Snack it UP

Ideas for vegetable snacks your kids will love!

Try a Taste Test

1. Set the ground rules:

- Even a small taste counts! Try a small nibble, or touch it to the tip of your tongue.
- No "eeews" allowed. If you don't like something, that is okay but you should use your vocabulary to describe why! Is it the smell, texture, flavor? Would you prefer it if it was cooked or raw?

2. Count together:

"One, two, three, TASTE!"

3. Report your results back:

- What did you like or dislike? What would you change?

Veggies, Times Two

Tip: Try cooked and raw veggies plain and with a dip, such as hummus or a yogurt-based dip.

Up to 25 minutes
Makes 4 servings
$0.57 per serving

Microwave Steamed Broccoli

Ingredients:

½ bag pre cut & washed broccoli (6 ounces)
1 tablespoon water

1. Place broccoli and water in a microwave-safe bowl, and cover with plastic wrap or a plate.
2. Microwave on high for 1 minutes. Carefully remove the cover and, with a fork, test to see if done.
3. If the broccoli is not cooked enough, recover and microwave in 30 second increments until desired texture is reached.
4. Serve hot or cold, plain or with dip.

Oven Roasted Broccoli

Ingredients:

½ bag pre cut & washed broccoli (6 ounces)
1 tablespoon olive oil

1. Preheat oven to 425 degrees.
2. In a large bowl, mix broccoli and olive oil.
3. Spread broccoli in one layer onto a baking sheet.
4. Bake for 10 minutes. Carefully flip broccoli pieces so the other side can brown. Bake for 10 more minutes until broccoli is golden.
5. Serve hot or cold, plain or with dip.