

MEASURE AND COOK

Recipe Book

K
Kindergarten

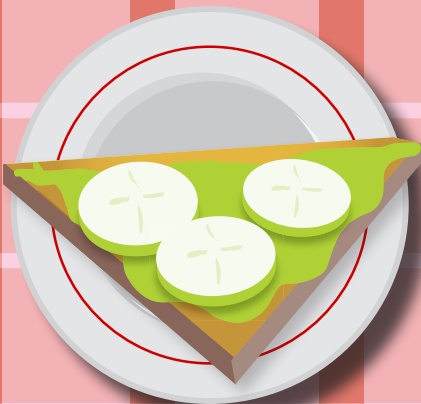
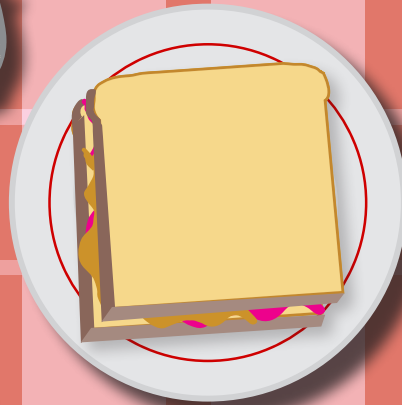
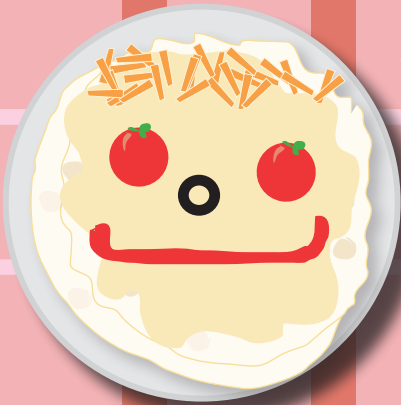
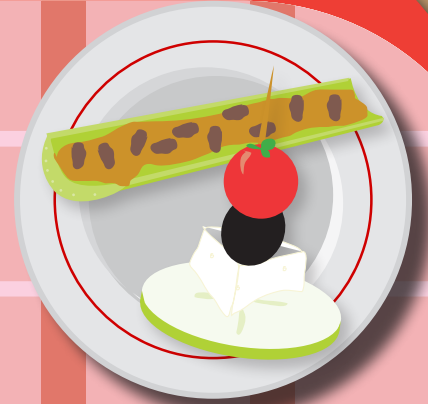
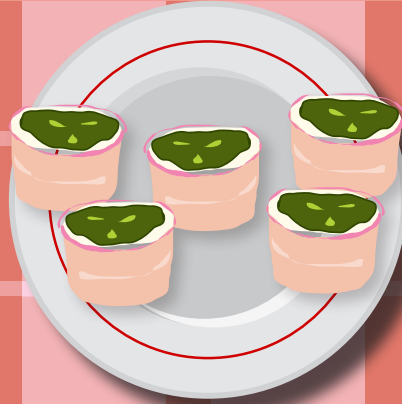
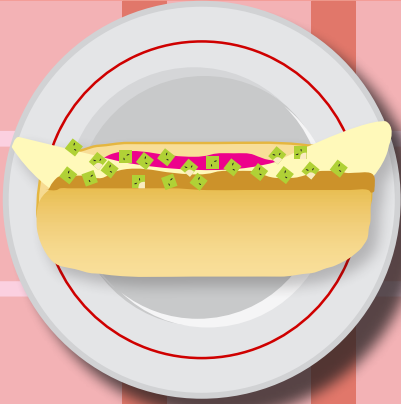


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MEASURE AND COOK RECIPE BOOK

Welcome to Education.com's Measure and Cook Recipe Book! In this workbook, you'll find 18 ultra-easy recipes that you and your child can cook up in your own kitchen. Cooking with kids isn't just about helping them master basic kitchen skills - it's also the perfect way to get them started on math. All that counting, estimating and dividing is real-world math practice they won't even know they're getting!

This book is intended to bring kids and parents together. We recommend reading these recipes aloud to your child and staying in the kitchen to help with sharp objects or messy ingredients.

Tools You Will Use

Use these tools to measure and cook your way to a delicious meal or snack.



SPOON

Units are measured for ease of use as "spoonfuls," or roughly one tablespoon.



KNIFE

A knife is used in some recipes for simple tasks like cutting fruit. A plastic knife can be used for safety.

OVEN: Adult supervision is required for recipes involving baking in the oven.

FREEZER: Some recipes require a quick chill in the freezer.

TOASTER: Some recipes require use of a toaster.

Words You Will Use

Use these cooking terms to prepare the ingredients in your creation!

BAKE:

To cook in the oven.

CHOP:

To cut food into pieces with a knife.

CUBE:

Cutting foods such as vegetables or fruit into pieces with 6 equal sides.

DRIZZLE:

Pouring a liquid over food in a slow, light trickle.

GRATE OR SHRED:

To scrape food against the holes of a grater, making thin pieces.

MIX:

Stirring ingredients together with a spoon until well combined.

PREHEAT:

To turn oven on ahead of time so that it is at the right temperature when needed.

SCOOP:

To take up or dip into.

SEASON:

To add flavoring to a food to enhance its taste. Some types of flavorings that are used are salt, pepper, herbs, spices, lemon juice, vinegar and condiments.

SPREAD:

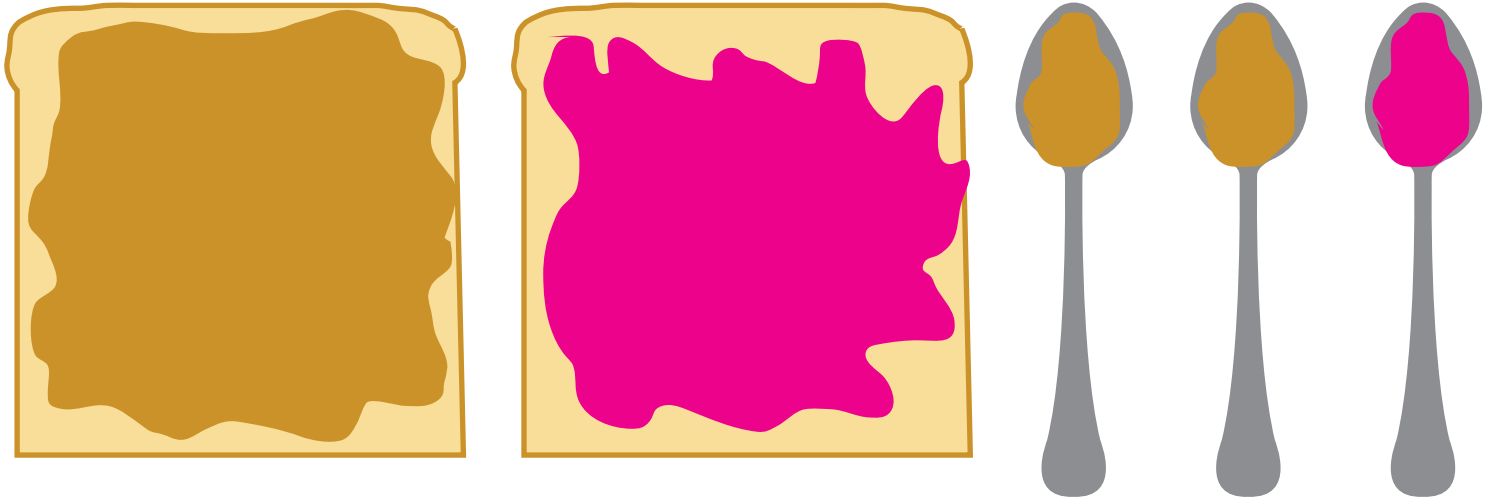
To put on top in a layer.

TOAST:

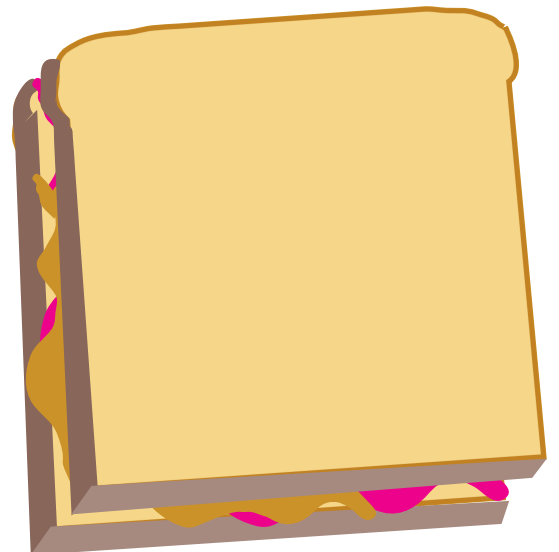
To brown lightly in a toaster or frying pan or under broiler.

