

In a bowl, combine the carrot sticks, olive oil, rosemary, sugar, salt and pepper. Stir with a rubber spatula until the carrot sticks are evenly coated with all the other ingredients.

Dump the carrots onto the foil-lined jelly-roll pan, scraping out any herbs clinging to the sides of the bowl. Spread the sticks out as much as possible. Bake until the carrots are tender and well browned, about 20 minutes. Using oven mitts, remove the pan from the oven. Serve the carrot fries hot or at room temperature. Serves 4.

Adapted from Williams-Sonoma *The Kid's Cookbook*, by Abigail Johnson Dodge (Time-Life Books, 2000).

Fruit and Nut Granola Bars

Substitute any of your favorite dried fruits or nuts for the ones listed here. Try raw unsalted peanuts instead of almonds or pumpkin seeds. Or swap in dried cherries or chopped dried apricots for the currants or cranberries.

Preheat an oven to 350°F. Butter an 8-by-12-inch baking dish, line it with parchment paper and butter the paper.

On a rimmed baking sheet, combine the oats, almonds, pumpkin seeds and sunflower seeds. Bake, stirring once or twice, just until golden, about 8 minutes. Transfer to a large bowl. Stir in the currants and cranberries. Set aside.

Reduce the oven temperature to 300°F. In a small saucepan over medium heat, combine the honey, brown sugar, the 3 Tbs. butter, the vanilla and salt. Bring to a boil, stirring often, until the butter is melted, about 30 seconds. Pour over the oat-fruit mixture and stir gently until evenly coated. Scoop the mixture into the prepared baking dish and let cool slightly. Using damp hands, press the granola into an even layer.

Bake until golden around the edges, about 20 minutes. Transfer the pan to a wire rack and let cool for 10 minutes. Lift the paper and granola from the pan and place directly onto the rack. Let cool completely.

To cut the bars, make 3 evenly spaced lengthwise cuts and 3 evenly spaced crosswise cuts across the granola. Serve at room temperature. Store in an airtight container for up to 5 days. Makes 16 granola bars.

Adapted from Williams-Sonoma *The Cookbook for Kids*, by Lisa Atwood (Weldon Owen, 2010).

Ingredients for Fruit and Nut Granola Bars

3 Tbs. unsalted butter, plus more for greasing baking dish

2 cups rolled oats

1 cup raw whole almonds

½ cup raw pumpkin seeds

¼ cup raw seeds

½ cup dried currants or raisins

½ cup dried cranberries

⅓ cup honey

¼ cup firmly packed golden brown sugar

1 tsp. vanilla extract

¼ tsp. salt

Visit williams-sonoma.com to search our extensive recipe collection, find menus and tips for entertaining, and browse an expanded selection of products in every category.

WILLIAMS-SONOMA

Technique Class: The Lunch Bunch—Satisfying Brown Bags for Busy Families

When hungry kids ask “What’s for lunch?”, our recipes will provide the delicious answers. Whether tucked into a lunch box or enjoyed at the kitchen table, these midday creations pack a healthy punch of nutrients plus the great taste that guarantees kids will savor every bite.

The fun starts with super-duper sandwiches that will win every kid’s stamp of approval. Put a new twist on the classic peanut butter sandwich by tucking crisp apple slices inside. For lunch in a different shape, try gooey cheese quesadillas or tempting turkey wraps. And no kid can resist a bowl of creamy pasta salad, especially when it’s made with cheesy tortellini. Easy for kids to make, these yummy recipes will turn “lunchtime” into “munch time.”



Adapted from *The Lunch Box*, by Kate McMillan & Sarah Putman Clegg (Weldon Owen, 2011).

Ingredients for Turkey Wrap

⅓ English cucumber

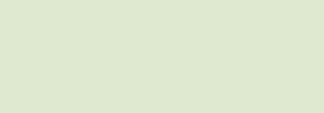
1 sheet lavash bread

1 Tbs. cream cheese, at room temperature

4 fresh basil leaves

2 or 3 slices turkey

4 fresh spinach leaves



Ingredients for Individual Deep-Dish Pizza

1 batch basic pie dough

¾ cup grated mozzarella cheese

½ cup tomato sauce

¾ cup assorted prepared pizza toppings (diced pepperoni, cooked and drained sausage, sautéed onions, peppers or mushrooms, and/or black olives)

Turkey Wrap

This yummy sandwich is wrapped in lavash, a soft, thin flatbread that is commonly eaten in Middle Eastern countries.

Put the cucumber on a cutting board. Using a sharp knife, cut off the ends. Slice the cucumber into rounds as thin as possible.

Put the lavash bread on the cutting board. Using the sharp knife, trim the edges to make a neat 8-inch square. Using a butter knife, spread the cream cheese over the lavash, leaving a 1-inch-wide border uncovered around the edges.

Layer the sliced cucumber on top of the cream cheese. Top the cucumber with a layer of the basil leaves. Continue the layering, first with the turkey and then with the spinach leaves.

Starting from the edge closest to you, roll up the lavash into a tube. Using the sharp knife, cut the roll in half on the diagonal. Serve immediately. Makes 1 sandwich.

