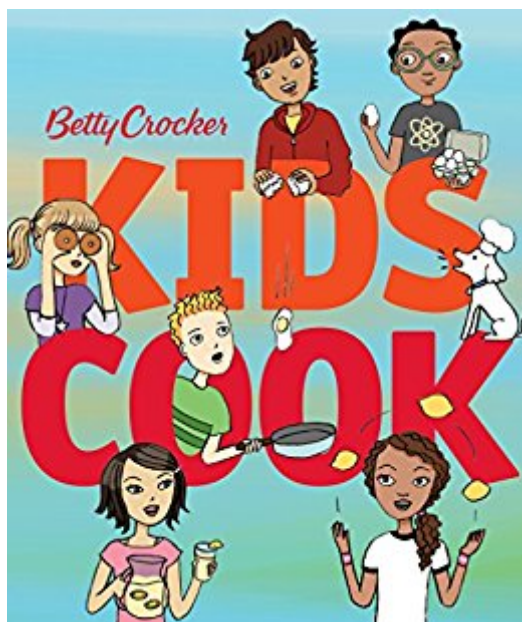


The book was found

# Betty Crocker Kids Cook (Betty Crocker Cooking)



## Synopsis

Whether starting from scratch with the basics of measuring and kitchen safety or creating a meal for the family, Betty Crocker Kids Cook is both teacher and creative outlet. Betty Crocker has been helping kids in the kitchen since 1957 with the publication of Betty Crocker's Boys and Girls Cookbook. Betty Crocker Kids Cook provides the same blend of teaching and creativity, helping today's kids learn to cook and have fun at the same time. The book has 66 I-want-to-make-that recipes, plus engaging illustrations and photos of each recipe that blend whimsy and practicality. The book covers Breakfast, Lunch, Snacks, Dinner and Desserts as well as kitchen essentials, including cooking safety and nutrition basics. This is the book that will teach kids to feel comfortable in the kitchen, whether assembling a healthy snack like Strawberry-Orange Smoothies or whipping up a dinner of Impossibly Easy Mini Chicken Pot Pies with Fresh Fruit Frozen Yogurt Pops for dessert.

## Book Information

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## Customer Reviews

Movie-Time Cauliflower 'n' Popcorn; from Betty Crocker Kids Cook Prep: 10 minutes | Bake: 22 minutes | Makes 3 servings (1/2 cup each) Directions 1. Heat oven to 450° F. In

large mixing bowl, combine cauliflower, oil, salt and pepper; stir with a wooden spoon until well mixed. Pour mixture evenly into ungreased 15" x 10" x 1-inch pan. 2. Bake 10 minutes. Use pot holders to take pan from oven. Using wooden spoon, stir cauliflower mixture. Return pan to oven. Bake 8 to 12 minutes longer until light golden brown and crisp-tender (use a fork to test). Sprinkle with cheese. Let stand about 1 minute or until cheese is melted. Nutrition Information 1 Serving: Calories 120; Total Fat 9g (Saturated Fat 3.5g; Trans Fat 0g); Cholesterol 15mg; Sodium 310mg; Total Carbohydrate 6g (Dietary Fiber 2g); Protein 5g Exchanges: 1 Vegetable, 1/2 High-Fat Meat, 1 Fat Carbohydrate Choices: 1/2

Ingredients and Utensils You'll Need 3 cups small fresh cauliflower florets 1 tablespoon olive or vegetable oil 1/4 teaspoon salt 1/8 teaspoon black pepper 1/3 cup finely shredded sharp Cheddar cheese 1/8 teaspoon ground red pepper (cayenne) -- try adding this if you like things a little spicier

Large mixing bowl Dry-ingredient measuring cups Measuring spoons Wooden spoon 15" x 10" x 1-inch pan Pot holders Cooling rack

Christmas gift to 10 year old granddaughter. Next thing I know, she's sending me pictures of her first dinner for the family!! The grin on her face was ear to ear!! Even the picky sister loved the dinner. Now that's a compliment!! Great investment for this Grandma, when I visit, I know I'll be eating good!!!

Very cool book for kids. Got for my niece she's 10 and loves it. Wanted to read through and look at all the illustrations right away.

I was hoping for the red and white check cookbook my sister and I had as kids! We still have fond memories and still make some of the dishes that we "know by heart". I was a little disappointed in this book (especially the paper it's printed on) but hopefully the 10 yr old I bought it for will love it!

Bought as a gift for my granddaughter. She loves it!! #Cool gma!

Great recipes the kids can fix!

Perfect for the beginning young cook.

Excellent

Looks good with great illustrations

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