

Summer Break!

Time to think about feeding the little members of the family, as well as those young at heart!

This week, we will focus on finding some new combinations that are sure to please the entire family!

Breakfast Banana Splits

Prep Time: 10 min.

Servings: 2

1 med. banana
1/3 C. fresh blueberries
1/3 C. halved seedless grapes,
1/3 C. sliced peeled kiwifruit 1/3 C. halved fresh strawberries
1 C. vanilla yogurt
1/2 C. granola with fruit and nuts
2 maraschino cherries with stems

Cut banana crosswise in half. For each serving, split each banana half in half lengthwise and place in a serving dish; top with half of each remaining ingredient.

Campfire Hot Dog Skewers

Prep Time: 15 min.

Total Time: 30 min.

Servings: 8

For sauce

1/4 C. barbecue sauce
1-1/2 T. ketchup
1 T. soy sauce
1 tsp. rice wine vinegar
1/2 tsp. chili powder

For skewers

1 (8 pk) hot dogs, quartered
3 C. pineapple, cut into 1" pieces
1 red bell pepper, cut into 1" pieces
1 green bell pepper, cut into 1" pieces
small red onion, cut into 1" pieces

In a med. bowl, whisk to combine all sauce ingredients. Preheat grill or grill pan on med. heat.

Build skewers by alternating hot dogs, pineapple, peppers, and red onion. Brush all over with sauce and place on preheated grill.

Grill on medium heat, flipping every couple minutes and basting with remaining sauce, until skewers are charred, about 8 to 10 min. total.

Sloppy Joe Grilled Cheese

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Servings: 4

1 T. extra-virgin olive oil
1 med. onion, chopped
1 lb. ground beef
2 cloves garlic, minced
1/2 C. ketchup
1/3 C. packed brown sugar
2 T. yellow mustard
1 T. chili powder
Kosher salt
Freshly ground black pepper
4 T. Butter, for bread
8 slices sandwich bread
2 C. shredded cheddar

In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, about 5 min. Add ground beef and cook, stirring and breaking up meat, until no longer pink, 6 to 8 min. Drain fat.

Return beef mixture to skillet over medium heat and stir in ketchup, garlic, brown sugar, mustard, and chili powder and season with salt and pepper. Simmer until thick, 5 min. Transfer mixture to a plate and wipe skillet clean.

Assemble sandwiches: Butter one side of each bread slice. Place 1 slice butter-side down in skillet and spoon over sloppy joe mixture. Top with cup of cheddar cheese and one more slice bread, buttered-side up.

Cook over medium heat until bread is golden and cheese is melty, about 3 min. per side.

Turkey Spaghetti Zoodles

*Prep Time: 15 min.
Cook Time: 9 min.
Total Time: 24 min.
Servings: 5*

1 tsp. extra-virgin olive oil
1-1/4 lb. ground turkey breast
1 C. diced green bell pepper
1 T. minced garlic
2 tsp. Italian seasoning
1/2 tsp. ground black pepper
1/4 tsp. salt
1/4 tsp. red pepper flakes
3 C. marinara sauce
2 C. baby spinach leaves
4 zucchini, cut into noodle-shape strands

Heat olive oil in a large skillet over medium heat. Add turkey breast, green pepper, garlic, Italian seasoning, ground black pepper, salt, and red pepper flakes; cook and stir until turkey is lightly browned, 4 to 5 min.

Stir marinara sauce and baby spinach into the turkey mixture; cook and stir until marinara sauce is warm through, about 3 min.

Stir zucchini noodles into the sauce with tongs; cook and stir until the zucchini is slightly tender, 2 to 3 min.

Mac & Cheese Pizza Bites

*Prep Time: 15 min.
Total Time: 1 hr.
Servings: 18*

22 large pepperoni slices, divided
4 T. butter
4 T. all-purpose flour
1-1/4 C. milk
1/2 C. heavy cream
1 tsp. garlic powder
1 tsp. dried oregano
Kosher salt
Ground black pepper
2 C. shredded mozzarella
3/4 C. grated Parmesan, divided
8 oz. elbow pasta
Freshly torn basil, for garnish

Arrange racks in upper and lower thirds of oven; preheat to 400°. Cut a slit into the center of 18 pepperoni slices and slide into holes of 2 standard 12-cup muffin tins. Chop remaining 4 slices of pepperoni into small pieces.

