

Serving Up Happy & Healthy at Home

Schools across the country are closed and many children are at home for the foreseeable future. You may be trying to juggle working at home, helping your kids with their distance or e-learning assignments and of course, figuring out what to eat for every meal and snack. These can be stressful times, but, with a little planning and creativity, figuring out what to feed your family can be an enjoyable part of the day that you can look forward to!

One silver lining of this time at home: you can spend more time with your kids in the kitchen, where they can [learn age-appropriate cooking skills](#). Below are some suggestions of what to cook and eat, so that you and your family can keep eating healthfully during the coming weeks and months.

Budget-friendly Pantry and Freezer Staples

Here are items that you can stock up that are inexpensive, healthy and will last for a long time in your pantry or freezer:

- Dried or canned beans or legumes
- Dried lentils
- Dried pasta
- Brown rice
- Canned fruit packed in juice
- Peanut butter (or alternative seed butter, if someone in your family has nut allergies)
- Canned tuna, salmon or sardines
- Frozen vegetables
- Rolled, quick-cooking or steel cut oats
- High-fiber cereals

Here are [more tips from the USDA](#) for healthy eating on a budget, including some [healthy recipes](#).

Healthy Snacks

Your kids are probably asking for snacks- all day long! Here are some healthy snacks that you won't mind them munching on throughout the day:

- Dried fruit, like apple rings, raisins, or banana chips
- Homemade trail mix
- Popcorn
- Whole wheat crackers and cheese
- Whole wheat pretzels
- Peanut, nut or seed butter
- String cheese
- Cottage cheese

Visit the [USDA MyPlate website](#) for more tips on healthy snacking.

What's for Dinner?

With more time at home, you may have more time to spend in the kitchen with your kids, trying new recipes for dinner. Here are some websites with plenty of kid-friendly healthy recipes for you and your family to try.

- [Eating Well Healthy Kids Recipes](#)
- [Real Simple](#)
- [Kids Eat Right](#)

Check out more happy & healthy recipes on the following pages. These recipes each feed 4-6 people, include healthy ingredients that are easy to find, and are fun to make with your kids!

Spinach Cranberry and Sesame Salad

Servings: 4-6

INGREDIENTS

3/4 cup - dried cranberries
1 lb. - baby spinach
2.5 cups - shredded mozzarella cheese
1.5 tbsp. - Toasted sesame seeds
2 tsp. - minced yellow onion
2 1/2 tbsp. - apple cider vinegar
5 tbsp. - salad oil
2 1/2 - tbsp. - granulated sugar

METHOD

1. Combine cranberries, spinach, cheese and sesame seeds and place in bowl or on a plate.
2. Whisk together oil, vinegar, onions and sugar
3. Gently toss or pour over salad just prior to serving.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Black Bean Sopes

Servings: 4-6

INGREDIENTS

1/2 cup - instant polenta
2 3/8 cups - boiling water
1/2 cup - salsa
2 cups - drained and rinsed canned black beans
2 oz. - sliced pepper jack cheese
6 oz. - thinly sliced scallion
4 oz. - shredded romaine lettuce

METHOD

1. Whisk polenta into simmering water, reduce heat to low, whisk until thickened and transfer to a cool mixing bowl.
2. When cool enough to handle, form small round cakes and place them on a greased pan. Bake 10 - 15 minutes or until brown.
3. While cooking, combine salsa and black beans and heat through.
4. Toss lettuce with lime juice and scallion.
5. To serve, place a polenta cake on a plate, top with salsa - black bean mixture and top with lettuce.
6. Serve and Enjoy!

chartwells 
serving up happy & healthy

Sweet Potato Salad

Servings: 4-6

INGREDIENTS

2 1/2 tbsp. - thinly sliced scallion
1 1/4 lb. - peeled, cubed sweet potato
(bite sized)
2 tbsp. - canola oil
1/8 tsp. - ground nutmeg
1/2 tsp. - ground cinnamon
1/4 tsp. - ground black pepper
1 tbsp. - lemon juice
1/2 tsp. - granulated sugar
1 1/2 oz. - raisin

