



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!

Broccoli Chicken Casserole

Ingredients:

- 1 package (6oz) chicken stuffing mix
- 2 cups cubed cooked chicken
- 1 cup frozen broccoli florets, thawed
- 1 can (10-3/4 oz.) condensed broccoli cheese soup, undiluted
- 1 cup shredded cheddar cheese

Instructions:

- Preheat Oven to 350 degrees
- Prepare stuffing mix according to package directions, using only 1-1/2 cups of water
- In large bowl, combine chicken, broccoli and soup
- Transfer to a greased 11x17 inch baking dish.
- Top with stuffing
- Sprinkle with cheese
- Bake, covered, 20 minutes
- Uncover, continue baking until heated through (generally 10-15 minutes longer)



Peanut Butter and Jelly Wrap

Ingredients:

- One flour tortilla
- 1 scoop of peanut butter
- 1 scoop of jelly
- chips

Instructions:

1. Layout one flour tortilla flat. Spread a layer of peanut butter over the center of the tortilla, leaving an inch clear around the edges. Spread a thin layer of jam or jelly over the peanut butter
2. Fold the left and right edges of the tortilla over about an inch, towards the center of the tortilla, then starting with the edge of the tortilla closest to you, roll up the tortilla. Cut the wrap in half with a sharp knife, in the center.
3. Serve with your favorite chips.



Crock Pot Caramel Apple Dump Cake

Ingredients:

- 1 box - Betty Crocker Butter Yellow Cake Mix (15.25oz)
- 2 cans – Apple pie filling (21oz. each)
- 1 stick butter, melted
- ½ cup Smuckers caramel sundae syrup

Instructions:

- Spray inside of crock pot with non-stick cooking spray
- Dump cans of apple pie filling into bottom of crock pot, spread evenly
- Evenly drizzle the caramel sauce over the apple filling
- In a medium mixing bowl, combine dry cake mix and melted butter, stir until crumbly (break up large clumps)
- Pour butter/cake crumble mixture over the caramel & apple layer in the crockpot spreading evenly
- Cover crock pot with lid
- Cook on high for 2 hours or on low for 4 hours
- Serve with whipped cream or vanilla ice cream and enjoy!



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!

