

GOING GREEN FOR SPRING!

It's fun to try new things! Think about ways you can add green to your meals. Look at the scrambled words below. They are the names of some green fruits and vegetables—some probably familiar to you, some maybe not. See if you can unscramble the names. Use the word box to help you. Then, choose three of the foods and think of a way you can use them as an ingredient in one of your favorite dishes. For example, you might substitute mashed avocados for butter on your morning toast! Write your three ideas on the lines below.

- artichoke
- asparagus
- avocados
- basil
- broccoli
- green beans
- green grapes
- honeydew melon
- lettuce
- spinach

- dosvocaa _____
- nereg prages _____
- hacspin _____
- geern sneab _____
- aprgssaau _____
- trahcieko _____
- lake _____
- ecttuel _____
- sliba _____
- licocrob _____
- wheonday Inemo _____



MY GREEN MENU IDEAS:

1. _____
2. _____
3. _____

FAMILIES:

Avocados are a versatile ingredient that can be used in a variety of different ways. Add avocados to familiar foods that your children love to increase acceptance (and boost nutrition). New ingredients like avocados can help familiarize your child to new foods and attune their taste buds to new preferences. Don't give up — if your child refuses to eat a new food at first, try the "one-bite" taste-challenge. Start with this recipe from Avocados from Mexico for a new twist on a classic favorite!

AVOCADO DEVEILED EGGS

- 6 hard-cooked eggs, peeled and cut lengthwise
- 1 medium, ripe Avocado From Mexico, diced
- 1 ½ tablespoons lime (or lemon) juice
- 1 tablespoon jalapeño pepper, seeded, diced
- ½ teaspoon kosher salt
- 2 tablespoons chopped cilantro
- Optional Toppings: bacon bits, cilantro leaves, diced red bell peppers, chives, smoked paprika

INSTRUCTIONS

Remove the egg yolks from the whites and place in a medium bowl (or food processor). Set the whites aside. Add avocado and lime juice to the yolks and mash until smooth. Stir in diced jalapeno, salt, pepper, and chopped cilantro and mix thoroughly. Scoop 1 tablespoon of the mixture into each egg white half, or use a pastry bag fitted with a large star tip to fill each egg white half with 1 tablespoon of the mixture. Arrange on a serving plate. Cover lightly with plastic wrap and refrigerate before serving. Garnish with chives or other toppings if desired.

