

Syracuse University

## SURFACE

---

Syracuse University Honors Program Capstone Projects    Syracuse University Honors Program Capstone Projects

---

Spring 5-1-2006

### Cooking for Kids!

Krystal Fullilove

Follow this and additional works at: [https://surface.syr.edu/honors\\_capstone](https://surface.syr.edu/honors_capstone)



Part of the [Hospitality Administration and Management Commons](#)

---

#### Recommended Citation

Fullilove, Krystal, "Cooking for Kids!" (2006). *Syracuse University Honors Program Capstone Projects*. 597. [https://surface.syr.edu/honors\\_capstone/597](https://surface.syr.edu/honors_capstone/597)

This Honors Capstone Project is brought to you for free and open access by the Syracuse University Honors Program Capstone Projects at SURFACE. It has been accepted for inclusion in Syracuse University Honors Program Capstone Projects by an authorized administrator of SURFACE. For more information, please contact [surface@syr.edu](mailto:surface@syr.edu).

# **Cooking for Kids!**

Krystal Fullilove

Candidate for Bachelor of Science Degree  
in Hospitality Management with Honors

April 2006

APPROVED

Thesis Project Advisor: \_\_\_\_\_  
Dr. Bradley Beran

Second Reader: \_\_\_\_\_  
Chef Kimberly Johnson

Honors Director: \_\_\_\_\_

Honors Representative: \_\_\_\_\_

Date: \_\_\_\_\_

**Copyright © 2006 by Krystal Denise Fullilove**

**All rights reserved**

## Thesis Abstract

My thesis, "Cooking for Kids!", follows the current trends in exploring the problem of childhood obesity. The epidemic of childhood obesity has been steadily climbing for the past two decades. The number of obese children has reached its highest ever with over 9 million children and adolescents being classified as overweight or obese. The weight problem stems from decreased physical activity in children and eating foods that are not nutritious.

My personal answer to the obesity problem was to create a cookbook for children ages 8-13. I intended for parents to use the cookbook as a way to teach the importance of healthy eating from an early age.

The cookbook has very simple and healthy step-by-step recipes for all meal periods. There are sections with recipes for breakfast, lunch, dinner, snacks, and even a few beverages. I incorporated mostly new recipes using foods children eat most often, but I also included four personal recipes from my own childhood.

My initial goal for the project was to provide a tool for parents to promote better eating habits in their children. I believe what sets my project apart from other "Kid's

Cookbooks” is that rather than change what children were eating, which has proven to be unsuccessful, I chose another approach. I spoke to a few children to find out what they are eating most often and modified those foods to be more nutritionally balanced.

As the project developed I also decided I wanted to encourage children to experiment with new, different foods they may not be used to eating. Another side benefit is that children are able to interact with their parents and other siblings in a new way.

## Table of Contents

Advice to Future Honors Students.....	i
Acknowledgments.....	iii
Thesis Essay.....	1
Works Cited.....	10

## Advice to Future Honors Students

The most important advice I have for you is something you should already know. You will most likely read this same advice in other theses, but I will say it here anyway just to reinforce how important it is. As an honors student you obviously take your school work very seriously. I would advise you to continue to do so. I will say that this thesis is no exception. Begin working as early as you possibly can. It will only save you much stress and headache in the end.

One of my ideas for the thesis was to survey children of my target age group and require them to keep a food diary. I wanted to see firsthand what types of foods they were eating, especially the snacks. I would have compiled a list from these diaries and then created my recipes from that list. However, because I did not submit my forms until five months before my thesis was due, I did not have enough time to speak formally with as many children as I wanted to. I believe that would have impacted my project in such a positive way. But instead I spoke with just a few children casually to find out some information that helped me make my decisions for the recipes.

So as I said above, begin working on your thesis as soon as you possibly can. Do your research, submit your forms, begin drafting, complete whatever you need to as early as you can do it.



## Acknowledgements

I would like to thank the Lord first and foremost for allowing me to partake in this gift called life. I would of course like to thank my mother, Toni, for helping me throughout my college career. She has always been there for me as my constant encouragement; standing by me through all my academic decisions, whether they were crazy or not.

In my thanks I would also like to include, Alvarez, Charles, George, Tyrone, Tesia, Teandra, Brandi, Bria, Michele, Daun'Tez, Linda, Cynthia, Paul, Alaina, Dionne, Richard Sr., Richard Jr., Alicia, and the newest addition to our family, little Alice. All of you have contributed to my academic success and my success as a person in some way so I say thank you again. Also to those Avery family members who have passed on, my older sister, Terri, and both grandparents, Rosalee and Willie, you have helped me also. You three have been my guardian angels. And Na, you inspired me to explore culinary arts even before I realized it so thank you, I love you all.

