



Kid Friendly Recipes



# Table of Contents



Turkey Feta Meatballs	4
Three Cheese and Sausage Lasagna	5
Baked Pork Chops With Apples	6
Mexican Chicken Noodle Soup	7
Homemade Mac and Cheese	8
Chicken Salad	9
Sloppy Joes	10
Chicken Nuggets	11
Quesadillas	12
Shredded Beef Sandwiches	13

Dear Moms,

We know cooking for a family is tough, even more so when kids are picky eaters. So we've come to your rescue by compiling our favorite kid-friendly recipes.

This collection has classic favorites like meatballs, mac and cheese, sloppy joes and more. Our recipes are healthier than those at fast food restaurants so you can feel good about serving your kids nutritious and yummy food!

Enjoy!





## Ingredients



- 1 slice of plain bread
- ¼ C. milk
- 1 1/4 lbs. ground turkey
- 1 large egg plus 1 egg yolk, lightly beaten
- 1/4 C. crumbled feta cheese, plus more for serving, if desired
- 2 Tbs. finely minced scallions, white and green parts
- 1 clove finely minced garlic
- 1/4 to 1/2 tsp. salt
- Freshly ground pepper
- 4 C. tomato sauce
- 1 lb. dried spaghetti

# Turkey Feta Meatballs

Serves 6

## Directions

1. Preheat the oven to 350°F. Spray a baking sheet with sides with nonstick cooking spray, or lightly oil it.
2. Tear the bread into pieces and place them in a small bowl, pour the milk over, stir to combine, and let sit for 5 minutes until the bread has absorbed most of the milk. Squeeze out the excess milk and shred the bread into little pieces.
3. Place the meat in a large bowl. Add the soaked bread, eggs, feta, scallions, garlic, 1/4 to 1/2 teaspoon salt, and pepper to the meat, and use your hands to blend it well, but try not to squeeze the mixture too much as you blend it. Make nice round meatballs 1 1/2-inches in size.
4. Place the meatballs on the prepared baking sheet, about 1 inch apart, and bake until almost cooked throughout, about 15 minutes. They should feel firm but have some give when you press them.
5. Meanwhile, bring a large pot of water to a boil. Add about a tablespoon of salt, return to a boil and add the spaghetti. Cook according to package directions until al dente, then drain.
6. While the pasta and the meatballs are cooking, bring the tomato sauce to a simmer in a medium sized pot over medium-low heat. Add the partially cooked meatballs to the sauce and simmer until they are fully cooked, about 10 more minutes.
7. Serve the pasta with the sauce and meatballs. Pass around extra feta on the side for sprinkling, if you like.



## Ingredients

- 3 tsp. olive oil, divided
- 1 lb. fresh sweet sausage
- 3/4 C. chopped onion
- 1 tsp. minced garlic
- 2 tsp. dried oregano
- 1 tsp. dried basil
- Salt and freshly ground pepper
- 2 28-oz. cans crushed tomatoes
- 2 eggs
- 2 C. ricotta cheese
- 3/4 C. grated Parmesan cheese, divided
- 1/2 C. grated Romano cheese, divided
- 6 ready-to-bake lasagna noodles

# Three Cheese and Sausage Lasagna

Serves 6

## Directions

1. Preheat the oven to 350°F. In a large sauce pot, heat the 1 teaspoon of the olive oil over medium-high heat. Add the sausage and cook, stirring frequently, breaking up the meat so that it's crumbly and browned throughout, about 4 to 6 minutes. Turn it into a strainer and let it the fat drain off
2. Add the remaining 2 teaspoons of oil to the same pot over medium heat. Add the onion and cook, stirring frequently, until softened, about 5 minutes. Add the garlic, oregano and basil and cook, stirring for 2 more minutes, until you can smell the garlic and herbs. Add the canned tomatoes and stir to combine everything. Bring to a simmer over medium high heat, stirring occasionally. Add the cooked sausage, lower the heat to medium low and simmer, stirring occasionally for 20 minutes. Taste, and season gently with the salt and pepper. Remove from the heat and let cool to room temperature.
3. Meanwhile, in a medium sized bowl, lightly beat the eggs, then stir in the ricotta, 1/4 cup of the Parmesan and 1/4 cup of the Romano cheese. Season with salt and pepper.
4. Spread each of the 6 lasagna noodles with the ricotta mixture. Spoon a little of the sauce into the bottom of a 9 x 9-inch baking pan, and lay two of the noodles on the bottom. Spoon over 1/3 of the remaining sauce evenly over the boodles, and sprinkle over 1/3 each of the remaining grated cheeses. Repeat the layers two more times, using up all of the sauce and all of the cheese. Bake for 50 minutes, until the top is golden brown. If you are planning to serve it right away, allow it to sit for at least 10 minutes so that the lasagna slices neatly. Otherwise, let cool slightly, cover with foil, and reheat in a 350°F. oven for 30 minutes, covered with foil, right before serving.

