



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!

Donut Apples

Ingredients:

- 12 oz. cream cheese, softened, cut into thirds
- 2 tsp. honey, divided
- ½ cup melted chocolate
- 2 drops pink food coloring
- 3 apples
- Assorted sprinkles, for decorating



Directions:

1. Divide cream cheese among three small bowls. In one bowl, add 1 teaspoon honey. In another bowl, add melted chocolate. In the last bowl, add remaining 1 teaspoon honey and pink food coloring. Stir each bowl together until combined.
2. Slice apples and use a biscuit or cookie cutter to hollow out centers.
3. Spread mixtures on apple slices and top with sprinkles.

Recipe courtesy of Delish

PB&J Tacos

Ingredients:

4 slices white bread
1/3 cup peanut butter
1/3 cup jelly
1/2 cup chopped strawberries
1/2 cup blueberries
1/4 cup crushed graham crackers
Honey, for drizzling



Directions:

1. Using a large glass or biscuit cutter, cut bread into rounds and discard crust.
2. Spread peanut butter to the edges of each bread round. Repeat with jelly, then sprinkle with strawberries, blueberries, and graham crackers.
3. Drizzle with honey, fold like a taco, and serve.

Recipe courtesy of Delish

Tater Tot Grilled Cheese

Ingredients:

12 frozen tater tots, defrosted
½ cup shredded cheddar
Cooking spray



Directions:

1. Heat large nonstick skillet over medium heat and grease it with cooking spray.
2. Arrange 6 tater tots in a rectangle, side by side, on one side of the skillet. Repeat to make another rectangle with remaining tater tots on the other side of the skillet.
3. With a large spatula (preferably metal) press down hard on each tater tot rectangle to form a flat square patty. You may need to press down repeatedly to help the tater tots hold together. Cook until the bottom sides of the tater tots begin to crisp, about 3 to 5 minutes. Sprinkle each square with cheese (this helps everything stay together!) then cover the pan with a tight-fitting lid and continue cooking until the cheese is melted.
4. Use a spatula to carefully flip one cheesy square onto the other to form a sandwich. Press down again with the spatula and continue to cook the sandwich until both sides are crispy, about 3 minutes more.

Recipe courtesy of Delish

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!

