

# COOKING WITH KIDS



**Simple recipes  
for young chefs**



# READY TO GET COOKING?

The 12 recipes in this guide are tasty and fun to make. Plus, they're designed with children in mind. So grab an extra chef's hat, dust off that apron, and pick a recipe!

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The serving sizes throughout the cookbook may vary based on your child and their age. Talk with your child's dietitian or healthcare provider to determine an appropriate serving size.

# 5

## Reasons to Get Children Involved in the Kitchen



### 1 It may help them become less picky eaters

This can be good if you're trying to introduce more nutritious foods into their diet.

### 2 Learning at an early age can help with culinary independence down the road

Teaching your child important kitchen skills today could help them hit the ground running later in life.

### 3 Cooking can provide a confidence boost

Children love to show off what they create, and that can apply to meals they make, too.

### 4 Being involved in the kitchen can enhance other skills

Measuring ingredients, counting steps, and going over recipes are just a few of the ways children can practice skills such as math and reading.

### 5 It's a great opportunity to bond

Cooking together gives you both a chance to slow down a bit from a hectic day and spend some much-needed time together.

# There's a **TOOL** for every job!

Take a look below for all the tools you'll need to cook the recipes in this book. Don't worry about grabbing them all now. Each recipe has a specific list.



## Ready to start your next masterpiece?

Make sure you get an adult to put on an apron and help you cook.



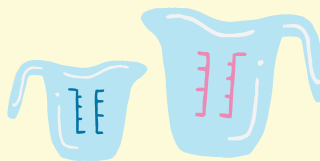
Mixing bowl



Spoon



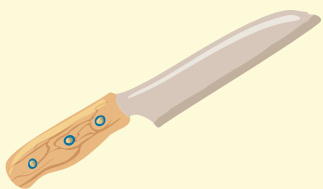
Fork



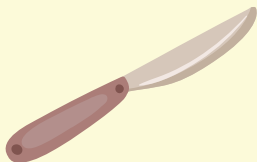
Measuring cups



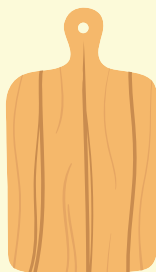
Measuring spoons



Knife  
for cutting



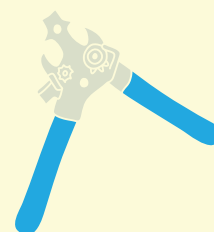
Knife  
for spreading



Cutting board



Canning jar



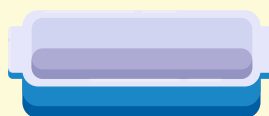
Can opener



Blender/hand  
blender



Frying pan



Baking pan



Spatula



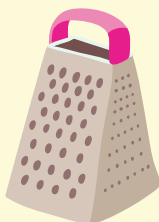
Shallow bowl



Whisk



Muffin tin



Cheese grater



Saucepan



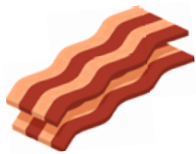
Casserole dish

When is a child ready to chop, grate, or fry? That's up to you! Use your best judgment when deciding which kitchen jobs are right for your little sous-chef.

# Cook it **YOUR WAY**

Cooking is all about creating meals you like to eat. Sometimes that means making small changes to a recipe. Maybe you prefer one ingredient over another, you don't have something on hand, or you just want to make your meal a bit healthier.

**Here are a handful of swaps to consider  
based on the recipes in this book**



Bacon

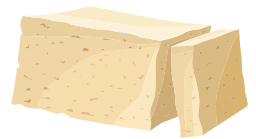


Turkey bacon

Chicken



Tofu



Mayonnaise



Greek yogurt

Heavy cream



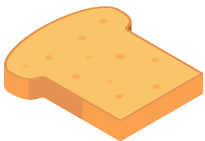
Whole milk



Refried beans



Black beans



White bread



Whole grain bread



Peanut butter



Sunflower butter

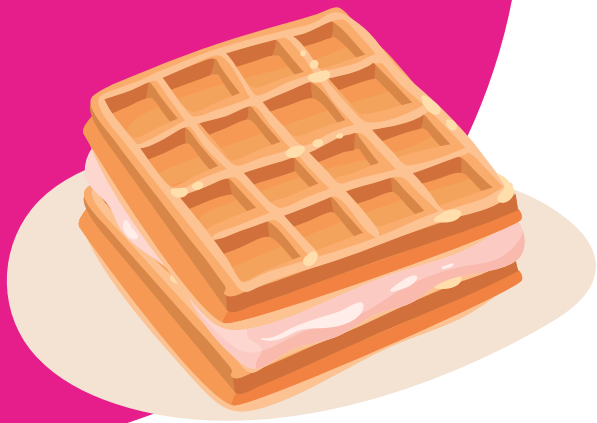
Syrup



Fresh fruit



Keep in mind that any time you change recipe ingredients, it may change the nutritional content.



