

Tips for Cooking with Kids

- ★ Have kids read the recipe out loud. They should make sure they have all the ingredients and equipment, and enough time to prepare the recipe.
- ★ Clear and clean a work area to prepare the recipe. Sanitize countertops with Clorox wipes or another cleaner. If you don't have these handy, make your own cleaner by adding 1 teaspoon bleach to 1 quart water in a spray bottle. Let counters air dry or dry with a paper towel.
- ★ **WASH HANDS!** Everyone needs to wash hands - front and back, between fingers and under nails - in warm, soapy water for about 20 seconds. Try singing the "Happy Birthday" or "Alphabet Song" while washing. Use a paper towel or clean cloth to dry hands.
- ★ Set out all ingredients, pans, and baking tools needed for the recipe. Preheat the oven, if necessary.
- ★ Emphasize kitchen safety. Use pot holders when handling hot pans, pots, and dishes. Handle knives carefully. Be cautious of hot liquids. Tie hair back and don't wear baggy clothing when cooking.
- ★ Measure accurately! Follow the steps in the recipe. Use separate measuring tools for liquid and dry ingredients.
- ★ Have everyone help with clean-up! It is important to wash dishes and put ingredients away before enjoying the final product.

Tips from <http://www.kidsacookin.ksu.edu/Site.aspx?page=TipsCategories>

Handy Items for Cooking

- ★ Measuring spoon set
- ★ Measuring cups: one for dry ingredients and one for wet ingredients
- ★ Wooden spoon
- ★ Apron or large t-shirt
- ★ Potholders and/or oven mitts
- ★ Small knife (plastic, paring, or as appropriate for your child)
- ★ Vegetable peeler
- ★ Safety scissors
- ★ Rubber spatula
- ★ Small cutting board
- ★ Rolling pin
- ★ Fork or whisk for mixing
- ★ Nylon heatproof spatula
- ★ Dish towel
- ★ Sponge
- ★ Salt and pepper shakers with closeable lids
(like the disposable sets used for picnics)

From (<http://www.cookingwithkids.com/part5/kit.html>)

Other places to find delicious and nutritious ideas:

- ★ www.kidnetic.com/recipes/
- ★ <http://healthyrecipes.oregonstate.edu/kid-friendly>
- ★ <http://allrecipes.com//Recipes/everyday-cooking/family-favorites/Main.aspx>
- ★ www.parenting.com/recipe-finder/
- ★ <http://familyfun.go.com/recipes/>
- ★ <http://vegkitchen.com/kid-friendly-recipes.htm>
- ★ www.fruitsandveggiesmorematters.org/?page_id=102
- ★ <http://kidshealth.org/kid/recipes/index.html>
- ★ www.mealsmatter.org/CookingForFamily/Planning/Articles/Kid-friendly-lunch-recipes.aspx
- ★ www.kidsacookin.ksu.edu

Brilliant Breakfasts

- ★ Confetti egg scramble
- ★ Morning muffins
- ★ Oven French toast

Magnificent Meals

- ★ Cheeseburger bake
- ★ Cheesy Chicken broccoli bake
- ★ Chicken black bean salsa burritos
- ★ One pan spaghetti
- ★ Peanutty African Stew
- ★ Quesadillas with homemade tortillas
- ★ Quick lasagna
- ★ Sunshine roll-ups
- ★ Vegetable pizzas

Super Snacks

- ★ Banana bread
- ★ Chocolate banana pitas
- ★ Cowboy salad
- ★ Frozen fruit yogurt
- ★ Fruit spread
- ★ Oven fries
- ★ Parmesan pita chips with dip
- ★ Peanut-ginger sauce with chicken, carrots, and snow peas
- ★ Salsa
- ★ Skillet granola
- ★ Soft pretzels
- ★ Tortillas

Delicious Desserts

- ★ **Cone cupcakes**
- ★ **Fruit cobbler**
- ★ **Ice cream in a bag**

Confetti Egg Scramble

Makes 4 servings

Ingredients:

1/2 large red or green bell pepper
1/2 small onion
4 large eggs (can also use egg-whites or pasteurized egg product)
1/4 cup (2 fluid ounces) fat-free milk
1/4 teaspoon salt

Supplies:

Cutting board
Cutting knife
Large, microwave-safe bowl
Microwave-safe plastic wrap
Potholders
Liquid measuring cup
Medium-size bowl
Measuring spoons
Whisk and/or fork
2 clean forks
4 plates
4 forks

Preparation:

1. Place the red or green bell pepper and onion on a cutting board. Using the cutting knife, chop the red or green bell pepper and onion. The chopped peppers and onions should be about the size of your fingernails!
2. Toss the pepper and onion into a large, microwave-safe bowl.
3. Loosely cover the bowl with microwave-safe plastic wrap, turning back one corner of the wrap to let out the extra steam.
4. Microwave on high for 3 minutes, or until the veggies are tender. Cautiously remove the bowl from the microwave with potholders. Watch out for the steam!
5. Crack the eggs into the medium-size bowl. Then, pour the measured milk and salt on top of the eggs. Beat with a whisk or fork.
6. Pour the egg mixture over the tender veggies into the large, microwave-safe bowl. Again, loosely cover the bowl with microwave-safe plastic wrap, turning back one corner.
7. Microwave on high for 2 minutes. Stir the egg mixture with a clean fork. Microwave on high for 2 more minutes.
8. Carefully remove the bowl from the microwave with potholders. This time, completely cover the bowl with the plastic wrap. Let the bowl stand, covered, for 1 minute.
9. Remove the cover and stir with another clean fork. Watch out for the steam!

10. Divide the scrumptious Scramble into four portions on plates and serve with forks while warm.
11. Enjoy your Scramble with whole-wheat toast on the side. Or, for no-fork-required fun, roll each portion up in a tortilla. Round out your meal with some fabulous fruit, too!

Don't have a microwave? Use the stove! Sauté the chopped pepper and onion in olive oil over medium-high heat. When the vegetables are tender, add the egg and milk mixture to the skillet. Stir the eggs and vegetables until eggs harden.

