



KRESCENT CITY KIDS

Preschool Chefs Program
Eat, Cook, Learn

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Chef _____ , First Recipes



Yogurt Parfait

Ingredients you will need:

Plain Yogurt



Blueberries



Raspberries



Granola (or Cereal)



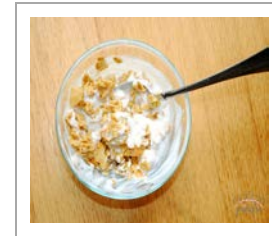
What you do:

Step 1



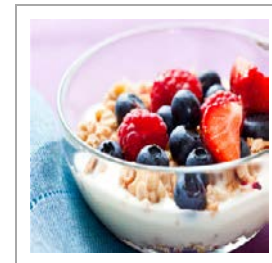
Pour ½ cup of yogurt into bowl or glass.

Step 2



Pour 2 tablespoons of granola on top of the yogurt.

Step 3



Pour 2 spoonfuls of blueberries and raspberries on top of the granola.

Prep Time: 15 mins

Mini Mardi Gras KING CAKE

Ingredients you will need:

Pillsbury Grands cinnamon rolls



Yellow colored sugar



Purple colored sugar

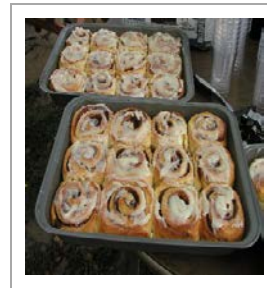


Green colored sugar



What you do:

Step 1



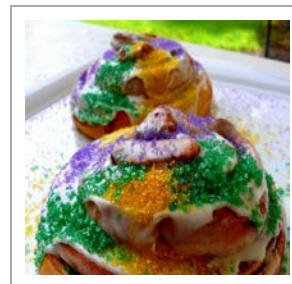
Bake cinnamon rolls 2 inches apart for 20 minutes

Step 2



Spread low fat icing onto roll and sprinkle on colored toppings

Step 3



Enjoy

Prep Time: 30 mins

Chicken Apple Salad

Ingredients you will need:

- Baby Spinach leaves



- ½ apple



- Seedless Grapes



- Sliced chicken breast



- ½ cup of lemon juice



What you do:

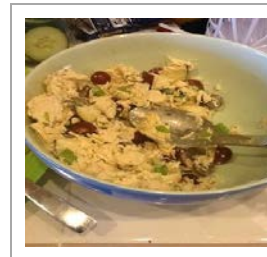
Step 1



Cut chicken breast into small pieces.

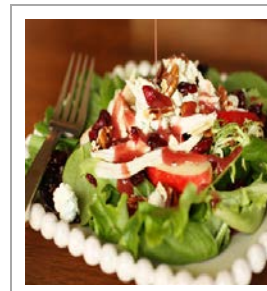
Cut apple into small bites.

Step 2



Combine baby spinach leaves, sliced chicken breast, seedless grapes, and apples into small bowl.

Step 3



Top it with lemon juice

Enjoy

Prep Time: 15 mins

Strawberry Graham Sandwiches

Ingredients you will need:

- Low fat cool whip



- Low fat vanilla yogurt



- ½ cup of strawberries

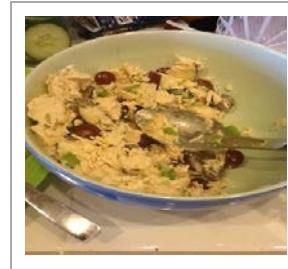


- 2 sheets of graham crackers



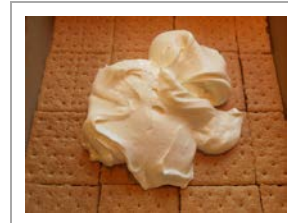
What you do:

Step 1



Mix cool whip, vanilla yogurt, and strawberries into mixing bowl.

Step 2



Spread the mixture onto graham cracker and place other sheet on top.

Step 3



Enjoy

Prep Time: 15 mins

Fruit Kabob on Straws

Ingredients you will need:

- Watermelon



- Sliced bananas



- Seedless Grapes



- Melon balls



- Straws



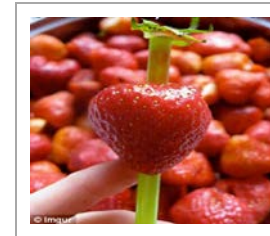
What you do:

Step 1



Cut fruit into small slices.

Step 2



Take fruit and push them thru the straws one by one.

Step 3



Continue the pattern and enjoy your personal fruit kabob!

Prep Time: 15 mins

Pita Tree Appetizers

Ingredients you will need:

- Plain Pita Bread Folds



- Thin Pretzel Sticks



- Fat Free Cream Cheese



- Green food coloring



- Chopped Parsley



What you do:

Step 1



Mix cream cheese and green food coloring into small bowl.

Cut Pita Folds into a triangle shape.

Step 2



Spread the cream cheese onto the pita folds and dress them with the toppings.

Step 3



Last, place pretzel sticks at the bottom of Pita fold for your stem!

Prep time: 20 mins

Dirty Kajun Pudding

Ingredients you will need:

- Low- Fat milk



- Low fat cool whip



- Instant vanilla pudding

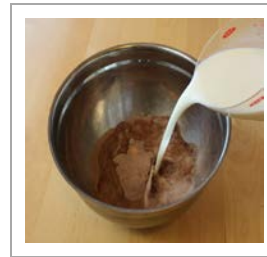


- Graham crackers



What you do:

Step 1



Mix instant pudding and milk in small bowl until its firm.

Step 2



After your pudding is complete, crush graham crackers into pudding and create a 'dirt' look

Step 3



Refrigerate for 10 mins

Enjoy

Prep Time: 20 mins

Bagel Pizza Treats

Ingredients you will need:

- Plain whole wheat bagel



- Tomato pizza sauce



- Turkey pepperoni



- Shredded low fat cheese



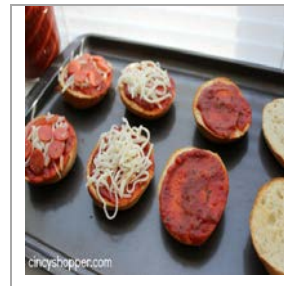
What you do:

Step 1



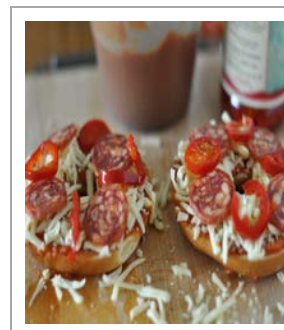
Spread Pizza sauce on bagel.

Step 2



Spread shredded cheese on top of sauce

Step 3



Sprinkle turkey pepperoni on top.

Warm in oven for 10 mins.
Prep Time: 20 mins



KRESCENT CITY KIDS

THIS CERTIFIES THAT

[NAME]

has successfully completed the Master Chef In-Training program is therefore awarded this



CERTIFICATE

Dated this [Day] day of [Date]

KCK Chef

Trenll Squall



Director

Angela Lee