



Cooking with Family!

TIPS TO MAKE THE MOST OF MEAL TIME WITH FAMILY

- 1. Make meal time easy!** Try to plan ahead menus for the week, get ingredients that can be used in multiple meals, and keep your kitchen stocked with quick-to-fix foods like rice, pasta, beans, and frozen or canned favorite fruits and vegetables!
- 2. Get the whole family involved from start to finish!** Family members can be assigned different jobs to make a speedy meal! Adults can be in charge of the entrée, older kids can make a salad and little ones can help set the table, safely stir ingredients, or wash fruits and vegetables. Start slow and give your child time to master each task.
- 3. Make meal-time fun!** Have your children pick a theme night like a fiesta night with tacos or Italian night with pasta or home-made pizza!
- 4. Remember to practice food safety!** Have everyone wash their hands with soapy water for at least 20 seconds and use clean surfaces and utensils after each use when making meals

COOKING TASKS FOR KIDS!

AGES 3-5 Kids are still fine tuning motor skills at this age! Give tasks focused on mashing, grabbing, and tearing ingredients.

Wash fruits and vegetables, tear lettuce for salads, squeeze lemons, gentle stirring, mash ingredients, knead dough, spread sauce

AGES 5-7 Coordination and motor skills are more developed! This is a great time to introduce them to recipes since they are just starting to read and write.

Set table, scoop batter, measure and count items, mix dry ingredients, crack and whisk eggs, chop soft fruits and veggies with a small "kid-friendly" pairing knife, read along with recipes

AGES 8-12 Kids are becoming more independent at this age! Lay out ingredients and give them simple recipes to follow.

Make sandwiches, toast bread, peel veggies, use can opener

AGES 13 & Up Teens may be ready to master different equipment in the kitchen. Make sure they know proper safety skills before starting.

Make recipes on the stove, bake on their own, use a blender, food processor, designate them as lead cook on one night of the week if they have mastered their kitchen skills!

Remember children develop and learn at their own pace so adjust the suggestions to suit your little one's skills! Always remember to supervise and teach your children about kitchen safety!

WHY IS COOKING WITH FAMILY IMPORTANT?

- Allow parents to be role models to create a supportive environment that encourages healthy eating!
- Teaches children that taking the time and effort to eat together as a family is important!
- Children will become more familiar and are more likely to try new foods like fruits and vegetables when they help prepare them!
- Helps provide quality family time to tune into your loved ones without any distractions!

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Chicken Cabbage Stir-Fry

GATHER THE FAMILY TO COOK AND ENJOY THIS DELICIOUS, SIMPLE MEAL TOGETHER!

MAKES 6 SERVINGS | SERVING SIZE: 1 CUP

INGREDIENTS

3 chicken breast halves
1 teaspoon oil
3 cups green cabbage, shredded (1/2 head)
1 Tablespoon cornstarch
1/2 teaspoon ground ginger
1/4 teaspoon garlic powder or 1 clove garlic finely chopped
1/2 cup water
1 Tablespoon soy sauce

DIRECTIONS

Cut chicken breasts into strips.
Heat oil in a skillet over medium-high heat (350 degrees in an electric skillet).
Add chicken strips and stir fry, turning constantly until done.
Add cabbage and sauté 2 minutes until cabbage is crisp-tender. Mix cornstarch and seasonings; add water and soy sauce, and mix until smooth. Stir sauce into chicken/cabbage mixture. Cook until sauce has thickened and chicken is coated, about 1 minute. Refrigerate leftovers within 2 hours.

Notes: Add bell peppers, carrots, broccoli, or any other favorite veggies for more color and you guessed it... nutrients!



Did you know cabbage is fat free, low calorie, and a great source of vitamin C!?



For Dessert Try...

Yogurt Parfaits

MAKES 8 SERVINGS | SERVING SIZE: 1 CUP

INGREDIENTS

2 cups fresh fruit or unsweetened frozen fruit (thawed, drained, and cut up)
2 cups low fat yogurt or Greek yogurt
Optional toppings -4 tablespoons raisins, dried fruit, chopped nuts, sunflower seeds, crunchy cereal, or granola

DIRECTIONS

Wash fruit and cut into bite sized chunks or thaw and drain frozen fruit.
Put 1/4 cup fruit into bottom of four bowls. Top with 1/4 cup yogurt. Add another 1/4 cup fruit and top with 1/4 cup yogurt.
Top with optional ingredients if desired.
Chill until ready to serve.



Our Favorite Family Friendly Recipes!