Also thanks to my thesis advisor Brad Beran and my second reader, Chef Kim Johnson. I would like to thank the

entire Hospitality Management Department at Syracuse University. It is the best department at this school; the staff is excellent!

To anyone I did not mention by name, I'm sorry, it's not that I forgot about you, just that I have many thank yous from my college career. But thank you anyway; I appreciated the help I received from everyone!

## Thesis Essay

When I decided to explore writing a thesis during my junior year in college, I was quite unsure of the topic I would investigate. I had researched several topics of interest throughout the year, but among those topics none seemed to create a spark with my creativity and imagination.

Last fall I was doing research on my computer when I stumbled upon an article on yahoo.com. The article entitled "Overweight Kids at Risk for Broken Bones" explained how overweight and obese children were at risk for major chronic illnesses, but also joint problems and more broken bones. I had studied the subject of obesity in youth in previous nutrition classes, but this particular article caught my attention and I continued to read along. I was approaching the end of the article when the author mentioned a 14-year-old boy from Louisville, KY who was only 5-feet-4-inches, but weighed 362 pounds. I could not believe what I was reading, a young boy who was just barely a teenager, yet weighed over twice my weight as a full grown adult.

I read several more articles about childhood nutrition throughout that week. All seemed to have the same basic

premise: the obesity rates among young children have skyrocketed in the last decade. I had even noticed that my 10-year-old niece had picked up a few pounds in recent years. That thought forced me to ask myself, "Why was this happening?" I wondered what was so different about the children of today that caused them to have this battle with obesity.

One problem falls on the shoulders of modern technology. Children are spending more and more time in front of their televisions or video-game consoles and less time being active, exercising, and playing outside with their friends ("Child Obesity Levels Expected to Soar By 2010"). Our youth return home from school each day to spend two or more hours watching television or playing video games all while snacking. But these kids are not eating healthy snacks like fruits and vegetables or drinking the recommended eight glasses of water a day. They are eating chips, cookies, candies, and drinking pop or juice which is loaded with sugars. Some state legislators have recognized this trend though and are encouraging the ban of sugary drinks in schools ("Citing Obesity Rates, Hartford Plans to Ban School Sales of Sugary Drinks"). The decrease in physical activity

combined with the increase in consumption of sugars and fats spells disaster for these young people.

As I read on I became more and more terrified. I was reading of children as young as six-years-old with health problems that are typical of older adults. Chronic illnesses such as type 2 diabetes, sleep apnea, persistent shortness of breath, high blood pressure, and high cholesterol plague these children (“Overweight and Obesity”).

Natural curiosity encouraged me to explore this now popular subject of childhood obesity. I did wonder what I could do to combine my creativity and knowledge about the subject. So finally I decided to write a recipe book for young children. I wanted to promote simple home cooking for children together with their parents and other family members.

Now that I had my project idea I was elated, but I had never written a single recipe before, let alone an entire cookbook. I knew from the beginning that this would present a challenge, but I was willing to face the challenge and explore a topic that was new to me.

I soon found that completing the research was the easy part of the project, there was plenty of current information on

childhood obesity. The libraries had a lot of information on the subject. The internet versions of newspapers like the New York Times and other journals on the internet had even more information on the subject.

When I first began to look at recipes for ideas I decided to include various types of foods that children would want to eat. I wanted to cover all meal periods: breakfast, lunch, dinner, snacks; I also included a few beverage recipes. Halfway into the project I realized that children would still want to eat their typical foods they were used to. I then decided to write "healthier" versions of the recipes from foods kids ate more often, but also include some normal recipes that they would still recognize.

I started by just casually speaking with children of friends and writing down meals they would eat on a regular basis; I also made note of the meals I often ate as a child. I wanted the kids to have uncomplicated meals they could prepare with a little parental supervision, meals that were fun to make, and that used as many fresh ingredients as possible. Initially I wrote about 30 recipes including Krispie Granola Bars, Veggie Pizza Bianca, Krystal's Chef Salad, and Chicken and Veggie Quesadillas. There are also a few snack ideas so

if children continued to watch television after school each afternoon, they would have an alternative to the chips and candies they were previously eating.

