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Fourth of July Food For Kids



Celebrate Independence Day With Some
Yummy, Kid-Friendly Dishes

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Great Fourth Of July Food For Kids

What would a great Fourth of July celebration be without lots of delicious food? There is nothing more fun than a family get-together before the big fireworks go off at night.

That's what inspired us to come up with this little E-book of kid-friendly Fourth of July recipes. Give a few of these a try and take them to your Fourth of July celebration.

Enjoy!

Christine Steendahl & Susanne Myers

Enjoy kid-friendly (and kid-approved) recipes with Dine Without Whine. Each week Christine will send you a dinner menu complete with recipes and a grocery list. Give it a try at www.dinewithoutwhine.com/offer

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Snacks and Treats

4th of July Fruit Kabobs

- Bananas
- Strawberries
- Large Fresh Blueberries
- Kabob Skewers

Slice bananas into large chunks.
Alternate fruit on skewers
Serve immediately

Pretzel Sparklers

- Long rod pretzels
- White chocolate, melted
- Sprinkles (red, white and blue) or star cake decorations

Melt the white chocolate. Dip the pretzel rod halfway into the melted chocolate then sprinkle the sprinkles over the wet chocolate. Lay on waxed paper or place in a cup to dry.

Popsicle Rockets

- Red juice (red raspberry, cherry, cranberry)
- Blue juice (blue Kool Aid, Gatorade, blue raspberry)
- White juice (lemonade, coconut juice drink)
- Red string licorice for fuse
- 3 oz. paper cups
- Popsicle Sticks

Line up several 3 oz. paper cups on a baking sheet. Pour 2 tablespoons of red juice into each cup. Freeze 2-3 hours until firm-slushy. Remove from freezer and poke a Popsicle stick into the center of each cup of juice. Add 2 tablespoons of white juice and freeze 2-3 hours. Remove from freezer. Top off with blue juice and freeze 1-2 hours until slushy.

Remove from freezer and insert a 2 or 3-inch string of licorice into each Popsicle. Freeze until hard. Peel off paper cups to serve.

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Burgers and Such

Firecracker Burgers

4 Servings

- 1 pound ground beef
- 1 (4 ounce) can diced green chilies, drained
- 1 teaspoon beef bouillon granules
- 4 slices Monterey Jack cheese

Preheat an outdoor grill for high heat, and lightly oil grate.

In a medium bowl, mix the beef, diced green chilies, and bouillon. Shape into 4 patties.

Grill patties 3 to 8 minutes per side, or to desired doneness. Top each patty with cheese about 2 minutes prior to removing from grill.

Grilled Potato Skins

4 Servings

- 4 medium baking potatoes
- 1 tbsp. butter, melted
- 1/4 cup picante sauce
- 1/2 cup (2 ounces) shredded Cheddar cheese
- 2 tbsp. bacon bits
- 1/2 cup chopped tomato
- 1/4 cup sliced green onions, green tops included
- TOPPING:
- 1/3 cup mayonnaise
- 1/4 cup sour cream
- 2 tbsp. Ranch salad dressing
- 1 tbsp. bacon bits
- 1/2 tsp. garlic powder

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Scrub potatoes; prick with a fork. Place 2 of the potatoes in the microwave oven. Micro-cook on 100% power (high) for 11 to 14 minutes, or until just tender, rearranging once after 7 minutes. Repeat with remaining potatoes. Cool enough to handle.

Cut potatoes in half lengthwise. Scoop out pulp, leaving a 1/4-inch thick shell. Discard pulp, or save for another use. Brush the inside of each potato with melted butter. Spoon 1 tsp. picante sauce into each potato shell. Sprinkle each with cheese. Add bacon.

Grill potato skins on an uncovered grill directly over medium coals for 10 to 12 minutes or till skins are crisp. Sprinkle with tomato and green onions. Top with sour cream mixture.

Red White and Blue Potato Salad

4 Servings

- 1-2 slices of bacon or pancetta (optional)
- 3 tablespoons mayonnaise, or more if needed
- 1 tablespoon Dijon mustard, or more to taste
- 1 tablespoon tarragon vinegar or distilled white vinegar, or more to taste
- 1 tablespoon capers with their juices
- 2 scallions, both white and green parts, trimmed, finely chopped (set aside 2 tablespoons scallion greens for garnish)
- 1 1/2 pounds red, white, and Peruvian blue fingerling potatoes
- 1 1/2 tablespoons olive oil
- Plenty of coarse salt (kosher or sea) and freshly ground black pepper

You'll also need:

1 cup wood chips or chunks (preferably hickory or oak), soaked for 1 hour in water to cover, then drained

