

Nutrition Education: Vegetables

Lesson 3: VEGGIE BOATS



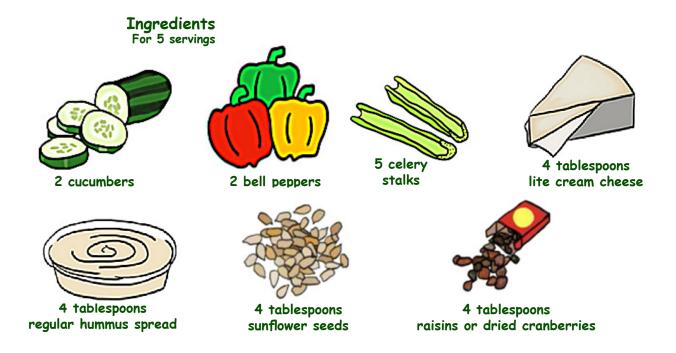
Recipe

Takes 5-7 minutes Makes 5 servings

YOU WILL NEED:

tablespoon dinner spoon cutting board peeler (adults only; optional)

5 plates 5 butter knives knife (adults only)



PREPARATION

Cut cucumbers lengthwise into quarters and use dinner spoon to scoop out the seeds so that there is a central grove down each spear. Similarly, cut bell peppers into sections so that each piece has a groove down the center. Cut all veggies into 3" stalks.

Using butter knife, smear lite cream cheese or hummus (you choose!) over the groove of each veggie stalk so that there's a smooth surface. Add sunflower seeds and raisins (or dried cranberries) as toppings and enjoy!



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DIRECTIONS

- 1. Fill in the blank.
- 2. Color the cucumber.

Cucumbers are cool. They help me

in school!

