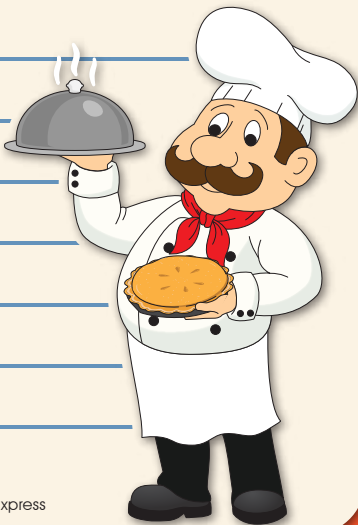


Grocery List

- ☐ dry pasta, any shape
 - ☐ low sodium chicken broth
 - ☐ cooked chopped chicken
 - ☐ milk
 - ☐ flour
 - ☐ chopped vegetables
 - ☐ garnishes
 - ☐ pizza dough
 - ☐ pizza sauce
 - ☐ mozzarella cheese
 - ☐ cheddar cheese
 - ☐ meat toppings
 - ☐ vegetable toppings

A cartoon illustration of a chef with a large brown mustache, wearing a white chef's hat and a red neckerchief. He is holding a silver cloche with steam rising from it in his right hand, and a whole pepperoni pizza in his left arm.



Creamy Pasta Soup

Ingredients:

1 cup dry pasta, any shape
2 (14 oz) cans low sodium chicken broth
1 cup cooked chicken breast (chopped)
1 cup milk with 1 T. flour added
chopped vegetables (carrots, celery, onions, corn)
salt and pepper to taste
garnishes (mini crackers, grated cheese, puffed wheat, etc.)

Warm up with a hearty bowl of creamy noodle soup! Mention that this dish is cooked on the stove. Invite children to watch as you cook pasta until soft. Drain and set aside. Pour chicken broth and chopped chicken into a soup pot and cook on medium heat. Have children help you wash the vegetables. Boil or steam the vegetables slightly to soften them.

Offer child-safe knives and show children how to cut the softened vegetables into smaller pieces. Add the vegetables to the chicken broth and bring to a boil. Reduce heat and simmer for about 15 minutes. Add the pasta and milk. (Only an adult should add ingredients to the hot soup.) Heat until the milk is warmed. Serve in bowls with mini crackers, grated cheese, or puffed wheat. This recipe makes about 4–6 servings.

Perfect Pizza

Ingredients:

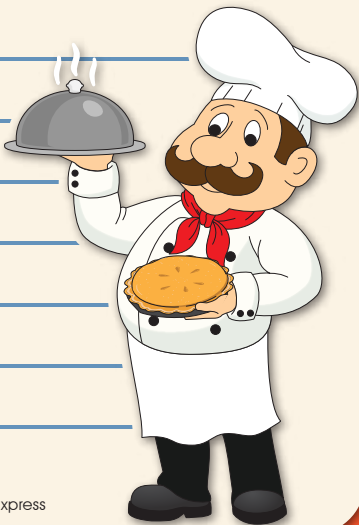
1 package pizza dough
1 jar pizza sauce
mozzarella cheese (grated)
cheddar cheese (grated)
meat toppings (cubed ham, ground beef, sausage,
crumbled turkey, pepperoni)
vegetable toppings (tomatoes, olives, green peppers,
spinach, mushrooms, onions)

Invite children to make their own pizzas. Prepare the pizza dough according to the package directions. Give each child one ball of dough. Let children take turns using a rolling pin to flatten the dough on the pan. Brown and drain the ground beef or sausage, if offered, and wash and cut the vegetable toppings.

Offer spatulas or spoons and show children how to spread pizza sauce over the crust. Invite children to sprinkle grated cheese over the sauce. Then, invite them to add meat and vegetable toppings of their choice. Encourage children to try adding a topping they've never tasted on one portion of their pizzas. Sprinkle a bit more cheese on top of each pizza. Mention that the pizzas will be cooked in the oven. Bake the pizzas at 425°F (or according to package directions) until the crust is golden brown and the cheese is melted. Let cool. Cut with a pizza cutter and serve.

Grocery List

- [illegible]



Potato Latkes

Ingredients:

3 large baking potatoes
2 eggs, slightly beaten
1/4 cup flour
2 T. salt
1 T. minced onion
vegetable oil
applesauce

Have children help you wash the potatoes with a vegetable brush. Cut the potatoes in half, and shred them with a grater (leave the skins on). Add them to a bowl and mix them with the egg, and then add the flour, salt, and onion. (Encourage each child to take a turn mixing the ingredients.)

Heat a layer of oil in a large skillet (adult only) to about 350°F. (Make sure children stay away from the stove.) Squeeze about 1/4 cup of the potato mixture firmly between your hands to remove excess liquid, and carefully drop it into the hot oil. Fry three to four minutes on each side or until golden. Drain on paper towels and serve with applesauce.

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Holiday Punch

Ingredients:

1 can frozen limeade concentrate
1 can frozen orange juice concentrate
3 cups pineapple juice
1 1/2 cups cranberry juice

Invite children to help you make a delicious holiday drink to celebrate the season. Prepare the limeade and orange juice as directed on the cans (the children can take turns stirring).

Combine the juices in a large, non-breakable punch bowl. Stir in the pineapple juice and cranberry juice. (You may wish to give each child a cup and allow children to taste each kind of juice before mixing.) Chill until ready to serve. (This recipe makes about 4.5 quarts.)

Cut a washed orange into round slices to add as garnish. Use a ladle to pour the punch into each child's cup and enjoy!

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