

# PLANT-POWERED

## Family Dinners

Easy recipes and activity book for families and kids to learn about healthy eating habits



## WELCOME TO THE FAMILY TABLE!

A Plant-Based Adventure for Kids and Grown-Ups Alike

Hi there! I am so excited to welcome you into a cookbook that is more than just fun and simple plant-based recipes- It is a celebration of delicious foods, healthy habits and meaningful moments that bring together families and the people we love.

This project was made for families to cook, connect and create together Whether you are new to plant-based eating or just looking for a fun way to involve the whole family in the kitchen, this book has something for everyone!.



### What's Inside:

- ✓ We've included 5 easy, kid-approved plant-based dinners that the whole family can enjoy together! These meals are: wholesome, full of flavor and super fun for all hands to help with!
- ✓ You'll also find 3 fun, simple, colorful snack recipes that can be perfect for lunchboxes or after school snack bites!

### Beyond the Plate: Interactive Food Fun!

- ✓ We believe that building a healthy relationship with food starts with curiosity and joy! That's why this book includes interactive activities to spark creativity and conversation!
- ✓ Grocery Store Scavenger Hunt, Color-Your-Plate, Plant-Based Bingo, Mindful Eating Moments, Gratitude Recipe Cards all included in this book for you and your family can flip through it and bring to the table to spark conversations about food, feelings and family!



## GROCERY STORE SCAVENGER HUNT!

Let's Make Grocery Store Shopping Fun!

Next time you go grocery shopping, see what fun and colorful plant-based foods you can find! Check each food off of your list as you spot it somewhere in the store!

- Find something green
- Find a fruit that is round
- Find something red
- Find a vegetable that grows underground
- Find something yellow
- Find a leafy green
- Find something orange
- Find a fruit that is small
- Find one new food you've never tried before!
- Find something purple

## COLOR-YOUR-PLATE!

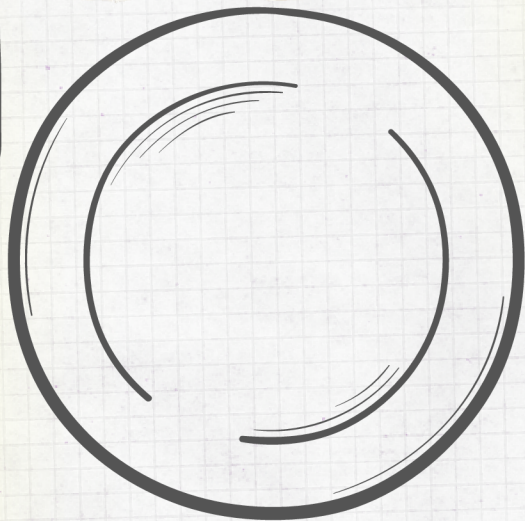
Eat the Rainbow!

Did you know that every color of fruit and vegetable helps your body in a different way? Red foods can help your heart stay strong, orange ones are packed with nutrients for your eyes and green ones keep you strong!

### Instructions:

Look at your plate for snacks and dinner! Use crayons, markers or colored pencils to draw what's on your plate using the right colors!

Challenge: Can you fill in all of the colors of the rainbow by the end of the week?





## PLANT-BASED BINGO!

Try New Foods & Healthy Habits!

Let's turn healthy eating into a fun game! Each time that you complete a square, cross it off. Try to get five in a row, or fill out the whole board for an extra challenge!

Tried a new veggie!	Ate something red	Helped cook dinner	Tried a new fruit!	Helped clean up
Helped choose the dinner	Learned a fun food fact	Ate something orange	Drew my plate activity	Ate 3 colors
Ate whole grains	Smelled my food before eating	Drank water with dinner	Took a mindful bite	Ate fruit for a snack
Packed my own lunch	Helped wash produce	Ate something juicy	Read a recipe out loud	Said "thank you" to the cook



## MINDFUL EATING MOMENTS

When we eat slowly and notice each bite, our body and brain feel better! Try this exercise before or during a meal!

### Instructions:

1. Pick one bite of food
2. Close your eyes and chew slowly!
3. Ask yourself these questions:
  - What color is it?
  - What does it smell like
  - What does it taste like at first? What about after a few seconds?
  - What sound does it make when I bite it?
  - How does it make me feel?

Journal your mindfulness eating thoughts below  
or draw your bite below!

Extra challenge: Try eating with no distractions, TV or screentime for 5 minutes. Can you eat extra mindfully?



## GRATITUDE RECIPE CARD

Share Your Joy!

Each meal is a chance to say "thank you" - to our food, our family, and our favorite helpers in the kitchen!

Instructions:

For the next 5 days, fill out each gratitude recipe card, cut it out of this page, and give it to someone special! Notice how it makes you feel brightening up someone's day!

Try filling out these cards and hang them on the fridge to start a "gratitude wall"!

### My Gratitude Recipe Card



Who did you eat with today?

