BOUNCE to Health in the Kitchen
Healthy Recipes for the Family
Breakfast Tacos
Three Ingredient Pancakes
Strawberry and Beet Smoothie
Shamrock Smoothie
Breakfast Tacos

Ingredients

- ½ cup onion, chopped
- ½ cup tomato, chopped
- 4 large eggs
- 8 corn tortillas
- ¼ cup Mexican blend cheese
- ¼ teaspoon garlic powder
- ¼ cup salsa
- 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.
Three Ingredient Pancakes

Ingredients

1. Mash banana in a bowl using a fork. Add eggs and cinnamon.
2. Mix batter well.
3. Heat greased skillet over medium heat. Spoon ¼ cup of batter onto skillet and cook until bubbles form and the edges are dry. Flip and cook until browned (2-3 minutes). Repeat with remaining batter.

Nutrition Per Serving Size: 2

<table>
<thead>
<tr>
<th>Calorie</th>
<th>Fiber</th>
<th>Carb</th>
</tr>
</thead>
<tbody>
<tr>
<td>138 cal</td>
<td>2 g</td>
<td>13 g</td>
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</tbody>
</table>

Fat: 7g  
Protein: 6g

Serves: 2
Strawberry & Beet Smoothie

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium beet</td>
<td>2 bananas</td>
</tr>
<tr>
<td>1 cup frozen strawberries</td>
<td>¾ cup almond milk</td>
</tr>
</tbody>
</table>

Directions

1. Preheat oven to 425°F. and line baking sheet with foil. Wash and dry beet. Roast beet in oven until tender (10-15 minutes).
2. Chop the beet and add to the blender along with strawberries, bananas, and almond milk. Blend until smooth.

* This recipe will last up to two days in the refrigerator.
Shamrock Smoothie

**Ingredients**

- 1 medium banana
- 2 kale leaves
- 1 cup mango, frozen
- 1 cup pineapple, frozen
- ½ cup water

**Nutrition Per Serving Size: 1 cup**

- Calories: 95 cal
- Fat: 1g
- Fiber: 3g
- Carb: 21g
- Protein: 1g

**Serves:** 3

**Directions**

1. Add banana, kale, and water to blender.
2. Blend until smooth with no chunks of kale.
3. Add mango and pineapple and blend until smooth.

* This recipe will last up to two days in the refrigerator.
Snack

- Pizza Bites
- Mango Salsa
- PB Energy Balls
Pizza Bites

Nutrition Per Serving Size: 4 triangles  Serves: 3
Calories: 313 cal  Fiber: 4g  Carb: 33g
Fat: 14g  Protein: 14g

Ingredients

¾ cup mini pepperoni  3 whole-wheat tortillas
1 cup spinach, chopped  1 cup yellow bell pepper, chopped
1 can pizza sauce  1 ½ cups low-fat mozzarella

Directions

1. Preheat oven to 400°F. Pour pizza sauce into a bowl. Cut four triangles from each tortilla. Place each round into lightly-greased muffin tin.

2. Spoon a tablespoon of pizza sauce into the center of each tortilla triangle and spread to edges. Sprinkle cheese and add desired toppings (pepperoni, spinach, and yellow bell pepper).

Mango Salsa

Nutrition Per Serving Size: 1 cup  Serves: 3
Calories: 180 cal  Fiber: 3g  Carb: 29g
Fat: 6 g  Protein: 2g

Ingredients
- 2 cups of fresh diced mango
- 1 cup of green onion chopped
- 1 garlic clove, minced
- 2 tablespoons cilantro, chopped
- 1 tablespoon lime juice
- 1 tablespoon orange juice
- 24 tortilla chips

Directions
1. Mix mangos, green onion, garlic, cilantro, lime juice and orange juice in a bowl. Chill in fridge for 1 hour.
2. Serve 1 cup of salsa accompanied by 8 corn tortilla chips.
Peanut Butter Energy Bites

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.

Nutrition Per Serving Size: 1/2 cup
- Calories: 390 cal
- Fat: 26g
- Fiber: 8g
- Protein: 12g
- Carb: 28g

Serves: 6
Entrée

Avocado Chicken Salad
Chick-N-Cheesy Quesadillas
Veggie Tostada
Mexican Hummus
Mashed Cauliflower
Baked Chicken Fingers
Avocado Chicken Salad

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.

