



# Back To School Fuel

**Five Kid-Friendly  
Recipes Children  
Will Love to Make...  
and Eat**

NATIONAL hot dog  
& sausage COUNCIL

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**B**ack to school means back to the hectic schedule of sports,

activities, homework and early bedtimes.

Preparing a healthy, balanced meal that everyone can enjoy can be a real challenge

at the end of a long day. And nothing is more frustrating than cooking a nutritious meal and hearing children say “I don’t like it.”



*Island Kabobs (left) and Midwest Corn dogs (right) are excellent choices for quick, nutritious meals for your children.*

**C**hild nutrition experts say that making favorite foods a part of children’s meals can be an excellent way to encourage young eaters to try new foods. Children are more likely to try new foods when served with familiar favorites.

**G**rowing children also need a steady supply of protein to fuel their growing bodies. Meat and poultry products are excellent protein sources and





### Top Ten International Cooking Tips For Kids

1. Before you begin to cook, always ask permission. Adults can help with turning on appliances, using knives and operating the stove or microwave.
2. Wash and dry your hands, read the entire recipe, get out all the equipment and utensils, and finally, gather all the ingredients.
3. Measure the ingredients carefully.
4. When you slice and chop foods, be sure to get help using knives. Always use a cutting board and hold the knife so the blade points down.
5. Always turn the handles of pots and pans toward the center of the stove. Place small pans on small burners and large pans or skillets on large burners.
6. Ask an adult for help when turning on the stove top and oven.
7. Always use hot pads when handling hot pans and dishes.
8. Dry your hands before touching electrical switches and plugs.
9. Use a timer to remind yourself when the food is ready to be stirred or removed from the stove.
10. Always clean up after you cook. Put away the ingredients, wash the dishes, clean the counters and sweep the floor.



foods children love. And today's meat and poultry products come in a wide variety of taste and nutrition formulations, including low-fat and fat-free products, that suit everyone's preferences and needs.

**T**he National Hot Dog & Sausage Council has taken on the challenge and developed a series of back-to-school recipes centered on some of kids' favorite foods — hot dogs and sausages. These recipes can be served alone or paired with other side dishes that offer children meals they will love — and request — again and again. Hot dogs and sausages can be paired with vegetables and fruits on kabobs, in stir fries, in quesadillas and other kid-friendly foods to coax children to try new foods and to encourage a varied diet.

**T**he Council promises: these recipe ideas will help dinnertime conversation change from "I don't like it!" to "Can we have this again tomorrow?"





## Island Kabobs

*Take a pretend trip to the islands where pineapples grow.*

*Servings: 6 kabobs*

### Ingredients

1/2 cup pineapple chunks (or cosmic fun shapes)  
2 Tbsp pineapple juice  
1/3 cup peach preserves  
1 small red sweet pepper  
1 9-ounce can VIENNA SAUSAGES  
or 6 HOT DOGS

### Equipment

6 6- to 8-inch wooden skewers  
Can opener  
9-inch dish to soak skewers  
2 small bowls  
Strainer/Colander  
Cutting board  
Measuring cups  
Hot pads  
Small mixing spoon  
Sharp knife  
Broiler pan with a rack  
Measuring spoons

1. Cover wooden skewers with water and soak for 15 minutes.
2. In a small bowl, mix together peach preserves and pineapple juice.
3. Using a cutting board, cut the stalk from the red pepper and pull out the seed section. Slice the pepper into 1-inch squares.
4. Drain the liquid from the sausages, rinse and drain again. Using a cutting



3. Break the egg into the bowl, add milk and beat with a fork until well mixed. Microwave on high for about 25 seconds. Stir with the fork again and continue to microwave for another 15 seconds. Using hot pads, take the bowl out of the microwave oven and stir again. The egg will become more firm after it is removed from the microwave.

4. Return the crumbled cooked sausage to the bowl and mix with the egg.

5. Roll the flour tortilla in a paper towel. Microwave on high for 10-15 seconds to warm the tortilla. Remove the tortilla and unroll.

6. Place the tortilla on a plate and spoon the sausage/egg mixture in the middle of the tortilla. Sprinkle with cheese and 1 tablespoon salsa.

