

A Cookbook For Kids, Teens & the Grown-ups who love them

Kids LOVE CHEDDAR!



Brought to you by Gold Medal Winning

Adams Reserve

**NEW YORK
EXTRA SHARP
CHEDDAR**

NATURALLY AGED OVER 12 MONTHS

Fun Shapes Deli Sandwiches

Makes 4 sandwiches

- 8 ea Slices Whole Wheat Bread
- 4 ea Adams Reserve Cheddar Slices
- 2 T Mayonnaise
- 4-8 ea Iceberg Lettuce or Spinach Leaves
- 8 oz Low-Sodium Deli Meats: Turkey, Ham, Roast Beef
- 4 ea Tomato Slices
- 8 ea Cucumber Slices (optional)
- Large cookie cutters of various shapes

Lightly spread mayonnaise on 4 of the bread slices. Assemble sandwich with one or two lettuce leaves (more if you are using spinach!), one tomato slice and cucumber slices if you like them! Add your favorite lunch meat and a slice of Adams Reserve Cheddar. Now top it with the other slice of bread and use the cookie cutter to firmly cut through all the yummy layers... Watch those fingers as you press!



PARENT TIP:

Parents, your deli manager can help you select the healthiest meats for your kids such as low sodium ham, healthy white breast turkey and lean roast beef. Look for natural ingredients!



Hey Kids!

My Name is Adam and this is my friend Anna! We love Adams Reserve Cheddar and we know you do, too. Now it's time to learn how to make some great kid recipes that are delicious and nutritious. Get your parent's ok to start cooking and make sure you have an adult helper! Have fun!



Sunrise Breakfast Cups

Makes 4 egg cups

- 4 ea Whole Large Eggs
- 1 C Adams Reserve Cheddar, shredded
- 2 T Cream
- 20 ea Spinach Leaves, wilted
- ½ C Sausage, browned & chopped
- ½ C Tomato, chopped
- 3 oz Ham, chopped
- Salt & pepper

Preheat oven to 375°. Spray 4 oven-safe cups with vegetable oil coating. Place your favorite ingredients into each cup, but save the cheese for last. Experiment with different combinations like spinach and sausage in one cup and tomatoes and ham in another. Use your imagination and try even more than we have listed like mushrooms, onions and peppers! Next, crack one egg into each cup - watch for shells! Add 1/2 T of cream to each cup and top with Adams Reserve Cheddar, salt and pepper.



PARENT TIP:

Make breakfast quicker by helping your child prepare the chopped ingredients the night before!

Place cups on a cookie sheet and bake for 12-16 minutes or until the egg white is set. Let cool for 5 minutes and serve! Watch out - these cups are HOT!

Anna's Fruit Kabobs

Makes 6 kabobs

- | | | | |
|------|-----------------------|-------|--------------------------|
| 6 | Bamboo skewers | 12 ea | Strawberries, hulled |
| 4 ea | Kiwi fruits | | Additional fruits ideas: |
| 2 | Bananas | | Cantaloupe, Watermelon, |
| 1# | Adams Reserve Cheddar | | Mango, Pineapple |

Cut the Cheddar into 1" chunks. Wash and trim the strawberries (kids, let parents use the knives!) Large strawberries can be cut into halves, smaller ones should be kept whole. Cut the kiwi into 1/2" circles. Peel and cut the banana into 1" circles.

Now carefully "thread" the fruit and cheddar onto each skewer mixing up your pieces for fun tastes and colors!

Kids, make these ahead of time and then store them in a storage bag for several hours. Invite your friends over and have a blast!



Hi Kids!

Be adventurous
and try new fruits
in this recipe!



Kids “Sushi”

Also known as sandwich spirals

Base Ingredients:

- 3 oz Cream Cheese, softened
- 1 C Adams Reserve Cheddar, shredded
- 1 T Ranch Seasoning Blend
- 1 T Taco Seasoning Blend
- 1 T Italian Seasoning Blend
- 3 ea 8” Flour Tortillas

Fillers:

- 6 oz Low-Sodium Turkey, Salami and Ham
- 1 ea Red Bell Pepper, chopped
- 4 oz Green Chiles, diced
- 3 ea Green Onions, sliced
- 2 oz Black Olives, chopped
- 8 ea Baby Spinach Leaves

Don't worry!

