



BOUNCE to
Health
in the Kitchen

Healthy Recipes for the Family





Breakfast

Breakfast Tacos

Three Ingredient Pancakes

Strawberry and Beet Smoothie

Shamrock Smoothie

Breakfast Tacos

Nutrition Per Serving Size: 2 tacos

Serves: 4

Calories: 232 cal

Fiber: 3g

Carb: 32g

Fat: 7g

Protein: 11g

Ingredients

½ cup onion, chopped

⅓ cup Mexican blend cheese

½ cup tomato, chopped

¼ teaspoon garlic powder

4 large eggs

¼ cup salsa

8 corn tortillas

Salt and pepper as desired

Directions

1. Warm skillet over medium heat. Add onions and cook until softened. Add tomatoes and cook 2-3 minutes.
2. Beat eggs in mixing bowl until blended. Pour eggs into the same skillet and stir gently until eggs are cooked. Add cheese, garlic powder, salt and pepper.
3. Cover tortillas with damp paper towel and heat in the microwave for 15 seconds. Divide eggs amongst tortillas and top with salsa.



Three Ingredient Pancakes

Nutrition Per Serving Size: 2

Serves: 2

Calories: 138 cal

Fiber: 2g

Carb: 13g

Fat: 7g

Protein: 6g

Ingredients

1 ripe banana

1 teaspoon of oil

2 eggs

1 teaspoon cinnamon

Directions

1. Mash banana in a bowl using a fork. Add eggs and cinnamon.

Mix batter well.

2. Heat greased skillet over medium heat. Spoon $\frac{1}{4}$ cup of batter onto skillet and cook until bubbles form and the edges are dry. Flip and cook until browned (2-3 minutes). Repeat with remaining batter.



Strawberry & Beet Smoothie

Nutrition Per Serving Size: 1 cup

Serves: 3

Calories: 130 cal

Fiber: 4g

Carb: 27g

Fat: 2g

Protein: 3g

Ingredients

1 medium beet

2 bananas

1 cup frozen strawberries

$\frac{3}{4}$ cup almond milk

Directions

1. Preheat oven to 425°F. and line baking sheet with foil. Wash and dry beet. Roast beet in oven until tender (10-15 minutes).
2. Chop the beet and add to the blender along with strawberries, bananas, and almond milk. Blend until smooth.

* This recipe will last up to two days in the refrigerator.



Shamrock Smoothie

Nutrition Per Serving Size: 1 cup		Serves: 3
Calories: 95 cal	Fiber: 3g	Carb: 21g
Fat: 1g	Protein: 1g	

Ingredients

- 1 medium banana
- 1 cup pineapple, frozen
- 2 kale leaves
- $\frac{2}{3}$ cup water
- 1 cup mango, frozen

Directions

1. Add banana, kale, and water to blender.
 2. Blend until smooth with no chunks of kale.
 3. Add mango and pineapple and blend until smooth.
- * This recipe will last up to two days in the refrigerator.





Snack

Pizza Bites

Mango Salsa

PB Energy Balls



Pizza Bites

Nutrition Per Serving Size: 4 triangles Serves: 3

Calories: 313 cal Fiber: 4g Carb: 33g

Fat: 14g Protein: 14g

Ingredients

¾ cup mini pepperoni	3 whole-wheat tortillas
1 cup spinach, chopped	1 cup yellow bell pepper, chopped
1 can pizza sauce	1 ½ cups low-fat mozzarella

Directions

1. Preheat oven to 400°F. Pour pizza sauce into a bowl. Cut four triangles from each tortilla. Place each round into lightly-greased muffin tin.
2. Spoon a tablespoon of pizza sauce into the center of each tortilla triangle and spread to edges. Sprinkle cheese and add desired toppings (pepperoni, spinach, and yellow bell pepper).
3. Bake in preheated oven for 10-12 minutes. Cool before serving.



Peanut Butter Energy Bites

Nutrition Per Serving Size: 1/2 cup		Serves: 6
Calories: 390 cal	Fiber: 8g	Carb: 28g
Fat: 26g	Protein: 12g	

Ingredients

½ cup flax seeds	2 tablespoons honey
1 cup peanut butter	1 cup old-fashioned oats
½ cup semi-sweet chocolate chips	

Directions

1. Mix all ingredients in a bowl. Roll mixture into balls.
2. Place balls onto large baking sheet and set in fridge for at least 30 minutes. Store them in fridge until ready to eat.





