



## Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Enjoy these fun and healthy Halloween recipes for your party! When cooking with kids in the kitchen, make sure activities are age appropriate. Start with washing hands with warm water and soap for twenty-seconds, rinse and dry with a paper towel.

### Pumpkin Face Quesadillas

Serves 4

- 8 flour tortillas
- 2 cups shredded cheddar cheese
- 4 Tablespoons Light Sour Cream
- 4 Tablespoons Salsa
- Cooking spray



Carve pumpkin faces using a paring or kitchen knife in the tortillas. Make eyes and a mouth, carve a stem at the top. Heat skillet and lightly spray with cooking spray. Place one tortilla in the heated skillet and sprinkle with  $\frac{1}{4}$  cup cheese. Top with carved tortilla face. Heat quesadilla for a minute till cheese starts to melt. Gently flip using a spatula. Cook another minute or until done. Place each quesadilla on a plate. Serve with sour cream and salsa. Enjoy.

### Scary Spiders

Serves 4

- 8 round crackers
- 2-3 Tablespoons cream cheese, room temperature for easy spreading
- 32 pretzel sticks
- 8 chocolate chips



Place  $\frac{1}{2}$  teaspoon cream cheese on a round cracker. Press 8 pretzel sticks (4 pretzel sticks on each side of the cracker) into the cream cheese very lightly. Top with another round cracker. To make the eyes, dip the chocolate chips into cream cheese and stick them to the top of the cracker for eyes. Enjoy!

### Orange Pumpkins & Banana Ghosts

Serves 4

- 4 cutie type oranges
- 4 1" pieces of cut celery
- 2 Bananas
- 8 chocolate chips
- 4 raisins
- 1 T. cream cheese



For the Orange Pumpkins, peel oranges and poke the celery into the top of the orange. To make a scary ghost, peel the banana, and slice it in half. Stand each banana half on a plate. Dip chocolate chips in cream cheese and stick them on the banana to make the eyes, Dip the raisin in cream cheese and place on the banana to look like a nose. Enjoy!

For more information, contact Extension Educators Beth Dellatori or Susan Glassman at University of Illinois Extension, 815-224-0889  
Serving Bureau, LaSalle, Marshall and Putnam Counties