

# HEALTHY RECIPES FOR KIDS!

CREATED BY

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— AMERICA'S —  
**TEST KITCHEN**

**KIDS**



# HEALTHY RECIPES FOR KIDS!

You and your kids will love these cooking recipes that the kids can create on their own. With easy, straight forward directions and minimum use of kitchen tools, your kids are going to love the kitchen and YOU are going to enjoy their creations.



## About America's Test Kitchen Kids

Our mission is to build a new generation of empowered cooks, engaged eaters, and curious experimenters. We encourage kids to take risks, embrace and learn from failure, and develop a healthy and positive relationship with food. We publish kid-tested, kid-approved recipes, activities, and experiments in our Young Chefs' Club subscription boxes, our line of cookbooks, board books, and picture books, and on our website. Learn more at [ATKkids.com](http://ATKkids.com)

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# BOKS Healthy Recipes

This creamy spread made from canned chickpeas is easy to make and perfect for scooping up with tortilla chips or baby carrots. Welcome to the dipping life!

Photo by America's Test Kitchen Kids



## Hummus



**PREP TIME**  
15 MIN



**YIELD**  
SERVES 6 (MAKES ABOUT 1½ CUPS)

### Prepare Ingredients

- ¼ cup water
- 2 tablespoons lemon juice, squeezed from 1 lemon
- 2 tablespoons tahini (stirred well before measuring)
- 2 tablespoons extra-virgin olive oil
- 1 (15-ounce) can chickpeas
- 1 garlic clove, peeled
- ½ teaspoon salt
- ¼ teaspoon ground cumin

### Gather Cooking Equipment

- Liquid measuring cup
- Spoon
- Colander
- Can opener
- Food processor
- Rubber spatula
- Small bowl

### Notes

- ✓ Safety: No safety considerations
- ✓ Difficulty: Beginner

### Start Cooking!

1. In liquid measuring cup, stir together water, lemon juice, tahini, and oil. Set colander in sink. Open can of chickpeas and pour into colander. Rinse chickpeas with cold water and shake colander to drain well.
2. Transfer chickpeas to food processor. Add garlic, salt, and cumin to food processor and lock lid into place. Process mixture for 10 seconds.
3. Stop food processor, remove lid, and scrape down sides of bowl with rubber spatula. Lock lid back into place and process until mixture is coarsely ground, about 5 seconds.
4. With processor running, slowly pour water mixture through feed tube until mixture is smooth, about 1 minute.
5. Stop food processor. Carefully remove food processor blade (ask an adult for help). Transfer hummus to small bowl. Serve. (Leftover hummus can be refrigerated for up to 5 days. Before serving, stir in 1 tablespoon warm water to loosen hummus.)



# BOKS Healthy Recipes

Photo by America's Test Kitchen Kids

A cousin of ice pops, paletas are Mexican-style frozen treats that start with fresh fruit juice as their base.

## Strawberry-Cream Paletas



### Prepare Ingredients

- 3½ cups strawberries, hulled
- ½ cup heavy cream
- ¼ cup honey
- 1 teaspoon lemon juice, squeezed from ½ lemon
- ⅛ teaspoon salt

### Gather Cooking Equipment

- Food processor
- Rubber spatula
- Large liquid measuring cup
- 6 ice pop molds, about 3 ounces each
- 6 ice pop sticks

### Start Cooking!

1. Place half of strawberries, cream, honey, lemon juice, and salt in food processor. Lock lid in place and process mixture for 20 seconds. Stop food processor, remove lid, and scrape down sides of bowl with rubber spatula. Lock lid back into place and process until smooth, about 10 seconds.
2. Add remaining strawberries to food processor and lock lid in place. Pulse until strawberries are coarsely chopped, about 5 pulses. Carefully remove processor blade (ask an adult for help).
3. Pour strawberry mixture into large liquid measuring cup, using rubber spatula to help scrape out mixture. Divide strawberry mixture evenly among ice pop molds.
4. Insert 1 stick in center of each mold and seal with cover. Freeze until firm, at least 6 hours or up to 5 days.
5. Hold mold under warm running water for 30 seconds to thaw slightly. Slide paleta out of mold and serve.