What made this meal special?

What are you grateful for today?

Draw your emotions, meal, or a picture too!

A wooden spoon is positioned horizontally at the bottom of the frame, resting on a spiral-bound notebook. The notebook is open to a page with light blue horizontal lines. In the top left corner, a sprig of fresh rosemary is visible. The background is a light-colored wooden surface. The text 'Dinner Recipes' is centered on the notebook page, with 'Dinner' in a purple cursive font and 'Recipes' in a large white serif font with a purple glow. Below it, the phrase 'Let's Try Them!' is written in a purple cursive font.

*Dinner*  
**Recipes**

*Let's Try Them!*

# Rainbow Veggie Tacos



4 servings



30 minutes

Get ready for taco night with a colorful twist! These build-your-own tacos let your kids choose their favorite toppings, all while sneaking in a rainbow of healthy veggies!



## ingredients

- 8 small corn or flour tortillas
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 zucchini, sliced into half moons
- 1 cup purple cabbage, shredded
- 1 cup canned black beans, drained and rinsed
- 1 avocado
- 1 lime
- Olive oil
- Salt and pepper
- Optional: Salsa, dairy-free sour cream or nutritional yeast

## directions

1. Preheat oven to 400 F.
2. Arrange the bell peppers, zucchini and cabbage on a baking sheet. Drizzle with olive oil, salt and pepper.
3. Roast for 15-20 minutes until tender.
4. While veggies roast, mash the avocado with juice from one lime and a pinch of salt.
5. Warm tortillas in oven or on the stovetop.
6. Let everyone build their own tacos with beans, veggies, mashed avocado and the toppings of their choice



Help smash the avocado with a fork or spatula and arrange all of the colorful toppings. How many colors do you see?

Why This is Good for You: Each color of the rainbow offers a different nutrient! These tacos are a nutrient-rich adventure!

# Cozy Lentil & Veggie Stew



4-6 servings



45 minutes

Warm, hearty and full of flavor, this stew is a hug in a bowl! It is also a great way to introduce kids to lentils, packed with protein and nutrients!



## ingredients

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 1 zucchini, chopped
- 1 cup green or brown lentils
- 4 cups vegetable broth
- 1 tsp dried thyme
- 1 bay leaf
- Salt and pepper to taste

## directions

1. In a large pot, heat olive oil over medium heat
2. Add onion, carrot and celery. Sauté for 5-7 minutes over medium-high heat.
3. Stir in zucchini, lentils, broth, thyme and bay leaf.
4. Bring to a boil, then reduce heat and simmer for 30-35 minutes.
5. Remove bay leaf, season with salt and pepper and serve warm.



### Little Chef Tip

Help out by stirring the veggies and help rinse the lentils! Count how many of each veggie you see!

Why This is Good for You: Lentils are high in protein and fiber, and this stew is full of immune-boosting veggies!

# Cheezy Broccoli Mac (Dairy-Free)



4 servings



30 minutes

A creamy, cheezy comfort food classic - with a healthy twist! Perfect for those that are picky eaters.



## ingredients

8oz elbow macaroni (whole wheat or gluten-free)  
1 cup broccoli florets  
1 cup peeled, diced carrots  
½ cup raw cashews (soaked in hot water for 10 mins)  
¼ cup nutritional yeast  
1 tsp garlic powder  
½ tsp turmeric  
½ tsp salt  
½ cup water (or more as needed)

## directions

1. Boil macaroni according to the package directions
2. Add broccoli for the last 3 minutes of cooking.
3. Drain pasta and broccoli.
4. Steam or boil carrots until soft.
5. Blend the cashews, carrots, nutritional yeast, garlic powder, turmeric salt and water until smooth
6. Mix the “cheezy” sauce with the cooked pasta and broccoli. Serve warm!



### Little Chef Tip

Dump the ingredients into the blender of choice, help stir in the sauce into the pasta! What colors do you see? What does it smell like?

Why This is Good for You: This sauce is packed with vitamin-rich veggies and heart-healthy fats!

# Mini Chickpea Patties with Sweet Potato Fries



4 servings



40 minutes

A finger food dinner that is fun to dip, dunk and crunch! Great for those with little hands and excitement to help cook!



## ingredients

*For Chickpea Patties:*

- 1 can chickpeas, drained and rinsed
- ½ cup oats
- ½ cup grated carrot
- 1 garlic clove
- ½ tsp cumin
- Salt to taste

*For Fries:*

- 2 medium sweet potatoes, cut into thin wedges
- 1 tsp olive oil
- Salt and paprika to taste

## directions

1. Preheat oven to 425F
2. Toss sweet potato wedges in olive oil, salt and paprika. Spread on a baking sheet and bake for 25-30 minutes, flipping half way.
3. While fries bake, blend all patty ingredients in a food processor. Form into small round patties.
4. Cook patties in a skillet over medium heat for 3-4 minutes per side until golden brown.
5. Serve patties with sweet potato fries and your favorite dip (like hummus or tahini!).



