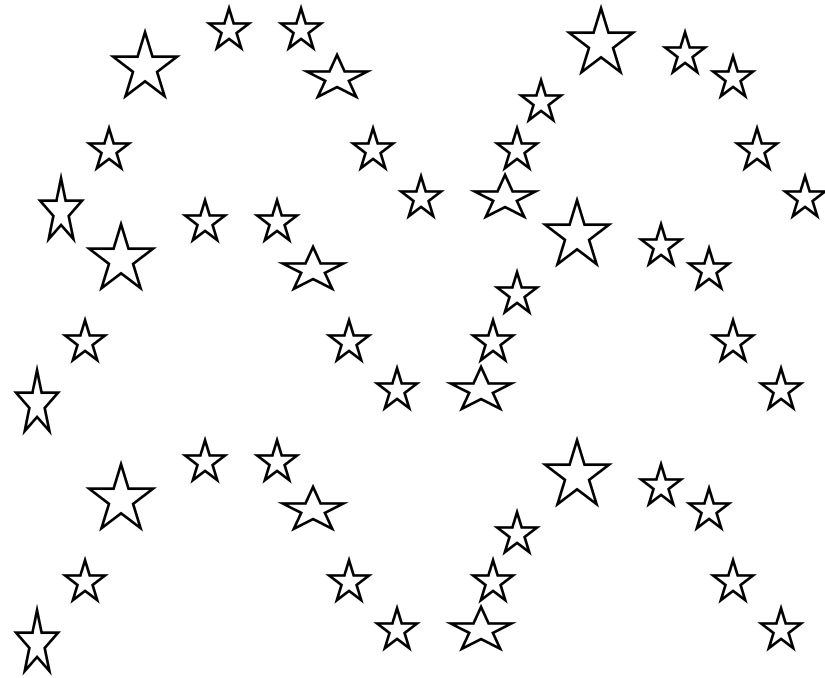


This cookbook belongs to: _____

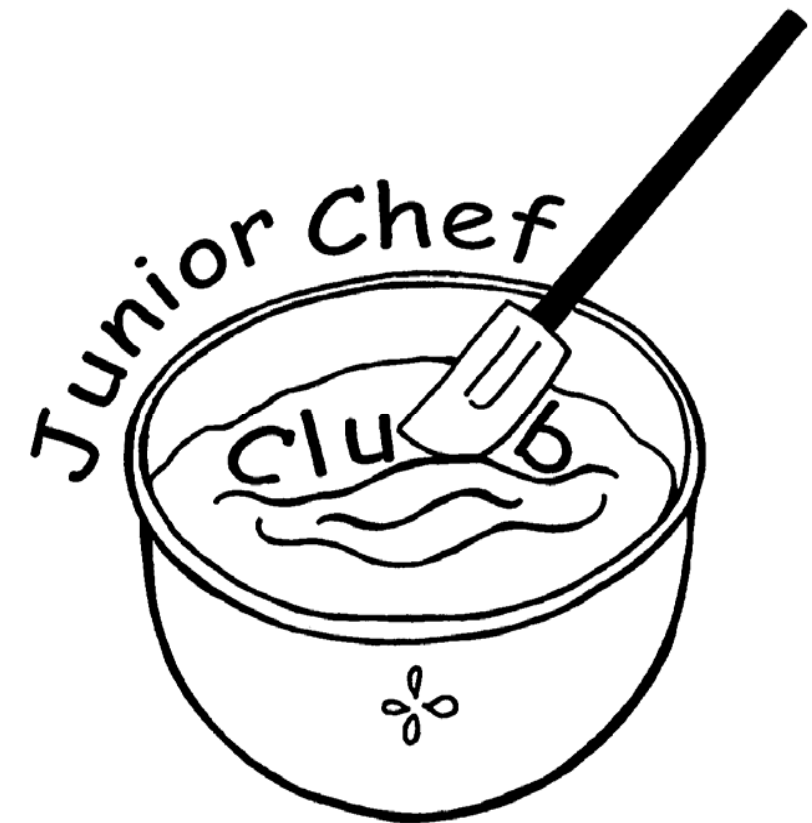


This material was developed by Washington State University, Extension under contract with the Department of Social and Health Services and funded by the United States Department of Agriculture, Food and Consumer Service.

Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination policies regarding race, color, gender, national origin, religion, age, disability, and sexual orientation. Evidence of non-compliance may be reported through your local Extension Office. (2005).

Junior Chef Club Cookbook - Level 2

A Publication for the Junior Chef Club



Washington State University Extension



This publication was written and prepared by:

D. Gayle Alleman, MS, RD and Susie B. Craig, MS
Patti Pearson, BS
Liz Card, BS

Graphic Design and Junior Chef Illustrations by Emily Killeen

Washington State University Extension





Food Safety Hotlines for Parents

FDA Consumer Food Safety & Applied Nutrition Center

1-888-SAFEFOOD (1-888-723-3366) or <http://www.cfsan.fda.gov>

Consumer information on current affairs, recalls, and topics of interest.

Available 24 hours a day.

Public Affairs Specialist available Noon to 4 PM EST, M-F, to answer questions.

Answers Seafood Safety questions.

USDA Food Safety & Inspection Service, Meat and Poultry

1-888-MPHotline (1-888-674-6854) or 1-800-256-7072 or

(www.fsis.usda.gov/Food_Safety_Education/usda_meat_&_poultry_hotline/)

Consumer information on safe food handling, prevention of food borne illness, and labeling of meat and poultry products.

Specialist available to answer questions 10 AM to 4 PM EST, Monday through Friday, to answer questions.

24 hour recorded help line with eight topics.

Cool Websites for Kids!

<http://www.healthychoices.org>

Sponsored by Washington Apple Education Foundation.

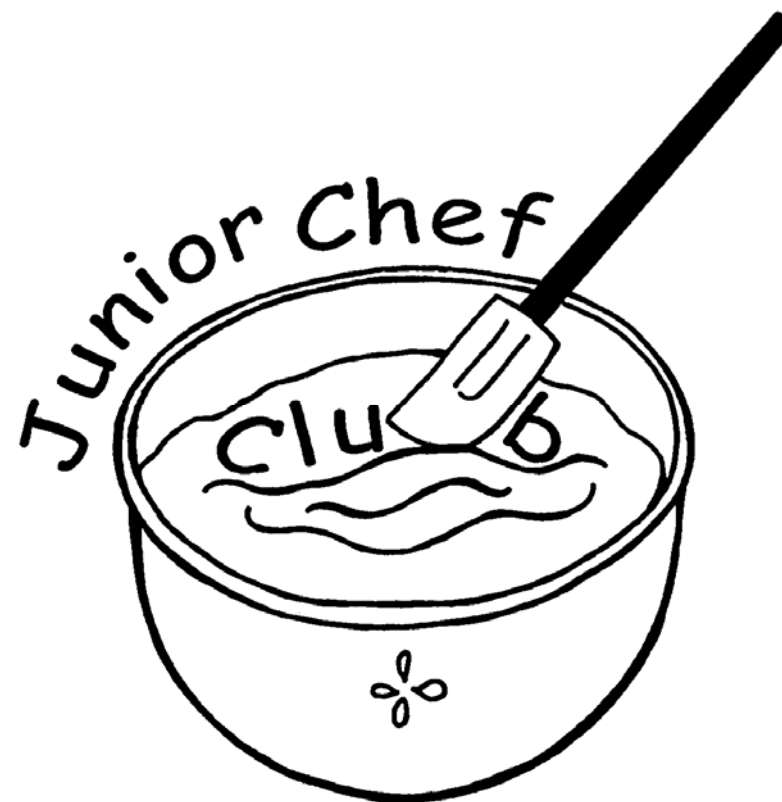
Lessons and activities about healthy foods in English and Spanish.

<http://www.leafy-greens.org> Sponsored by Leafy Greens Council.

Lessons and activities about vegetables!