Peanut Butter & Jelly Sandwich

This is a lunchbox essential! Makes one (1) sandwich.



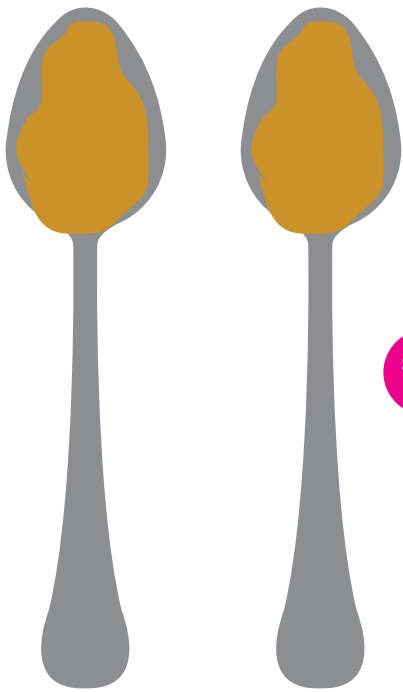
- Step 1.** Start with **2** pieces of bread.
- Step 2.** Spread **2** spoonfuls of peanut butter onto **1** slice.
- Step 3.** Spread **1** spoonful of jelly onto **1** slice.
- Step 4.** Stick the **2** pieces together.
- Step 5.** Eat!



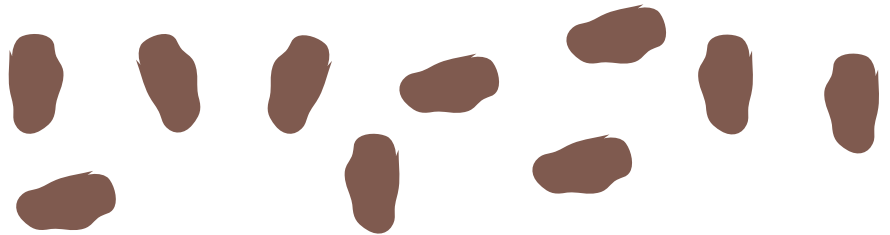
Ants on a Log

This classic treat is easy to make and eat!
Makes one (1) serving.

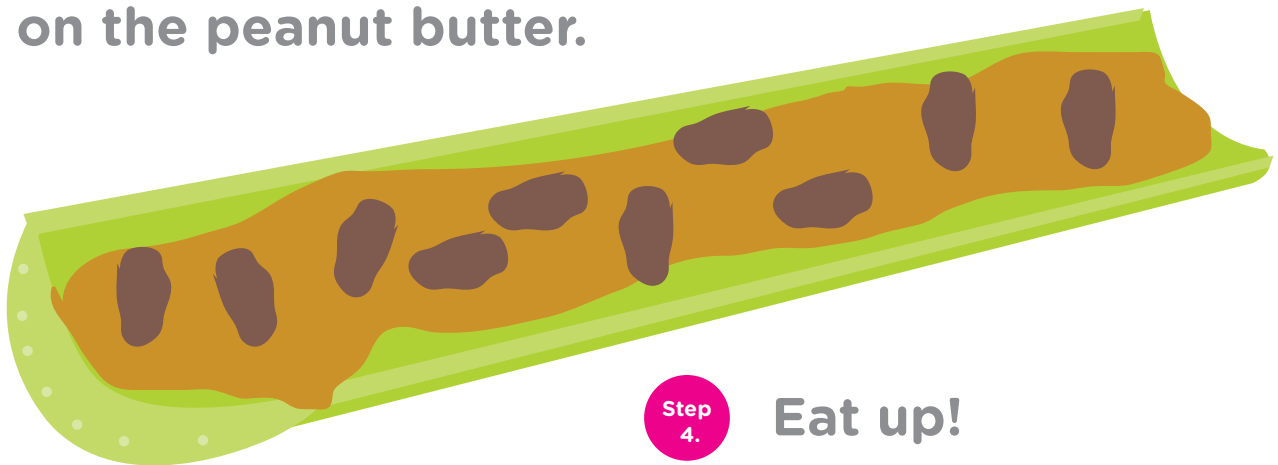
Step 1. Cut and clean **1** piece of celery.



Step 2. Spread **2** spoonfuls of peanut butter on to the celery.



Step 3. Arrange **10** raisins in a row on the peanut butter.



Step 4. Eat up!

Yummy Trail Mix

Fun food for a kid on the move! Makes one (1) bag.

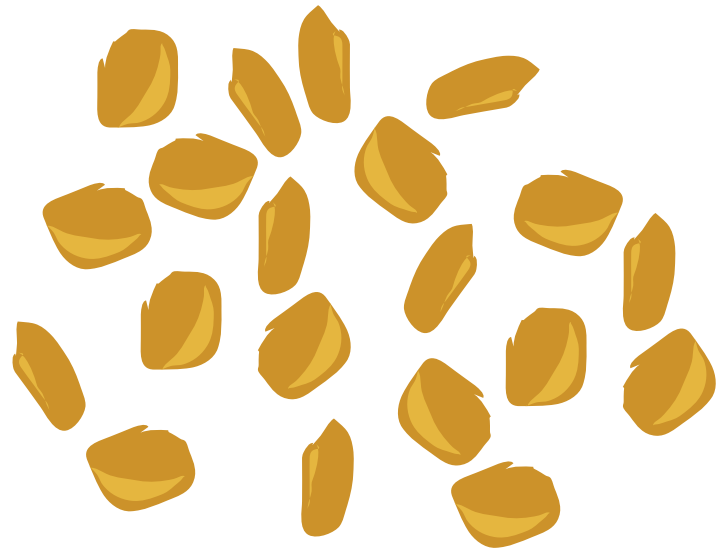
Step 1.

Count out **20** raisins.



Step 2.

Count out **20** peanuts.



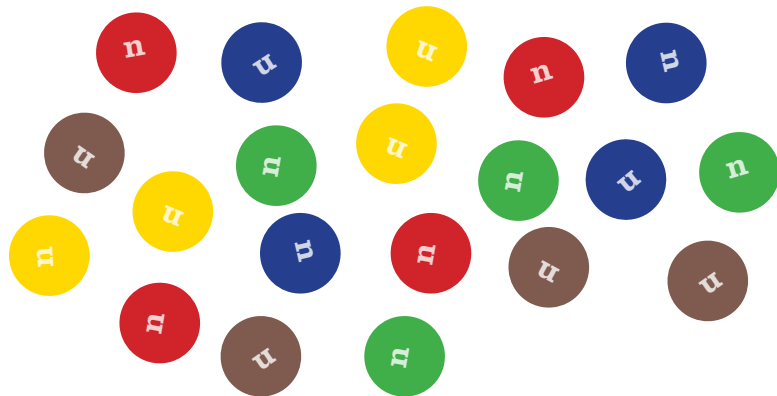
Step 3.

Count out **20** candy-coated chocolates.



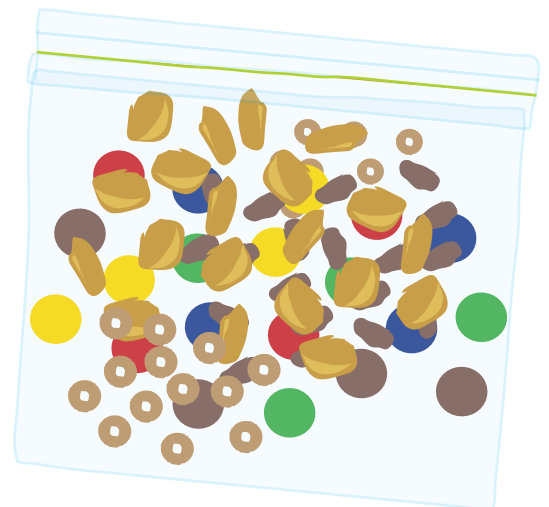
Step 4.

Count out **20** pieces of oat cereal.



