

KIDS CAN COOK!

A recipe resource by: Hillary Gonzales for FDNS 2160 Fall 2015

Making sure your child has proper nutrition is a hard enough job, but what if they don't want to try anything you make? Cooking with your kids can encourage them to try new foods, educate them about meal preparation, and inspire food creations of their own! This book has several recipes separated by age that you can try with your child. Make some magic in the kitchen and who knows! Your child may discover she/he really does like their veggies!

AGES 4-6

*** These quick, easy to make recipes are perfect for your little chef! No or very little heat required. Have them help gather ingredients, wash fruits & veggies, or mix and stir! Add extra learning to your cooking session by having them name colors/shapes of the various ingredients or teaching them about measuring cups & spoons!

* Bean and Cheese Tacos



Photo by Jonny Valiant

Time: 20mins

Serves: 4

Ingredients:

- 1 15oz can of beans, rinsed
- $\frac{3}{4}$ cup mild salsa
- 1 heart of romaine
- 8 taco shells
- 1 cup of shredded cheddar

Directions:

1. Combine beans and $\frac{1}{2}$ cup of salsa in a microwavable safe bowl. Microwave for 1-2 minutes.
2. Tear lettuce into bite size pieces.
3. Divide taco shells among 4 plates. Divide bean mixture into taco shells.
4. Top with lettuce, cheese, and remaining salsa.

Nutrition Facts:

Calories: 315 Fat: 15g Carb: 35g Protein: 13g Sodium: 666mg

* Broccoli-Cheese Quesadillas

Time: 15 mins



Serves: 4

Ingredients:

- 1 cup shredded cheese
- $\frac{1}{2}$ cup chopped broccoli
- 2 tablespoons of salsa
- 4 whole wheat tortillas
- 1 tsp butter

Directions:

1. Combine cheese, broccoli, salsa in a bowl.
2. Spread $\frac{1}{4}$ of the mixture into each tortilla and fold in half.
3. Melt $\frac{1}{2}$ tsp butter to a heated skillet, place 2 tortillas onto skillet and cook each side for about 2 mins or until lightly browned and cheese has melted.

Nutrition Facts:

Calories: 184 Fat: 11g Carb: 13g Protein: 9g Sodium: 249 mg

Veggie Wraps



Time: 15 mins

Serves: 4

Ingredients:

1 cucumber, sliced

1 zucchini, sliced

2 carrots, sliced

4 mushrooms

4 green onions

1 clove of garlic

4 tortillas

$\frac{1}{2}$ cup fat-free or low-fat cream

cheese

Directions:

1. Combine all veggies.

2. Spread cream cheese on tortilla. add veggies.

3. Roll up tortillas and cut in half (if desired)

Nutrition Facts:

Calories: 277 Fat: 9g Protein: 11g Carb: 39g Sodium:
434 mg

* Ants on a Log



Time: 15 mins

Serves: 4

Ingredients:

½ cup creamy peanut butter

5 oz cream cheese

3 stalks of celery, cut into 2 inch pieces

Raisins

Directions:

1. Combine peanut butter and cream cheese in a bowl.
2. Using a spoon, fill celery pieces with peanut butter mixture.
3. Add raisins, then refrigerate in a plastic container

Nutrition Facts:

Calories: 230 Fat: 12g Protein: 12g Carb: 40g

* No- Bake Granola Bars



Time: 1 hr 15 mins

Serves: 12

Ingredients:

2 cups of rolled oats

1 $\frac{1}{4}$ cups of crunchy peanut butter

1 cup of ground flaxseed

$\frac{3}{4}$ cup dried cranberries

$\frac{1}{2}$ cup chocolate chips

$\frac{1}{4}$ cup sliced almonds

Directions:

1. Mix all ingredients in a bowl.
2. Using a spatula, spread mixture into a 9x11 inch baking dish.
3. Refrigerate for 1 hr, then cut into bars.

