

Kids Kitchen: Chefs in the Kitchen

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Applesauce Roll Pancakes

Yield: 4 servings

Serving size: 1 small pancake

Ingredients:

1 cup unsweetened applesauce
2 eggs, beaten
1/2 cup milk
1/2 cup flour
1/2 teaspoon salt
1 tablespoon sugar
Cooking spray
Apples and powdered sugar (optional)

What to do:

1. Put applesauce in a small saucepan on low heat. Keep warm.
2. Mix eggs, milk, flour, salt, and sugar together until smooth.
3. Grease a small frying pan with cooking spray. Heat to very hot.
4. Pour approximately 1/4 of the batter into the pan; tip quickly until batter covers entire bottom of pan.
5. Turn pancake and brown slightly on other side.
6. Remove from pan, spread with 1/4 cup warm applesauce, and roll.
7. Add sliced apples and powdered sugar if desired.

Serve with low-fat milk for a great start to your morning.



Sources: Frandsen, B.R., K.J. Frandsen, and K.P. Frandsen. 2004. *Where's mom now that I need her? Surviving away from home*. 2nd ed. Salt Lake City, Utah: Aspen West Publishing. Adapted from: Virginia Cooperative Extension. n.d. *Winning Snack and Drink Recipes*. Virginia Cooperative Extension publication 348-470. (Publication is no longer available.)

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Peanut Butter and Raisin Swirl Sandwich

Yield: 1 serving

Serving size: 1 sandwich

Ingredients:

1/4 cup raisins, chopped
2 tablespoons peanut butter
2 slices whole-wheat bread

What to do:

1. Combine raisins and peanut butter; stir until evenly mixed.
2. Spread on bread.

Serve with low-fat milk and a vegetable, like carrot sticks, to make a complete lunch meal.

Camel's Eye (Egg Sandwich)

Yield: 1 serving

Serving size: 1 sandwich

Ingredients:

1 slice whole-wheat bread
1/2 tablespoon soft (tub) margarine
1 egg
Salt and pepper

What to do:

1. Cut a circle from the center of the bread; set aside.
2. Melt margarine in a small frying pan.
3. Place bread in pan.
4. Crack egg gently into center of bread. Sprinkle with salt and pepper.
5. Cook over medium heat, turning over after 5 minutes.
6. Cook another 1–2 minutes to desired doneness.

Serve with fruit and low-fat milk to get you going in the morning.

Orange Juice Refresher

Yield: 6 servings

Serving size: 6–8 ounces

Ingredients:

1 cup dry milk powder
3 cups cold water
1 (16-ounce) can frozen orange juice concentrate
3 tablespoons vanilla instant pudding (powder only)
12 ice cubes

What to do:

1. Mix all ingredients except ice cubes in a large container or bowl.
2. Measure 1 cup of mixture and 2 ice cubes into jars with tight-fitting lids.
3. Blend or shake each jar until frothy. Drink from the jar or pour into a glass or mug.
4. Refrigerate leftovers. Stir or shake jar before serving.

Drink during the summer as a cool snack.

Instant Banana Pudding

Yield: 1 serving
Serving size: 1 cup

Ingredients:

1/2 small banana
3 tablespoons unsweetened applesauce
1 tablespoon low-fat plain yogurt

What to do:

1. Mash banana.
2. Add applesauce.
3. Stir in plain yogurt.
4. Serve immediately in small dish or chill.

Eat for a snack or a dessert.



Mexican Salad

Yield: 4 servings
Serving size: 1 cup

Ingredients:

1/2 cup green onion
1 tomato
3–5 cups lettuce
1 (15-ounce) can kidney beans
1 cup grated cheese (low sodium)
Corn tortilla chips (unsalted)
Salsa

Optional:

1/2 pound ground beef, cooked
1 avocado, chopped

What to do:

1. Chop green onion and tomato; set aside.
2. Tear lettuce into large pieces; set aside.
3. Drain kidney beans and rinse well.
4. Combine all ingredients except salsa, and pour over crushed or whole corn chips.
5. Drizzle with salsa.

Serve with low-fat milk for a complete meal.



Spanish Rice

Yield: 6 servings
Serving size: 1/2 cup

Ingredients:

1 cup onion, chopped
1 cup green pepper, chopped
1 cup black beans, drained and rinsed
1/2 cup uncooked brown rice
1/2 cup water
2 (14.5-ounce) cans diced tomatoes (no salt added)
1 tablespoon cilantro
Black pepper and salt to taste

What to do:

1. Add all ingredients in a pot.
2. Cook over medium heat, uncovered, for about 40 minutes. You may need to stir with a fork or a large spoon to keep rice from sticking to the bottom of the pot.
3. Remove from heat, cover, and let stand 10–15 minutes.

Serve with a glass of low-fat milk for a full meal or serve as a side dish.

Tortilla Pizza

Yield: 1 serving
Serving size: 1 pizza

Ingredients:

1/2 cup green pepper
1 whole-wheat tortilla
3 tablespoons spaghetti sauce or pizza sauce
1/2 cup low-sodium mozzarella cheese, shredded
Garlic (optional)

What to do:

1. Preheat oven to 375°.
 2. Chop green pepper.
 3. Place tortilla on a cookie sheet.
 4. Spread sauce evenly on the tortilla.
 5. Sprinkle garlic (optional) and cheese on top of sauce.
 6. Spread chopped green pepper evenly on top of cheese.
 7. Bake 7–12 minutes or until cheese bubbles.
- Serve with low-fat milk and fruit for lunch or dinner.



Reviewer: Kathy Hosig, Ph.D., MPH, RD, associate professor, Edward Via Virginia College of Osteopathic Medicine

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