

FORWARD DuPage: Healthy Lunch Break
RECIPES- Kids Cook Lunch

Easy Egg Tacos (serves 2)

@myplate2yours

Ingredients

2-3 eggs
2 tablespoons onion, diced
4 mini bell peppers, sliced thin and quartered
2 teaspoons olive oil
Salt and ground black pepper, to taste
¼ cup shredded cheddar cheese
2 whole grain tortillas

Directions

1. Crack eggs into small bowl. Whisk to blend.
2. Heat oil in a skillet over medium-high heat. Sauté bell peppers with onions, 3-5 minutes.
3. Pour eggs over veggies. Using a spatula, scramble eggs by occasionally moving eggs around in skillet until eggs glisten but are no longer runny, 2-3 minutes. Turn off heat.
4. Sprinkle eggs with shredded cheese. Serve eggs immediately on warmed tortillas*.
5. Garnish with salsa. Enjoy!

Bean and Cheese Quesadilla (serves 2)

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Ingredients

2 whole-grain soft tortillas
½ cup pinto beans, rinsed and drained
½ cup shredded sharp cheddar cheese

Directions

1. Preheat oven to 350°F.
2. In a small bowl, mash beans with a fork.
3. Spread the beans on each of the two tortillas. Sprinkle with cheese.
4. Place on a baking sheet and cook in oven for 10 minutes (until cheese is bubbly and browning begins).
5. When removed from the oven, place on a cutting board. Fold each in half and cut into 3 or 4 triangle pieces with a chef knife. Serve with salsa and enjoy!

Naked Bean and Rice Burrito (serves 2)

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Ingredients

1 can (15 ounces) pinto beans

1 can (15 ounces) sweet corn, drained in colander

½ cup shredded sharp cheddar cheese

2 cups cooked Minute brown rice (prepared from 1 cup dry)

Toppings: salsa & plain Greek yogurt

Directions

1. Prepare beans by opening the cans with a can opener. Place a colander in kitchen sink and pour beans into it. Rinse beans with water and allow them to drain completely.
2. Meanwhile prepare rice according to package directions for 2 servings.
3. Divide hot rice between 2 bowls.
4. Place ½ cup beans, ½ cup corn, and ¼ cup cheese onto each rice bowl. Top with your choice of salsa and toppings. Enjoy!