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30 Easy Kids Recipes

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Apple Nachos with Peanut Butter Sauce

Ingredients:

1 apple (diced)
1 banana (halved and sliced)
2 whole pita breads
1/4 cup butter, melted (1/2 stick)
3 tablespoons sugar
1 teaspoon cinnamon

Sauce Ingredients:

1/2 cup of creamy peanut butter
1/4 cup of whole milk
1 tablespoon of honey

Instructions:

Cut the pitas in half so you have two half circles, then cut in half again, creating 4 triangle shapes from each. Separate and pull bread apart at the edge where it's still attached. Brush pita chips with butter and sprinkle with sugar and cinnamon. Bake at 400 degrees F for 5 - 7 minutes. While baking, prepare sauce by melting together peanut butter, honey and milk in a small saucepan. Serve chips drizzled with sauce and add sliced apples and banana to the plate for a fun lunch or after school snack.

Banana Fritters

Ingredients:

1/2 cup milk
2 bananas, mashed
1/2 teaspoon salt
3 teaspoons baking powder
2 eggs, beaten
1 tablespoon butter
vegetable oil for frying
1/2 cup confectioners sugar

Instructions:

Mix together mashed bananas and milk. Sift in the baking powder and salt. Blend in the eggs and margarine. Heat oil in skillet. Carefully drop spoonfuls of batter into the hot oil. Like you were making a pancake, Fry until edges set, flip, fry until golden brown. Transfer to a plate with paper towels to drain off excess oil/grease. Sift a dusting of confectioner's sugar over fritters at serving time.

**Note:* Coconut oil is much healthier and would also bring beneficial flavor to this treat.

Barbeque Chicken for Even The Pickiest of Eaters

Ingredients:

4 skinless chicken breasts (or 6 thighs ~ thighs are cheaper!)
1 cup favorite barbeque sauce
1 green pepper sliced
2 carrots cut up
2 potatoes, cut up
salt and pepper

Instructions:

Pour a small amount of the barbeque sauce into bottom of large baking dish. Arrange chicken evenly spaced apart in dish. Pour remaining barbeque sauce over chicken. Distribute cut up veggies throughout. Bake at 350 degrees F for 40 minutes.

***TIP:** Sometimes picky kids aren't fond of chicken and veggies just sitting on their plate. If you shred the chicken and put it on a bun and add the veggies on the side, the dinner might be more appealing to your picky little one.

Bow Tie Turkey Ham n Cheese

Ingredients:

2 cups (8 ounces) uncooked bow tie pasta
1/4 cup butter
1 clove garlic, minced
1/4 cup flour
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups milk
1/2 teaspoon prepared mustard
2-1/2 cups shredded Colby cheese
4 ounces sliced cooked ham, cut into strips
1/4 cup grated Parmesan cheese

Instructions:

Cook and drain pasta as usual. Melt butter in a saucepan. Saute garlic in this for a few seconds. Whisk in flour, salt and pepper, stir until smooth. Add milk and stir constantly while heating to a boil. Continue to boil for a minute then stir in mustard and cheese. Cook and stir until cheese melts. Stir in cooked noodles and ham cubes until well coated in melted cheese. Sprinkle lightly with parmesan cheese at serving time.

***TIP:** Keep a jar of cheese sauce around or use the package of cheese sauce from macaroni and cheese for those rushed/in a hurry nights.

Breakfast Wake Up Tacos

Ingredients:

6 ounces of turkey sausage
1 can refried beans
1 tablespoon butter
8 eggs, beaten
12 taco shells (crunchy or soft whichever you prefer)
2 cups shredded cheddar cheese
2 cups diced tomatoes
2 cups green pepper
2 cups favorite salsa

Instructions:

Brown turkey sausage in skillet, drain as usual. Mix sausage and refried beans together in a large bowl. Melt butter in skillet, add eggs and scramble as you usually would. Fill taco shells by layering meat/bean mix, scrambled egg, cheese, tomato, pepper and salsa.

Cheesy Carrot Balls

Ingredients:

4 ounces cream cheese (1/2 bar)

2 ounces grated cheddar cheese

1 carrot, grated

Instructions:

In a medium mixing bowl combine all ingredients. With slightly wet hands roll into balls. You will get between 1 and 2 dozen balls depending on how big you make them.

These are fun and yummy for kid's lunches. There's just something about food that's round! Can be wrapped in plastic wrap and refrigerated for up to 3 days.

Cheesy Apple Quesadillas

Ingredients:

2 apples
6 whole wheat tortillas
1 1/2 cups shredded cheddar cheese
2 tablespoons butter

Instructions:

Thinly slice apples. Sprinkle tortillas with cheese. Layer several slices of apple on each tortilla. Add more cheese on top of the apple slices. Fold tortillas in half. Heat butter in skillet and cook quesadillas in skillet until cheese is melted and tortillas browned (both sides), this takes about 2 minutes per side.

Cheesy Twice Baked Mashed Potatoes

Potato Ingredients:

4 cups mashed potatoes
1 1/2 cups shredded cheddar cheese
1/2 cup sour cream
3/4 cup Parmesan cheese
9 slices of turkey bacon, fried and crumbled
1/4 cup onion, chopped finely
salt and pepper, to taste
1 clove of garlic

Topping Ingredients:

1/4 cup butter, melted
1/4 cup grated parmesan cheese
3 slices bacon, crumbled
1 cup dry bread crumbs

Instructions:

Mix together mashed potatoes, cheddar cheese, sour cream, Parmesan cheese, bacon, onion, salt, pepper, and garlic. Spread the mixture into a greased baking dish.

Time to make the topping! Yum.

Mix together melted butter, Parmesan cheese, bacon, and bread crumbs. Spread this topping mixture evenly over potatoes in the baking dish. Bake for 30 minutes at 350 degrees F or until topping is golden brown.

**TIP for recipe above:* Using instant mashed potatoes makes this recipe even quicker, but if you have leftover mashed potatoes from yesterday's dinner those would be even better.

Quick and Easy Chicken Stuffing Casserole

Ingredients:

1 box chicken flavored stuffing mix
1 1/4 cup hot water
1/4 cup butter
4 boneless skinless chicken breasts
1 can condensed cream of mushroom soup
1/3 cup milk
paprika and pepper

Instructions:

Mix together stuffing crumbs, season packet from stuffing mix, water and butter. Put chicken in a greased baking dish and sprinkle lightly with paprika and pepper to your liking. Use a small bowl to blend together milk and condensed soup and then pour it over the chicken. Scatter stuffing on top of chicken. Cover and bake at 375 degrees F for 35 minutes or until chicken is no longer pink and juices are clear.

Made with Love Chicken Noodle Soup

Ingredients:

2 large boneless, skinless chicken breasts (about 1 pound)
1 small onion, finely diced
1/2 cup diced carrots
2 stalks celery, sliced (leaves included)
3 garlic cloves, minced
4 chicken bouillon cubes
1 teaspoon salt
1/2 teaspoon pepper
8 cups water
1 tablespoon dried parsley
1-1/2 cups uncooked no yolk egg noodles

Instructions:

In a large saucepan or Dutch oven, combine everything except the noodles. Bring it to a boil, then reduce heat and stir occasionally. Cook until chicken is no longer pink. At this point bring back to a boil and stir in the noodles. Cook for 10 minutes or until noodles are tender. Stir frequently.

**Note:* Real chicken broth is healthier than bouillon cubes, so whenever you're cooking chicken, be sure to save your broth to make soup.

Better than Out of a Box Chili Macaroni

Ingredients:

1 pound lean ground beef or ground turkey
1 medium onion, chopped
1 clove garlic, minced
1 can (14-1/4 ounces) tomatoes, cut up
2 cups water
1 can (8 ounces) tomato sauce
1 tablespoon chili powder
1/2 teaspoon oregano
8 ounces uncooked elbow macaroni

Instructions:

Brown ground beef, onion and garlic and drain as usual and return to pan. Add tomatoes, water, tomato sauce and seasonings to pan and bring it all to a boil. Cover and simmer for 10 - 15 minutes. Add uncooked noodles and return to boiling. Cook approximately 8 or 9 minutes (or until noodles are tender) stirring frequently. Better than those dinners out of a cardboard box on the grocery shelf any day!

**Note:* Try adding a mixture of 1/2 wheat macaroni and 1/2 regular to introduce wheat pasta to your family.

Chunky Chicken Salad Lunch

Ingredients:

2 chicken breast halves, cooked and diced.

