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KIDS IN THE KITCHEN

Bon Appetit, Bon Appetit
We’re thankful for the food that we eat
From farm to market to our homes
Or gardens where we’ve grown our own
What do we say before we eat? Bon Appetit!

Summer is here and the opportunity to bring kids to the kitchen. While few of today’s cookie monsters will actually become tomorrow’s pastry chefs, most children are intensely interested in food. It’s one of their greatest pleasures and they are more likely to try foods that they’ve been involved in preparing. Included below are two recipes compliments of Chef Christine Van Bloem, to get them started.

While cooking put on some of my favorite music, Bon Appetit! Musical Food Fun. This Grammy award winning music celebrates healthy eating, healthy kids and the world of food. Songs are accompanied by guitar, five-string banjo, steel drum, ukulele and mandolin.

Keep those kids interested in food by attending classes in the community. The local Wegmans food market offers a hands on class for only $5. To schedule call Wegmans 240-575-7300, payment is required in advance. Upcoming June classes are:

Cooking With Kids--Fruits and Veggies Take a Dip on
Saturday, June 14, from 11:00 AM – Noon OR 2:00 – 3:00 PM

Cooking With Kids--Chill Out with Ice Cream
Saturday, June 28, from 11:00 AM – Noon OR 2:00 – 3:00 PM

Better yet, send your child to a camp at The Kitchen Studio, started by Chef Christine. This is their ninth (9th) summer of offering these hands-on camps where budding young cooks have a good time in the kitchen and learn to cook REAL food from scratch. Camps are available for teens, tweens, and kids, ages 6-17 throughout the summer, with an assortment of themes.

Participants learn about kitchen safety, how to use kitchen equipment properly, and of course, how to make some great food! Students are encouraged to try everything they make and lend a hand with clean-up so that they can learn good kitchen habits. Each camp participant receives a
A personalized binder loaded with recipes used in camp to take home at the end of the week. Learn more at [https://www.kitchenstudiofrederick.com/summercamps.htm](https://www.kitchenstudiofrederick.com/summercamps.htm) or call 301-663-3012.

Also for other summer camps, check out the Frederick County Parks & Recreation’s *Kids Cooking Camp* held at Ballenger Creek Community Building. This is a hands-on camp where kids will explore a variety of foods and expand their cooking knowledge. For more information go to [http://www.recreater.com/](http://www.recreater.com/) the cooking camp information is on page 22.

Families who prefer to experiment at home, can make cooking a regular summer activity full of delicious gulps, sips, and swallows. Establish a set schedule and take photos of your creations to share on Snap Chat. One of my very favorite stories featured in the Post was from June 21, 2012, called “Cooking with Grandmas from A to Z.” Linda Stout and her granddaughter Olivia spent a year cooking from scratch and chronicled their escapades with photos and recipe critiques into a hard-bound book. The article is archived on the FNP website at [http://www.fredericknewspost.com](http://www.fredericknewspost.com)

I would love to hear how you are involving your kids in the kitchen. Send your stories to drhoades@umd.edu or mail to UME Frederick County, ATTN: D Rhoades, 330 Montevue Lane, Frederick, MD  21702.

*Recipes for Kids by Christine Van Bloem, The Kitchen Studio Cooking School:*

**BROWN SUGAR BANANA BREAD**

There always seem to be plenty of brown bananas lying around my house and this recipe is the perfect way to use them. Not only will you have a yummy snack and tasty breakfast the next day (if your family can resist eating it all), but your house will smell awesome! Serves 8.

Non-stick cooking spray
3 ripe bananas
1/2 cup light brown sugar, packed
1/4 cup unsalted butter, melted
1 large egg
1 teaspoon vanilla
1 1/2 cups flour
1 teaspoon baking soda
1/4 teaspoon salt

Equipment Needed: Pastry blender, large mixing bowl, rubber spatula, 5”x9” loaf pan.

Preheat your oven to 350°F. Spray your loaf pan with non-stick spray and set aside.

Peel your bananas and place into the mixing bowl. Using the pastry blender (or a fork), mash the bananas until there are very few lumps and they look gooey. Add the melted butter, brown sugar, egg, and vanilla to the bananas, using the rubber spatula to stir well to combine.
Add the flour, followed by the baking soda, and salt. Use the rubber spatula to stir until just combined with no lumps of flour remaining. Be careful here, because you don’t want to overmix it either. That will make your banana bread tough.

Pour the batter into the prepared pan and place on the middle shelf in the oven. Bake for 50 minutes to one hour or until cooked through.

Remove pan from oven and place on a cooling rack. Allow to cool for 10 minutes; remove loaf from pan. Let the loaf cool the rest of the way, or dive right in and eat a piece while it’s warm. Just be sure to share!

**FRUIT SALSA**
Salsa doesn’t have to use tomatoes…you can use fresh fruit instead. Just pick whatever is in season or available and you’ll have an easy and tasty snack. I’ve even included a recipe for cinnamon-sugar tortilla chips, just in case you want a delicious scooper for your salsa. Serves 4.

2 Bananas  
1 cup Strawberries  
1 cup Red or Green Grapes  
1 Kiwi  
1 cup Blueberries  
1/2 cup Orange Juice  
4 (6” or 8”) Flour Tortillas  
Non-stick Cooking Spray  
2 teaspoons Sugar  
1/4 teaspoon Cinnamon

Equipment Needed: Bowl, paring knife, cutting board, pizza cutter, baking pan with sides.

Peel the bananas and throw away the peel. Cut the banana into small pieces, then place the banana pieces into the bowl.

Cut the green tops off the strawberries and throw away the green part. Slice the strawberries, then cut the slices in half. Add to the bowl with the bananas.

Cut the ends off the kiwi, then cut off the furry peel. Cut the kiwi into slices, then cut the slices in half and add to the bowl.

Cut the grapes in half. Then cut the halves again to make quarters. Add to the bowl.

Add the blueberries to the bowl.

Pour the orange juice over the fruit, then stir well to coat the fruit with the OJ. Cover the bowl and place in the refrigerator.
Preheat the oven to 375°F.

Lay all four flour tortillas on your cutting board. Lightly spray the tortillas with non-stick cooking spray.

Combine the sugar and cinnamon in a small bowl and mix well to combine them. Sprinkle the cinnamon-sugar on the tortillas.

Using a pizza cutter, cut each tortilla into 8 pieces. Place the tortilla pieces on the baking sheet. Open the oven and place the baking sheet with the tortillas on the middle rack (careful…it’s hot!). Bake the tortillas for 10-12 minutes, until the chips are just starting to brown a little on the edges. Remove the baking sheet from the oven and place somewhere safe to cool.

Serve the tortillas chips with the fruit salsa.

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