

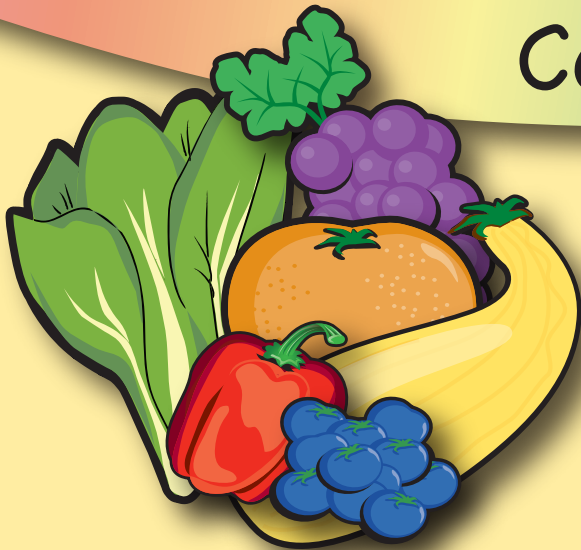


**CREATIVE
DISCOVERY
MUSEUM**



Eat a Rainbow!

Cooking with Kids



A collection of
family-friendly recipes
from Culinary Corner

eat a rainbow

TITLE

Bruschetta

INGREDIENTS

Hand full cherry tomatoes, sliced

Fresh basil

1/4 cup red onion, slice

2 Tbsp garlic, diced

Squeeze of lime

Salt and pepper to taste

Parmesan cheese

French or Italian baguette

DIRECTIONS

Combine tomatoes, basil, onion, garlic, lime, salt and pepper in bowl and mix. Let this sit for a few minutes to infuse the flavors. Slice the baguette into 1 inch rounds. Add cheese topped with tomato mixture to each bread round. Place bread on baking sheet and into the oven under the broiler. Broil until cheese melts and bread is crisp around edges.

Yields: 4 servings



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TITLE

Carrot & Raisin Salad

INGREDIENTS

1 cup shredded carrots

2 Tbsp low -fat vanilla yogurt

Handful of raisins

Pinch of cinnamon

Scant honey

½ cup chopped pineapple (optional)

DIRECTIONS

Combine all ingredients and enjoy.

Yields: 4 servings



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TITLE

Irish Soda Bread

INGREDIENTS

2 cups all-purpose flour

1/2 tsp salt

1 tsp baking soda

1/2 tsp cream of tartar

1 tbsp butter

1/3 cup milk or buttermilk

DIRECTIONS

Preheat oven to 400F.

In a large bowl, add all dry ingredients and mix together. Add butter to dry ingredients by cutting butter into small pieces pressing butter into flour using thumb and fingers. Add cream of tartar. Add milk and stir until mixture forms a round, sticky ball. Place dough ball on floured surface. Sprinkle flour over dough and shape until dough is a small round. Use knife to score top. Bake for 20 minutes or until toothpick inserted in bread comes out clean.

Yields: 12 servings



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TITLE

Italian Pasta Salad

INGREDIENTS

1 cup bowtie pasta

Bunch cherry tomatoes, sliced

Sprig of thyme

¼ cup capers

Drizzle olive oil

Salt and pepper (to taste)

1 can or envelope of tuna in water, drained



DIRECTIONS

Cook pasta according to package directions. Combine tomatoes, thyme, capers. Add cooked pasta, olive oil, salt and pepper and tuna. Stir until well combined and pasta is coated with olive oil. Serve immediately or keep refrigerated until ready to eat.

Yields: 4 servings



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TITLE

Lemon Scones

INGREDIENTS

2 cups all-purpose flour

¼ cup sugar

½ tsp salt

1 Tbsp baking powder

Zest of one lemon

6 Tbsp of butter (cut into small squares)

1 cup heavy whipping cream

DIRECTIONS

Pre-heat oven to 400 degrees.

Combine flour, sugar, salt, baking powder and lemon in food processor and pulse six times, or whisk in bowl. Add butter and either pulse or rub into flour mixture until mixture resembles little pebbles. Add cream and mix until incorporated and flour sticks together when pressed. Dump mixture onto floured baking sheet and shape into round loaf, ½ inch thick. Use a knife to cut out scone shapes, or biscuit cutter, and space apart 2 inches on baking sheet. Bake for 20 minutes or until the bottoms are lightly browned.

