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### The Classic Kid-Favorite

When mealtime hits and bellies start growling, turn to a classic to keep your kids full and satisfied. Chicken Noodle Soup has always been a favorite among children, so keep tradition alive in your family with this scrumptious recipe. For more delicious chicken recipes, visit [eatchicken.com](http://eatchicken.com).

### Chicken Noodle Soup

Recipe courtesy of National Chicken Council

- 1 chicken (3 pounds), liver discarded
- 2 1/2 quarts cold water
- 4 carrots, peeled and cut into bite-size pieces
- 2 onions, peeled
- 2 celery stalks with leaves, cut into 4 pieces
- 6 cloves garlic, peeled
- 2 fresh thyme sprigs or 1/2 teaspoon dried thyme

- 1 1/2 teaspoons kosher salt
- 1 teaspoon whole black peppercorns

#### Soup:

- 1 cup small pasta, cooked
- 1 cup frozen peas, thawed
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh parsley, chopped

**To prepare broth:** In large pot over high heat, bring chicken and all remaining broth ingredients to boil. Reduce heat to low; skim surface of broth to remove foam. Let simmer 1 1/2 hours, skimming occasionally, and turning chicken. Add more water if necessary to keep chicken submerged.

Remove chicken with tongs and cool. Strain broth through fine sieve. Discard celery, herbs and spices. Reserve onions and carrots. Remove any excess fat from top of broth with spoon.

Pull chicken meat from bones and discard skin and bones. Dice chicken and reserve. Quarter cooked onions, if desired.

**To prepare soup:** In large pot over high heat, return strained chicken broth and bring to rolling boil. Add reserved onions and carrots. Reduce heat to low; stir in reserved chicken meat, pasta and frozen peas, cooking until warm. Season with salt and pepper. Ladle soup into bowls and top with dill and parsley.

# Creating HEALTHY Eating Habits

#### FAMILY FEATURES

When it comes to eating, it can be difficult to find foods that kids can enjoy while also introducing them to valuable nourishment and health principles. Instead of giving in to ice cream for every meal or forcing children to eat something their taste buds don't agree with, there are tasty recipes like Chicken Noodle Soup, Cinnamon-Sprinkled French Toast and Flower Salad that can quench their appetites without giving up nutritional value. These fun recipes can give kids a chance to help in the kitchen, learning important life skills while spending quality time with family.

To find more fun, kid-friendly recipes that include both taste and nourishment, visit [culinary.net](http://culinary.net).

### Connect Kids with Food for Healthy Habits

More than nine in 10 millennial moms think it's important for their kids to learn about where their food comes from, and more than three-quarters of those moms actively do things with their kids to help learn just that, according to recent findings.

Building healthy habits is the top reason moms cite for encouraging more learning when it comes to food, according to research conducted by IPSOS on behalf of Cuties – the sweet little clementines. Even when the weather is colder outside, recipes like this Flower Salad can help encourage kids to eat healthy for a lifetime.

For more kid-friendly recipe ideas and content exploring where food comes from, visit [cutiescitrus.com/our-story](http://cutiescitrus.com/our-story).

### Flower Salad

Recipe courtesy of Ellie Krieger

Servings: 1

#### Flower:

- 1 Cuties clementine
- 9-10 thinly sliced strips
- red bell pepper, cut in 1-inch pieces

- 1/2 grape tomato
- 1 celery stick, cut to 3 inches
- 2 small leaves romaine lettuce
- 1 piece English cucumber, unpeeled, seeded and cut to 1 1/2 inches then thinly sliced

#### Dip:

- 2 tablespoons plain Greek yogurt
- 1/2 teaspoon honey
- 1/4 teaspoon fresh lemon juice

Peel clementine and separate sections almost all the way, leaving attached at the base. Place on plate with base down. Place piece of red bell pepper between each citrus section, and half tomato in center to form flower.

Place celery and lettuce leaves underneath as stem and leaves. Arrange cucumber slices below to represent grass.

In small bowl, stir together yogurt, honey and lemon juice.

Serve dip in dish alongside flower, or in a mound underneath cucumber slices.

