K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Alphabet Soup

Find the letters in your name!

Level: Easy

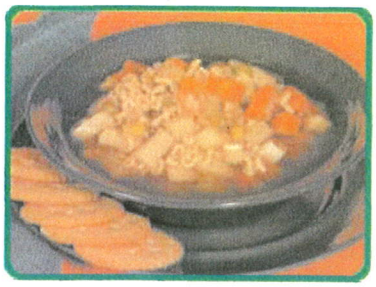
Serves: 8, 1 cup each

Kids' Tool Kit

- Soup pot with lid
- Measuring cup
- Measuring spoons
- Can opener
- Large spoon
- Tasting spoons

Ingredients:

- 6 cups water
- 6 teaspoons beef bouillon
- 2 cans (16-ounce) mixed vegetables or sliced carrots
- 2 tablespoons dried onion
- ¼ cup alphabet macaroni or elbow macaroni, broken into small pieces



Directions:

Remember to wash your hands!

1. Bring water and bouillon to a boil in a large soup pot.
2. Add canned vegetables and onion; cover and bring to a boil.
3. Add macaroni and simmer 5 more minutes or until macaroni is tender.

Chef's Choice

- Alphabet Soup
- Saltine crackers
- Fresh fruit
- Low fat milk

Helpful Hints: Use a large soup pot so mixture does not boil over. Turn down the heat and let soup simmer until macaroni is tender.

Safety Tips: After soup has simmered 5 minutes, take a clean spoon and taste a piece of macaroni. If it is not tender, let soup cook a little longer and use another clean spoon to taste. Using a clean tasting spoon keeps germs from spreading.

Nutrition Facts

Serving Size 1 cup (299g)
Servings Per Container 8

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	18%
Sugars 0g	
Protein 2g	
Vitamin A 120% •	Vitamin C 8%
Calcium 4% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: *Book Cooks*, Creative Teaching Press
Suggested book with this cooking activity: *Alphabet Soup* by Kate Banks

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Bean Dip

Kids love to dip chips and veggies!

Level: Easy

Serves: 6, 1/2 cup each

Kids' Tool Kit

Can opener
Rubber spatula
Mixing bowl

Chef's Choice

Bean Dip
Veggies for dipping
Low fat milk

Ingredients:

1 can (16-ounce) fat-free refried beans
1 can (10-ounce) tomatoes and green chilies (such as Rotel®)
Raw veggies and corn chips

Directions:

Remember to wash your hands!

1. In a mixing bowl, combine refried beans and tomato mixture.
2. Serve with chips or veggies.
3. Store any leftover dip in refrigerator.

Helpful Hints: Keep cut-up celery and carrots sticks, green pepper strips, broccoli "trees" and cherry tomatoes in the fridge for a healthy snack with dip.

Safety Tips: Wash can lids before opening. How long has it been since you washed your can opener? Use hot, soapy water and keep it clean so germs do not spread.

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book with this cooking activity: *Feast for 10* by Cathryn Falwell

Nutrition Facts

Serving Size 1/2 cup (123g)
Servings Per Container 6

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 490mg	**20%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 5g	**19%**
Sugars 0g	
Protein 6g	
Vitamin A 4% •	Vitamin C 4%
Calcium 4% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin' ©

Breakfast Banana Split

Kids will find this breakfast very "a-peeling!"

Level: Easy

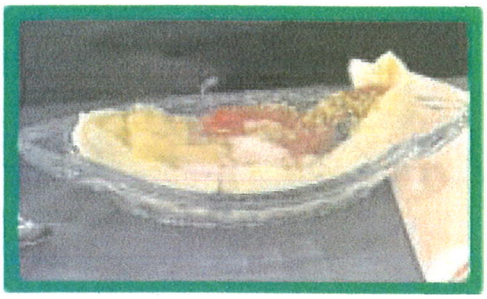
Serves 1

Kids' Tool Kit

- Knife
- Cutting board
- Measuring spoons
- Measuring cups
- Spoon
- Dish/Cereal bowl
- Can opener
- Strainer

Ingredients:

- 1 small banana
- 1/2 cup crunchy nugget cereal or favorite oat or corn cereal
- 1/2 cup low fat vanilla, blueberry or strawberry yogurt, or cottage cheese
- 1/2 teaspoon honey
- 1/2 cup pineapple tidbits or chunks
- Maraschino cherries, optional



Directions:

Remember to wash your hands!

1. Peel and split banana lengthwise and place in banana split dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt or cottage cheese on top and drizzle with honey.
4. Decorate with reserved cereal, pineapple and cherries.

Chef's Choice

Breakfast Banana Split
Muffin
Milk

Helpful Hints: This colorful, delicious breakfast is so inviting, it may become a morning "must-have!" No need to worry about the same old breakfast. There are many different combinations of yogurt, fruit or cottage cheese you can choose, and they will all be popular and nutritious. For example, if melon is in season try cantaloupe cubes instead of pineapple. Grapes could top the cereal, or fresh or frozen berries. Different cereal toppers will create different flavors and textures. Let your children choose their favorite fixings and watch how breakfast disappears!

Safety Tip: It is important to remember that some foods can cause choking in young children. Be sure that fruit pieces are very small and soft for a toddler. Avoid grapes, chunks of pineapple or melon. Instead, your toddler might enjoy canned fruit cocktail on his breakfast banana split!

Nutrition Facts

Serving Size 1 banana split (396g)
Servings Per Container 1

Amount Per Serving	
Calories 480	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**7%**
Cholesterol 10mg	**3%**
Sodium 430mg	**18%**
Total Carbohydrate 107g	**36%**
Dietary Fiber 9g	**38%**
Sugars 58g	
Protein 13g	

Vitamin A 20%	• Vitamin C 30%
Calcium 20%	• Iron 100%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at *www.kidsacookin.ksu.edu*, or e-mail *kidsacookin@ksu.edu.*

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Breakfast Burritos

Eggs in a blanket!

Level: Easy

Serves: 4

Kids' Tool Kit

Mixing bowl
Measuring cups
Skillet
Fork
Spoon

Chef's Choice

Breakfast Burrito
Peach slices
Low fat milk

Ingredients:

4 eggs
¼ cup milk
1 teaspoon margarine
1 cup refried beans
4 flour tortillas
½ cup grated cheese
¼ to ½ cup salsa

Directions:

Remember to wash your hands!

1. In a medium bowl, mix eggs and milk with a fork.
2. Melt margarine in skillet on medium heat. Stir in egg mixture and cook until firm.
3. Heat refried beans 1 to 2 minutes in microwave or in pan on stovetop.
4. Soften tortillas in microwave or skillet. On each tortilla, put ¼ the eggs, beans, cheese and salsa. Roll tortilla to eat.

Helpful Hints: They are called Breakfast Burritos, but could also be served as a main meal. Other ingredients such as green peppers, onion or mushrooms could be added for extra flavor.

Safety Tips: Turn skillet handle toward the back of the stove so the skillet doesn't get knocked off and spilled while cooking.