An aluminum foil drop pan large enough to hold the potatoes

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1. Cut the bacon, if using, into 1/4" slivers, put it in a small nonstick frying pan, and cook over medium heat until lightly browned and the fat is rendered, 3 to 4 minutes. Using a slotted spoon, transfer the cooked bacon to paper towels to drain.
2. Make the salad dressing: Place the mayonnaise, mustard, vinegar, capers, scallions, and bacon, if using, in a large nonreactive serving bowl and whisk to mix. Set the salad dressing aside.
3. Scrub the potatoes with a brush, but leave the skins on. Place the potatoes in an aluminum foil drip pan. Drizzle with the olive oil and season very generously with salt and pepper. Toss the potatoes to mix.
4. Set up the grill for indirect grilling and preheat to medium-high. If using a gas grill, place all the wood chips or chunks in the smoker box or in a smoker pouch and preheat on high until you see smoke, then reduce the heat to medium-high.
5. When ready to cook, if using a charcoal grill, toss all the wood chips or chunks on the coals. Place the pan with the potatoes in the center of the hot grate, away from the heat. Cover the grill and cook the potatoes until tender, about 40 minutes. To test for doneness, insert a metal skewer into a potato; it should pierce it easily. Remove the pan with the potatoes from the grill and let cool.
6. Cut any large potatoes in quarters; cut medium size potatoes in half. Leave small potatoes whole. Add the potatoes to the salad dressing and toss to mix. Taste for seasoning, adding salt, mustard, or vinegar as necessary; the salad should be highly seasoned. If the salad is too dry, add a little more mayonnaise. Sprinkle with the reserved salad greens and serve at once.

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Cakes and Pies

Flag Cake

- 1 package white cake mix
- 1 8-ounce container frozen whipped topping (thawed)
- 1 pint blueberries rinsed and drained
- 2 pints strawberries rinsed and sliced

1. Prepare cake according to package directions and bake in a 9x13 inch pan. Cool completely.

Frost cake with whipped topping. Place blueberries in a square in the top left corner, and arrange sliced strawberries as stripes to make an American flag. Chill until serving.

Red, White & Blueberry Pie

Makes 8 servings

- 4 squares (1 ounce each) white baking chocolate
- 8 large fresh strawberries halved lengthwise
- 1 reduced fat graham cracker pie crust
- 3/4 cup sliced fresh strawberries
- 1 8-ounce package reduced fat cream cheese cubed
- 3/4 cup confectioners' sugar
- 3/4 cup fat free milk
- 1 3 1/2-ounce box instant vanilla pudding
- 1 cup fresh or frozen blueberries
- 1 cup reduced fat whipped topping

1. In a microwave or heavy saucepan, melt white chocolate, stir until smooth. Dip the 8 halved strawberries halfway in the chocolate. Place cut side down on a waxed paper-lined baking sheet. Refrigerate for 15 minutes or until set. Spread the remaining melted chocolate over the bottom and sides of crust. Arrange sliced strawberries in crust.

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2. In a mixing bowl, beat cream cheese and confectioners sugar until smooth. Gradually add milk, mix well. Beat in pudding mix on low speed for 2 minutes or until thickened. Spread evenly over sliced strawberries.

Place blueberries in center of pie. Arrange dipped strawberries around the edge. Pipe or dallop whipped topping between the strawberries and blueberries. Refrigerate until serving.

Red, White and Blueberry Cheesecake

- 8 sheets (about 13" x14" each) thawed frozen phyllo dough (find it in the freezer section of the supermarket)
- 1/4 cup melted butter or margarine
- 16 oz. cream cheese
- 1/2 cup sugar
- 1 tsp. vanilla extract
- 2 eggs
- 2 cups fresh blueberries, divided
- 1/2 cup strawberry jelly
- 1 cup whipped cream or non-dairy whipped topping (optional)

Preheat oven to 425°F.

For Crust

Grease a 9" pie plate. Set aside.

On a flat surface place 1 sheet phyllo (keep remaining phyllo covered to prevent drying out), brush with melted butter. Top with another phyllo sheet, continue to make 8 layers, brushing butter between each layer. Using kitchen scissors or a sharp knife, cut the layers into one 12-13 inch circle. Carefully press circle into the prepared pie plate, gently fan edges. Bake until edges are just golden, about 6-8 minutes. Cool slightly on a wire rack. Reduce oven temperature to 350°F.

In a medium bowl beat cream cheese, vanilla and sugar with an electric mixer until light and fluffy. Add eggs and beat until well

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combined. Fold in 1 cup of the blueberries. Pour mixture into prepared crust. Bake until set, about 40-50 minutes. To prevent over browning of crust, gently cover with aluminum foil during the last 25 minutes of baking. Cool completely on a rack.

To Serve

In a small bowl, beat jelly until smooth. Spread over cheese filling. Arrange remaining blueberries on top in star shape. Garnish with whipped cream, if desired.

Happy Fourth Of July!

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