

Teen Cuisine



Virginia
Cooperative
Extension



 VirginiaTech
Invent the Future



18 USC 707

Teen Cuisine

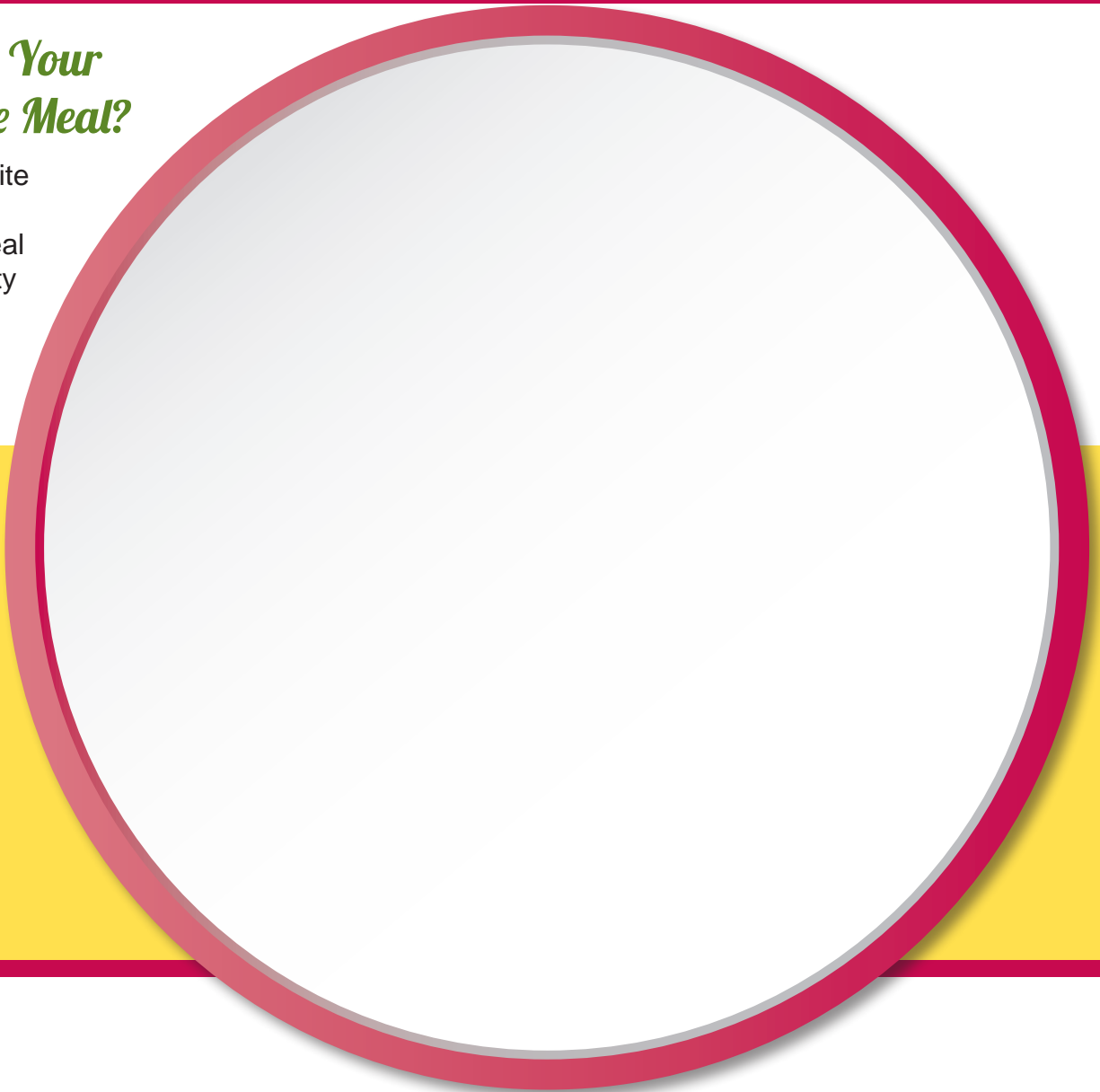
1. Eat Smart	2
2. You Are What You Eat	8
3. Power Up With Protein	14
4. Fight the Fat	18
5. Have a Plan	22
6. For Your Information	26
7. More Recipes to Try	27

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

Eat Smart

What's Your Favorite Meal?

Draw or write about your favorite meal in the empty plate.



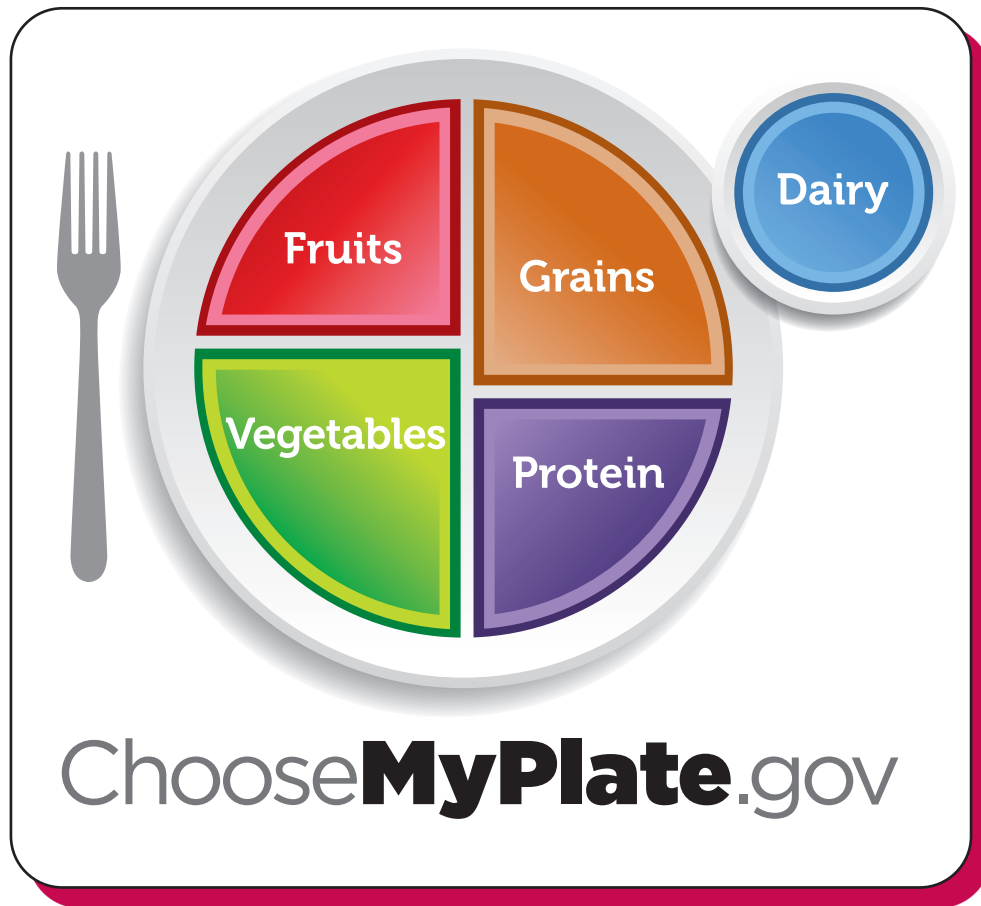
My Goals for This Week

Write two nutrition goals you want to work toward this week.

