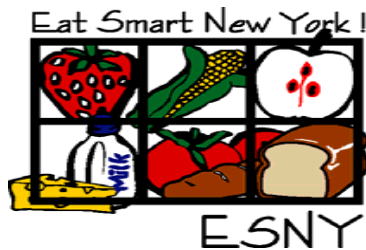




Kids
+
Cooking
=
Fun

This cookbook is prepared by Cornell Cooperative
Extension of Rensselaer County

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Pancakes

Ingredients:

1/2 cup all-purpose flour
1/2 cup whole-wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 tablespoon vegetable oil
1 egg
3/4 cup 1% or skim milk
3/4 cup fresh or frozen blueberries (optional)



Combine flours, baking powder, and soda in a large bowl. In a separate bowl, mix together oil, egg, and milk. Add the milk mixture to the flour mixture and stir just until combined. Gently fold in blueberries. Spray skillet lightly with vegetable cooking oil. Spoon small amounts of the batter onto the skillet. Small pancakes are easier to flip. Cook evenly. When bubbles appear on the top, and the bottoms are slightly browned, flip the pancakes with a spatula.

Makes 10 pancakes.

Nutrition Info per pancake (with blueberries)

70 calories, 2g fat, 130 mg sodium, 1g fiber

Banana Peanut Butter Cookies

Ingredients:

1 large ripe banana, sliced
1/3 cup creamy peanut butter
2 tablespoons margarine
1/2 cup granulated sugar
1/2 cup packed light brown sugar
1 egg
1 1/4 cup all-purpose flour
3/4 teaspoon baking soda
1/4 teaspoon salt
1 tablespoon granulated sugar



Preheat oven to 350° F. Spray baking sheets with non-stick cooking spray. In mixing bowl, combine banana, peanut butter and margarine. Mix until creamy with hand held mixer. Add sugars and egg; continue mixing until light and fluffy. Add flour, baking soda and salt to batter. Use a spoon to stir until all the flour had been incorporated into the batter. Drop by teaspoonfuls onto baking sheet. Sprinkle cookies with sugar, then press a fork twice on top of cookie to form a crisscross pattern. Bake on middle rack of oven for 10-12 minutes or until golden brown. Remove from baking sheets and place on cooling racks.

Makes 36 cookies

Nutrition Info per serving (1 cookie) 60 calories, 2g fat, 64mg sodium, .4g fiber

Oatmeal Chocolate Chip Bean Cookies

Ingredients:

1/2 cup butter
1 can (15-ounce) great northern beans, drained and rinsed
1 cup sugar
1 cup brown sugar
2 eggs
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon vanilla
1/2 teaspoon salt
2 1/2 cups all-purpose flour
1 teaspoon cinnamon
2 cups quick-cooking oatmeal
6 ounces chocolate chips



Preheat oven to 375° F. Puree beans in food processor or mixer with 1/4 cup water until smooth. Cream beans, butter and sugars in mixer. Add eggs, baking powder, baking soda, vanilla, salt, flour, cinnamon and oatmeal. Mix thoroughly. Mix in chocolate chips. Drop by rounded teaspoon onto a greased cookie sheet. Bake for 9-10 minutes or until golden. Cool on cookie sheet for one minute.

Makes 4 dozen cookies

Nutrition Info per serving (2 cookies) 145 calories, 5g fat, 48mg sodium, 2g protein, 2g fiber

French Toast Fingers

Ingredients:

1 egg
1 tablespoon low-fat milk
2 slices whole wheat bread
cooking spray
powdered sugar and cinnamon for topping

Preheat oven to 350° F. Spray a sheet pan with cooking spray and set aside. Cut each slice of bread into four strips lengthwise. You'll have eight strips in all. In a small bowl, combine egg and milk and beat with a fork until frothy. Dip each strip of bread in the egg mixture and coat completely. Lay the strips on the cooking sheet. When all strips have been dipped and laid on the sheet pan, place in oven and bake for about 12 minutes until brown. Sprinkle lightly with powdered sugar and cinnamon and serve.

Makes 2 servings.

