

Meals for Kids

There are many ways to create healthy, well-balanced meals for kids. Here's one idea for your next family meal!

Chicken Strips

Ingredients

- 5 lb. boneless chicken breast
- 4 cup flour
- 3 eggs
- 1 cup milk
- 2 tbsp. garlic powder
- 2 tbsp. onion powder
- 3 tbsp. salt
- *Oil for frying

Directions:

Slice chicken into strips. In a bowl, whisk eggs and milk together. In a separate bowl whisk the flour, garlic powder, onion powder, and salt. Dip chicken strip in egg wash then coat in flour. Return strip to egg wash and coat in flour a second time.

Heat oil in frying pan. Place strips in pan and cook until they're golden brown on the outside and cooked in the middle.

*If you don't want to fry your chicken strips, try baking them! After coating with egg and flour, line strips on a baking sheet and bake in the oven at 375°F for 10-12 minutes.

Sweetened Carrots

Ingredients

- 3 lbs. baby carrots
- ¾ cup brown sugar

Directions:

Rinse carrots. In pot, mix water and brown sugar. Add carrots and boil on medium-high until tender

Buttered Noodles

Ingredients

- 1 large bag, egg noodles
- 1 stick butter
- 2 cubes, chicken bouillon
- 2 tbsp. dried parsley (optional)

Directions:

Cook noodles, rinse well. In saucepan, melt butter. Add bouillon cubes to butter and cook until cubes are dissolved. Crush them in the pan to speed up this step. Toss noodles and butter mixture until all is covered. Add dry parsley. Serve immediately.

Add fruit and dairy for a complete meal!

