

**Martin's**  
Count On Us!

# Kids Cook!

RECIPES BY CHEF APRIL HOWELL CC



**eat smart.**  
— be well. —





KIDS COOK

# Muffin Tin Eggs with Ham and Cheese

Servings 6-12

## INGREDIENTS

- 10 large eggs
- 1 - 1 1/2 tsp sea salt or to taste
- 1/4 - 1/2 tsp black pepper or to taste
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried mustard or Dijon Mustard optional
- 2/3 cup grated cheddar cheese plus more for topping
- 3/4 cup cooked ham, chopped
- Hot Sauce, optional

## DIRECTIONS

1. Preheat oven to 400 F.
2. Line a 12-count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.
3. In a large 4 cup measuring cup or mixing bowl, crack in eggs and whisk together with salt and black pepper.
4. Whisk in garlic powder and onion powder until combined. Stir in ham and cheddar cheese. Divide evenly into muffin cups filling each about 2/3 full.
5. Top with more ham and cheese if desired. Bake in pre-heated oven for 12-15 minutes, or until set.
6. Feel free to swap out the ham and cheese and mustard for other ingredients! I like Feta and Spinach, Bacon and Gouda and Sausage, Cheddar and Bell Pepper too! Have fun with this recipe and be creative!

# Pesto Chicken Hand Pies

Servings 2

## INGREDIENTS

2 pieces of Biscuit dough, spread out

Rotisserie Chicken, into chunk pieces

1 Tbsp Pesto

Mozzarella slice

## DIRECTIONS

1. Line a cookie sheet with parchment paper or a Silpat. Mix together the chunks of chicken and the pesto in a bowl.
2. Put a tablespoon of filling in middle of a biscuit. Add the Mozzarella slice on top. Place second piece of biscuit on top and press around edges with fork to seal completely.
3. Bake in 375F degree oven for about 25 min until golden brown.

# Caprese Avocado Toast

Servings 2-4

## INGREDIENTS

2 ripe avocados

2 teaspoons fresh lemon juice

Sea salt and black pepper to taste

4 slices bread toasted (Whole Grain is what I like! Or a toasted Baguette)

4 ounces fresh mozzarella sliced and cut into pieces, to fit the bread

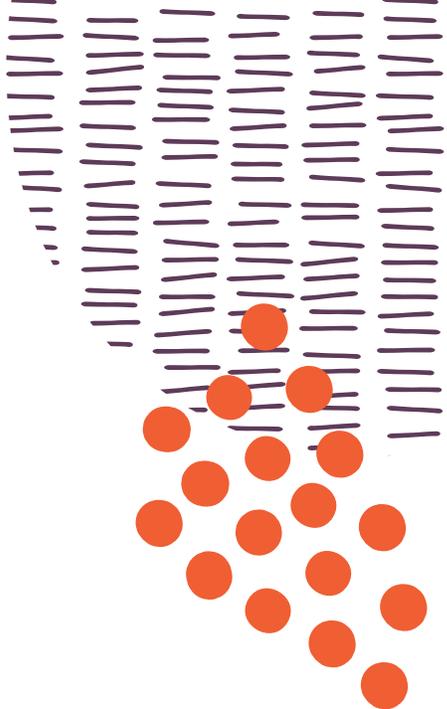
1 cup grape tomatoes, halved

¼ c basil leaves, roughly chopped

Balsamic Glaze for drizzling

## DIRECTIONS

1. Cut the avocados in half, remove pit, and scoop the flesh into a small bowl. Add the lemon juice, sea salt, and black pepper, to taste. With a fork, mash the ingredients together, keeping the texture slightly chunky.
2. Spread the mashed avocado evenly onto toasted bread slices. Top with fresh mozzarella slices, tomatoes, and basil.
3. Drizzle with balsamic glaze and serve immediately.



K I D S C O O K

# Chocolate Bark!

Servings 6-8

## I N G R E D I E N T S

16 ounces Vanilla Baking Bar  
(or Almond Bark)

2 Cups Dark Chocolate  
Cocoa Chips

2 Cups Dark Chocolate M&M's

3/4 cup Salted Pretzel Sticks

1 cup dry cherries or raisins

1 cup Pepitos  
(roasted pumpkin seeds)

Really the possibilities are  
endless of items you can add!

## D I R E C T I O N S

1. Prepare a baking sheet with parchment paper or wax paper then set the pan aside.
2. Chop vanilla baking bar into small pieces then place them into a microwave safe dish. In a separate bowl add in Dark Chocolate morsels. Heat the chocolates in their microwave bowls for one minute. Stir until the melted candy is smooth. If needed, microwave the candy for another 15-20 seconds. Do not overheat.
3. 4. Spread an even layer of the melted chocolates onto the prepared pan or plate. Gently swirl together Before the bottom layer begins to set lightly press the pretzel sticks and M&M's onto the candy next add the dry cherries and the Pepitos.
4. Place your spring treat in the refrigerator for one hour or until set.
5. Remove the pan from the fridge then break the bark into snack size pieces. Store pretzel bark in a large zipper bag or an airtight container. Enjoy!

