



Island Harvest
Fighting Hunger. Touching Lives.

Harvest News You Can Use

Kid's Cookbook: Recipes

Grilled Cheese

2 slices wheat bread

1-1/2 oz. Cheddar, mozzarella, havarti, or soy cheese, sliced

2 tsp. olive oil

Make a sandwich with the bread and the cheese. Spread 1 tsp. of olive oil on top of the sandwich and another tsp. on the bottom. Place the sandwich in a dry skillet over low heat. Press down with a spatula to encourage the cheese to melt. Cover the pan for just a minute and when browned on the bottom, flip the sandwich over. Press down once again. Cover for another minute and when browned on the bottom and the cheese is melted, remove from heat and serve. Makes one sandwich.

Bugs on a log

2 stalks celery

**your favorite filling: peanut butter, tuna salad, tofu dip, etc.
raisins**

Rinse celery and cut off ends. Fill celery with your favorite filling and decorate with raisins.

Banana Pops

3 small bananas

6 Tbs. Peanut butter

2 Tbs. Honey

Break the bananas into chunks and place in small bowl. Mash thoroughly with a fork, then add the peanut butter and honey and blend well. Place in popsicle holders and freeze.

Juice Pop

Club Soda (1 liter)

Juice in concentrated form (for making 1 qt. of juice)

Ice, straw

Combine one can of thawed concentrated juice with one liter of club soda. Serve with ice and a straw. For an extra treat, fill plastic cups 3/4 full with "juice pop" and freeze. Makes a great slushy treat!

Funny Face Carrot Salad

2 Carrots

1 Small can crushed pineapple

1/2 cup vanilla yogurt

Raisins

Peel carrots. Roll up a few long shavings and save them for "hair" on a final salad. Grate carrots with a grater. Be careful of your finger. Drain can of crushed pineapples in a strainer, using a spoon to push out the juice. Toss pineapple with carrots, then add vanilla yogurt. Spoon some salad onto a plate. Make a smiling face with raisins. Style carrot "hair", and serve with a smile.

Top Dog

8 Weiners

4 slices American Cheese, cut into 6 strips each

1 can refrigerated crescent dinner rolls (8 oz)

Slit weiners to within 1/2" of ends; insert 3 strips cheese in each slit. Separate dough into 8 triangles; wrap dough over weiner, keeping cheese up. Place on ungreased cookie sheet, cheese side up. Bake at 375 degrees for 12-15 minutes or until golden brown.

Banana on a Stick

Bananas

Graham crackers

Peanut butter

Popsicle sticks

Crush graham crackers into crumbs. Cut peeled banana in half, crosswise. Insert stick in flat end. Spread with peanut butter and roll in graham cracker crumbs.

Trail Mix

**4 cups Chex cereal
1/2 cup dried fruit bits
1/2 cup raisins
1/2 cup yogurt-covered peanuts
1/2 cup Reese's pieces**

Put into a large ziploc bag and shake to mix.

Fruit Cup

**3 tb. frozen lemonade concentrate
1 medium apple; cored, diced
1 medium orange; peeled, sectioned and diced
1 medium peach; pitted, diced
1 medium banana; peeled, sliced
1/2 cup seedless grapes; halved
1/2 cup blueberries
2 tb. walnuts, finely chopped**

Place lemonade concentrate in a large bowl and mix lightly with fruits as they are prepared. Chill. Decorate each serving with chopped walnuts.

Veggies with a Twist

**1 pita or 2 slices, whole-wheat bread
1 to 2 slices cheese
1 small tomato, sliced
2 or 3 lettuce leaves
1 carrot, shredded
2 ts. mayonnaise**

Spread mayonnaise on inside of pita (or on slices of bread), then stuff with cheese and veggies.

