



# Kitchen Safety and Healthy Simple Recipes



## Oven and Stove Safety

**Importance:** It is important to remember that ovens and stove tops can cause burns if you are not careful around them. It can only take a few seconds of touching a hot burner or oven to cause injury. According to the Burn Foundation, on average 5,800 children each year get burned from a stove top.

### Safety Tips for the Stove:

1. If you are going to use the stove top to cook, make sure the burner is clean and clear before turning it on.
2. Then put the pan or pot on the burner you wish to use.
3. Turn the burner on, start with a lower temperature.
4. Do not leave the kitchen when the stove is on.
5. When you are done cooking, turn off the burner.
6. Keep the pot or pan on the burner until it cools so no one walks by and touches the hot burner by accident.



[www.allinjuryattorney.com](http://www.allinjuryattorney.com)

## Personal Favorites!

(add your favorite snacks here)

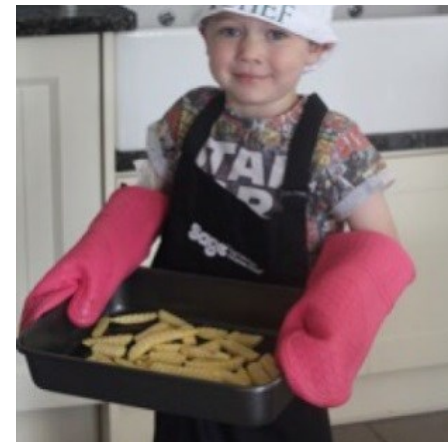
## Healthy Snack Ideas

- Pretzels with light laughing cow cheese
- Apple slices with peanut butter or Nutella
- Cheese slices with whole wheat crackers
- Trail mix with pretzel sticks, raisins, banana chips, chocolate chips and peanuts
- Hummus with carrots and cucumbers
- Celery sticks with peanut butter or light cream cheese (with or without raisins)
- Turkey and cheese roll-ups (take a string cheese & roll a turkey or ham slice around the string cheese)
- Graham crackers with Nutella
- Peanut butter apple roll-up (6" tortilla, spread peanut butter on tortilla, place apple slices on tortilla and roll-up (for kids w/ a peanut allergy substitute butter sprinkled w/ cinnamon & sugar))
- Yogurt parfait with yogurt, granola & fresh or frozen fruit
- Fruit smoothie
- Hard boiled eggs
- Fruit Kabobs (strawberries, grapes, clementine's, banana slices, etc...)
- Triscuit crackers with cheese & apple slice
- Vegetable tray – cut up carrots, celery, peppers, cauliflower, broccoli, cucumbers, pea pods & a light dip or ranch dressing

## **Safety Tips for the Oven:**

1. Before turning on the oven, make sure nothing is being stored in there.
2. Turn on the oven to preheat to desired temperature.
3. Place item in the oven and make sure to set a timer.
4. Once food is done, turn off the oven immediately so you do not forget.
5. Always take the food out with an oven mitt to avoid being burned.

From: [www.mummymishaps.co.uk](http://www.mummymishaps.co.uk)



## Using a Knife Safely in the Kitchen

**Importance:** Using a knife in the kitchen is essential to making delicious meals especially when incorporating in healthy fruits and vegetables. However, knives can be dangerous if not handled properly or if used while rushing. According to the National Electronic Injury Surveillance System, 330,000 hospital visits in 2011 were related to accidents in the kitchen with knives.

### Safety Tips for Using a Knife:

1. Grab a cutting board. Never cut anything without using a cutting board. And never cut anything directly in your hand. It must be on a flat surface on a cutting board.
2. Make sure you are able to see what you are cutting, if the counter is too tall try cutting at the table.
3. Make sure the knife is sharp. If it is dull it can make cutting hard and cause an accident. Have an adult sharpen the knife for you.
4. Hold the knife with a strong grip and your pointer finger on top of the knife as shown here:

## Family Fun Recipe

### Stovetop Mac and Cheese

From: CookingLight Magazine

#### Ingredients

- 1 1/4 cups uncooked elbow macaroni (about 6 ounces)
- 1 cup 1% low-fat milk
- 2 tablespoons all-purpose flour
- 1 1/4 cups (5 ounces) shredded sharp cheddar cheese
- 1/2 tsp. salt
- 1/8 tsp. ground black pepper
- 1 (1 1/2-ounce) slice white bread
- 1 TBSP. butter, melted

#### Preparation

1. Cook pasta according to package directions and drain.
2. Combine milk and flour in a medium saucepan, stirring with a whisk. Cook over medium heat 2 minutes or until thick, stirring constantly with a whisk. Add cheese, salt, and pepper, stirring with a whisk until smooth. Add pasta; toss to coat. Let stand 4 minutes.
3. Place bread in a food processor, and pulse 10 times or until the crumbs measure 1 1/4 cups.
4. Heat a large nonstick skillet over medium heat. Add breadcrumbs, and cook 5 minutes or until lightly browned, stirring occasionally. Stir in melted butter; cook 2 minutes, stirring occasionally. Sprinkle breadcrumb mixture over pasta mixture.





From: Thomasbreads.com

### Mini-Pizza with Whole Wheat English Muffin

#### Ingredients

1 Whole Wheat English Muffin

¼ cup Pizza sauce

3 TBSP. cheese

4-8 slices pepperoni

#### Directions

Cut open English Muffin. Spread pizza sauce on both halves. Place pepperoni slice on top of sauce and sprinkle cheese on top. Heat in toaster oven until cheese is melted or eat cold if you prefer.



From: eatyourbeets.com

5. Make sure when you cut the food, the hand you are not using to cut has its fingers curled to avoid getting cut by the blade.



From: culinaryarts.com

6. Lastly, please do not run with a knife and always walk with it pointed down by your side in the kitchen.

## Healthy and Simple Recipes

### **Peanut Butter and Banana Sandwich**



From: National Peanut Board

#### **Ingredients**

- 2 slices wheat bread
- 1 TBSP. peanut butter
- ½ banana, sliced

#### **Directions**

Spread peanut butter on one slice of bread and put sliced bananas on top of peanut butter. Place piece of bread on top.



From: Kraft.com

### **Cream Cheese and Turkey Roll Up**

#### **Ingredients**

- 1 tortilla or wrap
- 1 TBSP. cream cheese
- 2 slices turkey
- 1 leaf of lettuce

#### **Directions**

Spread cream cheese on tortilla and place the turkey and lettuce on top. Roll up tortilla and cut in half to enjoy.