



Garden Gazette

Holidays 2020

REMINDERS

Please LABEL your child's nap blankets and stuffy with permanent marker or tape and marker. Take home your child's sheets and blanket on their last day of school each week, launder and bring back on Monday.

Also, please check HiMama everyday for fun activities and updates about your child all day long!

Upcoming Events

Thanksgiving Feast! : Our Thanksgiving Feast will be Tuesday, November 24th in the morning! Please refer to and reply to the email Heidi sent out to sign up to bring something in! Should be a great time for all!

Thanksgiving Break: November 25-27th!

Christmas Party!: Friday, December 18th, more details to be sent out soon!

Winter Break: December 19-January 1

This year, family time is more important than ever, and we are spending more quality time at home than ever before! A great way to have fun and spend time with your kiddos indoors is to get creative with cooking! Decorate simple food in a fun way, add sprinkles if you want to, use a fancy straw, or bake a healthy treat. Most of all, make sure to include your kids in the process! Kids are more likely to experiment with new foods, make healthy choices, and best of all, eat great food when they were involved in the process! So take them to a local garden, ask them to help you grocery shop, find recipes online that interest you both and shop for the ingredients together! Let them mix the batter and lick the spoon! But the most important aspect is to have fun!

**Thanksgiving Inspired Cheese Quesadilla
(Kid-Friendly)**



Turkey Shaped Cheese Quesadillas

These absolutely adorable, Thanksgiving inspired cheese quesadillas are shaped like little turkeys but are completely vegetarian! Not to mention, they are mind-blowing delicious and super kid friendly. Each tasty quesadilla is filled with black beans, Monterey Jack cheese, and bell peppers sandwiched between two whole wheat tortillas. Fun, festive, and perfect for the holidays!

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Ingredients:

2 large whole wheat tortillas

1/4 cup canned black beans rinsed & drained

1/2 cup shredded Monterey Jack cheese or Mexican cheese blend

1 yellow bell pepper

1 orange bell pepper

1 red bell pepper

8 candy eyes

Instructions:

Heat a large skillet or griddle over medium high heat.

Spread the black beans evenly over one tortilla. Top the beans with the cheese. Place the second tortilla on top.

Carefully place the quesadilla on the hot skillet sprayed with olive oil cooking spray, and cook for 5 to 6 minutes. When the cheese begins to melt, flip the quesadilla and cook on the other side for 4 to five minutes.

When the quesadilla is browned on both sides, remove it to a plate to cool.

While the quesadilla is cooling, slice each of the peppers into thin strips. Cut out four larger strips from the red pepper to serve as the turkey's bodies. Cut four small triangles out of the yellow pepper to use as the turkey's beak.

Cut the quesadilla into four wedges. Push the pepper strips into the round part of each web to make the turkey's feathers.

Place the larger strip of red pepper on top of the quesadilla to make the turkey's body. Decorate the pepper with a small yellow triangle for the beak and two candy eyes.

Notes:

Quesadilla Recipe Variations

Cheese: You can swap out the Monterey Jack cheese for any other variety that you enjoy. Mozzarella, cheddar, and even colby jack would all be fantastic options.

Refried Beans: Try this bean and cheese quesadilla with refried black beans or refried pinto beans instead of whole black beans. You can add a bit of taco seasoning to your beans to give them some extra flavor!

Veggies: For some extra "hidden" veggies, chop up 2 cups of baby spinach and toss them into a skillet with your black beans before adding them to your quesadilla. The spinach cooks down to be so small that your kids won't even notice they're getting even more veggies in this dish.

Toppings: You can serve these kid friendly quesadillas with any toppings your family enjoys! Sour cream, Plain Greek Yogurt, Guacamole, Salsa, Green Onions, and Cilantro are some of our favorites.

Filling Variations: You can switch up the filling completely by using roasted mushrooms, wilted spinach, and cheese; or diced onion, diced peppers, corn and cheese; or any combination of veggies & cheese you like!

Top Tips For Making The Best Cheese Quesadilla

Don't overstuff quesadillas or the filling will seep out of the sides. This could end up with a huge mess that you don't want to do it.

Be sure to keep an eye on the quesadilla as it cooks so you do not burn it. Cook them on medium low heat so that the cheese melts slowly and the tortilla crisps up at the same time.

Feel free to serve these turkey-shaped quesadillas with all of your favorite toppings such as sour cream, guacamole, salsa, and just about any other quesadilla topping you love.

