



# St. Patrick's Day Children's Recipe Book

## “Best of Little Chefs”



# **Table of Contents**

**Intro**

**Safety in the Kitchen**

**The Golden Pinwheel**

**Leprechaun Mac-n-Cheese**

**Golden Pot Dinner**

**Mint Chocolate Chip Cookies**

**Shamrock Shake**

**Leprechaun Bait**

**Pretzel Shamrocks**

**Patrick's Puppy Chow**

**Rainbow Cupcakes**

**St. Patty's Day Whip**

**Lucky Rainbow Bark**

# Intro

**Cooking and working in the kitchen is a fun and educational activity for families to do together. In the Little Chefs cooking program creating meal will lead to a life time of learning! Before you start mixing, think about some of the ideas that we will be exploring.**

**Trying new foods**

**Organizing the project**

**Washing your hands**

**Demonstrate proper use of utensils**

**Preparation and Clean-up**

**Do not eat raw food and uncooked products**

**Have an adult supervise**



# Safety in the Kitchen

- Ask permission to use the kitchen. Get an adult to help you operate the oven and stovetop. Always walk in the kitchen and work slowly and carefully.
- Wash your hands with soap and water before you start and put on an apron.
- Read the entire recipe before you start cooking. Get all ingredients and supplies together first. Never eat raw or uncooked products.
- Point all pan handles away from the front of the stove.
- Always pick up knives by their handles and never try to catch a falling knife.
- Cut away from your hands and body and away from anyone near you, paying close attention to what you are doing and always use a cutting board.
- Use a dry potholder to handle hot containers.
- Ask an adult to pour boiling water into or out of a saucepan.
- Use a timer so that you don't cook anything too long (or forget!).
- Remember to switch everything off when you are finished cooking.
- Clean-up as you go along. Never put dirty knives in a sink full of water.



# The Golden Pinwheel

## ~Lunch~

**Ingredients:** 1 package (8 ounces) cream cheese, 8 drops Green Food Color, 4 flour tortillas (10-inch), 6 ounces sliced cooked corned beef (deli counter)

**Directions:**

- Mix cream cheese and green food color in medium bowl until well blended and smooth. Reserve 1 tablespoon cheese mixture.
- Spread 1/4 cup cheese mixture on 1 tortilla. Top with several slices of corned beef.
- Starting at this edge, roll tortilla up tightly. Seal opposite edge of roll with reserved cheese mixture.
- Repeat with remaining tortillas and ingredients. Wrap each tortilla roll individually in plastic wrap.
- Refrigerate at least 1 hour or until ready to serve. Unwrap and cut tortilla rolls into 1-inch slices to serve.



# Leprechaun Mac N' Cheese

~Lunch or Dinner Side~

**Ingredients:** 1 tablespoon flour, 1/2 teaspoon pepper, 1/2 teaspoon salt, 1 (12 ounce) can evaporated milk, 1 (10 3/4 ounce) can cream of celery soup, 3 cups cooked macaroni noodles, cooked 1/2 cup grated cheddar cheese, broccoli spears and green food coloring (optional). Gluten free option: purchase gluten free noodles and rice flour.

## **Directions:**

- Cook macaroni noodles according to package directions.
- While the macaroni is cooking, blanch the broccoli spears and then cut into pieces
- In a skillet add salt, pepper, flour, can of cream of celery soup, 1/4 cheese and milk on the stove for 10 minutes, stirring constantly. Add green food coloring until mixture turns green.
- Add cut-up broccoli to skillet and mix.
- In a 1 1/2 quart casserole dish alternate layers of macaroni noodles and creamy mixture. Add remaining cheese on top of mixture.
- Bake at 350° for 20-25 minutes.
- Serve and enjoy!



# The Golden pot

## ~Entrée (dinner)~

**Ingredients:** sliced corn beef from the deli counter, Red potatoes, 1lbs. fresh green beans, shredded cheese (cheddar or Swiss), olive oil and salt

### **Directions:**

- Slice corn beef into thin strips and roll into a pinwheel.
- Boil water and add a dash salt. While water is coming to a boil, dice the red potatoes. Add to boiling water and cook for 7-10 minutes until tender.
- Wash and dry 1lbs. of fresh green beans. Cut– ends off and cut into bite sized pieces.
- Boil water and add a dash of salt. Add green beans to water and cook until tender (7-10 minutes)
- Take a square piece of foil and add corn beef, potatoes, green beans, table spoon of shredded cheddar or Swiss, olive oil and seasoning to taste.
- Cook at 350° for 15 minutes or until cheese is melted. Wrap the foil in a pouch like shape and enjoy.



# Mint Chocolate Chip Cookies

~Dessert~

**Ingredients:** White Cake Mix, 3 Eggs, 1/2C Oil, 1C Water, Green Food Coloring, 1 1/2C Andes Mint Chocolate baking pieces, 1C mini Chocolate Chips

**Directions:**

- In medium bowl mix cake mix, oil, water and eggs
- Add 12 drops Green food coloring to dough
- Continue mixing until batter is a light tint of green.
- Stir in Andes Candy pieces and mini chocolate chips, mix by hand until well combined.
- Chill dough for 1 hour.
- Heat oven to 350°F.
- Form rounded balls with chilled dough
- Place on ungreased nonstick cookie sheet
- Bake 7 - 9 minutes
- Enjoy!



# Shamrock Shake

## ~Snack or Dessert~

**Ingredients:** 2 Cups Mint Chocolate Chip Ice-Cream, 1 1/4 Cups Skim Milk, 1/4 Teaspoon Mint Extract, 8 drops green food coloring, whip cream and a handful of ice and a cherry.

