

Tasty Tuesdays

2009-2010

Marmalade Sandwich

Ingredients:

- 1 slice whole-wheat bread
- 1 teaspoon orange marmalade
- ½ tablespoon crunchy natural peanut butter

Supplies:

- Paper plate
- Plastic knife
- Measuring spoons

Directions:

1. Cut bread in half.
 2. Spread marmalade on one piece of bread.
 3. Spread peanut butter on the other piece of bread.
 4. Put pieces of bread together and enjoy with Paddington Bear!
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Apple Smiles

Ingredients:

- 2 red apple wedges
- 1 teaspoon natural peanut butter
- 4 miniature marshmallows

Supplies:

- Paper plate
- Plastic knife
- Measuring spoon



Directions:

1. Spread peanut butter in between the two apple wedges.
2. Gently squeeze apple wedges together.
3. Re-open and stand up marshmallows in the peanut butter to make “teeth.”
4. Gently squeeze back together.
5. Say “cheese!”

Cheesy Spider Web

Ingredients:

String cheese stick

1 green grape

4 pretzel sticks

Supplies:

Black paper plate

Directions:

1. Pull apart your string cheese and arrange it like a web on your plate.
 2. Break your pretzel sticks in half.
 3. Stick each half into your grape. These are the spider's legs.
 4. Add your spider to the web and enjoy!
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Tasty Turkey

Ingredients:

½ small, whole-wheat tortilla

1 round, whole-wheat cracker

2 raisins

Small triangle of American cheese

Thin slices of red, orange, and yellow bell peppers

Hummus

Supplies:

Large paper plate

Plastic knife



Directions:

1. Place tortilla on your plate with the straight edge on the bottom.

2. Using hummus as “glue,” stick the cracker to the center of the bottom edge as the “head.”
3. Glue the raisins on the head as “eyes” and the piece of cheese as the “beak.”
4. Snap off a small piece of red pepper and glue next to the beak as the “waffle.”
5. Spread hummus across the top of the tortilla and arrange the pepper slices as the “tail feathers.”
6. Now gobble, gobble!

- 1.
- 2.
- 3.

Rudie the Reindeer

Ingredients:

- 1 large rice cake
- 1 tablespoon natural peanut butter
- 2 bite-sized prunes
- 2 pretzel twists
- 1 maraschino cherry

Supplies:

- Paper plate
- Plastic knife
- Measuring spoon

Directions:

1. Spread peanut butter on the rice cake.
2. Add the prunes to make eyes.
3. Add the pretzels for antlers.
4. Put the cherry in the middle for a red nose!
5. Enjoy!

Chanukah...

Bagel Snowman

Ingredients:

1 mini bagel
Whipped cream cheese
5 raisins
1 baby carrot
2 pretzel sticks

Supplies:

Paper plate
Plastic knife



Directions:

1. Open your bagel and put the halves together so they look like a number 8.
2. Spread cream cheese on both halves.
3. Add raisin eyes and buttons, the carrot nose, and the pretzel arms.
4. Eat him up!

Warm Winter Porridge

Ingredients:

½ package of instant plain oatmeal
¼ cup hot water [Lisa has an electric kettle to bring into class.]
Diced apples
Diced walnuts
Raisins
Cinnamon
½ teaspoon brown sugar

Supplies:

Bowl or cup for oatmeal
Cup for hot water
Spoon
Bowls and spoons for apples, walnuts and raisins for each group
Measuring spoon

Directions:

1. Pour water on top of oatmeal and stir.
2. Pour in a spoonful of apples, walnuts, and raisins. Stir.
3. Sprinkle cinnamon and brown sugar on top. Stir.
4. Warm your tummy!
- 5.

Groundhog Burrow

Ingredients:

½ mini whole-wheat bagel
Whipped cream cheese
½ breakfast sausage link
Finely chopped pecan pieces
2 slivered almonds
2 raisins

Supplies:

Paper plate
Plastic knife



Directions:

1. Spread cream cheese on top of bagel for “snow.”
 2. Stand up sausage in the bagel hole as the “groundhog’s head.”
 3. Sprinkle the pecan pieces around sausage as the “dirt” the groundhog dug up.
 4. Poke slivered almonds into end of sausage to make “front teeth.”
 5. Stick the raisins onto the sausage with cream cheese for “eyes.”
 6. Eat him up before he sees his shadow!
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Fat Tuesday Pancake

Ingredients:

1 crepe [*ready-made ones available at Molly Stone’s*]
½ tablespoon Nutella spread
Banana slices

Supplies:

Paper plate
Plastic knife
Measuring spoon

Directions:

1. Spread Nutella across crepe.
2. Pile bananas along center.
3. Roll up crepe and enjoy before Lent!

Cat in the Hat

Ingredients:

1 mini waffle, toasted [at Lucky's & Molly Stone's]
1 tablespoon whipped cream [recommend Trader Joe's]
5 strawberry slices

Supplies:

Paper plate
Plastic knife
Measuring spoon



Directions:

