

Fresh from Florida

Kids' Kitchen



Kids' Kitchen

This guide is designed for kids and their parents to use together. Learning how to cook can be a fun, exciting and rewarding experience. To achieve all of these things, kids must be taught the responsibilities of safety. This guide will outline some basic safety standards. Safety is the most important cooking skill.

Children that learn to cook at an early age will possess a basic skill that will last a lifetime. Cooking provides kids with an opportunity for creativity, an avenue to self-reliance, and insights into the natural world from which food comes. Buying, handling, preparing and tasting food are the keys to successful learning; this means starting with fresh, seasonal and wholesome foods. Nutrition plays a vital role in the development of proper cooking and eating habits of children.



Fresh
from
Florida®

Taste the Difference

Kids' Kitchen

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Kids' Kitchen

Kitchen Basics: Cooking Fundamentals



Have supervision

This is the most important factor in your success. Never attempt to cook anything without asking parents for permission and help.

Clean is good; avoid cross-contamination



Which means you should always clean preparation surfaces like countertops and cutting boards and wash hands before and after handling raw food products, especially meats and chicken.

Dress for success



Wear protective clothing such as aprons and always wear closed-toe shoes. Use pot holders and oven mitts when touching hot equipment and surfaces.

Cut with caution



Only handle knives when you are comfortable with one and have been given proper instructions. Keep knives visible when in use and never hidden in soapy dishwater or wrapped in a towel. We'll talk more about knives later in the book.



Don't be spoiled

Remember to keep hot foods hot and cold foods cold.



Use your head

Stay alert; common sense is the key. Remember to ask for help and permission to use hot or heavy kitchen equipment and utensils. Safety is an ingredient in every good recipe.

MEASURE UP!

Measuring Spoons

- Use for measuring small amounts of both dry and liquid ingredients, usually in the amount of teaspoons and tablespoons.



Measuring Cup (liquid)

- Use this type of measuring cup for liquid ingredients such as water, milk and fruit juice.



Measuring Cups (dry)

- Use this type of measuring cup for dry ingredients such as



4 flour, sugar and rice.

Tools: Equipment for Success

Apron



- Keeps your clothes clean and also protects you from hot spills.

Cutting Board



- Sturdy surface for chopping and slicing (place a thin wet towel underneath cutting board to prevent board from moving around).

Pot Holders



- Always use thick, dry pot holders or oven mitts when handling hot surfaces such as handles on pots and pans; and when removing items from the oven.

Kitchen Spoons



- Use a large metal or wooden spoon for mixing ingredients.

Vegetable Peeler



- Use to peel skins off carrots, potatoes and other vegetables

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Spatula



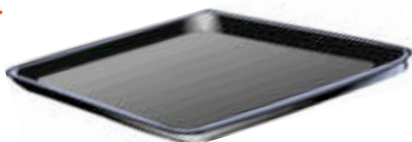
- Use spatulas to turn pancakes, grilled items and to remove cookies from baking sheets. Rubber spatulas are good for scraping bowls.

Whisk



- Good for combining wet ingredients like cake batter and whipping cream.

Cookie Sheet



Pie Pan



Loaf Pan



Pizza Pan



Muffin Pan



Strainer



Learning Knife Skills: Safety

Most recipes require the use of a knife so it is important to own at least one good quality, sharp knife. Even more important is knowing how to use the knife safely. Always remember that a sharp knife is much safer than a dull knife. Only practice will help to improve your skill and increase your confidence. The more comfortable you are handling knives, the more efficient you will become and preparation will take less time and be lots more fun.



Make sure to read and understand all of the following tips and suggestions before starting to use a knife:

- Always ask a parent before you use a knife.
- Always hold a knife by the handle; never hold it by the blade.
- Never point a knife at a person.
- Always use a cutting board; never use a knife directly on the countertop, stove or pan.
- Secure object you are cutting with opposite hand: remember not to place fingertips near the blade.
- Always cut away from yourself.
- Beginners can start with a sturdy plastic knife to practice correct techniques.

- ❑ GO SLOW! Take your time learning how to use the knife correctly.
- ❑ Store your knives in plain view with the sharp edge pointing away from you.

Common Types of Knives



Chef's Knife

Most versatile knife in the kitchen. Good for chopping, slicing and mincing.



Paring Knife

Great for small hands. Can be used for cutting, peeling and trimming.



Serrated Knife

Great for slicing bread and other baked goods.

Cooking Jobs for Everybody

Focusing on one task at a time appropriate to age and ability levels results in greater fun and success.

Ages 7 – 9 year old chefs enjoy:



slicing and chopping
(with supervision)



peeling fruits and vegetables



opening cans



measuring ingredients



breaking eggs



setting timers

Ages 10 and up enjoy almost all kitchen tasks associated with cooking:



Slicing, dicing and chopping



Using small appliances like blenders, food processors and microwave ovens



Baking



Boiling



Sauteing

Preparing a Recipe

As a beginning cook you will need to learn how to use recipes. A recipe is basically a set of instructions.

Follow these simple steps to successfully prepare almost any recipe.

