



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.

