



Long Live Idaho: Recipes and Activities Your Kids Will Love



Let's get healthy together.

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Introduction

THE LONG LIVE IDAHO CAMPAIGN, offers simple guidelines for parents and caregivers of young children to encourage healthy eating and active living. This publication provides easy-to-follow recipes that connect with each of the Long Live Idaho messages. The recipes are also popular favorites among adults and youth who participate in Eat Smart Idaho classes. Easily modified (based on personal preferences or the items you have available in your pantry), the recipes include a variety of nutrient-dense foods as well as optional alternatives and/or additions, depending on taste preference and budget. We hope you enjoy trying out these recipes with your family.





Activity

Kids do what you do, so be a role model. Try this activity together:

- Pick out a cup or water bottle you each enjoy using.
- Set two bowls on the counter for each of you.
- Place pennies or dried beans into two of the bowls (equal to the number of ounces/cups you wish to drink in one and the number your child wishes to drink in the other).
- For every cup you each drink, transfer one penny/bean from one bowl to the other.
- By the end of the day, you'll easily see if you have reached your water goal.



Water Is Just Fine, Thanks

Drink Water and Low-Fat Milk

Drinking water is the best way to rehydrate and it is essential for everyday bodily functions, including proper digestion. Pair it with nutrient-dense snacks, fruits, and vegetables to replenish lost electrolytes, especially before and after exercising. Low-fat milk is a good source of calcium, which helps to build strong bones and teeth. By the time you feel thirsty, you may already be dehydrated, so consume water throughout the day.

Many electrolyte and sports drinks contain added sugars, sometimes up to 36 grams (or 9 teaspoons) in one 20-ounce bottle. The following homemade vitamin water quenches your thirst and contains a sweet taste from the naturally occurring sugars found in fruit.



Citrus Vitamin Water

Makes 3 servings

Always Wash Hands Before Preparing Food

Ingredients

- 6 cups water (or club soda)
- 1 orange, juiced
- 1 lemon, juiced
- 1 lime, juiced
- pinch of salt

Instructions

1. In a pitcher or large jar, add all ingredients and stir until fully combined.
2. Serve at room temperature or over ice.
3. Enjoy as a refreshing and hydrating drink.



Strawberry Sparkling Lemonade

Makes 2 servings

Always Wash Hands Before Preparing Food

Ingredients

- 2 cups chopped strawberries (fresh or frozen)
- 2 lemons, juiced
- 4 cups club soda

Instructions

1. Puree strawberries in a blender or food processor (optional to smash strawberries with a fork for more texture).
2. Place strawberry puree and lemon juice in a pitcher or large jar. Pour club soda into the pitcher or jar, then stir.
3. Serve at room temperature or over ice.
4. Enjoy as a refreshing and hydrating drink.

Nutritional Highlights: Strawberry Sparkling Lemonade

Strawberries are at their peak ripeness in late spring and early summer. Peak ripeness means peak nutrients and flavor.

Frozen strawberries are a great choice. They are picked at peak ripeness and flash frozen to preserve all their nutrients.

Did you know? Strawberries are the only fruit that have seeds on the outside.



Iced Tea and Lemonade

Makes 2–3 servings



Always Wash Hands Before Preparing Food

Ingredients

- 2 slices of lemon
- 2 tea bags (e.g., decaf black tea—a great no-caffeine option for kids; green tea; breakfast tea; or other herbal teas)
- 6 cups water

Instructions

1. Combine all ingredients in a pitcher or large jar, then seal or cover container.
2. Set in refrigerator for at least 5 hours or overnight, depending on desired concentration.
3. Serve over ice or add fresh or frozen berries for a nutrition boost (fruit is a rich source of antioxidants).
4. Enjoy as a refreshing and hydrating drink.

Nutritional Highlights: Iced Tea and Lemonade

Tea contains antioxidants, ingredients found in foods that help protect your body.

Adding antioxidant-rich foods, like tea, helps to reduce the amount of daily wear and tear on your body and lowers the risk for some diseases.