**Directions:**

- Combine all ingredients in a blender and blend on high speed until smooth.
- Stop blender and stir with a spoon, if necessary to help blend ice-cream
- Pour into 8-ounce cups and add whip cream on top with sprinkles or rainbow garnish (optional)
- Happy St. Patrick's Day



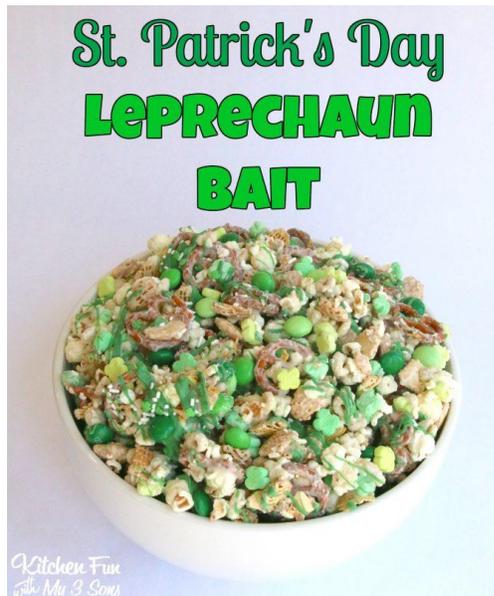
# Leprechaun Bait

## ~ Snack ~

**Ingredients:** white candy melts, green candy melts, popcorn, mini pretzel twists, crispix cereal, Lucky Charms Cereal, mint M&M's, green sprinkles.

### **Directions:**

- Mix your popcorn, cereal,  $\frac{3}{4}$  of M&M/s and pretzels in a large bowl.
- Melt your white candy melts according to the package directions. Pour the melted chocolate over the snack mix.
- Stir until fully coated.
- Line 2 baking sheets with wax paper and spread the mixture evenly like.
- Melt your green candy melts according to the directions and spoon the melted chocolate over the mixture.
- Add sprinkles.
- You will want to work quickly because the chocolate dries pretty fast. Let that sit for 10-15 minutes. Then break it off into pieces and place them in a large bowl.



# Pretzel Shamrocks

## ~Snack~

**Ingredients:** Baking sheet, parchment paper, clear treat bags, ribbon, classic pretzels, pretzel sticks, Rolo Candies & M&M's.

**Directions:**

- Line your baking sheet with parchment paper for easier cleanup.
- If you can find them, buy unwrapped Rolo's to make your prep time go a little faster.
- Let the kids help with sorting the green M&M's. It's great for fine motor skills for the little ones.
- Placing the finished shamrocks in the fridge or freezer helps them to set faster.
- After these delicious and festive treats have had time to set, place the Pretzel Shamrocks in a clear treat bag and tie the top with a ribbon or string.



# Patrick's Day Puppy Chow

~Snack~

**Ingredients:** 5 cups rice Chex cereal, 1 bag of green candy melts, 1 drop of spearmint oil\*, 2 cups powdered sugar.

## **Directions:**

- Add the rice Chex cereal to a large mixing bowl. Set aside.
- Pour the candy melts into a microwave-safe bowl and microwave at 30 second intervals, stirring after each interval until they are melted. Once the candy melts are melted stir in one drop of spearmint oil\*.
- Add the powdered sugar to a zip lock bag. Set aside.
- Pour the melted candy melts into the large mixing bowl, mix the rice Chex cereal with the melted chocolate. After the mixture is fully mixed together, pour the mixture into the zip lock bag and seal. Shake the zip lock bag until all of the cereal pieces are covered.
- Pour the puppy chow onto a large sheet and allow it to cool. Store in an airtight bag for up to 5 days.



# Rainbow Cupcakes

## ~Dessert~

**Ingredients:** 1 box white cake mix, 1 1/4 Cups Water, 1/3 Cup Vegetable Oil, 3 Egg Whites, Red/Yellow/Green/Blue Liquid Food Colors, 1 Container Vanilla Frosting.

**Directions:**

- Heat oven to 350°F. Place jumbo paper baking cup in each muffin cup.
- In large bowl beat cake mixes, water, oil and egg whites with electric mixer on low speed 1 minute, then on medium speed 2-3 minutes, scraping bowl occasionally, until well blended.
- Divide batter among 6 separate bowls; tint each bowl a different color. For red, add 18 drops of food color. Orange: 4 drops red and 12 drops yellow. Yellow: 12 drops yellow. Green: 12 drops green. Blue: 12 drops blue. Purple: 9 drops red and 6 drops blue.
- In each muffin cup, place 1T red batter. Add about 1T of each remaining color batter until you have added all 6 colors.
- Bake 30-40 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- Pipe or spread frosting on cupcakes.



# St. Patty's Day Whip

## ~Dessert~

**Ingredients:** 1/2 Pint of Heavy Whipping Cream, 1/2 teaspoon vanilla, 2 Tablespoons of powdered sugar, green food coloring

**Directions:**

- Combine all of your ingredients in a bowl. Start off with about 5-7 drops of food coloring and add as you go until you get the color you want
- Beat the ingredients together until soft peaks form using a whisk or mixer.
- Refrigerate the whip until you are ready to serve.
- Serve with fruit or graham crackers.



# Lucky Rainbow Bark

## ~Dessert~

**Ingredients:** 1 pkg. of white chocolate almond bark, 1 pkg Animal Cookies, 2-3 cups of Lucky Charms Cereal, 1 cup M&M's, Sprinkles

**Directions:**

- Line a large, rimmed baking sheet with foil. Set aside.
- Melt the white chocolate almond bark according to package directions or until smooth and melted. Spread the white chocolate almond bark in an even layer onto the foil.
- Immediately top evenly with broken up Animal Crackers, Lucky Charms, M&M's and sprinkles.
- Allow the bark to set up before breaking into pieces.

