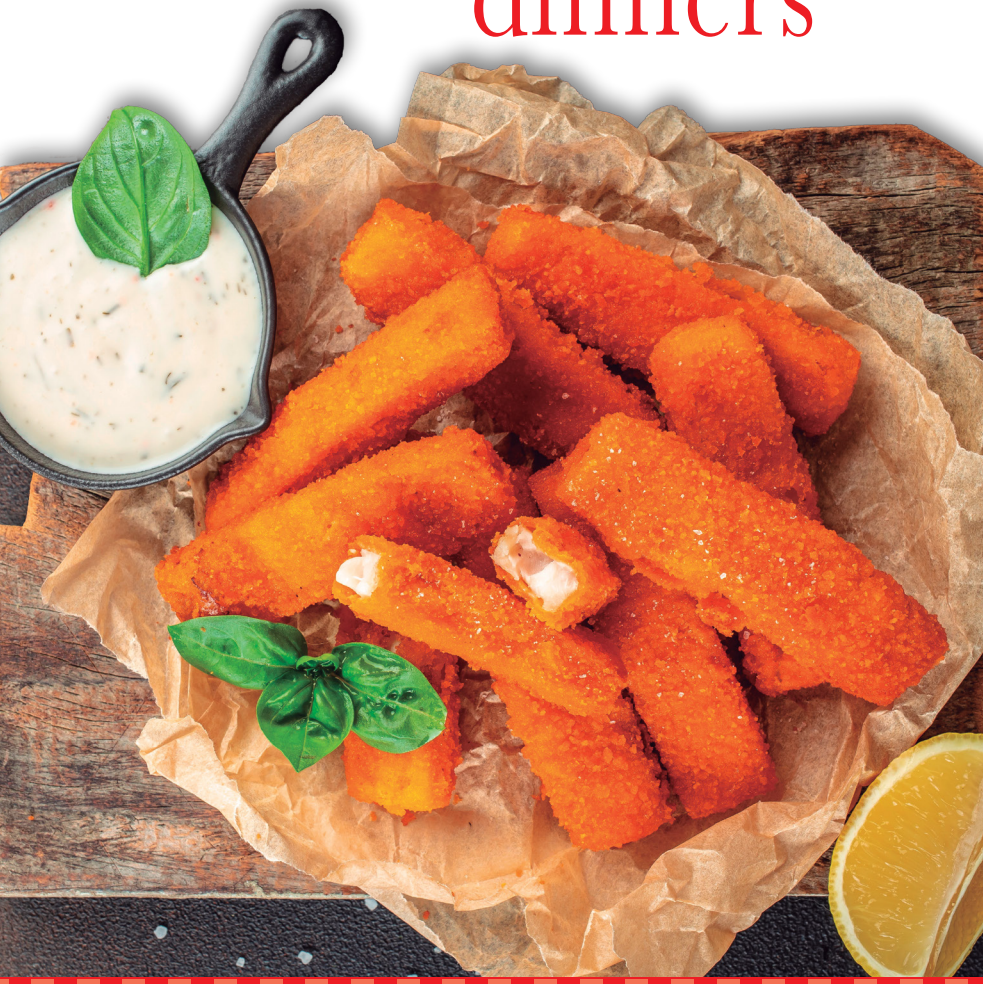
Chef
express

NorCal
Community Media

kid friendly dinners



kid friendly dinners

Published by:
STANDARD INTERNATIONAL PRINT GROUP
www.stndpub.com
eMail.sales@stndpub.com
Tel: +1 (954) 580-6662

Publishers
Simon St.John Bailey

Digital Content Manager
Christian G Bailey

Editing
Isabel Toyos

Compilation
Sofia Toyos

Design and lay out
Natalia Canet

ISBN: 9781600812859

Publication Date 2024

introduction

Explore a world of delicious simplicity with our Kid-Friendly Dinners collection. From playful pasta creations to tasty taco twists, these recipes are crafted to please even the pickiest eaters. Transform family dinners into delightful experiences, striking the perfect balance between nutrition and flavors that kids adore. Say goodbye to mealtime battles and embrace the joy of preparing dishes that captivate young palates. Let the culinary adventure begin, making every dinner a delightful journey for the whole family.

kid friendly dinners

- Welcome to the delightful realm of "Kid-Friendly Dinners," where the magic of Chef Express transforms everyday meals into culinary adventures for your little or big ones. In this collection of 29 recipes, we've curated a symphony of flavors that captivate young palates and make mealtime a joyous occasion.

