

Summer Bites and Family Delights: Easy Recipes for Kids at Home



HOW GOOD FOOD WORKS

We teach people how to **grow**, **prepare**, and **share** food that encourages lifelong health and well-being through hands-on evidenced-based classes taught across our garden, kitchen, clinic, and community.

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WEBSITE**



Questions about the Dietetic Internship or Culinary Nutrition and Public Health Certificate?

Email: Dieteticinternship@uth.tmc.edu

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website**





Healthy children in a healthy world.

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

STRATEGIC PLAN GOALS



Agenda

- Welcome & Introduction
- Why Cooking Matters for Kids
- Recipe Demos (Live Cooking)
- Quick Tips & Kitchen Safety
- Q&A Session



Learning Objectives

- Promote healthy eating habits in children
- Empower families to cook together
- Understand the Importance of Culinary Engagement
- Share practical, seasonal recipes
- Demonstrate how to prepare simple, nutritious meals using seasonal ingredients



Veggie Sliders

Yield: 8 sliders

Ingredients

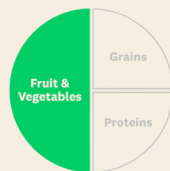
1	can chickpeas (15 - ounce)
¼ cup	diced onion
½ cup	panko bread crumbs
1	large egg
2 Tbsp	plain Greek yogurt
1 Tbsp	lemon juice
1 Tbsp	extra-virgin olive oil (divided)
1 tsp	cumin
1 tsp	ground coriander
¾ tsp	salt
pinch	pepper
8 leaves	lettuce
8	slider buns

Equipment

- Colander
- Can opener
- Dry measuring cups and spoons
- Medium bowl
- Whisk
- Rubber spatula
- 10-inch nonstick skillet

Method

1. Pour chickpeas into a colander to drain and rinse under running water.
2. Place the drained chickpeas, onions, and panko in a food processor and process until the mixture is chunky, about 8 pulses.
3. In a medium bowl, whisk the egg, yogurt, lemon juice, ½ tablespoon of the olive oil, cumin, ground coriander, salt, and pepper until well combined.
4. Remove the food processor blade and transfer the chickpeas mixture to the bowl with the egg mixture. Stir gently until well combined.
5. Using your hands, divide the batter into 4 lightly packed balls. Flatten the balls into disks that measure 2 inches across.
6. Heat the remaining ½ tablespoon oil in a nonstick skillet. Place the patties in the skillet and cook over medium heat until crispy and browned, about 4 minutes on each side.
7. Assemble the sliders by placing patty in the bun with lettuce leaves. Serve with your favorite dip or spread.



Cheesy Zoodles

Yield: 1 cup

Ingredients

- 4 zucchini
- 1 Tbsp extra-virgin olive oil
- 1 garlic clove, peeled and minced
- ½ tsp salt
- ¼ tsp pepper
- ¼ cup Parmesan cheese, grated
- 2 Tbsp fresh basil, chopped

Equipment

- Cutting mat and chef's knife
- Medium bowl
- Spiralizer
- Measuring cups
- Zester
- Rubber spatula
- Rimmed baking sheet
- Tongs
- Oven mitts

Method

1. Preheat oven to 375°.
2. Trim the ends of the zucchini. Use a spiralizer to cut the zucchini into noodles.
3. Transfer the noodles to a bowl toss with the olive oil, minced garlic, salt, and pepper.
4. Place baking sheet in the oven and roast until the zucchini is soft, about 20 minutes.
5. Remove from the oven, transfer the noodles to a serving bowl, and top with grated Parmesan cheese and basil.



Strawberry and Greek Yogurt Bark

Yield: 32 pieces

Ingredients

2 cups	Plain Greek yogurt
1 cup	Frozen strawberries
2 tbsp	Honey
1 tsp	Vanilla extract
1 cup	Fresh strawberries, sliced
¼ cup	Mini dark chocolate chips

Equipment

- Cutting board
- Chef knife
- Measuring cups and spoons
- Blender
- Spatula
- Baking sheet lined with parchment paper

Method

1. Place the Greek yogurt, frozen strawberries, honey, and vanilla extract in a blender. Blend until pureed.
2. Pour the mixture on the lined baking sheet and spread out with a spatula.
3. Top with the sliced strawberries and sprinkle with the mini chocolate chips.
4. Place in the freezer for at least 3 hours, until the yogurt is firm. Break into 32 pieces and freeze airtight between sheets of parchment for up to 1 month.

Helpful Tips

- Substitute other fruit for the strawberries
- Add nuts or shredded coconut

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Let's Get Cooking!

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Questions?

Post your Questions in the Q&A !

Thank you for attending!

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