#### Nutritional information per serving:

76 calories; 0.5 g total fat; (0.3 g saturated fat, 0.2 g poly fat); 4 g protein; 15 g carbohydrates; 2 g fiber; 2 mg cholesterol; 21 mg sodium.

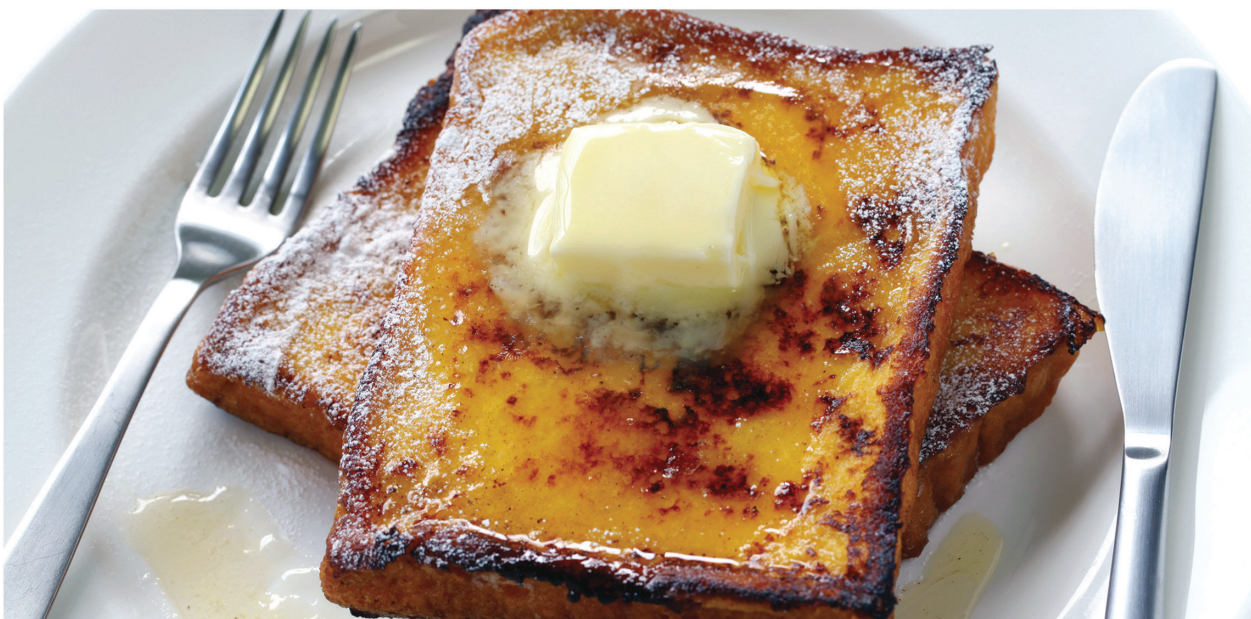


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### A Memorable Morning Meal

Whether it's before school or after sleeping in on a Saturday morning, breakfast is a popular meal for children of all ages. Next time you and your family rise and shine, go with this recipe for Cinnamon-Sprinkled French Toast to keep the whole gang happy. Find more kid-friendly recipes for every meal at [nutrition.gov](http://nutrition.gov).

### Cinnamon-Sprinkled French Toast

Recipe courtesy of the USDA

- 2 large eggs
- 2 tablespoons fat-free milk
- 1/2 teaspoon ground cinnamon
- 2 slices whole-wheat bread
- 1 teaspoon soft margarine
- 4 teaspoons light pancake syrup

In flat-bottomed bowl, crack eggs. Thoroughly whisk in milk and cinnamon. Dip bread slices, one at a time, into egg mixture, wetting both sides. Re-dip, if necessary, until all egg mixture is absorbed into bread.

Meanwhile, heat large, nonstick skillet over medium heat. Add butter. Place dipped bread slices in skillet. Cook 2 1/2-3 minutes per side, or until both sides are golden brown. Drizzle with syrup. Serve when warm.

**Nutritional information per serving:** 190 calories; 8 g total fat; (3 g saturated fat); 10 g protein; 19 g carbohydrates; 2 g fiber; 215 mg cholesterol; 250 mg sodium.