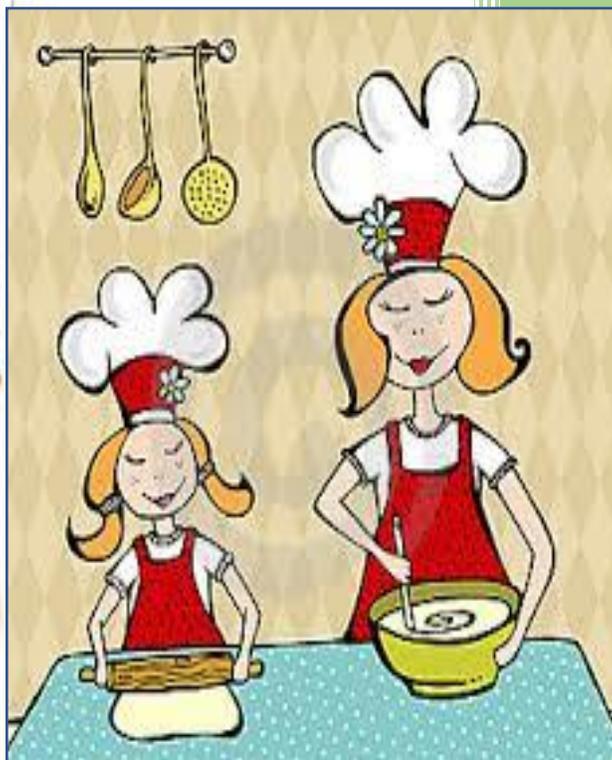


Help mom or dad
make dinner with
ingredients from
your local farmers'
market!

Easy Kid-Friendly Recipes!



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Introduction

No matter your age, you can always help mom or dad prepare meals in the kitchen. Whether it's filling a measuring cup with flour to make pancakes or helping to stir a pot of soup, cooking with family can be fun! Shopping for groceries can also be fun! Did you know you can buy groceries at your local farmers' markets? Farmers' markets are gathering spots where local farmers go to sell their goods during the summer months. Lucky for you, most farmers' markets are set up in parks! Farmers' markets typically sell everything from fruits, veggies and honey to eggs, meats and treats.

This recipe book includes kid-friendly recipes that you can help make in the kitchen. Have fun and be creative by adding ingredients that aren't included in the recipes. Always remember the importance of safety when working around hot stoves and sharp knives. Also, if you have food allergies, avoid ingredients that will make you sick. Please make sure you have the help of a parent or adult whenever you are cooking in the kitchen.

Examples of produce you might find at your farmers' market

- | | | | | |
|------------------|------------------|----------------|----------------|--------------|
| • Apples | Fresh herbs | Onions | Spinach | Strawberries |
| • Banana peppers | Grapes | Orange peppers | Squash | Broccoli |
| • Beets | Green peppers | Peaches | Sweet corn | Cauliflower |
| • Cabbage | Jalapeno peppers | Pears | Sweet potatoes | Radishes |
| • Cantaloupe | Kale | Potatoes | Tomatoes | Turnips |
| • Carrots | Kohlrabi | Red Peppers | Squash | Eggplant |
| • Cucumbers | Lettuce | Rhubarb | Yellow peppers | Fresh herbs |



Get Kids Involved at the Market!

Farmers' Markets are a great way for kids to learn about fresh fruits and veggies!

- **Make It a Game:** Play a game of "I Spy" with younger children. Challenges like "I spy with my little eye... a fruit that is round, a vegetable that is orange, or a food that begins with the letter 'B'" build excitement and encourage close attention. For older children, come prepared with a more involved scavenger hunt. Besides produce identification questions, include prompts which encourage conversation with farmers about where and how the food is grown.



- **Allow Kids to Shop:** Give kids money to make their own purchases. Children are more likely to eat what they choose, and counting out dollars and cents provides a real-life math problem. It may be wise to limit what can be bought, as a wide variety of products may be available at the market.
- **Offer a Challenge:** Ask children to find an unfamiliar vegetable or fruit they would like to try. If they are not sure what to choose, ask a farmer for a suggestion. Bring it home to prepare or try on the spot for an impromptu taste test. Everyone may discover a new favorite!
- **Plan a Post-Market Snack or Meal:** Purchase produce with the goal of creating a delicious dish to share. This can be simple, like raw veggies with dip, or something more involved, such as a vegetable soup or a frittata. The more involvement kids have with food, from purchasing to preparing, the more likely they are to eat it.
- **Find or Create a Kid-Friendly Event:** Many markets offer special children's activities. If these types of activities aren't available, increase the fun on your own by packing a blanket and enjoying a picnic featuring market finds.