Nutrition Information:

Per serving:

90 Calories, 5 g Total Fat, 1.5 g Saturated Fat, 210 mg Cholesterol, 220 mg Sodium, 4 g Total Carbohydrates, less than 1 g Dietary Fiber, 3 g Sugars, 7 g Protein, 30% Vitamin A, 70% Vitamin C, 4% Calcium, 4% Iron

Recipe from <http://kidnetic.com/Recipes/?c=Breakfast+Bonanza&r=135>

Morning Muffins
(Panecillos tipo "Muffin" en la Mañana)

Ingredients:

- Non-stick cooking spray
- 1 egg
- 1 cup low-fat milk (1%)
- 1/3 cup sugar
- 2 tablespoons vegetable oil
- 1/2 cup grated carrots
- 1/2 cup raisins
- 1/2 cup toasted walnuts (optional)
- 1 teaspoon vanilla (optional)
- 1 1/2 cup flour (can use 3/4 c whole wheat flour and 3/4 c white flour)
- 1/2 cup old-fashioned oatmeal
- 1 teaspoon cinnamon (optional)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Directions

1. Heat oven to 400 degrees.
2. Coat muffin tin with non-stick cooking spray or use muffin cups.
3. Mix egg, milk, sugar, oil, carrots, raisins, walnuts, and vanilla.
4. Mix flour, oatmeal, cinnamon, baking powder, baking soda, and salt.
5. Add wet ingredients to dry ingredients and stir gently until flour is just moistened. Gently fill muffin cups about 3/4 full.
6. Bake for 15 minutes or until edges start to brown.

Other ideas:

- Try grated zucchini instead of carrots.
- Morning Muffins freeze well, and thaw quickly.

Recipe from <http://www.healthyrecipes.oregonstate.edu>.

Nutrition Facts

Serving Size 1 muffin (67g)	
Servings Per Container 12	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 4g	
Vitamin A 15%	Vitamin C 0%
Calcium 6%	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	

Oven French Toast
(Tostada a la Francesa al Horno)

Ingredients:

12 slices whole grain bread
1 cup skim milk
4 eggs, or 8 egg whites
1/4 cup packed brown sugar
1 teaspoon vanilla
powdered sugar (optional)

Directions

1. Spray a cookie sheet with sides or two 9x13 inch pans with cooking spray.
2. Lay the slices of bread flat on the pan with the sides touching.
3. Beat egg, milk, brown sugar, and vanilla until very well blended.
4. Pour mixture over bread
5. Turn each slice over to ensure both sides are wet.
6. Cover and refrigerate overnight or bake immediately at 325 degrees for 30 minutes.
7. Sprinkle lightly with powdered sugar (optional).
8. Serve hot.
9. Refrigerate leftovers within 2 hours.

Tip:

- Serve with applesauce or yogurt.
- Cut into strips for easy dipping.
- Make a fruit compote - Heat frozen fruit (like blueberries) in a saucepan and add 1 tablespoon white sugar. Stir until the sugar dissolves. Add more sugar to achieve desired sweetness.

Recipe from <http://www.healthyrecipes.oregonstate.edu>.

Nutrition Facts

Serving Size 2 slices (135g)		
Servings Per Container 6		
Amount Per Serving		
Calories 250	Calories from Fat 40	
% Daily Value*		
Total Fat 4.5g	7%	
Saturated Fat 0.5g	3%	
Trans Fat 0g		
Cholesterol 70mg	23%	
Sodium 320mg	13%	
Total Carbohydrate 41g	14%	
Dietary Fiber 4g	16%	
Sugars 15g		
Protein 12g		
Vitamin A 4%	• Vitamin C 0%	
Calcium 10%	• 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 300 mg	
Sodium	Less Than 2,400mg 2,400mg	
Total Carbohydrate	300g 375g	
Dietary Fiber	25g 30g	
Calories per gram:		
Fat 9	• Carbohydrate 4	• Protein 4

Cheeseburger Bake

Serves 10 - 1 biscuit each

Ingredients:

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 can (10.75 ounces) tomato soup, undiluted
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 2 tablespoons pickle relish
- 1/4 teaspoon ground pepper
- 4 slices American cheese
- 1 can refrigerated biscuits (7.5 ounces - 10 biscuits)

Directions:

1. Preheat oven to 400 degrees F.
2. In large skillet, brown ground beef and onion on medium-high heat; drain well.
3. Add tomato soup, ketchup, mustard, relish, and pepper. Let mixture simmer on low heat for about 10 minutes.
4. Lightly coat 9-inch baking dish with non-stick cooking spray.
 1. 5 Spread meat mixture evenly in baking dish.
 5. Place slices of American cheese on top of the meat.
 6. Place biscuits on top of the cheese (may need to gently stretch biscuits to cover beef and cheese layers).
 7. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.

Tips:

- Substitute a 16-ounce can of sloppy joe sauce for the tomato soup, ketchup, mustard, and pickle relish
- Different kinds of cheese to create a variety of tastes - Colby Jack, sharp cheddar, etc.
- To reduce the fat content of the meat, put the meat in a colander or strainer and rinse with running water. Or, pat the beef with a paper towel to remove excess fat.
- Refrigerate leftovers within two hours of baking and re-heat to 165 degrees for another meal.
- Serve with baked beans or Cowboy Salad.

Recipe from www.kidsacookin.ksu.edu

Nutrition Facts	
Serving Size 1 biscuit w/ meat (123g)	
Servings Per Container 10	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 3.5g	17%
Cholesterol 35mg	12%
Sodium 700mg	29%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	4%
Sugars 4g	
Protein 13g	
Vitamin A 6%	Vitamin C 8%
Calcium 8%	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 25g	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

Cheesy Chicken, Broccoli and Rice Bake

Makes 12 servings, 1 cup each.

