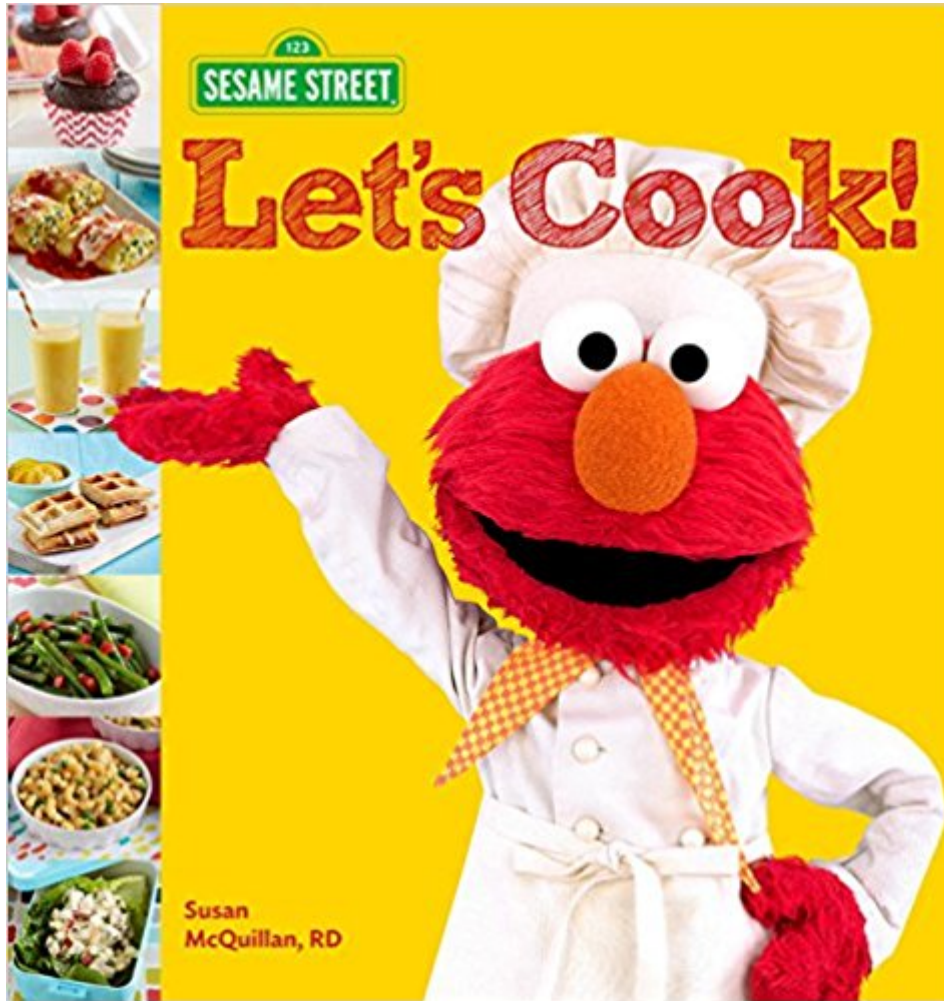




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# Sesame Street Let's Cook!



## Synopsis

A new collection of 50 healthful, fun recipes for parents and children ages 2 to 5 from "celebrity chefs" Elmo, Cookie Monster, Grover, and the beloved Sesame Street gang. Sesame Street has been entertaining and educating young children and their parents for 45 years with its irresistible, brightly colored "monsters." In recent years, Elmo, Cookie Monster, and the gang have appeared with chefs and on TV to teach kids about healthy eating. Studies have even shown that Elmo helps kids like broccoli. In April 2014, Michelle Obama announced a national "Eat Brighter" campaign that will feature Sesame Street characters on food labels. Sesame Street Let's Cook! furthers this new effort in cookbook form. It features a visual "ABCs of Healthy Foods" plus 50 simple, healthful recipes for breakfasts, main meals, and snacks. There's a color photo for every recipe, Kids! steps, nutrition tips, and clever sidebars that teach young children ages 2 to 5 skills such as counting, matching, learning the alphabet, and more. This is a fun, practical book to help parents and their kids make simple meals, enjoy time together in the kitchen, and learn about healthy eating.