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book with this cooking activity: *Ira Sleeps Over* by Bernard Waber

Nutrition Facts

Serving Size 1 burrito (216g)
Servings Per Container 4

Amount Per Serving	
Calories 360	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**21%**
Saturated Fat 5g	**26%**
Cholesterol 225mg	**76%**
Sodium 750mg	**31%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 4g	**15%**
Sugars 2g	
Protein 20g	
Vitamin A 10% •	Vitamin C 6%
Calcium 30% •	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Chicken Feed

A snack to take along on a hike!

Level: Easy

Serves: 10, ½ cup each

Kids' Tool Kit
Large mixing bowl
Measuring cups
Paper cups or bags

Chef's Choice
Chicken Feed
100% juice box

Ingredients:

- 2 cups toasted oat cereal
- 1 cup peanuts
- ½ cup sunflower seeds
- ½ cup raisins
- 1 cup small chocolate candies (such as M&M's®)

Directions:
Remember to wash your hands!

1. Combine all ingredients in a large mixing bowl and stir gently.
2. Serve in paper cups or small bags.

Helpful Hints: Individual bowls of ingredients can be set up, and children can take one spoonful of the ones they want to eat in their cup. They may go through the line again after everyone has been through once.

Safety Tips: Don't give whole peanuts or raisins to children under age 3 or children at risk for choking. Use a variety of cereal in the mix instead.

Source: *Book Cooks*, Creative Teaching Press
Suggested book with this cooking activity: *Rosie's Walk* by Pat Hutchins

Nutrition Facts
Serving Size 1/2 cup (55g)
Servings Per Container 10

Amount Per Serving	
Calories 270	Calories from Fat 140
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 4g	**21%**
Cholesterol 5mg	**1%**
Sodium 75mg	**3%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 3g	**13%**
Sugars 19g	
Protein 7g	
Vitamin A 2% •	Vitamin C 2%
Calcium 4% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Creamy Veggie Dip

You may run out of vegetables when you serve this super simple dip!

Level: Easy

Serves 4

Kids' Tool Kit

Measuring cups
Mixing bowl
Knife
Rubber spatula
Cutting board

Ingredients:

½ cup low fat sour cream
½ cup low fat ranch dressing
Pepper to taste

Directions:

Remember to wash your hands!

1. In a small bowl combine sour cream and ranch dressing. Add pepper to taste.

Chef's Choice

Creamy Veggie Dip
Milk
Veggie sticks

Helpful Hints: A simple dip may be all it takes to sell kids on vegetables. This tasty, low fat dip is easy and so flavorful the whole family will reach for veggies to dip.

Safety Tip: Young children naturally take a bite of food, and re-dip into sauce or dip. To prevent from mixing germs into the dip, be sure everyone has their own serving of dip separate from the serving bowl. Leftovers (that haven't been dipped in) can be covered and stored for up to three days in the refrigerator.

Nutrition Facts

Serving Size 1/4 cup (66g)
Servings Per Container 4

Amount Per Serving	
Calories 100	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 2.5g	**12%**
Cholesterol 15mg	**5%**
Sodium 370mg	**16%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 4g	
Protein 2g	

Vitamin A 6%	•	Vitamin C 0%	
Calcium 6%	•	Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at *www.kidsacookin.ksu.edu*, or e-mail *kidsacookin@ksu.edu*.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Dippity-Do

Vegetables taste best with dip!

Level: Easy

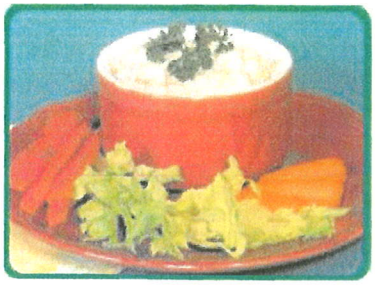
Serves: 4, ¼ cup each

Kids' Tool Kit

Sharp knife
Cutting board
Measuring cup
Tablespoon
Small bowl
Spoon

Ingredients:

4-ounce tub soft cream cheese
⅓ cup sour cream
2 tablespoons tomato juice
1 tablespoon dry Italian salad dressing mix
Assorted raw vegetables



Directions:

Remember to wash your hands!

1. In a small bowl, combine cream cheese, sour cream, tomato juice and dry mix.
2. Cut up raw vegetables for dipping.

Chef's Choice

Dippity-Do
Variety of veggies
Crackers
Low fat milk

Helpful Hints: Try a variety of vegetables—some familiar and some not! Cut cucumber, zucchini, celery and carrot strips, then add cherry tomatoes, cauliflower and broccoli for a colorful relish tray full of lots of vitamins.

Safety Tips: Use a cutting board and sharp knife to cut veggies into small, bite-size pieces. "Double-dipping" is not allowed!

Source: *Book Cooks*, Creative Teaching Press
Suggested book with this cooking activity: *Gregory the Terrible Eater* by Mitchell Sharmat

Nutrition Facts

Serving Size 1/4 cup (60g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 140
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 9g	44%
Cholesterol 45mg	15%
Sodium 150mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	

Vitamin A 10% • Vitamin C 2%
Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Dog Bones

Treats for kids of all ages!

Level: Easy

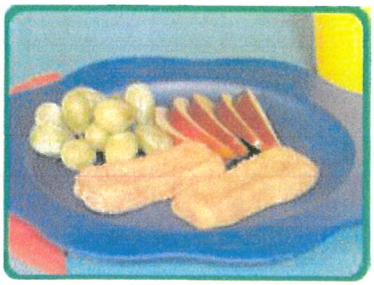
Serves: 6

Kids' Tool Kit

Large mixing bowl
Measuring cup
Measuring spoon
Wooden spoon

Ingredients:

½ cup peanut butter
½ cup instant nonfat dry milk powder
1 tablespoon honey
2 tablespoons graham cracker crumbs, finely crushed



Directions:

Remember to wash your hands!

Chef's Choice

Dog Bones
Apples slices
Low fat milk

1. In a large mixing bowl, combine peanut butter and dry milk. Add honey and mix well.
2. Divide dough into 6 pieces. Mold each piece into the shape of a dog bone.
3. Sprinkle with graham cracker crumbs on both sides.
4. Store in covered container in the refrigerator.

Helpful Hints: Lightly spray the measuring cup and measuring spoon with cooking spray so the peanut butter and honey will come out easier.

Safety Tips: One of the most common food allergies in children is peanuts. It's always a good idea to tell kids who are visiting that this snack contains peanut butter to avoid an allergic reaction. Even a touch or tiny bite of a food allergen can be harmful. It's best to not offer peanut butter to children younger than 3 or 4 years of age.

Source: *Book Cooks*, Creative Teaching Press
Suggested book with this cooking activity: *Clifford the Big Red Dog* by Norman Bridwell

Nutrition Facts

Serving Size 1 bone (32g)
Servings Per Container 6

Amount Per Serving	
Calories 170	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	5%
Sugars 8g	
Protein 7g	

Vitamin A 2%	•	Vitamin C 0%	
Calcium 8%	•	Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin' ©

Farmers' Market Salsa

Think you don't like vegetables? Think again!

