



July 25, 2014

## Fun Summer Cooking Activities

Despite the wonderful weather we have been having, summer showers are always a guarantee. Cooking is one of the most fun activities for a rainy day! Here are some great recipes to create with your little one that will make any rainy day a bright one!

### Nut-Free Chocolate Cherry Snack Bars



#### Ingredients

- 2 1/2 cups unsweetened puffed wheat cereal
- 3/4 cup old-fashioned rolled oats
- 1/2 cup dried cherries or dried cranberries, coarsely chopped
- 1/2 cup honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/2 cup mini semisweet chocolate chips or finely chopped bittersweet chocolate

#### Preparation

1. Position a rack in lower third of oven; preheat to 300°F. Line an 8-inch-square pan with parchment paper, letting it overhang on two opposite sides.
2. Toss cereal, oats and dried cherries (or cranberries) in a large bowl.
3. Combine honey, vanilla and salt in a small saucepan. Warm over medium heat, stirring, until the honey is more fluid and the salt is dissolved. Pour the honey mixture over the dry ingredients and fold until everything is moistened and sticky. Let cool for 5 minutes. Fold in chips (or chopped

chocolate) until evenly distributed. Scrape the mixture into the prepared pan and spread evenly with a fork. Using the back of the fork, press the mixture very firmly all over. (Alternatively, cover with parchment paper and press firmly all over.)

4. Bake until the top is golden brown, about 35 minutes. (If in doubt, take it out so the honey does not burn.) Run a knife along the unlined sides of the pan to detach the bars. Let cool in the pan on a wire rack to room temperature, about 1 hour. Use the ends of the parchment to lift the bars from the pan. Gently peel off the parchment. Use a heavy sharp knife to cut into 16 bars or squares.

## Zu-Canoes



### Ingredients

- 2 medium 2-inch-wide zucchini
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon white-wine vinegar
- 1 tablespoon minced shallot
- 1 cup quartered grape tomatoes
- 1/2 cup diced mozzarella cheese, preferably fresh
- 1/4 cup thinly sliced fresh basil

### Preparation

1. Trim both ends off zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a 1/4-inch shell. Finely chop the pulp; set aside.
2. Place the zucchini halves in a microwave-safe dish. Sprinkle with 1/4 teaspoon each salt and pepper. Cover and microwave on High until tender-crisp, 3 to 4 minutes. (Alternatively, steam in a steamer basket over 1 inch of boiling water in a large skillet or pot.)
3. Whisk oil, vinegar, shallot and the remaining 1/4 teaspoon each salt and pepper in a medium bowl. Add tomatoes, cheese, basil and the reserved zucchini pulp; toss to combine. Divide the filling among the zu-canoes.

## Chicken Shawarma



### Ingredients

- 1 cup shredded English cucumber
- 1/4 cup low-fat plain yogurt
- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 1/2 teaspoon salt, divided
- 1 tablespoon garlic powder
- 1 teaspoon curry powder
- 1/2 teaspoon freshly ground pepper
- 1 pound boneless, skinless chicken breast, trimmed
- 1 tablespoon canola oil
- 4 6-inch whole-wheat pita breads or lavash
- 1 medium tomato, chopped
- 2 cups thinly sliced romaine lettuce

### Preparation

1. Preheat grill to medium.
2. Stir cucumber, yogurt, tahini, lemon juice and 1/4 teaspoon salt together in a medium bowl. Set aside.
3. Combine garlic powder, curry powder, pepper and the remaining 1/4 teaspoon salt in another medium bowl. Slice chicken breast crosswise into 1/4-inch strips; toss with the spice mixture to coat. Add 1 tablespoon oil and toss to combine.
4. Grill the chicken, turning once, until cooked through, about 2 minutes per side.
5. To serve, spread 1/4 cup of the cucumber-yogurt sauce on a pita (or lavash) and top with one-fourth of the chicken, tomato and lettuce. Fold like a taco (or roll closed, if using lavash). Repeat with the remaining ingredients.

- Congratulations and a heartfelt thank you to the teachers in the photo below who were honored at this year's staff recognition luncheon. Together they have 100 years of experience and knowledge in this profession:



- Connie Ruiz – 10 years
  - Carol Grein – 10 years
  - Marisa Colandrea – 15 years
  - Georgine Marinaccio - 15 years
  - Teresa Sabolewski – 15 years
  - Amy Wilcox – 15 years
  - MaryEllen Dziobkowski – 25 years
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- Please remember to apply sunscreen prior to coming to school. Children are outdoors on the playground and participating in water play throughout the summer months.



- Twenty KPMG International volunteers helped revitalize the Children's Garden at Turrell Child Care and Early Learning Center. Thank you for providing a safe and magical place for our students to play and to learn outside.



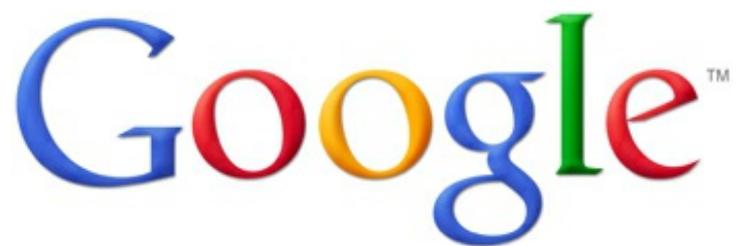
- Water play began on July 8th and will be enjoyed every Tuesday and Thursday thru August 19th.



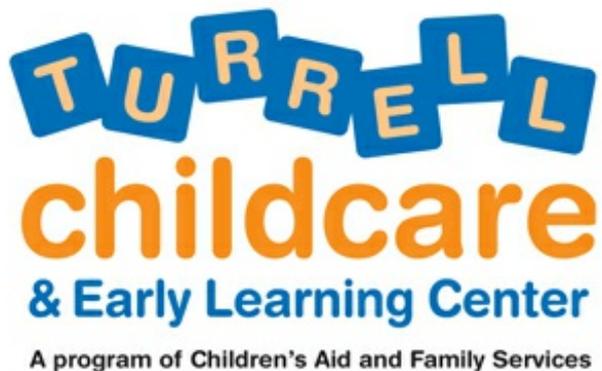
- **Big News!** The Turrell Childcare and Early Learning has launched our new website, Google+ account and Facebook page. If you love Turrell as much as we do please share your review with the public to enhance our visibility within the community.



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Turrell Child Care & Early Learning Center is affiliated with Children's Aid and Family Services. Children's Aid and Family Services has a 110-year history of helping vulnerable children and families. Our services include adoption, foster care, child care, and early education, alcohol and drug abuse education and prevention, eldercare and community educational programs and workshops. There are so many ways for you to get involved and make a difference.

**Adopt.**  
**Foster.**  
**Donate.**  
**Volunteer.**

For more information, call 201.261.2800 or visit [www.cafsnj.org](http://www.cafsnj.org).



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