



# Kids Can Cook



## Heart Shaped Cheese Quesadillas

Make these cheesy heart shaped quesadillas with your little valentine for a special Valentines Day treat.

### Ingredients:

Flour tortillas  
Shredded cheese  
Diced Veggies (optional)  
Pepperoni (optional)  
Large heart shaped cookie cutter, or knife



### Directions:

1. Cut your tortillas into heart shapes, two pieces for each quesadilla.
2. Sprinkle cheese on one of the heart pieces. Add other toppings if you like.
3. Place the second tortilla heart on top.
4. Cook in a frying pan over medium heat until each side is golden brown.





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## Rainbow Fruit Snack

A fun and nutritious St Patricks Day snack - create a rainbow out of fruit and don't forget the pot of gold at the end of the rainbow.

### Ingredients:

Strawberries and/or raspberries  
Orange slices  
Pineapple  
Green grapes (cut in half to avoid choking)  
Blueberries  
Gold wrapped chocolates



### Directions:

1. Wash, peel, and cut fruit.
2. Arrange into arcs on half of a plate, one colour (fruit) at a time.
3. Place gold wrapped chocolates in a bowl at the end of the rainbow.
4. Children must eat the fruit before they get any of the gold.