Nutrition Facts:

Calories: 391 Fat: 21g Protein: 10g Carb: 46g

* Orange Smoothies



Time: 10 mins

Serves: 4

Ingredients:

4 cups of vanilla frozen yogurt, slightly softened

$\frac{1}{2}$ cup orange juice concentrate

$\frac{1}{4}$ cup of low-fat milk

Orange Slices (optional)

Directions:

1. Combine ingredients in blender.
2. Blend on medium speed for about 1 min. Stop periodically to scrape sides. Consistency should be thick and smooth.
3. Pour mixture into 4 glasses. Garnish with orange slices, if desired.

Nutrition Facts:

Calories: 260 Fat: 2g Protein: 10g Carb: 51g Sodium: 120mg

* Ham and Pineapple Pita Pizza



Photo by Jonny Valiant

Time: 20mins

Serves: 4

Ingredients:

4 Pitas

4 oz deli ham

8 oz fresh mozzarella

8 oz can of pineapple, drained

1 can of tomato sauce (optional)

Directions:

1. Heat oven to 425°F.
2. Place pitas on baking sheet. Layer cheese, ham, pineapple, and sauce onto pitas.
3. Bake for 10-12 mins

Nutrition Facts:

Calories: 413 Fat: 16g Protein: 24g Carb: 41g Sodium: 1103 mg

AGES 6-10

These chefs are experienced! They want more responsibilities and more difficult tasks! Have them cut (cautiously!), place food into oven, turn on stove, etc. Which ever you feel comfortable letting them try! In addition, ask your child which food groups each ingredient belongs to. You can find more information at choosemyplate.gov.

* Chicken Crunchers



Time: 15 to 30 mins

Serves: 6

Ingredients:

1 cup all-purpose flour

Salt and Pepper to Taste

4 egg whites

½ cup low-fat milk

1 ½ cups cornflakes

1 cup reduced fat shredded cheddar cheese

6 chicken breast filets, cut into strips

Non-stick Cooking Spray

Directions:

1. Preheat oven to 375 degrees F.
2. Set up three bowls with the following: 1) Flour mixed with salt and pepper, 2) egg and milk beaten, and 3) cornflakes mixed with cheese
3. Coat a 13x9 inch baking pan with spray.
4. Dip chicken pieces in flour, then into egg mixture, then roll in cornflakes.
5. Bake for 25 mins, turning halfway.
6. Serve with ketchup or BBQ sauce (optional)

Nutrition Facts:

Calories: 320 Fat: 8g Protein: 37g Carb: 24g Sodium: 264 mg

• Baked Apple-Cinnamon French Toast



Time: 2 hours

Serves: 10 or more

Ingredients:

3 cups fat-free milk

2 cups pasteurized liquid eggs whites

3 tbsp honey

1 ½ tsp Vanilla extract

¼ tsp salt

1 loaf sliced whole-wheat bread

1 cup chopped dried apples (3 oz)

½ cup raisins

1 ½ tsp ground cinnamon

½ tsp ground nutmeg

1 tbsp powdered sugar

Directions:

1. Whisk milk, egg whites, honey, vanilla, and salt in a large bowl.
2. Trim crusts off 8 bread slices and set aside. Cut the crusts and the remaining bread into 1-inch pieces. Toss with dried apples, raisins, cinnamon and nutmeg in another large bowl.
3. Coat a 9x13 in baking pan with cooking spray. Place bread mixture into pan. Lay the reserved crustless slices evenly on top, trimming to fit. Whisk the milk mixture one more time, then pour evenly over bread. Press the bread down with back of wooden spoon, making sure it's evenly moist. Cover with parchment paper, then foil, and refrigerate for at least 8 hours.
4. Preheat oven to 350 degrees F.
5. Bake casserole, covered for 40 mins. Uncover and continue baking until puffed, set and lightly browned, about 20 mins more. Let stand for 10 mins; dust with powdered sugar and serve.