Junior Chef Club Cookbook - Level 2

a publication for the



Washington State University Extension



Macaroni, Cheese and Trees

Add vegetables to convenience foods for added nutrients. Making instant noodle soup? Or a boxed casserole? Or quick macaroni and cheese? Slice and dice some vegetables for added color, fiber, vitamins and minerals.

Ingredients:

- Box of macaroni and cheese
- 1 teaspoon vegetable oil
- 1 cup vegetable of your choice, fresh or frozen, such as broccoli
- Milk and margarine according to package directions

Directions:

1. Fill large saucepan 3/4 full of water.
2. Add vegetable oil to water to keep macaroni from sticking to itself.
3. Place over medium heat, cover and bring to boil.
4. When water boils, reduce heat, add macaroni and return to slow boil. Do not cover.
5. When macaroni is nearly done, add fresh or frozen vegetables. Continue cooking until vegetables are fresh veggies are crisp tender or frozen veggies are heated through.
6. Drain over sink into colander.
7. Return to saucepan and make according to package directions. (Try using only half the margarine called for or omit it altogether to reduce fat.)

Color in the main food groups used in these recipes:



How did you like it?

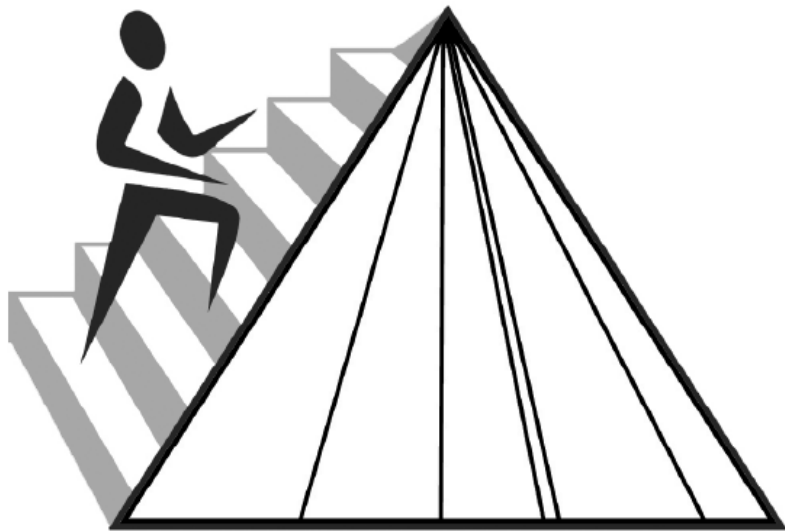
| | Very Much | Okay | Not Much |
|-------------|-----------|------|----------|
| Taste: | ☺ | ☹ | ☹ |
| Appearance: | ☺ | ☹ | ☹ |
| Texture: | ☺ | ☹ | ☹ |

Recipes for Level 2

| | | |
|---------------------------------------|-------|----|
| 1. MyPyramid Salad | | 9 |
| 2. Fruity Vinaigrette | | 11 |
| 3. Low-Fat Ranch | | 12 |
| 4. Mineral Bars | | 15 |
| 5. Excellent Italian Soda | | 17 |
| 6. Banana Shake | | 17 |
| 7. Skillet Granola | | 19 |
| 8. Fruit & Yogurt Parfait. | | 20 |
| 9. Crunchy Burritos | | 23 |
| 10. Fresh Fruit with Honey-Lime Sauce | | 25 |
| 11. Crunchy Oven-Baked Chicken Toes | | 27 |
| 12. Oven Fries | | 28 |
| 13. Macaroni, Cheese, and Trees | | 29 |

MyPyramid Food Guide

Eat foods from each food group every day.
Eating a variety of foods provides you with the nutrients your body needs for good health and to grow.

