

Sample *Eat Well & Keep Moving* Recipes

Eat Well & Keep Moving recipe items can be found in the Recipes folder on this web resource.

Main Dishes

Caribbean chicken on brown rice
Chicken stir-fry with vegetables on brown rice
Pizza primavera
Vegetable chili
Squish squash lasagna

Sandwiches and Wraps

Chicken gyro with cucumber sauce
Crunchy Hawaiian chicken wrap
Purple power bean wrap
Roasted fish crispy slaw wrap

Side Dishes

Herbed broccoli and cauliflower polonaise
Brown rice pilaf
Chunky vegetable stew
Peach salsa
Chinese-style vegetables
Lentils of the Southwest
Spanish chickpea stew
Harvest delight

Salads

Tabouleh
Marinated black bean salad

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

Hummus

Mediterranean quinoa salad

Aztec grain salad

Dressings

Chunky typhoon dip

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).