

Fit4Allkids Yummy Family Recipe

Autumn Sprouts

Ingredients:

1 lb. Brussels sprouts, quartered
½ red onion, large dice
1 large sweet potato, diced
~1½ T. olive oil

Salt to taste
1½ T. maple syrup
½ tsp. thyme
½ c. pomegranate seeds

Directions:

1. Preheat oven to 400°.
2. In a bowl, separately toss each vegetable in just enough oil to lightly coat. Place them in a single layer on a sheet pan, keeping them separate, and sprinkle with salt. Roast for 30-35 minutes until veggies are soft and sprouts have begun to caramelize.
3. Transfer the veggies to the bowl and drizzle with the syrup. Add the thyme and salt to taste and gently toss to coat. (can be made ahead and reheated in microwave).
4. Just before serving, transfer to a serving dish and sprinkle with pomegranate seeds.



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Better Bean Casserole

Ingredients:

1 lb. green beans, stems trimmed and cut in half
1 T. olive oil
Salt & pepper

4 oz. mushrooms, coarsely chopped
½ cup onions, finely diced
1 T. olive oil

2 T. flour
1 cup low fat milk
1/8 tsp. salt
1/8 tsp. thyme

2 slices of whole wheat bread
2 T. grated parmesan

Directions:

1. Preheat oven to 400°.
2. In a bowl, toss the beans with oil and add salt & pepper to taste. Spread the beans evenly on a sheet pan and roast in the preheated oven for 20-25 minutes until tender. Transfer the beans to an 8” square oven-proof pan and increase the oven temperature to broil.*
3. Meanwhile, heat the remaining oil in a non-stick skillet over medium heat and add the mushrooms and onions. Sauté until the onions are translucent and the mushrooms have softened. Add the flour and continue to cook for another 2-3 minutes, stirring to incorporate the flour.
4. Add the milk ¼ cup at a time, mixing well with each addition. Once the milk is all added, continue to cook, stirring constantly until the sauce is thickened. Pour the sauce over the beans and spread to cover them evenly.
5. In a food processor or blender, process the slices with the cheese until crumbly. Spread the crumbs evenly over the bean mixture. Place under the broiler for 2 minutes.

*If making ahead, skip the broiling. Refrigerate the beans topped with the sauce and reheat in the microwave. Add the bread crumbs and broil just before serving.

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Cauliflower Squash Mash

Ingredients:

1 cauliflower, cut into bite-sized pieces	Salt & pepper
1 small butternut squash, peeled and diced (about 3 cups)	2 T. butter
2-3 cloves garlic, coarsely chopped	1/4 tsp. sage
2 T. olive oil	1/8 tsp. cinnamon
	1/8 tsp. nutmeg
	1 tsp. honey

Directions:

1. Preheat the oven to 400°.
2. In a large bowl, toss the cauliflower, squash and garlic with the oil. Sprinkle with salt & pepper. Spread the veggies on a sheet pan and roast in the oven for 40 minutes, turning with a spatula every 15 minutes until softened.
3. Transfer the veggies to a food processor and add the remaining ingredients. Taste and adjust the seasoning in necessary. Serve immediately or make up to 3 days in advance, refrigerate and reheat in the microwave before serving.



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Pan-Fried Root Vegetables

Ingredients:

1 lb. carrots	½-1 tsp. salt (to taste)
1 lb. parsnips	1/8 tsp pepper (optional)
1 kohlrabi	1 T. olive oil
½ red onion	1 T. butter
1 tsp. dried thyme	

Directions:

1. Peel the carrots, parsnips and kohlrabi. Thinly slice the carrots and parsnips on the diagonal. Cut the kohlrabi in half and slice the same thickness as the carrots.
2. Slice the onion into slivers. Add all the vegetables to a bowl and toss with the seasoning.
3. Heat a skillet to medium and add the butter and oil. Put the veggie in the skillet and toss to coat with oil, spreading them evenly over the bottom of the pan.
4. Cover and cook undisturbed for 10 minutes. Remove the lid and flip the vegetables with a spatula to mix. Recover and continue to cook another 25-30 minutes, stirring every 8-10 minutes until the veggies are cooked through with some caramelization.
5. Taste and adjust seasoning if necessary.

Pumpkin Pudding

Ingredients:

3½ c. low fat milk

¾ c. brown sugar

½ c. cornstarch

5 large egg yolks

½ c. sugar

1/8 tsp. salt

28 oz. can of pumpkin puree

2 tsp. vanilla

1 ½ tsp pumpkin pie spice

1 c. heavy whipping cream

1 T. sugar

Pinch of cinnamon

½ c. chopped candied pecans

12 ginger snaps

Directions:

1. Add the milk and brown sugar to a heavy bottomed saucepan and heat over medium-low heat until almost simmering.
2. Meanwhile, whisk together the egg yolks, sugar, salt and cornstarch until smooth.
3. When the milk is hot, add a ladleful to the egg mixture and whisk briskly. Pour the egg mixture into the pot with the milk and whisk constantly until the mixture thickens.
4. Remove the pot from the heat and whisk in the pumpkin, vanilla and spices.
5. Ladle the pudding into serving dishes. Cool to room temperature, then cover and put in the refrigerator for at least 4 hours or overnight.
6. Before serving, whip the cream with the sugar and cinnamon to the soft peak stage. Top the pudding with cream and garnish with the pecans and cookies.

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Spiced Pear Compote

Ingredients:

6 Bosc pears or other firm pears
½ cup dried cherries
¼ cup brown sugar
¼ cup maple syrup
1/8 tsp. salt
1 tsp. pumpkin pie spice
½ tsp. ground ginger

1 cup heavy whipping cream
1 tsp sugar

6 candied ginger slices

Directions:

1. Peel and core the pears and cut into ½ inch cubes.
2. Put the pears in a saucepan with the next 6 ingredients and cook on medium until the mixture begins to simmer. Reduce the heat to medium low and continue to simmer for 5 minutes.
3. Spoon the fruit into 6 serving dishes* and cool to room temperature, then refrigerate until cold.
4. Meanwhile, whip the cream with the teaspoon of sugar to soft peaks. Cut the ginger slices into slivers
5. Before serving, dollop the cream evenly over the six servings of fruit and top with the slivered ginger.