Ingredients:

5 cups water
2 ½ cups rice
1/4 cup chopped onion
1 clove garlic, chopped
1 cup skim milk
1 10.75-can condensed 98% fat-free cream of mushroom soup
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups shredded, cooked chicken
2 cups broccoli pieces
3/4 cup grated cheddar cheese

Directions:

1. Preheat oven to 350° f.
2. In large saucepan bring water to boil.
3. Add rice, onion, and garlic; cook for about 20 minutes or until rice is soft.
4. While rice is cooking combine milk, soup, salt, and pepper, mix well.
5. When rice is done combine with milk mixture, chicken and broccoli, mix well.
6. Grease 9 x 13 pan and pour mixture into pan.
7. Bake in the preheated oven for 18 minutes.
8. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted.
9. Serve immediately.

Other ideas:

- Add other vegetables, like zucchini or peppers

Recipe from <http://www.healthyrecipes.oregonstate.edu>

Nutrition Facts

Serving Size 1 cup (212g)
Servings Per Container 12

Amount Per Serving

Calories 220 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 380mg 16%

Total Carbohydrate 33g 11%

Dietary Fiber 1g 4%

Sugars 1g

Protein 11g

Vitamin A 10% • Vitamin C 20%

Calcium 10% • 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 300 mg

Sodium Less Than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Chicken Black Bean Salsa Burritos

Makes 8 servings, 1/2 burrito each

Ingredients:

1 can (15 oz.) black beans, drained and rinsed
2 scallions, chopped
1 tablespoon lemon juice
1/4 teaspoon ground cumin
1/2 teaspoon salt
4 boneless, skinless chicken breasts
1/4 teaspoon chili powder
1/4 teaspoon ground black pepper
1/2 cup pepper jack cheese, grated
4 9" flour tortillas

Directions:

1. Preheat oven to 350 degrees.
2. Combine the beans, scallions, lemon juice, cumin, and 1/4 teaspoon of the salt in a small bowl.
3. Rub the chicken breast with the chili powder, pepper and the remaining 1/4 teaspoon salt.
4. Cook the chicken over medium heat for 5 minutes. Turn and cook until done, 4-5 minutes longer.
5. Let chicken cool; slice into strips or chunks.
6. Divide cheese evenly between tortillas. Top the cheese with equal amounts of chicken and black bean salsa mixture.
7. Roll up the burritos and wrap each one in foil.
8. Bake burritos until the cheese melts, about 15 minutes.
9. Refrigerate leftovers within 2-3 hours.

Recipe from <http://www.healthyrecipes.oregonstate.edu>

Nutrition Facts	
Serving Size 1/2 burrito (148g)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 550mg	23%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 20g	
Vitamin A 2%	• Vitamin C 4%
Calcium 10%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

One Pan Spaghetti

10 servings, 1 cup each

Ingredients:

1/2 pound lean ground beef
1 medium onion, chopped
3 1/2 cups water
1 can (15-ounce) tomato sauce
2 teaspoons dried oregano
1/2 teaspoon each sugar, garlic powder, rosemary
1/4 teaspoon pepper
2 cups (12 ounces) broken spaghetti
1 cup (4 ounces) shredded parmesan cheese

Directions:

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet.) Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers within 2-3 hours.

Other ideas:

- Try ground turkey or small cooked shrimp for the meat.
- Try whole wheat pasta to increase fiber.
- Use cheddar or mozzarella cheese in place of parmesan.
- To make a vegetarian version, omit the ground beef. Sauté onion, zucchini, broccoli, green or red pepper, and garlic in 1 tablespoon olive oil.

Recipe from <http://healthyrecipes.oregonstate.edu>.

Nutrition Facts	
Serving Size 1 Cup (246g)	
Servings Per Container 10	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	17%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 13g	
Vitamin A 6%	• Vitamin C 6%
Calcium 15%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Peanutty African Stew

Ingredients:

- 1 cup instant brown rice
- 2 cups chicken broth, reduced sodium
- 1 teaspoon dehydrated minced onion
- 1/2 teaspoon garlic
- 1/2 teaspoon ginger
- 1/8 teaspoon red pepper (optional)
- 2 cups medium diced peeled sweet potato or yam
- 1 can (14.5 ounce) diced tomatoes with liquid
- 1/2 teaspoon salt
- 1/2 cup creamy peanut butter, reduced-fat
- 1 1/4 cups fat free milk
- 3 cups (3 ounces) baby spinach leaves, coarsely chopped
- 1/4 cup chopped roasted peanuts
- Green onion, thinly sliced, for garnish (optional)

Directions

1. Combine first 9 ingredients in a soup pot. Bring to a boil, then turn down to medium low heat, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to a gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired.

Other ideas:

- Substitute 12 ounces frozen spinach for fresh. Or use broccoli instead of spinach.
- Other flavor ideas: chopped cilantro, red and green peppers, zucchini, raisins

Recipe from <http://www.healthyrecipes.oregonstate.edu>.

Nutrition Facts	
Serving Size 1 cup (225g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 9g	
Vitamin A 110% • Vitamin C 20%	
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Mango Quesadillas

Ingredients:

- Butter or margarine, softened
- 1 whole-wheat tortilla (6-8 inches in diameter) - *see recipe for homemade tortillas!*
- 1/3 cup shredded cheese, such as Monterey Jack or other good melting cheese
- 1 tablespoon finely chopped red onion
- 1/3 cup chopped mango
- Salsa (red or green) to taste (optional)
- Pinch ground cumin (optional)
- Pinch chile powder (optional)

Directions:

1. Heat skillet (preferably non-stick) over medium heat.
2. With small spatula or butter knife, spread a thin amount of butter or margarine on one side of the flour tortilla.
3. Place the unbuttered side of the tortilla face down on the skillet. Let it heat through, about 15 seconds.
4. Flip the tortilla over, reduce the heat to low and sprinkle the grated cheese and red onion on top of the tortilla, leaving a half-inch margin around the edges. Sprinkle the top with a pinch each of cumin and chile powder. If desired, add a spoonful of salsa on top.
5. When the cheese has melted or is just about melted, flip one half of the tortilla over on top of the other (closing the two sides will also help melt the cheese). Slice into wedges and serve warm.