## Little Chef Tip

Help shape the fun patties into your favorite shape. Lay out the fries on a tray and see the bright color orange on the tray!

Why This is Good For You: Chickpeas are full of plant-based protein and fiber- and sweet potatoes are loaded with beta-carotene that makes it bright orange!

# Pizza Night!



4 servings



25 minutes

Whole wheat crust and veggie faces! Bring out everyone's inner artist with this dish. Make funny faces or flower designs with colorful veggies on your own pizza.



## ingredients

1 whole wheat pizza dough  
(store-bought or homemade)

½ cup marinara sauce

½ cup shredded vegan cheese  
(optional)

Assorted veggies, sliced: Bell  
peppers, olives, mushrooms,  
spinach, cherry tomatoes,  
corn, basil leaves

## directions

1. Preheat oven to 450F
2. Roll out the dough into mini pizzas or one larger pizza.
3. Spread with marinara sauce or sprinkle with cheese (if using).
4. Decorate the veggies with faces or patterns.
5. Bake for 12-15 minutes or until crust is golden brown.



### Little Chef Tip

Design your own pizza- no rules, just fun! What designs or faces are you most excited to make?

Why This is Good for You: Take control over what you choose to eat! Be creative and find what veggies you like to eat the most!

A wooden spoon is positioned horizontally at the bottom of the frame. In the top right corner, there are fresh green herbs and some light-colored vegetables, possibly onions, on a wooden cutting board. The background is a white spiral-bound notebook with light blue horizontal lines.

*Snack*  
**Recipes**  
*Let's Try Them!*

# Banana Roll-Ups



2 Servings



5 Minutes

Get ready for a fun, sweet snack that is packed with antioxidants and healthy fats!



## ingredients

- 2 whole wheat tortillas
- 2 tbs almond or peanut butter
- 1 banana, peeled

## directions

1. Spread the nut butter onto each tortilla
2. Place the peeled banana in the center
3. Roll the tortilla like a burrito
4. Slice tortilla into bite-sized rounds




### Little Chef Tip

Help with the rolling and slicing of the tortilla (using a kid-safe knife, of course!) Count how many sliced you made!

# Frozen Yogurt Berry Bites

 4 Servings

 10 Minutes + 2  
hr Freezing

Get ready to eat another healthy snack full of great fiber, antioxidants and yummy colorful fruits!



## ingredients

1 cup plant-based yogurt  
½ cup mixed berries  
(blueberries, diced  
strawberries, raspberries,  
blackberries, kiwi)

## directions

1. Line a baking sheet with parchment paper
2. Scoop small spoonfuls of yogurt onto the sheet
3. Top each dollop with a berry of your choice
4. Freeze the sheet for 2 hours until solid
5. Add a drizzle of honey or use mint to garnish if you'd like!



### Little Chef Tip

Decorate each yogurt bite with your favorite berry! What berries are you going to choose at the store? Get creative with your decorations and count all the colors you see on the berry bites!

# Oatmeal Energy Balls



10-12 Balls



10 Minutes +  
Chill time

Use your hands and get ready to roll! These protein and energy-packed snacks will leave you energized for the entire day!



## ingredients

1 cup rolled oats  
½ cup peanut butter or  
sunflower butter  
¼ cup maple syrup  
¼ cup ground flaxseed  
¼ cup mini dairy-free  
chocolate chips or dried  
cranberries

## directions

1. Get a medium sized bowl to mix all of the ingredients
2. Divide the mixture and roll into 10-12 bite-sized balls
3. Chill in the fridge for approximately 20 minutes to set
4. Enjoy!



### Little Chef Tip

Master your rolling practice when rolling each energy ball! Shape them into your own shape, whether its a heart, triangle, circle or square- these balls are a bundle of joy to shape and enjoy!



## FAMILY TABLE CONVERSATION STARTERS

Let's turn off the TV, put down the phones and tune into one another! These thoughtful and creative questions are perfect to bring connection to the table - one bite and one giggle at a time!

Instructions:  
Try asking one question during lunches or dinners, and let everyone at the table have a turn to answer!

### Imagination Station!

- If you could cook for any animal, what would you make them?
- What would you name a brand-new fruit?
- If your dinner turned into a superhero, what powers would it have?
- Make up a song about your food!

### Think & Tell!

- If this meal was a color, what color would it be?
- What is one thing you learned today - big or small!
- Would you rather have carrots for fingers or broccoli for hair?
- What is something you are proud of this week?



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### Feel-Good Favorites!

What was the best part of your day?

What is one thing you are thankful for right now?

Who helped make this meal special?

What is one nice thing you can do for someone tomorrow?

### Getting to Know You!

What is your favorite food memory?  
If you could cook dinner with anyone in the world, who would it be and why?

What is something kind that someone did for you this week?

What food makes you feel the most happy inside?