



**Healthy foods gives us good health.**

**An AzNN/SMASE  
Adapted Pictorial  
Cookbook**



March 2008



adapted for accessibility by Pauline Anne Boisselle through AzNN/SMASE Partnership

**This cookbook was developed by  
the Arizona Nutrition Network &  
St. Michaels Association for Special Education  
Nutrition Education Partnership.**



**Arizona Nutrition Network**



"This material was funded by USDA's Food Stamp Program."

"The Food Stamp provided nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact 1-800-352-8401.

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Family meals are a special time.



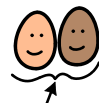
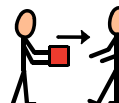
Families can cook together.



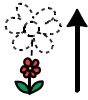
Families can laugh and learn together.



Healthy foods are important now and in the



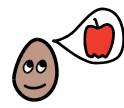
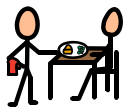
future. Healthy foods gives us good health.



Children grow into healthy adults with



healthy foods.



Serve healthy snacks when you are hungry.



Family meals can help share healthy foods.

# Healthy Snack Ideas

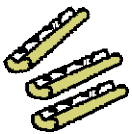


Apple slices with low fat cheese.



Homemade popsicles with 100% fruit juice.

p.5

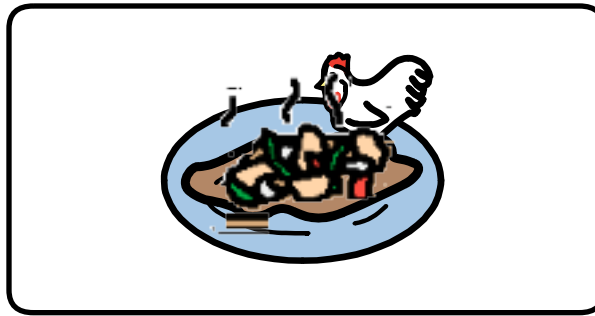


Ants on a log with celery, peanut butter & raisins.



Smoothies with 1% low fat milk & fruit.

p.6



## Easy Chicken Dinner



serves: 4

Nutrient analysis per serving:

Calories, 151; Carbohydrate, 13 g; Protein, 21 g; Fat, 2 g;  
Saturated fat, 0 g; cholesterol, 0 mg; Fiber 4.3 g;  
Sodium, 572 mg. Calcium 26 mg; % Calories from Fat, 12%;

Recipe courtesy of Grow A Healthy Child: Fun Food News 2008  
Adaptation for accessibility by Pauline Anne Boisselle\_\_March 2008  
Through the Arizona Nutrition Network &  
St. Michaels Association for Special Education Partnership.

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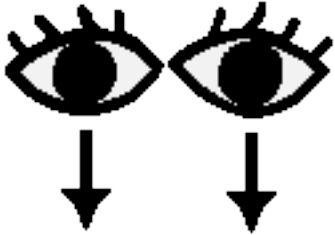
Adaptation was funded by USDA's Food Stamp Program.  
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wash hands



Wash your hands.

look



food



Look for these foods...

1 lb chicken  
boneless & skinless



garlic powder



onion powder



pepper



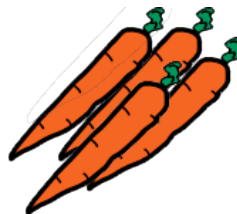
low salt  
chicken broth



frozen peas



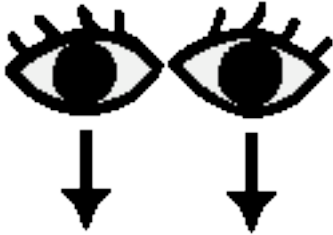
carrots



cooking spray



look



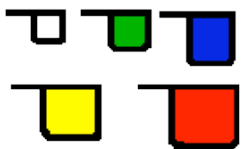
equipment



Look for this equipment...

p.4

measuring cups



measuring spoons



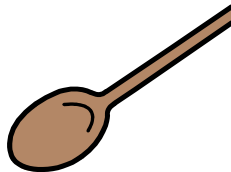
cutting board  
& knife



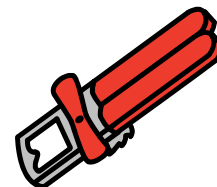
skillet



cooking spoon

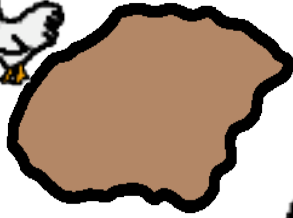


can opener



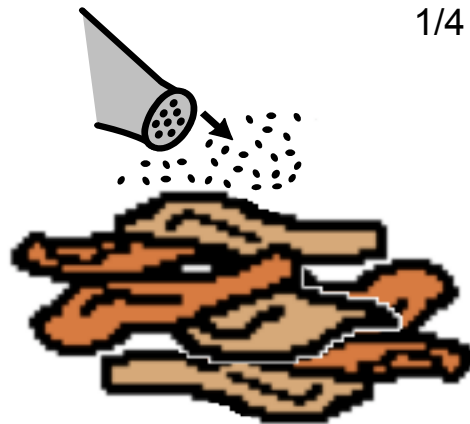
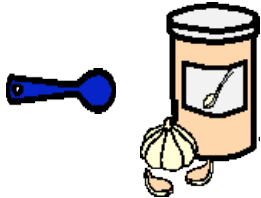
p.5

1 pound boneless, skinless chicken

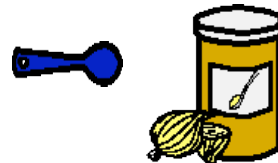


Cut 1 pound chicken into pieces.

