

Child-Friendly Recipes



Watermelon Strawberry Shake

Ingredients:

- 1 container (8 ounces) Nonfat Lemon Yogurt
- 2 cups cubed, seeded Watermelon
- 1 pint Strawberries, cleaned and cored
- 1 medium Banana, peeled and sliced

Directions

- 1) In a blender or food processor, mix together yogurt & fruit until smooth.
- 2) Serve.

How can your child help?

- Cut watermelon and bananas with plastic knife
- Clean strawberries
- Pour ingredients into food processor or blender
- Push the "on/off" button
- Serve smoothie to family/friends
- Garnish with banana or strawberry

What you can share about the recipe with your child:

- Shop for fruits in the grocery store or farmer's market
- Explain how each of the fruits grow (Ex: watermelon grows on a vine on the ground)
- Bananas and strawberry are good sources of Vitamin C
- Early explorers used watermelons as canteens

Rainbow Salad

Ingredients:

- 1 cup Strawberries, pitted and quartered
- 1 cup Mandarin Oranges (canned), drained
- 1 cup Pineapple tidbits (canned), drained
- 4 Kiwi, peeled and sliced
- 1 cup Blueberries
- 1 cup Grapes, purplish in color (need to quarter if serving kids under 3)

Directions

- 1) Remove all pits and stems from fruit.
- 2) Clean fresh fruit.
- 3) Drain and rinse canned fruit.
- 4) Combine fruit into a bowl and mix until even.

How can your child help?

- Cut fruits with plastic knife
- Pick out fruits in the grocery store
- Add fruits to bowl and mix

What you can share with your child about the recipe:

- Talk about how each fruit represents a color of the rainbow
- Have your child name other fruits of the rainbow
- Fruit can be enjoyed in all forms: 100% fruit juice, canned, fresh, frozen, and dried
- Fruit is high in fiber, low in calories, and contains important Vitamins like A & C

Whole-Grain Bruschetta with Tomatoes and Basil

Ingredients:

- 6 slices whole grain French Baguette or Italian Bread
- 1 Garlic Clove
- 1 Tablespoon + 1 tsp. Olive Oil
- 3 Plum/Roma Tomatoes, chopped
- 3 fresh Basil Leaves, chopped
- 1 tsp. Balsamic Vinegar
- ¼ cup Parmesan Cheese
- Pinch of each Salt & Pepper

Directions

- 1) Preheat oven to 450°.
- 2) Cut garlic clove in half and rub on each side of slice of bread. Drizzle slices with 1 Tbsp of olive oil. Arrange on bread on baking sheet and bake for 5 minutes or until toasted. Remove from oven.
- 3) Toss the tomatoes, balsamic vinegar, basil, and remaining olive oil into a bowl.
- 4) Spoon onto slices.
- 5) Season with salt & pepper.
- 6) Top with parmesan cheese.

How can your child help?

- Cut tomatoes and basil leaves with plastic knife
- If you have a garden, pick basil leaves and tomatoes
- If buying basil in grocery store or farmers market, look at all the fresh herbs available
- Small garlic and rub on bread
- Mix ingredients

What you can share about the recipe with your child:

- Discuss what a "pinch" is in cooking
- Review measuring cups
- Show how oil and vinegar do not mix
- A tomato is actually considered to be a fruit
- Tomato juice is the official state beverage of Ohio

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Whole-Wheat Blueberry Muffins

Ingredients:

¾ cup Low-Fat Milk	½ cup Sugar
½ cup Applesauce	3 tsp. Baking Powder
1 Egg	1 tsp. Salt
1 cup All-purpose Flour	1 cup fresh Blueberries
1 cup Whole Wheat Flour	

Directions

- 1) Preheat oven to 400° F.
- 2) Spray muffin pan with non-stick cooking spray.
- 3) Blend milk, applesauce, egg in a small bowl and set aside
- 4) Stir flours, sugar, baking powder, and salt in a medium bowl.
- 5) Make a well in the center and pour wet ingredients into the well. Stir with a spoon just until the flour is moistened (batter will be lumpy).
- 6) Fold in blueberries.
- 7) Divide batter among muffin cups. Bake until golden brown for 18-20 minutes (mini muffins bake for 10 minutes).
- 8) Immediately remove from pan.

How can your child help?

- Spray the muffin pan
- Crack the egg
- Whisk the milk, applesauce, and egg
- Stir the dry ingredients
- Fold in the blueberries
- Divide into muffin cups

What you can share about the recipe with your child:

- Explain why you use non-stick cooking spray
- Review measuring cups sizes
- Using whole wheat flour increased the fiber content
- Blueberries are an excellent source of Vitamin C

Homemade Baked Chicken Nuggets

Ingredients:

1.5 # Chicken Thighs or Tenders, boneless, skinless	½ tsp. Italian Herb Seasoning
1 cup Cereal Crumbs, cornflake type	¼ tsp. Garlic Powder
	¼ tsp. Onion Powder
	1 tsp. Paprika

Directions

- 1) Preheat oven to 400° F.
- 2) Cut chicken into bite-sized pieces.
- 3) Place cornflakes in plastic bag and crush with rolling pin.
- 4) Add remaining ingredients to crushed cornflake. Close bag and shake until blended.
- 5) Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
- 6) Lightly grease a cooking sheet.
- 7) Place chicken pieces on cooking sheet so they are not touching.
- 8) Bake until golden brown, about 12-14 minutes or until internal temperature reaches 165° F.

How can your child help?

- Cut chicken into bite size pieces
- Shake chicken with mixture with a plastic knife
- Crush cornflakes with rolling pin
- Shake chicken with mixture
- Place on baking sheet

What you can share about the recipe with your child:

- Review importance of hand-washing when handling raw meat
- Discuss other fun toppings besides cornflakes (Toasty O's, Kix, Chex!)
- Baking is a healthier way to eat chicken nuggets

Pico de Gallo

Ingredients:

6 Tomatoes, diced	1-5 Jalapeños (seeded and diced) depending on preference
1 Yellow Onion, diced	2 Tablespoons of chopped Cilantro
1 Green Pepper, diced	1 tsp. of Lime Juice
2 Tablespoons of diced Garlic	Kosher Salt and Coarse Black Pepper to taste
1 Tablespoon of Olive Oil	

Directions

- 1) Combine all vegetables into a bowl.
- 2) Mix until evenly combined.
- 3) Add lime juice and salt/pepper to taste.
- 4) Mix and serve.

How can your child help?

- Cut vegetables with plastic knife
- Pick out vegetables in the grocery store
- Review different colors onions can come in

What you can share about the recipe with your child:

- Cilantro has been used for thousands of years: the seeds have been found in ancient Egyptian tombs
- "Pico de Gallo" means Rooster's Beak