- Chef Express, our culinary maestro, has crafted each recipe with care, ensuring a perfect balance of nutrition and taste that even the pickiest eaters will adore. From playful pasta dishes that twirl into spirals of joy to tasty taco creations that spark smiles, these recipes are designed to turn family dinners into cherished moments.

- Picture your little ones savoring the goodness of Mini Pita Pizzas, a symphony of vibrant colors and flavors. Watch them dive into the whimsical world of Turkey and Veggie Meatloaf Muffins, each bite a harmonious blend of turkey, vegetables, and deliciousness. Chef Express has conjured dishes like Sweet Potato and Black Bean Quesadillas, where sweet meets savory in a dance of flavors that even the youngest critics will applaud.

- Let your kitchen transform into a stage where Chef Express orchestrates the perfect balance between nutrition and fun. Say farewell to mealtime battles and embrace the joy of preparing dishes that not only nourish but also bring smiles to the faces of your little or big ones.

- Discover the secrets of these recipes as you embark on a journey through these kid-friendly dinners, creating memories and establishing a love for good food that will last a lifetime. Get ready for a culinary adventure that makes every dinner a delightful experience for the entire family.

Difficulty scale

■□□ | Easy to do

■■□ | Requires attention

■■■ | Requires experience

spaghetti with homemade tomato sauce

■□□ | Cooking time: 25 minutes - Preparation time: 10 minutes

ingredients

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 can (28 oz) crushed tomatoes
- Salt, pepper, and dried oregano to taste
- Fresh basil leaves, chopped
- 12 oz spaghetti
- Grated Parmesan cheese for serving

method

1. In a saucepan, heat olive oil over medium heat. Add chopped onion and cook until softened.
2. Add minced garlic and sauté for 1-2 minutes until fragrant.
3. Pour in crushed tomatoes, and season with salt, pepper, and dried oregano. Simmer for 15-20 minutes, stirring occasionally.
4. Meanwhile, cook spaghetti according to package instructions until al dente. Drain.
5. Toss the cooked spaghetti with the homemade tomato sauce. Serve with fresh basil and a sprinkle of grated Parmesan cheese.

Serves about 4

tip from the chef

Serve with a green salad and crispy garlic bread!

chicken nuggets
and sweet potato fries

■■□ | Cooking time: 20 minutes - Preparation time: 20 minutes

method

For Chicken Nuggets

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In one bowl, mix breadcrumbs, Parmesan cheese, salt, pepper, and your chosen herbs and spices. Dip each chicken piece into beaten eggs, then coat with the breadcrumb mixture.
3. Place the coated chicken nuggets on the prepared baking sheet. Bake for 15-18 minutes or until golden and cooked through.

For Sweet Potato Fries

1. While the chicken nuggets are baking, toss sweet potato fries with olive oil, paprika, salt, and pepper.
2. Spread the seasoned sweet potato fries on a separate baking sheet and bake for 20 minutes or until crispy and golden.

Serves about 4

ingredients

For Chicken Nuggets

- **1 lb boneless, skinless chicken breast, cut into bite-sized pieces**
- **1 cup breadcrumbs**
- **½ cup grated Parmesan cheese**
- **2 eggs, beaten**
- **Salt, pepper, and your favorite herbs and spices**

For Sweet Potato Fries

- **2 large sweet potatoes, cut into fries**
- **2 tablespoons olive oil**
- **1 teaspoon paprika**
- **Salt and pepper to taste**

tip from the chef

Serve with coleslaw and barbecue sauce for dipping!

macaroni
and cheese

■□□ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients

- 8 oz elbow macaroni
- 2 cups shredded sharp cheddar cheese
- ½ cup grated Parmesan cheese
- 3 cups milk
- ¼ cup butter
- 3 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon mustard powder (optional)

method

1. Cook the elbow macaroni according to package instructions. Drain and set aside.
2. In a saucepan, melt butter over medium heat. Stir in flour until well combined, creating a roux.
3. Gradually whisk in milk, ensuring no lumps. Cook and stir until the mixture thickens.
4. Add shredded cheddar and grated Parmesan cheese. Stir until the cheese is melted and the sauce is smooth.
5. Season with salt, black pepper, and mustard powder. Mix in the cooked macaroni until well coated.

Serves about 4

tip from the chef

Substitute the elbow macaroni for fun shaped kids pasta, dinosaur macaroni is a great substitute!

mini veggie pizzas

■□□ | Cooking time: 10-12 minutes - Preparation time: 15 minutes

method

1. Preheat the oven to 400°F (200°C). Place mini pizza crusts or pita bread on a baking sheet.
2. Spread a thin layer of tomato sauce over each crust.
3. Sprinkle shredded mozzarella cheese evenly over the sauce.
4. Add your favorite veggies as toppings. Be creative with colorful bell peppers, cherry tomatoes, olives, and mushrooms.
5. Drizzle olive oil over the top and sprinkle with dried oregano and crushed red pepper flakes. Bake for 10-12 minutes or until the cheese is melted and bubbly.

