



KOHL'S
Healthy
at Home



ALLIANCE FOR A
HEALTHIER
GENERATION

Eating Healthy at Home Recipes

HEALTHY EATING FUELS HEALTHY FAMILIES

Recipes provided by **CHOPCHOP**

Versiones en español disponibles en
HealthierGeneration.org/EatingHealthyAtHome



Apple Pie Smoothie

This smoothie has protein-rich almonds and yogurt to give you lots of energy — and the cinnamon and vanilla gives it a rich sweetness that might remind you of a favorite dessert!

HANDS-ON TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

MAKES: 2 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Measuring spoons
- Blender (adult needed)

INGREDIENTS

- ¾ cup plain low fat yogurt or whole milk yogurt
- ½ cup low-fat or whole milk
- 2 tablespoons raw almonds* (*If you're allergic to nuts, skip the almonds and substitute 2 tablespoons old-fashioned oats.)
- ½ apple, cored and sliced
- 1 overripe banana, sliced (frozen if possible)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 2 ice cubes

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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put all the ingredients in the blender.
3. Put the top on tightly. Turn on the blender to medium speed and blend until the ice is chopped and the mixture is smooth, 30-60 seconds.
4. Divide the smoothie equally between 2 glasses and serve right away, or store in a thermos or covered in the refrigerator up to 4 hours.

QUICK TIP

To help make any smoothie colder and thicker, it's great to have slices of frozen banana ready to go. It's easy:

1. Peel an overripe banana.
2. Use a butter knife to slice it into thin rounds.
3. Put the slices in a resealable plastic bag and put it in the freezer.

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Cheesy Scrambled Eggs

Breakfast is the most important meal of the day. This one is filled with just the kinds of ingredients to get you going! Add some toast and fruit and you're all set!

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

MAKES: 2 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Small bowl
- Fork or whisk
- Large skillet or frying pan (nonstick, if you have one)
- Measuring spoons
- Rubber spatula
- Potholder

INGREDIENTS

- 4 large eggs
- 1 teaspoon olive or canola oil
- 1 tablespoon chopped fresh basil, flat-leaf parsley, or cilantro leaves. If no fresh herbs, use 1 teaspoon dried basil.
- ¼ cup shredded cheddar, mozzarella, or swiss cheese (Whatever kind you like is good.)

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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Crack each egg on the rim of the bowl and add it to the bowl. Throw away the shell.
3. Using a fork or whisk, gently beat the eggs until they are golden yellow, about 1 minute.
4. Place the skillet on the stove and turn the heat to medium.
5. Let it heat up and after about 2 minutes, carefully add the oil.
6. Add the beaten eggs to the pan and when the edges start to get firm, add the herbs and cheeses.
7. Using spatula, move the eggs around so that the raw part touches the bottom of the pan and gets cooked.
8. Keep moving the eggs around until the eggs aren't runny anymore, about 4 minutes in all. Slide onto a plate and serve immediately.

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Pizza Toast

Quick and satisfying, this makes a great after-school snack.

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES

MAKES: 2 SERVINGS

KITCHEN GEAR

- Measuring spoons
- Grater
- Butter knife
- Baking sheet
- Pot holder

INGREDIENTS

- 2 slices whole-wheat or whole-grain bread, lightly toasted
- 2 tablespoons tomato paste
- 4 tablespoons shredded cheese (mozzarella, Monterey Jack, or cheddar)



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Preheat the broiler in your oven or toaster oven.
3. Spread each piece of toast with 1 tablespoon tomato paste and top with 2 tablespoons cheese.
4. Put the toast on the baking sheet (or on the pan for your toaster oven) and carefully put the baking sheet in the oven. Broil until the cheese is browned and bubbling, 1 to 2 minutes.
5. Eat right away.

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Peanut Butter and Jelly Smoothie

There's no real jelly in this smoothie — but when you blend fresh berries and peanut butter together, it tastes like it does! Plus, you'll be filling your glass with protein, which fills you with energy.

HANDS-ON TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

MAKES: 2 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Measuring spoons
- Blender (adult needed)

INGREDIENTS

- ½ cup plain yogurt
- 1 cup milk
- 2 tablespoons creamy peanut butter or almond butter, if you prefer (*If you're allergic to nuts, substitute ¼ cup toasted wheat germ, oats, or sunflower seeds for the peanut butter.)
- 1 cup fresh or frozen strawberries
- 3 ice cubes



FOLD HERE

INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put all the ingredients in the blender. Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30-60 seconds.
3. Divide the smoothie equally between 2 glasses and serve right away, or store in a thermos or covered in the refrigerator up to 4 hours.