Entrée

Avocado Chicken Salad

Chick-N-Cheesy Quesadillas

Veggie Tostada

Mexican Hummus

Mashed Cauliflower

Baked Chicken Fingers

Avocado Chicken Salad

Nutrition Per Serving Size: 1/2 cup		Serves: 6
Calories: 97 cal	Fiber: 2g	Carb: 2g
Fat: 5g	Protein: 12g	

Ingredients

- 3 skinless chicken breasts
- 2 tablespoons cilantro, chopped
- 1 medium avocado, pitted and diced
- 1 pinch of salt & pepper
- ¼ cup onion, chopped
- 2 teaspoons olive oil

Directions

1. Heat skillet over medium-high heat and add a drizzle of olive oil. Carefully add chicken to skillet and cook for 5-7 minutes until cooked through. Remove from pan and let cool.
2. Once chicken is cool, shred into small pieces. Transfer chicken to a medium bowl and add avocado, chopped onion, cilantro, salt, and pepper. Toss gently until all ingredients are combined.



Veggie Tostada

Nutrition Per Serving Size: 1 tostada		Serves: 2
Calories: 210 cal	Fiber: 6g	Carb: 22g
Fat: 10g	Protein: 8g	

Ingredients

1/3 avocado, diced	1 tablespoon fat-free shredded mozzarella
2 tostadas	2 tablespoons carrot, grated
1/3 cup refried black beans	2 tablespoons lettuce, shredded

Directions

1. Heat refried beans in microwave or in saucepan over medium heat until warm.
2. Spread beans over tostada. Top with mozzarella, lettuce, avocado and carrots.



Chick-N-Cheesy Quesadillas

Nutrition Per Serving Size: 2 triangles		Serves: 2
Calories: 260 cal	Fiber: 4g	Carb: 28g
Fat: 10g	Protein: 16g	

Ingredients

2 whole-wheat tortillas	⅓ cup fat-free shredded mozzarella
½ cup chicken breast, shredded	½ cup of salsa
2 tablespoons of fresh cilantro	1 tablespoon of sour cream
	2 tablespoons of guacamole

Directions

1. Place tortilla on medium sized, microwave-safe plate. Evenly spread shredded chicken and cheese on top of tortilla. Place second tortilla on top.
2. Microwave tortillas on high for 1 ½ minutes, or until the cheese has melted.
3. Slice into 4 pieces with pizza cutter.



Mexican Hummus

Nutrition Per Serving Size: ½ cup

Serves: 4

Calories: 66 cal

Fiber: 3g

Carb: 12g

Fat: 1g

Protein: 3g

Ingredients

1 can, no salt added
chickpeas, drained

2 garlic cloves

1 tablespoon chili powder

1 teaspoon cumin

1 teaspoon sea salt

¼ cup tomato, chopped

½ cup water

*Optional: 1 jalapeño, seedless

Directions

1. Boil two cups of water in small sauce pan and add garlic cloves. Turn off heat and let garlic sit for two minutes. Remove garlic and put in food processor.

2. Add chickpeas, tomatoes, chili powder, cumin, salt, and begin processing. Slowly add water until hummus is thick and creamy.

*Optional: Add jalapeño if you enjoy spice.



