

K-STATE RESEARCH AND EXTENSION FAMILY NUTRITION PROGRAM

Kids *a* Cookin'



KIDS A COOKIN' RECIPES

BREADS

APPLE SLICE PANCAKES
APPLESAUCE MUFFINS
BANANA CUPCAKES
BREAD PUDDING
BISCUIT BUBBLE BREAD
CINNAMON BISCUITS
CINNAMON CHIPS
EGG-ME-ON SUNRISE SANDWICH
FOOD GROUP FUNNY FACES
FRENCH TOAST
FRENCH TOAST STICKS
FRUIT BASKET UPSET
HOMEMADE TORTILLAS
LETTER PANCAKES
MUFFINS
MUNCHABLE MONSTER TOAST
MUNCHIN' MUFFINS
PERFECT PUMPKIN PANCAKES
PRETZEL SHAPES
PUMPKIN PARTY MUFFINS
SNACK PIZZAS
TRUE BLUE-RIFFIC PANCAKES
TUNA SALAD SANDWICH
TUNA TWISTS
WAFFLE-WICHES

DESSERTS

BANANA JUNGLE POPS
BISCUIT BUBBLE BREAD
BREAD PUDDING
BREAKFAST BANANA SPLIT
BREAKFAST BARS
CHEWY OATMEAL BARS
CHOCOLATE NO-BAKE COOKIES
CINNAMON BISCUITS
CRISPY CRUNCHERS
EASY PEACH CRISP
FROZEN FRUIT CUPS
FRUIT BASKET UPSET
FRUIT COMBO AND SAUCE
FRUIT PIZZA
FRUIT SALSA
HOMEMADE APPLESAUCE

ICE CREAM IN A BAG
INCREDIBLE EDIBLE PYRAMID PARFAIT
MICROWAVE BAKED APPLES
OATMEAL RAISIN COOKIES
POCKET FRUIT PIES
POWER BITES
PUMPKIN PUDDING
PURPLE POWER SMOOTHIE
RICE PUDDING
SHAKE YOUR PUDDING
TORTILLA TRIANGLES
YO-FRUIT
YOKO'S RICE PUDDING

DRINKS

FRUIT SMOOTHIE
HOT COCOA MIX
MIGHTY MILK
PURPLE POWER SMOOTHIE
SHAMROCK SHAKE
VERY BERRY BLAST

MAIN DISHES

ALL-AMERICAN CHEESEBURGER BAKE
ALPHABET SOUP
ALPHABET SOUP – BOOKCOOK
BBQ BEEF IN A SLOW COOKER
BAKED POTATO WITH CHEESY VEGETABLES
BASIC FRIED RICE
BEEF ROAST & VEGETABLES IN A SLOW COOKER
BREAKFAST BURRITOS
CHICKEN ENCHILADA CASSEROLE
EASY CHICKEN TORTILLA BAKE
EGG IN A BREAD BASKET
EGG-ME-ON SUNRISE SANDWICH
FREDDY SPAGHETTI
FRENCH TOAST
FRESH VEGGIE PIZZA
HOOKED ON SALMON STICKS
HOT CHICKEN SANDWICHES
HOT HAM AND NOODLES
LASAGNA ROLL-UPS
LEMON PEPPER CHICKEN AND VEGGIES
LETTER PANCAKES
MAMA'S CHICKEN AND RICE
MANLY MUFFIN MEAT LOAF
MARINATED BEEF

NEAT-TO-EAT SLOPPY JOES
OKEY DOKEY OATMEAL
ONE FUN EGG ROLL
ONE PAN SPAGHETTI
OVERNIGHT EGG CASSEROLE
PEACHY PORK PICANTE
PEANUT BUTTER PITA POCKET
PERFECT PUMPKIN PANCAKES
PIZZA WRAPS
PORK ROAST WITH FRUIT SAUCE
POTATO CHIP CHICKEN FINGERS
QUESADILLA CON HUEVOS
SCRAMBLED EGGS
SCRAMBLED EGGS AND POTATOES
SLOW COOKER PASTA SAUCE
SNACK PIZZAS
SPICY MACARONI CASSEROLE
STUFFED PEPPERS IN A SLOW COOKER
SUPER SPAGHETTI SUPPER
SUPER-DUPER SPREAD
TACO SALAD
TACOS
TEMPTING TOSTADAS
TRUE BLUE-RIFFIC PANCAKES
TUNA MAC
TUNA SALAD SANDWICH
TUNA TWISTS
VEGETABLE BEEF SOUP

RICE AND PASTA

A TWIST ON PASTA SALAD
ALPHABET SOUP
ALPHABET SOUP – BOOKCOOK
BASIC FRIED RICE
FREDDY SPAGHETTI
HOT HAM AND NOODLES
LASAGNA ROLL-UPS
MAMA'S CHICKEN AND RICE
ONE PAN SPAGHETTI
PEAS IN THE PASTA SALAD
PITA POCKET SALAD
RICE PUDDING
SPICY MACARONI CASSEROLE
STUFFED PEPPERS IN A SLOW COOKER
SUPER SPAGHETTI SUPPER
TUNA MAC
YOKO'S RICE PUDDING

SALADS

A TWIST ON PASTA SALAD
BUDDY'S POTATO SALAD
CRUNCHY CARROT SALAD
DEVILED EGGS
FROSTY CONES
FROZEN FRUIT CUPS
FRUIT COMBO AND SAUCE
HOMEMADE APPLESAUCE
ORANGE FLUFF SALAD
PEAS IN THE PASTA SALAD
PITA POCKET SALAD
PUDDING FRUIT SALAD
RED, WHITE AND BLUE SALAD
STRAWBERRY SPINACH SALAD
SURPRISE SALAD
TACO SALAD
TROPICAL FRUIT DIP
TROPICAL FRUIT DIP – BOOK IN A BAG
TUNA SALAD SANDWICH
YO-FRUIT

SNACKS

APPLE SMILES
BANANA JUNGLE POPS
BANANA WRAPS
BEAN DIP
BISCUIT BUBBLE BREAD
BREAKFAST BARS
BREAKFAST BANANA SPLIT
CHEESY HAMBURGER DIP
CHEWY OATMEAL BARS
CHEWY POPCORN BALLS
CHICKEN FEED
CHOCO-BANANA YO-YO
CHOCOLATE NO-BAKE COOKIES
CINNAMON CHIPS
CREAMY DIP FOR VEGGIES
DIPPITY-DO
DOG BONES
FARMERS' MARKET SALSA
FIESTA DIP
FOOD GROUP FUNNY FACE
FRENCH TOAST STICKS
FROSTY CONES
FROZEN FRUIT CUPS
FROZEN PUDDINGWICHES

FRUIT COMBO AND SAUCE
GIANT GERMS
HOMEMADE APPLESAUCE
HOT COCOA MIX
ICE CREAM IN A BAG
INCREDIBLE EDIBLE PYRAMID PARFAIT
MICROWAVE BAKED APPLES
MIGHTY MILK
MUFFINS
MUNCHABLE MONSTER TOAST
MUNCHIN' MUFFINS
OATMEAL RAISIN COOKIES
OLE FRIJOLES DIP
ORANGE FLUFF SALAD
PEANUT BUTTER BALLS
PEANUT BUTTER GRANOLA
PEANUT BUTTER ROLL UP
PEANUT BUTTER PITA POCKET
POCKET FRUIT PIES
POWER BITES
PRETZEL SHAPES
PUMPKIN PARTY MUFFINS
PUMPKIN PUDDING
PYRAMID BUTTERFLY
PYRAMID PIZZA SNACKS
SHAKE YOUR PUDDING
SHAMROCK SHAKE
SUPER-DUPER SPREAD
TEMPTING TOSTADAS
TORTILLA TRIANGLES
TROPICAL FRUIT DIP
TROPICAL FRUIT DIP – BOOK IN A BAG
TUNA CONE-WICH
TUNA TWISTS
VEGGIE PILLOWS
VERY BERRY BLAST
WAFFLE-WICHES
WOBBLY WONDERS
YO-FRUIT

VEGGIES AND POTATOES

A TWIST ON PASTA SALAD
BAKED POTATO WITH CHEESY VEGETABLES
BEEF ROAST & VEGETABLES IN A SLOW COOKER
BEAN DIP
BUDDY'S POTATO SALAD

CREAMY DIP FOR VEGGIES
DIPPITY-DO
FARMERS' MARKET SALSA
FIESTA DIP
LEMON PEPPER CHICKEN AND VEGGIES
OLE FRIJOLES DIP
ONE FUN EGG ROLL
PERFECT MASHED POTATOES
SCRAMBLED EGGS AND POTATOES
SLOW COOKER PASTA SAUCE
SOUR CREAM HOT POTATOES
SWEET POTATO CASSEROLE
THREE BEAN BAKE
VEGETABLE BEEF SOUP
VEGGIE GOOD CASSEROLE
VEGGIE PILLOWS

BREADS

Apple Slice Pancakes

A clever way to add fruit to the meal!



Level: Medium

Makes: Twelve 4-inch pancakes

Kids' Tool Kit

Apple peeler/
corer



Sharp knife

Cutting board

Measuring spoons

Measuring cup

Mixing bowl

Spoon

Griddle

Ingredients:

- 1 Granny Smith apple
- 1 ¼ cups pancake mix (any type)
- ½ teaspoon ground cinnamon
- 1 egg
- 2 teaspoons vegetable oil
- 1 cup low fat milk



Directions:

Remember to wash your hands!

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center and covering apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Chef's Choice

Apple Slice
Pancakes

Syrup

Ham slice

Low fat milk

Nutrition Facts

Serving Size 2 pancakes (99g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 0.5g **3%**

Cholesterol 35mg **12%**

Sodium 360mg **15%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **5%**

Sugars 9g

Protein 5g

Vitamin A 4% • Vitamin C 2%

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



Helpful Hints: To test the griddle to see if it is hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a ¼ cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.



Safety Tip: Turn the handle of the griddle inward and away from the edge of the stove. A child could grab the handle and pull the hot griddle off the stove.

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.


Applesauce Muffins

Make this batter now - bake later!



Serves 18

Kids' Tool Kit

- Muffin tin 
- Electric mixer
- Mixing bowl
- Measuring cups
- Measuring spoons
- Knife
- Rubber spatula
- Spoon
- Hot pad
- Cutting board

Chef's Choice

- Applesauce Muffins
- Roast Beef
- Mashed Potatoes
- Green Beans
- Milk

Nutrition Facts

Serving Size 1 muffin (48g)
Servings Per Container 18

Amount Per Serving
Calories 130 Calories from Fat 25

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Cholesterol 10mg 4%

Sodium 130mg 6%

Total Carbohydrate 24g 8%

Dietary Fiber less than 1 gram 3%

Sugars 13g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • 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

Ingredients:

- 1/4 cup margarine
- 1 cup sugar
- 1 egg
- 1 1/2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups flour
- 1 1/4 cups applesauce



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees. Line muffin tin with paper baking cups or grease bottom of muffin tin with margarine or cooking spray.
2. Cream margarine and sugar with an electric mixer. Add egg, mixing well. Blend in remaining ingredients.
3. Fill muffin tins 2/3 full and bake for 15 to 18 minutes.

Optional: Add 1/2 cup of diced apple or raisins to batter.



Helpful Hints: While an electric mixer makes mixing these muffins a quick task, they will turn out best if mixed by hand. Either way - by hand, or by mixer, it is important to remember that muffins are a "quick bread" and that means muffins or coffeecakes will come out best if not overmixed. Just lightly stir the ingredients together - so dry ingredients are barely moistened. The batter will still be slightly lumpy, and that's fine. Overstirring or mixing a quick bread will make the muffins tough. Sometimes kids who help in the kitchen really like to stir big and long - and there are good recipes for that - but when it comes to mixing muffins, less is more!



Safety Tip #1: Before children use an electric mixer, it is important that they are shown how to use it safely. Be sure they know how to safely plug in and unplug an electric appliance and that they can operate the mixer's control switch. It may take practice for a child to be able to scrape a mixing bowl with a rubber spatula and use the electric mixer. Encourage them to stop the mixer and scrape the bowl, then restart the mixer.

Safety Tip #2: Remember, this recipe and most batters contain raw egg. Don't lick the spoon or bowl, because the raw egg can make us sick - especially young children. Wait until the batter is baked; it's then safe to go ahead and enjoy!

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.

Banana Cupcakes


Kids like these best!



Level: Medium

Makes: 12

Kids' Tool Kit

Electric mixer 
Mixing bowls, large and medium
Wooden spoon
Rubber spatula
Measuring cups
Measuring spoons
Cookie or ice cream scoop
Paper baking cups
Muffin tin



Ingredients:

- 1/2 cup solid shortening
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup mashed ripe bananas (2-3 bananas)



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla, mixing well.
3. In a medium mixing bowl, combine flour, baking powder, baking soda and salt.
4. Add dry ingredients and bananas to creamed mixture, mixing until just combined.
5. Place paper baking cups in muffin tin or lightly coat with cooking spray. Fill muffin cups 2/3 full with batter.
6. Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a cooling rack.

Chef's Choice

Banana Cupcake
Low fat milk

Nutrition Facts

Serving Size 1 cupcake (75g)
Servings Per Container 12

Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	12%
Cholesterol 35mg	12%
Sodium 200mg	8%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	5%
Sugars 18g	
Protein 3g	
Vitamin A 2%	Vitamin C 4%
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



Helpful Hints: Kids of all ages will have fun stirring-up these cupcakes! Use an extra large bowl for mixing and stirring so ingredients stay in the bowl and don't spill on the countertop. Premeasure some ingredients so kids can get to the fun of mixing quickly. Set a wet cloth under the mixing bowl to keep it from slipping. An easy way to fill muffin cups is to use an ice cream or cookie scoop. While cupcakes are baking, help kids put ingredients away, wash dishes and get ready to sample!



Safety Tip: This batter contains raw eggs. Remember to explain to kids that raw eggs can make us sick - especially young children. So no licking the bowl or spoon! Wait until the cupcakes are baked before sampling!

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.

Bread Pudding

Dessert with a definite fall flavor.



Level: Easy

Serves 8

Kids' Tool Kit

Mixing bowl
Whisk or fork
Measuring cups
Measuring spoons
Knife
Cutting board
Casserole dish
Hot pad



Ingredients:

2 eggs, slightly beaten
2 1/4 cups milk
1/2 cup sugar
1 1/2 teaspoons ground cinnamon
5 cups (8 ounces) of French or other firm bread cut into 1/2-inch to 3/4-inch cubes



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. In a large bowl mix eggs, milk, sugar and cinnamon with wire whisk or fork until well blended.
3. Stir in bread cubes.
4. Pour into ungreased 1 1/2-quart casserole dish.
5. Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge of casserole dish comes out clean.

Chef's Choice

Bread Pudding
Milk

Nutrition Facts

Serving Size 1/2 cup (116g)
Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.5g **7%**

Cholesterol 60mg **19%**

Sodium 170mg **7%**

Total Carbohydrate 27g **9%**

Dietary Fiber less than 1 gram **3%**

Sugars 16g

Protein 6g

Vitamin A 4% • Vitamin C 2%

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



Helpful Hints: Dried fruit makes a great addition to bread pudding. Raisins are often added to bread pudding recipes, but other fruits would taste great, too. Dried cranberries or diced apples are possibilities, or you can make bread pudding by starting with raisin bread. It's delicious!



Safety Tip: Be sure to store any leftover bread pudding in the refrigerator. It's important to keep it cold to prevent you and your family from getting sick. Leftovers can be warmed in the microwave before eating, if desired.

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Biscuit Bubble Bread

These little biscuits are finger-licking good!

Serves 10



Level: Medium

Ingredients:


- 1/2 cup sugar
- 1 teaspoon cinnamon
- 2 tubes (7.5 ounce) canned biscuits

Topping:

- 4 tablespoons margarine, melted
- 1 teaspoon water
- 1/3 cup brown sugar
- 1 teaspoon cinnamon



Kids' Tool Kit

- Measuring cups 
- Measuring spoons
- Zip-type bag
- Scissors or pizza cutter
- Cutting board
- 9x9-inch pan
- Mixing bowl
- Knife
- Serving plater or baking sheet

Chef's Choice

- Biscuit Bubble Bread
- Banana
- Milk



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Combine sugar and 1 teaspoon cinnamon in a zip-type bag.
3. Cut each biscuit into 4 pieces and add to sugar mixture in bag. Shake to coat well.
4. Lightly coat a 9x9-inch pan with cooking spray and place biscuits in pan.
5. In a mixing bowl, combine topping ingredients and pour over biscuits.
6. Bake 18 to 20 minutes, until golden brown.
7. Remove from oven and let cool.
8. Cover top of pan with a large platter and flip the bread over to serve.



Helpful Hints: Buy canned biscuits when they are on sale and use them to make this simple bubble bread for breakfast or a snack. There are as many names for this bread as there are ingredients you can add. For special occasions, add maraschino cherries, nuts or raisins. Similar recipes recommend using a bundt pan but if you don't have one, try using a square pan like we did!



Safety Tip: The butter and sugar topping that is poured over the bread makes a wonderful glaze for the biscuits, but it could also burn your fingers or your tongue! Carefully flip the bread over and keep the hot, sticky syrup from dripping on your hands. It's hard to wait to taste, but let it cool just a bit first!

Nutrition Facts

Serving Size 8 pieces (66g)	
Servings Per Container 10	
Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 420mg	17%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 3g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	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	

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Cinnamon Biscuits

Hot and ready in just minutes!



Level: Medium

Makes: 10

Kids' Tool Kit

baking sheet
2 small bowls
measuring spoons
spatula



Ingredients:

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 tablespoons margarine
- 1 tube (7.5 ounces) canned biscuits



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees and lightly coat a baking sheet with cooking spray.
2. Combine sugar and cinnamon in a small bowl and set aside.
3. Melt margarine in a small bowl in microwave.
4. Dip the top of each biscuit in margarine, then in sugar and cinnamon mixture.
5. Place each biscuit, cinnamon side up, on baking sheet and bake for 8 to 10 minutes.

Chef's Choice

Cinnamon Biscuits
Fruit Cocktail
Low fat milk



Helpful Hints: Breakfast is probably the biggest back-to-school boost a student can get - and that goes for the whole family. Serve these biscuits with some fruit and a glass of milk to begin the day just right. Cinnamon Biscuits pack well if breakfast needs to be on the go!



Safety Tip: Be sure to use a dry hot pad to remove the baking sheet from the oven and a spatula to remove the hot biscuits. Let them cool just a bit before tasting to avoid burning fingers and mouths!

Nutrition Facts

Serving Size 1 biscuit (28g)
Servings Per Container 10

Amount Per Serving		Calories from Fat 25
Calories 90		
% Daily Value*		
Total Fat 2.5g		4%
Saturated Fat 0.5g		3%
Cholesterol 0mg		0%
Sodium 180mg		8%
Total Carbohydrate 14g		5%
Dietary Fiber 0g		0%
Sugars 4g		
Protein 2g		
Vitamin A 2%	•	Vitamin C 0%
Calcium 0%	•	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.

Cinnamon Chips

Snacks made healthy!



Level: Medium

Servings: 4

Kids' Tool Kit

Kitchen scissors or
pizza wheel
Baking sheet
Hot pads
Cooking spray
Spatula

Ingredients:

4 flour tortillas (6- to 8-inch size)
¼ cup sugar
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



1. Preheat oven to 350 degrees.
2. Cut each tortilla into 8 strips.
3. Spray baking sheet with cooking spray and place tortilla strips on baking sheet.
4. Spray tortilla strips lightly with cooking spray.
5. Combine sugar and cinnamon in small mixing bowl and sprinkle lightly on tortilla strips.
6. Bake 7 to 10 minutes or until lightly brown.

Chef's Choice

Cinnamon Chips
Fruit Salsa
Low fat milk

Nutrition Facts

Serving Size 1 tortilla (8 strips) (62g)
Servings Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
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



Helpful Hints: A good way to add more whole grains in our diet is to use whole wheat tortillas for this recipe. When cutting tortillas into strips, try using a pizza wheel or kitchen scissors instead of a knife. To sprinkle on the cinnamon and sugar mixture, combine ingredients in an empty, clean spice container or salt shaker to make the job easier for young cooks.



Safety Tips: This is an easy recipe to prepare, but young children need adult supervision when taking the baking sheet from the oven. Use a dry hot pad and have a spot on the countertop ready to set the hot baking sheet.

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.

Egg-Me-On Sunrise Sandwich

Quicker than the drive-through!



Level: Medium

Makes: 4 halves

Kids' Tool Kit

Baking pan
Foil
Cooking spray
Glass measuring cup
Fork
Measuring spoons
Small bowl
Spatula

Chef's Choice

Egg-Me-On
Sunrise Sandwich
Slice of ham
Orange juice
Low fat milk

Ingredients:

2 whole wheat or white English muffins
2 eggs
4 tablespoons shredded cheddar cheese
1/8 teaspoon salt
1/8 teaspoon pepper



Directions:

Remember to wash your hands!

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with foil and lightly coat with cooking spray.
3. Open English muffins and place "inside-up" on baking sheet.
4. In a glass measuring cup, beat eggs, cheese, salt and pepper with fork until well blended.
5. Slowly pour egg mixture onto each English muffin half, keeping as much as possible on the muffins.
6. Bake 10 to 12 minutes or until egg mixture is no longer runny and cheese is melted. Serve open-face or as a sandwich.



Helpful Hints: Individualize these to fit your family! Add thyme, dill, cumin, diced onion or green pepper to the egg mixture or cooked sausage, ham or bacon to the sandwich. Made-to-order, these are just the way kids like 'em.

Kids can do the math to increase the servings in this easy recipe. For each sandwich you need 1 English muffin, 1 egg, 2 tablespoons cheese and a little seasoning.

A glass measuring cup works great to combine the egg mixture because you have a "pouring spout" for the next step. Slowly pour the egg mixture over the English muffins and let it soak in before adding more. If some of the mixture runs over the edges, don't worry, it will still taste great!

If you have a block of cheese, use a potato peeler to safely "shred" cheese. Kids will think this is fun!

Let these bake while you are getting ready for school or work, and then eat a hot breakfast before you head out the door. In a real hurry? Put two halves together to make a breakfast sandwich, wrap in foil and head out the door with a "to-go" hearty treat!

Breakfast is the most important meal of the day, and this sandwich gives kids the boost they need to do their best in school. Each serving is packed with protein, carbohydrates, calcium and iron to start the day off right!



Safety Tips in the Kitchen: Remember to wash your hands after breaking the eggs into the cup and again if you get any egg on your hands while topping the English muffin. If Salmonella is contained in the egg, it's easily spread to your hands, other foods, counters and clean dishes. Hand washing with hot, soapy water is a must! Bake the egg until the white and yolk are completely set for safety's sake.

Hot, hot, hot! Have a dry hot pad ready to take the baking pan from the oven. Use a spatula to remove the sandwiches from the baking pan, and let them cool for a minute or two before the first bite!

Remember to turn off the oven as soon as the English muffins are done!

Nutrition Facts

Serving Size 1/2 sandwich (65g)
Servings Per Container 4

Amount Per Serving
Calories 130 Calories from Fat 50

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2.5g 12%

Cholesterol 115mg 38%

Sodium 360mg 15%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 9%

Sugars 3g

Protein 8g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • 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 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Food Group Funny Face

A snack with a personality!



Level: Easy

Makes: 1

Kids' Tool Kit

Measuring spoon
Knife
Grater

Chef's Choice

Food Group Funny
Face
Low fat milk

Ingredients:

- 1 tablespoon peanut butter
- 1 large cracker
(graham cracker, saltine or whole grain)
- 1 tablespoon shredded cheddar cheese
- 3 or 4 raisins
- 2 large green peas
- 1 grape, cut in half



Directions:

Remember to wash your hands!

1. Spread peanut butter on cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.



Helpful Hints: The Food Guide Pyramid shows how to make food choices for a healthy diet. Adults and kids from age 2 years can follow this plan and have lots of variety in what they eat.

Five different food groups are in the Food Guide Pyramid, and each is represented in this snack. The cracker belongs in the grain group at the base of the pyramid. Complex carbohydrates in this group are packed with lots of energy. The peas are in the vegetable group, and raisins and grapes are in the fruit group. Both food groups provide vitamins, minerals and fiber. Cheese has lots of calcium and fits in the milk group. Peanut butter gives us protein from the meat group. It takes a variety of food to have a balanced diet.



Safety Tip: When you cough or sneeze, cover your mouth and turn away from food and other people. The next step is to wash your hands with soap and water to get rid of germs that can make us, or others around us, sick.

This snack is intended for children over age two. Do not serve to younger children who may choke.

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

Nutrition Facts

Serving Size 1 cracker (31g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	16%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
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.

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

Ingredients:

1 egg
1/3 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.

Chef's Choice

French Toast
Crisp bacon slice
Orange juice



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.

French Toast Sticks

For breakfast in a hurry, you can't beat our French toast sticks!



Level: Easy

Serves 4

Kids' Tool Kit

Knife
Cutting board
Baking sheet
Mixing bowl
Fork
Measuring spoon
Hot pad



Chef's Choice

French Toast Sticks
Applesauce
Milk

Ingredients:

4 slices whole wheat bread
2 eggs
2 tablespoons milk
Powdered sugar and cinnamon for topping



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Spray a baking sheet with cooking spray and set aside.
3. Cut each slice of bread into four strips lengthwise. You'll have 16 strips in all.
4. In a small bowl, combine eggs and milk; beat with a fork until frothy.
5. Dip each "stick" of bread in egg mixture and place on baking sheet.
6. Bake for 12 minutes until brown.
7. Sprinkle lightly with powdered sugar and cinnamon.



Nutrition Facts

Serving Size 4 sticks (61g)
Servings Per Container 4

Amount Per Serving

Calories 110 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 6%

Cholesterol 105mg 36%

Sodium 180mg 8%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 8%

Sugars 2g

Protein 6g

Vitamin A 4% • Vitamin C 0%

Calcium 4% • 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



Helpful Hints: Sprinkle powdered sugar and cinnamon on these French toast sticks and they are ready to eat! For a special treat, you may want to dip yours in applesauce. Add a glass of milk and breakfast is ready.



Safety Tip: Be sure your French toast sticks are thoroughly cooked when you take them from the oven. Look for a golden, dry appearance on the sticks. If they are still shiny, bake them a minute or two longer until the egg is completely cooked. Wash your hands after you handle raw eggs. This way the germs that might be on the eggs can't make you sick.

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.

Fruit Basket Upset

Kids will love this action - fold, chop, bake!



Level: Medium

Serves 8

Kids' Tool Kit

9X13-inch

pan

Can opener

Small bowl

Measuring cups

Measuring spoons

Dough scraper

Rubber spatula

Small dish

Strainer



Ingredients:

1 pound frozen dough, thawed

1 egg

1/2 cup sugar

2 teaspoons cinnamon

1/2 cup raisins, soaked and drained

1 cup fruit cocktail, drained



Directions:

Remember to wash your hands!

1. Place dough in greased 9X13-inch baking pan. Flatten by hand, covering bottom of pan.
2. Combine egg, sugar, cinnamon, raisins and fruit in a small bowl.
3. Place fruit mixture in center of dough. Fold four corners to center over dough. Using a scraper or spatula, chop dough until fruit filling is blended into dough. (Mixture will be rough and messy.) Spread evenly in pan.
4. Cover; let rise until dough is double in size.
5. Preheat oven to 375 degrees.
6. Bake for 18 to 20 minutes or until golden brown.

Chef's Choice

Fruit Basket Upset
Milk

Nutrition Facts

Serving Size (118g)

Servings Per Container 8

Amount Per Serving

Calories 270 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0g 0%

Cholesterol 25mg 9%

Sodium 330mg 14%

Total Carbohydrate 56g 19%

Dietary Fiber 3g 14%

Sugars 25g

Protein 7g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • 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



Helpful Hints: This recipe is a lot of fun to make and amazes new and experienced cooks. As you chop up the dough and mix in the fruit, the recipe doesn't look quite right. But it comes out of the oven looking great, smelling delicious, and tasting wonderful!



Safety Tip: The egg in this recipe is combined with sugar, allowing the mixture to safely sit at room temperature until the dough is double in size. Be sure to let the bread cool before sampling - the fruit and syrup hold heat and could burn if tasted right out of the oven.

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.

Homemade Tortillas

Yummy with just a little honey!

Level: Medium

Serves 6



Ingredients:

- 1 cup flour
- 1 tablespoon shortening
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/3 cup warm milk



Directions:

Remember to wash your hands!

1. In a medium-size bowl, mix flour, shortening, salt and baking powder until it crumbles. Slowly add milk and stir until ingredients are combined.
2. Knead dough on an unfloured surface to form a soft ball.
3. Divide dough into 6 pieces and roll or pat each into a thin, flat circle.
4. Place one tortilla at a time on an ungreased skillet or griddle over medium-high heat and cook each side for 1 to 2 minutes.
5. Serve warm with butter or honey.



Helpful Hints: Homemade flour tortillas require just a few ingredients, they are easy to roll out and cost just pennies to make. There are many fillings you can add such as beans, peppers, corn, rice and cheese to make a meal - or - tortillas are also good eaten hot with honey as a snack. One tortilla counts as a serving from the grain group and supplies your body with complex carbohydrates which is your body's best energy source.



Safety Tip: Remember to turn the handle on the skillet or griddle inward and away from the edge of the stove. If a hot skillet or pan would accidentally get knocked down or if a small child would grab the handle, it could really cause a burn.

Kids' Tool Kit

- Mixing bowl
- Fork and spoon
- Measuring spoons
- Measuring cups for liquid and dry
- Rolling pin
- Skillet or griddle
- Spatula

Chef's Choice

- Homemade Tortilla
- Honey
- Apple slices

Nutrition Facts

Serving Size 1 tortilla (37g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1 gram	2%
Sugars 1g	
Protein 3g	
Vitamin A 0%	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	

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.

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.

	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.

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.

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 $\frac{1}{4}$ 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.

	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.

Munchin' Muffins

Apples make 'em moist!



Level: Medium

Makes: 12

Kids' Tool Kit

Large mixing bowl
Medium mixing bowl
Measuring cups
Measuring spoons
Cutting board
Knife
Cooking spray or Muffin liners
Spoon
Cookie scoop
Muffin pan

Chef's Choice
Munchin' Muffins
Orange juice
Low fat milk

Nutrition Facts

Serving Size 1 muffin (63g)	
Servings Per Container 12	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Cholesterol 20mg	6%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
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	

Ingredients:

2 cups whole wheat flour
1 tablespoon baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
3/4 cup low fat milk
1 egg
1/4 cup vegetable oil
1/4 cup honey
1 cup diced apple



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees F.
2. Lightly spray muffin tin with cooking spray or use paper liners.
3. In a large bowl, combine dry ingredients.
4. In a medium bowl, combine remaining ingredients.
5. Add milk mixture to dry ingredients and stir just until dry ingredients are moist. Batter will be lumpy.
6. Fill muffin pans 2/3 full, using a cookie scoop or spoon.
7. Bake 12 large muffins 18 to 20 minutes or 26 mini muffins 12 to 15 minutes or until lightly brown. Remove from muffin pan to cool.



Helpful Hints: Muffins are a quick bread and are supposed to be light when you lift them in your hand! On the outside, their tops are slightly rounded and bumpy. If you mix the batter too much, you will have small, tough muffins that are pointed on top with tunnels or long holes instead of small air holes. Just stir until the flour is moistened and if there are some lumps, that's OK!

Do you know why the recipe calls for baking powder? Recipes for waffles, quick breads and muffins call for baking powder because it contains some acid and some soda. When liquid is added, like milk in this recipe, the acid and the soda work together to form carbon dioxide gas that helps make the batter light. It's a mini-science experiment in each muffin!

A small ice cream or cookie scoop works great to fill muffin pans with less mess.

Munchin' Muffins don't even need butter - try just a taste of honey! What a great way to start the day. Breakfast eaters do better in school and have more energy after eating breakfast! If you have any muffins left, tightly wrap with plastic wrap or plastic bags for a great after-school snack.

White flour can be used to make these muffins too, but whole wheat flour adds a nice nutty flavor and additional nutrients and fiber. To make whole wheat flour, the whole kernel of wheat- the endosperm, bran and germ - is ground to make flour that has a light brown color.

When buying whole wheat bread, make sure the label says "100% whole wheat" or check the ingredient list to see that the bread is mainly whole wheat flour.



Safety Tips in the Kitchen: Wash your hands with soap any time you touch raw egg.

Pull out the oven rack and use thick, dry hot pads to grab the muffin pan from the hot oven. Have a dry, heat-proof surface ready for the hot pan. Loosen each muffin with a table knife and lift from the muffin pan with a fork, being careful not to burn your hands. It's OK to ask an adult to help! Don't forget to turn off the oven.



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.

Perfect Pumpkin Pancakes

Pumpkin - it's not just for pies anymore!



Level: Easy

1 Dozen 3 1/2" Pancakes

Kids' Tool Kit

Mixing bowls
Measuring spoons
Measuring cups
Can opener
Spoon
Griddle or skillet
Spatula

Ingredients:

2 cups flour
2 tablespoons brown sugar
1 tablespoon baking powder
1 1/4 teaspoons pumpkin pie spice
1 teaspoon salt
1 egg
1/2 cup canned pumpkin
1 3/4 cups low fat milk
2 tablespoons vegetable oil



Directions:

Remember to wash your hands!

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

Chef's Choice

Pumpkin Pancakes
Sausage patty
Pear slices
Milk

Nutrition Facts

Serving Size 2 pancakes (155g)
Servings Per Container 1 dozen 3 1/2" pancakes

Amount Per Serving		Calories from Fat 60
		% Daily Value*
Calories	260	
Total Fat	6g	10%
Saturated Fat	1g	4%
Cholesterol	35mg	12%
Sodium	690mg	29%
Total Carbohydrate	43g	14%
Dietary Fiber	2g	7%
Sugars	10g	
Protein	8g	

Vitamin A 90% • Vitamin C 2%
Calcium 25% • 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



Helpful Hints: If you don't have pumpkin pie spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.



Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook! Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

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.

Pretzel Shapes


Breadmaking with a twist!



Level: Medium

Serves 12

Kids' Tool Kit

Mixing bowls,
small and large 
Measuring cups
Measuring spoons
Baking sheet
Wooden spoon
Scissors
Thermometer
Knife

Chef's Choice

Pretzel Shapes
Apple slices
Milk

Nutrition Facts

Serving Size 1 pretzel (16g)	
Servings Per Container 12	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber less than 1 gram	2%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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	

Ingredients:

- 1 package yeast (2 1/4 teaspoons)
- 1/2 cup warm water (105-115 degrees)
- 1 teaspoon honey
- 1 1/3 cups flour
- 1 teaspoon salt



Directions:

Remember to wash your hands!

1. Preheat oven to 425 degrees.
2. In a small bowl, dissolve yeast in warm water, add honey and let set for a few minutes.
3. In a large mixing bowl, measure flour and salt.
4. Add yeast mixture to flour mixture and stir until ingredients are combined. Dough will be crumbly and flaky.
5. Knead dough on countertop or dough board until it forms a smooth ball. Add a little flour if dough is sticky.
6. Divide dough into 12 pieces about the size of a walnut. Roll each ball into a snake and then make a pretzel, letter or other fun shape.
7. Place pretzels on a baking sheet lightly coated with cooking spray. Bake for 10 to 12 minutes or until golden brown.



Helpful Hints: Although bread is really easy to make, here are tips that will assure success.

Tip #1 Be sure your water is just warm, not hot. If you want to use your thermometer, you can, water should be no hotter than 115 degrees. If the water is too hot, it will kill the yeast. So just a nice, warm water temp works best.

Tip #2 Add flour a little at a time, if needed, to keep dough from sticking.



Safety Tip: Before you begin, make sure your countertop is clean. A good way to do this is to sanitize the counter by mixing 2 teaspoons bleach in a quart of water. You can put this mixture in a spray bottle for easy cleaning. Be sure to use a paper towel or clean dishcloth to clean before and after working with food.

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.

Pumpkin Party Muffins

Tastes great anytime of year!



Level: Medium

Makes: 12

Kids' Tool Kit

Muffin pans
Cooking spray
Hot pads
Large and medium bowl
Spoon
Cookie scoop
Rubber spatula
Measuring spoons
Measuring cups
Wire rack

Chef's Choice

Pumpkin Party Muffins
Low fat milk

Ingredients:

2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ teaspoon pumpkin pie spice
1 cup canned pumpkin
½ cup sugar
⅓ cup low fat milk
¼ cup vegetable oil
1 large egg
½ teaspoon grated orange peel
½ cup raisins



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Spray muffin pan cups or use paper liners.
3. In a large bowl, combine flour, baking powder, baking soda, salt and pie spice. In another bowl, whisk pumpkin, sugar, milk, oil, egg, orange peel until smooth. Add raisins.
4. Stir pumpkin mixture into dry ingredients just until combined.
5. Spoon into prepared pans and bake 20 minutes or until done.
6. Remove from pan and cool on wire rack.



Helpful Hints: Teach kids an easy way to fill muffin cups. Using a cookie scoop or ice cream scoop is less messy. For variety, use a mini-muffin tin. This recipe will make about 36 mini-muffins, and they need to bake for about 10 minutes.



Safety Tips: This recipe contains a raw egg. Remember to explain to kids that raw eggs can make us sick. This is especially true for young children - so no licking the bowl or spoon! Wait until cupcakes are baked before sampling!

Nutrition Facts

Serving Size 1 muffin (71g)	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	6%
Sugars 13g	
Protein 3g	
Vitamin A 60%	Vitamin C 2%
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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Pumpkin, Pumpkin* by Jeanne Titherington. 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Snack Pizza

Now in delicious bite-size!

Serves 10



Level: Easy

Ingredients:

- 12-ounce can flaky refrigerator biscuits
- 1/3 cup tomato sauce
- 1 teaspoon oregano
- 1/2 small onion, chopped
- 1/2 cup shredded cheese (any kind)



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Pat each biscuit into a 4-inch circle on a greased baking sheet.
3. Mix tomato sauce and oregano, and spoon about 1 1/2 teaspoons of mixture on each biscuit circle.
4. Sprinkle onions and cheese over tomato sauce.
5. Bake for 15 minutes or until crust is lightly browned.
6. Refrigerate or freeze extra pizzas.



Helpful Hints: Be sure to always wash your hands before starting any cooking activity. Make sure your kitchen equipment is also clean.

Onion adds flavor to many foods and is easy to keep on hand. Use a cutting board when chopping an onion.

Sliced, shredded or block cheese will work in this recipe. If you have sliced cheese, just cut the slices into strips and place over sauce.

Oregano is an herb that is often used in Italian food. It may be in dried or fresh leaf form. Some cooks like to grow it in a garden or windowsill box to keep fresh herbs on hand!



Safety Tip: Use dry potholder to remove hot pans from oven. A damp potholder will conduct heat very rapidly and cause burns.

Chopping is an activity appropriate for children capable of using a knife safely. Young children can pat the pizza dough, add the sauce, toppings and enjoy. They will need parental help in chopping the onion and removing the pizzas from the oven.

Kids' Tool Kit

- Measuring cups
- Measuring spoons
- Baking sheet
- Knife
- Cutting board
- Grater
- Hot pad
- Mixing bowl
- Spatula



Chef's Choice

- Snack Pizza
- Chocolate Pudding
- Milk

Nutrition Facts

Serving Size 1 pizza (54g)
Servings Per Container 10

Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 4g	

Vitamin A 4% • Vitamin C 2%
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 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.



True Blue-riffic Pancakes

Blueberries add color and flavor!



Level: Medium

Makes: 12 to 14, 3-inch pancakes

Kids' Tool Kit

2 mixing bowls
Measuring cups
Measuring spoons
Rubber spatula
Griddle or electric skillet
Spatula
Spoon

Ingredients:

1/2 cup all-purpose flour
1/2 cup whole-wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 tablespoon vegetable oil
1 egg
1 cup plain yogurt
1/2 cup soy milk or low fat milk
3/4 cup blueberries



Chef's Choice

True Blue-riffic
Pancakes
Sausage link
Orange juice
Low fat milk



Directions:

Remember to wash your hands!

1. In a large mixing bowl, combine flours, baking powder and baking soda.
2. In another mixing bowl, mix together oil, egg, yogurt and milk. Add yogurt mixture to flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick.
3. Fold in blueberries.
4. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto hot griddle to make 4 pancakes.
5. When bubbles appear, flip pancakes and cook until done.

Nutrition Facts

Serving Size 2 pancakes (109g)
Servings Per Container 6

Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	4%
Cholesterol 40mg	13%
Sodium 260mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 7g	
Vitamin A 4%	Vitamin C 4%
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



Helpful Hints: You can be sure your griddle or skillet is hot enough for pancakes by sprinkling a few drops (3 or 4) of water on the surface. If they dance and sizzle, you are ready to cook!

If blueberries are in season, use fresh berries in the pancakes. In wintertime, keep a package of frozen blueberries in your freezer to add great color, flavor and nutrition to your meal.

Did you know pancakes aren't just for breakfast? Try serving this typical breakfast food for supper and add see what the kids think.



Safety Tips: Remember to wash your hands after adding the raw egg to the batter.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe.

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.

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Tuna Salad Sandwich

The whole family will hum to the "tuna" this easy-to-make sandwich!

 Level: Easy

Serves 3-4

Kids' Tool Kit

Can opener
Measuring spoons
Knife
Cutting board
Mixing bowl
Rubber spatula
Strainer

Ingredients:

1 (3-ounce) can tuna, packed in water, drained
2 tablespoons mayonnaise
Pita or pocket bread, whole wheat bread, bagel or bun



Directions:

Remember to wash your hands!

1. Combine tuna and mayonnaise in a small bowl.
2. Add variations of your choice.

Chef's Choice

Tuna Salad Sandwich
Applesauce
Carrot/celery sticks
Milk

Variations:

- 1 tablespoon chopped sweet or dill pickle
- 2 tablespoon chopped celery
- 1 chopped hard-cooked egg, plus 1 tablespoon more mayonnaise

Helpful Hints: Pita or pocket bread, whole wheat bread, crackers, bagels or a hotdog bun can "hold" the filling! This sandwich can be served cold or heated on a bun in the oven.



