



You + Me & The Kitchen Makes Three

Easy Family Friendly Recipes

Presented by Parent /Child Incorporated of San Antonio & Bexar County





This cookbook is a great opportunity to bring adults and children together in the kitchen to create easy, tasty, healthful foods.

- * Easy-to-follow recipes.**
- * Recipes require very little ingredients and preparation time.**
- * Children learn about food and healthy eating habits.**



KITCHEN SAFTY

WASH

- Keep bacteria **at bay**:
 - wash hands, surfaces, cutting boards, cooking utensils, dishes and produce

SEPARATE

- Keep raw meat, poultry, seafood **away from** ready-to-eat foods, such as bread or vegetables



COOK

- Cook food to the **right temperature** before serving
- colour is not a good indicator of doneness; use a food thermometer

REFRIGERATE

- Refrigerate foods to **slow** the growth
 - Keep refrigerator set at $\leq 40^{\circ}\text{F}$
 - Keep freezer set at $\leq 0^{\circ}\text{F}$.



KITCHEN MATH

Kitchen Conversions

Cup	Oz	Tbs.	Tsp.
1	8	16	48
3/4	6	12	36
2/3	5	11	32
1/2	4	8	24
1/3	3	5	16
1/4	2	4	12

Herbs

1 Tbs fresh = 1 tsp dry

60 drops = 1 tsp

3 tsp = 1 Tbs

4 Tbs = 1/4 cup

2 Tbs = 1 oz

1 cup = 8 oz

Meat Temperatures

Beef - 140 (rare)

Beef - 160 (medium)

Beef - 170 (well)

Pork - 165

Lamb - 145

Ham - 140

Poultry - 180

2 cup = 1 pint 2 pint = 1 quart 4 quart = 1 gallon

NUTRITION RAINBOW

Did you know?

Eating different colors of foods gives your body different vitamins and minerals that helps keep it healthy.

- * **RED** foods help keep your heart strong.
- * **ORANGE** foods help you see better and keep your eyes healthy.
- * **YELLOW** foods help keep you from getting sick.
- * **GREEN** foods help make your bones and teeth strong.
- * **BLUE** and **PURPLE** foods help your brain and memory.

Fruit Pizza

Ingredients:

- 1 Whole grain English muffin (sliced in half)
- 1 Tbs Whipped cream cheese
- ¼ cup Thinly sliced fruits of choice
(REMEMBER AIM FOR COLOR)

Directions:

Spread cream cheese on English muffin and top with fruit.

- * Encourage children to be creative with their creation.*



KIDS IN THE KITCHEN

Did you know?

Cooking with children and letting them get creative in the kitchen boosts their language development along with imagination and enhances fine motor skills. It can also help children have a better attention span and increase their focus. It could also expand their palate and promote healthier eating habits.



Food Art

Ingredients:

- 4 Mini waffles
- 2-4 Strawberries
- ¼ -½ cup Raspberries or blueberries
- 1 Kiwi
- 1 orange
- 1 banana



Directions:

Have children use cookie cutters to create fun shapes out of cheese and bread slices, tortillas, fruits and vegetables. Encourage children to use their imagination and be creative.



Heart Health

Did you know?

- * The heart is a muscle.
- * The heart is the size of the fist.
- * The heart pumps blood to the lungs to pick up oxygen then pumps the oxygen out to the rest of the body.



Strawberry Roll

Ingredients:

- 1 Tbs Whipped Cream Cheese
- 1 Whole grain flour Tortilla
- ¼ cup Sliced fresh or frozen strawberries
- 1 tsp Strawberry jelly

Directions:

- Spread cream cheese on a tortilla.
- Spread jelly over
- Roll up tortilla.
- Enjoy!



SUMMERTIME

Did you know?

That temperature can change liquids to solids or solids to liquids? Taking away or adding heat changes the temperature of a solid or a liquid. When the temperature gets cold enough, it causes liquids to freeze, causing the liquid to turn into a solid. It causes liquids to freeze, causing the liquid to turn into a solid. Liquids can also change from a solid to a liquid. When the temperature gets warm enough the solid melts into a liquid.

Show your children this process by doing the recipe together. Show them the liquid prior to placing in the freezer, then show them the frozen product after being exposed to the cold temperature and has become frozen.



