

Real-Life Skills, Real Good Food

Looking for a simple way to get your kids involved in the kitchen this summer? These recipes are a fun, flavor-filled way to start. Try them out together, make a mess and taste your way to real-life skills.



Vinaigrette Formula

Courtesy of the American College of Culinary Medicine

The Basic Ratio

3 parts fat + 1 part acid + seasoning, salt and sweet

You can mix everything in a bowl and whisk it together or just add to a jar with a lid and shake until well combined. Try different combos and taste as you go!

Build Your Own Vinaigrette

Pick one (or two!) from each category and mix and match:

Fats (Oils)

- Olive Oil
- Sesame Oil
- Avocado Oil
- Canola Oil
- Flaxseed Oil
- Avocado Puree
- Greek Yogurt

Acids (Vinegar or Citrus)

- Balsamic Vinegar
- Red or White Wine Vinegar
- Apple Cider Vinegar
- Rice Vinegar
- Lemon, Lime, Orange or Pineapple Juice

Seasonings + Extras

- Garlic
- Ginger
- Fresh Herbs
- Dijon Mustard
- Shallot
- Dried Spices

Salts + Savory

- Salt (any kind)
- Black Pepper
- Parmesan Cheese
- Capers
- Olives

Sweeteners (Optional)

- Honey
- Fruit
- Fruit Juice

Try These Combos

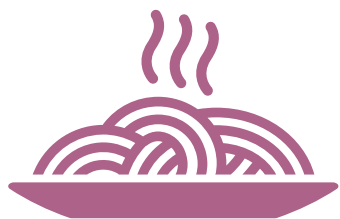
Lemon Vinaigrette

- 3 Tbsp. Olive Oil
- 1 Tbsp. Lemon Juice
- 1 tsp. Fresh Thyme
- 1 tsp. Sugar
- 1/8 tsp. Kosher Salt
- Black Pepper to taste

Sesame Ginger Vinaigrette

- 3 Tbsp. Sesame Oil
- 1 Tbsp. Rice Vinegar
- 1/2 tsp. Grated Ginger
- 1 tsp. Minced Garlic
- 1 tsp. Honey
- 1/8 tsp. Salt
- Black Pepper to taste





Red Gravy

By Michael Gulotta

This hearty, flavor-packed sauce is perfect for pasta night and even better the next day. Let kids help by crushing tomatoes or picking basil leaves.

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 red bell pepper, chopped
- 4 cloves garlic, minced
- 1/4 cup tomato paste
- 1 Tbsp. sugar
- 1 Tbsp. red wine vinegar
- 2 cans (28 oz each) peeled whole tomatoes, crushed
- 1 smoked ham hock
- 1 large sprig fresh basil
- 1 orange, halved (use both halves)
- 1 pinch crushed red pepper
- Black pepper to taste

Instructions

1. In a large pot, sauté the bell pepper, garlic, tomato paste and sugar over medium heat. Stir and cook until the mixture is deeply caramelized and darkened in color.
2. Add the red wine vinegar and use a wooden spoon to scrape up any browned bits (fond) from the bottom of the pot.
3. Add the tomatoes, ham hock, basil, orange halves, red pepper flakes and black pepper. Bring to a simmer, then reduce heat and let it cook on low for at least one hour.
4. Once the ham hock is tender, shred the meat into the gravy and discard the bone and orange halves.
5. Taste and adjust seasoning as needed.

This recipe gets even better the longer it simmers!



Want more tips for helping kids develop life skills, including in the kitchen? Listen to Dr. Thiravat Choojitaram on ParentingU wherever you get your podcasts.

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