

KIDCO KITCHEN RECIPES

Vol.1



kidco
KITCHEN

Try our child-approved recipes at home!



A NOTE FROM CHEF LISA

Hello!

I am Lisa Ruscica, VP of Culinary Operations and Chief Food Ambassador at Kids & Company. Kids & Company provides nutritious meals and snacks to the children at the majority of our locations, prepared by our very own Kidco Kitchen. The Kidco Kitchen is founded on a fresh, from-scratch philosophy, building children with healthy bodies and minds. I create all of our recipes on the Kidco Kitchen menu, perfected until they are child-approved!!

I am delighted to present our very first Kidco Kitchen recipe book, making it easy to recreate the menu items that your children love, from the comfort of your home.

I invite you and your children to explore and experiment with the recipes, designed to be simple, easy to follow, and - most importantly - healthy and delicious.

Whether gathering the ingredients, mixing, or helping to set the table, there are age-appropriate ways in which all children can be involved in the cooking process. This helps to instill confidence, develop independence and build on their motor skills! Even the youngest members of our families can engage by handling small bowls and mimicking their older siblings or relatives. These early experiences in the kitchen cultivate comfort and enthusiasm for culinary activities. It warms my heart to hear stories of parents involving their children in the kitchen.

Wishing you all a joyous culinary adventure filled with delicious experiences!



Lisa Ruscica

VP of Culinary Operations and Chief Food Ambassador
Kids & Company





TABLE OF CONTENTS

Mains/Entrées

Super Swedish Meatballs
Hip Hawaiian Fish
Oh-La-La Orange Chicken
Teriyaki Salmon
Best Butter Beans
Chickpea Noodle Soup

Silly Smoothies

Berry Blast Smoothie
Mango Lassi
Pineapple Whip

Sensational Snacks

Spin Dip & Playful Pita
Pizza Stackers

Beautiful Baked Goods

Applelicious Crisp
Zany Zucchini Loaf
Oatmeal Cookies
Rainbow Berry Bar



MAINS/ENTRÉES



SUPER SWEDISH MEATBALLS

→ WHAT YOU NEED:

- ½ Cup Bread Crumbs
- 2 lbs Ground Beef
- 2 Egg
- 2 Tbsp Minced Garlic
- 1 Tbsp Veggie Oil
- 1 Cup Diced Onion
- 1 Cup Diced Celery
- 1 Tbsp Butter
- ¼ Cup Flour
- 1 Cup Milk
- 2 Cup Veggie Stock

→ WHAT TO DO:

1. Preheat the oven to 350°F.
2. In a medium bowl, mix together bread crumbs, half of the garlic, ground beef, and eggs.
3. Roll the meat into small golf ball-sized meatballs. Place them about 1 inch apart on a parchment-lined baking dish.
4. Bake for 15 minutes, then turn them over and continue baking for another 5-10 minutes or until somewhat crispy on the outside.
5. In a large skillet, heat vegetable oil over medium heat. Add onions, celery, and garlic, and cook until translucent; then set aside.
6. Melt butter in the pan. Add flour, whisking for 1 minute, gradually adding milk and broth. Bring to a boil. Reduce heat and simmer until the sauce thickens.
7. Add all remaining ingredients and simmer the sauce for 10 minutes.
8. Serve immediately and enjoy!



RECIPE TIME

50-60 Minutes



SERVES

6



In Sweden, these meatballs are often served with mashed potatoes and lingonberry jam.

HIP HAWAIIAN FISH

→ WHAT YOU NEED:

- 6 Fish Fillet
- 2 Tbsp Minced Garlic
- 1 Tbsp Veggie Oil
- ¼ Cup Diced Onion
- ½ Cup Ketchup
- ¼ Cup Vinegar
- ¼ Cup Tomato Paste
- 2 Tbsp Dijon Mustard
- ½ Cup Diced Pineapple

→ WHAT TO DO:

1. Be sure to wash your hands before you begin.
2. In a large skillet, heat vegetable oil over medium heat. Add onions and the remaining garlic, and cook until translucent. Add fish fillets and all remaining ingredients, then simmer the sauce for 30 minutes.



RECIPE TIME

30-45 Minutes



SERVES

6



Using firmer fish such as tilapia will help your fish hold its shape during the cooking process.

