

the kids cook monday
**family dinner
cookbook**

12 QUICK & DELICIOUS RECIPES TO START YOUR WEEK



The Kids Cook Monday!



The Monday Campaigns



“What’s for dinner tonight, mom/dad?”
If this is the question you’re faced with night after night, this is the e-cookbook for you.

The Kids Cook Monday Family Dinner E-Cookbook features **12** healthy recipes perfect for family meals. Each recipe has been selected for its simple ingredient list and total cook time of an hour or less to help you get dinner on the table on busy weeknights.

Family meals are also a great opportunity to teach kids about cooking. To help you get into the healthy habit of cooking with your kids, each recipe also includes:

- Our signature “Kid / Adult / Together” recipe format to help your family recognize which steps are appropriate for children and which steps children can complete with adult assistance.
- “Food for Thought,” a fun fact about one of the meal’s ingredients designed to inspire thought-provoking conversation as you cook.

Who’s behind this e-cookbook? [The Monday Campaigns](#), the nonprofit organization who’s dedicating the first day of every week to health. You probably know us through our global initiative [Meatless Monday](#). This time we’d like to introduce you to [The Kids Cook Monday](#), our national campaign to encourage parents and kids to adopt the habit of cooking and eating together.

Here’s why:

- When children are exposed to cooking fresh foods from a young age, they are more likely to make healthy dietary choices later in life.
- Cooking provides children with an outlet for the reading and math skills they’ve learned in school and a strong sense of accomplishment for having contributed to their family’s nourishment.
- Children who engage in regular family dinners perform better academically and are less likely to try drugs. Moreover, regular family meals help increase a family’s sense of togetherness and are even associated with healthier body weights for parents and children alike.
- Research shows that Monday is the day people are most open to introducing new healthy habits. So by committing to family dinners at least once a week, on Mondays, you’re providing your family with a healthy dinnertime experience that they’ll look forward to for years to come.

With The Kids Cook Monday Family Dinner Date Cookbook, we hope to not only provide you with quick, healthy recipes for your family’s meals, but to help you transform the chore of weeknight cooking into a quality experience the whole family can enjoy.

Hungry for more? Visit [TheKidsCookMonday.org](#) for additional recipes and tips for cooking with kids. There, you can also sign up for our free Family Dinner Date weekly newsletter, which delivers a brand-new family cooking experience to your inbox each week.

Happy cooking!





30 MINUTE VEGGIE TORTELLINI SOUP

This recipe comes to us from our friends at [Produce for Kids](#).

 PREP TIME: 10 minutes

 COOK TIME: 20 minutes

 SERVES: 8

INGREDIENTS

- 1 tablespoon olive oil
- 1 clove garlic, finely chopped
- 2 ribs celery, chopped
- 1 Vidalia onion, chopped
- 2 cups coin cut carrots
- 2 (48 oz.) cans low sodium vegetable broth
- 1 (14.5 oz.) can low sodium diced tomatoes
- 1 head escarole, roughly chopped
- 2 cups green beans
- 1 cup frozen sweet corn
- 1 package dry tortellini (about 7 oz.)
- ¼ cup grated Parmesan cheese

RECIPE

Together: Prep ingredients.

Adult: Heat oil in large pot over medium heat.

Together: Add garlic, celery, onion, carrots and cook 5-10 minutes, until tender.

Adult: Increase heat to high; add broth, tomatoes, escarole, green beans and corn. Bring to a simmer and add tortellini. Reduce heat and simmer 9-10 minutes, or until tortellini is cooked.

Kid: Top with 1½ teaspoons of cheese.

FOOD FOR THOUGHT!

Escarole is a leafy green in the chicory family, which also includes endive, radicchio and frisée. It holds up great in soups and is less bitter than its cousins, making it a great option for kids. None to be found? Spinach works well in this recipe, too.

Photo by Christine Pittman


Nutrition info per serving: 357 calories. 9g total fat. 2g saturated fat. 13mg cholesterol. 648mg sodium. 49g carbohydrates. 5g fiber. 7g sugars. 14g protein.