Nutrition Facts

Amount Per Serving		Calories 170		Calories from Fat 35	
		% Daily Value*			
Total Fat	4g			6%	
Saturated Fat	0.5g			3%	
Cholesterol	10mg			4%	
Sodium	370mg			15%	
Total Carbohydrate	23g			8%	
Dietary Fiber	less than 1 gram			3%	
Sugars	2g				
Protein	11g				
Vitamin A	0%				Vitamin C 0%
Calcium	4%				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					



Safety Tip: To keep this sandwich filling cold, it is a good idea to start with cold ingredients. Place an unopened can of tuna in the refrigerator overnight before you make this recipe. Your sandwich filling will be cold, safe and delicious!

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.

Tuna Twists

Wraps or spirals take a turn!

Makes: 4 wraps

Level: Easy



Ingredients:

- 1 (6-ounce) can water-packed light tuna
- 1/2 cup diced apple
- 1 tablespoon lemon juice
- 1/4 cup light or fat-free salad dressing
- 1/3 cup diced celery
- 1/4 cup chopped pecans
- 4 lettuce leaves
- 4 taco-size (8 1/2-inch) whole wheat tortillas



Kids' Tool Kit

- Can opener
- Knife
- Cutting board
- Spoon
- Mixing bowl
- Measuring spoon
- Measuring cups

Chef's Choice

- Tuna Twists
- Carrot sticks
- Bar cookie
- Low fat milk or 100% juice box



Directions:

Remember to wash your hands!

1. Drain water from canned tuna and place in mixing bowl.
2. Combine apple and lemon juice in small bowl.
3. Add salad dressing, celery, pecans and apples to tuna and combine.
4. Place lettuce leaf on each tortilla, spread with 1/4 of the tuna mixture and roll up. Slice into 3 pieces if desired. Wrap and keep in refrigerator until serving time.



Helpful Hints: Put the can of tuna in the refrigerator the night before making the sandwiches so ingredients are cold. The lemon juice keeps the diced apple from turning brown and adds a nice tart flavor.

To save time, dice the celery, chop the nuts and wash the lettuce the night before.

Canned tuna is pre-cooked tuna that's packaged in water or oil. It comes in three grades. The top grade is called "fancy" or "solid." The medium grade is called "chunk" and lowest grade is called "grated" or "flaked." The difference is in the price. Choose water-packed for fewer calories.

Tuna Twists are kid-friendly because kids can choose the "parts." Canned chicken instead of tuna; whole wheat bread, bagels or crackers can hold the filling; and different fruits or vegetables add the crunch!



Safety Tips in the Kitchen: Rinse lettuce, apple and celery under cold running water to wash off dirt and germs. Use a clean cutting board for dicing.

Wash the tuna can lid before opening. It's handy to use the lid for draining the water from the tuna, but be sure it is clean first!

Keep cold foods cold. Tuna Twists can be made the night before, wrapped in plastic wrap and kept in the refrigerator to be packed in a lunch. Use a frozen juice box to keep it cold. For a picnic, pack the sandwich filling in a plastic container on ice and take the tortillas "to-go!" Roll 'em up after a hike to your favorite picnic spot.

Nutrition Facts

Serving Size 1 wrap (138g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 0.5g	3%
Cholesterol 15mg	4%
Sodium 450mg	19%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 15g	
Vitamin A 6%	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	

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.

Waffle-Wiches

A fun way to grill sandwiches



Level: Easy

Makes: 4

Ingredients:

- 1/4 cup low fat salad dressing
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 4 thin slices cheddar, Colby, Swiss or mozzarella cheese
- 4 slices (about 1/4 pound) deli turkey, ham or roast beef
- 8 slices whole wheat sandwich bread



Kids' Tool Kit

- Mixing bowl
- Measuring spoon
- Measuring cup
- Spoon
- Waffle iron or griddle
- Cooking spray
- Spatula
- Fork
- Knife

Chef's Choice

- Waffle-Wiches
- Apple slices
- Carrot sticks
- Chocolate oatmeal cookie
- Low fat milk



Directions:

Remember to wash your hands!

1. Spray waffle iron with cooking spray and heat.
2. Combine salad dressing, mustard and honey in a small bowl.
3. Spread dressing on one side of each slice of bread.
4. Divide meat and cheese and place on dressing side of bread to make 4 sandwiches.
5. Place 1 sandwich in the middle of heated waffle iron.
6. Bake for 2 to 3 minutes or until sandwich is golden brown and cheese is melted.
7. Repeat with other sandwiches.



Helpful Hints: Don't have a waffle iron? Use a griddle or skillet to toast the bread and melt the cheese. Heat the griddle on medium heat and watch carefully so the bread is evenly toasted on both sides.

Cut the Waffle-Wiches into strips for easy dipping in ketchup or sauce.

Read the bread label to make sure it says "100% whole wheat bread" for extra fiber and wholesome ingredients. Other words like "wheat" or "cracked wheat" do not mean the same as 100% whole wheat bread.

Try different combinations of meat, cheese, sauces and bread. It's a great way to use left-overs!



Safety Tips in the Kitchen: Electrical appliances need special attention. Keep small appliances unplugged when not in use. Don't let the waffle iron sit in spilled liquids and never use wet hands to plug it in. Water and electricity can cause a shock. If the waffle iron falls into the sink, DO NOT reach in to get it! Call for help.

If you have long hair, keep it tied back. Never wear loose or baggy clothing while cooking. Hair and clothes can catch on fire or get caught on handles.

Wear clean clothes, free of dirt, food and bacteria that can contaminate food.

Wear an apron or clean T-shirt to cover your clothes while cooking.

Nutrition Facts

Serving Size 1 sandwich (116g)
Servings Per Container 4

Amount Per Serving

Calories 240 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 8%

Cholesterol 15mg 5%

Sodium 740mg 31%

Total Carbohydrate 30g 10%

Dietary Fiber 2g 8%

Sugars 8g

Protein 15g

Vitamin A 2% • Vitamin C 0%

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 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.

DESSERTS

Banana Jungle Pops

Frozen bananas on a stick!



Level: Easy

Makes: 12

Kids' Tool Kit

Knife
Cutting board
Baking sheet
Measuring cups
Measuring spoons
Rolling pin
Tall narrow glass
Wooden skewers
Wooden spoon
Waxed paper

Chef's Choice

Banana Jungle Pops
Low fat milk

Ingredients:

6 whole bananas
3/4 cup peanut butter (creamy or chunky)
3/4 cup chocolate chips
2 tablespoons vegetable oil
2 cups crushed crisp rice cereal



Directions:

Remember to wash your hands!

1. Peel and cut bananas in half, crosswise. Insert wooden skewer or popsicle stick in cut ends. On a baking sheet lined with waxed paper, place bananas and freeze until firm, or about 2 hours.
2. Melt peanut butter, chips and oil in a tall, narrow glass in microwave 1 to 2 minutes, stirring after each minute of cooking. Spread crushed cereal on waxed paper.
3. Dip each frozen banana in chocolate mixture, coating evenly. Immediately roll in crushed cereal. Freeze again about 30 minutes before eating. For longer storage, wrap each banana in aluminum foil.



Helpful Hints: If you don't have a microwave, melt peanut butter, chips and oil in a heavy saucepan over low heat, stirring frequently, so the mixture does not burn.

An easy way to crush the cereal is to put it in a zip-type plastic bag and let kids either crush it with their hands or use a rolling pin.



Safety Tips: The melted chocolate mixture is hot, so instruct kids to use a dry hot pad to remove it from the microwave or stovetop. It's hard for small hands to hold the glass with one hand and dip the banana with other hand. Encourage working in pairs while dipping the banana and rolling in cereal.

Nutrition Facts

Amount Per Serving	
Serving Size 1 (102g)	
Servings Per Container 12	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4g	19%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	13%
Sugars 20g	
Protein 6g	
Vitamin A 2%	• Vitamin C 10%
Calcium 2%	• 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 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	

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.

Biscuit Bubble Bread

These little biscuits are finger-licking good!

Serves 10



Level: Medium

Ingredients:


- 1/2 cup sugar
- 1 teaspoon cinnamon
- 2 tubes (7.5 ounce) canned biscuits

Topping:

- 4 tablespoons margarine, melted
- 1 teaspoon water
- 1/3 cup brown sugar
- 1 teaspoon cinnamon



Kids' Tool Kit

- Measuring cups 
- Measuring spoons
- Zip-type bag
- Scissors or pizza cutter
- Cutting board
- 9x9-inch pan
- Mixing bowl
- Knife
- Serving plater or baking sheet

Chef's Choice

- Biscuit Bubble Bread
- Banana
- Milk



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Combine sugar and 1 teaspoon cinnamon in a zip-type bag.
3. Cut each biscuit into 4 pieces and add to sugar mixture in bag. Shake to coat well.
4. Lightly coat a 9x9-inch pan with cooking spray and place biscuits in pan.
5. In a mixing bowl, combine topping ingredients and pour over biscuits.
6. Bake 18 to 20 minutes, until golden brown.
7. Remove from oven and let cool.
8. Cover top of pan with a large platter and flip the bread over to serve.



Helpful Hints: Buy canned biscuits when they are on sale and use them to make this simple bubble bread for breakfast or a snack. There are as many names for this bread as there are ingredients you can add. For special occasions, add maraschino cherries, nuts or raisins. Similar recipes recommend using a bundt pan but if you don't have one, try using a square pan like we did!



Safety Tip: The butter and sugar topping that is poured over the bread makes a wonderful glaze for the biscuits, but it could also burn your fingers or your tongue! Carefully flip the bread over and keep the hot, sticky syrup from dripping on your hands. It's hard to wait to taste, but let it cool just a bit first!

Nutrition Facts

Serving Size 8 pieces (66g)	
Servings Per Container 10	
Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 420mg	17%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 3g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	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 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.

Bread Pudding

Dessert with a definite fall flavor.



Level: Easy

Serves 8

Kids' Tool Kit

Mixing bowl
Whisk or fork
Measuring cups
Measuring spoons
Knife
Cutting board
Casserole dish
Hot pad



Ingredients:

2 eggs, slightly beaten
2 1/4 cups milk
1/2 cup sugar
1 1/2 teaspoons ground cinnamon
5 cups (8 ounces) of French or other firm bread cut into 1/2-inch to 3/4-inch cubes



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. In a large bowl mix eggs, milk, sugar and cinnamon with wire whisk or fork until well blended.
3. Stir in bread cubes.
4. Pour into ungreased 1 1/2-quart casserole dish.
5. Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge of casserole dish comes out clean.

Chef's Choice

Bread Pudding
Milk

Nutrition Facts

Serving Size 1/2 cup (116g)
Servings Per Container 8

Amount Per Serving		
Calories	160	Calories from Fat 30
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1.5g	7%
Cholesterol	60mg	19%
Sodium	170mg	7%
Total Carbohydrate	27g	9%
Dietary Fiber	less than 1 gram	3%
Sugars	16g	
Protein	6g	

Vitamin A 4% • Vitamin C 2%
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



Helpful Hints: Dried fruit makes a great addition to bread pudding. Raisins are often added to bread pudding recipes, but other fruits would taste great, too. Dried cranberries or diced apples are possibilities, or you can make bread pudding by starting with raisin bread. It's delicious!



Safety Tip: Be sure to store any leftover bread pudding in the refrigerator. It's important to keep it cold to prevent you and your family from getting sick. Leftovers can be warmed in the microwave before eating, if desired.

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.

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.

Breakfast Bars

Try these tasty bars for breakfast or for a snack!

 Level: Easy

Serves 16

Kids' Tool Kit

9X9-inch pan
Large mixing bowl
Measuring cups
Measuring spoons
Rubber spatula
Wooden spoon
Knife



Ingredients:

6 tablespoons margarine
3 cups miniature marshmallows
1/2 cup peanut butter
1/2 cup nonfat dry milk
1/4 teaspoon cinnamon
1 cup raisins
4 cups ready-to-eat oat cereal circles



Directions:

Remember to wash your hands!

1. Spray a square pan, 9"x9"x2"-pan with cooking spray.
2. In microwave, melt margarine in a large microwave-safe bowl at high power for 45 seconds to 1 minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave on high power for 1 to 1 1/2 minutes, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Chef's Choice

Breakfast Bars
Apple slices
Milk

Nutrition Facts

Serving Size 1 bar (45g)
Servings Per Container 16 bars

Amount Per Serving	
Calories	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1.5g	9%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	6%
Sugars 16g	
Protein 6g	
Vitamin A 10%	Vitamin C 6%
Calcium 10%	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



Helpful Hints: Breakfast has been proven to be the most important meal of the day, and this tasty bar features four different food groups! The dry milk adds a secret nutritional ingredient— calcium, to help make strong bones. These bars are easy to make, make great snacks, and they pack well.



Safety Tip: If young hands find the mixture too warm to press out, try slipping plastic bags over their hands before pressing the mixture. The ingredients won't stick, and the mixture can be pressed while still warm.

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.

Chewy Oatmeal Bars

Nutritious and delicious says it all!

Level: Medium

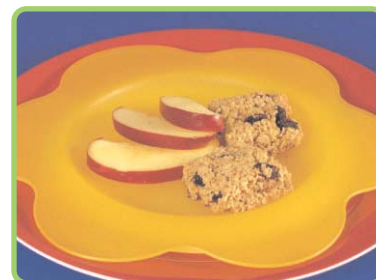
Makes: 16

Kids' Tool Kit

Large mixing bowl
Measuring cups
Measuring spoons
Cooking spray
8x8-inch baking pan
Wooden spoon
Knife

Ingredients:

2 ¼ cups quick oats or long-cooking oats
½ cup flour
½ teaspoon baking soda
½ teaspoon vanilla extract
5 tablespoons margarine, softened
¼ cup honey
¼ cup brown sugar
1 cup raisins



Directions:

Remember to wash your hands!

1. Preheat oven to 325 degrees. Lightly coat an 8x8-inch pan with cooking spray.
2. In a large mixing bowl, combine all ingredients. Stir until well blended.
3. Press mixture into pan and bake 18 to 22 minutes or until golden brown.
4. Cool 10 minutes, then cut into bars. Let bars cool in pan before serving.

Chef's Choice

Chewy Oatmeal Bars
Apple slices
Low fat milk

Nutrition Facts

Serving Size 1 bar (39g)
Servings Per Container 16

Amount Per Serving		
Calories	150	Calories from Fat 40
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	0.5g	4%
Cholesterol	0mg	0%
Sodium	85mg	3%
Total Carbohydrate	26g	9%
Dietary Fiber	2g	7%
Sugars	15g	
Protein	2g	
Vitamin A	4%	Vitamin C 0%
Calcium	2%	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



Helpful Hints: If your family does not like raisins, use any combination of dates, cranberries, miniature chocolate chips, sunflower seeds, chopped nuts or butterscotch chips. You can easily double this recipe using a 9x13-inch baking pan. Doubling a recipe brings school right into the kitchen - let kids do the math! Tightly wrap the cut bars and send along in backpacks for a quick energy snack.



Safety Tip: Remember to use dry hot pads when removing the pan from the oven. This recipe suggests letting the bars cool 10 minutes in the pan and then cutting them into 2x2-inch squares. Leave the bars in the pan to cool completely before serving or storing. Hungry kids at snack time will have a hard time waiting because they smell so good!

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.

Chocolate No-Bake Cookies

Easy enough for beginning chefs!



Level: Easy

Makes: 40

Kids' Tool Kit

Medium

size pan

Knife

Hot pad

Wooden spoon

Measuring spoons

Measuring cups

Tablespoons or

cookie scoop

Wax paper

Baking sheet



Ingredients:

1 1/2 cups sugar

6 tablespoons unsweetened cocoa powder

1/2 cup evaporated milk (canned)

1/4 cup margarine

3 cups quick-cooking rolled oats

1 cup shredded coconut (optional)



Directions:

Remember to wash your hands!

1. In a medium saucepan combine sugar, cocoa, milk and margarine. Cook and stir over medium heat until mixture comes to a boil. Boil for 1 minute, stirring constantly.

2. Remove pan from heat and stir in oats and coconut until well blended.

3. Drop by tablespoons onto a baking sheet lined with wax paper. Refrigerate until firm and store in airtight container.

Chef's Choice

Chocolate No-Bake

Cookies

Banana

Low fat milk



Helpful Hints: This cookie recipe is easy enough for beginning chefs. Have all the ingredients premeasured and ready to add to the pan. Keep stirring the mixture in the pan on the stovetop so the ingredients won't burn. Stir in the oats and coconut, then use 2 tablespoons or a cookie scoop to drop cookies onto a baking sheet lined with wax paper. This makes it easy to put the cookies in the refrigerator to cool.



Safety Tip: Tie back long hair, pull up your sleeves, wash your hands and get ready to cook! Be familiar with the stove top controls and don't reach across a hot burner. When you take the pan off the burner, set it on a hot pad on the counter before adding the oats and coconut. Remember to turn off the burner when done.

Nutrition Facts

Serving Size 1 cookie (19g)
Servings Per Container 40

Amount Per Serving

Calories 70 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 3%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber less than 1 gram 3%

Sugars 8g

Protein 1g

Vitamin A 2% • Vitamin C 0%

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

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.

Cinnamon Biscuits

Hot and ready in just minutes!



Level: Medium

Makes: 10

Kids' Tool Kit

baking sheet
2 small bowls
measuring spoons
spatula



Ingredients:

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 tablespoons margarine
- 1 tube (7.5 ounces) canned biscuits



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees and lightly coat a baking sheet with cooking spray.
2. Combine sugar and cinnamon in a small bowl and set aside.
3. Melt margarine in a small bowl in microwave.
4. Dip the top of each biscuit in margarine, then in sugar and cinnamon mixture.
5. Place each biscuit, cinnamon side up, on baking sheet and bake for 8 to 10 minutes.

Chef's Choice

Cinnamon Biscuits
Fruit Cocktail
Low fat milk



Helpful Hints: Breakfast is probably the biggest back-to-school boost a student can get - and that goes for the whole family. Serve these biscuits with some fruit and a glass of milk to begin the day just right. Cinnamon Biscuits pack well if breakfast needs to be on the go!



Safety Tip: Be sure to use a dry hot pad to remove the baking sheet from the oven and a spatula to remove the hot biscuits. Let them cool just a bit before tasting to avoid burning fingers and mouths!

Nutrition Facts

Serving Size 1 biscuit (28g)
Servings Per Container 10

Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	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.

Crispy Crunchers

A simple no-bake cookie!



Level: Easy

Makes: 30

Kids' Tool Kit

Measuring cups
Rubber spatula
Spoon
Large bowl
Baking sheet or pan
Cookie scoop

Ingredients:

1/2 cup powdered sugar
1/4 cup honey
1/2 cup peanut butter
1 1/2 cups crispy rice cereal
1/2 cup raisins, mini-chocolate chips or
mini-chocolate candies



Directions:

Remember to wash your hands!

Chef's Choice

Crispy Crunchers
Carrot sticks
Low fat milk

1. Line a 9x13-inch pan or baking sheet with wax paper so cookies won't stick.
2. In a large bowl, combine powdered sugar, honey and peanut butter. Stir until well mixed.
3. Stir in cereal, raisins, chips or candies.
4. Using hands or cookie scoop, shape mixture into 1-inch balls. Place on wax paper.
5. Refrigerate 1 hour. Serve right away or place in tightly covered container in refrigerator.

Nutrition Facts

Serving Size 2 cookies (26g)	
Servings Per Container 30	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1 gram	4%
Sugars 13g	
Protein 2g	
Vitamin A 0%	Vitamin C 2%
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	



Helpful Hints: If you spray the measuring cup with cooking spray before measuring honey, it will pour out much easier. Use a cookie scoop to shape the balls if kids don't like getting their fingers messy. Any size or shape cookies are fine. Let kids be creative!



Safety Tips: Until after a baby's first birthday, avoid giving honey or corn syrup in any form. Honey can cause botulism, a severe foodborne illness in babies. For adults and older children, these spores are harmless.

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.

Easy Peach Crisp

Peaches and oats - a great combination!

 Level: Easy

Serves 8

Kids' Tool Kit

Can opener 
8X8-inch glass baking dish
Small dish
Large mixing bowl
Fork
Strainer
Knife
Measuring cups
Measuring spoons

Chef's Choice

Easy Peach Crisp
Milk

Ingredients:

3 cans (16 ounces each) peaches, drained and sliced
1/3 cup margarine
1/3 cup flour
1 cup uncooked oats, quick or old fashioned
1/2 cup brown sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg



Directions:

Remember to wash your hands!

1. Spray an 8-inch square glass baking dish with cooking spray and arrange peaches on bottom.
2. Melt margarine in a small glass dish in microwave for 45 seconds.
3. Mix flour, oats, brown sugar, salt, cinnamon and nutmeg in a bowl. Add margarine and mix until crumbly.
4. Sprinkle mixture over peaches.
5. Microwave uncovered for 7 to 8 minutes.



Helpful Hints: This recipe works well in a regular oven, too. Just preheat the oven to 350 degrees, (325 degrees if you use a glass baking dish) and bake for 22 to 25 minutes, or until golden brown and bubbly.



Safety Tip: Be sure to have a dry, heat-proof surface ready for this dish when it comes from the oven. Water on the stove or counter top can cause a hot glass pan to break! Remind young cooks that even pans in the microwave oven get hot. Use a thick, dry hot pad to remove the crisp from the microwave for cooling.

Nutrition Facts

Serving Size 3/4 cup (209g)
Servings Per Container 8

Amount Per Serving
Calories 290 Calories from Fat 80

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 1.5g **7%**

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 51g **17%**

Dietary Fiber 3g **10%**

Sugars 39g

Protein 4g

Vitamin A 10% • Vitamin C 110%

Calcium 2% • 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 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.

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

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	



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!

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.

Fruit Basket Upset

Kids will love this action - fold, chop, bake!



Level: Medium

Serves 8

Kids' Tool Kit

9X13-inch

pan

Can opener

Small bowl

Measuring cups

Measuring spoons

Dough scraper

Rubber spatula

Small dish

Strainer



Ingredients:

1 pound frozen dough, thawed

1 egg

1/2 cup sugar

2 teaspoons cinnamon

1/2 cup raisins, soaked and drained

1 cup fruit cocktail, drained



Directions:

Remember to wash your hands!

1. Place dough in greased 9X13-inch baking pan. Flatten by hand, covering bottom of pan.
2. Combine egg, sugar, cinnamon, raisins and fruit in a small bowl.
3. Place fruit mixture in center of dough. Fold four corners to center over dough. Using a scraper or spatula, chop dough until fruit filling is blended into dough. (Mixture will be rough and messy.) Spread evenly in pan.
4. Cover; let rise until dough is double in size.
5. Preheat oven to 375 degrees.
6. Bake for 18 to 20 minutes or until golden brown.

Chef's Choice

Fruit Basket Upset
Milk

Nutrition Facts

Serving Size (118g)
Servings Per Container 8

Amount Per Serving

Calories 270 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Cholesterol 25mg **9%**

Sodium 330mg **14%**

Total Carbohydrate 56g **19%**

Dietary Fiber 3g **14%**

Sugars 25g

Protein 7g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • 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 90g

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 recipe is a lot of fun to make and amazes new and experienced cooks. As you chop up the dough and mix in the fruit, the recipe doesn't look quite right. But it comes out of the oven looking great, smelling delicious, and tasting wonderful!



Safety Tip: The egg in this recipe is combined with sugar, allowing the mixture to safely sit at room temperature until the dough is double in size. Be sure to let the bread cool before sampling - the fruit and syrup hold heat and could burn if tasted right out of the oven.

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.

Fruit Combo and Sauce

Is it a salad or dessert?



Level: Medium

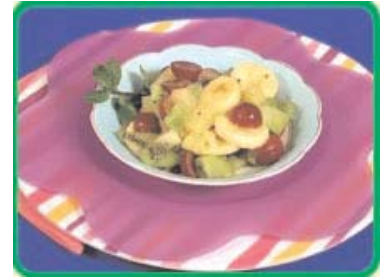
Serves: 4

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.



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!

Nutrition Facts

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

Amount Per Serving		Calories from Fat 5
Calories 170		% 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

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.

Fruit Pizza

This pizza has a cookie crust, creamy filling and fruit on top!

 **Level:** Medium

Serves 12

Kids' Tool Kit

Mixer
Measuring cups
Measuring spoons
Large mixing bowl
Small mixing bowl
Pizza pan or baking sheet
Rubber scraper
Knife
Cutting board
Spatula



Ingredients:

Cookie Crust
1/2 cup margarine
1/2 cup sugar
1 teaspoon vanilla extract
1 egg
2 cups flour
2 teaspoons baking powder

Cheese Spread
8 ounces cream cheese (nonfat or light)
1/2 cup sugar
1 teaspoon vanilla extract
(optional - 1 drop red food color)

Fruit Topping Ideas:

Sliced strawberries, kiwi, bananas, pineapple, mandarin oranges, pears, peaches, blueberries or grapes



Chef's Choice

Fruit Pizza
Strawberry Milk



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. For crust, cream margarine, sugar, vanilla and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture, about 1/8 inch thick, on a pizza pan, baking sheet or 9 x 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, vanilla and food color, if desired. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.



Helpful Hints: This cookie dough crust is a simple sugar cookie recipe. Making this is much less expensive than buying tubes of cookie dough in the dairy section at the grocery store! If you want to make individual fruit pizzas, divide the dough into 12 balls and pat out into circles. Once they are baked, the kids can top with whatever fruit they like.



Safety Tip: Young children may need help using an electric mixer. If they are not tall enough to reach the countertop, be sure kids stand on a stable stool with supervision. Avoid teetering on a chair or bar stool. Remember: Turn the mixer off before using a rubber scraper to clean the sides of the bowl.

Nutrition Facts

Serving Size 1/12 pizza (115g)
Servings Per Container 12

Amount Per Serving	
Calories 260	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 1.5g	8%
Cholesterol 20mg	6%
Sodium 280mg	12%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	5%
Sugars 21g	
Protein 6g	
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 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.

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!

Chef's Choice

Fruit Salsa
Cinnamon Chips

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.



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.

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



Ingredients:

- 3 pounds (about 12) cooking apples, peeled, cored and sliced
- 1/2 to 3/4 cup sugar
- 1/2 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.

Chef's Choice

- Homemade Applesauce
- Oatmeal cookie
- Low fat milk

Nutrition Facts

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

Amount Per Serving		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.

Ice Cream in a Bag

Shake it up and dish it out!



Level: Easy

Serves: 1

Kids' Tool Kit

Zip-type bags,
2 sizes
Measuring spoons
Measuring cups
Knife
Cutting board
Rock salt
Ice cubes

Ingredients:

1 tablespoon sugar
1/4 teaspoon vanilla extract
1 to 2 tablespoons soft fruit
1/2 cup whole milk

Additional Ingredients:

1/2 cup rock salt
ice cubes



Chef's Choice

Ice Cream in a Bag
Fruit
Cookie



Directions:

Remember to wash your hands!

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



Helpful Hints: Make sure the bags are tightly closed before mixing or you'll have a mess! It takes lots of shaking and turning before the liquid turns to ice cream. Hands get really cold holding the bag, so either wrap it in a towel or use oven mitts to hold the bag while shaking.

Be careful when removing the small bag of ice cream from the larger bag. Rinse it off and be careful you don't get any rock salt in the ice cream.



Safety Tips: Try a variety of fruit in the ice cream. Ripe bananas, strawberries, blueberries, raspberries, peaches or pears all work well. Remember to wash fruit before adding to the ice cream mixture.

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.

	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.

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.

Microwave Baked Apple

A hot and healthy way to Five A Day!



Level: Easy

Makes: 4

Kids' Tool Kit

Apple corer
Cutting board
Knife
Microwave-safe
baking dish
Spoon
Measuring spoon
Measuring cups
Wax paper

Chef's Choice

Microwave Baked
Apple
Cinnamon graham
crackers
Low fat milk

Ingredients:

4 large baking apples
½ cup brown sugar
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.



Helpful Hints: One pound apples = 3 medium = 3 cups sliced. This is good information to know at the grocery store.

Favorite varieties of apples for baking are Jonathan, Granny Smith, Braeburn and Golden Delicious. Any tart apple works well.

Arrange the apples around the outside edge of the dish for more even cooking in the microwave.



Safety Tips: Wash the apples in clear running water before coring. If you have apples left, keep in the fridge for a handy snack later on.

Nutrition Facts

Serving Size 1 each (231g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 10mg	0%		
Total Carbohydrate 47g	16%		
Dietary Fiber 5g	22%		
Sugars 39g			
Protein 1g			
Vitamin A 2%		Vitamin C 15%	
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

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.

Oatmeal Raisin Cookies

A true American classic!

 Level: Medium

3-4 dozen cookies

Kids' Tool Kit

Mixer
Large mixing bowl
Measuring cup
Measuring spoons
Small dish
Baking sheet
Spatula
Rubber spatula
Spoons



Ingredients:

1/2 cup shortening
1/2 cup brown sugar
1/2 cup white sugar
1 egg, beaten
1 tablespoon water
3/4 cup flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. Cream together shortening and sugars.
3. Stir in egg and water.
4. Add dry ingredients and raisins. Mix well.
5. Drop by teaspoonsful onto ungreased baking sheet.
6. Bake for 9 to 10 minutes.

Chef's Choice

Oatmeal Raisin Cookie
Apple slices
Milk

Nutrition Facts

Serving Size 1 cookie (24g)
Servings Per Container 36-48 cookies

Amount Per Serving		
Calories	100	Calories from Fat 30
% Daily Value*		
Total Fat	3.5g	5%
Saturated Fat	1g	4%
Cholesterol	5mg	2%
Sodium	55mg	2%
Total Carbohydrate	16g	5%
Dietary Fiber	less than 1 gram	4%
Sugars	9g	
Protein	2g	
Vitamin A	0%	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



Helpful Hints: For a tender cookie, combine the shortening or margarine together with the sugars until creamy. Dry ingredients are measured and mixed together in a separate bowl, then added to the wet ingredients. Mix only until ingredients are moistened. Don't overmix. Most cookies are made this way.



Safety Tip: Remember, the raw egg in this cookie dough makes it unsafe to eat until it is baked. The hot baking temperature kills any bacteria in the egg, and the finished cookies are safe and delicious.

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.

Pocket Fruit Pies

A simple snack that's full of fruit and flavor!



Serves 4

Kids' Tool Kit

Knife
Cutting board



Measuring spoons
Measuring cups
Mixing bowl
Spoon
Pastry brush
Baking sheet
Hot pad
Spatula

Chef's Choice

Pocket Fruit Pies
Milk

Nutrition Facts

Serving Size 1 fruit pocket (140g)
Servings Per Container 4

Amount Per Serving

Calories 300 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 7%

Cholesterol 0mg 0%

Sodium 350mg 15%

Total Carbohydrate 55g 18%

Dietary Fiber 4g 16%

Sugars 14g

Protein 7g

Vitamin A 0% • Vitamin C 6%

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	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:

- 4 (8-inch) flour tortillas
- 1 large apple or 2 medium peaches or pears
- 1/4 teaspoon ground cinnamon
- 2 tablespoons brown sugar
- 1/8 teaspoon ground nutmeg
- 2 tablespoons milk
- sugar (optional)



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Warm tortillas in microwave or oven to make them easier to handle.
3. Peel and chop fruit into small pieces.
4. Place 1/4 the fruit on each tortilla.
5. In a small bowl stir together brown sugar, cinnamon and nutmeg. sprinkle over fruit.
6. Roll up the tortillas with the fruit.
7. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
8. Bake for 8 to 12 minutes or until lightly brown.
9. Serve warm or cold.



Helpful Hints: This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders!



Safety Tip: Allow pie to cool slightly before tasting - the steam and sugar can burn!

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.

Power Bites

A backpack snack!



Level: Medium

Makes: 18 bars

Kids' Tool Kit

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

Ingredients:

1/2 cup brown sugar
1/3 cup applesauce
1 egg
1 teaspoon vanilla
3/4 cup grated carrots
1 cup whole wheat flour
1 teaspoon baking powder
1/2 cup oats (quick or old fashioned)
1/4 cup chopped pecans, optional
1 teaspoon cinnamon
1/2 cup raisins



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.

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			

Cooking is a math lesson right in the kitchen. How do you measure 3/4 cup carrots? (Use a 1/4 cup and 1/2 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.

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.

Pumpkin Pudding

A real "cool" dessert!

 Level: Easy

Serves: 6, 3/4 cup each

Kids' Tool Kit

Large mixing bowl
Measuring spoons
Measuring cup
Wooden spoon
Rubber spatula

Ingredients:

1 can (15-ounce) pumpkin
1/2 teaspoon pumpkin pie spice
1 1/2 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.

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

Source: *Book Cooks*, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book for this cooking activity: *Pumpkin, Pumpkin* by Jeanne Titherington

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.

Purple Power Smoothie

A deliciously purple cooler!



Serves 4

Kids' Tool Kit

Blender
Measuring cups
Measuring spoons
Rubber spatula

Ingredients:

4 teaspoons lemon juice
1 cup water
 $\frac{2}{3}$ cup grape juice concentrate
1 cup instant nonfat dry milk
2 cups ice cubes



Chef's Choice

Purple Power
Smoothie
Peanut butter
crackers



Directions:

Remember to wash your hands!

1. Put lemon juice and water into a blender and mix well.
2. Add the grape juice and dry milk; blend.
3. Slowly add ice, one cube at a time. Turn off blender while adding each cube of ice.
4. Blend well and divide into glasses.

Nutrition Facts

Serving Size 1 cup (70g)
Servings Per Container 4

Amount Per Serving
Calories 150 Calories from Fat 0

		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 5mg		1%
Sodium 100mg		4%
Total Carbohydrate 30g		10%
Dietary Fiber 0g		0%
Sugars 9g		
Protein 6g		

Vitamin A 8% • Vitamin C 70%
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



Helpful Hints: Nonfat dry milk is a great ingredient in many recipes. It has all the good nutrition of skim milk, but can be stored longer than fresh milk. It is also less expensive than fresh milk.



Safety Tip: Blenders are great kitchen tools, but kids need to know and follow safety rules when using blenders, as well as many other appliances. An adult should show a child how to safely assemble, use and clean a blender.

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Rice Pudding

Delicious warm or cold!



Level: Medium

Makes: 8 - 1/2 cup servings

Kids' Tool Kit

Heavy

saucepan
with lid



Wooden spoon

Measuring cups

Measuring spoon

2-quart baking
dish

Ingredients:

- 1 cup long grain rice
- 2 1/2 cups water
- 3/4 cup sugar
- 1/2 to 1 teaspoon cinnamon
- 1 cup low fat milk
- 1/2 cup raisins



Directions:

Remember to wash your hands!

1. In a heavy-bottomed saucepan, bring water to a boil. Add rice, stir and let water come to a boil again.
2. Reduce the heat to very low, cover tightly, and cook 20 minutes without removing the lid or stirring rice. The water should be absorbed and the rice tender.
3. Take pan off burner and add sugar, cinnamon, milk and raisins, mixing well.
4. Preheat oven to 325 degrees. Pour rice mixture into a 2-quart baking dish that has been lightly coated with cooking spray. Bake for 30 minutes or until mixture is thickened.
5. Tastes great warm or cold. Store leftovers in refrigerator.

Chef's Choice

Rice Pudding
Apple juice

Nutrition Facts

Serving Size 1/2 cup (156g)
Servings Per Container 8

Amount Per Serving
Calories 200 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 46g 15%

Dietary Fiber less than 1 gram 3%

Sugars 26g

Protein 3g

Vitamin A 0% 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



Helpful Hints: One pound of uncooked long grain rice (about 2 2/3 cups) is equal to about 10 cups cooked rice. Long grain rice is especially good for dishes that call for fluffy, dry rice. Cooked just right, plain rice makes a wonderful, healthy side dish. You can add flavor by cooking with broth or sprinkling with herbs and spices. Rice feeds more people in the world than any other grain and is a great source of energy for kids.



Safety Tip: When the rice is simmering, make sure the temperature of the burner is set on low. Don't peek while it is cooking and when it is done, tip the lid away from you when you check the rice so you don't get burned by the steam.

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.

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.

Tortilla Triangles

Baked chips are great for nachos



Level: Medium

Serves: 6, 4 pieces each

Kids' Tool Kit

Baking sheet
Cooking spray
Salt shaker
Pizza cutter
Cutting board
Spatula



Chef's Choice

Tortilla Triangles
Nacho toppings:
refried beans, grated
cheese, grated
zucchini, diced
tomatoes, salsa, sour
cream or yogurt

Ingredients:

6 (6-inch) flour or corn tortillas
½ teaspoon salt

Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.
3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.
4. Lay tortilla quarters out in one layer on baking sheet.
5. Bake chips 8 to 9 minutes or until crisp.



Helpful Hints: Baked tortilla chips are much lower in fat than the usual fried ones. Use a salt shaker to lightly sprinkle chips with salt before baking. If desired, other seasonings can be used in place of salt. Try a light shake of chili powder or packaged taco seasoning for flavor. For dessert chips, sprinkle with cinnamon and sugar.



Safety tip #1: A pizza cutter is a safe way for kids to cut tortillas into triangle-shape pieces. Otherwise, clean kitchen scissors allow kids to safely cut many ingredients, including tortillas.

Safety tip #2: While a soft tortilla is a great food for a young child, a crisp tortilla chip poses a possible choking hazard. Crisp chips are not recommended for children under 3 years of age. For safety's sake, watch children closely during snack and meal times to prevent choking.

Nutrition Facts

Serving Size 4 pieces (33g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 350mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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.

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



Chef's Choice

Yo-Fruit
Cinnamon graham
crackers



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.



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.



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.

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

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.

Yoko's Rice Pudding

What a way to start the day!



Level: Easy

Makes: 6, ½ cup each

Kids' Tool Kit

Saucepan
Spoon
Measuring spoons
Measuring cups



Ingredients:

3 cups cooked enriched white rice or
brown rice (not instant)
3 cups low fat milk
⅓ cup sugar
1 ½ teaspoons cinnamon
1 teaspoon vanilla

Chef's Choice

Yoko's Rice Pudding
Fruit cocktail
Low fat milk



Directions:

Remember to wash your hands!

1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat and simmer, uncovered, until thickened (about 25 to 30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.



Helpful Hints: For variety, try adding ½ cup raisins before cooking pudding. Let kids try the rice pudding warm, or refrigerate the leftover pudding and eat it cold for a snack. Rice is a great source of energy for kids, and the price is right!



Safety Tips: Refrigerate leftover rice pudding within 2 hours of cooking. Divide rice into shallow containers no more than 2 inches deep and refrigerate. This is important so the rice cools quickly, limiting bacterial growth.

Nutrition Facts

Serving Size 1/2 cup (227g)
Servings Per Container 6

Amount Per Serving

Calories 220 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 4%

Cholesterol 5mg 2%

Sodium 60mg 3%

Total Carbohydrate 44g 15%

Dietary Fiber less than 1 gram 2%

Sugars 12g

Protein 6g

Vitamin A 4% • Vitamin C 0%

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 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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Yoko* by Rosemary Wells.

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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

DRINKS

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.

Hot Cocoa Mix

Cold kids will warm up fast!



Level: Easy

Makes 14 cups of cocoa

Kids' Tool Kit

Large mixing bowl
Large container with lid
Measuring cups
Spoon
Mug



Ingredients:

3 cups nonfat dry milk powder
1/2 cup sugar
1/2 cup unsweetened cocoa powder
1/2 cup nonfat dairy creamer



Directions:

Remember to wash your hands!

To prepare mix:

1. Measure ingredients into mixing bowl, stirring well to combine.

2. Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare drink:

1. Fill a microwave-safe mug 3/4 full of water. Microwave for 2 minutes on high.

2. Measure 1/3 cup hot cocoa mix and stir into hot water.



Chef's Choice

Hot Cocoa Mix
Cinnamon toast



Helpful Hints: This mix is easy to make and store, and costs a lot less than the kinds you buy at the store. Kids love its creamy, chocolatey flavor, and it makes a great warm drink for cold days. Keep a canister of mix ready as part of a healthy after-school snack - maybe with some mini-marshmallows!



Safety Tip: Be sure kids know how to safely use the microwave oven and know which cups are safe to use. Cooks of all ages: Remember to use caution! Hot cups with hot liquids can really burn, putting a chill on cooking enthusiasm!

Nutrition Facts

Serving Size 4 1/2 c. dried mix (35g)
Servings Per Container 14 c. hot cocoa

Amount Per Serving		Calories from Fat 5
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Cholesterol 5mg		1%
Sodium 80mg		3%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 15g		
Protein 6g		
Vitamin A 6%	•	Vitamin C 2%
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

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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!

- Put all ingredients in a blender.
- 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.

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

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *It Looked Like Spilt Milk* by Charles G. Shaw

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.

Purple Power Smoothie

A deliciously purple cooler!

Level: Medium

Serves 4

Kids' Tool Kit

Blender
Measuring cups
Measuring spoons
Rubber spatula

Ingredients:

4 teaspoons lemon juice
1 cup water
 $\frac{2}{3}$ cup grape juice concentrate
1 cup instant nonfat dry milk
2 cups ice cubes



Chef's Choice

Purple Power
Smoothie
Peanut butter
crackers



Directions:

Remember to wash your hands!

1. Put lemon juice and water into a blender and mix well.
2. Add the grape juice and dry milk; blend.
3. Slowly add ice, one cube at a time. Turn off blender while adding each cube of ice.
4. Blend well and divide into glasses.

Nutrition Facts

Serving Size 1 cup (70g)
Servings Per Container 4

Amount Per Serving
Calories 150 Calories from Fat 0

		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	5mg		1%
Sodium	100mg		4%
Total Carbohydrate	30g		10%
Dietary Fiber	0g		0%
Sugars	9g		
Protein	6g		

Vitamin A 8% • Vitamin C 70%
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



Helpful Hints: Nonfat dry milk is a great ingredient in many recipes. It has all the good nutrition of skim milk, but can be stored longer than fresh milk. It is also less expensive than fresh milk.



