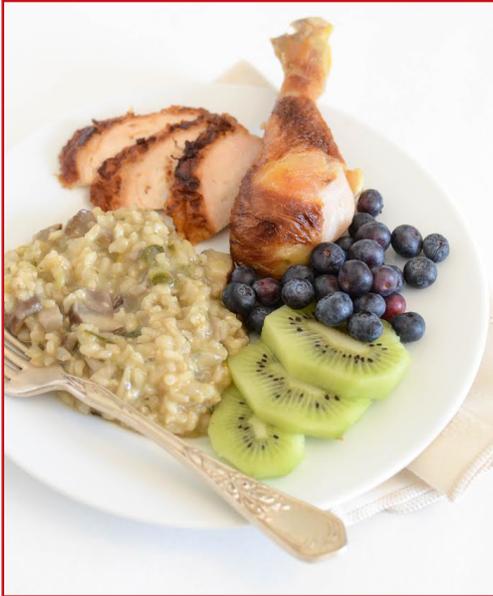




**SUPER
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10 EASY KID FRIENDLY HEALTHY MEALS FROM COSTCO FOR \$90



ROTISSERIE CHICKEN WITH VERY VEGGIE RICE PILAF:

Ingredients For the Rice Pilaf

- 2 tablespoons olive oil
- 8 ounces Baby Bella Mushrooms
- 2 small zucchini/squash (1 pound)
- 1/2 an onion (about 1 cup chopped)
- 1 1/2 cups short grain brown rice
- 1 teaspoon garlic (the minced kind in the jar)
- 1 container stock (1 quart), depending on the rice you use this amount will vary
- 1 teaspoon salt
- 1/2 teaspoon pepper

Instructions

1. Chop the mushrooms, zucchini, and onion.
2. In a large pan add the olive oil and heat over medium-high heat. Add the mushrooms, zucchini, and onion. Cook until the veggies are soft, about 5 minutes.
3. Add the rice and garlic and sauté for 1 minute.
4. Add the stock and seasoning and stir to combine.
5. Bring the mixture to a boil and then reduce the heat so that the rice is just simmering.
6. Cook until the rice is tender and most of the moisture is absorbed, stirring every 10 minutes or so. This should take about an hour.

For the chicken, slice rotisserie chicken from the bone to serve your family. Reserve two scant cups of shredded chicken for a later meal. If you'd like to cut up the bird to serve or pull the meat off of the bone you can do that.

Serve the chicken with the rice and a side of fruit. If you'd like a few more vegetables serve with a side of the frozen Normandy blend (heated of course).





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EASY EGG BAKE:

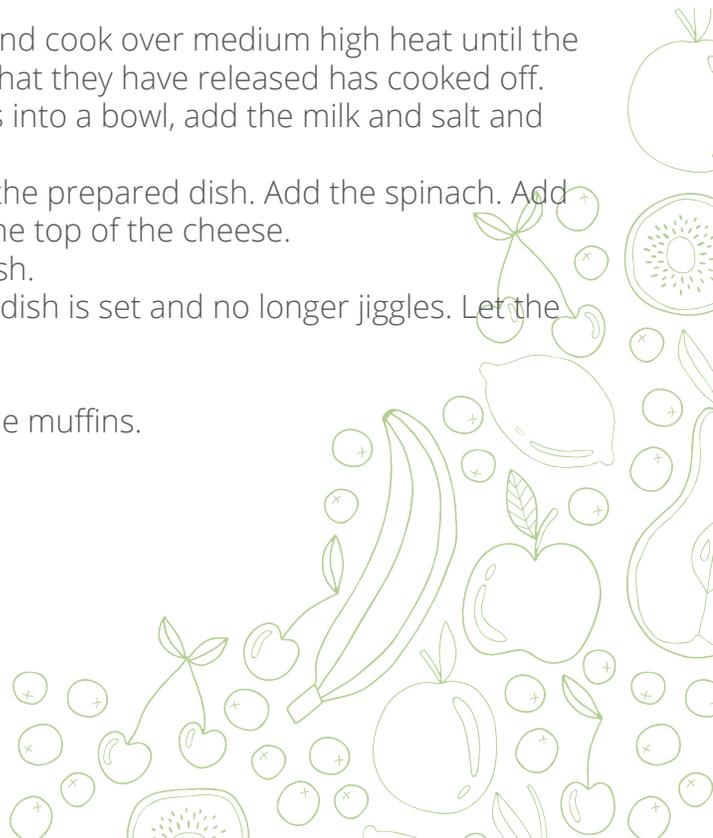
Ingredients

- 1/2 an onion
- 1/2 pound of squash
- 4 slices of bacon
- 8 eggs
- 1/2 cup milk
- 1 cup grated cheese, about 4 ounces (I used sharp cheddar)
- 4 ounces of spinach
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Instructions