Goal 1:

Goal 2:





What Can I Do to Eat and Live Smarter?

Fill in the blanks below.

- Make at least _____ of your grains whole grains.
- Vary your _____.
- Focus on _____.
- Get your _____ rich foods.
- Go _____ with protein.
- Find your balance between _____ and _____.
- Keep food _____ to eat.

Eat and Cook Like an Expert

- Get permission from an adult.
- Always wash your hands before you start and again after touching any raw meat or eggs.
- Keep long hair pulled back and take off dangling jewelry.
- Don't wear your best outfit!
- Gather all ingredients and equipment before starting to prepare the dish.
- Use different cutting boards and knives for meats than you use for fruits and vegetables.
- Sanitize sink and counter space before and after cooking.
- Beware of hot pans. Turn pot handles away from the edge of the stove and remove lids by tilting them away from you so the lid shields the steam.
- Microwave steam is hot, so be very careful when removing plastic wraps or lids.
- Use a clean spoon every time you taste a dish — never put your finger in foods.
- Clean as you go. Keep trash and scraps away from preparation area.
- Always allow an oven to preheat according to the recipe you are using before you put the dish in.
- Turn the oven off right after you take your dish out.



Notes on Recipe Reading

1. Read the recipe all the way through before you start making it. Make sure you have all the ingredients and enough time to finish.
2. Ingredients are usually listed in the order they are used.
3. Measurements are important. Use actual measuring utensils — not spoons used for eating.
4. Do each step in order. Don't skip around or you may leave something out.

Tbsp = tablespoon

tsp = teaspoon

oz = ounce

c = cup

Recipe Reading 101

Circle all the words you know are cooking terms and put a box around anything you are not familiar with.

Simple Spaghetti Sauce

Ingredients:

- 1 tbsp olive or vegetable oil
- 1 c onion, chopped
- 2 cloves garlic, minced
- 1/2 lb extra-lean ground beef
- 2 8-oz cans low-sodium tomato sauce
- 1 1/2 c water
- 1 tsp salt
- 1 tsp dried parsley
- 1 tsp dried basil
- 1/4 tsp pepper

You'll also need:

- Cutting board
- Knife
- 2 skillets
- 2 large spoons
- Can opener
- Measuring cups and spoons

Directions:

1. Heat olive oil in skillet over medium heat and add onion and garlic. Cook and stir until translucent.
2. In the other skillet, brown the ground beef on medium heat using the second spoon.
3. Drain the browned beef and add it to the skillet with the onion and garlic.
4. Stir in remaining ingredients.
5. Bring to a boil, reduce heat, and simmer for 3 minutes.
6. Serve over cooked spaghetti pasta.



Other Cooking Terms to Know

- Grate** To rub food on a grater to make small pieces. Tool: grater.
- Shred** To tear food into long, thin pieces; to grate food coarsely on a grater.
- Marinate** To soak in an acid-oil mixture.
- Grease** To rub with fat or oil.
- Blend** To mix two or more ingredients together thoroughly.
- Cream** To beat until soft and smooth.
- Brown** To cook over heat until food becomes brown in color.
- Dice** To cut into small squares.
- Mince** To cut food into the smallest possible pieces.
- Mix** To combine or blend into one mixture.
- Pare** To cut a very thin layer of peel from fruits or vegetables.

Wash Your Hands!

1. Start with warm running water and soap.
2. Lather up all parts of your hands, including the back of the hands, the wrists, around the nails, and between the fingers.
3. Rub hands together for 20 seconds — about the time it takes to sing the “ABC Song” or “Twinkle, Twinkle, Little Star.”
4. Rinse well under water and pat dry with a towel.



Washing your hands is the
No. 1 way to prevent getting sick!

How to Slice/Chop Apples

1. Wash apples and place on cutting board.
2. Cut lengthwise down the core.
3. Quarter the apple.
4. Turn the apple to the side and cut the core out of each piece. Remove core and stem from cutting board and discard.
5. Place the apple quarter with the skin up and apple “meat” face down on the cutting board.
6. Slice into thinner wedges.
7. To chop, turn slices and cut into small pieces.



Fruit with Yogurt Orange Dip Serves 4

Serves 4

Ingredients:

1/4 cup nonfat vanilla yogurt
2 tablespoons orange juice
1/4 teaspoon ground cinnamon
Fresh fruits (apples, pears,
bananas, grapes)

You'll also need:

Cutting board
Knife
Small bowl
Large spoon
Measuring cups and spoons

Directions:

1. Gather all ingredients and equipment together. Wash and peel fruit if necessary.
2. Using a cutting board, slice the fruit and arrange on a plate.
3. Mix yogurt, orange juice, and cinnamon together in a small bowl and stir until smooth.
4. Use the yogurt-orange mix as a dip for the fruit.



You Are What You Eat

Steps to Label Reading

Fill in the boxes with what to look at during each step.

Step 1

Nutrition Facts			
Serving Size 2 tortillas (51g)			
Servings Per Container 6			
Amount Per Serving			
Calories 110	Calories from Fat 10		
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 30mg			1%
Total Carbohydrate 22g			7%
Dietary Fiber 2g			9%
Sugars 0g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
Fat 9 • Carbohydrates 4 • Protein 4			