### Notes

- ✓ Fresh fruit tastes best, but you can use 1 pound of frozen strawberries, thawed and drained on paper towels, in this recipe.
- ✓ Safety: Uses a knife
- ✓ Difficulty: Beginner

# BOKS Healthy Recipes

"Delicious and fun to make. Whenever I eat one I want to eat a hundred." – David, recipe tester, age 5

Photo by America's Test Kitchen Kids



## Cranberry-Almond No-Bake Energy Bites



**PREP TIME**  
15 MIN



**CHILLING TIME**  
30 MIN



**YIELD**  
12 BITES

### Prepare Ingredients

- $\frac{3}{4}$  cup (2 $\frac{1}{4}$  ounces) old-fashioned rolled oats
- $\frac{1}{3}$  cup peanut, almond, or sunflower butter
- $\frac{1}{3}$  cup sliced almonds
- $\frac{1}{3}$  cup dried cranberries
- 2 tablespoons honey
- $\frac{1}{8}$  teaspoon salt

### Gather Cooking Equipment

- Dry measuring cups
- Measuring spoons
- Large bowl
- Rubber spatula
- Plate
- Plastic wrap

### Notes

- ✓ You can add 1 tablespoon of chia seeds or ground flax seed to oat mixture in step 1, if desired. Energy bites can be refrigerated in an airtight container for up to three days.
- ✓ Safety: No safety considerations
- ✓ Difficulty: Beginner

### Start Cooking!

1. **MIX:** Stir all ingredients in bowl with rubber spatula until well combined.
2. **SHAPE:** Use your wet hands to roll mixture into 12 balls (about 1 tablespoon each). Place balls on plate and cover with plastic wrap.
3. **CHILL:** Refrigerate balls until firm, at least 30 minutes.

### Fun Fact: Where Does Energy Come From?

FOOD! But different types of food can give you different types of energy. Sweet foods such as cookies and candy give you a lot of energy, and fast—but that energy lasts for only a little bit of time, since sugar moves quickly through your body. But foods such as these energy bites that combine complex carbohydrates (oats!), protein (nut butters!), and fiber (oats and nut butters!), as well as some sugar give you longer-lasting energy. Power up!



# BOKS Healthy Recipes

Tomatoes and peaches are at their ripest (and juiciest!) in summer, making this salad a perfect picnic side dish.

Photo by America's Test Kitchen Kids



## Summer Tomato and Peach Salad



**PREP TIME**  
35 MIN



**YIELD**  
SERVES 4 TO 6

### Prepare Ingredients

- 3 ripe tomatoes
- ½ teaspoon plus ¼ teaspoon salt, measured separately
- 2 small ripe peaches
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced shallot
- 1 tablespoon lemon juice, squeezed from 1 lemon
- ⅛ teaspoon pepper
- ¼ cup fresh mint leaves

### Gather Cooking Equipment

- Cutting board
- Small serrated knife
- Colander
- Medium bowl
- Whisk
- Rubber spatula

### Notes

- ✓ Safety: Uses a knife
- ✓ Difficulty: Beginner

### Start Cooking!

1. Use small serrated knife to cut each tomato, following steps below.
  - Use small serrated knife to cut tomato in half from top to bottom (through stem).
  - Place each half flat side down. Use tip of knife to cut out core from each half.
  - Cut tomatoes into wedges that are roughly ½ inch thick.
  - Cut each wedge in half (cut the short way).
2. In colander, combine tomatoes and ½ teaspoon salt and gently toss to combine. Place colander in sink and let tomatoes drain for 15 minutes.
3. While tomatoes drain, cut each peach away from pit: Cut small slice off bottom of peach to create flat surface. Slice around pit to remove 4 large pieces. Discard pit. Slice peaches into ½-inch-thick wedges. Cut each wedge in half.
4. In medium bowl, whisk together oil, shallot, lemon juice, ¼ teaspoon salt, and pepper. Add drained tomatoes and peaches to bowl with dressing and use rubber spatula to gently stir to combine.
5. With your fingers, tear mint leaves into pieces. Sprinkle mint over salad. Serve.