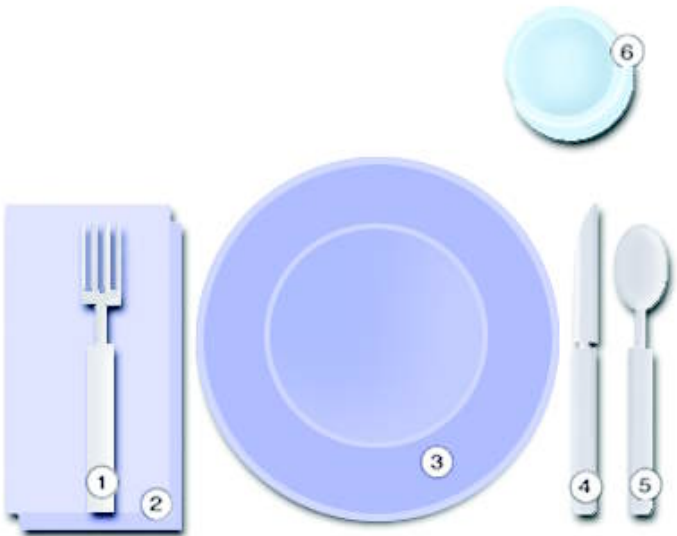
- Read recipes all the way through. Make sure you feel comfortable with the instructions.
- Make sure you have all the ingredients needed to complete the recipe, as well as the required amounts of these ingredients.
- Set all ingredients out on the counter in the order that you need to use them.
- Make sure you have proper cookware and kitchen tools required to complete the recipe.
- Identify the number of servings the particular recipe will prepare. It is usually ok to adjust amounts to suit your needs except for baking recipes, such as cookies, cakes and bread.
- Follow instructions that ask you to do things in advance such as preheating an oven or marinating.

Serve the Meal & Clean-Up

Always remember to keep hot foods hot and cold foods cold.

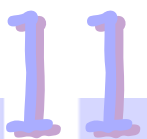
When you have completed the recipes for your meal and it's time to eat, it will be fun to serve your creations.

Setting the table is a part of presenting the meal. Here is a diagram of a simple table setting:



2 inches from edge of table

1. dinner fork
2. napkin
3. dinner plate
4. dinner knife (points in towards plate)
5. spoon
6. drinking glass



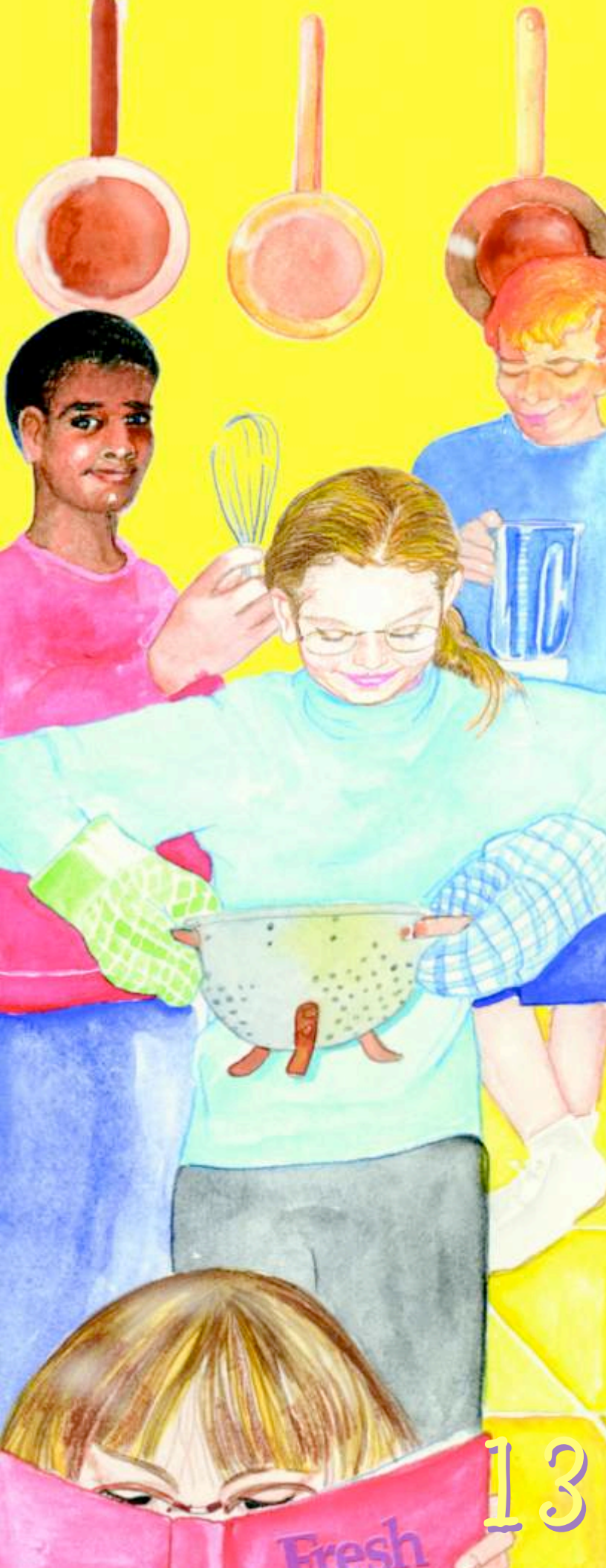
A More Formal Table Setting:



2 inches from edge of table

1. salad fork
2. dinner fork
3. napkin
4. dinner plate
5. soup bowl
6. dinner knife
7. soup spoon
8. coffee cup and saucer
9. drinking glass
10. dessert spoon
11. bread knife
12. bread plate
13. salad plate

Remember that the cook is also responsible for leaving the kitchen clean and neat. This includes cleaning the table, storing leftovers, cleaning plates, silverware, pots and pans, kitchen utensils and wiping down all countertops.



Fresh

Breakfast



Berry-Melon Smoothie



Ingredients

2 Cups	Fresh Watermelon (cut into medium- sized pieces)
1 Cup	Strawberries (tops removed)
1/2 Cup	Plain Yogurt
1/4 Cup	Orange Juice
1 Tbsp.	Sugar
3 Cups	Ice



Directions

Put all ingredients into a blender. Blend until smooth.

Makes 2 refreshing smoothies.