Serves about 4

ingredients

- **Mini pizza crusts or pita bread**
- **1 cup tomato sauce**
- **1 cup shredded mozzarella cheese**
- **Assorted veggies (bell peppers, cherry tomatoes, olives, mushrooms, etc.)**
- **Olive oil, dried oregano, and crushed red pepper flakes for seasoning**

tip from the chef

Serve these delightful mini veggie pizzas as a quick and tasty treat!

grilled cheese
sandwiches with tomato soup

■□□ | Cooking time: 20 minutes - Preparation time: 15 minutes

ingredients

For Grilled Cheese Sandwiches

- Sliced bread
- Butter, softened
- Sliced cheddar or your favorite cheese

For Tomato Soup

- 2 cans (28 oz each) of crushed tomatoes
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable or chicken broth
- ½ cup heavy cream (optional)
- Salt, pepper, and fresh basil for seasoning

method

For Grilled Cheese Sandwiches

1. Butter one side of each slice of bread.
2. Place a slice of cheese between two slices of bread, the buttered side facing out.
3. In a skillet over medium heat, grill each sandwich until the bread is golden and the cheese is melted.

For Tomato Soup

1. In a pot, sauté chopped onions and garlic until softened.
2. Add crushed tomatoes, and broth, and season with salt, pepper, and fresh basil. Simmer for 15 minutes. If desired, stir in heavy cream for a creamier texture.

Serves about 4

tip from the chef

Serve with cheddar cheese goldfish crackers!

baked chicken
tenders

■□□ | Cooking time: 15-20 minutes - Preparation time: 15 minutes

method

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly coat with cooking spray.
2. In a bowl, mix breadcrumbs, grated Parmesan cheese, garlic powder, salt, and pepper.
3. Dip each chicken tender into beaten eggs, then coat with the breadcrumb mixture, pressing gently to adhere.
4. Place the coated chicken tenders on the prepared baking sheet.
5. Bake for 15-20 minutes or until the chicken is cooked through and the coating is golden and crispy.

Serves about 4

ingredients

- **1 lb chicken tenders**
- **1 cup breadcrumbs**
- **½ cup grated Parmesan cheese**
- **1 teaspoon garlic powder**
- **Salt and pepper to taste**
- **2 eggs, beaten**
- **Cooking spray**

tip from the chef

Don't forget the french fries and ketchup or barbecue sauce for dipping!

ground turkey
tacos

■□□ | Cooking time: 15 minutes - Preparation time: 15 minutes

ingredients

- 1 lb ground turkey
- Taco seasoning (store-bought or homemade)
- Taco shells or tortillas
- Toppings: shredded cheese, lettuce, diced tomatoes, salsa, and sour cream
- Optional: guacamole and chopped cilantro

method

1. In a skillet over medium heat, cook the ground turkey until browned. Drain excess fat if needed.
2. Add taco seasoning to the cooked turkey according to package instructions or your homemade mix.
3. Warm taco shells or tortillas according to package instructions.
4. Assemble the tacos by spooning the seasoned ground turkey into each shell.
5. Let everyone personalize their tacos with toppings like shredded cheese, lettuce, diced tomatoes, salsa, and sour cream. Add guacamole and chopped cilantro if desired.

Serves about 4

tip from the chef

Build a taco bar with all the toppings and let the kids build their own!

fish sticks
with dipping sauce

■■□ | Cooking time: 15-20 minutes - Preparation time: 15 minutes

method

For Fish Sticks

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly coat with cooking spray.
2. In a bowl, mix breadcrumbs, grated Parmesan cheese, garlic powder, salt, and pepper.
3. Dip each fish strip into beaten eggs, then coat with the breadcrumb mixture, pressing gently to adhere.
4. Place the coated fish strips on the prepared baking sheet.
5. Bake for 15-20 minutes or until the fish is cooked through and the coating is golden and crispy.