The Krispie Granola Bars were inspired by another recipe I read in "The Healthy Body Cookbook." The main ingredients are oats, raisins, and peanut butter. It is a very simple recipe that takes less than an hour to make. I hoped it would encourage kids to eat a fast breakfast like a granola bar instead of just skipping breakfast in the morning.

The Veggie Pizza Bianca involves the use of several fresh vegetables (green peppers, mushrooms, onions, and tomatoes) children are aware of and used to eating. I encourage the use of fresh foods throughout the book because the nutrient content of the meal increases dramatically compared to when processed foods are used.

Krystal's Chef Salad is a simple one that can be eaten for lunch or dinner. I included some turkey and ham, but also plenty of cucumber, onion, and tomato. There is also a little protein added from the hard-cooked eggs. The children are learning valuable cooking skills here for use in the future.

My last meal example, Chicken and Veggie Quesadillas, also encourage the use of fresh vegetables, tomatoes, onions,

and mushrooms. I have replaced the sour cream typically used for quesadilla topping with salsa. That decreases that fat and sodium content of this recipe dramatically. I used low fat cheddar cheese here also.

I decided on my final list of recipes by spending night after night testing them in my kitchen. If I encountered any difficulty in preparing them I would make small changes until I felt the ingredients and the methods used were straightforward enough for everyone involved to understand. I wanted there to be adult supervision and help, but only when working with sharp objects or heat on the stove. One of the goals I aimed to accomplish was to teach children to appreciate and experiment with food and cooking more than they would have otherwise.

I felt it would also be a time for parents and their children to spend time together. Today's typical family has two working parents with very busy lifestyles. They have an eight-hour-day in the office and then return home to housework, cooking, driving their children to various extracurricular activities; the list goes on. By spending time to prepare dinner with their children it can help bring everyone closer.



My audience for this cookbook is children ages 8-13, between 5<sup>th</sup> through 8<sup>th</sup> grade. I felt that is an age where the eating patterns are spiraling out of control for our youth. They are just reaching an age where they are allowed to get some meals for themselves. They can go to the refrigerator to get juice or go to the pantry and get a bag of chips whenever they would like. These pre-teen years are where kids are becoming extremely impressionable by their friends, media, etc. Instilling the proper eating habits from the beginning and reinforcing them as they get older can be one of the keys to help your child maintain a healthy weight.

Parents should realize they will have a constant battle between their children's friends and the media. A study released in a pediatric medical journal shows that children will consume an extra 167 calories for every hour of television they watch. Even preschool age children will consume extra calories while watching television ("Black-Oriented TV Has More Fast-Food Ads").

The United States is not the only country where obesity is a problem. As I was reading about the large number of children in the U.S. who have developed serious diseases due

to being overweight I also realized how serious of a problem this is throughout the world. It is predicted that within a few short years, by 2010, almost half of the children in world will be overweight ("Study Predicts Rise in Overweight Children").

Other countries in the Middle East, parts of Asia, and Africa are addressing the issue of obesity rates in their children with a more serious attitude as well. Sweden has begun screening children as young as four-years-old for signs of obesity ("Sweden to Screen Four-Year-Olds for Obesity"). Swedish officials have recommended that pediatricians register the BMI (body mass index) all children beginning at four. Saudi Arabia has also launched a new campaign to encourage everyone to eat more healthily. Recent statistics showed that 29% of teenage girls and 36% of teenage boys were affected by obesity ("Saudi Wants to Trim Waists of Overweight Population").

Obesity is a serious topic not to be taken lightly any longer. I would not want children of the next generation to have a shorter life expectancy because of simple life choices they have made. It is troublesome and sad that today's children are developing all these chronic illnesses as such a young age.

I would like for this cookbook to be used as a tool to encourage healthy eating from a young age. Instilling certain behaviors and values today will have an effect on tomorrow. I would hope that parents will take my cookbook and use it to reinforce that cooking is fun also. I want parents to use this cookbook as a tool to encourage spending more time together as a family. I have intentionally made the recipes easy enough to follow that the most novice cook could prepare the meals. Hopefully, the cookbook will inspire families to welcome experimenting with new foods and cooking from now on.

## Breakfast

### Berry Yogurt Parfait

4 cups low-fat vanilla yogurt  
1 cup of rolled oats (uncooked oatmeal)  
10 large strawberries  
½ cup blueberries

1. Add 3 tablespoons of yogurt to 4 small cups.
2. Add one tablespoon of oats to each cup.
3. Have an adult chop the strawberries into small pieces.
4. Add a layer of strawberries and blueberries to each cup.
5. Add 3 more tablespoons of yogurt to each cup then top off with another layer of strawberries and blueberries.
6. Add one more tablespoon of oats to each cup and you're ready to serve!

