

JUNIOR: Simple Meals

Hey Girl Scout! Want to be able to cook dinner for your family? Whether you have never stepped into your kitchen or you have been experimenting with food for years, there is something in this badge for you. When you earn this badge, you will have bettered your skills and be cooking for your family like a pro.

Step 1: Step up your skills with a pro

1. Every chef needs basic knife and cooking skills. Think about some cooking skills you already possess or some that you wish to improve on.
2. Now we are going to watch a chef teach us some basic knife skills. [Knife Skills](#)

Supplies:

1. Computer

Step 2: Whip up a great breakfast

1. Think about foods that you eat during breakfast. What are some of your favorite breakfast foods? Some of my favorites include; pancakes, biscuits and gravy, and breakfast sandwiches.
2. Pick a few of your favorite items and look up recipes to try them. Or use the breakfast recipes I provided to make a delicious breakfast for your family.

Supplies:

1. Computer

Step 3: Fix a healthy lunch or dinner

1. When Fixing a meal for yourself or your family you need to think about what ingredients you are eating. You want to try to keep your meal healthy and nutritious.
2. Think of your favorite meal that would be considered healthy. What makes this meal healthy? Think of your favorite meal that may not be healthy. What are some changes you can make to keep it tasty but healthy?
3. Now try making that favorite meal a little healthier for your family or use the recipe I provided below!

Supplies:

1. None

Step 4: Create a Delicious Dessert

1. Being healthy and aware of what you eat is very important. However, having fun and eating a sweet, sweet treat is also very important. Sweet treats in moderation are acceptable and encouraged.
2. Think about your favorite dessert. What about that dessert do you love? What about the dessert would you want to change to make it better?
3. Go into the kitchen and whip up a great dessert for your family. You can research a recipe or use the recipe below, from my favorite dessert.

Supplies:

1. Computer

Step 5: Make your own meal.

1. Now that you have all these skills and ideas, take your knowledge and make a meal for your family!

Recipes:

Breakfast Recipes:

Pancakes

Ingredients

- 1 ½ cup of flour
- 1 Tbsp of baking powder
- 2 Tbsp of sugar
- ¾ Tsp of salt
- 1 egg
- 1 ¼ cup of milk
- 2 Tbsp of butter (melted)
- 1 Tsp of vanilla

Directions

Combine dry ingredients and sift into a bowl (if you don't have a sift, don't worry about it)

In another bowl whisk egg until light and fluffy.

Add milk, vanilla, and butter to the bowl and stir.

Add wet ingredients to dry ingredients and mix until smooth.

Heat griddle or skillet over medium heat.

Melt ½ a Tbsp of butter on a hot surface.

Ladle the batter (about ¼ a cup of batter) into the skillet making 2-3 pancakes.

Cook pancakes until bubbles form on top.

Carefully flip and brown the other side. Remove and repeat.

Bacon

Ingredients

- Raw bacon

Directions

Preheat oven to 400

Cover bottom of a baking tray with tin foil

Lay bacon in a single layer on top of tin foil.

Place in over for 20 minutes or desired crispness.

Healthy Meal

Baked Avocado Chicken Burritos

Ingredients

- 6 Tortillas
- 3 cups of cooked and cubed chicken
- 1 ½ cups of diced avocado (about 2 avocados)
- 1 ½ cups of shredded cheese
- 6 Tbsp of sour cream
- 6 Tbsp of fresh cilantro

Directions

Preheat the oven to 400 and line the baking sheet with non - stick foil.

Heat skillet over medium heat and warm each tortilla for about 10 second on each side

Then fill the center of each tortilla with ½ a cup of chicken, ¼ a cup of avocado, ¼ a cup of cheese, 1 Tbsp of sour cream, and 1 Tbsp of cilantro.

Roll into a burrito (tuck in the ends of the burrito)

Place seam side down into foil-lined baking sheet

Bake for 12-15 minutes or until burritos are golden

Delicious Dessert:

Oreo Truffles

Ingredients

- 25 oreo cookies
- 4 oz cream cheese softened
- ½ cup chopped white chocolate for dipping
- ½ cup chopped milk chocolate for dipping
- assorted sprinkles for decoration

Directions

Pulse oreos in a food processor or crush in a ziploc bag with a rolling pin. You want small crumb-like pieces.

Add cream cheese and oreo pieces into a bowl and mix well

Use a medium cookie scoop to portion the mixture into 1 inch balles.

Put all balls on parchment paper and refrigerate for 15 minutes.

Place each kind of chocolate into small bowls and microwave in 30 second intervals until melted.

Dip each truffle into desired chocolate and then place on parchment paper, then add sprinkles.

Let harden either in the fridge or at room temperature and enjoy.