

# Collin County

# Kids

December 06 / January 07 FREE

## Kids in the Kitchen

By Amy Cole and Kristi Long

**D**o you wish your kids would try new foods or eat healthier? The best way to get your kids to be more adventurous at the table is to get them into the kitchen! You will be amazed by what your kids will eat if they have helped to prepare and cook it.

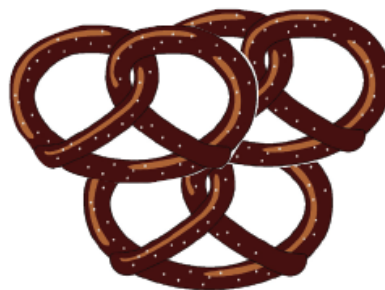
Each month at The Dinner

Station, we will share one of our delicious dishes that you can prepare at home with your kids. We will provide you with a list of everything you will need, along with helpful tips to get your kids into the kitchen and helping prepare dinner.

Use these recipes to teach your kids about kitchen basics and healthy food choices. You will even expand the delicate palates of your

pickiest eaters. These instructions

**Child:** Lay out all of your topping choices



**Parent and child:** Using tongs, dip pretzel into melted almond bark and place onto waxed paper. While the bark is still wet, sprinkle with your choice of toppings. Allow to cool and dry overnight on the counter or in the refrigerator.

are intended as a guide. Consider the age and ability of your child when determining which steps you and/or they perform.

Cut out the recipes each month and glue them into a notebook. Let your family add comments to the page and begin your very own family cookbook.

Place in a decorative tin and give as a gift!

We hope you enjoy making these tasty treats.

### *Tis the Season!*

This is our favorite time of year. Some of the things we enjoy most are spending time with friends and family and the spirit of giving. It is also a very expensive time of the year! Chocolate Covered Pretzels make a great gift for teachers, co-workers, neighbors and grandparents!

*About The Authors & The Dinner Station: Amy Cole and Kristi Long are founders of The Dinner Station, a meal assembly franchise with nine locations throughout the D/FW Metroplex, which takes the guess-work and hassle out of cooking. The Dinner Station does all the menu planning, grocery shopping, slicing, dicing and clean-up, so you have more quality time to spend with your family. For more information, or to find the location nearest you, visit [www.thedinnerstation.com](http://www.thedinnerstation.com).*

*Look for The Dinner Station's Kids Kit dishes each month. These are great meals that you can take home and assemble with your kids.*

### *Chocolate Covered Pretzels*

#### Ingredients & Tools

- Pretzels of your choice
- White almond bark
- A variety of sprinkles, peppermint pieces (peppermints broken into small pieces), miniature chocolate chips and candies.
- Double boiler or microwave safe container (for melting bark and chocolate)
- Tongs
- Waxed paper
- Decorative tins

#### Cooking instructions

**Parent:** Place almond bark into a double boiler, or microwavable container, and melt. (see directions on package)



#### **Decorate Your Own Gift Box**

For a cute way to create your own gift box, see Heidi Schlabs article on page 34 of this issue. This is an easy craft to make with your children.