



RESTAURANT-TO-TABLE MENU



Healthy, kid-friendly recipes from
your **favorite local Michigan eateries**

ZINGERMAN'S BAKEHOUSE

TURKEY URFA CHILI

THE SIMPLE KITCHEN

AUTUMN MINESTRONE SOUP

THE LITTLE MUSTARD SEED CAFE

CRANBERRY APPLE QUINOA
STUFFED ACORN SQUASH

MALAMIAH JUICE BAR

FRUIT AND VEGETABLE
SMOOTHIES



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TURKEY URFA CHILI



This recipe from **Zingerman's Bakehouse** adds a flavorful twist to classic chili and is sure to become an instant family favorite. Lean ground turkey gives the dish its classic texture and heartiness with less fat, and exciting spices like cumin, green chile and Urfa pepper make it extra delicious. Use freshly diced and crushed tomatoes for a low-sodium dish. Get creative with your own garnishes and sides for a custom culinary masterpiece!

NUTRITIONAL INFORMATION

18 SERVINGS

1 serving = 1 cup

AMOUNT PER SERVING

Calories 194.4	Vitamin E 1.7%
Total Fat 3.7 g	Calcium 10.4%
Saturated Fat 0.7 g	Copper 0.6%
Polyunsaturated Fat 0.5 g	Folate 0.7%
Monounsaturated Fat 0.9 g	Iron 16.1%
Cholesterol 17.8 mg	Magnesium 0.6%
Sodium 796.5 mg	Manganese 2.2%
Potassium 32.5 mg	Niacin 0.3%
Total Carbohydrate 17.3 g	Pantothenic Acid 0.2%
Dietary Fiber 5.8 g	Phosphorus 0.7%
Sugars 6.4 g	Riboflavin 0.4%
Protein 10.4 g	Selenium 0.3%
Vitamin A 13.7%	Thiamin 0.5%
Vitamin B-12 0.0%	Zinc 0.3%
Vitamin B-6 1.9%	
Vitamin C 27.4%	
Vitamin D 0.0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS

- 2 Tbsp.** canola oil
- 1½ cups** onion, diced
- 1 lb.** (16 oz.) ground turkey
- 1 Tbsp.** (3 cloves) garlic, minced
- 2½ tsp.** ground cumin
- 2½ tsp.** green chile powder
- 1½ Tbsp.** Urfa pepper
- 1 Tbsp.** sea salt
- 1 tsp.** ground black pepper
- 3** (15 oz.) cans of kidney beans, drained
- 1** (28 oz.) can, or about 3½ cups freshly diced tomatoes
- 1** (28 oz.) can, or about 3½ cups freshly crushed tomatoes
- Sour cream or Greek yogurt for topping
- Chopped green onions for topping

INSTRUCTIONS

- In a large stockpot, heat the oil and sauté the onions over medium to low heat until they are translucent.
- Add the ground turkey and minced garlic. Stir frequently and actively break up the turkey to avoid clumping. Cook the turkey completely.
- Add the cumin, green chile powder, Urfa pepper, salt, and pepper. Stir to incorporate the spices and cook over low heat for 2 minutes.
- Add the beans and both kinds of tomatoes. Mix well.
- Bring to a simmer and cook for 30 minutes. Stir frequently to avoid scorching. Serve hot in bowls with sour cream (or Greek yogurt for a healthier topping) and chopped green onions as tasty garnishes.



CRANBERRY APPLE QUINOA STUFFED ACORN SQUASH



Get into the fall spirit by embracing Michigan's wonderful seasonal vegetables! This recipe from **The Little Mustard Seed Café** dresses up your seasonal fall squash for a warm dish on a cool autumn night. Acorn squash is a delicious, starchy vegetable filled with complex carbohydrates, antioxidants, vitamins and minerals. The quinoa is filling, while offering fiber and protein, which can contribute to better heart health. Topping this dish off with cranberries and apples gives the dish a touch of tartness and natural sweetness that any kid would love.