1. Grate the squash and onion with your cheese grater (or dice them nice and small).
2. Spray a 9x9 inch baking dish with cooking spray and preheat the oven to 375 degrees
3. In a medium skillet cook the bacon until tender crisp. Remove the bacon from the pan and lay it on paper towels to help absorb extra grease. Pour the extra bacon grease from pan and return the pan to the stove (it will still have a layer of grease on the bottom since you haven't cleaned it).
4. Add the grated squash and onion to the pan and cook over medium high heat until the vegetables are tender and any cooking liquid that they have released has cooked off.
5. While the veggies are cooking, break your eggs into a bowl, add the milk and salt and pepper and beat with a fork to combine well.
6. Place the cooked vegetables in the bottom of the prepared dish. Add the spinach. Add the cheese. Crumble the cooked bacon over the top of the cheese.
7. Pour the egg mixture over everything in the dish.
8. Bake for 25-30 minutes until the center of the dish is set and no longer jiggles. Let the dish cool for 3-5 minutes before serving hot.

Serve with a side of fruit, a smoothie, or even some muffins.





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CREAMY CHICKEN AND VEGGIE PASTA BAKE:

Ingredients

- 1 package pasta (about a pound)
- 2-4 cups frozen vegetable (Normandy Blend)
- 1/2 cup butter
- 1/2 an onion chopped small
- 1/2 cup flour
- 1 teaspoon minced garlic (the minced kind in the jar)
- 1 carton chicken stock (1 quart)
- 2 cup shredded chicken (leftover from your rotisserie chicken)
- 2 cups shredded mozzarella

Instructions

1. Get a pot of water boiling for your pasta. Grease a 9x13 inch baking dish and set aside. Preheat the oven to 350 degrees. When the water is boiling cook your pasta al'dente.
2. When the pasta has about a minute left, add the frozen vegetables to the water. When the pasta is cooked al dente drain the pasta and the vegetables. Let these hang out in your colander for a minute.
3. Return the now-empty pot back to the stove and add the butter and onion. Over medium heat, cook the onion in the butter until the onion is tender, about 3 minutes.
4. Add the garlic and the flour. Stir to combine and let the mixture cook for about a minute.
5. Slowly whisk in one carton of chicken stock. Bring the mixture up to a slow boil, stirring very often. Once the mixture starts to bubble cook for 1-2 minutes until it thickens. Remove from heat. Add salt and pepper to taste.
6. Add the pasta and veggies to the prepared dish. Add the chopped chicken on top of the pasta. Pour the sauce evenly over the dish.
7. Sprinkle the top with the mozzarella. Place the dish in the oven and bake until the cheese melts and the sauce begins to bubble around the edges, about 20 minutes. Remove from the oven and let the pasta rest for 5 minutes before serving.





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SHRIMP FAJITAS:

Ingredients

- 1 pound raw frozen shrimp, thawed
- 2 tablespoons butter or olive oil
- 1 teaspoon garlic (the minced kind in the jar)
- 1-2 tablespoons olive oil
- 1 red bell pepper, cut into strips
- 1 orange bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 large onion, cut into thin strips
- 1-2 tablespoons cumin
- Salt and pepper
- Juice of one lime

