

FUN WITH FOOD

HOMEMADE APPLESAUCE

Yield: 4 cups Serves: 8 adults

Ingredients

- 5 medium apples (one and a half pounds) 1/2 teaspoon cinnamon
- 1/2 cup water
- brown sugar (optional).

Steps

1. **Wash the apples.**
2. *Peel, core, and quarter the apples.
3. **Cut the apples into small sections (children may do this using a butter knife).**
4. **In a medium pot, combine the apples, cinnamon and water.**
5. Cover pot, and cook apples over medium heat until they come to a boil. Then simmer over low heat until the apples test tender when you stick them with a fork, about 20-30 minutes. Stir the apples a few times; adding more water if they cook dry.
6. Beat the tender cooked apples smooth with a spoon.
7. Serve applesauce warm or cold with a sprinkle of brown sugar if desired.
8. **Enjoy!**

Have the children help you do the bold steps.

*If you have a food mill, cook the apples without peeling them until tender and put them through the food mill.

FUN WITH FOOD

STRAWBERRY YOGURT POPSICLES

Yield: 12 popsicles

Serves: 12 adults

Ingredients

- 2 cups low-fat vanilla yogurt
- 2 cups chopped fresh or frozen strawberries

Steps

1. **Get out the following supplies: 12 3-ounce paper cups, 12 wooden sticks and a roll of tin foil.**
2. **Combine yogurt and strawberries. Mix well.**
3. **Fill cups with mixture.** Cover cups with plastic wrap or tin foil.
4. **Insert a wooden stick through the plastic wrap or tin foil.**
5. Freeze popsicles.
6. Gently tear away paper cup from frozen yogurt popsicle before eating.
7. Supervise children while eating the popsicles, and throw away the sticks after eating.
8. **Enjoy!**

Have the children help you do the bold steps.

FUN WITH FOOD

CHEESY VEGGIES

Yield: 4 cups Serves: 8 adults

Ingredients

- 4 cups chopped vegetables (such as broccoli or cauliflower)
- 1 tablespoon flour
- 1 cup low-fat milk
- dash of pepper
- 4 ounces shredded low-fat sharp cheddar cheese (1 cup)

Steps

1. Cook vegetables until tender and set aside.
2. **Using a fork, blend flour into low-fat milk until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a pan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts.
7. Remove from heat and pour over the cooked vegetables.
8. **Enjoy!**

Have the children help you do the bold steps.

BAKED ZUCCHINI SQUASH

Yield: 4 cups

Serves: 4 adults

Ingredients

- 2 medium zucchini squash
- 1/2 cup low-fat sour cream
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 3 tablespoons grated Parmesan cheese
- 1/4 cup dried bread crumbs

Steps

1. Preheat oven to 375 degrees.
2. **Wash the squash, and drain in a colander.**
3. **Place each squash on the cutting board. Cut off the ends, and discard.**
4. Slice each squash into 1/2-inch circles. **Place cut squash in a 1-quart mixing bowl.**
5. **Add sour cream, salt, pepper, and garlic powder to the squash. Mix well.**
6. Pour the squash mixture into a 1-quart casserole dish. **Smooth out to fill the bottom of the dish.**
7. **Sprinkle the Parmesan cheese over the squash evenly. Then top with bread crumbs.**
8. Bake for 30 minutes.
9. **Enjoy!**

Have the children help you do the bold steps.

FUN WITH FOOD

CHICKEN TENDERS

Yield: 5 cups Serves: 8 adults

Ingredients

- 1/2 medium chopped onion (1/2 cup)
- 1 small chopped red pepper (1/2 cup) (optional)
- 1 1/2 pounds boneless, skinless chicken
- 1/2 cup seasoned bread crumbs
- 2 teaspoons vegetable oil
- 10 ¾-ounce can low-fat cream of chicken soup
- 1 cup low-fat (1% or less) milk
- 1 cup frozen or canned peas

Steps

1. Cut ends off onion half. **Peel onion and throw away ends and skin.** Chop onions into small pieces.
2. **Wash red pepper.** Cut pepper open, and remove stem and seeds. Throw away stem and seeds. Chop pepper into small pieces.
3. Rinse chicken under running water. Then slice chicken into 1/2-inch strips.
4. **Add bread crumbs to a plastic bag.** Add chicken strips to the bag, and **shake to coat chicken with the crumbs.**
5. Heat oil in a large frying pan on medium heat. Add chopped onion and pepper and cook for 2 minutes.
6. Add chicken to the frying pan. Cook for 3 to 5 minutes to brown chicken.
7. Add cream of chicken soup and low-fat milk to the frying pan, and stir well.
8. Add peas to the frying pan. Cover and cook on low heat for 10 minutes to finish cooking the chicken.
9. Serve over cooked rice or noodles.
10. **Enjoy!**

Have the children help you do the bold steps.