### Krispie Granola Bars

(adapted from The Healthy Body Cookbook)

2 ½ cups Rice Krispies®  
2 cups Quaker® Instant Oatmeal (or similar oatmeal)  
½ cup raisins  
1 cup firmly packed brown sugar  
½ cup light corn syrup  
½ cup peanut butter  
2 teaspoons vanilla extract

1. Mix together the Rice Krispies®, Quaker® oatmeal, and raisins in a medium sized bowl.
2. Heat together the brown sugar and corn syrup over medium-high heat in a small saucepan.
3. Stir constantly until the brown sugar and syrup begins boiling then remove from stove.
4. Slowly stir in the peanut butter to the mixture.
5. Then add the vanilla extract to the mixture. Continue to stir until smooth.
6. Add the peanut butter mixture to the bowl containing the Rice Krispies® and oatmeal.

7. Mix until all ingredients are blended completely.
8. Carefully (it will be warm), press the mixture into a baking pan.
9. When cool (about 30 minutes), cut into 14 bars.

### **Na-Na's Salmon Patties**

2 eggs, beaten  
 ¼ cup green onion, chopped  
 ¼ teaspoon salt  
 1 teaspoon pepper  
 1 can (14 ¾ ounces) salmon, drained  
 ½ cup unseasoned bread crumbs  
 2 tablespoons vegetable oil

1. Crack two eggs in bowl and beat with fork for about 10 seconds.
2. Have an adult chop the green onion.
3. Mix egg, green onion, salt, and pepper in a medium sized bowl.
4. Add salmon and bread crumbs to bowl and mix well.
5. Using your hands form 6 to 8 ½ inch thick patties.
6. Have an adult heat the vegetable oil in a skillet over medium heat.
7. Cook patties for about 5 minutes on each side or until golden brown.
8. Serve warm.

### **Cool Fruit Salad**

1 cantaloupe  
 1 honeydew melon  
 2 cups of green seedless or red seedless grapes  
 1 cup of strawberries, sliced  
 ½ cup blueberries  
 1 tub (8 ounces) Cool Whip®

1. Have an adult cut both melons in half and slice the strawberries.
2. Take a melon ball scooper and scoop out as many melon balls as you can from the

cantaloupe and honeydew melon.

3. Mix all the fruit together in one large bowl.
4. Divide into four smaller bowls and add one heaping spoonful of Cool Whip® to each bowl.

## **Lunch**

### **Swiss Cheese Salad**

(adapted from The Healthy Body Cookbook)

1 bag of pre-packaged iceberg or romaine lettuce  
 1 medium cucumber  
 1 medium tomato  
 ½ pound of Swiss cheese (in one piece, not slices)  
 1 cup of your favorite fat-free salad dressing

1. Wash lettuce and let drain in colander.
2. After draining, place lettuce into salad bowl throwing out any bruised or browned pieces.
3. Using the paring knife on the cutting board, have an adult cut off and discard the ends of the cucumber. Cut the cucumber into thin slices and place in the salad bowl.
4. Wash and dry the tomato. Have an adult cut the tomato into thin slices and add to the salad bowl.
5. Have an adult cut the Swiss cheese into bite-size pieces and add to the salad bowl.
6. Add the salad dressing and toss the salad with two wooden spoons.
7. Divide into 4 small bowls and serve!

### **Grilled Cheese and Tomato Sandwiches**

4 tablespoons margarine  
 4 slices of bread of your choice (bread without seeds will work best)  
 4 slices of cheese of your choice (sliced cheeses will work best)  
 1 medium tomato, sliced

1. Have an adult slice the tomato into 4 thin slices.

2. Then have an adult heat the margarine over medium heat in skillet.
3. Assemble sandwich: one slice of bread on bottom, then one slice of cheese, two tomato slices, another slice of cheese, and last slice of bread together.
4. Place sandwich in skillet. Heat one side of bread until lightly browned.
5. Flip over with spatula and heat until other side of bread is lightly browned and cheese is melted.
6. Carefully remove sandwich from skillet with spatula and you're done! Repeat steps 2-5 for second sandwich. Grilled Cheese goes well with Baked Lays® Potato Chips.