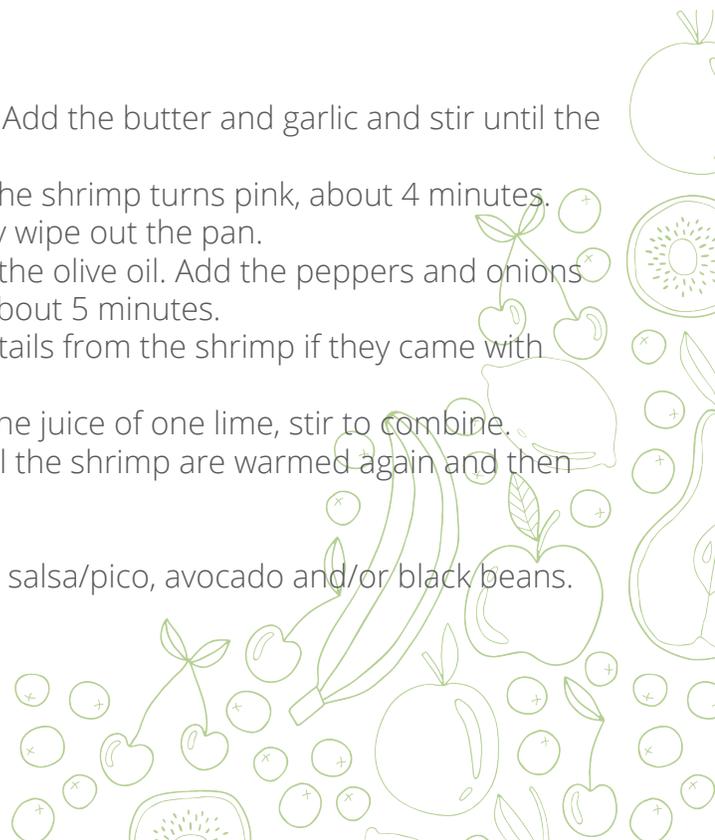
Serve With

- Cooked fresh tortillas
- Grated cheese
- Your favorite salsa or pico de gallo
- Black beans
- Avocado

Instructions

1. Preheat a large skillet over medium high heat. Add the butter and garlic and stir until the butter is melted.
2. Add the shrimp and cook, stirring often, until the shrimp turns pink, about 4 minutes. Remove the shrimp from the pan and carefully wipe out the pan.
3. Return the pan to medium high heat and add the olive oil. Add the peppers and onions and cook until the peppers are tender-crisp, about 5 minutes.
4. While the vegetables are cooking, remove the tails from the shrimp if they came with them on.
5. Add the cumin, salt and pepper to taste, and the juice of one lime, stir to combine.
6. Add the shrimp back to the pan, stir, cook until the shrimp are warmed again and then remove from the heat and serve right away.

Serve on warm cooked fresh tortillas with cheese, salsa/pico, avocado and/or black beans.





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BREAKFAST BURRITOS:

Ingredients

- 1 large sweet potato, peeled and cubed
- Olive oil
- Salt
- 8 eggs
- Chopped bell peppers
- Grated cheese (I used sharp cheddar)
- Diced avocado
- Freshly cooked tortillas

Instructions

1. Preheat the oven to 425 degrees. Put the chopped sweet potato on a rimmed baking sheet and drizzle it with olive oil (about a tablespoon). Use your hands to toss the sweet potatoes a bit so that they get coated with the oil. Sprinkle well with salt.
2. Bake until the potatoes are tender and starting to brown on the bottom, about 25 minutes.
3. While the potatoes are cooking, scramble and cook the eggs. Season with salt and pepper to taste.

To make your breakfast burritos: Add some roasted sweet potatoes, scrambled eggs, bell pepper, cheese, and avocado to a warm cooked tortilla and enjoy. This is also excellent with a salsa verde.





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VERY VEGGIE PASTA SAUCE:

Ingredients

- 1 pound ground meat such a sausage or hamburger (optional)
- 1 onion, chopped
- 1 teaspoon garlic (the minced kind in the jar)
- 4 ounces baby bella mushrooms, chopped
- 1 cup chopped bell pepper
- 1 zucchini, chopped
- 1 can diced tomatoes (with the juice)
- 1 jar pasta sauce
- 2-3 teaspoons Italian seasoning
- Salt and pepper to taste
- Hot cooked pasta

Instructions

1. In a large skillet, brown the meat until cooked through and no longer pink. Drain extra grease from the pan.
2. Add the onion, garlic, mushrooms, and bell pepper, cook until the onion is soft and translucent. Add the zucchini and cook until the squash starts to release its liquid and then cook for another 5-10 minutes until the liquid has cooked off.
3. Add the diced tomatoes, jar of pasta sauce, Italian seasoning, and salt. Stir to combine well and cook over medium heat, stirring often, until the sauce thickens slightly, about 15 minutes.
4. Salt and pepper to taste and then serve over hot cooked pasta with grated Parmesan.





