



KIDS' KITCHEN

Cooking can be a fun, relaxing activity that the whole family can enjoy! We hope you enjoy this week's kid friendly recipes from our parks and recreation staff. Take photos of your time together or finished product and tag us @vopnc on your social media outlets.

We hope you enjoy these recipes! Happy cooking!

ENGLISH MUFFIN PIZZA

Ingredients

4 English Muffins split

½ tablespoon extra virgin olive oil

¾ cup of your favorite prepared pizza sauce

1 cup of mozzarella cheese (or your favorite cheese)

Toppings of your choice (pepperoni, ham, pineapple, veggies)



Instructions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper for easy clean up.
2. Arrange the English Muffin halves cut side up on baking sheet. Lightly drizzle olive oil on the tops. Place in oven and toast until barely golden (around 4 minutes, this will keep the pizza from being soggy)
3. Remove from oven and spread pizza sauce on top of each half. Use a spoon to spread evenly. Top with cheese and your favorite toppings.
4. Bake for 10 minutes or until the cheese is melted and the muffin is browned around the edges.
5. Enjoy with family! Caution, pizza will be hot.

DOLE WHIPS

Ingredients

1 big scoop of your favorite Vanilla Ice Cream

½ cup of Pineapple Juice

2 cups of frozen Pineapple

Instructions

Add all ingredients to a blender and blend until smooth. Poor into a cup and enjoy. Our sources say if you truly want the Disney experience try using a pastry bag to squeeze it from to get the authentic swirl pattern!



EASY CHEESEBURGER SLIDERS

Ingredients

- 1 lb ground beef (we like 80/20 but use your favorite)
- 1 tsp salt
- 1 tsp pepper
- 1 small sweet onion diced (omit if you have a picky eater)
- 12 slider buns or dinner rolls
- 6 slices American Cheese
- Condiments of your choice (ketchup, mustard, mayo, etc.)

Instructions

1. Preheat oven to 400 degrees
2. Mix ground beef, salt, pepper, and onion together.
3. Spread evenly in the bottom of a 9x13 baking pan
4. Bake for 15-17 minutes, remove from oven and drain any grease from the pan.
Immediately top with cheese
5. Cut patties into 12 even squares
6. Place on buns and top with your favorite condiments.



Now that you have enjoyed our recipes, send your favorite kid friendly recipe to our program coordinator Nicole Benbow at nbenbow@vopnc.org for a chance to be featured in next week's Kids' Kitchen!

