

Healthy recipes for children

WASHINGTON (AP) — First lady Michelle Obama wants to make sure children have healthy choices when they get the munchies. As part of a “healthy kids fair” she hosted on the South Lawn of the White House on Wednesday, chefs demonstrated a variety of easy, kid-friendly and healthy recipes, including these ideas for a popcorn medley, an apple crisp and baked eggs.

1/4 cup apple juice
Heat the oven to 350 F. Coat a large baking pan with cooking spray.

In a large bowl, combine all ingredients, mixing well. Transfer to the prepared baking pan and bake for 45 minutes, or until a golden crust forms. Serve warm.

BAKED EGGS

6 large eggs
Salt and ground black pepper, to taste
1/2 tablespoon butter
1 1/2 teaspoons vegetable oil
1 3/4 cups peeled and diced potatoes
2 cups finely chopped swiss chard (or any other finely diced or chopped vegetable)
1 cup grated cheddar cheese
1 cup cooked turkey breakfast sausage (sliced, diced or chopped)

Heat the oven to 300 F.
In a medium bowl, lightly beat the eggs. Season with salt and pepper.

Heat a large, oven-safe skillet over medium. Add the oil and butter. When the butter has melted, add the potatoes and chard. Saute until the potatoes begin to brown and are tender, about 5 minutes. Transfer to a bowl and set aside.

Return the skillet to the heat and add the eggs. Just as the eggs begin to set on the bottom, top with the potatoes, chard and sausage in an even layer. Sprinkle with cheese, then place the pan in the oven and bake until the eggs are fully cooked and the cheese browns.

SWEET AND ZESTY POPCORN

1 bag microwavable popcorn, preferably low-fat
1/2 cup small pretzel rods or sticks
1/2 cup raisins
1/2 cup shelled roasted peanuts
2 tablespoons brown sugar
1/3 cup Parmesan cheese

Prepare the popcorn according to package directions. Transfer the cooked popcorn to a large bowl. Add the remaining ingredients and toss lightly, trying not to break the pretzels. Keeps for 2 days in an airtight container.

BAKED SLICED APPLES

6 apples, cored and chopped
1 tablespoon butter, cut into small pieces
1/2 teaspoon cinnamon
1/4 cup maple syrup, brown sugar or honey
1/8 teaspoon nutmeg
1/2 cup rolled oats
1/2 teaspoon salt
1/4 cup raisins or dried fruit



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