



Chef Solus Holiday Cookbook For Kids



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About Nourish Interactive

NourishInteractive.com is a completely free website devoted towards making nutrition and exercise fun. NourishInteractive.com provides fun, interactive online games for kids that are designed to teach through animation, exploration, and decision-making. Nourishinteractive.com is the first website to create matching nutritional tools, one for the parent and one for the child. These innovative tools send similar messages to both the parent and child, so the entire family can work as a team to establish good nutrition at home. It also has a complete nutrition educator section full of nutrition lesson plans, printable worksheets and Healthy Family Tip sheets. It was developed by nurses and dietitians. The site is available in English and Spanish.

- Visit our website for free nutrition tools, games, print material and lesson plans at www.NourishInteractive.com
- Sign up for free membership at www.nourishinteractive.com/signup/new

Acknowledgments

Special thanks to Barbara Beery for sharing her wonderful kid-friendly recipes. You can find more of her recipes at barbarabeerykidscooking.wordpress.com

Special thanks to our partners Meatless Monday. For more recipes and tips visit www.meatlessmonday.com.

Special appreciation to my mother who always cooked fresh healthy meals for me and brought me into the kitchen as a child.





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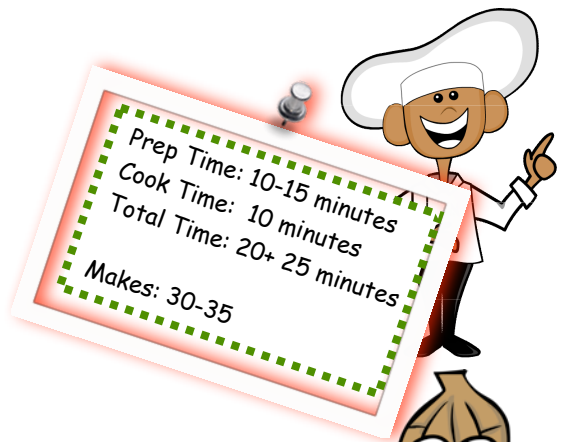
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Cheeseball Appetizers

Submitted by Meatless Monday



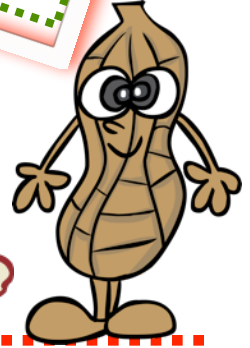
Ingredients:

- 1/2 - cup warm butter or margarine
- 1 - cup plain flour
- 2 - cups lowfat sharp flavor cheddar cheese grated
- 1/4 - tsp ground pepper
- 1 - tsp paprika



Get Your Supplies:

- Oven: Preheat to 400°F
- Measuring cups
- Measuring spoons
- Mixing Bowl
- Baking sheet



Cooking Is Fun:

- Choose your favorite dried fruits and assorted nuts to add to popcorn.

Let's Start Mixing:

1. Mix the margarine, pepper and flour together.
2. Add the cheese and mix in well.
3. Shape into small bite-size balls
4. Have the kids place the cheese balls on the baking sheet leaving a an inch or so between each one.
5. Bake for about 10 minutes.



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Pumpkin Pie Popcorn Balls

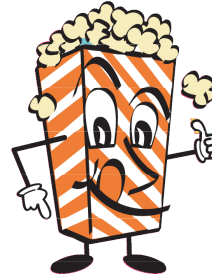
Submitted by Barbara Beery



Prep Time: 10 minutes
 Cook Time: 30 minutes
 Total Time: 40 minutes
 Serves: 10-12

Ingredients

- 1/2 cup honey
- 1/4 cup brown sugar
- 1 tablespoon butter
- 1/2 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- 5 cups fresh popped popcorn
- 1 cup toasted pumpkin seeds
- 1 cup whole or chopped dried fruits (cranberries, raisins, apples, or apricots)



Get Your Supplies:

- Microwave
- Measuring cups
- Measuring spoons
- Microwave container
- Plastic wrap
- Mixing spoon
- Wooden spoon
- Mixing Bowl



Cooking Is Fun:

- Always wash your hands before and after cooking!

Let's Start Mixing!

1. Combine honey, brown sugar, and butter in microwave-safe container. Cover loosely with plastic wrap and heat in microwave for 1 to 2 minutes or until mixture is bubbling and steaming hot. Carefully remove honey syrup dish from microwave with the help of an adult. Stir in cinnamon, pumpkin pie spice and vanilla. Set aside.
2. Put popcorn, pumpkin seeds, and dried fruit in a large mixing bowl. Pour cooked honey syrup over popcorn and toss with a wooden spoon until you have coated all the pieces of popcorn with honey syrup. Let mixture cool 10 minutes before forming into balls.
3. Spray your hands generously with cooking spray or dampen them with a splash of water. With your hands, take a scoop of popcorn mixture and form into a 2 to 3-inch sized popcorn ball. Repeat until you have made all the mixture into popcorn balls.
4. Popcorn balls may be wrapped individually with plastic wrap and stored for 3 to 5 days.