Peanut Butter Crispy Rice Bars

1/4 cup butter or margarine

1 package (10 oz) marshmallows
6 cups chocolate-flavored crispy rice cereal
1 cup peanut butter chips
1/2 cup chopped peanuts, optional
Grease 13x9-inch pan. In a large saucepan over low heat, melt the marshmallows and butter, stirring occasionally. Remove from heat and stir in remaining ingredients; mix until well coated. Press mixture into the pan, cool, and cut into bars.

Crazy Muffins

3 cups flour
3/4 cup sugar
1 tb. + 2 ts. baking powder
1/2 ts. salt
1/3 cup melted butter or vegetable oil
1-1/2 cups milk
3 large eggs, beaten
1 cup Craisins (dried cranberries)

Preheat oven to 375 degrees. Combine flour, sugar, baking powder and salt in bowl. Combine melted butter or vegetable oil, milk, eggs, and Craisins in another bowl. Add one bowl to the other and mix until just smooth. (Do not over mix or muffins will be tough). Spoon into a non-stick or large paper cup-lined muffin pan, filling each slot just a little over the top. Bake 20 to 25 minutes, or until a toothpick inserted in the middle of the muffin pulls out clean. Serve warm with butter.

Pizza Pot Pie

8 oz. wagon wheel macaroni
8 oz. Italian sausage
1 ts. instant minced onion
1/2 ts. oregano
1/2 ts. basil
1/4 ts. ground black pepper
1 24 oz. jar traditional-style pasta sauce
1 oz. package mozzarella cheese, cut into thin slices

Preheat oven to 400 degrees. Cook and drain pasta as directed on package. While pasta is cooking, break apart Italian sausage and

cook over medium heat in a large skillet, until done, about 5-7 minutes; add in onion, oregano, basil, and pepper, stir well. Drain excess fat. Stir cooked sausage, onion, basil, and pepper into pasta sauce in an ungreased 9" deep-dish pie plate or 2-1/2 quart casserole dish. Add cooked pasta, blend well. Cover top completely with mozzarella slices. Bake 15 minutes or until cheese is melted and mixture is hot.

Cheesy Chili-Mac

2 cans chili with beans

1 cup macaroni noodles, type of your choice

1 cup cheddar cheese, grated

1 small onion, chopped

1 tb. Italian seasoning

1 ts. salt

tabasco sauce

Cook macaroni as directed on package. While macaroni is cooking, heat chili. Add Italian seasoning, salt, and tabasco sauce (to taste) to chili. Mix onion, chili, and macaroni in large bowl. Put mixture in a casserole dish and add cheese. Bake for 10-15 minutes in a 350 degree oven, or until cheese melts.

Baked Chicken Fingers with Honey Mustard Sauce

2 tb. vegetable oil

1/2 cup buttermilk

12-16 boneless chicken breast fillets

1 cup bread crumbs

salt and pepper to taste

1/2 ts. sugar

1 ts. ground chili powder

1/2 ts. ground cumin

Preheat the oven to 400 degrees. Brush a non-stick or parchment-lined baking tray with the oil and set aside. Place the buttermilk in bowl. Add the chicken and toss to coat. Combine the bread crumbs, salt, pepper, sugar, chili powder, and cumin on a wide, sided plate. Coat the chicken in this mixture, gently pressing it on. Place the chicken on the baking tray. Bake 10 minutes, then turn over and

bake 5 minutes more. For the sauce, combine 1/3 cup Dijon mustard and 1/4 cup honey, or to taste.

Easy No-Cook Salsa

2 cans chunky diced tomatoes (14 oz. each)

1 can diced green chiles (4 oz.)

1/4 cup thinly sliced green onion

1/4 cup chopped fresh parsley or cilantro

2 tb. lemon juice

1/8 ts. pepper

1 clove garlic, minced

1/4 ts. salt, or to taste

Drain tomatoes, reserving only 1/3 cup of the juice. Combine tomatoes and juice with remaining ingredients; cover and chill at least 4 hours. Serve with tortilla chips