

MCI July-Kids in the Kitchen #2

KITCHEN RULES:

- Ask permission to cook or bake.
- Wear an apron or clothes you don't mind getting dirty.
- Keep damp cloth or paper towels to wipe up spills.
- Always clean up the kitchen when you are finished!!

KITCHEN SAFETY TIPS:

- Wash your hands with soap and warm water before cooking and after handling uncooked meat, chicken, fish, etc.
- Use a separate cutting board for uncooked meat, chicken, fish, etc.
- Always use hot pads or pot holders to handle hot pans and utensils.
- Make sure an adult is present if you use the oven, stove sharp knives, etc.
- Turn the handle of the pan or skillet to the middle of the stove
- If you are using a vegetable peeler or knife, always cut away from yourself

Orzo Pasta with Beef and Veggies

1 lb. lean ground beef

5 cups vegetables of your choice such as zucchini, yellow squash, cherry tomatoes, bell peppers, carrots, green beans

1 Tablespoon olive oil

1 teaspoon dried rosemary

1 teaspoon dried thyme

1 ½ cup orzo

½ cup crumbled feta cheese

½ cup fresh grated parmesan cheese

Prepare orzo according to package directions in a large pot. While orzo is cooking, cut up vegetables. Drain pasta and return to pot, set aside. Brown beef in skillet over medium-high heat until no longer pink (5-7 minutes). Transfer beef from pan to a bowl and set aside. Return skillet to burner and add olive oil. Add vegetables, rosemary and thyme. Saute' over medium-high, turning vegetables occasionally with spatula until vegetables are cooked tender-crisp. Add beef and vegetables to the orzo and mix together over

medium heat until warmed through. Add feta and parmesan cheese, cover briefly to melt the cheese and serve.

Serves 6-8.

Island Fruit Salad

2 Tablespoons granulated sugar

2 Tablespoons water

½ lime, juiced

1 teaspoon rum extract

2 kiwis, peeled and sliced

1 orange, peeled and cut into chunks

2 cups seedless watermelon, cut into chunks

2 teaspoons flaked, sweetened coconut

Combine sugar and water in small bowl. Microwave for 20-30 seconds. Stir until sugar is dissolved. Add lime juice and rum extract. Place the fruit in a medium-sized bowl. Pour sugar mixture over fruit and mix together. Let stand for 20-30 minutes for flavors to blend. Serve and sprinkle with coconut.

Serves 6.