

Moms On The Go: Check Out These Great Recipes

By: Sarah Bell, MS, RD

These recipes were developed for moms on the go. They take such little time you'll forget you were even in the kitchen.

Pastina

- 1 (14 oz) can chicken broth
- 1/4 cup mini star pasta, or acini de pepe or whole wheat tri colored pasta to make it fun!
- 1/4 cup frozen mixed peas & carrots

Boil chicken broth, add pasta & veggies, then lower to a simmer for about 20 minutes. Let cool then serve.

Hearty Lentils

- 2 carrots, peeled & sliced into coins
- 1 onion chopped
- 2 low sodium chicken bouillon cubes
- 1 (12oz) bag lentils

Saute carrots & onion in a little olive oil. Add lentils, bouillon and cover with water (by approx. 2"). Bring to a simmer about 1 hour. I serve over cooked pasta (any fun shape). Add cooked broccoli on top and lots of grated parmesan cheese.

Yummy Almond Vanilla Oatmeal

- 1/4 cup plain oatmeal
- 1 TBSP almond butter*
- 1 tsp sugar
- 1/4 tsp vanilla
- about 3/4 cup water

Put everything together in a small serving bowl, except almond butter. After cooking oatmeal in microwave on high about 1 1/2 to 2 minutes, stir in almond butter until it melts smooth. Adds a delicious almond flavor & adds protein, fiber, plus a good fat for staying power through morning at school!

It is recommended to wait until 3 years of age to introduce tree nuts.

Sarah Bell, MS, RD is a mother of four, including twins.

SuperKids Nutrition

www.superkidsnutrition.com • saving the world one healthy food at a time™

© Superkids Nutrition Inc. 2008

