



Fun recipes to make with your kids

Ages 2-5



You will see this handprint throughout the recipes listed here. The orange handprint is placed next to cooking activities that are at your **2 year old child can help with!**



The purple handprint is placed next to cooking activities that **your 3 year old child can help with!** All the activities a 2 year old can do, a 3 year old can do too!



The green handprint is placed next to cooking activities that **your 4 or 5 year old child can help with!** All the activities a 2 year old and 3 year old can do, a 4 and 5 year old can do too!



Scrambled Eggs and Salsa

Servings: 2-3 Time: 10 minutes

Ingredients:

- 4 eggs
- 1 tablespoon unsalted butter
- 2 tablespoons low or no-fat milk
- 3/4 cup shredded or grated jack (or cheddar) cheese
- 2/3 cup salsa (drained of liquid)
- 2/3 cup crushed tortilla chips



Directions for making the eggs:

1. Heat butter in large skillet over medium heat.
-  2. In bowl, whisk together eggs and milk.
3. Pour eggs and milk into skillet. Stir occasionally (eggs will cook in 2-5 minutes).
4. Add cheese to skillet just before eggs are cooked.
-  5. Turn off heat and let sit for 2 minutes. Fold in chips and salsa and serve!

Homemade Pizzas

Servings: 6-8 Time: 35 minutes prep, 20-25 minutes cooking.

Ingredients:

- 1lb pre-made pizza dough
- Flour for rolling dough
- 3/4 cup pizza sauce (or tomato paste)
- 3/4 cup grated or shredded mozzarella cheese

Optional Toppings:

- 1 cup sliced white mushrooms
- 1/2 green pepper (or red, or orange) cut into 1/2-inch pieces
- 1/4 cup black olives
- Slices of pre-packaged pepperoni
- 1/2 cup drained, canned pineapple
- Whatever you want!



Directions for making the pizzas:

1. **Parents:** preheat oven to 400 degrees Fahrenheit. Line two baking sheets with parchment paper, or grease well with cooking spray/olive oil.

2. **Parents:** cut and slice all your pizza toppings. These vegetables require sharp knives!



3. Grate mozzarella cheese into a small bowl



4. Cut pizza dough in half. Sprinkle your counter top with flour. Roll each piece of dough into a flattened 12-inch circle. As you roll, add flour to your hands and your counter to avoid a sticky mess! When you're done, transfer the dough to the prepared cookie sheets, one on each sheet.

4. **Parents:** bake the dough for about 10-12 minutes. Remove dough from oven when done.



5. Spread the pizza sauce over the top of the dough, leaving about a 3/4 inch edge around the outside. This will be your crust!



6. Sprinkle cheese over top of the two pizzas.



7. Arrange your toppings on your pizza! Make a pattern, a funny face, or a fun shape with your toppings.

8. **Parents:** bake again until cheese is melted and crust looks golden brown, about 7-10 minutes.



= 2 year old activities



= 3 year old activities



= 4 & 5 year old activities

Baked Potato Mice

Servings: 4 Time: 15 minutes prep, 65-75 minutes cooking.

Ingredients:

- 4 medium sized potatoes
- 2 tablespoons butter
- 5 tablespoons low or no-fat milk
- 4 tablespoons grated or shredded cheddar cheese
- 1 tablespoon vegetable oil

For mice decorations:

- 4 cherry tomatoes
- 4 long green beans
- 8 raisins
- 1 thinly sliced carrot (or radish)



Directions for making the baked potatoes:

1. **Parents:** preheat oven to 400 degrees Fahrenheit.



2. Wash potatoes and pat dry. Prick them all over with a fork and place on baking tray. Brush them all over with the olive oil.

3. **Parents:** bake potatoes for about 60 minutes until they are soft. During this time, cut your carrot into thin slices. Cut your cherry tomatoes in half.



4. Once the potatoes are cool enough to handle, cut the potatoes the long way at the top and carefully scoop out the soft potato centers.



5. In a mixing bowl, mash the potato centers with the butter, milk, and 3/4 of the cheese. Now put the mixture back into the potatoes!



6. Sprinkle the remaining cheese on top of the potatoes.

7. **Parents:** put potatoes back in the oven for 5-10 minutes until golden brown.

8. **Parents:** take potatoes out of oven and let cool a bit.



9. Stick 2 raisins on each potato/cheese mixture for eyes. Stick half a cherry tomato on the front for a nose. Put the sliced carrots up top for ears. And stick the green bean in the back of the potato to look like a tail!

10. Enjoy!

Mini Apple Pie Snacks

Servings: 4 Time: 15 minutes

Ingredients:

- 2 whole graham crackers
- Light cream cheese (or peanut butter)
- 1 whole apple
- 1/2 teaspoon cinnamon
- 1 teaspoon sugar

Optional toppings:

- Sliced banana pieces
- Raisins
- Peanuts, almonds, or other nuts



Directions for making the mini apple pies :

1. **Parents:** chop apple into small bite size pieces and place in microwave-safe bowl.



2. Combine cinnamon with sugar in a small bowl. Then sprinkle the mix over apples.

3. **Parents:** microwave apples for 1 minute. Then stir apples. Microwave again for 1 minute.



4. Break each graham cracker wafer into 2 halves.



5. Spread a dollop on cream cheese onto each graham cracker piece.



6. Spread apple mixture onto graham crackers.

7. Eat and enjoy!

Remember! Your child can help out before the cooking process has even started!

Your child can:

- Wash fruits and vegetables before cutting
- Wipe down counters
- Carry unbreakable items to the counter
- Arrange and learn to identify ingredients



= 2 year old activities



= 3 year old activities



= 4 & 5 year old activities

Honey Glazed Carrots

Servings: 8 Time: 5 minutes prep, 20 minutes cook

Ingredients:

- 1 and 1/2 quarts water
- 5 cups thinly sliced carrots
- 3 tablespoons chopped parsley
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



Directions for making honey glazed carrots :



1. Rinse carrots in the sink.

2. **Parents:** Bring water to boil in a saucepan.

3. Slice carrots and add to saucepan. Cook for 20 minutes or until tender.



4. Drain carrots well.



5. Mix gently and serve!

Cheese and Fruit Pretzel kabobs

Time: 10 minutes

Ingredients:

- Skinny whole grain pretzel sticks
- Cheese cubes or block of cheese
- Grapes (or strawberries)

Directions:



1. Rinse fruit in sink.



2. If using a cheese block, use small cookie cutters to cut out fun shapes of cheese.



3. Stick one end of some of the pretzels in a cheese cube.



4. Stick one end of other pretzels in a grape.

5. Now you have mini kabobs!



= 2 year old activities



= 3 year old activities



= 4 & 5 year old activities