



# 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!

# Easy Beef Enchiladas

## INGREDIENTS

- 1 lb lean (at least 80%) ground beef
- 2 cans (10 oz each) Old El Paso™ red enchilada sauce
- 1 can (4.5 oz) Old El Paso™ chopped green chiles
- 1 package (8.2 oz) Old El Paso™ flour tortillas for soft tacos & fajitas (6 inch)
- 1 1/2 cups shredded Cheddar cheese (6 oz)

## INSTRUCTIONS

1. Heat oven to 375°F. Spray 13x9-inch (3-quart) baking dish or pan with cooking spray.
2. In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in 1/2 cup of the enchilada sauce and the chiles.
3. Spread 1/2 cup of the enchilada sauce evenly in baking dish. Spread 1/4 cup beef mixture down center of each tortilla; sprinkle with 1 tablespoon cheese. Wrap tortillas tightly around filling, placing seam side down in baking dish. Top with remaining enchilada sauce. Sprinkle with remaining cheese.
4. Bake 20 to 25 minutes or until hot and bubbly. Let stand 5 minutes before serving.

*Recipe courtesy of Betty Crocker*



# Oven-Fried Chicken Tenders

## Ingredients

- 1/4 cup Gold Medal™ all-purpose flour
- 1 egg
- 1 tablespoon water
- 1 cup Progresso™ plain or Italian style panko crispy bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 1/4 lb (20 oz) chicken breast tenders (from two 14-oz packages)
- Favorite dipping sauce, if desired



## Directions

1. Heat oven to 425°F. Line cookie sheet with foil; spray with cooking spray.
2. In shallow dish, place flour. In another shallow dish, beat egg and water. In third shallow dish, mix bread crumbs and cheese. Coat chicken with flour; dip into egg mixture, then coat with bread crumb mixture. Place on cookie sheet.
3. Bake 15 to 20 minutes, turning once, until chicken is no longer pink in center and coating is golden brown. Serve with dipping sauce.

*Recipe courtesy of Betty Crocker*

# Ultimate Chocolate Chip Cookies

## Ingredients:

- 2 1/4 cups Gold Medal™ all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups semisweet chocolate chips
- 1 cup coarsely chopped nuts, if desired



## Instructions:

1. Heat oven to 375°F. In small bowl, mix flour, baking soda and salt; set aside.
2. In large bowl, beat softened butter and sugars with electric mixer on medium speed, or mix with spoon about 1 minute or until fluffy, scraping side of bowl occasionally.
3. Beat in egg and vanilla until smooth. Stir in flour mixture just until blended (dough will be stiff). Stir in chocolate chips and nuts.
4. Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
5. Bake 8 to 10 minutes or until light brown (centers will be soft). Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes. Store covered in airtight container.

*Recipe courtesy of Betty Crocker*

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

