



Cooking with Children

Make Meals and Memories Together

Your kitchen is a learning laboratory for your kids. It's where they learn about cooking and cleanup. These are life skills which will help them become self-sufficient later in life.

Benefits of cooking with kids

- Children spend quality time with family.
- Children are more willing to try healthy foods when they help to prepare them.
- Kids get a sense of accomplishment and feel they are contributing to the family.
- Preparing food can be educational! Reading recipes, measuring ingredients and observing changes in food when it cooks are just a few examples of applying reading, math and science knowledge.



Photo credit: USDA, Food and Nutrition Service

Adapted from Clemson, Kids in the Kitchen, http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4113.html

For more information, please contact
your county UW-Extension office:

<http://counties.uwex.edu>

How could children 6 to 9 years old help make Chicken Fajitas?

They could:

- Scrub peppers under clean water.
- Measure chili and garlic powder, and sprinkle them on chicken strips.
- Measure oil and pour it in the pan.
- Stir meat and veggies when cooking.
- Shred cheese.

Chicken Fajitas, serves 6

1 pound boneless, skinless chicken breast
2 teaspoons chili powder
2 teaspoons garlic powder
1 1/2 tablespoons vegetable oil
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
1 medium onion, thinly sliced
6 whole wheat tortillas, 8-inch

Optional toppings:

6 ounces low-fat cheddar cheese, shredded
1 cup tomato, chopped or salsa
Cilantro, chopped
Jalapeno, chopped

Directions

1. Freeze chicken 30 minutes until firm and easier to cut. Cut chicken into 1/4-inch strips. Place in a single layer on a plate. Wash hands, knife, and cutting board. Sprinkle both sides of strips with chili and garlic powder.
2. Add oil to a 12-inch skillet. Heat to medium high. Add chicken strips. Cook about 3 to 5 minutes, stirring frequently.
3. Add bell peppers and onion. Stir and cook until vegetables are tender and chicken is no longer pink. (Heat chicken to 165° F.)
4. Scoop chicken mixture (2/3 cup each) onto tortillas. Top with your favorite toppings.
5. Serve flat or rolled.



Source and photo credit: Iowa State University Extension, <http://www.extension.iastate.edu/foodsavings/recipes/chicken-fajitas>

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