

Cook With Your Kids Challenge Packet



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Develop Skills while Making Memories

With summer approaching all the plans for the hot months fill up quickly. Cooking with your kids is a great activity to fill some of those days. This challenge is to make at least one recipe a week with your kids. If you do more than that that is awesome and maybe by summer end they will be on their way to making you a meal!

Included in this challenge packet you will find:

- a chart to write your recipe ideas
- a calendar to plan what you will make
- 11 recipes.

****These recipes will be suited for all ages and different skill levels. They are all approved by my 3 1/2 year old. He not only eats them but he helps to make them. In the challenge your kids will develop or improve motor skills as well as making memories.

Things Kids Will Learn or Improve While in The Kitchen

- math skills
- science
- where their food comes from (not the grocery store but the farm)
- improve fine and gross motor skills through cutting, stirring, measuring, pouring, etc...
- reading
- following directions

Don't forget clean up!

Have FUN !

Recipe Ideas

Snacks

Breakfast

Lunch

Dinner

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June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Recipes

Watermelon Slushy

Ingredients

- 4 cups cubed watermelon
- 1 1/2 cups ice
- 1/3 cup lime juice
- 1-2 Tbsp sugar

Instructions

1. In a blender, blend together the watermelon, ice, lime juice, sugar. Enjoy!

Applesauce

Ingredients

- 4 apples
- 1/3 cup water
- 3 Tbsp sugar
- 1-2 tsp cinnamon, optional

Instructions

1. Peel apples with a vegetable or apple peeler. Cut apples into small pieces. Put apples, water, and cinnamon into a saucepan.
2. Place pan on stove over medium high heat. Once the water boils turn heat down to low and put the lid on the pan. Simmer apples until fork tender, about 8-10 minutes. Turn off heat.
3. Remove pan from burner. Mash apples with a potato masher or fork until desired smoothness. Stir in sugar
4. Store applesauce in the refrigerator

Ants on a Log

Ingredients

- Celery
- Peanut Butter or other nut butter
- raisins

Instructions

1. Cut celery in half. Spread on nut butter and top with raisins.

Roasted Brussel Sprouts

Ingredients

- 1 1/2 pounds brussel sprouts
- 2 Tbsp olive oil
- salt and pepper

Instructions

1. Preheat oven to 400°F
2. Cut bottom off brussel sprouts. Place all brussel sprouts (even the leaves that came off) in a bag and add olive oil and salt and pepper to taste. Shake up and pour them onto a baking sheet. Bake for 45-50 minutes, until tender and browned. Serve hot.

Quinoa Pizza Bites

Yield: 12 large or 24 mini

Ingredients

- 3/4 cup quinoa
- 1 1/2 cup water
- 1 small onion, finely chopped
- 1 tbsp olive oil
- 1 tsp dried basil
- 1 tsp dried oregano
- 12 black olives chopped
- 1/4 cup red or green bell pepper, chopped
- 1 cup mozzarella cheese, shredded
- 2 eggs
- 1/2 cup chopped pepperoni or meat of choice, optional
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions

1. Preheat oven to 350°F
2. Put quinoa and water in a saucepan, cover with lid. Over high heat bring to a boil. Reduce heat to low, simmer until tender and most of the liquid has been absorbed, about 15 to 20 minutes.
3. Heat olive oil in a pan, add the onion and herbs and cook until the onion is soft.
4. Stir all ingredients together in a large mixing bowl.
5. Spoon mixture evenly into greased muffin pans.
6. Bake for 15-20 minutes, until golden brown.
7. Allow to cool for 5-10 minutes before removing from the pan

Banana Bread

Ingredients

- 2 cup flour
- 1 tsp baking powder
- 1 tsp salt
- 2 eggs
- 1 cup sugar
- 4 overripe bananas, mashed

- 1 tsp vanilla extract
- 1/2 cup oil
- 1 tsp cinnamon

Instructions

1. Preheat oven to 350°F.
2. Grease 2 9x5 loaf pans
3. Mix together oil, eggs, vanilla, and mashed bananas.
4. Add in flour, baking powder, salt, and cinnamon. Mix to combine, about 2 minutes.
5. Pour in prepared loaf pans. Bake for 1 hr.

