

Mom's guide to SUMMER

Whether you're home with the kids all day or juggling summer schedules, this guide will keep everyone happy, fed, and having fun.



FRUIT & CHEESE CUTOUPS

Beat the "I'm bored" blues with a snack that lets kids play with their food! All you need are cookie cutters and lollipop sticks.

How to set it up

- > Set out slices of melon, kiwi, and cheeses, along with bowls of grapes and berries.
- > Stamp out shapes with flower, star, and heart-shaped cookie cutters. Freeze leftover fruit for smoothies or ice pops.
- > Use lollipop sticks, skewers, or straws to assemble kebabs, then enjoy as a snack.

ALL-DAY GRAZING BOARD

Hungry kids won't be constantly calling for snacks with this board. It's balanced with foods both you and your kids can feel good about.

Mix and match

- > **PROTEIN:** Hummus, mini cheeses or string cheese, hard-boiled eggs, almond butter, sliced salami
- > **FRUITS:** Strawberries, melon, orange wedges, dried apricots, raisins, blueberries, red and green grapes
- > **VEGGIES:** Celery sticks, baby carrots, sugar snap peas, mini sweet peppers, zucchini and summer squash sticks
- > **CRUNCHY SNACKS:** Pita chips, cheese crackers, pretzel chips, popcorn, tortilla chips



NO-COOK LUNCH

Lunch is a snap with satisfying wraps that can be packed in lunch boxes or grabbed from the fridge.



SELF-SERVE SNACKS

Dedicate a drawer in your fridge and a basket in your pantry for pre-portioned snacks. Kids can help themselves to one snack if they're hungry. You can also add these to packed lunches.

BBQ CHICKEN CHEDDAR WRAPS

PREP TIME 10 MIN. – COOK TIME 0 MIN.
READY IN 10 MIN. – SERVINGS 4

- > 2 cups shredded rotisserie chicken
- > 1/3 cup barbecue sauce
- > 1 cup shredded Cheddar cheese
- > 4 (8-inch) whole wheat flour tortillas
- > 4 lettuce leaves
- > 1 tomato, thinly sliced

STEP 1 In a medium bowl, toss together the chicken, barbecue sauce, and Cheddar cheese to combine. Season with salt and pepper to taste.

STEP 2 Top the tortillas with the lettuce leaves and tomatoes. Divide chicken mixture among tortillas. Roll up each tortilla like a pinwheel. Serve immediately or wrap in plastic and refrigerate 2–3 hours. To serve wraps warm, microwave 2–3 min., until cheese melts.

PER SERVING: 563 CALORIES, 32G FAT, 17G SATURATED FAT, 103MG CHOLESTEROL, 911MG SODIUM, 35G CARBOHYDRATE, 6G FIBER, 10G SUGAR, 33G PROTEIN

Countdown TO DINNER

When dinner is around the corner, choose one of these lighter snacks so kids won't fill up before the meal.

2 HOURS BEFORE DINNER



1/4 cup banana chips + 2 tbsp nut butter



veggie and cheese snack pack



2 slices turkey + 2 cucumber sticks + 1 small flour tortilla

1 HOUR BEFORE DINNER



1 pouch strawberry apple sauce



6 frozen veggie tots + ketchup



1 cheese stick + apple slices

30 MINUTES BEFORE DINNER

If dinner is just 30 minutes away and kids really want something to munch on, stick to just a few fruit or vegetable slices. You can also keep them busy in the kitchen instead by having them set the table, wash produce, or measure and mix ingredients in a bowl.



SLOW COOKER DINNERS

Let the slow cooker do all the work. These hands-free dinners require little prep and are ready as soon as you get home.

SLOW COOKER HONEY-GARLIC CHICKEN AND BROCCOLI
> RECIPE PAGE XXX


SHOP THE RECIPE



SHREDDED CARROTS
These are also known as matchstick carrots. Try in wraps, slaws, and stir-fries.



ROMAINE HEARTS
Sturdy, crisp romaine holds lots of filling. Chop the rest for salads.

CITRUS BEEF LETTUCE CUPS
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Handheld wraps are easy to make and fun to eat



*Kids and adults
can have fun
with this snack*

CITRUS BEEF LETTUCE CUPS

PREP TIME 20 MIN. – COOK TIME 8 HOURS
READY IN 8 HOURS 20 MIN. – SERVINGS 6

- > ¾ cup fresh orange juice (about 2 oranges), plus more if desired
- > ¼ cup fresh lime juice (about 3 limes), plus more if desired
- > ¼ cup fresh lemon juice (about 2 lemons)
- > 6 cloves garlic, smashed
- > ½ tsp dried oregano
- > ½ tsp ground cumin
- > 2 lbs cubed beef stew meat
- > 2 cups shredded (matchstick) carrots
- > 1 (12 oz) bag Nature's Promise Organic Romaine Hearts

STEP 1 Into a 4- to 5-qt slow cooker, add the orange juice, lime juice, lemon juice, garlic, oregano, cumin, and beef. Season generously with salt and pepper. Stir to combine.

STEP 2 Cover and cook 8 hours on low until very tender. Using a slotted spoon, transfer meat to a bowl. Shred with forks and moisten with some of the cooking liquid. Stir in the carrots. Discard remaining cooking liquid. Season beef with salt to taste.

STEP 3 Separate the lettuce leaves. Serve beef in lettuce leaves with additional lime and orange wedges for squeezing, if desired.

PER SERVING: 245 CALORIES, 8G FAT, 3G SATURATED FAT, 95MG CHOLESTEROL, 151MG SODIUM, 12G CARBOHYDRATE, 3G FIBER, 6G SUGAR, 34G PROTEIN



SLOW COOKER HONEY-GARLIC CHICKEN AND BROCCOLI

PREP TIME 5 MIN. – COOK TIME 3 HOURS
READY IN 3 HOURS 5 MIN. – SERVINGS 6

- > ½ cup reduced-sodium soy sauce
- > ⅓ cup ketchup
- > ¼ cup rice vinegar
- > 3 tbsp honey
- > 2 tbsp minced garlic
- > 2 lbs boneless, skinless chicken thighs
- > 2 (10 oz) pkgs Nature's Promise Organic Broccoli Florets
- > 1 tbsp sesame seeds, optional

STEP 1 In a small bowl, whisk the soy sauce, ketchup, rice vinegar, honey, and garlic to combine.

STEP 2 Add the chicken to a 4- to 5-qt slow cooker and pour soy sauce mixture over chicken. Cover and cook on high 2 hours, until chicken is cooked through.

STEP 3 To slow cooker, add the broccoli. Cover and cook 1 hour longer, until broccoli is tender. Garnish with the sesame seeds, if desired.

TIP Serve over rice or quinoa.

PER SERVING: 242 CALORIES, 6G FAT, 1G SATURATED FAT, 108MG CHOLESTEROL, 900MG SODIUM, 22G CARBOHYDRATE, 3G FIBER, 14G SUGAR, 26G PROTEIN