Creative quesadilla ideas:

- Papaya & Goat Cheese, with a small amount of roasted green chiles & onion
- Black Olive, Cucumber & Feta, with a sprinkling of oregano & grated lemon rind
- Turkey, Red Peppers & Swiss with Salsa Verde
- Shrimp & Boursin cheese with a dash of tarragon (use tiny cooked bay shrimp)
- Prosciutto, Melon & Bel Paese
- Ham, Oyster Mushrooms & Gruyere (sauté the oyster mushrooms in butter first; or substitute your favorite mushroom)
- Shredded Zucchini, Onion & Garlic Jack, with chile powder and cumin
- Pork Sausage, Apples & Cheddar (fry the sausage till crumbly first)
- Red Radishes & Stilton cheese, with red onion slices
- Tangerine & Smoked Gouda, with a small amount of green chiles and cilantro
- Italian Sausage, Mozzarella & Yellow Peppers (fry the sausage first)
- Tomatoes, Basil & Buffalo Mozzarella, and fresh cracked black pepper
- Peaches & Cream Cheese, with grated lemon peel
- Pineapple & Brie, with grated lime peel
- Bacon, fresh Rosemary, Tomatoes & Provolone (fry the bacon first, then crumble)

Recipe from <http://www.cookingwithkids.com/recipes/mango.html>

Quick Lasagna

Serves 8, 1 cup servings

Ingredients:

- 1 pound ground beef
- 1 large onion, chopped
- 1 clove garlic, minced or 1/8 teaspoon garlic powder
- 2 cups spaghetti sauce
- 4 tablespoons fresh parsley or 4 teaspoons dried
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 pint (2 cups) low-fat cottage cheese
- 1 cup shredded Mozzarella cheese (4 ounces)
- 6 uncooked lasagna noodles
- 1/2 cup grated Parmesan cheese

Directions:

1. Cook ground beef over medium-high heat (350 degrees in an electric skillet) until it is no longer pink.
2. Drain fat, add onion and cook until onion is clear.
3. Add garlic, 1 cup of the spaghetti sauce, and herbs; spread evenly in skillet.
4. Reduce heat to low (200 degrees in an electric skillet), spread cottage cheese over mixture and sprinkle with half of the Mozzarella. Top with noodles, breaking remaining 2 to fill in open spaces.
5. Pour remaining spaghetti sauce evenly over the top of noodles; gently press noodles down to moisten.
6. Cover and simmer 15 minutes until noodles are tender. Top with remaining cheeses, cover and simmer 2 more minutes or until cheeses are melted.
7. Let stand, covered, 5-10 minutes before serving.
8. Refrigerate leftovers within 2-3 hours.

Other ideas:

- Omit ground beef for a vegetarian option
- Make a vegetable lasagna - Sauté chopped onion, zucchini, peppers, and garlic. Then add the spaghetti sauce and other herbs.

Recipe from <http://healthyrecipes.oregonstate.edu>

Nutrition Facts

Serving Size 1 Cup (218g)
Servings Per Container 8

Amount Per Serving

Calories 310 Calories from Fat 100

% Daily Value*

Total Fat 12g 18%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 690mg 29%

Total Carbohydrate 29g 10%

Dietary Fiber 3g 12%

Sugars 9g

Protein 26g

Vitamin A 15% • Vitamin C 15%

Calcium 30% • 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 300 mg

Sodium Less Than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Sunshine Roll-ups (Enrollados Esplendorosos)

Ingredients

- 1 cup cooked, diced chicken
- 1/2 cup finely chopped celery
- 2/3 cup canned, drained mandarin oranges
- 1/4 cup minced onion (green, red or yellow)
- 2 tablespoons mayonnaise
- 1 teaspoon soy sauce
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 large whole wheat tortilla
- 4 medium lettuce leaves, washed and patted dry

Directions

1. In medium bowl, mix chicken, celery, oranges, and onions.
2. Add mayonnaise, soy sauce, garlic and pepper, Mix gently until chicken mixture is coated.
3. Lay tortilla on clean cutting board or large plate. With a knife or clean scissors, cut tortilla into four quarters.
4. Place 1 lettuce leaf on each tortilla quarter, trimming leaf so it doesn't hang over edge of tortilla.
5. Place a small amount of chicken mixture in the middle of each lettuce leaf (use 1/4 of mixture per leaf).
6. Roll tortillas up into a cone, with the two straight edges coming together, and the curved edge creating the opening of the cone. Eat like a sandwich!
7. Refrigerate leftovers within 2-3 hours.

Other ideas:

- Instead of oranges, use halved grapes or diced apples.
- Instead of chicken, try using 1 cup cooked/drained garbanzo beans, or 1 cup of small tofu cubes.
- Substitute a whole-wheat pita for a tortilla.

Recipe from <http://healthyrecipes.oregonstate.edu>

Nutrition Facts	
Serving Size 1 'wrap' (137g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 550mg	23%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 13g	
Vitamin A 10%	Vitamin C 20%
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	

Vegetable Pizzas

Serves 5

Preparation time: 20 minutes

Ingredients:

3 cups frozen mixed vegetables with mushrooms
5 slices Italian bread (1 oz. slices; each ~ 1" thick and 5" long)
1 tablespoon olive oil
½ cup prepared pizza sauce
1 cup finely chopped tomato
½ cup very finely diced onion
1 tablespoon dried oregano leaves
1 teaspoon garlic powder
2 ½ tablespoons grated Parmesan cheese

Instructions:

1. Pre-heat oven to 350° F and place oven rack in middle-high position.
2. Microwave frozen vegetables, then pat dry.
3. Brush all bread slices lightly with oil and spread each with ~ 1½ tablespoons sauce.
4. Combine all vegetables in a medium-sized bowl.
5. Carefully spoon vegetable mixture equally onto bread slices. Sprinkle with oregano and garlic powder and then with cheese.
6. Bake about 5-7 minutes, until bread is brown on the edges and all vegetables are piping hot. Serve immediately.

