

# Let's Explore... The Foods We Eat

## Easy Applesauce

### Ingredients

6 tart apples  
3-4 Tbsp. honey  
1 1/4 c. water  
cinnamon

### Directions

Take advantage of the fall harvest for making some fresh applesauce. Your child can peel, core, and slice the apples, with your help. Put into pot with water. Cover and cook until tender—approximately 20-30 minutes. Add honey and cinnamon to taste. Makes 12 small servings.

Do not use honey in beverages and uncooked foods for infants under the age of one year. Honey may contain botulism toxins.



## Hot Spicy Cider

### Ingredients

2 quarts apple cider  
1/2 tsp. cinnamon  
1/4 tsp. cloves  
1/4 tsp. allspice

### Directions

Heat cider, but do not boil. Add spices (more or less, according to your taste). Stir to blend.

## Making Little Pizza Snacks

### Ingredients

English muffins or bagels cut in half  
tomato or pizza sauce  
variety of toppings: chopped onions, green peppers, pepperoni, cooked ground beef, sausage, sliced olives  
cheese: mozzarella, Parmesan, American

### Directions

Place muffin or bagel slices on a cookie tray. Spread sauce on top with a spoon. Sprinkle on the toppings of your choice. Bake at 450° for about ten minutes. Then take the tray out of the oven and sprinkle with cheese. Return to oven until the cheese melts. (Your child can do the fixing, but you will need to put the tray in and out of the oven.)

Enjoy!



## Autumn Pumpkin Pie

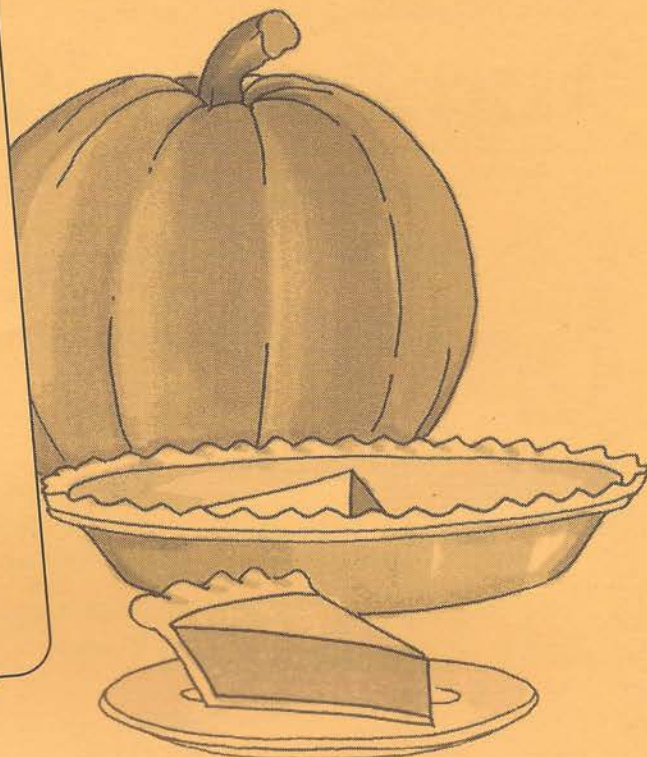
Let your child make the pumpkin pie for your Thanksgiving dinner.

### Ingredients

- 1  $\frac{3}{4}$  c. mashed cooked or canned pumpkin
- 1 c. sugar
- 1  $\frac{1}{2}$  c. evaporated milk
- 2 eggs
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{4}$  tsp. each nutmeg, ginger, and cloves
- 1 uncooked 9-inch pie shell

### Directions

Beat all ingredients together with rotary beater. Pour into pastry-lined pie pan. Bake at  $400^{\circ}$  for 15 minutes; reduce oven temperature to  $350^{\circ}$  and continue baking for 40 to 50 minutes or until knife inserted near center of pie comes out clean. Filling will firm up while cooking.



## Tuna and Chips Casserole

### Ingredients

- 1 can (10  $\frac{1}{2}$  oz.) cream of mushroom soup
- $\frac{1}{2}$  c. milk
- 1 can (7 oz.) tuna
- 1  $\frac{1}{4}$  c. crushed potato chips
- 1 c. cooked green peas

### Directions

Heat oven to  $350^{\circ}$ . Empty cream of mushroom soup into 1-quart casserole. Mix in milk. Put potato chips between sheets of waxed paper. Crush chips with a rolling pin. Repeat until you have 1  $\frac{1}{4}$  cups crushed potato chips. Drain oil or water from one can tuna. Add drained tuna, 1 cup crushed potato chips, and green peas to soup in casserole. Mix these ingredients gently. Sprinkle top with  $\frac{1}{4}$  cup crushed potato chips. Bake 25 to 30 minutes. Makes 3 to 4 servings.

## Other Recipes to Prepare: