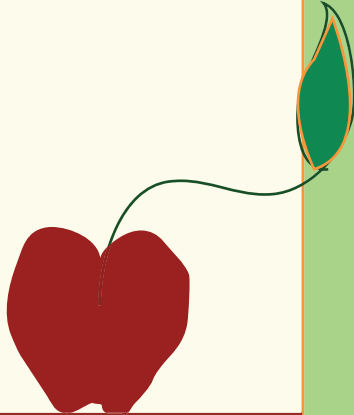


Fresh Whole Foods  
+  
Happy Cooks  
=  
Healthy KIDZ Nutrition

# KIDZ CULINARY ACADEMY COOKBOOK



SUMMER EDITION  
VOLUME 1



With Cooking



Bauman Wellness  
food • arts • community



**Bauman Wellness**  
food • arts • community

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©2021 KIDZ Culinary Academy Cookbook: Summer Edition, Volume 2

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# About The KIDZ Culinary Academy



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The KIDZ Culinary Academy is the brainchild of Bauman College Director Ed Bauman, M.Ed., Ph.D., Lynne Condé, R.N., M.S.N., Jennifer Lange, B.S., N.C., and Michele Goree, N.E. They wanted to bring the joys of healthy eating to kids in their community and developed this program to get kids excited about cooking and eating “the other fast foods” – like bananas, almonds, and peas – as they build their “nutrition bank accounts” for life.

Children who experience new ways of eating and cooking in a positive environment can change what they eat and crave. The seasonal, fresh, organic foods used in our classes are delicious, fun to cook and eat, and give children a healthy edge in life.

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**“ There is no better time to instill healthy eating habits and a love of cooking than during a kid’s childhood and pre-adolescent years.”**

Ed Bauman, M.Ed., Ph.D.  
Director of Bauman College

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The KIDZ Culinary Academy activities break healthy nutrition principles down into bite-size concepts children can easily grasp and put into practice. Cooking demonstrations at various stations teach them to prepare simple and fun recipes, which they and their classmates then eat for lunch.

Students learn to prepare both new and familiar foods, including delicious and nutritious snacks. Educational fruit and veggie games, music, and movement breaks round out the class activities.

The KIDZ Culinary Academy provides fun and age-appropriate nutrition education that helps children create health one bite at a time. This cookbook was developed to bring these healthy eating guidelines into the students’ lives and homes.

We wish you happy and healthy cooking!





# First Steps For Parents

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Do you remember the first recipe you ever learned to cook? Did you have a special cookbook you used, or did you watch your mom or dad, grandmother or aunt, cooking from their favorite cookbooks or recipe cards?

Whether you have special memories of cooking or want to start a tradition of cooking and eating wonderful foods in your home with your children, these recipes provide clear step-by-step instruction.

## **Why Take the Time Out of Your Busy Schedule To Cook?**

Cooking together is a way to spend quality time with your children. It provides many teachable moments – helping them follow directions, perform basic math skills, clean up spills, and understand nutrition. It’s just plain fun, too!



## What Can Your Child Learn From Cooking?

Your child can learn to read recipes, shop for ingredients, crack eggs, pour flour, stir and mix batters, and use scissors and knives safely. We begin with easy dishes and basic food preparation. Kids make faces with fruits and vegetables, whip up an easy batch of smoothies, or simply decorate muffins or pancakes with fruit or nuts. It doesn't take a lot of effort or skill, but what a way to make good memories!

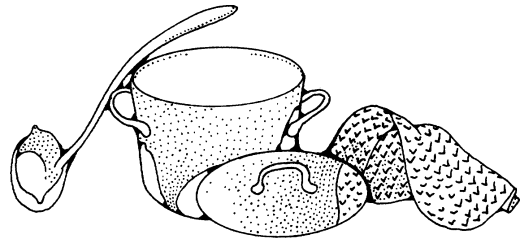
## When Can You Begin?

Your child can begin helping in the kitchen at a very young age. Even the youngest chef can pour the ingredients into a bowl and enjoy eating the foods they have helped to prepare.

