



Washtenaw County
Health Department



PRESCRIPTION
for HEALTH

Recipes for Cooking Kids -- Kid-Friendly Recipes Part 2

There are four recipes in this packet.

The recipes included are:

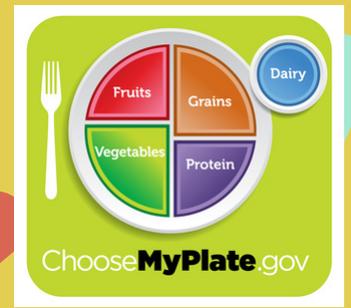
PB&J Apples

Falafel Chickpeas

Quesadilla

Eggplant Pizza Bites

RECIPE



PB&J Apples

RECIPE NAME

INGREDIENTS

- Apples
- Peanut butter or other nut butter
- Jelly

PROCEDURE

1. Wash and dry the apples
2. Carefully cut the apples into thin, round slices (you may need an adult's help with this!)
3. Use a cookie cutter or other kitchen utensil to cut out the core of the apple slices
4. Spread nut butter on apple slice
5. Spread jelly on apple slice
6. Put slices together like a sandwich
7. Enjoy!

MYPLATE CATEGORIES



TIME TO PREPARE

3 to 5
minutes

TIME TO COOK

No cooking
required!

TOOLS NEEDED

- 1 sharp knife
- 1 small cookie cutter (optional)
- 1 butter knife or spatula
- 1 cutting board or plate

RECIPE



Falafel Chickpeas

RECIPE NAME

INGREDIENTS

- 1 can of chickpeas (garbanzo beans)
- 1 tablespoon Olive oil (or other neutral oil)
- 1 teaspoon Ground Cumin
- 1/2 teaspoon Coriander
- Salt to taste

PROCEDURE

1. Preheat oven to 350 degrees F
2. Open the can of chickpeas, drain and rinse with water
3. Pour chickpeas onto towel and carefully pat dry
4. Pour dry chickpeas into bowl
5. Add 1 tablespoon of oil
6. Add 1 teaspoon of ground cumin
7. Add 1/2 teaspoon of ground coriander
8. Add salt to taste (optional)
9. Mix all ingredients together
10. Pour chickpeas onto a baking sheet (optional: line baking sheet with tin foil and spray with cooking spray first)
11. Place chickpeas into oven for 30 minutes
12. After 30 minutes, stir the chickpeas and place back into oven for another 30 minutes
13. Take chickpeas out of oven and let cool for 5 minutes
14. Enjoy!

MYPLATE CATEGORIES



TIME TO PREPARE

5 minutes

TIME TO COOK

1 hour

TOOLS NEEDED

- Can opener
- Bowl
- Oven
- Measuring spoons
- Baking sheet
- Tin foil (optional)

RECIPE



Quesadilla

RECIPE NAME

INGREDIENTS

- Corn or flour tortillas
- Olive oil (or other neutral oil)
- Cheese of your choice
- Avocado
- Corn
- Black Beans
- Onion
- Jalapeño
- Tomato
- Apple
- Salsa or hot sauce (for dipping, optional)
- Sour cream or yogurt (for dipping, optional)

PROCEDURE

1. Wash and dry the produce
2. Carefully chop the produce (you may need some help from an adult!)
3. Add a small amount of oil to a pan on the stove
4. Heat pan and oil using medium/medium low heat
5. Add tortilla to pan
6. Add cheese on top of tortilla, then layer other ingredients
7. Add more cheese
8. Fold tortilla in half or place another tortilla on top
9. Cook until first tortilla is golden brown, then carefully flip and cook the other side
10. Enjoy!

MYPLATE CATEGORIES



TIME TO PREPARE

4 to 6
minutes

TIME TO COOK

5 to 15
minutes

TOOLS NEEDED

- Pan
- Stove
- Spatula
- Spoon
- 1 sharp knife (optional)
- 1 cutting board (optional)

RECIPE



Eggplant Pizza Bites

RECIPE NAME

INGREDIENTS

- Eggplant
- Pizza/tomato sauce
- Cheese
- Pepperoni and other pizza toppings (optional)
- Salt and pepper
- Olive oil (or other neutral oil)

MYPLATE CATEGORY



TIME TO PREPARE

7 to 10
minutes

TIME TO COOK

15 to 25
minutes

TOOLS NEEDED

- Sharp knife
- Cutting board
- Spoon
- Spatula
- Tin foil (optional)
- Baking sheet
- Oven

PROCEDURE

1. Preheat oven to 450 degrees F
2. Wash the eggplant
3. Carefully slice the eggplant into round slices (you may need some help from an adult!)
4. Place onto baking sheet (optional: line baking sheet with tin foil and spray with cooking spray)
5. Brush slices with olive oil (or other neutral oil)
6. Sprinkle with salt and pepper
7. Cook eggplant slices for 15 minutes (optional: flip the eggplant slices over about half way through)
8. Carefully remove from oven
9. Top eggplant slices with pizza/tomato sauce, cheese and any other pizza toppings
10. Broil the eggplant slices for about 5 minutes - make sure to watch so they don't burn!
11. Carefully remove from the oven and let cool
12. Serve with your favorite dipping sauce and enjoy!