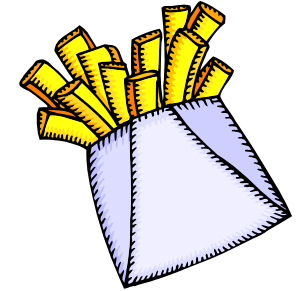


MyPyramid.gov
STEPS TO A HEALTHIER YOU

Color the food groups! Start at the left side of MyPyramid.

| | | | | | |
|---------|----------|---------|--------|-------|---------------|
| Grains: | Veggies: | Fruits: | Oils: | Milk: | Meat & Beans: |
| ORANGE | GREEN | RED | YELLOW | BLUE | PURPLE |

Oven Fries



Ingredients:

4 medium potatoes 1 tablespoon oil

Directions:

1. Preheat oven to 425° F.
2. Peel potatoes and cut into long strips about 1/2-inch thick.
3. Toss potato strips in a bowl with oil.
4. When the strips are completely coated with oil, spread in a single layer on a cookie sheet and put in preheated oven.
5. Bake for 25 minutes. Using a spatula, turn strips over. Bake 15-20 minutes longer.

Color in the main food groups used in these recipes:



How did you like it?

| | Very Much | Okay | Not Much |
|-------------|-----------|------|----------|
| Taste: | 😊 | 😐 | 😞 |
| Appearance: | 😊 | 😐 | 😞 |
| Texture: | 😊 | 😐 | 😞 |

Crunchy Oven-Baked Chicken Toes*

Ingredients:

| | |
|----------------------------------|-----------------------------|
| 1½ pounds chicken breast tenders | ½ teaspoon black pepper |
| 1 cup cornflakes cereal | ½ teaspoon allspice |
| 1 cup whole-wheat bread crumbs | 3 tablespoons vegetable oil |
| 2 tablespoons brown sugar | 1/3 cup all-purpose flour |
| 1 teaspoon salt | 2 eggs |

Directions:

1. Pre-heat oven to 375°F.
2. Breading mixture: Pour corn flakes into a pie pan or large shallow dish and crush up with your hands. Mix in bread crumbs, brown sugar, salt, pepper, and allspice.
3. Drizzle vegetable oil evenly over the breading mixture and stir.
4. Put flour and beaten eggs in separate bowls. Dip the chicken in the flour, then the eggs, and then the breading mixture.
5. Arrange chicken in a single layer on a nonstick baking sheet.
6. Place chicken in oven and cook for about 15 minutes, until crisp and brown.

* Printed with permission *Cooking Rocks: 30 Minute Meals for Kids*, Rachel Ray, Lake Isle Press, 2004.

What belongs in each food group?

Fruit Group includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit is considered a cup equivalent from this group.



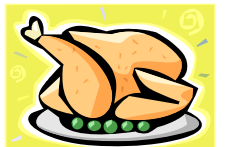
Vegetable Group includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables is a cup equivalent in this group.

Grain Group includes all foods made from wheat, rice, oats, cornmeal, or barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as one ounce equivalent from this group. At least half of all grains eaten should be whole grains.



Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter are not part of the group. Make most milk group choices fat-free or low-fat. In general, 1 cup of milk or yogurt, 1-1/2 ounces of natural cheese, or 2 ounces of processed cheese is considered as 1 cup from this group.

Meat & Beans Group: In general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 tablespoon peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.



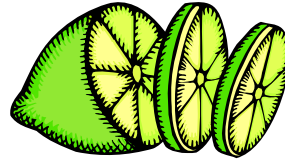
Oils include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

Fresh Fruit with Honey-Lime Sauce

Ingredients:

2 apples, any kind
2 ripe bananas
1 can mandarin oranges

*Seasonal Fruit
1 lime
2 tablespoons



Directions:

1. Cut apples in half and scoop out the seeds and core with a spoon. Cut into bite-sized pieces.
2. Peel bananas and cut into bite-sized pieces.
3. Open can of mandarin oranges and drain.
4. Put all fruit into medium-sized bowl.
5. Cut limes in half. Squeeze the lime juice into a small bowl with a citrus juicer or by hand.
6. Stir honey into lime juice with a fork or wire whisk.
7. Pour honey-lime mixture over fruit and toss fruit to coat. Serve chilled.