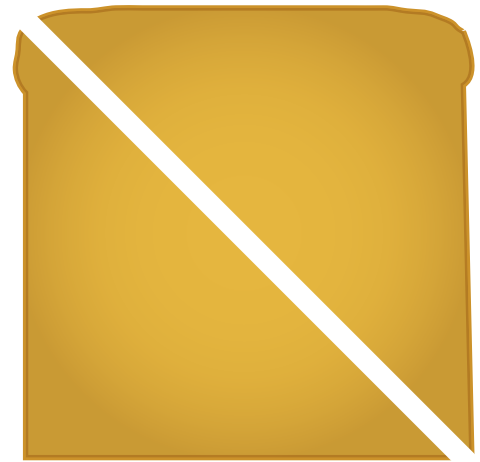
Step 5.

Mix it all up in a baggie and enjoy!

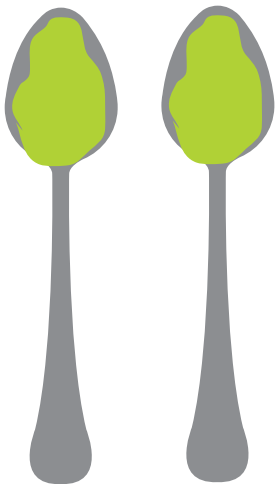


Avocado Toast Points

Add cucumbers to these toast triangles!
Makes two (2) triangles.



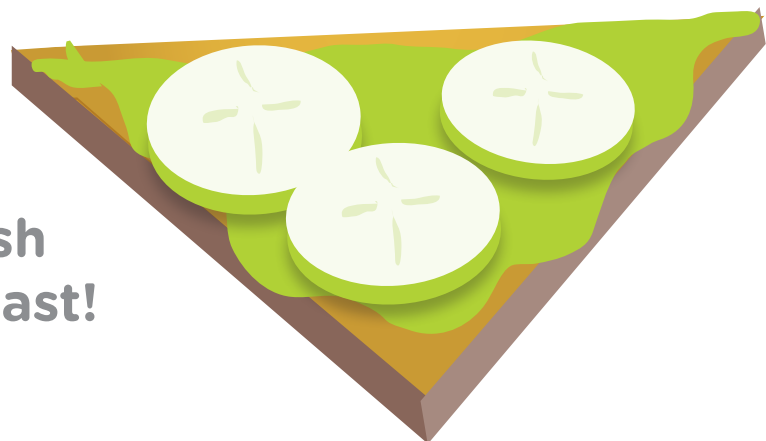
Step 1. Toast **1** piece of wheat bread and cut it into **2** pieces diagonally from one corner to the other.



Step 2. Spread **1** spoonful of avocado onto each triangle piece. **2** spoonfuls in total.



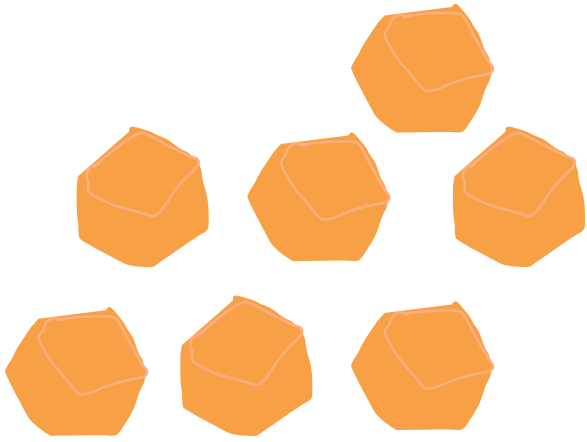
Step 3. Slice **6** cucumber slices and place **3** on each triangle.



Step 4. Season as you wish and enjoy your toast!

Fruity Fruit Salad

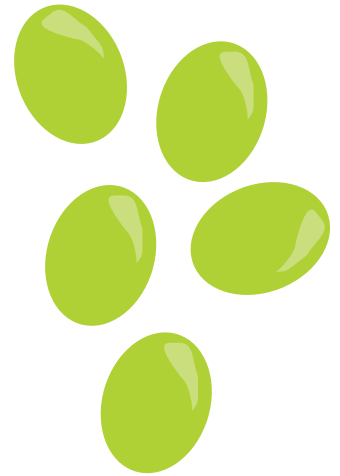
Everyone loves a juicy fruit salad!
Makes one (1) bowlful.



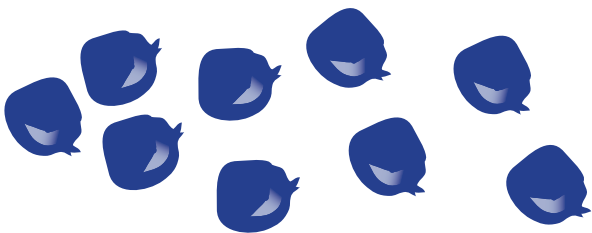
Step 1. Chop up **7** melon cubes.



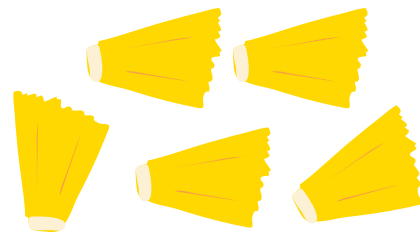
Step 2. Chop up **5** strawberry slices.



Step 3. Gather **5** green grapes.



Step 4. Gather **9** blueberries.



Step 5. Gather **5** canned pineapple pieces.

Step 6. Mix all fruit together in a big bowl and enjoy!

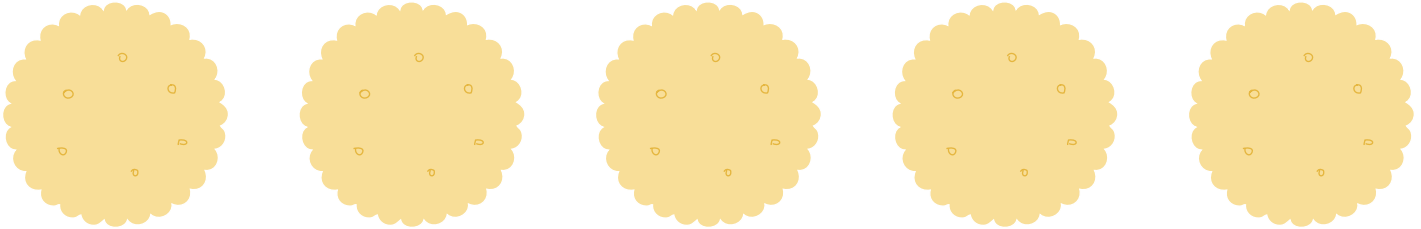


Cracker Stackers

Try with pepperoni or eat with just cheese!
Makes five (5) cracker sandwiches.

Step 1.

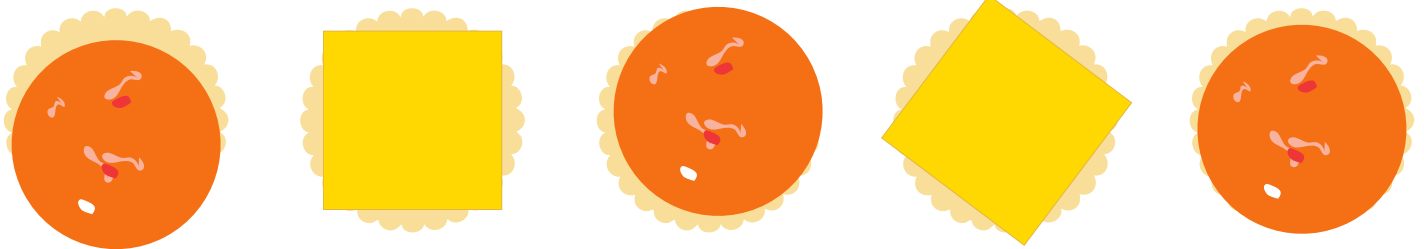
Set out **5** crackers on a plate.



Step 2.

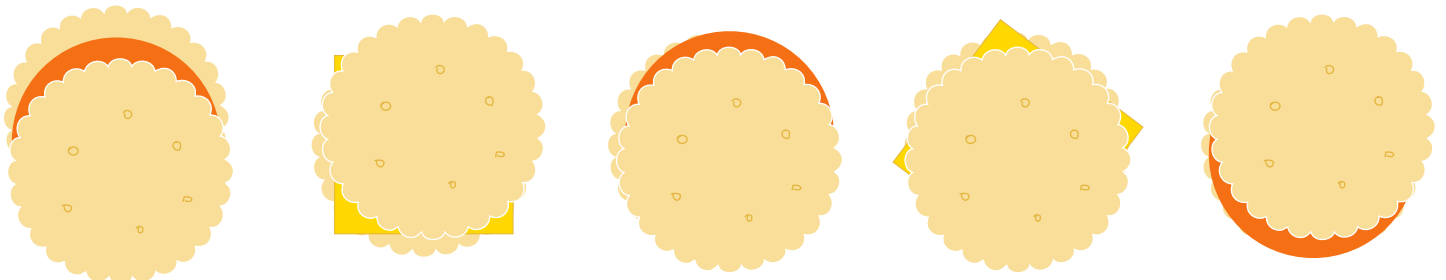
Place **1** piece of pepperoni or cheese on each cracker.

