



BOUNCE to
Health
in the Kitchen

Healthy Recipes for the Family





Breakfast

Breakfast Tacos

Three Ingredient Pancakes

Strawberry and Beet Smoothie

Shamrock Smoothie

Breakfast Tacos

Nutrition Per Serving Size: 2 tacos

Serves: 4

Calories: 232 cal

Fiber: 3g

Carb: 32g

Fat: 7g

Protein: 11g

Ingredients

½ cup onion, chopped

⅓ cup Mexican blend cheese

½ cup tomato, chopped

¼ teaspoon garlic powder

4 large eggs

¼ cup salsa

8 corn tortillas

Salt and pepper as desired

Directions

1. Warm skillet over medium heat. Add onions and cook until softened. Add tomatoes and cook 2-3 minutes.
2. Beat eggs in mixing bowl until blended. Pour eggs into the same skillet and stir gently until eggs are cooked. Add cheese, garlic powder, salt and pepper.
3. Cover tortillas with damp paper towel and heat in the microwave for 15 seconds. Divide eggs amongst tortillas and top with salsa.





Snack

Pizza Bites

Mango Salsa

PB Energy Balls



Peanut Butter Energy Bites

Nutrition Per Serving Size: 1/2 cup Serves:6

Calories: 390 cal Fiber: 8g Carb: 28g

Fat: 26g Protein: 12g

Ingredients

- ½ cup flax seeds
- 2 tablespoons honey
- 1 cup peanut butter
- 1 cup old-fashioned oats
- ½ cup semi-sweet chocolate chips

Directions

1. Mix all ingredients in a bowl. Roll mixture into balls.
2. Place balls onto large baking sheet and set in fridge for at least 30 minutes. Store them in fridge until ready to eat.





Entrée

Avocado Chicken Salad

Chick-N-Cheesy Quesadillas

Veggie Tostada

Mexican Hummus

Mashed Cauliflower

Baked Chicken Fingers

Avocado Chicken Salad

Nutrition Per Serving Size: 1/2 cup Serves: 6

Calories: 97 cal Fiber: 2g Carb: 2g

Fat: 5g Protein: 12g

Ingredients

3 skinless chicken breasts
1 medium avocado,
pitted and diced
¼ cup onion, chopped
2 tablespoons cilantro, chopped
1 pinch of salt & pepper
2 teaspoons olive oil

Directions

1. Heat skillet over medium-high heat and add a drizzle of olive oil. Carefully add chicken to skillet and cook for 5-7 minutes until cooked through. Remove from pan and let cool.
2. Once chicken is cool, shred into small pieces. Transfer chicken to a medium bowl and add avocado, chopped onion, cilantro, salt, and pepper. Toss gently until all ingredients are combined.



Veggie Tostada

Nutrition Per Serving Size: 1 tostada		Serves: 2
Calories: 210 cal	Fiber: 6g	Carb: 22g
Fat: 10g	Protein: 8g	

Ingredients

1/3 avocado, diced	1 tablespoon fat-free shredded mozzarella
2 tostadas	2 tablespoons carrot, grated
1/3 cup refried black beans	2 tablespoons lettuce, shredded

Directions

1. Heat refried beans in microwave or in saucepan over medium heat until warm.
2. Spread beans over tostada. Top with mozzarella, lettuce, avocado and carrots.



A young girl with dark hair in two braids, wearing glasses and a maroon shirt, is smiling as she whisks ingredients in a large blue bowl. The background shows a kitchen with a tiled wall and a window. In the foreground, there are bowls of blueberries and strawberries, and several small metal cups.

Dessert

Mixed Fruit Parfait

The Unicorn Smoothie

Mixed Fruit Parfait

Serves: 1

Carb: 47g

Ingredients

½ cup plain low-fat yogurt 2 teaspoons honey
½ cup mixed berries 3 tablespoons granola

Directions

1. Fill a small single serving (6 oz.) container with a third of the yogurt. Top with a third of the berries.
2. Drizzle 1 teaspoon of honey over berries.
3. Repeat steps 1 and 2 until all items are used.
4. Top with granola.





BOUNCE

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