

# FOURTH *of* JULY RECIPES

## PATRIOTIC PUNCH

### *~What You Need:*

Approx. 3/4 lb of strawberries  
8 oz of frozen lemonade (from  
a 12 oz can)  
1 tbsp sugar  
3 cups of water  
2 lemons

### *~What You Do:*

Start with one pound of strawberries (roughly one heaping basket). Have your child help you wash them and cut off the hulls and slice each one in two (don't worry about safety — kids can do this with a table knife).

Place the berries in a bowl and cover them with 1 tablespoon of sugar. Stir the berries so that they are coated evenly in the sugar. Let them stand 20 minutes until they are nice and juicy. This is called maceration.

Pour the whole mixture into a blender, along with the juice of two fresh lemons. Then add 8 oz of frozen lemonade, 3 cups of water, and 2 cups of crushed ice. Mix to combine. Serve immediately and enjoy!

# SUMMER CHICKEN STRIPS

*Nothing beats fried chicken in the summer, but no one loves deep-frying food, and your hearts will certainly thank you for this crunchy and satisfying healthy alternative.*

*Note: This recipe include both “Kids in the Kitchen” and “Parent Prep” instructions for the simplest approach to cooking with young ones.*



## *↪ What You Need:*

3 cups corn flakes  
4 tablespoons butter  
1 pound boneless and skinless chicken breast  
Kosher salt

## *↪ What You Do:*

**Parent Prep:** Place each chicken breast in between two sheets of wax paper and flatten each one out by pounding it with a rolling pin. Then slice the chicken into strips about 1 1/2 inches wide by 4 inches long. Melt the butter in a pan on the stove and allow it to cool. Place the corn flakes in the food processor and pulse until they're broken down into course crumbs.

**Kids in the Kitchen:** Preheat the oven to 350 degrees. Line a baking sheet with aluminum foil. Create a work area with the plate of the cut chicken strips, and then put the melted butter in a bowl and the corn flake crumbs in another bowl. Line everything up so that you have an assembly-line work station for coating your chicken. Lightly salt the chicken. Dredge (dip) a piece of chicken entirely into the butter, and then in the next bowl, roll it in the corn flakes until it is completely covered. Place on the baking sheet and repeat this process with each strip until all of the chicken has been coated.

Place the chicken in the oven and bake for about 20 to 25 minutes, having your parents turn the strips halfway into the cooking time so that they can cook evenly on both sides.

# FOURTH *of* JULY NACHOS

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*This is the tastiest way to create a meal of red, white and blue this Independence Day! Your child can cook up a crunchy snack made with blue corn chips, cheese and salsa! It's a failproof combo that will taste good any time, but especially on a summer night, with a side of lemonade and a fireworks show.*



## *↳ What You Need:*

Blue corn chips  
Mozzarella cheese  
Sour cream  
Salsa

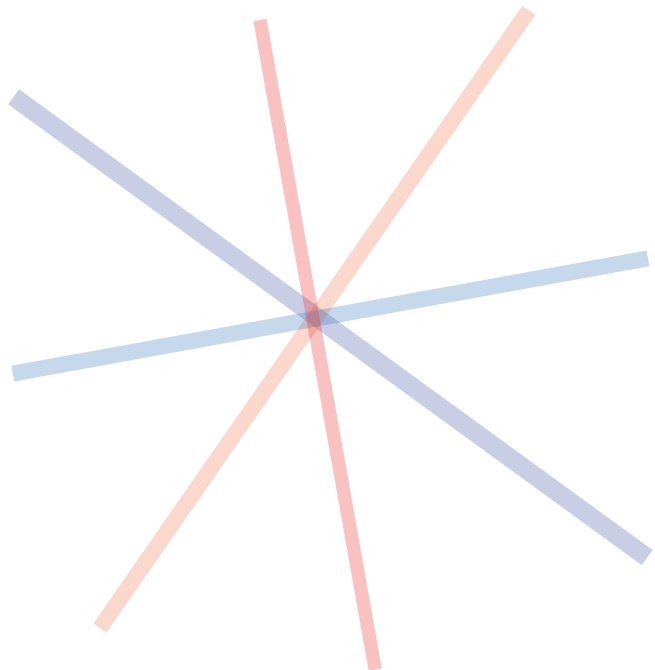
## *↳ What You Do:*

Lay out some blue corn chips on a flat toaster oven tray. Cut a piece of white mozzarella cheese to place on the center of each chip.

Place the tray in the toaster oven and watch carefully as it bakes. As soon as the cheese begins to melt, remove from the toaster.

