

FRUIT AND VEGGIE BUGS

INGREDIENTS:

- Grapes
- Mixed Berries
- Apples
- Celery Sticks
- Cucumber
- Cherry Tomatoes
- Almond Butter

Directions:

1. Wash the fruits and veggies under running water, pat dry with a paper towel and set aside.
2. Use a knife and cutting board and slice the apples and cut the celery sticks in half. Cut in half the cucumber and slice it.
3. Grab tooth picks and start piercing grapes, all the tooth pick has to be covered. It will look like a worm!
4. Grab a celery stick and spread almond butter, add one slice of apple as the body and add a berry as a head, it has to resemble a snail!

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 2:00-4:00pm: Drop-in Kitchen Fruit and veggie Bugs WITH TEACHER IKER
5 2:00pm Fun with Food Loaded Potato Skins WITH TEACHER IKER	6 2:00-4:00pm Drop-in Kitchen Fruit Salad WITH TEACHER IKER	7	8 2:00-4:00pm: Drop-in Kitchen Baked Pinwheels WITH TEACHER IKER
12 2:00pm Fun with Food Magic Drinks WITH TEACHER IKER	13 2:00-4:00pm Drop-in Kitchen Apple Salad WITH TEACHER IKER		14 2:00-4:00pm: Drop-in Kitchen Broccoli Fritters WITH TEACHER IKER
19 2:00pm Fun with Food Stir-fry Cabbage and Sausage WITH TEACHER IKER	20 2:00-4:00pm Drop-in Kitchen Vegetable Soup WITH TEACHER IKER	21	22 2:00-4:00pm: Drop-in Kitchen Sausage Roll WITH TEACHER IKER
26 2:00pm Fun with Food Cheese Crackers WITH TEACHER IKER	27 2:00-4:00pm Drop-in Kitchen Cheese and Pickle Skewers WITH TEACHER IKER		28 2:00-4:00pm: Drop-in Kitchen Pickles and Cheese Snackers WITH TEACHER IKER



Las Recetas del Estudio Culinario



CALENDARIO DEL ESTUDIO CULINARIO

MARZO

INSECTOS DE FRUTA Y VERDURA

INGREDIENTES:

- Uvas
- Bayas Mixtas
- manzanas
- Palitos de apio
- Pepino
- tomates cherry
- Mantequilla De Almendras

Preparacion:

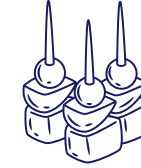
1. Lave las frutas y verduras con agua, séquelas con una toalla de papel y reserve.
2. Utilice un cuchillo y una tabla de cortar, corte las manzanas por la mitad y en hoja delgada, corte los palitos de apio por la mitad. Corta el pepino por la mitad y rebánalo.
3. Toma palillos de dientes y comienza a perforar las uvas, todo el palillo debe estar cubierto. Tendras un gusano!
4. Agarra una palito de apio y unta mantequilla de almendras, añade una rodaja de manzana como cuerpo y una baya como cabeza, ¡tiene que parecerse a un caracol!

MIERCOLES

JUEVES

VIERNES

SABADO



MIERCOLES	JUEVES	VIERNES	SABADO
			2:00-4:00pm: Drop-in Kitchen Insectos de Fruta Y Verdura <i>CON MAESTRO IKER</i>
2:00pm Fun with Food Pielas de Papa Cargadas <i>CON MAESTRO IKER</i>	2:00-4:00pm Drop-in Kitchen Ensalada de Fruta <i>CON MAESTRO IKER</i>		2:00-4:00pm: Drop-in Kitchen Molinos Horneados <i>CON MAESTRO IKER</i>
2:00pm Fun with Food Bebidas Magicas <i>CON MAESTRO IKER</i>	2:00-4:00pm Drop-in Kitchen Ensalada de Manzana <i>CON MAESTRO IKER</i>		2:00-4:00pm: Drop-in Kitchen Fritutras de Broccoli <i>CON MAESTRO IKER</i>
2:00pm Fun with Food Sofrito de Repollo Y Salchicha <i>CON MAESTRO IKER</i>	2:00-4:00pm Drop-in Kitchen Sopa de Verduras <i>CON MAESTRO IKER</i>		2:00-4:00pm: Drop-in Kitchen Rollos de Salchicha <i>CON MAESTRO IKER</i>
2:00pm Fun with Food Galletas de Queso <i>CON MAESTRO IKER</i>	2:00-4:00pm Drop-in Kitchen Brochetas de Queso Y Pepinillos <i>CON MAESTRO IKER</i>		2:00-4:00pm: Drop-in Kitchen Pickles and Cheese Snackers <i>CON MAESTRO IKER</i>



FRENTE AL MUSEO DE LOS NIÑOS.

406 W. MAIN ST. MEDFORD, OR 541.772.9922

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