

GOING GREEN FOR SPRING!

It's fun to try new things! Think about ways you can add green to your favorite meals. Look at the scrambled word puzzle below. You will know some of these green foods. Some will be new to you. Try to unscramble the names of the green vegetables! Use the word box to help you. Then, draw a line from the unscrambled name to its picture. How many will you eat?

avocados
 broccoli
 green beans
 kale
 lettuce
 spinach

dosvocaa _____

hacspin _____

geern sneab _____

lake _____

ecttuel _____

licocrob _____



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 DEVILED 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.



eat brighter!