Safety Tip: Blenders are great kitchen tools, but kids need to know and follow safety rules when using blenders, as well as many other appliances. An adult should show a child how to safely assemble, use and clean a blender.

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.

Shamrock Shake

This shake rocks!



Level: Easy

Serves: 2

Kids' Tool Kit

Blender
Sharp knife
Cutting board
Measuring cups
Rubber spatula
Ice cream scoop
or spoon

Ingredients:

1 cup milk
½ ripe banana
1 cup lime sherbet



Directions:

Remember to wash your hands!

1. Pour milk into blender.
2. Add banana and lime sherbet.
3. Blend all ingredients until smooth and serve.



Helpful Hints: To "blend" is to mix two or more ingredients with a spoon, whisk, electric mixer or blender. If you don't have a blender for this recipe, use a whisk or mash the banana with a fork and shake up the ingredients!

Chef's Choice
Shamrock Shake
Chocolate cookie

How many liquid ounces are in a cup? Look at a glass or plastic measuring cup. There are 8 ounces in a cup. When you measure liquids, remember to look eye level at the amount in the cup for accurate measurement.



Safety Tip: Store milk in the refrigerator. If it tastes sour, don't drink the rest of it. Sour milk won't make you sick, but it just 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 five days.

Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 2

Amount Per Serving
Calories 200 Calories from Fat 15
% Daily Value*

Total Fat 1.5g	3%
Saturated Fat 1g	6%
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 36g	
Protein 5g	

Vitamin A 2% • Vitamin C 8%
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.

Very Berry Blast

Shake it up and drink it down!



Level: Easy

Serves: 3

Kids' Tool Kit

Quart jar with lid
Liquid measuring cup
Rubber scraper

Ingredients:

- 1 cup low fat milk
- 1 container (8-ounces) low fat boysenberry or other berry yogurt
- 1 cup apple juice



Directions:

Remember to wash your hands!

1. Use a quart jar or container with a tight fitting lid. Pour milk into jar.
2. Add yogurt and apple juice.
3. Cover jar and shake until all ingredients are smooth.

Chef's Choice

Very Berry Blast
Oatmeal cookie



Helpful Hints: Keep the apple juice in the fridge until time to make this berry drink. It tastes best really cold. Make sure the lid is tight on the jar or container before you shake it up! If you have extra, try freezing some in small cups to enjoy later — it tastes like a frozen shake.



Safety Tip: Shop for milk and other perishable foods last at the grocery store. Pack cold foods together for the trip home and have a cooler in the car if you have other errands to run. Put cold foods in the refrigerator or freezer just as soon as you get in the house.

Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 3

Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 6g	

Vitamin A 0% • Vitamin C 2%
Calcium 20% • 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.

MAIN DISHES



All-American Cheeseburger Bake

This casserole tops the charts!



Level: Medium

Makes: 10 servings - 1 biscuit each

Kids' Tool Kit

Large skillet
Knife
Cutting board
Can opener
Measuring spoons
Measuring cup
Spoon
Colander/strainer
9-inch baking dish
Cooking spray
Hot pads

Chef's Choice

All-American
Cheeseburger
Bake
Fresh green
beans
Fresh fruit slices
Low fat milk

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 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:

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:

Remember to wash your hands!

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.
5. Spread meat mixture evenly in baking dish.
6. Place slices of American cheese on top of the meat.
7. Place biscuits on top of the cheese (may need to gently stretch biscuits to cover beef and cheese layers).
8. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.



Helpful Hints: Substitute favorite ingredients in this recipe. Try a 16-ounce can of sloppy joe sauce instead of the tomato soup, ketchup, mustard and pickle relish. Use your favorite kind of cheese to create the cheeseburger taste you love. Shredded cheese is okay to use if you don't have cheese slices.

After browning hamburger, drain the meat well. To reduce fat even more, put the meat in a colander or strainer and rinse it with running water. A paper towel can also be used to pat the beef and remove excess fat.



Safety Tips in the Kitchen: An adult should be present when a child is using the stove. Remember to keep skillet and pan handles pointed away from the edge of the stove where they could be bumped and spilled.

Be sure to clean the tomato soup can lid before opening. The lid will have sharp edges after opening, so handle with care!

Always use dry hot pads when removing food from the oven. Know where you're going to set the casserole before you take it out of the oven. Have a cooling rack or other safe place ready! Let the casserole cool a couple minutes before eating so you don't burn your tongue!

Refrigerate leftovers within two hours of baking and re-heat to 165 degrees F. for another meal.

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.

Alphabet Soup


This gift of food warms the heart AND the stomach!



Level: Medium

Serves 12

Kids' Tool Kit

Wide mouth
quart jar 
Funnel (can
roll wax paper)
Measuring cups
Measuring spoons
Strainer
Large kettle
Wooden spoon

Ingredients:

- 1/3 cup beef bouillon
- 1/4 cup onion flakes
- 1/2 cup split peas
- 1/2 cup ABC macaroni
- 1/4 cup quick cooking barley
- 1/2 cup lentils
- 1/3 cup long grain rice
- Enough pasta to fill jar



Directions for layering mix:

1. Layer all ingredients in a wide mouth jar in the order given.
2. Finish filling jar with any shape pasta (curly, seashells, wheels, etc.)

Additional ingredients to make soup:

- 1 pound lean ground beef
- 12 cups water
- 1 15-ounce can diced tomatoes, undrained

Chef's Choice

Alphabet Soup
Crackers
Milk



Directions:

Remember to wash your hands!

1. Cook ground beef in a large kettle and drain.
2. Add dry soup mix, water and tomatoes, stirring to combine.
3. Bring mixture to a boil and reduce to simmer. Cook for 30 minutes or until done.



Helpful Hints: Gifts of food are truly gifts from the heart. This soup mix is easy to prepare, fun to give, and delicious when cooked! Kids will enjoy putting this gift together, and it will be most appreciated by those lucky enough to receive it.



Safety Tip: We know that meat is thoroughly and safely cooked by first cooking the ground beef, then adding the rest of the ingredients and bringing them all to a boil. Leftovers from this large quantity of soup will need to be refrigerated or frozen to safely store for a later meal.

Nutrition Facts

Serving Size 1 cup (111g)
Servings Per Container 12

Amount Per Serving

Calories 200 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1.5g 8%

Cholesterol 15mg 5%

Sodium 1210mg 50%

Total Carbohydrate 24g 8%

Dietary Fiber 6g 24%

Sugars 3g

Protein 15g

Vitamin A 4% • Vitamin C 6%

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

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.

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
1/4 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.



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.

Chef's Choice

Alphabet Soup
Saltine crackers
Fresh fruit
Low fat milk

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.

BBQ Beef in a Slow Cooker

Tender, pulled beef for sandwiches!



Level: Medium

Serves: 6 to 8

Kids' Tool Kit

Cutting board
Sharp knife
Slow cooker
Medium bowl
Large spoon
Measuring spoons
Measuring cups
Fork

Chef's Choice

Barbecued Roast
Beef Sandwiches
Potato salad
Fresh or canned fruit
Low fat milk

Ingredients:

1 1/2- to 2- pound beef round roast
1 onion
1 cup water
2 tablespoons vinegar
3/4 cup barbecue sauce
6 to 8 hamburger buns



Directions:

Remember to wash your hands!

1. Lightly coat slow cooker with cooking spray.
 2. Place beef round roast in center of slow cooker and re-wash hands with soap and water.
 3. Peel, wash and chop onion. Add onion, water and vinegar around meat in slow cooker.
 4. Cover slow cooker and cook on low temperature setting for approximately 8 to 10 hours or until beef reaches an internal temperature of 160 degrees.
 5. Remove beef from the slow cooker, trim fat and pull or cut meat into small pieces. Place in a medium bowl.
 6. Pour barbecue sauce over pulled beef and mix well.
 7. Place about 1/2 cup beef on each bun.
- Optional: lettuce, pickles or peppers on sandwich

Nutrition Facts

Serving Size 1/2 cup beef (309g)
Servings Per Container 8

Amount Per Serving	
Calories 510	Calories from Fat 210
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 9g	43%
Cholesterol 95mg	32%
Sodium 660mg	27%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	9%
Sugars 9g	
Protein 36g	

Vitamin A 6% • Vitamin C 6%
Calcium 10% • Iron 30%

*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: Kids may need adult supervision preparing this recipe.

Adding barbecue sauce to cooked roast is an easy way to make quick barbecued sandwiches. When you take the meat from the slow cooker, you may need to let the roast cool just a few minutes before you pull it apart. Use two forks to pull or shred the meat.

Try serving the barbecued meat in a pita, on a pizza or roll it up in a tortilla. Or chill the meat in the fridge, slice it and make roast beef sandwiches on whole wheat bread.



Safety Tip: If you're using beef from the freezer, remember to thaw it in the refrigerator, in a bag under cold running water or in the microwave oven before placing it in the slow cooker. You may need to plan ahead if the roast is more than 2 pounds. A roast this size could take up to two days to defrost in the refrigerator. Just remember to thaw the meat before cooking.

If the meat is fresh, keep it in the refrigerator at 40 degrees no longer than 3 to 5 days before cooking.

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.

Baked Potato with Cheesy Vegetables

Creamy cheese sauce - yum!

 Level: Medium

Serves 8

Kid's Tool Kit

Sauce pan

Strainer

Measuring spoons

Measuring cups

Spoon

Grater

Knife

Cutting board

Hot Pad



Ingredients:

- 2 cups chopped broccoli
- 1 cup chopped onion
- 1 cup finely chopped carrots
- 2 tablespoons margarine
- 2 tablespoons flour
- 1½ cups low fat milk
- 1 cup shredded cheddar cheese
- 8 baked potatoes



Directions:

Remember to wash your hands!

1. Cook broccoli, onion and carrots in a small amount of water until tender. Drain and set aside.
2. In a saucepan, melt margarine and stir in flour.
3. Slowly add milk while stirring.
4. Continue stirring and cook until sauce thickens.
5. Add cheese and stir until melted.
6. Add vegetables.
7. Serve over hot baked potatoes.

Chef's Choice

Baked Potato with
Cheesy Vegetables
Barbecue Beef
Milk

Nutrition Facts

Amount Per Serving		Calories from Fat 70
Calories 310		% Daily Value*
Total Fat 8g		12%
Saturated Fat 3.5g		18%
Cholesterol 15mg		5%
Sodium 170mg		7%
Total Carbohydrate 52g		17%
Dietary Fiber 6g		22%
Sugars 8g		
Protein 10g		
Vitamin A 110%	•	Vitamin C 70%
Calcium 20%	•	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		



Helpful Hints: Cheddar cheese is called for in this recipe, but other varieties will work fine. Maybe you have processed cheese on hand? It makes a smooth sauce. Or, perhaps you have a package of Swiss cheese slices. They will also make a tasty sauce. When it comes to veggies, cheese is considered by most kids to be a very good thing. Just don't expect this sauce to look like that bright, neon orange stuff that comes out of a box!



Safety Tip: Baked potatoes are quick and easy to cook in a microwave oven. Be sure to poke the skin of the potato after washing to prevent it from exploding while it bakes. Leftover baked potatoes need to be refrigerated to keep them safe to eat. For quick cooling, cut potatoes into quarters before refrigerating. If you bake potatoes in foil in a regular oven, be sure to remove the foil before refrigerating leftover potatoes.

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.

Basic Fried Rice

This recipe calls for chop sticks!



Level: Medium

Serves: 6

Kids' Tool Kit

Wok or skillet
Knife
Cutting board
Small bowl
Measuring cups
Measuring spoons
Wooden spoon

Ingredients:

1 to 2 tablespoons vegetable oil
3/4 cup chopped onion
4 cups cooked rice
2 beaten eggs
2 tablespoons soy sauce
1/4 teaspoon pepper



Directions:

Remember to wash your hands!

1. Heat oil on high heat for 1 minute in a wok or nonstick large skillet.
2. Add onion and cook, stirring until softened. Add rice and stir-fry.
3. Make a well in center of rice and add remaining ingredients. Stir until eggs are scrambled and then stir-fry eggs into the rice until thoroughly blended.

Chef's Choice

Basic Fried Rice
Egg roll
Peas
Low fat milk



Helpful Hints: Fried rice is made with leftover rice. When cooked rice is chilled for a few hours, it dries out and can be stir-fried with a minimum of oil. You can vary the ingredients in fried rice just like you can in pasta dishes. Add a variety of vegetables and meat, garlic and ginger and whip up a main dish in a hurry. Leftover peas and carrots add lots to color!

What does it mean to make a "well" in the rice? It means to push the rice all around the inside edge of the pan leaving an area in the center of the pan that is empty. The eggs can be scrambled here before mixing into the rice.



Safety Tips: Stir-frying involves high heat and hot oil. Adult supervision is a must for this recipe. Younger kids can break the cold rice apart with wet hands and break the eggs into a separate dish.

Keep paper towels, dish towels and pot holders away from the rangetop so they don't catch on fire.

Nutrition Facts

Serving Size 3/4 cup (170g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 70mg	24%
Sodium 460mg	19%
Total Carbohydrate 38g	13%
Dietary Fiber less than 1 gram	3%
Sugars 2g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
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 60g
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.

Beef Roast and Vegetables in a Slow Cooker



Level: Medium

A one pot meal!

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Measuring spoons
Measuring cup
Slow cooker
Fork

Chef's Choice

Beef Roast
Potatoes
Carrots
Apple slices
Low fat milk



Ingredients:

4 small potatoes
4 medium carrots
1 medium onion
1 1/2- to 2-pound beef round roast
1 teaspoon salt
1 teaspoon pepper
1 to 1 1/2 cups water
2 tablespoons vinegar



Directions:

Remember to wash your hands!

1. Peel potatoes using a vegetable peeler, rinse and cut into cubes.
2. Peel carrots, rinse and cut into 1-inch slices.
3. Peel onion, rinse and cut into small pieces.
4. Season meat with salt and pepper.
5. Place roast in center of slow cooker that has been sprayed with cooking spray. Wash your hands with soap and water. Place potatoes, carrots and onions around the roast. Add enough water to barely cover vegetables; add vinegar.
6. Put the lid on the slow cooker and cook on the low temperature setting for 8 to 10 hours or until internal temperature reaches 160 degrees.

Nutrition Facts

Serving Size (365g)	
Servings Per Container 6	
Amount Per Serving	
Calories 410	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 8g	40%
Cholesterol 95mg	32%
Sodium 490mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	13%
Sugars 5g	
Protein 33g	
Vitamin A 230%	Vitamin C 20%
Calcium 4%	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	



Helpful Hints: Kids may need adult supervision preparing this recipe

Using a slow cooker is a convenient way to have a delicious meal at the end of a long day without having to spend hours at the stove. A slow cooker cooks food slowly at a low temperature —generally between 170 and 280 degrees. The low heat helps less-expensive, leaner cuts of meat become tender and shrink less. The vinegar also helps tenderize because it is an acid that helps break down the fibers in the meat.

Always thaw meat or poultry before putting it into a slow cooker. For flavor variations, herbs such as marjoram, thyme and rosemary or other vegetables can be added. Cut vegetables into pieces approximately the same size and place around the meat in the slow cooker so they will cook evenly and be ready to eat at the same time. Remember to add water or other liquid to cover the vegetables for moistness.



Safety Tip: Begin with a clean slow cooker, clean utensils and a clean work area. Wash hands before and during food preparation and always after handling raw meat. Keep the lid in place while cooking, removing only to stir the food or check for doneness. Use a clean spoon to stir each time. At the end of cooking, the internal temperature of the roast should reach 160 degrees to be safe.

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.

Breakfast Burritos

Eggs in a blanket!



Level: Easy

Serves: 4

Kids' Tool Kit

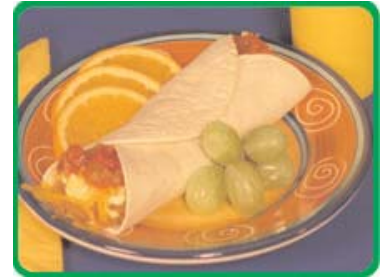
Mixing bowl
Measuring cups
Skillet
Fork
Spoon

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.

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 60g
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: *Ira Sleeps Over* by Bernard Waber

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.

Chicken Enchilada Casserole

Lots of layers for more flavor!

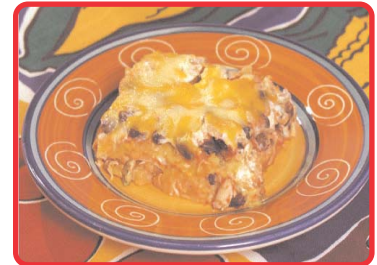


Level: Medium


Serves: 6-8

Ingredients:

- 1 ½ cups thick and chunky salsa, (divided)
- 4 (6-inch) corn tortillas
- ⅓ cup diced onion
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup cooked, chopped chicken
- 1 cup low fat sour cream
- 1 cup shredded Colby-Monterey Jack cheese



Kids' Tool Kit

- Mixing bowl 
- 9x9-inch baking dish
- Rubber spatula
- Strainer
- Measuring cups
- Knife
- Cutting board
- Foil
- Can opener

Directions:

Remember to wash your hands!



1. Preheat oven to 350 degrees.
2. Pour ½ cup salsa in bottom of 9x9-inch square baking dish that has been lightly coated with cooking spray.
3. Cut or tear tortillas in half and use four pieces to cover bottom of dish.
4. In a medium mixing bowl, combine 1 cup salsa, onion, beans and chicken. Spoon half of chicken mixture over tortillas.
5. Top with half the sour cream, then half the cheese.
6. Continue layering with remaining tortilla halves, chicken mixture, sour cream and cheese.
7. Cover with foil and bake 35 minutes until bubbly. Uncover and bake 5 to 10 minutes longer until cheese is melted.

Chef's Choice

- Chicken Enchilada Casserole
- Applesauce
- Low fat milk

Nutrition Facts

Serving Size 1 cup (249g)
Servings Per Container 6

Amount Per Serving
Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **24%**

Cholesterol 40mg **14%**

Sodium 940mg **39%**

Total Carbohydrate 32g **11%**

Dietary Fiber 6g **22%**

Sugars 9g

Protein 19g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • 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

Helpful Hints: It is really important to read this recipe all the way through from beginning to end. Many recipes have the word "divided" following certain ingredients. This means that the ingredient is used in more than one place in the recipe. In this recipe part of the salsa is poured in the bottom of the baking dish and part of it is mixed with the chicken and cheese. Reading the directions before you begin also helps you know how to assemble the casserole layers.



Safety Tip: 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.



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.

Easy Cheesy Tortilla Bake

A family favorite sure to please!



Level: Medium

Servings: 6 - 3/4 servings

Kids' Tool Kit

2-quart
baking dish

Grater

Rubber spatula

Can opener

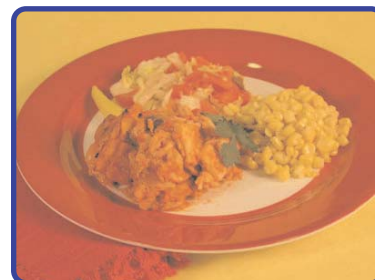
Measuring cups

Scissors



Ingredients:

- 8 flour tortillas (6- to 8-inch size)
- 1 can (10 3/4 ounces) tomato soup
- 1 cup chunky salsa or picante sauce
- 1/2 cup low fat milk
- 2 cups cubed cooked chicken or turkey
- 1 cup shredded cheddar cheese
(save 1/2 cup for topping)



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Lightly coat a 2-quart baking dish with cooking spray.
3. Cut or tear tortillas into 1-inch pieces.
4. In a large mixing bowl, combine tortillas, soup, salsa, milk, chicken and 1/2 cup cheese.
5. Bake for 30 minutes or until hot. Remove from oven and sprinkle with remaining cheese.

Chef's Choice

Easy Cheesy Tortilla

Bake

Corn

Lettuce salad

Milk

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 6

Amount Per Serving
Calories 430 Calories from Fat 140

% Daily Value*

Total Fat 15g 23%

• Saturated Fat 6g 31%

Cholesterol 55mg 18%

Sodium 1060mg 44%

Total Carbohydrate 47g 16%

• Dietary Fiber 2g 9%

• Sugars 7g

Protein 25g

Vitamin A 15% • Vitamin C 45%

Calcium 25% • 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 < 65g 80g

Saturated Fat < 20g 25g

Cholesterol < 300mg 300mg

Sodium < 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

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



Helpful Hints: A one-dish meal means less mess and more variety. Substitutions are possible with this recipe from top to bottom. Out of flour tortillas? Try using corn tortillas for a different texture and taste. A creamier dish would result if you used a cream soup instead of tomato soup. Cook extra chicken pieces if they are on sale, de-bone and freeze in cup portions to use in other recipes. Grated cheese also freezes well and won't mold as it does in the refrigerator - no waste, less mess.



Safety Tip: Use hot, soapy water to wash counters carefully before cutting tortillas. Clean work surfaces often to remove food particles and spills. Keep nonfood items such as book bags, newspapers and magazines off the counter and away from food and utensils. How long has it been since you washed your can opener? Bacteria can grow on splatters and dried food, so remember to wash can openers often with hot, soapy water.

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.

Egg in a Bread Basket

An "egg-sactly" perfect breakfast!

 **Level:** Medium

Serves 1

Kids' Tool Kit

Cookie cutter
or small glass



Skillet

Knife

Small dish

Spatula

Chef's Choice

Egg in a Bread Basket
Orange slices
Milk

Ingredients:

- 1 slice whole wheat bread
- 1 teaspoon margarine
- 1 egg



Directions:

Remember to wash your hands!

1. Make a hole in the center of the bread with a glass or cookie cutter. (Save the "hole" for a snack) Spread margarine on both sides of bread.
2. Spray a small skillet with cooking spray and heat on medium. Place the bread in the skillet. Break the egg into a small dish and then pour into the hole in the bread. After the egg begins to bubble and cook, flip over the bread and egg together.
3. Cook until the egg is completely done. (The yolk will thicken.)



Optional: salt, pepper, shredded cheese or ham.



Helpful Hints: Cook eggs until they are done — slowly, over medium heat. For poached, sunny-side-up and fried-over-easy — like the eggs in this recipe — the white should be completely set and the yolk will be firm. If you watch to make sure the eggs are done, you'll know they are safe to eat.



Safety Tip: Don't use eggs that are cracked or broken; they may contain bacteria that could make you sick. Remember to put eggs in the refrigerator just as soon as you come home from the grocery store and use them within about three weeks. It's best to keep eggs in their original carton rather than in the compartment in the door. Every time you open the door, the temperature drops and the eggs don't keep as well.

Nutrition Facts

Serving Size 1 egg (83g)
Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **12%**

Cholesterol 215mg **71%**

Sodium 250mg **10%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 9g

Vitamin A 10% • 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 29g	35g
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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Egg-Me-On Sunrise Sandwich

Quicker than the drive-through!



Level: Medium

Makes: 4 halves

Kids' Tool Kit

Baking pan
Foil
Cooking spray
Glass measuring cup
Fork
Measuring spoons
Small bowl
Spatula

Chef's Choice

Egg-Me-On
Sunrise Sandwich
Slice of ham
Orange juice
Low fat milk

Ingredients:

2 whole wheat or white English muffins
2 eggs
4 tablespoons shredded cheddar cheese
1/8 teaspoon salt
1/8 teaspoon pepper



Directions:

Remember to wash your hands!

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with foil and lightly coat with cooking spray.
3. Open English muffins and place "inside-up" on baking sheet.
4. In a glass measuring cup, beat eggs, cheese, salt and pepper with fork until well blended.
5. Slowly pour egg mixture onto each English muffin half, keeping as much as possible on the muffins.
6. Bake 10 to 12 minutes or until egg mixture is no longer runny and cheese is melted. Serve open-face or as a sandwich.



Helpful Hints: Individualize these to fit your family! Add thyme, dill, cumin, diced onion or green pepper to the egg mixture or cooked sausage, ham or bacon to the sandwich. Made-to-order, these are just the way kids like 'em.

Kids can do the math to increase the servings in this easy recipe. For each sandwich you need 1 English muffin, 1 egg, 2 tablespoons cheese and a little seasoning.

A glass measuring cup works great to combine the egg mixture because you have a "pouring spout" for the next step. Slowly pour the egg mixture over the English muffins and let it soak in before adding more. If some of the mixture runs over the edges, don't worry, it will still taste great!

If you have a block of cheese, use a potato peeler to safely "shred" cheese. Kids will think this is fun!

Let these bake while you are getting ready for school or work, and then eat a hot breakfast before you head out the door. In a real hurry? Put two halves together to make a breakfast sandwich, wrap in foil and head out the door with a "to-go" hearty treat!

Breakfast is the most important meal of the day, and this sandwich gives kids the boost they need to do their best in school. Each serving is packed with protein, carbohydrates, calcium and iron to start the day off right!



Safety Tips in the Kitchen: Remember to wash your hands after breaking the eggs into the cup and again if you get any egg on your hands while topping the English muffin. If Salmonella is contained in the egg, it's easily spread to your hands, other foods, counters and clean dishes. Hand washing with hot, soapy water is a must! Bake the egg until the white and yolk are completely set for safety's sake.

Hot, hot, hot! Have a dry hot pad ready to take the baking pan from the oven. Use a spatula to remove the sandwiches from the baking pan, and let them cool for a minute or two before the first bite!

Remember to turn off the oven as soon as the English muffins are done!

Nutrition Facts

Serving Size 1/2 sandwich (65g)
Servings Per Container 4

Amount Per Serving
Calories 130 Calories from Fat 50

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2.5g 12%

Cholesterol 115mg 38%

Sodium 360mg 15%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 9%

Sugars 3g

Protein 8g

Vitamin A 4% Vitamin C 0%

Calcium 15% 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 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.

Freddy Spaghetti

A one-dish dinner!



Level: Medium

Serves: 7

Kids' Tool Kit

Can opener
Electric skillet
Measuring cup
Spoon
Thermometer



Ingredients:

- 1 pound lean ground beef
- 1 can (15-ounce) spaghetti with tomato sauce and cheese
- 1 can (10.5-ounce) cream of celery soup
- 1/3 cup ketchup

Chef's Choice

Freddy Spaghetti
Broccoli
Peach half
Low fat milk



Directions:

Remember to wash your hands!

1. Brown ground beef in an electric skillet and drain well.
2. Add remaining ingredients and mix well.
3. Simmer until mixture reaches 160 degrees, stirring often.



Helpful Hints: This recipe can also be cooked in the microwave or on the stove-top. Three easy steps to a quick, one-dish dinner.



Safety Tips: Use hot, soapy water to wash counters. Clean work surfaces often to remove food particles and spills. Keep non-food items—such as book-bags, newspapers and magazines—off the counter and away from food and utensils.

Nutrition Facts

Serving Size 1/2 cup (181g)	
Servings Per Container 7	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.5g	7%
Cholesterol 40mg	13%
Sodium 730mg	31%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1 gram	4%
Sugars 6g	
Protein 16g	
Vitamin A 8%	Vitamin C 4%
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	

How long has it been since you washed your can opener? Bacteria can grow on splatters and dried food, so remember to wash can openers often with hot, soapy water.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *More Spaghetti, I Say!* by Rita Golden Gelman. 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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
1/3 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.

Fresh Veggie Pizza

Made to order just the way you like it!



Level: Easy

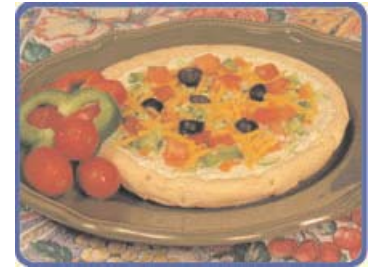
Makes: 1 pizza

Kids' Tool Kit

Small mixing bowl
Cutting board
Knife
Measuring spoons
Measuring cups
Spoon

Ingredients:

- 1/4 cup low fat sour cream
- 2 teaspoons dry ranch dressing mix
- 1 (7-inch) prebaked pizza crust
- 2 tablespoons shredded cheddar cheese
- 1/4 cup diced broccoli
- 1/4 cup diced cauliflower
- 1/4 cup diced carrots
- 1/4 cup diced green or red pepper
- diced zucchini, black olives, tomatoes, optional



Directions:

Remember to wash your hands!

1. In a small mixing bowl, combine sour cream and ranch dressing mix and spread mixture on pizza crust.
2. Top with shredded cheese and diced vegetables.

Chef's Choice

Fresh Veggie Pizza
Low fat milk



Helpful Hints: You can buy prebaked pizza crusts in the grocery store or you can make one from a favorite recipe. Try using other crusts, such as whole-wheat tortillas, pita bread, English muffins or bagels. Let kids choose the veggies they like for toppings but encourage variety. Let them finely chop the veggies to stack on the crust. Kids will often try veggies fresh that they do not like cooked.

Buy vegetables in season, you will save money at the store and will find different ways to serve them.



Safety Tip: Remember to wash all vegetables just before dicing. Use fresh, running water and wash just the amount you plan to use. Let older kids dice the veggies, using a paring knife and cutting board. If they are too young to dice, let them measure ingredients and decorate the pizzas.

Nutrition Facts

Serving Size 1 pizza (169g)	
Servings Per Container 2	
Amount Per Serving	
Calories 280	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 15mg	6%
Sodium 800mg	33%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	9%
Sugars 9g	
Protein 10g	
Vitamin A 100%	Vitamin C 50%
Calcium 10%	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 60g
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.

Hooked on Salmon Sticks

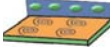
Not a fish story at all. These taste great!



Level: Medium

Makes: 8

Kids' Tool Kit

- Large mixing bowl 
- Fork and spoon
- Can opener
- Strainer
- Rolling pin
- Measuring spoons
- Measuring cups
- Skillet
- Spatula



Ingredients:

- 1 can (14.75 ounces) pink salmon, drained
- 1/2 cup crushed saltine crackers (about 16 crackers)
- 1 egg
- 1 tablespoon vegetable oil



Directions:

Remember to wash your hands!

1. In a large mixing bowl, combine salmon, cracker crumbs and egg.
2. Divide mixture into 8 balls and shape into sticks about 4 inches long.
3. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
4. Flip over and cook about 3 minutes or until golden brown.

Chef's Choice

- Salmon Sticks
- Boiled potatoes
- Peas
- Applesauce
- Low fat milk



Helpful Hints: Canned pink salmon contains soft bones that are a great source of calcium. Take out any large, hard bones, and then mash the small bones with a fork. You can do this and you will never know the bones are there once the fish is cooked! Pink salmon is "swimming" with omega-3 fatty acids — a "good" thing for your heart. So, it's a good idea to get hooked on salmon!

Rinsing your hands in lemon juice and water will get rid of the fishy smell after preparing fish.



Safety Tip: Change dishcloths and towels daily and wash them in hot, soapy water. A dirty dishcloth is a perfect breeding ground for bacteria, and it could spread germs. Throw out old, dirty or smelly sponges — or wash them in a bleach-water solution.

Nutrition Facts

Serving Size 1 stick (64g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **6%**

Cholesterol 50mg **17%**

Sodium 105mg **4%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 11g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • 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.

Hot Chicken Sandwiches

"Fast food" made at home.

Level: Medium

Serves 6

Kids' Tool Kit

Mixing bowl
Baking sheet
Cutting board
Knife
Measuring cups
Measuring spoons
Rubber spatula



Chef's Choice

Hot Chicken Sandwich
Orange slices
Green beans
Milk



Ingredients:

1 cup cooked, chopped chicken or turkey
1 cup diced celery
1/2 cup shredded cheddar cheese
1 teaspoon minced dry onion
1/2 cup lowfat salad dressing
6 hamburger buns



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Mix all filling ingredients together.
3. Divide evenly and spread on buns; place on baking sheet.
4. Bake for 12-15 minutes or until sandwich filling is hot and cheese melts. Cover buns with foil the last 5 minutes of baking if bread becomes too brown.



Helpful Hints: These sandwiches are a great way to use leftover chicken or turkey which is much less expensive than buying cans of chicken meat. The filling ingredients can be made ahead of time, then added to buns and baked at mealtime. You can also save money if you buy day-old buns for this recipe - you are going to "toast" the bread anyway. If you don't have hamburger buns, hot dog buns make a great skinny sandwich!



Safety Tip: If you have sandwiches left after the meal, remember to get those into the refrigerator just as soon as you are done eating. Keep leftovers where you will see them in the refrigerator and use within two or three days.

Nutrition Facts

Serving Size 1 sandwich (115g)
Servings Per Container 6

Amount Per Serving	
Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	16%
Cholesterol 35mg	11%
Sodium 480mg	20%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	6%
Sugars 5g	
Protein 13g	

Vitamin A 4% • Vitamin C 2%
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.

	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.

Hot Ham and Noodles

A favorite cheesy casserole for kids.

Serves 4

 Level: Medium

Ingredients:

- 2 cups cooked egg noodles
- 1 cup cooked ham, diced
- 1/2 cup cheddar cheese, shredded
- 1 can (10.75 ounce) condensed cream of mushroom soup
- 3/4 cup low fat milk (fill soup can 1/2 full)



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large mixing bowl. Lightly coat a 9x9- inch pan or a 2 1/2- to 3-quart casserole dish with cooking spray and pour in mixture.
3. Bake for 25 to 30 minutes or until hot and bubbly.

This casserole can be cooked in the microwave. Use a microwave-safe dish. Cover and microwave on medium power (50%) for 8 to 9 minutes; stir. Microwave, uncovered, on medium until hot and bubbly, 3 to 4 minutes more.




Helpful Hints: One-dish meals or casseroles are a great way to combine leftovers. Actually some people call these "planned-overs!" This recipe combines meat, noodles and cheese, but you could add peas or other vegetables for color and variety. Cook this in the oven or the microwave and have a hot meal ready in minutes.



Safety Tip: Handle knives safely. Keep knives sharp. Dull knives are harder to use because you have to use more pressure, increasing the chance that the knife might slip and cut you. Always remember to cut away from you and to use a cutting board.

Kids' Tool Kit

- Pan
- Strainer 
- Large mixing bowl
- Can opener
- Measuring cups
- Wooden spoon
- Rubber spatula
- Knife
- Cutting board
- Casserole dish

Chef's Choice

- Hot Ham and Noodles
- Peas
- Milk

Nutrition Facts

Serving Size 1 cup (254g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 6g	28%
Cholesterol 60mg	20%
Sodium 1180mg	49%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 17g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	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 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.

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Lasagna Roll-Ups

A bit messy, but marvelous!



Level: Medium

Makes: 12

Kids' Tool Kit

Large pot
Wooden spoon
Measuring cups
Measuring spoons
Colander
Wax paper and foil
Skillet
Large mixing bowl
Spoon
9x13-inch pan



Ingredients:

- 12 lasagna noodles (8 ounces)
- Sauce:
 - 1 pound lean ground beef
 - 1 jar (26 ounces) spaghetti sauce
- Filling:
 - 1 large carton (24 ounces) cottage cheese
 - 2 cups (8 ounces) mozzarella cheese, shredded
 - 2 tablespoons Parmesan cheese
 - 1 teaspoon garlic powder



Directions:

Remember to wash your hands!

1. In a large pot, heat water to boiling and add lasagna noodles. When water returns to boiling, cook noodles 10 minutes, stirring occasionally.
2. Drain noodles and cool in single layer on wax paper or foil to keep from sticking together.
3. Cook ground beef in skillet and drain well. Add spaghetti sauce and stir.
4. In a large mixing bowl, combine filling ingredients.
5. Preheat oven to 350 degrees.
6. Spoon cheese mixture over noodles, followed by sauce. Roll up and place seam-side down in 9x13-inch pan lightly coated with cooking spray.
7. Cover with foil and bake 30 to 40 minutes or until hot.

Chef's Choice

Lasagna Roll-Ups
Green beans
Low fat milk

Nutrition Facts

Serving Size 1 Roll-Up (195g)
Servings Per Container 12

Amount Per Serving

Calories 240 Calories from Fat 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3.5g **17%**

Cholesterol 35mg **11%**

Sodium 700mg **29%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **6%**

Sugars 7g

Protein 23g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • 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



Helpful Hints:

Pasta sometimes tends to stick together during or after cooking. A helpful hint is to use plenty of water. Bring the water to a rapid boil, add the pasta slowly, and stir during cooking to prevent sticking. Pasta is best cooked al dente (ahl DEHN-tay), which means it is firm to the bite! Cooking time varies depending on the thickness of the pasta. Since the pasta in this dish will be baked, it can be cooked for a shorter time. Be sure and drain the lasagna noodles and cool in a single layer to keep them from sticking together.



Safety Tip:

Pasta is cooked uncovered in a large amount of boiling water. The boiling water helps circulate the pasta so it cooks evenly. Children could easily get burned during this step, so adult supervision is a must. Have a colander ready in the sink to drain the pasta so you can hold the pot with two hands.

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.

Lemon Pepper Chicken and Veggies

Chicken with a twist in the Slow Cooker!



Level: Medium

Serves: 4

Kids' Tool Kit

Slow cooker
Cooking spray
Cutting board
Sharp knife
Vegetable peeler
Measuring spoons
Can opener
Thermometer

Chef's Choice

Lemon Pepper
Chicken and
Veggies
Kiwi slices
Biscuit
Low fat milk

Ingredients:

2 cloves garlic
4 carrots
4 potatoes
4 chicken thighs or legs, skin removed
2 teaspoons lemon pepper seasoning
1 can (14.5 ounces) chicken broth



Directions:

Remember to wash your hands!

1. Lightly coat slow cooker with cooking spray.
2. Peel and mince garlic.
3. Wash, peel and slice carrots approximately 1/2-inch thick.
4. Wash, peel and cut potatoes into 1-inch chunks.
5. Layer carrots, potatoes, garlic and chicken in slow cooker.
6. Sprinkle with lemon pepper seasoning; add chicken broth and cover.
7. Cook on low setting 8 to 10 hours or on high 4 to 5 hours.



Helpful Hints: Get a head start on this meal by preparing the chicken and vegetables the night before. Prepare potatoes and place in a bowl of water covered tightly with plastic wrap. Peel and cut carrots and store in a covered bowl or use baby carrots. Remove skin from chicken, place in bowl and cover. Store meat and veggies in refrigerator until time to assemble ingredients.

Nutrition Facts

Serving Size 1 thigh/veggies (640g)
Servings Per Container 4

Amount Per Serving
Calories 530 Calories from Fat 140

% Daily Value*

Total Fat 16g 24%

Saturated Fat 4.5g 23%

Cholesterol 80mg 27%

Sodium 260mg 11%

Total Carbohydrate 73g 24%

Dietary Fiber 10g 41%

Sugars 7g

Protein 26g

Vitamin A 180% • Vitamin C 130%

Calcium 8% • Iron 25%

*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 Tips: Use cutting board to cut vegetables first and then remove skin and fat from chicken. Wash hands, counter tops, cutting board and knife in hot, soapy water when you are done.

Before eating, check the temperature of chicken to be sure it is done. Chicken should reach an internal temperature of 180 degrees. Be sure to take the temperature in the thickest portion of the chicken (be sure the tip is not sticking out!) Keep the thermometer in the chicken until the gauge stops moving.

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.

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.

	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.

Mama's Chicken and Rice

Cook it all in just one pan!



Level: Medium

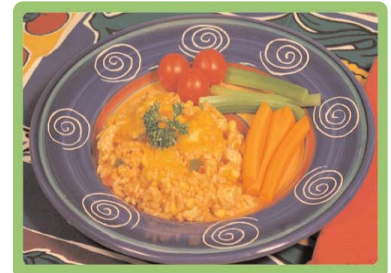
Serves: 4

Kids' Tool Kit

Large nonstick skillet
Wooden spoon
Measuring cups
Measuring spoons
Can opener
Strainer

Ingredients:

1 tablespoon vegetable oil
1 pound boneless, skinless chicken breasts, diced*
2 cups water
1 cup thick and chunky salsa
2 cups minute rice
1 can (16 ounces) whole kernel corn, drained
1 cup shredded cheddar cheese, divided



Chef's Choice

Mama's Chicken and Rice
Carrot and celery sticks
Cherry tomatoes
Low fat milk



Directions:

Remember to wash your hands!

1. Heat oil in a large nonstick skillet on medium-high heat. Add diced chicken and cook until no longer pink.
2. Add water and salsa to skillet and bring to a boil.
3. Stir in rice, corn and 1/2 cup cheese. Reduce heat and simmer 5 minutes, covered.
4. Sprinkle remaining 1/2 cup cheese on top and serve.

*You can substitute a 10-ounce can of drained chicken breast meat. Omit step #1 and add chicken in step #2.

Nutrition Facts

Serving Size 1 cup (481g)		Servings Per Container 4	
Amount Per Serving			
Calories	550	Calories from Fat	140
% Daily Value*			
Total Fat	15g		24%
Saturated Fat	7g		34%
Cholesterol	95mg		32%
Sodium	960mg		40%
Total Carbohydrate	62g		21%
Dietary Fiber	2g		9%
Sugars	6g		
Protein	40g		
Vitamin A	10%	Vitamin C	20%
Calcium	20%	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



Helpful Hints: If you like a real spicy dish, add garlic, cumin, black pepper and chili pepper. This dinner contains much less fat and sodium than the popular packaged mixes.

Turn the burner to low to keep the chicken and rice from sticking to the bottom of the pan. Stir occasionally, but the secret is to keep the lid on and the steam in the pan so the rice is nice and tender when the water is absorbed.

Do you have leftover casserole? Try serving this mixture in a soft flour tortilla with some extra cheese, sour cream and salsa. Roll it up and reheat in the microwave for a special meal kids can hold to eat.



Safety Tips: Food safety begins with you. Remember to wash your hands with soap and water before and after dicing chicken breasts.

Steam can burn, so tilt the lid away from your face when you stir the ingredients in the skillet. Use a dry hot pad when lifting the lid and have another one handy to set the skillet on when you remove it from the stovetop. Planning ahead can prevent a burn.

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.

Manly Muffin Meat Loaf


Dad will love these individual meat loaves, and so will everyone else!

