



KEIKI IN THE KITCHEN!

ONO-LICIOUS AND FUN MEALS THE WHOLE
FAMILY CAN MAKE



Cooking with children promotes many great things in their lives, math, literacy, science, fine motor skills, focus and attention. But it also creates a life skill, boosts their confidence level, encourages healthy living and family bonding. And what better way to bond with your child then through FOOD! Who doesn't like to eat! Through our local culture we know that family bonding is a way that we interact act with those around us. We share stories and pass on traditions through the joy of cooking. CYS has searched the internet for fun recipes that promote fun in the kitchen and new and exciting ways to eat. Some recipes are great for meal time, snack time or just anytime! Sharing a meal with loved ones is our way of life. So lets embrace it!



Cooking By Age



Ages 3-5: Pint-Size Helpers

At this age, children are brimming with energy and curiosity. That's great. They'll be excited to explore ingredients and try out a new task in the kitchen. But it might come as no surprise that they'll need plenty of supervision. Give them basic tasks to keep them busy. They're still fine-tuning their motor skills, so make sure to choose things that don't need to be precise. At this age their best tool is their hands, so focus on tasks that allow them to grab, smash or tear. Here are some ideas to get started:

- Wash fruits and vegetables
- Tear lettuce salads
- Mash ingredients, like overripe bananas for our Best Ever Banana Bread
- Wrap potatoes in foil to bake
- Knead dough (you'll want to get it started for them, but many kids will love to punch and toss a ball of dough)
- Smash graham crackers for crusts

Ages 5-7: Grade-school Sous Chefs

By now, hand-eye coordination and fine motor skills are more developed. Time to teach them more difficult tasks, like cracking an egg or slicing with a knife. Our team introduces kid-friendly knives, like this one, to their own children so they can help prep food. The knives are rigid enough to cut through fruits and vegetables but aren't as dangerous as using a sharp kitchen knife.

Also, at this age children love showing off things they've learned from school. They're just starting to read and write, so now's a great time to introduce them to recipes. Have them read along as you show them easy recipes they can help make. Here are some other ideas for children's kitchen duties:

- Mix dry ingredients
- Measure and count items
- Set the table
- Crack eggs (just watch out for those shells!)
- Roll cookie dough or meat into balls
- Chop softer fruits and veggies
- Read aloud (or sound out) recipe steps

Cooking By Age



Ages 8-12: Budding Cooks

At this point, preteens are becoming more independent. Embrace it. Lay out ingredients for simple recipes like PB&J, an easy fruit salad or fancy toast. They won't need as much supervision in the kitchen, but they'll greatly appreciate any positive affirmations. Here are some more things they can do on their own:

- Peel veggies
- Toast bread
- Make sandwiches
- Wash and put away dishes
- Make their school lunch
- Unload groceries
- Mix up a simple batter on their own (try muffins for a quick, low-mess option)

Ages 13 & Up: Young Chefs

Teens will be ready to take on the challenge of mastering different equipment in the kitchen. But make sure they know proper safety skills before starting. Tips such as which dishes are safe to use in the oven, keeping fingers away from sharp objects and how to handle raw food are important to point out. Here are some skills they'll be able to handle:

- Make recipes on the stove top (try starting simple with scrambled eggs or quesadillas)
- Bake on their own (many teens like to make cookies with friends)
- Use sharp knives
- Learn to use various kitchen gadgets, including a blender, food processor, garlic press, coffee maker and waffle maker (share safety tips and supervise on their early attempts)
- Have full reign over the microwave
- Many teens will enjoy fun cooking more than whipping up a dinner, so teach them skills such as making ice cream or making pie crust with cereal crumbs
- Teach basic cleaning skills, such as how to load, run and empty the dishwasher; sort recycling and take out the trash; sweep and mop the floor
- Master class: If they're up to the challenge, designate one dinner a week as their night to be "lead cook." They'll have the opportunity to build a menu and show off their skills to the family. This will help them build confidence, give them a sense of accomplishment and give you a night off!



