

USE IN THE BON APPÉTIT KITCHEN

Our Recipe:
Fruit Kabob with Honey-Yogurt
Dipping Sauce



RECOMMENDED KITCHEN TOOLS

- Plate
- Kid-friendly knife to cut
- Cutting board
- Whisk or spoon
- Mixing bowl
- Tablespoon
- Small bowl
- Long kabob sticks
- Compost bin

INGREDIENTS

1. Variety of your favorite fruit (think seasonal!)
 - strawberry, cherries, peaches, berries
 - Other yummy suggestions: banana, pineapple, oranges
2. 1 cup of plain, Greek, flavored, or dairy alternative yogurt
3. Honey
 - Optional: vanilla extract

PREPARING YOUR FRUIT

- Wash all fruit
- Have your adult family member assist in cutting any challenging fruit like pineapple or fruit like apples that have tough skin
- Knife safety, **let's practice cooking!**
 - Low and Slow- keep your knife on the table and take your time
 - Claw and Saw- make a claw with your hand. Hold the vegetable with a claw shaped hand to protect your finger tips and use a sawing motion to cut
- Find a flat side- cut round things in half so you have a flat side.

TIME TO SKEWER YOUR KABOBS!

- Carefully stick your kabob stick through the center of your chopped fruit
- Try and use every fruit and be creative in how you mix or match colors!

LAST STEP, YOGURT DIP!

- In a bowl, mix 1 cup of yogurt with 2 table spoons of honey (optional, splash of vanilla extract)
- Whisk the yogurt and honey till combined
- Taste the fruit on it's own first, then taste with the yogurt. How does the flavor change?

USE IN THE BON APPÉTIT KITCHEN

Our Recipe: Rainbow Veggie Pinwheels



RECOMMENDED KITCHEN TOOLS

- Plate
- Small bowl of mixed vegetables
- Food processor
- Kid-friendly knife to cut vegetables
- Butter knife or spreader
- Cutting board
- Vegetable peeler
- Spatula
- Colander
- Measuring spoons
- Compost bin

INGREDIENTS

1. Vegetables, think about the rainbow!
 - Suggested: cucumbers, carrots, bell pepper, tomato, purple cabbage, jicama, leafy greens like spinach.
2. Large Tortilla (spinach, sun dried tomato, wheat, flour)
3. 1 (15-ounce) can chickpeas or 1 1/2 cups cooked chickpeas
4. 1/4 cup fresh lemon juice (1 large lemon)
5. 1/4 cup well-stirred tahini
6. 1 small garlic clove, minced
7. 2 tablespoons extra-virgin olive oil, plus more for serving
8. 1/2 teaspoon ground cumin
9. Salt to taste
10. 2 to 3 tablespoons water
11. Dash ground paprika or sumac, for serving

LET'S GET COOKING – HUMMUS!

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more.
2. Mince the garlic
3. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
4. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
5. Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until smooth
6. Taste the hummus and add salt (paprika and/or sumac if you like) to taste

BUILD YOUR RAINBOW PINWHEEL!

- Knife Safety, let's practice cooking
 - Low and Slow- keep your knife on the table and take your time.
 - Claw and Saw- make a claw with your hand. Hold the vegetable with a claw shaped hand to protect your finger tips and use a sawing motion to cut.
 - Find a flat side- cut round things in half so you have a flat side
 - Cut your favorite vegetables in matchsticks and set aside
 - Spread your hummus on the tortilla
 - Lay your prepped vegetables in rainbow order across the tortilla and roll up into the Pinwheel.
 - Cut the wraps and enjoy!