

RECIPES

(Modify as needed for younger toddlers)

“Veggie Wedgie”

- Whole wheat pita bread
 - Cucumber slices (peeled, sliced thin)
 - Shredded or grated carrots (matchstick style)
 - Low-fat Ranch salad dressing
1. Slice pita bread in half to make 2 ‘pockets’.
 2. Wedge (stuff) each pocket with some cucumber slices and shredded carrots.
 3. Drizzle a little Ranch dressing over the veggies.

Makes 2 to 4 servings.

“Yo-Go Waffles”

- Toaster waffles (whole grain)
 - Yogurt (your favorite flavor)
 - Pineapple tidbits (or fruit of choice)
1. Toast a frozen waffle.
 2. Spread with yogurt.
 3. Top with pineapple tidbits.

“Yo-Go Graham Crackers”

Substitute graham crackers for the waffles.

“Grape Jelly Chicken Thighs”

Ingredients:

2/3 cup grape jelly
1/2 cup ketchup
1/3 cup minced onions
2 tablespoon vinegar
1 teaspoon dry mustard
12 bone-in chicken thighs (~3 pounds) -
skin removed

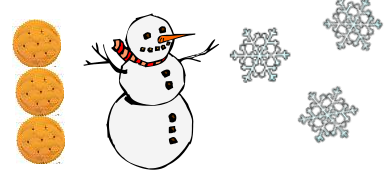
Serves 4-6

Goes well with rice!

“Snow Pals”

- Round crackers
- Low-fat cream cheese
- Petite baby carrots, sliced into thin strips, or Match Styx carrots
- Raisins

1. Spread 3 crackers with cream cheese.
2. Place them ‘snow man style’ on a plate.



3. Use 2 thin carrot strips for the ‘arms’.
4. Use raisins for the ‘eyes’, ‘nose’ and ‘buttons’.
5. Optional: Sprinkle shredded coconut (‘snow’) over the cream cheese.

Steps:

1. Preheat oven to 400 degrees.
2. In a small saucepan, stir together the grape jelly, ketchup, onions, vinegar and dry mustard.
3. Cook over medium heat until all of the grape jelly is melted and it comes to a slight boil - remove from heat.
4. Arrange the chicken thighs in a 9x13 pan.
5. Pour the grape jelly mixture over the chicken and turn pieces to make sure both sides are coated.
6. Bake for 45 minutes, until the chicken is tender.