

# Spicy honey glazed bacon burger

There's a reason that the old adage "if you can't stand the heat, stay out of the kitchen" is so popular — cooking is a great metaphor for life. And, when it comes to teaching kids both practical and philosophical life skills, the kitchen is a wonderful classroom.



Many children begin to express an interest in food preparation as early as the age of 2 or 3 years, and it is possible to get them started at that age at the right pace and with close supervision. No matter what age you begin introducing your child to culinary skills, keep in mind it's best to start simple and with foods that are already familiar to them.

Sandwiches are a good first-timer dish that kids can learn to create in the kitchen because they'll likely grasp the basics quickly — two slices of bread or a bun and some nourishing ingredients in between. Parents should encourage their children to explore new types of breads and buns, including whole- or multi-grain varieties. Since burgers are so popular with both adults and kids alike, introducing younger cooks to different types of innovative or "gourmet" burgers, like those that include chicken, salmon or vegetarian proteins, creative toppings and inventive ways to prepare them, can also spark kids' creative juices. For 10-year-old Emma Potts of Bonney Lake, Wash., creating a new burger was not only a fun way to spend time with her mother; it was a great way to help other children as well.

Emma won the 2009 Kids' Cook-Off, sponsored by Red Robin. Her spicy honey glazed bacon burger took top honors. A portion of the proceeds from her burger's sales will support child safety initiatives from the National Center for Missing & Exploited Children (NCMEC). **PHL**

## Honey glazed bacon burger

### Ingredients:

Sesame seed bun  
Juicy beef patty  
Green leaf lettuce  
2 slices Havarti cheese  
2 slices ripe red tomato  
3 strips applewood smoked bacon  
Seasoned salt  
4 ounces honey  
1 teaspoon cayenne pepper  
6 ounces mayonnaise

### Directions:

1. Prepare a honey glaze by mixing together the honey and cayenne pepper. Separate the mixture in half

into two bowls. Glaze burgers with one half. Mix the mayonnaise into the remaining half and set aside.

2. Cook the burger to taste. Toast the bun until golden brown. Spread a thin layer of the honey cayenne mayonnaise mixture on the top and bottom of the bun. Sprinkle seasoned salt on the cooked burger patty and drizzle some honey glaze on top. Cover the patty with Havarti cheese and melt it on top.

3. On the bottom bun, layer the lettuce, seasoned beef patty, tomato and bacon. Cover with the top bun and serve with fries.

# Meet Ms. Wiebers

Each day is special in kindergarten class

By Becky Hammar

Born in Denison, Karla Wiebers is number 10 of 12 children. Her childhood is filled with fond memories of visiting her grandparent's farm, playing with her dog "Chubby" and playing outdoor games with the neighborhood kids: kick-the-can, hide-and-seek, and tag.

Wiebers, kindergarten teacher at Pleasant Hill Elementary, was influenced to become a teacher by her parents, and has five siblings who are also teachers.

"I received a business administration/office management from AIB," she says. "And I returned to school to get an education degree from Upper Iowa University. During my education, I did my student teaching at Pleasant Hill Elementary. After my student teaching, I was offered a position within the building."

Wiebers says her first day of one of excitement and nervousness.

"No one can really prepare you for that day of receiving young people into the classroom," she says. "I knew on the first day I was going to love teaching."

Wiebers enjoys the "aha" moments in teaching and the students' excitement for learning.

"They make me laugh and bring a smile to my face every day," she says.



Karla Wiebers is a kindergarten instructor at Pleasant Hill Elementary.

One special thing that Wiebers does with her students is to greet them in a different way each day when they enter the classroom.

"Mondays are hugs, Tuesdays are handshakes, Wednesdays are knuckles, Thursdays are single high-fives, and Friday's are double high-fives," she says.

At Pleasant Hill Elementary, she has taught, first/second combination, fourth/fifth combination and fourth grade. She is in her second year of teaching kindergarten.

Wiebers is active in the Pleasant Hill community. She is involved in the Pleasant Hill Elementary PTO and has chaired the annual Pleasant Hill Walk-a-thon to raise money for her school.

Wiebers loves to spend time with her 31 nieces and nephews. Her hobbies include friends, family, shopping, playing volleyball, and attending sporting events, especially the Hawkeyes and Duke Blue Devil basketball. **PHL**

## What do you like best about Miss Wiebers?



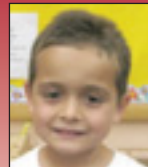
Katie Marshall: "She taught me how to make hearts."



Drew Ferrel: "She is pretty like a sun."



Elizabeth Martelli: "She helps somebody like me when somebody gets hurt."



Corbyn Medina: "She helps me write."