

Strawberry Popsicles

Freeze these popsicles in ice cube trays, small paper cups, or popsicle molds

- ½ cup chopped strawberries
- ½ cups mashed bananas
- 1/3 cup juice (orange, apple, grape, pineapple, etc.)
- 1/3 cup vanilla yogurt (optional)

Stir together all ingredients, and fill popsicle molds until they are 2/3 full. Cover with plastic wrap and put in freezer. Once they are partially frozen, insert popsicle sticks (or toothpicks, if using smaller molds) and put back in freezer until popsicles are frozen through. Remove from freezer a few minutes before eating.

Safety Tips for Cooking with Kids

- Wash your hands!
- Be organized; kids won't have to wait while you look for stuff
- Show kids how to properly use utensils
- Supervise closely, and set ground rules before you begin
- Don't let kids sample products if they're uncooked and contain raw eggs; tell them they can be 'official tasters' once you are done
- Think about switching from glass to plastic measuring cups, bowls, etc;
- Give kids something they can do like putting ingredients into the bowl. Have them crack eggs into a separate bowl just in case you need to pull shells out
- Children should stay away from the oven, stove, and other hot surfaces

(amazingmoms.com, ivillage.com)

'Simple' Recipes

Great for Kids!!

Anne's Black Bean and Corn Salsa

Blueberry Heaven Smoothie

Blueberry Salsa

Corn Chowder

Corn Salad

Fresh Veggie Pizza

Hot 'n' Peppery Corn on the Cob

Lebanese Cucumber and Tomato Salad

Peanut Butter Play-dough

Pizza Stuffers

Pretzels

Scalloped Corn

Strawberry Popsicles



Anne's Black Bean and Corn Salsa

1 can Black Beans
1 large tomato
½ Large Red Onion
2 cups Sweet Corn
1 teaspoon Fresh lime juice
1/2 habanera for spice (or measure to taste)
2 tablespoons olive oil
1/4 cup fresh lime juice
Salt and black pepper to taste

1. Place the corn in a large pot with enough water to cover, and bring to a boil.
2. Cook until kernels are tender but crisp, about 5 minutes.
3. Drain, and cool in cold water.
4. Use a knife to scrape kernels from the cobs.
5. Chop tomato, onion and habanera.
6. Place kernels in a medium bowl and stir in black beans, tomato, onion, habanera.
7. Add olive oil, and lime juice., red pepper flakes, and oregano. Mix in olive oil, and lime juice. Season with salt and pepper.

Blueberry Heaven Smoothie Recipe

(serves 2)

Ingredients

1 cup blueberries (fresh or frozen)
7 oz vanilla yogurt
1 tablespoon lemon juice
2 tablespoons orange juice
1/2 teaspoon vanilla extract
1/2 cup ice

To make this quick free smoothie recipe just simply place the blueberries into your blender, followed by the lemon juice, orange juice, vanilla extract, yogurt and finally the ice. Blend on full power for around 30 seconds. Serve at once. Perfect for a hot summer day.

Pretzels from: <http://kidshealth.org>

1 tablespoon yeast
½ cup warm water
1 teaspoon honey
1-1/3 cup flour
1 teaspoon salt

- Preheat oven to 325 degrees
- Put the yeast in a small bowl with the water and honey. Stir a little, then let the mixture sit for 5 minutes
- Mix the flour and salt together in a medium bowl
- After the 5 minutes are up, check on the yeast mixture. It should be bigger than before & a little bubbly. Add this mixture to the flour and salt mixture
- Stir everything together. Use a spoon to start. Finish with your hands. The dough is ready when it's still a little crumbly and flaky
- Put the dough on the cutting board and knead it like you are playing with clay. Knead it into one big ball.
- Break off a piece of dough that's about the size of a gumball or superball. Use your hands to roll it into a skinny snake
- Twist the snake into a medium-size pretzel shape, and put it on the cookie sheet. Do this with all the dough, making 12 pretzels
- Bake your pretzels for 10 minutes. Let them cool and take a bite!

Scalloped Corn

2 cups Michigan corn, cooked and drained
1 cup Michigan milk
2 tablespoons Michigan sugar
1 tablespoon all-purpose flour
2 tablespoons Michigan butter or margarine, melted
2 Michigan eggs
1 teaspoon salt.

1. Preheat oven to 350° . Place corn in buttered 1-quart casserole dish.
2. In a small bowl, combine milk, sugar, flour, butter, eggs and salt. Stir until blended.
3. Pour over corn. Bake at 350° for 60 minutes, or until mixture is set and top is golden brown.

