

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)

Ingredients For 5 servings



2 cucumbers



2 bell peppers



5 celery stalks



4 tablespoons
lite cream cheese



4 tablespoons
regular hummus spread



4 tablespoons
sunflower seeds



4 tablespoons
raisins or dried cranberries

PREPARATION

Cut cucumbers lengthwise into quarters and use dinner spoon to scoop out the seeds so that there is a central groove 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!

Lesson 3: VEGGIE BOATS

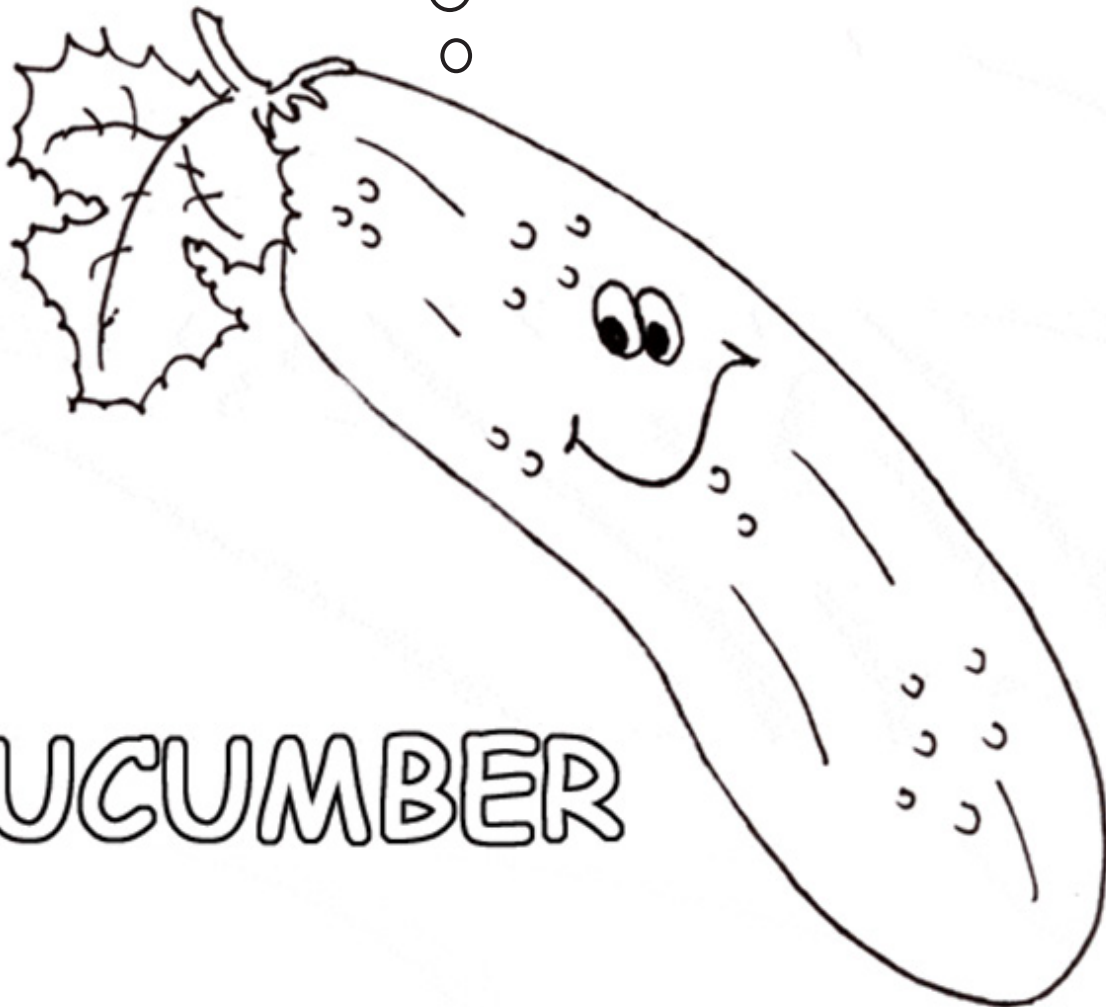


DIRECTIONS

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

Cucumbers are
cool. They help me

in school!



CUCUMBER