

# Tortilla Kebab Skewers



## **INGREDIENTS**

- \_ 3 lbs Ground Beef
- \_ 2 minced Onions
- \_ 1 minced Red Bell Pepper
- \_ 6 Garlic Cloves
- \_ ¼ c. Parsley
- \_ 1 Tbsp. Cumin
- \_ 2 Tbsp Paprika, 2 Tbsp. Coriander
- \_ 1 Tbsp. Garlic Powder
- \_ 2 tsp. Black Pepper
- \_ 1-1.5 Tbsp. Kosher Salt
- \_ 10 extra large Tortillas

### **Sauce**

- \_ 8 oz. butter
- \_ ½ c. yogurt/labneh
- \_ ½ minced onion
- \_ ¼ c. parsley
- \_ 4 cloves garlic, minced
- \_ 2 tsp. paprika
- \_ salt to taste.

## **DIRECTIONS**

- 1.** Mix all ingredients together, until fully combined.
- 2.** Spread mix on 10 square cut, extra large tortillas.
- 3.** Stack 5 at a time with a tortilla on top and bottom (2 stacks).
- 4.** Cut 1" wide strips, turn on side, press onto skewers
- 5.** Cut between skewers. Grill in oiled cast iron skillet, a few minutes per side (4 turns).
- 6.** Simmer all sauce ingredients together.
- 7.** Remove kebabs from pan to large plate. Brush sauce over hot kebabs and enjoy

*Recipe source: <https://www.instagram.com/seattlehanddoc/>*



# Broccoli Steaks



## **INGREDIENTS**

- \_ 2 large heads of broccoli
- \_ ¼ c. olive oil
- \_ 1 tsp. kosher salt
- \_ ¼ black pepper
- \_ 1 tsp. garlic powder
- \_ ½ c. fresh grated parmesan

## **DIRECTIONS**

- 1.** Preheat the oven to 425 degrees. Line a baking sheet with parchment paper for easier clean-up. Prepare the broccoli steaks by trimming the tough bottom of the stem, keeping the head and most of the stalk intact.
- 2.** Stand the broccoli upright and cut 1 inch thick slices straight down through the head and stem. You'll get 2-3 steaks per head, plus some loose florets (bake those too!)
- 3.** Lay the broccoli steaks flat on the baking sheet. Drizzle with olive oil, coating both sides. Sprinkle with salt, pepper and garlic powder.
- 4.** Roast for 10-20 minutes, flipping halfway through. For a firmer, al dente texture, stick to 10-12 minutes. For tenderer broccoli, roast closer to 18-20 minutes.
- 5.** At the end of the cook time, remove the baking sheet; generously sprinkle the parmesan over the steaks. Return to the oven for 5-8 minutes, until the cheese is melted, golden and crisp.

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# Almond-Pear Cutout Tarts with Caramel Drizzle



## INGREDIENTS

- 1 sheet store-bought pie crust, thawed
- 3 Anjou pears (or any firm, sweet pear), peeled, halved and cored
- 3 Tbsp. Almond paste (marzipan)
- Caramel sauce, recipe below
- Optional: egg wash (1 egg + 1 Tbsp. water) for a golden finish

### Caramel Drizzle

- ½ c. sugar
- 2 Tbsp. unsalted butter
- ¼ c. heavy cream (or more)
- Pinch of salt

## DIRECTIONS

1. Preheat oven per piecrust instructions. Prepare the pears by peeling, cutting in half and scooping out the cores to create a small hollow in each half.
2. Score the pears on top, careful to not cut all of the way through. Press about 2 tsp. of almond paste into the hollow of each pear half.
3. Roll out the crust on a lightly floured surface. Arrange the filled pear halves, cut-side down, spaced apart on the crust.
4. Cut out a pear shape, using a small knife, of crust leaving about ½ inch of crust around the edge.
5. Transfer to a parchment lined baking sheet. Brush with egg wash, if desired.
6. Bake according to piecrust package instructions or until the crust is golden and the pears are tender but still hold their shape (al dente).

### Caramel Drizzle

1. Heat sugar in a dry pan over medium heat, stirring until melted and amber-colored.
2. Add butter, stir until fully combined. Slowly pour in the cream- it will bubble!! Stir until smooth. Finish with a pinch of salt. Let cool slightly then drizzle over your pears.

Recipe source: <https://www.instagram.com/seattlehanddoc/>



**Be sure to check out Ready, Set, Explore!**  
**Another family fun program from the**  
**University of Wyoming Extension!**



### **How it works!**

1. Register once to participate at: [https://bit.ly/readysetexplore\\_registration](https://bit.ly/readysetexplore_registration)
2. Upon registering, you'll receive a link to the full Ready, Set, Explore! packet that includes activities and extras for all months (Oct–May).
3. Choose to do 4 or more of the activities listed for each month.
4. Submit monthly completion form and share pictures from your adventures! [https://bit.ly/readysetexplore\\_completion](https://bit.ly/readysetexplore_completion)

# **READY, SET, EXPLORE!**

## **FEBRUARY 2026 - General Activities List**

1. Heart shaped item scavenger hunt – indoor or outdoor items the shape of a heart. (rocks, mountains, clouds, etc)
2. Ice skate: Rent skates for a small fee and hit the rink.
3. Snowball fight: Use snow, pom-poms, or balled-up socks for fun in any climate.
4. Nature-Inspired Valentines: Steps (<https://wilderchild.com/blogs/news/make-nature-inspired-valentines>)

### **Materials:**

- Twine or string
  - Natural items that you find to fit on the valentines (rock, leaf, acorn, feather, pine branch/cone, stick, etc)
  - Card stock paper
  - Hole punch
  - Glue
5. Visit the library: Explore free family activities, books, or toys.
  6. Read aloud together: Share an adventure without leaving the couch.
  7. Dance party: Turn up the music and show off your moves!
  8. DIY birdfeeder: Use recycled materials to create and enjoy birdwatching.

9. Go for a winter hike and drink hot chocolate outside.
10. Have a campfire in the cold weather and roast marshmallows and hot dogs.
11. Look for natural items like leaves, sticks, shells, and rocks to make a mobile.
12. Go Bird Watching: So many types of birds! Check out a local guide or use apps to ID them by photo or song. How many can you spot?
13. Go stargazing! Spot constellations, planets, or simply enjoy the ever-changing night sky
14. Kite Flying: February often brings breezy weather, making it ideal for flying kite.
15. Blow a frozen bubble!