



Cooking with Kids

Day 1 - Baked Pita Chips

Ingredients:

Package of pita breads
(gluten-free substitute: corn tortillas)
Cooking spray
Salt

Equipment:

Large rimmed baking sheet
Cutting board
Kitchen shears, pizza cutter, or sharp knife
Oven mitts
Cooling rack
Bowl

Day 2 - Hummus

Ingredients:

1 can (15 ounces) chickpeas
1/2 teaspoon baking soda
2 - 3 lemons
1 clove garlic
Salt
1/2 cup tahini
Ice water
1/2 teaspoon ground cumin
1 - 2 tablespoons olive oil

Equipment:

Strainer
Measuring spoons
Medium saucepan
Food processor or high powered blender
Liquid measuring cup
Cutting board
Knife for chopping
Scraper
Serving bowl



Day 3 - Yogurt

Ingredients:

4 cups whole or 2% milk
3 tablespoons plain yogurt with active cultures (no flavoring)

Equipment: (make sure to clean all equipment well before beginning)

Candy thermometer or instant read thermometer
Medium heavy-bottomed pot or Dutch oven
Wooden or heatproof spoon or scraper
Small bowl
1 cup measure
1 tablespoon measure
Whisk
Lidded container that can hold 1 quart warm liquid (or multiple lidded containers)
Incubator for yogurt: 1 quart thermos, a cooler, a yogurt maker, or towels

Day 4 - Rice Pudding

Ingredients:

$\frac{3}{4}$ cup medium or long grain rice (medium is best if you can find it!)
Salt
4 cups whole milk (non-dairy substitute: full-fat nondairy milk of your choice, like coconut or oat)
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ teaspoon ground cardamom (or spice of your choice, like cinnamon or ginger)
Optional: $\frac{1}{2}$ cup finely chopped nut of your choice (almonds, pistachios, walnuts, etc.)
Optional: $\frac{1}{2}$ cup chopped dried fruit of your choice (cranberries, apricots, raisins, etc.)
 $\frac{1}{2}$ teaspoon vanilla extract

Equipment:

Dry measuring cups
Liquid measuring cup
Large heavy saucepan or medium Dutch oven with lid
Wooden or other heatproof spoon or scraper
Cutting board
Knife for chopping
Measuring spoons
Large serving bowl or 6 individual serving bowls