



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!

BBQ Chicken and Brussels Sprout Sheet Pan Dinner

INGREDIENTS

- 4 bone-in, skin-on chicken thighs (1 1/2 to 2 pounds)
- 2 small sweet potatoes, peeled and cut into 6 to 8 wedges each
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon chili powder
- Kosher salt and freshly ground black pepper
- 3/4 pound (about 3 cups) Brussels sprouts, halved and quartered depending on size
- 1/4 cup barbecue sauce



INSTRUCTIONS

1. Preheat the oven to 425 degrees F and line a rimmed baking sheet with parchment paper. Place the chicken thighs skin-side up on one side of the baking sheet, spacing them evenly apart. Roast until they turn opaque on the outside, 15 minutes.
2. Remove the baking sheet from the oven and place the sweet potato wedges in the center. Drizzle the potatoes with 2 tablespoons of the olive oil and sprinkle with chili powder and some salt. Use tongs to toss the potatoes so each piece is evenly coated. In the remaining open area of the pan, toss the Brussels sprouts with the remaining 2 tablespoons of olive oil and sprinkle with salt and pepper. Arrange the Brussels sprouts cut-side down on the pan and brush each chicken thigh with barbecue sauce on all sides.
3. Return the baking sheet to the oven and roast until the chicken is completely cooked through and reads an internal temperature of 160 degrees F, and the Brussels sprouts and sweet potato wedges are tender and charred in spots, 25 to 30 minutes more. Toss the vegetables with the accumulated juices on the tray before serving.

Recipe courtesy of Food Network

Baked Pork Chops

Ingredients

- 1 1/2 cups panko
- 5 tablespoons vegetable oil
- 3 tablespoons grated Parmesan
- 2 teaspoons dried Italian seasoning
- Kosher salt and freshly ground black pepper
- Four 3/4-inch bone-in pork chops (about 2 1/4 pounds)
- Lemon wedges, for serving (optional)

Directions

1. Preheat the oven to 450 degrees F. Combine the panko, oil, Parmesan, Italian seasoning and 3/4 teaspoon each salt and pepper in a large resealable plastic bag. Put the pork chops in a large bowl and toss to coat with 1 tablespoon water. Place the pork chops in the bag and shake well to coat, pressing the breadcrumb mixture firmly into the meat.
2. Place the pork chops on a wire rack set on a baking sheet and top evenly with any breadcrumbs remaining in the bag. Bake until the breadcrumbs are dark golden and the internal temperature of the chops registers 165 degrees F on an instant-read thermometer (avoid touching bone), about 30 minutes. Serve immediately with lemon wedges, if using.

Recipe courtesy of Food Network



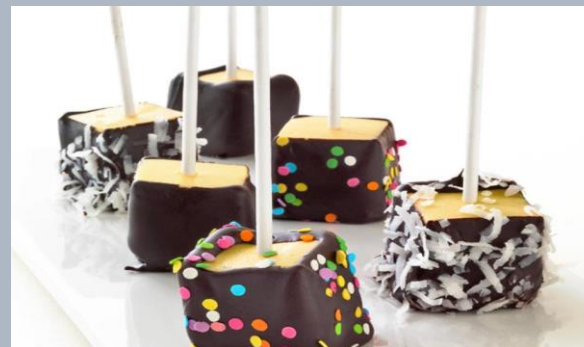
Cheesecake Pops

Ingredients:

6 oz. bittersweet chocolate bark
1 frozen cheesecake
Lollipop sticks
Sprinkles

Instructions:

1. Microwave 6 ounces chopped bittersweet chocolate on 75 percent power until melted, about 3 minutes. Cut a frozen cheesecake into 1-inch cubes. Gently press a lollipop stick halfway into each cube. Dip in the chocolate and roll in sprinkles and/or coconut, if desired.



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!