## Ingredients



- 6 pork chops
- salt and pepper to taste
- 1 Tbs. olive oil or vegetable oil
- 4 Tbs. butter
- 1 large onion, sliced
- 4 to 6 cooking apples, peeled, cored, and sliced
- 1 C. chicken broth
- 1/4 C. brown sugar
- 1/2 tsp. cinnamon

# Baked Pork Chops with Apples

Serves 6

## Directions

1. Heat oil (or butter) in a large skillet
2. Sprinkle salt and pepper on pork chops. Brown the chops in the skillet to sear in the juices.
3. Remove chops from skillet and place in baking dish.
4. Add the rest of the butter, sugar, cinnamon, chicken broth, onions and apples. Cook until onions are lightly caramelized and apples have begun to soften
5. Pour contents of skillet over top of pork chops.
6. Wrap tightly with tinfoil.
7. Bake in 350 oven for about 30 minutes. Be careful not to overcook the pork chops as they will get dried out



## Ingredients

- 2 Tbs. vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp. dried oregano
- 1 C. canned pureed tomatoes
- 1-2 Tbs. pureed chipotles in adobo sauce
- 8 C. chicken broth
- salt and freshly ground pepper
- 8 oz. spaghetti
- 2 cups shredded cooked chicken breast
- Chopped parsley
- Diced avocado
- Sour cream

# Mexican Chicken Noodle Soup

Serves 6

## Directions

1. In a large pot, over medium high heat, heat the oil. Add the onions and sauté for 3 minutes, stirring. Add the garlic and oregano and stir for two more minutes. Add the tomatoes, chipotle puree, chicken broth, and heat until simmering. Add salt and pepper as needed.
2. Add the pasta and the shredded chicken, and cook, stirring occasionally, until the pasta is tender and cooked through (it will have absorbed some of the broth). Taste again for seasoning. Garnish with parsley, avocado, and sour cream as desired.

Note: Small tins of chipotles in adobo sauce are available in the Mexican or Spanish food section of many supermarkets. Puree the peppers and the sauce together in a food processor or blender, and transfer it to a plastic container with a lid. Store in the refrigerator and use a spoonful or two in any soup, stew, dressing, sauce or other dish that could use a little heat and smokiness





## Ingredients

- 3 Tbs. unsalted butter
- 3 C. panko
- 1 1/2 C. grated extra-sharp Cheddar or Gruyere cheese
- 1 1/2 lb. ziti
- 4 Tbs. unsalted butter
- 4 Tbs. all-purpose flour
- 1/2 tsp. hot red pepper flakes
- 4 1/2 C. whole milk
- 1 C. heavy cream
- 6 C. coarsely grated firm flavorful cheese
- 1/2C. grated Parmesan cheese
- 4 tsp. Dijon mustard
- 1 1/2 tsp. Kosher salt
- 1/2 tsp. freshly ground black pepper

# Homemade Mac and Cheese

Serves 6

## Directions

1. Preheat the oven to 400°F. Add butter a 4-quart shallow baking dish (or use two smaller baking dishes). Bring a large pot of salted water to a boil.
2. For the topping, melt the butter and stir it together with the panko and Cheddar until well combined.
3. For the sauce, in a 5-quart heavy saucepan melt butter over medium low heat and whisk in the flour and red pepper flakes. Cook, stirring (you are making a roux here — look at you!), for about 4 minutes, until blond in color, and gradually whisk in the milk. Turn the heat up to medium high and bring the sauce to simmer, whisking frequently, lower the heat, and simmer for 5 minutes until the sauce starts to thicken. Remove from the heat, and stir in the cream, grated cheese, Parmesan, Dijon mustard, salt, and pepper, until everything is smooth. Taste for seasoning.
4. Meanwhile, add the pasta to the boiling water, cooking until barely al dente (follow package directions, but stop a minute or two before it should be done). Before you drain the pasta, scoop out 1 cup of the cooking water and whisk it into the sauce, and then drain the pasta. Add the pasta to the sauce and stir to combine. Turn the mixture into the baking dishes. There will appear to be a lot of sauce! Some of it will absorb into the pasta as it cooked, and in my book saucy is better than dry.
5. Sprinkle the panko topping evenly over the pasta (if using) and bake for about 30-40 minutes, until golden and bubbling. Give it a few minutes to sit before serving.



