

## MetroWest Healthy Family Table

By: Jennifer Looney Senior Coordinated Dietetic Student, Framingham State University

Having strong bones is important at any age but especially during childhood. Bones are the framework for your child's growing body. Consuming foods that will help their bones grow and develop is essential for proper bone health. Eating for healthy bones means getting plenty of foods that are rich in calcium. Milk is a great source of calcium but if your child does not like milk or can't have milk there are plenty of ways for them to meet their calcium needs. One way to do this is by creating meals with calcium rich ingredients such as cheese, yogurt, broccoli and beans. "Say Cheese" Tortillas is an easy and calcium packed recipe that kids and the entire family will enjoy. Invite your children into the kitchen to help you prepare this recipe and talk to them about how to keep their bones strong. "Healthy Family Tables" is a collaboration between the MetroWest Community Health Care Foundation and Framingham State University's Nutrition Program. For more information and helpful tips, visit <http://www.metrowestkids.org>.

### "Say Cheese" Tortillas

Prep Time: 10 minutes

Cook Time: 15 minutes

Serving Size: 4

#### Ingredients:

4 6-inch flour tortillas

½ c. chunky-style mild salsa

½ c. reduced-fat mozzarella

½ c. chopped green pepper

¼ c. chopped red onion

¼ c. chopped raw broccoli

¼ c. shredded sharp cheddar cheese



Additional ingredients: Top tortilla off with any additional vegetables your child will enjoy such as mushrooms, tomatoes or corn.

#### Cooking Directions:

Preheat oven to 350°F. Place tortillas on a baking sheet. Bake for about seven minutes or until crisp. Remove from oven and top each tortilla with 2 tablespoons of salsa and 2 tablespoons of reduced fat mozzarella cheese. Sprinkle with green pepper, broccoli and red onion. Top with cheddar cheese. Bake for five minutes or until cheese melts. Enjoy!

**Nutrition Information per serving:** 182 calories, 6g fat, 22g carbohydrate, 2g fiber and 135 milligrams calcium.

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