

Veggie Pizza

Captain CREATE Recipes to Try at Home

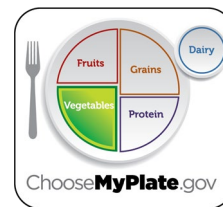
INGREDIENTS

- Whole wheat tortillas
- ½ cup fat-free or low plain yogurt
- 8 ounces fat-free or light cream cheese, softened
- Half package of dry ranch dressing mix (2 Tbsp)
- Chopped or grated vegetables of choice (broccoli, cauliflower, carrots, tomato, etc.)

DIRECTIONS

Mix yogurt, cream cheese and dressing mix. Cut whole wheat tortillas in fourths. Spread yogurt mixture on top of whole wheat tortillas. Top with washed chopped/grated vegetables.

Source: Purdue University Extension curriculum – Exploring MyPlate with Professor Popcorn



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Carrot Salad

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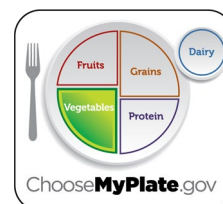
INGREDIENTS

- ½ cup dried cranberries or raisins
- 4 cups freshly grated carrots
- 1 large apple, cored and chopped
- ¼ cup light mayonnaise

DIRECTIONS

Wash and grate carrots. Core and chop apple. Combine all ingredients in a medium sized bowl. Chill and serve.

Source: Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Fruit and Vegetable Groups Lesson, University of Vermont Extension.



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