

EASY. NUTRITIOUS. LOW IN CARBS



# Kid Friendly Comfort Meals



FAMILY INVOLVED COOKING TO INSPIRE THE CHEF IN YOU.

*Created by: Rosemarie Vitale, MS, RDN*



400 MACK AVE, SUITE 1 EAST DETROIT, MI 48201  
PHONE: 313-448-9600

# Mexican Stuffed Peppers

## Ingredients

1/2 lb lean ground beef  
 4 medium bell peppers (any color)  
 1 small onion, diced  
 1 jalapeño, diced (optional)  
 1 can (15.25oz) black beans (rinsed & drained)  
 1 can (14.5oz) diced tomatoes  
 1 cup of cooked rice  
 1/2 packet (2 Tbsp) taco seasoning  
 1/2 cup of water (or beef broth)  
 1 cup of shredded cheese  
 Olive oil or cooking spray  
 Optional toppings: sour cream, plain greek yogurt, or avocado.

## Directions

1. Preheat oven to 375 degrees Fahrenheit
2. Wash and slice peppers in half, remove the seeds and place on baking sheet. Drizzle peppers with oil or spray with cooking spray and bake for 10-15 mins.
3. Dice onions and jalapeños (optional)
4. Prepare cooked rice according to package instructions.
5. Cook ground beef in large pan and drain excess fat.
6. Add onions and jalapeños to beef and cook for 2-3 mins.
7. Add tomatoes, beans, rice, water (or beef broth) and taco seasoning to large pan and simmer for 3-5 mins.
8. Place peppers into casserole dish and stuff peppers with all the filling.
9. Add shredded cheese on top of peppers.
10. Place in oven and bake for 10-15 mins.



## Nutrition

Serving size:  
 Half a pepper  
 (8 servings per recipe)  
 Calories 204  
 Fat 6g  
 Saturated Fat 3.5g  
 Sodium 472mg  
 Carbs 22g  
 Fiber 5g  
 Protein 13g



# SALISBURY STEAK MEATBALLS

## INGREDIENTS

### MEATBALLS

- 1 lb lean ground beef
- 1/2 onion, finely chopped
- 1 garlic clove, minced
- 1 egg
- 1/2 cup panko or regular breadcrumbs
- 2 Tbsp ketchup
- 1 Tbsp dijon mustard
- 1 tsp hamburger seasoning
- 1/2 tsp Worcestershire sauce

### GRAVY

- 1 Tbsp olive oil
- 2 garlic cloves, minced
- 1/2 onion, finely chopped
- 1/2 cup sliced mushrooms
- 2 Tbsp unsalted butter
- 3 Tbsp flour
- 2 cups of beef broth
- 1 cup of water
- 2 tsp dijon mustard
- 2 tsp Worcestershire sauce
- Pepper to taste

## DIRECTIONS

1. Add all the meatball ingredients into a mixing bowl. Use your hands to combine and form into small meatballs.
2. Pour a little olive oil into a large pan and cook meatballs. Remove from pan and set aside onto a plate.
3. Add olive oil, garlic, and mushrooms into the large pan. Cook until onions are translucent.
4. Add butter to pan. Once melted, add flour and cook for 1 minute.
5. Add beef broth, water, dijon mustard, Worcestershire sauce, salt and pepper to pan and mix well.
6. Add meatballs to gravy and stir consistently until gravy thickens (about 5-7 minutes).
7. Serve over mashed cauliflower and green beans (pictured).

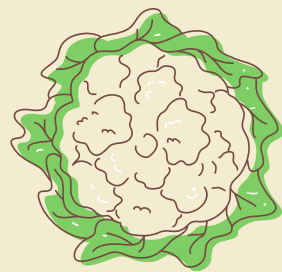


## NUTRITION

- Serving size 4 meatballs
- Recipe makes about 26 meatballs
- Calories 233
- Fat 13g (6g saturated fat)
- Sodium 367mg
- Carbs 10g
- Fiber 0g
- Protein 18g



# Cauliflower Garlic Mash



## Ingredients

- 1 medium head of cauliflower, cut into florets
- 2 cloves of garlic
- 1 Tbsp of unsalted butter
- 1 Tbsp of sour cream

## Directions

1. Bring a medium pot of water to boil. Once boiling, cook the cauliflower for 8-10 minutes or until fork tender. Remove and drain cauliflower.
2. Add a little bit of olive oil to a small pan and lightly brown garlic until fragrant. Make sure not to overcook or it will taste bitter.
3. Place cauliflower, garlic, butter, and sour cream into a blender or food processor and pulse until smooth and creamy.