For Dipping Sauce

1. While the fish sticks are baking, whisk together mayonnaise, Dijon mustard, honey, and lemon juice in a bowl.

Serves about 4

ingredients

For Fish Sticks

- **1 lb white fish fillets, cut into strips**
- **1 cup breadcrumbs**
- **½ cup grated Parmesan cheese**
- **1 teaspoon garlic powder**
- **Salt and pepper to taste**
- **2 eggs, beaten**
- **Cooking spray**

For Dipping Sauce

- **½ cup mayonnaise**
- **2 tablespoons Dijon mustard**
- **1 tablespoon honey**
- **Lemon juice to taste**

tip from the chef

Serve with fries and applesauce!

cheesy
quesadillas with guacamole

■■□ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

For Cheesy Quesadillas

> Flour tortillas
> 2 cups shredded cheese (cheddar, Monterey Jack, or a blend)
> Optional fillings: diced bell peppers, onions, or cooked chicken

For Guacamole

> 2 ripe avocados
> 1 small tomato, diced
> ¼ cup red onion, finely chopped
> Fresh cilantro, chopped
> Lime juice to taste
> Salt and pepper to taste

method

For Cheesy Quesadillas

1. Place a tortilla on a flat surface. Sprinkle shredded cheese evenly over half of the tortilla.
2. Add optional fillings if desired. Fold the tortilla in half to cover the cheese and fillings.
3. Heat a skillet over medium heat. Cook the quesadilla for 2-3 minutes on each side until the cheese is melted and the tortilla is golden and crispy.
4. Repeat for additional quesadillas, if needed.

For Guacamole

1. While cooking quesadillas, prepare guacamole. Mash ripe avocados in a bowl. Add diced tomato, chopped red onion, cilantro, lime juice, salt, and pepper. Mix until well combined.

Serves about 4

tip from the chef

Don't forget some store bought pico de gallo and a side of sour cream!

chicken and rice casserole

■■□ | Cooking time: 30-35 minutes - Preparation time: 15 minutes

method

1. Preheat the oven to 375°F (190°C). Grease a baking dish.
2. In a large bowl, combine shredded chicken, cooked rice, thawed peas and carrots, shredded cheddar cheese, cream of mushroom soup, chicken broth, garlic powder, salt, and pepper.
3. Mix until all ingredients are well combined.
4. Transfer the mixture to the greased baking dish, spreading it evenly.
5. Bake for 30-35 minutes or until the casserole is hot and bubbly, and the top is golden. Optionally, garnish with chopped parsley before serving.

Serves about 6

ingredients

- **2 cups cooked chicken, shredded**
- **2 cups cooked white rice**
- **1 cup frozen peas and carrots, thawed**
- **1 cup shredded cheddar cheese**
- **1 can (10.5 oz) cream of mushroom soup**
- **½ cup chicken broth**
- **1 teaspoon garlic powder**
- **Salt and pepper to taste**
- **Chopped parsley for garnish (optional)**

tip from the chef

Serve with a green salad and dinner rolls!

homemade
chicken pot pie

■■□ | Cooking time: 30-35 minutes - Preparation time: 20 minutes

ingredients

- 1 lb cooked chicken, shredded
- 1 cup frozen mixed vegetables (peas, carrots, corn, green beans), thawed
- ⅓ cup unsalted butter
- ⅓ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dried thyme
- 1¾ cups chicken broth
- ⅔ cup milk
- 2 refrigerated pie crusts

method

1. Preheat the oven to 425°F (220°C).
2. In a large saucepan, melt butter over medium heat. Stir in flour, salt, pepper, and thyme until well combined.
3. Gradually whisk in chicken broth and milk. Cook and stir until the mixture thickens and becomes smooth.
4. Add shredded chicken and mixed vegetables to the sauce. Mix until evenly coated.
5. Roll out one pie crust and place it in a greased pie dish. Pour the chicken and vegetable mixture into the crust. Top with the second pie crust, sealing and crimping the edges. Cut a few slits on the top for venting.

   Bake for 30-35 minutes or until the crust is golden brown. Allow to cool slightly before serving.

Serves about 6

tip from the chef

This homemade chicken pot pie is a comforting classic!

Chef express

veggie-loaded meatballs with pasta

■■□ | Cooking time: 20-25 minutes - Preparation time: 20 minutes

method

For Veggie-Loaded Meatballs

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a bowl, combine ground meat, grated zucchini, grated carrots, breadcrumbs, Parmesan cheese, egg, minced garlic, salt, and pepper. Mix until well combined.
3. Shape the mixture into meatballs and place them on the prepared baking sheet.
4. Bake for 20-25 minutes or until the meatballs are cooked through and golden brown.

For Pasta

1. While the meatballs are baking, cook the pasta according to package instructions. Drain.
2. Drizzle olive oil over the cooked pasta to prevent sticking. Serve the veggie-loaded meatballs on top of the pasta and coat with tomato sauce.