1/4 teaspoon garlic powder



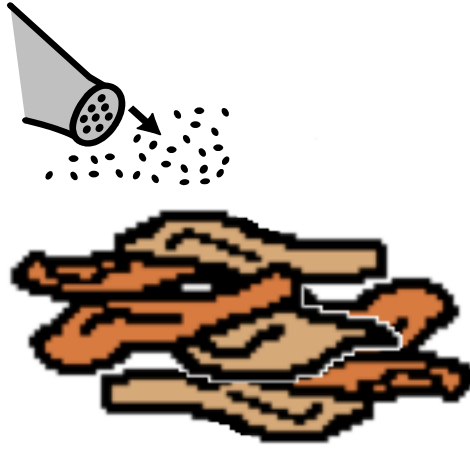
1/4 teaspoon onion powder



Sprinkle chicken with 1/2 teaspoon garlic powder and 1/2 teaspoon onion powder.



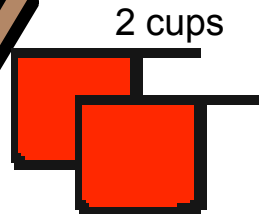
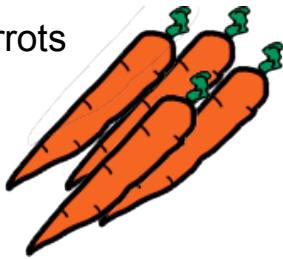
1/4 teaspoon pepper



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Sprinkle chicken with 1/2 teaspoon pepper.

carrots



2 cups

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Chop 2 cup carrots.



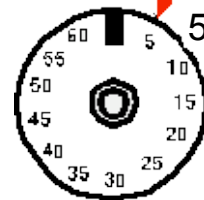
cooking spray



medium

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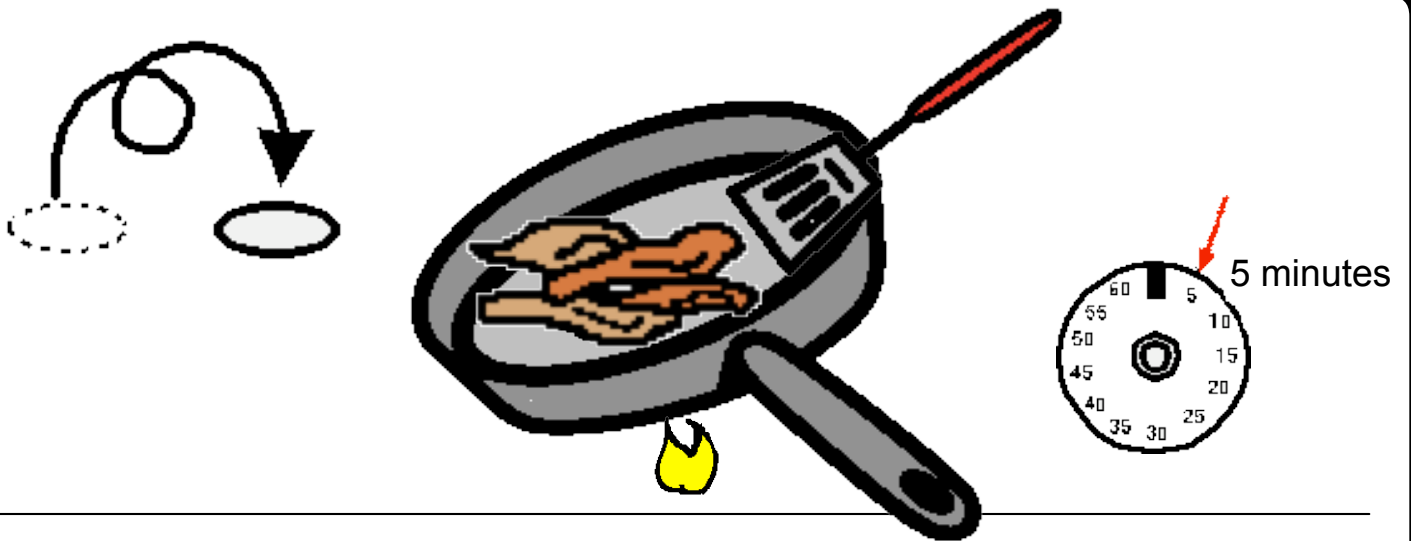
Spray frying pan with cooking spray.  
Heat on medium heat.



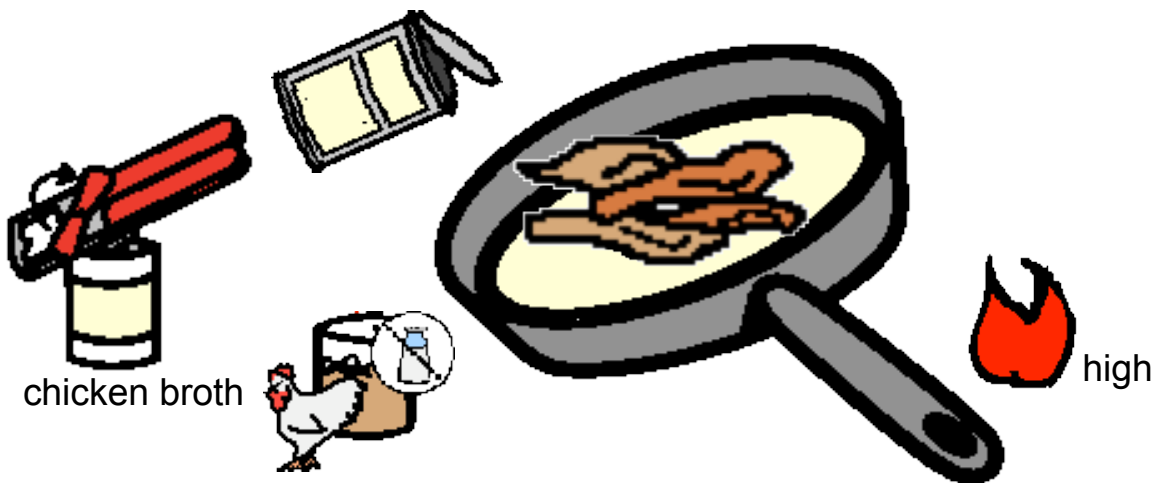
5 minutes

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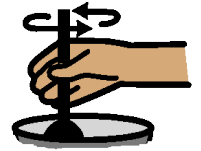
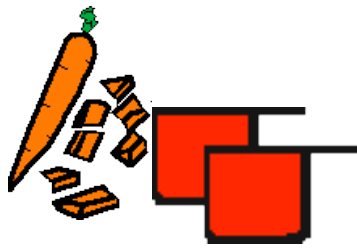
Cook chicken 5 minutes.



