



Dear Parent,

Today at Kids a Cookin' & Movin' we focused on how to make "Mealtime-Familytime" something both kids and parents can enjoy! Gathering around the dinner table as a family has been shown to have many positives. It becomes a time for families to talk, laugh, learn, listen and eat. Family time can begin in the supermarket as you plan your meals. Read labels together. Have the kids help select the foods to buy. Then let it carry over to the kitchen as you cook with your children.

Eating together sounds simple, but is it? How often do you sit down and eat together as a family? Having dinner around the table (with the TV turned off) will leave a lasting impression on your children for years to come. Eating together gives you a chance to visit about the day. Mealtime is a great time to teach children language skills such as vocabulary. Family meals provide opportunities for adults to model table manners and nutritious food choices. Encourage all family members to try new foods!

Families need emotional, nutritional and physical nourishment. Doing things together—playing board games, working on puzzles, cooking and eating a meal, gardening, going for a walk or bike ride—contribute to building a healthy family bond.

Ask your child what recipe they fixed today. Two recipes and several activities are included in this newsletter.

Sincerely,

For more information about this recipe and other fun recipes: contact your local K-State Research and Extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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# Things to do with your kids:

At the grocery store, show or tell your children why you selected the items. For example, open the carton of eggs before putting it in your cart. Why? To make sure none are broken.

- Involve your children in the kitchen: Ask them to help you put groceries away or let them go to the pantry and find items needed for the recipe you're making.
- Read recipes together. Flip through cookbooks for recipes. Let children plan at least one meal a week. Try a new recipe or a new food once a month.
- Serve the meal with style. Make it colorful (and healthy) by serving a variety of foods.
- Keep easy-to-make foods on hand: cans of soup, pasta and sauce, rice, eggs, canned or frozen fruit and vegetables, canned chicken or tuna.
- **BE ACTIVE:**  
Take a family bike ride, go to the park, play catch or shoot hoops together.

## One Fun Egg Roll

*Baked to perfection, not fried!*

Makes: 14

### Ingredients:

1 tablespoon water  
1 1/2 tablespoons reduced-sodium soy sauce  
1 teaspoon vegetable oil  
1 teaspoon brown sugar  
1 tablespoon plus 1 teaspoon cornstarch

1 garlic clove, minced  
1 cup finely diced broccoli  
1/2 cup finely diced onion

### Directions:

Remember to wash your hands!

1. In a small bowl, combine water, soy sauce, oil and brown sugar; whisk in cornstarch and set aside. 2. Heat a nonstick skillet or wok on medium-high heat. Add vegetables, garlic and pepper. Cook 3 minutes. Add chicken and cook 1 minute more. 3. Pour soy sauce mixture into chicken mixture; toss well. Remove from heat and set aside. 4. Preheat oven to 400 degrees F. 5. Spray a baking sheet with cooking spray. 6. Place 1 egg roll wrapper (on sanitized countertop) so it looks like a diamond. Put 1/4 cup filling just below center. Pull bottom edge of wrapper up and tuck under filling. Fold in the left and right corners. Tightly roll-up egg roll. Moisten the top corner of wrapper with a bit of water to prevent it from unrolling. (Keep the egg roll wraps in their package so they don't dry out between making each one.) 7. Place egg roll, seam-side-down, on baking sheet and repeat with remaining wrappers and filling. Lightly spray egg rolls with cooking spray. Bake 18 to 22 minutes until golden brown.

*Nutrition Facts: One egg roll provides 150 calories, 1.5g total fat, 20mg cholesterol, 270mg sodium, 23g total carbohydrate*

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**Kids a Cookin' & Movin'**

### Chef's Choice

One Fun Egg Roll  
Rice  
Canned peaches  
Low fat milk



## All-American Cheeseburger Bake

*This casserole tops the charts!*

Makes: 10 servings - 1 biscuit each

### Ingredients:

1 pound lean ground beef  
1/2 cup chopped onion  
1 can (10.75 ounces) tomato soup, undiluted  
2 tablespoons ketchup  
1 tablespoon mustard  
2 tablespoons pickle relish  
1/4 teaspoon ground pepper  
4 slices American cheese  
1 can refrigerated biscuits (7.5 ounces - 10 biscuits)

### Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees F. 2. In large skillet, brown ground beef and onion on medium-high heat; drain well. 3. Add tomato soup, ketchup, mustard, relish, and pepper. Let mixture simmer on low heat for about 10 minutes. 4. Lightly coat 9-inch baking dish with non-stick cooking spray. 5. Spread meat mixture evenly in baking dish. 6. Place slices of American cheese on top of the meat. 7. Place biscuits on top of the cheese (may need to gently stretch biscuits to cover beef and cheese layers). 8. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.

*Nutrition Facts: One biscuit w/meat provides 180 calories, 7g total fat, 35mg cholesterol, 700mg sodium, 17g total carbohydrate*

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### Chef's Choice

All-American Cheeseburger Bake  
Fresh green beans  
Fresh fruit slices  
Low fat milk