KIDS COOK

# Apple Caramel Pizza

| Servings 10 |

## INGREDIENTS

A tube of sugar cookie dough

1 (8 ounce) package cream cheese,  
room temp

1/2 cup packed brown sugar

1/4 cup creamy peanut butter  
(or alternative PB like WOW!)

1 teaspoon vanilla

3 Fuji Apples

1/4 cup caramel topping

1/2 cup chopped pecans

## DIRECTIONS

1. Preheat oven to 350°F
2. Roll out dough into a large cookie (should be about 3/4" thick) on a cookie sheet.
3. Bake approx 17 minutes or until light brown. Remove from oven; cool 10 minutes.
4. Combine cream cheese, brown sugar, peanut butter and vanilla with a speed mixer until well blended. Spread mixture evenly over cookie.
5. Peel and slice your apples. Cut apple slices into bite-sized chunks and arrange evenly over pizza.
6. Microwave caramel topping approx. 45 seconds or until warm; drizzle evenly over apples. Chop pecans sprinkle over apples.
7. Serve this "pizza" by cutting it into wedges.

# Chicken Pot Pie Casserole

| Servings 6 |

## INGREDIENTS

- 1 lb chicken breast (or you can use Martins rotisserie breast and shred it!)
- 12 oz frozen peas and carrots, thawed
- 2 cup frozen diced potatoes, thawed (like Hash Browns or Potatoes OBrien)
- 1 onion diced
- 2 can Cream of Chicken Condensed Soup
- 1 cup Water
- 2 cans refrigerated crescent rolls
- ½ tsp poultry seasoning
- Salt and Pepper, to taste

## DIRECTIONS

1. Preheat oven to 350F. Grease a 11x13" baking dish.
2. In large skillet, medium heat, add 1 Tbsp oil and cook chicken breast for about 5-7 min on each side until cooked all the way through. Take out and set aside to cool. Dice chicken into ½" cubes.
3. Next sauté onions until transparent. Add potatoes, peas and carrots and heat through for a few minutes. Add chicken and water next and cook for 10 min. Stir well.
4. Add soup and poultry seasoning and continue heating for another 5 minutes. If sauce looks too thick, slowly add a little more water until desired consistency is reached.
5. Unroll 1 can of crescent rolls and pinch perforations to seal into a sheet. Press into bottom and up sides of prepared dish. Don't worry if sides do not go all the way up. Bake for 20 minutes or until crust is light brown. Allow to cool.
6. Pour chicken mixture over baked crust and spread evenly.
7. Unroll other can of crescent rolls and pinch perforations to seal into a sheet. Place over top of chicken mixture and press into sides of dish.
8. Bake for 25 minutes or until top is golden brown.





KIDS COOK

# Pizza Bombs

| Servings 8-6 Bombs |

## INGREDIENTS

3 tablespoons butter, for greasing the pan

16 ½ oz can of biscuit dough, 1 can

Marinara sauce, your choice

Sliced pepperoni

8 oz ball of mozzarella cheese, cut into cubes

1 stick butter, melted

2 cloves garlic, minced

salt and pepper, to taste

1 Tbsp Italian seasoning

Shredded Parmesan Cheese, for topping

## DIRECTIONS

1. Preheat the oven to 375°F
2. Line a baking sheet with parchment paper and grease with butter.
3. Cut each biscuit in half. Press each half into a circle with your thumb.
4. Place a small dollop of marinara sauce, 1 pepperoni, and 1 cube of mozzarella cheese in the center of each biscuit round.
5. Bring the edges up and over, pressing them together and being sure to leave no gaps for the filling to leak out. Lay the pizza bombs on the prepared baking sheet.
6. Combine the melted butter, garlic, salt, pepper, and Italian seasoning in a small bowl.
7. Brush the butter mixture onto each pizza bomb and top with Parmesan.
8. Bake for 15-20 minutes, until the bombs have nicely browned.
9. Once they are cool enough to handle, serve with marinara sauce alongside. Enjoy!



KIDS COOK

## Fruit Pizza

Servings Makes 1 large "pizza"

### INGREDIENTS

1 tube refrigerated Sugar  
Cookie dough

8 oz Cream Cheese

½ c sugar

8 oz Cool Whip

1 tsp lemon juice

Variety of your favorite fruits to put on  
top like kiwi, strawberries, blueberries,  
raspberries, pineapple, mandarin  
oranges and even dried fruit!

#### Glaze:

½ c sugar

1 c Orange Juice

2 Tbsp cornstarch

### DIRECTIONS

1. Spread cookie dough on a large pizza pan and cook per directions on box. Cool completely.
2. Mix cream cheese, sugar, cool whip and lemon juice in a large bowl. Then spread onto cookie. Top with fruits of your choice in any design you'd like!
3. Cook ingredients in Glaze until thick. Let it cool for a few minutes then pour onto pizza. Refrigerate.

