
The Dairy-Free Library: Kids Can Cook - Vegetarian Recipes

Every Tuesday we will feature a review from our Dairy-Free Library. This week's selection is Kids Can Cook: Vegetarian Recipes by Dorothy R. Bates (reviewed by Sarah Hatfield of No Whey Mama) - We're very happy with this cookbook and have been using it frequently since it arrived last week. This is a vegetarian/vegan cookbook with lots of old favorites in it: Cocoa Pudding Cake, Magic Coconut Pie, Blueberry Muffins, Monkey Pull Apart Bread, Vegetable Soup, etc. There are also some easy vegan recipes like Tofu Pot Pie and Melty Cheeze Sauce. Almost all of the ingredients in the easy-to-follow recipes can be found at any grocery store, and the recipes are kid friendly ... [read on for a sample recipe from Kids Can Cook]

My only complaint is that the recipes calling for tofu ("Toofuuu!") don't indicate what variety (soft, firm, extra firm) is best. Also, the black and white photos of kids cooking are quite dark and hard to see, if you care about that sort of thing.

Melty "Cheeze" Sauce from Kids Can Cook

Mix in a 1-quart saucepan:
1/2 cup nutritional yeast flakes
1/2 c. cornstarch
2 T. flour
1 t. salt

Whisk in:
2 c. water
1/2 c. canola oil
1 t. wet mustard

Cook and stir until the sauce thickens and bubbles. It will get thicker as it cooks and can be thinned down with a little more water."

We served this sauce with a dinner of ham, broccoli, and baked potatoes. The kids liked it; Scott thought it needed more flavor. I might add a little cayenne or something next time. This is a third party review by Sarah Hatfield of No Whey Mama. Kids Can Cook is available to purchase on Amazon.