



PROJECT: GET IT DONE TOGETHER

Week 1: Get to Know Your Taste Buds with Chef Amy Kayne

Adult supervision recommended. We'll start off by learning about your palate and your taste buds, and then take you through how to make a sweet treat and a salty snack. Here's what you'll need for next week so you can prepare in advance. The full recipes are also copied below in case you'd like to review for potential food allergies.

Ingredients:

- 1 orange
- 1 dill pickle
- 2 mushroom
- 1/4 cup parsley
- 1 sleeve saltine crackers
- 1 cup full fat vanilla Greek yogurt
- 1/2 cup chocolate covered almonds chopped
- 1 tsp vanilla
- 1/4 cup raspberries, sliced
- 4 plain graham crackers
- 1 bag tortilla chips
- 1 small container 5% Fage plain yogurt
- 1 ripe avocado
- 1 dash sriracha
- 1/2 cup cilantro, trimmed
- Juice of 1/2 lime
- Chopped tomatoes (optional)

Tools Needed:

- Cutting board
- Knife
- 1 soup spoon
- 2 dish towels
- 2 plates
- 2 small mixing bowls
- 3 medium serving bowls
- Food processor or blender (with adult supervision)

Recipes:

Graham Cracker Dip | Contains nuts and dairy

Ingredients:

- 1 cup full fat vanilla Greek yogurt
- 1/2 cup chocolate covered almonds, chopped
- 1 tsp vanilla
- 1/4 cup raspberries, sliced
- 4 plain graham crackers

Instructions: Mix together the yogurt and vanilla and stir. Then, fold in the almonds and raspberries. Don't mix but fold in. Keep cold and serve with graham crackers.

Avocado Crema Dip with Tortilla Chips | Contains dairy

Ingredients:

- 1 bag tortilla chips
- 1/2 cup 5% Fage plain yogurt (or comparable Greek yogurt)
- 1 ripe avocado
- 1 dash sriracha
- 1/2 cup cilantro trimmed
- Juice of 1/2 lime
- 3 TBS olive oil or avocado oil
- Chopped tomatoes (optional)
- Salt to taste

Instructions: Place the tortilla chips in a serving bowl and set aside. Try not to eat them all before the dips ready! In a food processor or blender add the yogurt, avocado, sriracha, cilantro, lime, oil, and a dash of salt. Taste to see if you need to add more lime or salt or sriracha. Serve in a bowl and top with tomatoes and more cilantro as needed.