NUTRITIONAL INFORMATION

4 SERVINGS

1 serving = 1 stuffed half of acorn squash

AMOUNT PER SERVING

Calories 330.7	Vitamin E 2.0%
Total Fat 3.4 g	Calcium 12.4%
Saturated Fat 0.1 g	Copper 10.1%
Polyunsaturated Fat 0.3 g	Folate 14.4%
Monounsaturated Fat 0.1 g	Iron 31.7%
Cholesterol 0.0 mg	Magnesium 20.5%
Sodium 590.7 mg	Manganese 30.0%
Potassium 1,014.9 mg	Niacin 10.7%
Total Carbohydrate 71.2 g	Pantothenic Acid 10.7%
Dietary Fiber 9.4 g	Phosphorus 33.7%
Sugars 14.3 g	Riboflavin 54.2%
Protein 8.6 g	Selenium 2.5%
Vitamin A 109.2%	Thiamin 23.7%
Vitamin B-12 0.0%	Zinc 3.5%
Vitamin B-6 22.5%	
Vitamin C5 1.7%	
Vitamin D 0.0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS

- 2** acorn squash
- 2 1/4 cups** vegetable broth
- 1/4** onion, diced
- 2** stalks celery, diced
- 2** carrots, diced
- 1** large clove garlic, diced
- 1/2** apple, diced
- 1 cup** uncooked quinoa
- 1 Tbsp.** thyme
- 1/2 Tbsp.** parsley
- 1/4 cup** dried cranberries
- Salt and pepper to taste

INSTRUCTIONS

Cut the squashes in half and clean out seeds. Bake in the oven at 400°F until tender (approx. 35-45 mins). While the squash is baking, make the filling.

Add 1/4 cup of the broth to a small pot. When the broth is hot add the onions, celery, carrots, and garlic. Once the vegetables have cooked down, add the remaining ingredients, including the rest of the broth. Season with salt and pepper.

When the broth comes to a boil, turn the heat down to low, cover the pot and allow the quinoa to cook. The quinoa will look fluffy when it is done!

Fill the acorn squash with the filling and enjoy!

TIPS

You can make the filling and/or the squash ahead of time and place stuffed squash in oven for about 15-20 mins to heat.

AUTUMN MINESTRONE SOUP



As the weather gets colder and kids stay focused and busy with school, there's nothing like coming home to a meal that's cooked with love. And, no matter the age, you can get your kids involved in whipping up an easy and healthy dinner. This soulful soup uses fresh, locally grown produce like butternut squash, and stews with garlic and fresh thyme for the perfect seasonal start to any meal. It's quite low in carbs and calories, and is a good source of protein – brain food for homework time!

NUTRITIONAL INFORMATION

10 SERVINGS

1 serving = 1 cup

AMOUNT PER SERVING

Calories 129.6	Vitamin E 1.2%
Total Fat 4.5 g	Calcium 5.1%
Saturated Fat 1.0 g	Copper 5.0%
Polyunsaturated Fat 0.3 g	Folate 3.7%
Monounsaturated Fat 1.3 g	Iron 9.1%
Cholesterol 5.7 mg	Magnesium 3.3%
Sodium 355.8 mg	Manganese 4.4%
Potassium 329.5 mg	Niacin 8.2%
Total Carbohydrate 16.6 g	Pantothenic Acid 1.4%
Dietary Fiber 3.0 g	Phosphorus 3.8%
Sugars 3.8 g	Riboflavin 5.0%
Protein 6.0 g	Selenium 3.0%
Vitamin A 74.9%	Thiamin 4.0%
Vitamin B-12 0.0%	Zinc 1.4%
Vitamin B-6 5.9%	
Vitamin C 26.2%	
Vitamin D 0.0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS

- 2 Tbsp.** olive oil
- 4 oz.** pancetta, ½" diced
- 1½ cups** yellow onions, chopped
- 2 cups** (3 carrots) carrots, ½" diced
- 2 cups** (3 stalks) celery, ½" diced
- 2½ cups** butternut squash, ½" diced and peeled
- 1½ Tbsp.** (4 cloves) garlic, minced
- 2 tsp.** fresh thyme leaves, chopped
- 26 oz.** canned, chopped tomatoes
- 6-8 cups** chicken stock
- 1** bay leaf
- Kosher salt & freshly ground black pepper
- 15 oz.** cannellini beans, drained and rinsed
- ¾ cup** dry quinoa (2 cups when cooked)
- 8-10 oz.** fresh kale leaves
- 2 Tbsp.** pesto

CROSTINI

- 1** baguette
- ½-¾ cups** extra-virgin olive oil
- Kosher salt & freshly ground black pepper

INSTRUCTIONS

To cook the quinoa, put quinoa into a pot with 4 cups water. Bring to a boil and then simmer for about 20-25 minutes until water is absorbed and quinoa is tender.