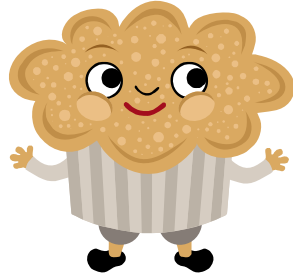
Nutrition Info per serving: 123 calories, 4g fat, 180 mg sodium, 2g fiber



Blueberry Muffins

Ingredients:

1 3/4 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1/3 cup butter or margarine
2/3 cup sugar
2 eggs
2 bananas, mashed
2 cups fresh or frozen blueberries



Heat oven to 350° F. In a small bowl, add flour, baking powder, salt and baking soda. In large bowl, mix butter and sugar. Add eggs and mashed bananas. Mix well. Pour small bowl into large bowl. Mix well. Add blueberries to large bowl. Mix well. Batter will be stiff. Pour into greased muffin tins. Bake 15-20 minutes.

Makes 18 medium muffins

Nutrition Info per muffin: 130 calories, 4g fat, 170 mg sodium, 1g fiber

Apple Oatmeal Cookies

Ingredients:

1 1/2 cups quick cooking rolled oats
3/4 cup all-purpose flour
3/4 cup whole wheat flour
1/2 cup brown sugar, firmly packed
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1 1/2 teaspoon cinnamon
1/2 cup raisins
1 cup granny smith apples, peeled and finely chopped
1 egg, slightly beaten
1/2 cup honey
1/2 cup oil
1/3 cup milk



Preheat oven to 375° F. In medium bowl, combine oats, flours, brown sugar, baking powder, soda, salt and cinnamon. Stir in raisins and apples. In large bowl, combine egg, honey, oil and milk. Add the dry ingredients from medium bowl. Mix to form smooth batter. Drop onto ungreased cookie sheet in rounded teaspoons, 2 inches apart. Dip finger in water and press cookie down. Bake 10-12 minutes until lightly browned.

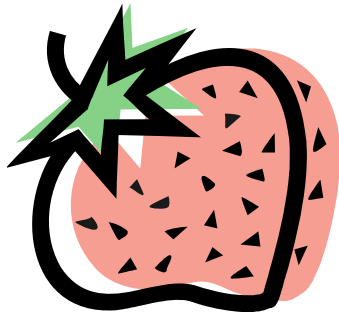
Tom Thumb's Tacos

Strawberry Shortcake

Ingredients:

2 cups flour
2 tablespoons sugar
3 teaspoons baking powder
1/2 teaspoon salt
whipped cream
1/2 cup margarine
1 egg
2/3 cup light cream
strawberries, sliced

Mix dry ingredients and margarine in a freezer weight ziplock plastic bag. Squeeze until margarine is mixed. Add egg and light cream then squeeze until mixed. Place contents of bag on floured wax paper and knead gently for 1/2 minute. Pat into 1/2-inch thickness and cut into biscuits. Place on ungreased baking sheet and bake at 450° F for 10 minutes. Split biscuit and add fruit. Top with whipped cream.



Ingredients:

8 ounces ground beef or turkey
1/2 cup salsa
1/2 teaspoon dried oregano, crushed
4 lettuce leaves
24 mini or 8 regular-size taco shells
3/4 cup shredded cheddar cheese (3 ounces)
Sour cream, chopped tomato (optional)



Put ground beef (turkey) in the skillet; use a wooden spoon to break up the meat. Put the skillet on a burner. Turn the burner to medium-high heat. Cook until no pink color is left in meat, stirring now and then with the wooden spoon. This will take 8-10 minutes. Turn off burner. Remove skillet from burner. Place colander over bowl. Spoon meat into the colander and let the fat drain into the bowl. Spoon meat back into skillet. Put fat in a container to throw away. Stir salsa and oregano into the meat. Cover skillet and put skillet back on burner. Turn the burner to medium heat. Cook for 5 minutes, stirring with the wooden spoon after about 3 minutes. Turn off burner. Remove skillet from burner. Put meat in a bowl. While meat mixture is cooking, tear or cut lettuce into bite-size pieces. To make tacos, let each person spoon some of the meat mixture into each taco shell. Add lettuce and cheese. Top with sour cream & chopped tomatoes if you like.

Makes 24 mini tacos or 8 regular tacos.

