

Chef & the Child



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Day 1

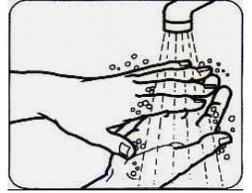
Snack Mix

- 1 cup unsalted pretzels (broken up into bite-sized pieces)
- 1 cup unsalted peanuts (optional)
- 1 cup raisins
- 2 cups Chex cereal

Mix together ingredients. Store in airtight container.

Yields: 14 servings (1/4 cup each)

Note: Other possible ingredients include: Dried fruit, roasted almonds, roasted soybeans, oyster crackers, cinnamon/apple toasted oats, tiny baked cheese crackers, or teddy grahams.



Day 1

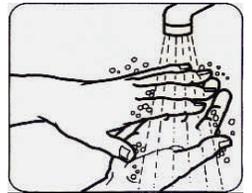
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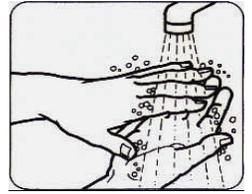
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Day 1

Easy Pyramid Pizza

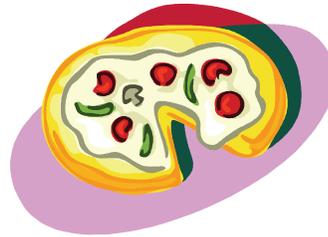


- 1 package English muffins**
- 16 ounces pizza sauce**
- 6 ounces thinly sliced ham, cut into 1/4-inch strips**
- 8-ounce can pineapple tidbits**
- 4 ounces grated part skim Mozzarella cheese**

Preheat oven to 425°. Slice English muffins in half. Put on a cookie sheet or baking pan. Spread 2 tablespoons sauce on each muffin half. Top each piece of bread with pieces of ham and pineapple tidbits. Sprinkle Mozzarella cheese on top.

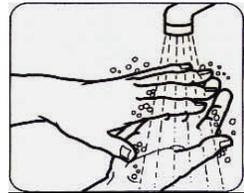
Bake for 5 to 10 minutes or until cheese melts and sauce is hot.

Yields: 6 servings



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Easy Pyramid Pizza

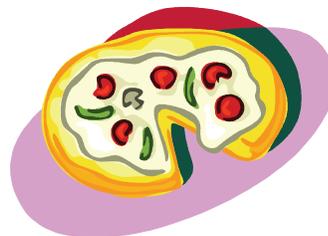


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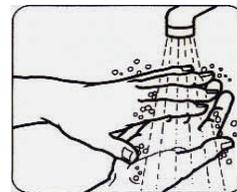
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Day 1 Really Easy Pineapple Smoothie



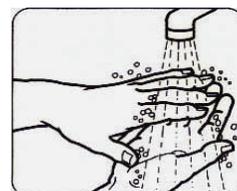
- 1 20 oz. can Pineapple chunks, including juice
- 1 cup Plain, nonfat yogurt
- 1 envelope Carnation Instant Breakfast, vanilla flavor

Place all ingredients into a blender. Secure the lid on top of the blender. Blend for 30 seconds, or until smooth. Remove the lid and pour into a 6-8 oz. glass. Drink and enjoy.

Yields: 4-6 servings



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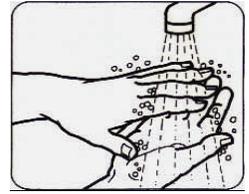


Day 2

Basic French (Plain) Omelet

2 eggs
1 Tablespoon water
1/8 teaspoon salt
Dash of pepper
1 teaspoon butter

Choose 2 Tablespoons each of your favorites:
chopped ham
grated cheese
chopped green peppers
chopped tomatoes
chopped apples



Mix eggs, water, salt and pepper. Heat butter in 7 to 10-inch omelet pan or skillet over medium-high heat until hot enough to sizzle a drop of water. Pour in egg mixture. (Mixture should immediately set at edges.) Using an upside down spatula, push the edge of the egg toward the center, tilting pan and moving cooked portions as necessary. While top is still moist and creamy-looking, add your favorite fillings. With spatula, fold omelet in half or roll, and slide or flip from pan onto plate.