It's not **sushi!**
It's **sandwiches!**

Divide the cream cheese in thirds and mix each third with one T of the seasoning blend (or skip the dried seasoning and use fresh herbs!) Spread the cream cheese mixes onto the tortillas and sprinkle with Adams Reserve Cheddar.

Choose your favorite toppings and lay down the center of each tortilla. We like turkey, green onions and ranch mix. Ham goes well with the chiles, olives and taco mix. Salami, peppers and spinach is delicious with the Italian herbs! Now tightly roll up your tortillas and wrap in plastic wrap. Refrigerate for at least one hour.

Remove plastic wrap and slice into 1” spirals. Enjoy!



Anna's Word Search

R O O B W S P P T F M X
 B A I Q F U Y E R A A F
 A M B M R S W A D R N X
 V O C M W E D A L M U C
 D U H H P D L S F W T A
 A S E E E R F S O G R L
 I E B H A E O C Z S I C
 R B C N E L S T V J T I
 Y I N S L E T E E Y I U
 D A D X S H J H L I O M
 Q I X A F M Z H Y H N N
 K G P R E S E R V E X U

ADAM
 ANNA
 CALCIUM
 CHEDDAR
 CHEESE

COW
 DAIRY
 FARM
 HEALTHY
 KIDS

MOUSE
 NUTRITION
 PROTEIN
 RESERVE



Hey guys..
 Don't get
discouraged.
 You can do it!



Mini Dagwoods

You are on the go! Baseball and soccer games, swimming and family outings. You need quick meals to get out the door but still provide good nutrition for your family. Adams Reserve Cheddar has your answer.

Make quick & healthy kid-sized sandwiches with our Cracker Cuts, cocktail bread squares and deli meat. Easy to pack!



PARENT TIP:

These are great little summer appetizers for family and adult get-togethers too.



Teens!

This one is **great** for something fun when **babysitting!**

Kids-A-Dillas

Makes 2 full quesadillas / 12 triangles

- 4 ea Flour Tortillas
- 1 C Adams Reserve Cheddar, shredded
- ¼ C Chives, chopped

Toppings

- ½ C Prepared Salsa
- ¼ C Sour Cream (or Plain Greek Yogurt)
- ¼ C Peppers: chopped red, green or jalapeño