METHOD

1. Toss sweet potatoes in oil and roast until fork tender - cool.
2. Whisk sugar and spices together with lemon juice.
3. Pour over sweet potatoes and add scallions and raisin. Gently stir to combine.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Broccoli Salad

Servings: 4-6

INGREDIENTS

1 3/4 cups - chopped broccoli floret
(bite sized)
3/8 cup - mayonnaise
1 1/8 tsp. - low-fat milk
1 1/8 tsp. - white vinegar
3 1/2 tbsp. - granulated sugar
2/3 cup - raisins

METHOD

1. Combine mayonnaise, sugar, vinegar and milk and mix well.
2. Cover chopped broccoli with dressing.
3. Add raisins and mix to combine.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Strawberry Spinach Salad

Servings: 4-6

INGREDIENTS

1/3 cup - sliced strawberries
7/8 cup - spinach (baby or cut)
1 3/4 cup - chopped romaine lettuce
2 1/2 tsp. - apple cider vinegar
1 2/3 tbsp. - canola oil
Pinch - ground black pepper

METHOD

1. Combine spinach, romaine and strawberries in a bowl.
2. In another bowl, whisk together oil, vinegar and pepper.
3. Gently toss with greens.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Brown Sugar Baked Acorn Squash

Servings: 4-6

INGREDIENTS

2 1/2 lb. - fresh acorn squash
1 tsp. - salt
1 tsp. - ground cinnamon
2 1/4 tbsp. - brown sugar
2 1/2 tbsp. - salad oil

METHOD

1. Cut squash in half, peel rind, remove seeds and cut into 1 - 2 inch pieces (make sure they are all similar in size).
2. Toss in a bowl with oil, salt, cinnamon and brown sugar.
3. Bake in a 350 degree oven until tender and golden brown.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Homemade Kidney Bean Hummus

Servings: 4-6

INGREDIENTS

1/2 cup - water
1/2 tsp. - ground black pepper
2 1/2 tbsp. - minced garlic cloves
1 tsp. - kosher salt
1/2 tsp. - lime zest
1/4 tbsp. - lime juice
1/4 tsp. - ground cumin
1/4 tsp. - ground cinnamon
2 tbsp. - fine diced onion
3 cups - rinsed and drained kidney beans

METHOD

1. Place all ingredients in a food processor.
2. Puree to a smooth consistency, making sure to stop and scrape down the sides of the processor.
3. Serve and Enjoy!

chartwells 
serving up happy & healthy

Cinnamon Roasted Pineapple

Servings: 4-6

INGREDIENTS

2 tsp. - ground cinnamon
1/4 cup - brown sugar
3 cups - chunk pineapple
As needed - cooking spray

METHOD

1. Preheat oven to 350 °.
2. In a bowl, toss pineapple with cinnamon and sugar.
3. Bake on a greased baking pan until golden brown and caramelized.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Pickled Red Cabbage and Pineapple

Servings: 4-6

INGREDIENTS

2/3 cup - red wine vinegar
1 1/2 tbsp. - apple cider vinegar
1 1/2 tbsp. - granulated sugar
1/4 each - bay leaf
1/4 tsp. - onion powder
1/4 tsp. - kosher salt
9 oz. shredded red cabbage
9 oz. - diced pineapple
3 1/2 oz. - thin sliced apple
(last minute)

METHOD

1. In a pot, simmer both vinegars along with sugar, bay leaf, onion powder and salt. Simmer until sugar and salt are dissolved.
2. Pour hot over the cabbage and pineapples in a non-reactive bowl and marinate 2-3 hours.
3. Remove from the pickling liquid and add sliced fresh apple and gently mix to combine.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Blueberries with Balsamic Vinegar and Fresh Thyme

Servings: 4-6

INGREDIENTS

1 lb. - unsweetened frozen blueberries
2 1/2 tbsp. - balsamic vinegar
2 1/2 tsp. - fresh finely chopped thyme leaves

METHOD

1. Thaw blueberries under refrigeration.
2. To chop thyme, pull leaves from stems and cut fine.
3. Combine all ingredients in a bowl and mix to combine them.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Celery Sticks and Sun Butter