Serves about 4

ingredients

For Veggie-Loaded Meatballs

- 1 lb ground meat (beef, turkey, or chicken)
- 1 cup grated zucchini
- ½ cup grated carrots
- ¼ cup breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 egg
- 2 cloves garlic, minced
- Salt and pepper to taste

For Pasta

- 8 oz pasta of your choice
- Olive oil for drizzling
- Tomato sauce (store-bought or homemade)

tip from the chef

Serve with fresh baked garlic bread sticks!

mini meatball subs

■■□ | Cooking time: 15-20 minutes - Preparation time: 20 minutes

ingredients

For Mini Meatballs

- 1 lb ground beef or a meatball mix
- ½ cup breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 egg
- 1 teaspoon dried oregano
- Salt and pepper to taste

For Subs

- Mini sub rolls or baguette, sliced
- Marinara sauce
- Shredded mozzarella cheese
- Fresh basil leaves for garnish (optional)

method

For Mini Meatballs

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a bowl, combine ground beef, breadcrumbs, Parmesan cheese, egg, dried oregano, salt, and pepper. Mix until well combined.
3. Shape the mixture into small meatballs and place them on the prepared baking sheet.
4. Bake for 15-20 minutes or until the meatballs are cooked through and browned.

For Subs

1. Slice the mini sub rolls or baguette. Place a few meatballs in each roll, top with marinara sauce, and sprinkle with shredded mozzarella cheese.
2. Optional: Broil the subs for a few minutes until the cheese is melted and bubbly. Garnish with fresh basil leaves if desired.

Serves about 4

tip from the chef

Serve with a side of pasta of your choice!

pancake tacos
with fruit fillings

■■□ | Cooking time: 10 minutes - Preparation time: 15 minutes

method

For Pancakes

1. In a bowl, whisk together flour, sugar, baking powder, and salt.
2. In another bowl, whisk together milk, egg, and melted butter.
3. Pour the wet ingredients into the dry ingredients and stir until just combined.
4. Heat a skillet or griddle over medium heat. Pour small portions of batter onto the skillet to make small pancakes. Cook until bubbles form on the surface, then flip and cook the other side until golden.

For Fruit Fillings

1. Fill each pancake with assorted fresh fruits, fold it like a taco, and top with Greek yogurt. Drizzle with maple syrup or honey..

Serves about 4

ingredients

For Pancakes

- > 1 cup all-purpose flour
- > 2 tablespoons sugar
- > 1 teaspoon baking powder
- > ½ teaspoon salt
- > 1 cup milk
- > 1 large egg
- > 2 tablespoons melted butter

For Fruit Fillings

- > Assorted fresh fruits (strawberries, blueberries, bananas, etc.)
- > Maple syrup or honey for drizzling
- > Greek yogurt for topping

tip from the chef

What a great breakfast for kids slumber parties!

turkey and cheese pinwheels

■□□ | Cooking time: No cooking required - Preparation time: 15 minutes

ingredients

- 1 package of flour tortillas (8-10 inches)
- ½ lb thinly sliced turkey
- ½ lb sliced cheese (cheddar, Swiss, or your choice)
- ⅓ cup cream cheese, softened
- ½ cup baby spinach leaves (optional)
- 1 teaspoon Dijon mustard (optional)

method

1. Lay out the flour tortillas on a clean surface.
2. Spread a thin layer of cream cheese evenly over each tortilla.
3. Place turkey slices on top of the cream cheese, covering the entire surface.
4. Add a layer of sliced cheese over the turkey. Optionally, spread a thin layer of Dijon mustard for extra flavor.
5. If desired, place baby spinach leaves evenly over the cheese. Roll each tortilla tightly into a log shape. Slice into pinwheels.

Serves about 4

tip from the chef

Great snack for those summer picnics!

hidden veggie
sloppy joes

■□□ | Cooking time: 20 minutes - Preparation time: 15 minutes

method

1. In a skillet over medium heat, cook ground beef or turkey until browned. Drain excess fat if needed.
2. Add chopped onion, bell pepper, grated carrot, and minced garlic to the skillet. Cook until vegetables are softened.
3. Stir in tomato sauce, ketchup, Worcestershire sauce, brown sugar, salt, and pepper. Simmer for 10-15 minutes until the mixture thickens.
4. Taste and adjust seasonings as needed.
5. Serve the flavorful sloppy Joe mixture on hamburger buns.