Breakfast Burritos

Ingredients

1 Tbsp.	Butter
1/4 Cup	Green Bell Pepper (cut into small pieces)
1/4 Cup	Onion (cut into small pieces)
1/4 Cup	Red Bell Pepper (cut into small pieces)
8	Eggs
1/4 tsp.	Salt
1/4 tsp.	Black Pepper
3/4 Cup	Shredded Cheese (Mexican flavored)
1/2 Cup	Salsa (optional)
4	10" Flour Tortillas

Directions

Melt butter in a large sauté pan on the stove at medium heat. Add peppers and onion and cook for 1 minute. In a bowl, beat eggs, salt and pepper. Pour eggs into the sauté pan stirring frequently until eggs are cooked.

Place the tortillas on the countertop and put an equal amount of the scramble eggs in the center of each tortilla. Sprinkle each with the shredded cheese and spoon on desired amount of salsa. Fold the tortillas into burritos. (See diagram below.)

Makes 4 breakfast burritos.

fill flat tortilla



fold in sides



fold in top ends



turn over,
folded side
down



All-Star Blueberry Pancakes

Ingredients

2 Cups	All-Purpose Flour
1 Tbsp.	Baking Powder
2 Tbsp.	Sugar
1/4 tsp.	Salt
1	Egg
1 1/2 Cups	Milk
2 Tbsp.	Butter (melted)
1 1/4 Cup	Fresh Blueberries
1 to 2	Florida Star Fruit (sliced into 1/4 inch star shapes)



Directions

Preheat griddle to 400 degrees.

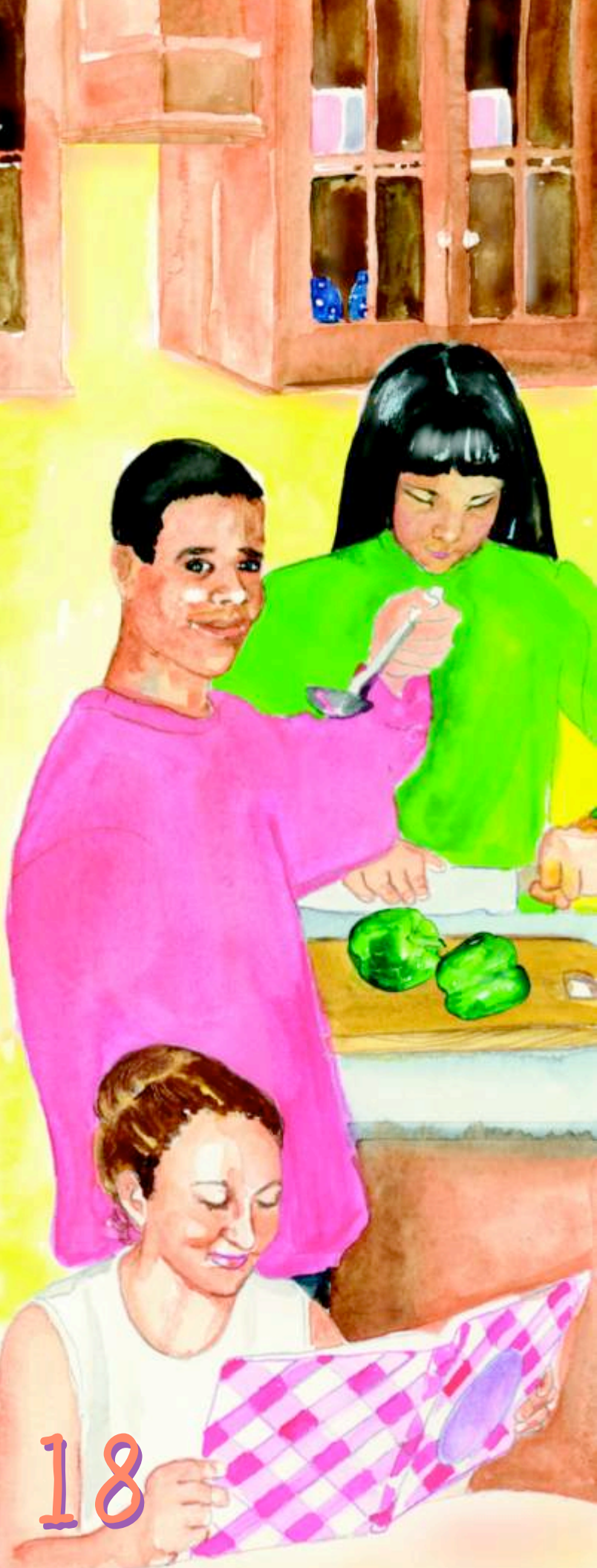
Combine flour, baking powder, sugar and salt in a large bowl. In a separate bowl, combine the egg, milk, and melted butter and then pour the combined liquids into the dry ingredients. Using a whisk, mix together well. Fold in fresh blueberries. Place slices of star fruit on the preheated griddle and pour pancake batter directly over the top of the star fruit until desired size is reached. Cook the pancakes until about half of the bubbles that form have broken and the edges are slightly dry. Turn the pancakes over (you should see the star fruit in the middle of each pancake) and cook until both sides are golden brown. Lift the pancakes slightly and peek underneath to check for doneness.

Makes 4-6 servings.



The official name of Florida Star Fruit is Carambola.





Lunch



French Bread Pizza

Ingredients

1-16" Loaf	French Bread
1 Cup	Pizza Sauce or Italian Flavored Tomato Sauce
2 Cups	Shredded Mozzarella Cheese
1/2 Cup each	(you choose the toppings) Green Bell Pepper (sliced) Pepperoni (sliced) Mushrooms (sliced) Cooked Italian Sausage (crumbled) Onions (sliced) Olives (sliced)
1/2 tsp.	Dry Oregano

Directions

Preheat oven to 450 degrees.