# BOKS Healthy Recipes

Photo by America's Test Kitchen Kids

Creamy and crunchy at the same time, these tacos are a vegetarian delight!



## Vegetable Tacos



**PREP TIME**  
30 MIN



**YIELD**  
SERVES 4 (MAKES 8 TO 10 TACOS)

### Prepare Ingredients

- (15-ounce) can black beans, opened
- 1 tablespoon lime juice, squeezed from 1 lime
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, measured separately
- ¼ teaspoon plus ½ teaspoon salt, measured separately
- 2 garlic cloves, peeled and minced
- 1 teaspoon ground cumin
- ½–1 teaspoon chili powder
- 1 zucchini, trimmed, quartered lengthwise, and cut into ½-inch pieces
- 1½ cups frozen corn
- 8–10 (6-inch) corn tortillas

### Gather Cooking Equipment

- Colander
- Medium microwave-safe bowl
- Fork
- 2 small microwave-safe plates
- 12-inch nonstick skillet
- Rubber spatula
- Dish towel

### Notes

- ✓ Serve with your favorite taco toppings, such as hot sauce, diced avocado, chopped cilantro, or sour cream. For spicier tacos, use the full teaspoon of chili powder.
- ✓ **Safety:**
  - Uses a knife
  - Uses the microwave
  - Uses the stovetop
- ✓ **Difficulty:** Intermediate

### Start Cooking!

1. Set colander in sink. Pour beans into colander and rinse with cold water. Shake colander to drain well. Transfer beans to medium microwave-safe bowl.
2. Add lime juice, 2 teaspoons oil, and ¼ teaspoon salt to beans. Use fork to mash beans until about half are broken down to chunky paste.
3. Cover bowl with microwave-safe plate and heat in microwave until warm, about 1 minute. Remove bowl from microwave and set aside (still covered to keep warm).
4. In 12-inch nonstick skillet, heat remaining 1 tablespoon oil over medium heat for 1 minute (oil should be hot but not smoking). Use rubber spatula to stir in garlic, cumin, chili powder, and remaining ½ teaspoon salt and cook for 30 seconds.
5. Add zucchini and corn to skillet with spices and stir to combine. Increase heat to medium-high and cook for 3 minutes (do not stir!). Then, use rubber spatula to gently stir zucchini mixture. Continue to cook (again, no stirring!) until vegetables are spotty brown, 3 to 5 minutes. Turn off heat and slide skillet to cool burner.
6. Stack tortillas on second microwave-safe plate and cover with damp dish towel. Heat in microwave until warm, about 1 minute.
7. Divide mashed beans and vegetable mixture evenly among warmed tortillas. Serve.



# BOKS Healthy Recipes

Take corn on the cob to the next level!

Photo by America's Test Kitchen Kids



## Mexican Street Corn

 **PREP TIME**  
55 MIN

 **YIELD**  
SERVES 6 TO 8

### Prepare Ingredients

- 6 ears corn, husks and silk removed
- 1 tablespoon extra-virgin olive oil
- ½ cup mayonnaise
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice, squeezed from 1 lime
- 1 garlic clove, peeled and minced
- 1 teaspoon chili powder
- ¼ teaspoon salt
- 1 lime, cut into wedges

### Gather Cooking Equipment

- Rimmed baking sheet
- Aluminum foil
- 3 bowls (1 large microwave-safe bowl, 1 medium, 1 large)
- Large microwave-safe plate
- Whisk
- Oven mitts
- Tongs
- Rubber spatula
- Cooling rack
- Serving platter

### Notes

- ✓ **Safety:**
  - Uses the oven
  - Uses a knife
  - Uses the microwave
- ✓ **Difficulty:** Advanced

