

Four free easy-to-make kid-friendly recipes
Plus
a full year of product discounts
from kids cooking expert
and best-selling cookbook author

Barbara Beery
at her online culinary store for kids



www.kidscookingshop.com

Cooking with kids is great in so many ways – in addition to being a great, relaxed time to talk things over, there's so much to learn!

Health, nutrition, food handling safety, reading, math, following directions.... with immediate, tasty feedback to share with family and friends.

Hmmm... the work ethic involved in starting and completing a task... the discipline of following a recipe... sharing the results with others....

Sounds like cooking may be another great way to prepare kids for life as successful adults. Enjoy! And, read on to find out how to enjoy 20% off EVERYTHING at the Kids Cooking Shop.

This one's so cool your kids won't realize it's good for them!

Groovy Grasshopper Dip

Makes about 4 cups

Ingredients List

½ cup light sour cream

1/2 cup plain nonfat yogurt

2 tablespoons chopped fresh flat-leaf Italian parsley

2 tablespoons chopped fresh green onion tops (or chives)

1 teaspoon garlic powder

½ teaspoon paprika

½ teaspoon salt

Black pepper to taste

10 ounces frozen chopped spinach, thawed and squeezed dry

1 avocado, peeled, pitted, and chopped

¼ cup chopped green bell pepper

¼ cup grated Parmesan cheese

Let's Start Mixing!

1. Combine sour cream, yogurt, parsley, green onion or chives, garlic powder, salt, and pepper in a mixing bowl. Add spinach, avocado, and green bell pepper. Stir to blend.

2. Cover dip and chill in the refrigerator for 30 minutes or longer before serving.

3. Garnish with grated Parmesan cheese if desired.

Serve with assorted fresh veggies, crackers, or breadsticks.

Adapted from the Sensational Snacks Cookbook, Barbara Beery, Gibbs-Smith Publisher Copyright 2005

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Family–friendly Kitchen Tips

1. A cool and colorful edible container!
Cut assorted colors of bell peppers colors in half and clean out seeds and membrane. Fill each half of bell pepper with dip and serve individually to kids and encourage them to eat the container!
2. You may also fill the bell peppers with assorted crackers cheese cubes and nuts.

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Helping our kids to build the foundations of adult success means teaching them to help out around the house – here's a dinner recipe to call their own!

Mini-Meatball Pops & Dipping Sauce

Makes 14-16

Ingredients for Meatballs

1 -1 ½ pounds lean ground round or ground turkey

1 raw egg, mixed well

¼ teaspoon salt

¼ teaspoon pepper

½ teaspoon garlic powder

¼ teaspoon sweet paprika

1 cup grated Parmesan cheese

24 assorted craft sticks

Ingredients for Dipping Sauce

1 cup ketchup

1 teaspoon Worcestershire Sauce

2 teaspoons yellow mustard

1 teaspoon honey or agave nectar

Let's Start Rolling!

Preheat oven to 350 degrees F. Line 2 cookie sheets with foil and lightly spray with cooking spray.

1. In a large mixing bowl, combine all ingredients including only $\frac{1}{2}$ cup of the 1 cup of grated Parmesan cheese. The other $\frac{1}{2}$ cup of cheese will be used to coat the outside of each meatball.
2. Place the extra $\frac{1}{2}$ cup of grated Parmesan cheese into a small bowl. Roll each meatball in grated cheese to cover evenly. Place on prepared cookie sheets
3. Insert craft stick into each meatball and bake for 15 minutes.

4. While meatballs are baking combine all ingredients for dipping sauce and set aside until ready to use.

5. Remove meatballs from oven and serve with dipping sauce.

Kids Cooking Shop Family–friendly Kitchen Tips

1. These meatballs are not only a great savory main dish for a kid’s party, but they’re delicious with spaghetti and great on top of pizzas!

2. Even the smallest of chef can help form meatballs. Let the older kids read the recipe aloud while the little chefs make the meatballs.

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Here's a special treat that anyone can make - chances are you've got these ingredients at home.

POWER-UP FRUIT CUPS

Makes 4 -6

Ingredients

1 cup assorted organic seasonal berries

1 cup organic sliced apples or pears

1 organic banana, peeled and sliced

1 organic mango, peeled and sliced

¼ cup assorted organic dried fruits such as raisins, cranberries, or cherries

4-6 tablespoons organic vanilla yogurt

1-2 tablespoons organic local honey

4-6 tablespoon organic granola

Let's start filling the cups!

1. Place all fruits in a large mixing bowl, add honey, and gently toss.
2. Scoop equal amounts of fruit mixture into each cup, drizzle with yogurt, and top with granola.

Kids Cooking Shop

Family–friendly Kitchen Tips

1. This is a great “quick-fix” recipe because you can easily adapt it by using any of your favorite seasonal and dried fruits that are already on hand in your kitchen.
2. A wonderful “backseat” type treat to eat on-the-go for a breakfast or a quick after school snack. Simply place ingredients in a non-breakable cup with lid and a spoon and it will be ready to go when you are.

Adapted from the Green Princess Cookbook, Barbara Beery, Gibbs Smith, Publisher Copyright 2009

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This one makes a great 'rainy day activity' – or a special treat for any time

A SKILLET FULL OF COOKIES

Makes 1 giant cookie, 16 slices

Ingredients

1/2 cup white sugar
1 cup brown sugar, packed
1 cup (2 sticks) butter, softened
1 teaspoon vanilla
2 eggs
2 1/2 cups flour
1 teaspoon baking soda
1 teaspoon salt
2 cups milk chocolate chips

Let's Start Mixing!

Preheat oven to 375 degrees F. Spray a 10-inch skillet (with an ovenproof metal or wooden handle) with cooking spray. Set aside until ready to use.

1. In a large bowl, use a mixer to cream together the sugars and the butter until smooth.
2. Beat in vanilla and add eggs one at a time.
3. Add the flour, baking soda, and salt. Mix well. Dough will be stiff.
4. Using a large spoon, stir in the chocolate chips.
5. Pat cookie dough into skillet and bake approximately 30 minutes or until the edges are lightly browned.
6. Carefully remove from oven and cool for 15 minutes before slicing.

Kids Cooking Shop

Family–friendly Kitchen Tips

- 1.** This is a great family-sharing dessert anytime of the year, but especially fun to make and share while sitting by a cozy fire watching family movies.
- 2.** You can make this recipe in smaller 6 inch skillets, and it makes a great party favor for a boy’s camp-out, themed birthday party or sleepover.

Adapted from the Delicious Desserts Cookbook, Barbara Beery, Gibbs Smith, Publisher Copyright 2004

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