



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!

Ham & Cheese Pinwheels

Ingredients:

- 1 (8-oz.) tube crescent roll dough
- ½ lb. deli sliced ham
- 2 tbsp. Dijon mustard
- 8 oz. sliced Swiss cheese
- 4 tbsp. butter, melted
- ¼ tsp. garlic powder
- 2 tbsp. chopped parsley
- 1 tsp. poppy seeds



Directions:

1. Preheat oven to 350°. Grease an 8-x-8" baking pan with cooking spray.
2. On a lightly floured surface, unroll dough and separate the sheet into rectangles. Pinch the perforations to seal. Spread mustard onto each rectangle. Top with sliced ham and cheese. Starting with one short side, roll up each rectangle. Pinch edges to seal. Cut each roll into 5-6 slices. Place cut side up in baking pan.
3. In a small bowl, whisk together melted butter, garlic powder and parsley. Brush over pinwheels, then sprinkle poppy seeds on top. Bake for 12-15 minutes, until the rolls are golden.

Recipe courtesy of Delish

Pizza Crescents

Ingredients:

1 tube crescent roll dough
4 mozzarella sticks, halved
½ cup pepperoni
1 tbsp. olive oil
½ tsp. dried oregano
¼ cup freshly grated Parmesan
Marinara, for dunking



Directions:

1. Preheat oven to 350°. Line a large baking sheet with parchment paper.
2. Separate crescent dough into triangles. Top each triangle with an even layer of pepperoni then place a halved mozzarella stick on the wider end of the triangle and roll it up. Transfer crescents to the prepared baking sheet.
3. Brush each crescent with olive oil then sprinkle with oregano and Parmesan. Bake until the crescents are golden and the cheese has melted, about 15 minutes.
4. Serve warm with marinara for dunking.

Recipe courtesy of Delish

Banana Sushi

Ingredients:

- 1 banana, peeled
- 2 tbsp. melted peanut butter
- 2 tbsp. chopped strawberries
- 2 tbsp. mini chocolate chips
- 2 tbsp. crushed graham crackers



Directions:

1. Place banana on serving platter and slice into “sushi” pieces.
2. Drizzle with melted peanut butter.
3. Top with chopped strawberries, mini chocolate chips, and crushed graham crackers.
4. Serve.

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!

