



HEALTHY SCHOOL CELEBRATIONS

RECIPE PACKET

- Blueberry Tofu Smoothie
- Breakfast Banana Split
- Creamy Fruit Salad
- Do-It-Yourself Trail Mix
- Fruit Pizzas
- Magical Fruit Salad
- Peach Yogurt Smoothie
- Popeye Power Smoothie
- Pumpkin Pudding
- Tropical Carrot Salad
- Veggie Quesadillas
- Yogurt Parfaits

Recipe Packet Overview:

The Oregon State University Extension Food Hero Campaign *Healthy School Celebrations* is an initiative demonstrating how healthy foods and fun activities can come together in a school environment, and still adhere to local Health Department guidelines by using “commercially prepared and prepacked items” from the store.

This *Recipe Packet* includes 12 simple, healthy classroom favorite recipes. Each Food Hero recipe includes a *Buying Guide* with a list of the ingredients, supplies, and directions to prepare the recipe for a class (25-30 students) and provide a small serving to each child (specific serving sizes vary by recipe and are indicated on each recipe).

The development of the *Healthy School Celebrations Resource Guide* and *Recipe Packet* were funded by USDA’s Supplemental Nutrition Assistance Program Education (SNAP-Ed). Funding for the food and supplies for these celebrations are the responsibility of individual schools, teachers, or organizations as supplying snacks for celebrations is not a SNAP-Ed allowable cost.



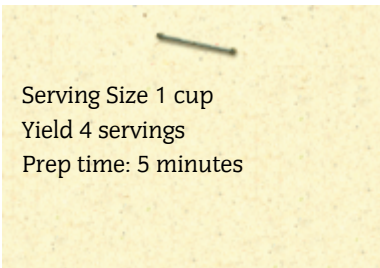


Blueberry Tofu Smoothie



Ingredients

- 3/4 cup frozen blueberries
- 1 ripe banana
- 1 cup vanilla soy milk
- 3 ounces silken tofu
- 1/2 cup orange juice
- 1 teaspoon lime juice



Directions

1. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2 hours.

Notes

- Add 2-3 more teaspoons of lime juice for more tartness.
- Freeze extra lime juice to use later.

Nutrition Facts

Serving Size about 1 cup (171g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 3g

Vitamin A 4% • Vitamin C 25%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Blueberry Tofu Smoothie

Serving Size: ½ cup

Yield: 32 servings

Batches to make: 4

Ingredients:

3 cups frozen blueberries

4 bananas

4 cups vanilla soy milk

1½ cups silken (or soft) tofu

2 cups orange juice

4 teaspoons lime juice

BUYING GUIDE *

- 16 oz package frozen blueberries
- 4 bananas
- 1 quart vanilla soy milk
- 12 oz package silken tofu
- 16 fl oz bottle or larger of orange juice
- 1 small lime juice squeeze bottle

SUPPLY LIST

- Blender
- 6 oz cups (enough for each student)
- Teaspoon
- Measuring cups
- Rubber spatula

Notes:

Blender Capacity: 2 batches per 60 oz blender



*Total quantity to purchase. You may have small quantity leftover.



Breakfast Banana Split



Serving Size 1/2 banana split
Yield 2 Servings
Prep time: 5 minutes



Ingredients

- 1 small banana
- 1/2 cup oat, corn, or granola cereal
- 1/2 cup low fat vanilla or strawberry yogurt
- 1/2 teaspoon honey, optional (skip for children under the age of one)
- 1/2 cup canned pineapple tidbits or chunks

Directions

1. Peel and split banana lengthwise. Place half in two separate cereal bowls.
2. Sprinkle granola over banana, reserving some for topping.
3. Spoon yogurt on top and drizzle with honey.
4. Decorate with reserved granola and pineapple.
5. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Notes

- Try other flavors of low fat yogurt or even cottage cheese.
- Try other fresh, frozen, or canned fruits.
- Some foods can cause choking in young children. Be sure that fruit pieces are very small and soft for toddlers. Avoid grapes, chunks of pineapple or melon. Instead, use softer canned fruit, such as fruit cocktail.
- Honey is not recommended for children under 1 year old.

