



# Junior Simple Meals





# Instructions

Go through each step and choose a recipe to make. Make the recipe provided or find one of your own to fit in the category. After, attach a photo of the recipe and answer the questions to follow. When finished with the whole badge send a copy to your troop leader to show you completed the badge.



## Step 1 Tour a Kitchen

[Click to view video in YouTube.](#)



How is the kitchen the engine of the restaurant?

Name three positions that would work in the kitchen?

What similarities are there between your home kitchen and the one in this video?

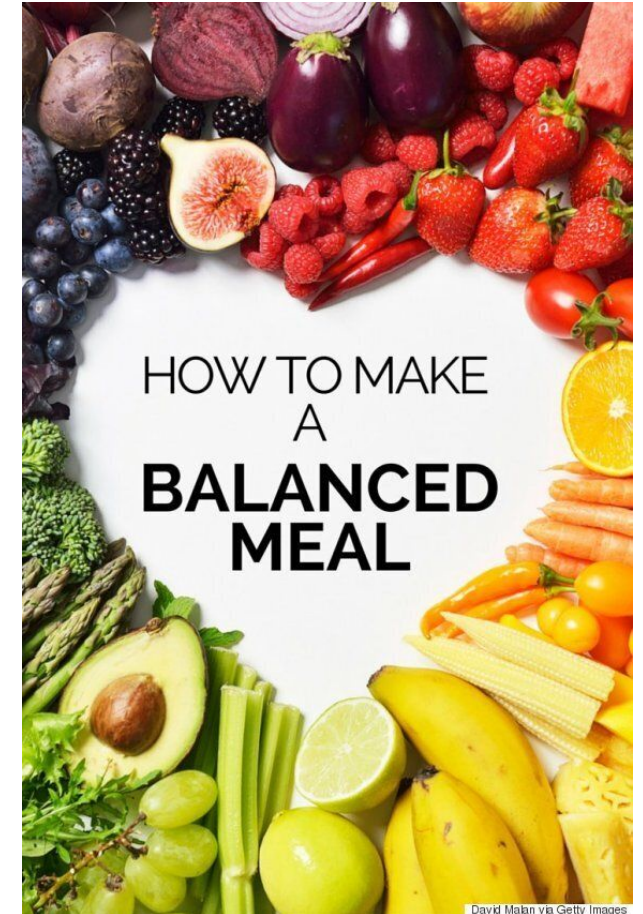


## Step 1

# Making a Balanced Meal

1. Make half your plate veggies and fruits
2. Include whole grains
3. Don't forget the dairy
4. Add lean protein
5. Avoid extra fat
6. Get creative in the kitchen
7. Take control of your food
8. Try new foods
9. Satisfy your sweet tooth In a healthy way

The right mix of foods in your meals and snacks can help you be healthier now and into the future.





# What's in a balanced meal?

What are 3 examples for whole grain foods?

What is a lean protein?

What are some benefits to a healthy and balanced diet?





## Step 2

# Create an Egg Dish

Directions: Choose one of the recipes in the video to follow\*.

**Click to view video in YouTube.**



\*If you are allergic to anything or don't have the ingredients feel free to find your own recipe that fits into the category.



Step 2

# Create an Egg Dish

Directions: Attach a photo of your cooked eggs below and answer the 3 following questions.

A large, empty rectangular box with a black border, intended for a user to upload a photo of their cooked eggs.

What did you find easy about cooking your egg?

What did you find to be difficult?

Would you make this recipe again?



Step 3

# International Sandwich

## Option 1

### Ingredients:

2 TBSP of unsalted butter, plus more for bread

2 TBSP all purpose flour

2 cups whole milk

.5 cup of grated Gruyere cheese, plus 8 slices

.5 cup grated parmesan cheese

8 thick slices of bread

12 slices of ham

Dijon mustard for bread

**\*Makes 4 sandwiches\***

### Croque Monsieur



Recipe taken from marthastewart.com

### Step 1

Melt butter in a saucepan over medium heat. Whisk in flour. Add milk; bring to a simmer. Cook, whisking frequently, until sauce thickens. Remove from heat. Add grated cheeses. Whisk until melted and smooth.

### Step 2

Butter bread. Arrange half the slices, buttered side down, on a rimmed baking sheet. Top each with 2 slices Gruyere and 3 slices ham. Spread mustard onto unbuttered sides of remaining bread. Place on top of ham, buttered side up.

### Step 3

Preheat broiler. Heat a grill pan or skillet over medium heat. Cook each sandwich until golden brown and cheese melts, about 5 minutes per side. Return to baking sheet. Spoon 1/3 cup sauce over top of each sandwich. Broil until tops are bubbling and golden brown, about 3 minutes.





