

# Back To School



Easy Breakfasts

.....

Kid-Pleasing Lunches

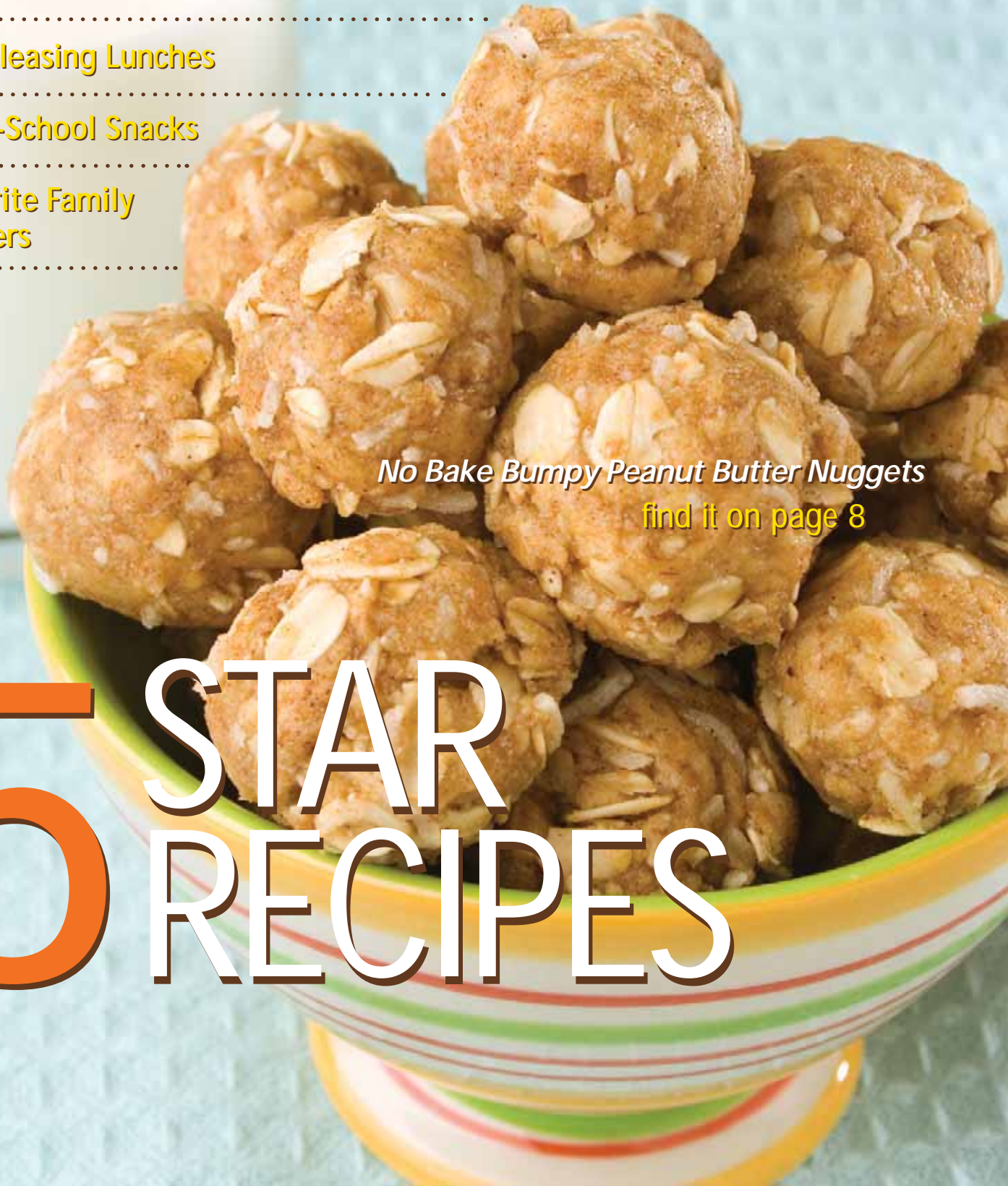
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After-School Snacks

.....

Favorite Family  
Dinners

.....



*No Bake Bumpy Peanut Butter Nuggets*  
find it on page 8

**5** STAR  
RECIPES

## Back To School

Back to school — the three little words no kid wants to hear. And who can blame them? On the bright side, the kids get to see their schoolmates again, and there's always the excitement of fresh school supplies.

