

Prince Albert Arts Centre



Little Chefs Cookbook

March 2016

Congratulations
Cooks!

Cooking with Kids



Brown Bag Burritos

Makes 8 servings

These are good cold or easy to warm up if a microwave is available.
Make a large batch and freeze them for when you need a quick and healthy lunch



Ingredients:

- 8 whole wheat tortillas
- 2-19oz cans black beans (rinsed and drained), or refried beans
- 1 cup salsa
- 1 cup frozen corn, thawed
- 1 Tbsp. cumin powder
- 1 Tbsp. chili powder
- 3 cups of grated cheese
- 2 avocados, chopped (optional)
- 3 cups fresh spinach (optional)

Directions:

1. Combine beans, salsa, cumin and chili powder in a large frying
2. Cook over medium-high heat for about ten minutes, mashing beans slightly with back of wooden spoon. Stir occasionally, adding a little water if mixture looks too dry.
3. Add corn and cook for 1-2 minutes
4. Place tortillas on a large plate and cover with a damp dishtowel or paper towel. Microwave on high for 30 seconds to steam the tortillas.
5. Spoon bean mixture into tortillas. Top with cheese.
6. Add avocado and spinach if using.
7. Fold each tortilla into an envelope shape, ensuring both ends are tucked in. Roll tightly.
8. Eat warm or wrap in plastic or tin foil to take for lunch.

Tips: Try.....

- ✓ **Serving with salsa, guacamole or low fat sour cream on the side**
- ✓ **Adding diced jalapenos or hot sauce to the bean mixture for a spicy kick!**
- ✓ **Topping burritos with tomatoes and lettuce**
- ✓ **Adding ground beef to the bean mixture**

To freeze: Wrap each burrito in tin foil. Put burritos into freezer bags and store in the freezer for 2-3 months.

To serve: Take out burritos from freezer. Let burritos thaw in refrigerator overnight if you are taking them for lunch. If you will be eating them right away, remove foil and heat a single burrito in the microwave for about a minute or leave the foil on and heat one or more burritos in a preheated 350-degree oven for 30 minutes or until heated through.

Homemade Tortilla Chips and Salsa

Chips:

Ingredients:

- 8-10 whole wheat tortilla shells
- 1 Tbsp. canola oil
- 3 Tbsp. lime juice
- 1 tsp salt



Directions:

1. Preheat oven to 350⁰ F.
2. Cut each tortilla into 8 chip size wedges and arrange in a single layer on a cookie sheet.
3. In a mister combine the oil and lime juice. Mix well and spray each tortilla until slightly moist. (If you don't have a mister, mix tortilla wedges and oil/lime juice mixture in a medium bowl until are pieces are covered with the oil and transfer to a cookie sheet.)
4. Sprinkle the salt over the tortilla wedges.
5. Bake for 7 minutes. Rotate the pan and bake for an additional 7 minutes or until the chips are crisp but not too brown.
6. Store chips in an airtight container or ziplock bag.

Salsa:

Ingredients:

- 4 tomatoes, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- ¼ cup red onion, chopped
- 2 cloves of garlic, finely chopped
- 1 tsp jalapeno pepper, chopped with seeds removed (optional)
- 1 Tbsp. cilantro, chopped (optional)
- 1 Tbsp. tomato paste
- 2 Tbsp. lime juice
- ¼ tsp salt and pepper

Directions:

1. Chop tomatoes, peppers, onion, garlic and jalapeno pepper and cilantro (if using). Mix together in a medium bowl.
2. Add lime juice and tomato paste. Mix well
3. Add salt and pepper to taste.
4. Refrigerate until you are ready to eat it.
5. Keeps in refrigerator for about a week.

Shake- A-Pudding



Ingredients:

- 2 cups milk
- 1 box instant pudding (102g), any flavour
- 2 cups fresh, canned or frozen fruit. (If using frozen fruit, thaw first. If using canned fruit, drain.)

Directions:

1. Place 2 cups of milk in a jar, bowl or plastic storage container with a tight fitting lid.
2. Add one package of instant pudding to the container. Make sure the lid is on tight.
3. Shake for about 2-3 minutes until the mixture is smooth.
4. Place fruit in the bottom of a bowl or divide among individual bowls or storage containers.
5. Pour pudding over fruit. Add more fruit to the top if you want.
6. Put in fridge for 5 minutes until thick.

Lunch Box Pizza Muffins

Makes 12 muffins

Ingredients:

- ¾ cup flour
- ¾ tsp baking powder
- 1 Tbsp. oregano or Italian seasoning
- Pinch of salt
- ¾ cup milk
- 1 egg, beaten
- 1 cup shredded mozzarella or cheddar cheese
- 1 cub cubed ham or pepperoni
- ½ cup finely diced red or green pepper
- ¼ cup finely chopped mushrooms
- ½ cup store bought pizza sauce



Directions:

1. Preheat oven to 375 degree F.
2. Lightly grease a 12 cup muffin pan or use muffin liners in the pan. You can also use a 24 cup mini muffin pan for bite size muffins.
3. In a large bowl mix together the flour, baking powder, oregano or Italian seasoning and salt.
4. Whisk in milk and egg.
5. Stir in cheese, ham or pepperoni, peppers and mushrooms.
6. Let stand 10 minutes.
7. Stir the batter and pour into the muffin cups.
8. Bake for about 20 minutes or until puffed and golden brown.
9. Serve with warm or cold pizza sauce for dipping.

