

# COOKING WITH KITTYCAT



**10 recipes**  
to make with your kids

RECIPES AND STYLING

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## The joy of cooking together

I often ask my kids to cook with me. That doesn't mean that the meal is ready sooner—quite the contrary. But the plus side is that I get to spend time with them and teach them little by little about cooking and healthy eating. This was something I started doing very early on by pulling their highchairs close to the counter so they could look at, smell, touch, and taste different ingredients. I don't do this every day, of course, but I do try to see it as a game rather than a chore.

This cookbook was inspired by that very line of thinking. And who better than Kittycat to help you instil a love of cooking in your children! Sure, you'll have to contend with curious little fingers and incessant chatter, and you'll have to repeat the instructions over and over, but Kittycat is here to help. Besides, none of that will matter when you see your children fill with pride after preparing a dish “all by themselves” (or almost).

**Stéphanie Côté**

Nutritionist





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# Avocado Dip

Makes 4 servings



## Tools/Equipment

- Spoon
- Citrus juicer
- Immersion blender and blending jar
- 1 ml (¼ tsp) measuring spoon
- Spatula
- Serving bowl

## Ingredients

- 1 ripe avocado
- The juice of half a lemon (or 2 tbsp bottled lemon juice)
- 150 g (½ block) silken tofu
- 1 ml (¼ tsp) garlic powder (or 1 garlic clove, minced)
- Pepper, to taste



## Instructions

### ADULT TASKS

- 1 Cut the avocado in half and remove the pit.
- 2 Cut the lemon in half.

## KID TASKS

- 1 Use the spoon to scoop the fruit of both halves of the avocado into the blending jar.



- 2 Use the citrus juicer to squeeze the juice from one of the lemon halves.



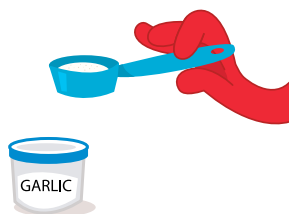
- 3 Pour the lemon juice over the avocado in the jar.



- 4 Add the tofu to the blending jar.



- 5 Using the measuring spoon, measure out the garlic powder and add it to the other ingredients.



- 6 Using the immersion blender, blend the ingredients until you have a smooth purée. You can ask an adult to help you.



- 7 Using the spatula, scrape the dip into the serving bowl. Add as much or as little pepper as you like.



This dip makes a tasty snack with vegetables or baked tortilla chips.

## Try instead

Stir in a drop of sesame oil to create a whole new flavour profile.

# Tortilla Chips

Makes 4 servings



## Tools/Equipment

- 2 small bowls
- 2.5 ml (½ tsp) measuring spoon
- 5 ml (1 tsp) measuring spoon
- Pastry brush
- Chopping board
- Pizza cutter or knife

## Ingredients

- 5 ml (1 tsp) chili powder
- 2.5 ml (½ tsp) dried oregano
- 2.5 ml (½ tsp) garlic powder
- 5 ml (1 tsp) canola oil
- 4 (15 cm/6 in.) whole-wheat tortillas



## Instructions

### ADULT TASKS

- 1 Line a baking sheet with parchment paper.
- 2 Position the rack in the bottom third of your oven and preheat to 180°C (350°F).



## KID TASKS

- 1 Use the measuring spoons to measure out the chili powder, dried oregano, and garlic powder. Combine in a small bowl.



- 2 Measure the oil with the 5 ml (1 tsp) measuring spoon and add to the second bowl.



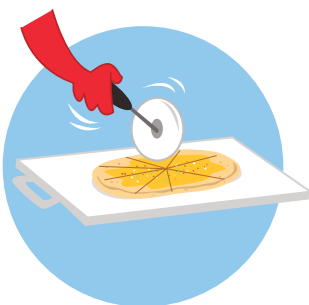
- 3 Dip the pastry brush into the oil and brush on one side of each of the 4 tortillas.



- 4 Using your fingers, sprinkle the seasoning over the tortillas.



- 5 Place a tortilla (or 2, with one on top of the other) on the cutting board. Using the pizza cutter, cut the tortilla into 8 wedges. Repeat with the other tortillas.



- 6 Place the tortilla wedges on the prepared baking sheet. Ask an adult to place it in the oven for 7 to 8 minutes or until the tortillas are crispy.



## Try instead

Replace the seasoning mixture with your favourite spices (curry, basil, chives, etc.).