### Start Cooking!

1. Adjust oven rack to middle position and heat oven to 450 degrees. Line rimmed baking sheet with aluminum foil.
2. Snap ears of corn in half. Place in large microwave safe bowl. Add oil and use your hands to toss and coat evenly with oil. Cover bowl with large microwave-safe plate and cook in microwave for 8 minutes.
3. While corn is in microwave, in medium bowl, whisk mayonnaise, cheese, cilantro, lime juice, garlic, chili powder, and salt until combined.
4. When corn is ready, use oven mitts to remove bowl from microwave (ask an adult for help—bowl will be VERY hot). Carefully remove plate (steam will be hot). Use tongs to transfer corn to second large bowl, leaving any liquid behind.
5. Add half of mayonnaise mixture to bowl with corn and use rubber spatula to stir until corn is well coated.
6. Transfer corn to baking sheet (save large bowl and rubber spatula for step 8). Place baking sheet in oven and roast corn until spotty brown, 10 to 15 minutes.
7. Use oven mitts to remove baking sheet from oven (ask an adult for help). Place on cooling rack and let cool for 5 minutes.
8. Use tongs to carefully transfer corn to large bowl (baking sheet will be hot). Add remaining mayonnaise mixture and use rubber spatula to stir until corn is well coated. Transfer corn to serving platter. Serve with lime wedges.





# BOKS Healthy Recipes

A Caprese salad—tomato, basil, and mozzarella—is just as delicious when it's pressed between toasted slices of bread.

Photo by America's Test Kitchen Kids



## Caprese Panini

 **PREP TIME**  
25 MIN

 **YIELD**  
SERVES 1

### Prepare Ingredients

- 2 (½-inch-thick) slices crusty bread
- 1 tablespoon extra-virgin olive oil
- ½ cup shredded mozzarella cheese
- 1 small tomato, sliced into circles
- Pinch salt
- 4 fresh basil leaves

### Gather Cooking Equipment

- Cutting board
- Pastry brush
- 10-inch nonstick skillet
- Small, flat saucepan lid (smaller than skillet)
- Oven mitts
- Spatula
- Chef's knife

### Notes

- ✓ **Safety:**
  - Uses a knife
  - Uses the stovetop
- ✓ **Difficulty:** Beginner

### Start Cooking!

1. Place bread slices on cutting board. Use pastry brush to brush oil evenly over 1 side of each slice.
2. Flip 1 slice over (oiled side down) and sprinkle with half of cheese. Place tomato slices on top and sprinkle with salt. Top with basil and remaining cheese. Place second slice of bread on top (oil on the outside).
3. Place sandwich in 10-inch nonstick skillet. Place saucepan lid on sandwich and press down firmly, then leave lid in place.
4. Heat skillet over medium heat and cook until bread is golden brown on bottom, about 4 minutes.
5. Use oven mitts to remove lid. Use spatula to flip sandwich over. Place lid back on sandwich and press down again. Cook until second side is golden brown and cheese is melted, about 2 minutes.
6. Turn off heat. Use spatula to transfer sandwich back to cutting board. Let cool for 2 minutes. Cut sandwich in half and serve warm.



# BOKS Healthy Recipes

Tender beef and broccoli in a sweet and tangy sauce—now you can make this takeout classic at home! Serve this stir-fry with rice.

Photo by America's Test Kitchen Kids



## Beef and Broccoli Stir-Fry

 **PREP TIME**  
50 MIN

 **YIELD**  
SERVES 4

### Prepare Ingredients

- 1 tablespoon plus  $\frac{1}{4}$  cup water, measured separately
- 2 tablespoons soy sauce
- $1\frac{1}{2}$  teaspoons cornstarch
- $\frac{1}{4}$  teaspoon baking soda
- 1 pound flank steak
- $\frac{1}{4}$  cup hoisin sauce
- 2 teaspoons Asian chili-garlic sauce
- 1 tablespoon vegetable oil
- 6 cups broccoli florets, cut into 1-inch pieces
- 4 garlic cloves, peeled and minced

### Gather Cooking Equipment

- 2 medium bowls
- Whisk
- Cutting board
- Chef's knife
- Ruler
- Rubber Spatula
- 12-inch nonstick skillet
- Large plate