OH-LA-LA ORANGE CHICKEN

→ WHAT YOU NEED:

- 3 Cup Diced Chicken
- ½ Cup Diced Onion
- 2 Tbsp Veggie Oil
- ½ Cup Orange Juice
- 2 Tbsp Minced Garlic
- 1 tsp Ginger
- ¼ Cup Soy Sauce
- ¼ Cup Vinegar

→ WHAT TO DO:

1. Be sure to wash your hands before you begin.
2. Heat oil in a large skillet and sauté diced chicken, onion, and garlic until fully cooked.
3. In a separate pot combine all the other ingredients bring to a boil and simmer for 15 minutes.
4. Pour orange sauce over the chicken and cook for a further 15 minutes.
5. Remove from heat and serve over Terrific Thai Noodles.



RECIPE TIME

45 Minutes



SERVES

6



*For a vegetarian option,
substitute chicken with tofu!*

TERIYAKI SALMON

→ WHAT YOU NEED:

- 6 Salmon Fillet
- ¼ Cup Soy Sauce
- 2 Tbsp Brown Sugar
- 1 Tbsp Minced Garlic
- 1 Tbsp Minced Ginger

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. Preheat the oven to 350°F.
3. In a saucepan, combine soy sauce, brown sugar, garlic, and ginger. Stir over low heat until the sugar dissolves. Simmer for 2-3 minutes until slightly thickened.
4. Place salmon fillets on a single layer of parchment paper lined on a shallow baking pan. Brush salmon with teriyaki sauce. Keep some extra teriyaki sauce to brush the fillets after baking to boost the flavor.
5. Bake for about 15 to 20 minutes or until the salmon is cooked through.



RECIPE TIME

30-35 Minutes



SERVES

6



Salmon is super healthy because it's loaded with omega-3 fatty acids and Vitamin D!



BEST BUTTER BEANS

→ WHAT YOU NEED:

- 2 Cup Bean
- 1 Cup Coconut Milk
- 1 tsp Curry Powder
- 1 tsp Paprika
- 1 tsp Turmeric
- 1 tsp Chili Powder
- 1 tsp Garam Masala
- 2 Tbsp Minced Garlic
- 1 Tbsp Veggie Oil
- ½ Cup Diced Onion
- 1 Cup Diced Tomato
- 1 Bay Leaf

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. Combine dry spices together (curry powder, paprika, turmeric, chili powder, garam masala, and bay leaf).
3. Combine spices with garlic and use this mixture on the beans.
4. Heat oil in a large skillet and cook onions until translucent. Add marinated beans, diced tomatoes, and coconut milk.
5. Bring the mixture to a boil and then reduce to medium heat, simmering until the sauce thickens, approximately 20-30 minutes.



RECIPE TIME

20-30 Minutes



SERVES

6



This dish traditionally calls for cream and butter, but we use coconut milk to make this lactose-friendly!

CHICKPEA NOODLE SOUP

→ WHAT YOU NEED:

- 2 Tbsp Olive Oil
- 1 Cup Onion
- 1 Cup Carrot
- 1 Cup Celery
- 1 Tbsp Garlic
- 8 Cup Veggie Stock
- 2 Bay Leaves
- 3 Cup Chickpea
- 1 ½ Cup Whole Wheat Pasta, Dry
- 2 Tbsp Parsley
- 2 Tbsp Dill
- 1 Tbsp Lemon Juice

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. In a large stockpot over medium heat, add olive oil, onions, carrots, and celery. Sauté, stirring occasionally, until tender, about 3-4 minutes. Stir in garlic until fragrant, about 1 minute.
3. Stir in vegetable stock and bay leaves, add chickpeas, and bring to a boil; reduce heat and simmer, covered.
4. Stir in pasta and cook until tender, about 6-7 minutes.
5. Remove from heat; stir in parsley, dill, and lemon juice.
6. Serve immediately. Enjoy!



RECIPE TIME

30 Minutes



SERVES

6



Chickpeas are also known as Garbanzo beans!

SILLY SMOOTHIES



BERRY BLAST SMOOTHIE

→ WHAT YOU NEED:

- ¼ Cup Blueberry
- ¼ Cup Strawberry
- ¼ Cup Blackberry
- ¼ Cup Raspberry
- 2 Cup Milk
- 1 Cup Vanilla Yogurt

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. Add berries, milk, and yogurt to the blender.
3. Blend until smooth.