## Begin Your Child's Kitchen Adventure

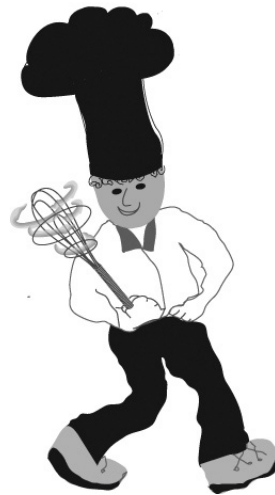
Gather wooden spoons, plastic or metal mixing bowls, a wire whisk, a step stool, hot pads, and plastic measuring cups and spoons on your work surface. Purchase or make a special apron for your little cook. (See

page 32 for instructions on "How To Make an Apron".) Give your child a drawer or place in the cupboard all their own for storing their cooking tools and encourage them to use it.



## REMEMBER...

Keep the recipes simple at first. Some of the recipes in this cookbook, like the Garlicky Spicy Carrot Fries or Fruit and Cheese Kebabs with Strawberry Dipping Sauce are easy and fun for beginners.



## Top Cooking Tips for Parents

- ♥ Make your kitchen child-friendly and have plenty of “kid” equipment on-hand. Make it a fun environment.
- ♥ Buy (or make) a colorful apron and chef’s hat or scarf for your child. Provide a drawer or other area where your children can store their own cooking utensils and aprons.
- ♥ Stock your pantry with a variety of healthy food and snack choices for your child to graze on.
- ♥ Invite your child to help plan meals ahead of time and shop with you at the grocery store. Begin with simple, easy-to-follow recipes and build from there. Make sure you have all the ingredients set out on your work surface before you start cooking.
- ♥ Read through the recipe with your child before you begin so you both understand the process from the start.
- ♥ Teach good habits by cleaning up as you go along.

- ♥ Wear loose clothing and pull hair back. Roll up any sleeves and put on aprons to keep clothes clean. It’s also fun to wear cooking hats or scarves.
- ♥ Be sure to follow safety rules, such as turning pot handles away from you, using mitts to pick up hot dishes, and handling and carrying knives safely.
- ♥ Be patient and gentle in your guidance. Kids make messes and have to learn skills we take for granted. Your child can learn that mistakes are a natural part of the learning process. Enjoy their company, for they aren’t children for very long. Remember, your intention is to make good memories.
- ♥ Empower your child by giving her or him on-going responsibilities in the kitchen.



# First Steps for Kids

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## Top Cooking Tips for Children

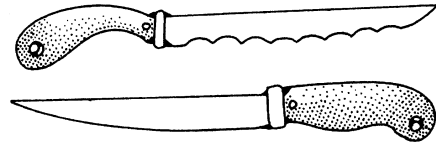


- ♥ Pick a recipe that you and your parents can make together. Start off with a recipe from a cookbook for something simple you know you really love to eat, like pancakes. Later, you can try new and more difficult ones.
- ♥ Look at the ingredients in the recipe to see what you will need to make it and look around the kitchen to see if you have them on hand. If you need help, ask an adult in your household to look with you. Write down the things you don't have so you can buy them at the store.
- ♥ Go shopping at the store with your mom or dad. Look at your list as you go up and down the aisles. When you find an ingredient you need, make sure you buy enough for your recipe. Maybe your parents will let you get a healthy treat, like a bag of fresh cherries or a box of raisins, while you are shopping at the store.

- ♥ When you get home, look for the measuring cups and tablespoons, bowls, pans, knives, stirring spoons, blender, or whatever equipment you will need to make the recipe. Arrange these things on the counter, along with the food ingredients. Now you are ready to make your dish!
- ♥ Wash your hands really well before you start and, if you get them dirty while you are making your dish, wash them again. You don't want yucky things like bad germs in your food.
- ♥ Never try to cook without your mom and dad first saying yes, or they may not let you cook for awhile.
- ♥ Put your hair in a barrette or bandanna so it doesn't accidentally get in the food. Gross!



## Top Cooking Tips for Children (continued)



- ♥ Turn off the electric mixer before you remove the beaters from the bowl, or you'll make a really big mess and your mom won't be happy!
- ♥ Be careful not to reach across the stove, so you don't burn yourself. Turn the handle of your pan to the back of the stove so you don't bump into it. Use pot holders or oven mitts when handling hot pots, pans, or baking trays.
- ♥ When carrying a knife, always hold it down at your side, not out in front.
- ♥ If you're allowed to use a knife, don't point the blade at yourself or anyone else, and keep your fingers away from the blade while cutting. Ask for help as you learn to safely use a knife.
- ♥ If you have touched raw meat or eggs with your hands or a utensil, wash them carefully and don't put them in your mouth! The germs can make you sick.
- ♥ Your mom or dad should look at and smell the ingredients you plan to use to make sure it isn't rotten or bad for you.
- ♥ Make sure you use the correct measuring cups and spoons. Measure your ingredients exactly as the recipe says so the food will taste good when you're finished.
- ♥ Your recipe might not work if you eat too many of your ingredients (like chocolate chips or strawberries) while you are cooking!
- ♥ Crack eggs into a small bowl so you can easily remove the pieces of shell that fall in. Then you can add the eggs to your recipe.
- ♥ Oops! Be very careful not to drop eggs on the floor, because they are really messy to clean up.
- ♥ Always help clean up so your parents will let you cook again soon.