Serves about 4

ingredients

- **1 lb ground beef or turkey**
- **1 onion, finely chopped**
- **1 bell pepper, finely chopped**
- **1 carrot, grated**
- **2 cloves garlic, minced**
- **1 cup tomato sauce**
- **¼ cup ketchup**
- **2 tablespoons Worcestershire sauce**
- **1 tablespoon brown sugar**
- **Salt and pepper to taste**
- **Hamburger buns for serving**

tip from the chef

These veggie joes are a great way to hide the onion, carrots and peppers!
Serve with crispy sweet potato fries.

mini swedish
meatballs over pasta

■■□ | Cooking time: 20 minutes - Preparation time: 20 minutes

ingredients

- ½ pound ground beef
- ½ cup breadcrumbs
- ¼ cup milk
- ½ onion, finely chopped
- 1 egg
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground allspice
- ¼ cup butter
- 2 tablespoons all-purpose flour
- 2 cups beef broth
- ¼ cup heavy cream
- Cooked pasta for serving

method

1. In a bowl, combine ground beef, breadcrumbs, milk, chopped onion, egg, salt, pepper, and allspice. Mix well and shape into mini meatballs.
2. In a skillet, melt butter over medium heat. Brown the meatballs on all sides.
3. Sprinkle flour over the meatballs, stirring to coat.
4. Gradually whisk in beef broth and heavy cream. Simmer until the sauce thickens.
5. Serve the mini Swedish meatballs over cooked pasta. Garnish with parsley if desired.

Serves 2

tip from the chef

Serve over mashed potatoes instead of pasta, don't forget some dinner rolls!

baked ziti with
marinara sauce

■□□ | Cooking time: 25-30 minutes - Preparation time: 15 minutes

method

1. Preheat the oven to 375°F (190°C). Cook the ziti pasta according to package instructions. Drain and set aside.
2. In a bowl, mix the cooked ziti with marinara sauce, ricotta cheese, half of the mozzarella cheese, half of the Parmesan cheese, dried oregano, dried basil, salt, and pepper.
3. Transfer the mixture to a baking dish.
4. Sprinkle the remaining mozzarella and Parmesan cheese over the top.
5. Bake for 25-30 minutes or until the cheese is melted and bubbly. Optionally, garnish with fresh basil leaves before serving.

Serves about 6

ingredients

- **1 lb ziti pasta**
- **2 cups marinara sauce**
- **1 cup ricotta cheese**
- **1 cup shredded mozzarella cheese**
- **½ cup grated Parmesan cheese**
- **1 teaspoon dried oregano**
- **1 teaspoon dried basil**
- **Salt and pepper to taste**
- **Fresh basil leaves for garnish (optional)**

tip from the chef

Serve with baked garlic bread sticks!

barbecue
chicken sliders

■■□ | Cooking time: 15-20 minutes - Preparation time: 10 minutes

ingredients

- 1 lb boneless, skinless chicken breasts
- 1 cup barbecue sauce
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- Slider buns
- Coleslaw for topping (optional)

method

1. Preheat the oven to 400°F (200°C) or use a grill.
2. Season chicken breasts with garlic powder, onion powder, salt, and pepper.
3. In a skillet over medium-high heat, heat olive oil. Add chicken breasts and cook until browned on both sides.
4. Brush barbecue sauce over the chicken breasts and transfer them to the oven or grill. Cook until the chicken is cooked through and the sauce is caramelized.
5. Slice the barbecue chicken and assemble sliders using slider buns. Optionally, top with coleslaw for added crunch.

Serves about 4

tip from the chef

Serve with baked beans and crispy tater tots!

turkey and veggie meatloaf muffins

■■□ | Cooking time: 25-30 minutes - Preparation time: 15 minutes

method

1. Preheat the oven to 375°F (190°C). Grease a muffin tin.
2. In a large bowl, combine ground turkey, grated zucchini, chopped bell pepper, chopped onion, breadcrumbs, ketchup, egg, dried oregano, garlic powder, salt, and pepper. Mix until well combined.
3. Divide the mixture evenly among the muffin cups.
4. Bake for 25-30 minutes or until the meatloaf muffins are cooked through and browned on top.
5. Let them cool slightly before removing from the muffin tin.

Serves about 6

ingredients

- **1 lb ground turkey**
- **1 cup finely grated zucchini**
- **½ cup finely chopped bell pepper**
- **½ cup finely chopped onion**
- **¼ cup breadcrumbs**
- **¼ cup ketchup**
- **1 egg**
- **1 teaspoon dried oregano**
- **1 teaspoon garlic powder**
- **Salt and pepper to taste**

tip from the chef

Serve with mashed potatoes, gravy and dinner rolls, don't worry about the veggie's they are already there, but the kids will never know!