Nutrition Facts	
Serving Size 1/2 banana split (173g)	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 5g	
Vitamin A 4%	Vitamin C 15%
Calcium 10%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Breakfast Banana Split

Serving Size: ¼ banana split

Yield: 32

Batches to make: 8

Ingredients:

8 bananas

4 cups granola cereal (bulk or box)

4 cups low fat vanilla or strawberry yogurt

8 teaspoons honey, optional
(skip for

children under the age of one)

4 cups canned pineapple tidbits (or other canned fruit in small pieces)

BUYING GUIDE *

- 8 bananas
- 1 box granola cereal (or 4 cups bulk)
- 1 quart low-fat vanilla or strawberry yogurt
- 1 small bottle honey (optional)
- 32 oz total canned crushed pineapple

SUPPLY LIST

- Knife
- Measuring cup
- Teaspoon
- Spoons (enough for each student)
- Bowls (enough for each student)
- Can opener



*Total quantity to purchase. You may have small quantity leftover.



Creamy Fruit Salad



Ingredients

- 1 cup pineapple chunks
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 3/4 cup low-fat piña colada yogurt

Serving Size 1/2 cup
Yield 8 Servings
Prep time: 10 minutes

Directions

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
4. Refrigerate leftovers within 2 hours.

Notes

- For a different taste, try adding different fruits like grapes, blueberries, huckleberries or peach slices.



Nutrition Facts	
Serving Size 1/2 cup (99g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A 4%	Vitamin C 30%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Creamy Fruit Salad

Serving Size: ½ cup

Yield: 32 servings

Batches to make: 4

Ingredients:

4 cups pineapple chunks

4 large apples, chopped

4 bananas, sliced

4 oranges, chopped or 15 oz canned
mandarins

3 cups low-fat yogurt (pina-colada,
vanilla, coconut, or lemon work well)

BUYING GUIDE *

- 32 oz total caned pineapple chunks
- 4 large apples
- 4 bananas
- 4 oranges or 15 oz can mandarins
- 1 quart container low-fat yogurt

SUPPLY LIST

- Mixing bowl
- Cutting board
- Knife
- Measuring cup
- Mixing spoon
- Small bowls (one for each student)
- Spoons (one for each student)
- Can opener



*Total quantity to purchase. You may have small quantity leftover.

Do-It-Yourself Trail Mix

Serving Size: ½ cup

Yield: 33 servings

Batches to make: 3

Ingredients:

3 cups square-type whole grain cereal

3 cups o-type whole grain cereal

3 cups puff-type whole grain cereal

3 cups dried fruit of your choice

3 cups small pretzels

1½ cups small nuts (optional) - omit if there are allergies

BUYING GUIDE *

- 1 package of each of the 3 types of cereal
- 4 (6 oz) packages dried fruit
- 10 oz package pretzels
- 12 oz nuts (optional)

SUPPLY LIST

- Mixing bowl
- Mixing spoon
- 6 oz cups



*Total quantity to purchase. You may have small quantity leftover.



Fruit Pizza



Ingredients

- 1 English Muffin (try whole grain)
- 2 Tablespoons reduced fat or fat-free cream cheese (see notes)
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons crushed pineapple

Serving Size one half muffin with fruit
Yield 2 Servings
Prep time: 10 minutes



Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served soon.
5. Refrigerate leftovers within 2 hours.

Notes

- Use any combination of fruit for topping the pizza.
- No cream cheese? Try peanut butter or sunflower seed butter.
- Make your own whipped cream cheese for easy spreading. Use an electric hand mixer to gradually beat 4 tablespoons of milk into 8 ounces of cream cheese. To make it fruit flavored, add any chopped, soft fruit (fresh, canned, or frozen) while beating. Store in a covered container in the refrigerator.

Nutrition Facts

Serving Size one half muffin with fruit (81g)
Servings Per Container 2

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 190mg 8%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 7g

Protein 4g

Vitamin A 2% • Vitamin C 15%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fruit Pizza

Serving Size: one half muffin/sandwich thin

Yield: 30 servings

Batches to make: 15

Ingredients:

15 English muffins or sandwich thins

2 cups whipped cream cheese (can be flavored)

2 cups sliced strawberries (fresh or frozen)

2 cups blueberries (fresh or frozen)

2 cups crushed pineapple or pineapple chunks, well-drained

Notes:

- You can substitute bananas, shredded carrot, bell pepper strips or any other fruit or vegetable to top the pizza.

BUYING GUIDE *

- 3 packages of 6 muffins each or 2 packages of 8 sandwich thins
- 2 (8 oz) containers whipped cream cheese
- 1 lb strawberry basket
- 16 oz blueberries
- 16 oz crushed pineapple or pineapple chunks

SUPPLY LIST

- Plates and/or napkins (one for each student)
- 2-5 knives (or one for each student)
- Can opener
- Serving spoons



*Total quantity to purchase. You may have small quantity leftover.