# Chicken Bacon Ranch Casserole

Servings 6

## INGREDIENTS

10 oz Rotini, cooked per directions and drained  
 12 oz alfredo sauce  
 1/3 cup ranch dressing  
 2 1/2 cup chicken, cooked & diced  
 1 cup mozzarella cheese, shredded  
 1 cup cheddar cheese, shredded  
 7 strips bacon, cooked & chopped

## DIRECTIONS

1. Preheat oven to 350F
2. Whisk together alfredo sauce and ranch dressing in a medium bowl until combined.
3. Mix the two cheeses together.
4. Rub bottom and sides of a casserole dish with butter.
5. Add 1/2 pasta and 1/2 the chicken into dish and top with 1/2 sauce.
6. Stir to combine and sprinkle with 1/2 the cheese blend.
7. Add remaining pasta and remaining chicken and top with remaining sauce.

# Pull Apart Pie

Servings 2-4

## INGREDIENTS

Pie Dough, refrigerated  
 Cherry Pie Filling  
 Apple Pie Filling  
 Pumpkin Pie Filling  
 Blueberry Pie Filling  
 Or Nutella and Marshmallow Fluff

### Tools:

A small circle like a drinking cup, or cookie cutter for cutting circles

## DIRECTIONS

1. Preheat oven to package directions.
2. Lay store-bought pie dough out flat and cut into circles with your circle cutter of choice.
3. Place a small “quarter size” amount of filling of your choice into a cut circle.
4. Pinch edges of dough up to hold filling.
5. Place in the edge of the pan.
6. Once you’ve lined the edges of the pan with one flavor, switch the filling for the next ring of the pie.
7. Once you’ve filled the springform pan, bake the pie crust according to the label on the dough’s packaging.
8. Enjoy your multi-flavored pie! It’s one of my favorites!

# Easy Sheet Pan Chicken Fajitas

Servings 6

## INGREDIENTS

- 2 Tbsp extra virgin olive oil
- 1 large onion, thinly sliced
- 3 bell peppers, thinly sliced
- 2 4-5 oz thin chicken breast, thinly sliced
- 2 Tbsp taco seasoning
- 2 tsp smoked paprika
- 1/2 tsp mild chili powder
- juice of one lime (about 1 1/2 Tbsp)
- 2 cups cheddar cheese, shredded
- Cilantro, 1/2 bunch chopped
- tortillas, tomatoes, lettuce, cheese, sour cream, avocado for serving (as desired)

## DIRECTIONS

1. Preheat your oven to 400 F
2. Drizzle the olive oil on a large sheet pan.
3. Add the sliced onions, sliced bell peppers, and thinly sliced steak to the sheet pan, along with the taco seasoning, paprika, chili powder, and lime juice.
4. Using a pair of tongs, toss everything together well until the meat and veggies are well coated in the seasonings and the oil.
5. Bake at 400 F for about 15-20 minutes, or until the veggies are becoming soft and the chicken has browned on the outside. Be careful of over-cooking the steak -test a piece after 10 minutes to be sure it's cooked to your liking.
6. Layer with shredded cheese and place back in oven until cheese is melted (5-7 min). Take out and garnish with cilantro.
7. Serve in tortillas with lettuce, tomatoes, cheese, sour cream, hot sauce and avocado, as desired (use the time while the fajita filling is baking to prep these ingredients)





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## French Toast Bar

| Servings 4 |

### INGREDIENTS

10 eggs  
1/2 cup of milk  
1 tbs vanilla extract  
1 tsp cinnamon  
1 tsp nutmeg  
1 tsp sea salt  
2 tsp granulated sugar  
1 stick of butter  
1 loaf of Brioche toast style bread

### Optional ingredients for toppings:

Butter, maple or blueberry syrup, Nutella, peanut butter, jelly, nuts, bananas, strawberries, blueberries, black berries, mangoes, kiwi, whipped cream and whatever else you choose!

### DIRECTIONS

1. Preheat oven to 180-200F to keep the bread warm after heating.
2. Whisk the Egg Mixture ingredients all together in a bowl.
3. Set out and prep your toppings in little bowls for your French Toast Bar!
4. Using a nonstick large skillet, heat to medium heat. Melt butter in skillet but do not burn.
5. Soak one piece of bread at a time on both sides, shaking off excess liquid
6. Brown both sides of the bread in the butter
7. Once your bread is nicely browned on both sides, transfer it onto a baking sheet and place in oven, repeating steps 5, 6, and 7 as needed
8. Once you have cooked all the French Toast you may plate and serve with all your delicious toppings!

