

FUN & EASY FAMILY MEALS: THE HEALTHY PLATE WAY



THE HEALTHY PLATE METHOD

Making balanced meals doesn't have to be complicated! By following this easy method, your family can enjoy nutritious, filling, and colorful meals that are fun to cook together.

- $\frac{1}{2}$ Plate: Non-starchy vegetables (like broccoli, carrots, spinach, peppers, zucchini)
- $\frac{1}{4}$ Plate: Lean, healthy protein (chicken, salmon, tofu, eggs, beans, lentils, turkey)
- $\frac{1}{4}$ Plate: Whole grain or starchy vegetable (brown rice, quinoa, pasta, sweet potatoes, corn, potatoes)

This balance helps both kids and adults feel full, energized, and nourished. Plus, cooking together makes mealtime a family bonding experience!

$\frac{1}{2}$ Plate Non-Starchy Vegetables



$\frac{1}{4}$ Plate Whole Grains or Starchy Vegetables

$\frac{1}{4}$ Plate Lean, Healthy Protein

RAINBOW STIR-FRY NIGHT

Serves 4

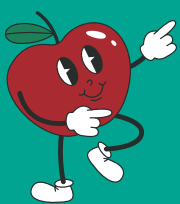
Ingredients

- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 carrots, sliced thin
- 2 cups snap peas
- 1 lb chicken breast or firm tofu, cubed
- 2 tbsp low-sodium soy sauce
- 2 tbsp sesame oil (or olive oil)
- 2 cups cooked brown rice or quinoa



Directions

1. Cook rice or quinoa ahead of time.
2. Heat oil in a large skillet or wok over medium-high heat.
3. Add chicken or tofu and cook until golden on all sides (5–7 minutes).
Remove from pan.
4. Add broccoli, peppers, carrots, and snap peas. Stir-fry for 4–5 minutes until tender-crisp.
5. Return protein to the pan, add soy sauce, and toss to coat.
6. Serve hot over rice or quinoa.



FUN TIP!

Let kids pick three “rainbow colors” to add — they’ll be excited to eat their colorful creation!

BUILD-YOUR-OWN TACO BAR

Serves 4

Ingredients

- 1 lb ground turkey or 2 cups black beans
- 1 packet taco seasoning (low-sodium, or homemade with cumin & chili powder)
- 8 whole wheat or corn tortillas
- 1 cup shredded lettuce
- 1 cup diced tomatoes
- 1 cup bell peppers, diced
- 1 avocado, sliced
- Salsa and shredded cheese (optional)



Directions

1. Cook ground turkey in a skillet over medium heat until browned (7–8 minutes). If using beans, warm with a splash of water.
2. Stir in seasoning and $\frac{1}{2}$ cup water. Simmer for 5 minutes.
3. Warm tortillas in oven or microwave.
4. Set out toppings in small bowls & let everyone build their own taco creations.



FUN TIP!

Give out “taco artist awards” for the most colorful or tallest taco.

PASTA NIGHT (WITH A TWIST!)



Serves 4

Ingredients

- 8 oz whole wheat pasta
- 2 cups zucchini noodles or chopped broccoli
- 1 lb lean ground turkey or 1½ cups cooked lentils
- 2 cups tomato sauce (low-sodium)
- Parmesan or mozzarella for topping



Directions

1. Cook pasta in salted water until al dente. Drain and set aside.
2. Brown ground turkey in a skillet (7–8 minutes). If using lentils, warm them gently.
3. Stir tomato sauce into skillet and bring to a gentle simmer.
4. Add zucchini noodles or broccoli. Cook 5 minutes until tender.
5. Toss pasta into sauce mixture, stir to combine.
6. Sprinkle with cheese before serving.



FUN TIP!

Kids love rolling turkey into little meatballs — let them help before baking!

