

At-Home Recipe

Cranberry Nut Snack Mix

Makes 6 Cups

- 2 cup sunflower seeds, raw
- 1 cup pine nuts
- 1 cup pumpkin seeds, raw
- 1 cup cranberries, dried
- 1 cup raisins



Directions

- Measure all of the ingredients into a mixing bowl and stir with a wooden spoon until well combined.
- Serve.

How can your child help?

- Help shop for ingredients in the grocery store.
- Combine ingredients and mix.
- Portion into smaller serving dishes.

What you can share with your child about the recipe:

- Nuts are a good source of protein.
- Raisins are made from grapes.
- Raisins and dried cranberries are a good source of fiber.
- This recipe is good for snacks on the road or to bring to a family/friend function during the winter holiday season.

At-Home Recipe

Fresh Apple Salsa

Makes 3 Cups

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| 2 medium red apples | 1 finely chopped seeded jalapeno |
| 2 Tablespoons lime juice | 1 clove garlic, minced |
| ½ cup chopped mandarin oranges | 2 tablespoons chopped fresh cilantro |
| ½ cup finely chopped onions (red or white) | 1 tablespoon apple cider vinegar |
| ½ cup finely chopped green pepper | ½ teaspoon ground cumin |
| | 1 teaspoon vegetable oil |

Directions

- Core and dice apples into ¼ inch pieces.
- Toss immediately with lime juice.
- Stir in remaining ingredients.
- Chill 2 hours.
- Serve.

How can your child help?

- Cut/chop ingredients with a plastic knife.
- Help shop for ingredients in the grocery store.
- Combine ingredients.

What you can share with your child about the recipe:

- The average US citizen eats 45 pounds of apples/year.
- Apples are a good source of Vitamin C.
- Apples are a good source of fiber.
- Apples are the state fruit of Rhode Island, New York, Washington, and West Virginia.
- It takes energy from 50 leaves to produce 1 apple.

At-Home Recipe

Crispy Blueberry Rice Squares

Makes 16 Squares

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| 4 cups miniature marshmallows | 6 cups crispy rice cereal |
| 3 tablespoons butter or margarine | 1.5 cups fresh blueberries |

Directions

- Spray 9" square baking pan with non-stick cooking spray.
- In a large microwave-safe bowl, heat marshmallows and butter until melted, about 3 minutes on high power, stirring after 2 minutes.
- Add cereal and blueberries.
- Stir until evenly coated.
- Transfer to baking pan, gently press into an even layer.
- Allow to cool for 15 minutes. • Cut into 16 squares and serve.
- Cover and refrigerate unused portion.

How can your child help?

- Spray cooking pan. • Stir mixture.
- Add cereal and blueberries to cooked marshmallows.
- With plastic knife, cut into even squares.

What you can share with your child about the recipe:

- Blueberries are native to North America.
- Blueberries are a good source of Vitamin C and Vitamin K.
- Blueberries are the state fruit of Michigan, New Jersey, Oregon, North Carolina, Washington, and Maine.
- Blueberries grow in clusters on bushes.

Variations

- Can add dried cranberries for more color.
- To make dairy-free, substitute butter/margarine and use coconut oil.

At-Home Recipe

Gobble Me Up

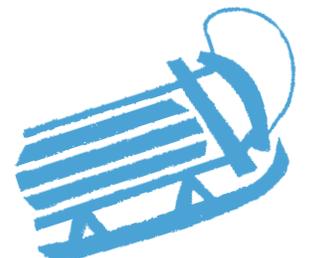
- Apple
- Clementine or navel orange
- Pear
- Dried apricots
- Peanut butter (or soy nut butter) or cream cheese
- Mini chocolate chips
- Cashew
- Dried cranberries

Directions

- Arrange apple and clementine or navel orange slices on a plate in the shape of wings. Lay a cored pear half on top.
- Use scissors to halve a dried apricot, then snip small triangles from each half and tuck them under the pear to form the feet.
- Use peanut butter or softened cream cheese to attach mini chocolate chip eyes, a nut beak, and a dried cranberry snood.

How can your child help?

- Peel the oranges.
- Arrange the "turkey."