# Jammy Raspberry Cream-Pretzel Hand Pies

*(more of an advanced recipe!)*

Servings 12 or so pies

## INGREDIENTS

### Dough

- 1 3/4 cups mini pretzel twists
- 1 cup all-purpose flour
- 1 1/2 sticks (12 tablespoons)  
cold salted butter, cut into 1/2  
inch pieces
- 1 Tbsp sour cream or plain  
Greek yogurt

### Filling

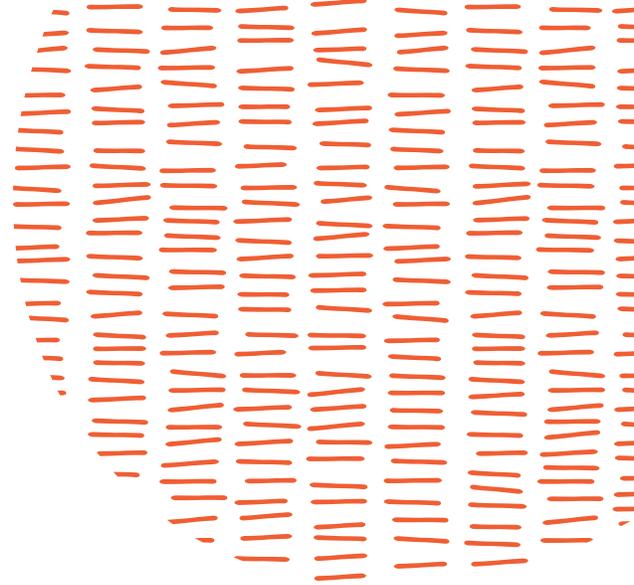
- 1 cup fresh raspberries
- 1/2 cup fresh blackberries or  
chopped strawberries
- 1-3 Tbsp brown sugar, use to  
your taste
- 2 tsp cornstarch
- 1 tsp vanilla extract
- 2 tsp lemon zest
- 1/4 cup raspberry or  
strawberry jam
- 2-3 ounces cream cheese,  
at room temperature
- 1 egg, beaten
- pretzel salt or coarse sugar,  
for sprinkling

## DIRECTIONS

1. Preheat oven to 425F
2. To make the dough. In a food processor, pulse the pretzels until they become flour (see above photo for reference). Add the flour and butter. Pulse until the mix clumps together to form pea-size balls. Add the sour cream and 1/4 cup cold water, 1 tablespoon at a time, until the dough comes together. If the dough feels dry, add 1-2 tablespoons of additional water.
3. Turn the dough out onto a floured surface and form a ball. Divided the dough in half and flatten each into round disk. Roll out each disk of dough and cut into a total of 15-16 circles (or cut into 15-16 squares). Chill the dough rounds while you make the filling.
4. In a medium bowl, toss together the berries, cornstarch, and sugar. Add the vanilla and jam, gently toss to combine.
5. Assemble the pies on a parchment lined baking sheet. Spread 2 teaspoons cream cheese on to the center of half of the circles, then spoon a tablespoon of the filling over the cream cheese, leaving a 1/4 inch border. Brush the edges with the beaten egg. Lay the other half of the dough over the filling and seal the edges by crimping with the back of a fork. Repeat until you've used all the dough. If some of the dough is cracking, don't stress too much about it. It bakes up just fine.
6. Use a small, sharp knife to cut slits into the top of the pies. Cover the baking sheets and place in the freezer for 15 minutes.
7. Brush the tops of the pies with beaten egg and sprinkle with coarse salt/sugar. Transfer to the oven and bake for 12-15 minutes or until golden brown. It's OK if the edges get dark. Serve with ice cream.

### Recipe Notes:

- Pie Dough: in a pinch, you can use 2 store-bought pie dough rounds or 2 sheets frozen, thawed puff pastry.
- If you don't have a food processor: Replace the pretzels with 1/2 cup whole wheat flour and add 1/2 teaspoon kosher salt. Then, you can use your fingers to mix the butter with the flour until the butter is pea-sized. Slowly drizzle in the cold water as directed.
- Cornstarch: I love a runny tart, so I like to use only 1-2 teaspoons cornstarch. If you would like a thicker berry filling, use 1 tablespoon cornstarch.



# Funfetti Edible Cookie Dough

## INGREDIENTS

- 2 cups AP flour, heat treated (MUST be heated in microwave for 60 seconds)
- 1 cup butter softened
- 1 1/2 cups sugar
- 1/2 teaspoon salt
- 3 tablespoon milk
- 3/4 teaspoon vanilla extract
- 3/4 teaspoon almond extract
- 1 cup white chocolate chips
- 1/3 cup rainbow sprinkles

## DIRECTIONS

1. Be sure to heat your flour in microwave for 30 seconds to keep it safe.
2. In large bowl, beat together butter, sugar and salt until light and fluffy.
3. Add in your extracts and milk and beat until mixed in well.
4. Add in your flour and beat until combined.
5. Fold in your chocolate chips and sprinkles and serve how you wish! Don't forget your spoon!