Tips...

- Add any meat and/or toppings to the muffins.
- Muffins can be place in a freezer bag and be frozen for about 2 months. Thaw at room temperature or in the microwave when ready to eat.
- Try swapping half the flour with whole wheat to add more fibre.
- Spray muffin liners with cooking spray to prevent the muffins from sticking to the liners.
- Put muffins in your lunch box straight from the freezer. They will be thawed by lunch.

NO BAKE ENERGY BITES



Ingredients:

- 1 cup old fashioned rolled oats
- 1 cup unsweetened shredded coconut
- ½ cup peanut butter (you can also use WOW butter or any other nut butter such as almond butter)
- 1/3 cup pasteurized honey
- 1 tsp vanilla extract
- ½ cup mini chocolate chips
- ½ cup raisins
- ½ cup ground flax seed (optional)
- 1 Tbsp chia seeds (optional)

Get Creative! Instead of the chocolate chips or raisins you could add any of the following:

- sunflower seeds
- sliced almonds
- nuts such as peanuts or pecans
- dried fruits such as craisins, blueberries, cherries or dates
- Want to Spice it up?. Add 1 tsp cinnamon and/or nutmeg.

Directions:

1. Stir all ingredients together in a medium bowl. Mix well
2. Cover and chill in the refrigerator for 30 minutes
3. Once chilled, roll into 1 inch balls
4. Store in an airtight container for up to one week. They can also be frozen. Just take them out 1-2 hours before you want to eat them.

Makes 20-25 energy bites

Yummy Yogurt Parfaits



Ingredients:

- 1/2 cup yogurt – any flavor**
- 1/2 cup fresh, frozen or canned fruit**
- 4 Tablespoons granola**

Directions:

- 1. Place 1/4 cup of fresh, frozen or canned fruit in the bottom of a cup, glass or bowl**
- 2. Add 1/4 cup of yogurt**
- 3. Sprinkle on 2 Tablespoons of granola**
- 4. Add 1/4 cup of fresh, frozen, or canned fruit**
- 5. Add 1/4 cup of yogurt**
- 6. Sprinkle on 2 Tablespoons of granola**
- 7. Add fruit on top**
- 8. Enjoy!**

Makes 1 servings

Black Bean Brownies

Ingredients:

- One 15-ounce can black beans, drained and rinsed very well
- 3 large eggs
- 1/3 cup canola oil
- 1 ¼ cups sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup mini chocolate chips, divided
- 2 tbsp. vanilla extract
- 1 ½ teaspoon baking powder
- Pinch salt



Directions:

1. Preheat the oven to 350°F.
2. Lightly oil or coat an 8 x 8-inch baking pan or dish with nonstick cooking spray and set aside.
3. Place the black beans in the bowl of a food processor and process until smooth and creamy.
4. Add the eggs, oil, sugar, cocoa powder, ¼ cup of the chips, vanilla extract, baking powder, and salt and process until smooth and the chips are broken up.
5. Pour the batter into the prepared pan, smooth the top with a rubber spatula, and sprinkle with the remaining ¼ cup chocolate chips.
6. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean.
7. Cool in the pan before slicing into 2-inch squares.



RED: Strawberries, Raspberries, Watermelon or Cherries

ORANGE: Oranges, Mangos, or Cantaloupe

YELLOW: Pineapple or Banana

GREEN: Kiwi, Green Grapes, Honeydew Melon

BLUE: Blueberries, Blackberries

PURPLE: Grapes

Directions:

1. Cut fruit into bite size pieces
2. Thread fruit onto Wooden Kabob Skewers in the order of rainbow colors – red, orange, yellow, green, blue and purple.

Taco in a Bag



Ingredients:

- 1lb ground beef or turkey
- 1-15oz can black beans, rinsed and drained
- 1 packet taco seasoning mix
- 6-30g bags of baked tortilla or nacho chips or Harvest Cheddar Sun Chips®
- 1 cup grated cheddar cheese
- 2 cups chopped Romaine lettuce
- 1 medium tomato, chopped
- Salsa and light sour cream for garnish

Instructions

- In a large frying pan, brown the meat over medium heat until cooked.
- Add the taco seasoning packet and water as listed on the packet directions and stir.
- Turn heat to low and simmer until most of the liquid is gone, about 10 minutes. Remove from heat.
- While the meat is cooking, use scissors to open the chip bags. Crush the bags of chips to break them into bite size pieces.
- To assemble, put a few spoonfuls of the meat on top of the chips in each bag.
- Add cheese, followed by the lettuce and tomatoes.
- To eat, add salsa and/or sour cream, and give the contents of the bag a good stir. Eat right from the bag.