# Strawberry-Ricotta Waffle Sandwich

1	TOTAL SERVING	12	GRAMS OF PROTEIN PER SERVING
318	CALORIES PER SERVING	43	GRAMS OF CARBOHYDRATE PER SERVING
14	GRAMS OF FAT PER SERVING	16	GRAMS OF SUGARS PER SERVING

## TOOLS



## INGREDIENTS

- ¼ cup whole-milk ricotta cheese
- 1 teaspoon fresh mint or basil, chopped
- ½ teaspoon vanilla extract
- 2 teaspoons maple syrup
- 2 frozen whole-grain waffles, toasted
- ½ cup fresh strawberries, sliced

**DID YOU KNOW?** Recipes sometimes shorten measurements:

Tsp = teaspoon  
Tbsp = tablespoon

## DIRECTIONS

- 1 Grab a small bowl and mix together the ricotta, mint (or basil), and vanilla.
- 2 Measure out 2 tablespoons of maple syrup and drizzle onto both waffles.
- 3 Top one waffle with the ricotta mixture and strawberries.
- 4 Cover with the other waffle.

**KIDS' ZONE**



**Ready, set, dunk! If you're a syrup lover, set aside a little bowl for dipping.**

# Peanut Butter-Banana Cinnamon Toast

<b>1</b> TOTAL SERVING	<b>16</b> GRAMS OF PROTEIN PER SERVING
<b>532</b> CALORIES PER SERVING	<b>77</b> GRAMS OF CARBOHYDRATE PER SERVING
<b>19</b> GRAMS OF FAT PER SERVING	<b>28</b> GRAMS OF SUGARS PER SERVING



## TOOLS



## INGREDIENTS

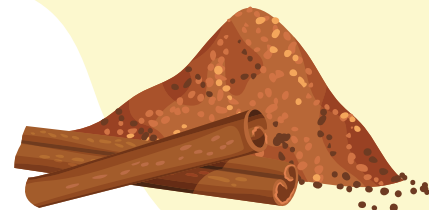
- 2 slices whole-wheat bread
- 2 small bananas
- 2 tablespoons peanut butter
- Cinnamon, to taste

## DIRECTIONS

- 1** Toast the bread.
- 2** While the bread is toasting, slice the bananas.
- 3** Spread toast with peanut butter.
- 4** Add banana slices.
- 5** Sprinkle with as much cinnamon as you like!



Turn your breakfast into a masterpiece. Have a little fun with the cinnamon. Maybe try to sprinkle it on in a pattern?







# Raspberry Orange Smoothie

2	TOTAL SERVINGS	6	GRAMS OF PROTEIN PER SERVING
275	CALORIES PER SERVING	32	GRAMS OF CARBOHYDRATE PER SERVING
15	GRAMS OF FAT PER SERVING	20	GRAMS OF SUGARS PER SERVING

## TOOLS



## INGREDIENTS

- ¾ cup frozen raspberries
- ½ cup orange juice
- ½ cup heavy cream
- ¾ cup whole milk or buttermilk
- 3 tablespoons oats
- 1 tablespoon honey
- Additional whole milk (optional, for thinning the smoothie)