MEDITERRANEAN INSPIRED ORZO SALAD

This recipe comes to us from Kids Cook Monday blogger Jory Lieber of the blog [teeny tiny foodie](#).

 PREP TIME: 15 minutes

 COOK TIME: 15 minutes

 SERVES: 6

INGREDIENTS

- 2 cups whole wheat orzo, uncooked
- 1 head of broccoli, chopped into florets
- 1 stem of broccoli, peeled and chopped into ½-inch pieces
- 1 carrot, peeled and grated
- 1½ cups grape tomatoes, quartered
- ½ can (around 1 cup) cannellini beans, rinsed and drained
- 3-4 oz. firm salty cheese such as ricotta salata, manouri or halloumi cheese*
- Fresh mint, chives and parsley, finely chopped
- Salt, pepper, red pepper flakes and garlic powder, to taste
- Juice and zest of 1 lime
- Olive oil, to taste

**You can also use feta cheese in this recipe, but it will likely melt and become a creamy sauce if the pasta and broccoli are still warm.*

RECIPE

Together: Prep ingredients.

Adult: Bring a large pot of salted water to a boil.

Together: Add the chopped broccoli stems and cook for 1 minute. Add in the chopped broccoli florets and cook for an additional 40 seconds.

Adult: Scoop out the stems and florets with a sieve or slotted spoon and transfer them to a bowl of ice water for around a minute to stop it from cooking further. Then transfer them to a large kitchen towel to drain.

Adult: Return the water to a boil and add some olive oil. Cook the orzo according to the directions on the package and drain.

Together: Return the orzo to the pot. Add the broccoli, carrot, tomatoes, beans, cheese, herbs, olive oil, lime juice and zest and spices. Mix together. Taste and adjust seasoning as desired.

You can serve this salad immediately or let it cool a bit and serve it at room temperature.

FOOD FOR THOUGHT !

Orzo sure looks a lot like rice, but it's actually made from wheat flour, making it a type of pasta. In Italian, orzo is actually the word for barley, which is another type of grain. Orzo is a versatile pasta shape that's great in pasta salads, soups, or even "orissoto" (risotto made with orzo instead of rice).

Nutrition info per serving: 326 calories. 3g total fat. 1g saturated fat. 4mg cholesterol. 439mg sodium. 64g carbohydrates. 3g fiber. 1g sugars. 16g protein.



CHEESY ZUCCHINI BLACK BEAN SKILLET

This recipe comes to us from Meatless Monday blogger Patrice Berry of the blog [Circle B Kitchen](#).

 PREP TIME: 20 minutes

 COOK TIME: 10 minutes

 SERVES: 4

INGREDIENTS

- 1 tablespoon olive oil
- 1-2 cloves garlic, minced
- 1½ cups cooked rice
- 1½ cups zucchini, quartered lengthwise and sliced
- ½ cup diced green bell pepper
- ¼ teaspoon crushed red pepper
- ½ teaspoon salt, or to taste
- ¼ to ⅓ cup vegetable stock*
- 1 can black beans, drained and rinsed
- 1 can (14.5 oz.) fire-roasted diced tomatoes, undrained
- 1 cup grated Cheddar cheese (or any good melting cheese)
- *optional

RECIPE

Together: Prep ingredients.

Adult: Heat oil in large skillet over medium heat.

Together: Add zucchini, garlic, crushed red pepper and bell pepper; cook 5 minutes, stirring occasionally. Add beans and undrained tomatoes (adding a little vegetable stock here is optional, see note).

Adult: Increase the heat to medium high and add the cooked rice. Stir well. Cover; remove from heat and let stand 7 minutes or until liquid is absorbed.

Kid: Sprinkle with cheese.

Together: Replace the lid until the cheese is melted. Serve and enjoy.

FOOD FOR THOUGHT !

Tomatoes and many other red foods are a great source of a nutrient called lycopene (lahy-kuh-peen), which may help prevent disease. Canned tomatoes are an especially great source of lycopene since the cooking process makes it more usable to our bodies!

Nutrition info per serving: 321 calories. 13g total fat. 6g saturated fat. 30mg cholesterol. 603mg sodium. 36g carbohydrates. 9g fiber. 3g sugars. 16g protein.



