

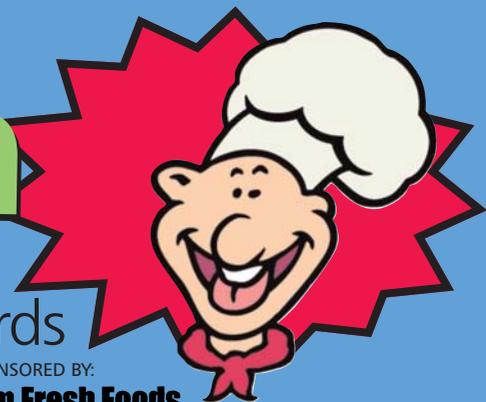
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pita dippers



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strawberry smoothies



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pizzadillas



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chocolate chips cookies



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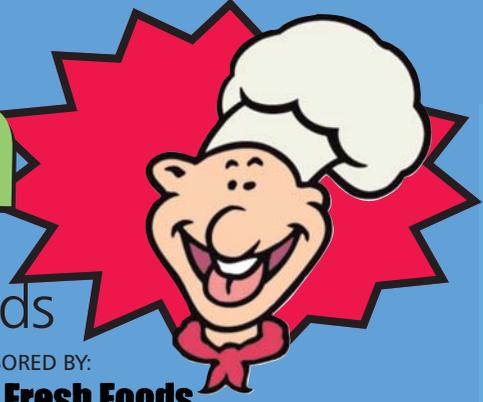
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STRAWBERRY SMOOTHIE

INGREDIENTS:

- 1/2 c. vanilla soy yogurt
- 1/2 c. strawberries
- 2 ice cubes
- 2 tsp. vanilla extract

DIRECTIONS:

Blend all ingredients in a blender until smooth.



PITA DIPPERS

INGREDIENTS:

- 4 whole-wheat pitas
- 1 cup fat-free plain Greek yogurt
- 1/2 cup fresh or frozen spinach
- 1/4 of cucumber, sliced
- pinch of salt
- 1/2 teaspoon black pepper



DIRECTIONS:

Preheat oven to 400 F.

Have an adult help you with this step: Place yogurt, spinach, cucumber, salt, and pepper into food processor or blender. Process until smooth, about 1 minute. Place dip into a bowl and refrigerate until chips are done. Cut pitas into 8 wedges. Arrange pita wedges on a baking sheet in a single layer. Spray with cooking spray and sprinkle lightly with garlic powder. Bake for 5 minutes or until light golden brown and crispy. Use the pita wedges to scoop up the yogurt dip!

CHOCOLATE CHIP COOKIES

INGREDIENTS:

- 2/3 c. light margarine, softened
- 2/3 c. brown sugar, firmly packed
- 2/3 c. sucralose
- 2 tsp. vanilla extract
- 2 eggs
- 1 1/2 c. all-purpose flour
- 1 tsp. baking soda
- 1/4 tsp. salt
- 3/4 c. semisweet chocolate chips
- 1/4 c. pecans, chopped

DIRECTIONS:

Preheat oven to 350 Fahrenheit (176 Celsius). Cream butter, brown sugar, sucralose, and vanilla extract together in a mixing bowl. Add eggs to above mixture one at a time, mixing well after each addition. Add flour, baking soda, and salt. Mix well until blended. Stir in chocolate chips and pecans. Place level tablespoon size of cookie dough on a greased baking sheet. Bake for 10-12 minutes or until golden brown. Remove from oven and cool on wire cooling rack.



PIZZADILLAS

INGREDIENTS:

- 4 whole-wheat tortillas (8 inches)
- 2/3 cup fresh or frozen spinach, finely chopped
- 2/3 cup part-skim mozzarella cheese, shredded
- 1 cup marinara sauce (store-bought or homemade)
- Cooking spray



DIRECTIONS:

Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas. Top with remaining 2 tortillas. Place skillet over medium heat. Lightly coat pan with cooking spray. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes). Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla. Serve with marinara sauce for dipping. You can wrap and refrigerate leftovers to take to school for lunch.