Heat olive oil over medium heat in a large, heavy pot or Dutch oven. Add the pancetta and cook over medium-low heat for 6 to 8 minutes, stirring occasionally, until lightly browned.

Add the onions, carrots, celery, squash, garlic, and thyme and cook over medium heat, stirring occasionally, for 8 to 10 minutes, until the vegetables begin to soften.

Add the tomatoes, 6 cups of the chicken stock, the bay leaf, 1 Tbsp. salt, and 1½ tsp. pepper to the pot. Bring to a boil, then lower the heat and simmer uncovered for 30 minutes, until the vegetables are tender.

Preheat your oven to 375°F. Slice your baguette, lay out on baking sheet, brush with olive oil and season with salt and pepper. Turn over, repeat the process and bake in oven for 15 minutes. While the baguette is baking, remove and discard the bay leaf from soup. Add the beans and cooked quinoa to the soup and heat through. The soup should be quite thick but if it's too thick, add more chicken stock.

Just before serving, reheat the soup, add the chopped kale leaves, and toss with 2 big spoons (*like tossing a salad*). Cook just until the leaves are wilted. Stir in the pesto. Depending on the saltiness of the chicken stock, add another teaspoon or two of salt to taste. Sprinkle with Parmesan cheese and top it off with your toasted baguette (crostini) brushed with olive oil!

AVOCADO PINEAPPLE BLEND SMOOTHIE



Adding avocado to your smoothie creates a great creamy texture and doesn't make the drink too cold so you can enjoy it year-round. Since pineapple is packed with vitamin C, this smoothie will help in efforts to fight off the winter cold and boost your immune system. This refreshing and fruity smoothie will take you back in time to summer vacation.

NUTRITIONAL INFORMATION

1 SERVING

1 serving = entire recipe (no flax or chia seeds)

AMOUNT PER SERVING

Calories 118.1	Vitamin D 0.0%
Total Fat 8.2 g	Vitamin E 5.9%
Saturated Fat 2.2 g	Calcium 15.1%
Polyunsaturated Fat 1.0 g	Copper 7.8%
Monounsaturated Fat 4.8 g	Folate 25.3%
Cholesterol 0.0 mg	Iron 7.8%
Sodium 34.8 mg	Magnesium 10.4%
Potassium 440.5 mg	Manganese 48.6%
Total Carbohydrate 11.4 g	Niacin 6.0%
Dietary Fiber 4.1 g	Pantothenic Acid 7.1%
Sugars 5.6 g	Phosphorus 4.1%
Protein 2.1 g	Riboflavin 7.8%
Vitamin A 60.2%	Selenium 1.0%
Vitamin B-12 12.5%	Thiamin 6.1%
Vitamin B-6 10.8%	Zinc 3.2%
Vitamin C 30.3%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS

$\frac{1}{4}$ avocado

Small handful of spinach

$\frac{1}{4}$ pineapple

$\frac{1}{4}$ **cup** coconut milk (*optional*)

$\frac{1}{2}$ **cup** ice

INSTRUCTIONS

Toss all ingredients in your blender, mix well and enjoy!

TIP

Add 1 Tbsp. of flax seed or chia seed for additional nutrition.

SPINACH-KALE FRUIT SMOOTHIE



Getting the family to appreciate healthy eating starts with cooking together in the kitchen. With this delicious and nutritious smoothie recipe, kids also learn basic cooking skills like chopping and measuring ingredients. Kale might seem like an “adult food,” but it is sweetened here to get kids on board. Try sneaking in other greens that are in-season to remix any of the smoothies.