SLOW & EASY RATATOUILLE

This recipe comes to us from our friends at [Tomato Wellness](#).

 PREP TIME: 15 minutes

 COOK TIME: 30 minutes

 SERVES: 8

INGREDIENTS

- 2 tablespoons extra virgin olive oil
 - 1 large onion, coarsely chopped
 - 3 cloves garlic, minced
 - 2 medium zucchini, halved and sliced
 - 1 eggplant (about 1¼ lbs.), peeled and cut into 1-inch chunks
 - 1 medium fennel bulb, quartered and thinly sliced (white base only)
 - 1 small red pepper, seeded and diced
 - 1 small yellow pepper, seeded and diced
 - 1 (29 oz.) can crushed tomatoes
 - 1 (6 oz.) can tomato paste
 - 1 teaspoon dried basil
 - 1 teaspoon dried rosemary
 - 1 teaspoon dried thyme
 - 1 teaspoon sea salt, or to taste
 - Ground or smoked pepper, to taste
 - Snipped fresh basil*
 - Grated Parmesan cheese*
- *optional*

FOOD FOR THOUGHT!

Fennel is a vegetable that grows in a bulb underground. Do you think it tastes a little bit like licorice? That's because fennel is related to the anise plant, which is often used to flavor licorice candy!

RECIPE

Together: Prep ingredients.

Slow Cooker Variation:

Adult: Heat oil in a large skillet.

Add onion; cook and stir over medium high heat for 5 minutes.

Add zucchini, eggplant and garlic; cook for 5 more minutes.

Adult: Transfer to a slow cooker with all remaining ingredients except fresh basil and Parmesan. Cover and cook on high for 3 hours or on low for 6 hours.

Kid: Top with fresh basil and Parmesan cheese.

Quick Stovetop Variation:

Together: Prepare as directed above, cooking in a large pot instead of a slow cooker.

Adult: Bring to a boil; reduce heat and simmer, covered, for 30 to 45 minutes or until vegetables are cooked to your liking.

Kid: Top with fresh basil and Parmesan cheese.




Serve hot or at room temperature.

Nutrition info per serving: 130 calories. 4g total fat. 1g saturated fat. 0mg cholesterol. 610mg sodium. 22g carbohydrates. 7g fiber. 7g sugars. 5g protein.



SWEET POTATO CORN CAKES

This recipe comes to us from Kids Cook Monday blogger Deidre Holmes of the blog [Plan It Healthier](#).

 PREP TIME: 45 minutes  COOK TIME: 30 minutes  SERVES: 4 (MAKES 12-15)

INGREDIENTS

- 1 sweet potato
- 1 onion
- 1 tablespoon butter or olive oil
(plus more for frying the cakes)
- 1 cup corn kernels
- 3/4 cup corn meal
- 1/2 cup whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt, or to taste
- 1/2 cup milk
- 3 eggs, beaten
- Several twists of cracked pepper, to taste
- 3-4 scallions, chopped
- Handful of cilantro, roughly chopped
(or basil, parsley or other green herbs)
- Zest of 1/2 lime*
- Sour cream or yogurt, to taste
- Salsa, to taste
- *optional*

RECIPE

Adult: Bake washed, unpeeled sweet potato in 400° F oven for approximately 45 minutes or until soft (time will depend on size).

Together: Prep remaining ingredients.

Together: Allow sweet potatoes to cool, and peel (the peel should slip right off.)

Adult: Warm skillet, melt butter and sauté chopped onion until translucent. Cut sweet potato into pieces while adding to the pan. You may have to mash the pieces a little bit. Add corn, mix well and turn off heat.

Together: Meanwhile, in a medium-sized bowl, combine dry ingredients. Add milk and eggs.

Kid: Stir in the sweet potato mixture and add scallions and green herbs.

Together: Warm just enough butter or olive oil in a frying pan to cook the pancakes. Spoon batter into pan and cook several minutes on each side. Makes 12-15 3-4" pancakes.

Enjoy them warm with sour cream or yogurt, salsa and/or hot sauce, and freeze any remaining in an air-tight container for a healthy vegetable-filled snack or quick meal.