Yield: 1 omelet

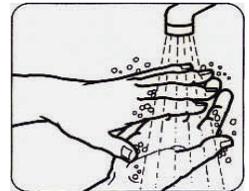


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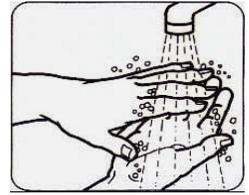
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Yield: 1 omelet



Day 2

Ice Cream Muffins



1 cup favorite flavor ice cream
1 cup sifted self-rising flour

Preheat oven to 400°. Place ice cream in small deep mixing bowl and stir with wooden spoon until softened. (Ice cream does not need to be completely melted.)

Add flour, stirring just until mixed. Spoon equal amounts into 6 buttered muffin cups. Bake for 18-20 minutes.

Muffins freeze well for later use.

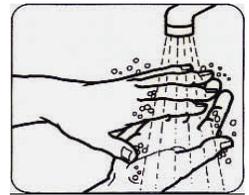
(NOTE: This recipe works best with a premium Ice Cream. Recipe will make 12 miniature muffins if preferred. Shorten baking time to 12-15 minutes.)

Yield: 6 muffins



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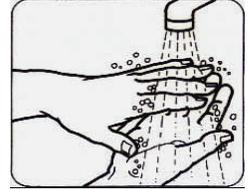
Yield: 6 muffins



Day 2

Fruit Juice Mixture

46 ounce can of pineapple juice
46 ounce can of orange juice



Combine equal amounts of orange juice and pineapple juice. Chill and serve.

You can use any combination of fruit juices you have. You could even save the juice from canned fruits or fruit cocktail and use that for this quick drink.

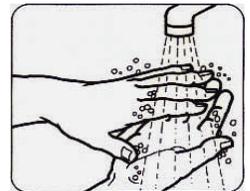
Yields: 12 servings



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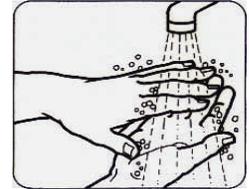
You can use any combination of fruit juices you have. You could even save the juice from canned fruits or fruit cocktail and use that for this quick drink.

Yields: 12 servings



Day 3

Easy Cheese Lasagna



- 1 can (15 ozs.) tomato sauce (no added salt)
- 1 jar (14 ozs) spaghetti sauce
- 1 container (16 ozs.) 1 % low-fat cottage cheese
- 1 package (8 ozs.) shredded part skim mozzarella cheese
- 1/2 cup grated Parmesan cheese
- Cooking spray for baking pan
- 9 lasagna noodles, uncooked

Preheat oven to 350°. In a small bowl combine tomato and spaghetti sauces; set aside. In another small bowl combine cottage and Parmesan cheeses. Spray a 9" X 13" baking pan; line bottom with 3 uncooked lasagna noodles. Cover with 1/3 of the sauce, 1/3 of the cottage cheese mixture and 1/3 of the mozzarella. Repeat layering 2 more times with noodles, sauce and cheeses. Cover tightly with foil. Bake for 1 hour.

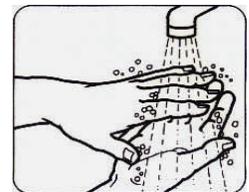
NOTE: After removing from oven, lasagna must stand for 15 minutes before serving to allow noodles to absorb moisture and soften.

Yield: 12 servings



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- 1 can (15 ozs.) tomato sauce (no added salt)
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- 1 container (16 ozs.) 1 % low-fat cottage cheese
- 1 package (8 ozs.) shredded part skim mozzarella cheese
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- Butter or cooking spray for baking pan
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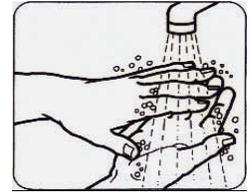
NOTE: After removing from oven, lasagna must stand for 15 minutes before serving to allow noodles to absorb moisture and soften.