Step 3

# International Sandwich

Option 2

## Gatsby Sandwich

### Ingredients:

1 TSP olive oil

4 slices of bologna

1 roll

Ketchup

Hot Sauce

Handful of french fries

.5 cup of shredded lettuce



Recipe taken from [foodpeopleplaces.com](http://foodpeopleplaces.com)

Step 1: Heat the olive oil in a heavy skillet over medium-high heat. Add the bologna in a single layer and cook until undersides are browned, 2–3 minutes. Flip and continue to cook until browned, about 2 minutes more.

Step 2: While the bologna cooks, stir together some ketchup and hot sauce, to taste.

Step 3: Remove the griddled bologna from the heat and arrange inside the toasted roll.

Step 4: Top the meat with the hot French fries, then with the spicy ketchup.

Step 5: Finish with the shredded lettuce and close the sandwich. Serve immediately.

\*If you are allergic to anything or don't have the ingredients feel free to find your own recipe that fits into the category.

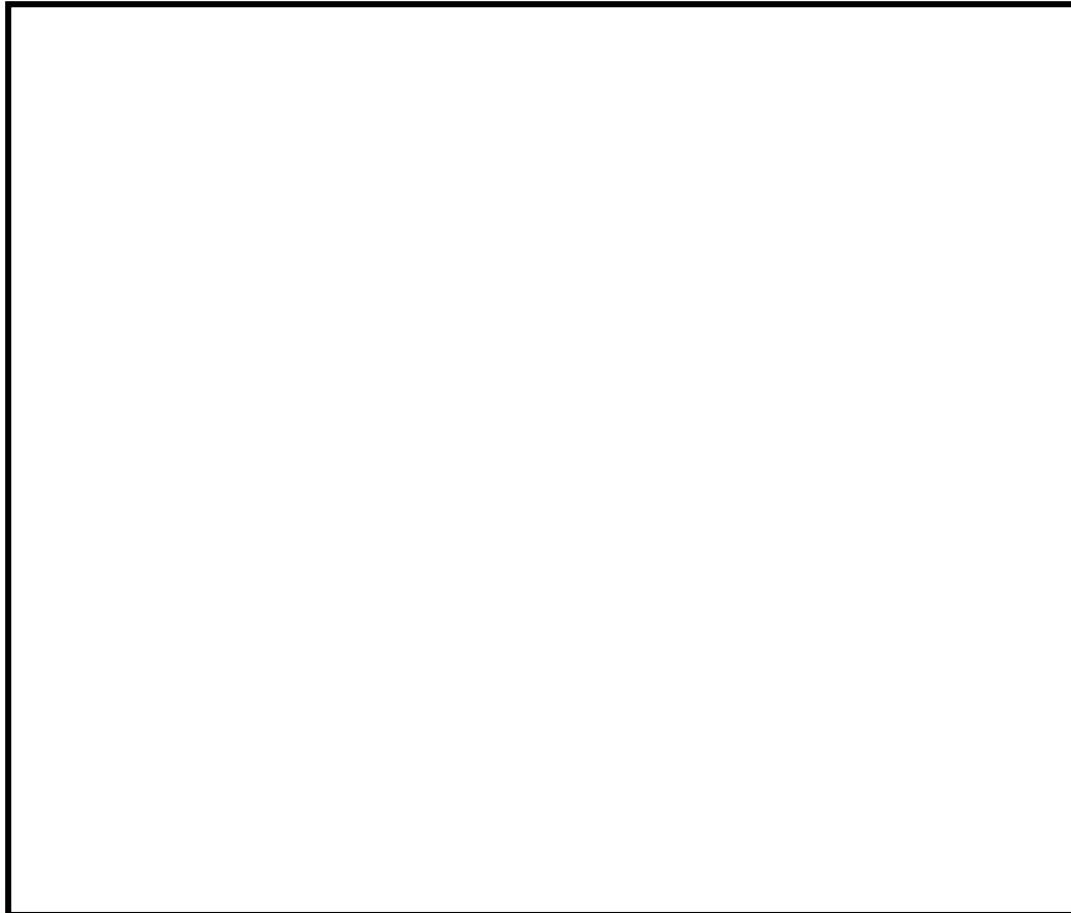
GIRL SCOUTS OF WESTERN NEW YORK



Step 3

# International Sandwich

Directions: Attach a photo of your sandwich below and answer the 3 following questions.



What did you find easy?

What did you find to be difficult?

Would you make this recipe again?



