

ALL ABOUT...

SNACKING

BETTER FOR YOU PIZZA FONDUE

Yield: 16 servings.

8 ounces whipped light cream cheese, softened
1/2 cup pureed cannellini beans
2 tsp Italian seasoning
1 cup shredded part-skim mozzarella cheese
1/2 cup grated Parmesan cheese
1 cup pizza sauce
1/4 cup pepperoni, quartered
2 tablespoons chopped green bell pepper
2 tablespoons chopped red bell pepper
2 tablespoons chopped orange bell pepper
2 tablespoons sliced black olives

In a mixing bowl, mix together the cream cheese, pureed beans and Italian seasoning. Spread mixture in the bottom of a 9-inch pie plate, or a shallow microwave-safe dish. Sprinkle 1/2 cup of the mozzarella cheese and 1/4 cup of the Parmesan cheese on top of the cream cheese mixture. Spread the pizza sauce over all. Sprinkle with remaining cheese, then top with chopped bell pepper, pepperoni and olive slices. Cover, and microwave for 5 minutes. Serve hot with veggies or whole grain crackers.

SANDWICH ON A STICK

Yield: 5 kabobs.

1 slice whole wheat bread, cut into cubes
1 thick slice deli ham, cubed
5 cheddar cheese cubes
5 grape tomatoes
5 cucumber slices
Green Ranch Fun-Due Dip

Skewer the bread cubes, ham, cheese and veggies onto a skewer. Serve Ranch dip on the side for dipping.

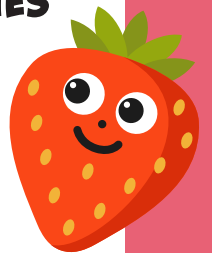


CHOCOLATE STRAWBERRIES

Yield: about 15.

1 (16oz) container strawberries
1 (8oz) container Dolci Frutta melting chocolate

Wash berries and pat dry. Make sure they are completely dry! Next microwave Dolci Frutta at medium (or 50% power) stirring at 30 second intervals until fully melted and smooth, about 2 minutes. Carefully hold a berry by its leaves and slowly dip 3/4 of the berry into the melted chocolate. Bring up the berry, shaking it softly to remove any excess chocolate. Gently turn the berry upside down, hold for a moment before letting it set. Place on wax paper to dry.



GREEN RANCH FUN-DUE

Yield: 2 cups.

1 packet Ranch salad dressing and seasoning mix
16 oz of plain Greek yogurt
1 avocado, pitted and pureed
2 tablespoon chives, chopped
Your choice of dippers: carrots, broccoli, cherry tomatoes, cucumbers, ham, cheddar

Mix contents of Ranch packet with plain Greek yogurt. Stir until combined. Mix in pureed avocado. Top with chives if desired.

Families!

Choosing a fun theme, like Fondue, is a great way to get kids engaged in the kitchen. Ask them to apply their knowledge from the classroom activity sheets, to see if they can use the 5 food groups to build a better snack.