## Nutrition

Serves 4

Serving size 1/2 cup  
(recipe makes about 2 cups)

Calories 69

Fat 4g

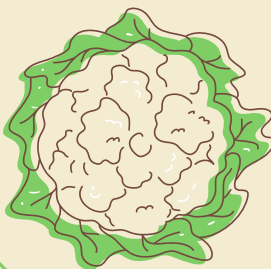
Saturated Fat 2g

Sodium 46mg

Carbs 7g

Fiber 3g

Protein 3g





# HIDDEN VEGGIE



## PIZZA SAUCE



### INGREDIENTS

24 oz jar of marinara sauce  
3 cups of chopped vegetables, I used:  
1 medium bell pepper  
1 small zucchini  
1 small onion  
1 stalk of celery  
1 clove garlic  
Other vegetable options: carrots, mushrooms, spinach  
1 tsp of olive oil  
½ tsp of garlic powder  
½ tsp Italian seasoning or oregano

### DIRECTIONS

1. Clean and chop vegetables
2. Add olive oil and chopped vegetables to a pot or pan and cook for 7-8 minutes until softened.
3. Puree vegetables to a smooth consistency using a blender or food processor.
4. Mix pureed vegetables, marinara sauce, garlic powder and Italian seasonings to pot. Cook on low/medium-low heat for 10-12 minutes, stirring frequently. *The additional cooking will help to thicken the sauce and remove any excess water that is naturally present in the vegetables.*



### NUTRITION

Serving size 1/4 cup      3 1/2 cups per recipe (14 servings per recipe)  
Calories 38      Fat 1g (0g saturated fat)      Sodium 207mg      Carbs 6g      Fiber 1.5g      Protein 1g

# PEPPERONI PIZZA CHICKEN BAKE

5X LESS CARBS AND 2X MORE PROTEIN THAN A SLICE OF LARGE PEPPERONI PIZZA

## INGREDIENTS

1 1/2 cups of Hidden Veggie Pizza Sauce

6 thin sliced or 3 large chicken breast cut in half (1.5 lbs)

1/2 Tbsp of olive oil

Italian seasoning or oregano

Salt and pepper

1 1/2 cups of shredded mozzarella cheese

27 pepperonis (4-5 pepperonis per chicken)

*Add vegetables for an extra nutrient boost.*

Additional toppings: pineapple, olives, green peppers, spinach or banana peppers.



Recipe source and inspiration:  
<https://kalynskitchen.com/low-carb-pepperoni-pizza-chicken-bake/>



You can scale down this recipe to what works for your family, like the two person meal pictured above

## NUTRITION

Serving size:

1 chicken breast  
(4 oz each, 6  
servings/recipe)

Calories 283

Fat 12g

Saturated fat 5g

Sodium 558mg

Carbs 6g

Fiber 1.5g

Protein 37g



## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit
2. Use a zip-lock bag or plastic wrap to pound chicken to 1/2-3/4 inch thickness if needed. Use a rolling pin or meat mallet (see image 1).
3. Lightly sprinkle both sides of chicken with salt, pepper, Italian seasoning/oregano and garlic powder.
4. Heat a cast iron skillet or pan with olive oil. Sear the chicken on both sides, about 2 minutes on each side.
5. Transfer chicken to baking dish (see image 2)
6. Pour 1/4 cup of pizza sauce onto each chicken.
7. Sprinkle each chicken with 1/4 cup of shredded cheese. Then add 4-5 pepperonis on each chicken. (see image 3). Add more toppings if desired.
8. Bake in oven uncovered for 20 minutes. *The internal temperature of the chicken should be at 165 degrees Fahrenheit.*
9. Take out of oven and let sit for 2-3 minutes. Enjoy with salad and a side of garlic toast (see image 4).





# Prep Ahead Chicken Pot Pie

## Ingredients

3 Tbsp unsalted butter  
1 small onion, diced  
3 medium carrots, diced  
3 ribs celery, diced  
2 cloves garlic, minced  
1 teaspoon dried thyme  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/3 cup flour  
1 3/4 cups low sodium chicken broth  
1 cup 2% milk  
2 cups shredded or chopped cooked chicken  
1 cup frozen peas

This recipe can be made with store bought or homemade pie crust. Cook according to recipe or bake at 375 for 30-45 minutes. Before baking pie, brush with egg wash (egg + 2 Tbsp water) and make a few slits in the top to allow the pie to vent.