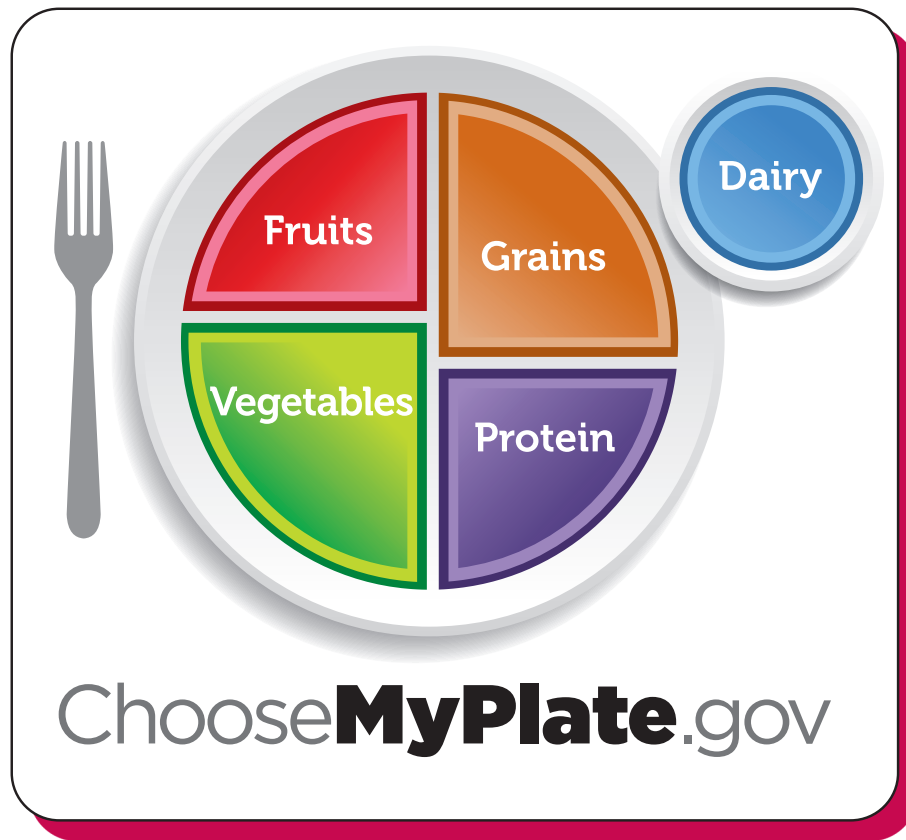
Step 2

Step 3

Step 4

Step 5





Daily Food Plan

Here is a guide to how much you should eat every day from each of the MyPlate food groups. Quantities are based on a daily calorie intake of 2,000 for females and 2,400 for males, ages 14 to 18, who are moderately active. Your actual needs will vary based on your age, size, gender, and activity level.

	Males	Females
Grains*	8 ounces	6 ounces
Vegetables	3 cups	2 ½ cups
Fruit	2 cups	2 cups
Protein**	6 ½ ounces	5 ½ ounces
Dairy	3 cups	3 cups

* In general, 1 slice of bread; 1 cup of ready-to-eat cereal; or ½ cup of cooked rice, pasta, or cereal can be considered equivalent to 1 ounce from the grains group.

** In general, 1 ounce of lean meat, poultry, or fish; 1 egg; 1 tablespoon of peanut butter; ¼ cup of cooked, dry beans; or ½ ounce of nuts or seeds can be considered equivalent to 1 ounce from the protein group.

What does $\frac{1}{2}$ to 1 cup of vegetables look like?

2 cups of raw, leafy vegetables
= 1 cup of vegetables



softball



1 cup of tomato juice
= 1 cup of vegetables



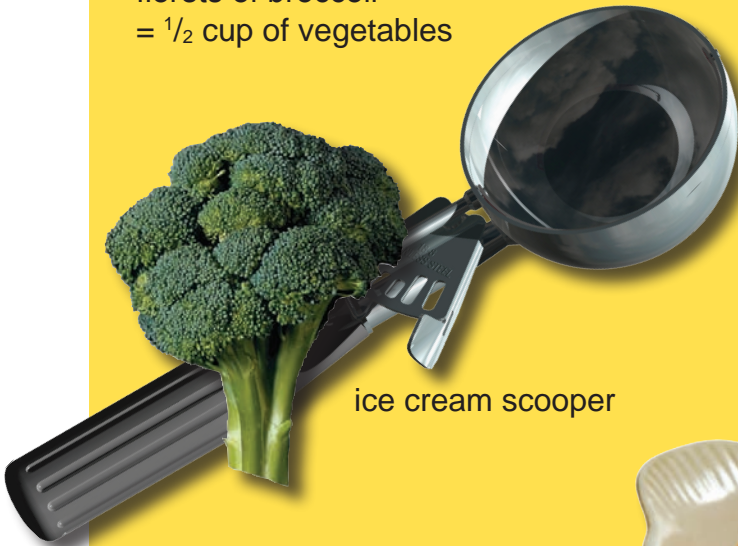
8 ounce
styrofoam
cup



$\frac{1}{2}$ cup of chopped or
florets of broccoli
= $\frac{1}{2}$ cup of vegetables



ice cream scooper



light bulb

1 medium carrot or about
6 baby carrots
= $\frac{1}{2}$ cup of vegetables



What does 1/2 to 1 cup of fruit look like?

1 small apple (2.5 inch diameter)
= 1 cup of fruit



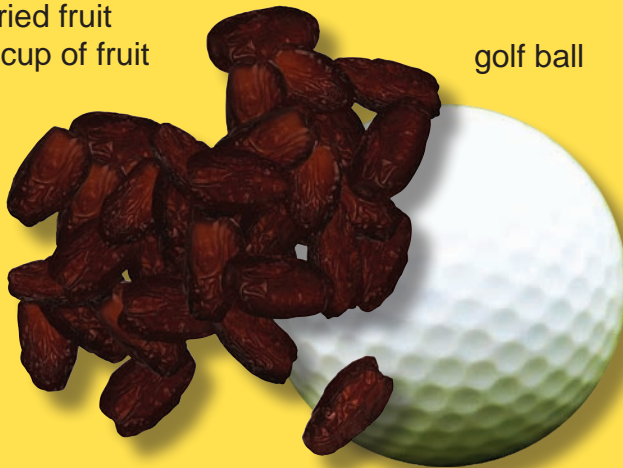
tennis ball

16 seedless grapes
= 1/2 cup of fruit



light bulb

1 small box of raisins
(1.5 ounces) or 1/4 cup
of dried fruit
= 1/2 cup of fruit



golf ball

4 ounces of canned fruit
= 1/2 cup of fruit



1 medium cantaloupe wedge or
1/2 cup of blueberries
= 1/2 cup of fruit

6-7 cotton balls



1/2 baseball



Slices, Sticks, Cubes!



1. Gather the food, a clean cutting board, and a knife.
2. Peel food if needed.
3. Cut the food in half lengthwise for long foods, like cucumbers, or quarter it for round foods, like tomatoes.
4. Then slice.
5. Take slices and cut them lengthwise into sticks.
6. Take sticks and cut them crosswise into cubes. Try to make cubes the same size.

Green Beans and Tomatoes Serves 6

Ingredients:

2 pounds fresh green beans
2 teaspoons canola or olive oil
2 onions, finely chopped
2 garlic cloves, finely chopped
2 cups tomatoes, finely chopped
1 green pepper, thinly sliced
2 cups water
Salt and pepper to taste

You'll also need:

Large saucepan or skillet
Large spoon
Colander
Cutting board
Knife
Measuring cups and spoons

Directions:

1. Wash the beans, cut off the tips, and remove the stringy piece of fiber along the stem by pulling it off. Put the beans in the colander and rinse again.
2. Over medium heat setting, add oil to a large saucepan.
3. Wait approximately 45 seconds until oil is hot, then add raw onions to the pan.
4. Sauté the onions in oil until they are translucent.
5. Stir in the garlic and sauté a few minutes more.
6. Add green beans, tomatoes, green pepper, and water.
7. Bring to a boil, reduce heat, and let simmer covered for 15 minutes or until the beans are tender.
8. Serve hot.

Apple Fruit Salad Serves 8

Ingredients:

2 Golden Delicious apples, diced
2 Red Delicious apples, diced
2 bananas, peeled and sliced
1 1/2 cups red seedless grapes
1/2 cup plain nonfat yogurt
2 tablespoons orange juice
1/2 teaspoon ground cinnamon

You'll also need:

1 medium bowl
1 small bowl
1 large spoon
Cutting board
Knife
Measuring cups and spoons
Squirt bottle (optional)

Directions:

1. Cut up all fruit and mix together in a medium bowl.
2. Combine yogurt, orange juice, and cinnamon in a small bowl and drizzle over fruits.
3. If preferred, put yogurt dressing in a squirt bottle to drizzle.