Spray your pan with olive oil cooking spray before you add the quesadillas to the pan - that helps to give the tortilla its crispy outer layer without adding a ton of calories and fat.



Christmas Cookies to Make With Kids

Easy to make Christmas Cookies to make with kids! This classic sugar cookies recipe only has 6 ingredients.

Prep Time: 10 minutes

Cook Time: 13 minutes

Total Time: 23 minutes

Servings: 18 cookies

Ingredients:

1/2 cup butter melted

1/2 cup sugar

1 egg

1/2 teaspoon vanilla extract

1 teaspoon baking powder

2 cups flour

festive sugar sprinkles

Instructions:

Preheat oven to 375 degrees.

Add butter and sugar in bowl. Use electric mixer to cream them together. Add egg and vanilla and continue to mix.

Add in baking powder and flour. Mix until cookie dough forms.

Spray cookie sheets with nonstick spray. Rip off large tablespoon sized pieces of dough and roll them into balls. Place on cookie sheet. With a fork gently press down on the cookie. Sprinkle with sugar sprinkles.

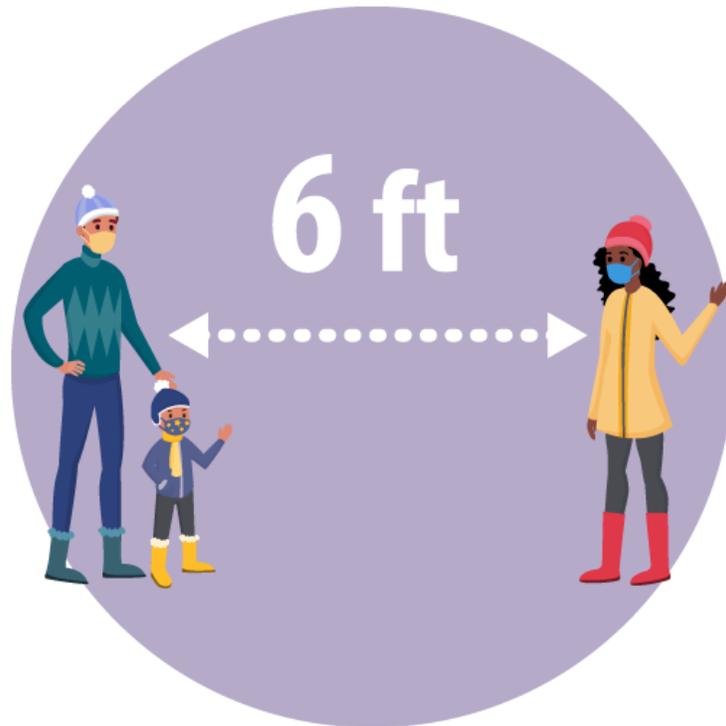
Bake for 12-13 minutes or until browned on the bottom.

Recipe Created by Pamela for brooklynfarmgirl.com

Holiday Gatherings During the Pandemic



- **Wear a mask with two or more layers to stop the spread of COVID-19.**
- **Wear the mask over your nose and mouth and secure it under your chin.**
- **Make sure the mask fits snugly against the sides of your face.**
- **Stay at least 6 feet away from others who do not live with you**
- **Remember that some people without symptoms may be able to spread COVID-19 or flu.**
- **Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.**



- **Wash hands often with soap and water for at least 20 seconds.**
- **Keep hand sanitizer with you and use it when you are unable to wash your hands.**
- **Use hand sanitizer with at least 60% alcohol.**



- **Make your celebration safer. In addition to following the steps that everyone can take to make Thanksgiving safer, take these additional steps while attending a Thanksgiving gathering.**
- **Bring your own food, drinks, plates, cups, and utensils.**
- **Wear a mask, and safely store your mask while eating and drinking.**
- **Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.**
- **Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.**



- **If having guests to your home, be sure that people follow the steps that everyone can take to make Thanksgiving safer. Other steps you can take include:**
- **Have a small outdoor meal with family and friends who live in your community.**
- **Limit the number of guests.**
- **Have conversations with guests ahead of time to set expectations for celebrating together.**
- **Clean and disinfect frequently touched surfaces and items between use.**
- **If celebrating indoors, make sure to open windows.**
- **Limit the number of people in food preparation areas.**
- **Have guests bring their own food and drink.**
- **If sharing food, have one person serve food and use single-use options, like plastic utensils.**



Continued on

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

Happy Holidays and Stay Safe!