For parents, back to school can mean breakfasts on the run, packing lunches the kids will actually eat, and juggling busy schedules with after-school sports or activities.

Allrecipes.com makes going back to school a no-brainer by offering you this free, downloadable Back to School cookbook. It's filled with recipes for quick and nutritious breakfasts, kid-pleasing lunches, after-school snacks, and easy family dinners.

You'll also find tips a handy guide to freezing foods so you can stock up on homemade meals for those school nights when you're just too busy to cook.

Back to school. It's as easy as ABC, with a little help from Allrecipes.

All the best!  
From the Staff of Allrecipes.com

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## Easy Breakfasts

Kids do better in school when they start the day with a nutritious breakfast. These good-for-you meals are quick enough to fit into your morning rush hour.

### Banana Muffins II

**Prep Time:** 10 Minutes | **Cook Time:** 25 Minutes

**Ready In:** 35 Minutes | **Yields:** 12 Muffins, or 48 Mini Muffins

**Submitted by:** Abi

These delicious banana muffins are easy for kids to make.

#### Ingredients

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 large bananas, mashed
- 3/4 cup white sugar
- 1 egg
- 1/3 cup butter, melted

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Coat muffin pans with non-stick spray, or use paper liners. Sift together the flour, baking powder, baking soda, and salt; set aside.

Combine bananas, sugar, egg, and melted butter in a large bowl. Fold in flour mixture, and mix until smooth. Scoop into muffin pans.

Bake in preheated oven. Bake mini muffins for 10 to 15 minutes, and large muffins for 25 to 30 minutes. Muffins will spring back when lightly tapped.

#### Our Tips and Advice

Short on time in the morning? Scoop batter into prepared muffin pans the night before, refrigerate, and bake in the morning. Or bake and freeze muffins; pull out as many as you need for breakfast and defrost overnight in the fridge.

### Apple Cinnamon Oatmeal

**Prep Time:** 5 Minutes | **Cook Time:** 5 Minutes

**Ready In:** 10 Minutes | **Serves:** 2

**Submitted by:** DOUGSMAMI

This is a wonderful, simple recipe for apple cinnamon oatmeal. Even the kids can make this one!

#### Ingredients

- 1 cup water
- 1/4 cup apple juice
- 1 apple, cored and chopped
- 2/3 cup rolled oats
- 1 teaspoon ground cinnamon
- 1 cup milk

#### Directions

Combine the water, apple juice, and apples in a saucepan. Bring to a boil over high heat, and stir in the rolled oats and cinnamon. Return to a boil, then reduce heat to low, and simmer until thick, about 3 minutes. Spoon into serving bowls, and pour milk over the servings.

#### Users' Tips and Advice

This is an excellent oatmeal recipe. I was looking for one that I could make for our 10-month-old twins. I used 2 Gala apples instead of 1 and I blended it to a chunky consistency and added about 1/2 cup apple juice to reduce the thickness. Our babies are very picky eaters and both ate this without hesitation. It was delicious! Definitely great for babies, children, and adults--and VERY EASY TO MAKE! Enjoy! -FAMILYOF6



## Megan's Granola

**Prep Time:** 20 Minutes | **Cook Time:** 20 Minutes  
**Ready In:** 40 Minutes | **Serves:** 30

### Submitted by: annie9

My daughter and I came up with this recipe and it is absolutely wonderful. Several of my children, who typically don't care for granola, loved it. I've tried many granola recipes and this tops them all. Enjoy!

### Ingredients

8 cups rolled oats  
1 1/2 cups wheat germ  
1 1/2 cups oat bran  
1 cup sunflower seeds  
1 cup finely chopped almonds  
1 cup finely chopped pecans  
1 cup finely chopped walnuts  
1 1/2 teaspoons salt  
1/2 cup brown sugar  
1/4 cup maple syrup  
3/4 cup honey  
1 cup vegetable oil  
1 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
2 cups raisins or sweetened dried cranberries

### Directions

Preheat the oven to 325 degrees F (165 degrees C). Line two large baking sheets with parchment or aluminum foil.  
Combine the oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.  
Bake in the preheated oven until crispy and toasted, about 20 minutes. Stir once halfway through. Cool, then stir in the raisins or cranberries before storing in an airtight container.

### Our Tips and Advice

Keep a big batch on hand to serve with milk or sprinkled over yogurt. It's great as a ready-to-go snack on its own, too.