Nutrition info per mini taco: 50 calories, 3g fat, 70mg sodium, 0 g fiber, 3g protein

For taco salad: use 2 cups tortilla chips in place of taco shells. Spoon other ingredients- meat mixture, lettuce, cheese, sour cream, tomatoes—over the chips.

Marvelous Meatballs

Ingredients:

1 pound hamburger meat or ground turkey
1 egg
1 teaspoon garlic
2 teaspoons oregano
2 teaspoons parsley
2 teaspoons basil
2 teaspoons minced onion or onion powder
1/2 teaspoon pepper
1/2 teaspoon salt
10 slices of bread



Place hamburger (turkey) in a large bowl. Crack egg and add to meat. Add your spices and mix with your hands or a spoon, until well mixed. Wash your hands. Crumble your slices of bread into the bowl. (Try not to make the pieces too large). Mix the bread in well. Take enough meatloaf mixture to make little round 1-inch ball. Shape balls and place in a 9x13 pan. The meatballs should be placed side by side in rows. Bake at 350° F for 30 minutes. Serve over spaghetti with sauce or make meatball subs.

Serves 6-8.

Nutrition Info per serving: 220 calories, 8g fat, 420 mg sodium, 1g fiber, 17g protein

Ice Cream Shake-Up

Ingredients:

2 tablespoons sugar
1/4 cup half and half
1/4 teaspoon vanilla
pinch of salt
1/3 cup milk

Also needed:

Rock salt (you can use table salt)
Pint freezer bag and quart freezer bag
Ice
Large container for mixing ingredients



Measure all ingredients into smaller bag. Fill one-half of the quart bag with crushed ice. Add 1/4 cup salt. Place pint bag inside quart bag, seal the bag, and shake up the bag for about 3 minutes or until thickened.

Makes 1 serving.

Nutrition Info per serving: 209 calories, 7g fat, 66mg sodium

Worms in the Mud

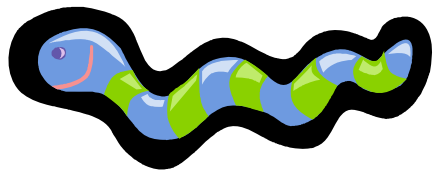
Ingredients:

2 small packages of low-fat chocolate pudding mix
3 1/2 cups 1% milk
1 tub reduced-fat frozen whipped topping
10 reduce-fat Oreo® cookies or graham crackers, crushed
bag of gummy worms (approx 21 pieces)
8 small clear plastic cups

Prepare pudding mix according to directions, using low-fat milk. Fold in whipped topping. Fill each cup about a quarter of the way with pudding mixture. Add some crushed cookies and gummy worms, more pudding and end with crush cookies to look like dirt. Refrigerate for at least one hour before serving.

Makes 8 servings.

Nutrition Info per serving: 302 calories, 5g fat



Mini Veggie Pizza

Ingredients:

5 English muffins (or bagels)
1 small zucchini
1 green or red bell pepper
8-ounce package part-skim mozzarella cheese
8-ounce can of tomato sauce
1/2 teaspoon dry oregano

Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven. Wash zucchini and bell pepper. Grate zucchini. Chop pepper into small pieces. Grate mozzarella cheese. Top each muffin half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano. Broil in oven until cheese is melted, about 2 minutes.

Makes 10 pizza muffins.

Nutrition Info per serving: 200 calories, 5g fat, 410mg sodium 2g fiber



Chicken Nuggets

Ingredients:

1 pound skinned, boneless chicken breast or thigh (can also use turkey)
3 tablespoons milk
1/4 cup flavored bread crumbs
1/2 teaspoon paprika
1/4 teaspoon garlic powder
1/2 cup grated parmesan cheese
1/2 teaspoon season salt (optional)
1/3 teaspoon pepper
dipping sauce (see recipe below)



Cut chicken into 1-inch cubes and place in small bowl with milk. Mix to coat all pieces. In a plastic bag, shake together bread crumbs, paprika, garlic powder, parmesan cheese, season salt and pepper. Place half the chicken in the bag and shake to coat. Arrange the chicken in a circle on a microwave safe plate and cover with a paper towel. Microwave on full power for 4-5 minutes, rotating the plate once. Repeat for rest of chicken. Serve with dipping sauce.

