



Kid Friendly Recipes

Young children are often more willing to taste new foods when they have a part in preparing them. Let your child use a plastic knife to help cut up soft fruits and vegetables. With other recipes, your child can be the chief mixer. And then there's always cleanup!

Pumpkin Dip

Here's a tasty dip for graham crackers that's nutritious and delicious. Your child may also like to eat it as pudding.

YOU NEED:

- 1 tablespoon canned pumpkin
- 1/3 cup low-fat vanilla yogurt
- 1 teaspoon orange juice concentrate (use 100% juice for more nutrients)
- Pinch of cinnamon (optional)
- 1 teaspoon maple syrup (optional)
- Graham crackers for dipping



Mix all ingredients well. Serve cold or warm. (To warm, microwave for about 30 seconds and stir before serving.)

Seeds and Bean Salsa

Did you know that corn kernels are actually seeds? Invite your child to try a new way to eat corn and beans.

YOU NEED:

- 1/2 cup cooked corn kernels, chilled
- 1/2 cup cooked black beans, rinsed very well and chilled
- 1 tablespoon Italian dressing

Mix the ingredients together. Serve as a dip with corn chips.

Ambrosia Salad

Using kiwi and oranges in this variation on a familiar salad offers lots of Vitamin C. You can substitute green grapes, but red are prettier.

YOU NEED:

- 1 kiwi, peeled and sliced
- 1/2 orange, peeled, separated into wedges, and seeds removed
- 10 red grapes (seedless or discard as many seeds as possible)
- 2 tablespoons low-fat strawberry-banana yogurt
- Flaked coconut (optional)



In a bowl, cut the kiwi slices into quarters, orange wedges into small pieces, and grapes in half. Carefully mix in yogurt. Sprinkle with a little coconut if your child likes, then serve.

Parsnips With Pizzazz

If your child has shied away from parsnips, offer them again with these yummy fixings.

YOU NEED:

- 4 boiled parsnips (should be soft)
 - 1 tablespoon margarine
 - 1 tablespoon light brown sugar or honey
 - 1/4 teaspoon prepared mustard
- Quarter the parsnips and place in a buttered one-quart dish. Dot with margarine. Mix the sugar or honey and mustard and spoon over the parsnips. Bake in a preheated 400°F oven for about 20 minutes or until parsnips are glazed and browned. Cool slightly before serving.

Cobbler Gobbler Crunch

Encouraging your child to eat two servings of fruit a day won't be hard when you offer this snack or dessert as one choice.

YOU NEED:

- 1 can peaches, pears, apricots, plums, or mandarin oranges (choose canned fruit in its own juice if available)
 - 1 teaspoon cinnamon
 - 2 tablespoons low-fat granola or other crunchy, low-sugar cereal
 - 2 tablespoons plain low-fat yogurt
- Drain the fruit and slice into a bowl. Sprinkle on cinnamon. Top with granola and yogurt, then serve.