### Search Tool

Search for recipes by ingredients, preparation time, or recipe submitter. Find quick and easy recipes by visiting [Allrecipes.com](http://Allrecipes.com) and search for QUICK. You can even browse recipes organized by prep time: 15, 30, or 45 minutes.

## Breakfast Tortilla

**Prep Time:** 5 Minutes | **Cook Time:** 5 Minutes  
**Ready In:** 10 Minutes | **Serves:** 2 to 4

### Submitted by: Lysa

These tortillas stuffed with scrambled eggs, beans, and salsa are great anytime! Can be enjoyed cold as well, so they're perfect to pack for the kids' lunches. Very fast and nutritious!

### Ingredients

2 tablespoons refried beans  
2 tablespoons salsa  
3 eggs, beaten  
1 tablespoon mayonnaise  
4 (6 inch) flour tortillas  
1 1/2 cups shredded lettuce

### Directions

Stir the beans and salsa together in a small bowl until smooth. Heat a nonstick skillet over medium heat. Pour beaten eggs into pan and allow bottom to set, approximately 1 minute. Spread bean mixture onto one half of eggs and flip other half over to make a half-circle. Continue to cook until eggs are set.

Spread an equal amount of mayonnaise onto each tortilla. Cut eggs into 4 equal pieces and place one piece on each tortilla. Cover each with shredded lettuce. Roll up tortillas and serve.

### Users' Tips and Advice

Another wonderfully versatile recipe! I warmed the beans and salsa a little in the microwave while I scrambled the eggs with some sliced ham and mushrooms. I'll definitely be making this again - it takes no time to make, plus it is extremely convenient to eat on the go. Thanks, Lysa! - *CarolineC*



## Kid-Pleasing Lunches

A homemade school lunch is like a daily picnic. Approach it with a sense of play and lunchtime will never be boring again.

### Apple Dip

Prep Time: 5 Minutes | Ready In: 5 Minutes  
Serves: 4

Submitted by: Rachel

Whip up this childhood favorite in minutes with plain or strawberry-flavored cream cheese, brown sugar, and vanilla.

#### Ingredients

1 (8 ounce) package cream cheese  
1/2 cup brown sugar  
1 tablespoon vanilla extract

#### Directions

Stir together the cream cheese, brown sugar, and vanilla extract until the sugar has dissolved, and the mixture is smooth.

#### Users' Tips and Advice

This dip is great! I used an electric mixer to beat it. I made it two times in a couple of days, and I loved the taste but the consistency was very clumpy and chewy. So the third time I made it, I softened the cream cheese and I whipped it until it was like thick whipped cream. It filled up with air and was so much more light and fluffy. (Beat at the highest speed your mixer will go.) It was so much better! Thanks Rachel! - MICK8



### Tuna Salad with Cranberries

Prep Time: 10 Minutes | Ready In: 10 Minutes  
Serves: 4

Submitted by: SIGARILLO

This simple, unusual recipe will yield the best tuna sandwiches you've ever had! Try on potato bread for a comforting, yummy treat!

#### Ingredients

2 (6 ounce) cans solid white tuna packed in water, drained  
2 tablespoons mayonnaise  
1/3 teaspoon dried dill weed  
3 tablespoons dried cranberries  
salt

#### Directions

Place the tuna in a bowl, and mash with a fork. Mix in mayonnaise to evenly coat tuna. Mix in dill and cranberries, and season with salt. Enjoy on crackers or the bread of your choice!

#### Users' Tips and Advice

Great twist on an old recipe. The tuna, of course, is soft and I knew my family wouldn't like it that way so I added about 2 T. sliced almonds and omitted the dill. Great lunch box addition for my husband and the kids. Instead of the same-old-same-old carrots or celery, the cranberries add an unexpected twist. My husband called me from work to tell me that he LOVED the tuna -- thank you for getting my husband to eat his lunch! - Marian

## Corn Dog Muffins

**Prep Time:** 10 Minutes | **Cook Time:** 14 Minutes  
**Ready In:** 24 Minutes | **Yields:** 18 Muffins

**Submitted by:** TINA3031

A quick, easy way to recreate a fun, family favorite from the state fair.

### Ingredients

2 (8.5 ounce) packages cornbread mix  
2 tablespoons brown sugar  
2 eggs  
1 1/2 cups milk  
1 cup grated Cheddar cheese  
9 hot dogs, cut in half

### Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease muffin tins.

