

Cooking for Kids: Quick and Easy Recipes for Busy Families

Cooking for kids can be a daunting task, especially if you're short on time. But it doesn't have to be! With the right recipes, you can make delicious and nutritious meals that your kids will love, without spending hours in the kitchen.



Healthy Cooking For Children: Learn To Make Kid-Friendly Recipes In A Short Time by Cameron H. Addison

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2845 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 187 pages
Lending	: Enabled



This cookbook is packed with over 100 easy and delicious recipes that are perfect for busy families. From quick and easy weeknight dinners to fun and festive party snacks, there's something for everyone in this cookbook.

All of the recipes in this cookbook are:

- Kid-friendly: Your kids will love the taste and the fun shapes and colors.

- Quick and easy: Most recipes can be made in 30 minutes or less.
- Nutritious: All of the recipes are made with healthy ingredients that will help your kids grow and thrive.

So what are you waiting for? Start cooking for your kids today!

Sample Recipes

Here are a few sample recipes from the cookbook:

- Mac and Cheese Bites
- Chicken Nuggets
- Pizza Rolls
- Fruit Salad
- Banana Bread

Mac and Cheese Bites

These mac and cheese bites are a fun and easy way to get your kids to eat their vegetables. They're made with whole wheat pasta, cheese, and pureed carrots.

Ingredients

- 1 cup whole wheat elbow macaroni
- 1 cup milk
- 1/2 cup shredded cheddar cheese
- 1/2 cup pureed carrots

- 1/4 cup bread crumbs
- 1 egg, beaten
- Vegetable oil, for frying

Instructions

1. Cook the macaroni according to package directions. Drain and set aside.
2. In a large bowl, combine the milk, cheese, carrots, bread crumbs, and egg. Stir until well combined.
3. Add the macaroni to the bowl and stir until coated.
4. Heat the vegetable oil in a large skillet over medium heat.
5. Drop the macaroni mixture by rounded tablespoons into the hot oil. Fry until golden brown on all sides.
6. Drain the mac and cheese bites on paper towels. Serve warm.

Chicken Nuggets

These chicken nuggets are a healthier alternative to the store-bought variety. They're made with whole wheat bread crumbs and baked in the oven, so they're lower in fat and calories.

Ingredients

- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 cup whole wheat bread crumbs
- 1/4 cup grated Parmesan cheese

- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 egg, beaten
- Vegetable oil spray

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C).
2. In a large bowl, combine the chicken, bread crumbs, Parmesan cheese, garlic powder, onion powder, salt, and pepper. Stir until well combined.
3. Dip the chicken pieces in the egg, then roll them in the bread crumb mixture.
4. Place the chicken nuggets on a baking sheet sprayed with vegetable oil spray.
5. Bake for 15-20 minutes, or until cooked through.
6. Serve with your favorite dipping sauce.



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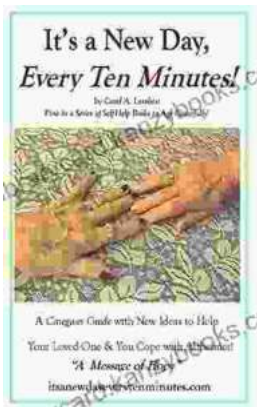
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