

*A taste of*

# Cooking with Color

Healthy | Simple | Delicious  
Recipes from the  
**Poe Center for Health Education**

*Happy Holidays!*





# Cooking with Color

## Healthy, Simple, and Delicious

In 1991, the Alice Aycock Poe Center for Health Education welcomed its first field trip group. Seventy students from Sampson Middle School in Sampson County became the first group to experience the one-of-kind health-themed destination in Raleigh, North Carolina. From drinking more water, eating more fruits and vegetables, reducing stress, developing positive relationship skills, avoiding substance use, busting germs, and moving more, Poe's expert health educators have helped over 1.3 million children, youth, and adults learn to make healthy choices.

To celebrate this historic milestone, we developed "Cooking with Color," a collection of healthy, simple, and delicious recipes, created specifically for families who want to cook healthy meals and snacks with more fruits and vegetables. After polling program participants to determine needs, our nutrition team thoughtfully created and tested each recipe with families in mind. Recipes feature a rainbow of fruits and vegetables to ensure a nutritious meal. Ingredients and instructions are simple so everyone - especially kids - can help in the kitchen. Most importantly, the dishes are tasty and sure to satisfy many palettes.

Good health starts at home - particularly in the kitchen. We hope "Cooking with Color" makes healthy eating simple and fun. Let's get cooking with color.

*Enjoy this short version of our full "Cooking with Color" cookbook, featuring a recipe from each section, as our holiday gift to you.*

- The Poe Center Staff



1991 - 2021

Check out "**Seymour Says**" for tips on making each recipe a little extra special, courtesy of Poe's official mascot.





# Simple Breakfast Sandwich

Eggs are a high quality-and affordable source of protein to start the day.  
Get creative with different toppings.



SERVES  
**1**



METHOD  
**SKILLET/ASSEMBLE**



TIME  
**5 MIN**



WHY WE LOVE IT  
**CUSTOMIZABLE**

## INGREDIENTS

1 egg

1 whole-grain English muffin or two slices whole-grain bread

Salt and pepper to taste

1 slice low-fat cheese

### **Optional Toppings:**

Slice of tomato

2 slices turkey bacon

1 patty turkey sausage

Handful of spinach or arugula leaves

Red pepper flakes

Hot sauce

Sliced avocado

**Equipment needed: small pan or skillet, bowl (if preparing scrambled egg), fork (to scramble egg), toaster**

**1.** Spray a small pan or skillet with cooking spray. Prepare egg according to preference:

**Scrambled:** Crack egg in a bowl. Stir with a fork until yolk is broken and mixed with the rest of the egg. Pour into a skillet over medium heat. Gently move the egg around the pan with a spatula as the egg cooks. Egg is done when it is fluffy and no longer runny.

**Over easy/sunny side up:** Crack egg in pan over medium heat, keeping the yolk intact. Cook until egg white turns white/solid, and egg yolk is warmed through.

**2.** While the egg is cooking, toast English muffin or bread.

**3.** Once the egg is done, season with a dash of salt and pepper. Assemble the sandwich by placing cheese and egg on one half of the English muffin or toast, and add toppings.

**Tip:** This recipe is a great way to use bread that may be going stale. Toasting bread will freshen it up and make it tasty.

**Seymour Says:** Make a large batch of sandwiches ahead of time and freeze for a grab-and-go breakfast. Wrap each sandwich in a damp paper towel and place into a sealed bag or container. To enjoy, remove one sandwich and heat in the microwave for 1 minute.











# Two-Way Tacos with Cilantro-Lime Cream Sauce

This easy taco recipe can be served two ways. Serve it over a bed of lettuce for a fresh taco salad, or add lettuce and ingredients to tortillas for handheld tacos.



SERVES  
**4**



METHOD  
**CHOP/SAUTÉ**



TIME  
**20 MIN**



WHY WE LOVE IT  
**CUSTOMIZABLE**

## INGREDIENTS

1 Tablespoon olive oil

1 lb ground chicken or turkey

1 15-oz. can black beans, rinsed and drained

1 package (1.25 oz.) taco seasoning\*

1 head romaine lettuce

1 cup **Pico de Gallo**, page 99, or favorite salsa

1 avocado, sliced

Optional: ½ cup shredded cheese, pickled onions, chopped onions, lime juice, hot sauce, cilantro

### For the sauce:

2 Tablespoons fresh cilantro, chopped

1 lime, juiced

1 clove garlic or 1 teaspoon of garlic powder

1 cup low-fat plain Greek yogurt

Salt and pepper to taste

**Equipment needed:** cutting board, knife, skillet, large spoon, can opener, small bowl, measuring cups, measuring spoons.

1. In a skillet over medium heat, warm olive oil until hot, but not bubbling. Add ground chicken or turkey and divide evenly in the pan with the spatula. Stir and cook until meat is fully cooked.
2. Add the can of beans and taco seasoning. Mix until combined and cook for an additional 5 minutes. Remove from heat.
3. Finely chop the lettuce, slice the avocado, and set aside.
4. Make the cilantro lime cream sauce by combining Greek yogurt, lime juice, minced garlic, salt, and pepper and fresh cilantro together until fully combined.
5. As a Taco Salad: Serve as a taco salad over a bowl of lettuce. Separate lettuce into individual bowls. Scoop taco meat onto lettuce. Add toppings.
6. As Tacos: Serve as tacos in whole-wheat or corn tortillas. Warm tortillas in the microwave or in a skillet over low heat. Arrange the tortillas on a plate. Add toppings.

**Make it vegetarian.** Make this meal meatless with tofu or black beans. If using tofu, press tofu (directions on page 47) and cube. Add 1 Tablespoon of oil to a medium saucepan, heat until hot, and add tofu and taco seasoning. Cook until golden brown. If using black beans, use a medium saucepan to heat 3 cans of beans in their juices. Add taco seasoning and cook until bubbling.

