

Cooking with Kids

Cheesy Macaroni

This creamy sauce comes together quickly in the blender and can be made ahead and then refrigerated. The secret to the texture and color is pureeing cooked vegetables. This sauce is loaded with vitamins, minerals, and fiber, but all your kids will taste is how deliciously cheesy it is! Try it mixed into cooked pasta for a healthy macaroni dish, or poured over broccoli or a baked potato.

Makes 4 cups sauce

Ingredients:

- 1 cup sweet potato, cubed
- 1 cup carrot, cubed
- 1 cup cauliflower, chopped
- 2 cups cooking water
- 3 Tbsp. olive oil
- 3 tsp. brown mustard
- 4 Tbsp. nutritional yeast
- 1 tsp. garlic powder
- 2 tsp. salt
- 1 lb. elbow macaroni



1. Boil sweet potato, carrot, and cauliflower in a pot until very soft. Drain, reserving cooking liquid.
2. Place cooked vegetables in a blender with all remaining ingredients except macaroni. Blend until smooth, scraping down sides of blender if needed.
3. Meanwhile cook macaroni, drain, and return to pot.
4. Stir vegetable puree into macaroni 1 cup at a time until desired consistency is reached. You may have some sauce leftover.
5. Stir and heat through.



Fruit-Filled Crêpes

Crêpes are a fun way for kids to help in the kitchen. Set out the crêpes and fillings and let the kids choose which fruits and toppings they prefer – they can also eat them with their hands! This recipe can be made ahead and stored in the fridge for a few days. The crêpes can then be reheated in a pan or served at room temperature for a quick snack or breakfast.

Makes 12 – 15 crêpes

Ingredients:

- 1 cup flour
- 1 Tbsp. sugar
- ¼ tsp. salt
- ¾ cup soy milk
- ¼ cup vegan margarine, like Earth Balance Buttery Spread, melted
- ¾ cup water
- Assorted fillings, such as berries, bananas, preserves, peanut butter, etc.



1. Combine all ingredients, except fillings, in a bowl. Whisk until there are no lumps. Place batter in the refrigerator for at least 30 minutes to rest (this will help improve the texture of the crêpes).
2. When ready to cook, heat a small nonstick skillet over medium heat. Spray with cooking spray or oil, then lightly wipe pan with a paper towel to evenly distribute and remove any excess oil.
3. Pour a small amount of batter (just enough to coat the pan) into the center of the skillet and slowly tip and rotate it so the batter spreads out evenly. The batter should set quickly and the crêpe should be fairly thin.
4. Cook for approx. 5 minutes until the crêpe forms bubbles in the center and the edges are brown. The crêpe is ready to be flipped when it moves freely when the pan is shaken.
5. Using a thin spatula, lift up around the edges of the crêpe to ensure that it will flip easily. Once the underside is golden brown and totally loosened from the pan, gently flip the crêpe over and continue to cook a few minutes more. The second side will not be as brown as the first.
6. Move crêpe to a plate and begin the next one. You may choose to reapply oil between every few crêpes, to ensure they don't stick. You may also need to turn the heat down if they begin to brown too quickly.
7. To assemble, spread filling across the second side of the crêpe (the lighter side). Fold in half and top with additional filling, if desired.