



*3rd Kids Culinary Convention –
Sacramento! April 10, 2010*

Menus

Beginner Sessions

Spinach Yogurt Dip w/Fresh Vegetables

Pesto Chicken Wrap w/Sun-dried Tomatoes

Fruit Stuffed Crepes

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BASIC SESSION

Spinach Dip w/Fresh Vegetables

Ingredients

1 cup tightly packed Earthbound Farm Organic Baby Spinach
1 tablespoon chopped fresh flat leaf parsley
1 teaspoon chopped garlic
1/2 teaspoon salt
1-1/2 teaspoons fresh lemon juice
3/4 cup organic plain yogurt
2 tablespoons extra-virgin olive oil

Directions

Place all ingredients in the bowl of a food processor and blend until smooth.

Serve with fresh cut vegetables.

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BASIC SESSION

Pesto Chicken Wrap w/Sundried Tomatoes

Ingredients

- 1/4 teaspoon salt or more to taste
- 1 cup plain couscous
- 1 garlic clove, peeled
- 2 cups fresh basil leaves
- 3 tablespoons olive oil
- 1/8 teaspoon freshly ground pepper
- 1/2 cup grated Parmesan cheese
- 1/3 cup coarsely chopped walnuts
- 4 large burrito-size flour tortillas
- 12 ounces shredded cooked chicken (3 to 4 cups)
- 16 sun-dried tomato halves packed in oil, drained and coarsely chopped
- 1 yellow bell pepper, cored, seeded, and diced

Directions

Prepare couscous according to package directions. Cover well and set aside.

To make the pesto: Combine the garlic, basil, olive oil, remaining 1/8 teaspoon salt, and pepper in a blender. Blend well until smooth. Stir in the cheese.

Toast the walnuts in a small heavy dry skillet over medium heat, stirring constantly, until aromatic, watching closely to prevent burning, about 3 to 5 minutes. Set aside.

To assemble: Heat the tortillas, one at a time, on a grill, or in a hot skillet, turning frequently, until hot and pliable, about 5 to 15 seconds each. Or heat, stacked between 2 damp paper towels, in the microwave for about 10 seconds per tortilla.

Optional: Sauté peppers in pan until warm, add chicken and cook until warmed through. Distribute 2 tablespoons pesto, 1/2 scant cup couscous, 3/4 to 1 cup chicken, and a quarter of the walnuts, sun-dried tomatoes, and peppers evenly over tortilla, leaving a 1-inch border. Roll up into a wrap. Complete the wraps with the remaining ingredients. Or if you prefer, prepare all at once, assembly-line style. Cut in half on the bias.

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BASIC SESSION

Sauté Apples

Ingredients

2 Medium apples (Granny Smith or/and Pears)
1 Tablespoon lemon juice
2 teaspoon butter
½ Cup sugar
¼ teaspoon vanilla
½ teaspoon ground cinnamon
1/8 teaspoon nutmeg
Powder sugar to dust
4-6 Crepes

Directions

In a medium size bowl, toss the apples in lemon juice and set aside.

In a large skillet, melt butter over medium heat. Add sugar and vanilla, giving a quick stir, add apple/lemon mixture, and stir to coat apples. Sprinkle cinnamon and nutmeg and once again stir to ensure the apples are evenly coated.

Cover and allow the apples to cook for 3 to 5 minutes (or until apples are tender) stir once or twice.

Warm crepes, then fold and top with apples or roll with apples and top. Dust with powder sugar. Serve.