Breakfast

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No Bake Breakfast Cheesecake



Ingredients

- 1 no bake pie crust recipe
- 16 oz fresh strawberries
- 1- 16 oz container cottage cheese
- 1/4 cup xylitol
- 2 scoops stevia, optional
- 1 teaspoon vanilla
- 1 Tablespoon gelatin
- 1/4 cup warm water

Instructions

1. Make no bake pie crust recipe.
2. Sprinkle pie crust mixture into 6 small mason jar and set aside.
3. Add strawberries and cottage cheese to a blender and blend until smooth.
4. Add xylitol and vanilla and taste for sweetness.
5. Add stevia in small amounts, if necessary.
6. Add gelatin to 1/4 cup warm water and stir to dissolve.
7. Add to strawberry mixture in the blender and blend well.
8. Pour the mixture over the no bake pie crust in the 6 mason jars.
9. Add lids and refrigerate the jars overnight.



Pancake Bites



Ingredients

Pancake Mix Prepared

Mix ins

Strawberry Jam

semi sweet chocolate chips

sprinkles

favorite cereal

Peanut Butter



Instructions

1. Preheat oven to 350 degrees F
2. Spray mini muffin tin with non stick spray.
3. In a bowl mix together pancake mix according to the package instructions.
4. Fill each mini muffin tin 1/2 of the way full of pancake mix. Add in your favorite topping or mix in.
5. Bake at 350 degrees for 10 minutes.
6. Serve immediately or store in an air tight container in the fridge or freezer until ready to enjoy.

Notes

To heat: Pop them in the microwave for about 10 -15 seconds to just warm them up.

Homemade Malasada's



Ingredients

Combine together

2½ tsp active dry yeast

2 Tbsp warm water

1/2 tsp granulated sugar

Mix with a mixer

3¼ cups all purpose flour

1 cup whole milk warm

2 oz unsalted butter, room temperature

3 large egg yolks

2 Tbsp granulated sugar

For coating

1 cup granulated sugar

Instructions

1. Proof yeast: Stir 2 tbsp warm water, 1/2 tsp sugar & 2 1/2tsp active dry yeast in a tall glass. Leave to rise for 5-10 minutes or until doubled in volume and foamy. If it does not rise and foam up, discard the yeast and buy a fresh batch of yeast before you proceed with the recipe.
2. Make donut dough: Mix together 3 1/4 cups flour, 1 cup warm milk, 2 oz room temperature butter, 3 yolks, 2 tbsp sugar and the proofed yeast mixture in mixer on low speed, with the dough hook attachment until the dough comes together, about 2 minutes. Slightly increase the speed and knead for another 15-20 minutes or until the dough is tacky to touch.
3. Shape donut dough: Pick up the dough, form it into a ball. Butter a large bowl (for proofing), place the dough ball back in the greased bowl, then grease the dough ball itself to prevent it from forming a crust.
4. Proof: Cover with a clean kitchen towel, place in a warm draft-free place and allow to rise for 1-2 hours (depending on how warm it is) until at least doubled in volume.
5. Cut out 5"x5" squares of parchment or wax paper.
6. Punch down the dough, turn it out onto the greased surface (can use nonstick spray) and roll it to ½ inches thickness. Cut out as many rounds as possible with a 3 inch round cookie cutter and place 1 dough disk on 1 piece of prepared parchment paper. Keep re-rolling and cutting out as many donut disks as you can until all donut dough is used up.
7. Cover cut out doughnuts with a clean kitchen towel and allow to rise for 45 min to 1 hour or until doubled in size.
8. Heat 1½ inches oil in a heavy pot (cast iron) to 350F. To fry donuts, drop several of them at a time and allow to become golden before turning to the other side, about 1-2 minutes per side..
9. Transfer to paper towels or wire rack to drain. Let cool.
10. Once the doughnuts are cool enough to handle, roll them in granulated sugar or powdered sugar.