**DID YOU KNOW?** Traditional buttermilk is the liquid left over after making butter.

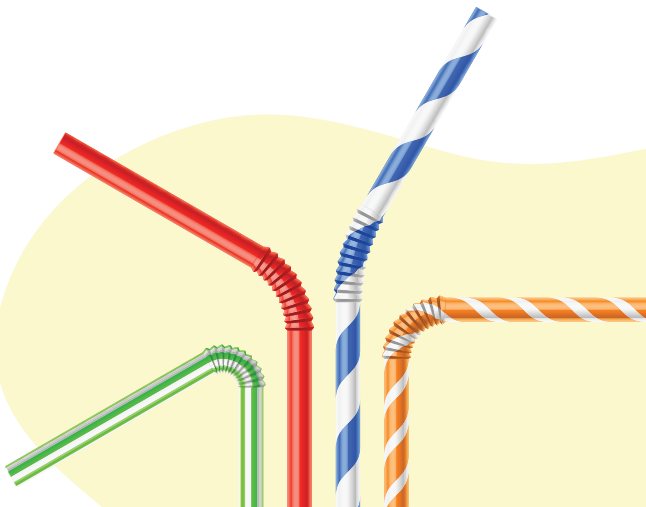
## DIRECTIONS

- 1 Remove raspberries from the freezer and let them defrost until softened. It should only take a few minutes.
- 2 Place the orange juice, heavy cream, whole milk (or buttermilk), and oats in a blender (or in a bowl for a hand blender, if using).
- 3 Add the raspberries and blend until creamy.
- 4 Top with 1 tablespoon of honey for a little extra sweetness.

**TIP** Before the blender whirs to life, take a second to remind your chef-in-training how sharp the blades can be.



Not a fan of a milk mustache? If you add some extra milk or water to your smoothie, you can make it thin enough to use a straw.





# Apple Mini Fruit Pizza Slices

<b>8</b> TOTAL SERVINGS	<b>4</b> GRAMS OF PROTEIN PER SERVING
<b>180</b> CALORIES PER SERVING	<b>16</b> GRAMS OF CARBOHYDRATE PER SERVING
<b>13</b> GRAMS OF FAT PER SERVING	<b>12</b> GRAMS OF SUGARS PER SERVING

## TOOLS



## INGREDIENTS

- 1 apple
- 8 tablespoons almond butter
- 8 tablespoons mini chocolate chips
- 4 teaspoons chopped pistachios (salted and roasted)
- 4 teaspoons honey

## DIRECTIONS

- 1** Slice apple crosswise into 8 pieces (1/4 inch thick).
- 2** Remove seeds—no one wants these in a pizza!
- 3** Spread each apple slice with 1 tablespoon almond butter.
- 4** Top each apple slice with 1 tablespoon chocolate chips, 1/2 teaspoon pistachios, and 1/2 teaspoon honey.

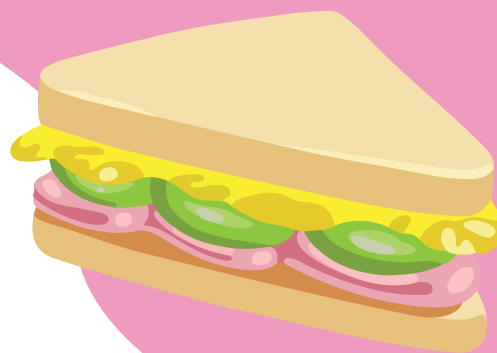
**TIP** To get children comfortable with cutting, build up their knife skills. Start with a butter knife and soft foods, then work up to more advanced chopping and slicing techniques.



We all know that toppings are the best part of pizza! Build it up the way you like for lots of crunchiness.

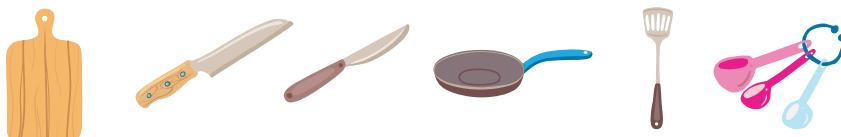
**CRUNCH!**

# Grilled Cheese With Turkey, Apples, and Bacon



4	TOTAL SERVINGS	22	GRAMS OF PROTEIN PER SERVING
505	CALORIES PER SERVING	36	GRAMS OF CARBOHYDRATE PER SERVING
34	GRAMS OF FAT PER SERVING	9	GRAMS OF SUGARS PER SERVING

## TOOLS



## INGREDIENTS

- 4 slices bacon
- 8 slices sourdough bread (or your favorite bread type) sliced about ½ inch thick
- 4 tablespoons butter, softened
- 4 ounces extra sharp cheddar, shredded (*Extra sharp cheddar just means it has a stronger flavor.*)
- 8 slices turkey
- 1 Granny Smith apple, cored and thinly sliced

## DIRECTIONS

- 1** Cook bacon according to package instructions and let cool.
- 2** Place the bacon on a cutting board and roughly chop.
- 3** Lay out 8 slices of bread on the counter or cutting board.
- 4** Spread ½ tablespoon of butter on each of the 8 slices, then turn the slices over.
- 5** Top 4 slices of bread with cheese, 2 slices of turkey, 2–3 slices of apple, and add some more cheese.