Makes about 4 servings.

Nutrition Info per serving: 200 calories, 5g fat, 650 mg sodium, 0g fiber, 32g protein

Honey Mustard Dipping Sauce

Ingredients:

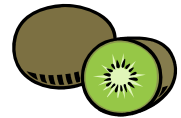
2 tablespoons honey
2 tablespoons Dijon mustard
2 tablespoons vegetable oil

Combine all ingredients in a food processor or blender. Blend until smooth and creamy.

Mini Cheesecakes

Ingredients:

Nonstick cooking spray
1/3 cup crushed vanilla wafers (about 8 wafers)
1 1/2 (8 ounce) tubs fat-free cream cheese, softened (12 oz total)
1/2 cup sugar
1 tablespoon all-purpose flour
1 teaspoon vanilla
1/4 cup refrigerated or frozen egg product, thawed
3/4 cup fresh fruit (such as halved grapes, cut-up pineapple, cut-up peeled kiwifruit or papaya, red raspberries, blueberries, sliced strawberries, sliced plums, and/or orange and grapefruit sections).



Coat ten 2 1/2-inch muffin cups with cooking spray. Sprinkle the bottom and side of each cup with a rounded teaspoon of the crushed vanilla wafers. Set aside. In a medium bowl, beat the cream cheese with an electric mixer on medium speed until smooth. Add sugar, flour and vanilla. Beat on medium speed until smooth. Add egg product; beat on low speed just until combined. Divide evenly among the prepared muffin cups. Bake at 325° F oven for 18-20 minutes or until set. Cool in muffin cups on a wire rack for 5 minutes. Cover and refrigerate for 4-24 hours. Remove the cheesecakes from muffin cups. Just before serving, top the cheesecakes with fresh fruit.

Makes 10 servings.

Nutrition Info per serving: 124 calories, 4g fat, 25mg sodium

Strawberry Parfait

Ingredients:

1 package (4-serving) sugar free gelatin, strawberry flavor
3/4 cup boiling water
1/2 cup cold water
ice cubes
1 cup chopped or sliced strawberries
1 cup whipped topping

Completely dissolve gelatin in boiling water. Combine cold water and ice cubes to make 1 1/4 cups. Add to gelatin and stir until slightly thickened; remove any unmelted ice. Measure 3/4 cup and add strawberries; pour into 6 individual parfait glasses. Blend whipped topping into remaining gelatin and spoon into glasses. Chill until set, about 1 hour.

Makes 6 servings.
50 calories per serving.



Pizza Snack Cups

Ingredients:

1 can (12-ounces) refrigerated biscuits (10 biscuits)
1/2 pound ground beef or ground turkey
1 jar (14-ounces) spaghetti sauce
1/2 cup shredded mozzarella cheese (about 2 ounces)

Preheat oven to 375° F. In a muffin pan, evenly press each biscuit in bottom and up side of each cup; chill until ready to fill. In a 10-inch skillet, brown ground beef (turkey) over medium-high heat; drain. Stir in spaghetti sauce and heat through. Evenly spoon beef mixture into prepared muffin cups. Bake 15 minutes. Sprinkle with cheese; bake an additional 5 minutes or until cheese is melted and biscuits are golden. Let stand 5 minutes. Gently remove pizza cups from muffin pan; serve

Makes 10 pizza cups.

Nutrition Info per pizza cup: 160 calories, 5g fat, 480mg sodium, <1g fiber, 10g protein

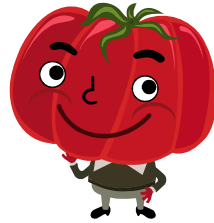


Caramelized Apple Cake

Veggie Quesadilla

Ingredients:

1 ounce cheddar cheese
1 tablespoon fresh chopped tomatoes
1 tablespoon chopped green peppers
1 tablespoon chopped onions
1 tablespoon chopped broccoli
1/2 cup shredded chicken, cooked
2 flour tortillas



Grate cheese. Heat a skillet on medium-high heat on the stovetop. Place on tortilla on the hot skillet. Sprinkle tortilla with grated cheese vegetables and chicken. Top with second tortilla. Cook about 30 seconds, then flip. Cook about 30 seconds on the second side. The quesadilla is done when both sides are golden brown and cheese is melted.