# Salmon Muffins

Makes 6 muffins



## Tools/Equipment

- Silicone muffin pan  
(use baking cups if using a metal pan)
- Plate
- Fork
- Measuring cup
- 5 ml (1 tsp) measuring spoon
- 15 ml (1 tbsp) measuring spoon
- Large bowl
- Whisk
- Wooden spoon

## Ingredients

- 1 green onion (scallion)
- 1 garlic clove
- 1 can (213 g) wild Pacific salmon
- 3 eggs
- 15 ml (1 tbsp) olive oil
- 125 ml (½ cup) mozzarella or cheddar cheese, grated
- 125 ml (½ cup) all-purpose flour
- 5 ml (1 tsp) baking powder
- 30 ml (2 tbsp) milk
- Pepper, to taste



## Instructions

### ADULT TASKS

- 1** Position the rack in the centre of your oven and preheat to 180°C (350°F).
- 2** Mince the green onion and garlic.
- 3** Open the tin.
- 4** Grate the cheese.

## KID TASKS

- 1 Remove the skin from the salmon. On the plate, use the fork to break apart the salmon and make sure to crush the bones.



- 3 Measure out the oil using the 15 ml measuring spoon. Add the oil to the eggs and beat with a whisk.



- 5 Combine the salmon, green onion, garlic, and pepper in the large bowl using the wooden spoon.



- 7 Ask an adult to put the pan in the oven. Bake for 25 to 30 minutes or until a toothpick inserted in the centre of the muffins comes out clean.

- 2 Crack the three eggs into the large bowl by lightly tapping them on the counter.



- 4 Using the measuring cup and spoons, measure out the cheese, flour, baking powder, and milk and add to the eggs.



- 6 Spoon the mixture into the muffin pan or baking cups.



These muffins are delicious whether served hot, cold, or at room temperature. Perfect for taking on a picnic or hike, don't you think?

# Curried Chicken And Company

Makes 4 servings



## Tools/Equipment

- Chopping board
- Knife
- Citrus juicer
- Large bowl
- 15 ml (1 tbsp) measuring spoon
- 5 ml (1 tsp) measuring spoon
- 2.5 ml (½ tsp) measuring spoon
- Small dish with a tight-fitting lid
- Wooden spoon

## Ingredients

- 450 g (1 lb.) chicken breast
- 1 green onion (scallion)
- 1 English cucumber
- 1 mango
- The juice of half a lime (or 2 tbsp bottled lime juice)
- 30 ml (2 tbsp) olive oil
- 5 ml (1 tsp) maple syrup
- 2.5 ml (½ tsp) curry powder

## Instructions

### ADULT TASKS

- 1 Cook the chicken, let it cool, and then cut into cubes.
- 2 Mince the green onion.
- 3 Place the chicken and green onion in the large bowl.
- 4 Peel and slice the cucumber.
- 5 Peel the mango and cut into large chunks.



## KID TASKS

- 1 On the cutting board, use the knife to cut the cucumber slices and mango chunks into small pieces. Add to the chicken and green onion in the large bowl.



- 2 Using the citrus juicer, squeeze the juice from half of the lime and pour into the small dish.



- 3 Using the measuring spoons, measure out the oil, maple syrup, and curry powder. Add to the small dish.



- 4 Place the lid on the dish and shake well to blend. You've just made your dressing!



- 5 Pour the dressing over the chicken and stir with a wooden spoon.



Serve with quinoa or rice.

**Try instead**

Top with fresh cilantro for added flavour.



# Bow-Tie Pasta With The Works

Makes 4 servings



## Tools/Equipment

- Colander
- Large bowl
- Chopping board
- Knife
- 15 ml (1 tbsp) measuring spoon
- Wooden spoon

## Ingredients

- 500 ml (2 cups) farfalle (bow-tie pasta), cooked
- 1 can (540 ml) black beans
- 1 can (341 ml) corn kernels
- 1 red bell pepper
- 45 ml (3 tbsp) homemade or store-bought pesto



## Instructions

### ADULT TASKS

- 1 Cook the pasta according to the directions on the package. Rinse under cold water, strain, and transfer to a large bowl.
- 2 Open the cans.
- 3 Cut the pepper into strips.

## KID TASKS

- 1 Pour the black beans into the colander, rinse under cold water from the tap, and strain. Add the beans to the pasta in the large bowl.



- 2 Strain the corn in the colander. Add to the large bowl.



- 3 On the cutting board, cut the strips of pepper into small pieces using the knife. Add to the other ingredients in the large bowl.



- 4 Use the 15 ml measuring spoon to measure out the pesto (you will need 3 spoonfuls). Add the pesto to the pasta.



- 5 Mix all ingredients together using the wooden spoon.



## Try instead

Replace the farfalle with another short pasta (e.g., penne, rotini, fusilli) of your choice.  
Replace the bell pepper with cherry tomatoes.