Corn, Sweet Onion, and Tomato Salad Serves 10

Ingredients:

3 cans corn, whole kernel (11-ounce cans)
2 large tomatoes, diced
1 large sweet onion, cut into thin strips
1 bunch cilantro, minced
2 limes, juiced
1/3 cup rice vinegar
Salt to taste

You'll also need:

Large bowl
Large spoon
Measuring cup
Can opener
Cutting board
Knife

Directions:

1. In a large bowl, combine corn, tomatoes, sweet onion, and cilantro.
2. Squeeze lime juice over mixture and mix in.
3. Stir in rice vinegar to taste; the amount you use will depend on the sweetness of the corn and the acidity of the lime.
4. Season with salt.
5. Cover and let chill for 45 minutes.
6. Stir before serving.



Chinese Vegetable Stir-fry Serves 4

Ingredients:

3/4 cup pineapple juice
1 tablespoon sugar
1 tablespoon lemon juice
1 1/2 teaspoons cornstarch
1 teaspoon light soy sauce
2 teaspoons vegetable oil
1 head broccoli
1 head cauliflower
2 carrots
2 stalks celery
1 red bell pepper

You'll also need:

Cutting board
Knife
Small bowl
Non stick skillet
Liquid measuring cup
Measuring spoons

Directions:

1. Combine pineapple juice, sugar, lemon juice, cornstarch and soy sauce in a mixing bowl. Set aside.
2. Chop the broccoli into bit-size pieces of flowers and stalk, removing tough parts. Rinse well and set aside. Do the same with the cauliflower. Wash a carrot and slice into thin slices. Wash a celery stalk and cut off both ends. Cut into small slices. Wash a red pepper and slice in half. Remove the seeds and white membranes. Slice in to thin strips.
3. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery: cook for 2 minutes. Add bell pepper: cook for 2 minutes.
4. Stir sauce well and add sauce to skillet, bring to a boil and cook for 1 minute. Stir to distribute sauce over vegetables. Serve over brown rice.



Power Up With Protein

Body Building Blocks

Each of these nutrients is listed on the Nutrition Facts label. Write down key words to help you remember the function of each nutrient for your body.

Nutrition Facts	
Serving Size 2 tortillas (51g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

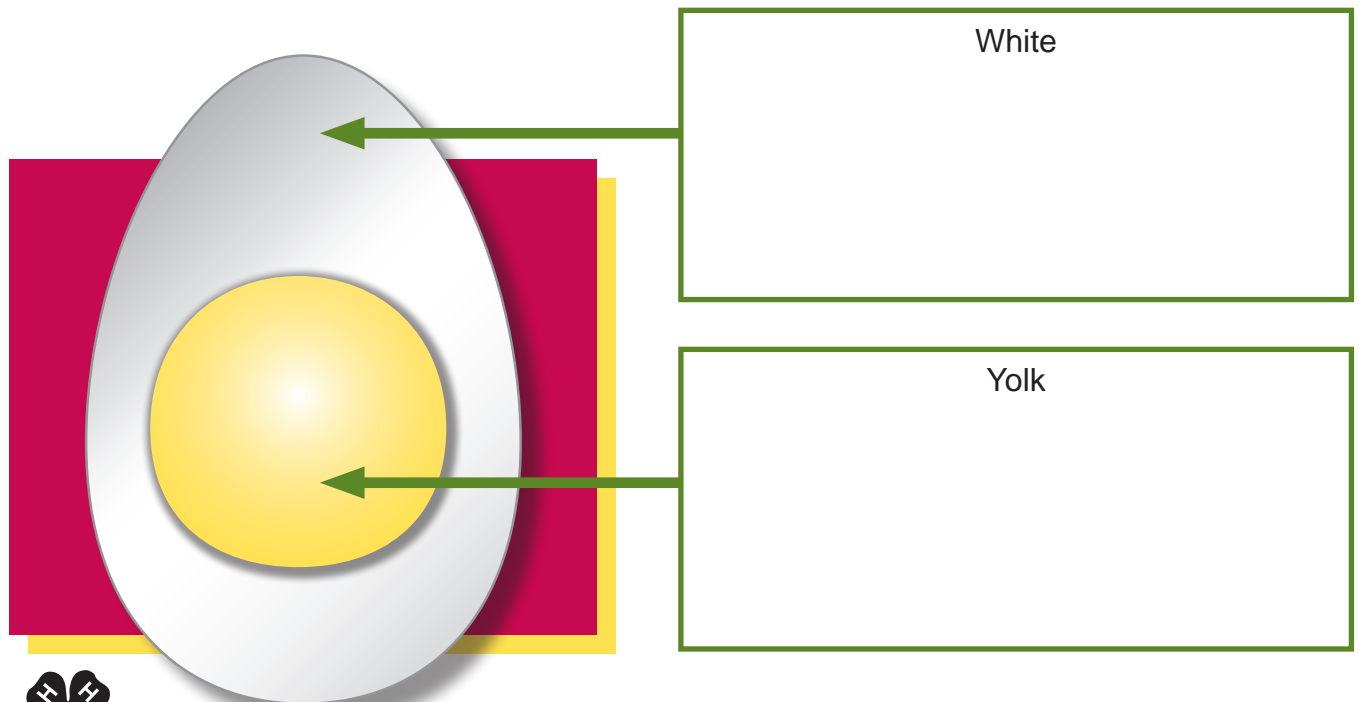
	Calories		
Saturated fat/trans fat	Polyunsaturated/ monounsaturated fats	Cholesterol	
	Sodium	Dietary fiber	
Sugar	Protein	Vitamins A & C	
	Calcium	Iron	

Major Nutrients

Protein	<ul style="list-style-type: none"> • 4 calories per gram. • Found in: meats, eggs, beans, and dairy products. • Helps build strong muscles and bones.
Carbohydrates	<ul style="list-style-type: none"> • 4 calories per gram. • 2 types = complex and simple: <ul style="list-style-type: none"> - Complex carbs are rich in fiber and found in: fruits, some vegetables, whole-grain breads, and cereals. - Simple carbs found in: sugary sodas, sweets, and processed foods. • Both types give the body energy, but complex carbs provide many vitamins, minerals, and other nutrients.
Fats	<ul style="list-style-type: none"> • 9 calories per gram. • Good fats found in: olive oil and peanut butter. • Bad fats found in: fatty animal meats and partially hydrogenated oil. • Need in moderation because fats keep skin and hair healthy.
Vitamins and minerals	<ul style="list-style-type: none"> • No calories! • Essential in many body processes.
Water	<ul style="list-style-type: none"> • No calories! • Essential in many body processes.

EGGcellent Source of Nutrients!

Describe the nutrients in each part of the egg.



