

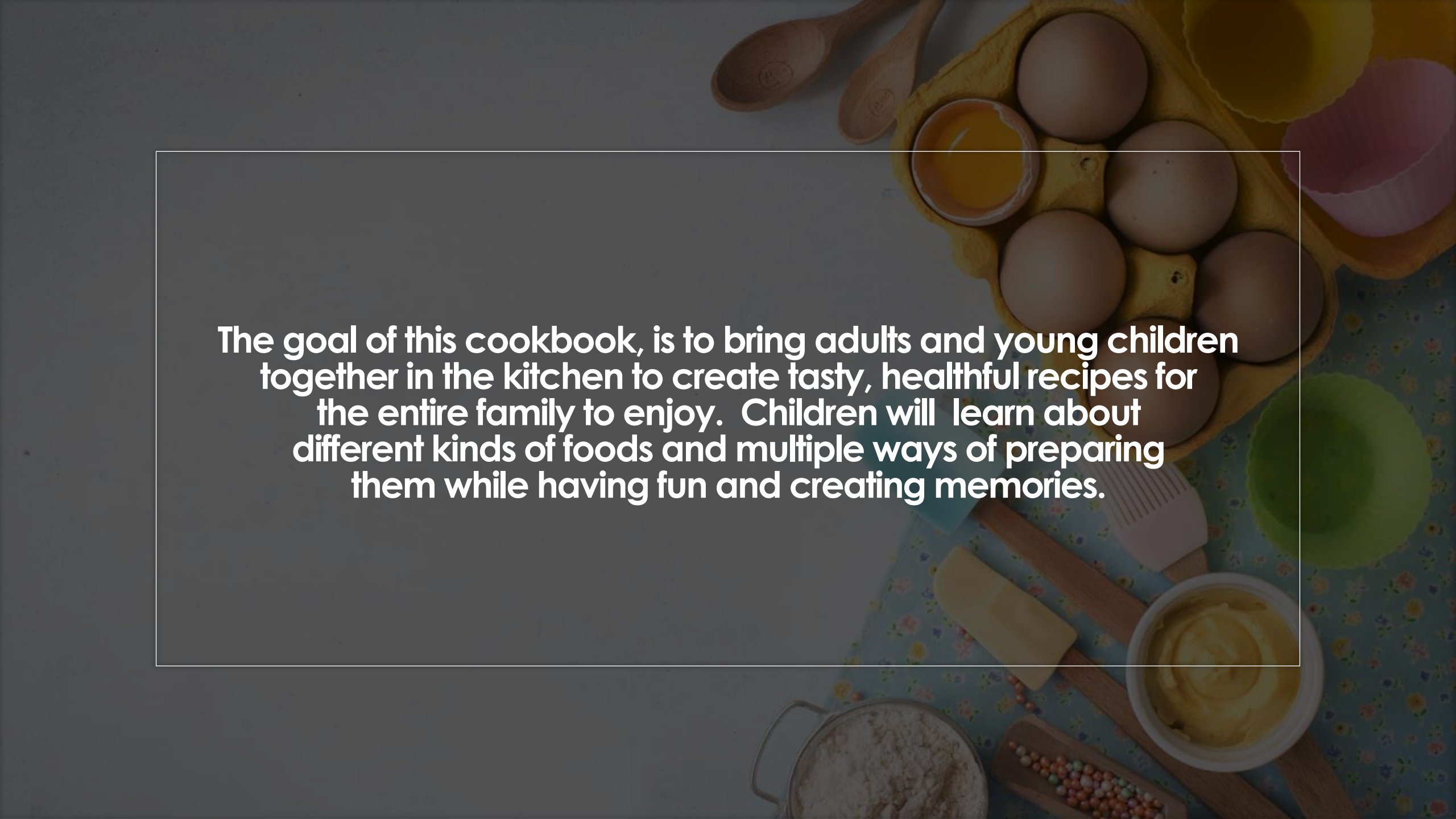
# YOU, ME & THE KITCHEN MAKES THREE



Parent Child Incorporated Family Friendly Cookbook Series  
Second Edition

Fun, Easy Foods the Whole Family will Enjoy





**The goal of this cookbook, is to bring adults and young children together in the kitchen to create tasty, healthful recipes for the entire family to enjoy. Children will learn about different kinds of foods and multiple ways of preparing them while having fun and creating memories.**



