



Kid-Friendly Recipes

Marinated Salad



Ingredients

- 1½ cups cauliflower (chopped)
- 1½ cups mushrooms (sliced)
- 1½ cups asparagus (sliced)
- 1 (14 oz.) can of artichoke hearts (packed in water, drained)
- ½ cup red wine vinaigrette dressing
- 7 cups of tightly packed spinach leaves

Directions

1. Steam or microwave cauliflower, mushrooms and asparagus until the asparagus is tender-crisp.
2. Place in a medium bowl.
3. Drain artichoke hearts and cut into quarters. Add to bowl of vegetables.
4. Toss with half of the dressing.
5. Wash spinach well and pat dry. Tear spinach into bite-sized pieces and toss with remaining dressing in a large bowl. Top with marinated vegetables and serve warm or cold.

Makes 24 taste tests

Recipe adapted from Harvest of the Month Cycle I Educator Newsletter (Spinach)

Spinach Dip

Ingredients

- 1 (10 oz.) package frozen chopped spinach (thawed and drained)
- 1½ cups fat-free sour cream
- 1 cup fat-free mayonnaise
- 1 (4 oz.) package dry vegetable soup mix
- 1 (8 oz.) can water chestnuts (finely chopped)
- 3 green onions (finely chopped)
- 1 large bag of baby carrots

Directions

1. Thaw the spinach overnight in the refrigerator. Drain liquid and wrap the spinach in paper towels. Squeeze the spinach to remove excess water.
2. In a medium bowl, stir together spinach, sour cream and soup mix.
3. Add finely chopped water chestnuts and green onions.
4. Cover and refrigerate for at least 2 hours.
5. Taste with baby carrots for dipping.

Makes 20 taste tests

Recipe adapted from Knorr (www.knorr.com)

Veggie Tortilla Roll Ups

Ingredients

- 6 whole wheat tortillas
- 9 Tbsp non-fat or reduced fat cream cheese
- 3 cups shredded fresh spinach
- 1½ cups diced tomatoes
- ¾ cup chopped cucumber
- 1/3 cup diced green chilies
- 1/3 cup sliced black olives
- 1/3 cup chopped red onion
- ¾ cup chopped bell pepper (red, green, orange & yellow, or mixture of all)

Directions

1. Spread each tortilla with 1½ Tbsp of cream cheese.
2. Top tortillas with equal amount of vegetables.
3. Roll up tightly to enclose filling.
4. Slice each roll up into four pieces.
5. Taste!

Makes 24 taste tests

Recipe adapted from Harvest of the Month Cycle I Educator Newsletter (Spinach)



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