

**Children's Recipes from H.E.B.
As Seen on KLRN's "A Place of Our Own"**

SUNSHINE BREAKFAST PARFAIT

Prep Time: 10 Minutes

1 container (6 ounces) **HEB LOW FAT YOGURT**, any flavor
1 cup thawed **HEB FROZEN FRUIT** (strawberries, wild blueberries or mixed berry blend)
1 cup **HILL COUNTRY FARE RAISIN BRAN**

Layer ½ cup each of the yogurt, thawed fruit and Central Market Organic Cereal in 2 parfait cups.

Enjoy!

Tip: Perfect on-the-run breakfast.

Makes: 2 servings

***Nutrition Information:** One Serving= ¾ cup*

Calories 180, Protein 6 grams, Fat 2 grams, Saturated Fat .5 grams, Carbohydrate 40 grams, Dietary Fiber 6 grams, Sugar 26 grams, Cholesterol 5 mg, Sodium 190 mg

CHICKEN PIZZA ROLL

Prep Time: 15 minutes

4 **HEB WHOLE WHEAT FLOUR TORTILLAS**
¼ cup **HEB SPAGHETTI MARINARA SAUCE**
1 cooked **BONELESS SKINLESS CHICKEN BREAST**, chopped
1 cup **HEB SHREDDED PART SKIM MOZZARELLA CHEESE**

1. Arrange tortillas on a tray or cutting board.
2. Spread 2 Tablespoons of spaghetti sauce on each tortilla.
3. Arrange 4 Tablespoons chopped chicken down the center of the tortillas. Sprinkle 4 Tablespoons of shredded cheese over the chicken. Roll the tortilla like a taco and wrap with foil. Remove the foil before eating.

Makes: 4 servings

***Nutrition Information:** One Pizza Roll*

Calories 230, Protein 18 grams, Fat 6 grams, Saturated Fat 3 grams, Carbohydrate 22 grams, Dietary Fiber 3 grams, Sugar 2 grams, Cholesterol 5 mg, Sodium 550 mg

STIXS & TREES MAC & CHEESE

Prep Time: 15 minutes

Cook Time: 15 Minutes

1 cup **H-E-B WHOLE WHEAT ELBOW PASTA**

2 cups **BROCCOLI FLORETS**, fresh or frozen

1 1/2 cups **BABY CARROTS**, fresh or frozen

1 1/2 cups cubed **PROCESSED CHEESE**

1/4 cup **2 % MILK**

1. Spray a 2-quart microwave-safe baking dish with non-stick cooking spray and set aside.
2. Cook H-E-Buddy Pasta according to package directions and the last 2 minutes of cook time add the frozen broccoli florets and drain. Combine pasta broccoli mixture and carrots in the prepared baking dish; set mixture aside.
3. Combine the processed cheese cubes and the milk in microwave-safe bowl. Heat the cheese in the microwave oven on High power for 3 minutes stirring once during heating time.
4. Add melted cheese sauce to the pasta mixture and stir to combine. Cover pasta dish with plastic wrap and microwave on High power for 5 minutes. Stir and serve.

Makes: 4 servings

Meal Tip: Add 1 can (6 oz) of canned chicken breast, tuna, shrimp or salmon.

Nutrition Information:

One serving = 1 1/2 cups

Calories 270, Protein 13 grams, Fat 11grams, Saturated Fat 7 grams, Trans Fats 0 grams,

Carbohydrates 28 grams, Dietary Fiber 4 grams, Sugars 5 grams, Cholesterol 35 mg, Sodium 560 mg

H-E-BUDDY PASTA & GARDEN RUBBLE SALAD

Prep Time: 15 Minutes

Cook Time: 15 Minutes

1 cup **CHERRY or GRAPE TOMATOES**, sliced into halves

1 can (14.5 oz) **HEB CUT GREEN BEANS**, drained

1 cup **FRESH BABY CARROTS**

1/4 cup **HEB SHREDDED PART SKIM MOZZARELLA CHEESE**

1 cup **H-E-B WHOLE WHEAT PENNE, ELBOW or ROTINNI PASTA**

11 Tablespoon **HEB OLIVE OIL**

1. Combine tomato halves, drained cut green beans, baby carrots and cheese cubes in a large pasta bowl; set aside.
2. Cook H-E-Buddy Pasta according to package directions. Drain and rinse the pasta until cool. Add the cooled pasta and salad dressing to vegetables; toss to coat. Season the pasta salad to taste with salt and pepper. Cover and chill until ready to serve.

Makes: 6 servings

Nutrition Information:

One serving = 1 ½ cups

Calories 90, Protein 3 grams, Fat 3 grams, Saturated Fat 1 gram, Trans Fat 0 grams, Total Carbohydrates 13 grams, Dietary Fiber 2 grams, Sugars 2 grams, Cholesterol 5 mg, Sodium 100 mg

CALABACITA STEW

Prep Time: 10 minutes

Cook Time: 15 minutes

3 boneless skinless frozen **HILL COUNTRY FARE CHICKEN BREASTS***, thawed

2 teaspoons **HEB FAJITA SEASONING**

2 Tablespoons **CANOLA OIL**

1 can (14.5 ounces) **HEB DICED STEWED TOMATOES**

4 cups **HEB FROZEN CALABACITA BLEND**

1. Thin slice chicken breast and season with fajita seasoning; set aside.
2. Heat a large skillet over high heat for 3 minutes and add oil. Add chicken to hot skillet and stir-fry for 3 to 5 minutes until golden.
3. Add, corn, zucchini and diced tomatoes to cooked chicken. Stir mixture and bring to a boil, cover and reduce heat to medium low. Cook for 10 minutes. Stir and serve.

Makes: 6 servings

Nutrition Information:

One serving = 1 ½ cups

Calories 180, Protein 16 grams, Fat 5 grams, Saturated Fat .5 gram, Trans Fat 0 grams, Total Carbohydrates 14 grams, Dietary Fiber 3 grams, Sugars 8 grams, Cholesterol 35 mg, Sodium 300 mg

STICKS, TREES & ROCKS LUNCH

1 **HILL COUNTRY FARE PART SKIM MOZZARELLA CHEESE STICK**

1 thin slice **HEB DELI FAT FREE HAM** or **TURKEY** rolled

½ cup **BABY CARROTS**

3 small **CELERY STICKS**

2 **BREAD STICKS** with **SESAME SEEDS**

1 medium **BANANA**

Nutrition Information:

One serving

Calories 240, Protein 13 grams, Fat 6 grams, Saturated Fat 3.5 gram, Trans Fat 0 grams, Total Carbohydrates 37 grams, Dietary Fiber 7 grams, Sugars 25 grams, Cholesterol 20 mg, Sodium 580 mg

MOO FRUIT SHERBET

Prep Time: 5 minutes

1 1/2 cups **HEB MOOTOPIA MILK**

1 bag (16 oz) **HEB FROZEN FRUITS** no sugar added, any flavor

4 Tablespoons **SUGAR or SUGAR REPLACEMENT**, Senda, Sugar Twin or Spoonable Equal

- Combine 1/2 cup HEB MooTopia Milk and frozen fruit in a food processor bowl. Add sugar or sugar replacement if desired. Process frozen fruit mixture for 1 minute until smooth.
- Add remaining MooTopia Milk and process 15 more seconds.
- Scoop into ice cream cup and enjoy.

Makes: 8 Servings

Nutrition Information:

One Serving = 1/2 cup

Calories 50 Protein 3 grams, Fat 1 grams, Carbohydrates 8 grams, Dietary Fiber 1 grams, Sugars 5 gram, Cholesterol 5 mg, Sodium 25 mg

CINNAMON DUTCH BAKED APPLES

Prep Time: 10 minutes

Cook Time: 4 minutes

4 **APPLES**, washed & cored

2 teaspoons ground **CINNAMON**

4 Teaspoons **HILL COUNTRY FARE RAISINS** (8 raisins each)

4 teaspoons **SUGAR** or 2 packets **H-E-B BETTER SWEET**

1/4 cup **HEB NON-FAT PLAIN YOGURT**

- Place cored apples in a microwave-safe dish.
- Sprinkle 1 teaspoon cinnamon and raisins inside each apple where core was removed.
- Cover dish with plastic wrap and microwave on High power for 8 minutes. If your microwave oven does not have a rotating bottom, turn the baking dish a half turn after 4 minutes of cooking and then microwave 4 more minutes.
- Carefully remove from the microwave oven with potholders. Let apples cool 5 minutes and then sprinkle the apples with 1 package of sugar substitute per apple.

Makes: 4 Servings

Nutrition Information:

One serving = 1 1/2 cups

Calories 80, Protein 1 gram, Fat 0 grams, Saturated Fat 0 gram, Trans Fat 0 grams, Total Carbohydrates 21 grams, Dietary Fiber 3 grams, Sugars 16 grams, Cholesterol 0 mg, Sodium 10 mg