## Book Information

Lexile Measure: 970 (What's this?)

Series: Sesame Street

Spiral-bound: 128 pages

Publisher: Houghton Mifflin Harcourt; Spi edition (May 12, 2015)

Language: English

ISBN-10: 0544454367

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Product Dimensions: 8 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 64 customer reviews

Best Sellers Rank: #55,188 in Books (See Top 100 in Books) #46 in Books > Children's Books > Children's Cookbooks #146 in Books > Cookbooks, Food & Wine > Celebrities & TV Shows #246 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Age Range: 2 - 5 years

Grade Level: Preschool - Kindergarten

## Customer Reviews

View larger Ernie's Light and Easy Veggie Lasagna Rolls from Sesame Street

Let's Cook Prep Time: 25 minutes | Cooking Time: 25 minutes | Makes 4 servings (8 rolls)

Lasagna is even more lovable and easy to eat rolled up. Serve with lean, grilled Italian-style turkey sausages and Elmo's Tiny Tomato Salad on the side.

**Equipment**

- o Measuring cups
- o Measuring spoons
- o Cutting knife
- o Cutting board
- o Cheese grater
- o 9-inch square pan
- o Large pot
- o Large bowl
- o Wooden spoon
- o Small spoon

**Directions**

1. Preheat the oven to 350°F. Lightly grease a 9-inch square baking pan.
2. Heat a large pot of lightly salted water to boiling. Cook the lasagna noodles until they are al dente, or firm-cooked.
3. Meanwhile, in a large bowl, with the wooden spoon, combine the kale or spinach, cottage cheese, 1 cup of the mozzarella cheese, 1 cup of the Parmesan cheese, the basil, garlic, salt, and pepper.
4. Use a small spoon to spread about 1/2 cup of the cheese mixture evenly over the length of each noodle. Roll each noodle up.
5. Place the lasagna rolls, seam side down and side by side, in the greased pan.
6. Spoon the tomato sauce evenly over the rolls. Sprinkle evenly with the remaining 1/2 cup mozzarella and 1/2 cup Parmesan cheeses.
7. Bake for 20 minutes, or until the sauce is bubbly and the rolls are heated through.

**Variations:**

- o Substitute mixed greens for the kale.
- o Add 1 cup leftover shredded chicken or turkey or thinly sliced cooked sausage to the filling.

**Ingredients**

- 8 uncooked lasagna noodles
- 2 cups baby kale or spinach leaves, finely chopped
- 1 cup low-fat cottage cheese or part-skim ricotta cheese, or a blend of the two
- 1 cup shredded part-skim mozzarella cheese
- 1 1/2 cups grated Parmesan cheese
- 4 cups finely chopped fresh basil or flat-leaf parsley
- 2 cloves garlic, finely chopped
- 2 teaspoon salt
- 8 teaspoon ground black pepper
- 2 cups tomato sauce

SESAME WORKSHOP is the non-profit educational organization behind Sesame Street, the landmark television program that reaches millions of children every day in more than 150 countries. Delivered through a variety of platforms, Sesame Workshop develops research-based content - including television programs, books, games, mobile apps and community engagement initiatives - that supports early childhood learning, helps prepare children for school, and addresses developmental needs. Since 2004, Sesame Workshop has led a Healthy Habits for Life campaign. Through episodes, products, and public service announcements, Big Bird, Elmo, Cookie Monster, Abby Cadabby and other Sesame Street friends encourage kids to try healthy foods and exercise. In March 2014, First Lady Michelle Obama announced a collaboration of Sesame Workshop, Produce Marketing Association (PMA), and the Partnership for a Healthier America (PHA) in a two-year agreement to help promote fresh fruit and vegetable consumption to kids. The Sesame Street social

network continues to grow with over 17 million Facebook fans and 832K+ Twitter followers, plus an expanding presence on Tumblr, Instagram, Vine, and Pinterest. SUSAN MCQUILLAN is a nutritionist and food writer who has written extensively about healthy eating. She has contributed many articles and recipes to magazines such as Woman's Day, Family Circle, American Healthy, Prevention, and Cooking Light.