 Level: Easy

Serves 6, 2 muffins each



Kids' Tool Kit

Muffin pan 
 Mixing bowl
 Measuring cups
 Measuring spoons
 Spoon
 Knife
 Cutting board
 Hot pad
 Grater

Ingredients:

1 egg
 1/2 cup milk
 3/4 cup oats
 1 pound lean ground beef
 3 tablespoons chopped onion
 1/2 teaspoon salt
 1/2 cup grated cheese (any variety)



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture into greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.



Helpful Hints: Combine meat loaf ingredients until well mixed, but don't over mix; Too much mixing can make a meat loaf tough!



Safety Tip: Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

Chef's Choice

Muffin Meatloaf
 Baked potato
 Green beans
 Milk

Nutrition Facts

Serving Size 2 muffins (136g)
 Servings Per Container 6

Amount Per Serving		Calories from Fat 100	
		% Daily Value*	
Calories	260		
Total Fat	11g		18%
Saturated Fat	5g		24%
Cholesterol	70mg		23%
Sodium	450mg		19%
Total Carbohydrate	16g		5%
Dietary Fiber	2g		9%
Sugars	3g		
Protein	22g		
Vitamin A	2%	Vitamin C	0%
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	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.

Marinated Beef

Tender and tasty for fajitas!



Level: Medium

Serves: 4

Kids' Tool Kit

Cutting board



Sharp knife

Medium glass bowl

Plastic wrap

Measuring spoons

Measuring cups

Large skillet

Large spoons

Chef's Choice

Marinated Beef

Flour tortilla

Sautéed onions and green peppers

Salsa

Low fat milk

Nutrition Facts

Serving Size 3 ounces (108g)
Servings Per Container 4

Amount Per Serving
Calories 270 Calories from Fat 200

% Daily Value*

Total Fat 22g 34%

Saturated Fat 4.5g 23%

Cholesterol 50mg 17%

Sodium 330mg 14%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 18g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • 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.

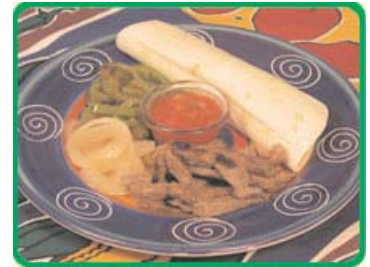
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 12 ounces beef round steak
- 1 clove garlic, minced, or ¼ teaspoon garlic powder
- 2 tablespoons lemon juice
- 4 tablespoons vegetable oil, divided
- ½ teaspoon salt
- ½ teaspoon pepper



Directions:

Remember to wash your hands!

1. Using a cutting board and sharp knife, cut round steak across the grain into thin strips, about ½ inch wide and 2 to 3 inches long.
2. In a medium glass mixing bowl, combine garlic, lemon juice, 2 tablespoons vegetable oil, salt and pepper.
3. Add beef strips and stir to coat with the marinade sauce. Cover bowl with plastic wrap and refrigerate about 2 hours.
4. In a medium skillet over medium-high heat, heat 2 tablespoons oil 1 to 2 minutes or until hot.
5. Drain marinade. Put beef in skillet, stir and cook 5 to 7 minutes or until meat is thoroughly browned.



Helpful Hints: Kids may need help cutting and cooking the meat in this recipe.

The acid in a marinade helps tenderize meat. If you don't have lemon juice, try substituting tomato, lime or grapefruit juice; vinegar; yogurt; milk; or buttermilk. Marinades also add flavor. Try adding herbs such as marjoram, thyme, and rosemary for more flavor variations.



Safety Tip: Don't let the oil get too hot. Remember hot oil may splatter when ingredients are added.

If you would like to use some of the marinade for basting the meat as it is cooking, set some of the marinade aside before adding it to the raw meat. The liquid left from marinating the meat should be discarded. It contains bacteria from the raw meat that can make you sick.

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.

Neat-to-Eat Sloppy Joes

Use both hands to eat these!



Level: Medium

Serves: 6 to 8

Kids' Tool Kit

Microwave safe dish
Knife
Cutting board
Can opener
Spoon
Measuring cups
Measuring spoons
Strainer
Thermometer

Ingredients:

1 pound lean ground beef
1/2 cup chopped onions
1/2 cup chopped green pepper
1/2 teaspoon paprika
1 can (8 ounce) tomato sauce
2 tablespoons brown sugar
6 - 8 small hamburger buns



Directions:

Remember to wash your hands!

1. Combine ground beef, onions and green pepper in a microwave-safe bowl and cook on high power 4 to 5 minutes or until meat is no longer pink. Drain excess grease.
2. Crumble meat with fork; add paprika, tomato sauce and brown sugar. Blend well. Cook covered on 60% power for 7 minutes, stirring once. Cook to end temperature of 160 degrees.
3. Spoon onto buns.

Chef's Choice

Neat-to-Eat
Sloppy Joes
Green beans
Canned peaches
Low fat milk

Nutrition Facts

Serving Size 1 sandwich (152g)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	6%
Cholesterol 30mg	10%
Sodium 400mg	17%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 17g	
Vitamin A 4%	Vitamin C 15%
Calcium 6%	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	



Helpful Hints: This mixture can also be cooked in an electric skillet, wok or stovetop. Brown ground beef with chopped vegetables; cook until meat is no longer pink and vegetables are tender. Drain excess grease. Add paprika, tomato sauce and brown sugar. Simmer until mixture reaches 160 degrees, stirring often.



Safety Tips: Be sure kids know how to safely use the microwave oven, and that they know which dishes are microwave safe. Cooks of all ages should remember to use caution: Use a hot pad when removing hot dishes from the microwave.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Lunch Box Surprise* by Grace MacCarone. 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Okey Dokey Oatmeal

What a way to start the day!



Level: Easy

Serves: 4, ½ cup each

Kids' Tool Kit

Medium-size pan
Measuring spoons
Measuring cups
Knife
Cutting board
Wooden spoon

Chef's Choice

Okey Dokey Oatmeal
Orange juice
Low fat milk

Ingredients:

1 ½ cups water
⅔ cup old-fashioned oats
½ cup skim milk
1 apple, washed and diced
2 tablespoons raisins or chopped dates
¼ teaspoon cinnamon



Directions:

Remember to wash your hands!

1. In a medium-size pan, bring water to boil. Add oats, reduce heat to low.
2. Cook 5 minutes, stirring occasionally.
3. Remove from heat.
4. Stir milk, apple, raisins or dates, and cinnamon into oatmeal. Cover pan until ready to eat. Serve hot.



Helpful Hints: Breakfast is the most important meal of the day, but also the meal most often skipped. Breakfast eaters feel stronger, more energized and better able to concentrate and problem-solve throughout the day. Oatmeal, a whole grain, is healthy, inexpensive and tasty! Old-fashioned oats and quick-cooking oats can usually be interchanged in recipes.



Safety Tips: 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 with clean water!

Nutrition Facts

Serving Size ½ cup (176g)
Servings Per Container 4

Amount Per Serving		
Calories 90	Calories from Fat 10	% Daily Value*
Total Fat 1g		2%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 15mg		1%
Total Carbohydrate 20g		7%
Dietary Fiber 3g		11%
Sugars 7g		
Protein 3g		
Vitamin A 2%	Vitamin C 2%	
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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Seven Silly Eaters* by Mary Ann Hoberman. 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.

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One Fun Egg Roll

Baked to perfection, not fried!



Level: Medium

Makes: 14

Kids' Tool Kit

Nonstick skillet
or wok
Measuring spoons
Measuring cups
Small bowl
Whisk
Paring knife
Cutting board
Grater
Can opener
Baking sheet
Cooking spray

Chef's Choice

One Fun Egg Roll
Rice
Canned peaches
Low fat milk

Nutrition Facts

Serving Size 1 egg roll (100g)	
Servings Per Container 14	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 10g	
Vitamin A 25%	Vitamin C 35%
Calcium 4%	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	

Ingredients:

- 1 tablespoon water
- 1 1/2 tablespoons reduced-sodium soy sauce
- 1 teaspoon vegetable oil
- 1 teaspoon brown sugar
- 1 tablespoon plus 1 teaspoon cornstarch
- 1 cup finely diced broccoli
- 1/2 cup finely diced onion
- 1 cup finely shredded carrot
- 2 cups finely shredded cabbage
- 1 cup finely diced green pepper
- 1 garlic clove, minced
- 1/4 teaspoon pepper
- 1 cup cooked, shredded chicken or turkey or 1 (10-ounce) can drained chicken breast meat, shredded
- 14 egg roll wrappers



Directions:

Remember to wash your hands and the countertop!

1. In a small bowl, combine water, soy sauce, oil and brown sugar; whisk in cornstarch and set aside.
2. Heat a nonstick skillet or wok on medium-high heat. Add vegetables, garlic and pepper. Cook 3 minutes. Add chicken and cook 1 minute more.
3. Pour soy sauce mixture into chicken mixture; toss well. Remove from heat and set aside.
4. Preheat oven to 400 degrees F.
5. Spray a baking sheet with cooking spray.
6. Place 1 egg roll wrapper on sanitized countertop so it looks like a diamond. Put 1/4 cup filling just below center. Pull bottom edge of wrapper up and tuck under filling. Fold in the left and right corners. Tightly roll-up egg roll. Moisten the top corner of wrapper with a bit of water to prevent it from unrolling. (Keep the egg roll wraps in their package so they don't dry out between making each one.)
7. Place egg roll, seam-side-down, on baking sheet and repeat with remaining wrappers and filling. Lightly spray egg rolls with cooking spray. Bake 18 to 22 minutes until golden brown.



Helpful Hints: Have all the vegetables prepared before heating the skillet or wok. If you don't have a nonstick skillet, add 1 tablespoon oil. You can use any combination of vegetables and different kinds of cooked meat in the egg rolls.

Egg roll wraps (or skins) can be found in the produce section at the grocery store. A 16-ounce package has about 14 wraps. Keep refrigerated until ready to use. They are very easy to use and wrap around filling. Just remember to lay out 1 wrap at a time and keep the others covered in the package or with a clean damp towel so they don't dry out.

This makes a great family activity! There is "action" for everyone including shredding, grating, stirring, whisking and wrapping. Kids will have fun making egg rolls and even more fun eating them. Try different dips - salsa, sweet and sour sauce, or mustard.



Safety Tips in the Kitchen: Wash vegetables with running water before shredding or dicing to remove dirt and germs. A clean work area is a must, especially with this recipe, since the wraps are placed on the countertop. Sanitize countertops with a teaspoon bleach in a quart spray bottle. Spray countertops, wipe with a clean paper towel and toss.

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.



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.

Overnight Egg Casserole

A hearty, hot breakfast!



Level: Medium

Servings: 6 servings

Kids' Tool Kit

- Skillet
- 8x8-inch pan
- Wooden spoon
- Cutting board
- Knife
- Small and large mixing bowls
- Measuring cups



Ingredients:

- 6 ounces ground sausage
- 5 slices bread, crust removed
- 4 eggs, beaten
- 1 cup low fat milk
- ½ cup shredded cheddar cheese



Directions:

Remember to wash your hands!

Prepare the day before serving:

1. In a skillet, cook sausage until browned. Drain well on paper towel.
2. Cube or tear bread into small pieces. In a large mixing bowl, combine bread cubes, sausage and remaining ingredients.
3. Lightly coat 8x8-inch pan with cooking spray. Add egg mixture, cover with foil and refrigerate overnight.

Ready to bake the next day:

4. Preheat oven to 325 degrees. Bake, covered, for 45 minutes. Uncover and bake another 15 minutes or until brown. To serve, cut into squares. Refrigerate leftovers.

Chef's Choice

- Overnight Egg Casserole
- Mixed Fruit
- Cinnamon roll or toast



Helpful Hints: This egg dish is a great recipe for kids to fix for "mom" or that special person on Mother's Day. Everyone can help with this recipe - little ones can tear the bread into pieces, older kids with adult supervision can cook the sausage and drain it, and those in-between can break the eggs and combine the ingredients. Children of all ages enjoy meals more when they have been involved in the planning and preparation.



Safety Tip: Buy eggs that are refrigerated because they can spoil quickly when they're not kept cold. Open cartons at the store to make sure the eggs are not cracked or dirty. Remember to refrigerate eggs as soon as you get home from the grocery store and use within about three weeks.

Nutrition Facts

Serving Size 1/6 of casserole
Servings Per Container 6

Amount Per Serving
Calories 250 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

• Saturated Fat 5g 26%

Cholesterol 150mg 51%

Sodium 450mg 19%

Total Carbohydrate 15g 5%

• Dietary Fiber 0g 0%

• Sugars 3g

Protein 16g

Vitamin A 6% • Vitamin C 0%

Calcium 15% • 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 < 65g 80g

Saturated Fat < 20g 25g

Cholesterol < 300mg 300mg

Sodium < 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.



Peachy Pork Picante

A sweet and spicy combination!



Level: Medium

Serves: 4

Kids' Tool Kit

Cutting board
Sharp knife
Wooden spoon
Skillet
Measuring cups

Ingredients:

1 pound boneless pork loin chops, cubed
1 tablespoon taco seasoning mix
1 cup chunky-style salsa
1/3 cup peach preserves
Rice or couscous, optional



Directions:

Remember to wash your hands!

1. Toss pork with taco seasoning.
2. Lightly brown pork in a non-stick skillet over medium-high heat.
3. Stir in salsa and preserves. Bring to a boil, reduce heat, cover and simmer 10 to 15 minutes.

Recipe adapted from National Pork Producers Council, www.nppc.org

Chef's Choice

Peachy Pork Picante
Rice or couscous
Broccoli
Peach half
Low fat milk



Helpful Hints: Put the taco seasoning in a clean plastic bag, add the pork cubes and kids can shake it up.

Letting the pork simmer in the sauce helps tenderize the meat and allows flavors to blend. Serve over rice or couscous prepared while the meat is simmering. Add a green vegetable for lots of color.



Safety Tips: Use a sharp knife and cutting board to trim excess fat from the pork and dice into small cubes. Kids need adult supervision for this step. To avoid cross-contamination, use a clean cutting board and knife to prepare fresh vegetables to add to the meal.

Nutrition Facts

Serving Size 1 cup (202g)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2.5g	11%
Cholesterol 65mg	22%
Sodium 870mg	36%
Total Carbohydrate 25g	8%
Dietary Fiber less than 1 gram	4%
Sugars 20g	
Protein 26g	

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

Peanut Butter Pita Pocket

A handheld snack filled with fruit!



Level: Easy

Makes: 1

Kids' Tool Kit

Cutting board
Knife
Scissors
Peeler
Tablespoon
Mixing bowl
Spoon

Ingredients:

- 1 banana
- 3 tablespoons peanut butter
- 1 apple
- 1 (7-inch) round piece whole-wheat pita bread



Directions:

Remember to wash your hands!

1. Peel the banana and mash it in a bowl with the back of a spoon or pastry blender.
2. Add peanut butter; stirring well to combine.
3. Core, peel and chop apple.
4. Cut pita bread in half, spread peanut butter mixture inside each half and fill with chopped apple.

Chef's Choice

Peanut Butter Pita Pocket
Low fat milk

Nutrition Facts

Serving Size 1 pita (358g)
Servings Per Container 1

Amount Per Serving		
Calories	640	Calories from Fat 240
% Daily Value*		
Total Fat	27g	42%
Saturated Fat	6g	28%
Cholesterol	0mg	0%
Sodium	570mg	24%
Total Carbohydrate	91g	30%
Dietary Fiber	13g	51%
Sugars	42g	
Protein	20g	
Vitamin A 4%		Vitamin C 25%
Calcium 4%		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



Helpful Hints: Pita bread came to America from the Middle East. The bread is often cut in half and pulled apart to form two "pockets." Meat or vegetables are then stuffed into the pocket to make a sandwich. Pita bread also can be used as pizza crust.



Safety Tip: Pita bread can be cut in half with kitchen scissors, a small knife or pizza cutter. Remember to use a clean cutting board when cutting the bread in half and chopping apples. Always peel or cut away from yourself.

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.

Perfect Pumpkin Pancakes

Pumpkin - it's not just for pies anymore!



Level: Easy

1 Dozen 3 1/2" Pancakes

Kids' Tool Kit

- Mixing bowls
- Measuring spoons
- Measuring cups
- Can opener
- Spoon
- Griddle or skillet
- Spatula

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cups low fat milk
- 2 tablespoons vegetable oil



Directions:

Remember to wash your hands!

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

Chef's Choice

- Pumpkin Pancakes
- Sausage patty
- Pear slices
- Milk

Nutrition Facts

Serving Size 2 pancakes (155g)
Servings Per Container 1 dozen 3 1/2" pancakes

Amount Per Serving		Calories from Fat 60
		% Daily Value*
Total Fat	6g	10%
Saturated Fat	1g	4%
Cholesterol	35mg	12%
Sodium	690mg	29%
Total Carbohydrate	43g	14%
Dietary Fiber	2g	7%
Sugars	10g	
Protein	8g	
Vitamin A	90%	Vitamin C 2%
Calcium	25%	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



Helpful Hints: If you don't have pumpkin pie spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.



Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook! Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

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.

Pizza Wraps

Tortillas filled with your favorite pizza toppings!



Level: Medium

Serves: 4

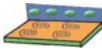
Ingredients:

- 1 tablespoon margarine, softened
- 4 (10-inch) flour tortillas
- 1 cup shredded Cheddar-Monterey Jack cheese blend
- ¼ cup pizza sauce
- 4 ounces sliced pepperoni, cooked beef or chicken



Kids' Tool Kit

- Knife
- Measuring cups
- Measuring spoons
- Skillet or griddle
- Spatula



Chef's Choice

- Pizza Wraps
- Pear slices
- Milk

Directions:



Remember to wash your hands!

1. Heat a large skillet or griddle over medium-high heat.
2. Spread margarine on one side of each tortilla. Place one tortilla in skillet, margarine-side down.
3. Spoon a tablespoon of pizza sauce onto half of the tortilla.
4. Sprinkle ¼ cup of cheese over the sauce and top with a few slices of pepperoni.
5. Fold the clean half of the tortilla over the filling and cook each wrap, turning once (about 1 to 2 minutes on each side or until cheese melts).
6. Repeat with remaining tortillas.

Helpful Hints:



This is the perfect appetizer or meal and everyone can prepare their Pizza Wrap just the way they like it! Tomato sauce with a little added oregano can be substituted for pizza sauce. Choose pepperoni, ground beef or chicken; add chopped vegetables such as green pepper, red pepper or onion; and vary the cheese to your liking. Pizza Wraps are the perfect way to use leftovers and small amounts of ingredients in the refrigerator.

Safety Tip:



Don't add water to a very hot skillet or griddle - it can sizzle up and hurt you. Adding cold water to a hot pan can warp and ruin the pan. Let pans cool before placing them in soapy water.

Nutrition Facts

Serving Size 1 wrap (148g)
Servings Per Container 4

Amount Per Serving

Calories 510 Calories from Fat 260

% Daily Value*

Total Fat 29g **45%**

Saturated Fat 12g **60%**

Cholesterol 50mg **16%**

Sodium 1140mg **47%**

Total Carbohydrate 42g **14%**

Dietary Fiber 3g **11%**

Sugars 2g

Protein 19g

Vitamin A 10% • Vitamin C 2%

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.

Pork Roast with Fruit Sauce

A perfect combo in the slow cooker!

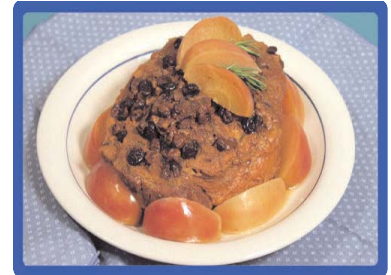


Level: Easy

Serves: 12

Ingredients:

- 1 pork shoulder roast (4 to 5 pounds)
- ¼ teaspoon ground black pepper
- ½ teaspoon dried rosemary
- 2 cooking apples
- ½ cup raisins
- ½ cup apple juice



Kids' Tool Kit

Slow cooker
Cooking spray
Cutting board
Sharp knife
Measuring spoons
Measuring cups
Thermometer



Directions:

Remember to wash your hands!

Chef's Choice

Pork Roast with
Fruit Sauce
Sweet potatoes
Green peas
Low fat milk

1. Lightly spray slow cooker with cooking spray.
2. Place roast in slow cooker and sprinkle with pepper and rosemary. Wash hands again after touching raw meat.
3. Wash, core and slice apples, then place slices in slow cooker on meat. Add raisins and apple juice.
4. Place cover on slow cooker and cook 8 to 10 hours on low setting or 4-5 hours on high.
5. Remove roast from the slow cooker and slice into portions. Spoon fruit sauce over roast to serve.



Helpful Hints: Using a slow cooker is an easy way to serve tender meat with very little prep time. The meat cooks slowly while you are away, and it's ready when you come home. Add a vegetable or salad to the meal, and you're ready to eat!

Nutrition Facts

Serving Size 1/12th of roast (191g)
Servings Per Container 12

Amount Per Serving

Calories 380 Calories from Fat 170

% Daily Value*

Total Fat 19g 29%

Saturated Fat 7g 33%

Cholesterol 145mg 48%

Sodium 125mg 5%

Total Carbohydrate 10g 3%

Dietary Fiber less than 1g 3%

Sugars 8g

Protein 41g

Vitamin A 0% • Vitamin C 2%

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

Rosemary is a Mediterranean herb with a strong, aromatic flavor. It is used to season meat, poultry and vegetables. Dried rosemary leaves are found with other seasonings at the grocery store and should be stored away from light, heat and moisture. Use within one year for the best flavor. Crush dried rosemary in the palm of your hand to release its flavor.

For variations on this recipe, try using dried apples or apricots instead of the fresh apples. If using fresh herbs instead of dried, use 3 times as much.



Safety Tips: Always check the internal temperature of the pork to be sure it is cooked thoroughly to 160 degrees. Insert thermometer into the thickest part of the roast until the gauge stops moving for an accurate reading.

When taking the lid off the slow cooker, lift lid up and away from you to avoid a steam burn.

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.

Potato Chip Chicken Fingers

Here's a quick and tasty recipe for a family favorite!




Level: Easy

Serves 4

Kids' Tool Kit

- Knife
- Cutting board
- Wooden spoon
- Measuring spoons
- Whisk
- Mixing bowl
- Zip-style bag
- Baking sheet
- Spatula
- Hot pad



Chef's Choice

- Potato Chip
- Chicken Fingers
- Applesauce
- Tater tots
- Milk

Ingredients:

- 1 whole boneless, skinless chicken breast
- 5 to 6 ounces potato chips, any flavor
- 1 egg
- 2 tablespoons milk



Directions:

Remember to wash your hands!

1. Preheat the oven to 400 degrees.
2. Cut the chicken into finger-size pieces.
3. Fill a large, sealable plastic bag with the potato chips; seal the bag and crush the chips with the back of a wooden spoon.
4. In a small bowl, whisk the egg and milk.
5. Dip the chicken pieces into the egg mixture, then into the bag. Shake gently to cover, then place coated chicken on baking sheet.
7. Bake for 20 minutes, flipping once during the cooking time, until chicken fingers are golden brown.
8. Serve with barbecue sauce, salsa, or honey mustard.



Helpful Hints: Thawing chicken is an easy but important step in this recipe. Thaw chicken, and all foods, in the refrigerator. For speedy thawing, the microwave can be used, per the manufacturer's directions. Food should be cooked immediately after thawing in the microwave. Chicken breasts slice easily if they are partially frozen.

This recipe makes a healthy, lower fat version of chicken tenders. Try using barbecue chips or sour cream and onion chips for flavor variety. The egg plays an important role in this recipe. It holds the chip crumbs to the chicken and helps create a nice, crunchy coating. Leftover chicken fingers should be refrigerated. They would be great on top of a crisp green salad.



Safety Tip: Use hot pads to take baking sheet from oven.

Nutrition Facts

Serving Size 4 chicken fingers (115g)
Servings Per Container 4

Amount Per Serving			
Calories	280	Calories from Fat 130	
% Daily Value*			
Total Fat	14g	22%	
Saturated Fat	4.5g	22%	
Cholesterol	85mg	29%	
Sodium	270mg	11%	
Total Carbohydrate	19g	6%	
Dietary Fiber	2g	6%	
Sugars	1g		
Protein	18g		
Vitamin A	2%	Vitamin C	20%
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 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.

Quesadilla con Huevos

Cheesy tortilla with eggs!



Level: Easy

Makes: 4

Kids' Tool Kit

Measuring spoons
Skillet
Spoon
Spatula
Knife
Pizza wheel

Ingredients:

½ cup grated Cheddar or Cojack cheese,
divided
2 eggs, scrambled
4 flour tortillas (6- to 8-inch size)
4 tablespoons salsa, optional



Directions:

Remember to wash your hands!

1. Put 2 tablespoons cheese and ¼ of the scrambled eggs on each tortilla.
2. Heat 2 Quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

Chef's Choice

Quesadilla con
Huevos
100% fruit juice
Low fat milk



Helpful Hints: Kids can make these as plain as they like or can add ingredients such as peppers, tomatoes, mushrooms or onions. Quesadillas make a great breakfast or lunch that's easy and quick. Instead of using a microwave, you can heat the tortillas on a skillet or griddle until the cheese melts.

Look for Kids a Cookin' recipe # 16 Scrambled Eggs and #12 Farmers' Market Salsa to help in making Quesadilla con Huevos.



Safety Tips: The melted cheese is hot, so wait a minute before eating. Use a knife or pizza wheel to cut the quesadilla into wedges for serving.

Nutrition Facts

Serving Size 1 (91g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4.5g	22%
Cholesterol 140mg	46%
Sodium 350mg	14%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 10g	
Vitamin A 8%	Vitamin C 4%
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 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.

Scrambled Eggs


Eggs make a quick, easy meal anytime!



Level: Easy

Serves 4

Kids' Tool Kit

Mixing bowl
Measuring cups 
Measuring spoons
Fork or whisk
Skillet or pan
Spatula
Spoon
Knife

Chef's Choice

Scrambled Eggs
Toast
Peaches
Milk

Ingredients:

6 eggs
1/3 cup milk
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter or margarine



Directions:

Remember to wash your hands!

1. Break eggs into a medium-size bowl.
2. Pour milk into bowl with eggs.
3. Add salt and pepper.
4. Beat egg mixture with fork or wire whisk.
5. Place butter or margarine in skillet. Put pan on stove over low heat.
6. When butter is melted, add beaten egg mixture.
7. Stir eggs with spatula. Cook until eggs are slightly firm.



Helpful Hints: Eggs are high in protein and can overcook if cooked at too high a temperature. A low heat for slow cooking results in evenly cooked, delicious eggs.

For easy clean-up, rinse bowl and utensils in cold water. This will prevent the egg from hardening, as it might if rinsed with hot water. Be sure to wash all equipment and utensils in hot, soapy water.



Safety Tip: Be sure to wash hands before and after handling raw eggs. Hands carry bacteria that can spread to other foods, dishes, or people if they aren't washed thoroughly.

Nutrition Facts

Serving Size 1/2 cup (115g)
Servings Per Container 4

Amount Per Serving	
Calories	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4.5g	24%
Cholesterol 375mg	125%
Sodium 330mg	14%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 12g	
Vitamin A 15%	Vitamin C 0%
Calcium 8%	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.



Scrambled Eggs and Potatoes

A hearty, healthy breakfast!

Level: Easy

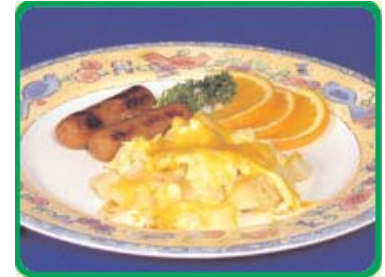
Serves: 4, 1 cup each

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.

Slow Cooker Pasta Sauce

Flavors blend when cooked all day!



Level: Medium

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Can opener
Slow cooker
Measuring spoons
Spoon
Skillet

Chef's Choice

Slow Cooker Pasta
Sauce
Spaghetti
Green beans
Peach half
Low fat milk

Ingredients:

- 1 pound lean ground beef or pork
- 1/2 medium onion, chopped
- 1/2 bell pepper, chopped
- 3 carrots, sliced
- 1 zucchini, sliced and quartered
- 2 cloves garlic, diced
- 2 cans (15-ounce) tomato sauce
- 1 can (15-ounce) diced tomatoes
- 1/2 teaspoon dried basil *
- 1/2 teaspoon dried oregano*
- 1/2 teaspoon dried thyme*

*Or substitute 2 teaspoons dried Italian seasoning for the 3 spices
Cooked pasta



Directions:

Remember to wash your hands!

1. Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker.
2. Add vegetables and herbs, and stir to combine ingredients.
3. Cook on low setting 6 to 8 hours or high 3 to 4 hours.
4. Serve over cooked pasta and top with shredded cheese, if desired



Helpful Hints: Get a head start on this dish by preparing the vegetables the day before, cover and store in the refrigerator overnight. You can also brown the meat the day before and keep covered in the refrigerator. In the morning, put all ingredients in the slow cooker and you're on your way to a delicious meal!

Other ingredients may be added to the sauce for extra flavor. Try mushrooms, broccoli, celery or pepperoni.

If tomatoes are in season, substitute fresh for canned. Two large or 3 medium size tomatoes would equal one 15-ounce can.



Safety Tips: Refrigerate or freeze leftovers within 2 hours of cooking. Divide pasta sauce into shallow containers no more than 2 inches deep; refrigerate or freeze immediately. This is important so the sauce cools quickly, limiting bacterial growth.

Reheat all leftovers to 165 degrees to make sure food is safe to eat.

Nutrition Facts

Serving Size 1 cup (380g)
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 5%

Cholesterol 40mg 13%

Sodium 900mg 38%

Total Carbohydrate 20g 7%

Dietary Fiber 5g 21%

Sugars 11g

Protein 19g

Vitamin A 100% • Vitamin C 60%

Calcium 6% • 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.

Snack Pizza

Now in delicious bite-size!

Serves 10



Level: Easy

Ingredients:

- 12-ounce can flaky refrigerator biscuits
- 1/3 cup tomato sauce
- 1 teaspoon oregano
- 1/2 small onion, chopped
- 1/2 cup shredded cheese (any kind)



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Pat each biscuit into a 4-inch circle on a greased baking sheet.
3. Mix tomato sauce and oregano, and spoon about 1 1/2 teaspoons of mixture on each biscuit circle.
4. Sprinkle onions and cheese over tomato sauce.
5. Bake for 15 minutes or until crust is lightly browned.
6. Refrigerate or freeze extra pizzas.



Helpful Hints: Be sure to always wash your hands before starting any cooking activity. Make sure your kitchen equipment is also clean.

Onion adds flavor to many foods and is easy to keep on hand. Use a cutting board when chopping an onion.

Sliced, shredded or block cheese will work in this recipe. If you have sliced cheese, just cut the slices into strips and place over sauce.

Oregano is an herb that is often used in Italian food. It may be in dried or fresh leaf form. Some cooks like to grow it in a garden or windowsill box to keep fresh herbs on hand!



Safety Tip: Use dry potholder to remove hot pans from oven. A damp potholder will conduct heat very rapidly and cause burns.

Chopping is an activity appropriate for children capable of using a knife safely. Young children can pat the pizza dough, add the sauce, toppings and enjoy. They will need parental help in chopping the onion and removing the pizzas from the oven.

Kids' Tool Kit

- Measuring cups
- Measuring spoons
- Baking sheet
- Knife
- Cutting board
- Grater
- Hot pad
- Mixing bowl
- Spatula



Chef's Choice

- Snack Pizza
- Chocolate Pudding
- Milk

Nutrition Facts

Serving Size 1 pizza (54g)
Servings Per Container 10

Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 4g	

Vitamin A 4% • Vitamin C 2%
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 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Spicy Macaroni Meal

Kids will love cooking AND eating this easy dish!



Level: Medium

Serves 6

Kids' Tool Kit

Skillet
Strainer
Measuring spoons
Measuring cups
Wooden spoon
Covered skillet
Knife
Cutting board



Ingredients:

1 pound ground beef or turkey
1/2 cup onion, chopped
1/2 cup chopped green pepper
2 teaspoons ground cumin
2 teaspoons chili powder
1/2 teaspoon garlic powder
1/2 teaspoon pepper
2 cups tomato juice
2 cups water
1 1/2 cups uncooked elbow macaroni



Directions:

Remember to wash your hands!

1. Brown meat, onion, and green pepper in a large skillet. Drain fat.
2. Stir in remaining ingredients.
3. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 15 minutes, stirring occasionally.

Chef's Choice

Spicy Macaroni Meal
Applesauce
Peas
Milk



Helpful Hints: Adding dry macaroni to this mixture makes it very easy and prevents using extra pans. This recipe also works well in an electric skillet, if you choose. Just be sure to stir the mixture occasionally, so the macaroni doesn't have a chance to stick while absorbing the liquid.



Safety Tip: When removing a lid from a hot pan, open lid AWAY from you. The steam will escape out the back and will be less likely to burn.

Nutrition Facts

Serving Size (211g)
Servings Per Container 6

Amount Per Serving

Calories 260 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3g **14%**

Cholesterol 30mg **9%**

Sodium 350mg **15%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 20g

Vitamin A 15% • Vitamin C 35%

Calcium 2% • 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 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.

Stuffed Peppers in a Slow Cooker

The "insides" are the best!



Level: Easy

Serves: 6

Kids' Tool Kit

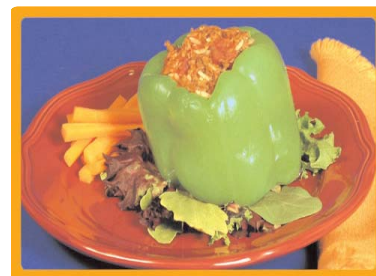
Slow cooker
Cooking spray
Can opener
Cutting board
Sharp knife
Medium mixing bowl
Measuring spoons
Measuring cups
Large spoon
Thermometer

Chef's Choice

Stuffed Peppers
Carrot sticks with ranch dressing
Apple wedges
Low fat milk

Ingredients:

3 green bell peppers, medium size
1 can (14 ½-ounce) diced tomatoes with oregano, basil and garlic
1 pound lean ground beef
½ cup long grain white rice, uncooked
½ teaspoon salt
¼ teaspoon ground black pepper
1 can (46-ounce) tomato juice



Directions:

Remember to wash your hands!

1. Lightly coat slow cooker with cooking spray.
2. Wash peppers and cut around stems to remove stem, seeds and membrane from inside peppers and set aside.
3. Drain liquid from tomatoes. In medium bowl, combine tomatoes, ground beef, rice, salt and pepper.
4. Fill peppers with meat mixture and place in slow cooker.
5. Make balls from any remaining meat mixture; add to slow cooker.
6. Pour tomato juice around stuffed peppers until nearly covered.
7. Cover and cook on low temperature setting 10 to 12 hours.
8. Remove lid the last hour of cooking and turn to high to make a thicker sauce.



Helpful Hints: To save time in the morning, do some pre-prep the night before. Wash, cut and remove seeds from peppers and store in a bag in the refrigerator. Combine filling ingredients in a bowl, cover and refrigerate. Assembly time is cut in half!

During the last hour of cooking, remove the lid and turn the slow cooker to high. This will allow some liquid in the tomato juice to evaporate and make a thicker sauce. To serve, cut peppers in half, spoon on sauce and top with American or cheddar cheese, if desired.

For flavor variations, use canned or fresh tomatoes and add your favorite herb combinations. To bump-up the veggie servings, add a can of drained whole kernel corn to the meat mixture.



Safety Tips: Before serving, check the temperature of the beef mixture to be sure it is done. Ground beef should reach an internal temperature of 160 degrees to be safe. Insert thermometer into the center of the beef mixture and make sure it does not touch the bottom of the slow cooker.

After opening, store leftover tomato juice in a plastic container in the refrigerator. Use it within a few days.

Nutrition Facts

Serving Size 1/2 pepper (449g)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 5%

Cholesterol 40mg 13%

Sodium 1360mg 57%

Total Carbohydrate 21g 7%

Dietary Fiber 3g 10%

Sugars 13g

Protein 20g

Vitamin A 30% • Vitamin C 140%

Calcium 8% • 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.

Super Spaghetti Supper

Great for lunch, too!



Level: Easy

Serves: 4 to 6

Kids' Tool Kit

Electric skillet
Strainer
Measuring cup
Measuring spoons
Can opener
Spoon
Thermometer

Ingredients:

- 1 pound lean ground beef or turkey, browned and drained
- 3 ³/₄ cups hot water
- 1 can (6 ounces) tomato paste
- 5 ounces spaghetti, dry and broken into pieces 3 to 4 inches long
- 1 tablespoon dried onion flakes
- ¹/₂ teaspoon Italian seasoning
- ¹/₂ teaspoon garlic powder



Chef's Choice

Super Spaghetti Supper
Green beans
Bread stick
Pear half
Low fat milk



Directions:

Remember to wash your hands!

1. Mix browned, drained meat with hot water, tomato paste and broken spaghetti in electric skillet.
2. Add onion flakes and spices; cover skillet and bring to boil. Simmer 20 to 25 minutes, stirring frequently, until spaghetti is tender and mixture reaches 160 degrees.



Helpful Hints: If this recipe makes more than your family can eat at one meal, it reheats well in the microwave. Use a microwave-safe dish, cover loosely with a paper towel, reheat on medium power, stir and rotate dish midway through cooking. This recipe is perfect for planned-overs!



Safety Tips: Reheat leftovers thoroughly to at least 165 degrees. Insert a clean thermometer into the center of the casserole to make sure the internal temperature reaches 165 degrees. This is important to keep family members from getting sick from a foodborne illness.

Nutrition Facts

Serving Size 1 cup (311g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 40mg	14%
Sodium 70mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 20g	
Vitamin A 8%	Vitamin C 10%
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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *We Eat Dinner in the Bathtub* by Angela Shelf Medearis.

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.

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Super-Duper Spread

Peanut butter never tasted so good!



Level: Easy

Makes: 1 ¼ cups spread

Kids' Tool Kit

Apple peeler
Sharp knife
Cutting board
Measuring cup
Measuring spoons
Rubber spatula
Mixing bowl

Ingredients:

1 apple
1 cup peanut butter
¼ cup honey
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



1. Wash, peel, core and dice apple.
2. In a medium mixing bowl, combine apple, peanut butter, honey and cinnamon until well blended.
3. Spread filling on whole wheat bread, celery sticks, graham crackers or pretzels.

Chef's Choice

Super-Duper Spread
Whole wheat bread,
celery, carrots,
graham cracker,
or bagel
Low fat milk



Helpful Hints: Cutting sandwiches into different shapes makes lunch time fun. To make small, triangle-shape sandwiches, use a sharp knife and cut diagonally across the bread, from corner to corner and again from the opposite corners. Use cookie cutters to cut out favorite shaped sandwiches. If you don't have cookie cutters, use a drinking glass to make round sandwiches. Press down firmly and twist gently to cut through the slices of bread and filling. Don't throw away the excess trimmings—kids can fit the "puzzle pieces" together and eat these shapes first!



Safety Tips: This spread should not be fed to kids under age 2. Diced apples and peanut butter could cause choking in young children. And remember, if you have leftover spread, keep it in the fridge because of the diced apple.

Nutrition Facts

Serving Size 1/4 cup (111g)
Servings Per Container 5

Amount Per Serving	
Calories 380	Calories from Fat 240
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 5g	27%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	18%
Sugars 22g	
Protein 13g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • 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.

Taco Salad

A meal in a bowl!



Level: Easy

Serves: 8 to 10

Kids' Tool Kit

Large bowl
Sharp knife
Cutting board
Measuring cup
Strainer
Spoon

Chef's Choice

Taco Salad
Apple slices
Chocolate chip
cookie
Low fat milk

Ingredients:

1 small head lettuce, washed and well drained
1 small onion, diced
1 tomato, diced
1 can chili beans
1 cup shredded cheddar cheese
1 cup tangy low fat French dressing
2 cups taco chips, crushed



Directions:

Remember to wash your hands!

1. In a large bowl, tear lettuce into bite-size pieces.
2. Add onion, tomato, beans and cheese.
3. Just before serving, add dressing and chips.



Helpful Hints: A meal all ages can help prepare! Preschoolers can tear lettuce and crush chips; older kids can dice and drain. Kids are more willing to try new foods if they have had a hand in preparation.

Set ingredients out in individual bowls and let kids "build" their own salads. Adding cooked ground beef is another variation for this salad. You can use a can of kidney beans rinsed and drained plus 1 teaspoon of chili powder instead of chili beans if you like.

Taco salad is a perfect recipe for a picnic. Mix the salad ingredients in a large bowl with a lid. When it's time to eat, add the crushed chips, pour on the dressing, toss and serve.



Safety Tips: If there is Taco Salad left at the end of a hot picnic, do not save it for another meal. Remember the rule: If in doubt, toss it out!

Nutrition Facts

Serving Size 1 cup (186g)
Servings Per Container 8

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3.5g 17%

Cholesterol 15mg 5%

Sodium 790mg 33%

Total Carbohydrate 35g 12%

Dietary Fiber 5g 19%

Sugars 8g

Protein 8g

Vitamin A 20% • Vitamin C 10%

Calcium 15% • 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.

Tacos

Cook up fast food right at home. You'll love the flavor!



Serves 10

Kids' Tool Kit

Skillet
Strainer
Measuring cups
Measuring spoons
Spoon
Knife
Cutting board
Hot pad
Grater



Ingredients:

1 pound lean ground beef
1 small onion, chopped
1/4 teaspoon cumin
1/2 teaspoon oregano
1/2 teaspoon garlic powder
10 taco shells
2 cups shredded Monterey Jack or "taco" cheese
1 cup lettuce, washed and shredded



Directions:

Remember to wash your hands!

1. In a large skillet, brown the ground beef with onion. Drain liquid.
2. Stir in the spices.
3. Heat taco shells according to package directions.
4. Spoon about 1/4 cup taco filling into each shell.
5. Top with shredded cheese and lettuce.

