

PROGRAM WORKBOOK

# Kids in the Kitchen





# Welcome

## Kids in the Kitchen

We're so glad you've decided to join us for this series! Chef Jeremy can't wait to help you make things like pizza, quesadillas, spaghetti with meatballs, and more of our favorites!

Kids in the Kitchen has "little chefs" and "big chefs" work together to get a delicious and healthy meal on the table—all while learning skills that will last a lifetime.

### What are you waiting for? Let's get started!

Participation in this program is completely voluntary. Nothing presented or stated shall be considered medical advice, but solely used for educational purposes. Any lifestyle and diet changes should be discussed with your primary care provider.

Please be advised that all nutritional information in our recipes is evaluated using the information available at the time of writing. While information is based on recipes specific to Launch My Health, nutrient values and allergens in each food may vary due to your selected portion size, use of other condiments and seasonings, as well as growing conditions, product manufacturer formulations, or any substitutions. The information provided in our recipes is meant to be a guide. If you are concerned about specific food allergens or sensitivities, always check the specific ingredients listed and labels used on your products for allergen information before consuming. Launch My Health is not liable for any food reactions.



Chef Jeremy Reinicke studied at Le Cordon Bleu and has a broad food background from chef instructor to restaurant manager to culinary education manager. Chef Jeremy takes a "back to basics" approach to cooking whole, fresh foods. He wants to take your culinary skills to the next level and improve your health while doing it.

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Here your “little chef” will practice proper knife skills, learn how to measure using kitchen tools, and make a few dipping sauces and dressings.

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Who doesn't love pizza? Get kids excited about making a meal they already love while quietly removing the artificial ingredients and adding in a few extra veggies.

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## **La Quesadilla Del Jardin**

In this healthy twist on a kids' favorite, you'll load up a quesadilla with quick-cooking seasonal vegetables to help your whole family thrive—all while helping your “little chef” build lifelong cooking skills.

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## **Pasghetti and Beatballs!**

Your “little chef” will learn to make incredibly tasty Italian-style meatballs, for a meal that's sure to please the kids.



## KIDS IN THE KITCHEN

# Session One

## Chop, Whip, Scoop, Dip

**Classes featured:** Welcome to Kids in the Kitchen; Chop, Whip, Scoop, Dip

In this hands-on class, your “little chef” will be practicing proper knife skills, learning how to measure using kitchen tools, and making a few different dipping sauces and dressings that will have them asking for “more veggies please!”

### **MENU:**

Strawberry Vinaigrette, Handmade Hummus, Buttermilk Ranch Dressing, and plenty of fresh veggies and greens for tasting!

# Before you start: Session One

## EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 3 medium mixing bowls
- Tasting spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- Measuring cups and spoons
- Dutch oven
- 3 soft spatula
- Food processor or blender
- Mason jar with lid

## ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Premeasure all herbs and spices.

## SHOPPING LIST

Produce	Dry		Dairy
2 cloves garlic	1 can chickpeas	1 Tbsp dry chives	$\frac{3}{4}$ cup buttermilk
2 lemons	1 can white beans	1 Tbsp dry dill	$\frac{1}{2}$ cup sour cream
1 red bell pepper	1 pinch cayenne	$\frac{1}{2}$ Tbsp ground black pepper	
1 yellow bell pepper	$\frac{1}{2}$ Tbsp ground cumin	$\frac{1}{4}$ cup strawberry jam	
2 carrots	Olive oil	$\frac{1}{4}$ cup champagne vinegar	
2 celery ribs	Kosher salt	2 Tbsp honey	
1 European cucumber	$\frac{1}{2}$ cup mayonnaise	1 Tbsp dijon mustard	
1 broccoli head	Worcestershire sauce	1 Tbsp dry basil	
1 zucchini	Tabasco	$\frac{3}{4}$ cup olive oil	
	2 Tbsp dry parsley	Garlic powder	

# Strawberry Vinaigrette

## YIELD: 12 SERVINGS

Dairy-free

## RECIPE CUSTOMIZATION

To make it gluten-free, use a gluten-free jam

To make it low-FODMAP, swap the honey for maple syrup

## INGREDIENTS

¼ cup strawberry jam

¼ cup champagne vinegar

2 Tbsp honey

1 Tbsp Dijon mustard

1 Tbsp dry basil

1 Tbsp salt, kosher

¾ cup olive oil

## DIRECTIONS

1. Place all ingredients in a mason jar and tightly screw on the lid.
2. Vigorously shake the jar until all ingredients are combined.

