



# Everybody wins when kids are in the kitchen

Inspiring families to cook, learn and laugh together.



TIPS &  
RECIPE  
INSIDE!

## Make meals and memories together.

Go to [FamilyKitchen.ca](http://FamilyKitchen.ca) for

- ✓ Tips and activities to make cooking fun for you and your kids
- ✓ Easy and delicious recipes grouped by skill level and with simple steps for kids to follow
- ✓ Inspiring videos of real-life families showing how they created a family kitchen – you can too!



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**NUTRITION**  
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## Not sure how to begin?

### 1 Invite them in

Kids really do like to cook – and they want to do something fun with you.

### 2 Start simply

Try easy recipes and let your child take on a simple cooking task that interests them.

### 3 Build their confidence

Gradually let them take on more meaningful tasks like preparing a simple recipe on their own.

Go to [FamilyKitchen.ca](http://FamilyKitchen.ca) to get

- ✓ Tips
- ✓ Recipes
- ✓ Family Stories



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# Why cook with your kids?

"If you know how to cook you can **feel better about yourself** because you know how to do this awesome thing."

– Makayla  
(age 11)

"...there are only so many things that you can still do together to provide that **closeness and to just slow down**, and so this is one of the ways in which we do it."

– Michael  
(father of 2)

"...you're actually sharing and **having a conversation...**"

– Louise  
(mother of 2)

"...it's **creating memories...** and those memories will last forever."

– Andrea  
(mother of 2)

"It makes me feel closer because we're all working **together as a family...**"

– Christian  
(age 8)



## Creating a Family Kitchen is easy!

Check out these practical solutions to common concerns.



### Safety

Teach safety skills along with cooking skills! Let your children do simple tasks and progress slowly.



### Time

Once your children gain confidence in the kitchen, their help will actually save you time.



### Not sure of your own cooking skills?

Your creation doesn't have to be perfect – you'll still be helping your child develop an important skill that will help them to eat well for life.



### Think your kids aren't interested?

Most kids actually like to cook – just let them know they're welcome. Once they start, cooking can become a source of pride for them.



### Feel like cooking is your responsibility?

To help your kids learn, let go of some control in the kitchen and let them be responsible for tasks they can handle. Kids learn by doing.

KIDS' SKILL LEVEL:  
**Beginner**



Try this easy, fun-to-make recipe with your kids.

## Bean Burrito Bake

### DIRECTIONS

Preheat oven to 180°C (350°F).

Use 2 tsp of butter to brush a 13 by 9 inch glass baking dish lightly.

Chop green pepper and onion. In a skillet, melt 1 tbsp butter over medium heat. Add green pepper, onion, chili powder and oregano and cook, stirring, for about 5 minutes or until vegetables are tender.

Shred the cheese on the large side of a box cheese grater. Empty canned beans into a strainer and rinse well under running water. Shake the strainer to help drain off the water. Transfer half of the beans to a bowl and mash with a potato masher or fork.

Add mashed and whole beans to skillet. Stir in ½ cup of the salsa and the water; cook, stirring, for about 2 minutes or until well blended and bubbling. Remove from heat. Stir ⅓ cup of cheese into bean mixture.

Spoon about ⅓ cup bean mixture along centre of each tortilla. Fold both ends of tortilla over, then roll up to enclose filling. Place seam-side down in buttered baking dish. Spread salsa on top of burritos and sprinkle with cheese.

Bake for about 20 minutes, until burritos are hot and cheese is melted.

### INGREDIENTS

2 tsp	butter, softened	10 mL
1	sweet green pepper	1
1	onion	1
1 tbsp	butter	15 mL
2 tbsp	chili powder	30 mL
1 tsp	dried oregano	5 mL
4 oz	Monterey Jack, Brick or Mozzarella cheese	125 g
1 can (19 oz)	black or red kidney beans	1 can (540 mL)
¾ cup	salsa, divided into a ½ cup portion and a ¼ cup portion	175 mL
¼ cup	water	60 mL
8	small whole grain tortillas	8

PREPARATION TIME: 20 MINUTES  
COOKING TIME: 30 MINUTES  
SERVES 4 TO 6

For more kid-friendly recipes: [FamilyKitchen.ca](http://FamilyKitchen.ca)

= STEPS THAT CHILDREN CAN DO