

Carrot Burgers



Prepare: Make Cooking a Fun Family Activity

- Wash your hands and read the recipe.
- Get all the ingredients and cooking gear out.
- Prepare all ingredients per the instructions.

Ingredients

- 1-1/2 cups - Carrots, diced
- 2 cups - Cornflakes, crushed (put in a closed bag and crush with rolling pin)
- 2 Eggs, beaten
- 1/4 cup - Celery, finely chopped
- 1 tablespoon – Onion, finely chopped
- 1/2 teaspoon - Salt
- 1/4 teaspoon – Sugar
- 1/4 teaspoon – Pepper
- 2 tablespoons – Vegetable Oil
- 6 Hamburger Buns

Directions: Prep Time 10 min./Cook Time 20 min./Ready in 30 min./Serves 6

1. Place carrots in a saucepan with a small amount of water. Bring to a boil; reduce heat. Cover and cook for 5 minutes or until tender; drain.
 2. In a bowl combine carrots, cornflakes, eggs, celery, onion, salt, sugar and pepper; mix well. Form into six patties.
 3. Heat oil in a frypan over medium heat; cook patties for 3 minutes on each side or until browned.
 4. Serve on buns with tomato & lettuce.
- You can substitute mashed sweet potatoes for half cornflakes or breadcrumbs.
 - Try adding some of your favorite spices to flavor how your family may prefer.

Cooking Review

- Did the family like the recipe?
- Was helping cook fun?
- What side dish did you serve?
- Would you want this meal again?

May Crunchy Apple Surprise – Surprise It's a Salad!



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Ingredients

- 1 large Apple, cut into bite-sized chunks
- 1 large Celery, sliced
- ¼ cup Salad Dressing, or Mayonnaise/Miracle Whip
- 1 can Mandarin Oranges, about 9 ounces, drained
- ¼ cup Raisins, or Salted Nuts
- 1 cup Cheerios
- Chopped Lettuce Leaves, use Iceberg, Romaine or mix both if you prefer

Directions:

Prep Time 5 min./ Ready in 20 min./Serves 4

- Stir together apples, celery, mandarin oranges, dressing/mayonnaise and raisins/nuts.
- Refrigerate until ready to serve.
- Place lettuce leaves on salad plates.
- Divide salad mixture on salad plates.
- Top with ¼ cup Cheerios



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Honey-Roasted Acorn Squash Rings



Prepare: Make Cooking a Fun Family Activity

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Ingredients

- 2 Acorn Squash, about 3 pounds
- 2 tablespoons Honey
- 4 teaspoons Olive Oil
- ½ teaspoon Ground Black Pepper
- ¼ teaspoon Salt



Directions:

Prep Time 15 min./Cook Time 30 min./Ready in 45 min./Serves 4

- Preheat oven to 375 degrees
- Cut 1/4 inch from stem end and bottom of each squash, and discard.
- Cut each squash in half crosswise. Discard seeds and membrane.
- Cut each squash half crosswise into 2 slices, each 1-inch thick.
- Combine honey, olive oil, pepper and salt in a large bowl.
- Add squash, and toss to coat.
- Place squash on a jelly-roll pan coated with cooking spray.
- Bake at 375 degrees for 30 minutes or
- Serve as a side dish with pasta, pork or turkey.
- Try adding some of your favorite spices, like cinnamon, to add different flavors.

Cooking Review

- Did the family like the recipe?
- What side dish did you serve?
- Was helping cook fun?
- Would you want this meal again?