# Hand-Made Hummus

## YIELD: 12 SERVINGS

Gluten-free  
Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic

## INGREDIENTS

1 can chickpeas, rinsed  
1 can white beans, rinsed  
2 cloves garlic, trimmed  
½ lemon, juiced  
1 pinch cayenne  
½ tsp cumin  
1 Tbsp olive oil  
1 tsp salt, kosher  
¼ cup water

## DIRECTIONS

1. Place chickpeas, white beans, garlic, lemon, cayenne, cumin (½ tsp), olive oil (1 Tbsp), salt (1 tsp), and water (¼ cup) in the bowl of a food processor.
2. Run the food processor until the mixture is smooth.
3. Adjust seasoning to taste.
4. Serve with veggies for dipping.

# Buttermilk Ranch Dressing

**YIELD: 24 SERVINGS**

Gluten-free

## RECIPE CUSTOMIZATION

To make it dairy-free, replace buttermilk, sour cream, and mayonnaise for a dairy-free alternative or 1¼ cups of Tofutti

To make it low-FODMAP, omit garlic

## INGREDIENTS

- ¾ cup buttermilk
- ½ cup sour cream
- ½ cup mayonnaise
- 1 clove garlic, minced
- 1 Tbsp lemon juice, fresh squeezed
- ½ tsp Worcestershire sauce
- 2 shakes tabasco
- 2 Tbsp parsley, fresh chopped
- 1 Tbsp chives, fresh chopped
- 1 tsp dill, fresh chopped
- ½ tsp black pepper, finely ground
- 1½ tsp salt, kosher

## DIRECTIONS

1. Place all ingredients in a non-reactive (stainless or glass) mixing bowl.
2. Fold ingredients together until combined.





## CULINARY EXERCISES

### SELECT FROM THE FOLLOWING FOR CUTTING:

- 1 red bell pepper, cut into sticks
- 1 yellow bell pepper, cut into sticks
- 2 medium carrots, peeled and cut on the bias
- 2 ribs celery, cut on the bias
- 1 European cucumber, cut on the bias
- 1 head broccoli, cut into florets
- 1 zucchini, cut on the bias



## KIDS IN THE KITCHEN

# Session Two

## Pizza Party

Classes featured: Pizza Party

The sooner we get kids engaged in the kitchen, the more likely they are to fold healing, wholesome foods into their diets for a lifetime. These classes will get them excited about making dishes they already love while we quietly remove the artificial ingredients and add in a few extra veggies.

### **MENU:**

Pizza with homemade sauce and all the toppings

# Before you start: Session Two

## EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 1 medium mixing bowl
- Measuring cups and spoons
- Tasting spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- 1 saucepan
- 1 soft spatula
- 2 baking sheets
- 1 tongs
- Food processor with shredder attachment or box grater

## ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.

## SHOPPING LIST

Produce	Dry	Meat	Dairy
1 bunch green onion	Olive oil	Pepperoni *	Mozzarella, shredded *
1 large tomato *	1 tsp garlic powder	Sausage *	Cheddar, shredded *
1 small pineapple *	2 tsp salt	Canadian bacon *	Parmesan *
1 bell pepper *	4 cups tomato puree		
4 oz mushrooms *	1 1/2 Tbsp Italian seasoning		
1/2 head broccoli *	Olives, sliced *		
1 zucchini *			

\* Optional toppings: Pick and choose which ones you want to add.