RECIPE TIME

5-10 Minutes



SERVES

6



Berries may be small, but they are powerhouses that are low in calories and high in antioxidants!

MANGO LASSI

→ WHAT YOU NEED:

- 1 Cup Mango
- 1 Pinch Cinnamon
- 2 Cup Milk
- 1 Cup Vanilla Yogurt

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. Add mangoes, cinnamon, milk, and yogurt to the blender.
3. Blend until smooth.
4. Serve in a bowl with granola or muesli on top!



RECIPE TIME

10 Minutes



SERVES

6



While Kids & Company uses cinnamon, it is also common to use saffron and cardamom to elevate the complexity of your lassi.



PINEAPPLE WHIP

→ WHAT YOU NEED:

- 1 ½ Cup Coconut Milk
- 1 ½ Cup Frozen Pineapple

→ WHAT TO DO:

1. Be sure to wash your hands before you begin.
2. Place chunks of frozen pineapple and coconut milk into a food processor or high-powered blender.
3. Blend until the mixture reaches a creamy consistency.
4. You may have to stop several times and scrape down the sides.
5. Scoop into cups to serve! Enjoy!



RECIPE TIME

5-10 Minutes



SERVES

6



The English word pineapple comes from the Spanish word “pina” because of its visual similarities to a pinecone!

A young child with dark, curly hair is focused on pouring a white liquid, likely milk, from a clear plastic pitcher into a clear glass. The child is wearing a grey long-sleeved shirt with a ruffled collar and the words "DEFINITELY ME" printed in blue. The scene is set on a light-colored wooden table. In the background, a blue plate with yellow food items and a silver fork are visible. The background is softly blurred, showing what appears to be a kitchen or dining area with wooden furniture.

SENSATIONAL SNACKS

SPIN DIP & PLAYFUL PITA

→ WHAT YOU NEED:

- 2 ½ Cup Finely Chopped Fresh Spinach
- 1 tsp Minced Garlic
- 1 Cup Cream Cheese
- ½ Cup Greek Yogurt
- ¼ Cup Grated Parmesan Cheese

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. Finely chop the fresh spinach leaves (may also pulse in food processor or shred with hands).
3. Combine the chopped spinach with the rest of the ingredients. Mix well.
4. Chill spinach dip for at least 1 hour before serving.
5. Serve with whole wheat pita.



RECIPE TIME

30 Minutes



SERVES

6



Spinach is packed with iron and is a great way to add flavor and color to your dishes.



PIZZA STACKERS

→ WHAT YOU NEED:

- 3 Whole Wheat Bagels, Halved
- 6 Tbsp Tomato Sauce
- 1 tsp Minced Garlic
- ½ tsp Oregano
- 6 Tbsp Shredded Cheese

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. Halve your bagel horizontally, turning it into two slices, and toast it until golden brown.
3. In a small bowl, combine the tomato sauce, garlic, and oregano.
4. Spread the tomato sauce onto your bagel half.
5. Sprinkle with shredded cheese and enjoy!



RECIPE TIME

10 Minutes



SERVES

6



Add bits of diced chicken for some extra protein to this yummy snack!

A young girl with blonde hair tied back, wearing a pink long-sleeved shirt with a 'BEAVERCASE' logo, is focused on cutting a brownie with a knife. She is sitting at a yellow table. In front of her is a white bowl containing cereal and a brownie, and a large metal bowl filled with many brownies. The background shows a yellow storage cabinet and a white shelf with various items.

BEAUTIFUL BAKED GOODS

APPLELICIOUS CRISP

→ WHAT YOU NEED:

- 4 Cup Sliced Apple
- 6 Tbsp Brown Sugar
- 1 Tbsp Lemon Juice
- 1 tsp Vanilla
- ¾ Cup Whole Wheat Flour
- 1 tsp Cinnamon
- 1 Cup Oats
- 6 Tbsp Unsalted Butter

→ WHAT TO DO:

1. Make sure you wash your hands before you begin.
2. Preheat the oven to 350°F.
3. Mix apples, 2 tablespoons of brown sugar, vanilla, lemon juice, ¼ cup flour, and cinnamon in a baking dish.
4. Prepare the topping: combine the remaining flour, brown sugar, and oats.
5. Blend butter into the mixture using two knives until the topping resembles coarse meal. Sprinkle evenly over the apples.
6. Place the baking dish in the oven for approximately 1 hour or until the fruit is bubbling, and the topping is golden brown.



