

# FUN FRUIT & VEGGIE SNACKS

## Fruity Breakfast Parfait

Makes 4 servings

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup low-fat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

## Banana Peanut Butter Sandwich

Makes 2 servings

- 2 tablespoons peanut butter
- 4 slices, raisin bread
- 1 firm, small banana, peeled and sliced

Spread peanut butter on 2 bread slices. Arrange banana slices over peanut butter. Top with remaining bread. Place sandwich on cutting board and cut into quarters.

## Vegetable Pasta Italiano

Makes 6 servings

- 1/2 pound lean ground turkey
- 1 red bell pepper, seeded and thinly sliced
- 1 tablespoon paprika
- 1 can (14.5 oz) crushed tomatoes
- 1 can (14.5 oz) reduced sodium chicken broth
- 2 cups uncooked bow tie pasta
- 2 cups broccoli florettes, washed
- 1 cup cauliflower florettes, washed

### *Topping:*

- 1/2 bunch parsley
- 1/4 cup dry bread crumbs
- 1/4 cup grated Parmesan cheese

Crumble ground turkey into a skillet. Brown over medium high heat for 2 minutes, stirring occasionally. Add red pepper strips and paprika, cook for 2 more minutes. Add crushed tomatoes, chicken broth and pasta to the skillet. Bring mixture to a boil, reduce heat, cover and simmer for 15 minutes. With adult help, remove the lid and arrange broccoli and cauliflower over the pasta. Replace lid and continue cooking for 10 minutes. Prepare the savory topping. Pull leaves from parsley stems and combine with breadcrumbs and grated cheese; toss. Sprinkle savory topping over vegetables in skillet. Let it sit for 3 minutes before serving.