Infused Water, Three Ways

Makes 2 servings

Always Wash Hands Before Preparing Food

Ingredients

Raspberry Lime:

½ cup fresh or frozen raspberries 1 lime, thinly sliced

Mixed Berry:

½ cup fresh or frozen mixed berries (blueberries, blackberries, raspberries, etc.)

Cucumber Lemon:

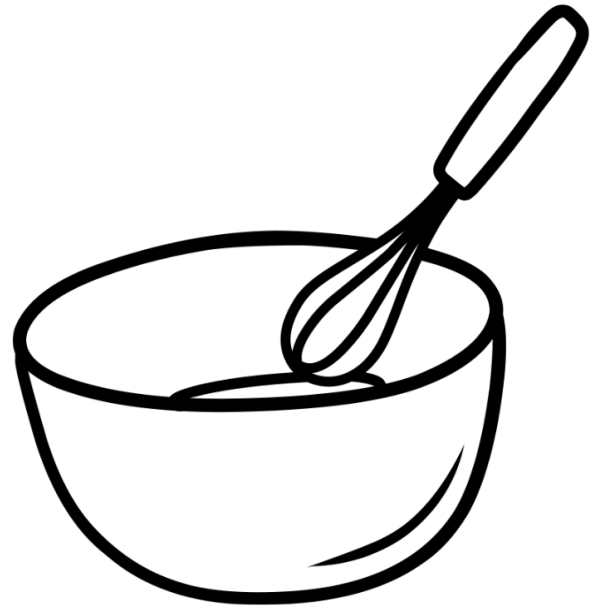
½ cup cucumber, sliced 1 lemon, thinly sliced

Instructions

1. Choose a flavor combination, then rinse all produce under clean water and prepare as directed for the grouping you've chosen.
2. Place prepared produce in a pitcher or large jar, then cover with 4–6 cups of water (depending on your preferred concentration). Chill in a refrigerator for 1–3 hours.
3. Serve at room temperature or over ice. Or pour over frozen fruit. Be creative: Find your favorite flavor combination. Try using what you already have in your freezer.
4. Enjoy as a refreshing and hydrating drink.

Nutritional Highlights: Infused Water, Three Ways

Blueberries (store-bought, wild, or farmed) are sweet little berries that are rich in vitamins C and K, fiber, and antioxidants. Wild blueberries are smaller, but some contain even more antioxidants than farmed blueberries.



Kitchen Activity

Get your kids in the kitchen.

Kids can

- Rinse and dry produce
- Tear greens into pieces
- Peel fruits
- Scrub root vegetables
- Drain liquid from a can
- Stir in ingredients
- Measure
- Crack an egg
- Roll out dough
- Set a timer
- Set and clear a table



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Feed your
kids a
rainbow.

Serve 5 fruits and veggies a day.

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Feed Your Kids a Rainbow

Choose a Variety of Fruits and Vegetables

- A variety of fruits and vegetables provides vitamins and minerals important for growth, development, and a healthy immune system. Serve five fruits and vegetables a day, for example, two fruits and three vegetables.
- Have ready-to-eat or precut fruits and vegetables available at every meal and snack time.
- Be a role model; get excited about eating fruits and vegetables. Start conversations with your kids around fruits and vegetables, including the tastes, textures, and how fruit and vegetables are grown.
- Let kids choose their own fruits and vegetables, then taste test together using positive words such as crunchy, sweet, and yummy.
- Don't give up! Keep presenting fruits and vegetables at every meal to help kids become familiar with different tastes and textures.



Veggie Fritters

Makes 4–6 servings

Always Wash Hands Before Preparing Food

Ingredients

- 1 cup carrots, peeled and shredded
- 3 cups broccoli (or use other vegetables—whatever is on hand), finely chopped or shredded
- 3 eggs
- ½ cup whole wheat or oat flour (or any other whole grain flour; blend oats into a flour using a food processor or blender)
- ½ tsp onion and garlic powder, each
- pinch of salt
- 2–5 tbsp olive oil (or any other type of oil)

Instructions

1. Rinse all vegetables under cold water, then pat dry with a clean towel.
2. Add all ingredients, except oil, to a large bowl and mix until a wet batter forms.
3. Bring a skillet to a medium-high temperature, then add oil.
4. Scoop 2 tablespoons of mixture onto the heated pan and flatten into a thin disc.
5. Cook fritters 3–5 minutes on each side or until they are golden in color.
6. Dip them in your favorite low-sodium and low-sugar sauce and enjoy.