Ingredients

8 cups bread cubes; try whole grain bread
2 cups fruit, sliced or chopped- fresh, frozen or canned
4 eggs, slightly beaten
1 cup milk
2 teaspoons vanilla
1/4 cup sugar
For Topping:
1/4 cup margarine or butter, softened
1/4 cup sugar
1/2 cup flour (all-purpose or whole wheat)

Fruit Pizza

MAKES 2 SERVINGS | SERVING SIZE: 1/2 ENGLISH MUFFIN

Ingredients

1 English Muffin (try whole grain)
2 Tablespoons reduced fat or fat-free cream cheese (see notes)
2 Tablespoons sliced strawberries
2 Tablespoons blueberries
2 Tablespoons crushed pineapple

Directions

Lightly oil or spray an 8" x 8" baking dish. Add bread cubes and fruit.
In a medium bowl, blend eggs, milk, vanilla, and sugar.
Pour over bread cubes and fruit. Stir gently to wet all bread with egg mixture.
Cover and refrigerate until all liquid is absorbed (30 mins)
Preheat oven to 350 degrees F.
Make the topping: In a small bowl, combine the softened margarine, sugar, and flour with a fork until crumbly. Uncover the casserole and sprinkle topping over fruit. Bake until completely set, and starting to brown, (160 degrees F in the center), about 35-40 minutes.
Notes
Variations: For the fruit, try peaches, pears, berries or diced apples. Lightly sprinkle with cinnamon or other spices such as nutmeg, ground cloves, allspice or cardamom at the end of step 2. Try topping with a spoonful of yogurt when serving.

Directions

Split open the English muffin and toast the halves until lightly browned.
Spread cream cheese on both halves.
Divide the fruit between the two muffin halves and arrange on top of cream cheese.

Notes

Use any combination of fruit for topping the pizza, such as apples, raisins, pears or peaches.
No cream cheese? Try peanut butter, sunflower seed butter, or any yogurt! Sprinkle with nuts or seeds for added crunch.

Fruity French Toast Casserole

MAKES 8 SERVINGS | SERVING SIZE: 1 CUP

Ingredients

2 medium or 3 small zucchini
1/2 cup tomato based pasta sauce
1/2 cup shredded mozzarella cheese
2 Tablespoons parmesan cheese

Directions

Heat oven to 350 degrees.
Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.
Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown.

Zucchini Pizza Boats

MAKES 6 SERVINGS | SERVING SIZE: 1 ZUCCHINI HALF

Mexican Vegetable and Beef Skillet

MAKES 8 SERVINGS | SERVING SIZE: 1 CUP

Ingredients

1/2 pound lean ground beef (15% fat)
3/4 cup onion, chopped (3/4 medium onion)
1 cup uncooked white rice
1 can (15 ounces) diced tomatoes (about 2 medium fresh tomatoes)
1 1/2 cups vegetables fresh, frozen, or canned and drained (try one or more- zucchini, bell pepper, broccoli, corn, cauliflower)
1 3/4 cups water
1 1/2 teaspoons chili powder, 1 Tablespoon oregano, and 1 teaspoon salt
1/2 cup (2 ounces) shredded cheese

Directions

Cook beef in a large skillet over medium-high heat (350 degrees in an electric skillet) until no longer pink. Drain fat.
Add onion and cook until soft, about 3 to 5 minutes.
Add rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil.
Reduce heat to medium low (250 degrees in an electric skillet). Cover, and simmer for 20 minutes or until rice is cooked. Add more water if needed.
Remove from heat. Sprinkle with cheese and cover for 1 to 2 minutes to allow cheese to melt.
Notes
Try brown rice and simmer for 20 more minutes.
Try ground turkey or 1 1/2 cups of cooked beans (a 15-ounce can, drained and rinsed) in place of beef.
For extra flavor, in step 3 add 1/4 teaspoon pepper and 1 teaspoon garlic powder or 4 cloves of minced garlic.

One Pan Chicken Alfredo

MAKES 9 SERVINGS | SERVING SIZE: 3/4 CUP

Directions

In a skillet over medium-high heat, brown chicken in oil.
Add flour, broth, milk, spices and pasta to skillet and stir well.
Bring to a boil; cover; reduce heat; simmer until pasta is almost tender, stirring occasionally.
Add broccoli, cover, and cook until broccoli is tender.
Remove from heat and stir in cheese.
Notes Use whole wheat pasta instead to increase fiber and make this a whole grain meal.

Ingredients

1 large chicken breast, cubed (about one cup)
2 Tablespoons oil
2 Tablespoons flour
1 3/4 cups chicken broth
1 3/4 cups nonfat or 1% milk
1 teaspoon garlic powder, 1/2 teaspoon onion powder, and 1/2 teaspoon dried basil
3 cups dry penne pasta
2 cups broccoli, chopped (fresh or frozen)
1 cup grated parmesan cheese

Ranch Dip

MAKES 2 CUPS | SERVING SIZE: 2 TABLESPOONS

Ingredients

1 cup low-fat cottage cheese
1 cup low-fat plain yogurt, depending on thickness desired
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon garlic powder or 2 cloves garlic, minced
1/2 teaspoon onion powder
2 sprigs of parsley, chopped or 1 teaspoon dried parsley flakes

Directions

For a chunky dip, mix cottage cheese, yogurt and seasonings of your choice in a bowl.
For a smoother dip, mash cottage cheese with a fork before adding yogurt and seasonings.
For a smooth dip, blend all ingredients in a blender.

Notes Serve with your favorite fresh vegetables!

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