

VEGETABLE FLOWERS

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Prep time: 10 minutes

Servings: 6

Serving size: 4 oz.
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Carlin Caterpillar would rather play with his vegetables than eat them. But, this fun and healthy treat gets him to enjoy his veggies every time!



INGREDIENTS:

- 1 cucumber
- 6 radishes
- 6 cherry tomatoes
- 8 baby lettuce or spinach leaves

Dressing:

- 1 cup plain, 2% Greek yogurt
- 1 tbsp lemon juice
- 1/2 tbsp olive oil
- 1/2 small cucumber, finely grated
- 1/8 tsp salt

EQUIPMENT AND SUPPLIES:

- Knife

Adult supervision required.

DIRECTIONS:

1. Slice the cucumber and radishes into thin rounds; cut the tomatoes in half and chop the lettuce into small pieces.
2. Make flowers with cucumbers and radishes petals, tomatoes as the center, and the greens as leaves.
3. In a small bowl, mix together dressing ingredients.
4. Dip veggies into dressing and enjoy.

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| Nutrition Facts Serv. Size approximately 2 Tbsp, Amount Per Serving: Calories 20, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Sodium 30mg, Total Carbohydrate 1g, Dietary Fiber 0g, Sugars 0g, Protein 2g |
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