Pineapple, Orange Popsicles

Ingredients:

20 oz can Crushed Pineapple
(In its own juice)
12 oz orange juice
Wooden popsicle sticks



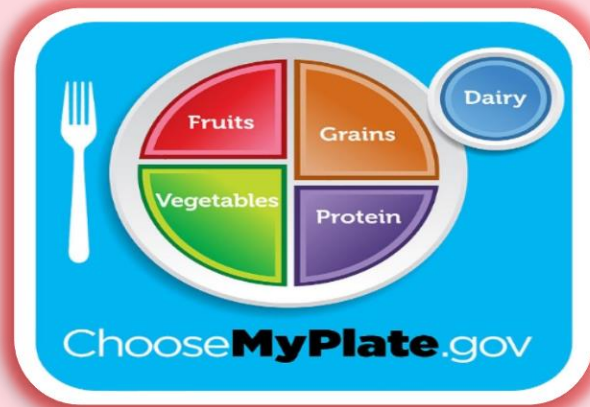
Directions:

Set 3oz disposable cups in a small tray.
Mix pineapple with the orange juice in a large pitcher. Pour into cups filling between 1/2 and 2/3 full. Place in freezer for 30 -45 minutes.
Remove from freezer and fill the remainder of cup with juice mixture and insert wooden stick in partially frozen pops and return to freezer for 2-4 hours or until completely frozen.

SMART SNACKING

Did you know?

Healthy snacks could help children from getting overly hungry and cranky between meals. It is important to remember to schedule snacks so children will still be hungry at mealtime. Snack time is a great opportunity to offer fruits and vegetables, along with other food groups such as grain, protein and dairy groups.



Apple "Nachos"

Ingredients:

- 1 medium apple of choice, either sweet or tangy (Granny Smith)
- 2 Tbs nut butter of choice (peanut, almond, sunflower)
- 1 tsp shredded unsweetened coconut flakes
- 1 tsp slivered almonds
- 1 tsp mini chocolate chips
- Sprinkle with cinnamon (optional)



Directions:

Adult - Core and thinly slice apple into $\frac{1}{4}$ " slices. Have children help arrange apple slices on a flat plate in a single layer around the outer edge, then layer another small layer over those towards the center. Drizzle the nut butter over the apple slices, add toppings and sprinkle with cinnamon.

CALCIUM & DAIRY FOODS

Did you know?

Choosing low-fat dairy products promotes bone strength and builds healthy teeth. Milk and dairy foods are rich in a lot of different vitamins and minerals, including Vitamin D and calcium plus many other important ones our bodies need.



Fruit Parfait

Ingredients:

- ¼ - ½ cup fruit of choice (fresh or frozen, no sugar added)
remember to aim for color
- ½ cup Greek yogurt, plain (the fruit will add flavor and natural sweetener)
- ¼ cup crushed low-sugar cereal of choice

Directions:

Have children add a scoop of yogurt in a transparent plastic cup. Next have them add the fresh or frozen fruit of choice and top cereal and repeat to build two layers.



PHYSICAL ACTIVITY MOVING the BODY

Did you know?

Regular physical activity and moving your body can improve brain function and protect memory in both children and adults. It helps your children do better in school and increases everyone's energy levels'. Physical activity can increase the production of hormones that can make you feel happier and help you sleep better. Overall, incorporating regular physical increases your chances of staying disease free and living longer. It's important to drink water and stay hydrated before, during and after exercising or playing outside.



Flavored Waters Strawberry, Mint Water

Ingredients:

1 cup strawberries,
washed and thinly sliced
2 Tbs mint leaves
8 cups water

Directions:

Combine all the ingredients
and let sit and chill in the refrigerator for a few hours.



Watermelon Water

Ingredients:

4 cups watermelon, diced
3 ½ cups water
Juice of 1 lime

Directions:

In a blender, combine all the
Ingredients. Blend until smooth.
Pour into a large pitcher and
chill for an hour before serving.



FAMILY MEALS

Did you know?

Studies have shown that eating meals together as a family generally have stronger relationships with each other, plus it provides parents with a good opportunity to teach children important skills. Meals are a time for socializing, conversation and sharing the day's events. Parents can work with their kids to develop healthy meal options that taste great and can also be a great opportunity to have kids help prepare meals as well.



Turkey Wrap

Ingredients:

- 1 Whole grain tortillas
- 2 oz Turkey slices
- 1 Slice cheese
- ¼ cup Shredded lettuce
- ¼ cup Diced tomatoes
- 1 tsp Ranch dressing



Directions:

Place tortilla flat on a plate, add ranch dressing and spread thin layer. Fill with turkey, cheese, lettuce and tomatoes. Roll up and enjoy.



**Thank you to the Parent/Child Incorporated
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feeding our children.**