# Quick and Easy Pizza Sauce

YIELD: 16 SERVINGS

## INGREDIENTS

2 Tbsp olive oil  
½ cup green onion, sliced  
½ tsp garlic powder  
½ tsp salt, kosher  
1½ Tbsp Italian seasoning  
1 Tbsp dry basil  
¼ tsp ground fennel  
4 cups tomato purée

## DIRECTIONS

1. Heat olive oil (2 Tbsp) in a saucepan over medium heat.
2. Add the green onion (½ cup) and garlic powder (½ tsp). Cook for about five minutes.
3. Add the salt (½ tsp), Italian seasoning (1½ Tbsp), dry basil (1 Tbsp), and ground fennel (¼ tsp), and cook for another three minutes.
4. Add the tomato purée (4 cups). Bring up to a simmer. Cook for about 20 minutes.
5. Adjust salt to taste. Use the sauce as is, or purée with a blender or food processor.

# Toppings

All toppings are optional. Choose all your favorites, but don't forget the veggies!

## VEGGIES

- Broccoli, chopped small
- Bell pepper, diced
- Mushrooms, sliced
- Olives, sliced
- Onion, diced
- Pineapple, diced
- Tomatoes, sliced
- Zucchini, diced

## MEAT

- Canadian bacon
- Pepperoni
- Sausage

## DAIRY

- Cheddar cheese, shredded
- Mozzarella cheese, shredded
- Parmesan cheese, finely shredded



## KIDS IN THE KITCHEN

# Session Three

## La Quesadilla del Jardin

**Classes featured:** La Quesadilla del Jardin

“The Garden Quesadilla” shows you how to take a kids’ favorite with little nutritional value and load it up with quick-cooking, seasonal veggies to help your whole family thrive. We do all that while helping your “little chef” build cooking skills that will serve them for a lifetime.

### **MENU:**

Cheesy Quesadillas with Grilled Zucchini, Bell Pepper, Avocado, and Lentils

### **FOCUSED SKILLS:**

- Poach
- Slice
- Shred
- Grill
- Toast

### **CHEF’S FAVORITES:**

- Organic Dry Red Lentils
- Organic Coconut Wraps: Turmeric

# Before you start: Session Three

## EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 3 medium mixing bowls
- Measuring cups and spoons
- Tasting spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- Grill or grill plate
- Tongs
- Large sauté pan
- Small saucepan
- Spatula
- Potato masher

## ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.

## SHOPPING LIST

Produce	Dry	Dairy
1 large zucchini	8 tortillas of your choice	8 oz block cheddar cheese
1 large yellow squash	1 cup red lentils	
1 red bell pepper	Avocado oil	
4 oz baby spinach		
2 avocados		

# Cheesy Quesadillas with Grilled Zucchini, Bell Pepper, Avocado, and Lentils

## YIELD: 8 SERVINGS

Gluten-free

## RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese with dairy-free alternative

To make it low-FODMAP, avocado may be tolerated in small amounts

## INGREDIENTS

8 tortillas (corn, flour, or alternative wrap)

1 cup red lentils, boiled until soft and mashed with a potato masher

1 zucchini, trimmed and diced

1 red bell pepper, trimmed and diced

1 yellow squash, trimmed and diced

1 Tbsp avocado oil

4 oz baby spinach

2 avocados

1 cup cheddar cheese, shredded

## DIRECTIONS

1. Preheat a grill to 400°F.
2. Toss the zucchini, red bell pepper, yellow squash, avocado, and a pinch of salt in a large mixing bowl.
3. Place the vegetables on the grill. Cook until both sides are browned. They should be cooked through but not mushy.
4. Lay the eight tortillas out single layer on a cutting board.
5. Spread the red lentil mash (2Tbsp) over half of the tortilla.
6. Layer the grilled zucchini, bell pepper, yellow squash, and baby spinach on top of the lentils.
7. Top with a few slices of the avocado and cheese (2 Tbsp).
8. Fold the empty half of the tortilla over the filled half. Press lightly.
9. Heat avocado oil (1 Tbsp) in a sauté pan over a medium flame.
10. Gently lay the folded quesadilla in the heated sauté pan. Cook until slightly browned. Flip the quesadilla. Continue cooking until both sides are browned.
11. Remove the cooked quesadilla from the pan. Place it on a cutting board. Cut each quesadilla into four wedges to serve.

