



Make fast dishes on busy days

Check out these recipes for delicious meals, snacks, and treats to whip up before or after school.

AVOCADO MELON SMOOTHIE

Ingredients

- 1 cup cubed honeydew melon
- ½ ripe avocado
- 1 frozen banana
- Juice from ½ lime
- 1 cup ice cubes

Instructions

1. Combine the honeydew melon, avocado, banana, lime juice, and ice in a blender. Puree until smooth.
2. Add a splash of cold water to thin as needed. Makes 1 smoothie.

VERY BERRY
Avocados are considered a single-seeded berry, not a vegetable, and are native to Central America and Mexico.



WARNING!

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MEDITERRANEAN SALMON RICE BOWLS

Ingredients

- ½ cup whole-milk Greek yogurt
- ¼ teaspoon cumin
- ¼ teaspoon paprika
- Juice and zest of 1 lemon
- 1 pound skinless salmon fillet, cut into 1½-inch cubes
- Salt and pepper
- 2 cups cooked rice, for serving
- 13.5-ounce can chickpeas, drained and rinsed, for serving
- 1 chopped cucumber and/or tomato, for serving
- ½ cup crumbled feta cheese, for serving
- Store-bought tzatziki (a type of yogurt sauce), for serving (optional)

Instructions

1. Heat oven to 425° F and line a baking sheet with parchment paper. In a large bowl, combine yogurt, cumin, paprika, and lemon juice and zest. Add salmon cubes and toss to coat.
2. Arrange the salmon pieces on the prepared baking sheet and sprinkle with salt and pepper. Bake salmon for 5 minutes. Switch the oven to broil and cook until salmon is golden and charred in spots, about 4 minutes more.
3. Divide salmon among bowls of rice and top with chickpeas, cucumber and/or tomato, feta, and tzatziki, if using. Serves 4.





MORNING QUESADILLA

Ingredients

- 1 tablespoon butter
- 6 eggs, beaten
- 2 large flour or corn tortillas
- ½ cup cream cheese
- Crumbled or cubed cooked bacon or ham (optional)

Instructions

1. Melt half the butter in a large nonstick skillet over medium-high heat. Add the eggs and scramble until just set. Remove the eggs and set them on a plate.
2. Spread the cream cheese over the tortillas.
3. In the same skillet (no need to wash), melt the remaining butter. Add one tortilla, cream-cheese-side up, then carefully top with the scrambled eggs and bacon or ham, if using.
4. Set the other tortilla on top, cream-cheese-side down, and cook until golden. Flip the quesadilla and cook until the other side is golden and crisp. Makes 2 servings.



EGG-CELLENT

Iowa leads the US in table egg production—about 13 billion eggs were produced in the state in 2024.



CARAMELIZED NECTARINES

Ingredients

- 4 nectarines, sliced
- 2 tablespoons butter, cut into pieces
- ¼ cup honey
- ½ teaspoon cinnamon
- Vanilla ice cream, for serving
- Honey roasted nuts, for serving (optional)

Instructions

1. Heat oven to 400° F. Spread the nectarine slices in an 8-inch square baking dish and dot with the butter. Drizzle the honey evenly over the fruit and sprinkle with the cinnamon.
2. Roast the nectarines 30 minutes, stirring once, until the juices are bubbling and the fruit looks caramelized.
3. Divide fruit among 4 bowls. Top with a scoop of vanilla ice cream and sprinkle with nuts, if using. Serves 4.

FUZZ-FREE FRUIT

Nectarines are a type of peach with smooth skin that originated in China more than 2,000 years ago.



How to...

PB&J OVERNIGHT OAT PARFAITS

Ingredients

- 1 cup old-fashioned oats
- 1½ cups of raspberry or strawberry yogurt
- ¼ cup peanut butter, almond butter, or nut butter alternative
- ½ cup fresh raspberries, mashed, plus more for topping

Instructions

1. Combine the oats and yogurt in a bowl and mix well.
2. Spoon a portion of your preferred nut butter into the bottom of each of 4 small glass cups.
3. Top with a portion of the yogurt oats mixture, followed by a layer of mashed berries. Cover and refrigerate for 4 hours or overnight.
4. Top with a few whole fresh raspberries before serving. Makes 4 parfaits.

THAT'S NUTS

The average American eats about 7.9 pounds of peanuts, in various forms, each year.



TUNA MELT SLIDERS

Ingredients

- 1 package pretzel bun sliders (such as King's Hawaiian brand)
- Two 5-ounce cans of tuna, drained
- ¼ cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons butter, melted
- 1 teaspoon garlic powder
- ½ pound sliced cheddar cheese
- Dill or bread-and-butter pickle chips

Instructions

1. Heat oven to 350° F. If your slider buns are not pre-sliced, use a bread knife to slice the block of rolls in half horizontally, keeping them intact as best you can. Fit the bottom halves into an 8-inch square baking pan.
2. In a medium bowl, break up the tuna with a fork until uniformly mashed. Add the mayonnaise and mustard and stir to combine.
3. In a small bowl, combine the melted butter and garlic powder and stir to combine. Set aside.
4. Layer half the cheese onto the bottom rolls in the baking pan. Spoon the tuna salad onto the cheese and spread in an even layer. Top the tuna with a layer of pickle slices and then a layer of the remaining cheese. Fit the top half of the rolls into the pan.
5. Pour melted butter mixture over rolls and bake for 15 to 20 minutes or until the bread is toasty and the cheese is melted. Makes 9 sliders.

FUN FACT

The first restaurant believed to have sliders on the menu was White Castle in Wichita, Kansas, in 1921.



LEMONY WHITE BEAN STEW

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 ribs celery, chopped
- 1 clove garlic, chopped
- 4–6 baby potatoes, chopped
- 4 cups vegetable broth
- 2 cans white beans
- ½ cup small pasta shape (such as ditalini)
- 2 handfuls chopped or baby kale
- ¼ cup grated Parmesan cheese, plus more for topping
- Juice of 1 lemon

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Instructions

1. Heat the olive oil in a large pot over medium-high. Add the onion, carrots, celery, and garlic and cook, stirring occasionally, until the veggies start to soften, about 5 minutes.
2. Add potatoes and broth. Bring mixture to a simmer. Cover pot and cook 5 to 7 minutes more, until potatoes are just tender.
3. Add 1 can of the white beans and blend with an immersion blender until smooth. (If you don't have an immersion blender, carefully transfer stew to a blender and puree.) Add the pasta and kale and cook until pasta is al dente.
4. Stir in remaining can of white beans, grated Parmesan, and lemon juice. Divide among bowls and top with more cheese. Serves 4.

RANCH YOGURT DIP

Ingredients

- 1 cup whole-milk Greek yogurt
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh parsley
- 2 teaspoons white wine vinegar
- Salt and pepper, to taste
- Assorted veggies, for dipping

Instructions

1. Combine all the dip ingredients in a bowl and mix well.
2. Cover and refrigerate for at least 1 hour.
3. Serve with assorted vegetables of your choosing for dipping. Makes about 1 cup.

DID YOU KNOW?
Ranch dip or dressing gets its name from a California dude ranch, where it was first made.