Nutritional Highlights: Broccoli

Broccoli (from the Latin word, *branch*) is in a family of vegetables called cruciferous vegetables. Cabbage, cauliflower, and brussels sprouts are also in this family. These vegetables are good sources of vitamin K, folate, and fiber. Broccoli is also a good source of calcium, which helps bones grow strong and healthy!



Sheet Pan Sweet Potato Nachos

Makes 3–4 servings

Always Wash Hands Before Preparing Food

Ingredients

- 3 medium sweet potatoes, scrubbed and sliced into thin rounds
- 1/2 cup olive oil (or any type of oil)
- 1/2 cup low-sodium taco seasoning
- 1 can low-sodium black beans, drained and rinsed
- 1 red bell pepper, diced
- 1 cup tomatoes, diced (about 1 medium tomato)
- 1 cup low-fat cheddar cheese, shredded
- 1 cup low-fat plain yogurt

Nutritional Highlights: Sweet Potatoes

Sweet potatoes are packed with nutrients:

- They are high in vitamin C and potassium.
- Like carrots, they also contain vitamin A, an important nutrient for eye health.

Instructions

1. Preheat oven to 375°F.
2. Toss sliced sweet potatoes with oil and low-sodium taco seasoning. Evenly place seasoned sweet potatoes onto a parchment paper-lined baking sheet. You may need to use two baking sheets to avoid overlapping sweet potato slices.
3. Bake for 15–20 minutes, flipping halfway through.
4. Remove from oven. Top with black beans, bell pepper, tomatoes, and cheese. You also can add cilantro, lime, hot sauce, onions, olives, and/or corn.
5. Bake on broil for 5–7 minutes.
6. Top with plain yogurt and enjoy. Try Greek yogurt for a little extra protein. Did you know that plain yogurt is a nutritionally dense substitute for sour cream?



Stovetop Cinnamon Applesauce

Makes 3 servings

Always Wash Hands Before Preparing Food

Ingredients

- 3 medium apples (or any variety of apples), sliced
- ¼ cup water
- 2 tsp ground cinnamon

Nutritional Highlights: Stovetop Cinnamon Applesauce

- Apples contain vitamins and minerals, many of which are found in the skin (of the apple).
- Did you know? There are over 7,500 different types of apples.
- Apples are a portable snack that give a quick boost of energy.

Instructions

1. Rinse apples under cold water, then dry with a clean towel. Core and slice the apples to about the same thickness.
2. In a medium saucepan over medium-high heat, add apples and water (you can also add dates (or raisins) to the apples and water for a naturally sweetened applesauce). Bring to a slow simmer, then add cinnamon. Reduce heat to low and simmer with the lid on until apples are soft, about 20 minutes.
3. Stir until most of the apples begin to mash into a thick, chunky sauce. For a smoother consistency, add (cooled) cooked apples to a blender and pulse a few times.
4. Enjoy warm or chill in refrigerator overnight.



Banana Zucchini Chocolate Chip Breakfast Cookies

Makes 12 servings

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Ingredients

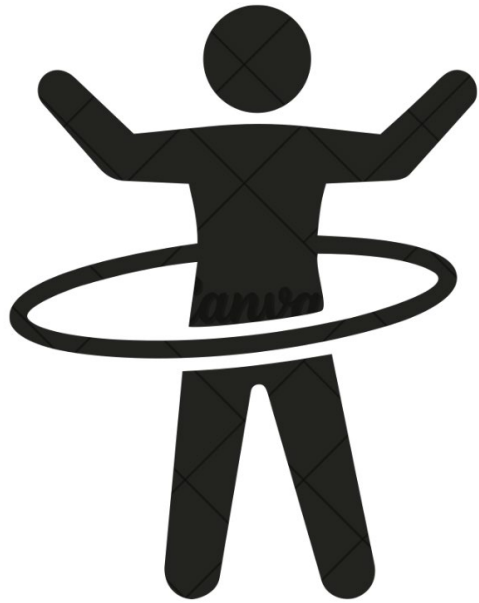
- 1 cup oats
- 2 ripe bananas, mashed
- 1 small zucchini, shredded (about $\frac{3}{4}$ cup)
- $\frac{1}{3}$ cup peanut butter (or other nut or seed butter)
- 2 tbsp maple syrup (or use honey, raisins, or dates to add sweetness instead)
- $\frac{1}{4}$ cup chocolate chips