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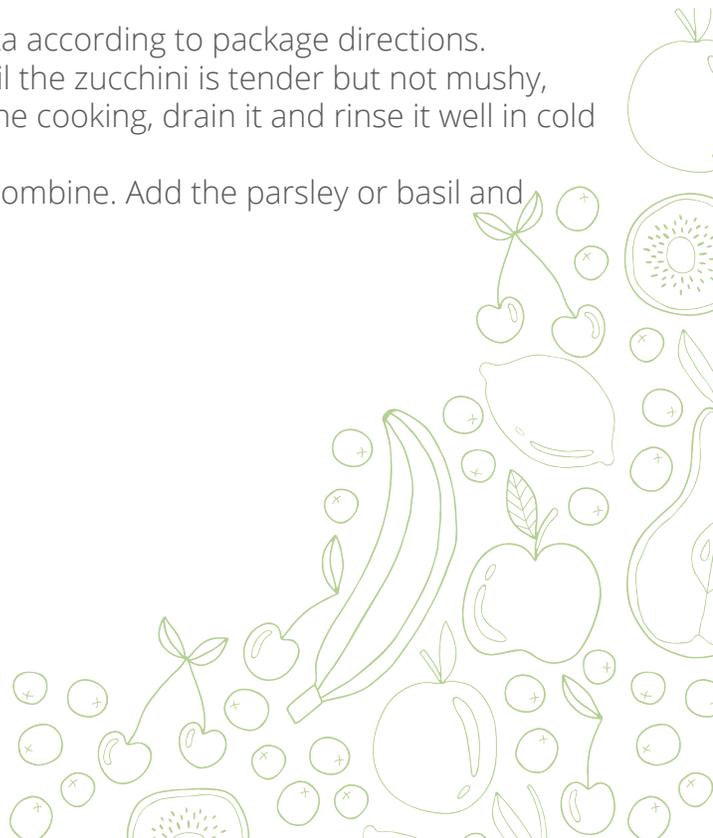
SIMPLE MINESTRONE:

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 teaspoon garlic
- 4 ounces baby bella mushrooms, sliced
- 1 cup chopped bell pepper
- 1 zucchini, chopped
- 2 can diced tomatoes (with the juice)
- 1 carton chicken stock (1 quart)
- 1 can black beans, drained and rinsed
- 1-2 cups dry pasta (4-8 ounces)
- 1 tablespoon dried parsley or basil
- Salt and pepper to taste

Instructions

1. In a large pot add the olive oil and heat over medium high heat. Add the onion, garlic and mushrooms. Cook until the vegetables are tender, about 5 minutes.
2. Add the bell pepper, zucchini, tomatoes, chicken stock, and black beans. Stir to combine and reduce the heat to medium.
3. In a separate pan boil water and cook the pasta according to package directions.
4. Bring the soup to a slow simmer and cook until the zucchini is tender but not mushy, about 10 to 15 minutes. When the pasta is done cooking, drain it and rinse it well in cold water.
5. Add the cooked pasta to the soup and stir to combine. Add the parsley or basil and plenty of salt and pepper to taste. Serve hot.





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EASY FLATBREAD PIZZA:

Ingredients

- 3-4 flatbread
- 1 jar pasta sauce
- Mozzarella cheese
- Your favorite pizza toppings (peppers, onion, mushrooms, olives, meat)

Instructions

1. Preheat the oven to 375 degrees. Place the flatbread on a rimmed baking sheet.
2. Add a few tablespoons of tomato sauce and spread them around the top of the flatbread with the back of a spoon.
3. Top with cheese. Add your favorite toppings.
4. Bake for 10-15 minutes until the cheese is melted and starting to bubble.





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SWEET POTATO CURRY:

Ingredients

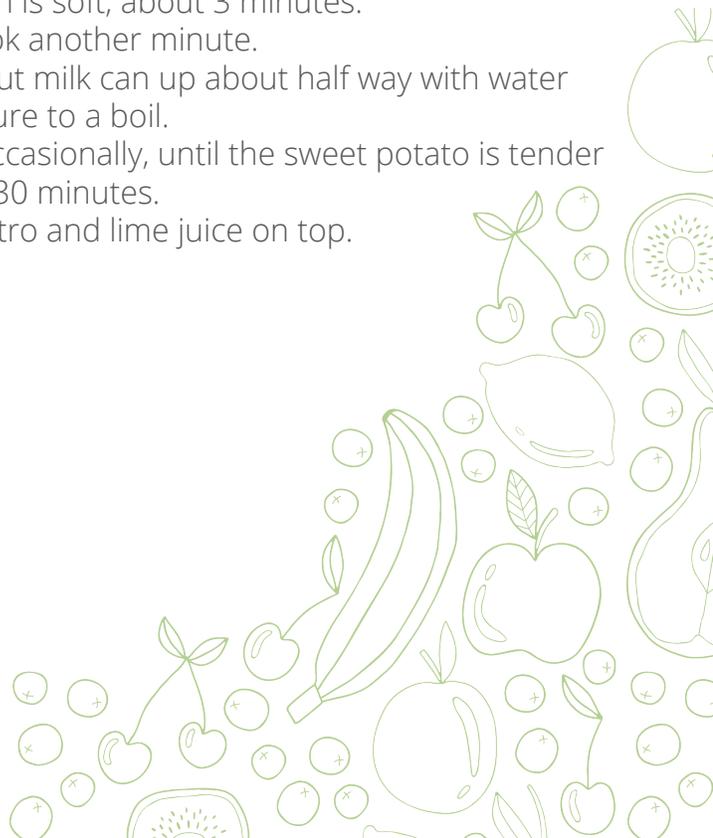
- 2-3 tablespoons olive oil
- 1 tablespoon yellow curry powder
- 1 teaspoon Garam Masala
- 1 teaspoon cumin
- 1/2 an onion, chopped (about 1 cup)
- 1 teaspoon minced garlic
- 1/2 cup chopped bell pepper
- 1 large sweet potato, peeled and cubed
- 1 can full fat coconut milk
- 1/2 to 1 cup water
- 2-3 teaspoons soy sauce