### **Chef's Salad**

2 hard-cooked eggs, peeled and sliced  
 1 medium cucumber, sliced  
 1 medium tomato, sliced  
 1 medium red onion, finely chopped  
 1 bag prepackaged iceberg lettuce  
 ½ cup ham, finely chopped  
 ½ cup turkey, finely chopped  
 1 cup (4 ounces) shredded sharp cheddar cheese  
 ½ cup Bacon Bits®

1. Have an adult bring 2 eggs and 2 cups of water to a boil over medium high heat.
2. While egg is boiling (about 10-12 minutes), wash and drain iceberg lettuce into colander.
3. Have an adult slice the cucumber into ½ inch pieces; slice the tomato into strips, and chop the onion. Have an adult also chop the turkey and the ham.
4. Turn off heat from eggs and let cool.
5. Throw the lettuce into a large bowl first. Then add turkey, ham, cucumber slices, tomatoes, red onion, cheese, and bacon.
6. Remove eggs from pot with tongs and peel off outer shell.
7. Slice egg into small strips and add to salad.
8. Top the salad with your favorite low fat dressing and you're done!

## **Dinner**

### **La Pizza Verde**

1 - 12 inch Boboli® pizza crust  
 1 ½ cups of pesto sauce  
 1 package of frozen spinach  
 3 cups shredded mozzarella cheese

1. Preheat oven to 450°F.
2. Defrost spinach in the microwave. Set spinach on paper towel to dry.
3. Place pizza crust on unlined baking sheet. Spread pesto sauce on pizza crust evenly with a spoon.
4. Top pizza with mozzarella cheese then spinach.
5. Place pizza in the oven and bake for 10-12 minutes or until cheese is lightly brown.
6. Carefully remove pizza from oven with oven mitts.
7. Have an adult cut pizza into 8 slices and serve.

### **Chicken-Veggie Quesadillas**

½ cup white onion, chopped  
 1 medium tomato, chopped  
 2 pre-cooked boneless chicken breasts  
 2 tablespoons vegetable oil  
 1 package soft tortilla shells  
 1 cup grated low fat cheddar cheese  
 ½ cup pre-sliced button mushrooms  
 ½ cup salsa

1. Have an adult chop the tomato and onion; set aside in a bowl.
2. Have an adult also chop the chicken breasts and set aside in a bowl.
3. Under adult supervision, heat two tablespoons of oil in skillet over medium heat.
4. Place tortilla shell on skillet, heating both sides for about 30 seconds.
5. Cover tortilla with grated cheese; heat until cheese is melted.
6. Place thin layer of tomatoes, onions, mushrooms and chicken on top of melted



cheese and heat until tortilla shell is browned.

7. Place another layer of grated cheese, then another tortilla on skillet and flip over with the spatula.
8. Heat until other side of tortilla is browned as well.
9. Remove quesadilla from skillet and place on cutting board.
10. Have an adult cut quesadilla into triangles and serve with salsa.

### **Mama's Chili**

2 tablespoons vegetable oil  
 1 pound 90/10 or 95/5 ground beef  
 2 medium tomatoes, chopped  
 1 medium green pepper, chopped  
 1 medium onion, chopped  
 1 (14 ounces) can kidney beans, light or dark  
 1 pouch McCormick® Original Chili Seasoning Mix, or similar mix  
 ¾ cup firmly packed brown sugar

1. With an adult, heat oil in skillet over medium heat.
2. Break up ground beef into small pieces in skillet and cook until browned.
3. Turn off heat and remove skillet from stove. Drain any fat from meat in a colander.
4. With an adult, chop tomatoes, pepper, and onion. Be sure to remove seeds from tomato and pepper.
5. Combine ground beef, vegetables, kidney beans, and chili seasoning into a large pot.
6. Bring ingredients to a boil over medium high heat.
7. Slowly stir brown sugar into the pot.
8. Reduce heat to low and cover.
9. Simmer chili on low for 15-20 minutes stirring chili occasionally.
10. Serve with your favorite crackers and low-fat cheddar cheese.

The terms 90/10 and 95/5 ground beef refers to the lean to fat ratio in the meat. An example of 95/5 has only about 5% of fat by weight. It's the ground beef with the least amount of fat!

### **Chicken Caesar Salad**

1 bag prepackaged romaine lettuce  
¾ cup Caesar dressing  
1 cup croutons  
½ cup parmesan cheese  
1 cup cooked chicken breasts

1. Wash lettuce and drain in colander.
2. Put lettuce in large bowl and add Caesar dressing.
3. Toss salad with large tongs until most lettuce is covered with dressing.
4. Transfer small amounts of lettuce to two bowls.
5. Sprinkle salad with chicken then croutons and cheese.