Tips:

- Instead of using individual chip bags you can buy a large bag of baked tortilla or nacho chips. Add ingredients to plastic or wax bags for individual servings.
- You can also add corn or avocado slices in your taco

Dilly Vegetable Dip

Amount:

Makes enough dip for a group.

Equipment

- 1 mixing bowl
- 1 cup measuring cup
- 1/3 cup measuring cup
- Mixing spoon
- Measuring spoons

Ingredients

1 cup plain yogurt
1/3 cup mayonnaise
1 tablespoon finely chopped onion
1 tbsp finely chopped parsley
1 teaspoon dill weed



Directions

Step 1

Combine yogurt and mayonnaise in a mixing bowl



Step 2

Add chopped onion, dill weed and parsley to bowl. Mix well.

Step 3

Serve with raw vegetable dippers.

Try broccoli, cauliflower, carrots, celery, mushrooms, peppers or cucumbers.



Rice Krispies Hidden Surprise Easter Eggs



Ingredients

- 3 tablespoons butter or margarine
- 1 package (10 oz., about 40) marshmallows or 4 cups miniature marshmallows
- 6 cups Rice Krispies cereal
- Assorted sprinkles or candy (optional)
- Decorating gel (optional)
- Plastic snap-apart 3x2-inch Easter eggs

Directions

1. Clean, then coat inside of plastic eggs with cooking spray. Set aside.
2. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
3. Add rice krispies cereal. Stir until well coated.
4. Using greased hands, firmly press 1/4 cup of the cereal mixture into each plastic egg half. Use fingers to make hollow center in each half. Remove from molds. Place on wax paper. Cool slightly.
5. Place candies or chocolates in one half of each egg. Gently press two halves of each egg together until they stick. Cool completely.
6. Decorate with frosting, sprinkles or candies if desired.

Tips: To freeze, place in single layer on wax paper in airtight container. Freeze for up to 6 weeks

Spaghetti & Meatball Nests

Yield: 12 spaghetti & meatball cups

Ingredients:

Meatballs:

- 1 lb lean ground beef
- 1 cup bread crumbs or rice krispies
- 1 egg
- ½ cup finely chopped onion (optional)
- 1 tsp salt
- 1 tsp pepper



Nests:

- 8 oz wheat spaghetti (1/2 box), broken in 2-3" pieces (when cooked makes about 2 cups)
- 1 egg
- ¼ cup parmesan cheese
- ¼ cup shredded mozzarella cheese
- ¼ cup spaghetti sauce (homemade or store bought)
- Cooking spray

Sauce:

- 1 ½ cups store bought tomato sauce
- 1 clove garlic, minced
- ¼ cup onion, finely chopped
- ¼ cup carrots, finely chopped
- ¼ cup celery finely chopped
- ¼ cup green pepper, finely chopped
- ½ tsp dried basil
- ½ tsp dried oregano

Directions:

1. Pre-heat the oven to 350.
2. In a large bowl, combine the bread crumbs or rice kripies, egg, salt and pepper and onion. Stir until mixed.
3. Add the ground beef and stir in until thoroughly combined. Split the meat mixture into 12 equal pieces and roll them into balls. Set the balls on the prepared baking sheet and put them in the over to bake for 25 minutes at 350. You can also use store bought meatballs and use those if you are in a hurry.

4. While the meatballs bake, bring a large pot of salted water to a boil and cook the broken spaghetti pieces according to package directions.
5. Drain the spaghetti and set it aside to cool
6. To make the sauce., heat the oil over medium heat. When hot add the garlic, onions, green pepper, carrots and celery. Cook until softened.
7. Add the store bought spaghetti sauce and basil and oregano. Simmer for 1 hour or more. If you are in a hurry. Store bought sauce without the extras will work great too! Just heat it up!
8. When the meatballs are done, remove them from the oven and place them in a saucepan with the spaghetti sauce.
9. Warm the meatballs and sauce over low heat on the stovetop stirring occasionally.
10. Turn the heat on the oven up to 400 degrees.
11. When the pasta is cooled enough to handle, whisk the egg in a large bowl and then add the pasta.
12. Stir to combine and then add the Parmesan and Mozzarella cheese, and ¼ cup of the spaghetti sauce. Mix together until thoroughly combined.
13. Lightly mist a 12 cup muffin tin with cooking spray. Place about 1/3 cup of the spaghetti mixture into each cup in the muffin tin. Using your fingers, press down on the center and up the sides of the spaghetti, forming “nests”
14. Top each nest with 1 Tbsp spaghetti sauce, 1 meatball, and one more Tbsp of spaghetti sauce respectively.
15. Sprinkle extra parmesan cheese and/or mozzarella cheese on the top
16. Bake in pre-heated oven for 20 minutes.
17. Cool slightly before removing nests from the muffin tins.