This page brought to you by:



Peanut Butter Banana Butter Roll-ups

Recipe Source: Betty Crocker

Yield: 4 servings

Ingredients

- 1/2 cup creamy peanut butter
- 4 whole wheat or regular flour tortillas (8 to 10 inches in diameter)
- 1/4 cup honey
- 2 small bananas, sliced
- 1/4 cup miniature semisweet chocolate chips, optional



Instructions

1. Spread 2 tablespoons of the peanut butter evenly over each tortilla. Drizzle 1 tablespoon of the honey over each tortilla. Top with banana slices and chocolate chips.
2. Roll up tortillas. Slice into bite sized pieces

Corn and bean quesadillas (pronounced “key-suh-dee-uh”)

Yield: 4 servings

Ingredients

- 1/2 cup jarred salsa
- 4 flour tortillas
- 1 cup shredded cheese
- 1/2 cup corn
- 1/2 cup black beans



Quesadillas are super easy and yummy! If you don't like corn or beans, switch out those ingredients for something else like chicken and spinach. Quesadillas can be filled with just about any kind of meat or veggies you can imagine. Just cook veggies until desired doneness before adding them to the quesadillas. Raw spinach doesn't have to be cooked first. Just add it directly to the quesadilla in the pan.

Instructions:

1. Spread 2 tablespoons salsa on half of each tortilla.
2. Sprinkle with 1/4 cup each of the beans and the cheese.
3. Fold tortillas over and press down lightly.
4. In a large nonstick skillet over medium heat, cook tortillas, 2 at a time, pressing down lightly with the back of a metal spatula, for about 2 minutes per side, until lightly toasted and cheese is melted (or place directly on barbecue grill over medium heat until lightly toasted on both sides).
5. Cut into wedges and serve warm with additional salsa.

Sweet Potato Fries

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 25 minutes

Keep in mind that baking time may vary depending on how thick you cut your sweet potatoes and how accurate your oven is. Ovens often run a little cold or hot.

- 4 medium sweet potatoes
- 3 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper



Instructions

1. Preheat oven to 425 degrees. Cut sweet potatoes into 1/4-inch long slices (planks). Then cut into 1/4-wide inch strips, so they look like French fries. (Refer to picture below)
 2. In a large bowl, toss sweet potatoes with just enough olive oil to coat. Season with salt and pepper. Spread sweet potatoes in single layer using two baking sheets. Don't overcrowd the sweet potatoes because they will steam and become soggy.
 3. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.
- Tips for crispier fries
 - Add cornstarch.
 - Once potatoes have been cut into fries toss with 3 Tablespoons of corn starch in a zip lock bag, making sure to coat every fry. Next, pour potatoes into a strainer and shake off excess cornstarch. Then proceed to the step where you toss the potatoes with olive oil.
 - Panko-crusted fries.
 - Crack 2 eggs into a large bowl and whisk. In another bowl, add two cups of panko bread crumbs (add more as you go along if needed). Once the sweet potatoes have been cut into fries, dip them in the egg wash and then dip them in the panko breading, making sure to coat the entire fry. Panko breadcrumbs are a Japanese-styled bread crumb that gives food an airy and crunchy consistency. You can find panko bread crumbs in the flour aisle, usually next to bread crumbs.



Raw sweet potatoes



Cut potatoes lengthwise into planks



Next cut planks into strips lengthwise to create fries

Kale Chips

Ingredients

- 1/2 bunch of kale
- 1 tbsp olive oil
- salt

Instructions

1. Preheat oven to 300 degrees.
2. Wash and THOUROUGHLY dry the leaves. Your chips will turn out soggy if your leaves aren't 100% dry. Remove leaves from fibrous stems. Tear leaves into pieces or cut with scissors. Place leaves in a large bowl.
3. Use about a half tablespoon of olive oil and massage into leaves, so entire leaf is coated. Spread kale into a single layer on a baking sheet. You may have to use more than one baking sheet. Don't let leaves overlap with one another because they will cook unevenly.
4. Bake for 10 minutes and then rotate the pan and bake for approximately 15 more minutes. Keep an eye on your kale while it's baking. Your kale should be crispy without being burnt. Lightly browned edges are fine. Remove from the oven. Sprinkle with salt and let sit for 3 minutes before diving in.



Potato Soup

Recipe Source: Genius Kitchen

Yield: 4 servings

Ingredients

- 4 large potatoes
- 1 cup chopped celery (include the leaves)
- 1 cup chopped onion
- 1 cup milk, cream or half and half
- Salt and pepper



1. Peel and cube potatoes
2. Put in a saucepan along with the onions and celery. Add water, but don't quite cover the vegetables. (You can replace water with chicken stock or vegetable stock)
3. Bring to a boil, lower heat, cover and simmer for 25 minutes, or until all of the vegetables are very tender. Turn off stove.
4. Using a potato masher, coarsely crush the potatoes, but don't completely mash them--you want chunks left.
5. Add milk and add salt& pepper to taste.

