

THE
sugarsmart
cookbook
FOR KIDS

GEORGIA
VAROZZA



HARVEST HOUSE PUBLISHERS
EUGENE, OREGON

Scripture verses are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Cover by Dugan Design Group

Cover image © by kulzfotolia, Jacek Chabraszewski, ImagesMy, matucha12 / Fotolia

All oven temperatures are in degrees Fahrenheit.

The Sugar Smart Cookbook for Kids

Copyright © 2019 by Georgia Varozza

Published by Harvest House Publishers

Eugene, Oregon 97408

www.harvesthousepublishers.com

ISBN 978-0-7369-7562-9 (pbk.)

ISBN 978-0-7369-7563-6 (eBook)

Library of Congress Cataloging-in-Publication Data

Names: Varozza, Georgia, author.

Title: The sugar smart cookbook for kids / Georgia Varozza.

Description: Eugene, Oregon : Harvest House Publishers, [2019] | Includes index.

Identifiers: LCCN 2018025287 (print) | LCCN 2018026012 (ebook) | ISBN 9780736975636 (ebook) | ISBN 9780736975629 (pbk.)

Subjects: LCSH: Cooking, American. | Children--Nutrition. | Low-carbohydrate diet--Recipes. | LCGFT: Cookbooks.

Classification: LCC TX715 (ebook) | LCC TX715 .V3354 2019 (print) | DDC 641.5973--dc23

LC record available at <https://lccn.loc.gov/2018025287>

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Printed in China

18 19 20 21 22 23 24 25 26 / RDS-GL / 10 9 8 7 6 5 4 3 2 1

*To Walker, Travis, Logan, Sara, Crystalynn, Audrey,
Asher, Easton, Alexis, Everett, Alex, and Adaleigh—
You are my heart.*

CONTENTS

FINDING A BETTER WAY...7

1. BREAKFAST AND BRUNCH...11

2. DESSERTS AND SWEET TREATS...31

3. LUNCHESS AND SNACKS...45

4. MAIN DISHES AND CASSEROLES...65

5. SALADS AND SALAD DRESSINGS...85

6. SOUPS AND STEWS...97

7. VEGETABLES AND SIDES...119

RECIPE INDEX...137

BREAKFAST AND
BRUNCH

DESSERTS AND
SWEET TREATS

LUNCHESS AND
SNACKS

MAIN DISHES AND
CASSEROLES

SALADS AND
SALAD DRESSINGS

SOUPS AND
STEWES

VEGETABLES
AND SIDES

FINDING A BETTER WAY

I love food. More specifically, I love good food I prepare myself. When I married and then had three sons, I was thrilled. Feeding them was one of the biggest joys of my life. As my children grew...and grew...and *grew*, I seemed to be in the kitchen often, preparing prodigious amounts of food to satisfy their hunger pangs. But I didn't mind, and many tasty meals and treats found their way to our table over the years.

But as the years progressed, I became troubled that I had gained unwanted weight, so I spoke with my doctor about my concerns. She advised me to begin a low-fat diet. I studied and learned what I needed to know in order to eat a new way and perhaps lose those extra pounds. Still, I continued to slowly gain weight. It was disheartening.

I began to read the labels on the low-fat foods I was eating and realized that the special products I bought were laced with large amounts of hidden sugar and other ingredients that were a mystery to me. So, with some trepidation, I threw out the expert advice and simply ate the way I intuitively felt was best for me and my family. I began making almost everything from scratch. I watched my portions and ate fewer carbohydrates—and what carbs I did eat, I made sure were “whole.” Instead of white bread, we ate whole wheat bread. And instead of white rice, we ate brown rice. We threw out the boxed cereal and breakfasted on homemade granola and graham “nuts.” I made many other changes to our diet as I continued to learn and make adjustments I felt were right for our family. It wasn't long before the pounds began to slowly disappear, and I felt better and had steady energy throughout the day.

This healthier way of eating wasn't a seamless adjustment for our family, and my kids pushed back from time to time. Oh, how they—all of us, really—relished those processed, high-sugar foods! We all learned to compromise, and I learned to bridge the gap between my dream meals for my family and what they would actually eat. I became smarter as the years rolled by and found ways to help. Here are a few ideas that worked for my family:

- We discussed the food choices we made and the reason why we chose the foods we did. I believed this would, over time, help to change their thinking in a positive direction. My reasoning was that when they became adults with homes and families of their own, they wouldn't depart from healthy eating.
- My sons joined me in the kitchen and helped prepare our food, sometimes even taking full responsibility for getting a meal to the table from start to finish. Today, I can proudly say that all of my sons are fluent in the kitchen, and they often cook their families' dinners.
- We had a large food garden, and they helped to plant, water, weed, and harvest the produce. As youngsters, they did their share of complaining, but today, they grow some of their families' food and make it a group effort. If you don't have the time, space, or inclination to produce food from a garden, try to visit farmers markets together. Or plant just a pot or two of herbs or veggies (pizza herbs or cherry tomatoes are fun). The act of tending to your mini garden will help children better visualize where their food actually comes from and give them a sense of ownership.
- When my boys were younger—and now as a joyfully involved grandmother to a passel of grandkids—I regularly made food fun. A happy face made of vegetables or fruit just tastes better!
- We gave up soda and had less fruit juice. We drank mostly milk and water, and instead of a glass of juice, we would opt for a piece of fruit.
- Dessert became a special-occasion food, which, in our family,

usually meant Sunday evenings and holidays—certainly not every day.

