

Week 2 Vegetables



Easy Cheesy Veggies

Easy, Cheesy...oh so good!

Ingredients

4 cups chopped vegetables (zucchini, carrots, broccoli, and cauliflower)
2 Tbsp butter
2 Tbsp flour
1 cup non-fat or low-fat milk
2 cups shredded reduced-fat or regular cheddar cheese

Directions

Steam or cook vegetables. Set aside. Melt butter in saucepan over medium heat. Gradually add flour. Slowly stir in milk. Cook until warm. Stir until sauce is smooth. Add cheese, stir. Pour sauce over vegetables or use sauce for dipping vegetables.

Spaghetti Squash

Since when does spaghetti come from squash? When you cook Spaghetti Squash, toss it with parmesan cheese, or top it with a favorite Italian or real cheese sauce. Kids will love eating it as much as preparing it.

Ingredients

1 Medium spaghetti squash (about 2 pounds)
1½ Tbsp butter
Water
Salt and pepper, to taste

Directions

Wash squash, cut in half lengthwise. Scoop out seeds. Place each half in a 13 x 9 x 2- inch baking dish with water (enough to cover the bottom of the pan). Dot with butter. Cover with aluminum foil. Bake in 350° F oven for 40 minutes or until tender. Let squash cool enough to touch. Use a fork and scrape the inside of each half so that it comes out like spaghetti. Do this until all the squash is scraped from the inside of each half. Place spaghetti strands in casserole dish. Warm as needed in microwave. Toss with cheese or favorite pasta sauce

Trees in a Broccoli Forest

Fun, Fun, Fun... Food art your child can eat!

Ingredients

2 Carrots, peeled
3 Cups Broccoli Florets
4 Cherry tomatoes
3 Tbsp parsley leaves

Dipping sauce ingredients

¼ cup plain nonfat yogurt
¼ cup light sour cream
2 tsp honey
2 tsp spicy brown mustard

Directions

In a bowl, combine all dipping sauce ingredients, stir. To make the broccoli forest, trim off ends of carrots, cut in half crosswise, then lengthwise to make four pieces. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around carrots forming clusters like tree leaves. Arrange tomatoes at the top of the plate. Spoon dipping sauce around the base of carrots and sprinkle with parsley.

Tropical Celery Boat

When your child eats these treats they will think they are on a Hawaiian vacation.

Ingredients

4 Celery stalks
3 Tbsp cream cheese, softened
1 small can crushed pineapple

Directions

Strain the juice from a can of crushed pineapple. Wash celery and trim off the leafy tops and wide bottom. Cut celery in half and put them on a plate. Put the cream cheese in bowl and add the pineapple, stir completely. Spread the cream cheese mixture into the hollow part of the celery stalk. Finish off with a paper umbrella.