Other ideas:

- Use fresh vegetables from your favorite farmer's market - broccoli, onions, green and red peppers
- Add olives for a unique flavor
- Substitute whole-wheat English muffins for Italian bread

Nutrition Information per Serving: calories: 182, total fat: 5.0g, saturated fat: 1.1g, % calories from fat: 24%, % calories from saturated fat: 5%, protein: 6g, carbohydrates: 29g, cholesterol: 2mg, dietary fiber: 5g, sodium: 339 mg

Recipe from http://www.fruitsandveggiesmorematters.org/?page_id=85

Banana Bread

Makes one 9x5 loaf

Serves 12

Ingredients

2/3 cup white sugar

1/4 cup margarine, softened

2 eggs

1 cup mashed bananas

1/4 cup water

1 2/3 cups all-purpose flour

1 teaspoon baking soda

1/2 teaspoon salt

1/4 teaspoon baking powder

Directions:

1. Preheat an oven to 350 degrees F (175 degrees C). Spray one 9x5x3 inch loaf pan with a non-stick cooking spray.
2. In a medium bowl, beat the sugar and margarine/butter until smooth and creamy. Beat in the eggs, water, and bananas with the sugar mixture until it is well blended. An electric mixer will work best.
3. With a large spoon, mix in the flour, baking soda, salt, and baking powder until the mixture is moistened. Use a spatula to scrape the sides of the bowl; this helps to blend all the ingredients.
4. Bake at 350 degrees F for about one hour. The bread is done when the top is firm to the touch and a golden brown color. Depending on the size of the loaf pan and the oven, baking time will vary.
5. After taking the bread out of the oven, allow it to cool on its side for 10 minutes. Then, remove the bread from the pan and let it cool on a baking rack.

Other ideas:

- Add mini chocolate chips, chopped nuts, or raisins to the bread.

Nutritional information:

Calories: 169

Total fat: 4.9g

Cholesterol: 35 mg

Dietary fiber: 1g

Protein: 3.1 g

Recipe from <http://allrecipes.com/Recipe/Lower-Fat-Banana-Bread-I/Detail.aspx>

Chocolate-Banana Pita Pockets

Ingredients

Pat of butter
One banana, thinly sliced
Handful of chocolate chips
Whole-wheat pitas
Powdered sugar for dusting (optional)

Directions:

1. Melt butter in a nonstick pan.
2. Place banana slices in a single layer in the pita. With a fork, mash the banana lightly. Dot with chocolate chips.
3. Place the pita into the frying pan and cook for a few minutes on each side, until brown and golden.
4. Let cool for a minute or two, then slice into wedges and dust with powdered sugar.

Other ideas

- Spread peanut butter into pita and then add bananas. Omit chocolate chips.
- Make a PB&J pita using your favorite fruit jam.
- Instead of pitas, use whole-wheat tortillas to make a chocolate-banana quesadilla.

Recipe from <http://www.parenting.com/recipes-gallery/Recipes/10-Super-Yummy-After-School-Snacks/6/>

Cowboy Salad

Protein is an important element of the human diet, but our culture often overindulges in protein. The daily recommended nutrient intake for protein is as follows:

Age (years):	2-3	4-8	9-13	14-18 (girls)	14-18 (boys)	Adults
Protein (grams/day):	13	19	34	46	52	.32 grams per lb of body weight

(In this model, a 150-pound adult needs approximately 48 grams of protein in a day. That's about the amount of protein in a chicken breast or the amount of protein in two hamburger patties.)

The important lesson from today's cooking class is that we can get protein from plants in addition to protein from animals, which is why we're making a salad that contains black beans. Can the cooks name some places where we get protein in the diet?

Why are proteins important in our diet? We need protein to build our bodies! Especially when we're growing or healing, dietary proteins help our bodies grow and become strong.

Ingredients:

- 2 cans (15 oz.) black beans
- 1 can (15 oz.) corn
- Sm. Bunch cilantro
- 5 green onions (can sub
- 3 tomatoes, medium
- 1 avocado (optional)
- 1 tbsp oil
- 2 tbsp vinegar or lime juice

Directions:

1. Drain and rinse the beans and corn
2. Finely chop the cilantro and onions
3. Dice the tomatoes and avocados
4. Combine all ingredients in a large bowl
5. Mix oil and vinegar/lime juice together in a small bowl
6. Pour oil mix over salad ingredients and toss lightly
7. Serve!

Recipe from <http://healthyrecipes.oregonstate.edu>

Frozen Fruit Yogurt

Cooking or baking with the dairy group can be tricky because many of the yummy dishes (ice cream, macaroni and cheese, creamy soups) are filled with saturated fats and cholesterol that can lead to poor heart health. You can use the beginning of this activity time to talk about why dairy is important (Calcium, strong bones! Protein, strong muscles!), but why we need to check labels before we eat too much. It may be helpful to show various containers of dairy-based products (ice cream, cheese, sour cream, yogurt, etc.).

This recipe focuses on how we can have a fat-free, dairy-based treat that tastes yummy!

Ingredients:

- $\frac{1}{2}$ cup plain, low fat or fat free yogurt (alternatively, use yogurt cheese)
- 3 cups frozen fruit
- $\frac{1}{3}$ cup sugar (superfine is best for texture)
- 1 tbs lemon juice

Directions:

1. Combine the fruit and sugar in a blender or food processor
2. Coarsely chop the fruit by using an on-off pattern with the blender or food processor
3. Stir together the yogurt and lemon juice
4. With the machine running, slowly pour in the yogurt
5. Process until smooth and creamy; scrape down the sides once or twice
6. Scoop into serving dishes

Other ideas:

- Cover the serving dishes and freeze for 30 minutes to firm up slightly

Fruit Spread

Ingredients:

2 cups raw fruit

¼ cup honey

dash spice, like cinnamon, nutmeg, mace, cardamom, allspice, cloves (optional)

¼ tsp orange or lemon zest (optional)

1 pack fat-free cream cheese or Neufchatel (cream cheese with 1/3 less fat)

Directions:

1. Fill a saucepan 2/3 full with water. Bring to a boil.
2. While waiting for water to boil, chop fruit into large pieces. Place chopped fruit into boiling water.
3. Cook fruit in water until soft.
4. While fruit is cooking, bring cream cheese to room temperature. Using an electric mixer, whip the cream cheese until fluffy.
5. Press the cooked fruit through a food mill or strainer. Or, puree fruit in a blender or fruit processor.
6. Mix in honey, spice, and citrus zest.
7. Gently blend the fruit mixture and whipped cheese. Gradually increase the speed of the electric mixer to completely mix.

