

# North Dallas

November 2006 FREE

# Kids

## 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 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.

### Old Fashioned Pumpkin Pie with Homemade Whipped Cream

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.

### Pumpkin Pie Ingredients & Tools:

- 2 eggs
- 1 cup evaporated milk
- 3/4 t cinnamon
- 1/2 t ground ginger
- 1/8 t ground cloves
- 1/8 t mace
- 3/4 t salt
- 1 T molasses
- 3/4 c 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

### Pumpkin Pie Instructions:

**Parent:** Preheat oven to 375.

**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).

**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.

Last 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 min of baking. Place the cookie sheet and pie into the oven and bake for 45-55 min or until a knife inserted in the center comes out clean.

### Home-made Whipped Cream

### Ingredients & Tools:

- 1 cup heavy whipping cream (keep cold)
- 2 T 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:** Over beating will reduce your cream back into a liquid. Stop once stiff peaks have formed. Serve with your cooled pumpkin pie!

We hope you enjoy your dessert as well as the time you've spent together in the kitchen.

*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.*



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