



ACE HEALTHY COOKING tips

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COOKING WITH COCOA

Want to make healthy eating fun? Just add cocoa! From breakfast to dinner, add some excitement to your favorite meals by incorporating the chocolaty flavor kids love while inspiring them to establish healthy eating habits for life.

COCOA-BANANA-SPINACH SMOOTHIE (SERVES 6, 7-OZ SERVINGS)

- 1 cup nonfat milk (cow, soy, almond, or rice)
- ¼ cup unsweetened cocoa powder
- 2 ripe bananas
- 1 cup raw spinach
- 1 tablespoon honey
- 3 cups ice

Pour milk, cocoa, bananas, spinach, honey, and ice into blender. Blend until smooth, approximately 45 seconds. Serve cold.



CHOCOLATEY OATMEAL (SERVES 6)

- 2 cups uncooked oats
- 1 ½ cups of water
- 1 cup of nonfat milk
- 1/2 teaspoon of salt
- ¼ cup of unsweetened cocoa powder
- 1 tablespoon of ground cinnamon
- ¼ cup of sugar

Bring milk, water and salt to boil over medium heat. Add oats, cocoa powder, cinnamon, sugar and stir. Cook for 5-7 minutes, or until most of liquid is absorbed.



COCOA-VEGGIE BEEF STEW (SERVES 6)

- 1/8 cup unsweetened cocoa powder
- 1/8 cup all-purpose flour
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 ½ pounds beef stew meat, cut into bite-sized pieces
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 teaspoon fresh thyme
- 13 ¾ ounces beef broth
- 14 ½ ounces diced tomatoes undrained
- 1 medium onion, cut into wedges
- 2 large peeled sweet potatoes, cut into slices and halved
- 2 cups carrots, sliced
- ½ cup frozen peas

Preheat oven to 350F. In large bowl combine cocoa, flour, salt, pepper, and beef. Cover and shake until beef is coated. In large skillet, heat oil over medium heat. Press garlic into oil. Add beef, saving any remaining cocoa mixture. Cook about five to seven minutes until beef is browned, stirring occasionally. Remove beef and garlic to large oven-safe deep dish. Mix in remaining cocoa mixture and fresh thyme. Add beef broth, tomatoes, and onion. Cover dish and place in oven for 1hr 15 minutes. Add sliced potatoes and carrots and cook for an additional 1 hour. Stir in peas shortly before serving.

