

Safely Working with Kids in the Kitchen



Recipes in this book include steps marked with the "little helping hand." These steps are good for kids, but help from adults may be needed.

Use these tips to help kids safely build their skills doing common cooking tasks.

Chopping

- The first few times you help your children chop foods, stand behind them and guide their hands with yours. See page 4 for tips on safe knife skills.
- Softer foods will be easier for younger kids to chop with a serrated plastic knife or a table knife.

Grating

- Help kids by placing one of your hands against the grater and your other hand over their hand holding the food.
- Watch their fingers carefully so that they don't get cut or scraped.

Stirring and Mixing Ingredients

- Help kids stir thicker mixtures by placing your hand over their hand holding the spoon. Hold the bowl with your other hand.

Cracking Eggs

- Many kids will need assistance cracking eggs, until they get the hang of it. Show them how to gently tap the shell to crack the surface and use their thumbs to pull apart the shell.

Rinsing Fresh Produce

- Rinsing is a great task for all ages. Adults may need to help with extra-dirty greens or heavier items.

Measuring

- Introduce kids to measuring by showing them how to pour out ingredients you've already measured.
- Let them build confidence by measuring small amounts of dry ingredients before moving to wet ingredients.

Peeling

- Show older kids how to safely angle a peeler downward to remove the skins from fruits or vegetables.
- With foods like oranges and onions, get them started by lifting a piece of the skin. Then, they can easily peel off the top layer by hand.

Squeezing Citrus

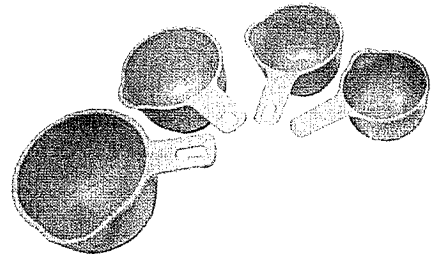
- Cut citrus fruits into wedges and remove seeds. Then, kids can help squeeze out the juice. To make citrus fruit easier to juice, heat in the microwave for 15-20 seconds. Or, roll the fruit on a counter or cutting board for 15 seconds before slicing.

Kids in the Kitchen

Help kids develop a love of healthy foods.
Teach them to create healthy meals.

Kids aged 2 and younger can:

- Play with plastic measuring cups, spoons, containers, or a bowl of water .
- Learn to say names and colors of foods being used
- Smell foods and, depending on the food, taste small amounts



Let 3-year-olds try to:

- Rinse and scrub fresh produce
- Tear, snap, or break foods
- Use a cookie cutter to cut shapes in dough
- Pluck fruits or leaves from stems
- Dip foods into dips
- Arrange foods on a plate
- Help stir ingredients together in a bowl

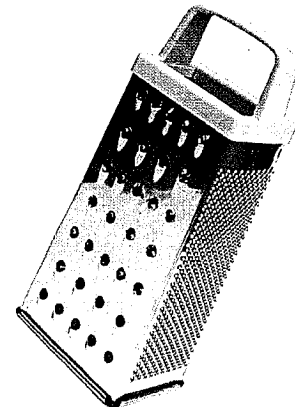


Let 4-year-olds try to:

- Measure ingredients
- Cut with a plastic or dull butter knife
- Squeeze juice from fruits
- Shake ingredients in small containers, such as jars or zip-top bags

Let 5-year-olds try to:

- Help grate cheeses and vegetables
- Crack and beat eggs
- Peel oranges



Continued >

Kids in the Kitchen continued >

Let 6-8-year-olds help:

- Read the recipe
- Crack eggs
- Measure small amounts of ingredients
- Use an egg beater
- Rinse, scrub, and peel onions, carrots, cucumbers, and other produce
- Grate cheese and vegetables
- Decorate cookies
- Spread soft frostings and spreads
- Roll out and shape dough
- Cut soft foods with a plastic or dull butter knife

