



NEWS RELEASE

Defense Commissary Agency

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Commissary ingredients + kids in the kitchen = **summer vacation fun!**

*By Kay Blakley,
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FORT LEE, Va. – School may be out, but math and science lessons can be part of the summer curriculum at your house just by inviting your kids into the kitchen. The best part is, they won't even realize they're learning math and science, unless you tell them.

Just think of all the fractions involved in a recipe — how refrigeration is required to make jello into jello, or how adding salt to ice and applying some friction is the trick to turning milk, cream and sugar into ice cream. Use the Coffee Can Ice Cream recipe to demonstrate this phenomenon deliciously. These are everyday miracles made with the application of math and science, but eating the results makes this kind of learning nothing but great fun.

Kid-friendly recipes for treats like Bananasicles, healthy lunch items like Carrot and Raisin Sunshine Salad and Apple Tuna Sandwiches, plus yummy desserts like Jello Poke Cake are all new additions to Kay's Kitchen on the web this week. Try any or all that appeal to you.

Once mom has had all the kitchen fun she can stand, take the action outside by mixing up a batch of big bubbles. All it takes is 2 cups of dishwashing liquid, 6 cups of cold water and $\frac{3}{4}$ cup of corn syrup. Now, how much bubble solution does that make? And how much do the ingredients cost? And how does that compare to buying a bottle of ready-made bubbles? Let's see, there are 2 cups per pint, 2 pints per quart – that makes 4 cups. The total recipe is $8\frac{3}{4}$ cups so we've got a little more than 2 quarts. You get the idea. Help the your kids do the math, then

head to the commissary to price the ingredients and you've got a whole day's worth of lessons that will be useful for life.

Tomorrow, turn a bar of soap and a roll of toilet paper into Clean Mud, or make some Silly Putty, or some Homemade Peanut Butter. Kay's Kitchen has the recipes at <http://www.commissaries.com> and your commissary has the ingredients needed, so come and get 'em and let the fun begin!

Recipe #1
Bananasicles (Serves 8)

Simple enough for a kid to make, but good enough to be an adult favorite, too.

4 medium ripe bananas, peeled and halved horizontally
2½ cups crisped rice cereal
½ cup coarsely chopped dried fruit or flaked coconut
1 (16-ounce) package vanilla-flavored candy coating or vanilla almond bark
8 popsicle sticks

1. Place banana pieces on a foil-lined baking sheet; cover with plastic wrap and freeze until needed.
2. In a shallow dish, combine crisped rice cereal and chopped fruit or flaked coconut.
3. With adult help: Melt candy coating in a small pan according to package directions. Remove from heat and pour into another shallow dish.
4. Remove bananas from freezer; insert a popsicle stick into cut end of each banana piece.
5. Dip banana halves into melted candy coating, letting excess drip off. Roll in cereal mixture until evenly coated; place back on foil-lined baking sheet and return to freezer for 15 minutes or until frozen hard enough to be set.
6. Carefully transfer bananasicles to an airtight container, cover and freeze for 2 hours or up to 1 week.
7. Let stand at room temperature for 10 minutes before serving.

Recipe #2
Carrot and Raisin Sunshine Salad (Serves 4 to 6)

This salad has plenty of kid-pleasing taste and is easy enough for youngsters to make themselves. Use pre-shredded carrots for the youngest cooks, but older ones may enjoy the challenge of using a box shredder.

1 pound carrots (5 to 6) peeled and shredded
½ cups raisins
1 (8-ounce) carton low-fat vanilla yogurt
4 to 6 iceberg lettuce leaves

1. Mix carrots, raisins and yogurt together in a mixing bowl.
2. Cover with plastic wrap and refrigerate for 15 minutes.

3. Toss again before serving.
4. Serve on lettuce leaves.

Recipe #3
Apple Tuna Salad (Makes 3 sandwiches)

- 1 (6.5-ounce) can tuna in water, drained
- 1 small apple, halved (remove seeds) and chopped, about 1 cup
- ¼ cup low-fat vanilla yogurt
- 1 teaspoon prepared mustard
- 1 teaspoon honey
- 6 slices whole-wheat bread
- 3 iceberg lettuce leaves

1. Combine tuna, apple, yogurt, mustard and honey until well mixed.
2. Spread ½ cup mixture on 3 slices of bread; top each with lettuce leaf and remaining slice of bread.
3. Place sandwiches on cutting board and slice in half. Serve immediately.

Recipe #4
Jello Poke Cake (Makes one 9×13-inch cake)

Kids love helping with this recipe, but baking the cake may require an adult's assistance, or at least supervision. But, poking the holes, filling them with the gelatin mixture and icing the cake with whipped topping are all very kid-friendly jobs that make the cake just that much tastier.

- 1 (18.25-ounce) white or yellow cake mix
- 1 (3-ounce) package jello, any flavor you like
- 1 (12-ounce) container nondairy whipped topping
- Berries or sprinkle for decoration, if desired

1. Mix and bake cake according to package directions; cool completely.
2. Poke holes in top of the cake with a regular table fork. Cover the entire surface of the cake with holes, but make them as close together or far apart as you want.
3. Dissolve gelatin according to package directions and pour mixture very slowly over top of cake. Spoon the gelatin by tablespoons, if needed, to make sure all holes are completely filled.
4. Cover cake with aluminum foil or plastic wrap and refrigerate up to 6 hours, or until gelatin is completely set.
5. Spread top of cake with whipped topping; garnish with berries or sprinkles, if desired. Cut into squares and serve.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.*

Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,300 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.