Servings: 4-6

INGREDIENTS

1 1/2 lbs. - celery sticks
12 ounces - sunflower butter

METHOD

1. Stuff celery sticks with sun butter.
2. Serve and Enjoy!

*If desired, top with raisins, dried cranberries or mini dark chocolate chips.

chartwells 
serving up happy & healthy

Seasoned Swiss Chard

Servings: 4-6

INGREDIENTS

1 1/2 tsp. - minced garlic
3/8 tsp. - red chili flakes
1 3/4 tbsp. - canola oil
2 lb. Swiss chard cut into strips
2 tbsp. - lemon juice

METHOD

1. Heat oil in a pan and then add garlic and red pepper flakes and cook until fragrant - do not burn.
2. Add Swiss chard and stir until coated with oil. Cover and cook until tender.
3. When tender, add lemon juice.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Cajun Great Northern Beans

Servings: 4-6

INGREDIENTS

1 tsp. - Cajun seasoning
1 tsp. - canola oil
2 1/2 cups - drained and rinsed Great Northern Bean (or other white bean such as Navy)
5 oz. - water

METHOD

1. Add oil and Cajun seasoning to a pot and gently heat over medium heat.
2. When warm add the beans and water and simmer until hot throughout.
3. Serve and Enjoy!

chartwells 
serving up happy & healthy

Beet, Apple and Carrot Salad

Servings: 4-6

INGREDIENTS

3/4 lb. - matchstick cut carrot
6 oz. - matchstick cut apple**
6 oz. matchstick cut fresh beet
4 tbsp. - canola oil
1 tsp. - cider vinegar
2 tbsp. - orange juice
1 tsp. - lemon juice
1 tbsp. - honey
1 tsp. - ground ginger
1 1/2 tsp. - finely chopped mint
1 1/2 tsp. - finely chopped cilantro

METHOD

1. Place carrots, apple and beets into a bowl.
2. In a separate bowl, whisk together all remaining ingredients until well combined and pour over carrot, apple and beets. Toss well.
3. Serve and Enjoy!

**Cut apple at last minute to avoid browning or store in cold water with a few squeezes of lemon juice.

chartwells 
serving up happy & healthy

Spinach Cranberry Salad

Servings: 4-6

INGREDIENTS

1/2 cup - dried cranberries
9 1/2 oz. - baby spinach
1 tbsp. - toasted sesame seeds
1 tsp. - poppy seeds
1 1/2 tbsp. - granulated sugar
1 tsp. - minced onion
1 1/2 tbsp. - apple cider vinegar
3 tbsp. - canola oil

METHOD

1. Combine, cranberries, spinach, and sesame seeds in a bowl.
2. In a separate bowl whisk together oil, vinegar, poppy seed, minced onion and sugar.
3. Pour over salad ingredients just prior to serving and toss well.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Red & Green Roasted Peppers

Servings: 4-6

INGREDIENTS

3 cups - green pepper sticks
1 cup - red pepper sticks
2 tbsp. - canola oil
1/4 cup - balsamic vinegar
1/8 tsp. - ground black pepper
1/3 tsp. - ground oregano
As needed - pan spray

METHOD

1. Spray pan and arrange pepper strips.
2. Combine oil, vinegar, pepper and oregano and whisk together.
3. Pour over peppers and roast in a 400 degree oven until vegetables are tender.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Citrus Chickpea Salad

Servings: 4-6

INGREDIENTS

1 1/4 cup - drained and rinsed chick peas
2 tbsp. - chopped fresh cilantro
1/3 cup - diced onion
1/3 cup - diced celery
3 tbsp. - diced red pepper
2 tbsp. - diced green pepper
1/3 cup - diced tomato
1/3 tsp. - ground black pepper
2 tsp. - granulated garlic
3.5 tbsp. - lemon juice
2 tbsp. - canola oil
1/3 tsp. - ground oregano

METHOD

1. Combine all ingredients in a bowl.
2. Toss well to combine.
3. Serve and Enjoy!

**Great as a cold side salad but also a great accompaniment with tortilla chips or as a topping with your favorite grilled meat, fish or poultry.

