

DENVER INDIAN HEALTH AND FAMILY SERVICES

HEALTH & WELLNESS PROGRAM

Spirit Within Project



HEALTHY

SCHOOL FOOD RECIPES

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Whole Wheat Grilled Cheese



INGREDIENTS

- 100% whole wheat Bread
- Cheddar or Colby Jack Cheese
- Olive Oil

METHOD

- Turn stove on medium heat
- Add Olive Oil to lightly coat pan
- add Bread
- flip bread and add cheese
- Add other piece of bread, adding more olive oil as needed to keep pan lightly coated
- Remove from heat
- Add a vegetable snack to your sandwich and enjoy!



Sandwich with sides

INGREDIENTS

- 100% whole wheat bread
- Ham/turkey/chicken deli meat
- slice of cheese
- tomato
- lettuce

Sides

- almonds/peanuts/cashews
- fruit and vegetable
- apple baby carrots
- grapes celery sticks
- berries broccoli
- peach cauliflower
- pineapple sugar snap peas
- banana sliced bell pepper
- orange cucumber slices
- kiwi cherry tomatoes

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pita pizza

INGREDIENTS

- whole wheat pita bread
- tomato sauce
- shredded mozzarella cheese
- toppings of choice:
 - spinach
 - mushrooms
 - olives
 - chicken
 - pepperoni
 - and more!

METHOD

- cut pita bread in half or quarters and place tomato sauce in small container beside cheese and toppings

Nut Butter Apple Sandwich



INGREDIENTS

- Your favorite flavor apple
- Nut butter (peanut butter, almond butter, sunflower butter)
- Optional: raisins

METHOD

- Wash off apple
- Use knife to slice apple through the side to create several wide apple slices
- cut out core section with seeds
- Spread with your nut butter of choice and enjoy!

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Chickpea Salad



INGREDIENTS

- 2 cans (15 ounces each) chickpeas
- 1/2 cup Celery
- 1/2 cup Cucumber
- 1 1/2 cups Flat-leaf parsley, fresh
- 2 cloves Garlic
- 1 Red bell pepper, medium
- 1/2 cup Red onion
- 3 tbsp Lemon juice
- 1 Black pepper
- 1/2 tsp Salt
- 3 tbsp olive oil

METHOD

- Mix all ingredients
- Dish out, serve, and enjoy!

Energy Balls



INGREDIENTS

- 1 1/2 cups rolled oats
- 2/3 cup peanut butter
- 1/2 cup raisins or mini chocolate chips
- 1/4 cup pure maple syrup
- 1 Tablespoon chia seeds or flaxseed
- 1/2 teaspoon ground cinnamon

METHOD

1. In a large bowl, combine all the ingredients & stir until well mixed.
 2. Roll into 18 bite-size balls with wet hands or a scoop to keep the mixture from sticking to you
- Store in the refrigerator for up to 1 week

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Hummus Pita Sandwich

INGREDIENTS

- whole wheat pita pocket
- spinach
- cheese
- tomato
- hummus
- cucumber slices

METHOD

- Spread hummus inside the pita pocket
- stuff pita pocket with a slice of cheese, tomato, and spinach



Totally Tapas

INGREDIENTS

- sharp cheddar cheese blocks
- whole wheat crackers
- carrots
- spring mix salad
- salad toppings of choice

METHOD

- Put all your ingredients in sectioned off areas of the tupperware as pictured & enjoy!

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This is how I roll



INGREDIENTS

- whole wheat Tortilla
- deli turkey
- romaine lettuce
- sliced cheese

- 1 fruit
- 1 vegetable

METHOD

- Using a tortilla, place turkey evenly on top of the tortilla.
- Top with slices of cheese and romaine lettuce.
- Roll tortilla tightly, then cut into bite-sized rolls.
- Pair with 1 fruit and 1 vegetable.

Bearckfast



INGREDIENTS

- whole wheat toast
- Nut butter
- 1 small banana
- blueberries

METHOD

- Toast Bread Slice
- Spread the nut butter of choice, then leave the decorating to us kids!

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Egg Muffin Bites



Main Ingredients:

- 10 large eggs
- 1/2 cup cottage cheese
- 1/4 cup milk
- 1/2 teaspoon salt or to taste
- 1/4 teaspoon black pepper

Pick your toppings:

Garden Veggie

- 1/2 cup spinach diced
- 1/2 cup tomatoes diced
- 1/2 cup mushrooms diced
- 1/2 cup cheddar cheese

Meat Lovers

- 1/2 cup ham diced
- 1/2 cup bacon cooked & crumbled
- 1/2 cup sausage cooked & crumbled

Spanish

- 1/2 cup black beans
- 1/4 cup green bell peppers diced
- 1/4 cup tomatoes diced
- 1/2 cup salsa for topping

METHOD

- Preheat oven to 350* F. Spray a muffin tin with non-stick spray.
- Whisk eggs in a large bowl. Add cottage cheese, milk, salt and pepper.
- Stir in add-ins for whatever type of egg muffin cup you are making.
- Pour egg mixture into muffin tin, filling each cup 3/4 of the way full.
- Bake for about 25 minutes, until the centers are completely set.
- Allow to cool for a few minutes before removing and serving.

Spinach Lasagna



INGREDIENTS

- 15 ounces ricotta cheese
- 8 ounces mozzarella cheese grated
- 1 cup parmesan cheese grated and divided
- 10 ounces frozen spinach thawed and squeezed dry
- 1 egg
- 1/4 teaspoon salt
- 3 cups pasta sauce 25 ounce jar
- 8 ounces whole-wheat lasagna no-boil

METHOD

- Preheat the oven to 375 degrees F.
- In a large bowl, mix the ricotta, mozzarella, 3/4 cup of the Parmesan, spinach, egg, and salt.
- In a 13 x 9 inch baking dish, spread 3/4 cup sauce on the bottom. Layer a few of the noodles on top. Spread a third of the cheese mixture on top of that and then another 3/4 cup sauce. Repeat layers until all ingredients are gone, ending with the sauce.
- Top with remaining 1/4 cup Parmesan, cover with foil, and bake for 30 minutes. Remove foil and bake for another 20 to 25 minutes or until the noodles have completely softened. Let rest for 5 minutes, serve warm, and enjoy!