

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 (20-ounce) can pineapple tidbits
- 1 (15-ounce) can tart (or sweet) cherries
- 1 (15-ounce) can mandarin oranges
- 1 (8-ounces) container vanilla or lemon 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.

“Berry Bear Trail Mix”

Ingredients:

- Blueberry Chex (or other berry cereal)
- Honey Teddy Grahams
- Goldfish crackers (whole grain ‘colors’)
- Dried cranberries (optional)
- Finely chopped walnuts (optional)

Mix and eat! 😊

“Overnight Tuna Casserole”

No need to cook the macaroni – just mix, refrigerate overnight, and microwave!

Ingredients:

- 1 can (10 3/4-oz.) cream of celery soup, (or mushroom)
- 1 cup milk
- 1 can (5-oz.) water-pack tuna, drained
- 1 cup uncooked elbow macaroni (whole wheat preferred)
- 1 cup (or more) frozen green peas
- 1/2 cup chopped onion (or 2 tablespoons dried minced onion)
- 1 cup shredded Cheddar cheese (save 1/4 cup for topping)

No time to plan ahead? Just prepare a few boxes of macaroni and cheese, and add a can (or two) of drained tuna and a can of peas.

“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:

- Wheat Thins crackers (*or others, as desired*)
- Low-fat cream cheese, soft tub style
- Bell peppers (red, yellow, green), cut into 1-inch pieces

1. Lightly spread 3 crackers with cream cheese and stack them in a vertical row, like a traffic light.
2. Place a red pepper piece on the top cracker, a yellow pepper on the middle cracker, and a green pepper on the bottom cracker.

Now you’ve made a traffic light! 😊

Try this rhyme:

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

Steps:

1. Whisk soup and milk in a 2-qt. microwave-safe bowl until well blended.
2. Stir in remaining ingredients except saved 1/4 cup cheese.
3. Cover and refrigerate overnight.
4. Cover casserole with lid or vented plastic wrap. Microwave on high 15 to 17 minutes until bubbly.
5. Sprinkle with 1/4 cup cheese. Let stand uncovered 5 to 7 minutes until cheese melts.

Makes 4 servings.