

Sesame Street Recipes, Shopping List, and Meal Planner

These healthy, easy-to-follow, kid-pleasing recipes and ideas will help you stretch your food ingredients and your budget.



Marianne's Grilled Chicken

- * ONE 6-POUND WHOLE CHICKEN
- * 4 HEADS FRESH GARLIC
- * ¼ CUP DIJON MUSTARD
- * JUICE OF 1 LEMON
- * SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

Wash chicken and remove the backbone with kitchen scissors. Pat dry, rub with garlic, and coat with Dijon mustard and lemon juice. Season with salt and pepper.

Marinate in the refrigerator for 30 minutes. On medium-high heat, grill chicken, 12 minutes per side. Chicken should reach an internal temperature of 165° Fahrenheit.

Serve with green salad. Save bones and leftover meat for other dishes.

Developed for Sesame Workshop by Chef Art Smith
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Chef Art's Mother's Chicken Soup

- * BONES OF ONE WHOLE COOKED CHICKEN
- * 1 CUP CHOPPED ONIONS
- * 1 CUP CHOPPED CELERY
- * 1 CUP CHOPPED CARROTS
- * 6 CUPS CHICKEN BROTH
- * 1 TABLESPOON DRY PARSLEY
- * SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

Combine all ingredients in a large stockpot. Over medium heat, simmer gently until veggies are tender, about 25–30 minutes. Remove chicken bones and add cooked chicken and, if desired, cooked pasta.

Serves 4

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Grilled Chicken, Multigrain Pasta, and Fresh Veggies

- * 2 CUPS TORN GRILLED CHICKEN
- * 4 CUPS COOKED MULTIGRAIN PASTA
- * 4 CUPS COOKED BROCCOLI
- * 4 MEDIUM TOMATOES, CHOPPED
- * 1 TABLESPOON DRY BASIL
- * 1 TEASPOON DRY OREGANO
- * ¼ CUP GRATED CHEESE
- * SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

Toss all ingredients together and serve.
Serves 4.

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Breakfast on the Go

Even if you're rushed, you can start the day in a healthy way. Try these instead of doughnuts or pastries:

Fruit and Cream Cheese Sandwich

Layer lowfat cream cheese and sliced fruit on whole-grain bread, 1/2 bagel, or English muffin.

Breakfast Taco

Sprinkle shredded lowfat cheese on a whole-wheat tortilla. Microwave for 20 seconds and serve with a spoonful of salsa, if desired.



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Veggie Pizza Snack

- * 2 WHOLE-WHEAT TORTILLAS
- * 2 TABLESPOONS TOMATO PASTE
- * ¼ TEASPOON DRIED OREGANO
- * ¼ TEASPOON DRIED BASIL
- * 1 GREEN PEPPER, SLICED
- * 1 TOMATO, CHOPPED
- * 2 TABLESPOONS MOZZARELLA CHEESE, SHREDDED

Preheat oven to 425°F. Pierce tortillas with a fork and bake on a baking sheet until crisp.

Remove tortillas from oven and spread evenly with tomato paste. Sprinkle with dried oregano and basil. Add a layer of sliced green peppers and a layer of chopped tomatoes. Top with shredded cheese and bake until cheese is melted.

Cut each pizza in half and serve immediately.

Each serving provides 75 calories, 3G protein, 15G carbohydrate, 1.5G fat, 95MG sodium, 2G fiber.

Recipe Courtesy of The National WIC Association
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Healthy Party Snacks

Even celebrations can be filled with healthy choices. Try these instead of sweets or chips:

1,2,3 Sesame Salsa

Mix equal parts black beans (rinsed), corn, and mild salsa. Serve with baked tortilla chips.

Self-Serve Fruit Salad

Set out a variety of cut-up colorful fruits in different bowls. Give your child a small bowl and invite him to create his own snack!

Super Shapes

Try making snacks into fun shapes. Cut a sandwich into four squares. Slice a whole-wheat pita into triangles.

Sesame Street Healthy Shopping List

This list has the ingredients for the Sesame Street recipes and some snack ideas. Add or cross off items to make the list your own!

Vegetables

- 1 bag frozen corn
- 1 green pepper
- 1 medium onion
- 2 heads broccoli
- 3 large carrots
- 3 stalks celery
- 4 heads garlic
- 5 medium tomatoes

Fruits

- bananas
- blueberries
- kiwi
- lemon
- peaches
- strawberries

Whole Grains, Breads, & Cereals

- graham crackers
- multigrain pasta
- whole-grain bread
- whole-wheat tortillas

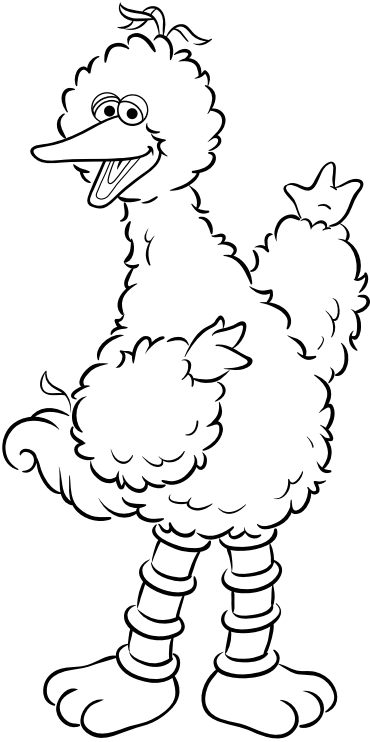
Protein

- 1 6-pound whole chicken
- black beans

Other

- baked tortilla chips
- Dijon mustard
- dried basil, oregano, & parsley
- low-sodium chicken broth
- mild salsa
- salt & pepper
- tomato paste
- low-fat cream cheese
- low-fat mozzarella cheese
- low-fat yogurt

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Rainbow Parfaits

This colorful snack makes a great dessert! What you need:

- * PLAIN OR VANILLA-FLAVORED LOWFAT YOGURT
- * COLORFUL CUT-UP FRUIT (STRAWBERRIES, PEACHES, KIWI, BLUEBERRIES, BANANAS, ETC.)
- * CRUSHED GRAHAM CRACKERS
- * CLEAR PLASTIC CUPS

In each cup, make layers of yogurt, fruit, and crushed graham crackers.

Recipe Courtesy of The National WIC Association
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Our Weekly Meal Plan

Make a quick plan for family-friendly, healthy meals.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Throw Your Child a Curve

You can encourage your child to make healthy snack choices by trying these clever new combinations:

- Lowfat cream cheese and peaches
- Chocolate graham crackers with strawberries or bananas
- Steamed broccoli and cauliflower florets with ketchup
- Melons or grapes with slices of lowfat cheddar or American cheese
- Vegetables with lowfat ranch dressing
- Tomato, mozzarella cheese, and basil