# Crispy Tofu

Makes 4 to 6 servings



## Tools/Equipment

- Paper towels
- Resealable plastic storage bag (Ziploc)
- 3 soup plates or bowls
- Medium-sized bowl
- 15 ml (1 tbsp) measuring spoon
- 5 ml (1 tsp) measuring spoon
- Fork

## Ingredients

- 454 g (1 block) extra-firm tofu
- 500 ml (2 cups) corn flakes
- 1 egg
- 45 ml (3 tbsp) whole-wheat or all-purpose flour
- 5 ml (1 tsp) chili powder
- 5 ml (1 tsp) garlic powder

## Dipping sauce

- 25 ml (½ cup) plain yogurt
- 5 ml (1 tsp) maple syrup
- Zest and juice of 1 lime

## Instructions

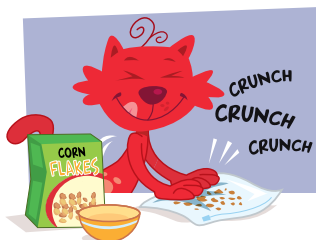
### ADULT TASKS

- 1 Cut tofu crosswise into 9 slices.
- 2 Preheat oven to 225°C (450°F).
- 3 Line a baking sheet with parchment paper.
- 4 Zest the lime, then squeeze and set aside the juice.



## KID TASKS

- 1 Place the corn flakes in the plastic storage bag and seal shut. Crush the cereal with your hands to make large crumbs and pour them into the soup plate (or bowl).



- 2 Crack the egg into a second soup plate (or bowl) by lightly tapping it on the counter. Beat the egg with the fork.



- 3 Using the 15 ml measuring spoon, measure out the flour (you will need 3 spoonfuls). Pour the flour into the third soup plate (or bowl). Add the chili powder and garlic powder after measuring them out with the 5 ml measuring spoon.



- 4 Press the tofu slices firmly between paper towels to remove excess liquid.



- 5 Coat one of the slices with flour, dip it in the beaten egg, and then coat with cereal. Place on the baking sheet and repeat with the remaining 8 slices.



- 6 Ask an adult to put the tofu in the oven and bake for 20 minutes. While it is baking, measure out and blend the ingredients for the dipping sauce in the medium sized bowl.



## Try instead

Serve the tofu with your favourite fondue dipping sauce.

# Blueberry Parfait

Makes 1 serving

## Tools/Equipment

- Transparent glass or dessert cup
- Measuring cup
- Small bowl
- 5 ml (1 tsp) measuring spoon
- 15 ml (1 tbsp) measuring spoon

## Ingredients

- 80 ml (1/3 cup) fresh or frozen blueberries
- 80 ml (1/3 cup) plain yogurt
- 5 ml (1 tsp) maple syrup
- 30 ml (2 tbsp) homemade or store-bought granola





# Instructions

## KID TASKS

- 1 Measure out the blueberries using the measuring cup and place them in the glass or dessert cup.



- 2 Use the measuring cup to measure out the yogurt, then transfer to the small bowl.



- 3 Measure out the maple syrup with the 5 ml measuring spoon. Stir it into the yogurt.



- 4 Pour the yogurt mixture over the blueberries.



- 5 With the 15 ml measuring spoon, measure out the granola (you will need 2 spoonfuls). Sprinkle the granola over the yogurt mixture.



**Psst...**

Want to know a secret? You don't have to measure the ingredients. You can make each layer as big as you want.

# Chocolate Coconut Squares

Makes 16 squares



## Tools/Equipment

- Large bowl
- Medium-sized bowl
- Measuring cup
- Fork
- Wooden spoon

## Ingredients

- 500 ml (2 cups) quick oats
- 125 ml (½ cup) unsweetened dried coconut
- 125 ml (½ cup) semi-sweet chocolate chips
- 1 egg
- 125 ml (½ cup) apple sauce
- 60 ml (¼ cup) maple syrup



## Instructions

### ADULT TASKS

- 1 Line a 20 cm (8 in.) square cake pan with parchment paper, allowing extra to hang over the sides to make it easy to lift the squares from the pan.
- 2 Preheat oven to 180°C (350°F).

## KID TASKS

- 1 Use the measuring cup to measure out the oats, coconut, and chocolate chips into the large bowl. Stir with the wooden spoon to blend.



- 2 Crack the egg by gently tapping it on the counter.



- 3 Drop the egg white and yolk into the medium-sized bowl and beat with the fork.



- 4 Using the measuring cup, measure out the apple sauce and maple syrup before adding them to the egg.



- 5 With the wooden spoon, thoroughly blend the wet ingredients and pour into the large bowl with the dry ingredients. Stir to combine.



- 6 Spread the mixture into the prepared cake pan, pressing down lightly with the back of the spoon.