FOOD FOR THOUGHT !

Sweet potatoes are an excellent source of vitamin A, which helps to keep your eyes healthy and boost your immune system. Don't confuse sweet potatoes with yams, though. Although they look similar, they're actually different vegetables!

Nutrition info per serving (about 3 pancakes): 326 calories. 9g total fat. 2g saturated fat. 142mg cholesterol. 682mg sodium. 53g carbohydrates. 5g fiber. 5g sugars. 12g protein.




VEGGIE QUICHE PATTIES

This recipe comes to us from Liz Weiss, MS, RDN & Janice Newell Bissex, MS, RDN, founders of [Meal Makeover Moms](#).

 PREP TIME: 20 minutes

 COOK TIME: 15 minutes

 SERVES: 4 (MAKES 12)

INGREDIENTS

½ small onion, cut into ¼-inch dice
(about ½ cup)

1 tablespoon extra virgin olive oil, divided

1 clove garlic, minced

1 bunch Swiss chard, stems and center ribs
removed, leaves cut into thin strips,
washed and dried in a salad spinner

Kosher salt and black pepper

5 large eggs, beaten

¾ cup reduced-fat shredded Cheddar cheese

1 tablespoon chopped fresh herbs
(such as parsley and tarragon)

12 baking cups

RECIPE

Together: Prep ingredients.

Adult: Preheat the oven to 375° F.

Together: Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.

Adult: Heat ½ tablespoon of the oil in a large nonstick skillet or Dutch oven over medium heat.

Together: Add the onion and cook, stirring frequently, until softened, about 5 minutes.

Together: Stir in the garlic and cook 30 seconds to 1 minute, until golden and fragrant.

Together: Add the remaining ½ tablespoon oil and the Swiss chard and cook, stirring often, until wilted, about 7 minutes. Keep a watchful eye and adjust heat accordingly. Season with kosher salt and black pepper to taste.

Together: Remove to a cutting board, cool slightly, and coarsely chop.

Kid: Place the eggs, cheese, and herbs in a large bowl and whisk together until well combined. Stir in the chopped vegetables.

Together: Using a tablespoon measure, pour the egg mixture evenly into each of the muffin cups. (You'll end up with about 2 tablespoons per muffin cup.) Smooth the tops.

Adult: Bake until golden brown and the eggs are set, about 15 minutes. Cool slightly, remove from muffin cups, and serve at breakfast, lunch, dinner, or for a snack.

Nutrition info per serving: (3 patties) 200 calories. 13g total fat. 5g saturated fat. 270mg cholesterol. 460mg sodium. 8g carbohydrates. 2g fiber. 2g sugars. 16g protein.

FOOD FOR THOUGHT!


Mincing garlic requires a sharp knife, so it's a task best suited for adults. Kids can help get the process started by smashing the garlic clove under the corner of a cutting board to loosen the skin.




HUMMUS & ROASTED VEGETABLES FLATBREAD

This recipe comes to us from Meatless Monday blogger Olga Berman of the blog [Mango & Tomato](#).

 PREP TIME: 20 minutes

 COOK TIME: 30 minutes

 SERVES: 8 (MAKES 2)

INGREDIENTS

2 zucchinis, sliced
2½ cups broccoli florets
1 red onion, peeled, cut into wedges
2 cups sliced peppers
Olive oil
Salt
2 10-12 oz. flatbreads
⅔ cups herb-flavored hummus
¼ cup grated mozzarella cheese

RECIPE

Together: Prep ingredients.

Adult: Preheat the oven to 450° F.

Kid: In a bowl, drizzle the vegetables with olive oil and season with salt. Mix to combine.

Adult: Roast the vegetables on a cookie sheet in a single layer for 30 minutes, turning them at least once.

Adult: 5 minutes before the vegetables are ready, put the flatbread into the oven.

Adult: Once the vegetables are roasted, take them out of the oven. Also remove the flatbread.

Together: Spread the flatbread with hummus, top with roasted vegetables and cheese and put back into the oven for 5 more minutes, just to melt the cheese.

Adult: Slice the flatbread and serve immediately.

FOOD FOR THOUGHT !

