



Interactive Real Food Recipes for the Family



Eating real food every day is easy and including kids in recipe preparation makes eating fun for the whole family. Here are a few delicious Hellmann's® real food recipes that are easy-to-prepare and allow kids to get involved.

Chicken Pita With Tzatziki Sauce

Ingredients

- 1/3 cup Hellmann's® 1/2 the Fat Olive Oil mayonnaise-type dressing
- 1 tbsp lemon juice
- 1 small clove garlic, finely chopped
- 1 medium cucumber, halved and seeded
- 2 cups cut-up cooked chicken
- 1 large tomato, diced
- 1/4 cup sliced red onion
- 6 (8-inch) whole wheat pita breads

Directions

Combine Hellmann's® 1/2 the Fat Olive Oil mayonnaise-type dressing with lemon juice and garlic. Finely grate 1/4 cup of cucumber and add to Hellmann's® mixture. Stir mixture, set aside. Slice remaining cucumber. Arrange chicken, sliced cucumber, tomato and onion in pita breads. Top with Hellmann's® mixture.



KID duties:

- Combine Hellmann's® real mayonnaise, lemon juice and garlic
- Stuff the ingredients into the pitas



Warm White Bean & Tuna Quesadillas

Ingredients

- 1 can (16 oz) cannellini or white kidney beans, rinsed and drained
- 2 cans (6 oz each) tuna in spring water, drained and flaked
- ¼ cup Hellmann's® ½ the Fat Olive Oil mayonnaise-type dressing
- 2 tsp lemon juice
- 4 (8-in) fajita size flour tortillas
- 4 slices reduced fat mozzarella and/or cheddar cheese
- 1 cup baby spinach leaves
- ½ cup red bell pepper, thinly sliced

Directions

Lightly mash beans in bowl. Stir in tuna, Hellmann's® ½ the Fat Olive Oil mayonnaise-type dressing and lemon juice. Evenly spread tuna salad onto two tortillas, then top with cheese, spinach, red pepper and remaining tortillas. Cook in 10-inch nonstick skillet lightly sprayed with nonstick cooking spray over medium heat, turning once, five minutes or until golden and cheese is melted. Cut into wedges.



KID duties:

- Mash the beans
- Spread tuna salad onto tortillas
- Top tortillas with cheese, spinach and red pepper

Buffalo Chicken & Potato Salad

Ingredients

- 1 lb. red potatoes cut into bite-size pieces
- 1 lb. cooked chicken, cut into bite-size pieces (about 3 cups)
- 1 cup peeled and chopped cucumber
- ½ cup Hellmann's® real mayonnaise
- ½ cup chopped red onion
- ½ cup chopped celery
- 2 Tbsp. cayenne pepper sauce

Directions

Cover potatoes with water in 3-quart saucepan. Bring to a boil over high heat. Reduce heat to medium-low and cook 10 minutes or until potatoes are tender. Drain and cool slightly.

Toss potatoes with remaining ingredients in serving bowl. Serve chilled or at room temperature and, if desired, on a bed of lettuce, garnished with celery leaves.



KID duties:

- Wash the celery
- Toss the potatoes with the other ingredients and garnish with celery leaves

Spicy Grilled Tilapia Fillets

Ingredients

- 1 ½ tsp ground black pepper
- ½ tsp each: paprika, crumbled dried thyme, salt
- ¼ tsp cayenne pepper
- 1 clove garlic, minced
- 2 tbsp minced onion
- 2 tbsp Hellmann's® real mayonnaise
- 1 ¼ lbs tilapia filets
- 4 lemon wedges



Directions

Preheat broiler to high. In small bowl, combine black pepper, paprika, thyme, salt, cayenne, garlic, onion with Hellmann's® real mayonnaise to form a paste. Place fish on parchment lined baking sheet and brush mixture over top surface of filets. Broil or grill 8-10 minutes or until fish turns opaque in centre. Serve with lemon wedges.

KID duties:

- Combine ingredients to form the paste
- Brush mixture on filets
- Garnish with lemon wedges

Oatmeal Berry Burst Muffins

Ingredients

- 1 ½ cup all-purpose flour
- ¾ cup quick rolled oats
- ½ cup packed brown sugar
- 2 tsp baking powder
- ½ tsp salt
- ½ tsp cinnamon
- 1 cup fresh or frozen raspberries or blueberries (or mixed)
- 1 cup milk
- ½ cup Hellmann's® real mayonnaise or Hellmann's® ½ the Fat mayonnaise-type dressing
- 1 egg



KID duties:

- Combine ingredients in bowl and stir in the berries
- Spoon mixture into muffin cups

Directions

Preheat oven to 400 °F (200 °C). In large bowl combine flour, oats, sugar, baking powder, salt and cinnamon. Stir in berries. In medium bowl beat together milk, mayonnaise and egg. Add liquid to dry ingredients and stir just until combined. Spoon into 12 paper lined or greased muffin cups, dividing evenly. Bake 20 to 25 minutes or until muffin top springs back when lightly touched.