Magical Fruit Salad



Serving Size 1/3 cup
Yield 12 Servings
Prep time: 15 minutes



Ingredients

- 4 cups fresh or canned fruit (try a mixture - apples, bananas, oranges, grapes or pineapple)
- 1 package (3.4 ounces) instant lemon or vanilla pudding mix
- 1 3/4 cups cold nonfat or 1% milk (or mix nonfat dry milk with cold water)

Directions

1. For fresh fruit: Rinse fruit and cut into bite-size chunks. For canned fruit: Drain fruit and cut into bite-sized chunks, if needed.
2. In a medium bowl, combine the instant pudding mix and cold milk. Add the fruit and stir gently. Refrigerate for 5 minutes.
3. Refrigerate leftovers within 2 hours.

Notes

- This salad is best if eaten as soon as it is ready.

Nutrition Facts	
Serving Size 1/3 cup (96g)	
Servings Per Container 12	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 2g	
Vitamin A 6%	Vitamin C 15%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Magical Fruit Salad

Serving Size: ½ cup

Yield: 30 servings

Batches to make: 2½

Ingredients:

10 cups assorted fruit, fresh and/or
canned: apples, bananas, oranges,
grapes, pineapple, berries, peaches,
mandarins, pears (well-drained)

2-3 small packages instant lemon or
vanilla pudding mix

3½-4¼ cups cold milk (use nonfat, 1%, or soy, or mix nonfat dry milk with
water) per pudding instructions

BUYING GUIDE *

- Approx. 5 lbs of fruit
- 2-3 (3.5 oz) packages pudding mix
- 1 quart milk/soy milk

SUPPLY LIST

- Mixing bowl
- Cutting board
- Knife
- Measuring cups
- Mixing spoon
- Small bowls (5")
- Spoons (one for each student)
- Can opener



*Total quantity to purchase. You may have small quantity leftover.



Peach and Carrot Smoothie



Serving Size 1 cup
Yield 3 Servings
Prep time: 5 minutes



Ingredients

- 1 medium banana, peeled fresh or frozen
- 1 cup frozen carrots
- 1 can (15 ounce) peaches, undrained

Directions

1. Combine all ingredients in a blender or food processor including the juice or syrup from the canned peaches.
2. Blend until smooth.
3. Serve Immediately.
4. Refrigerate or freeze leftovers within 2 hours.

Notes

- Juice or syrup can be replaced with $\frac{3}{4}$ cup water and sweetener of your choice.
- Canned carrots work too! Drain them before adding.
- Try using fresh carrots but cook them first.

Nutrition Facts

Serving Size 1 cup (204g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Sugars 30g	
Protein 1g	
Vitamin A 120%	Vitamin C 20%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Peach and Carrot Smoothie

Serving Size: ½ cup

Yield: 30 servings

Batches to make: 5

Ingredients:

5 bananas, peeled fresh or frozen

5 cups frozen carrots

5 cans peaches, undrained

Notes:

- Save and add peach juice from can to modify consistency of smoothie and make easier to pour.
- Blender Capacity Note: 2 ½ batches per 60 oz blender

BUYING GUIDE *

- 5 medium bananas
- 2 (16 oz) bags of frozen carrots
- 5 (15 oz) cans of peaches

SUPPLY LIST

- Blender
- 6 oz cups (enough for each student)
- Measuring cups
- Rubber spatula
- Can opener



*Total quantity to purchase. You may have small quantity leftover.

Peach Yogurt Smoothie

Serving Size: ½ cup

Yield: 30 servings

Batches to make: 5

Ingredients:

5 cups low-fat yogurt (try peach, vanilla or lemon)

1⅔ cups dry non-fat milk

2½ bananas

3¾ cups orange juice

2½ cups frozen or canned peaches

Notes:

- Blender Capacity Note: 2-3 batches per 60 oz blender

BUYING GUIDE *

- 2 (32 oz) containers low-fat yogurt
- Small bag dry milk
- 3 bananas
- 30 oz container OJ
- 2 (10-16 oz) package frozen peaches or 2 (15 oz) canned peaches

SUPPLY LIST

- Blender
- 6 oz cups (enough for each student)
- Can opener
- Measuring cups
- Rubber spatula



*Total quantity to purchase. You may have small quantity leftover.



