

# Chef Solus Halloween Cookbook For Kids



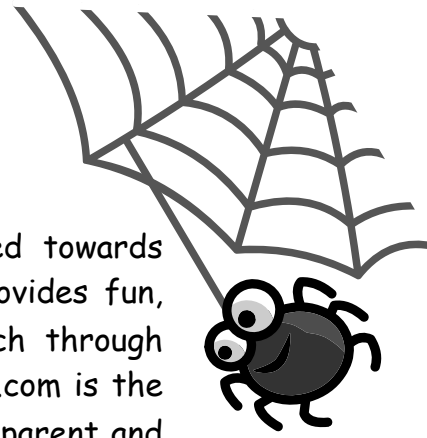
Featuring Recipes by Chef Sean of Cooking with Kidz™



Chef Solus Halloween Cookbook for Kids [www.NourishInteractive.com](http://www.NourishInteractive.com)

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# About Nourish Interactive



NourishInteractive.com is a completely free website devoted towards making nutrition and exercise fun. NourishInteractive.com provides fun, interactive online games for kids that are designed to teach through animation, exploration, and decision-making. Nourishinteractive.com is the first website to create matching nutritional tools, one for the parent and one for the child. These innovative tools send similar messages to both the parent and child, so the entire family can work as a team to establish good nutrition at home. It also has a complete nutrition educator section full of nutrition lesson plans, printable worksheets and Healthy Family Tip sheets. It was developed by nurses and dietitians. The site is available in English and Spanish.

Visit our website for free nutrition tools, games, print material and lesson plans at [www.NourishInteractive.com](http://www.NourishInteractive.com)

Sign up for free membership at [www.nourishinteractive.com/sign-up](http://www.nourishinteractive.com/sign-up)

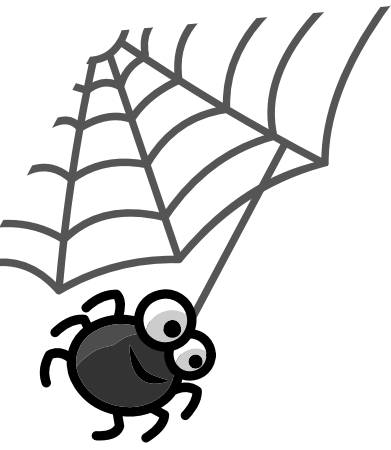
## Acknowledgments

A special acknowledgement of Chef Sean of the Cooking with Kidz™ program in Chicago. Cooking with Kidz is the dream of Chef Sean along with the unique Kidz Table™ culinary kids program that teaches kids about healthy foods through cooking.

We thank him for the recipes he shared for this Halloween Kids Cookbook and for his continued support of Chef Solus and Nourish Interactive.

Learn more about his program at [Cooking With Kidz Organization](http://www.cookingwithkidz.org)  
<http://www.cookingwithkidz.org>