chartwells 
serving up happy & healthy

Marinated Tomato & Cucumber Salad

Servings: 4-6

INGREDIENTS

4 1/2 ounces - diced fresh tomatoes
3 1/2 ounces - diced red onion
9 oz. - diced cucumber
1 1/2 tbsp. - white vinegar
1/8 tsp. - ground black pepper
1/8 tsp. - kosher salt
1/4 cup - canola oil

METHOD

1. Combine all ingredients in a bowl.
2. Toss well to combine.
3. Serve and Enjoy!

**Great as a cold side salad but also a great accompaniment with tortilla chips or as a topping with your favorite grilled meat, fish or poultry.

chartwells 
serving up happy & healthy

Herb Roasted Red Bliss Potatoes

Servings: 4-6

INGREDIENTS

1 lb. – diced red bliss potatoes
1 tsp. – Italian herb seasoning
2 tsp. – canola oil
as needed – pan spray

METHOD

1. Spray oven proof pan.
2. Toss herbs, potatoes and canola oil in a bowl and place onto pretreated pan.
3. Roast at 350 ° until fork tender and golden brown.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Melon Salad

Servings: 4-6

INGREDIENTS

7 oz. – cubed watermelon
7 oz. – cubed honeydew
7 oz. – cubed cantaloupe
7 oz. – cubed pineapple

METHOD

1. Mix all fruit together.
2. Serve and enjoy.

**You can add additional fruits if you like or even a splash of orange juice and chopped mint for a flavor boost.

chartwells 
serving up happy & healthy

Kale Slaw with Jicama

Servings: 4-6

INGREDIENTS

1 tbsp. - sesame seeds
3 oz. - baby kale
3 oz. - peeled and matchstick cut jicama
1 tbsp. - lemon juice
1/8 tsp. - ground black pepper
3 oz. - mandarin orange sections, drained
1 tbsp. - canola oil
1/8 tsp. - kosher salt

METHOD

1. Toast sesame seeds in the oven until golden brown and cool at room temperature.
2. Place kale, jicama and mandarin orange sections in a bowl.
3. Add oil, lemon juice, salt and pepper and gently stir to coat all ingredients.
4. Sprinkle top with toasted sesame seed.
5. Serve and Enjoy!

chartwells 
serving up happy & healthy

Avocado Strawberry Smoothie

Servings: 4-6

INGREDIENTS

3 cups - vanilla yogurt
1 1/2 cups - apple juice
3 each - ripe avocado (or frozen chunks)
1 quart - frozen strawberries

METHOD

1. Remove the seed and skin from avocado and cut into chunks.
2. Add all ingredients into a blender.
3. Slowly pulse and increase speed to puree into a creamy smooth texture.
4. Serve and Enjoy!

chartwells 
serving up happy & healthy

Zucchini & Squash Casserole

Servings: 4-6

INGREDIENTS

9 oz. – sliced yellow squash
9 oz. – sliced zucchini
2 tbsp. – grated Parmesan cheese
1/2 cup – tomato / marinara sauce
1 tbsp. – canola oil
As needed – pan spray

METHOD

1. Slice the squash and zucchini into round discs about 1/8 inch thick.
2. Spray an oven proof pan with pan release.
3. Arrange yellow squash and zucchini in a circular “shingle” pattern overlapping and alternating between green and yellow.
4. Drizzle with oil, sprinkle with garlic powder and spoon tomato sauce on top.
5. Sprinkle with cheese and bake at 350° F until golden on top and tender.
6. Serve and Enjoy!

chartwells 
serving up happy & healthy

Carrot Raisin Salad

Servings: 4-6

INGREDIENTS

3 cups – shredded carrot
2/3 cup – raisins
1 tsp. – lemon juice
1/8 tsp. – kosher salt
1 1/4 tbsp. – milk
1/3 cup – mayonnaise

METHOD

1. Place carrots and raisins in a bowl.
2. In a separate bowl which lemon juice, salt, milk and mayonnaise until smooth.
3. Add to carrots and raisins and toss to combine.
4. Serve and Enjoy!