Egg Recipes

Source: The American Egg Board. www.incredibleegg.org/recipes-and-more/recipes

Basic Scrambled Eggs Serves 2

Ingredients:

2 eggs
2 tablespoons of milk
Salt and pepper
1 teaspoon butter

You'll also need:

Small, nonstick skillet
Spatula
Medium bowl
Fork or whisk

Directions:

1. Beat eggs, milk, salt, and pepper until blended in medium bowl.
2. Heat butter in nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, pull across the pan with an inverted spatula, forming large, soft curds.
5. Continue cooking — pulling, lifting, and folding eggs until thickened and no visible liquid remains.
6. Remove from heat and serve immediately.



Hard-Boiled Eggs Serves 8

Ingredients:

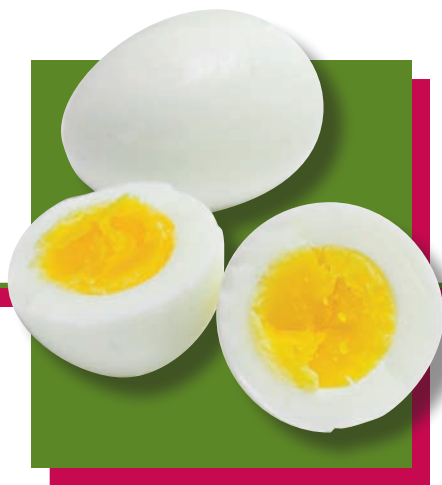
Eggs

You'll also need:

Saucepan with lid

Directions:

1. Place eggs in a saucepan large enough to hold them in a single layer. Add cold water to cover eggs by 1 inch.
2. Heat over high heat just to boiling.
3. Remove from burner and cover pan.
4. Let eggs stand in hot water for about 12 minutes for medium/ large eggs or 18 minutes for extra-large eggs.
5. Drain immediately and serve warm, or cool completely under cold running water or in a bowl of ice water, then refrigerate.



How to Chop an Onion

1. Cut the ends off the onion and peel off the brown layers.
2. Run under water to remove any dirt.
3. Stand onion on one flat end and cut in half lengthwise. Place the flat sides on the cutting board.
4. Slice across the onion from one side to the other to make slices, holding it together with other hand.
5. Turn the onion one-quarter turn and repeat to make chopped onion.
6. Use smaller slices to make diced onion.



Basic Omelets Serves 2

Ingredients:

- 2 eggs
- 2 tablespoons milk
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon butter
- 1/3-1/2 cup filling, such as shredded cheese, onions, spinach, or other vegetables

You'll also need:

- Nonstick cooking spray
- Skillet
- 7- to 10-inch omelet pan or nonstick skillet
- Small bowl
- Spatula
- Fork or whisk
- Measuring cups and spoons
- Cutting board and knife, depending on choice of fillings

Directions:

1. Spray the skillet with nonstick cooking spray and cook raw vegetables until tender. Place aside for later.
2. Beat eggs, milk, salt, and pepper in a small bowl until blended.
3. Heat butter in omelet pan or nonstick skillet over medium-high heat until hot.
4. Pour in egg mixture. Mixture should set immediately at edges.
5. Gently push cooked portions from edges toward the center with inverted spatula so uncooked eggs can reach the pan's hot surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. When the top surface of eggs is thickened and no visible liquid egg remains, place filling on the bottom half of the omelet.
7. Fold omelet in half — top to bottom, covering the filling — with spatula and slide onto a plate.
8. Serve immediately.



Fight the Fat

Avoid	Try
Cream sauce	<ul style="list-style-type: none"> • Order sauce on-the-side to use less. • Look for broth- or tomato-based sauces.
Sour cream, butter, cheese, and creamy dressing	<ul style="list-style-type: none"> • Order on-the-side to use less. • Try low-fat creamy dressing or a vinegar-based dressing. • Use plain, nonfat yogurt.
Mayonnaise	<ul style="list-style-type: none"> • Order on-the-side to use less. • Use mustard instead. • Use nonfat or light version.
Fried foods	<ul style="list-style-type: none"> • Try baked, grilled, or steamed alternatives.



Tips for Healthy Eating Out

Choose dishes with many fruits and vegetables.

Choose whole-grain options.

Take half the meal home.

Start with a salad at buffets.

Use a small plate at buffets.

Sort the Fat Facts

It is vital for the body to get some fat from the diet. There are different kinds of fat, so it is important to know which kind is in specific foods.

Label each source of fat as a "good fat" or "bad fat." Put a check beside any you should eat more often because it's a source of good fat.



Baked Chicken Nuggets Serves 4

Ingredients:

- 1 egg
- 2 tablespoons milk
- 3 1/2 cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces
- 1/4 cup dipping sauce

You'll also need:

- 2 bowls
- Fork or whisk
- Nonstick cooking spray
- Baking sheet

Directions:

1. Preheat oven to 400 degrees.
2. Whisk the egg and milk together with a fork or whisk.
3. Place crushed cornflakes in another bowl.
4. Dip chicken pieces in egg mixture and then in cornflakes.
5. Spray the baking sheet with nonstick cooking spray, then put coated chicken on the baking sheet.
6. Bake for 15 minutes.
7. Serve with selected dipping sauce.

Baked Fries Serves 8

Ingredients:

- 4 teaspoons vegetable or olive oil
- 4 medium baking potatoes
- 1/2 teaspoon salt
- 1/4 teaspoon crushed black pepper

You'll also need:

- Vegetable brush (to scrub potatoes)
- Baking sheet
- Aluminum foil
- Basting brush (to oil baking sheet)
- Cutting board
- Knife

Directions:

1. Preheat oven to 450 degrees.
2. Scrub the potatoes and set aside.
3. Line a baking sheet with aluminum foil and brush with 2 teaspoon oil.
4. Cut potatoes lengthwise into 1/4-inch thick pieces. Then cut each wedge lengthwise again into 1/4-inch pieces. Make all pieces uniform. Pieces should resemble a traditional french fry.
5. Place on baking sheet in a single layer.
6. Season both sides of the potatoes with salt and pepper.
7. Drizzle remaining 2 teaspoons of oil on top of potatoes.
8. Bake for 25 minutes, rotating the baking dish every 10 minutes. Cook for additional time if sides are not brown.

The next time I eat out, I will:



Tips for Safely Handling Raw Meats

- Purchase meats last at the grocery store and immediately store them in the refrigerator or freezer.
- Never thaw meat at room temperature; use a cold-water bath or the microwave or refrigerator.
- Wash your hands and sanitize all surfaces the meat touches.
- Don't return cooked meats to the same container the raw meat was in.
- Don't use marinade sauces that raw meat was in.
- Cook to the proper temperature using a food thermometer.
- Put cooked meats in refrigerator within two hours.
- Eat all meat or freeze within two days.



Must reach this temperature for 15 seconds:

Chicken	165 F
Leftovers	165 F
Hamburger	160 F
Eggs	Until whites and yolks are firm
Pork	145 F
Fish	145 F

Source: www.foodsafety.gov

This week, I will:



Have A Plan

Plan	Shop	Eat
<ul style="list-style-type: none">• Check what you already have.• Check ads.• Think about preferences.• Follow MyPlate.• Make a grocery list.	<ul style="list-style-type: none">• Stick to the list only!• Buy store brands often.• Look at top and bottom shelves.• Read nutrition labels and key words on container.• Consider fresh, canned, and frozen produce options.• Compare the unit prices of items.	<ul style="list-style-type: none">• Stick to planned meals.• Make sure to eat leftovers.