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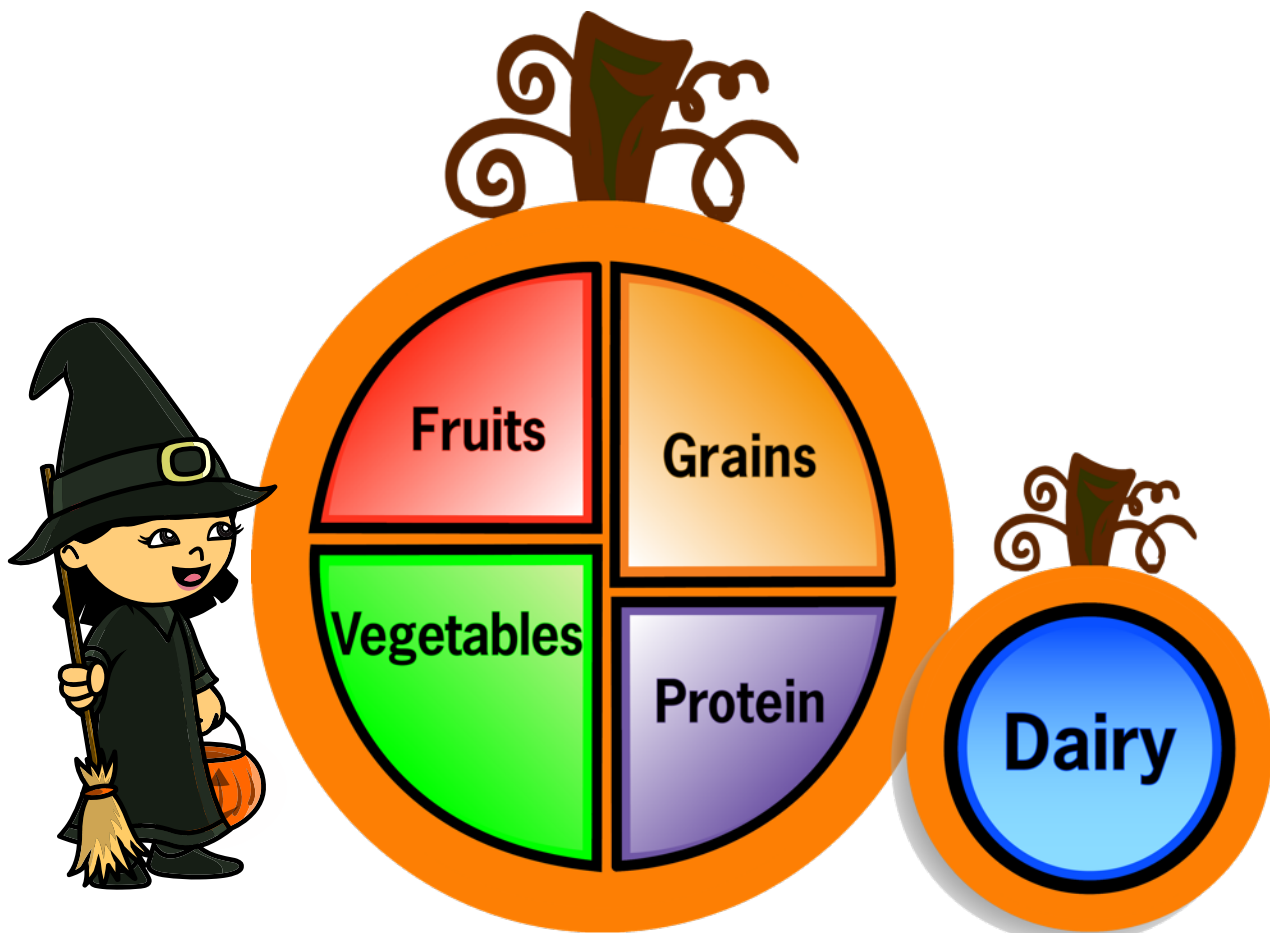
## Halloween Snacks:

Mummy Hot Dogs

Lady Fingers Oven fried Chicken

Boo Boo Banana Sticks

Halloween Mini Fruit Pizza



# Mummy Hotdog

Submitted by Chef Sean

## Ingredients:

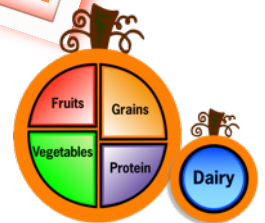
- One 16-ounce package of lean hot dogs (8), each halved crosswise
- 2 ounces low fat mild cheddar, cut into 16 thin slices
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 8 sheets phyllo dough
- 4 ounces (1 stick) unsalted butter, melted
- cayenne pepper



## Get Your Supplies:

- Oven: Preheat to 400°F
- Baking sheet
- Parchment Paper
- Small bowl
- Cutting board

Prep Time: 10-15 minutes  
Cook Time: 25 minutes  
Total Time: 35-45 minutes  
Makes: 16



## Cooking Is Fun:

Dot with red pepper eyes or black olives for the eyes.

## Witches Brew Barbecue Dipping Sauce Ingredients:

16 oz jar grape jelly   1 tablespoon honey   1 teaspoon ground mustard  
4 oz chili sauce   taste of salt and pepper

Let's Start!

Adults Do: Preheat the oven to 400 degrees F and line a rimmed baking sheet with parchment paper. Cut a slit in each hot dog piece and stuff with a slice of cheese. Set aside. Combine the salt, garlic powder and pepper in a small bowl.

Kids Do: Lay One a phyllo sheet on a large cutting board and lightly brush with melted butter. Lightly sprinkle with cayenne pepper and fold in half lengthwise. Brush the top with more melted butter and cut into 1/2-inch-thick strips with plastic knife. Using 2 pieces of stuffed hot dogs per phyllo sheet, wrap half of the strips around each piece of hot dog to create a mummy look.

Kids Do: Place on the prepared baking sheet and repeat with the remaining phyllo, melted butter, spice mix and hot dogs. Remelt the butter in microwave if it cools down too much while forming the mummies.

Adults Do: Bake until the phyllo is crisp and golden brown, about 25 minutes. If desired, dot with red pepper eyes or black olives for the eyes on each mummy using a toothpick and serve with extra sauces for dipping.





# Oven-Fried Lady Chicken Fingers

Submitted by Chef Sean



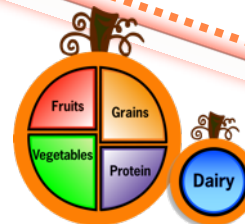
Prep Time: 30 minutes  
Cook Time: 15-20 minutes  
Total Time: 45-50 minutes  
Serves: 10-12

## Ingredients

- 1/2 cup low-fat mayonnaise
- 1/2 cup low fat plain yogurt
- 1 tablespoon extra virgin olive oil
- salt
- freshly ground black pepper
- 4 skinless, boneless chicken breasts
- 2 cups panko (Japanese) bread crumbs
- Optional: 2 carrots

## Get Your Supplies:

- Oven: Preheat to 350°F
- Large Bowl
- Parchment paper
- Non stick spray
- Baking sheet



## Cooking Is Fun:

- Always wash your hands before and after cooking!