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Lunch/Dinner

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Pizza Bombs



Ingredients:

Cooking spray

1 pound pizza dough, at room temperature for 1 hour

6 teaspoons marinara sauce, divided, plus more for serving

24 slices pepperoni

6 ounces low-moisture mozzarella cheese, cut into 12 pieces

4 tablespoons (1/2 stick) unsalted butter, melted

1/4 teaspoon garlic powder

1/2 teaspoon kosher salt

1/4 cup grated Parmesan cheese, divided

1 1/2 teaspoons Italian seasoning, divided

Direction:

- 1) Arrange a rack in the middle of the oven and heat to 375°F. Coat a 12-cup muffin tin with cooking spray.
- 2) Divide pizza dough into 12 equal portions (about 1 1/4 ounces each). Working with one piece of dough at a time, roll into a ball, then use your fingers to flatten and stretch into a 3- to 4-inch round. Repeat with remaining pieces of dough.
- 3) Place 1/2 teaspoon of the marinara sauce in the center of each dough round (no need to spread the sauce), then top each with a piece of mozzarella cheese and 2 slices of pepperoni. Fold the edges of the dough up and round the filling, then pinch them together, forming a small bundle.
- 4) Stir the butter, garlic, and salt together in a small bowl. Dip the pizza bombs, one at a time, into the butter mixture, and turn to coat. Place seam-side down into each muffin well. Sprinkle the top of each pizza bomb with 1/4 teaspoon Parmesan cheese and a pinch of Italian seasoning.
- 5) Bake until golden-brown, 15 to 20 minutes. Remove from the pan and cool for 5 minutes or until cool enough to handle. Serve with warm marinara sauce.



Cheesy Chicken Taquitos



Ingredients:

1 pound boneless, skinless chicken breast

¼ teaspoon garlic powder

½ teaspoon kosher salt

1 teaspoon ground cumin

1 cup shredded Mexican cheese blend or cheddar cheese

12 corn tortillas

Olive or canola oil spray



Directions:

1. Preheat the oven to 400°F.
2. Place chicken in a steamer pot over boiling water and steam for 10 to 15 minutes, or until cooked through. Set aside to cool slightly.
3. Use a fork to shred the chicken into small pieces. Set aside to cool.
4. Combine the chicken in a bowl with the garlic powder, salt, cumin, and cheese.
5. Place 2 corn tortillas at a time in between 2 damp paper towels and microwave for 20 to 30 seconds to soften them (this will also prevent them from cracking when rolling).
6. With 1 tortilla in front of you, place 2 tablespoons of the chicken mixture on the side closest to you and roll it up. Repeat with the rest of the tortillas and filling.*
7. Place the taquitos seam-side down on a foil-lined baking sheet, spray the tops lightly with olive or canola oil spray, and bake for 25 minutes, or until crisp.

Mac and Cheese Cupcakes



Ingredients:

- 1 box macaroni noodles
- 2 8oz blocks sharp cheddar cheese
- 1/2 cup seasoned breadcrumbs
- 1/2 teaspoon salt
- 2 teaspoons olive oil
- 1 egg beaten
- 1 tablespoon butter
- 1/2 cup milk

Directions:

1. Preheat oven to 350 degrees and grease muffin tin (1 full box makes 24 muffins).
2. Mix breadcrumbs, salt and olive oil.
3. Bring a large pot of lightly salted water to a boil. Add the macaroni and cook for about 8 minutes, it should still be a little bit firm.
4. Remove from the heat, drain and return to the pan; stir in the butter and egg until pasta is evenly coated.
5. Reserve 1/2 cup of sharp cheddar cheese and stir the remaining cheddar cheese and milk into the pasta.
6. Spoon into the prepared muffin tin. Sprinkle the reserved cheese and the breadcrumb mixture over the tops.
7. Bake for 25 minutes and allow to cool for 5-10 minutes until you remove them.



Cheeseburger

Minis



Ingredients

- 1 pound ground beef
- 1 can (10 1/2 ounces) Campbell's® Condensed French Onion Soup
- 2 tablespoons ketchup
- 5 slices deli American cheese (about 5 ounces)
- 1 package (12 ounces) refrigerated biscuit dough (10 biscuits)
- 3/4 cup shredded lettuce
- 10 slices dill pickle



Instructions:

1. Heat the oven to 375°F. Spray 10 (2 1/2-inch) muffin-pan cups with vegetable cooking spray.
2. Cook the beef in a 12-inch skillet over medium-high heat until browned, stirring often to separate meat. Pour off any fat
3. Stir in the soup and ketchup and cook for 5 minutes. Add 2 1/2 slices cheese and cook and stir until the cheese is melted.
4. Press or roll the biscuit dough to flatten slightly. Press the dough circles into the bottoms and up the sides of the muffin-pan cups. Spoon about 1/4 cup beef mixture into each, mounding the mixture in the center.
5. Bake for 15 minutes or until the biscuits are golden brown. Cut the remaining cheese slices in quarters and top each hot mini with 1 quarter. Let stand until the cheese is melted. Top with the shredded lettuce, additional ketchup and the pickle slices.

