

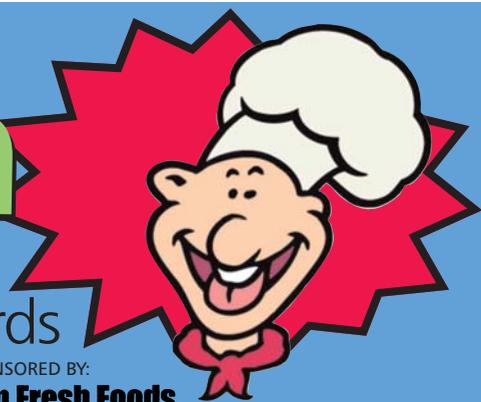
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monkey bread



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poached pears



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breakfast sandwich



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mango-cheese quesadilla



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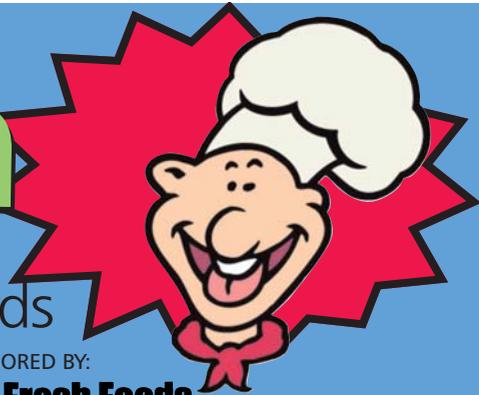
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POACHED PEARS

INGREDIENTS:

- 1/2 cup cranberry juice
- 1/8 teaspoon cinnamon
- 2 ripe pears
- 1/2 cup sugar



DIRECTIONS:

Mix the cranberry juice and cinnamon in a microwave-safe baking dish, just large enough to hold 4 pear halves. Peel, halve and core the pears. Toss them in the cranberry juice as soon as you've prepared them to prevent them from turning brown. Arrange the pear halves in a single layer. Sprinkle the sugar on top. Cover the dish and microwave on high for 6 minutes. Using pot holders (the dish will be hot), carefully remove the lid, opening it away from you so you don't get burned from the steam. Pierce a pear with a fork. If it pierces easily, the pears are done. If not, cover and microwave on high another 1 to 2 minutes. Toss the pears in the syrup. Cover and let cool for 20 minutes, or refrigerate until ready to serve.

MONKEY BREAD

INGREDIENTS:

- 16 to 20 whole pecans
- 1/2 cup chopped pecans
- 1/2 cup butter
- 1 cup firmly packed light brown sugar
- 2 tablespoons water
- 2 10 oz cans refrigerator biscuits



DIRECTIONS:

Grease 8 custard cups. Place 2 or 3 whole pecans in each cup, and sprinkle half of the chopped pecans over them. In a saucepan melt the butter. Add the sugar, water, and the remaining chopped nuts. Cut the biscuits in half and roll into balls. Place 3 in each cup, then drizzle with sauce. Add 2 balls and drizzle with the remaining sauce. Bake in a 350 degree F oven for 15 minutes. Makes 8 baby monkeys.

MANGO-CHEESE QUESADILLA

INGREDIENTS:

- Butter or margarine, softened
- 1 flour tortilla (6-8 inches in diameter)
- 1/3 cup shredded cheese, such as Monterey Jack or other good melting cheese
- 1 tablespoon finely chopped red onion
- 1/3 cup chopped mango
- salsa (red or green) to taste (optional)
- pinch ground cumin (optional)
- pinch chile powder (optional)



DIRECTIONS:

Heat skillet over medium heat. With small spatula or butter knife, spread a thin amount of butter or margarine on one side of the flour tortilla. Place the unbuttered side of the tortilla face down on the skillet. Let it heat through, about 15 seconds. Flip the tortilla over, reduce the heat to low and sprinkle the grated cheese and red onion on top of the tortilla, leaving a half-inch margin around the edges. Sprinkle the top with a pinch each of cumin and chile powder. If desired, add a spoonful of salsa on top. When the cheese has melted or is just about melted, flip one half of the tortilla over on top of the other (closing the two sides will also help melt the cheese). Slice into wedges and serve warm.

BREAKFAST SANDWICH

INGREDIENTS:

- 1 English muffin, preferably multi-grain or whole wheat
- 1/8 teaspoon dried herb of your choice (chervil, thyme, dill, basil, or parsley)
- 1 large egg
- 2 tablespoons grated cheddar cheese
- Dash of salt, Dash of pepper



DIRECTIONS:

While the oven is heating, line a baking sheet with foil. Lightly spray the foil with non-stick cooking spray. Open the English muffin and place the two halves on the foil, with the insides facing up. In a small bowl, crumble the herbs between your fingers to release their flavor. Add the egg, cheese, salt, and pepper and beat with a fork until blended. Carefully pour the egg mixture onto each half of the English muffin, keeping as much of the mixture from spilling over the sides as possible. Let the mixture soak into the muffin for a second or two before adding more to the muffin. Bake for about 8 minutes, until the mixture is no longer runny and the cheese is melted. Tip: Set a timer for 8 minutes when you put the muffins in the oven. Make sure the timer is within earshot while you get ready for work or school. Lift the muffin halves off the foil with a spatula. If you're eating at a table, let the muffin halves rest for several minutes until cool enough to eat and serve the muffin open-faced.