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Top-Your-Own Breakfast Tacos

These tacos make a great breakfast in bed to celebrate that special someone on Mother's Day or Father's Day (hint, hint). Add fruit kabobs and milk to make a perfectly rounded breakfast.

HANDS-ON TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Small skillet
- Tongs
- Clean dish towel
- Small bowl or mug
- Fork
- Measuring cup
- Measuring spoons
- Spatula
- 5 small bowls (for toppings)

INGREDIENTS

- 4 (6-inch) corn or whole-wheat tortillas
- 4 large eggs
- 2 teaspoons olive oil
- ½ cup shredded romaine lettuce

For the toppings:

- ½ cup shredded monterey jack or cheddar cheese
- ⅓ cup guacamole (or mashed or diced avocado)
- ⅓ cup pico de gallo or salsa
- ⅓ cup diced fresh pineapple

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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter
2. Put the skillet on the stove and turn the heat to low. Add 2 tortillas, on top of the other. After 1 minute, flip them and leave them for another minute (you'll heat 1 side of each tortilla). Repeat with the other 2 tortillas. Turn the heat off, wrap the tortillas in the clean dish towel, and set them aside.
3. Crack the eggs: hit the midpoint between the more-rounded (wide) end and the pointier end of the egg against a clean counter.
4. Hold the egg over the small bowl or mug with the cracked part facing up. Pry the shell open gently and allow the egg inside to slide into the bowl.
5. Use the fork to beat the eggs well until the yolks and whites are blended and pale yellow.
6. Turn the heat under the skillet to medium and add the oil. After a minute, pour in the eggs.
7. Drag the spatula across the bottom of the pan to move the cooked egg aside so that the uncooked egg runs underneath, closer to the heat (the egg on the bottom, closest to the heat, will cook first). Keep pulling the cooked egg aside until the mixture is firm and cooked.
8. Divide the eggs among the tortillas and serve with the small bowls of toppings.

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Any-Vegetable Easy-Crust Pizza

Here's a use-what-you've-got recipe that turns whatever vegetables you have into dinner. This is a great DIY pizza since it uses a super-easy biscuit-style dough instead of a yeasted one.

HANDS-ON TIME: 45 MINUTES

TOTAL TIME: 1 HOUR

MAKES: 8 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Box grater (adult needed)
- Large rimmed baking sheet
- Measuring cup
- Measuring spoons
- Medium-sized bowl
- Large spoon for stirring
- Can opener
- Pot holder

INGREDIENTS

- 2 teaspoons plus 2 tablespoons olive oil
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- ½ teaspoon kosher salt
- 2 teaspoons baking powder
- ¾ cup water
- ⅔ cup canned, jarred, or homemade tomato sauce
- 1 cup shredded cheese (Monterey jack, cheddar, or mozzarella)
- 1 ½ cups chopped or sliced vegetables (mushrooms, peppers, fennel, onions, tomatoes, cauliflower, Brussels sprouts)

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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Turn the oven on and set the heat to 400 degrees. Lightly grease the baking sheet with 2 teaspoons oil.
3. Put the flours, salt, and baking powder in the bowl and stir well.
4. Add the water and olive oil and stir well. If the dough needs more liquid to come together, add water, 1 tablespoon at a time, until it does.
5. Scoop the dough onto the oiled pan, then oil your hands and fingers and start gently pressing and flattening the dough. Take your time and work from the middle out toward the edges. You want the dough to cover (or nearly) the bottom of the pan, and it might take a while to press it flat and thin without tearing it.
6. Drizzle the dough with the sauce and use the back of the spoon to spread it to the edges.
7. Sprinkle the sauce with cheese, then add the toppings.
8. Once the oven temperature has reached 400 degrees, bake until the crust is lightly browned and the toppings look cooked, 10 to 15 minutes.
9. Serve right away.

TIP: Cut your pizza into fun shapes using the included snack shapers!

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Classic Burgers

A classic beef burger is simple and perfect and so much better than anything you can buy. Plus, you can top it with whatever you like!