You can also enjoy this salad with shrimp or bacon diced with it!

### **Margherita Pizza**

1 – 12 inch Boboli® pizza crust  
2 cups Prego® or similar tomato sauce  
2 cups shredded mozzarella cheese  
2 medium tomatoes, sliced  
2 tablespoons dried basil

1. Preheat oven to 450°F.
2. Place pizza crust on unlined baking sheet. Spread tomato sauce over pizza crust evenly with a spoon.
3. Top pizza with mozzarella cheese.
4. Have an adult slice the tomato into thin slices and place over the pizza.
5. Sprinkle an even layer of basil over cheese.
6. Place pizza in the oven and bake for 10-12 minutes or until cheese is lightly browned.
7. Carefully remove pizza from oven with oven mitts when done.
8. Have an adult cut pizza into 8 slices and serve.

### **Honey Mustard Chicken Bake**

4 small chicken breast halves (about 2 pounds), skin and bones removed  
 ½ cup honey  
 ¾ cup Dijon-style mustard  
 1 tablespoon oregano  
 1 cup unseasoned dry bread crumbs

1. Preheat oven to 350°F.
2. Have an adult wash and remove the fat from the chicken breasts.
3. In a small bowl mix the Dijon-style mustard, honey, and oregano until thoroughly blended.
4. Lay chicken breasts in 13- x 9- inch baking dish.
5. Pour Honey Dijon Mustard mix over chicken breasts.
6. Sprinkle chicken with bread crumbs.
7. Bake uncovered for 20-25 minutes or until juices run clear from chicken.
8. Carefully remove baking dish from oven with oven mitts.

### **Antipasto for Two**

1 bag prepackaged mixed greens  
 4 slices of salami  
 4 slices of ham  
 4 slices of provolone  
 2 medium tomatoes, sliced  
 Black and green olives to garnish  
 ½ cup of Balsamic-Italian Dressing

1. Wash mixed greens thoroughly and drain in colander.
2. Place mixed greens on large serving plate.
3. Around the sides of the place alternate salami, ham, and provolone cheese.
4. Have an adult slice the tomato into thin slices.
5. Lay sliced tomatoes over the top of the greens along with the olives.
6. Drizzle Balsamic-Italian dressing over the salad.

### **Balsamic-Italian Salad Dressing**

1 tablespoon of granulated sugar  
 ½ teaspoon paprika  
 ½ teaspoon oregano  
 ¼ cup white wine vinegar  
 ¼ cup honey  
 ¼ cup balsamic vinegar  
 Juice of 1 lemon (about 3 tablespoons)

1. Combine all ingredients in a blender.
2. Blend on medium until dressing is well blended. Or put into a jar, cover tightly, and shake.
3. Refrigerate for 2 hours. Shake well before serving.

### **Veggie Pizza Bianca**

1 – 12 inch Boboli® pizza crust  
 2 cups Prego® or similar tomato sauce  
 ½ medium red pepper, chopped  
 ½ medium green pepper, chopped  
 ½ medium onion, chopped  
 1 cup pre-sliced mushrooms  
 2 cups 4-Cheese Italian blend

1. Preheat oven to 450°F.
2. Place pizza crust on unlined baking sheet. Spread tomato sauce on pizza crust evenly with a spoon.
3. Have an adult slice the peppers and onions.
4. Top pizza with mozzarella cheese then peppers, mushrooms, and onions.
5. Place pizza in the oven and bake for 10-12 minutes or until cheese is lightly brown.
6. Carefully remove pizza from oven with oven mitt.
7. Have an adult cut into 8 slices and serve.

## Snacks

### **COOL 'N EASY® Pie** (from Kraft Foods JELL-O website)

2/3 cup boiling water  
 1 pkg. (4-serving size) JELL-O® Brand Strawberry Flavor Gelatin  
 Ice cubes  
 1/2 cup cold water  
 1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed  
 1 HONEY MAID® Graham Pie Crust (6 oz.)

1. Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved.
2. Add enough ice to cold water to measure 1 cup.
3. Add to gelatin; stir until slightly thickened. Remove any unmelted ice.
4. Add whipped topping; stir with wire whisk until well blended.
5. Refrigerate 15 to 20 min. or until mixture is thick enough to mound.
6. Spoon mixture into crust.
7. Refrigerate for at least 4 hours or overnight until firm.

