



Kids Can Cook



Spaghetti and Meatball Muffins

Thursday January 4th is Spaghetti day; celebrate by making spaghetti a little differently.

Ingredients/supplies:

- 8 oz spaghetti noodles
- 1.5 tbsp. olive oil
- 1 egg, slightly beaten
- 2 cups of your favourite spaghetti sauce
- 12 frozen meatballs
- 1 cup grated mozzarella cheese
- Muffin tin



Directions:

1. Bake meatballs according to package directions and set aside (keep warm). Keep oven preheated to 375 degrees. Grease or spray a 12-cup regular size muffin pan with non-stick cooking spray. Set aside.
2. While meatballs are baking, cook spaghetti noodles according to package directions. Drain and toss in a bowl with olive oil; allow to cool for about 5-10 minutes. *You want the noodles to be cool enough for you to touch without getting burned.
3. Toss the cooled spaghetti noodles with 1 cup Mozzarella cheese, 3 tablespoons of spaghetti sauce and egg. Evenly divide spaghetti between the 12 muffin cups, pressing noodles in each cup to create a small indentation in the middle. The indentations will be "nests" for the meatballs. Bake for 15 minutes and remove from oven.
4. Carefully take each spaghetti muffin out of the muffin pan; top each "nest" with 1-tablespoon warm spaghetti sauce, add a meatball, and top with 1 more tablespoon spaghetti sauce and serve.

<http://www.momalwaysfindsout.com/spaghetti-recipe/>





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Heart Shaped Fruit Kebabs & Yogurt Dip

Celebrate Heart Month and Valentine's Day in February with some heart shaped fruit kebabs and healthy yogurt dip.

Ingredients/supplies:

- Small heart shape cookie cutter
- Popsicle sticks (no sharp points)
- Honeydew melon
- Cantaloupe melon
- Watermelon
- Pineapple

Ingredients for Dip:

- 1 1/3 cup Greek yogurt
- 2 tsp. honey
- 1/4 tsp. orange zest
- 1 tbsp. orange juice
- 1/8 tsp. vanilla extract



Directions:

1. Cut fruit into heart shapes using cookie cutter.
2. Slide fruit pieces onto Popsicle sticks.

Directions for Dip:

1. Stir together all ingredients in a mixing bowl.
2. Cover and chill until ready to eat.
3. Dip fruit kebabs into dip and enjoy!