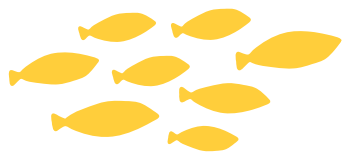
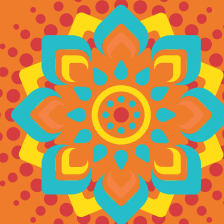
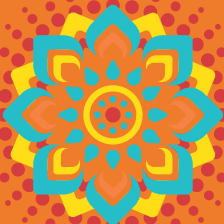
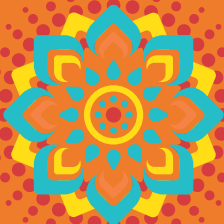
## Nutrition

Serving size: 1/8th of recipe  
Calories 170  
Fat 6g (3g saturated fat)  
Sodium 315 mg  
Carbs 12g  
Fiber 2g  
Protein 16g

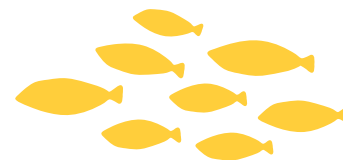
## Directions

1. In a large pan, melt the butter over medium heat. Add the onion, carrots and celery and cook, stirring occasionally, until softened.
2. Stir in the garlic, thyme, salt, pepper and flour. Cook, stirring, for 1 minute.
3. Stir in the broth and milk. Consistently stir until the mixture begins to bubble and thicken slightly, about 4-5 minutes.
4. Turn off the heat and stir in the chicken and peas
5. Let mixture cool and add to large freezer safe container or ziplock bag. Freeze filling for 1-2 months. Reheat on stove top when ready to use.





# Salmon Patties



Yields 8 patties

## Ingredients:

### Salmon patties

1 (14.75oz) or 3 (5oz) cans of skinless, boneless salmon

1/4 cup of finely diced onions

3/4 cup panko breadcrumbs

1/4 cup plain, non-fat Greek yogurt

1 tbsp. lemon or lime juice

1 tbsp. Dijon mustard

1 large egg, beaten

sprinkle of salt and pepper

1 tsp. garlic powder

Optional: 1 tbsp. fresh dill

2 tbsp. extra-virgin olive oil

### Sriracha aioli (Optional)

1/4 cup plain, non-fat Greek yogurt

2 tbsp. mayonnaise

1 tbsp. lemon or lime juice

1 tsp Dijon mustard

1 tsp garlic powder

Sriracha to taste

*Mix all ingredients together & enjoy with salmon patties. Makes about 1/2 cup.*

**\*1 tbsp = 34 calories, 3g fat, 0g carbs**

## Directions

1. To a large bowl, add first 9 ingredients and mix until well incorporated.
2. Form into 8, evenly-sized patties. In a large skillet over medium heat, heat oil. Cook patties in batches until golden and crispy, 3-4 minutes per side. Drain on paper towel.



Recipe source and inspired by: <https://www.delish.com/cooking/recipe-ideas/recipes/a55509/salmon-patties/>

## Nutrition:

Serving size: 2 patties

Calories 225

Fat 10g (1g saturated fat)

Sodium 311 mg

Carbs 11g

Fiber <1g

Protein 22g

*\*Great source of vitamin D (61% = 488 IU) per serving*





# Oreo Truffles

## Ingredients

1 (16 oz) package of Oreo chocolate sandwich cookies

1 (8 oz) package of 1/3rd reduced-fat cream cheese, softened

1 package (16 oz) Kroger® Chocolate Candy Coating

## Directions

1. Crush Oreos into fine crumbs using a food processor. You can also use a large zip-lock bag and rolling pin to crush the Oreos.
2. Place crushed Oreos into a medium bowl and add cream cheese. Mix until well combined.
3. Roll into balls and freeze for 30 minutes
4. Dip the frozen balls in melted chocolate until coated and place on wax paper. If desired, add sprinkles immediately after coating with chocolate.
5. Refrigerate balls for at least 30 minutes before enjoying.

## Nutrition

Serving size: 1 Oreo Truffle

Recipe makes 36 Truffles

Calories 124

Fat 6g (4g saturated fat)

Sodium 72mg

Carbs 16g

Protein 1g



# Strawberry Santas



With just three ingredients, these Strawberry Santas are the perfect sweet treat for a holiday party. Older kids may even enjoy helping to make them.  
The best part: Each one has only 3 grams of carbs!