### **Kool-Aid® Orange-Banana Yogurt Pops**

1 cup orange flavored Kool Aid®  
 ½ cup orange juice concentrate, thawed  
 1 cup vanilla yogurt  
 1 medium banana

1. Combine Kool Aid®, orange juice concentrate, vanilla yogurt, and banana in a blender container. Blend on medium speed until all ingredients are well blended.
2. Pour mixture into popsicle molds or small plastic cups.
3. If using plastic cups: Remove cups from freezer about one hour later. Add wooden sticks to the plastic cups and return to the freezer.
4. Remove popsicle molds or plastic cups from freezer when frozen solid, about 3 hours later.
5. Run mold under warm water for about 15 seconds if the frozen pop does not come out immediately.

## **Peachberry Fruit Leather**

(adapted from The Healthy Body Cookbook)

Vegetable oil cooking spray

1 medium lemon

2 pinches of ground cinnamon

2 medium peaches

5 large strawberries

1. Preheat oven to 175°F.
2. Spray the cookie sheet with an even layer of vegetable oil.
3. Have an adult cut the lemon in half.
4. Wash and pat dry the peaches and strawberries. Have an adult use the paring knife to remove the skin from the peaches. Cut the peaches into small chunks.
5. Next, have an adult cut the tops off the strawberries then cut strawberries into thin slices.
6. Put the peaches in the blender container. Squeeze the juice from a lemon half into the blender and add a pinch of cinnamon. Blend the mixture on high until smooth, then pour the mixture into the medium bowl.
7. Wash and thoroughly dry the blender container. Put the strawberries into the blender container. Squeeze the juice from the other half of the lemon into the blender and add the remaining cinnamon. Blend the mixture on high until it is smooth then add to a separate bowl also.
8. Using a sandwich spreader or table knife, spread 1 cup of the peach mixture over half of the cookie sheet.
9. Spread 1 cup of the strawberry mixture over the other half of the cookie sheet. Overlap the mixtures by 2 inches.
10. Bake fruit leather with the oven door slightly open for about 2 hours. Use the oven mitts to carefully remove the cookie sheet from the oven. Check to see if the fruit leather is dry enough to peel from the cookie sheet. If it is, continue to 11. If it is still slightly wet, put it back in the oven for one more hour. If it is still wet at the 3-hour mark, use a spatula to flip it over. Then return to the oven for 10 more minutes.
11. Peel the fruit roll from the cookie sheet and place it on a clean cutting board. Have an adult cut the fruit leather into strips using a knife. Roll up the strips.

12. When cool (about 30 minutes), wrap any remaining fruit leather in plastic wrap and store in an airtight container or re-sealable plastic bags.

### **Terri's Peanut Butter Cookies**

½ cup (1 stick) of butter, softened  
 1 cup peanut butter  
 1 cup firmly packed brown sugar  
 1 cup granulated sugar  
 1 teaspoon baking soda  
 2 eggs, beaten  
 2 teaspoons vanilla extract  
 2 cups all-purpose flour

1. Beat butter and peanut butter with an electric mixer on medium to high until well blended.
2. Stir in brown sugar, white sugar, and baking soda until well blended.
3. Beat egg and vanilla extract in separate bowl.
4. Add egg and vanilla extract to peanut butter mixture.
5. Stir flour into peanut butter mixture using a large wooden or plastic spoon.
6. Chill dough for 1-2 hours.
7. Preheat oven to 350°F about 15 minutes before you plan to place cookies in the oven.
8. Remove dough from refrigerator and shape into 1 inch balls.
9. Place balls onto an ungreased cookie sheet.
10. Flatten balls with fork into criss cross pattern.
11. Bake cookies for 9 to 11 minutes or until they are golden brown on the bottom.
12. Cool cookies for at least 10 minutes before serving.

### **Apples and Caramel Peanut Butter Dip**

(inspired by Rachael Ray's Cooking Rocks cookbook)

2 Gala or Granny Smith Apples  
 1 cup + 1 tablespoon of water  
 2 tablespoons lemon juice  
 25 caramel candies (½ of 14 ounce bag)

3 tablespoons creamy peanut butter  
 ½ cup dry roasted peanuts

1. Have an adult remove the seeds from the apples and cut into 8 slices each.
2. Add 1 cup of water and the lemon juice into a bowl. Toss apples around in the water and drain in a colander.
3. Place the candies in a microwave safe bowl. Then add 1 tablespoon of water and the peanut butter to bowl.
4. Microwave candies on high for 2 minutes. Remove from microwave and stir with rubber spatula or spoon. If candies are not melted microwave for another 20 seconds.
5. Put apples on a plate and put dip in a small bowl and serve. Sprinkle the dipped apples with the peanuts for a very crunchy treat.