**Chef tip:** Add scrambled eggs to the quesadilla for a unique breakfast option.





## KIDS IN THE KITCHEN

# Session Four

## Pasghetti and Beatmall!

**Classes featured:** Pasghetti and Beatmall!, Kids in the Kitchen Wrap-up

Today your “little chef” will be making incredibly tasty, Italian-style meatballs. Then we’ll put it all together with your favorite sauce for a sure-to-please kids’ meal.

### **MENU:**

Spaghetti and meatballs

# Before you start: Session Four

## EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 1 medium mixing bowl
- Measuring cups and spoons
- Tasting spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- Dutch oven
- Soft spatula
- Sauté pan
- Parchment paper or pan spray
- Portion scoop (optional)

## ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Premeasure all herbs and spices.

## SHOPPING LIST

Produce	Dry	Meat	Dairy
1 bunch green onion	1 tsp fennel seed, ground	1 lb ground beef	2 eggs
	Avocado oil	1 lb ground pork	2 oz Parmigiano-Reggiano
	Salt, kosher		
	1 tsp Italian seasoning		
	1 cup breadcrumbs		
	8 oz spaghetti		
	4 cups spaghetti sauce of your choice		

# Meatballs

**YIELD: 8 SERVINGS**

## RECIPE CUSTOMIZATION

To make it gluten-free, use gluten-free breadcrumbs

To make it dairy-free, replace Parmigiano-Reggiano with  $\frac{1}{4}$  cup nutritional yeast

To make it low-FODMAP, omit garlic

## INGREDIENTS

- 2 Tbsp avocado oil
- $\frac{1}{2}$  cup green onion, sliced
- 2 tsp salt, kosher
- $\frac{1}{2}$  tsp garlic powder
- 1 Tbsp Italian seasoning
- 1 tsp fennel seed, ground
- 1 lb beef, ground
- 1 lb pork, ground
- 2 eggs
- 1 cup Parmigiano-Reggiano, finely shredded
- $\frac{1}{4}$  cup parsley, chopped
- 1 cup breadcrumbs

## DIRECTIONS

1. Preheat oven to 400°F.
2. Heat avocado oil (2 Tbsp) in a medium sauté pan.
3. Add the onion ( $\frac{1}{2}$  cup). Cook for about five minutes or until the onions are soft and translucent.
4. Add the salt (2 tsp), garlic powder ( $\frac{1}{2}$  tsp), Italian seasoning (1 Tbsp), and fennel seed (1 tsp). Continue to sauté for another five minutes. Set aside to cool.
5. In a large mixing bowl, combine the onion mixture, meats, eggs, Parmigiano-Reggiano (1 cup), parsley ( $\frac{1}{4}$  cup), and breadcrumbs (1 cup), and work together with your hands to combine.
6. Make a small patty. Cook in a sauté pan. Adjust seasoning to taste.
7. Portion and shape meat mixture with lightly oiled hands. Place on a parchment-lined sheet tray.
8. Roast meatballs in oven for 10 minutes or until browned and cooked through.



# Program Completion

## CONGRATULATIONS ON COMPLETING THE KIDS IN THE KITCHEN PROGRAM!

From honing knife skills and mastering kitchen tools to preparing healthy recipe twists on classic kid favorites, you and your “little chef” should be well on your way to a lifetime of healthy eating and quality time together in the kitchen. Remember this is only the beginning of your journey! With your newfound knowledge, you have additional tools to keep working with your “little chef” to expand their culinary knowledge and strengthen healthy eating habits.

**Cheers to your health and wellbeing!**

## WANT TO CONTINUE LEARNING?

Check out one of our other programs: Putting Out the Flame, Restore Gut Health, Optimizing Brain Health, Optimizing Women’s Hormones, and Home Chef Pro.