RECIPE TIME

60 Minutes



SERVES

16 Portions



The secret to the perfect apple crisp is to use two varieties of apples: one firm and crisp and the other soft and sweet.

ZANY ZUCCHINI LOAF



→ WHAT YOU NEED:

- 1 Tbsp Flax Flour
- 1 ¾ Cup Whole Wheat Flour
- ½ Tsp Baking Soda
- ¾ Tsp Cinnamon
- ¼ Cup Veggie Oil
- ¾ Tsp Vanilla Extract
- ¼ Cup Brown Sugar
- ¼ Cup Sugar
- ¾ Cup Puréed Zucchini

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. Preheat oven to 350F.
3. Mix the flax flour and water in a small bowl, let it sit for at least 5 minutes until thickened.
4. Line bottom of baking pan with parchment paper.
5. In a large bowl, combine flour, baking soda and cinnamon.
6. In a separate bowl, cream together oil, vanilla and sugar. Stir in flax mixture and zucchini until well blended.
7. Stir zucchini mixture into flour mixture. Pour batter into pan.
8. Bake for 45 minutes to 1 hour, until a toothpick inserted into center of the loaf comes out clean.
9. Let cool in pan for 10 minutes then turn out onto a wire rack.



RECIPE TIME

1 Hour 15 Minutes



SERVES

12 Portions



Did you know that a zucchini contains more potassium than a banana?

OATMEAL COOKIES

→ WHAT YOU NEED:

- 1 Cup Unsalted Butter
- 1 ¼ Cup Brown Sugar
- 1 Tbsp Flax Meal
- 3 Tbsp Water
- 1 ½ tsp Vanilla
- 1 ½ Cup Whole Wheat Flour
- 1 tsp Baking Soda
- 1 tsp Cinnamon
- ½ tsp Sea Salt
- 3 Cup Oats

→ WHAT TO DO:

1. Make sure to wash your hands before you begin.
2. Preheat oven to 375F.
3. Mix the flax flour and water in a small bowl, let it sit for at least 5 minutes until thickened.
4. Cream together butter and sugar. Mix in flax mixture and vanilla.
5. In a separate bowl, combine flour, baking soda, salt and cinnamon. Stir in the creamed butter mixture. Mix in the oats.
6. Cover and chill dough for at least an hour.
7. Grease a sheet pan. Roll 1 tablespoon of dough into ball and place 2 inches apart on the sheet pan.
8. Bake for 10 minutes.
9. Allow cookie to cool completely on pan before serving.



RECIPE TIME

1 Hour 30 Minutes



SERVES

36 Portions



Oatmeal cookies are the most popular baked good at Kids & Company!



RAINBOW BERRY BAR

→ WHAT YOU NEED:

- 1 ½ Cup Blueberry
- 1 ½ Cup Strawberry
- ½ Cup Sugar
- ⅓ Cup Orange Juice
- 1 Cup Whole Wheat Flour (Plus 4 tsp)
- 2 Cup Oats
- ¾ Cup Butter, Softened
- 1 Cup Brown Sugar
- ½ tsp Sea Salt
- ½ tsp Baking Soda

→ WHAT TO DO:

1. Be sure to wash your hands before you begin.
2. Preheat the oven to 350°F and line a baking tray with parchment paper.
3. Make the Filling:
 - a. In a saucepan, bring berries, sugar, and orange juice to a boil. Reduce heat and simmer until tender, about 10 minutes.
 - b. Whisk in 4 teaspoons of whole wheat flour until thickened. Refrigerate until cooled.
4. Base and Topping:
 - a. In a large bowl, stir together the oats, the remaining flour, brown sugar, sea salt, and baking soda.
 - b. Cut in the butter to form a crumbly mixture.
 - c. Reserve 1 ½ cups of the crumbs and pat them evenly onto your lined baking tray.
 - d. Spread the berry mixture over the base. Crumble the reserved mixture on top of the berry mixture.
 - e. Bake in the oven until golden brown and firm to the touch, about 40-45 minutes. Remove from the oven and allow it to cool. Cut into squares and serve.



