

Recipes Using Your Garden Goodies

RECIPES FROM THE GARDEN

Greek Salad

Ingredients:

2-3 tomatoes, diced
2-3 cucumbers, diced
Black pitted olives
Soft cheese like feta
Olive oil
Pepper

Adult: dice tomatoes and cucumbers. You can also add a diced onion if desired.

Kid: Toss salad together. Pour 1-2 tablespoons of olive oil over and season with pepper. **You don't need salt if you are using a salty cheese.

<http://www.kids-cooking-activities.com/garden-harvest.html>

Sweet Potato Chips

Ingredients:

2 large sweet potatoes, peeled and sliced thin

Adult: (If you have a slicer attachment to your mixer slice potatoes thin with that, if not use a knife, and slice thin.)

Kid: Help peel potatoes. Then have an adult slice the potatoes thin. Meanwhile kids can prepare a large bowl of ice water. Place potato slices in water for 1 hour. After 1 hour, drain on paper towels and pat dry.

Adult should fry in oil that is 375 degrees for several minutes, until golden brown.

Kids can pat dry and sprinkle with salt at this point.

<http://www.kids-cooking-activities.com/garden-harvest.html>

Eggplant Sticks

Ingredients:

1 medium eggplant
½ Cup milk
1 egg
1 Cup Italian bread crumbs
3 Tablespoons olive oil

pasta sauce

Adult: Peel eggplants and chop off ends. Cut eggplant into sticks.

Kid: Soak eggplant sticks in ice water about 30 minutes. Meanwhile, in flat dish mix milk and egg together. In another flat dish or pie plate spread bread crumbs. After chilled, dip eggplant sticks into milk mixture. Then bread crumbs to coat. Place in baking casserole dish. Chill 30 minutes.

Adult: Fry in oil about 10 minutes until golden or bake at 375 degrees for 15-20 minutes until crispy. Serve with pasta sauce for dipping.

<http://www.kids-cooking-activities.com/garden-harvest.html>

Broccoli Balls

Ingredients:

2-3 heads of broccoli, cooked and drained

2 Cup crushed seasoned stuffing

1 Cup grated Parmesan cheese

6 eggs, lightly beaten

½ Cup butter or margarine, softened

½ teaspoon salt

¼ teaspoon pepper

Adult: Chop, cook and drain broccoli. Then chop in blender.

Kid: Add stuffing, Parmesan cheese, eggs, butter, salt and pepper together in large bowl. Mix well. Add chopped cooked broccoli and mix again. Shape into 1 in balls. Place in greased baking pan.

Adult: Bake at 350 for 10-12 minutes or until golden brown. This recipe makes a lot so you can bake half and freeze half. To freeze, place on a cookie sheet in a single layer and freeze. When frozen you can place in a Ziploc bag and store in freezer.

<http://www.kids-cooking-activities.com/garden-harvest.html>

Cabbage Salad

Ingredients:

1 Cabbage, cut up

1 pkg. Chicken flavor Ramen noodles, crunched up (save the seasoning for the dressing)

slivered almonds

sunflower seeds

3-4 carrots, shredded

Adult: Cut up cabbage.

Kid: Crunch up noodles with a kitchen mallet. Then toss salad together in bowl. Mix salad dressing together and pour dressing over top. Serve immediately.

**If you think you would like the salad better without the dressing leave it without.

Dressing:

3 Tablespoon white vinegar

3 Tablespoon white sugar

½ Cup oil

seasoning from top ramen noodles

1/8 teaspoon salt

1/8 teaspoon pepper

<http://www.kids-cooking-activities.com/garden-harvest.html>

Celery Logs

Ingredients:

2 stalks celery

6 tbsp. cream cheese

¼ cup granola

Raisins (optional)

Adult: Cut the celery into six sticks and wash and dry them.

Kid: Spread 1 tablespoon cream cheese in each and top with granola . Press it down. Add raisins, if desired. Makes 6 servings.