## **DID YOU KNOW?**

**WASHING YOUR HANDS CAN CUT DOWN ON GETTING SICK.  
IF YOU DON'T WASH YOUR HANDS WHEN THEY'RE GERMY,  
YOU CAN PASS THOSE GERMS TO YOUR FRIENDS AND FAMILY.  
YOUR HANDS CAN CARRY A LOT OF GERMS TO YOUR EYES  
AND MOUTH, SO REMEMBER TO WASH YOUR HANDS  
WITH SOAP AND WATER AND DO IT OFTEN.**



# Kitchen Safety

## 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

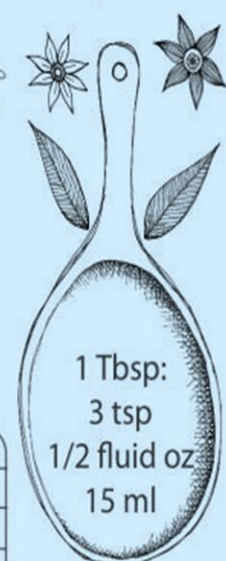
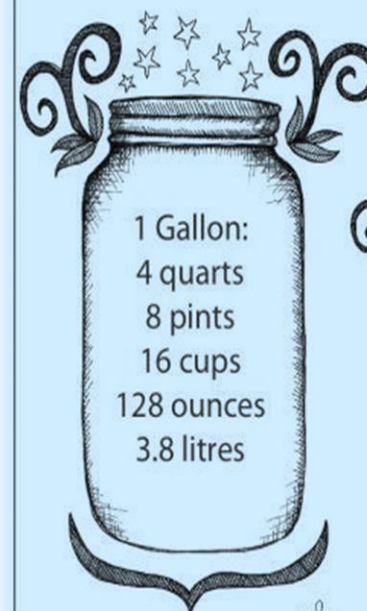
## COOK

- 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  $\leq 0^{\circ}\text{F}$ .

## At a glance... Kitchen Conversions



Other notes:



## APPLESAUCE

### INGREDIENTS:

4-5 Small apples  
1 Cup water  
2 Tablespoons lemon juice  
Cinnamon to taste.

### DIRECTIONS:

Peel (optional), core and slice apples into small chunks. Transfer to a large saucepan or pot. Add water, lemon juice, and cinnamon. Bring to a boil over high heat and then reduce the heat to low. Cover and let simmer 20-30 minutes until apples are soft. Puree using a blender (let cool before adding to blender), or food processor. Blend to desired consistency.





## FRUITY FUN SKEWERS

### INGREDIENTS:

Bamboo skewers or wooden popsicle sticks,  
Strawberries, blueberries, raspberries  
cantaloupe, watermelon bananas, apples  
or any fruits of choice.

### DIRECTIONS:

On skewers, or popsicle sticks, thread the fruit  
pieces to make a complete skewer of fruit.  
Have children get creative with building fruit  
skewers.

EAT AND ENJOY.



## YUMMY POLAR BEAR YOGURT BOWL

### INGREDIENTS:

1/2 Cup vanilla yogurt  
3 Slices banana  
3 Blueberries

### DIRECTIONS:

Cut three slices off the banana and place them in the yogurt- two for ears and one for nose.  
Place the blueberries as eyes and one on the banana slice for the nose.



## VANILLA YOGURT POPSICLES

### INGREDIENTS:

Small paper, or plastic cups or popsicle molds,  
and popsicle sticks if needed

1 Cup vanilla yogurt or flavor of choice

7-8 Strawberries, diced

$\frac{1}{2}$  Cup blueberries

### DIRECTIONS:

Wash produce and cut strawberries into small pieces. Place A few diced berries on bottom of each mold or cup. Follow with A few spoons of yogurt, filling about halfway. Top with more berries, then more yogurt, stopping when the mold is  $\frac{1}{2}$  inch away from being full. Insert popsicle stick into yogurt mixture. Place mold in freezer and freeze overnight or until fully frozen. (At least 4 hours)





## CRUNCHY BANANA STICKS

### INGREDIENTS:

1 Banana, peeled, cut in half  
 $\frac{1}{4}$  –  $\frac{1}{2}$  Cup yogurt, any flavor  
 $\frac{1}{4}$  Cup cereal, low in sugar, finely crushed  
2 Flat wooden sticks with round ends

### DIRECTIONS:

Carefully insert wooden sticks into each banana half. Have kids help with supervision. Children can insert wooden sticks into banana and dip in yogurt, then sprinkle with crushed cereal.



