

Getting your kids in the kitchen

By AMY COLE
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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 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 are intended as a guide. Consider the age and ability of your child when determining which steps you or they per-

form.

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.

'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.

Chocolate-covered pretzels

- Ingredients and tools
- Pretzels of your choice
- White almond bark
- A variety of sprinkles, peppermint pieces (peppermints broken into small pieces), minia-

ture chocolate chips and candies such as M&Ms.

- 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 microwaveable container and melt. See directions on package.

Child: Lay out all of the 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.

Place in a decorative tin and give as a gift or enjoy yourselves.



PHOTO FROM WWW.PAGENERASTORE.COM

GREAT GIFT: Chocolate-covered pretzels are not only easy and fun to make with your children, but they also make great and inexpensive gifts.

We hope you enjoy making these tasty treats.

■ For more information, or to find the location nearest you, visit www.thedinnerstation.com.

Amy Cole and Kristi Long are founders of The Dinner Station, a

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