



Eat Right
WITH ROUSES

Kid's Cooking Camp
with Dietitian April Sins

Shopping List

For virtual class on July 21st, 2020

- 4 fresh corn on the cob (with or without hulls)
 - Olive oil
 - Unsalted butter
 - 1 bunch fresh cilantro
 - Ground cumin
 - Ground paprika
 - Salt & Pepper
- 1 container of your favorite unsalted nuts or nut alternative
- 1 bag of bean or hummus chips
- Sesame sticks

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“Campout” Roasted Corn

Makes 4 Servings



INGREDIENTS:

- 4 corn on the cob (with or without hulls)
- 4 tablespoons olive oil
- 4 tablespoons unsalted butter, melted
- 1 bunch or ¼ cup fresh cilantro
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika
- Pinch of salt
- Pinch of pepper

KITCHEN TOOLS:

- Aluminum foil
- Roasting pan

INSTRUCTIONS:

1. Preheat oven to 400°F. Shuck corn as needed.
2. Place a large layer of foil on the bottom of the pan with about 6 inches on all sides to spare. Add the oil and butter to the corn and evenly coat each corn cob.
3. Sprinkle ground cumin and paprika evenly over the corn along with a pinch of salt and pepper over each corn cob. Spin each cob to coat with herbs and spices. Add fresh cilantro over the top of the corn.
4. Place another oversized sheet of foil on top of the corn and seal the sides tightly with the bottom layer of foil. Place in the oven and bake for 40 minutes. Remove from oven and let stand for 3 minutes. Using an oven mitt, remove the foil from the top, being careful to avoid steam.

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Protein Power Trail Mix

Makes 6 Servings

INGREDIENTS:

- 1 cup of your favorite unsalted nuts or nut alternative
- 1 cup bean or hummus chips
- 1 cup sesame sticks
- 1 teaspoon paprika
- ½ teaspoon salt

KITCHEN TOOLS:

- Large mixing bowl

INSTRUCTIONS:

1. It doesn't get much easier than this. Use a large mixing bowl to combine all ingredients until seasoning is evenly distributed. Enjoy!

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