



## Tomato Ricotta Bruschetta

I like to think of this dish as a no cook upside down pizza. It has all the elements of pizza – tomatoes, cheese, garlic and is a breeze to put together. An easy dish kids will love to assemble. Try adding some of your favorite veggies: spinach, artichokes, corn - the sky's the limit.

### Ingredients

- 1 - 10-ounce container cherry or grape tomatoes washed and quartered, or 2 medium tomatoes washed and finely diced – ask an adult to help
- 1 small red bell pepper washed and finely diced – ask an adult to help
- 2 sprigs fresh basil, stems removed, washed and torn into small pieces
- 1/4 cup olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1 cup ricotta cheese
- ¼ teaspoon kosher salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil
- 6 cloves garlic, peeled
- 6 thick slices of bread, ciabatta bread, sourdough or Italian bread works well here
- 6 fresh basil leaves, chopped

### Equipment

- 2 medium bowls
- Wooden spoon
- Measuring spoons

### Directions

1. Have an adult help wash and chop tomatoes and peppers into a fine dice. Wash and tear basil into small pieces.
2. Combine tomatoes, peppers, basil, olive oil, garlic powder, oregano and ½ teaspoon of salt in a medium bowl. Mix to combine and set aside.
3. Combine ricotta cheese, ¼ teaspoon kosher salt, ¼ teaspoon black pepper and 2 tablespoons olive oil in a medium bowl. Stir to combine and set aside.
4. Ask an adult to help you toast 6 thick slices of bread until golden brown and crispy. This can be done in the oven, under a broiler, toaster oven, toaster or air fryer.
5. Rub each slice of bread with 1 clove of garlic. Evenly distribute ricotta mixture on bread slices and then top with tomato mixture. Sprinkle each bruschetta with chopped basil leaves. Enjoy!

😊 Little helpers: Kids can mix the tomato mixture once an adult has helped to chop the peppers and tomatoes. They can easily prepare the ricotta mixture. Allow them to rub the toasted slices of bread with garlic. And let them get creative distributing the ricotta and tomato mixtures on to the bread slices.

🍏 Nutrition: Tomatoes are high in vitamin c and the phytochemical lycopene. Red bell pepper is also a good source of vitamin C and vitamin A. The ricotta adds a source of protein and calcium to make this a well-balanced snack.



## Zucchini Corn Baked Fritters

A fun recipe to use up two of summer's most abundant vegetables. If your children love corn, this is a great way to introduce a new vegetable.

### Ingredients

1/2 cup stone ground yellow cornmeal  
1 cup all-purpose flour or gluten free 1 to 1 flour  
1 1/2 tsp baking powder  
½ tsp salt  
1/8 tsp ground cayenne pepper  
1/8 tsp black pepper  
1 tbsp sugar  
1 large egg  
3/4 cup whole-milk – more as need to adjust consistency  
1 finely minced shallot  
1 cup fresh or frozen and defrosted corn kernels  
2 cups grated zucchini or other thin-skinned summer squash  
Vegetable oil or cooking spray

### Equipment

1 Large mixing bowl  
Wooden spoon  
Measuring spoons

Measuring cups  
Mini muffin tin or large skillet

### Directions

1. If using a mini muffin tin preheat oven to 375 degrees.
2. If using fresh corn use a sharp knife to run along the side of the cob and remove the kernels, reserve as much of the juice as you can. Ask an adult to help. If using frozen corn, allow to thaw and drain off any extra liquid.
3. Combine dry ingredients (corn meal, flour, baking powder, salt, cayenne pepper, black pepper) with a whisk or fork to combine. Add sugar, egg and milk, continue to stir to combine. Add diced shallot, corn kernels and grated zucchini. The batter will be quite thick, and you may have to switch to a wooden spoon or large mixing spoon.
4. Place the mini muffin tin in the hot oven for 3-5 minutes, carefully remove from the oven and spray with cooking spray. Have an adult help! Place about 1 ½ tablespoons of batter into each section. Return to the oven and bake for 20 minutes until starting to brown at the edges.
5. Alternately coat the bottom of a large skillet with vegetable oil and heat over medium heat. Once oil begins to simmer, carefully add about 1 ½ tablespoons of batter to the pan. Cook for 3-5 minutes or until edges start to firm, flip and continue to cook on alternate sides until fritter evenly browned.
6. Serve warm plain or with sour cream or plain Greek yogurt

😊 Little helpers: Kids can gather ingredients and tools. Have them practice their math skills by measuring out and combining the ingredients. Allow them to mix the ingredients and portion out in to muffin tin.

🍏 Nutrition: Zucchini is an excellent source of vitamin C and potassium; the high-water content makes it a low-calorie vegetable. Corn is an underappreciated vegetable but is in fact a good source of fiber, thiamine, folate and vitamin C.