



YOUTH RECIPES MAY 2021

SOUTH SIDE COMMUNITY COALITION

Nutritious recipe ideas for quick meals and snacks

If you try any of these recipes out, take a picture and email it to americorpsolivia@gmail.com!



INGREDIENTS

- 1 cup grapes, stems removed
- 1/2 cup water
- 1/2 cup ice cubes
- 2 cups spinach, packed
- 1/2 banana, peeled
- 1/2 cup pineapple chunks

HEALTHY GREEN SMOOTHIE

Cook time: 0 mins Total time: 10 mins Servings: 5

1. Thoroughly wash fresh produce.
2. Place all ingredients into a blender or food processor in the order listed and secure lid.
3. If able, turn machine on and slowly increase speed to high.
4. Blend for 45 seconds or until desired consistency is reached. Serve immediately.



ANIMAL CRACKERS

Cook time: 0 mins Total time: 10 mins Servings: 4

INGREDIENTS

- 1 oz package pretzels
- cinnamon
- 1 tbs nut butter (peanut, almond, etc.)
- 2 tbs raisins
- 1 oz package whole wheat crackers

1. Place three crackers flat on a plate. Spread the seed butter or nut butter on one side of each cracker.
2. Place a pretzel on top corners of each cracker.
3. Add two raisins under pretzels "as the animal's eyes" and one underneath that for the nose.
4. Sprinkle with cinnamon

CHEESE AND BELL PEPPER OMELET

Cook time: 10 mins Total time: 15 mins Servings: 4

INGREDIENTS

- 4 eggs
- 1 tbs garlic, minced
- 1/2 green bell pepper, or red or yellow, chopped
- 1/2 cup cheddar cheese
- 1/4 cup low-fat milk

1. Add oil to the skillet over high heat.
2. Heat the bell pepper, and then add the garlic.
3. Break the eggs into bowl and whisk to blend for 1 minute.
4. Add milk to the egg mixture and blend. While moving the skillet in a circular motion, pour in the eggs. Continue to move the skillet in a circular motion, allowing the outside of the eggs to cook and fluff up. When the outside edges have firmly cooked, flip the omelet and cook on the other side for approximately 30 seconds. Keep moving the pan in a circular motion, but not as often as before it was flipped. (Too much movement at this time will cause the omelet to fall.) Flip the omelet once more to finish cooking--no more than 30 additional seconds.
5. Sprinkle cheese in the center of the omelet in a diamond shape. Fold the omelet in half, being certain to cover the cheese, and cut into 4 equal servings.