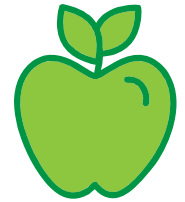
To prepare in microwave oven: Grate cheese, place one tortilla on a microwave-safe plate. Sprinkle tortilla with cheese, vegetables and chicken. Top with second tortilla. Cover with damp towel. Microwave on high (100% power) about 1 minute. The quesadilla is done when cheese is melted.

Makes 1 serving.

Nutrition Info: 520 calories, 18g fat, 720mg sodium, <1g fiber, 37g protein

Ingredients:

1 1/2 cups flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup (1 stick) plus 2 tablespoons unsalted butter, softened
2/3 cup granulated sugar
2 eggs
1 teaspoon vanilla extract
1/2 cup plain yogurt
1/2 cup packed dark-brown sugar
2 large granny smith apples, peeled, cored and cut into 1/4-inch slices.



Heat oven to 375° F. Mix flour, baking powder and salt in a medium-size bowl; set aside. Using an electric mixer on high speed, beat 1/2 cup of the butter in a large bowl for 1 minute or until creamy. Add granulated sugar and continue to beat until light and fluffy. Add eggs and vanilla and beat until blended. Reduce speed to low. Gradually blend in flour mixture, then yogurt. Melt remaining 5 tablespoons butter in ovenproof 10-inch nonstick skillet. Add brown sugar, stir 2 minutes. Add apple slices to the pan and reduce heat to medium-low. Cook for about 10 minutes or until tender. Let cool for 5 minutes. Spoon batter over apples and spread to edge of pan. Bake at 375° F for 30 minutes or until golden brown. Cool on rack for 20 minutes. Run knife around edge. Carefully invert onto a plate.

Makes 10 servings.

Nutrition Info per serving: 346 calories, 19g fat, 1g fiber, 199 mg sodium

Fruit Tart



Ingredients:

2 cups all-purpose flour
2 tablespoons sugar
1/2 teaspoon salt
2/3 cup canola oil
2 cups plus 2 tablespoons fat-free (skim) milk, divided
1 package (4-serving size) sugar-free instant vanilla pudding mix
1 kiwi, peeled and sliced
1 can (15 1/4-ounces) sliced peaches, drained
1/2 pint fresh blueberries, washed
1 pint fresh strawberries, washed, hulled and halved.

Preheat oven to 400° F. In a large bowl, combine flour, sugar and salt; mix well. In a small bowl, whisk together the oil and 2 tablespoons milk; pour into the flour mixture. Using a fork, mix until the dry ingredients are moistened. Using your fingers, press the dough evenly over the bottom and edge of a rimmed 12-inch pizza pan. With a fork, prick the dough all over, then bake 10 to 12 minutes, or until golden. Remove from the oven and allow to cool. In a medium bowl, whisk together the pudding mix and remaining 2 cups milk until thickened. Spread evenly over the cooled crust. Arrange the fruit in a circular pattern over the pudding, beginning with the kiwi in the center, then continuing with the peaches and blueberries and ending with a border of strawberries. Chill for 1-2 hours before serving.

Makes 16 servings.

Nutrition Info per serving: 188 calories, 10g fat, 174 mg sodium, 2g fiber

Sweet Tortillas

Ingredients:

1/2 cup reduced-fat cream cheese, softened
1 tablespoon honey
dash vanilla
4 whole-wheat soft tortillas (6-inch size)
1/4 cup raisins
1/4 cup grated carrots

Stir together cream cheese, honey and vanilla in a small bowl; spread 2 tablespoons on each tortilla. Top tortillas with 1 tablespoon each of raisins and carrots. Fold in half; cut into 2 triangles.