Grocery List

Keep an ongoing list of things you need to buy as you think of them.

Organize your list according to store layout:

Canned goods

Bread

Produce

Meats and dairy

Plan to Save Money

Use the unit pricing on items to find the best buy. Unit pricing helps you fairly compare the cost of different size or brands of the same product.

You can find the unit price on the tag on the shelf below the item you are buying. It is not usually listed on the item itself.

To calculate, take the store price and divide it by the units it is measured in, such as ounces, pounds, or cups.

Here are two cans of peaches. One is large and one is small. Which has the best unit price?

Brand A canned peach halves – 15 oz

UNIT PRICE	RETAIL PRICE
9.93¢	\$1.49
PER OUNCE	15 OUNCES



Brand A canned peach halves – 29 oz

UNIT PRICE	RETAIL PRICE
8.58¢	\$2.49
PER OUNCE	29 OUNCES



Here is a bag of rice and a premium brand of instant, flavored rice. How much more is the plain rice unit price compared to the instant rice?

Brand B Rice – 32 oz

UNIT PRICE	RETAIL PRICE
5.59¢	\$1.79
PER OUNCE	32 OUNCES



Brand B Instant Flavored Rice – 6 oz

UNIT PRICE	RETAIL PRICE
18.17¢	\$1.09
PER OUNCE	6 OUNCES



Mock Meal

Name of recipe:

Already have these ingredients	Need to buy these ingredients	What I need to remember when buying these ingredients

What foods/dishes would make this a complete meal?



Keep Foods Safe To Eat!

The Danger Zone

The Danger Zone is the temperature range in which germs and bacteria grow best.

The temperature of food that's kept out of refrigeration for longer than two hours falls into the Danger Zone.

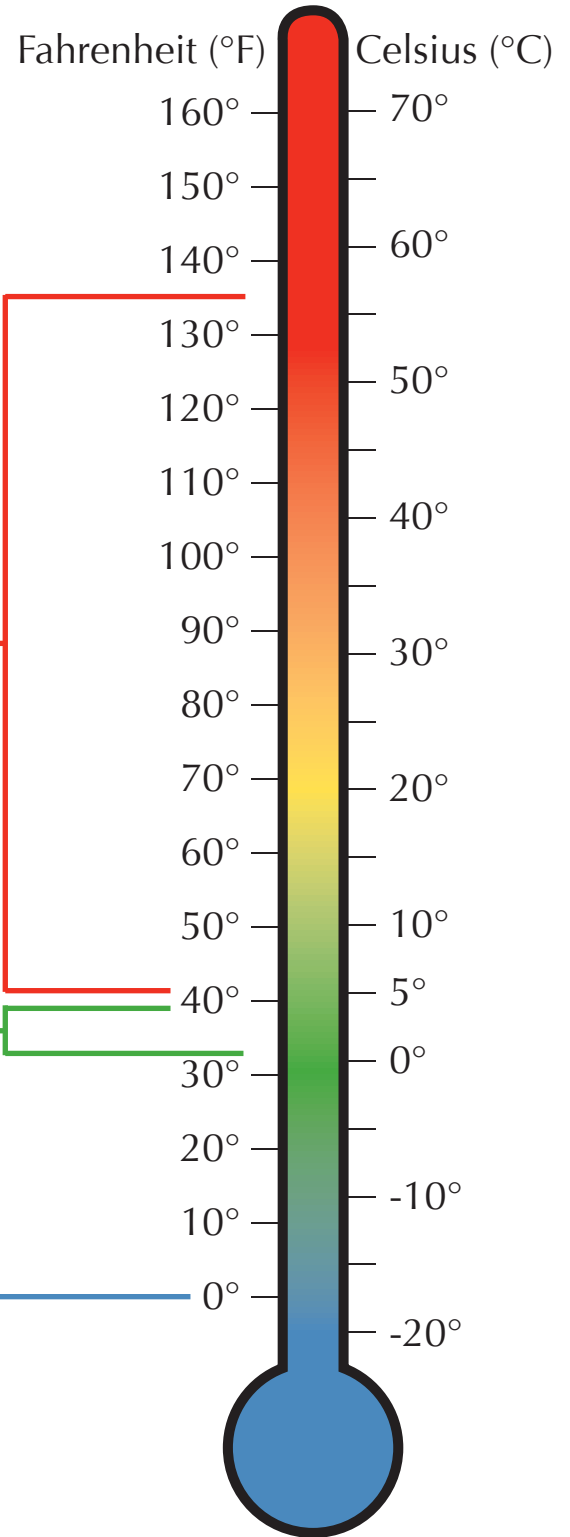
To avoid the Danger Zone:

- Put food away within two hours of cooking.
- Put groceries away as soon as possible.

Danger Zone: _____ F to _____ F

Refrigeration: _____ F to _____ F

Freezer: _____ F

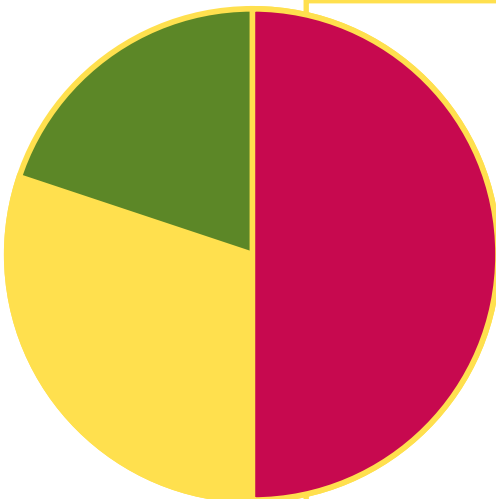


For Your Information

Measurement Equivalents



1 tablespoon (tbsp)	= 3 teaspoons (tsp)
1/8 cup	= 2 tablespoons
1/4 cup	= 4 tablespoons
1/3 cup	= 5 tablespoons + 1 teaspoon
1/2 cup	= 8 tablespoons
2/3 cup	= 10 tablespoons + 2 teaspoons
3/4 cup	= 12 tablespoons
1 cup	= 16 tablespoons
8 fluid ounces (fl oz)	= 1 cup
1 pint (pt)	= 2 cups
1 quart (qt)	= 2 pints
4 cups	= 1 quart
1 gallon (gal)	= 4 quarts
16 ounces (oz)	= 1 pound (lb)



Macronutrient Needs

Not all calories are the same. A healthy diet should have calories coming from the three main macronutrients in the following percentages:

- Carbohydrates (45-65%)
- Fat (25-35%)
- Protein (10-30%)

Source: Dietary Guidelines for Americans, 2010. Nutritional Goals for Older Children and Adolescents (4-18 years). www.dietaryguidelines.gov

More Recipes to Try

Breakfast Pizza Serves 1

Ingredients:

- 1 whole-wheat English muffin
- 2 teaspoons peanut butter
- 2 teaspoons apple butter
- $\frac{1}{8}$ cup mixed fruit, such as banana, pineapple, strawberries, sliced
- 1 teaspoon raisins or nuts, optional

Directions:

1. Split English muffin and toast.
2. Spread peanut butter and apple butter on halves.
3. Top with fruit.
4. Add raisins or nuts, optional.

