



keep **the** beat™  
recipes

deliciously healthy  
family meals



  
**we can!**®  
Ways to Enhance Children's Activity & Nutrition



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recipes

# deliciously healthy family meals



**U.S. Department of Health and Human Services**  
National Institutes of Health



**National Heart  
Lung and Blood Institute**

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## from the NHLBI director

Dear Friends:

With everyone's busy schedules, how can you find time each day for the whole family to be together? Try spending family time in the kitchen, preparing healthy meals, and teaching your children to build lifelong healthy eating habits.

The National Heart, Lung, and Blood Institute (NHLBI) is pleased to present this new Keep the Beat™ cookbook to help busy parents who want to make meal preparation a family affair. *Keep the Beat™ Recipes: Deliciously Healthy Family Meals* features delicious, heart healthy recipes, just like NHLBI's *Keep the Beat™ Recipes: Deliciously Healthy Dinners*. The cookbook showcases new dishes that were created especially for the NHLBI by a Culinary Institute of America-trained chef/instructor and father of two. We even tested the recipes with parents and school-aged children to make sure they liked them.

The cookbook also provides tips for involving children in meal preparation. The appendix is loaded with information on meal planning, cooking, and nutrition for families and children.

*Keep the Beat™ Recipes: Deliciously Healthy Family Meals* was developed in partnership with the NIH's **We Can!**® (**W**ays to **E**nhance **C**hildren's **A**ctivity & **N**utrition) program—a national education program to help children stay at a healthy weight. For more information on both Keep the Beat™ healthy eating and **We Can!**, see "Hungry for More?" (Resources) on the inside back cover.

I hope you enjoy preparing and eating these meals with your family!

Best wishes,

[Signed December 2010]

Susan B. Shurin, M.D.  
Acting Director  
National Heart, Lung, and Blood Institute

# acknowledgments

The National Heart, Lung, and Blood Institute (NHLBI) would like to give special thanks to those involved with the development of *Keep the Beat™ Recipes: Deliciously Healthy Family Meals*.

Recipes were developed by David Kamen, PC<sup>III</sup>/C.E.C., C.C.E., C.H.E., Chef/Instructor at the Culinary Institute of America.

Recipe testing was conducted by Northern Illinois University (NIU) Nutrition and Dietetics and Program students and faculty and managed by Beverly Henry, Ph.D., R.D., Associate Professor. Recipes were sampled by school children at NIU Child Development Laboratory, Paul T. Wright Elementary School, and Malta Elementary School.

Food photographs were taken by Ben Fink Photography.

The NHLBI staff who provided technical expertise and direction for the cookbook include Karen Donato, S.M., Janet de Jesus, M.S., R.D., Melinda Kelley, Ph.D., and Melissa McGowan, M.H.S., CHES.





# introduction

- eat in good health
- growing healthy children
- abbreviations



# introduction

Do you feel challenged to serve your family healthy meals each day? Nutritious food doesn't have to be bland or take a long time to prepare. You can prepare healthy recipes that taste great—and that your children will love. *Keep the Beat™ Recipes: Deliciously Healthy Family Meals* dishes up all that and more. With kid-tested recipes, such as Southwestern Beef Roll-Ups, Hawaiian Huli Huli Chicken, and Mexican Lasagna, these meals are sure to be winners on your table.

*Keep the Beat™ Recipes: Deliciously Healthy Family Meals* contains more than 40 recipes that are quick, simple, and taste great. The recipes were created for the National Heart, Lung, and Blood Institute (NHLBI) by a Culinary Institute of America-trained chef/instructor and father of two. The cookbook features:

- Deliciously healthy entrees, side dishes, and snacks that appeal to both children and adults
- Recipes that are budget friendly, multicultural, and relatively quick and easy for busy families to make
- Symbols that help identify types of recipes, such as “leftover friendly”
- Tips to show children how to prepare recipes with the help of parents and caregivers

## eat in good health

Eating healthfully and being physically active are two ways to help lower your risk and your children's risk of heart disease and other conditions. And it has been shown that eating and physical activity habits are formed early in life.