Level: Medium

Serves 8

Kids' Tool Kit

Mixing bowl
Strainer
Measuring cups
Measuring spoons
Knife
Cutting board
Spoon

Ingredients:

- 1/2 cup corn, fresh cooked or frozen
- 1 can (15 ounce) black beans, drained and rinsed
- 1 cup fresh tomatoes, diced
- 1/2 cup onion, diced
- 1/2 cup green pepper, diced
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- 1/2 cup picante sauce

Chef's Choice

Farmers' Market Salsa
Baked chips
Veggie sticks
Milk

Directions:

Remember to wash your hands!

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low fat baked tortilla chips or fresh vegetables.

Helpful Hints: This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.

Safety Tip: If cutting the corn off the cob, adult supervision is a good idea.

Nutrition Facts

Serving Size 1/2 cup (125g)
Servings Per Container 8

Amount Per Serving	
Calories 70	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 230mg	**7%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 4g	**15%**
Sugars 2g	
Protein 4g	

Vitamin A 4% • Vitamin C **30%**
Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at *www.kidsacookin.ksu.edu*, or e-mail *kidsacookin@ksu.edu.*

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin' & Movin'

Fiesta Dip

Tex-Mex flair is an American favorite!

Level: Easy

Serves: 12

Ingredients:

- ½ cup fat-free refried beans (about ½ of a 16-ounce can)
- ½ cup fat-free sour cream
- 1 tablespoon dry taco seasoning
- ¾ cup picante sauce
- 2 or 3 green onions, chopped
- 1 small tomato, chopped
- ¼ cup sliced black olives, drained
- 1 cup low fat shredded cheese (cheddar or co-jack)

Dippers: whole wheat crackers, homemade tortilla chips and veggies

Directions:

Remember to wash your hands!

1. Spread refried beans in a glass pie plate.
2. Mix sour cream and taco seasoning in a small bowl.
3. Spread sour cream mixture over refried beans.
4. Pour picante sauce on top of sour cream mixture.
5. Sprinkle onions, tomato, black olives and cheese on top.

Helpful Hints: Fiesta means party! This dip is perfect for an activity with kids of any age.

Try snipping green onions with clean kitchen shears. This may be easier for young cooks than using a knife!

Double this recipe and use the whole can of beans and black olives. Make the dip in two plates and freeze one for a quick snack another day.

Use your favorite cheese on top or a mixture of two cheeses. Buy Mexican blend cheese for this recipe and other favorite dishes that can use an extra zip!

Choose favorite toppings for the dip. Try adding green and red pepper or avocado for a special twist.

Safety Tips in the Kitchen: Wash can lids before opening so germs and dirt don't get in the food. How long has it been since you washed your can opener with hot, soapy water?

Food safety is important with this layered dip. Beans are a protein food and must be refrigerated after opening. Don't let the dip sit out at room temperature for more than two hours. Refrigerate leftovers safely!

Remember to wash the tomato and onions before dicing. Green onions need special attention. Before using green onions, trim off the root end and outer thin layer and throw away. Thoroughly wash the remaining green and white part of the onion. Let clean water run through the onion tops to wash away all dirt and germs. In this recipe, dice most of the fresh, green part of the onion for the dip. Green onions, scallions or diced onion can be used in this recipe.

Kids' Tool Kit

- Mixing bowl
- Can opener
- Measuring spoon
- Measuring cup
- Scissors
- Cutting board
- Knife
- Strainer
- Grater
- Pie plate or platter
- Rubber spatula
- Spoon

Chef's Choice

- Fiesta Dip
- Carrots and celery
- Whole wheat crackers
- Homemade tortilla chips
- Low fat milk

Nutrition Facts

Serving Size 3 tablespoons (59g)
Servings Per Container 12

Amount Per Serving	
Calories 45	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	1%
Sodium 310mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 6% •	Vitamin C 2%
Calcium 6% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

French Toast

Sprinkle with powdered sugar for a treat!

Level: Easy **Serves:** 8

Kids' Tool Kit

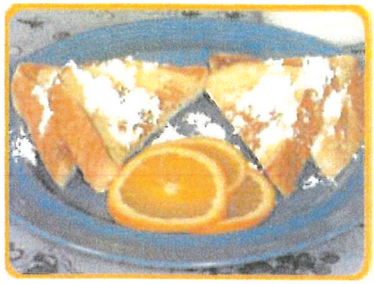
Mixing bowl
Measuring cup
Measuring spoon
Spatula
Skillet
Fork

Chef's Choice

French Toast
Crisp bacon slice
Orange juice

Ingredients:

1 egg
⅓ cup milk
1 tablespoon oil
8 slices bread
Powdered sugar or margarine and syrup, optional



Directions:

Remember to wash your hands!

1. In a mixing bowl, beat egg and milk together.
2. Heat oil in skillet on medium heat.
3. Dip both sides of bread in egg mixture.
4. Cook in skillet about 2 minutes on each side or until brown.
5. Dust with powdered sugar or serve with margarine and syrup if desired.

Helpful Hints: Use a flat-bottom bowl or casserole dish for egg and milk mixture. It makes it a lot easier to dip the bread slices. Set the bowl close to the skillet so you don't drip after dipping the bread.

A great way to use day-old bread is to make French toast.

Safety Tips: Food safety begins with washing your hands before food prep and again after handling raw eggs.

Nutrition Facts

Serving Size 1 slice (46g)
Servings Per Container 8

Amount Per Serving	
Calories 100	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0.5g	3%
Cholesterol 25mg	9%
Sodium 160mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 4g	
Vitamin A 2% •	Vitamin C 0%
Calcium 4% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book with this cooking activity: *Bread and Jam for Frances* by Russell Hoban

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Frozen Fruit Cups

A frozen, fruit-filled treat!

Level: Easy

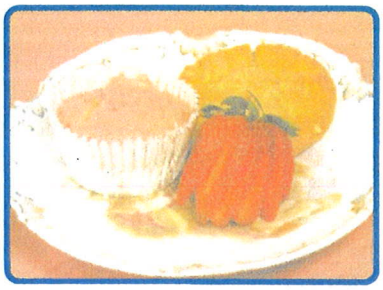
Makes: 18

Kids' Tool Kit

- Muffin tins
- Paper baking cups
- Cutting board
- Knife
- Large mixing bowl
- Spoon
- Can opener

Ingredients:

- 3 bananas
- 3 containers (8 ounces each) fat-free strawberry yogurt
- 1 package (10 ounces) frozen strawberries, thawed and undrained
- 1 can (8 ounces) crushed pineapple, undrained



Directions:

Remember to wash your hands!

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Chef's Choice

- Frozen Fruit Cup
- Oatmeal cookie
- Low fat milk

Helpful Hints: Turn these Frozen Fruit Cups into popsicles by pouring the mixture into 7-ounce cups and putting them in the freezer. When partially frozen, put a plastic spoon or popsicle stick in the center of the cup and freeze until firm.

Safety Tip: Germs are everywhere! Remember to wash your hands after playing outside or with pets, and always before working with food!