Corn Dog Muffins



Ingredients

- 1 1/2 cups flour (I use half white and half wheat)
- 1/2 cup finely ground cornmeal
- 1/4 cup granulated sugar
- 1 teaspoon salt
- 1 Tablespoon baking powder
- 1 1/4 cups milk
- 2 large eggs slightly beaten
- 1/4 cup oil
- 3 Tablespoons butter, melted
- 8 beef hot dogs, cut into 4 equal pieces

Instructions

1. Preheat oven to 400°. Spray muffin tin with cooking spray.
2. In a large bowl, mix together flour(s), cornmeal, sugar, salt, and baking powder.
3. Make a well in the middle and add milk, eggs, oil, and butter. Stir until just mixed and no dry streaks are visible.
4. Fill mini muffin cups half full of batter, and insert one piece of hot dog into the center of each one.
5. Bake for 12 minutes, or until muffins start to turn golden on the edges and an inserted toothpick comes out clean.
6. Cool in the pan for five minutes, and then turn out onto a wire rack or dish towel.
7. Serve warm with ketchup and mustard.



Mini Lasagna



Ingredients:

- 1 can of Pam Cooking Spray
- 1 jar marinara sauce,
- 1 container of ricotta cheese
- 1 pack of mozzarella cheese
- 1 cup of Parmesan cheese,
- 1 bag of won ton wraps
- 2 tablespoons Italian seasoning
- 1 lb of ground beef/sausage if desired

Directions:

1. Spray the cupcake pan with Pam & place one won ton wrap in each cup.
2. Next layer sauce & cheeses, then repeat.
3. Sprinkle with Italian seasonings & bake at 375 degrees for 18-20 minutes.
4. Let cool for 5 minutes & pop out with a knife.





Breads, Desserts and SCIENCE

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Homemade Bread



Ingredients:

- 3 cups plain flour, divided
- 3 tablespoons granulated sugar
- 1.25oz packet rapid rise yeast
- 1 1/2 teaspoon salt
- 1 cup of warm water
- 3 tablespoons olive oil

Directions:

1. Before you start, open a zip-lock bag and place in a large bowl
2. Scoop 1 cup flour into large zip-lock bag, with 3 tablespoons sugar, 1.25oz packet of rapid rise yeast, and 1 cup of warm water.
3. Release air out of bag, then seal the bag closed and mix from the outside of the bag with your hands. Let the mixture sit for 10-15 minutes
4. Reopen bag and add 1 cup of flour, 1 1/2 teaspoon of salt, and 3 tablespoons of olive oil, seal and mix again
5. Add 1 more cup of flour, seal and mix again.
6. Remove the dough and knead for 10 min on a piece of floured parchment paper to prevent the dough from sticking to the surface.
7. Cover with a warm damp hand towel for 30 min
8. Place in a greased bread pan and bake for 25 min at 375 degrees.



Monkey Bread



Ingredients:

Canned biscuits (Grands Flaky Layers Butter Biscuits)

Cinnamon and sugar mix

Sweetened condensed milk

Supplies:

Baking cups or non cooking spray

Muffin tin

Kid knife or scissors

Directions:

1. Let kids cut biscuit dough into little squares. Ours ended up being all sorts of different shapes and sizes.
2. Place baking cups in your muffin tin. Fill the cups with biscuit dough pieces.
3. Spoon 1 tbs. of sweetened condensed milk into each baking cup.
4. Sprinkle cinnamon and sugar on the top and bake in the oven for approximately 10 minutes or until top is lightly browned and the middle is no longer doughy.
5. Once they have cooled a bit they are ready to serve and eat. Yummy!