You'll have **5** pieces total.



Step 3.

Place **5** more crackers down. **1** on top of each stack

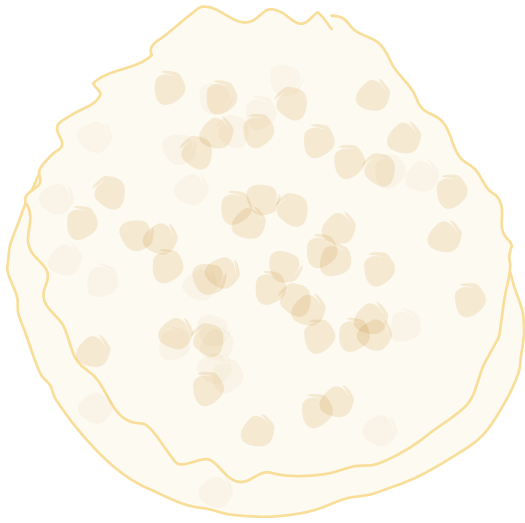


Step 4.

You've now used **10** crackers to make **5** snacks!

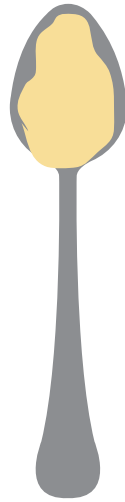
Funny Hummus Face

Put a smile on a healthy lunch! Makes one (1) serving.



Step 1.

Set **1** rice cake on a plate.



Step 2.

Spread **2** spoonfuls of hummus on the rice cake.

Step 3.

Gather **2** cherry tomatoes.



Step 4.

Slice **1** red pepper strip.



Step 5.

Scoop **1** spoonful of grated carrot.

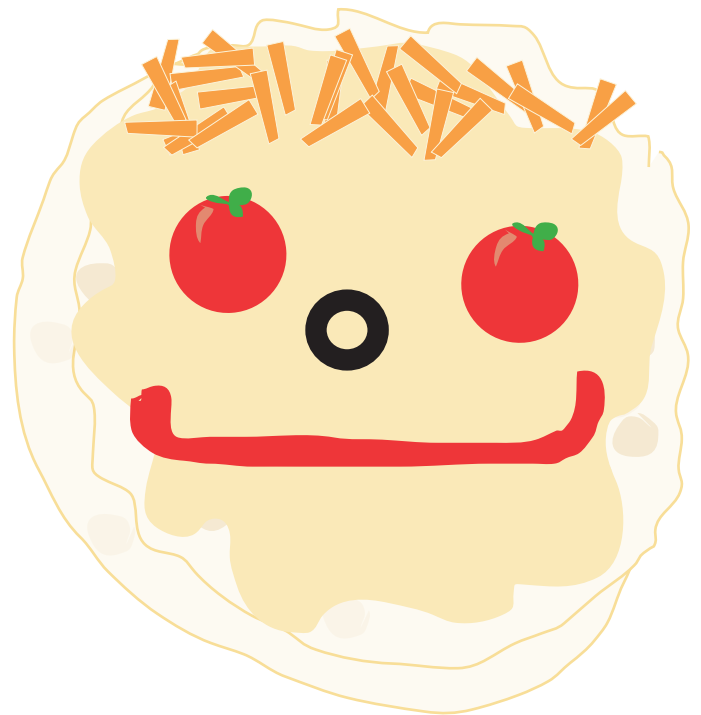


Step 6.

Get **1** black olive ring.

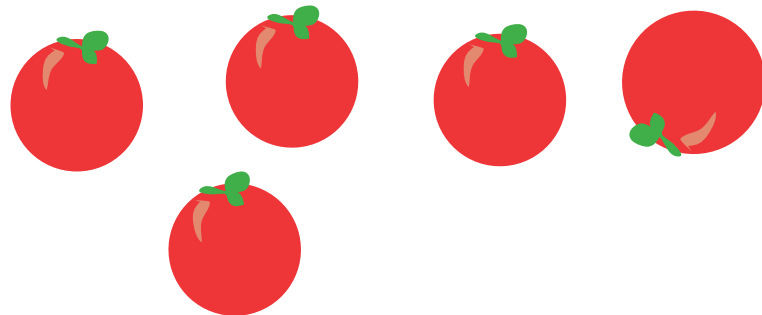
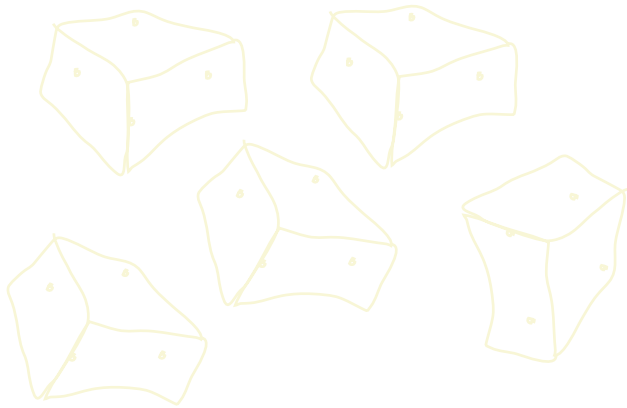
Step 7.

Arrange toppings to make the face pictured to the right!



Greek Salad Sticks

Bite-sized servings keep things fresh!
Makes five (5) servings.

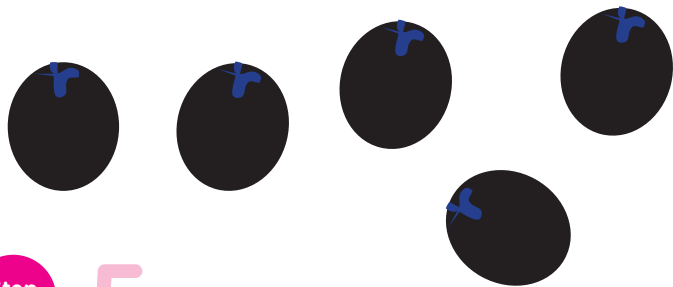


Step 1.

Gather **5** chunks of feta cheese...

Step 2.

5 ripe cherry tomatoes...



Step 3.

5 black olives...

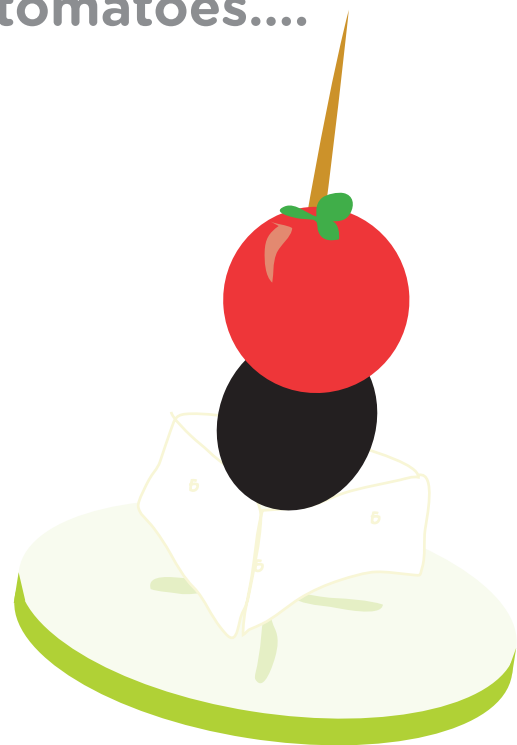


Step 4.

and **5** cucumber slices.

Step 5.

Put **1** of each on a toothpick until you have **5** stacks! Yum!