### Notes

- ✓ **Safety:**
  - Uses a knife
  - Uses the stovetop
- ✓ **Difficulty:** Advanced

### Start Cooking!

1. In medium bowl, whisk 1 tablespoon water, soy sauce, cornstarch, and baking soda until combined.
2. Use chef's knife to cut steak with grain (long lines running length of steak) into 3 or 4 strips (each about 2 inches wide). Cut each strip across grain into thin slices, about  $\frac{1}{4}$  inch thick. Add sliced beef to bowl with soy sauce mixture. Wash your hands. Use rubber spatula to stir to coat. Let beef sit for 15 minutes.
3. While beef sits, in second medium bowl, whisk hoisin sauce, chili-garlic sauce, and remaining  $\frac{1}{4}$  cup water until combined.
4. When beef is ready, heat oil in 12-inch nonstick skillet over medium-high heat for 1 minute (oil should be hot but not smoking). Use rubber spatula to carefully add beef to skillet and spread it into even layer. Cook, stirring occasionally, until beef is lightly browned on both sides, 2 to 4 minutes. Turn off heat and use clean rubber spatula to transfer beef to large plate.
5. Add hoisin mixture, broccoli, and garlic to skillet and return to medium high-heat. Cook, stirring occasionally, until sauce is thickened and broccoli is tender, about 5 minutes.
6. Stir beef and juices on plate back into skillet and cook for 1 minute. Turn off heat. Serve.



# BOKS Healthy Recipes

Quinoa ("KEEN-wa") is super delicious AND super nutritious!

Photo by America's Test Kitchen Kids

## Quinoa with Herbs



**TIME**  
55 MIN



**YIELD**  
SERVES 4 TO 6

### Prepare Ingredients

- 2 tablespoons unsalted butter, cut into 2 pieces
- 1 small onion, peeled and chopped fine
- ½ teaspoon salt
- 1½ cups prewashed white quinoa
- 1¾ cups chicken or vegetable broth
- 3 tablespoons chopped fresh basil, parsley, or mint

### Gather Cooking Equipment

- Medium saucepan with lid
- Wooden spoon
- Oven mitts
- Fork

### Notes

- ✓ Safety:
  - Uses a knife
  - Uses the stovetop
- ✓ Difficulty: Beginner

### Start Cooking!

1. In medium saucepan, melt butter over medium heat. Add onion and salt and cook, stirring occasionally with wooden spoon, until softened, about 5 minutes.
2. Add quinoa and cook, stirring often, until quinoa begins to make popping sounds, 2 to 3 minutes.
3. Carefully stir in broth and bring to simmer. Cover, reduce heat to low, and cook for 10 minutes.
4. Use oven mitts to remove lid. Stir quinoa and put lid back in place. Cook until liquid is absorbed, 8 to 10 minutes.
5. Turn off heat. Slide saucepan to cool burner and let sit, covered, for 10 minutes.
6. Use oven mitts to remove lid. Add herbs and gently stir quinoa with fork until fluffy. Serve.



# BOKS Healthy Recipes

Weeknight pizza, here we come! This flatbread pizza is second to "naan."

Photo by America's Test Kitchen Kids



## Pesto Flatbread "Pizza"



### Prepare Ingredients

- 1 teaspoon extra-virgin olive oil
- 1 (8-inch) naan bread
- 2 tablespoons pesto
- 1/3 cup shredded mozzarella cheese
- 12 cherry tomatoes, cut in half

### Gather Cooking Equipment

- Pastry brush
- Ruler
- Rimmed baking sheet
- Small spoon
- Oven mitts
- Cooling rack
- Spatula
- Cutting board
- Chef's knife or pizza wheel

### Notes

- ✓ Safety:
  - Uses a knife
  - Uses the oven
- ✓ Difficulty: Beginner

### Start Cooking!

1. Adjust oven rack to lowest position and heat oven to 400 degrees. Use pastry brush to brush oil into 9-inch circle in center of rimmed baking sheet. Place naan on top of oil on baking sheet.
2. Use back of small spoon to spread pesto over naan, leaving 1/2-inch border around edge. Sprinkle cheese over pesto, then sprinkle tomatoes over cheese.
3. Place baking sheet in oven and bake until naan is golden brown around edges, 8 to 10 minutes.
4. Use oven mitts to remove baking sheet from oven (ask an adult for help). Place baking sheet on cooling rack and let cool for 5 minutes.
5. Use spatula to carefully transfer naan to cutting board (baking sheet will be hot). Use chef's knife or pizza wheel to cut naan into wedges. Serve.