Over the years I experienced successes and failures in the kitchen, but I reminded myself that my family's health was worth the effort. And I comforted myself with the belief that, while it might take years to change a child's opinion about a certain food, it *can* happen. I remember disliking certain things as a child (mostly vegetables, it seems), but now I love those same foods. I've sometimes wondered if my taste buds simply needed to grow up. With that thought in mind, I carry on. And you can too! Food for thought.

For more information as well as some handy websites and statistics on childhood obesity and sugar consumption, visit my blog at georgiainplainandsimple.blogspot.com.

Blessings,

Georgia Varozza

*Long life to you! Good health to you and
your household!
And good health to all that is yours!*

1 SAMUEL 25:6

BREAKFAST AND BRUNCH

Breakfast is probably the most important meal of the day, especially for children. Their bodies are waking up, and they need good fuel to get moving and thinking. Protein and healthy carbs are the answer.

But breakfast is often either overlooked entirely, or something quick and sugary is wolfed down before racing out the door. Not a good start.

On those mornings when you really don't have time to sit down at the table and eat a meal together, try grabbing a few ounces of cheese and a piece of fruit. Or throw some nuts and granola in a baggie to eat on the way. A travel mug filled with milk or juice can add nutrition and help fill you and your loved ones. Another idea is to have whole wheat English muffins and precooked sausage patties ready to put together as a take-along breakfast. Just heat them in the oven or microwave. You can even fry an egg to put in the sandwich. Peanut butter spread on whole wheat bread with some spreadable fruit or sliced banana also makes a tasty breakfast on the go. A whole wheat bagel with cream cheese is another great take-along choice.

By doing a bit of planning and organizing the night before, breakfast can be a tasty, healthful meal for even the pickiest eaters and the busiest moms. And if you have the time to whip up one of the recipes in this section, all the better.

Bacon, Potato, and Kale Frittata

Preparation Time: 30 minutes

- ¾ lb. baby red potatoes, quartered
- 6 to 8 slices bacon, coarsely chopped
- ½ cup onion, chopped
- 2 cups kale, chopped (you can substitute fresh chopped spinach)
- 8 eggs, beaten
- ½ tsp. salt
- ¼ tsp. pepper
- ⅓ cup cheddar cheese (optional)

Preheat the oven to 400°.

In a saucepan, cover the potatoes with water and gently boil them until tender; drain and set aside for now. In another bowl, whisk together the eggs, salt, and pepper and set aside.

Meanwhile, cook the bacon until crisp in a large, ovenproof skillet on medium heat. Add the onion and kale and cook about 5 minutes or until the onion is tender. Next, add the potatoes and gently stir the mixture to evenly distribute the ingredients; add the egg mixture. Cook the frittata over medium-low heat. As the egg mixture sets, run a spatula around the edges so the uncooked eggs flow underneath. Continue to cook and lift until the eggs are mostly set, being careful to keep the heat low enough that the bottom doesn't burn.

Place the skillet into the preheated oven and continue to bake for 5 to 7 minutes or until the top is cooked. Remove from the oven, immediately sprinkle on the cheese if using, and let the frittata set for 5 minutes before slicing into wedges and serving.

Yields 6 servings

Oatmeal Whole Wheat Pancakes

Preparation Time: 20 minutes

- 2 cups rolled oats
- 2 cups buttermilk
- 1 cup whole white wheat flour (if you can't find whole white wheat, use regular whole wheat flour instead)
- 2 tsp. sugar
- 1½ tsp. baking powder
- 1½ tsp. baking soda
- 1 tsp. salt
- 2 eggs
- 2T. (¼ stick) butter, melted and cooled slightly

These pancakes are started the night before. In a medium mixing bowl, combine the oats and buttermilk. Cover and refrigerate overnight.

The next morning, in another mixing bowl, sift together the flour, sugar, baking powder, baking soda, and salt. Set aside.

In a large mixing bowl, whisk the eggs until they are light and frothy. Add the melted butter and mix together. Next, add the oatmeal/buttermilk mixture and mix well. With a wooden spoon, blend in the flour mixture—the batter will be very thick, but if it seems too dry, you can add a few more tablespoons of buttermilk (or regular milk if you don't have any more buttermilk).

Fry the pancakes in a small amount of oil, cooking well on both sides. These pancakes really puff up, so plan on keeping the heat relatively low so they have a chance to cook completely without getting too dark.

Serve them with pats of butter on top.

Yields 6 servings

Stovetop Sausage Breakfast Casserole

Preparation Time: 20 minutes

- ½ lb. sausage
- 1 T. butter
- 2 slices whole wheat bread, torn into bite-sized pieces
- ¾ cup cheddar cheese, shredded
- ½ cup fresh spinach, chopped
- 4 eggs
- ½ cup milk
- Salt and pepper to taste

In a skillet, brown the sausage and then drain the grease. Add the butter and let it melt, turning the pan to make sure the butter is dispersed over the entire bottom of the skillet. Add the bread evenly over the bottom and then sprinkle the cheese and spinach on top.

Beat the eggs and milk that have been seasoned with salt and pepper and pour over the sausage mixture. Cover the skillet and cook on low to medium-low heat for about 15 minutes or until the eggs are set.

Yields 5 servings

*Jesus declared, "I am the bread of life.
Whoever comes to me will never go hungry,
and whoever believes in me will never be thirsty."*

JOHN 6:35