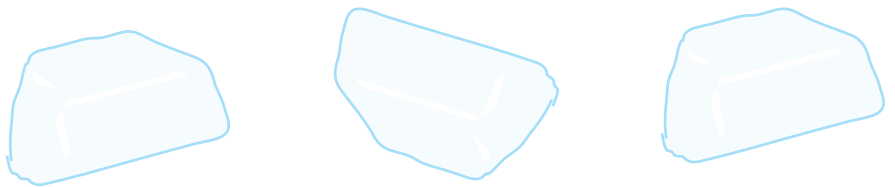
Root Beer Float

Enjoy a frosty root beer float! Makes one (1) cupful.

Step 1. Pour **1/2** of a can of root beer soda into **1** cup.



Step 2. Throw in **3** ice cubes.



Step 3. Add **2** scoops of vanilla ice cream to the cup of soda.



Step 4. Add **2** scoops of vanilla ice cream to the cup of soda.

Step 5. Add **1** spoonful of whipped cream on top and add on...

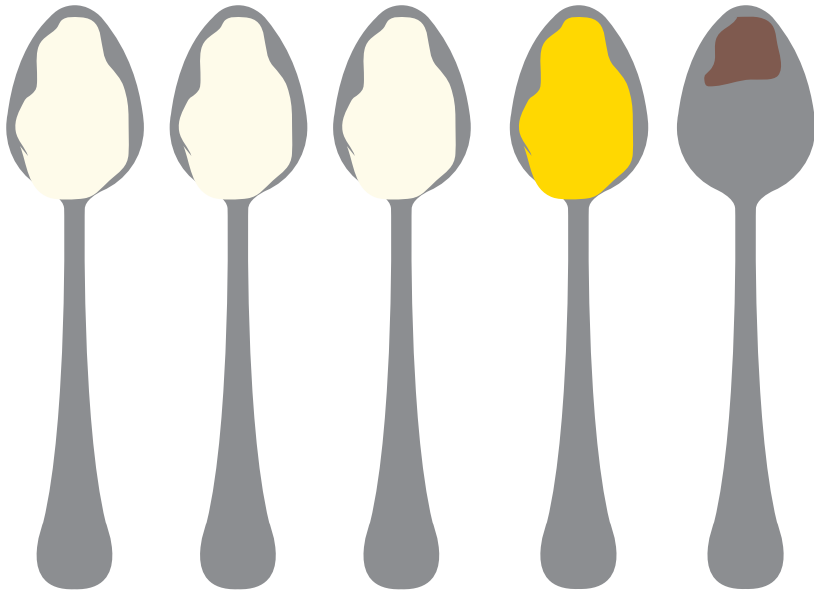


1 maraschino cherry!



Snappy Apple Dip

Dunk into this healthy dip! Makes one (1) bowl.



Step 1.

In a bowl, mix **3** spoonfuls of yogurt with

1 spoonful of honey

and **1/4** of a spoonful of ground cinnamon.

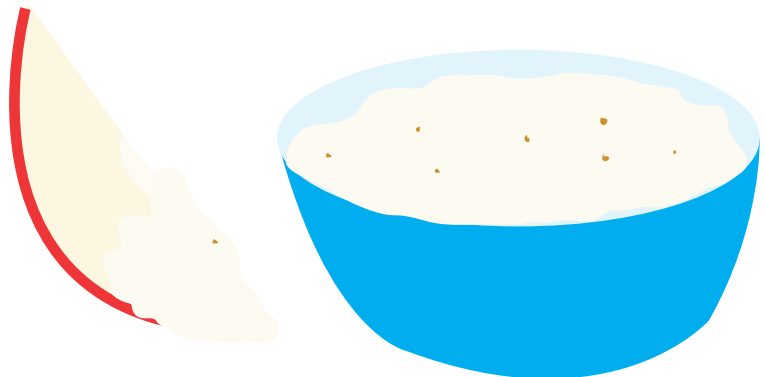
Step 2.

Chop **1** apple into **8** pieces.



Step 3.

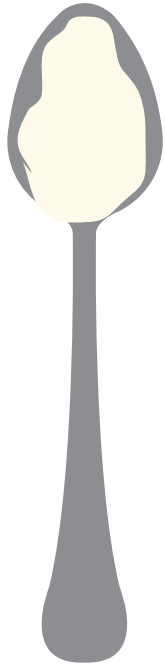
Dip your apples and snack away!



Midwest Pickle Roll

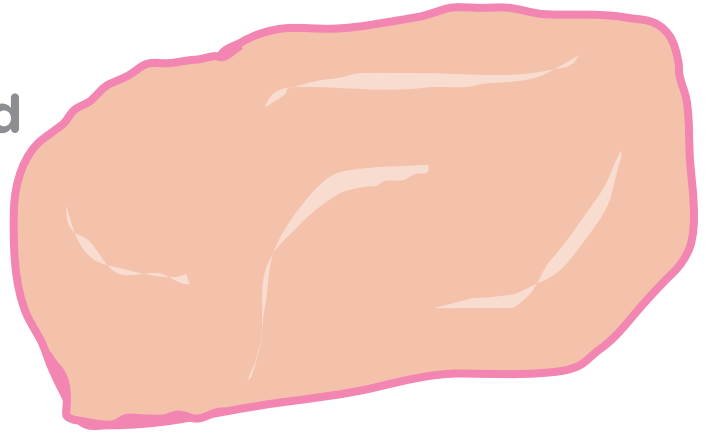
Pickles and lunchmeat in fun bite-size form!
Makes eight (8) snacks.

Step 1.



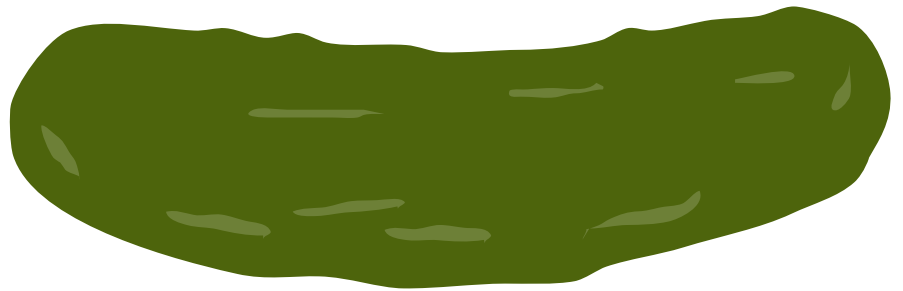
Spread **1** spoonful of cream cheese and spread it onto...

1 piece of sliced deli ham.



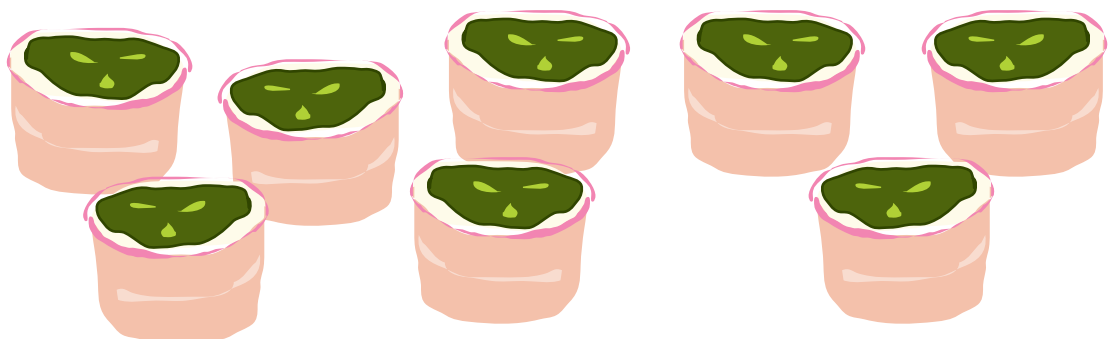
Step 2.

Roll the cheesy ham around **1** large dill pickle.



Step 3.

Cut **1** ham & cheese wrapped pickle into **8** bite sized pieces and enjoy your snack!



Fruit & Cheese Kabob

Snack on a handy treat on a stick!
Makes one (1) serving.

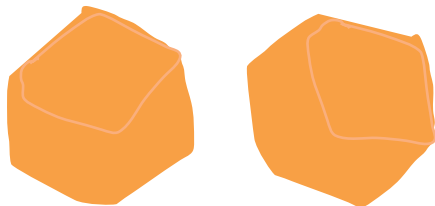


Step 1.