Did you know that hummus is made out of beans? It's made from chickpeas, actually, which are a type of bean (they're sometimes called "garbanzo beans"). Try making your own hummus with canned chickpeas: just add olive oil, garlic and salt to taste and blend in a food processor.

Nutrition info per serving: 320 calories. 8g total fat. 2g saturated fat. 6mg cholesterol. 581mg sodium. 55g carbohydrates. 9g fiber. 3g sugars. 13g protein.




BAKED ZITI CUPCAKES

This recipe comes to us from our friends at [Birds Eye Vegetables](#).

 PREP TIME: 10 minutes

 COOK TIME: 25 minutes

 SERVES: 4 (MAKES 12)

INGREDIENTS

- 2½ cups part skim ricotta cheese, divided
- 1 cup part skim shredded mozzarella cheese, divided
- ¼ cup grated Parmesan cheese, divided
- 1 egg
- 1 cup marinara sauce
- 1 bag (12 oz.) frozen sweet peas, cooked according to package directions
- 8 oz. rotelle or penne pasta, cooked according to package directions
- 12 baking cups

RECIPE

Together: Prep ingredients.

Adult: Preheat oven to 350° F. Line 12-cup muffin pan with liners.

Kid: Combine 1½ cups ricotta cheese, ¾ cup mozzarella cheese, 2 tablespoons Parmesan cheese, egg, and marinara sauce in large bowl.

Together: Fold in prepared peas and pasta.

Together: Generously fill cups with pasta mixture. Bake 20 minutes or until almost heated through.

Kid: Meanwhile, combine remaining ricotta, mozzarella and Parmesan cheeses.

Together: Evenly top each cupcake with cheese “frosting” mixture.

Adult: Broil an additional 2 to 3 minutes, until the “frosting” heats through.

FOOD FOR THOUGHT!

Peas are a great source of fiber and protein. Frozen peas are just as nutritious as fresh peas since they're typically frozen shortly after harvest, locking in the nutrients and making them a perfect addition to weeknight meals.

Nutrition info per serving (3 cupcakes): 572 calories. 27g total fat. 15g saturated fat. 162mg cholesterol. 679mg sodium. 40g carbohydrates. 4g fiber. 11g sugars. 42g protein.



CHILI RELLENO CASSEROLE

This recipe comes to us from Meatless Monday blogger Monica Olivas of the blog [Run Eat Repeat](#).

 PREP TIME: 20 minutes

 COOK TIME: 30 minutes

 SERVES: 4

INGREDIENTS

- 2 cups cooked brown rice
- ½ cup onion
- 1 large bell pepper
- 1 (15 oz.) can no salt added corn, drained
- 1 (4 oz.) can fire roasted diced green chiles
- ½ cup nonfat plain Greek yogurt
- 3 eggs
- 1 cup shredded sharp Cheddar cheese
- Salt, pepper and garlic powder to taste

RECIPE

Adult: Preheat oven to 350° F.

Together: Chop onion and bell pepper. Cook until soft, season with garlic powder.

Kid: Mix rice, corn and green chiles in a big bowl. Add bell pepper and onion mix. Combine.

Kid: Add eggs, yogurt and half the shredded cheddar cheese. Season with salt and pepper. Combine.

Together: Place in 8×8-inch sprayed baking pan. Top with remaining cheese. Bake for 30 minutes or until set.

FOOD FOR THOUGHT !

You know how every year that you get older, you gain more and more knowledge? Just like you, Cheddar cheese gets “sharper” as it ages! Mild Cheddar is aged for only two to months, while sharp Cheddar is aged for about a year and extra sharp is aged for 18 months!

Nutrition info per serving: 390 calories. 15g total fat. 7g saturated fat. 189mg cholesterol. 403mg sodium. 48g carbohydrates. 5g fiber. 8g sugars. 19g protein.



ASIAN FRESH ROLLS

This recipe comes to us from Meatless Monday blogger Mark Young of the blog [Mondays Are Meatless](#).