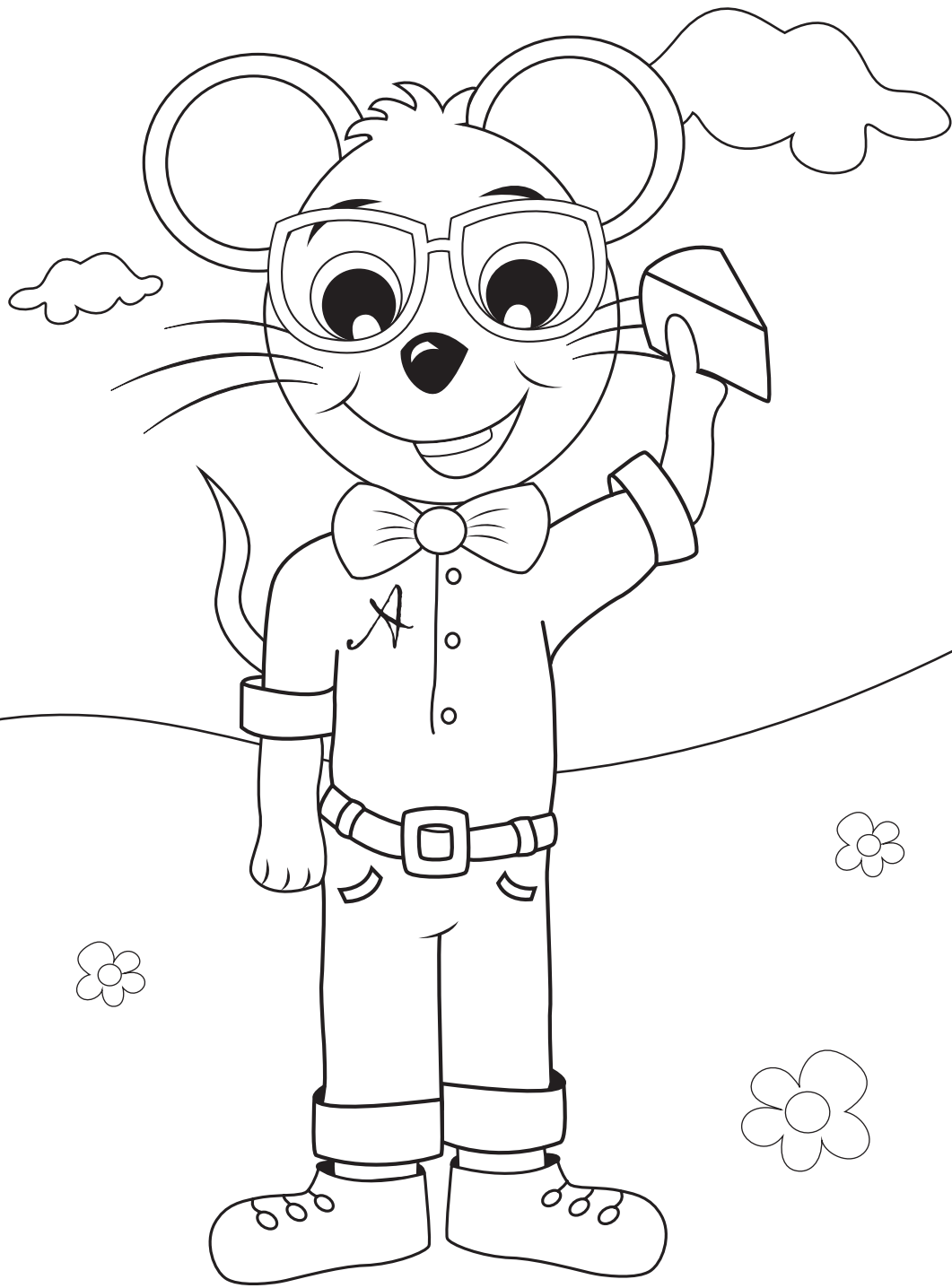


Lightly coat quesadilla maker or skillet with cooking spray, lay down one tortilla and top with half of the Adams Reserve and chives. Top with other tortilla. Cook until lightly browned per the quesadilla maker instructions. If using a skillet, gently flip half way through cook time.

Remove from heat and let cool for 2 minutes. Use a pizza cutter to slice into triangles. Serve with toppings.

For a quick and easy 'dilla try making them in the microwave!

Coloring Pages!



Clip the coupon below today to start creating tomorrow!

MANUFACTURER'S COUPON	NO EXPIRATION	DO NOT DOUBLE
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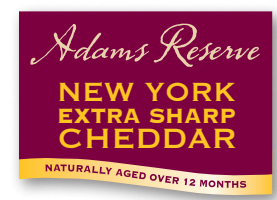
CONSUMER: Coupon good only in USA on purchase of brand/size indicated. Void if copied, transferred, prohibited or regulated. Limit one coupon per purchase.

RETAILER: Great Lakes Cheese will reimburse you for the face value of this coupon plus 8¢ handling if redeemed in compliance with our redemption policy. Copy sent upon request. Cash value 1/100¢. Mail coupon to Adams Reserve Coupon Redemption, P.O. Box 1806, Hiram, Ohio 44234-1806.

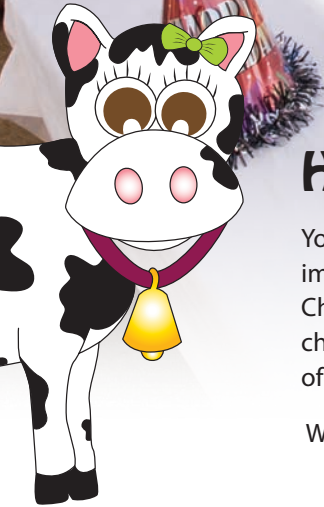
COUPON VALUE: \$1.00



\$1 OFF ANY SIZE



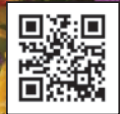
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Hi Moms!

You will love helping your child cook and learn the importance of good nutrition with Adams Reserve Cheddar. Not only does our Gold-medal winning cheddar taste great but it offers your child 300mg of calcium per ounce!

We hope you enjoy **Kids Love Cheddar!**



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SIZE

