



Couscous Chicken Salad

This exotic healthy chicken salad prepared by a child or an adult makes a great school luncheon item or a picnic salad. You will be amazed that a salad this simple can taste so good.

Ingredients

- 1 $\frac{1}{4}$ cups boiling water
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 cup uncooked couscous
- 2 cups chopped cooked chicken
- 1 cup frozen peas, steamed
- 1 cup dried cranberries or chopped dried apricots
- $\frac{1}{2}$ cup toasted sunflower seeds or toasted slivered almonds
- $\frac{1}{3}$ - $\frac{1}{2}$ cup prepared Italian salad dressing

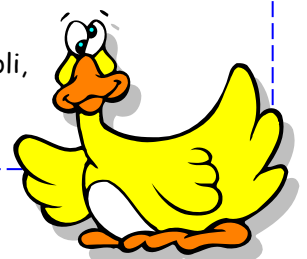
Preparation

1. In a large bowl, pour boiling water, mix in salt and pepper. Add the couscous, stir once and cover the bowl. Let stand for 5 minutes.
2. Remove cover and with a fork fluff the couscous. Add cooked chicken, peas, cranberries, sunflower seeds, and salad dressing. Toss gently to mix and coat with the salad dressing. Cover and chill.

Makes 3-4 servings

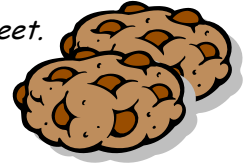
Tips

- For a vegetarian version, omit chicken and use garbanzo beans, steamed broccoli, chopped cucumbers, and cherry tomatoes sliced in half.



Breakfast Oatmeal Cookies

Oatmeal cookies are ideal for breakfast - they are healthy and not too sweet. They are especially handy when you are rushing out the door.



Ingredients

- $\frac{1}{2}$ cup (1 stick) butter at room temperature
- $\frac{3}{4}$ cup sugar
- 2 eggs at room temperature
- 1 tsp vanilla
- $1\frac{1}{2}$ cups quick-cooking oatmeal
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{2}$ tsp baking soda
- 1 tsp baking powder
- $\frac{1}{2}$ tsp salt
- $1\frac{1}{4}$ tsp cinnamon
- $\frac{1}{8}$ tsp nutmeg
- 1 cup raisins

Preparation

1. Preheat oven to 350°F.
2. Use non-stick cookie sheets or lightly spray two baking sheets with cooking spray.
3. In a large mixing bowl with an electric beater, beat the butter and sugar until fluffy. Add the eggs and beat 1 minute longer. Add vanilla and mix.
4. Add the oatmeal to the egg mixture and mix until well incorporated. Add the milk and mix completely.
5. Add the flour, baking soda, baking powder, salt, cinnamon, and nutmeg. Mix until well incorporated. Stir in the raisins.
6. Drop a heaping tablespoonful of the dough onto prepared baking sheets, keeping 2 inches apart.
7. Bake for 10-12 minutes until the edges of the cookies start browning. Transfer the cookies to a wire rack to cool.

Makes 36-40 cookies





Creamy Strawberry Mold

Everyone will enjoy this beautiful, fluffy and delicious mold.

Ingredients

- 1 (3 oz) pkg strawberry gelatin
- 1 cup boiling water
- $\frac{3}{4}$ cup ice cold water
- 1 $\frac{1}{2}$ cup whipped topping, thawed
- 1 $\frac{1}{2}$ cup strawberries or mixed fruit, sliced
- Whole strawberries for garnish

Preparation

1. In a medium bowl, empty the gelatin package. Add boiling water and stir until gelatin is dissolved. Add cold water and stir. Refrigerate for 1 hour or until slightly thickened.
2. Gently stir in whipped topping. Refrigerate for 20 minutes until slightly thickened and then stir in the fruit.
3. Pour into a 5-cup mold and refrigerate for 5 hours or overnight.
4. Unmold and garnish with strawberries.

Makes 6-8 servings

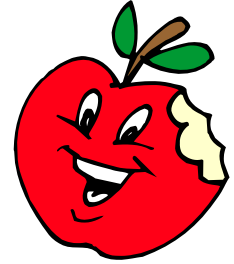


Tips

- Try variations with different flavored gelatins and fruits.

Puff Pastry Apple Tart

These tarts make a yummy after-school snack.



Ingredients

1 (14 oz) pkg puff pastry dough (2 sheets)

3-4 Granny Smith apples

$\frac{1}{2}$ cup apricot jam or apple jelly

$\frac{1}{2}$ cup sugar

Flour for dusting



Preparation

1. Preheat oven to 375°F.
2. Line 2 baking pans with parchment paper. Unfold pastry on a board dusted with flour.
3. With a rolling pin, roll the pastry to 16x18 inches. Cut each sheet of dough into 6 rectangles or with a large cookie cutter, cut into 3-4 inch circles and arrange them on the prepared pans.
4. With a fork, make holes on the surface of the dough, leaving a $\frac{1}{2}$ -inch border all around without any holes.
5. Peel and core the apples, and slice into very thin slices.
6. Put the apricot jam in a microwave-proof dish and heat for 20 seconds to bring to spreading consistency.
7. Brush the top of each piece of dough with apricot jam and arrange the apple slices slightly overlapping. Sprinkle sugar all over the apples and pastry edges.
8. Bake for 25-30 minutes until tops are richly browned and sides of the dough are puffed. Remove from the oven and brush some more apricot jam on top. Serve warm or at room temperature with sweetened whipped cream or a scoop of vanilla ice cream.

Makes 12 tarts



Tips

- To make rolling the dough easier for a younger child, first cut the dough into 6 pieces and then let the child roll out the dough into rectangles.
- Baked tarts freeze well. Just heat before serving.