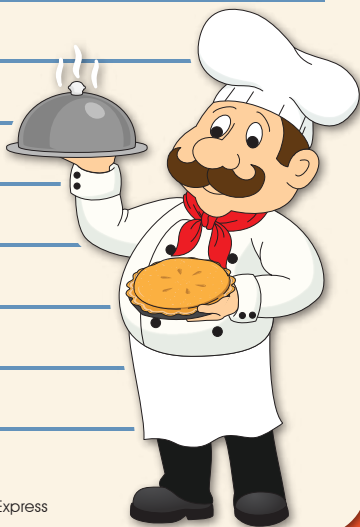


Grocery List

- dry pinto beans
- garlic powder
- cumin
- chili powder
- crushed oregano
- plain yogurt
- shredded cheddar cheese
- tortilla chips
- quick-rise active dry yeast
- sugar
- butter or margarine
- flour
- eggs
- reduced fat cream cheese
- baking powder
- milk
- _____
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Bean Dip

Ingredients:

- | | |
|--------------------------|---------------------------------|
| 1 cup dry pinto beans | 1/4 tsp. salt |
| 1 tsp. garlic powder | 1/2 cup plain yogurt |
| 1/2 tsp. cumin | 1/2 cup shredded cheddar cheese |
| 1/2 tsp. chili powder | tortilla chips |
| 1/2 tsp. crushed oregano | |

Invite children to measure out the beans and rinse them in a colander. Place the beans in a medium-sized bowl. Have children measure 3 cups of water and pour it over the beans. Let the beans soak overnight. Drain the soaking water from the beans and discard the water. Place the beans in a large saucepan, along with six cups of fresh water. Bring to a boil, reduce heat, and cook the beans for one hour or until soft. Drain the beans, reserving 1/4 cup of the cooking liquid. Place the beans in a large bowl, along with the liquid. Invite children to take turns using a potato masher to mash the beans. While some children are mashing, invite others to help you grate the cheese and measure the other ingredients. Once the beans are mashed, mix in the seasonings. Stir in the yogurt and shredded cheese. Serve with tortilla chips.

Soft Pretzels

Ingredients:

- | | |
|------------------------------------|--------------------|
| 1 cup warm water (110°-115°) | 3 1/2 cups flour |
| 1 pkg. quick-rise active dry yeast | 1 egg yolk, beaten |
| 2 T. sugar | 1 T. water |
| 1 tsp. salt | coarse salt |
| 1 T. soft butter or margarine | |

Blend yeast and warm water until dissolved. Add sugar, salt, butter, and 2 cups flour. Beat until well blended. Stir in enough additional flour to make a stiff dough. Invite children to take turns kneading the dough on a floured surface until smooth (about 5 minutes). Place in a greased bowl, turning to grease the top. Cover and let rise until doubled in size (about 20 min).

Divide the dough into 12 pieces and give each child a piece to roll into an 18"-20" rope. Shape each into a pretzel and place on greased baking sheets. Let rest for 5 minutes. Blend the egg yolk and water and brush the mixture over each pretzel. Sprinkle with coarse salt. Bake at 375° for 15 minutes. Let cool and serve with a glass of milk.

Sea Biscuits

Ingredients:

- 1/4 cup butter, softened
- 3 oz. reduced fat cream cheese, softened
- 2 cups flour
- 1 T. baking powder
- 1/2 tsp. salt
- 3/4 cup milk

Preheat oven to 450°F. Have children take turns mixing the flour, baking powder, and salt. Add softened butter and cream cheese. Use a pastry cutter to mix until the dough is the size of small peas. (Invite children to help with this step—a pastry cutter may be a new tool for them.) Add the milk and mix just until the dry ingredients are wet. Do not stir much or the biscuits will be tough.

Turn the dough onto a floured surface. Roll out the dough until it is about half an inch thick. Cut the dough into biscuits with a cookie cutter or round glass. Place on a baking sheet and bake for 10-12 minutes or until golden brown. Let cool and serve with jam or butter and a glass of milk.