# CHAPTER 1

# Strawberries



# The Sensational Strawberry



The strawberry is the most popular type of berry in the world. Like many other foods, strawberries have an interesting history. They were once so rare that only kings and queens could afford to eat them!

The flavonoids in strawberries protects people against cancer, heart disease, and inflammation.



## **Strawberry Nutrition Facts:**

Strawberries are an excellent source of Vitamins C and K, dietary fiber, and flavonoids.



# Fruit and Cheese Kebabs with Strawberry Yogurt Dipping Sauce

SERVING SIZE: 10

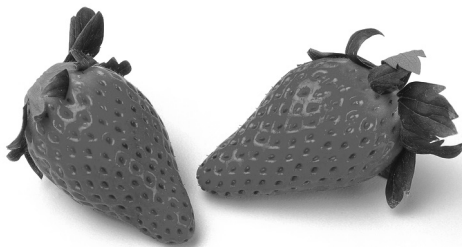
RECIPE BY JENNIFER LANGE, B.S., N.C.

## INGREDIENTS:

- 2 cups seasonal fruit cut into  
1 inch cubes, such as:
  - apples
  - pears
  - strawberries
  - pineapple
  - watermelon
  - cantaloupe
  - kiwi
  - raspberries
  - peaches
- 1 cup organic cheddar cheese,  
cut into 1/2 inch cubes

## DIPPING SAUCE INGREDIENTS:

- 1 cup fresh strawberries,  
or frozen, defrosted
- 2 cups organic plain yogurt
- 2 Tablespoons agave nectar
- 1 teaspoon cinnamon
- 1/4 teaspoon freshly ground  
nutmeg



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## PREPARATION:

- STEP 1:** Thread fruit and cheese onto bamboo skewers.
- STEP 2:** Place the strawberries in a medium-sized bowl. With a potato masher, gently crush the strawberries until they are the consistency of a sauce. Stir in the yogurt, agave and spices.
- STEP 3:** Place the fruit kebabs on a platter and drizzle them with the yogurt sauce or dip the kebabs in the sauce.





# Strawberry Punch

**SERVING SIZE: 6**

RECIPE BY JENNIFER LANGE, B.S., N.C.

## INGREDIENTS:

- 25 whole organic strawberries,  
washed, OR 1 cup frozen, defrosted
- 2 Tablespoons lemon juice
- 3 Tablespoons fresh squeezed  
orange juice
- 1 Tablespoon honey
- 5 cups sparkling water
- Extra strawberries for garnish,  
optional



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## PREPARATION:

- STEP 1:** Reserving 6 whole berries for garnish, place strawberries, lemon juice, orange juice and honey in a blender. Blend ingredients until they form a thick sauce consistency. You may have to add a few tablespoons of filtered water if it seems a little too thick.
- STEP 2:** Divide the strawberry mixture evenly among 6 glasses. Fill each glass with sparkling water. Stir and garnish each glass with a strawberry.



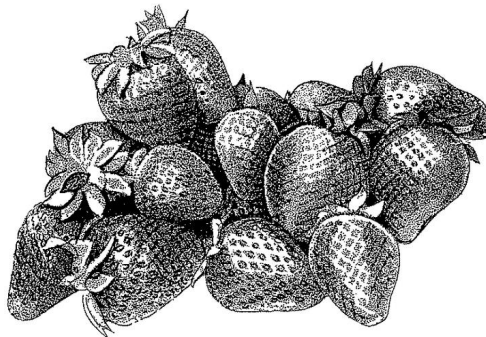
# Baby Spinach and Romaine Salad with Strawberry Vinaigrette

**SERVING SIZE: 6**

RECIPE BY JENNIFER LANGE, B.S., N.C.