1/4 cup mayonnaise

1/2 cup frozen peas

1/2 cup grated carrots

1 tablespoon fresh chopped parsley

Instructions:

Bake the chicken for 20 minutes at 350 degrees or just use leftover chicken. Cook frozen peas according to package directions.

(you can substitute a drained can of peas but the flavor isn't as good and the peas aren't as "green")

Chop and shred chicken. Mix with cooked peas, mayo, grated carrot, and parsley. Spread on crackers, bagels, pita shells, etc. Add cheese and a salad for a complete lunch.

***TIP:** Create your own homemade version of a Lunchable and send with your kids to school.

Classic Meatloaf

Ingredients:

3 slices whole wheat sandwich bread
1/3 cup whole milk
1 1/2 pounds ground beef chuck
1/2 pound ground turkey
1/2 medium onion, grated
2 garlic cloves, minced
1 large egg
1/2 cup ketchup
Coarse salt and ground pepper
3-4 slices of turkey bacon, optional

Instructions:

Crumble bread into mixing bowl. Stir in milk. Add cooked and drained, crumbled meat. Stir in onion, garlic, egg, ketchup, salt and pepper to your liking. Shape into a loaf. Brush with ketchup and add turkey bacon slices (cooked and crumbled if preferred) on top if desired. Bake 45 minutes at 400 degrees F. Serve with more ketchup or barbeque sauce for dipping of course!

Mom's Homemade Creamy Tuna Casserole

Ingredients:

1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
1 soup can milk
1 can (6 ounces) tuna
1/2 package (1 pound) egg noodles, cooked and drained
1/2 cup shredded Cheddar cheese
1/4 cup grated Parmesan cheese
Pepper to taste
1/2 cup crushed butter flavor crackers, optional

Instructions:

In a casserole dish blend together milk and condensed soup. Stir in tuna, noodles and cheeses, stir to coat well with the soup mix. Pepper to your liking and top with crushed cracker crumbs for a crunchy top. Bake at 350 degrees F for 30 minutes.

***TIP:** You can replace tuna with a can of cooked chicken or shredded left over chicken breasts.

**Note:* Wheat noodles can be used.

Crunchy Hash Brown Casserole

Ingredients:

8 cups hash browns
2 cups turkey ham cubes (or more if you're trying to finish off leftovers!)
2 cups sour cream
2 cups shredded cheddar cheese
1 can condensed cream of chicken soup
1/3 cup butter
1/2 cup chopped onions
salt and pepper to taste

Crunchy topping:

cornflakes
a little bit of butter

Instructions:

Mix together everything except the crunchy topping ingredients. Spread mixture evenly into a baking dish. Crush cornflakes and mix with the butter. Sprinkle evenly across top of casserole. Bake at 350 degrees for 45 minutes.

Dogs in a Cheese Blanket

Easy and fun, the kids can help make these.

Ingredients:

8 of your favorite brand of hot dogs

8 slices american cheese

1 tube of refrigerated crescent rolls

Instructions:

Wrap cheese around hot dog. Wrap crescent dough around hot dog and cheese. Place on non stick or lightly sprayed with cooking spray cookie sheet. Bake at 350 degrees for 8 - 10 minutes until golden brown (refer to crescent roll package to get a rough idea on cooking time)

The Ultimate Frito Pie

Ingredients:

1 pound ground beef (or ground turkey)
1 package chili seasoning mix
1 can diced tomatoes
1 can kidney beans, drained and rinsed
1 large bag of corn chips
shredded cheese
sour cream

Instructions:

Brown ground beef, drain as usual and return to pan. Add chili seasoning, tomatoes, and kidney beans stirring well. Reduce heat. Cover and simmer 15 - 20 minutes. Serve poured over corn chips. Top each serving with shredded cheese and a dollop of sour cream.

Fruitiritto Burrito

Ingredients:

tortilla shells
Creamy peanut butter
Banana
Strawberries
Fresh Peaches, pitted and sliced
Vanilla yougurt

Instructions:

Slice up fruit to get ready to fill tortillas. Amount of ingredients will vary per number of people being served. Slice some at a time so that none gets wasted. Spread approximately 1 tbsp of peanut butter onto each tortilla.

***TIP:** warming tortillas in the oven makes this step much easier!

Add sliced bananas, strawberries, and peaches to each tortilla. Drizzle a small amount of yogurt over the fruit. Fold sides over and roll up tortilla. Peanut butter will help hold in place. For eating with a fork, drizzle yogurt over top of the rolled up tortilla instead of inside it. And cut tortilla into chunks. Vary the fruit by season, or add favorites to the mix for different tastes.