Nutrition Facts

Serving Size 1 fruit cup (86g)
Servings Per Container 18

Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 12g	**4%**
Dietary Fiber less than 1 gram	**4%**
Sugars 10g	
Protein 2g	
Vitamin A 0% •	Vitamin C 15%
Calcium 6% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin' ©

Fruit Combo and Sauce

Is it a salad or dessert?

Level: Medium **Serves:** 4

Kids' Tool Kit

- Measuring cups
- Measuring spoons
- Mixing bowl
- Saucepan
- Wooden spoon
- Can opener
- Knife
- Cutting board

Ingredients:

- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 cup pineapple juice
- 2 teaspoons lemon juice
- ¼ teaspoon lemon peel
- 1 cup canned pineapple tidbits
- 1 cup banana slices
- 1 cup kiwi slices
- 1 cup grapes, cut in half

Chef's Choice

Fruit Combo and Sauce
Cinnamon graham cracker
Low fat milk

Directions:

Remember to wash your hands!

1. Combine sugar and cornstarch in medium saucepan. Add pineapple juice, lemon juice and lemon peel.
2. Cook, stirring constantly, over medium-high heat until mixture comes to a boil. Reduce heat to low and cook 2 minutes or until slightly thickened. Cool slightly. Sauce can be served warm or chilled.
3. Combine fruit and spoon into individual dishes. Spoon sauce over fruit and serve.

Nutrition Facts

Serving Size 1 cup (256g)
Servings Per Container 4

Amount Per Serving	
Calories 170	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	14%
Sugars 38g	
Protein 2g	
Vitamin A 2% •	Vitamin C 110%
Calcium 4% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Helpful Hints: It's important to keep stirring the fruit sauce to keep it smooth and so it won't scorch on the bottom of the pan. The sauce will thicken as it cooks and as it cools.

Safety Tip: Food safety begins with washing your hands before food prep, washing can lids before opening, washing fresh fruit before cutting and using a clean cutting board and knife. Food safety begins with you!

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Fruit Salsa

A great way to get 5 a day!

Level: Easy

Servings: 4

Kids' Tool Kit

Measuring cups
Measuring spoons
Mixing bowl
Cutting board
Knife

Ingredients:

1 cup diced strawberries
1 banana, diced
1 kiwi, peeled and diced
1 apple, cored and diced
2 tablespoons lemon juice
¼ cup sugar
¼ teaspoon nutmeg
½ teaspoon cinnamon

Directions:

Remember to wash your hands!

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

Chef's Choice

Fruit Salsa
Cinnamon Chips

Helpful Hints: Lemon juice keeps fruit looking fresher and diced apples and bananas from turning brown. If you don't have lemon juice, try adding pineapple juice to the fruit in this recipe.

Safety Tips: Washing fruit with fresh, running water is important to remove dirt and germs. It's best to wash strawberries just before eating so they don't mold. Even though you peel the kiwi, it's still important to wash it before cutting.

Nutrition Facts

Serving Size 1 cup (145g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	14%
Sugars 26g	
Protein 1g	
Vitamin A 2% •	Vitamin C 80%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Fruit Smoothie

Choose your favorite fruit to make this smoothie!

Level: Easy

Makes: 3 cups

Kids' Tool Kit

Blender
Measuring spoons
Measuring cups
Rubber spatula
Knife
Cutting board

Ingredients:

1 cup plain or flavored yogurt
½ cup low fat milk
3 tablespoons nonfat dry milk
6 to 8 ice cubes
2 tablespoons sugar
½ teaspoon vanilla
Choose 2 from list below:
- 6 strawberries
- ½ peach or banana
- ⅓ cup canned peaches or pears
- ¼ cup pineapple chunks
- 1 tablespoon peanut butter
- 1 tablespoon frozen juice concentrate

Chef's Choice

Fruit Smoothie
Cinnamon Toast

Directions:

Remember to wash your hands!

1. Put all ingredients in blender and blend on high until smooth.

2. Store leftovers in refrigerator!

Nutrition Facts

Serving Size 1 cup (188g)
Servings Per Container 3

Amount Per Serving	
Calories 170	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	5%
Sugars 32g	
Protein 7g	

Vitamin A 2% •	Vitamin C 40%
Calcium 25% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Helpful Hints: Not only are the smoothies great tasting, but they are also packed with good nutrition. There's lots of calcium, which helps build strong bones and teeth, and vitamin D, which helps us use calcium. The fruit provides vitamin C to keep our gums and blood vessels healthy. The milk, yogurt and peanut butter supply protein to help build and repair skin, muscle and blood.

Safety Tip: Young children need supervision when using a blender. The blades are very sharp and could easily cut fingers. Help with assembly and clean-up. Make it a rule with kids that the lid is always on the blender while it is running. Turn it off when adding ingredients.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Homemade Applesauce

It's yummy either hot or cold!

Level: Easy

Makes: 4 cups

Kids' Tool Kit

- Large microwave-safe
- Mixing bowl
- Wooden spoon
- Measuring cups
- Measuring spoons
- Peeler
- Apple corer
- Knife
- Wax paper
- Potato masher or pastry cutter

Chef's Choice

- Homemade Applesauce
- Oatmeal cookie
- Low fat milk

Ingredients:

3 pounds (about 12) cooking apples, peeled, cored and sliced
½ to ¾ cup sugar
½ cup water
1 teaspoon ground cinnamon

Directions:

Remember to wash your hands!

1. In a large microwave-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper, microwave 9 minutes, then stir.
3. Cover and continue microwaving 5 to 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold.

Helpful Hints: Apples are available year around, but the best buys are September to February. Delicious, Gala and McIntosh are great for eating alone or in salads. Tart apples, such as Granny Smith and Jonathan, make the best pies and applesauce. A 3- pound sack of apples equals about 12 medium apples or 12 cups of sliced apples.

Safety Tip: Apples should be washed before being eaten or cooked. Washing helps remove dirt, germs and any pesticides that may be on the skin. Even if you are going to peel apples, wash first! No need for detergents; just use clean water to wash fruit and vegetables.

Nutrition Facts

Serving Size 1/2 cup (198g)
Servings Per Container 8

Amount Per Serving	
Calories 150	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	14%
Sugars 33g	
Protein 0g	
Vitamin A 2% •	Vitamin C 10%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Incredible Edible Pyramid Parfait

Layers of yogurt with cereal and fruit!

Level: Easy **Makes:** 1

Kids' Tool Kit
Measuring spoons
Table knife
Rubber spatula
Small bowls
Serving spoons
8-ounce clear cups

Ingredients:

- 6 tablespoons vanilla yogurt, divided
- 2 heaping tablespoons cereal, either flakes or nuggets
- 2 tablespoons frozen strawberries or crushed pineapple
- 1 teaspoon chopped peanuts
- 1 teaspoon mini-chocolate chips (optional)

Directions:
Remember to wash your hands!

1. Measure 2 tablespoons yogurt into an 8-ounce clear cup.
2. Sprinkle cereal on top.
3. Spread 2 more tablespoons yogurt on top.
4. Spread fruit on top.
5. Add 2 more tablespoons yogurt.
6. Top with chopped peanuts and chocolate chips.