Tips:

- Use 1 cup jam or preserves instead of starting with raw fruit
- Serve fruit spread on graham crackers, English muffins, pitas, or toast.
- Add more fruit or milk to thin the spread, making it a dip for raw fruit.

Recipe from <http://www.ksfarmersmarkets.org/recipes/fruit-spread>

Oven fries

Preparation time: 5 minutes

Cooking time: 40 to 45 minutes

Makes 4 small servings

Ingredients

2 pounds Idaho potatoes

2 to 3 tablespoons olive oil

Salt and freshly ground pepper

Directions:

1. Preheat the oven to 400 degrees. Line a cookie sheet with foil.
2. Wash the potatoes, but do not peel. Pat dry.
3. Using a sharp knife, slice the potatoes into halves, then into quarters lengthwise. Carefully slice each quarter into thin wedges. The thinner the slice, the crispier the fry will be.
4. Put the potato slices into a gallon Ziploc bag. Pour the olive oil into the bag. Add salt and pepper into the bag.
5. After closing the bag, shake until the potatoes are evenly coated with oil and spices.
6. Dump the potatoes onto the cookie sheet. Spread the wedges out in a single layer.
7. Bake about 45 minutes, depending on the thickness of the potatoes. Check every 15 minutes and flip the wedges.

Tips

- For a different flavor, use sweet potatoes or red potatoes
- Add different spices, like garlic powder or cayenne pepper

Recipe from <http://www.cookingwithkids.com/part4/oven-fries.html>

Parmesan Pita Chips with Dip

Ingredients

Whole wheat pitas, opened and cut into wedges
Grated fresh parmesan
Salt and pepper to taste
Basil or other dried herb
Can of white beans, drained and rinsed
Squeeze of tomato or sundried tomato paste
1 tablespoon olive oil

Directions

1. Open up the pita pockets and cut into wedges. Spread the pita pieces on a baking sheet and spray lightly with oil. Sprinkle with parmesan and dried basil.
2. Bake pitas for 8 to 10 minutes at 400 degrees, until the pita pieces are toasty and brown.
3. While pitas are baking, dump the beans in a medium sized bowl. Add a squeeze of tomato or sundried tomato paste, a pinch of salt and pepper, and the tablespoon of olive oil. Mash the beans and oil with a potato masher until a smooth consistency is reached.
4. Serve the bean dip with the Parmesan Pita chips.

Tips:

- Try other beans and seasonings in the dip.
- Use different spices on pita chips.
- Serve pita chips with other dips, like hummus or a low-fat vegetable dip

Recipe from <http://www.parenting.com/recipes-gallery/Recipes/10-Super-Yummy-After-School-Snacks/10/>

Peanut-ginger Sauce with Chicken and Veggies

Serves 4 to 6

Ingredients

½ cup peanut butter
¾ cup to 1 cup water
1 tablespoon soy sauce
Fresh gingerroot
Cooked chicken (about 1 cup, cubed)
Baby carrots and snow peas
1 scallion, chopped (optional)

Directions:

1. In a small saucepan, whisk the peanut butter and water until smooth. Stir in soy sauce.
2. Using a potato peeler or knife, peel the ginger. Grate the gingerroot with a cheese grater until you have 1 packed teaspoon. Stir the grated gingerroot into the peanut sauce.
3. Place the saucepan on the stovetop and heat on medium-low. Cook the sauce for 3 to 5 minutes, stirring occasionally. If needed, add extra water to thin the sauce.
4. Cube the chicken into bite-sized pieces. Wash the baby carrots and snow peas. Pour the warm peanut sauce into a small bowl and garnish with chopped scallions (optional).
5. Dip the chicken and veggies into the sauce and enjoy!

Recipe from Family Fun Magazine, August 2000

Salsa

It's July, which means that there are a lot of vegetables popping up in Kansas and Missouri! We will make use of a few of them today when we make Salsa—fresh from the garden.

Discuss what we're going to make: Has anyone ever made salsa before? What did you put in your salsa? Does anybody like/dislike salsa? Why? When do you eat salsa at home?

Most importantly, salsa is a recipe that is heavy on vegetables. Veggies are good for you because they provide a lot of nutrients! What are nutrients? Why do we need them?

Ingredients:

- 3 or 4 large tomatoes
- 2 tbsponion
- 1 med. green bell pepper
- 1 jalapeño pepper*
(optional: survey the kids to see if they like spice; reduce quantity if necessary)
- ¼ cup fresh cilantro
- 1 clove chopped garlic
- ½ tsp salt (optional)
- 2 tbsplime juice (optional)

Nutrition Facts	
Peppers ~ Sweet ~ Green	
Serving Size: 1 cup	
Amount Per Serving	
Calories	29
Total Fat	0.2g
Saturated Fat	0.1g
Trans Fat	0g
Cholesterol	0mg
Sodium	4mg
Carbohydrate	6.9g
Dietary Fiber	2.5g
Sugars	3.6g
Protein	1.3g
Vitamin A 11% Vitamin C 200%	
Calcium 1%	Iron 3%

Nutrition Facts	
Tomatoes ~ Red	
Serving Size: 1 cup	
Amount Per Serving	
Calories	32
Total Fat	0.4g
Saturated Fat	0.1g
Trans Fat	0g
Cholesterol	0mg
Sodium	9mg
Carbohydrate	7.1g
Dietary Fiber	2.2g
Sugars	4.7g
Protein	1.6g
Vitamin A 30% Vitamin C 38%	
Calcium 2%	Iron 3%

