



VEGGIE CREATURES

Makes 1 veggie creature

Ingredients

- Cherry tomatoes (about 3 tomatoes per child)
- String cheese (1 for each child)
- 1 slice flat cheese
- Whole cloves
- Toothpicks

Instructions

Snakes: 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 desired. Cut small tongue out of a slice of cheese. Cut slice at bottom of first tomato. Insert cheese tongue. Insert whole cloves for eyes. **IMPORTANT:** Make sure children know not to eat the whole cloves.

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

Use your imagination with the ingredients you have to see what creature you can make!



BUTTERNUT SQUASH ALFREDO

Serves 8



Ingredients

- 1 cup butternut squash, cubed
- 3 cups broccoli florets, cut into bite-size pieces
- 1 Tbsp. olive oil
- 1/4 cup butter, unsalted
- 2 cloves garlic, minced
- 2 cups 1% milk
- 1/4 tsp. nutmeg
- 1/2 cup Parmesan cheese, shredded
- 12 ounces whole grain pasta

Instructions

1. Preheat oven to 400 degrees. Cut butternut squash into 1 inch cubes and place them and broccoli florets on a cookie sheet. Drizzle with olive oil and salt and pepper. Bake for 20 minutes.
2. While your veggies bake, cook pasta and drain water.
3. In large pan over medium-high heat, add butter and garlic. Let butter melt. Add flour and whisk in until smooth. Cook for 2 minutes and then add milk and bring to a boil, stirring occasionally. Add nutmeg and cheese and stir until smooth.
4. In a blender, add milk mixture and cooked butternut squash. Blend until smooth. Pour over cooked pasta and stir until coated. Add broccoli and serve!

Recipe by: Lizzy Early. Reprinted with permission from <https://www.superhealthykids.com/butternut-squash-alfredo/>