Chef's Choice

Tacos
Apple slices
Milk

Nutrition Facts

Serving Size 1 taco (90g)
Servings Per Container 10

Amount Per Serving		Calories 220		Calories from Fat 120	
		% Daily Value*			
Total Fat	13g			20%	
Saturated Fat	6g			31%	
Cholesterol	35mg			12%	
Sodium	200mg			8%	
Total Carbohydrate	8g			3%	
Dietary Fiber	less than 1 gram			4%	
Sugars	1g				
Protein	16g				
Vitamin A	4%	•	Vitamin C	2%	
Calcium	20%	•	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	60g
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: Cumin, pronounced KOO-mun, is a spice used in Mexican and Indian dishes. It is a flavor included in taco seasoning packets sold in stores. Oregano (uh-REG-uh-no) is a favorite seasoning in Italian and Mexican food.



Safety Tip: Drain meat carefully. The hot grease can cause a serious burn.

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.

Tempting Tostadas

It's as tasty as a taco and easier too!



Level: Easy

Serves 4

Kids' Tool Kit

Pastry brush
Baking sheet
Rubber spatula
Wooden spoon
Grater
Tablespoons
Measuring cups



Ingredients:

4 corn tortillas, 6-inch size
1 cup fat free refried beans
 $\frac{3}{4}$ cup shredded Monterey Jack cheese
1 cup low fat sour cream
1 cup shredded lettuce
1 cup shredded carrots
1 cup salsa



Directions:

Remember to wash your hands!

1. Heat oven to 375 degrees.
2. Lightly brush both sides of tortilla with vegetable oil. Place tortillas on baking sheet. Bake 12 to 15 minutes or until crisp.
3. Spread $\frac{1}{4}$ cup refried beans on each tortilla and top with 3 tablespoons cheese.
4. Bake until cheese melts, about 2 minutes.
5. Top each tortilla with $\frac{1}{4}$ cup sour cream, lettuce, carrots and salsa.

Chef's Choice

Tempting Tostadas
Peach half
Milk

Nutrition Facts

Serving Size 1 tostada
Servings Per Container 4

Amount Per Serving		Calories 330		Calories from Fat 130	
		% Daily Value*			
Total Fat	15g		22%		
Saturated Fat	9g		44%		
Cholesterol	50mg		17%		
Sodium	900mg		38%		
Total Carbohydrate	35g		12%		
Dietary Fiber	7g		26%		
Sugars	11g				
Protein	15g				
Vitamin A	180%	•	Vitamin C	10%	
Calcium	35%	•	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 30g	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: A tostada is a crisp-fried, round corn tortilla topped with beans or meat. The beans in this recipe are a great source of protein, fiber and flavor. Fat free refried beans are available in the Mexican foods section of the grocery store. You can spice up your tostada by choosing a hotter salsa, if you desire.



Safety Tip: Crisp tortillas may cause choking. So, mind your manners AND your safety. Don't talk and eat at the same time, and don't let children walk or run while eating. Sit down, chew carefully, and ENJOY!

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.

True Blue-riffic Pancakes

Blueberries add color and flavor!



Level: Medium

Makes: 12 to 14, 3-inch pancakes

Kids' Tool Kit

2 mixing bowls
Measuring cups
Measuring spoons
Rubber spatula
Griddle or electric skillet
Spatula
Spoon

Ingredients:

½ cup all-purpose flour
½ cup whole-wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
1 tablespoon vegetable oil
1 egg
1 cup plain yogurt
½ cup soy milk or low fat milk
¾ cup blueberries



Chef's Choice

True Blue-riffic
Pancakes
Sausage link
Orange juice
Low fat milk



Directions:

Remember to wash your hands!

1. In a large mixing bowl, combine flours, baking powder and baking soda.
2. In another mixing bowl, mix together oil, egg, yogurt and milk. Add yogurt mixture to flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick.
3. Fold in blueberries.
4. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto hot griddle to make 4 pancakes.
5. When bubbles appear, flip pancakes and cook until done.

Nutrition Facts

Serving Size 2 pancakes (109g)
Servings Per Container 6

Amount Per Serving
Calories 150 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 1g 4%

Cholesterol 40mg 13%

Sodium 260mg 11%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 9%

Sugars 5g

Protein 7g

Vitamin A 4% • Vitamin C 4%

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



Helpful Hints: You can be sure your griddle or skillet is hot enough for pancakes by sprinkling a few drops (3 or 4) of water on the surface. If they dance and sizzle, you are ready to cook!

If blueberries are in season, use fresh berries in the pancakes. In wintertime, keep a package of frozen blueberries in your freezer to add great color, flavor and nutrition to your meal.

Did you know pancakes aren't just for breakfast? Try serving this typical breakfast food for supper and add see what the kids think.



Safety Tips: Remember to wash your hands after adding the raw egg to the batter.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe.

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.

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Tuna Mac

A quick and easy stovetop casserole!

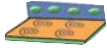


Level: Medium

Serves: 6

Kids' Tool Kit

Large skillet or pan
Measuring cups
Can opener
Spoon
Rubber spatula
Strainer



Ingredients:

- 1 can (14.5 ounces) reduced sodium chicken broth
- 1 1/2 cups water
- 3 cups uncooked small elbow macaroni
- 1 can (10 3/4 ounces) cream of mushroom soup
- 1 cup low fat milk
- 1 can (6 ounces) solid-pack tuna, drained
- 1/2 cup shredded Cheddar cheese (more if you like it real cheesy!)



Directions:

Remember to wash your hands!

1. In a large skillet or pan, heat broth and water to boiling. Add macaroni, reduce heat, and cook until macaroni is tender, about 8 to 10 minutes. Do not drain.
2. Stir in soup, milk, tuna and cheese. Heat through.

Chef's Choice

Tuna Mac
Peas
Applesauce
Low fat milk



Helpful Hints: If this recipe makes more than your family can eat at one meal, it reheats well in the microwave. Use a microwave-safe bowl, cover loosely with a paper towel, reheat on medium power, stir and rotate the dish midway through cooking. This recipe is perfect for planned-leftovers.



Safety Tip: Reheat leftovers thoroughly to at least 165 degrees. Insert a clean thermometer into the center of the casserole to make sure the internal temperature reaches 165 degrees. This is important to keep family members from getting sick from a food-borne illness.

Nutrition Facts

Serving Size 1 cup (309g)
Servings Per Container 6

Amount Per Serving

Calories 350 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 4g 19%

Cholesterol 20mg 7%

Sodium 570mg 24%

Total Carbohydrate 46g 15%

Dietary Fiber 1g 6%

Sugars 4g

Protein 20g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • 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.



Tuna Salad Sandwich

The whole family will hum to the "tuna" this easy-to-make sandwich!

Level: Easy

Serves 3-4

Kids' Tool Kit

Can opener
Measuring spoons
Knife
Cutting board
Mixing bowl
Rubber spatula
Strainer

Ingredients:

1 (3-ounce) can tuna, packed in water, drained
2 tablespoons mayonnaise
Pita or pocket bread, whole wheat bread, bagel or bun



Directions:

Remember to wash your hands!

1. Combine tuna and mayonnaise in a small bowl.
2. Add variations of your choice.

Chef's Choice

Tuna Salad Sandwich
Applesauce
Carrot/celery sticks
Milk

Variations:

- 1 tablespoon chopped sweet or dill pickle
- 2 tablespoon chopped celery
- 1 chopped hard-cooked egg, plus 1 tablespoon more mayonnaise

Helpful Hints: Pita or pocket bread, whole wheat bread, crackers, bagels or a hotdog bun can "hold" the filling! This sandwich can be served cold or heated on a bun in the oven.



Nutrition Facts

Serving Size 1 sandwich (75g)	
Servings Per Container 3-4	
Amount Per Serving	
Calories 170	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Cholesterol 10mg	4%
Sodium 370mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1 gram	3%
Sugars 2g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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	



Safety Tip: To keep this sandwich filling cold, it is a good idea to start with cold ingredients. Place an unopened can of tuna in the refrigerator overnight before you make this recipe. Your sandwich filling will be cold, safe and delicious!

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Tuna Twists

Wraps or spirals take a turn!

Makes: 4 wraps

Level: Easy



Ingredients:

- 1 (6-ounce) can water-packed light tuna
- 1/2 cup diced apple
- 1 tablespoon lemon juice
- 1/4 cup light or fat-free salad dressing
- 1/3 cup diced celery
- 1/4 cup chopped pecans
- 4 lettuce leaves
- 4 taco-size (8 1/2-inch) whole wheat tortillas



Kids' Tool Kit

- Can opener
- Knife
- Cutting board
- Spoon
- Mixing bowl
- Measuring spoon
- Measuring cups

Chef's Choice

- Tuna Twists
- Carrot sticks
- Bar cookie
- Low fat milk or 100% juice box



Directions:

Remember to wash your hands!

1. Drain water from canned tuna and place in mixing bowl.
2. Combine apple and lemon juice in small bowl.
3. Add salad dressing, celery, pecans and apples to tuna and combine.
4. Place lettuce leaf on each tortilla, spread with 1/4 of the tuna mixture and roll up. Slice into 3 pieces if desired. Wrap and keep in refrigerator until serving time.



Helpful Hints: Put the can of tuna in the refrigerator the night before making the sandwiches so ingredients are cold. The lemon juice keeps the diced apple from turning brown and adds a nice tart flavor.

To save time, dice the celery, chop the nuts and wash the lettuce the night before.

Canned tuna is pre-cooked tuna that's packaged in water or oil. It comes in three grades. The top grade is called "fancy" or "solid." The medium grade is called "chunk" and lowest grade is called "grated" or "flaked." The difference is in the price. Choose water-packed for fewer calories.

Tuna Twists are kid-friendly because kids can choose the "parts." Canned chicken instead of tuna; whole wheat bread, bagels or crackers can hold the filling; and different fruits or vegetables add the crunch!



Safety Tips in the Kitchen: Rinse lettuce, apple and celery under cold running water to wash off dirt and germs. Use a clean cutting board for dicing.

Wash the tuna can lid before opening. It's handy to use the lid for draining the water from the tuna, but be sure it is clean first!

Keep cold foods cold. Tuna Twists can be made the night before, wrapped in plastic wrap and kept in the refrigerator to be packed in a lunch. Use a frozen juice box to keep it cold. For a picnic, pack the sandwich filling in a plastic container on ice and take the tortillas "to-go!" Roll 'em up after a hike to your favorite picnic spot.

Nutrition Facts

Serving Size 1 wrap (138g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 0.5g	3%
Cholesterol 15mg	4%
Sodium 450mg	19%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 15g	
Vitamin A 6%	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	

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Vegetable Beef Soup

Delicious, colorful, and tasty!



Level: Medium

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Large pot
Can opener
Measuring spoons
and cups
Wooden spoon

Chef's Choice

Beef Vegetable Soup
Crackers
Sliced peaches
Low fat milk

Ingredients:

3 cups cooked beef roast, cut bite size
1 cup beef broth from cooked roast or
low-sodium canned broth
1 medium onion, diced
2 medium carrots, sliced
2 stalks of celery, sliced
4 potatoes, peeled and cubed
2 to 3 cups water
1/2 teaspoon pepper
1 can (15 ounces) diced tomatoes with liquid
1 can (15 ounces) green beans with liquid
1 can (15 ounces) whole kernel corn with liquid



Directions:

Remember to wash your hands!

1. In a large pot, over medium-high heat, place beef, beef broth, onion, carrots, celery and potatoes. Add enough water to cover vegetables. Add pepper and other seasonings if desired. Bring to a boil.
2. When the soup mixture begins to boil turn heat to low. Cover pot and simmer about 1 hour or until vegetables are tender.
3. Add tomatoes, green beans and corn. Turn heat to medium-high and bring to a boil. When the soup mixture begins to boil, turn heat to low, cover pot and simmer about 15 minutes.



Helpful Hints: Kids may need adult supervision preparing this recipe.

For flavor variations try adding herbs. Favorites include marjoram, thyme, oregano, rosemary or a bay leaf. Just remember to remove the bay leaf before serving.

Canned mixed vegetables or frozen vegetables can be added to soup to save time. Keep small amounts of leftover vegetables in a container with a lid in the freezer to use in soups. This is a great way to save on your grocery bill and add vitamins to the meal.



Safety Tip: Refrigerate the soup within 2 hours of serving. Divide it into shallow containers so it will cool quickly in the fridge. If you are not going to eat the soup within two to three days, label and freeze it in small containers.

Nutrition Facts

Serving Size 2 cup (568g)	
Servings Per Container 6	
Amount Per Serving	
Calories 370	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	27%
Cholesterol 60mg	20%
Sodium 650mg	27%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 25g	
Vitamin A 120%	• Vitamin C 40%
Calcium 8%	• 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	

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RICE AND PASTA

A Twist on Pasta Salad

Spiral shaped macaroni makes this salad fun!



Level: Medium

Serves: 6 to 8

Kids' Tool Kit

Large pan
Strainer
Large bowl
Small bowl
Spoon
Rubber spatula
Cutting board
Knife
Measuring cups
Measuring spoons

Chef's Choice

A Twist on Pasta
Salad
Baby carrots
Crackers
Low fat milk

Ingredients:

Salad:

- ½ pound package rotini or colored twists, uncooked
- 1 can (6-ounce) tuna, drained
- 1 cup diced cucumbers
- 1 large tomato, chopped
- ½ cup sliced celery
- ¼ cup chopped green pepper
- ¼ cup sliced green onions

Dressing:

- 1 cup bottled low fat Italian dressing
- ¼ cup low fat salad dressing or mayonnaise
- 1 tablespoon prepared mustard
- 1 teaspoon dill weed
- ½ teaspoon salt
- ⅛ teaspoon pepper



Directions:

Remember to wash your hands!

1. Prepare rotini according to package directions and drain.
2. In large bowl, combine rotini, tuna and vegetables.
3. In small bowl, combine dressing ingredients. Add to salad mixture and stir to combine. Cover and chill.
4. Toss gently before serving. Refrigerate leftovers.



Helpful Hints: Many hands can help prepare this recipe! Allow extra time to chop the vegetables and a little more time to let the flavors blend in the fridge before serving.

If you want a meatless pasta salad, omit the tuna. Cucumbers not on the "favorites" list at your house? Serve them on the side as crunchy sticks that kids can dip in their favorite low fat salad dressing. This is one recipe where adding even more vegetables gives extra color and crunch.

For even more added color, buy rainbow spiral pasta. Garden variety rotelle is an enriched spinach and tomato macaroni product that has green, red and white spirals that kids will think are fun.



Safety Tips: Wash, wash, wash! Wash your hands before starting the recipe, wash the vegetables before chopping, wash can lids before opening and wash the counter before and after cooking. Food safety starts with you.

Nutrition Facts

Serving Size 1 cup (245g)	
Servings Per Container 6	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 750mg	31%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 12g	
Vitamin A 8%	Vitamin C 20%
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 50g
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	

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Alphabet Soup


This gift of food warms the heart AND the stomach!



Level: Medium

Serves 12

Kids' Tool Kit

Wide mouth
quart jar 
Funnel (can
roll wax paper)
Measuring cups
Measuring spoons
Strainer
Large kettle
Wooden spoon

Ingredients:

- $\frac{1}{3}$ cup beef bouillon
- $\frac{1}{4}$ cup onion flakes
- $\frac{1}{2}$ cup split peas
- $\frac{1}{2}$ cup ABC macaroni
- $\frac{1}{4}$ cup quick cooking barley
- $\frac{1}{2}$ cup lentils
- $\frac{1}{3}$ cup long grain rice
- Enough pasta to fill jar



Directions for layering mix:

1. Layer all ingredients in a wide mouth jar in the order given.
2. Finish filling jar with any shape pasta (curly, seashells, wheels, etc.)

Additional ingredients to make soup:

- 1 pound lean ground beef
- 12 cups water
- 1 15-ounce can diced tomatoes, undrained

Chef's Choice

Alphabet Soup
Crackers
Milk



Directions:

Remember to wash your hands!

1. Cook ground beef in a large kettle and drain.
2. Add dry soup mix, water and tomatoes, stirring to combine.
3. Bring mixture to a boil and reduce to simmer. Cook for 30 minutes or until done.



Helpful Hints: Gifts of food are truly gifts from the heart. This soup mix is easy to prepare, fun to give, and delicious when cooked! Kids will enjoy putting this gift together, and it will be most appreciated by those lucky enough to receive it.



Safety Tip: We know that meat is thoroughly and safely cooked by first cooking the ground beef, then adding the rest of the ingredients and bringing them all to a boil. Leftovers from this large quantity of soup will need to be refrigerated or frozen to safely store for a later meal.

Nutrition Facts

Amount Per Serving	
Calories	200
Calories from Fat	40
% Daily Value*	
Total Fat	4.5g 7%
Saturated Fat	1.5g 8%
Cholesterol	15mg 5%
Sodium	1210mg 50%
Total Carbohydrate	24g 8%
Dietary Fiber	6g 24%
Sugars	3g
Protein	15g
Vitamin A	4%
Vitamin C	6%
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	

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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
1/4 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.



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.

Chef's Choice

Alphabet Soup
Saltine crackers
Fresh fruit
Low fat milk

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

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Basic Fried Rice

This recipe calls for chop sticks!



Level: Medium

Serves: 6

Kids' Tool Kit

Wok or skillet
Knife
Cutting board
Small bowl
Measuring cups
Measuring spoons
Wooden spoon

Ingredients:

1 to 2 tablespoons vegetable oil
3/4 cup chopped onion
4 cups cooked rice
2 beaten eggs
2 tablespoons soy sauce
1/4 teaspoon pepper



Directions:

Remember to wash your hands!

1. Heat oil on high heat for 1 minute in a wok or nonstick large skillet.
2. Add onion and cook, stirring until softened. Add rice and stir-fry.
3. Make a well in center of rice and add remaining ingredients. Stir until eggs are scrambled and then stir-fry eggs into the rice until thoroughly blended.

Chef's Choice

Basic Fried Rice
Egg roll
Peas
Low fat milk



Helpful Hints: Fried rice is made with leftover rice. When cooked rice is chilled for a few hours, it dries out and can be stir-fried with a minimum of oil. You can vary the ingredients in fried rice just like you can in pasta dishes. Add a variety of vegetables and meat, garlic and ginger and whip up a main dish in a hurry. Leftover peas and carrots add lots to color!

What does it mean to make a "well" in the rice? It means to push the rice all around the inside edge of the pan leaving an area in the center of the pan that is empty. The eggs can be scrambled here before mixing into the rice.



Safety Tips: Stir-frying involves high heat and hot oil. Adult supervision is a must for this recipe. Younger kids can break the cold rice apart with wet hands and break the eggs into a separate dish.

Keep paper towels, dish towels and pot holders away from the rangetop so they don't catch on fire.

Nutrition Facts

Serving Size 3/4 cup (170g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 70mg	24%
Sodium 460mg	19%
Total Carbohydrate 38g	13%
Dietary Fiber less than 1 gram	3%
Sugars 2g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
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 60g
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	

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Freddy Spaghetti

A one-dish dinner!



Level: Medium

Serves: 7

Kids' Tool Kit

Can opener
Electric skillet
Measuring cup
Spoon
Thermometer



Ingredients:

- 1 pound lean ground beef
- 1 can (15-ounce) spaghetti with tomato sauce and cheese
- 1 can (10.5-ounce) cream of celery soup
- 1/3 cup ketchup

Chef's Choice

Freddy Spaghetti
Broccoli
Peach half
Low fat milk



Directions:

Remember to wash your hands!

1. Brown ground beef in an electric skillet and drain well.
2. Add remaining ingredients and mix well.
3. Simmer until mixture reaches 160 degrees, stirring often.



Helpful Hints: This recipe can also be cooked in the microwave or on the stove-top. Three easy steps to a quick, one-dish dinner.



Safety Tips: Use hot, soapy water to wash counters. Clean work surfaces often to remove food particles and spills. Keep non-food items—such as book-bags, newspapers and magazines—off the counter and away from food and utensils.

Nutrition Facts

Serving Size 1/2 cup (181g)
Servings Per Container 7

Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.5g	7%
Cholesterol 40mg	13%
Sodium 730mg	31%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1 gram	4%
Sugars 6g	
Protein 16g	
Vitamin A 8%	Vitamin C 4%
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

How long has it been since you washed your can opener? Bacteria can grow on splatters and dried food, so remember to wash can openers often with hot, soapy water.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *More Spaghetti, I Say!* by Rita Golden Gelman. 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.

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Hot Ham and Noodles

A favorite cheesy casserole for kids.

Serves 4

Level: Medium

Ingredients:

- 2 cups cooked egg noodles
- 1 cup cooked ham, diced
- 1/2 cup cheddar cheese, shredded
- 1 can (10.75 ounce) condensed cream of mushroom soup
- 3/4 cup low fat milk (fill soup can 1/2 full)



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large mixing bowl. Lightly coat a 9x9- inch pan or a 2 1/2- to 3-quart casserole dish with cooking spray and pour in mixture.
3. Bake for 25 to 30 minutes or until hot and bubbly.

This casserole can be cooked in the microwave. Use a microwave-safe dish. Cover and microwave on medium power (50%) for 8 to 9 minutes; stir. Microwave, uncovered, on medium until hot and bubbly, 3 to 4 minutes more.



Helpful Hints: One-dish meals or casseroles are a great way to combine leftovers. Actually some people call these "planned-overs!" This recipe combines meat, noodles and cheese, but you could add peas or other vegetables for color and variety. Cook this in the oven or the microwave and have a hot meal ready in minutes.



Safety Tip: Handle knives safely. Keep knives sharp. Dull knives are harder to use because you have to use more pressure, increasing the chance that the knife might slip and cut you. Always remember to cut away from you and to use a cutting board.

Kids' Tool Kit

- Pan
- Strainer
- Large mixing bowl
- Can opener
- Measuring cups
- Wooden spoon
- Rubber spatula
- Knife
- Cutting board
- Casserole dish

Chef's Choice

Hot Ham and Noodles

Peas

Milk

Nutrition Facts	
Serving Size 1 cup (254g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 6g	28%
Cholesterol 60mg	20%
Sodium 1180mg	49%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 17g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	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	

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Lasagna Roll-Ups

A bit messy, but marvelous!



Level: Medium

Makes: 12

Kids' Tool Kit

Large pot
Wooden spoon
Measuring cups
Measuring spoons
Colander
Wax paper and foil
Skillet
Large mixing bowl
Spoon
9x13-inch pan



Ingredients:

- 12 lasagna noodles (8 ounces)
- Sauce:
 - 1 pound lean ground beef
 - 1 jar (26 ounces) spaghetti sauce
- Filling:
 - 1 large carton (24 ounces) cottage cheese
 - 2 cups (8 ounces) mozzarella cheese, shredded
 - 2 tablespoons Parmesan cheese
 - 1 teaspoon garlic powder



Directions:

Remember to wash your hands!

1. In a large pot, heat water to boiling and add lasagna noodles. When water returns to boiling, cook noodles 10 minutes, stirring occasionally.
2. Drain noodles and cool in single layer on wax paper or foil to keep from sticking together.
3. Cook ground beef in skillet and drain well. Add spaghetti sauce and stir.
4. In a large mixing bowl, combine filling ingredients.
5. Preheat oven to 350 degrees.
6. Spoon cheese mixture over noodles, followed by sauce. Roll up and place seam-side down in 9x13-inch pan lightly coated with cooking spray.
7. Cover with foil and bake 30 to 40 minutes or until hot.

Chef's Choice

Lasagna Roll-Ups
Green beans
Low fat milk

Nutrition Facts

Serving Size 1 Roll-Up (195g)
Servings Per Container 12

Amount Per Serving
Calories 240 Calories from Fat 70
% Daily Value*

Total Fat 7g	11%
Saturated Fat 3.5g	17%
Cholesterol 35mg	11%
Sodium 700mg	29%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	6%
Sugars 7g	
Protein 23g	

Vitamin A 15% • Vitamin C 4%
Calcium 20% • 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



Helpful Hints: Pasta sometimes tends to stick together during or after cooking. A helpful hint is to use plenty of water. Bring the water to a rapid boil, add the pasta slowly, and stir during cooking to prevent sticking. Pasta is best cooked al dente (ahl DEHN-tay), which means it is firm to the bite! Cooking time varies depending on the thickness of the pasta. Since the pasta in this dish will be baked, it can be cooked for a shorter time. Be sure and drain the lasagna noodles and cool in a single layer to keep them from sticking together.



Safety Tip: Pasta is cooked uncovered in a large amount of boiling water. The boiling water helps circulate the pasta so it cooks evenly. Children could easily get burned during this step, so adult supervision is a must. Have a colander ready in the sink to drain the pasta so you can hold the pot with two hands.

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.

Mama's Chicken and Rice

Cook it all in just one pan!



Level: Medium

Serves: 4

Kids' Tool Kit

Large nonstick skillet
Wooden spoon
Measuring cups
Measuring spoons
Can opener
Strainer

Ingredients:

1 tablespoon vegetable oil
1 pound boneless, skinless chicken breasts, diced*
2 cups water
1 cup thick and chunky salsa
2 cups minute rice
1 can (16 ounces) whole kernel corn, drained
1 cup shredded cheddar cheese, divided



Chef's Choice

Mama's Chicken and Rice
Carrot and celery sticks
Cherry tomatoes
Low fat milk



Directions:

Remember to wash your hands!

1. Heat oil in a large nonstick skillet on medium-high heat. Add diced chicken and cook until no longer pink.
2. Add water and salsa to skillet and bring to a boil.
3. Stir in rice, corn and 1/2 cup cheese. Reduce heat and simmer 5 minutes, covered.
4. Sprinkle remaining 1/2 cup cheese on top and serve.

*You can substitute a 10-ounce can of drained chicken breast meat. Omit step #1 and add chicken in step #2.



Helpful Hints: If you like a real spicy dish, add garlic, cumin, black pepper and chili pepper. This dinner contains much less fat and sodium than the popular packaged mixes.

Turn the burner to low to keep the chicken and rice from sticking to the bottom of the pan. Stir occasionally, but the secret is to keep the lid on and the steam in the pan so the rice is nice and tender when the water is absorbed.

Do you have leftover casserole? Try serving this mixture in a soft flour tortilla with some extra cheese, sour cream and salsa. Roll it up and reheat in the microwave for a special meal kids can hold to eat.



Safety Tips: Food safety begins with you. Remember to wash your hands with soap and water before and after dicing chicken breasts.

Steam can burn, so tilt the lid away from your face when you stir the ingredients in the skillet. Use a dry hot pad when lifting the lid and have another one handy to set the skillet on when you remove it from the stovetop. Planning ahead can prevent a burn.

Nutrition Facts

Serving Size 1 cup (481g)	
Servings Per Container 4	
Amount Per Serving	
Calories 550	Calories from Fat 140
% Daily Value*	
Total Fat 15g	24%
Saturated Fat 7g	34%
Cholesterol 95mg	32%
Sodium 960mg	40%
Total Carbohydrate 62g	21%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 40g	
Vitamin A 10%	Vitamin C 20%
Calcium 20%	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 50g
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.



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.

Peas in the Pasta Salad

A meal-in-one for summer fun!



Level: Medium

Makes: 5 cups

Kids' Tool Kit

Large pot
Colander
Measuring cups
Spoon
Cutting board
Knife
Large bowl

Ingredients:

1 ½ cups small shell pasta (uncooked)
1 cup frozen peas
1 cup diced ham
1 cup diced cojack or cheddar cheese
¾ cup creamy, low fat ranch dressing



Directions:

Remember to wash your hands!

1. In large pot of boiling water, cook pasta until tender according to package directions.
2. Place peas in colander and drain cooked pasta over the peas to thaw. Rinse, cool and drain well.
3. Combine diced ham and cheese in large bowl and stir in pasta, peas and dressing. Chill 2 to 3 hours before serving.

Chef's Choice

Peas in the Pasta
Salad
Crackers
Carrot sticks
Low fat milk



Helpful Hints: Pasta needs to cook in boiling water, so don't turn down the heat after adding the pasta unless the pot looks like it will boil over. When boiling pasta use a pot larger than you would normally choose to prevent a mess.

Drain the pasta and peas and pat dry with a clean paper towel to remove excess water. Mix all the ingredients together and chill before serving for the most flavor.



Safety Tips: Use a back burner to cook the shells or turn the pot handle toward the back of the stove to prevent knocking off the pot while cooking. The temperature of boiling water is 212 degrees: That's hot! Draining the pasta is a job for adults. The steam and hot water can really burn fingers.

Nutrition Facts

Serving Size 1 cup (157g)	
Servings Per Container 5	
Amount Per Serving	
Calories 280	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	32%
Cholesterol 45mg	15%
Sodium 980mg	41%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 6g	
Protein 16g	
Vitamin A 10%	• Vitamin C 8%
Calcium 20%	• 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 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.

Pita Pocket Salad

A fun way to eat a salad!



Level: Easy

Makes: 5

Kids' Tool Kit

Mixing bowl
Knife
Cutting board
Measuring spoon
Spoon

Ingredients:

- 1 ripe pear, diced
- 1/4 cup thinly sliced celery
- 1/2 cup seedless red grapes, cut in half
- 1 tablespoon lemon yogurt
- 1 tablespoon lowfat salad dressing
- 1 tablespoon finely chopped walnuts (optional)
- 5 miniature pita pockets



Directions:

Remember to wash your hands!

1. Wash pear, celery and grapes before dicing, slicing and cutting.
2. In a mixing bowl combine filling ingredients. Chill until serving time.
3. Cut pitas in half and fill with salad.

Chef's Choice

Pita Pocket Salad
Low fat milk



Helpful Hints: Pita pockets are also called Kangaroo bread or pocket bread. After cutting the round, flat bread in half, you can separate the layers and open up a pocket. The pocket is perfect for filling with different sandwich ingredients.

Look for different types of yogurt: fruit flavored, plain, low fat or nonfat. Check the "sell by" date for freshness. Yogurt is a high-calcium dairy food and a great way to get the calcium you need, especially if you don't drink much milk. This recipe calls for only a small amount of flavored yogurt, so serve the rest of the carton at snack time or as a dip.



Safety Tip: Remind children to wash their hands with soap and water before and after handling food. Because children practice what they see, let them see you washing your hands often!

Nutrition Facts

Serving Size 1 miniature pita (82g)	
Servings Per Container 5	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 4g	
Vitamin A 0%	Vitamin C 4%
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	

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.


Rice Pudding

Delicious warm or cold!

 Level: Medium

Makes: 8 - 1/2 cup servings

Kids' Tool Kit

Heavy saucepan with lid 
Wooden spoon
Measuring cups
Measuring spoon
2-quart baking dish

Ingredients:

- 1 cup long grain rice
- 2 1/2 cups water
- 3/4 cup sugar
- 1/2 to 1 teaspoon cinnamon
- 1 cup low fat milk
- 1/2 cup raisins



Directions:

Remember to wash your hands!

1. In a heavy-bottomed saucepan, bring water to a boil. Add rice, stir and let water come to a boil again.
2. Reduce the heat to very low, cover tightly, and cook 20 minutes without removing the lid or stirring rice. The water should be absorbed and the rice tender.
3. Take pan off burner and add sugar, cinnamon, milk and raisins, mixing well.
4. Preheat oven to 325 degrees. Pour rice mixture into a 2-quart baking dish that has been lightly coated with cooking spray. Bake for 30 minutes or until mixture is thickened.
5. Tastes great warm or cold. Store leftovers in refrigerator.

Chef's Choice

Rice Pudding
Apple juice

Nutrition Facts

Serving Size 1/2 cup (156g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 46g	15%
Dietary Fiber less than 1 gram	3%
Sugars 26g	
Protein 3g	
Vitamin A 0%	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	



Helpful Hints: One pound of uncooked long grain rice (about 2 2/3 cups) is equal to about 10 cups cooked rice. Long grain rice is especially good for dishes that call for fluffy, dry rice. Cooked just right, plain rice makes a wonderful, healthy side dish. You can add flavor by cooking with broth or sprinkling with herbs and spices. Rice feeds more people in the world than any other grain and is a great source of energy for kids.



Safety Tip: When the rice is simmering, make sure the temperature of the burner is set on low. Don't peek while it is cooking and when it is done, tip the lid away from you when you check the rice so you don't get burned by the steam.

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.

Spicy Macaroni Meal


Kids will love cooking AND eating this easy dish!



Level: Medium

Serves 6

Kids' Tool Kit

Skillet
Strainer 
Measuring spoons
Measuring cups
Wooden spoon
Covered skillet
Knife
Cutting board

Chef's Choice

Spicy Macaroni Meal
Applesauce
Peas
Milk

Ingredients:

1 pound ground beef or turkey
1/2 cup onion, chopped
1/2 cup chopped green pepper
2 teaspoons ground cumin
2 teaspoons chili powder
1/2 teaspoon garlic powder
1/2 teaspoon pepper
2 cups tomato juice
2 cups water
1 1/2 cups uncooked elbow macaroni



Directions:

Remember to wash your hands!

1. Brown meat, onion, and green pepper in a large skillet. Drain fat.
2. Stir in remaining ingredients.
3. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 15 minutes, stirring occasionally.



Helpful Hints: Adding dry macaroni to this mixture makes it very easy and prevents using extra pans. This recipe also works well in an electric skillet, if you choose. Just be sure to stir the mixture occasionally, so the macaroni doesn't have a chance to stick while absorbing the liquid.



Safety Tip: When removing a lid from a hot pan, open lid AWAY from you. The steam will escape out the back and will be less likely to burn.

Nutrition Facts

Serving Size (211g)
Servings Per Container 6

Amount Per Serving

Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3g 14%

Cholesterol 30mg 9%

Sodium 350mg 15%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 8%

Sugars 4g

Protein 20g

Vitamin A 15% • Vitamin C 35%

Calcium 2% • 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 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Stuffed Peppers in a Slow Cooker

The "insides" are the best!



Level: Easy

Serves: 6

Kids' Tool Kit

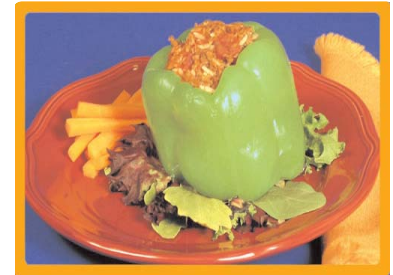
Slow cooker
Cooking spray
Can opener
Cutting board
Sharp knife
Medium mixing bowl
Measuring spoons
Measuring cups
Large spoon
Thermometer

Chef's Choice

Stuffed Peppers
Carrot sticks with ranch dressing
Apple wedges
Low fat milk

Ingredients:

3 green bell peppers, medium size
1 can (14 ½-ounce) diced tomatoes with oregano, basil and garlic
1 pound lean ground beef
½ cup long grain white rice, uncooked
½ teaspoon salt
¼ teaspoon ground black pepper
1 can (46-ounce) tomato juice



Directions:

Remember to wash your hands!

1. Lightly coat slow cooker with cooking spray.
2. Wash peppers and cut around stems to remove stem, seeds and membrane from inside peppers and set aside.
3. Drain liquid from tomatoes. In medium bowl, combine tomatoes, ground beef, rice, salt and pepper.
4. Fill peppers with meat mixture and place in slow cooker.
5. Make balls from any remaining meat mixture; add to slow cooker.
6. Pour tomato juice around stuffed peppers until nearly covered.
7. Cover and cook on low temperature setting 10 to 12 hours.
8. Remove lid the last hour of cooking and turn to high to make a thicker sauce.

Nutrition Facts

Serving Size 1/2 pepper (449g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 40mg	13%
Sodium 1360mg	57%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	10%
Sugars 13g	
Protein 20g	
Vitamin A 30%	Vitamin C 140%
Calcium 8%	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	



Helpful Hints: To save time in the morning, do some pre-prep the night before. Wash, cut and remove seeds from peppers and store in a bag in the refrigerator. Combine filling ingredients in a bowl, cover and refrigerate. Assembly time is cut in half!

During the last hour of cooking, remove the lid and turn the slow cooker to high. This will allow some liquid in the tomato juice to evaporate and make a thicker sauce. To serve, cut peppers in half, spoon on sauce and top with American or cheddar cheese, if desired.

For flavor variations, use canned or fresh tomatoes and add your favorite herb combinations. To bump-up the veggie servings, add a can of drained whole kernel corn to the meat mixture.



Safety Tips: Before serving, check the temperature of the beef mixture to be sure it is done. Ground beef should reach an internal temperature of 160 degrees to be safe. Insert thermometer into the center of the beef mixture and make sure it does not touch the bottom of the slow cooker.

After opening, store leftover tomato juice in a plastic container in the refrigerator. Use it within a few days.

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.

Super Spaghetti Supper

Great for lunch, too!



Level: Easy

Serves: 4 to 6

Kids' Tool Kit

Electric skillet
Strainer
Measuring cup
Measuring spoons
Can opener
Spoon
Thermometer

Ingredients:

- 1 pound lean ground beef or turkey, browned and drained
- 3 ³/₄ cups hot water
- 1 can (6 ounces) tomato paste
- 5 ounces spaghetti, dry and broken into pieces 3 to 4 inches long
- 1 tablespoon dried onion flakes
- ¹/₂ teaspoon Italian seasoning
- ¹/₂ teaspoon garlic powder



Chef's Choice

Super Spaghetti Supper
Green beans
Bread stick
Pear half
Low fat milk



Directions:

Remember to wash your hands!

1. Mix browned, drained meat with hot water, tomato paste and broken spaghetti in electric skillet.
2. Add onion flakes and spices; cover skillet and bring to boil. Simmer 20 to 25 minutes, stirring frequently, until spaghetti is tender and mixture reaches 160 degrees.



Helpful Hints: If this recipe makes more than your family can eat at one meal, it reheats well in the microwave. Use a microwave-safe dish, cover loosely with a paper towel, reheat on medium power, stir and rotate dish midway through cooking. This recipe is perfect for planned-overs!



Safety Tips: Reheat leftovers thoroughly to at least 165 degrees. Insert a clean thermometer into the center of the casserole to make sure the internal temperature reaches 165 degrees. This is important to keep family members from getting sick from a foodborne illness.

Nutrition Facts

Serving Size 1 cup (311g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 40mg	14%
Sodium 70mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 20g	
Vitamin A 8%	Vitamin C 10%
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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *We Eat Dinner in the Bathtub* by Angela Shelf Medearis.

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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Tuna Mac

A quick and easy stovetop casserole!

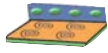


Level: Medium

Serves: 6

Kids' Tool Kit

Large skillet
or pan
Measuring cups
Can opener
Spoon
Rubber spatula
Strainer



Ingredients:

- 1 can (14.5 ounces) reduced sodium chicken broth
- 1 1/2 cups water
- 3 cups uncooked small elbow macaroni
- 1 can (10 3/4 ounces) cream of mushroom soup
- 1 cup low fat milk
- 1 can (6 ounces) solid-pack tuna, drained
- 1/2 cup shredded Cheddar cheese (more if you like it real cheesy!)



Directions:

Remember to wash your hands!

1. In a large skillet or pan, heat broth and water to boiling. Add macaroni, reduce heat, and cook until macaroni is tender, about 8 to 10 minutes. Do not drain.
2. Stir in soup, milk, tuna and cheese. Heat through.

Chef's Choice

Tuna Mac
Peas
Applesauce
Low fat milk



Helpful Hints: If this recipe makes more than your family can eat at one meal, it reheats well in the microwave. Use a microwave-safe bowl, cover loosely with a paper towel, reheat on medium power, stir and rotate the dish midway through cooking. This recipe is perfect for planned-leftovers.



Safety Tip: Reheat leftovers thoroughly to at least 165 degrees. Insert a clean thermometer into the center of the casserole to make sure the internal temperature reaches 165 degrees. This is important to keep family members from getting sick from a food-borne illness.

Nutrition Facts

Serving Size 1 cup (309g)
Servings Per Container 6

Amount Per Serving

Calories 350 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 4g **19%**

Cholesterol 20mg **7%**

Sodium 570mg **24%**

Total Carbohydrate 46g **15%**

Dietary Fiber 1g **6%**

Sugars 4g

Protein 20g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • 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.

Yoko's Rice Pudding

What a way to start the day!



Level: Easy

Makes: 6, ½ cup each

Kids' Tool Kit

Saucepan
Spoon
Measuring spoons
Measuring cups



Ingredients:

3 cups cooked enriched white rice or
brown rice (not instant)
3 cups low fat milk
⅓ cup sugar
1 ½ teaspoons cinnamon
1 teaspoon vanilla

Chef's Choice

Yoko's Rice Pudding
Fruit cocktail
Low fat milk



Directions:

Remember to wash your hands!

1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat and simmer, uncovered, until thickened (about 25 to 30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.



Helpful Hints: For variety, try adding ½ cup raisins before cooking pudding. Let kids try the rice pudding warm, or refrigerate the leftover pudding and eat it cold for a snack. Rice is a great source of energy for kids, and the price is right!



Safety Tips: Refrigerate leftover rice pudding within 2 hours of cooking. Divide rice into shallow containers no more than 2 inches deep and refrigerate. This is important so the rice cools quickly, limiting bacterial growth.

Nutrition Facts

Serving Size 1/2 cup (227g)	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 44g	15%
Dietary Fiber less than 1 gram	2%
Sugars 12g	
Protein 6g	
Vitamin A 4%	Vitamin C 0%
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 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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Yoko* by Rosemary Wells.

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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

SALADS

A Twist on Pasta Salad

Spiral shaped macaroni makes this salad fun!



Level: Medium

Serves: 6 to 8

Kids' Tool Kit

Large pan
Strainer
Large bowl
Small bowl
Spoon
Rubber spatula
Cutting board
Knife
Measuring cups
Measuring spoons

Chef's Choice

A Twist on Pasta
Salad
Baby carrots
Crackers
Low fat milk

Ingredients:

Salad:

- ½ pound package rotini or colored twists, uncooked
- 1 can (6-ounce) tuna, drained
- 1 cup diced cucumbers
- 1 large tomato, chopped
- ½ cup sliced celery
- ¼ cup chopped green pepper
- ¼ cup sliced green onions

Dressing:

- 1 cup bottled low fat Italian dressing
- ¼ cup low fat salad dressing or mayonnaise
- 1 tablespoon prepared mustard
- 1 teaspoon dill weed
- ½ teaspoon salt
- ⅛ teaspoon pepper



Directions:

Remember to wash your hands!