<http://familyfun.go.com/recipes/kids/specialfeature/recipes-snacks/>

Veggie Chips

Ingredients:

Potatoes

Parsnips

Carrots

Kale

Olive oil

Salt

Adult: Thinly slice vegetables. Heat the oven to 400°.

Kid: Toss thinly sliced vegetables with a tablespoon or two of olive oil. Place the veggies on a generously oiled cookie sheet or two, making sure the pieces don't overlap, and sprinkle them with salt. (Since some vegetables cook faster than others, you might want to keep them separated on the pan.) Adult: Bake, checking often, until the pieces are browned and crisp. Flip the pieces halfway through the cooking time. The kale takes about 8 minutes, the parsnip and carrots about 10 minutes, and the potatoes about 16 minutes. When the chips are done, transfer them to a bowl or plate lined with paper towels to absorb any excess oil.

<http://familyfun.go.com/recipes/kids/specialfeature/recipes-snacks/>

Mr. Tomato Head

Ingredients:

Tomatoes (cherry or other small tomatoes work best)

Green peas

Cream cheese

Black beans

Celery

Yellow pepper

Adult: With a serrated knife slice the top off of a cherry tomato or other small tomato. Reserve the top for the hat.

Kid: Scoop out the insides of the tomato with a teaspoon, turn the tomato upside down to drain, then fill with peas. Use cream cheese to glue on a pair of black-bean eyes, a yellow-pepper nose and a celery grin

<http://familyfun.go.com/recipes/kids/specialfeature/recipes-snacks/>

Shipshape snack

Ingredients:

Red bell pepper

Tuna or egg salad

Thin pretzel stick

Cheese slice

Cream Cheese

Red pepper flag

Adult: Cut a red pepper in half lengthwise (or into quarters for lighter fare) and remove the seeds.

Kid: Fill each pepper boat with lunchtime cargo, such as tuna or egg salad. Sink a thin pretzel stick mast into the center of the boat, then add two triangular pieces of

cheese for sails. Use a dab of cream cheese to fix a small red pepper flag to the top of the mast.

<http://familyfun.go.com/recipes/kids/specialfeature/recipes-snacks/>

Fresh Veggie Pizza

Ingredients:

1 readymade pizza crust
8 oz package cream cheese at room temperature
2 cup sour cream
1 envelope powdered Ranch dressing mix
1 cup raw vegetables, chopped fine (broccoli, cauliflower, carrots, cucumbers and tomatoes)

Adult: Bake the pizza crust, without toppings, at 350 degrees for 5 to 10 minutes, until lightly browned.

Kid: Stir together the cream cheese, sour cream, and dressing mix. Spread this on the crust. Top with mixed vegetables.

<http://www.childrensrecipes.com/>

Easy Cheesy Peas & Carrots

Ingredients:

1/8 cup milk
1/2 cup cottage cheese
1/3 cup cream cheese
1/8 cup shredded mild Cheddar cheese
1/4 cup soft cooked peas
1/8 cup diced cooked carrots
Parmesan Cheese
Shredded mozzarella cheese

Kid: Blend milk and cheeses together until smooth, then stir in peas and carrots. Sprinkle with Parmesan cheese and shredded mozzarella cheese. Enjoy with a friend.

<http://www.childrensrecipes.com/>

Raggedy Ann Salad

1 canned peach half
1/2 hard-boiled egg

4 small celery sticks
1 leaf curly lettuce
1/4 cup finely shredded cheese
1/4 maraschino cherry
Raisins

Kid: Place peach in center of salad plate. Position egg for head, celery sticks for arms and legs and lettuce for skirt. Add cheese for hair, cherry for mouth and raisins for eyes, nose, buttons and shoes.

Yields 1 serving.

<http://www.mountain-breeze.com/kitchen/kids-cook/index.html>

Ants on a Log

Ingredients:
5 stalks celery
1/2 cup peanut butter
1/4 cup raisins

Adult: Cut the celery stalks in half.

Kid: Spread with peanut butter. Sprinkle with raisins.