Spoon a small amount of red salsa and sour cream on each chip, on top of the cheese.

Dig in!



# STRAWBERRY APPLE PIE

Everyone's heard that old phrase, "As American as apple pie!" Of course, there are lots of other great traditional American dishes, but there is something irresistible about a warm, fresh apple pie – a dish that hails from the early colonial days of America.

This apple pie recipe is a variation on a classic that couldn't be simpler to make: an apple-strawberry pie with a crunchy crumble crust that sneaks in some whole grain oatmeal!

This is a great activity to do along with your child. Apples and strawberries can be cut with a simple table knife, and any time you measure ingredients together, you're helping your child build important math and science skills.



## ☞ What You Need:

- 1/3 cup butter
- 1/2 cup packed brown sugar
- 1/3 cup flour
- 1/3 cup whole, rolled oats
- Optional: 1/4 cup chopped pecans
- One frozen pie crust shell, 9" deep dish
- 1 cup cut-up strawberries
- 3 1/2 cups sliced, cored apples (we like to leave the skins on, but you can peel them if you like!)
- 2/3 cup brown sugar
- 3/4 teaspoon cinnamon
- 3 tablespoons cornstarch

## ☞ What You Do:

To make the topping, using a fork or pastry cutter to cut the butter (mash it) into the flour until the butter is no larger than a small green pea. Then add the sugar and oats, and mix thoroughly. Add pecans if desired, and set the mixture aside.

Set your frozen pie crust on a tabletop to thaw slightly. In the meantime, set your child to work helping you wash and chop apples and strawberries. Make sure you remove the seeds and cores from the apples; you may also want to peel them, but you can keep the skins on for the extra nutrition!

Have your child help you measure and mix the brown sugar, cinnamon, and cornstarch in a small bowl. Place the chopped fruit in a large bowl, and then pour the sugar brown sugar mixture over it and toss to fully coat the fruit.

Pour the whole thing into your pie crust shell and shake it gently to distribute the fruit. (Note: pie crust sizes will vary somewhat. Try to make sure that the fruit reaches the same level as the edge, mounds slightly in the center, and doesn't overflow!)

Working quickly, use your hands to distribute the oat topping on top of the filling. Press it down to cover the entire top of the pie, and then bake your pie at 350° for about 30 minutes, or until the top and bottom crusts are golden brown and fragrant.

Serve alone or with whipped cream or vanilla ice cream for a classic, all-American treat!

# RED & WHITE BEAN SALAD

Are you looking for some healthy dishes to stick on your table this Fourth of July? This bean salad recipe is quick, simple and delicious. It makes for a great addition to any meal. And because it's a red and white dish, it will be a wonderfully patriotic addition to your spread. It's a no-cook dish which means it's a perfect opportunity to get your child involved in the cooking process! This bean salad is healthy and tasty – it's delicious on its own or as a side to meat or fish. Try making this refreshing dish with your child the next time you find yourself with some time on a warm afternoon or right before your next party.



## ☞ What You Need:

- 2 15-ounce cans of white Northern beans, drained and rinsed (Optional: instead of 2 cans of white beans, you can use one 15 oz can of white beans and one 15 oz can of kidney beans)
- 1 fresh red bell pepper, chopped (about 2/3 cup)
- 1/2 red onion, sliced fine (about 1/2 cup)
- 2/3 cup cooked white corn kernels (you can buy these frozen and simply defrost them)
- 1/3 cup minced fresh cilantro (flat leaf parsley can be used instead of cilantro)
- Salt and pepper to taste
- 1/3 cup olive oil
- 1/3 cup red wine vinegar
- 1/3 cup red tomato salsa (mild or hot – your choice!)
- Salt and pepper to taste

## ☞ What You Do:

Start by chopping the bell pepper and cilantro. Then finely slice the red onion. Have your child help with all the measuring along the way!

Place the onion, the bell pepper and the cilantro in a bowl with the corn and white beans, and stir until everything is well combined.

To make the dressing, whisk together the olive oil, vinegar, and salsa in a separate bowl and add salt and pepper to taste. When you and your child are making the dressing, as she measures, you can point out that the recipe calls for equal parts of the vinegar, the oil and the salsa. If you have 1/3 cup of oil, how much vinegar would you use? How much salsa? How many cups do the amounts of all three ingredients make together?

With your child's help, pour the dressing over the salad and mix everything together with a large spoon. Chill for at least a few hours and serve.

You can even make this salad a day ahead of time and let it chill over night. This recipe easily serves eight with generous portions, and you can serve even more people if you use the salad as a garnish for those grilled items you're sure to have on the Fourth of July!