Slice the loaf of French bread lengthwise. Spoon 1/2 cup pizza sauce on each half of the French bread. Put 1 cup of cheese on each half and then place the toppings you choose on top. Sprinkle with dry oregano. Place pizzas on a cookie sheet and bake for 18-20 minutes or until cheese starts to bubble and becomes brown. Remove from oven and let stand for 2 minutes before serving.

Makes 4-6 servings.



If you like crunchy crust, place pizzas directly on oven racks without using a cookie sheet.

Cheesy Bow-Tie Primavera

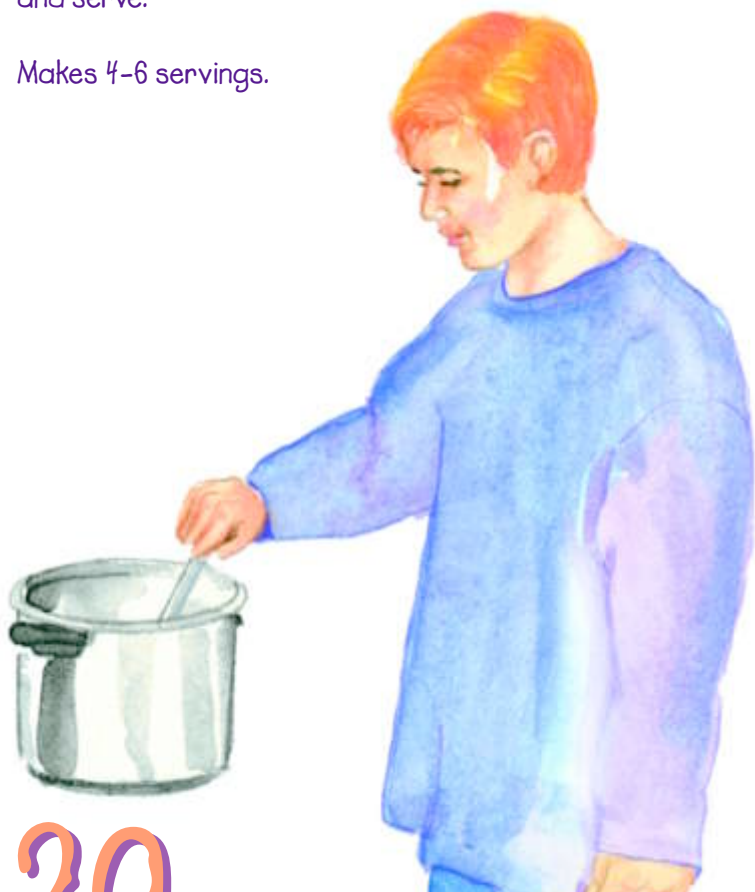
Ingredients

- 8 oz. Dry Bow-Tie Pasta
(Farfalle is the fancy name)
- 2 Cups Fresh Broccoli
- 2 Cups Fresh Cauliflower
- 1 Cup Milk
- 12 oz. Processed Cheese, such as Velveeta (cut into large chunks)

Directions

Bring a large pot of water to a boil. Add dry pasta and cook for 3 minutes over medium heat. Add broccoli and cauliflower into the same pot with the pasta and boil for 6 more minutes. Drain. Put milk in the same pot and return to the stove, pour in drained pasta and vegetables and add cheese. Stir constantly until cheese melts. Remove from heat and serve.

Makes 4-6 servings.



Fiesta Taco Salad

Ingredients

1 lb.	Ground Beef
1 Package	Taco Seasoning
1 Head	Lettuce (shredded)
1	Tomato (cut into medium-sized pieces)
1/2 Cup	Green Bell Pepper (cut into medium-sized pieces)
1/2 Cup	Green Onion (sliced)
1	Florida Avocado (cut into medium-sized pieces)
1 Cup	Shredded Cheddar Cheese
1 Cup	Salsa
1 Cup	Salad Dressing (try adding 1 tsp. of taco seasoning to 1 cup of ranch or creamy cucumber dressing)

Tortilla Chips

Directions

Cook the ground beef at *medium* heat in a skillet and follow the directions on the taco-seasoning package. Remember to save 1 tsp. of the seasoning to add to the salad dressing.

Assemble the salad by placing the shredded lettuce on a plate then spoon the cooked taco meat over the lettuce. Sprinkle with the shredded cheese. Place chopped tomatoes, green onions and green peppers on top of the cheese. Arrange tortilla chips on the plate around the lettuce. Spoon salad dressing or salsa (or both) on top.

Makes 4 taco salads.



Chicken Caesar Wraps

Ingredients

8 oz.	Cooked Chicken Breast (cut into 1" pieces)
1	Tomato (cut into small pieces)
1	Cucumber (peeled and cut into small pieces)
6 Cups	Romaine Lettuce (chopped)
1/2 Cup	Parmesan Cheese
1/2 tsp.	Black Pepper
1 Cup	Creamy Caesar Dressing
4	12" Flour Tortillas

Directions

In a large bowl combine all the ingredients except for the tortillas. Toss well. Place equal amount of salad in the center of each tortilla and roll up tightly.

Makes 4 large wraps.



Salsa Loca

Ingredients

1 Cup	Cooked Corn Kernels (cut from the cob)
1 Cup	Canned Black Beans
1 Cup	Celery (cut into medium-sized pieces)
1/2 tsp.	Chili Powder
1/2 tsp.	Cumin
1/2 tsp.	Salt
Pinch	Black Pepper
1/4 Cup	Fresh Parsley (chopped)
2 Tbsp.	Olive Oil
1 Tbsp.	Balsamic Vinegar
1/4 Cup	Blue Cheese (crumbled)

Directions

In a large bowl, toss together all ingredients.
Refrigerate until ready to serve.

Serve with crispy tortilla chips.

Note: using fresh corn is the best way to make this recipe, but you can substitute canned corn if necessary.