Stir together the cornbread mix and the brown sugar in a large bowl. Whisk the eggs and milk in a small bowl until smooth. Fold the eggs and cheese into the dry mixture until moistened. Spoon mixture into muffin tins until 2/3 full. Add 1 hot dog half to each muffin.

Bake in a preheated oven 14 to 18 minutes, or until golden brown.

### Users' Tips and Advice

Not only did my sons 12 and 14 love them, I ended up snacking on them, too! My 14-year-old made them with me standing by the next time we had them, and he was so proud of himself. Thanks for a great recipe. We did cut the dogs into chunks and used a mini-muffin pan. We evenly distributed the dogs, then covered with the mix as others had suggested. Worked great. - lisajayne

### Scaling Tool

Whether you are cooking for a party of 2 or 200, every recipe can be easily scaled up or down to meet your needs. Try out our scaling tool at [Allrecipes.com](http://Allrecipes.com).



## Smoked Turkey Tortilla Wraps

**Prep Time:** 10 Minutes | **Cook Time:** 10 Minutes  
**Ready In:** 20 Minutes | **Serves:** 10

**Submitted by:** June Faver

This is a great way to use leftover smoked turkey. My kids have always liked the leftovers as much as the 'firstovers'! These are different but yummy. Serve these with salsa.

### Ingredients

10 whole wheat flour tortillas  
10 slices smoked turkey, cut into thin strips  
1 avocado - peeled, pitted and sliced  
1/2 cup sour cream, for topping  
1/2 cup Cheddar cheese

### Directions

Heat flour tortillas in a large skillet over medium heat until slightly browned. Divide turkey strips, avocado, sour cream, and cheese among the warmed tortillas. Fold in half and serve.

### Users' Tips and Advice

These are great for back to school lunches. Just put each ingredient into baggies and let kids assemble at school. - Cooking101

## Healthy After-School Snacks

They're home and they're hungry and lunchtime was hours ago. Before the kids hit the books or the backyard, they could really use a nutritious snack.

### Apple Ladybug Treats

**Prep Time:** 10 Minutes | **Ready In:** 10 Minutes  
**Serves:** 4

**Submitted by:** Veros L.

Red apples are decorated to look like lady bugs. This is a quick and fun snack that kids will enjoy making and eating. For once kids can play with their food.

#### Ingredients

2 red apples  
1/4 cup raisins  
1 tablespoon peanut butter  
8 thin pretzel sticks

#### Directions

Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.

Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

#### Users' Tips and Advice

I spread cut the side of an apple with peanut butter (to prevent browning) and serve on a lettuce leaf, which keeps PB off fingers. This would be a great after-school treat or a cute side "salad" for a meal. A platter of these, each on its own lettuce leaf, would be a nice centerpiece for a kid's party. - TTN

### Amy's Healthy Fruity

**Prep Time:** 10 Minutes | **Ready In:** 10 Minutes  
**Serves:** 4

**Submitted by:** Amy Simpson

This is the type of smoothie that you can throw together quickly for a meal or snack.

#### Ingredients

1 cup strawberries, hulled  
1/3 cup frozen blueberries  
2 bananas, peeled and cut into chunks  
1/2 cup orange juice  
1 1/2 cups plain yogurt  
1 tablespoon soy milk powder

#### Directions

Combine strawberries, blueberries, bananas, orange juice, yogurt, and soy milk powder in a blender. Blend until smooth, then pour into glasses and serve.

#### Users' Tips and Advice

Excellent! Very good way to get my kids to eat extra fruit. Love it! - SMARTIES2



## Pizza Pinwheels

**Prep Time:** 20 Minutes | **Cook Time:** 12 Minutes  
**Ready In:** 32 Minutes | **Serves:** 8

**Submitted by:** Christi

This recipe came from my Aunt when I was about 13 years old. Not only is it good for kids, but it's good for parties too!

### Ingredients

1 (8 ounce) can refrigerated crescent roll dough  
2 cups shredded mozzarella cheese  
24 slices pepperoni  
1 (14 ounce) can pizza sauce

### Directions

Preheat oven to 375 degrees F (190 degrees C).

On a large baking sheet, pinch the 8 crescent roll dough triangles into 4 rectangles. Layer each rectangle with 6 slices of pepperoni and even amounts of mozzarella cheese. Roll tightly lengthwise and slice each into 4 or more pieces.