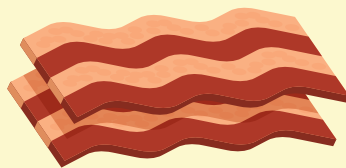


Don't stop cooking! There's more to this recipe on the next page.



- 6 Cover each sandwich with the remaining 4 slices of bread (buttered side up).
- 7 Place 2 sandwiches in a nonstick frying pan, grill pan, or sandwich press if you have one.
- 8 Cook over medium-low heat until golden brown and cheese begins to melt, being careful not to burn the sandwich.
- 9 Flip with a spatula and cook the other side, until golden brown and the cheese melts.
- 10 Repeat with the last 2 sandwiches.
- 11 Cut each sandwich in half and serve hot.

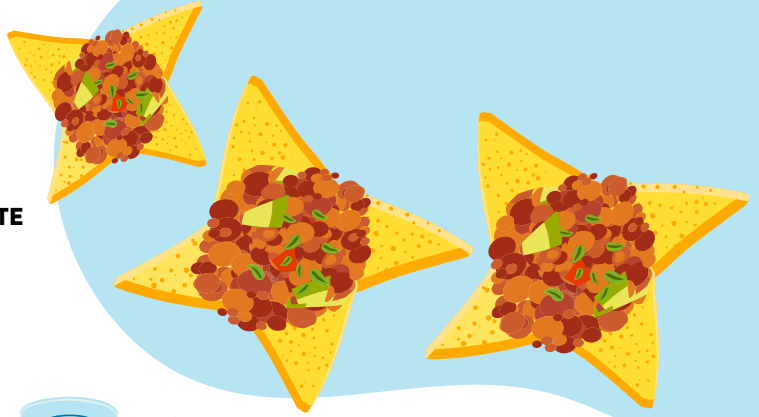
**TIP** *Pans stay hot for a while after cooking. You can demonstrate how to avoid burns by placing a small kitchen towel on the handle, so it's clearly marked as hot.*



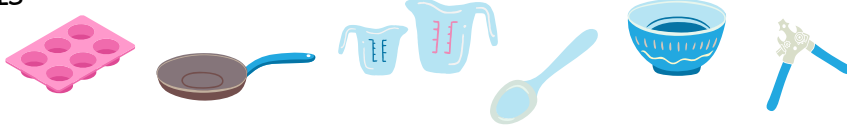
**The chef always tries their food! Don't be afraid to give your ingredients a taste as you're cooking. Who else can make sure the bacon is crispy and the cheese is shredded to perfection? Just make sure any raw meat or eggs are fully cooked before you dive in.**

# Muffin Tin Tostadas

<b>6</b> TOTAL SERVINGS	<b>20</b> GRAMS OF PROTEIN PER SERVING
<b>387</b> CALORIES PER SERVING	<b>36</b> GRAMS OF CARBOHYDRATE PER SERVING
<b>19</b> GRAMS OF FAT PER SERVING	<b>3</b> GRAMS OF SUGARS PER SERVING



## TOOLS



## INGREDIENTS

- 12 (6-inch) corn tortillas
- 1 cup salsa
- Your favorite toppings, such as cilantro, sour cream, tomatoes, lettuce, avocado, etc.
- Cooking spray
- 1 can (16 ounces) refried beans (*the bean so nice they cooked it twice!*)
- 2 cups leftover or rotisserie chicken, shredded
- 1 cup shredded cheddar cheese