## Ingredients

- chicken chunks
- celery
- red onion
- mayonnaise
- Craisins
- diced granny smith apple
- lettuce
- pita pockets



## **Chicken Salad**

Serves 6

## Directions

1. Dice the celery and add it to a bowl of chicken. Then add the mayo. Stir well.
2. Add ground pepper and salt, to taste.
3. Add the Craisins. Stir well.
4. Refrigerate until ready to serve.
5. To serve, place lettuce in the pitas then, add the salad.

## Ingredients

- 2lbs of ground beef
- 2 cans tomato soup
- 1 large jar salsa
- buns



## **Sloppy Joes**

Serves 6

## Directions

1. Brown the ground beef. Drain the excess fat.
  - Decide if you want to cook it in your crockpot or on the stove top.
2. If crockpot, cook on low until you are ready to eat.
3. If stove top, turn on low, cover, and let simmer 15 minutes or until warmed through.
4. Spoon onto buns

## Ingredients

- 1 lb. chicken tenders
- 2 eggs
- 1 C. all-purpose flour
- salt
- freshly ground pepper
- 3 Tbs. olive oil



# Chicken Nuggets

Serves 6

## Directions

1. Cut the chicken into 1-inch thick strips.
2. Beat the eggs in a shallow bowl.
3. Stir up the flour with salt and pepper in another shallow bowl.
4. Heat the olive oil in a large skillet over medium high heat.
5. Dip the chicken strips into the egg mixture, and let the excess drip back into the bowl.
6. Coat the chicken pieces in the flour mixture.
7. Sauté the chicken for about 3 minutes on each side, in batches (don't crowd the pan) until lightly browned, and the chicken is cooked through.
8. Rest on paper towels for a minute to cool.
9. Serve with dipping sauces if desired.

## Ingredients



- 8 8-inch flour tortillas
- 2 C. shredded cheese
- Shredded chicken or beef
- Chopped olives
- Chopped cooked broccoli or asparagus
- Drained and rinsed beans, such as black beans or kidney
- Chopped tomatoes
- Chopped cooked ham
- Chopped artichoke hearts
- Cooked onions
- Salsa
- Sour Cream

## **Quesadillas**

Serves 8

## Directions

1. Preheat the broiler.
2. Place 4 tortillas under the broiler, right on the rack, and watch them carefully until they turn golden brown, about 2-3 minutes.
3. Remove the tortillas, and place them uncooked side up.
4. Evenly sprinkle the cheese over the four tortillas. Place additional ingredients on top of the cheese.
5. Place the four uncooked tortillas on top of the filling, transfer the tortillas back under the broiler until the cheese is melted inside and the top is golden brown, about 3 minutes.
6. Remove and let sit for a minute before you slice each tortillas into 6 wedges, and serve with the salsa and sour cream.



## Ingredients

- 3 lb. pot roast
- 1 onion, chopped
- 2 C. beef broth
- 1 garlic clove
- 1 tsp. salt
- 3/4 C. ketchup
- 4 Tbs. brown sugar
- 2 Tbs. vinegar
- 1 tsp. dry mustard
- 1/2 tsp. chili powder
- 3 drops Tabasco
- 1/4 tsp. paprika
- 1 tsp. Worcestershire sauce



# Shredded Beef Sandwiches

Serves 8

## Directions

1. Cook the roast, onion and beef broth in your crockpot for 8 hours, or until the meat falls apart.
2. Mix the rest of the ingredients in a bowl for adding about one hour before serving.
3. After 8 hours or so when the meat is falling apart, remove it from the crockpot leaving the juice behind.
4. Shred the meat up with two forks. Drain all but 1 1/2 cups of the broth in the crockpot.
5. Return the beef to the crockpot with the 1 1/2 cups of broth. Add the rest of the ingredients and mix well.
6. Turn the crockpot onto high and let cook for an additional hour.
7. To serve, pile the beef high onto sandwich rolls.



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