No Bread Chicken & Cheese Pinwheels

Ingredients:

- 1 (8 ounce) package cream cheese, softened
- 4 dill pickles, chopped
- 2 tablespoons prepared mustard
- 3 tablespoons chopped fresh chives
- 5 slices of chicken (or chopped leftover chicken)

Instructions:

Combine cream cheese with pickles, mustard and chives. Spread mixture on ham slices and roll them up. Wrap each rolled up slice in foil. Put rolls into fridge and chill overnight or for at least 2 hours. Unwrap and slice. Great in place of a sandwich at lunchtime.

Turkey Lunch Kabob

Because food on a stick tastes better!

Ingredients:

cheddar cheese, cubed

chicken or turkey breast cubed

green pepper

cherry tomatoes

kabob skewers - *NOTE: for very small children you may want to cut off the sharp point of the kabob or use plastic skewers

Instructions:

Cut cheese and meats into cubes. Cut pepper into chunks. Thread onto skewers alternating cheese, meat, veggies. This makes a great sandwich replacement and makes veggies like peppers and tomatoes more fun for little fingers to try.

Lunchtime Scones

Ingredients:

2 cups unsifted flour

1 tablespoon baking powder

1 tablespoon paprika

1 teaspoon sugar

1/4 teaspoon salt

1/4 teaspoon pepper

1 teaspoon dry mustard

1 stick of unsalted butter (cut into chunks)

2 eggs

1/2 cup milk

1 extra tablespoon of milk

3/4 cup chopped cooked turkey ham (buy precooked cubes at store or use leftovers)

1 cup grated cheddar cheese

Chopped scallions to your liking (or about 1/4 cup)

Instructions:

In a large mixing bowl whisk flour, baking powder, paprika, sugar, salt, pepper, and dry mustard. Add in chunks of butter until mixture resembles coarse crumbs. In a smaller mixing bowl whisk together eggs and 1/2 cup of milk. Add egg mixture to the flour mixture and stir. Add cut up ham, cheese, and scallions. Put dough on a lightly floured surface and roll into a ball. Then flatten and roll out until about 1/2 inch thick just like you would roll out pizza dough or cookie dough. Cut the circle into wedges (as if you were slicing a pizza, you can even use your pizza cutter to make this easier) Place wedges on a greased baking sheet. Bake 15 - 18 minutes at 425 degrees F until golden brown.

French Toast Fresh from the Oven

Ingredients:

8 ounces stale bread, remove crusts and cut into cubes
4 eggs
2 1/2 cups of milk (or half and half)
1/4 cup sugar
1 teaspoon cinnamon
1/2 teaspoon of salt
1 teaspoon vanilla
3 tablespoons butter
3/4 cup light brown sugar
1/2 cup walnuts (chopped)

Instructions:

Butter a 9- by 9-inch baking dish. Layer the bread cubes in bottom. In a bowl, whisk together eggs, milk, sugar, cinnamon, salt, and vanilla until sugar is completely dissolved. Pour over bread cubes and cover. Chill for one hour.

Once chilled, make the topping!

In a small bowl, stir together butter, sugar, and walnuts with a fork until mixture is crumbly and butter is evenly distributed. Sprinkle this mixture over the soaked bread cubes. Bake for 45 minutes at 350 degrees.

***TIP:** Optionally you can serve with a bit of maple syrup or powdered sugar drizzled on top!

Full of Mama's Lovin' Fries from the Oven

Much less greasy than their fast food counterparts.

Ingredients:

2 tablespoons olive oil

4 large baking potatoes of your choice (can even be sweet potatoes)

salt and pepper

Instructions:

Peel potatoes and cut into "fries" or strips or chunks. In a bowl toss potatoes in oil with salt and pepper to your liking. You can also add seasonings like garlic or all purpose seasoning for different kinds of French fries. Bake 20 minutes at 450 degrees F.

FLIP. Bake additional 20 minutes at 450 degrees F.

Pita-rific Turkey and Veggies

Something about a round sandwich makes kids happy!