You'll also need:

- Knife and cutting board
- Measuring cups and spoons

French Toast With Fruit Serves 8

Ingredients:

- 4 large eggs, beaten
- 1 cup skim milk
- $\frac{1}{2}$ teaspoon ground cinnamon or nutmeg
- $\frac{1}{2}$ teaspoon vanilla
- 8 slices of whole-wheat bread
- 1 tablespoon margarine
- 3 cups strawberries, sliced
- $\frac{1}{3}$ cup maple syrup
- Dash of ground cinnamon

Directions:

1. In a large bowl, beat eggs with fork or whisk, then add milk, cinnamon, and vanilla. Beat until mixed well.
2. Melt margarine in large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture and turn over to coat both sides.
4. Place in hot skillet. Use a spatula to turn bread. Cook each side until golden brown, about 2 minutes.
5. To make fruit sauce, combine strawberries, syrup, and cinnamon. Mix well.
6. Microwave for 30 seconds or until warm and stir.
7. Spoon immediately over French toast and serve.

You'll also need:

- Knife and cutting board
- Large bowl
- Large skillet
- Fork or whisk
- Spatula
- Small microwave-safe bowl
- Large spoon

Cranapple Crisp Serves 8

Ingredients:

- 4 apples, chopped
- 1 16-ounce can cranberry sauce, whole
- 2 teaspoons margarine, melted
- 1 cup quick-cooking oats
- $\frac{1}{3}$ cup brown sugar
- 1 teaspoon ground cinnamon

Directions:

1. Preheat oven to 400 degrees. Spray an 8 x 8-inch baking dish with nonstick cooking spray.
2. In a large bowl, combine the cranberry sauce and apples. Pour into baking dish.
3. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well-blended. Sprinkle over apple/cranberry mixture.
4. Cover with lid or foil and bake for 15 minutes.
5. Uncover and bake 10 more minutes or until topping is crisp and brown.
6. Serve warm or cold.

You'll also need:

- Can opener
- Measuring cups and spoons
- 8 x 8-inch baking dish
- Nonstick cooking spray
- Bowls (1 large and 1 small)
- Large spoon
- Lid for baking dish or aluminum foil



Chicken Quesadillas Serves 4

Ingredients:

- 1 cup skinless chicken, pre-cooked and shredded
- 2 tablespoons chunky tomato salsa
- 1/4 cup onion, chopped
- 1/4 cup green bell pepper, chopped (optional)
- 1/2 cup Monterey Jack cheese, shredded
- 4 tortillas, whole grain

You'll also need:

- Nonstick cooking spray
- Cutting board
- Knife
- Measuring cups and spoons
- Large spoon

Directions:

1. Mix chicken, salsa, onion, and green pepper (optional).
2. Spray skillet with cooking spray and place skillet on stove on medium heat until hot.
3. Place 1/4 of the chicken mixture on the bottom half of a tortilla and top it with 1/4 of the cheese.
4. Fold tortilla in half — top to bottom, covering filling.
5. Place tortilla in heated pan and brown for approximately 2 to 4 minutes. Turn tortilla over and brown other side.
6. Cut folded tortilla into 3 to 4 wedges.

Easy Stovetop Lasagna Serves 6

Ingredients:

- 1/2 pound lean ground beef
- 28 ounces low-sodium, canned, diced tomatoes
- 6 ounces tomato paste
- 1 teaspoon Italian seasoning
- 8 ounces whole-grain lasagna noodles
- 8 ounces low-fat cottage cheese
- 1/4 cup Parmesan cheese

You'll also need:

- Can opener
- Colander
- Measuring cups and spoons
- Large skillet and large saucepan
- Large spoon

Directions:

1. Brown ground beef. Drain and return to skillet.
2. Stir in spaghetti sauce and Italian seasoning. Bring to a boil.
3. In the saucepan pan, cook pasta according to directions on the package. Remove and drain in colander.
4. Add cooked noodles and cottage cheese to beef mixture.
5. Cover and cook for 5 minutes.
6. Sprinkle Parmesan cheese on top.
7. Cover and remove from heat. Let stand for 4 minutes to melt cheese.

Waldorf Salad Serves 4

Ingredients:

- 1 cup celery, diced
- 2 apples, chopped
- 1/4 cup walnuts, chopped
- 1/2 cup raisins
- 1/2 cup vanilla nonfat yogurt
- 1 teaspoon lemon juice
- 1 teaspoon sugar

You'll also need:

- Measuring cups and spoons
- Cutting board
- Knife
- Bowls (1 large and 1 small)
- Large spoon

Directions:

1. Combine celery, apple, walnuts, and raisins in a large mixing bowl.
2. In a smaller bowl, combine yogurt with lemon juice and sugar.
3. Add the yogurt mixture to the fruit mixture.
4. Mix until coated.
5. Refrigerate until ready to serve.



Egg Salad Sandwiches Serves 6

Ingredients:

6 eggs, hard-boiled, chopped
 3 tablespoons pickle relish
 1/4 teaspoon ground pepper
 1/3 cup fat-free mayonnaise
 12 whole-wheat bread slices
 Whole tomatoes, sliced (optional)
 Lettuce (optional)

You'll also need:

Cutting board
 Knife
 Medium bowl
 Large spoon

Directions:

1. Combine eggs, relish, pepper, and mayonnaise in mixing bowl, mash, and mix well.
2. Broil or toast bread, optional.
3. Spread mixture on 6 slices of bread. Add sliced tomato and lettuce if desired.
4. Top with remaining 6 slices of bread.



Bean Dip Serves 6

Ingredients:

15 ounces canned kidney beans
 1 tablespoon vinegar
 3/4 teaspoon chili powder
 1/8 teaspoon ground cumin
 2 teaspoons onion, minced
 1/4 cup water
 1 cup reduced-fat cheddar cheese, grated

You'll also need:

Can opener
 Blender
 Colander
 Measuring cups and spoons
 Bowl
 Large spoon

Directions:

1. Drain kidney beans in the colander and rinse under running water.
2. Place the rinsed beans, vinegar, chili powder, and cumin in a blender and blend until smooth.
3. Add enough water to make the dip easy to spread, about 1/4 cup.
4. Remove mixture from blender and put in bowl.
5. Stir in minced onion and grated cheese.
6. Serve with raw vegetables or corn chips.

Italian Mixed Vegetables Serves 4

Ingredients:

1 zucchini, sliced
 1 yellow squash, sliced
 1/2 bell pepper, chopped (red or green)
 2 tomatoes, chopped
 1/4 cup low-calorie Italian salad dressing
 1/4 cup Parmesan cheese

You'll also need:

Cutting board
 Knife
 Measuring cups
 Microwave-safe casserole dish
 Large spoon

Directions:

1. Wash, slice, and chop vegetables as indicated.
2. Mix vegetables and salad dressing together in a microwave-safe casserole dish.
3. Cook vegetables in microwave for 10 minutes, stirring every 2 to 3 minutes.
4. Sprinkle Parmesan cheese over the top of vegetables and allow to melt before serving.