HANDS-ON TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring spoons
- Large skillet

OPTIONAL TOPPINGS

- Raw or caramelized purple onions
- Avocado slices
- Raw or roasted red peppers
- Raw or cooked mushrooms
- Salsa

INGREDIENTS

- 1 pound ground beef
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper (if you like)
- 4 whole-grain hamburger buns, sliced in half and toasted (if you like)
- 4 slices cheese, any kind (if you like)
- 4 slices fresh tomato
- 4 lettuce leaves



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put the raw beef on the cutting board and divide into 4 balls of equal size.
3. Gently press down each ball to form a patty about ¾ to 1 inch thick.
4. Using your thumb, make a ½-inch dent about the size of a quarter in the middle of each side.
5. Sprinkle both sides of the patties with salt and pepper, if using.
6. Put the skillet on the stove and turn the heat to high. When the skillet is hot, add the patties to the dry skillet. Be sure to wash your hands with soap and water after handling raw beef.
7. Cook until the patties are crusty brown on the outside, about 5 minutes. Flip them over and cook until crusty brown on the other side, another 5 minutes. If you're using cheese, add it for the final minute so that it has a chance to melt.
8. Put the bottom half of each burger bun on a big plate and top each with a burger. Top the burger with a tomato slice and a lettuce leaf. Then cover with the top of the bun. Serve right away.

TIP

Handle the meat gently (no squeezing!) and as little as possible because this will keep your burger tender.

ADD

Ketchup and mustard or our 5 special toppings (on front of card).

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Green-and-Bean Quesadilla

A quesadilla (KAY-SAH-DEE-YA) is a Mexican snack. It's a lot like a grilled cheese sandwich made on flat, round bread, called a tortilla (TOR-TEE-YUH).

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

MAKES: 2 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cups
- Fork
- Large plate
- Microwave or nonstick skillet
- Pot holders

INGREDIENTS

- 2 whole-grain tortillas
- 1 bunch fresh spinach leaves, enough to cover the tortilla
- ½ cup canned dark red kidney beans
- ⅔ cup shredded monterey jack or cheddar cheese
- ½ ripe avocado, peeled and pitted (*if you like avocado)

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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put one tortilla on the plate and cover with the spinach leaves.
3. Top the spinach leaves with the mashed beans.
4. Top the beans with the cheese.
5. If you like avocado, put a few slices on top of the cheese.
6. Put the other tortilla on top of the avocado, gently pressing it down so the top half sticks. (Don't pat it down too much or the insides will squish out!)
7. Put the plate in the microwave and heat until the cheese melts, about 45 seconds. Or place a nonstick skillet over medium heat until it's hot, then place the tortilla in the skillet. Cook until golden brown, about 1-2 minutes on each side.
8. Set aside to cool a little bit: The spinach and cheese will be wicked hot!
9. Cut the quesadilla into 8 triangles (or use the included snack shapers!). Serve with salsa.

DID YOU KNOW?

Pitted means without pits. It sounds like the opposite though, doesn't it?

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Pasta with Peas

What does “comfort food” mean to you? To us, it means this perfect, familiar dish that’s quick and easy. You actually cook the peas just by draining the pasta over them in the colander!

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES

MAKES: 6 SERVINGS

KITCHEN GEAR

- Colander
- Large pot
- Measuring spoons
- Measuring cup
- Pot holders
- Mug
- Large serving bowl

INGREDIENTS

- 2 cups (about 10 ounces) frozen peas (do not defrost them)
- 1 pound small-size whole-wheat pasta shapes (such as shells or mini-penne)
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- ½ cup grated parmesan cheese
- ½ teaspoon kosher salt
- black pepper



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put the peas in the colander and put the colander in the sink.
3. Fill the pot halfway with water and bring to a boil over high heat.
4. Add the pasta and cook until tender, about 12 minutes. Just before the pasta is done, use the mug to carefully scoop out 1/2 cup or so of cooking water and set it aside.
5. Drain the pasta in the colander with the peas.
6. Put the pasta and peas in the bowl and add the oil, butter, salt, and pepper. Mix well. If the pasta seems dry, add some of the reserved cooking water, then mix again. Add the Parmesan cheese and serve right away.

FANCY THAT!

Make it Spinach-y: Add 2 cups chopped spinach when you add the oil.

Make it Herby: Add 1 cup chopped fresh basil or parsley leaves when you add the oil.