Yield: 12 servings



Day 3

Tossed Green Salad



- 1 medium head romaine lettuce
- 1 bag spinach leaves
- 2 cucumbers
- 4 stalks celery
- 8 radishes
- 1 green pepper
- 1 lb. carrots

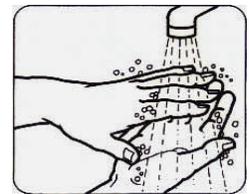
Wash and dry all ingredients. Into a large salad bowl, tear lettuce into bite-sized pieces. Slice cucumbers, celery, radishes and carrots. Add these to salad bowl. Toss vegetables together with a big salad spoon and fork. Pour Dressing over salad and toss again until dressing coats all the pieces of vegetables. Cut green pepper into rings to garnish the salad. Serve immediately.

Yields: Approximately 20 servings



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- 1 bag spinach leaves
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- 4 stalks celery
- 8 radishes
- 1 green pepper
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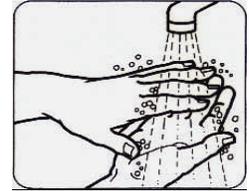
Yields: Approximately 20 servings



Day 3

Ranch Dressing

1 packet Buttermilk Ranch Salad Dressing Mix
1 cup light mayonnaise
1 cup fat free buttermilk



Mix ingredients in a small bowl with a wire whisk. Cover with plastic wrap and refrigerate until ready to serve.

This dressing will keep for up to 3 days.

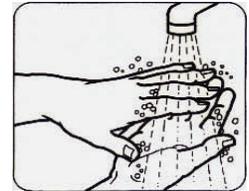
Yields: 16 servings



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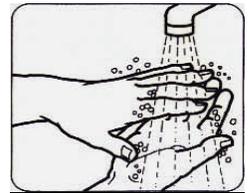
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Day 3

French Bread with Garlic



1 loaf whole grain French bread
4 Tablespoons butter or margarine
2 Tablespoons garlic powder

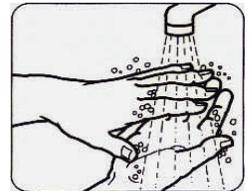
Preheat oven to 450°. Slice French bread into serving pieces. Spread butter or margarine over each slice and place on a baking sheet. Sprinkle a small amount of garlic powder on each slice. Toast the bread for about 3 minutes or until lightly browned.

Yield: Approximately 10 servings



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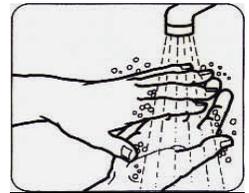
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Day 3

Light Iced Tea



3 to 4 individual tea bags
1 quart water
1/2 cup sugar
2 Tablespoons lemon juice
1 quart ice
thin slices of lemon, lime or orange

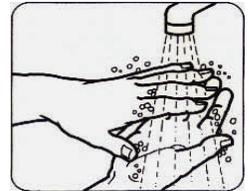
Bring quart of water to a boil. Remove from heat. Put tea bags in pan, cover and allow to sit for about 3 minutes. Remove tea bags. Add sugar and lemon juice and stir until sugar is dissolved. Pour into a large pitcher. Add ice, stirring until melted. Pour over ice to serve. Garnish with fruit.

Yield: 6 servings



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1/2 cup sugar
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Yield: 6 servings



Day 4

Fresh Fruit Platter with Dip

Slice fresh fruits that are in season (cantaloupe, peaches, nectarines, blueberries, apples, strawberries, bananas, etc.) and arrange on a platter. Serve with fruit dip.

Use 1/4—1/3 pounds of fruit per person.

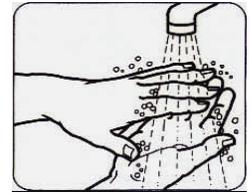
Fruit Dip

8oz. carton vanilla yogurt

½ cup any thick unsweetened fruit juice concentrate like pineapple or orange

Combine all ingredients and serve with fruit.