## HAPPY, SMILEY FACE

### INGREDIENTS:

1 Bagel  
1 Tablespoon cream cheese  
Few blueberries, strawberries or raspberries  
to make face.

### DIRECTIONS:

Spread cream cheese on bagel and  
decorate with a smiley face.



## EASY MUMMY PIZZA TOAST

### INGREDIENTS:

- 1 Slice bread
- 1 Black olive
- 1 Tablespoon tomato sauce
- 1 Mozzarella cheese stick or slice

### DIRECTIONS:

Toast bread in toaster oven.  
Slice cheese or peel cheese stick into 1/4 – inch strips. Set aside.  
Slice olive into 2 slices. Set aside.  
Spread tomato sauce on the toasted bread.  
Arrange the cheese on top of the pizza sauce.  
Place the black olives on top of the pizza sauce for the eyes.  
If would like cheese melted, place the mummy toast under the broiler to melt the cheese.





## TURKEY VEGGIE TRAY WITH HOMEMADE RANCH DIP

### INGREDIENTS:

1 Cup Plain Greek yogurt  
½ Packet dry ranch powder  
1 Black olive  
Water or milk to thin to desired consistency

### DIRECTIONS:

Combine ingredients and mix well  
arrange colorful vegetables on a tray  
around the small bowl.  
Alternate vegetable colors to create turkey  
feathers. Add two carrots for the turkey legs.  
Pour the homemade dip in the center bowl.  
Add olive slices for eyes, a tomato gobbler, and  
a piece of carrot for the nose.  
Serve on festive plates. Kids will love homemade  
dip....And eat all the veggies up!



## HAPPY DAY SMOOTHIE

### INGREDIENTS:

$\frac{1}{2}$  Cup plain Greek yogurt  
1 Cup pineapple juice  
1 Small banana (Frozen)  
 $\frac{1}{2}$  Cup frozen pineapple chunks

### DIRECTIONS:

Add all ingredients to a blender, mix on high until smooth.

**SERVE AND ENJOY!**

## Yogurt & Banana Ghost Pops



## GHOST BANANA POPS

### INGREDIENTS:

1 Banana  
6 Dark chocolate chips  
½ Cup plain Greek yogurt  
2 Wooden popsicle sticks

### DIRECTIONS:

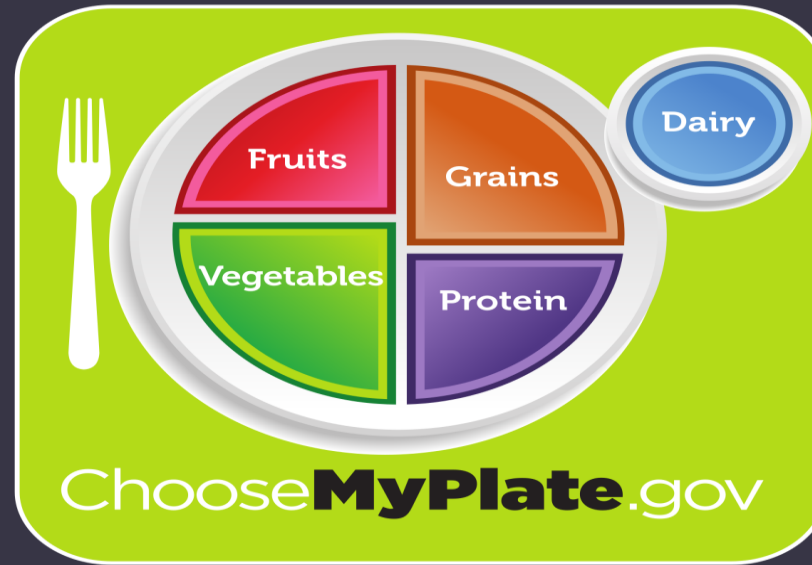
Cut banana into 2 halves and insert popsicle stick into the cut end. Dip each half into Greek vanilla yogurt. Add dark chocolate chips to create ghost face. Place in freezer for 1 hour and enjoy.





**THANK YOU TO THE PCI NUTRITION DEPARTMENT  
AND ALL WHO ARE INVOLVED IN  
FEEDING OUR CHILDREN.**





ENJOY THE TASTE OF EATING RIGHT,  
WHILE HAVING FUN IN THE KITCHEN &  
COOK UP SOME MEMORIES!