Adapted from Williams-Sonoma *Fun Food*, by Stephanie Rosenbaum (Simon & Schuster, 2006).

Individual Deep-Dish Pizza

These handheld pizzas are the perfect snack or fast meal! When the kids are craving something savory after school, why not give them something they love? Have your young chefs pair the Breville pie maker with ready-made marinara sauce, grated cheese, a bit of meat or vegetables and pie dough—they can create their own favorite combos. You'll find our recipe for basic pie dough at williams-sonoma.com.

Divide the pie dough in half, shape each into a disk and wrap separately with plastic wrap. Refrigerate for at least 2 hours or up to overnight.

In a small bowl, combine the cheese, tomato sauce and desired toppings. Set the filling aside.

Preheat a Breville electric pie maker according to the manufacturer's instructions. Line a baking sheet with parchment paper.

Let the dough stand at room temperature for 5 minutes. On a floured surface, roll out the dough into a round about ⅛ inch thick. Using the larger side of the circle cutter, cut out 4 rounds, rolling out the remaining dough disk and rerolling the scraps as needed. Transfer the dough rounds to the parchment-lined baking sheet. If they become too warm or soft, refrigerate for 10 to 15 minutes.

Open the pie maker and assemble the pizzas according to the manufacturer's instructions, using the dough rounds for the base of each pizza and ⅓ cup filling per pizza. Close the lid on the pie maker, ensuring the latch clicks into place, and bake until the dough is cooked through and golden brown, about 10 minutes. Using a mini-pie lifter, a nonstick heatproof spatula or tongs, carefully transfer the pizzas to a wire rack and let cool slightly, about 5 minutes, before serving. Makes 4 individual pizzas.

Williams-Sonoma Kitchen

Creamy Tortellini Salad

Who can resist cheese-filled pasta for lunch? Enjoy this salad as the main event or as a side dish.

To make the dressing, in a small bowl, using a wooden spoon, mix together the cream cheese, yogurt, dill, chives and garlic until smooth. Season with salt and pepper. Set the dressing aside.

To make the pasta, pour the water into a large pot and add the 2 tsp. salt. Cover, set the pot over high heat and bring the water to a rolling boil.

Meanwhile, shred the carrot: Using the large holes on a box grater-shredder, rub the carrot over the holes in short strokes to form thin, short strips. Set the shredded carrot aside.

When the water is at a rolling boil, slowly and carefully add the tortellini. Be careful: The water and steam are very hot. Using a slotted spoon, stir the tortellini so that they don't stick together. Reduce the heat to medium-high and boil gently for 4 minutes, stirring occasionally.

Add the cut-up green beans to the pot with the tortellini and continue to boil for 2 minutes more. Add the shredded carrot to the pot and continue to cook until the pasta is al dente (tender but still firm to the bite) and the vegetables are tender, about 1 minute more.

Set a colander in the sink. Using pot holders, pour the contents of the pot into the colander. Rinse the pasta and vegetables with cold water and drain well.

Dump the drained pasta and vegetables into a serving bowl. Add the dressing and the milk. Gently toss the salad with the wooden spoon until well blended. Season with salt and pepper. Serve warm or chilled. Serves 4.

Adapted from Williams-Sonoma *The Kid's Cookbook*, by Abigail Johnson Dodge (Time-Life Books, 2000).

Oven-Baked Carrot Fries

Carrots get sweet and tender when they are baked in the oven. These fries make a delicious savory snack, served hot or at room temperature with some ranch dip.

Preheat an oven to 425°F. Line a jelly-roll pan with aluminum foil.

Using a sharp knife and cutting board, cut away the tip and end of each carrot. Place 1 carrot on the board and hold with one hand. Holding a vegetable peeler in the other hand, run it over the carrot, always peeling away from you. Turn the carrot as needed to peel completely. Repeat with the other carrots.

Using the sharp knife, cut 1 carrot in half crosswise. Next, cut each half in half lengthwise. Finally, cut each half in half lengthwise again. You will end up with 8 sticks from the carrot. Repeat with the other carrots.

Continued on next page

Ingredients for Creamy Tortellini Salad

For the dressing:

3 oz. cream cheese, at room temperature

½ cup plain yogurt

1 Tbs. finely chopped fresh dill

1 Tbs. finely chopped fresh chives

1 small garlic clove, finely chopped

Salt and freshly ground pepper, to taste

For the pasta:

3 quarts water

2 tsp. salt, plus more, to taste

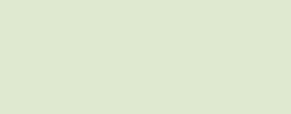
1 large carrot, peeled

9 oz. fresh cheese-filled tortellini (about 2 cups)

¾ lb. green beans, ends trimmed, beans cut into 1-inch pieces

2 Tbs. milk

Freshly ground pepper, to taste



Ingredients for Oven-Baked Carrot Fries

1½ lb. carrots (10 medium)

2 Tbs. olive oil

2 tsp. finely chopped fresh rosemary

1 tsp. sugar

½ tsp. salt

Pinch of freshly ground pepper