1. Prepare rotini according to package directions and drain.
2. In large bowl, combine rotini, tuna and vegetables.
3. In small bowl, combine dressing ingredients. Add to salad mixture and stir to combine. Cover and chill.
4. Toss gently before serving. Refrigerate leftovers.



Helpful Hints: Many hands can help prepare this recipe! Allow extra time to chop the vegetables and a little more time to let the flavors blend in the fridge before serving.

If you want a meatless pasta salad, omit the tuna. Cucumbers not on the "favorites" list at your house? Serve them on the side as crunchy sticks that kids can dip in their favorite low fat salad dressing. This is one recipe where adding even more vegetables gives extra color and crunch.

For even more added color, buy rainbow spiral pasta. Garden variety rotelle is an enriched spinach and tomato macaroni product that has green, red and white spirals that kids will think are fun.



Safety Tips: Wash, wash, wash! Wash your hands before starting the recipe, wash the vegetables before chopping, wash can lids before opening and wash the counter before and after cooking. Food safety starts with you.

Nutrition Facts

Serving Size 1 cup (245g)	
Servings Per Container 6	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 750mg	31%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 12g	
Vitamin A 8%	Vitamin C 20%
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 50g
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	

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.

Buddy's Potato Salad

A family tradition!



Level: Easy

Serves: 12, 1/2 cup each

Kids' Tool Kit

Vegetable peeler
Knife
Cutting board
Pan with lid
Measuring cup
Spoon
Large bowl

Ingredients:

4 medium potatoes (about 1 pound)
1/2 cup diced onion
1/2 cup chopped celery
1/4 cup sweet pickle relish
1/2 cup light mayonnaise-type salad dressing



Directions:

Remember to wash your hands!

Chef's Choice

Buddy's Potato Salad
Ham sandwich
Carrot sticks
Low fat milk

1. Wash, peel and quarter potatoes. Place in saucepan, cover with water and bring to boil. Simmer until soft, about 15 minutes. Drain and cool.
2. Combine onion, celery, pickle relish and salad dressing.
3. Cube potatoes and blend with dressing.
4. Cover and chill several hours.



Helpful Hints: Making potato salad is like a "family tradition" and recipes vary! Use this recipe as a guide, but feel free to add salt, pepper, hard cooked eggs or prepared mustard for variety.



Safety Tips: Remember to use a cutting board when chopping, cutting or slicing. It makes the job safer and protects fingers, table, and kitchen countertops! Whether you choose plastic, acrylic or wood, keep cutting boards clean. After each use, wash cutting boards in hot soapy water, rinse and dry well.

Nutrition Facts

Serving Size 1/2 cup (64g)
Servings Per Container 12

Amount Per Serving

Calories 70 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Cholesterol 5mg 1%

Sodium 110mg 5%

Total Carbohydrate 11g 4%

Dietary Fiber less than 1 gram 3%

Sugars 1g

Protein 1g

Vitamin A 2% • Vitamin C 6%

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

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Enormous Potato* by Aubrey Davis. 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Crunchy Carrot Salad

Bugs Bunny's favorite!



Level: Easy

Serves: 4 to 6

Kids' Tool Kit

Knife
Peeler
Grater
Measuring cup
Spoon
Mixing bowl

Ingredients:

1 pound raw carrots, peeled and shredded
1/2 cup raisins
1 carton (8-ounce) low fat vanilla or
lemon yogurt



Chef's Choice

Crunchy Carrot
Salad
Tuna fish sandwich
Low fat milk



Directions:

Remember to wash your hands!

1. In a large mixing bowl, combine all ingredients. Cover with plastic wrap and store in refrigerator until ready to serve. Toss again before serving.



Helpful Hints:

Salad dressing is often times used as the dressing in carrot salad. Try using yogurt for a light and healthy twist.



Safety Tips:

Help young children learn how to use a vegetable peeler and grater safely.

Nutrition Facts

Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 16g	
Protein 3g	
Vitamin A 180%	Vitamin C 8%
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	

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Feast for 10* by Cathryn Falwell.

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.

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Deviled Eggs

Clean up is heavenly when you make these delicious deviled eggs!

 Level: Easy

Serves 6

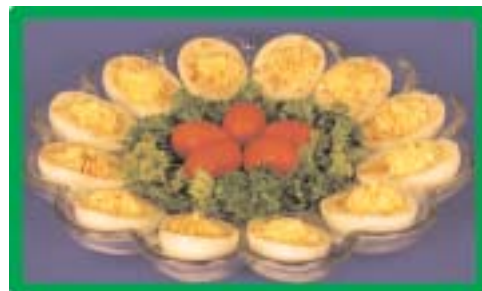
Kids' Tool Kit

Knife
Cutting board
Measuring cups
Measuring spoons
Zip-style bag
Scissors
Spoon



Ingredients:

6 hard-boiled eggs, peeled
1/4 cup mayonnaise
1/8 teaspoon salt
1/8 teaspoon pepper



Directions:

Remember to wash your hands!

1. Slice eggs into halves lengthwise and save the whites.
2. Place yolks in a 1 quart zip-style bag with remaining ingredients; press out air. Close bag and knead until ingredients are well-blended.
3. Push contents toward corner of bag. Snip about 1/2 inch or less off the corner of bag. Squeezing bag gently, fill reserved whites with yolk mixture.
4. Chill to blend flavors.

Chef's Choice

Deviled Eggs
Tuna salad sandwiches
Carrots
Milk



Helpful Hints: How to cook a perfect hard-boiled egg: Cover eggs with water in saucepan. Bring to boil. Reduce heat to simmer; cook for 15 minutes. Immediately rinse under cold water to stop cooking and to ease peeling. Refrigerate until use. Egg yolks turn green when they are overcooked.



Safety Tip: Be sure to refrigerate leftover eggs. Eat within two days, or discard.

Nutrition Facts

Serving Size 1 egg (60g)
Servings Per Container 6

Amount Per Serving

Calories 120 Calories from Fat 80

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 2g **11%**

Cholesterol 215mg **72%**

Sodium 180mg **8%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 6g

Vitamin A 6% • 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 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.

Frosty Fruit Cones

A real "cool" treat!

 Level: Easy

Makes: 4

Kids' Tool Kit

Blender
Rubber spatula
Knife
Measuring cups
Container with lid

Ingredients:

1 cup fresh, sliced strawberries
(about 5 whole)
¼ cup sugar
1 ½ cups (12 ounces) plain or
strawberry nonfat yogurt
4 ice cream cones



Directions:

Remember to wash your hands!

1. Place strawberries, sugar and yogurt in a blender. Cover and blend until smooth.
2. Pour mixture into a shallow container with lid and freeze for at least 12 hours.
3. Scoop the frozen mixture into ice cream cones and serve.

Chef's Choice
Frosty Fruit Cone
Animal crackers



Helpful Hints: You can make this recipe even if you don't have a blender. Use a fork to mash the strawberries and stir in sugar and yogurt until well blended. Strawberries not your favorite? Try using fresh peaches and peach yogurt for variety. Buying fruits in season saves money and the flavor is at its peak.



Safety Tip: Remove leaves and stems on strawberries and wash under cool running water before eating. Place all ingredients in blender and cover with lid before mixing. Teach kids that blender blades are very sharp and never reach inside blender container with a rubber spatula or spoon while blender is running.

Adult supervision is important for young children using kitchen appliances such as blenders and mixers.

Nutrition Facts

Serving Size 1 cone (123g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 35g	12%
Dietary Fiber less than 1 gram	2%
Sugars 29g	
Protein 3g	
Vitamin A 0%	Vitamin C 20%
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.

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

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	



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!

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.

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

Chef's Choice

Fruit Combo and
Sauce
Cinnamon graham
cracker
Low fat milk

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



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.



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!

Nutrition Facts

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

Amount Per Serving		Calories from Fat 5
Calories 170		% 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

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.

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



Ingredients:

- 3 pounds (about 12) cooking apples, peeled, cored and sliced
- 1/2 to 3/4 cup sugar
- 1/2 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.

Chef's Choice

- Homemade Applesauce
- Oatmeal cookie
- Low fat milk



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.

Nutrition Facts

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

Amount Per Serving		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



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.

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.

Orange Fluff Salad

A one-dish wonder!



Level: Easy

Makes: 8

Kids' Tool Kit

mixing bowl
rubber spatula
can opener
strainer
measuring cup

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.

Chef's Choice

Orange Fluff Salad
Tuna sandwich
Low fat milk



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.

Peas in the Pasta Salad

A meal-in-one for summer fun!



Level: Medium

Makes: 5 cups

Kids' Tool Kit

Large pot
Colander
Measuring cups
Spoon
Cutting board
Knife
Large bowl

Ingredients:

1 ½ cups small shell pasta (uncooked)
1 cup frozen peas
1 cup diced ham
1 cup diced cojack or cheddar cheese
¾ cup creamy, low fat ranch dressing



Directions:

Remember to wash your hands!

1. In large pot of boiling water, cook pasta until tender according to package directions.
2. Place peas in colander and drain cooked pasta over the peas to thaw. Rinse, cool and drain well.
3. Combine diced ham and cheese in large bowl and stir in pasta, peas and dressing. Chill 2 to 3 hours before serving.

Chef's Choice

Peas in the Pasta
Salad
Crackers
Carrot sticks
Low fat milk



Helpful Hints: Pasta needs to cook in boiling water, so don't turn down the heat after adding the pasta unless the pot looks like it will boil over. When boiling pasta use a pot larger than you would normally choose to prevent a mess.

Drain the pasta and peas and pat dry with a clean paper towel to remove excess water. Mix all the ingredients together and chill before serving for the most flavor.



Safety Tips: Use a back burner to cook the shells or turn the pot handle toward the back of the stove to prevent knocking off the pot while cooking. The temperature of boiling water is 212 degrees: That's hot! Draining the pasta is a job for adults. The steam and hot water can really burn fingers.

Nutrition Facts

Serving Size 1 cup (157g)	
Servings Per Container 5	
Amount Per Serving	
Calories 280	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	32%
Cholesterol 45mg	15%
Sodium 980mg	41%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 6g	
Protein 16g	
Vitamin A 10%	Vitamin C 8%
Calcium 20%	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 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.

Pita Pocket Salad

A fun way to eat a salad!



Level: Easy

Makes: 5

Kids' Tool Kit

Mixing bowl
Knife
Cutting board
Measuring spoon
Spoon

Ingredients:

- 1 ripe pear, diced
- 1/4 cup thinly sliced celery
- 1/2 cup seedless red grapes, cut in half
- 1 tablespoon lemon yogurt
- 1 tablespoon lowfat salad dressing
- 1 tablespoon finely chopped walnuts (optional)
- 5 miniature pita pockets



Directions:

Remember to wash your hands!

1. Wash pear, celery and grapes before dicing, slicing and cutting.
2. In a mixing bowl combine filling ingredients. Chill until serving time.
3. Cut pitas in half and fill with salad.

Chef's Choice

Pita Pocket Salad
Low fat milk



Helpful Hints: Pita pockets are also called Kangaroo bread or pocket bread. After cutting the round, flat bread in half, you can separate the layers and open up a pocket. The pocket is perfect for filling with different sandwich ingredients.

Nutrition Facts

Serving Size 1 miniature pita (82g)	
Servings Per Container 5	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 4g	
Vitamin A 0%	Vitamin C 4%
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	

Look for different types of yogurt: fruit flavored, plain, low fat or nonfat. Check the "sell by" date for freshness. Yogurt is a high-calcium dairy food and a great way to get the calcium you need, especially if you don't drink much milk. This recipe calls for only a small amount of flavored yogurt, so serve the rest of the carton at snack time or as a dip.



Safety Tip: Remind children to wash their hands with soap and water before and after handling food. Because children practice what they see, let them see you washing your hands often!

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.

Pudding Fruit Salad

Enjoy salad and dessert in one delicious dish!



Level: Easy

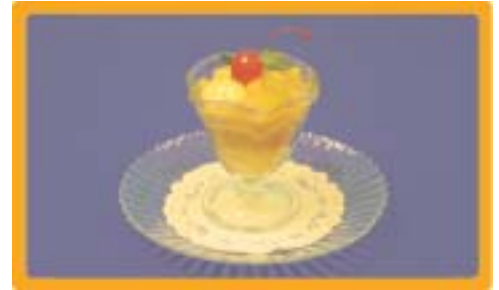
Serves 10

Kids' Tool Kit

Can opener
Strainer
Mixing bowl
Knife
Cutting board
Spoon

Ingredients:

- 1 can pineapple chunks with juice (20 ounces)
- 1 can mandarin oranges, drained (11 ounces)
- 1 can fruit cocktail, drained (17 ounces)
- 1 small box instant lemon or vanilla pudding, dry
- 2 bananas



Chef's Choice

Pudding Fruit Salad
Meatloaf
Peas
Milk



Directions:

Remember to wash your hands!

1. In a large bowl, combine canned fruit.
2. Stir in dry pudding and mix well. Refrigerate.
3. Just before serving, slice bananas and add to salad.
4. Keeps well in refrigerator for 2 or 3 days.

Nutrition Facts

Serving Size 1/2 cup (170g)
Servings Per Container 10

Amount Per Serving
Calories 150 **Calories from Fat** 0
% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Cholesterol 0mg **0%**
Sodium 140mg **6%**
Total Carbohydrate 38g **13%**
Dietary Fiber 2g **6%**
Sugars 34g
Protein 1g

Vitamin A 2% • Vitamin C 15%
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.

Total Fat	Less than 65g	65g
Saturated Fat	Less than 20g	20g
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: The pineapple juice gives the pudding liquid needed to mix well. Be sure to drain the oranges and fruit cocktail before adding to the pudding.



Safety Tip: Handle cans and their sharp lids with care. Dispose of them safely.

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.

Red, White and Blue Salad

A salad pretty enough to salute!

 Level: Easy

Servings: 2

Kids' Tool Kit

Cutting board
Knife
Measuring cups
Spoons



Ingredients:

- 1 slice watermelon, 1-inch thick
- ½ cup low fat vanilla yogurt
- ½ cup low fat blueberry yogurt



Directions:

Remember to wash your hands!

1. Cut watermelon slice in half. Then cut each half into 5 wedges and cut off rind.
2. On a plate, arrange each group of 5 wedges into a star shape with the points out.
3. Spoon half of each flavor yogurt in center of each star.



Helpful Hints: Small "8-packs" of yogurt that come with an assortment of flavors look fun, but actually cost more per serving than 1-cup containers. Watch for sales and buy flavors your family likes. Be sure and check the "sell by" date on each container for freshness. Like milk, yogurt comes in whole, low fat and nonfat varieties. Yogurt can also be flavored with fruit—even whole berries in some containers! Compare brands and sizes when shopping for yogurt.



Safety Tip: Kids can arrange the watermelon wedges on the plate, but cutting off the rind is an adult task. Store sharp knives away from young children. Never put knives in soapy water; someone might reach in and grab the blade, resulting in a cut. When young children want to use a knife for cutting or spreading, try a plastic knife or butter knife—both work well!

Nutrition Facts

Serving Size 1 salad (256g)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 29g	10%
Dietary Fiber less than 1 gram	3%
Sugars 28g	
Protein 6g	
Vitamin A 10%	Vitamin C 25%
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	

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.

Strawberry Spinach Salad

Pretty as a picture and healthy too!



Level: Easy

Serves: 6

Kids' Tool Kit

- Large mixing bowl
- Blender
- Sharp knife
- Cutting board
- Spoon
- Measuring cups
- Measuring spoons

Ingredients:

- 6 ounce package spinach leaves
(or about 2 bunches)
- 1 pint strawberries (about 2 cups sliced)

Dressing:

- 1/2 cup sugar
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 teaspoon minced onions
- 1/4 teaspoon Worcestershire Sauce
- 1/4 teaspoon paprika
- 1/4 cup vegetable oil
- 1/3 cup cider vinegar



Chef's Choice

- Strawberry Spinach Salad
- Bread sticks
- Chicken strips
- Low fat milk



Directions:

Remember to wash your hands!

1. Wash spinach leaves and strawberries in clear water and drain well.
2. Remove stems from spinach leaves, tear into bite-size pieces and place in a large bowl.
3. Remove stems, slice strawberries and add to spinach. Cover and chill until serving time.
4. In a blender or food processor, combine sugar, seeds, onions, Worcestershire Sauce and paprika.
5. With blender running, add oil and vinegar to combine ingredients. Chill.
6. Toss spinach and strawberries with about half the dressing, reserving the rest for another recipe.

Nutrition Facts

Serving Size 1 cup (212g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	17%
Sugars 21g	
Protein 4g	
Vitamin A 210%	Vitamin C 110%
Calcium 15%	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 85g 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: Wait to combine the dressing with the salad until just before serving. Separately, both will keep in the fridge for a couple days. Drizzle the dressing over the strawberries and spinach, then toss.

Kids of all ages can help prepare this salad. Even preschoolers can tear the spinach leaves while older kids can help measure and use the blender to make the dressing. With everyone having a hand in preparation, they will be much more likely to taste and like this spinach salad.



Safety Tips: Fresh fruit and vegetables from the garden or farmer's market need special attention! Be sure to wash spinach leaves and strawberries well in a sinkful of cold water to remove sand and dirt. Dry on a clean paper towel before combining with other 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.

Surprise Salad

It's no surprise how quickly this salad disappears.

 Level: Easy

Serves 10, 1/2 cup each

Kids' Tool Kit

Knife
Cutting board
Mixing bowls
Measuring cups
Spoon
Strainer or
Slotted spoon
Grater
Rubber spatula



Ingredients:

1 apple
2 bananas
1/2 cup lemon juice
3 large carrots (about 3 cups
shredded)
1/2 cup sugar
1/3 cup seedless raisins
1/2 cup low fat salad dressing



Directions:

Remember to wash your hands!

1. Chop apple, slice bananas and put in a mixing bowl; lemon juice to keep the fruit from turning brown.
2. Grate carrots into another mixing bowl and add sugar and raisins.
3. Remove apples and bananas from juice and combine with carrot mixture.
4. Add salad dressing, blend and chill until serving time.

Chef's Choice

Surprise Salad
Tuna Fish Sandwich
Milk

Nutrition Facts

Serving Size 1/2 cup (109g)
Servings Per Container 10

Amount Per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrate 28g 9%

Dietary Fiber 2g 10%

Sugars 24g

Protein 1g

Vitamin A 190% • Vitamin C 15%

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



Helpful Hints: Recipes that use sliced or chopped apples, bananas or pears often include lemon juice or orange juice. The vitamin C in the juice keeps the fruit from turning brown once it is cut. Remember to try this trick if you want keep to keep fruit looking fresh and tasty.



Safety Tip: Remember to use a cutting board when chopping, cutting or slicing. It makes the job safer and protects fingers, table, kitchen or countertops! Whether you choose plastic, acrylic or wood, keep cutting boards clean. After each use, wash cutting boards in hot, soapy water, then rinse and dry well.

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.

Taco Salad

A meal in a bowl!



Level: Easy

Serves: 8 to 10

Kids' Tool Kit

Large bowl
Sharp knife
Cutting board
Measuring cup
Strainer
Spoon

Chef's Choice

Taco Salad
Apple slices
Chocolate chip
cookie
Low fat milk

Ingredients:

1 small head lettuce, washed and well drained
1 small onion, diced
1 tomato, diced
1 can chili beans
1 cup shredded cheddar cheese
1 cup tangy low fat French dressing
2 cups taco chips, crushed



Directions:

Remember to wash your hands!

1. In a large bowl, tear lettuce into bite-size pieces.
2. Add onion, tomato, beans and cheese.
3. Just before serving, add dressing and chips.



Helpful Hints: A meal all ages can help prepare! Preschoolers can tear lettuce and crush chips; older kids can dice and drain. Kids are more willing to try new foods if they have had a hand in preparation.

Set ingredients out in individual bowls and let kids "build" their own salads. Adding cooked ground beef is another variation for this salad. You can use a can of kidney beans rinsed and drained plus 1 teaspoon of chili powder instead of chili beans if you like.

Taco salad is a perfect recipe for a picnic. Mix the salad ingredients in a large bowl with a lid. When it's time to eat, add the crushed chips, pour on the dressing, toss and serve.



Safety Tips: If there is Taco Salad left at the end of a hot picnic, do not save it for another meal. Remember the rule: If in doubt, toss it out!

Nutrition Facts

Serving Size 1 cup (186g)
Servings Per Container 8

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3.5g 17%

Cholesterol 15mg 5%

Sodium 790mg 33%

Total Carbohydrate 35g 12%

Dietary Fiber 5g 19%

Sugars 8g

Protein 8g

Vitamin A 20% • Vitamin C 10%

Calcium 15% • 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 85g 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.

Tropical Fruit Dip

A tasty treat that's cool and creamy!



Level: Easy

Serves: 6 - 1/2 cup servings

Ingredients:

- 2 cups fat-free sour cream
- 1 cup fruit-flavored yogurt
- 4 tablespoons (about 1/2 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.

Tropical Fruit and Dip

A combination kids will love!



Level: Easy

Makes: 3 cups dip

Kids' Tool Kit

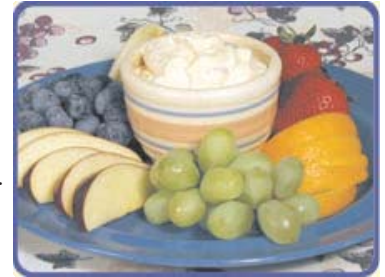
Knife
Cutting board
Mixing bowl
Measuring cup
Spoon

Chef's Choice

Tropical Fruit
and Dip
Graham cracker
sticks
Low fat milk

Ingredients:

Fruit tray with bananas, pineapple,
oranges, apples, grapes, melon
2 cups fat-free sour cream
1 cup pina colada or other fruit flavor yogurt
½ of 4-ounce package french vanilla
instant pudding (dry mix)



Directions:

Remember to wash your hands!

1. Wash and prepare bite-size pieces of fruit.
2. Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.



Helpful Hints: Use a variety of available fruit—some seasonal, some unusual, some favorites. To keep fruit from turning brown after cutting, dip cut pieces in pineapple or orange juice.



Safety Tips: Wooden toothpicks could cause choking in small children. Try using pretzel stick "toothpicks" to spear fruit for dipping.

Nutrition Facts

Serving Size 1/4 cup dip (242g)
Servings Per Container 12

Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	11%
Sugars 26g	
Protein 5g	

Vitamin A 40% • Vitamin C 80%
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

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Handa's Surprise* by Eileen Browne.

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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Tuna Salad Sandwich

The whole family will hum to the "tuna" this easy-to-make sandwich!

Level: Easy

Serves 3-4

Kids' Tool Kit

Can opener
Measuring spoons
Knife
Cutting board
Mixing bowl
Rubber spatula
Strainer

Ingredients:

1 (3-ounce) can tuna, packed in water, drained
2 tablespoons mayonnaise
Pita or pocket bread, whole wheat bread, bagel or bun



Directions:

Remember to wash your hands!

1. Combine tuna and mayonnaise in a small bowl.
2. Add variations of your choice.

Chef's Choice

Tuna Salad Sandwich
Applesauce
Carrot/celery sticks
Milk

Variations:

- 1 tablespoon chopped sweet or dill pickle
- 2 tablespoon chopped celery
- 1 chopped hard-cooked egg, plus 1 tablespoon more mayonnaise

Helpful Hints: Pita or pocket bread, whole wheat bread, crackers, bagels or a hotdog bun can "hold" the filling! This sandwich can be served cold or heated on a bun in the oven.



Nutrition Facts

Serving Size 1 sandwich (75g)
Servings Per Container 3-4

Amount Per Serving

Calories 170 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0.5g 3%

Cholesterol 10mg 4%

Sodium 370mg 15%

Total Carbohydrate 23g 8%

Dietary Fiber less than 1 gram 3%

Sugars 2g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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



Safety Tip: To keep this sandwich filling cold, it is a good idea to start with cold ingredients. Place an unopened can of tuna in the refrigerator overnight before you make this recipe. Your sandwich filling will be cold, safe and delicious!

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.

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



Chef's Choice

- Yo-Fruit
- Cinnamon graham crackers



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.



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.



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.

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

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.

SNACKS

Apple Smiles

A snack that keeps you grinning!



Level: Easy

Makes: 8

Kids' Tool Kit

apple corer
paring knife
cutting board
table knife

Ingredients:

- 1 medium red apple, cored and sliced
- 3-4 tablespoons peanut butter
- 32 miniature marshmallows



Directions:

Remember to wash your hands!

1. Wash, core and cut apple in half. Cut each half into 8 slices.
2. Spread peanut butter on one side of each apple slice.
3. Place 3 or 4 mini-marshmallows on top of peanut butter on one apple slice. Top with another and press together to make one "smile."
4. Continue assembling remaining apple slices.

Chef's Choice

Apple Smiles
Graham crackers
Low fat milk



Helpful Hints: For this snack, choose a crunchy, red apple for the lips and cut each half into 8 slices. To make sure the "teeth" stay in place, use plenty of peanut butter to stick the marshmallows to the apple "lips." Let each child assemble his snack and eat before the apple darkens. Don't focus too much on the end result or the mess. It doesn't matter if the apple has missing or crooked teeth! The important thing is to laugh and have fun!



Safety Tip: Young children may need adult supervision when coring and slicing the apple. Or, an adult can do this task while kids spread peanut butter on each apple slice.

Nutrition Facts

Serving Size 1 Smile (28g)
Servings Per Container 8

Amount Per Serving	
Calories 50	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1 gram	4%
Sugars 4g	
Protein 2g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	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.

Banana Jungle Pops

Frozen bananas on a stick!



Level: Easy

Makes: 12

Kids' Tool Kit

Knife
Cutting board
Baking sheet
Measuring cups
Measuring spoons
Rolling pin
Tall narrow glass
Wooden skewers
Wooden spoon
Waxed paper

Chef's Choice

Banana Jungle Pops
Low fat milk

Ingredients:

6 whole bananas
3/4 cup peanut butter (creamy or chunky)
3/4 cup chocolate chips
2 tablespoons vegetable oil
2 cups crushed crisp rice cereal



Directions:

Remember to wash your hands!

1. Peel and cut bananas in half, crosswise. Insert wooden skewer or popsicle stick in cut ends. On a baking sheet lined with waxed paper, place bananas and freeze until firm, or about 2 hours.
2. Melt peanut butter, chips and oil in a tall, narrow glass in microwave 1 to 2 minutes, stirring after each minute of cooking. Spread crushed cereal on waxed paper.
3. Dip each frozen banana in chocolate mixture, coating evenly. Immediately roll in crushed cereal. Freeze again about 30 minutes before eating. For longer storage, wrap each banana in aluminum foil.



Helpful Hints: If you don't have a microwave, melt peanut butter, chips and oil in a heavy saucepan over low heat, stirring frequently, so the mixture does not burn.

An easy way to crush the cereal is to put it in a zip-type plastic bag and let kids either crush it with their hands or use a rolling pin.



Safety Tips: The melted chocolate mixture is hot, so instruct kids to use a dry hot pad to remove it from the microwave or stovetop. It's hard for small hands to hold the glass with one hand and dip the banana with other hand. Encourage working in pairs while dipping the banana and rolling in cereal.

Nutrition Facts

Serving Size 1 (102g)	
Servings Per Container 12	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4g	19%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	13%
Sugars 20g	
Protein 6g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	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 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	

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.

Banana Wraps

Easy enough for preschoolers to wrap and roll!



Level: Easy

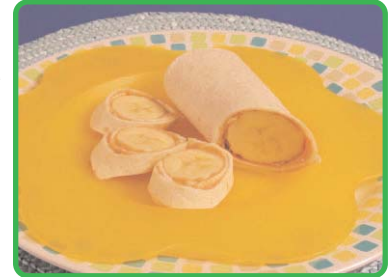
Makes: 1 wrap

Kids' Tool Kit

Plastic knife
Cutting board
Tablespoon

Ingredients:

2 to 3 tablespoons peanut butter, smooth
or crunchy
1 (8-inch) flour tortilla
1 whole banana



Chef's Choice

Banana Wraps
Milk



Directions:

Remember to wash your hands!

1. Spread peanut butter on one side of tortilla.
2. Peel banana and roll up tightly in tortilla.
3. Slice into pinwheels or serve whole.



Helpful Hints: If a child is allergic to peanut butter, try substituting cream cheese. Either way, this kid-friendly snack is nutritious and can be made ahead for a walk to the park. Just spread the peanut butter on the tortilla at home and fold it. At snack time, unfold the tortilla, peel the banana and roll it up. Kids will love the handheld all-in-one snack!



Safety Tip: Don't offer peanut butter to children younger than three or four years of age. To prevent choking, spread only a thin layer on bread or wraps. The banana in this wrap makes the peanut butter less sticky and easier to swallow.

Nutrition Facts

Serving Size 1 wrap (199g)
Servings Per Container 1

Amount Per Serving
Calories 460 Calories from Fat 180

% Daily Value*

Total Fat 20g 31%

Saturated Fat 4.5g 22%

Cholesterol 0mg 0%

Sodium 380mg 16%

Total Carbohydrate 61g 20%

Dietary Fiber 6g 25%

Sugars 25g

Protein 14g

Vitamin A 2% • Vitamin C 20%

Calcium 8% • 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.

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.

Biscuit Bubble Bread

These little biscuits are finger-licking good!

Serves 10



Level: Medium

Ingredients:


- 1/2 cup sugar
- 1 teaspoon cinnamon
- 2 tubes (7.5 ounce) canned biscuits

Topping:

- 4 tablespoons margarine, melted
- 1 teaspoon water
- 1/3 cup brown sugar
- 1 teaspoon cinnamon



Kids' Tool Kit

- Measuring cups 
- Measuring spoons
- Zip-type bag
- Scissors or pizza cutter
- Cutting board
- 9x9-inch pan
- Mixing bowl
- Knife
- Serving plater or baking sheet

Chef's Choice

- Biscuit Bubble Bread
- Banana
- Milk



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Combine sugar and 1 teaspoon cinnamon in a zip-type bag.
3. Cut each biscuit into 4 pieces and add to sugar mixture in bag. Shake to coat well.
4. Lightly coat a 9x9-inch pan with cooking spray and place biscuits in pan.
5. In a mixing bowl, combine topping ingredients and pour over biscuits.
6. Bake 18 to 20 minutes, until golden brown.
7. Remove from oven and let cool.
8. Cover top of pan with a large platter and flip the bread over to serve.



Helpful Hints: Buy canned biscuits when they are on sale and use them to make this simple bubble bread for breakfast or a snack. There are as many names for this bread as there are ingredients you can add. For special occasions, add maraschino cherries, nuts or raisins. Similar recipes recommend using a bundt pan but if you don't have one, try using a square pan like we did!



Safety Tip: The butter and sugar topping that is poured over the bread makes a wonderful glaze for the biscuits, but it could also burn your fingers or your tongue! Carefully flip the bread over and keep the hot, sticky syrup from dripping on your hands. It's hard to wait to taste, but let it cool just a bit first!

Nutrition Facts

Serving Size 8 pieces (66g)
Servings Per Container 10

Amount Per Serving

Calories 210 Calories from Fat 5

% Daily Value

Total Fat 5g 8%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 420mg 17%

Total Carbohydrate 38g 13%

Dietary Fiber 0g 0%

Sugars 17g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • 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 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.

Breakfast Bars

Try these tasty bars for breakfast or for a snack!

 Level: Easy

Serves 16

Kids' Tool Kit

9X9-inch pan
Large mixing bowl
Measuring cups
Measuring spoons
Rubber spatula
Wooden spoon
Knife



Ingredients:

6 tablespoons margarine
3 cups miniature marshmallows
1/2 cup peanut butter
1/2 cup nonfat dry milk
1/4 teaspoon cinnamon
1 cup raisins
4 cups ready-to-eat oat cereal circles



Directions:

Remember to wash your hands!

1. Spray a square pan, 9"x9"x2"-pan with cooking spray.
2. In microwave, melt margarine in a large microwave-safe bowl at high power for 45 seconds to 1 minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave on high power for 1 to 1 1/2 minutes, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Chef's Choice

Breakfast Bars
Apple slices
Milk

Nutrition Facts

Amount Per Serving		Calories from Fat 70	
Calories 190		% Daily Value*	
Total Fat 8g			13%
Saturated Fat 1.5g			9%
Cholesterol 0mg			0%
Sodium 180mg			7%
Total Carbohydrate 25g			8%
Dietary Fiber 1g			6%
Sugars 16g			
Protein 6g			
Vitamin A 10%	•	Vitamin C 6%	
Calcium 10%	•	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	



Helpful Hints: Breakfast has been proven to be the most important meal of the day, and this tasty bar features four different food groups! The dry milk adds a secret nutritional ingredient— calcium, to help make strong bones. These bars are easy to make, make great snacks, and they pack well.



Safety Tip: If young hands find the mixture too warm to press out, try slipping plastic bags over their hands before pressing the mixture. The ingredients won't stick, and the mixture can be pressed while still warm.

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.

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.



Cheesy Hamburger Dip

Let the party begin!

Level: Easy

Serves 7, 1/2 cup each

Kids' Tool Kit

- Skillet
- 3-quart, Casserole dish
- Wooden spoon
- Knife
- Measuring cup

Ingredients:

- 1/2 pound lean ground beef
- 1 pound processed cheese (such as Velveeta™), diced
- 1 10-ounce can tomatoes with green chilies (such as Rotel™), undrained



Directions:

Remember to wash your hands!

1. Brown ground beef and drain well.
2. In a large 3-quart glass casserole dish, combine beef, cheese and tomatoes.
3. Microwave 3 minutes on medium power, covered. Stir and microwave 3 more minutes on medium power. Uncover, stir and microwave until cheese is melted, about 3 more minutes, on medium.

Chef's Choice

- Cheesy Hamburger Dip
- Baked tortillas
- Baby carrots



Helpful Hints: Cooking temperatures for cheese should be low to prevent stringiness and toughness. That's why melting the cheese on medium power in the microwave oven allows the dip to be smooth, creamy and have lots of flavor. If you don't have a microwave, you can melt the cheese in the top of a double boiler on the stove. Either way, remember to stir often to combine the ingredients for a delicious dip!



Safety Tip: Keep pot holders handy for kids! Melted cheese can burn young cooks' hands. To make using pot holders a habit, have a child use them to remove food from the microwave oven every time, whether the food is hot or not. Use two pot holders when removing this cheese dip from the microwave: Better to be safe and plan ahead than to grab a hot dish and burn your hands!

Nutrition Facts	
Serving Size 1/2 cup (138g)	
Servings Per Container 7	
Amount Per Serving	
Calories 260	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 10g	52%
Cholesterol 65mg	21%
Sodium 1160mg	48%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 17g	
Vitamin A 20%	Vitamin C 4%
Calcium 30%	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 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.


Chewy Oatmeal Bars

Nutritious and delicious says it all!

 Level: Medium

Makes: 16

Kids' Tool Kit

Large mixing bowl 
Measuring cups
Measuring spoons
Cooking spray
8x8-inch baking pan
Wooden spoon
Knife

Ingredients:

2 ¼ cups quick oats or long-cooking oats
½ cup flour
½ teaspoon baking soda
½ teaspoon vanilla extract
5 tablespoons margarine, softened
¼ cup honey
¼ cup brown sugar
1 cup raisins



Directions:

Remember to wash your hands!

1. Preheat oven to 325 degrees. Lightly coat an 8x8-inch pan with cooking spray.
2. In a large mixing bowl, combine all ingredients. Stir until well blended.
3. Press mixture into pan and bake 18 to 22 minutes or until golden brown.
4. Cool 10 minutes, then cut into bars. Let bars cool in pan before serving.

Chef's Choice

Chewy Oatmeal Bars
Apple slices
Low fat milk

Nutrition Facts

Serving Size 1 bar (39g)
Servings Per Container 16

Amount Per Serving
Calories 150 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Cholesterol 0mg	0%
Sodium 85mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Sugars 15g	

Protein 2g

Vitamin A 4%	Vitamin C 0%
Calcium 2%	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.

	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: If your family does not like raisins, use any combination of dates, cranberries, miniature chocolate chips, sunflower seeds, chopped nuts or butterscotch chips. You can easily double this recipe using a 9x13-inch baking pan. Doubling a recipe brings school right into the kitchen - let kids do the math! Tightly wrap the cut bars and send along in backpacks for a quick energy snack.



Safety Tip: Remember to use dry hot pads when removing the pan from the oven. This recipe suggests letting the bars cool 10 minutes in the pan and then cutting them into 2x2-inch squares. Leave the bars in the pan to cool completely before serving or storing. Hungry kids at snack time will have a hard time waiting because they smell so good!

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.

Chewy Popcorn Balls


A treat any time of the year!



Level: Easy

Makes: 6 popcorn balls

Kids' Tool Kit

- Microwave-safe 
- medium bowl
- Large mixing bowl
- Knife
- Wooden spoon
- Rubber spatula
- Wax paper
- Measuring cup

Ingredients:

- 3 tablespoons margarine
- 3 cups mini-marshmallows
- 1 to 2 drops orange food coloring (optional)
- 8 cups popped popcorn



Directions:

Remember to wash your hands!

1. In a microwave-safe medium bowl, combine margarine and marshmallows. Microwave on medium power 2 minutes or until margarine is melted and marshmallows are soft. Remove bowl from microwave and stir to combine ingredients. Add a few drops food coloring, if desired.
2. Measure popped popcorn into a large mixing bowl and pour marshmallow mixture over popcorn. Stir to coat popcorn.
3. Tear off 6 sheets of wax paper, approximately 10x10 inches each. Place 1 cup of popcorn mixture in center of wax paper square. Fold corners of paper up around popcorn and twist top, pressing popcorn to make a ball. Repeat for each square.
4. Store in airtight container.

Chef's Choice

- Chewy Popcorn Balls
- Chocolate low fat milk

Nutrition Facts

Serving Size 1 popcorn ball (47g)	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	9%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	6%
Sugars 14g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
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	



Helpful Hints: Popcorn is a special variety of dried corn that has moisture in the kernel. When this moisture is heated, it turns to steam, and when the pressure gets too great, the kernel pops! It explodes, turns inside out and expands up to 35 times its original size. Be careful to use only popped kernels when preparing the popcorn balls. Biting into a hard kernel can hurt a tooth!

Popcorn is high in fiber, low in calories, packed with energy and an ideal snack, since it is inexpensive and makes you feel full longer.



Safety Tip: Popcorn is a delicious, healthy snack, but it can cause a young child to choke. Do not give popcorn to children under 3 years of age. Kids need to sit down while eating, and adult supervision is important when popcorn is served.

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.

Chicken Feed

A snack to take along on a hike!

 **Level: Easy**

Serves: 10, 1/2 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
1/2 cup sunflower seeds
1/2 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.

Choco-Banana Yo-yo

Fun-filled cookies!



Level: Easy

Serves: 1

Kids' Tool Kit

Knife
Cutting board
Paper plate

Chef's Choice

Choco-Banana Yo-yo
Low fat milk

Ingredients:

½ banana, medium
8 mini chocolate-chip cookies



Directions:

Remember to wash your hands!



1. Peel banana half and slice into ¾-inch rounds.
2. Sandwich banana slices between two mini cookies. Enjoy!

Options: Other small cookies such as vanilla wafers or animal crackers, could be used. Other yummy fillings for yo-yo sandwiches could include peanut butter or fresh strawberry, kiwi or plum slices.



Helpful Hints: Kids can slice the banana on a paper plate with a plastic knife, then use the same plate for preparation.



Safety Tips: Handwashing is the first step in any snack or meal preparation. Wash hands—front and back—between fingers and under fingernails, for at least 20 seconds in warm soapy water. Sing the Alphabet Song while you wash and then dry on disposable paper towels or a clean cloth.

Nutrition Facts

Serving Size 4 sandwiches (77g)
Servings Per Container 1

Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 2g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Doorbell Rang* by Pat Hutchins.

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.

Chocolate No-Bake Cookies

Easy enough for beginning chefs!



Level: Easy

Makes: 40

Kids' Tool Kit

Medium

size pan

Knife

Hot pad

Wooden spoon

Measuring spoons

Measuring cups

Tablespoons or

cookie scoop

Wax paper

Baking sheet



Ingredients:

1 1/2 cups sugar

6 tablespoons unsweetened cocoa powder

1/2 cup evaporated milk (canned)

1/4 cup margarine

3 cups quick-cooking rolled oats

1 cup shredded coconut (optional)



Directions:

Remember to wash your hands!

1. In a medium saucepan combine sugar, cocoa, milk and margarine. Cook and stir over medium heat until mixture comes to a boil. Boil for 1 minute, stirring constantly.

2. Remove pan from heat and stir in oats and coconut until well blended.

3. Drop by tablespoons onto a baking sheet lined with wax paper. Refrigerate until firm and store in airtight container.

Chef's Choice

Chocolate No-Bake

Cookies

Banana

Low fat milk



Helpful Hints: This cookie recipe is easy enough for beginning chefs. Have all the ingredients premeasured and ready to add to the pan. Keep stirring the mixture in the pan on the stovetop so the ingredients won't burn. Stir in the oats and coconut, then use 2 tablespoons or a cookie scoop to drop cookies onto a baking sheet lined with wax paper. This makes it easy to put the cookies in the refrigerator to cool.



Safety Tip: Tie back long hair, pull up your sleeves, wash your hands and get ready to cook! Be familiar with the stove top controls and don't reach across a hot burner. When you take the pan off the burner, set it on a hot pad on the counter before adding the oats and coconut. Remember to turn off the burner when done.

Nutrition Facts

Serving Size 1 cookie (19g)
Servings Per Container 40

Amount Per Serving
Calories 70 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 3%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber less than 1 gram 3%

Sugars 8g

Protein 1g

Vitamin A 2% • Vitamin C 0%

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

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.

Cinnamon Chips

Snacks made healthy!



