

RECIPES

“One Fish, Two Fish, Red Fish, Blue Fish Trail Mix”

How many fish are in your dish?



Goldfish Colors crackers
Cheerios (or other oat ring cereal)
Chex-style cereal

Mix together in portions of your choosing.

“Winnie the Pooh Sandwich”

Whole wheat bread
Peanut butter
Honey



Spread a slice of bread with peanut butter and then honey. Fold it in half for a “hunny” of a sandwich!

“Fruit Flowers”

Mandarin orange segments (canned)
Kiwi, peeled and sliced into ‘circles’
Maraschino cherries (no stems)
Celery sticks



- Put one round kiwi slice on a small plate.
- Place orange segments around the kiwi, to look like petals.
- Put a cherry in the center of the ‘flower’ and a celery stick for the ‘stem’.

Spring has sprung! 😊

“Strawberry Graham Sandwich”

Graham crackers
Yogurt (strawberry or vanilla)
Strawberries, sliced



- Break a graham cracker into two squares.
- Spread yogurt on one square.
- Put sliced strawberries onto the yogurt.
- Place the other square on top to make a ‘sandwich’.

Makes one serving.

“Overnight Tuna Casserole”

This may be the easiest casserole you’ve ever made. There’s no need to cook the macaroni – just mix, refrigerate overnight and microwave.

1 can condensed cream of celery soup
1 cup milk
1 can (6 ounce) water-pack tuna, drained
1 cup uncooked elbow macaroni
1 cup (or more) frozen green peas or mixed vegetables
½ cup chopped onion
1 cup shredded Cheddar cheese



- Mix soup and milk in a 2-quart microwave-safe dish.
- Stir in remaining ingredients, except ¼ cup of the cheese.
- Cover and refrigerate at least 12 hours or overnight.
- Cover with lid or vented plastic wrap. Microwave on high for 15-17 minutes until bubbly.
- Sprinkle the ¼ cup of cheese over the top. Let stand uncovered 5-7 minutes until cheese melts. Makes 4 servings.