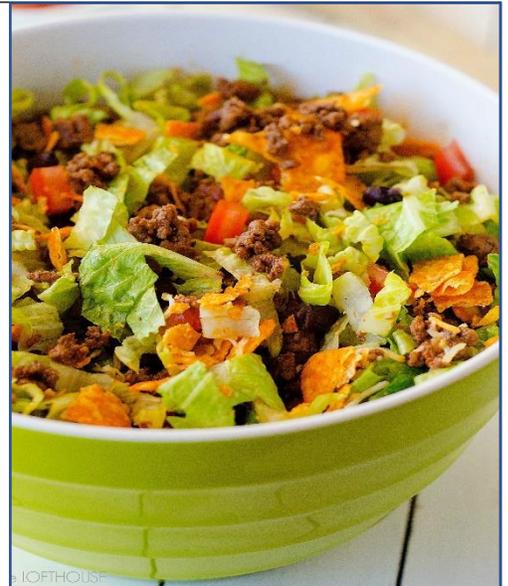
Dorito Taco Salad

Recipe Source: Lofthouse

Yield: 5 servings

Ingredients

- 1-pound lean ground beef, ground turkey, chicken or veggie protein crumbles
- 1 packet (1.25 oz) taco seasoning
- 10 cups of washed and chopped lettuce
- 1 cup black beans, drain and rinsed
- 1 ear of corn, cooked, cooled and cut off the cob
- 1 large tomato, seeded then chopped
- 1/2 cup shredded cheddar cheese
- 1 cup nacho cheese Doritos, broke into bite size pieces
- Ranch Dressing



Instructions

1. Brown ground beef in a large skillet over medium-high heat. Drain grease. Add taco seasoning and water called for on packet. Stir until mixture comes to a boil. Reduce heat to low and simmer 10 minutes. Remove from heat and let meat cool slightly.
2. In a large salad bowl add chopped lettuce, black beans, corn, tomato and cheese. Add slightly cooled ground beef and gently toss to combine everything. Serve now, or chill in refrigerator until ready to eat.
3. When ready to serve, add Doritos chips and dressing to salad. Toss to coat.

Butter Parmesan Zoodles (zucchini “noodles”)

- 2 Zucchini
- 1/4 stick of butter
- 2 cloves of chopped garlic
- 1/2 cup parmesan cheese

Instructions

1. Turn zucchini into “noodles” using a spiralizer or Veggetti. When you spiralize the zucchini, the noodles will be extremely long, so cut them with scissors.
2. Heat pan to medium-high. Add butter. Once the butter has melted, add garlic. Cook garlic for 30 seconds, stirring continuously.
3. Add noodles and cook for 4 minutes or until desired doneness. Remove pan from heat and mix in parmesan cheese.

Veggetti can be purchased at Walmart for approximately \$9 in the kitchen gadget isle.



Zucchini Pizza Boats

Recipe source: The Comfort of Cooking

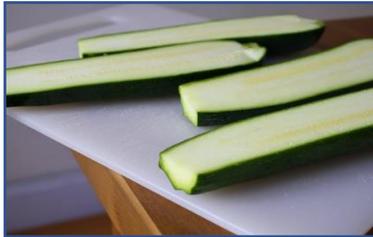
Yield: 12 boats, about 6 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 6 small zucchinis (2 1/2 lbs)
- 1 Tbsp olive oil
- 1 clove garlic , finely minced
- Salt and freshly ground black pepper
- 1 cup jarred marinara sauce
- 1 1/2 cups shredded mozzarella cheese (6 oz)
- 1/3 cup finely shredded parmesan cheese (1.4 oz)
- 1/2 cup mini pepperoni slices
- 2 Tbsp chopped fresh oregano



Instructions

1. Preheat oven to 400 degrees. Line a large rimmed baking sheet with parchment paper or a Silpat liner, set aside.
2. Cut each zucchini into halves through the length (if they don't lie flat trim a thin portion from bottoms so that they will lie mostly flat. Pat insides dry with paper towels. Align on prepared baking sheet. In a bowl, stir together olive oil and garlic then brush lightly over tops of zucchini. Sprinkle with salt and pepper to taste then brush a slightly heaping 1 Tbsp marinara sauce over each zucchini, leaving a small rim near edges uncoated. Sprinkle tops evenly with mozzarella cheese then with parmesan cheese. Top with pepperoni slices (placing them more near centers as the cheese will melt and spread). Bake in preheated oven 12 - 18 minutes (bake time will vary depending on how thick your zucchini are and how crisp/tender you want them).
3. Remove from oven and sprinkle with chopped fresh oregano. Serve warm.

Broccoli Cheese Quiche (pronounced keesh)

Recipe Source: Kraft

Yield: 8 servings

Prep Time: 15 minutes

Cook Time: 1 hour

Ingredients

- 1 ready-to-use refrigerated pie crust (1/2 of 14.1-oz. pkg.)
- 1-1/2 cups Shredded Cheddar Cheese
- 10 oz. chopped cooked broccoli (or add other cooked veggies like spinach, corn, tomatoes, onions, red peppers, mushrooms, or diced potatoes)
- 4 eggs
- 1-1/2 cups half-and-half

Instructions

1. Heat oven to 375°F.
2. Line 9-inch pie plate with pie crust; flute edge of crust. Sprinkle half the cheese evenly onto bottom of crust; top with broccoli and remaining cheese.
3. Beat eggs and half-and-half with whisk until blended; pour over ingredients in crust.
4. Bake 40 to 45 min. or until knife inserted in center comes out clean. Let stand 10 min. before cutting into wedges to serve.