Yields: 12 servings



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TITLE

Potato Leek & Bok Choy Soup

INGREDIENTS

4 Yukon potatoes, cubed

1 leek, diced

1 bunch bok choy,
leaves torn into small pieces

2 tablespoons butter

1.5 to 2 cups milk (add more if needed)

Salt

Dash of nutmeg

Olive oil

DIRECTIONS

Boil potatoes until tender. Once tender, dump water and keep on side. While potatoes are boiling, prepare the green vegetables. Heat olive oil in pan over med-low heat. Saute leeks and bokchoy until limp and tender (about 10 minutes); season with salt and nutmeg. Add to potatoes, along with butter and milk. Use a hand-held blender, or counter-top blender, to mix until smooth or to preferred consistency, blending green vegetables along with potatoes. Stir and serve.

Yields: 4 servings



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TITLE

Skillet Macaroni & Cheese

INGREDIENTS

2 cups elbow pasta
½ onion, diced
1 green pepper, diced
5 to 6 sundried tomatoes, diced
¼ tsp dried mustard
½ tsp salt
3 Tbsp unsalted butter
2 cups water
2 cups parmesan cheese



DIRECTIONS

Combine butter, pasta, onion, mustard, and salt on med-heat for 5 to 10 minutes, or until butter melts. Add water and bring to a boil. Reduce heat, cover, and simmer for 10 minutes. Add peppers and tomatoes mid-way through simmer time. Remove from heat, stir in cheese, and serve.

Yields: 4 servings



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TITLE

Strawberry Salad

INGREDIENTS

Bunch of spinach (small handful torn into pieces)

2 strawberries, sliced

Diced red onion

Goat cheese

Drizzle balsamic vinegar and olive oil

DIRECTIONS

Combine spinach, strawberries, onion and cheese. Goat cheese is pungent cheese so taste beforehand to determine how much to add. Drizzle with balsamic vinegar and olive oil.

Yields: 4 servings



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TITLE

Tabouli

INGREDIENTS

1 cup bulgur wheat

1 cup boiling water

Handful cherry or small tomatoes, diced

½ cucumber, diced

¼ cup red onion, thinly sliced

Handful flat leaf parsley

Handful mint, leaves torn

Pinch of salt

Drizzle of olive oil

Squeeze of lemon



DIRECTIONS

Place bulgur wheat in bowl and cover with boiling water. Place bowl in refrigerator to set for 30 minutes and allow time for bulgur wheat to absorb all water. Prepare tomatoes, cucumbers, onion, parsley and mint. Add vegetables and herbs to bulgur wheat. Add salt, olive oil and lemon. Stir to combine and serve immediately.

Yields: 4 servings





About Creative Discovery Museum

Our mission is to inspire all children to explore, innovate, create and play.

We're a popular place! The Museum fulfills its mission through permanent and temporary exhibits and an extensive array of education programs. The audience for these exhibits and programs includes children, families, parents, teachers, caregivers, schools and organizations that serve children. The Museum is recognized as a vital educational resource and collaborates with over 40 different community partners providing a variety of educational programs.

We want to not only meet but exceed the expectations of every child. Visitors are offered a variety of programs including art lessons, science demonstrations, story times, as well as "spur of the moment" activities. We offer art lessons by trained instructors and a science demonstration that might employ liquid nitrogen, light, bugs or explosions. The "spur of the moment" activities might include bringing a snake into the atrium for children to touch or inviting children to "get their heart rates up" at the Dance Party.

Over 30,000 children and families take advantage of free admission programs each year. We provide free admission to the community for two days during the week before Christmas and distribute free tickets year round to various social service agencies that serve clients that otherwise could not afford to visit us. In addition to the free admission program, the Museum offers discounted admissions to school groups with students who participate in free or reduced school lunch programs.

Since not all schools can come to us, we have Museum instructors who bring the Museum to school! Our instructors presented interactive science and art lessons to over 18,000 students as part of the school outreach program. This program was launched in 2004 with support from the Institute of Museum and Library Services.

Creative Discovery Museum is a 501(c)3 nonprofit organization which relies heavily on donations from the public to implement our programs and events. If you would like to support the Museum, please consider making a tax-deductible gift at www.cdmfun.org/give. Or call Lynda LeVan at (423) 648-6043.

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