***The Northern California Indian***

***Development Council, Inc.***

The Northern California Indian Development Council, Inc.

241 F Street

Eureka, CA

95501

(707) 445-8451

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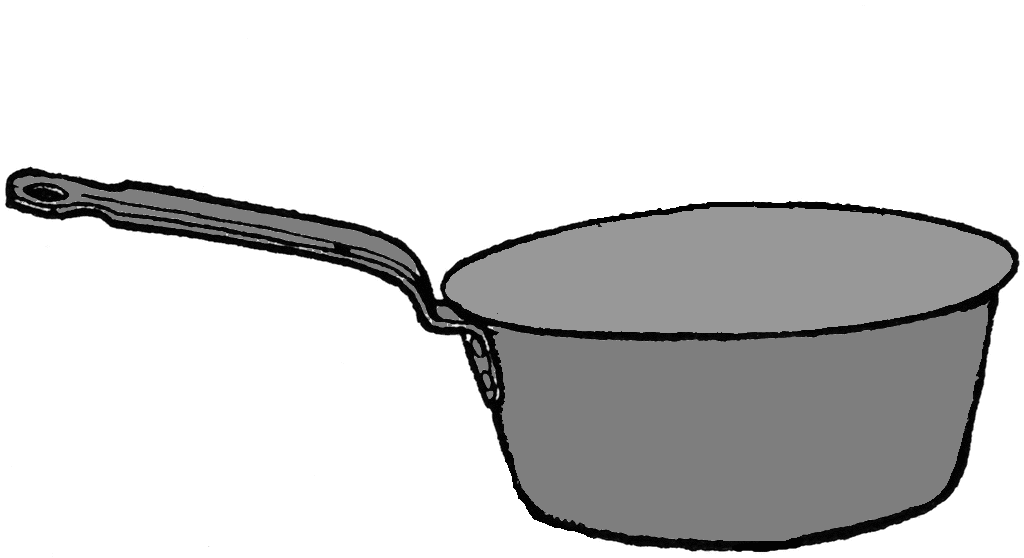
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Children's Holiday Recipe Cookbook

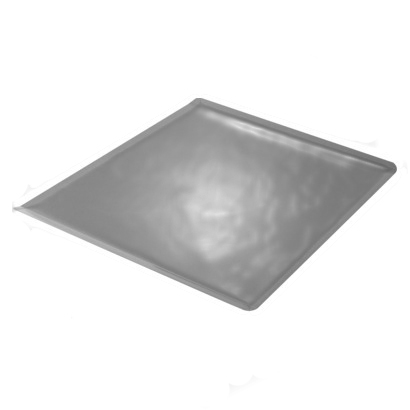
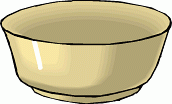
Tools for cooking:

** Baking Pan-** Square or rectangle pan used for baking and cooking in the oven (Metal or Glass).

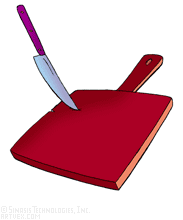


**Sauce Pan***-* Deep pan with a handle used for

stovetop cooking.

**** Mixing Bowls-** Different sized bowls used for mixing ingredients together (Metal, plastic, glass, ceramic, wood).

**Cookie Sheet**- Flat metal sheet used for baking.

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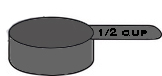
**Cutting Board-** Wooden or plastic board used

when cutting or chopping ingredients.

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**Teaspoons/Tablespoons-** Different sized

spoons used to measure ingredients.

