

# Back To School

*recipes*

Applesauce Slush, Pg.5

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## Greetings,

It's that time of year again, **Back to School**. Time to pack up those lunches and get the kids off in time to catch the bus! With the Eversave Recipes "Back to School Recipes" cookbook, you'll find a lot of great recipes, ideas and tips for that back to school time of year. You'll also find a few anytime recipes that will be great for your family, an on the go meal for yourself or even for a dinner party.

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Enjoy!

*Eversave.com staff*

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## I Love You Breakfast

By Jeannie Hutchins

This is a wonderful way to start a day by saying I love you with a heart shaped meal.

### Ingredients

2 slices french bread  
2 eggs  
2 4-ounce sausage patties  
2 large mugs of hot chocolate  
1/2 cup whipped topping  
1/3 cup grated chocolate  
Heart-shaped cookie cutters

### Directions

Spray skillet with nonstick cooking spray. Shape each sausage patty into a heart shape. Place in the skillet and cook until done. Take a clean heart shaped cutter and cut two hearts from each slice of french bread. Cut a hole out in the center. Spray the bread with nonstick cooking spray and place in a skillet. Add one egg to each heart hole and cook until done. Take the whipped topping and form a heart on top of the chocolate. Sprinkle the top with grated chocolate. Serve all of this on a pretty tray with a couple of roses.

**Servings 2**

### Savings Tip!

**Are string cheese packages getting too expensive?** Try making your own! Simply cut your own cheese slices from a large mozzarella block of cheese. You will get more cheese for less money.



## Healthy Snack Attack Fruit and Pudding

Back to school never tasted so good! Try putting this great snack in your kid's lunch bags. They will enjoy this colorful healthy snack.

### Ingredients

1 package of instant vanilla pudding - already prepared  
Sliced fruits of your choice

### Directions

In a tall tupperware container, alternate pudding and fruit layers until container is full. Cover and put in fridge. Pack in lunch bags the next day.



## Do you want to make your kid's sandwiches a little more fun?

Try using cookie cutters to make interesting shapes out of the sandwiches. You can use any cookie cutter shape you like. This will be a sure hit with young kids.

## Yogurt Rings

By Samantha Deare

An inventive, fresher way to serve yogurt and fruit.

### Ingredients

1 medium cantaloupe  
1 pint of fresh strawberries, sliced  
1 pint of vanilla yogurt

### Directions

Slice cantaloupe into 1/2 inch slices. In the center of the cantaloupe put a generous amount of the vanilla yogurt. Place about four slices of strawberries on top.

**Servings: 5**

## Applesauce Slush

This is a great treat to surprise your kids with in their lunch bags.

### Ingredients

1/2 cup applesauce  
1/2 cup orange juice

### Directions

Mix up applesauce and orange juice in a tupperware container and put in freezer. The next day, place in children's lunch bag in the morning before school. This will help to keep the other foods cool, and will be of slush consistency by snack time. This will also provide a healthy snack.



### Get the Kids Involved!

To help ensure that your kids are eating their lunches, try to involve them in the choices. Have them tell you two or three things they would really like to have in their lunches.

*Try it for a few weeks!  
After that, you can work together to create new menus.*

## Pepperoni Snack Bites

By Ami Huff

This is great for parties or a quick snack for the kids.

### Ingredients

8 ounce can of sliced black olives  
8 ounce of shredded cheese (favorite flavor)  
24 slices of pepperoni  
1 can of crescent roll dough

### Directions

Lay out your crescent roll dough (it is already sliced for you in triangles). Lay 3 slices of pepperoni on the dough, sprinkle cheese and black olives on top (use fillings of your choice). Fold up the triangles and bake.

## Flatout Pizza

By Sheila P.

This is great when the kids are hungry and I am in a hurry.

### Ingredients

- 1 piece of flatout bread
- 1/4 cup of any kind of cheese
- 10 pepperoni or Canadian bacon and pineapple
- 3 tablespoons of Hunts pizza sauce

### Directions

Lay one flatout bread on a cookie sheet. Spread on pizza sauce. Top with your toppings and bake at 400 degrees for 10 minutes until cheese is melted.



## Are Your Kids Changing Schools this Year?

Here's a tip to help ease them into meeting their new class. Prior to school starting, arrange an ice cream sundae party. Hand out name tags so that both kids and parents can get know each other.

## Fun Lunch for Kids

By Michelle S.

This is a fun way for kids to eat their lunches.

### Ingredients

- Bread
- Cherry tomatoes
- Cheese of your choice
- Lunch meat of your choice
- Lettuce
- Pickles
- Skewer sticks

### Directions

Cut up bread into small squares along with lunch meat and cheese. Slide onto a skewer stick. Cut up and slide on remaining ingredients. You can put all the ingredients in any order you like. To add some crunch to their lunch, give them some celery or carrot sticks to snack on.

## Buffalo Chicken Quesadillas

By Kelly Bailey

This is a quick snack, appetizer, or main meal! Great for a meal hot or a kid's afternoon lunch.

### Ingredients

Tortillas

1 8 ounce package of shredded mozzarella cheese

2 cooked boneless chicken breasts

1 cup buffalo chicken wing sauce

### Directions

Spray non-stick griddle or large frying pan with cooking spray and heat on medium. While pan is warming, cut each cooked chicken breast into 14 pieces, place in bowl and toss with wing sauce. Place one or two tortillas in pan (they can't overlap). Flip when warm, (approximately 1 minute) and spread cheese over half the tortilla. Fork seven pieces of chicken onto the cheese and fold empty side of tortilla over filling. Let heats for 1-2 minutes until slightly browned and flip over. Heat second sides for 1-2 minutes until slightly browned and then remove from heat. Cut as desired.

**Servings: 4**

### Anytime Snack Idea

Try frozen mini waffles with peanut butter spread instead of syrup! The kids (and adults) will love it.



## Beef Crock-Pot Dinner

By Kat Anderson

### Ingredients

- 1-2 pounds of round steak
- 1/4 cup water
- 1 packet onion soup mix
- 1 can cream of mushroom soup

### Directions

Place the round steak in the bottom of crock-pot. In a separate bowl, mix together the water and mushroom soup. Add the onion soup mix to the bowl. Stir to combine. Spoon the mixture on top of the meat in the crock-pot. Cover and cook for 4-6 hours on low. Serve over noodles.



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## Pizzadillas

By Amy Rock

Great idea for kids and grown ups alike. Quick, easy, versatile, and most of all, delicious.

### Ingredients

Flour tortillas (any size)  
Pizza or marinara sauce  
Diced meat of your choice  
Shredded cheese  
Grated parmesan

### Directions

Preheat oven to 350 degrees. Spread sauce on a flour tortilla. Cover with meat and shredded cheese. Top with another tortilla. Lightly spread more sauce on top and sprinkle with grated parmesan. Bake in oven on 350 degrees until cheese is melted and tortilla is golden and crunchy. Approximately 10-15 minutes depending on tortilla size. Ingredient options may vary upon taste.

**Prep Time: 5 minutes**

**Cook Time: 15 minutes**

**Servings: 2**



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