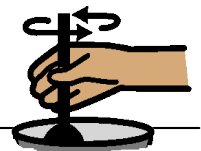
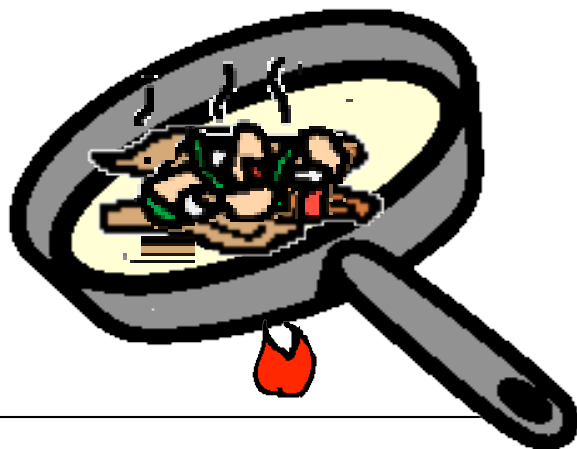
Turn chicken over.  
Cook 5 minutes more.



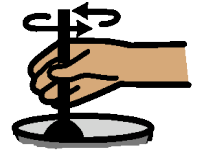
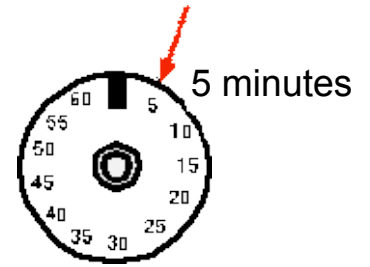
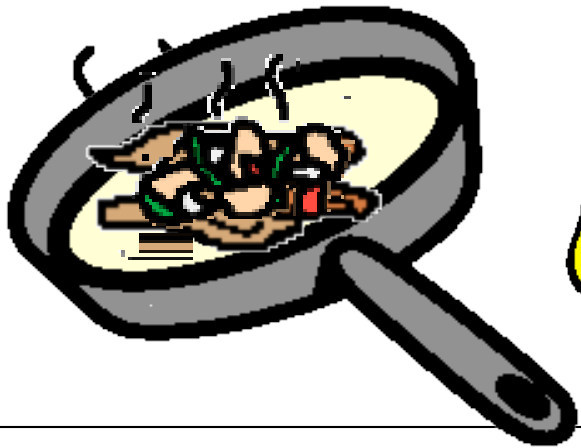
Open 1 can chicken broth and pour into  
frying pan. Heat on high.



Add 2 cups carrots. Stir.



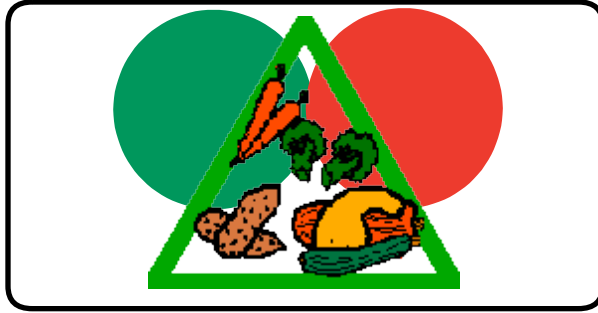
Add 1 cup peas. Stir.



Cook on medium for 5 minutes. Stir.



Serve hot.



# Green and Red Vegetables

  
serves: 4

Nutrient analysis per serving:  
Calories, 35; Carbohydrate, 5 g; Protein, 3 g; Fat, 2 g;  
Saturated fat, 0 g; cholesterol, 0 mg; Fiber 2.6 g; Sodium, 60 mg;  
Calcium 118 mg; Iron 3 mg; % Calories from Fat, 27%;

Recipe courtesy of Grow A Healthy Child: Fun Food News 2008  
Adaptation for accessibility by Pauline Anne Boisselle\_\_March 2008  
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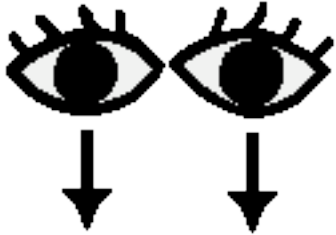
VEGETABLES

wash hands



# Wash your hands.

look

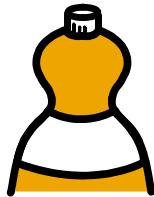


food



Look for these foods...

oil



fresh spinach



cherry tomatoes



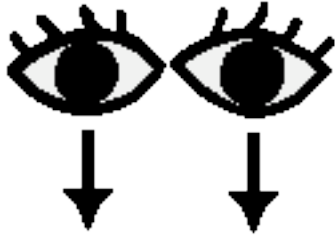
vinegar



pepper



look



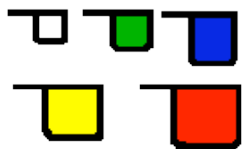
equipment



Look for this equipment...

p.4

measuring cups



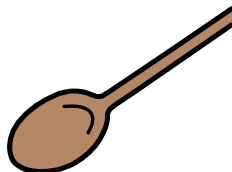
measuring spoons



frying pan



cooking spoon



cutting board & knife



p.5



cut cherry tomatoes in half



cutting board & knife



cut tomatoes

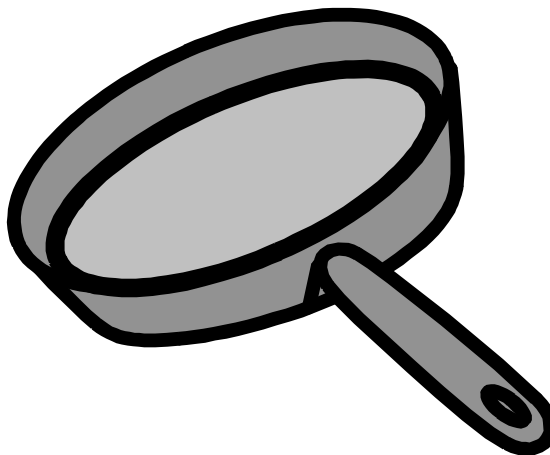


2 cups

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Cut 2 cups cherry tomatoes in half.