Berry Purple Smoothie Serves 4

Ingredients:

20 ounces pineapple chunks
2 cups blueberries, frozen
1 1/2 cups cubed ice
6 ounces lemon-flavored nonfat yogurt

You'll also need:

Blender

Directions:

1. In the blender container, combine all ingredients and process until smooth.
2. Serve immediately or cover and refrigerate until ready to serve.



Quick Apple Cinnamon Oatmeal Serves 1

Ingredients:

1/2 cup quick-cooking oats
2/3 cup water
1/4 cup unsweetened applesauce
1/4 teaspoon apple pie spice

You'll also need:

Microwave-safe bowl
Large spoon
Measuring cups and spoons
Waxed paper
Hot pads

Directions:

1. Pour oatmeal into a microwave-safe bowl.
2. Add water to the oatmeal. Cover with waxed paper.
3. Cook in microwave for 1 to 2 minutes or until thickened. Use hot pads to remove bowl from the microwave. Stir until mixed.
4. Add applesauce and apple pie spice to oatmeal. Stir until mixed.

Chicken and Broccoli Crustless Quiche Serves 8

Ingredients:

5 large eggs
1 cup low-fat cottage cheese
3/4 cup low-fat cheddar cheese, shredded
2 boneless, skinless chicken breasts, cooked and shredded
10 ounces frozen, chopped broccoli, thawed
1/4 cup carrots, shredded
1/2 cup onion, finely chopped
Pepper, to taste
1/2 teaspoon garlic powder

You'll also need:

Nonstick cooking spray
Cutting board
Knife
Grater
Large bowl
Large spoon
Measuring cups and spoons
8 x 8-inch square glass baking dish

Directions:

1. Preheat oven to 350 degrees.
2. Spray a baking dish with nonstick cooking spray.
3. In mixing bowl, combine eggs, cottage cheese, pepper, and garlic powder. Mix well.
4. Layer chicken, vegetables, and cheddar cheese in baking dish. Pour egg mixture over the ingredients.
5. Bake for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Let stand 5 minutes before cutting.



Chicken and Rice with Salsa Serves 8

Ingredients:

2 pounds boneless, skinless chicken breasts
2 cups salsa
2 cups instant brown rice
1 cup water
1/2 cup reduced-fat cheddar cheese, shredded

You'll also need:

Oven-safe baking dish
Nonstick cooking spray
Measuring cups
Grater
Aluminum foil

Directions:

1. Preheat oven to 400 degrees.
2. Spray baking dish with cooking spray.
3. Spread uncooked rice in bottom of dish. Lay chicken breasts on top of rice.
3. Combine salsa and water. Pour over chicken and rice.
4. Cover with foil and bake for 30 to 40 minutes until chicken reaches an internal temperature of 165° F and rice is tender.
5. Sprinkle with cheese and re-cover with foil until cheese melts.

Baked Pork Chops Serves 4

Ingredients:

1 pound boneless pork sirloin chops
1 egg white
1/4 cup evaporated skim milk
1/2 cup cornflake crumbs
1 tablespoon taco seasoning mix

You'll also need:

Nonstick cooking spray
Cutting board
Knife
Mixing bowl
Plastic bag
13 x 9-inch baking dish
Spatula or tongs to turn chops

Directions:

1. Preheat oven to 375 degrees.
2. Trim all fat from chops and discard.
3. Beat egg white with evaporated skim milk. Place chops in milk mixture. Let stand for 5 minutes, turning chops once.
4. Mix cornflake crumbs and taco seasoning mix together in plastic bag.
5. Remove chops from milk mixture. Drop in the plastic bag and shake to coat thoroughly.
6. Spray a 13 x 9-inch baking dish with nonstick spray. Place chops in dish. Sprinkle remaining crumb mixture on chops.
7. Bake for 15 minutes. Turn chops. Bake 5 to 10 minutes more or until no pink remains.

Fruit Salad with Light Whipped Topping Serves 12

Ingredients:

16 ounces fruit cocktail in juice, drained
20 ounces pineapple chunks in juice, drained
8 ounces plain, fat-free yogurt
8 ounces light whipped topping

You'll also need:

Colander
Large bowl
Large spoon
Can opener

Directions:

1. Drain fruit cocktail and pineapple chunks in colander. Place fruit in bowl.
2. Stir in yogurt and whipped topping. Mix well.
3. Refrigerate until ready to serve.



Pablo's Salsa Serves 6

Ingredients:

3 tomatoes
1/2 cup onion, finely chopped
2 green peppers, finely chopped
1/2 cup fresh cilantro, chopped
1 teaspoon salt
2 teaspoons lime juice
4 cups corn chips

You'll also need:

Cutting board
Knife
Bowl
Measuring cups and spoons

Directions:

1. Mix tomatoes, onion, green peppers, cilantro, salt, and lime juice together.
2. Refrigerate for at least 2 hours. Serve with corn chips.



Crispy and Spicy Snack Mix Serves 8

Ingredients:

2 cups small, square, whole-wheat cereal
1 cup pretzel twists
1/2 cup square, reduced-fat cheese crackers
1/2 cup whole-wheat crackers
1 1/2 tablespoons butter, melted
1 tablespoon ginger stir-fry sauce
1 teaspoon chili powder
1 teaspoon ground cumin

You'll also need:

Baking sheet
Nonstick cooking spray
Large bowl
Measuring cups and spoons
Microwave-safe bowl
Spatula

Directions:

1. Preheat oven to 250 degrees.*
2. Spray baking sheet with nonstick spray
3. Combine first four ingredients in large bowl.
4. Melt butter in microwave-safe bowl.
5. Combine butter, ginger stir-fry sauce, chili powder, and cumin. Drizzle over cereal mixture, tossing to coat.
6. Spread mixture on baking sheet.
7. Bake for 30 minutes or until crisp, stirring twice.

*Mixture can be microwaved in a microwave-safe baking dish for 6 minutes at 2-minute intervals. Stir at each interval.

Fruit Chewy Cookies Serves 14

Ingredients:

3 ripe bananas
1 cup raisins
1 1/2 tablespoons vegetable oil
2 cups rolled oats
1/2 cup walnuts, chopped (optional)
1 teaspoon vanilla extract
2 tablespoons apple butter

You'll also need:

Nonstick cooking spray
Large bowl
Large spoon
Measuring cups and spoons
Baking sheet

Directions:

1. Preheat oven to 350 degrees.
2. Spray baking sheet with nonstick cooking spray.
3. Coarsely mash bananas in mixing bowl. Combine remaining ingredients with bananas and stir to mix well. Let stand for 10 minutes.
4. Drop by teaspoonfuls on baking sheet. Bake for 10 to 20 minutes until browned.
5. Remove and let cool for at least 10 minutes. Makes 28 cookies.



Teen Cuisine



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