Bake in the preheated oven until golden brown, about 12 minutes. Serve with pizza sauce for dipping.

### Users' Tips and Advice

Very tasty! I followed the advice of another reviewer who froze the rolls for 15-20 minutes before slicing and baking. That was the key to holding these together! I also baked them in muffin tins, although I don't think it would've mattered either way. They are definitely better fresh out of the oven, but these got eaten after they had been sitting out for awhile too. A keeper!  
- Probey

### Recipe Box and Personal Notes

Keep your favorite recipes handy in your personal online recipe box at [Allrecipes.com](http://Allrecipes.com). You can even include your own notes on how your family liked the recipe and what you served as a side dish success.

## No Bake Bumpy Peanut Butter Nuggets

**Prep Time:** 15 Minutes | **Ready In:** 1 Hour 15 Minutes | **Serves:** 30

**Submitted by:** Ashley

Kids love to make (and eat) these sugar-free cookies.

### Ingredients

1/2 cup natural peanut butter  
1/4 cup nonfat dry milk powder  
1/4 cup unsweetened flaked coconut  
1/3 cup rolled oats  
1/2 teaspoon ground cinnamon  
1/4 cup wheat germ  
1/4 cup unsweetened apple juice concentrate, thawed

### Directions

Combine peanut butter, milk powder, and coconut in a large mixing bowl. Stir in oats, ground cinnamon, wheat germ, and apple juice concentrate until thoroughly combined.

Shape the mixture into 1-inch balls. Chill thoroughly before serving; store remaining nuggets in the refrigerator.

### Users' Tips and Advice

I like this recipe a lot... I love peanut butter. Here is an idea that will make them even better. Grind some oatmeal in a blender to make oat flour. After mixing ingredients roll in oat flour and chill. You can also roll in an oat flour/cocoa powder mixture, too. - MOH





## Favorite Family Dinners

A shared meal at the end of a busy day brings the family together. These easy recipes help you get a hearty dinner on the table in under an hour.

### Macaroni and Cheese V

**Prep Time:** 15 Minutes | **Cook Time:** 35 Minutes  
**Ready In:** 50 Minutes | **Serves:** 6

**Submitted by:** Melanie Leach

This is my mom's recipe for macaroni and cheese with a bread crumb topping and a little dry mustard for zip. It is great!! You can make it more or less cheesy--depends on your taste.

#### Ingredients

3/4 cup dry bread crumbs  
2 tablespoons melted butter  
8 ounces macaroni  
2 tablespoons butter  
1 small onion, minced  
1 tablespoon all-purpose flour  
salt and pepper to taste  
1/4 teaspoon dry mustard  
1 1/2 cups milk  
2 cups shredded Cheddar cheese

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish. Place the bread crumbs into a small bowl and mix well with the melted butter; set aside.

Bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente; drain, then place into prepared casserole dish.

While the pasta is cooking, melt 2 tablespoons butter in a saucepan over medium heat. Stir in the minced onion and cook until the onion softens and turns translucent, about 5 minutes.

Stir in the flour, pepper, salt, and dry mustard until incorporated, then pour in the milk and bring to a simmer. Simmer, stirring constantly until the milk has thickened, about 10 minutes. Take the milk off of the heat and stir in the Cheddar cheese until melted. Pour cheese sauce over the macaroni, then sprinkle evenly with buttered bread crumbs.

Bake until the top is golden and bubbly, about 20 minutes.

#### Users' Tips and Advice

I really liked this recipe--it's good old-fashioned comfort food! I used whole-wheat pasta for a healthier kick, and instead of bread crumbs, I crushed whole-wheat crackers. I served it with a salad and it was great! - FRIDAGIRI\_36



### Modenese Pork Chops

**Prep Time:** 10 Minutes | **Cook Time:** 30 Minutes  
**Ready In:** 40 Minutes | **Serves:** 4

**Submitted by:** Stephanie

Everyone who has this loves it! It's surprisingly simple and quick. Garlic, rosemary, and white wine flavor the pork. The aroma is wonderful. Try steaming fresh broccoli, then frying it in the pan juices for a perfect side dish.