1 teaspoon oil

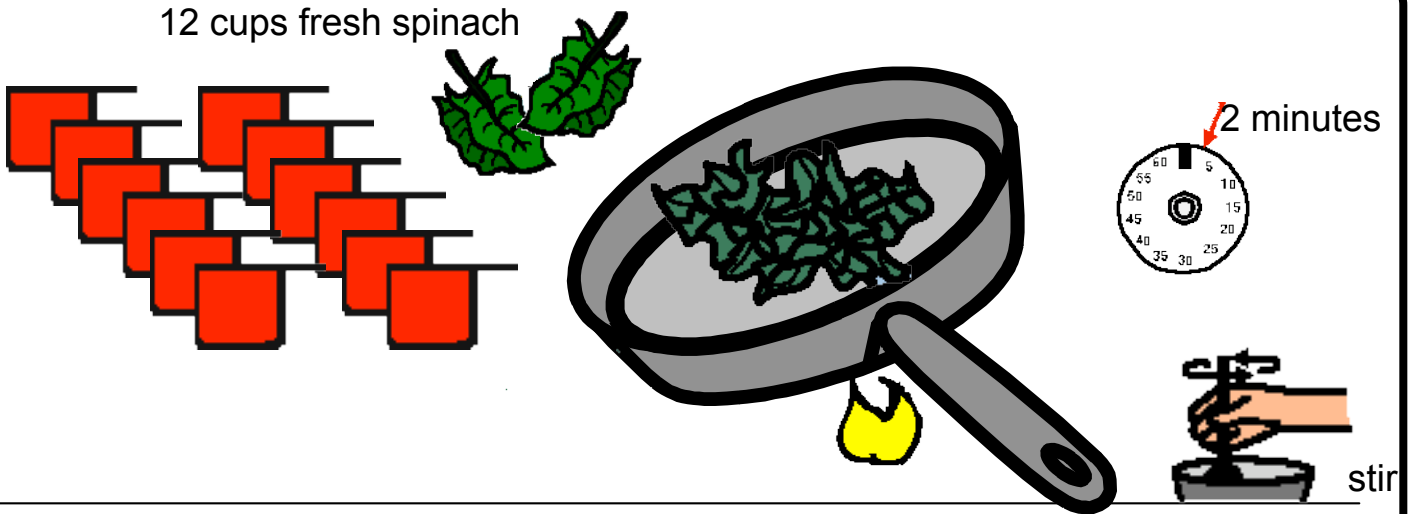


medium

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Put 1 teaspoon oil in frying pan.  
Heat on medium

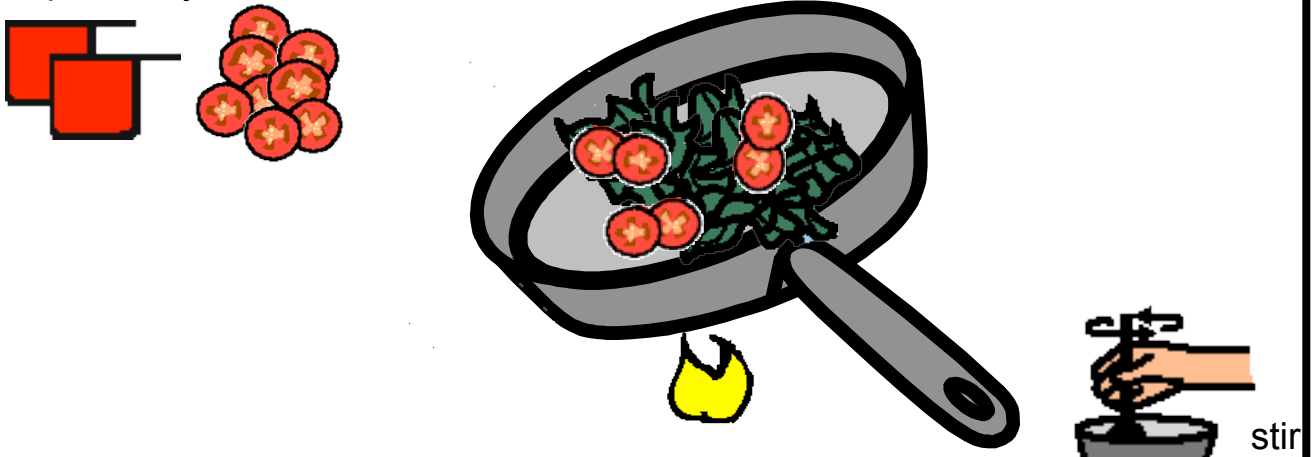
12 cups fresh spinach



Add 12 cups spinach into frying pan.  
Stir for 2 minutes.

p. 8

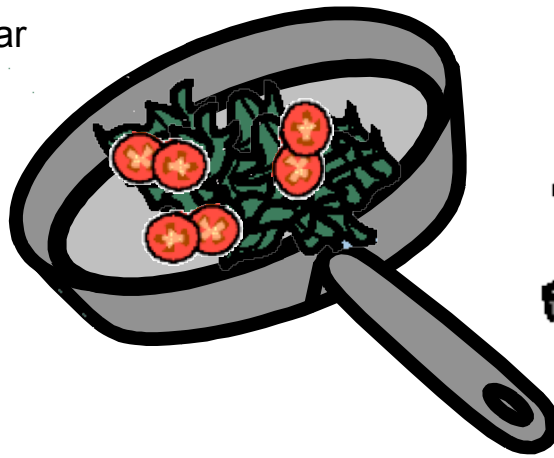
2 cups cherry tomatoes



Add 2 cups cherry tomatoes. Stir.