Nutrition Per Serving Size: 1/2 cup
- Calories: 97 cal
- Fat: 5g
- Fiber: 2g
- Carb: 2g
- Protein: 12g

Serves: 6
Veggie Tostada

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

Ingredients
- ½ avocado, diced
- 2 tostadas
- ½ cup refried black beans
- 1 tablespoon fat-free shredded mozzarella
- 2 tablespoons carrot, grated
- 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.
Chick-N-Cheesy Quesadillas

Nutrition Per Serving Size: 2 triangles  
Serves: 2  
Calories: 260 cal  
Fiber: 4g  
Fat: 10g  
Protein: 16g  
Carb: 28g

Ingredients

2 whole-wheat tortillas  
⅓ cup fat-free shredded mozzarella  
½ cup chicken breast, shredded  
⅓ cup of salsa  
1 tablespoon of sour cream  
2 tablespoons of guacamole  
2 tablespoons of fresh cilantro

Directions

1. Place tortilla on medium sized, microwave-safe plate. Evenly spread shredded chicken and cheese on top of tortilla. Place second tortilla on top.

2. Microwave tortillas on high for 1 ½ minutes, or until the cheese has melted.

3. Slice into 4 pieces with pizza cutter.
Mexican Hummus

Ingredients

1 can, no salt added chickpeas, drained  
2 garlic cloves  
1 tablespoon chili powder  
1 teaspoon cumin 
1 teaspoon sea salt  
¼ cup tomato, chopped  
½ cup water  
*Optional: 1 jalapeño, seedless

Directions

1. Boil two cups of water in small sauce pan and add garlic cloves. Turn off heat and let garlic sit for two minutes. Remove garlic and put in food processor.

2. Add chickpeas, tomatoes, chili powder, cumin, salt, and begin processing. Slowly add water until hummus is thick and creamy.

*Optional: Add jalapeño if you enjoy spice.
Mashed Cauliflower

**Ingredients**

- 1 medium cauliflower (3 cups), trimmed and cut into florets
- 1 tablespoon extra virgin olive oil
- 3 garlic cloves
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon lemon juice
- Top with thyme, extra virgin olive oil, and black pepper

**Directions**

1. Bring large pot of salted water to a boil. Add cauliflower and garlic, and cook for 10 minutes or until cauliflower is tender.
2. Drain and return to pot and let stand for 2 to 3 minutes with lid on.
3. Transfer cauliflower and garlic to food processor or blender. Add olive oil, salt, pepper, and lemon juice. Blend until smooth.
4. Transfer cauliflower mixture to bowl and top with thyme, salt, pepper, and a drizzle of olive oil.

**Nutrition Per Serving Size:** 1 cup
- Calories: 60 cal
- Fat: 4g
- Fiber: 2g
- Protein: 3g
- Carb: 4g

**Serves:** 3
Baked Chicken Fingers

Ingredients
- 4 oz. chicken breast cut into tenders
- 1 egg, beaten
- ¼ cup cereal flakes, crushed

Directions
1. Preheat oven to 350°F.
2. Dip chicken tenders into egg until coated and roll dipped chicken into cereal flakes until coated.
3. Place coated strip onto a nonstick baking sheet.
4. Repeat for all strips. Bake for 18-20 minutes, turning after 9 minutes, until chicken is done.
Dessert

Mixed Fruit Parfait
The Unicorn Smoothie
Mixed Fruit Parfait

Serves: 1
Carb: 47g

Ingredients

- ½ cup plain low-fat yogurt
- ½ cup mixed berries
- 2 teaspoons honey
- 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.
Recipe created by BOUNCE participants:
Julian Chavez, Olivia Chavez, Esmeralda Robles
Axel Gomez, Sofia Bartolo, and Emily Bartolo

The Unicorn Smoothie

* Winning Recipe of Smoothie Competition *

Ingredients

- ½ cup raspberries
- ½ cup strawberries
- ⅔ cup plain low fat yogurt
- ½ cup pineapple
- ⅔ cup mango
- ½ cup carrot
- ½ cup blackberry
- ½ cup oatmeal
- 1 cup water

Directions

1. Add fruits and water to blender.
2. Blend until smooth.
3. Add oatmeal and yogurt. Blend again.
4. Sprinkle oatmeal flakes for garnish.

Nutrition Per Serving Size: 1 cup

- Fiber: 4g
- Carbohydrates: 23g
- Protein: 3g

Serves: 4