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## Bert's Whole-Wheat Bread Pudding

### INGREDIENTS

- ¼ cup butter
- 8 slices stale whole-wheat bread, cubed
- ½ cup raisins
- 2 eggs
- 2 cups fat-free milk
- ½ cup sugar
- 2 tsp. vanilla
- ¼ tsp. ground cinnamon
- ⅛ tsp. salt

### INSTRUCTIONS

- » Preheat oven to 350° F.
- » Melt butter in a 2-quart casserole dish. Add bread cubes and raisins; toss to coat.
- » In a medium bowl, beat eggs slightly. Add milk, sugar, vanilla, cinnamon, and salt; mix well. Pour over bread cubes; stir to coat.
- » Bake for 40–45 minutes, or until a knife inserted near the center comes out clean. Sprinkle some cinnamon over the pudding, if desired, and serve warm. Store leftovers in the refrigerator.

**Makes 8 servings. Each serving provides 210 calories, 5 grams protein, 30 grams carbohydrate, 230 milligrams sodium, 2 grams fiber.**

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*Recipe courtesy of the National WIC Association*





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## Cookie Monster's Favorite Salad

### INGREDIENTS

¼ cantaloupe,  
cut into bite-size pieces

1 large stalk celery,  
sliced

2 cups blueberries

¼ cup reduced-fat  
ranch salad dressing

lettuce leaves

1 cup favorite  
crispy cereal

### INSTRUCTIONS

» In a medium bowl, mix cantaloupe, celery, blueberries, and dressing until blended.

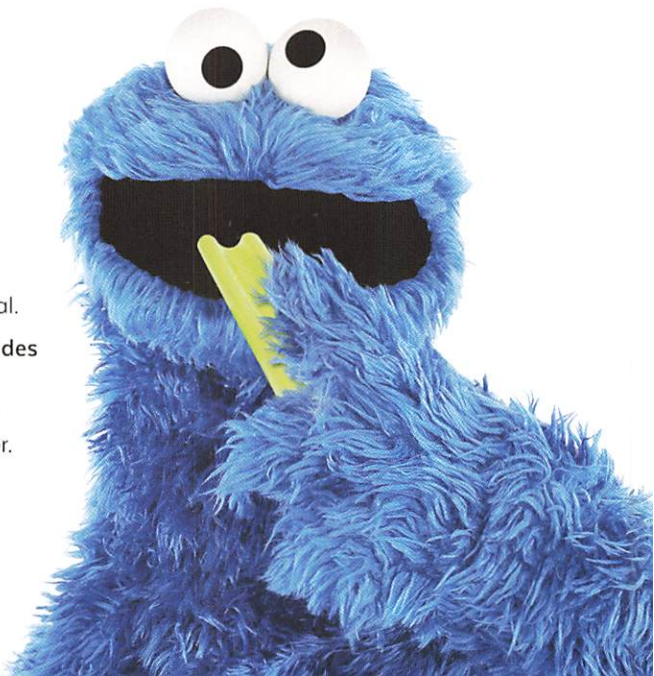
» Cover and refrigerate. Just before serving, arrange lettuce leaves in 4 salad bowls or on 4 plates. Spoon fruit mixture over lettuce.

» Top each serving with ¼ cup of cereal.

**Makes 4 servings.** Each serving provides 111 calories, 1.6 grams protein, 21 grams carbohydrate, 2.3 grams fat, 180 milligrams sodium, 3.2 grams fiber.

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## Elmo's Vegetable-Garden Omelet

### INGREDIENTS

- 3 large eggs\*
- 2 tbsp. water
- $\frac{1}{8}$  tsp. salt
- 1 tbsp. butter or margarine
- $\frac{1}{4}$  onion, sliced
- $\frac{1}{2}$  cup mushrooms, sliced
- 1 cup fresh spinach
- $\frac{1}{2}$  cup tomatoes, diced
- $\frac{1}{4}$  cup low-fat Swiss cheese, shredded

### INSTRUCTIONS

- » In a bowl, beat eggs, 2 tablespoons water, and salt until blended. Set aside.
- » In a pan, melt butter on medium-low heat. Add sliced onion and mushrooms and cook until soft, then add spinach and stir until wilted. Pour the egg mixture and cook until the egg mixture begins to set on the surface.
- » Spread tomatoes over half the omelet. When the eggs thicken on the surface, sprinkle with cheese. Fold the omelet in half and serve immediately. Enjoy!

**Makes 2 servings. Each serving provides**  
185 calories, 14 grams protein, 3 grams carbohydrate,  
13 grams fat, 340 milligrams sodium, 1 gram fiber.

\*To reduce the total fat in this recipe, substitute the 3 eggs with 1 egg and 3 egg whites.