Serve With

- Chopped cilantro
- Lime wedges
- Hot cooked brown rice and/or warmed flatbread

Instructions

1. In a medium pot, add the olive oil, curry powder, Garam Masala, cumin, onion and garlic. Stir and cook over medium heat until the onion is soft, about 3 minutes.
2. Add the bell pepper and sweet potato and cook another minute.
3. Add the coconut milk, water (just fill the coconut milk can up about half way with water and dump it in), and soy sauce. Bring the mixture to a boil.
4. Reduce the heat to low and simmer, stirring occasionally, until the sweet potato is tender and the mixture had thickened slightly, about 30 minutes.
5. Serve over hot cooked rice with chopped cilantro and lime juice on top.





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QUICK AND EASY SHRIMP STIR FRY:

Ingredients

- 1 1/2 pound raw frozen shrimp, thawed
- 2 tablespoons butter
- 1 teaspoon garlic

For the Sauce

- 1/2 cup corn starch
- 1/2 cup cold water
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup vinegar (white, rice, and apple cider vinegars all work, I prefer rice)
- 1 1/2 cups chicken broth/stock
- Pinch of red pepper flakes, optional

Serve With

- 4-6 cups frozen stir-fry vegetables
- Hot cooked rice for serving (about 2 cups uncooked rice)

Instructions

1. Preheat a large skillet over medium high heat. Add the butter and garlic and stir until the butter is melted. Add the shrimp and cook, stirring often, until the shrimp turns pink, about 4 minutes.
2. While the shrimp is cooking, add all of the sauce ingredients to a quart mason jar, add a lid, and shake well to combine.
3. When the shrimp is cooked through, reduce the heat to medium and pour the sauce over the shrimp. Stirring continuously cook until the sauce thickens and the color changes from a muddy brown to a cleaner, reddish color. This should take about 3 minutes.
4. Add the frozen vegetables and cook until the veggies are heated through.
5. Serve the shrimp, sauce, veggie mixture over hot cooked rice and garnish with chopped green onion and sesame seeds if desired.





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COSTCO SHOPPING LIST:

PRODUCE

- 1 bag sweet potatoes (about 8 potatoes)
- 1 bag limes (about 10 limes)
- 1 (2 pound) package baby bella mushrooms
- 1 container baby spinach*
- Organic squash (zucchini and yellow summer squash)*
- Avocados (6 pack)
- Bag of sweet onions (about 8 large onions)
- Mixed bell peppers (6 pack)
- Your favorite fruit to serve with meals

REFRIGERATED

- 24 count eggs*
- Shredded mozzarella (5 pounds)
- 1 package bacon (3 pounds thick sliced)
- Uncooked tortillas* (32 count)
- Sharp cheddar (2 pound block)

FROZEN

- Frozen Normandy Vegetables*
- Frozen Stir-Fry Mix*
- 1 package frozen shrimp (raw, deveined, tail on) 2 pounds

DRY

- Pasta (6, 1 pound packages)*
- Pasta sauce (4 jars)*
- Jar of minced garlic
- Black beans (12, 15 ounce cans)*
- Diced tomatoes (12, 15 ounce cans)*
- Chicken Stock (6, 1 quart boxes)*
- Flat bread (naan) from bakery (12 pack)
- Brown Rice (short grain, 12 pounds)*

* Indicates an organic product

MISCELLANEOUS

- 1 Rotisserie Chicken
- 1 pound ground meat such a sausage or hamburger (optional for pasta sauce)
- Your favorite salsa or pico (to serve with fajitas and breakfast burritos, optional)
- Fresh cilantro
- 1 can full fat coconut milk

KITCHEN STAPLES

(These can be purchased at Costco if you don't have them already)

- Butter
- Corn starch
- Honey
- Soy sauce (or soy sauce substitute)
- Vinegar
- Milk
- Flour

OLIVE OIL SPICES

- Salt
- Pepper
- Garlic powder
- Ground ginger
- Cumin
- Italian seasoning
- Dried parsley or basil
- Yellow curry powder
- Garam Masala
- Red pepper flakes