 PREP TIME: 35 minutes

 COOK TIME: 0 minutes

 SERVES: 4-5 (MAKES 10)

INGREDIENTS

12 oz. firm tofu

For the Marinade:

- 2 tablespoons soy sauce
- 1 tablespoon toasted sesame oil
- 1 teaspoon agave nectar or honey
- 1 tablespoon rice vinegar*

For the Roll Assembly:

- 1 cup julienned carrots
(or pre-cut matchstick carrots)
- 1 cup julienned cucumber
- 1 cup julienned red pepper
- 2 avocados, sliced into thin strips
- 4 cups brown rice vermicelli noodles
(also called rice stick noodles)
- 10 rice paper circles
*optional

RECIPE

Together: Prep ingredients. Boil a pot of water for the rice noodles.

Together: Slice tofu into two ½-inch slabs, wrap in a tea towel and press between two cutting boards with something heavy on top for 5 or 10 minutes. Cut into ½-inch by ½-inch by 3-inch pieces and set aside.

Kid: Mix all the marinade ingredients in the bottom of a 9 x 12 glass baking dish. Spread the tofu sticks across the bottom of the pan and let sit for 15 minutes. Then flip the tofu sticks once and let them sit for another 15.

Together: Stir up tofu sticks and marinade one last time and drain off any excess liquid into a glass dish and set aside. Cut up veggies. Set out each ingredient in a separate bowl.

Adult: Put the dry rice noodles in a large glass bowl. Cover with boiling water and let stand for 3 minutes. Drain and let cool.

Together: When all ingredients are set out in “assembly line” fashion to put fresh rolls together, fill a flat dish or frying pan with hot but not boiling water. Hold each rice paper circle underwater for 5-10 seconds – it should still be a bit rigid, but floppy. Place the wet rice paper circle in the middle of a plate.

Together: Put a small handful of the noodles, one of the tofu sticks, a bit of each veggie and a slice of avocado in the center, leaving a good few centimeters on all sides. Roll one edge completely over the filling, tuck under the filling and fold up the two “ends,” and continue rolling until it is all contained. Repeat with remaining circles and filling.

Serve with leftover marinade or your favorite dip, such as hoisin or spicy peanut sauce.

Nutrition info per serving (about 2 rolls): 456 calories. 18g total fat. 3g saturated fat. 1mg cholesterol. 420mg sodium. 62g carbohydrates. 8g fiber. 4g sugars. 16g protein.

FOOD FOR THOUGHT!

“Julienne” is a French cooking term for cutting a vegetable into long, thin pieces. With some practice, this cut can be done with a knife, or an adult can do it with a tool called a mandolin. Sometimes, though, it’s easier to buy vegetables that are already cut in this shape, like pre-cut matchstick carrots.



BAKED POTATO NACHOS

This recipe comes to us from our friends at the [United States Potato Board](#).

 PREP TIME: 25 minutes

 COOK TIME: 35 minutes

 SERVES: 4

INGREDIENTS

- 1½ lbs. russet potatoes
- 1½ tablespoons vegetable oil
- ½ teaspoon garlic salt
- 1 teaspoon Mexican seasoning blend
- 1 cup Mexican blend shredded cheese
- ¼ cup canned black beans, rinsed and drained
- ¼ cup diced tomatoes
- ¼ cup sliced black olives
- ¼ cup sliced green onions
- 3 tablespoons canned diced green chiles
- Salsa*
- Guacamole*
- Sour cream*
- *optional

RECIPE

Together: Prep ingredients.

Adult: Preheat oven to 425° F.

Together: Scrub potatoes and cut into ½-inch thick wedges.

Kid: Place potatoes into a medium size bowl with the oil, garlic salt and Mexican seasoning. Stir well to coat potatoes with oil and seasonings.

Together: Transfer to a large baking sheet and spread into a single layer. Bake for 25 to 30 minutes, stirring several times, until crisp and golden brown.

Together: Top with cheese, beans, tomatoes, olives, onions and chiles. Bake for 5 minutes more to melt cheese.

Optional: serve with salsa, guacamole and sour cream.

FOOD FOR THOUGHT !

Did you know that there are over 100 different kinds of potatoes? Russet potatoes have dark brown skin and become “fluffy” when cooked, so they’re a great potato for baking and mashing.