Color in the main food groups used in these recipes:



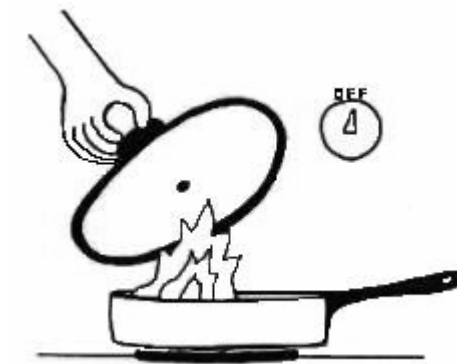
How did you like it?

| | Very Much | Okay | Not Much |
|-------------|-----------|------|----------|
| Taste: | 😊 | 😐 | 😞 |
| Appearance: | 😊 | 😐 | 😞 |
| Texture: | 😊 | 😐 | 😞 |

Steam causes serious burns! Watch out for steam when taking lids or plastic wrap off of microwave dishes.



To smother a pan fire, cover the pan with its own lid and turn the heat off. Don't move the burning pan and don't pour water on it. Ask a grown up for help.



Washington State University Extension

Crunchy Burritos

Ingredients:

½ cup shredded carrots

½ cup chopped broccoli

½ cup chopped cauliflower

2 green onions, thinly sliced

4 ounces shredded cheddar cheese

¼ cup low-fat ranch salad dressing

½ teaspoon chili powder

4 (7 inch) flour tortillas

1 cup torn lettuce



Directions:

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
2. Lay tortillas flat on the clean counter and spoon ½ cup vegetable mixture down the center. Sprinkle with about ¼ cup of lettuce.
3. Wrap each tortilla firmly around the vegetable mixture.

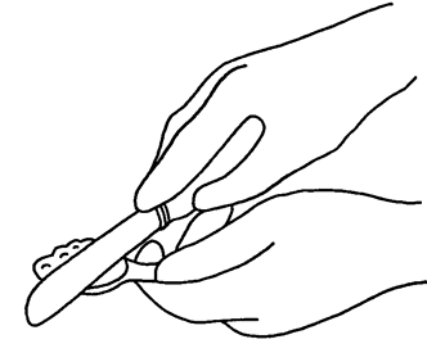
Color in the main food groups used in these recipes:



How did you like it?

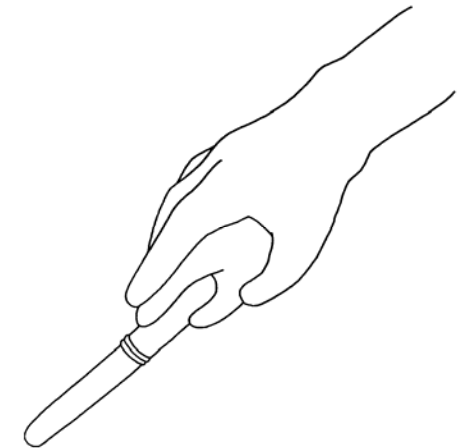
| | Very Much | Okay | Not Much |
|-------------|-----------|------|----------|
| Taste: | ☺ | ☹ | ☹ |
| Appearance: | ☺ | ☹ | ☹ |
| Texture: | ☺ | ☹ | ☹ |

Measuring spoons: For dry ingredients, fill the spoon and level off with the flat side of a knife. For liquids, fill the spoon to the top.



Measuring cups: Spoon the ingredient into the measuring cup, then level it off with the flat side of a knife.

Be careful when using a knife in the kitchen. When you're using a knife, get a grown up to help you.



MyPyramid Salad

Ingredients:

- | | |
|--|----------------------------------|
| 2 cups spinach, washed and torn into bite-sized pieces | ¼ cup sunflower seeds, raw |
| 1 orange, washed, peeled and pulled into sections | 2 slices 100% whole wheat bread |
| | ¼ cup reduced-fat cheese, grated |
| | Vegetable oil cooking spray |

Directions:

1. First, make the croutons. Cut whole wheat bread into ½-inch squares. Place on baking sheet lightly coated with cooking spray. Lightly spray bread squares and bake at 350° F for 10 minutes, watching closely to make sure they don't burn. Toast until golden brown.
 2. Toast the sunflower seeds: Lightly spray a skillet with cooking spray. Heat skillet over medium heat. Carefully put sunflower seeds in skillet. Stir or shake often until seeds begin to turn light brown. Remove from heat and let cool.
 3. Cut each orange segment into 3 or 4 pieces.
 4. Arrange about ½ cup spinach on each plate (small handful).
 5. Top with orange chunks, evenly divided among the plates..
 6. Sprinkle each salad with 1 Tablespoon toasted sunflower seeds.
1. Sprinkle 1 Tablespoon grated cheese on each salad.
 2. Sprinkle toasted bread cubes evenly among salads. Serve with low-fat, low-sugar dressing of your choice.