Nutrition Facts	
Onions	
Serving Size: 1 cup	
Amount Per Serving	
Calories	67
Total Fat	0.1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Carbohydrate	16.2g
Dietary Fiber	2.2g
Sugars	6.8g
Protein	1.5g
Vitamin A 0% Vitamin C 17%	
Calcium 4%	Iron 2%

Directions:

1. Chop the garlic and the cilantro as much as you deem necessary and place in the blender
2. Add salt and lime juice.
3. Pulse the blender a bit to finely chop up the ingredients (you may want to add one tomato if you need more juice for blending).
4. Cut the tomatoes, onion, bell pepper, and jalapeño into small chunks; place in blender.
5. Pulse blender several times, stirring as necessary, to chop up the ingredients.
6. Serve!

*As you may be aware, the oil from jalapeño peppers may stay on your hands even after you've washed them. Don't let the kids handle the chopped jalapeño peppers and avoid touching your eyes after you've cut them up!

Skillet Granola

Serves 12, 1/2 cup servings

Ingredients:

1/3 cup vegetable oil
3 tablespoons honey
1/4 cup powdered milk
1 teaspoon vanilla
4 cups uncooked, old-fashioned oats
1/2 cup sunflower seeds
1 cup raisins

Directions:

1. Warm oil and honey in a skillet for one minute over medium heat. Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
3. Take off heat. Stir in raisins.
4. Cool mixture. Store in an airtight container (jar or plastic bag).

Other ideas:

- Try adding any of these ingredients: one teaspoon cinnamon, chopped nuts, dried blueberries, dried cranberries, flax seed, wheat germ, coconut, or nuts.
- Serve with milk, yogurt, ice cream and/or fresh or canned fruit.

Recipe from <http://www.healthyrecipes.oregonstate.edu>

Nutrition Facts

Serving Size 1/2 cup (59g)
Servings Per Container 12

Amount Per Serving

Calories 260 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 34g 11%

Dietary Fiber 4g 16%

Sugars 15g

Protein 7g

Vitamin A 0% • Vitamin C 0%

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	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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

Soft Pretzels

Makes 12 pretzels

Ingredients:

1 1/3 cups warm water (110 degrees F/45 degrees C)
2 tablespoons margarine
1 1/2 tablespoons white sugar
3/4 teaspoon salt
4 cups all-purpose flour
2 1/2 teaspoons active dry yeast
4 cups water
1 1/2 tablespoons baking soda
2 tablespoons kosher salt

Directions:

1. Dissolve the yeast and sugar in a large bowl filled with warm water. Let stand for five minutes.
2. Mix in butter or margarine, flour, and salt. Cut dough into short strips, roll into ropes, and shape into pretzels. Cover the pretzels with a dish towel. Let rise on a greased baking sheet for 45 minutes.
3. In a cast iron or other nonaluminum pan, bring water and baking soda almost to a boil. Gently lower the pretzels into water for about one minute. Turn them over once. Be careful to not let the water come to a full boil.
4. Remove pretzels from the water and return to a greased baking sheet. Sprinkle the pretzels with kosher salt.
5. Bake at 475 degrees F (245 degrees C) for about 12 minutes.

Other ideas:

- Use half whole-wheat flour and half all-purpose flour.
- Dip baked pretzels in mustard, fat-free ranch dressing, or marinara sauce.

Nutritional Information

Calories: 176

Total fat: 2.2 grams

Cholesterol: 0 mg

Fiber: 1.3 g

Protein: 4.6 g

Recipe from <http://allrecipes.com/Recipe/Soft-Pretzels-I/Detail.aspx>

Tortillas

Grains are some of the most important sources of energy. Our bodies use a form of sugar called a carbohydrate to power all of our daily activities: running, playing, thinking, talking, everything! In our culture, carbohydrates are very easy to find. Can you name some sources of carbohydrates and sugars?

Sometimes it's hard to find good, healthy sources carbohydrates. Today we'll learn about the history of bread and why bread can be a very healthy source of energy for your body.

Bread is one of the *oldest prepared foods!* Can you imagine a caveman eating bread? That's how old bread is, but it hasn't always existed in the loaves we buy for our sandwiches. The first types of breads created are still popular today—pitas, chapatti, tortillas, and naan. These are called flat breads and do not need to “rise” to be cooked because they do not contain yeast.

How many of you have had one of these breads before? How many of you have cooked one of these types of breads? Which type of bread do you like better?

The tortillas we are making today are made with whole wheat flour. Does anyone know the difference between white flour and whole wheat flour? Whole wheat flour still has much of the original grain intact and thus provides a whole lot more nutrients than white, processed flour. Did you know that whole wheat flour has a lot of protein? And a lot of fiber? Do you know why we need these nutrients? White flour does not have as much of these nutrients, making it a less nutritious choice.

Nutrition Facts		Nutrition Facts	
Wheat Flour ~ White ~ All-purpose		Wheat Flour ~ Whole-grain	
Serving Size: 1 cup		Serving Size: 1 cup	
Amount Per Serving		Amount Per Serving	
Calories	455	Calories	406
Total Fat	1.2g	Total Fat	2.2g
Saturated Fat	0.2g	Saturated Fat	0.4g
Cholesterol	0mg	Cholesterol	0mg
Sodium	2mg	Sodium	6mg
Carbohydrate	95.4g	Carbohydrate	87.1g
Dietary Fiber	3.4g	Dietary Fiber	14.6g
Sugars	0.3g	Sugars	0.5g
Protein	12.9g	Protein	16.4g
Vitamin A 0%	Vitamin C 0%	Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 32%	Calcium 4%	Iron 26%

Ingredients:

- 3 cups whole wheat flour
- 1 cup white flour
- 1 ½ tsp salt
- ¾ tsp baking powder
- 1 ½ cup plus 2 tbsp warm water
- 2 tbsp olive oil