p.9

1 tablespoon vinegar



1 table spoon



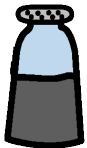
stir



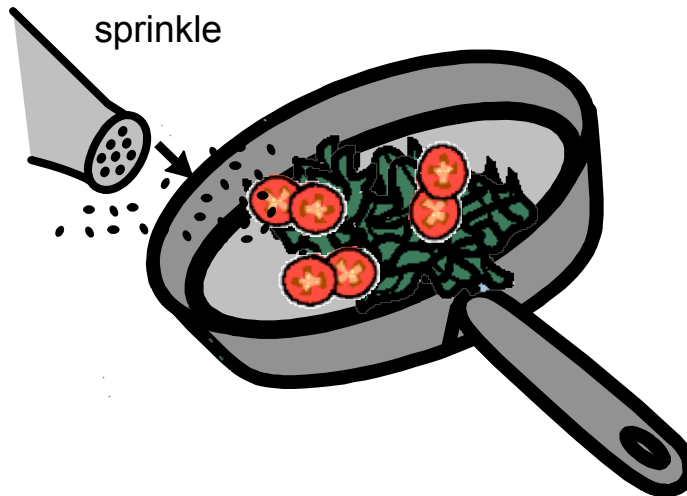
Add 1 tablespoon vinegar. Stir.  
Turn off heat.

p. 10

pepper



sprinkle

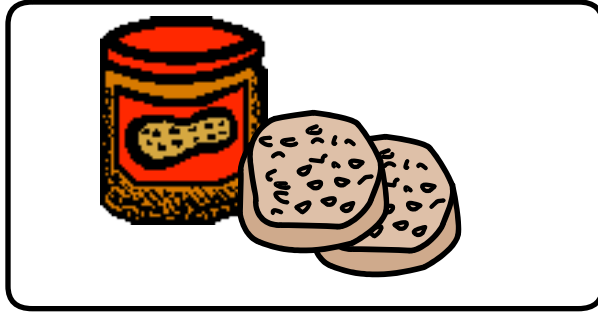


serve hot



Sprinkle pepper.  
Serve hot.

p.11



## Peanut Butter Muffin



serves: 4

Nutrient analysis per serving:

Calories, 180; Carbohydrate, 22 g; Protein, 7 g; Fat, 9 g; Saturated fat, 2 g;  
Trans fat 9 g; Cholesterol, 0 mg; Fiber 4.1 g; Sodium, 285 mg.  
Calcium 99 mg; Iron 1 mg; % Calories from Fat, 44%;

Recipe courtesy of Grow A Healthy Child: Fun Food News 2008  
Adaptation for accessibility by Pauline Anne Boisselle\_\_March 2008  
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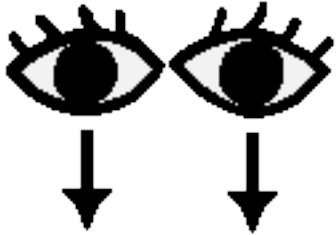
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wash hands



Wash your hands.

look

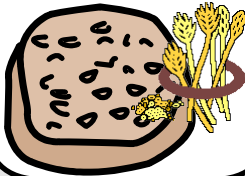


food



Look for these foods...

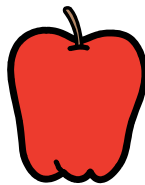
whole wheat  
English muffin



peanut butter



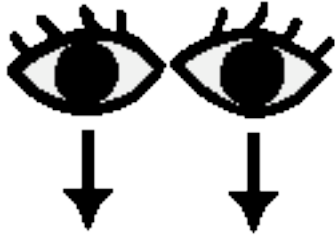
apple



ground cinnamon



look



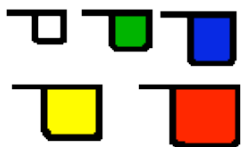
equipment



Look for this equipment...

p.4

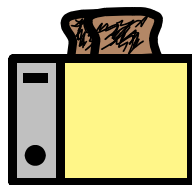
measuring cups



cutting board  
& knife



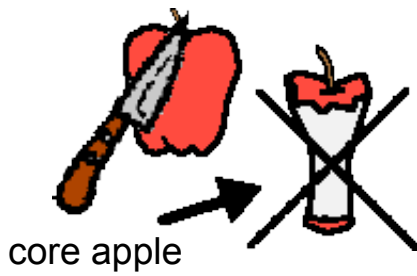
toaster



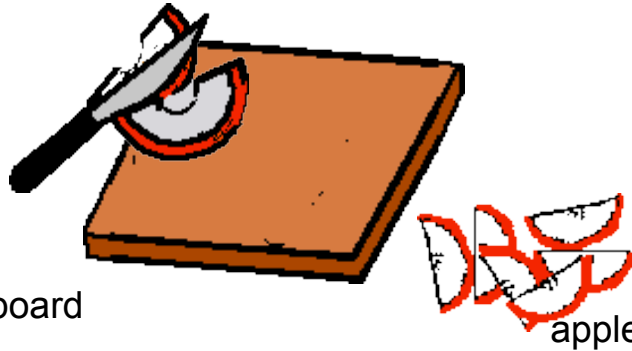
knife



p.5



core apple

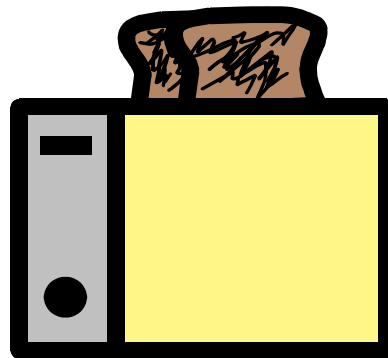
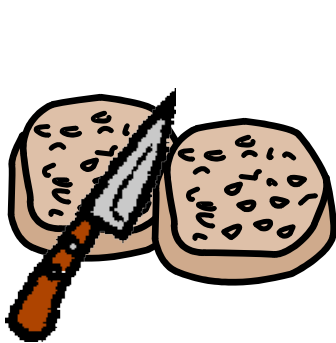


cutting board

apple slices

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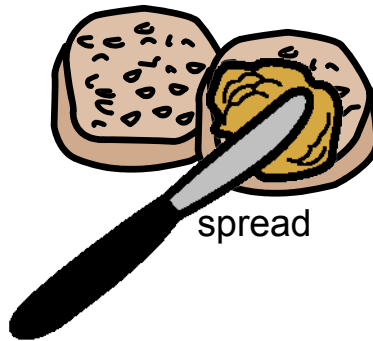
Remove the core from the apple.  
Cut apple into very thin slices.



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Cut muffin in half.  
Toast the muffins.

1/4 cup peanut butter



spread

Spread 1/4 cup peanut butter on the muffins.

p. 8

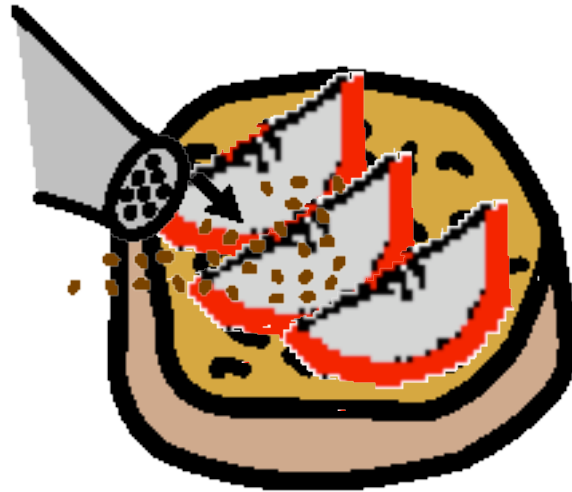


Put sliced apples on the English muffin.

p.9

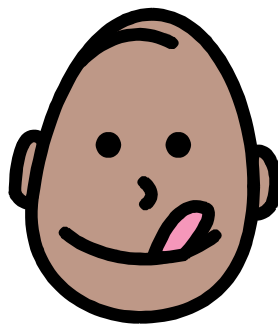


ground cinnamon



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Sprinkle with cinnamon.

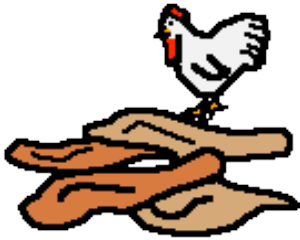


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Yum !