**\*Homemade taco seasoning:** Mix 1 Tablespoon chili powder, ½ teaspoon garlic powder, ½ teaspoon onion powder, ¼ teaspoon oregano, 2 teaspoon cumin, ½ teaspoon paprika, ½ teaspoon salt, 1 ½ teaspoon ground black pepper. Use entire mix.

**Seymour Says:** Fresh bell peppers, corn, or tomatoes would make a great addition to this recipe.











# Parmesan Roasted Brussels Sprouts

**New to Brussels sprouts? Try this recipe with half Brussels sprouts, and half broccoli. This recipe also works using all broccoli or cauliflower.**



SERVES  
**4**



METHOD  
**BAKE**



TIME  
**30 MIN**



WHY WE LOVE IT  
**KIDS CAN HELP**

## INGREDIENTS

1 ½ lbs fresh Brussels sprouts  
2 Tablespoons olive oil  
¼ cup bread crumbs  
½ cup shredded or grated Parmesan cheese  
2 cloves garlic, minced, or 1 teaspoon garlic powder  
1 teaspoon salt  
1 teaspoon black pepper

**Equipment needed: baking sheet, large mixing bowl, spatula, measuring cup, measuring spoons.**

1. Preheat oven to 425°F.
2. Lightly coat a baking sheet with olive oil and set aside. Lay down a sheet of parchment paper for easy clean-up.
3. Rinse and dry Brussels sprouts. At the base of each sprout, slice off the stems and discard. Slice sprouts in half.
4. Pour Brussels sprouts into the mixing bowl and add olive oil.
5. Stir until fully coated.
6. Add the remaining ingredients and stir again.
7. Pour the contents of the mixing bowl onto the baking sheet and bake for 10 minutes.
8. Remove from the oven, flip the Brussels sprouts with the spatula and return to the oven for 12 more minutes.
9. Remove from the oven and let cool. Serve warm.

**Seymour Says:** For tips on roasting veggies, go to the recipe for **Build-Your-Own Grain Bowls**, page 34.











# Peach-Mango Salsa

This salsa is refreshing and tastes delicious as a snack or topping for a burrito bowl or tacos. This tastes best when left in the refrigerator for a few hours.



SERVES  
**4 to 6**



METHOD  
**MIX**



TIME  
**5 MIN**



WHY WE LOVE IT  
**FRESH & EASY**

## INGREDIENTS

1 mango  
2 medium-sized peaches  
1 red bell pepper  
1 medium-sized tomato  
½ red onion  
1 jalapeño (seeds removed)  
½ bunch cilantro  
1 clove garlic, minced  
Salt and pepper to taste  
1 lime, juiced

**Equipment needed: mixing bowl, measuring cups, measuring spoons**

1. Dice mango, peaches, bell pepper, tomato, and red onion into uniform pieces. Combine into a medium-sized bowl, including any juices as a result of chopping.
2. Finely chop jalapeño and cilantro. Mince garlic. Add into the bowl and stir until combined.
3. Squeeze the juice from one lime into the bowl. Season with salt and pepper according to taste preference. Refrigerate until ready to serve.
4. Adjust the flavors of this recipe by adding more garlic, onion, cilantro, or jalapeño depending on preference.

**Seymour Says:** Mangoes have a large pit in the center. Slice around the pit and remember to remove the skin before dicing.











# Healthy Hot Chocolate

This hot chocolate recipe is as quick and easy as mixing a packet of hot chocolate mix. It's a healthy swap for a winter favorite.



SERVES

1



METHOD

MIX



TIME

5 MIN



WHY WE LOVE IT

KIDS CAN HELP

## INGREDIENTS

1 cup low-fat milk  
3 teaspoons unsweetened cocoa powder  
½ teaspoon vanilla  
2 teaspoons honey or maple syrup  
Pinch of salt

**Equipment needed:** microwave-safe mug, whisk, measuring cup, measuring spoons, blender/immersion blender (optional)

1. Whisk all ingredients together in a mug and heat in the microwave for 2 minutes or until milk is hot.

2. Stir and enjoy.

**Tip:** Use an immersion-blender or regular blender for a fully-blended, slightly frothy, creamy consistency.

## Flavor suggestions:

**Chocolate-Peppermint:** Add ¼ teaspoon of peppermint extract or melt one peppermint candy in with the ingredients.

**Mexican-Inspired:** Add a dash of cinnamon and cayenne pepper.

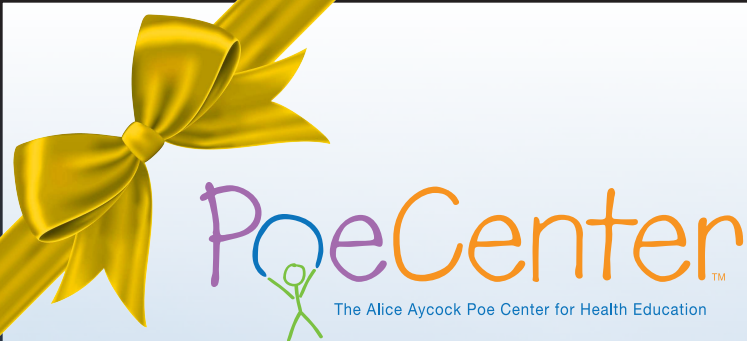












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At the Poe Center, we are dedicated to helping North Carolinians make healthy choices. Our team of expert health educators work with schools and organizations across the state to provide engaging health-science education for people of all ages. From our iconic field-trip destination in Raleigh to classrooms and communities around the state, **the Poe experience is effective, valuable, and one-of-a-kind.**

**[www.poehealth.org](http://www.poehealth.org)**

