



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

January 2011

## Chicken Dumpling Soup

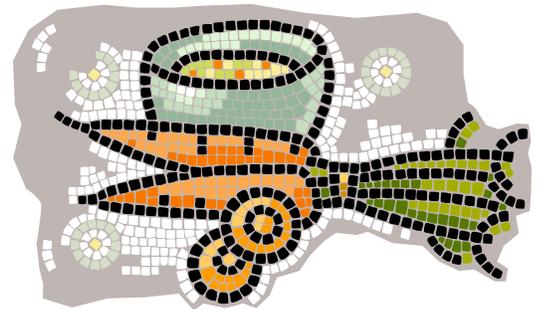
*Kids love chicken soup...  
and dumplings just make it better.*

### Soup:

2 tablespoons vegetable oil  
1 medium onion, diced  
1 stalk celery, diced  
2 carrots, diced  
1 garlic clove, crushed  
8 cups chicken broth  
2 cups cooked chicken cubed  
1 tablespoon dried Italian herbs  
Salt and pepper to taste

### Dumplings:

$\frac{1}{2}$  cup low-fat milk  
2 eggs  
 $\frac{3}{4}$  cup flour  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt



1. Heat oil in skillet. Add onion, celery and carrots to oil. Cook and stir over medium heat for 3 minutes. Add garlic and cook for 1 minute.
2. Combine chicken broth, onion, vegetables, chicken, herbs, salt and pepper in a large kettle. Cover and simmer for 30 minutes.
3. Make the dumplings - beat the eggs and milk together in a bowl. Add flour, baking powder and salt and beat together.
4. Bring the soup to a boil. Add small spoonfuls of the dumpling batter to the boiling soup. Cover and simmer for 15 minutes. Serve.
5. Leftovers can be stored in the refrigerator for 3 days.

## Try something different in your chicken and dumpling soup...

- ♥ Add  $\frac{1}{2}$  to 1 cup barley in the broth. Simmer for 30 minutes.
- ♥ Use egg noodles or orzo instead of dumplings.
- ♥ Add frozen green peas or beans.
- ♥ Add 1 cup chopped fresh spinach.
- ♥ Use 1 tablespoon fresh Italian parsley or basil instead of dried herbs.
- ♥ Try celery salt instead of regular salt.
- ♥ Add  $\frac{1}{2}$  teaspoon ground nutmeg to the dumplings.



## Family Meals

The number of families that eat together at least once a day has increased from 52% in 2003 to 73% in 2010.

### That's great!

Plan a family meal with your children at least once a day when they are little.

Life becomes more complicated as children get older and have sport and school activities in the evenings and on weekends.

Start this healthy habit early in life.



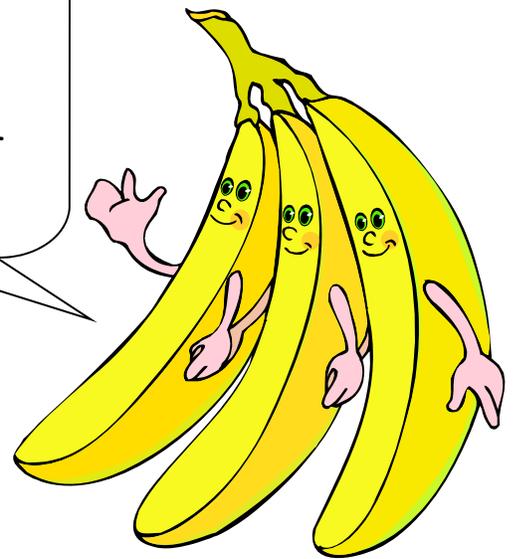
## Eight Ways to Eat Bananas

- 😊 Peel a banana and eat it!
- 😊 Make a banana parfait. Layer flavored yogurt, banana slices and granola in a dish. Top with a cherry and eat.
- 😊 Add a mashed banana to your pancake batter and make banana pancakes.
- 😊 Blend a banana smoothie. Blend 2 bananas, 1 cup orange juice, and 1 cup non-fat vanilla yogurt together.
- 😊 Make 'ants on a banana'. Slice a banana lengthwise. Spread lightly with peanut butter. Top with raisins and eat.
- 😊 Snack on frozen banana pops. Peel bananas. Roll bananas in non-fat yogurt and then in granola or crushed cereal. Wrap in plastic wrap and freeze.
- 😊 Serve banana pudding - top a dish of pudding with sliced bananas.
- 😊 Make banana bread.



We are high in potassium!

We make a great snack on the go!



### What Can You Do?

- ✓ Cook Chicken Dumpling soup for my family.
- ✓ Plan to have at least 1 family meal with my children every day.
- ✓ Eat more snacks with bananas.
- ✓ Other: \_\_\_\_\_



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## Nutrition Matters

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