



# ACE HEALTHY COOKING tips

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## RECIPES FOR PICKY EATERS

Think you can't get your family to eat healthy? These nutritious twists on kid-friendly food favorites are easy and inexpensive to make, and they're sure to win approval from your favorite picky eater.



### WHOLE WHEAT PITA PIZZAS

- 4 whole wheat pita bread
- 1 cup tomato sauce
- 2 cups assorted chopped vegetables (mushrooms, spinach, onions, peppers, broccoli)
- 1 cup shredded mozzarella cheese

Preheat oven to 400°F. Place 1-2 tablespoons of tomato sauce on pita bread and spread evenly. Top with vegetables and the meat of your choice. Sprinkle 2 tablespoons of cheese on top of vegetables. Place on baking sheet and bake for 10-15 minutes, until cheese is melted.

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### “VEGGIEFUL” HAMBURGERS

- 1 pound lean ground beef or ground turkey
- 2 cups shredded vegetables (carrots, zucchini, peppers)
- ½ cup uncooked oatmeal
- 1 teaspoon each of salt and pepper
- Whole wheat hamburger buns
- Optional toppings (lettuce, tomatoes, onions, mushrooms, cheese)

For hamburger patties, mix vegetables, meat, salt, pepper and oatmeal in a bowl and stir. Take 2 large spoonfuls of mixture, roll into a ball, and then flatten to form a patty.

Heat 1 tablespoon of olive oil in a pan over medium heat. Cook hamburger patties in pan for 5-6 minutes, and then flip to cook for another 5-6 minutes. Serve on hamburger bun with your favorite toppings. Serve with crispy green bean fries.

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### CRISPY GREEN BEAN “FRIES”

- 1 pound green beans (washed and dried with ends trimmed)
- 2 tablespoons olive oil
- Salt and pepper

Preheat oven to 425°F. Place green beans in a single layer on a baking sheet. Sprinkle olive oil over beans, and then season with salt and pepper. Bake for 20 minutes or until crispy.

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