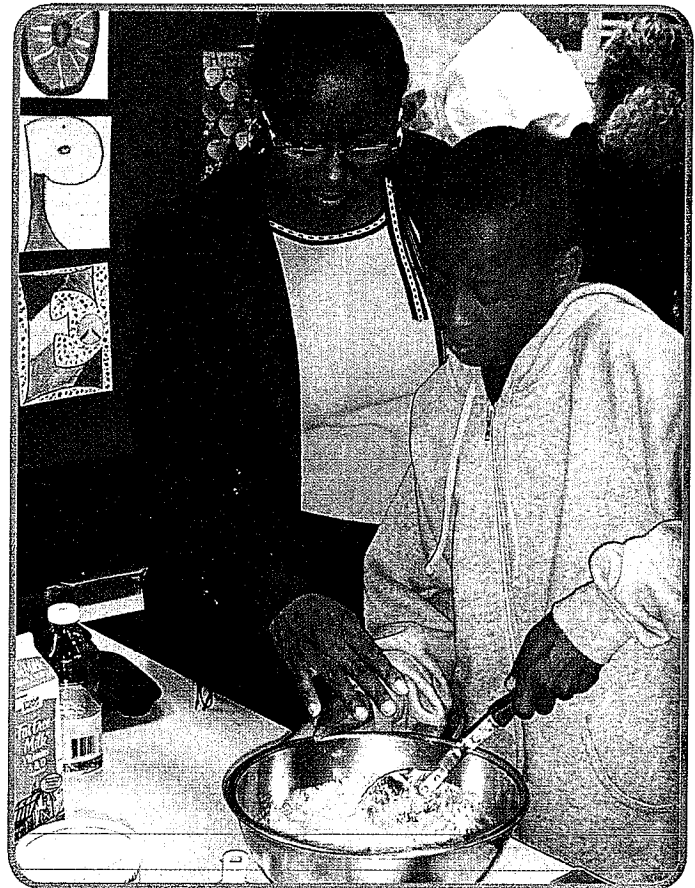
- **Start simple.** Make recipes with just a few steps until you learn what each child can do.
- **Let your experience be your guide.** Adjust the tasks you assign based on your child's skills.
- **Supervise.** Make sure kids know the rules of kitchen safety from the start.

Let 9-13-year-olds start to:

- Follow recipes and make simple meals by themselves
- Use electrical tools like blenders and mixers
- Open cans
- Drain cooked pasta in a colander
- Remove trays from the oven with adult supervision

Kids can also help:

- Set and clear the table
- Clean up
- Get out ingredients and equipment and put them away



Peanut Butter and Banana Pockets

Chef Lauren Klatsky • Boston, Mass.

Serves 4, 1 folded quesadilla per serving
Prep time: 10 minutes • Cook time: 15 minutes




Ingredients





3 ripe bananas
3 Tablespoons creamy peanut butter
1½ teaspoons honey
¼ teaspoon ground cinnamon
4 (8-inch) whole wheat flour tortillas
Non-stick cooking spray

Materials

Large skillet • Measuring spoons • Rubber spatula • Sharp knife • Small bowl

Directions

 = Have kids help with the steps marked with the "little helping hand"!

-  1. Peel and slice bananas about ¼-inch thick.
-  2. In a small bowl, stir together peanut butter, honey, and cinnamon.
-  3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
-  4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.

Chef's Notes

- For a richer flavor, stir 2 Tablespoons of low-fat cream cheese into the peanut butter mixture in step 2. Let cheese come to room temperature before adding.
- To serve as a dessert, add melted chocolate sauce. Or, sprinkle a few chocolate chips inside the tortilla while cooking.

Nutrition Facts

Serving Size 1 folded quesadilla
Servings Per Recipe 4

Amount Per Serving

Calories 300 Calories from Fat 100

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 370mg 16%

Total Carbohydrate 47g 17%

Dietary Fiber 3g 11%

Sugars 14g

Protein 8g

Vitamin A 2% • Vitamin C 15%

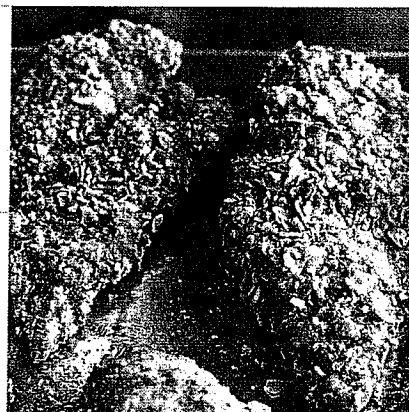
Calcium 0% • Iron 0%

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

Baked Flaked Chicken

Chef Chris Huff • Seattle, Wash.