## ADULT TASKS

- 1 Place the baking pan in the oven. Bake for 25 minutes or until the top starts to brown. Allow to cool before removing from the pan. Cut into 16 squares.



# Smoothie Bowl

Makes 2 servings



## Tools/Equipment

- Measuring cup
- Citrus juicer
- Immersion blender and blending jar
- Spatula
- Wooden spoon
- 2 bowls

## Ingredients

- 150 g (½ block) silken tofu
- 125 ml (½ cup) plain yogurt
- 250 ml (1 cup) fresh or frozen berries (raspberries, strawberries, blackberries, blueberries, or a combination)
- Zest and juice of half a lime
- 2 mint leaves
- 60 ml (¼ cup) homemade or store-bought granola



## Instructions

### ADULT TASKS

- 1 Grate the lime and place the zest in the blending jar.
- 2 Cut the lime in half.

## KID TASKS

- 1 Use the wooden spoon to put the tofu in the blending jar.



- 2 Using the measuring cup, measure out the yogurt and fruit, then add them to the tofu.



- 3 Using the citrus juicer, squeeze the juice from half of the lime. Add the lime juice to the other ingredients.



- 4 Add the mint leaves.



- 5 Using the immersion blender, blend the ingredients until smooth or until the desired texture is reached. You can ask an adult to help you.



- 6 Use the spatula to transfer the mixture into the 2 bowls, then top with the granola.



Double the recipe if your blending jar is big enough...  
and so that you have enough for the whole family!



# Magic Bread

Makes 4 slices



## Tools/Equipment

- Large bowl
- Plate
- Whisk
- Measuring cup
- 2.5 ml ( $\frac{1}{2}$  tsp) measuring spoon
- 15 ml (1 tbsp) measuring spoon

## Ingredients

- 2 eggs
- 125 ml ( $\frac{1}{2}$  cup) milk or soy beverage
- 2.5 ml ( $\frac{1}{2}$  tsp) vanilla extract
- 4 slices of whole-wheat bread
- 60 ml ( $\frac{1}{4}$  cup) ground almonds
- 10 ml (2 tsp) butter

## Instructions

### KID TASKS

- 1 Crack the 2 eggs into the large bowl by lightly tapping them on the counter.



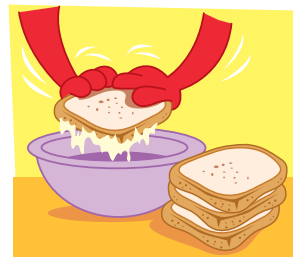
- 2 Using the measuring cup and the 2.5 ml measuring spoon, measure out the milk and vanilla.



- 3 Add the milk and vanilla to the large bowl. Blend with the whisk.



- 4 Dip one slice of bread in the egg mixture and allow it to soak up some of the liquid.



- 5 Place the bread on the plate. Using the 15 ml measuring spoon, sprinkle one spoonful of ground almonds over the slice of bread.



- 6 Repeat with the remaining slices of bread.

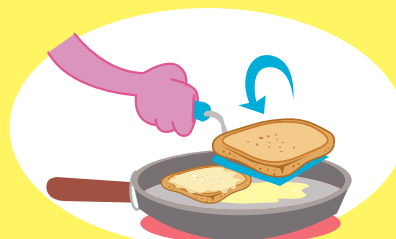


## ADULT TASKS

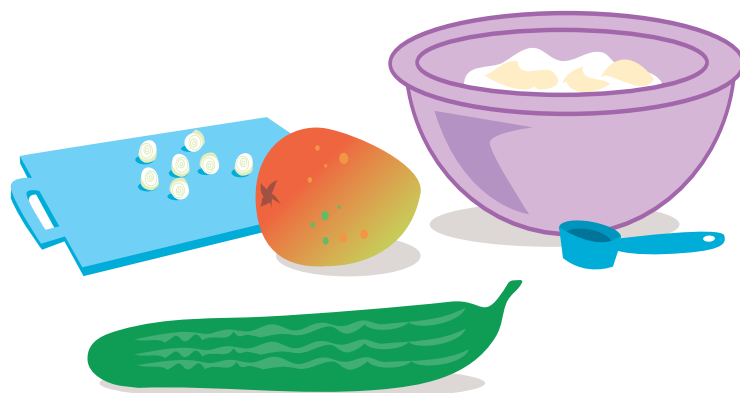
- 1 Melt 5 ml (1 tsp) of butter in a non-stick frying pan over medium-low heat.



- 2 Add the bread to the pan 2 slices at a time. Fry for about 2 minutes per side until golden brown, using a spatula to flip. Repeat with the remaining butter and bread.



Top your French toast with maple syrup or a mix of syrup and plain yogurt.  
Double the recipe if you and your family want more!





Bon appétit!