Instructions

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Prepare ingredients as listed above.
3. Add all ingredients to a medium mixing bowl and mix until fully combined.
4. Scoop 2 tablespoons of mixture onto the lined baking sheet. Bake for 12–15 minutes.
5. Enjoy warm or chilled. Store in refrigerator or freezer.

Nutritional Highlights: Banana Zucchini Chocolate Chip Breakfast Cookies

Zucchini is a summer squash and is in the same plant family as cucumbers, winter squash, and melons. Zucchini contains a significant source of vitamin A, fiber, and antioxidants. Although zucchini is nutritionally classified as a vegetable, it is actually the fruit of the zucchini plant. Did you know? Zucchini flowers are edible.



Active Breaks

Take active breaks: Set a timer for walking or moving breaks.

At the beginning of the week or day, plan out what type of activity or exercise you want to do during your activity breaks.

Get your kids involved in the planning—they will more likely enjoy moving their bodies.



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Kids grow
best in
motion.

Encourage 1 hour of physical activity a day.



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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. USDA is an equal opportunity provider and employer.

Kids Grow Best in Motion

Encourage One Hour of Physical Activity a Day

- Movement every day is important to maintain a healthy body and even helps your child's brain development.
- Everyone in the family needs physical activity for a healthy heart, bone, muscle, and brain. Be a healthy, active role model and let your child see you moving your body in fun, active ways.
- Encourage running, jumping, skipping, and hopping—activities that result in a quicker heartbeat, more breathing, and more sweating. Stretch to avoid sore muscles or injury.
- Make movement fun!



DIY Trail Mix

Makes 4–6 servings

Always Wash Hands Before Preparing Food

Ingredients

- ½ cup dried fruit (e.g., cranberries, raisins, blueberries, banana chips, apple, mango, currants, dates, apricots, figs)
- ½ cup unsalted nuts and seeds (e.g., peanuts, cashews, walnuts, almonds, pistachios, pecans, sunflower seeds, pumpkin seeds)
- 1 cup whole grains (e.g., unsweetened granola, low-sodium pretzels, unsweetened whole grain cereals)

Instructions

1. Mix and match your choice of dried fruits, nuts and seeds, and whole grains.
2. Combine in a large bowl, then pack in single-serving containers or sealable bags for a healthy snack.

Nutritional Highlights: DIY Trail Mix

- Dried fruit is a healthy option. One-half cup of dried fruit is equal to 1 cup of fresh fruit or 1 serving of fruit.
- Look for unsweetened dried fruits with only one listed ingredient: fruit.
- For a balanced snack or meal, pair dried fruit with a protein and/or (whole) grain. Due to the high natural sugar content in dried fruits, balancing a snack or meal helps you feel satisfied and fuller for a longer period of time.



Energy Bites

Makes 12 servings

Always Wash Hands Before Preparing Food

Ingredients

- 1 cup quick oats (or rolled oats)
- $\frac{2}{3}$ cup shredded coconut (unsweetened if available)
- $\frac{1}{2}$ cup ground flaxseed (optional)
- 1 tbsp chia seeds (optional)
- $\frac{1}{2}$ cup peanut butter (or other nut or seed butter)
- 1 tsp vanilla extract (optional)
- $\frac{1}{3}$ cup honey (or $\frac{1}{3}$ cup of raisins blended into a paste)
- $\frac{1}{2}$ cup chocolate chips

Instructions

1. Stir all ingredients together in a large mixing bowl until fully combined.
2. Cover the mixing bowl and chill in a refrigerator for 1–2 hours or until mixture easily sticks together.
3. Roll mixture into 1-inch balls and enjoy.
4. Refrigerate or freeze in a sealed container.