Directions:

1. Mix all the dry ingredients together
2. Add the water and olive oil, mixing well
3. Add small amounts of flour until the dough is no longer sticky and you can mold it into a ball
4. Pull off about a golf ball-sized dough ball and smash out into a tortilla
5. Cook on a hot griddle or pan until browned, flipping as needed

Cone Cupcakes

Vanilla Cupcakes

Ingredients:

2 cups flour
1 cup sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup skim milk
¼ cup vegetable oil
¼ cup unsweetened applesauce
1 egg
2 egg whites
1 teaspoon vanilla extract

Chocolate cupcakes

Ingredients:

1 ½ cup flour
¾ cup sugar
¼ c unsweetened cocoa powder
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2/3 c fat-free plain yogurt
½ cup skim milk
4 egg whites
1 teaspoon vanilla

For both recipes - ice cream cones with flat bottoms

Frosting

Ingredients:

1/3 cup cream cheese (use Neuchatel or fat-free cream cheese)
½ cup powdered sugar
½ teaspoon vanilla
electric mixer

Directions:

1. For vanilla cupcakes, preheat oven to 350 degrees F. For chocolate cupcakes, preheat oven to 400 degrees F.
2. Mix dry and wet ingredients in separate bowls. Then add the dry ingredients to the wet ingredients. Stir until just combined.
3. In a muffin tin, put ice cream cones into each cup. Pour the batter into the ice cream cones. *Fill to about an inch from the top.*
4. Bake the vanilla cupcakes for 25 minutes at 350 degrees F. Bake the chocolate cupcakes for 15 to 20 minutes at 400 degrees F.
5. To make the frosting, let the cream cheese sit out at room temperature to soften. In a mixing bowl, mix cream cheese and powdered sugar with an electric mixer. Add the vanilla.
6. Allow cone cupcakes to cool before frosting.

Other ideas:

- Short on time? Use store-bought cupcake mix and frosting and bake in cones.

Idea for cone cupcakes from Kids Cooking: A Very Slightly Messy Manual (Klutz Press)

Fruit Cobbler

This recipe is an opportunity to talk about fruit and how fruits can be an important element of a healthy diet. Fruits are naturally sweet and full of nutrients and vitamins (fiber, vitamin C, vitamin A, etc.). They make a great snack without having to be cooked, and because they're sweet, they can be used in place of refined sugars to make healthier treats and desserts

Oranges:

Nutrition Facts	
Serving Size 1 medium orange (154g)	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 250mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	
Vitamin A 2%	Vitamin C 130%
Calcium 6%	Iron 0%
Thiamin 10%	Riboflavin 4%
Niacin 2%	Vitamin B6 4%
Folate 10%	Pantothenic Acid 4%
Phosphorus 2%	Zinc 0%
Magnesium 4%	Selenium 2%
Copper 4%	Manganese 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

Bananas:

Nutrition Facts	
Serving Size 1 medium banana (126g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 0%	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

Apples:

Nutrition Facts	
Serving Size 1 medium apple (154g/5.5 oz.)	
Amount per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 170mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Blueberries:

Nutrition Facts	
Serving Size 1 cup (140g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	14%
Sugars 11g	
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	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

Ingredients:

- **Filling:**
 - 6 cups blueberries
 - 1/3 cup sugar
 - 2 tbsp cornstarch
 - 1 tsp grated lemon rind
- **Topping:**
 - 1 1/3 cups all-purpose flour
 - 2 tbsp sugar
 - 3/4 tsp baking powder
 - 1/4 tsp salt
 - 1/4 tsp baking soda
 - 5 tbsp chilled butter, cut
 - 1 cup fat-free sour cream
 - 3 tbsp 2% milk
 - 1 tsp sugar

Directions:

1. Preheat oven to 350°.
2. To prepare filling, combine first 4 ingredients in an 11" x 17" baking dish.
3. To prepare topping, lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (flour through baking soda) in a large bowl, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in sour cream to form a soft dough.
4. Drop dough by spoonfuls onto blueberry filling. Brush the dough with milk; sprinkle with 1 tsp sugar. Place baking dish on a jelly roll pan. Bake at 350° for 50 minutes or until filling is bubbly and dumplings are lightly browned.

Other ideas:

- If you don't have fresh fruit, use frozen fruit like strawberries, blueberries, mixed berries.
- Other fresh fruit ideas - peaches, blackberries, cherries, pears

Recipe from www.cookinglight.com

Ice Cream in a Bag

One bag serves one person

Ingredients:

- 1 tablespoon sugar
- ¼ teaspoon vanilla extract
- 1 to 2 tablespoons soft fruit
- ½ cup 2% milk

Additional supplies:

- ½ cup rock salt
- Ice cubes
- Pint-sized Ziploc bag
- Gallon-sized Ziploc bag

Directions:

1. In the pint-sized bag, add sugar, vanilla, and soft fruit. Seal the bag tightly and mix the ingredients by squeezing the bag with your fingers.
2. Open the bag and add milk. Squeeze out any extra air, zip the bag, and mix well.
3. Open the gallon-sized bag, add rock salt, and fill halfway with ice cubes.
4. Put the pint bag into the gallon bag, seal well, and shake the bag for 5 to 10 minutes or until the liquid has changed to ice cream.

Tips:

- Make sure the bags are tightly closed before mixing!!
- You can wrap the bag in a towel or use oven mitts while shaking, since your hands can get really cold
- When removing the smaller bag, be careful not to get any rock salt in the ice cream.
- Try a variety of fruit in the ice cream - bananas, strawberries, blueberries, raspberries, peaches, or pears all work well. Remember to wash fruit before adding it to the ice cream mixture.

Recipe from www.kidsacookin.ksu.edu

Nutrition Facts	
Serving Size 1 bag (157g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	11%
Cholesterol 10mg	4%
Sodium 55mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 4g	
Vitamin A 4%	• Vitamin C 2%
Calcium 10%	• 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	