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Rainbow Sandwich

Get all of your healthy hues in one fabulous sandwich!

HANDS-ON TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

MAKES: 1 SERVING

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)

INGREDIENTS

- 2 slices whole-wheat bread
- 1 slice of your favorite cheese
- Topping options listed on reverse



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INSTRUCTIONS

We don't think you need any!

TOPPING OPTIONS

Red: tomatoes, red peppers, radishes

Orange: shredded carrots

Yellow: yellow bell peppers, hummus

Green: spinach, lettuce, pesto, fresh herbs, cucumbers, avocado, slices green apple

Purple: sliced cabbage or Purple Cabbage Slaw

TRY THIS

Turn your Rainbow Sandwich into fun shapes using your new snack shapers!

Wrap your Rainbow Sandwich in lettuce leaves instead of bread.

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Delicious Do-It-Yourself Lettuce Wraps

Our version of a Thai-style lettuce wrap. Prepare the ingredients and set them out: everyone assembles their own wraps, which makes it a fun, easy, interactive meal.

HANDS-ON TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Measuring spoons
- 6 small bowls

INGREDIENTS

- 1 head soft-leafed lettuce, such as Bibb or butter (leaves separated, washed, and dried)
- 2 cups shredded or diced cooked chicken
- 2 cups veggies, such as shredded cabbage, grated carrots, or leftover cooked green beans, or sliced radishes
- 1 cup whole fresh herb leaves: mint, cilantro, or basil, or a combination
- 1/3 cup roasted peanuts, coarsely chopped
- 2 tablespoons soy sauce
- 2 tablespoons fresh lime juice
- 1 teaspoon sugar



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.
2. Arrange the lettuce, chicken, veggies, herbs, and peanuts in bowls or on plates.
3. Put the soy sauce, lime juice, and sugar in a bowl and stir well.
4. To assemble a roll, put a lettuce leaf on your plate and pile a small heap of ingredients across its middle, topping it with peanuts and a spoonful of sauce. Fold the sides in and roll the leaf up around the filling, burrito-style.

TRY THIS

Substitute cubes of raw or baked tofu for the chicken.

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Chicken Your Way

This is an easy, versatile chicken recipe. You can season the chicken any way you like by adding different ingredients to the dressing. This chicken is good alone, as part of a grain bowl, or on top of a salad.

HANDS-ON TIME: 20 MINUTES **TOTAL TIME: 35 MINUTES** **MAKES: 4 SERVINGS**

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Large bowl
- Vegetable peeler
- Measuring cup
- Measuring spoons
- Grater or zester
- Small bowl
- Whisk
- Tongs or salad servers

INGREDIENTS

- 1 garlic clove, peeled and minced or put through a garlic press (or 2 cloves if desired)
- 2 tablespoons balsamic or red wine vinegar
- 2 tablespoons plus 2 teaspoons olive oil
- ¼ teaspoon salt
- black pepper
- 2 whole boneless, skinless chicken breasts, cut in half, trimmed of fat, and patted dry with a paper towel

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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. **Make the dressing:** Put the garlic, vinegar, 2 tablespoons oil, salt, and pepper (and any of the Try This ingredients below) in the bowl and mix well. Now taste it. Does it need more salt or pepper? More seasoning? If so, add it and taste again, then set the dressing aside.
3. Put the skillet on the stove and turn the heat to medium-high. When the skillet is hot, add the remaining 2 teaspoons oil. Add the chicken breasts, one at a time, and cook until lightly browned and cooked through, 5 to 8 minutes per side, depending on the thickness of the chicken. (To check that the chicken is

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cooked thoroughly, cut a piece in half: it should look white all the way through.)

Put the chicken on the cutting board and cut it into thin slices. Put the slices in the bowl with the dressing and mix gently. Serve right away.

TRY THESE OPTIONS:

Curry: Add 1 teaspoon sweet or hot curry powder to the dressing.

Spicy: Add 1 teaspoon chili powder and 1 teaspoon ground cumin to the dressing.

Ginger: Add 2 teaspoons finely chopped fresh ginger and 1 tablespoon soy sauce to the dressing (leave out the salt).

Herby: Add 2 tablespoons chopped fresh herbs (such as basil, cilantro, mint, or parsley) to the dressing.



Not Your Grandma's Fried Chicken

Oven-fried chicken is way better than pan-fried. It tastes better, is better for you, and doesn't smoke up the kitchen!