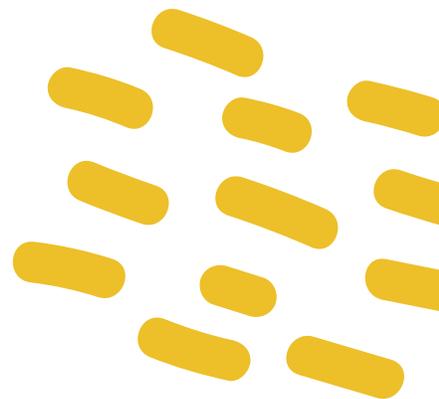
# Edible Chocolate Chip Cookie Dough

## INGREDIENTS

- 1/2 cup unsalted butter, softened
- 1/2 cup brown sugar
- 1/4 cup white sugar
- 3 Tbsp milk
- 1/2 tsp vanilla extract
- 1 1/3 cups all-purpose flour, heat treated (MUST be heated in microwave for 60 seconds)
- 1/4 tsp salt
- 3/4 cup chocolate chips, I used a combo of mini chocolate chips & large chocolate chips

## DIRECTIONS

1. Be sure to heat your flour in microwave for 30 seconds to keep it safe.
2. In a medium bowl, mix the butter and sugars until soft. Mix in the milk and vanilla extract.
3. Mix the flour into the butter mixture, then stir in the chocolate chips. Enjoy!





K I D S   C O O K

# My Favorite Greek Yogurt Pancakes

Servings 1-2

## INGREDIENTS

6 oz container of your favorite Greek yogurt (flavored or not!)

1 egg

scant ½ cup flour

1 tsp baking soda

## DIRECTIONS

1. Open the yogurt container and stir the yogurt until it's smooth and creamy. Crack an egg over the yogurt and stir to combine. The resulting mixture should be pale yellow in color and have a few lumps here and there.
2. 3. In a separate bowl, mix together the flour and baking soda.
3. 4. Pour yogurt/egg mixture into the bowl with the flour and baking soda. Stir to combine. The batter will be extremely thick.
4. 5. Spoon the batter onto a sprayed griddle or pan heated to medium-high. I usually make four big pancakes, but you could also make 8 smaller ones.
5. 6. Flip the pancakes when they start to bubble a bit on the surface/edges. Cook until golden brown on both sides and serve with butter, syrup, fruit, Nutella...anything! Enjoy!

# Pepperoni Pizza Burgers

Servings 8

## INGREDIENTS

- 1 1/2 lb. Ground Beef
- 1/2 lb. Italian Sausage
- 1/2 tsp. Italian Seasoning
- 8 slices Mozzarella Or Provolone Cheese
- Pepperoni Slices
- 8 tbsp. Jarred Marinara Sauce
- Grated Parmesan Cheese
- 4 whole Kaiser Rolls Or your favorite hamburger buns

## DIRECTIONS

1. Combine ground beef, Italian sausage, and Italian seasoning in a bowl. Knead it together and form it into four large/thick patties. Fry the burgers on one side for several minutes, then turn the burgers. Lay 2 slices of cheese on each patty, followed by several slices of pepperoni. Allow burger to cook all the way through while the cheese melts and the pepperoni warms.
2. Split the rolls and toast them in butter in a skillet until nice and golden and crisp. Spread both halves with marinara sauce and sprinkle the sauce with Parmesan.
3. Lay the patties on the bottom buns, then top with the top buns. Serve immediately!

# Parmesan Baked Cod

Servings 4

## INGREDIENTS

- 1-1/2 lb fresh cod fillets
- 1 Tbls butter, melted
- 1/2 lemon, juiced
- 2 roma tomatoes, sliced
- 2 Tbls grated parmesan cheese
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika

## DIRECTIONS

1. Preheat oven to 425F
2. Lay fish on a greased/parchment baking sheet. Salt and pepper the fish.
3. Melt butter and drizzle over the top of the fish. Repeat with the lemon juice. Arrange tomato slices over top. Sprinkle fish with parmesan cheese. Sprinkle with paprika.
4. Bake the fish, uncovered, for 12 to 15 minutes.



KIDS COOK

# Sloppy Joe Grilled Cheese

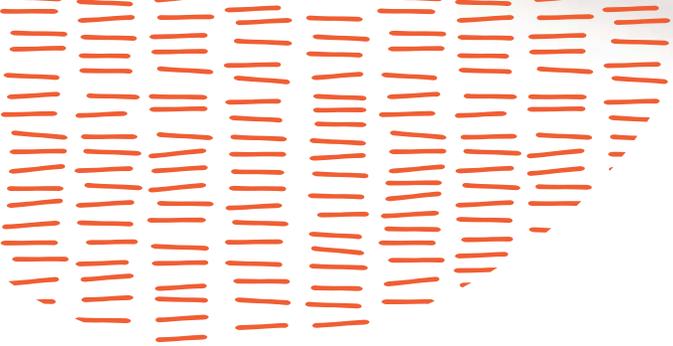
| Servings 6 |

## INGREDIENTS

1 pound lean ground beef  
1 tablespoon unsalted butter  
1/2 yellow onion , chopped  
1/2 green bell pepper , chopped  
1 clove garlic , minced  
2 teaspoons yellow mustard  
3/4 cup ketchup  
2 tablespoons brown sugar  
1/2 teaspoon Kosher salt  
1/4 tsp ground black pepper  
12 slices American Cheese  
12 slices Whole Grain Bread  
4 Tbsp unsalted butter

