



# READY SET GO CORN ON A STICK

(serves 3)

## DIRECTIONS

1. Shuck the corn by taking off the leaves and the silk.
2. Break the corn in half—ask an adult for help if you need to.
3. Put the halves of corn in a bowl. Add water until it is about two fingers' width from the top of the bowl.
4. Put the bowl in the microwave and cook for 4 minutes.
5. With the help of an adult, check the corn to see if it is done. Put a fork in the corn to see if it is soft enough to eat. If it isn't done, cook it for 4 more minutes and check it again.
6. With an adult, take the corn out of the microwave with hot pads. Let a grown-up carefully take the hot corn out of the bowl.
7. Let the corn cool for about 10 minutes. Put the end of the corn on a skewer. Put butter on the corn with a butter knife, or spread a mayonnaise/salt mixture onto the corn.

## WHAT ELSE YOU CAN DO?

Add a small amount of cayenne pepper for color. Start out with just a little bit so it isn't too hot.

You can also try using ranch dressing instead of butter.

Instead of using butter, mix three tablespoons of mayonnaise with  $\frac{1}{4}$  teaspoon of garlic salt and spread this on your corn.

Level of difficulty: **HARD**

(adult to take corn out of microwave and bowl when hot)



## KITCHEN TOOLS

large microwave-safe bowl  
microwave  
hot pads  
wooden or metal skewers

## INGREDIENTS

3 ears of corn  
3 Tbsp. butter, softened

## FOOD GROUPS

Vegetable | corn

Yellow • 23





# DOUBLE TROUBLE DIRT SHAKE

(serves 2)



## DIRECTIONS

1. Put the ice cream in a blender.
2. Add the almond milk.
3. Add the Oreos to the blender.
4. Mix on low speed for 5 seconds.
5. Stop the blender and pour the shake into a cup.

## WHAT ELSE CAN YOU DO?

You can use soy or coconut ice cream. You can use other crunchy cookies instead of Oreos.

## WHAT CAN GO WRONG?

If the shake is not thick enough, add  $\frac{1}{2}$  to 1 cup of ice to the blender with the mixture. Blend it on high for 2 minutes. That will thicken it.

Level of difficulty: **EASY**

(adult supervision of blender)



## KITCHEN TOOLS

ice cream scoop  
blender  
measuring cup

## INGREDIENTS

5 Oreos  
 $\frac{1}{2}$  cup almond milk  
4 scoops vanilla ice cream

## FOOD GROUP

Protein  
Dairy

almond milk  
ice cream

Brown • 53







# COLORFUL WAFFLE QUESADILLA

(serves 2)

## DIRECTIONS

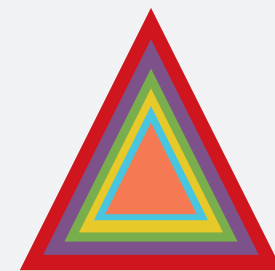
1. Cut the broccoli and carrots into thin pieces. Cut the cheese into thin pieces, too, if you don't have shredded cheese.
2. Plug in a waffle iron.
3. While the waffle iron is warming up, open the waffle iron and carefully lay a tortilla on top.
4. On top of the tortilla, place the pieces of cheese and vegetables.
5. Place a second tortilla on top of the vegetables and cheese. Close the top of the waffle iron. The top may not close all the way, since this quesadilla is thicker than a waffle. That is okay—it's still heating and cooking your tortilla.
6. Don't pay attention to the light on the waffle maker. That is only for a waffle. Wait about two minutes. Open the waffle iron and check to see if the tortilla is lightly brown on the bottom. Do this carefully. The inside of the waffle iron is hot.
7. When its brown enough on both sides, carefully take the quesadilla off the waffle iron with a spatula or a large spoon. Move it to a plate.

## WHAT ELSE CAN YOU DO?

Eat this with homemade salsa or shredded lettuce and cut-up tomatoes.

Level of difficulty: **HARD**

(adult supervision of waffle maker, cutting)



## KITCHEN TOOLS

knife  
cutting board  
waffle iron

## INGREDIENTS

4 tortillas  
8 baby carrots  
1 bunch broccoli  
1 cup shredded cheese (or  
cheese cut into small pieces)

## FOOD GROUPS

Grains  
Vegetable

Dairy

tortilla  
broccoli  
carrots  
cheese

Colorful • 61