Chef's Choice
Incredible Edible Pyramid Parfait
Graham crackers

Nutrition Facts
Serving Size 1 parfait (127g)
Servings Per Container 1

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	6%
Sugars 16g	
Protein 6g	
Vitamin A 2% •	Vitamin C 20%
Calcium 15% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Helpful Hints: This is a recipe that you really don't have to measure ingredients. It's a good time to practice using your measuring skills though. Fill a measuring spoon with yogurt. Use the flat side of a knife and scrape the knife across the measuring spoon to level off the yogurt. This will give an accurate measure. Use a rubber spatula to scoop the yogurt into the cup.

We are using the Food Guide Pyramid as a pattern for making for this snack. Cereal is in the Grain Group at the base of the pyramid. Strawberries are in the Fruit Group. Yogurt fits in the Milk Group. Peanuts are in the Meat Group because they have protein. Chocolate chips are at the very top of the pyramid — the "sometimes" foods. Do you know which food group is not in this parfait? (The Vegetable Group)

Safety Tip: Before you start to get out ingredients for a recipe, wash the work area with a clean cloth, soap and water. Wash your hands in warm water with soap, scrubbing for at least 20 seconds. That's about as long as it takes to sing the "ABC's" or "Happy Birthday." When you cook, don't lick the spoon or your fingers. It's important to keep from spreading germs!

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Letter pancakes

A B C's taste best!

Level: Easy

Serves: 6

Kids' Tool Kit

- Skillet or griddle
- Mixing bowl
- Spoon
- Spatula
- Zip-type bag
- Scissors
- Measuring cup
- Cooking spray

Chef's Choice

- Letter Pancakes
- Blueberries or strawberries
- Low fat milk

Ingredients:

1 package complete pancake mix (5 to 6 ounces)
water, according to package directions
powdered sugar, optional

Directions:

Remember to wash your hands!

1. In a mixing bowl, combine pancake mix and water, according to package directions.
2. Spray skillet or griddle with cooking spray and heat on medium.
3. Put batter into plastic bag. Cut off a small corner and squeeze bag to make your initials on skillet.
4. Cook until bubbles form on top. Turn, and cook until golden brown.
5. Remove from skillet and top with powdered sugar, if desired.

Helpful Hints: Choose a heavy, zip-type bag for the batter. Working in pairs makes it easier to make the letters and flip them over when cooked.

Safety Tips: The skillet needs to preheat while mixing the pancake batter. It's ready when water drops sizzle and dance when sprinkled on top.

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book with this cooking activity: *Pancakes for Breakfast* by Tomie dePaola

Nutrition Facts

Serving Size 1 pancake (107g)
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 350mg	14%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 3g	
Vitamin A 0% •	Vitamin C 0%
Calcium 6% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Muffins

Baked in an electric skillet!

Level: Easy

Serves: 6

Kids' Tool Kit

Electric skillet
Cooling rack
Mixing bowl
Spoon
Measuring cup
Measuring spoon
Cookie scoop
Cooking spray

Chef's Choice

Muffins
Melon slices
Low fat milk

Ingredients:

1 package muffin mix (7- or 8-ounce), any flavor

Directions:

Remember to wash your hands!

1. With lid on, preheat electric skillet to 375 degrees.
2. Prepare muffin mix as directed on package. The egg can be left out if not available.
3. Lightly spray muffin pan with cooking spray. Divide batter evenly into 6 muffin cups.
4. Set muffin pan on rack in electric skillet. Bake in covered skillet 25 minutes. Muffins will not brown in electric skillet the way they do in an oven, but muffins will test done with a toothpick.
5. Remove from electric skillet and place on cooling rack.

Helpful Hints: If you don't have cooking spray, use a little oil or shortening to lightly grease bottom of muffin cups.
A cookie scoop works great to divide the batter evenly into muffin cups and is less messy than a spoon.

Safety Tips: The electric skillet gets very hot. Caution children not to touch the hot surface. Use a dry hotpad to remove muffin pan from skillet.

Nutrition Facts

Serving Size 1 muffin (38g)
Servings Per Container 6

Amount Per Serving	
Calories 150	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 2g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book for this cooking activity: *If You Give a Moose a Muffin* by Laura Numeroff

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Munchable Monster Toast

Paint a scary face!

Level: Easy

Serves: 6

Kids' Tool Kit

Toaster
Measuring cup
4 small bowls
Clean paint brushes
Knives

Ingredients:

1 cup milk
4 colors food coloring
6 slices white bread
Butter or margarine

Directions:

Remember to wash your hands!

1. In 1 small custard cup, pour ¼ cup milk and add several drops food coloring. Repeat with other colors.
2. Toast bread slices.
3. Paint wild monster faces on toast with food coloring mixture.
4. Butter toast and munch your monsters!

Chef's Choice

Munchable Monster Toast
Orange slices
Low fat milk

Helpful Hints: Teach kids about the proper use of all kitchen appliances. A toaster is a simple one to begin with. Show how to adjust a toaster's browning setting first!

Safety Tips: Never stick a knife or fork in a plugged-in toaster. If toast gets stuck, unplug the toaster before getting the toast out.

Nutrition Facts

Serving Size 1 slice (68g)
Servings Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 10mg	4%
Sodium 150mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	2%
Sugars 4g	
Protein 3g	
Vitamin A 4% •	Vitamin C 0%
Calcium 6% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: *Book Cooks*, Creative Teaching Press
Suggested book for this cooking activity: *Where the Wild Things Are* by Maurice Sendak

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Mighty Milk

Makes bones strong!

Level: Easy

Serves: 6, 1 cup each

Kids' Tool Kit

Blender
Measuring cup
Measuring spoon
Rubber spatula

Ingredients:

8 ice cubes
2 cups low fat milk
2 bananas
4 tablespoons frozen orange juice concentrate

Directions:

Remember to wash your hands!

1. Put all ingredients in a blender.
2. Cover and blend for about 20 seconds. Serve in a frosty glass.

Chef's Choice

Mighty Milk
Graham crackers

Helpful Hints: Store milk in the refrigerator, but if it tastes sour, don't drink the rest of it. Sour milk won't make you sick, but it doesn't taste very good. Check the "sell by" date on the carton of milk. That's the date when the store needs to sell it. Once the carton is open at home, it will only keep fresh about 5 days.

Safety Tips: Young children need adult supervision when using a blender. Always put on the cover before turning on the power. To blend, place one hand on the lid of the blender and one hand on the base controls. Don't use a rubber spatula or spoon in the blender when it is running.

Source: *Book Cooks*, Creative Teaching Press
Suggested book with this cooking activity: *It Looked Like Spilt Milk* by Charles G. Shaw

Nutrition Facts

Serving Size 1 cup (167g)
Servings Per Container 6

Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Cholesterol 5mg	1%
Sodium 35mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 14g	
Protein 4g	
Vitamin A 4% •	Vitamin C 35%
Calcium 10% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

One Pan Spaghetti

Easy to fix; fast to clean up!

