



# Kids Can Cook



## Halloween Roasted Veggies

Turning veggies into jack-o-lanterns, witch hats and spooky ghosts may entice little ones to eat up all their veggies.

### Ingredients:

Sweet Potatoes  
White Potatoes  
Beets  
2 tbsp olive oil  
Pinch of salt & pepper  
2 tbsp rosemary



### Directions:

1. Bring a large pot of water to a boil. Cut sweet potatoes and white potatoes in half, width wise, and then drop into boiling water. Boil for 5 minutes, and then remove. Drop whole beets into boiling water and cook for 5 minutes.
2. While beets cook, cut potatoes into  $\frac{1}{2}$  inch thick slabs. With a small paring knife or Halloween cookie cutters, cut sweet potatoes into jack-o-lanterns and white potatoes into ghosts.
3. Remove beets from water and cut into  $\frac{1}{2}$  inch slabs, then cut out witch's hat shapes.
4. Set veggies onto parchment paper-lined baking sheet. Drizzle with olive oil, sprinkle with salt, pepper, and rosemary and toss around to evenly coat.
5. Bake at 400 degrees F (240 C) for 1 hour, flipping the vegetables halfway through.





# Kids Can Cook



## Pumpkin Pie Twists

Fall has arrived which also means fall flavours! Try these pumpkin twists for a sweet treat this fall.

### Ingredients:

1 Can Crescent Rolls  
½ Cup Pure Pumpkin puree  
3 Tbsp. Melted Butter  
3 Tsp. Pumpkin Pie Spice

### Icing (optional)

¼ Cup Unsalted Butter, softened  
¼ Cup Cream Cheese, softened  
1 Cup Powdered Sugar  
½ Tsp. Vanilla Extract



### Directions:

1. Line baking sheet with parchment paper.
2. Unroll crescent dough and lay down on prepared baking sheet as 4 rectangles. Spread pumpkin onto two of the rectangles. Place the other two rectangles on top of the pumpkin and press edges together.
3. Brush with melted butter and sprinkle with pumpkin pie spice.
4. Using a pizza cutter, cut rectangles into 6 strips.
5. Twist each strip a few times and sprinkle with more pie spice. Bake at 375F for 8-10 minutes.

### Cream Cheese Icing:

1. Mix ingredients in a large bowl using an electric mixer.
2. Fill Ziploc bag with icing snip corner and ice the twists.