Let's Start Mixing!

Adults Do: Heat the oven to 350 degrees F.

Kids Do: In a large bowl, combine the mayonnaise and yogurt to taste. Thin this with a tad of water, until you get the consistency of heavy cream, and season with salt and pepper.

Adults Do: Cut Boneless chicken breast into thick strips.

Kids Do: Brush strips with olive oil and then drop the strips into the bowl and coat them well with mayonnaise/yogurt mix. Cover and let set in refrigerator for at least 5 minutes to 1 hour.

Kids Do: Pour the bread crumbs onto a plate and toss the chicken strips well to completely cover them. Lay down parchment paper and spray with non stick. Then lay strips evenly spaced onto a baking sheet and into the oven. Cook for 15 to 20 minutes, or until the chicken is browned and cooked through.

Kids Do: Use your favorite "bloody" Ketchup or our favorite home made Witches Brew BBQ Sauce for dipping. You can have kids peel two or three carrots and cut off a thin slice of carrots to make a finger nail.

Happy Halloween...



# Boo Banana Sticks

Submitted by Chef Sean



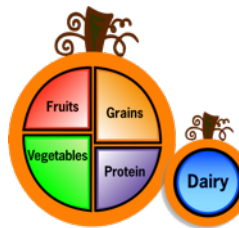
Prep Time: 15 minutes  
Cook Time: 40 minutes  
Total Time: 1 hour minutes  
Serves: 8

## Ingredients:

- dark semi sweet chocolate chips
- 4 firm bananas- cut-in half
- 2 cups melted white chocolate pieces (12.50 oz package)
- 1 teaspoon canola oil
- 4 tablespoons lemon juice
- 4 wooded skewers or popsicle sticks
- 8 pitted red cherries (for eyes and mouth)
- coconut flakes

## Get Your Supplies:

- Popsicle Sticks
- Wax paper
- Cookie sheet
- Mug



## Cooking Is Fun:

- Always have your grown-up helper help you with appliances like the oven or mixer.

## Let's Start !

Cut the bananas in half lengthwise, then in half to make four quarters. Brush with lemon juice. Insert popsicle sticks into bananas and freeze 30 minutes on a wax paper lined cookie sheet.

When the bananas are frozen, fill a coffee mug with chocolate. Melt chocolate in the microwave 30 seconds at a time, stirring until the chocolate is melted and soft. Microwave is best for teaching kids safety and healthy choices, easy choice snacks.

Dip the bananas one at a time into the chocolate, scraping off the excess chocolate from the back of the banana, and place it on a cookie sheet lined with wax paper. Quickly add the cherries (eyes/mouth) and coconut flakes (hair) toppings on the rounded side before the chocolate hardens (you have to work quickly here). Place on wax paper and return to the freezer until frozen and ready to eat. Eat frozen and enjoy!!

Note: Adding a little oil to the chocolate helps thin the chocolate and therefore you will use less on each popsicle. You will need enough chocolate to dip the bananas, but you will be left with extra chocolate in the end (chocolate covered strawberries anyone?)



# Halloween Mini Fruit Pizza

Submitted by Chef Sean

## Ingredients

- 3 cups flour and 3 cups whole wheat flour mixed
- 3 large eggs
- 1 stick margarine
- 2 cups sugar cane
- 2 cups shortening
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- cinnamon
- 1 cream-cheese frosting



Prep Time: 15 minutes  
Cook Time: 15-20 minutes  
Total Time: 30-35 minutes  
Serves: 10-15



## Get Your Supplies:

- Oven: Preheat 350°F
- Electric Mixer
- Plastic Wrap
- Cookie Sheet



## Cooking Is Fun:

- Always have your grown-up helper present to help you before you start cooking



## Let's Start Mixing !

- Cream the margarine and shortening. Add sugar, vanilla, cinnamon and eggs. Mix Well.
- Add flour, baking powder, baking soda, and salt. Blend well using electric mixer and then using hands to continue to blend cookie dough.
- Roll into 1-1/2 to 2 inch thick logs. Cover in plastic wrap and place logs in freezer to chill. Remove dough from freezer, let set for 5-10 mins.
- Slice dough to desired thickness. Place on cookie sheet. Bake at 350 degrees for 15-20 minutes until light brown.
- When cookies are completely cooled. Lightly spread cream-cheese frosting. Decorate with your favorite fruit. (Basic Cream Cheese frosting+ Add orange food color)

