

Vegetable Bug Salad (Kindergarten Recipe)

Ingredients:

Yield: 4 bugs

- ★ 1 cucumber
- ★ ½ cup shredded carrots
- ★ 8 spinach leaves
- ★ 4 grape tomatoes
- 1 tablespoon chopped olives
- Salad dressing (low-fat)

Directions:

1. Wash the vegetables.
2. Cut cucumber lengthwise then across to make 4 pieces.
3. Create a bug using the cucumber as the bug's body.
4. Use the carrots for legs and antennae.
5. Use spinach leaves for wings.
6. Use tomatoes for head and olives for eyes and wing spots.
7. Eat your bug with salad dressing.

Eat vegetables every day!



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Assistance Program provides nutrition assistance to people with low income. To find out more, contact your local office.

Chinese Vegetable Noodle Salad (1st Grade Recipe)

Ingredients:

Yield: 6-8 servings

- ★ 1 head green cabbage
- ★ 4 green onions
- ★ 1 cucumber
- ★ 1 can mandarin oranges, drained (11 ounces)
- ★ 1 cup sunflower seeds
- 2 packages chicken flavored ramen noodles

Dressing: Seasoned rice vinegar can be found in the Asian section at any major grocery store.

- ½ cup oil
- ★ ½ seasoned rice vinegar
- 2 packages chicken flavored ramen noodles

Directions:

1. Cut or tear cabbage into small pieces.
2. Peel cucumber and cut into small bite-size pieces.
3. Cut onions into very small pieces.
4. Put cut-up vegetables into a bowl.
5. Mix seasoned rice vinegar, oil, and ramen flavor packets in a small bowl.
6. Add to the vegetables.
7. Add mandarin oranges, sunflower seeds and ramen noodles (broken-up) to salad and mix.
8. Eat and enjoy!

Be brave and try new fruits and vegetables!



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Calabacitas (2nd Grade Recipe)

Ingredients:

Yield: 6-8 servings

- ★ 2 zucchinis
- ★ 2 yellow squash
- ★ 1 small onion
- ★ 1 can corn, drained (15 ounce)
- ★ 1 can diced green chili (4 ounce)
- 1 bag grated Monterey Jack cheese (8 ounce)
- 2 tablespoons oil

Directions:

1. Cut zucchini, yellow squash, and onion into small bite size pieces.
2. Heat skillet on medium-high and add oil.
3. Add cut-up vegetables to the skillet and cook until tender.
4. Add green chilies and corn to the skillet and mix.
5. Sprinkle cheese on top of the vegetables and cover the skillet.
6. Turn the heat down to low and cook until cheese melts.
7. Serve warm. Eat and enjoy!

Calabacitas is a delicious way to eat more vegetables!

Eat vegetables 2 times a day!



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Spicy Corn Salad (3rd Grade Recipe)

Ingredients:

Yield: 6-8 servings

- ★ 2 cans of corn, drained (15 ounce)
- ★ 1 can of kidney beans, rinsed well and drained (15 ounce)
- ★ 1 red pepper
- ★ 1 zucchini
- ★ 2 stalks celery
- ★ ¼ cup red onion, diced
- ★ Juice of 2 limes
- 2 tablespoons oil

To taste:

- Salt and pepper
- ★ Hot sauce
- ★ Cilantro, chopped (optional)

Directions:

1. Cut vegetables into small bite-size pieces.
2. Put the cut-up vegetables in a large bowl and add corn and beans.
3. Add lime juice, oil, salt, pepper and hot sauce.
4. Mix well and serve. Eat and enjoy!

Eat more vegetables with your family at dinner tonight and every night!



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Two Apple Salads (4th Grade Recipes)

Ingredients:

Yield: 6-8 servings

- ★ 1 apple
- ★ 1 celery stalk
- ★ ½ cucumber
- ★ 2 carrots
- ¼ cup light Italian salad dressing

Directions:

1. Cut up apple and vegetables into small bite-size pieces.
2. Put them in a bowl.
3. Add the salad dressing to the bowl and mix.
4. It is ready to eat!

Apple Tuna Salad

Ingredients:

Yield: 6-8 servings

- ★ 1 apple
- ★ 1 can tuna fish, packed in water (6 ounce)
- ★ 1 celery stalk
- ¼ cup low-fat mayonnaise
- ★ Whole wheat crackers

Directions:

1. Cut up apple and celery into small bite-size pieces.
2. Put them in the bowl.
3. Open and drain tuna. Add drained tuna to the bowl.
4. Add mayonnaise and mix.
5. Make a sandwich with whole wheat crackers or crumble the crackers into the bowl.
6. It's ready to eat!

Eat 2 fruits and 3 vegetables every day!
Make your favorite apple salad at home!



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Energy Pizza (5th Grade Recipe)

Ingredients:

Yield: 6-8 servings

- ★ 6 English muffins, cut in half (whole wheat)
- 1 can pizza sauce (15 ounce)
- ★ 1 can pineapple tidbits (15 ounce)
- 1 bag grated mozzarella cheese (8 ounce –low fat)
- ★ 1 bag sunflower seeds, salted w/o shell (6 ounce)

Directions:

1. Toast the English muffin.
2. Spread tomato sauce on top.
3. Sprinkle cheese, pineapple, and sunflower seeds on top, too.
4. Eat and enjoy!

Optional:

Warm up your pizza in the oven or microwave oven.

Eat a healthy snack after school every day!



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