

Spooky “ghoul”ash dish for all

By **AMY COLE** and **KRISTI LONG**

Do 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.

Each month, we will share one of The Dinner Station's delicious and healthy 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 help prepare dinner.

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.

Homemade “Ghoul”ash

This is a family favorite and a great way to show your picky eaters that green things (bell peppers) and red things (toma-

toes) can and do taste great. We even got into the spirit of Halloween with a spooky new name.

Ingredients and tools

1 pound lean ground beef
1 green bell pepper
1 medium onion
Minced garlic (a jar of this is always handy to have in the refrigerator)
1 can tomato sauce
1 can diced tomatoes
1 bag macaroni pasta
Salt
Pepper
Water
Plastic (or child-safe) knife
Measuring spoons
Cutting board
Wooden or plastic spoon
Large skillet
Large pot

Instructions

Both: Wash hands before you start. Use soap and warm water. Scrub while singing the ABC song (this ensures that you have

washed your hands long enough).

First, we are going to dice the bell pepper. Keep in mind that the smaller you dice, the easier they go down.

Child: Rinse bell pepper.

Parent: You will want to begin by cutting around the top of the peppers (stem). Show your little one how to remove the tops. Slice the bell peppers in half.

Child: Use a spoon to remove the seeds from inside the peppers.

Parent: Cut the peppers into slices.

Child: Dice the peppers using a plastic knife. Place 1 cup of peppers into a large skillet. Save the remaining peppers to use in future recipes.

Next, let's chop the onion.

Parent: Cut off top of onion. Cut the onion in half from top to bottom.

Child: Peel the top layers off the onion.

Parent: Slice the onion into 1 inch slices.

Now your little one is ready to do some more chopping.

Child: Dice the onion using a plastic knife. Place 1/2 cup of the onion into the skillet and save remaining with the peppers for a future dish.

NOTE: Be sure to warn children not to touch their face. Make sure hands are washed immediately after handling peppers and onions.

Parent and child: Add the following to the skillet:

Ground beef (crumble with spoon)
1 teaspoon salt
1/8 teaspoon pepper
1 teaspoon minced garlic

Parent: Add appropriate amount of water to a separate pot and place pot on the stove to boil water for the pasta.

Parent: Place the skillet with beef and veggies over medium high heat. Stir often. Continue to cook until ground beef is done and veggies are tender. Drain grease.

Child: Measure out 2 cups of pasta.

Parent: Add dry pasta to pot of boiling water and cook according to directions on the bag.

Child: Measure 2 cups tomato sauce and 1 cup diced tomatoes and add to skillet. Stir to mix.

Parent: Return skillet to medium heat, cover and simmer while pasta continues to cook. When pasta is done, drain and add to skillet. Stir to mix, then serve.

We hope you enjoy your meal, as well as the time you've spent with your child in the kitchen.

Amy Cole and Kristi Long are founders of The Dinner Station.

Halloween Carnival at Rosemeade Center

Rosemeade Recreation Center hosts Carrollton's 17th annual Halloween Carnival featuring a medieval castle with a haunted dungeon from 1 to 6 p.m. Saturday, Oct. 28, 1330 Rosemeade Parkway. Indoor and outdoor games, arts and crafts and enter-

tainment are planned. Candy will be distributed.

Children are invited to dress as lords, ladies, knights, jesters and peasants. Costume contests are scheduled at 2 p.m. for ages 10 and up, 2:30 p.m. for ages 7 to 9, 3 p.m. for ages 4 to 6 and 3:30 p.m. for ages 1 to 3. Cost is \$3 per child.

■ For more information, call 972-466-9800.



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