## DIRECTIONS

1. Add the ground beef to a large skillet on high heat and brown until a deep brown crust appears before breaking the beef apart.
2. Stir the ground beef and brown until a deep crust appears on about 50 or so percent of the beef, and it is cooked through, then remove the beef, drain the fat.
3. Add the butter, onions and bell pepper to the pan. Let brown for 1-2 minutes before stirring, then let brown for another 1-2 minutes before stirring again and add the beef back into the pan.
4. Add the garlic, mustard, ketchup, brown sugar, salt, black pepper to the pan and cook until most of the liquid has evaporated, about 3-5 minutes.
5. Spread the butter on one side of each of the 12 slices of bread. Butter side down on the cutting board.
6. Add a slice of American Cheese to each of the slices. Top six slices with the meat mixture and close the sandwiches pressing down lightly.
7. In a cast iron pan or griddle on medium high add the sandwiches and cook for 3-5 minutes on each side. Serve immediately.



KIDS COOK

# Greek Yogurt Honey Breakfast Bowl

Servings 1-2

## INGREDIENTS

- 1 cup Greek yogurt
- 1/2 Tbsp pure honey
- 1/4 cup granola (recipe below)
- 1/2 banana (sliced)

## DIRECTIONS

1. Place the Greek yogurt in the bowl, and drizzle honey, and sprinkle granola and banana slices on top.
2. Eat and enjoy

# Honey Granola

## INGREDIENTS

- 4 cups uncooked oats (quick or old fashioned)
- 1 1/2 cups flaked coconut
- 1 cup finely chopped pecans
- 1/2 cup sesame seeds
- 3/4 tsp salt
- 1 tsp cinnamon
- 1/2 cup honey
- 1/3 cup vegetable oil
- 1/2 tsp vanilla
- 1 8oz package dried apples, cut up

## DIRECTIONS

1. In a large mixing bowl, combine dry ingredients.
2. Stir in honey, oil and vanilla. Mix thoroughly.
3. Divide into 2 equal parts and bake each part in a 15 x 10 inch cookie sheet at 350F for 20-25 minutes until golden brown stirring occasionally.
4. Stir in 1/2 the apples into each part. Cool. Stir with a fork until crumbly.
5. Store in a tightly covered container in the refrigerator.





KIDS COOK

# Pretzel Time!

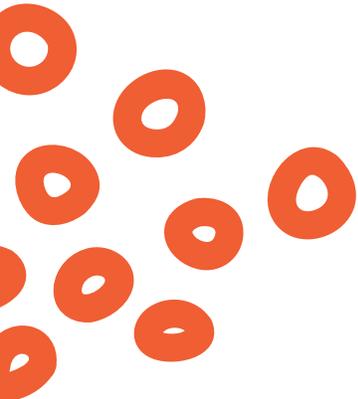
Servings 12 pretzels

## INGREDIENTS

- 2 cups 2% milk
- 1 1/2 Tbsp active dry yeast (2 packets)
- 6 Tbsp packed light-brown sugar
- 4 Tbsp butter, at room temperature
- 4 1/2 cups all-purpose flour, plus an up to an additional 1/2 cup as needed
- 2 tsp fine salt
- 1/3 cup baking soda
- 3 cups warm water
- coarse salt, to taste
- 6 Tbsp butter, melted
- Dipping sauce for serving, optional

## DIRECTIONS

1. Preheat oven to 450F
2. Warm milk in a microwave safe bowl in microwave (or alternately over stove top in a small saucepan) until temperature of milk reaches 110 degrees, about 1 1/2 - 2 minutes on HIGH power.
3. Pour milk along with yeast into the bowl of an electric stand mixer and whisk together until yeast has dissolved, let rest 5 minutes. Add brown sugar, 4 tbsp softened butter, 1 cup flour and 2 tsp fine sea salt to milk mixture and using the whisk attachment, stir until blended.
4. Switch attachment to a dough hook, add remaining 3 1/2 cups flour and kneaded mixture on medium low speed until elastic. Mix in up to an additional 1/2 cup flour, as needed, until dough pulls away from the sides of the bowl. Cover bowl with plastic wrap and allow dough to rise in warm place until doubled in size, about 1 hour.
5. Line two baking sheets with Silpats or parchment paper (alternately you could grease them). Punch dough down several times to release any air pockets.
6. Divide dough into 12 equal pieces and cover loosely with plastic wrap.
7. Roll each piece out into a long, thin rope about 32 - 36 inches long. Form dough rope into a pretzel shape.
8. In a shallow bowl, whisk together baking soda and warm water then fully immerse pretzel into water mixture, lift and allow excess water to drip off. Place on prepared baking sheet, reshape as needed and sprinkle to taste with coarse salt. Repeat this process with remaining dough.
9. 9. Bake pretzels in preheated oven 7 - 11 minutes until golden brown (note that you will likely only be able to cook 6 at a time among the two baking sheets) Remove from oven and brush top and bottom of pretzels with melted butter.
10. 10. Serve warm with optional dipping sauce. Reheat in microwave or in a warm oven once they've cooled, if desired. These also can be frozen and reheated at a later date!