Level: Medium

Servings: 4

Kids' Tool Kit

Kitchen scissors or
pizza wheel
Baking sheet
Hot pads
Cooking spray
Spatula

Ingredients:

4 flour tortillas (6- to 8-inch size)
¼ cup sugar
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



1. Preheat oven to 350 degrees.
2. Cut each tortilla into 8 strips.
3. Spray baking sheet with cooking spray and place tortilla strips on baking sheet.
4. Spray tortilla strips lightly with cooking spray.
5. Combine sugar and cinnamon in small mixing bowl and sprinkle lightly on tortilla strips.
6. Bake 7 to 10 minutes or until lightly brown.

Chef's Choice

Cinnamon Chips
Fruit Salsa
Low fat milk

Nutrition Facts

Serving Size 1 tortilla (8 strips) (62g)
Servings Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
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



Helpful Hints: A good way to add more whole grains in our diet is to use whole wheat tortillas for this recipe. When cutting tortillas into strips, try using a pizza wheel or kitchen scissors instead of a knife. To sprinkle on the cinnamon and sugar mixture, combine ingredients in an empty, clean spice container or salt shaker to make the job easier for young cooks.



Safety Tips: This is an easy recipe to prepare, but young children need adult supervision when taking the baking sheet from the oven. Use a dry hot pad and have a spot on the countertop ready to set the hot baking sheet.

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.

Creamy Veggie Dip

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



Serves 4

Kids' Tool Kit

Measuring cups
Mixing bowl
Knife
Rubber spatula
Cutting board

Chef's Choice

Creamy Veggie Dip
Milk
Veggie sticks

Ingredients:

$\frac{1}{2}$ cup low fat sour cream
 $\frac{1}{2}$ 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.



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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Dippity-Do

Vegetables taste best with dip!

Level: Easy

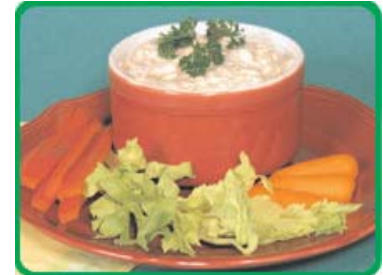
Serves: 4, 1/4 cup each

Kids' Tool Kit

Sharp knife
Cutting board
Measuring cup
Tablespoon
Small bowl
Spoon

Ingredients:

4-ounce tub soft cream cheese
1/3 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.

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.

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 60g
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: *Clifford the Big Red Dog* by Norman Bridwell

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.

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:

$\frac{1}{2}$ cup corn, fresh cooked or frozen
1 can (15 ounce) black beans, drained and rinsed
1 cup fresh tomatoes, diced
 $\frac{1}{2}$ cup onion, diced
 $\frac{1}{2}$ cup green pepper, diced
2 tablespoons lime juice
2 cloves garlic, finely chopped
 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Fiesta Dip

Tex-Mex flair is an American favorite!



Level: Easy

Serves: 12

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	

Ingredients:

- 1/2 cup fat-free refried beans (about 1/2 of a 16-ounce can)
- 1/2 cup fat-free sour cream
- 1 tablespoon dry taco seasoning
- 3/4 cup picante sauce
- 2 or 3 green onions, chopped
- 1 small tomato, chopped
- 1/4 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.

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.

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Food Group Funny Face

A snack with a personality!



Level: Easy

Makes: 1

Kids' Tool Kit

Measuring spoon
Knife
Grater

Chef's Choice

Food Group Funny
Face
Low fat milk

Ingredients:

- 1 tablespoon peanut butter
- 1 large cracker
(graham cracker, saltine or whole grain)
- 1 tablespoon shredded cheddar cheese
- 3 or 4 raisins
- 2 large green peas
- 1 grape, cut in half



Directions:

Remember to wash your hands!

1. Spread peanut butter on cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.



Helpful Hints: The Food Guide Pyramid shows how to make food choices for a healthy diet. Adults and kids from age 2 years can follow this plan and have lots of variety in what they eat.

Five different food groups are in the Food Guide Pyramid, and each is represented in this snack. The cracker belongs in the grain group at the base of the pyramid. Complex carbohydrates in this group are packed with lots of energy. The peas are in the vegetable group, and raisins and grapes are in the fruit group. Both food groups provide vitamins, minerals and fiber. Cheese has lots of calcium and fits in the milk group. Peanut butter gives us protein from the meat group. It takes a variety of food to have a balanced diet.



Safety Tip: When you cough or sneeze, cover your mouth and turn away from food and other people. The next step is to wash your hands with soap and water to get rid of germs that can make us, or others around us, sick.

This snack is intended for children over age two. Do not serve to younger children who may choke.

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

Nutrition Facts

Serving Size 1 cracker (31g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	16%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
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.

French Toast Sticks

For breakfast in a hurry, you can't beat our French toast sticks!



Level: Easy

Serves 4

Kids' Tool Kit

- Knife
- Cutting board
- Baking sheet
- Mixing bowl
- Fork
- Measuring spoon
- Hot pad



Chef's Choice

- French Toast Sticks
- Applesauce
- Milk

Ingredients:

- 4 slices whole wheat bread
- 2 eggs
- 2 tablespoons milk
- Powdered sugar and cinnamon for topping



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Spray a baking sheet with cooking spray and set aside.
3. Cut each slice of bread into four strips lengthwise. You'll have 16 strips in all.
4. In a small bowl, combine eggs and milk; beat with a fork until frothy.
5. Dip each "stick" of bread in egg mixture and place on baking sheet.
6. Bake for 12 minutes until brown.
7. Sprinkle lightly with powdered sugar and cinnamon.



Nutrition Facts

Serving Size 4 sticks (61g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	6%
Cholesterol 105mg	36%
Sodium 180mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 6g	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	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	



Helpful Hints: Sprinkle powdered sugar and cinnamon on these French toast sticks and they are ready to eat! For a special treat, you may want to dip yours in applesauce. Add a glass of milk and breakfast is ready.



Safety Tip: Be sure your French toast sticks are thoroughly cooked when you take them from the oven. Look for a golden, dry appearance on the sticks. If they are still shiny, bake them a minute or two longer until the egg is completely cooked. Wash your hands after you handle raw eggs. This way the germs that might be on the eggs can't make you sick.

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.

Frosty Fruit Cones

A real "cool" treat!

 Level: Easy

Makes: 4

Kids' Tool Kit

Blender
Rubber spatula
Knife
Measuring cups
Container with lid

Ingredients:

1 cup fresh, sliced strawberries
(about 5 whole)
¼ cup sugar
1 ½ cups (12 ounces) plain or
strawberry nonfat yogurt
4 ice cream cones



Directions:

Remember to wash your hands!

1. Place strawberries, sugar and yogurt in a blender. Cover and blend until smooth.
2. Pour mixture into a shallow container with lid and freeze for at least 12 hours.
3. Scoop the frozen mixture into ice cream cones and serve.

Chef's Choice
Frosty Fruit Cone
Animal crackers



Helpful Hints: You can make this recipe even if you don't have a blender. Use a fork to mash the strawberries and stir in sugar and yogurt until well blended. Strawberries not your favorite? Try using fresh peaches and peach yogurt for variety. Buying fruits in season saves money and the flavor is at its peak.



Safety Tip: Remove leaves and stems on strawberries and wash under cool running water before eating. Place all ingredients in blender and cover with lid before mixing. Teach kids that blender blades are very sharp and never reach inside blender container with a rubber spatula or spoon while blender is running.

Adult supervision is important for young children using kitchen appliances such as blenders and mixers.

Nutrition Facts

Serving Size 1 cone (123g)
Servings Per Container 4

Amount Per Serving

Calories 160 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Cholesterol 5mg **2%**

Sodium 45mg **2%**

Total Carbohydrate 35g **12%**

Dietary Fiber less than 1 gram **2%**

Sugars 29g

Protein 3g

Vitamin A 0% • Vitamin C 20%

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.

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

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	



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!

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.

Frozen Puddingwiches

A summertime treat that is fun to eat!

 Level: Easy

Makes: 16

Kids' Tool Kit

Electric mixer
Mixing bowl
Measuring cups
Rubber spatula
9x13-inch pan
Foil
Cutting board
Sharp knife

Ingredients:

$\frac{3}{4}$ cup peanut butter
1 $\frac{1}{2}$ cups low fat milk
1 package (3.9 ounces) instant chocolate pudding mix
1 cup whipped topping
16 whole graham crackers



Directions:

Remember to wash your hands!

1. Line a 9x13-inch pan with foil.
2. Using an electric mixer, blend peanut butter and milk until smooth.
3. Slowly beat in chocolate pudding mix until blended.
4. Fold in whipped topping.
5. Pour into prepared pan and freeze until firm.
6. Break graham crackers into squares.
7. Use foil to lift pudding from the pan, then cut into squares the size of the graham crackers. Place each pudding square between 2 graham crackers.
8. Wrap in plastic wrap and freeze.

Chef's Choice

Frozen
Puddingwiches
Banana

Nutrition Facts

Serving Size 1 sandwich (53g)
Servings Per Container 16

Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1 gram	3%
Sugars 9g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
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: Lift the pudding from the pan using the foil as a "handle" and place on a cutting board. Use a graham cracker for a pattern to cut the frozen pudding into squares. Work quickly to make the puddingwiches, and then place them in the freezer.



Safety Tip: Adult supervision is important for young kids using an electric mixer. When mixing, keep beaters on the bottom of the bowl and make sure the beaters come to a full stop before raising them out of the pudding. When resting the mixer on its base, let the beaters hang over the bowl so they can drip into it and not on the counter.

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.

Fruit Combo and Sauce

Is it a salad or dessert?



Level: Medium

Serves: 4

Kids' Tool Kit

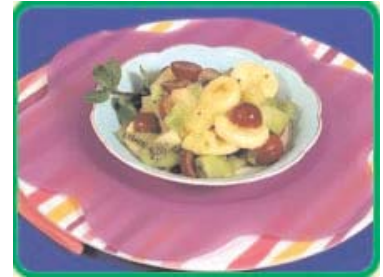
Measuring cups
Measuring spoons
Mixing bowl
Saucepan
Wooden spoon
Can opener
Knife
Cutting board

Chef's Choice

Fruit Combo and
Sauce
Cinnamon graham
cracker
Low fat milk

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



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.



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!

Nutrition Facts

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

Amount Per Serving		Calories from Fat 5
Calories 170		% 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

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.

Giant Germs

Fun-filled cracker sandwiches!

Makes: 1



Level: Easy

Kids' Tool Kit

Plastic knife
Spoon

Chef's Choice

Giant Germ
Low fat milk

Ingredients:

2 round crackers
1 tablespoon peanut butter
5 to 10 small pretzel sticks
2 raisins or olive slices



Directions:

Remember to wash your hands!

1. Spread peanut butter on one cracker and make a sandwich.
2. Insert pretzel sticks for legs.
3. With a dab of filling, set raisin eyes on cracker.



Helpful Hints: Let each child create a "germ" using their imagination. Other "germ" filling could include cream cheese spread or pimiento-cheese spread. For a variety, have other dried fruit available for eyes or for decorating the germ.



Safety Tips: One of the most common food allergies in children is peanuts. Before sharing with friends, it's always a good idea to tell kids this snack contains peanut butter to avoid an allergic reaction. Even a touch or tiny bite of a food allergen can be harmful.

Nutrition Facts

Serving Size 1 germ (28g)
Servings Per Container 1

Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	9%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 5g	
Vitamin A 0%	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

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Germs! Germs! Germs!* by Bobby Katz. 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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



Ingredients:

- 3 pounds (about 12) cooking apples, peeled, cored and sliced
- 1/2 to 3/4 cup sugar
- 1/2 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.

Chef's Choice

- Homemade Applesauce
- Oatmeal cookie
- Low fat milk

Nutrition Facts

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

Amount Per Serving		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.

Hot Cocoa Mix

Cold kids will warm up fast!

 Level: Easy

Makes 14 cups of cocoa

Kids' Tool Kit

- Large mixing bowl 
- Large container with lid
- Measuring cups
- Spoon
- Mug

Ingredients:

- 3 cups nonfat dry milk powder
- 1/2 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup nonfat dairy creamer



Directions:

Remember to wash your hands!

To prepare mix:

1. Measure ingredients into mixing bowl, stirring well to combine.
2. Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare drink:

1. Fill a microwave-safe mug 3/4 full of water. Microwave for 2 minutes on high.
2. Measure 1/3 cup hot cocoa mix and stir into hot water.

Chef's Choice
Hot Cocoa Mix
Cinnamon toast



Helpful Hints: This mix is easy to make and store, and costs a lot less than the kinds you buy at the store. Kids love its creamy, chocolatey flavor, and it makes a great warm drink for cold days. Keep a canister of mix ready as part of a healthy after-school snack - maybe with some mini-marshmallows!



Safety Tip: Be sure kids know how to safely use the microwave oven and know which cups are safe to use. Cooks of all ages: Remember to use caution! Hot cups with hot liquids can really burn, putting a chill on cooking enthusiasm!

Nutrition Facts
Serving Size 4 1/2 c. dried mix (35g)
Servings Per Container 14 c. hot cocoa

Amount Per Serving		Calories from Fat 5
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Cholesterol 5mg		1%
Sodium 80mg		3%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 15g		
Protein 6g		
Vitamin A 6%	•	Vitamin C 2%
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

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.

Ice Cream in a Bag

Shake it up and dish it out!



Level: Easy

Serves: 1

Kids' Tool Kit

Zip-type bags,
2 sizes
Measuring spoons
Measuring cups
Knife
Cutting board
Rock salt
Ice cubes

Ingredients:

1 tablespoon sugar
1/4 teaspoon vanilla extract
1 to 2 tablespoons soft fruit
1/2 cup whole milk

Additional Ingredients:

1/2 cup rock salt
ice cubes



Chef's Choice

Ice Cream in a Bag
Fruit
Cookie



Directions:

Remember to wash your hands!

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



Helpful Hints: Make sure the bags are tightly closed before mixing or you'll have a mess! It takes lots of shaking and turning before the liquid turns to ice cream. Hands get really cold holding the bag, so either wrap it in a towel or use oven mitts to hold the bag while shaking.

Be careful when removing the small bag of ice cream from the larger bag. Rinse it off and be careful you don't get any rock salt in the ice cream.



Safety Tips: Try a variety of fruit in the ice cream. Ripe bananas, strawberries, blueberries, raspberries, peaches or pears all work well. Remember to wash fruit before adding to the ice cream mixture.

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.

	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.

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

Amount Per Serving	
Serving Size 1 parfait (127g)	
Servings Per Container 1	
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.

Microwave Baked Apple

A hot and healthy way to Five A Day!



Level: Easy

Makes: 4

Kids' Tool Kit

Apple corer
Cutting board
Knife
Microwave-safe
baking dish
Spoon
Measuring spoon
Measuring cups
Wax paper

Chef's Choice

Microwave Baked
Apple
Cinnamon graham
crackers
Low fat milk

Ingredients:

4 large baking apples
½ cup brown sugar
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.



Helpful Hints: One pound apples = 3 medium = 3 cups sliced. This is good information to know at the grocery store.

Favorite varieties of apples for baking are Jonathan, Granny Smith, Braeburn and Golden Delicious. Any tart apple works well.

Arrange the apples around the outside edge of the dish for more even cooking in the microwave.



Safety Tips: Wash the apples in clear running water before coring. If you have apples left, keep in the fridge for a handy snack later on.

Nutrition Facts

Serving Size 1 each (231g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories	180		
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	47g		16%
Dietary Fiber	5g		22%
Sugars	39g		
Protein	1g		
Vitamin A	2%	Vitamin C	15%
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

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.

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!

- Put all ingredients in a blender.
- 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.

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

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *It Looked Like Spilt Milk* by Charles G. Shaw

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.

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.

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 $\frac{1}{4}$ 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.

	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.

Munchin' Muffins

Apples make 'em moist!



Level: Medium

Makes: 12

Kids' Tool Kit

Large mixing bowl
Medium mixing bowl
Measuring cups
Measuring spoons
Cutting board
Knife
Cooking spray or Muffin liners
Spoon
Cookie scoop
Muffin pan

Chef's Choice
Munchin' Muffins
Orange juice
Low fat milk

Nutrition Facts

Serving Size 1 muffin (63g)	
Servings Per Container 12	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Cholesterol 20mg	6%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
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	

Ingredients:

2 cups whole wheat flour
1 tablespoon baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
3/4 cup low fat milk
1 egg
1/4 cup vegetable oil
1/4 cup honey
1 cup diced apple



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees F.
2. Lightly spray muffin tin with cooking spray or use paper liners.
3. In a large bowl, combine dry ingredients.
4. In a medium bowl, combine remaining ingredients.
5. Add milk mixture to dry ingredients and stir just until dry ingredients are moist. Batter will be lumpy.
6. Fill muffin pans 2/3 full, using a cookie scoop or spoon.
7. Bake 12 large muffins 18 to 20 minutes or 26 mini muffins 12 to 15 minutes or until lightly brown. Remove from muffin pan to cool.



Helpful Hints: Muffins are a quick bread and are supposed to be light when you lift them in your hand! On the outside, their tops are slightly rounded and bumpy. If you mix the batter too much, you will have small, tough muffins that are pointed on top with tunnels or long holes instead of small air holes. Just stir until the flour is moistened and if there are some lumps, that's OK!

Do you know why the recipe calls for baking powder? Recipes for waffles, quick breads and muffins call for baking powder because it contains some acid and some soda. When liquid is added, like milk in this recipe, the acid and the soda work together to form carbon dioxide gas that helps make the batter light. It's a mini-science experiment in each muffin!

A small ice cream or cookie scoop works great to fill muffin pans with less mess.

Munchin' Muffins don't even need butter - try just a taste of honey! What a great way to start the day. Breakfast eaters do better in school and have more energy after eating breakfast! If you have any muffins left, tightly wrap with plastic wrap or plastic bags for a great after-school snack.

White flour can be used to make these muffins too, but whole wheat flour adds a nice nutty flavor and additional nutrients and fiber. To make whole wheat flour, the whole kernel of wheat- the endosperm, bran and germ - is ground to make flour that has a light brown color.

When buying whole wheat bread, make sure the label says "100% whole wheat" or check the ingredient list to see that the bread is mainly whole wheat flour.



Safety Tips in the Kitchen: Wash your hands with soap any time you touch raw egg.

Pull out the oven rack and use thick, dry hot pads to grab the muffin pan from the hot oven. Have a dry, heat-proof surface ready for the hot pan. Loosen each muffin with a table knife and lift from the muffin pan with a fork, being careful not to burn your hands. It's OK to ask an adult to help! Don't forget to turn off the oven.



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.

Oatmeal Raisin Cookies

A true American classic!



Level: Medium

3-4 dozen cookies

Kids' Tool Kit

Mixer
Large mixing bowl
Measuring cup
Measuring spoons
Small dish
Baking sheet
Spatula
Rubber spatula
Spoons



Ingredients:

1/2 cup shortening
1/2 cup brown sugar
1/2 cup white sugar
1 egg, beaten
1 tablespoon water
3/4 cup flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. Cream together shortening and sugars.
3. Stir in egg and water.
4. Add dry ingredients and raisins. Mix well.
5. Drop by teaspoonsful onto ungreased baking sheet.
6. Bake for 9 to 10 minutes.

Chef's Choice

Oatmeal Raisin Cookie
Apple slices
Milk

Nutrition Facts

Serving Size 1 cookie (24g)
Servings Per Container 36-48 cookies

Amount Per Serving		Calories from Fat 30
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1g	4%
Cholesterol	5mg	2%
Sodium	55mg	2%
Total Carbohydrate	16g	5%
Dietary Fiber	less than 1 gram	4%
Sugars	9g	
Protein	2g	
Vitamin A	0%	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



Helpful Hints: For a tender cookie, combine the shortening or margarine together with the sugars until creamy. Dry ingredients are measured and mixed together in a separate bowl, then added to the wet ingredients. Mix only until ingredients are moistened. Don't overmix. Most cookies are made this way.



Safety Tip: Remember, the raw egg in this cookie dough makes it unsafe to eat until it is baked. The hot baking temperature kills any bacteria in the egg, and the finished cookies are safe and delicious.

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.


Olé Frijoles Dip

Tastes great on veggies and chips!

 Level: Easy

Serves: 4

Kids' Tool Kit

Can opener 
Grater
Microwave-safe medium mixing bowl
Measuring cups
Spoon

Ingredients:

- 1 cup low fat refried beans
- ¼ cup mild taco sauce or salsa
- ⅓ cup shredded cheddar cheese

For dipping: corn chips, baby carrots or celery



Directions:



Remember to wash your hands!

1. Wash lid on refried beans can. Open with clean can opener.
2. In a microwave-safe medium bowl, combine beans, taco sauce and cheese. Mix gently.
3. Heat 1 minute in microwave or until cheese melts.
4. Remove bowl from microwave using hot pads.
5. Serve warm or cold with corn chips, carrots or celery.

Chef's Choice

Olé Frijoles Dip
Carrot sticks
Celery sticks
Corn chips

Nutrition Facts

Serving Size 1/4 cup (87g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 390mg	16%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	14%
Sugars 0g	
Protein 7g	
Vitamin A 2%	Vitamin C 0%
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 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: Meat foods help build and repair the body. Beans, nuts and peanuts are also part of the meat group. Pinto beans and black beans are the favorite ones used in making refried beans. The word "frijoles" means "beans" in Spanish.



Safety Tip: Always wash the lids of canned foods before opening because germs can be hiding there. An important food safety rule is to clean the can opener each time it is used.

Remember to refrigerate any leftover bean dip.

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.

Orange Fluff Salad

A one-dish wonder!



Level: Easy

Makes: 8

Kids' Tool Kit

mixing bowl
rubber spatula
can opener
strainer
measuring cup

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.

Chef's Choice

Orange Fluff Salad
Tuna sandwich
Low fat milk



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.

Peanut Butter Balls

Mix, roll, shake and enjoy!



Level: Easy

Servings: 18 balls

Kids' Tool Kit

Large mixing bowl
Zip-type bag
Rubber spatula
Spoon
Measuring cups

Ingredients:

- 1/4 cup peanut butter (creamy or chunky)
- 1/4 cup honey
- 1/2 cup nonfat dry milk
- 1/4 cup quick or old fashioned oats
- 3/4 cup crisp rice cereal
(save 1/2 cup to crush)



Directions:

Remember to wash your hands!

1. In a large mixing bowl, combine peanut butter, honey, dry milk, oats and 1/4 cup of the rice cereal.
2. Shape into 1-inch balls.
3. Put the remaining 1/2 cup rice cereal in a large zip-type bag and crush with hands.
4. Place balls in bag and shake until balls are covered with cereal.
5. Store in covered container in the refrigerator.

Chef's Choice

Peanut Butter Balls
Apple slices
Milk



Helpful Hints:

Not only will kids love the taste of this snack - it's really good for them!

Peanut butter provides protein that helps build and repair body tissue.

Honey, oats and cereal are carbohydrates, which provide energy.

Nonfat dry milk is packed with calcium to help build strong bones.



All this nutrition is rolled up into a healthy, easy, no-cook snack.

Safety Tip: Peanuts represent one of the most common food allergies in children. 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.

Nutrition Facts

Serving Size 1 ball
Servings Per Container 18

Amount Per Serving
Calories 100 Calories from Fat 35

% Daily Value*

Total Fat 3.5g 6%

• Saturated Fat .5g 4%

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 15g 5%

• Dietary Fiber 1g 3%

• Sugars 10g

Protein 4g

Vitamin A 0% • 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 < 65g 80g

Saturated Fat < 20g 25g

Cholesterol < 300mg 300mg

Sodium < 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.

Peanut Butter Granola

Lots of flavor, lots of crunch!

 **Level: Easy**

Serves: 16, 1/2 cup each

Kids' Tool Kit

Mixing bowl
Knife
Measuring cups
Spoon
Wax paper

Ingredients:

4 tablespoons margarine
3 cups miniature marshmallows
1/2 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.

Peanut Butter Roll Up

Kids! Now is your chance to flatten and roll up your food.
P.S. It's a real recipe!

 Level: Easy

Serves 1

Kids' Tool Kit

Rolling pin
Grater
Knife
Measuring spoon
Cutting board



Ingredients:

1 slice whole wheat bread
2 tablespoons peanut butter
2 tablespoons grated carrots



Directions:

Remember to wash your hands!

1. Flatten bread with rolling pin or your hand.
2. Spread peanut butter on bread and sprinkle carrots on top.
3. Roll bread up tightly and eat or slice into pinwheels.

Chef's Choice

Peanut Butter Roll Up
Milk



Helpful Hints: There are many delicious and healthy variations of a good old peanut butter sandwich. The extra fun of flattening the bread and rolling it up may sell your child on a fun sandwich that has a vegetable as an ingredient. You may be pleasantly surprised to discover how much flavor the crunch of carrot adds to America's favorite sandwich.



Safety Tip: Graters may be difficult for young children to use. To avoid scraped fingers, a child might be better able to use a vegetable peeler to "grate" the carrot for this recipe.

Nutrition Facts

Serving Size 1 sandwich (74g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 160
% Daily Value*	
Total Fat 18g	27%
Saturated Fat 3.5g	18%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	17%
Sugars 5g	
Protein 11g	
Vitamin A 80%	Vitamin C 2%
Calcium 4%	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.

Peanut Butter Pita Pocket

A handheld snack filled with fruit!



Level: Easy

Makes: 1

Kids' Tool Kit

Cutting board
Knife
Scissors
Peeler
Tablespoon
Mixing bowl
Spoon

Ingredients:

- 1 banana
- 3 tablespoons peanut butter
- 1 apple
- 1 (7-inch) round piece whole-wheat pita bread



Directions:

Remember to wash your hands!

1. Peel the banana and mash it in a bowl with the back of a spoon or pastry blender.
2. Add peanut butter; stirring well to combine.
3. Core, peel and chop apple.
4. Cut pita bread in half, spread peanut butter mixture inside each half and fill with chopped apple.

Chef's Choice

Peanut Butter Pita Pocket
Low fat milk

Nutrition Facts

Serving Size 1 pita (358g)
Servings Per Container 1

Amount Per Serving		
Calories	640	Calories from Fat 240
% Daily Value*		
Total Fat	27g	42%
Saturated Fat	6g	28%
Cholesterol	0mg	0%
Sodium	570mg	24%
Total Carbohydrate	91g	30%
Dietary Fiber	13g	51%
Sugars	42g	
Protein	20g	
Vitamin A 4%		Vitamin C 25%
Calcium 4%		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



Helpful Hints: Pita bread came to America from the Middle East. The bread is often cut in half and pulled apart to form two "pockets." Meat or vegetables are then stuffed into the pocket to make a sandwich. Pita bread also can be used as pizza crust.



Safety Tip: Pita bread can be cut in half with kitchen scissors, a small knife or pizza cutter. Remember to use a clean cutting board when cutting the bread in half and chopping apples. Always peel or cut away from yourself.

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.

Pocket Fruit Pies

A simple snack that's full of fruit and flavor!



Serves 4

Kids' Tool Kit

Knife
Cutting board



Measuring spoons
Measuring cups
Mixing bowl
Spoon
Pastry brush
Baking sheet
Hot pad
Spatula

Chef's Choice

Pocket Fruit Pies
Milk

Nutrition Facts

Serving Size 1 fruit pocket (140g)
Servings Per Container 4

Amount Per Serving

Calories 300 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 7%

Cholesterol 0mg 0%

Sodium 350mg 15%

Total Carbohydrate 55g 18%

Dietary Fiber 4g 16%

Sugars 14g

Protein 7g

Vitamin A 0% • Vitamin C 6%

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	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:

- 4 (8-inch) flour tortillas
- 1 large apple or 2 medium peaches or pears
- 1/4 teaspoon ground cinnamon
- 2 tablespoons brown sugar
- 1/8 teaspoon ground nutmeg
- 2 tablespoons milk
- sugar (optional)



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Warm tortillas in microwave or oven to make them easier to handle.
3. Peel and chop fruit into small pieces.
4. Place 1/4 the fruit on each tortilla.
5. In a small bowl stir together brown sugar, cinnamon and nutmeg. sprinkle over fruit.
6. Roll up the tortillas with the fruit.
7. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
8. Bake for 8 to 12 minutes or until lightly brown.
9. Serve warm or cold.



Helpful Hints: This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders!



Safety Tip: Allow pie to cool slightly before tasting - the steam and sugar can burn!

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.

Power Bites

A backpack snack!



Level: Medium

Makes: 18 bars

Kids' Tool Kit

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

Ingredients:

1/2 cup brown sugar
1/3 cup applesauce
1 egg
1 teaspoon vanilla
3/4 cup grated carrots
1 cup whole wheat flour
1 teaspoon baking powder
1/2 cup oats (quick or old fashioned)
1/4 cup chopped pecans, optional
1 teaspoon cinnamon
1/2 cup raisins



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.

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	

Cooking is a math lesson right in the kitchen. How do you measure 3/4 cup carrots? (Use a 1/4 cup and 1/2 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.

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.

Pretzel Shapes


Breadmaking with a twist!



Level: Medium

Serves 12

Kids' Tool Kit

Mixing bowls,
small and large 
Measuring cups
Measuring spoons
Baking sheet
Wooden spoon
Scissors
Thermometer
Knife

Chef's Choice

Pretzel Shapes
Apple slices
Milk

Ingredients:

1 package yeast (2 1/4 teaspoons)
1/2 cup warm water
(105-115 degrees)
1 teaspoon honey
1 1/3 cups flour
1 teaspoon salt



Directions:

Remember to wash your hands!

1. Preheat oven to 425 degrees.
2. In a small bowl, dissolve yeast in warm water, add honey and let set for a few minutes.
3. In a large mixing bowl, measure flour and salt.
4. Add yeast mixture to flour mixture and stir until ingredients are combined. Dough will be crumbly and flaky.
5. Knead dough on countertop or dough board until it forms a smooth ball. Add a little flour if dough is sticky.
6. Divide dough into 12 pieces about the size of a walnut. Roll each ball into a snake and then make a pretzel, letter or other fun shape.
7. Place pretzels on a baking sheet lightly coated with cooking spray. Bake for 10 to 12 minutes or until golden brown.

Nutrition Facts

Serving Size 1 pretzel (16g)
Servings Per Container 12

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber less than 1 gram	2%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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: Although bread is really easy to make, here are tips that will assure success.

Tip #1 Be sure your water is just warm, not hot. If you want to use your thermometer, you can, water should be no hotter than 115 degrees. If the water is too hot, it will kill the yeast. So just a nice, warm water temp works best.

Tip #2 Add flour a little at a time, if needed, to keep dough from sticking.



Safety Tip: Before you begin, make sure your countertop is clean. A good way to do this is to sanitize the counter by mixing 2 teaspoons bleach in a quart of water. You can put this mixture in a spray bottle for easy cleaning. Be sure to use a paper towel or clean dishcloth to clean before and after working with food.

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.

Pumpkin Party Muffins

Tastes great anytime of year!



Level: Medium

Makes: 12

Kids' Tool Kit

Muffin pans
Cooking spray
Hot pads
Large and medium bowl
Spoon
Cookie scoop
Rubber spatula
Measuring spoons
Measuring cups
Wire rack

Chef's Choice

Pumpkin Party Muffins
Low fat milk

Ingredients:

2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ teaspoon pumpkin pie spice
1 cup canned pumpkin
½ cup sugar
⅓ cup low fat milk
¼ cup vegetable oil
1 large egg
½ teaspoon grated orange peel
½ cup raisins



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Spray muffin pan cups or use paper liners.
3. In a large bowl, combine flour, baking powder, baking soda, salt and pie spice. In another bowl, whisk pumpkin, sugar, milk, oil, egg, orange peel until smooth. Add raisins.
4. Stir pumpkin mixture into dry ingredients just until combined.
5. Spoon into prepared pans and bake 20 minutes or until done.
6. Remove from pan and cool on wire rack.



Helpful Hints: Teach kids an easy way to fill muffin cups. Using a cookie scoop or ice cream scoop is less messy. For variety, use a mini-muffin tin. This recipe will make about 36 mini-muffins, and they need to bake for about 10 minutes.



Safety Tips: This recipe contains a raw egg. Remember to explain to kids that raw eggs can make us sick. This is especially true for young children - so no licking the bowl or spoon! Wait until cupcakes are baked before sampling!

Nutrition Facts

Serving Size 1 muffin (71g)	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	6%
Sugars 13g	
Protein 3g	
Vitamin A 60%	Vitamin C 2%
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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Pumpkin, Pumpkin* by Jeanne Titherington. 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Pumpkin Pudding

A real "cool" dessert!

 **Level: Easy**

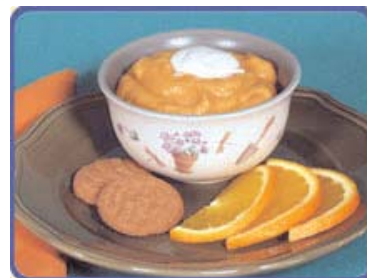
Serves: 6, 3/4 cup each

Kids' Tool Kit

Large mixing bowl
Measuring spoons
Measuring cup
Wooden spoon
Rubber spatula

Ingredients:

1 can (15-ounce) pumpkin
1/2 teaspoon pumpkin pie spice
1 1/2 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.

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	

Source: *Book Cooks*, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book for this cooking activity: *Pumpkin, Pumpkin* by Jeanne Titherington

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.

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	

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.

Pyramid Pizza Snacks

Count all five food groups!



Level: Medium

Makes: 10

Kids' Tool Kit

Measuring cup
Measuring spoons
Baking sheet
Knife
Cutting board
Cooking spray
Spatula
Spoon
Hot pad



Ingredients:

1 package (7.5-ounce) refrigerated
biscuit dough
1/4 cup pizza sauce
2/3 cup diced ham
1/2 cup crushed pineapple, drained
2/3 cup shredded mozzarella cheese



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Spray baking sheet with nonstick vegetable spray.
3. Separate biscuits and flatten on baking sheet, leaving space between biscuits so edges do not touch.
4. Spread 1 teaspoon pizza sauce on each biscuit.
5. Top each biscuit with 1 tablespoon diced ham, 2 teaspoons pineapple, and 1 tablespoon shredded cheese.
6. Bake 8-10 minutes or until biscuits are light brown and cheese is melted.

Optional: Substitute chopped green pepper, turkey pepperoni, or cooked ground beef for basic ingredients, as desired.



Helpful Hints: Kids like to "personalize" their pizza by choosing toppings. Set out bowls of veggies, fruit, cooked meat and cheese and let kids build their own pizzas!



Safety Tips: Use a dry hot pad to take the baking sheet from the oven so fingers don't get burned.

Chef's Choice

Pyramid Pizza
Snacks
Low fat milk

Nutrition Facts

Serving Size 1 pizza (54g)	
Servings Per Container 10	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 15mg	4%
Sodium 300mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
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 in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Edible Pyramid* by Loreen Leedy. 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.

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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.

Shamrock Shake

This shake rocks!

Level: Easy

Serves: 2

Kids' Tool Kit

Blender
Sharp knife
Cutting board
Measuring cups
Rubber spatula
Ice cream scoop
or spoon

Ingredients:

1 cup milk
½ ripe banana
1 cup lime sherbet



Directions:

Remember to wash your hands!

1. Pour milk into blender.
2. Add banana and lime sherbet.
3. Blend all ingredients until smooth and serve.



Helpful Hints: To "blend" is to mix two or more ingredients with a spoon, whisk, electric mixer or blender. If you don't have a blender for this recipe, use a whisk or mash the banana with a fork and shake up the ingredients!

Chef's Choice
Shamrock Shake
Chocolate cookie

How many liquid ounces are in a cup? Look at a glass or plastic measuring cup. There are 8 ounces in a cup. When you measure liquids, remember to look eye level at the amount in the cup for accurate measurement.



Safety Tip: Store milk in the refrigerator. If it tastes sour, don't drink the rest of it. Sour milk won't make you sick, but it just 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 five days.

Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 2

Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 1g	6%
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 36g	
Protein 5g	

Vitamin A 2% • Vitamin C 8%
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.

Super-Duper Spread

Peanut butter never tasted so good!



Level: Easy

Makes: 1 ¼ cups spread

Kids' Tool Kit

Apple peeler
Sharp knife
Cutting board
Measuring cup
Measuring spoons
Rubber spatula
Mixing bowl

Ingredients:

1 apple
1 cup peanut butter
¼ cup honey
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



1. Wash, peel, core and dice apple.
2. In a medium mixing bowl, combine apple, peanut butter, honey and cinnamon until well blended.
3. Spread filling on whole wheat bread, celery sticks, graham crackers or pretzels.

Chef's Choice

Super-Duper Spread
Whole wheat bread,
celery, carrots,
graham cracker,
or bagel
Low fat milk



Helpful Hints: Cutting sandwiches into different shapes makes lunch time fun. To make small, triangle-shape sandwiches, use a sharp knife and cut diagonally across the bread, from corner to corner and again from the opposite corners. Use cookie cutters to cut out favorite shaped sandwiches. If you don't have cookie cutters, use a drinking glass to make round sandwiches. Press down firmly and twist gently to cut through the slices of bread and filling. Don't throw away the excess trimmings—kids can fit the "puzzle pieces" together and eat these shapes first!



Safety Tips: This spread should not be fed to kids under age 2. Diced apples and peanut butter could cause choking in young children. And remember, if you have leftover spread, keep it in the fridge because of the diced apple.

Nutrition Facts

Serving Size 1/4 cup (111g)
Servings Per Container 5

Amount Per Serving
Calories 380 Calories from Fat 240
% Daily Value*

Total Fat	26g	40%
Saturated Fat	5g	27%
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	31g	10%
Dietary Fiber	4g	18%
Sugars	22g	
Protein	13g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • 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.



Tempting Tostadas

It's as tasty as a taco and easier too!

Level: Easy

Serves 4

Kids' Tool Kit

- Pastry brush
- Baking sheet
- Rubber spatula
- Wooden spoon
- Grater
- Tablespoons
- Measuring cups

Ingredients:

- 4 corn tortillas, 6-inch size
- 1 cup fat free refried beans
- 3/4 cup shredded Monterey Jack cheese
- 1 cup low fat sour cream
- 1 cup shredded lettuce
- 1 cup shredded carrots
- 1 cup salsa



Directions:

Remember to wash your hands!

1. Heat oven to 375 degrees.
2. Lightly brush both sides of tortilla with vegetable oil. Place tortillas on baking sheet. Bake 12 to 15 minutes or until crisp.
3. Spread 1/4 cup refried beans on each tortilla and top with 3 tablespoons cheese.
4. Bake until cheese melts, about 2 minutes.
5. Top each tortilla with 1/4 cup sour cream, lettuce, carrots and salsa.

Chef's Choice

Tempting Tostadas
Peach half
Milk

Nutrition Facts

Serving Size 1 tostada
Servings Per Container 4

Amount Per Serving		Calories 330		Calories from Fat 130	
		% Daily Value*			
Total Fat	15g		22%		
Saturated Fat	9g		44%		
Cholesterol	50mg		17%		
Sodium	900mg		38%		
Total Carbohydrate	35g		12%		
Dietary Fiber	7g		26%		
Sugars	11g				
Protein	15g				
Vitamin A	180%	Vitamin C	10%		
Calcium	35%	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 30g	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: A tostada is a crisp-fried, round corn tortilla topped with beans or meat. The beans in this recipe are a great source of protein, fiber and flavor. Fat free refried beans are available in the Mexican foods section of the grocery store. You can spice up your tostada by choosing a hotter salsa, if you desire.



Safety Tip: Crisp tortillas may cause choking. So, mind your manners AND your safety. Don't talk and eat at the same time, and don't let children walk or run while eating. Sit down, chew carefully, and ENJOY!

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.

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Tortilla Triangles

Baked chips are great for nachos



Level: Medium

Serves: 6, 4 pieces each

Kids' Tool Kit

Baking sheet
Cooking spray
Salt shaker
Pizza cutter
Cutting board
Spatula



Chef's Choice

Tortilla Triangles
Nacho toppings:
refried beans, grated
cheese, grated
zucchini, diced
tomatoes, salsa, sour
cream or yogurt

Ingredients:

6 (6-inch) flour or corn tortillas
½ teaspoon salt

Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.
3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.
4. Lay tortilla quarters out in one layer on baking sheet.
5. Bake chips 8 to 9 minutes or until crisp.



Helpful Hints: Baked tortilla chips are much lower in fat than the usual fried ones. Use a salt shaker to lightly sprinkle chips with salt before baking. If desired, other seasonings can be used in place of salt. Try a light shake of chili powder or packaged taco seasoning for flavor. For dessert chips, sprinkle with cinnamon and sugar.



Safety tip #1: A pizza cutter is a safe way for kids to cut tortillas into triangle-shape pieces. Otherwise, clean kitchen scissors allow kids to safely cut many ingredients, including tortillas.

Safety tip #2: While a soft tortilla is a great food for a young child, a crisp tortilla chip poses a possible choking hazard. Crisp chips are not recommended for children under 3 years of age. For safety's sake, watch children closely during snack and meal times to prevent choking.

Nutrition Facts

Serving Size 4 pieces (33g)
Servings Per Container 6

Amount Per Serving
Calories 100 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 350mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 0g	

Protein 3g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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.

Tropical Fruit Dip

A tasty treat that's cool and creamy!



Level: Easy

Serves: 6 - 1/2 cup servings

Ingredients:

- 2 cups fat-free sour cream
- 1 cup fruit-flavored yogurt
- 4 tablespoons (about 1/2 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.

Tropical Fruit and Dip

A combination kids will love!



Level: Easy

Makes: 3 cups dip

Kids' Tool Kit

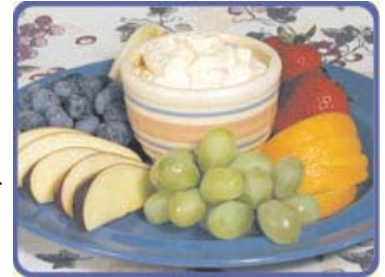
Knife
Cutting board
Mixing bowl
Measuring cup
Spoon

Chef's Choice

Tropical Fruit
and Dip
Graham cracker
sticks
Low fat milk

Ingredients:

Fruit tray with bananas, pineapple,
oranges, apples, grapes, melon
2 cups fat-free sour cream
1 cup pina colada or other fruit flavor yogurt
½ of 4-ounce package french vanilla
instant pudding (dry mix)



Directions:

Remember to wash your hands!