Fruit Salad with Lemon & Honey Syrup

Serves 8

Syrup Ingredients

- 1 cup water
- 1/3 cup honey
- 2 Tbsp lemon juice
- 1/2 tsp vanilla extract

Salad Ingredients

- 3 cup cubed cantaloupe
- 2 cup grapes
- 2 peaches, cubed
- 4 apricots
- 1 1/2 cup cherries, halved
- 1/2 cup fresh mint, chopped

Instructions

1. To prepare syrup, combine syrup ingredients in a small saucepan. Bring to a boil, reduce heat to medium and cook until mixture is reduced to 1/4 cup (about 15 minutes).
2. Place all prepared salad ingredients in a large bowl. Pour syrup over fruit; toss gently to coat. Cover & chill 1 hr, stirring occasionally. Toss with mint just before serving.

Peach Ice Cream

Ingredients

- 3 cups peaches, sliced and peeled (about 1 1/2 lbs)
- 1 cup heavy whipping cream

- 2 cup milk (2%)
- 1/2 cup sugar
- 1 tsp vanilla extract

Instructions

1. Put the prepared peaches in a blender or food processor, blend until finely chopped.
2. Place milk and sugar in a measuring cup or large bowl and stir until sugar is dissolved. Add in whipping cream and vanilla extract, stir to combine. Stir in peaches.
3. Pour the mixture into the freezer can of an ice cream freezer, freeze according to manufactures instructions.
4. Freeze until firm. Enjoy!

Trail Mix

Ingredients

- 1 cup almonds
- 1 cup cashews
- 1 cup cherries
- 1/4 cup sunflower seeds
- 1/2 cup dried blueberries
- 1/2 cup dried cherries

Instructions: Mix all ingredients together. Store in an airtight container

Macaroni & Cheese

Ingredients

- 1/4 cup flour
- 2 1/2 cups milk
- 1 cup sharp cheddar cheese, shredded
- 1 1/2 cup mild cheddar cheese, shredded
- 1/4 tsp salt
- 3 cups uncooked elbow macaroni

Instructions

1. Cook elbow macaroni according to package instructions
2. Preheat oven to 375°F
3. Heat a saucepan over medium high heat, add flour. Gradually add milk, stirring with a whisk until blended. Cook until thick, stirring often.
4. Stir in 2/3 cup sharp cheddar and all of the mild cheddar cheese, cook until cheese has melted, stirring consistently.
5. Remove from heat and stir in macaroni and salt.
6. Spoon or pour the mixture into a 2-quart casserole dish coated with cooking spray. Sprinkle remainder of the cheese on top and bake for 25 minutes.

Lemon Chicken & Vegetables

Ingredients

- 1 1/2 lbs. Chicken breasts
- 2 lbs. of vegetables (some suggestions are broccoli, carrots, asparagus, brussel sprouts, parsnips. I usually use carrots and brussel sprouts, 1 pound of each).
- 1 Tbsp butter, melted
- juice of 1 lemon
- 3 garlic cloves, minced
- 2 Tbsp olive oil
- 2 tsp dried thyme
- salt and pepper to taste

Instructions

1. Preheat the oven to 400°F.
2. Combine melted butter, olive oil, thyme, lemon juice and garlic in a bowl; mix until combined.
3. Line a baking sheet with foil and coat with cooking spray. Place the chicken in the center of the pan and place vegetables around the chicken. Sprinkle chicken and vegetables with salt and pepper to taste.
4. Brush all of the butter mixture on the chicken and vegetables.
5. Bake for 45 minutes or until chicken reaches internal temperature of 165°.