



Super 'Wiches (Yummy Tummy Recipes)

Marilyn Lapenta

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Kids can get creative in the kitchen with inspiration from the tasty recipes in Super 'Wiches. Young chefs can choose from classic favorites with a twist such as grilled cheese and PB&J, or innovative fare like Thanksgiving Treats and Tuna Avocado Roll-Ups. Each recipe includes suggestions for customizing the sandwiches to match the tastes of the cook or to make artistic creations. After all, cooking is an art and art is all about experimenting! Each recipe includes a nutrition tip and a fact box as well as a list of tools and ingredients and easy, step-by-step instructions. Kids will learn about nutrition and healthy eating, sequencing and following directions, math and measuring skills, and kitchen safety. Bon appetit!

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