Yield: 8-10 servings



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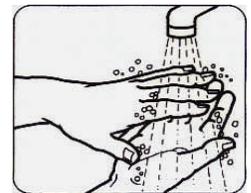
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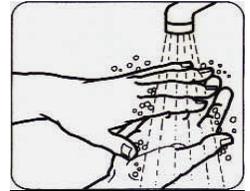
Yield: 8-10 servings



Day 4

Easy Economical but Good Punch

2 packages lemon-lime drink mix (or favorite flavor)
1 cup sugar
Two 48oz. cans pineapple juice
2 quarts water
1 quart Diet ginger ale



Stir first four ingredients together in a large pitcher. Refrigerate until ready to serve.

Add 1 quart of ginger ale when ready to serve

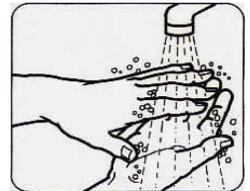
Yields: 25 servings



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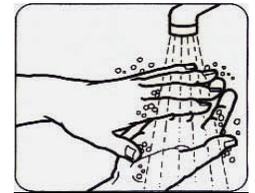
Add 1 quart of ginger ale when ready to serve

Yields: 25 servings



Day 4

Stir-'n-Drop Oatmeal Cookies



1 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon ginger

1 cup brown sugar (packed)
1 cup plain oatmeal
1/4 cup vegetable oil
2 tablespoons milk
1 egg
3/4 cup chopped walnuts (optional)

Heat oven to 375°. Lightly spray a baking sheet. Stir first five ingredients (listed on the left) together in a bowl. Add the brown sugar (packed) and oats. Mix in the oil, milk and egg. Stir in walnuts, if desired. Drop dough by rounded teaspoonfuls about 2 inches apart on baking sheet.

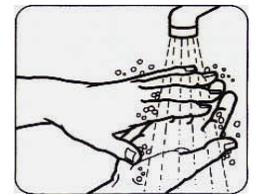
Bake about 10 minutes. Cool on a wire rack.

Yields: 2 dozen cookies



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Stir-'n-Drop Oatmeal Cookies



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1 teaspoon baking powder
1/2 teaspoon salt
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1/2 teaspoon ginger

1 cup brown sugar (packed)
1 cup plain uncooked oatmeal
1/4 cup vegetable oil
2 tablespoons milk
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Bake about 10 minutes. Cool on a wire rack.

Yields: 2 dozen cookies



Day 4

It's a Wrap

- 1 whole wheat flour tortilla
- 1 Tablespoon reduced-fat salad dressing
- 2 Tablespoons grated cheese

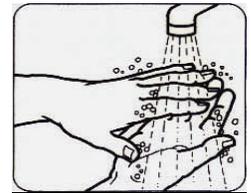
Choose 3 of the following:

- Sliced bell pepper
- Chopped Cucumbers
- Chopped Tomatoes
- Chopped Onions
- Spinach leaves
- Shredded carrots
- Lettuce
- Fresh or dried fruit (such as cherries or raisins)



Choose 1 of the following:

- Turkey (sliced or chopped)
- Chicken (sliced or chopped)
- Tuna
- Roast Beef
- Tofu



Warm wrap in microwave on medium heat for about 30 seconds or wrap in foil and place in a 375° oven for about 5 minutes. Top the warmed wrap with vegetables and/or fruit. Add two ounces of meat. Roll-up the sandwich and serve with reduced-fat salad dressing.

Yield: 1 sandwich

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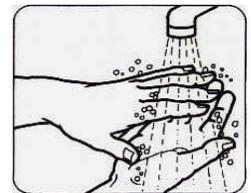
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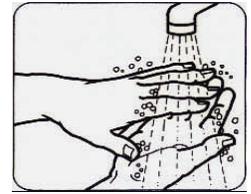
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Yield: 1 sandwich

Day 5

Grilled Corn

8 ears of corn
1 teaspoon salt
1/2 cup butter or margarine, softened
1 1/2 teaspoons chili powder



Build a charcoal fire, using 40-50 briquettes. Remove husks and silk from the corn. Wash well. Place each ear of corn on a square of aluminum foil. Combine butter, salt and chili powder. Spread each ear of corn with 1 Tablespoon of butter mix. Wrap in aluminum foil, fold in the ends. Place wrapped ears of corn on the grill 4 to 6 inches from the hot coals. Grill 20 minutes (checking after 15 minutes) or until tender. Turn several times while grilling.