## **SALAD INGREDIENTS:**

- 1 head Romaine lettuce leaves,  
torn into bite-size pieces
- 4 ounces baby spinach leaves,  
washed and dried
- 1 1/2 cups strawberries, hulled and  
quartered; reserving 1/2 cup for  
dressing
- 1/2 cup crumbled feta cheese
- 1/2 cup raw unsalted walnuts, toasted (see STEP 3 on page 12)
- 1/4 cup fresh basil, or flat leaf parsley, optional
- 1/4 cup chopped scallions or red onion, optional



## **DRESSING INGREDIENTS:**

- 3 Tablespoons red wine vinegar
- 2 teaspoons agave nectar, adjusted to taste
- 1/2 teaspoon sea salt
- 1/3 cup olive oil
- Freshly ground black pepper, optional



## Baby Spinach and Romaine Salad with Strawberry Vinaigrette (continued)

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### PREPARATION:

- STEP 1:** Place Romaine lettuce and baby spinach in a large bowl. Top with strawberries (reserving 1/2 cup for the dressing), feta, walnuts, herbs, and onion.
- STEP 2:** Mash the reserved 1/3 cup strawberries in a small bowl (a blender could also be used). Stir in the red wine vinegar, agave, and sea salt. Then whisk in the olive oil until the dressing is emulsified. Pour the dressing over the salad, add the black pepper and toss. Serve immediately.
- STEP 3:** **TOASTING WALNUTS:** Preheat the oven to 350 degrees. Line a baking sheet with parchment paper. Spread the walnuts on the baking sheet. Toast in the oven for 5-8 minutes, until lightly darkened. Watch them carefully. You don't want them to burn. Allow them to cool and chop into bite-size pieces before putting on salad.



# Chicken Tenders with Strawberry Glaze

**SERVING SIZE: 6**

RECIPE BY JENNIFER LANGE, B.S., N.C.

## INGREDIENTS:

- 1/2 cup low-fat buttermilk
- 2 Tablespoons honey
- 1 1/2 pounds boneless, skinless chicken breast halves, cut into 1-inch-wide strips
- 2/3 cup whole oats or whole wheat bread crumbs
- 1 teaspoon dried herbs, one or a combination of: thyme, oregano, parsley, or basil (optional)
- 1/2 teaspoon freshly ground black pepper
- 3 Tablespoons safflower oil
- Sea salt



## STRAWBERRY GLAZE:

- 3 Tablespoons unsweetened organic strawberry jam
- 1 1/2 Tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard

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## PREPARATION:

**STEP 1:** CHICKEN TENDERS: In a large bowl or a resealable plastic bag, combine buttermilk and honey. Add the chicken and refrigerate at least an hour or up to overnight, turning occasionally. (If using a plastic bag, place it on a plate to catch any drips.)



## Chicken Tenders with Strawberry Glaze (continued)

- STEP 2:** Heat the broiler. Place oats in a food processor and pulse 4-8 times to break up slightly. You don't want them too fine. They should be the consistency of bread crumbs. Spread the oats on a plate. Stir in the spices and black pepper.
- STEP 3:** Lift the chicken from the buttermilk and place in oat mixture, turning to coat all sides. Lightly oil a rack large enough to hold chicken in a single layer; place rack on a baking sheet. Arrange chicken on the rack and brush gently with oil. Season with salt.
- STEP 4:** Broil 4 inches from heat source (without turning) until chicken is golden brown and cooked through, 8-12 minutes. Remove from oven and sprinkle with salt.
- STEP 5:** **GLAZE:** In a small bowl, stir together jam, lemon juice and mustard. Drizzle over Chicken Tenders or serve on the side for dipping.



# Surprise Muffins

SERVING SIZE: 16

RECIPE BY JENNIFER LANGE, B.S., N.C.

## INGREDIENTS:

- 2 Tablespoons flax seeds
- 3/4 cup filtered water
- 1/4 cup oat flour
- 2 1/2 cups water
- 1/4 cup safflower oil
- 1 teaspoon vanilla
- 1/2 cup honey
- 4 cups whole wheat pastry flour
- 1 1/2 cups bran, oat or wheat
- 1 1/2 Tablespoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon freshly ground nutmeg
- 16 whole strawberries, fresh or frozen (slightly thawed),  
other fruits could be used as well, such as sliced:
  - peaches
  - apples
  - blackberries
  - fresh apricots



## Surprise Muffins (continued)

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### PREPARATION:

