



Eat Right
WITH ROUSES

Kid's Cooking Camp
with Dietitian April Sins

Shopping List

For virtual class on July 14th, 2020

- 1 package of large whole wheat tortillas
- 1 package of shredded cheddar cheese
- Olive oil
- 1 red or orange bell pepper
- 1 32-ounce container of vanilla yogurt
- 4 ounces fresh blueberries
- 1 bag white chocolate chips (optional)

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Rocket Ship Quesadillas

Makes 4 Servings



INGREDIENTS:

- 4 large whole wheat tortillas
- Shredded cheddar cheese
- Olive oil for brushing
- 1 red or orange bell pepper (for garnish)

KITCHEN TOOLS:

- Large baking sheet pan
- Parchment paper
- Basting brush

INSTRUCTIONS:

1. Preheat oven to 400°F. Lay out tortilla on a pan lined with parchment paper. Using a pizza cutter, cut 1.5 inches off the left and right sides of the tortilla where the sides make a straight edge. (you may discard this piece). Using a cookie cutter or knife, cut three squares in the center of the tortilla and discard the squares.
2. Add cheese to the center of the tortilla and fold both sides toward the center. Carefully flip the tortilla over to make it seam side down. Cut the top of the rocket into a pointed top as in picture. Tuck the long pieces that you cut off of the sides behind to look like a rocket ship. You can use a small amount of cheese as “glue” to hold the rocket ship wings in place. After your rocket ship is formed, coat the top with olive oil using a pastry brush.
3. Place the pan with the rocket ship in the oven on the middle rack. Bake until golden brown and cheese is melted, about 8-10 minutes. Allow to cool for 5 minutes. Add red bell pepper “flames” to the bottom of the rocket ship.

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Galaxy Yogurt Bark

Makes 6 Servings



INGREDIENTS:

- Vanilla yogurt (large container)
- 4 ounces fresh blueberries
- White chocolate chips (optional)

KITCHEN TOOLS:

- 9x13 glass casserole dish or similar
- Parchment paper
- Food processor or blender

INSTRUCTIONS:

1. Using a food processor, puree fresh blueberries until smooth. Line a glass casserole dish with parchment paper. Pour two cups of yogurt into the lined casserole dish. Smooth the yogurt with a rubber spatula until evenly spread. Add blueberries to the top of the yogurt and gently smooth over with the spatula until somewhat incorporated. Swirling with the spatula will also give a galaxy effect. Add white chocolate chips if desired.
2. Place in freezer for 3 hours.
3. Crack into pieces, about 2x2 inches.
4. Serve with extra blueberries for garnish.

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