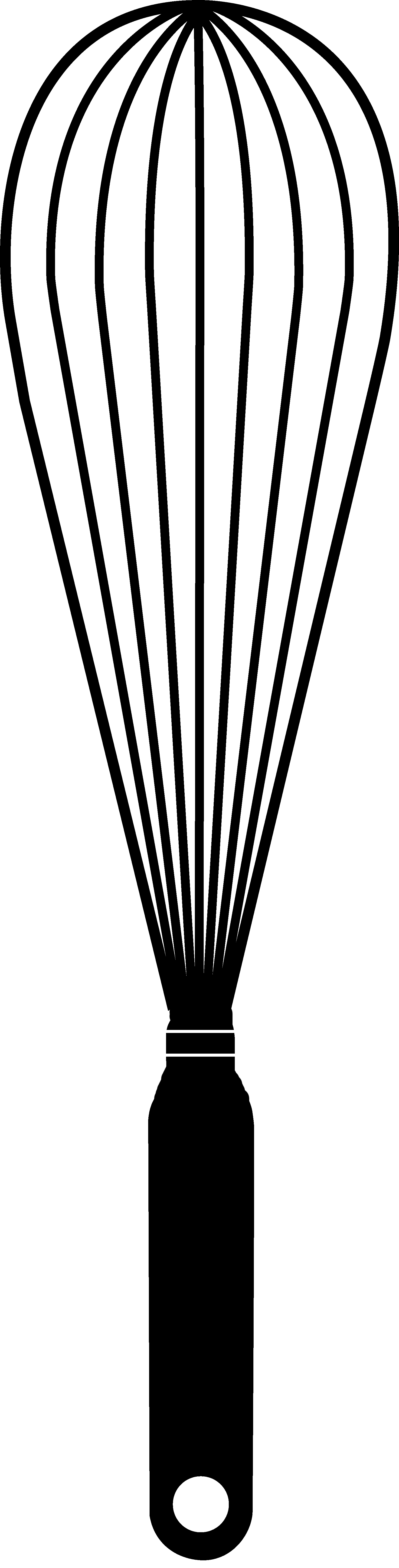


**Measuring cups-** Plastic cups with specific measurements used to measure non-liquid items.

**Glass Measuring Cups-** Glass cup with measurements

along the side, used to measure liquid items.

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 **Colander-** Bowl with holes in it used to drain liquids from foods.

**Whisk-** Non-electric hand held utensil used to

mix and stir ingredients together.

**Jell-O Squares**

**Ingredients:**

9 ounces jello (gelatin any flavor)

3 cups boiling water

1 ounces unflavored gelatin

12 ounces cool whip

**Directions:**

1. Mix gelatin and jello together in a mixing bowl. Add boiling water. Stir until jello is dissolved.

2. Add Cool Whip, stirring until melted.

3. Pour into a 13 x 9 glass baking pan.

4. Refrigerate several hours or until set.

5. Cut into squares.

6. Keep refrigerated until ready to eat.

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**Creamy Orange Salad**

**Ingredients:**

6 ounces jello

16 ounces mandarin orange (sections)

8 ounces pineapple (crushed)

24 ounces fat free cottage cheese

12 ounces cool whip

**Directions:**

1. Drain pineapple and orange slices well.

2. Mix cottage cheese and jello powder in bowl and blend until smooth.

3. Remove from bowl and put into a large mixing bowl.

4. Fold in drained pineapple, then fold in cool whip, then 3/4 orange slices.

5. Transfer to large serving bowl. Arrange remaining slices on top.

6. Refrigerate for 4 hours.

**Mashed Potatoes**

**Substitutions:**

For every 1 cup of butter substitute with 1 cup of margarine OR 1 cup shortening plus 1/2 teaspoon salt.

For every 1/2 cup of milk substitute with 1/2 cup of water.

**Ingredients:**

6 potatoes (peeled and cubed)

1/2 cup milk (warm)

1/4 cup butter (margarine)

3/4 teaspoon salt

1 dash pepper

**Directions:**

1. Put potatoes in a saucepan and cover with water.

2. Cover the top of the saucepan and bring to a boil; cook for 20-25 minutes or until potatoes are very soft.

3. Drain water. Add milk, butter, salt and pepper; mash until light and fluffy.

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**Substitutions:**

Substitute chicken bouillon with chicken stock or broth or even just water.

For every 1 cup of butter substitute with 1 cup of margarine OR 1 cup shortening plus 1/2 teaspoon salt.

For every 1 cup of cream cheese substitute with 1 cup pureed cottage cheese.

For every 1 cup of sour cream substitute with 1 cup plain yogurt.

**Slow Cooker Mashed Potatoes**

**Ingredients:**

5 lbs potatoes

1 Tablespoon minced garlic

3 cubes chicken bouillon

8 ounces sour cream

8 ounces cream cheese

1/2 cup butter

salt

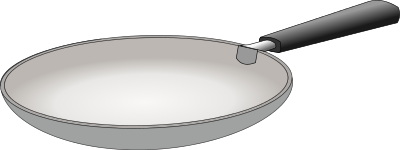
pepper

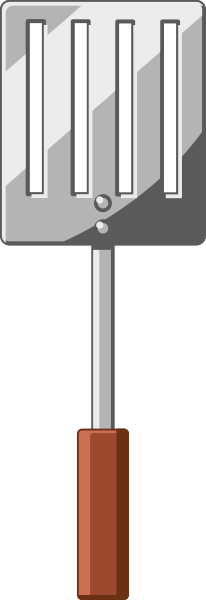
**Directions:**

1. In a large pot of lightly salted boiling water, cook the potatoes, garlic, and bouillon for 15 minutes. Drain water into a bowl, saving the water. In a mixing bowl, mash potatoes with sour cream and cream cheese, adding the saved water as needed.

2. Move the potato mixture to a slow cooker, cover, and cook on low for 2 to 3 hours. Just before serving, stir in butter and season with salt and pepper.