Level: Easy

Serves: 10, 1 cup each

Kids' Tool Kit

Bowl
Fork or potato masher
Spoon
Sauce pot
Can opener

Ingredients:

1 can (15-ounce) carrots
1 can (26-ounce) spaghetti sauce
2 carrot-cans water (4 cups)
1 package (10-ounce) spaghetti

Directions:

Remember to wash your hands!

1. In a mixing bowl, mash carrots with liquid until smooth. Pour into large sauce pot.
2. Add spaghetti sauce and water. Bring to a boil.
3. Break spaghetti pieces into thirds. Add to pot.
4. Simmer until spaghetti is tender, stirring often.

Chef's Choice

One Pan Spaghetti
Green beans
Peach half
Low fat milk

Helpful Hints: An easy way to mash the carrots is with a fork, potato masher or a pastry blender.

Remember to stir the spaghetti as it simmers on the stovetop. The sauce thickens as the spaghetti cooks.

Safety Tips: Wash can lids before opening to remove dirt and germs.

Nutrition Facts

Serving Size 1 cup (239g)
Servings Per Container 10

Amount Per Serving	
Calories 160	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	10%
Sugars 6g	
Protein 5g	
Vitamin A 90% •	Vitamin C 6%
Calcium 2% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book for this cooking activity: *Strega Nona* by Tomie dePaola

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Orange Fluff Salad

A one-dish wonder!

Level: Easy **Makes:** 8

Kids' Tool Kit

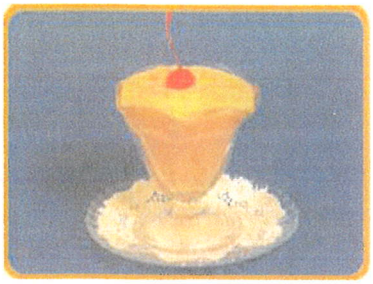
mixing bowl
rubber spatula
can opener
strainer
measuring cup

Chef's Choice

Orange Fluff Salad
Tuna sandwich
Low fat milk

Ingredients:

1 container (12 ounces) low fat cottage cheese
1 package (3 ounces) orange gelatin
1 can (8 ounces) crushed pineapple with juice
1 can (11 ounces) mandarin oranges, drained
1 cup whipped topping



Directions:

Remember to wash your hands!

1. Combine cottage cheese and gelatin powder in mixing bowl.
2. Fold in pineapple, drained oranges and whipped topping.
3. Chill until serving time.

Helpful Hints: Kids may tell you they don't like cottage cheese, but wait until they try this salad. The orange gelatin adds color and flavor and the fruit adds lots of vitamin C. Cottage cheese has less calcium than other cheese because during processing, the whey is drained away, along with about half the calcium! But it still provides plenty of protein, riboflavin and some calcium!

Safety Tip: Always wash the lid of canned foods before opening to avoid getting germs in the food. Hold the can under running water or use a clean soapy dishcloth to wipe the lid.

Nutrition Facts

Serving Size 1/2 cup (129g)
Servings Per Container 8

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1.5g	**6%**
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 20g	**7%**
Dietary Fiber less than 1 gram	**2%**
Sugars 18g	
Protein 6g	

Vitamin A 6%	•	Vitamin C 25%
Calcium 4%	•	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Peanut Butter Granola

Lots of flavor, lots of crunch!

Level: Easy

Serves: 16, ½ cup each

Kids' Tool Kit

Mixing bowl
Knife
Measuring cups
Spoon
Wax paper

Ingredients:

4 tablespoons margarine
3 cups miniature marshmallows
½ cup peanut butter
1 cup raisins, optional
4 cups toasted oat cereal

Directions:

Remember to wash your hands!

1. In a large bowl, microwave margarine and marshmallows for 1 to 2 minutes or until melted (or melt in a saucepan on the stovetop).
2. Stir in peanut butter until melted.
3. Stir in raisins and cereal until evenly coated.
4. Spread mixture on wax paper to cool.
5. Break apart and store in air-tight container or plastic bag.

Chef's Choice

Peanut Butter Granola
Apple slices
Low fat milk

Helpful Hints: Use fresh marshmallows in this recipe for best results. Set the microwave timer for 1 minute and stir to see if marshmallows are beginning to melt. You can always cook it longer, but always check to see after the shortest recommended time.

Smooth or chunky peanut butter is fine.

Safety Tips: Show kids which bowls are safe to use in the microwave. Use hot pads when removing bowl from microwave because the mixture is hot.

Nutrition Facts

Serving Size 1/2 cup (37g)
Servings Per Container 16

Amount Per Serving	
Calories 160	Calories from Fat 70
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	5%
Sugars 12g	
Protein 3g	
Vitamin A 6% •	Vitamin C 4%
Calcium 2% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book for this cooking activity: *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin' & Movin'

Power Bites

A backpack snack!

Level: Medium

Makes: 18 bars

Ingredients:

- ½ cup brown sugar
- ⅓ cup applesauce
- 1 egg
- 1 teaspoon vanilla
- ¾ cup grated carrots
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- ½ cup oats (quick or old fashioned)
- ¼ cup chopped pecans, optional
- 1 teaspoon cinnamon
- ½ cup raisins

Kids' Tool Kit
Large mixing bowl
Measuring cups
Measuring spoons
9x9-inch pan
Cooking spray
Grater
Wooden spoon
Knife

Chef's Choice
Power Bites
Fresh apple
Bottle of water

Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees F. and lightly coat 9x9-inch pan with cooking spray.
2. In a large bowl, combine brown sugar, applesauce, egg, vanilla and carrots.
3. Add remaining ingredients and mix well.
4. Pour mixture into prepared pan.
5. Bake 20 to 25 minutes or until golden brown around edges. Let cool and cut into bars.

Helpful Hints: Power Bites are low in fat and high in healthy ingredients. There's fruit - applesauce and raisins; vegetables - carrots; and whole grains - oatmeal and whole wheat. Individually wrap Power Bites to take on a hike for energy along the way.

Cooking is a math lesson right in the kitchen. How do you measure ¾ cup carrots? (Use a ¼ cup and ½ cup measure.) Stir flour before spooning into the cup and leveling off for accurate measure. Use a ruler to measure baking dishes to find one that is 9 inches square. This recipe makes 18 bars about 3x2 inches each. How will you cut the bars in the dish? (Six bars one way by 3 bars the other way will make 18.)

Safety Tips in the Kitchen: Just as important as washing your hands before cooking is cleaning the countertops. The best way to sanitize the kitchen counter is to put 1 teaspoon bleach in a quart spray bottle of water. Spray the counter, wipe with a paper towel and then throw the towel away. Change the water in the spray bottle daily.

Grating carrots is a fun cooking experience for kids, but it can also be a real "knuckle-scraper." Adult supervision and "how-to" instructions are important for kids.

Nutrition Facts

Serving Size 1 bar (34g)
Servings Per Container 18

Amount Per Serving	
Calories 90	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 10mg	4%
Sodium 35mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	6%
Sugars 7g	
Protein 2g	
Vitamin A 10% •	Vitamin C 0%
Calcium 2% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Pumpkin Pudding

A real "cool" dessert!