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## Abby Cadabby's Chili Macaroni

### INGREDIENTS

- 12 oz. lean ground beef
- 1 ½ cups frozen or canned whole-kernel corn
- 1 large tomato, diced
- 2 cups red kidney beans, cooked
- ¾ cup dried whole-wheat elbow macaroni
- 2 tsp. chili powder
- 1 cup water
- ½ cup low-fat cheddar cheese, shredded

### INSTRUCTIONS

- » Heat a large skillet; brown the meat on medium-high heat; drain.
- » Stir in corn, tomato, beans, uncooked macaroni, chili powder, and water. Bring the mixture to a boil; reduce heat, cover, and simmer for 12–15 minutes, or until macaroni is tender.
- » Sprinkle with cheddar cheese, cover, and let stand for 5 minutes before serving.

**Makes 6 servings. Each serving provides 302 calories, 20 grams protein, 33 grams carbohydrate, 10 grams fat, 116 milligrams sodium, 7 grams fiber.**

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## Super Grover's Power Smoothie

### INGREDIENTS

- 1 large mango
- 1/3 cup peach sorbet
- 1/2 cup non-fat vanilla yogurt
- 1/4 cup orange juice

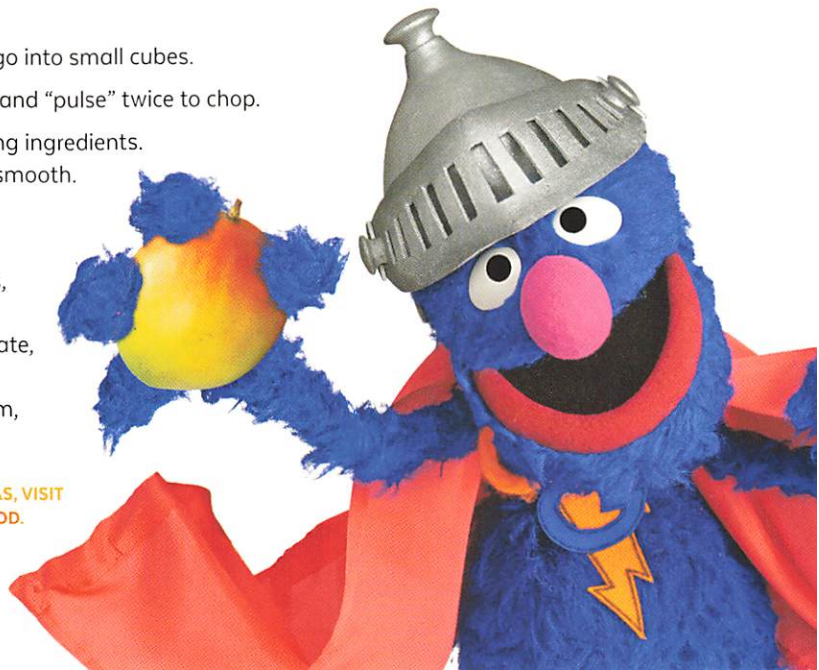
### INSTRUCTIONS

- » Peel and cut mango into small cubes.
- » Place in a blender and “pulse” twice to chop.
- » Stir in the remaining ingredients. Mix well; blend until smooth.

Makes 2 servings.  
Each serving provides 170 calories, 4 grams protein, 39 grams carbohydrate, 0 gram fat, 44 milligrams sodium, 2 grams fiber.

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## Elmo's Everything Soup

### INGREDIENTS

- 1 cup navy beans, cooked
- 1 can (15 oz.) diced tomatoes,  
no salt added
- 1 cup corn (fresh,  
frozen, or canned)
- 1 cup green beans (fresh,  
frozen, or canned), chopped
- ½ cup onion, chopped
- 1 stalk celery, chopped
- ½ tsp. dried basil or  
Italian seasoning
- ¼ tsp. black pepper
- 2 cups water
- 1 cup whole-wheat elbow  
macaroni, cooked

### INSTRUCTIONS

- » Place all ingredients in a large pot. Bring to a boil.
- » Turn down heat and cover pot. Simmer for 15 minutes.
- » Stir in cooked macaroni and serve.

Makes 4 servings.  
Each serving provides  
216 calories, 8 grams protein,  
43 grams carbohydrate,  
1.3 grams fat, 25 milligrams  
sodium, 8 grams fiber.

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## Grilled-Vegetable-Pocket Party

### INGREDIENTS

- 2 tbsp. olive oil, divided
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp. dried rosemary, crushed and divided
- 2 small zucchini, sliced
- 2 small yellow summer squash, sliced
- ½ lb. medium fresh mushrooms, quartered
- 1 large tomato, diced
- salt and pepper to taste

### INSTRUCTIONS

- » Drizzle 1 tablespoon of the oil over a double thickness of heavy-duty foil (about 24 in. × 12 in.).
- » Combine the onion, garlic, and 1/2 teaspoon rosemary; spoon over foil. Top with zucchini, yellow squash, mushrooms, and tomato; drizzle with the remaining oil. Sprinkle with salt, pepper, and remaining rosemary.
- » Fold foil around vegetables and seal tightly. Put on grill for 15 minutes (or bake at 400° F for 30 minutes). Open foil carefully to allow steam to escape. It's a vegetable-pocket party!

**Makes 8 servings.** Each serving provides 60 calories, 2 grams protein, 6 grams carbohydrate, 4 grams fat, 227 milligrams sodium, 2 grams fiber.

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