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 45 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Baking sheet
- Mixing spoon or whisk
- Large plate
- Large bowl
- Fork or whisk
- Large skillet or frying pan
- Spatula or tongs

INGREDIENTS

- 2 tablespoons olive or canola oil
- 1 cup fine bread crumbs or panko
- ½ cup whole-wheat flour
- 1 teaspoon kosher salt
- 1 teaspoon cayenne pepper
- 2 large eggs
- 1 tablespoon dijon mustard
- 1 teaspoon dried thyme
- 6 skinless chicken thighs
- 1 lemon



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Turn the oven on and set the heat to 400 degrees.
3. Pour the oil on the baking sheet and, using your clean hands or a paper towel, spread it around.
4. Put the bread crumbs, flour, salt, pepper, and cayenne (if you like it) on the plate. Mix well.
5. Crack the eggs into the bowl and beat them with the fork or whisk until pale yellow. Add the mustard and thyme and mix well.
6. Add the chicken pieces and swish them around until they are well coated with the egg mixture.
7. Remove the chicken pieces, one at a time, from the egg mixture and let any extra egg mixture drip off.
8. Dip the chicken pieces, one at a time, in the bread crumb mixture, rolling them and pressing down to coat each side.
9. Shake off any extra coating, then put the chicken pieces on the baking sheet. Be sure to wash your hands with soap and water after handling raw chicken.
10. Once the oven temperature has reached 400 degrees, put the baking sheet in the oven and bake for 15 minutes. Using a spatula or tongs, turn the chicken pieces over and bake until golden brown, 15-20 more minutes. Serve right away, with a quarter of a lemon on each plate.

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Oven-Roasted Salmon

Salmon is so rich that a small portion is completely satisfying. We're teaching you to cook it slowly so that it keeps its velvety texture instead of drying out.

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 50 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Aluminum foil or parchment paper
- Large rimmed baking sheet
- Pot holders
- Fork

INGREDIENTS

- 4 (4-ounce) salmon fillets (or a different fish if you prefer)
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 lemon, quartered



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Take the salmon out of the refrigerator 20 minutes before you want to cook it so that it will be ready to start really cooking instead of just losing its chill when it goes into the oven.
3. Turn the oven on and set the heat to 275 degrees. Line a rimmed baking sheet with parchment paper or aluminum foil.
4. Put the salmon fillets, skin side down, on the baking sheet. Sprinkle with the salt and pepper.
5. Once the oven temperature has reached 275 degrees, put the salmon in the oven and bake 20 minutes. It will be hard to tell that it's done because it will be the same color inside as it was when you started! If you want to be sure, break off a piece with a fork and taste it. Serve right away with the lemon wedges and one of the toppings, if you like.

OPTIONAL TOPPINGS

- 1 teaspoon pesto
- 1 tablespoon plain yogurt
- 1 tablespoon chopped herbs
- 1 teaspoon low sodium soy sauce

If you want to get fancy, you can create a bed of thinly sliced orange, lemon, lime, or grapefruit, or thinly sliced onions and cook the salmon on top of it.

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Super Tomato Soup

Cooking tomatoes releases more of their lycopene, a type of nutrient called an antioxidant that helps your cells stay healthy. Canned tomatoes are perfect- they're sweeter and less expensive.

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 2 HOURS

MAKES: 6 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Large heavy-bottomed pot
- Measuring cup
- Measuring spoons
- Spatula
- Slotted spoon
- Blender or food processor (adult needed)
- Potholder

INGREDIENTS

- 1 tablespoon canola or olive oil or unsalted butter
- 1 large onion, coarsely chopped or thinly sliced
- 1 garlic clove, put through a garlic press or peeled and minced
- 1 carrot, peeled and chopped
- 1 celery stalk, sliced
- ½ teaspoon curry powder
- 1 teaspoon dried basil, or 1 tablespoon chopped fresh
- 1 28-ounce can whole peeled tomatoes
- 4 cups chicken or vegetable stock
- salt

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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.
2. Put the pot on the stove, turn the heat to medium, and carefully add the oil or butter.
3. After the butter has melted, add the onion, garlic, carrot, celery, curry powder, and if you are using dried basil, the basil. Cover the pot and cook the vegetables until they are tender, about 10-15 minutes, using the spatula to stir them occasionally.
4. Turn the heat to high and add the tomatoes and their juice, the stock, and bring it to a boil.
5. Once the pot is boiling, lower the heat to low, and cook the soup with the lid partially ajar for 1 1/2 hours. Stir the soup occasionally as it cooks to make sure it's not sticking.
6. After 1 1/2 hours, use the slotted spoon to remove the soup solids very carefully and put them into a food processor or blender.
7. If you are using fresh basil, add it now. Gradually add the broth and process or blend the solids until completely smooth. Now use a spoon to taste the soup, and see if it needs more curry or more basil or a little bit of salt.
8. Serve the soup right away, or store in a container in the refrigerator up to 3 days.

TO MAKE IT CREAMY

Use 1/2 cup less stock and in its place add 1/2 cup plain low-fat yogurt right before you serve the soup.

Get more healthy resources at KohlsHealthyAtHome.org



Zucchini "Spaghetti"

Zucchini "Spaghetti" is a perfect recipe for pasta lovers who are looking to shake up this classic noodle dish.

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife or spiralizer (adult needed)
- Measuring spoons
- Medium skillet

INGREDIENTS

- 2 teaspoons olive oil
- 2 tablespoons water
- 2 zucchini, cut in very thin strips
- Pinch salt
- Finely grated Parmesan cheese



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put the skillet on the stove and turn the heat to high. When it is hot, add the olive oil and water.
3. Add the zucchini and cook, stirring occasionally, until the zucchini is tender and golden, about 5 minutes.
4. Serve right away, sprinkled with salt and Parmesan cheese.

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Crispy Carrot Fries

Carrots are usually orange, but have you ever seen them in other colors? There are purple, white, red, and yellow varieties too. You can use any color in this recipe, where the natural sugar in the carrots caramelizes to turn the vegetables dark, sweet, and crisp-edged.

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 40 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Scrub brush
- Rimmed baking sheet
- Measuring spoons
- Pot holder

INGREDIENTS

- 1 pound carrots, scrubbed but not peeled
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt



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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Turn the oven on and set the heat to 400 degrees.
3. Put the carrots on the cutting board and cut them into thirds. Cut the thinnest end into 2 spears. Cut the two thicker parts into 4 spears each so that you get about 10 carrot spears from each carrot.
4. Put the spears on the baking sheet, drizzle with the oil and sprinkle with the salt and, using your clean hands, rub the carrot pieces until they're lightly coated with oil.
5. Once the oven temperature has reached 400 degrees, carefully put the baking sheet in the oven and bake until the carrots are browned and crispy, about 35-45 minutes. Serve right away.

GET CREATIVE

- Add 1-2 garlic cloves, peeled and finely chopped, to the raw carrots.
- Add 1 teaspoon paprika, chili powder, or curry powder to the raw carrots.
- Add 2 tablespoons chopped fresh dill or cilantro, basil, or mint leaves to the cooked fries.
- Drizzle the fries with 1 teaspoon fresh lemon or lime juice.
- Drizzle the fries with 1 tablespoon plain yogurt.
- Roast the carrots whole!
- Substitute zucchini or parsnips for carrots.

TIP

Store carrots in a plastic bag in the refrigerator, where they'll keep for a week at least.

Get more healthy resources at KohlsHealthyAtHome.org



Cheesy Roasted Asparagus

Making this for someone else? Give them ketchup and call it "asparagus fries," if you think that will encourage them to try it!

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Rimmed baking sheet
- Measuring spoons
- Tongs
- Box grater
- Oven mitts

INGREDIENTS

- 1 bunch asparagus, tough ends snapped off (see on back)
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ cup grated parmesan cheese
- ½ lemon



FOLD HERE

INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Turn the oven on and set the heat to 450 degrees.
3. Put the asparagus on the baking sheet, drizzle with the olive oil and sprinkle with the salt. Use the tongs or your clean hands to coat them with the oil and spread them out.
4. Once the oven temperature has reached 450 degrees, put the baking sheet in the oven and roast until the asparagus turns bright green, 5-10 minutes depending on whether your asparagus are thin or thick.
5. Remove the baking sheet from the oven. Sprinkle the cheese over the asparagus and toss well.
6. Return the baking sheet to the oven and roast until the cheese melts and turns golden, about 2 minutes.
7. Squeeze the lemon over the asparagus and serve.

