



HCSF Newsletter

August
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Enjoy lots of family time together before school starts and schedules go crazy! Try our twist on a campfire favorite....**Choco-banana Melt!** Burn off some calories from your campfire treats with a rousing game of **“Do as I say...not as I do.”** Back inside, get in the kitchen to **Cook With Your Kids** and make **Creamy Cauliflower Mac & Cheese!** Serve with a side of **Magic Beans** – your kids won’t believe their eyes! An after dinner game of **Pick Pocket Tag** will keep the fun going.

Choco-banana Melt

This gooey grilled treat is a fruity version of the classic s'more.



Instructions

1. Cut a slit lengthwise in a peeled banana and place it on a sheet of aluminum foil.
2. Stuff in 8-10 chocolate chips and 8-10 mini marshmallows.
3. Wrap the foil around the banana and place it on a grill or in the campfire for about 5 minutes.
4. The melt, once cooled, is best eaten with a spoon (and lots of napkins).

Campfire Game

Do as I say...not as I do



This game is played in a circle.

The first person SAYS one thing he/she likes ("I like to jump up and down"), but DOES another (flaps his/her arms).

The second person DOES what was just SAID (jumps up and down), but SAYS something he/she likes ("I like to rock climb").

This pattern continues around the circle until everyone has had a turn! Giggles are sure to follow!

WHAT IS IT & WHAT DO I DO WITH IT?

Cauliflower

When is cauliflower in season?

Cauliflower is a vegetable in the cabbage family and it begins to come into season in August. It continues to be available throughout the fall and winter in the Midwest.



Selecting and Storing:

Look for white or cream-colored heads that feel heavy for their size. Store cauliflower in a plastic bag with a few holes poked in it in the refrigerator crisper drawer for up to one week. Do not wash until just before you are ready to use it.

How do I prepare it?

Cauliflower has a lightly sweet, nutty flavor when properly cooked. Raw cauliflower can have a pretty sharp bite, but when combined with low-fat dips, it can be a great addition to a raw vegetable platter!

Cauliflower can be roasted, steamed, or sautéed. Try adding it to your favorite soups or stews. Throw some chopped cauliflower into your spaghetti sauce. It can also be a great addition to family favorites like mashed potatoes or mac & cheese. Check out our recipe for [Creamy Cauliflower Mac & Cheese](#) on page 2.

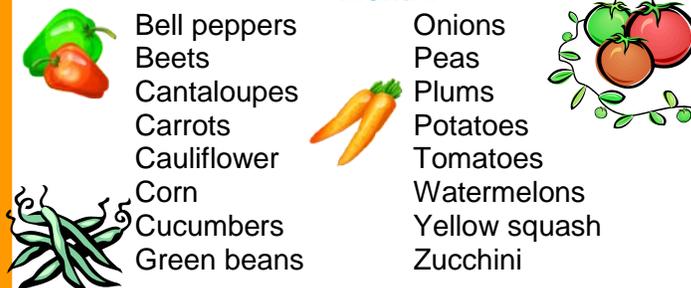


Pick Pocket Tag

Have the whole family play!

Put a strip of cloth or a sock in each player's back pocket. Have the players try to grab each other's strips without having their own strip taken. The player with the most cloth strips wins the game.

Eat Fresh! Fruits & veggies at their best this month:



C O O K

WITH YOUR KIDS

Creamy Cauliflower Mac & Cheese



- 2 tablespoons olive oil or canola oil
- 2 ½ cups chicken broth or water
- 1 cauliflower, separated into large pieces
- 8 ounces elbows, shells or wagon wheels, preferably whole wheat
- ½ cup grated cheddar cheese
- 1 tablespoon Dijon mustard
- Dash nutmeg, optional
- Black pepper
- ¼ cup grated Parmesan cheese & ½ cup bread crumbs

1. Heat the oven to 400°F. Spray a 9-inch square baking dish with a non-stick spray and set aside. Bring a large pot of water to a boil. **Kids can spray the baking dish and get the Parmesan cheese and breadcrumbs measured out for the last step.**

2. Cook the cauliflower in the boiling water until very tender, 20 to 25 minutes. Scoop the cauliflower out of the water with a slotted spoon and transfer it to a blender. Add the pasta to the same boiling water and cook until slightly underdone, about 5-7 minutes (it will finish cooking in the oven). Drain the pasta and then transfer it to the prepared baking dish.

3. Carefully process the cauliflower in the blender with 2 cups of the broth or extra water, the 2 tablespoons oil, the cheese, mustard, nutmeg, and a sprinkling of salt and pepper. (You may have to work in batches. Cover the top of the blender with a dish towel just in case there is any overflow.) If the sauce seems too thick, add the remaining ½ cup chicken broth or water. Pour the sauce over the pasta, toss to coat, and spread the mixture evenly in the dish. **Kids can mix up the pasta and be in charge of sprinkling in step 4.**

4. Sprinkle the top with the Parmesan cheese and bread crumbs. Bake until the pasta is bubbling and the crumbs turn brown, 15 to 20 minutes. Serve hot.

Roasted (Magic) Green Beans

Royal Burgundy beans magically turn from a deep purple to green when cooked! If you can't find any this summer, make plans to plant some in next year's garden. Royal Burgundy beans are a fun way to engage your kids in the garden. It's a lot easier to pick purple beans than the green ones that blend in with the leaves. And Royal Burgundy is an open pollinated variety that's easy to grow and matures even in cool summers (not that that ever happens here, right???).

To make a "magic" recipe, use Royal Burgundy beans, like the ones shown here. Keep an eye out for these beans at some farmer's markets. Regular green beans will work as well – they will just start and stay green.

Ingredients

- Fresh green beans (use a stringless snap variety), Royal Burgundy if possible
- Olive or canola oil, enough to lightly coat
- Salt and pepper to taste



Directions

Preheat oven to 350 degrees. Place trimmed green beans in a bowl and toss with olive oil and salt and pepper to coat. Spread out evenly on a baking sheet and roast for 10 minutes, then turn green beans over and roast another 5 minutes. Beans will be lightly browned at the end of the cooking time. If you used magic beans, they will have turned from purple to green!

Kids in the Kitchen: Kids can rinse the beans, pat them dry and use clean hands to spread the oil evenly over the beans. They can also sprinkle the salt and pepper.