Popeye Power Smoothie



Serving Size 1 cup
Yield 4 servings
Prep time: 10 minutes



Ingredients

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- crushed ice

Directions

1. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size about 1 cup (166g)
Servings Per Container 4

Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 3g	
Vitamin A 30%	Vitamin C 70%
Calcium 8%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Popeye Power Smoothie

Serving Size: ½ cup

Yield: 32 servings

Batches to make: 4

Ingredients:

4 cups orange juice

2 cups pineapple juice

2 cups plain or vanilla yogurt

4 bananas

8 cups fresh spinach leaves

Crushed ice

Notes:

- Blender capacity note: 2 batches per 60 oz blender

BUYING GUIDE *

- 32 oz orange juice
- 3 (6 oz) cans pineapple juice
- 16 oz low-fat vanilla yogurt
- 4 bananas
- 10 oz bag baby spinach
- Small bag ice

SUPPLY LIST

- Blender
- 6 oz cups (enough for each student)
- Measuring cups
- Rubber spatula



*Total quantity to purchase. You may have small quantity leftover.



Pumpkin Pudding



Serving Size 1/2 cup
 Yield 7 Servings
 Prep time: 10 minutes



Ingredients

- 1 can (15 ounces) pumpkin or 2 cups cooked mashed squash (such as Hubbard)
- 1/8 teaspoon salt
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1 1/2 cups non-fat or 1% milk
- 1 package (3.5 ounces) instant vanilla pudding mix

Directions

1. In a large bowl, mix pumpkin, salt and pumpkin pie spice together.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir for 2 minutes until it thickens.
4. Refrigerate until serving time.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/2 cup (128g)	
Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 3g	
Vitamin A 150%	Vitamin C 2%
Calcium 8%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pumpkin Pudding

Serving Size: ½ cup

Yield: 28 servings

Batches to make: 4

Ingredients:

4 cans pumpkin

½ teaspoon salt

4 teaspoons pumpkin pie spice

6 cups non-fat or 1% milk or soy milk

4 packages instant vanilla pudding mix

BUYING GUIDE *

- 4 (15 oz) can pumpkin
- Salt
- Small pumpkin pie spice
- 48 oz or 1½ quarts milk/soy milk
- 4 (3.5 oz) packages instant vanilla pudding mix

SUPPLY LIST

- Mixing bowl
- Measuring cup
- Teaspoon set
- Mixing spoon
- Small bowls (one for each student)
- Spoons (one for each student)
- Can opener
- Rubber spatula



*Total quantity to purchase. You may have small quantity leftover.



Tropical Carrot Salad



Ingredients

- 2 cups shredded carrots (2 to 3 carrots)
- 1 cup unsweetened pineapple tidbits, drained
- 3/4 cup raisins
- 1/4 cup low-fat mayonnaise or low-fat plain yogurt
- 1/4 cup sunflower seeds or slivered almonds

Serving Size 2/3 cup
Yield 6 Servings
Prep time: 10 minutes



Directions

1. In a medium serving bowl, combine carrots, pineapple and raisins.
2. Stir in mayonnaise or yogurt and nuts or seeds. Cover and refrigerate until serving.
3. Refrigerate leftovers within 2 hours.

Notes

- Save leftover pineapple and juice in the refrigerator for a few days, or freeze for longer storage.
- Leftover pineapple can be used in smoothies, fruit salads and more. See FoodHero.org for recipes.

Nutrition Facts

Serving Size 2/3 cup (101g)	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 2g	
Vitamin A 120%	Vitamin C 8%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tropical Carrot Salad

Serving Size: ½ cup

Yield: 30

Batches to make: 4

Ingredients:

8 cups shredded carrots

4 cups unsweetened pineapple tidbits,
drained

3 cups raisins

1¼ cups low-fat vanilla yogurt

1¼ cups sunflower seeds or
slivered almonds

BUYING GUIDE *

- 2 (10 oz) bags shredded carrots
- 2 (20 oz) cans pineapple tidbits
- 1½ (20 oz) cartons raisins
- 2 (8 oz) containers yogurt or 1 small container mayonnaise
- Optional: 3.5 oz bag sliced almonds

SUPPLY LIST

- Mixing bowl
- Mixing spoon
- Small bowls (one for each student)
- Spoons (one for each student)
- Can opener
- Colander



*Total quantity to purchase. You may have small quantity leftover.