**Try golden raisins for a twist of color and flavor.

chartwells 
serving up happy & healthy

Cilantro Lime Slaw

Servings: 4-6

INGREDIENTS

3/8 cup - lime juice
1 1/2 tbsp. - red wine vinegar
3 tbsp. - chopped cilantro
1 1/2 tbsp. - granulated sugar
8 oz. - coleslaw mix

METHOD

1. Combine and whisk lime juice, red wine vinegar and granulated sugar.
2. Pour over coleslaw mix and add chopped cilantro and mix well.
3. Serve and Enjoy!

**For maximum flavor, allow to sit overnight under refrigeration.

chartwells 
serving up happy & healthy

Chocolate and Raspberries with Basil

Servings: 4-6

INGREDIENTS

1 lb. - thawed whole frozen raspberries
5 oz. - semi sweet chocolate chips
1 2/3 tbsp. - finely minced basil

METHOD

1. Remove excess liquid from raspberries.
2. At the last minute add the basil and raspberries and gently combine.
3. Serve and Enjoy!

**Try on its own but also as a topping on biscuits, cornbread, waffles or pancakes.

chartwells 
serving up happy & healthy

Roasted Brussel Sprouts

Servings: 4-6

INGREDIENTS

1 1/2 lbs. - fresh Brussel sprouts
1/2 tsp. - kosher salt
1/3 tsp. - ground black pepper
1 tbsp. - canola oil
1/3 tsp. - onion powder

METHOD

1. Trim the bottom portion of the Brussel sprout stem and pull off any discolored leaves.
2. Cut in half (lengthways, top to bottom).
3. Toss with oil, salt, pepper and onion powder.
4. Roast in a 375 degree oven until tender and browned.
5. Serve and Enjoy!

chartwells 
serving up happy & healthy

Orange Glazed Carrots

Servings: 4-6

INGREDIENTS

1 1/2 lb. - round disc sliced carrots
As needed - water to cook carrots
2 tsp. corn starch
1/3 cup - cold water
2 1/2 tsp. - brown sugar
1/8 tsp. - ground cinnamon
2 tsp. - orange juice
2 1/2 tbsp. - butter

METHOD

1. Place carrots in a pot and cover with water, bring to a simmer and cook until tender.
2. While carrots are cooking, combine sugar, cinnamon, orange juice and butter in another pot and bring to a simmer.
3. Mix cornstarch and water until dissolved and combined. Gradually stir into the glaze while simmering and turn off once thick.
4. Drain carrots and toss with thickened glaze.
5. Serve and Enjoy!

chartwells 
serving up happy & healthy

Cucumber Apple Salad

Servings: 4-6

INGREDIENTS

1 1/4 tbsp. - canola oil
2 tsp. - white vinegar
5/8 tsp. - honey
2 tsp. - apple juice
pinch - ground black pepper
1/8 tsp. - kosher salt
1 tsp. - lemon juice
1 1/4 cup - diced apple
2 3/4 tbsp. - diced red pepper
1 1/4 tbsp. - diced red onion
1 1/4 cup - seeded diced cucumber

METHOD

1. Combine all ingredients
2. Gently toss to combine.
3. Enjoy and Serve!

chartwells 
serving up happy & healthy

Watermelon Feta and Avocado Salad

Servings: 4-6

INGREDIENTS

3 cups - diced seedless watermelon
3 tbsp. - sliced red onion
3 tbsp. - chopped mint
1 each - diced avocado
3/8 cup - lemon juice
3/4 tsp. - honey
1/8 tsp. - kosher salt
1/8 tsp. - ground black pepper,
3 tbsp. - crumbled feta cheese
2 1/4 tsp. - canola oil

METHOD

1. Place watermelon, onion, mint and avocado in a bowl.
2. In a separate bowl, whisk together lemon juice, honey, salt and pepper.
3. Combine and gently mix to combine.
4. Top with feta cheese.
5. Serve and Enjoy!

chartwells 
serving up happy & healthy