## DIRECTIONS

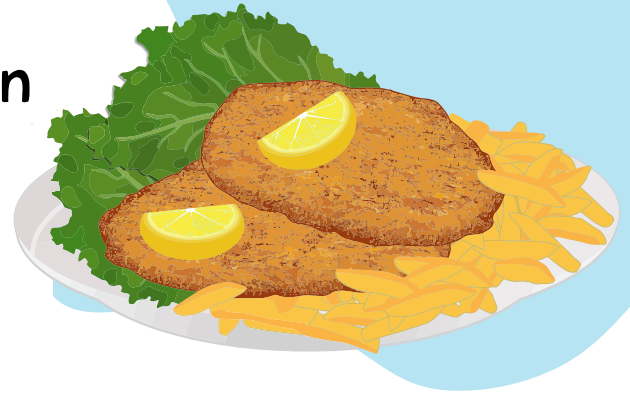
- 1** Preheat oven to 425°F.
- 2** Warm tortillas in a sauté pan.
- 3** Spray 12 muffin cups with cooking spray.
- 4** Press warm tortillas into the muffin cups.
- 5** Spray tortillas with a light coating of cooking spray.
- 6** Bake until lightly browned, about 7 minutes.
- 7** Toss chicken with salsa.
- 8** Layer each cup with beans, chicken mixture, and cheese.
- 9** Place back in the oven and bake until heated through, about 10 minutes.
- 10** Serve with toppings as desired.



**Holy guacamole!**  
Nothing goes better  
with a tostada than some guac.  
Ask an adult to help you make the  
[guacamole recipe](#) on [EverydayCF.com](#).

**TIP** Filling the muffin tin is the perfect job for your little helper. They can practice scooping and measuring.

# Breaded and Baked Chicken



<b>4</b> TOTAL SERVINGS	<b>54</b> GRAMS OF PROTEIN PER SERVING
<b>686</b> CALORIES PER SERVING	<b>5</b> GRAMS OF CARBOHYDRATE PER SERVING
<b>49</b> GRAMS OF FAT PER SERVING	<b>1</b> GRAM OF SUGARS PER SERVING

## TOOLS



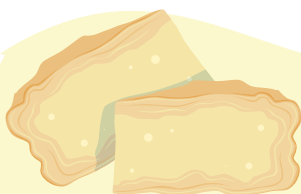
## INGREDIENTS

- 1 egg
- 4 (6-ounce) boneless, skinless chicken breasts
- ½ cup seasoned bread crumbs
- ¼ cup vegetable oil
- 6 ounces mozzarella cheese, grated
- 1 teaspoon parsley flakes
- ⅔ cup Parmesan cheese, grated
- 1 ½ cups heavy cream

## DIRECTIONS

- 1** Preheat oven to 350°F.
- 2** Beat egg in a bowl.
- 3** Pour bread crumbs into separate bowl. Dip chicken into the egg and then bread crumbs next, coating it evenly.
- 4** Heat oil in a skillet over medium-high heat and brown chicken until it is no longer pink in the middle.
- 5** Place chicken in a casserole dish and top each piece with 1 ½ ounces of mozzarella cheese.
- 6** Mix together parsley flakes, Parmesan cheese, and heavy cream; pour over the chicken.
- 7** Bake for 25 minutes.

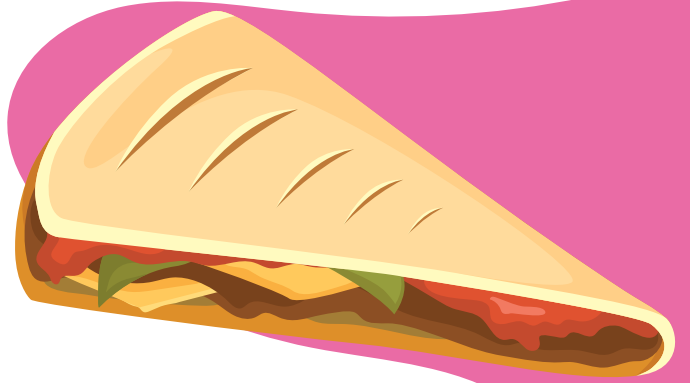
**TIP** Working with raw chicken is a good time to teach children about kitchen hygiene. Be sure to wash your hands often. While the chicken bakes, clean any bowls, cutting boards, knives, and counters that touched the raw chicken.



**Want your chicken extra cheesy? Add in a bit more mozzarella or Parmesan.**

# Chicken Quesadilla

**2** TOTAL SERVINGS  
**581** CALORIES PER SERVING  
**17** GRAMS OF FAT PER SERVING  
**72** GRAMS OF PROTEIN PER SERVING  
**32** GRAMS OF CARBOHYDRATE PER SERVING  
**5** GRAMS OF SUGARS PER SERVING



## TOOLS



## INGREDIENTS

- 1 tablespoon butter, room temperature
- 2 tortillas
- ¼ cup Mexican cheese, shredded
- 1 pound precooked chicken
- 1 white onion, chopped
- 1 green bell pepper, chopped
- Spoonful of salsa (optional)