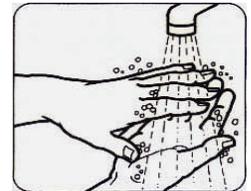
Yields: 8 servings



Day 5

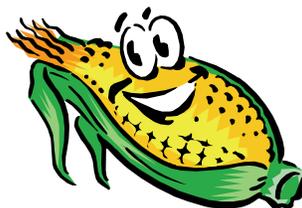
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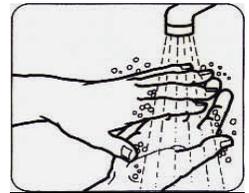
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Yields: 8 servings



Day 5 Chicken Vegetable Stir-fry

- 1 Tablespoon fresh grated ginger
- 2 cups mixed stir-fry vegetables
- 1 cup broccoli florets
- 1 cup sliced red bell pepper strips
- 4 Tablespoons light soy sauce
- 1 Tablespoon sesame oil
- Granulated garlic to taste
- 1 cup grilled white chicken meat, skinless and cut into cubes
- 3 cups cooked brown rice



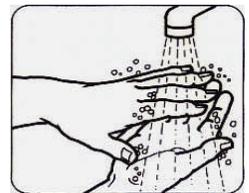
Lightly spray a large non-stick skillet with vegetable cooking spray and heat over medium-high heat. Saute` the ginger, vegetables, broccoli, and red peppers until crisp-tender and heated through (about 5 minutes). Season the vegetables with the soy sauce and sesame oil. Add the chicken. Allow to heat together. Serve the vegetables over the rice.

Yields: 4 Servings (2 cups each)



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- 2 cups mixed stir-fry vegetables
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- 1 cup sliced red bell pepper strips
- 4 Tablespoons light soy sauce
- 1 Tablespoon sesame oil
- Granulated garlic to taste
- 1 cup grilled white chicken meat, skinless and cut into cubes
- 3 cups cooked brown rice



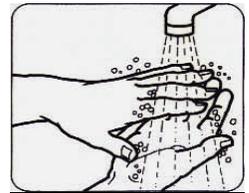
Lightly spray a large non-stick skillet with vegetable cooking spray and heat over medium-high heat. Saute` the ginger, vegetables, broccoli, and red peppers until crisp-tender and heated through (about 5 minutes). Season the vegetables with the soy sauce and sesame oil. Add the chicken. Allow to heat together. Serve the vegetables over the rice.

Yields: 4 Servings (2 cups each)



Day 5 Easy Peanut Butter Cookies*

1 large egg, lightly beaten
1 cup crunchy peanut butter
1 cup sugar
36 milk chocolate kisses, unwrapped



Preheat oven to 350°. Combine first three ingredients; shape into 3/4 inch balls. Place on un-greased cookie sheets; bake for 10 minutes. Immediately press a chocolate kiss in center of each cookie; remove to wire racks to cool.

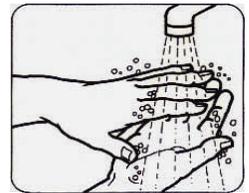
Yield: 3 dozen cookies

* Soynut Butter may be substituted in place of peanut butter.



Day 5 Easy Peanut Butter Cookies*

1 large egg, lightly beaten
1 cup crunchy peanut butter
1 cup sugar
36 milk chocolate kisses, unwrapped



Preheat oven to 350°. Combine first three ingredients; shape into 3/4 inch balls. Place on un-greased cookie sheets; bake for 10 minutes. Immediately press a chocolate kiss in center of each cookie; remove to wire racks to cool.

Yield: 3 dozen cookies

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