1. Spread some whipped cream in center of waffle.
 2. Place a strawberry slices on top.
 3. Repeat layers – whipped cream, strawberry, whipped cream, strawberry - until berries are gone.
 4. Very neat! You have a treat! Eat, eat, eat!
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Rainbow Kebab

Ingredients:

1 strawberry
1 chunk of orange
1 chunk of pineapple [recommend fresh; if using canned, used chunks in juice]
1 chunk of kiwi
2 blueberries
1 black grape
¼ c. lemon yogurt

Supplies:

Paper plate
1 wooden skewer
Plastic Dixie cup for yogurt
Measuring cup

Directions:

1. Thread each piece of fruit onto the skewer in the order of a rainbow – red, orange, yellow, green, blue, and purple.
2. Measure yogurt into cup to make the “pot of gold.”
3. Dip rainbow into the pot of gold and enjoy before a leprechaun finds you!

Passover Charoses

Ingredients:

¼ cup finely chopped apples [apples can be pulsed in food processor]
1 tablespoon finely chopped pecans
½ teaspoon brown sugar
¼ teaspoon cinnamon
¼ teaspoon lemon juice
Piece of matzah

Supplies:

Bowl or cup for mixing
Spoon
Measuring spoons

Directions:

1. Measure all ingredients into bowl and stir very well.
2. Spoon on top of matza cracker and enjoy!
- 3.

* Charoses symbolizes the mortar which the Hebrews used to make bricks when they were slaves in ancient Egypt.

* Matzah is unleavened bread that symbolizes the haste with which the Hebrews experienced when they were fleeing slavery in Egypt.

Crunchy Bird's Nest

Ingredients:

¼ cup canned peaches, diced [canned in juice]
1 tablespoon granola
½ tablespoon shredded coconut
Cinnamon
1 ice cream cone
2 green grapes

Supplies:

Bowl for mixing
Measuring spoons and cup
Spoon



Directions:

1. In bowl, mix together peaches, granola and coconut.
2. Spoon mixture into ice cream cone.
3. Sprinkle cinnamon on top of mixture.
4. Add 2 grapes on top as the bird's "eggs."
5. Enjoy!

Sushi Roll

Ingredients:

1 small flour tortilla
Hummus
Shredded carrots
Peeled cucumber sticks
Alfalfa Sprouts

Supplies:

Paper plate
Plastic knife

Directions:

1. Spread hummus over tortilla.
 2. Line up carrots, cucumber and sprouts in center of tortilla.
 3. Roll up tortilla very tightly.
 4. Kampai! (That means “Cheers!” in Japanese.)
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Apple Ladybug

Ingredients:

Half a red apple
Natural peanut butter
About 10 raisins
2 thin pretzel sticks

Supplies:

Paper plate



Directions:

1. Place apple flat side down on plate.
2. With your finger, dab peanut butter onto the back of the “lady bug.” Then stick raisins onto the dabs for “spots.”

- 3.
4. Push one end of each pretzel stick into a raisin, then press the other end into the apple to make “antennae.”
5. Enjoy!

“Berry” Good Pizza

Ingredients:

English muffin half
Strawberry cream cheese
2 thin strawberry slices
2 thin banana slices
2 blueberries

Supplies:

Paper plate
Plastic knife
Bowls and spoons for each food for each group

Directions:

1. Spread cream cheese on your English muffin half.
2. Add the berries and banana slices.
3. Eat your “berry” good pizza!

EXTRA RECIPES:

Cracker Stacks

Ingredients:

2 Triscuit crackers
1 slice of deli ham
1 slice of cheddar cheese
1 piece of lettuce

Supplies:

Paper plate
Plastic knife



Directions:

1. Cut ham, cheese and lettuce into four pieces each.
2. On a cracker, layer a piece of ham, then cheese, then lettuce.
3. Repeat layers until ingredients are gone.
4. Put other cracker on top.
5. Open wide!

Bear Forest

Ingredients:

2 tablespoons natural peanut butter
½ tablespoon cider vinegar
1 teaspoon soy sauce
½ teaspoon brown sugar
2 ½ tablespoons of water
5 broccoli florets
4 Teddy grahams

Supplies:

Paper plate
Spoon
Measuring spoons

Directions:

1. Scoop all ingredients onto plate and mix very well to make “dirt.”
2. Stand up broccoli florets in the “dirt” to make a “forest.”
3. Hide teddy bears in the forest.
4. Dunk the “trees” in the “dirt” and gobble them down!

Edible Easter Bunny

Ingredients:

- 1 canned pear half [canned in juice, not syrup]
- 2 raisins
- 1 dried cranberry
- 2 small, thin slices of apple
- 1 miniature marshmallow

Supplies:

- Light green paper plate



Directions:

1. Place the pear on the plate face down.
2. Insert raisins for the eyes and cranberry for the nose.
3. Insert the apples for ears.
4. The miniature marshmallow becomes the bushy tail.
5. Catch him if you can!

- 1.
- 2.