In a large pot over medium heat, melt butter. Add flour and whisk until golden. Slowly pour milk in while whisking. Add heavy cream, garlic powder, and oregano.

Season with salt and pepper. Bring to a simmer and cook for 2 min.

Add mozzarella and 1/2 C. Parmesan and stir until cheese is melted.

In another large pot of boiling salted water, cook pasta until al dente, 7 min. Reserve about 1/2 C. pasta water, then drain.

Add 2 T. pasta water to cheese sauce and stir to combine. Add pasta and toss to coat. Add more pasta water as necessary to loosen sauce.

Spoon macaroni into pepperoni cups. Top with about 2 T. Parmesan and chopped pepperoni.

Bake until tops are golden and macaroni feels firm, 20 to 30 min.

Remove cups from tin and top with basil and remaining 2 T. Parmesan before serving.

Cereal Treats

*Prep Time: 10 min.
Cook Time: 10 min.
Total Time: 20 min.
Servings: 12*

1/2 C. butter, divided
1 (10.5 oz.) package miniature marshmallows
2 C. crispy rice cereal (such as Rice Krispies®)
2 C. brown sugar and butter-flavored breakfast cereal (such as Cap'n Crunch®)
2 C. fruit-flavored breakfast cereal (such as Froot Loops®)

Use about half the butter to generously grease a 9x13-inch baking dish.

Melt remaining butter in a non-stick stock pot over medium heat; add marshmallows and cook, stirring frequently, until the marshmallows are melted, 5 to 7 min. Remove pot from heat.

Stir crispy rice cereal, brown sugar and butter-flavored breakfast cereal, and fruit flavored breakfast cereal into the marshmallow mixture to coat; pour into the prepared baking dish and press flat.

Cool treats completely before cutting into 3-inch squares.

Tropsicles

*Prep Time: 10 min.
Additional Time: 4 hrs.
Total Time: 4 hrs. 10 min.
Servings: 6*

1-1/2 cups low-fat vanilla yogurt
1 C. sliced mango
1 (8 oz.) can pineapple chunks, undrained
1 sm. banana
1 orange, juiced

Blend yogurt, mango, pineapple chunks with juice, banana, and orange juice in a blender until smooth. Pour into ice pop molds; freeze until set, 4 to 6 hrs.

S'mores Popsicles

*Prep Time: 15 min.
Additional Time: 3 hrs.
Total Time: 3 hrs. 15 min.
Servings: 6*

2 C. cold milk
1 (3.9 oz.) package instant chocolate pudding mix
2 whole graham crackers, crushed
1-1/2 C. vanilla ice cream, softened

Beat milk and pudding mix together in a bowl using an electric mixer until thickened, about 2 min. Measure 1-1/2 C. pudding and set remaining pudding aside for another use.

Sprinkle graham cracker crumbs into the bottom of each ice pop mold; add about 1/4 C. ice cream. Sprinkle another layer of graham cracker crumbs and top with about 1/4 C. pudding. Add a final layer of graham cracker crumbs. Freeze until completely frozen, about 3 hrs.

Goopy Tortilla S'more

*Prep Time: 10 min.
Cook Time: 4 min.
Additional Time: 1 min.
Total Time: 15 min.
Servings: 8*

1 (10 oz.) package large marshmallows, frozen
1 (13.5 oz.) package graham crackers, crumbled
1 (12 oz.) bag semisweet chocolate chips
8 (10 in.) flour tortillas

Cut frozen marshmallows into smaller pieces.

Layer graham crackers, marshmallow pieces, and chocolate chips on 4 tortillas, leaving a 1-inch border uncovered. Top with remaining 4 tortillas.

Heat a lightly oiled griddle over medium heat. Cook tortillas until marshmallow pieces and chocolate chips are melted, about 2 minutes per side. Let cool for 1 minute; cut into 4 wedges.

Quote of the Week:

"The older I get the more I realize how important it is to have a dad like you. You have provided stability in my life and the love and acceptance I needed. God gave me such a gift when he gave me you for a father."

~ Author unknown