Makes 4 servings

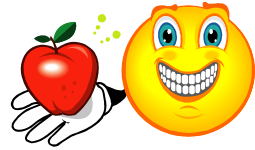
Nutrition Info per serving (2 triangles) 193 calories, 7g fat, 297mg sodium, 20mg cholesterol



Apple Cinnamon Wrap & Roll

Ingredients:

1 1/2 tablespoons sugar
1/2 teaspoon cinnamon
vegetable cooking spray
1 apple (1 cup chopped)
2-3 tablespoons low-fat vanilla yogurt
2 (6-inch) flour tortillas



Mix sugar and cinnamon in small bowl. Wash and chop apples. Place in a medium bowl. Add yogurt to apples, stirring to combine. Lay tortilla flat on a plate. Spray one side of tortilla with vegetable cooking spray. Sprinkle with a spoonful of cinnamon sugar. Flip tortilla. Using 1/4 of apple mixture, fill half of tortilla, folding other half over mixture. Spray pan with vegetable oil. Heat over medium heat. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. Remove from pan and cut in half. Repeat with remaining tortilla. (Use whole-wheat tortillas for additional fiber).

Makes 4 servings.

Nutrition Info per serving: 120 calories, 2g fat, 130mg sodium, 1g fiber

Fruity Banana Smoothie

Ingredients:

1 banana, peeled
1 cup vanilla yogurt
2 cups sliced peaches
1 cups frozen strawberries
1 cup non-fat dry milk powder (optional)

Mix all ingredients in a blender. Blend until smooth. Serve and enjoy! Refrigerate leftovers.

Note: This smoothie can be also made by hand. Use fresh strawberries instead of frozen. Mash all ingredients together. Stir with a spoon until well blended. Serve and enjoy!

Makes 4 servings.

Nutrition Info per serving: 200 calories, 1g fat, 135mg sodium, 4g fiber



Quick Bean Dip

Ingredients:

1 (16-ounce) can non-fat refried beans
1/2 cup mild or medium salsa
6 ounces low-fat shredded cheddar cheese
9 cups assorted vegetables - carrots, celery,
green pepper, for dipping
baked tortilla chips for dipping (optional)

*spices such as garlic or onion powder, cumin or
chili powder (optional)

Combine the refried beans, salsa and cheese
and mix well. Add spices if desired. Cut the
vegetables into bite-size pieces for dipping. In
addition to the vegetables, you can also provide
baked tortilla chips for dipping.

Makes 12 servings.

Nutrition Info per serving (dip only): 60 calo-
ries, 1g fat, 310 mg sodium, 2g fiber



Alphabet Pretzels

Ingredients:

1 package yeast
1 1/2 cups warm water
1 tablespoon sugar
1 teaspoon salt
2 cups unbleached white flour
1 2/3 cups whole wheat flour
vegetable cooking spray

Preheat oven to 425° F. Spray baking sheet
lightly with vegetable cooking spray. In a mixing
bowl, dissolve yeast in water. Add the sugar,
salt and flour. Mix well to make dough. Turn the
dough out onto a clean floured sheet of wax
paper. Divide the dough into 12 pieces. Roll each
piece into a strip. Shape each strip into a letter
and place on baking sheet. Break the egg into a
small bowl and beat with a fork. Brush the
pretzels with the beaten egg. Bake for 12-15
minutes until golden brown.

Makes 12 servings.

Nutrition Info per serving:
140 calories, 0.5g fat,
200mg sodium, 2g fiber



Low-Fat Dill & Garlic Dip

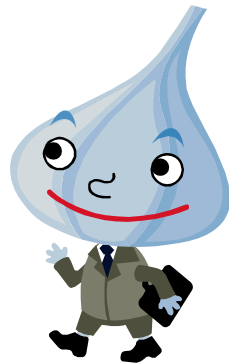
Ingredients:

- 1 cup low-fat mayonnaise
- 1 cup no-fat sour cream
- 1 teaspoon dill weed
- 1 teaspoon garlic powder
- 1 teaspoon season salt (optional)

Place all of the ingredients into a large mixing bowl. Blend all the ingredients together until it is evenly mixed. Serve this dip with your favorite vegetables and/or some no-fat chips or pretzels.

Makes 8 servings

Nutrition Info per serving: 83 calories, 2g fat, 436mg sodium



Bugs on a Log

Ingredients:

- 4 stalks of celery
- currants
- raisins
- 1/2 cup low-fat cream cheese or peanut butter
- shelled sunflower seeds



Cut the celery stalks into four inch long logs. Fill each log with a tablespoon of cream cheese or peanut butter. Put a few currants, raisins and sunflower seeds on top for your bugs.