Nutrition info per serving: 308 calories. 16g total fat. 7g saturated fat. 32mg cholesterol. 659mg sodium. 39g carbohydrates. 5g fiber. 2g sugars. 13g protein.




BEAN TACOS WITH SPICY YOGURT SAUCE

This recipe comes to us from Meatless Monday blogger Nancy Granada of the blog [Kindred Kitchen](#).

 PREP TIME: 10 minutes

 COOK TIME: 20 minutes

 SERVES: 4 (MAKES 8)

INGREDIENTS

For the Spicy Yogurt Sauce:

- 2/3 cup nonfat Greek yogurt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 cup chopped fresh cilantro
- A few dashes of hot sauce, to taste
- Juice of 1 lime
- 2 tablespoons extra virgin olive oil
- Pinch salt
- Pinch pepper

For the Cilantro Pesto:

- 2 cups fresh cilantro, packed loosely
- 4 small cloves garlic
- 2/3 cup toasted pumpkin seeds
- 2 generous pinches salt
- Juice of 2 limes
- Up to 2/3 cup extra virgin olive oil

For the Filling and Taco Assembly:

- 2 tablespoons olive oil
- 2 (15 oz.) cans no salt added white or cannellini beans, drained and rinsed
- 2 cups chopped tomatoes
- 1/2 cup cilantro pesto
- 8 corn tortillas
- 1/2 cup reduced-fat shredded Mexican blend cheese
- 1 cup chopped lettuce
- 1/2 cup spicy yogurt sauce

RECIPE

Together: Prep ingredients.

For the Spicy Yogurt Sauce:

Kid: Add all of the ingredients in a bowl and stir to combine. Set aside while you make the pesto and beans.

For the Cilantro Pesto:

Together: Place the cilantro, garlic, pumpkin seeds, salt and lime juice in a food processor. Pulse a few times on high until well combined.

Together: Turn the food processor on low and slowly drizzle the olive oil in until the mixture resembles a traditional pesto. Set aside while you make the beans.

For the Filling and Taco Assembly:

Adult: Heat the olive oil in a cast iron skillet or nonstick pan.

Together: Add the beans and sauté for 5 minutes (add a pinch of salt if you're using unsalted beans).

Together: Add the chopped tomatoes and sauté for 3-4 minutes.

Together: Add the cilantro pesto and sauté for 1 minute. Remove from heat.

Together: Warm the tortillas in the microwave for a few seconds (or wrapped in foil in a 350°F oven for 7 or 8 minutes).

Kid: Assemble the taco by sprinkling some cheese on each tortilla.

Top with shredded lettuce, bean filling, and spicy yogurt sauce.

Kid: Sprinkle with some fresh cilantro and serve with a wedge of lime.

FOOD FOR THOUGHT!

Pumpkin seeds are called "pepitas" (puh-pee-tuhs) in many Spanish-speaking cultures, and they are a popular snack and cooking ingredient. They're a great source of protein, iron, zinc and many other important nutrients.

Nutrition info per serving (2 tacos): 554 calories. 18g total fat. 5g saturated fat. 18mg cholesterol. 304mg sodium. 72g carbohydrates. 14g fiber. 7g sugars. 31g protein.

The Monday Campaigns



The Monday Campaigns is a nonprofit organization in association with Johns Hopkins Bloomberg School of Public Health, Columbia University Mailman School of Public Health, and the Maxwell School at Syracuse University.

Founded on research that demonstrates Monday is the day consumers are most likely to introduce healthy changes, the organization seeks to establish Monday as the day “all health breaks loose.”

The Kids Cook Monday is a project of The Monday Campaigns. With a simple slogan, “start your week off right, make Monday family night!” the campaign’s aim is to spread the word about the value of family dinners and teaching kids to cook.

Visit TheKidsCookMonday.org for more resources. We offer:

- A *collection of recipes* to help your family get into the healthy habit of cooking together.
- *Resources* including free toolkits, posters and educational materials.
- A free weekly newsletter, *The Family Dinner Date*, which delivers a new recipe and family cooking activities to your inbox each week.
- Thriving social media communities:

