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....your recipes needs

Recipes for Kids



Hummus

Description

Hummus is a good recipe for kids.

Ingredients:

- 15-oz. can garbanzo beans (chickpeas), drained, liquid reserved
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 1 tbsp. olive oil
- ½ tsp. black pepper



Preparation:

- Combine garbanzo beans, garlic, cumin, salt, and olive oil in a food processor.
- Blend on low speed, gradually adding reserved garbanzo bean liquid, until desired consistency is achieved.

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Yellow squash

Description

This is a quick and easy recipes for kids to add a vegetable serving into your daily meal plan.

Ingredients:

- 1 zucchini, sliced
- 1 yellow squash, sliced
- ½ red bell pepper, chopped
- 2 tomatoes, chopped
- ¼ c. fat-free Italian dressing
- 2 c. brown rice, cooked
- ¼ cup soy parmesan cheese
- nonstick cooking spray



Preparation:

- Spray casserole dish with nonstick cooking spray.
- Mix vegetables and dressing together in the casserole dish.
- Cook vegetables in microwave for 10 minutes, stirring every 2 to 3 minutes.
- Sprinkle parmesan cheese over the top of the vegetables.
- Serve vegetables over rice.

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Peanut Butter recipe

Description

This is a great sandwich recipe for kids. It tastes even better with a glass of milk or soy milk.

Ingredients:

- 2 slices whole-wheat bread
- ¼ banana, sliced
- 2 tbsp. peanut butter
- 2 tbsp. cereal (natural wheat and barley cereal flakes)



Preparation:

- Spread peanut butter one side of each slice of bread.
- Spread banana pieces on the peanut butter on one slice of bread.
- On the other slice of bread, sprinkle cereal so that it sticks to the peanut butter and covers the bread.
- Place the slices together and serve.

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Salad of Spinach

Description:

This recipe for kids is especially for kids with lactose intolerance, who need to limit or avoid dairy products.

Ingredients:

- 6 c. fresh spinach, torn in bite-size pieces
- ½ c. mandarin oranges
- 1 c. strawberries, sliced
- 4 oz. soy blue cheese crumbles
- ¼ c. cashews
- Dressing:
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- 3 tbsp. red wine vinegar
- 3 tbsp. orange juice
- 1½ tbsp. canola oil
- ¼ tsp. dry mustard
- 1/3 tsp. poppy seeds



Preparation:

- Mix dressing ingredients and refrigerate.
- Mix the fruit and spinach together.
- Pour dressing over salad and mix well to coat evenly.
- Divide salad among 4 plates (about 2 cups each plate).
- Sprinkle cashews and soy blue cheese over the top of each salad plate.

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Spicy Rice

Description

These recipes for kids are very easy to make.

Ingredients:

- ½ c. onion, finely chopped
- 3 cloves garlic, minced
- 1 c. long grain rice, uncooked
- 3 tbsp. jalapeño peppers, finely chopped
- 2 c. vegetable broth
- ¾ tsp. cumin
- 2 tbsp. fresh cilantro, minced
- salt to taste (optional)



Preparation:

- Spray saucepan with nonstick butter spray.
- Sauté onion and garlic in saucepan until tender.
- Add rice, jalapeños, broth, and cumin to saucepan and bring to a boil.
- Reduce heat; cover and simmer for 20 to 25 minutes or until liquid is absorbed and rice is tender.
- Remove from heat and stir in cilantro.

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