Homemade Ice Cream



Ingredients:

- 2 TBL sugar
- 1 cup half & half (or light cream)
- 1/2 tsp vanilla extract
- 1/2 cup coarse salt or table salt

Additional Items

- Ice
- gallon-sized Ziploc bag
- pint-sized Ziploc bag

Directions:

1. Mix the sugar, half & half and vanilla extract together. Pour into a pint-sized Ziploc baggie. Make sure it seals tightly.
2. Now take the gallon-sized Ziploc bag and fill it up halfway with ice and pour the salt over the ice. Now place the cream filled bag into the ice filled bag and seal.
3. Make sure it is sealed tightly and start shaking. Shake for about 5 minutes (or 8 minutes if you use heavy cream.)
4. Open the gallon-sized bag and check to see if the ice cream is hard, if not keep shaking. Once the ice cream is finished, quickly run the closed pint-sized baggie under cold water to quickly clean the salt off the baggie.
5. Open the baggie and pop in a spoon and enjoy!



Rock Candy Science



Ingredients:

Favorite pack of Kool-Aid

3 1/4 cups of white sugar

1 cup of water

Jar, Lollipop Sticks and Clothes Pins

Directions:

1. Wet Lollipop Sticks with water and coat with white sugar. Set aside to dry. (tip: dry on parchment paper)
2. On medium heat bring to a boil 1 cup of water and 1 cup of sugar. When dissolved completely add another cup of sugar, let it dissolve and then add the last cup of sugar. (1 part water 3 part sugar)
3. Empty Kool-Aid pack into the jar and add sugar water
4. Suspend the dried sugar stick into the jar and use the clothes pin to keep it from touching the bottom.
5. Set aside and wait for crystals to form (Suggest covering with a hand towel to avoid insects getting into the solution.)
6. Recommendation is about a week, the longer you let the crystals grow the larger the rock candy will be

WHAT MAKES THE CRYSTALS GROW?

You have just created a super saturated solution (meaning no more sugar can be dissolved) and it cannot all stay in a liquid form. The sugar will come out as the water evaporates slowly from the solution. The sugar molecules will collect on the seed crystals you create on the stick. The rock candy will actually grow molecule by molecule: ending in about a quadrillion molecules!



Frozen Chocolate Chex Banana Bites



Ingredient:

2 medium bananas, peeled, cut in 1-inch slices

1/2 cup semisweet chocolate chips

2 teaspoons vegetable oil

1/2 cup Chocolate Chex™ cereal, coarsely crushed

2 tablespoons rainbow mix candy sprinkles

Directions:

1. Line cookie sheet with waxed paper. Place banana slices, cut side up, on cookie sheet. Insert toothpick into each slice. Place in freezer about 30 minutes or until bananas are firm.
2. In small microwavable bowl, microwave chocolate chips and oil uncovered on High 30 seconds. Stir; continue to microwave in 15-second increments until mixture can be stirred smooth.
3. In small bowl, mix cereal and candy sprinkles. Remove bananas from freezer. Using spoon, spoon melted chocolate to cover bottom and half way up sides of banana slice; gently shake off excess chocolate. Sprinkle cereal mixture over chocolate. Return to cookie sheet. Repeat with remaining bananas. Return to freezer about 15 minutes or until chocolate is set. Store in covered container in freezer.

Tips

Try dark chocolate chips instead of semisweet chips for even more decadence!

To ripen bananas quickly, place them in paper bag at room temperature 1 to 2 days.



Homemade Fruit Roll Ups



Ingredients

2-3 cups fruit

2-3 Tbsp honey can sub sugar or sugar-substitute

2 Tbsp lemon juice

Instructions

1. Blend: Blend fruit in food processor or blender until smooth. Mix in sweetener and lemon juice.
2. Spread: Pour into a pan lined with plastic wrap or parchment paper then spread out $\frac{1}{8}$ to $\frac{1}{4}$ inch thick.
3. Dehydrate: Dehydrate in oven at 140 to 170 degrees F (or as low as oven will go) for 4 to 6 hours, or until the middle is not longer tacky.

Cool: Allow to cool, then remove from sheet. With clean scissors, trim off edges then cut into 1 inch wide strips. Wrap with strips of parchment or tissue paper, then use tape or string to seal.



