

COBB SALAD WRAP

SERVES 4 SERVINGS

INGREDIENTS

- 1 pound – chicken breast
- 4 slice – bacon
- 1 medium – avocado
- 4 jumbo – black olives, canned
- 1 stalk – celery
- 1 stalk – green onion
- 1 medium – tomato, red
- 1/4 cup – goat cheese
- 1 medium – lemon
- 1 tablespoon – honey
- 1/2 teaspoon – mustard, dijon
- 1 clove – garlic
- 1/4 teaspoon – dill weed, dried
- 1/4 teaspoon – salt
- 1/8 teaspoon – black pepper, ground
- 1 tablespoon – olive oil
- 4 leaf – lettuce, romaine
- 4 medium – tortilla, whole wheat

Serve With:

- 2 cup – grapes

DIRECTIONS

Cook the chicken and bacon as desired. Cut or shred the chicken into small pieces, crumble the bacon, and set aside.

Meanwhile, chop the avocado and olives, and thinly slice the celery and green onion. Chop the tomatoes and set aside separately.

In a small bowl, combine the chicken, bacon, avocado, olives, celery, onion, and cheese.

In another small bowl, combine 2 tablespoons lemon juice, honey, mustard, garlic, dill, salt, and pepper. Whisk in the oil, pour over the chicken mixture, and toss to coat.

Place a piece of romaine onto each tortilla, then top with 2/3 cup chicken mixture. Sprinkle on some tomatoes and roll up tightly.

Serve with grapes on the side.

NUTRITION

Calories 574 kcal

Protein 31 g

Fat 26 g

Carb 55 g

Fiber 8 g

Sugar 18 g



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PESTO SANDWICH

SERVES 4 SERVINGS

INGREDIENTS

- 4 medium – rolls, dinner, wheat
- 1 medium – tomato, red
- 1 medium – cucumber
- 1/8 cup – pesto
- 2 teaspoon – mustard
- 4 slice (1 oz) – cheddar cheese
- 4 leaf – lettuce, romaine

Serve With:

- 4 medium – apple



DIRECTIONS

Split rolls in half, and toast if desired. Slice tomato and cucumber.

Spread pesto onto one half of each roll and mustard on the other. Add a slice of cheese, a piece of lettuce, and slices of tomato and cucumber to each.

Cut sandwiches in half and serve with apples on the side.

NUTRITION

Calories 356 kcal

Protein 11 g

Fat 14 g

Carb 48 g

Fiber 8 g

Sugar 24 g

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HUMMUS PITA WITH VEGGIES

SERVES 4 SERVINGS

INGREDIENTS

- 2 medium – carrot
- 1 medium – cucumber
- 1 medium – bell pepper, green
- 1 medium – tomato, red
- 1/4 cup – hummus
- 4 large – pita, whole wheat
- 1/2 cup – cheddar cheese, shredded

Serve With:

- 2 cup – grapes

DIRECTIONS

Shred carrots, cut cucumber and bell pepper into bite-size pieces, and slice tomato.

Spread 1 tablespoon hummus in each pita, then fill with veggies and shredded cheese.

Serve alongside grapes.

NUTRITION

Calories 341 kcal

Protein 12 g

Fat 7 g

Carb 60 g

Fiber 8 g

Sugar 16 g



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PEANUT BUTTER BANANA DOG

SERVES 4 SERVINGS

INGREDIENTS

- 1/4 cup – peanut butter, all-natural
- 4 medium – tortilla, whole wheat
- 4 medium – banana

Serve With:

- 2 cup – strawberries



DIRECTIONS

Spread 1 tablespoon of peanut butter over each tortilla.

Place a peeled banana in the center of each and roll up. Slice in half or into quarters.

Serve with strawberries on the side.

Serving size: 1 tortilla wrap and 1/2 cup strawberries

NUTRITION

Calories 382 kcal

Protein 10 g

Fat 12 g

Carb 62 g

Fiber 7 g

Sugar 19 g

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AVOCADO ORZO SALAD WITH SPICY BUTTERMILK DRESSING

SERVES 4 SERVINGS

INGREDIENTS

- 1 cup – orzo, dry
- 1 cup – corn, frozen
- 2 cup – cherry tomatoes
- 3 stalk – green onion
- 15 ounce – black beans, canned
- 1/4 cup – buttermilk
- 3 tablespoon – cilantro
- 3 tablespoon – lime juice
- 1/8 cup – sour cream
- 1/8 cup – mayonnaise, light
- 1 teaspoon – chili powder
- 1/2 teaspoon – salt
- 1/4 teaspoon – black pepper, ground
- 1/8 teaspoon – cayenne or red pepper
- 2 clove – garlic
- 2 medium – avocado
- 1 tablespoon – parsley, fresh

Serve With:

- 2 cup – raspberries

DIRECTIONS

Cook orzo according to package directions, omitting salt and fat. Drain and rinse.

Allow corn to thaw while prepping remaining veggies. Quarter cherry tomatoes, slice green onions, and rinse and drain black beans; toss all into a large bowl.

Combine buttermilk, chopped cilantro, lime juice, sour cream, mayo, chili powder, salt, pepper, cayenne (optional), and crushed garlic in a small bowl, stirring well with a whisk.

Drizzle over orzo mixture and toss to evenly coat. Slice avocado and chop parsley.

Top orzo with avocado and parsley, and serve raspberries on the side.

NUTRITION

Calories 536 kcal

Protein 17 g

Fat 19 g

Carb 81 g

Fiber 22 g

Sugar 7 g



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PASTA AND SPINACH WITH WHITE BEANS

SERVES 4 SERVINGS

INGREDIENTS

- 4 ounce – bowtie (farfalle) pasta, dry
- 3 tablespoon – butter, unsalted
- 4 clove – garlic
- 2 cup – spinach
- 15 ounce – white beans, canned
- 1/4 teaspoon – salt
- 1/8 teaspoon – black pepper, ground
- 1/4 cup – walnuts, chopped

Serve With:

- 4 medium – peach

DIRECTIONS

Bring a pot of water to a boil. Cook pasta until al dente, according to package instructions. Reserve 1 cup of the water, then drain. Add 1 tablespoon butter and minced garlic to the pot; cook over medium heat for 2 minutes or until garlic is fragrant, stirring frequently.

Stir in spinach and toss just until wilted. Rinse and drain beans.

Add beans, pasta, and remaining butter to the pot. Season to taste with salt and pepper. Toss together and heat until butter is melted and beans and pasta are warmed through.

Add the reserved water a little at a time until a thin sauce is created to coat the pasta. Garnish with walnuts.

Serve pasta and bean dish with sliced peaches on the side.



NUTRITION

Calories 343 kcal

Protein 13 g

Fat 15 g

Carb 46 g

Fiber 8 g

Sugar 13 g

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