18 point

chicken tenders



garlic powder



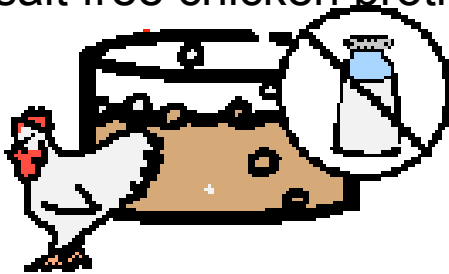
onion powder



pepper



salt free chicken broth



peas



cooking spray



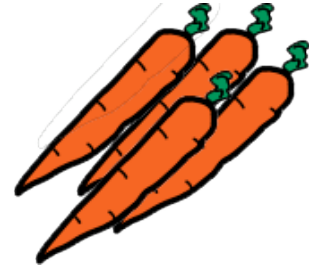
diced tomatoes



English muffin



carrots



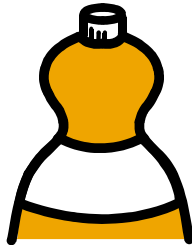
peanut butter



apple



oil



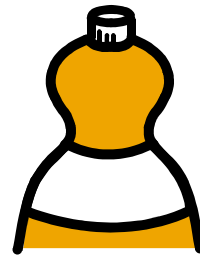
ground cinnamon



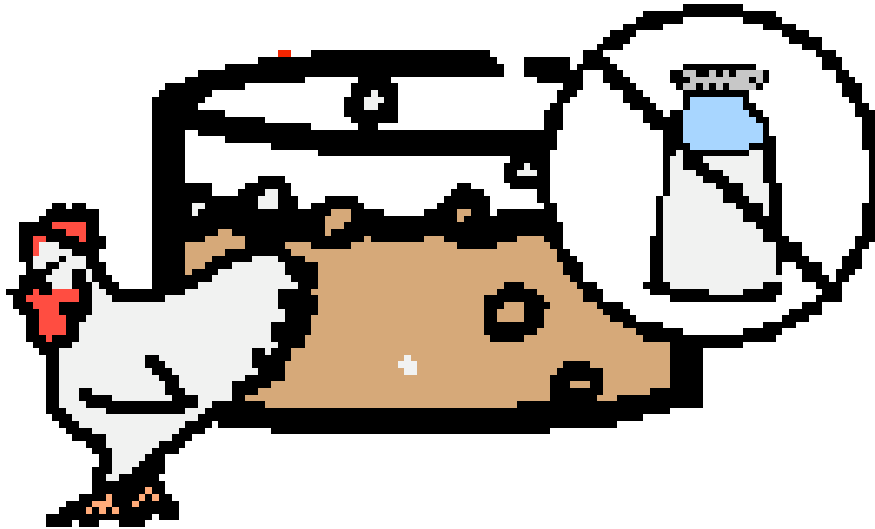
salt



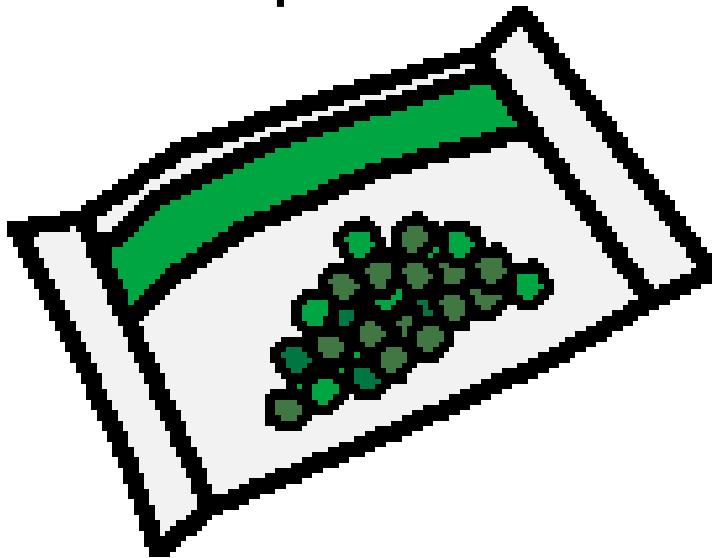
oil



salt free chicken broth

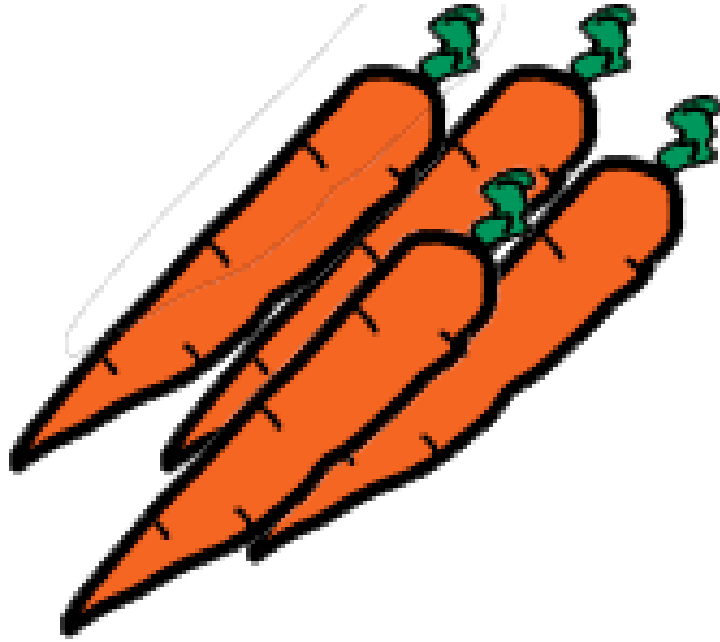


peas

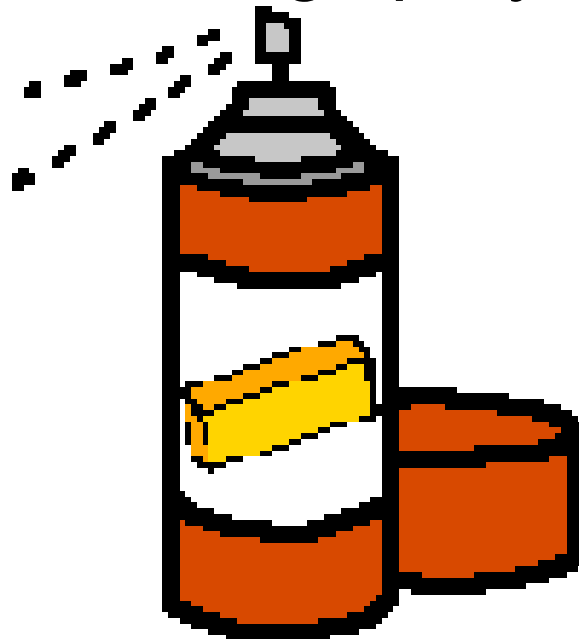


30 point