Veggie Quesadillas with Cilantro Yogurt Dip



Serving Size 4 wedges
 Yield 9 Servings
 Prep time: 15 minutes
 Cooking time: 5 minutes



Ingredients

- 12 soft corn tortillas (6 inches)
- 1 1/2 cups cheddar cheese, shredded
- 1 cup corn kernels
- 1/2 cup beans, black or pinto
- 1/2 cup cilantro, chopped
- 1 carrot, shredded
- 1 bell pepper, finely chopped
- 1 jalapeno pepper, finely minced (optional)
- CILANTRO YOGURT DIP
- 2 cups plain nonfat yogurt
- 1/4 cup cilantro, finely chopped
- 1/2 teaspoon salt

Directions

1. Preheat large skillet over low heat (250 degrees in an electric skillet).
2. Line up 6 tortillas. Divide cheese, corn, beans, cilantro, shredded carrots and peppers between the tortillas. Cover each with a second tortilla.
3. Place a tortilla on a dry skillet or grill and warm until cheese is melted and tortilla is slightly golden, about 3 minutes.
4. Flip and cook other side until golden, about 1 minute.
5. Mix together nonfat yogurt, cilantro and salt.
6. Cut each quesadillas into 6 wedges and serve immediately with the dip.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 4 wedges (169g)	
Servings Per Container 9	
Amount Per Serving	
Calories 210	Calories from Fat 70
<small>% Daily Value*</small>	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 400mg	17%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 10g	
Vitamin A 45%	Vitamin C 25%
Calcium 20%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Veggie Quesadillas with Cilantro Yogurt Dip

Serving Size: 1 wedge

Yield: 28 servings

Batches to make: 3

Ingredients:

36 whole wheat tortillas

4½ cups cheddar cheese, shredded

3 cups corn kernels (frozen/canned)

1½ cups beans, black or pinto (1-15 oz can)

1½ cups fresh cilantro, chopped (optional)

3 carrots, shredded

2 bell peppers, finely chopped

3 jalapeno pepper, finely minced (optional)

CILANTRO YOGURT DIP

6 cups plain nonfat yogurt

¾ cup cilantro, finely chopped

1½ teaspoons salt

BUYING GUIDE *

- 14 whole wheat tortillas (10")
- 32 oz bag shredded cheddar cheese
- 2 (15 oz) cans corn kernels
- 2 (15 oz) cans black or pinto beans
- 1 small bunch cilantro
- 10 oz bag shredded carrots
- 2 bell peppers
- 32 oz container plain yogurt
- Salt
- Optional: 3 jalapeno peppers

SUPPLY LIST

- Electric griddle
- Cutting board
- Knife
- Plates (one for each student)
- Mixing bowl
- Mixing spoon
- Teaspoon set
- Spatula
- Can opener
- Colander
- Bowls (2) - to hold corn and beans after being drained
- Servings spoons (3-5) to disburse ingredients



*Total quantity to purchase. You may have small quantity leftover.



Yogurt Parfait



Ingredients

- 4 bananas
- 24 ounces low-fat vanilla yogurt
- 2 cups low-fat granola

Serving Size 1 cup
Yield 6 Servings
Prep time: 10 minutes

Directions

1. Peel and chop bananas.
2. Take half of the fruit and split it between the bottom of six cups or bowls.
3. Take half of the yogurt and split it between each cup or bowl, placing it on top of the fruit.
4. Sprinkle each cup with 1/4 cup granola.
5. Repeat layers.
6. Refrigerate leftovers within 2 hours.



Notes

- Drizzle with honey and top with chopped nuts.
- Try other fruits, such as strawberries, apples, oranges, etc. (Use 2 cups fruit for the recipe.)
- Use different flavors of yogurt, such as lemon or strawberry, or plain for less sugar.
- Honey is not recommended for children under 1 year old.

Nutrition Facts

Serving Size 1 cups (226g)	
Servings Per Container 6	
Amount Per Serving	
Calories 290	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 58g	19%
Dietary Fiber 5g	20%
Sugars 29g	
Protein 10g	
Vitamin A 2%	Vitamin C 15%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Yogurt Parfait

Serving Size: ½ cup

Yield: 30

Batches to make: 2½

Ingredients:

10 bananas, sliced

60 ounces low-fat vanilla yogurt (2
32 oz containers)

5 cups low-fat granola

BUYING GUIDE *

- 10 bananas
- 2 (32 oz) containers low-fat vanilla yogurt
- 5 cups granola (cereal box or bulk)

SUPPLY LIST

- 6 oz cups (enough for each student)
- Spoons (enough for each student)
- Cutting board
- Knife
- 2 serving bowls to disburse granola from



*Total quantity to purchase. You may have small quantity leftover.