

Veggie Creatures

Captain CREATE Recipes to Try at Home

INGREDIENTS

- 1 Tbsp peanut or almond butter; light cream cheese or soft cheese
- Vegetables and other ingredients listed under each veggie creature directions

DIRECTIONS

Caterpillars: Cut slices of cucumber and/or zucchini and stand them up in light cream cheese, soft cheese or peanut/almond butter inside a slice of celery. Cut up chives or break up pretzels for the antennas. For eyes cut up a raisin into smaller pieces.

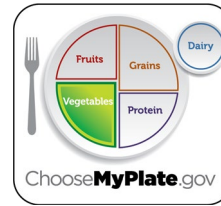
Butterfly: Place a line of peas in a row on a plate. Cut baby carrots in half. Place two on each side of peas to make wings for a butterfly. Add whole grain cereal that is round or oval shaped at the top for eyes.

Snake: Cut string cheese into 1 inch sections. Break toothpicks in half. Spear cheese at an angle and add cherry tomato. Continue adding at an angle until snake is as long as you want. Cut small tongue out of slice of cheese. Cut slice at bottom of first tomato. Insert cheese tongue. Insert whole cloves for eyes. **IMPORTANT—** Make sure children know they should not eat the clove eyes.



Source: Food, Fun, and Reading, 2016. Utah State University.

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Steamed Edamame

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INGREDIENTS

- 16 ounces edamame, frozen in pods or already shelled
- 2 cups water
- Dash of salt (optional)

DIRECTIONS

Bring water to boil over high heat. Add frozen edamame and salt and return to boil. Reduce heat, cover and simmer for 4 to 5 minutes or to desired tenderness. Drain, season to taste and serve. Do not eat the pod of edamame, simply squeeze pod with teeth to release bean into your mouth. This can also be done with squeezing pod to release bean with your hand into a bowl prior to serving. Discard pod.

Source: Adapted from Food Sense Kids –Edamame lesson from Food Sense, Utah State University, Nutrition, dietetics, & Food Sciences.

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