In my family, we're suckers for anything Sesame. This cookbook has a wonderful layout and bright, colorful photos of the food. I've read through the whole book and I appreciate the variety in foods as well as ease of preparation. The longest recipe has 8 simple steps, with the vast majority of recipes having 4-5. There are a handful that even have just 2 steps! This would be a fantastic first cookbook for a child who is curious about what their parents do in the kitchen. Special kid-friendly steps are highlighted so adult and child can prepare a meal together. I have a toddler who will eat anything, but I see this cookbook possibly helping those children who are a bit pickier. There are no super fancy recipes or offensive ingredients. All the ingredients are ones most families keep in their pantry or are easily accessible at any grocery store. No weird ingredients that are only found in specialty stores! I gave this cookbook 5 stars because I very much appreciate when cookbook authors make note of good alternatives for a recipe, such as substituting one fruit for another. I feel like I'm getting twice the amount of recipes and I get more ideas on how to change up a recipe just slightly.

This has to be the cutest cook book for your little one. I bought this for my almost 4 year old who LOVES Elmo. The book is like a story with recipes. It will provide you with many options for breakfast, lunch and dinner with snacks! Everything is pretty simple and most recipes have simple ingredients that you may already have in the fridge or pantry. Also, the book encourages the child to help participate in the cooking process. Letting my toddler help has made him want to try new food. This may be the case since he was the one who 'made' the meal. Either way I love this book!

Calls for basic ingredients you probably already have on hand. Ingredients list is written in order of usage so you can concentrate on helping your little helper help! Instructions are written in a clear way, easily grouped so when in action, it's done simply. End products are appealing to eat for the average toddler. Great tips on cooking with little ones. Healthy foods representing alphabet. Highly recommended. My only complaint is that the paper is a bit thin. The cover and ring binding are great, though.

There are 50 recipes in this book and each one contains at least two steps that a child can safely and easily accomplish. They are divided by course and feature a specific character from Sesame Street on every other page. Icons, suggested variations, preparation times, ingredients, and equipment are listed for each recipe. Tips, educational tid-bits and activity suggestions appear frequently throughout the cookbook. There is a believable mix of tried and true toddler favorites and "dare-to-dream" recipes to tempt your child to try. All of the recipes have beautiful, full-page photographs. All of the recipes are healthy and stress whole foods.

This book is tailored to kids; bright fun colors, characters, jokes and facts throughout. There are easy-to-follow recipes with a focus on healthy, balanced meals. It starts by talking about nutrition, and has a ton of snacks and meals. The variety is great. Worth buying.

Mother's day eve, this book arrives at our door and I excitedly grab it and my son and we sneak into the living room to plan my wife's mother's day dinner. The next day we go grocery shopping and pick out all the ingredients. We prepare the food together and finally sit down to eat as a family. Pleasantries etc are exchanged and we dig in. A few quiet moments later, my 5 year old says "This food is yuck." and the silence is broken, he just said what we all thought. Yuck indeed. On the plus side this book is nicely laid out and organized, each step is flagged with steps that a child can accomplish with supervision so its a great activity to plan and do together. On the flip side, the food is awful. Granted, maybe we screwed something up? But we made 3 dishes from this book for dinner and they were mostly awful. Bland and unappetizing. The mac and cheese was somewhat acceptable, I might make that again but sub some ingredients that have a stronger taste. The baked beet roots had to be baked for almost twice the recommended time and even after that they weren't quite fully cooked, also an unpleasant mix of flavors. The chicken nuggets were simply awful... tasteless though the chicken itself was pretty juicy and cooked through (so the cooking time was accurate for that one). I now have 4 giant packed lunches that I'm going to have to eat this week because no one wanted seconds or leftovers. 4 stars for the appearance layout/content, -1 stars for the recipes. Weighted average 2.

Great food ideas! My kids were totally swayed by the Sesame Street friends to try new things. My only complaint was that the pages were very thin and fragile. I can see my kids easily damaging the pages. I think should have been more durable since specifically made for kids but may not have been as affordable.

i was looking for healthy food options that i can give my 1 year old. he isn't old enough to cook yet, but it is exciting to keep this book until grows up. the author's foreward provides good tips for encouraging kids to eat fruits and vegetables. Make sure you read it from beginning to end. Each page has a picture - a must for me as a intermediate cook. So happy i made this purchase - we love cookie monster!!!

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