7. Turn up the bottom edge about 1 inch. Fold the left edge to the center. Then fold the right edge so it overlaps in the center.

8. To serve, drizzle additional salsa over warm burrito.

### *Nutrition Information (per serving)*

*Calories 343*

*Protein 17 grams*

*Carbohydrates 21 grams*

*Fat-total 21 grams*

*Cholesterol 247 mg*

*Sodium 807 mg*





## Sausage Breakfast Burrito

*Try a winning Mexican recipe:  
a flour tortilla rolled with sausage, eggs,  
and cheese. For a complete breakfast,  
add a glass of milk or fruit juice. Your  
morning will be off to a perfect start.*

*Serving: 1 burrito*

### Ingredients

1 SAUSAGE PATTY (1 to 1-1/2 ounces)  
1 large egg  
1 Tbsp. milk  
1 8-inch flour tortilla  
2 Tbsp. grated Cheddar cheese  
1 Tbsp. mild salsa  
Extra salsa for dipping

### Equipment

Microwave-safe cereal bowl  
Waxed paper  
Paper towels  
Measuring spoons  
Spoon  
Fork  
Plate  
Hot pads

1. Crumble the sausage patty into small pieces. Place in a cereal bowl and cover with waxed paper. Microwave on high for 40-50 seconds or until the sausage is brown and cooked through. Using hot pads, take the bowl out of the microwave oven.

2. Remove sausage from the bowl and drain on paper towels. Throw away all but 1/2 teaspoon of the sausage drippings.



board, slice each Vienna sausage into two 1-inch pieces; OR, slice the hot dogs into 1-inch pieces.

5. To make the kabobs, push the sausage/hot dogs, pineapple chunks and peppers onto the skewers. Thread the skewers evenly with all the ingredients.

6. Brush 3 tablespoons peach sauce over the kabobs.

7. Place the kabobs on a broiler pan. Place the pan in the oven, about 2 inches from the heat. Broil 4 to 5 minutes, carefully remove the pan from the oven with hot pads. Using hot pads, turn each kabob. Brush on the remaining peach sauce. Using hot pads, return the pan to the oven and cook for another 4 to 5 minutes or until the kabobs are golden brown and cooked throughout. Remove the pan from the oven with hot pads. Serve hot.

TIP: Use miniature cookie cutters to turn pineapple chunks into cosmic fun shapes.

*Nutrition Information (per serving with  
Vienna Sausage variation)*

*Calories 123*

*Protein 3 grams*

*Carbohydrates 16 grams*

*Fat-total 6 grams*

*Cholesterol 12 mg*

*Sodium 234 mg*





## Italian Sausage Spaghetti

*An Italian favorite for kids of all ages.  
This recipe is easy and safe because  
the tomato sauce and spaghetti noodles  
cook in the same saucepan.  
Servings: 4 entrees*

### Ingredients

1 pound MILD ITALIAN SAUSAGE or  
LOW-FAT TURKEY ITALIAN SAUSAGE  
2 1/2 cups water  
1 jar (14 ounces) prepared spaghetti  
sauce, traditional flavor  
1 can (8 ounces) Italian style tomato  
sauce  
1 tsp dried oregano  
1/4 tsp dried basil  
1/4 tsp garlic powder  
8 ounces spaghetti noodles, uncooked  
1/4 cup grated Parmesan cheese

### Equipment

3 quart saucepan with lid  
Wooden spoon  
Strainer/Colander  
Paper towels  
Medium mixing bowl  
Measuring spoons  
Liquid measuring cup  
4 pasta bowls or dinner plates

1. Squeeze the sausage from the casings into a big 3-quart saucepan and place on a burner. Turn the heat to medium-high. Sauté the sausage until brown, using the wooden spoon to break up the sausage into small pieces. Turn off the heat.
2. Place the strainer/colander over a mixing bowl and spoon the sausage into



circle slices of bologna and 2 semi-circle  
slices of salami on the bottom half of  
each bun.

5. Add two semi-circle slices of tomato  
to each sandwich. Fold the lettuce  
leaves in half to fit the buns. Cover with  
bun.

