

Pediatric Development Center



~ Newsletter ~
May
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We provide occupational therapy evaluation, treatment and consultation for children with developmental delays, autism/Asperger, cerebral palsy, Down's syndrome, sensory processing disorders, attention, behavioral concerns, handwriting, and other areas of weakness. Contact us for further information:

125 Presumpscot St.
Portland, ME.
(207) 699-5531

Good Resources:

www.allrecipes.com

www.handyhandouts.com
(Cooking-A Recipe for Learning Success!)

Why cook with your kids?

Letting your kids help out in the kitchen aids development in many life skills. Following a recipe requires math, specific language, critical thinking and fine motor skills. Hands-on cooking is a great way for children to learn about different foods and nutrition, helping to develop a healthy, well rounded diet. It is also a great opportunity for family bonding. Try out some of these recipes with your child and find some new ones together!

Fruit Pizza

Ingredients:

1 pkg refrigerated sugar cookie dough
1 8 oz pkg cream cheese (softened)
½ cup sugar
1 teaspoon vanilla
Assorted sliced fruit

Press cookie dough onto baking sheet or baking stone lined with parchment paper. Cook according to package directions or 9-10 minutes. Leave on pan for 1 minute then transfer cookie and parchment paper to a wire cooling rack. Cool completely. Mix or beat cream cheese, sugar and vanilla until well combined. Spread onto cookie dough and then top with sliced fruit.



Rice Krispie Treats

Ingredients:

3 tablespoons butter
1 package (10 oz) marshmallows
6 cups Rice Krispies

In a large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies cereal and stir until well coated. Use spatula or wax paper to evenly press mixture into pan. Cool and cut into squares.

Guacamole

Ingredients

3 avocados - peeled, pitted, and mashed
1 lime, juiced
1 teaspoon salt
1/2 cup diced onion
3 tablespoons chopped fresh cilantro
2 Roma (plum) tomatoes, diced
1 teaspoon minced garlic
1 pinch ground cayenne pepper (optional)

Cut avocados in half lengthwise. Scoop out pulp and mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Refrigerate 1 hour for best flavor, or serve immediately.

Apple Crisp

Ingredients:

2/3 cup rolled oats
1/3 cup all-purpose flour
1/3 cup brown sugar
Pinch of salt
6 tablespoons unsalted butter
4 apples

Preheat oven to 375. Lightly butter the pan. Whisk the oats, flour, brown sugar and salt in a bowl. Knead in the butter until it is evenly mixed.

Peel, core and chop the apples. Make layer of chopped apples across bottom of pan. Scatter the crisp topping evenly over the apples. Place in oven and cook for about 30 minutes or until the fruit bubbles around the sides and the top is golden.

English Muffin Pizzas

Ingredients:

1 English Muffin, split
1 small can of tomato paste
¼ cup shredded cheese
Assorted toppings

Preheat oven to 450. Line a small baking sheet with foil. Place the English Muffin halves cut side up on the baking sheet. Top each half with a spoonful of tomato paste and any other favorite ingredients. Top with a sprinkle of cheese. Add desired toppings. Bake for 10 to 12 minutes.



Chocolate Peanut Butter No Bake Cookies

Ingredients:

2 cups of sugar
4 tablespoons cocoa
1 stick of butter
½ cup of milk
1 cup of peanut butter
1 tablespoon vanilla
3 cups of oats

In a saucepan, bring the sugar, cocoa, butter and milk to a boil. Let boil for 1 minute then add peanut butter, vanilla and oatmeal. Drop mixture by the spoonful onto waxed paper. Let sit until cooled and hardened.

Pretzel Dips

Ingredients:

1 bag pretzel rods
1 ½ cups chocolate chips
1 cup each of assorted toppings: mini M&Ms candy; sprinkles; nuts; coconut; be creative!

Microwave safe bowl
Spoon
Wax Paper
Cookie sheets
Plate

Cover two cookie sheets with wax paper. Pour the toppings onto plates and set aside. Pour chocolate chips into a microwave safe bowl, and cook on high for 2 to 5 minutes, stirring every minute, until chocolate is melted and smooth. Dip pretzels into the melted chocolate and then roll into the mini M&Ms to decorate. Refrigerate until chocolate has hardened.

Pasta Salad

Ingredients:

1 cup tri-color noodles
2 cups water
1 tablespoon olive oil
¾ cup basil pesto sauce or a dressing of choice
1 cup cherry tomatoes, halved
1 cup black olives, chopped
½ cup red onion, chopped
½ cup fresh grated parmesan cheese

Combine water and noodles in a large microwave safe bowl and microwave on high for 10 to 15 minutes, stirring every 5 minutes, until noodles are cooked through. While the noodles are cooking, chop the vegetables and set aside. When noodles are fully cooked, drain excess water and rinse with cold water to cool the noodles. Add olive oil and pesto sauce or dressing and mix to coat the noodles. Add in tomatoes, olives and onion. Finally, top with parmesan cheese.