Nutritional Highlights: Energy Bites

- Oats are a whole grain, meaning the whole seed (fiber, starch, vitamins, and minerals) is still intact.
- A processed or refined grain removes the outer layer and innermost part, which contain health-promoting fiber, B vitamins, and minerals.
- Fiber is found in whole grains, fruits, vegetables, nuts, and seeds. Fiber has many health benefits, including helping with digestion.



Berry Frozen Yogurt Bark

Makes 5 servings

Always Wash Hands Before Preparing Food

Ingredients

- 1 tsp vanilla extract
- 3 cups plain Greek yogurt (or regular plain yogurt)
- 1 cup frozen berries, cut into pieces or slices
- 2 tbsp nuts of choice (e.g., almonds, walnuts, peanuts, cashews, etc.)
- 2 tbsp granola

Instructions

1. Line a baking sheet with parchment or wax paper.
2. Stir vanilla in with the yogurt until slightly runny. Spread the yogurt on the lined baking sheet (about ¼-inch thick).
3. Top yogurt with frozen berries, nuts, and granola.
4. Freeze until firm, about three hours. Break into about ten pieces and enjoy cold.

Nutritional Highlights: Berry Frozen Yogurt Bark

Did you know? Yogurt contains calcium and protein. Add yogurt to your on-the-go snacks for a balanced meal to help keep your bones strong and healthy. When buying yogurt, look for 5 grams or less of added sugar for you and your kids. Instead of high-sugar yogurt, choose plain yogurt and add fruit for a naturally sweet flavor.



Sweet Potato Fries

Makes 4 servings

Always Wash Hands Before Preparing Food

Ingredients

- 2 medium sweet potatoes
- 2 tbsp olive oil (or any other type of oil)
- Your choice of seasonings: salt and pepper, cinnamon, paprika, cayenne pepper, cumin, low-sodium taco seasoning, honey, garlic powder, dried herbs

Nutritional Highlights: Sweet Potato Fries

- Baked sweet potato fries contain more nutrients than regular fast-food french fries.
- Sweet potatoes are sometimes called yams, but true yams can grow to over 7 feet long and are not grown in the United States.

Instructions

1. Preheat oven to 425°F.
2. Scrub sweet potatoes under cold water then cut into wedges (about 2 inches long and ½-inch thick).
3. In a large bowl, toss sweet potato wedges with olive oil and your choice of seasonings.
4. On a parchment paper-lined baking sheet, evenly spread coated sweet potato wedges.
5. Bake for 20–25 minutes, flipping halfway through.
6. Let cool and enjoy with your favorite low-sodium and low-sugar dipping sauce.
7. Try this recipe with any type of root vegetable: parsnip, turnip, beet, sweet potato, or potato.



Activity Cubes

- Building activity cubes
 - » Assemble two paper cubes, each with six sides. Print the template provided at the end of this publication or create your own.
 - » If using the template, print and cut out two templates. Cardstock makes a more solid cube, but any paper will work.
 - » Select six different exercises (e.g., jumping jacks, push-ups, sit-ups, etc.).
 - » Let your child draw one exercise on each square of the template.
 - » Write numbers 1–6 on the other template.
 - » Fold the template along the dotted lines and use tape or glue to secure it into a cube.
- Take turns rolling the cubes for a fun and engaging exercise session.



Playtime, Not Screen Time

Cut Screen Time to Two Hours or Less a Day

Physical activity plays an important role in improving mood and sleep and reducing risk of chronic disease. Kids need playtime for proper brain stimulation, which cannot be achieved with prolonged screen time.

Playtime can also include playing with food. When kids interact with their food, they may enjoy mealtime, become more familiar with a food, and be

more likely to try the food. Give it a go with these fun, hands-on recipes.

Plan meals as a family and assign tasks to family member—setting the table, pouring beverages, assembling salads, etc. This can help ease the transition from play time to mealtime. Remember to turn off screens and electronics at mealtimes.



