SIMPLE MEALS – JUNIOR BADGE
BADGE A MONTH

There’s steam and bubbles, interesting tools, and amazing smells…and lots of room for experiments. And it’s not a laboratory – it’s your own kitchen! Use these steps to make amazing meals and learn to create a whole meal of your own.

STEP 1 – STEP UP YOUR SKILLS WITH A PRO
Invite a great cook to your Girl Scout meeting
It might be a chef, a cafeteria cook, a parent or a Girl Scout adult. Ask them to help you make their favorite recipe!

STEP 2 – WHIP UP A GREAT BREAKFAST
Make easy weekday breakfasts
Figure out five school-day breakfasts that are quick, easy and good for you. Using magazines and poster boards cut out foods that would make good healthy breakfasts! Share with your troop/group. You might want to try one at home.

STEP 3 – FIX A HEALTHY LUNCH OR DINNER
Pocket Food
Hummus stuffed pitas
Ingredients: Whole wheat or whole grain pita pockets, Hummus (store bought), Crumbled feta cheese, Spring mix salad mix, Julienned carrots
Instructions: Open up your pita and spread a thin layer of hummus. Evenly sprinkle in feta cheese and stuff with spring mix, and carrots.

Fruit and Cheese pita
Ingredients: 1/2 cup cottage cheese, 1/2 cup diced sharp cheddar or Swiss cheese (2 ounces), Kiwifruit, peeled and quartered and/or 1/2 cup sliced strawberries, 1/4 cup drained pineapple tidbits, 1 tablespoon finely chopped green onion (green part only), Lettuce leaves, 1 large pita bread round,
Directions: In a small bowl stir together cottage cheese, cheddar or Swiss cheese, kiwifruit or strawberries, pineapple tidbits, and chives or onion. To serve, place lettuce leaves in pita halves. Spoon the fruit and cheese mixture into pitas. Makes 2 servings.

Peanut Butter Strawberry Banana
The classic PB&J with a twist. Peanut butter + sliced strawberries + sliced bananas + spicy honey drizzle.

STEP 4 - CREATE A DELICIOUS DESSERT
Make a holiday dessert
No Bake Butterscotch Banana Parfaits
Ingredients: 4 prepared butterscotch pudding cups (or 1 box instant butterscotch pudding, prepared according to package directions), 12 gingersnap cookies, broken into bite-sized pieces, 2 bananas, sliced, 2 c. non-dairy whipped topping (approximate measurement)
Instructions:
Spread about 2 tbsp. pudding into the bottom of an 8 oz. glass or plastic cup. Arrange an even layer of banana slices over the pudding, then sprinkle gingersnap pieces over the bananas. Carefully spread about 3 tbsp. whipped topping over the gingersnaps. Repeat the layers in step one once more, then top with a final dollop of whipped topping.

Chocolate & Candy Dipped Pretzel Rods
Ingredients: 3/4 cup REESE’S MINI PIECES Candy, REESE’S PIECES Candy or HEATH BITS ’O BRICKLE Toffee Bits, 8 to 10 pretzel rods, 1/4 cup HERSHEY’S Spreads Chocolate, HERSHEY’S Spreads Chocolate with Almond, HERSHEY’S Spreads with Hazelnut or REESE’S Spreads Peanut Butter Chocolate
Directions: 1. Line tray or cookie sheet with wax paper. Place candies or toffee bits on separate tray; set aside. 2. Holding one end of pretzel rod, spread about 1 teaspoon chocolate spread or peanut butter chocolate spread over one half of pretzel. Immediately roll coated end of pretzel in candy. Place on prepared tray. Repeat with remaining pretzel rods. Store at room temperature in airtight container. (Chocolate will remain soft.) Makes 8 to 10 pretzel rods.

STEP 5 – MAKE YOUR OWN MEAL
Make a salad meal using a protein, a vegetable and a starch

Peas Salad
Ingredients: 1 bag frozen peas, thawed (10-12 ounces), 1 Cup chopped potato, cooked and chilled, 1 cup onion (red or white), 1 cup celery, 1 cup chopped tomato, 1 Cup chopped cheddar cheese
Dressing: 1/4 cup light mayonnaise, 1/4 cup plain yogurt, 1 TBLS apple cider vinegar, 1 tsp. dried mustard
Mix veggies together in a bowl. In separate bowl, mix dressing. Combine just before serving.

Broccoli Apple Salad
Ingredients: 4 cup, shredded or chopped – Shredded Veggies, bagged (Such as Broccoli Slaw), 2 medium – apples diced, 1/4 cup – Poppy seed Dressing, Light, 1/2 cup – cranberries, dried, 1/4 cup – almonds, sliced
Directions: Combine apples and toss with broccoli slaw. Mix in a bowl with dressing. Add in the remaining ingredients; serve or store covered, in the refrigerator. Serve with a fresh piece of wheat bread

Crunchy Tuna Salad
Ingredients: 1 can tuna (in spring water), 1/2 cucumber, 1 can sliced water chestnuts, 1/2 cup sliced black olives, Mayonnaise
Instructions: Combine all ingredients. Serve with Pita chips for a balanced meal.