# BOKS Healthy Recipes

For a perfect salad on the go, it's all about the "jar-chitecture."

Photo by America's Test Kitchen Kids



## Salad in a Jar



### Prepare Ingredients

- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon grated lemon zest plus 4 teaspoons juice, zested and squeezed from ½ lemon
- ½ teaspoon Dijon mustard or mayonnaise
- ¼ teaspoon salt
- Pinch pepper
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 Persian cucumbers, ends trimmed and cucumbers chopped
- 1 cup (6 ounces) cherry tomatoes, halved
- 2 cups chopped romaine lettuce
- ½ cup (2 ounces) crumbled feta cheese

### Start Cooking!

1. In 1 pint-size jar, combine oil, lemon zest and juice, mustard, salt, and pepper. Cover jar tightly with lid and shake until mixture is well combined, about 30 seconds.
2. Remove lid. Use 1 tablespoon measuring spoon to measure 1 tablespoon dressing into each of the other 3 jars (leave remaining dressing in first jar).
3. Divide chickpeas, cucumbers, tomatoes, lettuce, and feta evenly among jars, in that order. Cover jars with lids and refrigerate until ready to pack for your picnic. (Salads can be refrigerated for up to 24 hours.)

### Notes

- ✓ Safety: Uses a knife
- ✓ Difficulty: Beginner

### Gather Cooking Equipment

- 4 pint-size (16-ounce) jars with lids
- 1-tablespoon measuring spoon



# BOKS Healthy Recipes

Transform vegetables into a tangy, crunchy topping for your salad, sandwich, or grain bowl by making these super simple QUICKLES!



Photo by America's Test Kitchen Kids

## Quick Pickled Vegetables



### Notes

### Prepare Ingredients

- 1 cup (8 ounces) unseasoned rice vinegar
- 3 tablespoons sugar
- ½ teaspoon salt
- 4 Persian cucumbers, sliced into half-moons, or ½ small head red cabbage, cored and shredded

### Gather Cooking Equipment

- Medium microwave-safe bowl
- Oven mitts
- Spoon
- Slotted spoon

- ✓ Safety:
  - Uses a knife
  - Uses the microwave
- ✓ Difficulty: Beginner

### Start Cooking!

1. In medium microwave-safe bowl, combine vinegar, sugar, and salt. Heat in microwave until hot and beginning to bubble at edges, 1 to 2 minutes. Use oven mitts to remove bowl from microwave (ask an adult for help). Stir mixture with spoon until sugar dissolves.

2. Add cucumbers or cabbage to bowl and stir to combine. Let mixture sit, stirring occasionally, for 45 minutes. Use slotted spoon to serve pickles. (Pickles can be refrigerated in brine for up to 1 week.)



# BOKS Healthy Recipes

Photo by America's Test Kitchen Kids

Taste the “rainbow” with these colorful, veggie-packed bowls!



## Rainbow Grain Bowls



 **TIME**  
1 HOUR AND 10 MINUTES

 **YIELD**  
SERVES 4

### Prepare Ingredients

- 6 cups water
- 1¾ cups short-grain brown rice
- 1 teaspoon salt
- 1 (15-ounce) can chickpeas or white beans, opened
- ½ teaspoon ground turmeric
- 1 tablespoon plus ¼ cup extra-virgin olive oil, measured separately
- 2 tablespoons lime juice, squeezed from 1 lime
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon honey
- ¼ teaspoon ground ginger
- 1½ cups (9 ounces) cherry tomatoes, halved
- 2 carrots, peeled into ribbons
- 1 avocado, halved, pitted, and chopped
- 1 recipe Quick Pickled Cabbage (see page 36)

