

Bake Healthy Dinner Cupcakes

Most kids would jump at the chance to have dessert for dinner, but for parents this is a definite no-no. That is, until now: in this activity, you can make healthy "cupcakes" loaded with vegetables and protein that you won't mind serving your child for dinner. Give these healthy treats a try to get your child involved in the kitchen!

Makes about 6 cupcakes.

What You Need:

- Cupcake pan
- Vegetable oil
- Medium mixing bowl
- Mixing spoon
- ½ pound ground turkey
- ½ cup zucchini, grated
- 1/3 cup onions, finely chopped
- ¼ cup breadcrumbs
- 1 egg white
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 1 cup mashed potatoes
- ¼ cup carrots, cooked and finely chopped
- ¼ cup cooked peas

What You Do:

1. Preheat the oven to 400 degrees.
2. Have your child combine the turkey, zucchini, onions, breadcrumbs, egg white, salt, and garlic powder together in the medium mixing bowl and mix well to form a meatloaf mixture. Make sure to wash your hands after you're done!
3. Lightly grease the cupcake pan with vegetable oil.
4. Spoon the turkey mixture into the cupcake tins so that each tin is filled to the top but not overflowing. Smooth with a spoon so the tops are flat.
5. Place the turkey cupcakes in the oven and bake until the internal temperature reads 165 degrees, about 20-25 minutes.
6. Remove the cupcakes from the oven and let cool for a few minutes, and then carefully remove them from the pan. You may want to use a knife or rubber spatula to gently loosen them before removing them.
7. Arrange the cupcakes on a plate and have your child "frost" them with the mashed potatoes.
8. Ask your child to finish the cupcakes by scattering carrot and pea "sprinkles" on top for decoration.
9. Dig in!