Black Bean and Veggie Quesadilla

Makes 6 servings

Always Wash Hands Before Preparing Food

Ingredients

- 1 15-oz can low-sodium black beans, drained and rinsed
- 1 15-oz can low-sodium corn, drained and rinsed
- 1 medium zucchini, cut into small pieces
- 1 bunch fresh spinach (about 4 cups), chopped
- 2 tbsp low-sodium taco seasoning
- 1 cup low-fat cheddar cheese, grated
- 6 (8-inch) whole wheat tortillas
- 1 tbsp olive oil (or any other type of oil)

Instructions

1. In a mixing bowl, stir together beans, corn, zucchini, spinach, and taco seasoning.
2. Evenly distribute the cheese on half of each tortilla, then top with the bean and vegetable filling. Fold over to make a half-moon shape.
3. Heat a skillet over medium heat (about 350°F–400°F), then add 1 tsp of olive oil. Add folded quesadillas to hot pan and cook for 2–3 minutes on each side. Continue to cook remaining quesadillas, adding remaining oil as necessary.
4. Cut each quesadilla in half and enjoy warm.

Optional: add fresh cilantro, low-sodium salsa, plain low-fat Greek yogurt, or any other seasonal vegetables.

Nutritional Highlights: Black Bean and Veggie Quesadilla

Spinach is a rich source of iron. Pairing spinach with vitamin C (citrus fruits, bell peppers, strawberries, kiwi, etc.) makes the iron easier for the body to absorb. Both raw and cooked spinach provide high amounts of vitamins and minerals that help keep your skin, eyes, bones, and digestive system healthy.



Fruit Skewers

Makes 10 servings

Always Wash Hands Before Preparing Food

Ingredients

- Your choice of fruits, but pick seasonal ones (for example, oranges are a winter fruit and strawberries a summer fruit): banana, kiwi, oranges, grapes, apple, watermelon, cantaloupe, pineapple, strawberries, blueberries, raspberries, etc.
- Or mix it up: add vegetables such as cucumber, zucchini, cherry tomato, or bell pepper
- 10 wooden skewers (or 20 thin pretzel sticks)

Instructions

1. Choose your favorite combination of fruits.
2. Rinse all fruit, including lemons, melons, and bananas, under cold water and pat dry with a clean towel. Cut fruit into bite size pieces.
3. In any order, thread fruit onto wooden skewers or pretzel sticks.
4. Have fun and enjoy!

Safety Tip: Remind children that skewers are for food-use only and not for poking each other with.

Nutritional Highlights: Fruit Skewers

- Did you know? We need to eat a variety of fruits and vegetables each day. Try serving five fruits and vegetables a day. Kids will have smaller serving sizes than adults.
- Did you know? Fruits and vegetables are plants that have naturally occurring compounds that protect them against bugs and other threats. These compounds also provide us with health-promoting benefits.



Apple Donuts

Makes 2 servings

Always Wash Hands Before Preparing Food

Ingredients

- 1 apple (any type)
- 3 tbsp peanut butter (or other nut or seed butter)
- 1 tbsp shredded coconut (unsweetened if available)
- ¼ cup raisins

Nutritional Highlights: Apple Donuts

Nuts and seeds are a great source of vitamins, minerals, protein, fiber, and healthy fats that help to reduce the risk for developing heart disease.

Instructions

1. Rinse the apple under cold water and dry with a clean towel.
2. Cut the apple horizontally to produce thin circular slices. For each slice, carefully remove the core and seeds.
3. Evenly spread peanut butter on each slice, then add toppings.
4. Enjoy as a hands-on snack.
5. Be creative: Add other toppings like low-fat yogurt, berries, honey, nuts, and seeds.



PB and Banana Roll-Ups

Makes 1 serving

Always Wash Hands Before Preparing Food

Ingredients

- 2 tbsp peanut butter (or other nut or seed butter)
- 1 (8-inch) whole wheat tortilla
- 1 banana, peeled

Instructions

1. Spread peanut butter on one side of the whole wheat tortilla.
2. Place banana in middle, then roll tortilla up to form a log.
3. Slice rolled tortilla into 1-inch rounds and enjoy!