Also great with
grilled chicken
and grilled
steak!!!



Crunchy Baked Chicken Fingers

Ingredients

1 lb.	Chicken Breast (cut into long strips 1" thick)
2	Eggs
3/4 Cup	Milk
1 Cup	Flour
1 Tbsp.	Salt
1 tsp.	Black Pepper
3 Cups	Corn Flake Cereal (crushed fine)

Directions

Preheat oven 350 degrees.

In a large bowl, combine eggs, milk, flour, salt and pepper. Mix well and set aside. Crush corn flakes in a food processor and put into a large bowl. Dip chicken strips into batter and then roll into crushed corn flakes. Place on a cookie sheet in a single layer and bake for 15-17 minutes.

Makes 4 servings.



Honey Mustard Dipping Sauce

Ingredients

1 Cup	Mayonnaise
1/4 Cup	Yellow Mustard
1/2 Cup	Honey
Dash	Salt and Pepper

Directions

In a medium bowl, blend mayonnaise, yellow mustard, honey, salt and pepper. cover and store in refrigerator.



Great with
crunchy
chicken and
fish fingers.



Crunchy Baked Fish Fingers

Ingredients

1 lb.	Florida Fish (Grouper, Snapper, or Mahi-Mahi: cut into long strips 1" thick)
2	Eggs
3/4 Cup	Milk
1 Cup	Flour
1 Tbsp.	Salt
1 tsp.	Black Pepper
3 Cups	Corn Flake Cereal (crushed fine)

Directions

Preheat oven to 350 degrees.

In a large bowl combine eggs, milk, flour, salt and pepper. Mix well and set aside. Crush corn flakes in a food processor and put into a large bowl. Dip fish strips into batter and then roll into crushed corn flakes. Place on a cookie sheet in a single layer and bake for 15-17 minutes.

Makes 4 servings.



Great with honey-mustard dipping sauce! (see quick and easy recipe on page 25)

Mango Milk Shake

Ingredients

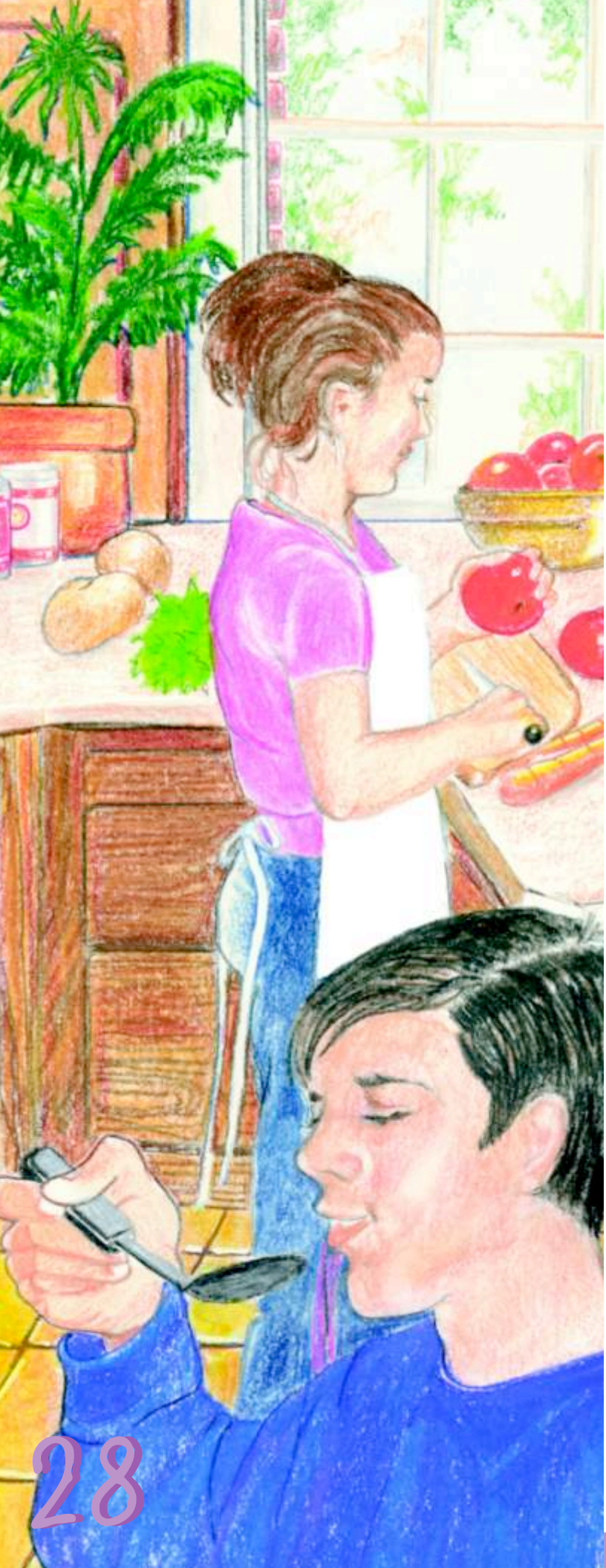
1 Cup	Fresh Mango (cut into medium-sized pieces)
2 Cups	Vanilla Ice Cream
1 Cup	Milk

Directions

Put all ingredients in a blender. Place top on blender and blend until smooth.

Makes 2 milk shakes.





Dinner



All-American Vegetable Soup

Ingredients

1 Tbsp.	Olive Oil
3/4 Cup	Celery (cut into medium-sized pieces)
1/2 Cup	Carrots (cut into medium-sized pieces)
1/4 Cup	Onions (cut into medium-sized pieces)
1 tsp.	Garlic (chopped)
1/2 Cup	Lima Beans
1 Medium	Potato (peeled and cut into medium-sized pieces)
1	Tomato (cut into medium-sized pieces)
4 Cups	Vegetable or Chicken Broth
1 Tbsp.	Fresh Parsley (chopped)
1/2 tsp.	Black Pepper

Directions

Heat olive oil in a large pot over medium high heat. Add celery, carrots, onions and garlic and cook for two minutes, stirring frequently. Add remaining ingredients and bring to a boil. Reduce heat and simmer for 15 minutes.