1. Wash and prepare bite-size pieces of fruit.
2. Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.



Helpful Hints: Use a variety of available fruit—some seasonal, some unusual, some favorites. To keep fruit from turning brown after cutting, dip cut pieces in pineapple or orange juice.



Safety Tips: Wooden toothpicks could cause choking in small children. Try using pretzel stick "toothpicks" to spear fruit for dipping.

Nutrition Facts

Serving Size 1/4 cup dip (242g)
Servings Per Container 12

Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	11%
Sugars 26g	
Protein 5g	
Vitamin A 40%	Vitamin C 80%
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

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Handa's Surprise* by Eileen Browne.

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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Tuna Cone-wich

Sample an old favorite a new way!



Level: Easy

Makes: 4

Kids' Tool Kit

Can opener
Knife
Cutting board
Measuring cups
Spoon
Mixing bowl

Chef's Choice

Tuna Cone-wich
Carrot sticks
Applesauce
Low fat milk

Ingredients:

1 can (6-ounce) water-pack tuna, drained
2 hard-cooked eggs, peeled and finely chopped
¼ cup sweet pickle relish
½ cup chopped celery
⅓ cup low fat mayonnaise-type salad dressing
4 small ice-cream cones or Bugles® snacks



Directions:

Remember to wash your hands!

1. Mix first five ingredients in medium bowl.
2. Stuff mixture in small cones for serving, or in Bugles® snacks for tasting.



Helpful Hints: Tuna salad goes well with whole-wheat crackers if cones are not available.



Safety Tips: Be sure foods are age-appropriate to prevent choking.

Nutrition Facts

Serving Size 1 cone (125g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Cholesterol 120mg	40%
Sodium 510mg	21%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 15g	

Vitamin A 6% • Vitamin C 2%
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

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Lunch Box Surprise* by Grace MacCarone. 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.

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Tuna Twists

Wraps or spirals take a turn!

Makes: 4 wraps

Level: Easy



Ingredients:

- 1 (6-ounce) can water-packed light tuna
- 1/2 cup diced apple
- 1 tablespoon lemon juice
- 1/4 cup light or fat-free salad dressing
- 1/3 cup diced celery
- 1/4 cup chopped pecans
- 4 lettuce leaves
- 4 taco-size (8 1/2-inch) whole wheat tortillas



Kids' Tool Kit

- Can opener
- Knife
- Cutting board
- Spoon
- Mixing bowl
- Measuring spoon
- Measuring cups

Chef's Choice

- Tuna Twists
- Carrot sticks
- Bar cookie
- Low fat milk or 100% juice box



Directions:

Remember to wash your hands!

1. Drain water from canned tuna and place in mixing bowl.
2. Combine apple and lemon juice in small bowl.
3. Add salad dressing, celery, pecans and apples to tuna and combine.
4. Place lettuce leaf on each tortilla, spread with 1/4 of the tuna mixture and roll up. Slice into 3 pieces if desired. Wrap and keep in refrigerator until serving time.



Helpful Hints: Put the can of tuna in the refrigerator the night before making the sandwiches so ingredients are cold. The lemon juice keeps the diced apple from turning brown and adds a nice tart flavor.

To save time, dice the celery, chop the nuts and wash the lettuce the night before.

Canned tuna is pre-cooked tuna that's packaged in water or oil. It comes in three grades. The top grade is called "fancy" or "solid." The medium grade is called "chunk" and lowest grade is called "grated" or "flaked." The difference is in the price. Choose water-packed for fewer calories.

Tuna Twists are kid-friendly because kids can choose the "parts." Canned chicken instead of tuna; whole wheat bread, bagels or crackers can hold the filling; and different fruits or vegetables add the crunch!



Safety Tips in the Kitchen: Rinse lettuce, apple and celery under cold running water to wash off dirt and germs. Use a clean cutting board for dicing.

Wash the tuna can lid before opening. It's handy to use the lid for draining the water from the tuna, but be sure it is clean first!

Keep cold foods cold. Tuna Twists can be made the night before, wrapped in plastic wrap and kept in the refrigerator to be packed in a lunch. Use a frozen juice box to keep it cold. For a picnic, pack the sandwich filling in a plastic container on ice and take the tortillas "to-go!" Roll 'em up after a hike to your favorite picnic spot.

Nutrition Facts

Serving Size 1 wrap (138g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 0.5g	3%
Cholesterol 15mg	4%
Sodium 450mg	19%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 15g	
Vitamin A 6%	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	

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.

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.

Very Berry Blast

Shake it up and drink it down!



Level: Easy

Serves: 3

Kids' Tool Kit

Quart jar with lid
Liquid measuring cup
Rubber scraper

Ingredients:

- 1 cup low fat milk
- 1 container (8-ounces) low fat boysenberry or other berry yogurt
- 1 cup apple juice



Directions:

Remember to wash your hands!

1. Use a quart jar or container with a tight fitting lid. Pour milk into jar.
2. Add yogurt and apple juice.
3. Cover jar and shake until all ingredients are smooth.

Chef's Choice

Very Berry Blast
Oatmeal cookie



Helpful Hints: Keep the apple juice in the fridge until time to make this berry drink. It tastes best really cold. Make sure the lid is tight on the jar or container before you shake it up! If you have extra, try freezing some in small cups to enjoy later — it tastes like a frozen shake.



Safety Tip: Shop for milk and other perishable foods last at the grocery store. Pack cold foods together for the trip home and have a cooler in the car if you have other errands to run. Put cold foods in the refrigerator or freezer just as soon as you get in the house.

Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 3

Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 6g	
Vitamin A 0%	Vitamin C 2%
Calcium 20%	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.

Waffle-Wiches

A fun way to grill sandwiches



Level: Easy

Makes: 4

Ingredients:

- 1/4 cup low fat salad dressing
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 4 thin slices cheddar, Colby, Swiss or mozzarella cheese
- 4 slices (about 1/4 pound) deli turkey, ham or roast beef
- 8 slices whole wheat sandwich bread



Kids' Tool Kit

- Mixing bowl
- Measuring spoon
- Measuring cup
- Spoon
- Waffle iron or griddle
- Cooking spray
- Spatula
- Fork
- Knife

Chef's Choice

- Waffle-Wiches
- Apple slices
- Carrot sticks
- Chocolate oatmeal cookie
- Low fat milk



Directions:

Remember to wash your hands!

1. Spray waffle iron with cooking spray and heat.
2. Combine salad dressing, mustard and honey in a small bowl.
3. Spread dressing on one side of each slice of bread.
4. Divide meat and cheese and place on dressing side of bread to make 4 sandwiches.
5. Place 1 sandwich in the middle of heated waffle iron.
6. Bake for 2 to 3 minutes or until sandwich is golden brown and cheese is melted.
7. Repeat with other sandwiches.



Helpful Hints: Don't have a waffle iron? Use a griddle or skillet to toast the bread and melt the cheese. Heat the griddle on medium heat and watch carefully so the bread is evenly toasted on both sides.

Cut the Waffle-Wiches into strips for easy dipping in ketchup or sauce.

Read the bread label to make sure it says "100% whole wheat bread" for extra fiber and wholesome ingredients. Other words like "wheat" or "cracked wheat" do not mean the same as 100% whole wheat bread.

Try different combinations of meat, cheese, sauces and bread. It's a great way to use left-overs!



Safety Tips in the Kitchen: Electrical appliances need special attention. Keep small appliances unplugged when not in use. Don't let the waffle iron sit in spilled liquids and never use wet hands to plug it in. Water and electricity can cause a shock. If the waffle iron falls into the sink, DO NOT reach in to get it! Call for help.

If you have long hair, keep it tied back. Never wear loose or baggy clothing while cooking. Hair and clothes can catch on fire or get caught on handles.

Wear clean clothes, free of dirt, food and bacteria that can contaminate food.

Wear an apron or clean T-shirt to cover your clothes while cooking.

Nutrition Facts

Serving Size 1 sandwich (116g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Cholesterol 15mg	5%
Sodium 740mg	31%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 15g	
Vitamin A 2%	Vitamin C 0%
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 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.

Wobbly Wonders

Cut out your favorite shape!



Level: Medium

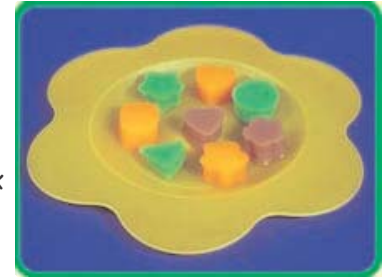
Makes: 20 to 30 shapes

Kids' Tool Kit

Measuring cups
Mixing bowls
Electric mixer
Rubber spatula
9x13-inch pan
Cookie cutters
Spoon

Ingredients:

4 3-ounce packages flavored gelatin
(choose your favorite)
2 cups boiling water
1 ½ cups low fat milk
1 4-ounce package instant vanilla pudding mix



Directions:

Remember to wash your hands!

Chef's Choice

Wobbly Wonders
Cinnamon graham
crackers

1. In a medium bowl, dissolve gelatin in boiling water. Cool at least 30 minutes.
2. Pour milk into large mixing bowl and add pudding mix. Using an electric mixer, beat 1 minute.
3. Gradually add and beat in gelatin mixture. Pour into a 9x13-inch baking pan. Chill in fridge for several hours.
4. Cut fun shapes with cookie cutters or a knife. Store in refrigerator.



Helpful Hints: Make several batches with different flavors of gelatin. Let kids experiment with shapes using cookie cutters or a serrated knife, stack up the cut-outs and have colorful creations as part of a healthy snack.

An easy way to remove the gelatin mixture from the pan is to loosen the sides with a knife and dip the bottom of the pan into hot water for 20 seconds. Turn onto a cutting board for easy cutting.



Safety Tips: It's fun for kids to watch the gelatin dissolve in boiling water, but the water and steam could burn. Adult supervision is a must on this step of the recipe. Using a 4-cup glass measuring cup for mixing and pouring makes the job a lot easier for kids.

Nutrition Facts

Serving Size 4 shapes (162g)	
Servings Per Container 20-30	
Amount Per Serving	
Calories 350	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 81g	27%
Dietary Fiber 0g	0%
Sugars 78g	
Protein 9g	
Vitamin A 2%	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	

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.

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



Chef's Choice

- Yo-Fruit
- Cinnamon graham crackers



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.



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.



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.

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	

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VEGGIES AND POTATOES

A Twist on Pasta Salad

Spiral shaped macaroni makes this salad fun!



Level: Medium

Serves: 6 to 8

Kids' Tool Kit

Large pan
Strainer
Large bowl
Small bowl
Spoon
Rubber spatula
Cutting board
Knife
Measuring cups
Measuring spoons

Chef's Choice

A Twist on Pasta
Salad
Baby carrots
Crackers
Low fat milk

Ingredients:

Salad:

- ½ pound package rotini or colored twists, uncooked
- 1 can (6-ounce) tuna, drained
- 1 cup diced cucumbers
- 1 large tomato, chopped
- ½ cup sliced celery
- ¼ cup chopped green pepper
- ¼ cup sliced green onions

Dressing:

- 1 cup bottled low fat Italian dressing
- ¼ cup low fat salad dressing or mayonnaise
- 1 tablespoon prepared mustard
- 1 teaspoon dill weed
- ½ teaspoon salt
- ⅛ teaspoon pepper



Directions:

Remember to wash your hands!

1. Prepare rotini according to package directions and drain.
2. In large bowl, combine rotini, tuna and vegetables.
3. In small bowl, combine dressing ingredients. Add to salad mixture and stir to combine. Cover and chill.
4. Toss gently before serving. Refrigerate leftovers.



Helpful Hints: Many hands can help prepare this recipe! Allow extra time to chop the vegetables and a little more time to let the flavors blend in the fridge before serving.

If you want a meatless pasta salad, omit the tuna. Cucumbers not on the "favorites" list at your house? Serve them on the side as crunchy sticks that kids can dip in their favorite low fat salad dressing. This is one recipe where adding even more vegetables gives extra color and crunch.

For even more added color, buy rainbow spiral pasta. Garden variety rotelle is an enriched spinach and tomato macaroni product that has green, red and white spirals that kids will think are fun.



Safety Tips: Wash, wash, wash! Wash your hands before starting the recipe, wash the vegetables before chopping, wash can lids before opening and wash the counter before and after cooking. Food safety starts with you.

Nutrition Facts

Serving Size 1 cup (245g)	
Servings Per Container 6	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 750mg	31%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 12g	
Vitamin A 8%	Vitamin C 20%
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 50g
Saturated Fat	Less than 25g 20g
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	

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Baked Potato with Cheesy Vegetables

Creamy cheese sauce - yum!



Level: Medium

Serves 8

Kid's Tool Kit

Sauce pan

Strainer

Measuring spoons

Measuring cups

Spoon

Grater

Knife

Cutting board

Hot Pad



Ingredients:

- 2 cups chopped broccoli
- 1 cup chopped onion
- 1 cup finely chopped carrots
- 2 tablespoons margarine
- 2 tablespoons flour
- 1½ cups low fat milk
- 1 cup shredded cheddar cheese
- 8 baked potatoes



Directions:

Remember to wash your hands!

1. Cook broccoli, onion and carrots in a small amount of water until tender. Drain and set aside.
2. In a saucepan, melt margarine and stir in flour.
3. Slowly add milk while stirring.
4. Continue stirring and cook until sauce thickens.
5. Add cheese and stir until melted.
6. Add vegetables.
7. Serve over hot baked potatoes.

Chef's Choice

Baked Potato with
Cheesy Vegetables
Barbecue Beef
Milk

Nutrition Facts

Amount Per Serving		Calories from Fat 70
Serving Size baked potatoe with cheesy topping (292g)		
Servings Per Container 8		
		% Daily Value*
Calories 310		
Total Fat 8g		12%
Saturated Fat 3.5g		18%
Cholesterol 15mg		5%
Sodium 170mg		7%
Total Carbohydrate 52g		17%
Dietary Fiber 6g		22%
Sugars 8g		
Protein 10g		
Vitamin A 110%	•	Vitamin C 70%
Calcium 20%	•	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		



Helpful Hints: Cheddar cheese is called for in this recipe, but other varieties will work fine. Maybe you have processed cheese on hand? It makes a smooth sauce. Or, perhaps you have a package of Swiss cheese slices. They will also make a tasty sauce. When it comes to veggies, cheese is considered by most kids to be a very good thing. Just don't expect this sauce to look like that bright, neon orange stuff that comes out of a box!



Safety Tip: Baked potatoes are quick and easy to cook in a microwave oven. Be sure to poke the skin of the potato after washing to prevent it from exploding while it bakes. Leftover baked potatoes need to be refrigerated to keep them safe to eat. For quick cooling, cut potatoes into quarters before refrigerating. If you bake potatoes in foil in a regular oven, be sure to remove the foil before refrigerating leftover potatoes.

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.

Beef Roast and Vegetables in a Slow Cooker



Level: Medium

A one pot meal!

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Measuring spoons
Measuring cup
Slow cooker
Fork

Chef's Choice

Beef Roast
Potatoes
Carrots
Apple slices
Low fat milk



Ingredients:

4 small potatoes
4 medium carrots
1 medium onion
1 1/2- to 2-pound beef round roast
1 teaspoon salt
1 teaspoon pepper
1 to 1 1/2 cups water
2 tablespoons vinegar



Directions:

Remember to wash your hands!

1. Peel potatoes using a vegetable peeler, rinse and cut into cubes.
2. Peel carrots, rinse and cut into 1-inch slices.
3. Peel onion, rinse and cut into small pieces.
4. Season meat with salt and pepper.
5. Place roast in center of slow cooker that has been sprayed with cooking spray. Wash your hands with soap and water. Place potatoes, carrots and onions around the roast. Add enough water to barely cover vegetables; add vinegar.
6. Put the lid on the slow cooker and cook on the low temperature setting for 8 to 10 hours or until internal temperature reaches 160 degrees.

Nutrition Facts

Serving Size (365g)	
Servings Per Container 6	
Amount Per Serving	
Calories 410	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 8g	40%
Cholesterol 95mg	32%
Sodium 490mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	13%
Sugars 5g	
Protein 33g	
Vitamin A 230%	Vitamin C 20%
Calcium 4%	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	



Helpful Hints: Kids may need adult supervision preparing this recipe

Using a slow cooker is a convenient way to have a delicious meal at the end of a long day without having to spend hours at the stove. A slow cooker cooks food slowly at a low temperature —generally between 170 and 280 degrees. The low heat helps less-expensive, leaner cuts of meat become tender and shrink less. The vinegar also helps tenderize because it is an acid that helps break down the fibers in the meat.

Always thaw meat or poultry before putting it into a slow cooker. For flavor variations, herbs such as marjoram, thyme and rosemary or other vegetables can be added. Cut vegetables into pieces approximately the same size and place around the meat in the slow cooker so they will cook evenly and be ready to eat at the same time. Remember to add water or other liquid to cover the vegetables for moistness.



Safety Tip: Begin with a clean slow cooker, clean utensils and a clean work area. Wash hands before and during food preparation and always after handling raw meat. Keep the lid in place while cooking, removing only to stir the food or check for doneness. Use a clean spoon to stir each time. At the end of cooking, the internal temperature of the roast should reach 160 degrees to be safe.

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.

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.

Buddy's Potato Salad

A family tradition!



Level: Easy

Serves: 12, 1/2 cup each

Kids' Tool Kit

Vegetable peeler
Knife
Cutting board
Pan with lid
Measuring cup
Spoon
Large bowl

Ingredients:

4 medium potatoes (about 1 pound)
1/2 cup diced onion
1/2 cup chopped celery
1/4 cup sweet pickle relish
1/2 cup light mayonnaise-type salad dressing



Directions:

Remember to wash your hands!

Chef's Choice

Buddy's Potato Salad
Ham sandwich
Carrot sticks
Low fat milk

1. Wash, peel and quarter potatoes. Place in saucepan, cover with water and bring to boil. Simmer until soft, about 15 minutes. Drain and cool.
2. Combine onion, celery, pickle relish and salad dressing.
3. Cube potatoes and blend with dressing.
4. Cover and chill several hours.



Helpful Hints: Making potato salad is like a "family tradition" and recipes vary! Use this recipe as a guide, but feel free to add salt, pepper, hard cooked eggs or prepared mustard for variety.



Safety Tips: Remember to use a cutting board when chopping, cutting or slicing. It makes the job safer and protects fingers, table, and kitchen countertops! Whether you choose plastic, acrylic or wood, keep cutting boards clean. After each use, wash cutting boards in hot soapy water, rinse and dry well.

Nutrition Facts

Serving Size 1/2 cup (64g)
Servings Per Container 12

Amount Per Serving
Calories 70 **Calories from Fat 30**
% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Cholesterol 5mg **1%**

Sodium 110mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber less than 1 gram **3%**

Sugars 1g

Protein 1g

Vitamin A 2% • Vitamin C 6%

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

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Enormous Potato* by Aubrey Davis. 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 material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Creamy Veggie Dip

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

 Level: Easy

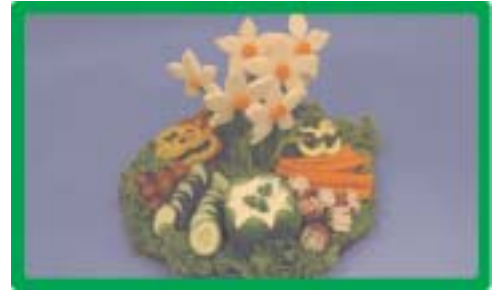
Serves 4

Kids' Tool Kit

Measuring cups
Mixing bowl
Knife
Rubber spatula
Cutting board

Ingredients:

$\frac{1}{2}$ cup low fat sour cream
 $\frac{1}{2}$ 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.

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Dippity-Do

Vegetables taste best with dip!

 **Level: Easy**

Serves: 4, 1/4 cup each

Kids' Tool Kit

Sharp knife
Cutting board
Measuring cup
Tablespoon
Small bowl
Spoon

Ingredients:

4-ounce tub soft cream cheese
1/3 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.

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.

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Fiesta Dip

Tex-Mex flair is an American favorite!



Level: Easy

Serves: 12

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	

Ingredients:

- 1/2 cup fat-free refried beans (about 1/2 of a 16-ounce can)
- 1/2 cup fat-free sour cream
- 1 tablespoon dry taco seasoning
- 3/4 cup picante sauce
- 2 or 3 green onions, chopped
- 1 small tomato, chopped
- 1/4 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.

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.

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Lemon Pepper Chicken and Veggies

Chicken with a twist in the Slow Cooker!



Level: Medium

Serves: 4

Kids' Tool Kit

Slow cooker
Cooking spray
Cutting board
Sharp knife
Vegetable peeler
Measuring spoons
Can opener
Thermometer



Ingredients:

- 2 cloves garlic
- 4 carrots
- 4 potatoes
- 4 chicken thighs or legs, skin removed
- 2 teaspoons lemon pepper seasoning
- 1 can (14.5 ounces) chicken broth



Directions:

Remember to wash your hands!

1. Lightly coat slow cooker with cooking spray.
2. Peel and mince garlic.
3. Wash, peel and slice carrots approximately 1/2-inch thick.
4. Wash, peel and cut potatoes into 1-inch chunks.
5. Layer carrots, potatoes, garlic and chicken in slow cooker.
6. Sprinkle with lemon pepper seasoning; add chicken broth and cover.
7. Cook on low setting 8 to 10 hours or on high 4 to 5 hours.

Chef's Choice

Lemon Pepper
Chicken and
Veggies
Kiwi slices
Biscuit
Low fat milk



Helpful Hints: Get a head start on this meal by preparing the chicken and vegetables the night before. Prepare potatoes and place in a bowl of water covered tightly with plastic wrap. Peel and cut carrots and store in a covered bowl or use baby carrots. Remove skin from chicken, place in bowl and cover. Store meat and veggies in refrigerator until time to assemble ingredients.

Nutrition Facts

Serving Size 1 thigh/veggies (640g)
Servings Per Container 4

Amount Per Serving	
Calories 530	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 4.5g	23%
Cholesterol 80mg	27%
Sodium 260mg	11%
Total Carbohydrate 73g	24%
Dietary Fiber 10g	41%
Sugars 7g	
Protein 26g	
Vitamin A 180%	Vitamin C 130%
Calcium 8%	Iron 25%

*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

Seasonings add flavor to recipes. Lemon pepper seasoning is located with spices in the grocery store, or use black pepper. Garlic is often called for in recipes, and it is easy to chop. Garlic is grown as bulbs or heads, made up of many sections called cloves. This recipe calls for 2 cloves, and they can be pulled off the bulb. Peel the outer covering from cloves and dice. Chopped garlic in a jar is in the produce section in grocery stores and can also be substituted.



Safety Tips: Use cutting board to cut vegetables first and then remove skin and fat from chicken. Wash hands, counter tops, cutting board and knife in hot, soapy water when you are done.

Before eating, check the temperature of chicken to be sure it is done. Chicken should reach an internal temperature of 180 degrees. Be sure to take the temperature in the thickest portion of the chicken (be sure the tip is not sticking out!) Keep the thermometer in the chicken until the gauge stops moving.

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.


Olé Frijoles Dip

Tastes great on veggies and chips!

 Level: Easy

Serves: 4

Kids' Tool Kit

Can opener 
Grater
Microwave-safe medium mixing bowl
Measuring cups
Spoon

Ingredients:

- 1 cup low fat refried beans
- ¼ cup mild taco sauce or salsa
- ⅓ cup shredded cheddar cheese

For dipping: corn chips, baby carrots or celery



Directions:

Remember to wash your hands!



1. Wash lid on refried beans can. Open with clean can opener.
2. In a microwave-safe medium bowl, combine beans, taco sauce and cheese. Mix gently.
3. Heat 1 minute in microwave or until cheese melts.
4. Remove bowl from microwave using hot pads.
5. Serve warm or cold with corn chips, carrots or celery.

Chef's Choice

Olé Frijoles Dip
Carrot sticks
Celery sticks
Corn chips

Nutrition Facts

Serving Size 1/4 cup (87g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 390mg	16%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	14%
Sugars 0g	
Protein 7g	
Vitamin A 2%	Vitamin C 0%
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	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: Meat foods help build and repair the body. Beans, nuts and peanuts are also part of the meat group. Pinto beans and black beans are the favorite ones used in making refried beans. The word "frijoles" means "beans" in Spanish.



Safety Tip: Always wash the lids of canned foods before opening because germs can be hiding there. An important food safety rule is to clean the can opener each time it is used.

Remember to refrigerate any leftover bean dip.

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.

One Fun Egg Roll

Baked to perfection, not fried!



Level: Medium

Makes: 14

Kids' Tool Kit

Nonstick skillet
or wok
Measuring spoons
Measuring cups
Small bowl
Whisk
Paring knife
Cutting board
Grater
Can opener
Baking sheet
Cooking spray

Chef's Choice

One Fun Egg Roll
Rice
Canned peaches
Low fat milk

Nutrition Facts

Serving Size 1 egg roll (100g)	
Servings Per Container 14	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 10g	
Vitamin A 25%	Vitamin C 35%
Calcium 4%	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	

Ingredients:

- 1 tablespoon water
- 1 1/2 tablespoons reduced-sodium soy sauce
- 1 teaspoon vegetable oil
- 1 teaspoon brown sugar
- 1 tablespoon plus 1 teaspoon cornstarch
- 1 cup finely diced broccoli
- 1/2 cup finely diced onion
- 1 cup finely shredded carrot
- 2 cups finely shredded cabbage
- 1 cup finely diced green pepper
- 1 garlic clove, minced
- 1/4 teaspoon pepper
- 1 cup cooked, shredded chicken or turkey or
1 (10-ounce) can drained chicken breast meat, shredded
- 14 egg roll wrappers



Directions:

Remember to wash your hands and the countertop!

1. In a small bowl, combine water, soy sauce, oil and brown sugar; whisk in cornstarch and set aside.
2. Heat a nonstick skillet or wok on medium-high heat. Add vegetables, garlic and pepper. Cook 3 minutes. Add chicken and cook 1 minute more.
3. Pour soy sauce mixture into chicken mixture; toss well. Remove from heat and set aside.
4. Preheat oven to 400 degrees F.
5. Spray a baking sheet with cooking spray.
6. Place 1 egg roll wrapper on sanitized countertop so it looks like a diamond. Put 1/4 cup filling just below center. Pull bottom edge of wrapper up and tuck under filling. Fold in the left and right corners. Tightly roll-up egg roll. Moisten the top corner of wrapper with a bit of water to prevent it from unrolling. (Keep the egg roll wraps in their package so they don't dry out between making each one.)
7. Place egg roll, seam-side-down, on baking sheet and repeat with remaining wrappers and filling. Lightly spray egg rolls with cooking spray. Bake 18 to 22 minutes until golden brown.



Helpful Hints: Have all the vegetables prepared before heating the skillet or wok. If you don't have a nonstick skillet, add 1 tablespoon oil. You can use any combination of vegetables and different kinds of cooked meat in the egg rolls.

Egg roll wraps (or skins) can be found in the produce section at the grocery store. A 16-ounce package has about 14 wraps. Keep refrigerated until ready to use. They are very easy to use and wrap around filling. Just remember to lay out 1 wrap at a time and keep the others covered in the package or with a clean damp towel so they don't dry out.

This makes a great family activity! There is "action" for everyone including shredding, grating, stirring, whisking and wrapping. Kids will have fun making egg rolls and even more fun eating them. Try different dips - salsa, sweet and sour sauce, or mustard.



Safety Tips in the Kitchen: Wash vegetables with running water before shredding or dicing to remove dirt and germs. A clean work area is a must, especially with this recipe, since the wraps are placed on the countertop. Sanitize countertops with a teaspoon bleach in a quart spray bottle. Spray countertops, wipe with a clean paper towel and toss.

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.

Perfect Mashed Potatoes

Hand mashed to perfection!



Level: Medium

6 - 1/2 cup servings

Kids' Tool Kit

Peeler
Knife
Cutting board
Large pan
Potato masher
Microwaveable measuring cup
Strainer
Spoon

Chef's Choice

Perfect Mashed Potatoes
Roast beef
Green beans
Low fat milk

Ingredients:

4 to 5 large potatoes
1/2 to 1 cup low fat milk
2 tablespoons margarine or butter
Salt and pepper to taste



Directions:

Remember to wash your hands!

1. Wash, peel and quarter potatoes.
2. Cover potatoes with water and bring to a boil in a large pan.
3. Cook 18 to 20 minutes or until tender; drain.
4. Heat milk and margarine in a glass measuring cup in the microwave.
5. Mash potatoes with a handheld potato masher or an electric mixer. Add half the milk mixture and continue mashing. Keep adding milk until you reach the desired consistency. Season with salt and pepper if desired.



Helpful Hints: Be careful to watch the pot of boiling potatoes. Potatoes have a tendency to boil over so use a pan larger than you'd normally choose to avoid a mess on your stovetop.

How do you know when potatoes are tender or cooked? Stick a fork or knife into the potato to see if it is soft. If the fork inserts easily, the potato is done.

Try different toppings on mashed potatoes such as salsa, cheddar or Parmesan cheese, crumbled cooked bacon, chopped basil or chili powder.



Safety Tips: Adult supervision is a must when draining cooking water from potatoes. The steam and hot water can really burn. Kids will have fun "smashing" the potatoes, but remember the pan is hot, so set it at a level kids can reach safely.

Nutrition Facts

Serving Size 1/2 cup (282g)	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	22%
Sugars 3g	
Protein 6g	
Vitamin A 4%	Vitamin C 80%
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 60g
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.



Scrambled Eggs and Potatoes

A hearty, healthy breakfast!

Level: Easy

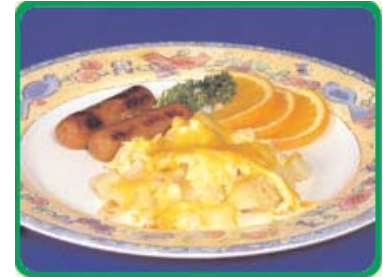
Serves: 4, 1 cup each

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.

Slow Cooker Pasta Sauce

Flavors blend when cooked all day!



Level: Medium

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Can opener
Slow cooker
Measuring spoons
Spoon
Skillet

Chef's Choice

Slow Cooker Pasta
Sauce
Spaghetti
Green beans
Peach half
Low fat milk

Ingredients:

1 pound lean ground beef or pork
1/2 medium onion, chopped
1/2 bell pepper, chopped
3 carrots, sliced
1 zucchini, sliced and quartered
2 cloves garlic, diced
2 cans (15-ounce) tomato sauce
1 can (15-ounce) diced tomatoes
1/2 teaspoon dried basil *
1/2 teaspoon dried oregano*
1/2 teaspoon dried thyme*



*Or substitute 2 teaspoons dried Italian seasoning for the 3 spices
Cooked pasta



Directions:

Remember to wash your hands!

1. Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker.
2. Add vegetables and herbs, and stir to combine ingredients.
3. Cook on low setting 6 to 8 hours or high 3 to 4 hours.
4. Serve over cooked pasta and top with shredded cheese, if desired



Helpful Hints: Get a head start on this dish by preparing the vegetables the day before, cover and store in the refrigerator overnight. You can also brown the meat the day before and keep covered in the refrigerator. In the morning, put all ingredients in the slow cooker and you're on your way to a delicious meal!

Other ingredients may be added to the sauce for extra flavor. Try mushrooms, broccoli, celery or pepperoni.

If tomatoes are in season, substitute fresh for canned. Two large or 3 medium size tomatoes would equal one 15-ounce can.



Safety Tips: Refrigerate or freeze leftovers within 2 hours of cooking. Divide pasta sauce into shallow containers no more than 2 inches deep; refrigerate or freeze immediately. This is important so the sauce cools quickly, limiting bacterial growth.

Reheat all leftovers to 165 degrees to make sure food is safe to eat.

Nutrition Facts

Serving Size 1 cup (380g)
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 5%

Cholesterol 40mg 13%

Sodium 900mg 38%

Total Carbohydrate 20g 7%

Dietary Fiber 5g 21%

Sugars 11g

Protein 19g

Vitamin A 100% • Vitamin C 60%

Calcium 6% • 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.

Sour Cream Hot Potatoes


Like a baked potato with sour cream — only better! These delicious potatoes are easy to make and certain to become a family favorite.

 **Level:** Medium

Serves 12-¹/₂ cup servings



Kids' Tool Kit

9X13- inch pan 
Can opener
Large mixing bowl
Measuring cups
Rubber spatula

Ingredients:

32-ounce package frozen hash brown potatoes
12-ounces fat free sour cream
8-ounces (2 cups) shredded cheddar cheese
1 10-ounce can condensed cream of chicken soup
¹/₂ cup diced onion
¹/₂ cup crushed cornflakes



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Combine all ingredients, except cornflakes, in a large bowl.
3. Spread mixture in a 9 x 13-inch pan sprayed with cooking spray.
4. Sprinkle crushed cornflakes over top.
5. Cover with foil and bake for 40 minutes. Uncover and continue baking for 20 minutes more.

Chef's Choice

Sour Cream Potatoes
Slice of ham
Mixed vegetables
Milk

Nutrition Facts

Serving Size 1/2 cup (165g)
Servings Per Container 12

Amount Per Serving

Calories 200 Calories from Fat 70

% Daily Value*

Total Fat 8g 13%

Saturated Fat 4.5g 23%

Cholesterol 25mg 8%

Sodium 390mg 16%

Total Carbohydrate 25g 8%

Dietary Fiber 2g 8%

Sugars 4g

Protein 9g

Vitamin A 10% • Vitamin C 4%

Calcium 20% • 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: These potatoes can be made with regular or low fat sour cream, but by using the fat free sour cream, you can save many calories per serving and still enjoy the same delicious, creamy flavor. It's an easy and painless way to lower fat in a meal while highlighting flavor and variety!



Safety Tip: These potatoes make great leftovers. As with any leftover, the important point to remember is to get them hot enough to kill any harmful bacteria in the food. Reheat this dish (and all leftovers) to 165 degrees before serving again. Then enjoy, knowing your leftovers are safe as well as delicious.

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.

Sweet Potato Casserole


It's sweet, it's delicious - it's a VEGETABLE?



Level: Medium

Serves 8

Kids' Tool Kit

Can opener 
Electric mixer
Casserole dish
Mixing bowl
Spoon
Measuring spoons
Measuring cups
Hot pad
Rubber spatula

Ingredients:

40 ounces canned sweet potatoes, drained
2 eggs
1/4 cup sugar
3/4 cup evaporated milk (or a 5-ounce can)
1/4 teaspoon salt
1/4 teaspoon nutmeg
2 tablespoons margarine, melted
1/4 cup brown sugar
1/4 cup chopped walnuts, optional



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Spray 1-quart casserole dish with cooking spray.
3. In a large bowl, combine sweet potatoes and eggs; mash with an electric mixer.
4. Add sugar, milk, salt, nutmeg and margarine. Mix well.
5. Spoon into casserole dish and top with brown sugar and nuts.
6. Bake for 45 to 55 minutes or until set.

Chef's Choice

Sweet Potato Casserole
Ham slice
Fruit cocktail
Milk

Nutrition Facts

Serving Size 3/4 cup (195g)	
Servings Per Container 8	
Amount Per Serving	
Calories 240	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.5g	7%
Cholesterol 55mg	19%
Sodium 210mg	9%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	14%
Sugars 34g	
Protein 4g	
Vitamin A 170%	Vitamin C 25%
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 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 great recipe for kids to fix as part of a holiday meal. The fun of mashing the canned potatoes and eggs together will attract kids who may otherwise shy away from kitchen fun. The aroma of sugar and spice as it bakes will bring some great compliments to your young cook. More compliments will follow when everyone tastes how delicious it is!



Safety Tip: The texture of these sweet potatoes makes them perfect for very young children, if the nuts are omitted. If kids under age three are coming to dinner, it is probably a good idea to leave the nuts out of this recipe. Nuts can cause choking in very young children - and may cause an allergic reaction, too.

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.

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Three Bean Bake

A new twist to baked beans!



Level: Medium

10 - 1/2 cup servings

Kids' Tool Kit

Large baking dish
Cooking spray
Can opener
Wooden spoon
Measuring cups

Chef's Choice

Three Bean Bake
Hamburger
Peach half
Low fat milk

Ingredients:

- 1 (15-ounce) can Great Northern beans, drained
- 1 (15-ounce) can pork and beans
- 1 (15-ounce) can light or dark kidney beans, drained
- 1/2 cup ketchup
- 1/2 cup brown sugar
- 1 tablespoon minced onion



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Combine all ingredients in large baking dish that has been sprayed with cooking spray.
3. Bake uncovered 30 to 40 minutes, stirring twice during baking.



Helpful Hints: Try spicy chili beans instead of pork and beans for a dish with even more zip! Or add cooked ground beef or ham for a main dish kids will gobble up.

Most 15-ounce cans of beans equal about 1 3/4 cups cooked beans. Cooked beans freeze well, so cook up a batch and freeze half of the recipe for later.



Safety Tips: Remember to wash the top of can lids before opening to remove dirt and germs. Keeping the can opener clean is another important safety tip to teach kids. Germs and bacteria can hide on the blade and could make you sick.

Use dry hot pads or oven mitts when handling anything hot. Keep hot pads handy so kids get in the habit of grabbing them before the hot dish.

Nutrition Facts

Serving Size 1/2 cup (147g)
Servings Per Container 10

Amount Per Serving		Calories from Fat 10
		% Daily Value*
Calories	170	
Total Fat	1g	2%
Saturated Fat	0g	0%
Cholesterol	5mg	1%
Sodium	440mg	18%
Total Carbohydrate	34g	11%
Dietary Fiber	9g	34%
Sugars	10g	
Protein	8g	
Vitamin A	4%	Vitamin C 6%
Calcium	4%	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.

	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.

Vegetable Beef Soup

Delicious, colorful, and tasty!



Level: Medium

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Large pot
Can opener
Measuring spoons
and cups
Wooden spoon

Chef's Choice

Beef Vegetable Soup
Crackers
Sliced peaches
Low fat milk

Ingredients:

- 3 cups cooked beef roast, cut bite size
- 1 cup beef broth from cooked roast or low-sodium canned broth
- 1 medium onion, diced
- 2 medium carrots, sliced
- 2 stalks of celery, sliced
- 4 potatoes, peeled and cubed
- 2 to 3 cups water
- 1/2 teaspoon pepper
- 1 can (15 ounces) diced tomatoes with liquid
- 1 can (15 ounces) green beans with liquid
- 1 can (15 ounces) whole kernel corn with liquid



Directions:

Remember to wash your hands!

1. In a large pot, over medium-high heat, place beef, beef broth, onion, carrots, celery and potatoes. Add enough water to cover vegetables. Add pepper and other seasonings if desired. Bring to a boil.
2. When the soup mixture begins to boil turn heat to low. Cover pot and simmer about 1 hour or until vegetables are tender.
3. Add tomatoes, green beans and corn. Turn heat to medium-high and bring to a boil. When the soup mixture begins to boil, turn heat to low, cover pot and simmer about 15 minutes.



Helpful Hints: Kids may need adult supervision preparing this recipe.

For flavor variations try adding herbs. Favorites include marjoram, thyme, oregano, rosemary or a bay leaf. Just remember to remove the bay leaf before serving.

Canned mixed vegetables or frozen vegetables can be added to soup to save time. Keep small amounts of leftover vegetables in a container with a lid in the freezer to use in soups. This is a great way to save on your grocery bill and add vitamins to the meal.



Safety Tip: Refrigerate the soup within 2 hours of serving. Divide it into shallow containers so it will cool quickly in the fridge. If you are not going to eat the soup within two to three days, label and freeze it in small containers.

Nutrition Facts

Serving Size 2 cup (568g)	
Servings Per Container 6	
Amount Per Serving	
Calories 370	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	27%
Cholesterol 60mg	20%
Sodium 650mg	27%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 25g	
Vitamin A 120%	• Vitamin C 40%
Calcium 8%	• 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.

Veggie Good Casserole

Colorful with green beans and corn!



Level: Medium

12 - 1/2 cup servings

Kids' Tool Kit

Can opener
Knife
Cutting board
Colander
Rolling pin
Measuring cups
Baking dish
Cooking spray
Mixing bowls
Rubber spatula
Hot pads or oven mitt

Chef's Choice

Veggie Good Casserole
Ham slice
Apple slices
Low fat milk

Ingredients:

1 can (15-ounce) green beans, drained
1 can (15-ounce) corn, drained
1/2 cup shredded low fat cheddar cheese
1/4 cup diced onion
1/2 cup nonfat sour cream
1 can (10.5-ounce) cream of celery soup
30 buttery crackers (Ritz, Town House, etc.) crushed
2 tablespoons margarine, melted



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Spray 2-quart baking dish with cooking spray. Layer green beans and corn in dish.
3. In small mixing bowl, combine cheese, onion, sour cream and soup. Spread over vegetables.
4. In small bowl, combine cracker crumbs and margarine. Sprinkle mixture on top.
5. Bake 30 to 40 minutes.



Helpful Hints: This casserole has four easy layers: green beans, corn, sauce and crackers on top. Let kids count the layers as they assemble the casserole.

Use a colander to drain the green beans and corn really well before placing in baking dish.

A rolling pin makes crushing the crackers a fun job. Place the crackers in a plastic bag and let kids roll away!



Safety Tips: Remember four food safety tips before you start cooking and they all start with clean! Clean hands, clean countertops, clean can lids and a clean can opener.

Nutrition Facts

Serving Size 1/2 cup (157g)
Servings Per Container 12

Amount Per Serving	
Calories 280	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Cholesterol 5mg	1%
Sodium 610mg	26%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	9%
Sugars 6g	

Protein 6g

Vitamin A 6%	•	Vitamin C 6%
Calcium 10%	•	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.

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.

	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

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