One way to eat a healthy diet is to choose a variety of foods. Variety matters, because no food has all of the nutrients that your heart and the rest of your body need. A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free and low-fat milk and milk products
- Includes lean meat, poultry, fish, beans, eggs, and nuts
- Is low in saturated fat, *trans* fat, cholesterol, sodium, and added sugars

Also, think about what your family drinks. Choose water, fat-free or low-fat milk, and low- or no-calorie beverages as a substitute for regular, sweetened beverages. If you have a family member who is lactose intolerant, lactose-free fat-free and low-fat milk are good options.

The recipes in this cookbook were created to fit into your family's healthy eating plan. They use lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, and small amounts of vegetable oil—plus lots of herbs and spices for flavor. Most of all, these recipes offer a delicious way for your family to eat together.

## growing healthy children

*Keep the Beat™ Recipes: Deliciously Healthy Family Meals* was developed jointly with the National Institutes of Health (NIH) **We Can!**® program. **We Can!** (**W**ays to **E**nhance **C**hildren's **A**ctivity & **N**utrition) is a national education program designed to give parents, caregivers, and entire communities a way to help children stay at a healthy weight. The NIH and the NHLBI recognize that children's adoption of healthy food habits at a young age can help them maintain a healthy weight throughout life.

As parents, you can do a lot to help your children learn healthy eating habits and help them maintain a healthy weight. Research shows that introducing fruits, vegetables, whole grains, and other healthier foods in the early years increases the chance that children will like these foods. Involving children in cooking and meal preparation can motivate them to try new, healthy foods—and is a good way to spend time together as a family. The following tips can help you encourage and support your children's healthier food habits:

- Set a good example.
- Go food shopping together, and ask your children to choose healthier foods they want to try.
- Offer a variety of foods, particularly “GO foods” (foods lowest in calories and fat, and most “nutrient dense”; for more information, see page 91).
- Encourage children to try new foods from each food group.
- Offer the same foods to everyone in the family (don't be a “short order cook”).
- Help your children learn to recognize when they've had enough.

- Make mealtime family time.
- Make healthier food fun to help your child be excited to eat it.
- Provide fruits and vegetables for snacks.

For more information on each of these tips and other food and nutrition information for children, see “Hungry for More?” (Resources) on the inside back cover.

The appendixes in this cookbook also feature helpful resources on healthy cooking for busy families, including:

- Time-saving tips for busy families
- Guidance on how much children should eat daily
- Hints on getting your children involved in the kitchen
- Common cooking measurements and equivalents
- Frequently asked questions

*Enjoy a Keep the Beat™ recipe with your family today, and eat in good health!*

## abbreviations

### Recipes use the following abbreviations:

C .....cup  
lb .....pound  
oz ..... ounce  
pkg .....package  
pt .....pint  
qt ..... quart  
Tbsp .....tablespoon  
tsp ..... teaspoon

### Nutrient lists use the following abbreviations:

g .....gram  
mg ..... milligram

## guide to recipe symbols



### Healthier Classics

Classic favorites that are made healthier by reducing fat, calories, and/or sodium. Healthier classics also could have more vegetables or whole grains added than original versions.



### Leftover Friendly

Recipes that use leftover ingredients to help save cooking time.



### Chefs in Training

Tips for getting children involved in meal preparation.



### Healthy Eating Two Ways

Simple tips to serve a recipe two ways to please picky eaters and other family members.









# main-dish meals

- **crunchy chicken fingers with tangy dipping sauce**
- **baked pork chops with apple cranberry sauce**
- **garden turkey meatloaf**
- **empañapita**
- **shepherd's pie**
- **make-your-own turkey burger**
- **baked eggrolls**
- **hawaiian huli huli chicken**
- **sweet-and-sour chicken**
- **"fried" rice and chicken**
- **asian-style chicken wraps**
- **mexican lasagna**



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