

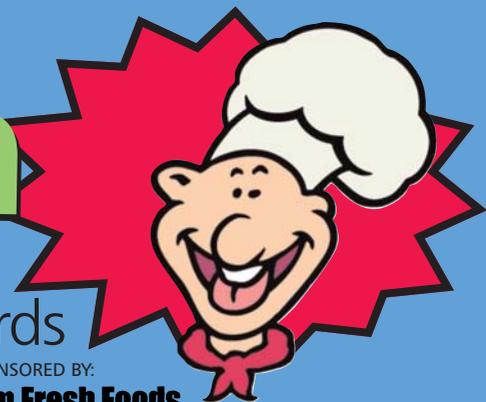
# Kids Can Cook

recipe cards



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## vegetable quesadillas



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## chocolate almond popcorn



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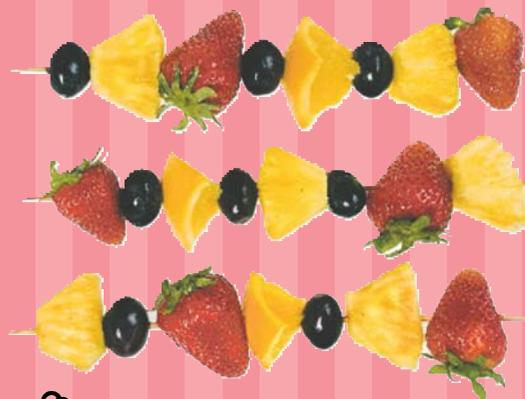
## garlic & parm fries



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## fruit kabobs

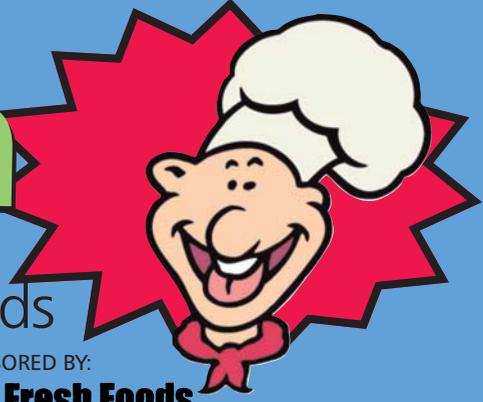


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## CHOCOLATE ALMOND POPCORN

### INGREDIENTS:

- 1 cup white sugar
- 1 cup light corn syrup
- 1/2 cup butter
- 1/4 cup cocoa powder
- 2 teaspoons salt
- 25 cups unsalted popped popcorn
- 3 cups roasted salted almonds



### DIRECTIONS:

Preheat oven to 200 degrees F (95 degrees C). Mix together the sugar, corn syrup, butter, cocoa powder, and salt in a saucepan over medium-low heat until the mixture is smooth and begins to simmer. Place the popcorn into a very large bowl, mix with the almonds, and then pour the chocolate syrup over the mixture. Stir until all the popcorn and almonds are coated. Spread the chocolate popcorn out onto several large baking sheets in a single layer. Bake in the preheated oven until thoroughly dry, about 1 hour, stirring every 20 minutes or so to dry all sides of the popped corn. Allow to cool on the sheet, then transfer into sealed containers.

## VEGETABLE QUESADILLAS

### INGREDIENTS:

- 2 tablespoons olive oil
- 1 tablespoon pureed chipotle chilies in adobo sauce
- 1 red bell pepper
- 8 whole green onions
- 2 small zucchini or yellow squash, quartered lengthwise
- 8 (6 inch) whole wheat flour tortillas
- 2 cups Fancy Shredded 4 Cheese Mexican Cheese
- 1/4 cup chopped cilantro
- Sour cream, salsa, guacamole (optional)



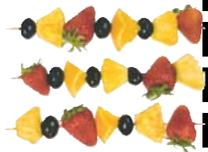
### DIRECTIONS:

Combine oil and chilies. Set aside 1 tablespoon of the mixture. Brush remaining mixture over both sides of vegetables. Grill vegetables over medium coals 10 minutes or until tender, turning occasionally. Cut bell peppers and zucchini crosswise into 1/4-inch slices. Sprinkle half of cheese over four tortillas; drizzle reserved oil mixture over cheese. Top with grilled vegetables, cilantro, remaining cheese and tortillas. Grill quesadillas over medium-low coals 3 minutes per side or until cheese is melted and tortillas are lightly toasted. Cut into wedges and garnish with sour cream, salsa and guacamole, if desired.

## FRUIT KABOBS

### INGREDIENTS:

- 5 large strawberries, halved
- 1/4 cantaloupe, cut into balls or cubes
- 2 bananas, peeled and cut into chunks
- 1 apple, cut into chunks
- 20 skewers



### DIRECTIONS:

Thread the strawberries, cantaloupe, banana and apple pieces alternately onto skewers, placing at least 2 pieces of fruit on each skewer. Arrange the fruit skewers decoratively on a serving platter.

## GARLIC & PARM FRIES

### INGREDIENTS:

- 4 large unpeeled russet potatoes, cut into 1/4-inch strips
- 1/4 cup olive oil
- 3 cloves garlic, minced
- 1/2 teaspoon ground dried thyme
- 1/4 teaspoon seasoned salt
- 1/2 cup grated Parmesan cheese, divided
- 1/4 cup chopped fresh parsley
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon seasoned salt (optional)



### DIRECTIONS:

Preheat an oven to 425 degrees F (220 degrees C). Place the potatoes in a mixing bowl and drizzle with olive oil. Season with garlic, thyme, and 1/4 teaspoon seasoned salt. Toss until evenly coated. Lift the fries out of the bowl and spread onto a nonstick baking sheet in a single layer. Save the remaining oil in the bowl. Bake in the preheated oven 30 minutes, flipping the fries halfway through baking. Return the fries to the bowl with the olive oil, sprinkle with 1/2 cup Parmesan cheese and parsley. Toss to coat, then spread again onto the baking sheet. Return to the oven, and bake until the Parmesan cheese melts, about 10 minutes. Sprinkle the fries with the remaining 1/4 cup Parmesan cheese and 1/4 teaspoon seasoned salt to serve.