

Sweet Red Pepper

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SWEET PEPPER KABOBS

Makes approximately 4 servings

INGREDIENTS

- 1 sweet red pepper
- 1 green pepper
- ½ cup cheese, cubed
- ¼ cup vegetable dip

SUPPLIES

- small plates
- napkins
- 6" wood skewers
- 4 serving containers

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NOTE TO GROWN-UPS

This recipe requires threading vegetables and cheese onto wood skewers with a pointed end. Please be aware of safety issues when cooking with young children and supervise them. Put vegetable dip, such as ranch, in a serving container. Work with your child to make a finished kabob. Feel free to use other vegetables that can be easily threaded onto a skewer.

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DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child a small plate to work on.
3. Offer a few pieces of each item to your child.
4. Give your child a skewer and show them how to thread the food onto the stick.
5. Invite your child to slide a piece of red pepper, green pepper, a cheese cube, onto the skewer. Then thread one red pepper, a cheese cube, one green pepper onto the skewer. Finish with one piece of red pepper.
6. Eat and enjoy with your child!

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