KIDS COOK

# Easy Sausage Quiche

| Servings 8 |

## INGREDIENTS

- 1 refrigerated ,uncooked pie crust
- 3/4 lb sausage crumbled and thoroughly cooked
- 1 1/2 cups shredded sharp cheddar cheese
- 1/2 small yellow onion diced
- 4 eggs
- 1 cup half and half or whole milk
- 1/2 tsp dry mustard
- salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400F
2. Roll out pie crust into pie pan.
3. Top pie crust with sausage, cheese, and onion.
4. Mix the eggs and half and half in a bowl with seasonings, and pour egg mixture over toppings in the pie crust.
5. Bake in preheated oven for 15 minutes. Then reduce heat, leaving the pie in the oven to 350F and bake for an additional 3-5 minutes. When it is done the top of the quiche will begin to turn a nice golden brown.
6. Remove from oven and allow to sit 5-10 minutes before serving. Enjoy!



KIDS COOK

# Veggie Pizza Pinwheels

Servings 6

## INGREDIENTS

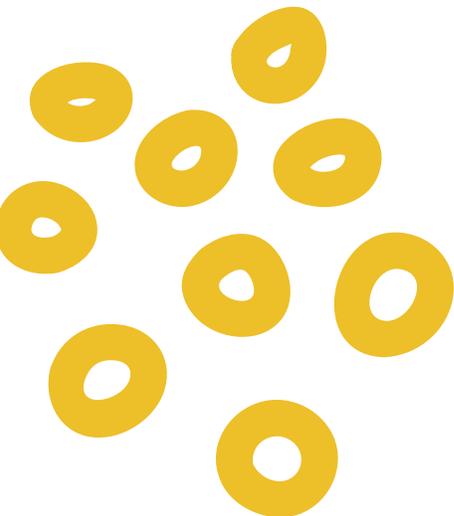
- 6 8" flour tortillas
- 3/4 cup broccoli chopped fine
- 3/4 cup cauliflower chopped fine
- 3/4 cup carrots chopped fine
- 1/2 red pepper chopped fine
- 1 8 oz pkg cream cheese, softened
- 1 cup sour cream
- 1 1 oz pkg ranch dressing mix

## DIRECTIONS

1. Chop up your vegetables fine and combine in a large bowl and mix together.
2. In another bowl mix together your cream cheese, sour cream and ranch mix until smooth.
3. Spread 1/3 cup of your mixture onto each of your tortillas and then sprinkle with the same amount of veggies.
4. Roll up and wrap in Saran Wrap and refrigerate for at least 30 minutes. Once chilled cut into 1/2"-1" slices and serve.

## Notes:

- Make sure your cream cheese is at room temperature, makes it easier to combine.
- The longer you refrigerate the better they will hold up when cutting.
- Cut with a serrated knife, cutting pinwheels with this type of knife makes it so much easier to slice through.
- You can store in refrigerator up to 24 hours before serving, cut or uncut.
- You can switch up your vegetables that you like for anything.





KIDS COOK

# Smoked Gouda Mushroom Quesadillas

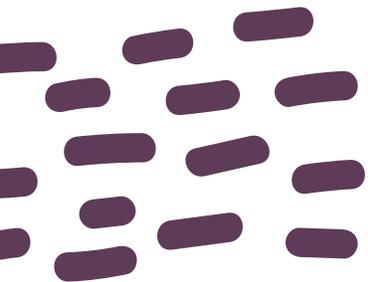
| Servings 10 |

## INGREDIENTS

- 1 yellow onion
- 2 bell peppers (I used red and yellow)
- 1 tablespoon olive oil
- 4 tablespoons butter, divided
- 16 ounces fresh sliced white mushrooms
- 1 1/4 cup shredded cheese, Gouda!
- 10 flour tortillas
- sour cream and cilantro and anything else for topping

## DIRECTIONS

1. Prep the veg: Slice the onion and peppers into thin strips. Heat the olive oil in a large nonstick skillet over medium high heat; add the onions and saute for 3-5 minutes or until soft. Add the peppers and saute for 5 minutes until soft and roasty-looking on the outside. Transfer to a bowl.
2. Prep the mushrooms: Add 1 1/2 tablespoons butter and melt over medium low heat. Add the mushrooms and saute for 5-8 minutes or until golden brown. Toss in the bowl with the peppers and onions.
3. Assemble and cook: Wipe the skillet with a paper towel and return to the stove. For each quesadilla, melt 1/2 tablespoon butter in the skillet and layer these ingredients directly in the pan: 1 tortilla, 2 tablespoons cheese, 1/3 cup pepper mushroom mixture, 2 tablespoons cheese, 1 tortilla. By the time you've layered them, the bottom will probably be getting a little golden brown. Press the quesadilla together with the back of a spatula to help it stick and carefully flip it over in the skillet. Let the quesadilla brown for another 2-3 minutes on the other side, just enough to turn golden brown and melt the cheese.
4. Remove and cut into wedges (and repeat for the other quesadillas). Top with sour cream, cilantro or anything else you like!





