

Yum-o! Cooking Road Map

What you can do TODAY to transform your child's eating habits

- Make the switch – replace regular white flour products with wheat and whole grains. Make your child's sandwiches on wheat bread; buy whole grain chips, waffles, pasta, etc. You might be surprised when you see how much kids really like wheat bread!
- Yogurt Sundae – Try a yogurt parfait bar instead of an ice cream sundae bar- keep all of the same toppings but simply replace the ice cream with yogurt or frozen yogurt. Small changes lead to big results!

Tips for cooking in the kitchen with your kids

- Use kitchen scissors to have them cut ingredients such as herbs, lettuce, celery, green onions, bell peppers, etc. - be sure they have rounded edges.
- Let them taste – as you cook with your kids, have them taste what you are cooking- let them tell you what to add more or less of. Kids tend to eat more of something if they help along in the process.

Yum-o! is big on getting the most out of recipes and meals. Use our recipes as a guide to create your own dishes. We love it when we figure out how to make something once and then transform the leftovers into a whole new dish! Here's our big idea for taking Bolognese sauce to a whole new level.



recipes courtesy of Rachael Ray

TURKEY BOLOGNESE (MASTER RECIPE)

- ¼ cup EVOO (Extra-Virgin Olive Oil)
- 3 pounds lean ground turkey
- 2 carrots, grated
- 2 onions, grated or finely chopped
- 4 cloves garlic, grated
- 1 bay leaf, fresh or dry
- Salt and freshly ground black pepper
- 2 cups chicken stock, regular or low sodium
- 2 28-ounce cans crushed tomatoes, regular or low sodium

Preheat a large skillet over medium high heat with 2 turns of the pan of EVOO. Add in the turkey and using the back of a wooden spoon, break up the meat into small pieces. Cook until brown, about 5-6 minutes. Add in the carrots, onions, garlic and bay leaf, season with salt and pepper and cook for about 2 minutes. Add the stock and tomatoes to the skillet, bring to a simmer and cook for 5-6 more minutes. Be sure to discard the bay leaf before serving.

Makes about 8 cups

MEAL #1: SPAGHETTI WITH TURKEY BOLOGNESE

- 1 pound whole wheat spaghetti
- 1/2 cup Parmigiano Reggiano cheese, grated.

Cook the spaghetti according to the instructions on the box. Top with 3-4 cups of the Turkey Bolognese and some grated parmigiano cheese. Serve with your favorite side salad. Serves 4.

MEAL #2 TURKEY TOMATO SOUP

Take 1 cup of leftover Turkey Bolognese and add equal parts regular or low sodium chicken stock. Heat it up on the stovetop and you have a great Turkey Tomato Soup. Top with some croutons for a little crunch. Serves 2.

MEAL #3 TURKEY VEGETABLE CHILI

In a large skillet, heat 2-3 tablespoons of EVOO and sauté 2 small grated zucchinis along with 1 box of frozen corn, 1 can of black beans and 2 palmfuls of chili powder. Add in 3-4 cups of the Turkey Bolognese and bring to a simmer. Top with some baked corn chips and there you have it, a quick and easy Turkey Vegetable Chili. YUM-O! Serves 4.