

RECIPES

“Friendship Salad”

This is a fun recipe for friends to make together! Children can help add the ingredients and take turns stirring.

Ingredients:

- 1 (15-ounce) can pineapple tidbits
- 1 (15-ounce) can tart (or sweet) cherries
- 1 (15-ounce) can mandarin oranges
- 1 (8-ounces) container lemon or vanilla yogurt
- 1-cup granola (optional)

1. Drain each can of fruit.
2. Combine fruit in large bowl.
3. Pour yogurt over the fruit and stir together gently.
4. Sprinkle granola on top of fruit salad and serve. Makes 8-10 servings.

“Quick Lasagna”

Ingredients:

- 1 pound lean ground beef (15% fat)
- 1 large onion, chopped
- 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- 2 cups spaghetti sauce
- 1 teaspoon each, oregano and basil
- 4 teaspoons dried parsley or 4 Tablespoons fresh
- 1 pint (2 cups) low-fat cottage cheese
- 2/3 cup shredded mozzarella cheese
- 6 uncooked lasagna noodles
- 1/3 cup grated parmesan cheese

Steps:

1. Cook ground beef over medium-high heat until no longer pink.
2. Drain fat, add onion, and cook until onion is clear.
3. Add garlic, 1 cup of the spaghetti sauce, and spices; spread evenly in skillet.
4. Reduce heat to low, spread cottage cheese over mixture, and sprinkle with half of the mozzarella.
5. Top with 4 noodles, breaking remaining 2 to fill in open spaces.
6. Pour remaining spaghetti sauce evenly over the top of noodles; gently press noodles down to moisten.
7. Cover and simmer 15 minutes until noodles are tender. Top with remaining cheeses, cover, and simmer 2 more minutes or until cheeses are melted.
8. Let stand, covered, 5-10 minutes before serving.

Makes 9 1-cup servings.

“Banana Sushi”

Ingredients:

- Whole wheat tortilla
- Peanut butter
- Crisp rice cereal
- Banana (peeled)

1. Spread a tortilla lightly with peanut butter.
2. Sprinkle with crisp rice cereal (like Rice Krispies).
3. Place the banana on top of the tortilla near one end, and roll it up.
4. Cut in slices, sushi-style.

“Red Light, Green Light”

Ingredients:

- Whole wheat bread or toast, cut in half
- Low-fat cream cheese, soft style
- Strawberries, cut in round slices
- Hard-boiled egg, cut in round slices
- Kiwi, peeled and cut in slices

1. Lightly spread a half slice of toast with cream cheese.
2. Place a strawberry slice at the top. (‘red light’)
3. Place a hard-boiled egg slice in the middle. (‘yellow light’)
4. Place a kiwi slice at the bottom. (‘green light’)

Try this rhyme:

Red on top says STOP
Green below says GO
Yellow says WAIT even if you’re late!