#### Ingredients

4 tablespoons butter  
4 (1 inch thick) pork chops  
1/2 cup dry white wine  
1 teaspoon salt  
1/8 teaspoon fresh ground black pepper  
1/2 teaspoon crushed dried rosemary  
2 cloves garlic, minced

#### Directions

In a large skillet, melt butter over medium heat. Cook chops in butter, turning once to brown evenly.

Pour in wine, and season with salt, pepper, rosemary, and garlic. Simmer, uncovered, for 20 minutes, or until chops are tender. Transfer pork chops to serving plates, and spoon sauce over the meat.

#### Users' Tips and Advice

The whole family loved them! I used half the butter and a little olive oil. I also used chicken broth instead of wine because that is what I had. They were really good served over rice to soak up the sauce. - S.Orlando

## Chicken Quesadillas

**Prep Time:** 30 Minutes | **Cook Time:** 25 Minutes  
**Ready In:** 55 Minutes | **Yields:** 20 Slices

**Submitted by:** Heather

The zesty chicken and cooked peppers are a succulent delight when mixed with the melted cheeses. Cut the quesadillas into wedges and serve with sour cream and salsa. I freeze the leftovers; they reheat quite well. This is also a great recipe for parties.

### Ingredients

1 pound skinless, boneless chicken breast, diced  
1 (1.27 ounce) packet fajita seasoning  
1 tablespoon vegetable oil  
2 green bell peppers, chopped  
2 red bell peppers, chopped  
1 onion, chopped  
10 (10 inch) flour tortillas  
1 (8 ounce) package shredded Cheddar cheese  
1 tablespoon bacon bits  
1 (8 ounce) package shredded Monterey Jack cheese

### Directions

Preheat the broiler. Grease a baking sheet.

Toss the chicken with the fajita seasoning, then spread onto the baking sheet. Place under the broiler and cook until the chicken pieces are no longer pink in the center, about 5 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a large saucepan over medium heat. Stir in the green bell peppers, red bell peppers, onion, and chicken. Cook and stir until the vegetables have softened, about 10 minutes.

Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with the Cheddar cheese, bacon bits, and Monterey Jack. Fold the tortillas in half and place onto a baking sheet.

Bake quesadillas in the preheated oven until the cheeses have melted, about 10 minutes.

### Users' Tips and Advice

Another 5 star rating! We used this recipe as the base for a "build your own" dinner. Each family member customized his/her own before the cooking step. We had sliced black olives, salsa verde, chopped chile peppers, and hot sauce as "add-ons." Served with salsa, sour cream, and refried beans. - AuntieJ

### Nutritional Information

Do you want to make healthier meals for your family? Find full nutritional information for each recipe online at [Allrecipes.com](http://Allrecipes.com).

## Emily's Famous Sloppy Joes

**Prep Time:** 10 Minutes | **Cook Time:** 20 Minutes  
**Ready In:** 30 Minutes | **Serves:** 8

**Submitted by:** Emily

This is just a good old-fashioned Sloppy Joe recipe. Just slap some on a bun and enjoy!

### Ingredients

1 1/2 pounds ground beef  
1 onion, chopped  
1 red bell pepper, chopped  
1 (6 ounce) can tomato paste  
1 cup water  
3 cloves garlic, minced  
1 tablespoon chili powder  
1 teaspoon paprika  
1 teaspoon ground cumin  
1 teaspoon distilled white vinegar  
3 tablespoons brown sugar  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
8 hamburger buns, split

### Directions

In a large skillet over medium-high heat, saute the ground beef for 5 minutes. Add the onion and red bell pepper; saute for 5 more minutes, or until onion is tender. Drain the fat.

Mix in tomato paste and water, stirring until paste is dissolved. Stir in garlic, chili powder, paprika, cumin, vinegar, brown sugar, oregano, salt and pepper. Continue to heat for 5 to 10 minutes, or until mixture is thick and stewy.

### Our Tips and Advice

Substitute ground turkey for ground beef in this recipe; the robust flavor of the sauce will spice it up nicely. Make a double batch and freeze the extra for a busy night when you don't have time to cook. Serve on whole wheat buns, with a crunchy salad on the side.