Level: Easy

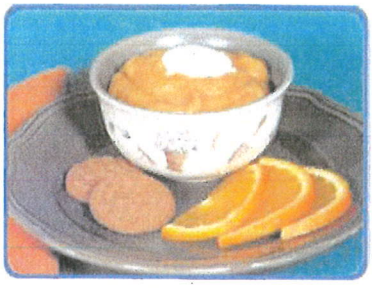
Serves: 6, ¾ cup each

Kids' Tool Kit

Large mixing bowl
Measuring spoons
Measuring cup
Wooden spoon
Rubber spatula

Ingredients:

1 can (15-ounce) pumpkin
½ teaspoon pumpkin pie spice
1 ½ cups low fat milk
1 package (3.5-ounce) instant vanilla pudding



Directions:

Remember to wash your hands!

1. In a large mixing bowl, mix pumpkin and pumpkin spice together with a wooden spoon.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir slowly for about one minute until it thickens.
4. Refrigerate until serving time.

Chef's Choice

Pumpkin Pudding
Gingersnap cookies

Helpful Hints: Shopping lists save time and money at the store. There are two kinds of dry pudding mixes – instant and those that must be cooked. For this recipe, be sure you put instant pudding on your list.

Safety Tips: Choose cans that don't have dents, cracks, rust or bulging lids. Remember to wash the can top before opening. Food safety is important even before you open the can.

Source: *Book Cooks*, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book for this cooking activity: *Pumpkin, Pumpkin* by Jeanne Titherington

Nutrition Facts

Serving Size 3/4 cup (149g)
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Cholesterol 5mg	**1%**
Sodium 270mg	**11%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 2g	**8%**
Sugars 21g	
Protein 3g	
Vitamin A 220% •	Vitamin C 6%
Calcium 10% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Pyramid Butterfly

Pretty as a picture, but you can eat it!

Level: Easy

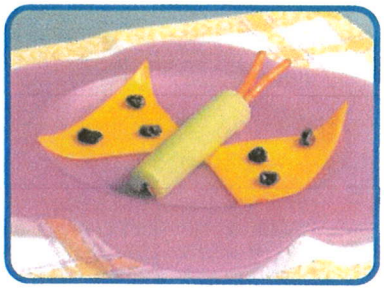
Makes: 1 butterfly

Kids' Tool Kit

Pizza cutter or scissors
Knife
Plate

Ingredients:

1 slice American cheese
1 celery stalk, 3-inches long
1 tablespoon peanut butter or cream cheese
2 to 6 raisins
2 pretzel sticks



Directions:

Remember to wash your hands!

1. Cut cheese slice diagonally with knife, pizzas cutter or scissors.
2. Place cheese slices on small plate with points together, forming wings.
3. Fill celery with peanut butter or cream cheese and place, filling side down, on the cheese wings. This forms the body of the butterfly.
4. Use raisins to decorate the wings. Use a dab of peanut butter as "glue".
5. Use pretzels as antennae, sliding them into the peanut butter on the celery.

Chef's Choice

Pyramid Butterfly
100% fruit juice

Helpful Hints: Teaching kids about the MyPyramid is easy when you make this Pyramid Butterfly. Pretzels are in the grain group and provide complex carbohydrates, which are a great source of energy. Celery fits in the vegetable group and raisins in the fruit group. These two groups provide vitamins A and C and other nutrients. The meat group is next, and peanut butter - packed with protein – substitutes for meat. Cheese is part of the dairy group, and growing kids need calcium for strong bones and teeth.

For a money-saving tip, look for blocks of cheese and slice or shred it yourself. Sliced cheese is more expensive when it is individually wrapped.

Safety Tip #1: Wash and dry celery before preparing butterfly.

Safety Tip #2: Having teeth does not mean children can handle all foods. Small, hard foods, slippery foods and sticky foods can cause choking. Ingredients in this recipe that could cause choking are celery, peanut butter and raisins. Children need to sit down while eating or drinking. Encourage them to take their time to chew well.

Nutrition Facts

Serving Size 1 cup (67g)
Servings Per Container 1

Amount Per Serving	
Calories 170	Calories from Fat 120
	% Daily Value *
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Cholesterol 15mg	5%
Sodium 370mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 7g	

Vitamin A	4%	Vitamin C	4%
Calcium	20%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

, or more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Scrambled Eggs and Potatoes

A hearty, healthy breakfast!

Level: Easy

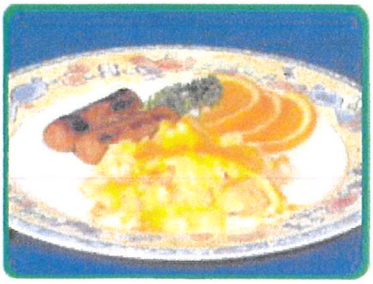
Serves: 4, 1 cup each

Kids' Tool Kit

- Cutting board
- Knife
- Vegetable brush
- Measuring spoon
- Small bowl
- Skillet

Ingredients:

- 4 medium potatoes
- 1 tablespoon oil
- ½ cup chopped onion
- 4 eggs
- 2 tablespoons grated low fat cheese



Directions:

Remember to wash your hands!

1. Wash potatoes and chop into small pieces.
2. Heat oil in skillet on medium heat.
3. Cook potatoes and onions in skillet until light brown.
4. In a small bowl, mix eggs with fork. Pour over cooked potatoes in skillet. Gently stir and cook until eggs are firm.
5. Sprinkle cheese over mixture.

Chef's Choice

Scrambled Eggs and Potatoes
Orange slices
Sausage link
Low fat milk

Helpful Hints: Leftover cooked potatoes work well in this recipe too.

Use a cutting board and a sharp knife to chop potatoes and onions. Young children may need adult supervision for this step.

Safety Tips: Scrub potatoes with a clean vegetable brush to remove all dirt and germs. No need to peel potatoes for this recipe.

Nutrition Facts

Serving Size 1 cup (225g)
Servings Per Container 4

Amount Per Serving	
Calories 220	Calories from Fat 80
	% Daily Value*
Total Fat 9g	13%
Saturated Fat 2g	10%
Cholesterol 210mg	71%
Sodium 90mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 11g	
Vitamin A 6% •	Vitamin C 45%
Calcium 6% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book for this cooking activity: *Horton Hatches the Egg* by Dr. Seuss

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Shake Your Pudding

Read the recipe, measure the ingredients, and shake it up!

Level: Easy

Makes 1/2 cup

Kids' Tool Kit
Glass measuring cup
Tablespoon
Container with tight-fitting lid

Ingredients:

- 1/2 cup cold low fat milk
- 2 tablespoons dry instant chocolate pudding (other flavors work too)

Directions:

Remember to wash your hands!

1. Measure milk into a glass measuring cup and pour into a small plastic container with a tight-fitting lid.

2. Add instant pudding. Snap on lid and shake for 30 seconds. Pudding will set up after a few minutes. Refrigerate if served later.

