



Eat Right
WITH ROUSES

Kid's Cooking Camp
with Dietitian April Sins

Shopping List

For virtual class on July 28th, 2020

- | | |
|---|---|
| <input type="checkbox"/> 1 can (10 ounces) mild Rotel | <input type="checkbox"/> 1 bag of multigrain tortilla chips |
| <input type="checkbox"/> 2 cans (14.5 ounces) Rouses whole tomatoes | <input type="checkbox"/> 2 medium zucchini |
| <input type="checkbox"/> 1 bunch of fresh cilantro | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> 1 onion | <input type="checkbox"/> 1 container grated Parmesan cheese |
| <input type="checkbox"/> 1 head fresh garlic (or 1 jar minced) | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Ground cumin | <input type="checkbox"/> 1 container plain dry bread crumbs |
| <input type="checkbox"/> 1 lime or 1 bottle of lime juice | <input type="checkbox"/> Salt & Pepper |
| | <input type="checkbox"/> 1 egg |

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Restaurant Style Salsa

Makes 8 Servings



INGREDIENTS:

- 1 can (10 ounces) mild Rotel
- 2 cans (14.5 ounces) Rouses whole tomatoes
- ½ cup fresh cilantro leaves, washed
- ¼ cup onion, chopped
- 1 teaspoon minced garlic
- ¼ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 tablespoons lime juice
- Multigrain tortilla chips

KITCHEN TOOLS:

- Blender or large food processor
- Can opener

INSTRUCTIONS:

1. Combine all ingredients into a food processor or blender.
2. If unable to fit in your blender, blend half of the ingredients and place in a bowl, then blend the other half. Combine in a bowl and mix well with a rubber spatula.
3. Enjoy with chips.

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Parmesan Zucchini Rounds

Makes 4 Servings

INGREDIENTS:

- 2 medium zucchini
- 1 tablespoon olive oil
- ½ cup grated Parmesan cheese
- ½ cup plain dry bread crumbs
- ⅛ teaspoon salt and pepper to taste
- ¼ teaspoon paprika
- 1 egg white, lightly beaten

KITCHEN TOOLS:

- Baking sheet
- Mixing bowls

INSTRUCTIONS:

1. Preheat oven to 350°F. Lightly coat a baking sheet with cooking spray. Slice zucchini into ¼-inch thick rounds. Place zucchini in a bowl with olive oil; stir to coat.
2. Combine Parmesan cheese, bread crumbs, salt, pepper and paprika in a small bowl. Dip each zucchini slice in egg white. Press into the Parmesan mixture, coating on both sides. Place in a single layer on prepared baking sheet. Bake until browned and crisp, about 10 to 15 minutes. Remove with spatula. Serve warm.

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