Cut **1** string cheese into **4** smaller pieces

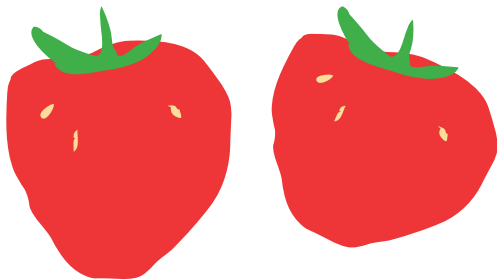
Step 2.

Have an adult take the pointy end off **1** skewer.



Step 3.

Gather **2** melon cubes.



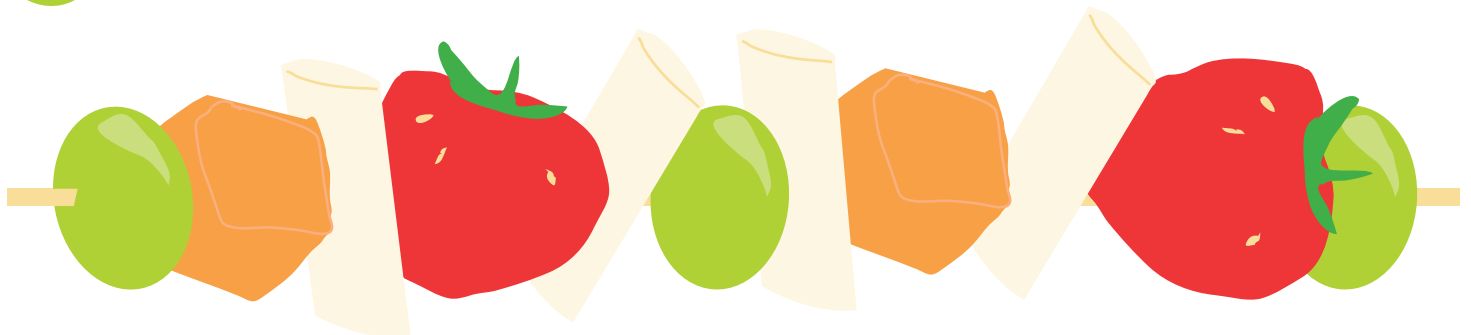
Gather **2** strawberries.

Gather **3** grapes.



Step 4.

Slide cheese and fruit pieces onto the skewer and chow down!

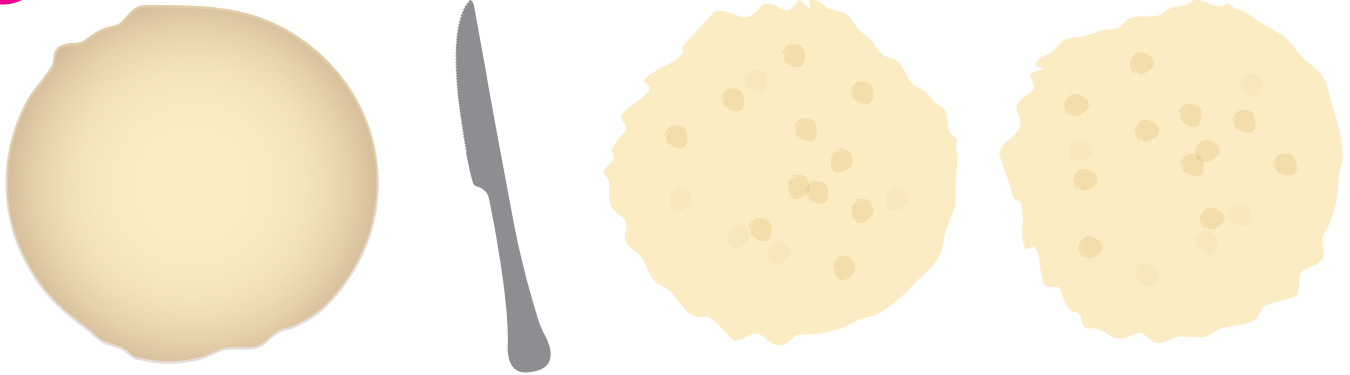


English Muffin Pizza

A tiny pizza packs a big punch! Makes two (2) pizzas.

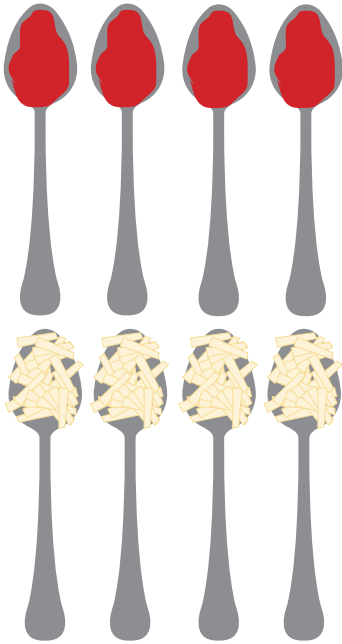
Step 1.

Cut **1** English muffin into **2** halves.



Step 2.

Have an adult preheat the oven to 375°.



Step 3.

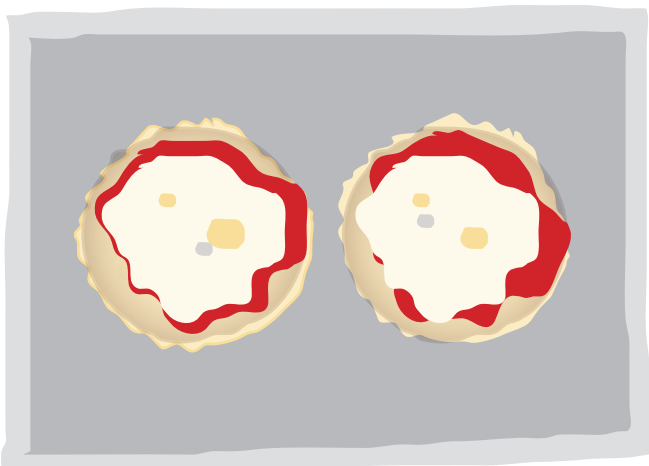
You will need **4** spoonfuls of sauce. Put **2** spoonfuls of tomato sauce on each English muffin half.

Step 3.

You will need **4** spoonfuls of shredded mozzarella cheese. Put **2** spoonfuls of cheese on each English muffin half.

Step 4.

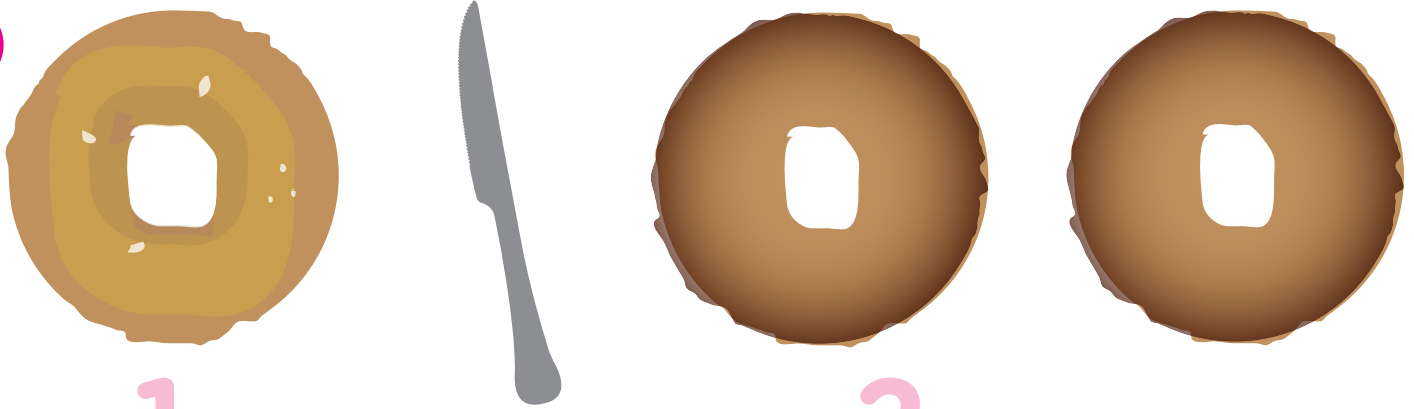
Have an adult help you place the pizzas in the oven. Let them bake for 10 minutes until crispy and melted! Yum!