At-Home Recipe

Holiday Cucumber Cups

Makes 4 Servings

- 6 medium cucumbers
- 1 (8-ounce) container red pepper hummus
- 1 (8-ounce) container lemon hummus
- Chopped chives for garnish

Directions

- Create decorative stripes on the sides of the cucumber using a vegetable peeler (for wider strips), or a citrus zester (for thinner strips).
- Cut the cucumbers crosswise into $\frac{3}{4}$ inch thick rounds. Using a teaspoon or melon-baller, scoop out the seeds to form a well, about $\frac{1}{3}$ inch deep, in each slice.
- Spoon about $\frac{1}{2}$ tablespoon of the red pepper hummus into the wells of half of the cucumber cups and the lemon hummus into the other cucumber cups (to make things look fancier, use a pastry bag and pipe out the hummus).
- Sprinkle all with chopped chives.

How can your child help?

- Cut the cucumbers with plastic knife.
- Scoop seeds out of the cucumbers.
- Add hummus to cucumber wells.
- Top with chives.

What you can share with your child about the recipe:

- Florida produces the most cucumbers in the nation.
- Cucumbers grow on a vine.
- Cucumbers are 95% water.
- Cucumbers are a good source of Vitamin A.
- Cucumbers can be made into pickles.

At-Home Recipe

Pumpkin and Bean Soup

Makes 6 Cups

- 1 can white beans (15 oz.)
- 1 onion (small, finely chopped)
- 1 cup water
- 1 can pumpkin (15 oz.)
- 12 oz. apple juice
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon salt

Directions

- Blend white beans, onion, and water with a potato masher or blender till smooth.
- In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt.
- Stir.
- Add the blended bean mix to the pot.
- Cook over low heat for 15-20 minutes, until warmed through.

How can your child help?

- Combine/mash ingredients.
- Add individual ingredients into large pot. Stir.
- Chop onion with plastic knife.

What you can share with your child about the recipe:

- Discuss measurements (teaspoon, tablespoon, ounces).
- Pumpkins are actually fruits.
- Pumpkins are a good source of potassium and Vitamin A.
- Pumpkin seeds can be roasted for a tasty snack.
- 80% of the pumpkin supply is available in October.
- Pumpkins are 90% water.

At-Home Recipe

Roasted Sweet Potato Wedges

Makes 4 Servings

- 2 medium sweet potatoes (cut into wedges)
- $\frac{1}{8}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon seasoned salt
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon garlic powder
- Vegetable oil spray

Directions

- Preheat oven to 450°.
- Combine sweet potatoes, cinnamon, salt, cumin, black pepper, and garlic powder in a plastic bag.
- Seal and shake.
- Place sweet potatoes on a baking sheet (do not overlap).
- Coat with vegetable oil spray.
- Bake for 20 minutes or until very tender, flipping potatoes once during cooking.

How can your child help?

- Add spices to plastic bag.
- Shake the plastic bag.
- Spray potatoes.
- Place potatoes on the baking sheet.

What you can share with your child about the recipe:

- Potatoes come in many forms.
- Sweet potatoes are a good source of Beta Carotene, Vitamins A, C, & E.
- Sweet potatoes are a good source of fiber.
- Our first President, George Washington, grew sweet potatoes on his farm.
- North Carolina grows 40% of our nation's sweet potatoes.

Look how many different ways sweet potatoes can be cooked!

- Baked
- Boiled
- Fried
- Pureed
- Steamed
- Microwaved
- Juiced
- Eaten raw

At-Home Recipe

Pizza Pocket Wreath

- 30 Square wonton wrappers
- Pepperoni slices
- $\frac{1}{3}$ cup pizza sauce
- 1 cup shredded mozzarella cheese
- 1 large green pepper, cut into thin strips
- Small bowl water
- Vegetable oil



Directions

- Lay wonton wrappers on a dry work surface. In the center of each wrapper, place a slice of pepperoni, $\frac{1}{2}$ teaspoon of pizza sauce, $\frac{1}{2}$ tablespoon of cheese, and 1 strip bell pepper strip.
- Dip your finger in water and moisten all 4 edges of the wonton, then fold it in half, pressing along the edges to seal it.
- Heat 1 teaspoon of oil in a large skillet over medium heat and cook the pockets until brown (2 minutes on each side), adding more oil as needed.
- Remove the wontons from pan and place them on paper towels to absorb excess oil.
- Arrange them in a wreath shape and serve with extra sauce for dipping.

How can your child help?

- Add ingredients to wontons.
- Cut bell pepper into strips with plastic knife.
- Portion into smaller serving dishes or make into wreath shape.