Makes 4 servings.



Almost Famous Chili

Ingredients

1 lb.	Ground Beef
1/2 Cup	Onion (cut into medium-sized pieces)
1/2 Cup	Green Bell Pepper (cut into medium-sized pieces)
1 tsp.	Garlic (minced)
1 tsp.	Jalapeno Pepper (minced)
6 oz. Can	Tomato Paste
1 Tbsp.	Chili Powder
1/2 tsp.	Cumin
1 tsp.	Salt
1/4 tsp.	Black Pepper
4 Cups	Beef Broth
1	Tomato (cut into medium-sized pieces)
1/2 tsp.	Dry Oregano
1	Bay Leaf
2 Tbsp.	Brown Sugar
1-15 oz.	Can Red Kidney Beans (optional)

Directions

Place ground beef in a large pot and cook over medium-high heat until no pink color remains in the meat. Drain any liquids. Add onions, green peppers, garlic and jalapeno pepper. Cook for 2 minutes stirring frequently. Add beef broth, diced tomato, oregano, bay leaf and brown sugar. Bring to a boil and reduce heat to medium low. Simmer for 30 minutes. Add beans if desired and cook for 15 more minutes.

Makes 4-6 servings.



Mighty Meatloaf

Ingredients

1 Cup	Milk
4 Slices	White Bread (broken into pieces)
2	Eggs
2 tsp.	Salt
1 tsp.	Dry Mustard
1/2 tsp.	Black Pepper
1/4 Cup	Ketchup
1/2 Cup	Onion (minced)
1/2 Cup	Green Bell Pepper (minced)
1 Tbsp.	Worcestershire Sauce
2 lbs.	Ground Beef

Directions

Preheat oven to 350 degrees.

In a large bowl stir together milk, bread, eggs, salt, mustard, pepper, ketchup, onion, green pepper and Worcestershire sauce. Wash and dry your hands thoroughly. Add the ground beef to the bowl. Using your hands, mix all ingredients well. Divide mixture evenly into two 8" x 11.5" x 2" roasting pans and form a loaf shape. Bake for 1 hour and 15 minutes. Remove from oven and let stand for 5 minutes. Slice and serve.

Makes 6-8 servings.



Smashed Potatoes

Ingredients

6 Medium	Baking Potatoes (peeled and cut into 1" pieces)
3 Tbsp.	Butter
1/2 Cup	Milk
1/2 Cup	Sour Cream
3/4 tsp.	Salt
1/4 tsp.	Black Pepper

Directions

Bring a large pot of water to a boil. Put the cut potatoes into the boiling water and cook for 15 minutes. Drain and put cooked potatoes in a large bowl. Add butter, milk, sour cream, salt and pepper. Whip potatoes using an electric hand mixer until smooth. Serve immediately.

Makes 4 servings.



Great side dish with Mighty Meatloaf!!!



Italian Green Beans & Tomatoes

Ingredients

- 1/2 lb. Fresh Green Beans (ends removed)
- 2 Tbsp. Olive Oil
- 1 Large Tomato (cut into medium-sized pieces)
- 1 tsp. Garlic (chopped)
- 1/2 tsp. Salt
- 1 tsp. Dry Oregano



Directions

Bring a large pot of water to a boil. Add green beans and cook uncovered for 5–6 minutes. Drain the beans in a colander and pour cold water over them until they are cool. Set aside.

Heat a large sauté pan over medium high heat and add olive oil. Add tomatoes, cooked green beans and garlic. Cook for 3 minutes stirring frequently. Add salt and oregano.

Serve immediately.

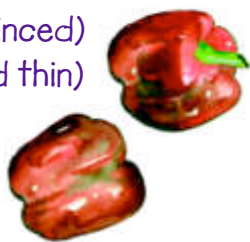
Makes 4 servings.



Orange Chicken Stir-Fry

Ingredients

2 Tbsp.	Peanut Oil
12 oz.	Chicken Breast (cut into 1" pieces)
1/4 Cup	Onion (sliced thin)
1/2 Cup	Celery (sliced thin)
1/2 Cup	Zucchini (cut into medium sized pieces)
1 Cup	Mushrooms (sliced)
1/2 Cup	Red Bell Pepper (sliced thin)
1/2 Cup	Carrots (sliced thin)
1 tsp.	Garlic (minced)
1 tsp.	Fresh Ginger (minced)
2 Cups	Cabbage (sliced thin)
Sauce:	
1 Tbsp.	Cornstarch
3/4 Cup	Orange Juice
2 Tbsp.	Soy Sauce
1 Tbsp.	Green Onion (sliced thin)
1/4 Cup	Cilantro (chopped)



Directions

In a small bowl, combine cornstarch, orange juice, cilantro, soy sauce and green onions. Set aside. Heat a wok or large heavy skillet over high heat. Add peanut oil and heat until very hot. Add diced chicken and stir while cooking for 2-3 minutes. Add onions, celery, zucchini, mushrooms, red bell pepper, carrots, garlic, ginger and cabbage. Stir and toss ingredients constantly for 2 minutes. Pour orange juice mixture into the wok or skillet and bring to a boil. Stir well to coat ingredients. Serve immediately with rice.

Makes 4 servings.



Kitchen trivia:
Wok is the
Chinese word
for pot.