NUTRITIONAL INFORMATION

1 SERVING

1 serving = entire recipe (no flax or chia seeds)

AMOUNT PER SERVING

Calories 99.5	Vitamin D 0.0%
Total Fat 0.5 g	Vitamin E 5.8%
Saturated Fat 0.1 g	Calcium 8.3%
Polyunsaturated Fat 0.2 g	Copper 9.1%
Monounsaturated Fat 0.0 g	Folate 23.3%
Cholesterol 0.0 mg	Iron 7.5%
Sodium 32.0 mg	Magnesium 13.4%
Potassium 571.3 mg	Manganese 25.6%
Total Carbohydrate 24.1 g	Niacin 4.4%
Dietary Fiber 4.4 g	Pantothenic Acid 3.5%
Sugars 13.9 g	Phosphorus 4.5%
Protein 2.7 g	Riboflavin 9.7%
Vitamin A 148.4%	Selenium 2.2%
Vitamin B-12 0.0%	Thiamin 8.2%
Vitamin B-6 24.2%	Zinc 2.5%
Vitamin C 103.3%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS

Small handful of spinach

1 kale leaf

½ banana

½ orange, peeled

½ cup ice

INSTRUCTIONS

Toss all ingredients in your blender, mix well and enjoy!

TIP

Add 1 Tbsp. of flax seed or chia seed for additional nutrition.

STRAWBERRY BANANA SMOOTHIE



Strawberry-banana is a classic fruit combination that has survived the culinary tests of time. When it's snack time at the office or after school with the kids, avoid over processed snack foods, and try this blend instead!

NUTRITIONAL INFORMATION

1 SERVING

1 serving = entire recipe
(with coconut milk, no flax or chia seeds)

AMOUNT PER SERVING

Calories 96.4	Vitamin E 1.2%
Total Fat 1.5 g	Calcium 12.2%
Saturated Fat 1.0 g	Copper 4.4%
Polyunsaturated Fat 0.2 g	Folate 5.7%
Monounsaturated Fat 0.4 g	Iron 2.7%
Cholesterol 1.9 mg	Magnesium 6.8%
Sodium 26.4 mg	Manganese 11.5%
Potassium 367.5 mg	Niacin 2.3%
Total Carbohydrate 19.9 g	Pantothenic Acid 5.0%
Dietary Fiber 2.6 g	Phosphorus 6.5%
Sugars 12.5 g	Riboflavin 9.2%
Protein 2.6 g	Selenium 2.8%
Vitamin A 2.8%	Thiamin 3.3%
Vitamin B-12 9.1%	Zinc 2.9%
Vitamin B-6 19.2%	
Vitamin C 54.7%	
Vitamin D 0.0%	

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS

4 strawberries

½ banana

⅛ cup coconut milk (*optional*)

⅛ cup yogurt (*optional*)

½ cup ice

INSTRUCTIONS

Toss all ingredients in your blender, mix well and enjoy!

TIP

Add 1 Tbsp. of flax seed or chia seed for additional nutrition.



PRINTER-FRIENDLY RECIPE CARDS

The following pages are printer-friendly versions of our featured recipes that you can add to your recipe collection to enjoy time and time again!



TURKEY URFA CHILI

SERVES 18

INGREDIENTS

2 Tbsp. canola oil
1½ cups onion, diced
1 lb. (16 oz.) ground turkey
1 Tbsp. (3 cloves) garlic, minced
2½ tsp. ground cumin
2½ tsp. green chile powder
1½ Tbsp. Urfa pepper
1 Tbsp. sea salt
1 tsp. ground black pepper
3 (15 oz.) cans of kidney beans, drained
1 (28 oz.) can, or about 3½ cups freshly diced tomatoes
1 (28 oz.) can, or about 3½ cups freshly crushed tomatoes
Sour cream or Greek yogurt for topping
Chopped green onions for topping

INSTRUCTIONS

In a large stockpot, heat the oil and sauté the onions over medium to low heat until they are translucent.

Add the ground turkey and minced garlic. Stir frequently and actively break up the turkey to avoid clumping. Cook the turkey completely.

Add the cumin, green chile powder, Urfa pepper, salt, and pepper. Stir to incorporate the spices and cook over low heat for 2 minutes.

Add the beans and both kinds of tomatoes. Mix well.

Bring to a simmer and cook for 30 minutes. Stir frequently to avoid scorching. Serve hot in bowls with sour cream (or Greek yogurt for a healthier twist) and chopped green onions as tasty garnishes.