K I D S C O O K

## Best Ever Refrigerator Dill Pickles

Servings 1 pint-sized jar (12 spears)

### I N G R E D I E N T S

3 pickling cucumbers 4-4 1/2" long, but no longer

1/4 oz fresh dill for a few sprigs per jar

1/2 cup water

2 cloves garlic crushed, with the side of a knife

1 1/2 tsp kosher salt

1/4 tsp sugar

1/2 tsp whole mustard seeds

1/4 tsp whole black peppercorns

Wide mouth pint size canning jars with lids

### D I R E C T I O N S

1. Wash cucumbers and cut into spears or slices. Pack into a wide-mouth pint-sized canning jar, or any clean glass jar. Since these are refrigerator pickles a canning jar is not necessary. Tuck several sprigs of dill in between the cucumbers.
2. In a saucepan, combine the vinegar, garlic cloves, salt, sugar, mustard seeds, and peppercorns. Bring to a boil and stir until the salt and sugar are dissolved. Remove from heat and cool to room temp.
3. Pour liquid over cucumbers in the jar. Make sure to include all the mustard seeds, peppercorns, and garlic. (If making multiple jars, include two cloves of garlic per jar and divide the mustard seeds and peppercorns approximately evenly between jars.) If you are using a slightly larger jar and the liquid doesn't fully cover the pickles, fill the rest of the jar up with water.
4. Close the jar and refrigerate for a minimum of 24 hours but preferably 48 hours. Enjoy!



KIDS COOK

# Deep Dish Chocolate Chip Cookie

| Servings 2 |

## INGREDIENTS

2 tablespoons butter, softened  
2 tablespoons brown sugar  
1 tablespoon granulated sugar  
1 large egg yolk  
1/4 teaspoon vanilla extract  
1/3 cup all-purpose flour  
1/8 teaspoon baking soda  
1/8 teaspoon salt  
1/4 cup chocolate chips  
2 tablespoons chopped walnuts (opt)  
Ice Cream for Topping (opt)

## DIRECTIONS

1. Heat oven to 350F
2. Mix together the butter and sugars in a small mixing bowl.
3. Add the egg yolk and the vanilla and continue mixing until well combined.
4. Add in the flour, baking soda, and salt to the bowl and stir until just combined.
5. Fold in the chocolate chips and chopped walnuts.
6. Pour cookie dough into a buttered 10-ounce ramekin or spoon cookie dough onto a cookie sheet.
7. Bake for 22-25 minutes or until top is golden and the edges of the cookie is set.
8. Remove from the oven and place on a cooling rack to cool for 10 minutes.

KIDS COOK

# Biscuit Cinnamon Rolls

(advanced recipe)

Servings 12 cinnamon rolls

## INGREDIENTS

### Filling:

- 1/2 cup butter, melted
- 1/2 cup light brown sugar
- 1 tsp ground cinnamon

### Dough:

- 1/2 cup cold butter, cut into cubes
- 2 1/2 cups self rising flour
- 1 cup cold buttermilk

### Glaze:

- 1 cup powdered sugar
- 1/2 tsp vanilla
- 1/4 tsp ground cinnamon
- 3 Tbsp heavy cream

## DIRECTIONS

1. Preheat oven to 450°F
2. Spray a 9" round baking pan with nonstick spray. Line the bottom of the pan with a parchment paper round. Spray again and set aside.
3. Filling: In a medium bowl combine the melted butter, brown sugar and cinnamon and stir until smooth. Set this aside while you make your dough.
4. Dough: In a large bowl combine the cold butter and the self rising flour with a pastry cutter or fork until it resembles coarse sand. Make a well in the center of the mixture and pour in your buttermilk. Stir this until the dough just comes together.
5. Place the dough onto a heavily dusted work surface. Knead the dough about 10 times until it is less sticky. Flour a nonstick silicone liner, parchment paper or wax paper. Place the dough onto this surface and roll it out into a rectangle shape that is approximately 1/3 inch thick. (about 12"x15"). This doesn't have to be exact.
6. The filling mixture will have thickened up at this point making it easy to spread. Spread it all over your dough leaving a small border at the edge. Roll the dough up starting at the long side.
7. Once it's rolled up slice it into 12 -14, 1" slices. Place the slices into the prepared pan and bake for 13-15 minutes until golden brown. When the rolls are done allow them to cool for 10 minutes before glazing.
8. Glaze: Whisk together all the ingredients and pour onto warm rolls. Serve warm.