Creamy Cucumber Salad Dressing & Veggie Dip

Ingredients

1 Large	Cucumber (peeled, seeds removed, and chopped)
2	Green Onions (chopped)
1/2 Cup	Low-Fat Plain Yogurt
1/2 Cup	Low-Fat Sour Cream
2 Tbsp.	Vinegar
1/2 tsp.	Dill
1/2 tsp.	Salt
1/4 tsp.	White Pepper

Directions

Combine cucumbers and green onions in a blender; puree until smooth. Pour mixture into a bowl and add remaining ingredients. Mix well and refrigerate.

Makes approximately 2 cups.



Squashed Lasagna

Ingredients

1-16 oz.	Package Dry Lasagna Noodles
1 lb.	Ground Beef
2 tsp.	Dry Oregano
1 tsp.	Dry Basil
1 tsp.	Dry Parsley
3 Cups	Cottage Cheese
2	Eggs
1 1/2 Cups	Shredded Mozzarella Cheese
1 Cup	Parmesan Cheese
1 tsp.	Salt
1/2 tsp.	Black Pepper
2	Yellow Squash (sliced very thin)
2	Zucchini (sliced very thin)
4 Cups	Spaghetti Sauce



Directions

Preheat oven to 350 degrees.

Bring a large pot of water to a boil. Add lasagna noodles and cook for 6-8 minutes. Drain and rinse with cold water. Lay noodles flat and set aside. In a skillet, cook the ground beef over medium high heat, add the dry oregano, basil and parsley. Cook until there is no pink color remaining in the beef. Drain any liquids and add cooked ground beef to the spaghetti sauce and set aside.

In a large bowl, mix together cottage cheese, eggs, salt, pepper, 1 cup of the mozzarella and 1/2 cup of the Parmesan cheese.

Spoon a thin layer of spaghetti sauce in the bottom of a 9" x 13" baking dish. Add a layer of noodles lengthwise overlapping slightly. Spoon 1/2 of the cheese mixture on top of the noodles and spread evenly. Arrange a layer of the squash and zucchini on top of the cheese. Spoon 1/3 of the sauce and meat mixture on top of the squash. Add another layer of noodles and remaining cheese mixture. Place another layer of the squash and zucchini and top with 1/2 of the sauce and meat mixture. Add 1 more layer of noodles and top with the remaining sauce. Sprinkle top with the remaining 1/2 cup of mozzarella cheese and remaining 1/2 cup of parmesan cheese.

Place in oven and bake for 1 hour and 15 minutes. Remove from oven and wait 10 minutes before slicing.

Makes 10-12 servings and the leftovers are fantastic!!!



Baked Zucchini Boats

Ingredients

2 Large	Zucchini
2 Cups	Cooked Mixed Vegetables (chopped broccoli, carrots and cauliflower)
1/2 tsp.	Garlic (chopped)
1/2 tsp.	Salt
Dash	Black Pepper
1/2 Cup	Shredded Cheddar Cheese

Directions

Preheat oven to 350 degrees.

Slice the stem end off of the 2 zucchini and then slice zucchini in half lengthwise. With a spoon, scoop out the insides of the zucchini halves. In a medium bowl, combine mixed chopped vegetables, garlic, salt and pepper. Fill the zucchini boats with the mixed vegetables and sprinkle tops with shredded cheese. Place on a baking sheet and bake in the oven for 20 minutes.

Makes 4 zucchini boats.



Leftover veggies work great for the mixed vegetable filling!



Quick & Easy Salsa

Ingredients

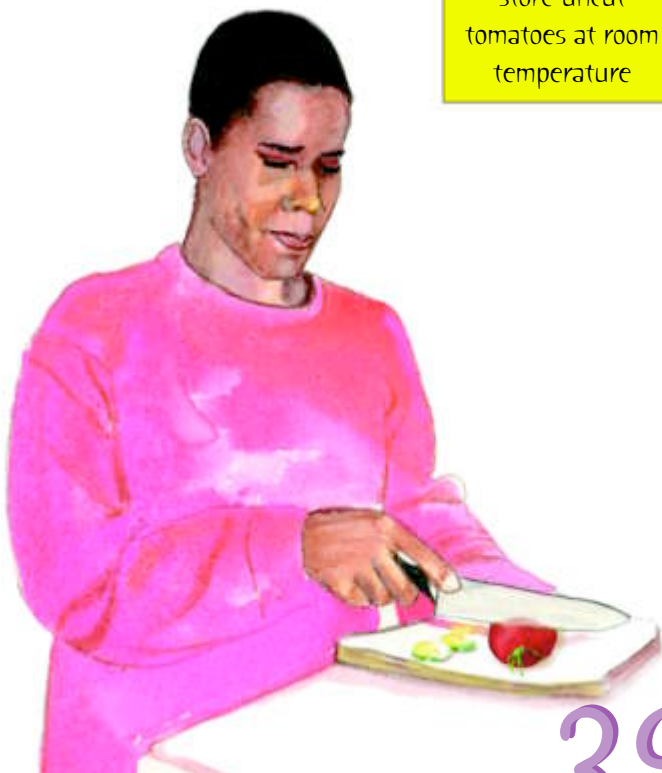
2 Large	Tomatoes (core removed and chopped)
1/4 Cup	Green Bell Pepper (chopped)
1/4 Cup	Red Onion (chopped)
1 Tbsp.	Lime Juice
1/2 tsp.	Garlic
1 tsp.	Jalapeno Pepper (chopped)
1 tsp.	Chili Powder
1/4 tsp.	Cumin
1/4 tsp.	Salt
1 Tbsp.	Olive Oil
1/4 Cup	Fresh Cilantro (chopped)

Directions

Place all ingredients in a blender and blend on the lowest speed until desired consistency. Refrigerate. Makes approximately 3 cups.



kitchen tip: Always store uncut tomatoes at room temperature



Strawberry Dessert Pizza

Ingredients

1-18 oz. Tube	Sugar Cookie Dough
1-8 oz. Container	Strawberry Cream Cheese
2 Pints	Fresh Strawberries (sliced)
1 Tbsp.	Honey
2 tsp.	Water



Directions


Preheat oven to 350 degrees. Place cookie dough in the center of a large pizza pan. Using your hands, press the dough out into a circle shape until it is 1/2 inch thick. Bake for 18-22 minutes or until crust is light brown. Remove from oven and cool completely.