SHEET PAN SALMON & VEGGIES

Serves 4

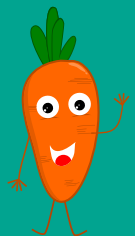
Ingredients

- 4 salmon fillets (4–6 oz each)
- 2 cups green beans
- 2 cups carrot sticks
- 2 zucchini, sliced
- 2 cups baby potatoes, halved
- 2 tbsp olive oil, lemon wedges, fresh herbs (dill or parsley)



Directions

1. Preheat oven to 400°F. Line a sheet pan with parchment.
2. Toss potatoes and veggies with 1 tbsp oil, salt, and pepper. Spread on pan.
3. Roast for 15 minutes.
4. Move veggies aside, place salmon in the center. Brush with oil and season with lemon and herbs.
5. Roast another 12–15 minutes, until salmon flakes easily.
6. Serve salmon alongside roasted veggies and potatoes.



FUN TIP!

Give kids a pastry brush to “paint” salmon with olive oil before baking.

HOMEMADE PIZZA NIGHT

Serves 4

Ingredients

- 4 whole wheat pita breads or English muffins
- 1 cup tomato sauce
- 1 cup shredded mozzarella
- 2 cups mixed veggies (peppers, mushrooms, spinach, onions)
- 1 cup chicken, beans, or turkey pepperoni

Directions

1. Preheat oven to 375°F.
2. Spread tomato sauce on each pita or muffin half.
3. Add veggies and protein of choice. Sprinkle with cheese.
4. Bake 8–10 minutes, until cheese is bubbly.
5. Cool slightly before serving.

FUN TIP!

Make it a “pizza face contest” — toppings can form silly faces, animals, or names.



BREAKFAST-FOR-DINNER OMELETS

Serves 4

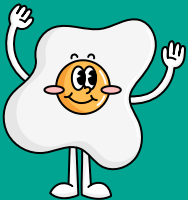
Ingredients

- 8 eggs
- 2 cups spinach
- 1 cup diced tomatoes
- 1 cup mushrooms, sliced
- 4 slices whole grain toast or 2 roasted sweet potatoes (cubed)



Directions

1. Heat a nonstick skillet with a little oil. Sauté spinach, tomatoes, and mushrooms until soft.
2. Whisk eggs with a pinch of salt and pepper. Pour into skillet.
3. Gently tilt the pan to spread eggs evenly. Cook until firm (about 5 minutes).
4. Fold omelet in half or cut into wedges.
5. Serve with toast or roasted sweet potatoes.



FUN TIP!

Let kids choose and pre-fill cups with their favorite omelet mix-ins.

HEALTHY DESSERTS

BANANA NICE CREAM



Serves 4

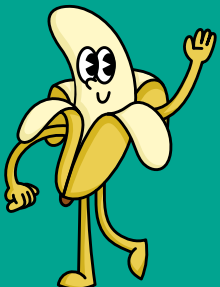
Ingredients

- 4 frozen bananas, sliced
- ½ cup milk (any type)
- 1 tsp cinnamon or 2 tbsp peanut butter (optional)



Directions

1. Place banana slices in a blender. Add milk.
2. Blend until creamy, like soft-serve ice cream.
3. Stir in cinnamon or peanut butter.
4. Serve immediately with optional toppings.



FUN TIP!

Offer toppings like nuts, dark chocolate, or extra fruit for kids to decorate their bowls.

FRUIT & YOGURT PARFAITS

Serves 4

Ingredients

- 2 cups Greek yogurt
- 2 cups mixed berries (strawberries, blueberries, raspberries)
- ½ cup granola

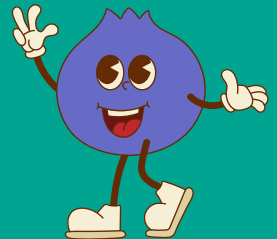


Directions

1. Spoon a layer of yogurt into cups.
2. Add berries, then sprinkle granola.
3. Repeat layers until full. Serve chilled.

FUN TIP!

Clear cups let kids admire their colorful parfait "artwork."



FINAL NOTE

Cooking as a family isn't just about food — it's about connection, creativity, and fun. These recipes give you balanced meals while building skills and memories around the table. Keep it simple, colorful, and enjoyable, and mealtime will become a highlight of your day. 🌟

