

Oatmeal 2 Go

Prep Time: 15 minutes Cook Time: 30 to 35 minutes Makes 12 to 25 squares (depending on portion size)

1. **PREHEAT** oven to 350oF. Have an adult help you with this step!
2. **GET** two bowls; one for wet ingredients, and one for dry ingredients.
3. **ADD** the following in to the bowl for **wet ingredients**. Stir all the wet ingredients together.

QUANTITY	INGREDIENT
1	Egg, beaten
½ cup	Milk, preferably whole
½ cup	Applesauce, unsweetened
1 teaspoon	Vanilla extract
3 Tablespoons	Brown sugar
2 Tablespoons	Olive oil
1 large	Carrot, finely grated (optional)

4. **ADD** the following in to the bowl for **dry ingredients**. Have an adult help you use scissors to snip the dried apricot in to small pieces. Stir all the dry ingredients together.

QUANTITY	INGREDIENT
1 ½ cups	Oatmeal, quick cooking
½ cup	Whole wheat flour
1 ½ teaspoon	Cinnamon, ground
¼ teaspoon	Baking powder
1 teaspoon	Allspice
¼ cup	Dried cranberries
¼ cup	Raisins
¼ cup	Dried apricot, cut in small pieces
¼ cup	Pecans, broken in to small pieces

5. **POUR** wet ingredients in to dry ingredients.
6. **MIX** everything together until combined.
7. **GREASE** a 9-inch square baking pan.
8. **SPREAD** batter evenly in to the baking pan.
9. **BAKE** at 350oF for 30 to 35 minutes, or until lightly browned. Have an adult help you with this step!
10. **CLEAN** up the dishes you used.
11. **PUT** away the ingredients.
12. **CLEAN** the counter (or space you used to cook).
13. **ONCE** the oatmeal comes out of the oven, let cool for 15 to 20 minutes.

14. CUT oatmeal in to squares and enjoy!

Lettuce Boats

Prep Time: 20 minutes Makes 8 to 12 boats (depending on portion size)

QUANTITY	INGREDIENT
1 ½ to 2 cups	Cooked chicken (3-4 breasts) or Salmon Canned Tuna Other Fish
1	Avocado
½ cup	Frozen corn, drained
¼ to ½ cup	Cheese, shredded or diced
1 to 2	Green onions, sliced
**¾ cup	Cherry tomatoes, halved or 1 medium tomatoes diced
**½ cup	Cucumber, finely grated or diced
**1 large	Carrot, finely grated
**½ cup	Beansprouts or water chestnuts, drained
**½ cup	Bell pepper, diced
2 Tablespoons	Mayonnaise
1 Tablespoon	Lemon juice
½ teaspoon	Mustard
To taste	Pepper, dill, parsley, Tabasco
8 to 12	Romaine lettuce leaves, or other 'spiny' lettuce such as Bibb

** Indicates an optional ingredient that requires more advanced kitchen skills, or adult assistance.

1. ADD chicken or fish to a large bowl. Use your fingers to shred chicken, or a fork to lightly mash fish. Set aside.
2. CHOP the avocado in to pieces. You can also choose to mash it up if you prefer.
3. CHOP the green onion.
4. CHOP, grate, or dice any additional optional vegetables you are using.
5. ADD avocado, corn, cheese, green onion, and any other optional vegetables you are using to bowl.
6. ADD mayonnaise, lemon juice, and mustard. Gently combine all ingredients.
7. SEASON to taste with pepper, dill, parsley, Tabasco, or a seasoning of your choice.
8. SET filling aside or place in refrigerator while you wash the lettuce (if needed).
9. WASH and dry lettuce. You may want to have an adult help you with this step.
10. CLEAN dishes, put away ingredients, and clean the counter (or space you used to cook).
11. FILL the lettuce boats and enjoy!

NOTE: You may want to use paper napkins (or construction paper) and toothpicks to make sails for your boats.