## INGREDIENTS

- 12 medium strawberries
- ½ cup sugar-free whipped topping
- 24 mini chocolate chips

## NUTRITIONAL INFORMATION

Serving Size: 1 Strawberry Santa

Calories 17

Total Fat 1g

Total Carbohydrate 3g

Fiber 0g

Protein 0g

Original recipe source: <https://www.t1everydaymagic.com/strawberry-santas/>

## HOW TO MAKE IT

- 1 Using a paring knife, cut off the leafy ends of the strawberries. Make sure to cut evenly so the strawberries will stand up straight when placed on a flat surface.
- 2 Cut off a small portion of the pointy end of each strawberry (don't throw it away—it will be used to make Santa's hat later).
- 3 Place the strawberries with wide ends down on a platter and spoon approximately 2 teaspoons whipped topping onto each one, overlapping the front side of the berry slightly to create Santa's long, fluffy beard.
- 4 Gently place the pointy-end piece of each berry on top of the whipped topping as a hat.
- 5 Use a toothpick to add a tiny dollop of whipped topping to the pointy tip of each strawberry to make the pom-pom of Santa's hat.
- 6 Press two mini chocolate chips into the whipped topping above the beard as eyes.
- 7 Refrigerate until ready to serve.

*Disclaimer: The experiences and suggestions recounted in these articles are not intended as medical advice, and they are not necessarily the "typical" experiences of families with a child who has type 1 diabetes. These situations are unique to the families depicted. Families should check with their healthcare professionals regarding the treatment of type 1 diabetes and the frequency of blood glucose monitoring.*





# GROCERY CHECKLIST

*This checklist includes all the food items necessary to make every recipe in the cookbook. Go through the checklist and mark items you already have in your home, then take the list with you grocery shopping to make sure you can get everything you need. Don't forget to get the family involved!*

## PRODUCE

- ☐ 1 Green Bell Pepper
- ☐ 1 Yellow Bell Pepper
- ☐ 3 Red Bell Pepper
- ☐ Cauliflower
- ☐ Celery
- ☐ Garlic
- ☐ Green Beans
- ☐ White Whole Mushrooms
- ☐ Whole Carrots
- ☐ Yellow Onions - 3lb bag
- ☐ Lemon
- ☐ Jalapeno
- ☐ Strawberries
- ☐ Zucchini (small)
- Optional:
  - ☐ Avocado (for stuffed pepper or salmon patty topping)
  - ☐ Baby Spinach (to serve with salmon patties)
  - ☐ Mediterranean Style Salad Kit (to serve with chicken pizza)

## CANNED & PACKAGED GOODS

- ☐ Skinless Boneless Canned Pink Salmon - 3, 5 oz cans or 14.75oz
- ☐ Diced Tomatoes - 14.5 oz can
- ☐ Black Beans - 15.25 oz can
- ☐ Reduced Sodium Chicken Broth - 32 oz
- ☐ Beef Broth - 16 oz

## DAIRY

- ☐ Non-Fat Plain Greek Yogurt
- ☐ 2% Reduced Fat Milk
- ☐ Mozzarella Cheese - 8oz bag/block
- ☐ Shredded Cheese for peppers (any type) - 8oz bag/block
- ☐ Sour Cream
- ☐ Unsalted Butter - 1 stick
- ☐ 1/3 Less Fat Cream Cheese - 8 oz
- Optional: Pie Crust - 2 (top & bottom crust) for chicken pot pie



#### CONDIMENTS & SAUCES

- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Dijon Mustard
- ☐ Worcestershire Sauce
- ☐ Huy Fong Sriracha Hot Chili Sauce

#### BAKERY

- ☐ Extra Virgin Olive Oil
- ☐ Panko Bread Crumbs
- ☐ All-Purpose Flour
- ☐ Ground Black Pepper
- ☐ Iodized Salt
- ☐ Non Stick Cooking Spray
- ☐ Hamburger Seasoning
- ☐ Semi-Sweet Chocolate Mini Morsels
- ☐ 1 package of Kroger® Chocolate Candy Coating or melting chocolate
- ☐ Taco Seasoning Mix
- ☐ Garlic Powder
- ☐ Italian Seasoning
- ☐ Dried Thyme

#### PASTA & GRAINS

- ☐ Marinara Pasta Sauce - 24 oz jar
- ☐ White or Brown Rice

#### PROTEIN

- ☐ Sliced Pepperoni (pork or turkey)
- ☐ 92% Lean Ground Beef - 2 lbs
- ☐ Chicken Breast Thin Sliced - 1.5 lbs
- ☐ Deli Fresh Rotisserie Chicken - 2 lb
- ☐ Eggs - large

#### FROZEN

- ☐ Cool Whip Sugar Free Whipped Topping
- ☐ Frozen Green Peas
- Optional: Garlic Toast (for a side with chicken pizza)

#### SNACKS

- ☐ Oreo Chocolate Sandwich Cookies

*For any questions, please contact Rosemarie Vitale at [rvital@med.wayne.edu](mailto:rvital@med.wayne.edu). Happy cooking!*