Cowboy Quiche



Time: 1 hr

Serves: 10 or more

Ingredients:

18 eggs

$\frac{1}{4}$ --- $\frac{1}{2}$ cup of low-fat milk

10 oz hot salsa

1 pkg frozen tater tots, thawed

Grated cheddar cheese to taste

Directions:

1. Preheat oven to 350 degrees F.
2. Combine eggs and milk in a bowl. Whisk until well blended.
3. Add salsa and whisk some more.
4. Line a 9x11 baking dish with tater tots and pour egg mixture over.
5. Bake for 35 mins.
6. Top with cheese and bake for an additional 10 mins or until cheese is melted.

Nutrition Facts:

Calories: 231 Fat: 15g Protein: 16g Carb: 8g Sodium: 454 mg

Stir fry Fajita



Time: 45 mins---1 hr

Serves: 6

Ingredients:

3 cups brown rice, cooked

2 tbsp canola oil

½ cup diced onion

1 lbs cooked chicken

1 lbs squash, diced

½ cup red pepper, diced

8 ounces frozen corn

4 oz canned diced green

chili pepper

4 oz canned diced tomato
(with juice)

½ tsp black pepper

½ tsp cumin

½ tsp garlic powder

Directions:

1. Add oil to skillet and heat on stovetop. Add onions and saute until softened and translucent.
2. Add chicken and squash to onions.
3. Stir until well combined. Do not boil.
4. Reduce heat and let mixture simmer for 2-3 mins
5. Serve over ½ cup rice

Nutrition Facts:

Calories: 360 Fat: 9g Protein: 29g Carb: 42g Sodium: 210 mg

Chicken Salad and Greens



Time: 5-10 minutes

Serves: 4

Ingredients:

$\frac{1}{2}$ cup plain, nonfat greek yogurt

$\frac{1}{4}$ cup low fat mayo

$\frac{1}{2}$ tsp of salt

$\frac{1}{2}$ teaspoon black pepper

1 large stalk of celery, finely chopped

$\frac{1}{4}$ cup red onion, finely chopped

$\frac{1}{3}$ cup grapes, cut in half

2 cups leftover roasted chicken,
chopped

4 cups romaine lettuce. chopped

Directions:

1. In a large bowl, combine all ingredients (except for lettuce) and mix gently until everything is well coated in dressing.
2. Divide the lettuce into four bowls.
3. Top each bowl with chicken salad. Serve cold.

Nutrition Facts:

Calories: 220 Fat: 7g Protein: 24g Carb: 14g Sodium: 490mg

Turkey and Bean Soup



Time: 1 hr 30 mins

Serves: 6

Ingredients:

$\frac{1}{3}$ cup diced celery
 $\frac{1}{2}$ cup diced onion
 $\frac{1}{3}$ cup diced carrots
1 $\frac{1}{2}$ cup canned no-salt navy beans
 $\frac{1}{2}$ lbs smoked turkey, diced
3 $\frac{1}{2}$ cups low-sodium chicken broth
 $\frac{1}{8}$ tsp black pepper
 $\frac{1}{4}$ tsp dried parsley
 $\frac{1}{4}$ tsp dried thyme
1 $\frac{1}{2}$ cups kale, trimmed
Salt (optional, to taste)

Directions:

1. Saute celery, onions and carrots in a large stockpot until softened.
2. Drain and rinse navy beans.
3. Place veggies, turkey, and beans in stockpot.
4. add chicken stock, pepper, parsley, and thyme. Bring to a boil/
5. Reduce burner to low heat and simmer for 30 mins.
6. Cut fresh kale into small pieces and add to soup.
7. Simmer for 10 minutes. Serve and salt to taste.

Nutrition Facts:

Calories: 80 Fat: 1g Protein: 10g Carb: 9g Sodium: 440mg

* Recipes gathered from:

<http://kidshealth.org/kid/recipes/#cat20229>

<http://www.healthyeating.org/Healthy-Kids/Kid-Friendly-Recipes.aspx>

<http://allrecipes.com/recipes/453/everyday-cooking/kid-cooking/kid-friendly/>

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/family-friendly-recipes-0>

E-book Version can be downloaded at:

<http://www.smashwords.com/books/view/592213>