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CRANBERRY APPLE QUINOA STUFFED ACORN SQUASH

SERVES 4

INGREDIENTS

2 acorn squash
2 1/4 cups vegetable broth
1/4 onion, diced
2 stalks celery, diced
2 carrots, diced
1/2 apple, diced
1 large clove garlic, diced
1 cup uncooked quinoa
1 Tbsp. thyme
1/2 Tbsp. parsley
1/4 cup dried cranberries
Salt and pepper to taste

INSTRUCTIONS

Cut the squashes in half and clean out seeds. Bake in the oven at 400°F until tender (approx. 35-45 mins). While the squash is baking make the filling.

Add 1/4 cup of the broth to a small pot. When the broth is hot add the onions, celery, carrots, and garlic. Once the vegetables have cooked down, add the remaining ingredients, including the rest of the broth. Season with salt and pepper.

When the broth comes to a boil, turn the heat down to low, cover the pot and allow to the quinoa to cook. The quinoa will look fluffy when it is done!

Fill the acorn squash with the filling and enjoy!

TIP

You can make the filling ahead of time or the squash ahead of time and place stuffed squash in oven for about 15-20 mins to heat.

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AUTUMN MINISTRONE SOUP

SERVES 10

INGREDIENTS

2 Tbsp. olive oil
4 oz. pancetta, ½" diced
1½ cups yellow onions, chopped
2 cups (3 carrots) carrots, ½" diced
2 cups (3 stalks) celery, ½" diced
2½ cups butternut squash, ½" diced and peeled
1½ Tbsp. (4 cloves) garlic, minced
2 tsp. fresh thyme leaves, chopped
26 oz. canned, chopped tomatoes
6-8 cups chicken stock
1 bay leaf
Kosher salt & freshly ground black pepper
15 oz. cannellini beans, drained and rinsed
2 cups cooked quinoa
8-10 oz. fresh kale leaves
2 Tbsp. pesto

CROSTINI

1 baguette
½-¾ cups extra-virgin olive oil
Kosher salt & freshly ground black pepper

INSTRUCTIONS

To cook the quinoa, put quinoa into a pot with 4 cups water. Bring to a boil and then simmer for about 20-25 minutes until water is absorbed and quinoa is tender.

Heat 2 Tbsp. of olive oil over medium heat in a large, heavy pot or Dutch oven. Add the pancetta and cook over medium-low heat for 6 to 8 minutes, stirring occasionally, until lightly browned.

Add the onions, carrots, celery, squash, garlic, and thyme and cook over medium heat, stirring occasionally, for 8 to 10 minutes, until the vegetables begin to soften.

Add the tomatoes, 6 cups of the chicken stock, the bay leaf, 1 Tbsp. salt, and 1½ tsp. pepper to the pot. Bring to a boil, then lower the heat and simmer uncovered for 30 minutes, until the vegetables are tender.

Preheat your oven to 375°F. Slice your baguette, lay out on baking sheet, brush with olive oil and season with salt and pepper. Turn over, repeat the process and bake in oven for 15 minutes. While the baguette is baking, discard the bay leaf. Add the beans and cooked quinoa and heat through. The soup should be quite thick but if it's too thick, add more chicken stock.

Just before serving, reheat the soup, add the chopped kale leaves, and toss with 2 big spoons (*like tossing a salad*). Cook just until the leaves are wilted. Stir in the pesto. Depending on the saltiness of the chicken stock, add another teaspoon or two of salt to taste. Sprinkle with Parmesan cheese and top it off with your toasted baguette (crostini) brushed with olive oil!

AVOCADO PINEAPPLE BLEND SMOOTHIE

SERVES 1

INGREDIENTS

¼ avocado
Small handful of spinach
¼ pineapple
¼ cup coconut milk (*optional*)
½ cup ice

INSTRUCTIONS

Toss all ingredients in your blender, mix well and enjoy!

TIP

Add 1 Tbsp. of flax seed or chia seed for additional nutrition.

SPINACH-KALE FRUIT SMOOTHIE

SERVES 1

INGREDIENTS

Small handful spinach (small handful)
1 kale leaf
½ banana
½ orange, peeled
½ cup ice

STRAWBERRY BANANA SMOOTHIE

SERVES 1

INGREDIENTS

4 strawberries
½ banana
⅛ cup coconut milk (*optional*)
⅛ cup yogurt (*optional*)
½ cup ice

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THANKS TO OUR RESTAURANT CONTRIBUTORS



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