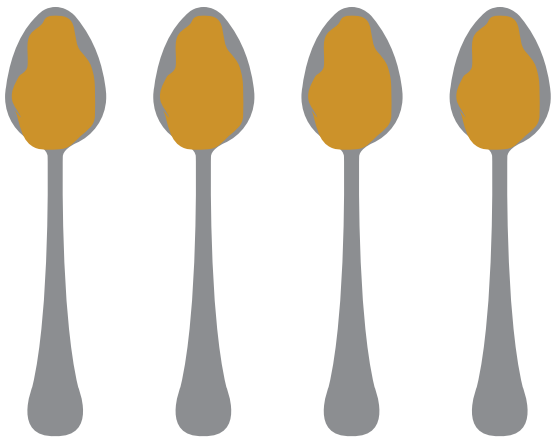
Bursting Blue Bagel

Blueberries on a bagel burst in your mouth!
Makes two (2) servings.

Step 1.



Cut **1** whole wheat bagel into **2** halves.



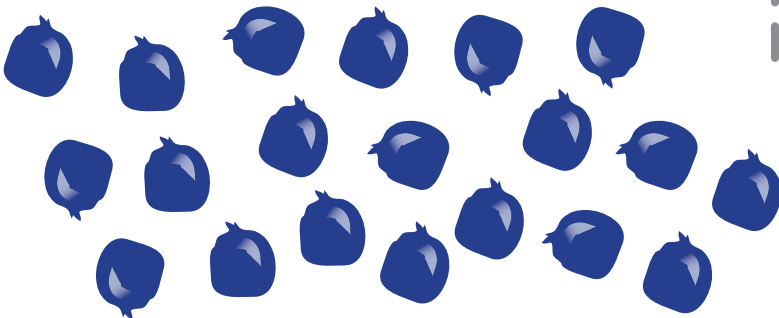
You will need **4** spoonfuls of peanut butter.

Step 2.

Toast the bagel.

Step 3.

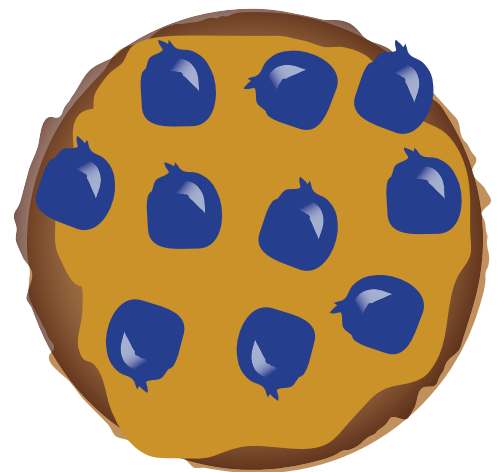
Spread **2** spoonfuls of peanut butter on each bagel half.



Step 4.

Place **20** blueberries on the two bagel halves.

10 on each half.

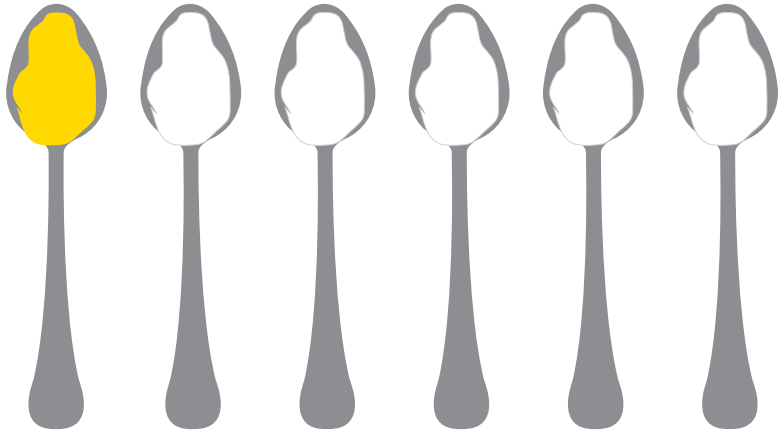


Step 5.

Enjoy!

Fro Yo Blueberries

Make a unique and healthy frozen snack!
Makes thirty (30) blueberry bites.



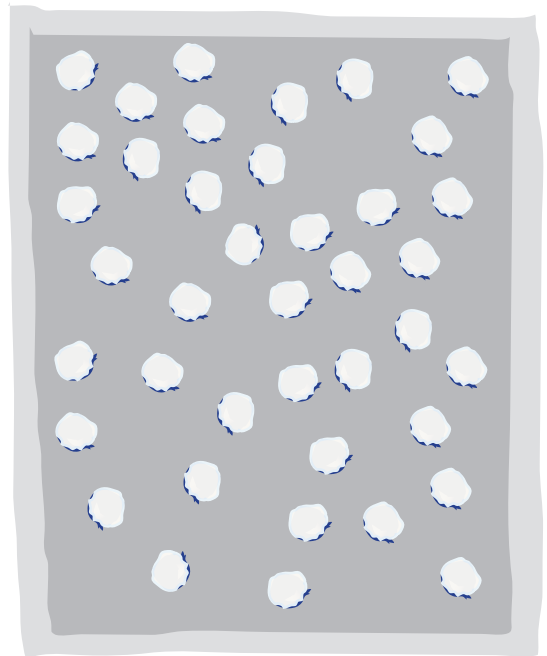
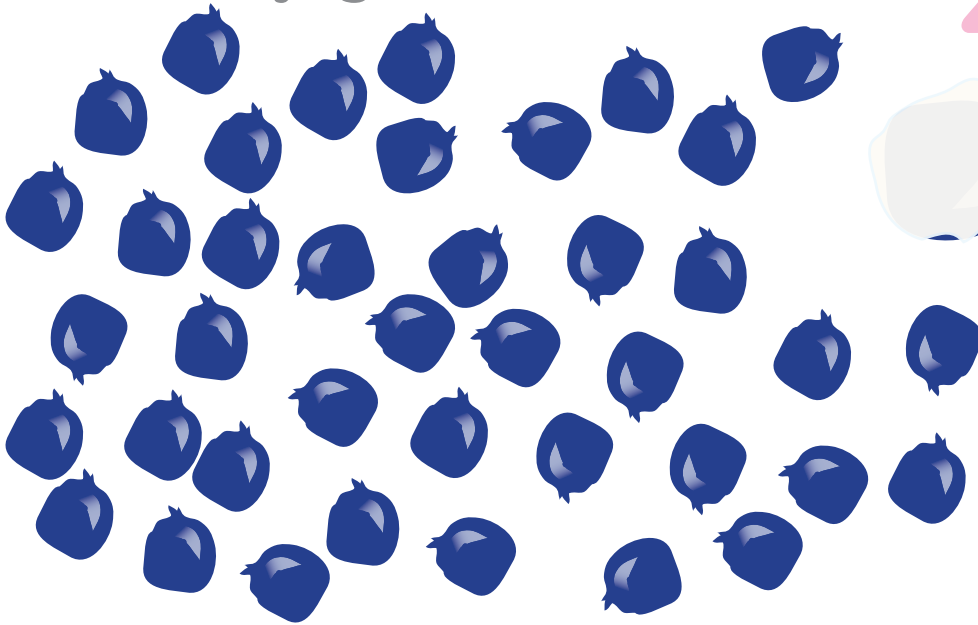
Step 1.

In a bowl, mix **1** spoonful of honey with...

5 spoonfuls of greek yogurt.

Step 2.

Pick up a blueberry with a toothpick and dip it into the yogurt mix. Do this for all **40** blueberries.



Step 3.

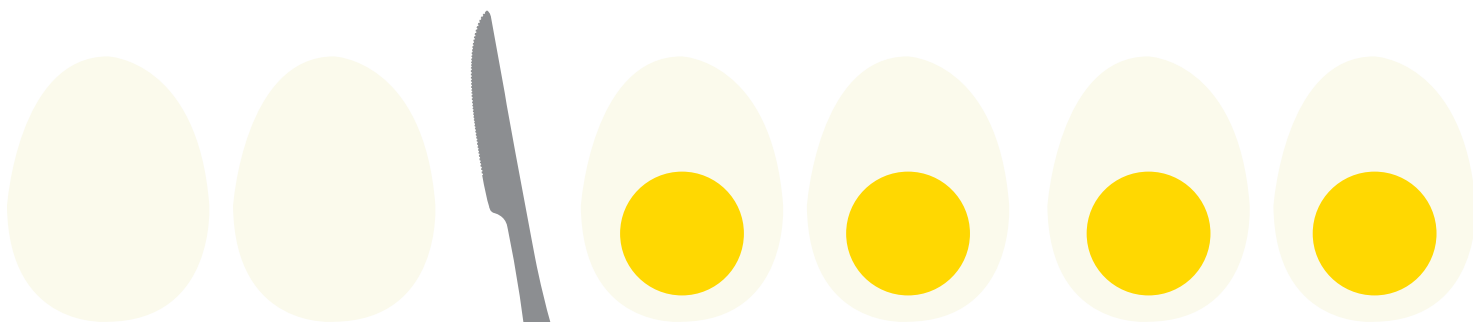
Put the coated berries on a cookie sheet and place them in the freezer for 20 minutes.