vegetable fried rice

■■□ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

- 2 cups cooked and cooled rice (preferably day-old)
- 1 cup mixed vegetables (peas, carrots, corn, and chopped green beans)
- ½ cup diced bell peppers
- 2 green onions, chopped
- 2 eggs, beaten
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons vegetable oil
- Salt and pepper to taste

method

1. Heat vegetable oil in a wok or large skillet over medium-high heat.
2. Add diced bell peppers and mixed vegetables. Stir-fry for 2-3 minutes until slightly tender.
3. Push the vegetables to one side of the wok, and pour the beaten eggs onto the other side. Scramble the eggs until cooked through.
4. Add cooked rice to the wok, breaking up any clumps. Stir-fry the rice with the vegetables and eggs.
5. Pour soy sauce and sesame oil over the rice, add chopped green onions, and continue to stir-fry until everything is well combined. Season with salt and pepper to taste.

Serves about 4

tip from the chef

Serve your delicious vegetable fried rice for a quick lunch!

chicken and veggie skewers

■■□ | Cooking time: 10-15 minutes - Preparation time: 20 minutes
Marinating Tima: 30 minutes (optional)

method

1. If using wooden skewers, soak them in water for about 30 minutes to prevent burning.
2. In a bowl whisk together olive oil, soy sauce, minced garlic, dried oregano, salt, and pepper. Add chicken and let marinate for 30 minutes.
3. Thread the marinated chicken, bell pepper, zucchini, red onion, and cherry tomatoes onto the skewers.
4. Preheat the grill or grill pan over medium-high heat.
5. Grill the skewers for 10-15 minutes, turning occasionally, until the chicken is cooked through and the veggies are tender.

Serves about 4

ingredients

- **1 lb boneless, skinless chicken breast cut into cubes**
- **1 bell pepper, cut into chunks**
- **1 zucchini, sliced**
- **1 red onion, cut into wedges**
- **Cherry tomatoes**
- **3 tablespoons olive oil**
- **2 tablespoons soy sauce**
- **2 cloves garlic, minced**
- **1 teaspoon dried oregano**
- **Salt and pepper to taste**
- **Wooden or metal skewers**

tip from the chef

Make this a fun dinner for the kids and let them choose what they want on their skewers!

mini corn
dog muffins

■■□ | Cooking time: 10-12 minutes - Preparation time: 15 minutes

ingredients

- 1 cup cornmeal
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup milk
- ¼ cup melted butter
- ¼ cup honey
- 2 eggs
- Mini hot dogs or cocktail sausages

method

1. Preheat the oven to 400°F (200°C). Grease a mini muffin tin.
2. In a bowl, whisk together cornmeal, flour, baking powder, and salt.
3. In another bowl, mix milk, melted butter, honey, and eggs until well combined.
4. Combine the wet and dry ingredients, stirring until just combined.
5. Pour the batter into the mini muffin tin, filling each cup about halfway. Place a mini hot dog or cocktail sausage in the center of each cup.

   Bake for 10-12 minutes or until the tops are golden brown.

Serves about 4

tip from the chef

Set out dipping bowls of ketchup and barbecue sauce for a fun snack!

baked potatoes
with various toppings

■□□ | Cooking time: 1 hour - Preparation time: 10 minutes

method

1. Preheat the oven to 400°F (200°C).
2. Scrub the potatoes thoroughly, then pat them dry. Prick each potato with a fork a few times.
3. Rub each potato with olive oil, then season with salt and pepper.
4. Place the potatoes directly on the oven rack or on a baking sheet. Bake for about 1 hour or until the skin is crisp and the insides are tender.
5. Once baked, slice each potato open and fluff the insides with a fork. Top with sour cream, shredded cheddar cheese, chopped green onions, and crispy bacon bits.

Serves about 4

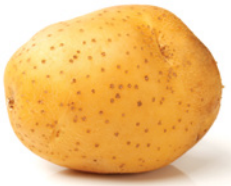
ingredients

> 4 large russet potatoes
> 2 tablespoons olive oil
> Salt and pepper to taste

Topping Options:
> Sour cream
> Shredded cheddar cheese
> Chopped green onions
> Crispy bacon bits

tip from the chef

Serve with corn on the cob or a green salad!



pita bread
pizzas with hummus

■□□ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

- 4 whole wheat pita bread rounds
- 1 cup hummus
- 1 cup cherry tomatoes, halved or sun dried tomatoes
- 1 cup spinach leaves
- ½ cup crumbled goat cheese
- Fresh basil leaves for garnish
- Olive oil for drizzling
- Salt and pepper to taste

method

1. Preheat the oven to 400°F (200°C).
2. Place the pita bread rounds on a baking sheet.
3. Spread a generous layer of hummus on each pita.
4. Top with cherry tomatoes or sun dried tomatoes, spinach leaves, and crumbled goat cheese.
5. Bake for about 10 minutes or until the edges of the pita are crisp and the toppings are heated through.

