Snack it UP

Ideas for vegetable snacks your kids will love!

Savory Vegetable Pancakes

Tip: Have your child pour milk, crack eggs, and stir in flour--they will love being a part of the action!

15-20 minutes
Makes 8-10 pancakes
$0.20 per pancake

Ingredients
¾ cup flour
1 tablespoon baking powder
⅔ cup milk
4 tablespoons melted butter
1 egg
1 cup of your favorite vegetables, shredded or chopped fine

1. In a medium bowl, whisk together flour and baking powder.
2. Add milk, melted butter, and egg. Whisk until smooth.
3. Stir in vegetables.
4. Heat a non-stick pan with a little butter or non-stick spray.
5. Use a ¼ cup measuring cup to pour batter into pan. Cook for 2-3 minutes per side.
6. When cool, wrap pancakes in wax or parchment paper, and place in a plastic bag. Store in the fridge for up to 5 days, or in the freezer for up to 1 month.

Favorite vegetable combinations:

- 1 cup frozen chopped spinach, thawed. 1 teaspoon garlic powder
- ½ cup each shredded zucchini & shredded carrot.
- ½ cup each frozen corn & shredded yellow summer squash

Favorite Quick Salsa

5 minutes
Makes 4 cups of salsa
$3.28 total cost

Ingredients
1 can of beans, drained and rinsed
1 can of tomatoes, drained
½ cup of another vegetable (see ideas at right)
1 teaspoon of a favorite spice
Juice from one lime or lemon

1. Mix all ingredients in a bowl, or a refridgerator safe container with a lid.
2. Serve 3-4 tablespoons of salsa with 12-15 whole grain tortilla chips.
3. Store in the refridgerator for up to 5 days.

Salsa Inspiration:

- **A Little Spicy**
  Black beans, diced tomato and jalapeno, chopped bell pepper, cumin
- **Summer in a Bowl**
  Small white beans, petite diced tomatoes, frozen corn, dried basil