Step 4

# Delicious Dessert

Option 1

## Pan O' S'mores

- 9 HONEY MAID Honey Grahams, broken crosswise in half (18 squares), divided
- 36 JET-PUFFED Marshmallows, cut crosswise in half, divided
- 4 HERSHEY'S Milk Chocolate Bars, (1.55 oz. each), chopped

HEAT oven to 350°F.

PLACE 9 graham squares in single layer on bottom of 8-inch square pan; top with 36 marshmallow halves. Sprinkle with chopped chocolate. Cover with remaining graham squares.

TOP with remaining marshmallow halves, cut sides down.

BAKE 9 to 11 min. or until marshmallows are puffed and golden brown. Let stand 5 min. before serving.





# Delicious Dessert

## Option 2

- 1/2 cup butter, softened
- 1/2 cup shortening
- 1 cup packed brown sugar
- 1/2 cup sugar
- 2 large eggs, room temperature
- 1-1/2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1-1/2 cups old-fashioned oats
- 1 cup (6 ounces) semisweet chocolate chips
- 1 cup miniature marshmallows

### S'more Oatmeal Cookies



In a large bowl, cream the butter, shortening and sugars until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking soda and salt; gradually add to creamed mixture and mix well. Stir in the oats, chocolate chips and marshmallows; refrigerate until dough is chilled, 30 minutes.

Roll tablespoonfuls of dough into balls; place 2 in. apart onto greased [baking sheets](#). Bake at 350° for 8-10 minutes or until golden brown. Cool for 1-2 minutes before removing from pans to wire racks to cool completely.



Step 4

# Delicious Dessert

Different ways to enjoy a s'more

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What did you find easy?

What did you find to be difficult?

Would you make this recipe again?





Step 5

# Make your own Dinner

## Option 1

### Chicken Noodle Soup



- 2 tbsp Butter *Unsalted*
- 1 cup Carrots (*Washed, Peeled, Sliced*)
- 1 cup Celery (*Thinly slices*)
- 3/4 cup Onions (*Finely chopped*)
- 1 tbsp Garlic (*Finely chopped*)
- 7.5 cups Chicken broth
- Pinch of salt
- Pinch of pepper
- 12 oz of choice of noodles
- 1.5 cups Chicken (*Shredded OR cut into cubes*)

1. In a large pot, heat butter on medium high heat.
2. Add carrots, celery, onions and sauté everything until the veggies become slightly tender.
3. Add garlic and sauté them for 1-2 minutes, making sure not to burn them.
4. Add broth, salt, pepper and bring everything to a boil.
5. Let it cook for another 5 minutes.
6. Add choice of noodles and let it all cook for about 10 minutes or until the noodles become soft.
7. Note: If you like more broth in your soup, you can add some more water or broth and cook for an additional 4-5 minutes.
8. Add chicken and cook for another 3 minutes.
9. Check the flavor to see if you need to add more spices and add accordingly.
10. Enjoy!

\*If you are allergic to anything or don't have the ingredients feel free to find your own recipe that fits into the category.



# Make your own Dinner

## Option 2

### Chicken Tacos



- 1/4 cup olive oil
- 2 medium yellow onions, finely chopped (optional)
- 2 bell peppers (any color), finely chopped (optional)
- 2 pounds ground chicken
- 1 tablespoon paprika
- 1-3/4 teaspoons salt
- 1 (8 oz) can tomato sauce (1 cup)
- 12 hard taco shells
- 2 cups shredded lettuce or purple cabbage (optional for topping)
- 2 cups shredded Mexican cheese blend (optional for topping)

1. Preheat the oven to 325°F.
2. Heat the olive oil in large sauté pan over medium heat. Add the onions, and bell peppers and cook, stirring occasionally, until soft and just starting to brown, 10 to 12 minutes.
3. Add the chicken, paprika, and salt. Increase the heat to high; use a wooden spoon to stir and break the chicken into small clumps. Cook until the chicken is partially cooked, about 5 minutes. Stir in the tomato sauce, then reduce the heat to low. Simmer, stirring occasionally and breaking chicken into smaller clumps, until chicken is cooked through, 12 to 15 minutes. Taste and adjust seasoning if necessary.
4. Spoon the chicken into the shells and serve with toppings.



Step 5

# Make Your Own Dinner

Different meals to make for Dinner

A large, empty rectangular box with a black border, intended for a drawing or written response.

What did you find easy?

What did you find to be difficult?

Would you make this recipe again?

# Simple Meals Badge Review



How will apply what you have learned to your daily life?

What is something new that you have learned?

What was the most challenging part ?

What activity was the most fun?

What are some ways that you will use these skills to give back to others?