- STEP 1:** Preheat the oven to 350 degrees. Oil 16-18 muffin tins with a little safflower oil or use cupcake liners.
- STEP 2:** In a blender, blend thoroughly the flax seed and 3/4 cup water. Gradually add the oat flour and 2 1/2 cups water.
- STEP 3:** Add safflower oil, vanilla, and honey. Blend until combined.
- STEP 4:** In a separate bowl, whisk dry ingredients together: whole wheat pastry flour, bran, baking powder, cinnamon and nutmeg. Fold the liquid ingredients into the dry ingredients. Stir only until all the dry ingredients are moistened. (Careful not to over mix or you will get a tougher muffin).
- STEP 5:** Working quickly, fill the muffin cups using a measuring cup or ice cream scoop. Fill to just below the rim. Take one strawberry and push down into the center of each muffin until fruit is covered.
- STEP 6:** Bake for 40-45 minutes. Cool for 10 minutes in the pan and then remove from the muffin tins and finish cooling on a rack. These are delicious eaten when they are still a little warm.



# Chocolate Covered Strawberries

**SERVING SIZE: 10**

RECIPE BY JENNIFER LANGE, B.S., N.C.

## INGREDIENTS:

- 8 ounces dark, organic unsweetened chocolate
- 1 pound strawberries, about 20 large,  
washed and dried well
- 1/4 cup chopped raw pistachio nuts,  
or choose almonds, cashews or walnuts  
(or a mixture)
- 1/4 cup shredded coconut



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## PREPARATION:

- STEP 1:** Place the chocolate in a bowl set over (not in) a saucepan of simmering water. Stir occasionally until melted, 3-5 minutes. Remove from heat.
- STEP 2:** Line a baking sheet with waxed paper or parchment paper. One at a time, dip each strawberry in chocolate, leaving stem exposed. Then sprinkle chocolate covered portion with topping of choice. Place on waxed paper.
- STEP 3:** Chill in the refrigerator for at least 15 minutes to set the chocolate.  
NOTE: Strawberries should not be stored longer than 1 hour as condensation drops may collect on the chocolate.





# How To Make Strawberry Delights

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## PREPARATION:

**STEP 1:** Use a pot or vase, put a rounded zucchini or gourd inside of vase.

**STEP 2:** Using rounded toothpicks, place large end of strawberries on toothpick and insert into gourd or zucchini.

**STEP 3:** Repeat with blueberries.

**STEP 4:** Peel, core, and slice pineapple. Use star shaped (or any other shape) cookie cutter to create design. Insert shape onto toothpick and insert into gourd.

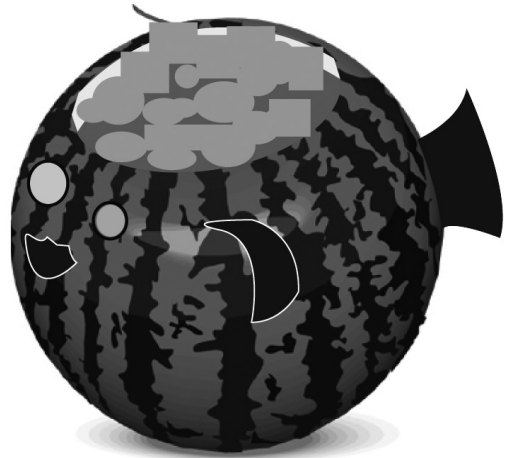


# The Whimsical Watermelon

Did you know that when you tap your knuckles on a melon at the market, it should sound hollow? This means it is fresh, juicy, and ready to eat. Sometimes it helps to put your ear against the melon and listen while you thump.

Patches on melon rind are caused by bugs but are a good sign. Bugs know how to pick the best melons!

Watermelons are generally lower in pesticides than other fruits.



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## TO CREATE A WATERMELON FISH BOWL:

- STEP 1:** Turn the watermelon over and set it firmly on its base. Cut off the top, starting about 1-2 inches down.
- STEP 2:** With a knife or melon baller, cut half circles along the outside edge of the watermelon in the shape of a square.
- STEP 3:** Scoop out flesh inside the square with a spoon or melon baller, setting aside to use later for fruit salad.
- STEP 4:** Cut out the tail shape from the rectangular shape or the slice you removed from the base.
- STEP 5:** Attach the fin and tail with sturdy, round toothpicks.
- STEP 6:** Use melon balls and blueberries for eyes.
- STEP 7:** Fill with fruit salad and enjoy!