## DIRECTIONS

- 1** Heat a skillet on medium heat.
- 2** Spread butter on 1 side of a tortilla.
- 3** Place the tortilla facedown in the skillet.
- 4** Spread the shredded cheese evenly on 1 side of the tortilla in the pan.
- 5** Add some of the chicken, onion, and green bell pepper to the tortilla on top of the cheese.
- 6** Once the bottom of the tortilla is golden brown and the cheese is melted, fold it in half.
- 7** Slide the quesadilla onto a plate and cut into sections.
- 8** Repeat steps with other tortilla.
- 9** Enjoy with salsa or some of your other favorite toppings.

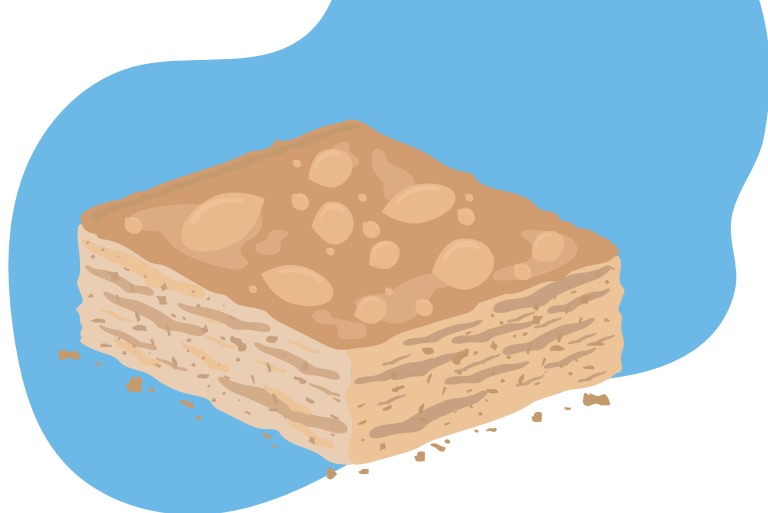


**Onions are nothing to cry about! A chemical inside of them can make your eyes water. Try placing them in the fridge 30 minutes before chopping to reduce your tears.**



# Peanut Butter Blondies

<b>12</b> TOTAL SERVINGS	<b>7</b> GRAMS OF PROTEIN PER SERVING
<b>272</b> CALORIES PER SERVING	<b>33</b> GRAMS OF CARBOHYDRATE PER SERVING
<b>14</b> GRAMS OF FAT PER SERVING	<b>20</b> GRAMS OF SUGARS PER SERVING



## TOOLS



## INGREDIENTS

- 5 tablespoons butter
- 1 cup brown sugar
- $\frac{3}{4}$  cup creamy peanut butter (plus extra for icing, optional)
- 2 teaspoons vanilla
- 2 eggs
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup oat bran (find it in the oatmeal aisle)
- 1 cup all-purpose flour
- $\frac{1}{2}$  cup peanut butter chips (optional, but very delicious!)
- Powdered sugar (optional)

## DIRECTIONS

- 1** Preheat oven to 325°F.
- 2** Grease the bottom—not the sides—of a 9x13-inch pan.
- 3** In a saucepan over medium-low heat, melt the butter and brown sugar. Remove from heat and allow the mixture to cool a bit.
- 4** Whisk in the peanut butter, vanilla, eggs, and salt.
- 5** Add the oat bran and flour and mix until combined.
- 6** Mix in the peanut butter chips, if using, then pour into the prepared baking pan.
- 7** Bake for 30 minutes.
- 8** Check if it's ready by inserting a toothpick. If it comes out clean, it's ready.
- 9** Allow the pan to cool.
- 10** Frost with peanut butter or dust with powdered sugar if you want extra sweet, peanut-buttery goodness.

**TIP** Long bakes are a great opportunity to teach children all about patience in the kitchen. The tastiest masterpieces take time!