## Tips and Advice

### Easy Freezing

- Use only specialty freezer wrappings; they're moisture- and vapor-proof.
- When freezing liquids in containers, allow a small amount of head room for expansion. Using freezer bags? Remove as much air as possible before closing. Solids such as meats and baked goods should be wrapped tightly in foil before you bag them.
- Use rigid containers with tight lids and keep the sealing edges clean to ensure proper closure.
- Freeze in small containers with no more than a 1-quart capacity to ensure that freezing takes place quickly and safely. Food that is two inches thick will take about two hours to freeze completely.
- Secure wrapped packages and containers with freezer tape, and write the dish and the date on the tape with a permanent marker.
- Meat and fish wrapped by the grocer or butcher may need no extra attention before freezing. If the food you want to freeze was not specially wrapped, then re-wrap at home. Meat wrapped on Styrofoam trays with plastic wrap will not hold up well to freezing.
- Use a freezer thermometer to keep cold storage at 0 degrees F (-18 degrees C), and don't overcrowd your shelves.
- For safe thawing, let frozen food sit overnight or longer in the fridge—never on the countertop.



### Lunch Box Tips

- Kids are more likely to eat lunch when they have a hand in making or choosing it.
- Variety is the spice of life, but don't be surprised if your kids settle on a few favorites and request them week after week.

- Save your sanity and pack lunches the night before.

- A note on food safety: lightweight, freezable cold packs or frozen juice packs make it possible to send the kids to school with perishables such as pasta salad, egg salad, meat sandwiches, yogurt, tuna, etc.

- Get your kids into the habit of washing their hands before eating. Pack antibacterial hand wipes if that's what it takes.

- Reusable lunchboxes are earth-friendly and save the expense of brown bags, but be sure to wash them out frequently.



### Cook Once, Eat Twice

Make the most of what little time you have to cook: prepare more than you need for one meal and freeze the rest for another meal. How long can you store food in the freezer? Use this handy guide.

Type of Food	Storage
Tomato/vegetable sauces.....	6 months
Meatloaf (any type of meat).....	6 months
Soups and stews.....	2-3 months
Poultry and Meat Casseroles.....	6 months
Poultry (cooked, no gravy).....	3 months
Poultry (with gravy/sauce).....	5-6 months
Meatballs in sauce.....	6 months
Pizza dough (raw, homemade).....	3-4 weeks
Muffins/quick breads (baked).....	2-3 months

## Word Search

- |           |              |                 |
|-----------|--------------|-----------------|
| Banana    | French Fries | Quiche          |
| Breakfast | Hamburger    | Restaurant      |
| Brownies  | Hazelnut     | Salad           |
| Cake      | Lettuce      | Soup            |
| Chicken   | Mahi Mahi    | Tomato          |
| Cranberry | Orange Juice | Turkey Sandwich |
| Enchilada | Pasta        | Vanilla         |

W O L U J O G E U B N A T S A P Y I Z  
 J K L T P T N A R U A T S E R K Y K J  
 M A H I M A H I N I I M K H S O L O A  
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 S R E W Q U S U R Y P L E E F Z D X N  
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## Crossword

### ACROSS

1. What Johnny planted
4. It grows in Idaho
5. A spiky fruit
7. Water at 212 F or 100 C
10. Cooking outdoors over fire
12. Spaghetti and \_\_\_\_\_
15. A snow man's nose
16. The Food \_\_\_\_\_
18. Chickens lay them
19. An astronaut's favorite drink
20. Macaroni's best friend

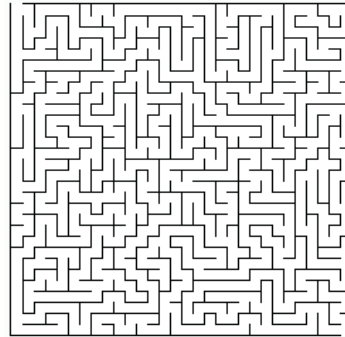
### DOWN

2. \_\_\_\_\_ and Jelly
3. Chocolate chip & snickerdoodle
6. It helps build strong bones
7. Holds a sandwich together
8. Trick or \_\_\_\_\_
9. A hock or a funny friend
11. The chicken of the sea
13. Longhorn, Brahma, Hereford
14. Ants ruin them
16. What Ninja Turtles eat
17. They come in pods

## Answers

For answers to these puzzles: visit [Allrecipes.com](http://Allrecipes.com), click on Tips & Advice, and type Printable Cookbooks in the articles search box.

## Maze



## Sudoku

3	9				2			
	1		4	9				
6		7	1			3	4	
		8	9	2		6	3	4
	4						2	
2	6	3		4	8	1		
	8	9			4	7		3
				5	7		6	
		6					5	2

