1/2 package rice vermicelli
- 1 pack rice paper (banh trang)
- 1/2 cup boiling water
- 1 cup Hoisin Sauce
- 1 cup peanut butter
- 1 cup coconut milk
- Crushed peanuts (optional)

INSTRUCTIONS

1. Cook rice vermicelli noodles as instructed on package and drain. Rinse under cold water to stop the cooking process.
2. Rinse all fresh vegetables and shred fresh carrots.
3. Boil pork and slice thinly when cooked.
4. Boil the shrimp and slice in half, horizontally.
5. Fill a large bowl with warm water. When ready to roll, wet a piece of rice paper in the water to moisten. Lay down on a flat surface.
6. Place a piece of leaf lettuce at the lower middle end of the rice paper.
7. Add a small bundle of the cooked rice noodles, a few pieces of pork and remaining fresh greens on top.
8. Above the lettuce, add the shrimp, with the pink side down.
9. Fold the left and right sides of the rice paper inwards.
10. Lift the bottom part of the rice paper upwards, folding it over the placed ingredients and roll forward.
11. Repeat for each spring roll.
12. To make the dipping sauce, add all ingredients to sauce pan.
13. Using a whisk thoroughly mix all ingredients.
14. Bring to a simmer and turn off heat.

Serve with crushed peanuts on top, if desired.

RECIPE FROM THE POWERUP KITCHEN

SUNRISE SKILLET SCRAMBLER

Serves 3-4

INGREDIENTS

- 1 tablespoon canola or grapeseed oil
- 1 clove garlic, diced
- 1/2 medium onion, diced
- 1 large or 2 small yellow, red, or orange bell peppers, diced
- 1 medium sweet potato, peeled and shredded
- 1/2 teaspoon salt
- 3 eggs, beaten
- 1/2 cup cheese of choice: feta, shredded sharp cheddar, shredded mozzarella

INSTRUCTIONS

1. Heat oil on a large skillet on med-low.
2. Add onion and garlic and cook until translucent, about 5-7 minutes.
3. Add diced bell pepper and cook for 5 minutes.
4. Add shredded sweet potato and salt and cook for about 15 minutes, stirring occasionally.
5. Once the sweet potato has darkened in color and softened, push all contents to the outer edge of the skillet, leaving an open circle in the middle. Pour in the beaten eggs and cook until done, about 5 minutes. Use a spatula to scramble eggs as they cook, eventually stirring everything in the pan together.
6. Top with choice of cheese and serve.

RECIPE FROM THE POWERUP KITCHEN



TRY FOR 5 SMOOTHIE

Serves 3-4

INGREDIENTS

- 1 cup frozen blueberries
- 1 cup frozen peach slices
- 1 small banana
- 1 handful spinach
- Leaves from one bunch celery (or half of one celery stalk works, too)
- 1/2 cup plain Greek yogurt
- 1/2 cup skim milk

INSTRUCTIONS

Put all ingredients into blender and blend on high until smooth and pourable, adding more milk to thin if needed.

RECIPE FROM THE POWERUP KITCHEN



CABBAGE WRAP AND ROLLS

Serves 15-20

INGREDIENTS

- 1 pound meat or fish of your choice (pork, turkey, chicken or beef)
- 3 carrots, grated
- 2 heads of cabbage
- 1/3 of a green bell pepper, grated
- 6 stalks of green onions, sliced
- 4 eggs
- Pepper, to taste
- 3 cloves fresh minced garlic
- 1 package clear vermicelli noodles
- 1 cup oyster sauce

INSTRUCTIONS

1. Using a large pot, fill with water and bring to a boil.
2. Using one of the head cabbage, cut off the small stalk on the bottom and peel off any unwanted leaves.
3. Place the head of cabbage upside down to allow the boiling water to loosen the leaved off the cabbage. Do not cook cabbage. When the leaves are loosened, remove from boiling water.
4. Place package of vermicelli into a bowl.
5. Boil a pot of water. Once boiled, transfer the water onto the vermicelli noodles.
6. Use a large spoon to stir around the noodles. Once noodles soften, drain and rinse.
7. Allow vermicelli noodles to drain and use a kitchen scissor to cut vermicelli noodles into shorter pieces.
8. Rinse all fresh veggies and grate carrots and bell pepper. Thinly slice remaining cabbage. Slice the stalks of onions. Mince fresh garlic.
9. Combine all ingredients into a large bowl and mix thoroughly.
10. Place about 1/4 cup or less into the cabbage leaf.
11. Roll up the ingredients in the cabbage leaf. Secure with toothpicks.
12. Using a steamer, place rolled cabbage rolls into the steamer and allow to steam for 10-15 minutes until meat is cooked.
13. Once cooked, remove from steamer and allow to cool.

RECIPE FROM THE POWERUP KITCHEN





ROASTED BRUSSELS SPROUTS

Serves 4

INGREDIENTS

- 1 pound Brussels sprouts (about 4 cups)
- 1 1/2 - 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

INSTRUCTIONS

1. Preheat your oven to 425°F. Line a baking sheet with aluminum foil.
2. Trim off the outer, dry leaves, cut the bottom off and slice lengthwise.
3. In a medium mixing bowl, toss Brussels sprouts with olive oil, salt, and pepper.
4. Spread evenly onto a baking sheet with cut side down.
5. Roast them for about 20 minutes; sprouts will appear browned and crisp on the outside and will be tender on the inside.
6. To make these sprouts extra yummy: after roasting, put them back into a bowl and toss them with 1 tablespoon olive oil, 1-2 teaspoons honey and 2 tablespoons balsamic vinegar.

RECIPE FROM THE POWERUP KITCHEN



PRESTO! CELERY LEAF PESTO

Serves 4

INGREDIENTS

- Leaves of 1 bunch celery (about 1 heaping cup)
- 1/8 cup pine nuts (or pepitas, shelled pumpkin seeds)
- 2 small garlic cloves (or 1 large)
- 1/8 teaspoon salt
- 1 tablespoon lemon juice
- 1/8 cup Parmesan cheese
- 1/4 cup olive oil

INSTRUCTIONS

1. Put celery leaves, nuts, garlic, salt, lemon juice, and Parmesan cheese into a food processor or blender and blend while slowly adding olive oil.
2. Mix well until blended.
3. Serve it mixed into pasta or to top an egg frittata, spread it on toasted bread with a slice of tomato or on a sandwich with avocado, cucumber slices and arugula.

RECIPE FROM THE POWERUP KITCHEN



CHECK US OUT ONLINE

HEAD TO
HEALTHPARTNERS.COM/
POWERUPFAMILY
FOR MORE RECIPES

HealthPartners®