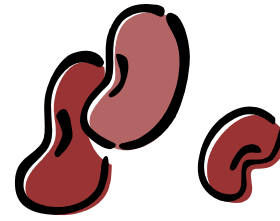


Color in the food groups used in this recipe:



How did you like it?

| | Very Much | Okay | Not Much |
|-------------|-----------|------|----------|
| Taste: | ☺ | ☹ | ☹ |
| Appearance: | ☺ | ☹ | ☹ |
| Texture: | ☺ | ☹ | ☹ |



Fabulous Fiber

Fiber is an amazing substance! It is important to health because it works like a broom and sweeps the inside of your intestines clean. This action keeps food moving through the intestine is found to help prevent some types of cancer.

Fiber is found only in plant foods. Foods that are high in fiber include whole grains, legumes (dried beans, split peas and lentils) plus vegetable and fruits.

The more a food looks like it did when it was growing on a tree or in the ground, the more fiber it has. That's why an apple has more fiber than applesauce or apple juice.

How much fiber do YOU need? Aim for 5 grams + your age.
For instance, if you're 10 years old, you would need 15 grams of fiber .

$$5 + 10 = 15$$



Fruity Vinaigrette Dressing

Ingredients:

- 4 tablespoons oil
- 2 tablespoons vinegar
- ½ cup apple juice
- ½ teaspoon salt (or add to taste)
- 1 small clove garlic, minced



Directions:

1. Put all ingredients into a jar with a tight-fitting lid.
2. Put the top on tightly and shake.
3. Refrigerate dressing until ready to use. Shake jar before you put the dressing on your salad.



Fruit and Yogurt Parfait

Fruit parfaits make a great snack, breakfast, or dessert.

Ingredients:

- 1 cup fruit #1 of your choice (fresh, frozen or canned)
- 1 cup fruit #2 of your choice (fresh, frozen or canned)
- 1 cup low fat or nonfat yogurt (in the flavor of your choice)
- 1 cup low fat skillet granola



Directions:

Using a tall clear glass, layer the ingredients. Start with a ¼ cup layer of fruit #1, then ¼ cup layer of fruit #2, then ¼ cup of yogurt, and finally, ¼ cup granola in each glass. Repeat until glass is full or ingredients run out.

Color in the main food groups used in these recipes:



How did you like it?

| | Very Much | Okay | Not Much |
|-------------|-----------|------|----------|
| Taste: | 😊 | 😐 | 😞 |
| Appearance: | 😊 | 😐 | 😞 |
| Texture: | 😊 | 😐 | 😞 |

Low-Fat Skillet Granola

Ingredients:

- 1/4 cup vegetable oil
- 1/3 cup brown sugar
- 1 tablespoon water
- 4 cups dry, quick-cooking oatmeal
- 1 cup raisins (optional)



Directions:

1. Stir oil, brown sugar, and water together in a large, cool skillet.
2. Stir in oatmeal and mix until coated with sugar and oil.
3. Heat over medium heat, and stir until oatmeal is slightly brown. Stir in raisins if desired.
4. Cool and store in jar with tight lid.

To vary, add 1 teaspoon cinnamon, or 1/2 cup coconut, chopped nuts or wheat germ.



Low-Fat Ranch

Ingredients:

- 1/4 teaspoon salt
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 cup low-fat mayonnaise
- 1/2 cup low-fat plain yogurt



Directions:

1. Combine all ingredients in a small bowl, mixing until well blended.
2. Cover and refrigerate until use.