Spread cream cheese on top of cooled crust leaving the outer 1/2 inch of the crust without the cream cheese and then place sliced strawberries on top of cream cheese in a single layer. In a small bowl combine honey and water. Using a pastry brush, coat the top of the strawberries with the honey mixture. Cut like pizza and serve.

Makes 8-10 slices.

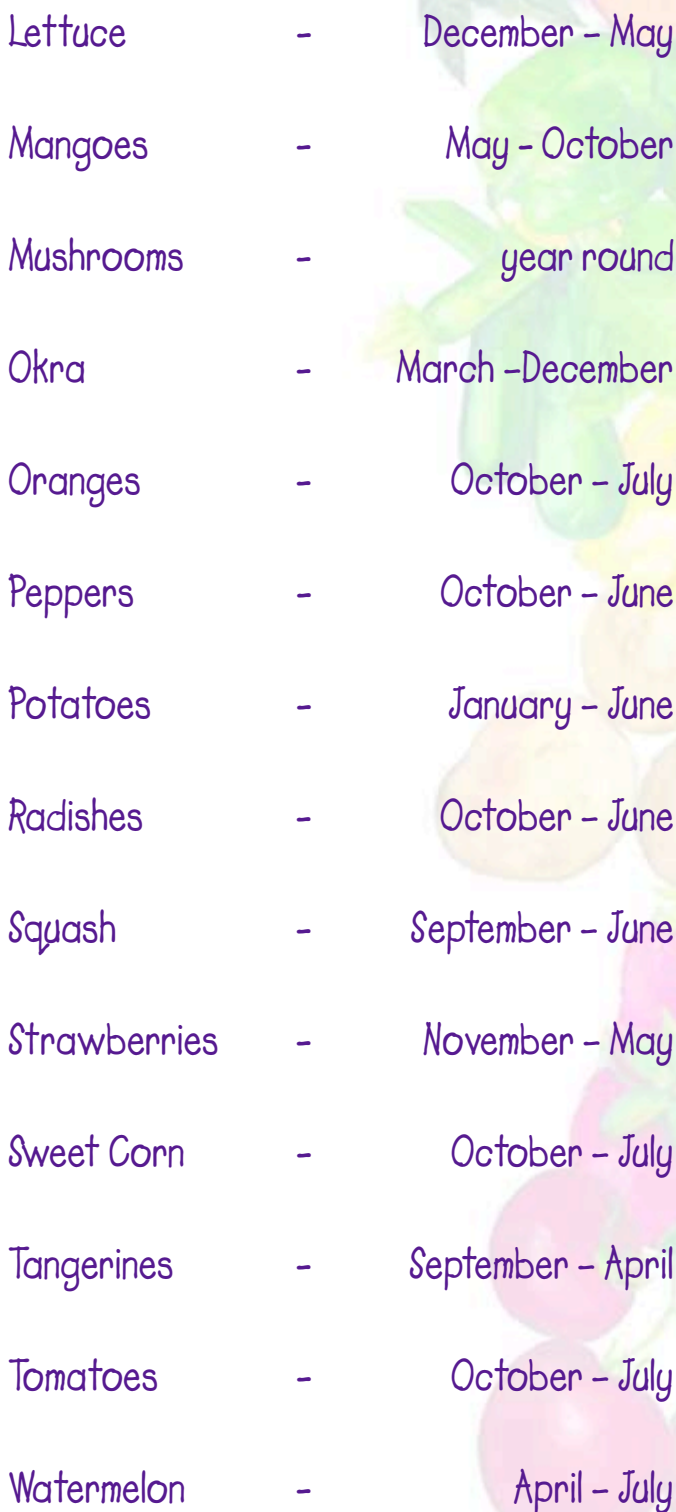


KNOW YOUR SEASONS



Avocado	-	June - January
Broccoli	-	November - May
Cabbage	-	November - June
Carambola (star fruit)	-	July - March
Carrots	-	December - June
Cauliflower	-	November - June
Celery	-	November - June
Cucumbers	-	October - June
Eggplant	-	October - June
Grapefruit	-	September - July
Green Beans	-	October - June
Green Onions	-	November - June
Honeydew	-	November - May

SEASONS continued ...



Lettuce	-	December - May
Mangoes	-	May - October
Mushrooms	-	year round
Okra	-	March - December
Oranges	-	October - July
Peppers	-	October - June
Potatoes	-	January - June
Radishes	-	October - June
Squash	-	September - June
Strawberries	-	November - May
Sweet Corn	-	October - July
Tangerines	-	September - April
Tomatoes	-	October - July
Watermelon	-	April - July

Glossary

Bake - to cook in the oven



Beat - to stir hard



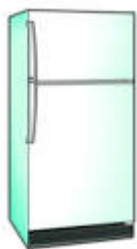
Blend - combining foods into a uniform mixture



Boil - to cook in a liquid that is bubbling hot



Chill - to put in refrigerator to cool



Glossary continued...

Chop - to cut into small pieces



Drain - remove liquid by pouring through a colander or strainer



Mix - combine ingredients



Peel - to remove the skin or peel of a fruit or vegetable



Glossary continued...

Simmer -



to cook in a pot over medium-high heat, just barely bubbling

Whip -



use a whisk to combine ingredients or stir vigorously

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