

Pumpkin pie with your kids

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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 help 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 and 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.

Do you long for a pumpkin pie just like Grandma used to make? Well, here it is.

This is an old family recipe that we have included in our Everything but the Turkey menu for the holidays.

The uncooked pie can freeze, so feel free to mix up a couple. A pie in the freezer is always a good idea during the holiday season.

Homemade whipped cream

Ingredients and Tools

1 cup cold heavy whipping cream
2 Tablespoons sugar
Hand mixer
Medium bowl
Rubber spatula

Parent and child:

Pour cold whipping cream into bowl. Turn mixer to medium and begin mixing cream. Slowly add sugar to bowl. Continue to mix until stiff peaks form. When you lift the beaters, you should have little mountains with peaks.

Note: Overbeating will reduce your cream back into a liquid. Stop once stiff peaks have formed. Serve with pie.

Old-fashioned pumpkin pie

Ingredients and Tools

2 eggs
1 cup evaporated milk
3/4 teaspoon cinnamon
1/2 teaspoon ground ginger
1/8 teaspoon ground cloves
1/8 teaspoon mace
3/4 teaspoon salt
1 Tablespoon molasses
3/4 cup brown sugar
1 1/2 cups canned pumpkin
1 deep dish pie crust (we like Mrs. Smith's)
Medium-size mixing bowl
Measuring cup set
Measuring spoon set
Cookie sheet
Fork
Foil

Instructions

Parent: Preheat oven to 375° F.

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.

Note: When baking, correct measurement is important. Take this opportunity to teach your child about level scoops.

Child: Crack eggs into a medium size mixing bowl and beat with fork until the eggs are uniform in color.

Be sure to remove any egg shell that may have fallen in.

Add spices — cinnamon, ground ginger, ground cloves, mace and salt — to the egg and mix well.

Next, add the evaporated milk, molasses and brown sugar and mix again.

Lastly, add the pumpkin and stir until smooth.

Note: Adding the pumpkin last ensures that the spices mix in evenly.

Remove the pie shell from the wrap and place onto a cookie sheet. Pour pumpkin mixture into pie crust.

Parent: To prevent burning, cover the edges of the pie crust with foil and remove after 30 minutes of baking.

Place the cookie sheet and pie into the oven and bake for 45 to 55 minutes or until a knife inserted in the center comes out clean.



DALLAS MORNING NEWS FILE PHOTO

LUSCIOUS PIE: Nothing spells the holidays like a homemade pumpkin pie with homemade whipping cream.