Serves 8, 4 ounces cooked chicken per serving
 Prep time: 15 minutes • Cook time: 20-25 minutes



Ingredients

- 2 pounds boneless chicken pieces
- 3 cups cornflakes cereal
- ½ cup whole wheat flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray

Materials

- 3 medium bowls • Baking sheet • Cutting board • Fork
- Measuring cups • Measuring spoons • Sharp knife

Special Materials
 Food thermometer

Directions

= Have kids help with the steps marked with the "little helping hand"!

1. Preheat oven to 375°F.
2. Remove skin, if any, from chicken pieces. If working with large chicken breasts, cut in half lengthwise for faster cooking time. Trim any excess fat.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and black pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork.
6. Dip each chicken piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with non-stick cooking spray. Place chicken pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake for 20-25 minutes, or until internal temperature reaches 165°F.

Chef's Notes

- For extra flavor, add ½ to 1 teaspoon of spices, such as paprika, chili powder, dried thyme, rosemary, or oregano, to salt and pepper to season chicken.
- For lowest price, use a whole chicken and cut into parts.
- To crush cornflakes easily, place in bowl and crush using the bottom of a measuring cup. Or, place in a large zip-top plastic bag and crush using your fists or the bottom of a measuring cup.
- If using bone-in chicken, adjust cooking time to 35-40 minutes. Be sure it still reaches a safe internal temperature of 165°F. If cornflake crust starts browning too much before chicken is fully cooked, cover loosely with aluminum foil.
- Serve with a colorful vegetable or fruit side dish.

Nutrition Facts

Serving Size 4 ounces cooked chicken
 Servings Per Recipe 8

Amount Per Serving

Calories 210 Calories from Fat 60

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 130mg 43%

Sodium 310mg 13%

Total Carbohydrate 13g 5%

Dietary Fiber 1g 4%

Sugars 2g

Protein 24g

Vitamin A 6% • Vitamin C 4%

Calcium 2% • Iron 20%

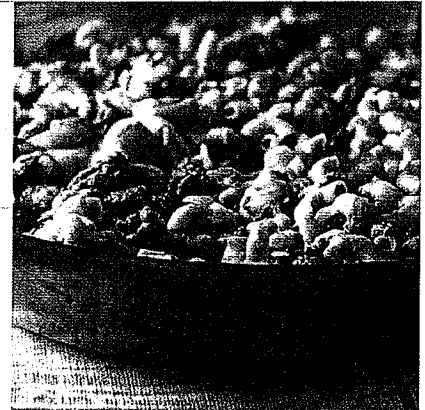
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Turkey Burger Macaroni

Chef Franklyn Taylor • Chicago, Ill.

Serves 6, 1 1/3 cups per serving

Prep time: 10 minutes • Cook time: 20 minutes



Ingredients

- 2 cups whole wheat macaroni
- 1 small bell pepper
- 1 small onion
- 3 cloves garlic
- 3 ounces reduced-fat cheddar cheese
- 1 pound lean ground turkey
- 1 (14-ounce) can diced tomatoes, no salt added
- 1 Tablespoon dried thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Materials

- Box grater • Can opener • Colander • Cutting board • Large pot • Large skillet with lid • Measuring cups • Measuring spoons • Mixing spoon or rubber spatula • Sharp knife

Directions

1. Cook macaroni according to package directions. In a colander, drain macaroni and rinse with cool water. Set aside.
2. While macaroni cooks, rinse and dice bell pepper. Peel and finely chop onion. Peel and mince garlic.
3. Grate cheese.
4. In a large skillet over medium heat, add beef or turkey, bell pepper, onion, and garlic. Cook, crumbling the beef with a mixing spoon or rubber spatula, until meat is no longer pink, about 15 minutes. In a colander, drain off fat.
5. Return meat mixture to skillet. Stir in macaroni, tomatoes with their juices, thyme, salt, and pepper. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5-7 minutes.