# Avocado Chocolate Mousse

<b>4</b> TOTAL SERVINGS	<b>6</b> GRAMS OF PROTEIN PER SERVING
<b>348</b> CALORIES PER SERVING	<b>29</b> GRAMS OF CARBOHYDRATE PER SERVING
<b>27</b> GRAMS OF FAT PER SERVING	<b>14</b> GRAMS OF SUGARS PER SERVING

## TOOLS



## INGREDIENTS

- 4 ounces chopped semisweet chocolate (or chocolate chips, at least 60% dark, about ½ cup plus 2 tablespoons)
- 2 large ripe avocados, about 8 ounces each
- 3 tablespoons unsweetened cocoa powder
- ¼ cup unsweetened almond milk
- 1 teaspoon pure vanilla extract
- ⅛ teaspoon kosher salt
- 1–3 teaspoons light agave nectar or maple syrup (optional)
- For serving: fresh raspberries, sliced strawberries, whipped cream (or whipped coconut cream to keep vegan), and chocolate shavings

## DIRECTIONS

- 1** Place the chopped chocolate or chocolate chips in a microwave-safe bowl and microwave in 15-second bursts, stirring between each.
- 2** Watch carefully so the chocolate does not burn. When the chocolate is almost fully melted, remove it from the microwave and stir until smooth. Set aside and let cool.
- 3** Cut the avocados in half and remove the pits.
- 4** Scoop out the insides of the avocados into a food processor or a blender.
- 5** Add the melted chocolate, cocoa powder, almond milk, vanilla extract, and salt.
- 6** Blend until very smooth and creamy. Scrape down the food processor or blender as needed.
- 7** Taste and add a few teaspoons of agave or maple syrup for additional sweetness.
- 8** Use a spoon to add the mixture to your serving glasses.
- 9** Serve topped with raspberries, strawberries, cream, and chocolate shavings.





## Trail Mix

<b>10</b>	<b>TOTAL SERVINGS</b>	<b>9</b>	<b>GRAMS OF PROTEIN PER SERVING</b>
<b>330</b>	<b>CALORIES PER SERVING</b>	<b>26</b>	<b>GRAMS OF CARBOHYDRATE PER SERVING</b>
<b>23</b>	<b>GRAMS OF FAT PER SERVING</b>	<b>17</b>	<b>GRAMS OF SUGARS PER SERVING</b>

### TOOLS



### INGREDIENTS

- $\frac{3}{4}$  cup cashews
- 1 cup walnuts
- 1 cup raisins
- $\frac{3}{4}$  cup peanuts
- $\frac{3}{4}$  cup shredded coconut
- $\frac{3}{4}$  cup chocolate chips  
(It might be a good idea to start with a little extra, just in case some “go missing.”)

### DIRECTIONS

- 1** Mix all ingredients in a large bowl.
- 2** Store in an airtight container and put it in the fridge.



It's called trail mix for a reason! It makes the perfect snack for a walk in the park or a short hike. Where will your trail mix take you?



# Summer Berry Parfait

**1** TOTAL  
SERVING

**521** CALORIES  
PER SERVING

**14** GRAMS OF FAT  
PER SERVING

**18** GRAMS OF PROTEIN  
PER SERVING

**87** GRAMS OF CARBOHYDRATE  
PER SERVING

**55** GRAMS OF SUGARS  
PER SERVING

## TOOLS



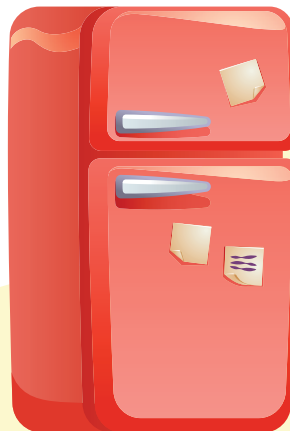
## INGREDIENTS

- 1 (6-ounce) container of yogurt
- $\frac{3}{4}$  cup strawberries
- $\frac{3}{4}$  cup blueberries
- $\frac{1}{3}$  cup granola
- $\frac{1}{2}$  banana, sliced
- 1 tablespoon wheat germ (it's OK to make this optional!)

## DIRECTIONS

**1** Layer  $\frac{1}{4}$  cup strawberries,  $\frac{1}{4}$  cup blueberries,  $\frac{1}{3}$  of the yogurt,  $\frac{1}{3}$  tablespoon wheat germ (if using),  $\frac{1}{3}$  of the sliced banana, and nearly 2 tablespoons of granola in a canning jar.

**2** Repeat until all the ingredients are used.



**KIDS' ZONE**

Try making a bunch of these parfaits for the week at 1 time, and store them in the fridge so you can grab and go! And if you add a few chocolate chips on Friday, that can be your little secret.



# Everyday **CF**

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MORE KID-FRIENDLY RECIPES.**