



Hot Spinach Dip

Ingredients

2 (10 oz) packages frozen chopped spinach, thawed
1/2 cup chopped onion
8 oz cream cheese, softened
2 cups shredded Monterey Jack cheese
1/3 cup half and half
1 t hot sauce, optional
1 (11 oz) can chopped tomatoes with green chilies
1 cup chopped fresh tomatoes

Assembly

Preheat oven to 350 degrees.
Press spinach to remove any excess moisture.
Combine all ingredients in a large bowl. Mix well.
Spoon into a greased 2 quart baking dish. Bake for 20-30 minutes until bubbly.

Serve with baked pita chips or crackers. (Recipe below) Serves about 16.

Adapted from *Apron Strings* by the Little Rock Junior League

Pita Chips for Kids

2 large pita breads, white or whole wheat
2 teaspoons vegetable oil
2 Tablespoons grated parmesan cheese
1/2 teaspoon salt
2 teaspoons garlic powder
1 teaspoon oregano or dried basil or 1/2 teaspoon of each

Preheat the oven to 375 degrees.

Pour the oil into a shallow bowl. Measure the parmesan, salt, garlic powder and oregano/basil into a separate bowl and stir carefully to combine.

Gently separate the pita into two halves, then cut each half into 4 triangles. Place the triangles onto a non-stick cookie or baking sheet or broiler pan covered with foil. Brush each piece with a little bit of oil. Sprinkle the seasoning onto the pita.

Ask an adult to help you put the chips into the oven. Let them bake until they are crisp, about 5-7 minutes. Watch them to be sure they don't burn! Let them cool, then enjoy. If you don't eat them all at once you can keep them for a day or so in an airtight bag or container.

Skills: Measuring, "a little bit", brushing, sprinkling.

Adapted from *Kids in the Kitchen* by Micah Pulleyn and Sarah Bracken, 2004

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