Lemon juice keeps apples from browning from exposure to oxygen!

## **Beverages**

### **Strawberry-Kiwi Cocktail**

5 large strawberries  
 1 medium kiwi  
 1 ½ cup raspberry sherbert  
 1 cup ginger ale  
 4 ice cubes

1. Wash the strawberries and drain in a colander.
2. On the cutting board, have an adult use a paring knife and cut the tops off the strawberries. Cut each strawberry into 4 pieces.
3. Have an adult use a vegetable peeler to remove the fuzzy skin from the kiwi. Then slice the kiwi into thin slices.
4. Place all the fruit in the blender container and blend until smooth.
5. Add the sherbet, ginger ale, and ice to the blender container and blend well.
6. Pour into 4 glasses and serve.



### **Cran-Tastic Lemonade**

8 cups water  
2 cups lemon juice  
1 ½ cups cranberry juice cocktail  
Granulated sugar to taste  
Ice Cubes

1. Stir water, lemon juice, and cranberry juice cocktail into 2 quart pitcher or large punch bowl.
2. Add sugar in ½ cup increments until your desired level of sweetness is reached. Make sure all sugar is dissolved into the liquid.
3. Serve over ice!

### **Willie's Peach Fizz**

4 medium sized peaches, chopped  
1 cup rainbow sherbet  
2 cups ginger ale  
Ice Cubes

1. Have an adult remove outer skin and seeds from the peaches. Cut peaches into small pieces.
2. Place peaches and sherbet in blender container and blend until smooth
3. Fill 4 glasses about ½ full with the mixture.
4. Slowly stir in ginger ale until glass is full.
5. Add a few ice cubes and serve!

### **Strawberry Smoothie**

2 cups vanilla yogurt  
2 cups fresh strawberries  
Cool Whip®

1. Have an adult cut the tops off the strawberries and set a few uncut strawberries aside.
2. Combine yogurt and fruit into a blender container.
3. Cover and blend until smooth.

4. Pour into glass and top with a few strawberries and spoonful of Cool Whip®.

### **Banana-Berry Smoothie**

2 cups vanilla yogurt  
2 medium bananas  
1 cup fresh strawberries  
½ cup fresh raspberries  
½ cup fresh blueberries

1. Combine yogurt and fruit into a blender container.
2. Cover and blend until smooth.
3. Pour into glass and top with a few fresh berries.

## Safety First!

Welcome to cooking with Krystal! I just want to tell you a few safety rules you should always follow when you are in the kitchen.

1. Always, always, always get an adult's permission before preparing anything.
2. Do not wear long, baggy shirts or sweaters when you are in the kitchen. The material could catch on fire!
3. Keep an eye on the food you are cooking at all times!
4. Some recipes in this book require vegetable oil cooking sprays. Please do not spray pans with vegetable oil cooking spray over the stove or around open flames. Cooking sprays are very flammable!
5. Before handling knives or any sharp items, please make sure an adult is in the kitchen with you.
6. Make sure to always wear dry oven mitts or pot holders when handling anything that is hot.
7. If you are unsure about anything, be sure to ask an adult for help. Now relax and let's have fun in the kitchen!

## Works Cited

- Hammond, Andrew. "Saudi Wants to Trim Waists of Overweight Population." Yahoo! News. 6 Mar 2006. 7 Mar 2006. <<http://www.news.yahoo.com/s/nm>>.
- Kirka, Danica. "Study Predicts Rise in Overweight Children." Yahoo! News. 5 Mar 2006. 7 Mar 2006. <<http://news.yahoo.com/s/ap>>.
- "Overweight and Obesity." KidsHealth.org. Yahoo! News. 1 Mar 2006. 5 Mar 2006. <<http://news.yahoo.com/s/kidshealth>>.
- Stowe, Stacey. "Citing Obesity Rates, Hartford Plans to Ban School Sales of Sugary Drinks." New York Times Online. 2 Feb 2006. 6 Feb 2006. <<http://nytimes.com/2006/02/02/nyregion/02food.html>>.
- "Sweden to Screen Four-Year-Olds for Obesity." Yahoo! News. 6 Mar 2006. 7 Mar 2006. <<http://news.yahoo.com/s/afp>>.
- Tanner, Lindsey. "Black-Oriented TV Has More Fast-Food Ads." Black Entertainment Television. 3 April 2006. 3 April 2006. <<http://www.bet.com>>.