### Gather Cooking Equipment

- Large saucepan
- Wooden spoon
- Colander
- 3 bowls (1 large, 1 medium, 1 medium microwave-safe)
- Spoon
- Oven mitts
- Whisk
- 4 serving bowls

### Notes

- ✓ **Safety:**
  - Uses a knife
  - Uses the stovetop
  - Uses the microwave
- ✓ **Difficulty:** Advanced

### Start Cooking!

1. In large saucepan, bring water to boil over high heat. Carefully add rice and salt to saucepan. Reduce heat to medium and simmer, stirring occasionally with wooden spoon, until rice is tender, 30 to 35 minutes.
2. While rice cooks, set colander in sink. Pour chickpeas into colander. Rinse chickpeas with cold water and shake colander to drain well. Transfer chickpeas to medium microwave-safe bowl. Rinse colander and leave in sink.
3. Add turmeric and 1 tablespoon oil to chickpeas and use spoon to stir until evenly coated. Heat in microwave until warmed through, about 1 minute. Use oven mitts to remove bowl from microwave; set aside.
4. In medium bowl, whisk together lime juice, soy sauce, honey, and ginger. While whisking constantly, slowly pour in remaining ¼ cup oil until combined.
5. When rice is ready, carefully pour into now-empty colander in sink (ask an adult for help; saucepan will be heavy and hot!). Carefully shake colander to drain well. Transfer drained rice to large bowl.
6. Pour half of lime dressing over rice. Use wooden spoon to stir until rice is evenly coated.
7. Divide rice evenly among 4 serving bowls. Top each bowl with piles of tomatoes, carrot ribbons, chickpeas, avocado, and pickled cabbage, placing piles around bowl in rainbow order. Use spoon to drizzle each bowl with remaining dressing. Serve.



# BOKS Healthy Recipes

Photo by America's Test Kitchen Kids

Transform fresh watermelon into the “coolest” drink around!



## Watermelon Slushies



 **TIME**  
15 MINUTES, PLUS 2  
HOURS FREEZING TIME

 **YIELD**  
SERVES 4 TO 6 (MAKES  
ABOUT 6 CUPS)

### Prepare Ingredients

#### Simple Syrup:

- $\frac{2}{3}$  cup (4 $\frac{2}{3}$  ounces) sugar
- $\frac{2}{3}$  cup (5 $\frac{1}{3}$  ounces) water

#### Watermelon Slushies:

- 10 cups 1-inch seedless watermelon pieces (3 pounds)
- $\frac{1}{4}$  cup lime juice, squeezed from 2 limes
- 2 tablespoons Simple Syrup
- $\frac{1}{8}$  teaspoon salt

### Gather Cooking Equipment

- Jar with tight-fitting lid
- Large plate
- Blender
- Dish towel
- Glasses

### Notes

- ✓ Safety: Uses a knife
- ✓ Difficulty: Intermediate

### Start Cooking!

1. **For the simple syrup:** In jar, combine sugar and water. Cover jar with lid to seal. Shake jar vigorously until sugar dissolves, about 2 minutes.
2. Let jar sit on counter until syrup turns clear, about 5 minutes. (Simple Syrup can be refrigerated for up to 1 month.)
3. **For the slushies:** On large plate, spread 5 cups watermelon pieces into single layer. Place in freezer and freeze until firm, about 2 hours.
4. Add lime juice, 2 tablespoons Simple Syrup, salt, and remaining 5 cups unfrozen watermelon to blender jar. Place lid on top of blender and hold lid firmly in place with folded dish towel. Turn on blender and process until smooth, about 30 seconds. Stop blender.
5. Add frozen watermelon pieces to blender. Replace lid on top of blender and hold lid firmly in place with folded dish towel. Turn on blender and process until thick and slushy, and no large chunks remain, 30 to 60 seconds. Stop blender.
6. Pour into glasses. Serve immediately.







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