Chef's Notes

- Add more of your favorite veggies to this dish in step 4. Try fresh or frozen peas, peppers, spinach, broccoli, cauliflower, or summer squash. Or, use up any leftover veggies from another meal!
- Use lean ground beef instead of ground turkey if you prefer.

Nutrition Facts

Serving Size 1 1/3 cups
Servings Per Recipe 6

Amount Per Serving

Calories 350 **Calories from Fat 100**

% Daily Value*

Total Fat 11g 22%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 370mg 16%

Total Carbohydrate 40g 15%

Dietary Fiber 6g 21%

Sugars 4g

Protein 26g

Vitamin A 10% • Vitamin C 35%

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.

Black Bean and Vegetable Quesadillas

Chef Deborah Kelly • Chicago, Ill.

Serves 6, 1 folded quesadilla per serving
 Prep time: 25 minutes • Cook time: 20 minutes



Ingredients

- ½ (15½-ounce) can black beans, no salt added
- 2 medium zucchini
- 1 bunch fresh spinach (about 4 cups)
- 1 ear fresh corn or 1 cup canned corn
- 4 ounces low-fat cheddar cheese
- 1 Tablespoon canola oil
- Pinch ground cayenne pepper
- 1–2 teaspoons water
- ½ teaspoon ground black pepper
- 6 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Optional Ingredients

- 3 Tablespoons fresh parsley or cilantro

Materials

- Box grater • Can opener • Colander • Cutting board • Fork • Large skillet with lid • Measuring spoons • Medium bowl • Rubber spatula • Sharp knife

Nutrition Facts

Serving Size 1 folded quesadilla
 Servings Per Recipe 6

Amount Per Serving

Calories 250 Calories from Fat 60

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 360mg 16%

Total Carbohydrate 36g 13%

Dietary Fiber 4g 14%

Sugars 5g

Protein 12g

Vitamin A 45% • Vitamin C 15%

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.

Directions

✎ = Have kids help with the steps marked with the “little helping hand”!

- ✎ 1. In a colander, drain and rinse black beans.
- ✎ 2. Rinse zucchini. Cut into thin slices or shred with a grater.
- ✎ 3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
- ✎ 5. Grate cheese.
6. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
7. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
8. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.
9. Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
- ✎ 10. Spread vegetable mixture evenly on half of each tortilla. Top with cheese. Fold tortillas over. Press lightly with spatula to flatten.
11. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
12. Cut each quesadilla into 2 wedges. Serve while hot.

Chef's Notes

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- When selecting whole wheat tortillas, compare Nutrition Facts labels and look for options lower in sodium and saturated fat and with no trans fat.
- Top with low-fat yogurt or salsa.
- Use the remaining beans in a soup or to top a salad.

Chocolate Strawberry French Toast

Chef Randy Emert • Detroit, Mich.

Serves 4, 1 piece of toast per serving

Prep time: 15 minutes • Cook time: 15-20 minutes




Ingredients





- 8 medium strawberries
- 3 Tablespoons unsweetened cocoa powder
- 2 Tablespoons sugar
- 1 large egg
- ½ cup low-fat milk
- 1 teaspoon ground cinnamon
- Non-stick cooking spray
- 4 slices whole wheat bread

Materials

- 2 small bowls • Fork •
- Measuring cups • Measuring spoons • Medium skillet •
- Rubber spatula • Sharp knife

Directions

 = Have kids help with the steps marked with the "little helping hand"!