White Chocolate Chip Cookies



Ingredients:

- 1/2 cup butter (slightly softened)
- 1/3 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup and 2 tablespoons of flour
- 1 cup white chocolate

Directions:

1. Preheat oven to 375 degrees.
2. Pour the butter, white sugar and brown sugar into a large bowl and mix them together
3. Add egg and vanilla and mix into dry ingredients
4. Add the salt, baking soda, and flour and mix by hand until the dough forms. Stir in the white chocolate chips.
5. Grease a cookie sheet or line it with parchment paper. Drop the dough by rounded teaspoons onto the cookie sheet. Bake for 9-11 minutes.



Graham Cracker Goodies



Ingredients

1 8 oz tub COOL WHIP whipped topping
thawed

1 3.4 oz box instant vanilla pudding

30 graham cracker squares

sprinkles

Instructions

1. In a bowl combine COOL WHIP and dry vanilla pudding.
2. Stir until pudding is completely combined with COOL WHIP. (It shouldn't be grainy.)
3. Spread about 1 1/2 tablespoons of frosting on a graham cracker square
4. Put another graham cracker square on top and squish it down just a little.
5. You want some of the filling to ooze out the sides just a bit because you need something for the sprinkles to stick to.
6. Take each graham cracker goodie and dip each of the four sides in sprinkles.
7. I'll usually pour the sprinkles onto plates or into bowls to make it easier for the kids to dip each goodie into.
8. Place completed goodies onto a cookie sheet.
9. Continue with above steps until all your goodies are finished.
10. Place tray in freezer for at least an hour or two.
11. Then serve cold.



Rainbow Popsicles



Ingredients:

1 package Instant Jello Vanilla Pudding (The box size that says 4 servings)

2-2/3 cups Milk

Liquid Food Coloring

Directions:

1. Whisk together the pudding mix and the milk until smooth.
2. Divide the pudding equally into 5 bowls.
3. Add 6 drops of food coloring into each bowl to make red, orange (1 drop red, 5 drops yellow), yellow, green and blue pudding. Stir each color until mixed.
4. Using a small spoon, add approximately 1 tablespoon of red pudding to the bottom of a 3 ounce paper Dixie cup. Tap the cup gently on the counter to even out the layer.
5. Continue adding approximately 1 tablespoon of orange, yellow, green then blue pudding layers and tapping them gently between each layer to even them out.
6. Add a small square of tin foil to the top of each Dixie cup.
7. Use a knife to poke a hole in the middle of the tin foil on each cup. Then poke the popsicle sticks through the hole in the foil and push to the bottom.
8. Freeze for 6 hours or until completely frozen.
9. Enjoy!



Apple Nachos



Ingredients

3-4 Apples

1 Jar Caramel Sauce

3 oz. Cream Cheese

2-3 Tbsp. Powdered Sugar

¼ cup Chocolate Chips

Sprinkles

Directions:

1. Cut the apples in half and take out the core. Cut thin slices and spread out on plates.
2. Warm the cream cheese in a bowl for about 20 seconds until soft and stir in the powdered sugar.
3. Drizzle the caramel and the cream cheese mixture all over the apples.
4. Sprinkle on the chocolate chips and the sprinkles
5. Serve immediately.



Christmas Popcorn



Ingredients:

- 8 cups of popped popcorn salted
- 2-1/2 Tablespoons butter melted
- 20 marshmallows large
- 1 Tablespoon Christmas sprinkles
- 1/4 cup plain M&M's regular size
- 1/2 cup peanut M&M's



Directions:

1. Measure 8 cups of salted, popped popcorn into a large bowl. Spray a baking sheet with cooking spray.
2. Add the melted butter to a small pot then add the marshmallows. Mix the butter and marshmallows together over low (to medium-low) heat until the marshmallows are completely melted and the mixture is fully combined.
3. Pour the marshmallow mixture over the popcorn. Gently fold the popcorn using two spoons until most of the popcorn is coated in the marshmallow mixture
4. Pour the popcorn onto the baking sheet. Spread the mixture out as best you can until the sheet is covered.
5. Sprinkle the Christmas sprinkles evenly over the popcorn. Then sprinkle the M&M's on top.
6. Enjoy it right away, or wait for it to cool. After about an hour it becomes less sticky and comes apart more easily