

## Younger Chef Cooking Camp

### Color Red

#### **Red Food:**

|            |            |
|------------|------------|
| Raspberry  | Strawberry |
| Tomato     | Watermelon |
| Red apples | Beets      |
| Cherry     | Radish     |

See any of these food facts pages for more recipes.

<http://www.kids-cooking-activities.com/food-facts.html>

#### **Red Recipes:**

##### **Stuffed Strawberries**

Yummy and red!

About 25 Large strawberries  
 3 oz. package cream cheese  
 1/4 Cup granola or chopped nuts  
 1/2 teaspoon vanilla

For each strawberry, slice the top off. Then cut two slits on the narrow end making 4 wedges. Chop 3-4 strawberries in small pieces. In a bowl, add cream cheese, granola, vanilla and chopped strawberries. Blend together.

Fill each strawberry wedge with the cream cheese mixture.



##### **Cottage Cheese Mini Tomatoes**

Easy and healthy

30 cherry tomatoes  
 1 Cup small curd cottage cheese  
 1/2 teaspoon salt  
 1/4 teaspoon pepper

Have adult cut the tops off the cherry tomatoes. Kids can remove the seeds with finger or small spoon. Set tomatoes aside. Place the cottage cheese in a mixing bowl. Stir in salt and pepper. Add a spoonful of cottage cheese into each tomato.



## Older Chefs Cooking Camp Movie and a Recipe

### Enchanted



### Enchanted

Rated PG

Life is idyllic in the fairytale world where conflict is minimal and breaking into song solves every problem, but what happens when a princess from the fairy world gets magically transported into the real world?



### Chocolate Caramel Apples

4 cold apples washed and dried well

4 sucker sticks

Place sticks into apples and place on a sheet of wax paper. Prepare caramel layer.



#### Caramel layer:

1 pkg. caramels

2 Tablespoons water or milk

Place unwrapped caramels and milk in a measuring cup. Using a measuring cup that the apple can fit in, will make it easier to cover the apple with caramel. Heat caramel for 30 seconds in the microwave. Stir and continue to heat 1 more minute until caramel is completely melted. Dip apple into caramel swirling around to cover. Place on sheet of wax paper. Continue with all apples. Now prepare chocolate layer.



#### Chocolate layer:

1/2 Cup chocolate chips

2 teaspoons shortening

In a measuring cup, add chocolate chips and shortening. Heat 30 seconds in a microwave. Stir and continue to heat until chocolate is melted. Dip apple in chocolate. Immediately roll in your toppings. Place on wax paper. Allow to set. You can store these in the fridge for several days wrapped up in plastic wrap.



#### Topping ideas:

Chopped pecans or peanuts

crushed Oreo cookies or other chocolate cookies

chopped graham crackers

Sprinkles

Toffee bits

Mini M&Ms