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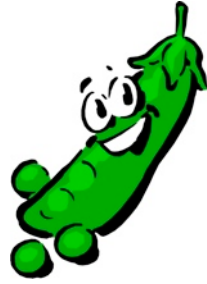


Cauliflower Au Gratin

Submitted by Nourish Interactive



Prep Time: 10 minutes
Cook Time: 60 minutes
Total Time: 1 hour 10 minutes
Serves: 5



Ingredients:

- Cooking Spray
- 1 head cauliflower, cut in thin peices
- 1 cup grated low fat cheddar cheese
- 1/4 cup grated parmessan cheese
- 1 cup 1/2 and 1/2 cream
- 1 cup Uncooked peas
- 1/4 tsp paprika
- Salt
- Pepper

Get Your Supplies:

- Oven: Preheat to 350°F
- Measuring cups
- Measuring spoons
- Grater
- Mixing spoon
- Wooden spoon
- Mixing Bowl



Cooking Is Fun:

- Always have your grown-up helper help you with appliances like the oven or mixer.

Let's Start Grating!

1. Spray a medium baking dish lightly with cooking spray and set aside.
2. Mix cauliflower with the cheeses and cream in a bowl.
3. Add salt and pepper to taste
4. Add the peas
5. Place cauliflower mixture into a baking dish.
6. Sprinkle paprika on the top and bake for about 1 hour or until cauliflower is very tender.



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Terrific Turkey Noodle Nests

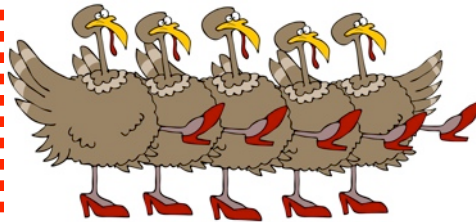
Submitted by Barbara Beery



Prep Time: 10 minutes
 Cook Time: 15 minutes
 Total Time: 25 minutes
 Serves: 4-6

Ingredients

- 2 cups left-over turkey
- 1 - 8 ounces package soba noodles
- 2 tablespoons dark sesame oil
- 2 cups red bell pepper, thinly sliced
- 1/4 cup ginger, minced
- 1 garlic clove, minced
- 3 cups assorted squash, sliced
- 3 tablespoons low-sodium tamari
- 1.5 cups vegetable broth
- 2 teaspoons rice vinegar
- 2 cups snow peas
- 1/2 cup carrots, shredded
- 1 tablespoon cilantro, minced
- 2 green onions, thinly sliced



Get Your Supplies:

- Stove
- Measuring cups
- Measuring spoons
- Medium cooking pot
- Large Non-stick skillet
- Wooden spoon
- Mixing Bowl



Cooking Is Fun:

This recipe involves a hot skillet. Always have your grown-up helper present to help you before you start cooking

Let's Start Chopping!

1. Prepare soba noodles according to package directions. Drain, cover, and keep warm in cook pot.
2. Heat oil in a large non-stick skillet over medium high heat. Toss in peppers, ginger and garlic. Cook for 2 minutes.
3. Stir in squash, tamari, broth and vinegar. Sauté 3 minutes and toss in snow peas, cilantro and green onions.
4. Add left-over turkey and Cook heat 2-3 minutes.
5. Scoop the warm noodles equally onto plates in small round nests and top with stir-fry veggies and turkey. It is also tasty served at room temperature.



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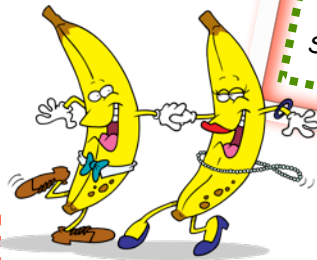


Easy Banana Bread

Submitted by Nourish Interactive



Prep Time: 15 minutes
 Cook Time: 1 hour, 10 minutes
 Total Time: 1 hour, 25 minutes
 Serves: 8-10



Ingredients:

- 1/2 cup nonfat sour cream
- 3 large very ripe bananas
- 1 box yellow cake mix
- 2 eggs, oil and water per directions on cake mix
- Cooking spray
- 2 Tbsp. flour
- 1/2 cup walnuts, chopped

Get Your Supplies:

- Oven: Preheat to 325°F
- Measuring cups
- Measuring spoons
- Loaf baking pan
- Mixer
- Wooden spoon
- Mixing Bowl
- Toothpick
- Spatula

Cooking Is Fun:

- Gather all the ingredients before you start.
- Make it a little scavenger hunt in the kitchen!

Let's Start Baking!

1. Spray a loaf pan with cooking spray. Then flour the pan. Set aside.
2. Follow instructions on cake mix box and add ingredients and beat until blended
3. Then add nonfat sour cream and bananas and chopped walnuts to cake mix and whip for 2 minutes
4. Pour batter into loaf pan.
5. Bake oven for 1 hour or until a toothpick inserted in the middle comes out clean.
6. Let banana bread cool 10 minutes in pan. Lift out with a large spatula and let cool another 10 minutes before slicing





Sugarless Apple Pie

Submitted by Meatless Monday



Prep Time: 15 minutes
 Cook Time: 1 hour, 30 minutes
 Total Time: 1 hour, 40 minutes
 Serves: 6



Ingredients

- 1/4 teaspoon cinnamon
- 1 tablespoon raisins
- 1 tablespoon nuts
- 1/2 cup Grape-Nuts
- 1 cup apple juice
- 3 medium apples, peeled, cored and sliced into crescents

Get Your Supplies:

- Oven: Preheat to 325°F
- Measuring cups
- Measuring spoons
- Microwave container
- Plastic wrap
- Mixing spoon
- Wooden spoon
- Mixing Bowl



Cooking Is Fun:

Don't forget to help clean up after your cooking session!

Let's Get Mixing!

1. Place sliced apples in an 8-inch pie dish.
2. Add cinnamon, raisins and nuts. Cover top with Grape-Nuts.
3. Moisten with apple juice
4. Bake for 1- 1/2 hours.



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