



# FUN

# WITH FOOD

# *Recipes*



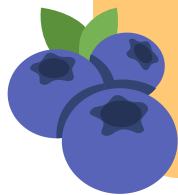
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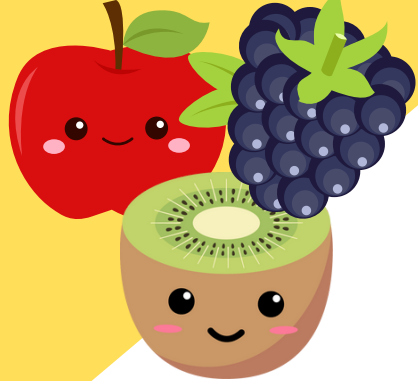
FoodWise Extension Dane County



Extension

UNIVERSITY OF WISCONSIN-MADISON  
DANE COUNTY

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# Breakfast Split

YIELDS 1 SERVING

## INGREDIENTS

1 Banana  
½ cup Low Fat Yogurt  
¼ Granola or Flake-Style Cereal  
½ Fresh Fruit (Apples, Kiwi, Blackberries),  
sliced or chopped

Note: You can also use other fruits -  
canned, frozen or fresh! Look for canned  
fruits in 100% fruit juice.

Source: *Spend Smart. Eat Smart.*

## DIRECTIONS

- Wash hands.
- Cut banana in half the long way and  
put it in a shallow bowl.
- Wash and prepare fruit.
- Top banana with yogurt, cereal, and  
fruit.

**Serving Size: 1 banana split** • Calories: 350 • Protein: 8g • Carbohydrate:  
79g • Fiber: 5g • Added Sugar: 13g • Sodium: 130mg • Total Fat: 2g



# Veggie Pita with Tzatziki

YIELDS 6 PITAS

## INGREDIENTS

### Tzatziki:

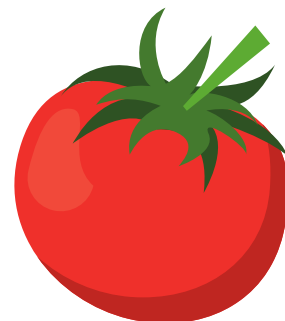
1 Cucumber, grated  
2 cups Low Fat, Plain Yogurt  
1 Tbsp. Lemon Juice  
1 Tbsp. Fresh Dill  
1 Garlic Clove, chopped

### Pita Pocket:

3 Whole Wheat Pita Pockets  
1 Cucumber, sliced  
1 Pint Cherry Tomatoes, halved

## DIRECTIONS

- Wash hands.
- Wash and prepare vegetables.
- Cut pita in half.
- Mix Tzatziki ingredients in a bowl. Set aside.
- Open the pita pocket and spread Tzatziki  
sauce inside.
- Fill pita with cucumber and cherry tomatoes.
- Enjoy!



**Serving Size: 1/6 Tzatziki Recipe** • Calories: 94 • Protein: 6g • Carbohydrate:  
15g • Fiber: 2g • Added Sugar: 0g • Sodium: 109mg • Total Fat: 2g

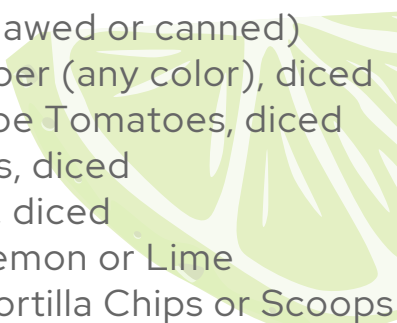
Source: *MyPlate*



# Cowboy Caviar

YIELDS 4-6 SERVINGS


## INGREDIENTS



¼ cup Black Beans, drained  
¼ cup Corn, (thawed or canned)  
¼ cup Bell Pepper (any color), diced  
10 Cherry/Grape Tomatoes, diced  
2 Green Onions, diced  
1 ripe Avocado, diced  
2-3 wedges, Lemon or Lime  
4-6 servings Tortilla Chips or Scoops

Source: MyPlate

## DIRECTIONS

- 
- Wash hands.
  - Combine beans, corn, pepper, tomatoes, green onion and avocado in a bowl.
  - Squeeze lemon or lime over the bowl.
  - Serve the Cowboy Caviar with tortilla chips or scoops.
  - Enjoy!


**Serving Size: 1/2 cup of Cowboy Caviar** • Calories: 78 • Protein: 4g • Carbohydrate: 14g • Fiber: 4g • Added Sugar: 0g • Sodium: 100mg • Total Fat: 1g



# Pico de Gallo Fruit Salad

YIELDS 4 SERVINGS

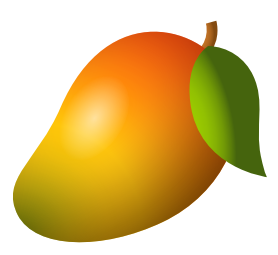
## INGREDIENTS



1 cup Mango (fresh or frozen and thawed), chopped  
1 cup Watermelon, chopped  
1 cup Pineapple (fresh or canned), chopped  
1 Jicama, peeled and chopped  
1 Lime, juiced  
1 tsp. Chili Powder or Tajin

Source: Eat Fresh

## DIRECTIONS

- 
- Wash hands.
  - Wash and prepare fruits.
  - Mix together all the fruit in a bowl.
  - Sprinkle with lime juice and chili powder.
  - Enjoy!

