



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!

Strawberry-Banana Parfaits

Ingredients:

- 2 containers Yoplait® Original yogurt strawberry
- 2 cups Fiber One™ Honey Clusters® cereal
- 1 cup sliced fresh strawberries
- 1 medium banana, thinly sliced
- 4 fresh strawberries

Directions:

1. In each of 4 (10-oz) plastic cups or parfait glasses, layer 2 tablespoons yogurt, 1/4 cup cereal, 1/4 cup strawberry slices and 1/4 of the banana slices.
2. Top each with 2 tablespoons yogurt, 1/4 cup cereal and remaining yogurt. Garnish top of each parfait with whole strawberry.

Recipe courtesy of Betty Crocker



Mile-High Salsa Pie

Ingredients:

- 1 lb lean ground beef or chopped boneless skinless chicken breasts
- 1 box Old El Paso™ Soft Taco Bake® dinner kit
- 1 cup water
- 1 can Progresso™ kidney beans, drained, rinsed
- 1 jar Old El Paso™ Thick 'n Chunky salsa
- 1 cup shredded Monterey Jack cheese

Directions:

1. Heat oven to 400°F. In 10-inch nonstick skillet, cook beef or chicken, stirring occasionally, until thoroughly cooked; drain. Stir in seasoning mix (from dinner kit), water and half of the cheese sauce (from dinner kit). Heat to boiling over high heat, stirring occasionally. Reduce heat to medium-high. Simmer uncovered 4 minutes, stirring occasionally. Stir in kidney beans and remaining cheese sauce; heat until hot.
2. In ungreased 2-quart casserole, place 1 tortilla (from dinner kit). Layer with 1/4 of the salsa, beef mixture and cheese. Repeat layers, using up ingredients and ending with cheese on top.
3. Cover; bake 17 to 22 minutes or until cheese is melted. Let stand 5 minutes.

Recipe courtesy of Betty Crocker



Campfire S'mores Banana Boats

Ingredients:

- 4 bananas
- ½ cup chocolate chips
- ½ cup mini marshmallows
- ½ cup crushed golden grahams cereal

Directions:

1. Cut 4 (12-inch) sheets of foil.
2. Make deep lengthwise cut along inside curve of each banana, being careful not to cut all the way through. Open slit to form pocket.
3. Fill each banana with 2 tablespoons chocolate chips, 2 tablespoons marshmallows and 2 tablespoons cereal.
4. Wrap each banana in foil, making sure that foil opening is on top. Using tongs, set wrapped bananas in coals of campfire; cook 8 to 10 minutes. Carefully remove from fire; peel back foil.



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 for a chance to be featured in next week's Kids' Kitchen!