RECIPE TIME

1 Hour



SERVES

24 Portions



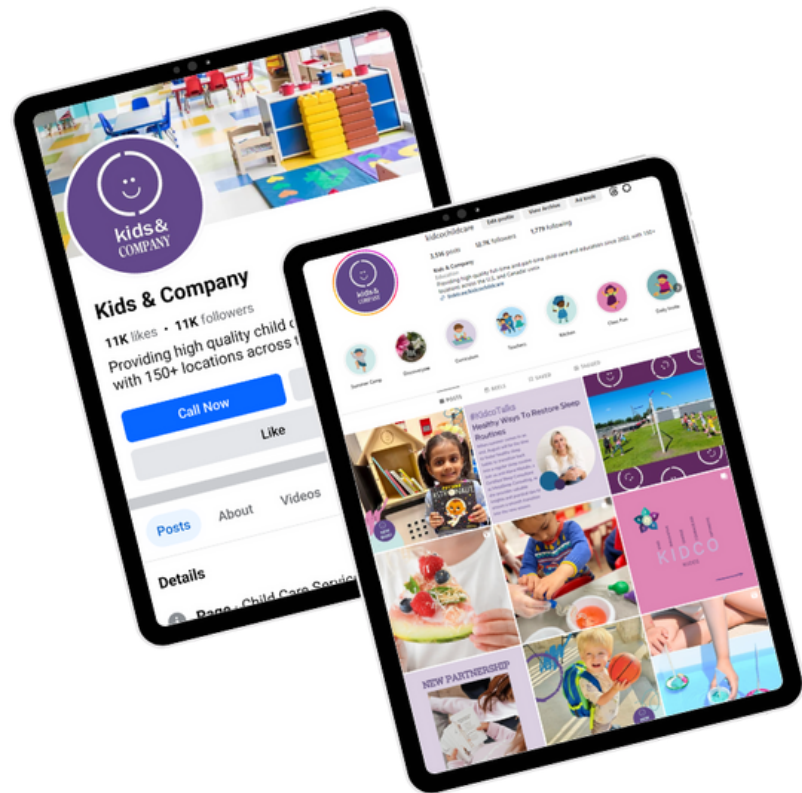
Try changing up the filling to explore different flavor profiles! We recommend using pears, apples, or peaches.



→ **KIDCO KITCHEN**
kitchen.kidsandcompany.com

→ **KIDS & COMPANY**
kidsandcompany.com





WHY JOIN OUR COMMUNITY?

- In-Center Activities
- Contests & Giveaways
- Kidco At Home Activities
- Events & Webinars
- Parental Tips & Recommendations
- Partner Perk Highlights & Discounts
- Recipe Features!

STAY UP-TO-DATE WITH OUR KIDCO COMMUNITY!



@KIDCOCHILDCARE



KIDS & COMPANY



KIDS & COMPANY



KIDS & COMPANY

ACKNOWLEDGEMENTS

KIDCO KITCHEN TEAM

Lisa Ruscica
Gemmy Au

MARKETING MANAGER/DESIGNER

Fanny Mai

GRAPHIC EDITOR

Monika Lê

PHOTOGRAPHY

Alyssa Garrison
Barbara Solomon
Kids & Company



Copyright © Kidco Kitchen, owned and operated by Kids & Company, 2024
All image photography is owned by Kids & Company and not for distribution.
All copyrights reserved for Kids & Company.





Chef Lisa Ruscica, VP of Culinary Operations and Chief Food Ambassador at Kids & Company, introduces the Kidco Kitchen recipe book, featuring nutritious and delicious child-friendly recipes. Rooted in a fresh, from-scratch philosophy, the Kidco Kitchen recipe book encourages families to embark on a culinary adventure together. Chef Lisa emphasizes simplicity and child-participation, fostering a love for cooking from an early age!

About the Kidco Kitchen:

Kids & Company provides healthy and nutritious meals and snack to the children at the majority of our child care locations, prepared by our very own Kidco Kitchen. The Kidco Kitchen is founded on a fresh, from-scratch philosophy, building children with healthy bodies and minds. Our menus are created by Chef Lisa, cooked by our Chefs and approved by your children!

➔ kitchen.kidsandcompany.com

Brought to you by Kids & Company