HOW TO

The bottom ends of asparagus stalks are woody. To remove them, bend each raw stalk near the bottom until it snaps. (It'll break off at just the right point.)

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Energy Bars

These bars are easy to make and adapt to your own tastes. Love pecans? Use all pecans. More of a mixed-nut person? Use mixed nuts. Every now and then, these don't turn out quite right — they're crumbly instead of firm. If this happens, use it as a fruit or yogurt topping and call it "granola"!

HANDS-ON TIME: 10 MINUTES **TOTAL TIME: 10 MINUTES** **MAKES: 16 PIECES**

KITCHEN GEAR

- Cutting board
- Dinner knife
- 8 x 8-inch pan
- Wax or parchment paper
- Measuring cup
- Measuring spoons
- Medium-sized bowl
- Small bowl
- Large spoon
- Plastic wrap

INGREDIENTS

- ½ cup lightly toasted nuts (one kind or a combination of almonds, walnuts, and pecans.)
- ¾ cup dried fruit (one kind or a combination of raisins, currants, dried cranberries or chopped dates, prunes, apricots, and peaches)
- ¾ cup quick-cooking oats
- ¾ cup crispy-rice cereal
- 2 tablespoons unsweetened coconut (if you like)
- ½ cup nut butter, including almond, peanut, or cashew
- ¼ cup honey or maple syrup
- 1 tablespoon olive or vegetable oil
- ½ teaspoon vanilla extract

FOLD HERE

INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Line the pan with wax or parchment paper and leave enough hanging so that you can use it to cover the bars later. (You will need a piece a little longer than twice the size of the bottom of the pan.)
3. Put the nuts, dried fruit, oats, rice cereal, and coconut in the medium-sized bowl and toss well.
4. Put the nut butter, honey, and oil in the small bowl and microwave until the nut butter is softened, about 30 seconds (depending on your microwave). Stir until smooth. Add the vanilla and stir again until smooth.
5. Pour the nut butter mixture into the medium bowl and mix with the large spoon until well combined.
6. Dump the mixture into the prepared pan and pat down as hard as you can. You want to make the bars solid (rather than airy). Using the overhanging wax paper, cover the bars completely. Cover with plastic wrap and refrigerate at least 4 hours and up to one week.
7. Cut into 16 pieces (use the included snack shapers!).

TO TOAST NUTS

Put nuts on a small baking sheet in a 350-degree oven until they are fragrant and look a shade darker, around 5 minutes

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Cauliflower Popcorn

Crisp on the outside, creamy on the inside — you'll have a hard time stopping once you bite into one!

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 45 MINUTES

MAKES: 4 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Large baking pan
- Measuring spoons
- Potholders

INGREDIENTS

- 1 head cauliflower, core cut out, pull apart florets into pieces about the size of popped corn
- 2 teaspoons olive or vegetable oil
- ½ teaspoon salt



FOLD HERE

INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Turn the oven on and set the heat to 425 degrees.
3. Put the cauliflower, oil, and salt on the baking sheet and mix well.
4. When the oven temperature has reached 425 degrees, put the baking sheet in the oven and cook until golden brown, about 30 minutes.

DID YOU KNOW?

Cauliflower is a member of the cabbage family. Its name means "cabbage flower."

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Vanilla Applesauce

Homemade applesauce always feels like a magic trick to us: with a little time and heat, crunchy apples turn into a silky, spoonable snack or dessert! Thanks to the cinnamon and vanilla, this version smells especially great while it's cooking.

HANDS-ON TIME: 30 MINUTES

TOTAL TIME: 1 HOUR

MAKES: 5 CUPS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cups
- Measuring spoons
- Medium-sized pot with lid
- Pot holders
- Wooden spoon
- Potato masher (if you have one)

INGREDIENTS

- 7 apples, scrubbed, cored, and sliced, then chopped (any kind you like)
- ½ cup water, 100% apple juice, or apple cider
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon



FOLD HERE

INSTRUCTIONS

1. Put all the ingredients in the pot, put the pot on the stove, and turn the heat to low.
2. Cover, and cook until the apples are tender and the liquid has been absorbed, about 35 minutes. Stir the mixture occasionally as it cooks, to make sure it's not sticking to the bottom of the pot. Using the potholders, set aside and cool for 10 minutes.
3. Stir and mash until chunky or smooth, depending on how you like it.
4. Eat right away or cover and refrigerate up to 5 days.

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