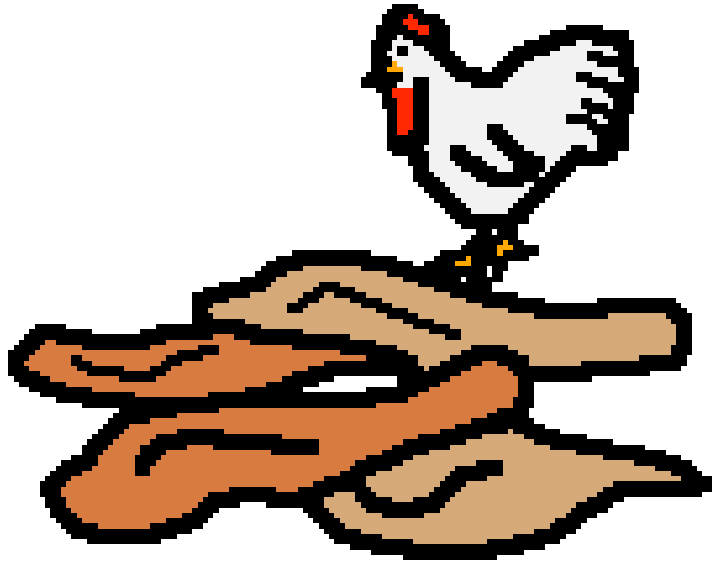
carrots



cooking spray



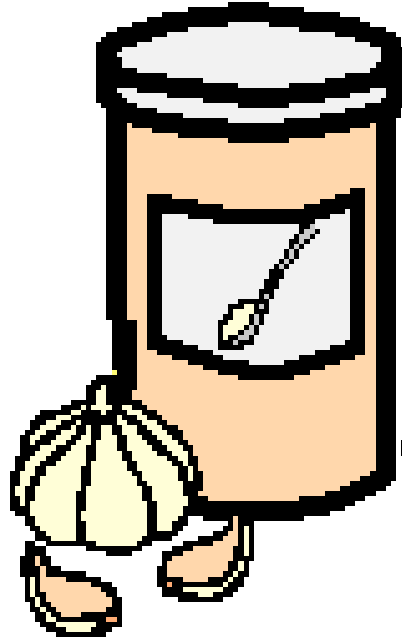
chicken tenders



onion powder



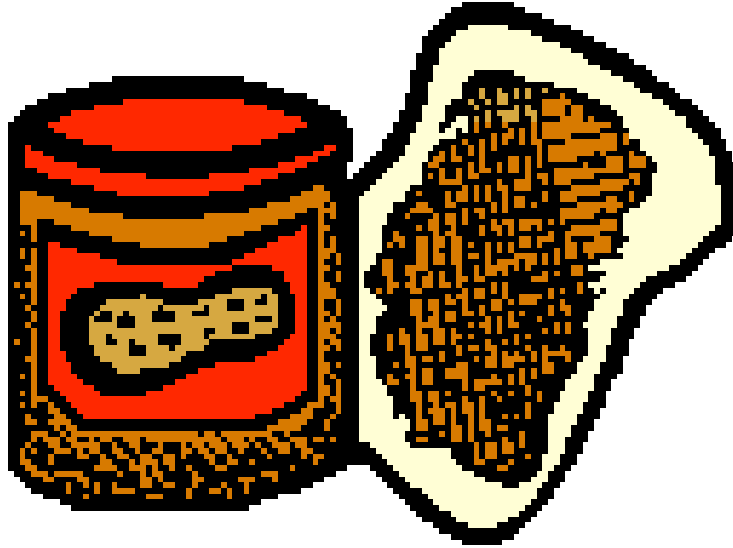
garlic powder



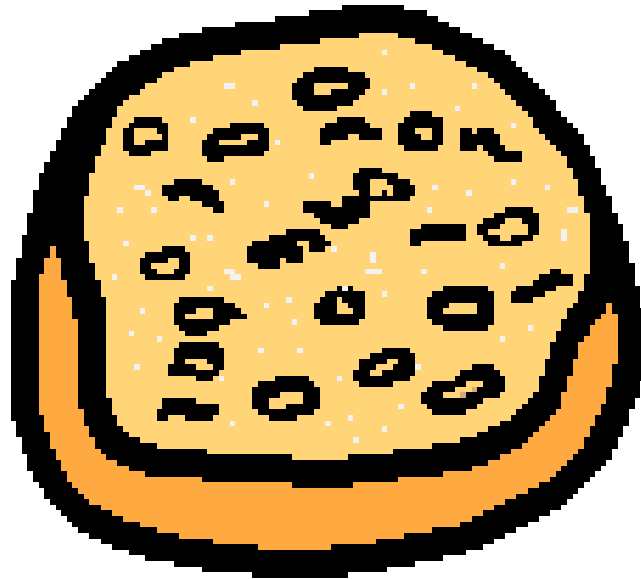
pepper



peanut butter

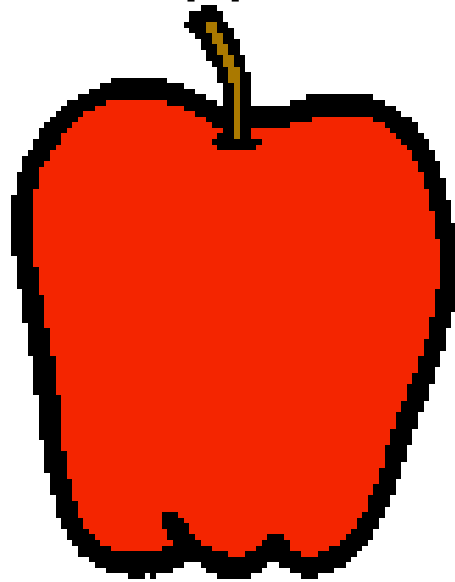


English muffin





apple



ground cinnamon



vinegar



juice lemon



cherry tomatoes



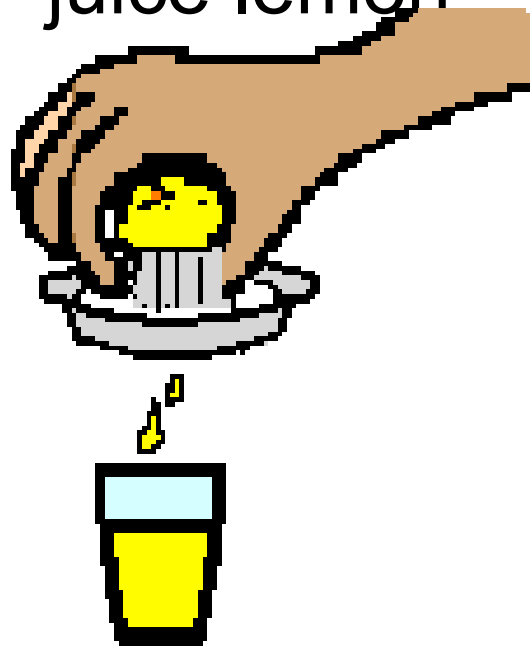
fresh spinach



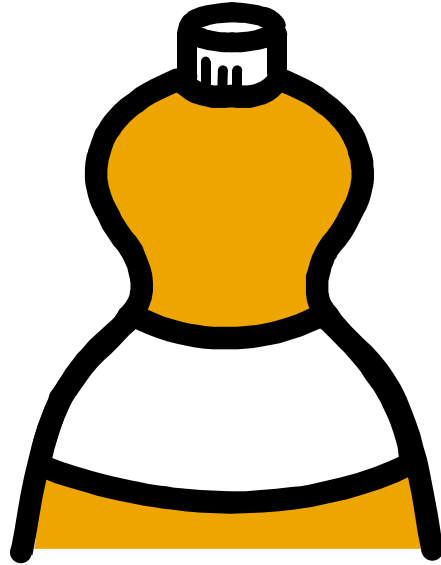
vinegar



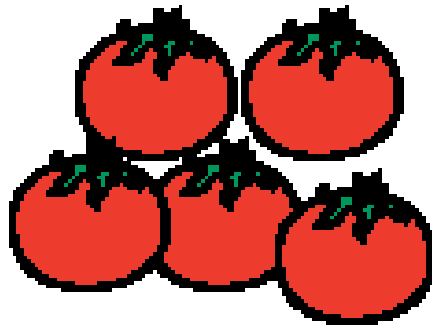
juice lemon



oil



cherry tomatoes



fresh spinach