Nutritional Highlights: PB and Banana Roll-Ups

- Bananas contain potassium, a mineral that helps muscles to contract and helps to develop strong bones.
- Bananas are a perfect on-the-go snack: They come in their own packaging.

Further Reading

Eat Smart Idaho In the Kitchen

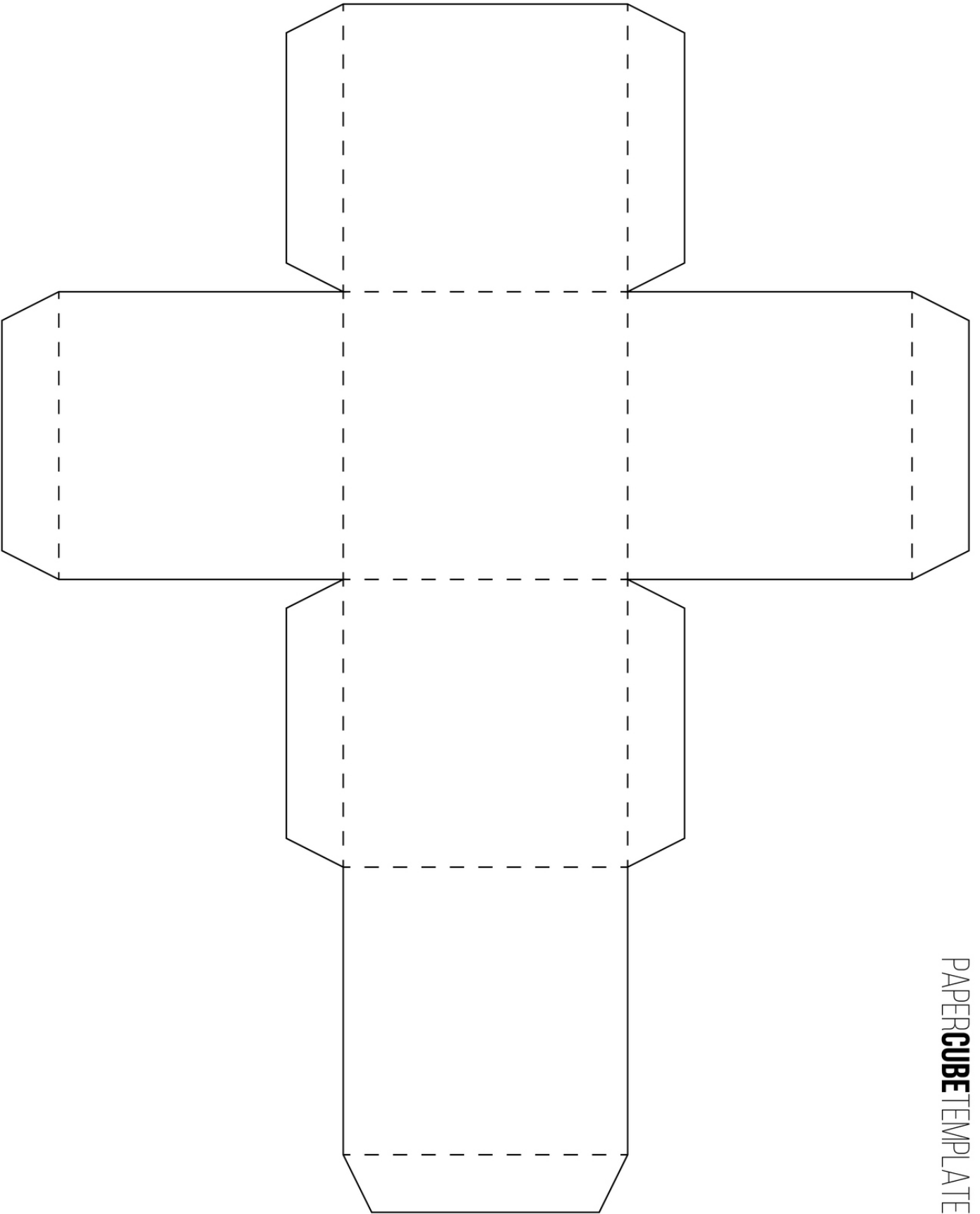
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