

Power-Up Pita Pizza Recipe

By Kristine Caiafa, RD



Kids will love this mix of Mediterranean flavors and the fun of pizza.  And it will be ready in no time for an after-school snack, lunch or a light dinner.

Ingredients

- 2 whole-wheat pitas (6-inch diameter)
- ¼ cup hummus
- ½ cup fresh or frozen spinach, chopped (if frozen, defrost and drain first)
- ½ cup black beans, rinsed
- ½ cup artichoke hearts
- ¼ cup non- or low-fat Swiss cheese, shredded

Directions

Preheat oven to 325°F.

Spread hummus evenly over pitas. Add beans, spinach and artichoke hearts. Top with cheese.

Bake in the oven for 15 minutes or until pita is toasted. Let cool and enjoy.

Nutrition Information

Serving size: ½ pita

Serves 4

Calories: 160; Total Fat: 2g; Saturated Fat: 0g; Total Carbohydrate: 29g; Fiber: 7g; Protein 8g

<http://www.eatright.org/resource/food/planning-and-prep/recipes/power-up-pita-pizza-recipe>

Chocolate Chip and Oatmeal Chewy Bars Recipe

By Kristina LaRue, RD, CSSD, LDN, CLT



RightOne/iStock/Thinkstock

These are the ultimate homemade snack — soft like an oatmeal cookie and made with wholesome ingredients you can feel good about.

Ingredients

½ cup natural or regular peanut butter
1 extra ripe banana, pureed
¼ cup clover honey
2 tablespoons water
¼ teaspoon coarse crystal salt
2 cups quick-cooking rolled oats
½ cup raisins
⅓ cup semi-sweet mini chocolate chips

Directions

Preheat oven to 325°F. Line an 8-by-8-inch baking dish with parchment paper.

Whisk together peanut butter, banana, honey, water and salt. Stir in oats, raisins and chocolate chips. Pour mixture into baking dish. Mash down firmly to form to pan and smooth top with back of a spoon.

Bake for 25 minutes. Place bars in freezer for 15 minutes to cool quickly and slice into 16 individual bars. To keep fresh, store in airtight container in refrigerator for up to seven days.

Nutrition Information

Serving size: 1 bar (35 grams)
Serves 16

Calories: 135; Total fat: 6g; Saturated fat: 2g; Cholesterol: 0mg; Sodium: 66mg; Carbohydrates: 20g; Fiber: 2g; Sugars: 10g; Protein: 3g; Potassium: 148mg; Phosphorus: 83mg

<http://www.eatright.org/resource/food/planning-and-prep/recipes/chocolate-chip-and-oatmeal-chewy-bars-recipe>

Yogurt on the Go



Note: This recipe is especially for teens who must avoid gluten, a type of protein found in many foods.

This quick and easy-to-make dish is a great source of calcium and will help you jump-start your morning!

Prep time: 5 minutes

Ingredients:

¾ cup light fruit-flavored yogurt
1 tablespoon raisins
1 tablespoon sunflower seeds
1/3 cup strawberries

Directions:

Mix all ingredients in a plastic cup.

Serves: 1

Serving size: about 1¼ cup

Nutritional analysis (per serving):

232 calories
7 g protein
4 g fat
0 g sat. fat
40 g carbohydrate
3 g fiber
3 mg cholesterol
88 mg sodium
222 mg calcium
0.9 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Variations and suggestions:

For a variety, use different flavored yogurt, fruit, and nuts.

<https://kidshealth.org/en/teens/cd-yogurt-go.html?WT.ac=t-ra#catrecipes>