



# FAMILY MEAL MAKEOVERS

BETTER NUTRITION = BETTER VALUE



If you and your family like the following meals, snacks, and desserts, you'll LOVE these nutritious makeovers!

## Like Apple Fritter Donuts?

**Try:** Pancakes made with natural applesauce mixed in and sprinkled with cinnamon, chopped apples, and walnuts.

## Like Toaster Waffles?

**Try:** Making whole grain toaster waffle "burritos." Top toasted waffle with sliced bananas and strawberries and roll it up to eat on the go.

## Like Cereal with 1% or Fat-Free Milk?

**Try:** Adding favorite fresh or dried fruit (like blueberries, strawberries, peaches, raisins, dates, or dried cranberries, apricots, or figs).

## Like Peanut Butter and Jelly Sandwiches on White Bread?

**Try:** Adding peanut butter and sliced banana (or apple) on whole grain bread.

## Like Turkey Wraps with Lettuce and Mayo?

**Try:** Making a turkey wrap with lettuce, sliced avocado, and tomato.

## Like Macaroni and Cheese?

**Try:** Adding frozen peas, broccoli, or corn after the pasta is nearly cooked, or simply adding a side salad.

## Like Grilled Cheese Sandwiches?

**Try:** Using mozzarella cheese and adding sliced tomato and fresh basil.

## Like Canned Chicken Noodle Soup?

**Try:** Preparing homemade chicken noodle soup with your favorite veggies added (like canned or frozen peas, corn, spinach, or beans).

## Like Spaghetti?

**Try:** Doubling the red sauce and using half the meat; add a side salad or use spaghetti squash instead of spaghetti for a new twist!

## Like Baked Potatoes with Sour Cream?

**Try:** Baked potatoes topped with cottage cheese and chives, with broccoli and low-fat cheddar cheese, or with chili.

## Like Pasta side dishes?

**Try:** Sautéing fresh asparagus, mushrooms, spinach, and/or shredded carrots in olive oil and garlic as a healthier side dish.

## Like Pizza?

**Try:** Adding a side salad, adding veggies, and reducing the meat and cheese on the pizza.

## Like Hamburgers and Fries?

**Try:** Substituting the fries for herbed baked potatoes. Quarter small potatoes, mix with 1 tsp olive oil and your favorite herbs/spices. (e.g. any Mrs. Dash seasoning mix, oregano, thyme, or Italian seasoning). Bake at 400 degrees until done.

## Like Chili?

**Try:** Doubling the beans and veggies and halving the meat.

## Like Chips with Ranch dressing?

**Try:** Mixing carrot coins, cucumber slices, and bell pepper strips with ranch dip (mix fat-free plain yogurt with ranch dressing mix).

## Like Yogurt?

**Try:** Adding favorite canned, frozen, or fresh fruit like diced peaches, nectarines, or pineapple.

## Like Low-fat Trail Mix or Granola?

**Try:** Adding dried fruit like raisins, dates, figs, apricots, apples, or cranberries.

## Like Vanilla Ice Cream?

**Try:** Topping with your favorite frozen fruit.

## Like Pie? (two crusts, canned filling)

**Try:** Preparing a simple, homemade cobbler with frozen fruit.