6. Put each sandwich on the cutting  
board and slice in half. Serve on a  
sandwich plate.

### *Nutrition Information (per serving)*

*Calories 422  
Protein 16 grams  
Carbohydrates 26 grams  
Fat-total 29 grams  
Cholesterol 56 mg  
Sodium 1045 mg*





## **Salami Submarine**

*An American favorite. We love fast food and a submarine sandwich is the perfect food to take along on picnics and to ball games.*

*Servings: 4 sandwiches*

### Ingredients

- 4 lettuce leaves
- 1 medium tomato
- 4 hot dog buns, split
- 4 tsps Italian dressing
- 4 tsps mayonnaise
- 4 slices provolone or American cheese
- 4 slices BOLOGNA
- 4 slices COTTO SALAMI

### Equipment

- Paper towels
- Cutting board
- Sharp knife
- Table knife
- 4 sandwich plates

1. Wash the lettuce leaves and tomato under cold running water and pat dry with paper towels.
2. Place the tomato on the cutting board and carefully cut away the core. Cut 4 slices, then cut each slice in half to fit the bun.
3. Open the hot dog buns and spread 1 teaspoon each of Italian dressing and mayonnaise on the cut sides of each bun.
4. Cut each slice of cheese, bologna and salami in half to fit the buns. Stack 2 semi-circle slices of cheese, 2 semi-



the strainer with the wooden spoon, allowing the fat to drain into the bowl. Throw away the fat. Be sure pan is cool first. Wipe the saucepan clean with paper towels. Spoon the sausage back into the saucepan.

3. Add water, spaghetti sauce and tomato sauce to the sausage and stir well.
4. Stir in the herbs and garlic powder. Put the pan back on the burner and turn the heat to high.
5. Cook and stir the tomato mixture until bubbly. Break the uncooked noodles in half and add to the sauce. Stir well. Turn the heat to low.
6. Cover and simmer 25-30 minutes, stirring occasionally. Cook until the sauce has thickened and the spaghetti noodles are tender. Remove pan from heat.
7. Sprinkle each portion with one tablespoon Parmesan cheese.

### *Nutrition Information (per serving)*

#### Regular Italian Sausage

*Calories 568 Protein 24 grams  
Carbohydrates 67 grams  
Fat-total 23 grams  
Cholesterol 50 mg Sodium 1486 mg*

#### Low-Fat Italian Sausage

*Calories 541 Protein 34 grams  
Carbohydrates 67 grams  
Fat-total 15 grams Cholesterol 85 mg  
Sodium 1697 mg*





## Midwest Corn Dog

Try this fun recipe for dinner or a snack.  
Servings: 8 corn dogs

### Ingredients

1 pound HOT DOGS, 8 per package  
REGULAR or LOW-FAT  
2 ounces Monterey Jack cheese  
1 11.5-ounce tube refrigerated cornbread  
twists  
4 tsps grated Parmesan cheese

### Equipment

Knife  
Cutting board  
Cookie sheet  
Hot pads  
Measuring spoons  
Plates  
Pancake turner/spatula

1. Preheat oven to 375 degrees F.
2. Make a lengthwise cut in each hot dog, cutting to within a half inch of the ends.
3. Cut the cheese into 16 2" x 1/2" strips.
4. In each hot dog, put 2 strips of cheese into the long cut.
5. Unwind each section of the cornbread. Break each length into 2 strips. Put the strips on the cutting board and make a "X" with these 2 cornbread strips.
6. Place the hot dog in the center of the "X". Wrap dough over the hot dog. Repeat with the remaining hot dogs.



7. Place on an ungreased cookie sheet, cheese strips side up. Stretch the tips of the dough under the hot dog. Sprinkle 1/2 teaspoon Parmesan cheese over the corn dogs.

8. Bake for 12-14 minutes or until golden brown. Remove the cookie sheet from the oven with hot pads and transfer the corn dogs to serving plates.

9. Serve warm with mustard or hot chili.

### Nutrition Information (per serving)

#### Regular Hot Dogs

Calories 333  
Protein 12 grams  
Carbohydrates 17 grams  
Fat-total 24 grams  
Cholesterol 42 mg  
Sodium 927 mg

#### Low-Fat Hot Dogs

Calories 205  
Protein 11 grams  
Carbohydrates 22 grams  
Fat-total 8 grams  
Cholesterol 18 mg  
Sodium 1014 mg