Peanut Butter Playdough

- 1/3 cup peanut butter
- 1/3 cup honey
- 1 cup crushed corn flakes cereal (optional)
- 1/3 tablespoons powdered milk

1. Set corn flakes aside.
2. Mix all other ingredients well.
3. Roll into balls.
4. Then roll in Cornflakes until covered if desired
5. Refrigerate leftovers.

This is a yummy snack that's great with milk !

Pizza Stuffers

from: The Mash and Smash Cookbook

- 1 pita bread
- 8 teaspoons spaghetti or pizza sauce
- 2 slices cheese (such as provolone or mozzarella)

1. Put the pita bread on the cutting board. Use a knife to cut the pita in half, then in half again (making 4 triangles total).
2. Put 2 tablespoons of spaghetti sauce inside each pita triangle.
3. Tear each cheese slice into 2 pieces. Stuff one piece of cheese into each pita triangle.
4. Put the triangles on a microwave-safe plate and put in the microwave. Heat on high for 30 seconds to 1 minute, or until the cheese has melted.
5. Remove carefully, and let cool for 1 to 2 minutes before serving!

Blueberry Salsa

Serves 4 to 6
Adapted from My Own Sweet Thyme

- Ingredients
- 2 cups fresh blueberries, coarsely chopped
 - 1 medium shallot, finely chopped
 - 1 jalapeno, seeded and minced
 - 1 tablespoon fresh cilantro, chopped
 - 1 tablespoon lime juice
 - 1 teaspoon fresh ginger, minced
 - 1/4 teaspoon salt

1. Combine ingredients in a small bowl and let sit for twenty to thirty minutes for flavors to blend
2. Serve with tortilla chips or over grilled meat as relish

Corn Chowder

- 2 cups fresh raw sweet corn kernels (about 4 ears of corn), or use frozen
- 1/4 cup butter
- 1/4 cup minced onion
- 1 tablespoon lemon juice
- 1/4 teaspoon dry mustard
- 1 teaspoon sugar
- 1 teaspoon salt
- Freshly ground black pepper
- 2 cups chicken stock
- 2 cups light cream
- Tabasco sauce to taste

1. Saute onion in butter until translucent but not browned.
2. Stir in lemon juice, mustard, sugar, salt and pepper.
3. Add corn and chicken stock.
3. Bring to a boil, cover, reduce heat and simmer for 10 minutes.
4. Before serving add cream and a dash of Tabasco, mix well and bring to serving temperature over low heat. Do not let chowder boil after cream is added.



Corn Salad

- 12 ears of sweet corn
- 2 green peppers
- 1 red onion
- ¼ cup olive oil
- Lemon juice, black pepper, and salt to taste
- 6 medium tomatoes
- ½ cup fresh basil

1. Husk corn. Slice kernels from cob and place in a large mixing bowl.
2. Dice green peppers into small pieces. Add to mixing bowl.
3. Mince entire red onion. Add to bowl.
4. Pour ¼ cup olive oil over vegetable in bowl.
5. Chop tomatoes into medium small pieces and add.
6. Tear fresh basil into small pieces. Add.
7. Add lemon juice, black pepper, and salt to taste.
8. Stir together and enjoy!

Fresh Veggie Pizza

- 1 ready-made pizza crust
- 8 oz. package cream cheese at room temperature
- 1 cup sour cream
- 1 envelope powdered Ranch dressing mix (if desired)
- 2 cup raw vegetables, chopped- whatever you would like! possible veggies: broccoli, cauliflower, carrots, cucumbers, and peppers

1. Bake the pizza crust, without toppings, at 350 degrees for 5 to 10 minutes, until lightly browned (or make your own crust if you have time)
2. Stir together the cream cheese, sour cream, and dressing mix. Spread this on the crust
3. Top with mixed vegetables

Hot 'n' Peppery Corn on the Cob

- 1/2 cup Michigan butter, softened
- 3 tablespoons sliced Michigan green onions
- 1 tablespoon snipped chives
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon cayenne pepper, optional
- 8 ears cooked Michigan corn (on the cob)

In a small mixing bowl, combine butter, green onions, chives, black pepper, chili powder, white pepper and cayenne, mix well. Spread on hot, cooked corn on the cob

Note: Butter mixture may be stored in refrigerator 5 to 7 days.

Lebanese Cucumber and Tomato Salad

- 3 tomatoes (diced) seasonal
- 4 cucumbers (cut into wedges) seasonal
- 1 small, red onion (diced)
- 1 tsp extra virgin olive oil
- 1 tbspc lemon juice*
- ½ tsp salt*
- *Add extra salt or lemon juice to your preference

Dice the tomatoes, slice the cucumbers, and dice the onions. Then put all three in a bowl together. Mix the salt, lemon juice, and olive oil together, and then add it to the bowl. Mix everything together and serve.

