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spinach yogurt dip



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pb filled baked apples



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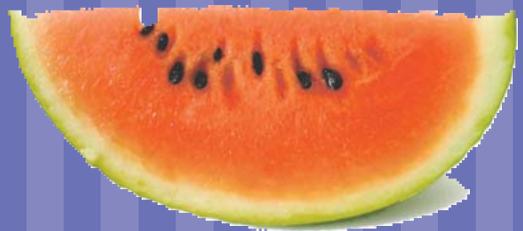
soba noodle salad with peanut dressing



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watermelon popsicles



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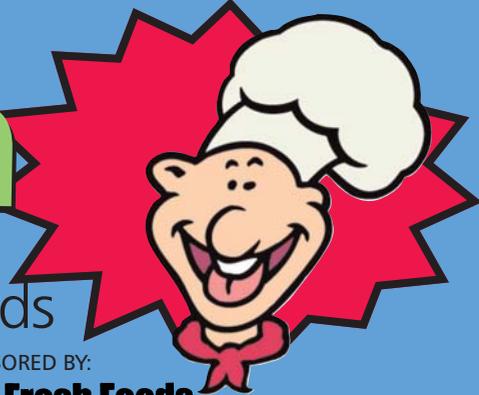
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PEANUT BUTTER FILLED BAKED APPLES

INGREDIENTS:

- 6 medium crisp organic apples, such as Fuji, MacIntosh, or Gala
- 1/2 cup peanut butter, smooth or chunky
- 1 tablespoon unsalted butter
- 1/4 cup organic raisins
- 1/4 cup miniature marshmallows



DIRECTIONS:

FOR PARENTS: Position a rack in the middle of the oven and preheat oven to 350 degrees F. Grease the bottom of a large baking dish. Core each apple, making sure not to cut through the bottom. This will give you a "pocket" in each apple.

FOR KIDS: Place the peanut butter, butter, raisins, and miniature marshmallows in a mixing bowl and stir to blend. Using a teaspoon, stuff each apple with an equal portion of this mixture.

Don't worry about making a mess ó that's half the fun! Transfer the apples to the prepared baking dish.

FOR PARENTS: Bake the apples until they're brown and bubbly on top, about 30 minutes. Transfer the pan to a wire rack and let the apples cool in the pan.

SPINACH YOGURT DIP



INGREDIENTS:

- 1 cup tightly packed Earthbound Farm Organic Baby Spinach
- 1 tablespoon chopped fresh flat leaf parsley
- 1 teaspoon chopped garlic
- 1/2 teaspoon salt
- 1-1/2 teaspoons fresh lemon juice
- 3/4 cup organic plain yogurt
- 2 tablespoons extra-virgin olive oil

DIRECTIONS:

Place all ingredients in the bowl of a food processor and blend until smooth.

WATERMELON POPSICLES

INGREDIENTS:

- 5 cups seedless watermelon chunks (1 small red or yellow seedless watermelon)
- 1/2 cup sugar
- 1/2 cup mini chocolate chips
- 2 cups lime sherbet



DIRECTIONS:

Place the watermelon and sugar in a food processor or blender, and puree until smooth. Transfer the mixture to a covered container and freeze for 2 hours. Remove from the freezer and stir with a wooden spoon; at this stage the mixture should be slushy, not frozen. Add the chocolate chips and stir to combine. Place 12 3-ounce paper cups on a rimmed baking sheet. Divide the watermelon mixture among the cups, leaving a one-inch space at the top (rim) of the cups. Freeze the cups until the watermelon mixture is solid, about 2 hours.

Top each of the watermelon cups with the lime sherbet, smoothing the sherbet level with the top of the cups. Insert a wooden popsicle stick in the center of each cup, pushing it down three-quarters of the way into the cup. Freeze the popsicles until they're rock hard, then cover with plastic wrap or aluminum foil. To serve, let the cups sit at room temperature for 1 to 2 minutes, then carefully peel off the paper cups.

SOBA NOODLE SALAD



INGREDIENTS:

- PEANUT DRESSING: (makes 1-1/2 cups)
- 1/2 cup freshly squeezed orange juice, 1/4 cup creamy peanut butter
- 2 tablespoons peeled, chopped fresh ginger
- 2 tablespoons fresh lime juice or unseasoned rice vinegar
- 1 tablespoon tamari or soy sauce, 1 tablespoon sweet chili sauce
- Grated zest of 1 orange, Grated zest of 1 lime
- 1 teaspoon minced garlic, 1/4 cup canola oil, 2 tablespoons toasted sesame oil, divided

SALAD:

- Salt
- 8 ounces soba (buckwheat) noodles or other dry pasta
- 3 ounces (about 1-1/4 cups) snow peas, cut diagonally into 3 pieces each
- 1 small red bell pepper, seeded and cut into small strips (about 1/2 cup)
- 3 scallions, finely sliced, 2 heads baby bok choy, cored and thinly sliced crosswise
- 1 large carrot, peeled and grated, 1/4 cup fresh chopped mint or cilantro, 1/3 cup salted peanuts
- 2 tablespoons toasted sesame seeds

DIRECTIONS:

Place the orange juice, peanut butter, ginger, lime juice, tamari, chili sauce, grated citrus zests, and garlic in a blender and process until smooth. With the machine running, slowly add the canola oil and 1 tablespoon of the sesame oil. Set aside or refrigerate. Bring a large pot of water to a boil over high heat and add 1 tablespoon of salt. Break the noodles in half and add them to the boiling water. Simmer until just tender. Drain the noodles in a colander and rinse with cold water to stop the cooking process. Drain completely and transfer the noodles to a large bowl. Toss with the remaining 1 tablespoon of sesame oil to keep the noodles from getting sticky. Add the snow peas, peppers, scallions, bok choy, carrot, and mint to the noodles and toss to combine. Add 3/4 cup of the dressing and toss to coat; taste and add more dressing as desired. Garnish with the sesame seeds and peanuts and serve.