Step 4.

Take the berries off the tray, eat and enjoy!

Smart Deviled Eggs

These eggs are a healthy version of a classic.
Makes four (4) servings.



Step 1.

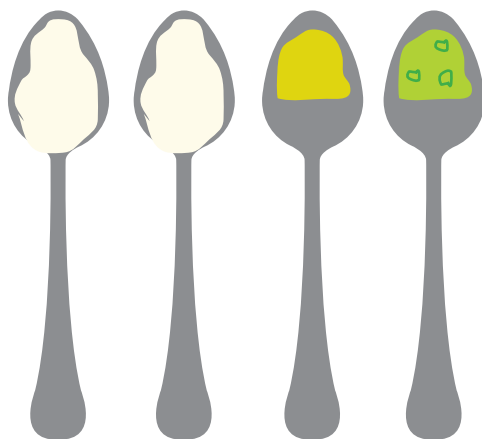
Have an adult hard boil and peel **2** eggs.

Step 2.

Make **4** halves by cutting each egg in half.

Step 3.

Place the yolks in a bowl and mix them with...



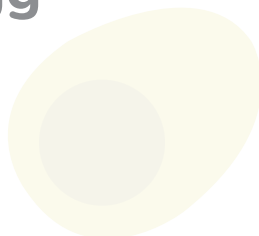
2 spoonfuls of greek yogurt

1/2 of a spoonful of mustard and

1/2 of a spoonful of pickle relish.

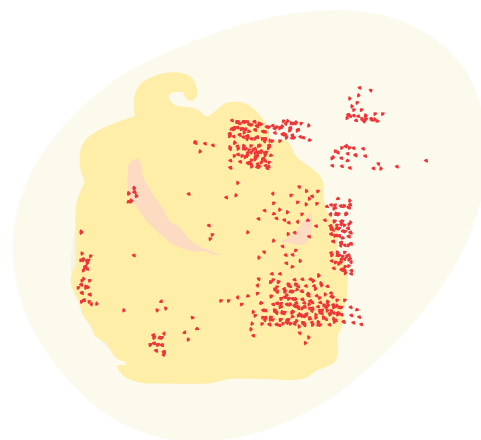
Step 4.

Carefully spoon the mixture into each empty egg half.



Step 5.

Season with paprika and enjoy!



Crispy Kale Chips

Kale is a super food that is super good!
Makes forty (40) kale chips.

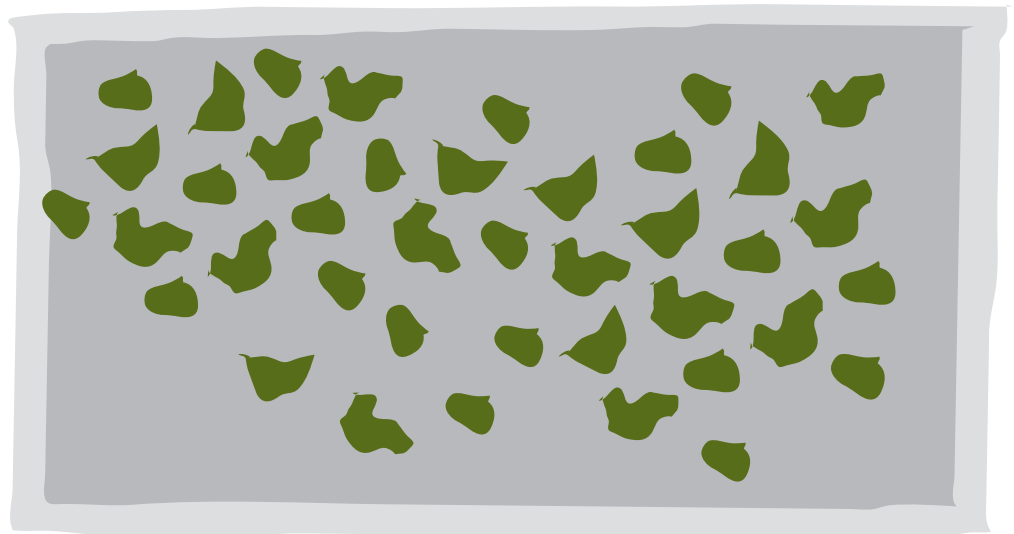
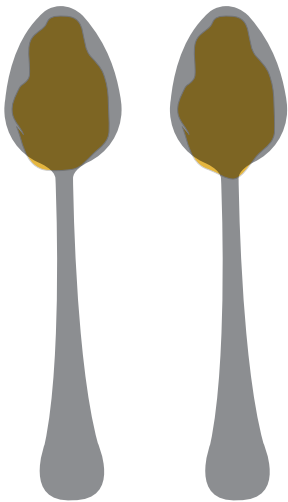
Step 1.

Wash **4** kale leaves and have an adult preheat the oven to 425°.



Step 2.

Rip each leaf into **10** pieces, making **40** pieces. Place the pieces on a baking sheet.



Step 3.

Drizzle **2** spoonfuls of olive oil over the pieces and sprinkle with salt and pepper.

Step 4.

Bake for 10 minutes until crunchy!



Cool Banana Dog

Hey, this banana is dressed like a hot dog!
Makes one (1) serving.

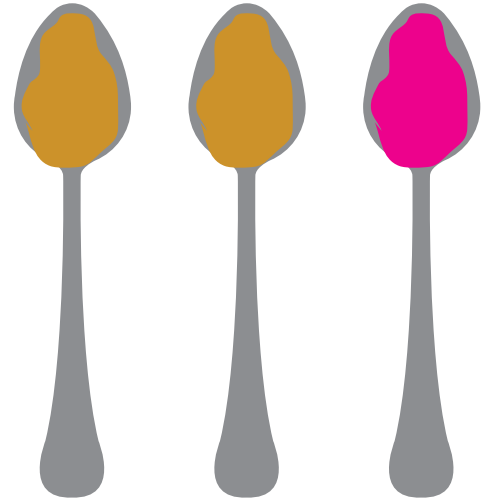
Step
1.

Spread **1** hot dog bun with...



2 spoonfuls of
peanut butter

1 spoonful of jelly

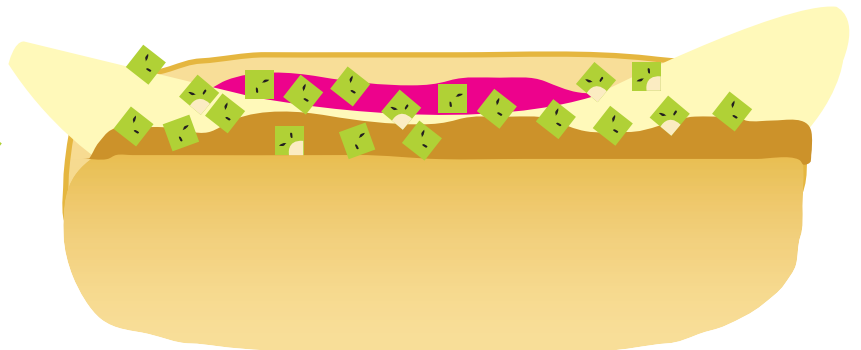
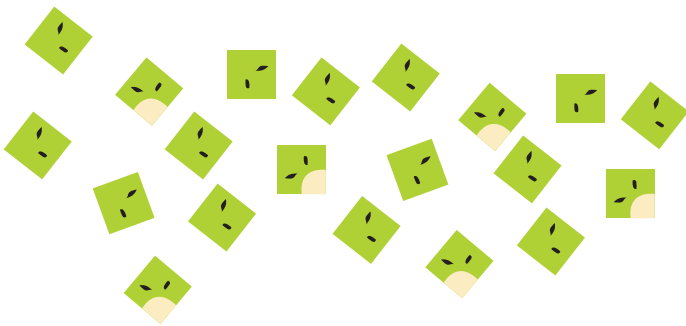


Step
2.

Unpeel **1** banana and place it in the hot dog bun.

Step
3.

Chop up **1** peeled kiwi fruit into **20** small pieces
and place it on the cool banana dog. Enjoy!



Great job!

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