Ingredients:

4 ounces cooked turkey breast (sliced, cubes, ground ... etc...
whatever is on hand)

Lettuce shreds

1 tomato, sliced

1 green pepper, chopped up

1 cup shredded or cubed cheddar cheese

Low fat ranch dressing

4 pita rounds

Instructions:

Divide turkey into 4 portions and fill bottom of pita shells. Mix tomato, peppers and cheese in a bowl and toss with the ranch dressing until well coated. Use this mixture to finish filling each pita.

Pizza Roll Puffs

These are way better than the frozen pizza rolls you buy at the store. They cost less in the long run and you get more.

Ingredients:

1 can refrigerated pizza dough
1/4 cup pizza sauce or leftover spaghetti sauce
1 cup shredded or grated mozzarella cheese
pepperoni slices (or other leftover meat on hand)

Instructions:

Roll out pizza dough on lightly floured area. Cut out 3 inch circles (use a cookie cutter or glass turned upside down) Place a dollop of sauce in the center of each circle. Add some cheese and a slice or two of pepperoni. Wrap dough up around the filling and pinch shut. Line up on cookie sheet with the "seam" down. Bake at 375 degrees F for 15 - 18 minutes until golden brown.

These are a fun movie night or slumber party snack that the kids can help make.

Shells with Grilled Chicken and Mozzarella

Ingredients:

1 1/2 pounds chicken cutlets
8 ounces medium pasta shells
1 pint cherry or grape tomatoes, halved
4 ounces fresh mozzarella cheese, cut into 1/4-inch cubes
1/2 cup fresh parsley, chopped
1/4 cup grated Parmesan cheese, plus more for serving
2 tablespoons butter
salt and ground pepper

Instructions:

Season chicken with salt and pepper to your liking and grill until juices run clear and chicken is done. Cut grilled chicken into chunks. Boil water and cook noodles according to package directions. Drain pasta and return to pot. Add in the chicken, tomatoes, cheeses, parsley and butter. Toss to coat and distribute ingredients evenly.

Pizza - Sloppy Joe Style

Ingredients:

- 1 can refrigerated biscuits
- 1 pound lean ground beef or ground turkey
- 1 can sloppy joe type sauce
- 1 can whole kernel sweet corn, drained
- 8 slices American cheese
- 1 small green bell pepper chopped *optional

Instructions:

Separate dough into biscuits. Press or roll each one to be between 4 and 5 inches around. Bake on ungreased cookie sheet at 350 degrees F for about 12 minutes. This will become your pizza shells. Brown ground meat in skillet, drain as usual and return to pan. Add sloppy joe sauce and corn and pepper, stirring until well mixed. Simmer until heated through. Spoon meat mixture into your biscuit pizza shells. Top with slices of american cheese. Return to hot oven for a few minutes to melt cheese if needed before serving. If you'd like a large pizza or need to save time try buying premade pizza shells (like Boboli) at you local grocery store and spread the ingredients on one of those and bake according to package directions.

Cornbread Southern Style

Ingredients:

2 cups cornmeal
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 1/2 cups buttermilk
1 egg
2 tablespoons olive oil

Instructions:

Mix dry ingredients together in mixing bowl. Stir in buttermilk and egg. Grease muffin tin or loaf mold with oil. Pour batter. (fill muffin tins about half full each) Bake 15 minutes at 450 degrees F.

Teeny Pizza Just for Me

This makes enough pizza for one child. Simply use more bagels and toppings of your choice for more children.

Ingredients:

1 standard-sized bagel, cut in half (for each person)
tomato sauce
shredded mozzarella cheese

Toppings of your choice:

tomatoes
mushrooms
diced green pepper
onion
turkey ham
pepperoni
pineapple
seasonings as desired (oregano, pepper, basil, etc.)

Instructions:

Cut bagel in half and spread tomato sauce on each half. Add cheese over the top of both halves. Top with favorite toppings and seasonings or let each of the children top their own for more fun. Bake on low heat for about 5 to 8 minutes, just enough that the cheese starts to bubble and edge of bagel browns.

That's a Wrap! Turkey n Cheese

Ingredients:

Tortillas

Lettuce

Tomato wedges

Thin slices of turkey (chopped turkey leftovers)

Sliced American Cheese

Mayo

Potato Chips, crumbs or crushed

Instructions:

Spread a thin layer of mayo on tortilla. Layer lettuce, tomato, ham and cheese on top of that. Top with crushed potato chips. Roll, fold, or tuck into any shape you like your torilla for easy handling. Another great sandwich substitute for the lunch time blues.

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