**Serving Size: 1 1/4 cup** • Calories: 90 • Protein: 1g • Carbohydrate: 23g • Fiber: 4g • Added Sugar: 0g • Sodium: 10mg • Total Fat: 0g

# Graham Cracker Smackers



YIELDS 4 SERVINGS

## INGREDIENTS

1 to 2 pieces of Fruit (Bananas, Peaches, Pears, or other soft fruit)  
2 Tbsp. Sun Butter or Peanut Butter  
4 Graham Cracker Sheets, broken into 8 squares

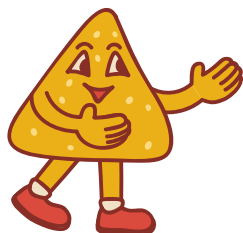
*Source: Spend Smart. Eat Smart.*

**Serving Size: 1 cracker sandwich** • Calories: 140 • Protein: 3g • Carbohydrate: 21g  
• Fiber: 2g • Added Sugar: 4g • Sodium: 105mg • Total Fat: 6g

## DIRECTIONS

- Wash hands.
- Wash fruit and cut into thin slices.
- Spread sun butter\* thickly on each graham cracker square.
- Add fruit on half of the graham crackers.
- Place another graham cracker on top, sun butter side down.
- Enjoy!

*\*Sun butter is a "nut free" alternative to peanut or tree-nut butters. It is made from sunflower seeds.*



# Nachos

YIELDS 6 SERVINGS

## INGREDIENTS

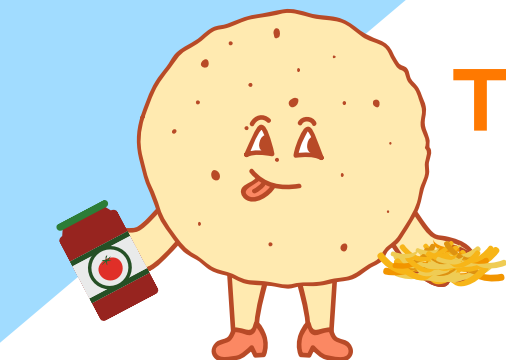
½ cup Refried Beans  
1 cup Queso Fresco, crumbled  
1 cup Lettuce, chopped  
½ cup Cilantro, chopped  
1 Green Bell Pepper, chopped  
¼ cup Sliced Jalapenos, canned  
¼ Red Onion, chopped  
1 pint Cherry Tomatoes, sliced  
3 Tbsp. Plain Greek Yogurt  
1/2 bag of Corn Tortilla Chip

## DIRECTIONS

- Wash hands.
- Prepare vegetables.
- Place chips on plate.
- Top with refried beans, vegetables, cheese, and Greek yogurt.
- Enjoy!

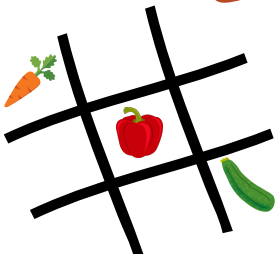
*Source: MyPlate*

**Serving Size: 1/6 of recipe** • Calories: 241 • Protein: 11g • Carbohydrate: 27g  
• Fiber: 5g • Added Sugar: 0g • Sodium: 417mg • Total Fat: 9g



# Tic Tac Toe Pizza

YIELDS 4 SERVINGS



## INGREDIENTS

- 1 Carrot
- ½ Red Bell Pepper
- 1 Zucchini
- 2 English Muffins
- ¾ cup Pasta Sauce
- 2 Mozzarella String Cheese Sticks

Source: MyPlate

## DIRECTIONS

- Wash hands.
- Wash vegetables.
- For Xs, cut carrot and bell pepper into small sticks.
- For Os, cut zucchini into slices.
- Cut English muffins in half.
- Spread sauce on each half.
- Use cheese and vegetables to build tic-tac-toe pizzas.
- Enjoy!

**Serving Size: 1 Mini Pizza** • Calories: 294 • Protein: 12g • Carbohydrate: 56g • Fiber: 9g • Added Sugar: 2g • Sodium: 449mg • Total Fat: 5g



# Mango Smoothie

YIELDS 6 SERVINGS

## INGREDIENTS

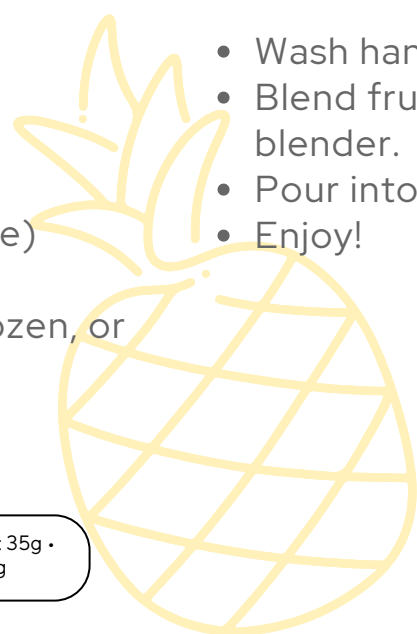
- 1 cup Frozen Mango
- 1 Banana, peeled and sliced
- 1 cup Pineapple Chunks
- ¾ cup Plain Yogurt
- 1 cup Milk (skim or milk alternative)

Note: Pineapple can be fresh, frozen, or canned.

Source: Eat Fresh.

## DIRECTIONS

- Wash hands.
- Blend fruit, yogurt, and milk in a blender.
- Pour into cups.
- Enjoy!



**Serving Size: 1 cup** • Calories: 151 • Protein: 3g • Carbohydrate: 35g • Fiber: 2g • Added Sugar: 0g • Sodium: 31mg • Total Fat: 1g