Chef's Choice
Shake Your Pudding
Graham crackers

Helpful Hints: Does your recipe call for a teaspoon, or is it a tablespoon? It can really make a difference in how your recipe turns out! In most cook books and Kids a Cookin' recipes the measurements are spelled out, but if abbreviations are used, be sure you know what they stand for. A capital "T" stands for tablespoon and a small "t" stands for teaspoon.

Safety Tip: All cooks, young and old, need to wash their hands - front and back - between fingers and under nails - in warm, soapy water for about 20 seconds. Teach kids to sing the "Alphabet Song" while they are washing; that takes about 20 seconds. Use paper towels or a clean cloth to dry hands.

Nutrition Facts

Serving Size 1/2 cup (151g)
Servings Per Container 1

Amount Per Serving	
Calories 150	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 5mg	**1%**
Sodium 160mg	**7%**
Total Carbohydrate 31g	**10%**
Dietary Fiber less than 1 gram	**2%**
Sugars 25g	
Protein 5g	
Vitamin A 6% •	Vitamin C 2%
Calcium 15% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at *www.kidsacookin.ksu.edu*, or e-mail *kidsacookin@ksu.edu*.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin' ©

Tropical Fruit Dip

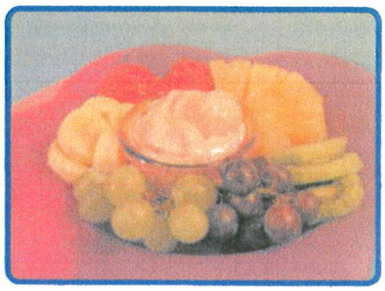
A tasty treat that's cool and creamy!

Level: Easy

Serves: 6 - ½ cup servings

Ingredients:

2 cups fat-free sour cream
1 cup fruit-flavored yogurt
4 tablespoons (about ½ of 3.5 ounce package) vanilla instant pudding



Kids' Tool Kit

Medium mixing bowl
Measuring spoons
Measuring cup
Rubber spatula

Directions:

Remember to wash your hands!

1. Combine sour cream, yogurt and dry pudding in medium mixing bowl.

2. Mix well and chill.

Chef's Choice

Tropical Fruit Dip
Variety of fruit - canned and fresh
Thin pretzel sticks

Helpful Hints: Fruit dip might encourage children to try a variety of available fruit - some seasonal, some unusual, some favorites. Fruit is packed with good-for-you nutrients and fiber, so it's important to eat two to four servings every day. Try slices of kiwi, grapes cut in half and whole strawberries for variety and color. To keep bananas and apples from turning brown after cutting, try dipping cut pieces in pineapple or orange juice before serving. If your favorite fresh fruit is not in season, buy canned fruit, which is less expensive. Enjoy fruit and dip as a snack or dessert often. By varying flavors of ingredients, you'll discover new favorites.

Safety Tip: Serve this dip with a variety of fresh or canned fruit. Kids can use a thin pretzel stick to "spear" their favorite fruit before dipping! Pretzels are much safer than toothpicks, which could cause choking in younger children.

Nutrition Facts

Serving Size 1/2 cup (131g)
Servings Per Container 6

Amount Per Serving	
Calories 150	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Cholesterol 10mg	**3%**
Sodium 200mg	**8%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 0g	**0%**
Sugars 19g	
Protein 6g	

Vitamin A 10% •	Vitamin C 2%
Calcium 15% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Veggie Pillows

This stuffing is green and orange! Yikes!

Level: Easy

Serves: 2

Kids' Tool Kit
- Knife
- Peeler
- Cutting board
- Measuring spoons
- Small bowl
- Spoon

Ingredients:
- 1 celery stalk
- 1 carrot, peeled
- ½ green pepper
- 2 tablespoons ranch-style salad dressing
- 1 slice pita bread

Directions:
Remember to wash your hands!

1. Wash vegetables and chop into small pieces.
2. Combine vegetables in a small bowl and add dressing.
3. Cut pita bread into two half-moon shapes and open pita pocket. Stuff veggies into each pocket.

Chef's Choice
- Veggie Pillow
- Crunchy grapes
- Cheese stick
- Low fat milk

Helpful Hints: For variety, try adding other chopped vegetables—broccoli, cauliflower or onion—to the sandwich filling. If you're serving these at lunchtime, stuff some chopped ham or turkey in with the vegetables for an even more nutritious meal.

Safety Tip: Use knives carefully. Adult supervision is a must when chopping vegetables with a sharp knife. Younger kids can help by peeling carrots and washing vegetables.

Nutrition Facts

Serving Size 1 pita bread (142g)
Servings Per Container 2

Amount Per Serving	
Calories 160	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Cholesterol 5mg	1%
Sodium 310mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 4g	
Vitamin A 210% •	Vitamin C 70%
Calcium 4% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'©

Yo-Fruit

Four fruits topped with yogurt!

Level: Easy

Serves: 4

Kids' Tool Kit
- Can opener
- Knife
- Cutting board
- Vegetable peeler
- Spoon

Ingredients:
- 1 cup canned pineapple chunks
- 1 banana
- 2 kiwi
- 1 cup grapes
- 1 container (8 ounces) low fat lemon yogurt
- nutmeg

Directions:

Remember to wash your hands!

1. Place a bowl under a colander, drain pineapple chunks and put chunks in medium bowl. Save juice to drink later.
2. Peel banana, slice and add to bowl.
3. Peel kiwi, cut into bite-size pieces and add to bowl.
4. Cut grapes in half if serving to small children and add to bowl.
5. Stir fruit and put in individual dishes. Spoon yogurt over fruit.
6. Sprinkle with nutmeg.

Chef's Choice
Yo-Fruit
Cinnamon graham crackers

Helpful Hints: Citrus fruits are excellent source of vitamin C, and one kiwi has twice as much vitamin C as an orange. Kiwis get their name from a very large bird in New Zealand called the kiwi. The bird also has a fuzzy brown skin! Kiwi is best served fresh and can make other fruits mushy, so add kiwi to a fruit salad at the last minute.

You can eat the skin on a kiwi, but most prefer to use a peeler to remove the skin. If the kiwi is ripe, you can cut it in half and scoop out the green fruit with a spoon.

Sprinkle means to shake a small amount of an ingredient over the top of another food. Make sure to open the nutmeg container lid that has small holes to shake a little nutmeg on top of the yogurt. Be careful not to pour it out.

Nutrition Facts

Serving Size 1/2 cup (210g)
Servings Per Container 4

Amount Per Serving	
Calories 150	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	1%
Sodium 45mg	2%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 29g	
Protein 4g	
Vitamin A 2% •	Vitamin C 80%
Calcium 10% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Safety Tip: Wash the lid on the pineapple can before opening. This prevents germs from getting into the fruit.

If kids under age 2 will be eating this snack, cut the grapes in half and cut the pineapple chunks into small pieces. Both can cause choking in small children.

Recipe used with permission from the curriculum, Kids in the Kitchen, Family Nutrition Education Program, Outreach and Extension, University of Missouri, Lincoln University.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.