



# SHOP SMART EAT WELL

Winter  
2020

...a quarterly bulletin from CalFresh Healthy Living, UC Placer and Nevada

## Help in the Kitchen - Keeping It All in the Family

No matter how well you do shopping for bargains at the grocery store and sticking to your budget, you won't be saving money if your children won't eat what you cook.

These days you are with your children more than you ever were before. The thought of inviting them to help cook might not sound like such a great idea. But that could be the solution to the question, "How do I get my kids to eat the meals I prepare?"

Cooking with children takes time, patience, and can be very messy, but it will be well worth the effort. Teach older children to read a recipe all the way through, clean the counters and their hands, set up the work area with all the utensils that will be needed, and gather all ingredients before starting to cook. Being organized helps them feel good about themselves.

Most children are eager to help. Letting them assist you in the kitchen says, "You are a big help; you can do this and you are important!"

Consider the age of the child and assign jobs they can do safely. Every child is different, so consider the developmental level and abilities of each one when assigning kitchen duties. Choose foods and recipes that match their abilities.



If possible, let children help pick the recipe. Give them a choice between two or three that you would be willing to make. Let them help make the grocery list and come along to the grocery store. This is a wonderful learning opportunity.

# Benefits of Cooking with Your Children



- 😊 Children are encouraged to try healthy foods. Kids feel a sense of accomplishment and feel that they are contributing to the family.
- 😊 Children are more likely to sit down to a family meal that they helped prepare.
- 😊 Children spend time cooking rather than watching TV or using electronic devices.
- 😊 Children spend quality time with their parents.

## Black Bean and Veggie Tostada Olé

*Children can help chop the vegetables for these tasty tostadas*

Serves: 4

### Tostada Ingredients

- 1 tablespoon canola oil, separated
- ¼ cup yellow onion, medium chopped
- 1 cup red bell peppers, medium chopped
- 1 cup kernel corn, canned, frozen, or fresh
- 1 cup zucchini, medium chopped
- 1 cup yellow squash, medium chopped
- 1 clove garlic, finely chopped
- 15 ounce can refried beans
- Queso fresco or feta cheese (optional)
- Corn tostadas (1 for each person)\*

### Salsa Ingredients

- 2 cloves of garlic, roughly chopped
- 4 medium tomatoes, roughly chopped
- 1 medium yellow onion, medium chopped
- 1 bunch of cilantro, roughly chopped

\*Corn tostadas can be purchased from the store or made at home. To prepare baked tostadas, preheat oven to 400°F. Place corn tortillas on a baking sheet and bake for 10-15 minutes, until golden brown and crisp.

### Directions

1. Heat 2 teaspoons canola oil in medium skillet over medium heat. Add onion, bell peppers, corn, zucchini, and yellow squash. Cook, stirring occasionally, until vegetables are softened, about 6 minutes.
2. Heat 1 teaspoon canola oil in medium skillet and then add garlic and cook for 30 seconds. Add can of refried beans. Mix beans and garlic together until garlic is well incorporated and heat until the mixture is hot. Set aside.
3. For the salsa: Place ingredients in food processor or blender and blend until smooth.
4. Spread a thin layer of the bean and garlic mixture on top of a tostada. Add a spoonful of the cooked vegetables. Top with salsa and queso fresco (if using).

Source: Taken from *Shaping Healthy Choices*

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