

# Welcome Kids!

Cooking with Kids Class

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FoodFeasible LLC  
Big Picture Nutrition.

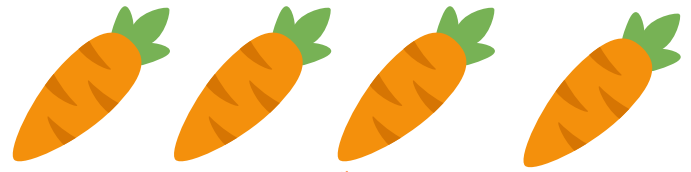
## Eggplant Pizza Bites

### Ingredients:

- 1 large eggplant, cut into 1/4 inch slices
- 2-3 tomatoes, cut into 1/4 inch slices
- 1 cup shredded mozzarella cheese
- 1 tsp garlic powder
- 2 Tbsp fresh herbs (parsley, basil, oregano), minced

### Directions:

1. Preheat oven to 375 degrees. On a large baking sheet, place eggplant slices in an even layer.
2. Place one tomato slice on each of the eggplant rounds and sprinkle with cheese and a dash of garlic powder.
3. Sprinkle fresh herbs over each of the pizzas and bake for 10-15 or until the cheese is melted and bubbly.



## Carrot Cake Energy Balls

### Ingredients:

- 1 1/2 cups pitted dates (or raisins)
- 1/2 cup carrots, shredded
- 3/4 cup walnuts
- 1 cup oats
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tsp vanilla
- pinch of salt

### Directions:

1. Add all ingredients to a food processor and pulse until combined.
2. Scoop out dough using a tablespoon measure and roll into balls.
3. Place in fridge to firm up.

## Corn Fritters

### Ingredients:

- 3 cups corn kernels
- 1/4 cup cilantro, chopped
- 1/4 cup green onion, chopped
- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp chili powder
- 2 eggs
- 1/4 cup milk
- 1 1/2 cups cheese, shredded
- 2 Tbsp olive oil;

### Directions:

1. Add corn, cilantro and green onion into a large bowl.
2. In a separate bowl, mix together flour, baking powder, salt and chili powder.
3. Pour the flour mixture over the corn and stir to combine. Add the eggs, milk and cheese. Stir until a thick batter forms.
4. Heat olive oil in a large skillet over medium heat.
5. Place 1/4 cup of the batter into the pan and cook for 2-3 minutes or until brown. Flip and cook for an additional 2-3 minutes.
6. Once fritters are finished, place on a plate to keep warm.

## Falafel with Tzatziki

### Ingredients:

1 can chick peas, drained  
4 garlic cloves, peeled  
1/2 onion, diced  
2 Tbsp parsley and mint, chopped  
1 tsp cumin  
3 Tbsp flour  
Salt and Pepper, to taste

1/2 cup plain Greek yogurt  
1 cucumber, shredded  
1 garlic clove, minced  
Juice of 1 lemon  
2 Tbsp fresh dill  
Salt and Pepper, to taste

### Directions:

1. Preheat oven to 375 degrees. Add all falafel ingredients into a food processor. pulse until mixture forms a thick paste.
2. Form the mixture into 2 Tbsp sized balls.
3. Place falafel on a baking pan and bake for 20-25 minutes or until golden brown.
4. For the sauce, combine all ingredients in small bowl. Mix until fully combined.
5. Top falafel with tzatziki and serve!



## Homemade Salsa & Tortilla Chips

### Ingredients:

5-6 tomatillos, husked and rinsed  
3-4 tomatoes, cored  
1/4 cup cilantro, chopped  
1/4 cup green onion, chopped  
1/4 cup white onion, chopped

Flour or Corn Tortillas  
2 Tbsp olive oil  
Sprinkle of salt

### Directions:

1. Preheat oven to 375 degrees. In a food processor or blender, add the salsa ingredients. pulse until tomatillos and tomatoes are in small chunks. Set aside.
2. Cut tortillas into triangles and place in an even layer on a baking sheet. Drizzle with olive oil, sprinkle with salt.
3. Bake for 5-10 minutes or until chips are crispy.
4. Serve!