

Whip up a fun Halloween recipe with your kids

By AMY COLE AND
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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. You will be amazed by the foods your kids will eat if they have helped prepare and cook them.

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 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 are intended as a guide. Consider your child's age and ability 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.

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, a meal assembly franchise with nine locations throughout the Dallas-Fort Worth area.



SUBMITTED PHOTO

KITCHEN TIME TOGETHER: Concocting recipes together not only teaches children how to fend for themselves in the cuisine arena but also gives parents and children an opportunity to bond.

Homemade 'Ghoul'ash

The temperature is dropping and it is time for comfort food.

This is a family favorite and a great way to show your picky eaters that green things (bell peppers) and red things (tomatoes) 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 (it is always handy to have a jar of this in the refrigerator)
1 can tomato sauce (quality here does make a difference; we like to use Hunt's)
1 can diced tomatoes (Hunt's)
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 to ensure that you have washed your hands long enough.

Parent: 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 (stem). 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 1/4 cup of peppers into a large skillet. Save the remaining peppers to use in future recipes.

Next, 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 1/4-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 faces. Make sure hands are washed immediately after handling peppers and onions. Peppers and onions can burn the eyes.)

Parent and child:

Add the following to the skillet:

Ground beef (crumble with spoon)

1/4 teaspoon salt

1/8 teaspoon pepper

1/2 teaspoon minced garlic

Parent: Add appropriate amount of water to a separate pot (see pasta cooking instructions on bag) 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.

Parent: Add 2 cups dry pasta to pot of boiling water and cook according to directions on the bag. (Have child measure out 2 cups of pasta.)

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.

Parent and child: When pasta is done, drain and add to skillet. Stir to mix. Serve.