Serves about 4

tip from the chef

Garnish with fresh basil leaves, drizzle with olive oil and season with salt and pepper to taste.

chicken and cheese quesadillas

■□□ | Cooking time: 10 minutes - Preparation time: 15 minutes

method

1. In a bowl, combine shredded chicken, shredded cheese, diced bell peppers, chopped tomato, diced red onion, ground cumin, chili powder, garlic powder, salt, and pepper. Mix well.
2. Lay out flour tortillas and divide the chicken and cheese mixture evenly among them.
3. Top each with another tortilla to create a quesadilla.
4. Heat a skillet or griddle over medium heat. Lightly coat with cooking spray or olive oil.
5. Cook each quesadilla for 2-3 minutes on each side until the tortilla is golden and the cheese is melted.

Serves About 4

ingredients

- **2 cups cooked and shredded chicken**
- **2 cups shredded cheese (cheddar, Monterey Jack, or a blend)**
- **1 cup diced bell peppers (any color)**
- **½ cup diced red onion**
- **1 tomato chopped**
- **1 teaspoon ground cumin**
- **1 teaspoon chili powder**
- **½ teaspoon garlic powder**
- **Salt and pepper to taste**
- **8 medium flour tortillas**
- **Cooking spray or olive oil**

tip from the chef

Slice into wedges and serve these delicious chicken and cheese quesadillas with sides of sour cream, spicy salsa and tortilla chips!

ham and cheese roll-ups

■□□ | Cooking time: No cooking required - Preparation time: 10 minutes

ingredients

- 8 slices deli ham
- 1 cup shredded cheddar cheese
- ¼ cup cream cheese, softened
- 1 tablespoon Dijon mustard
- Green onions, thinly sliced (optional)

method

1. Lay out the ham slices on a clean surface.
2. In a bowl, mix shredded cheddar cheese, softened cream cheese, and Dijon mustard until well combined.
3. Spread the cheese mixture evenly over each ham slice.
4. Roll up each ham slice with the cheese mixture inside.
5. Optional: Slice the roll-ups into bite-sized pieces and garnish with thinly sliced green onions.

Serves about 4

tip from the chef

These make a great snack or quick lunch for on the go kids! Don't forget to decorate the tops of these roll-ups with cherry tomatoes!

spinach and cheese stuffed shells

■■□ | Cooking time: 25 minutes - Preparation time: 20 minutes

method

1. Cook the jumbo pasta shells according to package instructions. Drain and let them cool.
2. In a bowl, combine ricotta cheese, mozzarella cheese, Parmesan cheese, egg, chopped fresh spinach, minced garlic, dried oregano, salt, and pepper.
3. Preheat the oven to 375°F (190°C).
4. Stuff each cooked shell with the spinach and cheese mixture.
5. Place the stuffed shells in a baking dish, pour marinara sauce over them, and bake for 25 minutes or until the cheese is melted and bubbly.

Serves about 6

ingredients

- **20 jumbo pasta shells**
- **2 cups ricotta cheese**
- **1 cup shredded mozzarella cheese**
- **1 cup grated Parmesan cheese**
- **1 egg**
- **2 cups fresh spinach, chopped**
- **2 cloves garlic, minced**
- **1 teaspoon dried oregano**
- **Salt and pepper to taste**
- **2 cups marinara sauce**

tip from the chef

What a great way to get the kids to eat their spinach!

sweet potato
and black bean quesadilla

■□□ | Cooking time: 10 minutes - Preparation time: 20 minutes

ingredients

- 2 medium-sized sweet potatoes, peeled and diced
- 1 can (15 oz) black beans, drained and rinsed or peas
- 1 cup shredded cheddar cheese
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 4 large whole wheat tortillas
- Cooking spray or olive oil

method

1. Boil or steam the diced sweet potatoes until they are tender. Mash them in a bowl.
2. In another bowl, mix the black beans or peas, shredded cheddar cheese, ground cumin, chili powder, salt, and pepper.
3. Lay out the four tortillas. Spread the mashed sweet potatoes on two tortillas.
4. Divide the black bean or peas and cheese mixture evenly between the two tortillas with sweet potatoes. Top with the remaining two tortillas.
5. Heat a skillet or griddle over medium heat. Lightly coat with cooking spray or olive oil. Cook each quesadilla for 2-3 minutes on each side until the tortilla is golden and the cheese is melted.

Serves about 4

tip from the chef

Slice into wedges and serve with tortilla chips and Salsa!

index