1. Rinse strawberries. Cut off leafy tops. Slice ¼-inch thick.
-  2. In a small bowl, whisk cocoa powder and sugar together with a fork. Set aside.
-  3. In a second small bowl, beat egg with a fork until well blended.
-  4. Add milk and cinnamon to egg. Beat about 1 minute more.
5. Coat medium skillet with non-stick cooking spray. Heat over medium heat.
6. Dip one piece of bread in egg mixture. Flip to coat both sides. Remove from egg mixture, shaking off any excess egg coating. Place quickly in hot skillet. Cook until golden brown, about 2-3 minutes per side. Remove from pan.
7. Repeat steps 5 and 6 until each piece of bread has been cooked.
-  8. Top each piece of bread with 3 Tablespoons sliced strawberries. Dust generously with cocoa mixture.

Chef's Notes

- When strawberries are not in season, top with any seasonal fresh fruit. Or, use thawed frozen or canned fruit. Be sure to drain before using.
- Toss 1-2 cups fresh fruit with 1-2 Tablespoons honey or maple syrup. Set aside while you make the French toast. Top with sweetened fresh fruit instead of the cocoa mixture.
- Try making a fruit syrup to use in place of the cocoa mixture. Wash, hull or pit, and slice 1½ cups fresh or frozen fruit like blueberries, strawberries, peaches, or plums. In a small skillet over low heat, cook fruit with ½ cup sugar and 1 Tablespoon water. Cook until sugar dissolves and juices from the fruit thicken slightly, about 5-8 minutes. Cool slightly before spooning over French toast.

Nutrition Facts

Serving Size 1 piece French toast
Servings Per Recipe 4

Amount Per Serving

Calories 200 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 135mg 6%

Total Carbohydrate 33g 12%

Dietary Fiber 2g 7%

Sugars 12g

Protein 4g

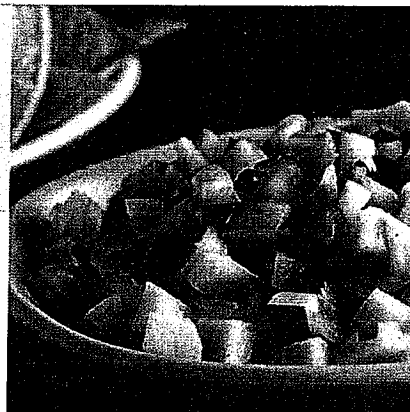
Vitamin A 2% • Vitamin C 25%

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.

Mango Salsa

Serves 6, ½ cup per serving
 Prep time: 20 minutes • Cook time: None



Ingredients

- 2 large ripe mangoes
- 1 small cucumber
- 2 medium green onions
- 1 medium jalapeño pepper
- 2 medium limes
- ½ teaspoon salt
- Pinch of cayenne pepper


Optional Ingredients




- 1 medium bell pepper
- ¼ cup fresh cilantro

Materials

- Cutting board • Measuring spoons • Medium bowl • Plastic wrap • Sharp knife

Directions

 = Have kids help with the steps marked with the “little helping hand”!

-  1. Rinse mangoes, cucumber, green onions, jalapeño pepper, limes, and bell pepper, if using.
2. Peel mangoes. Cut mango flesh from the pits.
3. Cut cucumber in half lengthwise. Remove seeds. If using bell pepper, cut in half lengthwise. Remove stems and seeds.
4. Dice mangoes, cucumber, and bell pepper, if using. Finely chop green onions.
5. Cut jalapeño pepper in half lengthwise. Remove stems and seeds and dice.
6. If using, rinse and chop cilantro.
-  7. Cut limes in half. Squeeze juice from each half into a medium bowl. Discard seeds.
-  8. Add mangoes, cucumber, green onions, jalapeño, salt, and cayenne pepper to bowl with juice. If using, add bell pepper and cilantro. Mix well.
9. For best flavor, Cover and refrigerate for at least one hour before serving.

Chef's Notes

- Mangoes usually feel a little softer when ripe. If mangoes are not in season or not in your store, use canned peaches or pineapple, packed in juice. Drain before using.
- Serve salsa as a dip with corn tortilla chips. Or, use as a topping for fresh fish or pork, black bean soup, or tacos.

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Recipe 6	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Sugars 16g	
Protein 1g	
Vitamin A 25%	Vitamin C 80%
Calcium 2%	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.