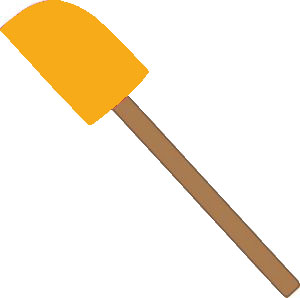
**Cooking Pot-** Deep pot used for cooking soups and whole chickens.

** Skillet-** Flat low-sided pan used for frying and sautéing food in hot oil or fat.

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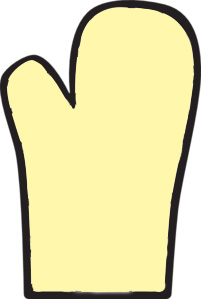
**Spatula (cooking)-** Flat metal or plastic utensil

used to lift, turn, and flip foods.

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**Spatula (baking)-** Flat rubber or silicone head used to mix wet ingredients and to scrape the sides of

bowls in baking*.*

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**Oven Mitts-** Thick fabric shaped as a mitten used to hold hot pans, baking sheets, plates, and pots*.*



**Oven-** Refers to the inside where food is

baked for long periods of time.

**Stove-** Refers to the burners: either coils or

gas flames used for cooking in pots and pans.

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**Microwave-** Machine used to heat and cook different types of foods.

**Terms:**

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**Measurements:**

**Teaspoon**: tsp. or t.

**Tablespoon**: Tbsp. or tbsp. or T.

**Cup**: C. or c.

**Ounce**: oz. or OZ.

**Pound**: lb. or LB.

**Baked Ham with Pineapple**

**Cream:** to mix ingredients together until they are smooth and creamy.

**Dice:** to cut food into evenly cut small squares.

**Drain:** to pour out liquid in which the food has been cooking or stored in.

**Drizzle:** to sprinkle drops of liquid lightly over the top of desired food.

**Fold:** to gently combine ingredients together until they are mixed together.

**Grate:** to shred food into small pieces with a shredder or grater.

**Mince:** to cut or chop into very small pieces.

**Score:** to make diagonal cuts in the food using a knife.

**Spoon:** to gently pour the food from the spoon onto the desired food.

**Bake:** to cook inside the oven.

**Baste:** to pour juices or melted fat over food while cooking.

**Beat:** to mix fast with a spoon, fork, whisk, or electric mixer.

**Blend:** to mix foods together until smooth, or mix in electric blender.

**Boil:** to cook a liquid until bubbles appear.

**Broil:** to put food underneath the broiler part of the oven.

**Brown:** to cook food until the food turns brown.

**Chill:** to place food in refrigerator until it is cold.

**Chop:** to cut food into small pieces.

**Cool:** to let food sit at room temperature until it is no longer hot.

**Substitutions:**

For every 1 Tablespoon of cornstarch substitute for 2 Tablespoons all purpose flour.

For every Tablespoon of prepared mustard substitute with 1 teaspoon dried mustard.

For every 1/2 cup of brown sugar substitute with 1/2 of white sugar.

**Ingredients:**

3 lb. canned ham

8 ounces pineapple crushed

1 Tablespoon cornstarch

1/2 cup brown sugar

1 Tablespoon lemon juice

2 teaspoons dry mustard

**Directions:**

1. Score ham. Microwave 20 minutes. Drain any liquids.

2. Blend glaze ingredients in a microwave safe dish. Microwave for 4 minutes or until mixture thickens and looks clear.

3. Spoon over the ham, keeping the pineapple on top.

4. Cook ham on broil about 5 minutes, basting twice.

5. Let stand covered for 10 minutes.

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**Ham and Cheese Mini Frittatas**

**Substitutions:**

For every 1 cup of shredded cheddar cheese substitute with 1 cup of any type of shredded cheese.

For every 1/4 lb. cubed fully lean ham substitute with non-lean ham.

For every egg substitute with 2 Tablespoons water, 2 Tablespoons flour, 1/2 Tablespoon shortening, and 1/2 teaspoon baking powder.

**Ingredients:**

1/4 lb. cubed fully lean ham

1 cup shredded cheddar cheese

6 eggs

4 egg whites

3 Tablespoons minced chives

2 Tablespoons 2% milk

1/4 teaspoon salt

1/4 teaspoon pepper

**Directions:**

1. Spray muffin pan with cooking spray. Divide ham evenly among 8 muffin cups; top with cheese.

2. In a large bowl, beat eggs and whites. Beat in chives, milk, salt, and pepper. Pour over cheese, filling cups three fourths full.

3. Bake at 375 F for 25 minutes or until a knife inserted near the center comes out clean. Carefully run a knife around edges; remove from pan. Serve warm.