Mashed Cauliflower

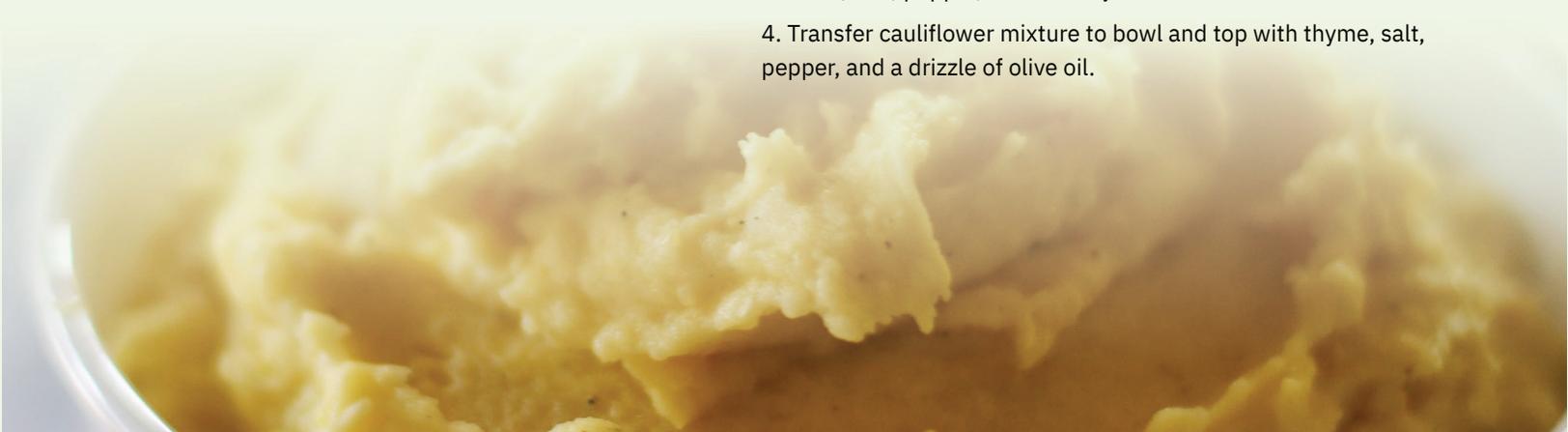
Nutrition Per Serving Size: 1 cup		Serves: 3
Calories: 60 cal	Fiber: 2g	Carb: 4g
Fat: 4g	Protein: 3g	

Ingredients

1 medium cauliflower (3 cups), trimmed and cut into florets	½ teaspoon salt
1 tablespoon extra virgin olive oil	½ teaspoon pepper
3 garlic cloves	1 teaspoon lemon juice
	Top with thyme, extra virgin olive oil, and black pepper

Directions

1. Bring large pot of salted water to a boil. Add cauliflower and garlic, and cook for 10 minutes or until cauliflower is tender.
2. Drain and return to pot and let stand for 2 to 3 minutes with lid on.
3. Transfer cauliflower and garlic to food processor or blender. Add olive oil, salt, pepper, and lemon juice. Blend until smooth.
4. Transfer cauliflower mixture to bowl and top with thyme, salt, pepper, and a drizzle of olive oil.



Baked Chicken Fingers

Nutrition Per Serving Size: 4 Tenders		Serves: 1
Calories: 216 cal	Fiber: 0g	Carb: 15g
Fat: 7g	Protein: 22g	

Ingredients

- 4 oz. chicken breast cut into tenders
- 1 egg, beaten
- ¼ cup cereal flakes, crushed

Directions

1. Preheat oven to 350°F.
2. Dip chicken tenders into egg until coated and roll dipped chicken into cereal flakes until coated.
3. Place coated strip onto a nonstick baking sheet.
4. Repeat for all strips. Bake for 18-20 minutes, turning after 9 minutes, until chicken is done.



A young girl with dark hair in two braids, wearing glasses and a maroon shirt, is smiling as she whisks ingredients in a large blue bowl. The background shows a kitchen with a tiled wall and a window. In the foreground, there are bowls of blueberries and strawberries, and several small metal cups.

Dessert

Mixed Fruit Parfait

The Unicorn Smoothie

Mixed Fruit Parfait

Serves: 1

Carb: 47g

Ingredients

½ cup plain low-fat yogurt 2 teaspoons honey
½ cup mixed berries 3 tablespoons granola

Directions

1. Fill a small single serving (6 oz.) container with a third of the yogurt. Top with a third of the berries.
2. Drizzle 1 teaspoon of honey over berries.
3. Repeat steps 1 and 2 until all items are used.
4. Top with granola.



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The Unicorn Smoothie

Nutrition Per Serving Size: 1 cup

Serves: 4

Fiber: 4g

Carb: 23g

Protein: 3g

* Winning Recipe of Smoothie Competition *

Ingredients

½ cup raspberries

½ cup carrot

½ cup strawberries

½ cup blackberry

⅔ cup plain low fat yogurt

½ cup oatmeal

⅔ cup pineapple

1 cup water

⅔ cup mango

Directions

1. Add fruits and water to blender.
2. Blend until smooth.
3. Add oatmeal and yogurt. Blend again.
4. Sprinkle oatmeal flakes for garnish.





BOUNCE

To Build Healthy Families

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